

PLEASANTON

COMMUNITY SERVICES ACTIVITIES GUIDE • SPRING 2013



**Check Out
the Guide's
New Look!**

Online registration begins January 24—see page 45

Facebook Photo Contest



Submit a photo of you, your friends, or your family members recreating in one of our parks or facilities for a chance to have your photo selected as our Facebook Cover Photo for one month and be featured in a future *Activities Guide*.

Submit entries by emailing your photos to: recclasses@cityofpleasantonca.gov. Include "Facebook Photo Contest" in the subject field, and list the following information in your email: name, email address, phone number, and where the photo was taken. We will need this information to notify the winners. Winners will be selected at random each month.



Photos must be appropriate in nature and participant's have agreed to have their photos taken. By entering your photo into our contest, you grant the City of Pleasanton Community Services Department permission to use your photo(s) on the Pleasanton Community Services Facebook page and in Community Services publications. This promotion is in no way sponsored, censored, or administered by or associated with Facebook. You are providing information to the City of Pleasanton and not Facebook.

Like Pleasanton Community Services on Facebook to stay up-to-date with programs, courses and events going on in Pleasanton!



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Access & Inclusion

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

FIREHOUSE

ARTS CENTER™

setting the
ARTS on FIRE™

Karen Rontowski with Phil Johnson
Comedy@Firehouse Arts
Wednesday, 2/13 • 7:30pm

Bill Harley
Grammy-Winning Musician and Storyteller
Saturday, 2/16 • 2:00 & 8:00pm

Adrian Leg
Guitarist of the Decade
Friday, 2/22 • 8:00pm

Pippi Longstocking
A Civic Arts Stage Company Production
3/1-3/10
Friday • 7:30pm
Saturday • 2:00 & 7:30pm
Sunday • 2:00pm

Pleasanton Chamber Players
Schubert's "Trout" Quintet
Sunday, 3/17 • 2:00pm

The Sun Kings
Beatles Tribute
Saturday, 3/30 • 8:00pm

Joni Morris
A Tribute to the Legendary Ladies of Country Music
Saturday, 4/6 • 2:00pm




Ticketing Info
For your convenience, there are a number of ways to purchase tickets:

Online: www.firehousearts.org
By Phone: (925) 931-4848
Box Office Hours:
Wed-Fri, Noon-6:00pm;
Sat, 10:00am-4:00pm
Two hours prior to each performance.

A discount is available to groups of 10 or more purchasing tickets to the same show on a single order. Group sales are available only by phone or at the box office.

Firehouse Arts Center • 4444 Railroad Avenue, Pleasanton, CA
(925) 931-4848 • www.firehousearts.org

On the Cover: Gingerbread preschoolers enjoy the fragrances of spring.



City Council

Jerry Thorne, Mayor
Cheryl Cook-Kallio, Vice-Mayor
Karla Brown • Jerry Pentin
Nelson Fialho, City Manager
7:00pm 1st & 3rd Tuesday

Parks & Recreation Commission

Joseph Streng • Ted Kinzer
Jack Balch • Brad Hottle
Kurt Kummer • Herb Ritter
7:00pm 2nd Thursday

Additional City Commissions listed on page 47



Coming Soon! Summer Camps 2013!

In our *Summer Activities Guide*, you will find camps for youth of all ages. Drama Camp, Ridge Runners, Summer Explorers and Seekers Camps, a NEW Teen Camp, and so much more!

Most camps begin Monday, June 24, 2013 and run throughout the summer.

Community Services Facilities

Community Services Main Office

200 Old Bernal Avenue, 931-5340

Alviso Adobe Community Park

3465 Old Foothill Road, 931-3479

Amador Recreation Center

4455 Black Avenue

Amador Theater

1155 Santa Rita Road, 931-5359

Century House

2401 Santa Rita Road

Cultural Arts Center

4477 Black Avenue

Dolores Bengtson Aquatic Center

4455 Black Avenue, 931-3420

Firehouse Arts Center

4444 Railroad Avenue, 931-4850

Gingerbread Preschool

4333 Black Avenue, 931-3430

Nature House

519 Kottinger Drive

Senior Center

5353 Sunol Blvd, 931-5365

Sports Park Fieldhouse

5800 Parkside Drive, 931-3437

Tennis & Community Park

5801 Valley Avenue, 931-3449

Veterans Memorial Building

301 Main Street

City/School Gymnasiums

Pleasanton Middle School

5001 Case Avenue

Harvest Park Middle School

4900 Valley Avenue

Thomas A. Hart Middle School

4433 Willow Road

Other Activity Locations

Crispim BJJ Barra Brothers

7063 Commerce Cir., Unit E, Pleasanton

Earl Anthony Dublin Bowl

6750 Regional Street, Dublin

Jamie's Dance Studio

3688 Washington Street, Pleasanton

Jue's Taekwon-Do Studio

5460 Sunol Blvd., #8, Pleasanton

Livermore Valley Tennis Club

2000 Arroyo Road, Livermore

Tri-Valley Trainer Studio

3724 Stanley Blvd, Ste. E, Pleasanton

Community Services Staff

Administration

200 Old Bernal, 931-5340

Susan Andrade-Wax, Community Services Director

Michele Crose, Community Services Manager

Mark Spiller, Community Services Manager

Kathleen Yurchak, Community Services Manager

Dan Villaseñor, Recreation Supervisor

Rebecca Hale, Recreation Coordinator

Linda Matthews, Senior Office Assistant

Terry Snyder, Administrative Assistant

Sports Park

5800 Parkside Drive, 931-3437

Ian Anderson, Recreation Supervisor

Joelle Goodman, Recreation Coordinator

Dolores Bengtson Aquatic Center

4455 Black Avenue, 931-3420

Michelle Stearns, Recreation Supervisor

Senior Center

5353 Sunol Blvd, 931-5365

Pam Deaton, Recreation Supervisor

Raymond Figueroa, Recreation Coordinator

Gloria Lewis, Senior Paratransit Driver

Michele Tonowski, Lead Dispatcher

Andy Rhoades, Maintenance Worker I

Gingerbread Preschool

4333 Black Avenue, 931-3430

Becky Hopkins, Recreation Supervisor

Rachel Mariscal, Recreation Coordinator

Firehouse Arts Center

4444 Railroad Avenue, 931-4848

Rob Vogt, Recreation Supervisor

Michelle Russo, Senior Recreation Program Specialist

Mark Duncanson, Senior Recreation Program Specialist

Bob Elliott, Theatre Technician

Mike Roberts, Theatre Assistant

Alviso Adobe Community Park

3465 Old Foothill Road, 931-3479

Eric Nicholas, City Naturalist

Kerri Shannon, Senior Recreation Program Specialist

City registration website: www.pleasantonfun.com

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Pleasanton Community Services





The Arts



Art About . . .

Ages 4-6

For more information regarding instructor, see www.debbiewardrope.com

Art About the Sea!

If you love the ocean and all its inhabitants, this class is for you! We'll make a sand art beach scene, create a fun shark frame, paint an underwater coral reef and much more using techniques and materials including tempera paint, watercolors, oil pastels, paper mache and collage. *A \$20 supply fee is due at the time of registration.*

Making Amazing Art

Come join us as we learn the 7 elements of design—line, shape, values, etc., in a way that's both fun and educational. You'll amaze your friends with your artwork! Each class will focus on a particular drawing/design skill and you'll take home a completed project each day. *A \$20 supply fee is due at the time of registration.*

6 classes | \$95R/\$105N

Firehouse Arts Center | Instructor: Debbie Wardrope

54874 Art About the Sea! Tu 2/19-3/27* 1:30-2:30pm

**No class 3/26—will be held Wednesday, 3/27*

54872 Making Amazing Art M 4/22-6/3* 1:30-2:30pm

**No class 5/27*

Civic Arts Stage Company Classes

My Favorite Story

Ages 3-5

Pre-schoolers act out their favorite storybooks. Games, crafts, movement and creativity will be emphasized. No reading required. Culminates in a brief in-class presentation.

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

Firehouse Arts Center | Instructor: Civic Arts Stage Company Staff

54821 Tu 3/19-5/14* 4:00-5:00pm

**No class 4/2*



Kindermusik



Village for Babies: Hickory, Dickory . . .

Ages 1.5 and younger

Did you know that children who learn 8 nursery rhymes by age 4 may be better readers by age 8? Come and cultivate your child's language development through this celebration of nursery rhymes and musical learning. Voted *Best Music Class of 2012!* This is a parent-participation class. No unenrolled siblings, please. *A \$35 supply fee is due at the time of registration.*

8 classes | \$144R/\$159N

Nature House | Instructor: Lindsay Levin

54815 Sa 3/30-5/18 10:15-11:00am

Wiggle & Grow for Preschoolers

Ages 3-5

This season we'll improve your child's memory and sequence skills as we stop-and-go to the music of Latin America in *Jumping Beans*. Next, in *Join the Parade*, we'll encourage your child to march along to the beat of his or her own drum! Families participate in the last 15 minutes of the class. *A \$20 supply fee is due at the time of registration.*

8 classes | \$144R/\$159N

Nature House | Instructor: Lindsay Levin

54817 Sa 3/30-5/18 11:15am-noon

Wiggle & Grow for Toddlers

Ages 1.5-3.5

In *Time for Lunch*, we'll explore nutritious food through songs, vocal play, instrument, movement, and more. Next, we'll expand your child's natural tendency to sing and move as you step right to our *Carnival of Music*. This is a parent-participation class. No unenrolled siblings, please. *A \$20 supply fee is due at the time of registration.*

8 classes | \$144R/\$159N

Nature House | Instructor: Lindsay Levin

54816 Sa 3/30-5/18 9:15-10:00am

Wiggle & Grow with Siblings

Ages 4 and younger

Featuring the same program as Wiggle & Grow for Toddlers except this class allows sibling participation. This is a parent-participation class. Babies 10-months and younger attend free with an enrolled sibling! *A \$20 supply fee is due at the time of registration.*

8 classes | \$144R/\$159N

Nature House | Instructor: Lindsay Levin

54818 Sa 3/30-5/18 12:15-1:00pm



Exercise & Wellness

Little Ninjas Taekwon-Do

Ages 3-5

Taekwon-Do is a Korean style martial art, utilizing hand and foot techniques. The objective of the class is to promote health, fitness and fundamental self-defense. The class will teach discipline, self-control, and self-confidence in a fun and stimulating environment.

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

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

54647 Tu 3/5-5/28* 10:30-11:00am

54635 W 3/6-5/29* 1:30-2:00pm

54648 Th 3/7-5/30* 10:30-11:00am

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

54634 M 3/4-5/20* 1:30-2:00pm

*No class 4/1, 4/2, 4/3, 4/4

Brazilian Jiu-Jitsu

Ages 4-6

Jiu-Jitsu translates to "the gentle art" because it utilizes leverage and balance, rather than force and strength. This class incorporates self-defense techniques, ground work, and conditioning, which may help in improving your child's coordination, strength and agility. Includes a segment on dealing with bullying. This class helps develop discipline, respect, integrity and improve confidence. A \$50 uniform fee is required on site at first class meeting.

12 classes | \$145R/\$160N

Crispim BJJ Studio | Instructor: Alexander DeAlmeida

54621 M/W 3/4-4/10 4:00-4:40pm

54622 M/W 4/15-5/22 4:00-4:40pm

Basic Ballet and Tap

Ages 3-4

A fun, recreational introduction to dance for kids! Participants will be introduced to basic warm ups, then we will move into basic tap steps and pre ballet steps, while enjoying fun and exciting music. Please wear dance attire, ballet shoes or tennis shoes. A one-time \$25 enrollment fee for all NEW students is due to the instructor on the first day of class.

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

Jamie's Dance Studio | Instructor: Jamie Zimmerman

54886 Sa 3/2-4/13* 9:15-10:00am

54883 W 3/6-4/17* 1:45-2:30pm

54887 Sa 4/20-6/1* 9:15-10:00am

54884 W 4/24-5/29 1:45-2:30pm

*No class 3/30, 4/3, 5/25

Tap, Jazz, Basic Ballet Combo

Ages 3-4

Participants will learn combinations to music and begin a short routine. A fun recreational class for all kids! Please wear shorts or dance attire, and jazz or ballet shoes. A one-time \$25 enrollment fee for all NEW students is due to the instructor on the first day of class.

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

Jamie's Dance Studio | Instructor: Jamie Zimmerman

54937 Th 3/7-4/18* 11:00-11:45am

54938 Th 4/25-5/30 11:00-11:45am

*No class 4/4



Sports

Kidz Love Soccer

Rainout hotline: (888) 372-5803

Mommy/Daddy & Me

Ages 2-3.5

Introduce your toddler to the world's most popular sport! As you and your child participate in our fun activities, your child will be developing their large motor skills and socialization skills. The fun happens on the field, so don't just watch from the sidelines!

9 classes | \$107R/\$118N

Pleasanton Sports Park | Instructor: KLS Staff

54694 Sa 4/6-6/8* 10:30-11:00am

54695 Sa 4/6-6/8* 11:05-11:35am

54693 Tu 4/9-6/4 11:30am-Noon

*No class 5/25

Tot-Soccer

Ages 3.5-4

Little tykes love running and kicking just like the big kids! Tot Soccer focuses on helping kids develop their large motor skills and core soccer skills through skill demonstrations and entertaining games! These games build skill and self-esteem. Shin guards are required by the second class.

9 classes | \$107R/\$118N

Pleasanton Sports Park | Instructor: KLS Staff

54800 Sa 4/6-6/8* 9:00-9:30am

54696 Tu 4/9-6/4 10:50-11:20am

54697 Tu 4/9-6/4 5:15-5:45pm

54698 F 4/12-6/7 10:30-11:00am

54799 F 4/12-6/7 5:45-6:15pm

*No class 5/25

Pre-Soccer

Ages 4-5

Kick and pass! Pre-Soccer helps youngsters develop a lifelong love of soccer through our curriculum of energetic, all inclusive games that teach young kids the basics about playing with a group. Children learn to follow instructions in a nurturing, age-appropriate environment. Shin guards are required by the second class.

9 classes | \$107R/\$118N

Pleasanton Sports Park | Instructor: KLS Staff

54706 Sa 4/6-6/8* 9:30-10:05am

54707 Sa 4/6-6/8* 10:05-10:40am

54699 Tu 4/9-6/4 10:15-10:50am

54700 Tu 4/9-6/4 5:45-6:20pm

54701 F 4/12-6/7 11:00-11:35am

54705 F 4/12-6/7 5:10-5:45pm

*No class 5/25

NEW Indoor Soccer!

Edge Soccer—Future Star

Ages 3–6

The Future Star program is an entry level soccer program designed for boys and girls. The program is taught by knowledgeable coaches in a structured program. Your future star remains active the entire time with our fun way of learning the skills. All classes are indoor.

6 classes | \$95R/\$105N

Livermore Valley Tennis Club | Instructor: Shahin Tahmassebi

54711	M	3/4-4/15*	4:30-5:30pm
54729	Tu	3/5-4/16*	4:30-5:30pm
54730	W	3/6-4/17*	4:00-5:00pm
54731	Th	3/7-4/18*	4:30-5:30pm
54740	M	4/22-5/27	4:30-5:30pm
54741	Tu	4/23-5/28	4:30-5:30pm
54742	W	4/24-5/29	4:00-5:00pm
54743	Th	4/25-5/30	4:30-5:30pm

*No class 4/1, 4/2, 4/3, 4/4

Skyhawks Mini-Hawk Camp

Ages 4–7

This multi-sport program was developed to give 4 to 7 year-olds a positive first step into athletics. Baseball, basketball and soccer are taught in a safe and structured environment filled with encouragement and fun. Through games and activities, campers explore balance, hand/eye coordination, and skill development at their own pace.

5 classes | \$169R/\$186N

Thomas Hart Middle School Field | Instructor: Skyhawks Staff

54600	M-F	4/1-4/5	9:00am-Noon
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Bumper Bowling

Ages 3–6

Guaranteed success for all bowlers! Weekly awards and lots of fun. Learn the basics about bowling. Every bowler earns a trophy at the end of the season party. One game per week. Parent supervision is required. A \$10 supply fee is due at the time of registration.

10 classes | \$80R/\$88N

Dublin Bowl | Instructor: Dublin Bowl Staff

54584	Th	3/7-5/9*	1:30-2:30pm
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*No class 4/4



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Pleasanton Community Services

Wee Hoop

Basketball skills will be introduced through a variety of drills, games and fun activities. Participants are required to bring a basketball, preferably size 3.

Hoopsters

Ages 1.5–3

This parent-interactive class develops gross motor skills and coordination pertinent to the game of basketball. Repetition will enable children to build their confidence level so that parent participation lessens over time.

8 classes | \$96R/\$106N

Pleasanton Sports Park Basketball Courts

Instructor: Dinah Shah

54764	Th	3/14-5/2	9:20-9:55am
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6 classes | \$72R/\$79N

Harvest Park Middle School Gym | Instructor: Dinah Shah

54763	W	4/24-5/29	5:10-5:45pm
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Jump Shooters

Ages 3–4

This class helps children to develop physical traits such as balancing on one foot and hopping. It also introduces basketball skills based upon their increased coordination. At this level, parents are encouraged to take on a supportive role with lots of high fives and praise from the sideline.

8 classes | \$96R/\$106N

Pleasanton Sports Park Basketball Courts

Instructor: Dinah Shah

54762	Th	3/14-5/2	10:00-10:45am
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Harvest Park Middle School Gym | Instructor: Dinah Shah

54761	Sa	3/16-5/18*	10:00-10:45am
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*No class 3/30, 4/6

Hot Shots

Ages 4–5

This class places an emphasis on developing basketball skills and learning basic rules of the game. Over time, the children will use their skills and knowledge in controlled, instructional scrimmages.

8 classes | \$96R/\$106N

Pleasanton Sports Park Basketball Courts

Instructor: Dinah Shah

54760	Th	3/14-5/2	10:50-11:35am
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8 classes | \$96R/\$106N

Harvest Park Middle School Gym | Instructor: Dinah Shah

54615	Sa	3/16-5/18*	10:50-11:35am
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6 classes | \$72R/\$79N

54759	W	4/24-5/29	5:50-6:35pm
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*No class 3/30, 4/6



Lil' Baseball

Ages 3–5

This class is designed for the Lil' ball player to learn the elementary skills and fundamentals of baseball. Skill building in throwing, hitting, fielding and base running will take place each class.

8 classes | \$128R/\$144N

Harvest Park Middle School T-Ball Field

Instructor: Pitching Center

54606	Tu	4/9-5/28	4:00-4:50pm
54607	Tu	4/9-5/28	5:00-5:50pm
54608	W	4/10-5/29	4:00-4:50pm
54609	W	4/10-5/29	5:00-5:50pm
54610	Th	4/11-5/30	4:00-4:50pm
54611	Th	4/11-5/30	5:00-5:50pm

Fitness Fun

Ages 3–6



The focus of this parent participation class is to help children develop their coordination and agility so they can feel more confident in any sport. The class provides parents with an opportunity to be physically active with their children. Activities include group games and training with agility equipment like hurdles, jump ropes, and ladders.

8 classes | \$96R/\$106N

Pleasanton Sports Park Football Field

Instructor: Dinah Shah

54614	Th	3/14-5/2	11:45am-12:30pm
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8 classes | \$96R/\$106N

Harvest Park Middle School Field 1

Instructor: Dinah Shah

54612	Sa	3/16-5/18*	9:00-9:45am
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6 classes | \$72R/\$79N

54613	W	4/24-5/29	4:10-4:55pm
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*No class 3/30, 4/6



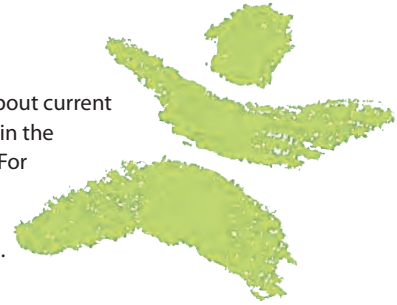
Gingerbread Preschool

Limited Spaces Available!

Ages 2-5

Please contact the Preschool Office at 931-3430 to find out about current openings or to be placed on a waiting list. Children enrolling in the program must be 2, 3, 4 or 5 on or before December 2, 2012. For children entering the 2's class, diapering is available. Children entering the 3's class must be toilet proficient. Children entering the 4's or Kinderpals (5's) class must be toilet trained.

Course sessions and fee information is available at www.ci.pleasanton.ca.us/services/recreation/gb/gbreg.html



Gingerbread Preschool Parenting Classes

Parenting Workshops are for parents of preschool age children. A variety of topics presented are relevant to this age group. Workshop content presents developmentally appropriate activities to help foster your child's growth and development.

Building Blocks to Kindergarten

Transitions: Discuss ideas on how to prepare your child and family for the transition to Kindergarten. Suggestions for establishing school time routines several weeks before school starts, and how to be involved in your child's education process.

Parenting Class Childcare

Childcare is available for children 1 year of age and older. Infants may remain with their parent during the training. Fee below pertains.

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

Gingerbread Preschool | Instructor: Heidi Burton, Robin Treto

54880 Building Blocks to Kinder. W 3/27 3:30-5:00pm

54882 Childcare W 3/27 3:30-5:00pm



The Arts

Art About . . .

