

Fall/Winter  
2022

# the Spotlight



*Ready to Play!*

**Fall Sports  
Classes & Leagues**

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**School Break Camps**

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**Tinkers & Thinkers  
Innovation Faire**

Back Cover

[pleasanthillrec.com](http://pleasanthillrec.com)





# Community Events

Visit [pleasanthillrec.com/35](http://pleasanthillrec.com/35) for event updates.

## FREE! Tinkers & Thinkers Innovation Faire!

**Saturday, September 17**

**12:00-3:00 pm**

Pleasant Hill Park & Senior Center,  
233 Gregory Lane

We're thrilled to bring Tinkers & Thinkers back to reality this year! Join us in person at Pleasant Hill Park outside the PH Senior Center. For updates and details, please visit [phtinkersandthinkers.com](http://phtinkersandthinkers.com). Tinkers & Thinkers is brought to you by the Pleasant Hill Library and Pleasant Hill Rec & Park District.

**Thank you to our main event sponsors, Republic Services, City of Pleasant Hill and Laura Wucher Real Estate.**



## Pumpkin Splash!

**Sunday, October 9**

**1:00-2:30 pm**

PH Aquatic Park: 147 Gregory Lane

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

\$18/\$15 (Dist. Res.) for pumpkin wristband (spectators and parent helpers free)



## Registration Begins August 1. See page 27.

### NO ONLINE REGISTRATION FEES!

**The Spotlight, Fall/Winter 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: Caden Flaskerud (left) and Hunter Swan (right).  
Cover photo by Susan Wood Photography*

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*All activities are subject to changing COVID-19 public health orders. Visit [pleasanthillrec.com](http://pleasanthillrec.com) for updates.*

## Inclusive Recreation Dances

PH Rec & Park, in partnership with the City of Concord, City of Martinez, and City of Walnut Creek, hosts dances specifically for developmentally disabled adults (18+ years).

**Sept. 9:** Martinez Senior Center

**Oct. 28:** Pleasant Hill Senior Center

*\*Costumes encouraged! Call (925) 798-8788 before 10/28 to check dance status.*

**Dec. 9:** Concord Senior Center



## Haunted Trail in Pleasant Hill Park FREE

**Friday, October 28**

**6:00-8:00 pm**

**Pleasant Hill Park**

**(Trail starts behind Teen Center)**

Spine-tingling sights and sounds await you on the Haunted Trail in PH Park! This Halloween-themed stroll is a frightfully fun park-in-the-dark adventure that you and your family will not soon forget. Each participant receives a goody bag at the end of the trail. All ages welcome. Not too scary! No pets, please.

*Sponsored by Laura Wucher Real Estate and the City of Pleasant Hill.*



## FREE Admission!

**Holiday Boutique & Crafts Fair**  
**Saturday, November 12, 10:00 am – 3:00 pm**  
**Senior Center**

Get an early start on your holiday shopping! Visit our Holiday Boutique and choose from a huge selection of handmade items. Over 50 craft vendors! Proceeds benefit the PHSC Care Management Program.



## Breakfast with Santa

**Saturday, December 3**

**Senior Center: Chateau Room**

Santa has taken time off from his busy schedule to join you and your family for a morning of holiday cheer, breakfast, and live entertainment. Breakfast includes pancakes, sausage and more. Don't forget your camera! All attending must register. We have two seating's: 8:30 am and 10:00 am.

Must pre-register online by noon, 11/22

Admission: \$10.50/ per person

12/3 Saturday 8:30-9:30 am

12/3 Saturday 10:00-11:00 am

*Sponsored by Laura Wucher Real Estate and the City of Pleasant Hill.*



## FREE!

## Holiday Festival

**Wednesday, December 7**

**Community Center: 320 Civic Drive**

The holiday magic is back! Mark your calendars for the most magical Holiday Festival in Contra Costa County! Get into the holiday spirit with a variety of activities sure to delight the whole family including popular Holiday Festival traditions and our new One Love-themed activities, displays and performances featuring winter holiday celebrations from around the world! Chat with our famous Talking Christmas Tree. Enjoy live holiday youth performances. Ride the Holiday Express train. Take photos with strolling characters. And visit the big man himself, Santa Claus. Don't miss this magical evening of holiday fun!

*Sponsored by Republic Services and Laura Wucher Real Estate.*

## Clarinet Fusion Holiday Concert

**Thursday, December 15, 7:00pm**

**Senior Center, Chateau Room**

Pleasant Hill's very own Clarinet Fusion will perform live holiday music to the delight of all ages! Bring the whole family!

Tickets: \$7 presale, \$10 after 12/6

Students: \$5

Tickets on Sale 10/17

## 38th Annual Dolfin's Tree Lot

**November 25-December 24**

**Monday-Saturday,**

**9:00 am-9:00 pm**

**Sunday, 12:30-9:00 pm**

**Winslow Center Parking Lot:**

**2590 Pleasant Hill Road,**

**Corner of Taylor & Pleasant Hill Road**

*Proceeds benefit the Pleasant Hill Dolfin's Swim Team.*



# Preschool

## School-Year Preschool

The Pleasant Hill Recreation & Park District Preschool has been encouraging the love of learning since 1973. Our preschool establishes the foundation for a child's future education. Come grow with us! Our Philosophy: A child who is playing is a child who is learning. Our experienced teachers encourage individual confidence, self-esteem, and social skills that children need to be happy and successful. Classes are in session mid-August through the end of May. Registration for the 2022–2023 school year opened March 31, 2022.

Call Sarah Smith for current availability. Registration is on a first come, first serve basis. Birth certificate, immunization records and proof of residency are required for discount. Children must be age-appropriate by 9/1/2022. For more information please contact director, Sarah Smith at (925) 771-7626 or [ssmith@pleasanthillrec.com](mailto:ssmith@pleasanthillrec.com).



Class	Age	Days	Time	Location	Res/Non
TTH Bumblebees	1.5–2.5 yrs	Tu/Th	8:15–11:15 am	PHCC	\$412/\$432
MWF Bumblebees	1.5–2.5 yrs	M/W/F	8:15–11:15 am	PHCC	\$505/\$525
TTH Hummingbirds	2.5–3.5 yrs	Tu/Th	8:15–11:15 am	PHWC	\$401/\$421
MWF Hummingbirds	2.5–3.5 yrs	M/W/F	8:15–11:15 am	PHWC	\$495/\$515
AM Bluebirds (potty-trained)	3.5–4 yrs	Tu/W/Th	8:30–11:30 am	PHCC	\$427/\$447
PM Bluebirds (potty-trained)	3.5–4 yrs	Tu/W/Th	1:00–4:00 pm	PHCC	\$427/\$447
AM Robins (potty-trained)	4–5 yrs	M/Tu/W/Th	8:30–11:30 am	PHCC	\$539/\$559
PM Robins (potty-trained)	4–5 yrs	Tu/W/Th	1:00–4:00 pm	PHCC	\$376/\$396
Peacocks (potty-trained)	4–5 yrs	Tu/W/Th	12:45–3:45 pm	PHWC	\$376/\$396

2022–2023 Rates

## Performing Arts

### Pre-Ballet

3–5 yrs

Instructor: Christie Tomlinson  
Community Center: Dance Studio

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.

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

**6619.101** 9/12–10/31 M 3:00–3:45 pm  
**6619.102** 11/17–12/19 M 3:00–3:45 pm

### Creative Spark Theater Classes

Instructor: Jaimee Semyk & Stephanie Carson  
Community Center: Preschool Room 1

#### PRESCHOOL PERFORMERS

3–4 yrs

This 45-minute creative play class 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.

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

**6043.101** 9/12–11/28 M 3:00 pm–3:45 pm  
No class 10/31

#### 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.

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

**6043.102** 9/12–12/5 M 4:00 pm–5:00 pm  
No class 10/31.

## FALL & WINTER BREAK CAMPS

See page 13.



## Music Classes

Instructor: Andrea Gaspari  
Winslow Center Center: Rooms 1 & 2

### 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 their bodies, voices, instruments and props, children will dance, learn, sing, and play making wonderful music together. The perfect class to prepare for circle time and preschool.

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

**6636.101** 9/13-10/25 Tu 9:15–9:55 am

**6636.102** 11/1-12/20 Tu 9:15–9:55 am

### 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.

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

**6088.103** 9/13-10/25 Tu 1:00–1:40 pm

**6088.104** 11/1-12/20 Tu 1:00–1:40 pm



## Special Interest

### Young Rembrandts FUNdamental Drawing

4–6 yrs

Instructor: Young Rembrandts Staff Senior  
Center: Arts & Crafts Room

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!

\$165/\$145 (Dist. Res.)

**6050.101** 9/14-10/26 W 2:55-3:55 pm

**6050.102** 11/2-12/21 W 2:55-3:55 pm

No class 11/23.

### Spanish Immersion Preschool Class

3.5–5 yrs

Instructor: Miriam Lattanzi  
Rodgers-Smith Park: Picnic Area

Children are eager to learn new languages. With Maestra Miriam children will learn Spanish in a hands-on interactive and stimulating environment. Your child will work toward age-appropriate developmental milestones in fine and gross motor skills, and social and emotional competencies. Students will learn Spanish through music, creative art, storytelling, and indoor and outdoor games. There will be 20 minutes of music and instruments from Zumbini. Pack a healthy snack and water. Must be fully potty trained.

\$345/\$325 (Dist. Res.)

**6632.101** 9/9-10/7 F 9:00 am–1:00 pm

**6632.102** 10/14-11/18 F 9:00 am–1:00 pm

No class 11/11.

\$20 material fee payable to instructor.

### Zumbini Bilingual Class

6 months–5 yrs

Instructor: Miriam Lattanzi  
Community Center: Preschool Room 1

Parent participation required.

Created by Zumba and Baby First.

Combines music, dance, and educational tools for 45 minutes of can't stop, won't-stop bonding, learning and fun! A bonding experience for all involved, including caregiver to child, child to child, caregiver to caregiver. Zumbini focuses on energy, fun and play to cultivate natural development of cognitive, social and emotional skills. An additional material fee for the original take-home bundle applies that includes a songbook, Zumbini app, music and TV show to continue the fun at home.

\$145/\$125 (Dist. Res.)

**6634.101** 9/9-10/14 F 4:30–5:15 pm

**6634.102** 10/21-12/2 F 4:30–5:15 pm

No class 11/25.

\$10 material fee payable to instructor.





