

the Spotlight

FALL 2026
WINTER 2027



ADULT FITNESS
& Enrichment Classes

pages 20-27 »

**NEW MIDDLE
SCHOOL Sports**
Alliance Leagues

page 15 »

**CELEBRATING
75 YEARS** of Parks,
Play & Community

back cover »

pleasanthillrec.com



Community EVENTS



REGISTRATION BEGINS

August 10 (District Residents)
August 12 (Non District Residents)
See more details on page 34.

The Spotlight, Fall 2026/Winter 2027:

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On the Cover (L to R): Marilyn Kaplan,
Debbie Murdock, & Janet Caprile

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SENIOR CENTER OPEN HOUSE

Free!

Friday, September 18
10:00 am-1:00 pm

Pleasant Hill Senior Center

See page 34 for more details

WORLD FUSION FESTIVAL



Saturday, September 26
10:00 am-2:00 pm

Pleasant Hill Park

Free!

Experience the sights, sounds, and flavors of our diverse community at this free fusion festival. Enjoy live music and dance performances showcasing the many cultures that make up our community. Savor a variety of delicious cuisines and explore an eclectic marketplace featuring artisan goods and wellness vendors. All are welcome.

PUMPKIN SPLASH

All Ages

Sunday, October 11
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)



Register online now! www.pleasanthillrec.com | (925) 682-0896

INCLUSIVE Rec Dances 2026-27

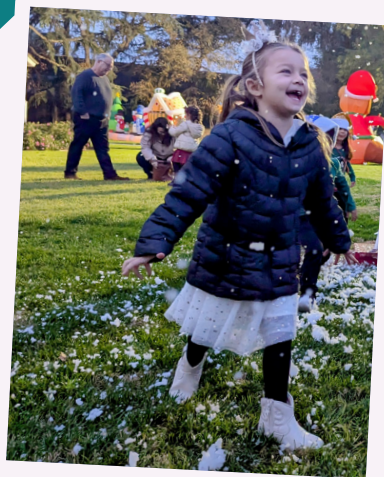
Pleasant Hill Rec & Park District in partnership with the City of Concord, City of Martinez, and City of Walnut Creek, host dances specifically designed for developmentally disabled adults (18 years and up). DJ Rhythm Masters

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

September 11: Martinez Senior Center
October 30: Concord Senior Center
November 20: Walnut Creek Shadelands
December 11: Martinez Senior Center
January 8, 2027: Martinez Senior Center
February 5, 2027: Pleasant Hill Senior Center
March 19 2027: Walnut Creek Shadelands

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

For more information contact Karen at kmckimmy@pleasanthillrec.com.
View schedule and locations at <https://pleasanthillrec.com/449>



HOLIDAY BOUTIQUE AND CRAFTS FAIR 2026

Free!

Saturday, November 14, 10:00 am-3:00 pm
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! Vendor info: applications available 6/8 at www.pleasanthillrec.com.

42ND ANNUAL DOLPHINS TREE LOT



November 27-December 22
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 5
Two seatings: 8:30 am or 10:00 am
Senior Center: Chateau Room

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. We have two seating's, 8:30am and 10am. Must pre-register online by noon, 12/1

\$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

WINTER FEST

Free!

Wednesday, December 9
5:00-8:00 pm
Pleasant Hill Community Center

Celebrate the magic of the season at WinterFest! Take a ride on the Polar Express train, visit Santa, create festive crafts, and enjoy live performances throughout the evening. From twinkling lights to family-friendly activities, Winter Fest offers something for everyone and is the perfect way to make lasting holiday memories together.

CLARINET FUSION CONCERT

Thursday, December 10, 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!

Admission: \$10 (\$7 if purchased by 12/4).

Tickets will stop being sold online at 4:00 pm day of the show. 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. You may also purchase at the door if space available (**student tickets are \$5**).

DIABLO REGIONAL CONCERT BAND

Free!

Holiday Concert

Thursday, December 17, 7:00 pm

Spring Concert

Thursday, March 18, 7:00 pm

Pleasant Hill Senior Center: Chateau Room

Listen to the wonderful musical sounds of this impressive community band. **FREE** to the public but donations are gratefully accepted at the door to be split between the Diablo Regional Concert Band and the Pleasant Hill Senior Center.

HAUNTED TRAIL

Friday, October 23
5:00-7:00 pm

Free!

Pleasant Hill Park
(Trail starts behind Teen Center)

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. Enjoy an evening of Halloween fun for all ages.



KIDS Night Out

4-15 yrs

Friday, December 11, 6:00-9:00 pm
Friday, February 12, 6:00-9:00 pm

Teen Center

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.

\$36 (Non Res. & Dist. Res.)

THE GREAT SPRING SCRAMBLE

New!
Free!

All ages

Saturday, March 20, 2027
10:00 am-12:00 pm

Pleasant Hill Park | Staging Area on Basketball
Grab your activity sheet and set off on a springtime adventure! Search Pleasant Hill Park for oversized spring-themed egg signs hidden throughout the park. Each sign contains a scrambled spring word. Unscramble them all, complete your activity sheet, and redeem it for a special goody bag.

Along the way, enjoy crafts, music, dancing, complimentary donuts (while supplies last), and festive photo opportunities. This free, environmentally friendly event is the perfect way for families to welcome spring and create lasting memories together.

UNDERWATER EGG HUNT!



All ages

Saturday, March 27, 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-Registration \$22.50 /\$18 (Dist. Res.) by noon on March 26 or when event reaches capacity.

Spectators and adult helpers free.

RODGERS RANCH HERITAGE CENTER (RRHC)

ACTIVITIES & EVENTS

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

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 17 | 10:00 am-2:00 pm

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

Holiday Boutique

Saturday, December 5 | 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.

This series is free for RRHC Members and \$15 for non-members.

Register online here: www.rodgersranch.org

Spiders

Sunday, September 6 | 1:00-2:30 pm

Join us for a special presentation on our native tarantula, *Aphonopelma iodium* as well as other spider species common to our area. Autumn is "spider" season when spiders breed, make egg cases, and propagate future generations. Learn about their amazing life cycle, hunting methods, importance to the ecosystem, and hopefully dispel many of the myths and ignorance people have about spiders.

Mushrooms & Fungi

Sunday, October 4 | 1:00-2:30 pm

Join naturalist Michael Marchiano for a photo introduction of fungi and mushrooms of Contra Costa County. See the array of beautiful shapes and colors of some of our local varieties. Learn some very basic mycology (the science of fungi) as well as learning about the local death cap *Amanita phalloides*.

For additional information on activities, classes, volunteer opportunities and membership, visit www.RodgersRanch.org or email at info@rodgersranch.org.

Thank You

TO OUR 2026
TOP SPONSORS!



BECOME A 2027 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 guests and provide a unique opportunity for brand visibility, in-person engagement, and community recognition. 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 2027 our best year of events yet! Learn more at www.pleasanthillrec.com yet! events@pleasanthillrec.com. Contact us at events@pleasanthillrec.com.



Register online now! www.pleasanthillrec.com | (925) 682-0896



Preschool

2026-2027 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 17, 2026 – May 28, 2027.

REGISTRATION PROCESS!

Registration for the 2026-2027 school year opened to NEW District resident preschool families on April 15, 2026, at 9:00 am online at pleasanthillrec.com. Registration for NEW non-resident families opened on April 17, 2026 at 9:00 am online. Registration is on a first come, first serve basis. Birth certificates, immunization records, and proof of residency are required for discount. Children must be age appropriate by 9/1/2026.

Priority registration was in March 2026 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.*

2026-2027 Tuition Schedule and Monthly Rates

Bumblebees (1.5-2.5 yrs)

Tu/Th	8:15-11:15 am	CC	\$521/\$471 (Dist. Res.)
M/W/F	8:15-11:15 am	CC	\$625/\$578 (Dist. Res.)

Hummingbirds (2.5-3.5 yrs)

Tu/Th	8:15-11:15 am	WC	\$511/\$461 (Dist. Res.)
M/W/F	8:15-11:15 am	WC	\$618/\$568 (Dist. Res.)

Bluebirds (3-4 yrs)

Tu/Th	8:25-11:25 am	CC	\$489/\$439 (Dist. Res.)
M/W/F	8:25-11:25 am	CC	\$538/\$488 (Dist. Res.)

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

M-Th	8:30-11:30 am	CC	\$665/\$615 (Dist. Res.)
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Peacocks (potty-trained) (3.5-5 yrs)

M-Th	12:45-3:45 pm	WC	\$650/\$600 (Dist. Res.)
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POP UP ^{Free} PlayDates

10/26 & 4/12, 10:00 am-12:00 pm
Community Center Playground

Pop in and play organized games and activities with Pleasant Hill Rec & Park staff. We provide the fun-- you provide the smiles. Keep active, meet up with friends, and make new ones too. FREE to the public. All ages are welcome.



AFTERNOON ADVENTURES

3.5-5 yrs (potty-trained)

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

August 17, 2026 – May 28, 2027

Preschoolers, TK and Kinders join us for lunch time and fun filled afternoons. Children will engage in art, science, music and more! Children bring a NUT-FREE lunch and water daily.

\$566/\$516 (Dist. Res.) per month

6755.200 M-F 11:45 am-2:30 pm

\$414/\$364 (Dist. Res.) per month

6755.201 3 days 11:45 am-2:30 pm

\$393/\$343 (Dist. Res.) per month

6755.202 2 days 11:45 am-2:30 pm

\$170/\$120 (Dist. Res.) per month

6755.111 1 day 11:45 am-2:30 pm

4-Day option available!

Email Sarah Smith at ssmith@pleasanthillrec.com

New!





PARENT + TOT LILEIGH PAD SENSORY PLAY

1.5- 5 yrs

Instructor: Erin Magallanes
Off-Site: Lafayette Reservoir

New!

Sensory, Art & Nature Play

This parent and me nature play class is a great introduction to our nature preschool program. Child and care giver enjoy circle time, art, sensory together while meeting other families.

Fall 2026 🍁

\$106.25 /\$85 (Dist. Res.)

6620.301	9/4-9/25	F	10:00-11:00 am
6620.311	9/5-9/26	Sa	10:00-11:00 am
6620.302	10/2-10/30	F	10:00-11:00 am
6620.312	10/3-10/24	Sa	10:00-11:00 am

\$81.25 /\$65 (Dist. Res.)

6620.303	11/6-11/20	F	10:00-11:00 am
6620.313	11/7-11/21	Sa	10:00-11:00 am

Winter 2027 ❄️

\$81.25 /\$65 (Dist. Res.)

6620.304	2/5-2/26	F	10:00-11:00 am
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\$106.25/\$85 (Dist. Res.)

6620.314	2/6-2/27	Sa	10:00-11:00 am
6620.305	3/5-3/26	F	10:00-11:00 am
6620.315	3/6-3/27	Sa	10:00-11:00 am

MUSIC CLASSES

Instructor: Andrea Gaspari
Community Center

Let's Make Music

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.

AM | 18 mo-3 yr

Fall 2026 🍁

\$225 /\$180 (Dist. Res.)

6636.301	9/8-10/20	Tu	9:20-10:00 am
6636.304	10/27-12/15	Tu	9:20-10:00 am

\$162.50 /\$130 (Dist. Res.)

6636.303	10/7-11/4	W	5:30-6:10pm
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PM | 9 mo – 3 yr

\$131.25/\$105 (Dist. Res.)

6636.306	11/18-12/16	W	5:30-6:10pm
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Winter 2027 ❄️

\$225 /\$180 (Dist. Res.)

6636.307	1/5-2/16	Tu	9:20-10:00 am
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\$193.75 /\$155 (Dist. Res.)

6636.309	1/6-2/10	W	5:30-6:10 pm
6636.312	2/17-3/24	W	5:30-6:10 pm
6636.310	2/23-3/30	Tu	9:20-10:00 am

Musical Babies | 6mo-18 mo

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 2026 🍁

\$225 /\$180 (Dist. Res.)

6636.302	9/8-10/20	Tu	10:05-10:45 am
6636.305	10/27-12/15	Tu	10:05-10:45am

Winter 2027 ❄️

\$225 /\$180 (Dist. Res.)

6636.308	1/5-2/16	Tu	10:05-10:45 am
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\$193.75 /\$155 (Dist. Res.)

6636.311	2/23-3/30	Tu	10:05-10:45 am
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No class 11/24

SPECIAL INTEREST

PRE-BALLET

3-5 yrs

Instructor: Christie Tomlinson

Community Center: Dance Studio 1 and 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 2026 🍁

\$120 /\$96 (Dist. Res.)

6619.301	9/14-10/26	M	3:00-3:45 pm
6619.302	11/2-12/14	M	3:00-3:45 pm

Winter 2027 ❄️

\$120 /\$96 (Dist. Res.)

6619.303	1/4-3/1	M	3:00-3:45 pm
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\$185 /\$148 (Dist. Res.)

6619.304	3/8-5/24	M	3:00-3:45 pm
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No class 1/18, 2/15

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.

Fall 2026 🍁

\$156 /\$125 (Dist. Res.)

6057.301	9/5-9/26	Sa	9:00 -9:50 am
6057.302	10/3-10/24	Sa	9:00 -9:50 am

\$118.75 /\$95 (Dist. Res.)

