Summer of WOW! Camps
pages 9–15

Jump Into Aquatics
pages 4–9

Family Summer Events
pages 2, 3, back cover

pleasanthillrec.com
Summer Family Events

Family Camp Out
June 15–16*
See page 38.
NO ONLINE REGISTRATION FEES!

Pirate Boat Races
June 15*

Cornhole Bag Toss Tournament
June 29
See page 32

Blues & Brews Festival
July 19–20*

Tinkers & Thinkers
Innovation Faire
September 14*

* See back cover for event details.
Aquatics Events

Underwater Egg Hunt
All ages
Join Pleasant Hill Rec for an underwater egg hunt! Enjoy the “egg” citing activities in the park before you jump in the pool! Rain or shine. Public Swim rules will be enforced during events.

PH Aquatic Park: 147 Gregory Lane
$12/$10 (Dist. Res.)
4/20 Sa 12:00–1:00 pm
Spectators and parent helpers free.

Pirate Boat Races NEW!
Saturday, June 15, 6:00–8:00 pm
Ahoy matey! Join us for the ultimate pirate party! See back cover.
FREE!

Pool Safety Day
Friday, June 28, 1:00–5:00 pm
Learn about pool safety from your local Lifeguards! Pools and Sprayground will be open for public swimming, lifeguard demonstrations and more!

PH Aquatic Park: 147 Gregory Lane

PUBLIC SWIMMING ADMISSION
Under 2 yrs .............. Free
2–6 yrs ................ $4.00
7–17 yrs ............... $4.50
18 yrs/older ............ $5.00
Seniors 55 yrs/older .... $4.00
Children 8 yrs/under must be accompanied in the water by a paying adult (18 yrs/older). Swim test available for 8 yrs/under to be in the water without an adult. Children 12 yrs/under must be accompanied in the facility by a paying adult.

PUBLIC SWIMMING HOURS
Spring: May 25–June 9
Saturday/Sunday, 1:00–5:00 pm
Summer: June 10–August 11
Monday–Thursday, 1:15–4:15 pm
Friday/Saturday/Sunday, 1:00–5:00 pm
Late Summer: August 17–September 2
Saturday/Sunday, 1:00–5:00 pm
Holidays: May 27, 1:00–5:00 pm
July 4, 12:00–5:00 pm
September 2, 1:00–5:00 pm

PUBLIC SWIMMING PASSES
Come play at the pool; it’s a great way to spend the summer! Swim passes save money and are valid 5/25–9/2 during public swimming hours. Passes cannot be shared, are non-transferable and non-refundable.

15-Visit Swim Pass:
2–6 yrs ................. $58/$46 (Dist. Res.)
7–17 yrs ............... $60/$48 (Dist. Res.)
18 yrs/older ........... $63/$50 (Dist. Res.)
Seniors 55 yrs/older ... $58/$46 (Dist. Res.)
Family Swim Pass:
Unlimited use during public swim hours.
1 Person .............. $105/$90 (Dist. Res.)
2 Persons .......... $150/$135 (Dist. Res.)
3 Persons .......... $195/$180 (Dist. Res.)
4 Persons .......... $240/$225 (Dist. Res.)
5 Persons .......... $285/$270 (Dist. Res.)
Each additional person over five: $45
SUMMER 2019: GROUP SWIM LESSONS

SWIM LESSONS SAVE LIVES!
Pleasant Hill Recreation & Park District offers a wide variety of private and group swim lessons from 6-month tots to adults.
- Spring sessions start March 19
- Summer sessions start June 10
- Flexible Schedules (Weekdays/Weekends/AM/PM)
- Personable & Experienced Instructors
- Economical
- Healthy Summer Fun!

SIGN UP NOW!
Swim lesson sessions fill up quickly in summer months. Please plan your schedule carefully! There are no make-ups/refunds for missed classes. Questions? Contact (925) 682-0896 or visit pleasanthillrec.com/236

SWIM LESSON LEVELS
Parent/Tot: 6 mos-4 yrs
Tiny Tot: 3-4 yrs
Preschool: 4-6 yrs
Private: 3.5 yrs-Adult

Weekday Group, M–Th | PH Aquatic Park
(3) 25-minute classes | $50/$40 (Dist. Res.) | Parent/Tot: $38/$30 (Dist. Res.)

* No class 7/4. Session meets M–W

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Register online now! www.pleasanthillrec.com | (925) 682-0896
SUMMER 2019: PRIVATE SWIM LESSONS

**Weekday Private, M–Th | PH Aquatic Park**

* No class 7/4. Session meets M–W

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**Saturday & Sunday Group | PH Aquatic Park**

**Saturday & Sunday Private | PH Aquatic Park**
4 weeks, (4) 25-minute classes: $125/$110 (Dist. Res.)

**NEW! LATE SUMMER SWIM LESSONS**

**Private: 3 weeks | PH Aquatic Park**
(3) 25-minute classes: $100/$85 (Dist. Res.)

**Group: 3 weeks | PH Aquatic Park**
(3) 25-minute classes: $50/$40 (Dist. Res.)

**Free! Lessons at Staff Training**
3–10 years
Join us for a complimentary swim lesson in exchange for helping our aquatics staff practice their teaching techniques with children of various ages. Pre-registration required by noon on June 7.

**PH Aquatic Park**
6/9 Su 11:00–11:25 am Free

Register online now! www.pleasanthillrec.com | (925) 682-0896
Pleasant Hill Dolphins Swim Team

Have Fun! Swim Fast! Founded in 1964, the Pleasant Hill Dolphins is a summer recreational swim team. Daily practice with instruction in all four competitive strokes, racing starts and turns and swim meets in the summer. The team also offers special activities for swimmers and their families. Swimmers must be able to swim 25 yards of freestyle (face in the water with rhythmic breathing) and 25 yards backstroke.

Head Coach: Talli Pitcher
Questions? Email Talli at tpitcher@pleasanthillrec.com

Tryouts: Saturday, March 16, 9:00 am at PH Aquatic Park, 147 Gregory Lane. For new 8 & under swimmers ONLY. We encourage new swimmers to enroll in Pre-Swim Team Clinics before the season starts.

Practice Schedule (Season runs 4/8–7/29)
Spring practice held at PH Aquatic Park: 147 Gregory Lane;
Summer practice at PH Education Center Pool: 1 Santa Barbara Road

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*For 9–18 swimmers: all practices are at PH Education Center Pool. Optional summer afternoon practice 5:00–6:00 pm. No practice May 27, July 4–7. County meet qualifying swimmers practice through August. All practices move to PH Education Center pool on 5/13.

Registration through May 20, 2019 at the District Office (M–F, 9:00 am–5:00 pm) or online at www.pleasanthillrec.com. For more information, call 682-0896.

Registration Fees (14 & under):
After 4/1 . . . . . . . . . . . . $469/$454 (Dist. Res.)
Fee includes team t-shirt. Register early to take advantage of the optional payment plan.

Registration Fees (High School):
12/3–3/31 . . . . . . . . . . . $289/$274 (Dist. Res.)
After 4/1 . . . . . . . . . . . . $314/$299 (Dist. Res.)

Work Assignments: Parents/families play a vital role in the success of this program and parent participation is required. $500 Family Deposit (per family) must be paid at the time of registration to the Pleasant Hill Dolphins Parent Club. Checks will only be cashed if work assignments are not completed. See www.pleasanthilldolphins.com for more information.

Mini-Dolphins
7 yrs & under
A program for young swimmers who are not quite ready for the Dolphins Swim Team. Students must be able to take breaths on their own while “swimming”. Swimmers will be instructed in all competitive strokes. Depending on progress/ability, participants may join the Dolphins. Summer Mini-Dolphins participate in age group/end-of season parties, receive a team t-shirt and swim in the 7/20 home meet.

SPRING
Tryouts: Sunday, 3/16 at 9:00 am
PH Aquatic Park: 147 Gregory Lane
$190/$175 (Dist. Res.)

SUMMER
Tryouts: Friday, 5/31 at 4:00 pm
PH Aquatic Park: 147 Gregory Lane
Registration deadline: Wednesday, 6/5
PH Education Center Pool: 1 Santa Barbara Road
$280/$265 (Dist. Res.)

$40 discount when you also register for Spring Mini-Dolphins. Practices subject to change due to events. Check weekly email for updates. No practice 7/4–7/7.

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

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

Instructor: Talli Pitcher
PH Aquatic Park: 147 Gregory Lane

- **4–5 years** | **$77/$62** (Dist. Res.)
  - 8208.801 3/18–3/28 M/Tu/Th 4:00–4:30 pm
  - 8209.801 3/18–3/28 M/Tu/Th 4:30–5:15 pm

- **6–8 years** | **$95/$80** (Dist. Res.)
  - 8209.801 3/18–3/28 M/Tu/Th 4:00–4:30 pm

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

PH Aquatic Park: 147 Gregory Lane

- **9–13 years** | **$95/$80** (Dist. Res.)
  - 8210.801 3/18–3/28 M/Tu/Th 5:15–6:00 pm

Spring Swim Clinics
6–13 yrs
For the summer recreation swimmer. Focus is on stroke technique and drill progressions for competitive swimming. Not training sessions; must have prior competitive experience. This clinic does not conflict with County guidelines for Recreation Swim Teams.

Instructor: Talli Pitcher
PH Aquatic Park: 147 Gregory Lane

- 8727.803 3/5–3/14 Tu/Th 5:15 pm–6:00 pm
- 8727.804 3/19–3/28 Tu/Th 5:15 pm–6:00 pm

Summer Competitive Stroke Instruction
One-on-one instruction in the latest stroke, turn and starting techniques with Dolfins Coaches to help improve ability in competitive swimming. For details and to register, call (925) 682-0896 or visit www.pleasanthillrec.com.

Lifeguard Training
Learn how to save a life and become an American Red Cross certified lifeguard! After successful completion, the American Red Cross will issue certificates in Lifeguarding/First Aid/CPR/AED, Administering Emergency Oxygen and Title 22. Bring swimsuit, towel, lifeguard book (receive in class), resuscitation mask (receive in class), and lunch each day. This class consists of approximately 7 hours of online learning, which must be completed after successful completion of the prerequisites and before the next class meeting. See pleasanthillrec.com for prerequisites.

Instructor: Aquatic Staff
PH Aquatic Park: 147 Gregory Lane

- **$250/$235** (Dist. Res.)
  - 8715.801 3/23–3/31 Sa/Su 9:00 am–5:30 pm
  - 8715.802 4/1–4/7 M–F 9:00 am–5:30 pm
  - 8715.803 4/13–4/28 Sa/Su 9:00 am–5:30 pm

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

Instructor: Aquatics Staff
PH Aquatic Park: 147 Gregory Lane

- **$185/$170** (Dist. Res.)
  - 8717.802 4/6–4/7 Sa/Su 9:00 am–5:00 pm
  - 8717.803 5/4–5/5 Sa/Su 9:00 am–5:00 pm

Register online now! www.pleasanthillrec.com | (925) 682-0896
Splashball
6–10 yrs
Splashball is a “T-ball” version of water polo designed to introduce the sport of water polo to children. This fun, dynamic class teaches basic skills and understanding of the sport of water polo in a recreational format while providing social development through participation in a team sport. Students should be comfortable in the water. Strong swimming skills a plus!
Instructor: Aquatics Staff
PH Aquatic Park: 147 Gregory Lane
6 weeks | $89/$74 (Dist. Res.)
8750.901 4/7–5/19 Su 5:00–6:00 pm
No class 4/21

Aquatic Fitness
Aqua Zumba®
16 yrs & up
Come join the pool party! Aqua Zumba® integrates the exotic rhythms of Zumba with water fitness to create a fun and exciting water workout! AZ gives you a complete cardio-conditioning and body toning workout without the impact on your joints. You’ll walk away with a stronger body and a smile on your face! No swimming skills required. Water shoes recommended.
Instructor: Sandra Franklin
PH Aquatic Park: 147 Gregory Lane
4 classes | $40/$32 (Dist. Res.) | Drop-In: $10
8125.901 6/3–6/24 M 7:00–8:00 pm
8125.902 7/1–7/22 M 7:00–8:00 pm
3 classes | $30/$24 (Dist. Res.) | Drop-In: $10
8125.903 7/29–8/12 M 7:00–8:00 pm

TRIFIT Aqua Circuit
NEW!
14 yrs & up
A unique water workout utilizing aqua cycling, aqua treadmills, hydrodynamic movements and swimming. Swimming experience is not required. Bring water shoes.
Instructor: NuWave USA
PH Aquatic Park: 147 Gregory Lane
FREE TRIAL CLASS!
8115.801 4/27 Sa 9:00–10:00 am
Space is limited, pre-registration recommended.
4 classes | $54/$43 (Dist. Res.) | Drop-In: $15
8115.901 5/4–6/1 Sa 9:00–10:00 am
8115.902 6/8–6/29 Sa 9:00–10:00 am
8115.903 7/6–7/27 Sa 9:00–10:00 am
8115.904 8/3–8/24 Sa 9:00–10:00 am
No class 5/25

Lap Swim
15 yrs & up
Monthly Pass gives you unlimited access to Lap Swim hours during the calendar month. Stay fit, work on your stroke technique, improve your endurance; rejuvenate and energize your mind/body while you swim your way to a healthier life!
Instructor: Staci Lindsay
PH Education Center Pool:
1 Santa Barbara Road
Senior 55+ Monthly Pass: $55/$44 (Dist. Res.)
8-swim “Anytime” Punch card: $61/$49 (Dist. Res.)
Spring Lap Swim Hours (March 18–June 7):
M/W/F 6:30–7:30 am; 8:30–9:30 am
M/Tu/Th 7:00–8:00 pm
Sa/Su 10:00 am–12:00 pm
(shared with lifeguard training)
Summer Lap Swim Hours (June 8–August 11):
M/W/F 6:30–7:30 am; 8:30–9:30 am
M–F 12:00–1:00 pm
M/Tu/Th 7:00–8:00 pm
Sa/Su 10:00 am–12:00 pm

Water Walking
18 yrs & up
Water walking is an easy, low-impact exercise that can provide an aerobic workout while also strengthening and building muscles by using the water’s resistance. The water’s buoyancy supports the body’s weight, which reduces stress on the joints and minimizes pain. Pool is heated and ADA accessible. Water shoes recommended. Students may drop-in to Water Walking using the Water Aerobics Punch Card.
Instructor: Nay Albertson
PH Aquatic Park: 147 Gregory Lane
4 weeks | $58/$47 (Dist. Res.)
Senior Club Members: $53/$42 (Dist. Res.)
2240.801 3/19–4/11 Tu/Th 8:30–9:30 am
2240.802 4/16–5/9 Tu/Th 8:30–9:30 am
2240.803 5/14–6/6 Tu/Th 8:30–9:30 am
2240.901 6/11–7/2 Tu/Th 8:30–9:30 am
2240.902 7/9–8/1 Tu/Th 8:30–9:30 am
2240.903 8/6–8/29 Tu/Th 8:30–9:30 am

Water Aerobics
The ultimate in low-impact aerobics for men & women! Classes offer all the benefits of land aerobics while cushioning the body from impact and providing resistance during exercise. Emphasis is on cardiovascular workout while toning muscles and slimming the body. Swimming skills are not required.
Instructors: Bryce Halliday, Mary Beth McCarthy
Year-round classes | Drop-in $8
Monthly Pass: $79/$69 (Dist. Res.)
8-Class Water Aerobics Punch Card:
$62/$52 (Dist. Res.)
PH Aquatic Park: 147 Gregory Lane
Mary Beth W 7:20–8:20 am
Mary Beth Tu/Th 8:30–9:30 am
Mary Beth* Tu/Th 7:00–8:00 pm
Bryce M/W/F 8:30–9:30 am
No class on legal holidays, during the Nov/Dec holiday break and instructor scheduled vacations.
*Mary Beth’s evening class meets 6:00–7:00 pm until 4/1. Sign up for “Notify Me” at www.pleasanthillrec.com for program updates.
Aquatics
Summer Camps

Junior Lifeguard Camp
11–14 yrs

SPRING BREAK SESSION!
1 week | $215/$200 (Dist. Res.)
8720.801 4/1–4/5  M–F 9:00 am–2:00 pm

SUMMER SESSION
8720.901 6/17–6/21  M–F 9:00 am–2:00 pm
8770.905 7/8–7/12  M–F 12:00–5:00 pm

RETURNING JUNIOR LIFEGUARDS
12–14 yrs
$50/$40 (Dist. Res.)
8721.901 5/31 F 3:30–6:30 pm

Aquatic Mini Camps
6–12 yrs
All participants must be able to swim 25 yards freestyle with face in the water and be comfortable in deep water.
1 week | $95/$80 (Dist. Res.)

