

RECREATION **GUIDE**

BMX LEGEND RETURNS

WITH YOUTH RACING INITIATIVE

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LAS FLORES COMMUNITY CENTER

DROP IN AND GET YOUR PLAY ON!

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New this fall



BMX Beginners Racing League
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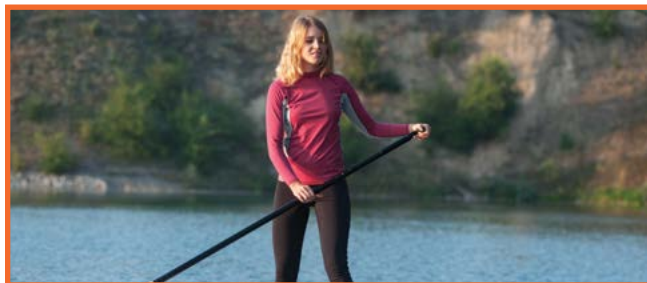
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Registration Opens

Tuesday, August 9th at 8 a.m.

See page 49 for details

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BMX Legend Returns

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Las Flores Community Center

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Staff Directory

Name	Title	Phone	Email
John Coates	Director of Parks and Recreation Services	707-257-9529	jcoates@cityofnapa.org
Dave Perazzo	Parks, Trees, and Facilities Manager	707-257-9234	dperazzo@cityofnapa.org
Katrina Gregory	Recreation Manager	707-257-9958	kgregory@cityofnapa.org
Bryan Taylor	Parks Supervisor	707-257-9216	btaylor@cityofnapa.org
Chris Fallon	Tree Supervisor	707-257-9204	cfallon@cityofnapa.org
Greg Coleman	Recreation Supervisor	707-257-9205	gcoleman@cityofnapa.org
Kelly Abernathy	Recreation Supervisor	707-257-9206	kabernathy@cityofnapa.org
Magdiel Frayre	Facility Supervisor	707-257-9393	mfrayre@cityofnapa.org
Pete Hangen	Recreation Supervisor	707-257-9957	phangen@cityofnapa.org
Dan Opperman	Recreation Coordinator	707-257-9210	dopperman@cityofnapa.org
Linda Button	Recreation Coordinator	707-257-9660	lbutton@cityofnapa.org
Michelle Lee	Recreation Coordinator	707-257-9517	mlee@cityofnapa.org

Office Addresses

Main Office

1850 Soscol Ave, Suite 201

Office Hours: Monday - Friday: 8 a.m. - 5 p.m.

Phone: 707-257-9529

Fax: 707-257-9532

*Both offices are closed on 9/5, 10/10, 11/11, 11/24, 11/25, 12/23, 12/24, and 12/26

Senior Center

1500 Jefferson St

Office Hours: Monday - Thursday: 8 a.m. - 9 p.m.

Friday: 8 a.m. - 7 p.m. – Saturday: 10 a.m. - 2 p.m.

Phone: 707-255-1800



SAY CHEESE!

While in our parks and programs, you and/or your children may be videotaped or photographed by a Parks and Recreation employee, volunteer, or authorized photographer. Program registration and facility rentals serve as permission for use of your image by these parties.

City Council and NPRS Commissions

NAPA CITY COUNCIL

Mayor: Jill Techel Vice-Mayor: Mary Luros

Members: Peter Mott, Scott Sedgley, Juliana Inman

City Manager: Mike Parness Assistant City Manager: Nancy Weiss

PARKS & RECREATION ADVISORY COMMISSION

Chair: Katie Greig Vice-Chair: Tiffany Kenny

Members: Bernie Narvaez, Kimberly Menager, Mark Lucas, Liz Alessio, Chris DeNatale, Eilidh Stults

TREE ADVISORY COMMISSION

Chair: John Wiggin Vice-Chair: Chris Sauer

Members: Seth Pare-Mayer, John Huttinger, David Graves

SENIOR ADVISORY COMMISSION

Chair: Darcey Jezycki Vice-Chair: John Torp

Members: Howie Broxton, Dale Parker, JoAnn Busenbark, Betty Rhodes, Carolyn Hamilton

Meeting schedules are subject to change. For meeting agendas, visit www.cityofnapa.org, and click on the "Meeting Agendas & Video" link at the top of the page. For more information on Commission vacancies or to apply, please contact the city clerk at 707-257-9503



Napa Parks and Recreation Services



@NapaParksandRec



NapaParksandRec



BMX Legend Returns

With Youth Racing Initiative

Hometown Hero Donny Robinson Wants to Get Kids 'Back on Bikes'

Do you remember what it was like to ride your bike 'til the streetlights came on? Napa's own Donny Robinson does and he's taken it upon himself to bring that experience back to the community.

Robinson is one of the most accomplished BMX riders alive today. He took the bronze medal in BMX's Olympic debut in the 2008 Beijing Games and was inducted into the National BMX Hall of Fame in 2012. He has appeared on Oprah and NBC's The Today Show among many others and was named as one of CNBC's "25 Most Marketable Olympians."

Now he's coming back to Napa to share his love of bicycling with his hometown.

What makes BMX racing so appealing is that no one sits on the bench. With no arbitrary decisions on who plays and who doesn't, BMX racing is the ultimate individual sport that kids can do as a group.

"You can't beat the atmosphere out at the BMX track," says Robinson. "Families helping families, all in the interest of good, healthy, competition."

With his new initiative, the Napa Beginner BMX Racing League, Robinson hopes to share his love of the sport with his neighbors. North





Donny Robinson's Career Highlights

- * 2012 National BMX Hall of Fame Inductee
- * 2008 Olympic Bronze Medalist - BMX Racing
- * Four-time World Champion
- * Two-time World Cup Champion
- * Two-time National Champion
- * 2007 Olympic Test Event Winner - Beijing, China
- * 2006 NORA Cup Award
- * 2006 Golden Crank Award

supporter, or whatever role they choose. They can even hop on a bike themselves, joining in a post-race lap (or two) with their child.

Away from the track, kids can ride to their hearts' content, with the bicycle being always accessible; it can be used around the neighborhood as a means to develop personal responsibility, or simply as an outdoor-centered escape from the rigors of modern day kid life.

Robinson will also be implementing elements of the educational program STEM (Science, Technology, Engineering, and Mathematics) into the league. He takes a sensible approach to modern-day norms, advocating for young people to set goals, be disciplined in their use of technology, and look to their bicycle as a way of realizing those goals.

"This sport has not only provided a way to express myself and feed my competitive nature, but it has also instilled values that helped compliment my upbringing," says Robinson.

"The rally cry for the tour is 'Let's Get Kids Back On Bikes,' and the goal is precisely that. By taking a unique approach to this topic, it's motivated thousands of families to get reacquainted with the bikes in their own garage and start riding on a regular basis."

Kids will have their opportunity to get back on their bikes in fashion beginning on August 24. The league will meet each Wednesday and Friday through September 24 with practices taking place on Wednesdays and races on Fridays.

The cost is \$100 apiece and all equipment is provided, though riders are encouraged to bring their own gear. The registration fee includes access to loaner bikes and safety gear, track membership, a jersey, number plate, stickers, and an end-of-season trophy.

To register for the league, visit naparec.com or call (707) 257-9529. To learn more about the track, or for information on how to volunteer, check out NorthBayBMX.org or email northbaybmx@gmail.com.

Bay BMX and the Napa Parks and Recreation Department are assisting in the effort.

"North Bay BMX provides a safe, wholesome environment where kids learn to express themselves and their individuality while experiencing a sense of belonging," says Robinson of the new league's home.

The City of Napa has been home to North Bay BMX for over 30 years. Located just off Streblov Dr. near the Napa River, North Bay's dirt track offers challenges to the novice and the expert alike. Run by track operator Ray Gomez and his team, its obstacles and banked turns are designed to push the limits of those who race it.

The league itself is open to riders 6 to 14 years old. Riders will be placed in age-appropriate divisions, and, thanks to North Bay BMX and the Napa Parks and Recreation Department, they don't even need their own bike. Kids will have access to a number of 20+ loaner bikes, though they are welcome to bring their own.

Kids aren't the only ones who can participate in the league, though. Parents are encouraged to take part, acting as a coach, mechanic,

Recreation Scholarship Program

Napa Parks & Recreation, the Foundation for Napa Recreation, and PG&E have partnered together to provide recreation scholarships to families in our community. We believe that all children should have the chance to participate in some form of recreation, regardless of their ability to pay. Funding for the Youth Recreation Grant Program is provided by PG&E and the Foundation for Napa

Recreation. City of Napa residents have the opportunity to apply for this grant three times a year with the release of our Recreation Guide; winter/spring, summer, and fall. An application can be obtained online at www.naparec.com or by coming into the office at 1850 Soscol Ave., Suite 201.

Foundation for Napa Recreation is a 501c3 organization

Arts

Beginning Portraiture

In this class you will learn how to draw the basic face. The instruction will guide you through step by step to complete a well-proportioned face. Please call 925-577-8700 with any questions.

Instructor: Anamarie Fox

Location: Pelusi Building

Age	Date	Day	Time	Fee	Code
12 and up	Aug 17	W	6:00 PM-8:00 PM	\$30	7082
12 and up	Aug 24	W	6:00 PM-8:00 PM	\$30	7135
12 and up	Aug 31	W	6:00 PM-8:00 PM	\$30	7136
12 and up	Oct 5	W	6:00 PM-8:00 PM	\$30	7141
12 and up	Oct 12	W	6:00 PM-8:00 PM	\$30	7142
12 and up	Oct 19	W	6:00 PM-8:00 PM	\$30	7143
12 and up	Oct 26	W	6:00 PM-8:00 PM	\$30	7144
12 and up	Nov 2	W	6:00 PM-8:00 PM	\$30	7145
12 and up	Nov 9	W	6:00 PM-8:00 PM	\$30	7146
12 and up	Nov 16	W	6:00 PM-8:00 PM	\$30	7147
12 and up	Nov 30	W	6:00 PM-8:00 PM	\$30	7148
12 and up	Dec 7	W	6:00 PM-8:00 PM	\$30	7149
12 and up	Dec 14	W	6:00 PM-8:00 PM	\$30	7150
12 and up	Dec 21	W	6:00 PM-8:00 PM	\$30	7151

Day of the Dead Celebration

NEW!

This is a fun gathering for children and adults. We will paint special pottery for this holiday and enjoy traditional treats, good company and music. Feel free to come with your face painted or in costume. All pottery will be ready for pick up the following week. This year will mark our third celebration!

Instructor: Amy Elliot

Location: Dive Into Color

Age	Date	Day	Time	Fee	Code
2.5 and up	Oct 21	F	6:00 PM-8:30 PM	\$20	7281

Martial Arts

Teen/Adult Kickboxing

Matias Martial Arts has designed this program for beginners and fighters alike. This class focuses on boxing (punching) and Muay Thai (kicking) basics. All skills will be practiced on pads and with light sparring. Safety is our priority and we want you to have a great experience. Participants get free gloves.

Instructor: Francisco Matias Martial Arts Staff

Location: Matias Martial Arts Studio

Age	Date	Day	Time	Fee	Code
14 and up	Sep 6-Sep 30	T,F	7:00 PM-8:00 PM	\$60	7099
14 and up	Oct 4-Oct 28	T,F	7:00 PM-8:00 PM	\$60	7100
14 and up	Nov 1-Nov 29	T,F	7:00 PM-8:00 PM	\$60	7101
14 and up	Dec 2-Dec 30	T,F	7:00 PM-8:00 PM	\$60	7102

Outdoors

Introduction to Fly Fishing

Richard Loft is the Owner/Operator of Napa Valley Fly Guides, based in the Napa Valley. In this class, students will learn the basics of fly-fishing; gear, flies, reading water, leader knots, setting up a fly rod, casting, and conservation aspects of the sport. After the class has concluded, students can be guided on the river by Richard on an optional field trip for a 40% discount of his normal guide rates. All gear is provided.

Instructor: Richard Loft

Location: Las Flores Classroom

Age	Date	Day	Time	Fee	Code
12 and up	Oct 4-Oct 25	T	7:00 PM-8:30 PM	\$125	7153



Drop-In Play at Las Flores Gym

Got a little time to kill? Want to get some gym time in today? Want to bring the little ones someplace they can burn off some of that energy? Come drop in and play at the Las Flores Gym. Available to the community various times and days. Go to teamsideline.com/Napa for a current schedule of play time.

Location: Las Flores Gym

Age	Date	Day	Time	Fee	Code
8 and up	Aug 10-Jan 31	M-F	8:00 AM-5:00 PM	\$0	7133

Fencing Club Pass

Join us for a morning of club-style training, footwork, and booting. All gear is provided. Coaching available in all three weapons (foil, sabre, and epee).

Instructor: Jana Wick

Location: Las Flores Gym

Age	Date	Day	Time	Fee	Code
8 and up	Sep 3-Oct 1	Sa	11:00 AM-2:00 PM	\$120	7169
8 and up	Oct 8-Nov 5	Sa	11:00 AM-2:00 PM	\$120	7170
8 and up	Nov 12-Dec 10	Sa	11:00 AM-2:00 PM	\$120	7171

Prenatal Vinyasa Yoga

Many women who regularly practice prenatal yoga have faster and less painful birth experiences. Integrate Prenatal Vinyasa Yoga into your life and experience these benefits and an increased level of comfort throughout your pregnancy! Prenatal Vinyasa is the linking of body movement and breath. This access offers a woman a deeper connection to herself and the ability to better hone her own energy. An integrated approach to movement, this style of yoga supports and sustains the continuous movement of energy that is constantly running through our bodies. Strengthening this connection helps a woman hone and cultivate the inner wisdom she has within her to help focus her energy using the combination of breathing and moving techniques to ease her birthing experience. It is recommended that you are safely in your second trimester of your pregnancy to attend the Prenatal Vinyasa workshop, especially if you were not in a regular yoga or exercise regimen prior to becoming pregnant.

Instructor: Jennifer Heminger

Location: Integrative Healing

Age	Date	Day	Time	Fee	Code
Any	Sep 5-Sep 30	M,F	10:00 AM-11:00 AM	\$150	7474
Any	Oct 3-Oct 21	M,F	10:00 AM-11:00 AM	\$112	7475
Any	Nov 4-Nov 28	M,F	10:00 AM-11:00 AM	\$112	7476
Any	Dec 2-Dec 19	M,F	10:00 AM-11:00 AM	\$112	7477

Supporting the community because we're part of the community

PG&E is proud to support City of Napa Parks and Recreation and the Foundation for Napa Recreation Scholarships.

We're committed to preserving and strengthening California's local communities and welcome the opportunity to help provide recreational and educational experiences for the young people of Napa County.



Together, Building a Better California

ADULT SPECIAL NEEDS VIP MEMBERSHIP

Join the VIP membership program. Fill out your application and bring it to the senior center. With your VIP membership, there's no need to carry cash anymore! Participants who pay with their VIP card will receive a \$1 discount on all events. If you choose, emergency contact and medical information can be added to your membership. For information call Dan Opperman at 707-257-9210.

	Age	Date	Fee
VIP Membership Card	15+	Winter/Spring 2016	\$16

Social

Holiday Crafts & Cookies Social

Enjoy some holiday refreshments and music while making holiday ornaments and decorations with friends. Participants will decorate holiday cookies to eat and take home. Have fun, meet new friends, and take home your art! Refreshments are provided. No pre-registration is required. Please pay at the event.

Instructor: Sirena Domecus

Location: Senior Center Dining Room

Age	Date	Day	Time	Fee	Code
15 and up	Nov 4	F	6:30 PM-8:30 PM	\$5	7429

Special Needs - Pizza & Bingo

Join us for a fun pizza and bingo night! Have fun with friends. Prizes for everyone! Pizza and refreshments provided. Please pay at the event.

Instructor: Sirena Domecus

Location: Senior Center Social Hall

Age	Date	Day	Time	Fee	Code
15 and up	Sep 2	F	6:30 PM-8:30 PM	\$5	7428

Dance

Special Needs Frozen Movie Sing-along

Come in your "Frozen" best and join your friends for some popcorn and a sing-along. Refreshments are provided. No pre-registration is required. Please pay at the event.

Instructor: Sirena Domecus

Location: Senior Center Social Hall

Age	Date	Day	Time	Fee	Code
15 and up	Dec 2	F	7:00 PM-9:00 PM	\$5	7427



If you or your child has special needs, please inform our staff of the type of accommodation that is needed and we will strive to meet your request. Other community resources include the following agencies:

Aldea.....	707-224-8266
North Bay Regional Center	707-256-1100
Community Resources for Independence	707-258-0270
ParentsCAN.....	707-253-7444

Americans with Disabilities Act (ADA)

The City of Napa is committed to implementing the intent and spirit of the Americans with Disabilities Act. We will do everything possible to make our services and opportunities fully available to all by combating the barriers and prejudices confronting those with disabilities. Those who need assistance in order to enjoy our programs should contact us at 707-257-9529

Special Needs Halloween Costume Dance

Get out those wacky and fun costumes and join your friends for a Halloween dance that can't be beat! Refreshments are provided. No pre-registration required. Please pay at the event.

Instructor: Sirena Domecus

Location: Senior Center Social Hall

Age	Date	Day	Time	Fee	Code
15 and up	Oct 7	F	7:00 PM-9:00 PM	\$5	7426



Arts

Mommy and Me Pottery & Painting

This class is perfect for the toddler and pre-school crowd. We read a wonderful children's storybook and then paint pottery related to the story, holiday, or season. After painting we share a healthy snack! Pottery is ready to pick up the next week.

Instructor: Amy Elliot

Location: Dive Into Color

Age	Date	Day	Time	Fee	Code
2-5	Sep 27	T	10:00 AM-11:00 AM	\$20	7277
2-5	Oct 21	F	10:00 AM-11:00 AM	\$20	7278
2-5	Nov 15	T	10:00 AM-11:00 AM	\$20	7279
2-5	Dec 16	T,F	10:00 AM-11:00 AM	\$20	7280

Fitness

Kids and Parent Yoga

NEW!

Come enjoy some family time as well as yoga time with your child. We will work on creative breathing techniques to calm the mind and poses for both you and your child to enjoy. There will be individual poses as well as some partner poses. Music and song will be integrated into the class as well and enjoy 5 minutes of quiet time at the end to settle after our active poses. A great way to work on flexibility and strength while having quality time with your child/grandchild! Sign up as a pair (parent/child, grandparent/child, caregiver/child). One low price (\$82) for the pair. For additional children please add \$20 for the 4 weeks. For each additional child, please add \$20 for the 4 weeks.

Instructor: Yoga Passion Staff

Location: TBA

Age	Date	Day	Time	Fee	Code
3-5	Sep 6-Sep 27	T	12:00 PM-12:45 PM	\$82	7469
3-5	Oct 4-Oct 25	T	12:00 PM-12:45 PM	\$82	7470
3-5	Nov 1-Nov 29	T	12:00 PM-12:45 PM	\$82	7471

Fun & Social

Little Rascals

This class will help develop socialization, cooperation and play skills. Watch your child's self-esteem, confidence and creativity blossom through singing, art, stories, imagination and active games. All Little Rascals must be potty trained. No "Pull-Ups" or diapers allowed. Parents are asked to volunteer regularly throughout the school year. No class on the following dates due to NVUSD and City of Napa holidays: Oct. 17-21, Nov. 21-25, Dec. 19-Jan. 6, Apr.10-14.

Final date of class is May 16 (3-4) or May 18 (4-5 Graduation).

Location: TBA

Age	Date	Day	Time	Fee	Code
3-4	Sep 16-May 16	Tu, Th	8:30 AM-11:00 AM	\$1380	6036
4-5	Sep 16-May 18	Tu, Th	11:30 AM-2:00 PM	\$1380	6037

Pre-K

This pre-kindergarten class is designed to assist in your preschooler's foundation for school readiness. Children will make "friends" with letters, shapes, colors, numbers and their classmates through playful and creative activities that focus on listening, logic and other cognitive and social skills. This class is a great addition to the 4-5 year old Little Rascals class. Students MUST be entering kindergarten in 2015. Parents are asked to volunteer regularly throughout the school year. No class on the following dates due to NVUSD and City of Napa holidays: Oct. 17-21, Nov. 21-25, Dec. 19-Jan. 6, Apr.10-14.

