

# PLEASANTON

COMMUNITY SERVICES ACTIVITIES GUIDE • FALL 2016/WINTER 2017



**Hometown Holidays  
Celebration!**

See outside back cover

**Family Fun  
Halloween Events!**

See inside back cover for details

**Online Registration  
begins August 1st!**

See page 54 for details

Samuel Peaches' Peripatetic Players

present...

# Shakespeare - or - Space Wars

**Sunday, September 11 at 5PM**

Show runs about 60 minutes

**Live! Family Theater in Centennial Park!**

Classic star-crossed tales live onstage!  
But—impresario Samuel Peaches and head  
whirligig-maker Thumper can't agree. Should  
they perform "Romeo & Juliet"  
or an homage to the famous cinematic  
space opera?

**This event is FREE!**



Photo: Serena Morelli

## Pleasanton Veteran's Memorial Dedication Ceremony | Saturday, November 12, 2016



**10:30am-11:30am • Pioneer Cemetery**

Join the Veterans Community of Pleasanton as they dedicate the Veterans Memorial in Pioneer Cemetery. The dedication will include comments from our Mayor Jerry Thorne, a presentation of the colors, the journey and process of creating the memorial, a reading of the names of those who made the ultimate sacrifice during service, comments from Major General Nick Tooliatos from the US Army Reserve, the playing of Taps and closing remarks.

The Veterans Memorial is a beautiful memorial consisting of bronze sculpture and images and seals representative of each branch of service. It will serve as a tribute to the fallen as well as a heartfelt thank you to all who have served. It will salute the sacrifices and achievements made by those being honored and remind future generations of the contributions of military service.



## Two Pleasanton Facilities Receive Major Upgrades

At the City of Pleasanton Community Services Department, we are always looking for new ways to better serve the community, and have made a consistent effort to maintain high-quality services and facilities that directly benefit the citizens of Pleasanton. From March to June of 2016, with the help of the Pleasanton Support Services staff, two of the most utilized facilities received major upgrades and renovations aimed at improving the experiences of those who utilize them.

The Amador Recreation Center, known for its red brick exterior and proximity to Amador Community Park, received a number of upgrades to both the interior and exterior of the building. In addition to receiving a number of electrical and maintenance upgrades, the Amador Recreation Center also now features a fresh new look that will unify the building with the aesthetic of the recently renovated Dolores Bengtson Aquatic Center. The building also has a brand new lighting system, including indoor spotlighting for classes and events, and decorative outdoor string patio lighting for parties and other community gatherings.



The Cultural Arts Building, located at the west end of the Amador valley Community Park, has also received substantial upgrades over the past few months. Newly renovated bathrooms, a brand new re-floored dance studio and new patio area are just some of the recent improvements that have been made to this popular recreation & arts building.

Be sure to stop by and check out some of the new changes to these community buildings. Those interested in renting any of these facilities can find more information and pricing at [www.pleasantonfacilities.com](http://www.pleasantonfacilities.com)

Enroll now: [www.pleasantonfun.com](http://www.pleasantonfun.com)

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## Access & Inclusion

In compliance with the Americans with Disabilities Act (ADA), the City of Pleasanton Community Services Department encourages those with disabilities to participate in its programs. If you have special needs, and require accommodation, please call us at 931-5340.



# Facilities & Community Services Staff

## City Council

Jerry Thorne, Mayor  
Karla Brown • Kathy Narum  
Arne Olson • Jerry Pentin  
Nelson Fialho, City Manager  
**Meets 7:00pm, every 1st and 3rd  
Tuesday of the month**

## Parks & Recreation Commission

MirArman Abrishamchian • Bryan Bowers  
Joanie Fields • Brad Hottle  
David Lambert • Joseph Streng  
Deborah Wahl  
**Meets 7:00pm, every 2nd  
Thursday of the month**

*Additional City Commissions  
listed on page 62*

## FALL 2016/WINTER 2017 REGISTRATION

### Priority Registration Online (Residents only)

Beginning at 8:00am on  
**Monday, August 1, 2016**

### Mail-In (Residents only)

Beginning at 8:00am on  
**Monday, August 8, 2016**

### Open Registration Walk-in & Non-Resident

Beginning at 8:00am on  
**Monday, August 15, 2016**

*See page 54 for details.*



## Community Services Facilities

### Community Services Main Office

200 Old Bernal Avenue, 931-5340

### Alviso Adobe Community Park

3465 Old Foothill Road, 931-3479

### Amador Recreation Center

4433 Black Avenue

### Amador Theater

1155 Santa Rita Road, 931-4850

### Cultural Arts Building

4477 Black Avenue

### Dolores Bengtson Aquatic Center

4455 Black Avenue, 931-3420

### Firehouse Arts Center

4444 Railroad Avenue, 931-4850

### Gingerbread Preschool

4333 Black Avenue, 931-3430

### Ken Mercer Sports Park Office

5800 Parkside Drive, 931-3437

### Nature House

519 Kottinger Drive

### Senior Center

5353 Sunol Blvd, 931-5365

### Sports Field Weather Line

931-5360

### Tennis & Community Park

5801 Valley Avenue, 931-3449

### Veterans Memorial Building

301 Main Street

## City/School Gymnasiums

### Pleasanton Middle School

5001 Case Avenue

### Harvest Park Middle School

4900 Valley Avenue

### Thomas A. Hart Middle School

4433 Willow Road

## Off-site Activity Locations

### Crispim BJJ Barra Brothers

6668 Owens Drive, 1st Floor, Pleasanton

### Earl Anthony's Dublin Bowl

6750 Regional St., Dublin

### Jue's Taekwon-Do Studio

5460 Sunol Blvd., #8, Pleasanton

### NorCal Volleyball Facility

7069 Commerce Circle, Pleasanton

### Pans on Fire

3059 Hopyard Rd J-K, Pleasanton

### Shape Up! Bootcamp Fitness

5757 Sonoma Drive, Suite C, Pleasanton

### Springs Pilates Pleasanton

1249 Quarry Lane, #120, Pleasanton

## Community Services Staff

### Administration

**200 Old Bernal, 931-5340**

Susan Andrade-Wax, Community Services  
Director

Michele Crose, Community Services Manager

Becky Hopkins, Community Services Manager

Mark Spiller, Community Services Manager

Mike Patrick, Management Analyst

Dan Villaseñor, Recreation Supervisor

Joelle Glushenko, Recreation Supervisor

Nicole Thomas, Recreation Supervisor

Terry Snyder, Administrative Manager

Ania Pawlak, Office Assistant

### Ken Mercer Sports Park

**5800 Parkside Drive, 931-3437**

Michelle Dunaway, Recreation Supervisor

Rachel Prater, Recreation Coordinator

Nilo Velazquez, Recreation Coordinator

### Dolores Bengtson Aquatic Center

**4455 Black Avenue, 931-3420**

Michelle Dunaway, Recreation Supervisor

Sean Welch, Recreation Coordinator

Kara Yost, Recreation Coordinator

### Senior Center

**5353 Sunol Blvd, 931-5365**

Pam Deaton, Recreation Supervisor

Raymond Figueroa, Recreation Coordinator

Julie Parkinson, Recreation Coordinator

Gloria Lewis, Lead Dispatcher

### Gingerbread Preschool

**4333 Black Avenue, 931-3430**

Samu Tiimalu, Recreation Supervisor

David Weisgerber, Recreation Coordinator

### Firehouse Arts Center

**4444 Railroad Avenue, 931-4848**

Rob Vogt, Recreation Supervisor

Mark Duncanson, Recreation Coordinator

Bob Elliott, Theatre Technician

Mike Roberts, Theatre Assistant

Julie Finegan, Gallery Coordinator

### Alviso Adobe Community Park

**3465 Old Foothill Road, 931-3479**

Ashley Zubrik, Naturalist

City registration website:

[www.pleasantonfun.com](http://www.pleasantonfun.com)



Like us on Facebook:

Pleasanton Community Services



Follow us on Instagram:

Pleasantonfun



Photo: Mike Sedlak

## HARRINGTON GALLERY

## FALL 2016/WINTER 2017



*The Duke of Parma by Sally Haig*

**September 20–October 19**

### < *Pleasanton Art League Members Exhibit*

**Reception Tuesday, September 20  
7:00–9:00 pm**

Annual Pleasanton Art League Members' exhibition at Harrington Gallery. Celebrates and features local and Regional talent in a variety of media.

**January 14–February 25, 2017**

### *California Watercolor Association National Juried Exhibition*

**Reception Saturday,  
January 14**

**1:00–3:00 pm**

A favorite bi-yearly event at Harrington Gallery. CWA is one of the largest and most active professional watercolor organizations in the country, whose mission it is to create, foster, and sustain artistic growth and interest in water media. This exhibit will feature 70 dynamic and colorful works of art, selected by nationally acclaimed artist Donna Zagotta.



*Painting by Donna Zagotta,  
2017 Juror of Selection*

**November 3–December 14**

### *Urban Scapes >*

**Reception Thursday, November 3  
7:00–9:00 pm**

Not your traditional, romantic cityscapes—this exhibit features 6 artists inspired by the alternative beauty they see in the rough, raw, and the gritty. Busy people, crowded sidewalks, transit lines, telephone poles, aging docks, and angular, worn surfaces are some of the elements featured; expressed in painting, collage, photography, and sculpture.



*Urban Ruins #8 by Beth Waldman*

#### **HARRINGTON GALLERY**

Located at 4444 Railroad Avenue  
(925) 931-4849

#### **HARRINGTON GALLERY HOURS:**

Wednesday-Friday 12:00-5:00pm  
Saturdays 11:00am-3:00pm

# Special Interest

Ages 3-5

## Bollywood Bugs

Let your little one have fun through the music and movement in the Bollywood Style! Songs will be chosen carefully so that they are appropriate for this age group. Focus will be on children having fun learning new motor skills and hand/eye coordination while learning a new dance form. For more information, contact: [vmusic.lesson@gmail.com](mailto:vmusic.lesson@gmail.com)  
Cultural Arts Building | Instructor: Vaishnavi Misra

**10 classes | \$130R/\$143N**

**63420** Su 9/4-11/20\* 9:30-10:00am

\*No class 10/16, 11/6

Ages 4-6

## LITTLE STEM: Let's Build

Curious kids want to know how things work. Young engineers explore different areas of engineering like mechanical, electronic, structural, and civil. They will design and build projects to apply the concepts of STEM. A great program for preschoolers with take home projects each day. *A \$40 supply fee is due at the time of registration.* For more information, contact: [contact@minervalearning.us](mailto:contact@minervalearning.us)  
Amador Recreation Center | Instructor: Minerva Learning Staff

**7 classes | \$135R/\$149N**

**63331** M 8/29-10/17\* 9:30-10:45am

\*No class 9/5

Ages 3-5

## Fun with Science and Engineering for Preschoolers

Kids have fun building hands-on projects and performing science experiments! Example activities include building a simple electric circuit or running lab experiments in the Color Lab. Students will learn about cause and effect, properties of materials, patterns, and cycles. *A \$35 supply fee due at time of registration.* For more information, visit [www.funwithacademics.com](http://www.funwithacademics.com) or contact: [info@funwithacademics.com](mailto:info@funwithacademics.com)

Amador Recreation Center | Instructor: Fun with Academics Staff

**8 classes | \$169R/\$186N**

**63442** W 9/7-10/26 11:35am-12:20pm

**63443** W 11/2-1/18\* 11:35am-12:20pm

\*No class 11/23, 12/21, 12/28, 1/4

# Learn through play!

Gingerbread Preschool has over a 40-year history in the Pleasanton community. The School Year program is a part-time, recreation program and provides children an opportunity to experience a classroom setting prior to kindergarten. Gingerbread Preschool offers programs for children ages 2-5 years old (students must be of age on or before December 2, 2016). To arrange a tour or for more information about classes, please call Gingerbread Preschool at (925) 931-3430.



**GINGERBREAD  
PRESCHOOL**

4333 Black Avenue • [www.gingerbreadpreschool.org](http://www.gingerbreadpreschool.org) • (925) 931-3430

# Exercise & Wellness

Ages 2.5-3

## Mini Movers

'Mini Movers' is the perfect first dance class for your little one! In this creative movement class participants will have a blast as we learn how to stretch, travel across the room with our movement, participate in group dances and explore rhythm with various instruments. 'Movers' will develop stronger motor skills through additional dance element activities and games, all while enjoying using fun props and dancing to engaging music! For more information, contact office@jilliandance.com or (925) 344-1123.

Cultural Arts Building | Instructor: Jillian Green

**17 classes | \$272R/\$300N**

**63045** Tu 9/13-1/31 3:30-4:15pm

\*No class 10/4, 11/8, 12/20, 12/27

Ages 4.5-6

## Jr. Hip Hoppers

Come have fun learning to dance the coolest style out there! In this dynamic class students will not only learn beginning hip hop moves in a variety of specific styles but will also have a blast exploring important movement concepts like space (where to move), energy (how to move), body (what to move) and time (when to move) through engaging exercises. Jr. Hip Hoppers will develop confidence and showmanship as they work on mini routines to perform throughout the session! For more information, contact office@jilliandance.com or 925-344-1123.

Cultural Arts Building | Instructor: Jillian Green

**16 classes | \$256R/\$282N**

**63061** W 9/14-1/25 3:30-4:15pm

\*No class 10/5, 11/23, 12/21, 12/28



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Pleasanton Community Services

Ages 3-5

## Tap, Jazz & Ballet Combo

In this energetic class dancers will be introduced to beginning concepts of ballet, tap and jazz/creative movement. The addition of props and age-tailored music will keep kids engaged and having fun! Dancers will also enjoy learning mini routines to perform for family and friends throughout the session. Arrive in tap shoes and bring ballet shoes to change into. For more information, contact office@jilliandance.com or 925-344-1123.

Cultural Arts Building | Instructor: Jillian Green

Ages 3-4.5

**13 classes | \$208R/\$229N**

**63454** Sa 9/17-1/28\* 10:30-11:20am

\*No class 10/8, 10/15, 11/5, 11/26, 12/24, 12/31, 1/14

Ages 4-5

**14 classes | \$224R/\$246N**

**63046** Tu 9/13-1/31\* 4:30-5:20pm

\*No class 10/4, 11/8, 12/20, 12/27

Ages 4.5-5

**13 classes | \$208R/\$229N**

**63455** Sa 9/17-1/28\* 11:30am-12:20pm

\*No class 10/8, 10/15, 11/5, 11/26, 12/24, 12/31, 1/14

Ages 3-5

## Taekwon-Do—Little Ninjas

Our little Ninja program teaches pre-schoolers physical coordination, enhances their mental development, and introduces fundamental self-defense skills in a fun and stimulating environment. This class will increase their self esteem as they practice being better listeners. A uniform is recommended and can be purchased at the first class. For more information, contact: juestkd@juestkd.com

Jue's Taekwon-Do Studio | Instructor: Gordon Jue

Ages 3-4

**11 classes | \$110R/\$121N**

**63083** Tu 9/6-11/15 10:30-11:00am

**8 classes | \$80R/\$88N**

**63084** Tu 11/29-1/24\* 10:30-11:00am

\*No class 12/27

Ages 4-5

**11 classes | \$110R/\$121N**

**63085** W 9/7-11/16 1:30-2:00pm

**8 classes | \$80R/\$88N**

**63086** W 11/30-1/25\* 1:30-2:00pm

\*No class 12/28

# FIREHOUSE ARTS CENTER™

## Firehouse Fall Season

**Saturday, September 3 • 8PM**

### ARIANA SEVALAS

Firehouse Season 7 Opening Night!  
Sumptuous vocals. Telly's daughter!



**Friday, September 30 • 8PM**

### YOUNG DUBLINERS

High-energy Celtic Rock! National Tour  
with songs from all nine albums.



**Saturday, October 8 • 8PM**

### 3 BLONDE MOMS

3 hysterically funny moms discuss kids,  
husbands, neighbors and in-laws—  
no one is safe! (PG-13)

**Friday, October 21 • 8PM**

**Saturday, October 22 • 2PM**  
**CASHORE MARIONETTES**

Powerful, entertaining, surprising,  
one-of-a-kind live theatrical performance.  
You've never seen puppets like this!

For tickets and more visit  
[www.firehousearts.org](http://www.firehousearts.org)

Enroll now: [www.pleasantonfun.com](http://www.pleasantonfun.com)

Preschool Children • 7

# Sports

Ages 2-6

## KIDZ LOVE SOCCER

Since 1979, Kidz Love Soccer has been dedicated to teaching children the world's most popular sport within a nurturing, recreational environment. Sessions include age-appropriate activities: skill demonstrations, fun games, and instructional scrimmages.

**Rainout Hotline: (888) 372-5803**

Instructor: Kidz Love Soccer Staff

Location: Ken Mercer Sports Park Skate Park Turf Area

Ages 2-3.5 **Parent & Me**

## Mommy/Daddy & Me Soccer

The fun happens on the field, so don't just watch from the sidelines! Join in as we introduce your toddler to the world's most popular sport. You'll participate in fun, age-appropriate activities and help your child to develop their motor and socialization skills. All kids receive a KLS jersey!

**9 classes | \$122R/\$134N**

<b>63003</b>	Tu	9/13-11/8	11:30am-Noon
<b>63006</b>	F	9/16-11/11	9:00-9:30am
<b>63004</b>	Sa	9/24-11/19	11:30am-Noon
<b>63005</b>	Sa	9/24-11/19	12:05-12:35pm
<b>63008</b>	Tu	1/17-3/14	11:30am-Noon
<b>63035</b>	F	1/20-3/17	9:00-9:30am
<b>63007</b>	Sa	1/21-3/18	11:30am-Noon

Ages 3.5-4

## Tot Soccer

Little tykes will enjoy running and kicking just like the big kids! Develops gross motor skills through fun soccer games, and introduces small children to the group setting. All participants receive a KLS jersey! **Shin guards are required after the first meeting.**

**9 classes | \$122R/\$134N**

<b>63009</b>	Tu	9/13-11/8	10:50-11:20am
<b>63011</b>	F	9/16-11/11	9:40-10:10am
<b>63013</b>	Sa	9/24-11/19	8:45-9:15am
<b>63015</b>	Tu	1/17-3/14	10:50-11:20am
<b>63014</b>	Tu	1/17-3/14	5:05-5:35pm
<b>63016</b>	F	1/20-3/17	9:40-10:10am
<b>63017</b>	F	1/20-3/17	5:00-5:35pm
<b>63018</b>	Sa	1/21-3/18	8:45-9:15am

**6 classes | \$88R/\$97N**

<b>63010</b>	Tu	9/13-10/18	5:15-5:45pm
<b>63012</b>	F	9/16-10/21	5:45-6:15pm



Like us on Facebook:  
Pleasanton Community Services

Ages 4-5

## Pre-Soccer

Teaches the basic techniques of the game and builds self-esteem through participation and fun soccer activities. Children learn to follow instructions in a nurturing, age-appropriate environment. **Shin guards are required after the first meeting.**

**9 classes | \$122R/\$134N**

<b>63019</b>	Tu	9/13-11/8	10:15-10:50am
<b>63021</b>	F	9/16-11/11	10:10-10:45am
<b>63023</b>	Sa	9/24-11/19	9:15-9:50am
<b>63024</b>	Tu	1/17-3/14	10:15-10:50am
<b>63025</b>	Tu	1/17-3/14	4:30-5:05pm
<b>63026</b>	F	1/20-3/17	10:10-10:45am
<b>63027</b>	F	1/20-3/17	5:00-5:35pm
<b>63028</b>	Sa	1/21-3/18	9:15-9:50am

**6 classes | \$88R/\$97N**

<b>63020</b>	Tu	9/13-10/18	5:45-6:20pm
<b>63022</b>	F	9/16-10/21	5:10-5:45pm

Ages 5-6

## Soccer 1: Techniques & Teamwork

Players will learn dribbling, passing, receiving, shooting, defense, etc. Fun skill games are played at every session, and every participant will remain actively engaged. Small-sided soccer matches will be introduced gradually. All participants receive a KLS jersey! **Shin guards are required after the first meeting.**

**9 classes | \$122R/\$134N**

<b>63029</b>	Tu	9/13-11/8	3:45-4:30pm
<b>63030</b>	F	9/16-11/11	3:40-4:25pm
<b>63031</b>	Sa	9/24-11/19	9:50-10:35am
<b>63032</b>	Tu	1/17-3/14	3:45-4:30pm
<b>63033</b>	F	1/20-3/17	3:30-4:15pm
<b>63034</b>	Sa	1/21-3/18	9:50-10:35am



## WEE HOOP BASKETBALL

Ages 1.5-3 **Parent & Me**

### Wee Hoop Hoopsters

This parent interactive class develops gross motor skills and coordination. Repetition enables children to build confidence. Organized games develop skills for listening and following directions. **Participants are required to bring a size 3 ball.**

Ken Mercer Sports Park Basketball Courts

Instructor: Wee Hoop Staff

**9 classes | \$117R/\$129N**

<b>62953</b>	Th	9/8-11/3	9:15-9:50am
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Thomas Hart Middle School Gym

**9 classes | \$117R/\$129N**

<b>62954</b>	Sa	9/10-11/5	9:00-9:35am
<b>63301</b>	Su	9/11-11/6	9:30-10:05am

Ages 3-4

### Wee Hoop Jump Shooters

Children will develop physical skills such as balancing on 1 foot and hopping. The class introduces basketball skills based upon increased coordination. Parent participation is optional. **Participants are required to bring a size 3 ball.**

Ken Mercer Sports Park Basketball Courts

**9 classes | \$117R/\$129N**

<b>62952</b>	Th	9/8-11/3	9:55-10:40am
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Thomas Hart Middle School Gym

**9 classes | \$117R/\$129N**

<b>62951</b>	Sa	9/10-11/5	9:40-10:20am
<b>63302</b>	Su	9/11-11/6	10:15-10:55am

Ages 4-5

### Wee Hoop Hot Shots

This class is focused on developing basketball skills and learning basic rules of the game. Activities will encourage teamwork and meeting new friends. **Participants are required to bring a size 3 ball.**

Thomas Hart Middle School Gym

**9 classes | \$117R/\$129N**

<b>62949</b>	Sa	9/10-11/5	10:25-11:10am
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Ages 5-7

### Wee Hoop Basketball Ballers

This class is focused on further development of fundamentals. It also introduces team dynamics and incorporates game play. Prior basketball experience is required. **Participants are required to bring a size 27" ball.**

Thomas Hart Middle School Gym

**9 classes | \$120R/\$132N**

<b>62955</b>	Sa	9/10-11/5	11:15am-12:15pm
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# The Arts

## SKYHAWKS SPORTS

Mini-Hawk programs give children ages 3-6 years a fun and positive first step into athletics, while they learn the rules and essential skills of each sport.

Ages 3-6

### Skyhawks MiniHawk Multi-Sport

Participants will get a positive first step into the essentials of soccer, basketball, and baseball. Players will explore balance, hand-eye coordination, and skill development at their own pace.

Harvest Park Middle School T-Ball Field (corner of Valley and Northway) | Instructor: Skyhawks Sports

8 classes   \$109R/\$120N			
62999	Sa	9/3-10/22	9:00-9:50am
63000	Sa	9/3-10/22	10:00-10:50am
63001	Sa	9/3-10/22	11:00-11:50am

Ages 3-5

### Lil Baseball

Players will learn elementary baseball skills in this exciting program. Skills taught will include throwing, hitting, fielding, and base running. We ensure safety with age-appropriate equipment designed for your child's motor skills. Parents learn, too, through daily observation and voluntary participation when required.

Ken Mercer Sports Park Skate Park Turf Area  
Instructor: Pitching Center

8 classes   \$149R/\$164N			
62930	W	9/7-10/26	10:00-10:50am

Harvest Park Middle School T-Ball Field (corner of Valley and Northway) | Instructor: Pitching Center

8 classes   \$149R/\$164N			
62926	Tu	9/6-10/25	4:00-4:50pm
62928	Tu	9/6-10/25	5:00-5:50pm
62927	Th	9/8-10/27	4:00-4:50pm
62929	Th	9/8-10/27	5:00-5:50pm

Ages 3-7

### Bumper Bowling

Guaranteed success for all bowlers! Weekly awards and lots of fun. Learn the basics about bowling. Every bowler earns a trophy at the end-of-session party. One game per week. Parent supervision is required. A \$10 supply fee is due at the time of registration. For more information, contact: (925) 828-7550.

Dublin Bowl | Instructor: Dublin Bowl Staff

8 classes   \$85R/\$94N			
62934	Th	9/8-10/27	11:30am-12:30pm
62935	Th	9/8-10/27	1:30-2:30pm

Ages 4-6

### ALL ABOUT ART WITH DEBBIE

A \$15 supply fee is due at the time of registration. For more information, contact Debbie at [dwardrope@sbcglobal.net](mailto:dwardrope@sbcglobal.net)

Firehouse Arts Center | Instructor: Debbie Wardrope

#### Super Selfie Art

In this class, we'll be creating art that's all about you! From an Express Yourself portrait and a name illustration to a few of my favorite things collage, you'll love displaying these fun and imaginative art projects that have special meaning to you. We'll use paint, magazines, oil pastels, photographs and more to make some art that's as unique as you are.

4 classes   \$85R/\$94N			
63410	Tu	9/6-9/27	2:00-3:00pm

#### Animal-Mania!

From alpacas to zebras, from birds to bugs, we'll be drawing and painting our favorite subject - animals! Come and create a polar diorama including penguins and an orca whale, a clay pot cat, a cute safari animal collage and so much more. We'll use paper, paint, pastels and even black glue to make our fun and creative animal art projects.

4 classes   \$85R/\$94N			
63411	Tu	10/4-10/25	2:00-3:00pm

#### Crazy Creative Collage

Get wild and crazy with collage! We'll be using chipboard, book pages, bottle caps, paint, paper, magazines and other unique stuff to make awesome 2-D and 3-D collages. From faux food that looks amazingly real to paper mosaic animals, you'll be amazed at the versatility of collage.

4 classes   \$85R/\$94N			
63412	Tu	11/1-11/29*	2:00-3:00pm

\*No class 11/22

See more Preschool Art  
Classes on pages  
10 and 11



Follow us on Instagram:  
[Pleasantonfun](https://www.instagram.com/pleasantonfun)

Ages 4-6

### AWESOME ART LAB SERIES

This series of art classes focuses specifically on a different art medium for each class so kids can learn how to use each one in depth. A \$20 supply fee is due at the time of registration. For more information, contact Debbie at [dwardrope@sbcglobal.net](mailto:dwardrope@sbcglobal.net)

Firehouse Arts Center | Instructor: Debbie Wardrope

#### Watercolor Magic

Learn how to use transparent watercolor both technically and experimentally while creating unique and creative art projects. We'll try out different techniques, use it on traditional water color paper and unusual surfaces, learn how to create washes and build value, and discover how watercolor works with other mediums.

4 classes   \$85R/\$94N			
63097	W	9/7-9/28	1:30-2:30pm



#### Incredible Acrylic

Acrylic is a fun and versatile medium that can be used both transparently and opaquely for unique results. Kids will use real acrylic paints and easels and learn how to mix color and create values, use a variety of brushes, and try it out on both canvas and paper. Be amazed at the paintings they will create.

4 classes   \$85R/\$94N			
63098	W	10/5-10/26	1:30-2:30pm

#### Purely Pastel

Pastel is both a drawing and painting medium, and kids will learn how to use both soft and oil pastels for great results with their artwork. We'll go step by step through different techniques, experiment with different papers, and create some beautiful art projects using this fun and versatile medium.

4 classes   \$85R/\$94N			
63099	W	11/2-11/30	1:30-2:30pm

\*No class 11/23

# The Arts

Ages 4-6

## FRIDAY FUN WITH ART

A \$15 supply fee due at time of registration. For more information, contact Debbie at [dwardrope@sbcglobal.net](mailto:dwardrope@sbcglobal.net)

Firehouse Arts Center | Instructor: Debbie Wardrope

### Fantabulous Fall

Fall is a beautiful time of year, and we're going to make some great art projects to celebrate the season! We'll be creating a thankful fall tree from recycled paper tubes, paper and paint, a Mason jar fall leaf lantern, an autumn collage with a pumpkin, owl, and scarecrow and much more.

1 class | \$25R/\$28N

63143 F 9/16 1:30-3:00pm

### Hauntingly Halloween

Come join the fun as we make some cool and creative Halloween decorations! Make a 3-D spider and spider web painting, a standing jack o'lantern decoration, a mummy candy holder and more. It'll be a hauntingly good time!

1 class | \$25R/\$28N

63144 F 10/7 1:30-3:00pm

### Crafty Christmas

Christmas is coming and it's time to get crafty! Join us as we make a Merry Christmas frame for your picture with Santa, a 3-D Rudolph shadow box, a JOY sign with a snowman face and lots more. Loads of creative Christmas fun!

1 class | \$25R/\$28N

63145 F 12/2 1:30-3:00pm

### Winter Wonderland

Come and make some super fun winter-themed art projects including a 3-D snow skier, an ice skating rink with a moveable skater, a cute snowman in a jar, and a hot cocoa collage. It's a winter art wonderland!

1 class | \$25R/\$28N

63146 F 1/13 1:30-3:00pm

 Follow us on Instagram:  
[Pleasantonfun](#)

 Like us on Facebook:  
[Pleasanton Community Services](#)

Ages 2-4 **Parent & Me**

### Preschool Wee 2s and 3s

This is a one-hour parent and toddler preschool class that incorporates crafts, painting, play dough, gluing, cutting, and coloring, while introducing letters, numbers, and shapes. Circle time includes reading a book, music, and dancing. Register for this fun and interactive class. For more information, contact Saman at: [sq\\_jamal@yahoo.com](mailto:sq_jamal@yahoo.com)

12 classes | \$100R/\$110N

63081 M/W 8/22-10/3\* 9:30-10:30am

63082 M/W 10/5-11/14 9:30-10:30am

63087 M/W 12/5-1/25\* 9:30-10:30am

\*No class 9/5, 12/26, 12/28, 1/2, 1/16



Ages 2-5 **Parent & Me**

### Parent & Me Acrylic Painting

A fun class to introduce painting to children! We will create artwork by finger painting, sponge painting, and using brushes and markers. Parent participation required. An \$8 supply fee is due at the time of registration. For more information, contact: (510) 381-3660.

Nature House | Instructor: Zina Kassab

6 classes | \$120R/\$132N

63184 Tu 9/6-10/11 10:00-11:00am

63185 Tu 10/18-11/29\* 10:00-11:00am

63186 Tu 12/6-1/24\* 10:00-11:00am

\*No class 11/22, 12/27, 1/3

Ages 4-6

### Wild and Wacky Ways with Art

It's time to get wild and crazy with art! Come join us for a month of super fun mixed media art projects that use recycled materials, paint, paper, Sharpies, glue and more. Make a painted rock cactus garden, a Monsterpiece, a cardboard lion face sculpture and other wacky, cool art. A \$15 supply fee is due at the time of registration.

