

Winter/Spring
2022

the Spotlight



Hello Again!

**Staff & In-Person
Activities Return**

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**Winter & Spring
Break Camps**

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**Plan Ahead & Save!
Summer Camp Expo**

Back Cover



pleasanthillrec.com



Community Events

Visit pleasanthillrec.com/35 for event updates.

Inclusive Recreation Dances

Friday, February 25, 7:00–9:00 pm

Pleasant Hill Rec & Park District, in partnership with City of Concord and City of Walnut Creek, hosts dances specifically designed for developmentally disabled adults (18 yrs +). Proof of COVID vaccine or a negative COVID test within 72 hours (not a home test) will be required to enter (including caregivers staying for the dance). For more information contact Holly Frates at hfrates@pleasanthillrec.com.

Pleasant Hill location: 233 Gregory Lane
Admission: \$7 cash (caregivers free) at the door

My Little Sweetheart Dinner Dance

Friday, February 4, 6:00–7:30 pm

Enjoy dinner & dancing with your little sweetheart(s)! A lovely way to celebrate Valentine's Day as a family. Event is for both boys and girls (1–10 yrs). Dinner included: pasta, salad, bread and dessert.

PH Senior Center: Chateau Hall
Admission: \$10.50/\$9.50 (Dist. Res.)

Summer Camp Expo

Saturday, February 26, 9:00 am–12:00 pm

Get inspired at our Summer Camp EXPO and enroll that day to save 10%! See back page for more details.

Pleasant Hill Community Center:
320 Civic Drive, Pleasant Hill

Hello again!

This issue is dedicated to all the amazing Rec & Park staff who not only kept core functions going during the COVID-19 pandemic but also helped the organization grow and thrive during one of the hardest two years in the District's history. Throughout the issue, we feature some, but certainly not all, of the faces of these incredible Rec & Park staff members to personally acknowledge and celebrate their collective efforts, resiliency, creativity and passion to serve the community as they return from the Edge and say "Hello, Again!".

Underwater Egg Hunt Is Back!

Saturday, April 2, 1:00–2:30 pm

See page 20 for details.

Literary Women

Saturday, March 26, 11:30 am–2:30 pm

Bay Area Bluestocking Festival of Authors! Join fellow literary enthusiasts for insightful author presentations and group discussions. For readers as well as writers and book club members too! Boxed lunch included. Register at pleasanthillrec.com/35. Tickets available 1/3/22. All public health orders will be closely followed.

Senior Center: Chateau Room

Literary Women is hosted in partnership with Orinda Books. orindabooks.com

Laugh, Love, Learn Senior Resource Faire

Friday, May 6, 9:30 am–1:00 pm

See page 25 for details.

"Egg" citing Egg Hunt!

Saturday, April 16th (RAIN OR SHINE)

Important! Pre-registration is required.

All who attend come away with a goody and a smile. Bring your camera and your Easter baskets. Enjoy visits with the Easter Bunny. Have fun with face painting and other "egg" citing activities. Catch the Pleasant Hill Express running all morning long. Check-in begins for all age groups at 9:30 am. Activities close at Noon.

PH Park: Basketball Court
(recently paved!)

Egg Hunt | \$7.50/\$6.00 (Dist. Res.)

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

6160.801	0–3 yrs	10:30–10:45 am
6160.802	0–3 yrs	10:50–11:05 am
6160.803	4–6 yrs	11:15–11:30 am
6160.804	7–10 yrs	11:35–11:50 am

Register by April 11 at 5:00 pm at pleasanthillrec.com/35

Brought to you by Pleasant Hill Recreation & Park District. Sponsored by Pleasant Hill Lions Club.



Hello again!

Sheila Cotruvo
Special Events Coordinator

Success Stories From the Edge

Not even a world pandemic in 2020 could keep Pleasant Hill Recreation & Park District staff from doing what they do best in their local community: **Making Life Better!** When the severity of the novel coronavirus hit in early March, District staff didn't hesitate to quickly pivot and adapt under strict and ever-changing public health orders that fundamentally altered how they worked, where they worked and what they could offer. They learned and leveraged new technologies to offer virtual activities to keep the community connected. They became essential workers, providing childcare for families and critical nutrition for the most vulnerable in the community. And they maintained the District park system to ensure all people had an essential outlet for their physical and mental well-being during lockdown. Please take a moment to read some of the incredible efforts and success stories from the Edge.



Story Highlights:

COMMUNITY OUTREACH (ONGOING)

PHRec & Park staff launched frequent social media contests and activities during the few months of the pandemic to keep community engaged and spirits up. They also established a "Stay In & Play" Virtual Recreation Center, a one-stop online resource on the District website to inspire people to stay active, stay connected and to keep learning and playing while they shelter-in-place. Staff kept community updated on COVID-19 information on the website, through social media, monthly eNews distribution and even personal phone calls to seniors. All these efforts continue today.

ESSENTIAL CHILD CARE (2020)

Summer Cares & Aquatics Cares Programs (June–August 2020)—COVID-19 shut down all planned 2020 summer programming, but the Rec & Park Youth Services and Aquatics staff re-imagined summer programs under very limiting public health orders. PH Rec & Park Staff introduced PHRec Cares, child-care based summer programs offered for preschool, youth and teens that were run exclusively by trained Rec & Park staff.

PHRec Cares Academy (August 2020)—In August, PH Rec & Park introduced a new full-day childcare and distance learning assistance program called PHRec Cares Academy. This program is providing 60 families with the support parents need to get back to work.

SENIOR CENTER OUTREACH & NUTRITION PROGRAMS (ONGOING)

As one of the most popular senior recreational facilities in the County, staff have found creative and alternative ways to keep seniors active and engaged, continuing to provide resources for basic things like nutrition through their Café Costa, and also offering fun, recreational activities and programs such as virtual happy hour, parking lot bingo and a special Senior Meal Deal program by partnering with local restaurants.



VIRTUAL COMMUNITY EVENTS

- Gigs & Grub—Virtual Live Music & Food Pairing Event (*April–June 2020*)
- Tinkers & Thinkers Innovation Faire (*September 2020 & September 2021*)
- Halloween Drive-Thru Event & Community House Decorating Contest (*October 2020*)
- Drive-Thru Hippy Hop Bunny Stop (*Spring 2021*)
- Virtual Summer Camp Expo (*February 2021*)

ESSENTIAL PARK MAINTENANCE (ONGOING)

Park ambassadors helped remind park visitors of COVID-19 safety precautions throughout the year. Park staff posted COVID-19 educational signage in parks as health orders changed throughout the year. With an increase in canine park visitors off-leash, new whimsical "doggone truth" dog leash signage was created and posted to remind dog owners to keep their dogs and others safe from conflict.

**Registration Begins
December 13. See page 26.**

NO ONLINE REGISTRATION FEES!

The Spotlight, Winter/Spring 2022:

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

On the cover: Ana Castaneda, Customer Service Team Member, Pleasant Hill Community Center

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All activities are subject to changing COVID-19 public health orders. Visit pleasanthillrec.com for updates.

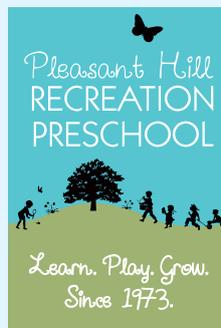


Preschool

School Year Preschool

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 9/1/2022. 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 mid-August through the end of May. Registration for the 2022-2023 school year opens March 31, 2022 ONLINE at 9:00 am. Call Sarah Smith for current availability.



Class	Age	Days	Time	Location	Res/Non
TTH Bumblebees	1.5-2.5 yrs	Tu/Th	8:15-11:15 am	PHCC	\$400/\$420
MWF Bumblebees	1.5-2.5 yrs	M/W/F	8:15-11:15 am	PHCC	\$490/\$510
TTH Hummingbirds	2.5-3.5 yrs	Tu/Th	8:30-11:30 am	PHWC	\$378/\$398
MWF Hummingbirds	2.5-3.5 yrs	M/W/F	8:30-11:30 am	PHWC	\$467/\$487
AM Bluebirds (potty-trained)	3-4 yrs	Tu/W/Th	8:30-11:30 am	PHCC	\$403/\$423
PM Bluebirds (potty-trained)	3-4 yrs	Tu/W/Th	12:30-3:30 pm	PHCC	\$403/\$423
AM Robins (potty-trained)	4-5 yrs	M/Tu/W/Th	8:45-11:45 am	PHCC	\$508/\$528
PM Robins (potty-trained)	4-5 yrs	Tu/W/Th	12:45-3:45 pm	PHCC	\$354/\$374
Peacocks (potty-trained)	4-5 yrs	Tu/W/Th	12:45-3:45 pm	PHWC	\$354/\$374

2021-2022 Rates

Preschool Classes

Pre-Ballet

3-5 yrs

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

Instructor: Christie Tomlinson

Community Center: Dance Studio

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

6619.801 1/10-3/7 M 3:00-3:45 pm

6619.802 3/14-5/2 M 3:00-3:45 pm

No class 1/17, 2/21, 4/4

Creative Spark Theater Classes **NEW!**

Instructor: Jaimee Semskey & Stephanie Carson

Community Center: Preschool Room 1

PRESCHOOL PERFORMERS

3-4 yrs

A 45-minute creative play class that teaches the beginning of acting through games, songs, acting out stories and using lots of imagination to create characters. This class is very active. Parent participation is encouraged.

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

6043.801 1/31-4/18 M 3:00 pm-3:45 pm

No class 2/21, 4/4

LITTLE PERFORMERS

5-6 yrs

A 60-minute creative theatre class. Teaches the basics of acting through music, dance, games, art projects and the start of simple memorization. Parent or aid participation is available for children who need assistance. The class culminates with a short performance.