Final date of class is May 18 (Graduation).

Instructor: Marco Simonsen

Location: Las Flores Community Center

Age	Date	Day	Time	Fee	Code
4	Sep 14-May 17	M-F	9:00 AM-12:00 PM	\$680	6035

Pre-School Science - Bugs, Birds & Butterflies

Students will discover how birds find their mates, investigate differences in bird eggs, learn how a bird's beak is a tool, and how to identify different bird's songs. They will also learn the difference between an insect and a bug. Learn how insects defend themselves and how they defend themselves from predators! Finally, students will discover all about butterflies - where they come from, stages of their growth, and how they eat. Imaginations will soar as preschoolers act out butterfly life - complete with wings!

NEW!

Instructor: Mad Science Staff
Location: Las Flores Gym

Age	Date	Day	Time	Fee	Code
3-5	Aug 23-Sep 6	T	9:00 AM-9:45 AM	\$78	7400
3-5	Oct 26-Nov 9	W	10:00 AM-10:45 AM	\$78	7406
3-5	Nov 29-Dec 13	T	10:00 AM-10:45 AM	\$78	7409

Pre-School Science - Dinosaurs, Owls & Worms

Have you ever wanted to look at some dinosaur teeth up close? We will feed preschoolers' imagination by showing the differences between meat-eating and plant-eating animals. Children will even get to experience being an archaeologist when we dig up bones at our own excavation sites! Children will also learn all about our friend, the owl! Hands-on experiments will reveal the unique way owls digest their food and how feathers help keep owls warm. Students will also use magnifying glasses and other scientific tools to explore the fascinating life of a worm! Real worms provide an amazing hands-on experience as we learn how worms help our gardens grow big and strong.

NEW!

Instructor: Mad Science Staff
Location: Las Flores Gym

Age	Date	Day	Time	Fee	Code
3-5	Oct 4-Oct 18	T	9:00 AM-9:45 AM	\$78	7401
3-5	Dec 1-Dec 15	Th	11:00 AM-11:45 AM	\$78	7411



Pre-School Science - Energy, Magnets & Shapes

Children explore the concept of energy and how energy makes things move in this workshop that uses toys to help explain simple energy ideas. Students will experiment with toys called "boinks" that will help them remember how energy and motion are related. Kids will also investigate the powers and daily uses of magnets and how and why they work by testing magnetic fields and learning about the laws of attraction. Children will also learn how shapes and structures are related. They will learn to spot shapes in structures all around them. Students will discover different shapes and structures by using different kinds of equipment like geoboards and magnetiles.

NEW!

Instructor: Mad Science Staff
Location: Las Flores Gym

Age	Date	Day	Time	Fee	Code
3-5	Aug 23-Sep 6	T	10:00 AM-10:45 AM	\$78	7403

Pre-School Science - Eyes, Ears & the Human Body

Students will use telescopes, binoculars, and other equipment to see the world in different ways and will be shown the different parts of the eye using a model. Your kids will be amazed as they discover what tricks their eyes can play on them. With a wave motion model and a twirling tube in hand, children will learn that sound travels in waves and can be heard in a variety of pitches. Children will also be privy to secrets about sound effects made from ordinary materials! Children will also learn all about the human body, especially the parts we cannot see, like the skeleton and the heart. In class we will find out where all of our organs are located and what they do!

NEW!

Instructor: Mad Science Staff
Location: Las Flores Gym

Age	Date	Day	Time	Fee	Code
3-5	Sep 14-Sep 28	W	11:00 AM-11:45 AM	\$78	7405
3-5	Oct 26-Nov 9	W	11:00 AM-11:45 AM	\$78	7407
3-5	Dec 1-Dec 15	Th	10:00 AM-10:45 AM	\$78	7410

Pre-School Science - Sea & Sand, Weather & Air

Children will explore the science of the sea when they learn about how sand is made, how shells are used by animals for protection, and what animals live in the ocean. They will also study the weather by making a cloud appear in a bottle and mini-lightning appear right in front of your eyes! Preschoolers will be amazed by the power of weather and learn how a wind sock works. Your kids will also discover the power of air through demonstrations and hands-on activities.

NEW!

Instructor: Mad Science Staff
Location: Las Flores Gym

Age	Date	Day	Time	Fee	Code
3-5	Sep 14-Sep 28	W	10:00 AM-10:45 AM	\$78	7404
3-5	Nov 29-Dec 13	T	9:00 AM-9:45 AM	\$78	7408



Pre-School Science - Space, Air & Ice

NEW!

This is a trip through the solar system complete with a Mad Science astronaut-in-training program. Children learn all about the elements of space and the different types of planets. Your kids will also discover the power of air through demonstrations and hands-on activities. Finally, they will explore the three states of matter. They will turn water into ice in thirty seconds, build a giant bubbling potion, carbonate plain drinking water, and create the same smoke illusions used in the movies.

Instructor: Mad Science Staff

Location: Las Flores Gym

Age	Date	Day	Time	Fee	Code
3-5	Oct 4-Oct 18	T	10:00 AM-10:45 AM	\$78	7402

Together Time

Together you and your child will experience songs and art and movement activities that introduce children to a social classroom setting while having a great time! Adult/guardian participation is required

Age	Date	Day	Time	Fee	Code
2-4	Sep 12-Oct 31	M	9:00 AM-10:30 AM	\$126	6677
2-4	Nov 7-Dec 12	M	9:00 AM-10:30 AM	\$90	7517
2-4	Jan 9-Mar 13	M	9:00 AM-10:30 AM	\$144	7518
2-4	Mar 20-May 15	M	9:00 AM-10:30 AM	\$144	7519

Wiggle Room Fall 2016

NEW!

A fun unstructured program where you and your little one can come play, learn and get the wiggles out! Wiggle Room is a great place to have play dates or come spend some quality time being active with your child or grandchild. This is a parent/grandparent participation class. You can choose:

#7090 - Monday and Friday Family Pass - 28 days - \$70 (Best Value = 2.50 per visit)

#7508 - Monday Only Family Pass - 14 days - \$42 (Good Value = 3.0 per visit)

#7509 - Friday Only Family Pass - 14 days - \$42 (Good Value = 3.00 per visit)

Pay as you go - pay at the door with cash or debit card (\$5.00 per visit)

All passes can be purchased at Las Flores Community Center on your first day and will be prorated based on the date of purchase. Passes bought online will be provided to you on your first day. All passes admit all children under 6 yrs. from a single household.



Music

Kindermusik

Kindermusik International is an established community of educators passionately committed to bringing the power of music to children and their families. Each lesson is designed to boost school readiness. Our music and movement activities are carefully designed to enhance children's cognitive, language, creative, and emotional development with live guitar, singing, dancing, baby signs, and instrument exploration. Join the musical fun and meet other parents and children. Each month features a different theme.

Instructor: Diane Lawton

Location: Senior Center 1518 Downstairs

"Go, Go, Go"

Age	Date	Day	Time	Fee	Code
1.5-4	Sep 12-Oct 31	M	10:30 AM-11:15 AM	\$105	7160

"The Red Barn"

Age	Date	Day	Time	Fee	Code
1m-18m	Sep 12-Oct 31	M	11:30 AM-12:15 PM	\$105	7162

"Marvelous Me"

Age	Date	Day	Time	Fee	Code
1.5-4	Nov 7-Dec 12	M	10:30 AM-11:15 AM	\$75	7161

"On the Town with Bear"

Age	Date	Day	Time	Fee	Code
1m-18m	Nov 7-Dec 12	M	11:30 AM-12:15 PM	\$75	7163



Sports

Quick Start Mighty Mites Tennis

The teaching method that is sweeping the nation is here. Smaller courts with softer and lower-bouncing balls help make learning tennis fun and easier than ever before. Basic strokes and hand-eye coordination skills are taught. Is your child the next Pete Sampras or Serena Williams?

Instructor: Rick Hanover

Location: Vintage High School Tennis Courts - Upper

Age	Date	Day	Time	Fee	Code
4-8	Aug 27-Sep 24	Sa	1:30 PM-2:15 PM	\$62	7066
4-8	Oct 1-Oct 29	Sa	1:30 PM-2:15 PM	\$62	7067
4-8	Nov 5-Dec 10	Sa	1:30 PM-2:15 PM	\$62	7068

Indoor Pre-School Tennis Program - Mighty Mites

A smaller court with softer balls make learning tennis easier than ever before. Basic strokes with hand-eye coordination skills are taught with an emphasis on fun! The instructor has over 25 years of tennis teaching experience with this age group. The motor skills learned here will help with most sports!

Instructor: Rick Hanover

Location: Las Flores Gym

Age	Date	Day	Time	Fee	Code
4-6	Aug 25-Sep 29	Th	9:00 AM-9:50 AM	\$75	7392
4-6	Oct 6-Nov 3	Th	9:00 AM-9:50 AM	\$62	7393
4-6	Nov 10-Dec 15	Th	9:00 AM-9:50 AM	\$62	7394

Mini Soccer Stars

This is the perfect introductory program for your little athlete: fast, fun, and exciting for everyone! Big nets, soft soccer balls - you can't miss when you play Mini Soccer. Our Mini Sports programs offer a fantastic opportunity for children to learn the basics of each sport while making new friends and developing the concept of teamwork and sportsmanship. All equipment and rules have been specially designed for this age group.

Instructor: Napa Parks And Recreation Staff

Location: Las Flores Gym

Age	Date	Day	Time	Fee	Code
3	Nov 19-Dec 17	Sa	9:00 AM-9:40 AM	\$50	7443
4-5	Nov 19-Dec 17	Sa	10:00 AM-10:40 AM	\$50	7444

Mini Track Stars

The 40-foot relay race, mini-hurdles, sand pit short jump, Frisbee discus throw, and many other fun track and field events are what you will find with this unique Mini Sports program. Our Mini Sports programs offer a fantastic opportunity for children to learn the basics of each sport while making new friends and developing the concept of teamwork and sportsmanship. All equipment and rules have been specially designed for this age group.

Instructor: Napa Parks And Recreation Staff

Location: Redwood Middle School Track/Turf Area

Age	Date	Day	Time	Fee	Code
3-4	Oct 8-Oct 29	Sa	9:00 AM-9:40 AM	\$40	7440
4-5	Oct 8-Oct 29	Sa	10:00 AM-10:40 AM	\$40	7441
5-6	Oct 8-Oct 29	Sa	11:00 AM-11:40 AM	\$40	7442

Mini Warriors Basketball

Our Mini Hoop Stars has been re-branded as Mini Warriors Basketball to reflect Napa Parks & Recreation Services partnership with Junior Warriors Basketball. This is truly a fantastic opportunity for your child to learn social skills, teamwork, basketball skills, and have fun all at the same time! All players will receive a Mini Warriors shirt. Parent volunteer coaches are needed for this unique basketball program. Please contact Dan Opperman at dopperman@cityofnapa.org or 707-257-9210 if you are interested in helping. The volunteer coach for each team will receive a coach's shirt. Registration deadline is Thursday, Dec. 8 at 5 p.m.

Instructor: Napa Parks And Recreation Staff

Location: Redwood Middle School East Gym

Age	Date	Day	Time	Fee	Code
4	Jan 7-Feb 18	Sa	9:00 AM-9:50 AM	\$60	7445
5-6	Jan 7-Feb 18	Sa	10:00 AM-10:50 AM	\$60	7446
6-7	Jan 7-Feb 18	Sa	10:00 AM-10:50 AM	\$60	7447

Mini Baseball

T-ball ease, whiffle ball excitement! Batting, throwing, catching and base-running are all part of the fun! This class is a home run with all Mini Sports stars. Our Mini Sports programs offer a fantastic opportunity for children to learn the basics of each sport while making new friends and developing the concept of teamwork and sportsmanship. All equipment and rules have been specially designed for this age group.

Instructor: Sports Staff

Location: Las Flores Community Center Turf Area

Age	Date	Day	Time	Fee	Code
3-4	Sep 10-Oct 1	Sa	9:00 AM-9:40 AM	\$40	7437
3-4	Sep 10-Oct 1	Sa	10:00 AM-10:40 AM	\$40	7438
4-5	Sep 10-Oct 1	Sa	11:00 AM-11:40 AM	\$40	7439

Act I - Acting Lessons

Curtain call for all future stars! Act I acting students will learn improvisation skills and how to keep a scene moving, how to audition and get the part, and how to take risks and focus on the people you're working with. This class is a fun and supportive environment for kids to start focusing on what theatre is all about! Students perform in an open-style workshop at the end of the semester.

Instructor: Studio G School Of Music And Theatre Staff

Location: Studio G School Of Music And Theatre

Age	Date	Day	Time	Fee	Code
5-10	Aug 23-Sep 13	T	3:30 PM-4:20 PM	\$80	7364
5-10	Sep 20-Oct 11	T	3:30 PM-4:20 PM	\$80	7365
5-10	Oct 18-Nov 8	T	3:30 PM-4:20 PM	\$80	7366
5-10	Nov 15-Dec 13	T	3:30 PM-4:20 PM	\$80	7367

Act II - Acting Lessons

Act II is a fast-paced, exciting acting class that is all about developing the fundamentals and techniques needed to be on the stage! Youth of all experiences are welcome to join this accelerated acting class that will explore and expand the skills needed to get the part, perform the role, and keep a scene moving. Students perform in an open-style workshop at the end of the semester.

Instructor: Studio G School of Music and Theatre Staff

Location: Studio G School Of Music And Theatre

Age	Date	Day	Time	Fee	Code
10-15	Aug 23-Sep 13	T	4:30 PM-5:50 PM	\$110	7368
10-15	Sep 20-Oct 11	T	4:30 PM-5:50 PM	\$110	7369
10-15	Oct 18-Nov 8	T	4:30 PM-5:50 PM	\$110	7370
10-15	Nov 15-Dec 13	T	4:30 PM-5:50 PM	\$110	7371

ArtRageous Mixed Media Class

Variety, variety, and more variety! In this class students explore many types of art: painting, glass fusing, canvas drawing, special pottery, and painting techniques. Students will work on new and fun projects every week.

Instructor: Amy Elliot

Location: Dive Into Color

Age	Date	Day	Time	Fee	Code
7-12	Oct 12-Nov 2	W	3:30 PM-5:00 PM	\$80	7273



Connect the Tots to Music & Drama

Sing, dance, pretend, play: Where will our imagination take us today? Connect the Tots takes children on exciting adventures where their imagination has the starring role. We play drama games, sing songs, experiment with instruments, sing with sign language, dance, role-play and have tons of fun! And although classes follow the same structure each week, the topic and theme is always different.

Instructor: Studio G School Of Music And Theatre Staff

Age	Date	Day	Time	Fee	Code
2-3	Aug 23-Sep 13	T	9:00 AM-9:50 AM	\$60	7376
4-5	Aug 23-Sep 13	T	10:00 AM-10:50 AM	\$60	7380
2-3	Sep 20-Oct 11	T	9:00 AM-9:50 AM	\$60	7377
4-5	Sep 20-Oct 11	T	10:00 AM-10:50 AM	\$60	7381
2-3	Oct 18-Nov 8	T	9:00 AM-9:50 AM	\$60	7378
4-5	Oct 18-Nov 8	T	10:00 AM-10:50 AM	\$60	7382
2-3	Nov 15-Dec 13	T	9:00 AM-9:50 AM	\$60	7379
4-5	Nov 15-Dec 13	T	10:00 AM-10:50 AM	\$60	7383

Deck the Halls Christmas Art Workshop

Come and create several Christmas art projects. We'll be busy as Santa's elves creating holiday-themed decorations. We'll even make our own festive mid-morning snack. All materials included in the registration fee.

Instructor: Kathy Dewey

Location: Las Flores Kitchen

Age	Date	Day	Time	Fee	Code
5-12	Dec 3	Sa	9:00 AM-12:00 PM	\$35	7134

Fused Glass Holiday Ornaments

Fused glass art, also called kiln-formed glass, is very easy and fun to make. Everyone will create three fused glass ornaments that will be fired in our kilns. We have many samples for ideas and inspiration. These make fantastic gifts!

Instructor: Amy Elliot

Location: Dive Into Color

Age	Date	Day	Time	Fee	Code
6-12	Dec 9	F	3:30 PM-5:00 PM	\$30	7275
13 and up	Dec 3	Sa	10:00 AM-12:00 PM	\$30	7276

Kids 'N' Clay

We will be digging our hands into nice, soft clay making animals, drop-plates, bowls, bird houses, and more! We will explore, invent, and use our imaginations as well as do organized projects. Students will learn the tools of successful clay creation. Projects will be painted and fired at the studio.

Instructor: Amy Elliot

Location: Dive Into Color

Age	Date	Day	Time	Fee	Code
7-12	Sep 7-Sep 28	W	3:30 PM-5:00 PM	\$80	7274

Lego Creation

This is a class for the Lego lovers! We have been collecting amazing Lego pieces and characters! They will learn and build different skills using Legos. Imagination and curiosity will be cultivated through their design contributions as they work together to engineer a community or build their own set. Problem-solving skills are strengthened as trial, error and successes in Lego construction and building concepts are discovered. Children will share, if they wish, what they built in a circle, at the end of class! They really enjoy sharing their ideas as it brings them confidence and encourage verbal communication in a group! Please note we will not keep in the classroom as a display, the Legos built during that class. At the end of each class, they will deconstruct their creations and place it in the sharing bin for the next class. Each class is a new creation.

Location: Las Flores Classroom

Age	Date	Day	Time	Fee	Code
5-12	Aug 24-Sep 21	W	3:30 PM-4:45 PM	\$45	7028
5-12	Oct 5-Nov 2	W	3:30 PM-4:45 PM	\$45	7029
5-12	Nov 9-Dec 14	W	3:30 PM-4:45 PM	\$45	7030

Camps

Crazy Chemistry

We'll explore and create exciting chemical reactions and make colorful concoctions and bubbling brews. Amaze yourself with magical temperature-changing baggie science or growing ghost crystals. Study the chemistry involved in not-so-simple things like chalk and soap, and even experiment with the chemistry used by artists, spies, and detectives! Chemists bring home a project each day.

Instructor: Mad Science Staff

Location: Pelusi Building

Age	Date	Day	Time	Fee	Code
6-11	Nov 21-Nov 23	M-W	9:00 AM-12:00 PM	\$100	7089
6-11	Dec 19-Dec 21	M-W	9:00 AM-12:00 PM	\$100	7087

Horse Camp at Hilltop Stables

Join Hilltop Stables for an exciting adventure at Horse Camp. If your child likes animals, they will love this camp. Activities include daily riding lessons, vaulting, jumping, dressage, trail rides, arts and crafts, and lots of fun with friends. Spend a week in the beautiful outdoors on Kenzo Estate. Horseback riding provides great exercise while giving children confidence and self-esteem. All levels of riding welcome, from beginner to advanced.

Instructor: Hilltop Stable Staff

Location: Kenzo Estates (Hilltop Stables)

Age	Date	Day	Time	Fee	Code
6-12	Nov 21-Nov 23	M-W	9:00 AM-4:00 PM	\$285	7166
6-12	Jan 3-Jan 6	T-F	9:00 AM-4:00 PM	\$400	7168



Rob Skate Skateboard Camp

NEW!

This skateboard program is designed to teach kids of all skill sets (beginner to advanced) the essentials needed to progress in a fun, safe, and friendly environment. We will work on the basics, such as pushing and riding, kick turns, and ollies, and more advanced tricks like 360 flips, board slides, and more. For more about Rob Skate Camps, visit us online at rob skate.com

Instructor: Rob Ferguson

Location: Kennedy Park Skate Park

Age	Date	Day	Time	Fee	Code
6-12	Sep 10	Sa	10:00 AM-11:30 AM	\$79	7172
6-12	Sep 17	Sa	10:00 AM-11:30 AM	\$79	7173
6-12	Oct 1	Sa	10:00 AM-11:30 AM	\$79	7174
6-12	Oct 8	Sa	10:00 AM-11:30 AM	\$79	7175
6-12	Oct 15	Sa	10:00 AM-11:30 AM	\$79	7176
6-12	Nov 5	Sa	10:00 AM-11:30 AM	\$79	7177



Wacky Wonders

Looking at ways that our brain is tricked and the science that explains the mysteries behind our entertainment. From toys to special effects, optical illusions and magic, prepare to be confused and enlightened. Help us use science to solve the mystery of chemistry! With hands-on activities we will explore mysterious mixtures and surprising solutions. We will learn about the science of our taste buds and get interactive experience with sensory tests. As we discover the science around us, you will take something home with you after every class to help you continue your investigations at home.