Firehouse Arts Center | Instructor: Debbie Wardrope

4 classes | \$85R/\$94N

63413 W 1/4-1/25 1:30-2:30pm

\*No class 9/5, 12/26, 12/28, 1/2, 1/16

Ages 4-6

### Young Rembrandts: FUNDamental Drawing

In Young Rembrandts weekly FUNDamental Drawing classes, young children learn how to follow directions, hold and use a pencil, increase their attention span and grow their self-confidence so they will be successful in kindergarten. New lessons in each class and each session. For more information, contact (925) 353-1704 or [yeastbay@youngrembrandts.com](mailto:yeastbay@youngrembrandts.com)

Nature House | Instructor: Young Rembrandts Staff

5 classes | \$90R/\$99N

63332 F 9/2-9/30 4:00-5:00pm

63333 F 10/7-11/4 4:00-5:00pm

63334 F 11/18-12/23\* 4:00-5:00pm

\*No class 11/25



# Family Classes



## THE ARTS

Ages 2-4 **Parent & Me**

### PROCESS ART FOR PRESCHOOLERS

Parent participation required. A \$15 supply fee due at time of registration. For more information, contact Debbie at [dwardrope@sbcglobal.net](mailto:dwardrope@sbcglobal.net)

Firehouse Arts Center | Instructor: Debbie Wardrope

### Fantabulous Fall

We love fall and we'll be creating apple printed trees, torn paper scarecrows, marbled fall leaves and much more!

**1 class | \$25R/\$28N**

**63093** F 9/16 10:30-11:30am

### Hauntingly Halloween

Come join the fun as we create some great Halloween art projects. Build a monster, paint a haunted house, make a fingerprint bat silhouette and more.

**1 class | \$25R/\$28N**

**63094** F 10/7 10:30-11:30am

### Crafty Christmas

Christmas is almost here and we'll be making some cute crafts to decorate your house! Make an elf collage, paint a frame for your picture with Santa, and make a Rudolph ornament.

**1 class | \$25R/\$28N**

**63095** F 12/2 10:30-11:30am

### Winter Wonderland

Come join the fun as we make 3-D snow skiers, design our own hot cocoa mug complete with steam and marshmallows, and paint a snowy tree.

**1 class | \$25R/\$28N**

**63096** F 1/13 10:30-11:30am

## SPECIAL INTEREST

Ages 22-35 mos. **Parent & Me**

### Parent & Me Move & Groove

Join in the fun with your budding dancer in this creative movement-based dance class! Mom, Dad or a special caretaker will assist their little one as they move through stretches, traveling dance steps, group dances, and motor skill enhancing movement activities. Watch with pride as your mini movers develop stronger overall coordination and rhythm. Engaging music and fun props make this a can't-miss class for little ones! For more information, contact: (925) 344-1123 or [office@jilliandance.com](mailto:office@jilliandance.com)

Cultural Arts Building | Instructor: Jillian Green

**7 classes | \$105R/\$116N**

**63456** Sa 9/17-11/19\* 9:40-10:15am

**6 classes | \$90R/\$99N**

**63457** Sa 12/3-1/28\* 9:40-10:15am

\*No class 10/8, 10/15, 11/5, 12/24, 12/31, 1/14

Ages 5 and up

### Traditional Japanese Karate—Family

Our family is dedicated to teaching a traditional Japanese Karate style called Shito Ryu with a focus on building confidence, living honorably, and learning effective self-defense. Classes are full of fun and challenging drills. This is not a 'Feeder Program'; the student can earn their certified Black Belt here. Our motto is: 'Persistence and Determination Alone are Omnipotent.' *Uniforms can be purchased with instructor for \$30.* To learn more, please visit: [www.daytimedragon.com](http://www.daytimedragon.com) or contact: [Daniel@daytimedragon.com](mailto:Daniel@daytimedragon.com)

Veterans Memorial Building | Instructor: Daniel Reddell

**4 classes | \$40R/\$44N**

**63204** W 9/7-9/28 5:50-6:35pm

**63200** M 10/3-10/24 5:50-6:35pm

**63205** W 10/5-10/26 5:50-6:35pm

**63206** W 11/2-11/30\* 5:50-6:35pm

**63208** W 1/4-1/25 5:50-6:35pm

**3 classes | \$30R/\$33N**

**63199** M 9/12-9/26 5:50-6:35pm

**63201** M 11/7-11/28\* 5:50-6:35pm

**63207** W 12/7-12/21 5:50-6:35pm

**63203** M 1/9-1/30\* 5:50-6:35pm

**2 classes | \$20R/\$22N**

**63202** M 12/12-12/19 5:50-6:35pm

\*No class 11/21, 1/16, 1/23

Ages 18 and up **Parent & Me**

### Mom & Me Fitness—Stroller Jam

Pack up your baby, stroller, and yoga mat and come join other moms in an upbeat and energizing stroller aerobic workout choreographed to music. Core conditioning and yoga poses will target postpartum areas in need of toning, strengthening and stretching. Class is appropriate for babies 6-weeks to 18-months who are stroller-friendly and moms that have been cleared to exercise by their physician. You and your baby will love it! For more information, contact Nancy at [nancy@mothersinmotionfitness.com](mailto:nancy@mothersinmotionfitness.com)

Veterans Memorial Building | Instructor: Nancy Larson

**FREE Trial Class! | 1 class**

**63190** Tu 8/30 Noon-1:00pm

**4 classes | \$60R/\$66N**

**63191** Tu 9/6-9/27 Noon-1:00pm

**63192** Tu 10/4-10/25 Noon-1:00pm

**63194** Tu 1/10-1/31 Noon-1:00pm

**5 classes | \$75R/\$83N**

**63193** Tu 11/1-12/13\* Noon-1:00pm

\*No class 11/22, 12/6

Check out the Preschool section for more Parent & Me classes!

Ages 2-4 **Parent & Me**

### Fun with Science and Engineering for Parent & Me

Kids have fun building hands-on projects and performing science experiments! Example activities include building a simple electric circuit or running lab experiments in the Color Lab. Students will learn about cause and effect, properties of materials, patterns, and cycles. Parent participation is required. A \$35 supply fee due at time of registration. For more information, visit [www.funwithacademics.com](http://www.funwithacademics.com) or contact: [info@funwithacademics.com](mailto:info@funwithacademics.com)

Amador Recreation Center | Instructor: Fun with Academics Staff

**8 classes | \$169R/\$186N**

**63195** W 9/7-10/26 10:30-11:15am

**63196** W 11/2-1/18 10:30-11:15am

\*No class 11/23, 12/21, 12/28, 1/4

# Family Classes



**GINGERBREAD  
PRESCHOOL**

Ages 1.5-3 **Parent & Me**

## Gingerbread Preschool— Parent & Me

Students and Parents will play together in this introduction to Gingerbread Preschool with music and movement. Class meets weekly. Gingerbread Preschool | Instructor: Gingerbread Staff

**7 classes | \$105R/\$115.50N**

**62901** M 8/29-10/17 1:30-2:15pm

**62902** M 8/29-10/17 2:30-3:15pm

**8 classes | \$120R/\$132N**

**62903** Tu 8/30-10/18 1:30-2:15pm

**62902** Tu 8/30-10/18 2:30-3:15pm

Fall Session II

**8 classes | \$120R/\$132**

**63578** M 10/24-12/19 1:30-2:15pm

**63577** M 10/24-12/19 2:30-3:15pm

**63576** Tu 10/25-12/20 1:30-2:15pm

**63575** Tu 10/25-12/20 2:30-3:15pm



## Community Education Series

### FALL SCHEDULE

The City of Pleasanton

**COMMUNITY**

**EDUCATION**

**SERIES**

**FREE Registration at [pleasantonfun.com](http://pleasantonfun.com)**

Workshops are held at:  
Pleasanton Public Library  
400 Old Bernal Avenue

### Funding Your College Education

*Learn how to successfully navigate college finances*

**09.14.16 7:00 - 8:30PM Course 63580**

*Presented by: Andrea Silas, UC Berkeley Financial Aid Office*

### Screens, Teens & Tweens

*What You Need to Know About Social Media and Cyberbullying*

**10.19.16 6:00 - 8:30PM Course 63581**

*Presented by: Sean Donahue, Teen Esteem*

### Screenagers - Film Screening

*Growing up in the Digital Age - Post film panel discussion*

**10.26.16 6:00 - 8:30PM Course 63583**

*Special Event location - Firehouse Arts Center*

### Taming the Homework Monster

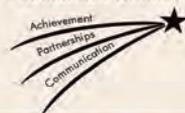
*Learn how to manage homework at every age and stage*

**11.16.16 7:00 - 8:30PM Course 63584**

*Presented by: Susan Stone Belton, Parenting Coach and Author*



Pleasanton Unified School District



Pleasanton Council



For more information, please call 925-931-5359 or visit [ptownlife.org](http://ptownlife.org)

# The Arts

Ages 6-10

## ALL ABOUT ART

A \$15 supply fee is due at the time of registration. For more information, contact: [dwardrope@sbcglobal.net](mailto:dwardrope@sbcglobal.net)

Firehouse Arts Center | Instructor: Debbie Wardrope

## Super Selfie Art

In this class, we'll be creating art that's all about you! From an Express Yourself portrait and a name illustration to a few of my favorite things collage, you'll love displaying these fun and imaginative art projects that have special meaning to you. We'll use paint, magazines, oil pastels, photographs and more to make some art that's as unique as you are.

**4 classes | \$85R/\$94N**  
**63400** Tu 9/6-9/27 3:45-5:00pm

## Animal-Mania!

From alpacas to zebras, from birds to bugs, we'll be drawing and painting our favorite subject - animals! Come and create a polar diorama including penguins and an orca whale, a clay pot cat, a cute safari animal collage and so much more. We'll use paper, paint, pastels and even black glue to make our fun and creative animal art projects.

**4 classes | \$85R/\$94N**  
**63406** Tu 10/4-10/25 3:45-5:00pm

## Crazy Creative Collage

Get wild and crazy with collage! We'll be using chipboard, book pages, bottle caps, paint, paper, magazines and other unique stuff to make awesome 2-D and 3-D collages. From faux food that looks amazingly real to paper mosaic animals, you'll be amazed at the versatility of collage.

**4 classes | \$85R/\$94N**  
**63407** Tu 11/1-11/29 3:45-5:00pm

\*No class 11/22



Ages 6-10

## FRIDAY FUN WITH ART

A \$15 supply fee is due at time of registration. For more information, contact: [dwardrope@sbcglobal.net](mailto:dwardrope@sbcglobal.net)

Firehouse Arts Center | Instructor: Debbie Wardrope

## Fantabulous Fall

Fall is a beautiful time of year, and we're going to make some great art projects to celebrate the season! We'll be creating a thankful fall tree from recycled paper tubes, paper and paint, a Mason jar fall leaf lantern, an autumn collage with a pumpkin, owl, and scarecrow and much more.

**1 class | \$25R/\$28N**  
**63149** F 9/16 3:45-5:30pm

## Hauntingly Halloween

Come join the fun as we make some cool and creative Halloween decorations! Make a 3-D spider and spider web painting, a standing jack o'lantern decoration, a mummy candy holder and more. It'll be a hauntingly good time!

**1 class | \$25R/\$28N**  
**63150** F 10/7 3:45-5:30pm

## Crafty Christmas

Christmas is coming and it's time to get crafty! Join us as we make a Merry Christmas frame for your picture with Santa, a 3-D Rudolph shadow box, a JOY sign with a snowman face and lots more. Loads of creative Christmas fun!

**1 class | \$25R/\$28N**  
**63151** F 12/2 3:45-5:30pm

## Winter Wonderland

Come and make some super fun winter-themed art projects including a 3-D snow skier, an ice skating rink with a moveable skater, a cute snowman in a jar and a hot cocoa collage. It's a winter art wonderland!

**1 class | \$25R/\$28N**  
**63152** F 1/13 3:45-5:30pm



Like us on Facebook:  
[Pleasanton Community Services](#)



Follow us on Instagram:  
[Pleasantonfun](#)



Ages 6-10

## AWESOME ART LAB SERIES

This series of art classes focuses specifically on a different art medium for each class so kids can learn how to use each one in depth. A \$20 supply fee is due at the time of registration. For more information, contact Debbie at [dwardrope@sbcglobal.net](mailto:dwardrope@sbcglobal.net)

Firehouse Arts Center | Instructor: Debbie Wardrope

## Watercolor Magic

Learn how to use transparent watercolor both technically and experimentally while creating unique and creative art projects. We'll try out different techniques, use it on traditional water color paper and unusual surfaces, learn how to create washes and build value and discover how watercolor works with other mediums.

**4 classes | \$25R/\$28N**  
**63118** W 9/7-9/28 3:45-5:00pm

## Incredible Acrylic

Acrylic is a fun and versatile medium that can be used both transparently and opaquely for unique results. Kids will use real acrylic paints and easels and learn how to mix color and create values, use a variety of brushes, and try it out on both canvas and paper. Be amazed at the paintings they will create!

**4 classes | \$25R/\$28N**  
**63119** W 10/5-10/26 3:45-5:00pm

## Purely Pastel

Pastel is both a drawing and painting medium and kids will learn how to use both soft and oil pastels for great results with their artwork. We'll go step by step through different techniques, experiment with different papers and create some beautiful art projects using this fun and versatile medium.

**4 classes | \$25R/\$28N**  
**63120** W 11/2-11/30\* 3:45-5:00pm

\*No class 11/23

# The Arts

Ages 5-11

## YOUNG @ ART

Students will visit the Harrington Gallery to learn about each exhibit, and then create an art piece in the studio upstairs. There is a different focus for each session; elements such as technique, medium, composition, and subject matter are explored. Each session is one class. For more information, contact: [dwardrope@sbcglobal.net](mailto:dwardrope@sbcglobal.net)  
Firehouse Arts Center | Instructor: Debbie Wardrope

### Life in the City Collage

The gallery will be filled with images of busy urban life and architecture. After viewing, participants will create their own cityscape using mixed media.

<b>1 class   \$15R/\$20N</b>			
<b>63431</b>	Th	11/17	4:30-5:45pm

### Winter in Watercolor

We will visit the Harrington Gallery to see the award-winning watercolor exhibit, then create some fun winter scenes with watercolor in the studio.

<b>1 class   \$15R/\$20N</b>			
<b>63432</b>	Th	1/26	4:30-5:45pm

Ages 6-10

## JUST 4 GIRLS ART CLUB

This once a month art club is designed for girls to come and create together. With a different theme each month, we'll be drawing, painting and collaging fun & creative art projects that girls will love to make and display. *A \$10 supply fee is due at time of registration.* For more information, contact: [dwardrope@sbcglobal.net](mailto:dwardrope@sbcglobal.net)  
Firehouse Arts Center | Instructor: Debbie Wardrope

### Room Makeover

Make a Be-You-tiful wood sign, a magnet board with magnets, and a few more fun and creative things to decorate your room.

<b>1 class   \$25R/\$28N</b>			
<b>63321</b>	F	9/30	3:45-5:00pm

### Unicorns and Rainbows

Come create a beautiful unicorn painting with glitter on canvas, a cool rainbow mobile and more!

<b>1 class   \$25R/\$28N</b>			
<b>63338</b>	F	10/28	3:45-5:00pm

## Jazzy Jewelry

We'll be making nail polish washer necklaces, glass alcohol ink pendants, optic art rings, a bracelet and more.

<b>1 class   \$25R/\$28N</b>			
<b>63344</b>	F	11/18	3:45-5:00pm

## Buttons, Buttons, Buttons!

Buttons can be used in so many ways. We'll be making a darling button cupcake with a frame, a button butterfly, and much more.

<b>1 class   \$25R/\$28N</b>			
<b>63345</b>	F	1/27	3:45-5:00pm

Ages 6-10

## Wild and Wacky Ways with Art

It's time to get wild and crazy with art! Come join us for a month of super fun mixed media art projects that use recycled materials, paint, paper, Sharpies, glue and more. Make a painted rock cactus garden, a Monsterpiece, a cardboard lion face sculpture and other wacky, cool art. *A \$15 supply fee is due at the time of registration.* For more information, contact: [dwardrope@sbcglobal.net](mailto:dwardrope@sbcglobal.net)  
Firehouse Arts Center | Instructor: Debbie Wardrope

<b>4 classes   \$85R/\$94N</b>			
<b>63414</b>	W	1/4-1/25	3:45-5:00pm

Ages 9-13

## Japanese Calligraphy for Kids

This class will focus on Japanese Calligraphy as an art form. Students will learn the correct form and brushstrokes necessary to produce Japanese Kanji characters and Japanese brush art. *A \$50 supply fee is due at the time of registration; students will receive boxed supplies for their personal use. Supplies must be purchased prior to class but may be used for additional classes.* For more information, contact: [chikakomccann@att.net](mailto:chikakomccann@att.net)  
Nature House | Instructor: Chikako McCann

<b>6 classes   \$78R/\$86N</b>			
<b>63328</b>	Th	9/1-10/6	4:15-5:15pm
<b>63329</b>	Th	10/13-11/17	4:15-5:15pm

<b>4 classes   \$52R/\$58N</b>			
<b>63330</b>	Th	12/1-12/22	4:15-5:15pm

Ages 5-12

## Youth Ceramics

All skill levels are welcome. Projects will include a pinch pot, coil pot, slab work and sculpture. All materials used are lead-free and non-toxic. *A \$25 supply fee is due at the time of registration.* For more information, contact: [ekdpottery@yahoo.com](mailto:ekdpottery@yahoo.com)  
Cultural Arts Building | Instructor: Erin Davis

Ages 5-8

<b>6 classes   \$86R/\$95N</b>			
<b>63131</b>	W	9/14-10/19	4:00-5:00pm
<b>63132</b>	W	10/26-12/7*	4:00-5:00pm

Ages 8-12

<b>6 classes   \$86R/\$95N</b>			
<b>63133</b>	W	9/14-10/19	5:30-6:30pm
<b>63134</b>	W	10/26-12/7*	5:30-6:30pm

\*No class 11/23



Ages 8-12

## Youth Sculpture

Come explore sculpture! Instruction will cover basic sculpture techniques. Projects will include a 'self-likeness' head, an animal, and more. *A \$30 supply fee is due at the time of registration.* For more information, contact: [ekdpottery@yahoo.com](mailto:ekdpottery@yahoo.com)  
Cultural Arts Building | Instructor: Erin Davis

<b>6 classes   \$120R/\$132N</b>			
<b>63125</b>	Tu	9/13-10/18	4:00-5:30pm
<b>63126</b>	Tu	9/13-10/18	4:00-5:30pm

# The Arts

## CIVIC ARTS STAGE COMPANY 2016-17 SEASON

### BAY AREA CHILDREN'S THEATRE



K-1st Grade

#### Little Performers: Build A Play

Explore the world of Agrabah in this inventive new class! Relying on their imagination, students will build their own play based on the characters in *Aladdin*. Participants will create a brand new story full of adventure, song, and dance. Their play will be showcased as the prologue to the final production of the Young Performers class, and they will join the older students in the finale of *Disney's Aladdin Kids*. Final Performances (Amador Theater): Tuesday Session: 1/28, 1:00pm; Thursday Session: 1/28, 4pm; Saturday Session: 1/28, 11am Veterans Memorial Bldg. | Instructor: Bay Area Children's Theatre

15 classes | \$170R/\$187N

63339	Tu	9/27-1/17*	3:30-4:15pm
63342	Th	10/29-1/19*	3:30-4:15pm

Firehouse Arts Center | Instructor: Bay Area Children's Theatre

15 classes | \$170R/\$187N

63346	Sa	10/1-21*	9:30-10:15am
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\*No class: 11/22, 11/24, 11/26, 12/20, 12/22, 12/24, 12/27, 12/31, 1/3, 1/5, 1/7



Ages 7-11

#### Young Performers: Disney's Aladdin KIDS

Explore a whole new world as you rehearse this magical stage adaptation of *Aladdin*, complete with a dancing carpet, confident princess, and talkative evil parrot! This class is the perfect forum to learn basic musical theater skills in acting, voice, and dance, while encouraging teamwork. Note that students will be expected to practice at home. Final Performances (Amador Theater): Tuesday Session: 1/28, 1:00pm; Thursday Session: 1/28, 4pm; Saturday Session: 1/28, 11am. Veterans Memorial Bldg. | Instructor: Bay Area Children's Theatre

15 classes | \$260R/\$286N

63340	Tu	9/27-1/17*	4:30-6:00pm
63343	Th	9/29-1/19*	4:30-6:00pm

Firehouse Arts Center | Instructor: Bay Area Children's Theatre

15 classes | \$260R/\$286N

63348	Sa	10/1-1/21*	10:30am-Noon
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\*No class: 11/22, 11/24, 11/26, 12/20, 12/22, 12/24, 12/27, 12/31, 1/3, 1/5, 1/7

### PERFORMING ARTS CLASSES AND WORKSHOPS FOR KIDS

Experienced and brand new performers will have a great time in these classes, camps, and workshops designed with arts education, collaboration, and fun in mind.

Ages 7-10 | 3rd-5th Grade

#### Youth Chorus

Be a part of a Firehouse Arts Center holiday tradition. Youth and younger teens will learn songs in a supportive and process-based environment in preparation for the 4th Annual Holiday Youth Music Festival.

Firehouse Arts Center | Instructor: Andrew Mondello

5 classes | \$165R/\$181N

63415	W	8/24-10/5	4:00-6:00pm
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Ages 8-12

#### Beginning Guitar for School Age

Start your journey with guitar! In this fun class, you will learn basic chords using chords, notes and rockin' songs! Have fun and enhance your life with music by playing guitar! Please bring your own guitar. A \$10.00 supply fee is due at the time of registration. For information, contact: kaknox7@aol.com Nature House | Instructor: Debra Knox

3 classes | \$104R/\$114N

63089	Tu	9/13-9/27	6:00-6:50pm
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4 classes | \$139R/\$153N

63090	Tu	10/11-11/1	6:00-6:50pm
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63091	Tu	11/15-12/6	6:00-6:50pm
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63092	Tu	1/10-1/31	6:00-6:50pm
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### The Phantom Tollbooth JR.

Even surrounded by dozens of toys, Milo is bored. Nothing interests him at all... until he takes a trip through the Phantom Tollbooth. Transported to the Land of Wisdom, Milo is thrust into adventure when Princesses Rhyme and Reason need rescuing in order to bring peace between two kings. Knee-deep in danger, Milo learns everything has a purpose. Upon his return home, he realizes there is never a reason to be bored in a world full of hidden discoveries.

**Performances:** F & Sa, 9/18-9/26, 7:30pm | Sa & Su, 9/19-9/27, 2:00pm

### Getting to Know The Sound of Music

Families will enjoy this uniquely adapted musical for your performers. When a postulant proves too high-spirited for the religious life, she is dispatched to serve as governess for the seven children of a widowed naval Captain. Her growing rapport with the youngsters, coupled with her generosity of spirit, gradually captures the heart of the stern Captain, and they marry.

**Auditions:** Su, 10/2 4:00-8:00pm | Tu, 10/4, 4:00-8:00pm

**Call Backs:** Th, 10/6 4:00-8:00pm

**Rehearsals:** Tu, Th, Su, 10/11-12/3 | No Rehearsal 11/20-11/27

**Tech Rehearsals:** Su-Th, 12/4-12/8 | 4:00-9:00pm

**Performances:** F & Sa, 12/11-12/17, 7:30pm | Sa & Su, 12/10-12/18, 2:00pm

### Madagascar: A Musical Adventure JR.

Get ready to Move It, Move It as the personable animals of the Central Park Zoo come to life on stage in this fantastic new adaptation of the hit movie! Not content to leave well enough alone, Alex the Lion, Marty the Zebra, Melman the Giraffe, and Gloria the Hippo escape to explore the world and find themselves on a ship heading across the Pacific Ocean. Although they have been raised in blissful captivity, they quickly learn first-hand how rough life can be in the wilds of Madagascar!

**Auditions:** Su, 1/8, 4:00-8:00pm | Tu, 1/10, 4:00-8:00pm

**Call Backs:** Th, 1/12, 4:00-8:00pm

**Rehearsals:** Tu, Th, Su | 1/17-3/9

**Tech Rehearsals:** Su-Th, 3/12-3/16, 4:00-9:00pm

**Performances:** F & Sa, 3/17-3/25, 7:30pm | Sa & Su, 3/18-3/26, 2:00pm

# Exercise & Wellness

Ages 6-16

## Albany Karate for Kids

Black-belt instructor, Sensei Dara, leads this successful program to develop self-confidence and skill in young people. Students learn Tae Kwon Do, Japanese weapons, and self-defense in a positive and fun, non-aggressive class. Students may participate in belt tests and tournaments, and family and friends are invited to watch! For more information, contact: [dara@albanykarateforkids.com](mailto:dara@albanykarateforkids.com) Cultural Arts Building | Instructor: Dara Connolly

16 classes | \$288R/\$317N

63080 F 9/2-1/27\* 4:20-5:20pm

\*No class 10/14, 11/4, 11/11, 11/25, 12/23, 12/30

Ages 6-12

## Taekwon-Do

Our program focuses on teaching life skills through Taekwon-Do. Your child will develop lifelong skills, such as courtesy, integrity and self-control. We work towards building health and fitness awareness in a fun and challenging environment. A uniform is recommended and can be purchased at the first class. For more information, contact: [juestkd@juestkd.com](mailto:juestkd@juestkd.com)

Jue's Taekwon-Do Studio | Instructor: Gordon Jue

19 classes | \$285R/\$314N

63088 Tu 9/6-1/24\* 5:00-6:00pm

\*No class 12/27

## DANCE WITH JILLIAN GREEN

For more information, call: (925) 344-1123 or email: [office@jilliandance.com](mailto:office@jilliandance.com)

Ages 6-10

## Jr. Lyrical Dance

Students will love expressing themselves in this popular style of dance! Lyrical draws it's technique primarily from ballet and jazz, however it's the expressive and story-telling qualities of this style that are its hallmark. Dancers will be introduced to the necessary technique to begin their lyrical dance journey, as well as learn to express a range of emotions and explore age-relevant stories and themes. Pink ballet or tan jazz shoes required.

Cultural Arts Building | Instructor: Jillian Green

17 classes | \$289R/\$318N

63047 Tu 9/13-1/31\* 5:30-6:30pm

\*No class 10/4, 11/8, 12/20, 12/27

Ages 6-10

## Jr. Ballet/Jazz Combo Class

In this lively combo class dancers will have fun experiencing these different but complimentary styles! In ballet, we introduce students to the fundamentals through barre exercises, center work, and traveling steps. In jazz, students will enjoy a high energy warm up, be introduced to isolations and jazz specific movement qualities, as well as learn numerous jazz moves done in the center of the room and traveling across it. Each week we learn new choreography as we prepare dances to share with family and friends!

Cultural Arts Building | Instructor: Jillian Green

13 classes | \$221R/\$243N

63459 Sa 9/17-1/28\* 12:30-1:30pm

\*No class 10/8, 10/15, 11/5, 11/26, 12/24, 12/31, 1/14

Ages 6-9

## Famous Ballet

Welcome to this enchanting introduction to the world of all things 'ballet'! In addition to learning beginning ballet technique, students will learn about various famous ballets through stories and videos, enjoy dancing to world famous ballet music and create theme specific props/accessories to be used in mini performances throughout the session! Ballet shoes and attire required and hair pulled back securely. A \$25 supply fee is due at time of registration.

Cultural Arts Building | Instructor: Jillian Green

16 classes | \$288R/\$317N

63067 W 9/14-1/25\* 4:30-5:45pm

\*No class 10/5, 11/23, 12/21, 12/28

Ages 7-12

## Kid/Tween Hip Hop

Join the high energy fun as we learn one of today's most popular dance styles! Dancers will learn hip hop technique in the foundation styles of breaking, popping and locking, as well as elements of other street styles. They will improve their overall coordination/rhythm and work on fine tuning skills such as the use of space/directions/levels/energy/flow through center of the floor and across the floor moves. 1-2 routines will be prepared to share with family and friends throughout the session!

Cultural Arts Building | Instructor: Jillian Green

16 classes | \$256R/\$282N

63068 W 9/14-1/25\* 6:00-7:00pm

\*No class 10/5, 11/23, 12/21, 12/28

Ages 5-12

## Halloween Hip Hop Dance Party

Join the spooky fun at our 1st annual Halloween Hip Hop Dance Party! Participants will have a ghoulish good time as we get into the Halloween 'spirit'! Dance party participants will learn a Halloween theme hip hop dance to share at the end of the evening, decorate small pumpkins, participate in theme games and receive treats to take home! We welcome boys and girls, with or without experience. Don't forget to wear your costume! A \$20 supply fee is due at time of registration.

Cultural Arts Building | Instructor: Jillian Green

1 class | \$40R/\$44N

63069 Sa 10/29 3:00-7:00pm

Ages 5-12

## "Nutcracker" Holiday Dance Party

This whimsical dance party will immerse participants in the magical world of the Nutcracker. Drop off your child and get some holiday shopping done as we prepare a mini Nutcracker performance for you to enjoy at the close of the evening! In addition to putting a small routine together, kids will decorate small accessories/props to be used in our performance and play fun party games! We welcome boys and girls, with or without experience. A \$20 supply fee is due at time of registration.

Cultural Arts Building | Instructor: Jillian Green

1 class | \$40R/\$44N

63070 Sa 12/10 3:00-7:00pm

Ages 7-10

## KIDS Winter Drama Camp

Learn by doing in this fun and engaging Drama Camp. Participants will engage in scene, dance, and vocal work from holiday themed shows; great for beginners or experienced performers. Staff from Summer Drama Camps 2016 will facilitate this four-day performing arts experience. Camp culminates in an in-camp performance at the Firehouse Arts Center Theater at 1:30pm Friday 12/30.