MERMAID MINI-CAMP
8770.603 6/24–6/28 M–F 2:30–4:30 pm

STROKE INSTRUCTION MINI-CAMP
8770.901 6/10–6/14 M–F 2:30–4:30 pm
8770.906 7/15–7/19 M–F 2:30–4:30 pm

SWIM/TENNIS MINI-CAMP
8770.908 7/29–8/2 M–F 2:30–4:30 pm

WATER POLO MINI-CAMP
8770.902 6/17–6/21 M–F 2:30–4:30 pm
8770.907 7/22–7/26 M–F 2:30–4:30 pm

Kids Scuba Camp
8–12 yrs
Our camp has been designed for you, the young diver! This exciting new program is built around the action packed PADI Seal Team. Each day you will complete Aqua Missions, underwater pool adventures where you learn scuba activities. All participants must be a proficient swimmer and comfortable in the water.
Instructor: Dive N Trips
PH Education Center Pool:
1 Santa Barbara Road
1 week | $140/$125 (Dist. Res.)
8770.905 7/8–7/12  M–F 12:00–2:00 pm
$125 lab fee due to instructor at first class.

Preschool
Summer Camps

Parent Tot Preschool Prep
1 yr 10 mo–3 yrs*
$105/$85 (Dist. Res.)
8656.902 7/12–7/26  F 9:30–11:15 am
8656.903 8/2–8/16  F 9:30–11:15 am
*Campers must be age appropriate by 6/1/19 unless otherwise noted.

Tiny Tots Summer Camp
1 yr 6 mo–2 yr 6 mo
2-week session
M/W/F | $242/$222 (Dist. Res.)
Tu/Th | $168/$148 (Dist. Res.)

SESSION 1: OCEAN EXPLORERS
8655.901 6/10–6/21 M/W/F 9:00 am–12:00 pm
8655.906 6/11–6/20 Tu/Th 9:00 am–12:00 pm

SESSION 2: GOING ON A BEAR HUNT
1-week session | $131/$111 (Dist. Res.)
8655.902 6/24–6/28 M/W/F 9:00 am–12:00 pm
1-week session | $94/$74 (Dist. Res.)
8655.907 6/25–6/27 Tu/Th 9:00 am–12:00 pm

SESSION 3: ALL THINGS BIG & SMALL
8655.903 7/8–7/19 M/W/F 9:00 am–12:00 pm
8655.908 7/9–7/18 Tu/Th 9:00 am–12:00 pm

SESSION 4: MUSIC FROM THE HEART
8655.904 7/22–8/2 M/W/F 9:00 am–12:00 pm
8655.909 7/23–8/1 Tu/Th 9:00 am–12:00 pm

SESSION 5: MY 5 SENSES
8655.905 8/5–8/16 M/W/F 9:00 am–12:00 pm
8655.910 8/6–8/15 Tu/Th 9:00 am–12:00 pm

Wee Ones Summer Camp
2 yrs 3 mo–3 yrs 6 mo

WEEK 1: MUSICAL MAYHEM
$172/$152 (Dist. Res.)
8650.901 6/10–6/13 M–Th 9:00 am–12:00 pm

WEEK 2: DIP INTO SUMMER
$175/$155 (Dist. Res.)
8650.902 6/17–6/20 M–Th 9:00 am–12:00 pm

WEEK 3: CULINARY EXPERIENCE
$175/$155 (Dist. Res.)
8650.903 6/24–6/27 M–Th 9:00 am–12:00 pm

WEEK 4: DINOSAURS UNLEASHED
$172/$152 (Dist. Res.)
8650.904 7/8–7/11 M–Th 9:00 am–12:00 pm

WEEK 5: SEW WHAT!
$175/$155 (Dist. Res.)
8650.905 7/15–7/18 M–Th 9:00 am–12:00 pm

WEEK 6: SEASIDE TREASURES
$172/$152 (Dist. Res.)
8650.906 7/22–7/25 M–Th 9:00 am–12:00 pm

WEEK 7: CREATIVE MINDS
$172/$152 (Dist. Res.)
8650.907 7/29–8/1 M–Th 9:00 am–12:00 pm

WEEK 8: BUDDING ARTISTS
$172/$152 (Dist. Res.)
8650.908 8/5–8/8 M–Th 9:00 am–12:00 pm

*Campers must be age appropriate by 6/1/19 unless otherwise noted.

Full camp descriptions available at pleasanthillrec.com

(925) 682-0896
Register online now! www.pleasanthillrec.com
**Big Kids Summer Camp**
3 yrs 6 mo–5 yrs
1 week | $215/$195 (Dist. Res.)

**WEEK 1: WORLD TREKKERS**
6652.901 6/10–6/14 M–F 9:00 am–12:00 pm

**WEEK 2: BUMP IN THE NIGHT**
6652.902 6/17–6/21 M–F 9:00 am–12:00 pm

**WEEK 3: EGG-CITING SUMMER**
6652.903 6/24–6/28 M–F 9:00 am–12:00 pm

**WEEK 4: ROUND AND ROUND WE GO!**
6652.904 7/1–7/5 M–F 9:00 am–12:00 pm

**WEEK 5: EARTH IS OUR INSPIRATION**
6652.905 7/8–7/12 M–F 9:00 am–12:00 pm

**WEEK 6: SECRETS FROM THE OCEAN**
6652.906 7/15–7/19 M–F 9:00 am–12:00 pm

**Kinderprep Camp**
5–6 yrs (by 9/1/19)
$440/$420 (Dist. Res.)
6653.901 7/29–8/9 M–F 9:00 am–12:00 pm

**Wee Tot Prep Camp**
2 yrs 6 mo–3 yrs 6 mo (by 9/1/19)
$120/$100 (Dist. Res.)
6654.901 8/20–8/22 Tu–Th 9:00 am–12:00 pm

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**Youth Summer Classics**

**Summer Rec Camp**
JUNE 18–JULY 25, 2019
Grades 1–8

**ROOKIE CAMP**
Entering Grades 1–2
6 weeks | $395/$375 (Dist. Res.)
**3050.900** 6/18–7/25 Tu–Th 9:30 am–12:20 pm

**SUMMER REC CAMP**
Entering Grades 3–8
6 weeks | $380/$360 (Dist. Res.)
**3063.900** 6/18–7/25 Tu–Th 9:30 am–12:20 pm

**Endless Summer**
Grade 1–8
PH Park: Picnic Area 2
Activity Schedule subject to change.

**ADVENTURE KIDS CAMP**
JUNE 10–AUGUST 9, MONDAY–FRIDAY
Grades 1–5
No camp 7/4

**SCHEDULE OPTIONS & FEES:**
Camp Weekly Rate (9:00 am–6:00 pm): $280/$260 (Dist. Res.) per week
Extended Morning Care (7:00–9:00 am): $40 per week

Need less than a week? We do offer the following partial weekly schedule options:
3+ days/week: $52/day (discounted rate for 3+ days)
1–2 days/week: $60/day
Extended morning care: $8/day

Additional Fees:
$20/week fee is applied in addition to daily rates for non-Pleasant Hill residents only.
$5 camp t-shirt. Every child must have a t-shirt for all offsite field trips. Indicate size and quantity at time of registration.

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**NEW FOR 2019:**
**ADVENTURE KIDS CAMP EARLY AM CARE OPTION**
Search “Xtreme Morning Care” in online catalog at pleasanthillrec.com.

**Teen Center**
Register by the day: $6/child
M–F 7:30–9:00 am
Teen Summer Classics

Teen Xtreme Camp: June 10—August 9
Entering Grades 6–10

Teen Center (drop off/pick up)
Monday–Friday, 9:00 am–6:00 pm | Extended care available: 7:30–9:00 am, $6/day
No camp 7/4

Full camp descriptions available at pleasanthillrec.com

Xtreme Day Trips
11–17 yrs
Teen Center (depart/pick up)
Discovery Kingdom | $81/$65 (Dist. Res.)
Mystery Trip | $81/$65 (Dist. Res.)
Alameda County Fair | $69/$55 (Dist. Res.)
Paintball | $94/$75 (Dist. Res.)
Circus School | $75/$60 (Dist. Res.)
Rocket Boat | $69/$55 (Dist. Res.)
Oracle Tour | $81/$65 (Dist. Res.)
Crown Beach | $69/$55 (Dist. Res.)
The Wave | $69/$55 (Dist. Res.)

_xtreme Camp: Monday/Friday Option
1 day | $50/$40 (Dist. Res.)
5154.900 6/10 M 9:00 am–6:00 pm
5154.901 6/14 F 9:00 am–6:00 pm
5154.902 6/17 M 9:00 am–6:00 pm
5154.903 6/21 F 9:00 am–6:00 pm
5154.904 6/24 M 9:00 am–6:00 pm
5154.905 6/28 F 9:00 am–6:00 pm
5154.906 7/1 M 9:00 am–6:00 pm
5154.907 7/5 F 9:00 am–6:00 pm
5154.908 7/8 M 9:00 am–6:00 pm
5154.909 7/12 F 9:00 am–6:00 pm
5154.910 7/15 M 9:00 am–6:00 pm
5154.911 7/19 F 9:00 am–6:00 pm
5154.912 7/22 M 9:00 am–6:00 pm
5154.913 7/26 F 9:00 am–6:00 pm
5154.914 7/29 M 9:00 am–6:00 pm
5154.915 8/2 F 9:00 am–6:00 pm
5154.916 8/5 M 9:00 am–6:00 pm
5154.917 8/9 F 9:00 am–6:00 pm

VolunTEENS Camps

Counselors-In-Training
12–16 yrs

GROUP INTERVIEW
5175.901 5/14 | 5:00 pm
Pleasant Hill Teen Center
Interview: Free
C.I.T. Program Training*: $110/$90 (Dist. Res.)
Mandatory Training 6/7 | 5:00 pm
*Enrollment for selected participants only.

Good Vibe Tribe!
12–15 yrs

Pleasant Hill Teen Center
5 days | $210/$190 (Dist. Res.)
5178.901 7/29–8/2 | M–F | 9:00 am–3:00 pm

Snack Shack Volunteer—Food Handling Training
Entering Grades 7–9
Teen Center
1 class | $20
5179.901 6/1 | Sa | 1:00–3:00 pm
**LEGO Camps**

**Play-Well TEKnologies with LEGO® Camps**

**NINJANEERING**
- 5–7 yrs
- $245/$225 (Dist. Res.)
- 6066.901 6/17–6/21 M–F 9:00 am–12:00 pm

**SUPER HERO ENGINEERING**
- 5–7 yrs
- $245/$225 (Dist. Res.)
- 6066.902 6/17–6/21 M–F 1:00–4:00 pm

**INTRO TO STEM**
- 5–6 yrs
- $155/$135 (Dist. Res.)
- 6066.903 7/1–7/3 M–W 9:00 am–12:00 pm

**STEM CHALLENGE**
- 7–10 yrs
- $155/$135 (Dist. Res.)
- 6066.904 7/1–7/3 M–W 1:00–4:00 pm

**JEDI ENGINEERING**
- 5–8 yrs
- $245/$225 (Dist. Res.)
- 6066.905 7/15–7/19 M–F 9:00 am–12:00 pm

**INNOVATION CHALLENGE**
- 9–14 yrs
- $245/$225 (Dist. Res.)
- 6066.906 7/15–7/19 M–F 1:00–4:00 pm

**HARRY POTTER MAGICAL ENGINEERING**
- 5–6 yrs
- $245/$225 (Dist. Res.)
- 6066.907 7/22–7/26 M–F 9:00 am–12:00 pm

**HARRY POTTER MASTER ENGINEERING**
- 7–10 yrs
- $245/$225 (Dist. Res.)
- 6066.908 7/22–7/26 M–F 1:00–4:00 pm

**KINDERBOTS**
- 4–6 yrs
- $250/$230 (Dist. Res.)
- 6666.901 6/10–6/14 M–F 9:00 am–12:00 pm
- 6666.903 7/8–7/12 M–F 9:00 am–12:00 pm

**RobotED—Which One?**
- 6–10 yrs
- $250/$230 (Dist. Res.)
- 6666.902 6/10–6/14 M–F 1:00–4:00 pm
- 6666.904 7/8–7/12 M–F 1:00–4:00 pm

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**Nature Camps**

**Little House at Rodgers Ranch Nature Camp**
- 6–12 yrs
- $330/$310 (Dist. Res.)

**WEEK 1: COOKING & GROWING THE VEGGIE GARDEN STICK**
- 6079.901 6/24–6/28 M–F 9:00 am–3:00 pm

**WEEK 2: NATURAL BUILDING—ADOBE BRICKS, FORTS, WADDLE & DAUB**
- 6079.902 7/8–7/12 M–F 9:00 am–3:00 pm

**WEEK 3: ARTS ’N CRAFTS—WEAVING, NEEDLE WORK, & PAPER MAKING**
- 6079.903 7/15–7/19 M–F 9:00 am–3:00 pm

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Register online now! www.pleasanthillrec.com

(925) 682-0896
Performing Arts

Castle Tales
Musical Theater Camp
3.5–7 yrs
$225/$205 (Dist. Res.)
6633.901 6/24–6/28 M–F 9:00 am–12:00 pm
6633.902 7/8–7/12 M–F 9:00 am–12:00 pm
6633.903 7/22–7/26 M–F 9:00 am–12:00 pm
6633.904 7/29–8/2 M–F 1:00–4:00 pm
$10 lab fee payable to instructor first day of camp.

Fairytale Princess Dance Camp
5–9 yrs
$250/$230 (Dist. Res.)
6089.901 6/10–6/14 M–F 9:00 am–12:00 pm
$15 material fee due to instructor first day of camp.

Trolls Dance Camp
5–10 yrs
$250/$230 (Dist. Res.)
6089.902 7/22–7/26 M–F 9:00 am–12:00 pm
$15 material fee due to instructor first day of camp.