Instructor: Mad Science Staff

Location: Pelusi Building

Age	Date	Day	Time	Fee	Code
6-11	Sep 13-Nov 15	T	3:00 PM-4:00 PM	\$180	7088



Fitness

CrossFit Kids

CrossFit Kids builds healthy, strong bodies, and a life-long love of working out. Learn to safely lift weights, learn new movements, and increase athletic ability. Bring home new self-confidence while avoiding common problems of childhood inactivity and obesity. CrossFit Kids is great as a stand-alone program or for sport-specific conditioning. More info on this exciting class can be found online at WineCountryCrossFit.com.

Instructor: Wine Country CrossFit Staff

Location: Wine Country CrossFit

Age	Date	Day	Time	Fee	Code
5-9	Sep 12-Sep 28	M,W	2:45 PM-3:30 PM	\$54	7220
5-9	Oct 17-Nov 2	M,W	2:45 PM-3:30 PM	\$54	7221
5-9	Nov 28-Dec 14	M,W	2:45 PM-3:30 PM	\$54	7222

Winter Camp with Camp Ursa Major

Your favorite camp directors are back for more! Join us this winter break for crazy camp songs, exciting field games, arts, crafts, and even some great programs like gaga and archery. Camp Ursa Major is hosting Winter Camp at Las Flores Community Center from Dec. 19 - Jan. 6. All camp programs are from 9 a.m. to 4:30 p.m. and are designed for campers in pre-k through 7th grade. For more information and details about our camps, visit us at CampUrsaMajor.com

Instructor: Camp Ursa Major Staff

Location: Las Flores Classroom

Age	Date	Day	Time	Fee	Code
4-12	Dec 19-Dec 23	M-F	9:00 AM-4:30 PM	\$265	7178
4-12	Dec 26-Dec 30	M-F	9:00 AM-4:30 PM	\$265	7179
4-12	Jan 2-Jan 6	M-F	9:00 AM-4:30 PM	\$265	7180

Winter Camp with Camp Ursa Major (3-day option)

After selecting the 3-day option you will be prompted to choose which days you will be attending.

Instructor: Camp Ursa Major Staff

Location: Las Flores Kitchen

Age	Date	Day	Time	Fee	Code
4-12	Dec 19-Jan 6	M-F	9:00 AM-4:30 PM	\$195	7386

Winter Camp with Camp Ursa Major (1-day option)

If three days is just not enough, you can sign up for additional days one at a time with this option. Only available to campers who are already enrolled in the three-day option, the single-day option allows you to add on a day here or there to make your holiday camp experience exactly what you want it to be.

Instructor: Camp Ursa Major Staff

Location: Las Flores Kitchen

Age	Date	Day	Time	Fee	Cod
4-12	Dec 19-Jan 6	M-F	9:00 AM-4:30 PM	\$65	7387

CrossFit Teens

CrossFit Teens builds healthy, strong bodies, and a life-long love of working out. Learn to safely lift weights, learn new movements, and increase athletic ability. Bring home new self-confidence while avoiding common problems of childhood inactivity and obesity. CrossFit Kids is great as a stand-alone program or for sport-specific conditioning. More info on this exciting class can be found online at WineCountryCrossFit.com.

Instructor: Wine Country CrossFit Staff

Location: Wine Country CrossFit

Age	Date	Day	Time	Fee	Code
10-16	Sep 12-Sep 28	M,W	4:30 PM-5:20 PM	\$54	7223
10-16	Oct 17-Nov 2	M,W	4:30 PM-5:20 PM	\$54	7224
10-16	Nov 28-Dec 14	M,W	4:30 PM-5:20 PM	\$54	7225

Fun & Social

Barbie & Dolls: Fashion Outfit Design

NEW!

You are invited to design your own doll fashion outfit! Bring your own doll (Monster High, Barbie, or any doll you choose). Students will be provided with dreamy fabrics, crystals, beads, sequins, pearls, and sparkling embellishments. We will use fabric scissors, hot glue guns and you will learn how to sew. Every class has a new creation with a fashion show at the end. We will listen to fun music and make new friends!

Instructor: Maria Cristina Flynn

Location: Las Flores Kitchen

Age	Date	Day	Time	Fee	Code
5-17	Aug 25-Sep 22	Th	3:30 PM-4:45 PM	\$45	7023
5-17	Oct 6-Nov 3	Th	3:30 PM-4:45 PM	\$45	7024
5-17	Nov 10-Dec 15	Th	3:30 PM-4:45 PM	\$45	7025

Star Wars Jedi Training Classes

Explore the solar system with R2D2 and other epic Star Wars heroes as you defeat the dark forces to find the Jedi within! Become one with the Star Wars universe as Han Solo, Princess Leia, or a character of your own creation. Padawans will develop their balance and coordination through fun Jedi training games and even study galactic history. Our professional stage combat instructors will train students in the art of wielding a lightsaber just in case they come face-to-face with the dark side!

Instructor: Studio G School Of Music And Theatre Staff

Location: Las Flores Classroom

Age	Date	Day	Time	Fee	Code
5-12	Sep 17	Sa	9:00 AM-12:00 PM	\$30	7396
5-12	Oct 15	Sa	9:00 AM-12:00 PM	\$30	7397
5-12	Nov 5	Sa	9:00 AM-12:00 PM	\$30	7398
5-12	Dec 3	Sa	9:00 AM-12:00 PM	\$30	7399

Martial Arts

American Ninja Warrior Training

Matias Martial Arts is excited to introduce American Ninja Warrior Training. Participants to try to complete a series of fun obstacle courses of increasing difficulty called “stages”. Participants earn patches by passing stages! Classes promote stretching and a healthy fitness routine.

Instructor: Francisco Matias Martial Arts Staff

Location: Matias Martial Arts Studio

Age	Date	Day	Time	Fee	Code
6-13	Sep 3-Sep 24	Sa	11:00 AM-11:45 AM	\$60	7111
6-13	Oct 1-Oct 29	Sa	11:00 AM-11:45 AM	\$60	7112
6-13	Nov 5-Nov 19	Sa	11:00 AM-11:45 AM	\$60	7113
6-13	Dec 3-Dec 17	Sa	11:00 AM-11:45 AM	\$60	7114

Girls Karate Class

Matias Martial Arts is now the only studio that offers all girl classes. This class is designed to empower girls through karate to be confident, strong, and fit. Students learn to deal with bully and stranger situations in a fun and safe atmosphere. The class emphasizes respect, focus, and self-defense. Free uniforms are given to all participants!

Instructor: Francisco Matias Martial Arts Staff

Location: Matias Martial Arts Studio

Age	Date	Day	Time	Fee	Code
4-13	Sep 3-Sep 24	Sa	10:15 AM-11:00 AM	\$60	7107
4-13	Oct 1-Oct 29	Sa	10:15 AM-11:00 AM	\$60	7108
4-13	Nov 5-Nov 19	Sa	10:15 AM-11:00 AM	\$60	7109
4-13	Dec 3-Dec 17	Sa	10:15 AM-11:00 AM	\$60	7110



Kids Karate

Matias Martial Arts designed this program for kids ages 7-13. This class combines Taekwondo kick drills and self-defense with fun karate games to give your child a great experience. Kids Karate emphasizes focus, listening, and respect. Participants get a free uniform!

Instructor: Francisco Matias Martial Arts Staff

Location: Matias Martial Arts Studio

Age	Date	Day	Time	Fee	Code
7-13	Sep 7-Sep 28	M,W	4:15 PM-5:00 PM	\$80	7103
7-13	Oct 3-Oct 26	M,W	4:15 PM-5:00 PM	\$80	7104
7-13	Nov 2-Nov 30	M,W	4:15 PM-5:00 PM	\$80	7105
7-13	Dec 5-Dec 28	M,W	4:15 PM-5:00 PM	\$80	7106

Kids Mixed Martial Arts (MMA)

Matias Martial Arts designed this program to teach students MMA in a safe environment. Class combines kickboxing (striking) with Jiu Jitsu (grappling) with fun MMA games. Class drills are done on pads and with instructors. All participants will get free gloves!

Instructor: Francisco Matias Martial Arts Staff

Location: Matias Martial Arts Studio

Age	Date	Day	Time	Fee	Code
6-13	Sep 6-Sep 30	T,F	6:15 PM-7:00 PM	\$80	7095
6-13	Oct 4-Oct 28	T,F	6:15 PM-7:00 PM	\$80	7096
6-13	Nov 1-Nov 29	T,F	6:15 PM-7:00 PM	\$80	7097
6-13	Dec 2-Dec 30	T,F	6:15 PM-7:00 PM	\$80	7098

Little Kickers Karate

Matias Martial Arts designed this program for kids ages 3-6. The class combines kicking and self-defense with fun karate games to give your child a great experience. Little Kickers Karate emphasizes focus, listening, and respect. Participants get a free uniform!

Instructor: Francisco Matias Martial Arts Staff

Location: Matias Martial Arts Studio

Age	Date	Day	Time	Fee	Code
3-6	Sep 7-Sep 28	M,W	3:30 PM-4:10 PM	\$80	7091
3-6	Oct 3-Oct 26	M,W	3:30 PM-4:10 PM	\$80	7092
3-6	Nov 2-Nov 30	M,W	3:30 PM-4:10 PM	\$80	7093
3-6	Dec 5-Dec 28	M,W	3:30 PM-4:10 PM	\$80	7094



Sports

Basketball Hoop Group

Back by popular demand, Hoop Group is designed to help serious, young basketball players master the fundamentals of the game. Players will be asked to push the limits of their abilities each clinic and practice while being challenged to do their best during games and competitions. Weekly sessions focus on helping young players develop a true understanding of the game of basketball and to help them reach their true potential on and off the court. Hoop Group meets once a week after school for one-hour sessions.

Instructor: National Academy Of Athletics Staff
 Location: Las Flores Gym

Age	Date	Day	Time	Fee	Code
6-13	Sep 22-Oct 27	Th	3:15 PM-4:45 PM	\$119	7253

Christmas Break Basketball Camp

If you like basketball, then you will love Christmas Break Basketball Camp! This program is designed to make you a better basketball player while having tons of fun! Whether you are a beginner or advanced player, the drills taught at this camp will help you improve your game and confidence. Campers work on the core fundamentals of the game: footwork, passing, ball-handling, and defense. Participants will enjoy five days of fun challenges, games, and competitions in a positive and energetic environment.

Instructor: National Academy Of Athletics Staff
 Location: Redwood Middle School East Gym

Age	Date	Day	Time	Fee	Code
7-13	Dec 19-Dec 23	M-F	9:00 AM-3:00 PM	\$219	7257
7-13	Dec 19-Dec 23	M-F	9:00 AM-12:00 PM	\$150	7258

Pre-Season Basketball Clinic - Grade 1-2

Are you ready for some basketball? The winter season is right around the corner and this is the perfect chance for all players to prepare for the upcoming basketball league! Learn the fundamentals of basketball through a series of fun drills, activities, and games. The clinics will be held on three consecutive Saturdays: Dec. 3, 10, and 17. This clinic is brought to you in partnership with Napa Sports Association.

Instructor: Napa Sports Association Staff
 Location: Redwood Middle School East Gym

Age	Date	Day	Time	Fee	Code
6-8	Dec 3-Dec 17	Sa	9:00 AM-10:15 AM	\$34	7497

Pre-Season Basketball Clinic - Grade 3-4

Are you ready for some basketball? The winter season is right around the corner and this is the perfect chance for all players to prepare for the upcoming basketball league! Learn the fundamentals of basketball through a series of fun drills, activities, and games. The clinics will be held on three consecutive Saturdays: Dec. 3, 10, and 17. This clinic is brought to you in partnership with Napa Sports Association.

Instructor: Napa Sports Association Staff
 Location: Redwood Middle School East Gym

Age	Date	Day	Time	Fee	Code
8-10	Dec 3-Dec 17	Sa	10:30 AM-11:45 AM	\$34	7435

Pre-Season Basketball Clinic - Grade 5-6

Are you ready for some basketball? The winter season is right around the corner and this is the perfect chance for all players to prepare for the upcoming basketball league! Learn the fundamentals of basketball through a series of fun drills, activities, and games. The clinics will be held on three consecutive Saturdays: Dec. 3, 10, and 17. This clinic is brought to you in partnership with Napa Sports Association.

Instructor: Napa Sports Association Staff
 Location: Redwood Middle School East Gym

Age	Date	Day	Time	Fee	Code
10-12	Dec 3-Dec 17	Sa	12:00 PM-1:15 PM	\$34	7436

Thanksgiving Basketball Camp

If you like basketball, then you will love Thanksgiving Break Basketball Camp! This program is designed to make you a better basketball player while having tons of fun! Whether you are a beginner or advanced player, the drills taught at this camp will help you improve your game and confidence. Campers work on the core fundamentals of the game: footwork, passing, ball-handling, and defense. Participants will enjoy three days of fun challenges, games, and daily competitions in a positive and energetic environment.

Instructor: National Academy Of Athletics Staff
 Location: Redwood Middle School East Gym

Age	Date	Day	Time	Fee	Code
7-13	Nov 21-Nov 23	M-W	9:00 AM-3:00 PM	\$149	7255
7-13	Nov 21-Nov 23	M-W	9:00 AM-12:00 PM	\$99	7256





Sports (Continued)

Veteran's Day Basketball Clinic

If you like basketball, then you will love this Veteran's Day camp! This program is designed to make you a better basketball player while having tons of fun! Whether you are a beginner or advanced player, the drills taught at this camp will help you improve your game and confidence. Campers work on the core fundamentals of the game: footwork, passing, ball-handling, and defense. Participants will enjoy 3 days of fun challenges, games, and daily competitions in a positive and energetic environment.

Instructor: National Academy Of Athletics Staff
 Location: Redwood Middle School East Gym

Age	Date	Day	Time	Fee	Code
7-13	Nov 11-Nov 11	F	9:00 AM-4:00 PM	\$59	7254

Skyhawks HoopsterTots

Learning basketball with Skyhawks has never been more fun! These classes focus on dribbling, shot technique, passing and teamwork. Adjustable hoops and appropriately-sized basketballs are used to always provide just the right amount of challenge. No class on Oct. 24.

Instructor: Skyhawks Sports Staff
 Location: Las Flores Gym

Age	Date	Day	Time	Fee	Code
3-5	Sep 19-Nov 14	M	3:30 PM-4:15 PM	\$119	7064

BMX Beginner Racing League

This Fall, in collaboration with Napa Parks & Recreation, North Bay BMX, and Olympic medalist Donny Robinson, a new and exciting BMX Racing League is coming to Napa where, "No One Sits On The Bench!" Structured in a way that's familiar to families involved in other youth sports, this beginner-friendly league will meet twice each week, giving riders one "practice day" (Wednesdays, 3:30-5:00 PM), followed by a "race day" (Friday 4:00-6:00 PM) where participants will have the chance to showcase their learned skills through healthy competition. Experience the freedom two wheels can provide after you take to Napa's dirt course that has manageable jumps and banked turns!

Instructor: Donny Robinson
 Location: BMX Track

Age	Date	Day	Time	Fee	Code
6-14	Sep 7-Oct 7	W,F	3:30 PM-5:00 PM	\$100	7046

BMX Saturday Clinic

NEW!

Come join the excitement of the Olympic sport of BMX! North Bay BMX offers Saturday clinics to give riders of all ages and skill levels the chance to hit the track and work on their riding skills.

Instructor: North Bay BMX Staff
 Location: BMX Track

Age	Date	Day	Time	Fee	Code
5 and up	Oct 15	Sa	2:00 PM-4:00 PM	\$20	7412
5 and up	Nov 12	Sa	2:00 PM-4:00 PM	\$20	7413

Grass Roots Tennis Class

An amazing sport for a lifetime taught by an elite, certified professional with 25 years of teaching experience. This entry-level class starts from the ground up. Basic strokes, sportsmanship, rules, and strategy are taught using modern skill-building games to make learning easy and fun. A small student-to-instructor ratio makes for a more personalized experience. Is your child the next Pete Sampras or Serena Williams?

Instructor: Rick Hanover
 Location: Vintage High School Tennis Courts- Upper

Age	Date	Day	Time	Fee	Code
8-17	Aug 24-Oct 12	W	3:30 PM-4:30 PM	\$104	7069
8-17	Aug 26-Oct 14	F	3:30 PM-4:30 PM	\$104	7070
8-17	Oct 19-Dec 14	W	3:30 PM-4:30 PM	\$104	7071
8-17	Oct 21-Dec 16	F	3:30 PM-4:30 PM	\$91	7072

Indoor Rock Climbing

Come out and enjoy the challenges that indoor rock climbing has to offer. Learn the basic skills, knowledge, and safety requirements needed to take on this unique sport. Enjoy time practicing and improving your skills. Sign up today!

Instructor: Rockzilla Staff
 Location: Rockzilla

Age	Date	Day	Time	Fee	Code
6-17	Aug 23-Aug 30	T	4:00 PM-5:45 PM	\$30	7157
6-17	Sep 20-Sep 27	T	4:00 PM-5:45 PM	\$30	7158
6-17	Oct 18-Oct 25	T	4:00 PM-5:45 PM	\$30	7159



Indoor Mommy/Daddy & Me Soccer

As you and your child participate in our fun, age-appropriate activities, your child will be developing motor skills and socialization skills. The fun happens on the field, and in Mommy/Daddy & Me Soccer, parents are part of the action! Each child receives a soccer jersey. This session will be held inside the Community Center gym.

Instructor: Kidz Love Soccer Staff

Location: Las Flores Gym

Age	Date	Day	Time	Fee	Code
2-3.5	Nov 13-Dec 18	S	10:20 AM-10:50 AM	\$76	7034

Indoor Soccer 1: Techniques & Teamwork

Fun skill games are played at every session, and every participant will have a ball at his or her feet. Small-sided soccer matches will be introduced gradually. Each participant receives a soccer jersey. Shin guards are required after the first meeting. This session will be held inside the Community Center gym.

Instructor: Kidz Love Soccer Staff

Location: Las Flores Gym

Age	Date	Day	Time	Fee	Code
5-6	Nov 13-Dec 18	S	11:35 AM-12:20 PM	\$76	7039

Indoor Soccer 2: Skillz & Scrimmages

Kids 7-10 years of age will enjoy advanced skill building: dribbling, passing, and shooting in a team play format. Each class will focus on scrimmages that emphasize application of finer technical points. All levels are welcome to come enjoy the world's most popular game! Each participant receives a soccer jersey. Shin guards are required after the first meeting. This session will be held inside the Community Center gym.

Instructor: Kidz Love Soccer Staff

Location: Las Flores Gym

Age	Date	Day	Time	Fee	Code
7-9	Nov 13-Dec 18	S	12:20 PM-1:05 PM	\$76	7036

Indoor Tot/Pre Soccer

Little tykes will enjoy running and kicking just like big kids! This program 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. Each participant receives a soccer jersey. Shin guards are required after the first meeting. This session will be held inside the Community Center gym.

Instructor: Kidz Love Soccer Staff

Location: Las Flores Gym

Age	Date	Day	Time	Fee	Code
3.5-4	Nov 13-Dec 18	S	11:00 AM-11:35 AM	\$76	7043

Mommy/Daddy & Me Soccer

As you and your child participate in our fun, age-appropriate activities, your child will be developing motor skills and socialization skills. The fun happens on the field, and in Mommy/Daddy & Me Soccer, parents are part of the action! Each child receives a soccer jersey.

Instructor: Kidz Love Soccer Staff

Location: Fairview Park

Age	Date	Day	Time	Fee	Code
2-3.5	Sep 21-Oct 19	W	5:15 PM-5:45 PM	\$76	7032

Location: Century Oaks Park - Turf

Age	Date	Day	Time	Fee	Code
2-3.5	Sep 24-Nov 12	Sa	9:20 AM-9:50 AM	\$111	7033



Sports (Continued)

Tot/Pre Soccer

Little tykes will enjoy running and kicking just like big kids! 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. Each participant receives a soccer jersey. Shin guards are required after the first meeting.