# Youth



**Gregory Gardens Elementary**  
**1 Corritone Court, Pleasant Hill**

## Get Inspired!

KIDSTOP offers Science, Technology, Engineering, Arts & Mathematics (S.T.E.A.M.) -inspired youth programs provided by the Pleasant Hill Recreation & Park District. Offerings include:

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

Come visit and meet our professional staff!

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

## Special Interest

### Dance Classes

#### BALLET

5–10 yrs

Instructor: Christie Tomlinson

Community Center: Dance Studios 1 & 2

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

\$137/\$117 (Dist. Res.)

**6042.101** 9/12-10/31 M 3:55–4:55 pm

\$123/\$103 (Dist. Res.)

**6042.102** 11/7-12/19 M 3:55–4:55 pm

#### TAP

5–9 yrs

Instructor: Christie Tomlinson

Community Center: Soroptimist Rooms 1 & 2

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

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

**6045.101** 9/12-10/31 M 5:00–5:30 pm

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

**6045.102** 11/7-12/19 M 5:00–5:30 pm

### Creative Spark Theater Classes

Instructor: Jaimee Semsky & Stephanie Carson

Community Center: Preschool Room 1

#### LITTLE PERFORMERS

5–6 yrs

A 60-minute creative theater 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.

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

**6043.102** 9/12-12/5 M 4:00–5:00 pm

No class 10/31.

#### YOUNG PERFORMERS

7–12 yrs

A 105-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.

\$425/\$405 (Dist. Res.)

**6043.103** 9/12-12/5 M 5:00–6:45 pm

No class 10/31.





## Bay Twilights Cheer

Instructor: Angela Powell

1150 Concord Ave Suite 150, Concord

Introductory cheer program where participants will learn the cheerleading basics: jumps, arm motions, splits, somersaults, handstands, and a cheer! Let's not forget to add a dance to our routine. Each session runs 8-weeks. Material fee includes competition uniform (vest, skirt, bloomers, socks, pom-pom and hair bow) as well as competition entry fee. There will be one competition at the end of each session followed by a holiday showcase.

*\$125 uniform fee due to instructor*

## CHEERLEADING-BEGINNER

5-10 yrs

Young athletes will learn basic jumps, arm motions, and they will learn choreographed cheer and dance routines. They will also work on stunting and some basic tumbling skills.

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

**6056.101** 10/12-12/7 W 6:45-7:45 pm

## CHEERLEADING-INTERMEDIATE

7-11 yrs

Pre-requisite: tumbling skills, cartwheel and a forward roll. Participants will learn a cheer, dance routine, tumbling sequence and a stunting sequence. There will be one competition at the end of each session followed by a holiday showcase. Awards will also be given at the end of the session. Competition entry fee is included in the material fee.

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

**6056.102** 10/14-12/9 F 6:30-7:30 pm

*No class 11/25.*

## Music Classes

### RHYTHM PIANO GROUP LESSONS

5-9 yrs

Instructor: Andrea Gaspari

Senior Center: Classrooms

Join multi-award winning teacher, entertainer, and songwriter Andrea Gaspari for this fun, educational approach to group piano lessons. Using 7 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 will be wiped down in between each class.

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

**6088.106** 9/13-10/25 Tu 4:15-5:00 pm

**6088.107** 11/1-12/20 Tu 4:15-5:00 pm

### YOUTH DRUMMING

7-13 yrs

Instructor: John Waller

Winslow Center: Rooms 1&2

We play hand drums, sticks and use fun rhythm games to improve our musical skills. We use some fun words to learn complex rhythms from around the globe. We explore marimba, piano, music theory, exotic percussion and a session on the history of the drum set.

\$137/\$117 (Dist. Res.)

**6091.106** 9/13-10/25 Tu 4:30-5:20 pm

**6091.107** 11/1-12/13 Tu 4:30-5:20 pm

### YOUTH GUITAR

7-13 yrs

Instructor: John Waller

Winslow Center: Rooms 1&2

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 every day. Bring a guitar to the first class if you can.

\$137/\$117 (Dist. Res.)

**6091.101** 9/13-10/25 Tu 3:30-4:20 pm

**6091.102** 11/1-12/13 Tu 3:30-4:20 pm



Youth

## New You Dance Classes **NEW!**

Instructor: AJ Rogers

Senior Center: Dance Studio

### HIP-HOP INTERMEDIATE

10-17 yrs

Children with prior dance or hip hop experience will love this fun class! They will learn basic steps to advance movements of all hip hop styles including popping, locking, gliding, waving and break dance. Each class starts with a warm up to improve flexibility, core and overall strength. Each style of dance is then broken down and ends with a choreographed routine. Students will make some epic memories with fellow dancers.

\$223/\$203 (Dist. Res.)

**6061.103** 9/14-12/14 W 4:30-5:15 pm

### HIP-HOP/JAZZ INTRO

10-17 yrs

Get back in the dance groove! New and returning dancers will learn a variety of dance styles and build a foundation of flexibility and strength through warm ups. They will also learn the proper vocabulary for Jazz Technique. Students will work on turns and leaps on the center floor and across the floor plus learn Hip Hop moves to spice up the fun. Students will perform a high-energy choreographed routine sure to impress their family and friends.

\$223/\$203 (Dist. Res.)

**6061.102** 9/14-12/14 W 3:45-4:30 pm

### JAZZ FUNK/BALLET INTRO

4.5-9 yrs

Participants will work on flexibility, strength, and technique along with developing the true vocabulary of each movement. They will learn great choreography by Mr. AJ Rogers with popular top 40 music in an unbelievably fun environment! This class offers sheer joy to all participants.

\$223/\$203 (Dist. Res.)

**6061.101** 9/14-12/14 W 3:00-3:45 pm

## Elementary Drawing

7-12 yrs

Senior Center: Arts & Crafts Room

Experience the colorful magic of FALL in the Young Rembrandts classroom. Kick off the season with an interesting Iguana, a video game favorite Pixel Block Character and the geometrical world of architecture as we draw the Notre Dame Cathedral. Come join the FUN!

\$165/\$145 (Dist. Res.)

**6050.103** 9/14-10/26 F 4:00-5:00 pm  
**6050.104** 11/2-12/21 M 4:00-5:00 pm  
*No class 11/23.*

## Spanish 4 Children

Instructor: Miriam Lattanzi

Community Center: Republic Services Room

Children are eager to learn new languages! With Miriam, children will learn Spanish in a hand on interactive and stimulating environment. Participants will learn conversation, items around the house, city, school and more. They will learn through fun activity pages, games, music and more!

\$5 material fee due to instructor

### GRADES TK-K

4-5 yrs

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

**6632.103** 9/6-10/11 Tu 3:00-4:00 pm  
**6632.104** 10/18-11/29 Tu 3:00-4:00 pm

### GRADES 1-3

5-9 yrs

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

**6632.105** 9/6-10/11 Tu 4:15-5:15 pm  
**6632.106** 10/18-11/29 Tu 4:15-5:15 pm



## Japan Karate Do

5-12 yrs

Instructor: William Fuentes

Winslow Center: Assembly Room

Join our traditional karate program and discover the fun and challenges of Karate-Do! Our program instills politeness, discipline and self esteem in the students lives as they work towards earning their black belt. Our motto is "Achieving Excellence Through efforts." Sessions include fun and action packed activities to build strength, balance and coordination.

Recommendation: taking two classes a week. Kids should wear loose fitting clothing for first class. Karate uniform (dogi) will be available for \$40.

www.PleasantHillKarate.org

## Beginners

### MONDAYS

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

**6095.101** 9/12-9/26 M 5:00-5:45 pm  
**6095.102** 12/5-12/19 M 5:00-5:45 pm

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

**6095.104** 10/3-10/31 M 5:00-5:45 pm

\$65 /\$53 (Dist. Res.)

**6095.107** 11/7-11/28 M 5:00-5:45 pm

### TUESDAYS

\$65 /\$53 (Dist. Res.)

**6095.102** 9/6-9/27 Tu 4:45-5:30 pm  
**6095.105** 10/4-10/25 Tu 4:45-5:30 pm

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

**6095.108** 11/1-11/29 Tu 4:45-5:30 pm

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

**6095.111** 12/6-12/20 Tu 4:45-5:30 pm

### THURSDAYS

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

**6095.103** 9/1-9/29 Th 5:00-5:45 pm

\$65 /\$53 (Dist. Res.)

**6095.106** 10/6-10/27 Th 5:00-5:45 pm  
**6095.112** 12/1-12/22 Th 5:00-5:45 pm

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

**6095.109** 11/3-11/17 Th 5:00-5:45 pm

## Intermediate

### MONDAYS

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

**6095.121** 9/12-9/26 M 6:00-6:45 pm  
**6095.127** 12/5-12/19 M 6:00-6:45 pm

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

**6095.123** 10/3-10/31 M 6:00-6:45 pm

\$65 /\$53 (Dist. Res.)

**6095.125** 11/7-11/28 M 6:00-6:45 pm

### THURSDAYS

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

**6095.122** 9/12-9/26 Th 6:00-6:45 pm

\$65 /\$53 (Dist. Res.)

**6095.124** 10/6-10/27 Th 6:00-6:45 pm  
**6095.128** 12/1-12/22 Th 6:00-6:45 pm

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

**6095.126** 11/3-11/17 Th 6:00-6:45 pm

## Pre-School Sports

### Tot Baseball

3-5 yrs

Instructor: Play for a Stray  
 Valley View Middle School Gym

\* Location is subject to change in PH based on facility availability.

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

### TUESDAYS/FALL

**5095.100** 9/6 (FREE TRY) 6:00-6:45 pm  
**5095.101** 9/13-10/18 6:00-6:45 pm  
**5095.102** 10/25 (FREE TRY) 6:00-6:45 pm  
**5095.103** 11/1-12/13 6:00-6:45 pm

### TUESDAYS/WINTER

**5095.200** 1/24 (FREE TRY) 6:00-6:45 pm  
**5095.201** 1/31-3/7 6:00-6:45 pm

## Pre-School Sports

### Jr Hoops Basketball

Instructor: National Academy of Athletics  
**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.

**5080.100** 9/10-10-8 Sa 10:00-10:45 am  
**5080.103** 10/22-11/19 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.

**5080.101** 9/10-10-8 Sa 11:00-11:45 am  
**5080.104** 10/22-11/19 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.