6057.303	11/7-11/21	Sa	9:00-9:50 am
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Winter 2027 ❄️

\$118.75 /\$95 (Dist. Res.)

6057.354	1/9-1/30	Sa	9:00-9:50 am
6057.355	2/6-2/27	Sa	9:00-9:50 am
6057.356	3/6-3/27	Sa	9:00-9:50 am



Register online now! www.pleasanthillrec.com | (925) 682-0896

BASEBALL

Skyhawks BaseballTots

3-5 yrs

Instructor: Skyhawks Sports
Pleasant Hill Park Soccer Field

Bring your child's love for baseball to life! This fun, engaging program uses age-appropriate games and equipment to teach hitting, throwing, catching, and base-running. Our supportive coaches help young athletes build coordination, confidence, and teamwork in a positive environment—making new friends, learning new skills, and having tons of fun along the way.

Fall 2026 🍁

\$225/\$180 (Dist. Res.) (5 classes)

5099.300	9/14-10/12	M	3:00-3:45 pm
5099.301	10/26-11/30	M	3:00-3:45 pm
No class 11/23			

Winter 2027 ❄️

\$265/\$215 (Dist. Res.) (6 classes)

5099.302	1/25-3/08	M	3:00-3:45 pm
No class 2/15			

SPORTS MEDLEY

Skyhawks Parent & Me | SuperTots Sports Medley

2-3 yrs

Instructor: Skyhawks Sports
Pleasant Hill Park Soccer Field

Introduce your child to baseball, basketball, and soccer in one fun-filled program! Through play-based activities, young athletes build coordination, confidence, and basic skills using age-appropriate equipment. Our enthusiastic coaches create a positive, supportive environment where every child can thrive—while parent participation makes the experience even more engaging and fun.

Fall 2026 🍁

\$225/\$180 (Dist. Res.) (5 classes)

5099.303	9/14-10/12	M	11:30 am-12:00 pm
5099.304	10/26-11/30	M	11:30 am-12:00 pm
No class 11/23			

Winter 2027 ❄️

\$265/\$215 (Dist. Res.) (6 classes)

5099.305	1/25-3/08	M	11:30 am-12:00 pm
No class 2/15			

Skyhawks Sports Medley

4-6 yrs

Instructor: Skyhawks Sports
Pleasant Hill Park Soccer Field

Designed for homeschool and preschool/TK athletes, this fun-filled program introduces baseball, basketball, and soccer through play-based activities. Using age-appropriate equipment, kids build coordination, confidence, and basic skills. Our enthusiastic coaches create a positive, supportive environment where all abilities can grow, learn at their own pace, and have fun.

Fall 2026 🍁

\$225/\$180 (Dist. Res.) (5 classes)

5099.306	9/14-10/12	M	12:30-1:15 pm
5099.307	10/26-11/30	M	12:30-1:15 pm
No class 11/23			

Winter 2027 ❄️

\$265/\$215 (Dist. Res.) (6 classes)

5099.308	1/25-3/08	M	12:30-1:15 pm
No class 2/15			

MOM/DAD & ME

2-3 ½ yrs

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

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!

Fall 2026 🍁

\$182/\$146 (Dist. Res.) (5 classes)

5031.300	9/5-10/3	Sa	9:05-9:35 am
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Note: Class will be held at the Rodgers Smith Park Soccer Field on 9/26

\$122/\$98 (Dist. Res.) (3 classes)

5031.301	10/17-10/31	Sa	9:05-9:35 am
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Winter 2027 ❄️

\$182/\$146 (Dist. Res.) (5 classes)

5031.302	1/16-2/13	Sa	9:05-9:35 am
5031.303	2/27-3/27	Sa	9:05-9:35 am

Note: Class will be held at the Rodgers Smith Park Soccer Field on 3/20

TOT SOCCER

3 ½ - 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. Our field-tested, age specific curriculum builds confidence and promotes physical development. Tot Soccer focuses on helping kids develop their large motor skills through skill demonstrations and entertaining games like Bugs in the House! Shin guards are required after the first meeting. All participants receive a Kidz Love Soccer jersey!

Fall 2026 🍁

\$182/\$146 (Dist. Res.) (5 classes)

5031.304	9/5-10/3	Sa	11:10-11:40 am
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Note: Class will be held at the Rodgers Smith Park Soccer Field on 9/26

\$122/\$98 (Dist. Res.) (3 classes)

5031.305	10/17-10/31	Sa	11:10-11:40 am
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Winter 2027 ❄️

\$182/\$146 (Dist. Res.) (5 classes)

5031.306	1/16-2/13	Sa	11:10-11:40 am
5031.307	2/27-3/27	Sa	11:10-11:40 am

Note: Class will be held at the Rodgers Smith Park Soccer Field on 3/20

KIDS LOVE SOCCER

Pre Soccer

4-5 yrs

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

Enjoy running and kicking just like the big kids! Have fun and learn the basic techniques of soccer while building self-esteem and learning to follow instructions in a nurturing teaching environment. The focus will be more on skills and individual development. Shin guards are required after the first meeting. All participants receive a Kidz Love Soccer jersey!

Fall 2026 🍁

\$182/\$146 (Dist. Res.) (5 classes)

5031.308	9/5-10/3	Sa	10:30-11:05 am
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Note: Class will be held at the Rodgers Smith Park Soccer Field on 9/26

\$122/\$98 (Dist. Res.) (3 classes)

5031.309	10/17-10/31	Sa	10:30-11:05 am
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Winter 2027 ❄️

\$182/\$146 (Dist. Res.) (5 classes)

5031.310	1/16-2/13	Sa	10:30-11:05 am
5031.311	2/27-3/27	Sa	10:30-11:05 am

Note: Class will be held at the Rodgers Smith Park Soccer Field on 3/20

SOCCER 1 TECHNIQUES & TEAM WORK

5-6 yrs

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

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 2026 🍁

\$182/\$146 (Dist. Res.) (5 classes)

5031.312	9/5-10/3	Sa	9:40-10:25 am
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Note: Class will be held at the Rodgers Smith Park Soccer Field on 9/26

\$122/\$98 (Dist. Res.) (3 classes)

5031.313	10/17-10/31	Sa	9:40-10:25 am
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Winter 2027 ❄️

\$182/\$146 (Dist. Res.) (5 classes)

5031.314	1/16-2/13	Sa	9:40-10:25 am
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5031.315	2/27-3/27	Sa	9:40-10:25 am
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Note: Class will be held at the Rodgers Smith Park Soccer Field on 3/20



SOCCER FUNDAMENTALS

2-3 yrs

Instructor: Super Soccer Stars
Pleasant Hill Park Soccer Field

Our 2-3s program provides an exciting introduction to physical activities, where your little ones will engage in rich language exposure and develop essential movements like running, hopping, jumping, and changing directions. Our expert instructors will also teach basic soccer skills, enhance coordination and building stability. But it's not all serious training! Our curriculum includes fun dribbling and shooting activities tied to a specific theme (i.e. Outer space) that promotes positive social interaction and lays the foundation for mastering the basic skills of soccer.

Fall 2026 🍁

\$288/\$238 (Dist. Res.) (7 classes)

3040.300	9/12-10/24	Sa	9:00-9:40 am
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Note: Class will be held at the Rodgers Smith Park Soccer Field on 9/26

\$254/\$204 (Dist. Res.) (6 classes)

3040.301	10/31-12/12	Sa	9:00-9:40 am
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No class 11/28

3-4 yrs

Our 3-4s program is specifically crafted to enhance your child's comfort with the ball and further develop their soccer skills. From dribbling to shooting, and even the introduction of passing, our expert coaches will guide your little ones through engaging activities that will have them mastering the game in no time. But it's not just about soccer skills! We also emphasize the importance of teamwork and social interaction. Through fun partner activities, we promote values such as sharing, listening, respect, and cooperation. Your child will not only grow as a player but also as a well-rounded individual.

Fall 2026 🍁

\$288/\$238 (Dist. Res.) (7 Classes)

3040.302	9/12-10/24	Sa	9:50-10:30 am
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Note: Class will be held at the Rodgers Smith Park Soccer Field on 9/26

\$254/\$204 (Dist. Res.) (6 Classes)

3040.303	10/31-12/12	Sa	9:50-10:30 am
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No class 11/28

Classes subject to cancellation if minimum participation is not met 5 business days before the start of the class.

4-5 yrs

Our 4-5s program is the perfect opportunity for your child to take their soccer skills to the next level and have a blast while doing it! In this class, the primary focus is on body movement with the ball. Your child will be introduced to exciting techniques such as juggling, as well as the important concepts of teamwork and the role of teammates. Through engaging skill-building activities, we will ensure that your child develops the necessary skills to excel in the game. From mastering dribbling techniques to learning impressive moves, we aim to boost their confidence with the ball and ignite their passion for the sport.

Fall 2026 🍁

\$288/\$238 (Dist. Res.) (7 Classes)

3040.304	9/12-10/24	Sa	10:40-11:25 am
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Note: Class will be held at the Rodgers Smith Park Soccer Field on 9/26

\$254/\$204 (Dist. Res.) (6 Classes)

3040.305	10/31-12/12	Sa	10:40-11:25 am
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No class 11/28

SOCCER STARS SKILLS & DRILLS

5-7 yrs

Instructor: Super Soccer Stars
Pleasant Hill Park Soccer Field

Watch your child's soccer skills soar to new heights in our 5-7s program! These classes enhance soccer abilities through a combination of exciting games, technical training, and engaging group activities. We prioritize creating a comfortable and supportive space for your child to develop essential teamwork skills, ensuring they thrive on the field. With a strong emphasis on constant awareness of teammates, these valuable skills seamlessly transition into real-game situations. Each action-packed class includes ball activities with high repetitions that promote muscle memory and boost confidence in ball control.

Fall 2026 🍁

\$288/\$238 (Dist. Res.) (7 Classes)

3040.306	9/12-10/24	Sa	11:35 am-12:35 pm
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Note: Class will be held at the Rodgers Smith Park Soccer Field on 9/26

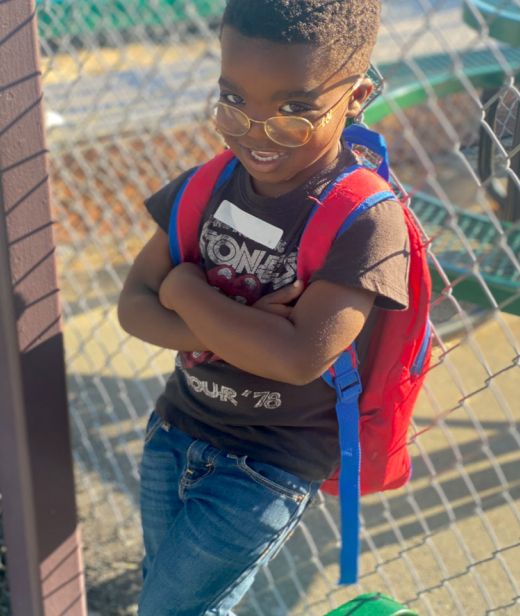
\$254/\$204 (Dist. Res.) (6 Classes)

3040.307	10/31-12/12	Sa	11:35 am-12:35 pm
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No class 11/28



Register online now! www.pleasanthillrec.com | (925) 682-0896



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!

Catch a ride!

KIDSTOP provides after-school transportation from Pleasant Hill Elementary, Sequoia Elementary, Strandwood Elementary, and Valhalla Elementary schools (TK-5).

KIDSTOP also provides transportation to Valhalla from early morning care.

Learn more at pleasanthillrec.com/267

DANCE CLASSES

MISS CHRISTIE DANCE

6-9 yrs

Instructor: Christie Tomlinson
Community Center

Ballet I | 6-9 yrs

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. Class will conclude with a Performance. Black leotard, pink tights, pink slippers, NO skirts or tutus, please, even if attached.

Fall 2026 🍁

\$137.50 / \$110 (Dist. Res.)

6042.301	9/14-10/26	M	3:55-4:55 pm
6042.302	11/2-12/14	M	3:55-4:55 pm

Winter 2027 ❄️

\$137.50 / \$110 (Dist. Res.)

6042.303	1/4-3/1	M	3:55-4:55 pm
No class 1/18, 2/15			

\$212.50 / \$170 (Dist. Res.)

6042.304	3/8-5/24	M	3:55-4:55 pm
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Tap I | 6-12 yrs

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 2026 🍁

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

6045.301	9/14-10/26	M	5:00-5:30 pm
6045.302	11/2-12/14	M	5:00-5:30 pm

Winter 2027 ❄️

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

6045.303	1/4-3/1	M	5:00-5:30 pm
No class 1/18, 2/15			

\$143.75 / \$115 (Dist. Res.)

6045.304	3/8-5/24	M	5:00-5:30 pm
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Fall activity sessions held
from Sept 1- Dec 31, 2026



Winter activity sessions
from Jan 1- Mar 31, 2027

KIDS

Night Out

Friday, December 11, 6:00-9:00 pm
Friday, February 12, 6:00-9:00 pm

Teen Center

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.

\$36 (Non Res. & Dist. Res.)