Firehouse Arts Center | Instructor: City Staff

4 Classes | \$155R/\$171N

63567 Tu-F 12/27-12/30 9:00am-1:00pm

# Special Interest

Ages 5 & up

## Traditional Japanese Karate

Our family is dedicated to teaching a Traditional Japanese Karate style called Shito Ryu with a focus on building confidence, living honorably, and learning effective self-defense. Classes are full of fun and challenging drills. This is not a 'Feeder Program'; the student can earn their certified Black Belt here. Our motto is: 'Persistence and Determination Alone are Omnipotent'. *Uniforms may be purchased with instructor for \$30.* To learn more, please visit: [www.daytimedragon.com](http://www.daytimedragon.com) or contact: [Daniel@daytimedragon.com](mailto:Daniel@daytimedragon.com) Veterans Memorial Building | Instructor: Daniel Reddell

4 classes   \$40R/\$44N				
63158	W	9/7-9/28	5:00-5:45pm	
63154	M	10/3-10/24	5:00-5:45pm	
63159	W	10/5-10/26	5:00-5:45pm	
63160	W	11/2-11/30*	5:00-5:45pm	
63162	W	1/4-1/25	5:00-5:45pm	
3 classes   \$30R/\$33N				
63153	M	9/12-9/26	5:00-5:45pm	
63155	M	11/7-11/28*	5:00-5:45pm	
63161	W	12/7-12/21	5:00-5:45pm	
63157	M	1/9-1/30*	5:00-5:45pm	
2 classes   \$20R/\$22N				
63156	M	12/12-12/19	5:00-5:45pm	

\*No class: 11/21, 11/23, 1/16

Ages 8 and up | Intermediate/Advanced

4 classes   \$40R/\$44N				
63168	W	9/7-9/28	6:40-7:40pm	
63164	M	10/3-10/24	6:40-7:40pm	
63169	W	10/5-10/26	6:40-7:40pm	
63170	W	11/2-11/30*	6:40-7:40pm	
63172	W	1/4-1/25	6:40-7:40pm	
3 classes   \$30R/\$33N				
63163	M	9/12-9/26	6:40-7:40pm	
63165	M	11/7-11/28*	6:40-7:40pm	
63171	W	12/7-12/21	6:40-7:40pm	
63167	M	1/9-1/30*	6:40-7:40pm	
2 classes   \$20R/\$22N				
63166	M	12/12-12/19	6:40-7:40pm	

\*No class: 11/21, 11/23, 1/16



Ages 6-12

## Berkeley Chess School

Chess is fun and easy to learn! If you are new to chess or polishing your skills, come develop your understanding and enjoyment of the king of games! Lessons and play combine the skills of thinking with the thrill of sport. Berkeley Chess School has been teaching State Chess Champions since 1982. For information, contact: [programs@berkeleychessschool.org](mailto:programs@berkeleychessschool.org) Veterans Memorial Building | Instructor: Berkeley Chess School

8 classes   \$152R/\$167N			
63408	W	9/7-11/2*	3:30-4:30pm
63409	W	11/9-1/18*	3:30-4:30pm

\*No class 10/12, 11/23, 12/7, 12/28

Ages 6-12

## Bollywood Fusion for Kids

If you would like your kids to join a happy healthy activity while dancing to their favorite Bollywood tunes, then this is the class for them! This is not your same old Bollywood dance routine. Here kids will learn hand and leg coordination, spacing footwork, and develop amazing motorskills. Care is taken to choose age-appropriate music. For more information, contact: [vmusic.lesson@gmail.com](mailto:vmusic.lesson@gmail.com) Cultural Arts Building | Instructor: Vaishnavi Misra

10 classes   \$150R/\$165N			
63421	Su	9/4-11/20*	10:05-10:50am

\*No class 10/16, 11/6

Ages 5-11

## Little Medical School

Little Medical School is an after-school program geared towards children K-5th grade. Little Medical School brings medicine, science, and the importance of health to children in an entertaining, exciting, and fun way. Children learn and have fun, dress up like doctors, learn how to use instruments doctors use, and understand how the body works! Each session will cover new topics! \$25 supply fee due at registration. For more information, contact: [sfbaeast@littlemedicalschoo.com](mailto:sfbaeast@littlemedicalschoo.com) Nature House | Instructor: Little Medical School Staff

6 classes   \$125R/\$138N			
63322	Tu	9/13-10/18	4:00-5:00pm
63323	Tu	10/25-11/29	4:00-5:00pm

Ages 5-11

## Little Nursing School

Little Nursing School brings medicine, science and the importance of health to children in an entertaining and engaging way. Children have fun and learn at the same time. Students will have the chance to learn about immunizations, administering shots, about blood and much more. Come join us as we explore the world of science and medicine. A \$25 supply fee is due at time of registration. For more information, contact: [sfbaeast@littlemedicalschoo.com](mailto:sfbaeast@littlemedicalschoo.com).

Nature House | Instructor: Little Medical School Staff

6 classes   \$125R/\$138N			
63324	Tu	12/6-1/24*	4:00-5:00pm

\*No class 12/27, 1/3

Ages 6-12

## Fun with Science and Engineering

Kids have fun building hands-on projects and performing science experiments! Example activities include building a Catapult or a Rocket, or running lab experiments in the Density Lab or Eruption Lab. Students will have great exposure to STEM, the scientific method, and dissecting and analyzing problems. A \$35 supply fee due at time of registration. For more information, visit [www.funwithacademics.com](http://www.funwithacademics.com) or contact: [info@funwithacademics.com](mailto:info@funwithacademics.com)

Nature House | Instructor: Fun with Academics Staff

7 classes   \$169R/\$186N			
63319	W	9/7-10/19	4:00-5:00pm
63320	W	10/26-12/14*	4:00-5:00pm

\*No class 11/23

# Special Interest

Ages 8-12

## Tech Builders—App Design

The Freshi Media App Design class is a fun and exciting introduction for students who want to learn different aspects of computer-based App Design. Utilizing Multimedia Fusion 2 software, students work closely with instructors to create individual computer based apps. For more information, contact Freshi Media at (818) 332-7951.

Amador Rec Center | Instructor: Freshi Media Staff

<b>8 classes   \$140R/\$154N</b>			
<b>63335</b>	Th	9/22-11/10	3:30-4:45pm

Ages 8-12

## Video Game Creators: Platform Games!

In this class, students will work with a partner to create a platform-style game with unique levels, characters, and an original plot line. Give your characters gravity and create interesting and original bad guys to challenge you through your game. For more information, contact Freshi Media at (818) 332-7951.

Amador Recreation Center | Instructor: Freshi Media Staff

<b>8 classes   \$140R/\$154N</b>			
<b>63336</b>	Tu	10/11-11/29	3:30-4:45pm

## BRICKS 4 KIDZ CLASSES | *New!*

For more information, visit [www.bricks4kidz.com/356](http://www.bricks4kidz.com/356) or contact Bricks 4 Kidz at (925) 392-3113.

Ages 5-12

## Cranium Contraption Building with LEGO® Bricks

Build and explore crazy contraptions that really work your brain using LEGO® Bricks, axles, pulleys, gears, and motors to create fun and interactive models. Compete in a rousing game of Battle Tops or Foosball, test your hand-eye coordination with the Ping Pong Popper and more.

Amador Recreation Center | Instructor: Bricks 4 Kidz Staff

<b>7 classes   \$133R/\$147N</b>			
<b>63437</b>	F	9/9-10/28	4:00-5:00pm

\*No class 10/14

 **Follow us on Instagram:**  
**Pleasantonfun**

18 • School Age Children

Ages 5-12

## Air, Land & Sea Building with LEGO® Bricks

Learning what makes each machine unique and how it moves, exploring concepts such as buoyancy, propulsion, and g-forces. Kids build and fly a helicopter model, race across the beach in a land sail, or zoom through the water on a jet ski with LEGO® Bricks.

Amador Recreation Center | Instructor: Bricks 4 Kidz Staff

<b>7 classes   \$133R/\$147N</b>			
<b>63436</b>	M	9/12-10/24	4:00-5:00pm

Ages 5-12

## Construction Craze Building with LEGO® Bricks

Put on your hard hat and head on over to our construction site! Build your knowledge of construction at Bricks 4 Kidz! Dump trucks, jackhammers, drills, and power saws. Build motorized models of these and other powerful tools and create your own LEGO® construction site.

Amador Recreation Center | Instructor: Bricks 4 Kidz Staff

<b>7 classes   \$133R/\$147N</b>			
<b>63438</b>	M	11/7-12/19	4:00-5:00pm

Ages 5-12

## Transportation Timeline Building with LEGO® Bricks

Explore the history of transportation from horse and buggy and trains to the development of the automobile and flight. Following step-by-step model plans, children will build motorized models of a train, car, dragster and airplane using LEGO® Bricks, then customize it to their own specifications!

Amador Recreation Center | Instructor: Bricks 4 Kidz Staff

<b>8 classes   \$152R/\$168N</b>			
<b>63439</b>	Th	12/1-1/26	4:00-5:00pm

Ages 5-12

## Interesting Inventions Building with LEGO® Bricks

Students discuss differences between inventions and discoveries, how inventions solve problems, and how inventors patent their ideas. Students think of what they could invent, improvements they could make to an existing object to solve a problem, and using LEGO® Bricks construct different motorized models!

Amador Recreation Center | Instructor: Bricks 4 Kidz Staff

<b>8 classes   \$152R/\$168N</b>			
<b>63440</b>	Tu	12/6-1/31	4:00-5:00pm

\*No class 12/27

Ages 6-9

## Create-A-Book

The art of bookmaking will be the focus of this week. While creating books of different types, students will infuse their stories with descriptive language, creating vibrant pictures in the reader's mind. For more information, contact: [info@lekhaink.com](mailto:info@lekhaink.com)

Firehouse Arts Center | Instructor: Lekha School Staff

<b>8 classes   \$180R/\$198N</b>			
<b>63429</b>	M	11/21-1/30*	4:00-5:00pm

\*No class 12/26, 1/2, 1/16

## CREATIVE WRITING

For information, contact [info@lekhaink.com](mailto:info@lekhaink.com)

Ages 6-9

## Beginning Creative Writing

Children will learn the art of creative writing through correct spelling, punctuation, and grammar in interactive lessons. Composition will be introduced to older students through paragraph structure.

Firehouse Arts Center | Instructor: Lekha School Staff

<b>8 classes   \$180R/\$198N</b>			
<b>63424</b>	M	9/12-11/14*	5:15-6:15pm

\*No class 10/10, 10/31

Ages 9-12

## Fundamentals of Creative Writing

Students will learn Lekha's time-tested methods to overcome writer's block while writing short stories, poems and short skits. They will progress into genre writing and learn how each genre has its own set of rules that drive character creation, setting, and plot.

Firehouse Arts Center | Instructor: Lekha School Staff

<b>8 classes   \$180R/\$198N</b>			
<b>63423</b>	M	9/12-11/14*	4:00-5:00pm

\*No class 10/10, 10/31



Phone: (925) 931-5340

# Special Interest

Ages 6.5-9

## The Art of Story Telling

Storytelling may be one of life's most powerful and envied skills. Students will learn the art of narration and take home the storytelling tools that they create in class. For more information, contact: info@lekhaink.com

Firehouse Arts Center | Instructor: Lekha School Staff

<b>8 classes   \$180R/\$198N</b>			
<b>63425</b>	Th	9/8-11/3*	4:30-5:30pm

\*No class 9/29

Ages 9-12

## Story Writing

The elements of story writing will be the focus during this session. Students will be introduced to a variety of genres. For more information, contact: info@lekhaink.com

Firehouse Arts Center | Instructor: Lekha School Staff

<b>8 classes   \$180R/\$198N</b>			
<b>63426</b>	Th	9/8-11/3*	5:45-6:45pm

\*No class 9/29

Ages 9-12

## Reading Comprehension and Book Reports

Reading is the art of decoding letters and words. The natural transition after comprehension is the presentation of materials read and understood. Students will read and analyze fiction and non-fiction. For more information, contact: info@lekhaink.com

Firehouse Arts Center | Instructor: Lekha School Staff

<b>8 classes   \$180R/\$198N</b>			
<b>63430</b>	M	11/21-1/30*	5:15-6:15pm

\*No class 12/26, 1/2, 1/16

Ages 6-9

## PUBLIC SPEAKING

For more information, visit [www.guruseducation.com](http://www.guruseducation.com) or contact: info@guruseducation.com

## Building Public Speaking Confidence

This course teaches the building blocks of public speaking. Children learn the importance of body language and variation in their voices. Within the fun milieu of show and tell, storytelling and poetry recitals, the goal is for your child to develop more confidence and skill in expressing themselves to a group.

Amador Recreation Center | Instructor: Gurus Education Staff

<b>8 classes   \$160R/\$176N</b>			
<b>63365</b>	W	9/14-11/2	5:30-6:30pm

Ages 6-9

## Introduction to Speech Writing

This program teaches young students how to write speeches in six easy steps. They learn the importance of writing like they talk, making it personal and creating interesting openings and memorable finishes. Encouraging them to use props, stories, jokes and pictures, we make learning all of this easy and fun!

Amador Recreation Center | Instructor: Gurus Education Staff

<b>8 classes   \$160R/\$176N</b>			
<b>63367</b>	W	11/16-1/4	5:30-6:30pm

# Sports

Ages 7-10

## Kidz Love Soccer Soccer 2: Skillz & Scrimmages

Kids will enjoy advanced skill building: dribbling, passing, and shooting in a team play format. All levels are welcome to come enjoy the world's most popular game! All participants receive a KLS jersey! Shin guards are required after the first meeting.

**Rainout Hotline: (888)372-5803 or**

**www.kidzlovesoccer.com**

Ken Mercer Sports Park Skate Park Turf Area

Instructor: Kidz Love Soccer Staff

<b>9 classes   \$122R/\$134N</b>			
<b>63042</b>	Tu	9/13-11/8	4:30-5:15pm
<b>63043</b>	F	9/16-11/11	4:25-5:10pm
<b>63044</b>	Sa	9/24-11/19	10:35-11:20am
<b>63040</b>	F	1/20-3/17	4:15-5:00pm
<b>63041</b>	Sa	1/21-3/18	10:35-11:20am

Ages 7-12

## Skyhawks Basketball Academy

This fun, skill-intensive program is designed for beginning to intermediate athletes. Active sessions of passing, shooting, dribbling and rebounding makes this one of our most popular programs. Boys and girls will also learn vital life lessons such as respect, teamwork, responsibility.

Harvest Park Middle School Gym | Instructor: Skyhawks Sports

<b>6 classes   \$126R/\$151N</b>			
<b>63403</b>	Sa	10/8-11/19*	9:00-10:30am
<b>63404</b>	Sa	10/8-11/19*	10:30am-Noon
<b>63405</b>	Sa	10/8-11/19*	12:00-1:30pm

\*No class 11/12

Ages 4-12

## Championship Basketball Camp—Clinics

Championship Basketball returns for its 17th year to the City of Pleasanton. Program consists of 45 minutes of basketball skills training followed by 45 minutes of game play. Coach to participant ratio is 8 to 1. Each participant will get his/her own uniform. No prior basketball experience is required to participate.

Harvest Park Middle School Gym | Instructor: Mike Hansen

Ages 4-7 | Grades K-1

<b>6 classes   \$154R/\$169N</b>			
<b>62923</b>	Sa	8/20-10/1*	9:00-10:30am

Ages 7-9 | Grades 2-3

<b>6 classes   \$154R/\$169N</b>			
<b>62924</b>	Sa	8/20-10/1*	10:45am-12:15pm

Ages 9-12 | Grades 4-5

<b>6 classes   \$154R/\$169N</b>			
<b>62925</b>	Sa	8/20-10/1*	12:30-2:00pm

\*No class 9/3

## SCHOOL BREAK CAMP

Ages 5-14

## Championship Basketball Camp

Championship Basketball Camp provides instruction for players of all skill levels. The camp is designed to emphasize fundamental skills such as ball handling, passing, dribbling, footwork, shooting, rebounding and defense. We also stress the importance of building teamwork, discipline, sportsmanship and enjoyment of the game.

Harvest Park Middle School Gym | Instructor: Mike Hansen

<b>3 classes   \$147R/\$162N</b>			
<b>62921</b>	M-W	11/21-11/23	9:00am-2:00pm
<b>4 classes   \$196R/\$216N</b>			
<b>62922</b>	Tu-F	1/3-1/6	9:00am-2:00pm

Ages 9-11

## Club VIP Youth Progressive Volleyball

Come join a fun class where you will learn fundamental volleyball skills and meet new friends. Players will be grouped by age and experience. This course provides a great foundation that will excite them to continue playing volleyball in the future.

Pleasanton Middle School Gym | Instructor: Ted Babu

<b>4 classes   \$55R/\$61N</b>			
<b>62940</b>	M	9/12-10/3	6:00-7:00pm
<b>62941</b>	M	10/10-11/7*	6:00-7:00pm
<b>62942</b>	M	11/28-12/19	6:00-7:00pm
<b>62943</b>	M	1/9-2/6**	6:00-7:00pm

\*No class 10/31. \*\*No class 1/16

# PLEASANTON YOUTH BASKETBALL (PYB)

## Registration Deadline

### Friday, October 7, 2016

The Pleasanton Youth Basketball (PYB) program is a recreational program for youth, grades 1-12 (as of Fall 2016). Participants will learn and improve their basketball skills, make new friends, and learn what it means to be part of a team. All Skill levels welcome!

- Pleasanton residents only.
- Games begin 12/10/15 and times vary between 8:00am-9:00pm. Games are held on Saturdays at one of the three Middle School Gyms.

#### NEW for the 2016-2017 Season!

- Register for your practice time. See course codes below.
- Practices will be once a week in the evening beginning 10/24/16.
- The first three (3) weeks of practices will be Staff led skill building and player assessments.
- All participants will be assigned to a team and will be contacted by their coach by 10/20/16.

#### Registration Information

Registration fee is \$155. Includes a jersey, practice time, and program participation

- Mail-In Registration: 8/8/16 (mail completed registration form (facing page).
- Open Registration: 8/17/16. During Open Registration, you can register in person at the Community Services Department, 200 Old Bernal Avenue. Office hours: M-F, 8am-5pm. Or you can register at [www.pleasantonfun.com](http://www.pleasantonfun.com)
- **Registration deadline: October 7, 2016**

#### PYB Practice Schedule

Weeks of:

Practice 1: Oct. 24	Practice 8: Jan. 5
Practice 2: Oct. 31	Practice 9: Jan. 12
Practice 3: Nov. 7	Practice 10: Jan. 23
Practice 4: Nov. 14	Practice 11: Jan. 30
Practice 5: Dec. 7	Practice 12: Feb. 6
Practice 6: Dec. 14	Practice 13: Feb. 13
Practice 7: Jan. 4	Practice 14: Feb. 20

\*Practice schedule is subject to change. No practice 10/31, 11/21-11/24, 12/19-1/5, 1/16, 2/13, 2/20

#### PYB Game Schedule

All games played on Saturday

Game 1: Dec. 10	Game 5: Jan. 28
Game 2: Dec. 17	Game 6: February 4
Game 3: Jan. 14	Game 7: Feb. 11
Game 4: Jan. 21	Game 8: Feb. 24

#### We're Hiring!

Need some work experience? Want some extra cash? PYB offers job opportunities to work in the City's largest youth sports program. Must be available to work Saturdays, December 10, 2016 through February 24, 2017. If you are interested, please apply on-line at [www.cityofpleasantonca.gov/depts/hr](http://www.cityofpleasantonca.gov/depts/hr).

#### PYB Course Codes

NEW for the 2016-2017 Season - Register for your practice time!  
See course codes below. **Register early as space is limited!**

HPMS = Harvest Park Middle School, PMS = Pleasanton Middle School  
THMS = Thomas Hart Middle School

#### Boys Course Codes

Grade	Day/Time	Location	Code
1st	M/5:30pm	THMS	63604
1st	W/6:30pm	THMS	63622
1st	F/5:30pm	THMS	63623
2nd	Tu/6:30pm	HPMS	63605
2nd	W/5:30pm	HPMS	63626
2nd	Th/5:30pm	HPMS	63627
2nd	Th/6:30pm	HPMS	63628
2nd	F/6:30pm	THMS	63629
3rd	Th/5:30pm	HPMS	63606
3rd	F/5:30pm	HPMS	63630
3rd	Th/6:30pm	HPMS	63631
4th	Th/6:30pm	PMS	63607
4th	Tu/5:30pm	PMS	63632
4th	W/6:30pm	PMS	63633
5th	Tu/7:30pm	PMS	63608
5th	W/6:30pm	PMS	63634
5th	F/7:30pm	PMS	63635
6th	Tu/7:30pm	PMS	63609
6th	F/7:30pm	PMS	63636
7th	W/8:30pm	PMS	63610

7th	Th/7:30pm	HPMS	63637
8th	Th/8:30pm	HPMS	63611
8th	F/7:30pm	HPMS	63638
9-12th	F/8:30pm	HPMS	63612
9-12th	Tu/8:30pm	HPMS	63639

#### Girls Course Codes

Grade	Day/Time	Location	Code
1st	Tu/5:30pm	THMS	63613
1st	M/6:30pm	THMS	63640
2nd	Tu/5:30pm	THMS	63614
2nd	M/6:30pm	THMS	63641
2nd	Tu/5:30pm	HPMS	63647
3rd	M/5:30pm	HPMS	63615
3rd	F/6:30pm	HPMS	63642
4th	M/6:30pm	HPMS	63616
4th	W/5:30pm	PMS	63644
5th	Th/7:30pm	PMS	63617
5th	F/5:30pm	PMS	63645
6-7th	Tu/6:30pm	HPMS	63618
6-7th	M/7:30pm	HPMS	63646
8-12th	Tu/7:30pm	HPMS	63621

#### Pleasanton Youth Basketball (PYB) Coaches Needed!

Looking to share your passion for the Pleasanton Community, coaching AND sports?

Volunteer coaches are needed beginning the third week of practice (11/17/16) through the end of the program. Volunteer coaches play a vital role in this league; please consider making the 2 hour per week commitment. Head coach's child will play for FREE (\*registration fee will be refunded at the end of the PYB program). All head coaches' applications must be submitted by October 7, 2016 for their child to play for free. Applications can be found on [www.pleasantonsports.org](http://www.pleasantonsports.org), click on "Youth Sports" and then the "Volunteer Coach Application" link.

**HIGH SCHOOL STUDENTS:** Consider becoming a Volunteer Coach for your community service hours.

**PYB SCOREKEEPERS NEEDED!** Are you a parent who cannot commit to coaching all season but would like to help out? Become a volunteer scorekeeper and help by keeping score for your child's game.

If you are considering volunteering for the PYB program but would like more information, please see our PYB Volunteer Guide at [www.pleasantonsports.org](http://www.pleasantonsports.org), or contact Rachel Prater at (925) 931-3443 or at [rprater@cityofpleasantonca.gov](mailto:rprater@cityofpleasantonca.gov)



# PYB Mail-In Registration Form

Registration Deadline October 7, 2016

Please send completed application to the Community Services Department, ATTN: PYB, P.O. Box 520, Pleasanton, CA 94566, email [pleasantonsports@cityofpleasantonca.gov](mailto:pleasantonsports@cityofpleasantonca.gov), or fax (925) 931-5477.

Course Code \_\_\_\_\_ (See Codes on previous page)

Participant Last Name \_\_\_\_\_ Participant First Name \_\_\_\_\_

Parent/Guardian Email \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ Zip Code \_\_\_\_\_

Height \_\_\_\_\_ Weight \_\_\_\_\_ Sex \_\_\_\_\_ Grade (Fall 2016) \_\_\_\_\_

School \_\_\_\_\_ Emergency Contact \_\_\_\_\_

Jersey Size (Check One): YS \_\_\_\_\_ YM \_\_\_\_\_ YL \_\_\_\_\_ AS \_\_\_\_\_ AM \_\_\_\_\_ AL \_\_\_\_\_ AXL \_\_\_\_\_

Describe any prior basketball experience (i.e. played PYB, CYO and/or school team): \_\_\_\_\_

Notes/Comments: \_\_\_\_\_

**Waiver, Release and Assumption of Risk:** The City of Pleasanton is sponsoring the following activity \_\_\_\_\_. My (My child's) participation in this activity is voluntary. I am (My child is) physically fit to participate in this activity. I understand that this activity involves risks and that serious injuries could occur while I am (my child is) participating in this activity. In addition, if transportation is provided by City during the activity, serious injuries could occur. Knowing these risks, I want (my child) to participate in this activity. I (on behalf of my child) hereby assume the risk, and hereby waive, release and discharge the City of Pleasanton, its Council, officials, employees, volunteers, instructors, agents, sponsors and promoters of this activity, from any and all claims for damages for personal injuries or death, or claims for damages to property, which I (my child) or my (child's) heirs, assigns, executors or administrators may have or which may accrue to my (child's) participation in this activity, including transportation provided during the activity as applicable. I have read the above and understand that important legal rights are being waived. I consent to the City's use of any photographs that are taken of me (my child) while participating in the City's programs for use in the City's promotions and publications in print and on the World Wide Web (Internet). No payment will be made for use of these photographs. If you do not want you or your child(ren) photographed or videotaped while participating in a City recreation class or activity for the use in City publications, please contact the Community Services office at (925) 931-5340, to request an "Opt Out of Photo" form to be completed at least two weeks prior to the start of you or your child(s) class.

Name of Participant: \_\_\_\_\_ Signature Required: \_\_\_\_\_

Parent/Guardian, if under 18: \_\_\_\_\_ Date Signed \_\_\_\_\_

Payment: Total Amount: \$ \_\_\_\_\_ Card Number \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ Exp \_\_\_\_/\_\_\_\_ Visa \_\_\_\_ MasterCard \_\_\_\_ Discover \_\_\_\_

Card Holder Signature \_\_\_\_\_ Date Signed \_\_\_\_\_

*If paying by check, make check payable to: City of Pleasanton*

# Fall & Winter Camps

## SPECIAL INTEREST

### ENGINEERING FOR KIDS WINTER BREAK CAMPS

For more information, contact Engineering for Kids at (510) 870-2352 or [sfbayarea@engineeringforkids.net](mailto:sfbayarea@engineeringforkids.net)

Ages 8-13

#### Scratch Video Sensing

What's more fun than playing an interactive video game? Writing one! Video sensing allows students to design and program their own video games and then test them by interacting with the program via webcam. In this Scratch program, students work together to create their own games, art, and musical instruments while exploring coding foundations. *A \$24 supply fee is due at time of registration.*

Nature House | Instructor: Engineering For Kids Staff

4 classes | \$160R/\$176N

63476 Tu-F 12/27-12/30 9:00am-Noon

Ages 8-13

#### Apprentice Engineering: Out of this World

Is mankind ready to inhabit the moon? With a little help from Engineering for Kids® students, humans will be prepared to take up residence by the end of the week! Students will collaborate with their Space State teams to create the safest and most effective community on the moon. Which team will earn enough Astro-Points to be declared the winner? *A \$24 supply fee is due at time of registration.*

Nature House | Instructor: Engineering For Kids Staff

4 classes | \$160R/\$176N

63477 Tu-F 12/27-12/30 12:30pm-3:30pm

#### Sign up for the full day combo camp and SAVE!

Kids get to explore Scratch Video Sensing and Apprentice Engineering Out of this World. There will be a 30-min supervised lunch. Students bring their own lunch. *A \$48 supply fee is due at time of registration. Code: 63478 | \$240R/\$264N*

Ages 8-13

#### Electronic Game Design: Racing Games

Students will use Clickteam Fusion 2.5® to create their own video game. Design a racetrack, race cars and an environment in which their cars compete. At the end of the class, everyone takes home a working Windows-compatible game. (Clickteam Fusion 2.5® does not support Mac or Android operating systems.) *A \$24 supply fee is due at time of registration.*

Nature House | Instructor: Engineering For Kids Staff

4 classes | \$160R/\$176N

63479 Tu-F 1/3-1/6 9:00am-Noon

Ages 8-13

#### Apprentice Momentum Madness

How fast can an object go without compromising safety? Students in this camp will work with their Pit Crew to design and build vehicles, such as dragsters and hovering Levitrons, which should be able to withstand astonishing speeds. *A \$24 supply fee is due at time of registration.*

Nature House | Instructor: Engineering For Kids Staff

4 classes | \$160R/\$176N

63480 Tu-F 1/3-1/6 12:30pm-3:30pm

#### Sign up for the full day combo camp and SAVE!

Kids get to explore both Electronic Game Design: Racing Games and Apprentice Momentum Madness. There will be a 30-min supervised lunch. Students bring their own lunch. *A \$48 supply fee is due at time of registration. Code: 63481 | \$240R/\$264N*

Ages 5-12

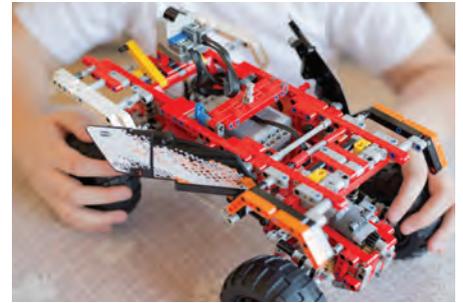
#### Bricks for Kidz Mining & Crafting Winter Fun Camp

Mornings, kids will have a great time facing new challenges each day building models and crafting key elements from the popular Minecraft® game. Afternoons, kids will bring winter fun indoors with interactive Bricks 4 Kidz models of some popular winter activities building with LEGO® Bricks! For more information, visit [www.bricks4kidz.com/356](http://www.bricks4kidz.com/356) or contact Bricks 4 Kidz at (925) 392-3113.

Cultural Arts Building | Instructor: Bricks 4 Kidz Staff

4 classes | \$360R/\$396N

63471 Tu-F 12/27-12/30 9:00am-4:00pm



Ages 7-12

#### Play-Well Engineering FUNDamentals using LEGO®

Power up your engineering skills with Play-Well TEKologies and tens of thousands of LEGO®! Design and build as never before, and explore your craziest ideas in a supportive environment. For more information, contact:

[lauren@play-well.org](mailto:lauren@play-well.org)

Amador Recreation Center | Instructor: Play-Well TEKologies Staff

3 classes | \$150R/\$165N

63464 M-W 11/21-11/23 9:00am-Noon

Ages 8-12

#### ROBO STEM: Introduction to Programming

Thinking of robotics? Campers will be introduced to the building blocks of robots such as motors, sensors and control elements. Working in teams, they perform various functions to build a new robot each day. *A \$20.00 supply fee is due at time of registration.*

Cultural Arts Building | Instructor: Minerva Learning Staff

3 classes | \$225R/\$248N

63465 M-W 11/21-11/23 9:00am-12:30pm

Ages 5-11

#### Little Medical School Camp

Using demonstrations, crafts, and games, kids learn how the human body works, how to use basic medical equipment, administer first aid, and tie sutures. For more information, contact: [sfbaeast@littlemedicalschool.com](mailto:sfbaeast@littlemedicalschool.com)

Nature House | Instructor: Little Medical School Staff

3 classes | \$330R/\$363N

63466 M-W 11/21-11/23 9:00am-4:00pm

**See page 19 for Championship  
Basketball Fall and Winter  
Break Camps**



Follow us on Instagram:  
[Pleasantonfun](https://www.instagram.com/Pleasantonfun)

# Teens

## SPORTS

Ages 12-14

### Club VIP Volleyball League

This league acts as an introduction to the team aspect of volleyball for young athletes. The season will include instruction, practices, and development play. Each team will have a club VIP coach facilitating practices and officiating games. High school volleyball players will coach teams during tournament play and receive instruction from club coaches. All tournament times will be 9am-3pm.

#### Tournament Dates/Locations:

9/24 **Pleasanton:** Pleasanton Middle School Gym, 5001 Case Ave.

