

# PLEASANTON

COMMUNITY SERVICES ACTIVITIES GUIDE • SPRING 2017



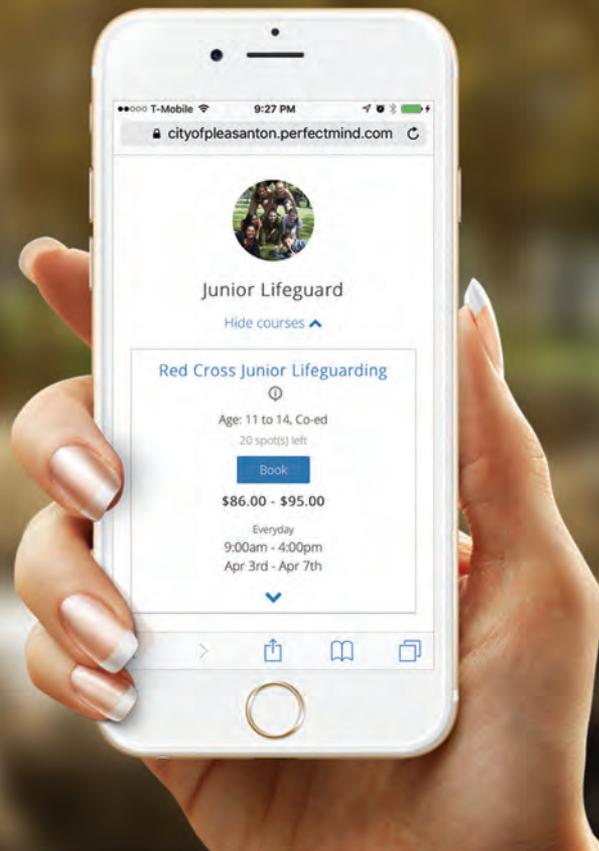
**New Registration  
Software Coming Soon!**  
See Inside Front Cover for details

**The New Bernal Sports  
Fields Are Open!**

**Online Registration  
begins January 9th!**  
See page 54 for details

# RECREATION JUST GOT EVEN MORE FUN

Introducing PerfectMind, your new destination  
for all the programs and services offered through  
the City of Pleasanton Community Services  
Coming January 2017.



## RECREATION IS NOW EASIER THAN EVER

Get ready for a new, faster & easier  
recreation experience. Starting  
next year, your online platform

for browsing and managing your  
favorite recreation classes will be  
accessible from any device and  
easier to use than ever, powered by  
PerfectMind's modern web  
technology. Stay tuned for more  
information coming January 2017!



## Apply Now for Pleasanton's Community Garden!

Spring is just around the corner, providing the perfect opportunity to cultivate your gardening skills in the Pleasanton Community Garden! The garden, located at the west end of Val Vista Community Park, is comprised of thirty-three, 225-square-foot patches, and seven, 100-square-foot patches, each of which is carefully tended and maintained by other community horticulturalists.



Prospective gardeners who are interested in leasing a patch in the garden must first gain approval through the Community Garden Coordinator via a simple application process. The mission of the Community Garden is to provide a safe, pleasant and accessible place for anyone in the community to practice their gardening skills and learn more about the process of cultivating flowers and vegetables.

Gardeners who are approved for the Community garden Program are responsible for year-round maintenance (weeding and mulching with woodchips) of their garden patch and surrounding pathways. Patches and pathways must be kept free of weeds, diseased plants, trash, and debris at all times. Vines and other plants cannot encroach onto pathways. Gardeners will strive to use organic and sustainable gardening principles and will avoid the use of chemical fertilizers, pesticides, and herbicides at all times. Sustainable gardening means utilizing resources carefully to sustain the garden in perpetuity. Sustainable practices include water conservation, soil management using green manure and composting, and using natural pest controls—barriers, traps, and attracting beneficial insects to the garden.

Patches may be rented on a space-available basis at the annual cost of \$110 for a large patch and \$55 for a small patch. A one-time patch deposit of \$75 is required with your rental.

For additional information and to apply for a patch, please contact the City of Pleasanton Community Services Department at (925) 931-5340 or [pjoki@cityofpleasantonca.gov](mailto:pjoki@cityofpleasantonca.gov).

Front cover photo: *Dino Vournas*

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 56*

## SPRING REGISTRATION

**Priority Registration  
Online (Residents only)**  
Beginning at 8:00am on  
**Monday, January 9, 2017**

**Mail-In (Residents only)**  
Beginning at 8:00am on  
**Monday, January 16, 2017**

**Open Registration  
Walk-in & Non-Resident**  
Beginning at 8:00am on  
**Wednesday, January 18, 2017**  
*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

### Craft Maker's Studio

39 California Ave., Suite 205

### 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 Villasenor, 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**

Raymond Figueroa, Recreation Supervisor

Julie Parkinson, Recreation Coordinator

Gloria Lewis, Lead Dispatcher

### Gingerbread Preschool

**4333 Black Avenue, 931-3430**

Joelle Glushenko, Recreation Supervisor

Nicole Thomas, 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**



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**Pleasantonfun**



Photo: Mike Sedlak

# HARRINGTON GALLERY **SPRING 2017**



**March 9–April 15**

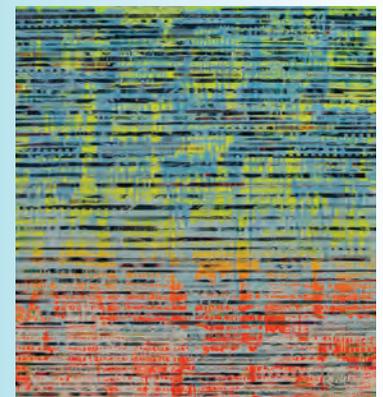
## < **On The Fringe – Studio Art Quilt Associates**

**Reception Saturday, March 11**

**1:00–3:00 pm**

Studio Art Quilt Associates returns to the Harrington Gallery. This time with 21 large format wall quilts and some exciting 3-dimensional textile pieces. A juried selection of works by members of the Northern California and Nevada chapter.

*Quilt by Maureen Cole*



*P71 by Jeff Snell*

**May 6–June 3**

## **7th Annual Fresh Works Juried Exhibition >**

**Reception Saturday, June 3**

**1:00-3:00 pm**

Back for our 7th season, the ever growing and popular Fresh Works juried exhibition invites emerging and established artists throughout the region to participate. Prospectus available on the Firehouse Arts Center website, [www.firehousearts.org](http://www.firehousearts.org). All entries due by 5:00 pm Friday, March 10.



*A Great Race by 2016 award winner Ed Lucey*

**June 16–July 15**

## **Linear ^**

**Reception Thursday, June 15**

**7:00-9:00 pm**

Lines—undulating, stick-straight, colorful, curvilinear--create and divide space, suggest movement, or produce intriguing optical Illusions. Jeff Snell, Jenny Balisle, and Mel Prest are among the featured artists in this invitational exhibition.



### **HARRINGTON GALLERY**

Located at 4444 Railroad Avenue  
(925) 931-4849

### **HARRINGTON GALLERY HOURS:**

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

# The Arts

Ages 4-6

## Art Explorers

Come and explore the world of Art! We'll be looking at art from many countries and creating our own masterpieces. Make a beautiful Japanese lantern, a Tiffany lamp, an Aboriginal dot gecko painting, and much more. A \$15 supply fee due at registration. For more information, contact Debbie at [dwardrope@sbcglobal.net](mailto:dwardrope@sbcglobal.net)

Firehouse Arts Center | Instructor: Debbie Wardrope

<b>4 classes   \$85R/\$94N</b>
<b>63856</b> Tu 2/7-2/28 2:00-3:00pm

Ages 4-6

## Artful Architecture

In this class, we'll be using amazing buildings from around the world, from ancient to modern, as inspiration. Discover architects like Frank Lloyd Wright and buildings such as the Taj Mahal and St. Basil's cathedral through cool 2-D and 3-D art projects. A \$15 supply fee due at registration. For more information, contact Debbie at [dwardrope@sbcglobal.net](mailto:dwardrope@sbcglobal.net)

<b>4 classes   \$85R/\$94N</b>
<b>63858</b> Tu 3/7-3/28 2:00-3:00pm

Ages 4-6

## A Day at the Museum with Katie

Inspired by the *Katie* books by James Mayhew, we'll be reading a book about Katie's day at the museum, then creating our own artworks based on what we've seen in the story. From Da Vinci to Van Gogh, we'll step into the painting just like Katie, and make our own picture frames, pop up paintings and even 3-D fruit. Makes art history come to life. \$15 supply fee due at registration. For more information, contact Debbie at [dwardrope@sbcglobal.net](mailto:dwardrope@sbcglobal.net)

Firehouse Arts Center | Instructor: Debbie Wardrope

<b>4 classes   \$85R/\$94N</b>
<b>63860</b> Tu 4/11-5/2 2:00-3:00pm



Ages 4-6

## Splish Splash Splatter

This is art for the fun of it! We'll use all different mediums and techniques, and splish, splash, splatter our way through a wide variety of art projects. Subjects will include robots and monsters, animals, and more! \$15 supply fee due at registration. For more information, contact Debbie at [dwardrope@sbcglobal.net](mailto:dwardrope@sbcglobal.net)

Firehouse Arts Center | Instructor: Debbie Wardrope

<b>4 classes   \$85R/\$94N</b>
<b>63862</b> Tu 5/9-5/30 2:00-3:00pm

Ages 4-6

## Awesome Art Lab: Mix it Up!

Mixed media is imaginative and stimulates creativity. Using acrylics, watercolor, paper, and other materials, we'll be mixing up all kinds of cool projects. Make a book page dog collage, a painted paper landscape, a crazy cupcake, and more. A \$15 supply fee is due at time of registration. For more information, contact Debbie at [dwardrope@sbcglobal.net](mailto:dwardrope@sbcglobal.net)

<b>4 classes   \$85R/\$94N</b>
<b>63854</b> W 5/10-5/31 1:30-2:30pm

# 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.



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



# The Arts

Ages 4-6

## WONDERFUL WORLD OF ART SERIES

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

### Landscape

From the mountains to the sea, we'll be discovering the joy of drawing and painting the landscape. Create amazing art projects including a shadow box, a 3-D pop up, a painting on canvas and more. Perspective, space, light, and other elements of art will be emphasized.

4 classes   \$85R/\$94N			
64364	W	2/1-2/22	1:30-2:30pm

### Still Life and Floral

Discover how artists have used still life as a subject, and create your own masterpieces. We'll be looking at famous still life paintings and drawings for inspiration, and learning about composition, form, and value. We'll use clay, paint, and more to make 2-D and 3-D art.

4 classes   \$85R/\$94N			
63853	W	3/1-3/22	1:30-2:30pm

### Portraits!

Come and learn how to draw and paint portraits of both people and animals! We'll start by looking at the art of famous portrait painters, then create our own self portraits and more. We'll learn the proportions of the human head, face, and body, how to create realistic eyes and other facial features. We'll also make fun and creative animal portraits.

4 classes   \$85R/\$94N			
63852	W	4/12-5/3	1:30-2:30pm

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			
63709	W	2/1-3/1	4:00-5:00pm
63711	W	4/12-5/10	4:00-5:00pm

4 classes   \$72R/\$79N			
63710	W	3/8-3/29	4:00-5:00pm

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

### Happy He-ARTs!

Valentine's Day is near, and we'll be making some fun heart-themed art projects! Come make a Valentine's Day "inchie" collage, some heart-shaped animal valentines, a heart painting on canvas and more!

1 class   \$25R/\$28N			
63865	F	2/3	1:30-2:30pm

### Eggs-Citing Easter

Easter is on its way, and we'll be creating some eggs-cellent decorations you'll love displaying. Make an Easter egg on a stick, a chick and eggs collage, and a Happy Easter shadowbox.

1 class   \$25R/\$28N			
63866	F	3/10	1:30-2:30pm

### Spring Fling!

Spring is our inspiration for this class. We'll be creating a Mt. Diablo poppy painting, a Hello Spring collage, and a cute mixed-media bird's nest. Loads of creative, springtime fun!

1 class   \$25R/\$28N			
63867	F	4/14	1:30-2:30pm

# Special Interest

Ages 3-5

## Bollywood Bugs

Let your little one have fun through the music and movement in the Bollywood style with age-appropriate songs. 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

7 classes   \$95R/\$105N			
63906	Su	2/5-3/26*	9:30-10:00am

5 classes   \$68R/\$75N			
63916	Su	4/30-5/28	9:30-10:00am

\*No class 2/26

Ages 3-5

## Fun with Engineering and Science for Preschoolers

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. \$35 supply fee due at 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

5 classes   \$129R/\$142N			
64027	W	2/8-3/8	11:35am-12:20pm
64028	W	4/19-5/17	11:35am-12:20pm

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 Earl Anthony's Dublin Bowl at (925) 828-7550.

Dublin Bowl | Instructor: Dublin Bowl Staff

8 classes   \$85R/\$94N			
63724	Th	2/9-3/30	11:30am-12:30pm
63725	Th	2/9-3/30	1:30-2:30pm

# 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

Ages 2-3<sup>1/2</sup> **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!

Location: Bernal Community Park Stadium Field

<b>9 classes   \$124R/\$136N</b>			
<b>64195</b>	Tu	4/11-6/6	11:30am-Noon
<b>64196</b>	F	4/14-6/9	9:00-9:30am

Location: Ken Mercer Sports Park Skate Park Turf Area

<b>64197</b>	Sa	4/15-6/17*	11:30am-Noon
<b>64198</b>	Sa	4/15-6/17*	12:05-12:35pm

\*No class 5/27

Ages 3<sup>1/2</sup>-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.**

Location: Bernal Community Park Stadium Field

<b>9 classes   \$124R/\$136N</b>			
<b>64199</b>	Tu	4/11-6/6	10:50-11:20am
<b>64201</b>	F	4/14-6/9	9:40-10:10am

Location: Ken Mercer Sports Park Skate Park Turf Area

<b>64200</b>	Tu	4/11-6/6	5:15-5:45pm
<b>64202</b>	F	4/14-6/9	5:45-6:15pm
<b>64203</b>	Sa	4/15-6/17*	8:45-9:15am

\*No class 5/27



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.**

Location: Bernal Community Park Stadium Field

<b>9 classes   \$124R/\$136N</b>			
<b>64204</b>	Tu	4/11-6/6	10:15-10:50am
<b>64206</b>	F	4/14-6/9	10:10-10:45am

Location: Ken Mercer Sports Park Skate Park Turf Area

<b>64205</b>	Tu	4/11-6/6	5:45-6:20pm
<b>64207</b>	F	4/14-6/9	5:10-5:45pm
<b>64208</b>	Sa	4/15-6/17*	9:15-9:50am

\*No class 5/27

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.**

Ken Mercer Sports Park Skate Park Turf Area

<b>9 classes   \$124R/\$136N</b>			
<b>64209</b>	Tu	4/11-6/6	3:45-4:30pm
<b>64210</b>	F	4/14-6/9	3:40-4:25pm
<b>64211</b>	Sa	4/15-6/17*	9:50-10:35am

\*No class 5/27

Ages 1<sup>1/2</sup>-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.**

Instructor: Wee Hoop Staff

Ken Mercer Sports Park Basketball Courts

<b>8 classes   \$104R/\$114N</b>			
<b>64187</b>	Th	2/2-3/23	10:30-11:05am
<b>64189</b>	Th	4/6-5/25	9:45-10:20am

Thomas Hart Middle School Gym

<b>8 classes   \$104R/\$114N</b>			
<b>64188</b>	Sa	2/25-4/15	9:00-9:35am

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.**

Thomas Hart Middle School Gym

<b>8 classes   \$104R/\$114N</b>			
<b>64190</b>	Sa	2/25-4/15	9:40-10:20am

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.**

Ken Mercer Sports Park Basketball Courts

<b>8 classes   \$104R/\$114N</b>			
<b>64191</b>	Th	2/2-3/23	11:10-11:55am
<b>64193</b>	Th	4/6-5/25	10:25-11:10am

Thomas Hart Middle School Gym

<b>8 classes   \$104R/\$114N</b>			
<b>64192</b>	Sa	2/25-4/15	10:25-11:10am

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

<b>8 classes   \$107R/\$118N</b>			
<b>64194</b>	Sa	2/25-4/15	11:15am-12:15pm

# Sports

# Exercise & Wellness

Ages 3-6

## 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.

Ages 2<sup>1/2</sup>-4

Bernal Community Park East Field | Instructor: Pitching Center

**7 classes | \$119R/\$131N**

**64212** Tu 2/21-4/11\* 10:10-11:00am

\*No class 4/4

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

**7 classes | \$119R/\$131N**

**64213** W 2/22-4/12\* 5:10-6:00pm

**64214** Th 2/23-4/13\* 4:10-5:00pm

\*No class 4/5, 4/6

Ages 4-6

Bernal Community Park East Field | Instructor: Pitching Center

**7 classes | \$119R/\$131N**

**64215** Tu 2/21-4/11\* 9:10-10:00am

\*No class 4/4

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

**7 classes | \$119R/\$131N**

**64216** W 2/22-4/12\* 4:10-5:00pm

**64217** Th 2/23-4/13\* 5:10-6:00pm

\*No class 4/5, 4/6



Ages 3-5

## Little Ninjas Taekwon-Do

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. Students will practice being better listeners and have a positive outlook. A uniform is recommended and can be purchased at the first class. For more information, contact: [justkd@justkd.com](mailto:justkd@justkd.com)   
 Just's Taekwon-Do Studio | Instructor: Gordon Jue

Ages 3-4

**15 classes | \$150R/\$165N**

**63842** Tu 2/7-5/23\* 10:30-11:00am

Ages 4-5

**15 classes | \$150R/\$165N**

**63844** Tu 2/7-5/23\* 11:15-11:45am

**63845** W 2/8-5/24\* 1:30-2:00pm

\*No class 4/4, 4/5



Like us on Facebook:  
 Pleasanton Community Services



Follow us on Instagram:  
 Pleasantonfun

Ages 4-5

## Kinder Hip Hop Dance

Dancers learn a variety of creative movements and rhythm with positive, age-appropriate hip-hop style and steps. For more information, contact [kdsongdance@sbcglobal.net](mailto:kdsongdance@sbcglobal.net)   
 Cultural Arts Building | Instructor: Kenyatta Ali

**11 classes | \$248R/\$273N**

**63715** Su 2/5-5/28 3:30-4:30pm

\*No class 2/12, 2/26, 4/2, 4/9, 4/16, 4/23

Ages 4-6

## Kinder Hip Hop/Tumbling

Students will learn beginning hip hop techniques as well as learn basic tumbling skills to improve their strength/coordination and complement their hip hop training. Our youngest hip hoppers will develop confidence and showmanship as they work on mini routines to perform throughout the session! For more information, call: (925) 344-1123, or email [office@jilliandance.com](mailto:office@jilliandance.com)   
 Cultural Arts Building | Instructor: Jillian Green

**16 classes | \$272R/\$299N**

**64052** W 2/1-5/24\* 3:30-4:20pm

\*No class 4/5

Ages 3-4<sup>1/2</sup>

## Ballet/Tap/Jazz Combo

Dancers will be introduced to beginning concepts of ballet, tap, and jazz/creative movement using props and age-appropriate music. The addition of props and age-tailored music will keep kids engaged and having fun! Dancers will learn 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, call: (925) 344-1123, or email [office@jilliandance.com](mailto:office@jilliandance.com)   
 Cultural Arts Building | Instructor: Jillian Green

Ages 3-4<sup>1/2</sup>

**14 classes | \$238R/\$262N**

**63932** Sa 2/4-5/27\* 10:10-11:00am

Ages 4<sup>1/2</sup>-6

**14 classes | \$238R/\$262N**

**63907** Sa 2/4-5/27\* 11:10am-12:00pm

\*No class 2/25, 4/1, 4/22

# 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

### Happy He-ARTs!

Valentine's Day is near, and we'll be making some fun heart-themed art projects with liquid watercolor, fingerpainting, and collage. Make heart-shaped animal valentines, a Love Monster craft, and much more!

<b>1 class   \$25R/\$28N</b>			
<b>63868</b>	F	2/3	10:30-11:30am

### Eggs-Citing Easter!

Easter is on its way, and we'll be creating some fun decorations to enjoy. We'll make tissue paper chicks, a lamb painting, egg bunnies, and much more.

<b>1 class   \$25R/\$28N</b>			
<b>63869</b>	F	3/10	10:30-11:30am

### Spring Fling!

Spring is sprung, and we'll be celebrating by making all kinds of cute and creative butterflies, birds' nests, kites and more. Come join the fun!

<b>1 class   \$25R/\$28N</b>			
<b>63870</b>	F	4/14	10:30-11:30am

Ages 2 1/2-5 1/2 **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 other materials. Parent participation required. A \$8 supply fee is due at the time of registration. For more information, contact: (510) 381-3660.