Ages 6-10

For information regarding instructor, see www.debbiewardrope.com

Sketching, Drawing and Painting

For students who want to develop their art skills, this class will help you learn how to sketch wherever you are, draw from observation and give your drawings a 3-D look through shading. You'll also discover the basics of color mixing and painting. Weather permitting, we'll be making trips outside to fill our sketchbooks and draw and paint from life. A \$20 supply fee is due at the time of registration.

Everything!

With a different theme each week, this class gives kids a chance to explore their creative side with a sampling of different projects. We'll use paint, collage, clay and much more to make unique things such as a self-portrait out of cut paper, a painting of your favorite animal and an underwater coral reef poster. Come join the fun and discover the artist in you! A \$20 supply fee is due at the time of registration.

Art for Girly Girls!

This fun and creative class is designed especially for girls! We'll be creating all types of projects including fashion paper dolls, glitter paintings, a sign for your room and much, much more using a wide variety of art techniques and materials. A \$20 supply fee is due at the time of registration.

Making Amazing Art

Come join us as we learn the elements of design—line, shape, values, etc., in a way that's both fun and educational. You'll amaze your friends with your artwork! Each class will focus on a particular drawing/design skill and you'll take home a completed project each day. A \$20 supply fee is due at the time of registration.

6 classes | \$95R/\$105N

Firehouse Arts Center | Instructor: Debbie Wardrope

54881	Sketch, Draw, Paint	W	3/6-4/17*	3:45-5:00pm
54877	Everything!	Tu	4/9-5/14	3:45-5:00pm
54672	Art for Girly Girls!	W	4/24-5/29	3:45-5:00pm
54873	Making Amazing Art	M	4/22-6/3*	3:45-5:00pm

*No class 4/3, 5/27

Youth Ceramics

Ages 5-12

All skill levels are welcome. Projects will include pinch pot, coil pot, slab work and sculpture. All materials used are lead free and non-toxic. A \$25 supply fee is due at the time of registration.



6 classes | \$98R/\$108N

Cultural Arts Center | Instructor: Erin Davis

54972	Ages 5-7	W	3/6-4/10	4:00-5:00pm
54975	Ages 8-12	W	3/6-4/10	5:30-6:30pm
54973	Ages 5-7	W	4/17-5/22	4:00-5:00pm
54976	Ages 8-12	W	4/17-5/22	5:30-6:30pm

Beginning Sculpture



Ages 6-12

A great next step for students already familiar with clay or first timers wanting to learn the basics of sculpture. Class will cover skills required to transform a ball of clay into an animal, an abstract form and self likeness bust (head). Students will get to choose from several different clay bodies to work with. All pieces will be fired, and students can decide to glaze, or leave their finished work natural. A \$30 supply fee is due at the time of registration.

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

Cultural Arts Center | Instructor: Erin Davis

54943	Tu	3/5-4/9	4:00-5:30pm
54944	Tu	4/16-5/21	4:00-5:30pm



Young @ Art

Ages 5-11

Students visit the Harrington Gallery to learn about each exhibit, then create an art piece themselves.

"My son loves the Young @ Art classes . . . he simply loves the teachers and artists at the Firehouse" Sreetapa, Pleasanton

Our Wonderful California

After visiting the California exhibit in the Harrington Gallery and seeing the beautiful flowers, fields and mountains, you'll be inspired to create a California landscape of your own.

Mix your Medium!

After looking at this year's open juried exhibit with lots of art by lots of artists, kids will create artwork in the studio by using all kinds of different materials together.



Imagination-Land

Kids will visit the landscape exhibit in the Harrington Gallery to see an exciting and unique approach to a popular subject. Then they will develop their own colorful landscape of imagination to take home.

1 class | \$15R/\$20N

Firehouse Arts Center | Instructor: Debbie Wardrope, Julie Finegan

54678	Wonderful California	Th	3/14	4:30-5:45pm
54679	Mix Your Medium	Th	5/2	4:30-5:45pm
54680	Imagination-Land	Th	6/20	4:30-5:45pm

School Age Children



Civic Arts Stage Company Classes Ages 8-11

**CIVIC ARTS
STAGE
COMPANY**

Beginning Acting

Character creation, voice and movement, objectives, tactics, and obstacles, theatre games, scene work. Culminates in a brief in-class presentation.

8 classes | \$160R/\$176N
Veterans Memorial Building | Instructor: Civic Arts Stage Company Staff

54836 W 3/20-5/15* 4:00-6:00pm

*No class 4/3

Beginning Guitar Ages 8-11

This class is for beginners who've never played guitar before and previous students who want to advance their skills. Students will play popular tunes, get comfortable with the instrument and learn chords, tablature and notes. Students need to bring an acoustic or electric guitar without an amp. A \$5.00 supply fee is due at the time of registration.

6 classes | \$159R/\$175N
Nature House | Instructor: Debra Knox

54860 M 3/4-4/15* 6:00-6:55pm

54861 M 4/22-6/3* 6:00-6:55pm

*No class 4/1, 5/27

Ballet and Stretch Ages 8-12

This is a class for stretching your complete body. We will do ballet bar work, stretching on the floor, and basic ballet steps. Ballet or jazz shoes required.

6 classes | \$72R/\$79N
Jamie's Dance Studio | Instructor: Jamie Zimmerman

54961 W 3/6-4/17* 3:30-4:15pm

54962 W 4/24-5/29 3:30-4:15pm

*No class 4/3

Boys and Girls Hip Hop Ages 7-10

Great introduction to hip hop using fun and age appropriate music along with ladders and chairs for props. This class will cover the latest dance style and craze! Please wear shorts or dance attire and tennis shoes.

6 classes | \$72R/\$79N
Jamie's Dance Studio | Instructor: Jamie Zimmerman

54889 Ages 7-10 Th 3/7-4/18* 6:15-7:00pm

54890 Ages 7-8 Th 4/25-5/30 6:15-7:00pm

*No class 4/4

Jazz and Hip Hop Combo Ages 5-6

This combo class will teach some of the latest dance styles of today. Please wear shorts or dance attire, tap, jazz or tennis shoes.

6 classes | \$72R/\$79N
Jamie's Dance Studio | Instructor: Jamie Zimmerman

54940 Sa 3/2-4/13* Noon-12:45pm

54941 Sa 4/20-6/1* Noon-12:45pm

*No class 3/30, 5/25

Tap and Jazz Combo Ages 5-7

Learn some fun moves to pop music and the latest dance styles from the hit show "Glee"! Please wear shorts or dance attire, tap, jazz or tennis shoes.

6 classes | \$72R/\$79N
Jamie's Dance Studio | Instructor: Jamie Zimmerman

54894 Tu 3/5-4/9* 3:30-4:15pm

54895 Tu 4/23-5/28 3:30-4:15pm

*No class 4/2



www.jamiesdance.com

A one-time \$25 enrollment fee for all NEW students is due to the instructor on the first day of class.



PTOWNLIFE.ORG

Pleasanton's NEW Youth & Family website. Your link to local events, activities, and resources for youth and families. Like us on Facebook! Follow us on Twitter!

Adobe Brick Making Ages 6-12

The Alviso Adobe got part of its name from the material used to build it: adobe brick. Come learn how our historic adobe was constructed and why adobe brick is a great building material. You'll learn how the bricks were made and make one of your own to take home. Bring a change of shoes and be prepared to get dirty!

1 class | \$5R/\$8N
Alviso Adobe Comm. Park | Instructor: Megan Kummer

54778 Sa 5/25 1:00-2:00pm

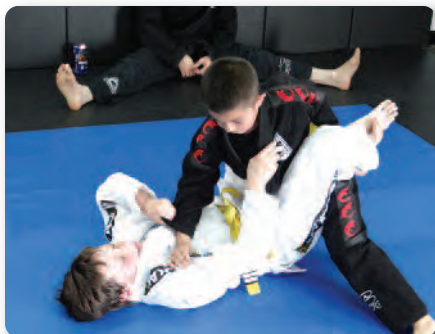
What about Weaving Ages 8-14

Years ago, there were no fabric stores. Cloth, garments, and rugs were made at home by people just like you! Come learn about the history of the loom (a tool for making textiles) and how it was used during the California Mission period. Get ready to show off your weaving skills with some hands-on activities that you can take home.

1 class | \$5R/\$8N
Alviso Adobe Comm. Park | Instructor: Megan Kummer

54777 Sa 4/20 11:00am-Noon

Exercise & Wellness



Brazilian Jiu-Jitsu

Ages 7-9

Jiu-Jitsu translates to 'the gentle art' because it utilizes leverage and balance rather than force and strength. This class incorporates self defense techniques, ground work, and conditioning, which will help in improving your child's coordination, strength and agility. Includes a segment on dealing with bullying. Helps develop discipline, respect, integrity and improves confidence. *A \$50 uniform fee is required on-site at first class meeting.*

12 classes | \$145R/\$160N

Crispim BJJ Studio | Instructor: Alexander DeAlmeida

54623 M/W 3/4-4/10 4:45-5:30am

54624 M/W 4/15-5/22 4:45-5:30pm

Mixed Martial Arts

Ages 5-9

Mixed Martial Arts introduces your child to Brazilian Jiu-Jitsu, wrestling, Muay Thai, boxing and conditioning. The class focuses on proper ground work techniques, punches and kicks and provides a fun and solid workout. Improves your child's coordination, strength and agility. Helps develop discipline, respect, integrity and improves confidence. *REQUIRED: Boxing gloves and wraps can be purchased at first class on-site for \$40 or bring your own.*

12 classes | \$145R/\$160N

Crispim BJJ Studio | Instructor: Alexander DeAlmeida

54627 Tu/Th 3/5-4/11 4:30-5:15pm

54628 Tu/Th 4/16-5/23 4:30-5:15pm

Traditional Japanese Karate

Ages 5-14

Our style of Karate is based on hundreds of years of indigenous Okinawan Martial Arts. We are dedicated to teaching young people self-defense and safety awareness, while building their self-esteem. Our program will build children's confidence so that they can protect themselves and say 'no' to the school bully. We'll utilize fun, high-activity training including how to block, punch and kick and special games to develop concentration and coordination.

3 classes | \$27R/\$30N

Amador Recreation Center | Instructor: Daniel Reddell

54802 M 3/4-3/25* 6:30-7:15pm

54646 W 3/13-3/27 5:30-6:15pm

54803 W 3/13-3/27 6:30-7:15pm

55028 M 5/6-5/20 5:30-6:15pm

55032 M 5/6-5/20 6:30-7:15pm

**No class 3/18*

4 classes | \$36R/\$40N

Amador Recreation Center | Instructor: Daniel Reddell

54637 M 3/4-3/25 5:30-6:15pm

55029 W 4/3-4/24 5:30-6:15pm

55033 W 4/3-4/24 6:30-7:15pm

55030 W 5/1-5/29* 5:30-6:15pm

55034 W 5/1-5/29* 6:30-7:15pm

**No class 5/15*

5 classes | \$45R/\$50N

Amador Recreation Center | Instructor: Daniel Reddell

55027 M 4/1-4/29 5:30-6:15pm

55031 M 4/1-4/29 6:30-7:15pm

Taekwon-Do

Ages 6-12

Taekwon-Do is a Korean style martial art, utilizing hand and foot techniques. The objective of the class is to promote health, fitness and fundamental self-defense. The class will teach discipline, self-control, and self-confidence in a fun and stimulating environment.

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

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

54649 Tu 3/5-5/28* 5:00-6:00pm

54650 Th 3/7-5/30* 5:00-6:00pm

**No class 4/2, 4/4*

Special Interest

Filmmaking from Script to Premiere



Ages 6-12

This class begins with a complete script, allowing the participants to immediately get into the substance of a project. From a book of scripts, the group decides on the genre of film they want to produce. Using basic video cameras and editing software, they produce the film. The final class will premiere their movie for the benefit of family and friends—a fun and interactive way to wrap a film production!

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

Century House | Instructor: Fresh iMedia

54843 M 4/8-6/3 3:30-5:00pm

**No class 5/27*

Please Pass the Manners



Ages 8-12

Children learn basic manners and communication skills with a strong focus on respect and values for others, integrity and putting people at ease. Content is geared toward life today.

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

Century House | Instructor: Kate Debernardi

54585 Tu 3/12-4/16 4:00-5:00pm

54586 Tu 4/23-5/28 4:00-5:00pm

Berkeley Chess School

Ages 6-12

Chess is fun and easy to learn! If you are new to chess, or polishing your skills, come develop your understanding and enjoyment of the king of games! Lessons and play combine the skills of thinking with the thrill of sport. Berkeley Chess School has been teaching State Chess Champions since 1982.

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

Century House | Instructor: Berkeley Chess School

54673 W 3/6-4/10 4:00-5:00pm

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

54674 W 4/17-5/29 4:00-5:00pm



**Like us on Facebook:
Pleasanton Community
Services**

Special Interest



Spring Break Camps & Workshops

Meet Mr. T-Bot Ages 10-13



This versatile hydraulic robot arm allows kids to perform various activities to explore simple machines, mechanical advantages, hydraulics and much, much more. Children will be able to take home their robot to continue exploring and testing the possibilities of mechanics and hydraulics. A \$25 supply fee required at the time of registration.

1 class | \$120R/\$132N
Cultural Arts Center | Instructor: Minerva Learning Staff
54812 M 4/1 9:00am-4:00pm

Simple and Motorized Mechanism



In this hands-on course, children will get a basic understanding of building and programming of machines with specially designed LEGO™ kits that let participants dive into the world of simple, motorized and pneumatic mechanisms. A \$25 supply fee is due at time of registration.

1 class | \$120R/\$132N
Nature House | Instructor: Minerva Learning Staff
54811 W 4/3 9:00am-4:00pm

Aerospace Engineering



Participants explore the science and engineering behind airborne vehicles. Through fun filled hands-on activities, participants will build and experiment with rockets, hot air balloons, gliders and rubber band power airplanes. Students will grasp the concept of force, motion, lift, prediction, data collection and analysis. A \$25 supply fee is due at time of registration.

1 class | \$120R/\$132N
Cultural Arts Center | Instructor: Minerva Learning Staff
54813 Tu 4/2 9:00am-4:00pm

Green Technology 1 Ages 7-10



Young engineers will be introduced to sources of renewable energy in day-to-day life. Participants will build their own windmill; generate electricity and experiment with simple concepts behind windmill technology. Through the course of the workshop, participants will be exposed to sources of renewable energies, conversion of energy, data gathering and analysis. A \$25 supply fee is due at time of registration.

1 class | \$120R/\$132N
Cultural Arts Center | Instructor: Minerva Learning Staff
55075 Th 4/4 9:00am-4:00pm

Simple Mechanisms Ages 7-10



Let kids get hands on experience with the simplest machine systems that are used in our lives today: gears, wheels, axels, levers and pulleys—while experimenting and exploring their uses of these mechanisms in day-to-day life. A \$25 supply fee is due at time of registration.

1 class | \$120R/\$132N
Nature House | Instructor: Minerva Learning Staff
54806 F 4/5 9:00am-4:00pm

Science Beginnings— Spring Break Extravaganza Ages 6-12

In this exciting experiment-based class, we are bringing together the best of our physics, chemistry and life science topics. Life science topics include the habitat, environment and care of: fish, squid, hermit crabs, meal worms, lady bugs and crickets. Physics and chemistry classes include density, magnetism, acids and bases, polymers, fizz, 'eggsperiments,' solar powered cars and many more. A detailed worksheet explaining each day's class will be given to the students. A \$10 supply fee is due at the time of registration.

5 classes | \$200R/\$220N
Century House | Instructor: Vidya Pillai
54852 M-F 4/1-4/5 9:00am-Noon

Beginning Game Design Ages 6-12



Beginning Game Developers work in pairs to conceive, design and build their own original computer game from scratch—the characters, the action, the background, the music and the format. Participants learn the fundamental game elements and build a single platform game that can be shared with friends on-line. Every team completes a game by the end of the program.

8 classes | \$149R/\$164N
Nature House | Fresh iMedia
54865 Th 4/11-5/30 3:30-5:00pm



Kurukula—Girls Empowerment Ages 10-13

Kurukula is a dynamic empowerment program to develop inner strength in young women. Girls will develop healthy body image and self-esteem, tools to build healthy relationships, and useful assertiveness and self-defense skills. Learn more about these mature topics and the class description by visiting www.kurukula.org. A \$25 supply fee is due at the time of registration.

4 classes | \$119R/\$131N
Cultural Arts Center | Instructor: Kurukula Staff
54866 F 3/1-3/22 4:00-5:30pm

The 2013 Summer Camp
Insert will appear in the
Summer Activities
Guide in April



Public Speaking Presenting with Audio/Visual Tools Ages 8-14

In this course, participants use PowerPoint to give a presentation. This makes them an overall presenter. The students rehearse saying their speeches with the help of audio/visual tools. Participants thoroughly enjoy working on these group and individual projects. Visit www.bayareadebateclub.com to know more about curriculum and topics covered.

8 classes | \$165R/\$182N
Century House | Instructor: Bay Area Debate Club
54656 W 3/6-5/1* 5:00-6:00pm

*No class 4/3

Essentials of Debating Ages 10-15

This course teaches the basics and advanced concepts in debating. The students learn how to make strong arguments by providing reasoning and evidence. They practice note-taking, make debate flows, and become better prepared and more confident. This is a good foundation class to prepare students for taking debates in high school. For more information about curriculum, visit www.bayareadebateclub.com.

8 classes | \$165R/\$182N
Century House | Instructor: Bay Area Debate Club
54658 W 3/6-5/1* 6:05-7:05pm

*No class 4/3

Story Writing Ages 7-9

The five elements of story writing will be the focus during this session. Students will be introduced to a variety of fiction and non-fiction genres. They will progress into genre writing and learn how each genre has its own set of particular rules that drives character creation, setting, and plot. Students will take home a portfolio of short stories in various genres. All Lekha School of Writing instructors are published authors with teaching experience.

8 classes | \$149R/\$164N
Pleasanton Senior Center | Instructor: Lekha Staff
54863 Tu 3/12-4/30 4:00-5:00pm

Story Writing II Ages 10-13

A rocket ship blasting to another planet, a detective sleuthing to crack the case, a sorcerer summoning an entire world. Students will learn about the genres these characters come from and use that knowledge to write stories of their own. From combining animals, to creating new characters, to mapping out whole new worlds, this class emphasizes using each child's creativity to develop original stories of their own. All Lekha School of Writing instructors are published authors with teaching experience.

8 classes | \$149R/\$164N
Pleasanton Senior Center | Instructor: Lekha Staff
54864 W 3/20-5/8 5:15-6:15pm

Persuasive Essays Ages 8-12

Students will learn to write the persuasive essay, which focuses on developing a writer's ability to support a stated opinion. Students will write three to five paragraph essays, the structure favored by school teachers. They also will learn how to plan and outline their essays properly before writing, as well as how to revise their final draft.

8 classes | \$149R/\$164N
Pleasanton Senior Center | Instructor: Lekha Staff
54862 Tu 3/12-4/30 5:15-6:15pm



Baseball Pitching Center Camp Ages 7-12



Sign up now for a baseball camp! Our instructors have coordinated a fun and interactive environment to facilitate baseball learning. Hitting, throwing, fielding and catching fundamentals will be taught. Participants should bring a baseball glove and cleats.

3 classes | \$99R/\$109N
Bernal Community Park Baseball #6
Instructor: Pitching Center
54605 Tu-Th 4/2-4/4 10:00am-1:00pm

Sports

Club VIP Volleyball-Intro Ages 8-11

The intent of this class is to work with interested players and teach them the basics of volleyball. Players will be taught how to pass, set, serve, and spike in a fun atmosphere. Our goal is to establish a great foundation that will excite players to continue playing volleyball in the future. Participants should bring a light snack and a water bottle.

4 classes | \$55R/\$61N
Pleasanton Middle School Gym | Instructor: Ted Babu
54682 M 3/4-3/25 5:00-6:00pm
54683 M 4/8-4/29 5:00-6:00pm
54684 M 5/6-5/27 5:00-6:00pm

Club VIP Volleyball Intro Camp Ages 8-11



Club VIP Volleyball camps are well known for their complete skills camp, which is four days of intensive work on all phases of volleyball. We will focus on group drills as well as allow time for individual work. Over the past 14 years, we have designed and refined our program until we are convinced that we have the best program available to help each player develop his or her talent to the fullest.

4 classes | \$120R/\$132N
Pleasanton Middle School Gym | Instructor: Ted Babu
54692 M-Th 4/1-4/4 3:00-6:00pm



FUN-damental Basketball Camp

Ages 7-14

Take your basketball skills to the next level with Amador High School's varsity basketball coach! This program's goals for boys and girls include having fun and learning the fundamentals of basketball. The emphasis is on skill development and encouraging positive attitudes.

4 classes | \$175R/\$193N

Thomas Hart Middle School Gym | Instructor: Ralph Fields

54603 M-Th 4/1-4/4 9:00am-12:30pm

Spring
Break
Camp

Championship Basketball Spring Break Camp

Ages 7-14

This camp is for players of all skill levels and emphasizes fundamental skills such as ball handling, passing, dribbling, footwork, shooting, rebounding, and defense. Importance is placed on teamwork, discipline, sportsmanship and enjoyment of the game with instruction provided by Dougherty High School's varsity basketball coach.

3 classes | \$135R/\$149N

Pleasanton Middle School Gym | Instructor: Mike Hansen

54604 W-F 4/3-4/5 9:00am-2:00pm

Spring
Break
Camp

Basic Archery

Ages 8-17

This class will give you all the basic knowledge to successfully and safely shoot a compound bow and arrow. We will cover the basics of target archery, developing an aiming point, and accurate shooting. Equipment will be provided.

