

the Spotlight

FALL 2025
WINTER 2026



WINTER SEASON HIGHLIGHTS

REGISTRATION NOW OPEN

ADULT SPORTS
Leagues

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Fall & Winter
BREAK CAMPS

pages 16-17 »

RODGERS RANCH
Heritage Center

Back Cover »



PleasantHillRec.com

Community

New! Free!

World Fusion Festival

Saturday | September 13
Pleasant Hill Park
10:00 am – 2:00 pm

Experience a world of flavors, music, and artistry at the World Fusion Festival! This free event brings together food trucks, live performances, and a marketplace of handcrafted goods from around the globe. Don't miss this lively celebration of culture and community!

Free



SENIOR CENTER OPEN HOUSE

Free!

Friday, September 12
10:00 am-1:00 pm

Pleasant Hill Senior Center

Join us in exploring the activities and classes offered at the Senior Center. Meet activity leaders, ask questions and get information to see if you would like to try something new! Open to all ages.

PUMPKIN SPLASH

All Ages

Sunday, October 12
1:30-3:00 pm



PH Aquatic Park: 147 Gregory Lane

Don't miss this spooktacular fun for all ages! Jump into PH Aquatic Park's floating pumpkin patch and pick your favorite pumpkin for Halloween. Once you pick your pumpkin, give it a silly face at our pumpkin decorating station!

\$22.50/\$18 (Dist. Res.)

for pumpkin wristband

(spectators and adult helpers free)

HAUNTED TRAIL

Friday, October 24
5:30-7:30 pm

Free!

Pleasant Hill Park
(Park path around sports fields)

Join us for a spine-tingling stroll through PH Park's Haunted Trail this Halloween! Themed tables and booths line the path, from ghostly graveyards to enchanting witch's cauldrons. Little ones can trick-or-treat at each stop, enjoying not-too-scary thrills. It's an evening of Halloween fun for all ages. New! Enter contests for the most creative costume and the best family/group costume. Don't miss the monster freeze-dance competition!

REGISTRATION BEGINS

August 11 (District Residents)
August 13 (Non District Residents)

See more details on page 34.

The Spotlight, Fall 2025/Winter 2026:

Published two times/year. Circulation: 68,000 per issue; sent to homes and businesses in Pleasant Hill and surrounding areas. Copies available at District Office, local libraries and businesses.

On the cover: Team Lucas, Winner of the 2025 Soccer Playoffs. Congratulations!

NO ONLINE REGISTRATION FEES!

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RODGERS RANCH HERITAGE CENTER HARVEST FESTIVAL

Free!

Saturday, October 25
10:00 am – 2:00 pm

Rodgers Ranch Heritage Center (RRHC),
315 Cortsen Dr., Pleasant Hill

[See page 31 for more details]



HOLIDAY BOUTIQUE AND CRAFTS FAIR

Free!

Saturday, November 15
10:00 am-3:00 pm

Pleasant Hill Senior Center

Get an early start on your holiday shopping! Visit our Holiday Boutique and choose from a huge selection of handmade items. Over 50 craft vendors! Proceeds benefit the PHSC Care Management Program. Applications available for vendors available at www.pleasanthillrec.com (usually sold out by Oct).



41ST ANNUAL DOLPHINS TREE LOT



November 28-December 23
Monday-Sunday, 9:00 am-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



BREAKFAST WITH SANTA

Saturday, December 6
Two seatings: 8:30 am or 10:00 am

Pleasant Hill Senior Center: Chateau Room
233 Gregory Lane

Santa has taken time off from his busy schedule to join you and your family for a morning of holiday cheer, breakfast, and live entertainment. Breakfast includes pancakes, sausage and more. Don't forget your camera! All attending must register. Must pre-register online by noon, 12/2

\$12.50/\$10 (Dist. Res.) per person

5198.101	12/6	Sa	8:30-9:30 am
5198.102	12/6	Sa	10:00-11:00 am

RODGERS RANCH HERITAGE CENTER HOLIDAY BOUTIQUE

Free!

Saturday, December 6
10:00 am-4:00 pm

Rodgers Ranch Heritage Center,
315 Cortsen Dr., Pleasant Hill

[For more Rodgers Ranch Heritage Center activities, see page 31.]

WINTER FEST!

Free!

Wednesday, December 10
5:00-8:00 pm

Pleasant Hill Community Center

Step into a world of winter wonder at Winter Fest! Hop aboard the Polar Express train as it winds through sparkling park. Visit Santa and explore vendors offering unique gifts and seasonal treats and enjoy winter-themed crafts and live performances that celebrate the beauty and magic of the season. With cozy activities for all ages, Winter Fest is a celebration of everything that makes winter special.

Thank You

TO OUR 2025
TOP SPONSORS!



Rotary



BECOME A 2026 EVENT SPONSOR!

Support your community and showcase your business by becoming an event sponsor with Pleasant Hill Recreation & Park District! Our annual events draw thousands of local families and provide a unique opportunity for brand visibility, community engagement, and giving back. Whether you're a small business or a large organization, we offer a variety of sponsorship levels to fit your goals. Join us in making 2026 our best year of events yet! Learn more at www.pleasanthillrec.com/516.

KIDS Night Out

4-15 yrs

FRIDAY NIGHT FUN!

Let our amazing staff entertain your kids and their friends for the evening while you enjoy a much-deserved parent time out!

KIDS NIGHT OUT

ACTIVITIES include crafts, games, pizza, popcorn, movie, and more! Register early & start planning your me-time now! Open to 4 (must be fully potty-trained)-15 yr olds.

Pleasant Hill Teen Center
Fri, Dec 12 | 6:00-9:00 pm
\$35 (Non Res. & Dist. Res.)



POLAR BEAR POOL PARTY

All Ages
Saturday, December 20
1:30-3:00 pm

PH Aquatic Park: 147 Gregory Lane

Can you "bear" the cold? Kick off winter break with a pool party! Enjoy swimming in the heated pool, aquatics games and hot cocoa. Are you brave enough to test the chilly water of the training pool? Event will be held rain or shine.

Pre-Registration required.
\$22.50/\$18.00 (Dist. Res.)

UNDERWATER EGG HUNT!

All Ages
Saturday, March 28, 2026
1:30-3:00 pm

PH Aquatic Park: 147 Gregory Lane

Join Pleasant Hill Rec Aquatics Staff for an underwater egg hunt! Pools will be open for swimming. Enjoy some splashy springtime fun for everyone! Event will be held rain or shine. Pre-register by noon on March 27 or when event reaches capacity.

\$22.50 /\$18 (Dist. Res.)
Spectators and adult helpers free.



INCLUSIVE REC DANCES

Pleasant Hill Rec & Park District in partnership with the City of Concord, City of Martinez, and City of Walnut Creek, host dances specifically designed for developmentally disabled adults (18 years and up).

Fridays, 7:00-9:00 pm – Locations shown below

Fall 2025

Sept 12: Martinez (818 Green Street)
Oct 31: Concord (2727 Parkside Circle)
Nov 21: Walnut Creek (111 N. Wiget Lane)
Dec 12: Pleasant Hill (233 Gregory Lane)

Cost: \$8/person cash at the door (18 yrs+)
Caregivers free DJ Rhythm Masters

For more information contact Karen McKimmy at kmckimmy@pleasanthillrec.com. Complete schedule and locations can be found on our website at <https://pleasanthillrec.com/449/Inclusive-Recreation>

POP UP ^{Free} PlayDates

Pop In and play with us! Join Rec & Park staff or organized outdoor games and activities! We will provide the fun – you provide the smiles. FREE to the public. Location varies. See Fall/Winter Schedule below.

2025 Fall Dates:

Wednesday, September 17 | 2:30-4:00 pm
Pleasant Hill Park, 147 Gregory Ln

Monday, October 27 | 9:30-11:30 am
Pleasant Hill Community Center
Playground, 320 Civic Dr.

Monday, November 10 | 2:30-4:00 pm
Pleasant Hill Park, 147 Gregory Ln

2026 Winter Dates:

Thursday, February 12 | 9:30 -11:30 am
Teen Center

Monday, March 16 | 10:00 am -12:00 pm
Community Center Playground

Friday, April 10 | 10:00 am -12:00 pm
Community Center Playground

Wednesday, May 20 | 2:00-3:30 pm
Pleasant Hill Park

CLARINET FUSION HOLIDAY CONCERT

Thursday, December 11
7:00 pm

Pleasant Hill Senior Center, Chateau Room

Pleasant Hill's very own Clarinet Fusion will perform live music to the delight of all ages! Bring the whole family! Tickets will stop being sold online at 4 pm day of the show. You may purchase at the door (student tickets are just \$5).

Tickets \$10 (\$7 if purchased by December 1.)

Special Student rates \$5 should automatically discount anyone under the age of 18 in the cart, if you run into difficulty with this you can contact the front desk at (925) 798-8788 for assistance.





New!

AFTERNOON ART ADVENTURES

3-6 yrs

Instructors: Ms. Rebecca and Ms. Katie
Community Center: Preschool Room 2

August 18, 2025 – May 29, 2026

Preschoolers, TK and Kinders join us for lunch time and art filled afternoons. Children will explore a variety of art materials and learn about famous artists. Children bring a NUT-FREE lunch and water daily.

\$420/\$400 (Dist. Res.) per month

6755.100 M-Th 11:30 am-2:30 pm

\$370/\$350 (Dist. Res.) per month

6755.101 MWF 11:30 am-2:30 pm

\$350/\$330 (Dist. Res.) per month

6755.102 TTh 11:30 am-2:30 pm

\$340/\$320 (Dist. Res.) per month

6755.105 M-F 11:30 am-2:30 pm

Preschool

2025-2026 SCHOOL YEAR PRESCHOOL

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. Our experienced teachers encourage individual confidence, self-esteem, and social skills that children need to be happy and successful. Classes are in session August – May.

NEW REGISTRATION PROCESS!

Registration for the 2025-2026 school year opens to **NEW District resident preschool families** on April 16, 2025, at 9:00 a.m. online at pleasanthillrec.com/175. Registration for **NEW non-resident families** opens on April 17, 2025, at 9:00 a.m. online. Registration is on a first come, first serve basis. Birth certificate immunization records and proof of residency are required for discount. Children must be age appropriate by 9/1/2025.

Priority registration in March 2025 is for current students and their siblings.

For more information and current availability, please contact the director, Sarah Smith, at (925) 771-7626 or ssmith@pleasanthillrec.com.*

2025-2026 Tuition Schedule and Monthly Rates

Bumblebees (1.5-2.5 yrs)

Tu/Th	8:15-11:15 am	CC	\$473/\$453 (Dist. Res.)
M/W/F	8:15-11:15 am	CC	\$576/\$556 (Dist. Res.)

Hummingbirds (2.5-3.5 yrs)

Tu/Th	8:15-11:15 am	WC	\$463/\$443 (Dist. Res.)
M/W/F	8:15-11:15 am	WC	\$566/\$546 (Dist. Res.)

Bluebirds (3-4 yrs)

Tu/Th	8:25-11:25 am	CC	\$442/\$422 (Dist. Res.)
M/W/F	8:25-11:25 am	CC	\$489/\$469 (Dist. Res.)

Robins (potty-trained) (4-5 yrs)

M-Th	8:30-11:30 am	CC	\$612/\$592 (Dist. Res.)
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Peacocks (potty-trained) (3.5-5 yrs)

M-Th	12:45-3:45 pm	WC	\$597/\$577 (Dist. Res.)
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CAREGIVER & ME

LET'S MAKE ART TOGETHER

1yr 6m-3 yrs

Instructor: A-Z Creativity LLC

Winslow Center: Rooms 1 & 2

In this caregiver & me visual arts class, you and your toddler will be exposed to a variety of developmentally appropriate material centered experiences. You and your child will engage with art making through material exploration, play, and stories. Multiple material engagements will be provided each class to ensure you and your child have a choice of expression. Dress for mess!

Fall 2025

Colors, Shapes & Lines

\$235 /\$215 (Dist. Res.)

6621.101	9/8-11/3	M	10:00-10:45 am
No Class	10/6, 10/13		

Holiday Keepsakes

\$175 /\$155 (Dist. Res.)

6621.102	11/10-12/15	M	10:00-10:45 am
No Class	11/24		

Winter 2026

Textures & Forms

\$205/\$185 (Dist. Res.)

6621.103	1/5-2/23	M	10:00 -10:45 am
No Class	1/19, 2/16		

Everything Spring

\$175/\$155 (Dist. Res.)

6621.104	3/2-3/30	M	10:00-10:45 am
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Content subject to cancellation if minimum participation is not met 5 business days before the start of the class.



Fall activity sessions held from Sept 1- Dec 31,2025



Winter activity sessions from Jan 1- Mar 31,2026

PRESCHOOL MUSIC

Instructor: Andrea Gaspari

Community Center: Soroptmist Room 2

Let's Make Music

18 mo-3 yr

Children and their loved one, join this multi award winner, song writer and children's entertainer, on an amazing musical adventure. Using your bodies, voices, instruments and props, we will dance, learn, sing, and play making wonderful music together. The perfect class to prepare for circle time and preschool. See you there!

Fall 2025

\$196 /\$176 (Dist. Res.)

6636.101	9/2-10/21	Tu	9:20 -10:00 am
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\$187 /\$167 (Dist. Res.)

6636.103	10/28-12/16	Tu	9:20 -10:00 am
No Class	0/14, 11/11, 11/25		

Winter 2026

6636.105	1/13-2/17	Tu	9:20 -10:00 am
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6636.107	2/24-3/31	Tu	9:20 -10:00 am
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Musical Babies

6m-1yr 6m yrs

Babies and their caregivers enjoy the development of the child through singing, dancing, and instrument exploration. We will nurture language skills, fine and large motor skills, space relationships, and bonding with caregivers. There is no better gift for your child than helping them learn new skills with someone they love.

Fall 2025

\$196/\$176 (Dist. Res.)

6636.102	9/2-10/21	Tu	10:05-10:45 am
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\$187 /\$167 (Dist. Res.)

6636.104	10/28-12/16	Tu	10:05 -10:45 am
No Class	10/14, 11/11, 11/25		

Winter 2026

\$187 /\$167 (Dist. Res.)

6636.106	1/13-2/17	Tu	10:05-10:45 am
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6636.108	2/24-3/31	Tu	10:05 -10:45 am
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PRESCHOOL DANCE

PRE-BALLET

3-5 yrs

Instructor: Christie Tomlinson

Community Center: Dance Studio 1 & 2

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.

Fall 2025

\$200 /\$180 (Dist. Res.)

6619.101	9/8-12/15	M	3:00 -3:45 pm
No Class	10/13, 11/24		

Winter 2026

\$155/\$135 (Dist. Res.)

6619.104	1/12-3/30	M	3:00-3:45 pm
No Class	1/19, 2/16		

PRESCHOOL MUSIC

VILLAGE PRINCESS

3-6 yrs

Instructor: Village Music School

Village Music School

1720 Linda Dr, Pleasant Hill, CA 94523

The perfect class for the little singing princess in your family. Students take a contemporary journey through the magical songbook of timeless fairytale classics. Our class focus is for each Princess to have a great time while building strong voices and fond memories of this magical age. Every class includes singing, storytelling and a Princess Tea Party. A class concludes with a heartwarming Village Princess sing-along, where parents are invited to join the fun. We encourage all students to arrive in their Princess attire.

\$125 /\$105 (Dist. Res.)

Fall 2025

6057.101	9/6-9/27	Sa	9:00-9:50 am
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6057.102	10/4-10/25	Sa	9:00-9:50 am
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6057.103	11/1-11/22	Sa	9:00-9:50 am
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Winter 2026

6057.104	1/10-1/31	Sa	9:00-9:50 am
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6057.105	2/7-2/28	Sa	9:00-9:50 am
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6057.106	3/7-3/28	Sa	9:00-9:50 am
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6057.201	4/4-4/25	Sa	9:00-9:50 am
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6057.202	5/9-5/30	Sa	9:00-9:50 am
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PRESCHOOL SPORTS

SOCCER

Super Soccer Stars FUNdamentals

Instructor: Soccer Stars Contra Costa
Pleasant Hill Park

At Soccer Stars, we believe that every child can shine. Our program is all about teaching the FUNdamentals of soccer—where learning meets play in a non-competitive, nurturing environment. Designed by child educators and youth soccer experts, our exciting curriculum uses the magic of the soccer ball to boost your child’s self-confidence and enhance their gross motor skills. Our enthusiastic coaches are not just soccer lovers; they’re dedicated to creating joyful experiences that inspire and support every child.