#### Themes:

- 2/7-2/28 Animals
- 3/7-3/28 Under the Sea
- 4/11-5/2 Spring
- 5/9-5/30 Splatter

Firehouse Arts Center | Instructor: Zina Kassab

<b>4 classes   \$80R/\$88N</b>			
<b>63884</b>	Tu	2/7-2/28	10:00-11:00am
<b>63885</b>	Tu	3/7-3/28	10:00-11:00am
<b>63886</b>	Tu	4/11-5/2	10:00-11:00am
<b>63887</b>	Tu	5/9-5/30	10:00-11:00am

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)

Cultural Arts Building | Instructor: Saman Jamal

<b>10 classes   \$100R/\$110N</b>			
<b>63737</b>	M/W	2/1-3/8*	10:00-11:00am
<b>63742</b>	M/W	4/24-5/24*	10:00-11:00am
<b>9 classes   \$90R/\$99N</b>			
<b>63738</b>	M/W	3/15-4/19*	10:00-11:00am

\*No class 2/20, 4/3, 4/5



Adults and Children, Ages 3-8

### Parent-Child Egg Decorating

Make memories and creatively decorated eggs for the Easter holiday. This is an adult/child program. Pricing is for the two of you, a child aged 3-8 and a parent/grandparent/aunt/nanny/guardian. \$3 supply fee due at time of registration. For more information contact Pans on Fire at (925) 600-7267.

Pans on Fire | Instructor: Pans on Fire Staff

<b>1 class   \$20R/\$22N</b>			
<b>63818</b>	F	4/14	11:00am-Noon
<b>63819</b>	F	4/14	1:00-2:00pm
<b>63820</b>	Sa	4/15	11:00am-Noon
<b>63821</b>	Sa	4/15	1:00-2:00pm

## EXERCISE & WELLNESS

Ages 18-35 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. Engaging music and fun props make this a can't-miss class for little ones! For more information, contact: (925) 344-1123 or [office@jilldance.com](mailto:office@jilldance.com)

Cultural Arts Building | Instructor: Jillian Green

<b>7 classes   \$107R/\$118N</b>			
<b>63925</b>	Sa	2/4-3/25*	9:30-10:00am
<b>63926</b>	Sa	4/8-5/27*	9:30-10:00am

\*No class 2/25, 4/22



Ages 18 & 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. For more information, contact Nancy at [nancy@mothersinmotionfitness.com](mailto:nancy@mothersinmotionfitness.com)

Veterans Memorial Building | Instructor: Nancy Larson

<b>7 classes   \$105R/\$116N</b>			
<b>63989</b>	Tu	2/14-3/28	12:00-1:00pm
<b>63991</b>	Tu	4/11-5/23	12:00-1:00pm
<b>64275</b>	Th	4/13-5/25	9:00-10:00am

<b>6 classes   \$90R/\$99N</b>			
<b>64274</b>	Th	2/23-3/30	9:00-10:00am

# Family Classes

## SPECIAL INTEREST

Ages 5 & 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.' *Uniform is required and may be purchased for \$30 on the first day of class.* To learn more, please visit: [www.daytimedragon.com](http://www.daytimedragon.com) or contact: Daniel@daytimedragon.com

Veterans Memorial Building\* | Instructor: Daniel Reddell

4 classes   \$40R/\$44N			
63810	W	2/1-2/22**	5:50-6:35pm
63811	W	3/1-3/29**	5:50-6:35pm
63808	M	3/6-3/27	5:50-6:35pm
63813	M	5/1-5/22	5:50-6:35pm

3 classes   \$30R/\$33N			
63807	M	2/6-2/27**	5:50-6:35pm
63809	M	4/10-4/24	5:50-6:35pm
63812	W	4/12-4/26	5:50-6:35pm

5 classes   \$50R/\$55N			
63814	W	5/3-5/31	5:50-6:35pm

\*2/1, 2/6, and 2/28 classes will be held at Valley View Elementary School MPR, 480 Adams Way. \*\*No class 2/20, 3/8

Ages 3-5 **Parent & Me**

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

Kids have fun building hands-on projects and performing science experiments with your child! Example activities include building a simple electric circuit or running lab experiments in the Color Lab. Students will learn about cause and effect, 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

8 classes   \$169R/\$186N			
64013	W	2/8-3/8	10:30-11:15am
64014	W	4/19-5/17	10:30-11:15am

Ages 7 & Up

### Kendo, The Way of the Sword for Beginners | *New!*

Kendo, The Way of the Sword, is rooted in the sword fighting techniques of the ancient Japanese warrior 'Samurai'. This martial art conditions the body and spirit through exhilarating and demanding exercises. The beginner class focuses on the basics and understanding the characteristics of Kendo. A Shinai (bamboo sword) is required and can be purchased for \$35 at first class. Students should wear comfortable clothes. For more information, contact: [steve.h.ichimura@gmail.com](mailto:steve.h.ichimura@gmail.com)  
Amador Recreation Center | Instructor: Hiroshi Ichimura

8 classes   \$120R/\$132N			
64313	W	2/1-3/22	6:45-8:00pm
64314	W	4/5-5/24	6:45-8:00pm
FREE Trial Class			
64333	W	1/25	7:00-8:00pm

Ages 7 & Up

### Kendo, The Way of the Sword, Advanced

This class is for experienced Kendo practitioners who have either completed the beginner class or are able to demonstrate proficiency in the fundamentals of Kendo. Students will engage in actual combat, and should possess their own Shinai (Bamboo sword) and protective gear (BOGU). Instructor approval required prior to enrollment. For more information, contact: [steve.h.ichimura@gmail.com](mailto:steve.h.ichimura@gmail.com)

Amador Recreation Center | Instructor: Hiroshi Ichimura

8 classes   \$90R/\$99N			
64315	W	2/1-3/22	8:10-10:00pm
64316	W	4/5-5/24	8:10-10:00pm

Ages 10 & Up

### Moms & Daughters Beginner Self Defense **Parent & Me**

Kurukula is an award-winning empowerment program designed by women for women. In a non-threatening class you will learn practical and easy defense skills to keep you safe in everyday situations. Simple role-plays with basic techniques you can remember. *A \$45 supply fee is due at time of registration.* Additional sibling may be registered for \$55. For more information, visit: [www.kurukula.org](http://www.kurukula.org)  
Cultural Arts Building | Instructor: Dara Connolly

1 class   \$99R/\$109N			
63736	F	5/12	6:00-8:30pm

Ages 5 & Up **Parent & Me**

### Mother's Day Dance Party

A fun way to kick off Mother's Day weekend! This workshop is a unique opportunity to spend special time with your child dancing together! Children and their mothers (or a special woman in the child's life) will enjoy learning light dance technique, a memorable routine to share with family at the close of the workshop, and get to create a keepsake together. No dance training or 'coordination' necessary! *\$15 supply fee due at registration.* For more information, call: (925) 344-1123 or email: [office@jilliandance.com](mailto:office@jilliandance.com)  
Cultural Arts Building | Instructor: Jillian Green

1 class   \$40R/\$44N			
63905	Sa	5/13	3:30-6:30pm

Ages 1.5-3 **Parent & Me**

### Gingerbread Preschool: Parent & Me Class

An interactive introduction to preschool! Join us for a story, fun activities along with music and movement. Learning through PLAY!  
Gingerbread Preschool | Instructor: Gingerbread Staff

4 classes   \$60R/\$66N			
64295	M	1/9-2/6	1:30-2:15pm
64296	M	1/9-2/6	2:30-3:15pm

7 classes   \$105R/\$115.50N			
64297	Tu	1/10-2/21	1:30-2:15pm
64298	Tu	1/10-2/21	2:30-3:15pm

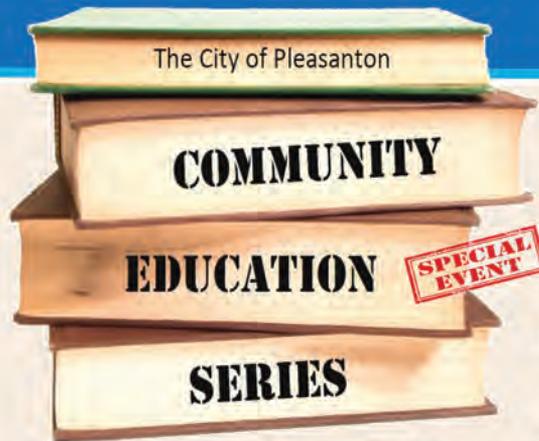
6 classes   \$90R/\$99N			
64413	M	2/27-4/10*	1:30-2:15pm
64415	M	2/27-4/10*	2:30-3:15pm
64416	Tu	2/28-4/11*	1:30-2:15pm
64417	Tu	2/28-4/11*	2:30-3:15pm
64418	M	4/17-5/22	1:30-2:15pm
64419	M	4/17-5/22	2:30-3:15pm
64420	Tu	4/18-5/23	1:30-2:15pm
64421	Tu	4/18-5/23	2:30-3:15pm

\*No class on 4/3, 4/4



# Community Education Series

## SPRING SCHEDULE



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

Workshops are held at:

Pleasanton Public Library  
400 Old Bernal Avenue

### Transitioning to Elementary School

Hear directly from a panel of Pleasanton Kindergarten/TK Parents & Educators.  
01.18.17 7:00 - 8:30PM Course [63584](#)

### How to Raise an Adult - Julie Lythcott-Haims

Keynote, Book Sale and Signing, Breakout sessions  
Special Event location - **Thomas Hart Middle School, 4433 Willow Road**  
02.04.17 8:30AM - 12:30PM Course [64356](#)

### Teen Wellness Event - Stress Less For Success

Teen Panel hosted by Amador Valley High School Wellness Committee  
02.15.17 7:00 - 8:30PM Course [64334](#)

### Building Strong and Resilient Families

Presented by: Rachel Sklar, Via Parenting Founder  
03.15.17 7:00 - 8:30PM Course [64335](#)



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

## The Arts

Ages 6-10

### Art Explorers

Come and explore the world of art! We'll be looking at art from many countries, and creating our own masterpieces. Make a beautiful Japanese lantern, a Tiffany lamp, an Aboriginal dot gecko painting, and much more. *\$15 supply fee due at registration.* For more information, contact Debbie at [dwardrope@sbcglobal.net](mailto:dwardrope@sbcglobal.net)

Firehouse Arts Center | Instructor: Debbie Wardrope

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

63857 Tu 2/7-2/28 3:45-5:00pm

Ages 6-10

### A Day at the Museum with Katie

Inspired by the Katie books by James Mayhew, we'll be reading a book about Katie's day at the museum then creating our own artworks based on what we've seen in the story. From Da Vinci to Van Gogh, we'll 'step into the painting' just like Katie, and make our own picture frames, pop up paintings, and even 3-D fruit. Makes art history come to life. *\$15 supply fee due at registration.* For more information, contact Debbie at [dwardrope@sbcglobal.net](mailto:dwardrope@sbcglobal.net)

Firehouse Arts Center | Instructor: Debbie Wardrope

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

63861 Tu 4/11-5/2 3:45-5:00pm

Ages 6-10

### Splish, Splash, Splatter

This is art for the fun of it! We'll use all different mediums and techniques and splish, splash, splatter our way through a wide variety of art projects. Subjects will include robots and monsters, animals and more! *\$15 supply fee due at registration.* For more information, contact Debbie at [dwardrope@sbcglobal.net](mailto:dwardrope@sbcglobal.net)

Firehouse Arts Center | Instructor: Debbie Wardrope

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

63863 Tu 5/9-5/30 3:45-5:00pm



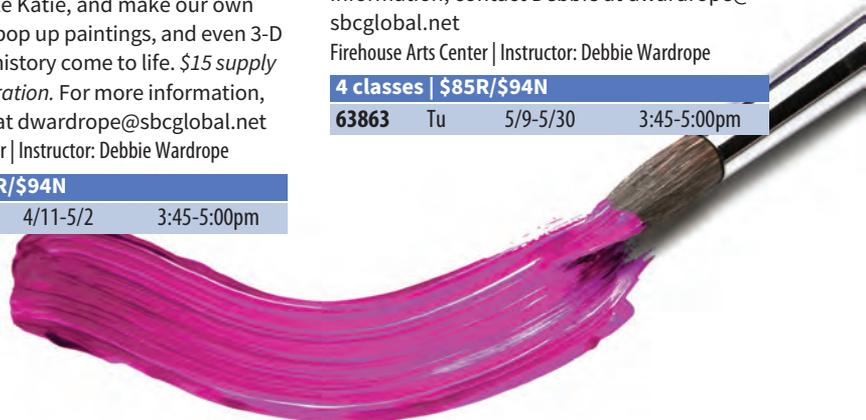
Like us on Facebook:  
[Pleasanton Community Services](#)



Follow us on Instagram:  
[Pleasantonfun](#)

12 • School Age Children

Phone: (925) 931-5340



# The Arts

Ages 6-10

## WONDERFUL WORLD OF ART SERIES

This series focuses on the major categories of art such as landscape, still life, and portraits. We'll use a variety of art mediums to draw, paint, and collage while learning about composition, color, value, space, line and more. *\$15.00 supply fee due at registration.* For more information contact Debbie at [dwardrope@sbcglobal.net](mailto:dwardrope@sbcglobal.net)

Firehouse Arts Center | Instructor: Debbie Wardrope

### Landscape

From the mountains to the sea, we'll be discovering the joy of drawing and painting the landscape. Come and create some original and amazing art projects including a shadow box, a 3-D pop up, a painting on canvas and much more using a variety of art materials. Perspective, space, light and other elements of art will be emphasized.

Firehouse Arts Center | Instructor: Debbie Wardrope

4 classes   \$85R/\$94N			
64365	W	2/1-2/22	3:45-5:00pm

### Still Life and Floral

Come and discover how artists have used still life as a subject for centuries, and create your own masterpieces. We'll be looking at famous still life paintings and drawings for inspiration, and learning about composition, form, and value in the process. We'll use clay, paint, and more to make awesome 2-D and 3-D art.

4 classes   \$85R/\$94N			
63732	W	3/1-3/22	3:45-5:00pm

### Portraits!

Learn how to draw and paint portraits of both people and animals! We'll start by looking at the art of famous portrait painters, then create our own self portraits and more. We'll learn the proportions of the human head, face, and body, how to create realistic eyes, and how to draw other facial features.

4 classes   \$85R/\$94N			
63851	W	4/12-5/3	3:45-5:00pm

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

### Happy He-ARTs!

Valentine's Day is near, and we're making some fun heart-themed projects! Come make a Valentine's day inchie collage, some heart-shaped animal valentines, a heart painting on canvas, and more!

1 class   \$25R/\$28N			
63871	F	2/3	3:45-5:30pm

### Eggs-Citing Easter!

Easter is on its way, and we'll be creating some eggs-cellent decorations you'll love displaying. Make an Easter egg on a stick, a chick and eggs collage, and a Happy Easter shadowbox.

1 class   \$25R/\$28N			
63872	F	3/10	3:45-5:30pm

### Spring Fling!

Spring is our inspiration for this class. We'll be creating a Mt. Diablo poppy painting, a Hello Spring collage, and cute mixed media bird's nest. Loads of creative, springtime fun!

1 class   \$25R/\$28N			
63873	F	4/14	3:45-5:30pm



Ages 6-10

## Awesome Art Lab: Mix it Up!

Mixed media is fun and imaginative. Using acrylics, watercolor, paper, and other unique materials, we'll be mixing up all kinds of cool projects. Make a book page dog collage, a painted paper landscape, a crazy cupcake piece, and more. *\$15 supply fee due at registration.* For more information, contact Debbie at [dwardrope@sbcglobal.net](mailto:dwardrope@sbcglobal.net)

Firehouse Arts Center | Instructor: Debbie Wardrope

4 classes   \$85R/\$94N			
63855	W	5/10-5/31	3:45-5:00pm



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: Staff & Debbie Wardrope

### Paper Quilts!

Participants will visit and discuss the Studio Art Quilt Associates' exhibition of large abstract art quilts. Then, in the studio, they will piece together colorful papers and cloth to create their own quilts to take home.

1 class   \$15R/\$20N			
64239	Th	3/16	4:30-5:45pm

### Fresh Paint

We will visit the Harrington Gallery to see the Fresh Works exhibit, which features over 70 artworks of all styles. Then, in the studio upstairs, participants will create some colorful artworks to take home.

1 class   \$15R/\$20N			
64240	Th	5/18	4:30-5:45pm



Like us on Facebook:  
Pleasanton Community Services

# The Arts

Ages 5-10

## Acrylic Painting

Children will create art by sponge painting, finger painting, and using brushes, rollers and different materials. Students will be guided with step-by-step instruction, and will go home with beautiful works of art. Wear paint-appropriate clothing. *\$8 supply fee due at time of registration.* For more information, contact Zina at (510) 381-3660.

Firehouse Arts Center\* | Instructor: Zina Kassab

4 classes   \$80R/\$88N				
63893	Animals	Th	2/9-3/2	4:30-6:00pm
63894	Under the Sea	Th	3/9-3/30*	4:30-6:00pm
63895	Spring	Th	4/13-5/4	4:30-6:00pm
63896	Splatter	Th	5/11-6/1*	4:30-6:00pm

\*3/16 and 5/18 classes will be at Firehouse Arts Center, Classroom B.

## ACRYLIC PAINTING SPRING CAMP!



5 classes   \$150R/\$165N				
63888	M-F	4/3-4/7	10:00am-Noon	

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

## Horses and Ponies

Girls love horses, and so do we. We'll be creating a pony painting, a horse silhouette collage, and more.

1 class   \$25R/\$28N				
63874	F	2/24	3:45-5:00pm	

## Fabulous Fairies

Join the fun as we create wonderful fairy jar night lights, a fairy house shadowbox, and a sweet nature fairy.

1 class   \$25R/\$28N				
63875	F	3/31	3:45-5:00pm	



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

## Very Vintage

Come discover some fun things from the past as we recreate them with a modern twist! Telephones, cameras, clocks, and even a vintage Barbie will be our inspiration for some cool collages and creative art!

1 class   \$25R/\$28N				
63876	F	4/28	3:45-5:00pm	

## Tea Party

We'll be making some cute and creative art projects with a tea party theme. Make a cupcake collage, a tea cup with Sharpies, and a patterned stack of teacups painting.

1 class   \$25R/\$28N				
63877	F	5/26	3:45-5:00pm	

Ages 6-10

## Artful Architecture

Architecture is a fascinating subject, and we'll be using buildings from around the world from ancient to modern as our inspiration for this class. Discover architects like Frank Lloyd Wright and amazing buildings such as the Taj Mahal and St. Basil's cathedral through cool 2-D and 3-D art projects. *\$15 supply fee due at registration.* For more information, contact Debbie at [dwardrope@sbcglobal.net](mailto:dwardrope@sbcglobal.net)

Firehouse Arts Center | Instructor: Debbie Wardrope

4 classes   \$85R/\$94N				
63859	Tu	3/7-3/28	3:45-5:00pm	

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

6 classes   \$86R/\$95N				
63743	W	2/8-3/15	4:00-5:00pm	
63744	W	4/12-5/17	4:00-5:00pm	

Ages 8-12

6 classes   \$86R/\$95N				
63745	W	2/8-3/15	5:00-6:00pm	
63746	W	4/12-5/17	5:00-6:00pm	

Ages 5-13

## YOUNG REMBRANDTS SPRING BREAK CAMPS



*\$15 supply fee due at registration.* For more information, contact: [greastbay@youngrembrandts.com](mailto:greastbay@youngrembrandts.com)

Ages 5-8

## Junior Zoo Workshop

Kids love to draw animals! Join us as we learn to draw a variety of animals found at our local zoo. We will draw giraffes, lions, tigers, birds and more. Our final day will result in a large scene of the zoo, divided into several habitats and incorporating our many animal friends. Nature House | Instructor: Young Rembrandts Staff

5 classes   \$125R/\$138N				
63713	M-F	4/3-4/7	10:00am-Noon	



Ages 8-13

## Superhero Cartoon Drawing

Bang! Wow! Learn to draw your own comic book superhero. Each day we will complete several drawings while we explore a variety of characters. We will learn to draw action and movement while we complete the scenes around our superheroes using pencils, markers and Sharpies™.

Nature House | Instructor: Young Rembrandts Staff

5 classes   \$125R/\$138N				
63712	M-F	4/3-4/7	1:00-3:00pm	

# Performing Arts

## BAY AREA CHILDREN'S THEATRE



K-1st Grade

### Little Performers: A Year with Frog and Toad Kids

Explore the friendly world of Frog and Toad, based on Arnold Lobel's classic early reader books. Relying on their imaginations, students will build their own play based on the characters in *A Year with Frog and Toad Kids*, as they create a brand new story full of adventure, song and dance. The Little Performers' unique play will be showcased as the prologue to the Young Performers class final production and they will join the older students on stage in the finale of *A Year with Frog and Toad Kids*.

**Thursday Class:** Tech Rehearsals: Th, 5/18, 4-5pm. Performance: Sa, 5/20, 4pm.

**Saturday Class:** Tech Rehearsals: Sa, 5/20, 10-11am. Performance: Sa, 5/20, 11am.

**Tuesday Class:** Tech Rehearsals: F, 5/19, 4-5pm. Performance: Sa, 5/20, 1pm.

Amador Theater | Instructor: Bay Area Children's Theatre

14 classes | \$170R/\$181N

64133	Tu	2/14-5/16*	3:30-4:15pm
64136	Th	2/9-5/18*	3:30-4:15pm
63342	Sa	2/11-5/20*	9:30-10:15am

\*No class: 4/4, 4/6, 4/8



2nd-5th Grade

### Young Performers: A Year with Frog and Toad Kids

The treasured character from the children's books and the beautiful Broadway musical hop from page to stage in this story of friendship and adventure. This process-oriented class is the perfect forum to learn basic musical theater skills in acting, voice, and dance. Rehearsals take place once a week and students are expected to practice their songs and lines at home as well as in class. Stage confidence and teamwork will be emphasized throughout. This classic tale will come to life on stage with colorful sets and costumes at the end of the session.