Myeve Capozzi
Vocal Training Camps
PLEASANT HILL’S GOT TALENT
6–12 yrs
$190/$170 (Dist. Res.)
6080.901 7/1–7/5 M/Tu/W/F 1:00–4:00 pm
No class 7/4

EXPRESS YOURSELF
6–12 yrs
$230/$210 (Dist. Res.)
6080.902 7/15–7/19 M–F 1:00–4:00 pm

SingOut! Theatre Camps
MY SON PINOCCHIO JR
4–14 yrs
Dress Rehearsal & Performance:
Week of June 24–28, location TBA
4–7 yrs | $375/$355 (Dist. Res.)
6185.902 6/10–6/28 M–F 2:30–4:00 pm
8–14 yrs | $575/$555 (Dist. Res.)
6185.903 6/10–6/28 M–F 1:00–4:00 pm
TRIPLE THREAT WORKSHOP
11–18 yrs
Dress Rehearsal & Performance:
Week of June 24–28, location TBA
$575/$555 (Dist. Res.)
6185.901 6/10–6/28 M–F 9:00 am–12:00 pm

SINGOUT! COMBO CAMP
Grades 6–8 (11–14 yrs only)
Enroll in both Triple Threat Workshop and
My Son Pinocchio Jr and receive automatic
20% discount. Free lunch supervision.
$895/$855 (Dist. Res.)

Sports Camps

All sports camps are Monday–Friday,
9:00 am–12:00 pm.

Tennis Camps
6–12 yrs
$155/$140 (Dist. Res.)
5589.900 6/17–6/21
5589.901 6/24–6/28
5589.902 7/8–7/12
5589.903 7/15–7/19

Kidz Love Soccer Camps
4.5–10 yrs
$184/$169 (Dist. Res.)
5039.900 6/10–6/14
5039.901 6/10–6/14
5039.902 6/10–6/14
5039.903 7/15–7/19
5039.904 7/15–7/19
5039.905 7/15–7/19

Summer Basketball Camps
8–12 yrs
Pleasant Hill Middle School
$165/$150 (Dist. Res.)
5062.900 7/8–7/12
5062.901 7/22–7/26
5062.902 8/5–8/9

FitKids Sports
Grades 1–5
FLAG FOOTBALL
$140/$125 (Dist. Res.)
5040.900 7/29–8/2

FIELD GAMES
$140/$125 (Dist. Res.)
5040.901 8/5–8/9

NEW!
Full camp descriptions available at pleasanthillrec.com
**S.T.E.A.M. Camps**

**ALOHA Mind Math**
6–12 yrs  
$275/$255 (Dist. Res.)
6071.901 7/15–7/19 M–F  9:00 am–12:00 pm

**Challenge Island® Camps**
5–12 yrs  
**ISLAND TUBE FEVER CAMP®**
$350/$330 (Dist. Res.)
6093.901 6/24–6/28 M–F  9:00 am–12:00 pm  
$20 material fee due to instructor first day of camp.

**SLIME SQUAD CAMP®**
$350/$330 (Dist. Res.)
6093.902 6/24–6/28 M–F  1:00–4:00 pm  
$20 material fee due to instructor first day of camp.

**STEAM-WARTS CAMP OF WIZARDS, SPELLS AND POWIONS®**
$350/$330 (Dist. Res.)
6093.903 7/8–7/12 M–F  1:00–4:00 pm

**FORT ISLAND CAMP®**
$350/$330 (Dist. Res.)
6093.904 7/29–8/2 M–F  9:00 am–12:00 pm

**Code To The Future Camps**
**MINECRAFT VIDEO GAME DESIGN**
7–12 yrs  
$225/$205 (Dist. Res.)
6087.901 6/24–6/28 M–F  9:00 am–12:00 pm

**MINECRAFT MODDING**
9–14 yrs  
$310/$290 (Dist. Res.)
6087.902 6/24–6/28 M–F  1:00–4:00 pm

**Fun with Academics Camps**
6–12 yrs  
**FUN WITH ROBOTIC PROGRAMMING: AI ROBOTS**
$295/$275 (Dist. Res.)
6096.901 7/22–7/26 M–F  9:00 am–12:00 pm

**FUN WITH ACADEMICS: OPEN LAB**
FREE | AM and PM registration required
$55 | AM or PM registration required
6096.903 7/22–7/26 M–F  12:00–1:00 pm
6096.904 7/22–7/26 M–F  12:00–1:00 pm

**FUN WITH PROGRAMMING: HACKING MINECRAFT WITH PYTHON**
$295/$275 (Dist. Res.)
6096.902 7/22–7/26 M–F  1:00–4:00 pm

**FUN WITH PROGRAMMING: GAMES AND ANIMATION WITH SCRATCH**
$295/$275 (Dist. Res.)
6096.905 7/29–8/2 M–F  1:00–4:00 pm

**Hackingtons Code School: Launch a Video Game Company**
8–14 yrs  
$185/$165 (Dist. Res.)
6086.901 6/10–6/14 M–F  9:00–11:00 am
6086.902 6/17–6/21 M–F  9:00–11:00 am
6086.903 7/8–7/12 M–F  9:00–11:00 am
6086.904 7/15–7/19 M–F  9:00–11:00 am

**Mad Science Jr. Camps**
4–6 yrs  
$30 lab fee payable to instructor first day of camp.

**LITTLE GREEN THUMBS!**
$275/$255 (Dist. Res.)
6067.903 6/24–6/28 M–F  9:00 am–12:00 pm

**MY FIRST LAB**
$275/$255 (Dist. Res.)
6067.904 6/24–6/28 M–F  1:00–4:00 pm

**LUNCH BUNCH JR.**
Register for a full day of camp and Mad Science Staff will provide FREE supervision during the lunch hour.
6067.913 6/24–6/28 M–F  12:00–1:00 pm

Fun with a full day of camp and Mad Science Staff will provide FREE supervision during the lunch hour.

**FULL CAMP DESCRIPTIONS AVAILABLE AT PLEASANTHILLREC.COM**
Sciensational Workshops Inc

7–12 yrs

MISSION TO MARS
$250/$230 (Dist. Res.)
6076.901 7/8–7/12 M–F 9:00 am–12:00 pm

BRICK BUILDING WITH LIGHTS & SOUND
$250/$230 (Dist. Res.)
6076.902 8/5–8/9 M–F 9:00 am–12:00 pm

CSI: CRIME SCENE INVESTIGATION
$250/$230 (Dist. Res.)
6076.903 8/5–8/9 M–F 1:00–4:00 pm

SCIENCE LUNCH BUNCH
Register for a full day of camp and Sciensational Workshop staff will provide FREE supervised lunch. Registration required.
6076.904 8/5–8/9 M–F 12:00–1:00 pm

Techsplosion Camps

7–12 yrs

STOP-MOTION MINECRAFT ANIMATION!
$225/$205 (Dist. Res.)
6094.902 7/1–7/5 M/Tu/W/F 1:00–4:00 pm
No class 7/4
$275/$255 (Dist. Res.)
6094.905 8/5–8/9 M–F 9:00 am–12:00 pm

YOUTUBE STARS!
$260/$240 (Dist. Res.)
6094.901 7/1–7/5 M/Tu/W/F 9:00 am–12:00 pm
No class 7/4
$317/$297 (Dist. Res.)
6094.906 8/5–8/9 M–F 1:00–4:00 pm

VIDEO GAME DESIGN & COMMAND-LINE CODING WITH MINECRAFT!
$317/$297 (Dist. Res.)
6094.903 7/8–7/12 M–F 9:00 am–12:00 pm

MINECRAFT YOUTUBERS: LET’S PLAY
$317/$297 (Dist. Res.)
6094.904 7/8–7/12 M–F 1:00–4:00 pm

Unique Interests

Chess Challenge!
6–13 yrs
$275/$255 (Dist. Res.)
6070.901 6/17–6/21 M–F 9:00 am–12:00 pm
6070.902 6/17–6/21 M–F 1:00–4:00 pm
6070.903 7/22–7/26 M–F 1:00–4:00 pm
6070.904 8/5–8/9 M–F 9:00 am–12:00 pm
6070.905 8/5–8/9 M–F 1:00–4:00 pm

Buddy ’n Me Critters ’n Clay™
3.5–6 yrs
$120/$100 (Dist. Res.)
6055.901 7/22–7/25 M–Th 3:00–6:00 pm
7/29 M 9:30–10:30 am
$25 lab fee payable to instructor first day of camp.

Critters ’n Clay™
4.5–10 yrs
$120/$100 (Dist. Res.)
6055.902 7/22–7/25 M–Th 11:00 am–12:00 pm
7/29 M 11:00 am–12:00 pm
$25 lab fee payable to instructor first day of camp.

Little Medical Schools
6–11 yrs

LITTLE DENTAL CAMP
$205/$185 (Dist. Res.)
6048.901 7/1–7/3 M–W 9:00 am–12:00 pm
$20 lab fee payable to instructor first day of camp.

LITTLE MEDICAL SCHOOL CAMP
$400/$380 (Dist. Res.)
6048.902 7/15–7/19 M–F 9:00 am–3:00 pm
$30 lab fee payable to instructor first day of camp.

LITTLE WILDERNESS MEDICINE CAMP
$255/$235 (Dist. Res.)
6048.903 7/29–8/2 M–F 9:00 am–12:00 pm
$25 lab fee payable to instructor first day of camp.

LITTLE VETERINARIAN CAMP
$255/$235 (Dist. Res.)
6048.904 7/29–8/2 M–F 1:00–4:00 pm
$25 lab fee payable to instructor first day of camp.

Little Medical School Lunch Bunch—FREE!
6048.905 7/29–8/2 M–F 12:00–1:00 pm

Mad Science Youth Camps
6–12 yrs
$30 lab fee payable to instructor first day of camp.

CRAZY CHEMISTRY
$275/$255 (Dist. Res.)
6067.901 6/10–6/14 M–F 9:00 am–12:00 pm

RED HOT ROBOTS
$275/$255 (Dist. Res.)
6067.902 6/10–6/14 M–F 1:00–4:00 pm

MAD SCIENCE LUNCH BUNCH: JUNE
Register for a full day of camp and Mad Science Staff will provide a FREE supervised lunch. Registration required.
6067.911 6/10–6/14 M–F 12:00–1:00 pm

3, 2, 1…BLAST OFF!
$275/$255 (Dist. Res.)
6067.905 7/29–8/2 M–F 9:00 am–12:00 pm

EUREKA: THE INVENTOR’S CAMP
$275/$255 (Dist. Res.)
6067.906 7/29–8/2 M–F 1:00–4:00 pm

MAD SCIENCE LUNCH BUNCH: JULY
Register for a full day of camp and Mad Science Staff will provide a FREE supervised lunch. Registration required.
6067.915 7/29–8/2 M–F 12:00–1:00 pm

Unique Interests

Chess Challenge!
6–13 yrs
$275/$255 (Dist. Res.)
6070.901 6/17–6/21 M–F 9:00 am–12:00 pm
6070.902 6/17–6/21 M–F 1:00–4:00 pm
6070.903 7/22–7/26 M–F 1:00–4:00 pm
6070.904 8/5–8/9 M–F 9:00 am–12:00 pm
6070.905 8/5–8/9 M–F 1:00–4:00 pm

Buddy ’n Me Critters ’n Clay™
3.5–6 yrs
$120/$100 (Dist. Res.)
6055.901 7/22–7/25 M–Th 3:00–6:00 pm
7/29 M 9:30–10:30 am
$25 lab fee payable to instructor first day of camp.

Critters ’n Clay™
4.5–10 yrs
$120/$100 (Dist. Res.)
6055.902 7/22–7/25 M–Th 11:00 am–12:00 pm
7/29 M 11:00 am–12:00 pm
$25 lab fee payable to instructor first day of camp.

Little Medical Schools
6–11 yrs

LITTLE DENTAL CAMP
$205/$185 (Dist. Res.)
6048.901 7/1–7/3 M–W 9:00 am–12:00 pm
$20 lab fee payable to instructor first day of camp.

LITTLE MEDICAL SCHOOL CAMP
$400/$380 (Dist. Res.)
6048.902 7/15–7/19 M–F 9:00 am–3:00 pm
$30 lab fee payable to instructor first day of camp.

LITTLE WILDERNESS MEDICINE CAMP
$255/$235 (Dist. Res.)
6048.903 7/29–8/2 M–F 9:00 am–12:00 pm
$25 lab fee payable to instructor first day of camp.

LITTLE VETERINARIAN CAMP
$255/$235 (Dist. Res.)
6048.904 7/29–8/2 M–F 1:00–4:00 pm
$25 lab fee payable to instructor first day of camp.

Little Medical School Lunch Bunch—FREE!
6048.905 7/29–8/2 M–F 12:00–1:00 pm

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

**Broadway Babies**
3–5 yrs
Have you ever wanted to go on a Magic Carpet Ride, visit A Whole New World, or Be Our Guest at an enchanted castle? Join Broadway Babies and see where your imagination can take you! Through creative play, movement, and music, these young students will learn the basics of performing arts—singing, dancing, and acting—while bringing songs from popular musicals to life. Each session ends with a showcase in costume.

**Instructor:** Myeve Capozzi Vocal Training

Community Center (5/8 at Senior Center)
$145 /$125 (Dist. Res.)
6659.901 5/1–6/5 W 1:00–1:45 pm

**Pre-Ballet**
3–4 yrs
The basics of ballet are presented in a fun atmosphere. Teaches grace and the joy of movement in addition to basic ballet technique. Child must be potty-trained and able to participate without parent’s presence. Attire: light pink leotard, tights, ballet shoes. NO skirts or tutus please.

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

Community Center: Dance Studio 1 and 2
$109/$89 (Dist. Res.)
6619.901 5/6–7/1 M 3:00–3:45 pm
$90/$72 (Dist. Res.)
6619.902 7/8–8/26 M 3:00–3:45 pm
No class 5/27, 6/17, 7/29, 8/5

Priority Preschool

Open Registration for 2019–2020 school year is Saturday, March 30, 9:30 am at the Pleasant Hill Community Center.

Registration is on a first come, first serve basis. Birth certificate, immunization records and proof of residency required for discount. Children must be age-appropriate by 9/1/19. For more information please contact director, Sarah Smith at (925) 771-7626 or ssmith@pleasanthillrec.com.

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 September–June.

**HUMMINGBIRDS (formerly Wee-Tots)**
(2 yrs 6 mos–3 yrs 6 mos)
- Tu/Th, 8:30–11:30 am
  Winslow Center
  $386/$366 (Dist. Res.) monthly*
- M/W/F, 8:30–11:30 am
  Winslow Center
  $474/$453 (Dist. Res.) monthly*

**BLUE BIRDS (formerly New Horizons)**
(3 yrs–4 yrs 3 mos)
- Students must be fully potty-trained.
- AM: Tu/W/Th, 8:45–11:45 am,
  Community Center
  $402/$381 (Dist. Res.) monthly*
- PM: M/W/F, 12:45–3:45 pm
  Community Center
  $381/$361 (Dist. Res.) monthly*

**ROBINS (formerly Pre-K)**
(4–5 yrs by 9/1/19)
- Students must be fully potty-trained.
- AM: M–Th, 9:00–12:00 pm,
  Community Center
  $504/$483 (Dist. Res.) monthly*
- PM: Tu/W/Th, 1:00–4:00 pm,
  Community Center
  $364/$343 (Dist. Res.) monthly*

*Tuition rates based on 9 monthly payments option.
Special Interest

Arista’s Jump Start Gymnastics

“I did it” is what your child will be saying throughout each session. Our classes are jam packed with continuous activities. We use a circuit format, allowing each child to stay moving and having fun. We focus on building confidence and gross motor skills through tumbling, climbing, jumping, balancing and bar skills, plus a variety of ball sports and fun games. The walking–4 year is a chance for a wider age group to participate together. The class is less structured allowing the children to explore. The 3–5 year classes are structured through the whole class. Parent participation is required.