12-24 months (Parent & Me)

Fall 2025 🍁

\$260/\$240 (Dist. Res.)		(8 classes)	
3040.100 ▲	9/7-10/26	Sa	9:00-9:40 am
\$194/\$174 (Dist. Res.)		(6 classes)	
3040.101	11/2-12/14	Sa	9:00-9:40 am
No Class	11/30		



2-3 yrs

Fall 2025 🍁

\$260/\$240 (Dist. Res.)		(8 classes)	
3040.102 ▲	9/7-10/26	Sa	9:50-10:30 am
\$194/\$174 (Dist. Res.)		(6 classes)	
3040.103	11/2-12/14	Sa	9:50-10:30 am
No Class	11/30		

Winter 2026 ❄️

\$281/\$261 (Dist. Res.)		(9 classes)	
3040.104	1/24-3/28	Sa	9:00-9:40am
No Class	2/15		

3-4 yrs

Fall 2025 🍁

\$281/\$261 (Dist. Res.)		(9 classes)	
3040.105	9/2-10/28	Tu	3:30-4:10pm
\$260/\$240 (Dist. Res.)		(8 classes)	
3040.106 ▲	9/7-10/26	Sa	10:40-11:20 am
\$194/\$174 (Dist. Res.)		(6 classes)	
3040.107	11/2-12/14	Sa	10:40-11:20 am
No Class	11/30		

Winter 2026 ❄️

\$281/\$261 (Dist. Res.)		(9 classes)	
3040.108	1/24-3/28	Sa	9:50-10:30 am
No Class on	2/15		

4-5 yrs

Fall 2025 🍁

\$281/\$261 (Dist. Res.)		(9 classes)	
3040.109	9/2-10/28	Tu	4:20-5:00 pm
\$260/\$240 (Dist. Res.)		(8 classes)	
3040.110 ▲	9/7-10/26	Sa	11:30-12:15 pm
\$194/\$174 (Dist. Res.)		(6 classes)	
3040.111	11/2-12/14	Sa	11:30-12:15 pm
No Class	11/30		

Winter 2026 ❄️

\$281/\$261 (Dist. Res.)		(9 classes)	
3040.112	1/24-3/28	Sa	10:40-11:20 am
No Class	2/15		

KIDS LOVE SOCCER Mommy/Daddy & Me

2-3.5 yrs

Instructor: Kidz Love Soccer

The fun happens on the field, so don't just watch from the sidelines! Here is your chance to join in your toddler's introduction to the world's most popular sport. You'll participate in fun, age-appropriate activities, and help your child to develop their motor and socialization skills. A variety of soccer activities are played each week. Adult participation is required. All participants receive a Kidz Love Soccer jersey!

\$166/\$146 (Dist. Res.)		(5 classes)	
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Fall 2025 🍁

Rodgers Smith Park			
5031.128	9/10-10/8	W	6:20-6:50 pm
5031.129	10/22-11/19	W	5:00-5:30 pm

Pleasant Hill Park (West Side)

5031.130	9/5-10/3	F	6:20-6:50 pm
5031.131 ●	9/6-10/4	Sa	9:05-9:35 am
5031.132	10/18-11/15	Sa	9:05-9:35 am

Winter 2026 ❄️

Pleasant Hill Park (West Side)			
5031.133	1/10-2/7	Sa	9:05-9:35 am
5031.134	2/21-3/21	Sa	9:05-9:35 am

- ▲ Location Change on 9/14. Class will be held at Rodgers-Smith Park on that day only.
- Location Change on 9/13. Class will be held at Rodgers-Smith Park on that day only.



Tot/Pre Soccer

3.5-5 yrs

Instructor: Kidz Love Soccer

Little tykes will enjoy running and kicking just like the big kids! Children will have fun and learn the basic techniques of the game while building self-esteem. Children learn to follow instructions in a nurturing, age-appropriate environment. All participants receive a Kidz Love Soccer jersey! Shin guards are required after the first meeting.

\$166/\$146 (Dist. Res.) (5 classes)

Fall 2025

Rodgers Smith Park

5031.117	9/10-10/8	W	5:40-6:15 pm
5031.118	10/22-11/19	W	4:20-4:55 pm

Pleasant Hill Park (West Side) (5 classes)

5031.119	9/5-10/3	F	5:40-6:15 pm
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Tot Soccer

3.5-4 yrs

Instructor: Kidz Love Soccer
Pleasant Hill Park (West Sports field)

Chase the ball! Tot-Soccer helps kids learn to be part of a structured group activity without a parent by their side. Realizing this can be difficult for young children, our field tested, age specific curriculum builds confidence and promotes physical development in a safe, supportive and fun environment. Tot Soccer focuses on helping kids develop their large motor skills through skill demonstrations and entertaining games like Bugs in the House! These games build skill and self-esteem and prepare tots to start running and kicking-just like the big kids! Shin guards are required after the first meeting. All participants receive a Kidz Love Soccer jersey!

\$166/\$146 (Dist. Res.)

Fall 2025

5031.120	9/6-10/4	Sa	11:10-11:40 am
5031.121	10/18-11/15	Sa	11:10-11:40 am

Winter 2026

5031.122	1/10-2/7	Sa	11:10-11:40 am
5031.123	2/21-3/21	Sa	11:10-11:40 am



Pre-Soccer

4-5 yrs

Instructor: Kidz Love Soccer
Pleasant Hill Park (West Sports Field)

Little tykes will enjoy running and kicking just like the big kids! Children will have fun and learn the basic techniques of the game; all while building self-esteem and learning to follow instructions in a nurturing teaching environment. Shin guards are required after the first meeting. All participants receive a Kidz Love Soccer jersey!

\$166/\$146 (Dist. Res.) (5 classes)

Fall 2025

5031.124	9/6-10/4	Sa	10:30-11:05 am
5031.125	10/18-11/15	Sa	10:30-11:05 am

Winter 2026

5031.126	1/10-2/7	Sa	10:30-11:05 am
5031.127	2/21-3/21	Sa	10:30-11:05 am

BASEBALL

Skyhawks Baseball Tots

3-5 yrs

Instructor: Skyhawks Sports
Pleasant Hill Park (Lights)

Introduce your child to the fun of baseball with Skyhawks! Through age-appropriate games and activities, kids develop key skills like throwing, catching, and hitting while building confidence and coordination. Our supportive coaches ensure every child learns at their own pace, always with lots of encouragement and fun! Your child will leave this program with new skills, new friends, and a new love for baseball.

Fall 2025

\$185/\$165 (Dist. Res.) (5 classes)

5099.100	9/08-10/06	M	4:15-5:00 pm
Make-up Days (If Needed): 10/13			

\$215/\$195 (Dist. Res.) (6 classes)

5099.101	10/20-12/08	M	4:15-5:00 pm
No Class 11/10, 11/24			
Make-up Days (If Needed): 12/15			

Winter 2026

\$245/\$225 (Dist. Res.) (7 classes)

5099.102	1/26-3/16	M	4:15-5:00 pm
No Class 2/16			
Make-up Days (If Needed): 3/23, 3/0			

POP UP ^{Free} PlayDates

Pop In and play with us! Join Rec & Park staff or organized outdoor games and activities! We will provide the fun – you provide the smiles. FREE to the public. Location varies. See Fall/Winter Schedule below.

2025 Fall Dates:

Wednesday, September 17 | 2:30-4:00 pm
Pleasant Hill Park, 147 Gregory Ln

Monday, October 27 | 9:30-11:30 am
Pleasant Hill Community Center
Playground, 320 Civic Dr.

Monday, November 10 | 2:30-4:00 pm
Pleasant Hill Park, 147 Gregory Ln

2026 Winter Dates:

Thursday, February 12 | 9:30 - 11:30 am
Teen Center

Monday, March 16 | 10:00 am-12:00 pm
Community Center Playground

Friday, April 10 | 10:00 am-12:00 pm
Community Center Playground

Wednesday, May 20 | 2:00-3:30 pm
Pleasant Hill Park

- Location Change on 9/12. Class will be held at Rodgers Smith Park on that day only.
- Location Change on 9/13. Class will be held at Rodgers Smith Park on that day only.





DANCE CLASSES

BALLET

6-9 yrs

Instructor: Christie Tomlinson
Community Center: Dance Studio 1&2

Designed for the budding ballerina! Floor exercises increase strength and flexibility. Barre exercises teach basic positions, and proper body alignment. Dance steps improve coordination and grace. Attire: black leotard, pink tights, pink slippers. NO skirts or tutus, please, even if attached.



Fall 2025

\$225 /\$205 (Dist. Res.) 

6042.102	9/8-12/15	M	3:55-4:55 pm
No Class	11/24		

Winter 2026 

\$175 /\$155 (Dist. Res.)

6042.105	1/12-3/30	M	3:55-4:55 pm
No Class	1/19, 2/16		

TAP

6-10 yrs

Instructor: Christie Tomlinson
Community Center: Dance Studio 1&2

Tip tap toe! It's off to tap we go! In this fun rhythmic energetic class students will learn basic tap steps, such as flaps and shuffles to be combined into a dance routine. Attire: comfortable clothes

Fall 2025 

\$160/\$140 (Dist. Res.)

6045.103	9/8-12/15	M	5:00 -5:30 pm
No Class	10/13, 11/24		

Winter 2026 

\$125 /\$105 (Dist. Res.)

6045.106	1/12-3/30	M	5:00-5:30 pm
No Class	1/19, 2/16		

Youth



Gregory Gardens Elementary
1 Corritone Court, Pleasant Hill
Contact Danny Martinez, Site Director
at (925) 680-5298 or via email at
dmartinez@pleasanthillrec.com.

Get Inspired!

KIDSTOP offers science, technology, engineering, arts & mathematics (S.T.E.A.M.) inspired Youth Programs provided by the Pleasant Hill Recreation & Park District.

- Before & after-school care
- Holiday break camps
- Summer Adventure Kids Camp

KIDSTOP now provides *New!* transportation to and from Valhalla Elementary School (TK-5).

Learn more at pleasanthillrec.com/267



Fall activity sessions held
from Sept 1- Dec 31,2025



Winter activity sessions
from Jan 1- Mar 31,2026





NEW YOU DANCE CLASSES

Instructor: AJ Rogers
Senior Center: Dance Studio

Hip Hop Combo Classes

4.5-16 yrs

These popular combo classes are a favorite across Contra Costa County! Perfect for both newcomers and returning dancers, this high-energy class builds flexibility, strength, and technique while teaching the true vocabulary of each movement. Dancers will learn exciting choreography from West Coast Hip Hop Champion, Mr. AJ Rogers in a fun, upbeat environment set to today's top hits. Experience the joy of dance in a clean, cool, and classy studio at Pleasant Hill Rec & Park!

Hip-Hop Combo

4-8 yrs

\$205/\$185 (Dist. Res.)

Fall 2025

6061.102	9/10-12/3	W	4:15-5:00 pm
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Winter 2026

6061.105	1/7-3/11	W	4:15-5:00 pm
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Hip-Hop Combo II

6-13 yrs

Fall 2025

6061.103	9/10-12/3	W	5:00-5:45 pm
No Class	10/8, 10/22, 11/26		

Winter 2026

6061.106	1/7-3/11	W	5:00-5:45 pm
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Street Hip Hop

9-13 yrs

Does your teen love to move to any hip hop song that's playing on Alexa or any device? Street Hip Hop is your one stop shop for the most high intense hip hop choreography in the area. With Competitive award winning Director AJ Rogers and his trending dance moves, this class gets low and hits hard with each step. This class is not for first time dancers but dancers who are looking for that next step in advanced hip hop choreography.

\$205/\$185 (Dist. Res.)

Fall 2025

6061.107	9/11-12/4	Th	5:00-5:45 pm
No Class	10/23, 11/27, 10/9		

Winter 2026

6061.110	1/8-3/12	Th	5:00-5:45 pm
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Teen Dubstep

9-13 yrs

\$205/\$185 (Dist. Res.)

Fall 2025

6061.108	9/11-12/4	Th	5:45-6:30 pm
No Class	10/9, 10/23, 11/27		

Winter 2026

6061.111	1/8-3/12	Th	5:45-6:30 pm
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Advanced Teen Hip Hop

9-17 yrs

\$205/\$185 (Dist. Res.)

Fall 2025

6061.109	9/11-12/4	Th	6:30-7:15 pm
No Class	10/9, 10/23, 11/27		

Winter 2026

6061.112	1/8-3/12	Th	6:30-7:15 pm
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MUSIC CLASSES

GUITAR FUN FOR KIDS!

5-12 yrs

Instructor: John Waller
Winslow Center: Rooms 1&2

\$161 /\$141 (Dist. Res.)

This introduction to guitar will provide an easy way to get your hands and fingers playing quickly. The focus is on basic technique, easy folk songs and open chords that will make it fun and give the student a sense of accomplishment. Videos of the lessons will be part of the curriculum to motivate students to pick up the guitar and play everyday. Bring a guitar to the first class if you can.

Fall 2025

6091.101	9/9-10/14	Tu	5:00-5:50 pm
6091.102	10/21-12/9	Tu	5:00-5:50 pm
No Class	11/25, 11/11		

Winter 2026

6091.103	1/20-2/24	Tu	5:00-5:50 pm
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VILLAGE MUSIC SCHOOL

Instructor: Village Music School
Location: Off-Site: Village Music School

The Musical Workshop

8-12 yrs

This everyone-has-a-blast class introduces students to the magic of Theatre. Our program provides the perfect stage for creative adventure as students learn performance essentials; choreography, staging, teamwork and voice coaching in a supportive environment. Each session ends in a celebratory finale performance for friends and family in our Village Theatre.

\$277 /\$257 (Dist. Res.) | Tuesdays 6:00-7:15 pm

Fall 2025

6057.121	9/2-10/14	Hamilton
6057.122	10/21-12/16	High School Musical
No Class	11/11, 11/25	

Winter 2026

6057.123	2/17-3/31	Wicked
6057.124	4/14-5/26	Grease



Project Rock Band - Second Stage

8-11 yrs

Play your favorite songs in your own Band with Project Rock Band!

This program is specifically designed for younger students. Each season provides band members with musical milestones in a format that is ideal for young beginners. Together with their instructor, bandmates create their set list based on the musical strengths and interests of the group. The Village Music School team creates custom arrangements ideal for all students, genres, and instruments. Each student will receive musical parts that are tailor made for their level of skill and ability.

All bands perform in our Season Finale Show in a local music venue. One year of lessons required or strong teacher recommendation.

Instruments: Guitar, Voice, Bass, Drums, Voice, Piano/Keyboard.

Live Performance TBD

Fall 2025

\$565 /\$545 (Dist. Res.)

6057.110	9/8-12/17	M	4:30-5:45 pm
6057.111	9/10-12/17	W	4:30-5:45 pm
No Class	11/24, 11/26		

Winter 2026

\$601 /\$581 (Dist. Res.)

6057.112	2/2-5/27	M	4:30-5:45 pm
No Class	4/6, 4/13		

\$637 /\$617 (Dist. Res.)

6057.114	2/3-5/27	Tu	4:30-5:45 pm
6057.115	2/4-5/27	W	4:30-5:45 pm
No Class	4/7, 4/8		



SPECIAL INTEREST

AFTERNOONS W/ I HEART ART

6-11 yrs

Instructor: I Heart Art

Senior Center: Arts & Crafts Room

In this course, students will create various art projects using lots of different techniques such as drawing, painting, ceramics, sewing, and more. I Heart Art believes in the joyful process of art, and that creativity is empowering and sharpens problem-solving skills for life.

Fall 2025

\$385 /\$365 (Dist. Res.)

6069.101	9/15-12/15	M	4:00-5:00 pm
No Class	10/6, 11/24		

Winter 2026

\$355/\$335 (Dist. Res.)

6069.102	1/5-3/30	M	4:00-5:00 pm
No Class	1/19, 2/16		

INTRODUCTION TO TETSUDO

8-17 yrs

Instructor: Sudhir Patel

Senior Center: Classrooms

The Nobel Art of Tetsudo has its roots in Tibet, and its essence lies in the cornerstone that Mind and Body are inextricably linked. The skills learned through the practice of Tetsudo offers profound benefits to everyone regardless of age, gender or fitness level. Tetsudo is a Holistic Martial Art. It is an unique therapeutic experience for both mind and body.

Fall 2025

\$181/\$161 (Dist. Res.)

6074.101	9/8-12/1	M	4:15-5:15 pm
6074.102	9/11-12/4	Th	4:15-5:15 pm
No Class	11/24, 11/27		

Winter 2026

\$155/\$135 (Dist. Res.)

6074.103	1/12-3/30	M	4:15-5:15 pm
6074.104	1/15-3/19	Th	4:15-5:15 pm
No Class	1/19, 2/16		

Classes subject to cancellation if minimum participation is not met five business days before the start of the class.



YOUTH FENCING

8-16 yrs

Instructor: Greg Pursley
Community Center

Teach young students both novices and experience the art of fencing. Each student will be fitted up with jackets, masks & gloves and have swords available for the classes. Fencing allows both the athletic type and those that have never taken to sports an opportunity to excel in this sport. Students will be taught form, footwork, bladework, attacks, defense tactics. rules and etiquette of the sport.

By the end of this course, students will be able to bout with other students and have a memorable fun experience!