**5080.102** 9/10-10-8 Sa 12:00-12:45 pm  
**5080.105** 10/22-11/19 Sa 12:00-12:45 pm

### Tot Basketball

3-5 yrs  
 Instructor: Play for a Stray  
**Valley View Middle School Gym**  
 \$215/195 (Dist. Res.)

#### THURSDAYS/FALL

**5095.104** 9/8 (FREE TRY) 5:45-6:30 pm  
**5095.105** 9/15-10/20 5:45-6:30 pm  
**5095.106** 10/27 (FREE TRY) 5:45-6:30 pm  
**5095.107** 11/3-12/15 5:45-6:30 pm

#### THURSDAYS/WINTER

**5095.202** 1/26 (FREE TRY) 6:15-7:00 pm  
**5095.203** 2/2-3/9 6:15-7:00 pm

\* Location is subject to change in Pleasant Hill based on facility availability.



Youth Sports

### Multi Sports

#### SPORTS MEDLEY (3-4 YRS)

Instructor: Skyhawks  
**PH Community Center/ Gazebo Area**  
 \$205/\$185 (Dist. Res.)

#### TUESDAYS/FALL

**5099.100** 9/6 (FREE TRY) 11:45am-12:25 pm  
**5099.101** 9/13-10/18 11:45am-12:25 pm  
**5099.102** 10/25 (FREE TRY) 11:45am-12:25 pm  
**5099.103** 11/1-12/13 11:45am-12:25 pm  
 No class 11/22.

#### TUESDAY/WINTER

**5099.200** 1/24 (FREE TRY) 11:45am-12:25 pm  
**5099.201** 1/31-3/7 11:45am-12:25 pm

### Sunday Play Day! Sports Medley

4-12 yrs  
 Instructor: Play for a Stray  
**College Park High School Football Field\*.**

Sunday, 11/6 | \$50

**5095.112** 4-6 yrs 9:00 am-12:00 pm  
**5095.113** 7-12 yrs 1:30pm-4:30 pm

\* Location is subject to change in Pleasant Hill based on facility availability

#### SPORTS MEDLEY (2-5 YRS)

Instructor: Skyhawks  
**Location: Rodgers Smith Park**  
 \$240/\$220 (Dist Res)

**Saturdays | Fall Session:**  
 9/10-10/22

**5099.104** Parent & Me Sports Medley, 2-3 yrs, 9:30-10:00 am  
**5099.105** Super Tots Sports Medley 3-5 yrs, 10:15-11:00 am  
**5099.106** Soccer Tots, 3-5 yrs, 11:30-12:15 pm  
 10/29-12/17 (No class 11/26)

**5099.107** Parent & Me Sports Medley, 2-3 yrs 9:30-10:00 am  
**5099.108** Super Tots Sports Medley, 3-5 yrs 10:15-11:00 am  
**5099.109** Soccer Tots, 3-5 yrs, 11:30-12:15 pm

**Saturdays | Winter Sessions:** 1/21-3/11

**5099.202** Parent & Me Sports Medley, 2-3 yrs, 9:30-10:00 am  
**5099.203** Super Tots Sports Medley 3-5 yrs, 10:15-11:00 am  
**5099.204** Soccer Tots, 3-5 yrs, 11:30-12:15 pm

### Soccer **NEW!**

3-4 yrs  
 Instructor: Skyhawks  
**PH Community Center/ Gazebo Area**  
 \$205/\$185 (PH Res)

#### THURSDAYS/FALL

**5099.110** 9/8 (FREE TRY) 11:45am-12:25pm  
**5099.111** 9/15-10/20 11:45am-12:25pm  
**5099.112** 10/27 (FREE TRY) 11:45am-12:25pm  
**5099.113** 11/3-12/15 11:45am-12:25pm  
 No class 11/24.

#### THURSDAYS/WINTER

**5099.205** 1/26 (FREE TRY) 11:45am-12:25pm  
**5099.206** 2/2-3/9 11:45am-12:25pm



# Youth Sports

## NFL Sponsored Youth Flag Football League

Grades K-8

Pleasant Oaks Park, 2 Santa Barbara Road

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

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

Season begins October 8 for 6 games.

Registration closes 9/9.

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

\*\$75 refund to parents who head coach.

### BOYS:

**5050.100** Grades K-2

**5050.101** Grades 3-5

**5050.102** Grades 6-8

### GIRLS:

**5050.103** Grades K-2

**5050.104** Grades 3-5

**5050.105** Grades 6-8

## Jr. NBA Basketball Winter League

Grades K-8

Pleasant Hill Middle School Gym,  
1 Santa Barbara Road

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

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

Season begins January 7 for 8 games.

Registration Closes December 2

\$180/ \$160 (Dist. Res.)

\*\$75 refund to parents who head coach.

### BOYS:

**5060.200** Grades K-2

**5060.201** Grades 3-5

**5060.202** Grades 6-8

### GIRLS:

**5060.203** Grades K-2

**5060.204** Grades 3-5

**5060.205** Grades 6-8

## PLAN AHEAD - SPRING 2023

JR. NBA Youth Basketball League

Play starts 3/25/23 for 8 games.

Register at: [pleasanthillrec.com/245/](http://pleasanthillrec.com/245/)

## Soccer

Instructor: Kidz Love Soccer  
PH Park: 147 Gregory Lane

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](http://www.kidzlovesoccer.com).

### Fall Session:

**Fridays, 9/9-10/21 | \$191/\$171** (Dist. Res.)

**5031.102** Tot/Pre-Soccer 5:40-6:15 pm  
3.5-4 yrs

### Fall Session:

**Saturdays, 10/1-11/12 | \$191/\$171** (Dist. Res.)

**5030.104** Mom/Dad & Me 9:05-9:35 am  
2-3.5 yrs

**5032.106** Pre-Soccer 10:30-11:05 am  
4-5 yrs

**5031.107** Tot-Soccer 11:10-11:40 am  
3.5-4 yrs

### Winter Session:

**Fridays, 1/20-3/03 | \$191-\$171** (Dist. Res.)

**5031.202** Tot/Pre-Soccer 5:00-5:35 pm  
3.5-4 yrs

### Winter Session:

**Saturdays, 1/21-3/4 | \$191/\$171** (Dist. Res.)

**5030.203** Mom/Dad & Me 9:05-9:35 am  
2-3.5 yrs

**5033.205** Pre-Soccer, 4-5 yrs 10:30-11:05 am

**5032.206** Tot-Soccer: 3.5-4 yrs 11:05-11:35 am

## Basketball

### WEEKEND BASKETBALL CLUB (7-10 YRS)

Instructor: National Academy of Athletics  
Rodgers Smith Park Basketball Courts

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

**5080.108** 9/10-10/8 1:00-2:00 pm

**5080.109** 10/22-11/19 1:00-2:00 pm

### HOOP IT UP BASKETBALL (6-12 YRS)

Instructor: National Academy of Athletics  
Rodgers Smith Park Basketball Courts

Thursdays | \$123/\$103 (Dist Res)

9/8-10/6

**5080.110** 6-9 yrs 4:15-5:00pm

**5080.111** 10-12 yrs 5:00-5:45pm

10/20-11/17

**5080.112** 6-9 yrs 4:15-5:00pm

**5080.113** 10-12 yrs 5:00-5:45pm

### PACK BASKETBALL CLINICS (6-11 YRS)

Instructor: Play for a Stray  
Valley View Middle School Gym

\*Location is subject to change in PH based on facility availability.

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

Thursdays/Fall

**5095.114** 9/8 (FREE TRY) 6:45-7:45 pm

**5095.115** 9/15-10/20 6:45-7:45 pm

**5095.116** 10/27 (FREE TRY) 6:45-7:45 pm

**5095.117** 11/3-12/15 6:45-7:45 pm

Thursdays/Winter

**5095.206** 1/26 (FREE TRY) 7:15-8:00 pm

**5095.207** 2/2-3/9 7:15-8:00 pm





## Soccer

### AFTER SCHOOL SOCCER WITH SKYHAWKS (1ST-5TH GRADE)

Pleasant Hill Park

\$240/\$220 (Dist Res)

**5099.117** 9/8 (FREE TRY) 3:30-4:30 pm

**5099.118** 9/15-10/20 3:30-4:30 pm

**5099.119** 10/27 (FREE TRY) 3:30-4:30 pm

**5099.120** 11/30-12/15 3:30-4:30 pm

### KIDZ LOVE SOCCER (5-10 YRS)

PH Park: 147 Gregory Lane

7 Weeks | \$191/\$171 (Dist. Res.)

#### FALL SESSION

Friday, 9/9-10-21

**5034.100** Soccer 2 Skillz & Scrimmages

7-10 yrs 4:00-4:45 pm

**5033.101** Soccer 1 Techniques

5-6 yrs 4:50-5:35 pm

#### FALL SESSION

Saturday, 10/1-11/12

**5033.105** Soccer 1 Techniques

5-6 yrs 9:40-10:25 am

**5034.108** Soccer 2 Skillz & Scrimmages

7-10 yrs 11:45 am-12:30 pm

#### WINTER SESSION

Friday, 1/20-3/03

**5034.200** Soccer 2 Skillz & Scrimmages

7-10 yrs 3:30-4:15 pm

**5033.201** Soccer 1 Techniques

5-6 yrs 4:15-5:00 pm

#### WINTER SESSION

Saturday, 1/21-3/4

**5033.204** Soccer 1 Techniques

5-6 yrs 9:45-10:30 am

**5034.207** Soccer 2 Skillz & Scrimmages

7-10 yrs 11:35 am-12:20 pm

## Tennis/ Youth

6-12 yrs

College Park High School Tennis Courts

Beginner/AdvancedBeginner.

4 weeks | \$88/\$70 (Dist. Res.)

3 weeks | \$66/\$53 (Dist. Res.)

Coach RAFA:

**5555.100** 9/7-9/28 W 6:30 - 7:30 pm

**5555.101** 10/5-10/26 W 6:30 - 7:30 pm

**5555.102** 11/2-11/30 W 6:30 - 7:30 pm

No class 11/23.

Coach SANDRA:

**5584.100** 9/7-9/28 W 6:30-7:30 pm

**5584.101** 10/5-10/26 W 6:30-7:30 pm

**5584.102** 11/2-11/30 W 6:30-7:30 pm

No class 11/23.

Coach RAFA:

**5565.100** 9/2-9/23 F 6:00 - 7:00 pm

**5565.101** 10/7-10/28 F 6:00 - 7:00 pm

**5565.102** 11/4-11/18 F 6:00 - 7:00 pm

\* 3 weeks



### FALL & WINTER BREAK CAMPS

See page 13.