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

6043.802 1/31-4/18 M 4:00 pm-5:00 pm

No class 2/21, 4/4



Kids Warrior Fitness

KINDER WARRIORS

5-6 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 or Kids Warrior Fitness Staff

1150 Concord Ave, Suite 150, Concord; park in the back of the building entrance, on Burnett Ave
\$183/\$163 (Dist. Res.)

6623.801 1/13-2/24 Th 3:00-3:45 pm

6623.802 3/10-4/28 Th 3:00-3:45 pm

No class 4/7

Music Classes

Instructor: Andrea Gaspari

Winslow Center Center: Rooms 1 & 2

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

LET'S MAKE MUSIC

15 months-2 yrs 11 months

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

6636.801 1/18-3/8 Tu 9:15-9:55 am

6636.802 3/15-5/10 Tu 9:15-9:55 am

No class 4/5

PIANO & ME

3.5-5 yrs

Join Andrea Gaspari for this fun, educational approach to group piano lessons. Using seven learning styles, reading, writing and performing music will be practiced and explored. Through singing, games and activities, children will learn finger/number/letter placements, musical symbols, terminology, etc. Note: Any shared instrument wiped down in between each participant.

6088.801 1/18-3/8 Tu 1:00-1:40 pm

6088.802 3/15-5/10 Tu 1:00-1:40 pm

No class 4/5

Outdoor Music, Movement and More **NEW!**

3-5 yrs

Join Miss Maria for an outdoor classroom experience! Students will learn about space, rainbows, animals and explore the world around them. Miss Maria will lead the students in circle time, arts & crafts and body movement activities that all focus on fine motor, gross motor, sensory, academic skills that will prepare your little one ready for a real indoor classroom setting! Masks are required during the course. Parents are welcome to stay for the class but siblings count as another student. Always send an extra pair of clothes. Must be potty-trained.

Instructor: Maria Taylor

Rodgers-Smith Park: Picnic Area

\$525/\$505 (Dist. Res.)

6620.801 1/11-3/17 Tu/Th 10:00 am-12:30 pm

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

6620.802 1/15-3/19 Sa 11:00 am-1:00 pm

Young Rembrandts

FUNDAMENTAL DRAWING

4-6 yrs

Young students are so eager to learn and a joy to teach. Young Rembrandts instructors provide a nurturing and strong learning environment that expands a preschooler's image vocabulary as they learn to draw familiar objects such as rainbows, fish, teddy bears and cowboys. We'll concentrate on the skills of drawing and coloring while we develop fine motor skills, focus, listening, staying on task, patience and spatial organization all while having FUN!

Instructor: Young Rembrandts Staff

Community Center: Republic Services Room

\$172/\$152 (Dist. Res.)

6050.801 1/20-3/3 Th 3:00-4:00 pm

6050.802 3/10-4/28 Th 3:00-4:00 pm

No class 4/7

Zumbini Bilingual Class

6 months-5 yrs

Created by Zumba and Baby First. Combines music and dance and educational tools for 45 minutes of can't stop, won't-stop bonding, learning and having fun! A bonding experience for all involved, including caregiver to child, child to child, caregiver to caregiver. The bonding occurs with the facilitation of a fun, musical environment. Zumbini focus on energy, fun and play to contribute to the natural development of cognitive, social and emotional skills. An additional material fee for the original take home bundle with songbook, Zumbini app, music and TV show to continue the fun at home. Parent Participation Required

Instructor: Miriam Lattanzi

Winslow Center: Room 1 & 2

\$195/\$175 (Dist. Res.)

6634.801 1/28-4/1 F 4:30-5:15 pm

\$20 material fee payable to instructor.



Hello again!

Sarah Smith
Priority Preschool Director
& Preschool Teachers



WINTER & SPRING
BREAK CAMPS

See page 27.



Youth



PLEASANT HILL REC & PARK DISTRICT

KIDSTOP Children's Center

AT GREGORY GARDENS

Get Inspired!

Science, Technology, Engineering, Arts & Mathematics (S.T.E.A.M.) inspired Youth Programs provided by Pleasant Hill Recreation & Park District

- Before & After-school Care
- Holiday Break Camps
- Summer Adventure Kids Camp



Hello again!

Danny Martinez
Kidstop Director

Come visit & meet our professional staff!

Contact Danny Martinez, Site Director at (925) 680-5298 or via email at dmartinez@pleasanthillrec.com.

Gregory Gardens Elementary
1 Corritone Court, Pleasant Hill

Youth Classes

Bay Twilights Cheer **NEW!**

5-9 yrs

Come and join Bay Twilights Cheer where your child will learn the beginning fundamentals of cheer. Such as jumps, arm motions, splits, somersaults, handstands, and stunts. They will also learn a cheer and a dance routine.

Instructor: Angela Powell

Winslow Center: Assembly Room

\$210/\$190 (Dist. Res.)

6056.801 1/19-3/9 W 5:30-6:30 pm

\$55 material fee due to instructor. Pays for pom poms, cheer shirt and hairbow.

Creative Spark Theater Classes

YOUNG PERFORMERS **NEW!**

7-12 yrs

A 90-minute class that teaches acting and theatre through games, music, dance, memorization and performance. Students will learn stage directions and theatre vocabulary. The class will culminate with a performance.

Instructor: Jaimee Semsy & Stephanie Carson

Community Center: Preschool Room 1

\$375/\$355 (Dist. Res.)

6043.803 1/31-4/18 M 5:00-6:30 pm

No class 2/21, 4/4

Cooking Round the World

6-12 yrs

Instructor: Cooking Round the World Staff
Senior Center: Kitchen & Dining Room

BREAKFAST ROUND THE WORLD

Breakfast does not look the same in every country! In Morocco people eat falafel for breakfast; in Argentina people eat breakfast tostadas; in Bangladesh people eat egg and potato curry; in eastern Africa its common for people to eat mahamri, soft triangular doughnuts, made with coconut milk and ground cardamom. Children will get an international culinary education. Mmm.

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

6082.802 1/19-2/23 W 4:00-6:00 pm

\$30 material fee due to instructor first day of class.

COOKING ROUND THE USA

Eating and tasting, exploring the kitchen: children learn about varieties of foods that each state is known for, how climate plays an important role in farming and agriculture, how foods are prepared, and how to use different cookware. Recipes are varied and delicious. Super fun and yummy!

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

6082.801 3/2-4/27 W 4:00-6:00 pm

\$40 material fee due to instructor first day of class.

Dance Classes

BALLET

5–10 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

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

6042.801 1/10–3/7 M 3:55–4:55 pm

6042.802 3/14–5/2 M 3:55–4:55 pm

No class 1/17, 2/21, 4/4

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

\$95/\$79 (Dist. Res.)

6045.801 1/10–3/7 M 5:00–5:30 pm

6045.802 3/14–5/2 M 5:00–5:30 pm

No class 1/17, 2/21, 4/4

Japan Karate Do: Beginners

5–12 yrs

Join our traditional karate program and discover the fun and challenges of Karate-Do! Our program instills politeness, discipline and self esteem in the students lives as they work towards earning their black belt. Our motto is "Achieving Excellence Through Efforts." Sessions include fun and action packed activities to build strength, balance and coordination. Recommendation: taking two classes a week (Monday and Thursday). Kids should wear loose fitting clothing for first class. Karate uniform (Gi) will be available for purchase before and after class for \$35. www.PleasantHillKarate.org

Instructor: William Fuentes

Winslow Center: Assembly Room (upstairs)

MONDAYS

\$38.75/\$32 (Dist. Res.)

6095.801 1/10–1/31 M 5:00–5:45 pm

No class 1/17

\$38.75/\$32 (Dist. Res.)

6095.803 2/7–2/28 M 5:00–5:45 pm

No class 2/21

\$50/\$41 (Dist. Res.)

6095.805 3/7–3/28 M 5:00–5:45 pm

\$38.75/\$32 (Dist. Res.)

6095.807 4/11–4/25 M 5:00–5:45 pm

TUESDAYS

\$38.75/\$32 (Dist. Res.)

6095.821 1/11–1/25 Tu 4:45–5:30 pm

\$50/\$41 (Dist. Res.)

6095.822 2/1–2/22 Tu 4:45–5:30 pm

\$61.25/\$50 (Dist. Res.)

6095.823 3/1–3/29 Tu 4:45–5:30 pm

\$38.75/\$32 (Dist. Res.)

6095.824 4/12–4/26 Tu 4:45–5:30 pm

THURSDAYS

\$38.75/\$32 (Dist. Res.)

6095.802 1/13–1/27 Th 5:00–5:45 pm

\$50/\$41 (Dist. Res.)

6095.804 2/3–2/24 Th 5:00–5:45 pm

\$61/\$50 (Dist. Res.)

6095.806 3/3–3/31 Th 5:00–5:45 pm

\$38.75/\$32 (Dist. Res.)

6095.808 4/14–4/28 Th 5:00–5:45 pm

Kids Warrior Fitness

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 or Kids Warrior Fitness Staff

Kids Warrior Fitness Gym: 1150 Concord Ave, Suite 150, Concord; *Park in the back of the building entrance, on Burnett Ave*
\$183/\$163 (Dist. Res.)

MEGA WARRIORS

7-9 yrs

6623.803 1/13-2/24 Th 4:00-4:45 pm

6623.804 3/10-4/28 Th 4:00-4:45 pm

No class 4/7

ULTIMATE WARRIORS

9-12 yrs

6623.805 1/13-2/24 Th 5:00-5:45 pm

6623.806 3/10-4/28 Th 5:00-5:45 pm

No class 4/7



JOIN US AT THE SUMMER CAMP EXPO!

February 26, 2022
9:00 am-12:00 pm
See back cover.

Rhythm Piano Group Lessons

5-8 yrs

Join Andrea Gaspari for this fun, educational approach to group piano lessons. Using seven learning styles, reading, writing and performing music will be practiced and explored. Through singing, games and activities, children will learn finger/number/letter placements, musical symbols, terminology, etc. Note: Any shared instrument wiped down in between each participant.

Instructor: Andrea Gaspari

Winslow Center: Rooms 1 & 2

6088.803 1/18-3/8 Tu 3:45-4:30 pm

6088.804 3/15-5/10 Tu 3:45-4:30 pm

No class 4/5

Snapology

S.T.E.A.M. LAB SCHOOL'S OUT WORKSHOP

5-10 yrs

Exploring STEM/STEAM when school's out by having fun! We'll make projects for force of motion, chemistry and engineering using LEGO bricks and other common household materials. We'll have messy fun!

Instructor: Snapology Staff

Community Center: Republic Services Room
\$68.75/\$55 (Dist. Res.)