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

Valley View Elementary School Multi Purpose Room

Instructor: Brent Miller

54601 Tu-Th 3/26-3/28 3:30-5:30pm



**Like us on Facebook:
Pleasanton Community Services**

Kidz Love Soccer

Shin guards are required by the second class. Rainout hotline: (888) 372-5803.

KLS Soccer 1

Ages 5-6

Soccer 1 teaches all the basics of soccer—dribbling, passing, receiving, shooting, and everything in between. This class is well-suited to the first-time player, while still being fun and engaging for kids who already have soccer experience. Small-sided scrimmages are introduced gradually.

9 classes | \$107R/\$118N

Pleasanton Sports Park | Instructor: KLS Staff

54704 Sa 4/6-6/8* 10:40-11:25am

54702 Tu 4/9-6/4 3:45-4:30pm

54703 F 4/12-6/7 3:30-4:15pm

**No class 5/25*

KLS Skillz & Scrimmages

Ages 7-10

A great introduction to competitive soccer. Skillz and Scrimmages teaches advanced skill building in a team format. At this stage, youth are taught team tactics, positions, and strategies which they practice in scrimmages while learning to play together as a team. Each participant receives a jersey! An \$8 supply fee is due at the time of registration.

9 classes | \$107R/\$113N

Pleasanton Sports Park | Instructor: KLS Staff

54710 Sa 4/6-6/8* 11:30am-12:15pm

54708 Tu 4/9-6/4 4:30-5:15pm

54709 F 4/12-6/7 4:20-5:05pm

**No class 5/25*

Edge Soccer-Challenger

Ages 6-12

Challenger program is designed for boys and girls. It is taught by licensed coaches at an indoor facility. This program focuses on fundamental skills of ball handling, shooting, body balance, passing, and dribbling.

6 classes | \$95R/\$105N

Livermore Valley Tennis Club

Instructor: Shahin Tahmassebi

54732 M 3/4-4/15* 5:30-6:30pm

54733 Tu 3/5-4/16* 5:30-6:30pm

54734 W 3/6-4/17* 5:00-6:00pm

54735 Th 3/7-4/18* 5:30-6:30pm

54744 M 4/22-5/27 5:30-6:30pm

54745 Tu 4/23-5/28 5:30-6:30pm

54746 W 4/24-5/29 5:00-6:00pm

54747 Th 4/25-5/30 5:30-6:30pm

**No class 4/1, 4/2, 4/3, 4/4*

Skyhawks-Beginning Golf

Ages 5-9

Campers will learn the fundamentals of swinging, putting, and body positioning. Skyhawks has adopted the SNAG (Starting New At Golf) system to its curriculum. SNAG is specifically designed for the entry level player. SNAG simplifies instruction so that young players can make an easy and effective transition onto the golf course. All equipment provided. A \$15 supply fee is due at the time of registration.

6 classes | \$94R/\$103N

Thomas Hart Middle School Field

Instructor: Skyhawks Staff

54599 Sa 4/13-5/18 9:00-10:30am

54798 Sa 4/13-5/18 11:00am-12:30pm

Skyhawks-Flag Football

Ages 6-12

Campers learn football skills such as passing, catching, and defense all in a fun and positive environment. The week ends with the Skyhawks 'Super Bowl!' All participants receive a T-shirt and a merit award.

5 classes | \$169R/\$186N

Thomas Hart Middle School Field

Instructor: Skyhawks Staff

54598 M-F 4/1-4/5 9:00am-Noon

Spring
Break
Camp

Skyhawks-Mini-Hawk Camp

Ages 4-7

This multi-sport program was developed to give 4 to 7 year-olds a positive first step into athletics. Baseball, basketball and soccer are taught in a safe and structured environment filled with encouragement and fun. Through games and activities, campers explore balance, hand/eye coordination, and skill development at their own pace.

5 classes | \$169R/\$186N

Thomas Hart Middle School Field

Instructor: Skyhawks Staff

54600 M-F 4/1-4/5 9:00am-Noon

Spring
Break
Camp



Ptownlife Peeps and Public Art

Have you checked out some of the public art around town?!
There are approximately 31 pieces of art located throughout the city.
Our Ptownlife Peeps visit some of their favorite pieces to share with you.



TOP, LEFT:
Girl Reading, Pleasanton Library

TOP, CENTER:
Spiral Motion III, Firehouse Arts Center

TOP RIGHT:
Sing a Song of Sixpence, Centennial Park

BOTTOM, LEFT:
The Yak, Centennial Park

BOTTOM, CENTER
Monet's Bench, Firehouse Arts Center

BOTTOM, RIGHT:
Comet, Firehouse Arts Center

For more information on Public Art and the locations, please call (925) 931-5340

The Arts



Beginning Guitar

Ages 11-17

This class is for beginners who've never played guitar before and previous students who want to advance their skills. Students will play popular tunes, get comfortable with the instrument and learn chords, tablature and notes. Students need to bring an acoustic or electric guitar without an amp. A \$5 supply fee is due at the time of registration.

6 classes | \$159R/\$175N

Nature House | Instructor: Debra Knox

54857 M 3/4-4/15* 7:00-7:55pm

54858 M 4/22-6/3* 7:00-7:55pm

*No class 4/1, 5/27

Beginning Sculpture



Ages 13-17

A great next step for students already familiar with clay or first timers wanting to learn the basics of sculpture. Class will cover skills required to transform a ball of clay into an animal, an abstract form and self likeness bust (head). Students will get to choose from several different clay bodies to work with. All pieces will be fired, and students can decide to glaze, or leave their finished work natural. A \$30 supply fee is due at the time of registration.

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

Cultural Arts Center | Instructor: Erin Davis

54963 Tu 3/5-4/9 6:00-7:30pm

54964 Tu 4/16-5/21 6:00-7:30pm

Ceramics—Wheel Throwing

Ages 12-17

All levels welcome, no experience required. Class will cover basic throwing skills. A \$40 supply fee is due at the time of registration.

6 classes | \$132R/\$145N

Cultural Arts Center | Instructor: Erin Davis

54967 M 3/4-4/8 5:00-7:00pm

54968 M 4/15-5/20 5:00-7:00pm

Improv

Come and learn different aspects of Improvisational Theater for teens from short-form games to long-form improvised 'plays'.

The Great IMPROV

Play Date!



Ages 11-18

You've been asking for it, and now you get it! For over three hours, participants will engage in all sorts of improv from games and scenes to long-form and musical improv. Creatures of Impulse production staff and members will be on hand to facilitate throughout the day.

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

Firehouse Arts Center | Instructor: Mark Duncanson

54842 Sa 3/16 1:00-4:30pm

The Middle School IMPROV Experiment



Ages 11-14

Can a group of middle school students improvise an entire play from start to finish based on audience suggestions? With only seven classes and a very optimistic team of instructors, can an entire class of 6th-, 7th-, and 8th-graders learn to commit to characters, make each other look good, and walk away better performers for it? We think they can! Class will end in a long-form improv performance starring the participants in the Experiment at the Firehouse Arts Center on Thursday, 5/30 at 6:00pm. Experienced performers are also encouraged to register.

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

Firehouse Arts Center | Instructor: Mark Duncanson

54841 Tu/F 5/7-5/28 5:00-7:00pm

Creative Movement

for Actors



Ages 11-18

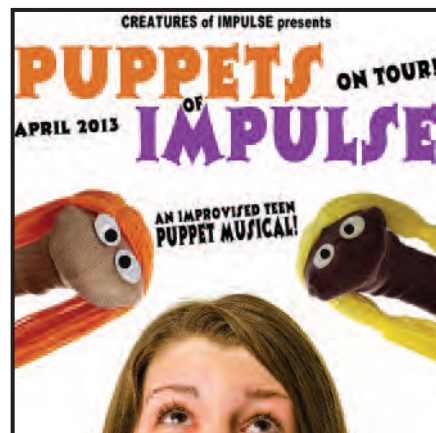
Learn the basics of performing musical theatre, from music and singing basics to creating larger-than-life characters to learning simple choreography. Culminates in a brief in-class presentation.

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

Firehouse Arts Center | Instructor: Civic Arts Stage Company Staff

54840 Th 3/21-5/16* 4:30-6:00pm

*No class 4/4



An Improvised Teen Puppet Musical

Pleasanton's very own teen improv troupe is packing up and taking their show on the road! Creatures of Impulse will embark on their first ever tour of their first ever improvised teen puppet musical. Suspend disbelief and forget everything you thought you knew about improv as the human and not-so-human cast of characters takes you on an improvised musical journey. No show is exactly the same so follow Creatures of Impulse throughout the month of April as they perform at different venues throughout Northern California ending their tour in Chicago in May 2013.



Visit our teen performances section of www.firehousearts.org and the [facebook.com/creaturesofimpulse](https://www.facebook.com/creaturesofimpulse) for more information.



Like us on Facebook:
Pleasanton Community Services

Special Interest

Babysitting for Beginners Ages 10-14

Learn the skills needed to be a trusted and responsible babysitter. Learn all about child development, bedtime strategies, discipline, how to get jobs, and ways to make babysitting fun for you and the kids. Basic first aid, general safety and what to do in an emergency will also be covered. Dress to play and bring a lunch.

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

Century House | Instructor: Suzy McCreary

54633 Sa 4/20 9:00am-2:00pm

Public Speaking

Essentials of Debating Ages 10-15

This course teaches the basics and advanced concepts in debating. The students learn how to make strong arguments by providing reasoning and evidence. They practice note-taking, make debate flows, and become better prepared and more confident. This is a good foundation class to prepare students for taking debates in high school. For more information about curriculum please visit www.bayareadebateclub.com.

8 classes | \$165R/\$182N

Firehouse Arts Center | Instructor: Bay Area Debate Club

54658 W 3/6-5/1* 6:05-7:05pm

*No class 4/3

Presenting with Audio/Visual Tools Ages 8-14

In this course, participants use PowerPoint to give a presentation. This makes them an over-all presenter. The students rehearse saying their speeches with the help of audio/visual tools. Participants thoroughly enjoy working on these group and individual projects. To know more about curriculum and topics covered, please visit www.bayareadebateclub.com.

8 classes | \$165R/\$182N

Firehouse Arts Center | Instructor: Bay Area Debate Club

54656 W 3/6-5/1* 5:00-6:00pm

*No class 4/3

High School Essays

Ages 13-17

Students will discuss how to take an essay from an assignment or idea to an actual paper. Teachers will go over writing sources with students and pre-writing exercises that will help organize their thoughts. MLA format will also be discussed.

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

Pleasanton Senior Center | Instructor: Lekha Staff

54859 Th 3/7-4/25 5:15-6:15pm



PTOWNLIFE.ORG
Pleasanton's NEW Youth & Family website. Your link to local events, activities, and resources for youth and families. Like us on Facebook! Follow us on Twitter!

Leader in Training Program

Gain valuable knowledge and work experience in public service this summer. The Leader in Training (LIT) program gives teens the opportunity to prepare for future employment through training, hands-on work experiences and evaluations. Students are provided with training in essential job skills, engage in meaningful volunteer work and receive on-the-job experience in the City of Pleasanton. Possible volunteer assignments include Summer Camp, Library, Operations Service Center, Police Department and Theater Arts programs. LIT participants volunteer 2-3 days per week for a minimum of 4 weeks.

Space is limited!

Program dates: 6/24-8/16. Must be available for training June 24-28, 2013. Cost: \$165.00R/\$182.00N.

Applications will be available beginning 4/8 at Gingerbread Preschool. The deadline to apply is 4/19. **You may NOT register online for this program.** For more information, please contact Nicole Thomas at nthomas@cityofpleasantonca.gov or call 931-3474.



Web Team

The Web Team gets experience working on a website, writing and editing content and helping with the overall management and marketing of ptownlife.org. Check <http://ptownlife.org/about-us> for available opportunities.




Creatures of Impulse » Teen Improv Troupe

Improv Face-Off

March 13, 14 & 15 at 7:30pm

Come and see *Creatures of Impulse* in the fifth season of their most popular short-form show to date. *Creatures of Impulse* will share the stage for three nights of scenes, games and fast-paced theatrical improvisation. You are in for three nights of pure fun with an interactive format that gives the audience a chance to win prizes!

For tickets, visit www.FirehouseArts.org or call 925-931-4848



Exercise & Wellness

Brazilian Jiu-Jitsu

Ages 10-15

Jiu-Jitsu translates to 'the gentle art' because it utilizes leverage and balance rather than force and strength. This class incorporates self defense techniques, ground work, and conditioning, which will help in improving your child's coordination, strength and agility. Includes a segment on dealing with bullying. Helps develop discipline, respect, integrity and improves confidence. *A \$50 uniform fee is required on site at the first class meeting.*

12 classes | \$145R/\$160N

Crispim BJJ Studio | Instructor: Alexander DeAlmeida

54625 M/W 3/4-4/10 5:30-6:20pm

54626 M/W 4/15-5/22 5:30-6:20pm

Taekwon-Do

Ages 13-17

Taekwon-Do is a Korean style martial art, utilizing hand and foot techniques. The objective of the class is to promote health, fitness and fundamental self-defense. The class will teach discipline, self-control, and self-confidence in a fun and stimulating environment.

11 classes | \$165R/\$182N

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

54636 M 3/4-5/20* 7:00-8:00pm

*No class 4/1

Mixed Martial Arts

Ages 10-15

Mixed Martial Arts introduces your child to Brazilian Jiu-Jitsu, wrestling, Muay Thai, boxing and conditioning. The class focuses on proper ground work techniques, punches and kicks and provides a fun and solid workout. Improves your child's coordination, strength and agility. Helps develop discipline, respect, integrity and improves confidence. *Boxing gloves and wraps can be purchased at first class on site for \$40, or bring your own.*

12 classes | \$145R/\$160N

Crispim BJJ Studio | Instructor: Alexander DeAlmeida

54629 Tu/Th 3/5-4/11 5:15-6:15pm

54630 Tu/Th 4/16-5/23 5:15-6:15pm

Hip Hop

Ages 12-14

Beginning to intermediate hip hop for boys and girls. Tennis shoes or jazz shoes needed. *A \$25 enrollment fee for all new students is due to the instructor on the first day of class.*


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

Jamie's Dance Studio | Instructor: Jamie Zimmerman

54930 M 3/4-4/15 6:30-7:15pm

54931 M 4/22-6/3 6:30-7:15pm

*No class 4/1, 5/27



PTOWNLIFE.ORG
Need a job or volunteer opportunities? Check out Ptownlife.org for job openings and volunteer positions in Pleasanton and the Tri-Valley.

TEEN JOB & CAREER FAIR 2013

Saturday, March 2, 2013 1PM - 4PM
Dougherty Station Community Center
17011 Bollinger Canyon Rd. San Ramon, CA 94582

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

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

Bring a copy of your resumé and be dressed in professional attire

Call 925.973.3325 or email scox@sanramon.ca.gov for information

Don't Miss Your Chance For A Summer Job!








Like us on Facebook
Pleasanton Community Services



Sports

Club VIP Volleyball—Intermediate

Ages 12-14

This class will fine-tune the skills of experienced players. Young athletes will have an opportunity to develop skills and know how to apply them in real competitive situations. Our goal is to help each individual improve his or her skill level while also understanding the role of a volleyball player.

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

Pleasanton Middle School Gym | Instructor: Ted Babu

54688	M	3/4-3/25	6:00-7:00pm
54689	M	4/8-4/29	6:00-7:00pm
54690	M	5/6-5/27	6:00-7:00pm



Spring Break Camp

Club VIP Volleyball Jr. High Camp

Ages 12-14

This camp is open to players of all skill levels. Here you will develop fundamentals, proper mechanics, and gain game play experience. Every aspect of the game is covered, giving you a solid skill foundation to build upon after camp. Participants should bring a light snack and a water bottle.

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

Pleasanton Middle School Gym | Instructor: Ted Babu

54691	M-Th	4/1-4/4	3:00-6:00pm
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Club VIP Volleyball Intro

Ages 12-14

This class is for interested players and will teach them the basics of volleyball. Players will be taught how to pass, set, serve, and spike in a fun atmosphere. Our goal is to establish a great foundation that will excite players to continue playing volleyball in the future.

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

Pleasanton Middle School Gym | Instructor: Ted Babu

54685	M	3/4-3/25	5:00-6:00pm
54686	M	4/8-4/29	5:00-6:00pm
54687	M	5/6-5/27	5:00-6:00pm

Club VIP Girls Volleyball Practice Player

Ages 16-18

This club training program will enhance athletic performance. The program is structured for volleyball players to maximize their athletic potential. Prior high school and/or club volleyball experience is required.

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

Pleasanton Middle School Gym | Instructor: Ted Babu

54675	M	3/4-3/25	7:00-8:00pm
54676	M	4/8-4/29	7:00-8:00pm
54677	M	5/6-5/27	7:00-8:00pm

Basic Archery

Ages 8-17

This class will give you all the basic knowledge to successfully and safely shoot a compound bow and arrow. We'll cover target archery, developing an aiming point, and accurate shooting. Equipment provided.

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

Valley View Elementary School Multi Purpose Room

Instructor: Brent Miller

54601	Tu-Th	3/26-3/28	3:30-5:30pm
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NEW Indoor Soccer!

Edge Soccer—Striker

Ages 13-17

The striker program is designed for boys and girls who have fundamental soccer skills. This class is taught by licensed coaches and covers more advanced skills of dribbling, shooting, controlled shielding and team positioning. All classes are indoor.

6 classes | \$95R/\$105N

Livermore Valley Tennis Club

Instructor: Shahin Tahmassebi

54736	M	3/4-4/15*	6:30-7:30pm
54737	Tu	3/5-4/16*	6:30-7:30pm
54738	W	3/6-4/17*	6:00-7:00pm
54801	Th	3/7-4/18*	6:30-7:30pm
54739	M	4/22-5/27	6:30-7:30pm
54750	Tu	4/23-5/28	6:30-7:30pm
54751	W	4/24-5/29	6:00-7:00pm
54752	Th	4/25-5/30	6:30-7:30pm

*No class 4/1, 4/2, 4/3, 4/4



Like us on Facebook:
Pleasanton Community Services

Teen Concert in the Park

Come and support local teen bands!

Friday, May 24, 2013 » 7:00-8:30pm » Lions Wayside Park

If your teen band is interested in auditioning to perform at JamFest, please submit web links to your band's web-based video to Mark Duncanson at mduncanson@cityofpleasantonca.gov. Please follow up your email with a call to (925) 931-4828 to confirm receipt of your email. Submissions can be emailed starting Wednesday 2/20 through Wednesday 3/20; any submissions received before 2/20 and after 3/20 will not be considered. Selected bands will be notified no later than Friday 4/12.

JAM FEST

PUNK ROCK

SOMETIMES MOVIES ACCENTUATED

GROUPS

free event sponsored by the City of Pleasanton

Natural World

Programs and activities listed in the Natural World section are suitable for the entire family. Class content is most appropriate for participants between the ages of 5-12 years, unless otherwise specified. Registration is required for all programs. Children under the age of 7 must be accompanied by an adult during the entire class. Classes noted (Family Fun) are intended for the entire family and the parents are FREE.

Ancient World

Long ago our ancestors acquired all their tools, food, and possessions from the natural world around them. Enjoy a wide variety of classes that explore the ways of the past. Pre-registration is required for all classes.

Adobe Brick Making

Ages 6-12

The Alviso Adobe got part of its name from the material used to build it: adobe brick. Come learn how our historic adobe was constructed and why adobe brick is a great building material. You'll learn how the bricks were made and make one of your own to take home. Bring a change of shoes and be prepared to get dirty!

1 class | \$5R/\$8N | Alviso Adobe Community Park

54778 Sa 5/25 1:00-2:00pm

What about Weaving

Ages 8-14

Years ago, there were no fabric stores. Cloth, garments, and rugs were made at home by people just like you! Come learn about the history of the loom (a tool for making textiles) and how it was used during the California Mission period. Get ready to show off your weaving skills with some hands-on activities that you can take home.

1 class | \$5R/\$8N | Alviso Adobe Community Park

54777 Sa 4/20 11:00am-Noon

Spring Striders Nature Day Camp

Ages 6-12

It's spring break so, why not spend it outdoors and surrounded by nature? Join the Spring Striders and have a wonderful time as we explore the natural world. Learn about animals both near and far, identify plants, learn how to build emergency shelters and a whole lot more! Location is subject to change due to inclement weather. Dress with the weather in mind and pack a lunch and water!



Spring Striders Location Schedule

Monday	Augustin Bernal Park
Tuesday	Kottinger Creek/Nature House
Wednesday	Bernal Community Park
Thursday	The Preserve Staging Area
Friday	Alviso Adobe Community Park

5 classes | \$188R/\$207N

Instructor: Eric Nicholas, Naturalist

54776 M-F 4/1-4/5 9:00am-3:00pm

Nature's Wonder Club Series

Ages 5-11

As a member of the Nature's Wonder Club, you'll encounter the wonderful world of nature in a series of hands-on, scientifically based explorations of the plants, animals and many other facets of the world we all share. Sign up for all 3 of the club classes at once.