**Thursday Class:** Tech Rehearsals: Th, 5/18, 4:30-6:30pm. Performance: Sa, 5/20, 4pm.

**Saturday Class:** Tech Rehearsals: Sa, 5/20, 9-11am. Performance: Sa, 5/20, 11am.

**Tuesday Class:** Tech Rehearsals: F, 5/19, 4:30-6:30pm. Performance: Sa, 5/20, 1pm.

Amador Theater | Instructor: Bay Area Children's Theatre

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

64134	Tu	2/14-5/16*	4:30-6:00pm
64137	Th	2/9-5/18*	4:30-6:00pm
64139	Sa	2/11-5/20*	10:30am-Noon

\*No class: 4/4, 4/6, 4/8

## 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

### Spring Drama Camp for Kids



Young performers will engage in scene work, dance, music theater, and ensemble building in this spring camp designed to build skills and energize students for the upcoming season of Summer Drama Camps. Participants will work on a variety of scenes, songs, and monologues from various shows or may work on scenes and songs from one particular show. There will be an in-camp culminating performance at the Firehouse Arts Center Friday 4/7 at 1:00pm.

Firehouse Arts Center | Instructor: City Staff

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

64146	M-F	4/3-4/7	9:00am-3:00pm
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**E**t 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!



## CIVIC ARTS STAGE COMPANY 2016-17 SEASON

### Performances:

Fridays & Saturdays  
March 17th–March 25th  
7:30pm

Saturdays & Sundays  
March 18th–March 26th  
2:00pm

**Firehouse Arts Center**  
4444 Railroad Avenue

**Tickets: \$7–\$18**

[firehousearts.org](http://firehousearts.org)

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

School Age Children • 15

# 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! Karate uniform required. First time students may purchase uniform directly with instructor for \$65. For more information, contact: [dara@albanykarateforkids.com](mailto:dara@albanykarateforkids.com)

Cultural Arts Building | Instructor: Dara Connolly

**15 classes | \$270R/\$297N**

**63733** F 2/3-5/26\* 4:20-5:20pm

\*No class 3/31, 4/7

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

**15 classes | \$225R/\$248N**

**63846** Tu 2/7-5/23 5:00-6:00pm

\*No class 4/4

Ages 6-12

## Break-Dance & Hip Hop

In this class you will dance to current Hip-Hop music and learn current styles and steps in an upbeat environment. Dancers will also learn the 7 elements of break dance—Top-Rock, Feet Work, Freezes, Spins, Drops, Treading and Swipes. For more information contact [ksongdance@sbcglobal.net](mailto:ksongdance@sbcglobal.net)

Cultural Arts Building | Instructor: Kenyatta Ali

**11 classes | \$248R/\$273N**

**63717** Su 2/5-5/28 4:30-5:30pm

\*No class 2/12, 2/26, 4/2, 4/9, 4/16, 4/23

## DANCE WITH JILLIAN GREEN

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

Ages 6-9

## Ballet/Jazz for Kids

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.

Cultural Arts Building | Instructor: Jillian Green

**14 classes | \$252R/\$277N**

**63924** Sa 2/4-5/27 12:10-1:00pm

\*No class 2/25, 4/1, 4/22

Ages 6-10

## Prima Ballerina Ballet

Welcome to this enchanting introduction to the world of all things 'ballet'! In this beginning level ballet class, students will learn about 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.

Cultural Arts Building | Instructor: Jillian Green

**15 classes | \$278R/\$306N**

**63933** Tu 2/7-5/23 4:00-5:15pm

\*No class 4/4

Ages 7-10

## Kids Hip Hop

Join the fun as we learn to dance the wildly popular style known as 'hip hop'! Dancers will learn hip hop technique in a variety of genres along with the correct terminology, as well as enjoy learning current choreography trends. They will improve their overall coordination/rhythm and work on fine tuning movement skills such as the use of space/directions/levels/energy/flow.

Cultural Arts Building | Instructor: Jillian Green

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

**64069** W 2/1-5/24\* 4:30-5:30pm

\*No class 4/5

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'. *Uniform is required and may be purchased for \$30 on the first day of class.* To learn more, please visit: [www.daytimedragon.com](http://www.daytimedragon.com) or contact: [Daniel@daytimedragon.com](mailto:Daniel@daytimedragon.com)

Ages 5-12 | Beginner/Intermediate

Veterans Memorial Building\* | Instructor: Daniel Reddell

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

**63795** W 2/1-2/22 5:00-5:45pm

**63796** W 3/1-3/29\*\* 5:00-5:45pm

**63792** M 3/6-3/27 5:00-5:45pm

**63794** M 5/1-5/22 5:00-5:45pm

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

**63791** M 2/6-2/27\*\* 5:00-5:45pm

**63793** M 4/10-4/24 5:00-5:45pm

**63803** W 4/12-4/26 5:00-5:45pm

**5 classes | \$50R/\$55N**

**63804** W 5/3-5/31 5:00-5:45pm

\*2/1, 2/6, and 2/8 classes will be held at Valley View Elementary MPR, 480 Adams Way. \*\*No class 2/20, 3/8

Ages 8 and up | Intermediate/Advanced

Veterans Memorial Building\* | Instructor: Daniel Reddell

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

**63801** W 2/1-2/22 6:40-7:40pm

**63802** W 3/1-3/29\*\* 6:40-7:40pm

**63798** M 3/6-3/27 6:40-7:40pm

**63800** M 5/1-5/22 6:40-7:40pm

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

**63797** M 2/6-2/27\*\* 6:40-7:40pm

**63799** M 4/10-4/24 6:40-7:40pm

**63805** W 4/12-4/26 6:40-7:40pm

**5 classes | \$50R/\$55N**

**63806** W 5/3-5/31 6:40-7:40pm

\*2/1, 2/6, and 2/8 classes will be held at Valley View Elementary MPR, 480 Adams Way. \*\*No class 2/20, 3/8



Like us on Facebook:  
Pleasanton Community Services



Follow us on Instagram:  
Pleasantonfun

# Special Interest

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

<b>6 classes   \$114R/\$125N</b>			
<b>63786</b>	W	2/15-3/29*	3:30-4:30pm
<b>8 classes   \$152R/\$167N</b>			
<b>63787</b>	W	4/12-5/31	3:30-4:30pm

\*No class 3/8

Ages 6-12

## Bollywood Fusion for Kids

If you would like your kids to join a happy, healthy activity while dancing to their age-appropriate 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. For more information, contact: [vmusic.lesson@gmail.com](mailto:vmusic.lesson@gmail.com)  
 Cultural Arts Building | Instructor: Vaishnavi Misra

<b>7 classes   \$105R/\$116N</b>			
<b>63917</b>	Su	2/5-3/26	10:05-10:50am
<b>5 classes   \$75R/\$83N</b>			
<b>63918</b>	Su	4/30-5/28	10:05-10:50am

\*No class 2/26

Ages 8-12

## Beginning Guitar

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

<b>4 classes   \$149R/\$164N</b>			
<b>63900</b>	Tu	2/7-2/28	6:00-6:45pm
<b>63901</b>	Tu	3/14-4/11*	6:00-6:45pm
<b>63902</b>	Tu	5/9-5/30	6:00-6:45pm

\*No class 4/4

Ages 6-11

## Little Veterinary School

Little Veterinarian School encourages students to explore the exciting world of veterinarians using interactive demonstrations, crafts and games. *\$25 supply fee due at registration.* Visit [www.littlemedicalschool.com](http://www.littlemedicalschool.com) for more information  
 Amador Recreation Ctr. | Instructor: Little Medical School Staff



<b>6 classes   \$125R/\$138N</b>			
<b>64074</b>	Tu	2/7-3/14	4:00-5:00pm

Ages 6-11

## Little Pharmacy School

Little Pharmacy School allows students to explore the world of a pharmacist. They will learn the importance of medication safety in a fun and entertaining way. Through interactive demonstrations and pharmacy-themed games, students will learn how to fill a prescription, 911 protocols, and what it's like to be a pharmacist. *\$25 supply fee due at registration.* For more information, visit [www.littlemedicalschool.com](http://www.littlemedicalschool.com)  
 Amador Recreation Ctr. | Instructor: Little Medical School Staff

<b>6 classes   \$126R/\$138N</b>			
<b>64075</b>	Tu	3/21-5/2*	4:00-5:00pm

\*No class 4/4

Ages 6-11

## Little Medical School Spring Break Camp

Little Medical School, designed and developed by board certified physicians, engages students with medical-based hands-on demonstrations, crafts, songs and games. The interactive activities and games will grab every student's curiosity as they explore the human body. For more information, visit [www.littlemedicalschool.com](http://www.littlemedicalschool.com)  
 Cultural Arts Building | Instructor: Little Medical School Staff



<b>5 classes   \$275R/\$303N</b>			
<b>64073</b>	M-F	4/3-4/7	9:00am-Noon

Ages 5-12

## BRICKS 4 KIDZ CLASSES

Visit [www.brickz4kidz.com](http://www.brickz4kidz.com) for more information.

### Life Science Building with LEGO® Bricks!

Explore the fascinating science of living things, and build engaging models of creatures from caterpillars to dinosaurs using LEGO® Bricks. Explore how the human body stays cool, the amazing life cycle of a butterfly, and investigate the Venus Fly Trap—a plant that eats bugs!  
 Nature House | Instructor: Bricks 4 Kidz Staff

<b>8 classes   \$159R/\$175N</b>			
<b>63782</b>	F	2/3-3/24	4:00-5:00pm

### Energy is Everywhere Building with LEGO® Bricks!

Students are introduced to the world of energy in all its amazing forms, and explore sources of energy from wind and solar power to bio-fuel and fossil fuel. Students define terms like renewable, landfill, greenhouse effect and generator, and then build moving models using LEGO® bricks!  
 Nature House | Instructor: Bricks 4 Kidz Staff

<b>8 classes   \$159R/\$175N</b>			
<b>63784</b>	M	2/6-4/10	4:00-5:00pm

\*No class 2/20, 4/3

### Forces of Nature Building with LEGO® Bricks!

Kids will build moving models of a tornado, a tsunami, an earthquake, and more with LEGO® bricks! Each model represents the motion of that particular type of weather or event! Learn how they move, why they happen, and what you can do to stay safe!  
 Nature House | Instructor: Bricks 4 Kidz Staff

<b>8 classes   \$159R/\$175N</b>			
<b>63785</b>	Tu	4/11-5/30	4:00-5:00pm

### Spectacular Sports Building with LEGO® Bricks!

Explore sports from gymnastics, biking, mini-golf, to airplane acrobatics! Lessons focus on the importance of physical fitness as well as the mechanics of a sport. Best part for the students is building models with LEGO® bricks and playing with them after they're built!  
 Nature House | Instructor: Bricks 4 Kidz Staff

<b>7 classes   \$159R/\$175N</b>			
<b>63783</b>	Th	4/13-5/25	4:00-5:00pm

# Special Interest

Ages 6-12

## Fun with Robotic Programming

Have fun learning how to program a robotic ball! Write code to make it spin, change colors, and find its way out of a maze. Students will learn the fundamentals of computer programming, and see how the commands that they issue directly control the robotic ball. All equipment will be provided. For more information, contact Diana at (561) 644-8993, or visit: [www.funwithacademics.com](http://www.funwithacademics.com)

Amador Rec Center | Instructor: Fun with Academics Staff

<b>5 classes   \$175R/\$193N</b>			
<b>64099</b>	Th	2/9-3/9	5:00-6:00pm
<b>64100</b>	Th	4/20-5/18	5:00-6:00pm

Ages 5-8

## Engineering Using LEGO® Camp



Let your imagination run wild with tens of thousands of LEGO®! Build engineer-designed projects such as bridges, towers, and motorized merry-go-rounds using special pieces to create your own unique design! Explore the endless creative possibilities of the LEGO® building system with the guidance of an experienced Play-Well instructor. For more information visit [www.play-well.org](http://www.play-well.org)

Veterans Memorial Building | Instructor: Play-Well TEKologies Staff

<b>5 classes   \$210R/\$231N</b>			
<b>64076</b>	M-F	4/3-4/7	9:00am-Noon

Ages 6-10

## Energy Blast

Understanding the basics of energy, how it moves, how it can be trapped, and how we can use it better. Light, heat, electricity and sound are all explored. Be amazed as we fish for feathers with electronics, and conduct hair raising experiments with an electrostatic generator. Discover the light properties of colors, use a prism to separate the wavelengths of light, and mix things up with a Technicolor Blender. Watch an underwater volcano demonstrate the properties of heat, and bounce with Boinks while connecting with kinetic energy. For more information, contact [info@madsciencemd.com](mailto:info@madsciencemd.com)

Cultural Arts Building | Instructor: Mad Science Staff

<b>8 classes   \$213R/\$234N</b>			
<b>64096</b>	M	2/6-4/10	4:00-5:00pm

\*No class 2/20, 4/3

Ages 6-11

## World Scientists Spring Break Camp



Spend time in the lab learning the tools and techniques that scientists use while conducting some great hands-on projects. World Scientists will conduct solar experiments, explore predator and prey relationships, and investigate food webs. Take a trip into the ocean to learn what an odontocete is. Discover systems in nature; even make your own paper! Learn animal adaptations and create an insect habitat. Scientists will also discover what Mr. Owl had on his dinner plate during the famous owl pellet dissection. For more information, contact [info@madsciencemd.com](mailto:info@madsciencemd.com)

Cultural Arts Building | Instructor: Mad Science Staff

<b>5 classes   \$290R/\$319N</b>			
<b>64077</b>	M-F	4/3-4/7	1:00-4:00pm

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 7-12

## Coding for Kids | *New!*

New to programming? Not quite sure what's going on? This coding course has you covered. Scratch will help you learn basics of logical thinking, and Python simplifies coding so that even new users can understand it. We will start by learning the environment and going through the basics. Finish by tackling even more Python programming with variables and user input. You will walk away learning how to understand logical reasoning and applying that knowledge in real life. *\$25 supply fee to be paid at registration.* For more information, visit: [www.siliconvalley4u.com](http://www.siliconvalley4u.com)

Cultural Arts Building | Instructor: Silicon Valley 4 U Staff

<b>8 classes   \$275R/\$303N</b>			
<b>64332</b>	Th	2/2-3/23	4:00-6:00pm

Ages 6-9

## Introduction to Speech Writing

This class teaches young students how to write a good speech in six easy steps. Students will learn the importance of writing like they talk and making it personal. With topics of interest and the use of props, stories, jokes, and pictures, we will make learning speech writing easy and exciting. For more information, visit: [www.guruseducation.com](http://www.guruseducation.com)

Pleasanton Senior Center | Instructor: Gurus Education Staff

<b>8 classes   \$160R/\$176N</b>			
<b>63815</b>	W	2/22-5/3	5:30-6:30pm

No class 3/8, 3/29, 4/5

## LEKHA SCHOOL

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

Ages 5-7

## Early Writing

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

Nature House | Instructor: Lekha School Staff

<b>8 classes   \$180R/\$198N</b>			
<b>64087</b>	Th	2/2-3/23	3:00-4:00pm

Ages 8-10

## Essay Writing for School Age

Students will learn the art of writing essays. Depending on age, they will write three- to five-paragraph essays. In addition to planning and outlining their essays, they will learn how to write appropriate topic sentences, and powerful thesis statements will be discussed.

Amador Recreation Center | Instructor: Lekha School Staff

<b>8 classes   \$180R/\$198N</b>			
<b>64092</b>	M	2/6-4/10	4:15-5:15pm

\*No class 2/20, 4/3



# Special Interest • Sports



Ages 5-7

## Early Reading

Reading is the process of decoding symbols in order to help comprehend a written language. The reading process requires continuous practice, development, and refinement. At Lekha Early Readers, children will learn how to read using interactive phonics methods. For more information, contact [info@lekha.com](mailto:info@lekha.com) Amador Recreation Center | Instructor: Lekha School Staff

<b>8 classes   \$180R/\$198N</b>			
<b>64091</b>	M	2/6-4/10	3:00-4:00pm

\*No class 2/20, 4/3

Ages 10-12

## Essay Writing for Tweens

Students will learn the art of writing essays. Depending on their grade level, they will write three- and five-paragraph essays. In addition to planning and outlining their essays, students will learn how to write appropriate topic sentences, and powerful thesis statements will be discussed. For more information, contact [info@lekha.com](mailto:info@lekha.com)

Amador Recreation Center | Instructor: Lekha School Staff

<b>8 classes   \$180R/\$198N</b>			
<b>64093</b>	M	2/6-4/10	5:30-6:30pm

\*No class 2/20, 4/3

Ages 8-10

## Narrative Essay Writing

Students will learn to write the narrative essay focusing on developing their ability to write in the first person and follow a linear narrative structure. They will learn how to plan and outline their essays properly, as well as how to revise their essays. For more information, contact [info@lekha.com](mailto:info@lekha.com) Nature House | Instructor: Lekha School Staff

<b>8 classes   \$180R/\$198N</b>			
<b>64088</b>	Th	2/2-3/23	4:15-5:15pm

Ages 7-14

## LEARNING LABS

Learning Labs offered by Bellamenti provide your student the opportunity to do their school work 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) Nature House | Instructor: Kathryn Tournat

## Reading and 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.

<b>13 classes   \$395R/\$435N</b>			
<b>64378</b>	Sa	2/4-5/20*	8:30-10:00am

\*No class 2/25, 4/1, 4/8

## 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.) This point of understanding helps students to truly understand the higher level match required for STEM success.

<b>13 classes   \$395R/\$435N</b>			
<b>64379</b>	Sa	2/4-5/20*	10:30am-12:00pm

\*No class 2/25, 4/1, 4/8

## Getting and 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.

<b>13 classes   \$395R/\$435N</b>			
<b>64380</b>	Sa	2/4-5/20*	12:30-2:00pm

\*No class 2/25, 4/1, 4/8

## Organizing Thought and Writing

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

<b>13 classes   \$395R/\$435N</b>			
<b>64381</b>	Sa	2/4-5/20*	2:30-4:00pm

\*No class 2/25, 4/1, 4/8

Age 6-12

## Skateboard Academy Spring Break Camp



This camp is designed to teach kids of all skills sets (beginner to advanced) the essentials needed to progress in a fun, safe, and friendly environment. We will work on basics such as pushing and riding, kick turns, ollies, and more advanced tricks like 360 flips, board slides and more. You must provide your own skateboard and helmet. Rentals are available but must be requested before class starts. For more information, visit [www.robskate.com](http://www.robskate.com) Ken Mercer Sports Park | Instructor: Robert Ferguson

<b>5 classes   \$179R/\$197N</b>			
<b>64078</b>	M-F	4/3-4/7	9:00am-Noon

Ages 6-12

## Skateboarding Class

The Rob Skate Academy day class is a single-session, beginner-based program to really understand the explore the wonders of skateboarding. Within the session, we focus on safety, basic riding styles, going down ramps, and building confidence. You must provide your own skateboard and helmet. Rentals are available but must be requested before class starts. For more information, visit [www.robskate.com](http://www.robskate.com)

Ken Mercer Sports Park | Instructor: Robert Ferguson

<b>1 class   \$49R/\$54N</b>			
<b>64079</b>	Sa	3/18	11:00am-Noon
<b>64080</b>	Sa	3/25	11:00am-Noon
<b>64081</b>	Sa	4/8	11:00am-Noon
<b>64082</b>	Sa	4/15	11:00am-Noon
<b>64083</b>	Sa	4/29	11:00am-Noon
<b>64084</b>	Sa	5/13	11:00am-Noon
<b>64085</b>	Sa	5/20	11:00am-Noon
<b>64086</b>	Sa	5/27	11:00am-Noon



# Sports

Ages 6-14

## Championship Basketball Camp



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. Thomas Hart Middle School Gym | Instructor: Mike Hansen

5 classes | \$245R/\$270N

64227 M-F 4/3-4/7 9:00am-2:00pm

Ages 10-14

## Club VIP Volleyball Camp



Come join a fun class where you will learn fundamental volleyball skills and meet new friends.

Thomas Hart Middle School Gym | Instructor: Ted Babu

4 classes | \$120R/\$132NR

64226 M-Th 4/3-4/6 4:00-7:00pm

Ages 8-11

## Club VIP Youth Progressive Volleyball

Participants will be taught how to pass, set, serve, and spike in a fun atmosphere. Players will be grouped by age and experience. Our hopes are to establish a great foundation that will excite them to continue playing volleyball in the future.

Pleasanton Middle School Gym | Instructor: Ted Babu

4 classes | \$55R/\$61N

64222 M 2/27-3/20 6:00-7:00pm

64225 M 5/1-5/22 6:00-7:00pm

Harvest Park Middle School Gym | Instructor: Ted Babu

4 classes | \$55R/\$61N

64224 Tu 3/28-4/25\* 6:00-7:00pm

\*No class 4/4



## KIDS LOVE SOCCER

Rainout Hotline: (888)372-5803 or www.kidzlovesoccer.com

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.