5101.801 2/18 F 9:00 am-12:00 pm

5101.802 3/7 M 1:00-4:00 pm

The Coder School

GAMES ARE AWESOME: INTRO TO GAME DEVELOPMENT

6-11 yrs

Harness your students love of gaming by having them make games of their very own through foundational coding! Student must bring their own computer.

Instructor: The Coder School

Senior Center: Computer Lab
\$245/\$225 (Dist. Res.)

6053.801 1/28-3/18 F 4:30-5:30 pm

6053.802 3/25-5/20 F 4:30-5:30 pm

No class 4/8

DON'T MISS WINTER & SPRING BREAK CAMPS!

See page 27.



Hello again!

Ally Crow
Youth Recreation Coordinator





Hello again!

Sheila George
Sports Administrative Assistant

NATIONAL ACADEMY OF ATHLETICS

Jr Hoops Preschool Basketball Programs

Rodgers-Smith Park: Basketball Courts
Saturdays | 5 weeks: \$123/\$103 (Dist. Res.)

LITTLE SHOTS (2-3 YRS)

This Parent/Child class focuses on basic basketball skills. Structured challenges and games to develop listening skills, balance, ball skills and hand-eye coordination.

5080.800	2/5-3/5	Sa	10:00-10:45 am
5080.809	3/12-4/16	Sa	10:00-10:45 am
5080.813	4/23-5/21	Sa	10:00-10:45 am

HOT SHOTS (3-4 YRS)

Participants are guided through a series of rhythm, speed, balance and coordination skills and drills. Work through obstacles learning to dribble, pass and shoot. Parent participation is highly encouraged but not required.

5080.801	2/5-3/5	Sa	11:00-11:45 am
5080.810	3/12-4/16	Sa	11:00-11:45 am
5080.814	4/23-5/21	Sa	11:00-11:45 am

BIG SHOTS (5-6 YRS)

Develop beginner skills to understand the game of basketball. Learn rhythm, speed, balance and coordination as well as dribbling, passing, lay ups, shooting and team concepts. Each class ends with fun individual and small sided team scrimmages and challenges.

5080.802	2/5-3/5	Sa	12:00-12:45 pm
5080.811	3/12-4/16	Sa	12:00-12:45 pm
5080.815	4/23-5/21	Sa	12:00-12:45 pm

Weekend Basketball Club

7-10 yrs

Beginner or intermediate players! Improve your game—footwork, passing, ball-handling and defense. Participants will do fun challenges, games and competitions in a positive and energetic environment.

Saturdays | 5 weeks: \$153/\$133 (Dist. Res.)

5080.803	2/3-3/5	Sa	1:00-2:00 pm
5080.812	3/12-4/16	Sa	1:00-2:00 pm
5080.816	4/23-5/21	Sa	1:00-2:00 pm

Air Attack Flag Football

A non-contact football class for beginners or more experienced players. Kids will learn individual and team concepts, offense and defense skills, passing and receiving.

Pleasant Hill Park

2/17-3/17 | \$123/\$103 (Dist. Res.)

5080.804	6-9 yrs	Th	4:15-5:00 pm
5080.805	10-12 yrs	Th	5:00-5:45 pm

4/21-5/19 | \$123/\$103 (Dist. Res.)

5080.817	6-9 yrs	Th	4:15-5:00 pm
5080.818	10-12 yrs	Th	5:00-5:45 pm

All Sorts of Sports

Sports may include: baseball, basketball, dodge ball, soccer, flag football, capture the flag, ultimate frisbee, relay & obstacle races and a whole lot more.

Pleasant Hill Park

2/18-3/18 | 5 weeks: \$123/\$103 (Dist. Res.)

5080.806	7-10 yrs	F	3:30-4:15 pm
5080.807	5-6 yrs	F	4:15-5:00 pm
5080.808	3-4 yrs	F	5:00-5:35 pm

4/15-5/13 | 5 weeks: \$123/\$103 (Dist. Res.)

5080.819	7-10 yrs	F	3:30-4:15 pm
5080.820	5-6 yrs	F	4:15-5:00 pm
5080.821	3-4 yrs	F	5:00-5:35 pm

Youth Sports

JR. NBA/WNBA Youth Basketball Boys AND Girls Leagues

SPRING SEASON

Grades K-8

HOOP IT UP! Learn skills, coordination, agility, teamwork, and sportsmanship. All participants receive a jersey and ball. Games are played on Saturdays; season begins March 19, 2022 for eight games.

PH Middle School Gym:

1 Santa Barbara Road

\$195*/\$175* (Dist. Res.)

*\$75 refund to parents who head coach.

BOYS:

- 5060.820** Grades K-2
- 5060.821** Grades 3-5
- 5060.822** Grades 6-8

GIRLS:

- 5060.823** Grades K-2
- 5060.824** Grades 3-5
- 5060.825** Grades 6-8

SKYHAWKS SPORTS

Winter Session

8 weeks: Saturdays | PH Park | \$287/\$267 (Dist. Res.)

5099.800	Parent & Me Sports Medley	1/29-3/26	Sa	2-3 yrs	9:30-10:00 am
5099.801	Tot Sports Medley	1/29-3/26	Sa	3 yrs	10:15-11:00 am
5099.802	Preschool Sports Medley	1/29-3/26	Sa	4-5 yrs	11:15 am-12:00 pm

No class 2/19

Spring Session

7 weeks: Mondays | PH Park | \$230/\$210 (Dist. Res.)

5099.803	Tot Sports Medley	4/11-5/23	M	3-4 yrs	5:00-5:45 pm
5099.804	Preschool Sports Medley	4/11-5/23	M	4-5 yrs	6:00-6:45 pm

6 weeks: Saturdays | PH Park | \$220/\$200 (Dist. Res.)

5099.805	Parent & Me Sports Medley	4/9-5/21	Sa	2-3 yrs	9:30-10:00 am
5099.806	Tots Sports Medley	4/9-5/21	Sa	3 yrs	10:15-11:00 am
5099.807	Preschool Sports Medley	4/9-5/21	Sa	4-5 yrs	11:15 am-12:00 pm

No class 4/16



Hello again!

Audrey dela Cruz, Susie Kubota, Julie Smith, Sheila George
District Office Customer Service Team (left)

Chris Petlock
Administrative Services Manager (right)

Monthly Group Tennis Lessons
Classes run four consecutive weeks. Wear tennis shoes, bring racquet and water.

College Park High School Tennis Courts
\$88/\$70 (Dist. Res.)

YOUTH (6-12 YRS): WEDNESDAYS
Beginner/Advanced Beginner.
Coach Sandra

5584.800	3/2-3/23	W	6:30-7:30 pm
5584.803	4/6-4/27	W	6:30-7:30 pm
5584.806	5/4-5/25	W	6:30-7:30 pm

Coach Rafa

5555.801	3/2-3/23	W	6:30-7:30 pm
5555.804	4/6-4/27	W	6:30-7:30 pm
5555.807	5/4-5/25	W	6:30-7:30 pm

TEEN (13 YRS & UP): FRIDAYS
Beginner/Advanced Beginner.
Coach Rafa

5565.802	3/2-3/25	F	6:00-7:00 pm
5565.805	4/1-4/22	F	6:00-7:00 pm
5565.808	5/6-5/27	F	6:00-7:00 pm
5566.800	3/2-3/25	F	7:00-8:00 pm
5566.801	4/1-4/22	F	7:00-8:00 pm
5566.802	5/6-5/27	F	7:00-8:00 pm

KIDZ LOVE SOCCER

This soccer 'school' is a recreational setting for children to learn soccer through age-appropriate skill demonstrations, games, and instructional scrimmages in a non-competitive environment. SHIN GUARDS ARE REQUIRED BY THE SECOND MEETING for all classes except Mom/Dad & Me. KLS Class Status Hotline (888) 372-5803. For information, visit www.kidzlovesoccer.com
PH Park: 147 Gregory Lane

7-Week Winter Session:
Fridays, 1/21-3/4 | \$162/\$142 (Dist. Res.)

5034.800	Soccer 2: Skillz & Scrimmages, 7-10 yrs	3:40-4:15 pm
5033.801	Soccer 1: Techniques 5-6 yrs	4:15-5:00 pm
5031.802	Tot/Pre-Soccer: 3½-4 yrs	5:00-5:35 pm

7-Week Winter Session:
Saturdays, 1/22-3/5 | \$162/\$142 (Dist. Res.)

5030.803	Mom/Dad & Me: 2-3½ yrs	8:30-9:00 am
5030.804	Mom/Dad & Me: 2-3½ yrs	9:05-9:35 am
5031.805	Soccer 1: Techniques 5-6 yrs	9:45-10:30 am
5032.806	Pre-Soccer: 4-5 yrs	10:30-11:05 am
5031.807	Tot Soccer: 3½-4 yrs	11:05-11:35 am
5034.808	Soccer 2: Skillz & Scrimmages, 7-10 yrs	11:35 am-12:20 pm

7-Week Spring Session:
Fridays, 4/15-5/27 | \$162/\$142 (Dist. Res.)

5030.820	Mom/Dad & Me: 2-3½ yrs	9:30-10:00 am
5031.821	Tot/Pre-Soccer: 3½-4 yrs	10:10-10:45 am
5034.822	Soccer 2: Skillz & Scrimmages, 7-10 yrs	3:30-4:15 pm
5033.823	Soccer 1: 5-6 yrs	4:15-5:00 pm
5031.824	Tot/Pre-Soccer: 3½-4 yrs	5:00-5:35 pm
5030.825	Mom/Dad & Me: 2-3½ yrs	5:45-6:15 pm

7-Week Spring Session:
Saturdays, 4/9-6/4 | \$162/\$142 (Dist. Res.)

5030.826	Mom/Dad & Me 2-3½ yrs	9:05-9:35 am
5033.827	Soccer 1: 5-6 yrs	9:45-10:30 am
5032.828	Pre-Soccer: 4-5 yrs	10:30-11:05 am
5031.839	Tot Soccer: 3½-4 yrs	11:05-11:35 am
5034.830	Soccer 2: Skillz & Scrimmages, 7-10 yrs	11:35 am-12:20 pm

No class 4/16, 5/28



Hello again!