All 3 classes | \$7R/\$10N

Alviso Adobe Community Park

Instructor: Eric Nicholas, Naturalist, Megan Kummer

54793 Sa 3/9-3/23 11:00am-Noon

Exploring with Microscopes

Come and discover the world as you have never seen it before. We will use scientific tools to investigate the microscopic universe, where you'll be in for some big surprises.

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

54796 Sa 4/6 11:00am-Noon



Insects, Up Close and Personal



Come up to the Alviso Adobe and discover the insects that make their homes here. We'll explore the various habitats in the park and visit with some of our favorite insects up close.

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

54795 Sa 3/23 11:00am-Noon

Worm Farm



Worms are a very important part of the ecosystem. They break down dead matter and aerate our soil. Explore the world of worms as you create a worm farm to take home.

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

54794 Sa 3/9 11:00am-Noon



The Alviso Adobe Community Park is a unique historic resource that tells the story of Amador Valley. The site explores the inhabitants of the past: the native Ohlone people, Californios and early agriculturalists. The park boasts a Native American grinding rock feature, the restored Alviso Adobe building, a re-creation of the Meadowlark Dairy Milking Barn and Bunk House, and beautiful grounds with native plants, a creek and Heritage oak trees.



Alviso Adobe Registration Site

The Alviso Adobe Community Park is accepting registrations!

Registration will be accepted Wednesday-Friday, 10:00am-4:00pm, Saturday and Sunday as staffing allows.

3465 Old Foothill Road
Pleasanton
Park Hours: Dawn to Dusk
Wednesday-Sunday 10:00am-4:00pm
(925) 931-3479
enicholas@cityofpleasantonca.gov
kshannon@cityofpleasantonca.gov

Facility will be closed March 31, 2013



**Like us on Facebook:
Pleasanton Community Services**



Special Events at the Alviso Adobe Community Park

Join us at the Alviso Adobe Community Park for a variety of special events throughout the year! Classes noted (Family Fun) are intended for the entire family and parents are FREE! Pre-registration is required for all classes.



6th Annual Ladybug Release (Family Fun)

Ages 2-6

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

1 class | \$9R/\$12N

Alviso Adobe Community Park

Instructor: Environmental Ed. Staff

54772 Sa 4/27 11:00am-Noon

54773 Sa 4/27 1:00-2:00pm

Fiesta Adobe! (Family Fun)

Ages 5-12

Come up to the Alviso Adobe and explore the traditions of the California Rancho period. Join us as we play games, make crafts and learn skills that would have been a part of everyday life on the Rancharia. We'll also have an opportunity to meet the other half of the vaquero, the horse of course.

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

Alviso Adobe Community Park

Instructor: Environmental Ed. Staff

54774 Sa 5/4 10:00am-Noon

54775 Sa 5/4 1:00-3:00pm

Spring Celebration! (Family Fun)

Ages 5-12

Come and celebrate Spring at the Alviso Adobe Community Park. Participants will enjoy stations throughout the park. Activities will include a visit with rabbits, egg coloring, an egg toss, and an egg hunt. Fun activities for all ages!

1 class | \$20R/\$23N

Alviso Adobe Community Park

Instructor: Environmental Ed. Staff

54770 Sa 3/30 9:30-11:30am

54771 Sa 3/30 12:30-2:30pm

Ice Cream Social (Family Fun)

Ages 5-12

Using time tested recipes and human energy, together we'll concoct yummy ice cream the old fashioned way right here where it all started . . . the original location of the Meadowlark Diary!

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

Alviso Adobe Community Park | Instructor: Megan Kummer

54769 Sa 5/11 12:30-1:30pm



Visit beautiful Augustin Bernal Park, the City of Pleasanton's 237-acre natural jewel located on the Pleasanton Ridge. The City park, and the adjacent park land of East Bay Regional Park District, provides an opportunity to appreciate magnificent views of the valley, enjoy a diverse array of native plant life and, with luck, see some of the birds and animals that call the Ridge home.

Augustin Bernal Park

General Information

Located on Pleasanton Ridge, Augustin Bernal Park has a staging area open for public use. Access to the beautiful seven-acre staging area, located at 8200 Golden Eagle Way, is through the main gate to Golden Eagle Estates, a gated residential community.

Resident and Nonresident Access

A guard is on duty at the gate during daylight hours. Show the guard proof of residency. A driver's license, Amador or Foothill High School Student card, City of Pleasanton Employee Identification card, or a City water bill accompanied by a photo I.D. is adequate. One identification required per car; each bicyclist or hiker must provide an I.D., and each may have one guest. Nonresidents can apply for a one week pass at the Community Services Department, Monday through Friday, 8:00am-5:00pm and on Saturday and Sunday, 10:00am-4:00pm at the Alviso Adobe Community Park.

Access: Horse Trailers

Horse trailers require a special day permit. No more than three horse trailer permits per day will be allowed. Horse trailer permits are granted to Pleasanton residents only and may be obtained at the Golden Eagle Estates Guard Station.

Park Access Hours

Access to Augustin Bernal Park through Golden Eagle Way:
Nov. 1-Mar. 31: 7:00am-5:30pm Apr. 1-Oct. 31: 7:00am-6:30pm

City Trails

Pleasanton has some great trails throughout the city and along the Ridge. Through the City's Bicycles, Pedestrian & Trails Committee, more trails are being considered. The Committee (an advisory body to the Parks and Recreation Commission) generally meets on the fourth Monday of each month, and welcomes public comments. For information on the Committee, the Community Trails Master Plan, Trails and Bike Paths map, or to send comments, visit www.cityofpleasantonca.gov/services/recreation/parks-and-trails.html.





Farm Life

Farm Life classes explore the rich agricultural past of Pleasanton! Classes provide numerous hands-on opportunities to explore the rich traditions of farmers past and present. Pre-registration is required for all classes. All Farm Life classes are located at Alviso Adobe Community Park!

Herbal Vinegar Creations



Ages 18 and up

Herbal vinegars are easy to make, are wonderful additions to any kitchen, and make elegant yet inexpensive gifts for just about any occasion. Come learn about the culinary adventures herbal vinegars will inspire in your own kitchen as you learn how to create them yourself.

1 class | \$12R/\$15N

Alviso Adobe Community Park

Instructor: Eric Nicholas, Naturalist

54779 Sa 3/2 2:00-3:00pm

Volunteer and Scouting Service Opportunities

Come out and lend a helping hand with a variety of on-going projects and one time volunteer opportunities at the Alviso Adobe Community Park. Current opportunities may include Garden Chores, Oak Gall Harvest, and Tule Harvest. For more information and to set a date for a service project or volunteer date and time, please contact the Alviso Adobe Staff at (925) 931-3479, enicholas@cityofpleasantonca.gov or visit Lend A Hand Tri-Valley at www.helpplenda.hand.org

Garden Chores

Be a steward of the land as we plant, water and weed the garden. Native plants help native animals find food and shelter, so stop by and sift the soil through your fingers. (Year-round, ongoing.)

Oak Gall Harvest

It's that time again! We're running low on oak galls which we use for a variety of educational projects. We need your help collecting a new supply.

Nature Hikes

Come explore the trails and parks that make Pleasanton such a great place to live. Learn about local wildlife, plants, habitats, tracking and more. Dress with the weather in mind and bring bottled water. Children under 12 must be accompanied by an adult during the entire hike. Classes noted (Family Fun) are intended for the entire family—parents are FREE!

Pre-registration is required for all classes.

Hike/Walk Exertion Levels:

Stroller Friendly—geared for families and trails that accommodate strollers

Easy-Relaxed—hike with low exertion level. Walk on level or paved terrain short distances.

Moderate—A more active hike with sloping or uneven terrain, and/or climbing slopes.

Active—Strenuous and long-distance hike, be prepared to cross water and to crawl or climb.

Instructor: Eric Nicholas, Naturalist

Arroyo del Valle (Family Fun)

Ages 6 and up

Join the Naturalist and explore one of the hidden treasures of downtown: the Arroyo del Valle! Bring bottled water and your sense of adventure. Enjoy dinner in downtown afterwards. **Level: Easy**

1 class | \$3R/\$6N | Arroyo Del Valle

54765 Sa 3/9 3:30-5:00pm

Creeking It

Ages 12 and up

Come explore our Naturalist's favorite creek in the spring! Prepare for wet feet as we trek through the creek and discover the many plants and animals that utilize this riparian habitat. **Level: Active**

1 class | \$3R/\$6N | The Preserve Staging Area

54768 Sa 4/13 4:30-6:00pm

Nature Photography



Ages 12 and up

Join our very own naturalist/photographer as he leads you on a photographic journey off the beaten path; see what images you can capture as you search the hidden jewel that is the Augustin Bernal Park. **Level: Moderate**

1 class | \$5R/\$8N | Augustin Bernal Park

54766 Sa 5/25 4:00-5:30pm



Stroller Patrol (Family Fun)

Ages Up to 4

Bring out your little ones for some outdoor adventure and fun! All that is required is a sense of adventure and a stroller! We will be looking for plants and animals as we use our senses to find what's hidden in the natural world. **Level: Stroller Friendly**

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

Bernal Community Park | Instructor: Eric Nicholas, Naturalist

54767 Sa 5/18 9:00-10:30am

Nature EXPLORE!

Ages 6-11

Join us after school for a wonderful time exploring nature with our Naturalist. Children will enjoy games, story telling, arts and crafts, science activities and nature walks. Children should wear closed toed shoes and be ready to get dirty!

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

Nature House | Instructor: Eric Nicholas, Naturalist

54797 W 4/10-5/29 3:30-5:00pm

Pack your Bag!



Ages 12 and up

So you are going on a hike or perhaps your car just got stranded! What are you to do? Hopefully your bag is packed, in which case grab it and get going. If not, this is the program for you. You will learn what items every emergency gear bag should have and what those tools are for.

1 class | \$12R/\$15N

Alviso Adobe Community Park | Instructor: Eric Nicholas, Naturalist

54893 Sa 3/16 2:00-4:30pm

Alviso Adobe Community

Park Tour

All Ages

Come find out what took place at the park site over the last several thousand years, and what's happening today.

1 class | FREE

Alviso Adobe Community Park

Instructor: Alviso Adobe Staff

54781 Su 3/3 2:30-3:30pm

54783 Su 3/10 2:30-3:30pm

54784 Su 3/17 2:30-3:30pm

54785 Su 3/24 2:30-3:30pm

54787 Su 4/7 2:30-3:30pm

54788 Su 4/14 2:30-3:30pm

54789 Su 4/21 2:30-3:30pm

54790 Su 4/28 2:30-3:30pm

54791 Su 5/5 2:30-3:30pm

54792 Su 5/12 2:30-3:30pm



R.A.D.D.

Spring 2013 Activities Form

Registration form on the next page

Level	Code	Activity	Date/Time/Notes	Meeting Location	Fee
<input type="checkbox"/>	7 54897	Breakfast Club	Sa, 3/2, 8:30-10:30am. Includes entree, beverage, tip and tax. Bring money for Farmer's Market.	Rising Loafer, 428 Main Street, Pleasanton	\$16
<input type="checkbox"/>	10 54900	San Francisco Bay Cruise	Sa, 3/9, 9:30am-3:30pm. Includes bus, ticket for the cruise, and lunch at the Rainforest Café.	Pleasanton Senior Center, 5353 Sunol Blvd., Pleasanton	\$50
<input type="checkbox"/>	4 54901	St. Patty's Dance	F, 3/15, 7:00-10:00pm. Includes DJ, dancing, and a light snack. Don't forget to wear green!	Pleasanton Senior Center, 5353 Sunol Blvd., Pleasanton	\$16
<input type="checkbox"/>	4 54902	Dessert and a Musical	F, 3/22, 6:00-10:30pm. Includes dessert at the Senior Center and a ticket for the high school musical, Chicago.	Pleasanton Senior Center, 5353 Sunol Blvd., Pleasanton	\$16
<input type="checkbox"/>	1 54903	Dinner and Magic	F, 4/5, 6:00-9:00pm. Includes dinner, beverage, tip, tax and a magic show.	Pleasanton Senior Center, 5353 Sunol Blvd., Pleasanton	\$20
<input type="checkbox"/>	7 54898	Breakfast Club	Sa, 4/13, 8:30-10:30am. Includes entree, beverage, tip and tax. Bring money for Farmer's Market.	Vic's All Star Kitchen, 201 Main St., Pleasanton	\$16
<input type="checkbox"/>	1 54904	Karaoke Night	F, 4/19, 7:00-9:00pm. Includes beverage, dessert and karaoke.	Pleasanton Senior Center, 5353 Sunol Blvd., Pleasanton	\$16
<input type="checkbox"/>	7 54905	Dinner and a Movie, Livermore	F, 4/26, 5:30-10:00pm. Includes entree, beverage, tip, tax and movie ticket.	Drop off: Harry's Hofbrau, 2491 1st St., Livermore Pick up: In front of Livermore Cinema Park at: Garage on Railroad	\$36
<input type="checkbox"/>	4 54906	Fiesta Dance	F, 5/3, 7:00-10:00pm. Includes DJ, dancing, and a light snack.	Veterans Memorial Building, 301 Main St., Pleasanton	\$16
<input type="checkbox"/>	4 54907	Ramayana Play & Frozen Yogurt	Sa, 5/11, 2:00-4:00pm. Includes ticket to the show and money for frozen yogurt at Yolatea.	Drop off/ pick up: Firehouse Arts Center, 4444 Railroad Ave, Pleasanton	\$16
<input type="checkbox"/>	7 54911	Pizza and Bowling	Sa, 5/18, 10:00am-1:00pm. Includes pizza, beverage, and two bowling games.	Granada Bowl, 1620 Railroad Avenue, Livermore	\$22
<input type="checkbox"/>	7 54899	Breakfast Club	Sa, 5/25, 8:30-10:30am. Includes breakfast, tax, and tip. Bring money for the Farmer's Market.	Rising Loafer, 428 Main Street, Pleasanton	\$16
<input type="checkbox"/>	4 54912	Movie Night	F, 5/31, 5:00-9:00pm. Includes making dinner together and viewing movie at the Senior Center.	Pleasanton Senior Center, 5353 Sunol Blvd., Pleasanton	\$15



Ceramics with Erin



Ages 15 and up

Come and see just how creative you can be with clay! You don't need any experience to come join the fun! Class will cover the basics in building with clay. You will learn how to transform this amazing medium into a pinch pot, a coil pot, a sculpture of your choice or roll a slab and create a wall hanging or whatever else your imagination dreams up!

Instructor will demonstrate and assist throughout the session as needed. Participants must be able to manipulate the clay on their own. This does take some hand strength. Participants should also be able to focus in a two hour classroom setting. There is work space available for both sitting and standing, and our facility is wheelchair friendly. Should you have any questions specifically for the instructor, Erin Davis, you can e-mail her at ekdpottery@yahoo.com. A \$40 supply fee is due at the time of registration.

NOTE: Students may only sign up for one session.

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

55035 Th 3/7-4/11 6:30-8:30pm

55066 Th 4/18-5/23 6:30-8:30pm



Recreation Activities for the Developmentally Disabled Men & Women 15 years & Older

Registration Form—Spring 2013

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

- Preregistration is required for all activities—“drop-ins” are not allowed.
- If you cannot pay all of the activity fees at one time, please contact the Front Office at 931-5368 to discuss a payment plan with Julie or Debbie.

Mail Registration Form to: RADD, c/o Pleasanton Senior Center, 5353 Sunol Blvd., Pleasanton, CA 94566

Fax Registration Form to: (925) 485-3685

Exertion Level—Scale of 1 to 10

1=low, i.e. walking 1 block **5**=moderate, i.e. walking 3 blocks **10**=high, i.e. walking 8 or more blocks



Please include both pages!

Total Fee Amount \$ _____

Name of Person Responsible for the Account _____ Address _____

City _____ Zip _____ Phone (home) _____ Phone (business) _____

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

Signature _____ Check #: _____ Amount \$ _____

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

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

If you do not want you or your child(ren) photographed or videotaped while participating in a City recreation class or activity for the use in City publications, please contact the Community Services office at (925) 931-5340, to request an “Opt Out of Photo” form to be completed at least two weeks prior to the start of you or your child(s) class.

Date _____ Name of Participant _____

Signature required _____ Parent/Guardian, if under 18: _____

Mail Registration Form to: RADD, 5353 Sunol Blvd, Pleasanton, CA 94566



Aquatics Information

Dolores Bengtson Aquatic Center

4455 Black Avenue | 931-3420
www.PleasantonAquaticCenter.com

Office Hours*

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



Pool closed on: 3/31; Holiday Hours 5/27 from 8:00am-11:00am.

*Due to renovation of the west-side of the facility, office and facility hours are subject to change.

Registration Information

- Please save your receipt! Receipt should be brought to the first 3 classes and saved for transfers or additional registration.
- Parents/Siblings/Guests: We request that you wait outside the Aquatic Center or in the spectator area during all lessons.
- Incorrect Class Registration: It is the patron/parents' responsibility to transfer their self/child into the correct class if the individual is registered for an incorrect class after passing or not passing a level.
- Registration or transfers will not be accepted by telephone.
- Aquatics classes are taught by DBAC staff and held at either the Dolores Bengtson Aquatic Center or the pool at Amador High School. Please check your receipt carefully for the location of your class.

Coming Soon!

DBAC Summer Recreational Swim Team

Ages 6-17

The DBAC swim team participates in the Tri-Valley Swim league and has two teams, an A team and B team.

Please check our website for upcoming tryout dates and times.

www.PleasantonAquaticCenter.com, or call (925) 931-3420 for more information.

Construction Update!

The west-side of the Dolores Bengtson Aquatic Center will be closed for renovation until approximately September 2013. Changes include: an 'L-shape' redesign of the 25-meter pool with a new diving tank, replastering of two pools, new decking, and replacement of plumbing, heating and electrical systems.



Don't despair . . . there are plenty of activities happening on the east-side of the facility! The 50-meter pool, locker rooms and offices will remain open during the renovation. In addition, we will offer programs and activities at nearby aquatic facilities. Be sure to check your registration receipts carefully for the correct location of your class.

See the changes taking place for yourself at www.PleasantonAquaticCenter.com—view up-to-date photos of the renovation, a photo rendering of the new layout and information about classes and programs currently being offered.



Lap Swimming for Fitness

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

Fees	Single	Punch Pass (15)
Adult (18+)	\$4	\$52R/\$57N
Youth (-17)/Senior (60+)	\$3.50	\$46R/\$51N
Spectator	\$3	\$36R/\$39N

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

Pool closed on: 3/31

Holiday Hours observed on: 5/27

Fitness Water Exercise Ages 16 and up

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

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

Shallow Water Workout

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

M/W/F* 9:15-10:10am

*No class 5/27

Deep Water Workout

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

M/W* 6:00-6:55am

M/W/F* 7:45-8:40am

M-Th* 5:30-6:25pm

*No class 5/27



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Pleasanton Community Services

Learn to Swim

American Red Cross Program



LTS Individual Classes

Preschool

This beginning class helps young students adjust to the water and develop independent movements. Basic mechanics are introduced while confidence in the water is increased. Level 3 Preschool is equivalent to Beginner Level 2.

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

54959	Sa	4/6-4/27	12:05-12:35pm
54954	Su	4/7-4/28	11:50am-12:20pm
54947	Sa	5/4-5/25	12:05-12:35pm
54960	Su	5/5-5/26	11:50am-12:20pm

7 classes | \$46R/\$51N

54945	M/W	4/8-4/29	10:30-11:00am
54952	M/W	4/8-4/29	11:00-11:30am
54946	M/W	4/8-4/29	1:30-2:00pm
54953	M/W	4/8-4/29	2:00-2:30pm
54958	Tu/Th	4/9-4/30	1:30-2:00pm
54957	Tu/Th	4/9-4/30	2:00-2:30pm

8 classes | \$52R/\$57N

54951	M/W	5/1-5/29*	10:30-11:00am
54950	M/W	5/1-5/29*	11:00-11:30am
54956	M/W	5/1-5/29*	1:30-2:00pm
54955	M/W	5/1-5/29*	2:00-2:30pm

*No class 5/27

9 classes | \$59R/\$65N

54949	Tu/Th	5/2-5/30	1:30-2:00pm
54948	Tu/Th	5/2-5/30	2:00-2:30pm

Beginner—Levels 1-3

Level 1: This level helps students feel comfortable in the water and begin to learn the steps needed to swim. To pass, students must be able to perform beginning floating, gliding, and arm/leg motions, in addition to an Exit Skills Assessment for Level 1.

Level 2: Students will continue to learn to float on their front and back, will begin to explore forward movement and the foundations of additional strokes. To pass, students

must meet the Level 2 Stroke Performance Criteria for swimming on the front and back, as well as to pass the Exit Skills Assessment for Level 2.

Level 3: Students will build on skills learned previously and will be introduced to swimming skills needed to take more advanced courses. Headfirst entries and rotary breathing are introduced. To pass, students must meet the Level 3 Stroke Performance Criteria for front crawl, elementary backstroke and sidestroke, must be able to swim 25 yards without stopping, and pass an Exit Skills Assessment for Level 3.

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

54982	Sa	4/6-4/27	12:40-1:10pm
54983	Sa	4/6-4/27	2:55-3:25pm
54989	Su	4/7-4/28	11:15-11:45am
54984	Sa	5/4-5/25	12:40-1:10pm
54985	Sa	5/4-5/25	2:55-3:25pm
54986	Su	5/5-5/26	11:15-11:45am

Stroke Improvement—Level 4

Students develop confidence in the strokes that they have learned and improve other aquatic skills such as diving, turns and surface dives. To pass, students must meet Level 4 Stroke Performance Criteria for front crawl, breaststroke, butterfly, elementary backstroke, back crawl, and sidestroke. They must also pass the Exit Skills Assessment for this level.