Ken Mercer Sports Park Skate Park Turf Area

Instructor: Kidz Love Soccer Staff

9 classes | \$124R/\$136N

64218 Tu 4/11-6/6 4:30-5:15pm

64219 F 4/14-6/9 4:25-5:10pm

64220 Sa 4/15-6/17\* 10:35-11:20am

\*No class 5/27

Ages 7-10

### Kidz Love Soccer Soccer 3: Match Play

Get your kicks in during non-competitive match play. Teams are reshaped weekly to encourage individual player development, variety and the opportunity to work with different players. Everyone plays and receives a soccer jersey. Shin guards are required.

Ken Mercer Sports Park Skate Park Turf Area

Instructor: Kidz Love Soccer Staff

9 classes | \$124R/\$136N

64221 Tu 4/11-6/6 6:30-7:30pm

Ages 6-12

### Skyhawks Basketball Clinics

Clinics focus on the development of basketball fundamentals and bringing out the skills and abilities of each player. Participants are divided up by age and skill level and will improve their ball handling, dribbling, passing, shooting, rebounding, defense, and offense skills.

Ages 6-8

Thomas Hart Middle School Gym | Instructor: Skyhawks Sports

5 classes | \$119R/\$131N

64228 Sa 3/11-4/8 9:00-10:30am

Harvest Park Middle School Gym | Instructor: Skyhawks Sports

64230 Sa 4/22-5/20 9:00-10:30am

Ages 9-12

Thomas Hart Middle School Gym | Instructor: Skyhawks Sports

5 classes | \$119R/\$131N

64229 Sa 3/11-4/8 10:30am-Noon

Harvest Park Middle School Gym | Instructor: Skyhawks Sports

64231 Sa 4/22-5/20 10:30am-Noon

Ages 7-12

## Skyhawks Lacrosse Camp



Camp will focus on the fundamentals of stick handling, cradling, passing, and shooting. Age appropriate equipment is provided.

Bernal Community Park Stadium Field | Instructor: Skyhawks Sports

5 classes | \$179R/\$197N

64232 M-F 4/3-4/7 9:00am-Noon

Ages 7-12

## Skyhawks Flag Football Camp



Through our skill of the day, campers will learn skills on both sides of the ball including the core components of passing, catching, and de-flagging or defensive positioning. The week ends with the Skyhawks Super Bowl.

Bernal Community Park Stadium Field | Instructor: Skyhawks Sports

5 classes | \$179R/\$197N

64233 M-F 4/3-4/7 9:00am-Noon



Like us on Facebook:  
Pleasanton Community Services

# 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 11-18

## Spring Drama Camp for Teens



Young performers ages 11-18 will engage in scene work, dance, music theater, and ensemble building in this spring camp designed to build skills and energize students for the upcoming season of Summer Drama Camps. Participants will work on a variety of scenes, songs, and monologues from various shows. This camp ends in culminating camp performance at the Firehouse Arts Center Friday 4/7 at 1:00pm.

Firehouse Arts Center | Instructor: City Staff

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

64149 M-F 4/3-4/7 9:00am-3:00pm

## 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 13-17

### Improv Audition Workshop

What in the world does an improv audition look like? Learn effective practices, improv games, and more in this workshop designed to prepare you for improv auditions with Creatures of Impulse, in college, and in the professional improv theater community. Firehouse Arts Center | Instructor: Mark Duncanson & Jeff Zavattero

1 class | \$30R/\$37N

64143 W 5/24 4:00-6:30pm

Ages 10-14

### COI Middle School Phase III

**Prerequisite:** COI Middle School Phase II or Creatures of Impulse Teen Improv Camp. Students in Phase III will be introduced to long-form improv and the Improv Herald. The basic story spine, scene work, space object work, and supporting one another to tell a story will be the focus. A culminating in-class performance is scheduled for the final class.

Firehouse Arts Center | Instructor: Jeff Zavattero

6 classes | \$125R/\$137N

64141 W 4/12-5/17 4:00-6:00pm



## PERFORMING ARTS

### CLASSES AND WORKSHOPS FOR TEENS

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 10-14

### Music Theater Vocal Coaching for Middle School

Young performers in middle 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

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

64147 W 3/1-3/22 4:00-6:00pm

Ages 12-18

### Theatrical Clowning

Students in this fresh new theater class will add to their theater toolbelts by learning the age-old techniques of theatrical clowning. Learn how to connect with the audience, find humor in the silence, and open up a whole new door of artistic performance. A culminating in-class showcase is part of this experience.

Firehouse Arts Center | Instructor: Andrew Mondello

4 classes | \$115R/\$127N

64148 M 2/27-3/20 4:00-6:00pm



## 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

63747 M 2/6-3/20\* 4:00-5:30pm

63748 M 3/27-5/8\* 4:00-5:30pm

\*No class on 2/20, 4/3



Follow us on Instagram:  
Pleasantonfun

# Teens

## SPECIAL INTEREST

Ages 10-16

### Kurukula—Girls Empowerment

Kurukula is an award-winning empowerment program that develops inner-strength and confidence in young women. In a dynamically fun class, girls develop assertiveness, tools to handle mean girls, and practical self-defense fighting skills. All participants get a Kurukula T-shirt and safety game. A \$45 supply fee due at time of registration. Learn more at: [www.kurukula.org](http://www.kurukula.org).

Cultural Arts Building | Instructor: Kurukula Staff

4 classes | \$99R/\$109N

63726 F 3/3-3/24 6:00-8:00pm

“My daughter attended your Kurukula class last night and came home so excited! She told me all about the class and how much she learned from you. On the car ride home she gave me all sorts of examples of how to handle situations when girls are being mean. She discussed body language, how to verbalize firmly, and what to say. It was amazing!”

Ages 13-17

### Beginning Guitar for Teens

Play cool songs using chords, tabs and notes! Guitar is great way to express yourself and develop skills creatively! Provide your own guitar. A \$10 supply fee due at the time of registration. For more information, contact: [kaknox7@aol.com](mailto:kaknox7@aol.com).

Nature House | Instructor: Debra Knox

4 classes | \$149R/\$164N

63897 Tu 2/7-2/28 7:00-7:45pm

63898 Tu 3/14-4/11 7:00-7:45pm

63899 Tu 5/9-5/30 7:00-7:45pm

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

64355 Su 5/7 9:00am-2:30pm

Ages 13-17

### Break-Dance Hip Hop Teens

Hip Hop refers to street dance styles primarily performed to hip-hop music or that have evolved as part of Hip-Hop culture. In this class you will dance to current Hip-Hop music and will learn current styles and steps in an upbeat environment. Dancer will also learn the 7 elements of break dance—Top Rock, Feet Work, Freezes, Spins, Drops, Treading and Swipes. For more information contact [kdsongdance@sbcglobal.net](mailto:kdsongdance@sbcglobal.net)

Cultural Arts Building | Instructor: Kenyatta Ali

11 classes | \$248R/\$273N

63719 Su 2/5-5/28 5:30-6:30pm

\*No class 2/12, 2/26, 4/2, 4/9, 4/16, 4/23

Ages 11-16

### PERSONAL FINANCE

Visit [www.guruseducation.com](http://www.guruseducation.com) or contact: [info@guruseducation.com](mailto:info@guruseducation.com) for more info.

#### Personal Finance

This course analyzes the costs and benefits of various types of credit, identifies indicators of excessive debt and the difference between credit and debit cards. It also teaches students about interest compounding, the importance of being creditworthy, how to avoid ID theft, credit scores, and various loans and mortgages.

Amador Recreation Center | Instructor: Gurus Education Staff

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

63788 W 2/22-5/3\* 5:30-6:30pm

\*No class 3/8, 3/29, 4/5

#### Personal Finance Camp



This is the foundation course in the series that teaches students the essentials of financial literacy. It gives an overview of the personal finance skills and money management concepts. This course is designed to spark an interest in students to understand more about each of these streams by taking the advanced courses. These courses may inspire them to pursue careers in finance and business!

Amador Recreation Center | Instructor: Gurus Education Staff

5 classes | \$199R/\$219N

63823 M-F 4/3-4/7 9:00am-12:00pm

Ages 11-13

### Narrative Essay

Students will learn to write the narrative essay focusing on developing their ability to write in the first person and follow a linear narrative structure. They will learn how to plan and outline their essays properly, as well as how to revise their essays. For more information, contact [info@lekhaink.com](mailto:info@lekhaink.com)

Nature House | Instructor: Lekha School Staff

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

64089 Th 2/2-3/23 5:30-6:30pm

Ages 10-14

### 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

### Debate Camp

Our debate camps help students understand all sides of a subject matter. Students become better listeners, get better with note-taking abilities, and more importantly, improve their overall general knowledge on a variety of current topics. They learn how to make strong arguments by providing reasoning and evidence. The participants debate on a variety of age-appropriate topics in various formats.

Amador Recreation Center | Instructor: Gurus Education Staff

5 classes | \$199R/\$219N

63824 M-F 4/3-4/7 1:00-4:00pm

### Debate and Public Speaking Level 3

This is a project-based class where students create presentations that require a moderate amount of research and critical thinking. Some examples of projects are: All About Me Box, Good News Story Report, Book Talk, Create a Commercial, and Venn Diagram. Additionally, the basic concepts of debate are introduced through activities such as “Would You Rather?” Students learn how to support their decision/arguments with reasoning.

Amador Recreation Center | Instructor: Gurus Education Staff

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

63790 W 2/22-5/3\* 4:30-5:30pm

\*No class, 3/8, 3/29, 4/5

# Teens

## EXERCISE & WELLNESS

Ages 11-15

### Tween/Teen Hip Hop

Dancers will learn hip hop technique in a variety of genres along with the correct terminology, as well as enjoy learning current choreography trends. They will improve their overall coordination/rhythm, and work on fine tuning skills such as the use of space/directions/levels/energy/flow. One to two routines will be prepared to share with family and friends throughout the session! For more information, call: (925) 344-1123 or email office@jilliandance.com.

Cultural Arts Building | Instructor: Jillian Green

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

64070 W 2/1-5/24\* 5:35-6:35pm

\*No class on 4/5



Ages 6-16

### Albany Karate for Kids

Students learn Tae Kwon Do, Japanese weapons, and self-defense in a positive and fun, non-aggressive class with black-belt instructor Sensei Dara. Students may participate in belt tests and tournaments, and family and friends are invited to watch! Karate uniform required. First time students may purchase uniform directly with instructor for \$65. For more information, contact: dara@albanykarateforkids.com

Cultural Arts Building | Instructor: Dara Connolly

15 classes | \$270R/\$297N

63733 F 2/3-5/26\* 4:20-5:20pm

\*No class 3/31, 4/7



Like us on Facebook:  
Pleasanton Community Services

## SPORTS

Ages 12-14

### Club VIP Girls 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.

Pleasanton Middle School Gym | Instructor: Ted Babu

5 classes | \$179R

64234 M 4/10-5/8\* 7:00-9:00pm

\*No class 4/24. Make-up class will be Tuesday, 4/25 @ Harvest Park Middle School gym from 7-9pm.

#### Tournament Dates/Locations:

4/29 **Pleasanton:** 5001 Case Avenue, Pleasanton

5/6 **Livermore:** 4444 East Ave., Livermore

5/13 **Danville:** 4100 Camino Tassajara, Danville



Check us out on Instagram @ptownlife  
www.ptownlife.org



SPRING  
BREAK  
CAMP

Ages 11-14

### Teen Spring Break Road Trips

Sign up for one or ALL of our NEW one day Spring Break Road Trips! Registration fee includes admission and transportation the day of the trip. Participants should bring additional money for lunch. For further information, please call: 925-931-3473.

#### Trips:

**April 4 | \$85R/\$94N | Course Code 92151**  
**Alcatraz Tour**

8:30am-4:30pm

\*drop off and pick up at Gingerbread Preschool (4333 Black Avenue)

Transportation will be by Wheels and BART.

**April 5 | \$85R/\$94N | Course Code 92150**  
**Great America**

8:30am-4:30pm

\*drop off and pick up at Pleasanton ACE train station (4950 Pleasanton Ave.)

**April 6 | \$85R/\$94N | Course Code 92152**  
**Pleasanton Scavenger Hunt and Oakland A's Game**

8:30am-4:30pm

\*drop off and pick up at Gingerbread Preschool (4333 Black Avenue)

Transportation will be by Wheels and BART.



# Summer Leadership In Training Program

Participants will gain valuable work experience and on the job training by working closely with City of Pleasanton staff. Open to all students entering grades 9-12 in Fall 2017. The LIT program gives teens the opportunity to prepare for future employment through training in essential job skills, engaging in meaningful volunteer work and constructive outcome focused feedback. Volunteer assignments through the LIT program are within the Community Services and Library Departments. LITs volunteer commitments will depend on program assignment.

## Important Dates (Subject to change with PUSD Calendar)

Application	Assessment	Training	Program
<b>Deadline:</b>	Date:	Dates:	Dates:
<b>April 12, 2017</b>	April 19	June 7-8	June 12-July 28

## Cost: \$165R/\$182NR

For applications to the LIT program and for information on other volunteer opportunities, visit: [Ptownlife.org/work/volunteer-opportunities](http://Ptownlife.org/work/volunteer-opportunities). For questions, email [pytsupervisor@cityofpleasantonca.gov](mailto:pytsupervisor@cityofpleasantonca.gov) or call 925-931-3432.



# TEEN JOB & CAREER FAIR 2017

**Saturday, March 4, 2017 12 – 4 PM**  
**Alcosta Senior & Community Center**  
**9300 Alcosta Boulevard, San Ramon CA 94583**

**FREE ADMISSION!**  
**FREE FOOD FOR JOB SEEKERS!**

**Meet with Employers • Apply for Jobs**  
**Mock Interviews • Resumé Workshops**  
**How to Sell Yourself & More!**

**Bring a copy of your resumé and dress in professional attire**

**Info: (925) 973-3200 or [parks@sanramon.ca.gov](mailto:parks@sanramon.ca.gov)**

**Don't Miss Your Chance For a Summer Job!**



## PTOWNLIFE WEB TEAM 2017-2018 RECRUITMENT

**Working with City Staff, the Ptownlife Web Team** will take on the overall maintenance and continual improvement of the website. Students will get experience working on a website, writing and editing content, and helping with the overall management and marketing of [ptownlife.org](http://ptownlife.org). Students must be entering 8th-12th grades in the Fall 2017 to apply. Check <http://ptownlife.org/about-us> for available opportunities and application information.



**YOUR LINK TO ALL THINGS PLEASANTON >> FOLLOW US @PTOWNLIFE**

A totally improvised teen puppet musical!

CREATURES of IMPULSE presents

# PUPPETS OF IMPULSE

Yep—you read correctly! Puppets of Impulse returns to Pleasanton after its debut three seasons ago! See what happens when Creatures of Impulse tells the story of the American teenager through improvised song along with their angst-filled puppet counterparts. You REALLY don't want to miss this!

**Tuesday, May 16** 7:30pm \$2 Preview  
**Thursday, May 18** 7:30pm  
**Friday, May 19** 7:30pm  
**Saturday, May 20** 2:00pm & 7:30pm

### Tickets

General: \$10  
Students: \$5  
[www.firehousearts.org](http://www.firehousearts.org)  
to purchase tickets  
Director: Mark Duncanson  
and Jeff Zavattero



# PRESENTED BY CREATURES OF IMPULSE improv Face-Off

Wed, February 22 at 7:30pm  
Thu, February 23 at 7:30pm  
Fri, February 24 at 7:30pm  
February 25 at 2:00pm & 7:30pm  
at the Firehouse Arts Center

The Funniest  
Competition  
of the Year!

Creatures of Impulse takes a leap from the comedy turn-buckles in their ninth season of Improv Face-Off. Watch as local Bay Area improv teams "compete" against Creatures of Impulse in this pro wrestling themed run of shows. Five performances, five different bouts, five reasons to see all five shows with an interactive format that gives the audience a chance to win prizes!

Director: Mark Duncanson  
and Jeff Zavattero



## PTOWNLIFE.ORG TALENT SHOW

Friday, April 14th • 4:00pm to 6:00PM

Lyon's Wayside Park, 4401 First Street

MUSIC.  
COMEDY.  
DANCE.  
MORE.



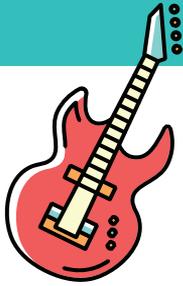
### Interested in Performing?

Acts must attend the rehearsal on March 29th!  
Acts must be less than 5 minutes and appropriate for all audiences.

For more info or to sign up:  
Email: [info@ptownlife.org](mailto:info@ptownlife.org) OR  
Call: 925.931.3432

**3 weekends of music for youth & families—  
by youth & families!**

★ I ♥ ★  
**MUSIC**



**Lucky Diaz and the Family Jam Band**

Sa 4/8 | 11:00am & 2:00pm

This Latin Grammy® winning indie pop band will kick off the 15th annual Youth Music Festival with award winning music that's fun for kids and grown-ups! Local musicians from the High School Music Collaborative will join the Jam Band for a few tunes.

**Play it Loud!**

Sa 4/15 | 7:30pm

The Firehouse Arts Center's High School Music Collaborative continues the youthful artistic expression of the Youth Music Festival by sharing some of their original songs and twists on some of your favorites! Director: Mark Duncanson, Andrew Mondello, Jeff Zavattero



**Acoustic Youth**

Sa 4/22 | 2:00pm

Members of the Firehouse's High School Music Collaborative will unplug and share their acoustic originals, collaborations, and covers. Inside Folk sibling sensations The Hunts are scheduled to perform a song or two with members of the Collaborative at this matinee show.

**The Hunts**

Sa 4/22 | 8:00pm

All violin wizzes, plus mandolin, piano, ukulele, banjo, and drums. Twin sisters plus their 5 brothers, folk-infused indie pop band from the southlands of Chesapeake, Virginia.



Firehouse Arts Center | 4444 Railroad Avenue  
For Tickets: [www.firehousearts.org](http://www.firehousearts.org)

**CREATURES OF IMPULSE  
AUDITIONS**



Don't miss auditions for California's premier award-winning teen improv troupe. This will be the most fun you will have in theatrical

auditions! Auditions will be held for 2017-18 cast consideration in Creatures of Impulse's Main Stage Cast. All teens auditioning must be entering into 9th-12th grade for the 2017-18 school year.

Performers must sign-up to audition by filling out the audition form at [www.firehousearts.org/coi](http://www.firehousearts.org/coi).

The audition form will be available starting Tuesday 5/23.

	Day	Date	Time
Auditions	Tu	8/1	4:00-6:30pm
	W	8/2	4:00-6:30pm
	Th	8/3	4:00-6:30pm
Call Backs	M	8/7	3:30-6:00pm



**G**et 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!

**CIVIC ARTS STAGE COMPANY  
2016-17 SEASON**

**Performances:**

Fridays & Saturdays  
March 17th–March 25th  
7:30pm

Saturdays & Sundays  
March 18th–March 26th  
2:00pm

**Firehouse Arts Center**  
4444 Railroad Avenue

**Tickets: \$7–\$18**  
[firehousearts.org](http://firehousearts.org)

## CONTACT US

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

**Michael Alana**, Assistant Naturalist  
malana@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 4 & Up

## Remarkable Reptiles

Slither your way up to the Adobe to find out what makes reptiles so remarkable! Learn some wild facts, make a craft and meet the resident reptiles of the adobe.

Alviso Adobe Park | Instructor: Environmental Ed. Staff

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

64248 Sa 2/4 11:00am-Noon



Ages 16 & Up

## Beeswax Beauty | *New!*

Our busy honeybees have been hard at work creating honey and wax. We'll give you the tools and teach you the tricks to create your own beeswax cosmetics.

Alviso Adobe Park | Instructor: Environmental Ed. Staff

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

64249 Sa 2/25 1:00-2:30pm



Ages 7 & Up

## Birding for Beginners

Join the naturalist at Augustin Bernal to learn the basics of birding! Become a bird-nerd as we learn about our feathered friends here in Pleasanton!

Augustin Bernal Park | Instructor: Environmental Ed. Staff

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

64250 Sa 3/11 9:00-11:00am

Ages 5–12

## Garden Party! *Family Fun*

Lavendar, poppies and flowers galore, help us plant the plants that insects will adore! Bees and butterflies will come out to visit, and take home a plant of your own. You won't want to miss it!

Alviso Adobe Park | Instructor: Environmental Ed. Staff

1 class | \$6R/\$9N

64251 Sa 3/25 11:00am-Noon

Ages 6 & up

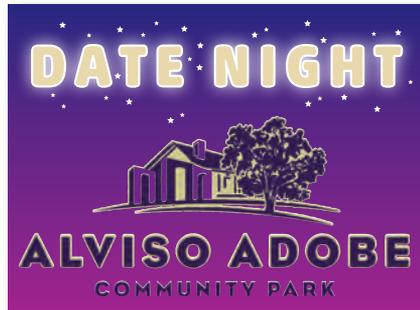
## Painting in the Park

Bring your artists to the Alviso Adobe Community Park! We will provide the supplies and inspiration, you provide the creativity. Participants will be able to watercolor outdoors, using the Alviso Adobe and surrounding landscape for artistic inspiration.