Beginning

\$280.99 /\$261 (Dist. Res.)

6059.101	9/2-10/23	Tu, Th	4:00-5:30 pm
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Intermediate to Advance

\$330.00 /\$310 (Dist. Res.)

6059.102	9/2-11/4	Tu, Th	5:30-7:00 pm
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\$344.99 /\$325 (Dist. Res.)

6059.103	1/6-3/12	Tu, Th	5:00-6:30 pm
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JAPAN KARATE DO

Instructor: William Fuentes
Winslow Center: Assembly Room

Join our traditional karate program and discover the fun and challenges of Karate-Do! Our program instills politeness, discipline and self esteem in the students lives as they work towards earning their black belt. Our motto is "Achieving Excellence Through efforts." Sessions include fun and action packed activities to build strength, balance and coordination. Recommendation: taking two classes a week. [Website: www.PleasantHillKarate.org](http://www.PleasantHillKarate.org)

Novice: these classes will introduce sparring drills and free sparring.

Intermediate/Advance: students have the opportunity to push their skills, techniques, and confidence to a new level. There will be emphasis on form, techniques, advanced kata, bunkai, sparring drills, self-defense, terminology, etc. Kids should wear loose fitting clothing for first class. Karate uniform (Dogi) will be available for purchase before and after class for \$40.

All Belts | 5-12 yrs

Fall 2025 🍁

\$58.75 /\$47 (Dist. Res.)

6095.133	11/5-11/19	W	6:00-6:45 pm
6095.134	12/3-12/17	W	6:00-6:45 pm

\$76 /\$61 (Dist. Res.)

6095.131	9/3-9/24	W	6:00-6:45 pm
6095.132	10/1-10/29	W	6:00-6:45 pm
No Class	10/8		

Winter 2026 ❄️

\$76 /\$61 (Dist. Res.)

6095.135	1/7-1/28	W	6:00-6:45 pm
6095.136	2/4-2/25	W	6:00-6:45 pm
6095.137	3/4-3/25	W	6:00-6:45 pm

Beginners | 5-12 yrs

Fall 2025 🍁

\$93.75/\$75 (Dist. Res.)

6095.181	9/2-9/30	Tu	6:00-6:45 pm
6095.187	3/3-3/31	Tu	6:00-6:45 pm

\$76 /\$61 (Dist. Res.)

6095.151	9/8-9/29	M	5:00-5:45 pm
6095.152	9/4-9/25	Th	5:00-5:45 pm
6095.154	10/2-10/30	Th	5:00-5:45 pm
No Class	10/13		

\$41.25/\$33 (Dist. Res.)

6095.183	11/4-11/18	Tu	6:00-6:45 pm
No Class	11/11		

\$58.75 /\$47 (Dist. Res.)

6095.153	10/6-10/27	M	5:00-5:45 pm
6095.182	10/14-10/28	Tu	6:00-6:45 pm
6095.155	11/3-11/17	M	5:00-5:45 pm
6095.156	11/6-11/20	Th	5:00-5:45 pm
6095.157	12/1-12/15	M	5:00-5:45 pm
6095.184	12/2-12/16	Tu	6:00-6:45 pm
6095.158	12/4-12/18	Th	5:00-5:45 pm
No Class	10/9		

Winter 2026 ❄️

\$58.75 /\$47 (Dist. Res.)

6095.159	1/5-1/26	M	5:00-5:45 pm
6095.160	1/8-1/29	Th	5:00-5:45 pm
6095.161	2/2-2/23	M	5:00-5:45 pm
No Class	1/19		

\$76 /\$61 (Dist. Res.)

6095.185	1/6-1/27	Tu	6:00-6:45 pm
6095.186	2/3-2/24	Tu	6:00-6:45 pm
6095.162	2/5-2/26	Th	5:00-5:45 pm
6095.164	3/5-3/26	Th	5:00-5:45 pm
No Class	2/16		

Novice | 6-13 yrs

Pre-Requisite: Blue Belt or Instructor's Approval

Fall 2025 🍁

\$76 /\$61 (Dist. Res.)

6095.165	9/8-9/29	M	6:00-6:45 pm
6095.166	9/4-9/25	Th	6:00-6:45 pm
6095.168	10/2-10/30	Th	6:00-6:45 pm
No Class	10/09		

\$58.75 /\$47 (Dist. Res.)

6095.167	10/6-10/27	M	5:00-5:45 pm
6095.169	11/3-11/17	M	5:00-5:45 pm
6095.170	11/6-11/20	Th	6:00-6:45 pm
6095.171	12/1-12/15	M	5:00-5:45 pm
6095.172	12/4-12/18	Th	6:00-6:45 pm

Winter 2026 ❄️

\$58.75 /\$47 (Dist. Res.)

6095.173	1/5-1/26	M	6:00-6:45 pm
6095.175	2/2-2/23	M	6:00-6:45 pm

\$76 /\$61 (Dist. Res.)

6095.174	1/8-1/29	Th	6:00-6:45 pm
6095.176	2/5-2/26	Th	6:00-6:45 pm
6095.178	3/5-3/26	Th	6:00-6:45 pm

\$93.75 /\$75 (Dist. Res.)

6095.177	3/2-3/30	M	6:00-6:45 pm
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Intermediate/Advance

Pre-Requisite: Brown Belt or Instructor's Approval

Fall 2025 🍁

\$58.75 /\$47 (Dist. Res.)

6095.113	11/5-11/19	W	5:00-5:45 pm
6095.114	12/3-12/17	W	6:00-6:45 pm

\$76 /\$61 (Dist. Res.)

6095.111	9/3-9/24	W	5:00-5:45 pm
6095.112	10/1-10/29	W	5:00-5:45 pm
No Class	10/8		

Winter 2026 ❄️

\$76 /\$61 (Dist. Res.)

6095.115	1/7-1/28	W	5:00-5:45 pm
6095.116	2/4-2/25	W	5:00-5:45 pm
6095.117	3/4-3/25	W	5:00-5:45 pm

Kobudo Bo Class | 8-13 yrs

Pre-Requisite: Purple Belt or Instructor's Approval. Do not register for this class until you order a bo from the instructor.

This class will focus on the "king" of Okinawan weapons, the bo/staff. This weapon complements the style of karate being taught here at the Winslow Center. We will focus on basics, partner drills, kata applications, and kata. Furthermore, the learning of bo kata opens up the weapons category for our students to compete in at tournaments we attend. Due to spacing, registration will be limited.

Fall 2025 🌸

\$56.25 /\$45 (Dist. Res.)

6095.121	9/3-9/24	W	7:00-7:45 pm
6095.122	10/1-10/29	W	7:00-7:45 pm
No Class	10/8		

\$43.75 /\$35 (Dist. Res.)

6095.123	11/5-11/19	W	7:00-7:45 pm
6095.124	12/3-12/17	W	7:00-7:45 pm

Winter 2026 ❄️

\$56.25 /\$45 (Dist. Res.)

6095.125	1/7-1/28	W	7:00-7:45 pm
6095.126	2/4-2/25	W	7:00-7:45 pm
6095.127	3/4-3/25	W	7:00-7:45 pm

Tournament Kids | 7-13 yrs

Pre-Requisite: Student must know their kata and have sparring gear. Do not register your child if both requirements are not met.

These classes are reserved for students who will compete. Our students compete throughout California, Las Vegas for the US Open and Junior International Cup, AAU Nationals in Florida, etc. These sessions will focus on kata and sparring for tournaments. We will set up mock tournaments in class, so the kids will know what to expect in competition. All belts are welcomed, but they must know their tournament kata. Please do not register your child if they don't even have sparring gear yet. Contact the instructor for tournament kata input and to purchase sparring gear.

Fall 2025 🌸

\$76 /\$61 (Dist. Res.)

6095.141	9/4-9/25	Th	7:00-7:45 pm
6095.142	10/2-10/30	Th	7:00-7:45 pm
No Class	10/9		

\$58.75 /\$47 (Dist. Res.)

6095.143	11/6-11/20	Th	7:00-7:45 pm
6095.144	12/4-12/18	Th	7:00-7:45 pm

Winter 2026 ❄️

\$58.75 /\$47 (Dist. Res.)

6095.145	1/8-1/29	Th	7:00-7:45 pm
6095.146	2/5-2/26	Th	7:00-7:45 pm
6095.147	3/5-3/26	Th	7:00-7:45 pm

KARATE FIT FLOW | 8+

New!

Prerequisite: Blue Belt

Where karate fundamentals meet functional fitness. This dynamic class is designed for students from novice to advanced who want to stay test-ready and competition-strong. Expect a stamina-boosting, flexibility-enhancing workout that weaves in kata and kumite sequences to improve balance, mobility, breath control, and cardiovascular endurance. We also focus on building core stability and muscular control specifically tailored to karate movement—bridging the gap between traditional form and strength conditioning.

What to Bring: Sparring gear and water bottle is required. Dress Code: No karategi. Mandatory dojo t-shirt (available for purchase from instructor) with karate pants, sport shorts, or leggings/sweats.

Fall 2025 🌸

\$41.25 /\$33 (Dist. Res.)

6095.183	11/4-18	Tu	7:00-7:45 pm
No Class	11/11		

\$58.75 /\$47 (Dist. Res.)

6095.182	10/14-28	Tu	7:00-7:45 pm
6095.184	12/2-16	Tu	7:00-7:45 pm

\$93.75 /\$75

6095.181	9/2-9/30	Tu	7:00-7:45 pm
6095.187	3/3-3/31	Tu	7:00-7:45 pm

Winter 2026 ❄️

\$76 /\$61 (Dist. Res.)

6095.185	1/6-27	Tu	7:00-7:45 pm
6095.186	2/3-2/24	Tu	7:00-7:45 pm

All-Access
PASS

6-13 yrs

Unlock unlimited access to all of our class offerings for the entire month with the All-Access Pass. This pass is ideal for Novice to Advanced students who participate in tournaments regularly and are committed to assisting in beginner classes to fulfill their class participation requirements for promotion. Please be aware this option is non-refundable.

PRE-REQUISITES:

- Novice Class: Blue Belt required
- Kobudo Bo Class: Purple Belt required
- Intermediate/Advanced Class: Red Belt required

\$300 /\$280 (Dist. Res.)

Fall 2025 🌸

6095.101	9/3-9/29	M-Th	All Day
6095.102	10/1-10/30	M-Th	All Day
6095.103	11/3-11/20	M-Th	All Day
6095.104	12/1-12/18	M-Th	All Day

Winter 2026 ❄️

6095.105	1/5-1/29	M-Th	All Day
6095.106	2/2-2/26	M-Th	All Day
6095.107	3/2-3/30	M-Th	All Day



NFL SPONSORED YOUTH FLAG FOOTBALL LEAGUE

Grades K-2, 3-5 & 6-8

Pleasant Hill Park 147 Gregory Lane, PH
(Including practices and games)

Season begins play Sept 13 for 6 games.
Registration Closes Aug 22, 2025

One practice per week (day/time are not determined until after registration closes & coaches are assigned). Games are on Saturdays (schedule provided by assigned coach).

\$250/\$230 (Dist. Res.)*
(Fee includes NFL jersey, football and flag belt)

* \$75 refund to parents who head coach.

5050.100	K-2 Grades
5050.102	3-5 Grades
5050.103	6-8 Grades

JR. NBA YOUTH BASKETBALL WINTER LEAGUE

Grades K-2, 3-5 & 6-8

PH Middle School Gym,
1 Santa Barbara Road

Season begins January 24 – March 14
for 8 games.

Registration Closes December 6, 2025

One practice per week (day/time are not determined until after registration closes & coaches are assigned).

Games are on Saturdays (schedule provided by assigned coach).

\$250/ \$230 (Dist. Res.)
(Fee includes a jersey & basketball)

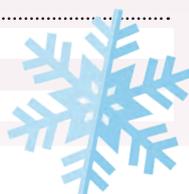
* \$75 refund to parents who head coach

Boys:

5060.100	K-2 Grades
5060.101	3-5 Grades
5060.102	6-8 Grades

Girls:

5060.103	K-2 Grades
5060.104	3-5 Grades
5060.105	6-8 Grades



YOUTH SPORTS: SOCCER

SUPER SOCCER STARS FUNDAMENTALS

5-7 yrs

Instructor: Soccer Stars Contra Costa
Pleasant Hill Park

At Soccer Stars, every child shines! Our fun, non-competitive program teaches soccer fundamentals while boosting confidence and motor skills. Designed by child development experts, the curriculum blends play and learning with the help of enthusiastic, caring coaches.

Fall 2025 🍁

\$281/\$261 (Dist. Res.) (9 classes)

3040.113	9/2-10/28	Tu	5:10-6:00 pm
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Winter 2026 ❄️

3040.114	1/24-3/28	Sa	11:30 am-12:30 pm
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No Class on 2/15

- Location Change on 9/12. Class will be held at Rodger-Smith Park on that day only.
- Location Change on 9/13. Class will be held at Rodger-Smith Park on that day only.

KIDZ LOVE SOCCER

Soccer 1 Techniques & Team Work

5-6 yrs

Instructor: Kidz Love Soccer
\$166/\$146 (Dist. Res.)

Players will learn dribbling, passing, receiving, shooting, defense, etc. Fun skill games are played at every session, and every participant will have a ball at his or her feet. Shin guards are required after the first meeting. All participants receive a Kidz Love Soccer jersey!

Fall 2025 🍁

Rodgers Smith Park
(5 classes)

5031.100	9/10-10/8	W	4:50-5:35 pm
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Pleasant Hill Park (West Side)

5031.102	9/5-10/3	F	4:00-4:45 pm
5031.105	9/6-10/4	Sa	9:40-10:25 am
5031.106	10/18-11/15	Sa	9:40-10:25 am

Winter 2026 ❄️

Pleasant Hill Park (West Side)

5031.103	1/9-2/6	F	4:20-5:05 pm
5031.107	1/10-2/7	Sa	9:40-10:25 am
5031.104	2/20-3/20	F	4:20-5:05 pm
5031.108	2/21-3/21	Sa	9:40-10:25 am

Soccer 1 & 2

5-10 yrs

Instructor: Kidz Love Soccer

Rodgers-Smith Park

Big Kidz unite! Learn advanced dribbling, passing, defense, shooting on goal, and goaltending. Kids also learn to scrimmage and play together as a team. From defense and midfield, to forward and goalie, kids get exposure playing every position and have a blast doing it! Perfect for first time players while fun and engaging for kids with experience. All participants receive a Kidz Love Soccer jersey! Shin guards are required after the first meeting.

Fall 2025 🍁

\$166/\$16 (Dist. Res.) (5 classes)

5031.101 10/22-11/19 W 3:30-4:15 pm

Soccer 2 Skills & Scrimmages

7-10 yrs

Instructor: Kidz Love Soccer

Kidz will enjoy advanced skill building: dribbling, passing and shooting in a team play format. Each class will include scrimmages led by our trained coaches to help players develop individual skills as well as team tactics and positional play. Shin guards are required after the first meeting. All participants receive a Kidz Love Soccer jersey!

Fall 2025 🍁

Rodgers Smith Park

\$166/\$146 (Dist. Res.) (5 classes)

5031.109 9/10-10/8 W 4:00-4:45 pm

Pleasant Hill Park (West Side)

5031.110 9/5-10/3 F 4:50-5:35 pm

5031.113 9/6-10/4 Sa 11:45am-12:30 pm

5031.114 10/18-11/15 Sa 11:45am-12:30 pm

Winter 2026 ❄️

Pleasant Hill Park (West Side)

5031.111 1/9-2/6 F 3:30-4:15 pm

5031.115 1/10-2/7 Sa 11:45am-12:30 pm

5031.112 2/20-3/20 F 3:30-4:15 pm

5031.116 2/21-3/21 Sa 11:45am-12:30 pm



YOUTH SPORTS: MISC

SKATEBOARDING 101

6-14 yrs

Instructor: Rob Skate Academy

476 Sun Valley Mall, Concord CA, 94520

Hello! Is your child looking for an action-packed new experience? Then look no further, here at Rob Skate Academy, we specialize in helping beginner and intermediate riders progress their skateboarding skills to the next level. All in a safe and controlled indoor skatepark environment! Skateboard and helmet rentals provided on site!

\$160/\$140 (Dist. Res.) (3 classes)

5187.100 9/2-9/16 Tu 4:00-5:00pm

5187.101 10/7-10/21 Tu 4:00-5:00pm

5187.102 11/4-11/18 Tu 4:00-5:00pm

5187.103 12/2-12/16 Tu 4:00-5:00pm

ULTIMATE FRISBEE

7-11 yrs

Instructor: Oakland Spiders

Pleasant Hill Park Softball Field #2

Ultimate Frisbee is a safe, engaging sport that teaches skills transferable to any sport. Led by the staff of the Oakland Spiders, a professional ultimate frisbee team, each day we will learn throwing, catching, and the fundamental X's and O's. We emphasize Spirit of the Game, social-emotional skills, and life skills to help players thrive.