Instructor: Arista Lemos

WALKING–4 YEARS
Community Center: Preschool Room 1
6 weeks | $133/$113 (Dist. Res)
6663.901 5/11–6/22 Sa 9:15–9:55 am
6663.903 7/13–8/17 Sa 9:15–9:55 am
No class 5/25

3–5 YEARS
Community Center: Preschool Room 1
6 weeks | $133/$113 (Dist. Res)
6664.902 5/11–6/22 Sa 10:00–10:40 am
6664.904 7/13–8/17 Sa 10:00–10:40 am
No class 5/25

KinderBOTS
4–6 yrs
A unique program that is aimed at fostering creativity through science and technology in younger children, our KinderBots program has a strong focus on introducing simple engineering and technology concepts in a fun, hands-on way. Each child gets a computer and LEGO® kit with motors and sensors to learn with. What is a GEAR? What is a PULLEY? Where do we see it? Can I build one? Our custom designed curriculum encourages young kids to question engineering and technology.

Instructor: Tiny Tech Club
Winslow Center: Rooms 1 & 2
$145/$125 (Dist. Res.)
6666.910 5/2–5/30 Th 1:00–2:00 pm

Kids Warrior Fitness
2–5 yrs
Inspired by the television show American Ninja Warrior, this class gives our littlest Warriors a chance to explore exciting obstacle course action! We focus on positive encouragement and building self confidence. The children will jump, climb, balance, run, and tumble through the course. We include fun age-appropriate games and creative strength activities.

Instructor: Arista Lemos

Community Center
2–3.5 YEARS
$115/$95 (Dist. Res.)
6660.901 5/8–6/5 W 4:30–5:10 pm

3.5–5 YEARS
$115/$95 (Dist. Res.)
6660.902 5/8–6/5 W 3:45–4:25 pm

3.5–5 YEARS
$133/$113 (Dist. Res.)
6660.904 5/11–6/22 Sa 11:00–11:40 am
6660.905 7/13–8/17 Sa 11:00–11:40 am
No class 5/25

Bumble Bees
(FOREMERRY TINY TOTS MORNING CARE)
18 months and walking–30 months
Parents! Give yourself some time off. Let us watch your children! Indoor games, story time, snack time (provided), and outdoor playground time. Bring beverage and diapers. Children must be age appropriate and proficiently walking at the start of the session. Registration opens: 7/16 for Fall 2019 and Spring 2020 sessions at 9:30 am online or by phone at (925) 676-5200. Students may register for a maximum of three days per week. Cancellations must be received by noon the business day prior to avoid being charged.

Teachers: Brittany Oberbruner and Elena Palacios

Community Center: Preschool Room 1
Standard charge: $35 per day per child, space reserved.
9:00 am–12:00 pm

WEEHOOP BASKETBALL
FOR LITTLE ONES! (1.5–4 YRS)
See page 21 for details.
Spring Break Camps

FULL-DAY CAMPS

LEGO CAMPS

Mine, Craft, Build: Adventure Games with LEGO
8–14 yrs
Bring Minecraft to life using LEGO bricks! Resourcefulness, creativity, and cooperation come together in this unique game; mine for resources, craft tools, and watch out for Creepers! No experience necessary.
Instructor: Play-Well TEKnolgies Staff
Community Center: Republic Services Room
$237 /$222 (Dist. Res.)
6066.811 4/1–4/5 M–F 9:00 am–12:00 pm

Robotics using the New LEGO Mindstorms EV3 System
8–14 yrs
Build and program robots! Learn mechanical and software design, loops, conditional statements, problem solving, and teamwork skills. Work in small groups to program and build your robot in an open-ended, investigative environment. Control the robot to avoid obstacles, pick up and carry objects, and play sounds.
Instructor: Play-Well TEKnolgies Staff
Community Center: Republic Services Room
$270 /$255 (Dist. Res.)
6066.812 4/1–4/5 M–F 1:00–4:00 pm

Lunch Bunch
Register for both Spring Break LEGO camps and supervision will be provided during lunch hour by Rec & Park staff.
Community Center
$20 per child
6601.813 4/1–4/5 M–F 12:00–1:00 pm

RobotED: Out of this World
6–10 yrs
Build other-worldly robots and learn the fundamentals of engineering like gears, levers pulleys and cranks. Spin the trolls and fly the Magic Carpet. Launch the Saucer and make the Alien’s head whirl! Teams of two get a computer and a LEGO WeDO Kit to use. Emphasis on STEM concepts and fun with science!
Instructor: Tiny Techs Club
Community Center: Soroptimist Room 1 & 2
$320/$305 (Dist. Res.)*
6666.810 4/1–4/5 M–F 9:00 am–4:00 pm

SPRING BREAK

Adventure Kids Camps 2019
Grades K–5
Adventure Kids Spring Break Camp offers a full range of activities for your child including science, crafts, art, structured play, music, LEGO building, sports, outdoor games and so much more! Get a preview of our Adventure Kids Summer Camp by enjoying Wheel Day on Tuesday, Field Trip Day on Thursday, and BBQ Lunch/Electronic Day on Friday. Call KIDSTOP at (925) 680-5298 for more information.
Instructor: KIDSTOP Director, Danny Martinez
KIDSTOP Children’s Center:
1 Corritone Court
at Gregory Gardens Elementary School

SPRING BREAK
Full Day, Mon–Fri | $290/$275 (Dist. Res.)
6060.801 4/1–4/5 7:00 am–6:00 pm

Xtreme Break Camps
Grades 6 & up, siblings Grade 3 & up
Experience an action-packed week! Daily on-site activities and local field trips. Register by the day. Camps must meet a minimum participation of seven by 3/28 or may be cancelled.
Instructor: Teen Center Staff
Teen Center
1 Day, 7:30 am–6:00 pm | $55/$45 (Dist. Res.)
Sibling discount available.

SPRING BREAK
5189.801 4/1 M Sky High Sports
5189.802 4/2 Tu Bowling
5189.803 4/3 W Mt. Diablo Hike
5189.804 4/4 Th Scavenger Hunt & Lunch Downtown
5189.805 4/5 F Movies

SPORTS CAMPS

Tennis Spring Break Camp
6–12 yrs
Tennis activities and games are age-appropriate and campers are sure to have fun learning a lifetime sport. Wear tennis shoes, bring racquet, one unopened can of tennis balls and a snack. Lunch is not provided.
Instructor: Joey Martinez
College Park High School
NEW! Tennis Courts: 320 Civic Drive
(adjacent to Community Center parking lot)
$130/$125 (Dist. Res.)
5589.100 4/1–4/5 M–F 9:00 am–12:00 pm

*Supervised lunch hour included.

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

Ballet
5–9 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. Attire: black leotard, pink tights, pink slippers. NO skirts or tutus, please, even if attached.
Instructor: Christie Tomlinson
Community Center: Dance Studio 1 & 2
$123/$103 (Dist. Res.)
6042.901 5/6–7/1 M 3:55–4:55 pm
6042.902 7/8–8/26 M 3:55–4:55 pm
No class 5/27, 6/17, 7/29, 8/5

Glee Club
8–14 yrs
Born to perform and entertain? Unlock your inner star and light up the stage in Glee Club. Glee Club is a performance based vocal class where students learn repertoire from all musical genres, as well as choreography and staging to perform large ensemble numbers. Students will sing in harmony, learn dance routines, sing solos and have fun while collaborating with friends. Glee Club performs at community events and local venues.
Instructor: Myeve Capozzi
Community Center (May 8th at Senior Center)
$155/$135 (Dist. Res.)
5116.901 5/1–6/5 W 3:00–4:00 pm

Group Voice
6–12 yrs
Develop your voice and joy of singing with the Group Voice Class. With all the elements of a private voice lesson, but in a more affordable and fun group setting, Group Voice is a great place to start the learning process. Class will focus on vocal technique, increasing vocal range, enriching resonance, and extending flexibility.
Instructor: Myeve Capozzi
Community Center (May 8th at Senior Center)
$155/$135 (Dist. Res.)
6080.901 5/1–6/5 W 2:00–3:00 pm

Tap
5–9 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
Instructor: Christie Tomlinson
Community Center: Soroptimist Room 1 & 2
$105/$85 (Dist. Res.)
6045.901 5/6–7/1 M 5:00–5:45 pm
6045.902 7/8–8/26 M 5:00–5:45 pm
No class 5/27
Kids Warrior Fitness
5–7 yrs
Inspired by the television show American Ninja Warrior, this class gives our littlest Warriors a chance to explore exciting obstacle course action! We focus on positive encouragement and building self-confidence. The children will jump, climb, balance, run, and tumble through the course. We include fun age-appropriate games and creative strength activities.

Instructor: Arista Lemos
Community Center: McHale Room
$115/$95 (Dist. Res.)
6660.903 5/8–6/5 W 3:00–3:40 pm

Musical Instruments
Instructor: John Waller
Winslow Center: Rooms 1 & 2

KIDS DRUMMING & FUN
7–12 yrs
A great introduction to music for your child through hand drumming, body percussion, rhythmic games and exotic percussion instruments that will set the foundation for music education. We play fun rhythms from around the world including West-Africa, South America and India and get our hands dancing on the drum. An energetic class and great fun!

$125/$105 (Dist. Res.)
6090.901 5/7–7/2 Tu 5:45–6:30 pm
6090.902 7/16–8/27 Tu 5:45–6:30 pm

Youth Chess Club
Grade 3–5

Instructor: David DeFabio
Winslow Center: Rooms 1 & 2
$75/$60 (Dist. Res.)
6092.901 5/3–6/28 F 4:30–6:00 pm
6092.902 7/5–8/30 F 4:30–6:00 pm

GUITAR II
9–16 yrs
The guitar student must be able to play E, A, D, G and C major before joining this class. We work on songs and students will be able to bring songs to work on during the class time. Our goal is to learn more chords, understand the fret-board, work on music theory and to work on challenging songs to improve our technique and ability.

$125/$105 (Dist. Res.)
6091.901 5/7–7/2 Tu 5:00–5:45 pm
6091.902 7/16–8/27 Tu 5:00–5:45 pm
$5 lab fee payable to instructor at first class.
Youth Sports

Wee Hoop Basketball [NEW!] 1.5–4 yrs
A size 3 basketball is required for class. Wee Hoop basketballs are available for $8 at the first class.

Rodgers-Smith Park: Basketball Courts

LIL DRIBBERS, 1.5–3 YRS
This parent-child class focuses on gross motor skills like throwing and making baskets on a 2.5 foot hoop. It involves lots of repetition so that children can experience the sheer joy of mastering a skill. Activities include catching bubbles, parachute games, and singing.

4 weeks | $87/$72 (Dist. Res.)
5120.900 4/10–5/1 W 10:05–10:40 am
5120.901 5/8–5/29 W 10:05–10:40 am

JUMP SHOOTERS, 3-4 YRS
At this level children are introduced to basketball skills based upon their increased coordination. Parents are encouraged to take on a supportive role with high-fives and praise from the sideline.

4 weeks | $87/$72 (Dist. Res.)
5120.902 4/10–5/1 W 10:45–11:30 am
5120.903 5/8–5/29 W 10:45–11:30 am

Kidz Love Soccer Classes
2–10 yrs
This soccer ‘school’ is a recreational setting for children to learn soccer through age-appropriate skill demonstrations, games, and instructional scrimmages in a safe, non-competitive environment. SHIN GUARDS ARE REQUIRED BY THE SECOND MEETING for all classes except Mommy/ Daddy & Me. KLS Rain-out Hotline number is (888) 372-5803. For information, visit www.kidzlovesoccer.com

PH Park, 147 Gregory Lane

8-Week Spring Session: Fridays
4/12–5/31 | $133/$118 (Dist. Res.)
5030.100 Mommy/Daddy & Me: 9:30–10:00 am 2–3½ yrs
5031.100 Tot/Pre-Soccer: 10:10–10:45 am 3½–4 yrs
5034.100 Skillz & Scrimmages: 3:30–4:15 pm 7–10 yrs
5033.100 Soccer 1: 5–6 yrs 4/15–5:00 pm
5031.101 Tot/Pre-Soccer: 5:00–5:35 pm 3½–4 yrs
5030.101 Mommy/Daddy & Me: 5:45–6:15 pm 2–3½ yrs

8-Week Spring Session: Saturdays
4/13–6/15 | $133/$118 (Dist. Res.)
5030.111 Mommy/Daddy & Me: 8:30–9:00 am 2–3½ yrs
5030.121 Mommy/Daddy & Me 9:05–9:35 am 2–3½ yrs
5033.111 Soccer 1: 5–6 yrs 9:45–10:30 am
5032.111 Pre-Soccer: 4–5 yrs 10:30–11:05 am
5031.111 Tot Soccer: 3½–4 yrs 11:05–11:35 am
5034.111 Skillz & Scrimmages: 11:35 am–12:20 pm 7–10 yrs

No class 4/20, 5/25

6-Week Summer Session: Fridays
6/21–8/9 | $110/$95 (Dist. Res.)
5030.900 Mommy/Daddy & Me: 9:30–10:00 am 2–3½ yrs
5031.910 Tot/Pre-Soccer: 10:10–10:45 am 3½–4 yrs
5033.900 Soccer 1: 5–6 yrs 10:45–11:30 am
No class 7/5, 7/19

8-Week Summer Session: Fridays
6/21–8/23 | $133/$118 (Dist. Res.)
5030.901 Mommy/Daddy & Me: 4:00–4:30 pm 2–3½ yrs
5034.910 Skillz & Scrimmages: 4:45–5:30 pm 7–10 yrs
5033.901 Soccer 1: 5–6 yrs 5:30–6:15 pm
5031.912 Tot/Pre-Soccer: 6:15–6:50 pm 3½–4 yrs
No class 7/5, 7/19

Homeschool PE/Sports [NEW!]
COURT SPORTS COMBO WITH FITKIDS
Volleyball and basketball.
Rodgers-Smith Park
Wednesdays, 3/27–5/22 (8 weeks) $180/ $165 (Dist. Res.)

5040.902 Grades 3–5 1:30–2:30 pm
5040.903 Grades 6–8 2:30–3:30 pm

SPORTS MEDLEY WITH SKYHAWKS
Baseball, basketball, soccer and track & field.
Rodgers-Smith Park
Tuesdays, 4/9–5/28 (8 weeks) $214/ $199 (Dist. Res.)