10/1 **Danville:** 4100 Camino Tassajara

10/8 **Livermore:** 4444 East Ave  
Pleasanton Middle School Gym | Instructor: Ted Babu

#### 8 classes | \$309

62948	M	9/12-11/7	7:00-9:00pm
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\*No class on 10/31



## THE ARTS

Ages 12-17

### Youth Wheel Throwing

All levels welcome, no experience required. Class will cover basic throwing skills. A \$45 supply fee is due at the time of registration. For more information, contact: ekdpottery@yahoo.com

Cultural Arts Building | Instructor: Erin Davis

#### 6 classes | \$126R/\$139N

63122	M	9/12-10/17	4:00-6:00pm
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63123	M	10/24-12/5*	4:00-6:00pm
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\*No class on 11/21

Ages 13-17

### Beginning Guitar

Have fun and learn cool songs, using chords, tabs, notes, and strums. Guitar is a great way to be creative and express yourself while playing songs from rock, blues, and pop. A \$10 supply fee is due at the time of registration. For more information, contact: kaknox7@aol.com Nature House | Instructor: Debra Knox

#### 4 classes | \$139R/\$153N

63127	Tu	9/6-9/27	7:00-7:50pm
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63128	Tu	10/11-11/1	7:00-7:50pm
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63129	Tu	11/15-12/6	7:00-7:50pm
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63130	Tu	1/10-1/31	7:00-7:50pm
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Grades 6-8 & 9-12

### Intro to Costume Sewing

Participants in this workshop will be introduced to the basics of sewing and costume design for the stage. Start by getting familiar with and using the tools used in sewing the costumes then learn about the steps in designing theatrical costumes from concept to opening night.

Firehouse Arts Center Classroom B | Instructor: Tori Forest  
Middle School

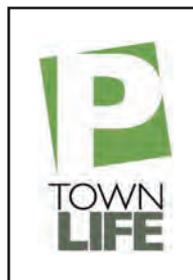
#### 1 Class | \$55R/\$61N

63573	Sa	10/10	1:30-4:30pm
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High School

#### 1 Class | \$55R/\$61N

63574	Sa	12/10	1:30-4:30pm
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Check us out on  
Instagram @ptownlife  
www.ptownlife.org

Ages 10-14

### Youth Chorus—Middle School

Be a part of a Firehouse Arts Center's holiday tradition. Participants will learn songs in a supportive and process-based environment in preparation for the 4th Annual Holiday Youth Music Festival. Those registering for this program must be available for the performance on Saturday 11/26 at 6:00pm. In addition to trained and experienced teaching artists, high school music students from the Firehouse Young Artist Collective will help guide the young performers in this process.

Firehouse Arts Center | Instructor: Andrew Mondello

#### 7 classes | \$155R/\$171N

63416	W	8/24-10/5	6:30-8:30pm
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Ages 10-14

### Music Theater Vocal Coaching

Young performers in middle school or high school will take their theatrical experience to the next level with this 4-week class designed to fine-tune their musical theater song technique. Performers will learn skills they can apply in current musical productions and music theater auditions. Participants are asked to come with sheet music (vocals and piano accompaniment) for their favorite song from a musical that they will work on for this 4-week session. An accompanist and professional voice coach are provided in this supportive performing arts environment.

Firehouse Arts Center | Instructor: Andrew Mondello

Middle School

#### 4 classes | \$153R/\$169N

63383	M	11/28-12/19	4:00-6:00pm
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High School

#### 4 classes | \$172R/\$189N

61652	M	8/29-9/26*	4:00-6:00pm
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\*No class 9/5



# Teens

Ages 7-14

## LEARNING LAB | *New!*

Learning Labs offered by Bellamenti provide your student the opportunity to do their school work (including getting and staying organized) while supervised by a Professional Educational Therapist. The purpose is to provide your child more effective and efficient ways of learning during the time they actually need it. Attention and listening control will be part of every session. For more information, contact [kathryn@bellamenti.com](mailto:kathryn@bellamenti.com) or visit [www.BellaMenti.com](http://www.BellaMenti.com)

### Math Fundamentals

This class is for 2nd-6th graders. Focus on “seeing” and “getting” how “whole” and “part” values interact (+/-x) in all sorts of ways (relationships, patterns, etc.) Only from this point of understanding is a student able to truly understand the higher level math required for STEM success.

Nature House | Instructor: Kathryn Tournat

<b>15 classes   \$395R/\$435N</b>				
<b>63458</b>	Sa	9/17-1/28*	10:30am-Noon	

\*No class 11/12, 11/26, 12/24, 12/31, 1/7

### Reading & Comprehension

This class is for 3rd-7th graders. Support will focus on multi-syllable decoding skills and practice, as well as comprehension skills and practice. Better spelling skills may be noticed as well.

Nature House | Instructor: Kathryn Tournat

<b>15 classes   \$395R/\$435N</b>				
<b>63460</b>	Sa	9/17-1/28*	8:30-10:00am	

\*No class 11/12, 11/26, 12/24, 12/31, 1/7

### Organizing Thought & Writing

This class is for 3rd-7th graders. The structure and flow of spoken and written language are sometimes at odds. The focus of this session is to help students systematically balance structure and flow.

Nature House | Instructor: Kathryn Tournat

<b>15 classes   \$395R/\$435N</b>				
<b>63304</b>	Sa	9/17-1/28*	2:30-4:00pm	

\*No class 11/12, 11/26, 12/24, 12/31, 1/7

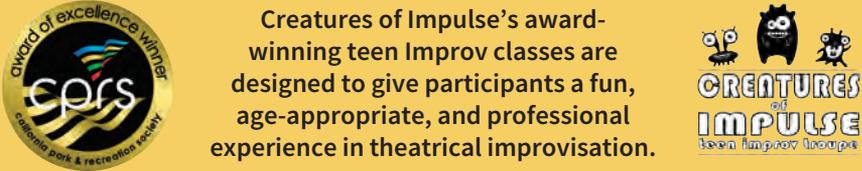
### Getting & Staying Organized

This class is for 5th-9th graders. This session will provide the time and guidance to set up an appropriate paper store and retrieval system as well as time to maintain organization throughout the semester.

Nature House | Instructor: Kathryn Tournat

<b>15 classes   \$395R/\$435N</b>				
<b>63305</b>	Sa	9/17-1/28*	12:30-2:00pm	

\*No class 11/12, 11/26, 12/24, 12/31, 1/7



**Creatures of Impulse's award-winning teen Improv classes are designed to give participants a fun, age-appropriate, and professional experience in theatrical improvisation.**

## IMPROV FOR TEENS

Creatures of Impulse's award-winning teen Improv classes are designed to give participants a fun, age-appropriate, and professional experience in theatrical improvisation.

**Ages 11-17**

### Winter Teen Improv Camp

Get ready to make stuff up on stage this winter! Beginning and experienced improvisers will have an excellent time learning and applying the rules of improv on and off stage. Making each other look good, “Yes, and...”, and being in the moment will be the focuses of this camp rooted in the Creatures of Impulse style of improv. This camp culminates in a free in-camp performance at the Firehouse Arts Center Theater at 1:30pm Friday 1/6.

Firehouse Arts Center | Instructor: City Staff

<b>5 Classes   \$155R/\$171N</b>				
<b>63565</b>	M-F	1/2-1/6	9:00am-1:00pm	

## High School Music Collaborative

*Brought to you by the Firehouse Young Artist Collective*

High school musicians will engage in a diverse season of creating music, producing concerts, performing, and learning to teach younger performers. Selected artists will also work together to create the 2017 Youth Music Festival which will include a performance and musicians masterclass with indie-folk band, The Hunts, in April. Field trips, recording studio time, and live local performances are also planned for this season.

### Auditions Times (by appointment only)

Day	Date	Time	Location
Tu	8/2	4-6pm	Firehouse Arts Center Classroom
Tu	8/23	5-7pm	Amador Theater
Th	8/25	5-7pm	Amador Theater

For more information and to sign-up to audition, visit [www.firehousearts.org/programs/teen-programs](http://www.firehousearts.org/programs/teen-programs).

**Ages 10-13**

### COI Middle School Phase I

Students in COI Phase I will learn the basics of improv including the, Yes, and... principle, making their fellow improviser look good, building on the ideas of others, and letting go of one's own ego. Learning through scene work and improv games is the focus of this session.

Firehouse Arts Center | Instructor: Jeff Zavattero

<b>3 classes   \$74R/\$82N</b>				
<b>63350</b>	F	10/7-10/21	4:00-6:00pm	

**Ages 10-14**

### COI Middle School Phase II

Prerequisites: COI Middle School Phase I, Pleasanton Teen Improv Camp Students in Phase II will build on principles in Phase I and enhance their performance skills by adding space object work and using your where; both aspects help actors create places and things on stage without props and sets on stage.

A short culminating in-class performance is scheduled for the last class.

Firehouse Arts Center | Instructor: Jeff Zavattero

<b>4 classes   \$99R/\$109N</b>				
<b>63353</b>	W	1/11-2/1	4:00-6:00pm	



**Follow us on Instagram:  
Pleasantonfun**

# Teens

## GHOST STORIES

A live improvised horror show!  
Creatures of Impulse, Teen Improv Troupe  
*Best for Audiences age 14 and up*

Gather around the "campfire" as your suggestions inspire Creatures of Impulse to create custom-made ghost stories live on stage. Come and see your very own "dark and stormy night" come to life!

Tuesday 10/25 | 7:30pm | \$2 Preview

Thursday 10/27 | 7:30

Saturday 10/29 | 2:00pm & 7:30pm

Firehouse Arts Center | Director: Mark Duncanson

Students: \$5 with valid student ID

General: \$10



**Tickets: [www.FirehouseArts.org](http://www.FirehouseArts.org) • 925-931-4848**

*F 10/28, 8:00-9:30pm—Join Creatures of Impulse at the Alviso Adobe Community Park Amphitheater for a special outdoor fundraising performance of Ghost Stories to benefit COI's Touring Program. Treats and fun activities to follow the performance. Best for middle school and high school age students.*

HOLIDAY SHORTS:

## A Long Winter's Tale

Your suggestions will inspire holiday themed games, scenes, and improv fun in the first act. The audience will then vote for which short scene Creatures of Impulse will make into an entire improvised "play" in the second act.

**Wed 11/29**

\$2 Preview

**Thu 12/1 &**

**Fri 12/2**

7:30pm



\$5 with valid student ID • \$10 General

**For tickets, visit [www.firehousearts.org](http://www.firehousearts.org) or (925) 931-4848**

## AUDITIONS



Please see page 15 for details

Enroll now: [www.pleasantonfun.com](http://www.pleasantonfun.com)

Teens • 25

# Teens

## SPECIAL INTEREST

Ages 11-17

### Flash Fiction

Flash fiction is the art of writing fictional stories with extreme brevity. In this class students will learn to express their feelings with the least amount of words by getting rid of unnecessary narrative so as to make their fiction as short as possible. For more information, contact: [info@lekhaink.com](mailto:info@lekhaink.com)

Firehouse Arts Center | Instructor: Lekha School Staff

Ages 11-13

8 classes | \$180R/\$198N

63427 Th 12/1-1/19 4:30-5:30pm

Ages 13-17

8 classes | \$180R/\$198N

63428 Th 12/1-1/19 5:45-6:45pm

Ages 10-16

### 3D Animation: Shapes and Creatures!

Using Blender software, students will learn how to create short 3D Animations using cubes, spheres and cylinders. Once they are familiar with the animation process, students will dive into 3D Modeling, which includes creating geometric faces. Students will also learn how to create a fun 3D creature! For more information, contact Freshi Media at (818) 332-7951.

Amador Recreation Center | Instructor: Freshi Media Staff

8 classes | \$140R/\$154N

63337 F 11/18-1/20\* 3:30-4:45pm

\*No class 11/25, 12/23

Ages 10-14

### Babysitting for Beginners

Learn the skills needed to be a trusted and responsible babysitter. Learn all about child development, bedtime strategies, discipline, how to get jobs, 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. For more information, contact: [suzymccreary@comcast.net](mailto:suzymccreary@comcast.net)

Veterans Memorial Building | Instructor: Suzy McCreary

1 class | \$48R/\$53N

62931 Sa 11/5 9:00am-2:30pm

## PERSONAL FINANCE

For more information visit [www.guruseducation.com](http://www.guruseducation.com) or contact: [info@guruseducation.com](mailto:info@guruseducation.com)

Ages 10-16

### Personal Finance: Investment Banking

In this course the students understand the value of saving wisely. This course teaches the different types of vehicles in which they can put their money to grow. They learn the risks and returns involved in each of the types of investments. They understand the strategies to use before selecting any method.

Amador Recreation Center | Instructor: Gurus Education Staff

8 classes | \$160R/\$176N

63369 W 11/16-1/4 6:30-7:30pm

Ages 10-16

### Personal Finance: Money Management

The goal of these classes is to build financially responsible and smart youth. Students are taught about financial literacy. It is a very important skill to have. The financial decisions that we take make great impact in shaping our lives. These courses are ideal to sow seeds early on in raising financially responsible and smart youth.

Amador Recreation Center | Instructor: Gurus Education Staff

8 classes | \$160R/\$176N

63368 W 9/14-11/2 6:30-7:30pm

## PUBLIC SPEAKING & DEBATES

For more information, visit [www.guruseducation.com](http://www.guruseducation.com) or contact: [info@guruseducation.com](mailto:info@guruseducation.com)

Ages 10-14

### Public Speaking and Debates

This course focuses on teaching delivery, presentation skills and critical thinking. With a lot of thought-provoking and stimulating topics and exciting activities to write and speak, students learn how to manage public speaking anxiety, present themselves with confidence, how to make strong arguments by providing reasoning and evidence.

Amador Recreation Center | Instructor: Gurus Education Staff

8 classes | \$160R/\$176N

63347 W 9/14-11/2 4:30-5:30pm

Ages 10-14

### Advanced Public Speaking and Debates

This class is a combo course of Advanced Public Speaking and Speech Writing and Debates. The aim for this class is to have each participant write a well-structured and engaging speech. The participants debate on a variety of their age-appropriate topics in various formats. It improves students' general knowledge as they debate and understand both sides of the topic.

Amador Recreation Center | Instructor: Gurus Education Staff

8 classes | \$160R/\$176N

63349 W 11/16-1/4 4:30-5:30pm

Ages 10-16

### Kurukula Assertiveness, Level 1: Mean Girls

Kurukula is an effective empowerment program that develops inner-strength and confidence in young women. In this dynamically fun class, girls develop Assertiveness skills, tools to handle mean girls, and learn 'danger signs' of unhealthy relationships for middle school and beyond. All participants get a Kurukula t-shirt! Learn more at: [www.kurukula.org](http://www.kurukula.org). A \$45 supply fee due at time of registration. For more information, contact: [empower@kurukula.org](mailto:empower@kurukula.org)

Cultural Arts Building | Instructor: Kurukula Staff

1 class | \$30R/\$33N

63078 Tu 8/30 6:00-8:15pm

Ages 10-16

### Kurukula Assertiveness, Level 2: Relationship Safety

For girls that completed our Level 1 class and wish to expand and learn practical hands-on dating safety and self-defense fighting techniques. Learn to avoid dangerous situations, unhealthy relationships and effective safety skills to protect you for life! Learn more at: [www.kurukula.org](http://www.kurukula.org). A \$15 supply fee due at time of registration. For more information, contact: [empower@kurukula.org](mailto:empower@kurukula.org)

Cultural Arts Building | Instructor: Kurukula Staff

1 class | \$40R/\$44N

63079 Tu 9/6 6:00-8:15pm

## CONTACT US

**Ashley Zubrik**, Naturalist  
azubrik@cityofpleasantonca.gov

**Lisa Fiorio**, Program Coordinator  
lfiorio@cityofpleasantonca.gov

**Lauren Marriott**, Mktg. Coordinator  
lmarriott@cityofpleasantonca.gov



## ALVISO ADOBE COMMUNITY PARK

3465 Old Foothill Road, Pleasanton, CA 94588

Website: [www.pleasantonadobe.com](http://www.pleasantonadobe.com)

Office Line: 931-3479

Wednesday–Sunday, 10:00am–4:00pm



# Weekend Discoveries

Ages 5-12

## Apple Pressing **Family Fun**

You haven't had apple juice until you've had it fresh from a cider press! Learn about cider presses and help concoct fresh apple juice. Alviso Adobe Park | Instructor: Environmental Ed. Staff

**1 class | \$5R/\$8N**

**63049** Sa 9/10 1:00-2:00pm

Ages 6 & up

## Land of Many Uses

Join our naturalist at Augustin Bernal Community Park and hike through time as we explore native plants and their many uses. **Moderate 2.5 mile hike.**

Augustin Bernal | Instructor: Environmental Ed. Staff

**1 class | \$3R/\$6N**

**63563** Sa 9/17 10:00-11:30am

Ages 16 & up

## Traditional Tule Basket

Tule is aquatic plant that is abundant in wetland areas. Learn how terrific tule was used by the native people of the valley to make houses, boats, mats and much more while you create your own tule berry picking basket.

Alviso Adobe Park | Instructor: Environmental Ed. Staff

**1 class | \$25R/\$28N**

**63572** Sa 9/3 10:00am-4:00pm



**Follow us on Instagram:**  
**Pleasantonfun**



Ages 4-8

## Turkey Time

Trot on up to the Adobe to hear the word about this local bird. With fun activities and crafts we will learn all about our feathered friends who almost became our national bird! Alviso Adobe Park | Instructor: Environmental Ed. Staff

**1 class | \$3R/\$6N**

**63057** Sa 11/5 11:00am-Noon

Ages 5 & up

## Bird Count

**Family Fun**

Join us as we get a beak-full of information about our fine feathered friends. We will gain knowledge of the tools and skills needed to view our local avian residents as we participate in the Audubon's winter bird count. Dress with the weather in mind.

Augustin Bernal | Instructor: Environmental Ed. Staff

**1 class | \$3R/\$6N**

**63058** Sa 12/3 8:30-10:00am



Ages 6 & up

## Annual Great Newt Migration

Who newt they were here in Pleasanton? Come explore the forest with our Naturalist and discover the life of these wonderful amphibians. Learn about their habits, what they eat and who is trying to eat them as we hike to the top of the ridge. Dress with the weather in mind. **Moderate hiking level.** Pleasanton Ridge | Instructor: Environmental Ed. Staff

**1 class | \$8R/\$11N**

**63059** Sa 1/21 1:00-4:00pm



Ages 5 & Up

## California Coastal Clean Up!

Join over 50,000 Californians who will help to remove trash from California's coast and waterways on California Coastal Clean Up Day! We can stop the litter conveyor belt moving from creek to coast while restoring our local habitat. Be sure to protect yourself from the sun with a water bottle, sunscreen and hat.

Various Parks throughout Pleasanton

**1 class | Free**

**63571** Sa 9/17 9:00am-12:00pm

# Date Night at the Adobe

Ages 5-10

## Creepy Crawly Date Night

Arthropods, arachnids, and insects, oh my! Find out what goes bump in the night and is creeping through the backyards of Pleasanton at our October date night. Send your junior entomologist to the Adobe while you enjoy a relaxing night out. Dinner and winter-time treats will be provided.

Alviso Adobe Park | Instructor: Environmental Ed. Staff

1 class | \$25R/\$28N

63051 F 10/21 5:30-9:00pm



Ages 5-10

## Winter Date Night

We know being a parent is a tough job so why not take a night off and cozy up to your special someone! Bring your children to the park for an evening full of fun while learning what animals do when its cold out! Dinner and winter-time treats will be provided.

Alviso Adobe Park | Instructor: Environmental Ed. Staff

1 class | \$25R/\$28N

63060 Sa 1/28 5:30-9:00pm

# Special Events



Ages 5-12

## Pumpkin Carving

Family Fun

Create a bit 'o Halloween chill or thrill at our 7th annual Pumpkin Carving Party. The pumpkins will be there, the tools will too; we've got some great ideas, how about you? Alviso Adobe Park | Instructor: Environmental Ed. Staff

1 class | \$8R/\$11N

63052 Sa 10/15 11:00am-Noon

Ages 4-12

## Halloween at Alviso Adobe

Family Fun

Come to the Alviso Adobe for a spooky night! We'll take you on a tour of our nature haunted house, led by the Naturalist. Participants will also enjoy Halloween face painting, craft making. And, yes, there will be treats! Alviso Adobe Park | Instructor: Environmental Ed. Staff

1 class | \$8R/\$11N

63053 F 10/28 6:00-7:30pm

Ages 4 & up

## Alviso Adobe Winter Faire

Family Fun

Celebrate Winter and the holiday season at the Alviso Adobe Winter Faire! Create natural holiday wreaths and old-fashioned ornaments, make holiday gifts for family and friends, and decorate the park with winter treats for the animals. There will also be an opportunity to have your picture taken with SANTA! Light refreshments will be provided. Alviso Adobe Park | Instructor: Environmental Ed. Staff

1 class | \$15R/\$18N

63055 Sa 12/17 10:00am-Noon



Like us on Facebook:  
Alviso Adobe Community Park

# Winter Ridge Runners

Nature Day Camp for Ages 7-11



Come out to Alviso Adobe Community Park for some winter fun! Campers will learn about nature with some very cool history added! Crafts, skills and games will keep you warm and tasty!

Monday, January 2-Friday, January 6 9:00am-3:00pm

Code: 63463 Cost: \$205R/\$226N Instructor: Environmental Ed. Staff

Located throughout parks in Pleasanton.

Schedule to be delivered one week prior to camp start date.

# DOCENTS WANTED



Alviso Adobe Community Park is looking for some local history lovers who want to share their passion for Pleasanton with the community. Our docents fill a vital role by assisting regularly at the Park's school field trips or incrementally throughout the year at one of four special events.

Join us on Saturday, September 10th at 10am at our Docent Informational Meeting to learn more about this exciting opportunity. To register, please contact Ashely Zubrik, City Naturalist at [azubrik@cityofpleasantonca.gov](mailto:azubrik@cityofpleasantonca.gov)

Alviso Adobe Community Park presents...

# 3rd Annual Fall Festival

FREE!

Saturday, September 24  
11:00am-3:00pm

Celebrate Fall at Alviso Adobe Community Park! Enjoy activity stations, live music, food and entertainment for the whole family.



Enroll now: [www.pleasantonfun.com](http://www.pleasantonfun.com)

Natural World • 29

# PGA LEARNING CENTER AT CALLIPPE PRESERVE GOLF COURSE

## Fall 2016/Winter 2017 Golf Instruction Programs

**Note:** Registration for all golf activities is conducted at [PGALearningCenters.com](http://PGALearningCenters.com)

### Ages 18 & up

#### Explore: Get Golf Ready Plus—For Beginners

All Get golf ready classes include:

- Six Hours of Instruction
- “Play Day” certificates for 10 follow-up lessons & golf course time
- Five “Practice with the Pro” Sessions
- Club Fitting
- 1 Private Video Session with the Pro (1/2 hr)
- Referral Card-Tell a friend and receive free instruction
- \$249.00
- Go to website for dates and times: [PGALearningCenters.com](http://PGALearningCenters.com)

#### PGA Spring After School Junior Development Program

##### for “Tour Players in the Making” | Ages 7-17

PGA Spring Junior Developmental After-school/Weekends Program offers a unique, fun, safe, and educational golf product for juniors that goes beyond teaching just the physical skills associated with golf. The goal of the program is to create junior golfers (ultimately golfers for life) that will develop a love for the game and become active participants in other PGA branded events such as “Drive, Chip and Putt,” PGA Junior League Golf, and PGA Junior Series.

The program welcomes juniors between the ages of 7 to 17 and teaches golf skills and values that are applicable both on and off the golf course. Juniors will learn, full swing, short game, putting, trouble shots, golf course management, psychology, rules, etiquette, and fitness, in addition to skills that build character in areas such as sportsmanship, leadership, respect, integrity, attitude . . . and other general life skills.

**PERFORMANCE \$99:** Up to four hours of instruction per month

**PERFORMANCE PLUS+ \$119:** Performance package and one (1) supervised practice session

**GAME CHANGER \$149:** Performance Plus, and one month of free range balls\*\*Restrictions may apply. Check with your PGA Learning Center Instructor for details. Balls are for junior participant only.

- Entry Level—Beginner—Intermediate
- \$15 Testing Fee (to graduate to the next level)

- Please e-mail Brian Glosser ([BrianG@PGALearningCenters.com](mailto:BrianG@PGALearningCenters.com)) for more information on the COLOR CODED LEVELS awarded to each student throughout the program

#### Private Lessons Available

Instructors: PGA Director of Instruction BRIAN GLOSSER  
\$100/hr (925-523-9682)

- All lessons will take place at the Callippe Preserve Golf Course. Registration and fees are processed online at [PGALearningCenters.com](http://PGALearningCenters.com) or call 1-800-985-8971. You can also contact Director of Instruction Brian Glosser 925-523-9682. Must sign up at least a week prior to the class.
- Each class has a 3 student minimum.
- Practice balls and Golf Clubs will be provided if you do not have your own.
- Some classes may be postponed due to inclement weather.
- Private lesson (1 on 1) are to be scheduled online or contact Golf Professional directly.

For more information and classes that might suit your needs please call (PGA Learning Centers) 1-800-985-8971 or Brian Glosser 925-523-9682.

#### Golf Fundamentals Every Saturday at 1:00pm

\$25 per student  
Max 8 students

- Learning beginning fundamentals of the golf swing
- 45 min Instruction
- Sign up for 4 classes get 5th free.

#### Breaking 90/100/110 Classes

\$199 per student  
4 Week Classes

- Each class is 90 minutes
- Check for dates on [PGALearningCenters.com](http://PGALearningCenters.com) or call 925-523-9682



Phone: (925) 426-6666 | [www.playcallippe.com](http://www.playcallippe.com)  
8500 Clubhouse Drive



**Recreation for  
Adults with  
Developmental  
Disabilities**  
Men & Women  
15 years & Older



**Registration Form—Fall 2016/Winter 2017**

Instructions: To register, put an “X” in the box next to the activity then add up all the fee amounts for a total fee. Write a check to the “City of Pleasanton” or pay by VISA or MASTERCARD. You will receive a receipt in the mail confirming that you have been registered or waitlisted for the activities you selected.

- Preregistration is required for all activities—“drop-ins” are not allowed.
- If you cannot pay all of the activity fees at one time, please contact Julie at 931-5374 to discuss a payment plan or to determine eligibility for a scholarship.
- **All new participants must fill out a RADD Code of Conduct Sheet and a Participant Information Form and Consent for Administration of Medications.** You can access these forms online at, [www.cityofpleasantonca.gov](http://www.cityofpleasantonca.gov), click on Community Services, on left of page click on Seniors, RADD, Paratransit, click on Adapted Programs—RADD, once on this page, there is a separate link for each of the forms, or call the front office at (925) 931-5365 to receive copies of forms. **Sign ALL signature lines** (we cannot process registration without signed waiver).

**Mail** Registration Form to:  
RADD, C/O Pleasanton Senior  
Center, 5353 Sunol Blvd.,  
Pleasanton, CA 94566

**Fax** Registration not  
available.

- 1** = low: sitting, some standing or walking, i.e. walking 1 block
- 2** = low/moderate, i.e. walking the equivalent of 4 blocks
- 3** = moderate, i.e. combination of low and high impact activities
- 4** = moderate/high, i.e. walking the equivalent of 7 blocks
- 5** = high, i.e. walking the equivalent of 10+ blocks



**R.A.D.D. Registration Form**

**Please include both pages!** Total Fee Amount \$ \_\_\_\_\_

Name of RADD Participant \_\_\_\_\_ Address \_\_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_ Ph. (home) \_\_\_\_\_ Ph. (business) \_\_\_\_\_

Check #: \_\_\_\_\_ Amount \$ \_\_\_\_\_

Credit Card # \_\_\_\_\_ VISA / MASTERCARD Expiration Date \_\_\_\_\_ Amount \$ \_\_\_\_\_

Signature: \_\_\_\_\_

Waiver: My (My child’s) participation in this activity is voluntary. I am (My child is) physically fit to participate in this activity. I understand that this activity involves risks and that serious injuries could occur while I am (my child is) participating in this activity. In addition, if transportation is provided by City during the activity, serious injuries could occur. Knowing these risks, I want (my child) to participate in this activity. I (on behalf of my child) hereby assume the risk, and hereby waive, release and discharge the City of Pleasanton, its Council, officials, employees, volunteers, instructors, agents, sponsors and promoters of this activity, from any and all claims for damages for personal injuries or death, or claims for damages to property, which I (my child) or my (child’s) heirs, assigns, executors or administrators may have or which may accrue to my (child’s) participation in this activity, including transportation provided during the activity as applicable. I have read the above and understand that important legal rights are being waived.

I consent to the City’s use of any photographs that are taken of me (my child) while participating in the City’s programs for use in the City’s promotions and publications in print and on the World Wide Web (Internet). No payment will be made for use of these photographs.

If you do not want you or your child(ren) photographed or videotaped while participating in a City recreation class or activity for the use in City publications, please contact the Community Services office at (925) 931-5340, to request an “Opt Out of Photo” form to be completed at least two weeks prior to the start of you or your child(s) class. Sign ALL signature lines (we cannot process registration without waiver signature)

Person Responsible for the Account \_\_\_\_\_

Participant/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

**(Signature required to participate)**

**Ages 15 and up**

**RADD Tennis & Table Tennis**

Recreational tennis and table tennis for adults with developmental disabilities. Training balls will be used and rules modified to adapt to skill level.

**Location:** Pleasanton Tennis Park

**Instructor:** Lifetime Tennis Staff | 5:1 ratio

**RADD Tennis**

**7 classes | \$68R/\$75N**

**63209** M 9/19-10/31 5:45-6:30pm

**6 classes | \$59R/\$65N**

**63210** M 11/7-12/12 5:45-6:30pm

**5 classes | \$49R/\$54N**

**63213** M 1/9-2/6 5:45-6:30pm

**RADD Table Tennis**

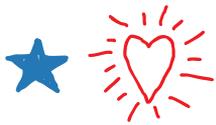
**6 classes | \$59R/\$65N**

**63211** M 11/7-12/12 5:00-5:45pm

**5 classes | \$49R/\$54N**

**63212** M 1/9-2/6 5:00-5:45pm





# R.A.D.D. Activities



## Ages 15 and up RADD—Activities and Trips Fall '16/Winter '17

A variety of activities and trips are planned each quarter including local excursions such as pizza and bowling and dinner and a movie as well as excursions to destinations such as the Aquarium of the Bay and the Oakland Coliseum. To register, mark an "X" in the box

next to each activity; then, add up all the fee amounts for a total fee. Fill out the registration form on the reverse side and mail or fax both pages to the address or fax number provided.