## Volleyball Clinics

6-11 yrs

Instructor: Play for a Stray

Valley View Middle School Gym

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

### TUESDAYS/FALL

**5095.118** 9/6 (FREE TRY) 7:15-8:15 pm

**5095.119** 9/13-10/18 7:15-8:15 pm

**5095.120** 10/25 (FREE TRY) 7:15-8:15 pm

**5095.121** 11/1-12/13 7:15-8:15 pm

\* Location is subject to change in PH based on facility availability.

### TUESDAYS/WINTER

**5095.208** 1/24 (FREE TRY) 7:15-8:15 pm

**5095.209** 1/31-3/7 7:15-8:15 pm

## Middle School Sports Classes

### VOLLEYBALL

6-8 Grade

PH Park (soccer field)

Instructor: Skyhawks

\$295/\$275 (PH Dist Res)

### TUESDAYS/FALL

**5099.114** 9/6 (FREE TRY) 3:30-5:00 pm

**5099.115** 9/13-10/18 3:30-5:00 pm

Volleyball Clinic

**5099.116** 10/25-12/13 3:30-5:00 pm

Volleyball Tournament

No class 11/22.

### FLAG FOOTBALL

6-8 Grade

PH Park (soccer field)

Instructor: Skyhawks

\$295/\$275 (PH Dist Res)

### TUESDAYS/WINTER

**5099.205** 1/24 (FREE TRY) 3:30-5:00 pm

**5099.206** 1/31-3/7 3:30-5:00 pm



# Sports at a Glance

	September	October	November	December	January	
<b>PRESCHOOL</b>	Baseball (3-5 yrs) [pg 8]	████████████████████		████████████████████		
	Basketball (2-6 yrs) [pg 9]	████████████████████		████████████████████		
	Soccer (2-6 yrs) [pg 9]	████████████████████	████████████████████		████████	
	Multi-Sports (2-6 yrs) [pg 9]	████████████████████		████████████████████		
<b>YOUTH</b>	Basketball (6-12 yrs) [pg 10]	████████████████████		████████████████████	████████	
	Soccer (6-10 yrs) [pg 10-11]	████████████████████	████████████████████			
	Multi-Sports (7-10 yrs) [pg 11]	████████████████████		████████████████████		
	Tennis (6-12 yrs) [pg 11]	████	████	████		
<b>TEENS</b>	Volleyball Clinics (6-11 yrs) [pg 11]	████████████████████		████████████████████		
	Flag Football (Grade 6-8) [pg 10]				████████	
	Tennis (13+ yrs) [pg 19]	████	████	████		
	Volleyball Clinic (Grade 6-8) [pg 11]	████████████████████				
<b>CAMPS</b>	Volleyball Tournament (Gr 6-8) [pg 11]	████████████████████				
	Basektball Camp (6-12 yrs) [pg 13]			████████		
	Flag Football Camp (4-15 yrs) [pg 13]			████████		
	Tennis Camp (6-15 yrs) [pg 13]			████████		



## Pack Flag Football – KIDS Night Out!

Instructor: Play for a Stray  
College Park High School Football Field\*

Kids get a fun evening of Flag Football with their friends. Parents get a kid-free evening. We raise money to rescue a dog in need. Win. Win. Win! 3-hrs of Flag Football skill instruction, games, and scrimmages. Best of all, all proceeds go towards our Dog Rescue mission!

**October 1, 6:00-9:00 pm**

Pack Flag Football \$50 (Dist. Res.)

**5095.122** 6-8 yrs      **5095.123** 9-11 yrs      **5095.124** 12-15 yrs

\*location is subject to change in PH based on facility availability.

# Fall & Winter Break Camps

## Thanksgiving Break Camps



### Flag Football Camp

Instructor: Play for a Stray  
College Park High School Football Field

#### 4-6 YRS

Half Day | \$165/\$145 (Dist. Res.)

**5095.122** 11/21-11/23 9:00 am-5:30 pm

#### 7-11 YRS

Full Day | \$265/\$245 (Dist. Res.)

**5095.123** 11/21-11/23 9:00 am-3:00 pm

#### 12-15 YRS

Full Day | \$265/\$245 (Dist. Res.)

**5095.124** 11/21-11/23 9:00 am-3:00 pm

*\*Location is subject to change in PH based on facility availability.*

### Tennis Camps

Instructor: Coach Rafa  
College Park High School Tennis Courts

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

\$148/\$138 (Dist. Res.)

#### 6-10 YRS

**5589.100** 11/21-23 M-W 9:00 am-12:00 pm

#### 11-15 YRS

**5589.101** 11/21-23 M-W 9:00 am-12:00 pm

### Basketball Camp

6-12 yrs

Instructor: National Academy of Athletics  
Rodgers-Smith Park: 738 Grayson Rd.

This coed camp is packed with fun for beginners or more advanced players. Kids will learn individual and team concepts, offense, and defense skills, passing and receiving.

\$159/\$139 (Dist. Res.)

**5080.118** 11/21-11/23 9:00 am-12:00 pm

### XTREME Break Camps

Grades 6 & up (siblings Grade 3 & up)

Instructor: Teen Center Staff  
Teen Center: 147 Gregory Lane

Experience an action-packed week! Daily on-site activities and local field trips. Register by the day. Registration must meet min. participation of 8 by 12/15.

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

## Winter Break Camps

### Preschool Winter Break Camp

3.5-5.5 yrs (potty-trained)

Instructor: Preschool Staff  
Community Center: Preschool Room 3

Get your kiddos out of the house over winter break and engaged in some winter fun! Snow-people, snowball fights and who knows it may even snow! Campers bring a NUT-FREE snack, spill proof water and change of clothes daily.

1 week | \$130/\$110 (Dist. Res.)

**6658.100** 1/3-1/5 Tu-Th 8:30-11:30 am

### Spanish Winter Camp

3-7 yrs

Instructor: Miriam Lattanzi  
Community Center: Republic Services Room

Spanish 4 Children's Winter Break Camp is full of fun and educational activities. Campers will explore the gingerbread man story and bring the book to life through scavenger hunts, arts, music, games and more. Friday, we will have hot coco day and find "El hombre de pan de jengibre - The Gingerbread Man." Children will create their own book. Pack a lunch & water.

\$315/\$295 (Dist. Res.)

**6632.110** 12/27-12/30 Tu-F 9:00 am-1:00 pm  
\$15 material fee due first day of camp.



## Winter Break Camps

### Snapology Creature Robotics!

6-11 yrs

Instructor: Snapology Staff  
Winslow Center: Rooms 1&2

Inspired by LEGO building but taking it to another level; All creatures will move and make sounds. Pulleys, gears, sensors, sounds and color-changing using drag and drop programming will be covered as builds come alive! Kids will be encouraged to team up, modify, explore and catch their builds as they can! Bring snack and water

\$15 lab fee payable to instructor at first day of camp.

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

**5101.101** 12/26-12/30 M-F 9:00 am-12:00 pm

### Adventure Kids Winter Break Camp

Grades K-5

Instructor: Kidstop Staff  
Gregory Gardens: Kidstop Childcare Building

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

\$60/Day | 7:30 am-5:30

<b>6060.100</b>	12/27	Tu	<b>6060.104</b>	1/3	Tu
<b>6060.101</b>	12/28	W	<b>6060.105</b>	1/4	W
<b>6060.102</b>	12/29	Th	<b>6060.106</b>	1/5	Th
<b>6060.103</b>	12/30	F	<b>6060.107</b>	1/6	F



### Xtreme Winter Break Camp

Grades 6 & up (siblings Grade 3 & up)

Instructor: Teen Center Staff  
Teen Center

Experience an action-packed week! Daily on-site activities and local field trips. Register by the day. Camps must meet a minimum participation of 8 by 12/15.

1 Day | 7:30 am - 6:00 pm | \$62/\$50 (Dist. Res.)

<b>5189.101</b>	12/22	Th	Movies
<b>5189.102</b>	12/27	T	Scavenger Hunt
<b>5189.103</b>	12/28	W	Ice Skating
<b>5189.104</b>	12/29	TH	iheart Art
<b>5189.105</b>	12/30	M	Bowling
<b>5189.106</b>	1/3	T	Dave & Busters
<b>5189.107</b>	1/4	W	Qzar
<b>5189.108</b>	1/5	Th	Round One
<b>5189.109</b>	1/6	F	Movies





# 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 2022–2023 school year! Registration now open! Our After-school 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](http://pleasanthillrec.com/246).

Fees: \$12/day | \$16/day with transportation



Follow us on Insta!

@pleasanthillrec  
 @phteentcenter

## 2022-2023 Teen Council

Grades 6-12

Teen Council is an outstanding opportunity for teens to develop, plan and implement events, classes, dances, sports, and trips for their peers. Meetings are held on the 1st and 3rd Mondays, August-June (excluding holidays) from 7:00 to 8:00 p.m at the Pleasant Hill Teen Center. Download an application from website at [pleasanthillrec.com/246](http://pleasanthillrec.com/246).

Complete the application and return to PH Teen Center or email [teentcenter@pleasanthillrec.com](mailto:teentcenter@pleasanthillrec.com)

## Babysitting 101 for Beginners

10–16 yrs

Instructor: Morgan Dziad  
**Senior Center: Classroom 3**

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

\$104/\$84 (Dist. Res.)

**5105.101** 10/1 Sa 2:00-6:00 pm

## 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](http://safetydriversed.com).

### LIVE INSTRUCTOR: ONLINE COURSE

Instructor: Bay Area Driver's Ed Staff

**Off-Site: Virtual**

This is a virtual Driver's Education course 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.

### LIVE INSTRUCTOR COURSE

9:00 am–12:00 pm

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

**5100.802** 11/21-11/25 M, Tu, W, F

**5100.803** 12/26-12/30 M-F

No class 11/24.





# Adult

## Special Interest Classes

### Adult Guitar

Instructor: John Waller  
Winslow Centr: Rooms 1 & 2

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

\$5 lab fee payable to instructor at first class.

\$131/\$105 (Dist. Res.)

**4575.101** 9/13-10/25 Tu 5:30 am-6:20 pm  
**4575.102** 11/1-12/13 Tu 5:30 am-6:20 pm

### Drumming Intensive

Instructor: John Waller  
Winslow Centr: Rooms 1 & 2

Learn the very basics of rhythm on hand drums, bells and shakers. We start out slowly and get our hands to memorize the motions. Punchcards can be purchased from instructor.