Danika Guilatco, Drew Pitcher, Katie Krider
Teen Center Staff



Teen Scene



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

Teen After School Program

Grades 6–12

Monday–Friday @ Pleasant Hill Teen Center

School Dismissal until 6:00 pm

Register for our popular Teen afterschool program for the 2021–2022 School Year! Registration Now Open! Our Afterschool Program (ASP) offers a perfect combination of fun structured activities and time to just hang out with friends. Program activities include homework help, sports, computers, ping-pong, foosball, pool table, outdoor fitness, and games. Snack Shack open daily. For more program details, visit pleasanthillrec.com/246

Fees: \$11/day | \$15/day with transportation
\$15/day for single day per week registration

Annual Membership/Registration (one time) fee: \$50/\$40 (Dist. Res.)



Follow us on Insta!

@pleasanthillrec
@phteentcenter

Online Driver's Ed

15 yrs & up

Receive DMV-approved Certificate of Completion

ONLINE COURSE

DMV allows Teens to receive their Learner's Permit at age 15½ and a license at age 16. This class is the first, required step that must be completed. This is an online course with videos, animated driving scenarios and sample test questions. Learn the rules of the road, major causes of traffic collisions, DMV procedures and much more. A licensed instructor is available to answer any questions. Sign up at safetydriversed.com.

LIVE INSTRUCTOR: ONLINE COURSE

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

Instructor: Bay Area Driver's Ed Staff

Off-Site: Virtual

\$190/\$170 (Dist. Res.)

5100.801	2/5–2/26	Sa	9:00 am–12:00 pm
5100.802	3/5–3/26	Sa	9:00 am–12:00 pm
5100.803	4/2–4/23	Sa	9:00 am–12:00 pm

Babysitting 101 for Beginners

10–16 yrs

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

Instructor: Morgan Dziad

Senior Center: Classroom 1

\$95/\$77 (Dist. Res.)

5105.801	3/19	Sa	1:30–5:30 pm
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WINTER & SPRING BREAK CAMPS

See page 27.



Hello again!

Katrina Hunn
Youth Services Manager



Adult



Hello again!
Holly Frates
Adult & Senior Program Supervisor

Special Interest Classes

Exploring Watercolor

Perfect for the continuing artist who wants a fresh start or needs a gentle push along their way. Students will work together in a series of little paintings using the magic of watercolor to create our own Artists Voice. Supply kits are no longer available for purchase through the instructor.

Instructor: Casey White

Senior Center: Arts & Crafts Room

\$100/\$85 (Dist. Res.)

2231.801	1/4–2/8	Tu	9:30 am–12:00 pm
2231.802	1/7–2/11	F	9:30 am–12:00 pm
2231.803	2/15–3/22	Tu	9:30 am–12:00 pm
2231.804	2/18–3/25	F	9:30 am–12:00 pm

Fly Tying Basics

Learn to use a variety of natural and synthetic materials to create artificial flies for catching fish including trout, large-mouth bass and striped bass in Northern CA. A list of fly tying tools will be provided to students prior to the first class. Basic tying kits with the needed tools may be rented for the duration of the course for \$20 payable to the instructor.

Instructor: Diablo Valley Fly Fishing Club Members

Senior Center: Arts & Crafts Room

\$80/\$65 (Dist. Res.)

4181.801	1/13–2/24	Th	7:00–9:00 pm
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Quilting

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.

Instructor: Carol Madsen

Senior Center: Chateau Room, Window Side
\$75/\$60 (Dist. Res.)

2243.801 1/3-3/21 M 12:30-3:00 pm
2243.802 3/28-6/6 M 12:30-3:00 pm
No class 1/17, 2/21, 5/30

QUILTING BEYOND THE BASICS

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

Instructor: Carol Madsen

Senior Center: Chateau Room, Window Side
\$80/\$65 (Dist. Res.)

2244.801 1/3-3/21 M 9:00 am-12:00 pm
2244.802 3/28-6/6 M 9:00 am-12:00 pm
No class 1/17, 2/21, 5/30

QUILTING BASICS +

Quilting class topics include use of color, picking out fabrics, piecing techniques, rotary cutting, introduction to machine quilting, basting, binding & more. Beginners work on a lap sized quilt using basic techniques while more advanced techniques will be taught to those with more experience. Handouts given on the 1st day of class. If you want the pattern earlier, please contact the instructor at cmadsen@codifiant.com.

Instructor: Carol Madsen

Senior Center: Classrooms
\$80/\$65 (Dist. Res.)

2245.801 1/4-3/15 Tu 6:30-9:00 pm
2245.802 3/22-5/31 Tu 6:30-9:00 pm

Retirement Planning

Are you prepared for retirement? Learn how to create an informed plan to retirement while integrating your own goals and values with your finances. You will learn to use tax laws to your advantage and to properly allocate your assets while minimizing risks and maximizing returns. Individual situations addressed. 233-page class notebook included in class fee and one copy is provided to each couple or each individual person.

Instructor: Bill Lahl

Community Center: McHale Room
\$61/\$49 (Dist. Res.)

4608.801 2/1 & 2/8 Tu 6:30-9:30 pm
4608.803 2/15 & 2/22 Tu 6:30-9:30 pm
4608.802 2/5 & 2/12 Sa 9:00 am-12:00 pm

Senior Center: Dining Room
\$61/\$49 (Dist. Res.)

4608.804 2/19-2/26 Sa 9:00 am-12:00 pm

Wills, Trusts & Estate Planning

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

Instructor: Randall Thompson

Senior Center: Classrooms
\$25/\$20 (Dist. Res.)

4610.801 2/9 W 7:00-8:30 pm
4610.802 4/27 W 7:00-8:30 pm



Hello again!

Jose Martinez, Lead Custodian (left)

Ryan Herriman, Facilities Manager & Custodial Staff (middle)

Kristen McNulty, Rental Coordinator (right)



Hello again!

Jennifer Thoits

Marketing & Communications Manager

Edie Mustard

Marketing Specialist

Dance Classes

Proof of covid vaccine or negative covid test within 72 hours of each class (no home tests) required (per the health order) as well as masking during class.

Ballroom Dance

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

FOX TROT & CHA CHA CHA

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

4114.801 1/5-1/26 W 6:45-7:40 pm

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

4114.802 1/5-1/26 W 7:45-8:40 pm

SWING & RUMBA

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

4114.803 2/2-3/2 W 6:45-7:40 pm

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

4114.804 2/2-3/2 W 7:45-8:40 pm

No class 2/16

TANGO & WALTZ

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

4114.805 3/9-4/6 W 6:45-7:40 pm

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

4114.806 3/9-4/6 W 7:45-8:40 pm

No class 3/23

Belly Dance I & II

Belly Dance is fun, good for cardio health, balance and flexibility. Learn the beginner techniques and short choreographies. Includes warm-up and stretching. Level II: take your dance performance to another level! Focus will be on solo improvisation and choreography covering anything from props and balancing, to cymbals, modern and traditional style of belly dance. Wear loose exercise clothing, bring slippers or go barefoot. Bring or borrow a hip scarf. *This class includes both Level I and II. Level I is from 7:00-8:00 pm and Level II is from 7:30-8:30 pm.

Instructor: Sharifa

Senior Center: Dance Studio

\$80/\$65 (Dist. Res.)

4133.801 1/11-2/8 Tu 7:00-8:30 pm*

4133.802 2/15-3/15 Tu 7:00-8:30 pm*

4133.803 4/26-5/24 Tu 7:00-8:30 pm*

SPRING HAFLA

Sunday, March 20, 6:00-8:30 pm

Senior Center: Chateau Room

\$15 per person, \$10 seniors 65+ yrs, children 12 yrs & under FREE

BollyX

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

Instructor: Lois Davis

Senior Center: Dance Studio

\$68/\$55 (Dist. Res.)

4660.801 2/2-3/2 W 6:00-6:50 pm

Dance Choreography

A fun new way to get moving! In these classes you will learn simple yet famous choreography, including staging and performance skills. Be the hit of the next get together as you impress your friends and family with your new dance moves. Each month will have a different theme (tbd). No experience required.

Instructor: Dianna Rowley

\$60/\$48 (Dist. Res.)

2355.801 2/3-2/24 Th 1:30-2:15 pm

\$75/\$60 (Dist. Res.)

2355.802 3/3-3/31 Th 1:30-2:15 pm

Line Dance

A combination of country-western, polkas, waltzes and line dances for men and women. Partners are not required! Note: please refrain from wearing heavy perfumes and scents; instructor experiences perfume allergies. Basics: newcomers 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 (same day) \$10

Basics: for the true beginner

1/8-4/30 Sa 8:15-9:00 am

Beginners: basic knowledge required

1/8-4/30 Sa 9:00-10:00 am

Improver: more advanced steps

1/8-4/30 Sa 10:00-11:00 am

Intermediate: most advanced

1/8-4/30 Sa 11:15 am-12:30 pm

No class 2/19, 4/16

Fitness Classes

Proof of covid vaccine or negative covid test within 72 hours of each class (no home tests) required (per the health order) as well as masking during class.

Brain Body Fitness

The brain and body unite 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

\$52/\$42 (Dist. Res.)

2354.801 1/13-1/27 Th 12:30-1:15 pm

\$71/\$57 (Dist. Res.)

2354.802 2/3-2/24 Th 12:30-1:15 pm

\$85/\$70 (Dist. Res.)

2354.803 3/3-3/31 Th 12:30-1:15 pm

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. Wear comfortable clothing; no shorts. Have padded mat & 1lb weight; ball is provided. All levels welcome.

Instructor: Alison Raphael-Klippel

Community Center: Dance Studio 1 & 2

\$150/\$135 (Dist. Res.)

4688.802 1/6-3/31 Th 9:10-10:10 am

Community Center: Republic Services Room

\$120/\$105 (Dist. Res.)

4688.801 1/10-3/28 M 5:30-6:30 pm

No class 1/17, 2/21

Moving to Heal Nia

A gentle movement practice to compliment & facilitate healing encourages moving at your own pace & resting when needed. Can be done standing, sitting in a chair or some combination of both. Guides increased body awareness & using movement to feel better.

Instructor: Kathleen Bate

Senior Center: Classrooms

\$80/\$65 (Dist. Res.)