Level	Code	Activity	Date/Time/Notes	Meeting Location	Fee
<input type="checkbox"/>	3 62841	Bowling and Dinner	Sa, 9/3, 5:30-9:30pm. Includes bowling, shoe rental, dinner and a beverage.	Drop off/Pick up: Earl Anthony's Dublin Bowl, 6750 Regional St., Dublin	\$25
<input type="checkbox"/>	5 62854	Marilyn Kane Trail Hike	Sa, 9/10, 10:30am-1:00pm. Includes lunch and walk on the Marilyn Kane Trail.	Bernal Community Park, 7001 Pleasanton Ave. Pleasanton	\$16
<input type="checkbox"/>	1 62851	Western Dance	F, 9/16, 7:00-9:30pm. Includes DJ, dancing and a light snack.	Pleasanton Senior Center, 5353 Sunol Blvd., Pleasanton	\$17
<input type="checkbox"/>	2 62856	Breakfast Club	Sa, 9/24, 8:30-10:30am. Includes entrée, beverage, tax and tip. Bring money for Farmers Market.	Rising Loafer, 428 Main Street, Pleasanton	\$17
<input type="checkbox"/>	1 62855	Dining Out	F, 9/30, 6:00-8:00pm. Includes entrée, beverage, tax and tip	Drop off and Pick up: Frankie, Johnnie, Luigi Too, 11891 Dublin Blvd, Dublin	\$26
<input type="checkbox"/>	4 62839	Fall Stargazing	F, 10/7, 7:00-9:00pm. Includes dessert and viewing through telescopes led by members of the Tri-Valley Stargazers. Be prepared for rain.	Pleasanton Senior Center, 5353 Sunol Blvd., Pleasanton	\$16
<input type="checkbox"/>	1 62848	Halloween Movie and Pumpkin Decorating	F, 10/14, 5:30-8:30pm. Includes dinner, pumpkin and a Halloween movie	Pleasanton Senior Center, 5353 Sunol Blvd., Pleasanton	\$17
<input type="checkbox"/>	3 62887	Bowling and Dinner	Sa, 10/22, 5:30-9:30pm. Includes shoes, bowling, pizza and beverage.	Drop off and Pick up: Earl Anthony's Dublin Bowl, 6750 Regional Street, Dublin	\$25
<input type="checkbox"/>	1 62852	Halloween Dance	F, 10/28, 7:00-9:30pm. Includes DJ, dancing and a light snack.	Pleasanton Senior Center, 5353 Sunol Blvd., Pleasanton	\$17
<input type="checkbox"/>	2 62858	Breakfast Club	Sa, 11/5, 8:30-10:30am. Includes entrée, beverage, tax and tip. Bring money for Farmers Market	Vic's All Star Kitchen, 201 Main Street, Pleasanton	\$17
<input type="checkbox"/>	3 62846	Target Holiday Shopping Day	Sa, 11/19, 10:00am-3:00pm. Includes lunch, beverage, transportation to Target. Bring your holiday shopping list and money.	Pleasanton Senior Center, 5353 Sunol Blvd., Pleasanton	\$16
<input type="checkbox"/>	1 62845	Hometown Holiday Parade	Sa, 12/3, 3:00-6:30pm. Includes pizza, beverage, decorations and bus ride in the parade.	Pleasanton Senior Center, 5353 Sunol Blvd., Pleasanton	\$16
<input type="checkbox"/>	1 62853	Winter Ball	F, 12/9, 6:00-9:30pm. Includes catered dinner, DJ, dancing and dessert. (Sponsored by REACH)	Pleasanton Senior Center, 5353 Sunol Blvd., Pleasanton	\$17
<input type="checkbox"/>	1 62844	Holiday craft and movie with dinner	F, 12/16, 5:00-9:00pm. Includes dinner, Holiday movie and craft/gift.	Pleasanton Senior Center, 5353 Sunol Blvd., Pleasanton	\$18
<input type="checkbox"/>	2 62857	Brunch and a Movie	Sa, 1/7, 10:00am-2:00pm. Includes movie ticket, entrée, beverage, tax and tip.	Drop off: Applebee's, 4808 Dublin Blvd, Hacienda Crossings, Dublin; Pick up: West side of Regal Cinemas	\$36
<input type="checkbox"/>	1 62842	Bingo and Dinner	F, 1/13, 6:00-8:00pm. Includes dinner, beverage, bingo and prizes.	Pleasanton Senior Center, 5353 Sunol Blvd., Pleasanton	\$16
<input type="checkbox"/>	5 62849	Breakfast and Walking	Sa, 1/21, 8:30-11:30am. Includes entrée, beverage, tax, tip and walk around the Sports Park. Bring jacket and umbrella in case of rain.	Drop off: Bill's Café, 3015 Hopyard Road, Pleasanton, Pick up: first parking lot at the Ken Mercer Sports park	\$17
<input type="checkbox"/>	5 62850	Lindsay Wildlife Museum & Lunch	Sa, 1/28, 11:00am-3:30pm. Includes box lunch, beverage, transportation and entrance into Museum.	Pleasanton Senior Center, 5353 Sunol Blvd., Pleasanton	\$22
<input type="checkbox"/>	1 62843	Super Bowl Party	Su, 2/5, 3:00-8:00pm. Includes game viewing, snacks, beverages, dinner and lots of fanfare. Come support your team!	Pleasanton Senior Center, 5353 Sunol Blvd., Pleasanton	\$16

# Aquatics



4455 Black Avenue, Pleasanton  
(925) 931-3420

## Fall/Winter Office Hours

M/W/F 6:00am-1:00pm  
Tu/Th 11:30am-1:00pm  
M-Th 5:30-8:00pm  
Sa/Su/Holidays 8:00-11:00am

**Holiday Schedule: 9/5, 11/11, 11/23-11/25, 12/23, 12/26, 1/2, 1/16**

**Office Closed: 8/15-8/19, 10/15-10/16, 11/4-11/6, 12/24-12/25**

## Fall Recreational Swim

Day	Date	Time
Sa/Su	9/3-9/25	1:00-5:00pm

Fees	Single	Punch Pass (15)
Adult (18+)	\$4	\$52R/\$57N
Youth (-17)/Senior (60+)/Spectator	\$3.50	\$46R/\$51N

### All Ages

## Lap Swimming for Fitness

Experience the amazing health benefits of lap swimming in our 50-meter pool (heated, year round). All ages are welcome; however, swimmers must be able to swim the width of the pool without stopping. Lanes may be assigned, and space sharing is required. Spectator fees apply to all who plan to watch from within the aquatic facility. Personal coaching is prohibited.

Morning	M/W/F	6:00-10:00am
Mid-day	M-F	11:30am-1:00pm
Evening	M-Th	5:30-8:00pm
Weekends/Holidays		8:00-11:00am

Holiday Hours: 9/5, 11/11, 11/23-11/25, 12/23, 12/26, 1/2, 1/16

No Lap Swim: 8/15-8/19, 10/15-10/16, 11/4-11/6, 12/24-12/25

Fees	Single	Punch Pass (15)
Adult (18+)	\$4	\$52R/\$57N
Youth (-17)/Senior (60+)/Spectator	\$3.50	\$46R/\$51N

### Ages 16 and up

## Fitness Water Exercise

Water exercise classes support the body and reduce risk of muscle or joint injury through the buoyancy of water and mitigation of gravity.

Single Visit	Punch Pass (15)
\$7	\$93R/\$102N

\*No class 8/15-8/19, 9/5, 11/4, 11/11, 11/23-11/25, 12/23-1/2, 1/16

## Shallow Water Workout

A high intensity shallow-water aerobics class designed for intermediate to advance exercisers to strengthen and tone muscles and improve cardiovascular fitness. Includes interval, circuit and resistance training using hand buoys, elastic tubing and water woggles.

M/W/F	9:15-10:10am
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## Deep Water Workout

A challenging aerobic workout in deep water utilizing interval and resistance training to develop cardiovascular fitness, muscle, strength, endurance and flexibility. Note: this class is held in deep water and although buoyancy equipment is worn, participants should feel comfortable in deep water.

M/W/F	6:00-6:55am or 7:45-8:40am
M-Th	5:30-6:30pm



## Floating Pumpkin Patch

Saturday, October 22 • 1-4pm

Join us for our seasonal 'floating' pumpkin patch! Enjoy games, pumpkin decorating and pumpkin splashing fun for all ages! **Pre-registration is required.**

**\$12.00** General Admission (Includes 1 pumpkin)  
**\$3.50** Spectator - (Must remain in spectator area)  
Registration Code: **63244**

# Learn-to-Swim

The American Red Cross Learn-to-Swim program offers swimming lessons for youth ages 3<sup>1</sup>/<sub>2</sub> and up. The bullet points below summarize the skills taught at each level and should be used to help determine the most appropriate placement for your child. Class dates and times are listed in the subsequent pages. Adult/teen, and private/semi-private classes are also available. All Learn-to-Swim classes are held at the Dolores Bengtson Aquatic Center and are taught by American Red Cross Certified Water Safety Instructors.

## Ages 3<sup>1</sup>/<sub>2</sub>-5 | Instructor/student ratio 1:5

### Preschool—Level 1-3

#### Level 1

##### Skills may be performed with support:

- Enter and exit water using ramps, steps or side
- Blow bubbles for 3 seconds
- Submerge mouth, nose and eyes
- Open eyes under water and retrieve submerged objects
- Front and back glide with recovery to vertical position
- Back float for 3 seconds
- Roll from front to back, and back to front
- Arm and hand treading action
- Alternating and simultaneous leg action and arm action on front and back
- Combined arm and leg actions on front and back

#### Level 2

##### Skills may be performed with assistance:

- Enter water by stepping in from deck or low height
- Exit water using ladder, steps or side
- Bobbing, 5 times
- Open eyes under water and retrieve submerged objects
- Front and back glide with recovery to vertical position
- Front float for 3 seconds, back float for 5 seconds
- Roll from front to back, and back to front
- Tread water using arm and leg actions on front
- Finning arm action on back
- Combined arm and leg actions on back

#### Level 3

##### Skills performed independently:

- Jump in to shoulder-deep water
- Fully submerge and hold breath
- Bobbing, 10 times
- Rotary breathing
- Front and back glide with recovery to vertical position
- Floats - front, jellyfish, and tuck for 10 seconds, each
- Back float for 15 seconds
- Change direction of travel while swimming on front or back
- Tread water for 30 seconds
- Combined arm and leg actions on front and back
- Finning arm action on back

## Ages 6 & up | Instructor/student ratio 1:6

### Beginner—Level 1-3

#### Level 1

##### Skills may be performed with assistance:

- Enter/exit water using ramps, steps or side
- Blow bubbles for 3 seconds
- Bobbing, 5 times
- Open eyes under water and retrieve submerged objects
- Front and back glide with recovery to vertical position
- Back float for 5 seconds
- Roll from front to back, and back to front
- Treading water arm and hand actions
- Alternating and simultaneous leg action and arm action on front and back
- Combined arm and leg actions on front and back

#### Level 2

##### Skills performed independently:

- Step or jump from side into shoulder-deep water
- Exit water using ladder, steps or side
- Fully submerge and hold breath
- Bobbing, 10 times
- Open eyes under water and retrieve submerged objects
- Rotary breathing
- Front, jellyfish and tuck floats for 10 secs
- Front and back glide with recovery to vertical position
- Back float for 15 seconds
- Roll from front to back, and back to front
- Tread water for 15 seconds
- Change direction of travel while swimming on front or back
- Combined arm and leg actions on front and back
- Finning arm action on back

#### Level 3

##### Skills performed independently:

- Jump into deep water from the side, submerge and return to the side
- Headfirst entry from the side in seated and kneeling positions
- Bobbing while moving to safety
- Rotary breathing
- Survival float for 30 seconds
- Tread water for 1 minute
- Change from vertical to horizontal position on front and back
- Push off in streamlined position on front, then begin kicking
- Front crawl, elementary backstroke 15 yds
- Flutter, scissors, breaststroke, dolphin kicks

## Ages 8 & up | Instructor/student ratio 1:8

### Stroke Improvement—Level 4

#### Skills performed independently:

- Headfirst entry in compact and stride positions
- Feet first surface dive
- Swim underwater
- Tread water, using 2 different kicks
- Survival swimming for 1 minute
- Front crawl, elementary backstroke 25 yards
- Breaststroke, back crawl, butterfly, sidestroke for 15 yards
- Open turns on the front and back
- Flutter and dolphin kicks on back
- Push off in streamlined position on back, then begin kicking

### Stroke Refinement—Level 5

#### Instructor/student ratio 1:8

#### Skills performed independently:

- Shallow-angle dive into deep water
- Tuck surface dive and pike surface dive
- Tread water for 5 minutes
- Tread water, using legs only, for 2 minutes
- Sculling for 30 seconds
- Front crawl, elementary backstroke for 50 yards
- Breaststroke, back crawl, butterfly, sidestroke for 25 yards
- Front flip turn and backstroke flip turn

### Important notes regarding

#### Learn-to-Swim Lessons

It is essential that each lesson is attended to receive the full benefit of the class. There are no make-up lessons or credits for missed classes. If the Community Services Department cancels a class or session, a credit will be issued to your account.



# Learn-to-Swim

Weekday Classes at Dolores Bengtson Aquatic Center		Session 1 9/6-9/29   Tu/Th 8 classes   \$68R/\$75N	Session 2 9/7-9/28   M/W 7 classes   \$60R/\$66N	Session 3 10/3-10/26   M/W 8 classes   \$68R/\$75N	Session 4 10/4-10/27   Tu/Th 8 classes   \$68R/\$75N
<b>Preschool</b> Ages 3 <sup>1</sup> / <sub>2</sub> -5	1:00-1:30pm		<b>63274</b>	<b>63281</b>	
	1:30-2:00pm		<b>63289</b>	<b>63282</b>	
	4:00-4:30pm		<b>63276</b>	<b>63283</b>	
	5:00-5:30pm	<b>63285</b>			<b>63278</b>
	5:30-6:00pm		<b>63277</b>	<b>63284</b>	
	6:00-6:30pm	<b>63286</b>			<b>63279</b>
<b>Beginner</b> Level 1-3 Ages 6 & Up	4:00-4:30pm	<b>63372</b>			<b>63378</b>
	5:00-5:30pm		<b>63370</b>	<b>63376</b>	
	5:30-6:00pm	<b>63373</b>			<b>63379</b>
	6:00-6:30pm		<b>63371</b>	<b>63377</b>	
<b>Str Imp Lvl 4</b> Ages 8 & Up	4:30-5:00pm		<b>63381</b>	<b>63382</b>	
<b>Str Ref Lvl 5</b> Ages 8 & Up	4:30-5:00pm	<b>63387</b>			<b>63388</b>

Saturday Classes at Dolores Bengtson Aquatic Center		Session 1 9/3-9/24   Sa 4 classes   \$34R/\$37N	Session 2* 10/1-10/29   Sa 4 classes   \$34R/\$37N
<b>Preschool</b> Ages 3 <sup>1</sup> / <sub>2</sub> -5	9:00-9:30am	<b>63275</b>	<b>63287*</b>
	10:30-11:00am	<b>63280</b>	<b>63288*</b>
<b>Beginner</b> Level 1-3 Ages 6 & Up	9:30-10:00am	<b>63364</b>	<b>63374*</b>
	11:00-11:30am	<b>63366</b>	<b>63375*</b>
<b>Str Imp Lvl 4</b> Ages 8 & Up	10:00-10:30am	<b>63380</b>	
<b>Str Ref Lvl 5</b> Ages 8 & Up	10:00-10:30am		<b>63386*</b>

\*No class 10/15

Ages 13 & up

## Adult/Teen Swim Lessons

It's never too late to learn how to swim. Whether your goal is to conquer a fear of the water, learn proper technique, prepare for lap swimming or even competitive events—we can help you get there! Course emphasis is on individual skill improvement and endurance. Students are allowed to progress at their own pace with hands-on instruction and support provided by the instructor in a safe environment.

Dolores Bengtson Aquatic Center | DBAC Staff

4 classes   \$36R/\$40N			
<b>63270</b>	Sa	9/3-9/24	11:30am-12:15pm
<b>63273</b>	Sa	10/1-10/29*	11:30am-12:15pm
8 classes   \$72R/\$79N			
<b>63269</b>	Tu/Th	9/6-9/29	6:30-7:15pm
<b>63271</b>	M/W	10/3-10/26	10:30-11:15am
<b>63272</b>	Tu/Th	10/4-10/27	6:30-7:15pm
7 classes   \$63R/\$69N			
<b>63268</b>	W/M	9/7-9/28	10:30-11:15am

\*No class 10/15

# Swim Lessons & Lifeguarding

Ages 6-18

## Competitive Stroke Swim Class

Competitive Stroke is designed with an emphasis on technique, stroke development, drills, and endurance-fitness swimming. Swimmers must be able to correctly swim 50 yards of butterfly, backstroke, breaststroke and freestyle.

Dolores Bengtson Aquatic Center

Ages 6-10

7 classes   \$70R/\$77N				
63248	W/M	9/7-9/28	5:00-5:45pm	
8 classes   \$80R/\$88N				
63250	M/W	10/3-10/26	5:00-5:45pm	
6 classes   \$60R/\$66N				
63252	W/M	11/2-11/21	5:00-5:45pm	
63254	M/W	1/9-1/30*	5:00-5:45pm	

\*No class 1/16

Ages 11-18

7 classes   \$70R/\$77N				
63249	W/M	9/7-9/28	5:45-6:30pm	
8 classes   \$80R/\$88N				
63251	M/W	10/3-10/26	5:45-6:30pm	
6 classes   \$60R/\$66N				
63253	W/M	11/2-11/21	5:45-6:30pm	
63255	M/W	1/9-1/30*	5:45-6:30pm	

\*No class 1/16

Ages 6 and up

## Private/Semi-Private Swim Lessons

We offer private and semi-private (limited to four students) swim lessons! Additional students may be added to private lesson at 50% discount.

Dolores Bengtson Aquatic Center | Instructor: DBAC Staff

3 classes   \$99R/\$109N   \$50R/\$55N for each additional student				
63389	M/W	9/7-9/14	6:30-7:00pm	
4 classes   \$132R/\$145N   \$66R/\$73N for each additional student				
63390	M/W	9/19-9/28	6:30-7:00pm	
63391	M/W	10/3-10/12	6:30-7:00pm	
63392	M/W	10/17-10/26	6:30-7:00pm	

Ages 10 and up

## Basic Water Rescue

This class provides individuals with the information and skills necessary to prevent, recognize, and respond to aquatic emergencies. This course is not a substitute for Lifeguarding Certification; however, this course is excellent for camp counselors, day care providers, health and fitness facility employees, and others who are around water on a regular basis. Prerequisites: Level V swim skills.

Dolores Bengtson Aquatic Center | Instructor: DBAC Staff

1 class   \$83R/\$91N				
63240	Sa	9/17	8:00am-Noon	
63241	Sa	11/19	8:00am-Noon	
63242	Sa	1/21	8:00am-Noon	

Ages 15 and up

## Lifeguarding

Get a jump start on your future by training to be a lifeguard! This course combines online learning sessions with hands-on practice of first aid, CPR/AED and lifeguarding skills.

Note: Class times do not reflect online learning sessions. An additional \$35 non refundable fee, payable to the American Red Cross will be due following the first class session. For course prerequisites and more information on the blended learning course, visit [www.PleasantonAquaticCenter.com](http://www.PleasantonAquaticCenter.com).

Dolores Bengtson Aquatic Center | Instructor: DBAC Staff

6 classes   \$195R/\$215N				
63246	Sa	12/10	8:00-9:30am	
<i>and</i>	M-F	1/2-1/6	8:00am-1:00pm	



# The Arts

Ages 13 and up

## PASTEL PAINTING WORKSHOPS

For more information, contact: [dwardrope@sbcglobal.net](mailto:dwardrope@sbcglobal.net)

### Clouds over Concannon

Clouds are a challenge for many artists but in this workshop, we'll learn the basics of painting clouds with several exercises and demos from the instructor. We'll also be working on a local scene (Concannon Vineyards) with an emphasis on clouds in the late afternoon. Both beginners and more advanced students are welcome. *Materials can be provided for first time students with a \$10 supply fee.*

Firehouse Arts Center | Instructor: Debbie Wardrope

<b>1 class   \$95R/\$105N</b>			
<b>63310</b>	Sa	9/24	10:00am-4:00pm

Ages 13 and up

### Paint a Nocturne

Nocturnes are challenging and fun to paint. We'll be working on a scene from downtown Pleasanton to learn how to capture the deep value of evening and the light from artificial sources such as neon signs. We'll be painting an exterior of a local restaurant and an interior scene. Beginners and more advanced students are welcome. *Materials can be provided for first time students with a \$10 supply fee.*

Firehouse Arts Center | Instructor: Debbie Wardrope

<b>1 class   \$95R/\$105N</b>			
<b>63311</b>	Sa	10/22	10:00am-4:00pm

Ages 18 and up

### Pastel Painting Class

Using soft pastel is like painting with pure color. Beginners and more advanced students are welcome to join as we explore the wonderful world of pastel painting in a relaxed, friendly environment. *Materials can be provided for first-time students with a \$10 supply fee.* For more information, contact: [dwardrope@sbcglobal.net](mailto:dwardrope@sbcglobal.net)

Firehouse Arts Center | Instructor: Debbie Wardrope

<b>4 classes   \$95R/\$105N</b>			
<b>63306</b>	W	9/7-9/28	9:30am-12:30pm
<b>63307</b>	W	10/5-10/26	9:30am-12:30pm
<b>63308</b>	W	11/2-11/30*	9:30am-12:30pm
<b>63309</b>	W	1/4-1/25	9:30am-12:30pm

\*No class 11/23

Ages 13 and up

## ART IN THE AFTERNOON

For more information, contact: [dwardrope@sbcglobal.net](mailto:dwardrope@sbcglobal.net)

### Autumn Vineyard

Come paint a beautiful Tuscan vineyard in fall colors. *A \$10 supply fee is due at the time of registration.*

Firehouse Arts Center | Instructor: Debbie Wardrope

<b>1 class   \$35R/\$39N</b>			
<b>63175</b>	Sa	9/17	1:00-4:00pm

### Halloween Canvas and Collage

Make a fun and creative Halloween collage and/or paint a Halloween night canvas with spooky silhouettes! *A \$10 supply fee is due at the time of registration.*

Firehouse Arts Center | Instructor: Debbie Wardrope

<b>1 class   \$35R/\$39N</b>			
<b>63180</b>	Sa	10/8	1:00-4:00pm

### Give Thanks Pumpkins

Design your own pumpkins on canvas with Give Thanks wording (or choose your own quote). *A \$10 supply fee is due at the time of registration.*

Firehouse Arts Center | Instructor: Debbie Wardrope

<b>1 class   \$35R/\$39N</b>			
<b>63181</b>	Sa	11/5	1:00-4:00pm

### Creative Christmas

Make a fence post Santa or snowman and paint a cute Rudolph the Red-Nosed Reindeer on canvas. *A \$10 supply fee is due at the time of registration.*

Firehouse Arts Center | Instructor: Debbie Wardrope

<b>1 class   \$35R/\$39N</b>			
<b>63182</b>	Sa	12/3	1:00-4:00pm

### Winter Warm Up

Choose your theme— tea or coffee—and create a fun, frameable mixed media piece on paper. *A \$10 supply fee is due at the time of registration.*

Firehouse Arts Center | Instructor: Debbie Wardrope

<b>1 class   \$35R/\$39N</b>			
<b>63183</b>	Sa	1/14	1:00-4:00pm



Follow us on Instagram:  
[Pleasantonfun](https://www.instagram.com/pleasantonfun)

# The Arts

Ages 18 and up

## Adult Wheel Throwing

All levels welcome. No experience required. Class will cover basic throwing skills. A \$60 supply fee is due at the time of registration. For more information, contact: ekdpottery@yahoo.com

Cultural Arts Building | Instructor: Erin Davis

6 classes   \$136R/\$150N				
63100	M	9/12-10/17	10:00am-1:00pm	
63102	M	9/12-10/17	6:00-9:00pm	
63104	W	9/14-10/19	10:00am-1:00pm	
63106	W	9/14-10/19	6:30-9:30pm	
63101	M	10/24-12/5*	10:00am-1:00pm	
63103	M	10/24-12/5*	6:00-9:00pm	
63105	W	10/26-12/7*	10:00am-1:00pm	
63107	W	10/26-12/7*	6:30-9:30pm	

\*No class 11/21, 11/23

## Pottery Studio Open Hours

with Erin Davis  
Ages 16 & up

This open studio format class is designed for students who work independently. Work on and complete projects at your own pace. Limited instruction is available. For more information, contact: ekdpottery@yahoo.com  
Open Studio Punch cards can be purchased at the Community Services Department Administration office.

8 Studio Visits: \$152R/\$168N

For students currently enrolled in another throwing class with Erin Davis: 8 Studio Visits: \$104R/\$115N.

\*Please note, open studio not intended for production potters or high-volume studio work.



Ages 18 and up

## Acrylic Painting

Learn all about painting with acrylics with emphasis on composition, color mixing, and brush work. Students will also learn acrylic techniques and textures. Participants will be guided with a step-by-step demonstration. All skill levels are welcome. A \$8 supply fee is due at time of registration. For more information, contact Zina at (510) 381-3660.

Firehouse Arts Center | Instructor: Zina Kassab

6 classes   \$120R/\$132N				
63187	Th	9/8-10/13	10:00am-Noon	
63188	Th	10/20-12/1*	10:00am-Noon	
63189	Th	12/8-1/26*	10:00am-Noon	

\*No class 11/24, 12/29, 1/5

Ages 18 and up

## Hand Painting on Glass

Participants will learn to paint on clear and colored glass such as plates, vases, wine glasses and candleholders, using different designs to change any ordinary glass into art-work. Students will be guided with a step-by-step demonstration. No experience is needed. A \$15 supply fee is due at the time of registration. For more information, contact Zina at (510) 381-3660.

Nature House | Instructor: Zina Kassab

6 classes   \$120R/\$132N				
63467	Tu	9/6-10/11	11:30am-1:30pm	
63468	Tu	10/18-11/29*	11:30am-1:30pm	
63469	Tu	12/6-1/24	11:30am-1:30pm	

\*No class 11/22, 12/27, 1/3

Ages 18 and up

## Art in Colored Pencil—Realism in any Subject

Open to all levels. Learn techniques to render art in highly detailed realism, or discover a unique expression or style. The instructor can provide materials for a \$41 supply fee due at time of registration or ask for a materials list. For more information, contact Peggy at (925) 389-7389.

Firehouse Arts Center | Instructor: Peggy Magovern

5 classes   \$125R/\$138N				
63399	Th	9/1-9/29	12:30-3:30pm	
63401	Th	10/6-11/3	12:30-3:30pm	
63402	Th	11/10-12/15*	12:30-3:30pm	

\*No class 11/24

Ages 13 and up

## Art Made Easy with Charlotte Severin

Experiment with watercolor, textures, collage, and painting while on location or in the studio. Subject matter to include people, animals, nature painting from life or abstract. Six, 3 hour sessions each quarter, three quarters per year: Fall, Winter, and Spring culminating with a student art exhibit at the Senior Center in May. Everyone has fun and succeeds! Some watercolor experience needed.

Firehouse Arts Center | Instructor: Charlotte Severin

6 classes   \$86R/\$95N				
62932	Th	9/8-10/27*	1:00-4:00pm	
62933	Th	1/5-2/16*	1:00-4:00pm	

\*No class 9/22, 10/20, 2/2



Ages 14 and up

## Japanese Calligraphy

This class will focus on 'Calligraphy as an Art form'. Students will learn the correct form and brushstrokes necessary to produce Japanese Kanji characters and Japanese brush art. A \$50 supply fee is due at the time of registration; students will receive boxed supplies for their personal use. Supplies may be used for additional classes. For more information, contact: chikakomccann@att.net

Nature House | Instructor: Chikako McCann

6 classes   \$78R/\$86N				
63325	Th	9/1-10/6	6:00-7:15pm	
63326	Th	10/13-11/17	6:00-7:15pm	

4 classes   \$52R/\$58N				
63327	Th	12/1-12/22	6:00-7:15pm	

# Exercise & Wellness



## EXERCITEMENT ॐ FITNESS

For more information, please contact Terri at: thgexrct@aol.com

### Ages 13 and up

#### Get on the Ball!

The keys to a great posture and a healthy back are good balance and a strong core. This 6-week progressive class assists in strengthening the core muscles using a variety of techniques on the popular Stability Ball. Please bring a ball, mat and light weights.

Pleasanton Senior Center | Instructor: Terri Gonzalez

#### 6 classes | \$49R/\$54N

<b>63296</b>	Tu	1/3-2/7	6:15-7:15pm
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### Ages 16 and up

#### Get Pumped!

Get toned and strong! This class is designed to condition and strengthen major muscle groups in both the upper and lower body. Terri will guide you through a total body workout (no cardio), using resistance tubes, body balls and free weights. Please bring a mat and 1-10 lb weights; instructor will provide other resistance equipment.

Pleasanton Senior Center | Instructor: Terri Gonzalez

#### 4 classes | \$26R/\$29N

<b>63073</b>	Th	9/1-9/29*	6:15-7:15pm
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<b>63074</b>	Th	10/6-10/27	6:15-7:15pm
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<b>63076</b>	Th	12/1-12/22	6:15-7:15pm
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<b>63077</b>	Th	1/5-1/26	6:15-7:15pm
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#### 3 classes | \$20R/\$22N

<b>63075</b>	Th	11/3-11/17	6:15-7:15pm
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\*No class 9/8

### Ages 16 and up

#### Cardio Groove

Exercise can be fun! An hour of combined cardio, strength, and flexibility training. The workout is designed to burn calories, improve cardiovascular endurance, and strengthen muscles. Class will end with a relaxing stretch. Please bring a mat and 1-10 lb weights.

Pleasanton Senior Center | Instructor: Terri Gonzalez

#### 3 classes | \$20R/\$22N

<b>63216</b>	M	9/12-9/26	6:30-7:30pm
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<b>63219</b>	M	12/5-12/19	6:30-7:30pm
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#### 5 classes | \$32R/\$36N

<b>63217</b>	M	10/3-10/31	6:30-7:30pm
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#### 4 classes | \$26R/\$29N

<b>63218</b>	M	11/7-11/28	6:30-7:30pm
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<b>63220</b>	M	1/9-1/30	6:30-7:30pm
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### Ages 16 and up

#### Getting to the Core—Pilates/ Yoga Fusion

A unique blend of basic Mat Pilates, Core Conditioning, and fundamental Yoga principles to achieve strength, balance, and flexibility. Class may be practiced in bare feet, but a mat is required for everyone.

Cultural Arts Building | Instructor: Terri Gonzalez

#### 3 classes | \$29R/\$32N

<b>63291</b>	Sa	9/10-9/24	8:00-9:00am
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<b>63293</b>	Sa	11/5-11/19*	8:00-9:00am
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<b>63294</b>	Sa	12/3-12/17	8:00-9:00am
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\*First class on 11/5 held at Pleasanton Senior Center

#### 4 classes | \$38R/\$42N

<b>63292</b>	Sa	10/1-10/29**	8:00-9:00am
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<b>63295</b>	Sa	1/7-1/28	8:00-9:00am
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\*\*No class 10/15

Pleasanton Senior Center | Instructor: Terri Gonzalez

#### 6 classes | \$49R/\$54N

<b>63176</b>	Tu	10/11-11/15	6:15-7:15pm
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### Ages 14 and up

#### Cardio Sculpt

Variety is the spice of life! This hour-long class varies from week to week, incorporating a different format each week. Cardio-based workout will include but not be limited to: 20/20/20 (20 min. each of cardio, strength, and flexibility), Interval Training, CardioBox, and Butts & Guts. This class is effectively designed for all levels. Please bring a mat and 1-10 lb weights.