8-class anytime punchcard: \$80

9/13-12/13 Tu 7:00-8:00 pm

### Exploring Watercolor

Instructor: Casey White  
Senior Center: Arts & Crafts Room

Perfect for the continuing artist who wants a fresh start or needs a gentle push along their way. Students will work together in a series of little paintings using the magic of watercolor to create our own "artists voice." Note: supply kits are no longer available for purchase through the instructor. Visit [pleasanthillrec.com/336](http://pleasanthillrec.com/336).

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

**2231.101** 9/6-10/18 Tu 9:30 am-12:00 pm  
**2231.102** 9/9-10/21 F 9:30 am-12:00 pm  
No class 9/27, 9/30, 10/4, 10/7.

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

**2231.103** 11/1-12/13 Tu 9:30 am-12:00 pm  
**2231.104** 10/28-12/16 F 9:30 am-12:00 pm  
No class 11/11, 11/22, 11/25.



## Quilting

### QUILTING HOLIDAY WORKSHOP 2022

Instructor: Carol Madsen  
Senior Center: Chateau Room

\$50/\$40 (Dist. Res.)

**2246.101** 11/21-12/12 M 9:00 am-1:00 pm

### BEGINNING QUILTING

Instructor: Carol Madsen  
Senior Center: Chateau Room

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. Bring sewing machine, thread, fabric, scissors, rulers, rotary cutter.

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

**2243.101** 9/12-11/14 M 12:30-3:00 pm

### QUILTING BEYOND THE BASICS

Instructor: Carol Madsen  
Senior Center: Chateau Room

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

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

**2244.101** 9/12-11/14 M 9:00 am-12:00 pm

### QUILTING BASICS +

Instructor: Carol Madsen  
Senior Center: Chateau Room

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.

\$90/\$75 (Dist. Res.)

**2245.101** 9/13-12/13 Tu 6:30-9:00 pm  
No class 11/22.

## Retirement Planning

Instructor: Bill Lahl  
Community Center: McHale Room

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.

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

<b>4608.101</b>	9/27-10/4	Tu	6:30–9:30 pm
<b>4608.102</b>	10/1-10/8	Sa	9:00 am–12:00 pm
<b>4608.104</b>	10/15-10/22	Sa	9:00 am–12:00 pm

Senior Center: Dining Room

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

<b>4608.103</b>	10/15-10/22	Tu	6:30–9:30 pm
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## Wills, Trusts & Estate Planning

Instructor: Randall Thompson  
Senior Center: Classrooms

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

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

<b>4610.101</b>	9/14	W	7:00–8:30 pm
<b>4610.102</b>	12/6	Tu	7:00–8:30 pm



## Dance Classes

### Belly Dance I & II

Instructor: Sharifa  
Senior Center: Dance Studio

Belly dancing is fun and 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.

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

<b>4133.101</b>	9/6-10/4	Tu	7:00–8:30 pm*
<b>4133.102</b>	10/11-11/8	Tu	7:00–8:30 pm*

\*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.

### HALLOWEEN BELLY DANCE HAFLA

Senior Center: Chateau Room

Join the students of Sharifa's belly dance classes to celebrate Halloween. Bazaar with entertainment by students and special guests.

**Sunday, October 30, 5:30–8:30 pm**

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

### Bollywood & Belly Dance Fusion

16 yrs & up

Instructor: Lois Davis  
Senior Center: Dance Studio

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

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

<b>4660.101</b>	9/28-10/26	W	6:00–6:50 pm
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## Line Dance

Instructor: Millie Dusha  
Senior Center: Dance Studio

A combination of country western, polka, waltzes and line dances for all. Partners are not required. Note: Please refrain from wearing heavy perfumes and scents due to instructor allergies.

SATURDAYS, 9/10-12-17

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

<b>Basics</b> (true beginner)	8:15–9:00 am
<b>Basics</b> (basic knowledge)	9:00–10:00 am
<b>Improver</b> (more advanced)	10:00–11:00 am

No class 11/12, 11/26.

## Fitness Classes

### Fencing: The Ultimate Sport

Instructor: James Parker  
Winslow Center: Assembly Room

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. Teen 16-17, welcome with parent. Drop-in class is for experienced fencers.

\$10/class

<b>4630.101</b>	9/12-12/19	M	7:00-10:00 pm
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### Fit for Life: Senior Aerobics

Instructor: Tari Nicholson  
Senior Center: Dance Studio

This class includes 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. Note: if you purchase your punch card online please bring your receipt to the Senior Center front desk during office hours to receive your punch card.

8-class Punchcard: \$50

\$43/\$35 (Dist. Res.)

<b>2215.101</b>	9/1-9/29	Tu, Th	10:00–11:00 am
<b>2215.102</b>	10/6-10/27	Tu, Th	10:00–11:00 am
<b>2215.103</b>	11/1-11/29	Tu, Th	10:00–11:00 am
<b>2215.104</b>	12/1-12/22	Tu, Th	10:00–11:00 am

No class 9/27, 10/4, 11/24



## Tai Chi/Martial Arts

Instructor: Bryce Ikeda  
**Senior Center: Dance Studio**  
 \$80/\$65 (Dist. Res.)

### BEGINNING TAI-CHI CHUAN

This class is an introduction to Tai Chi Chuan Yang style long form. Through gentle movements and meditative breathing, students will improve balance, relieve stress, and quiet the mind. Great for the beginning student, but open to all levels who are seeking more practice. Open to all levels.

**2210.101** 9/7-10/19 W 1:00-2:00 pm  
**2210.102** 11/12-12/14 W 1:00-2:00 pm  
 No class 9/21, 11/23.

### TAI CHI CHUAN III

This advanced class will practice the entire Tai Chi Chuan Yang style long form. The class will continue to refine breathing and movements in all sets and will introduce or review various sections of the second and third sets. This class also introduces doing the form on the left side. Prerequisite: Tai Chi Chuan II or instructor permission.

**2218.103** 9/7-10/19 W 9:30-10:30 am  
**2218.104** 11/2-12/14 W 9:30-10:30 am  
 No class 9/21, 11/23.

### TAI-CHI CHUAN II

This class is for those that want to go beyond the first set of Tai Chi Chuan Yang long form. The class refines the breathing and movements of the first set and introduces the postures of the second set. Each session will cover either the opening postures of the second set or the kicking series.

**2218.101** 9/7-10/19 W 10:30-11:30 am  
**2218.102** 11/2-12/14 W 10:30-11:30 am  
 No class 9/21, 11/23.

## Gentle Virtual Pilates

Instructor: Alison Raphael-Klippel  
**Off-Site:Virtual**

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. You will need light weights, a pillowcase and water.

\$44 /\$44 (Dist. Res.)  
 9/5-9/26 M 11:30 am-12:10 pm

\$66 /\$66 (Dist. Res.)  
 10/24-11/28 M 11:30 am-12:10 pm

\$33 /\$33 (Dist. Res.)  
 12/12-12/26 M 11:30 am-12:10 pm

## Nia: Music, Movement & Magic

Instructor: Kathleen Bate  
**Senior Center: Dance Studio**

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

\$80/\$65 (Dist. Res.)  
**4692.101** 10/4-11/8 Tu 5:45-6:45 pm  
**4692.102** 11/15-12/20 Tu 5:45-6:45 pm

## Total Fitness

Instructor: Christie Tomlinson  
**Community Center: Dance Studio 1 and 2**

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

\$132/\$117 (Dist. Res.)  
**4636.101** 9/12-10/31 M 5:45-7:00 pm  
**4636.102** 11/7-12/19 M 5:45-7:00 pm

## Weight & Strength

Instructor: Debbie Murdock  
**Senior Center: Mondays: Dance Studio, Thursdays: Chateau Room**

Jump-start your day with a combination of low-impact weight work. Improve your flexibility, strength, balance and well-being. Appropriate for all fitness levels. Students should bring hand weights and a mat. Purchase punch card from Instructor. Online purchases please bring a printed receipt into class to receive your punch card.

7-class anytime punchcard: \$70  
 M/Th 9:00-10:00 am  
 No class 9/5, 9/12, 9/15, 11/24, 12/26.

## Sugi Yoga

Instructor: Nancy Guzzaldo  
**Winslow Center: Assembly Room**

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.

5-class anytime punchcard: \$75  
**4637.10** 9/6-12/6 Tu 10:00-11:15 am

## Yoga & Movement for **NEW!** Every Body

Instructor: Greg Riley  
**Senior Center: Chateau Room**

This new, highly accessible Yoga class is designed for every body! The instructor specializes in modifying yoga positions for each ability level, from mild and medium to "spicy" variations and is highly encouraging and non-judgemental. Instructor ensures a fun, effective yoga experience for all!

9/6-12/20 Tuesdays 6:00-7:00pm  
 \$150: 10-class anytime punchcard  
 \$17/drop in

## Adult Sports (ages 18+)

### Adult Sports Leagues

- Basketball (5 on 5 and 3 on 3)
- Bocce
- Flag Football
- Soccer (5 on 5)
- Softball

For league details, visit  
[www.pleasanthillrec.com/288](http://www.pleasanthillrec.com/288)

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



## Drop-In Adult Sports (ages 18+)

### Basketball

Pleasant Hill Middle School Gym, 1 Santa Barbara Road  
 \$7 per person (CASH ONLY)  
 Fridays 5:30–7:30 pm

### Cornhole Bag Toss:

**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  
 Instructor: Coach Rafa  
 College Park High School Tennis Courts  
 Wear tennis shoes, bring racquet and water.

### TEEN/ADULT: BEGINNER/ADVANCED BEGINNER

4 weeks | \$88/\$70 (Dist. Res.)

3 weeks | \$66/\$53 (Dist. Res.)

**5566.100** 9/2-9/23 F 7:00–8:00 pm

**5566.101** 10/7-10/28 F 7:00–8:00 pm

**5566.102** 11/4-11/18 F 7:00–8:00 pm (3 classes)



## 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](http://www.ed2go.com/pleasanthillrec)**



# Aquatics

## Special Events

**Pumpkin Splash Is Back!**  
**Saturday, October 9**  
**1:00–2:30 pm**  
 PH Aquatic Park: 147 Gregory Lane  
 All ages

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

\$18/\$15 (Dist. Res.) for pumpkin wristband (spectators and parent helpers free).