Instructor: Kidz Love Soccer Staff

Location: Fairview Park

Age	Date	Day	Time	Fee	Code
3.5-4	Sep 21-Nov 9	W	4:30 PM-5:05 PM	\$111	7040

Location: Century Oaks Park - Turf

Age	Date	Day	Time	Fee	Code
3.5	Sep 24-Nov 12	Sa	10:00 AM-10:30 AM	\$111	7041
4	Sep 24-Nov 12	Sa	10:35 AM-11:05 AM	\$111	7042

Skyhawks SoccerTots

Playable on almost any surface, these soccer-themed motor skill classes are very easy for youngsters to get into. Younger age groups focus on developing motor skills and self-confidence; older classes focus more on developing core soccer skills and personal focus, and introduce an element of light competition. Instructor-to-student ratio is kept small to maximize individual development, and, above all else, we promote fun, fun, fun! No class on Oct. 24.

Instructor: Skyhawks Sports Staff

Location: Las Flores Gym

Age	Date	Day	Time	Fee	Code
3-5	Sep 19-Nov 14	M	4:30 PM-5:15 PM	\$119	7065



Soccer 1: Techniques & Teamwork

Fun skill games are played at every session, and every participant will have a ball at his or her feet. Small-sided soccer matches will be introduced gradually. Each participant receives a soccer jersey. Shin guards are required after the first meeting.

Instructor: Kidz Love Soccer Staff

Location: Fairview Park

Age	Date	Day	Time	Fee	Code
5-6	Sep 21-Nov 9	W	3:45 PM-4:30 PM	\$111	7037

Location: Century Oaks Park - Turf

Age	Date	Day	Time	Fee	Code
5-6	Sep 24-Nov 12	Sa	11:05 AM-11:50 AM	\$111	7038

Soccer 2: Skillz & Scrimmages

Kids 7-10 years of age will enjoy advanced skill-building: dribbling, passing, and shooting in a team play format. Each class will focus on scrimmages that emphasize application of finer technical points. All levels are welcome to come enjoy the world's most popular game! Each participant receives a soccer jersey. Shin guards are required after the first meeting.

Instructor: Kidz Love Soccer Staff

Location: Century Oaks Park - Turf

Age	Date	Day	Time	Fee	Code
7-9	Sep 24-Nov 12	Sa	11:50 AM-12:35 PM	\$111	7035

Riding Lessons at Hilltop Stables

Join Hilltop Stables for an exciting adventure at Horse Camp. If your child likes animals they will love this camp. Activities include daily riding lessons, vaulting, jumping, dressage, trail rides, arts and crafts, and lots of fun with friends. Spend a week in the beautiful outdoors on Kenzo Estate. Horseback riding provides great exercise while giving children confidence and self-esteem. All levels of riding welcome, beginner to advanced.

Instructor: Hilltop Stable Staff

Location: Kenzo Estates (Hilltop Stables)

Age	Date	Day	Time	Fee	Code
6-12	Sep 12-Oct 3	M	4:00 PM-6:00 PM	\$200	7167

Sports Leagues

Youth Flag Football League

Join us for one of our most popular sports leagues this fall! Our Flag Football League has been designed to emphasize plays, pass patterns, and teamwork. The league allows no blocking and no unsportsmanlike conduct; providing players and fans alike with an exciting and fast-paced experience in a safe environment! Teams will be formed by ages and possibly re-arranged based on registration numbers: 14U, 12U, 10U, 8U. Teams will have one 1-hour practice per week on a weekday evening and play one 1-hour game on Saturdays beginning the 3rd week of the season. Instructor: Napa Parks And Recreation Staff
Location: Kennedy JFK #4 South

8U

Age	Date	Day	Time	Fee	Code
6-7	Sep 12-Nov 19	M,Sa	5:00 PM-6:00 PM	\$90	7433

10U

Age	Date	Day	Time	Fee	Code
7-9	Sep 12-Nov 19	M,Sa	5:00 PM-6:00 PM	\$90	7432

12U

Age	Date	Day	Time	Fee	Code
9-11	Sep 12-Nov 19	M,Sa	5:00 PM-6:00 PM	\$90	7431

14U

Age	Date	Day	Time	Fee	Code
11-13	Sep 12-Nov 19	M,Sa	9:00 AM-5:00 PM	\$90	7430



Junior Warriors Youth Basketball League

Our popular Junior Warriors Basketball League is returning in January 2016! This season we are partnering up with Yountville Recreation Department to provide an even better basketball experience in the community. Each team practices for one hour per week (practices held M-F in the evenings) and has one game per week on Saturdays for a total of six games. Practices begin the week of Jan. 9 and games begin on Saturday, Jan. 21. Practice and game locations and times to be announced after the coaches meeting on Dec. 18. There will be separate divisions for boys and girls. Tentative age divisions are as follows: Boys 12U, Boys 10U, Girls 12U, and Girls 10U. Divisions may be combined or changed to accommodate the enrollment numbers and to increase the success of the league. This league is coached by parent volunteers. If you are able to help, please contact Dan Opperman at dopperman@cityofnapa.org or 707-257-9210 as soon as possible. Registration deadline: Monday, Dec. 5 at 5 p.m.

Boys 10U

Location: Redwood Middle School East Gym

Age	Date	Day	Time	Fee	Code
8-10	Jan 9-Mar 6	M	5:00 PM-8:00 PM	\$90	7449

Boys 12U

Location: Vintage High School North Gym

Age	Date	Day	Time	Fee	Code
10-12	Jan 9-Mar 6	M	5:00 PM-8:00 PM	\$90	7450

Girls 10U

Location: Harvest Middle School Old Gym

Age	Date	Day	Time	Fee	Code
8-10	Jan 9-Mar 6	M	5:00 PM-8:00 PM	\$90	7452

Girls 12U

Instructor: Sports Staff

Location: Napa High School North Gym

Age	Date	Day	Time	Fee	Code
10-12	Jan 9-Mar 6	M	5:00 PM-8:00 PM	\$90	7453



Academic

AutoCAD Fundamentals

Learn user interface, drawing aids, drawing and editing commands, layers, blocks, drawing annotation, dimensioning, and outputting drawing files to hard-copy in the latest version of AutoCAD. Included are the courseware, exercise files, and access to a three-year trial of the academic version of AutoCAD to download.

Instructor: Napa Valley College Staff

Location: Napa Valley College Main Campus

Age	Date	Day	Time	Fee	Code
16 and up	Aug 16-Oct 4	T	6:00 PM-9:50 PM	\$495	7077

AutoCAD Advanced

Building on AutoCAD Fundamentals we will cover grips, object selection settings and filters, system variables, advanced line-type creation, block attributes, externally-referenced files, raster images, dimension style families, editing dimensions, paper-space and printing, and an introduction to customization and 3D drawing.

Instructor: Napa Valley College Staff

Location: Napa Valley College Main Campus

Age	Date	Day	Time	Fee	Code
16 and up	Oct 18-Dec 6	T	6:00 PM-9:50 PM	\$495	7078

Dance

Bellydance - Level 1

Learn the ancient art of bellydance and work your abs with a fun and challenging dance workout open to all levels. You'll practice foundation movements for the hips, torso, arms, and head, all while dancing to cool music from the Middle East, North Africa, and the rest of the world. You will get a muscle-toning workout that increases flexibility and improves posture. Bleeding Heart Bellydance breaks down each movement in easy-to-follow progressions. No previous dance experience needed. The first session will prepare you for the Worldwide American Tribal Style Bellydance Flash Mob Day on Oct. 8.

Instructor: Bleeding Heart Bellydance Staff

Location: Napa Valley Art Association

Age	Date	Day	Time	Fee	Code
13 and up	Aug 25-Sep 22	Th	6:30 PM-7:30 PM	\$50	7044
13 and up	Oct 13-Nov 10	Th	6:30 PM-7:30 PM	\$50	7045

Tap Dance: Intermediate

This class is intended for students who have received five months of tap dance instruction. We will review basics; increase clarity of sound and speed; improve techniques; learn tap combinations and routines; and explore different styles. Some class time will be devoted to special projects and preparation for routines for the spring dance show.

Instructor: Napa Valley College Staff

Location: Napa Valley College Main Campus

Age	Date	Day	Time	Fee	Code
16 and up	Aug 23-Dec 13	T	6:30 PM-8:30 PM	\$176	7076

Fitness

Aqua Zumba

NEW!

Aqua Zumba blends the Zumba formula and philosophy with traditional aqua fitness disciplines. This cardio-conditioning, body-toning water workout is exhilarating beyond belief. Join the pool party today. Hooting and hollering are highly encouraged! The class registration fee includes full access to the facility for the duration of your class for first-time participants. Experience our pool, weight room, and any other classes offered. For more information, visit us at exertec.com.

Instructor: Exertec Staff

Location: Exertec Health & Fitness

Age	Date	Day	Time	Fee	Code
16 and up	Sep 6-Sep 29	T,Th	9:30 AM-10:30 AM	\$40	7217
16 and up	Oct 4-Oct 27	T,Th	9:30 AM-10:30 AM	\$40	7218
16 and up	Nov 1-Nov 29	T,Th	9:30 AM-10:30 AM	\$40	7219

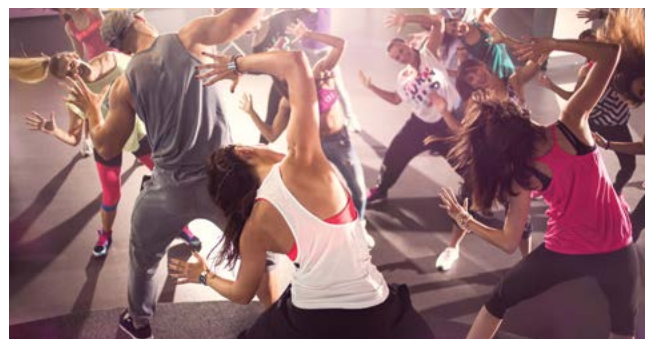
Athletic Conditioning

Improve running mechanics, develop motor skills and proper movement patterns, increase athletic coordination, and build linear and lateral speed techniques with this fun and engaging program.

Instructor: Fitness/Athletic Revolution Staff

Location: Fitness Revolution/Athletic Revolution

Age	Date	Day	Time	Fee	Code
18 and up	Aug 30-Sep 22	T,Th	3:30 PM-4:30 PM	\$88	7188
18 and up	Oct 4-Oct 27	T,Th	3:30 PM-4:30 PM	\$88	7189
18 and up	Nov 1-Nov 22	T,Th	3:30 PM-4:30 PM	\$80	7190
18 and up	Nov 29-Dec 22	T,Th	3:30 PM-4:30 PM	\$88	7191





Body Sculpt (Strength Training)

Shape and tone your body utilizing a variety of fitness props: fitness balls, TRX straps, free weights, gliding discs, exercise tubing and your own body weight. The class registration fee includes full access to the facility for the duration of your class for first-time participants. Experience our pool, weight room, and any other classes offered. For more information, visit us at exertec.com.

Location: Exertec Health & Fitness

Age	Date	Day	Time	Fee	Code
18 and up	Sep 6-Sep 29	T,Th	8:25 AM-9:25 AM	\$40	7232
18 and up	Oct 4-Oct 27	T,Th	8:25 AM-9:25 AM	\$40	7233
18 and up	Nov 1-Nov 29	T,Th	8:25 AM-9:25 AM	\$40	7234

Body Step

NEW!

This energizing step class will utilize an adjustable step and fun choreography. You will move over, on, and around the step. Cardio blocks push fat-burning systems into high gear followed by conditioning tracks that shape and tone your lower body. Approachable instructors, motivating music, and one amazing workout make this class a must! The class registration fee includes full access to the facility for the duration of your class for first-time participants. Experience our pool, weight room, and any other classes offered. For more information, visit us at exertec.com.

Instructor: Exertec Staff

Location: Exertec Health & Fitness

Age	Date	Day	Time	Fee	Code
18 and up	Sep 7-Sep 30	M,W,F	8:25 AM-9:25 AM	\$55	7196
18 and up	Oct 3-Oct 28	M,W,F	8:25 AM-9:25 AM	\$60	7197
18 and up	Nov 7-Nov 30	M,W,F	8:25 AM-9:25 AM	\$50	7198

CrossFit Elements

CrossFit 101 creates the foundation for functional strength. That's the stuff we need to be more agile, balanced, and powerful in life. Through our unique whole-body weight training and body-weight exercise program, you will regain energy and vitality you thought was long gone. Experience the attention to detail of personal training in a small group setting. Try CrossFit Elements and tap into your very own fountain of youth.

Instructor: Wine Country CrossFit Staff

Location: Wine Country CrossFit

Age	Date	Day	Time	Fee	Code
18 and up	Sep 12-Sep 28	M,W	6:30 PM-7:30 PM	\$54	7466
18 and up	Oct 17-Nov 2	M,W	6:30 PM-7:30 PM	\$54	7467
18 and up	Nov 28-Dec 14	M,W	6:30 PM-7:30 PM	\$54	7468

Dion's Cardio Kickboxing

This is a very intense aerobic class with high levels of energy but is open to anybody wanting to improve their cardiovascular capabilities and see changes in their body composition.

Instructor: Dion Emelia

Location: Senior Center Large Annex Room

Age	Date	Day	Time	Fee	Code
16 and up	Sep 1-Sep 29	T,Th	6:00 PM-7:00 PM	\$45	7083
16 and up	Oct 4-Oct 27	T,Th	6:00 PM-7:00 PM	\$40	7084
16 and up	Nov 1-Nov 29	T,Th	6:00 PM-7:00 PM	\$40	7085
16 and up	Dec 1-Dec 29	T,Th	6:00 PM-7:00 PM	\$45	7086

Fitness Boot Camp

Through personalized fitness coaching, clean-eating nutritional habits and our Functional Movement Screen, it is our goal that you move better, look better, and feel better after your experience with us. Our program is modified for all ages and all fitness levels.

Instructor: Fitness/Athletic Revolution Staff

Location: Fitness Revolution/Athletic Revolution

Age	Date	Day	Time	Fee	Code
18 and up	Aug 29-Sep 23	M,W,F	12:10 PM-12:50 PM	\$149	7183
18 and up	Aug 30-Sep 22	T,Th	8:00 AM-9:00 AM	\$99	7182
18 and up	Oct 3-Oct 28	M,W,F	12:10 PM-12:50 PM	\$149	7184
18 and up	Oct 4-Oct 27	T,Th	8:00 AM-9:00 AM	\$99	7185
18 and up	Oct 31-Nov 23	M,W,F	12:10 PM-12:50 PM	\$136	7187
18 and up	Nov 1-Nov 22	T,Th	8:00 AM-9:00 AM	\$86	7186

Indoor Cycle - Upper Cut

This is indoor cycling with an upper body component. Along with the traditional benefits of indoor cycling, you will increase upper body strength, core strength, balance, and coordination. Pedals are SPD-compatible. If this is your first ride, please arrive 15 minutes early for bike set-up and riding tips. The class registration fee includes full access to the facility for the duration of your class for first-time participants. Experience our pool, weight room, and any other classes offered. For more information, visit us at exertec.com.

Instructor: Exertec Staff

Location: Exertec Health & Fitness

Age	Date	Day	Time	Fee	Code
18 and up	Sep 6-Sep 27	T	6:30 AM-7:25 AM	\$25	7205
18 and up	Sep 6-Sep 29	T,Th	8:30 AM-9:25 AM	\$40	7208
18 and up	Oct 4-Oct 25	T	6:30 AM-7:25 AM	\$25	7206
18 and up	Oct 4-Oct 27	T,Th	8:30 AM-9:25 AM	\$40	7209
18 and up	Nov 1-Nov 29	T	6:30 AM-7:25 AM	\$30	7207
18 and up	Nov 1-Nov 29	T,Th	8:30 AM-9:25 AM	\$40	7210

Fitness (Continued)

Indoor Cycling

NEW!

Indoor Cycling is a class for all levels of fitness to enjoy together. You work at your own pace to motivating music with the guidance of one of our certified cycle instructors. Let us take you on the “ride of your life.” The class registration fee includes full access to the facility for the duration of your class for first-time participants. Experience our pool, weight room, and any other classes offered. For more information, visit us at exertec.com.

Instructor: Exertec Staff

Location: Exertec Health & Fitness

Age	Date	Day	Time	Fee	Code
18 and up	Sep 10-Oct 1	Sa	9:00 AM-9:55 AM	\$25	7241
18 and up	Oct 8-Oct 29	Sa	9:00 AM-9:55 AM	\$25	7242
18 and up	Nov 5-Nov 26	Sa	9:00 AM-9:55 AM	\$25	7243
18 and up	Sep 6-Sep 29	T,Th	6:00 PM-6:55 PM	\$40	7214
18 and up	Oct 4-Oct 27	T,Th	6:00 PM-6:55 PM	\$40	7215
18 and up	Nov 1-Nov 29	T,Th	6:00 PM-6:55 PM	\$40	7216

Liquid Fitness

NEW!

Utilize the natural resistance of the water and achieve a well balanced, total body workout. Our new Liquid Fitness Class is a low-impact, high-energy workout for all participants, ages, and skill levels. This cardiovascular class will tone the entire body while moving to fantastic, sing-along quality music presented by qualified, dynamic instructors. The class registration fee includes full access to the facility for the duration of your class for first-time participants. Experience our pool, weight room, and any other classes offered. For more information, visit us at exertec.com.

Instructor: Exertec Staff

Location: Exertec Health & Fitness

Age	Date	Day	Time	Fee	Code
18 and up	Sep 6-Sep 29	T,Th	6:00 PM-7:00 PM	\$40	7250
18 and up	Oct 4-Oct 27	T,Th	6:00 PM-7:00 PM	\$40	7251
18 and up	Nov 1-Nov 29	T,Th	6:00 PM-7:00 PM	\$40	7252

Mat Pilates

NEW!

Mat Pilates is a conditioning system designed to develop core support, strengthen the entire abdominal network, and improve flexibility. Pilates is a highly-adaptable program geared toward all levels of fitness. The class registration fee includes full access to the facility for the duration of your class for first-time participants. Experience our pool, weight room, and any other classes offered. For more information, visit us at exertec.com.

Instructor: Exertec Staff

Location: Exertec Health & Fitness

Age	Date	Day	Time	Fee	Code
18 and up	Sep 7-Sep 28	W	5:25 AM-6:25 AM	\$25	7202
18 and up	Oct 5-Oct 26	W	5:25 AM-6:25 AM	\$25	7203
18 and up	Nov 2-Nov 30	W	5:25 AM-6:25 AM	\$30	7204



The Little Black Dress Project

The Little Black Dress Project is on a mission to help women gain strength and self-confidence and fit into that “Little Black Dress” in time for the holidays. Little Black Dress is a 42-day transformation challenge designed specifically for women to get you into the best shape of your life. You will receive full access to Exertec and all of our amenities, as well as a clean meal plan, fat burning and body-sculpting workouts, small group training with our certified personal trainers, accountability and support from coaches, trainers, and participants. A private Facebook and communication portal, prepared menus, grocery lists, workout plans, on-going support from your LBD coaches, daily doses of inspiration, and Facebook challenges will help keep you on track. The project will culminate in our VIP ladies’ night out, where we will party together and rock our little black dresses in downtown Napa to celebrate our awesome results and accomplishments.

Registration opens Aug. 29. Orientation is Saturday, Sept. 17. Project kick-off is Sept. 26. The program registration fee includes full access to the facility for the duration of your class for first-time participants. Experience our pool, weight room, and any other classes offered. For more information, visit us at exertec.com.

To see some highlights from last year’s project, go to exertec.com and click on Little Black Dress 2015 Highlights.

Instructor: Exertec Staff

Location: Exertec Health & Fitness

Age	Date	Day	Time	Fee	Code
18 and up	Sep 17-Nov 18	Every day	8:00 AM-7:00 PM	\$199	7282

Total Body Tone Up with Renee

Get back into shape with personal training from an AFAA-certified personal trainer with 14 years' experience. Beginner and intermediate students will train major muscle groups to tone and maintain strength. Students with limitations and/or minor injuries are welcome.