Pleasanton Senior Center | Instructor: Terri Gonzalez

#### 3 classes | \$20R/\$22N

<b>63062</b>	W	9/14-9/28	6:30-7:30pm
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<b>63064</b>	W	11/2-11/16	6:30-7:30pm
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#### 4 classes | \$26R/\$29N

<b>63063</b>	W	10/5-10/26	6:30-7:30pm
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<b>63066</b>	W	1/4-1/25	6:30-7:30pm
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#### 2 classes | \$14R/\$15N

<b>63065</b>	W	12/7-12/21*	6:30-7:30pm
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\*No class 12/14

### Ages 17 and up

#### Bollywood Fusion for Adults

A fun and exciting class for adults who always have wished to dance but never got the chance. This energetic and exhilarating class will help relieve stress and bring out the dancer in you, Bollywood style. This class fuses Bollywood with Indian and World dances to keep it upbeat and high energy. This class will eventually have the opportunity to perform at different events. For more information, contact: vmusic.lesson@gmail.com Cultural Arts Building | Instructor: Vaishnavi Misra

#### 10 classes | \$100R/\$110N

<b>63422</b>	Su	9/4-11/20*	11:00am-Noon
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\*No class 10/16, 11/6

### Ages 18 and up

#### Belly Dance

Belly dance is a wonderful way to get fit, tone up, make new friends, and have fun! In this class we will discover the key moves and combinations, and how they come together in a fun choreography. Discover the joys of belly dance! LetsBellyDance@hotmail.com Cultural Arts Building | Instructor: Sara Shrapnell

#### 4 classes | \$50R/\$55N

<b>63071</b>	Tu	9/27-10/18	7:30-8:30pm
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<b>63072</b>	Tu	11/15-12/6	7:30-8:30pm
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# Exercise & Wellness

## ShapeUp! with Chris Maloney

For more information contact Chris at [chris@shapeupbootcamps.com](mailto:chris@shapeupbootcamps.com)

**Ages 13 and up**

### Boot Camp Fit & Strong

GET FIT AND STRONG burning calories and blasting fat with high intensity interval training (HIIT) that anyone can do in just 45 minutes! Mondays and Wednesdays you will blast inches with Boot Camp Fit. Then you'll sculpt and tone with Boot Camp Strong on Tuesdays and Thursdays!

Shape Up! Studio | Instructor: Chris Maloney

#### AM Boot Camp

Per month   \$109R/\$120N			
63222	M-Th	9/1-9/29*	9:00-10:15am**
63225	M-Th	10/3-10/31	9:00-10:15am**
63228	M-Th	11/3-11/30*	9:00-10:15am**
63231	M-Th	12/1-12/29	9:00-10:15am**
63234	M-Th	1/2-1/31	9:00-10:15am**

\*No class 9/5, 11/24. \*\*AM Boot Camp classes are held M/W 9:00-10:00am and T/Th 9:30-10:15am

#### PM Boot Camp

Per month   \$99R/\$109N			
63223	M-Th	9/1-9/29*	5:30-7:00pm**
63236	M-Th	10/3-10/31	5:30-7:00pm**
63237	M-Th	11/1-11/30*	5:30-7:00pm**
63238	M-Th	12/1-12/29	5:30-7:00pm**
63239	M-Th	1/2-1/31	5:30-7:00pm**

\*No class 9/5, 11/24. \*\*PM Boot Camp classes are held M/W 5:30-6:15pm and T/Th 6:15-7:00pm

**Ages 13 and up**

### Cutting It Up with TRX Training

TRX = All Core All the Time as it sculpts and defines your body. Created by a Navy Seal, the TRX Suspension uses your bodyweight and targets your abs and total body. Space is limited in these private small group TRX sessions! Shape Up! Studio | Instructor: Chris Maloney

9 classes   \$129R/\$142N			
63262	Th/Tu	9/1-9/29	8:30-9:30am
63265	Th/Tu	12/1-12/29	8:30-9:30am
63266	Tu/Th	1/3-1/31	8:30-9:30am
8 classes   \$129R/\$142N			
63263	Tu/Th	10/4-10/27	8:30-9:30am
63264	Tu/Th	11/1-11/29*	8:30-9:30am

\*No class: 11/24

 **Follow us on Instagram:**  
**Pleasantonfun**

**Ages 13 and up**

### Find Your Fit 6-Week Challenge

Find Your Fit 6 Week Challenge is a 6-week journey to a fitter you and a healthier lifestyle! You will lose inches and pounds as you develop some life changing health and fitness habits. Includes unlimited fitness boot camp classes for 6 weeks, Fitness Biometric Consultation and the Challenge Guide. Register and then email us to get started when you are ready!

Shape Up! Studio | Instructor: Chris Maloney

1 class   \$129R/\$142N			
63267	Sa	9/3	12:00-1:00pm

**Ages 13 and up**

### TRX Core and Cardio in 45

This 45 minute fast-paced cardio and core circuit class combines the TRX Suspension system with HIIT Cardio to chisel your abs and burn the flab! If you are looking to push yourself to the limit and leave drenched in sweat, then this is the class for you!

Shape Up! Studio | Instructor: Chris Maloney

7 classes   \$42R/\$46N			
63256	M/W	9/7-9/28	6:15-7:00pm

9 classes   \$54R/\$59N			
63257	M/W	10/3-10/31	6:15-7:00pm
63258	M/W	11/2-11/30	6:15-7:00pm

63260	M/W	1/2-1/30	6:15-7:00pm
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8 classes   \$48R/\$53N			
63259	M/W	12/5-12/28	6:15-7:00pm

**Ages 18 and up**

### Essential Reformer | *New!*

Learn the basics of Pilates and Reformer exercises in small and personalized classes taught by trained professional instructors in a studio environment. Focus will be on stabilization of key core muscles, flexibility, and strength. Suitable for most healthy spines although a physician's release may be required in some special health circumstances. For more information, contact Katherine at (925) 699-2293 or visit [www.SpringsPilatesPleasanton.com](http://www.SpringsPilatesPleasanton.com) Springs Pilates Pleasanton | Instructor: Springs Pilates Pleasanton Staff

4 classes   \$92R/\$102N			
63446	M	9/12-10/3	4:30-5:30pm
63447	Tu	10/4-10/25	1:00-2:00pm
63445	W	9/7-9/28	11:00am-Noon
63448	Th	10/6-10/27	10:00-11:00am
63449	F	10/7-10/28	12:00-1:00pm

**Ages 18 and up**

### MELT® Method Full Body | *New!*

All level class using specialized soft body rollers and small balls with the goal of learning techniques for self-treatment of chronic pain and stiffness. Learn to identify and eliminate areas of 'stuck stress' before it causes pain or accelerated aging. Release neck and low back. Students must be able to get up and down from a mat on the floor. For more information, contact Katherine at (925) 699-2293 or visit [www.SpringsPilatesPleasanton.com](http://www.SpringsPilatesPleasanton.com) Springs Pilates Pleasanton | Instructor: Springs Pilates Pleasanton Staff

4 classes   \$120R/\$132N			
63450	Sa	9/10-10/1	8:00-9:00am
63451	Th	10/6-10/27	6:45-7:45pm

**Ages 18 and up**

### MELT® Method Hand & Foot | *New!*

Got pain? Learn simple self-treatment techniques to rehydrate your connective tissue and rebalance your nervous system in this unique class. MELT® will help you identify and treat areas of 'stuck stress' in your feet, hands, lower back, and neck brought on by everyday stress, overuse, and age. A \$28 supply fee is due at time of registration. For more information, contact Katherine at (925) 699-2293 or visit [www.SpringsPilatesPleasanton.com](http://www.SpringsPilatesPleasanton.com) Springs Pilates Pleasanton | Instructor: Springs Pilates Pleasanton Staff

3 classes   \$100R/\$110N			
63453	W	11/2-11/16	6:45-8:05pm

4 classes   \$100R/\$110N			
63452	M	10/3-10/24	1:00-2:00pm



# Exercise & Wellness • Special Interest

Ages 25 and up

## Tai Chi for Health—Intro New Form

This 4-week class will introduce you to another Tai Chi for Health form from the Sun and Yang styles. It is called Tai Chi for Diabetes, and was created to safely and effectively improve metabolism, heart/lung function, muscular strength, flexibility, balance, and stress reduction. We will go onto an 8-week series in the spring. For more information, visit [www.healingjourneypleasanton.com](http://www.healingjourneypleasanton.com) or contact Kathy at (925) 596-0145.

Pleasanton Senior Center | Instructor: Kathy Lorenz

<b>4 classes   \$68R/\$75N</b>			
<b>63299</b>	Th	1/5-1/26	6:15-7:15pm

Ages 25 and up

## Tai Chi for Health—Mixed Levels

Enjoy learning the elegant movement of the gentle, low-impact form of exercise for overall health and stress management. Known as Tai Chi for Arthritis, this form has been proven in CDC studies to ease pain and increase mobility, endurance, and strength. We also include Qigong exercises for improving energy. For more information, visit [www.healingjourneypleasanton.com](http://www.healingjourneypleasanton.com) or contact Kathy at (925) 596-0145.

Pleasanton Senior Center | Instructor: Kathy Lorenz

<b>8 classes   \$68R/\$75N</b>			
<b>63297</b>	W	9/7-10/26	6:15-7:15pm
<b>63298</b>	W	11/9-12/28	6:15-7:15pm

Ages 13 and up

## Bombay Jam—Total Body Workout

Bombay Jam incorporates cardio and toning routines into action-packed total-body workout, and routines are set to custom music mixes created by Bollywood's hottest DJs. In just an hour-long class, you can burn up to 700 calories! Safety, effectiveness and enjoyment are essential ingredients of this awesome program! For more information, contact Padma at [padma.subbaraman@gmail.com](mailto:padma.subbaraman@gmail.com) Cultural Arts Building | Instructor: Padma Subbaraman

<b>17 classes   \$85R/\$94N</b>			
<b>63435</b>	F	9/2-1/27*	11:00am-Noon

\*No class 10/14, 11/4, 11/25, 12/23, 12/30

<b>18 classes   \$85R/\$94N</b>			
<b>63441</b>	Th	9/8-1/26*	6:00-7:00pm

\*No class 11/24, 12/22, 12/29

Ages 18 and up

## Yoga & Meditation

Would you like to be stronger, more flexible have better balance and coordination? In addition, have clear focus, innovative ideas, sleep better and be calmer to respond intelligently? The ancient practice of Yoga and mindfulness meditation provides this and more. Please bring a sticky mat and thick blanket to class. For more information, visit [www.yogalightcenter.com](http://www.yogalightcenter.com) or contact: [admin@yogalightcenter.com](mailto:admin@yogalightcenter.com)

Cultural Arts Building | Instructor: Lorey Wallace

Level I & II

<b>7 classes   \$105R/\$116N</b>			
<b>62938</b>	M	9/12-11/7*	7:30-8:45pm

<b>8 classes   \$120R/\$132N</b>			
<b>62939</b>	M	11/14-1/30*	7:30-8:45pm

\*No class 10/3, 10/10, 11/28, 12/26, 1/2, 1/9

Level II & III

<b>7 classes   \$105R/\$116N</b>			
<b>62936</b>	M	9/12-11/7*	6:00-7:15pm

<b>8 classes   \$120R/\$132N</b>			
<b>62937</b>	M	11/14-1/30*	6:00-7:15pm

\*No class 10/3, 10/10, 11/28, 12/26, 1/2, 1/9

Ages 16 and up

## Zumba

Are you ready to party yourself into shape? That's exactly what the Zumba program is all about. It's a high energy, easy-to-follow, Latin-inspired, calorie-burning dance-fitness party. No prior Zumba or dance experience is necessary. Come join the party! For information, contact [kikoki1115@hotmail.com](mailto:kikoki1115@hotmail.com) Veterans Memorial Building | Instructor: Christina Kim

<b>6 classes   \$60R/\$66N</b>			
<b>63313</b>	Tu	9/6-10/18*	6:30-7:30pm
<b>63314</b>	Th	9/8-10/20*	6:30-7:30pm
<b>63315</b>	Tu	11/1-12/20*	6:30-7:30pm

\*No class 9/13, 10/13, 11/15, 11/22

<b>5 classes   \$50R/\$55N</b>			
<b>63316</b>	Th	11/3-12/22*	6:30-7:30pm

\*No class 11/17, 11/24, 12/1

<b>4 classes   \$40R/\$44N</b>			
<b>63317</b>	Tu	1/3-1/24	6:30-7:30pm
<b>63318</b>	Th	1/5-1/26	6:30-7:30pm



Ages 18 and up

## Relaxing Yoga for All

Have you ever wanted to try yoga but feel afraid that you are too stiff or inflexible? Yoga is about letting go; Come surrender to your fear and calm your mind, soothe your spirit and gain flexibility, strength and balance through practicing meditation and gentle yoga poses in a supportive atmosphere. This class is suitable for newcomers and veterans. For more information, contact: [nancy@mothersinmotionfitness.com](mailto:nancy@mothersinmotionfitness.com)

Cultural Arts Building | Instructor: Nancy Larson

<b>6 classes   \$90R/\$99N</b>			
<b>63417</b>	F	9/9-10/21*	9:00-10:15am

<b>4 classes   \$60R/\$66N</b>			
<b>63418</b>	F	11/18-12/16*	9:00-10:15am

<b>3 classes   \$45R/\$50N</b>			
<b>63419</b>	F	1/13-1/27	9:00-10:15am

\*No class 10/14, 11/25

Ages 16 and up

## French Class for Beginners | *New!*

As the basic foundation for French you will begin your journey in learning how to introduce yourself and greet others, how to express yourself in the present and passé composé and, of course, discover cultural aspects of France. *Additional text book required, see online for details.* For more information, contact Thierry at [thieryletiec@hotmail.com](mailto:thieryletiec@hotmail.com) Nature House | Instructor: Thierry Le Tiec

<b>17 classes   \$640R/\$704N</b>			
<b>63444</b>	M	9/12-1/30*	10:00am-Noon

\*No class 11/21, 12/26, 1/2, 1/16

# Sports

Ages 18 and up

## 20 Weeks of Mindfulness for Professionals and Parents

Neuroscience reveals that mindfulness actually changes the structure of the brain to allow us to choose our response rather than be reactive in a situation. Life becomes calmer. Everyone can cultivate this, from those with 'too much' stress, attention challenges, even kids and elders. Instructor, Kathryn Tournat, M.S.I./O., ER/P is a Human Factors Engineer and Educational Therapist. For more information, contact her at [kathryn@bellamenti.com](mailto:kathryn@bellamenti.com) or visit [www.BellaMenti.com](http://www.BellaMenti.com)

Nature House | Instructor: Kathryn Tournat

15 classes | \$345R/\$380N

63303 Sa 9/17-1/28\* 7:00-8:00am

\*No class 11/12, 11/26, 12/24, 12/31, 1/7



Follow us on Instagram:  
[Pleasantonfun](https://www.instagram.com/pleasantonfun)



Like us on Facebook:  
[Pleasanton Community Services](https://www.facebook.com/PleasantonCommunityServices)

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Ages 18 and up

## Adult Bocce League

Join the fun and register for a co-ed bocce league! New-to-the-sport participants are highly encouraged to try out this fun, 'low-key' league. In order to register as a team, you must have a minimum of four (4) players on your roster.

**Fall Registration Begins: 6/27 Deadline: 8/5**  
Pleasanton Senior Center Bocce Courts

8 Games | \$110R/\$130N | Tue

62893 Advanced 8/30-11/1 6:00-10:00pm

62894 Beginner 8/30-11/1 6:00-10:00pm

8 Games | \$110R/\$130N | Wed

62895 Beginner 8/31-11/2 6:00-10:00pm

Ages 18 and up

## Adult Basketball League

Show off your skills in one of our adult basketball leagues that provide the perfect combination of fun and competition. In order to register as a team, you must have a minimum of six (6) players on your roster.

**Registration Begins** **Deadline**

Fall: 6/27 8/5

Winter: 9/23 11/4

Harvest Park Middle School Gym

6 Games + playoffs | \$429R/\$472N | Thu

62891 Novice 9/1-10/20 6:00-10:00pm

62892 Intermed. 9/1-10/20 6:00-10:00pm

8 Games + playoffs | \$572R/\$629N | Wed

62889 Novice 8/31-11/16 6:00-10:00pm

62890 Intermed. 8/31-11/16 6:00-10:00pm

63197 Novice 11/30-3/1 6:00-10:00pm

63198 Intermed. 11/30-3/1 6:00-10:00pm

Ages 18 and up

## Adult Volleyball League

Join us for fast-paced, indoor fun! Whether you are new to the game or a volleyball enthusiast, we have the perfect league for you! In order to register as a team, you must have a minimum of six (6) players on your roster.

**Registration Begins** **Deadline**

Fall: 6/27 8/5

Winter: 9/23 11/4

Pleasanton Middle School Gym

8 Games + playoffs | \$352R/\$387N | Mon

62898 Novice 8/29-11/14\* 7:00-10:00pm

62897 Intermed. 8/29-11/14\* 7:00-10:00pm

62896 Advanced 8/29-11/14\* 7:00-10:00pm

63247 Novice 11/28-3/6\* 7:00-10:00pm

63245 Intermed. 11/28-3/6\* 7:00-10:00pm

63243 Advanced 11/28-3/6\* 7:00-10:00pm

\*No games 9/5, 12/26, 1/2, 1/16, & 2/20

Ages 18 & up

## Open Gym Programs

Play your favorite pick-up game and meet new friends! Our Open Gym Programs welcome all skill levels! Equipment provided. Purchase punch passes online at [www.pleasantonfun.com](http://www.pleasantonfun.com) or in person at the Community Services Department, 200 Old Bernal Ave. Punch Passes have no expiration date. Single-day admission passes must be purchased in advance at the Community Services Department Office. Payment will not be accepted at the gym. For updates, gym closures and location changes, go to [www.teamsideline.com/pleasanton](http://www.teamsideline.com/pleasanton).

For more info please call the Sports Office at 925-931-3437

**HP** Harvest Park Middle School, 4900 Valley Avenue

**HMS** Hart Middle School, 4433 Willow Road

**PMS** Pleasanton Middle School, 5001 Case Avenue

All Open Gym times are subject to change.

## Open Gym Basketball

**Day Time Location**

Sa 6:00-8:00am HP (Pleasanton Residents Only)

M, W\* 8:00-10:00pm HMS

**Fees** **Single** **Punch Pass (15)**

Resident \$3.75 \$52.50

Non-resident \$4.50 \$63.75

\*No Wednesday Open Gym Basketball 11/4/15-2/27/16

## Open Gym Volleyball

**Day Time Location**

Su 6:00-9:00pm PMS

**Fees** **Single** **Punch Pass (15)**

Resident \$4.75 \$67.50

Non-Resident \$5.75 \$82.50

Open to ages 6 and up

## Open Gym Family Pickleball

**Day Time Location**

Su\* 8:00-11:00am PMS

**Fees** **Single** **Punch Pass (15)** **Punch Pass (6)**

Resident \$4.50 \$56.25 \$22.50

Non-Resident \$5.25 \$67.50 \$27.00

For more information regarding sports programs, please contact:

**Joelle Glushenko | 931-3480**

[jglushenko@cityofpleasantonca.gov](mailto:jglushenko@cityofpleasantonca.gov)

**Rachel Prater | 931-3443**

[rprater@cityofpleasantonca.gov](mailto:rprater@cityofpleasantonca.gov)

**Nilo Velazquez | 931-3439**

[nvelazquez@cityofpleasantonca.gov](mailto:nvelazquez@cityofpleasantonca.gov)

Phone: (925) 931-5340

# Senior Center Information



5353 Sunol Boulevard | 931-5365  
www.pleasantonseniorcenter.org  
Monday-Friday 8:30am-4:30pm

Office/Information ..... 8:30am to 4:30pm ..... 931-5365  
Paratransit..... 9:00am to 3:00pm ..... 931-5376  
Senior Meals ..... 8:30am to 4:30pm ..... 931-5365  
Senior Support, M-F ..... 8:30am to 4:00pm ..... 931-5379  
VIP Senior Club & Travel  
Desk, M-F ..... 10:00am to 2:00pm ..... 931-5370  
Peddler Shoppe ..... 10:00am to 4:00pm ..... 931-5371

For more information on Support Groups, Monthly Services  
and Senior Meals, please visit our website:  
[www.pleasantonseniorcenter.org](http://www.pleasantonseniorcenter.org)



Senior Meals • 931-5365  
Monday-Friday\*  
Doors open at 11:15am  
Meals served from  
11:45am-12:45pm

*A partnership with Open Heart Kitchen and  
the City of Pleasanton*

- Seniors (60+) or disabled adults regardless of income
- \$3 donation

*\*No lunch served on 9/5, 9/23, 11/11, 11/24, 11/25, 12/23, 12/26*

## Support Groups Offered at the Senior Center

### Monthly Services

Refer to the Monthly Calendar for details:

- Caregivers Support Group (Senior Support Program)
- Foot Care/Health Screening (sponsored by Senior Support Program)
- Medicare & HMO Counseling (HICAP)
- Parkinson's Support Group
- Notary Public
- Legal Assistance for Seniors (LAS)
- Eye Glass Adjustments
- Estate Planning Counseling (with Estate Planning lawyer)
- Fraud Counselor (w/certified fraud counselor by appointment)

### Parkinson's Support Group

Offered on the second Saturday of each month, 10:00am-Noon at the Pleasanton Senior Center (Senior Support Area). Call 831-9940 for more information. Those with Parkinson's disease and their families are welcome to attend. Co-sponsored by the Parkinson's Network of Mt. Diablo.

### Senior Support Program of the Tri-Valley

Senior Support provides a variety of services to assist seniors in maintaining their health and independence. Services to those 60 and older, living in Pleasanton, Livermore, Dublin and Sunol, include: case management; an in-home registry; in-home counseling; health screening and friendly visiting. SSPTV also manages the Wiesner Senior Fund, an emergency one-time grant or loan, in nominal amounts, available to adults 60 or older who are in need of immediate assistance. Additionally, SSPTV sponsors a Caregiver's Support Group, open to all caregivers responsible for care of persons with Alzheimer's, dementia, and other related illnesses. Meets in the Senior Center Classroom the second Monday of the month from 1:00-3:00pm.

For more information call: 931-5379



# Weekly Calendar

## Fall 2016/Winter 2017 | Pleasanton Senior Center

<b>Mondays</b>	8:45-9:45am	Core, Stretch and Balance*
	9:00am-Noon	Drop-In Bocce\$
	9:00am-Noon	Drop-In Woodshop\$
	1:00-3:00pm	Bingo (1 <sup>st</sup> , 3 <sup>rd</sup> and 5 <sup>th</sup> Mondays)\$
	1:00pm	Movie Madness (1 <sup>st</sup> , 3 <sup>rd</sup> and 5 <sup>th</sup> Mondays) Free
<b>Tuesdays</b>	9:00am-4:00pm	Woodcarvers\$
	9:00-10:00am	ZUMBA Gold*
	10:15-11:15am	Fit for Fifty*
	11:45am-1:00pm	Tai Chi (Beginning)*
	12:45-3:45pm	Drop-In Cards, Poker\$
	1:00-4:30pm	American Style Mah Jong\$
	1:10-2:25pm	Tai Chi (Intermediate)*
<b>Wednesdays</b>	8:45-10:00am	Zumba Toning*
	8:45-10:30am	Walking Group (Free)
	9:00am-Noon	Drop-In Bocce\$
	9:00am-Noon	Drop-In Woodshop\$
	10:00am-Noon	Arts & Crafts (with occasional special project cost)
	10:15-11:10am	Fall Prevention Exercise Class* (Free)
	1:00-3:00pm	Bingo\$
<b>Thursdays</b>	9:00am-Noon	Words in Bloom (1 <sup>st</sup> & 3 <sup>rd</sup> Thursdays)\$
	9:00am-Noon	Drop-In Woodshop\$
	9:00-11:30am	Pleasanton Peddlers Bicycle Group (Free)
	10:00am-Noon	Senior Players (Free)
	10:00-11:15am	Yoga (All levels)*
	12:45-3:45pm	Drop-In Cards, Poker\$
	1:00-4:30pm	Contract Bridge (reservation required)\$
<b>Fridays</b>	9:00-10:00am	ZUMBA Gold*
	9:00am-Noon	Drop-In Bocce\$
	9:00am-Noon	Drop-In Woodshop\$
	9:00-11:30am	Knitting\$
	10:00-11:30am	Brain Matters\$ (1 <sup>st</sup> and 3 <sup>rd</sup> Fridays)
	10:15-11:15am	Fit for Fifty*
	1:00-3:00pm	Bingo\$
	1:00-4:00pm	American Style Mah Jong\$
	1:30-2:45pm	Line Dance—Beginning*
	3:00-4:15pm	Line Dance—Intermediate*
	<b>Weekdays</b>	8:00am-3:00pm
10:00am-4:00pm		Peddler Shoppe Open

### EDGE Newsletter

Drop by the Senior Center to obtain your copy of the *EDGE Newsletter* which details services, activities, special events, and classes at the Center; or simply visit our website at [www.pleasantonseniorcenter.com](http://www.pleasantonseniorcenter.com)

### Activity Program Notes:

#### Pleasanton VIP Senior Club Luncheon

2nd & 4th Monday 11:00am-1:00pm

#### Coffee & Conversation with the Experts (FREE)

2nd Tuesday 10:30-11:30am

#### PC Users Group\$

4th Thursday 10:00am-Noon

#### Newcomers Welcome\* (FREE)

2nd Wednesday 10:30am-Noon

#### Photo Club\$

2nd Wednesday 1:30-3:00pm

#### Education and Enrichment Activities Key

- Sponsored by the City of Pleasanton:

Day, evening & weekend classes of interest to mature adults are listed throughout this Guide. Registration must be completed by the second class meeting. New classes begin monthly.

#### \$ Drop-In Fees Apply:

\$2.00R/\$2.50N (except Woodshop)

- \* Sponsored by the Senior Support Program of the Tri-Valley

Proof of age may be required for some programs



## Coffee & Conversation

Free



### Voices for Hope

Hope Hospice

The "Voices for Hope" program is a 1-hour presentation highlighting hospice care versus curative care, transition care and grief counseling. Hope Hospice is a non-profit organization serving the community for 35 years.

Tu 10/11 10:30-11:30am

### A Half Century in Livermore & Around the World in 20,000 Days

Frank & Sigrid Rainer

We invite you to join Frank and Sigrid Rainer who have visited every single country in the world. Come experience their adventures in the Livermore Valley and the rest of the world as they present an overview of over 50 years of wanderings in a slideshow entitled "Half a Century in Livermore and Around the World in 20,000 Days." This travelogue will offer something for you whether you are an inveterate, an armchair or an easy-chair stay-at-home traveler.

Tu 11/8 10:30-11:30am

### Senior Driver Ombudsman Program

Learn more about the Senior Driver Ombudsman Program. The presentation will look at the "Senior Guide for Safe Driving" as well as helpful hints to assist you in passing the DMV written and driving tests. Learn how the Ombudsman program will help you maintain your driving privilege as long as you are safe to do so, and find out how medical conditions affect safe driving.

Tu 12/13 10:30-11:30am

# Drop-In Programs

Pleasanton Senior Center | \$2.00R/\$2.50N

### Brain Matters

Learn how to keep your brain active and your memory sharp. Bi-monthly meetings consist of word games, puzzles, challenging activities, reminiscing, socials and more. All geared to "age proof" your mind.

1st & 3rd F On-going 10:00-11:30am

### Words in Bloom

Words in Bloom is a writers' workshop for seniors. Everyone has a story, come and share yours. You have a legacy to share with your loved ones. Along the way you will learn to create a new story from your imagination.

1st & 3rd Th Ongoing 9:00am-12:00pm

### PTUG (Personal Technology Users Group)

This class is for all computer enthusiasts. Includes discussions, lectures, demonstrations, and question/answer period.

F Ongoing 10:00am-12:00pm

### Photo Club

The Photo Club meets at the Senior Center on the second Wednesday of every month at 2:00pm and is open to any senior who enjoys the hobby of photography at any level. It is suggested that you have some type of a digital camera—from a Point and Shoot to a Single Lens Reflex camera. We share our photos and make suggestions on how the photos might be improved. Meetings will also offer occasional speakers, field trips and themes.

2nd W Ongoing 2:00pm

### Knitting

Join the Center's knitting group and learn to knit, refresh your skills, pick up some new tips, share techniques you've learned, get help with that pesky "UFO", or just sit, knit and plan to laugh a lot.

Instructor: Stacy Denny

F On-going 9:00-11:30am

# Free Fitness & Health

### Pleasanton Sole Mates

Do you love the outdoors and want a fun way to exercise? Join our weekly walking group on Wednesday mornings. We will trek to local destinations while enjoying the great outdoors. Most walks will be suitable for all fitness levels.

W On-going 8:45-10:00am (times vary)

### Fall Prevention Exercise Class

Join exercise instructors from *The Senior Support Program of the Tri-Valley* for a free class that focuses on strength and flexibility. Other benefits are improved health and well-being, more stamina and energy and a decrease in the likelihood of falls.

W On-going 10:15

### Pleasanton Pedalers

If you love cycling, making new friends, and want to have lots of fun, this group is for you! Members include cyclists of all skill levels and interests, from those who want to start cycling to experienced veterans of road biking. All rides will be at an easy pace and will be "No-Drop," meaning no one will be left behind. Group meets at the north end of the Senior Center parking lot. A signed waiver is required of all riders. For more information, log on to [meetup.com/PleasantonPedalers](http://meetup.com/PleasantonPedalers) or call ride leader Steve McGinnis at (925) 200-9031. Free.

Th On-going 9:00am

# PLEASANTON CRAFT FAIR

Saturday, October 22, 2016 • 10 am to 4 pm

Pleasanton Senior Center  
5353 Sunol Boulevard, Pleasanton

# Exercise & Wellness

Ages 50 and up

## Core, Stretch and Balance

This class is designed to increase your general sense of well-being through a series of stretches that will strengthen your core and increase your flexibility. The use of light weights will assist in gaining muscle strength and improved mobility. Bring a set of light weights (3-5 lbs.) and a floor exercise mat. Pleasanton Senior Center | Instructor: Sandra Cavellini

2 classes   \$9R/\$12N			
62994	M	9/19-9/26	8:45-9:45am
62997	M	12/5-12/12	8:45-9:45am
5 classes   \$22.50R/\$25.50N			
62995	M	10/3-10/31	8:45-9:45am
4 classes   \$18R/\$21N			
62996	M	11/7-11/28	8:45-9:45am
3 classes   \$13.50R/\$16.50N			
62998	M	1/9-1/30*	8:45-9:45am

\*No class on 1/16

Ages 50 and up

## Fit for Fifty Plus

A slower-paced exercise program geared for the mature adult/senior without the movement and mobility required in a more typical aerobics class.