## Fall Swim Team Clinic

Coach: Talli Pitcher  
 PH Aquatic Park: 147 Gregory Lane

For new and returning recreational swimmers interested in continuing to build their swim skills and confidence. Swimmers must be able to swim 25 yards freestyle (face in the water with rhythmic breathing) and 25 yards backstroke.  
 No class 10/28, 11/11

### AUGUST SESSION | 8/8-8/31

- 8 & Under | **8211.101** M/W 4:15-5:00 pm | \$81/\$65 (Dist. Res.)
- 8-12 yrs | **8212.101** M/W 5:00-6:00 pm | \$115/\$95 (Dist. Res.)
- 12 yrs & up | **8213.101** M/W 6:00-7:00 pm | \$115/\$95 (Dist. Res.)

### FALL SESSION | 9/12-11/18

- 8 yrs & under | M/W/F 4:15-5:00 pm
- 8211.102** 3 day | \$225/\$205 (Dist. Res.)
- 8211.103** 2 day | \$175/\$155 (Dist. Res.)
- 8-12 yrs | M/W/F 5:00-5:45 pm
- 8212.102** 3 day | \$225/\$205 (Dist. Res.)
- 8212.103** 2 day | \$175/\$155 (Dist. Res.)

- 12 yrs & up | M-Th 5:45-6:45 pm\*
  - 8213.102** 4 day | \$335/\$315 (Dist. Res.)
  - 8213.103** 2 day | \$235/\$215 (Dist. Res.)
- \*Starting 10/31, Tu/Th time changes to 5:00-6:00 pm.

### WINTER SESSION | 11/28-12/21

- 12 & Under
- 8212.104** M/W 4:15-5:00 pm | \$87/\$70 (Dist. Res.)
- 10 & Older
- 8213.104** M/W 5:00-6:00 pm | \$115/\$95 (Dist. Res.)

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

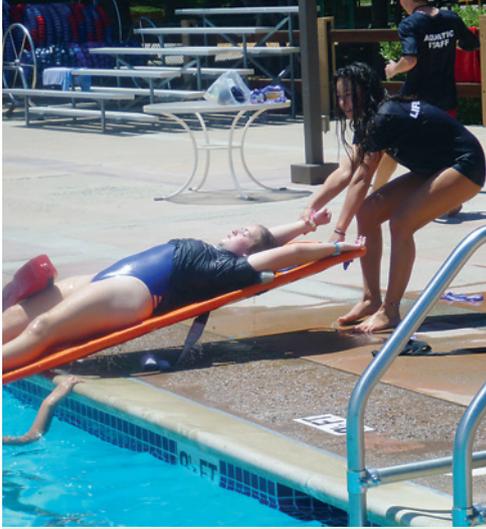
## Pre Swim Team Clinic

Instructor: Talli Pitcher  
 PH Aquatic Park: 147 Gregory Lane

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

- 4-5 yrs | Tu/Th 4:15-4:45 pm
- 8208.101** 8/9-9/1 | \$105/\$85 (Dist. Res.)
- 8208.102** 9/13-10/20 | \$145/\$125 (Dist. Res.)
- 6-8 yrs | Tu/Th 4:45-5:30 pm
- 8209.101** 8/9-9/1 | \$130/\$110 (Dist. Res.)
- 8209.102** 9/13-10/20 | \$185/\$165 (Dist. Res.)
- 9-13 yrs | Tu/Th 5:45-6:30 pm
- 8210.101** 8/9-9/1 | \$130/\$110 (Dist. Res.)





## Lifeguard Training

15 yrs & up

Instructor: Aquatic Staff

PH Aquatic Park: 147 Gregory Lane

Learn how to save a life and become an American Red Cross Lifeguard! After successful completion, the American Red Cross will issue certificates in Lifeguarding/ 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 before the first class meeting. See [pleasanthillrec.com](http://pleasanthillrec.com) for prerequisites which must be successfully completed at the first class meeting.

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

**8715.101** 10/1-10/29 Sa 9:00 am-5:30 pm

**8715.102** 12/27-1/4 Tu/W/Th 9:00 am-5:30 pm

## Lifeguard Training Review

16 yrs & up

Instructor: Aquatics Staff

PH Aquatic Park: 147 Gregory Lane

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.

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

**8717.101** 11/21-11/22 M/Tu 9:00 am-5:00 pm

## Water Exercise

### Lap Swim

16 yrs & up

PH Aquatic Park: 147 Gregory Lane

Stay fit, work on your stroke technique, improve your endurance; rejuvenate and energize your mind/body while you swim your way to a healthier life!

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

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

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

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

**Fall Lap Swim Hours start Sept 12.**

Visit [www.pleasanthillrec.com](http://www.pleasanthillrec.com) or call the District Office at (925) 682-0896 to confirm hours.

Holidays: 11/11. Modified schedule during Thanksgiving (11/21-11/25) and Winter Break (12/22-1/6).

### Water Aerobics

Instructor: MaryBeth McCarthy

PH Aquatic Park: 147 Gregory Lane

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 exercise. Emphasis is on cardiovascular workout, toning muscles, and slimming the body. Swimming skills are not required.

6-Swim Water Aerobics Punch Card: \$90/\$72 (Dist. Res.)

Senior 55+: \$82/\$66 (Dist. Res.)

Water Aerobics punch card is only valid for MaryBeth's classes.

Fees are based on the number of classes per session.

2 classes | \$25/\$20 (Dist. Res.) | Senior 55+ \$22/\$18 (Dist. Res.)

3 classes | \$37/\$30 (Dist. Res.) | Senior 55+ \$33/\$27 (Dist. Res.)

4 classes | \$50/\$40 (Dist. Res.) | Senior 55+ \$45/\$36 (Dist. Res.)

5 classes | \$62/\$50 (Dist. Res.) | Senior 55+ \$56/\$45 (Dist. Res.)

Single Day:

\$15/\$12 (Dist. Res.)

\$13/\$11 Senior 55+ (Dist. Res.)

### MONDAYS (8:00-9:00 AM)

**8102.101** 9/12-9/26 3 classes

**8102.102** 10/3-10/31 5 classes

**8102.103** 11/7-11/28 4 classes

**8102.104** 12/5-12/19 3 classes

### WEDNESDAYS (8:00-9:00 AM)

**8103.101** 9/7-9/28 4 classes

**8103.102** 10/5-10/26 4 classes

**8103.103** 11/2-11/30 5 classes

**8103.104** 12/7-12/28 4 classes

### FRIDAYS (8:00-9:00 AM)

**8104.101** 9/9-9/30 4 classes

**8104.102** 10/7-10/28 4 classes

**8104.103** 11/4-11/18 2 classes

**8104.104** 12/2-12/16 3 classes

No class 11/11, 11/25, 12/23, 12/30.

### TUESDAYS (PM)

**8105.101** 9/6-9/27 4 classes 7:00-8:00 pm

**8105.102** 10/4-10/25 4 classes 7:00-8:00 pm

**8105.103** 11/1-11/29 4 classes 7:00-8:00 pm

**8105.104** 12/6-12/20 3 classes 6:30-7:30 pm

No class 11/22. 11/29 meets at 6:30 pm.



# Swim Lessons

## Fall 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.



## Fall 2022 Swim Lessons—PH Aquatic Park

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

### Weekday Private Lessons

\*3 weeks (3) 25-min classes | \$112/\$92 (Dist. Res.)

4 weeks (4) 25-min classes | \$140/\$120 (Dist. Res.)

	MONDAY		TUESDAY		THURSDAY	
	9/12-9/26*	10/3-10/24	9/6-9/27	10/4-10/25	9/8-9/29	10/6-10/27
5:30 pm	8614.101	8614.104	8614.102	8614.105	8614.103	8614.106
6:00 pm	8615.101	8615.104	8615.102	8615.105	8615.103	8615.106
6:30 pm	8616.101	8616.104	8616.102	8616.105	8616.103	8616.106
7:00 pm	8617.101	8617.104	8617.102	8617.105	8617.103	8617.106

### Saturday & Sunday Group Lessons

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

\$54/\$43 (Dist. Res.) | Parent/Tot: \$40/\$32 (Dist. Res.) | Tiny Swimmers: \$85/\$68 (Dist. Res.)

4 weeks, (4) 25-minute classes:

\$69/\$55 (Dist. Res.) | Parent/Tot: \$54/\$43 (Dist. Res.) | Tiny Swimmers: \$109/\$89 (Dist. Res.)

		SATURDAY			SUNDAY		
Time	Age	9/10-10/1	10/8-10/29	11/5-11/19*	9/10-10/2	10/9-10/30	11/6-11/20*
9:30 am	Adult/Teen	8599.101	8599.103	8599.105	8599.102	8599.104	8599.106
10:00 am	Youth	8579.101	8579.103	8579.105	8579.102	8579.104	8579.106
10:30 am	Preschool	8549.101	8549.103	8549.105	8549.102	8549.104	8549.106
11:00 am	Tiny Tot	8539.101	8539.103	8539.105	8539.102	8539.104	8539.106
11:30 am	Tiny Swimmers	8529.101	8529.103	8529.105	8529.102	8529.104	8529.106
12:00 pm	Parent/Tot	8510.101	8510.103	8510.105	8510.102	8510.104	8510.106

### Saturday & Sunday Private Lessons

\*3 weeks (3) 25-min classes | \$112/\$92 (Dist. Res.)

4 weeks (4) 25-min classes | \$140/\$120 (Dist. Res.)

		SATURDAY			SUNDAY		
Time		9/10-10/1	10/8-10/29	11/5-11/19*	9/10-10/2	10/9-10/30	11/6-11/20*
9:30 am		8619.101	8619.103	8619.105	8619.102	8619.104	8619.106
10:00 am		8620.101	8620.103	8620.105	8620.102	8620.104	8620.106
10:30 am		8621.101	8621.103	8621.105	8621.102	8621.104	8621.106
11:00 am		8622.101	8622.103	8622.105	8622.102	8622.104	8622.106
11:30 am		8623.101	8623.103	8623.105	8623.102	8623.104	8623.106
12:00 pm		8624.101	8624.103	8624.105	8624.102	8624.104	8624.106



Travel

# Travel

## 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? Want to know more about our extended trips? Call Lisa Mittone at 925-937-2223.

### TRAVEL OFFICE INFORMATION:

Senior Center: 233 Gregory Lane

The travel office volunteers are back! Our new hours are 10:30am-2:30pm. Call 925-798-8788 to sign up for any day trip or for any questions you might have, we are here to help!