Instructor: Renee Brambila

Location: Las Flores Gym

Age	Date	Day	Time	Fee	Code
18 and up	Sep 6-Sep 29	T,Th	4:45 PM-5:45 PM	\$80	7047
18 and up	Oct 4-Oct 27	T,Th	4:45 PM-5:45 PM	\$80	7048
18 and up	Nov 1-Nov 17	T,Th	4:45 PM-5:45 PM	\$60	7049

TRX Build & Burn

NEW!

Develop a longer, leaner look utilizing TRX suspension straps and your own body weight. The class registration fee includes full access to the facility for the duration of your class. Experience our pool, weight room, and any other classes offered. For more information, visit us at exertec.com.

Instructor: Exertec Staff

Location: Exertec Health & Fitness

Age	Date	Day	Time	Fee	Code
18 and up	Sep 7-Sep 28	W	6:30 AM-7:20 AM	\$25	7247
18 and up	Sep 7-Sep 28	W	5:30 PM-6:30 PM	\$25	7244
18 and up	Oct 5-Oct 26	W	5:30 PM-6:30 PM	\$25	7245
18 and up	Oct 5-Oct 26	W	6:30 AM-7:20 AM	\$25	7248
18 and up	Nov 2-Nov 30	W	5:30 PM-6:30 PM	\$25	7246
18 and up	Nov 2-Nov 30	W	6:30 AM-7:20 AM	\$30	7249

Vinyasa Yoga Flow

NEW!

This class will focus on breath control, flow sequences, core work, standing balances, back bends, and hip openers. Intensity of poses can be modified to fit all levels. Poses are held for short periods of time during this dynamic and fluid "moving meditation."

Participants are advised to bring their own mat, though mats are available for rent at the front desk for \$2. The class registration fee includes full access to the facility for the duration of your class for first-time participants. Experience our pool, weight room, and any other classes offered. For more information, visit us at exertec.com.

Instructor: Exertec Staff

Location: Exertec Health & Fitness

Age	Date	Day	Time	Fee	Code
16 and up	Sep 8-Oct 1	Th,Sa	10:30 AM-11:30 AM	\$40	7211
16 and up	Oct 6-Oct 29	Th,Sa	10:30 AM-11:30 AM	\$40	7212
16 and up	Nov 3-Dec 3	Th,Sa	10:30 AM-11:30 AM	\$40	7213



Zumba

NEW!

Are you ready to party yourself into shape? That's exactly what the Zumba program is all about. It's an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance/fitness party that's moving millions of people toward joy and health. Ditch the workout, join the party! The class registration fee includes full access to the facility for the duration of your class for first-time participants. Experience our pool, weight room, and any other classes offered. For more information, visit us at exertec.com.

Instructor: Exertec Staff

Location: Exertec Health & Fitness

Age	Date	Day	Time	Fee	Code
16 and up	Sep 7-Sep 30	M,W,F	9:30 AM-10:25 AM	\$55	7238
16 and up	Oct 3-Oct 28	M,W,F	9:30 AM-10:25 AM	\$60	7239
16 and up	Nov 7-Nov 30	M,W,F	9:30 AM-10:25 AM	\$60	7240

Zumba/U-JAM

NEW!

Are you ready to party yourself into shape? That's exactly what the Zumba & U-JAM are all about. They are an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance/fitness party that's moving millions of people toward joy and health. Experience hip-hop, salsa, Bollywood, Reggaeton, Cumbia, and more. The class registration fee includes full access to the facility for the duration of your class for first-time participants. Experience our pool, weight room, and any other classes offered. For more information, visit us at exertec.com.

Instructor: Exertec Staff

Location: Exertec Health & Fitness

Age	Date	Day	Time	Fee	Code
16 and up	Sep 6-Sep 29	T,Th	6:45 PM-7:45 PM	\$40	7229
16 and up	Oct 4-Oct 27	T,Th	6:45 PM-7:45 PM	\$40	7230
16 and up	Nov 1-Nov 29	T,Th	6:45 PM-7:45 PM	\$40	7231

Music

Beginning Blues Harmonica

NEW!

Beginning Blues Harmonica will get you jammin' the blues immediately! Emphasis will be on playing and having fun as you are introduced to tricks and techniques to make the harmonica cry, laugh, wail, and scream! No musical experience required; only a love of the blues and desire to play the harmonica!

Instructor: Napa Valley College Staff

Location: Napa Valley College Main Campus

Age	Date	Day	Time	Fee	Code
16 and up	Nov 15	T	7:45 PM-9:15 PM	\$35	7079

Healthy Harmonica

NEW!

We will play the simplest of pop, folk, and blues rhythms and melodies and invigorate them with simple but powerful breathing techniques to make any song deeply expressive. Breathing is our foundation: when playing harmonica and for healthy, vibrant living. No previous musical ability required.

Instructor: Napa Valley College Staff

Location: Napa Valley College Main Campus

Age	Date	Day	Time	Fee	Code
16 and up	Nov 15	T	6:00 PM-7:30 PM	\$35	7080

Harmonica Combo - Healthy & Beginning Blues

Interested in Healthy and Beginning Blues Harmonica classes? Sign up for both classes and receive a discount.

NEW!

Instructor: Napa Valley College Staff

Location: Napa Valley College Main Campus

Age	Date	Day	Time	Fee	Code
16 and up	Nov 15	T	6:00 PM-9:15 PM	\$50	7081



Outdoors

Kayak Napa Valley Clean Up Days

Be a part of the solution with Kayak Napa Valley and like-minded individuals in cleaning up our Napa River by kayak. This is our ninth year of ridding the river of trash and recyclables. Let's join forces to continue to improve the beauty and quality of our wonderful waterway. The challenge to beat our 2015 record of more than 3,000 pounds is in front of us. We can do it with your help! Sign up today. Space is limited.

Instructor: Kayak NV Staff

Location: Riverside Launch

Age	Date	Day	Time	Fee	Code
18 and up	Aug 13-Aug 13	Sa	9:00 AM-12:00 PM	\$25	7154
18 and up	Sep 24-Sep 24	Sa	9:00 AM-12:00 PM	\$25	7155
18 and up	Oct 15-Oct 15	Sa	9:00 AM-12:00 PM	\$25	7156

Adult Horseback Riding Camp

Hilltop Stables is offering a horse camp for adults. If you have always wanted to learn to ride or rode when you were younger and would like to start again, this is the camp for you! Campers will learn riding skills and horse care. You will spend time outdoors at our beautiful stable on Kenzo Estate and bond with the horses. Friday: 4:00 p.m. – 7:00 p.m., Saturday and Sunday: 9:00 a.m. – 4:00 p.m.

Location: Hilltop Stables Course

Age	Date	Day	Time	Fee	Code
18 and up	Sep 16-18	F, Sa, S	See Description	\$250	7505

Special Interest

Brain Tweak

NEW!

Everything begins with a thought, that little voice inside your head. Henry Ford said, "If you think you can, or, you think you can't, you are probably right! How do your thoughts serve you? Do you have negative inner chatter, or bad habits like smoking? Anxiety, fear of failure, sleepless nights? Peace of mind, goal setting, self-confidence are all linked to how you think and what you believe. Your brain is a tool. Learn how to change your beliefs and you can change your world. This class will teach you how to manage your thinking process. Your brain, your conscious and sub conscious mind are more than automatic processes. You can learn how to control them the same way you learn any life skill like riding a bike or driving a car. Learn how to control your thoughts so they don't control you.

Instructor: Dan Osso

Location: Las Flores Classroom

Age	Date	Day	Time	Fee	Code
18 and up	Aug 18-Sep 15	Th	6:30 PM-8:30 PM	\$60	7472

Adult Cardio Tennis

Hit your target heart rate while hitting a tennis ball in this hour of fast-paced drills set to music. This class is designed for all skill levels except those new to tennis. We practice a large variety of shot combinations with an emphasis on fun and fitness. This is a great way to drill without the pressure of competition.

Instructor: Rick Hanover

Location: Vintage High School Tennis Courts - Upper

Age	Date	Day	Time	Fee	Code
18 and up	Sep 12-Oct 10	M	6:00 PM-7:00 PM	\$105	7073

Intermediate Doubles Tennis Clinic

NEW!

Students will work on strategies, court positioning, and stroke mechanics. Clinics are designed specifically for players beginning to play competitive doubles.

Instructor: Ross Yarlott

Location: Vintage High School Tennis Courts- Upper

Age	Date	Day	Time	Fee	Code
18 and up	Aug 20-Oct 1	Sa	11:15 AM-1:15 PM	\$150	7193
18 and up	Oct 8-Nov 12	Sa	11:15 AM-1:15 PM	\$150	7194

Rusty Racquet Adult Tennis

Haven't picked up your racquet in a while? Get back into the "swing" of things in this 90-minute class. Stroke production, court positioning, and strategy for singles and doubles are the main focus. Meet new friends and someone to play with in a fun, relaxed atmosphere.

Instructor: Rick Hanover

Location: Vintage High School Tennis Courts- Upper

Age	Date	Day	Time	Fee	Code
18 and up	Sep 9-Oct 14	F	9:00 AM-10:30 AM	\$150	7074
18 and up	Oct 21-Dec 9	F	9:00 AM-10:30 AM	\$150	7075

Fall Open Gym Badminton - 5-Day Pass

Come check out our latest addition to the Open Gym program - badminton! All the equipment you need to get started is available at the gyms. Badminton offers excitement and fun for all ages. Players under 18 are welcome but must be accompanied by an adult. Locations are as follows: Sundays at Napa High School Main Gym; Tuesdays at Silverado Middle School Gym; and Fridays at Napa Valley College Gym. Passes are required to play. No on-site registration is available. Passes are valid at all gyms. Cost will be pro-rated based on date of purchase. Not sure about a pass yet? Buy a 5-night punch card instead! For more information contact Dan Opperman at dopperman@cityofnapa.org or Rick Paniagua at NapaBad@Outlook.com.

Instructor: Rick Paniagua

Age	Date	Day	Time	Fee	Code
12 and up	Sep 4-Dec 20	S,T,F	5:30 PM-8:30 PM	\$25	7455

Fall Open Gym Badminton - TRIMESTER PASS

Come check out our latest addition to the Open Gym program - badminton! All the equipment you need to get started is available at the gyms. Badminton offers excitement and fun for all ages. Players under 18 are welcome but must be accompanied by an adult. Locations are as follows: Sundays at Napa High School Main Gym; Tuesdays at Silverado Middle School Gym; and Fridays at Napa Valley College Gym. Passes are required to play. No on-site registration is available. Passes are valid at all gyms. Cost will be pro-rated based on date of purchase. Not sure about a pass yet? Buy a 5-night punch card instead! For more information contact Dan Opperman at dopperman@cityofnapa.org or Rick Paniagua at NapaBad@Outlook.com.

Instructor: Rick Paniagua

Age	Date	Day	Time	Fee	Code
12 and up	Sep 4-Dec 20	S,T,F	5:30 PM-8:30 PM	\$48	7454

Open Gym Basketball

Are you a gym rat? Or just want to play some pick-up basketball in a gym? Then come to Napa Rec. Open Gym Basketball at Redwood Middle School on Sundays for FREE. To participate you must text Mike at 707-294-8257 Sunday morning prior to open gym to reserve a spot. Failure to show up will result in you being put at the bottom of the list. There are 30 spots available each Sunday. Open Gym runs July 10 - Dec. 18 (except Sept. 4 and Nov. 13)

Instructor: Michael Quinn

Location: Redwood Middle School East Gym

Age	Date	Day	Time	Fee	Code
18 and up	Jul 10-Dec 18	S	6:30 PM-9:30 PM	\$0	7498





Sports Leagues

Fall Adult Cornhole

Come and toss around beanbags downtown as part of a new social sport partnership with Napa Parks & Recreation and JAX Diner. All games will be played Tuesday (Div. 1) or Thursday (Div. 2) evenings in Dwight Murray Plaza. \$60 per team of 4 will get you 6 guaranteed games, plus a playoff tournament at the end of the season. Please indicate Division Choice on your registration.

Softball

Fall Adult Coed Softball

8/29/16 - 10/23/16

Registration Deadline: 8/22/16

Grab a group of your friends and meet us on the diamond! Our adult softball league offers divisions for all skill levels. Six game season and playoffs for the top four teams. Divisions will be created based on team skill level, player personnel, and past performance.

*Division Descriptions:

Coed Division 2 – Competitive recreation - Players have advanced to above average skills and/or College/Tournament experience plays on Tuesday

Coed Division 3 - Intermediate recreation - Players have above average skill plays on Sunday

Coed Division 4, 5 & 6 - Intermediate recreation-Players have above average skills plays on Thursday

Coed Division 7 - Casual recreation - Players have average/basic skills plays on Sunday

Coed Serenity League plays on Tuesday

Fall Adult Mens Softball

8/29/16 - 10/21/16

Registration Deadline: 8/22/16

Grab a group of your friends and meet us on the diamond! Our adult softball league offers divisions for all skill levels. Six game season and playoffs for the top four teams. Divisions will be created based on team skill level, player personnel, and past performance. NIGHT REQUEST IS NOT GUARANTEED!

*Division Descriptions:

Men's Division 2 – Competitive recreation - Players have advanced to above average skills and/ or College/Tournament experience – Plays on Mondays

Men's Division 50+ All Players must be at least 50 years old at time of registration – Plays on Tuesday

Men's Division 3 & 4 - Intermediate recreation - Players have above average skill – Plays on Wednesday

Men's Division 5, 6 & 7 - Casual recreation - Players have average/basic skills – Plays on Friday

*Night request is not guaranteed. Coordinator reserves the right to determine team placement by past team standings and rosters.

**Please note additional instructions and information will be on your receipt after the transaction is completed.

Volleyball

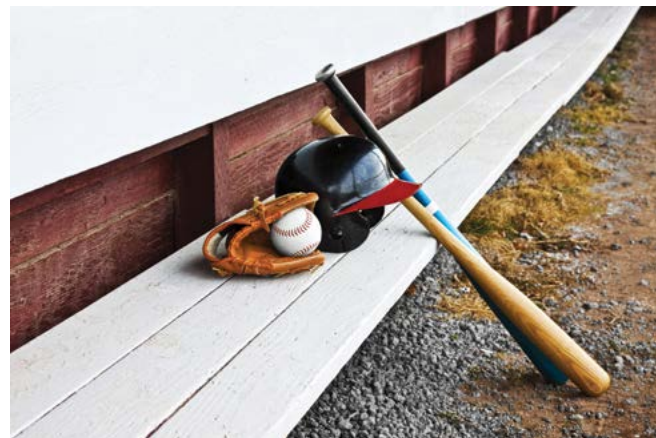
Fall Adult Volleyball

10/25/16 - 13/15/16

Tuesday and Thursday 6:30 PM-9:30 PM

Teams are guaranteed six regular season games with the top four teams advancing to playoffs. All divisions are open to men and women. Divisions are created based upon previous win/loss record, player personnel, and night request. All teams must be prepared to play on the night they are assigned, regardless of the night they requested. Night of play are subject to change without prior notification.

Location: Las Flores Gym



Winter Adult Volleyball

01/17/17 - 03/9/17

Tuesdays or Thursdays 6:30pm, 7:30pm, or 8:30pm

Registration Deadline: 01/10/17

Teams are guaranteed six games with four teams advancing to the playoffs. Divisions open (men, women, or any combination of the two) Divisions are created based upon previous win/loss record, player personnel, and night request. All teams must be prepared to play on the night they are assigned, regardless of the night they requested. Nights of play are subject to change without prior notification.

Registration includes league play and open gym passes for your entire team.

Location: Las Flores Gym

Basketball

Fall Adult Basketball

10/24/16 - 12/18/16

Registration Deadline: 10/17/16

16 Nights of play: Monday – Friday Game Times: 6:30pm, 7:30pm, or 8:30pm.

Season includes a six-game guarantee league play, playoffs for the top four teams and free open gym for the entire team. Divisions are created based upon previous win/loss record, player personnel, and night request. All teams must be prepared to play on the night they are assigned, regardless of the night they requested. Nights of play are subject to change without prior notification.

Winter Adult Basketball

1/9/17 – 3/18/16

Nights of play: Monday – Friday; 7:00pm, 8:00pm, or 9:00pm.

Registration Deadline: 01/03/17

Six game guarantee w/playoffs for the top four teams. Divisions are created based upon previous win/loss record, player personnel, and night request. All teams must be prepared to play on the night they are assigned, regardless of the night they requested. Nights of play are subject to change without prior notification. Registration includes open gym passes for your entire team during the regular season.

Location: Redwood Middle School East Gym

For more information about Sports Leagues please email Dan Opperman dopperman@cityofnapa.org or call 707-257-9210

Trips

Stand-Up Paddle Board Lessons & Touring

NEW!

The Napa River is the perfect venue for beginners to get a taste of the exciting sport of stand-up paddle boarding (SUP). Experience the renaissance of downtown Napa while gliding on a SUP or kayak along reed-lined shores of the restored Napa River. With nearly a half-billion dollars invested reconnecting the river to its historic floodplain and natural contours, you will be amazed by the sweeping northerly views of the Napa Valley. The registraion fee includes life jackets, paddles, SUP, and brief on-shore lesson followed by individual instruction on the water during the first 30 minutes of the tour. Round trip adventure begins and ends at Napa Valley Yacht Club, 100 Riverside Drive. Our boards are over-sized and our instructors are relaxed, listen well, and bring an “aloha” vibe to the adventure. Visit us at napavalleyppaddle.com

Instructor: Drew Dickson

Location: Kennedy Boat Launch

Age	Date	Day	Time	Fee	Code
14 and up	Aug 13	Sa	10:00 AM-12:30 PM	\$39	7195
14 and up	Aug 20	Sa	10:00 AM-12:30 PM	\$39	7259
14 and up	Aug 27	Sa	10:00 AM-12:30 PM	\$39	7260
14 and up	Sep 3	Sa	10:00 AM-12:30 PM	\$39	7262
14 and up	Sep 10	Sa	10:00 AM-12:30 PM	\$39	7263
14 and up	Sep 17	Sa	10:00 AM-12:30 PM	\$39	7264
14 and up	Sep 24	Sa	10:00 AM-12:30 PM	\$39	7491
14 and up	Oct 1	Sa	10:00 AM-12:30 PM	\$39	7266
14 and up	Oct 8	Sa	10:00 AM-12:30 PM	\$39	7267
14 and up	Oct 15	Sa	10:00 AM-12:30 PM	\$39	7268
14 and up	Oct 22	Sa	10:00 AM-12:30 PM	\$39	7269
14 and up	Oct 29	Sa	10:00 AM-12:30 PM	\$39	7270
14 and up	Nov 5	Sa	10:00 AM-12:30 PM	\$39	7271
14 and up	Nov 12	Sa	10:00 AM-12:30 PM	\$39	7272

Intermediate SUP Touring - Living River Tour

Launch from 100 Riverside Drive (Napa Valley Yacht Club boat ramp) and paddle 4.2 miles one way to Trancas Crossing Park (see website and video “Living River Tour”). A return shuttle is available for \$4 per person. Our boards are over-sized and our instructors are relaxed, listen well, and bring an “aloha” vibe to the adventure. Visit us at napavalleyppaddle.com

Instructor: Drew Dickson

Age	Date	Day	Time	Fee	Code
14 and up	Aug 14	S	10:00 AM-1:00 PM	\$65	7385
14 and up	Aug 21	S	2:00 PM-5:00 PM	\$65	7414
14 and up	Aug 28	S	10:00 AM-1:00 PM	\$65	7415
14 and up	Sep 4	S	1:00 PM-4:00 PM	\$65	7416
14 and up	Sep 11	S	10:00 AM-1:00 PM	\$65	7417
14 and up	Sep 18	S	1:00 PM-4:00 PM	\$65	7418
14 and up	Sep 25	S	10:00 AM-1:00 PM	\$65	7419
14 and up	Oct 2	S	1:00 PM-4:00 PM	\$65	7420
14 and up	Oct 9	S	9:00 AM-12:00 PM	\$65	7421
14 and up	Oct 16	S	1:00 PM-4:00 PM	\$65	7422
14 and up	Oct 23	S	9:00 AM-12:00 PM	\$65	7423
14 and up	Oct 30	S	1:00 PM-4:00 PM	\$65	7424

Napa Golf Course at Kennedy Park

Pre-registration and advance payment are required for all golf programs and activities.