NEW YOU DANCE

Instructor: AJ Rogers
Senior Center: Dance Studio

These classes are students favorite across Contra Costa County! They truly are a great start for any newcomer or returning dancer who has danced in the past and wants to get those Dance Shoes back on! Come in and enjoy an entertaining class that works on flexibility, strength, and technique along with the true vocabulary of each movement. Ending with an amazing choreography by Mr. AJ Rogers in an unbelievably fun environment! Keeping up with popular top 40 music brings the clubby environment to Pleasant Hill Rec. This class brings sheer joy in a classy clean and cool studio. West coast hip hop energy champion invites you to join the fun!

Hip-Hop Combo I | 4-8 yrs

Fall 2026 🍁

\$181 / \$145 (Dist. Res.)

6061.301	8/19-9/30	W	4:15-5:00 pm
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\$231 / \$185 (Dist. Res.)

6061.302	10/7-12/16	W	4:15-5:00 pm
No class 11/11, 11/25			

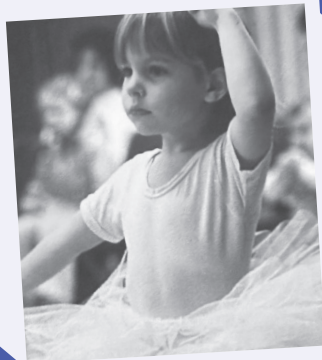
Winter 2027 ❄️

\$156 / \$125 (Dist. Res.)

6061.303	1/13-2/17	W	4:15-5:00 pm
6061.304	2/24-3/31	W	4:15-5:00 pm

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YOUTH



Hip-Hop Combo II | 6-11 yrs

Fall 2026 ❄️

\$181 /\$145 (Dist. Res.)

6061.305	8/19-9/30	W	5:00-5:45 pm
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\$231 /\$185 (Dist. Res.)

6061.306	10/7-12/16	W	5:00-5:45 pm
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No class 11/11, 11/25

Winter 2027 ❄️

\$156 /\$125 (Dist. Res.)

6061.307	1/13-2/17	W	5:00-5:45 pm
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6061.308	2/24-3/31	W	5:00-5:45 pm
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Street Hip Hop I | 9-13 yrs

Fall 2026 ❄️

\$181 /\$145 (Dist. Res.)

6061.309	8/19-9/30	W	7:00-7:45 pm
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\$231 /\$185 (Dist. Res.)

6061.310	10/7-12/16	W	7:00-7:45 pm
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No class 11/11, 11/25

Winter 2027 ❄️

\$156 /\$125 (Dist. Res.)

6061.311	1/13-2/17	W	7:00-7:45 pm
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6061.312	2/24-3/31	W	7:00-7:45 pm
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Dubstep | 9-13 yrs

Fall 2026 ❄️

\$181 /\$145 (Dist. Res.)

6061.313	8/19-9/30	W	7:45-8:30 pm
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\$231 /\$185 (Dist. Res.)

6061.314	10/7-12/16	W	7:45-8:30 pm
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No class 11/11, 11/25

Winter 2027 ❄️

\$156 /\$125 (Dist. Res.)

6061.315	1/13-2/17	W	7:45-8:30 pm
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6061.316	2/24-3/31	W	7:45-8:30 pm
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MUSIC

INTRO TO MUSIC CLASSES

5-12 yrs

Instructor: John Waller

Winslow Center: Rooms 1&2

This introduction to music classes 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 instrument and play everyday. Bring a guitar/ukulele to the first class if you can.

Guitar Intro

Fall 2026 ❄️

\$176.25/\$141 (Dist. Res.)

6091.301	9/15-10/20	Tu	4:15-5:05 pm
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6091.303	1/12-2/16	Tu	4:15-5:05 pm
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Ukulele Intro

Fall 2026 ❄️

\$176.25/\$141 (Dist. Res.)

6091.302	11/3-12/15	Tu	4:15-5:05 pm
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Winter 2027 ❄️

\$176.25/\$141 (Dist. Res.)

6091.304	2/23-3/30	Tu	4:15-5:05 pm
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No class 11/24

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.

\$20 lab fee payable to Village Music School

Fall 2026 ❄️

\$279/\$229 (Dist. Res.)

6057.304	9/8-10/20	Tu	6:00-7:15 pm	Moana
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6057.305	10/27-12/15	Tu	6:00-7:15 pm	Hamilton
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Winter 2027 ❄️

\$279/\$229 (Dist. Res.)

6057.358	2/16-3/30	Tu	6:00-7:15 pm
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6057.359	4/13-5/25	Tu	6:00-7:15 pm
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No class 11/24

Project Rock Band - Second Stage

8-11 yrs

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

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 2026 ❄️

\$559/\$509 (Dist. Res.)

6057.306	9/14-12/16	M	4:30-5:45 pm
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No class 11/23

6057.307	9/15-12/16	Tu	4:30-5:45 pm
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No class 11/24

SPECIAL INTEREST

AFTERNOON ART W/ I HEART ART

5-12 yrs

Instructor: I Heart Art

Senior Center: Arts & Crafts Room

Join us in creating various art projects using lots of different techniques and mediums 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 2026 ❄️

\$225 /\$180 (Dist. Res.)

6069.301	9/14-10/26	M	4:00-5:00 pm
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6069.302	11/2-12/14	M	4:00-5:00 pm
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Winter 2027 ❄️

\$280 /\$230 (Dist. Res.)

6069.303	1/25-3/29	M	4:00-5:00 pm
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No class 2/15



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CHESSMATE ACADEMY'S AFTER-SCHOOL PROGRAM

5-12 yrs

Instructor: Chessmate Academy Staff
Senior Center: Game Room

Chess challenges students to think ahead, analyze positions, and make strategic decisions - skills that benefit them both on and off the board. Through hands-on instruction and structured play, students sharpen focus, improve concentration, and learn to adapt in a dynamic and interactive setting. Join our chess program and experience the fun and excitement of the world's best strategy game!

Fall 2026 🌟

\$392/\$342 (Dist. Res.)

6092.301 9/9-11/18 W 3:30-4:30 pm
No class 11/11

Winter 2027 ❄️

\$392/\$342 (Dist. Res.)

6092.302 1/20-3/24 W 3:30-4:30 pm

FENCING

8-17 yrs

Instructor: Greg Pursley
Community Center: Multiple Facilities

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 an overall fun experience.



Beginning Fencing

Fall 2026 🌟

\$343/\$293 (Dist. Res.)

6059.301 9/1-10/22 Tu/Th 4:00-5:30 pm

Intermediate/Advance

Fall 2026 🌟

\$415/\$365 (Dist. Res.)

6059.302 9/1-11/5 Tu/Th 5:30-7:00 pm

Winter 2027 ❄️

\$415/\$365 (Dist. Res.)

6059.303 1/19-3/25 Tu/Th 5:30-7:00 pm

LANGUAGE IN MOTION

Instructor: Kirsten Stracke
Senior Center: Classroom #3

Back-to-School Writing Kickstart

7-10 yrs | 3rd-4th grade

Does your child struggle to put their thoughts on paper? In this hands-on workshop, young writers will master the art of crafting a strong sentence, learn how to make it even better, and explore the parts of speech that bring writing to life.

Fall 2026 🌟

\$162.50/\$130 (Dist. Res.)

6054.301 8/17-8/19 M/W 4:00-6:00 pm

9-13 yrs | 5th-6th grade

Ready to write with real impact? This intensive workshop challenges students to fine-tune their writing at every level, from sentence to paragraph, while mastering the art of using evidence and building compelling arguments.

6054.303 8/24-8/26 Tu/Th 5:00-7:00 pm



YOUTH

10-15 yrs | 7th-8th grade

Ready to write with real impact? This intensive workshop challenges students to fine-tune their writing at every level, from sentence to paragraph, while mastering the art of using evidence and building compelling arguments.

6054.302 8/17-8/19 M/W 5:00-7:00 pm

PLANTING SEEDS ACADEMIC SOLUTIONS

7-12 yrs

Instructor: Planting Seeds
Academic Solutions
Senior Center: Arts & Crafts Room

Fall 2026 🌟

\$193.75/\$155 (Dist. Res.)

Clay Creations: Sculpting Your Imagination

In this hands-on course, students explore air-dry clay using basic tools, textures, and techniques. They create unique pieces each session, practicing sculpting and experimenting with finishes. Projects include sculptures, personalized mugs, and more, encouraging creativity while helping young artists build confidence and develop essential artistic skills through engaging, guided practice.

6030.301 9/15-10/20 Tu 4:30-5:30 pm

Slime Science: A Goopy Exploration of Creativity

Get ready for a messy, creative adventure! Kids explore hands-on science by making slimes and fun concoctions. From stretchy, colorful creations to unique experiments, they mix play and learning while discovering textures, colors, and shapes. This camp sparks curiosity and imagination as they create their own goopy masterpieces.

6030.302 9/17-10/22 Th 4:30-5:30 pm

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

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

Intermediate/Advance: through this course, 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 | Beginner | Novice
 Intermediate/Advance | FIT FLOW
 Tournament Kids**

Pricing Schedule:

1 class: \$23.75/\$19 (Dist. Res.)

2 classes: \$41.25/\$33 (Dist. Res.)

3 classes: \$58.75 /\$47 (Dist. Res.)

4 classes: \$76 /\$61 (Dist. Res.)

5 classes: \$93.75 /\$75 (Dist. Res.)

Note: No November classes on 11/1-11/15, 11/26, 11/27

All Belts | 5-12 yrs

Wednesday, 6:00-6:45 pm

6095.308	9/2-9/30	(5 classes)
6095.309	10/7-10/28	(4 classes)
6095.310	11/18-11/25	(2 classes)
6095.311	12/2-12/30	(5 classes)
6095.312	1/6-1/27	(4 classes)
6095.313	2/3-2/24	(4 classes)
6095.314	3/3-3/31	(5 classes)
No Class 11/11		

Friday, 5:00-5:45 pm

6095.383	9/4-9/25	(4 classes)
6095.384	10/2-10/23	(4 classes)
6095.385	11/20	(1 class)
6095.386	12/4-12/18	(3 classes)
6095.387	1/8-1/29	(4 classes)
6095.388	2/5-2/26	(4 classes)
6095.389	3/5-3/26	(4 classes)



Beginners | 5-12 yrs

Monday, 5:00-5:45 pm

6095.315	9/14-9/28	(3 classes)
6095.318	10/5-10/26	(4 classes)
6095.321	11/16-11/30	(3 classes)
6095.324	12/7-12/28	(4 classes)
6095.327	1/4-1/25	(3 classes)
6095.330	2/1-2/22	(3 classes)
6095.333	3/1-3/29	(5 classes)
No class 1/18, 2/15		

Tuesday, 6:00-6:45 pm

6095.316	9/1-9/29	(5 classes)
6095.319	10/6-10/27	(4 classes)
6095.322	11/17-11/24	(2 classes)
6095.325	12/1-12/29	(5 classes)
6095.328	1/5-1/26	(4 classes)
6095.331	2/2-2/23	(4 classes)
6095.334	3/2-3/30	(5 classes)

Thursday, 5:00-5:45 pm

6095.317	9/3-9/24	(4 classes)
6095.320	10/1-10/29	(5 classes)
6095.323	11/19	(1 class)
6095.326	12/3-12/17	(3 classes)
6095.329	1/7-1/28	(4 classes)
6095.332	2/4-2/25	(4 classes)
6095.335	3/4-3/25	(4 classes)

Novice | 6-13 yrs

Pre-Requisite: Blue Belt or Instructor's Approval

Monday, 6:00-6:45 pm

6095.357	9/14-9/28	(3 classes)
6095.359	10/5-10/26	(4 classes)
6095.361	11/16-11/30	(3 classes)
6095.363	12/7-12/28	(4 classes)
6095.365	1/4-1/25	(3 classes)
6095.367	2/1-2/22	(3 classes)
6095.369	3/1-3/29	(5 classes)
No class 2/15		

Tuesday, 6:00-6:45 pm

6095.391	9/1-9/29	(5 classes)
6095.392	10/6-10/27	(4 classes)
6095.393	11/17-11/24	(2 classes)
6095.394	12/8-12/29	(4 classes)
6095.395	1/5-1/26	(4 classes)
6095.396	2/2-2/23	(4 classes)
6095.397	3/2-3/30	(5 classes)

Thursday, 6:00-6:45 pm

6095.358	9/3-9/24	(4 classes)
6095.360	10/1-10/29	(5 classes)
6095.362	11/19	(1 class)
6095.364	12/3-12/17	(3 classes)
6095.366	1/7-1/28	(4 classes)
6095.368	2/4-2/25	(4 classes)
6095.370	3/4-3/25	(4 classes)



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Intermediate/Advance

Pre-Requisite: Brown Belt or Instructor's Approval

Wednesdays, 5:00-5:45 pm

6095.343	9/2-9/30	(5 classes)
6095.344	10/7-10/28	(4 classes)
6095.345	11/18-11/25	(2 classes)
6095.346	12/2-12/30	(5 classes)
6095.347	1/6-1/27	(4 classes)
6095.348	2/3-2/24	(4 classes)
6095.349	3/3-3/31	(5 classes)

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.*****

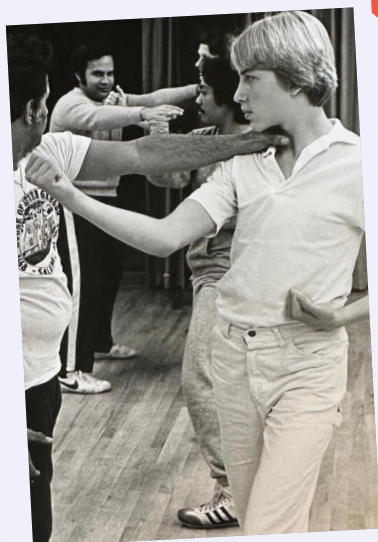
These sessions will focus on kata and sparring for tournaments. We will set up mock tournaments in class, so the kids will know what to expect in competition.