4 classes | \$39R/\$43N

54991	Sa	4/6-4/27	11:15am-Noon
54990	Sa	4/6-4/27	2:05-2:50pm
54992	Sa	5/4-5/25	11:15am-Noon
54993	Sa	5/4-5/25	2:05-2:50pm

Stroke Refinement—Level 5

Students refine their coordination and performance of all 6 strokes and increase endurance and distance. Flip turns are introduced. To pass, students must meet Level 5 Stroke Performance Criteria for front crawl, breaststroke, butterfly, elementary backstroke, back crawl, and sidestroke. They must also pass the Exit Skills Assessment for Level 5, including a shallow-angle dive.

4 classes | \$39R/\$43N

54995	Sa	4/6-4/27	2:05-2:50pm
54994	Sa	5/4-5/25	2:05-2:50pm

Adult/Teen Learn to Swim Ages 13 and up

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

4 classes | \$28R/\$31N

54999	Sa	4/6-4/27	1:15-2:00pm
55001	Sa	5/4-5/25	1:15-2:00pm

5 classes | \$35R/\$39N

55000	Sa	3/2-3/30	12:15-1:00pm
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7 classes | \$49R/\$54N

54996	Tu/Th	4/9-4/30	10:30-11:15am
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8 classes | \$56R/\$62N

54998	Tu/Th	3/5-3/28	10:30-11:15am
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9 classes | \$63R/\$69N

54997	Tu/Th	5/2-5/30	10:30-11:15am
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Competitive Stroke Ages 6-18

This class is for swimmers interested in strengthening their competitive swim stroke. Basic knowledge of Freestyle, Backstroke, Breaststroke and Butterfly are required prior to the lesson. Swimmers must be able to swim each stroke, mentioned above, correctly at least 50 yards. The focus of this class will be to refine existing swim skills.

4 classes | \$32R/\$35N

55003	Su	3/3-3/24	12:30-1:15pm
55004	Sa	4/6-4/27	11:15am-Noon
55005	Su	4/7-4/28	12:30-1:15pm
55006	Sa	5/4-5/25	11:15am-Noon
55007	Su	5/5-5/26	12:30-1:15pm

5 classes | \$40R/\$44N

55002	Sa	3/2-3/30	11:15am-Noon
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RED CROSS CERTIFICATION



Junior Guards/ Guard Start Grades 7-9



Get a start in the Aquatics profession by learning about lifeguarding. Gain valuable job skills while having fun with your friends at the pool later this summer. This course includes the following American Red Cross classes: Guard Start which teaches basic lifesaving techniques; and Water Safety Instructor Aide, which teaches swim instruction methods and class management. This program is a requirement for those wishing to volunteer at the aquatic center later this summer. *Please note: This program will not be offered again in the summer, sign up today!*

5 classes | \$60R/\$66N
Dolores Bengtson Aquatic Center | Instructor: DBAC Staff
55010 M-F 4/1-4/5 9:00am-4:00pm

Basic Water Rescue Ages 10 and up

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

1 class | \$75R/\$83N
Dolores Bengtson Aquatic Center | Instructor: DBAC Staff
55014 Sa 2/9 10:00am-2:00pm
55016 Sa 4/27 10:00am-2:00pm
55017 Sa 5/18 10:00am-2:00pm



Lifeguarding Ages 15 and up

Get a jump start on your future; train to be a Red Cross Certified Lifeguard! This can be an amazing and fun summer job, or a step towards a rewarding career. Lifeguarding puts you in an exciting position, working as part of a team to help people safely enjoy the water. Course Prerequisites: Age 15 on or before the last class, ability to swim 300 yards using crawl stroke and breast stroke; swim 20 yards and then dive 7-10 feet to retrieve a 10 lb. diving brick in 1 minute, 40 seconds, and tread water for 2 minutes with legs only. Come prepared to swim during the first class. Participants must attend every class; make-ups dates will not be offered.

5 classes | \$195R/\$215N
Dolores Bengtson Aquatic Center | Instructor: DBAC Staff
55013 Sa 4/6 10:00-11:30am
and Sa-Su 4/13-4/21 8:00am-5:00pm

Water Safety Instructor Ages 16 and up

This class provides knowledge and tools to teach American Red Cross Learn to Swim Lessons, as well as several other water safety courses including Parent & Child Aquatics and Longfellow's Whales Tales. Upon successful completion of this course, students will be qualified to teach and issue certificates in swimming and water safety. This class also includes Fundamentals of Instructor Training. Prerequisites: Participants must be 16 years or older by the last class, possession of Red Cross Level IV swimming skills, back float (floating or sculling) for 1 minute in deep water, tread water for 1 minute. Comprehensive course designed to provide knowledge necessary to teach swimming lessons.

6 classes | \$180R/\$198N
Dolores Bengtson Aquatic Center | Instructor: DBAC Staff
55011 Sa 2/16-3/23 8:30am-5:00pm



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The Arts

Ceramics—Wheel Throwing Ages 18 and up

All levels welcome. No experience required. Class will cover basic throwing skills. A \$40 supply fee is due at the time of registration.

6 classes | \$132R/\$145N

Cultural Arts Center | Instructor: Erin Davis

54965	M	3/4-4/8	7:30-9:30pm
54970	W	3/6-4/10	7:30-9:30pm
54966	M	4/15-5/20	7:30-9:30pm
54971	W	4/17-5/22	7:30-9:30pm

Ceramics—Open Studio Wheel Throwing Ages 18 and up

Open Studio class for wheel throwers and hand sculptors. Join us for 3 hours at the pottery studio. A \$50 supply fee is due at the time of registration.

6 classes | \$165R/\$182N

Cultural Arts Center | Instructor: Erin Davis

54977	M	3/4-4/8	10:30am-1:30pm
54979	W	3/6-4/10	10:30am-1:30pm
54978	M	4/15-5/20	10:30am-1:30pm
54980	W	4/17-5/22	10:30am-1:30pm

Pastel Painting for Beginners

Ages 18 and up

Have you ever wanted to try soft pastels but just didn't know where to begin? We'll cover basic techniques and concepts with one-on-one guidance and demonstrations by the instructor. Intermediate students are welcome to come paint and get assistance with their work.

6 classes | \$95R/\$105N

Firehouse Arts Center | Instructor: Debbie Wardrope

54974	W	2/27-4/3	10:00am-Noon
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Painting the Garden in Pastel

Ages 16 and up

Spring provides an abundance of subject matter and this class will focus on painting gardens and flowers in the soft pastel medium. Whether you're a more advanced student or a beginner, come paint with others and get individual guidance and instruction in a relaxed and supportive environment. Supply list available at time of registration.

6 classes | \$95R/\$105N

Firehouse Arts Center | Instructor: Debbie Wardrope

54671	W	4/10-5/15	10:00am-Noon
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Art Made Easy II & III Ages 18 and up

Fun with Watercolor!

Painting in studio and on location. A different lesson each week. Experimenting with collage, different techniques and mixed media. Some experience required. Students can review *Art Made Easy* basic course on DVD at the Pleasanton Library.

6 classes | \$86R/\$95N

Firehouse Arts Center | Instructor: Charlotte Severin

54844	Th	3/14-4/25*	1:00-4:00pm
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*No class 4/4

Porcelain Painting Ages 18 and up

Learn the basics of design, mixing, and powder paints with an open media. Different brush strokes will be used to achieve an affect. Loading of brushes will be demonstrated. Beginning students need no previous experience and will paint subject matter on a 6 x 6 tile. Supply list available upon registration. A \$30 kiln firing fee is due to the instructor if you require firing.

5 classes | \$106R/\$117N

Pleasanton Senior Center | Instructor: Ann Apperson

54846	Beginning	W	4/10-5/8	12:15-3:30pm
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54847	Intermediate	W	4/10-5/8	6:30-9:45pm
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HARRINGTON GALLERY

Spring Events

California: Earth, Air, Fire, Water, Life

March 2-April 6

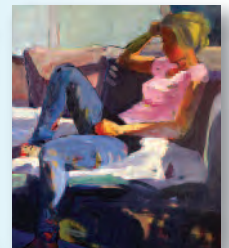
Gallery Reception: Wednesday, March 7, 7:00-9:00pm

This exhibit, featuring works by Engela Olivier-Wilson, William Hackett, and Matthew Nylander, will express a central theme that explores California's natural beauty from each artist's perspective. Media will be mixed and will range from using natural wood to painting and photography.



Engela Olivier-Wilson,
Light on Water

by Melinda Cootsona,
2012 award-winning
participant



Fresh Works III Open Juried Exhibit

April 24-May 25

Gallery Reception and Awards

Saturday, Apr. 27, 1:00-3:00pm

This will be the Harrington Gallery's 3rd Annual Open Juried Exhibit. It is open to artists 18 and over who live or work in the greater Bay Area. Entry deadline is Wednesday, February 13. To receive an entry form electronically, please visit the Firehouse website at www.firehousearts.org and click on the Harrington Gallery page. For additional information, call (925) 931-4849.

HARRINGTON GALLERY

in the Firehouse Arts Center
4444 Railroad Avenue

HARRINGTON GALLERY HOURS: Wednesday-Friday
Noon-5:00pm, Saturday 11:00am-3:00pm. Open one hour
before theater performances and during intermission.
Website: www.firehousearts.org



Exercise & Wellness

Women's Self-Defense— Kurukula



Ages 18 and up

Kurukula is a positive and fun empowerment program for women. Teaching Assertiveness, Awareness, and hands-on Self-Defense techniques to keep you safe. Learn empowerment tools and begin to find your own inner-strength! No experience necessary. Beginners are welcome!

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

Cultural Arts Center | Instructor: Dara Connolly

54892 W 3/6-3/20 7:00-8:30pm

Belly Dance

Ages 16 and up

Belly dance is a beautiful style of dance inspired by the folk dances of the Middle East, the glamour of 1960's movies, and more recently the Steampunk movement. In addition to learning the key moves, we will cover the history, performance skills and musical interpretation needed to be an all round dancer. *A \$30 coin belt available for purchase on first day of class.*

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

Cultural Arts Center | Instructor: Sara Shrapnell

54639 W 3/6-5/29 10:30-11:30am

54638 Tu 3/5-5/28 6:30-7:30pm

Belly Dance Level 2

Influenced by the music and folk dance of the El Saïd area of Egypt, comes Raks Asaya (stick dance). Mixing old moves with new, we will find our folkloric footwork, layer on shimmies, understand the Saïid rhythm and use the dance cane or stick to twirl, balance, posture and flirt. *A \$20 supply fee is due at the time of registration.*

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

Cultural Arts Center | Instructor: Sara Shrapnell

54653 Tu 3/5-5/28 7:30-8:30pm



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Services**

Exercitement

Ages 13 and up

Instructor: Terri Gonzalez | email: thgexrct@aol.com

Info: www.exercitementfitness.weebly.com

Aerobics

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

4 classes | \$25R/\$28N | Pleasanton Senior Center

54668 M 3/4-3/25 6:30-7:30pm

5 classes | \$31R/\$34N | Pleasanton Senior Center

54669 M 4/1-4/29 6:30-7:30pm

3 classes | \$19R/\$22N | Pleasanton Senior Center

54670 M 5/6-5/20 6:30-7:30pm

Getting to the CORE: Pilates/Yoga Fusion

A unique blend of basic Mat Pilates, Core Conditioning and fundamental Yoga principals to achieve strength, balance and flexibility through this 6-week progressive series. Breathing and stretching techniques will be incorporated to relax and rejuvenate the body and mind. Class may be practiced in bare feet, but a mat is required for everyone.

6 classes | \$49R/\$54N | Pleasanton Senior Center

54661 Tu 3/5-4/9 6:15-7:15pm

Strength Training & Conditioning

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

4 classes | \$25R/\$28N | Pleasanton Senior Center

54662 Th 3/7-3/28 6:15-7:15pm

54663 Th 4/4-4/25 6:15-7:15pm

5 classes | \$31R/\$34N | Pleasanton Senior Center

54664 Th 5/2-5/30 6:15-7:15pm

Get on the Ball!

The keys to a great posture and a healthy back are good balance and a strong core. This 6-week progressive class assists in strengthening the core muscles using a variety of techniques on the popular Stability Ball. Terri will guide participants through a mixture of exercises designed to train from shoulders to abdominals. Please bring a ball, mat and light weights.

6 classes | \$49R/\$54N | Pleasanton Senior Center

54450 Tu 4/30-6/4 6:15-7:15pm



Cardio BLAST Cross Training

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

5 classes | \$31R/\$34N | Pleasanton Senior Center

54667 W 5/1-5/29 6:30-7:30pm

4 classes | \$25R/\$28N | Pleasanton Senior Center

54665 W 3/6-3/27* 6:30-7:30pm

54666 W 4/3-4/24* 6:30-7:30pm

**3/13, 4/17 classes will be held at Veterans Memorial Building*

Fight Shape—Kickboxing

Ages 15 and up

Fight Shape is a high energy and fun workout, combining intense cardio with multiple styles of martial arts. It includes training in Muay Thai, Boxing, Kickboxing and focuses on learning 'real' martial arts while having fun sculpting your body. This class uses a combination of heavy bags, pads, and mitts.

REQUIRED: Boxing gloves and wraps. Can be purchased at first class on site for \$40, or bring own.

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

Crispim BJJ Studio | Instructor: Jeremiah Labiano

54618 Tu/Th 3/5-4/11 6:15-7:15pm

55057 Tu/Th 4/16-5/23 6:15-7:15pm

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

54616 M/W/F 3/4-4/12 Noon-1:00pm

54617 M/W/F 4/15-5/24 Noon-1:00pm

Mixed Martial Arts Ground & Pound

Ages 15 and up

Mixed Martial Arts Ground and Pound is the newest way to workout. It is a high energy, cardio intense workout that pro fighters use. The class is a mix of kickboxing, Muay Thai, ground and pound on dummies, cardio and a lot of fun. Uses pads, mitts, heavy bags and dummies. Great for all fitness levels. Take your training to the next level. *REQUIRED: Boxing gloves and wraps can be purchased at first class on site for \$40 or bring your own.*

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

Crispim BJJ Studio | Instructor: Jeremiah Labiano

54619 M/W 3/4-4/10 6:30-7:30pm

54620 M/W 4/15-5/22 6:30-7:30pm

Women's Brazilian Jiu-Jitsu

Ages 14 and up

Learn how to protect yourself and have fun at the same time! Jiu-Jitsu translates to 'the gentle art' because it utilizes leverage and balance rather than force and strength. This class incorporates self defense techniques, ground work, and conditioning, which will help in improving your coordination, strength and agility. *A \$50 uniform fee is required on-site at first class meeting.*

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

Crispim BJJ Studio | Instructor: Alexander DeAlmeida

54631 Sa 3/2-4/6 9:00-10:00am

54632 Sa 4/13-5/18 9:00-10:00am

Tai Chi—Beginning & Intermediate

Ages 14 and up

Tai Chi, also called Tai Chi Quan, reminds the outside observer of the calm, rhythmic flowing of a river. As a tool for improving physical and mental health, Tai Chi is also a martial art with each movement having applications. The movements in Tai Chi can promote the circulation of qi within the body resulting in enhanced health and well being.

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

Pleasanton Senior Center | Instructor: Howard Wang

54651 Beg. Th 3/7-5/9 7:30-9:00pm

54652 Int. Tu 3/5-5/7 7:30-9:00pm

Yoga

Ages 18 and up

Yoga creates a calm, clear mind while building strength, flexibility, balance and coordination. Therapeutic yoga promotes healing that relieves stress and fatigue, and assists in recovering from injury and illness. It releases stiffness, rejuvenates muscles and lubricates joints. It creates stillness of mind and body and allows relaxation. Please bring a thick blanket and a sticky mat to class.



11 classes | \$165R/\$182N

Century House | Instructor: Lorey Wallace

Therapeutic Yoga

54654 M 3/11-5/20 6:00-7:15pm

Yoga & Meditation

54655 M 3/11-5/20 7:30-8:45pm

Gentle Yoga

Ages 16 and up

Learning a basic gentle yoga practice can help one to reduce stress and keep one feeling centered, grounded and calm! This yoga class is suitable for those desiring a combination of gentle yoga stretches, including relaxation and restful poses. Be ready to learn simple standing poses, correct alignment and hands-on assistance from certified yoga instructor, Beth Fox. Please bring a yoga mat, strap, block and blanket or bolster to class.

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

Cultural Arts Center | Instructor: Beth Fox

54804 F 3/1-4/5* 9:00-10:15am

54805 F 4/26-5/24 9:00-10:15am

**No class 3/29*

Zumba® Toning

Ages 13 and up

Zumba Toning is designed to blend body sculpting techniques and specific Zumba moves into one calorie-burning, strength training class. We will be using weighted, maraca-like Zumba Toning sticks to enhance rhythm and build strength. A Latin infused, calorie-torching, strength training dance-fitness party! Zumba Toning sticks will be available for purchase for \$20 at first class or bring your own 1-3 lb hand weights.

10 classes | \$105R/\$116N

Veterans Memorial Bldg | Instructor: Diana Robinson

54660 Tu 3/5-5/14* 6:30-7:30pm

**No class 4/2*

Zumba®

Ages 13 and up

Zumba is the Latin-inspired, easy-to-follow, calorie-burning, dance fitness-party. A high energy workout that combines Latin rhythms and easy-to-follow steps to create a unique exercise experience. No prior Zumba or dance experience is necessary. Come join the party!

10 classes | \$105R/\$116N

Veterans Memorial Bldg | Instructor: Diana Robinson

54659 Th 3/14-5/23* 6:30-7:30pm

**No class 4/4*

Club TVT Triad

Ages 18 and up

Small Group Fitness Training, integrating cardio, strength, and core (body weight, dumbbells and hands) in one fun, time-saving, effective class. Pay for one-month series fee and get unlimited access to any of the 15 classes per week (listed below) for maximum schedule flexibility.

\$99R/\$109N per month

Tri-Valley Trainer Studio | Instructor: Daniel Taylor

55067 3/1-3/30

55068 4/1-4/30

55069 5/1-5/31

Mondays:

10:00-10:50am

12:15-12:45pm

6:00-6:50pm

7:00-7:50pm

Wednesdays:

5:45-6:35am

10:00-10:50am

6:00-6:50pm

7:00-7:50pm

Fridays:

12:15-12:45pm

Tuesdays:

5:45-6:35am

10:00-10:50am

Thursdays:

5:45-6:35am

10:00-10:50am

6:00-6:50pm

Saturdays:

9:00-9:50am



Beginning Line Dance

Ages 18 and up

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

4 classes | \$16R/\$19N

Pleasanton Senior Center | Instructor: Sue Kraft

54827 F 4/5-4/26 1:30-2:45pm

54828 F 5/3-5/24 1:30-2:45pm

3 classes | \$12R/\$15N

Pleasanton Senior Center | Instructor: Sue Kraft

54829 F 6/7-6/21 1:30-2:45pm

Intermediate Line Dance

Ages 18 and up

Learn classic Country Line Dancing as well as new line dances while having a great time. Each dance is repeated until everyone is comfortable and ready to move on to a new dance. Previously learned dances will also be reviewed and practiced at each class.

4 classes | \$16R/\$19N

Pleasanton Senior Center | Instructor: Sue Kraft

54830 F 4/5-4/26 3:00-4:15pm

3 classes | \$12R/\$15N

54831 F 5/3-5/24 3:00-4:15pm

54832 F 6/7-6/21 3:00-4:15pm

Donate to our Fee Assistance Program

by using the registration form on page 46. For more information, call 931-5340.

Special Interest

Alviso Adobe Community Park & Environmental Education Docent Training

Ages 18 and up

Are you interested in a unique volunteer opportunity? The City's Alviso Adobe Community Park and Environmental Education Programs depend on great docents to offer public programs, tours and school fieldtrips. This class will meet every other month and will introduce prospective docents to the history of the Valley, the interpretive method, and program highlights.

1 class | FREE

Alviso Adobe Community Park

Instructor: Alviso Adobe Staff

54780 Sa 4/13 1:00-3:00pm



Ukulele—Beginning & Intermediate

Ages 15 and up

In the beginning Ukelele class, we will concentrate on learning chords and strums to many of your favorite songs. Students must provide their own ukeleles. Information for purchasing one will be available at the first class meeting. The intermediate class is for those with more music knowledge and is a continuation of the beginning class. Students in the intermediate class will be introduced to tablature and begin rehearsals for a performance.

Beginning

4 classes | \$70R/\$77N

Pleasanton Senior Center | Instructor: Leonard Cooper

54853 M 4/29-5/20 7:00-8:00pm

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

54850 M 3/18-4/15 7:00-8:00pm

Intermediate

4 classes | \$70R/\$77N

Pleasanton Senior Center | Instructor: Leonard Cooper

54854 Tu 4/30-5/21 7:00-8:00pm

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

54851 Tu 3/19-4/16 7:00-8:00pm

Herbal Vinegar Creations

Ages 18 and up

Herbal vinegars are easy to make, are wonderful additions to any kitchen, and make elegant yet inexpensive gifts for just about any occasion. Come learn about the culinary adventures herbal vinegars will inspire in your own kitchen as you learn how to create them yourself.