4693.703 12/11-1/29 Sa 10:00-11:00 am

4693.801 2/19-3/26 Sa 10:00-11:00 am

4693.802 4/2-5/7 Sa 10:00-11:00 am

No class 12/25, 1/1

Nia: Music, Movement & Magic

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

Senior Center: Dance Studio

\$80/\$65 (Dist. Res.)

4692.801 1/11-2/15 Tu 5:45-6:45 pm

4692.802 2/22-3/29 Tu 5:45-6:45 pm

4692.803 4/5-5/17 Tu 5:45-6:45 pm

No class 4/26



Adult

Sugi Yoga

13 yrs & up

Anyone can do Sugi Yoga, even you! This non-traditional Yoga style is 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

\$75 for 5-class punch card

1/4-4/26 Tu 10:00-11:15 am



Hello again!

Alan Sabine, Austin Akers, Kenny Guzman

(Not pictured: Edwardo Alvarado, Charles Hurtado, Marc Kiefer)
Park Maintenance Team Members

Lino Molina

Park Maintenance Team Member (right)
2021 Oliver Holmes Award Winner

Tom Bradley

Park Superintendent



Hello again!

Nicole Watson
Recreation Superintendent

Tai Chi/Martial Arts

Instructor: Bryce Ikeda
Senior Center: Dance Studio
\$90/\$75 (Dist. Res.)

BEGINNING TAI-CHI CHUAN

Introduction to the Tai Chi Chuan Yang style long form. Through gentle movements and meditative breathing, students will improve balance, relieve stress and quiet the mind. Open to all levels.

2210.803	1/11-2/22	Tu	1:00-2:00 pm
2210.801	1/12-2/23	W	1:00-2:00 pm
2210.804	3/8-4/19	Tu	1:00-2:00 pm
2210.802	3/9-4/20	W	1:00-2:00 pm

TAI-CHI CHUAN II

Tai Chi Chuan will help improve balance, relieve stress, and quiet the mind through gentle movements and meditative breathing. This class is an ongoing practice of Tai Chi Chuan Yang style long form, for the student that would like to continue learning beyond the first set.

2218.803	1/12-2/23	W	9:00-10:00 am
2218.804	3/9-4/20	W	9:00-10:00 am

TAI CHI CHUAN III

This class is an ongoing practice of Tai Chi Chuan Yang style long form, for the student that is comfortable with the first and second set and would like to learn the third set. Tai Chi Chuan will help improve balance, relieve stress, and quiet the mind through gentle movements and meditative breathing.

2218.801	1/12-2/23	W	10:30-11:30 am
2218.802	3/9-4/20	W	10:30-11:30 am



Online Classes anytime, anywhere...

PHRPD has teamed up with Ed2Go to offer you exceptional online educational opportunities. The variety of classes that are offered can enhance your performance at work, school and at home. Each class comes with a certificate of completion, which you can print on your own. Please visit <http://www.ed2go.com/pleasanthillrec> for more information and to register. **COURSES INCLUDE:**

Accounting & Finance

- Accounting Fundamentals I & II
- Quickbooks
- Stocks, Bonds & Investing
- Protect Your Money, Credit & Identity
- Real Estate Investing

Business

- Nonprofit Fundraising Essentials
- Grant Writing
- Marketing
- Start your own small business

College Prep

- ReadyMATH
- GED Prep
- GRE Prep
- GMAT Prep
- SAT/ACT Prep
- LSAT Prep

Computer & Technology

- Photoshop
- Microsoft Word, Excel, PowerPoint, Access, Publisher, Project, & Expression Web
- Adobe Acrobat
- Python 3
- C++ Programming
- Designing Effective Websites
- Windows 10

Health Care & Medical

- Human Anatomy & Physiology
- Medical Transcription
- Medical Math
- Medical Terminology
- Medical Coding
- Veterinarian Assistant

Language & Arts

- Writing Workshops
- Spanish (1 & 2, for Medical Professionals, in the Classroom, and for Law Enforcement)
- French
- Italian
- Japanese
- English
- Sign Language

Personal Development

- Resume Writing
- Lose Weight & Keep it off
- Digital Photography
- Interior Design
- Marketing
- SLR Camera

Teaching & Education

- Teaching students with ADHD

Just a click away! www.ed2go.com/pleasanthillrec

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 1 and 2
\$118/\$103 (Dist. Res.)

4636.801 1/10-3/7 M 5:45-7:15 pm

4636.802 3/14-5/2 M 5:45-7:15 pm

No class 1/17, 2/21, 4/4

Weight & Strength

Jump-start your day with a combination of low-impact weight work. Students should bring hand weights and a mat. Proof of Covid vaccine or negative test within 72 hours (no home tests) are required. Purchase punch card from Instructor.

Instructor: Debbie Murdock

Senior Center

7-class anytime punchcard: \$70

M/Th 9:00 am

No class 1/17, 2/21



Adult Sports (ages 18+)

Adult Sports Leagues

- Basketball (5 on 5)
- Bocce
- Flag Football
- Soccer (5 on 5)
- Softball

For league details, visit www.pleasanthillrec.com/288

For questions call (925) 682-0896 or email sgeorge@pleasanthillrec.com



Hello again!

Lance Hurtado
Recreation & Parks Manager

Cornhole Bag Toss: Drop-in Play

TOSSIN' TUESDAYS

All skill levels welcome.

Winslow Center: 2590 Pleasant Hill Road
(corner of PH Road and Taylor)

\$7 per person

Tuesdays 6:30-9:00 pm

Tennis: Monthly Group Lessons

13 yrs & up

Classes run four consecutive weeks. Wear tennis shoes, bring racquet and water.

Instructor: Coach Rafa

College Park High School Tennis Courts

TEEN/ADULT: BEGINNER/ADVANCED BEGINNER

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

5565.801	3/2-3/25	F	6:00-7:00 pm
5566.802	3/2-3/25	F	7:00-8:00 pm
5565.804	4/1-4/22	F	6:00-7:00 pm
5566.805	4/1-4/22	F	7:00-8:00 pm
5565.807	5/6-5/27	F	6:00-7:00 pm
5566.808	5/6-5/27	F	7:00-8:00 pm

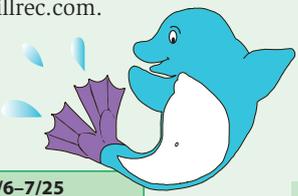




Pleasant Hill Dolphins Swim Team

Have Fun! Swim Fast! Founded in 1964, the Pleasant Hill Dolphins is a summer recreational swim team. Daily practice with instruction in all four competitive strokes, racing starts and turns and swim meets in the summer. 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. Questions? Email Coach Talli at tpitcher@pleasanthillrec.com.

Head Coach: Talli Pitcher



Practice Schedule (Season runs 4/11–7/25)
Spring practice held at PH Aquatic Park: 147 Gregory Lane;
Summer practice at PH Education Center Pool: 1 Santa Barbara Road

Age as of 6/15/22	Activity Code	Spring: 4/11–6/2 M–Th	Summer: 6/6–7/25 M/Tu/Th/F
6 & under	8223.901	4:15–4:45 pm	10:30–11:15 am
7–8	8224.901	4:45–5:30 pm	10:30–11:15 am
9–10*	8225.901	5:45–6:45 pm*	9:30–10:30 am
11–12*	8226.901	5:45–6:45 pm*	9:30–10:30 am
13–14*	8227.901	6:45–7:45 pm*	8:00–9:30 am
15–18*	8228.901	6:45–7:45 pm*	8:00–9:30 am

**For 9–18 swimmers: all practices are at PH Education Center Pool. Optional summer afternoon practice 5:00–6:00 pm. No practice May 30, July 1–July 4. County meet qualifying swimmers practice through July 29. All practices move to PH Education Center Pool on May 16.*

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. Parent Meeting at 7:30 pm on Thursday, 5/19, at PH Senior Center will discuss work requirements. See www.pleasanthilldolphins.com for more information.

Note: Pools are subject to closure without warning, based on attendance, weather, emergencies and training, maintenance or safety issues.

Registration:

December 13, 2021–May 23, 2022 at the District Office (M–F, 9:00 am–5:00 pm) or online at www.pleasanthillrec.com. For more information, call (925) 682-0896.

Registration Fees (14 & under swimmers):

12/13–2/28\$525/\$505 (Dist. Res.)
3/1–3/31\$555/\$535 (Dist. Res.)
After 4/1\$585/\$565 (Dist. Res.)

Registration Fees (High School Swimmers):

12/13–3/31\$370/\$350 (Dist. Res.)
After 4/1\$400/\$380 (Dist. Res.)

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

Hello again!

Talli Pitcher
 Dolphins Head Coach





Hello again!

Korey Riley
Aquatics Program Manager

Classes and Clinics

Pre-Swim Team

4–8 yrs
Designed for swimmers who want to join a swim team. Students must be able to take breaths on their own while “swimming.” Repeat students welcome. Parent meeting and try-outs on the first day.

Instructor: Talli Pitcher

PH Aquatic Park: 147 Gregory Lane

4–5 yrs | \$125/\$105 (Dist. Res.)

8208.801 3/1–3/31 Tu/Th 4:15–4:45 pm

6–8 yrs | \$155/\$135 (Dist. Res.)

8209.801 3/1–3/31 Tu/Th 4:45–5:30 pm

Spring Swim Team Clinic

For new and returning recreational swimmers. Focus on stroke technique and drill progressions for competitive swimming. This clinic does not conflict with County guidelines for Recreation Swim Teams. Swimmers must be able to swim 25 yards freestyle (face in the water with rhythmic breathing) and 25 yards backstroke.

Coch: Talli Pitcher

PH Aquatic Park: 147 Gregory Lane

4-day option: \$150/\$130 (Dist. Res.)

3-day option: \$125/\$105 (Dist. Res.)

2-day option: \$100/\$80 (Dist. Res.)