Students do not have to compete in tournaments to join this class. These classes are also an opportunity for more practice on their kata for their next belt, if they are not practicing enough at home, and to overall improve their sparring abilities.

All belts are welcomed, but they must know their kata. White Belts to Yellow Stripe must, at least, know Kihon Kata Ichi. And do not register your child if they don't even have sparring gear yet. Contact the instructor to purchase sparring gear.

Thursdays, 7:00-7:45 pm

6095.371	9/3-9/24	(4 classes)
6095.372	10/1-10/29	(5 classes)
6095.373	11/19	(1 class)
6095.374	12/3-12/17	(3 classes)
6095.375	1/7-1/28	(4 classes)
6095.376	2/4-2/25	(4 classes)
6095.377	3/4-3/25	(4 classes)



Japan Karate Do FIT FLOW | 8-17 yrs

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.

Tuesdays, 7:00-7:45 pm

6095.336	9/1-9/29	(5 classes)
6095.337	10/6-10/27	(4 classes)
6095.338	11/17-11/24	(2 classes)
6095.339	12/1-12/29	(4 classes)
6095.340	1/5-1/26	(4 classes)
6095.341	2/2-2/23	(4 classes)
6095.342	3/2-3/30	(5 classes)
6095.223	6/2-6/30	(5 classes)

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.

Kobudo Bo Class Pricing Schedule:

2 classes: \$31.25/\$25 (Dist. Res.)
3 classes: \$43.75 /\$35 (Dist. Res.)
4 classes: \$56 /\$45 (Dist. Res.)
5 classes: \$68.75 /\$55 (Dist. Res.)

Wednesdays, 7:00-7:45 pm

6095.350	9/2-9/30	(5 classes)
6095.351	10/7-10/28	(4 classes)
6095.352	11/18-11/25	(2 classes)
6095.353	12/2-12/30	(5 classes)
6095.354	1/6-1/27	(4 classes)
6095.355	2/3-2/24	(4 classes)
6095.356	3/3-3/31	(5 classes)



YOUTH

All-Access PASS

JAPAN KARATE DO

Unlock unlimited access to all of our class offerings for the entire month with the All-Access Pass.

Please note the following pre-requisites:

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

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.

By selecting the All-Access Pass, you will not need to register for any other "Japan Karate Do" classes during the month. Please be aware that this option is non-refundable.

All Access Pass Pricing Schedule:

Sept, Oct, Dec, Jan, Feb, Mar:
\$330 /\$280 (Dist. Res.)

November:
\$237.50/\$195 (Dist. Res.)

Monday-Friday

6095.301	9/1-9/30
6095.302	10/1-10/30
6095.303	11/16-11/30
6095.304	12/1-12/30
6095.305	1/4-1/28
6095.306	2/1-2/26
6095.307	3/1-3/31
No class 11/1-11/15, 11/26, 11/27, 12/24, 12/25, 12/31, 1/18, 2/15	

YOUTH SPORTS

SOCCER 2 SKILLS & SCRIMMAGES

7-10 yrs

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

A great introduction to competitive soccer, Skillz and Scrimmages teaches advanced skill building such as dribbling, passing and shooting in a team format, as well as an introduction to goal-tending. Kids will scrimmage and learn to play together as a team. From defense and mid-field to forward and goalie...kids get exposure to playing every position and have a blast doing it. Appropriate for players of varying skill levels. And...best of all, each participant receives a Kidz Love Soccer jersey! Shin guards required after first meeting.

Fall 2026 🌸

\$182/\$146 (Dist. Res.) (5 classes)

5031.316	9/5-10/3	Sa	11:45 am-12:30 pm
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Note: Class will be held at the Rodgers Smith Park Soccer Field on 9/26

\$122/\$98 (Dist. Res.) (3 classes)

5031.317	10/17-10/31	Sa	11:45 am-12:30 pm
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Winter 2027 ❄️

\$182/\$146 (Dist. Res.) (5 classes)

5031.318	1/16-2/13	Sa	11:45 am-12:30 pm
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5031.319	2/27-3/27	Sa	11:45 am-12:30 pm
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Note: Class will be held at the Rodgers Smith Park Soccer Field on 3/20



SKYHAWKS HOMESCHOOL SPORTS MEDLEY

7-11 yrs

Instructor: Skyhawks Sports
Pleasant Hill Park Soccer Field

This fun, fast-paced program introduces kids to baseball, basketball, dodgeball, flag football, soccer, track & field, volleyball, and more. Athletes build skills, confidence, and teamwork in a positive environment where all abilities are welcome. With energetic coaches and a focus on FUN, kids stay active and engaged!

Fall 2026 🌸

\$225/\$180 (Dist. Res.) (5 classes)

5099.309	9/14-10/12	M	1:30-2:30pm
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5099.310	10/26-11/30	M	1:30-2:30pm
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No class 11/23

Winter 2027 ❄️

\$265/\$215 (Dist. Res.) (6 classes)

5099.311	1/25-3/08	M	1:30-2:30pm
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No class 2/15

SKYHAWKS VOLLEYBALL CLINIC

6-11 yrs

Instructor: Skyhawks Sports
Pleasant Hill Park Soccer Field

Learning volleyball fundamentals has never been so fun! This engaging program uses age-appropriate equipment to help beginners build skills like passing, setting, hitting, and serving. Our enthusiastic coaches create a positive environment where athletes develop coordination, teamwork, confidence, and sportsmanship—while making new friends and discovering a lasting love for the game.

Fall 2026 🌸

\$225/\$180 (Dist. Res.) (5 classes)

5099.312	9/14-10/12	M	4:00-4:45pm
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5099.313	10/26-11/30	M	4:00-4:45pm
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No class 11/23

Winter 2027 ❄️

\$265/\$215 (Dist. Res.) (6 classes)

5099.314	1/25-3/08	M	4:00-4:45pm
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No class 2/15

SKATEBOARDING 101

6-12 yrs

Instructor: Rob Skate Academy
476 Sunvalley Mall, Concord CA, 94520

A super fun, new skateboard program designed for kids of all ages. No skill requirements needed as the Rob Skate Academy has the best professionally trained staff in the industry to handle all skill levels and keep your child safe. Participants provide their own skateboard, helmet, and pads. Don't forget to bring water and snacks! This is an action-packed class for young thrill seekers!

Fall 2026 🌸

\$168/\$135 (Dist. Res.) (3 classes)

5187.300	9/5-9/19	Sa	10:00-11:00am
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5187.301	10/3-10/17	Sa	10:00-11:00am
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5187.302	11/7-11/21	Sa	10:00-11:00am
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FLAG FOOTBALL League

NFL SPONSORED YOUTH FLAG FOOTBALL LEAGUE

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

Pleasant Hill Park 147 Gregory Lane, PH

Season begins play September 12, 2026 for 6 games.

One practice per week (day/time are determined after registration closes & coaches are assigned). Games are on Saturdays (schedule provided by assigned coach).

Registration Closes August 12, 2026.

\$300/\$250 (Dist. Res.)* | Fee includes NFL jersey, football and flag belt) * \$75 refund to parents who head coach.

Confirmation of practices will be provided once coaches are assigned. Practices begin the week of September 7, 2026.

5050.200 K-2 Grades

5050.201 3-5 Grades

5050.202 6-8 Grades

New!

Pleasant Hill Rec & Park presents

MIDDLE SCHOOL SPORTS ALLIANCE LEAGUE

(PHMS, VVMS, SMS, & REBELS)

Fall, Winter, and Spring Sports

Fall 2026 Alliance League Flag Football

Grades 6-8

Pleasant Hill Recreation and Park District is now leading the Middle School Sports Alliance League, open to all middle school students! We will be offering three sports during the school year, starting in Fall 2026 with Flag Football. Girls and boys teams, organized by school, will feature school branded jerseys. Home school/private school students are welcome!

Scholarships are available. (\$200)

Season begins September 11, 2026 for 6 games afterschool.

Try outs will be held the week of August 17, 2026

Practices begin the week of August 31, 2026, and will be held on campus immediately after school. Practices day varies by school. Practice and game schedule will be provided by the coach. Games are on Friday evenings at Pleasant Hill Park. No practice or games the week of October 5 (MDUSD break).

JR. NBA YOUTH BASKETBALL

Winter League

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

PH Middle School Gym

1 Santa Barbara Road

Season runs January 23 – March 13, 2027 for 8 games.

Registration opens August 10 and closes December 6, 2026

One practice per week (day/time are determined after registration closes & coaches are assigned). Games are on Saturdays (schedule provided by assigned coach).

\$280/ \$230 (Dist. Res.)* | Fee includes a jersey & basketball

* \$75 refund to parents who head coach.

Confirmation of practices will be provided once coaches are assigned. Practices begin the week of January 18, 2027.

Boys:

5060.300 K-2 Grades

5060.301 3-5 Grades

5060.302 6-8 Grades

Girls:

5060.303 K-2 Grades

5060.304 3-5 Grades

5060.305 6-8 Grades

Mark your Calendar!

JR. NBA YOUTH BASKETBALL

Spring League

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

Registration opens online

December 14, 2026. Season runs

March 27, 2027 - May 8, 2027.

Registration deadline is February 22, 2027. No games April 3.

YOUTH TENNIS

Junior Development Program (JDP)

6-10 yrs

Instructor: New Frontier Tennis College Park Tennis Courts

A fun intro to tennis where players will learn forehands, backhands, volleys, serves, building confidence and coordination. What to Bring: Water bottle and sunscreen. All tennis equipment is provided.

Fall 2026

\$162/\$130 (Dist. Res.) (5 classes)

5584.300	9/12-10/10	Sa	9:00-10:00am
5584.301	10/17-11/14	Sa	9:00-10:00 am

Junior Excellence Program (JEP)

11+ yrs

Instructor: New Frontier Tennis College Park Tennis Courts

Rally-based play—refining strokes, footwork, and consistency through competitive games and advanced drills. What to Bring: Tennis racquet, water bottle, and sunscreen.

\$187/\$150 (Dist. Res.) (5 classes)

5565.300	9/12-10/10	Sa	10:15-11:30 am
5565.301	10/17-11/14	Sa	10:15-11:30 am

Tennis 101: Beginning Adults

16+ yrs

Instructor: New Frontier Tennis College Park Tennis Courts

Learn proper technique and gain rally confidence in a supportive, social environment. Perfect for adults new to tennis or returning after a long break. What to Bring: Water bottle and sunscreen. All tennis equipment is provided.

Fall 2026

\$218/\$175 (Dist. Res.) (5 classes)

5565.302	9/15-10/13	T	6:30-7:30 pm
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FALL + WINTER BREAK Camps



FULL-DAY CAMPS

ADVENTURE KIDS CAMP

Grades K-5

Instructor: Kidstop Staff

Gregory Gardens: Kidstop Childcare Building

Adventure Kids Winter 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 2026 🍁

1 Day | 7:00 am - 6:00 pm | \$71/\$65 (Dist. Res.)

6060.301	M	10/5
6060.302	T	10/6
6060.303	W	10/7
6060.304	Th	10/8
6060.305	F	10/9

Winter 2027 ❄️

6060.306	M	12/21
6060.307	T	12/22
6060.308	W	12/23
6060.309	M	12/28
6060.310	T	12/29
6060.311	W	12/30

XTREME BREAK CAMP

Grades 6 & up (siblings Grade 3 & up)

Instructor: Teen Center Staff
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 8 by 7 business days prior to the first day of camp.

Fall (10/5-10/9/26) 🍁

1 Day | 7:30 am - 5:30 pm | \$71.25/\$57 (Dist. Res.)

5189.301	10/5	M	Dave & Busters
5189.302	10/6	T	Sky Links Buchanan
5189.303	10/7	W	Three Nuns
5189.304	10/8	Th	Mystery Trip
5189.305	10/9	F	Movies

Winter (12/21-12/30/26) ❄️

5189.306	12/21	Movies
5189.307	12/22	Dave & Busters
5189.308	12/23	Ice Skating
5189.309	12/28	Activate Dublin
5189.310	12/29	Mystery Trip
5189.311	12/30	Movies

SPECIAL INTEREST CAMPS

October Break (10/5-10/9/26) 🍁

PLAY-WELL TEKNOLOGIES

5-9 yrs

Instructor: Play-Well TEKologies
Community Center

Minecraft Engineering using LEGO Materials
Venture into the world of Minecraft in our unique LEGO experience. Get ready to build your base, craft your tools, use your Minecraft to harvest raw resources, and battle to stop the Ender Dragon from ending the world. Come explore the endless possibilities of LEGO with a trained Play-Well Instructor.