Alviso Adobe Park | Instructor: Environmental Ed. Staff

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

64267 Sa 5/20 11:00am-Noon



Ages 5–10

## Date Night

It's February and love is in the air! Bring your kids to the Alviso Adobe so you can spend some time together. We will entertain your children with dinner, stargazing, campfire stories, and crafts.

Alviso Adobe Park | Instructor: Environmental Ed. Staff

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

64259 F 2/10 5:30-9:00pm



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

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

Natural World • 27

# Special Events

Ages 4 & up

## Spring Celebration!

**Family Fun**

Come and celebrate spring at the Alviso Adobe Community Park. Participants will enjoy stations throughout the park including visits with rabbits, egg coloring, an egg toss, and an egg hunt.

Alviso Adobe Park | Instructor: Environmental Ed. Staff

<b>1 class   \$20R/\$23N</b>			
<b>64254</b>	Sa	4/15	11:00am-1:00pm



Ages 12-15

## Ridge Runners Leadership Workshops



This series of workshops is designed for youth ages 12-15 who are seeking a leadership role in Ridge Runners Nature Day Camp. Leadership Week for all Ridge Runners leaders will be held June 12-16th 2017. If you are not able to attend this week long leadership camp then you must attend 2 out of the 3 workshops to participate in the Ridge Runners Leadership Program. *Please contact the naturalist if you have any questions.*

<b>1 class   \$10R/\$13N</b>			
<b>64368</b>	2/15	Alviso Adobe	3:30-5:00pm
<b>64369</b>	3/15	Alviso Adobe	3:30-5:00pm
<b>64370</b>	4/19	Augustin Bernal	3:30-5:00pm



Ages 7 & Up

## Earth Day Clean Up **Family Fun**

Join Alviso Adobe staff at Bernal Community Park to help us remove trash and improve habitat in our local creek. Be sure to wear old sneakers as we make a splash to support wildlife. Be sure to bring a bucket and gloves if you have them, we will supply materials for those who don't.

Bernal Community Park | Instructor: Environmental Ed. Staff

<b>1 class   Free</b>			
<b>64255</b>	Sa	4/22	9:00am-Noon



Ages 2-6

## 10th Annual Lady Bug Release **Family Fun**

Visit Ladybugs and find out how they can help keep your garden healthy and safe. We'll release some at the Alviso Adobe Community Park and you'll take some home for your garden.

Alviso Adobe Park | Instructor: Environmental Ed. Staff

<b>1 class   \$9R/\$12N</b>			
<b>64256</b>	Sa	5/6	11:00am-Noon



# Alviso Adobe Community Park's Inaugural Arbor Day Festival

**Saturday, April 29**  
**11am-2pm**

- Visit with the experts
- Watch a tree planting demo
- Learn about the arborists in your area

Crafts for kids



## Spring Ridge Runners

NATURE DAY CAMP!



MONDAY, APRIL 3— FRIDAY, APRIL 7

8:30AM-3:00PM

5 CLASSES, \$188R/\$207N

AGES 6-10

COURSE CODE: 64269



It's time for a break so why not spend it outdoors? Join the Spring Ridge Runners and enjoy a week filled with exploration of our natural world. Locations are subject to change due to inclement weather. Dress with the weather in mind and pack a lunch and water!

# PGA LEARNING CENTER AT CALLIPPE PRESERVE GOLF COURSE

## Spring 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—Spring 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, 5355 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

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**

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

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

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

**64241** Tu 3/21-4/25 3:30-4:15pm

**64242** Tu 5/2-6/6 3:30-4:15pm

**RADD Table Tennis**

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

**64243** Tu 3/21-4/25 2:45-3:30pm

**64244** Tu 5/2-6/6 2:45-3:30pm



**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.

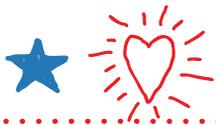
I consent to the City’s use of any photographs that are taken of me (my child) while participating in the City’s programs for use in the City’s promotions and publications in print and on the World Wide Web (Internet). No payment will be made for use of these photographs.

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)**



# R.A.D.D. Activities



## Ages 15 and up RADD—Activities and Trips Spring 2017

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 to the address provided.

Level	Code	Activity	Date/Time/Notes	Meeting Location	Fee
<input type="checkbox"/>	2 63966	Breakfast Club	Sa, 2/11, 8:30-10:30am. Includes entrée, beverage, tax and tip. Bring money for the Farmers Market.	Rising Loafer, 428 Main Street, Pleasanton	\$17
<input type="checkbox"/>	1 63962	Valentine’s Dance	F, 2/17, 7:00-9:30pm. Includes DJ, dancing and a light snack.	Pleasanton Senior Center, 5353 Sunol Blvd., Pleasanton	\$17
<input type="checkbox"/>	3 63968	Pizza and Bowling	Sa, 2/25, 6:00-9:00pm. Includes shoes, bowling, pizza and beverage.	Drop off and Pick up: Earl Anthony’s Dublin Bowl, 6750 Regional Street, Dublin	\$25
<input type="checkbox"/>	2 63972	Dinner and Movie	F, 3/3, 6:00-10:00pm. Includes entrée, beverage, tax, tip, and movie.	Drop off: On the Border; Pick up: West side of Regal Cinemas, Dublin	\$28
<input type="checkbox"/>	1 63977	Spring Musical, Beauty and the Beast	Sa, 3/11, 1:30-4:30pm . Includes ticket to high school musical production by Amador Valley and Foothill High School students.	Amador Theater, 1155 Santa Rita Road, Pleasanton	\$18
<input type="checkbox"/>	1 63963	St. Patrick’s Dance	F, 3/17, 7:00-9:30pm. Includes DJ, dancing and light snack.	Pleasanton Senior Center, 5353 Sunol Blvd., Pleasanton	\$17
<input type="checkbox"/>	2 63971	Golf Games and Fun!	Sa, 3/25, 10:30am-1:30pm. Includes lunch, games, golf lesson and course play.	The First Tee of the Tri-Valley, 4501 Pleasanton Ave. golf course in the Fairgrounds, Pleasanton	\$15
<input type="checkbox"/>	2 63992	Breakfast Club	Sa, 4/1, 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"/>	1 63965	Dining Out	F, 4/7, 6:00–8:00pm. Includes entrée, beverage, tax and tip.	Eddie Papas American Hangout, 4889 Hopyard Road, Pleasanton	\$26
<input type="checkbox"/>	5 63969	Pleasanton Downtown Scavenger Hunt	Sa, 4/22, 9:30am-1:00pm. Discover Pleasanton, search for local landmarks, included is 1-mile walking tour, lunch, beverage, tax and tip.	Drop off: Pleasanton Library, 400 Old Bernal Ave. Pleasanton. Pick up: Gay 90’s Pizza, 288 Main St. Pleasanton	\$20
<input type="checkbox"/>	1 63975	Bingo and Dinner	F, 4/28, 6:00-8:00pm. Includes dinner, beverage, bingo and prizes.	Pleasanton Senior Center, 5353 Sunol Blvd., Pleasanton	\$16
<input type="checkbox"/>	3 63973	Pizza and Bowling	Sa, 5/6, 6:00-9:00pm. Includes shoes, bowling, pizza and beverage.	Drop off and Pick up: Earl Anthony’s Dublin Bowl, 6750 Regional Street, Dublin	\$25
<input type="checkbox"/>	2 63974	Pajama Party	F, 5/12, 6:30-9:30pm. Wear your PJ’s and bring your pillow for pizza, craft and old fashioned TV.	Pleasanton Senior Center, 5353 Sunol Blvd., Pleasanton	\$16
<input type="checkbox"/>	2 63993	Breakfast Club	Sa, 5/20, 8:30-10:30am. Includes entrée, beverage, tax and tip. Bring money for Farmers Market.	Rising Loafer, 428 Main Street, Pleasanton	\$17



# Aquatics



4455 Black Avenue, Pleasanton  
(925) 931-3420

## Spring 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: 2/20, 5/29**

**Office Closed: 2/25-2/26, 3/30-4/2, 4/16**



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: 2/20, 5/29

No Lap Swim: 2/25-2/26, 3/30-4/2, 4/16

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

## New | Punch Passes—(45)

Adult (18+) \$144(R)/\$155(N)  
Youth/Senior \$135(R)/\$145(N)  
Purchase punch passes at the Dolores Bengtson Aquatic Center or online at [www.pleasantonfun.com](http://www.pleasantonfun.com)

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 2/20, 3/31, 5/29

## 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



# Learn-to-Swim

The American Red Cross Learn-to-Swim program offers swimming lessons for youth ages 3<sup>1/2</sup> 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>1/2</sup>-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**

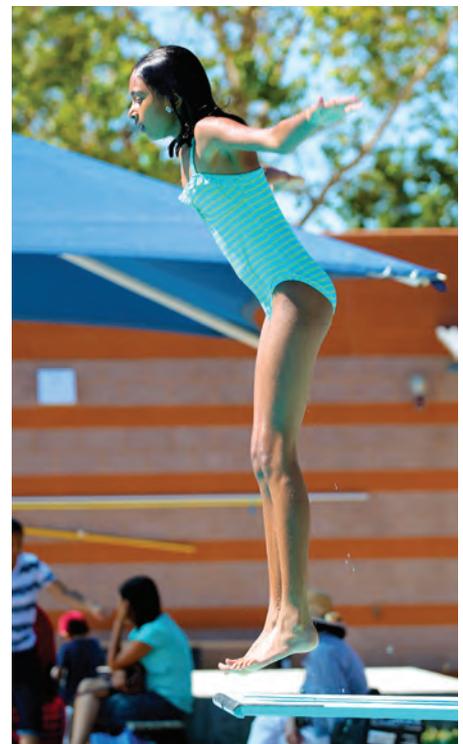
It is essential that each lesson is attended to receive the full benefit of the class. There are no make-up lessons or credits for missed classes. If the Community Services Department cancels a class or session, a credit will be issued to your account.



# Learn-to-Swim

Weekday Classes at Dolores Bengtson Aquatic Center		Session 1 4/10-4/26   M/W 6 classes   \$45R/\$50N	Session 2 4/11-4/27   Tu/Th 6 classes   \$45R/\$50N	Session 3 5/1-5/24   M/W 8 classes   \$60R/\$66N	Session 4 5/2-5/25   Tu/Th 8 classes   \$60R/\$66N
<b>Preschool</b> Ages 3 <sup>1</sup> / <sub>2</sub> -5	1:00-1:30pm	63997		64003	
	1:30-2:00pm	63998		64004	
	4:00-4:30pm	63999		64005	
	5:00-5:30pm	63285	64001		64007
	5:30-6:00pm	64000		64006	
	6:00-6:30pm		64002		64008
<b>Beginner Level 1-3</b> Ages 6-12	4:00-4:30pm		64017		64021
	5:00-5:30pm	64015		64019	
	5:30-6:00pm		64018		64022
	6:00-6:30pm	64016		64020	
<b>Str Imp Lvl 4</b> Ages 8 & Up	4:30-5:00pm	64030	64031	64032	64033
<b>Str Ref Lvl 5</b> Ages 8 & Up	4:30-5:00pm	64035	64036	64038	64039

Saturday Classes at Dolores Bengtson Aquatic Center		Session 1 4/8-4/15   Sa 2 classes   \$15R/\$18N	Session 2 5/6-5/27   Sa 4 classes   \$30R/\$33N
<b>Preschool</b> Ages 3 <sup>1</sup> / <sub>2</sub> -5	9:00-9:30am	64011	64009
	10:30-11:00am	64012	64010
<b>Beginner Level 1-3</b> Ages 6-12	9:30-10:00am	64025	64023
	11:00-11:30am	64026	64024
<b>Str Imp Lvl 4</b> Ages 8 & Up	10:00-10:30am	64029	64034
<b>Str Ref Lvl 5</b> Ages 8 & Up	10:00-10:30am	64037	64040



# 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

<b>8 classes   \$72R/\$79N</b>				
64171	M/W	1/30-3/1	5:00-5:45pm	
64173	Tu/Th	1/31-2/23*	5:00-5:45pm	
64177	Tu/Th	2/28-3/23	5:00-5:45pm	
64185	Tu/Th	5/2-5/25	5:00-5:45pm	
<b>7 classes   \$63R/\$69N</b>				
64175	M/W	3/6-3/29	5:00-5:45pm	
64183	W/M	5/3-5/24	5:00-5:45pm	
<b>6 classes   \$54R/\$59N</b>				
64179	M/W	4/10-5/1*	5:00-5:45pm	
64181	Tu/Th	4/11-4/27	5:00-5:45pm	

\*No class 2/13, 2/20, 4/17

Ages 11-18

<b>8 classes   \$72R/\$79N</b>				
64172	M/W	1/30-3/1*	5:45-6:30pm	
64184	Tu/Th	1/31-2/23	5:45-6:30pm	
64178	Tu/Th	2/28-3/23	5:45-6:30pm	
64174	M/W	3/6-3/29	5:45-6:30pm	
64186	Tu/Th	5/2-5/25	5:45-6:30pm	
<b>6 classes   \$63R/\$69N</b>				
64176	M/W	4/10-5/1*	5:45-6:30pm	
64182	Tu/Th	4/11-4/27	5:45-6:30pm	
<b>7 classes   \$54R/\$59N</b>				
64180	W/M	5/3-5/24	5:45-6:30pm	

\*No class 2/15, 4/17

Ages 3<sup>1/2</sup> and up

## Private/Semi-Private Swim Lessons

We are pleased to offer private and semi-private swim lessons! To make a private lesson a semi-private lesson simply have the first student pay full price and each additional student pay the discounted price. Semi-private lessons are limited to four students.

Dolores Bengtson Aquatic Center | Instructor: DBAC Staff

<b>4 classes   \$132R/\$145N   \$66R/\$73N for each additional student</b>				
64066	M/W	4/10-4/19	6:30-7:00pm	
64067	M/W	5/1-5/10	6:30-7:00pm	
64068	M/W	5/15-5/24	6:30-7:00pm	

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

<b>2 classes   \$16R/\$19N</b>				
64046	Sa	4/8-4/15	8:15-9:00am	
<b>6 classes   \$48R/\$53N</b>				
64042	M/W	4/10-4/26	10:30-11:15am	
64041	Tu/Th	4/11-4/27	6:30-7:15pm	
<b>8 classes   \$64R/\$70N</b>				
64044	M/W	5/1-5/24	10:30-11:15am	
64043	Tu/Th	5/2-5/25	6:30-7:15pm	
<b>4 classes   \$32R/\$35N</b>				
64045	Sa	5/6-5/27	8:15-9:00am	

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

<b>1 class   \$83R/\$91N</b>				
64047	Sa	3/11-3/11	8:00am-1:00pm	
64048	Sa	4/15-4/15	8:00am-1:00pm	

Ages 11 & Up

## Junior Guard Program

Get a start in the Aquatics profession by learning about lifeguarding. Gain valuable job skills while having fun with your friends at the pool. This course includes the following American Red Cross classes: Guard Start, which teaches basic lifesaving techniques, Water Safety Instructor Aide, which teaches swim instruction methods and class management. This program is a requirement for those wishing to volunteer at the aquatic center this summer.

Dolores Bengtson Aquatic Center | Instructor: DBAC Staff

<b>5 classes   \$86R/\$95N</b>				
63957	M-F	4/3-4/7	9:00am-4:00pm	

Ages 15 and up

## Lifeguarding

Train to become a lifeguard! You do not need to be on a swim team, nor be a competitive swimmer to take this class; you just need to have basic swimming skills! 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, visit [www.PleasantonAquatic-Center.com](http://www.PleasantonAquatic-Center.com)

Dolores Bengtson Aquatic Center | Instructor: DBAC Staff

<b>6 classes   \$195R/\$215N</b>				
64049	Sa	3/25	8:00-10:00am	
<b>and M-F 4/3-4/7 8:00am-1:00pm</b>				
<b>7 classes   \$195R/\$215N</b>				
64050	Th/Tu	2/16-3/16	6:00-10:00pm	

Ages 16 & Up

## Red Cross Water Safety Instructor

Upon successful completion of this course, students will be qualified to teach American Red Cross Learn to Swim courses (swim lessons) and issue corresponding certifications. This course combines online learning sessions with on-site teaching practice. Note: class times do not reflect required online learning sessions. *An additional \$35 non-refundable fee, payable to the American Red Cross will be due following the first class session.* Prerequisites: 16 years old, possession of Red Cross Level IV swimming skills, 1 minute back float, 1 minute of treading water.

Dolores Bengtson Aquatic Center | Instructor: DBAC Staff

<b>5 classes   \$180R/\$198N</b>				
64051	Sa-Su	4/1-5/7	8:00am-5:00pm	



# DBAC Swim Team



## DBAC Summer Recreational Swim Team

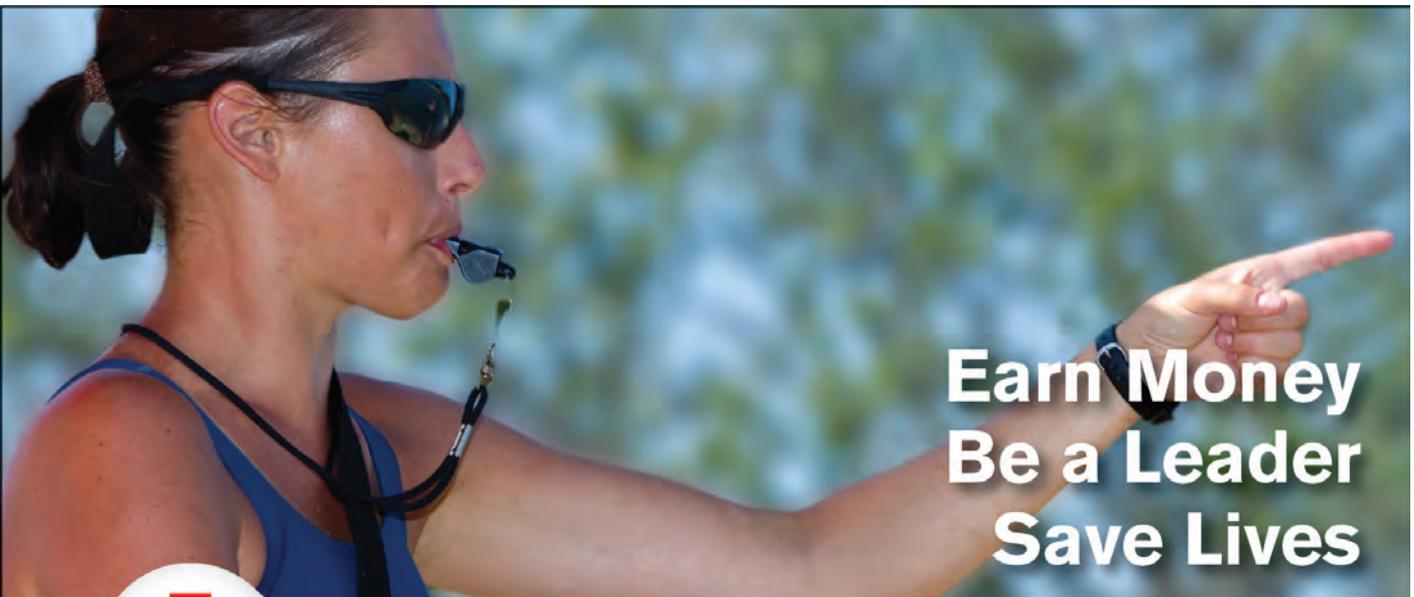
### DBAC Piranhas

DBAC swim team competes in the Tri-Valley Swim League. To qualify, each swimmer must be able to compete in at least 5 of 7 swim meets and the Championship Swim Meet. Each swimmer's family must volunteer at 5 of 7 swim meets and the Championship Swim Meet. Swim meets will generally take place on Saturdays between June 18th and July 23rd. The Championship Swim Meet will be on Saturday, July 30th. **Swim team practice begins on Tuesday, May 31st**

Swimmers new to DBAC will need to drop by for an evaluation. Evaluations will be held on 3/5th and 3/19th from 9am to 11am. Evaluations will be used by DBAC coaches to help assess each swimmer's stroke technique and endurance. Please note attending an evaluation does not guarantee a spot on the team. **Registration will be on a first come, first serve basis.** For additional information visit, [www.PleasantonAquaticCenter.com](http://www.PleasantonAquaticCenter.com)

**\$200R/\$220N**

Ages	6 & under	7-8	9-10	11-12	13-14	15-18
Boys	<b>64053</b>	<b>64054</b>	<b>64055</b>	<b>64056</b>	<b>64057</b>	<b>64058</b>
Girls	<b>64059</b>	<b>64060</b>	<b>64061</b>	<b>64062</b>	<b>64063</b>	<b>64064</b>



**Earn Money  
Be a Leader  
Save Lives**



**Become a Lifeguard**

**Sign Up Today**

**American  
Red Cross**

# The Arts • Special Interest

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			
63769	M	2/6-3/20	10:00am-1:00pm
63773	M	2/6-3/20	6:00-9:00pm
63771	W	2/8-3/15	10:00am-1:00pm
63775	W	2/8-3/15	6:00-9:00pm
63770	M	3/27-5/8	10:00am-1:00pm
63774	M	3/27-5/8	6:00-9:00pm
63772	W	4/12-5/17	10:00am-1:00pm
63776	W	4/12-5/17	6:00-9:00pm

\*No class 2/20, 4/3

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

5 classes   \$100R/\$110N			
63889	Th	2/9-3/9	10:00am-Noon
63890	Th	3/16-4/20*	10:00am-Noon
63891	Th	4/27-5/25	10:00am-Noon

\*No class 4/6

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 \$15 supply fee.* For more information, contact Debbie at [dwardrope@sbcglobal.net](mailto:dwardrope@sbcglobal.net)

Firehouse Arts Center | Instructor: Debbie Wardrope

4 classes   \$95R/\$105N			
63878	W	2/1-2/22	9:30am-12:30pm
63879	W	3/1-3/22	9:30am-12:30pm
63880	W	3/29-4/26*	9:30am-12:30pm

5 classes   \$119R/\$131N			
63881	W	5/3-5/31	9:30am-12:30pm

\*No class 4/5

Ages 13 and up

## Art Made Easy with Charlotte Severin

Experiment with water color, textures, collage, painting while on location or in the studio. Subject matter will include people, animals, and nature painting from life or abstract. Six, 3 hour sessions each quarter, three quarters per year: Fall, Winter, and Spring culmination with a student art exhibit at the Senior Center in May. Some watercolor experience needed. Supply list for first time students is available in Community Services. For more information, contact Charlotte at 925-846-6382.