8 YEARS & UNDER

8212.801 3/2–3/30 M/W/F 4:15–5:00 pm 3-day

8212.802 3/2–3/30 M/W/F 4:15–5:00 pm 2-day

8–11 YEARS

8213.801 3/2–3/30 M/W/F 5:00–5:45 pm 3-day

8213.802 3/2–3/30 M/W/F 5:00–5:45 pm 2-day

11 YEARS & UP

8214.801 3/1–3/31 M–Th 5:45–6:30 pm 4-day

8214.802 3/1–3/31 M–Th 5:45–6:30 pm 2-day

Water Safety Instructor (WSI)

16 yrs & up

The American Red Cross WSI course provides training needed to teach courses in the ARC Swimming and Water Safety Program. This is a blended learning class. Online learning and homework must be completed between each class session. See pleasanthillrec.com for prerequisites.

Instructor: Korey Riley

PH Aquatic Park: 147 Gregory Lane

\$270/\$250 (Dist. Res.)

8716.801 1/10–2/9 M/W 4:30–7:00 pm

Registration deadline is 1/7 at noon.

Lifeguard Training

15 yrs & up

Learn how to save a life and become an American Red Cross Lifeguard! After successful completion, the American Red Cross will issue certificates in Lifeguarding/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 seven hours of online learning, which must be completed before the first-class meeting. See pleasanthillrec.com for prerequisites which must be successfully completed at the first class meeting.

Instructor: Aquatic Staff

PH Aquatic Park: 147 Gregory Lane

\$270/\$250 (Dist. Res.)

8715.801 1/15–1/30 Sa/Su 9:00 am–4:00 pm

8715.802 2/6–2/21 Sa/Su* 9:00 am–4:00 pm

8715.803 3/6–3/20 Sa/Su 9:00 am–5:30 pm

8715.804 4/2–4/16 Sa/Su 9:00 am–5:30 pm

8715.805 4/4–4/8 M–F 9:00 am–5:30 pm

8715.806 4/23–5/7 Sa/Su 9:00 am–5:30 pm

*Also includes Monday 2/21.

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

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

8717.801 2/26–2/27 Sa/Su 9:00 am–5:00 pm

8717.802 3/26–3/27 Sa/Su 9:00 am–5:00 pm

8717.803 5/14–5/15 Sa/Su 9:00 am–5:00 pm

Note: Pools are subject to closure without warning, based on attendance, weather, emergencies and training, maintenance or safety issues.

Mini Dolphins

7 yrs & under

For young swimmers who are not quite ready for the Dolphins Swim Team. Must be able to take breaths on their own while “swimming,” and will be instructed in all competitive strokes. Depending on progress/ability, students may join the Dolphins. Summer Mini-Dolphins participate in age group/end-of-season parties, receive a t-shirt and swim in the last home meet.

SPRING

PH Aquatic Park: 147 Gregory Lane

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

8200.901 4/12–6/2 Tu/Th 4:15–4:45 pm

SUMMER

PH Education Center Pool: 1 Santa Barbara Rd

Registration Deadline: Friday, 6/3, 4:00 pm

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

8200.902 6/6–7/25 M/Tu/Th/F 11:30–12:00 pm

Practices subject to change due to events. Check weekly email for updates. No practice 6/24, 7/1–7/4

Swim Tryouts **FREE!**

For Mini-Dolphins and new 8 & under swimmers ONLY. Pre-registration for tryouts required at pleasanthillrec.com/152. You may register for programs before you attend try outs.

PH Aquatic Park: 147 Gregory Lane

Monday, 2/28, 5:00 pm

Sunday, 3/27, 10:30 am

Friday, 6/3, 10:00 am

We encourage new swimmers to enroll in Pre-Swim Team Clinics before the season starts.

Water Exercise

Aqua Aerobics: Deep & Shallow

16 yrs & up

A no-impact deep water class that incorporates cardiovascular fitness, core strengthening and toning. Swimming skills not required, but participants must be comfortable in deep water. Class can be done in shallow water. Bring own flotation device/belt.

Instructor: Sandra Franklin

PH Aquatic Park: 147 Gregory Lane

Drop-In: \$15/\$12 (Dist. Res.)

3 classes: \$42/\$34 (Dist. Res.)

4 classes: \$55/\$44 (Dist. Res.)

5 classes: \$66/\$53 (Dist. Res.)

TUESDAYS (AM)

8127.801 1/11-1/25 3 classes 8:30-9:30 am

8127.802 2/1-2/22 4 classes 8:30-9:30 am

8127.803 3/1-3/29 5 classes 8:30-9:30 am

8127.804 4/12-4/26 3 classes 8:30-9:30 am

WEDNESDAYS (PM)

8130.801 1/12-1/26 3 classes 6:30-7:30 pm

8130.802 2/2-2/23 4 classes 6:30-7:30 pm

8130.803 3/2-3/30 5 classes 7:00-8:00 pm

8130.804 4/13-4/27 3 classes 7:00-8:00 pm

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 give 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

Drop-In: \$16/\$13 (Dist. Res.)

3 classes: \$48/\$37 (Dist. Res.)

4 classes: \$60/\$48 (Dist. Res.)

MONDAYS

8125.801 1/10-1/31* 3 classes 6:30-7:30 pm

8125.802 2/7-2/28* 3 classes 6:30-7:30 pm

8125.803 3/7-3/28 4 classes 7:00-8:00 pm

8125.804 4/11-4/25 3 classes 7:00-8:00 pm

*No class 1/17, 2/21

Lap Swim

16 yrs & up

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!

PH Aquatic Park: 147 Gregory Lane

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

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

10-Swim Punch Card: \$76/\$64 (Dist. Res.)

Senior 55+ Punch Card: \$68/\$57 (Dist. Res.)

Winter Lap Swim Hours start November 29.

Visit www.pleasanthillrec.com or call the

District Office at (925) 682-0896 to confirm hours.

Holidays: 12/24, 12/27, 12/31, 1/17, 2/21.

Modified schedule during Winter Break (12/20-1/4)

Water Aerobics

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

Instructor: TBD

PH Aquatic Park: 147 Gregory Lane

Check website at pleasanthillrec.com/260 for updated class information.



Special Events

Underwater Egg Hunt Is Back!

Saturday, April 2

1:00-2:30 pm

All ages

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

PH Aquatic Park: 147 Gregory Lane

\$18/\$15 (Dist. Res.) | pre-register by noon April 1

Spectators and parent helpers free.



A Springboard for the Future! Aquatics Team Now Hiring!

When you become a member of the Pleasant Hill Rec & Park Aquatics staff, what you do is important, meaningful and provides a springboard for your future career and life adventures. Not only will you get to work in the great outdoors, teaching people of all ages how to swim and helping to keep them safe around the pool, but you will also learn important career-transferable skills like effective communication, teamwork, leadership, decision making and so many more. Plus, you will get to work with other recreation-loving people who make the work environment lots of fun! Sound like something you'd like to dive into? Join us this spring and summer!

15 yrs & up

- Lifeguards
- Swim Instructors
- Cashiers

For job descriptions, applications and deadlines, visit our website at www.pleasanthillrec.com/161

Swim Lessons

Spring 2022

Note: An Aquatic Waiver of Liability must be signed before any class participation. Please plan your schedule carefully; there are no make-ups/refunds for missed classes. See the lesson manager if you have any special requests/information regarding your child's lessons. Lesson Managers supervise lessons on the pool deck; they will assist with your concerns.

PARENT/TOT (6 MOS-4 YRS)

A fun introduction to the aquatic environment focusing on water adjustment through instructor led songs. One adult caregiver must participate in the water with the participant. Swim attire: tight-fitting "swim pants" and swimsuit. No disposable or cloth diapers.

TINY TOT (3-4 YRS)

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

TINY SWIMMERS (2.5-4 YRS)

Child must be comfortable in the water and able to take at least one breath on their own. Skills: Elementary aquatic skills, stroke development and water safety. Ratio 2:1

PRESCHOOL (4-6 YRS)

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

YOUTH (6-12 YRS)

Students will learn a variety of strokes, personal safety skills and diving techniques, starting with basic aquatic skills and water adjustment. More advanced students will refine their skills. Ratio 4:1

ADULT/TEEN (12+ YRS)

New strokes and techniques for stroke improvement will be taught. Skills: floating, kicking, crawl stroke, backstroke, breaststroke, butterfly, sidestroke, elementary backstroke, diving and turns. Ratio 5:1

PRIVATE (3.5 YRS-ADULT)

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

Note: Pools are subject to closure without warning, based on attendance, weather, emergencies and training, maintenance or safety issues.



Aquatics

Spring 2022 Swim Lessons—PH Aquatic Park

Weekday Lessons: Choose from Monday, Tuesday, and/or Thursday.

Weekday Private Lessons

*3 weeks (3) 25-min classes | \$107/\$87 (Dist. Res.)

4 weeks (4) 25-min classes | \$135/\$115 (Dist. Res.)

	MONDAY			TUESDAY			THURSDAY		
	3/7-3/28	4/11-4/25*	5/2-5/23	3/8-3/29	4/12-4/26*	5/3-5/24	3/10-3/31	4/14-4/28*	5/5-5/26
5:30 pm	8614.801	8614.804	8614.807	8614.802	8614.805	8614.808	8614.803	8614.806	8614.809
6:00 pm	8615.801	8615.804	8615.807	8615.802	8615.805	8615.808	8615.803	8615.806	8615.809
6:30 pm	8616.801	8616.804	8616.807	8616.802	8616.805	8616.808	8616.803	8616.806	8616.809
7:00 pm	8617.801	8617.804	8617.807	8617.802	8617.805	8617.808	8617.803	8617.806	8617.809

Saturday & Sunday Group Lessons

*3 weeks, (3) 25-minute classes:

\$51/\$41 (Dist. Res.) | Parent/Tot: \$39/\$31 (Dist. Res.) | Tiny Swimmers: \$81/\$65 (Dist. Res.)

4 weeks, (4) 25-minute classes:

\$65/\$52 (Dist. Res.) | Parent/Tot: \$51/\$41 (Dist. Res.) | Tiny Swimmers: \$105/\$85 (Dist. Res.)