Call Napa Golf Course to sign up for all programs listed below at (707) 255-4333 or visit golf course at 2295 Streblov Drive.

Whether you're picking up a club for the first time or desire an in-depth lesson program to bring your game to the next level, the PGA Learning Centers offer a variety of golf instruction sure to fit your needs. Our progressive, three-stage learning system allows every golfer to advance at his or her own pace.

Junior Golf Development Programs (White Level)

In this introductory level, junior golfers are introduced to safety, swing fundamentals, and familiarization with the golf course. Junior golfers will also spend time learning introductory chipping and putting methods. Taught by PGA Professionals, we will instill a love of the game in a fun, supportive atmosphere.

Instructor: PGA Director Of Instruction - Matt Dito

Location: Golf Course at Kennedy Park

Age	Date	Day	Time	Fee	Code
7-17	Aug 4-Aug 25	Th	4:00 PM-5:00 PM	\$99	7336
7-17	Aug 6-Aug 27	Sa	4:00 PM-5:00 PM	\$99	7337
7-17	Sep 2-Sep 23	F	4:00 PM-5:00 PM	\$99	7338
7-17	Sep 3-Sep 24	Sa	2:00 PM-3:00 PM	\$99	7339
7-17	Sep 7-Sep 28	W	4:00 PM-5:00 PM	\$99	7340
7-17	Oct 5-Oct 26	W	4:00 PM-5:00 PM	\$99	7341
7-17	Oct 7-Oct 28	F	4:00 PM-5:00 PM	\$99	7342
7-17	Oct 8-Oct 29	Sa	2:00 PM-3:00 PM	\$99	7343
7-17	Nov 2-Nov 30	W	3:45 PM-4:45 PM	\$99	7344
7-17	Nov 4-Dec 2	F	3:45 PM-4:45 PM	\$99	7345
7-17	Nov 5-Nov 26	Sa	2:00 PM-3:00 PM	\$99	7346
7-17	Dec 7-Dec 28	W	3:45 PM-4:45 PM	\$99	7347
7-17	Dec 9-Dec 30	F	3:45 PM-4:45 PM	\$99	7348

Junior Golf Development Programs (Orange Level)

Junior golfers further develop swing techniques and are introduced to intermediate chipping, pitching, and putting methods. Junior golfers will also spend time on the golf course where rules and etiquette will be introduced. Taught by PGA Professionals, we will instill a love of the game in a fun, supportive atmosphere.

Instructor: PGA Director Of Instruction Matt Dito

Location: Golf Course at Kennedy Park

Age	Date	Day	Time	Fee	Code
7-17	Aug 3-Aug 24	W	4:00 PM-5:00 PM	\$99	7349
7-17	Aug 6-Aug 27	Sa	2:30 PM-3:30 PM	\$99	7350
7-17	Sep 1-Sep 22	Th	4:00 PM-5:00 PM	\$99	7351
7-17	Sep 3-Sep 24	Sa	3:30 PM-4:30 PM	\$99	7352
7-17	Sep 6-Sep 27	T	4:00 PM-5:00 PM	\$99	7353
7-17	Oct 4-Oct 25	T	4:00 PM-5:00 PM	\$99	7354
7-17	Oct 6-Oct 27	Th	4:00 PM-5:00 PM	\$99	7355
7-17	Oct 8-Oct 29	Sa	3:30 PM-4:30 PM	\$99	7356
7-17	Nov 1-Nov 29	T	3:45 PM-4:45 PM	\$99	7357
7-17	Nov 3-Dec 1	Th	3:45 PM-4:45 PM	\$99	7358
7-17	Nov 5-Nov 26	Sa	3:30 PM-4:30 PM	\$99	7359
7-17	Dec 6-Dec 27	T	3:45 PM-4:45 PM	\$99	7360
7-17	Dec 8-Dec 29	Th	3:45 PM-4:45 PM	\$99	7361

Intermediate Golf: Breaking 100

Make it your goal to finally break 100. This program will concentrate on specific skill development with concentration on various parts of the game such as swing mechanics, the cause-effect relationship, and how to finesse your short game. Practice techniques will be introduced to make time on the practice tee more results-orientated. All players must register through the golf course. For details contact the proshop at 707-255-4333.

Instructor: PGA Director Of Instruction - Matt Dito

Location: Golf Course at Kennedy Park

Age	Date	Day	Time	Fee	Code
17 and up	Aug 3-Aug 31	W	5:30 PM-7:00 PM	\$199	7283
17 and up	Sep 7-Sep 28	W	5:30 PM-7:00 PM	\$199	7284
17 and up	Oct 5-Oct 26	W	9:30 AM-11:00 AM	\$199	7285
17 and up	Nov 2-Nov 30	W	9:30 AM-11:00 AM	\$199	7286
17 and up	Dec 7-Dec 28	W	9:30 AM-11:00 AM	\$199	7287

Get Golf Ready Plus

This six-hour program is designed to get you on the golf course in the shortest amount of time possible. During the four-week class, not only will you learn how to swing the golf club, you will discover that golf is more than striking a little white ball. Upon completion, you will truly understand why so many people have fallen in love with the game. To receive a \$50 discounted price, students must register online at PGALearningCenter.com using the promo code: NapaRec

Instructor: PGA Director Of Instruction - Matt Dito

Location: Golf Course at Kennedy Park

Age	Date	Day	Time	Fee	Code
17 and up	Aug 2-Aug 30	T	5:30 PM-7:00 PM	\$199	7331
17 and up	Sep 1-Sep 22	Th	5:30 PM-7:00 PM	\$199	7332
17 and up	Oct 7-Oct 28	F	10:30 AM-12:00 PM	\$199	7333
17 and up	Nov 4-Dec 2	F	10:30 AM-12:00 PM	\$199	7334
17 and up	Dec 9-Dec 30	F	10:30 AM-12:00 PM	\$199	7335

To enroll for junior or adult classes visit www.PGALearningCenters.com.

For more information, contact Matt Dito at

707-407-7225 or MattD@PGALearningCenters.com



Napa Senior Activity Center

It's a Great Day at the Senior Center!

The Napa Senior Center is run by the City of Napa Parks and Recreation Services Department. We host a variety of engaging activities for adults 50 and over. Programs vary daily and include social activities, educational activities, trips, tours, special events and volunteer opportunities. Our billiards and bocce courts are also available Monday through Thursday 8 a.m. - 9 p.m., Friday 8 a.m. - 7 p.m., and Saturday 10 a.m. - 2 p.m. for drop-in use.

Napa Valley Dining Club

Lunch is served Monday - Friday in our dining room courtesy of CANV congregate meal program. Enjoy a meal with your friends or meet new friends from 11:30 AM - 12:30 PM. Join us before or after lunch for your favorite activity. Reservations are required 24 hours in advance. Please call (707) 253-6114. Suggested donation is \$3. Check our website for the meal calendar at www.naparec.com/seniorcenter

Movie Madness

Hey movie buffs, join us the second Tuesday and fourth Monday of the month at 1 p.m. or 5:30 p.m. We feature movies that range from old classics to recent releases. This event is free of charge and we always have yummy popcorn!

AARP Smart Driver Course

The 8-hour course and 4-hour renewal course for persons who have previously taken the 8-hour course in the last 4 years are designed for individuals 55 years of age and older to review driving laws, discuss safe driving tips, and the effects of medication as well as hearing and sight loss on your driving. Upon completion receive a certificate for a 3-year discount on your auto insurance. Some companies allow 50-year-olds to receive the discount. Call us for reservations, dates and times. \$15/AARP member or \$20/nonmember.

Location: 1500 Jefferson Street

Phone: (707)255-1800

Email: seniorcenter@cityofnapa.org

Public Hours:

Mon-Thu: 8:00 a.m. - 9:00 p.m.

Fri: 8:00 a.m. - 7:00 p.m.

Sat: 10:00 a.m. - 2:00 p.m.

Taxi Scrip and VineGo/Vine Passes

NCTPA applications are available at the Senior Center and the new Vine Transit Center at 625 Burnell Street for ages 65+ and/or disabled. Once an application is approved by NCTPA Taxi Scrip or Vine Go, passes can be purchased at the Senior Center.

	Day	Time	Fee
Taxi Scrip	M - F	8:00 a.m. - 7:00 p.m.	\$20 value for \$10/book
Vine Go	M - F	8:00 a.m. - 7:00 p.m.	\$17 pass



Monthly Seminar Programs

Join us for our free monthly seminar programs! The first Friday of the month we will invite members from the community to present items of interest. Check out the monthly newsletter for more information or call the Senior Center at (707) 255-1800

Senior Center Membership Cards

This program is free! Ask our front desk staff for an application today.

Arts

Craft Night

NEW!

Painting, succulents, and adult coloring books! Join us each night for a different activity. Check our website or call the Senior Center to learn what is scheduled each month. These are fee-based activities and fees will vary depending on craft. Come and get your craft on!
 Instructor: Napa Parks And Recreation Staff
 Location: Senior Center Social Hall

Age	Date	Day	Time	Fee	Code
50 and up	Sep 27	T	6:00 PM-9:00 PM	\$0	7500
50 and up	Oct 25	T	6:00 PM-9:00 PM	\$0	7510
50 and up	Nov 11	F	6:00 PM-9:00 PM	\$0	7511

Drawing and Painting Workshop

Focus on techniques of drawing and painting using assorted media such as watercolors, pastels and acrylics. All are welcome to develop your talents, whether experienced artists or beginners. No class on Columbus Day, Oct. 10.
 Instructor: Joan E. Tillotson
 Location: Senior Center Large Annex Room

Age	Date	Day	Time	Fee	Code
18 and up	Sep 12-Sep 26	M	9:00 AM-11:30 AM	\$15	7304
18 and up	Oct 3-Oct 31	M	9:00 AM-11:30 AM	\$20	7305
18 and up	Nov 7-Nov 28	M	9:00 AM-11:30 AM	\$20	7306
18 and up	Dec 5-Dec 19	M	9:00 AM-11:30 AM	\$15	7307
18 and up	Sep 6-Sep 27	T	1:00 PM-3:30 PM	\$20	7308
18 and up	Oct 4-Oct 25	T	1:00 PM-3:30 PM	\$20	7309
18 and up	Nov 1-Nov 29	T	1:00 PM-3:30 PM	\$25	7310
18 and up	Dec 6-Dec 27	T	1:00 PM-3:30 PM	\$20	7311
18 and up	Sep 7-Sep 28	W	9:30 AM-12:00 PM	\$20	7312
18 and up	Oct 12-Oct 26	W	9:30 AM-12:00 PM	\$15	7313
18 and up	Nov 2-Nov 30	W	9:30 AM-12:00 PM	\$25	7314
18 and up	Dec 7-Dec 28	W	9:30 AM-12:00 PM	\$20	7315

Painting on Wood

NEW!

Painting on wood and other materials allows the student to experiment and be bold. We will paint on a variety of materials including oak barrels, barn and fence board, wood flooring, and more. Initial boards will be provided by instructor. A materials fee of \$25 payable to instructor at first class.
 Instructor: Napa Parks And Recreation Staff
 Location: Senior center 1524 downstairs

Age	Date	Day	Time	Fee	Code
18 and up	Sep 1-Oct 6	Th	9:00 AM-11:30 AM	\$80	7465

Dance

Tap Dancing

Learn the basic skills and rhythms of tap dancing. Great exercise for your body and mind and lots of fun! You will need tap shoes. Wear comfortable clothing.
 No class Nov. 11 or 25.
 Instructor: Kellie Esser
 Location: Peppercette Baton & Dance Club

Age	Date	Day	Time	Fee	Code
50 and up	Sep 2-Sep 30	F	10:00 AM-10:45 AM	\$40	7301
50 and up	Oct 7-Oct 28	F	10:00 AM-10:45 AM	\$40	7302
50 and up	Nov 4-Dec 16	F	10:00 AM-10:45 AM	\$50	7303

Fitness

Beginning Tai Chi

Studies have shown that continuous practice of Tai Chi can positively affect high blood pressure, balance, bone density, muscle strength, and flexibility. Five techniques will be taught, one each week. The sequence will be repeated during the second five weeks. Participants may perform the techniques sitting, standing, or walking.
 Instructor: Guangxi Martial Arts Staff
 Location: Senior Center Large Annex Room

Age	Date	Day	Time	Fee	Code
50 and up	Sep 13-Nov 15	T	4:15 PM-4:45 PM	\$50	7031

Exercise with Cheryl

Exercise using weights, thermal bands, and other exercise equipment. Stretching, balance and cardio are all a part of this class. Wear comfortable clothes and supportive athletic shoes. Bring a water bottle. No class on Oct. 10 for Columbus Day.
 Instructor: Cheryl Benere
 Location: Senior Center Large Annex Room

Age	Date	Day	Time	Fee	Code
50 and up	Sep 12-Sep 26	M	6:00 PM-7:00 PM	\$15	7288
50 and up	Oct 3-Oct 31	M	6:00 PM-7:00 PM	\$20	7289
50 and up	Nov 7-Nov 28	M	6:00 PM-7:00 PM	\$25	7478
50 and up	Dec 5-Dec 19	M	6:00 PM-7:00 PM	\$15	7291
50 and up	Sep 3-Sep 24	Sa	8:00 AM-9:00 AM	\$20	7292
50 and up	Oct 1-Oct 29	Sa	8:00 AM-9:00 AM	\$25	7293
50 and up	Nov 5-Nov 19	Sa	8:00 AM-9:00 AM	\$15	7294
50 and up	Dec 3-Dec 17	Sa	8:00 AM-9:00 AM	\$15	7295

Get Fit and Stay Fit with Kristin Ranuio

Get your heart rate up, increase strength, flexibility, balance, and have a good time! Each class includes cardio, weights, bands, and chair work. Classes are great for all fitness levels. Kristin Ranuio is a certified personal trainer and instructor with over 20 years' experience. Please wear comfortable clothes and supportive shoes and bring water.

Instructor: Kristin Ranuio

Location: Senior Center Social Hall

Age	Date	Day	Time	Fee	Code
50 and up	Sep 1-Sep 29	T,Th	8:45 AM-9:45 AM	\$48	7316
50 and up	Oct 4-Oct 27	T,Th	8:45 AM-9:45 AM	\$48	7317
50 and up	Nov 1-Nov 29	T,Th	8:45 AM-9:45 AM	\$42	7318
50 and up	Dec 1-Dec 15	T,Th	8:45 AM-9:45 AM	\$30	7319

Rosen Method Movement

Join certified Rosen Method teacher Karen Peters for a class that uses physical therapy movements put to music for a low-impact, gentle, and energizing exercise class. Slow movements done with awareness can increase range of motion, flexibility, allow easier breathing, improved movement, balance, and coordination. Find ease and joy in moving through your daily life in the supportive community of this fun-loving class!

Instructor: Karen Peters

Location: Senior Center Social Hall

Age	Date	Day	Time	Fee	Code
18 and up	Sep 12-Sep 26	M	9:30 AM-10:30 AM	\$30	7483
18 and up	Oct 3-Oct 31	M	9:30 AM-10:30 AM	\$40	7484
18 and up	Nov 7-Nov 28	M	9:30 AM-10:30 AM	\$30	7485
18 and up	Dec 5-Dec 12	M	9:30 AM-10:30 AM	\$20	7486
18 and up	Sep 7-Sep 28	W	9:30 AM-10:30 AM	\$40	7487
18 and up	Oct 12-Oct 26	W	9:30 AM-10:30 AM	\$30	7488
18 and up	Nov 2-Nov 30	W	9:30 AM-10:30 AM	\$30	7489
18 and up	Dec 7-Dec 14	W	9:30 AM-10:30 AM	\$20	7490

FREE Programs

Casa Abierta Para Todos (Open House for All)

Join our volunteer Lilia Navarro for weekly events. Each week there will be something new. All are welcome!

Instructor: Volunteer Senior Center

Location: Senior Center Social Hall

Age	Date	Day	Time	Fee	Code
50 and up	Sep 2-Dec 16	F	4:45 PM-6:45 PM	\$0	7329

Craft Night - Drop-In

NEW!

Bring your own crafts to work on in a group setting. These free events are held in late afternoon/evening and are held on the 2nd Friday of the month. (No class in November)

Come and get your craft on!

Instructor: Napa Parks And Recreation Staff

Location: Senior Center Dining Room

Age	Date	Day	Time	Fee	Code
50 and up	Aug 12-Dec 9	F	4:00 PM-7:00 PM	\$0	7501

Cribbage Club

Come down to the Napa Senior Center on Thursday afternoons for a game of cribbage. Enjoy the best two-player card game. Avoid the skunk! No class on Nov. 24.

Instructor: Volunteer Senior Center

Location: Senior Center Dining Room

Age	Date	Day	Time	Fee	Code
50 and up	Sep 1-Dec 15	Th	1:00 PM-3:00 PM	\$0	7330

Game Night

NEW!

Join us for group-led games. New games and old favorites will be played.

Instructor: Napa Parks And Recreation Staff

Location: Senior Center Social Hall

Age	Date	Day	Time	Fee	Code
50 and up	Oct 6	Th	6:00 PM-8:30 PM	\$0	7512
50 and up	Nov 3	Th	6:00 PM-8:30 PM	\$0	7513
50 and up	Dec 1	Th	6:00 PM-8:30 PM	\$0	7514

Game Night-Drop In

NEW!

Drop in to play games in our facility. Get a group of friends together and come play in our space. Bring your own games or check out games from the Senior Center. Game Night Drop In is held the 3rd Thursday of the month.

Instructor: Napa Parks And Recreation Staff

Location: Senior Center Social Hall

Age	Date	Day	Time	Fee	Code
50 and up	Aug 18-Dec 15	Th	4:00 PM-7:00 PM	\$0	7503

Holiday Light Tour

Take a tour throughout our community to view the holiday lights! We will depart from the Senior Center at 6pm. Check in time is 5:30 p.m. Don't miss out on this fun holiday tradition!

Instructor: Napa Parks And Recreation Staff

Location: Senior Center Dining Room

Age	Date	Day	Time	Fee	Code
50 and up	Dec 19-Dec 19	M	6:00 PM-9:00 PM	\$0	7461



FREE Programs (Continued)

Mah Jongg Beginner Lessons

Join volunteer Rachel Friedman for an afternoon of Mah Jongg beginner play.

Instructor: Volunteer Senior Center

Location: Senior Center Computer Lab

Age	Date	Day	Time	Fee	Code
50 and up	Oct 7-Oct 28	F	1:00 PM-3:00 PM	\$0	7297
50 and up	Dec 2-Dec 16	F	1:00 PM-3:00 PM	\$0	7298

Mah Jongg Open Play

Mah Jongg Open Play is for experienced beginners and intermediate level players. American Mah Jongg requires 2016 card. The group plays every Friday the Senior Center is open. Drop in when you are available to play! Those requiring Mah Jongg lessons need to register for beginner lessons with Rachel Friedman. No meeting Nov. 11 or 25.

Instructor: Volunteer Senior Center

Location: Senior Center Social Hall

Age	Date	Day	Time	Fee	Code
50 and up	Sep 2-Dec 16	F	1:00 PM-3:30 PM	\$0	7320

Mexican Train Dominos

Come down to the Napa Senior Center on Wednesday afternoons for a game of Mexican Train. Instructors will be on hand for assistance.

Instructor: Volunteer Senior Center

Location: Senior Center Dining Room

Age	Date	Day	Time	Fee	Code
50 and up	Sep 7-Dec 14	W	1:30 PM-4:00 PM	\$0	7482

Pinochle Lessons

Get together and have fun playing Pinochle! Also learn to play different types of Pinochle with our volunteer instructor Dee Dec.

Instructor: Volunteer Senior Center

Location: Senior Center Dining Room

Age	Date	Day	Time	Fee	Code
50 and up	Sep 13-Dec 20	T	1:00 PM-4:00 PM	\$0	7328

Fun & Social

Holiday Extravaganza

Come have a jolly old time with friends new and old! Kick off the celebration with lunch to be followed by games, gifts and more. Don't miss out on this Senior Center Holiday Tradition!