#### Travel Office

Phone: (925) 937-8747

Hours: Monday–Friday, 9:00 am–4:00 pm

### TRAVEL SOCIAL MEETING

We've brought back a more casual style of the trip meeting where we announce the newest extended and day trips as soon as they are available for sale. We have wonderful representatives who can answer your travel questions and help you navigate the future of travel. Looking forward to seeing you there!

When will the socials be held? 1pm in the Chateau Room at the Center on the following dates:

Tues., Sept. 13, Tues., Oct. 11, Tues., Nov. 15, Tues., Dec. 13, and more to be announced.

## St Louis, Branson, Memphis & Nashville

SEPTEMBER 18-25, 2022

Your tour begins in St. Louis, Missouri famous for its monument “The Gateway to the West”, you will have time to enjoy the evening on your own with all the shops and restaurants at St. Louis Union Station. Travel on your way to Branson, known as the “Live Music Capitol of the World”, where you will enjoy a welcome dinner and a live performance from The Dutton’s. More shows abound on your second day in Branson, as you board the showboat Branson Belle for a lunch before 2 shows that day. You’ll also spend time in Historic Downtown Branson, which features brick walls, Victorian lamp posts and old-timey building facades. Getting out of Branson, you’ll spend time in the William J. Clinton Presidential Library and Museum in Little Rock, Arkansas, before driving on through to Memphis, Tennessee, “Home of the Blues and Birthplace of Rock & Roll”. No stop in Memphis is complete without a stop at Graceland, the home of Elvis Presley, which includes the self-guided tour with audio; From his cars, to his lifestyle, blue suede shoes and career, there is plenty of memorabilia to see. You’ll head to Nashville next, where you will visit the Country Music Hall of Fame as well as enjoy a stay in Gaylord Opry Resort before enjoying the Grand Ole Opry and finally the Johnny Cash museum. This music-packed vacation will leave you tapping your toe to a new tune as you head home.

Cost: \$3,299 pp/double | \$3,999 pp/single

## Countdown to Mardi Gras! New Orleans and Cajun Country

FEBRUARY 14-19, 2023

Fly into New Orleans, the birthplace of Jazz! This melting pot of Caribbean, European, African and Hispanic cultures blends together in food, architecture and music, creating a wonderful symphony for your senses. Enjoy a city tour with a local guide who will reveal city secrets like where Nicholas Cage resided in a haunted home for some years and the bountiful Bourbon Street which will provide excitement for both day and night. Ride an airboat through the swamplands and get a true look at the flora and fauna within, which range from scary to dangerous swamp animals like gators! There is a pre-Mardi Gras parade for you to enjoy from your reserved grandstand seats, which will feature the colorful and creative floats. Move on down the road to Lafayette for a 2-night stay where you will get the full Cajun treatment. Learn the history of the Creole people at Vermilionville museum and learn about accordions at the Martin Accordions Company. Finally, a tour of Avery Island, the original home of Tabasco sauce, will leave your mouth watering. Please note: The Friendly Excursions Tour Group requires that you be fully vaccinated against Covid-19 to participate in this trip.

Cost: \$2,699 pp/double | \$3,299 pp/single

## Temples & Treasures of Sicily and Malta

**OCTOBER 2, 2023**

Benvenuto! Begin with a discovery of Palermo, home to Byzantine mosaics, Arabesque domes, and frescoed cupolas. During the guided tour, visit the Norman Palace; the Torre Pisana (Pisan Tower) which has been home to the Astronomical Observatory since 1791 and one of the last surviving castle towers of the area. You will visit the Cathedral of Monreale, then you will also travel to Taormina with sightseeing enroute. A guided visit of the Valley of the Temples, one of the country's most historical attractions, showcases an outstanding example of Magna Graecia art and architecture. Journey by coach to Syracuse for a guided walking tour in the old town of Ortygia. Explore the Archaeological Park of Neapolis and see the majestic ruins of the Greek Temple of Apollo. Visit the Latomia del Paradiso and marvel at the Ear of Dionysus. Depart the hotel by coach for Mount Etna – the highest active volcano in Europe. Ascend by coach to the base station Rifugio Sapienza at approximately 5900 feet, from where you can explore the now extinct 'Monti Silvestri Craters'. At the port of Pozzallo, board a high-speed catamaran for the journey of approximately 90 minutes across the Ionian Sea to Malta. Travel to Valletta for a guided walking tour of this capital city and also the Ta' Qali Crafts Village located in the former RAF wartime airfield. On the final day, explore the island of Gozo, a short ferry ride from Malta. Board the waiting motorcoach and arrive at the Ggantija Temples, the oldest free-standing stone structures in the world. Continue to the capital of Victoria for a visit of the Old Citadel. Return to Malta by ferry for some free time before enjoying a farewell dinner. **\$5,158 pp/double | \$5,967 pp/single**

## Albuquerque Balloon Fiesta

**OCTOBER 5-10, 2022**

Welcome to a veritable "land of enchantment." New Mexico is a place diverse in culture and scenic beauty. In both Santa Fe and Albuquerque, discover cities rich in multiculturalism, natural beauty and profound history. Join in the excitement of this annual hot air ballooning extravaganza. This is your chance to experience one of the world's most photographed events. Watch as the balloons launch in one of the most spectacular displays of sound and color in all

of aviation. History unfolds at the National Museum of Nuclear Science & History where a docent takes you on an intriguing journey that includes details of the Manhattan Project. Next, visit the gateway to the 19 Pueblos of New Mexico at the Indian Pueblo Cultural Center. See the ever-changing galleries that highlight local and national Native American artists. With a focus on Pueblo artists, this center strives to preserve the Pueblo culture.

**Cost: \$2,898 pp/double | \$3,598 pp/single**

## Washington DC Holiday

**DECEMBER 7-13, 2022**

Spend the next 5 nights at the spectacular Gaylord National Resort where an amazing 18-story glass atrium welcomes you to the hotel. The premier waterfront destination property features 1,996 luxurious rooms, more than 150 diverse shops and boutiques, and over 40 dining options. The resort hotel and the surrounding National Harbor area will be all decked out for the holidays and you'll have access to ICE™ all six days! ICE™ is an interactive walk-through holiday attraction kept at a chilly 9°F; (jackets provided), where you can explore a variety of holiday scenes. Board the mobile tram to see the John F. Kennedy's and Robert Kennedy's graves, plus the Changing of the Guard at the Tomb of the Unknown Soldier. Then, stop at the Marine Corps Memorial (Iwo Jima Statue). Then depart on an illuminated monuments driving tour. Drive by buildings beautifully decorated for the holidays and monuments especially impressive when illuminated. Stop and see the National Christmas Tree, DC's holiday claim to fame. Tour the still active Ford's Theater, restored as it was the night John Wilkes Booth shot President Lincoln. Also, visit the NEW Center for Education & Leadership, with exhibits regarding President Lincoln. Arrive at Capitol Hill to visit the Capitol Visitor's Center, highlighting the US lawmaking process. Then, visit the US Library of Congress and view the exterior of the Supreme Court Building.

**Cost: \$3,260 pp/double | \$3,860 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'll 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**

## 50+ Travel

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 in the company of fellow travel enthusiasts. We offer our daytrips for people with any type of mobility, and caretakers younger than 50 are welcome. 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.

Call (925) 798-8747 to sign up today.

## Upcoming Day Trip Highlights

### Pulgas Water Temple & Filoli Summer Nights

**THURSDAY SEPTEMBER 15, 2022**

Amidst the greenery on the side of the road in Woodside, an actual hidden oasis awaits your visit. The Pulgas Water Temple, mighty in stature and reminiscent of Grecian Architecture is a monument to celebrate the Hetch Hetchy Aqueduct completion in 1934. After spending about 30 minutes approximately relaxing and taking in the beauty of this garden, we will head on to Filoli just down the road for more marvelous

greenery. Filoli has now opened up in the Grove for a wonderful evening of drinks, foodtrucks, live music and of course all the beauty of Filoli itself. The house was commissioned by prominent San Franciscans whose wealth was funded by the Empire Gold Mine in Grass Valley. Mixing modern architecture and old, this beautiful mansion was built between 1917-1929. The grounds are gorgeous and there is no way you could explore the whole 125 acres of many gardens in 1 day. Enjoy free time to yourself as you spend 2 hours exploring the grounds and you can purchase food on your own from the Conchita food truck which offers burritos, tacos, plantains and much more Latin fare. Please note: You may bring outside food, but you will have to eat at the picnic tables outside of Filoli, in the front near their parking lot. No outside food will be allowed in the Grove itself.

**Bus pick-up location: 147 Gregory Lane**  
\$78/\$68 (Dist. Res.)

Arrive to bus by 2:45 pm; departs at 3:00 pm; arrive home at approx. 8:30 pm.

## SF 49ers vs. the Seattle Seahawks at Levi Stadium

**SUNDAY, SEPTEMBER 18, 2022**

The SF 49ers are a legacy in their own right. Forming in 1946 and winning 5 Super Bowl championships over the years. Their triumph continues with their trusty sidekick Sourdough Sam. Enjoy a game vs. the Seattle Seahawks at the state-of-the-art Levi Stadium. Tickets will be in the Endzone at section 230, rows 19 and 20, seated in the shade, with concession stands nearby. There are approximately 10-20 stairs to get to the seats. We did not book an ADA seat or bus for this game. If you need one, you must inquire by Wednesday, August 15, before 2:30 pm and we will try to secure it based on availability from the vendors.

**Bus pick-up location: 147 Gregory Lane**  
\$223/\$212 (Dist. Res.)

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

## Fleet Week

**SATURDAY, OCTOBER 8, 2022**

The Belle is a San Francisco landmark that evokes the city's turn-of-the-century Barbary Coast energy. The 292-foot sternwheeler features Art Nouveau style on all three enclosed levels, plus a spacious sun deck and

three full wrap-around decks. This is the crown jewel of San Francisco Bay. There is no better vantage point to see the Fleet Week Air Show than from directly under the planes – sailing on the iconic S.F. Belle. Indulge in a hosted buffet lunch, as you sip on free-flowing champagne and enjoy background music from the onboard DJ. Then step onto one of the outer decks to relax in the sunshine and watch the jaw-dropping precision of the famous San Francisco Fleet Week Air Show pilots: the Blue Angels!