5099.900 Ages 5–7 10:45–11:30 am
5099.901 Ages 8–14 10:45–11:30 am

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

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

College Park High School Tennis Courts: Court #1

MONTHLY GROUP LESSONS:
Pee Wee
4–5 yrs
The ideal introduction to the game of tennis. Players will learn basic strokes, footwork and motor skills. Please bring a junior size racket.

3 weeks | $62/$50 (Dist. Res.)
5553.900 4/7–4/28  Su 11:00–11:45 am
5553.901 5/5–5/26  Su 11:00–11:45 am

4 weeks | $81/$66 (Dist. Res.)
5553.902 6/2–6/23  Su 11:00–11:45 am
5553.903 7/7–7/28  Su 11:00–11:45 am

Youth
6–12 yrs
Beginner/Advance Beginner—minimal skills and playing experience.

4 weeks | $81/$66 (Dist. Res.)
5555.903 4/4–4/25  Th 6:30–7:30 pm
5555.904 5/2–5/23  Th 6:30–7:30 pm
5555.905 6/6–6/26  W 6:30–7:30 pm
5555.906 7/10–7/31  W 6:30–7:30 pm
5555.907 8/7–8/28  W 6:30–7:30 pm

Teen/Adult
13 yrs
Beginner

4 weeks | $81/$66 (Dist. Res.)
5565.903 4/4–4/25  Th 6:30–7:30 pm
5565.904 5/2–5/23  Th 6:30–7:30 pm
5565.905 6/6–6/27  Th 6:30–7:30 pm
5565.906 7/11–7/25* Th 6:30–7:30 pm
5565.907 8/8–8/22  Th 6:30–7:30 pm

Intermediate

4 weeks | $81/$66 (Dist. Res.)
5566.903 4/4–4/25  Th 7:30–8:30 pm
5566.904 5/2–5/23  Th 7:30–8:30 pm
5566.905 6/6–6/27  Th 7:30–8:30 pm
5566.906 7/11–7/25* Th 7:30–8:30 pm
5566.907 8/8–8/22  Th 7:30–8:30 pm

*3 weeks only

Tennis Lessons by Arrangement
To arrange lessons, contact Sheila (925) 682-0896, sgeorge@pleasanthillrec.com

Private Lessons
Any age or level
Per hour | $81/$67 (Dist. Res.)
Six one-hour classes | $302/$287 (Dist. Res.)

Semi-private Lessons
2 per/same level, must register together
Per person/per hour | $48/$40 (Dist. Res.)
Per person;
Six one-hour classes | $165/$150 (Dist. Res.)

Tennis Team Prep
Grades 7–10
Designed for intermediate players who are training to compete on a High School Team; features a game based approach concentrating on tactical strategy, technical development and court movement.

Instructor: Coach Joey Martinez

Location: College Park High School Tennis Courts (Court #1)

7 weeks | $190/$175 (Dist. Res)
5570.900 6/17–7/31 M/W 7:30–8:30 pm
No class 7/1, 7/3

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Register online now! www.pleasanthillrec.com | (925) 682-0896
Teen Scene programs are designed for youth in grades 6–12 unless otherwise noted. Some programs are open to youth and adults.

**XTREME Spring Break Camp**
Grades 6 & up (siblings Grade 3 & up)
Experience an action-packed week! Daily on-site activities and local field trips. Register by the day.
Instructor: Teen Center Staff
Teen Center
1 Day | 7:30 am–6:00 pm | $55/$45 (Dist. Res.)
5189.801 4/1 M Sky High
5189.802 4/2 Tu Bowling
5189.803 4/3 W Mt Diablo Hike
5189.804 4/4 Th Scavenger Hunt & lunch downtown
5189.805 4/5 F Movies
Camps must meet a minimum participation of seven by 3/25.

Pleasant Hill Teen Council
Entering grades 6–12
APPLY NOW FOR THE 2019–2020 PLEASANT HILL TEEN COUNCIL!
Selected Teen representatives from local middle and high schools will plan activities, classes, events and trips for their peers as well as volunteer at local community events throughout the year. Applications are available at pleasanthillrec.com/322. Deadline for applications is May 15; interviews will be held on Monday, May 20th at 6pm. Meetings: First and third Mondays, mid-September–June (excluding holidays), 7:00–8:00 pm, Pleasant Hill Teen Center, 147 Gregory Lane.

Questions? (925) 691-5645 pleasanthillrec.com/246

**Open Mic Night**
Friday, April 26, 7:00–9:00 pm
Calling all local talent! Show us your stuff in a relaxed and supportive environment. All talent acts and ages are welcome! Not ready to hit the stage yet? Come show your support and see all the amazing talent our community has! Snacks and hot beverages available.
Teen Center

Check out our SUMMER VolunTEEN opportunities on page 11
• Counselor-In-Training
• Good Vibe Tribe
• Snack Shack Volunteers

**Teen Special Events**

**Free! Teen Job Fair**
Monday, March 11, 10:00 am–Noon
Meet with employers and apply for jobs. Bring resume and dress in professional attire. Don’t miss your opportunity at local summer employment.
Teen Center

**Battle of the Bands**
Friday, March 15th, 6:30 pm
The Teen Council presents the 4th Annual Teen Battle of the Bands. Come and support local teen musicians while they battle it out for the title of Pleasant Hill’s favorite Teen band! All ages are welcome and snacks will be sold. Tickets on sale starting in January at the Teen Center. Tickets: $8 pre-sale, $10 at the door (space permitting)
Teen Center

**Teen Classes**

**Babysitting Class**
10–18 yrs
Learn the skills needed to be a trusted and responsible babysitter. Learn about child development, bedtime strategies, discipline, how to find jobs, and ways to make babysitting fun for you and the kids. Basic first aid, general safety, and what to do in an emergency is covered. Dress to play; bring a lunch.
Instructor: Rebecca Seidenspinner
Teen Center: Meeting Room
$62.50/$50 (Dist. Res.)
5105.901 6/15 Sa 9:00 am–12:00 pm

Register online now! www.pleasanthillrec.com | (925) 682-0896
Dreams & Goals: **NEW!**
Believe in Yourself! Workshops
10–19 yrs
Learn the skills needed to get what you want and be what you imagine. Improve self-confidence and self-worth by learning to believe in yourself. Bring: poster board and magazines to create a vision board.
Instructor: La Shawn Wells, Right Choice Coaching
Senior Center: Arts & Crafts Room
$75/$60 (Dist. Res.)
5125.901 5/9 Th 4:00–5:30 pm
5125.902 5/16 Th 4:00–5:30 pm
5125.903 5/23 Th 4:00–5:30 pm
5125.904 5/30 Th 4:00–5:30 pm

Glee Club
8–14 yrs
Born to perform and entertain? Unlock your inner star and light up the stage in Glee Club. Glee Club is a performance based vocal class where students learn repertoire from all musical genres, as well as choreography and staging to perform large ensemble numbers. Students will sing in harmony, learn dance routines, sing solos and have fun while collaborating with friends. Glee Club performs at community events and local venues.
Instructor: Myeve Capozzi
Community Center ( May 8th Senior Center)
$155/$135 (Dist. Res.)
5116.901 5/1–6/5 W 3:00–4:00 pm

Insight Meditation **NEW!**
11–14 yrs
Learn Meditation, relax deeply, develop your mind and speak your truth. Through the practices of Insight Meditation and mindfulness. Classes will include movement, community-building games, meditation instruction and discussion—all while hanging out with people your age. All teens in middle school are welcome!
Instructor: Michele Andropoulos
Senior Center: Classrooms
$150/$130 (Dist. Res.)
5154.900 5/1–5/29 W 3:30–5:00 pm
$15 lab fee payable to instructor.

Pleasant Hill Strategy Games Club
Grades 5–9
Join us Friday nights with your friends for chess, nightmare chess, circular chess, 3D chess and 4-way chess. Learning and playing chess helps build cognitive and problem solving skills. We also play strategy games like Star Wars Stratego and Star Wars miniatures. Chess puzzles, tournaments, contests and prizes. NEW activity weekly!
Instructor: David DeFabio
Winslow Center: Rooms 1 & 2
$75/$60 (Dist. Res.)
5102.901 5/3–6/28 F 6:00–10:00 pm
5102.902 7/5–8/30 F 6:00–10:00 pm
$5 lab fee payable to instructor at first class.

Musical Instruments
Instructor: John Waller
Winslow Center: Rooms 1&2
KIDS DRUMMING & FUN
7–12 yrs
A great introduction to music for your child through hand drumming, body percussion, rhythmic games and exotic percussion instruments that will set the foundation for music education. We play fun rhythms from around the world including West-Africa, South America and India and get our hands dancing on the drum. An energetic class and great fun!
$125/$105 (Dist. Res.)
6090.901 5/7–7/2 Tu 5:45–6:30 pm
6090.902 7/16–8/27 Tu 5:45–6:30 pm

KIDS PLAY GUITAR!
7–12 yrs
This introduction to guitar will provide an easy way to get your hands and fingers playing quickly. The focus is on basic technique, easy folk songs and open chords that will make it fun and give the student a sense of accomplishment. Videos of the lessons will be part of the curriculum to motivate students to pick up the guitar and play everyday. Bring a guitar to the first class if you can.
$125/$105 (Dist. Res.)
6091.901 5/7–7/2 Tu 5:00–5:45 pm
6091.902 7/16–8/27 Tu 5:00–5:45 pm
$5 lab fee payable to instructor at first class.

GUITAR II **NEW!**
9–16 yrs
The guitar student must be able to play E, A, D, G and C major as well as scales before joining this class. We work on songs and students will be able to bring songs to work on during the class time. Our goal is to learn more chords, understand the fret-board, work on music theory and to work on challenging songs to improve our technique and ability.
$125/$105 (Dist. Res.)
6091.903 5/7–7/2 Tu 4:15–5:00 pm
6091.904 7/16–8/27 Tu 4:15–5:00 pm
$5 lab fee payable to instructor at first class.

NEW! Karate for Teens!
See page 30.
Special Interest

Creative Writing
You will explore innovative ways to create and develop characters. Learn how you can experiment with fiction; create nonfiction pieces by tapping into your own unique narrative voice. Have fun discussing the craft of writing, reading great literature, and sharing with your writing peers.

Instructor: Janice De Jesus

Community Center: Republic Services Room
$70/$60 (Dist. Res.)
4510.902 6/1–6/29  Sa 10:00 am–12:00 pm
4510.903 7/6–7/27  Sa 10:00 am–12:00 pm
4510.904 8/3–8/24  Sa 10:00 am–12:00 pm
$5 lab fee payable to instructor at first class.
No class 6/22

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

Instructor: Casey Rasmussen White

Senior Center: Arts & Crafts Room
$100/$85 (Dist. Res.)
Senior Club Members: $92/$77 (Dist. Res.)
2231.901 5/7–6/25  Tu 9:30 am–12:00 pm
2231.903 7/9–8/20  Tu 9:30 am–12:00 pm
2231.902 5/9–6/27  Th 1:00–3:30 pm
2231.904 7/11–8/22  Th 1:00–3:30 pm
Supply kit no longer available through instructor.
For a complete supply list please visit the class description on the website. No class on 5/14, 5/16, 6/4, 6/6, 8/6, 8/8

Quilting
Supply lists given out at the first class for all sessions.
Instructor: Carol Madsen

BEGINNING QUILTING
Emphasis on the beginning skills necessary to create your own simple quilt. More experienced quilters welcome to join the class. A supply list will be given out at the first class.

Senior Center: Chateau Room
$71/$57 (Dist. Res.)
Senior Club Members: $66/$52 (Dist. Res.)
2243.901 6/24–8/19  M 12:30–3:00 pm

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

Senior Center: Chateau Room
$75/$60 (Dist. Res.)
Senior Club Members: $69/$54 (Dist. Res.)
2244.901 6/24–8/19  M 9:00 am–12:00 pm

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

Senior Center: Classrooms
$75/$60 (Dist. Res.)
Senior Club Members: $69/$54 (Dist. Res.)
2245.901 6/18–8/20  Tu 6:30–9:00 pm

SATURDAY QUILT-IN
Focus on quilting and other related projects. Instructor will be on site for help if needed. Online purchases of 5-class punch cards must bring the printed receipt to the instructor to exchange for punch card.

Senior Center: Classrooms
5-class punch card: $50 | Drop-in $15
5/11, 8/17 Sa 8:30 am–1:30 pm

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

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

Drumming Intensive
Learn the very basics of rhythm on hand drums, bells and shakers. We start out slowly and get our hands to memorize the motions. Regular Drumming Intensive with Special Drum Circle dates: June 11, July 16, Aug. 20. Punchcards purchased from instructor.

Instructor: John Waller
Winslow Center: Rooms 1 & 2
10-class punch card: $80 | Drop In: $11
4574.903 5/7–8/27 Tu 7:30–8:30 pm
No class 5/28, 7/9

Middle Eastern Drumming
We explore exotic rhythms from the Middle East and get our fingers rolling on the drum. We study the basics on doumbec and frame drums and other percussion that is used in modern music from across that region as well as the rhythmic modes. This fun class can expand your musical universe. Bring a drum if you have one.

Instructor: John Waller
Winslow Center: Rooms 1 & 2
$100/$85 (Dist. Res.)
4574.901 5/14–7/16 Tu 6:30–7:30 pm
No class 5/28, 7/9

Dance Classes

Ballroom Dance
16 yrs & up
Are you looking for a fun hobby, weekly date night or a place to meet new people? Then, our Ballroom Dance Class is the place for you! Let us show you what a great dancer you can become. Bring your favorite partner and learn to dance to the music you’ve always loved. Feel comfortable and confident to join in on the dance floor at parties, cruises, and weddings. This class will provide students with all the easy basics needed in Ballroom and Latin style dancing. PARTNER REQUIRED.

Instructor: Alberta Bagneschi
Senior Center: Chateau Room
BOLERO & CHA CHA CHA, BEGINNING
$73/$60 (Dist. Res.)
4114.901 5/15–6/12 W 7:30–8:25 pm

BOLERO & CHA CHA CHA, INTERMEDIATE
$73/$60 (Dist. Res.)
4114.902 5/15–6/12 W 8:30–9:30 pm

SWING & TANGO, BEGINNING
$73/$60 (Dist. Res.)
4114.903 6/19–7/17 W 7:30–8:25 pm

SWING & TANGO, INTERMEDIATE
$73/$60 (Dist. Res.)
4114.904 6/19–7/17 W 8:30–9:30 pm

NITE CLUB TWO STEP & FOXTROT, BEGINNING
$68/$55 (Dist. Res.)
4114.905 7/24–8/14 W 7:30–8:25 pm

NITE CLUB TWO STEP & FOXTROT, INTERMEDIATE
$68/$55 (Dist. Res.)
4114.906 7/24–8/14 W 8:30–9:30 pm

Spring Fling Dance Party
Join in on this dance class celebration. Buffet dinner 7:45 pm then lots of good spring dance music including a free dance lesson and exhibition dance number. Bring an hors d’oeuvre to share.