		SATURDAY			SUNDAY		
Time	Age	3/5-3/26	4/2-4/23	4/30-5/21	3/6-3/27	4/3-4/24*	5/1-5/22
9:30 am	Adult/Teen	8599.801	8599.803	8599.805	8599.802	8599.804	8599.806
10:00 am	Youth	8579.801	8579.803	8579.805	8579.802	8579.804	8579.806
10:30 am	Preschool	8549.801	8549.803	8549.805	8549.802	8549.804	8549.806
11:00 am	Tiny Tot	8539.801	8539.803	8539.805	8539.802	8539.804	8539.806
11:30 am	Tiny Swimmers	8529.801	8529.803	8529.805	8529.802	8529.804	8529.806
12:00 pm	Parent/Tot	8510.801	8510.803	8510.805	8510.802	8510.804	8510.806

*No class 4/17

Saturday & Sunday Private Lessons

*3 weeks (3) 25-min classes | \$107/\$87 (Dist. Res.)

4 weeks (4) 25-min classes | \$135/\$115 (Dist. Res.)

	SATURDAY			SUNDAY		
Time	3/5-3/26	4/2-4/23	4/30-5/21	3/6-3/27	4/3-4/24*	5/1-5/22
9:30 am	8619.801	8619.803	8619.805	8619.802	8619.804	8619.806
10:00 am	8620.801	8620.803	8620.805	8620.802	8620.804	8620.806
10:30 am	8621.801	8621.803	8621.805	8621.802	8621.804	8621.806
11:00 am	8622.801	8622.803	8622.805	8622.802	8622.804	8622.806
11:30 am	8623.801	8623.803	8623.805	8623.802	8623.804	8623.806
12:00 pm	8624.801	8624.803	8624.805	8624.802	8624.804	8624.806

*No class 4/17



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–4:00 pm

Pleasant Getaways Meeting is re-vamping itself. Stay tuned for more information.

Senior Center: 233 Gregory Lane

Time for a new adventure in the new year!

Explore beautiful new places, meet new friends, and experience life outside your bubble!



Sedona's Red Rocks & The Grand Canyon

MAY 15–20, 2022

Experience the breathtaking beauty of the southwest, take a ride on two of Arizona's scenic railways, take in the awe-inspiring Grand Canyon, visit old mining towns, and explore Montezuma Castle National Monument. Explore the geology, ecology, and human heritage of these spectacular canyon landscapes: Sedona's Oak Creek Canyon and the incomparable Grand Canyon. From Montezuma Castle, an ancient 5-story Indian dwelling carved into the Limestone cliff, to spending a leisurely day in the artistic town of Sedona full of art galleries and craft shops. Hop on the optional guided Jeep tour of the Sedona back country or enjoy the warm Arizona sun. Climb aboard the Verde Canyon Railroad for a spectacular journey over old-fashioned trestles, past ancient Indian ruins and through a 700-foot tunnel. Enjoy the views from the comfort of your First-Class seat or from one of the open-air viewing cars. Watch for wildflowers, blooming cacti, and wildlife in their natural habitat.

Cost: \$2,794 pp/double | \$3,533 pp/single

Europe's Cosmopolitan Cities: Amsterdam, Brussels & Paris Featuring the Floriade

MAY 7–16, 2022

Delve into the cosmopolitan allure of three of Europe's most culturally engaging cities, plus experience the once-a-decade Floriade Expo. Get to know Amsterdam on a canal cruise before tasting your way around a local neighborhood on a multi-stop lunch tour. Choose how you explore Belgium: spend the day in medieval Bruges or dynamic Brussels. Travel from Brussels to Paris via the high-speed Thalys train. Explore the hilltop Parisian arrondissement of Montmartre. Enjoy a full day to explore Paris as you please before bidding Europe adieu with a farewell dinner cruise along the Seine. Art, cuisine, and history unfold before you as you experience the grandeur of Amsterdam, Brussels, and Paris.

Cost: \$4,998 pp/double | \$5,998 pp/single

Croatia & Its Islands

MAY 19-23, 2023

Deposits due by 4/13/2022

From medieval architecture to ethereal waterfalls, coast along the sparkling Adriatic Sea and experience the best of Croatia. Enjoy a memorable 7-night cruise on the Adriatic Sea along Croatia’s coast aboard a privately chartered ship. Tour the Old City of Dubrovnik and walk along the picturesque cobblestone streets. Visit the island of Biševo, home to the mystical Blue Cave. On Brač Island, take in the “Golden Cape” of Bol. Discover the ancient palace of Emperor Diocletian in Split. Stand in awe before the cascading waterfalls of Krka National Park. Get to know Zagreb, the illustrious capital of Croatia. See the country’s immaculate beauty as you cruise its vibrant waters and step into its rich history.

Cost: Main Deck Double Cabin \$5,899/pp;

Lower Deck Double \$5,399/pp

Prices go up after 4/20/2022

East African Safari Adventure

SEPTEMBER 8-20, 2022

The safari adventure begins with the first game-viewing drive through Amboseli National Park, you will then have 5 other safaris awaiting you throughout your 13-day tour including, Tarangire National Park, Ngorongoro Conservation area, Serengeti National Park, Masai Mara Game Reserve and Lake Nakuru National Park. All of your wild game dreams will come true as you see rhinos, buffalo, giraffe, leopards, lions, zebras and elephants, don’t forget all the birds as well as flora! This trip is truly amazing.

Cost: \$8,613 pp/double | \$9,712 pp/single



Best of Ireland

OCTOBER 5-17, 2022

The best of Ireland, truly includes the best! Visit St. Patrick’s Cathedral, one of the few remaining buildings from medieval times, and see its impressive altar and stained-glass windows. Venture out with your local guide along the Irish Food Trail to get to the heart of what it means to be Irish! Travel through the scenic countryside and stop in the village of Blarney where you become caught up in the aura of magic and mystique during an included visit to Blarney Castle. Stopping in the picturesque village of Adare, be transported back in time as you stroll through the quaint streets with thatched-roofed cottages and cozy shops. Learn about sheep herding, the training of the dogs, and witness a demonstration of these amazing animals at work in the field. Enjoy a soda-bread making demo and a hearty lunch with entertainment provided by local musicians. Visit Titanic Belfast where the story of the ill-fated ship is told from her conception to the construction and launch to her catastrophic demise. Interpretive and interactive galleries bring the history of the Titanic to life.

Cost: \$5,503 pp/double | \$6,852 pp/single



Hello again!

Cassie Eternal
Recreation Coordinator

50+ Travel

PH Rec & Park District Travel Services offer special day trips and excursions for 50+ seniors. Meet new friends and have fun as you explore Northern California in the company of fellow travel enthusiasts.

Effective January 2022, trip pricing will change to be based on District residency status and not on Senior Club membership status. The new price structure is more consistent with the resident/non-resident pricing in place for other District programs. This two-tiered pricing provides a discount for residents who live within District boundaries and subsequently pay taxes that support District parks and programs.

We offer our daytrips for any type of mobility and we do not charge a 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.

View the current 50+ Pleasant Getaways online at pleasanthillrec.com/31 or call our Travel Desk at (925) 798-8747 for inquiries or to sign up! Day trips are subject to federal, state and local public health order protocols at the time of the trip.

Winter/Spring Pleasant Getaway Highlights:

Hershey Felder Presents Monsieur Chopin at Theatreworks Mountain View WEDNESDAY, FEBRUARY 9, 2022

In a tour de force performance, virtuoso actor/pianist Hershey Felder creates Fryderyk Chopin, the “Poet of the Piano,” welcoming gifted students to his Paris salon in the 1840s. The students? You! Maestro Chopin hosts an intimate evening of enthralling music, sharing secrets of his little-known romances, exuberant personality, and intense vision of the art of the piano. Come share the spirit and insight of a genius brought to life before your eyes. Before the show, you will enjoy lunch at a local restaurant. More details TBD.

Bus pick-up location: 147 Gregory Lane
\$125/\$110 (Dist. Res.)

Arrive to bus by 10:00 am; Bus departs by 10:20 am and arrives home at approx. 6:30 pm

Dancing with the Stars Live! At Gallo Center Modesto

SUNDAY, MARCH 27, 2022

America’s favorite dance show is coming to the Gallo Center for the Arts with Dancing with the Stars—Live Tour 2022! Your favorite dancers from this iconic television series hit the stage this winter with an all new show. Starring Brandon Armstrong, Alan Bersten, Artem Chigvintsev, Sasha Farber, Daniella Karagach, Pasha Pashkov, Gleb Savchenko, Emma Slater, Britt Stewart and more to come! Fans will see time honored dances like the Cha Cha, Foxtrot, Salsa, Tango and everything in between. Join us for a theatrical dance show you can’t miss! Before the show, you will enjoy lunch at a local restaurant. More details TBA.

Bus pick-up location: 147 Gregory Lane
\$217/\$202 (Dist. Res.)

Arrive to bus by 10:00 am; Bus departs by 10:30 am and arrives home at approx. 6:30 pm

Wakamatsu Farms Tour & Lunch in Placerville

TUESDAY, APRIL 12, 2022

Join us for a beautiful day on Wakamatsu Farm, a landmark historic farm in Placerville. Wakamatsu is the original site of the Wakamatsu Tea and Silk Farm Colony established June 8, 1869 and is the home of the grave of the first Japanese immigrant to be buried on American soil. There is a historic farm house to visit as well as a beautiful lake with accessible trail. Still a working farm to this day. Wakamatsu is a historical landmark not to be missed. We will have several docents available to us to go over the stories and walk us through the farm. After you enjoy your tour, we will have lunch at the Main Street Tap House with your choice of chicken caesar salad, chipotle lime steak tacos, veggie tacos, cheeseburger, chicken club sandwich or rubeen sandwich.

Bus pick-up location: 147 Gregory Lane
\$110/\$95 (Dist. Res.)

Arrive to 147 Gregory by 7:30 am; Depart at 7:45 am; Arrive home at approx. 5:30 pm



How to prepare for my upcoming Pleasant Getaway:

1. Make sure we have an e-mail on file for you. We will do updates, confirmations, and reminders through e-mail.
2. Be familiar with your pickup location. We have 2 pickup locations, and your ticket will say either Parking Spot 1: 147 Gregory Ln or Parking Spot 2: 2 Santa Barbara Rd—Both lots are in Pleasant Hill.
3. Wear layers. California weather is unpredictable.
4. Bring your cell phone.
5. Be on time!
6. Always listen to your assigned Travel Escort.
7. If there is a docent, please listen and save your conversations until after the tour.
8. Have a question? Ask the Travel Escort.
9. Be polite and be positive. Enjoy the ride.
10. Do not be late!