Pleasanton Senior Center | Instructor: Katherine Bene

9 classes   \$40.50R/\$45N			
62969	Tu/F	9/2-9/30*	10:15-11:15am
62973	Tu/F	1/3-1/31	10:15-11:15am
8 classes   \$36R/\$40N			
62970	Tu/F	10/4-10/28	10:15-11:15am
7 classes   \$31.50R/\$34.50N			
62971	Tu/F	11/1-11/29**	10:15-11:15am
5 classes   \$22.50R/\$25.50N			
62972	Tu/F	12/2-12/16	10:15-11:15am

\*9/23 class to be held at Veteran's Hall

\*\*No class 11/11, 11/25

Ages 50 and up

## Zumba Gold

Zumba Gold, designed for adults 50 years of age and older, is an exciting and high-energy aerobic exercise, using Latin rhythms with easy-to-follow moves to create a dynamic fitness program. Routines feature fast and slow rhythms and music that are combined for aerobic endurance, muscle tone and flexibility. Pleasanton Senior Center | Instructor: Jenny Underwood

9 classes   \$40.50R/\$45N			
62974	Tu/F	9/2-9/30*	9:00-10:00am
62978	Tu/F	1/3-1/31	9:00-10:00am

6 classes   \$27R/\$30N			
62975	Tu/F	10/11-10/28	9:00-10:00am
7 classes   \$31.50R/\$35N			
62976	Tu/F	11/1-11/29**	9:00-10:00am
5 classes   \$22.50R/\$25.50N			
62977	Tu/F	12/2-12/16	9:00-10:00am

\*9/23 class to be held at Veteran's Hall

\*\*No class 11/11, 11/25

Ages 50 and up

## Zumba Toning

This class is designed to develop every major muscle group in an efficiently-paced, hour-long workout. This is a total body strengthening and toning class that uses a variety of resistance options. Our Zumba Toning certified instructor uses dynamic resistance training resulting in muscle strength, increased bone density, and improved mobility, posture and coordination.

Pleasanton Senior Center | Instructor: Jenny Underwood

4 classes   \$18R/\$21N			
62979	W	9/7-9/28	9:00-10:00am
62983	W	1/4-1/25	9:00-10:00am
3 classes   \$13.50R/\$16.50N			
62980	W	10/12-10/26	9:00-10:00am
5 classes   \$22.50R/\$25.50N			
62981	W	11/2-11/30	9:00-10:00am
2 classes   \$9R/\$12N			
62982	W	12/7-12/14	9:00-10:00am

Ages 18 and up

## Line Dance—Beginning

Unwind, meet new friends, and exercise in this fun class! Steps are taught slowly and easily, and dances will be repeated until you are comfortable moving on. No partner necessary.

Pleasanton Senior Center | Instructor: Sue Kraft

5 classes   \$22.50R/\$25.50N			
62957	F	9/2-9/30*	1:30-2:45pm
62959	F	11/4-12/16**	1:30-2:45pm
4 classes   \$18R/\$21N			
62958	F	10/7-10/28	1:30-2:45pm
62960	F	1/6-1/27	1:30-2:45pm

\*9/23 & 10/7 classes to be held at Veteran's Memorial Hall

\*\*No class 11/11, 11/25

Ages 18 and up

## Intermediate Line Dance

Learn classic as well as new line dances while having a great time. Each dance is repeated until everyone is comfortable and ready to move on to a new dance. Previously learned dances will also be reviewed and practiced. Pleasanton Senior Center | Instructor: Sue Kraft

5 classes   \$22.50R/\$25.50N			
62961	F	9/2-9/30*	3:00-4:15pm
62963	F	11/4-12/16**	3:00-4:15pm
4 classes   \$18R/\$21N			
62962	F	10/7-10/28	3:00-4:15pm
62964	F	1/6-1/27	3:00-4:15pm

\*9/23 & 10/7 classes moved to Veteran's Memorial Hall

\*\*No class 11/11, 11/25

Ages 18 and up

## Yoga—All Levels

Focus the mind and strengthen the body in this class. Using Yoga poses and awareness of the breath you will experience increased flexibility, strength and balance. Each class incorporates balance postures, breathing techniques, and mindful body movements with variations to suit the needs of the student. Class will close with deep relaxation. Pleasanton Senior Center | Instructor: Roberta Wilson

5 classes   \$32.50R/\$35.75N			
62984	Th	9/1-9/29	10:00-11:15am
4 classes   \$26R/\$29N			
62985	Th	10/6-10/27	10:00-11:15am
3 classes   \$19.50R/\$22.50N			
62986	Th	11/3-11/17	10:00-11:15am
62987	Th	12/1-12/15	10:00-11:15am
62988	Th	1/12-1/26	10:00-11:15am

Ages 18 and up

## Tai Chi

Beginners will establish a foundation in Tai Chi fundamentals by learning the early moves of a Tai Chi set. Intermediate and advanced students will build on the foundation learned in the beginners class by exploring the depths of the fundamentals as well as learning additional moves.

Pleasanton Senior Center | Instructor: Geoffrey Lee

Beginners   15 classes   \$67.50R/\$74.25N			
62965	Tu	9/6-12/13	11:45am-1:00pm
62966	Tu	1/10-4/18	11:45am-1:00pm
Intermed/Adv   15 classes   \$67.50R/\$74.25N			
62967	Tu	9/6-12/13	1:10-2:25pm
62968	Tu	1/10-4/18	1:10-2:25pm

# Enrichment • Special Interest

## National Senior Center Month

September is National Senior Center month and the Pleasanton Senior Center, in partnership with other local senior centers, will be celebrating by offering special events and activities throughout the month. The Senior Center is a valuable community resource that offers programs, activities and services that help mature adults stay informed, healthy and active. Refer to the Senior Center monthly calendar for more details.

## Travel Ambassadors

City of Pleasanton Travel Ambassadors offer free individualized assistance to participants interested in learning how to use public transportation options including WHEELS, BART, and Pleasanton Paratransit. To make an appointment for this free service, please call 931-5376.

## Pleasanton VIP Travel Desk

The Pleasanton VIP Travel Desk offers day trips to various locations in the greater Bay Area, as well as one-day Casino Trips. The VIP Travel Desk also offers extended trips outside California and the United States. Past trips include cruises and treks to Canada and Europe. Please visit the VIP Trip Desk at the Pleasanton Senior Center, open Monday through Friday from 10:00am-2:00pm, and pick up informational flyers. You may also call their travel desk at (925) 931-5370.

## Movie Madness

Offered free of charge every 1st and 3rd Monday of the month at 1:00pm. Features large screen and theater-style sound, with movies that range from old classics to more recent favorites (monthly movie schedule available at the Senior Center).

Show dates: Sep. 19, Oct. 3, 17, and 31, Nov. 7 and 21, Dec. 5 and 19, and Jan. 30.

## BYOD—Bring Your Own Device

Seniors! Bring in your tablet, smart phone, laptop or other smart devices and learn how to use it more effectively. The event will include “tech talks,” one-on-one tutoring sessions, hands on demonstrations and more. Join us as we spend the day exploring technology and how it is enhancing the lives of mature adults.

Saturday, October 8th | 10:00am-2:00pm  
Pleasanton Senior Center

## Computer Tutors at the Senior Center

Struggling with your PC, Mac, Smart Phone, or tablet? Can't figure out the Internet, or just having trouble with software? One-on-one tutoring is available at the Senior Center. For reservations, please call 931-5365.

**\$2.00/\$2.50 for a one-hour session**

## The Peddler Shoppe

Discover the unique, hand-crafted treasures that await you at the Peddler Shoppe. You'll find great gift ideas for any holiday – jewelry, accessories, woodwork, linens and toys! There's an amazing selection of colorfully knitted baby blankets, bonnets and booties.

Pleasanton Senior Center

Shop Hours: Monday–Friday, 10:00am–4:00pm

Ages 50 and up

## Pleasanton VIP Senior Club

The Pleasanton VIP Senior Club meets at lunch on the 2nd and 4th Monday of each month. There is a business meeting on the 2nd Monday and entertainment the 4th Monday. Benefits include entertainment, guest speakers, special events, and discounts on travel. Membership is open to anyone 50 years of age or older. Cost: \$10 (for first year), \$7 for succeeding years. Lunch reservations must be made one day in advance (for reservations call (925) 931-5385).

**2nd & 4th M**

**\$10 first year/\$7 succeeding years**

## AARP Mature Driver Course

Refine your driving skills and reacquaint yourself with the rules of the road. At the conclusion of this two-session course, you'll be issued a certificate of completion, which may qualify you for an insurance discount. Registration fee payable by check to AARP on the first day of class. Class limited to 24 participants. **Please pre-register at the Senior Center Receptionist Desk or call 931-5365.**

Pleasanton Senior Center

Traditional Class

**2 classes**

**\$15 AARP Member/\$20 Non-Member**

**63037** W 9/21 & 9/28 8:30am-12:30pm

**63036** W 1/18 & 1/25 8:30am-12:30pm

Renewal Class

**1 class**

**\$15 AARP Member/\$20 Non-Member**

**63038** W 11/16 8:30am-12:30pm

**COMING THIS SUMMER!  
NEW LOOK. NEW ROUTE.  
NEW NAME.**

**Introducing a new and improved fixed route shuttle service provided by Pleasanton Paratransit Services.**

**WANT TO KNOW MORE?  
CALL 925-931-5376**



## Newcomers Welcome

Are you new to Pleasanton or the Senior Center? Discover all the programs, classes, and services available to you during this one hour orientation. Your facilitator will also take you on a tour of the Center grounds and surrounding Centennial Park. Finally, you'll receive a coupon for a free lunch at the Sage Café. Located in the Center's Main Hall. No charge.

2nd W	Ongoing	10:30am
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## Tea Time Social

An enchanting tea experience awaits you at the Center's monthly Tea Time Social. Beautiful vintage china cups filled with delicious assorted teas in a festively decorated room, cookies for the sweet tooth and, of course, the fine art of conversation. Come and enjoy a spot of tea! No cost.

1st Th	Ongoing	1:00-2:30pm
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# Information & Youth Tennis



## Pleasanton Tennis Park

5801 Valley Avenue

(925) 931-3449

Register: [www.lifetimeactivities.com](http://www.lifetimeactivities.com)

You can register in person at the Tennis Park or online. Please use a Lifetime Activities registration form.

**Priority Registration (residents): August 1**

**Open Registration: August 17**

Please see page 54 for the City Refund Policy. Residents must provide proof of residency (i.e. CA driver's license, utility bill) at the Tennis Park office to receive resident rates.

## SERVICES

Call us at the park or check out our website for the schedule, fees, and rules.

Reserve Court Time

Ball Machine Rental

Racquet Restringing

Drop in Ping Pong

Tennis Birthday Parties

Private Lessons

## OFFICE AND COURT HOURS (Sep 1-May 31)

Monday-Friday 8:00am-10:00pm

Saturday 8:00am-9:00pm

Sunday 8:00am-8:00pm

## OPEN PLAY COURT FEES—per 45 minutes

Adult: \$7 R/\$10 N

Youth: \$6 R/\$9 N

Mid-Day Deal: Monday thru Friday, Noon-3:00pm

\$5 per 45 minutes

## BALL MACHINE

45 minutes—\$14

## OPEN PLAY TABLE TENNIS

\$6 per hour per table

## RAIN PROCEDURE

Staff will close the courts until they are playable.

Call the park 30 minutes prior to your class or match time to check conditions. Makeups will be scheduled for lesson and league rainouts.

For classes canceled due to inclement weather, check our website for makeup schedules.

Ages 4-6 | 5:1 ratio

## Little Tennis and Sports Development

Improve your coordination and motor skills while learning basic tennis strokes and games.

Fall | 6 classes | \$96R/\$106N

Fall | 7 classes | \$112R/\$123N

Winter | 5 classes | \$80R/\$88N

Day	Time	Fall	Winter
Mon	3:30-4:15pm	9/19-10/31	1/9-2/6
Mon	3:30-4:15pm	11/7-12/12	2/13-3/13
Tue	3:30-4:15pm	9/13-10/25	1/10-2/7
Tue	3:30-4:15pm	11/1-12/13	2/14-3/14
Wed	5:45-6:30pm	9/14-10/26	1/11-2/8
Wed	5:45-6:30pm	11/2-12/14	2/15-3/15
Thu	10:15-11:00am	9/15-10/27	1/5-2/2
Thu	10:15-11:00am	11/3-12/15*	2/16-3/16
Fri	3:30-4:15pm	9/16-10/21	1/6-2/3
Fri	3:30-4:15pm	11/4-12/16	2/17-3/17
Sat	8:45-9:30am	9/17-10/29	1/7-2/4
Sat	4:15-5:00pm	11/5-12/17	2/18-3/18
Sun	8:00-8:45am	9/18-10/30	1/8-2/5
Sun	8:00-8:45am	11/6-12/18	2/19-3/19
Sun	6:30-7:15pm	9/18-10/30	1/8-2/5
Sun	6:30-7:15pm	11/6-12/18	2/19-3/19

\*No class 11/24

Ages 5-7 | 4:1 ratio

## Little Rallyers

For students who can identify the strokes correctly, track the ball down and make consistent contact. Students will be introduced to the concept of rallying.

Fall | 6 classes | \$108R/\$119N

Fall | 7 classes | \$126R/\$139N

Winter | 5 classes | \$90R/\$99N

Day	Time	Fall	Winter
Mon	3:30-4:15pm	9/19-10/31	1/9-2/6
Mon	3:30-4:15pm	11/7-12/12	2/13-3/13
Tue	3:30-4:15pm	9/13-10/25	1/10-2/7
Tue	3:30-4:15pm	11/1-12/13	2/14-3/14
Fri	3:30-4:15pm	9/16-10/21	1/6-2/3
Fri	3:30-4:15pm	11/4-12/16	2/17-3/17
Sat	8:00-8:45am	9/17-10/29	1/7-2/4
Sat	8:00-8:45am	11/5-12/17	2/18-3/18
Sun	5:45-6:30pm	9/18-10/30	1/8-2/5
Sun	5:45-6:30pm	11/6-12/18	2/19-3/19

Ages 7-15

## Green, Blue, Red Program (GBR Program)

Develop your rallying skills and stroke technique in this multi-level introductory program. You will be first grouped by age and then by ability level.

Ages 7-10 | 8:1 ratio

Fall | 6 classes | \$126R/\$139N

Fall | 7 classes | \$147R/\$162N

Winter | 5 classes | \$105R/\$116N

Day	Time	Fall	Winter
Mon	4:15-5:45pm	9/19-10/31	1/9-2/6
Mon	4:15-5:45pm	11/7-12/12	2/13-3/13
Wed	6:30-8:00pm	9/14-10/26	1/11-2/8
Wed	6:30-8:00pm	11/2-12/14	2/15-3/15
Thu	6:30-8:00pm	9/15-10/27	1/5-2/2
Thu	6:30-8:00pm	11/3-12/15*	2/16-3/16
Fri	5:00-6:30pm	9/16-10/21	1/6-2/3
Fri	5:00-6:30pm	11/4-12/16	2/17-3/17
Sat	9:30-11:00am	9/17-10/29	1/7-2/4
Sat	9:30-11:00am	11/5-12/17	2/18-3/18
Sun	8:45-10:15am	9/18-10/30	1/8-2/5
Sun	8:45-10:15am	11/6-12/18	2/19-3/19
Sun	10:15-11:45am	9/18-10/30	1/8-2/5
Sun	10:15-11:45am	11/6-12/18	2/19-3/19

\*No class 11/24

Ages 11-15 | 8:1 ratio

Fall | 6 classes | \$126R/\$139N

Fall | 7 classes | \$147R/\$162N

Winter | 5 classes | \$105R/\$116N

Day	Time	Fall	Winter
Tue	6:30-8:00pm	9/13-10/25	1/10-2/7
Tue	6:30-8:00pm	11/1-12/13	2/14-3/14
Wed	4:15-5:45pm	9/14-10/26	1/11-2/8
Wed	4:15-5:45pm	11/2-12/14	2/15-3/15
Thu	6:30-8:00pm	9/15-10/27	1/5-2/2
Thu	6:30-8:00pm	11/3-12/15*	2/16-3/16
Sat	11:00am-12:30pm	9/17-10/29	1/7-2/4
Sat	11:00am-12:30pm	11/5-12/17	2/18-3/18
Sun	11:45am-1:15pm	9/18-10/30	1/8-2/5
Sun	11:45am-1:15pm	11/6-12/18	2/19-3/19

\*No class 11/24

Ages 7-10 | 4:1 ratio

Fall | 6 classes | \$216R/\$238N

Fall | 7 classes | \$252R/\$277N

Winter | 5 classes | \$180R/\$198N

Day	Time	Fall	Winter
Sat	4:15-5:45pm	9/17-10/29	1/7-2/4,
Sat	4:15-5:45pm	11/5-12/17	2/18-3/18
Sun	11:45-1:15am	9/18-10/30	1/8-2/5
Sun	11:45-1:15am	11/6-12/18	2/19-3/19

(Continued on next page)



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[facebook.com/lifetimeactivities](https://www.facebook.com/lifetimeactivities)

# Youth Tennis & Table Tennis

## Green, Blue, Red Program, cont'd

11-15 years old | 4:1 ratio

Fall | 6 classes | \$216R/\$238N  
 Fall | 7 classes | \$252R/\$277N  
 Winter | 5 classes | \$180R/\$198N

Day	Time	Fall	Winter
Sat	5:45-7:15pm	9/17-10/29	1/7-2/4
Sat	5:45-7:15pm	11/5-12/17	2/18-3/18
Sun	10:15-11:45am	9/18-10/30	1/8-2/5
Sun	10:15-11:45am	11/6-12/18	2/19-3/19

Ages 7-10 | 4:1 ratio | 45 Minutes

Fall | 6 classes | \$108R/\$119N  
 Fall | 7 classes | \$126R/\$139N  
 Winter | 5 classes | \$90R/\$99N

Day	Time	Fall	Winter
Fri	4:15-5:00pm	9/16-10/21	1/6-2/3
Fri	4:15-5:00pm	11/4-12/16	2/17-3/17
Sat	12:30-1:15pm	9/17-10/29	1/7-2/4
Sat	12:30-1:15pm	11/5-12/17	2/18-3/18

11-15 years old | 4:1 ratio | 45 Minutes

Fri	4:15-5:00pm	9/16-10/21	1/6-2/3
Fri	4:15-5:00pm	11/4-12/16	2/17-3/17
Sat	1:15-2:00pm	9/17-10/29	1/7-2/4
Sat	1:15-2:00pm	11/5-12/17	2/18-3/18

Ages 7-15 | 8:1 ratio

## Junior Development Program

You must first get a coach's recommendation to find the right level for you in this 3-tiered program.

**Intro to Bronze**—You've graduated the GBR Program, it's time to polish your technique and gain more full court experience using green dot balls.

Fall | 7 classes | \$147R/\$162N  
 Winter | 5 classes | \$105R/\$116N

Day	Time	Fall	Winter
Sat	5:45-7:15pm	9/17-10/29	1/7-2/4
Sat	5:45-7:15pm	11/5-12/17	2/18-3/18

Fall | 6 classes | \$189R/\$208N  
 Fall | 7 classes | \$221R/\$243N  
 Winter | 5 classes | \$158R/\$174N

Day	Time	Fall	Winter
Thu	4:15-6:30pm (2.25hrs)	9/15-10/27	1/5-2/2
Thu	4:15-6:30pm (2.25hrs)	11/3-12/15*	2/16-3/16
Fri	6:30-8:45pm (2.25hrs)	9/16-10/21	1/6-2/3
Fri	6:30-8:45pm (2.25hrs)	11/4-12/16	2/17-3/17

\*No class 11/24

**Bronze**—your technique is starting to become more reliable and you're working on your overall baseline consistency.

Fall | 7 classes | \$147R/\$162N  
 Winter | 5 classes | \$105R/\$116N

Day	Time	Fall	Winter
Sat	7:15-8:45pm	9/17-10/29	1/7-2/4
Sat	7:15-8:45pm	11/5-12/17	2/18-3/18

Fall | 7 classes | \$221R/\$243N  
 Winter | 5 classes | \$158R/\$174N

Day	Time	Fall	Winter
Wed	4:15-6:30pm (2.25hrs)	9/14-10/26	1/11-2/8
Wed	4:15-6:30pm (2.25hrs)	11/2-12/14	2/15-3/15
Sun	2:00-4:15pm (2.25hrs)	9/18-10/30	1/8-2/5
Sun	2:00-4:15pm (2.25hrs)	11/6-12/18	2/19-3/19

Fall | 6 classes | \$189R/\$208N  
 Fall | 7 classes | \$221R/\$243N  
 Winter | 5 classes | \$158R/\$174N

Day	Time	Fall	Winter
Fri	6:30-8:45pm (2.25hrs)	9/16-10/21	1/6-2/3
Fri	6:30-8:45pm (2.25hrs)	11/4-12/16	2/17-3/17

**Silver**—you've started to become more successful in matches, now it's time to practice hitting your shots more aggressively and accurately.

Fall | 7 classes | \$221R/\$243N  
 Winter | 5 classes | \$158R/\$174N

Day	Time	Fall	Winter
Tue	4:15-6:30pm	9/13-10/25	1/10-2/7
Tue	4:15-6:30pm	11/1-12/13	2/14-3/14
Sat	4:15-6:30pm	9/17-10/29	1/7-2/4
Sat	4:15-6:30pm	11/5-12/17	2/18-3/18
Sun	4:15-6:30pm	9/18-10/30	1/8-2/5
Sun	4:15-6:30pm	11/6-12/18	2/19-3/19

**Gold**—become more comfortable using the different spins, placing your shots, and adding more variety to your game.

Fall | 7 classes | \$221R/\$243N  
 Winter | 5 classes | \$158R/\$174N

Day	Time	Fall	Winter
Wed	4:15-6:30pm	9/14-10/26	1/11-2/8
Wed	4:15-6:30pm	11/2-12/14	2/15-3/15
Sun	4:15-6:30pm	9/18-10/30	1/8-2/5
Sun	4:15-6:30pm	11/6-12/18	2/19-3/19

**Matchplay**—apply proper tennis etiquette, develop good sportsmanship, and build up your match confidence. You must be enrolled in a Junior Development Program to participate.

Fall | 7 classes | \$84R/\$92N  
 Winter | 5 classes | \$60R/\$66N

Day	Time	Fall	Winter
Sun	6:30-8:00pm	9/18-10/30	1/8-2/5
Sun	6:30-8:00pm	11/6-12/18	2/19-3/19

## Tournaments

For players in the Junior Development Program.

**\$12R/\$15N per tournament**

**Veterans Day Tournament**—Fri, 11/11, 9:00am  
 Deadline to register: Wed, Nov 9

**Martin Luther King, Jr Day Doubles**

**Tournament**—Mon, 1/16, 9:00am  
 Deadline to register: Sat, Jan 14

**President's Day Tournament**—Mon, 2/20, 9:00am | Deadline to register: Sat, Jan 18

**February Green Dot Ball Tournament**—Mon, Mon, 2/13, 9:00am | For Intro to Bronze and Intro to Tournament Training players | Deadline to register: Sat, Feb 11

## Invitational Training Program

### Intro to Tournament Training and Tournament Training

This year-round program is designed to prepare students for competitive tennis starting from an early age. For more information, contact our Tennis Director, Cyril Macasero, at [cyrilm@lifetimeactivities.com](mailto:cyrilm@lifetimeactivities.com)

## Youth Table Tennis

Learn the basics and fundamentals of ping pong. Improve your coordination and speed up your reaction time.

Ages 7-10 | 8:1 ratio

Fall | 7 classes | \$84R/\$92N  
 Winter | 5 classes | \$70R/\$77N

Day	Time	Fall	Winter
Sat	1:00-2:00pm	11/12-12/7	1/7-2/4
Sat	1:00-2:00pm		2/18-3/18
Sun	2:00-3:00pm	11/13-12/18	1/8-2/5
Sun	2:00-3:00pm		2/19-3/19

Ages 11-15 | 8:1 ratio

Fall | 7 classes | \$84R/\$92N  
 Winter | 5 classes | \$70R/\$77N

Day	Time	Fall	Winter
Sat	2:00-3:00pm	11/12-12/7	1/7-2/4
Sat	2:00-3:00pm		2/18-3/18
Sun	3:00-4:00pm	11/13-12/18	1/8-2/5
Sun	3:00-4:00pm		2/19-3/19



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[facebook.com/lifetimeactivities](https://facebook.com/lifetimeactivities)

# Camps & Adult Tennis

## FALL & WINTER CAMPS

Ages 4-6 | 5:1 ratio

### Little Tennis Camps

(LT) Learn how to swing correctly and play games that test your coordination and motor skills. Refreshment breaks are part of this camp.

9:30-11:00am

M-W | 3-Day Camps | \$95R/\$105N

M-F | 5-Day Camps | \$158R/\$174N

Ages 7-15 | 8:1 ratio

### Youth Improvement Tennis Camps

(YI) Develop your rallying skills, discover all the tennis strokes, and set yourself up for good fundamentals. This camp is great for beginning to intermediate level players. You will be first grouped by age, then by ability level.

9:30am-12:30pm

M-W | 3-Day Camps | \$126R/\$139N

M-F | 5-Day Camps | \$210R/\$231N

Ages 7-16 | 8:1 ratio

### Junior Development Tennis Camps

(JD) Strengthen your technique, build up your fitness, and apply tennis strategy during the week. This camp is for players who demonstrate strong fundamentals and can put a match together. If you're new to the program, we recommend an evaluation before signing up.

9:30am-12:30pm

M-W | 3-Day Camps | \$126R/\$139N

M-F | 5-Day Camps | \$210R/\$231N

Ages 7-15 | 8:1 ratio

### Table Tennis Camps

(TT) Increase your coordination, speed up your reaction time, and strengthen your fundamentals. Beginning to intermediate level players are welcome.

1:00-3:00pm

M-W | 3-Day Camps | \$84R/\$92N

M-F | 5-Day Camps | \$140R/\$154N

Ages 7-15 | 8:1 ratio

### Sports and Activities Camps

(AC) Use the entire Tennis Park as your playground for the week. Participate in both indoor and outdoor sports and games. A team leader will help organize your fun, eclectic week.

3:00-5:00pm

M-W | 3-Day Camps | \$63R/\$69N

M-F | 5-Day Camps | \$105R/\$116N

Ages 7-15 | 8:1 ratio

### All-Day Camp Bundle

(AD) Spend your week at the Tennis Park. Play tennis in the morning, work on your table tennis skills in the afternoon, and finish the day with different sports and games around the park.

Bring snacks and lunch.

9:30am-5:00pm

M-W | 3-Day Camp Bundle | \$225R/\$248N

M-F | 5-Day Camp Bundle | \$375R/\$413N

9:30am-12:30pm Tennis Camp

12:30-1:00pm Lunch

1:00-3:00pm Table Tennis Camp

3:00-3:30pm Snack Break

3:30-5:00pm Sports & Activities Camp

### Early Bird and Late Bird Care

For early drop off and/or late pick up

Early Care 8:30-9:30am | Late Care 5:00-6:00pm

\$6 per child per day

\$22 per child per week

\$40 per child per week for All Day campers

(Early and Late)

Please Note: There will be a \$3 charge for every 15 min increment late to pick up

### Tennis Camp Schedule

Camp Code:	Days	LT	YI	JD	TT	AC	AD
11/21-11/23	M/W	●	●	●	●	●	●
12/26-12/30	M-F	●	●	●	●	●	●
1/2-1/4	M/W	●	●	●	●	●	●

## ADULT TENNIS PROGRAMS

Ages 16 and up | 8:1 Ratio

### Beginning Tennis

Learn the basic strokes and develop your rallying skills.

Fall | 6 classes | \$126R/\$139N

Fall | 7 classes | \$147R/\$162N

Winter | 5 classes | \$105R/\$116N

Day	Time	Fall	Winter
Mon	8:45-10:15am	9/19-10/31	1/9-2/6
Mon	8:45-10:15am	11/7-12/12	2/13-3/13
Mon	6:30-8:00pm	9/19-10/31	1/9-2/6
Mon	6:30-8:00pm	11/7-12/12	2/13-3/13
Fri	8:45-10:15am	9/16-10/21	1/6-2/3
Fri	8:45-10:15am	11/4-12/16	2/17-3/17
Sat	4:15-5:45pm	9/17-10/29	1/7-2/4
Sat	4:15-5:45pm	11/5-12/17	2/18-3/18
Sun	10:15-11:45am	9/18-10/30	1/8-2/5
Sun	10:15-11:45am	11/6-12/18	2/19-3/19

Ages 16 and up | 8:1 Ratio

### Advanced Beginning Tennis

Work on shot placement, improve your footwork, and strengthen your technique. At least 6 months of formal tennis instruction is recommended before signing up.

Fall | 6 classes | \$126R/\$139N

Fall | 7 classes | \$147R/\$162N

Winter | 5 classes | \$105R/\$116N

Day	Time	Fall	Winter
Mon	9:30-11:00am	9/19-10/31	1/9-2/6
Mon	9:30-11:00am	11/7-12/12	2/13-3/13
Wed	8:45-9:30am	9/14-10/26	1/11-2/8
Wed	8:45-9:30am	11/2-12/14	2/15-3/15
Thu	6:30-8:00pm	9/15-10/27	1/5-2/2
Thu	6:30-8:00pm	11/3-12/15*	2/16-3/16
Sat	7:15-8:45pm	9/17-10/29	1/7-2/4
Sat	7:15-8:45pm	11/5-12/17	2/18-3/18
Sun	8:45-10:15am	9/18-10/30	1/8-2/5
Sun	8:45-10:15am	11/6-12/18	2/19-3/19

\*No class 11/24

Ages 16 and up | 8:1 Ratio

### Intermediate Tennis

Train for your matches and drill basic match strategy. We recommend that you are able to sustain a full court rally before joining this level.

Fall | 6 classes | \$126R/\$139N

Fall | 7 classes | \$147R/\$162N

Winter | 5 classes | \$105R/\$116N

Day	Time	Fall	Winter
Tue	8:00-9:30am	9/13-10/25	1/10-2/7
Tue	8:00-9:30am	11/1-12/13	2/14-3/14
Wed	6:30-8:00pm	9/14-10/26	1/11-2/8
Wed	6:30-8:00pm	11/2-12/14	2/15-3/15
Fri	10:15-11:45am	9/16-10/21	1/6-2/3
Fri	10:15-11:45am	11/4-12/16	2/17-3/17
Sat	9:30-11:00am	9/17-10/29	1/7-2/4
Sat	9:30-11:00am	11/5-12/17	2/18-3/18

Ages 16 and up | 8:1 Ratio

### Advanced Tennis

Strengthen your serve and net play, add pace to your shots, and develop tactics to use in your matches. An NTRP rating of at least 3.5 is recommended to join this level.