Instructor: Alberta Bagneschi
Senior Center: Chateau Room
Admission: $7/person, $10/couple
4114.807 5/8 W 7:30–9:30 pm
**Spring Belly Dance Hafla**
Join the students of Sharifa’s belly dance classes to celebrate Spring. Bazaar with entertainment by students and special guests. Refreshments provided. Doors open at 5:30 pm. Showcase 6:00–8:30 pm.
Instructor: Sharifa
Senior Center: Chateau Room
Admission: $15/person; $10/senior (65yrs); Children 12 & under free.
4133.801 5/19 Su 5:30–8:30 pm

**Bollywood/Belly Dance Fusion**
16 yrs & up
Are you a cultural enthusiast? Do you enjoy learning about other culture’s music and dancing? Come join us for dance classes that include Bollywood and Middle Eastern dance. Regular outings to cultural restaurants include: Indian, Middle Eastern, Thai, Chinese and other selections. Cultural events and Bollywood movies are also introduced.
Instructor: Lois Davis
Community Center: Dance Studio
6 weeks | $65/$52 (Dist. Res.)
4660.901 5/15–6/19 W 6:00–6:55 pm
4660.902 7/10–8/14 W 6:00–6:55 pm

**Line Dancing**
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. Instructor experiences perfume allergies. Basics: Class for those brand new to Line Dance. Beginners: Must know basic steps.
Instructor: Millie Dusha
Senior Center: Dance Studio
Drop in: 1 class $5; 2 classes $8; 3 classes $10 (same day)

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<tr>
<th>Basics</th>
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<tr>
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<tr>
<td>Intermediate</td>
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No class on 5/18, 5/25, 6/15, 6/22, 6/29, 7/20, 7/21 and 7/27 (see workshop below), 8/31

**Line Dance Workshops and Socials**
Partners are not required!
Senior Center: Chateau Room
Drop in: $10
WORKSHOPS
7/27 Sa 9:00 am–1:30 pm
SOCIALS
3/17, 7/21, 8/18 Su 2:00–5:00 pm
Get Fit with Alison

Purchase a multi-fitness punch card and use it for the following classes offered by Alison Raphael-Klippel including Pilates, Weight Training and Stretching for Everyone. Vacation planned? Try a new class or work out more than once a week. Buy a punch card! Need to bring punchcard to class.

Instructor: Allison Raphael-Klippel
Punchcards (6-classes)*: $81

PILATES*
14 yrs & up
A new challenging workout that’s fun and exciting. Bring the mind, body and breathing together while learning the fundamentals of Pilates. Learn muscular control; core awareness, coordination, flexibility and posture. Comfortable clothing; no shorts. Bring padded mat & provided ball is optional. All levels welcome.

Community Center: Dance Studio 1 & 2
$68/$55 (Dist. Res.)
4688.901 5/2–6/6 Th 9:10–10:10 am
No class 5/9
5/25
4634.902 7/11–8/29 Th 10:15–10:45 am
No class 7/25

WEIGHT TRAINING*
Sculpt a better and healthier you with this total body workout. Strength training and core training featuring the latest innovative exercise techniques. Wear workout clothes and shoes; bring two sets of hand weights.

Winslow Center: Assembly Room
$68/$55 (Dist. Res.)
4643.901 5/3–5/31 F 10:30–11:30 am
4643.902 7/5–8/30 F 10:30–11:30 am

STRETCHING FOR EVERYONE*
Improve the health of your body by increasing the flexibility of your hips, shoulders, core and hamstrings. Improve the length of your muscles and range of motion in your hands and feet, fingers and toes, ankles and wrists. Open up and loosen your back and neck. Rejuvenate, refresh and re-energize the mind, body and soul. Please bring a mat, pillowcase and water.

Instructor: Alison Raphael-Klippel

Brain Body Fitness

This class unites the brain and the body through a series of exercises that includes isolations, stretching, opposition training, coordination, strength and balance work. Each class is different, keeping participants alert and strengthening mindfulness. Former participants boast that this class improves their balance, alignment, energy levels and their reflexes. Tools in this class may include resistance bands, gliders, tennis balls and chairs. No experience required.

Instructor: Dianna Rowley

Senior Center: Dance Studio
$62/$50 (Dist. Res.)

Free Demo Class 4/18, 4/25 Th 12:30–1:45 pm
2354.901 5/9–5/30 Th 12:30–1:15 pm
2354.902 6/6–6/27 Th 12:30–1:15 pm

Mindfulness Meditation Practice

Mindfulness is the basic human ability to be fully present, aware of where we are and what we’re doing, and not overly reactive or overwhelmed by what’s going on around us. Learn simple practices to focus your attention on being more aware of the present moment to help alleviate stress, improve memory and lower risk of some serious health conditions. Your mind is a powerful healer!

Instructor: Tra Boxer

Senior Center: Classrooms
$60/$48 (Dist. Res.)
2248.901 5/9–6/27 Th 5:30–7:00 pm
2248.902 7/11–8/29 Th 5:30–7:00 pm

Fencing

Fencing is a physical and mental challenge, developing mind and body while improving agility, alertness, balance, coordination and competitiveness. Foils, plastrons/masks provided; bring equipment if possible. Teens 16–17, welcome with parent. Drop-in class is for experienced fencers.

Instructor: James Parker, District Fencing instructor for 35 years

Winslow Center: Assembly Room
Drop-in: $7 per night/per person
5/6–8/26 M 7:45–10:00 pm
No class 5/27

NEW!

28
Fit for Life: Senior Aerobics!
Low impact easy dance moves for a good cardio workout. You’ll have lots of FUN while burning calories. Muscle conditioning and stretching are part of the program. Appropriate for all fitness levels.
Instructor: Tari Nicholson
Senior Center: Dance Studio
8-class Anytime Punch card: $90
Monthly: $80/$65 (Dist. Res.)
Senior Club Members: $74/$59 (Dist. Res.)
2215.901 5/2–5/30 Tu/Th 9:00–10:00 am
2215.902 6/4–6/27 Tu/Th 9:00–10:00 am
No class on 7/4

Flex for Fitness
Stretching and band resistance exercises. Can be done in a chair or standing. Great class for all ability levels.
Instructor: Varies
Senior Center: Dance Studio (M/Tu); Classrooms (W/F)
12-class anytime punch card: $18/$15 (Dist. Res.)
Senior Club Members: $15/$12 (Dist. Res.)
M 1:00–2:00 pm
W/F 9:30 am and 10:30 am
No class 5/3, 5/27

Gentle Pilates & Functional Fitness
Stretch and strengthen your body and mind with gentle therapeutic Pilates movements and sequences to help improve balance and coordination, build core strength and maintain muscle tone. Breathing exercises calm the mind, alleviate stress and anxiety and increase mobility and range of motion. Bring light weights, a pillow case and water.
Instructor: Alison Raphael-Klippel
Senior Center: Dance Studio
6-class anytime punch card: $90
6 classes | $80/$65 (Dist. Res.)
Senior Club Members: $74/$59 (Dist. Res.)
2238.901 5/1–6/5 W 1:00–2:00 pm
9 classes | $110/$95 (Dist. Res.)
Senior Club Members: $101/$86 (Dist. Res.)
2238.902 7/3–8/28 W 1:00–2:00 pm
No class on 8/7

Jazzercise & Strength45
Instructor: Varies
JAZZERCISE
Jazzercise is a pulse-pounding, beat-bumping, body-blasting fitness program that gets you results-fast! It’s a high intensity dance party that fuses cardio, strength, Pilates, hip hop, yoga and kickboxing.
Winslow Center: Assembly Room*
AM M–Su 9:00–10:00 am
PM M–Th 5:45–6:45 pm
No AM/PM class 5/27, 7/4
No AM class 6/11, 6/13, 6/18, 6/20, 6/22
*AM class location changed to Pleasant Hill Senior Center on 6/10, 6/12, 6/14, 6/17, 6/19, 6/21

STRENGTH45
Forge the tight, lean body you’re looking for while the playlist distracts you from the burn. Fire up the muscles, all of them, in this 45-minute hardcore muscle sculpting strength workout.
Winslow Center: Assembly Room
M/W/Sa 8:05–8:50 am
No class 5/27

JAZZERCISE & STRENGTH45 FEES
New enrollment process! No initial enrollment or membership fees! Flexible options to fit your schedule! Passes are available online through www.pleasanthillrec.com. Drop-in fee paid day of class.
4-month Season Pass: $260*
Summer Session | 5/1/19–8/31/19
Attend unlimited Jazzercise and/or Strength45 class during season session.
Monthly Unlimited Class Pass: $69*
Monthly purchases required.
10-Class Pass (no expiration): $140
Drop in: $18/class
For more information, contact Annemieke Howsepien at (925) 323-2522. For registration assistance, contact District office at (925) 682-0896
*Summer Season Pass expires 8/31/19. Monthly Unlimited Pass expires on last day of calendar month. Fee pro-rating not available.
Nia Body-Mind-Spirit Movement
Are you looking for strength, healing, better balance? Nia provides a safe, supportive, encouraging environment to move to feel better and to get a great aerobic workout. Nia’s world musical rhythms and wide variety of moves in fun choreography will feed your spirit and leave you energized and smiling! Optional: Yoga mat and water.
Instructor: Kathleen Bate
Community Center: Dance Studio
$80/$65  (Dist. Res.)
4692.901  5/28–7/2   Tu   5:45–6:45 pm
4692.902  7/9–8/13  Tu   5:45–6:45 pm
4692.903  8/20–9/24  Tu   5:45–6:45 pm

Stretch and Be Fit
A fun class designed to stretch your way to fitness, improve balance, coordination and body alignment. Includes floor and barre warm-up, simple yoga, dance and total body movements to music. Each class ends with soothing relaxation. Bring a yoga mat.
Instructor: Darlene Roth
Senior Center: Dance Studio
8-class anytime punch card: $68
Tu  10:30–11:30 am
No class 6/4, 7/2, 8/6

Tai Chi/Martial Arts
BEGINNING KARATE
12 yrs & up
Introduction to traditional Japanese Karate. You will learn the basic principles of self defense while getting a great cardiovascular workout. Students to purchase uniform and belt from instructor at first class for $40 payable to instructor.
Instructor: Mike Bloom, 7th dan black belt
Senior Center: Dance Studio
$139/$124  (Dist. Res.)
4180.901  5/6–6/26    M/W  7:00–8:00 pm
6/19 class at Community Center. No class 5/27
$146/$131  (Dist. Res.)
4180.903  7/8–8/28    M/W  7:00–8:00 pm

ADVANCED KARATE
12 yrs & up
Traditional Japanese Karate taught by Sensei Mike Bloom, 7th Dan. Learn more advanced principles of self defense. Previous experience and instructor permission required. Students to purchase uniform and belt from instructor at first class for $40 payable to instructor.
Instructor: Mike Bloom, 7th dan black belt
Senior Center: Dance Studio
$139/$124  (Dist. Res.)
4180.902  5/6–6/26    M/W  8:00–9:00 pm
6/19 class at Community Center. No class 5/27
$146/$131  (Dist. Res.)
4180.904  7/8–8/28    M/W  8:00–9:00 pm

BEGINNING TAI-CHI CHUAN AND QIGONG
NEW!
Introduction to the Tai Chi Chuan Yang style form. Through gentle movements and meditative breathing, students will improve balance, relieve stress and quiet the mind. Great for the beginner student but open to all levels who are seeking more practice.
Instructor: Bryce Ikeda
Senior Center: Dance Studio
$75/$60  (Dist. Res.)
2210.901  5/8–6/5   W   10:00–11:15 am
2210.902  6/12–7/17  W   10:00–11:15 am
2210.903  7/24–8/28  W   10:00–11:15 am
No class 7/3, 8/7

Total Fitness
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.
Instructor: Christie Tomlinson
Community Center: Dance Studio
$132/$117  (Dist. Res.)
4636.901  5/6–7/1   M    5:45–7:15 pm
4636.902  7/8–8/26  M    5:45–7:15 pm
No class 5/27

Weight & Strength
Enjoy the best combination of low impact training and strengthening all in one fun session. Improve your flexibility, strength, balance and well-being. Appropriate for all fitness levels! Students should bring their own weights and floor mats. Try it out!
Instructor: Debbie Murdock
Senior Center: Varies
6-class Anytime Punch card: $60
7-class sessions | $70/$56  (Dist. Res.)
Senior Club Members: $65/$51  (Dist. Res.)

MAY (7 CLASSES)
2201.901  5/2–5/23  M/Th  8:15–9:15 am
2202.901  5/2–5/23  M/Th  9:25–10:25 am
2205.901  5/2–5/23* M/Th  5:25–6:25 pm
*On 5/2, the 5:25 pm class will be held at the Community Center in the Republic Room.

JUNE (7 CLASSES)
2201.902  6/6–6/27  M/Th  8:15–9:15 am
2205.902  6/6–6/27  M/Th  5:25–6:25 pm
AM classes will be held in the classrooms on 6/20.

JULY (7 CLASSES)
2201.903  7/1–7/29  M/Th  8:15–9:15 am
2202.903  7/1–7/29  M/Th  9:25–10:25 am
2205.903  7/1–7/29  M/Th  5:25–6:25 pm
No Class on 7/4, 7/8

AUGUST (7 CLASSES)
2201.904  8/1–8/29  M/Th  8:15–9:15 am
2202.904  8/1–8/29  M/Th  9:25–10:25 am
2205.904  8/1–8/29  M/Th  5:25–6:25 pm
No class on 8/15, 8/19
TRIFIT Aqua Circuit NEW!
14 yrs & up
A unique water workout utilizing aqua cycling, aqua treadmills, hydrodynamic movements and swimming. Swimming experience not required. Bring water shoes.
Instructor: NuWave USA
PH Aquatic Park: Pool
$55/$43 (Dist. Res.)
8115.901 5/4–6/1 Sa 9:00–10:00 am
8115.902 6/8–6/29 Sa 9:00–10:00 am
8115.903 7/6–7/27 Sa 9:00–10:00 am
8115.904 8/3–8/24 Sa 9:00–10:00 am
No class 5/25

Yoga
There’s an old saying that Yoga calms the fluctuations of the mind. When the mind is clearer we tend to make better decisions. Better decisions make us exercise, eat healthier, stay stronger, more flexible, balanced and peaceful. It all starts with YOU doing Yoga.

GENTLE YOGA
The benefit of attending a regular yoga class is to have a group of like-minded friends who encourage you to keep practicing. This class is an eclectic mix of hatha yoga postures for flexibility, mindfulness, stress reduction, increased breath capacity, core strengthening, balance and muscle/bone strength.
Instructor: Maxine Davi, 30+ years practice
Senior Center: Dance Studio
5–class anytime punch card: $75
Instructor: Maxine Younger
Community Center: Dance Studio
8–classes | $119/$104
9–classes | $132/$117
5-class anytime punch card: $75
Senior Club Members: $123/$108 (Dist. Res.)