All these tips will ensure that you will have a Pleasant Getaway.



Hello again!

Cindy Pacheco
Customer Service Team Member,
PH Community Center



50+

50+

Pleasant Hill Senior Center

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

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

For more details on dates and times of the following services and activities please visit the website at www.pleasanthillrec.com and download a copy of the Senior Sounds monthly newsletter. Please note, at the time of this printing, activities may not be up-to-date. Check our website or call (925) 798-8788 for more information.

Senior Services:

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

Senior Center Activities:

- Amistad—Spanish Resource Group
- American Mah Jongg
- Boutique Group
- Bingo
- Chef’s Lunches
- Marathon Bridge
- Men’s Corner (Men’s discussion group)
- Pinochle
- Senior Bridge
- Spanish Book Club
- Tea Dance

For more activities see pleasanthillrec.com.



Hello again!

Dana Busche
Care Management Services

Karen McKimmy
Senior Center Administrator

Programs & Events

Chef’s Lunch To-Go

Grab a delicious lunch to-go on the first and third Friday of the month! Our favorite Chef Susan and her kitchen crew of volunteers whip up an amazing lunch to go (during pandemic) featuring homemade soup and a sandwich (plus sides). Must pre-order by calling (925) 798-8788 or order online at pleasanthillrec.com/341.

Pick up: 11:30 am at the Senior Center
\$7 for Senior Club members
\$10 for non-members

Laugh, Love, Learn Senior Resource Faire

Senior Live Well Forum—an opportunity to learn from educational speakers on a variety of interesting and relevant subjects. Event logistics are pending public health orders closer to the event date. All funds raised benefit the Senior Center Care Management Program. For registration and more information, call the Senior Center at (925) 798-8788.

Friday, May 6, 2022
Senior Center

Admission Fees: TBD

*FREE Senior Resource Fair with giveaways:
8:30 am–12:00 pm*



Hello again!

Michelle Lacy
General Manager

Dear Friends,

Our 70th year as a special District was certainly a rollercoaster with tough challenges that pushed us as an organization to grow and thrive in the face of constant uncertainty. How'd we survive 2021? Well, we tightened our seat belts on the upside-down twists, leaned in around the curves and stayed strong through the highs and lows. Many staff members even threw up both hands, shouted "whoop-whoop" and took thrill in the ride by innovating programs, developing skills, and finding new and better ways to work (read some of our pandemic success stories highlighted on page 3). Most importantly, we all rode this wild ride together with a single passion to serve the community and provide parks and recreation to all.

As we transition into the new year, we continue to ride the world's scariest coaster but now with more experience, knowledge, and confidence that we are ready and able for the next go around. I could not be prouder of my staff. As such, this first 2022 issue of The Spotlight is dedicated to every Pleasant Hill Rec & Park employee for their outstanding service. To recognize their efforts and introduce these "rock stars" to the community, we have included staff member photos throughout the issue. Please take a few minutes to "meet" the people who are working hard to make life better as they return from one wild ride and say, "hello, again."

We are excited for the new year ahead and hope you will find lots of fun ways to play in the pages of this latest issue. Thank you for your ongoing support of Pleasant Hill Recreation & Park District.

Wishing you and yours a healthy and happy New Year.

Stay well,
Michelle Lacy, General Manager

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

Our Mission: *Put people first.*

BOARD OF DIRECTORS

- Zac Shess, *Chair*
- Bobby Glover, *Vice Chair*
- Sandra Bonato, *Secretary*
- Quy Tran, *Member*
- Sandy Vinson, *Member*

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

3 Ways to Register Now!

Follow us
@pleasanthillrec



Online at www.pleasanthillrec.com

Visa/MasterCard/American Express accepted.
No convenience fees for online registration!



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



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

Registration Begins December 13

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*
- Chris Petlock, *Administrative Services Manager*
- Tom Bradley, *Park Superintendent*
- Ryan Herriman, *Facilities Manager*
- Katrina Hunn, *Youth Services Manager*
- Lance Hurtado, *Recreation & Parks Manager*
- Susie Kubota, *Executive Secretary*
- Korey Riley, *Aquatics Manager*
- Jen Thoits, *Communications Manager*
- Nicole Watson, *Recreation Superintendent, Interim Senior Services Manager*

CO-SPONSORED CLUBS & ORGANIZATIONS

- For club information, visit pleasanthillrec.com/clubs.html**
- American Legion #331
 - Contra Costa Camera Club
 - Diablo Valley Track & Field
 - Diablo Valley Macintosh User Group
 - East Bay Artists Guild
 - Friends of PH Library
 - Las Juntas Artists
 - Onstage Theatre
 - PH Baseball Association
 - PH DOG Owners Group
 - PH 4th of July Commission
 - PH Garden Study Club
 - PH Historical Society
 - PHMSA-AYSO Soccer
 - PH Tennis Club
 - Rodgers Ranch Heritage Center
 - Society of Young Magicians
 - Veterans of Foreign Wars

Classes 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
(925) 682-0896 • Fax (925) 682-1633

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

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

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

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

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

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

Winslow Center: 2590 Pleasant Hill Road

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



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



AMERICANS WITH DISABILITIES ACT (ADA)

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

Winter & Spring Break Camps

Full-Day Camps

Adventure Kids Camps

Grades K-5

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

Instructor: KIDSTOP Staff

Gregory Gardens Elementary School:
1 Corritone Court

WINTER

7:30 am-5:30 pm | \$60 per day

6060.700	12/20	M	6060.705	12/28	Tu
6060.701	12/21	Tu	6060.706	12/29	W
6060.702	12/22	W	6060.707	12/30	Th
6060.703	12/23	Th	6060.708	1/3/22	M
6060.704	12/27	M	6060.709	1/4/22	Tu

SPRING

7:30 am-5:30 pm | \$65/\$55 per day (Dist. Res.)

6060.801	4/4	M	6060.804	4/7	Th
6060.802	4/5	Tu	6060.805	4/8	F
6060.803	4/6	W			

Enrichment Camps

Snowbirds Preschool Winter Break Camp

3-5 yrs (potty-trained)

Give yourself some time to get holiday errands completed or just to relax and have some me-time while we keep your littles happy playing and active with their peers!

Community Center: Preschool Room 2

1 week | \$120/\$100 (Dist. Res.)

6658.300 12/27-12/29 M-W 8:30-11:30 am

JOIN US
AT THE
SUMMER
CAMP EXPO!

See back
cover.



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.

Instructor: Teen Center Staff.

Must meet min. participation of 7 by 12/15.

Teen Center: 147 Gregory Lane

1 Day | 7:30 am-6:00 pm | \$55/\$45 (Dist. Res.)

WINTER

5189.701	12/20	M	Bowling
5189.702	12/21	Tu	Movies
5189.703	12/22	W	Ice Skating
5189.704	12/23	Th	Rockin Jump
5189.705	12/27	M	Escape Room
5189.706	12/28	Tu	Movies
5189.707	12/29	W	Roller Skating
5189.708	12/30	Th	Scavenger Hunt
5189.709	1/3	M	Dave & Busters
5189.710	1/4	Tu	Qzar

SPRING

5189.801	4/4	M	Mystery Trip
5189.802	4/5	Tu	Movies
5189.803	4/6	W	Scavenger Hunt & Lunch
5189.804	4/7	Th	Archery
5189.805	4/8	F	Escape Room

Spanish Spring Break Camp

3-7 yrs

Welcome to Campamento de Primavera! Your child will discover wonderful things about Spring and learn Spanish at the same time. Learn in Spanish all about baby animals, bugs and flowers; sing songs, go on scavengers hunts, Bingo walks, create art and more fun activities. Children will learn Spanish in a hands-on interactive and stimulating environment, through music, art, stories and more.

Instructor: Miriam Lattanzi, Spanish 4 Children

Winslow Center: Rooms 1 & 2

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

6632.801 4/4-4/8 M-F 9:00 am-1:00 pm
\$10 material fee due first day of camp.

Sports Camps

Multi Sports Spring Break Camp

6-11 yrs

Camp games may include, baseball, basketball, dodge ball, soccer, flag football, capture the flag, ultimate frisbee, relay & obstacle races and a whole lot more.

Instructor: National Academy of Athletics Staff

PH Park: 147 Gregory Lane

Full Day | \$340/\$320 (Dist. Res.)

5080.822 4/4-4/8 M-F 9:00 am-3:00 pm

Half Day | \$250/\$230 (Dist. Res.)

5080.823 4/4-4/8 M-F 9:00 am-12:00 pm

Tennis Camps

Campers will learn the fundamentals of the game: different grips, forehand, backhand, volley, overhead smash, serve, return of serve and footwork.

Instructor: Coach Rafa

College Park Tennis Courts

\$250/\$230 (Dist. Res.)

6-10 YRS

5589.800 4/4-4/8 M-F 9:00 am-12:00 pm

11-15 YRS

5589.801 4/4-4/8 M-F 9:00 am-12:00 pm

Lifeguard Training: Spring Break

15 yrs & up

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

Instructor: Aquatic Staff

PH Aquatic Park: 147 Gregory Lane

\$270/\$250 (Dist. Res.)

8715.805 4/4-4/8 M-F 9:00 am-5:30 pm



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Pleasant Hill, CA 94523

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Pleasant Hill Recreation & Park District • (925) 682-0896 • The Spotlight Winter/Spring, Volume 27, Issue 1

PLAN EARLY FOR
OUT OF THIS WORLD FUN!

SUMMER CAMP EXPO!



Saturday
February 26, 2022
9:00 am–12:00 pm
PH Community Center
320 Civic Drive



A whole new world of adventure awaits this summer! Get inspired at our Summer Camp EXPO and enroll that day to save!

10% DISCOUNT offered on EXPO day only on Full Week Camps and summer swim lesson registrations made in-person at the EXPO from 9:00 am–12:00 pm and online until midnight, February 26, 2022.

COUPON CODE: EXPO22

- Hands-on Activities
- Meet camp staff & instructors
- Register early and save!

Questions?

Visit pleasanthillrec.com/493
Or, contact Katrina Hunn at (925) 691-5645
khunn@pleasanthillrec.com



pleasanthillrec.com