\$322/\$272 (Dist. Res.)

6066.301 10/5-10/9 M-F 9:00 am-12:00 pm

Thanksgiving Break (11/23-11/25/26) 🍁

ART EXTRAVAGANZA!

5-10 yrs

Instructor: A-Z Creativity LLC
Community Center: Preschool 1

In this camp, 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, and 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!

\$379 /\$329 (Dist. Res.)

6621.301 11/23-11/25 M-W 9:00 am-3:00 pm

\$18 material fee due first day of camp



Register online now! www.pleasanthillrec.com | (925) 682-0896



Winter Break (12/21-12/30/26) ❄️

BUILT IT! ART STUDIO

5-10 yrs

**Instructor: A-Z Creativity LLC
Community Center: Preschool 1**

In this camp, 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, and 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!

\$379 /\$329 (Dist. Res.)

6621.302 12/28-12/30 M-W 9:00 am-3:00 pm

\$18 material fee due first day of camp

PLANTING SEEDS ACADEMIC SOLUTIONS

7-12 yrs

**Instructor: Planting Seeds Academic
Solutions Staff
Senior Center: Classroom 3**

\$212.50 /\$170 (Dist. Res.)

Magic Makers: Learn the Art of Illusion

Set the stage and prepare to dazzle! In this beginner-level magic class, students learn core principles, performance techniques and the art of misdirection. They practice tricks, build confidence, and develop stage presence while preparing for a final performance where they showcase their newly learned tricks in a final magic performance.

6030.303 12/21-12/23 M-W 9:00 am-12:00 pm

Songwriters in the Making: Craft Your Own Hits

Join our fun, interactive songwriting class for young music lovers! Students explore creativity, express emotions, and learn melody, rhythm, and lyrics. They create original songs inspired by their experiences or favorite artists. This class offers a supportive space for kids to develop their voice, build confidence, and make music their own.

6030.304 12/21-12/23 M-W 1:00 pm-4:00 pm

Jr. Crime Scene Detectives Camp

Experience real-life application in Crime Scene Analysis. Become the center of the action as a CSI agent and conduct forensic science experiments. In the laboratory get ready to learn how to collect and perform analyses of evidence, record findings and use critical thinking to find the culprit. Everyone will enjoy our interactive and amazing crime science reproductions.

6030.305 12/28-12/30 M-W 9:00 am-12:00 pm

SKATEBOARDING 101

6-12 yrs

**Instructor: Rob Skate Academy
476 Sunvalley Mall, Concord CA, 94520**

A super fun, new skateboard program designed for kids of all ages. No skill requirements needed as the Rob Skate Academy has the best professionally trained staff in the industry to handle all skill levels and keep your child safe. Participants provide their own skateboard, helmet, and pads. Don't forget to bring water and snacks! This is an action-packed camp for thrill seekers!

\$289/\$239 (Dist. Res.) (4 classes)

5187.303 11/23-11/27 M-W, F 10:00-11:00 am

No class 11/26

THANKSGIVING DAY PARADE WORKSHOP USING LEGO® MATERIALS

5-9 years

**Instructor: Play-Well TEKnologies
Community Center**

Join us this Fall as we fashion our very own LEGO® Thanksgiving Day Parade, inspired by the iconic event! Participants will design and build their own parade floats using LEGO® while learning important engineering concepts and exploring their creativity along the way. This workshop wouldn't be complete without a parade through our very own LEGO® city so grab your spot along the parade route now!

\$206 /\$165 (Dist. Res.)

6066.302 11/23-11/25 M-W 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

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

Register for our popular Teen afterschool program for the 2026–2027 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, crafts and games. Snack Shack open daily. For more program details, visit pleasanthillrec.com/246.

Fees: \$13.50/day | \$17.50/day with transportation from Valley View Middle School & Hill Middle School.
Annual membership fees: \$100/\$80 (Dist. Res.)

PH Teen Center, 147 Gregory Ln, Pleasant Hill

Register for 2026-2027 School year, complete required registration paperwork, meet staff, see facility and complete required registration paperwork.

TEEN SPECIAL INTEREST CLASSES

BABYSITTING 101 FOR BEGINNERS

10–16 yrs

Instructor: Morgan Dziad
Communtiy Center: Preschool 2

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! Participants will earn their babysitting certificate upon successful completion of the course.

Fall 2026 🍁

\$155 /\$124 (Dist. Res.)

5105.301 10/4 Su 10:00 am-2:00 pm

TEEN SPORTS

Browse our Youth Sport section for tweens (up to 12). See page 14

For older teens (16+ years), browse our Adult Fitness and Aquatic Fitness classes. See pages 25-31



TEEN Council

GRADES 6–12

Teen Council Now Accepting Applications for 2026–2027

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

For more information visit
PleasantHillRec.com/

Applications due by
August 5, 2026

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/



Register online now! www.pleasanthillrec.com | (925) 682-0896

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.

Fall 2026 🌸

\$290 /\$240 (Dist. Res.)

5100.301	9/12-10/10	Sa	9:00 am-12:00 pm
5100.302	11/23-11/27	M,Tu,W,F	9:00 am-12:00 pm
No class 11/26			
5100.303	12/19-12/23	Sa,M,Tu,W	9:00 am-12:00pm
No class 12/20			

Winter 2027 ❄️

\$290 /\$240 (Dist. Res.)

5100.304	2/6-2/27	Sa	9:00 am-12:00 pm
5100.305	4/3-4/24	Sa	9:00 am-12:00 pm

MUSIC CLASSES

VILLAGE MUSIC SCHOOL

Project Rock Band – Headliners 12-17 yrs

Instructor: Village School Location: Off site – Village Music School

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 2026 🌸

\$679 /\$629 (Dist. Res.)

6057.309	9/16-12/16	W	6:00-7:30 pm
No class 11/25, 11/11			

\$727 /\$677 (Dist. Res.)

6057.308	9/14-12/16	M	6:00-7:30 pm
No class 11/23			



Adult



ADULT SPECIAL INTEREST

GUITAR INTRODUCTION

Instructor: John Waller

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 get you motivated to keep going. There are fun guitar riffs and exercises that will help you start. If you already have some technique, then this class will help you get to the next level with more songs and exercises. Sign up to change your life forever.

Fall 2026 🍁

Community Center: Preschool Room 1

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

4575.301	9/15-10/20	Tu	5:30-6:20 pm
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Winter 2027 ❄️

Winslow Center: Rooms 1 & 2

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

4575.302	1/12-2/16	Tu	5:30-6:20 pm
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BEGINNING UKULELE

Instructor: Patricia Lowther
Senior Center: Classroom 3

New!

This ukulele class is designed for those interested in playing who have little or no previous experience. You will learn basic chords and strums, and enjoy learning to play the ukulele while singing songs that you love! During the first class, a proficiency level will be discussed to tailor the course content accordingly. Bring your ukulele and a music stand. \$10 fee to be collected by instructor at first class if you want printouts. Must have own ukulele for class and practicing at home.

Fall 2026 🍁

FREE workshop (please register/limited spaces)

\$96.25/\$77 (Dist. Res.)

2236.202	8/11-9/15	Tu	10:00-11:30 am
2236.301	9/22-10/27	Tu	10:00-11:30 am

Winter 2027 ❄️

\$96.25/\$77 (Dist. Res.)

2236.302	1/19-2/23	Tu	10:00-11:30 am
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UKULELE INTRODUCTION

Instructor: John Waller

Winslow Center: Rooms 1 & 2

This ukulele class will help motivate you to pick up the ukulele and finally play it. This introduction to the ukulele 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.

Fall 2026 🍁

Community Center: Preschool Room 1

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

4576.301	11/3-12/15	Tu	5:30-6:20 pm
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Winter 2027 ❄️

Winslow Center: Rooms 1 & 2

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

4576.302	2/23-3/30	Tu	5:30-6:20 pm
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ADULT PROJECT ROCK BAND

New!

Instructor: Village Music School

Village Music School

1720 Linda Dr, Pleasant Hill, CA 94523

Welcoming musicians of all skill levels, our Adult Project Rock Band brings people together to rehearse, collaborate, and perform in a supportive and energizing environment. Play the music you love, guided by an experienced performing instructor. Open to beginner through advanced adult musicians.

Fall 2026 🍁

\$470/\$450 (Dist. Res.)

4057.301	9/14-11/2	M	7:45-8:45 pm
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Register online now! www.pleasanthillrec.com | (925) 682-0896



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.

Fall 2026 🌸

\$120/\$100 (Dist. Res.)

2243.301	9/14-11/2	M	12:30-3:00 pm
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Winter 2027 ❄️

\$120/\$100 (Dist. Res.)

2243.302	1/11-3/15	M	12:30-3:00 pm
2243.303	3/22-5/17	M	12:30-3:00 pm
No class 1/18, 2/15, 3/29			

Quilting Beyond the Basics

Instructor: Carol Madsen
Senior Center: Chateau Room

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

Fall 2026 🌸

\$120/\$100 (Dist. Res.)

2244.301	9/14-11/2	M	9:30 am-12:00 pm
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Winter 2027 ❄️

\$120/\$100 (Dist. Res.)

2244.302	1/11-3/15	M	9:30 am-12:00 pm
2244.303	3/22-5/17	M	9:30 am-12:00 pm
No class 1/18, 2/15, 3/29			

Quilting Basics +

Instructor: Carol Madsen
Senior Center: Classrooms 1 & 2

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.

Fall 2026 🌸

\$120/\$100 (Dist. Res.)

2245.301	9/15-11/3	Tu	6:00-8:30 pm
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Winter 2027 ❄️

\$120/\$100 (Dist. Res.)

2245.302	1/12-3/2	Tu	6:00-8:30 pm
2245.303	3/9-5/4	Tu	6:00-8:30 pm
No class 3/30			

Quilting Holiday Workshop 2026

Instructor: Carol Madsen
Senior Center: Chateau Room

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

Fall 2026 🌸

\$120/\$100 (Dist. Res.)

2246.301	11/9-12/14	M	9:30 am-2:00 pm
No class 11/23			

Senior Center: Classrooms 1 & 2

\$75 /\$62.50 (Dist. Res.)

2246.302	11/10-12/15	Tu	6:00-8:30 pm
No class 11/24			

EXPLORING WATER-COLOR/THE ARTIST'S VOICE

Instructor: Casey Rasmussen White
Senior Center: Arts & Crafts Room

Uncover your true identity and bring to light your signature style with the luminous and beautifully unpredictable joy of watercolor! Learn how to discover pockets of time to begin an Art Practice in your life and create an exciting body of work that is significant and meaningful to you. Chocolate and cheerleading provided! This class is for intermediate and advanced students only.

Fall 2026 🌸

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

2231.301	9/8-10/20	Tu	9:30 am - 12:00 pm
2231.302	11/3-12/15	Tu	9:30 am - 12:00 pm

Winter 2027 ❄️

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

2231.303	1/19-2/23	Tu	9:30 am - 12:00 pm
No class 9/29, 11/24			

\$112/\$92 (Dist. Res.)

2231.304	3/2-3/30	Tu	9:30 am - 12:00 pm
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BEGINNING FLY TYING

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.

Winter 2027 ❄️

\$170/\$150 (Dist. Res.)

4181.301	1/7-2/25	Th	7:00-9:00 pm
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INTERMEDIATE IMPROV

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.

Fall 2026 🌟

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

4062.301	9/22-10/20	Tu	5:00-6:30 pm
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CARVE OUT TIME FOR FUN WITH IMPROV!

Instructor: Jaime Rich
Senior Center: Classroom 3

An energizing, laughter-filled improv class that's all about saying "Yes, And..." and seeing where the fun takes us! 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!

Winter 2027 ❄️

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

4062.302	1/12-2/9	Tu	5:00-6:30 pm
4062.303	3/2-3/30	Tu	5:00-6:30 pm

IMPROV FOR FUN-BRAIN GAMES

Instructor: Jaime Rich
Senior Center: Classroom 3

Experience fun improv games that will free your mind and let your spirit free. Improv improves brain health by boosting cognitive flexibility, spontaneity, and flow, while improving self-esteem and confidence. This class is designed to benefit seniors but is appropriate for any adults. Come prepared to say yes and... have fun!

Fall 2026 🌟

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

4063.301	9/22-10/20	Tu	2:30-3:30 pm
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Winter 2027 ❄️

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

4063.302	1/19-2/23	Tu	2:30-3:30 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.

Fall 2026 🌟

\$61.25/\$49 (Dist. Res.)

Senior Center: Classrooms 1 & 2

4608.301	10/1-10/8	Th	6:30-9:30 pm
4608.303	10/15-10/22	Th	6:30-9:30 pm

Community Center: McHale Room

4608.302	10/6-10/13	Tu	6:30-9:30 pm
4608.304	10/20-10/27	Tu	6:30-9:30 pm

Winter 2027 ❄️

\$61.25/\$49 (Dist. Res.)