Fall 2025 🍁

\$370/\$350 (Dist. Res.) (14 classes)

5186.100 8/19-11/18 Tu 3:30-4:30 pm

Winter 2026 ❄️

\$275/\$255 (Dist. Res.) (9 classes)

5186.101 2/3-3/31 Tu 3:30-4:30 pm

SKYHAWKS VOLLEYBALL CLINIC

(Fun & Fundamentals)

6-11 yrs

Instructor: Skyhawks Sports

Pleasant Hill Park (Lights)

Serving up fun and fundamentals with Skyhawks Volleyball! Using age-appropriate equipment and games, kids build skills like passing, setting, and serving while developing teamwork, confidence, and coordination. Our supportive coaches make it easy to learn, play, and make new friends on and off the court.

Fall 2025 🍁

\$185/\$165 (Dist. Res.) (5 classes)

5099.103 9/08-10/06 M 5:15-6:00 pm

Make-up Days (If Needed): 10/13

\$215/\$195 (Dist. Res.) (6 classes)

5099.104 10/20-12/08 M 5:15-6:00 pm

No Class 11/10, 11/24

Make-up Days (If Needed): 12/15

Winter 2026 ❄️

\$245/\$225 (Dist. Res.) (67 classes)

5099.105 1/26-3/16 M 5:15-6:00 pm

No Class 2/16

Make-up Days (If Needed): 3/23, 3/30



FALL + WINTER BREAK Camps



XTREME BREAK CAMP

Grades 6 & up (siblings Grade 3 & up)

Instructor: Teen Center Staff

Pleasant Hill Teen Center

Experience an action-packed week! Daily on-site activities and local field trips. Register by the day. Camps must meet a minimum participation of 7 business days prior to the first date of the camp.

Fall 2025 🍁

1 Day | 7:30 am-6:00 pm | \$69/\$55 (Dist. Res.)

5189.101	10/6	M	Crown Beach
5189.102	10/7	T	Bowling
5189.103	10/8	W	Escape Room
5189.104	10/9	Th	Mystery Trip
5189.105	10/10	F	Archery
5189.106	10/13	M	Movies

Winter 2025 ❄️

1 Day | 7:30 am-6:00 pm | \$69/\$55 (Dist. Res.)

5189.107	12/22	M	Movies
5189.108	12/23	T	Dave & Busters
5189.109	12/29	M	Ice Skating
5189.110	12/30	T	Mystery Trip
5189.111	1/2/26	F	Movies

ENRICHMENT CAMPS

Fall 2025 🍁

ART EXTRAVAGANZA! CAMP

5-9 yrs

Instructor: A-Z Creativity

Winslow Center

In this camp session, your child will deep dive into a variety of sculptural techniques and processes, learning foundational and advanced techniques in wire, paper mâché, air dry clay, mixed media assemblage, and more! Your child will learn about artists who employ these techniques and have opportunities to experiment and combine processes to make art that is meaningful to them. The open-ended format of this camp allows your child's creativity to develop as they problem solve, ideate, and imagine! A-ZCreativity.org

\$575/\$555 (Dist. Res.)

6621.105	10/6-10/10	M-F	9:00 am-3:00 pm
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FULL-DAY CAMPS

ADVENTURE KIDS CAMP

Grades K-5

Instructor: Kidstop Staff

Gregory Gardens: Kidstop Childcare Building

Adventure Kids Camp offers a full day camp with a variety of activities to keep children engaged and entertained. Ranging from science, art, cooking, group games, sports, and S.T.E.A.M. projects, we have something for all children to enjoy. Please bring a NUT-FREE cold lunch and snacks daily. An AM/PM snack will be provided.

Fall 2025 🍁

1 Day | 7:30 am-5:30 pm | \$66/\$60 (Dist. Res.)

6060.101	10/6
6060.102	10/7
6060.103	10/8
6060.104	10/9
6060.105	10/10

Winter 2025 ❄️

1 Day | 7:30 am-5:30 pm | \$66/\$60 (Dist. Res.)

6060.106	12/22
6060.107	12/23
6060.108	12/26
6060.109	12/29
6060.110	12/30
6060.111	1/2/26





Winter 2025 ❄️
SNAPOLOGY



5-9 yrs

Instructor: Snapology Staff
Community Center: Republic Services Room

Pokemania!

Join our Pokémon adventure! In this half-day workshop, kids become Pokémon trainers, using LEGO® bricks and other inspiring materials to create their own Pokémon. Play a fun twist on Pokémon Go and design custom Pokémon cards to trade. Ready to catch'em all and build your world?

\$68.75 /\$55 (Dist. Res.)

5101.101 12/29 M 9:00 am-12:00 pm

Jedi Masters

Become a Jedi Master in this action-packed LEGO® workshop! Use the Force to build epic spaceships and battle the Republic. With LEGO® bricks and awesome materials, kids will create their own Star Wars© galaxy. Gear up, young Jedi-adventure awaits. May the Force be with you on this galactic journey.

\$68.75 /\$55 (Dist. Res.)

5101.103 12/29 M 1:00-4:00 pm

ALL DAY! Pokemania! & Jedi Masters

All day option 9AM -4PM for kids to attend Pokemania! & Jedi Masters. Kids will need to bring 2 snacks, lunch and a drink

\$125 /\$105 (Dist. Res.)

5101.105 12/29 M 9:00 am-4:00 pm

Mining & Building

Get ready to build, explore, and dive into Minecraft like never before! Using LEGO® bricks to inspire and create epic worlds to take it up a notch as we drop down into our different worlds. Challenge your imagination and blast into an amazing new Minecraft inspired adventure!

\$68.75 /\$55 (Dist. Res.)

5101.102 12/30 Tu 9:00 am-12:00 pm

Discovering Dinosaurs!

Roar! From building a Jurassic Park to chasing dinosaurs to capturing with a car. Paleontology is fun! And beware of the dino that jumps in your car home!

\$68.75 /\$55 (Dist. Res.)

5101.104 12/30 Tu 1:00-4:00 pm

ALL DAY! Mining & Building and Discovering Dinosaurs

All day option 9AM -4PM for kids to attend Mining & Building and Discovering Dinosaurs. Kids will need to bring 2 snacks, lunch and a drink.

\$125 /\$105 (Dist. Res.)

5101.106 12/30 Tu 9:00 am-4:00 pm

SPARKOLOGIE

8-12 yrs

Instructor: Sparkologie
Community Center

Fall 2025 🌟

Intro to Art + AI: An Exploration

Our Session will be a journey through Art + Creativity. This unique class designed to immerse young minds in the vibrant world of art. No art or design experience necessary, all levels welcome! To learn more visit: <http://www.sparkologie.com/>

\$325 /\$305 (Dist. Res.)

6056.101 10/6-10/10 M-F 9:00 am-12:30 pm

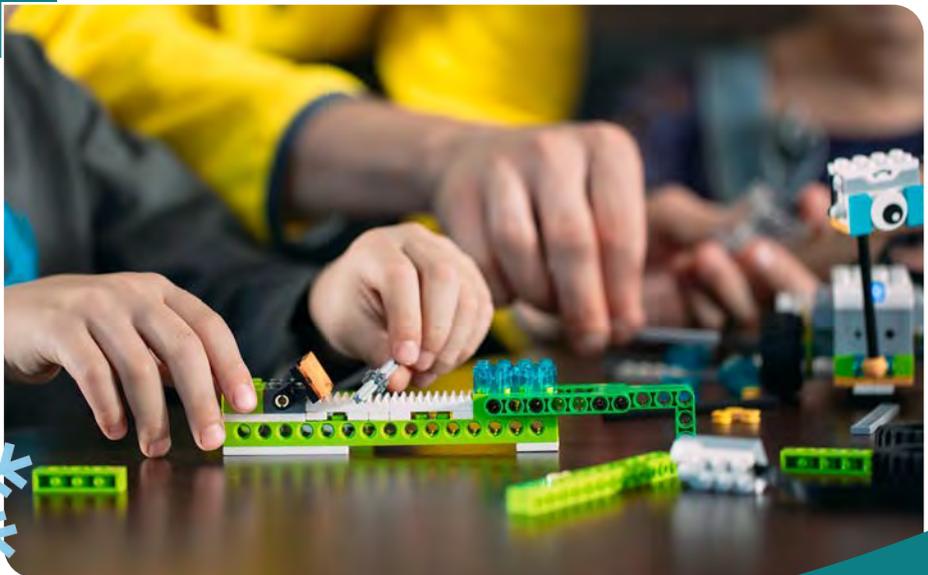
Winter 2025

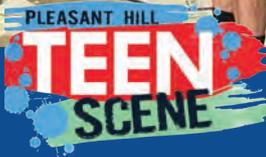
Intro TinkerCAD + 3D Printing

Our Session will be a journey through Art + Creativity. This unique class designed to immerse young minds in the vibrant world of art. No art or design experience necessary, all levels welcome! To learn more visit: <http://www.sparkologie.com/>

\$205.00 /\$185 (Dist. Res.)

6056.102 12/22-12/26 M,Tu,F 9:00 am-12:00 pm





TEEN Scene

Teen Scene programs are designed for youth in grades 6–12 unless otherwise noted. Some programs are open to youth and adults.

TEEN AFTER-SCHOOL PROGRAM

Grades 6–12

Monday–Friday @ Pleasant Hill Teen Center
School Dismissal until 6:00 pm

Register for our popular Teen afterschool program for the 2025–2026 school year! Registration now open! Our afterschool program (ASP) offers a perfect combination of fun structured activities and time to just hang out with friends. Program activities include homework help, sports, computers, ping-pong, foosball, outdoor fitness, and games. Snack Shack open daily. For more program details, visit pleasanthillrec.com/246.

Fees: \$13/day | \$17.50/day with transportation from Valley View Middle School & Pleasant Hill Middle School.

Annual membership fees: \$66/\$55 (Dist. Res.)

TEEN SPECIAL INTEREST CLASSES

BABYSITTING 101 FOR BEGINNERS

10–16 yrs

Instructor: Morgan Dziad
Senior Center: Classroom 3

Learn the skills needed to be a trusted and responsible babysitter. Learn all about childhood development, bedtime strategies, positive redirection, how to get a job, and ways to make babysitting fun for you and the kids. Basic first aid, general safety, and what to do in an emergency will also be covered. Students should bring a water bottle, snack and dress to play!

\$144 /\$124 (Dist. Res.)

Fall 2025

5105.101 10/5 Su 10:00 am-2:00 pm

Winter 2026

5105.102 2/7 Sa 10:00 am-2:00 pm

MORE DANCE CLASSES

For older teens (16+ yrs), browse our adult dance classes. See pages TBD

BAY AREA DRIVING SCHOOL-ONLINE DRIVER'S ED

15 yrs & up

Receive DMV-approved Certificate of Completion Class log in info shared by Bay Area Driving School staff

Online Course

DMV allows Teens to receive their Learner's Permit at age 15 ½ and a license at age 16. This class is the first, required step that must be completed. This is an online course with videos, animated driving scenarios and sample test questions. Learn the rules of the road, major causes of traffic collisions, DMV procedures and much more. A licensed instructor is available to answer any questions. Sign up @ safetydriversed.com/

Virtual LIVE Instructor

This is a virtual Driver's Education with a LIVE instructor. Students will enjoy a series of Driver's Education lectures including understanding the responsibilities of having a driver's license, learning the rules of the road and accident avoidance procedures. Independent assignments will also be completed during the week. Course also includes practice questions, defensive driving movies and written test prep. Upon successful completion, students will receive a certificate of completion.

\$260 /\$240 (Dist. Res.)

Fall 2025

5100.101 10/4-10/25 Sa 9:00 am-12:00 pm

5100.102 11/24-11/28 M,Tu,W,F 9:00 am-12:00 pm

5100.103 12/22-12/27 M,Tu,F,Sa 9:00 am-12:00 pm

Winter 2026

5100.104 2/7-2/28 Sa 9:00 am-12:00 pm

5100.105 3/21-4/11 Sa 9:00 am-12:00 pm

TEEN Council

GRADES 6–12

Teen Council Now Accepting Applications for 2025-2026

Get Involved! Plan Fun Activities for Teens! Meet New Friends from other schools! Make a positive impact!

For more information visit PleasantHillRec.com/



VILLAGE MUSIC SCHOOL

**Project Rock
Band-Headliners**

12-17 yrs

Instructor: Village School

Location: Offsite – Village Music Schoo

Want to play your favorite song in your own Band, Project Rock Band is for you?

Together with their instructor, bandmates create their set list based on the musical strengths and interests of the group. The Village Music School team creates custom arrangements ideal for all students, genres, and instruments. Each student will receive musical parts that are tailor made for their level of skill and ability.

All bands perform in our Season Finale Show in a local music venue.

Instruments: Guitar, Voice, Bass, Drums, Voice, Piano/Keyboard. Experience necessary. Two years of lessons required or strong teacher recommendation

Live Performance TBD

Fall 2025 

\$745 /\$725 (Dist. Res.)

6057.116	9/8-12/17	M	6:00-7:30 pm
6057.117	9/10-12/17	W	6:00-7:30 pm
No Class	11/24, 11/26		

Winter 2026 

\$793 /\$773 (Dist. Res.)

6057.118	2/2-5/27	M	6:00-7:30 pm
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\$841 /\$821 (Dist. Res.)

6057.119	2/3-5/26	Tu	6:00-7:30 pm
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\$841 /\$821 (Dist. Res.)

6057.120	2/4-5/27	W	6:00-7:30 pm
No Class	4/6, 4/7, 4/8, 4/13		



TEEN SPORTS

Browse our Youth Sport section for tweens (up to 12). See page TBD

For older teens (16+ years), browse our Adult Fitness and Aquatic Fitness classes. See pages TBD



DANCE CLASSES

New!

HIP HOP COMBO CLASSES

9-16 yrs

Instructor: AJ Rogers, New You Dance

Location: Senior Center Dance Studio

These popular combo classes are a favorite across Contra Costa County! Perfect for both newcomers and returning dancers, this high-energy class builds flexibility, strength, and technique while teaching the true vocabulary of each movement. Dancers will learn exciting choreography from West Coast Hip Hop Champion, Mr. AJ Rogers in a fun, upbeat environment set to today's top hits. Experience the joy of dance in a clean, cool, and classy studio at Pleasant Hill Rec & Park!

Teenz Hip Hop

12-16 yrs

\$205.00 /\$185 (Dist. Res.)

Fall 2025 

6061.101	9/10-12/3	W	3:30-4:15 pm
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Winter 2026 

6061.104	1/7-3/11	W	3:30-4:15 pm
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Hip-Hop Combo II

6-13 yrs

Fall 2025 

6061.103	9/10-12/3	W	5:00-5:45 pm
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No Class 10/8, 10/22, 11/26

Winter 2026 

6061.106	1/7-3/11	W	5:00-5:45 pm
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Street Hip Hop

9-13 yrs

Does your teen love to move to any hip hop song that's playing on Alexa or any device? Street Hip Hop is your one stop shop for the most high intense hip hop choreography in the area. With Competitive award winning Director AJ Rogers and his trending dance moves, this class gets low and hits hard with each step. This class is not for first time dancers but dancers who are looking for that next step in advanced hip hop choreography.

\$205 /\$185 (Dist. Res.)

Fall 2025 

6061.107	9/11-12/4	Th	5:00-5:45 pm
No Class	10/23, 11/27, 10/9		

Winter 2026 

6061.110	1/8-3/12	Th	5:00-5:45 pm
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Teen Dubstep

9-13 yrs

\$205/\$185 (Dist. Res.)

Fall 2025 

6061.108	9/11-12/4	Th	5:45-6:30 pm
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Winter 2026 

6061.111	1/8-3/12	Th	5:45-6:30 pm
No Class	10/9, 10/23, 11/27,		

Advanced Teen Hip Hop

9-17 yrs

\$205/\$185 (Dist. Res.)

Fall 2025 

6061.109	9/11-12/4	Th	6:30-7:15 pm
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No Class 10/9, 10/23, 11/27

Winter 2026 

6061.112	1/8-3/12	Th	6:30-7:15 pm
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Adult



CARVE OUT TIME FOR FUN WITH IMPROV

Instructor: Jaime Rich
Senior Center: Classroom 3

Designed for all experience levels, this class encourages you to embrace spontaneity, playfulness, and collaboration in a relaxed environment. Through interactive exercises and group games, you'll discover how this simple technique can improve communication, foster creativity, and bring people together. Whether you're looking to sharpen your improv skills or just have a great time, you'll leave feeling more connected, confident, and ready to say "Yes" to new possibilities!

\$100/\$80 (Dist. Res.)