Firehouse Arts Center | Instructor: Charlotte Severin

6 classes   \$86R/\$95N			
63731	Th	3/9-4/13	1:00-4:00pm

Ages 15 and up

## Pottery Studio Open Hours With Erin Davis

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. A \$25 supply fee is due at the time of purchase which will cover the cost of one bag of clay plus glaze. Additional bags of clay may be purchased. Punch passes do not expire. Open studio hours are ongoing: Mondays 10AM-1PM, Tuesdays 6PM-9PM, Wednesdays 10AM-1PM. 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 & Up

## Hip Hop for Adults

Hip Hop dance refers to street dance styles primarily performed to hip-hop music or that have evolved as part of Hip-Hop culture. In this class, you will dance to current hip-hop music and learn current styles and steps in an upbeat environment. For more information contact [kdsongdance@sbcglobal.net](mailto:kdsongdance@sbcglobal.net)

Cultural Arts Building | Instructor: Kenyatta Ali

11 classes   \$248R/\$273N			
63721	Su	2/5-5/28*	6:30-7:30pm

\*No class 2/12, 2/26, 4/2, 4/9, 4/16, 4/23

Ages 13 & Up

## Spring Flowers | *New!*

Students will learn the art of making paper flowers with high-quality Italian crepe paper. Each week we will be making colorful spring flowers to brighten up your home. \$25 supply fee due at registration. For more information, contact Rocio at [craftmakersstudio@gmail.com](mailto:craftmakersstudio@gmail.com) or visit [www.craftmakersstudio.com](http://www.craftmakersstudio.com) Off-Site Location | Instructor: Rocio Ordenez

4 classes   \$100R/\$110N			
64154	Tu	2/7-2/28	5:00-7:00pm



Ages 16 and up

## French Class for Beginners

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

17 classes   \$640R/\$704N			
64101	F	2/3-6/2*	10:00am-Noon

\*No class 4/7

Ages 18 & Up

## Mindfulness for Executives, Managers, and Entrepreneurs

With this set of weekly practices of Mindfulness in the Workplace, almost all aspects of managing will improve—Efficiency, Clarity, Decisions, Communication, and Conflict Management. Instructor, Kathryn Tournat, M.S.I./O., ER/T 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

13 Classes   \$345R/\$380N			
64377	Sa	2/4-5/20*	7:00-8:00 am

No class 2/25, 4/1, 4/8

# Exercise & Wellness



## EXERCITEMENT ॐ FITNESS

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

**Ages 15 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>63755</b>	Tu	4/25-5/30	6:15-7:15pm
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**Ages 15 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>63761</b>	Th	2/2-2/23	6:15-7:15pm
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<b>63763</b>	Th	4/6-4/27*	6:15-7:15pm
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<b>63764</b>	Th	5/4-5/25	6:15-7:15pm
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#### 5 classes | \$32R/\$35N

<b>63762</b>	Th	3/2-3/30	6:15-7:15pm
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\*Class on 4/20 will be at Thomas Hart Middle School Gym.

**Ages 15 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>63751</b>	M	2/6-2/27*	6:30-7:30pm
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#### 4 classes | \$26R/\$29N

<b>63752</b>	M	3/6-3/27	6:30-7:30pm
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<b>63753</b>	M	4/3-4/24	6:30-7:30pm
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<b>63754</b>	M	5/1-5/22	6:30-7:30pm
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\*No class 2/20

**Ages 15 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>63765</b>	Sa	2/4-2/25*	8:00-9:00am
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<b>63767</b>	Sa	4/8-4/29*	8:00-9:00am
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<b>63768</b>	Sa	5/6-5/20	8:00-9:00am
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#### 4 classes | \$38R/\$42N

<b>63766</b>	Sa	3/4-3/25	8:00-9:00am
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Pleasanton Senior Center | Instructor: Terri Gonzalez

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

<b>63756</b>	Tu	2/28-4/4	6:15-7:15pm
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\*No class 2/18, 4/22. 2/25 class at Pleasanton Senior Center.

**Ages 14 and up**

### Cardio Sculpt

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

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

<b>63757</b>	W	2/1-2/22	6:30-7:30pm
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<b>63759</b>	W	4/5-4/26*	6:30-7:30pm
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#### 5 classes | \$32R/\$35N

<b>63758</b>	W	3/1-3/29	6:30-7:30pm
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<b>63760</b>	W	5/3-5/31	6:30-7:30pm
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\*Class on 4/19 will be at Thomas Hart Middle School Gym.

**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!

A \$35 optional coin belt is available for purchase with your registration, but is not a requirement for the class. LetsBellyDance@hotmail.com

Cultural Arts Building | Instructor: Sara Shrapnell

#### 8 classes | \$100R/\$110N

<b>63749</b>	Tu	2/7-3/28	7:30-8:30pm
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<b>63750</b>	Tu	4/11-5/30	7:30-8:30pm
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**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 fuses Bollywood with Indian and World dances to keep it upbeat and high energy. For more information, contact: vmusic.lesson@gmail.com

Cultural Arts Building | Instructor: Vaishnavi Misra

#### 7 classes | \$70R/\$77N

<b>63903</b>	Su	2/5-3/26*	11:00am-Noon
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#### 5 classes | \$50R/\$55N

<b>63904</b>	Su	4/30-5/28	11:00am-Noon
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\*No class 2/26

**Ages 18 and up**

### MELT® Method Full Body

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. 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

Springs Pilates Pleasanton | Instructor: Springs Pilates Pleasanton Staff

#### 4 classes | \$100R/\$110N

<b>64150</b>	W	2/1-2/22	1:00-2:00pm
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<b>64152</b>	W	4/5-4/26	1:00-2:00pm
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<b>63958</b>	Th	2/2-2/23	6:00-7:00pm
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<b>63960</b>	Th	4/6-4/27	6:00-7:00pm
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#### 5 classes | \$125R/\$138N

<b>64153</b>	W	5/3-5/31	1:00-2:00pm
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Follow us on Instagram:  
Pleasantonfun

# 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! Mondays and Wednesdays blast inches with Boot Camp Fit. Sculpt and tone with Boot Camp Strong on Tuesdays and Thursdays!

Shape Up! Studio | Instructor: Chris Maloney

#### AM Boot Camp

Per month   \$109R/\$120N			
64110	M-Th	2/2-2/28	9:00-10:30am**
64111	M-Th	3/2-3/31	9:00-10:30am**
64114	M-Th	4/3-4/28	9:00-10:30am**
64115	M-Th	5/1-5/31*	9:00-10:30am**

\*No class 5/29. \*\*AM Boot Camp classes are held M 9:00-10:00am, W 9:30-10:30am and T/Th 9:30-10:15am

#### PM Boot Camp

Mondays and Wednesdays blast inches with Boot Camp Fit. Fry fat for lean muscle with Boot Camp Strong on Tuesdays and Thursdays!

Per month   \$99R/\$109N			
64112	M-Th	2/1-2/28	5:30-7:00pm**
64113	M-Th	3/1-3/30	5:30-7:00pm**
64116	M-Th	4/3-4/27	5:30-7:00pm**
64117	M-Th	5/1-5/31*	5:30-7:00pm**

\*No class 5/29. \*\*PM Boot Camp classes are held M/W 5:30-6:15pm and T/Th 6:15-7:00pm

**Ages 13 and up**

### Find Your Fit 6-Week Challenge

This is being offered at an introductory price for new clients only! It includes consultations, nutrition guidance, and unlimited fitness classes that work to burn calories, fry fat, and lose inches! Register and then email us to get started when you are ready! Class schedule can be found at [www.shapeupbootcamps.com](http://www.shapeupbootcamps.com). Shape Up! Studio | Instructor: Chris Maloney

1 class   \$129R/\$142N	
64132	See class schedule online

**Ages 13 and up**

### Shape Up! Boot Camp in 45!

Incinerate fat with Boot Camp! Perfect for getting that strength training in! Boot Camp focuses on resistance training with all kinds of equipment.

Shape Up! Studio | Instructor: Chris Maloney

#### AM Boot Camp

8 classes   \$48R/\$53N			
64118	M/W	2/1-2/27	8:15-9:30am**
64120	M/W	4/3-4/26	8:15-9:30am**
9 classes   \$54R/\$59N			
64119	M/W	3/1-3/29	8:15-9:30am**
64121	M/W	5/1-5/31*	8:15-9:30am**

\*No class 5/29. \*\*Monday AM classes are from 8:15-9:00am. Wednesday AM classes are from 8:45-9:30am.

#### PM Boot Camp

8 classes   \$48R/\$53N			
64123	M/W	2/1-2/27	5:30-6:15pm
64124	Th/Tu	2/2-2/28	6:15-7:00pm
64127	M/W	4/3-4/26	5:30-6:15pm
64128	Tu/Th	4/4-4/27	6:15-7:00pm
9 classes   \$54R/\$59N			
64125	M/W	3/1-3/29	5:30-6:15pm
64126	Th/Tu	3/2-3/30	6:15-7:00pm
64129	M/W	5/1-5/31*	5:30-6:15pm
64130	Tu/Th	5/2-5/30	6:15-7:00pm

\*No class 5/29.

**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

8 classes   \$48R/\$53N			
64106	M/W	2/1-2/27	6:15-7:15pm
64108	M/W	4/3-4/26*	6:15-7:15pm
9 classes   \$54R/\$59N			
64107	M/W	3/1-3/29	6:15-7:15pm
64109	M/W	5/1-5/31	6:15-7:15pm

\*No class 5/29.

**Ages 20 & up**

### Tai Chi for Health—Intermediate/Advanced

Enjoy learning the elegant movements of this gentle practice for overall health and stress management. Based on Sun, Yang, and Chen styles, and modified to be easy to learn and safe to practice, you can ease pain and increase mobility, endurance, agility, and strength. Qigong exercises are included. For more information, visit: [www.healingjourney-pleasanton.com](http://www.healingjourney-pleasanton.com)

Pleasanton Senior Center | Instructor: Kathy Lorenz

8 classes   \$68R/\$75N			
63847	Th	2/2-3/23	6:15-7:15pm
63848	Th	3/30-5/25*	6:15-7:15pm

\*No class 4/20

**Ages 20 & up**

### Tai Chi for Health—Beginners

Enjoy learning the elegant movements of this gentle practice for overall health and stress management. Based on Sun, Yang, and Chen styles, and modified to be easy to learn and safe to practice, you can ease pain and increase mobility, endurance, agility and strength. Qigong exercises are included. For more information, [www.healingjourneypleasanton.com](http://www.healingjourneypleasanton.com)

Pleasanton Senior Center | Instructor: Kathy Lorenz

8 classes   \$68R/\$75N			
63849	Tu	2/7-3/28	6:15-7:15pm
63850	Tu	4/11-5/30	6:15-7:15pm

**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. For information, contact [kikoki1115@hotmail.com](mailto:kikoki1115@hotmail.com)

Veterans Memorial Building | Instructor: Christina Kim

6 classes   \$60R/\$66N			
63953	Th	2/16-3/23	6:30-7:30pm
5 classes   \$50R/\$55N			
63951	Tu	2/21-3/21	6:30-7:30pm
7 classes   \$70R/\$77N			
64360	Tu	4/11-5/30*	6:30-7:30
64361	Th	4/13-5/25	6:30-7:30

\*No class 5/16



# Exercise & Wellness

# Cooking

Ages 16 & up

## Adult Hip Hop with Jillian

Dance your stress away in this high-fun, low-pressure class! Participants will enjoy getting moving while learning foundational hip-hop technique mixed with current choreography stylings. We will work on 2-3 short combinations throughout each session. Wear sneakers! For more information, call (925) 344-1123, or contact office@jilliandance.com.

Cultural Arts Building | Instructor: Jillian Green

<b>9 classes   \$162R/\$178N</b>			
<b>64071</b>	W	2/1-3/29	6:45-7:45pm
<b>7 classes   \$126R/\$139N</b>			
<b>64072</b>	W	4/12-5/24	6:45-7:45pm

Ages 18 and up

## Yoga & Meditation

Would you like to be stronger, more flexible have better balance and coordination? 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, contact: admin@yoga lightcenter.com

Cultural Arts Building | Instructor: Lorey Wallace

Level I & II

<b>13 classes   \$195R/\$215N</b>			
<b>63730</b>	M	2/6-5/22*	7:30-8:45pm

\*No class 2/20, 3/13, 5/8

Level II & III

<b>13 classes   \$195R/\$215N</b>			
<b>63727</b>	M	2/6-5/22*	6:00-7:15pm

\*No class 2/20, 3/13, 5/8

Ages 18 and up

## Sunday Yoga & Meditation

Would you like to improve your flexibility and your athletic performance? Do you want to be calm, have a clear mind, and a competitive edge? Then join us Sunday mornings to build strength, balance, and coordination. For more information, contact admin@yogalightcenter.com

Amador Recreation Center | Instructor: Lorey Wallace

<b>6 classes   \$90R/\$99N</b>			
<b>63734</b>	Su	2/12-3/26*	9:30-10:45am

<b>5 classes   \$75R/\$83N</b>			
<b>63735</b>	Su	4/9-5/21*	9:30-10:45am

\*No class 2/26, 4/16, 4/23



Ages 18 and up

## Essential Pilates Mat and Reformer

Very small classes (6 students max.) 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

Springs Pilates Pleasanton | Instructor: Springs Pilates Pleasanton Staff

<b>4 classes   \$112R/\$123N</b>			
<b>63964</b>	F	2/3-2/24	12:00-1:00pm
<b>63981</b>	Sa	2/4-2/25	11:00am-Noon
<b>63985</b>	Su	2/5-2/26	11:00am-Noon
<b>63978</b>	F	3/3-3/24	12:00-1:00pm
<b>63982</b>	Sa	3/4-3/25	11:00am-Noon
<b>63986</b>	Su	3/5-3/26	11:00am-Noon
<b>63979</b>	F	4/7-4/28	12:00-1:00pm
<b>63983</b>	Sa	4/1-4/22	11:00am-Noon
<b>63987</b>	Su	4/2-4/23	11:00am-Noon
<b>63980</b>	F	5/5-5/26	12:00-1:00pm
<b>63984</b>	Sa	5/6-5/27	11:00am-Noon
<b>63988</b>	Su	5/7-5/28	11:00am-Noon

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? 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. Please bring a sticky mat and firm blanket to class. For more information, contact: nancy@mothersinmotionfitness.com

Cultural Arts Building | Instructor: Nancy Larson

<b>8 classes   \$120R/\$132N</b>			
<b>63994</b>	F	2/3-3/24	9:00-10:15am
<b>7 classes   \$105R/\$116N</b>			
<b>63995</b>	F	4/14-5/26	9:00-10:15am

Ages 18 & Up

## COOKING CLASSES WITH PANS ON FIRE

Pans on Fire is located at 3059 Hopyard Road, J-K, Pleasanton. For more information, contact Pans on Fire (925) 600-7267.

### Meals for One

Cooking just for yourself can be challenging. In this hands-on cooking class, you'll work a main ingredient into two different meals. The class will work on at least 3 main ingredients (6 dishes), then enjoy a full meal. \$10 supply fee due at registration.

Pans On Fire | Instructor: Pans on Fire Staff

<b>1 class   \$40R/\$44N</b>			
<b>63825</b>	Sa	2/25	11:00am-1:30pm

### One-Pan Dinners

What if you could make dinner in just one skillet, baking dish or sheet pan? Here's the class that will teach you how. Delicious food with far less clean-up. This hands-on class will include prep tips and techniques, several dishes making up a meal to enjoy, plus take-home recipes. \$10 supply fee due at time of registration. Please wear close-toed shoes.

Pans On Fire | Instructor: Pans on Fire Staff

<b>1 class   \$59R/\$65N</b>			
<b>63822</b>	W	3/1	6:00-8:30pm

### Deviled Eggs

Does hard-cooking an egg bedevil you? Learn how to make perfect eggs for deviling, then work on several variations. Class includes tips, techniques, generous tastings with take-home recipes. \$10 supply fee due at registration. Please wear close-toed shoes.



Pans On Fire | Instructor: Pans on Fire Staff

<b>1 class   \$20R/\$22N</b>			
<b>63816</b>	Sa	4/8	11:00am-12:30pm

### Pressure Cooking Basics

This demonstration class will introduce you to pressure cooking basics, including safety features of modern stovetop and electric pressure cookers. You'll enjoy tasting recipes all prepared in this time-saving appliance. \$5 supply fee due at time of registration.

Pans On Fire | Instructor: Pans on Fire Staff

<b>1 class   \$30R/\$33N</b>			
<b>63817</b>	Sa	4/29	11:00am-1:00pm

# Sports

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** 1/9/17  
**Deadline** 2/3/17

Harvest Park Middle School Gym

8 Games + playoffs   \$572R/\$629N   Wed				
64317	Novice	3/1-5/17*	6:00-10:00pm	
64318	Intermed.	3/1-5/17*	6:00-10:00pm	
8 Games + playoffs   \$572R/\$629N   Thu				
64319	Novice	3/2-5/18*	6:00-10:00pm	
64320	Intermed.	3/2-5/18*	6:00-10:00pm	

\*No games 3/30, 4/5, 4/6

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.

**Registration Begins** 1/9/17  
**Deadline** 2/3/17

Pleasanton Senior Center Bocce Courts

8 Games   \$110R/\$130N   Tue				
64323	Advanced	2/28-5/2	6:00-10:00pm	
64324	Beginner	2/28-5/2	6:00-10:00pm	
8 Games   \$110R/\$130N   Wed				
64325	Gold	3/1-5/3	6:00-10:00pm	
64458	Silver	3/1-5/3	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** 1/9/17  
**Deadline** 2/3/17

Pleasanton Middle School Gym

8 Games + playoffs   \$352R/\$387N   Mon				
64328	Novice	2/27-5/15	7:00-10:00pm	
64327	Intermed.	2/27-5/15	7:00-10:00pm	
64326	Advanced	2/27-5/15	7:00-10:00pm	

\*No games 4/3

## Open Gym Programs

Come play your favorite pick-up game, meet some new friends and have a ball! Our Open Gym Programs welcome all skill levels! Equipment provided. **NEW!**—Purchase single day admission passes on-line! **Payments are not accepted at the gyms.**

Sign up to receive email updates at: [www.teamsideline.com/pleasanton](http://www.teamsideline.com/pleasanton), click on the "Open Gym" tab.

*All open gym times are subject to change.*

**HP** Harvest Park Middle School, 4900 Valley Ave

**HMS** Hart Middle School, 4433 Willow Road

**PMS** Pleasanton Middle School, 5001 Case Ave

## Open Gym Basketball

18 Years and Up

Fees	Single	Punch Pass 15	Punch Pass 50—NEW!
Resident	\$3.25	\$45.00	\$150.00
Non-Res.	\$4.50	\$63.75	\$180.00

**Day** **Time** **Location**

Sa 6:00-8:00am HP\*

\*Pleasanton Residents Only

M 8:00-10:00pm HMS

W 8:00-10:00pm HMS

Program Holiday Hours 6-8am: 2/20 & 5/29

## Open Gym Adult Volleyball

18 Years and Up

Fees	Single	Punch Pass 15	Punch Pass 50—NEW!
Resident	\$4.75	\$67.50	\$220.00
Non-Res.	\$5.75	\$82.50	\$260.00

**Day** **Time** **Location**

Su 6:00-9:00pm PMS

## Open Gym Family Pickleball

6 Years and Up (children must be supervised by adult)

Fees	Single	Punch Pass 15	Punch Pass 50—NEW!
Resident	\$4.50	\$57.00	\$205.00
Non-Res.	\$5.25	\$67.00	\$237.00

**Day** **Time** **Location**

Su 8:00-11:00am PMS

Th\* 6:00-9:00pm PMS

\*Thursday program offered 3/2-5/30;

No Program 4/16

Special Holiday Open Gyms 8-11am: 2/20 & 5/29

# FIREHOUSE ARTS CENTER™

## Firehouse January Shows

Sunday, January 8 • 2PM

### HAPPY BIRTHDAY, ELVIS!

Starring Jim Anderson and the Rebels  
An 82nd birthday party fit for "The King!"