1 class | \$12R/\$15N

Alviso Adobe Community Park

Instructor: Eric Nicholas, Naturalist

54779 Sa 3/2 2:00-3:00pm



Nature Photography

Ages 12 and up

Join our very own naturalist/photographer as he leads you on a photographic journey off the beaten path; see what images you can capture as you search the hidden jewel that is the Augustin Bernal Park. **Level: Moderate**

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

Augustin Bernal Park

Instructor: Eric Nicholas, Naturalist

54766 Sa 5/25 4:00-5:30pm

Sports

www.pleasantonsports.org

For more information regarding sports programs, please contact:
 Ian Anderson | 931-3437 | ianderson@cityofpleasantonca.gov
 Joelle Goodman | 931-3480 | jgoodman@cityofpleasantonca.gov
 Nilo Velazquez | 931-3439 | nvelazquez@cityofpleasantonca.gov



Adult Basketball League

Show off your skills in one of our fun and competitive men's leagues. With three levels of play, there is a league for everyone. In order to register as a team, you must have a minimum of six players on your roster.

8 classes | \$520R/\$550N Team Fee
Pleasanton Middle School | 7:00-10:00pm
Registration Deadline 2/22

- 54749** Division 2 W 3/6-5/1*
- 54748** Division 3 W 3/6-5/1*
- 54753** Division 1 Th 3/7-5/2*

*No games on 4/3, 4/4

Adult Bocce League

Roll into spring with our co-ed bocce leagues! New players are highly encouraged to try out this fun, 'low-key' league. In order to register as a team, you must have a minimum of four players on your roster.

8 classes | \$99R/\$115N Team Fee
Centennial Park | 6:00-10:00pm
Registration Deadline 2/22

- 54754** Advanced Tu 3/5-4/23
- 54755** Beginner W 3/6-4/24

Adult Volleyball League

Whether you are new to the game or a volleyball enthusiast, we have the perfect league for you! In order to register as a team, you must have a minimum of six players on your roster.

8 classes | \$320R/\$350N Team Fee
Pleasanton Middle School | 7:00-10:00pm
Registration Deadline: 2/22

- 54756** Advanced M 3/4-4/29*
- 54757** Intermediate M 3/4-4/29*
- 54758** Novice M 3/4-4/29*

*No games 4/1

Basic Archery

This class will give you all the basic knowledge to successfully and safely shoot a compound bow and arrow. We will cover the basics of target archery, developing an aiming point, and accurate shooting. Equipment will be provided.

3 classes | \$120R/\$132N
Valley View Elementary School Multi Purpose Room
Instructor: Brent Miller

55012 Tu-Th 3/26-3/28 6:00-8:00pm

Open Gym Programs

Join us for exercise and fun in our recreational open gym programs. All open gym times are subject to change. Punch passes can be purchased at www.pleasantonfun.com or in person at the Community Services Department, 200 Old Bernal Ave. Print your online registration receipt and present to the Gym Monitor until Punch Pass arrives via mail. Punch Passes are valid for 15 Open Gym Sessions and have no expiration date. Single day admission passes must be purchased in advance at the Community Services Department office. **No cash or checks will**

be accepted at the Gym. All skill levels welcome.

- HP** Harvest Park Middle School, 4900 Valley Avenue
- HMS** Hart Middle School, 4433 Willow Road
- PMS** Pleasanton Middle School, 5001 Case Avenue

Open Gym Basketball

Spend some extra time on the court during our Open Gym Basketball program. Open to residents only.

Fees	Single	Punch Pass (15)
Resident	\$3.25	\$45.00
Day	Time	Location
Sa	6:00-8:00am	HP
M	8:00-10:00pm	HMS
W	8:00-10:00pm	HMS

*Please note: 3/30 and 4/6 Open Gym will be held at PMS; 5/15 and 5/20 Open Gym will be held at HP.

Open Gym Volleyball

Fees	Single	Punch Pass (15)
Resident	\$4.75	\$67.50
Non-Resident	\$5.75	\$82.50
Day	Time	Location
Su	6:00-9:00pm	PMS



Adult Softball

Catch all the action this spring and enter a team in one of our Adult Softball leagues! We have a league for all skill levels and interests.

Men's and co-ed leagues are offered Sunday through Friday nights. Registration for new teams begins February 26th.



For more information visit:
www.pleasantonsports.org

For complete registration information, contact Joelle Goodman at: (925) 931-3480 or jgoodman@cityofpleasantonca.gov

Pleasanton Senior Center

5353 Sunol Boulevard | 931-5365
 www.pleasantonseniorcenter.org
 Monday-Friday 8:30am-4:30pm



Office/Information 8:30am to 4:30pm931-5365
 Paratransit 9:00am to 3:00pm931-5376
 Senior Meals 9:30am to 1:30pm931-5385
 Senior Support, M-Th 8:30am to 4:00pm931-5379
 VIP Senior Club & Travel
 Desk, M-Th 10:00am to 2:00pm931-5370
 Peddler Shoppe 10:00am to 4:00pm931-5371
 RADD 8:30am to 4:00pm931-5373

Support Groups Offered at the Senior Center

Caregiver's Support Groups

Open to all caregivers responsible for care of persons with Alzheimer's, dementia and other related illnesses. Meets in the Sun Room in the Senior Support office, second Monday of each month from 1:00-3:00pm. Please contact facilitator at 931-5379. Co-sponsored by the Senior Support Program of the Tri-Valley and the Alzheimer's Association.

Parkinson's Support Group

Offered on the second Saturday of each month, 10:00am-Noon at the Pleasanton Senior Center (Senior Support Area). Call 831-9940 for more information. Those with Parkinson's disease and their families are welcome to attend. Co-sponsored by the Parkinson's Network of Mt. Diablo.

Senior Support Program of the Tri-Valley

Senior Support provides a variety of services to assist seniors in maintaining their health and independence. Services to those 60 and older, living in Pleasanton, Livermore, Dublin and Sunol, include: case management; an in-home registry; in-home counseling; health screening and friendly visiting.

The staff can be reached at 931-5379

Monthly Services

Refer to the Monthly Calendar for details:

- Caregivers Support Group (Senior Support Program)
- Dental Consultations (off site)
- Foot Care/Health Screening (sponsored by Senior Support Program)
- Medicare & HMO Counseling (HICAP)
- Parkinson's Support Group
- Notary Public
- Legal Assistance for Seniors (LAS)
- Eye Glass Adjustments
- Estate Planning Counseling (with Estate Planning lawyer)
- Fraud Counselor (w/certified fraud counselor)
- Hearing Aid Cleaning (last Friday of the month)

Wiesner Senior Fund

Emergency one-time grants or loans, in nominal amounts, are available for adults aged 60 or older who are in immediate need of assistance. Applications for this valley-wide, non-profit emergency fund are available at the Senior Support Program. All requests and information are confidential. Call 931-5379 for information.

Senior Meals • 931-5385

Lunch at the Snappy Café, Mon-Fri @ Noon

Sponsored by Spectrum Community Services

- Seniors (60+) or disabled adults regardless of income
- \$3.25 donation; guests under 60: \$5.00

Call 931-5385 by 1:00pm, 1 day ahead

Dinner at Ridgeview Commons

5200 Case Avenue
 Sponsored by Open Heart Kitchen

Call 484-5131 by 1:00pm, 1 day ahead

Meals on Wheels

Sponsored by Spectrum Community Services

- For any adult, 60 and older, unable to shop or cook
- Nutritious, hot meals can be delivered M-F
- Frozen meals delivered, if needed, for weekends
- Special diets available
- \$3.25 donation

Information: 931-5385, 10:00am-1:00pm

Join Us

For the 20th Anniversary Celebration of the Senior Center on March 2nd & 3rd. See page 37 for more information.

Weekly Schedule

Spring 2013 | Pleasanton Senior Center



Activity Program Notes: Pleasanton VIP Senior Club Luncheon

2nd & 4th Monday
11:00am-1:00pm

Coffee & Conversation with the Experts*

2nd Tuesday 10:30-11:30am

PC Users Group*

4th Thursday 10:00am-Noon

Newcomers Welcome*

2nd Wednesday 10:30am-Noon

Photo Club*

2nd Wednesday 1:30-3:00pm

Education and Enrichment Activities Key

• **Sponsored by the City of Pleasanton:**
Day, evening & weekend classes of interest to mature adults are listed throughout this Guide. Registration must be completed by the second class meeting. New opportunities begin quarterly.

§ **Drop-In Fees Apply:**
\$1.75R/\$2.25N (except Woodshop)

* **Sponsored by the Senior Support Program of the Tri-Valley**

Monthly Calendar

Drop by the Senior Center to obtain your copy of the Monthly Calendar which details services, activities, special events, and classes at the Center; or simply visit our website at www.pleasantonseniorcenter.org.

Mondays	9:00am-Noon	Drop-In Bocce§
	9:00am-Noon	Drop-In Woodshop§
	1:00-3:00pm	Bingo (1st, 3rd & 5th Mondays)§
	1:00pm	Movie Madness (1st & 3rd Mondays-Free)
Tuesdays	9:00am-4:00pm	Woodcarvers§
	9:00-10:00am	ZUMBA® Gold*
	10:15-11:15am	Fit for Fifty*
	11:45am-1:00pm	Tai Chi (Beginning)*
	12:45-3:45pm	Drop-In Cards, Poker§
	1:00-4:30pm	American Style Mah Jong§
	1:10-2:25pm	Tai Chi (Intermediate)*
	2:45-4:00pm	Beginning Yoga*
Wednesdays	9:00-10:00am	Falls Prevention Exercise Class*
	9:00-10:30am	Walking Group (Free)
	9:00am-Noon	Drop-In Bocce§
	9:00am-Noon	Drop-In Woodshop§
	10:00am-Noon	Arts & Crafts (Free)
	10:15-11:15am	Zumba Toning*
	1:00-3:00pm	Bingo§
	1:00-3:00pm	Book Club§
Thursdays	9:00am-Noon	Drop-In Woodshop§
	10:00am-Noon	Senior Players (Free)
	10:00-11:15am	Yoga (Intermediate)*
	12:45-3:45pm	Drop-In Cards, Poker§
	1:00-4:30pm	Contract Bridge (reservation required)§
Fridays	9:00-10:00am	ZUMBA® Gold*
	9:00am-Noon	Drop-In Bocce§
	9:00am-Noon	Drop-In Woodshop§
	9:00-11:30am	Knitting§
	10:00-11:30am	Brain Matters§ (1st & 3rd Fridays)
	10:15-11:15am	Fit for Fifty*
	1:00-3:00pm	Bingo§
	1:00-4:00pm	American Style Mah Jong§
Weekdays	1:30-2:45pm	Line Dance—Beginning*
	3:00-4:15pm	Line Dance—Intermediate*
	8:00am-3:00pm	Paratransit Service
	10:00am-4:00pm	Peddler Shoppe Open



Drop In Programs

Pleasanton Senior Center

Coffee & Conversation



BBQ 101

Summer is just around the corner and the weather is perfect for a BBQ! Join Henry Siu, Grill Master, as he teaches various marinating recipes, grilling techniques, grilled side dishes and more. Learn the differences of grilling on an open charcoal grill versus a gas propane grill. Please come prepared to share your favorite marinades and BBQ recipes!

Guest Lecturer: Henry Siu

Tu 3/12 10:30-11:30am

Points of Life

Family needs differ across generations and through change, the Points of Life TEAMS will be here to help educate and inform families and seniors who are planning and researching elder care, long-term planning, senior living options and services. If you are looking for information or to connect with support services, a group of professionals will help you navigate the resources available and provide the guidance and support needed to manage change and plan ahead.

Guest Lecturer: Points of Life Panel

Tu 4/9 10:30-11:30am

Senior Housing and Services in Pleasanton

The City of Pleasanton Housing Division promotes the development of housing in Pleasanton for seniors and also maintains information on current and future senior housing opportunities, including below-market rents, low-income housing, and assisted living. Learn more about housing for seniors and get information about existing and future opportunities.

Guest Lecturer: Scott Erikson, City Housing Specialist

Tu 5/14 10:30-11:30am

Brain Matters

Learn how to keep your brain active and your memory sharp. Bi-monthly meetings consist of word games, puzzles, challenging activities, reminiscing, socials and more. All geared to "age proof" your mind.

1st & 3rd F On-going 10:00-11:30am

Pleasanton Sole Mates

Do you love the outdoors and want a fun way to exercise? Walking is one of the easiest and most cost effective forms of exercise for adults age 55 and older. Join our weekly walking group on Wednesday mornings. We will trek to local venues while enjoying the great outdoors. Most walks will be suitable for all fitness levels.

W On-going 8:45-10:00am (times vary)

The Peddler Shoppe at the Pleasanton Senior Center

The Center's best kept secret! Discover the unique treasures, hand crafted by seniors that await you! Great prices on jewelry, accessories, woodwork and linens.

Shop hours: Monday-Friday, 10:00am-4:00pm

AARP Mature Driver Course

Refine your driving skills and reacquaint yourself with the rules of the road. At the conclusion of this two-session course, you'll be issued a certificate of completion, which may qualify you for an insurance discount. Registration fee payable by check to AARP the first day of class. Class limited to 24 participants. Please pre-register at the Senior Center Receptionist Desk or call 931-5365.

2 classes | \$12.00, AARP member/\$14.00 Non-member
Pleasanton Senior Center | Instructor: AARP

W 3/20 & 3/27 5:00-9:00pm

Movie Madness

Offered every 1st, 3rd and 5th Monday of the month at 1:00pm. Features large screen and theater-style sound, with movies that range from old classics to the more recent favorites (monthly movie schedule available at the Senior Center). Free of charge.

Show dates: March 4th and 18th, April 1st 15th and 29th and May 6th and 20th

Knitting

Join the Center's knitting group and learn to knit, refresh your skills, pick up some new tips, get help with that pesky "UFO", or just sit, knit and plan to laugh a lot.

Instructor: Nancy McDaniel

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

Enrichment

Wooden Pen Turning Class Ages 50 and up

A fun and easy introduction to using a wood lathe. The techniques are easy to learn and each pen you create is unique and beautiful. In this class you will learn how to turn pens, finish the wood, and assemble the pen. Your hand-crafted pen will be a great gift for anyone.

1 class | \$50R/\$55N

Pleasanton Senior Center | Instructor: Larry Snyder

54932 Th 4/11 8:30am-4:30pm

54933 Th 5/9 8:30am-4:30pm

54934 Th 6/13 8:30am-4:30pm



Like us on Facebook:
Pleasanton Community Services



Exercise & Wellness

Pleasanton Senior Center

Fit for Fifty Plus

Ages 50 and up

A slower-paced exercise program geared for the mature adult/senior without the movement and mobility required in a more typical aerobic class. Designed to help those who want to be physically fit through easy movement, stretching and relaxation.

24 classes | \$96R/\$106N

Pleasanton Senior Center | Instructor: Nancy Wigley

54837 Tu/F 4/2-6/21 10:15-11:15am

Beginning Tai Chi

Ages 18 and up

Beginners will establish a foundation in Tai Chi fundamentals by learning the early moves of a Tai Chi set. Students can expect to encounter challenges during their exploration, both mental and physical, as their practice leads to improved coordination, flexibility, strength, balance and equanimity.

13 classes | \$52R/\$57N

Pleasanton Senior Center | Instructor: Geoffrey Lee

54936 Tu 5/7-8/13* 11:45am-1:00pm

*No class 6/25, 7/2

"Geoff is a fantastic instructor in every way. I have seen improvement in my balance and focus"
Fran C.

Intermediate Tai Chi

All Ages

Intermediate and advanced students will build on the foundation learned in the beginners class by exploring the depths of the fundamentals as well as learning additional moves. Students can expect to encounter challenges during their exploration, both mental and physical, as their practice leads to improved coordination, flexibility, strength, balance and equanimity.

13 classes | \$52R/\$57N

Pleasanton Senior Center | Instructor: Geoffrey Lee

54942 Tu 5/7-8/13* 1:10-2:25pm

*No class on 6/25, 7/2

Zumba Gold

Ages 50 and up

Zumba Gold is an exciting and high energy aerobic exercise, using Latin rhythms with easy-to-follow moves to create a dynamic fitness program. Routines feature fast and slow rhythms and music that are combined for aerobic endurance, muscle tone and flexibility.

24 classes | \$96R/\$106N

Pleasanton Senior Center | Instructor: Nancy Wigley

54833 Tu/F 4/2-6/21 9:00-10:00am

"The most fun I've ever had exercising. I leave with a smile on my face every time!"
Annelee S.

Zumba Toning

Ages 50 and up

The Zumba Toning program offers the best of both worlds—the exhilarating experience of a Zumba Fitness party with the benefits of safe and effective strength training. It's an easy to follow health boosting dance-fitness program for seniors, baby boomers as well as beginners. Through dynamic lightweight resistance training and exciting international rhythms, Zumba Toning classes help participants build muscle strength, increase bone density, and improve mobility, posture and coordination.

12 classes | \$48R/\$53N

Pleasanton Senior Center | Instructor: Nancy Wigley

54921 W 4/3-6/19 10:15-11:15am

Beginning Line Dance

Ages 18 and up

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

8 classes | \$32R/\$35N

Pleasanton Senior Center | Instructor: Sue Kraft

54827 F 4/5-5/24 1:30-2:45pm

3 classes | \$12R/\$15N

Pleasanton Senior Center | Instructor: Sue Kraft

54829 F 6/7-6/21 1:30-2:45pm

Intermediate Line Dance

Ages 18 and up

Learn classic Country Line Dancing as well as new line dances while having a great time. Each dance is repeated until everyone is comfortable and ready to move on to a new dance. Previously learned dances will also be reviewed and practiced at each class.

8 classes | \$32R/\$35N

Pleasanton Senior Center | Instructor: Sue Kraft

54830 F 4/5-5/24 3:00-4:15pm

3 classes | \$12R/\$15N

54832 F 6/7-6/21 3:00-4:15pm

Beginning Yoga

Ages 50 and up

This course provides a unique combination of yoga and fitness principles. Emphasis is on developing muscle endurance, muscle strength, body alignment, balance, flexibility and core stability through a series of exercises and poses.

10 classes | \$60R/\$66N

Pleasanton Senior Center | Instructor: Roberta Wilson

54924 Tu 4/9-6/18 2:45-4:00pm



Intermediate Yoga

Ages 50 and up

This course is designed to further the student's knowledge of the practice of Yoga. Included in this course is a continued discussion of the philosophy of Yoga, increased practice of Pranayama (breathing techniques) and meditation, and a wider variety of appropriate Asana (Yoga poses). Through continued practice of these techniques, the student will continue to increase strength, flexibility, balance and introspection, as well as gain insight into personal strengths and challenges.

10 classes | \$60/\$66

Pleasanton Senior Center | Instructor: Roberta Wilson

54927 Th 4/11-6/20 10:00-11:15am



You're Invited

Join us in celebrating
20 years
of the
Pleasanton Senior Center

All events will take place at the
Senior Center
5353 Sunol Boulevard



Saturday, March 2, 2013

Open House FREE

10:00am-3:00pm

Class Demonstrations

BBQ Lunch

Free Coupon Book

“Senior Players” Skit

Scavenger Hunt

Peddler Shoppe Open

Sunday, March 3, 2013

FREE Tea Dance

2:00-4:00pm

Live band—

“The Cool Tones”

Refreshments



Pleasanton Tennis & Community Park

5801 Valley Avenue | (925) 931-3449

www.lifetimetennis.com



The tennis courts at the Pleasanton Tennis Park are available on a pay-as-you-play basis. The fee is based on a higher level of service, which includes the ability to reserve court use, provision of a multi-use facility, and a higher level of maintenance. Other public tennis courts located at community parks and schools in Pleasanton are available free of charge.

Spring Office & Court Hours

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

Rain Procedure

On rainy days, staff may close the courts until they are playable. Call 931-3449 to see if courts are dry. Credit will be issued for paid, unused time if it rains during play. For lessons and leagues, call 30 mins prior to scheduled time to check court conditions. Make ups will be scheduled for lesson and league rainouts.

Open Play Court Fees

Open Play Court Fees per 45 minutes

Adult: \$6R/\$8N

Youth: \$5R/\$7N

Mid-Day Deal:

Monday-Friday, Noon-3:00pm

\$4 per 45 mins

Program Registration

Residents may register beginning at 8:00am, Wednesday, January 30, 2013.

Non-residents may register beginning at 8:00am, Wednesday, February 13, 2013

Please make all checks payable to Lifetime Tennis. Please do NOT use the City of Pleasanton registration form. You may find a Lifetime Tennis registration form @ www.lifetimetennis.com

Registration Methods

- Online at www.lifetimetennis.com
- Mail to Lifetime Tennis, 5801 Valley Avenue, Pleasanton, CA 94566
- In person at the Pleasanton Tennis & Community Park

Refund Policy

Please see page 45 for the City refund policy. For registration and cancellation program notes, please visit www.lifetimetennis.com ("Tennis Program Notes") or call 931-3449.

Tennis Program Notes

- 1) Pre-registration is required for all tennis programs.
- 2) No registrations for classes accepted by phone.
- 3) Leagues and lessons may be combined or cancelled based on registrations. Participants may be reassigned according to age, ability, and class size.
- 4) Full refunds will be granted for classes or programs cancelled by Lifetime Tennis.
- 5) Make ups for rain outs will be posted online and/or in Guide. Refunds not granted for non-attendance.