Fall 2025 🍁

4062.101 9/9-9/30 Tu 5:00-6:30 pm

Winter 2026 ❄️

4062.103 1/20-2/10 Tu 5:00-6:30 pm

Intermediate

Instructor: Jaime Rich
Senior Center: Classroom 3

Improv for those that want to dig deeper into improv. We will do more scene work with coaching on skills needed for effective communication on stage and in life. Prerequisite: any prior improv experience.

\$100/\$80 (Dist. Res.)

Fall 2025 🍁

4062.102 10/14-11/4 Tu 5:00-6:30 pm

Winter 2026 ❄️

4062.104 3/3-3/24 Tu 5:00-6:30 pm

SPECIAL INTEREST CLASSES

ACRYLIC PAINTING WORKSHOP

Instructor: Allison Trestor
Senior Center: Dining Room

Follow along with the instructor as you paint with acrylic paint on a 16 x 20 canvas in this fun workshop. The instructor will guide you step by step and is perfect for all levels, even complete beginner! All materials are provided, and in just one workshop you will complete a work of art you get to take home with you. A separate materials fee is due in cash to the instructor when you show up for class.

1 Day Workshop

\$25/\$20 (Dist. Res.) plus \$10 materials fee due to instructor

Fall 2025 🍁

2266.101	9/20	Sa	9:30 am-12:00 pm
2266.102	10/25	Sa	9:30 am-12:00 pm
2266.103	11/22	Sa	9:30 am-12:00 pm
2266.104	12/13	Sa	9:30 am-12:00 pm

Winter 2026 ❄️

2266.105	1/24	Sa	9:30 am-12:00 pm
2266.106	2/21	Sa	9:30 am-12:00 pm
2266.107	3/7	St	9:30 am-12:00 pm

EXPLORING WATERCOLOR

Instructor: Casey White
Senior Center: Arts & Crafts Room

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. Supply kits are no longer available for purchase through the instructor.

Fall 2025 🍁

\$115 /\$95 (Dist. Res.)

2231.101	9/2-10/7	Tu	9:30 am-12:00 pm
2231.102	10/14-11/25	Tu	9:30 am-12:00 pm
No Class	11/11		

\$63 /\$50 (Dist. Res.)

2231.103	12/2-12/16	Tu	9:30 am-12:00 pm
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Winter 2026 ❄️

\$115 /\$95 (Dist. Res.)

2231.104	1/6-2/10	Tu	9:30 am-12:00 pm
2231.105	2/24-3/31	Tu	9:30 am-12:00 pm



GUITAR INTRODUCTION

Instructor: John Waller
Winslow Center: Rooms 1 & 2

This guitar class will help motivate you to pick up the guitar and finally play it! We will start with the basics and work toward learning chords and easy songs to motivate you to keep going. There are fun guitar riffs and exercises that will help you get started. If you already have some technique then this class will help take you to the next level with more songs and exercise.

\$156/\$136 (Dist. Res.)

Fall 2025 🍁

4575.101	9/9-10/14	Tu	6:00-6:50 pm
4575.102	10/21-12/9	Tu	6:00-6:50 pm
No Class	11/11, 11/25		

Winter 2026 ❄️

4575.103	1/20-2/24	Tu	6:00-6:50 pm
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DRUMMING DROP-IN

Instructor: John Waller
Winslow Center: Rooms 1 & 2

Learn the very basics of rhythm with hand drums, bells and shakers. We start out slowly and get our hands to memorize the motions. Drums available to share if you don't bring your own. (Pay by the session or pay instructor each time by drop in \$15 cash or check made out to PHRPD).

Fall 2025 🍁

\$90/\$72 (Dist. Res.)

4574.101	9/9-10/14	Tu	7:00-8:00 pm
4574.102	10/21-12/9	Tu	7:00-8:00 pm
No Class	11/11, 11/25		

Winter 2026 ❄️

4574.103	1/20-2/24	Tu	7:00-8:00 pm
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FLY TYING BASICS

Instructor: Diablo Valley Fly Fishing Club
Senior Center: Arts & Crafts Room

Learn how to use a variety of natural and synthetic materials to create artificial flies for catching trout and other species of fish in California rivers and lakes. Students will develop the fundamental skills necessary to tie commonly used wet and dry fly patterns that work. Class instructors are members of the Diablo Valley Fly Fishing club with years of fly-tying experience. The typical student-to-instructor ratio is 2:1. A list of needed fly-tying equipment and tools will be provided prior to the first class. Fly tying materials are included as part of the class fee. Basic fly-tying kits are available for rent.

\$160/140 Dist. Res.)

Winter 2026 ❄️

4181.101	1/8-3/5	Th	7:00-9:00 pm
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QUILTING

Instructor: Carol Madsen
Senior Center: Chateau Room

Beginning Quilting

Emphasis on the beginning skills necessary to create your own simple quilt. More experienced quilters also welcome to join the class. A supply list will be given out at the first class. Bring sewing machine, thread, fabric, scissors, rulers, rotary cutter. No experience necessary.

\$100/\$80 (Dist. Res.)

Fall 2025 🍁

2243.101	9/15-11/17	M	12:30-3:00 pm
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Winter 2026 ❄️

2243.102	1/5-3/23	M	12:30-3:00 pm
No Class	1/19, 2/16		

Quilting Beyond the Basics

Emphasis on quilting patterns using various techniques, some simple and others more complex. Bring sewing machine, thread, fabric, scissors, rulers, rotary cutter. Participants should have completed at least one quilt.

\$100/\$80 (Dist. Res.)

Fall 2025 🍁

2244.101	9/15-11/17	M	9:30-12:00 pm
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Winter 2026 ❄️

2244.102	1/5-3/23	M	9:30-12:00 pm
No Class	1/19, 2/16		

Quilting Holiday Workshop 2025

Patterns available 1st day of class. Bring sewing machine, thread, fabric, scissors, rulers, rotary cutter.

Fall 2025 🍁

Senior Center: Classrooms

\$56/\$45 (Dist. Res.)

2246.101	12/8-12/22	M	9:30-1:30 pm
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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. Handouts given on the 1st day of class. Bring sewing machine, fabric, thread, needles, pins, scissors, rotary cutter, additional sewing supplies. Supply list will be given on first night.

Fall 2025 🍁

\$116 /\$96 (Dist. Res.)

2245.101	9/16-12/16	Tu	6:00-8:30 pm
No Class	11/11, 11/25, 12/2		

Winter 2026 ❄️

\$108/\$88 (Dist. Res.)

2245.102	1/6-3/17	Tu	6:00-8:30 pm
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INCLUSIVE REC DANCES

Pleasant Hill Rec & Park District in partnership with the City of Concord, City of Martinez, and City of Walnut Creek, host dances specifically designed for developmentally disabled adults (18 years and up).

Fridays, 7pm-9pm – Locations shown below

Fall 2025 🍁

- Sept 12: Martinez (818 Green Street)
- Oct 31: Concord (2727 Parkside Circle)
- Nov 21: Walnut Creek (111 N. Wiget Lane)
- Dec 12: Pleasant Hill (233 Gregory Lane)

Cost: \$8/person cash at the door (18 yrs+)

Caregivers free DJ Rhythm Masters

For more information contact Karen McKimmy at kmckimmy@pleasanthillrec.com. Complete schedule and locations can be found on our website at <https://pleasanthillrec.com/449/Inclusive-Recreation>

GOLDEN NOTES CHORUS

Instructor: Douglas Emigh
Senior Center: Chateau Room

Do you love to sing? Have you ever sung in a choir or chorus? If you answered yes, you should join Golden Notes! This mixed voice chorus was established over 50 years ago and is flourishing. Please bring a 1.5 in 3-ring binder to the first class, additional lab fee of \$10 payable at the first class to help defray the cost of the accompanist.

\$81/\$65 (Dist. Res.)

Fall 2025

2350.101	9/16-12/16	Tu	9:15-11:30 am
No Class	11/4, 11/11		

Winter 2026

2350.102	1/6-3/31	Tu	9:15-11:30 am
No Class	1/13, 3/10		



WILLS, TRUSTS & ESTATE PLANNING

Instructor: Randall Thompson
Senior Center: Classrooms

Estate planning is crucial. Everyone needs this information for themselves, their parents and their children. This class covers wills, living trusts, joint tenancies, beneficiary designations and tax planning. Determine when your existing estate planning documents need to be updated. Learn how to avoid capital gains and probate fees. Randall Thompson is an experienced attorney and an Adjunct Professor at Diablo Valley College. Each person attending must sign up.

\$25/\$20 (Dist. Res.)

Fall 2025

4610.101	11/5	W	7:00-8:30 pm
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Winter 2026

4610.102	2/25	W	7:00-8:30 pm
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RETIREMENT PLANNING

Instructor: Vista Advisor Group

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. Two class workbooks for each session are included in class fee and one copy is provided to each couple or each individual person. Attendee may bring spouse or partner to class at no additional charge.

\$61/\$49 (Dist. Res.)

Fall 2025

Community Center: McHale Room

4608.101	10/2-10/9	Th	6:30-9:30 pm
4608.102	10/7-10/14	Tu	6:30-9:30 pm

Senior Center: Classrooms

4608.103	10/16-10/23	Th	6:30-9:30 pm
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Community Center: McHale Room

4608.104	10/21-10/28	Tu	6:30-9:30 pm
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Winter 2026

Community Center: McHale Room

4608.105	2/3-2/10	Tu	6:30-9:30 pm
4608.106	2/7-2/14	Sa	9:00 am-12:00 pm
4608.107	2/17-2/24	Tu	6:30-9:30 pm
4608.108	2/21-2/28	Sat	9:00 am-12:00 pm



DANCE CLASSES

LINE DANCE

Instructor: Millie Dusha
Senior Center: Dance Studio

Line dancing to a variety of music genres. Partners are not required! Note: please refrain from wearing heavy perfumes and scents, instructor experiences perfume allergies.

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

Saturdays

9/6-12/27/25 and 1/3-3/28/26

Basics (new to line dancing):

8:15-9:00 am

Beginner (basic knowledge required):

9:00-10:00 am

Improver (more advanced steps):

10:00-11:00 am

Intermediate (most advanced):

11:15 am-12:30 pm

No Class 9/13, 10/4, 11/15, 11/29, 12/6, 12/27, 2/21, 3/28

Mondays

Instructor: Tessie Aczon

9/8-12/29/25 and 1/5-3/30/26

Basic beginner (new to line dancing):

12:30-1:30 pm

Beginner/Improver

(must know basic steps): 1:30-2:30 pm

Improver/Intermediate

(more advanced steps): 2:30-4:00 pm

No Class 9/1, 10/27, 1/19, 2/16

NEW YOU DANCE CLASSES

Instructor: AJ Rogers
Senior Center Dance Studio

4 Class anytime punch-card: \$80

Punch card can be used for any of AJ Rogers' regularly scheduled Adult Dance/Fitness classes at the Pleasant Hill Senior Center:

Wake-Up and Move or Tap Basics or Tap Intermediate or Hip Hop

Fridays 9/5-3/27

No Class 9/5,10/24,11/28, 12/19, 12/26, 1/2, 2/20

The instructor will announce other exception dates to the class; new students can call the Senior Center to check on updated exception dates.

Wake Up and Move

9:00 -10:00 am

A fun class designed to stretch and dance your way to fitness, improve balance, coordination and body alignment. Includes warm-ups, dance and total body movements to music. Each class ends with breathing and stretching.

Adult Tap Basics

10:00-11:00 am

Did you tap in your childhood, or are you interested in trying something new? Adult Tap Basics Is a great start for any newcomer or Adults who have danced in the past and want to get those Tappers back on! Come in and enjoy an entertaining class that works on flexibility, strength, and technique along with the true vocabulary of each movement. Need to bring your own tap shoes.

Adult Tap Intermediate

11:00 am-12:00 pm

For adults who have tap danced in the past or already taken the beginner class and are ready to take it to the next level. Unsure if this is the level of class for you, please check with the instructor. Come in and enjoy an entertaining class that works on flexibility, strength, and technique along with the true vocabulary of each movement. Need to bring your own tap shoes.

Adult Hip Hop NEW!

12:00-1:00 pm

It is here! Mr. AJ Rogers is now offering a wanted class by countless adult dancers. Adult Hip Hop! Come in and take advantage of learning all the movements that keep eyes on you in a big crowd. With the very best lead and follows, Mr. AJ will break down each movement to your needs to give your body the movement qualities of a real New You Dancer!



SOCIAL BALLROOM DANCE

Instructor: Alberta Bagneschi
Senior Center: Chateau Room

Singles and couples welcome. Are you looking for a fun hobby, weekly date night or a place to meet new people? Then, our Social Ballroom Dance Class is the place for you! Let us show you what a great dancer you can become. Bring your favorite partner, or come as a single and learn to dance to the music you've always loved. Feel comfortable and confident to join in on the dance floor at parties, cruises, and weddings. This class will provide students with all the easy basics needed in Ballroom and Latin style dancing. Each student must register separately (but you are welcome to dance with only your partner if you both sign up).

Fall 2025 🍁

Fox Trot & Cha Cha-Beginning

\$81/\$65 (Dist. Res.)

4114.101 9/24-10/15 W 7:00-7:55 pm

Fox Trot & Cha Cha-Intermediate

4114.102 9/24-10/15 W 8:00-9:00 pm

Rumba & Salsa – Beginning

\$81/\$65 (Dist. Res.)

4114.103 11/5-11/26 W 7:00-7:55 pm

Rumba & Salsa-Intermediate

4114.104 11/5-11/26 W 8:00-9:00 pm

Jitterbug & Swing Workshop – 2 week workshop

Swing never goes out of style, the music changes but swing is here to stay. This class promises to begin with easy showy steps and slow jazzy music to match!

\$81/\$65 (Dist. Res.)

4114.105 12/3-12/10 W 7:00-9:00 pm

Winter 2026 ❄️ Tango & Waltz-Beginning

\$81/\$65 (Dist. Res.)

4114.106 1/7-1/28 W 7:00-7:55 pm

Tango & Waltz-Intermediate

4114.107 1/7-1/28 W 8:00-9:00 pm

Rumba & Salsa-Beginning

\$81/\$65 (Dist. Res.)

4114.108 2/4-2/25 W 7:00-7:55 pm

Rumba & Salsa-Intermediate

4114.109 2/4-2/25 W 8:00-9:00 pm

Fox Trot & Cha Cha-Beginning

\$81/\$65 (Dist. Res.)

4114.110 3/11-4/1 W 7:00-7:55 pm

Fox Trot & Cha Cha-Intermediate

4114.111 3/11-4/1 W 8:00-9:00 pm

Wedding First Dance & Special Occasion Dance Workshop

Instructor: Alberta Bagneschi
Senior Center: Chateau Room

Couples only. Only one person needs to sign up per couple and you will be prompted to list your partner's name during the check-out process. The date is set, your plans are made. Now make the most of your first dance together! Make that special moment one you'll always remember. Learn both the Waltz and Fox Trot-traditional and contemporary wedding dances. For wedding couples (and others interested in special occasion dances).

\$88/\$70 per couple (Dist. Res.)

Winter 2026 ❄️

4114.112 3/4 W 7:00-9:00 pm

BOLLYWOOD & BEYOND

Instructor: Layla Habib

Senior Center: Dance Studio

This Bollywood inspired dance fitness program that combines dynamic choreography with the hottest music from around the world. It's 50-minute cardio workout cycles between higher and lower intensity dance sequences to get you moving, sweating and motivated.

\$81/\$65 (Dist. Res.)

Fall 2025

4660.101	9/3-10/1	W	6:00-6:50 pm
4660.102	10/22-11/19	W	6:00-6:50 pm

Winter 2026

4660.103	1/7-2/4	W	6:00-6:50 pm
4660.104	2/25-3/25	W	6:00-6:50 pm

BELLY DANCE TECHNIQUE AND CHOREOGRAPHY

Instructor: Sharifa M

Senior Center: Dance Studio

Belly Dance is fun, good for cardio health, balance and flexibility. Learn the beginner techniques and short choreographies. Includes warm-up and stretching. Then take your dance performance to another level! Focus will be on solo improvisation and choreography covering anything from props and balancing, to cymbals, modern and traditional style of belly dance. Wear loose exercise clothing, bring slippers or go barefoot. Bring dance slippers if needed. Hip scarves and veils may be borrowed from the instructor until students buy their own.

\$88 /\$70 (Dist. Res.)

Fall 2025

4133.101	9/9-10/7	Tu	7:00-8:15 pm
4133.102	10/14-11/18	Tu	7:00-8:15 pm
No Class	11/11		

Winter 2026

4133.103	1/13-2/10	Tu	7:00-8:15 pm
4133.104	2/24-3/24	Tu	7:00-8:15 pm



Fall activity sessions held from Sept 1- Dec 31,2025



Winter activity sessions from Jan 1- Mar 31,2026

FILIPINO FOLK DANCE

Instructor: Alverna Arellano

Senior Center: Dance Studio

Come and enjoy learning a colorful and graceful Filipino dance. This class builds a foundation of basic steps, and technique for graceful movements. Wear ballet shoes, or flat shoes. For women wear comfortable shirt and skirt (long and wide). For men shirt comfortable shirt and flexible pants (sweatpants) that you can move in

Fall 2025

\$265 /\$245 (Dist. Res.)