NEW SHOW ADDED!

Saturday, January 14 • 8PM

### THE SWEET REMAINS

Amazing musicians,  
smooth harmonies!



January 28–February 12

Pacific Coast Repertory Theatre

### ANYTHING GOES

Cole Porter's seafaring farce

NEW SHOW ADDED!

Saturday, February 4 • 8PM

AT THE AMADOR THEATER

PCAC Classical Benefit Concert:

### "FOUR HANDS AND A BATON"

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



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



Like us on Facebook:  
[Pleasanton Community Services](https://www.facebook.com/PleasantonCommunityServices)

# 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)

## 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)

### 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



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*

### Sage Cafe at the Pleasanton Senior Center

Dining options include soup, salad, and your choice of sandwich or hot entrée. For meals To-Go, diner must be pre-qualified through the County and make reservation one day in advance.

- Seniors (60+) or disabled adults regardless of income
  - \$3 donation
- Group dining available (up to 10 people) with 48 hours' notice. (option dependent on staffing for the day).

*\*No lunch served on 2/20 and 5/29*

## May is Older Americans Month

In May, the Pleasanton Senior Center will be celebrating Older Americans Month 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.



# 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)*	
	1:00-4:00pm	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*	
	8:45-10:15am	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)*	
	1:00-4:00pm	Drop-In Cards, Poker\$	
	1:00-4:30pm	Contract Bridge (reservation required)\$	
<b>Fridays</b>	6:00-8:30pm	Drop In Wood Carving\$	
	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	Paratransit Service
		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



### Eat Your Heart Out

Nancy Bennett, RD

Eat your heart out this Valentine's Day! Come learn what you CAN eat for a healthy heart. Nancy Bennett, a registered dietitian, will share which foods to choose and answers to your questions about eating and good heart health.

Tu 2/14 10:30-11:30am

### Senior Scams "Coffee with a Cop"

Pleasanton Police

Join us for "Coffee with a Cop" as Officer Limon addresses various scams targeted at seniors. Learn more about phone scams, mail fraud, Medicare fraud, ID theft, grandparent scams and more. There will be plenty of time for questions and answers. Free, and no reservations necessary.

Tu 3/14 10:30-11:30am

### Eat Green, Eat Clean

with New Leaf Market

Learn about all the benefits of "Green Living" and explore the healthy world of "green" foods. New Leaf staff also looks at green products that are good for your health and the environment.

Tu 4/11 10:30-11:30am



### 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

# Drop-In Programs

Pleasanton Senior Center | \$2.00R/\$2.50N

### PTUG (Personal Technology Users Group)

For all computer enthusiasts. Includes discussions, lectures, demonstrations, and question/answer period. Meets every 4th Thursday.

Th 4th Thursday 10:00am-12:00pm

### Photo Club

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 photos and make suggestions on how they 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 Dennig

F On-going 9:00-11:30am

### Words in Bloom

Instructor: Sharon McCracken

*"Everyone has a story, it's written deep inside, All of us want to hear it, join us on our ride."*

—David Seymon, Class Participant

Whether it be in the form of poetry, short stories or essays, join your writing friends as we develop your special writing skills.

1st & 3rd Th Ongoing 9:00am-12:00pm

### 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

# Free Fitness & Health

### 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 10:15am

### Nutrition/Lighten Up

Interactive talks focusing on current nutrition issues and trends, as well as tips for maintaining a healthy weight. Free. Sponsored by the Senior Support Program of the Tri-Valley.

W On-going 11:15-11:45am

### 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 a conversational 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

# 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

<b>3 classes   \$13.50R/\$16.50N</b>			
63946	M	2/6-2/27	8:45-9:45am
<b>4 classes   \$18R/\$21N</b>			
63947	M	3/6-3/27	8:45-9:45am
63948	M	4/3-4/24	8:45-9:45am
<b>3 classes   \$13R/\$16.50N</b>			
63949	M	5/1-5/15	8:45-9:45am

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. Designed to help those who want to be physically fit through easy movement, strength and core work, stretching, toning, balance and small motor flexibility. Pleasanton Senior Center | Instructor: Katherine Bene

<b>8 classes   \$36R/\$40N</b>			
63919	Tu/F	2/3-2/28	10:15-11:15am
63921	Tu/F	4/4-4/28	10:15-11:15am
<b>9 classes   \$40.50R/\$45N</b>			
63920	Tu/F	3/3-3/31	10:15-11:15am
63922	Tu/F	5/2-5/30	10:15-11:15am

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

<b>8 classes   \$36R/\$40N</b>			
63927	Tu/F	2/3-2/28	9:00-10:00am
63929	Tu/F	4/4-4/28	9:00-10:00am
<b>9 classes   \$40.50R/\$45N</b>			
63928	Tu/F	3/3-3/31	9:00-10:00am
63930	Tu/F	5/2-5/30	9:00-10:00am

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

<b>4 classes   \$18R/\$21N</b>			
63936	W	2/1-2/22	9:00-10:00am
63938	W	4/5-4/26	9:00-10:00am
<b>5 classes   \$22.50R/\$25.50N</b>			
63937	W	3/1-3/29	9:00-10:00am
63939	W	5/3-5/31	9:00-10:00am

Ages 18 and up

## Line Dance—Beginning

Come join this fun, beginner line dance class, where you can unwind, meet new friends, and exercise! You will learn all the basic steps for each line dance. Steps are taught slowly and easily and dances will be repeated until you are comfortable moving on. Good exercise, good music and good fun! No partner necessary.

Pleasanton Senior Center | Instructor: Sue Kraft

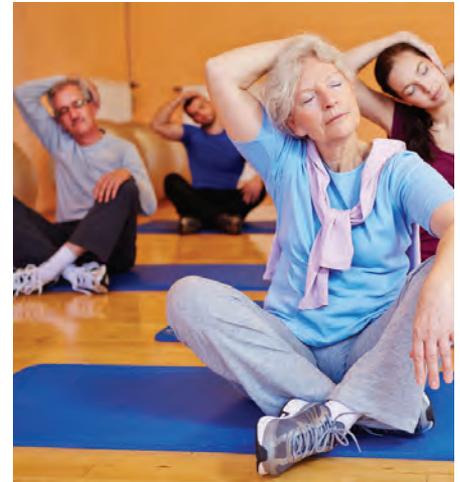
<b>4 classes   \$18R/\$21N</b>			
63908	F	2/3-2/24	1:30-2:45pm
63909	F	3/3-3/31	1:30-2:45pm
63910	F	4/7-4/28	1:30-2:45pm
63911	F	5/5-5/26	1:30-2:45pm

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

<b>4 classes   \$18R/\$21N</b>			
63912	F	2/3-2/24	3:00-4:15pm
63913	F	3/3-3/31	3:00-4:15pm
63914	F	4/7-4/28	3:00-4:15pm
63915	F	5/5-5/26	3:00-4:15pm



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

<b>4 classes   \$26R/\$29N</b>			
63941	Th	2/2-2/23	10:00-11:15am
63942	Th	3/2-3/30	10:00-11:15am
63943	Th	4/6-4/27	10:00-11:15am
63944	Th	5/4-5/25	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. Students can expect to encounter challenges during their exploration, both mental and physical, as their practice leads to improved coordination, flexibility, strength, balance and equanimity.

Pleasanton Senior Center | Instructor: Geoffrey Lee

<b>Beginners   15 classes   \$67.50R/\$74.25N</b>			
63882	Tu	5/2-8/22	11:45am-1:00pm
<b>Intermed/Adv   15 classes   \$67.50R/\$74.25N</b>			
63934	Tu	5/2-8/22	1:10-2:25pm

# Enrichment • Special Interest

## 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 days 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 your informational flyers. You may also call the 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: 2/6, 3/6 and 3/20, 4/3, 4/17, 5/1 and 5/15.

## Computer & Smart Phone Tutors at the Senior Center

Struggling with your PC, tablet or Smart Phone? Can't figure out the Internet, having trouble with your software or not sure how to effectively use your Smart Phone? 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**

## Transit Fair

Friday, March 17

10:00am-1:00pm—Main Lobby

Join us as we transform the Senior Center into a "Transit Center"

Representatives from Wheels, BART, Pleasanton Paratransit Service, Alameda Transportation Commission, ACE Train and DMV will be on hand to provide the latest transit information and options.

The Center's Sage Café will offer a special St. Patrick's Day corned-beef lunch—\$3.

To make reservations, please call 931-5365 by Monday, March 13, 2017.

Limit of 100 lunches

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. Cost: \$10 (for first year), \$7 for succeeding years. Lunch reservations must be made one day in advance—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**

**63954 W 5/17-5/24 9:00am-1:00pm**

**Renewal Class**

**1 class**

**\$15 AARP Member/\$20 Non-Member**

**63952 W 3/15 9:00am-1:00pm**

## 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**

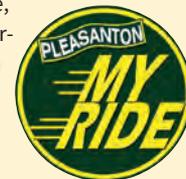
## Wood Carving

The Tri-Valley carvers are expanding their Drop-In Wood Carving sessions to include Thursday evenings from 6:00-8:30pm at the Senior Center wood shop. All experience levels are welcome. This is a great opportunity for beginners to give carving a try. The club will provide a knife, plus safety equipment, glove and leather thumb guard. Drop-in fees apply.

**Th Ongoing 6:00-8:30pm**

## My Ride Shuttle

The My Ride\* program offers unlimited rides on the fixed route shuttle, discounts on senior excursions, and free coffee (on Tuesday and Friday My Ride days)—for a low-cost annual pass of \$24 (discounts also available through the Pleasanton Paratransit Scholarship Program).



The shuttle runs on Tuesdays and Fridays and picks seniors up at a number of Senior Housing communities around town and drops them off at the Senior Center hub. At the Center, passengers board another shuttle to their favorite shopping destinations. For full details, pick up a shuttle schedule at the Senior Center. Available to persons 60+ years of age and ADA-qualified persons age 18 and above.

\*Partially funded by Measure B Funds, Alameda County Transportation Commission



## Pleasanton Paratransit Transportation Service

Available to persons 70+ years of age and ADA-Qualified persons age 18 and above. No weekend service. Transportation Hours: M-F, 8:00am-5:00pm Registration required: 931-5376 Reservations: 9:00am-3:00pm, 3-14 days in advance.



## 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**



# Information & Youth Tennis



**Lifetime Activities**  
Excellence in Community 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): January 9**

**Open Registration: January 18**

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

Monday-Friday 8:00am-10:00pm  
Saturday 8:00am-9:00pm  
Sunday 8:00am-8:00pm

## OPEN PLAY COURT FEES—per 45 minutes

Adult: \$7R/\$10N

Youth: \$6R/\$9N

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.

## TENNIS COURTS AT AMADOR VALLEY HIGH SCHOOL AVAILABLE FOR OPEN PLAY

1155 Santa Rita Rd

### Schoolyear Schedule

Saturdays 9:00 am-12:00 pm

Sundays 1:00 pm-4:00 pm



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Lifetime Tennis—  
Pleasanton

Ages 4-6 | 5:1 ratio

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## Little Tennis and Sports Development

Improve your coordination and motor skills while learning basic tennis strokes and games.

**6 classes each session | \$96R/\$106N**

Day	Time	Session 1	Session 2
Mon	3:30-4:15pm	3/20-4/24	5/1-6/5
Tue	10:15-11:00am	3/21-4/25	5/2-6/6
Tue	4:15-5:00pm	3/21-4/25	5/2-6/6
Wed	5:45-6:30pm	3/22-4/26	5/3-6/7
Thu	10:15-11:00am	3/23-4/27	5/4-6/8
Fri	3:30-4:15pm	3/24-4/28	5/5-6/9
Sat	9:30-10:15am	3/25-4/29	5/6-6/10
Sat	3:30-4:15pm	3/25-4/29	5/6-6/10
Sun	10:15-11:00am	3/26-4/30	5/7-6/11
Sun	3:30-4:15pm	3/26-4/30	5/7-6/11

**New!** Bundle your tennis class with a Sports and Activities option for a 1.5 hour experience at the Tennis Park—\$135R/\$149N

Ages 5-7 | 4:1 ratio

## Little Rallyers

For graduates of Little Tennis and Sports Development, you will be introduced to the concept of rallying.

**6 classes each session | \$96R/\$106N**

Day	Time	Session 1	Session 2
Fri	3:30-4:15pm	3/24-4/28	5/5-6/9
Sat	8:45-9:30am	3/25-4/29	5/6-6/10
Sun	9:30-10:15am	3/26-4/30	5/7-6/11

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

**6 classes each session | \$126R/\$139N**

Day	Time	Session 1	Session 2
Mon	4:15-5:45pm	3/20-4/24	5/1-6/5
Wed	6:30-8:00pm	3/22-4/26	5/3-6/7
Thu	3:30-5:00pm	3/23-4/27	5/4-6/8
Fri	4:15-5:45pm	3/24-4/28	5/5-6/9
Sat	10:15-11:45am	3/25-4/29	5/6-6/10
Sat	4:15-5:45pm	3/25-4/29	5/6-6/10
Sun	8:00-9:30am	3/26-4/30	5/7-6/11
Sun	11:00am-12:30pm	3/26-4/30	5/7-6/11

**New!** Bundle your tennis class with a Sports and Activities option for a 3 hour experience at the Tennis Park—\$216R/\$238N

Ages 11-15 | 8:1 ratio

**6 classes each session | \$126R/\$139N**

Day	Time	Fall	Winter
Tue	6:30-8:00pm	3/21-4/25	5/2-6/6
Thu	3:30-5:00pm	3/23-4/27	5/4-6/8
Sat	11:45am-1:15pm	3/25-4/29	5/6-6/10
Sun	12:30-2:00pm	3/26-4/30	5/7-6/11

Ages 7-10 | 4:1 ratio

**6 classes each session | \$216R/\$238N**

Day	Time	Session 1	Session 2
Wed	4:15-5:45pm	3/22-4/26	5/3-6/7
Sat	1:15-2:45pm	3/25-4/29	5/6-6/10
Sun	12:30-2:00pm	3/26-4/30	5/7-6/11

Ages 11-15 | 4:1 ratio

**6 classes each session | \$216R/\$238N**

Day	Time	Session 1	Session 2
Sat	1:15-2:45pm	3/25-4/29	5/6-6/10
Sun	2:00-3:30pm	3/26-4/30	5/7-6/11

Ages 4-10

## Youth Sports & Activities | *New!*

Use the entire Tennis Park as your playground for the day. Participate in both indoor and outdoor sports and games. A team leader will organize and plan the activities. You can bundle this with a tennis program to plan an active day at the park for a discount.

Ages 4-6

**6 classes each session | \$68R/\$75N**

Day	Time	Session 1	Session 2
Fri	4:15-5:00pm	3/24-4/28	5/5-6/9
Sat	10:15-11:00am	3/25-4/29	5/6-6/10

Bundle with a Little Tennis class on the same day—\$135R/\$149N

Ages 7-10

**6 classes each session | \$126R/\$139N**

Day	Time	Session 1	Session 2
Fri	5:45-7:15pm	3/24-4/28	5/5-6/9
Sat	11:45am-1:15pm	3/25-4/29	5/6-6/10

Bundle with a GBR tennis class on the same day—\$216R/\$238N

Ages 7-16 | 8:1 ratio

## Junior Development Program

You must first get a coach's recommendation to find the right level for you in this 4-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.

*(Junior Development Program continued on next page)*

Phone: (925) 931-3449

# Youth Tennis & Table Tennis

Intro to Bronze, continued

6 classes each session | \$189R/\$208N

Day	Time	Session 1	Session 2
Thu	6:30-8:00pm	3/23-4/27	5/4-6/8
Sat	2:45-4:15 pm	3/25-4/29	5/6-6/10

6 classes each session \$126R/\$139N

Day	Time	Session 1	Session 2
Fri	5:45-8:00pm	3/24-4/28	5/5-6/9
Sun	2:00-4:15pm	3/26-4/30	5/7-6/11

**Bronze**—your technique is starting to become more reliable and you're working on your overall baseline consistency.

6 classes each session | \$126R/\$139N

Day	Time	Session 1	Session 2
Sat	4:15-5:45pm	3/25-4/29	5/6-6/10

6 classes each session \$189R/\$208N

Day	Time	Session 1	Session 2
Wed	3:30-5:45pm	3/22-4/26	5/3-6/7
Fri	5:45-8:00pm	3/24-4/28	5/5-6/9
Sun	4:15-6:30pm	3/26-4/30	5/7-6/11

**Silver**—you've started to become more successful in matches, now it's time to practice hitting your shots more aggressively and accurately.

6 classes each session | \$189R/\$208N

Day	Time	Session 1	Session 2
Mon	5:45-8:00pm	3/20-4/24	5/1-6/5
Sat	5:45-8:00pm	3/25-4/29	5/6-6/10
Sun	4:15-6:30pm	3/26-4/30	5/7-6/11

**Gold**—become more comfortable using the different spins, placing your shots, and adding more variety to your game.

6 classes each session \$189R/\$208N

Day	Time	Session 1	Session 2
Wed	5:45-8:00pm	3/22-4/26	5/3-6/7
Sun	4:15-6:30pm	3/26-4/30	5/7-6/11

**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.

6 classes each session | \$72R/\$79N

Day	Time	Session 1	Session 2
Sun	6:30-8:00pm	3/26-4/30	5/7-6/11

## Middle School League

Experience team tennis before high school. Tryouts are free and held at the Tennis Park. The season runs from April 10 thru May 25.

\$129R/\$142N

**TRYOUTS**—(no fee for tryouts)—Please arrive 15min before start time

**DATES:**

PMS	6th, 7th, & 8th grade	3/14	3:30-5:00pm
THMS	6th, 7th, & 8th grade	3/14	3:30-5:00pm
HPMS	6th, 7th, & 8th grade	3/15	3:30-5:00pm
Other	6th, 7th, & 8th grade	3/15	3:30-5:00pm

PMS: Pleasanton Middle School; THMS: Thomas Hart Middle School; HPMS: Harvest Park Middle School

## Tournament Training Program

Fulfill your potential, practice 2-3 times per week, and train for regular competition. You must be approved to join this program. For more information, contact our Tennis Director, Cyril Macasero, at [cyrilm@lifetimeactivities.com](mailto:cyrilm@lifetimeactivities.com).

## Youth Badminton—Beginner to Intermediate

Specific footwork patterns will be motivated for all students. Beginners will develop basic serve, overhead and net-play techniques; intermediate-level players will develop shot selection and single/doubles match-play strategies. All classes integrate both training and rally elements. Rackets are available to borrow for class use. Appropriate athletic attire/footwear should be worn.

**Ages 7-15 | Ratio 8:1**

Pleasanton Middle School

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

Day	Time	Date
Sa	9:00-10:30am	4/15-6/10*

8 classes | \$168R/\$185N

Sa	1:00-2:30pm	4/23-6/11
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\*No class 4/22, 5/13, 5/20

## Youth Table Tennis—Beginner to Intermediate

Specific footwork patterns will be motivated for all students. Beginners will develop basic serve, forehand and backhand and techniques; intermediate-level players will develop topspin/backspin/sidespin approaches for offensive and defensive play. All classes integrate both training and rally elements. Paddles are available to borrow for class use. Appropriate athletic attire/footwear should be worn.

**Ages 7-15 | Ratio 8:1**

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

Day	Time	Date
Sa	10:30-12:00pm	4/15-6/10*

8 classes | \$168R/\$185N

Sa	2:30-4:00pm	4/23-6/11
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\*No class 4/22, 5/13, 5/20

## Youth Badminton & Table Tennis Combo

**Badminton**—specific footwork patterns will be motivated for all students. Beginners will develop basic serve, overhead and net-play techniques; intermediate-level players will develop shot selection and single/doubles match-play strategies.

**Table Tennis**—specific footwork patterns will be motivated for all students. Beginners will develop basic serve, forehand and backhand and techniques; intermediate-level players will develop topspin/backspin/sidespin approaches for offensive and defensive play.

All classes integrate both training and rally elements. Rackets/paddles are available to borrow for class use. Appropriate athletic attire/footwear should be worn.

**Ages 7-15 | Ratio 8:1**

6 classes | \$234R/\$257N

Day	Time	Date
Sa	9:00am-12:00pm	4/15-6/10*

8 classes | \$312R/\$343N

Sa	1:00-4:00pm	4/23-6/11
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\*No class 4/22, 5/13, 5/20

## Pickleball | *New!*

Reservations for Pickleball courts may be made by visiting our office or calling (925) 931-3449. Reservations may be made beginning at 12:30pm each day, 8 days in advance for Pleasanton residents and 7 days in advance for non-residents.

**Drop in Play**

Pleasanton Tennis Park

2 hour session | \$5

Day	Time	Date
Tu	1:15-3:15pm	3/21-6/8
Th	9:30-11:30am	3/21-6/8

## Pickleball Lessons

Easy to learn, tons of fun! lessons will be divided between strokework/footwork drills and match-play periods. Great team activity for all skill levels and backgrounds looking to develop hand-eye coordination while exercising.