Senior Center: Classrooms 1 & 2

4608.306	2/6-2/13	Sat	9:00 am-12:00 pm
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Community Center: McHale Room

4608.305	2/2-2/9	Tu	6:30-9:30 pm
4608.307	2/16-2/23	Tu	6:30-9:30 pm
4608.308	2/20-2/27	Sat	9:00 am-12:00 pm

WILLS, TRUSTS & ESTATE PLANNING

Instructor: Randall Thompson

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 was an Adjunct Professor at Diablo Valley College. Each person attending must sign up.

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

Fall 2026 🌟

Senior Center: Classrooms 1 & 2

4610.301	11/4	W	7:00-8:30 pm
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Winter 2027 ❄️

Senior Center: Classroom 3

4610.302	2/24	W	7:00-8:30 pm
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New!



Online CLASSES

ANYTIME. ANYWHERE.

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

DANCE CLASSES

LINE DANCE

Instructor: Tessie Aczon
Senior Center: Dance Studio

A combination of country-western, polkas, waltzes and Latin line dances for men and women. Partners are not required! Note: please refrain from wearing heavy perfumes and scents.

Drop In: \$5 per class

(you can take more than one class per day if you are between levels, but will pay \$5 for each one)

Saturdays | 9/5-3/27

No class 9/26, 10/3, 10/17, 11/14, 11/28, 12/5, 12/26, 3/20

Beginner (new or returning to line dancing):
9:00-10:00 am
Beginner/Improver (must know basic steps):
10:00-11:00 am
Improver/Intermediate (more advanced steps):
11:00 am-12:30 pm

Mondays | 9/14-3/29

No class 9/7, 10/5, 10/12, 10/19, 12/21, 12/28, 1/18, 2/15

Beginner (new or returning 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

WAKE UP & MOVE, TAP BASICS, TAP INTERMEDIATE

Instructor: AJ Rogers
Senior Center Dance Studio

4 Class anytime punch-card: \$80

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.

Fridays 9/4-3/26

No class 10/9, 11/27, 12/25, 1/1, 1/8, 2/19

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

Wake Up and Move

9:30-10:25 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

10:30-11:25am

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

11:30 am-12:25 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.

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.

\$87.50/\$70 (Dist. Res.)

Fall 2026

4133.301	9/8-10/6	Tu	7:00-8:15 pm
4133.302	10/13-11/10	Tu	7:00-8:15 pm

Winter 2027

4133.303	1/5-2/2	Tu	7:00-8:15 pm
4133.304	2/9-3/9	Tu	7:00-8:15 pm
4133.305	3/16-4/20	Tu	7:00-8:15 pm
No class 4/6			

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.

\$87.50/\$70 (Dist. Res.)

Fall 2026

4660.301	10/7-11/4	W	6:00-6:50 pm
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Winter 2027

4660.302	1/20-2/17	W	6:00-6:50 pm
4660.303	3/10-4/7	W	6:00-6:50 pm



SOCIAL BALLROOM DANCE

Instructor: Alberta Bagneschi
Senior Center: Chateau Room

Singles and couples welcome. 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 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 2026 🌸

\$81.25/\$65 (Dist. Res.)

Night Club 2 Step Workshop

This is a special 2-week (2 hrs per night) workshop for both beginner and intermediate dancers.

4114.301	9/23-9/30	W	7:00-9:00 pm
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Samba & Waltz Beginning

4114.302	10/21-11/18	W	7:00-7:55 pm
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Intermediate

4114.303	10/21-11/18	W	8:00-9:00 pm
No class 11/11			

Jitterbug Swing Workshop

This is a special 2-week (2 hrs per night) workshop for both beginner and intermediate dancers.

4114.304	12/2-12/9	W	7:00-9:00 pm
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Jingle Bell Rock Party

Jingle Bell Rock, a holiday dance party. Mark your calendar and put aside an evening for dancing. Join the students of the Wednesday night ballroom classes at their holiday dance party; former students are encouraged to come. Bring cookies or other finger foods to share. Lots of great dance music until 9pm. A fun dance lesson is included.

\$8 advance registration (\$10 cash at the door)

4114.305	12/16	W	7:00-9:00 pm
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Winter 2027 ❄️

\$81.25/\$65 (Dist. Res.)

Viennese Waltz & Tango Beginning

4114.306	1/6-1/27	W	7:00-7:55 pm
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Intermediate

4114.307	1/6-1/27	W	8:00-9:00 pm
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Fox Trot & Swing Beginning

4114.308	2/17-3/10	W	7:00-7:55 pm
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Intermediate

4114.309	2/17-3/10	W	8:00-9:00 pm
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Night Club 2 Step & Cha Cha Cha Beginning

4114.310	3/17-4/7	W	7:00-7:55 pm
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Intermediate

4114.311	3/17-4/7	W	8:00-9:00 pm
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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 2026 🌸

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

4135.301	9/14-12/7	M	5:30-7:00 pm
No class 11/23			

Winter 2027 ❄️

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

4135.302	1/25-3/22	M	5:30-7:00 pm
No class 2/15			

BEGINNER HULA/TAHITIAN DANCE

Instructor: Rick No'eau Smith
Senior Center: Dance Studio

New!

Come learn the exciting dances and cultures of Hawaii and Tahiti. In this class, you will learn the basic steps and taste the dances of hula and Ori Tahiti taught by award winning instructors.

Fall 2026 🌸

\$170/\$150 (Dist. Res.)

4138.301	9/14-11/16	M	7:15-8:15 pm
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Winter 2027 ❄️

\$170 /\$150 (Dist. Res.)

4138.302	1/4 -3/22	M	7:15-8:15 pm
No class 1/18, 2/15			



FITNESS CLASSES

TOTAL FITNESS

Instructor: Christie Tomlinson
Community Center: Dance Studio 1 & 2/
Soroptimist Room

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 2026

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

4636.301	9/14-10/26	M	5:45-7:00 pm
4636.302	11/2-12/14	M	5:45-7:00 pm

Winter 2027

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

4636.303	1/4-3/15	M	5:45-7:00 pm
No class 1/18, 2/15			
4636.304	3/22-5/24	M	5:45-7:00 pm

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

9/3-3/29 Mondays & Thursdays 9:00-10:00 am
No class 9/7, 11/26, 12/21, 12/24, 12/28, 12/31, 1/4, 1/18, 2/4, 2/8, 2/11, 2/15

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



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.

Drop in \$10

Fall 2026

4630.301	9/14-12/28	M	7:00-10:00 pm
No class 9/7			

Winter 2027

4630.302	1/4-3/29	M	7:00-10:00 pm
No class 1/18, 2/15			

ZUMBA GOLD & 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 9/1-3/30

No class TBD

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

Zumba Gold

10:15-11:00 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.

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.



Fall activity sessions held from Sept 1- Dec 31, 2026



Winter activity sessions from Jan 1- Mar 31, 2027

YOGA & MOVEMENT FOR EVERY BODY

Instructor: Gregory Riley
Tuesday evening classes
Senior Center: Chateau Room
Saturday morning classes
Winslow Center: Assembly Room

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

9/1-3/26	Tu	6:00-7:00 pm
9/5-3/27	Sat	9:00-10:15 am

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



ADULT



MEDITATION & MINDFULNESS

Instructor: Gregory Riley

Friday evening classes
Senior Center: Chateau Room

Saturday afternoon classes
Winslow Center: Assembly Rooms

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

9/4-3/26	F	1:30-2:30 pm
No class 11/27, 12/25, 1/1		
9/5-3/27	Sat	10:30-11:30 am

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

BALANCE AND STABILITY *New!*

Instructor: Monica Ravin
Senior Center: Dance Studio

Learn how to strengthen the deep core muscles used for stability. We will work on single leg balancing to prevent unwanted falls. Each class will also focus on full range of motion and stretching key muscle groups. Bring a yoga mat, dress for movement.

Fall 2026 🌸

Free workshop (please register/limited spaces)

2365.301	9/1	Tu	5:30-6:30 pm
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\$81.25/\$65 (Dist. Res.) drop-in Fee \$15

2365.302	9/15-10/20	Tu	5:30-6:30 pm
2365.303	10/27-12/8	Tu	5:30-6:30 pm

No class 11/3

Winter 2027 ❄️

\$81.25/\$65 (Dist. Res.) drop-in Fee \$15

2365.304	1/5-2/9	Tu	5:30-6:30 pm
2365.305	2/16-3/23	Tu	5:30-6:30 pm

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.

Fall 2026 🌸

\$81.25/\$65 (Dist. Res.) Drop-in Fee \$15

4693.301	9/14-10/19	M	10:30-11:15 am
4693.302	10/26-12/7	M	10:30-11:15 am
No class 11/23			

Winter 2027 ❄️

\$81.25/\$65 (Dist. Res.) Drop-in Fee \$15

4693.303	1/4-2/22	M	10:30-11:15 am
4693.304	3/1-4/5	M	10:30-11:15 am
No class 1/18, 2/15			

MOVING TO HEAL NIA, JOYFUL MOVEMENT

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.

Fall 2026 🌸

\$93.75/\$75 (Dist. Res.) Drop-in Fee \$15

4694.301	9/3-10/15	Th	10:30-11:15 am
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\$105/\$85 (Dist. Res.) Drop-in Fee \$15

4694.302	10/22-12/17	Th	10:30-11:15 am
No class 11/26			

Winter 2027 ❄️

\$81.25/\$65 (Dist. Res.) Drop-in Fee \$15

4694.303	1/7-2/11	Th	10:30-11:15 am
4694.304	2/18-3/25	Th	10:30-11:15 am

GENTLE YOGA PLAY *New!*

Instructor: Imi Cooke
Senior Center: Dance Studio

In this gentle yoga class, we will practice mindful breathing and gentle movement to support relaxation, strength and mobility. Through asana (yoga poses), we will stretch and strengthen the body while also improving balance and stability. The practice includes music, seated movement, and standing poses supported by a chair, creating a safe, accessible, supportive experience for all levels. Please bring a yoga mat to place under your chair, and a water bottle.

Fall 2026 🌸

\$76.25/\$61 (Dist. Res.) Drop-in Fee \$12

4695.301	9/3-10/15	Th	9:30-10:15 am
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\$86.25/\$69 (Dist. Res.) Drop-in Fee \$12

4695.302	10/22-12/17	Th	9:30-10:15 am
No class 11/26			

Winter 2027 ❄️

\$66.25/\$53 (Dist. Res.) Drop-in Fee \$12

4695.303	1/7-2/11	Th	9:30-10:15 am
4695.304	2/18-3/25	Th	9:30-10:15 am

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 2026 🌸

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

2219.301	9/15-10/27	Tu	1:00-2:00 pm
2219.302	11/3-12/15	Tu	1:00-2:00 pm

Winter 2027 ❄️

\$102/\$82 (Dist. Res.)

2219.303	1/5-2/16	Tu	1:00-2:00 pm
2219.304	3/2-4/13	Tu	1:00-2:00 pm





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 sports page you are most interested in for all information on registration (Team registrations only), and roster requirements.

DROP-IN ADULT SPORTS

18+ yrs

CORNHOLE BAG TOSS: TOSS'N FRIDAYS!

All Skill Levels - Great People

Location: Winslow Center
 2590 Pleasant Hill Road, PH
 (corner of PH Rd & Taylor)

\$8 per person

Fridays: 6:30 - 9:00 pm

TENNIS 101: BEGINNING ADULTS

16 + yrs

Instructor: New Frontier Tennis
 College Park Tennis Courts

Learn proper technique and gain rally confidence in a supportive, social environment. Perfect for adults new to tennis or returning after a long break. What to Bring: Water bottle and sunscreen. All tennis equipment is provided.

Fall 2026

\$218/\$175 (Dist. Res.) (5 classes)

5565.302 9/15-10/13 T 6:30-7:30 pm

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 2026

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

2210.301	9/9-10/21	W	1:00-2:00 pm
2210.302	10/28-12/16	W	1:00-2:00 pm
No class 11/11, 11/25			

Winter 2027

\$109/\$89 (Dist. Res.)

2210.303	1/6-2/17	W	1:00-2:00 pm
2210.304	3/3-4/14	W	1:00-2:00 pm

TAI-CHI CHUAN Second Set

Instructor: Bryce Ikeda

Senior: Center Dance Studio

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 2026

\$81.25/\$65 (Dist. Res.)

2310.301	9/22-10/27	Tu	2:30-3:30 pm
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\$68.75/\$55 (Dist. Res.)

2310.302	11/3-12/15	Tu	2:30-3:30 pm
No class 11/10, 11/24			

Winter 2027

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

2310.303	1/5-2/23	Tu	2:30-3:30 pm
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\$93.75/\$75 (Dist. Res.)

2310.304	3/9-4/20	Tu	2:30-3:30 pm
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TAI-CHI CHUAN Third Set

Instructor: Bryce Ikeda

Senior: Center Dance Studio

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. This class is now by a punch card that is good for 5 classes and can be used from one session to another.

5 Class punch card: \$55

Fall 2026

2311.301	9/23-10/28	W	11:00 am-12:00 pm
2311.302	11/4-12/16	W	11:00 am-12:00 pm
No class 11/11, 11/25			

Winter 2027

2311.303	1/6-2/24	W	11:00 am-12:00 pm
2311.304	3/10-4/21	W	11:00 am-12:00 pm

TAI-CHI CHUAN Practice

Instructor: Bryce Ikeda

Senior: Center Dance Studio

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 is by a punch card that is good for 5 classes and can be used from one session to another.