Senior (50+) Club Membership? Call (925) 798-8788.
Senior Club member discount. Interested in a
8115.904 8/3–8/24 Sa 9:00–10:00 am

GENTLE STRETCH YOGA
You are as old as your spine is flexible. A regular yoga practice will improve and maintain flexibility, improve posture, prevent injury and relieve stress. Integrate basic yogenic principles with modifications given for all levels. Yoga balances body, mind and spirit to reach optimal health and well-being. All abilities and beginners welcome. Wear loose clothing; bring a mat.
Instructor: Maxine Younger
Community Center: Dance Studio
$55/$44 (Dist. Res.)
4649.901 5/2–5/23 Th 6:00–7:15 pm
$68/$55 (Dist. Res.)
4649.902 6/20–7/25 Th 6:00–7:15 pm
No class 7/4
$68/$55 (Dist. Res.)
4649.903 8/1–8/29 Th 6:00–7:15 pm

HATHA YOGA
Hatha Yoga is a path toward creating balance and uniting opposites. In our physical bodies we develop a balance of strength and flexibility. We also learn to balance our effort and surrender in each pose. This class will offer powerful tools for self-transformation. Learn to bring attention to our breath, which helps us to still the fluctuations of the mind and be more present in the unfolding of each moment. All welcome, great for beginners and advanced students. Bring a yoga mat.
Instructor: Linda Burkard
Senior Center: Chateau Room
$75/$60 (Dist. Res.)
4656.901 5/8–6/5 W 6:00–7:15 pm
$87/572 (Dist. Res.)
4656.902 6/12–7/17 W 6:00–7:15 pm
4656.903 7/24–8/28 W 6:00–7:15 pm

SUGI YOGA
Anyone can do Sugi Yoga! A combination of Hatha Yoga and the Feldenkrais technique of movement. Learn gentle Yoga postures, breath exercises and deep relaxation to help relieve stress on three levels: spirit, mind and body. Wear comfortable clothing; bring Yoga mat and pillow.
Instructor: Nancy Guzzaldo
Winslow Center: Assembly Room
6–class punchcard: $78 | Drop in: $13
5/1–8/29 M–Th 10:30–11:45 am
No class 5/27, 6/10, 6/11, 6/12, 6/13, 6/17, 6/18, 6/19, 6/20, 7/4

Zumba® Gold
Zumba® Gold is the low-impact version of this wildly popular dance-fitness program. With easy-to-follow moves and exhilarating Latin rhythms, we dance our way to improved cardiovascular fitness, balance and agility. We add toning elements to every class using weighted toning sticks (provided by instructor) to enhance rhythm, build strength and tone up! All fitness levels are welcome—including beginners! No dance experience necessary.
Instructor: Janet Tilander
Senior Center: Dance Studio
8–class anytime punch card: $56
Mondays & Fridays 10:00–10:50 am
No class 5/3, 5/27, 7/8, 7/12

Sharing the Love

MEET DON TURNER
For the past 20 years, Don has dined with his friends every day at the CC Café, the Nutrition Program at the Pleasant Hill Senior Center. After losing his wife of 55 years, Don felt isolated in his home and was tired of his own company (and cooking). One day he decided to give the CC Café a try and has come back almost every day since. It’s not the food that keeps him coming back. It’s the people. He enjoys hearing their stories, learning from their life experiences and sharing a few of his own. For Don, the CC Café and the Senior Center have made a tremendous difference in his life. The sense of belonging and community he feels while spending time in the Café and in the Senior Center is a gift that lifts his spirits and keeps him laughing every day. In November, Don celebrated his 100th birthday with 90 people, many of them friends from the Café. Don invites those isolated seniors, especially men, to join him for lunch. His welcoming demeanor and infectious good humor won’t disappoint.

Register online now! www.pleasanthillrec.com | (925) 682-0896
Summer League Team Sports
Get your team together for one of PH Rec’s Summer Adult Sports Leagues:
Softball • Soccer • Flag Football • Cornhole • Basketball • Volleyball

For league details, visit www.pleasanthillrec.com/288/Adult-Sports, email sgeorge@pleasanthillrec.com or call (925) 682-0896.

Tennis: Group Lessons
Classes run four consecutive weeks per month. Classes may be combined or canceled if minimum numbers are not reached. Wear tennis shoes, bring racquet and one can of unopened tennis balls.
Instructor: Joey Martinez
College Park High School Tennis Courts

BEGINNER/ADVANCED BEGINNER
Minimal skills and playing experience.
4 weeks | $81/$66 (Dist. Res.)
3 weeks | $62/$50 (Dist. Res.)

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<td>5565.904</td>
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*3 weeks only

INTERMEDIATE
Must be able to serve and maintain a slow rally. Improve consistency, learn placement and spin.
4 weeks | $81/$66 (Dist. Res.)
3 weeks | $62/$50 (Dist. Res.)

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*3 weeks only

Tennis: Private & Semi-Private Lessons
To arrange lessons, call or email (925) 682-0896,
sgeorge@pleasanthillrec.com

PRIVATE LESSONS
Any age or level.
Per hour | $81/$67 (Dist. Res.)
Six one-hour classes | $302/$287 (Dist. Res.)

SEMI-PRIVATE LESSONS
Two per/same level; must register together.
Per person/per hour | $48/$40 (Dist. Res.)
Per person;
six one-hour classes | $165/$150 (Dist. Res.)
Explore your world with us!

Pleasant Hill Recreation & Park District Travel Services offer a variety of exciting adventures that allow you to experience unique cultures, gain broader perspectives and make new friendships in amazing, beautiful places in our great big world. We make traveling easy for all with all-inclusive, organized trips that optimize your travel experience. No planning. No hassles. Just Adventure. Where in the world do you want to go? Call our Travel Coordinator who will be happy to help you with your next travel adventure.

TRAVEL OFFICE INFORMATION:
Travel Coordinator: Cassie Eternal
Phone: (925) 771-7636 | Hours: Monday–Friday, 9:00 am–5:00 pm

Office and Travel Desk is closed on the First Tuesday of the month for the Pleasant Getaways Presentation.
Location: Senior Center, 233 Gregory Lane

NEW! Sign Up for a Yosemite 2-Night Stay Before the Rates Go Up!

YOSEMITE NATIONAL PARK
Enjoy a three-day/two-night trip to beautiful Yosemite National Park. On day one you will travel from Pleasant Hill to Modesto stopping at Black Bear Diner for a hosted lunch. After lunch, it’s off to The Chukchansi Gold Resort and Casino to check-in for your two-night stay. Day two you will enter Yosemite National Park, and will have the option to either explore the park on your own or sign up for a two-hour tram ride tour of Yosemite Valley Floor (additional charge for tram). Enjoy a hosted lunch in the Dining Room of the beautiful Majestic Hotel (formerly the famed Ahwahnee Hotel Dining Room) and a free evening at Chukchansi. On day three you will visit the Coarsegold Historical Museum. Museum docents will be available to answer questions. Last stop is a hosted buffet lunch at Hilmar Cheese Company. In October 2019 Yosemite’s rates are going up and the cost will be $20 per person instead of per car. Join us now for our last trip to Yosemite while it is still affordable.

Cost Includes: Round trip transportation, 2-Night Accommodations at Chukchansi Gold Resort, Baggage Handling, Hosted lunch at the Majestic Hotel (Ahwahnee), Lunch at Black Bear Diner, Lunch at Hilmar Cheese, Breakfast at Chukchansi Resort, Total of four hosted meals, Entrance to Coarsegold Museum, Driver Gratuity Options: Travel Insurance $28 pp(double), $34 pp(single), Tram Ride $39/pp

September 9–11, 2019
Cost: $465/$460 (Dist. Res.) pp(double); $566/$561 (Dist. Res.) pp/single

Gems of Eastern Europe: River Cruise
Call for dates—trips sell out fast! Calling all river cruise fans! Take a river cruise into newer territory as you float down the lower Danube River and visit five countries along the way. Starting in Hungary, visit a Puszta Horse Farm to see an awe-inspiring performance showcasing the skills of these Magyar horsemen and some tricks done by the horses themselves. Awake in Croatia the next day for a tour of the city. See the Tvrdja (citadel) featuring 18th Century style buildings which protected this town from war time, and find out more history of this city as you sit down to a home cooked meal from a Croatian family. Your next stop will be Serbia, to visit the world’s largest orthodox cathedral, St. Sava Church and the Viminacium, the first and largest archaeological site in Europe. When you arrive in Bulgaria, you will be headed for a tour of the Baba Vida Fortress, which features three fully preserved medieval towers and battlements. Before departing this historical town, take in a beautiful performance from the Orthodox acapella choir, which will enchant you. You will disembark your ship as you arrive in Romania and head to Transylvania for a two night stay, where you will tour Bran Castle, which is rumored to be the original Count Dracula’s castle. Hear the stories, survive the tour and decide for yourself.

Cost includes: Airfare, Airport Transfers, all meals with beer or wine included while on the ship, hotel stays, Inside Balcony windows included in all staterooms, all included excursions, $55 in Mayflower Money, Travel Insurance. Single? This trip includes our Roommate Match and if we can’t find you a roommate, you will enjoy your trip without the single supplement!

Cost: Starting at $4954 pp(double); $7753 pp/single

Register online now! www.pleasanthillrec.com | (925) 771-7636 (Travel Office)
Canada’s Golden Triangle
Unforgettable experiences await in Canada’s Golden Triangle, starting in Vancouver climb aboard their famous mountain gondolas at Whistlers Peak 2 Peak Experience nicknamed the “sea to sky highway” ride three gondolas as you make your way across the Canadian wilderness and end at the Roundhouse Lodge and Whistler Village where you will enjoy local cuisine and shopping in the quaint village.
Vancouver is also famous for its Capilano Suspension Bridge, which you can walk on overlooking the dramatic Rainforest 230 feet in the air. A First Nations cultural experience in Courtenay will have you weaving to make a unique item for you to take home in a traditional Long House.
For all our foodies out there, while in Victoria, enjoy a tour through Victoria’s finest restaurants with a tasting at each location. Since this is a July departure, the weather will be perfect for whale watching, so included is a full day excursion out on the water as you travel side by side with Orca Whales and other local wildlife.
Cost Includes: 15 meals, all tours mentioned in itinerary, round trip airfare, hotel accommodations, airport transfers and travel insurance. Single? This trip includes our Roommate Match and if we can’t find you a roommate, you will enjoy your trip without the single supplement!
July 12–20 2019
Cost: $3935 pp/double; $5194 pp/single

From Blue Ridges to Blue Grass
Journey to the Biltmore Estate in the Blue Ridge Mountains, see the verdant pastures of the Kentucky Horse Park and enjoy the country music home of Nashville. Arrive in Georgia, where you will get a tour of the city to take a peek at the Coca-Cola plant, CNN Center and an actual visit to the Martin Luther King Jr. Historical site. See the Smoky Mountains as you head into the State park followed by a gallivant through Gatlinburg which is famous for its craft shops, small town nostalgia and historical sites. A Trip to the Titanic Museum and Dolly Parton’s Stampede will get you in a galloping good mood as you head into Kentucky for their Horse Park and a visit with all the champions on site. Visit the Wild Turkey Distillery to teach you all about whiskey, and then get a homegrown lesson in biscuit making at My Old Kentucky Home State Park. Your last days will be spent at the Opryland Resort so you can take in the full beauty of Nashville, Grand Ole Opry, Country Music Hall of Fame and of course a walk through Music Row.
Cost Includes: 15 meals, all tours mentioned in itinerary, round trip airfare, hotel accommodations, airport transfers and travel insurance. Single? This trip includes our Roommate Match and if we can’t find you a roommate, you will enjoy your trip without the single supplement!
September 28–October 6, 2019
Cost: $3960 pp/double; $5009 pp/single
Journey Around Lake Michigan
Fly into Chicago for a 1-night stay on your own, close to the Magnificent Mile, you will have time to explore if you arrive into town early. The next morning you will enjoy a panoramic tour of Chicago which will feature Millenium Park and views of Lake Michigan right before you head down the road to Wisconsin. As you arrive, your tour manager will welcome you to an authentic fish boil which is as much fun to watch as it is to enjoy. As you make your way through the charming Door County, a local guide will take you through the quaint villages of Egg Harbor, Fish Creek and Sister Bay. Your lunch will be at Al Johnson’s Swedish Restaurant which allows goats on the grass roof to graze freely as you graze on your entrees. Peshtigo offers an interesting historical landmark of the Marquette County Courthouse which was featured in the novel and critically acclaimed movie “Anatomy of a Murder” get the scoop on the details from a local guide. Before heading on to Mackinac Island, you will get to know the local sea better by taking a shipwreck tour aboard a glass bottom boat, seeing under the water like this is a unique experience. Take the ferry to Mackinac Island, an island with no motorized vehicles, and arrive by horse drawn carriage to the Grand Hotel which was built in 1897 where you will spend your next two nights. You will have one full day to explore the island and learn about the history of the island from a local guide. As you depart the island you will be driven through Michigan’s famous Tunnel of Trees, hardwoods and evergreens form a ceiling over the road with their intertwining branches. As you explore Charlevoix you will be amazed by the mushroom shaped houses that were built by architect Earl Young who wanted the houses to blend with their natural surroundings, topped with cedar shake roofs and wavy eaves these houses look like they have jumped out of a story book. On your final day you will spend time in Sleeping Bear Dunes National Lakeshore where the golden dunes stretch over 35 miles long, matched with the sparkling waters of Lake Michigan it is a beautiful sight to behold. Cost Includes: Roundtrip Transportation and Airfare, Hotel Accommodations, 13 meals, All Museum or Attraction Fees Mentioned in the Itinerary and $45 in Mayflower Money. Single? This trip includes our Roommate Match and if we can’t find you a roommate, you will enjoy your trip without the single supplement!
July 13–21, 2019
Cost: $3548 pp/double; $4817 pp/single

Treasures & Temples of Vietnam and Cambodia
Your journey starts in Hanoi with a full city tour. From the Ho Chil Minh mausoleum to the Temple of Literature, you will learn much about the history of the Vietnamese people. Visit the Old Quarter of Hanoi known as the “36 Streets” and explore the Hang Be Market, Hoan Kiem Lake and Ngoc Son Temple and much more. You will then take a cruise into Halong Bay featuring fishing villages, water tunnels and quiet beaches. After the cruise you will fly to Ho Chi Minh City home to the countryside of Southern Vietnam. Tour ChuChi’s grounds with a local guide who will teach you the villages’ underground network of tunnels built to escape the French armies. Your journey will continue with a river cruise ship that will stop in Dat Dua for a candy workshop, Kien An Cung for the Chinese Congregational House and to Long Khanh to learn about scare weaving. Cruise continues to Cambodia for a tour of a scarf dyeing plant and the Hoa Hao Buddhist pagoda. Enjoy ox cart rides, majestic palaces, temples and a circus performance by the Phare Cambodian Circus. End your tour in Siem Reap, but not before visiting the UNESCO Heritage site at Angkor Wat and taking in sunrise views, elaborate decorations and a farewell dinner Roommate match available!
All costs based on per person double.
October 5–23, 2019
Cost: Cat D, Stateroom—$6149
Cat B, Panorama Balcony Suite—$6999
Cat A, Panorama Balcony Suite—$7049

Register online now! www.pleasanthillrec.com | (925) 771-7636 (Travel Office)
Pleasant Hill Recreation & Park District Travel Services offer special day trips and excursions for 50+ seniors. Meet new friends and have fun as you explore Northern California. **Non-Senior Club Members pay an additional $10 for daytrips.** Not a Senior Club member yet? Stop by the Senior Center and sign up!