**Adults 18+**

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

Day	Time	Date
Tue	9:30-11:00am	3/21-4/25
Tue	9:30-11:00am	5/2-6/6
Thu	1:30-3:00pm	3/23-4/27
Thu	1:30-3:00pm	5/4-6/8

# Camps & Adult Tennis

## SPRING BREAK CAMPS

Players must wear athletic, non-marking soled shoes. Players are encouraged to put sunscreen on, bring a bottle of water and a snack, and wear comfortable clothes including a visor or cap.

Mar 27-Mar 31

Apr 3-Apr 7

Apr 10-Apr 14

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

Mon-Fri | \$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 or 1:00-3:00pm

Mon-Fri | \$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 or 1:00-3:00pm

Mon-Fri | \$210R/\$231N

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. 1:00-3:00pm or 3:00-5:00pm

Mon-Fri | \$140R/\$154N

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

Mon-Fri | \$375R/\$413N

9:30am-12:30pm Tennis Camp

12:30-1:00pm Lunch

1:00-3:00pm Table Tennis

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

## ADULT TENNIS PROGRAMS

Ages 16 and up | 8:1 Ratio

### Beginning Tennis

Learn the basic strokes and develop your rallying skills.

6 classes each session | \$126R/\$139N

Day	Time	Session 1	Session 2
Mon	6:30-8:00pm	3/20-4/24	5/1-6/5
Wed	9:30-11:00am	3/22-4/26	5/3-6/7
Fri	8:45-10:15am	3/24-4/28	5/5-6/9
Sat	11:00am-12:30pm	3/25-4/29	5/6-6/10
Sun	9:30-11:00am	3/26-4/30	5/7-6/11
Sun	12:30-2:00pm	3/26-4/30	5/7-6/11

Ages 16 and up | 4:1 Ratio

6 classes each session | \$216R/\$238N

Day	Time	Session 1	Session 2
Sat	4:15-5:45	3/25-4/29	5/6-6/10

6 classes each session \$108R/\$119N

Day	Time	Session 1	Session 2
Sun	3:30-4:15pm	3/26-4/30	5/7-6/11

Ages 16 and up | 8:1 Ratio

### Advanced Beginning Tennis

Increase your rally consistency, improve your footwork, and strengthen your technique. At least 6 months of formal tennis instruction is recommended before signing up.

6 classes each session | \$126R/\$139N

Day	Time	Session 1	Session 2
Mon	8:45-10:15am	3/20-4/24	5/1-6/5
Thu	6:30-8:00pm	3/23-4/27	5/4-6/8
Sat	2:45-4:15 pm	3/25-4/29	5/6-6/10
Sun	8:00-9:30am	3/26-4/30	5/7-6/11

6 classes each session | \$63R/\$69N

Day	Time	Session 1	Session 2
Mon	12:30-1:15pm	3/20-4/24	5/1-6/5

Ages 16 and up | 4:1 Ratio

6 classes each session | \$108R/\$119N

Day	Time	Session 1	Session 2
Sun	3:30-4:15pm	3/26-4/30	5/7-6/11

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.

6 classes each session | \$126R/\$139N

Day	Time	Session 1	Session 2
Tue	8:45-10:15am	3/21-4/25	5/2-6/6
Wed	6:30-8:00pm	3/22-4/26	5/3-6/7
Fri	10:15-11:45am	3/24-4/28	5/5-6/9
Sat	9:30-11:00am	3/25-4/29	5/6-6/10
Sun	2:00-3:30pm	3/26-4/30	5/7-6/11

6 classes each session | \$63R/\$69N

Day	Time	Session 1	Session 2
Wed	12:30-1:15pm	3/22-4/26	5/3-6/7

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.

6 classes each session | \$126R/\$139N

Day	Time	Session 1	Session 2
Tue	6:30-8:00pm	3/21-4/25	5/2-6/6
Thu	8:45-10:15am	3/23-4/27	5/4-6/8
Sat	8:00-9:30am	3/25-4/29	5/6-6/10
Fri	11:45am-1:15 pm	3/24-4/28	5/5-6/9

6 classes each session | \$63R/\$69N

Day	Time	Session 1	Session 2
Tue	11:45am-12:30pm	3/21-4/25	5/2-6/6



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Lifetime Tennis—  
Pleasanton

# Adult Tennis Leagues

Ages 16 and up | 8:1 Ratio

## Cardio Tennis

Get your heart rate up and stay fit through drills and footwork exercises. Open to all playing levels.

6 classes each session | \$63R/\$69N

Day	Time	Session 1	Session 2
Mon	8:00-8:45am	3/20-4/24	5/1-6/5
Tue	12:30-1:15pm	3/21-4/25	5/2-6/6
Tue	8:00-8:45pm	3/21-4/25	5/2-6/6
Thu	12:30-1:15pm	3/23-4/27	5/4-6/8
Sat	8:45-9:30am	3/25-4/29	5/6-6/10

Ages 16 and up | 8:1 Ratio

## Doubles Strategy

For Intermediate and Advanced players looking to expand their understanding of the doubles game, drill your net skills, learn to move with your teammate, and match your shot selection with your court positioning.

6 classes each session \$126R/\$139N

Day	Time	Session 1	Session 2
Thu	6:30-8:00pm	3/23-4/27	5/4-6/8

Ages 16 and up

## Women's Academy

Increase your confidence and improve your match results in this program designed for recreational and USTA league players.

6 classes each session \$126R/\$139N

3.0	Mon	10:15-11:45am	3/20-4/24	5/1-6/5
3.5+	Wed	9:30-11:00am	3/22-4/26	5/3-6/7

Ages 16 and up

## Round Robin with a Pro

Play some doubles with one of our teaching pros. You will rotate partners every few rounds and get some tips along the way.

\$8R/\$11N per night

Fridays	8:00-9:30pm	3/24-6/9
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Ages 18+

## ADULT TENNIS LEAGUE

### Ladies Doubles—Rotating Partners

10 matches | \$80R/\$88N

2.5	M	3/27-5/29	9:00-11:00am
3.0	Th	3/30-6/1	9:00-11:00am
3.5	Tu	3/28-5/30	9:00-11:00am
3.5	F	3/31-6/2	9:00-11:00am
4.0	W	3/29-5/31	9:00-11:00am

### Men's Doubles—Rotating Partners

10 matches | \$80R/\$88N

3.0	Th	3/30-6/1	8:00-10:00pm
3.5	W	3/29-5/31	8:00-10:00pm
4.0	Th	3/30-6/1	8:00-10:00pm

### Mixed Doubles—Rotating Partners

10 matches | \$80R/\$88N

3.0 (Men)	Tu	3/28-5/30	8:00-10:00pm
3.0 (Women)	Tu	3/28-5/30	8:00-10:00pm
4.0 (Men)	Tu	3/28-5/30	8:00-10:00pm
4.0 (Women)	Tu	3/28-5/30	8:00-10:00pm

### Mixed Doubles—Permanent Partners\*\*

10 matches | \$160R/\$176N

3.5	M	3/27-5/29	8:00-10:00pm
4.0	M	3/27-5/29	8:00-10:00pm

\*\*Permanent Partner League players must sign up as a team

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.

### RADD Tennis

6 classes each session \$59R/\$65N

Day	Time	Session 1	Session 2
Tue	3:30-4:15pm	3/21-4/25	5/2-6/6

### RADD Table Tennis

6 classes each session \$59R/\$65N

Day	Time	Session 1	Session 2
Tue	2:45-3:30pm	3/21-4/25	5/2-6/6

To register, see RADD on page 31



# 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 Oak Woodland Area	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	●		●										●	●					●			●		●		●
Cubby's Dog Park	3200 West Lagoon Rd.	C	1.5					●								●													
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

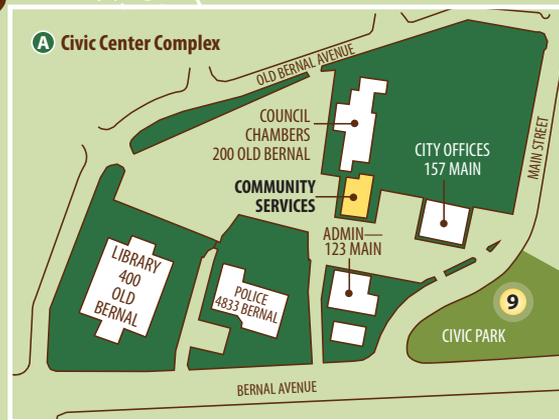
- A. Civic Center Complex:**  
**Community Services** 200 Old Bernal Avenue  
 City Hall 157 Main Street  
 Library 400 Old Bernal Avenue  
 Police Department 4833 Bernal Avenue
- B. Amador Recreation Center** 4455 Black Avenue  
**C. Amador Theater** 1155 Santa Rita Road  
**D. Century House** 2401 Santa Rita Road  
**E. Cultural Arts Center** 4477 Black Avenue  
**F. Dolores Bengtson Aquatic Center** 4455 Black Avenue  
**G. Gingerbread Preschool** 4433 Black Avenue  
**H. Nature House** 519 Kottlinger Drive  
**I. Pleasanton Senior Center** 5353 Sunol Boulevard  
**J. Firehouse Arts Center** 4444 Railroad Avenue  
**K. Softball Fieldhouse** 5800 Parkside Drive  
**L. Tennis Complex** 5801 Valley Avenue  
**M. Veterans Memorial Building** 301 Main Street  
**N. Callippe Preserve Golf Course** 8500 Clubhouse Drive  
**O. Pleasanton Pioneer Cemetery** 5780 Sunol Boulevard  
**P. Patelco Sports Complex** 7001 Pleasanton Avenue

## 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, January 9, 2017**

**First opportunity to register!**

Great news! We are going to have a new registration software starting January 2017. Plan ahead! Starting January 3, you can set up a new account for you and your family on [www.pleasantonfun.com](http://www.pleasantonfun.com) in preparation for online registration starting, January 9, 2017. Any questions? Need help? Please call 925-931-5340.

#### Mail-In (Residents only)

Beginning at 8:00am on  
**Monday, January 16, 2017**

*(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  
**Wednesday January 18, 2017**

*(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.

**For more information or to make a donation, 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
Randy Carbani	9/9/08	M	64099	Fun with Robotic Programming	\$175.00
<b>Yes, I'd like to donate to the Community Services Fee Assistance Program (See page 54 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  
Jonathan Orenberg • John Steenman  
Stephanie Wedge-Bonde • Judy Wheeler  
7:00pm 1st Monday

## Housing Commission

Matthew Gaidos • Jay Galvin  
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 • Harinder Grewal  
Michaela Hertle • Sean Lehman  
Gene Litvinoff • Joan Nibert • 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



## Local Sports Groups

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)

**Pleasanton Little League (PLL)**  
[pleasantonlitttleague.com](http://pleasantonlitttleague.com)

**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 (PLS)**  
[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)

## Local Arts Groups

**Amador Livermore Valley Historical Society and Museum on Main**  
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 Choral**  
[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:  
Presidents Day, February 20  
& Memorial Day, May 29

# Pioneer Cemetery

## Early Visionaries

Gary and Nancy Harrington  
Robert and Marilyn Weiss

## Major Donors

Ambrose D. Regalia VFW  
Post 6298  
American Legion Post 237  
Anonymous, Multiple  
Deanna Armario  
Frank Auf der Maur  
Catharine Baker  
Richard Baker  
Glenda Beratis  
Frank Berlogar  
Bienati Consulting Group Inc  
Dale & Laura Bowman  
Charles & Nancy Burton  
Can-Am Plumbing  
Frank & Muriel Capilla  
County Supervisor Scott  
Haggerty  
County Supervisor Nate Miley  
Thomas & Barbara Daggett

Matt & Cindy De Pretis  
Design Electric  
DeSilva Gates Construction  
Art Dunkley  
Ann Dunkley  
Terry & Alfred Exner  
John Ferreri  
Jackson, Bryson, Carson  
Fialho  
Fremont Bank Foundation  
Gene's Fine Foods  
Steve Glazier  
Graham-Hitch Mortuary  
James & Mary Pat Hawkins  
Heritage Bank of Commerce  
Donald & Frances Hewitt  
Donald & Marilyn Kahler  
Leisure Sports, INC  
Livermore-Pleasanton  
Firefighters Local 1974  
Anthony & Shirley Macchiano  
Matson Foundation  
Anthony & Pamela McCants

Alvendar Mehran  
Chris & Marty Miller  
Robert & Carol Molinaro  
Morgan Family Foundation  
INC  
Jerrold Pentin  
Pleasanton Lions Club  
Pleasanton Masonic  
Lodge #321  
Pleasanton Military Families  
Pleasanton Police Officers  
Association  
Kevin Powers  
P-Town Push Rods  
Lisa Ramos  
Randick, O'Dea and  
Tooliatos LLP  
Richert Lumber Company, INC  
John Rondoni  
Rotary Club of Pleasanton  
Foundation  
Rotary Club of Pleasanton  
North Foundation

SafeAmerica Credit Union  
Dave Samson  
Signature Homes  
Mark & Marsha Sweeney  
Wayne & Donna Thomas  
Valley Real Estate Network  
Jim & Argie Vlamis



*A Sincere Thanks to our Sponsors & Contributors*

# Bernal Community Park

The Rai Family  
Fremont Bank Foundation  
The City of Pleasanton  
Patelco Credit Union  
Stanford Children's Health  
Megan and Katelyn Guerra  
The Kramer Family  
Rage U15 ECNL 2015-16  
The Novi Family  
Yogini & Rohan Parkhi  
The Koopmans Family  
The Steven DeCoite Family  
Xalisco Foodservice  
The Bowers Family  
The Hilton Family  
Lucas-Sammy-Avery-Ben  
RDM & the Gomez Family  
The Parker Family  
PJFL  
The Couper Family  
The Heck Family  
In Memory of Pao-Ming Wang  
The Sparks Family  
The Ludvigson Family  
The Montler Family  
Thomas J. Schukle

Darby & Sloan Harrison  
The Klei Family  
The French Family  
Asif & Bushra Godil Family  
Kayla Ann Rodriguez  
The Carrothers Family  
The Wolfe Family  
Joe, Dan & Tyler Senner  
The Still Family  
The Camp Family  
The Jetter Family  
The Braga Family  
The Seams Family  
Geoff & Martha Brown Family  
Pleasanton North Rotary Club  
Coach Bob Watson  
Coach Darin Preszler  
Coach Ed Davies  
Coach Aaron Lee  
Coach Paschal Greene Sr.  
Coach Brian Leonard  
Coach Joselito Gonzaga  
Coach Judy Bricker  
Coach Brad Burroughs  
Coach Tony Chavarria  
In Memory of Brian D. Chinn



In Memory of Cindy Free  
Coach Rory Manley  
Coach Harry Miller  
Coach Larry Boldrini  
In Memory of Mike Fulford  
Doc & Coach Phillippe Blin  
The Parsons Family  
The Crain Family  
The Badger Family  
The Atkinson Family  
Sheridan & Jonah Wang  
Roy, Benita & Benjamin Wold  
The Bryan Mee Family  
Zac Nicholas  
Lexi Nicholas  
Brianna Nicholas  
The Chhabra Family  
The Krieger Family  
David Bell MD & Family  
Adam, Emma, & Ben  
Harbourne

The Jones Family  
The Morales Family  
Chelsea, Maisey & Xie Family  
The Shotwell Family 1931  
Edward V. McCabe  
The Bayani Family  
The Burstein Family  
Ryan & Jesse Wu  
Malea & Addison Cortez  
BUSC 2015 U13 Premier  
The Ricke Family  
Hanchao Zhou  
Kewen, Max, Li & Qinglin  
Wang  
The Kruzner Family  
Gavin, Zach, & Luke Watson  
Don Reeves & Peggy Han  
Jac & Dri Templeman  
Mike Patrick & Family  
Cindy, Bob, Scott & Sam Gee  
The Queen Family

Steve & Kim Kirkpatrick  
Capt. James W. Murray  
Kuttikkad-Kumar Family  
The Keegan Family  
The Nudelman Family  
The Gruen Family  
The Wetzig Family  
Cormac Herbert  
The Shannon Family  
The Vannori Family  
The Kiyoi Family  
Wes & Kathy Asmussen  
Judy Damoulos & Family  
Jon Asmussen & Family  
The Napolitano-Kapai Family  
The Sarno Family: R-J-R-R  
The Siegling Family  
Leadership Pleasanton 2016  
The Caponigro Family  
Lemoines: Jeff-Sean-Erik  
The Lund Family  
The Fustrong Five  
Joe & Liz Streng  
The Corsaro Family



## 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. Group dining available (up to 10 people) with 48 hours' notice. Staff reserves right to revert to standard seating if there is not enough volunteer help.

**Call 931-5365 for lunch reservations or to volunteer at the Sage Café**

\*No lunch served 2/20 and 5/29

Congregate meal program is a partnership between Open Heart Kitchen and the City of Pleasanton

### Volunteers Needed:

The Sage Cafe is looking for friendly, energetic individuals to assist with the daily lunch program, weekdays, 11:30am-1:30pm

**SPECIAL EVENT**

The City of Pleasanton

**COMMUNITY**

**EDUCATION**

**SERIES**

# How to Raise an Adult

Saturday  
02.04.17

Thomas Hart Middle School  
4333 Willow Road Pleasanton

8:30-9:00AM Check-In, Continental Break-Fast, Resource Fair

9:00-9:15AM Welcome & Introductions

9:15-10:30AM Keynote Speaker - Julie Lythcott-Halms

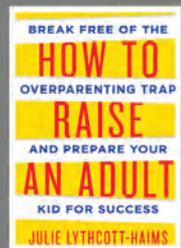
10:30-10:45AM Book Sales & Signing

10:45-12:00PM Break-out Sessions



FREE Registration  
Pleasantonfun.com  
Course 64356

Our exciting keynote speaker will discuss an issue that is affecting the future of our children. Julie Lythcott-Halms, former Dean of Freshman and Undergraduate Advising at Stanford University, and the author of *How To Raise An Adult*, will give insight on how over-parenting harms children, their overstressed parents and society at large. Julie will offer practical alternative parenting strategies to help our kids develop the resilience, resourcefulness and inner determination necessary for their success.



Purchase your book ahead of time at Towne Center Books (555 Main Street, Pleasanton) OR at the event and 15% of book sales will be donated to Pleasanton PTA Council. For more information about this event please call 925-931-5359

# PLEASANTON ROSE SHOW

*77th Annual*

**SATURDAY, MAY 13, 2017**

Pleasanton Senior Center  
5353 Sunol Boulevard

## **Exhibitors Registration**

8:00am–10:00am

## **Judging**

10:00am–12:30pm

## **Show Opens**

2:00–5:00pm

## **Awards Ceremony**

2:30pm

For more information, please call  
the Alain Pinel office and ask  
for Leslie or Marti at  
(925) 251-1111

Proudly co-sponsored by:





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# SPRING 2017 ADULT SOFTBALL LEAGUE

**Early Bird Registration (open to all): 1/9/17 - 2/5/17**

**Open Registration (fees increase \$50): 2/6/17 - 2/24/17**

League	Night	Reg. Code	*Res. Fee	Non-Res. Fee
Coed Recreation	Mon	64431	\$561	\$616
Men's D Upper	Mon	64432	\$704	\$759
Men's D Lower	Mon	64433	\$704	\$759
Women's	Mon	64434	\$704	\$759
Men's D Upper	Tues	64435	\$704	\$759
Men's D Lower	Tues	64436	\$704	\$759
Men's C	Tues	64437	\$704	\$759
Coed Business	Wed	64438	\$704	\$759
Men's Masters I	Wed	64439	\$704	\$759
Men's Masters II	Wed	64440	\$704	\$759
Men's Legends	Wed	64441	\$561	\$616
Coed Recreation	Wed	64442	\$561	\$616
Men's C	Thur	64443	\$704	\$759

League	Night	Reg. Code	*Res. Fee	Non-Res. Fee
Men's D	Thur	64444	\$704	\$759
Coed Recreation I	Thur	64445	\$561	\$616
Coed Recreation II	Thur	64446	\$561	\$616
Coed Business	Thur	64447	\$704	\$759
Coed Business	Fri	64448	\$704	\$759
Men's D Upper	Fri	64449	\$704	\$759
Men's D Lower	Fri	64450	\$704	\$759
Coed Recreation I	Fri	64451	\$561	\$616
Coed Recreation II	Fri	64552	\$561	\$616
Men's D Open	Sun	64453	\$704	\$759
Men's E	Sun	64454	\$704	\$759
Men's D Upper	Sun	64456	\$704	\$759
Men's D Lower	Sun	64457	\$704	\$759

*\*Resident teams must have 75% + Pleasanton residents.*

**Competitiveness of leagues:**

Men's leagues: C League: Advanced, D League: Intermediate, & E League: Novice  
 Coed leagues: Coed Business: Intermediate & Coed Recreation: Novice

Fees increase by \$50 after early bird registration.

For more information, please call (925) 931-3439 or email [nvelazquez@cityofpleasantonca.gov](mailto:nvelazquez@cityofpleasantonca.gov).