Fall | 6 classes | \$126R/\$139N

Fall | 7 classes | \$147R/\$162N

Winter | 5 classes | \$105R/\$116N

Day	Time	Fall	Winter
Tue	9:30-11:00am	9/13-10/25	1/10-2/7
Tue	9:30-11:00am	11/1-12/13	2/14-3/14

(Continued on next page)

# Adult Tennis

## Adult Tennis Programs, cont'd

### Advanced Tennis

Fall | 6 classes | \$126R/\$139N  
 Fall | 7 classes | \$147R/\$162N  
 Winter | 5 classes | \$105R/\$116N

Day	Time	Fall	Winter
Tue	6:30-8:00pm	9/13-10/25	1/10-2/7
Tue	6:30-8:00pm	11/1-12/13	2/14-3/14
Thu	8:45-10:15am	9/15-10/27	1/5-2/2
Thu	8:45-10:15am	11/3-12/15*	2/16-3/16
Sat	8:00-9:30am	9/17-10/29	1/7-2/4
Sat	8:00-9:30am	11/5-12/17	2/18-3/18

\*No class 11/24

Ages 15 years and up | 6:1 Ratio

### RADD TENNIS & TABLE TENNIS

Recreational tennis for the developmentally disabled, training balls will be used and rules modified to adapt to playing skill levels.

Fall | 6 classes | \$59R/\$65N  
 Winter | 5 classes | \$49R/\$54N

Day	Time	Fall	Winter
Mon	5:00-5:45pm	11/7-12/12	1/9-2/6
Mon	5:00-5:45pm		2/13-3/13

To register, see RADD on page 29

Ages 18+

### ADULT TENNIS LEAGUE

#### Ladies Doubles—Rotating Partners

11 matches | \$88R/\$97N

2.5	M	9/5-11/14	9:00-11:00am
3.0	Th	9/8-11/17	9:00-11:00am
3.5	Tu	9/6-11/15	9:00-11:00am
3.5	F	9/9-11/18	9:00-11:00am
4.0	W	9/7-11/16	9:00-11:00am

#### Men's Doubles—Rotating Partners

11 matches | \$88R/\$97N

3.0	Th	9/8-11/17	8:00-10:00pm
3.5	W	9/7-11/16	8:00-10:00pm
4.0	Th	9/8-11/17	8:00-10:00pm

#### Mixed Doubles—Rotating Partners

11 matches | \$88R/\$97N

3.0 (Men)	Tu	9/6-11/15	8:00-10:00pm
3.0 (Women)	Tu	9/6-11/15	8:00-10:00pm
4.0 (Men)	Tu	9/6-11/15	8:00-10:00pm

4.0 (Women) Tu 9/6-11/15 8:00-10:00pm

#### Mixed Doubles—Permanent Partners\*\*

11 matches | \$176R/\$185R&N/\$194N

3.5	M	9/5-11/14	8:00-10:00pm
4.0	M	9/5-11/14	8:00-10:00pm

\*\*Permanent Partner League players must sign up as a team

### VOLUNTEER OPPORTUNITIES FOR TEENS AND ADULTS

Halloween Fun Night is a big production organized to entertain the youth of the community every Friday before Halloween at the Pleasanton Tennis and Community Park. The event is looking for engaging personalities to lead the game stations as well as actors for the Haunted Hallway of Horror. If you would like to contribute your time, please contact Cyril Macasero, [cyrilm@lifetimeactivities.com](mailto:cyrilm@lifetimeactivities.com).



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## New! | AGES 7-15

# BADMINTON & TABLE TENNIS LESSONS AND CAMPS

### Youth Badminton: Beginner—Intermediate

Ages: 7-15 | Ratio 8:1

Beginning students will learn stroke fundamentals, while advance beginning and intermediate students will develop footwork, games, strategies, shot selection, and specialty skills.

Fall | 9 classes | \$189R/\$208N  
 Winter | 5 classes | \$105R/\$116N

Fall classes will run at Pleasanton Middle School  
 Winter classes will run at Harvest Park Middle School

Day	Time	Fall	Winter
Sat	9:00-10:30am	9/17-11/19*	—
Sat	10:30am-Noon	9/17-11/19*	—
Sun	8:00-9:30am	—	1/15-2/12
Sun	9:30-11:00am	—	1/15-2/12
Sun	8:00-9:30am	—	2/19-3/19
Sun	9:30-11:00am	—	2/19-3/19

\*No class 9/24

### Youth Table Tennis: Beginner—Intermediate

Ages: 7-15 | Ratio 8:1

Beginning students will learn stroke fundamentals, while advance beginning and intermediate students will develop footwork, games, strategies, shot selection, and specialty skills.

Fall | 9 classes | \$189R/\$208N  
 Winter | 5 classes | \$105R/\$116N

Fall classes will run at Pleasanton Middle School  
 Winter classes will run at Harvest Park Middle School

Day	Time	Fall	Winter
Sat	Noon-1:30pm	9/17-11/19*	—
Sat	1:30-3:00pm	9/17-11/19*	—
Sun	8:00-9:30am	—	1/15-2/12
Sun	9:30-11:00am	—	1/15-2/12
Sun	8:00-9:30am	—	2/19-3/19
Sun	9:30-11:00am	—	2/19-3/19

\*No class 9/24

### Badminton/Table Tennis Combo

Fall | 9 classes | \$351R / \$386R  
 Winter | 5 classes | \$195R/\$215N

Fall classes will run at Pleasanton Middle School  
 Winter classes will run at Harvest Park Middle School

Day	Time	Fall	Winter
Sat	10:30-1:30pm	9/17-11/19*	—
Sun	8:00-11:00am	—	1/15-2/12
Sun	8:00-11:00am	—	2/19-3/19

\*No class 9/24

### Fall & Winter Camps

Badminton, Table Tennis, and Combo  
 11/21-11/23, 12/26-12/30, or 1/2-1/6  
 Visit [www.lifetimeactivities.com](http://www.lifetimeactivities.com) for more information



# Parks Information

## Parks Amenities Guide

Legend: C–Community N–Neighborhood U–Undeveloped

Map Location/Park Name	Address	Type	Acres	Bocce Ball	Barbeque Pit	Baseball Field	Basketball Court(s)	BMX Track	Dog Park	Exercise Course	Golf Course	Group Picnic	Horseshoes	Inline Skate Park	Multi-Use Field	Picnic Tables	Public Art	Restroom(s)	Roller Hockey Rink	Skateboard Park	Soccer Fields	Softball Field(s)	Swimming Pool	Tennis Courts	Tot Play Area	Trails/Open Space	Volleyball/Sport Ct.	Waterplay Area	Youth Play Area
1. Alviso Adobe Comm. Park	3465 Old Foothill Rd	C	7													●	●								●				
2. Amador Valley Comm. Park	4301 Black Ave.	C	23.5	●								●	●		●	●	●					●	●		●				●
3. Amaral Park	3400 Dennis Dr.	N	5	●	●	●										●	●								●				●
4. Augustin Bernal Park	8200 Golden Eagle Way	C	237													●	●									●			
5. Bernal Community Park	7001 Pleasanton Ave.	C	13	●	●										●	●	●								●				●
6. Bicentennial Park	2401 Santa Rita Rd.	N	2.6																										
7. BMX Track	3320 Stanley Blvd.	N/A	3.65					●								●	●												
N. Callippe Preserve Golf	8500 Clubhouse Dr.	N/A	425							●								●								●			
8. Centennial Park	5353 Sunol Blvd.	C	5.7	●	●					●			●			●	●												
9. Civic Park	100 Main St.	N	.7													●	●												
10. Creekside Park	5601 W. Las Positas	N	6.6	●		●										●	●					●			●		●		●
11. Del Prado Park	6701 Hansen Drive	N	5			●										●	●								●				●
12. Delucchi Park	4501 First Street	N	.7	●												●	●												
13. Fairlands Park	4100 Churchill Dr.	N	13.8													●	●						●		●				
14. Fawn Hills Park	1510 West Lagoon Rd.	N	5	●		●										●	●								●				
15. Hansen Park	5697 Black Ave.	N	6.2	●	●	●										●	●								●				●
16. Harvest Park	1401 Harvest Rd.	N	1.6													●	●												●
17. Heatherlark Park	5700 Northway Rd.	N	.8													●	●								●				
18. Ken Mercer Sports Park	5800 Parkside Dr.	C	103	●	●	●						●			●	●	●		●	●		●		●	●	●	●	●	●
19. Kottinger Comm. Park	1000 Kottinger Rd.	C	14.5	●												●	●												
20. Kottinger Village Park	4100 Vineyard Ave.	N	4.9			●										●	●								●				●
21A. Laurel Creek Park	5875 Laurel Creek Dr.	N	7.3													●	●									●			
21B. The Preserve Staging Area	5850 Laurel Creek Dr.	N/A	.56															●								●			
22. Lions Wayside Park	4401 First St.	N	.7	●												●	●												
23. McKinley Park	519 Kottinger Dr.	N	5.3													●	●												
24. Meadowlark Park	8200 Regency Dr.	N	4.3	●		●										●	●								●		●		●
25. Meadows Park	3301 W. Las Positas	N	5	●		●										●	●								●		●		●
26. Mission Hills Park	600 Junipero	N	8.5	●		●			●							●	●								●				●
27. Moller Park	5500 Pleasant Hill Rd.	N	7.7	●												●	●								●				●
28. Muirwood Comm. Park	4701 Muirwood Dr.	C	13.9	●		●		●								●	●					●		●	●	●	●	●	●
29. Nielsen Park	3755 Stoneridge	N	5.7	●		●										●	●								●				●
30. Oakhill Park	4100 Muirwood Dr.	N	3.9													●	●								●				●
31. Orloff Park	1800 Santa Rita Rd.	N	8			●			●							●	●					●			●				●
32. Owens Plaza Park	5700 Owens Dr.	N	3	●												●	●								●				●
33. Rotary Park	890 Main St.	N	.73														●												
34. Stoneridge Creek Neighborhood Park	3200 Stoneridge Creek Way	N	5													●	●							●					
35. Sutter Gate Park	4801 Sutter Gate Ave.	N	2.7													●	●								●				●
36. Tawny Park	400 Tawny Dr.	N	3.9			●										●	●					●			●				●
37. Tennis & Community Park	5801 Valley Ave.	C	15	●		●										●	●		●					●	●	●	●	●	●
38. Upper Pleasanton Field	4645 Bernal Ave.	N	3			●									●	●							●		●				●
39. Valley Trails Park	3400 National Park Rd.	N	6.1			●										●	●								●				●
40. Val Vista Community Park	7350 Johnson Dr.	C	24	●	●							●	●		●	●	●	●	●	●	●				●		●		●
41. Veterans Plaza	550 Peters Ave.	N	.5													●	●								●				
42. Vintage Hills Park	3301 Arbor Dr.	N	4	●												●	●								●				●
43. Walnut Grove Park	5150 Northway Rd.	N	3.5	●												●	●								●				
44. Woodthrush Park	5099 Woodthrush Rd.	N	3.5													●	●								●				

# Parks & Facilities Map



**1** PARKS  
**A** FACILITIES  
**G1** GYMNASIUMS  
**N1** TENNIS COURTS  
**- T1 -** HIKING TRAILS

## Facilities

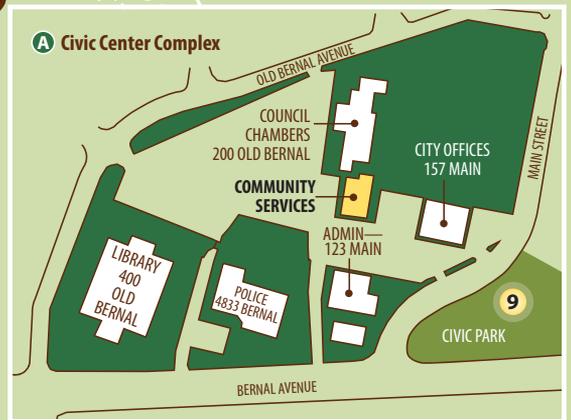
- A. Civic Center Complex:**  
**Community Services**  
 City Hall  
 Library  
 Police Department  
**B. Amador Recreation Center**  
**C. Amador Theater**  
**D. Century House**  
**E. Cultural Arts Center**  
**F. Dolores Bengtson Aquatic Center**  
**G. Gingerbread Preschool**  
**H. Nature House**  
**I. Pleasanton Senior Center**  
**J. Firehouse Arts Center**  
**K. Softball Fieldhouse**  
**L. Tennis Complex**  
**M. Veterans Memorial Building**  
**N. Callippe Preserve Golf Course**  
**O. Pleasanton Pioneer Cemetery**
- 200 Old Bernal Avenue  
 157 Main Street  
 400 Old Bernal Avenue  
 4833 Bernal Avenue  
 4455 Black Avenue  
 1155 Santa Rita Road  
 2401 Santa Rita Road  
 4477 Black Avenue  
 4455 Black Avenue  
 4433 Black Avenue  
 519 Kottinger Drive  
 5353 Sunol Boulevard  
 4444 Railroad Avenue  
 5800 Parkside Drive  
 5801 Valley Avenue  
 301 Main Street  
 8500 Clubhouse Drive  
 5780 Sunol Boulevard

## Trails

- T1. Alamo Trail** 2.5 miles  
**T2. Arroyo Del Valley Trail** 1.7 miles  
**T3. Arroyo Mocho Trail** 2.9 miles  
**T4. Augustin Bernal Trail** 3.48 miles  
**T5. Bernal Trail** 1 mile  
**T6. Callippe Preserve Trail** 3.1 miles  
**T7. Iron Horse Trail** 2.7 miles  
**T8. Marilyn Murphy Kane Trail** 1.1 miles  
**T9. Moller Trail** 1.46 miles  
**T10. The Preserve Area Trails** 1.84 miles

## Gymnasiums

- G1 Harvest Park Middle School** 4900 Valley Avenue  
**G2 Pleasanton Middle School** 5001 Case Avenue  
**G3 Thomas A. Hart Middle School** 4433 Willow Road



## Tennis Courts

- N1 Muirwood Park** (4 courts)  
**N2 Fairlands Park** (2 courts)  
**N3 Tennis & Community Park** (10 lighted courts)  
**N4 Pleasanton Middle School** (2 lighted courts)

## Register Online: [www.pleasantonfun.com](http://www.pleasantonfun.com)

### Priority Registration

#### Online (Residents only)

Beginning at 8:00am on  
**Monday, August 1, 2016**

**First opportunity to register!**

Plan ahead and visit the City's registration website to request a customer log-in name and password, at least 72 hours prior to registration. Forgot your customer log-in name and password? Please contact the Community Services Department at 931-5340 for assistance.

#### Mail-In (Residents only)

Beginning at 8:00am on  
**Monday, August 8, 2016**

*(Faxes are NOT accepted)*

Make checks payable to:

City of Pleasanton

Mail to: Registration

City of Pleasanton

P.O. Box 520

Pleasanton, CA 94566

Attn: Community Services

### Open Registration

#### Walk-in & Non-Resident

Beginning at 8:00am on  
**Monday, August 15, 2016**

*(Faxes are NOT accepted)*

#### Walk-in Registration

Available at the following locations during posted business hours:

- Community Services Administrative Office
- Dolores Bengtson Aquatic Center
- Gingerbread Preschool
- Pleasanton Senior Center

### General Information

- Registration for all tennis activities is conducted at the Pleasanton Tennis and Community Park, 5801 Valley Avenue, [www.lifetimetennis.com](http://www.lifetimetennis.com) or 931-3449.
- Registration for all golf activities is conducted at the Callippe Preserve Golf Course, 8500 Clubhouse Drive. For more information, 426-6666 or [www.playcallippe.com](http://www.playcallippe.com).
- Non-resident mail-in registrations sent before scheduled registration dates will be held and processed prior to the beginning of "Open Registration".
- It is the parent's/guardian's or the participant's responsibility to notify the City of Pleasanton in advance of any reasonable accommodations necessary to participate in the class(es) or program(s) described in this guide. Call 931-5340 for assistance.

### Refund Policy

- A full refund will be given when notice is received by the Community Services Department at least ten (10) days prior to the start of the class or program.
- Refund requests received at least five (5) days prior to the start of the class or program will be assessed a \$5 administrative fee, per class/program.
- No refunds will be issued for requests received less than five (5) days prior to the start of the class or program.
- Full refunds will be granted if the class or program is cancelled by the Department.
- No refunds given for non-attendance, one-day workshops or material/supply fees.

## Fee Assistance Program



## Did you know?

The Community Services Fee Assistance Program provides services and activities for low income families and seniors living in Pleasanton. Last year your generous donations helped make the following possible:

- 57 seniors received discounted rides on the Paratransit Bus and were able to participate in activities at the Pleasanton Senior Center.
- 68 families received discounts for swim lessons, exercise classes and other activities sponsored by the City of Pleasanton

For information about receiving fee assistance, go to the Community Services website at:

[www.cityofpleasantonca.gov/depts/cs/fees.asp](http://www.cityofpleasantonca.gov/depts/cs/fees.asp)

To donate to this vital program, simply include any donation amount on the Registration Form or add **Code 63039** (\$5 donation) when you checkout during online registration.

**For more information, call Community Services (925) 931-5340 or the Senior Center (925) 931-5365**

# How to Register

**City of Pleasanton  
Community Services  
P.O. Box 520  
Pleasanton, CA 94566  
Registration Form**

See previous page for Registration Information



Register with your Visa or MasterCard at [www.pleasantonfun.com](http://www.pleasantonfun.com)

**Please limit registration form to family members living in the same household only!**

**Refund Policy—Please read!**  
Withdrawals and Transfers: If you wish to drop a class or transfer to another session, call us at least *10 days* before the start date for a refund or credit. Choose your classes carefully. No refunds for non-attendance, one-day workshops or materials/supply fees.

**NO FAXES ACCEPTED!**

Parent/Guardian \_\_\_\_\_  Resident\*  Nonresident \*Individuals residing within the City of Pleasanton property tax limits.

Home Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

Home Ph. \_\_\_\_\_ Cell Ph. \_\_\_\_\_ E-mail Address \_\_\_\_\_

Participant Name	Date of Birth (under 18)	Male/Female	Activity Code	Activity	Fee
Athena Sorrento	7/16/10	F	63051	Creepy Crawly Date Night	\$25.00
<b>Yes, I'd like to donate to the Community Services Fee Assistance Program (See page 68 for details)</b>					<b>\$</b>
<b>Total</b>					<b>\$</b>

Waiver, Release and Assumption of Risk: The City of Pleasanton is sponsoring the following activity \_\_\_\_\_. My (My child's) participation in this activity is voluntary. I am (My child is) physically fit to participate in this activity. I understand that this activity involves risks and that serious injuries could occur while I am (my child is) participating in this activity. In addition, if transportation is provided by City during the activity, serious injuries could occur. Knowing these risks, I want (my child) to participate in this activity. I (on behalf of my child) hereby assume the risk, and hereby waive, release and discharge the City of Pleasanton, its Council, officials, employees, volunteers, instructors, agents, sponsors and promoters of this activity, from any and all claims for damages for personal injuries or death, or claims for damages to property, which I (my child) or my (child's) heirs, assigns, executors or administrators may have or which may accrue to my (child's) participation in this activity, including transportation provided during the activity as applicable. I have read the above and understand that important legal rights are being waived.

I consent to the City's use of any photographs that are taken of me (my child) while participating in the City's programs for use in the City's promotions and publications in print and on the World Wide Web (Internet). No payment will be made for use of these photographs.

If you do not want you or your child(ren) photographed or videotaped while participating in a City recreation class or activity for the use in City publications, please contact the Community Services office at (925) 931-5340, to request an "Opt Out of Photo" form to be completed at least two weeks prior to the start of you or your child(s) class.

Name of Participant: \_\_\_\_\_ Signature Required: \_\_\_\_\_  
Parent/Guardian, if under 18: \_\_\_\_\_

Date: \_\_\_\_\_ Check Enclosed: Total Amount \$ \_\_\_\_\_ **Make Check Payable to: City of Pleasanton**  
 Visa  MasterCard  Discover Card Number \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ CRV Code \_\_\_\_\_ Exp \_\_\_\_\_/\_\_\_\_\_  
 Total Amount \$ \_\_\_\_\_ Card Holder Signature \_\_\_\_\_

## City Commissions

Meet in City Council Chambers, 200 Old Bernal Avenue, or otherwise noted

## Civic Arts Commission

Lucas DeBernardi • Jay Doraiswami  
Sandra Jellison • John Loll • Heidi Massie  
Jonathan Orenberg • John Steenman  
Stephanie Wedge-Bonde • Judy Wheeler  
7:00pm 1st Monday

## Housing Commission

Matthew Gaidos • Jay Galvin  
Albert Lombadro • Michelle Meyers  
Anthony Soby • Ann Welsh  
7:00pm 3rd Thursday

## Human Services Commission

Varsha Clare • Susan Hayes  
Prashant Jhanwar • Andy Li • Rajesh Parekh  
Meera Parikh • Brock Roby • Mike Sedlak  
Rosiland Wright  
7:00pm 1st Wednesday

## Library Commission

Traci Cook • Kellene Cousins • Michaela Hertle  
Sean Lehman • Gene Litvinoff • Joan Nibert  
Ria Vyas • James Woodwell  
7:00pm 2nd Thursday, Pleasanton Library

## Planning Commission

Herb Ritter • Greg O'Connor • Jack Balch  
Nancy Allen • David Nagler • Justin Brown  
7:00pm 2nd and 4th Wednesday

## Youth Commission

Michelle Zhou • Taylor Sowers • Kim Chew  
Ajay Immadi • Charles (Alex) Rigl  
Jonathan Pearce • Avni Patel • Elise Allari  
Calla Li • Kate Inman • Lauren Brown  
Russell Ambrosiewicz • Lori Franklin  
7:00pm 2nd Wednesday, September-May  
3333 Busch Road, Operations Service Center



For information regarding registration, coaches, rain-outs or other pertinent information, please contact the organizations listed below or visit the City website at [www.pleasantonsports.org](http://www.pleasantonsports.org).

### Boys Soccer (BUSC)

[www.busc.org](http://www.busc.org)

### Girls Soccer (PGSA/RAGE)

[www.pleasantonrage.org](http://www.pleasantonrage.org)

### E-Soccer

[www.e-soccer.org](http://www.e-soccer.org)

### Adult Soccer (PASS)

[www.pleasantonadultsoccer.com](http://www.pleasantonadultsoccer.com)

### Pleasanton Junior Football (PJFL)

[www.pjfl.com](http://www.pjfl.com)

### Girls Softball (PGSL)

[www.pleasantonsoftball.org](http://www.pleasantonsoftball.org)

### American Little League (PALL)

[www.pleasantonamerican.com](http://www.pleasantonamerican.com)

### National Little League

[www.pleasantonnational.org](http://www.pleasantonnational.org)

### Foothill Little League (PFL)

[www.pflonline.org](http://www.pflonline.org)

### Girls Golf (LPGA-USGA)

[ptownputter@comcast.net](mailto:ptownputter@comcast.net)

### Pleasanton Lacrosse Club (PLC)

[www.pleasantonlacrosse.com](http://www.pleasantonlacrosse.com)

### Pleasanton Girls Lacrosse Club (PGLC)

[www.pleasantongirlslacrosse.com](http://www.pleasantongirlslacrosse.com)

### Seahawks USS Swim Team

[www.pleasantonseahawks.org](http://www.pleasantonseahawks.org)

### Special Olympics Sports

[www.specialolympics.org](http://www.specialolympics.org)

### Tri Valley Masters Swim Team

[www.trivalleymasters.com](http://www.trivalleymasters.com)

### Youth Volleyball

[www.clubvipvbc.com](http://www.clubvipvbc.com)

### Sports Field Weather Line

931-5360 | [www.pleasantonsports.org](http://www.pleasantonsports.org)

### Callippe Preserve Golf Course

[www.playcallippe.com](http://www.playcallippe.com)

### Lifetime Tennis

931-3449 | [www.lifetimetennis.com](http://www.lifetimetennis.com)

462-2766 | [www.museumonmain.org](http://www.museumonmain.org)

### Amador Valley Quilters

[www.amadorvalleyquilters.org](http://www.amadorvalleyquilters.org)

### Bay Area Metro Chorus (Men)

443-SING

### Cantabella Children's Chorus

[www.cantabella.org](http://www.cantabella.org)

### CWC Tri-Valley Writers

[www.trivalleywriters.org](http://www.trivalleywriters.org)

### Harmony Fusion (Chorus)

846-1857 | [www.harmonyfusion.org](http://www.harmonyfusion.org)

### Livermore-Amador Genealogical Society

[www.L-AGS.org](http://www.L-AGS.org)

### Livermore Amador Symphony

[www.livamsymph.org](http://www.livamsymph.org)

### Livermore Valley Opera

[www.livermorevalleyopera.com](http://www.livermorevalleyopera.com)

### Pacific Chamber Symphony

484-0839 | email: [cponca@aol.com](mailto:cponca@aol.com)

### Pleasanton Art League

[www.pal-art.com](http://www.pal-art.com)

### Pleasanton Community Concert Band

[www.pleasantonband.org](http://www.pleasantonband.org)

### Pleasanton Cultural Arts Council

931-1111 | [www.pleasantonarts.org](http://www.pleasantonarts.org)

### Pleasanton Cultural Arts Foundation

846-1007 | [www.pleasantonartsfoundation.org](http://www.pleasantonartsfoundation.org)

### SF Shakespeare

[www.sfshakes.org](http://www.sfshakes.org)

### Tri-Valley Repertory Theater

[www.trivalleyrep.com](http://www.trivalleyrep.com)

### Tri-Valley Woodcarvers

846-5011

### Valley Concert Chorale

[www.valleyconcertchorale.org](http://www.valleyconcertchorale.org)

### Valley Dance Theatre

[www.valleydancetheatre.com](http://www.valleydancetheatre.com)

### Valley Shakespeare Festival

556-9624



City offices will be closed for these holidays:  
Labor Day, 9/5  
Veteran's Day 11/11  
Thanksgiving, 11/24-11/25  
Christmas, 12/25-12/26  
New Year's Day, 1/1/17

# Facility and Picnic Reservations

The City of Pleasanton offers several indoor and outdoor facilities to rent for your family, business, or group celebrations and meetings. Detailed rental information including rates and requirements can be found at [www.pleasantonfacilities.com](http://www.pleasantonfacilities.com).



Clockwise from top left: Veterans Memorial Building, Senior Center, Amador Recreation Center, Veterans Memorial Building



Clockwise from top left: Amador Valley Picnic Area, Senior Center Meeting Room, Val Vista Picnic Area, Cultural Arts Center

## Large Event Sites

- The Senior Center is the City's largest event hall with a capacity of 330. The facility offers a catering kitchen, outdoor patio area, and plenty of parking. The Centennial Community Park, the perfect site for an outdoor wedding ceremony, sits adjacent to the facility's main hall.
- The Veterans Memorial Building is a Spanish revival-style facility located in the heart of Downtown Pleasanton. Features include a catering kitchen and seating for 220.

## Picnic Areas

Picnic sites can be reserved and are adjacent to youth play areas and restrooms.

- Amador Valley Community Park (Capacity 200)
- Sports and Recreation Park (Capacity 200)
- Val Vista Community Park (Capacity 250)

## Small Event Sites

- The Amador Recreation Center has a capacity of 80. This facility consists of one large room, a small kitchen area, fenced patio area with lawn and BBQ.

## Meeting Rooms

\*Senior Center Rooms are available evenings and weekends only.

- Cultural Arts Center (Capacity 49)
- Senior Center Classroom (Capacity 50)\*
- Senior Center Meeting Room (Capacity 25)\*



For descriptions, reservations and rental fees, visit [www.pleasantonfacilities.com](http://www.pleasantonfacilities.com) or contact the Community Services Department at (925) 931-5340.



**Volunteers Needed:**  
*The Sage Cafe is looking for friendly, energetic individuals to assist with the daily lunch program, weekdays, 10:30am-1:30pm*



**Sage Cafe**

**Savory ~ Healthy ~ Choices**



*The Pleasanton Senior Center provides daily lunch service Monday–Friday\*, 11:45am– 12:45pm. Dining options include soup, salad, and your choice of sandwich or hot entrée.*

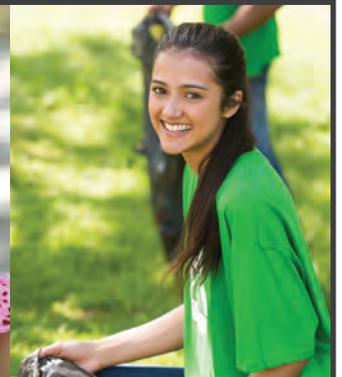
\$3 per meal — reservations are recommended  
 A meal pass (10 meals) can be purchased at the Senior Center Front Desk for \$30

**Call 931-5365 for lunch reservations or to volunteer at the Sage Café**

*\*No lunch served 9/5, 9/23, 11/11, 11/24, 11/25, 12/23, 12/26*

Congregate meal program is a partnership between Open Heart Kitchen and the City of Pleasanton

**Live. Work. Play.**



**YOUR LINK TO ALL THINGS PLEASANTON**

**Ptownlife.org** serves teens and families with children of all ages, providing a bridge between the community and an array of activities, services and resources.

We hope you'll use this site to discover, contribute and connect with your Pleasanton community.



**FOLLOW US @PTOWNLIFE**

Family Fun



Ages 5-12

## PUMPKIN CARVING

Create a bit 'o Halloween chill or thrill at our 6th annual Pumpkin Carving Party. The pumpkins will be there, the tools will too; we've got some great ideas, how about you?

Alviso Adobe Park | Instructor: Environmental Ed. Staff

**Saturday, October 15**

**11:00am-Noon**

**\$8R/\$11N | Code: 63052**

## HALLOWEEN EVENTS AT THE ALVISO ADOBE



Ages 5-12

## HALLOWEEN AT ALVISO ADOBE

Come to the Alviso Adobe for a spooky night! Enjoy a tour of our nature haunted house, Halloween face painting, craft making, yummy treats, and more!

Alviso Adobe Park | Instructor: Environmental Ed. Staff

**Friday, October 28**

**6:00-7:30pm**

**\$8R/\$11N | Code: 63053**

OCT. 28th, 2016

11TH ANNIVERSARY

6:30pm-8:30pm

# HALLOWEEN FUN NIGHT!

A FREE Family Event brought to you by Lifetime Activities



Bring 1 can  
of food for  
the food  
drive!



Haunted Hallway of Horror | Come in Costume | Activities for ALL | Food Drive

5801 Valley Ave. Pleasanton CA 94566 | 925.931.3449 | [www.lifetimeactivities.com](http://www.lifetimeactivities.com)



P.O. Box 520  
Pleasanton, CA 94566-0802  
www.pleasantonfun.com

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# HOMETOWN HOLIDAY CELEBRATION

**DECEMBER | SATURDAY**  
**3RD | 5:00PM**

Main Street, Downtown Pleasanton

~ **PARADE AT 5:00PM** ~

MARCHING BANDS, COMMUNITY  
ORGANIZATIONS, SCOUT TROOPS,  
HOT RODS & FLOATS GALORE!

**TREE LIGHTING CEREMONY TO FOLLOW**

in front of Museum on Main, under the Pleasanton Arch

.....

**For more information, visit**  
**[www.hometownholiday.com](http://www.hometownholiday.com)**  
**(925) 931-5352**