4135.101	9/8-12/1	M	6:00-7:30 pm
No Class	11/24		

Winter 2026

\$185 /\$165 (Dist. Res.)

4135.102	1/26-3/23	M	6:00-7:30 pm
No Class	2/16		

NIA-TECHNIQUE DANCE EXERCISE: DANCE/MARTIAL/HEALING ARTS

Instructor: Kathleen Bate

Senior Center: Dance Studio

Are you looking for strength, healing, better balance? Nia provides a safe, supportive, encouraging environment to move to feel better and to get a great aerobic workout. Nia's world musical rhythms and wide variety of moves in fun choreography will feed your spirit and leave you energized and smiling! Optional: Yoga mat and water.

Fall 2025

\$103 /\$83 (Dist. Res.) Drop-in Fee \$18

4692.101	9/30-11/4	Tu	5:45-6:45 pm
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\$71 /\$57 (Dist. Res.) Drop-in Fee \$18

4692.102	11/18-12/16	Tu	5:45-6:45 pm
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Winter 2026

\$103 /\$83 (Dist. Res.) Drop-in Fee \$18

4692.103	1/6-2/10	Tu	5:45-6:45 pm
4692.104	2/17-3/24	Tu	5:45-6:45 pm



FITNESS CLASSES

MOVING TO HEAL NIA, MOVING TO FEEL BETTER

Instructor: Kathleen Bate

Senior Center: Dance Studio

Are you looking for strength, healing, better balance? Nia provides a safe, supportive, encouraging environment to move to feel better and to get a great aerobic workout. Nia's world musical rhythms and wide variety of moves in fun choreography will feed your spirit and leave you energized and smiling! This class adapted for different levels of fitness is a 45 minute class done in a chair or standing. Optional: Yoga mat and water.

\$81/\$65 (Dist. Res.) Drop-in Fee \$15

Fall 2025

4693.101	9/8-10/13	M	10:30-11:15 am
4693.102	10/20-12/1	M	10:30-11:15 am
No Class	11/24		

Winter 2026

4693.103	1/5-2/23	M	10:30-11:15 am
4693.104	3/2-4/6	M	10:30-11:15 am
No Class	1/19, 2/16		

MOVING TO HEAL NIA

Instructor: Imi Cooke

Senior Center: Dance Studio

Are you looking for strength, healing, better balance? Nia provides a safe, supportive, encouraging environment to move to feel better and to get a great aerobic workout. Nia's world musical rhythms and wide variety of moves in fun choreography will feed your spirit and leave you energized and smiling! This class adapted for different levels of fitness is a 45-minute class done in a chair or standing. Optional: Yoga mat and water.

\$81/\$65 (Dist. Res.) Drop-in Fee \$15

Fall 2025

4694.101	9/18-10/23	Th	10:30-11:15 am
4694.102	10/30-12/11	Th	10:30-11:15 am
No Class	11/27		

Winter 2026

4694.103	1/8-2/12	Th	10:30-11:15 am
4694.104	2/19-3/26	Th	10:30-11:15 am

WEIGHT & STRENGTH

Instructor: Debbie Murdock

Senior Center Dance Studio/Chateau Room

Jump-start your day with a combination of low-impact weight work. Students should bring hand weights and a mat. Purchase punch card from instructor or purchase punch card online and bring a printed receipt to instructor to receive your physical punch card. Held in Dance Studio Mondays and Chateau Room Thursdays.

7-class anytime punch card: \$70

9/4-3/30	M&Th	9:00-10:00 am
No Class	9/1, 11/27, 12/25, 12/29, 1/1, 1/19, 2/16	



POWER POLE WALKING

Instructor: Helene Le Guiniee

Senior Center: Outside Main Entrance

Boost your fitness outdoors with Nordic Walking—a full-body, low-impact cardio workout using poles to build strength, improve posture, and energize your walk. All levels welcome. Fresh air, strong strides, full-body results! Please, wear comfortable shoes and bring a water bottle if needed. Nordic walking poles provided. This class will be held outdoors at Pleasant Hill Park.

Fall 2025

\$110/\$90(Dist. Res.)

2315.101	9/10-9/19	W/F	9:30 -10:30 am
2315.103	10/8-10/17	W/F	9:30 -10:30 am
2315.105	11/5-11/14	W/F	9:30 -10:30 am
2315.107	12/3-12/12	W/F	9:30 -10:30 am

\$63/\$50 (Dist. Res.)

2315.102	9/20	Sa	9:30-11:30 am
2315.104	10/18	Sa	9:30-11:30 am
2315.106	11/15	Sa	9:30-11:30 am
2315.108	12/13	Sa	9:30-11:30 am

Winter 2026

\$110/\$90(Dist. Res.)

2315.109	1/14-1/23	W/F	9:30 -10:30 am
2315.111	2/11-2/20	W/F	9:30 -10:30 am
2315.113	3/11-3/20	W/F	9:30 -10:30 am

\$63/\$50 (Dist. Res.)

2315.110	1/31	Sa	9:30-11:30 am
2315.112	2/28	Sa	9:30-11:30 am
2315.114	3/28	Sa	9:30-11:30 am

ZUMBA GOLD, BARRE PILATES FUSION, CARDIO DRUMMING

Instructor: Jenifer Mann

Senior Center Dance Studio

6 Class anytime punch-card: \$77

Can be used for any of Jenifer Mann's regularly scheduled Fitness classes at the Pleasant Hill Senior Center.

Tuesdays	9/2-3/31
No Class	11/11, 12/30

The instructor will announce other exception dates to the class; new students can call the Senior Center to check on updated exception dates.



Zumba Gold

9:15-10:00 am

Zumba® Gold is a low-impact, dance-inspired class that uses easy to follow choreography to focus on balance, range of motion, and coordination. Come ready to have fun and leave feeling strong and empowered. Bring water bottle.

Barre Pilates Fusion

10:15-11:00 am

Enhances posture through focusing on core strength, optimal alignment of the joints and improved balance. Our class is designed to be a full body workout that enhances endurance and creates long, lean muscles while increasing flexibility. You will love the results! Beginners welcome! Please bring a mat, 9 inch Pilates ball, set of 2 or 3 pound weights and a handled resistance band.

Cardio Drumming

11:15 am-12:00 pm

Combines cardio exercise and drumming to the music in an easy but effective workout. It's a fun, fast paced way to get your heart rate up, improve your rhythm, and burn calories. Be one of the first to try this fun and exciting new class. Bring a pair of drumsticks, and a 22" or 26" yoga ball. Beginners welcome! Appropriate for all fitness levels, can be modified for chair based or standing.



Online CLASSES

ANYTIME. ANYWHERE.

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

www.ed2go.com/pleasanthillrec

FENCING

Instructor: James Parker-District Fencing instructor for 35 years.

Winslow Center: Assembly Room

Fencing is a physical and mental challenge, developing mind and body while improving agility, alertness, balance, coordination and competitiveness. Drop-in class is for experienced fencers.

\$10 per night/person

Fall 2025

4630.101	9/8-12/15	M	7:00-10:00 pm
No Class	12/22, 12/29		

Winter 2026

4630.102	1/5-3/30	M	7:00-10:00 pm
No Class	1/19, 2/16		

TOTAL FITNESS

Instructor: Christie Tomlinson

Community Center: Dance Studio 1 & 2 or Soroptimist 1 & 2

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

Fall 2025

\$130/\$110 (Dist. Res.)

4636.101	9/8-10/27	M	5:45-7:00 pm
4636.102	11/3-12/15	M	5:45-7:00 pm

Winter 2026

\$115/\$95 (Dist. Res.)

4636.103	1/5-2/23	M	5:45-7:00 pm
No Class	1/19, 2/16		

\$100/\$80 (Dist. Res.)

4636.104	3/2-3/30	M	5:45-7:00 pm
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YOGA & MOVEMENT FOR EVERY BODY

Instructor: Gregory Riley

Senior Center Chateau Room: Tuesday evening classes

Winslow Center: Saturday morning classes

Participate in this new, highly accessible Yoga class designed for Every Body. Greg has the knack for making the life-enhancing benefits of Yoga available to all and specializes in offering all movements in mild, medium and "spicy" variations, so everyone can participate at their current level of ability. Greg's teaching style is highly encouraging, non-judgmental, extremely effective and most of all, fun! 10 class punch card does not expire and can be used in Greg Riley's Meditation Class. No more drop-ins, however, you can try your first class for free.

10-class punch card: \$150

Fall 2025

4510.101	9/2-12/16	Tu	6:00-7:00 pm
	9/6-12/20	Sa	9:00-10:15 am
No Class	11/11, 11/29, 12/23, 12/27, 12/30		

Winter 2026

4510.102	1/6-3/31	Tu	6:00-7:00 pm
	1/3-3/28	Sa	9:00-10:15 am

MEDITATION & MINDFULNESS

Instructor: Gregory Riley

Senior Center Dance Studio: Friday afternoon classes

Winslow Center: Saturday morning classes

Find serenity, peace, and happiness through the time-honored practice of meditation. Everyone can do it, it's time you did! Wear comfortable clothes. Class can be done while seated in a chair. 10 class punch card does not expire and can be used in Greg Riley's Yoga Class. No more drop-ins, however, you can try your first class for free.

10 class punch card: \$150

Fall 2025

4511.101	9/5-12/19	F	1:30-2:30 pm
	9/6-12/20	Sa	10:30-11:30 am
No Class	10/31, 11/14, 11/28, 11/29, 12/26, 12/27		

Winter 2026

4511.102	1/2-3/27	F	1:30-2:30 pm
	1/3-3/28	Sa	10:30-11:30 am



TAI CHI/BALANCE CLASSES

Balance – Chair Based Tai Chi

Instructor: Jon Finch

Senior Center: Dance Studio

Gentle movements and exercises that can be done seated or standing (chairs provided). Designed for people of all levels of mobility and ability. Classes include qigong and tai chi style movement to improve mental focus, flexibility, strength, balance and general health.

Fall 2025

\$105/\$85 (Dist. Res.)

2219.101	9/9-10/28	Tu	1:00-2:00 pm
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\$81/\$65 (Dist. Res.)

2219.102	11/4-12/16	Tu	1:00-2:00 pm
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No Class 11/11

Winter 2026

\$105/\$85 (Dist. Res.)

2219.103	1/6-2/24	Tu	1:00-2:00 pm
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2219.104	3/3-4/21	Tu	1:00-2:00 pm
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TAI-CHI AND QIGONG

Instructor: Jon Finch

Senior Center: Dance Studio

Learn and practice tai chi and qigong: gentle movements to improve mental focus, increase balance, strength and flexibility, quiet the mind and relieve stress. Each class includes meditative qigong and tai chi style movement. Great for beginners and adults of all ages.

Fall 2025

\$105/\$85 (Dist. Res.)

2210.101	9/10-10/29	W	1:00-2:00 pm
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\$94/\$75 (Dist. Res.)

2210.102	11/5-12/17	W	1:00-2:00 pm
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Winter 2026

\$105/\$85 (Dist. Res.)

2210.103	1/7-2/25	W	1:00-2:00 pm
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2210.104	3/4-4/22	W	1:00-2:00 pm
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TAI-CHI CHUAN

Instructor: Bryce Ikeda

Senior: Center Dance Studio

Tai-Chi Chuan-Second Set

Ongoing practice of Tai Chi Chuan Yang style long form. This class is for the student that is comfortable with the first set and would like to learn the second. Classes will include Standing Meditation, Qigong, and a breakdown of the second set.

Fall 2025

\$81/\$65 (Dist. Res.)

2310.101	9/30-11/4	Tu	2:30-3:30 pm
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\$69/\$55 (Dist. Res.)

2310.102	11/18-12/16	Tu	2:30-3:30 pm
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Winter 2026

\$81/\$65 (Dist. Res.)

2310.103	1/6-2/10	Tu	2:30-3:30 pm
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\$69/\$55 (Dist. Res.)

2310.104	2/24-3/24	Tu	2:30-3:30 pm
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Tai-Chi Chuan-Third Set

Ongoing practice of Tai Chi Chuan Yang style long form. This class is for the student that is comfortable with the first and second and would like to learn the third. Classes will include Standing Meditation, Qigong, and a breakdown of the third set.

Fall 2025

\$81 /\$65 (Dist. Res.)

2311.101	10/1-11/5	W	11:00 am-12:00 pm
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\$56/\$45 (Dist. Res.)

2311.102	11/19-12/17	W	11:00 am-12:00 pm
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No Class 11/26

Winter 2026

\$81 /\$65 (Dist. Res.)

2311.103	1/7-2/11	W	11:00 am-12:00 pm
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\$69/\$55 (Dist. Res.)

2311.104	2/25-3/25	W	11:00 am-12:00 pm
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Tai-Chi Chuan-Practice

Ongoing practice of Tai Chi Chuan Yang style long form. This class is for the student that is comfortable with all three sets and is interested in refining and improving their form. Classes will focus on the needs/problems presented by students that day. This class only has changed to a punch card that is good for 5 classes, and can be used from one session to another.

5 Class punch card: \$55

Fall 2025

2312.101	10/1-11/5	W	9:30-10:30 am
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2312.102	11/19-12/17	W	9:30-10:30 am
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No Class 11/26

Winter 2026

2312.103	1/7-2/11	W	9:30-10:30 am
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2312.104	2/25-3/25	W	9:30-10:30 am
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Adult SPORTS

ADULT LEAGUES

TEAM REGISTRATIONS:

Basketball (3v3 & 5v5)

Bocce

Flag Football

Soccer (5v5)

Softball

For league details:

www.pleasanthillrec.com/288,

(925) 682-0896 or

emailvdavis@pleasanthillrec.com

Please check the sport page you are most interested in for the most up to date details on how to register your team. Registrations are processed completely online. Please check the sports page you are most interested in for all information on registration (Team registrations only), and roster requirements.

DROP-IN ADULT SPORTS

18+ yrs

BADMINTON

Location: PH Middle School Gym,

1 Santa Barbara Road.

\$9 per person (CASH ONLY)

Fridays	7:30 pm-9:30 pm
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BASKETBALL

Location: PH Middle School Gym, 1 Santa

Barbara Road.

\$9 per person (CASH ONLY)

Fridays	5:30-7:30 pm
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CORNHOLE BAG TOSS:

All Skill Levels-Great People

Location: Winslow Center, 2590 Pleasant

Hill Road, PH (corner of PH Rd & Taylor)

\$7 per person

Fridays	6:30-9:00 pm
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Register online now! www.pleasanthillrec.com | (925) 682-0896

Aquatics



UNDERWATER EGG HUNT!

All Ages

PH Aquatic Park:
147 Gregory Lane

Join Pleasant Hill Rec Aquatics Staff for an underwater egg hunt! Pools will be open for swimming. Enjoy some splashy springtime fun for everyone! Event will be held rain or shine.

Pre-Registration \$22.50 /\$18 (Dist. Res.) by noon on March 27 or when event reaches capacity. Spectators and adult helpers free.



3/28	Sa	1:30-3:00 pm
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AQUATICS SPECIAL EVENTS

PUMPKIN SPLASH

All Ages

PH Aquatic Park:
147 Gregory Lane

Don't miss this spooktacular fun for all ages! Jump into PH Aquatic Park's floating pumpkin patch and pick your favorite pumpkin for Halloween. Once you pick your pumpkin, give it a silly face at our pumpkin decorating station!

\$22.50/\$18 (Dist. Res.) for pumpkin wristband (spectators and adult helpers free)

10/12	Su	1:30-3:00 pm
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POLAR BEAR POOL PARTY

All Ages

PH Aquatic Park: 147 Gregory Lane

Can you "bear" the cold? Kick off winter break with a pool party! Enjoy swimming in the heated pool, aquatics games and hot cocoa. Are you brave enough to test the chilly water of the training pool? Event will be held rain or shine.

Pre-Registration \$22.50/\$18 (Dist. Res.)

12/20	Sa	1:30-3:00 pm
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41ST ANNUAL DOLPHINS TREE LOT

November 28-December 23
Monday-Sunday, 9:00 am-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



SWIM TRY OUTS

PH Aquatic Park: 147 Gregory Lane

Free!

Try outs are required for all new 10 & under swimmers to ensure correct program placement. Pre-registration for try outs is required. You may register for programs before you attend try outs – some programs will fill before try outs. Current Dolphins do not need to attend tryouts. Current Mini-Dolphins should only attend try outs if you are unsure of correct program registration.

Fall 2025

8/9	Sa	10:00 am
9/6	Sa	10:00 am

Winter 2026

1/31	Sa	10:00 am
2/21	Sa	10:00 am
3/21	Sa	10:00 am
4/11	Sa	10:00 am

CLINICS & CLASSES

Clinics fill fast! New swimmers may register for programs before attending mandatory try outs. All new swimmers should start with a Free Swim Try Out and in Pre-Swim Team Clinic.