Ball Machine Rental & Pass

Ball machine use is available. For information and cost details, please see the website or call 931-3449.

Drop-in Ping Pong

Call 931-3449 for availability.



Bonus/Make up Day:

A Bonus/Makeup Day is a predetermined day scheduled in case of a rainout. This day will serve as a makeup day when class is canceled due to rain. If your class never rains out, then this day will become an extra bonus class.

Sun thru Fri classes- Sat 5/4, times TBD

Sat classes- Sun 5/5, times TBD



Youth Tennis

Little Tennis & Athletic Development Program

Ages 4-6

This program aims to develop coordination and motor skills and will serve as an introduction to basic tennis strokes and games.

Pleasanton Tennis Park | Instructor: Lifetime Tennis

12 classes | 5:1 ratio | \$162R/\$178N

11 classes | 5:1 ratio | \$149R/\$163N

M	4/1-6/17	3:30-4:15pm
Tu	4/2-6/18	10:15-11:00am
Tu	4/2-6/18	3:30-4:15pm
W	4/3-6/19	3:30-4:15pm
Th	4/4-6/20	10:15-11:00am
F	4/5-6/21*	3:30-4:15pm
Sa	4/6-6/22*	9:30-10:15am
Su	4/7-6/23*	2:45-3:30pm

*No class 5/10, 5/11, 5/12



Green, Blue, Red (GBR) Program

Ages 7-15

This 3-tiered introduction program aims to develop basic stroke technique and rallying skills. Students are first grouped by age then by ability.

Green (G) introduction to tennis and developing racquet coordination.

Blue (B) working to improve stroke technique and short court rally consistency.

Red (R) beginning to rally full court with rally balls and regular tennis balls.

Pleasanton Tennis Park | Instructor: Lifetime Tennis
12 classes | 8:1 ratio | \$198R/\$218N

11 classes | 8:1 ratio | \$182R/\$200N

Ages	Day	Dates	Times
7-10	M	4/1-6/17	4:15-5:45pm
7-10	W	4/3-6/19	4:15-5:45pm
11-15	Tu	4/2-6/18	6:30-8:00pm
7-10	F	4/5-6/21*	4:15-5:45pm
7-10	Sa	4/6-6/22*	10:15-11:45am
7-10	Su	4/7-6/23*	11:00am-12:30pm
11-15	Sa	4/6-6/22*	11:45am-1:15pm
11-15	Su	4/7-6/23*	12:30-2:00pm

*No class 5/10, 5/11, 5/12

Muirwood Community Park | Instructor: Lifetime Tennis
11 classes | 8:1 ratio | \$182R/\$200N

Ages	Day	Dates	Times
7-10	Sa	4/6-6/22*	2:00-3:30pm
11-15	Sa	4/6-6/22*	3:30-5:00pm

*No class 5/11

Pleasanton Tennis Park | Instructor: Lifetime Tennis
11 classes | 4:1 ratio | \$352R/\$387N

Ages	Day	Dates	Times
7-10	Sa	4/6-6/22*	11:45am-1:15pm
7-10	Su	4/7-6/23*	12:30-2:00pm
11-15	Sa	4/6-6/22*	1:15-2:45pm
11-15	Su	4/7-6/23*	11:00am-12:30pm

*No class 5/11, 5/12

Classes are held at the tennis courts in the following locations:

Pleasanton Tennis Park, 5801 Valley Avenue
Muirwood Community Park, 4701 Muirwood Dr.

To check the status of classes or leagues during inclement weather, please call (925) 931-3449, 30 minutes prior to class or match time. Make ups will be scheduled for lesson and league rainouts.



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Pleasanton Community Services

Junior Development Program

Ages 7-16 | 8:1 ratio

For players who demonstrate the consistency and technique for playing out points in the full court and competing in matches.

Intro to Bronze—polishing full court technique and learning topspin.

Bronze—full court rallying is more consistent and is starting to demonstrate the ability to put a match together.

Silver—can successfully play singles and doubles matches, and demonstrate accuracy and pace of shots.

Gold—competes on a regular basis and can demonstrate accuracy, pace, and comprehension of basic tennis strategy.

Flex sign up—You have the option of signing up for the entire session, part of the session, or come on a drop in basis.

Pleasanton Tennis Park | Instructor: Lifetime Tennis
11 classes | \$204R/\$225N

5 classes | \$108R/\$118N

Drop in | \$37R/\$40N

Level	Day	Dates	Times
Intro/Bronze	Sa	4/6-6/22*	4:15-5:45pm
Bronze	Sa	4/6-6/22*	4:15-5:45pm

*No class 5/11

12 classes | \$298R/\$328N

6 classes | \$171R/\$188N

Drop in | \$45R/\$49N

Level	Day	Dates	Times
Silver	M	4/1-6/17	3:30-5:45pm
Gold	W	4/3-6/19	5:45-8:00pm

11 classes | \$273R/\$301N

5 classes | \$143R/\$157N

Drop in | \$45R/\$49N

Level	Day	Dates	Times
Intro/Bronze	F	4/5-6/21*	5:45-8:00pm
Bronze	F	4/5-6/21*	5:45-8:00pm
Bronze	Su	4/7-6/23*	3:30-5:45pm
Silver	Sa	4/6-6/22*	5:45-8:00pm
Gold	Su	4/7-6/23*	3:30-5:45pm

*No class 5/10, 5/11, 5/12

Match Play—For students enrolled in the Junior Development Program, players will challenge and compete against one another in weekly singles and doubles matches. Court position, shot selection, and proper tennis etiquette will be discussed.

Pleasanton Tennis Park | Instructor: Lifetime Tennis
11 classes | \$100R/\$111N

Drop in | \$12R/\$13N

Day	Dates	Times
Sa	4/6-6/22*	2:45-4:15pm
Su	4/7-6/23*	5:45-7:15pm

*No class 5/11, 5/12

Tournament Day—A singles only competition for players from the Junior Development Program.

Pleasanton Tennis Park | Instructor: Lifetime Tennis
1 day | \$7R/\$9N | Times depend on draw

Level	Ages	Day	Dates
Jr Develop.	7-18	M	5/27

City of Pleasanton Middle School Tennis League 2013 6th, 7th & 8th Grades

The Tennis Team

- 12 players will be selected from each school. Matches will consist mainly of doubles.
- The season will run from 4/8/13-5/31/13.
- There is a \$109R/\$119N program fee per team member.

Tryouts (no fee for tryouts)

Please arrive 15 minutes before start time

Schedule:

PMS	March 18	4:00pm
THMS	March 19	4:00pm
Other Schools	March 19	4:00pm
Harvest Park	March 20	4:00pm

Visit www.lifetimetennis.com for more information.



Tennis Camps & More



Spring
Break
Camps

Tennis Camps

Ages 4-16

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

Little Tennis Camps (LT)—For 4 to 6 year olds, students will enjoy learning the different strokes in addition to developing their coordination and athletic skills. Refreshment breaks are part of this popular camp.

Youth Improvement Camps (YI)—An exciting week of fun and healthful exercise! Each camp will engage students with tennis-related drills, games, and stroke-specific activities. Participants will be grouped by age and then by ability.

Junior Development Camps (JT)—Kick your game into high gear with some intense training and fun. Players will spend time polishing technique, competing in matches, and improving their fitness. Students who have

not participated in the Junior Development Program must be evaluated before signing up.

Table Tennis Camps (TT)—For Beginning to Intermediate level players, join us for a week of fun and skill building. Meet new friends and gain plenty of experience rallying. Beginners will improve their coordination, while advanced beginners and intermediate students will learn footwork and strategy.

Pleasanton Tennis Park | Instructor: Lifetime Tennis
5:1 ratio | \$150R/\$165N

Level	Age	Day	Dates	Times
LT	4-6	M-F	4/1-4/5	9:30-11:00am

8:1 ratio | \$178R/\$196N

Level	Age	Day	Dates	Times
YI	6-15	M-F	4/1-4/5	9:30am-12:30pm
YI	6-15	M-F	4/1-4/5	12:30pm-3:30pm

8:1 ratio | \$178R/\$196N

Level	Age	Day	Dates	Times
JT	7-16	M-F	4/1-4/5	9:30am-12:30pm
JT	7-16	M-F	4/1-4/5	12:30pm-3:30pm

8:1 ratio | \$118R/\$130N

Level	Age	Day	Dates	Times
TT	7-15	M-F	4/1-4/5	1:00-3:00pm

Invitational Training Program

Little Rallyers, Intro to Tournament Training, and Tournament Training

This year-round program is designed to prepare students for competitive tennis starting from an early age. For more information, contact our Tennis Director, Aaron Wong, at aaronw@lifetimetennis.com.



Private Tennis Lessons

For private lesson rates and information, please see our website or call 931-3449.



To check the status of classes or leagues during inclement weather, please call (925) 931-3449, 30 minutes prior to class or match time. Make ups will be scheduled for lesson and league rainouts.



Tennis Birthday Parties

Make tennis part of your birthday and celebrate at the Pleasanton Tennis Park!

No tennis experience necessary.

Call 931-3449 to book your party

Adult Tennis



Ages 16 and up

Adult Beginning Tennis

For players with little or no previous tennis experience.

Pleasanton Tennis Park | Instructor: Lifetime Tennis
12 classes | \$198R/\$218N
11 classes | \$182R/\$200N

M	4/1-6/17	8:45-10:15am
M	4/1-6/17	6:30-8:00pm
F	4/5-6/21*	8:45-10:15am
Sa	4/6-6/22*	2:45-4:15pm
Su	4/7-6/23*	8:00-9:30am

*No class 5/10, 5/11, 5/12

Advanced Beginning Tennis

For players with at least 6 months of tennis experience who need to further develop rally consistency and proper technique.

Pleasanton Tennis Park | Instructor: Lifetime Tennis
12 classes | \$198R/\$218N
11 classes | \$182R/\$200N

W	4/3-6/19	8:45-10:15am
W	4/3-6/19	6:30-8:00pm
F	4/5-6/21*	10:15-11:45am
Sa	4/6-6/22*	5:45-7:15pm
Su	4/7-6/23*	9:30-11:00am

*No class 5/10, 5/11, 5/12

Intermediate Tennis

For players with basic match experience who need to improve their footwork, movement, and placement of shots.

Pleasanton Tennis Park | Instructor: Lifetime Tennis
12 classes | 8:1 ratio | \$198R/\$218N
11 classes | 8:1 ratio | \$182R/\$200N

Tu	4/2-6/18	8:45-10:15am
Th	4/4-6/20	10:15-11:45am
Th	4/4-6/20	6:30-8:00pm
Sa	4/6-6/22*	8:00-9:30am

*No class 5/11

Advanced Tennis

For players with plenty of match experience who need to work on adding pace to shots and understanding basic tennis strategy.

Pleasanton Tennis Park | Instructor: Lifetime Tennis
12 classes | \$198R/\$218N
11 classes | \$182R/\$200N

Tu	4/2-6/18	10:15-11:45am
Tu	4/2-6/18	6:30-8:00pm
Th	4/4-6/20	8:45-10:15am
Sa	4/6-6/22*	8:45-10:15am

*No class 5/11

Women's Academy

Designed for 3.0-3.5 level players looking to improve their results in interclub play, USTA leagues and/or tournaments, or just to further develop their skills.

Pleasanton Tennis Park | Instructor: Lifetime Tennis
6 classes | \$117R/\$129N

Level	Day	Dates	Times
3.0	M	4/8-5/13	10:15-11:45am
3.5+	W	4/10-5/15	10:15-11:45am

Cardio Tennis

A great class for those wanting to move and hit lots of tennis balls. Workouts cover ground stroke drills, footwork drills, and fun, aerobic exercises. Class is open to all playing levels. Students should wear comfortable clothes and athletic shoes.

Pleasanton Tennis Park | Instructor: Lifetime Tennis
12 classes | \$99R/\$109N
11 classes | \$91R/\$100N

M	4/1-6/17	12:30-1:15pm
M	4/1-6/17	5:45-6:30pm
Tu	4/2-6/18	12:30-1:15pm
W	4/3-6/19	8:00-8:45am
W	4/3-6/19	12:30-1:15pm
Th	4/4-6/20	12:30-1:15pm
F	4/5-6/21*	8:00-8:45am
F	4/5-6/21*	12:30-1:15pm
Sa	4/6-6/22*	8:00-8:45am

*No class 5/10, 5/11

Drop-In Clinic

Held every Thursday night, this program is great for intermediate and advanced players who can't commit to a full session. This clinic works on one specific topic each week to enhance his/her knowledge of the game and improve performance. Call the park or check the website for the topic of the day. Space is limited to the first 8 players.

Pleasanton Tennis Park | Instructor: Lifetime Tennis
Drop in | \$15R/\$18N

Level	Day	Dates	Times
I/A	Th	4/4-6/20	6:30-8:00pm

To check the status of classes or leagues during inclement weather, please call (925) 931-3449, 30 minutes prior to class or match time. Make ups will be scheduled for lesson and league rainouts.

Spring Adult Tennis Leagues

Ages 18 & up

Pleasanton Tennis Park

Ladies' Doubles—Rotating Partners

9 matches | \$63R/\$69N
10 matches | \$70R/\$77N

Level	Day	Dates	Times
2.5	M	4/8-6/10*	8:45-11:00am
3.0	Th	4/11-6/13	8:45-11:00am
3.5	Tu	4/9-6/11	8:45-11:00am
3.5	F	4/12-6/14	8:45-11:00am
3.7	W	4/10-6/12	9:30-11:45am

*No league 5/27

Men's Doubles—Rotating Partners

11 matches | \$77R/\$85N

Level	Day	Dates	Times
3.0	Th	4/4-6/13	8:00-10:00pm
3.5	W	4/3-6/12	8:00-10:00pm
4.0	Th	4/4-6/13	8:00-10:00pm

Mixed Doubles—Rotating Partners

11 matches | \$77R/\$85N

Level	Day	Dates	Times
3.0 (Men)	Tu	4/2-6/11	8:00-10:00pm
3.0 (Women)	Tu	4/2-6/11	8:00-10:00pm
4.0 (Men)	Tu	4/2-6/11	8:00-10:00pm
4.0 (Women)	Tu	4/2-6/11	8:00-10:00pm

Mixed Doubles—Permanent Partners**

**Permanent Partner League players must sign up as a team.

10 matches | \$140R/\$147R&N/\$154N

Level	Day	Dates	Times
3.5	M	4/1-6/10*	8:00-10:00pm
4.0	M	4/1-6/10*	8:00-10:00pm

*No League 5/27



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Pleasanton Community Services**

CALLIPPE PRESERVE GOLF COURSE

8500 Clubhouse Drive • www.playcallippe.com • 925.426.6666

Spring 2013 Golf Instruction Programs

Note: Registration for all golf activities is conducted at the Golf Course.

Do not use the registration form in this Activities Guide.

Beginning Fundamentals Noon-1:00pm

Thursdays

4/10-5/8

5/22-6/19

Sundays

4/14-5/12

5/26 -6/23

Junior Intro to Fundamentals 2:00-3:00pm

Thursdays

4/10 -5/8

5/22 -6/19

Sundays

4/14 -5/12

5/26 -6/23

Beginning Fundamentals

Ages 16 and up

This class focuses on the basic fundamentals that players rely on for overall swing stability. Different basic shots needed to play a round of golf, from putting to driving, will be discussed. This is a good class, whether you've had no instruction, little instruction, or are fairly experienced.

Junior Intro to Fundamentals

Ages 7-15

This class is for youngsters who have not had much golf instruction. Basic fundamentals are covered in a fun way for younger kids to understand. Through consistent repetition, students will receive a solid foundation for practicing and playing the game.

About the Classes

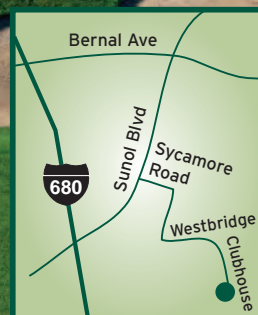
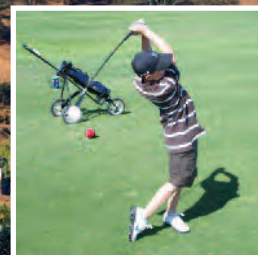
Each class consists of five 1-hour sessions taught by PGA Head Professional Doug Giannini and Assistant Golf Professional Jake Saito, and will have between 6 and 10 students. Practice balls and golf clubs are provided. Students should wear athletic shoes and appropriate attire for current weather conditions.

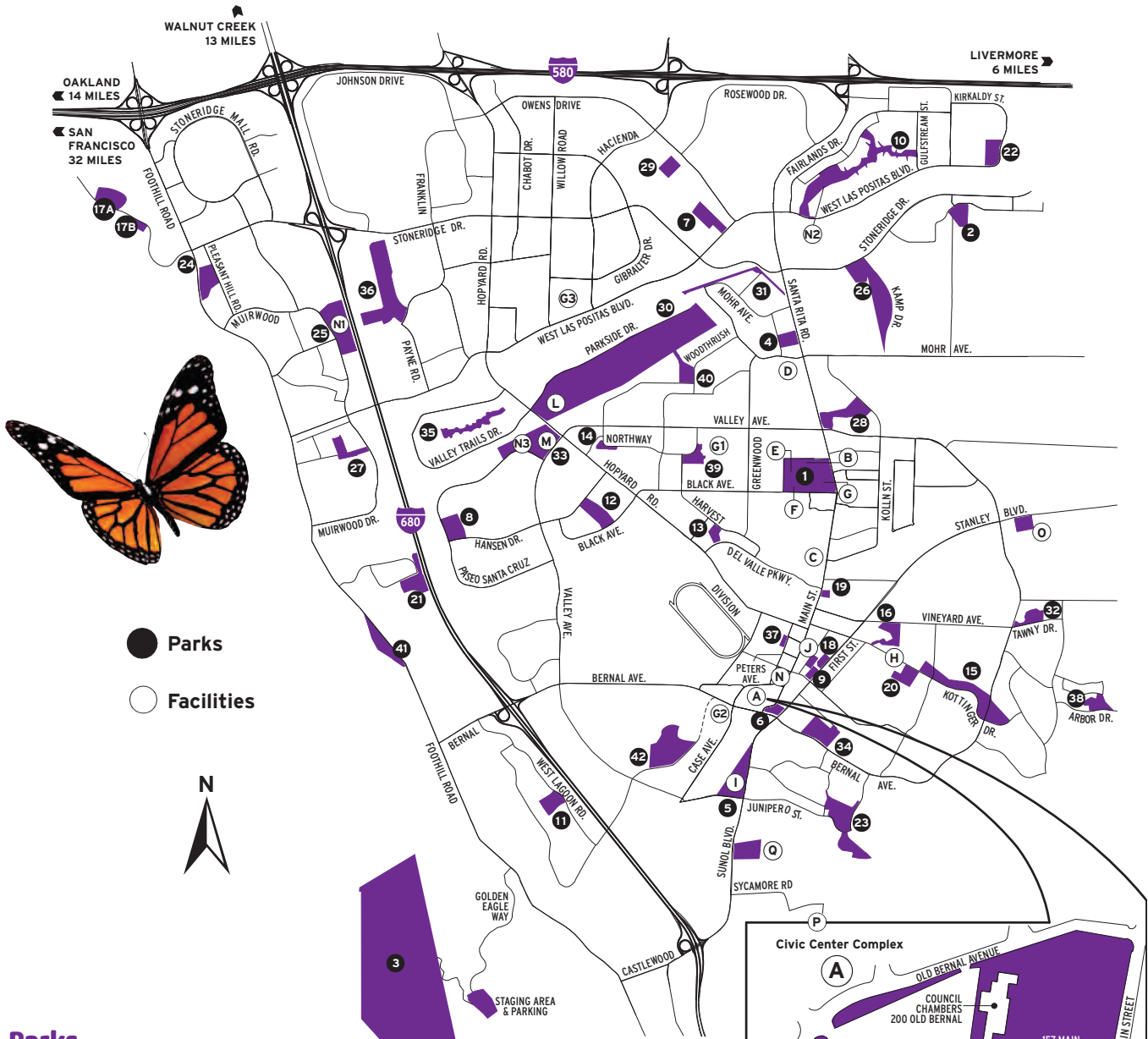
Program Prices

Junior \$90R/\$100N

Adult \$120R/\$150N

All lessons will take place at the Callippe Preserve Golf Course. Registrations and fees are processed at the Golf Course and must be submitted at least one week prior to the start of the session. Due to the 6-student minimum class size, some classes may be rescheduled at the discretion of the Golf Professional. Seasonally, some classes may be postponed due to inclement weather.