Instructor: Napa Parks And Recreation Staff

Location: Senior Center Social Hall

Age	Date	Day	Time	Fee	Code
50 and up	Dec 15-Dec 15	Th	11:30 AM-2:30 PM	\$5	7463

Senior Center Thanksgiving Luncheon

Join us for a lovely Thanksgiving lunch. Please register by Thursday November 17th for this fun holiday tradition.

Instructor: Volunteer Senior Center

Location: Senior Center Social Hall

Age	Date	Day	Time	Fee	Code
50 and up	Nov 23-Nov 23	W	11:30 AM-1:00 PM	\$5	7462

Language

French Advanced

Classes are taught by French-trained native speakers following Alliance Francaise guidelines. Vocabulary, grammar, and conversation are included. See the form at www.afnapa.com. Students may be required to purchase the required text and workbook if needed. Teacher approval is required for class placement.

Instructor: Alliance Francaise

Location: Senior Center 1518 Upstairs

Age	Date	Day	Time	Fee	Code
18 and up	Sep 6-Oct 11	T	6:00 PM-8:00 PM	\$190	7390
18 and up	Oct 18-Nov 29	T	6:00 PM-8:00 PM	\$190	7391

French Beginning I

Classes are taught by French-trained native speakers following Alliance Francaise guidelines. Vocabulary, grammar, and conversation are included. See the form at www.afnapa.com. Students may be required to purchase the required text and workbook if needed. Teacher approval is required for class placement.

Location: Senior Center 1518 Upstairs

Age	Date	Day	Time	Fee	Code
18 and up	Sep 12-Oct 3	M	6:00 PM-8:00 PM	\$126	7374
18 and up	Oct 17-Nov 21	M	6:00 PM-8:00 PM	\$190	7375

French Beginning II

Classes are taught by French-trained native speakers following Alliance Francaise guidelines. Vocabulary, grammar, and conversation are included. See the form at www.afnapa.com. Students may be required to purchase the required text and workbook if needed. Teacher approval is required for class placement.

Instructor: Alliance Francaise

Location: Senior Center 1518 Upstairs

Age	Date	Day	Time	Fee	Code
18 and up	Sep 7-Oct 12	W	6:00 PM-8:00 PM	\$190	7372
18 and up	Oct 19-Nov 23	W	6:00 PM-8:00 PM	\$190	7373

French Intermediate

Classes are taught by French-trained native speakers following Alliance Francaise guidelines. Vocabulary, grammar, and conversation are included. See the form at www.afnapa.com. Students may be required to purchase the required text and workbook if needed. Teacher approval is required for class placement.

Instructor: Alliance Francaise

Location: Senior Center 1518 Upstairs

Age	Date	Day	Time	Fee	Code
18 and up	Sep 8-Oct 13	Th	6:00 PM-8:00 PM	\$190	7388
18 and up	Oct 20-Nov 17	Th	6:00 PM-8:00 PM	\$158	7389

Special Interest

Aspects of Spirituality

NEW!

In this informal senior seminar, the facilitator and participants will gather weekly to discuss a chapter of the book which has been selected for the course. Participants are encouraged to ask questions about the week's reading, point out passages of particular interest or relevance to them, and share their perspectives on what the author has written. To the first class meeting, bring the paperback edition of "The Illustrated World's Religion: A Guide to Our Wisdom Traditions" by Huston Smith, which can be ordered through local bookstores or online. If helpful, bring reading glasses. Also suggested: a pen and notebook.

Instructor: Napa Parks And Recreation Staff

Location: Senior Center 1518 Downstairs

Age	Date	Day	Time	Fee	Code
50 and up	Sep 7-Oct 26	W	11:15 AM-12:45 PM	\$60	7464

Trips

Sausalito Art Festival

NEW!

Join us on Labor Day Weekend for America's premier waterfront art festival! The Sausalito Art Festival will be one of the most memorable and enjoyable events you will ever attend. It has been ranked among the top five fine art events in the country by ArtFairSourceBook.com! Fee includes: bus ride, snacks, light libations on way home, and a wristband for festival entrance. Meet at the Park and Ride in Napa, located at corner of Redwood Rd. and Solano Ave., 3416 Solano Ave. For more information call (707) 255-1800. Due to the nature of these trips, refunds and credits cannot be given unless there is a waiting list. Please plan your purchase carefully.

Instructor: Napa Parks And Recreation Staff

Location: Napa Park & Ride

Age	Date	Day	Time	Fee	Code
18 and up	Sep 3	Sa	9:30 AM-4:30 PM	\$48	7480

Graton Resort and Casino Trip

Arrive in style at Graton Resort & Casino on a Royal Coach. Located in Sonoma County, Graton Resort & Casino has a commanding presence amongst rolling hills of Northern California's wine country. Owned and operated by the Federated Indians of Graton Rancheria, Graton Resort & Casino is the complete entertainment experience, featuring table games, the latest slot machines, upscale and casual dining, plus entertainment options for visitors and locals alike. Lunch on your own. Registration deadline is Wednesday, Sept. 14. Join us for our popular day trips! Trips will depart from the Napa Senior Center, 1500 Jefferson Street. Cost includes bus fare and entrance fees. Lunch is not included on all trips, so please read carefully. Caregivers under 50 years of age may attend but must register in person at the Senior Center. Due to the nature of these events, refunds cannot be given unless there is a waiting list. For this reason, please make your selections carefully. Parking is limited at the Senior Center, so please consider carpooling when parking at there. The times listed are the times we will depart and arrive at the Senior Center. Please arrive 15 minutes prior to departure to check in with Senior Center Staff.

Instructor: Napa Parks And Recreation Staff

Location: Senior Center

Age	Date	Day	Time	Fee	Code
50 and up	Sep 22	Th	9:00 AM-4:00 PM	\$20	7299
50 and up	Nov 17	Th	9:00 AM-4:00 PM	\$20	7300

Trips (Continued)

Apple Hill-High Hill Ranch

NEW!

Join us for a non-guided trip to High Hill Ranch in Apple Hill. High Hill Ranch is located near Placerville and this popular destination is all about apples! Try delicious apple pies, fritters, donuts and apple beer and wine! Tour the craft fair and gift shop, enjoy lunch in the restaurant or stuff yourself with delicious apple desserts. This trip will be held rain or shine. Wear comfortable shoes and expect to walk up to two miles or more. Registration deadline is Sept. 20. Register online at naparec.com or at the Senior Center, 1500 Jefferson St. Cost is \$28 per person. The luxury motorcoach will depart the Senior Center at 8 a.m. and return by 4 p.m. to provide plenty of time for shopping and sightseeing. The Napa Senior Center is located at 1500 Jefferson St. For more information call (707) 255-1800. Due to the nature of these trips, refunds and credits cannot be given unless there is a waiting list. Please plan your purchase carefully.

Instructor: Napa Parks And Recreation Staff

Location: Senior Center

Age	Date	Day	Time	Fee	Code
50 and up	Oct 20	Th	8:00 AM-4:00 PM	\$30	7460

The Lion King Trip

NEW!

Join us on a trip to the Orpheum Theater in San Francisco to see The Lion King. Winner of six Tony Awards, including Best Musical, The Lion King brings together one of the most imaginative creative teams on Broadway. Tony Award-winning director Julie Taymor brings to life a story filled with hope and adventure set against an amazing backdrop of stunning visuals. The Lion King also features the extraordinary work of Tony Award-winning choreographer Garth Fagan and some of Broadway's most recognizable music, crafted by Tony Award-winning artists Elton John and Tim Rice. Meet at the Park and Ride in Napa, located at the corner of Redwood Rd. and Solano Ave., 3416 Solano Ave. For more information call (707) 255-1800. Due to the nature of these trips, refunds and credits cannot be given unless there is a waiting list. Please plan your purchase carefully.

Instructor: Napa Parks And Recreation Staff

Location: Napa Park & Ride

Age	Date	Day	Time	Fee	Code
18 and up	Nov 19	Sa	10:30 AM-5:30 PM	\$87	7481



Union Square Shopping Trip

Join the Napa Senior Center on Dec. 1 for a non-guided holiday shopping trip to San Francisco's Union Square! See the holiday windows, Neiman Marcus Christmas Tree, Macy's Outdoor Christmas Tree, and more. This trip will be held rain or shine. Expect to walk up to two miles or more. Lunch on your own in Union Square. A list of nearby restaurants will be provided on request. Registration deadline is Friday, Nov. 4. Register online at naparec.com or at the Senior Center, 1500 Jefferson St. Cost is \$28 per person. The luxury motorcoach will depart the Senior Center at 8 a.m. and return by 4 p.m. to provide plenty of time for shopping and sightseeing. The Napa Senior Center is located at 1500 Jefferson St. For more information call (707) 255-1800. Due to the nature of these trips, refunds and credits cannot be given unless there is a waiting list. Please plan your purchase carefully.

Instructor: Napa Parks And Recreation Staff

Location: Senior Center

Age	Date	Day	Time	Fee	Code
50 and up	Dec 1	Th	8:00 AM-4:00 PM	\$30	7457

Would you like to make a difference in someone's life? Come join us as a Senior Center volunteer!

General Job Description:

Under general supervision, prepares Senior Center for use; works with the users during events and classes; assists visitors with information and services; ensures facilities are locked and secure; performs a variety of customer service-related functions; performs other related duties as required.

Typical Tasks:

- Provide orientation to Senior Center users and guests
- Greet and assist building visitors with information and services
- Sell Taxi Scrip, Vine Go and Bus Passes
- Collect and balance daily monies for deposit
- Answer phones; give referrals and information to public, other related duties as required

Qualifications:

Knowledge of: basic customer service skills, basic use of equipment; basic record keeping and reporting skills; use of simple public address and audiovisual equipment; the use of computers and specific systems as used within the department.

Hours per week:

We will work with your schedule! Optimally we would like one person to volunteer from 8 a.m. - noon and one person to volunteer from noon until 4 p.m. Monday through Friday.

How to apply:

Contact the Napa Senior Center at 255-1800 for a volunteer application and questionnaire. We will contact you for an interview.



Directory of Clubs That Meet at The Napa Senior Center

Club	Instructor	Phone	Date	Cost
AARP - Driver Safety	Phillip Pollard	745-5142	Varies	Fee based on membership
AAUW	Barbara Pahre Pat Bardwell	224-7129 252-2494	2nd Tuesday	\$95 Per year
American Contract Bridge	Anastasia Loban	255-7813	Friday & 1st & 3rd Sundays	
Ballroom Dance Inc.	Bob Peterson	255-5890	2nd Saturday	\$95 Per year
Boots & Belles Square Dancers	Diana Gunther	252-3161	Wednesday	\$25 Per month
Coffee and Conversation (Grief Support)	Rocky Sheridan	226-5665	Friday	Free
Napa Valley Food Bank	Karen Neil Shirley King	253-6128 253-6100	3rd Monday	Free to low income
Hearing Loss Association of Napa	Jeannine Scott	257-0509	3rd Wednesday	Free
HICAP		800-434-0222	Varies	Free
League of Women Voters			Varies	
Latinos Unidos	Hector Olvera	332-7119	Thursday	
Mah Jongg Group Advanced	Ellie Frankina	255-5638	Monday	
Molly's Angels	Fran Rosenberg	224-8885	Varies	Free
N.A.R.F.E.	Dorothy Mulfich	226-3642	Varies	
Napa Bocce Association	Glenn Mattila	252-6759	Varies	
Napa Senior Inc.	Carlena Milligan	226-6317	2nd Sunday	Free
Napa Success Connection	Mel Engle	312-1822	Wednesday	\$10 Per month
Napa Valley Adult School	Danielle McCaslin	253-3417	Varies	\$5 Per class
Napa Valley Bonsai Club	Brent Ihli	294-2292	3rd Monday	
Napa Valley Dining Club	Lisa DeRose	253-6114	Monday - Friday	\$3 Suggested donation per meal
Napa Valley Meals on Wheels		253-6111		
Napa Valley Genealogical Society	Karen Burzduk	252-2252	Varies	
Napa Valley Needlers	Gaye Barclay	255-7612	2nd Thursday	\$25/ yr or \$12.50/half yr
Napa Valley Orchid Society	Karen Whitecotton	254-0467	2nd Friday	
Napa Valley PC & Mac Users Group	Jim Gray	255-6789	PC 3rd Wednesday Mac Users 2nd Thursday	Free
Napa Valley Porcelain Painters	Cathy Philipie	255-7756	3rd Monday	\$25 Per Year
Napa Valley Quilters	Krista Lopez	257-1058	2nd Saturday	\$35 Yearly
No. California Neuropathy Assoc.	Ron Patrick	257-2343	1st Thursday	Free
Old Goats (Men's Group)	William Lindner	226-2327	Friday	Free
RPEA	Tom Marek	255-7871	Varies	\$35 Per year
Sew & Chat	Joan Wilson	226-6202	Tuesday	\$15 Per year
Silverado Handweavers & Spinners	Kate McBride	257-3539	3rd Saturday	
Sons in Retirement (RV)	Rex Williams	255-5834	Varies	\$20 Per year
Sons of Italy Napa Lodge	Anna Graeber	255-5242	4th Monday	\$75 Per year
Tuesday Night Dance	Charene Zimos	260-5248	2nd Tuesday	\$12 Per Month
Wine Country ANG	Phyllis Bush	479-8875	4th Saturday	\$66 Per year

Coastal Cleanup Day

September 17, 2016

9 a.m. – 12pm

Location: Multiple sites throughout Napa County

Volunteers are needed for Napa County's Coastal Cleanup Day. On Saturday, Sept. 17, join others from Napa and around the world to create cleaner, litter-free communities. Choose from multiple cleanup sites throughout the City and County of Napa for one that best fits you, your family, friends, or work or social group. We all live downstream. A cleaner coastline starts with clean streets, rivers, and waterways!

For specific locations, and any additional information, please contact Jemma Williams at Jemma@NapaRCD.org or by phone at (707)252-4189 ext. 108. This activity is appropriate for all ages. Youth under age 12 must be accompanied by a parent or guardian. Please bring your own gloves and a collection bucket if possible, though gloves will be available if not. Registration is not required but RSVP is encouraged. Please visit NapaRCD.org/cleanup for more info.



Volunteer Oak Planting Party

Saturday, November 5

9 a.m. – 11:30 a.m.

Alston Park (Main entrance)

Saturday, November 19

9 a.m. – 11:30 a.m.

Alston Park (Main entrance)

Did you know that Napa supports one of California's rarest ecosystems? Valley Oak woodlands are more biodiverse than any other ecosystem in California! Help restore these magnificent forests by volunteering to plant trees at Alston Park. The Napa County RCD is working on planting 5,000 oak trees over three years and we need volunteers to help collect and plant acorns. This activity is free and great for all ages, although youth under age 12 must be accompanied by a parent or guardian. Dress for garden work and weather. Registration is not required, but RSVP is encouraged. Contact Eric@NapaRCD.org for more info or call 252-4189 ext. 111.

Las Flores Community Center

Drop In and Get Your Play On!



In 1992 the Las Flores Community Center was officially opened to Napa residents. Over the years residents have enjoyed youth and adult sports programs, preschool classes, summer camps, teen dances, special needs social activities, holiday special events, and a wide variety of enrichment community classes.

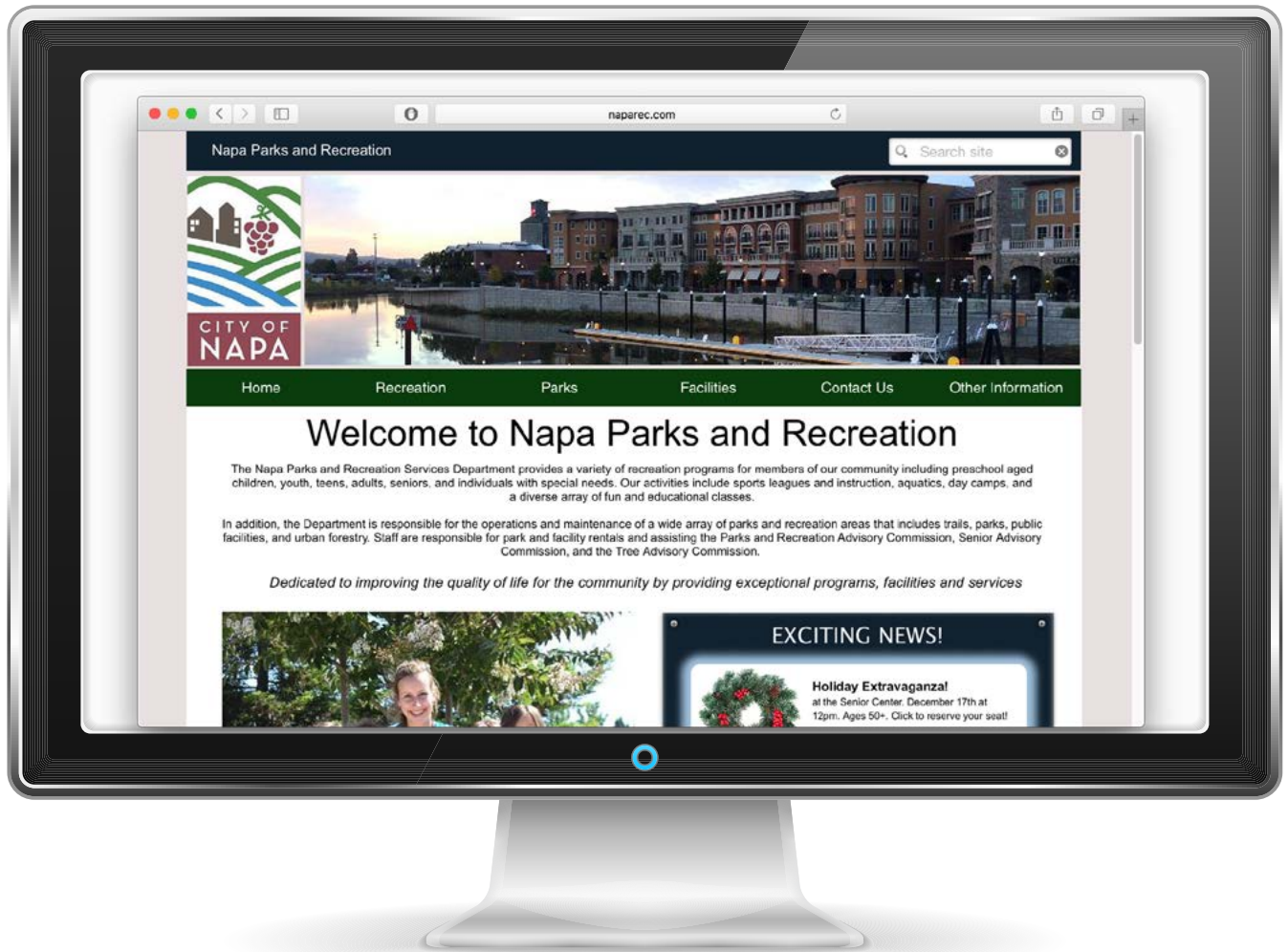
The property includes the finest municipal tennis courts in Napa, an enclosed preschool play area, a 70' x 70' gym, a classroom, and bathrooms. The Center is attached to the Las Flores Park.

In addition to the many organized recreational classes and programs, the facility is home to open gym volleyball on Sunday evenings, open gym badminton on Friday evenings, youth open gym basketball on Wednesday nights, and free drop-in basketball for all ages Monday-Friday

mornings and afternoons. There is always something going on at Las Flores!

For convenient access and the most up-to-date days and times for the Las Flores drop-in gym schedule, please visit www.teamsideline.com/napa and view the calendar.

Open Gym Badminton	Fridays	5:30-8:30 p.m.	Passes available \$25-\$48* *depends on length of the season
Open Gym Volleyball	Sundays	6:30-9:30 p.m.	Free for City League teams/\$5 per night
Open Gym Basketball - Youth	Wednesdays	5:30-7:00 p.m.	Free
Drop-In Gym	Mon-Fri	Varies	Free



Same name. New site.

Worried about registering for classes online? Don't be.

We redesigned our website from the ground up with your ease of use in mind. Visit our new and improved site today to view our online recreation guide, register for classes, and more.

www.naparec.com



Facilities For Your Special Event

Napa Parks and Recreation has multiple locations for wedding receptions, rehearsal dinners, special events, and meetings.