5 Class punch card: \$55

Fall 2026

2312.301	9/23-10/28	W	9:30 -10:30 am
2312.302	11/4-12/16	W	9:30 -10:30 am
No class 11/11, 11/25			

Winter 2027

2312.303	1/6-2/24	W	9:30 -10:30 am
2312.304	3/10-4/21	W	9:30 -10:30 am

Aquatics



AQUATICS SPECIAL EVENTS

PUMPKIN SPLASH

All Ages

Sunday, October 11
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)



42ND ANNUAL DOLPHINS TREE LOT

November 27-December 22
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*



UNDERWATER EGG HUNT!

All ages

Saturday, March 27, 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-Registration \$22.50 /\$18 (Dist. Res.) by noon
on March 26 or when event reaches capacity.**

Spectators and adult helpers free.



SWIM TRY OUTS

PH Aquatic Park:
147 Gregory Lane

Free!

Try outs are required for all new 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 register for pre-swim team.

Fall 2026

9/12	Sa	10:00 am
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Winter 2027

1/30	Sa	10:00 am
2/20	Sa	10:00 am
3/20	Sa	10:00 am
4/3	Sa	10:00 am



CLINICS & CLASSES

PH Aquatic Park: 147 Gregory Lane

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

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

6 yrs & under | Tu/Th | 4:15-4:45 pm

Fall 2026 🌸

8208.301	9/15-10/22	\$195/\$156 (Dist. Res.)
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Spring 2027 🌸

8208.302	3/2-4/1	\$165/\$132 (Dist. Res.)
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7-8 yrs | Tu/Th | 4:45-5:30 pm

Fall 2026 🌸

8209.301	9/15-10/22	\$253/\$203 (Dist. Res.)
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Spring 2027 🌸

8209.302	3/2-4/1	\$216/\$173 (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 swimmers.

Fall 2026 🌸

M/W | 6:45-7:30pm

8210.301	9/14-12/16	\$350/\$300 (Dist. Res.)
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No class 11/11, 11/23-11/27

Spring 2027 🌸

M/W | 6:30-7:15pm

8210.302	3/1-3/31	\$216/\$173 (Dist. Res.)
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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

8209.303	10/27-12/15	\$237/\$190 (Dist. Res.)
----------	-------------	--------------------------

No class 11/23-11/27

Registration for August Clinics opened in July.

AUGUST CLINICS Pre-Swim Team*

6 yrs & under | Tu/Th | 4:15-4:45 pm

8208.201	8/11-9/3	\$130/\$104 (Dist. Res.)	(4 weeks)
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7-8 yrs | Tu/Th | 4:45-5:30 pm

8209.201	8/11-9/3	\$170/\$136 (Dist. Res.)
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9+ yrs | Th/Th | 5:45-6:30 pm

8210.201	8/11-9/3	\$170/\$136 (Dist. Res.)
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Swim Team Clinic*

August 2026 | 8/10-9/2 | M/W

8 yrs & Under	8211.201	4:15-5:00 pm	\$115/\$92 (Dist. Res.)
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8-11 yrs	8212.201	5:00-5:45 pm	\$115/\$92 (Dist. Res.)
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11 yrs & up	8213.201	5:45-6:45 pm	\$150/\$120 (Dist. Res.)
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*Refer to description on this page.

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 freestyle (face in the water with rhythmic breathing) and backstroke. Swimmers 8 & under must be able to swim 25 yards of each stroke; swimmers 9 & older must be able to swim 50 yards of each stroke. Coaches are on the deck for this program. No swim meets or work requirements. Register based on age as of 6/15/2027.

Coach: Talli Pitcher

PH Aquatic Park: 147 Gregory Lane

Fall 2026 | 9/14-12/16 🌸

No class 11/11, 11/23-11/27

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

8211.301	\$385/\$335 (Dist. Res.)	3 Day
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8211.302	\$300/\$250 (Dist. Res.)	2 Day
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8-11 yrs | M/W/F | 5:00-5:45 pm

8212.301	\$385/\$335 (Dist. Res.)	3 Day
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8212.302	\$300/\$250 (Dist. Res.)	2 Day
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11 yrs & up | M-Th | 5:45-6:45 pm*

8213.301	\$525/\$475 (Dist. Res.)	4 Day
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8213.302	\$380/\$330 (Dist. Res.)	2 Day
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*Starting 10/26, Tu/Th time changes to 5:00-6:00 pm

Spring 2027 | 3/1-4/2 🌸

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

8211.303	\$195/\$156 (Dist. Res.)	3 day
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8211.304	\$147/\$118 (Dist. Res.)	2 day
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8-11 yrs | M/W/F | 5:00-5:45 pm

8212.303	\$195/\$156 (Dist. Res.)	3 day
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8212.304	\$147/\$118 (Dist. Res.)	2 day
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11 yrs & up | M-Th | 5:45-6:30 pm

8213.303	\$231/\$185 (Dist. Res.)	4 day
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8213.304	\$156/\$125 (Dist. Res.)	2 day
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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: \$11/\$9 (Dist. Res.)

Senior 55+: \$10/\$8 (Dist. Res.)

10-Swim Punch Card: \$94/\$75 (Dist. Res.)

Senior 55+: \$85/\$68 (Dist. Res.)

Fall Lap Swim Hours start September 14, 2026:

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, 1/18, 2/15. Modified schedule during Thanksgiving (11/23-11/29) and Winter Break (12/21-1/3)

WATER AEROBICS

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

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.

6-Swim Water Aerobics Punch Card: \$100/\$80 (Dist. Res.) | Senior 55+: \$90/\$72 (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 | \$19/\$15 (Dist. Res.) | Senior 55+ \$17/\$14 (Dist. Res.)

Fees are based on the number of classes per session.

2 classes | \$27/\$22 (Dist. Res.) | Senior 55+ \$24/\$20 (Dist. Res.)

3 classes | \$41/\$33 (Dist. Res.) | Senior 55+ \$37/\$30 (Dist. Res.)

4 classes | \$55/\$44 (Dist. Res.) | Senior 55+ \$50/\$40 (Dist. Res.)

5 classes | \$68/\$55 (Dist. Res.) | Senior 55+ \$61/\$50 (Dist. Res.)

Mondays

8:00-9:00 am

Fall 2026

8102.301	9/14-9/28	3 classes
8102.302	10/5-10/26	4 classes
8102.303	11/2-11/30	5 classes
8102.304	12/7-12/28	4 classes

Winter 2027

8102.305	1/4-1/25	3 classes
8102.306	2/1-2/22	3 classes
8102.307	3/1-3/29	5 classes

No class 9/7, 1/18, 2/15

Wednesdays

8:00-9:00 am

Fall 2026

8103.301	9/2-9/30	5 classes
8103.302	10/7-10/28	4 classes
8103.303	11/4-11/25	3 classes
8103.304	12/2-12/30	5 classes

Winter 2027

8103.305	1/6-1/27	4 classes
8103.306	2/3-2/24	4 classes
8103.307	3/3-3/31	5 classes

Fridays

8:00-9:00 am

Fall 2026

8104.301	9/4-9/25	4 classes
8104.302	10/2-10/30	5 classes
8104.303	11/6-11/20	3 classes
8104.304	12/4-12/18	3 classes

Winter 2027

8104.305	1/8-1/29	4 classes
8104.306	2/5-2/26	4 classes
8104.307	3/5-3/26	4 classes

No class 11/11, 11/27, 12/25, 1/1



Tuesdays (PM)

Fall 2026

8105.301	9/1-9/29	5 classes	7:00-8:00 pm
8105.302	10/6-10/27	4 classes	7:00-8:00 pm
8105.303	11/3-11/24	4 classes	6:30-7:30 pm
8105.304	12/1-12/29	5 classes	6:30-7:30 pm

Winter 2027

8105.305	1/5-1/26	4 classes	6:30-7:30 pm
8105.306	2/2-2/23	4 classes	6:30-7:30 pm
8105.307	3/2-3/30	5 classes	7:00-8:00 pm

Thursdays (PM)

Fall 2026

8106.301	9/3-9/24	4 classes	7:00-8:00 pm
8106.302	10/1-10/29	5 classes	7:00-8:00 pm
8106.303	11/5-11/19	3 classes	6:30-7:30 pm
8106.304	12/3-12/17	3 classes	6:30-7:30 pm

Winter 2027

8106.305	1/7-1/28	4 classes	6:30-7:30 pm
8106.306	2/4-2/25	4 classes	6:30-7:30 pm
8106.307	3/4-3/25	4 classes	7:00-8:00 pm

No class 11/26, 12/24, 12/31

PLEASANT HILL DOLPHINS SWIM TEAM

Have Fun! Swim Fast!



The season runs

April 12-July 23, 2027

Registration for the 2027 Dolphins Swim Team and Mini-Dolphins will open on December 7 (December 9 for non-residents).

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

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!

9/12-3/27 Sat 10:00-11:00am

No class 11/28, 12/26, 1/2



Register online now! www.pleasanthillrec.com | (925) 682-0896

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.

\$310 /\$260 (Dist. Res.)

Fall 2026 🍁

8715.301	12/21-12/30	M/Tu/W	9:00 am-5:30 pm
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Winter 2027 ❄️

8715.302	2/7-2/21	Sa/Su	9:00 am-5:30 pm
8715.303	3/7-3/21	Sa/Su	9:00 am-5:30 pm
8715.304	4/5-4/9	M-F	9:00 am-5:30 pm
8715.305	4/11-4/25	Sa/Su	9:00 am-5:30 pm
No class 12/28			

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 certification. 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; see pleasanthillrec.com for details.

\$250 /\$200 (Dist. Res.)

Fall 2026 🍁

8717.301	11/23-11/24	M/Tu	9:00 am-4:00 pm
8717.302	12/27-12/28	Su/M	9:00 am-4:00 pm

Winter 2027 ❄️

8717.303	1/30-1/31	Sa/Su	9:00 am-4:00 pm
8717.304	2/27-2/28	Sa/Su	9:00 am-4:00 pm
8717.305	4/3-4/4	Sa/Su	9:00 am-4:00 pm
8717.306	5/1-5/2	Sa/Su	9:00 am-4:00 pm

FALL 2026 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.

Parent/Tot: 6 mos-4 yrs

A fun, introductory class that focuses on basic water adjustment and comfort through instructor led songs and pool exploration. This low-pressure class is structured for easy participation for students with little or no prior experience in an aquatic environment. One adult caregiver must participate in the water with the participant. Swim attire: tight-fitting "swim pants" and swimsuit. No disposable or cloth diapers.

Tiny Tot: 3-4 yrs

Child must be ready to learn without parent. 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 2026 Swim Lessons – PH Aquatic Park 🍁

GROUP Lessons

***3 weeks, (3) 25-min classes | \$58/\$46 (Dist. Res.) | Parent/Tot: \$44/\$35 (Dist. Res.)**

4 weeks, (4) 25-min classes | \$75/\$60 (Dist. Res.) | Parent/Tot: \$58/\$46 (Dist. Res.)

		SATURDAY			SUNDAY		
Time	Age	9/12-10/3	10/10-10/31	11/7-11/21*	9/13-10/4	10/11-11/1	11/8-11/22*
9:30 am	Adult/Teen	8599.301	8599.303	8599.305	8599.302	8599.304	8599.306
10:00 am	Youth 2	8589.301	8589.303	8589.305	8589.302	8589.304	8589.306
10:30 am	Youth 1	8579.301	8579.303	8579.305	8579.302	8579.304	8579.306
11:15 am	Pre-School	8548.301	8548.303	8548.305	8548.302	8548.304	8548.306
11:45 am	Tiny Tot	8539.301	8539.303	8539.305	8539.302	8539.304	8539.306
12:15 pm	Pre-School	8549.301	8549.303	8549.305	—	—	—
12:15 pm	Parent/Tot	—	—	—	8510.302	8510.304	8510.306

PRIVATE Lessons

***3 weeks (3) 25-min classes | \$137/\$110 (Dist. Res.) | 4 weeks (4) 25-min classes | \$181/\$145 (Dist. Res.)**

		SATURDAY			SUNDAY		
Time		9/12-10/3	10/10-10/31	11/7-11/21*	9/13-10/4	10/11-11/1	11/8-11/22*
9:30 am		8620.301	8620.303	8620.305	8620.302	8620.304	8620.306
10:00 am		8621.301	8621.303	8621.305	8621.302	8621.304	8621.306
10:30 am		8622.301	8622.303	8622.305	8622.302	8622.304	8622.306
11:15 am		8623.301	8623.303	8623.305	8623.302	8623.304	8623.306
11:45 am		8624.301	8624.303	8624.305	8624.302	8624.304	8624.306
12:15 pm		8625.301	8625.303	8625.305	8625.302	8625.304	8625.306



Travel

ALL-INCLUSIVE EXTENDED TRIPS HAVE RETURNED!

Pleasant Hill Senior Center is now offering extended travel options again starting in 2027!