PRE-SWIM TEAM

Instructor: Talli Pitcher
PH Aquatic Park: 147 Gregory Lane

Designed for swimmers who want to join a swim team. Students must be able to take breaths on their own while "swimming". Coaches are in the water for hands-on instruction. Repeat swimmers welcome, but new swimmers must register for and attend a free swim try out.

4-5 yrs | Tu/Th | 4:15-4:45 pm

Fall 2025

8208.101	8/12-8/28	\$97/\$78 (Dist. Res.)
8208.102	9/9-10/16	\$170/\$150 (Dist. Res.)

Winter 2026

8208.103	3/3-4/2	\$148/\$128 (Dist. Res.)
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6-8 yrs | Tu/Th | 4:45-5:30 pm

Fall 2025

8209.101	8/12-8/28	\$122/\$102 (Dist. Res.)
8209.102	9/9-10/16	\$212/\$192 (Dist. Res.)

Winter 2026

8209.103	3/3-4/2	\$187/\$167 (Dist. Res.)
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9 yrs+

For swimmers without swim team experience, to learn basic swim team skills before joining a team. Try outs are required for all new 10 & under swimmers to ensure correct program placement/registration.

Th/Th | 5:45-6:30 pm

Fall 2025

8210.101	8/12-8/28	\$122/\$102 (Dist. Res.)
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M/W | 6:45-7:30pm

8210.102	9/8-12/17	\$320/\$300 (Dist. Res.)
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Winter 2026

8210.103	3/2-4/1	\$187/\$167 (Dist. Res.)
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No Class 11/24-11/28

PRE-SWIM TEAM EXTENSION

For swimmers in our fall pre-swim team program who have progressed and can now swim 25 yards freestyle (face in the water with rhythmic breathing) and 25 yards backstroke. Coaches will be on deck for this program, but swimmers will continue to build their confidence, skills and stamina using equipment and stroke drills.

8 yrs & Under | Tu/Th | 4:15-5:00 pm

8209.104	10/21-12/16	\$220/\$200 (Dist. Res.)
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No Class 11/11, 11/24-11/28



SWIM TEAM CLINIC (FALL & SPRING)

For returning recreational swimmers – swimmers must have swim team experience or coach approval. Focus is on stroke technique and drill progressions for competitive swimming. Spring clinic does not conflict with County guidelines for Recreational Swim Teams. Swimmers must be able to swim 25 yards freestyle (face in the water with rhythmic breathing) and 25 yards backstroke. Coaches are on the deck for this program. No swim meets or work requirements. Register based on age as of 6/15/2026.

Coach: Talli Pitcher
PH Aquatic Park: 147 Gregory Lane

August 2025 | 8/11-8/27 | M/W

8 yrs & Under	8211.101	4:15-5:00 pm	\$86/\$69 (Dist. Res.)
8-11 yrs	8212.101	5:00-5:45 pm	\$86/\$69 (Dist. Res.)
11 yrs & up	8213.101	5:45-6:45 pm	\$110/\$90 (Dist. Res.)

Fall 2025 | 9/8-12/17

No Class 10/31, 11/11, 11/24-11/28

8 yrs & under | M/W/F | 4:15-5:00 pm

8211.102	\$360/\$340 (Dist. Res.)	3 Day
8211.103	\$275/\$255 (Dist. Res.)	2 Day

8-11 yrs | M/W/F | 5:00-5:45 pm

8212.102	\$360/\$340 (Dist. Res.)	3 Day
8212.103	\$275/\$255 (Dist. Res.)	2 Day

11 yrs & up | M-Th | 5:45-6:45 pm*

8213.102	\$510/\$490 (Dist. Res.)	4 Day
8213.103	\$365/\$345 (Dist. Res.)	2 Day

*Starting 10/20, Tu/Th time changes to 5:00-6:00 pm

Spring 2026 | 3/2-4/3

8 yrs & under | M/W/F | 4:15-5:00 pm

8211.104	\$170/\$150 (Dist. Res.)	3 day
8211.105	\$135/\$115 (Dist. Res.)	2 day

8-11 yrs | M/W/F | 5:00-5:45 pm

8212.104	\$170/\$150 (Dist. Res.)	3 day
8212.105	\$135/\$115 (Dist. Res.)	2 day

11 yrs & up | M-Th | 5:45-6:30 pm

8213.104	\$200/\$180 (Dist. Res.)	4 day
8213.105	\$135/\$115 (Dist. Res.)	2 day



WATER EXERCISE

LAP SWIM

16 yrs & up

PH Aquatic Park: 147 Gregory Lane

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!

Daily Fee: \$10/\$8 (Dist. Res.)

Senior 55+: \$8/\$7 (Dist. Res.)

10-Swim Punch Card: \$90/\$72 (Dist. Res.)

Senior 55+: \$79/\$63 (Dist. Res.)

Fall Lap Swim Hours start Sept 8:

Visit www.pleasanthillrec.com or call District office at (925) 682-0896 for a calendar to confirm hours and for details about our latest lap swim challenge!

Holidays: 11/11, 1/19, 2/16. Modified schedule during Thanksgiving (11/24-11/30) and Winter Break (12/22-1/4)

WATER AEROBICS

A full body workout using the resistance of the water! Emphasis is on cardiovascular workout, toning muscles, and slimming the body. Swimming skills are not required.

Instructor: MaryBeth McCarthy | PH Aquatic Park: 147 Gregory Lane

6-Swim Water Aerobics Punch Card: \$95 /\$76 (Dist. Res.) | Senior 55+: \$86/\$68 (Dist. Res.)

Punch cards are valid for 1 year from date of purchase.

Water Aerobics Punch Card is only valid for MaryBeth's classes.
Single Day | \$17/\$14 (Dist. Res.) | Senior 55+ \$16/\$13 (Dist. Res.)

Fees are based on the number of classes per session.

2 classes | \$26/\$21 (Dist. Res.) | Senior 55+ \$24/\$19 (Dist. Res.)

3 classes | \$39/\$31 (Dist. Res.) | Senior 55+ \$35/\$28 (Dist. Res.)

4 classes | \$52/\$42 (Dist. Res.) | Senior 55+ \$47/\$38 (Dist. Res.)

5 classes | \$65/\$52 (Dist. Res.) | Senior 55+ \$59/\$47 (Dist. Res.)

Mondays

8:00-9:00 am

Fall 2025 🌟

8102.101	9/8-9/29	4 classes
8102.102	10/6-10/27	4 classes
8102.103	11/3-11/24	4 classes
8102.104	12/1-12/29	5 classes

Winter 2026 ❄️

8102.105	1/5-1/26	3 classes
8102.106	2/2-2/23	3 classes
8102.107	3/2-3/30	5 classes
No Class 9/1, 1/19, 2/16		

Wednesdays

8:00-9:00 am

Fall 2025 🌟

8103.101	9/3-9/24	4 classes
8103.102	10/1-10/29	5 classes
8103.103	11/5-11/26	4 classes
8103.104	12/3-12/17	3 classes

Winter 2026 ❄️

8103.105	1/7-1/28	4 classes
8103.106	2/4-2/25	4 classes
8103.107	3/4-3/25	4 classes
No Class 12/24, 12/31		

Fridays

8:00-9:00 am

Fall 2025 🌟

8104.101	9/5-9/26	4 classes
8104.102	10/3-10/31	5 classes
8104.103	11/7-11/21	3 classes
8104.104	12/5-12/26	4 classes

Winter 2026 ❄️

8104.105	1/2-1/30	5 classes
8104.106	2/6-2/27	4 classes
8104.107	3/6-3/27	4 classes
No Class 11/28		

Tuesdays (PM)

Fall 2025 🌟

8105.101	9/2-9/30	5 classes	7:00-8:00 pm
8105.102	10/7-10/28	4 classes	7:00-8:00 pm
8105.103	11/4-11/25	3 classes	6:30-7:30 pm
8105.104	12/2-12/30	5 classes	6:30-7:30 pm

Winter 2026 ❄️

8105.105	1/6-1/27	4 classes	6:30-7:30 pm
8105.106	2/3-2/24	4 classes	6:30-7:30 pm
8105.107	3/3-3/31	5 classes	7:00-8:00 pm
No Class 11/11			

Thursdays (PM)

Fall 2025 🌟

8106.101	9/4-9/25	4 classes	7:00-8:00 pm
8106.102	10/2-10/30	5 classes	7:00-8:00 pm
8106.103	11/6-11/20	3 classes	6:30-7:30 pm
8106.104	12/4-12/18	3 classes	6:30-7:30 pm

Winter 2026 ❄️

8106.105	1/8-1/29	4 classes	6:30-7:30 pm
8106.106	2/5-2/26	4 classes	6:30-7:30 pm
8106.107	3/5-3/26	4 classes	7:00-8:00 pm
No Class 11/27, 12/25, 1/1			



PLEASANT HILL DOLPHINS SWIM TEAM



The season runs from April 13-July 24

Registration for the 2026 Dolphins Swim Team and Mini-Dolphins will open on December 8 (December 10 for non-residents).

Details for the Dolphins & Mini-Dolphins season/schedule will be available in late-November at PleasantHillRec.com.

CLASSES

SO, YOU THINK YOU WANT TO BE A LIFEGUARD?

Free!

15 yrs & up

Instructor: Aquatics Staff

PH Aquatic Park: 147 Gregory Lane

If you are interested in becoming a lifeguard, and want to improve your swimming skills, this is the class for you! Sessions allow participants to practice their swimming skills in order to pass the lifeguard training pre-requisites. Sign up for one or multiple dates!

9/6-3/28 Sat 10:00-11:00am

No Class 11/29, 12/27, 1/3

LIFEGUARD TRAINING

15 yrs & up

Instructor: Aquatic Staff

PH Aquatic Park: 147 Gregory Lane

Learn how to save a life and become an American Red Cross Lifeguard! After successful completion, the American Red Cross will issue certificates in Lifeguarding (including deep water) with CPR/AED for the Professional Rescuer and First Aid, Administering Emergency Oxygen and Title 22. Bring swimsuit, towel, resuscitation mask (receive in class), and lunch each day. This class consists of approximately 6 hours of online learning, which must be completed before the first-class meeting. Registration receipt will have link to required online learning and access to eBook. Required prerequisites must be successfully completed at first class; see PleasantHillRec.com for details.

\$280 /\$260 (Dist. Res.)

Fall 2025 🌟

8715.101	12/21-12/30	Su/M/Tu	9:00 am-5:30 pm
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Winter 2026 ❄️

8715.102	2/8-2/22	Sa/Su	9:00 am-5:30 pm
8715.103	3/8-3/22	Sa/Su	9:00 am-5:30 pm
8715.104	4/4-4/19	Sa/Su	9:00 am-5:30 pm
8715.105	4/6-4/10	M-F	9:00 am-5:30 pm
No Class 12/28, 4/5			

LIFEGUARDING RECERTIFICATION

16 yrs & up

Instructor: Aquatics Staff

PH Aquatic Park: 147 Gregory Lane

For those who have previously taken a lifeguarding 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 (including deep water) with CPR/AED for the Professional Rescuer and First Aid. Bring lunch. Must provide proof of current certification and meet Red Cross eligibility for recertification.

\$220 /\$200 (Dist. Res.)

8717.101	11/24-11/25	M/Tu	9:00 am-4:00 pm
8717.102	12/27-12/28	Sa/Su	9:00 am-4:00 pm
8717.103	1/31-2/1	Sa/Su	9:00 am-4:00 pm
8717.104	2/28-3/1	Sa/Su	9:00 am-4:00 pm
8717.105	3/28-3/29	Sa/Su	9:00 am-4:00 pm
8717.106	4/25-4/26	Sa/Su	9:00 am-4:00 pm

SING AND SWIM

6 mo-3 yrs

Instructor: Andrea Gaspari

PH Aquatic Park: 147 Gregory Lane

Join Andrea Gaspari for this custom designed musical swim program. Andrea joins you and your child in the pool with her melodic fun and games. Together you will practice safety drills and activities that promote developmentally appropriate swim skills. What better way for your child to get acquainted with the water, than in the safety of your loving arms?

\$135/\$115 (Dist. Res.)

8505.101	9/10-10/8	W	5:30-6:00 pm
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FALL 2025 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 lessons. Lesson Managers supervise lessons on the pool deck; they will assist with your concerns.

Tiny Tot: 3-4 yrs

Child must be ready to learn without parent. 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. Skills: Water adjustment, elementary aquatic skills, stroke development and water safety. Abilities may vary. Ratio 3:1

Youth 1: 6-9 yrs

Designed for new swimmers. Students will learn basic aquatic skills, water adjustment and water safety as they build their confidence to swim independently. Ratio 4:1

Youth 2: 9-12 yrs

For students who can swim on their front independently with side breaths (10 yards) and are comfortable on their back. Students will refine their skills and learn more advanced strokes. Ratio 4:1

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 5:1

Private: 3.5 yrs-Adult

One-on-one swim instruction for all ability levels and ages. Weekday private lessons may be available based on instructor/staff availability.

Fall 2025 Swim Lessons – PH Aquatic Park

Saturday & Sunday Group Lessons

4 weeks, (4) 25-min classes | \$71/\$57 (Dist. Res.)

Time	Age	SATURDAY			SUNDAY		
		9/6-9/27	10/4-10/25	11/1-11/22	9/7-9/28	10/5-10/26	11/2-11/23
9:30 am	Adult/Teen	8599.101	8599.103	8599.105	8599.102	8599.104	8599.106
10:00 am	Youth 2	8589.101	8589.103	8589.105	8589.102	8589.104	8589.106
10:30 am	Youth 1	8579.101	8579.103	8579.105	8579.102	8579.104	8579.106
11:15 am	Pre-School	8548.101	8548.103	8548.105	8548.102	8548.104	8548.106
11:45 am	Tiny Tot	8539.101	8539.103	8539.105	8539.102	8539.104	8539.106
12:15 pm	Pre-School	8549.101	8549.103	8549.105	8549.102	8549.104	8549.106

Saturday & Sunday Private:

4 weeks (4) 25-min classes | \$155/\$135 (Dist. Res.)

Time	SATURDAY			SUNDAY		
	9/6-9/27	10/4-10/25	11/1-11/22	9/7-9/28	10/5-10/26	11/2-11/23
9:30 am	8620.101	8620.103	8620.105	8620.102	8620.104	8620.106
10:00 am	8621.101	8621.103	8621.105	8621.102	8621.104	8621.106
10:30 am	8622.101	8622.103	8622.105	8622.102	8622.104	8622.106
11:15 am	8623.101	8623.103	8623.105	8623.102	8623.104	8623.106
11:45 am	8624.101	8624.103	8624.105	8624.102	8624.104	8624.106
12:15 pm	8625.101	8625.103	8625.105	8625.102	8625.104	8625.106





Travel

SPOTLIGHT ON NYC! MAY 21-27 2026

Experience the best of “the Big Apple” in this spectacular tour. From Rockefeller Center to Greenwich Village, New York City is a destination that will dazzle even the most seasoned traveler. Spend four nights in the heart of Midtown close to Central Park and Times Square. Take your seat and watch the curtain rise for two exciting Broadway shows. Ferry to the Statue of Liberty and Ellis Island. See the Empire State Building and Central Park. Visit the poignant 9/11 Museum and 9/11 Memorial. Enjoy plenty of free time to shop and explore this fabulous city on your own. Get ready to “start spreading the news!”

Any bookings made after 11/21/25 would be first come first served, and would require a requote for the air.

Deposit of \$1127/pp due at sign up. Inclusive of \$429 insurance and cancellation waiver. Final payments due February 20th, 2026.

In case of need to cancel trip: Deposit refundable until November 21st, 2025 without filing an insurance claim. After final payment is made the insurance waiver cost of \$429 would be forfeit.

Double \$4,428 | Single \$5,428 | Triple \$4,378
All have the discount of \$150 per person until 11/21/25.

**Without discount:
Double \$4,578, Single \$5,578, Triple \$4,528**

Price Includes: Cancellation Waiver and Insurance, Round Trip Air, Air taxes, Surcharges, Fees. Seven days, eight meals (5 breakfasts, and 3 dinners), Hotel in the middle of Times Square at the Sheraton.

BRANSON HOLIDAY SPECTACULAR DEC 10- DEC 12/16 2025

Experience the magic of Christmas in Branson! You'll see a variety of live shows, such as the Dolly Parton's Stampede with a delightful celebration that includes a four-course dinner, Daniel O'Donnell Show, the Clay Cooper Country Music Express Show, the Petersen Family Band Show, and the stunning Sight & Sound production of Noah, along with one additional live show. Enjoy a guided tour of Branson, lunch at the famed Lambert's Cafe, and a tram tour of the Fantastic Caverns. Dine at Mel's Hard Luck Diner, where singing waitstaff add to the fun, and explore the College of the Ozarks on a guided campus tour. Visit the Titanic Museum and Branson Craft Mill Village, and enjoy a relaxing hotel stay. Known as the live music capital of America, Branson is a top destination for group vacations, offering a diverse range of entertainment from music to comedy and acrobatics.