### PLEASANT GETAWAYS PRESENTATIONS

Want to learn more about senior trips? Attend a monthly Pleasant Getaways Presentation to get a first look at our upcoming day trips, casino excursions and all-inclusive Air & Sea Travel Adventures. Many day trips and excursions sell out at the trip meeting! We love suggestions to improve our travel program; bring your ideas. Missed the meeting? The tickets will go on sale to the public the Monday after the Presentation. We offer our daytrips for any type of mobility and we do not charge the Non-Member fee for caretakers. Special Accommodations can be made for Power Wheelchairs, Special Dietary Requests and Service Dogs with advance notice and as long as the trip venues are ADA accessible.

**Senior Center: Chateau Room**  
**First Tuesday of the month, 1:00 pm**  
If meeting falls on a holiday, most meetings will be moved to the following Tuesday.

### 50+ DAY TRIPS & EXCURSIONS

Here are some of our upcoming trips.  
**Call (925) 798-8747 to sign up!**

**Point Pinos Lighthouse: Pacific Grove**  
Point Pinos Lighthouse is the oldest existing lighthouse on the West Coast and is listed with the U.S. National Register of Historic Places. As a fascinating part of California’s history, it provides a unique perspective into life on the Monterey Peninsula over 160 years ago. The light continues to be an active aid to navigation operated by the U.S. Coast Guard, Department of Homeland Security. This docent led tour is sure to delight nautical history fans as well as land lovers. Enjoy lunch on your own in Cannery Row Monterey; you will have two hours to eat, shop, and explore the beautiful town.  
**Wednesday, May 5, 6:40 am–6:30 pm**  
**Cost: $66/$61 (Dist. Res.)**  
**Tickets available now**

**Aging Well with Cannabis Tour: San Francisco**  
Hosted by Emerald Country Tours, this full day experience is specially-curated for baby boomers, active adults, and retirees that are curious about cannabis and how it may improve wellness and quality of life. It includes a VIP cannabis shop visit, a visit to a cannabis lounge, a tasty lunch, and an additional surprise point of interest in San Francisco. Throughout the day, you will learn about the biology of cannabis, its therapeutic properties, the cultural cannabis movement, and why this historical San Francisco story is so special. Emerald Country guides are cannabis experts and will help to answer all of your questions. This is a non-consumption tour. We look forward to having you join us!  
**Please note:** This tour is informational, no sampling of the products will take place. You may make purchases if you feel inclined. Make sure you talk to your doctor, before you ingest on your own. Cannabis boutiques accept Cash & Debit only, no checks or credit cards.  
**Monday, June 24, 8:00 am–5:00 pm**  
**Cost: $134/$129 (Dist. Res.)**  
**Tickets on sale March 5 at Pleasant Getaways Presentation**

**Vanity Fair: Geary Theater SF**  
Ambitious Becky Sharp may not have been born with wealth or status, but she’s determined to attain both—at any cost. Armed with fierce wit and calculating charm, Becky forges her own path through London’s high society, dealing herself into a game she was never invited to play. Before the show enjoy time at Pier 39 for lunch on your own.  
**Wednesday May 8, 9:10 am–6:30 pm**  
**Cost: $103/$98 (Dist. Res.)**  
**Tickets Available NOW!**

**Let’s Get Batty: Yolo Wildlife Preserve, Davis Night Trip!**  
Want to learn about the creatures of the night? Come with us to experience a night time Bat Talk & Walk. Following a 45-minute indoor presentation on bat natural history, the group will carpool out to the Yolo Bypass Wildlife Area to watch the “flyout” of the largest colony of Mexican free-tailed bats in California. The bats emerge in long ribbons as they head out to hunt for insects for the night. To get to the viewing site, the group will caravan through wetlands and rice fields to an area not open to the public. The whole experience takes about 3 hours. This is a family friendly event! There is a small amount of walking. Those in wheelchairs or unable to walk may view the bats by car. You may bring a small chair with you but you will have to carry it, there is some walking and a lot of standing, please be prepared. Before the tour, enjoy a stop at the Nut Tree for dinner on your own, with choices like Amici’s Pizza, Fenton’s Creamery, Spice Thai or The Cheesesteak Shop.  
**Wednesday, July 10, 3:00–10:45 pm**  
**Cost: $65/$60 (Dist. Res.)**  
**Tickets on sale April 2 at Pleasant Getaways Presentation**

**Explore more local adventures!**  
Visit pleasanthillrec.com/351 or contact Trip Office at (925) 798-8747
All senior enrichment, fitness and dance classes have been moved to the Adult section. See pages 30–36. Look for classes with this symbol for “senior friendly” classes that qualify for a Senior Club Member discount. Interested in a Senior (50+) Club Membership? Call (925) 798-8788 to sign up.

The award-winning Pleasant Hill Senior Club, sponsored by the PH Recreation & Park District, operates as a non-profit organization with an elected Board of Directors. Annual membership is open to adults 50 years and over for $20. Members receive a monthly newsletter and discounts on numerous classes and special events.

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

Senior Programs & Events

Pancake Breakfasts
Our monthly pancake breakfasts feature pancakes or French toast, eggs, sausage, orange juice and coffee. All ages welcome! First Sunday of the month, except in April (Special Easter Pancake Breakfast).
Sundays, 8:30–10:30 am
May 5, June 2, July 7, August 4
Tickets: Adults $5; Children 5–10 yrs: $3 • 4 & under Free!
Senior Center: Chateau Room

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

MAY 9, JUNE 13, JULY 11, AUGUST 8:
Topics are TBD. Check our website for updates or call us closer to the date to find out the topics and register.

Salute to Service—Memorial Event
Honor service members during a memorable program. Following the program enjoy an ice cream treat. Free to all ages, no reservations needed.
Friday, May 24, 1:00 pm
Senior Center: Chateau Room

Clarinet Fusion Summer Concert
Pleasant Hill’s very own Clarinet Fusion will perform a delightful concert that will get you out of the summer heat! Bring the whole family—all ages welcome!
Friday, June 28, 7:00 pm
Tickets: $7 presale, $10 day of
Students $5
Tickets on sale May 6; available online.
Senior Center: Chateau Room

Taste of the Vine—Summer Style
Kick off the weekend early! Wine, Margaritas, live entertainment by Paul Cotruvo, and hors d’oeuvres will be served. Non-alcoholic beverages available.
Thursday, June 27, 3:00–5:00 pm
Tickets: $16/$13 (Dist. Res.) day-of; on sale 5/6
Senior Center: Chateau Room
Sponsored by WiseGirl Ristorante

Laugh, Love & Learn
Senior Live Well Forum: A day full of educational and uplifting speakers, plus lunch. All funds raised benefit the Senior Center Care Management Program. For registration and more information, call the Senior Center at (925)798-8788. Buy tickets now! Event is a sell-out! Come early for the FREE Ultimate Senior Resource Fair from 8:30 am–1:00 pm. Over 50 vendors from the local area and free giveaways!
Friday, May 3, 9:30 am–1:00 pm
Tickets: $25 if registered by 4/20; $35 after 4/20
Senior Center: Chateau Room

Senior Services:
• Advance Health Care Directives Program
• Care Management Program
• Caregivers Support Group
• Consult an Attorney Program
• County Nutrition Program (CC Café/Meals on Wheels)
• iHelp (help for Mac, iPad, iPhone users)
• County Connection Bus Tickets
• Grief Support Group
• Medicare & Supplemental Insurance Policy Counseling (HICAP)
• Memory Screening
• Movie Library
• Notary Service
• Open Computer Lab

Senior Center Activities:
• Amistad—Spanish Resource Group
• American Mah Jongg
• Bingo
• Book Club
• Boutique Group
• Bunco
• Chef’s Lunches
• Friday Flicks (movies)
• Marathon Bridge
• Men’s Corner (men’s discussion group)
• Pathfinders Walking Group
• Pinochle
• Senior Bridge
• Spanish Book Club
• Tea Dance
• Tuesday Talkers (co-ed discussion group)

Additional activities, see pleasanthillrec.com.
Dear Friends,

Get ready for a summer of WOW! From exceptional summer camps for youth, and new enrichment classes for adults to swim programs and fantastic special events for the whole family, we have a wide variety of spring and summer recreation experiences to make it a very memorable season ahead.

I am particularly excited about our annual Blues & Brews Festival on July 19th & 20th. Enjoy FREE music in Pleasant Hill Park and craft brew tasting on Saturday (tickets required). We are partnering once again with the Pleasant Hill Chamber of Commerce to bring you one of the best music festivals in the East Bay. Friday night will feature popular local bands, Midnight Flyer and The Big Jangle. On Saturday evening, Terrie Odabi and the Garageland Rodeo band will take the stage. Our headline, The Purple Ones, an incredible 10-piece Prince tribute band, will wrap up Saturday evening and take this music festival simply over the top. Be prepared to dance!

Bringing these phenomenal musicians to the Blues & Brews Festival would not be possible without the generosity of our event sponsors and community partners. I want to give a special shout-out to our two main event sponsors, Stay Pleasant Hill and Republic Services. Republic Services has been a long-time supporter of Rec & Park events and Stay Pleasant Hill, Pleasant Hill’s new tourism association, has made a significant contribution to help make this 2019 Blues & Brews Festival, the event of the season. If you have family and friends coming to town, please encourage them to stay at our local hotels and experience our fun community while they are here. Visit staypleasanthill.com for visitor information and phbluesandbrews.com for event details.

Hope you find your WOW! experiences with us this summer.

Michelle Lacy
General Manager

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

BOARD OF DIRECTORS
Sandra Bonato, Chair (925) 938-5433
Jennifer Ortega, Vice Chair (916) 837-3904
Andrew Pierce, Secretary (925) 212-7503
Bobby Glover, Member (925) 954-7070
Zac Shess, Member (925) 212-6572

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

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3 Ways to Register Now!

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

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

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

Registration Begins March 11
See class listings for exceptions to registration dates. For refund and satisfaction guarantee info, visit pleasanthillrec.com/refund.html.

ADMINISTRATIVE STAFF
Michelle Lacy, General Manager
Mark Blair, Accounting Supervisor
Tom Bradley, Park Superintendent
Ryan Herriman, Facilities & Special Events Supervisor
Katrina Hunn, Youth Supervisor
Lance Hurtado, Recreation & Parks Manager
Susie Kubota, Executive Secretary
Kendra Luke, Senior Services Supervisor
Carrie Miller, Building Maintenance Superintendent
Korey Riley, Aquatics Supervisor
Jen Thoits, Communications Manager
Nicole Watson, Recreation Superintendent

CO-SPONSORED CLUBS & ORGANIZATIONS
For club information, visit pleasanthillrec.com/clubs.html
- American Legion #131
- 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

Effective 5/1/17, classes that have not met minimum enrollment five business days before first meeting will be cancelled.

FACILITY & PARK LOCATIONS
Administration: 147 Gregory Lane
M–F, 9:00 am–5:00 pm
682-0896 • Fax 682-1633

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

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

Teen Center: 147 Gregory Lane • 691-5645

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

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

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

Winslow Center: 2590 Pleasant Hill Road

Power Up Your Meeting!
Take your meeting plans to a whole new level in one of our beautiful and conveniently located facilities. Large and small group accommodations available year around, day and night, 7 days a week.

Pleasant Hill Community Center • Senior Center • Teen Center • Winslow Center

Contact (925) 676-5200 for all facility rental inquiries.
More information at pleasanthillrec.com/443

Grill & Chill!
Spark up any gathering with family, friends and/or co-workers this summer by hosting your event in one of our well-maintained parks. Shaded picnic areas available in some locations.

• Pleasant Hill Park
• Rodgers-Smith Park
• Pleasant Oaks Park
• Brookwood Park

Contact (925) 682-0896 for park rental inquiries or visit pleasanthillrec.com/442

Plan A Splashy Party!
Private Aquatic Park Parties
Reserve the pool for your own private party! Minimum 2-hour rental includes lifeguards. No alcohol, glass or smoking permitted in the pool area. Fees are based on the number of guests and portions of the facility used.

Call the District Office at 682-0896 or visit www.pleasanthillrec.com for more information.

Available: April–October
Friday/Saturday/Sunday, 5:30–7:30 pm

Aquatic Park Picnics
Reserve the Aquatic Park picnic area during public swim hours for any special occasion. Rental fee includes barbecue grill, two picnic tables and pool admission for 20 people. Additional guests pay regular pool admission.

Fee: $160/$130 (Dist. Res.)

Aquatic Park Pool
PICNIC HOURS:
Spring: May 25–June 9
Saturday/Sunday, 1:00–5:00 pm

Summer: June 10–August 11
Monday–Thursday, 1:15–4:15 pm
Friday/Saturday/Sunday, 1:00–5:00 pm

Late Summer: August 17–September 2
Saturday/Sunday, 1:00–5:00 pm

Holidays:
May 27, 1:00–5:00 pm
July 4, 12:00–5:00 pm
September 2, 1:00–5:00 pm

Reservation and $100 refundable security deposit, with use fees for pool picnics and parties are required to confirm your reservation. A minimum of two weeks advance reservation is required.

Forms are available at the District Office, 147 Gregory Lane, call 682-0896.
An Eventful Summer!

FREE! Tinkers & Thinkers Innovation Share Faire
Saturday, September 14
11:00 am–3:00 pm
Creative Thinkers! Amazing Tinkers!
Don’t miss Pleasant Hill’s spin on the popular “Makers Fair”!
Participate in a variety of “hands-on” and make-and-take activities. Engage in science, technology, engineering, arts & mathematics (S.T.E.M.)! Marvel at the latest mind-blowing innovations from local makers, entrepreneurs, businesses, non-profits and educators. Free for all ages.
Pleasant Hill Park & Senior Center (New Location!)

FREE! Pleasant Hill’s 10th Annual Blues & Brews Festival
Friday, July 19, 6:00–9:00 pm: Pre-Party & Free Concert
Saturday, July 20, 3:00–9:00 pm: Festival & Free Concert
Pleasant Hill Park , 147 Gregory Lane
Saturday Night Headliner: The Purple Ones
A PRINCE tribute band

Family Camp Out
Saturday–Sunday,
June 15–16, 4:00 pm–9:00 am
Join us as Pleasant Hill Park becomes Camp Pleasant Hill. Celebrate Father’s Day weekend with family time in the great outdoors!
A great way to introduce your kids to camping!
Fun for the whole family!
Come enjoy an outdoor movie and music.
Enjoy Hot dogs and hamburgers for dinner and donuts, juice and coffee for breakfast.
Bring: tent, sleeping bags, chairs, flashlights, snacks, change of clothes, and personal items. NO pets.
Register at pleasanthillrec.com or call 925-682-0896. Last day to register is 6/13.
Check In: Saturday, 3:00 pm
Check-out: Sunday, 9:00 am
Pleasant Hill Park
Fee: $15/person (food & activities included)
Pirate Boat Race add-on: $10/family of up to six
6164.601
6/16–6/17 Sa/Su 4:00 pm–9:00 am

Pirate Boat Races
Saturday, June 15, 6:00–8:00 pm
Ahoy matey’s! Join us as PH Aquatic Park is taken over by pirates! Build cardboard boats to race in the pool against other pirate families—wear your swimsuit and prepare to get wet! Enjoy swimming and other games, including an underwater treasure hunt! All ages welcome. See pleasanthillrec.com for boat construction rules. Public Swim rules will be enforced during events.
Family Admission (up to six people):
$25/$20 (Dist. Res.)
Pre-registration strongly encouraged.