Travel Presentation FREE
Thursday, August 13, 1:00 pm

Senior Center, 233 Gregory Lane, Pleasant Hill
Join us for our first travel presentation of the year! Jay with Collette Travel will feature the exciting Costa Rica trip in February 2027. Please register online at PleasantHillRec.com or call (925) 798-8788.

TROPICAL COSTA RICA PRESENTED by Collette

February 16–24, 2027

Optional add-on: 3-Night Jungle Adventure Pre Tour-Extension)

9 Days | 14 Meals: 8 Breakfasts, 1 Lunch, 5 Dinners

Highlights:

Monteverde Cloud Forest, Hanging Bridges or Canopy Adventure, Farm Tour and Lunch, Coffee Plantation, Arenal Volcano, Cano Negro Refuge, Lake Arenal Cruise

Itinerary At-A-Glance:

- Day 1 Doubletree Cariari Hotel, San Jose
- Days 2 – 4 Hotel Arenal Kioro Suites & Spa, Arenal
- Days 5, 6 El Establo, Monteverde
- Days 7, 8 Nammbu Beachfront Bungalows, Guanacaste
- On some dates alternate hotels may be used.

Double \$4,199* | Single \$4,799* | Triple \$4,169*
Deposit amount of \$698 per person is due upon reservation.

For bookings made after Aug 16, 2026, call for rates. Included in Price: Round Trip Air from San Francisco Intl Airport, Air Taxes and Fees/ Surcharges, Hotel Transfers

Not included in price: Cancellation Waiver and Insurance of \$469 per person

Explore THE WORLD WITH US

PLEASANT HILL RECREATION & PARK DISTRICT TRAVEL SERVICES

We offer a variety of exciting adventures! From Pleasant Get-Away day trips to all-inclusive extended tours, there's an experience for every traveler. Explore new destinations, discover different cultures, and create lasting memories along the way.

We take care of the details so you can focus on the journey. With organized itineraries, comfortable transportation, and thoughtfully planned experiences, all you have to do is sit back, relax, and enjoy the adventure. No planning. No hassles. Just travel.



Register online now! www.pleasanthillrec.com | (925) 682-0896

ITALY'S TREASURES by Collette

March 30–April 10, 2027

Optional add-on A: 2-Night Turin & Piedmont Wine Country Pre Tour-Extension

Optional add-on B: 2-Night Venice Post Tour Extension

12 Days | 18 Meals: 10 Breakfasts, 3 Lunches, 5 Dinners

Small group travel rewards travelers with new perspectives and authentic experiences. With just 12–24 passengers, these intimate adventures are designed for today's cultural explorers.

Highlights:

Stresa & Lake Maggiore, Italian Riviera, Portofino, Cinque Terre, Carrara Marble Quarries Off-Road Excursion, Tuscan Countryside, Italian Cooking Class, San Gimignano, Florence, Balsamic Vinegar Tasting, Venice

Itinerary At-A-Glance:

- Day 1 Overnight Flight
- Days 2, 3 Regina Palace Hotel, Stresa
- Days 4, 5 Grand Hotel Torre Fara, Chiavari
- Days 6 – 9 Hotel Villa Lecchi, Tuscany
- Days 10, 11 Ca' dei Conti Hotel, Venice

On some dates alternate hotels may be used.

Double \$5,999* | Single \$6,999; | Triple \$5,899

For bookings made after Aug 31, 2026, call for rates.

Included in Price: Round Trip Air from San Francisco Intl Airport, Air Taxes and Fees/ Surcharges, Hotel Transfers. Not included in price: Cancellation Waiver and Insurance of \$599 per person



DISCOVER AMERICAN HERITAGE

April 16–23, 2027

8 Days | 11 Meals: 7 Breakfasts, 4 Dinners

Highlights:

Smithsonian Museums, Twilight Monument Tour, Arlington National Cemetery, Greenbrier History Tour, Monticello, Colonial Williamsburg, Mount Vernon, Tavern Dinner

Itinerary At-A-Glance:

- Days 1, 2 Omni Shoreham Hotel, Washington D.C.
- Days 3, 4 The Greenbrier, America's Resort, Shenandoah Valley
- Days 5, 6 Williamsburg Lodge, Williamsburg, VA
- Day 7 Omni Shoreham Hotel, Washington D.C.

On some dates alternate hotels may be used.

Double \$3,999* | Single \$4,999; | Triple \$3,949

For bookings made after Oct 16, 2026, call for rates.

Included in Price: Round Trip Air from San Francisco Intl Airport, Air Taxes and Fees/ Surcharges, Hotel Transfers. Not included in price: Cancellation Waiver and Insurance of \$469 per person

DISCOVER THE ISLAND OF NEW ENGLAND

June 4–11, 2027

Optional add-on: 2-Night Boston Post Tour-Extension

8 Days | 10 Meals: 7 Breakfasts, 3 Dinners

Highlights:

Newport, Lobster Trap Pull Demonstration & Cruise, Plymouth Rock, Cape Cod, Nantucket, Martha's Vineyard, Lobster Dinner

Itinerary At-A-Glance:

- Days 1 – 3 Aloft Providence Downtown, Providence, Rhode Island
- Days 4 – 7 Sea Crest Beach Resort, Falmouth, Massachusetts. On some dates alternate hotels may be used.

Double \$4,099* | Single \$4,999 | Triple \$4,049

For bookings made after Dec 4, 2026, call for rates.

For more all-inclusive extended trip info, contact Michael Manalastas, Recreation Coordinator, at (925) 798-8788-Ext 636.

PLEASANT Getaways

Local travel adventures for ages 18+ on a luxury motorbus! Join us for ball games, full entertainment shows, Broadway Musicals, educational tours, and so much more!

Fall 2026/Spring 2027 trips include:

- Golden State Warriors
- Broadway shows
- Museums
- Monterey Bay Aquarium
- Capital Air Show
- And much more.

CALL 925.798.8747

or visit

pleasantHillRec.com

Monday–Thursday 9:30 am–1:30 pm



HOLIDAY BOUTIQUE AND CRAFTS FAIR 2026

**Saturday, November 14,
10:00 am-3:00 pm
Senior Center**

Free!

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! Vendor info: applications available 6/8 at www.pleasanthillrec.com (applications accepted starting 8/4).

Vendor info: applications available 6/8 at www.pleasanthillrec.com (applications accepted starting 8/4).

CLARINET FUSION CONCERT

**Thursday, December 10, 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! Admission: \$10 (\$7 if purchased by 12/4) Student rates \$5 should automatically discount anyone under the age of 18 in the car, if you run into difficulty with this you can contact the front desk at (925) 798-8788 for assistance.

Tickets will stop being sold online at 4:00 pm day of the show. You may, however, purchase tickets at the door if space available (student tickets are \$5).

AGE WELL 2027 SENIOR EXPO

Free!

**Friday, May 7, 2027; 10:00 am-2:00 pm
Senior Center**

Discover resources, services, and opportunities designed for older adults and their families. More than 50 community vendors will be on hand representing health care, personal care, housing, technology, financial planning, legal services, transportation, and more.

Connect with local organizations, attend informative speaker sessions, and enjoy free giveaways throughout the event. Speaker schedules will be announced closer to the event date. Visit PleasantHillRec.com for updates.

For vendor registration and more information, call the Senior Center at (925) 798-8788.

**Senior Membership 2027:
\$20/year**

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)
- Movie & Book Library

Senior Activities:

- American Mah Jongg
- Amistad—Spanish Resource Group
- Bingo
- Bocce Ball
- Bridge
- Calming Coloring
- Chair Volleyball
- 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

50+ EVENTS

SENIOR CENTER PRESENTATIONS

Free!

Sensational Seniors Workshop

**Thursdays at 10:30 am
Senior Center: Classrooms**

8/27	Staying Safe on the Road: Driving after 65
9/24	Understanding Geriatric Health: Common Challenges & Smart Solutions
10/29	Medicare Updates You Need to Know
11/12	Legal Preparedness: Documents Every Senior Should Have
12/10	Nourish Your Body, Nurture Your Years

For more information, call the Senior Center at (925)798-8788

END OF SUMMER BBQ WITH LIVE BANJO MUSIC

**Friday, Sept. 11, 1:00 pm
Senior Center: Chateau Room**

**2026 Senior Center Member: \$20
Non-members: \$22**

Enjoy an indoor BBQ with burgers, baked beans, macaroni salad, fruit, and dessert, while you enjoy the musical talents of the East Bay Banjo Club. If you would like a Veggie burger, you must select that option when purchasing a ticket. Purchase tickets by 9/1.

Free!

SENIOR CENTER OPEN HOUSE 2026

**Friday, September 18, 10:00 am-1:00 pm
Senior Center**

Explore 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.

HEALTHY MINDS, HEALTHY AGING

**Friday, October 23, Time: TBD
Senior Center**

A free community event for older adults focused on mental wellness in partnership with National University.

DIA DE LOS MUERTOS LUNCH

**Friday, October. 30, 1:00 pm
Senior Center: Chateau Room**

**2026 Senior Center Member: \$20
Non-members: \$22**

Celebrate Dia de los Muertos with a build-your-own taco bar complete with seasoned beef or chicken, beans, cheese, rice, salsa, guacamole, and more. Bring a photo of your loved one to honor at the altar. Tickets on sale 9/1, must purchase tickets by 10/20.

Register online now! www.pleasanthillrec.com | (925) 682-0896





Hello

Michelle Lacy
General Manager

Dear Friends,

Since 1951, Pleasant Hill Recreation & Park District has been dedicated to enhancing the quality of life through parks and recreation. Our 75th anniversary year has been a powerful reminder of the important role recreation plays in building healthy, connected communities.

From summer camps and aquatics programs to special events and special interest classes for all ages, we welcomed thousands of participants this season. Our camps were filled with learning, laughter, and new friendships. The Dolphins Swim Team enjoyed another successful year with record participation. Adults learned smooth moves in a variety of new dance classes. We were also pleased to offer free public recreation swim throughout the summer, helping make our Pleasant Hill Aquatic Park accessible to all families.

Looking ahead to fall and winter, there is so much to be excited about. Join us at the World Fusion Festival on September 26 as we celebrate the cultures, traditions, and diversity that make our community special. I also invite you to attend the Senior Center Open House and discover the many programs, activities, and services available for adults 50+ and fabulous. For those looking to travel farther from home, our all-inclusive extended travel program is back with unforgettable adventures abroad.

Seasonal favorite events return as well, including Haunted Trail, Pumpkin Splash, Breakfast with Santa, and WinterFest. These events bring family, friends, and neighbors together to create lasting memories as a community.

I am also excited to introduce our new Middle School Sports League, providing students (Grades 6-8) opportunities to stay active, build confidence, and develop teamwork skills throughout the school year. More information on all our programs is available in this activity guide and online at PleasantHillRec.com.

Thank you for being part of our Rec & Park family and for helping us celebrate 75 years of service. We look forward to seeing you in our parks, facilities, programs, and events throughout the season ahead.

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

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

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.



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 10, 2025

Non-District Resident registration opens
Wednesday, August 12, 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
Lisa Clark, Finance Manager
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/148

- 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.

Register online now! www.pleasanthillrec.com | (925) 682-0896





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In 2026, Pleasant Hill Recreation & Park District proudly celebrates 75 years of serving our community. Since 1951, Rec & Park has helped shape the places, programs, and experiences that bring people together. From swim lessons and summer camps to community events, senior programs, parks, and open spaces, generations of residents have learned, played, connected, and created fond lifelong memories. Today, the District serves more than 40,000 residents across a 5,616-acre service area and provides 275 acres of parks and open space, 15 parks, 8 community facilities, and more than 2,300 classes, programs, and activities each year.

A COMMUNITY LEGACY

The story of Rec & Park began in 1949 when a group of local parents and community leaders came together to create recreational opportunities for local youth. Two years later, voters approved the formation of the Pleasant Hill Park, Recreation & Parkway District, making it the first governmental agency established in the area, ten years before Pleasant Hill became a city.

Over the next 75 years, the District grew alongside the community, opening parks, pools, community centers, and gathering places that continue to serve residents today.

THEN. NOW. ALWAYS.

While facilities, programs, and services have evolved over the years, our purpose remains the same: enhancing quality of life through parks, recreation, and community service.

Whether you've attended a camp, taken a class, learned to swim, volunteered at an event, explored a trail, or celebrated a special occasion at one of our facilities, you are part of the Rec & Park story.

As we celebrate this milestone anniversary, we thank the residents, volunteers, staff, community partners, and generations of participants who have helped shape Pleasant Hill Recreation & Park District over the past 75 years.

75 Years BY THE NUMBERS

- » ESTABLISHED IN 1951
- » 5,616-ACRE SERVICE AREA
- » 275 ACRES OF PARKS AND OPEN SPACE
- » 15 PARKS
- » 8 COMMUNITY FACILITIES
- » 2,300+ CLASSES, PROGRAMS, AND ACTIVITIES ANNUALLY
- » 40,000+ RESIDENTS SERVED
- » 100,000+ ANNUAL PARTICIPANT TOUCHPOINTS

CELEBRATING 75 YEARS OF PARKS, PLAY & COMMUNITY



SHINE ON!