Deposit of \$698/pp due at sign up. Final payments due September 11th, 2025. In case of need to cancel trip:

Double \$3,850 | Single \$4,550 | Triple \$3,800
No discount since the trip is so close to departure.

Price Includes: Roundtrip Air, Air Taxes/Fees/Surcharges, Hotel Transfers
NOTE: Cancellation waiver and insurance not included in price-\$429 per person.

Explore THE WORLD WITH US

PLEASANT HILL RECREATION & PARK DISTRICT TRAVEL SERVICES

offer a variety of exciting adventures that allow you to experience unique cultures and gain broader perspectives. Your travel with us will immerse yourself into the journey and amazing destinations. We make traveling easy for all with all-inclusive, organized trips that optimize your travel experience. No planning. No hassles. Just experience the convenience, journey, and adventure.

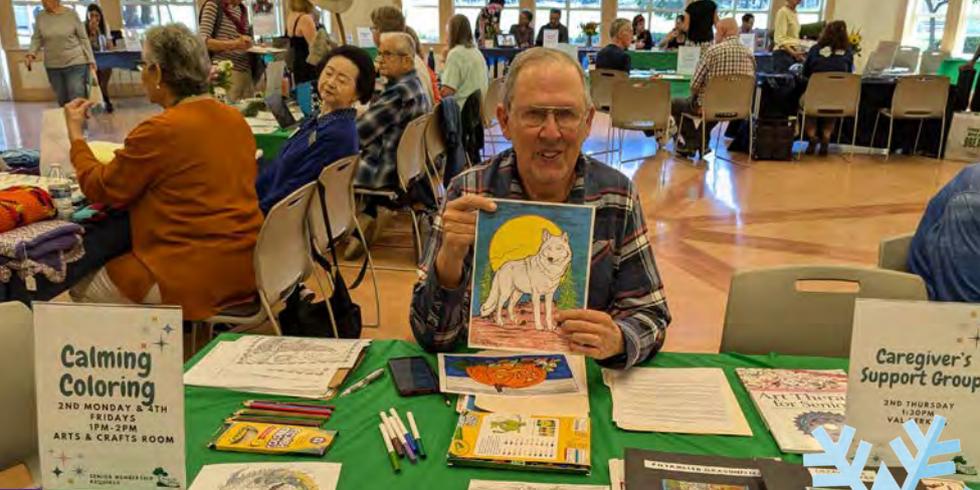


50+ PLEASANT Getaways

We offer special day and overnight excursions for 50+ seniors. Meet new friends and have fun as you explore Northern California in the company of fellow travel enthusiasts. To learn about the latest exciting day-trip adventures, check space availability and sign up:

CALL 925.798.8747
TRAVEL OFFICE HOURS:

Monday-Thursday
9:30am-1:30pm



50+

Senior Services:

- Advanced Health Care Directive Workshops
- Care Management Program
- Consult an Attorney Program
- County Nutrition Program (Café Costa-weekly lunch program)
- iHelp (help for Mac, iPad, iPhone users)
- Grief Support Group
- Medicare & Supplemental Insurance Policy Counseling (HICAP)
- Memory Café
- Movie & Book Library
- Vet-to-Vet Café

Senior Activities:

- American Mah Jongg
- Amistad—Spanish Resource Group
- Bingo
- Bocce Ball
- Bridge
- Calming Coloring
- Craft 'n' Create
- Hand & Foot Card Game
- Men's Corner (Men's discussion group)
- Open Game Room
- Pinochle
- Tea Dance
- Ted Talks
- Weavers
- Wit & Wisdom

Additional activities, see PleasantHillRec.com

SENIOR MEMBERSHIP

Join the Pleasant Hill Senior Club now!

Annual membership is open to anyone 50 years and over for \$20, regardless of residency. Members receive a monthly newsletter and discounts on some events and classes. Note: you do not have to be a member of the Senior Club to come to the Senior Center.

For more details on dates and times of the following services and activities please visit the website at www.pleasanthillrec.com and download a copy of the Senior Sounds monthly newsletter. Please note, at the time of this printing, activities may not be up-to-date. Check our website or call 798-8788 for more information.

SENIOR CENTER OPEN HOUSE

Friday, Sept 12,
10:00 am-1:00 pm
Pleasant Hill Senior Center

Join us in exploring the activities and classes offered at the Senior Center. Meet activity leaders, ask questions and get information to see if you would like to try something new! Open to all ages.

HOLIDAY BOUTIQUE AND CRAFTS FAIR FREE

Saturday, November 15
10:00 am-3:00 pm
Pleasant Hill Senior Center

Get an early start on your holiday shopping! Visit our Holiday Boutique and choose from a huge selection of handmade items. Over 50 craft vendors! Proceeds benefit the PHSC Care Management Program. Applications available for vendors available at www.pleasanthillrec.com (usually sold out by Oct).

CLARINET FUSION HOLIDAY CONCERT

Thursday, December 11 | 7:00 pm
Pleasant Hill Senior Center, Chateau Room

Pleasant Hill's very own Clarinet Fusion will perform live music to the delight of all ages! Bring the whole family! Tickets will stop being sold online at 4pm day of the show. You may purchase at the door (student tickets are just \$5).

Tickets \$10 (\$7 before December 1).

Special Student rates \$5 should automatically discount anyone under the age of 18 in the cart, if you run into difficulty with this you can contact the front desk at (925) 798-8788 for assistance.

SENIOR CENTER PRESENTATIONS

Sensational Seniors Workshop Senior Center: Classrooms

Free to attend

9/25	Th	10:30 am	The Good, the Bad, and the Ugly of Technology
10/23	Th	10:30 am	Medicare Updates & Info You Need to Know
11/13	Th	10:30 am	Honoring Veterans & Highlighting Unique Benefit
12/11	Th	10:30 am	White Elephant & Meaningful Gift Givings

Care MANAGEMENT PROGRAM

Learn about our Senior Care Management (SCM) program that provides resources for older adults to continue to live independently, safely, and with dignity for as long as possible. This program is partially funded by a Contra Costa County Community Block Grant. For a complete list of services, please contact our SCM program manager, Dana Busch at dbusch@pleasanthillrec.com or call (925) 798-8788 Ext. 640.



Hello

Michelle Lacy
General Manager

Dear Friends,

From summer camp adventures and pool days to enrichment classes, sports leagues and community events, this summer was filled with moments that reminded us why recreation matters. We welcomed thousands who made new friends, explored new interests, and enjoyed every moment of summer fun. Judging by the smiles and laughter, we're proud to have fulfilled our goal to create joyful, lasting memories with Pleasant Hill Recreation & Park District.

As we move into fall and winter, our commitment to enriching lives through recreation remains strong. Guided by our Play For All policy, we strive to ensure inclusive and equitable access to our parks, facilities, and programs. Everyone, regardless of ability, background, or identity, is welcome and valued here. In January 2026, we will celebrate 75 years of service. To learn more about who we are, see District highlights on page 35.

This season, we're excited to introduce a new event: the World Fusion Festival on September 13. This celebration of culture and community features food trucks, live performances, and a marketplace of handcrafted goods from around the world.

We also invite you to the Senior Center Open House on September 12, showcasing activities and classes for adults 50 and better. Be sure to join us for all our festive fall and winter family events: Pumpkin Splash (October 12), Haunted Trail (October 24), Breakfast with Santa (December 6), Winter Fest (December 10), and the new Polar Bear Pool Party (December 20). Event details are on pages 2 through 4.

Finally, don't miss the back page feature on Rodgers Ranch Heritage Center, a historic gem that builds community through sustainable living and hands-on experiences.

Thank you for your continued support. We look forward to seeing you this season.

All the best,

Michelle Lacy
General Manager

Our Vision: To be the leaders in providing WOW! experiences every day.

Our Mission: Put people first.

BOARD OF DIRECTORS

Quy Tran, Chair
Derek Wurst, Vice Chair
Sandy Bonato, Secretary
Bobby Glover, Director
Sandy Vinson, Director

Board Meetings: 2nd & 4th Thursdays, 7:00 pm.
See website for details.

3 WAYS TO REGISTER NOW!

Follow us @pleasanthillrec



Online at www.pleasanthillrec.com
Visa/MasterCard/American Express accepted.
No convenience fees for online registration!



Phone: (925) 682-0896 M-F, 9:00 am-5:00 pm,
VISA/MasterCard/American Express/Discover accepted.



Walk-in:
Administration Office, 147 Gregory Lane, M-F, 9:00 am-5:00 pm.

District Resident registration opens
Monday, August 11, 2025

Non-District Resident registration opens
Wednesday, August 13, 2025

See class listings for exceptions to registration dates. **For refund and satisfaction guarantee info, visit pleasanthillrec.com/178/refund-policy**

ADMINISTRATIVE STAFF

- Michelle Lacy, General Manager
- Tom Bradley, Park Superintendent
- Holly Frates, Senior Services Manager
- Ryan Herriman, Facilities Manager
- Katrina Hunn, Youth Services Manager
- Lance Hurtado, Building Maintenance & Facilities Management Superintendent
- Korey Riley, Aquatics & Sports Manager
- Jen Thoits, Marketing, Communications & Events Manager
- Nicole Watson, 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
- 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
- Rodgers Ranch Heritage Center
- Society of Young Magicians
- Veterans of Foreign Wars

Classes subject to cancellation if minimum participation is not met five business days before the start of the class.

FACILITY & PARK LOCATIONS

Administration: 147 Gregory Lane
M-F, 9:00 am-5:00 pm
(925) 682-0896 • Fax (925) 682-1633

PH Aquatic Park: 147 Gregory Lane
(925) 682-0896

Community Center: 320 Civic Drive
M-F, 9:00 am-4:30 pm
(925) 676-5200 • Fax (925) 246-9842

Senior Center: 233 Gregory Lane
M-F, 9:00 am-3:00 pm • (925) 798-8788

Teen Center: 147 Gregory Lane
(925) 691-5645

Park Maintenance Operations:
310 Civic Drive • M-F, 6:30 am-3:00 pm
(925) 671-4649 • Fax (925) 676-7628

Paso Nogal Off-Leash Dog Park:
on Paso Nogal Road

Rodgers Ranch Heritage Center:
315 Cortsen Road • www.rodgersranch.org

Winslow Center: 2590 Pleasant Hill Road

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

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

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



Pleasant Hill

Rec+Park DISTRICT

ABOUT US

Pleasant Hill Recreation & Park District is a dynamic, independent California Special District, separate from the City and other jurisdictions we serve. Established in 1951, we provide exceptional parks, recreational programs, and community services that play a vital role in shaping the quality of life within our diverse community.

VISION

To be the leaders in providing WOW! experiences every day. This vision guides our commitment to service excellence, innovation, and meaningful community impact.

PLAY FOR ALL

Pleasant Hill Recreation & Park District is committed to providing equitable and inclusive access to all parks, facilities, programs, and services. Individuals of all abilities, backgrounds, and identities are welcomed, valued, and served.



Parks, Programs & SERVICES

The District offers a wide variety of year round services that support wellness, learning, recreation, and community connection for all ages.

PARKS & FACILITIES

- Parks, trails, and open space
- Community facilities (park and facility rentals)
- Free public pool and spray ground access

PROGRAMS

- Enrichment and fitness classes
- School-year preschool (18 months–5 yrs)
- Youth and teen after-school programs
- Seasonal day camps
- Sports programs and recreational leagues
- Aquatic programs (swim lessons, swim team, water fitness)
- Senior recreation and group travel programs
- Special events
- Inclusive recreation dances

SUPPORT SERVICES

- Senior resources, nutrition & care management services
- Fee waivers for District residents in need
- Job skills training and development

DISTRICT BY THE

Numbers

5,616 acres / 8.8 sq. mi. service area including the City of Pleasant Hill, portions of City of Lafayette, and the unincorporated community of Walden/Contra Costa Centre and Reliez Valley

275+ acres of parks and open space

15 parks, including an aquatic park and a sports complex

8 community facilities, including 2 community centers, a teen center, a senior center, and a historic ranch site, Rodgers Ranch Heritage Center

2,300+ classes, programs, and activities offered annually

68 full-time equivalent employees



BOARD OF DIRECTORS

Pleasant Hill Recreation & Park District operates under California's Public Resources Code and is governed by an elected five-member Board of Directors. Board members play a critical role in guiding District priorities, approving the budget, and ensuring alignment with community needs.

CAPITAL IMPROVEMENT PROJECTS

Capital Improvement Projects (CIP) are financed through the District's operating budget and are designated specifically for maintaining and enhancing existing parks and facilities. These funds also support park and facility-related operational needs.

Total 2026/2027 CIP Investment: \$1.6M

2025 CIP Project Highlights

- Replacement of Rodgers Smith Park Restroom
- ADA improvements (facilities & parks)
- Large shade structure at Pleasant Oaks Park Group Picnic Area along Santa Barbara Rd.



147 Gregory Lane
Pleasant Hill, CA 94523

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Pleasant Hill Recreation & Park District • (925) 682-0896 • The Spotlight Fall/Winter, Volume 30, Issue 3



Rodgers Ranch
HERITAGE CENTER
315 Cortsen Road | Pleasant Hill

A HIDDEN GEM

Nestled quietly in the center of Pleasant Hill is a beautiful historic site many residents have yet to discover. This hidden gem is the Rodgers Ranch Heritage Center (RRHC), a living piece of Pleasant Hill history owned and operated by the Pleasant Hill Recreation & Park District.

HISTORY

In 1867, Dr. Hiram Smith built a two-story farmhouse and tried his hand at farming wheat on a 149-acre parcel within the Rancho Las Juntas land grant. Just a year later, Smith decided to sell the property to Patrick Rodgers. Patrick, his wife Mary, and their four children expanded the home, built a barn, and farmed wheat, later shifting to fruit and nut trees. After Patrick passed in 1891 and Mary in 1904, the property was divided among their children and eventually most of the original parcel was sold and developed.

By the 1980s, only 18 acres remained. In 1986, a development plan for that land was submitted to the City of Pleasant Hill. During the review process, members of the Pleasant Hill Historical Society researched the site and

found documentation that made it eligible for the National Register of Historic Places. Recognizing its value, two acres including the house, barn, and surrounding gardens were set aside as public parkland. The City accepted the land and then transferred it to Pleasant Hill Recreation and Park District.

In 1991, Friends of Rodgers Ranch, now Rodgers Ranch Heritage Center, a non-profit organization, was formed to raise funds in collaboration with the District to restore, maintain, and share the historic site with the community.

Today, RRHC serves as a place to learn and connect. The RRHC Board is dedicated to promoting sustainable living and showing how those practices remain just as meaningful now as they were in the past when families relied on limited natural resources to survive.

COMMUNITY CONNECTIONS

Rodgers Ranch is home to the Northern California Unit of the Herb Society of America, the Rodgers Ranch Urban Farm, and the Contra Costa Succulent Garden Club. It also hosts classes and workshops on gardening, nature, and local history throughout the year.

ACTIVITIES & EVENTS

RRHC grounds are open every day, dawn to dusk unless otherwise noted. Bring a picnic lunch and enjoy the peaceful surroundings.

Museum Days

Fridays, 10:00 am-3:00 pm

Last Sunday of the month, 11:00 am-3:00 pm

Everyone welcome to explore the historical house and experience the beautiful surrounding gardens. Enjoy occasional Treadles to Threads spinning demos.

Harvest Festival

Saturday, October 25 | 10:00 am-2:00 pm

Enjoy live music, vendors and fun activities presented by local organizations.

Holiday Boutique

Saturday, December 6 | 10:00 am-4:00 pm

Shop unique, hand-made gift items.

Expo 2026

check out our website:

www.rodgersranch.org for information.

Rodgers Ranch Nature Series

Rodgers Ranch Heritage Center hosts a nature series with Naturalist Michael Marchiano on the first Sunday in September, and October. The cost for a class is \$10 for RRHC Members and \$15 for non-members. Register online here: www.rodgersranch.org/2025-nature-series-lectures.html.

Spiders

Sunday, September 7 | 12:45pm to 2:00pm

Michael will present photos of the life and times of local spiders, hoping to change the many negative perceptions and myths about these fascinating eight-legged arachnids. Learn the truth about the infamous black widow and the often-maligned gentle tarantula.

Mushrooms

Sunday, October 5 | 12:45pm to 2:00pm

Discover the beautiful shapes and colors of some of our local varieties of mushrooms in Michael's photo introduction to Contra Costa fungi. Learn some very basic mycology (the science of fungi) as well as learning about the local death cap Amanita.

For additional information on activities, classes, volunteer opportunities and membership, visit www.RodgersRanch.org or email at info@rodgersranch.org.



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