The Perfect Venues

Many guests want to fully experience the wine country and plan an overnight stay at the nearby hotels and bed-and-breakfasts. Nearby attractions include more than 100 Napa wineries, hot-air balloon tours, golf, and many fine dining establishments, making a visit here profoundly satisfying to all the senses.

For information on rental packages and availability call 707-257-9529
or visit www.naparec.com/facilityrentals

Napa Senior Activity Center

1500 Jefferson Street Napa, CA 94559

The Senior Center venue is nestled in a beautiful grove, flush with native redwoods, oak and bay trees, providing the perfect shaded backdrop for your event. We offer a picturesque outdoor ceremony site. The abundance of trees and vegetation provides a lush, natural backdrop for timeless photographs of your wedding and reception. An outdoor patio is perfect for either hors' d'oeuvres or pre-dinner drinks.

Located in the heart of downtown Napa and walking distance from some of the finest dining, hotels and bed and breakfast establishments, the Senior Center also includes over 100 off-street parking spaces and 4 separate buildings.

Max. Seated Indoors: 240

Max. Seated Outdoors: 150



Pelusi Building

2296 Steblow Drive Napa, CA 94559

Located near the entrance to Kennedy Park and across from the Napa Golf Course, the Pelusi Building Center also includes ample parking and great views of the River-to-Ridge Trail.

Capacity Indoors: 106 Dining; 228 Assembly
Max. Seated Outdoors: 8 picnic tables; 48 people



Park Rentals:

For information about other facilities available for rent, please visit our website at www.naparec.com/parksinfo.

Napa Tree Programs

Napa Parks and Recreation has several tree programs to educate, protect, and honor trees in the City of Napa:

Street Tree Program

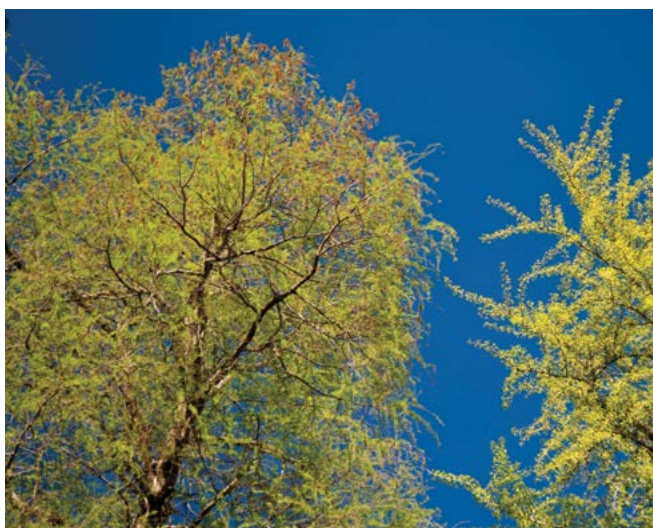
Learn about approved trees, pruning guidelines, and our master tree list.

Protected Native Tree Program

Learn about the City's intent to promote a healthy urban forest.

Significant Tree Program

Learn about how to honor and protect trees with historic significance, or that are rare, unique, and native to the area. For more information about our tree programs, visit www.naparec.com/trees.



Public Boating

Napa Parks and Recreation Services Department is responsible for the maintenance and operations of public facilities that provide access to the Napa River. For more information, and access to boating-related resources, please visit www.naparec.com/publicboating.

Main Street Boat Dock

Located at the end of 4th street on the Riverfront.

Kennedy Park Boat Dock

The Kennedy Park boat launch offers a ramp for small boats and a dock.

Riverside Park Boat Launch

The Riverside Park boat launch is located at the southern end of Riverside Drive.



Dogs in Parks

The City of Napa is a pet-friendly community. In order to ensure that all users have a great recreational experience, the following rules and regulations have been put in place related to walking dogs in these areas: Dogs are allowed in all City Parks and on all public trails on a leash. Dogs are allowed off-leash under voice-control at the following parks:

Alston Park

2037 Dry Creek Road: 39 acres designated off-leash

Shurtleff Park

1238 Shelter Avenue: Entire park area

Kennedy Park

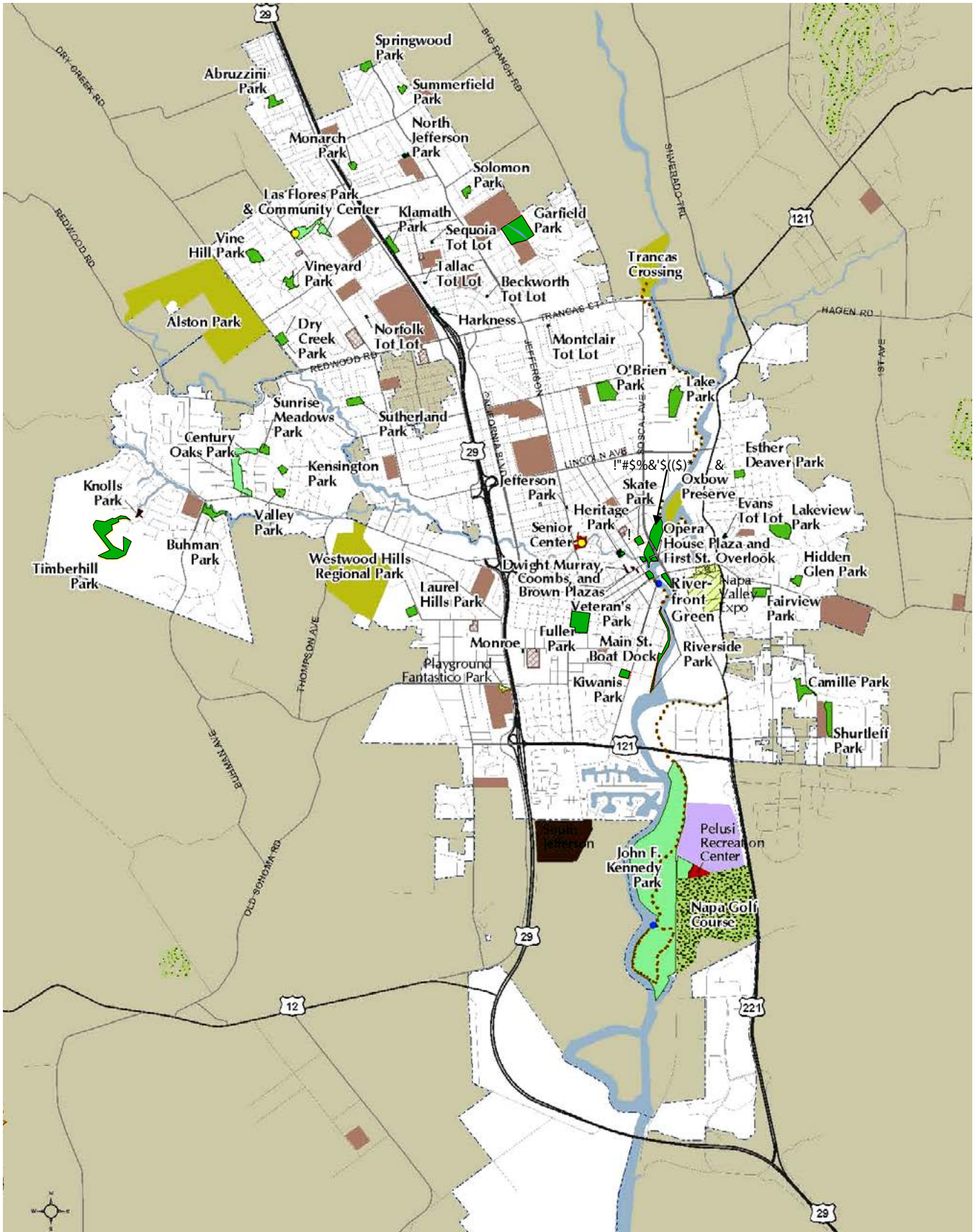
3291 Streblov Drive: Undeveloped areas only

Dogs are prohibited in any park playground, tot lot, and sports field. Here are some other regulations that dog owners need to be aware of when using public parks and trails: Owners must pick up after their dogs; dogs must have required vaccinations; and dogs must be licensed. No more than 5 dogs per owner/guardian in any off-leash area.

Park Use Rules/Information:

In order to ensure that parks, open spaces, and trails are preserved for all to enjoy, use of these areas are regulated through the Napa Municipal Code. Parks use information is posted on our website and are available at our main office. We invite the community to use and enjoy our beautiful parks and ask that you become familiar with the rules and regulations regarding park use. Information about alcohol, jump houses, amplified music, barbecues, skateboards and skates, and bicycles can be found at www.naparec.com/parksinfo.

Napa Parks Map



Park amenities

1 Abruzzini Park 55 Haven Way		28 Norfolk Park 2218 Wales St.	
2 Alston Park 2037 Dry Creek Rd		29 North Jefferson 1475 Gordon St	
3 Beckworth Park 3544 Beckworth		30 Opera House Plaza 970 First St.	
4 Buhman Park 1002 Buhman Ave		31 O'Brien Park 865 Pueblo Ave.	
5 Camille Park 1145 Cayetano Dr		32 Oxbow Commons 1268 McKinstry St	
6 Century Oaks Park 1013 Century Dr		33 Oxbow Preserve End McKenzie Dr	
7 Dry Creek Park Dry Creek Rd		34 Playground Fantastico Old Sonoma Rd.	
8 Esther Deaver 1522 East Ave.		35 Riverfront Green Third and Soscol	
9 Evans Park 1090 Williams Ave		36 Riverside Park 402 Riverside Dr.	
10 Fairview Park 1000 Blk Terrace Dr		37 Sequoia Park 1749 Sequoia St.	
11 Fuller Park 560 Jefferson St		38 Shurtleff Park 1238 Shelter Ave.	
12 Garfield Park 80 Garfield Ln		39 Skate Park 1200 West St.	
13 Harkness Park 3615 Harkness St		40 Solomon Park 3921 Solomon Ave.	
14 Heritage Park 1118 Pearl St.		41 Springwood Park 1516 Mosswood Dr.	
15 Jefferson Park 1900 Jefferson St.		42 Summerfield Park 4427 Summerfield Dr.	
16 Kennedy Park 3291 Streblov Dr.		43 Sunrise Park 1100 Westview Dr.	
17 Kensington Park 3304 Scenic Dr.		44 Sutherland Park 3197 Baywood Ln.	
18 Kiwanis Park 1201 Elm St.		45 Tallac Park 3695 Beckworth	
19 Klamath Park 3999 Klamath Way		46 Timberhill 3621 Timberhill Ln.	
20 Lake Park 2339 Lakepark Dr.		47 Trancas Crossing Park 610 Trancas St	
21 Lakeview 325 Lakeview Dr.		48 Valley Park 3300 Kensington Cr.	
22 Las Flores Center 4300 Linda Vista Ave.		49 Veteran's Park 800 Main St.	
23 Las Flores Park 2235 Las Flores Dr		50 Vinehill Park Vinehill Dr.	
24 Laurel Park 2999 Laurel St		51 Vineyard Park 2473 Carbernet St.	
25 Main Street Boat Dock 4th and Main Street		52 Westwood Hills 3107 Browns Valley Rd.	
26 Monarch Park 1751 Paulson Way		53 Dwight Murray Plaza 1100 First St.	
27 Montclair Park 3343 Main St.		54 9/11 Memorial Garden 1075 Main St	

Icon Key

Amphitheater Plaza	Biking	Group Picnic Site	Off Leash Dog Area	Skateboarding
BBQ Area	Boat Launch	Hiking Trails	Picnic Tables	Tennis
Baseball	Drinking Fountain	Horse Trails	Playground	Volleyball
Basketball	Golf	Kayak Launch	Restrooms	Walking Trails

City of Napa Urban Forestry Program



The City of Napa has been recognized by the National Arbor Day Foundation as a “Tree City USA” for the past 25 years. The City has strived to maintain this honor through its tree preservation, maintenance, and planting programs. There are a number of ordinances that regulate the care of both public and private trees. The Department works with the Tree Advisory Commission to update and manage this program.

STREET TREES

A street tree is any tree growing within the public right-of-way. Generally, they fall into one of these categories:

- They are located in the planting area between the sidewalk and street
- They are within ten feet of the curb
- They may be located adjacent to the road in areas where curbs and sidewalks do not exist.

Street trees are protected by ordinance and are considered public property. The maintenance, removal, and planting of street trees is the responsibility of the City. The City does not prune for aesthetic purposes, but instead prunes for street and sidewalk clearance, removing dead, weak, or hazardous limbs. Pruning may be performed by the property owner with a permit from the Parks & Recreation Services Department. Contact our department to verify if you have a street tree.

PROTECTED NATIVE TREES

Protected native trees are specific species of trees located on private property that fall into one of these categories:

- Property one acre in size or larger zoned for residential or agricultural purposes
- Located on property zoned for commercial or industrial purposes.

In establishing this protection of specified trees, it is the City’s intent to promote a healthy urban forest that contributes to clean air, soil conservation, energy conservation, scenic beauty, enhanced property values, and a quality of life ensuring that Napa will continue to be a desirable place to live and work. Section 12.45 12.45 of the municipal code regulates protective native trees.

SIGNIFICANT TREES

The Significant Tree Program was created to both honor and protect trees of historic significance, that are unique or rare specimens, that possess unique physical characteristics, are Napa Valley natives, or trees with special or unique habitat value. Significant trees are regulated under section 12.45 of the municipal code. Currently there are over 45 entries on the Registry of Significant Trees within the City of Napa. For information on nominating a tree please contact us.

For more information on any of these programs, please contact us:

1. Call the Parks & Recreation Services office at 707-257-9529
2. Enter your request through our online service center at www.cityofnapa.org
3. Download applications from the tree page on the City website at www.naparec.com



4 Easy Ways to Register

ONLINE

You can access the online registration website (ActiveNet) through www.naparec.com. This is a real-time, secure registration site available 24 hours a day, 7 days a week. If you do not have an account, you will need to create one before registering for activities.

Payments accepted: Credit card.

IN PERSON

Registration forms can be downloaded and printed at www.naparec.com/forms, picked up at the main office, or can be found in this guide on the next page.

Payments accepted: Credit card, cash, check, money order. Please make checks payable to CITY OF NAPA.

MAIL IN

Please mail your registration form and payment to 1850 Soscol Ave. #201, Napa, CA 94559.

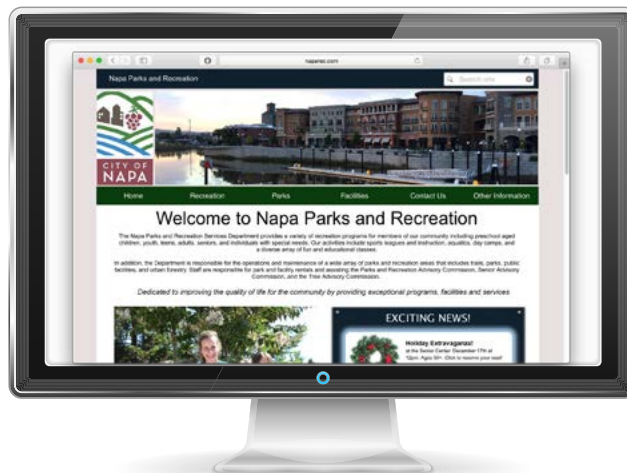
Payments accepted: Check or money order, made payable to CITY OF NAPA

DROP BOX

Outside of office hours, please place registration form and payment in drop box slot at the bottom of the staircase on the backside (east side) of the building.

Payments accepted: Check or money order, made payable to CITY OF NAPA. Registrations will be processed the next business day.

Please register in advance for programs and activities.



As of January 1, 2013, to be compliant with federal regulations that protect our customers' identities and sensitive financial information, credit card payments can only be accepted online or when the card is presented at the front counter of our administrative office. Fax-in registration will no longer be accepted. We will continue to accept registration by mail or drop box for check or money order payments only.

Class Drops/Transfers/Credits/Refunds

“100% Satisfaction Guaranteed!” If you are unsatisfied with your experience, you may apply for a transfer, credit or refund by submitting a written request within the same session. If an activity is canceled due to a lack of enrollment, you can register for an alternative activity if available, or request a refund. A fee may apply.

Class Cancellations

We encourage participants to register early. All activities that do not meet minimum enrollment five (5) working days prior to the first class meeting may be canceled and full refunds or credits will be issued.

Registration Form

City of Napa Parks & Recreation Services Department

1850 Soscol Ave #201, Napa, CA 94559 (707)257-9529

A. Primary Adult Information:		
Primary Adult	E-mail address (required):	
Address	City/Zip Code	
Birth Date (System identifies adults by birth date) ____/____/____	City of Napa Resident? Yes <input type="checkbox"/> No <input type="checkbox"/> Non-Resident is anyone who lives outside the Napa city limits.	
Primary Phone	Secondary Phone	Alternate Phone

B. Participant's Name	Activity #	Current Grade	Special Requests	Fee
				\$
				\$
				\$
Napa Youth Scholarship Donation Fund				\$
Donations made to the Youth Scholarship fund will be used to help provide recreation to those who otherwise would not be able to participate.				\$
Non-City of Napa Resident Fee (\$5 per activity if applicable)			Non-Resident Fee	\$
Please apply my credits on file towards this registration:			Total Credits Used	()
			Total Fees Due	\$

C. Family Account Information – Include all family members (including participants listed in section B)				
Children in Household	Birth Date	M/F	School	Medical Condition(s)

D. Waiver Required
<p>"The undersigned, in consideration of participation in this program agrees to indemnify and hold the City of Napa harmless, and release the City of Napa from any and all liability claims, and necessary costs and expenses for any loss/damage to property or injury from any cause whatsoever regardless of negligence, which may be suffered by the above-named individual registered in this program, arising out of, or in any way connected with participation in this program and/or use of the premises. I understand that photographs taken of recreation programs may be used by the Parks & Recreation Services Department for promoting our programs, classes or events."</p>
Signature _____ Date _____ Self <input type="checkbox"/> Parent <input type="checkbox"/> Guardian <input type="checkbox"/>

E. Method of Payment
<input type="checkbox"/> Cash <input type="checkbox"/> Check # _____ <input type="checkbox"/> Money Order # _____
Please make checks/money orders payable to: City of Napa
<small>*As of January 1, 2013 credit card payments will only be accepted online and in-person at the Napa Parks & Recreation Services Department main office (1850 Soscol Ave #201).</small>

Curbside Food Composting



WHAT GOES IN THE BROWN CART? – LOTS OF ITEMS!

All Food

- Fruits & vegetables
- Seafood & shellfish
- Meat & poultry/bones
- Fats & grease
- Rice, beans & pasta
- All prepared & cooked foods
- Bread
- Dairy products /cheese
- Eggshells

Yard Trimmings / Other Organics

- Leaves & grass
- Branches & stems
- Sawdust / non-painted wood
- Floral trimmings / holiday greenery
- Hair, fur & feathers

Please No

- Plastic bags /wrap or straws
- Styrofoam
- Glass bottles & metal cans
- Aluminum foil / foil-lined food wrap
- Non-compostable wipes
- Diapers
- Liquids
- Hazardous waste
- Cat & dog waste / cat litter

Soiled Paper

- Paper towels, napkins, tissue
- Paper cups & paper plates
- Coffee grounds, filters & tea bags
- Paper take-out containers
- Waxed paper /butcher paper
- Waxed cardboard

Worried about smell or flies?
Go to naparecycling.com
for tips and more info that can help!



A Tradition of Stewardship
A Commitment to Service



REDUCE LANDFILL WASTE!

Residential Customer
Carrier Route Presort



Food and other compostables go in your brown cart. It's not just for yardwaste anymore.

It's As Easy As...

1



2

Compostables =
Food Scraps & Soiled Paper
& Yard Trimmings



3



Napa residents threw out 13% less trash — and composted 2000 more tons — during the first year of the food composting program. Thanks for helping reduce waste, decrease emissions and create local organic compost! But, we can do better...there are still thousands of tons of compostables going to the landfill. Join your neighbors and compost all your food scraps and soiled paper!



A Tradition of Stewardship
A Commitment to Service



REDUCE LANDFILL WASTE!