**Bus pick-up location: 147 Gregory Lane**  
\$195/\$180 (Dist. Res.)

Arrive to bus by 11:15 am; departs at 11:30 am; arrive home at approx. 6:30 pm.

## High Hand Nursery & Lunch

**THURSDAY, OCTOBER 20, 2022**

High Hand Nursery in Loomis is more than just a plant persons oasis, it houses many fun things to do within. We will be visiting for the day to explore everything this nursery has to offer. First, when you walk into the Nursery, you've reached the heart of High-Hand. Here you'll find a marvelous selection of the highest quality trees and shrubs available. They also stock specialty plants like succulents, topiary, unique specimen trees and a huge variety of Japanese maples, all beautifully arranged around artwork in a serene garden setting. PLEASE Bring your own boxes or bags if you plan to make plant purchases for easy storage under the bus. Next on site of this beautiful nursery, you will stop at the historic High Hand Fruit Shed, to taste locally crafted wines, olive oils & vinegars. Appreciate the beauty and creativity of the Art Gallery. Find one-of-a-kind handmade gifts and unique artwork & furnishings for home & garden. From handmade pottery and jewelry, this "shed" has a lot more to offer than it sounds. After you have explored, you will enjoy a delicious seasonal lunch at the High-Hand Cafe. With it's bright and casual atmosphere, windows all around to admire the plants, the menu reflects our passion for farm fresh local ingredients and hand made quality. You will have 1 hour and 30 minutes to shop before lunch and then 30 minutes after lunch before you board the bus for home.

**Bus pick-up location: 147 Gregory Lane**  
\$118/\$103 (Dist. Res.)

Arrive to bus by 8:45 am; departs by 9:00 am; arrive home at approx. 5:00 pm.

**To learn about more upcoming day trips, visit [pleasanthillrec.com/351](http://pleasanthillrec.com/351).**



## 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.

Dear Friends,

What a very busy recovery year it has been for the District! As we venture into the last half of 2022, we are not only starting our new fiscal year in a healthy financial position, but our popular programming, services and events are now back in full swing. The staff has put together an exciting lineup of recreational opportunities to provide you with lots of fun ways to play in-person this fall and winter season.



Our after-school programs, enrichment classes and sports activities, for example, are a great way to improve social interaction and keep youth and teens active and engaged throughout the new school year.

On September 17, we are thrilled to bring our award-winning Tinkers & Thinkers Innovation Faire back in-person to Pleasant Hill Park. Participants will enjoy exploring S.T.E.M. through hands-on, make-and-take activities and marvel over innovative displays. This free popular "maker" event is brought to the community through an outstanding partnership between the District and the Pleasant Hill Library.

We look forward to seeing you at Tinkers & Thinkers and at our other fall/winter events including Pumpkin Splash, Haunted Trail in Pleasant Hill Park, Breakfast with Santa and of course, our traditional Holiday Festival.

Thank you for your continued support of the district during this big comeback year! I hope you will take a few moments to find some activities in this guide for you and your family to play more this season.

Stay well,  
Michelle Lacy, General Manager

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

**Our Mission:** To put people first.

### BOARD OF DIRECTORS

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

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

## 3 Ways to Register Now!

Follow us  
@pleasanthillrec



**Online at [www.pleasanthillrec.com](http://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 August 1

See class listings for exceptions to registration dates. For refund and satisfaction guarantee info, visit [pleasanthillrec.com/refund.html](http://pleasanthillrec.com/refund.html).

### ADMINISTRATIVE STAFF

Michelle Lacy, General Manager  
Chris Petlock, Admin. Services Manager  
Tom Bradley, Park Superintendent  
Holly Frates, Senior Services Manager  
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

### CO-SPONSORED CLUBS & ORGANIZATIONS

For club information, visit [pleasanthillrec.com/clubs.html](http://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](http://www.rodgersranch.org)

Winslow Center: 2590 Pleasant Hill Road

**Map of District Parks & Facilities available at [pleasanthillrec.com](http://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](mailto: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.



50+

## Pleasant Hill Senior Center

233 Gregory Lane • (925) 798-8788 • [www.phseniorcenter.com](http://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. Members receive a monthly newsletter about special events, as well as access to senior club activities. For dates and times of the following services and activities please visit the website at [www.pleasanthillrec.com](http://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
- Book Club
- Marathon Bridge
- Men's Corner (Men's discussion group)
- Pinochle
- Senior Bridge
- Spanish Book Club
- Tea Dance

For more activities see [pleasanthillrec.com](http://pleasanthillrec.com).

## Events

### Clarinet Fusion Holiday Concert

Pleasant Hill's very own Clarinet Fusion will perform live holiday music to the delight of all ages! Bring the whole family!

Thursday, December 15, 7:00 pm  
Senior Center

Tickets: \$7 presale, \$10 after 12/6,  
Students: \$5

## FREE Admission!

### Holiday Boutique & Crafts Fair Saturday, November 12,

10:00 am – 3:00 pm  
Senior Center

Get an early start on your holiday shopping! Visit our Holiday Boutique and choose from a huge selection of handmade items. Over 50 craft vendors! Proceeds benefit the PHSC Care Management Program.



50+

## Special Feature

### A Peaceful Place

Nestled under a peaceful canopy of oak trees in Brookwood Park, park visitors will discover a hidden gem, a beautiful labyrinth (circular maze) with a stunning mosaic center. This labyrinth was originally conceived by Pleasant Hill Kindred at Home Hospice as a gathering place for a yearly service to be held for families whose loved ones have gone through hospice. In 2015, this idea became a reality through a culmination of efforts by Kindred at Home, Pleasant Hill Recreation & Park District, and the generous support of The Madrone Foundation and other community donations. Since completion, the Brookwood Park labyrinth continues to serve the entire community as a peaceful place for contemplation, mediation, and fun.

This year, a new center mosaic was installed to replace the older, crumbled tiles, retaining the labyrinth beauty. A special thank you to the new mosaic artist, Kim Jensen and to community member, Derek Wurst for spearheading this facelift project.

To enjoy the labyrinth, visit Brookwood Park at 3250 Withers Ave in Lafayette





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## FREE! Tinkers & Thinkers Innovation Faire!



Saturday, September 17  
12:00-3:00 pm

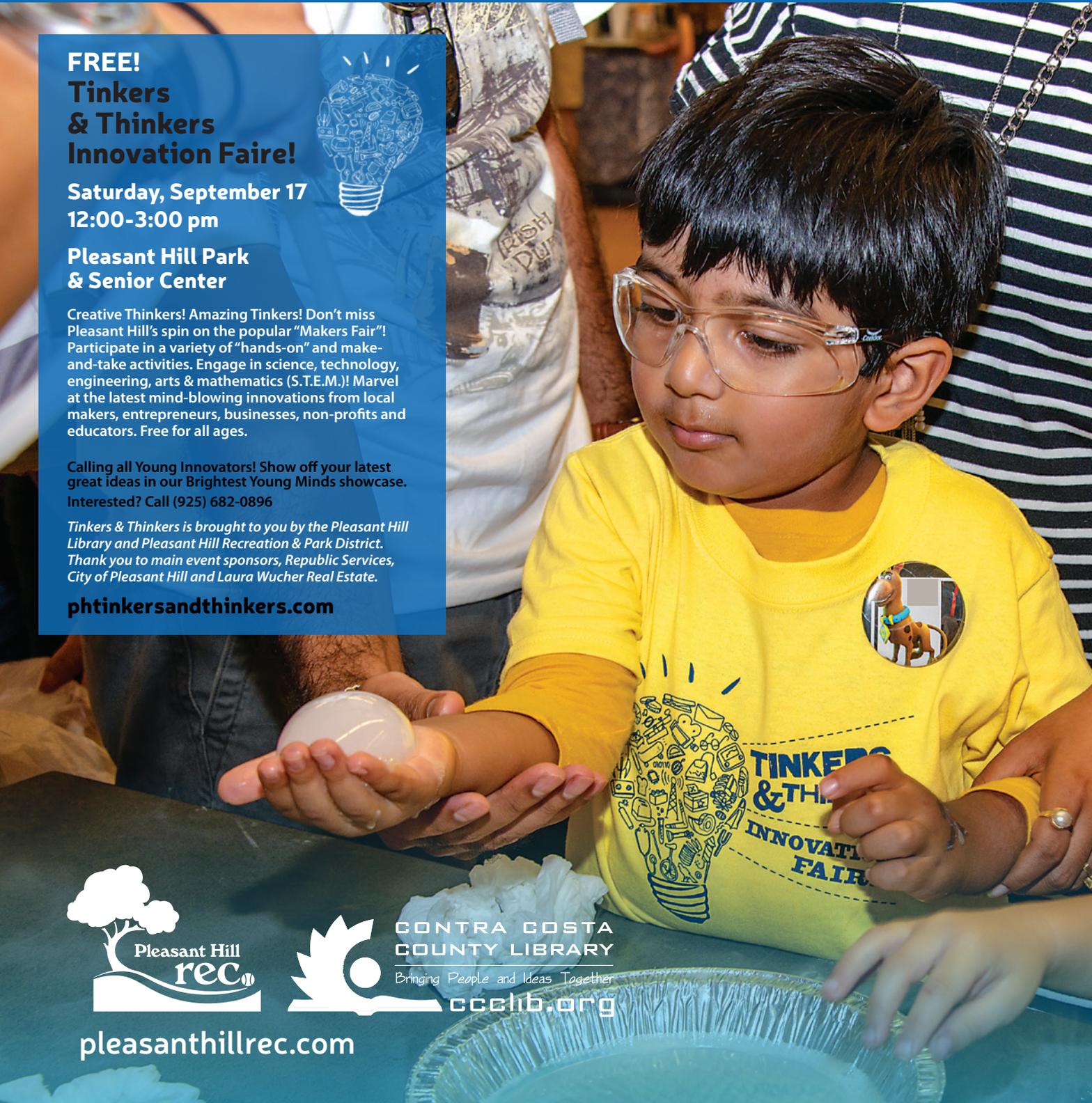
Pleasant Hill Park  
& Senior Center

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.

Calling all Young Innovators! Show off your latest great ideas in our Brightest Young Minds showcase. Interested? Call (925) 682-0896

*Tinkers & Thinkers is brought to you by the Pleasant Hill Library and Pleasant Hill Recreation & Park District. Thank you to main event sponsors, Republic Services, City of Pleasant Hill and Laura Wucher Real Estate.*

[phtinkersandthinkers.com](http://phtinkersandthinkers.com)



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