● Parks
○ Facilities



Parks

(See Amenities Guide for Addresses)

- | | |
|--------------------------------------|--|
| 1. Amador Valley Community Park | 21. Meadowlark Park |
| 2. Amaral Park | 22. Meadows Park |
| 3. Augustin Bernal Park | 23. Mission Hills Park |
| 4. Bicentennial Park | 24. Moller Park |
| 5. Centennial Community Park | 25. Muirwood Community Park |
| 6. Civic Park | 26. Nielsen Park |
| 7. Creekside Park | 27. Oakhill Park |
| 8. Del Prado Park | 28. Orloff Park |
| 9. Delucchi Park | 29. Owens Plaza Park |
| 10. Fairlands Park | 30. Sports & Rec. Community Park |
| 11. Fawn Hills Park | 31. Sutter Gate Park |
| 12. Hansen Park | 32. Tawny Park |
| 13. Harvest Park | 33. Tennis & Community Park |
| 14. Heatherlark Park | 34. Upper Pleasanton Field |
| 15. Kottinger Community Park | 35. Valley Trails Park |
| 16. Kottinger Village Community Park | 36. Val Vista Park |
| 17A. Laurel Creek Park | 37. Veterans Plaza Park |
| 17B. The Preserve Staging Area | 38. Vintage Hills Park |
| 18. Lions Wayside Park | 39. Walnut Grove Park |
| 19. Main Street Green | 40. Woodthrush Park |
| 20. McKinley Park | 41. Alviso Adobe Community Park/Facility |
| | 42. Bernal Community Park |

Facilities

- | | |
|--|--|
| A. Civic Center Complex
Parks & Community Services
City Hall
Library
Police Department
City Hall Administration | 200 Old Bernal Avenue
157 Main Street
400 Old Bernal Avenue
4833 Bernal Avenue
123 Main Street |
| B. Amador Recreation Center | 4455 Black Avenue |
| C. Amador Theater | 1155 Santa Rita Road |
| D. Century House | 2401 Santa Rita Road |
| E. Cultural Arts Center | 4477 Black Ave., Amador Valley Community Park |
| F. Dolores Bengtson Aquatic Center | 4455 Black Ave., Amador Valley Community Park |
| G. Gingerbread Preschool | 4433 Black Ave., Amador Valley Community Park |
| H. Nature House | 519 Kottinger Drive |
| I. Pleasanton Senior Center | 5353 Sunol Boulevard |
| J. Firehouse Arts Center | 4444 Railroad Avenue |

- | | |
|---------------------------------|-----------------------|
| L. Softball Fieldhouse | 5800 Parkside Drive |
| M. Tennis Complex | 5801 Valley Avenue |
| N. Veterans Memorial Building | 301 Main Street |
| O. BMX Facility | 3320 Stanley Blvd. |
| P. Calippe Preserve Golf Course | 8500 Clubhouse Drive |
| Q. Pleasanton Pioneer Cemetery | 5780 Sunol Blvd. |
| R. Alviso Adobe Community Park | 3465 Old Foothill Rd. |

Gymnasiums

- | | |
|---------------------------------|--------------------|
| G1 Harvest Park Middle School | 4900 Valley Avenue |
| G2 Pleasanton Middle School | 5001 Case Avenue |
| G3 Thomas A. Hart Middle School | 4433 Willow Road |

Tennis Courts

- | | |
|-----------------------------|---------------------|
| N1 Muirwood Park | (4 courts) |
| N2 Fairlands Park | (2 courts) |
| N3 Tennis & Community Park | (10 lighted courts) |
| N5 Pleasanton Middle School | (2 lighted courts) |

Parks Amenities Guide

Legend: C–Community N–Neighborhood U–Undeveloped

Park Name	Location	Type	Acres	Bocce Ball	Barbeque Pit	Baseball Field	Basketball Court(s)	BMX Track	Dog Park	Exercise Course	Golf Course	Group Picnic	Horseshoes	Inline Skate Park	Picnic Tables	Public Art	Restroom(s)	Roller Hockey Rink	Skateboard Park	Soccer Field(s)	Softball Field(s)	Swimming Pool	Tennis Courts	Tot Play Area	Trails/Open Space	Volleyball/Sport Ct.	Waterplay Area	Youth Play Area
Alviso Adobe Comm. Park	3465 Old Foothill Rd	C	7												●	●								●				
Amador Valley Comm. Park	4301 Black Ave.	C	23.5	●								●	●		●	●	●			●	●	●		●				●
Amaral Park	3400 Dennis Dr.	N	5		●	●	●								●									●				●
Augustin Bernal Park	8200 Golden Eagle Way	C	237												●		●							●				
Bernal Community Park	7001 Pleasanton Ave.	C	13		●	●									●		●							●				●
Bicentennial Park	2401 Santa Rita Rd.	N	2.6																									
BMX Facility	3320 Stanley Blvd.	N/A	3.65					●							●		●											
Callippe Preserve Golf	8500 Clubhouse Dr.	N/A	425								●						●								●			
Centennial Park	5353 Sunol Blvd.	C	5.7	●	●					●				●	●													
Civic Park	100 Main St.	N	.7												●	●												
Creekside Park	5601 W. Las Positas	N	6.6		●		●								●						●			●		●		●
Del Prado Park	6701 Hansen Drive	N	5				●								●									●				●
Delucchi Park	4501 First Street	N	.7		●										●		●											
Fairlands Park	4100 Churchill Dr.	N	13.8												●								●	●				
Fawn Hills Park	1510 West Lagoon Rd.	N	5		●		●								●									●				
Hansen Park	5697 Black Ave.	N	6.2		●	●	●								●									●				●
Harvest Park Middle School	4900 Valley Ave.	N/A	N/A				●										●									●		
Harvest Park	1401 Harvest Rd.	N	1.6												●													●
Heatherlark Park	5700 Northway Rd.	N	.8												●									●				
Kottinger Comm. Park	1000 Kottinger Rd.	C	14.5		●										●	●												
Kottinger Village Park	4100 Vineyard Ave.	N	4.9				●								●									●				●
Laurel Creek Park	5875 Laurel Creek Dr.	N	7.3												●		●								●			
The Preserve Staging Area	5800 Laurel Creek Dr.	N/A	.56														●								●			
Lions Wayside Park	4401 First St.	N	.7		●										●													
Main Street Green	890 Main St.	N	.73													●												
McKinley Park	519 Kottinger Dr.	N	5.3												●													
Meadowlark Park	8200 Regency Dr.	N	4.3		●		●								●									●		●		●
Meadows Park	3301 W. Las Positas	N	5		●		●								●									●		●		●
Mission Hills Park	600 Junipero	N	8.5		●		●			●					●									●		●		●
Moller Park	5500 Pleasant Hill Rd.	N	7.7		●										●									●		●		●
Muirwood Comm. Park	4701 Muirwood Dr.	C	13.9		●		●	●							●		●			●			●	●		●		●
Nielsen Park	3755 Stoneridge	N	5.7		●		●								●						●			●		●		●
Oakhill Park	4100 Muirwood Dr.	N	3.9												●									●		●		●
Orloff Park	1800 Santa Rita Rd.	N	8				●			●					●						●			●		●		●
Owens Plaza Park	5700 Owens Dr.	N	3		●										●									●		●		●
Pleasanton Middle School	5001 Case Ave.	N/A	N/A				●										●						●			●		
Sports & Recreation Community Park	5800 Parkside Dr.	C	103		●	●	●					●			●		●		●	●	●			●		●		●
Sutter Gate Park	4801 Sutter Gate Ave.	N	2.7												●									●				●
Tawny Park	400 Tawny Dr.	N	3.9				●								●						●			●		●		●
Tennis & Community Park	5801 Valley Ave.	C	15		●		●								●		●						●	●		●		●
Thomas Hart Middle School	4433 Willow Rd.	N/A	N/A				●										●									●		
Upper Pleasanton Field	4645 Bernal Ave.	N	3			●									●					●				●				●
Valley Trails Park	3400 National Park Rd.	N	6.1				●								●					●				●		●		●
Val Vista Community Park	7350 Johnson Dr.	C	24		●	●						●		●	●	●	●		●	●	●			●		●		●
Veterans Plaza	550 Peters Ave.	N	.5												●									●				
Vintage Hills Park	3301 Arbor Dr.	N	4		●										●									●				●
Walnut Grove Park	5150 Northway Rd.	N	3.5		●										●									●				
Woodthrush Park	5099 Woodthrush Rd.	N	3.5												●									●				

Register Online: www.pleasantonfun.com

Priority Registration

Online (Residents only)
Beginning at 8:00am on
**Thursday, January 24,
2013**

First opportunity to register!

Plan ahead and visit the City's registration website to request a customer log-in name and password, at least 72 hours prior to registration. Forgot your customer log-in name and password? Please contact the Community Services Department at 931-5340 for assistance.

Mail-In (Residents only)
Beginning at 8:00am on
**Thursday, January 31,
2013**

(Faxes are NOT accepted)

Make checks payable to:
City of Pleasanton

Mail to: Registration
City of Pleasanton
P.O. Box 520
Pleasanton, CA 94566
Attn: Community Services

Open Registration

Walk-in & Non-Resident
Beginning at 8:00am on
**Thursday, February 7,
2013**

(Faxes are NOT accepted)

Walk-in Registration

Available at the following locations during posted business hours:

- Community Services Administrative Office
- Alviso Adobe Community Park
- Dolores Bengtson Aquatic Center
- Gingerbread Preschool
- Pleasanton Senior Center

General Information

- Registration for all tennis activities is conducted at the Pleasanton Tennis and Community Park, 5801 Valley Avenue, www.lifetimetennis.com or 931-3449.
- Registration for all golf activities is conducted at the Callippe Preserve Golf Course, 8500 Clubhouse Drive. For more information, 426-6666 or www.playcallippe.com.
- Mail-in registrations sent before scheduled registration dates will be held and processed prior to the beginning of "Open Registration".
- It is the parent's/guardian's or the participant's responsibility to notify the City of Pleasanton in advance of any reasonable accommodations necessary to participate in the class(es) or program(s) described in this guide. Call 931-5340 for assistance.
- **Please review our new Participant Waiver on page 46.**

Refund Policy

- A full refund will be given when notice is received by the Community Services Department at least ten (10) days prior to the start of the class or program.
- Refund requests received at least five (5) days prior to the start of the class or program will be assessed a \$5.00 administrative fee, per class/program.
- No refunds will be issued for requests received less than five (5) days prior to the start of the class or program.
- Full refunds will be granted if the class or program is cancelled by the Department.
- No refunds given for non-attendance, one-day workshops or material/supply fees.
- Refunds under \$20 will be automatically credited to your account.

NEW RECREATION E-NEWSLETTER!



In January 2013, the Community Services Department published a new department E-newsletter! This E-newsletter will be sent four times a year to keep you up-to-date with all the fun activities and events!

E-Newsletter Features:

New programs and classes
Local Park features
Photo contests
Promotions and program discounts
Special Events

If you would like to be added to our newsletter list, ask to join by emailing us at:

CSNewsletter@cityofpleasantonca.gov

We look forward to keeping in touch with you!

Spring Registration Form

How to Register

**City of Pleasanton
Community Services
P.O. Box 520
Pleasanton, CA 94566
Registration Form**

See page 45
for Registration
Information



Register with your Visa or MasterCard
at www.pleasantonfun.com

Please limit registration form to family members living in the same household only!

Refund Policy—Please read!
Withdrawals and Transfers: If you wish to drop a class or transfer to another session, call us at least *10 days* before the start date for a refund or credit. Choose your classes carefully. No refunds for non-attendance, one-day workshops or materials/supply fees.

NO FAXES ACCEPTED!

Parent/Guardian _____ Resident* Nonresident *Individuals residing within the City of Pleasanton city limits.

Home Address _____ City _____ Zip _____

Home Ph. _____ Cell Ph. _____ E-mail Address _____

Participant Name	Date of Birth (under 18)	Male/Female	Activity Code	Activity	Fee
Mark Verisma	6/7/01	M	54649	Taekwon Do	\$180.00
Community Services Fee Assistance Program Donation					\$
Total					\$

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

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

If you do not want you or your child(ren) photographed or videotaped while participating in a City recreation class or activity for the use in City publications, please contact the Community Services office at (925) 931-5340, to request an "Opt Out of Photo" form to be completed at least two weeks prior to the start of you or your child(s) class.

Name of Participant: _____ Signature Required: _____

Parent/Guardian, if under 18: _____

Date: _____ Check Enclosed: Total Amount \$ _____ Make Check Payable to: City of Pleasanton
 Visa MasterCard Card Number _____ - _____ - _____ - _____ Exp _____ / _____

Total Amount \$ _____ Card Holder Signature _____

City of Pleasanton Tax I.D. #: 94-6000397

City Commissions

Civic Arts Commission

Tegan McLane • Claudia Hess
John Loll • Karen De Baca Martens
Sara Nealy
7:00pm 1st Monday

Housing Commission

Justin Probert • John Casey
Colleen Lopez • Daniel Mermelstein
Ann Welsh • Joseph Butler
7:00pm 3rd Thursday

Human Services Commission

Theresa Rowland • Brock Roby
Joyce Berger • Prashant Jhanwar
David Nagler • Don Wilson • Rosiland Wright
7:00pm 1st Wednesday

Library Commission

Valerie Arkin • Kelly Cousins
Traci Cook • Corri Cooper
Denise Fournier • Judith Matthew
7:00pm 2nd Thursday, Pleasanton Library

Planning Commission

Phil Blank • Kathy Narum • Greg O'Connor
Arne Olson • Jennifer Pearce
7:00pm 2nd and 4th Wednesday

Youth Commission

Shannon Malindzak • Diane Hadley
Jackson Fialho • Lori Franklin
Michael Liamos • Kaitlyn Mallie
Neha Nirkondar • Katie Olmo
Jonathan Pearce • Taylor Sowers
Erica Utikal • Yandi Wu
7:00pm 2nd Wednesday, September-May
157 Main Street, Conference Rm #3



Local Sports Groups

For information regarding registration, coaches, rain-outs or other pertinent information, please contact the organizations listed below or visit the City website at www.pleasantonsports.org.

Boys Soccer (BUSC)
www.busc.org

Girls Soccer (PGSA/RAGE)
www.pleasantonrage.org

E-Soccer
www.e-soccer.org

Adult Soccer (PASS)
www.pleasantonadultsoccer.com

Pleasanton Junior Football (PJFL)
www.pjfl.com

Girls Softball (PGSL)
www.pleasantonsoftball.org

American Little League (PALL)
www.pleasantonamerican.com

National Little League
www.pleasantonnational.org

Foothill Little League (PFLL)
www.pfllonline.org

Girls Golf (LPGA-USGA)
ptownputter@comcast.net

Pleasanton Lacrosse Club (PLC)
www.pleasantonlacrosse.com

Pleasanton Girls Lacrosse Club (PGLC)
www.pleasantongirlslacrosse.com

Radio Control Glider Club
846-8617

Seahawks USS Swim Team
www.pleasantonseahawks.org

Special Olympics Sports
www.specialolympics.org

Tri Valley Masters Swim Team
www.trivalleymasters.com

Youth Volleyball
www.clubvipvbc.com

Sports Field Weather Line
931-5360 | www.pleasantonsports.org

Callippe Preserve Golf Course
www.playcallippe.com

Lifetime Tennis
931-3449 | www.lifetimetennis.com

City offices will be closed in observance of Memorial Day on Monday, May 27



Local Arts Groups

Amador Livermore Valley Historical Society and Museum on Main
462-2766 | www.museumonmain.org

Amador Valley Quilters
www.amadorvalleyquilters.org

Bay Area Metro Chorus (Men)
443-SING

Cantabella Children's Chorus
www.cantabella.org

CWC Tri-Valley Writers
www.trivalleywriters.org

Harmony Fusion (Chorus)
846-1857 | www.harmonyfusion.org

Livermore Amador Symphony
www.livamsymph.org

Livermore Valley Opera
www.livermorevalleyopera.com

Pacific Chamber Symphony
484-0839 | email: cponca@aol.com

Pleasanton Art League
www.pal-art.com

Pleasanton Community Concert Band
www.pleasantonband.org

Pleasanton Cultural Arts Council
931-1111 | www.pleasantonarts.org

Pleasanton Cultural Arts Foundation
846-1007 | www.pleasantonartsfoundation.org

SF Shakespeare
www.sfshakes.org

Tri-Valley Repertory Theater
www.trivalleyrep.com

Tri-Valley Woodcarvers
846-5011

Valley Concert Chorale
www.valleyconcertchorale.org

Valley Dance Theatre
www.valleydancetheatre.com

Valley Shakespeare Festival
556-9624

We Need Your Feedback!

The Community Services Department is conducting a survey to receive feedback on our programs and services. As a valued customer, your input will help us continue meeting the recreation needs of our community. The first 100 respondents to submit the survey will receive a Community Services Goodie Bag! We appreciate your feedback.

Survey submission options:

Drop off at Community Services, 200 Old Bernal Avenue
Mail to Community Services Department, P.O. Box 520, Pleasanton, CA 94566
Take online at <http://www.surveymonkey.com/s/cscustomersurvey>
Fax survey to (925) 931-5477 or email to reclclasses@cityofpleasantonca.gov

Please mark your responses.

How did you become aware of the programs/courses in which you participate?

Activities Guide Flyer Website Recommendation Other _____

What do you enjoy most about Community Services programs (mark all that apply)?

Variety Cost Location Quality Other _____

Please indicate the ages of your household members that participate in the City's programs? Mark all that apply.

Children age 2-6 7-12 13-17 Adult 18-55 55+

What is your typical method of registering for Community Services classes?

Online In person Mail

If you currently do not register online, why?

Difficult Confusing Time Consuming No access to Internet Payment/No Credit Card
 Program not available through online registration Other _____

How many programs do you typically register for in a year (Spring, Summer, Fall/Winter)?

1-3 4-6 8+ First time

What could we do to improve our programs/courses?

Are there other programs/courses you would like our Department to offer in the future?

What is the best method for us to notify you of Community Services Department offerings?

Social Media Mailing E-newsletter Text Message Other _____

Please list any additional comments you would like to add:

Please provide your name, phone number and/or email address if you would like us to follow up with you regarding this survey. If you would like to be added to our Community Services mailing list to receive our newsletter please provide us with the following information:

Name _____ Phone _____ Email _____

Thanks for your time!

FACILITY AND PICNIC RESERVATIONS

The City of Pleasanton offers several indoor and outdoor facilities to rent for your family, business, or group celebrations and meetings. Detailed rental information including rates and requirements can be found at www.pleasantonfacilities.com.



Veterans Memorial Building



Senior Center



Amador Recreation Center



Century House

LARGE EVENT SITES

- The Senior Center is the City's largest event hall with a capacity of 330. The facility offers a catering kitchen, outdoor patio area, and plenty of parking. The Centennial Community Park, the perfect site for an outdoor wedding ceremony, sits adjacent to the facility's main hall.
- The Veterans Memorial Building is a Spanish revival-style facility located in the heart of Downtown Pleasanton. Features include a catering kitchen and seating for 220.

SMALL EVENT SITES

- The Amador Recreation Center has a capacity of 125 (about 75 inside and 50 outside). This facility consists of one large room, a small kitchen, fenced patio area with lawn and BBQ. (Currently unavailable due to ongoing construction at the Aquatic Center.)
- The Century House is an 1870's era Victorian Farmhouse with a capacity of 100 (about 30 inside and 70 outside). This facility has a large lawn, patio area, gazebo, wrap around covered porch, and a small kitchen.



Amador Valley Picnic



Val Vista Picnic



Senior Center Meeting Room



Cultural Arts Center

PICNIC AREAS

- Amador Valley Community Park (Capacity 200)
- Sports and Recreation Park (Capacity 200)
- Val Vista Community Park (Capacity 220)

Picnic sites can be reserved and are adjacent to youth play areas and restrooms.

MEETING ROOMS

- Cultural Arts Center (Capacity 49)
- Senior Center Classroom (Capacity 50)*
- Senior Center Meeting Room (Capacity 25)*

*Senior Center Rooms are available evenings and weekends only.

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Award Winning Course, Dramatic Setting, Delicious Dining



The Golf Course

"Our goal was to have the course reward the thinking golfer where length and power are not the most critical skills required to play the course well. The layout encourages strategic course management and creative shot making from tee to green."



There are five sets of tees on this par 72, with the black tees playing at 6,748. The blue tees measure at 6,409, then the white tees at 6,024 yards, the gold tees at 5,560, and the red tees at 4,788 yards.

At Callippe, we strive to make each hole a signature hole.

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(925) 426-6666



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Nestled above the golden hills of the Tri-Valley, sits Callippe Preserve Golf Course. Our special events venue is surrounded by views that will take your breath away. It is sure to make an ideal location for your wedding or special event.

Book your event at Callippe Preserve Golf Course and enjoy:

- Exquisite Cuisine
- Event Planning Assistance
- Day-of Coordinator
- Professional Staff
- Accommodation for up to 200 guests



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For reservations or information, call
(925) 426-6666, ext. 21

To contact the Food & Beverage Manager, Claudia Velasco, call
(925) 426-6666, ext. 22 or email
cvelasco@playcallippe.com



The VISTA Restaurant

The Restaurant

Finish up your round with a snack at the Vista Restaurant or just come by and take in the breathtaking panoramic views while enjoying Breakfast, Lunch or Dinner. With friendly staff, refreshing cocktails and great menu items, you will surely enjoy your visit.



Come by and see what the Vista Restaurant has to offer!

- Breakfast & Lunch Daily
- Full Service Bar Open until Sundown
- Patio Dining with Beautiful Views
- Private Dining Room for up to 20 Guests

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Pleasanton, CA 94566**

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Live. Work. Play.

Ptownlife.org

Your link to all things Pleasanton

Ptownlife.org is a new website that will provide youth and families information and resources about the Pleasanton community. You can search the Calendar for events and youth programs, get outdoors with our parks and recreation guide, find resources, and view youth jobs. Become a registered member to contribute, share, and become a part of the ptownlife community.



JOIN THE COMMUNITY AT PTOWNLIFE.ORG - LIKE US ON FACEBOOK - FOLLOW US ON TWITTER