

Concord

City News and Activity Guide



Winter / Spring 2017



Teen Classes
page 18



Lima restaurant
coming soon – page 3



Roadway and sidewalk
improvements – page 6



Pickleball
page 25



Concord Connect

**New mobile app makes it easy to submit
non-emergency requests for service**

- ❖ Report potholes, illegal dumping, abandoned vehicles, graffiti, malfunctioning streetlights or signals, and other neighborhood issues
- ❖ Your report is sent directly to the appropriate City department
- ❖ You can track the status of your request
- ❖ See a map of all requests in your area and the status of each one
- ❖ Access City information from the home page

Available in the Apple app store and Android Google Play store

Upload Concord Connect Today!





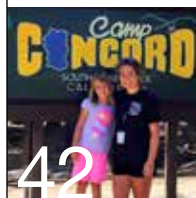
City of Concord

Laura M. Hoffmeister	Mayor
Ronald E. Leone	Vice Mayor
Edi Birsan	Councilmember*
Tim Grayson	Councilmember*
Carlyn Obringer	Councilmember*
Tim McGallian	City Treasurer
Valerie J. Barone	City Manager
Leslye Asera	Community Relations Manager and Editor

**In the November 2016 election, Tim Grayson was elected to the State Assembly and will be leaving the City Council. Incumbent Edi Birsan retained his seat, and Carlyn Obringer was elected to the City Council for the first time. Please visit the City's website, www.cityofconcord.org, for updates.*

On the cover: Clockwise from top left

(1) Guitar classes for teens and adults enhance one's musical creativity; (2) Lima Restaurant is opening in Salvio Pacheco Square; (3) Repairs are made on Salvio Street at Parkside Drive; (4) Pickleball enthusiasts enjoy the game and the camaraderie at the new pickleball courts in Willow Pass Park.



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CONTACT

Web site: www.cityofconcord.org
Events: www.concordfirst.org
Classes: www.concordreg.org
E-mail: cityinfo@cityofconcord.org
Phone: (925) 671-CITY

Americans with Disabilities Act (ADA) Coordinator 671-3021
 Building 671-3107
 Business Licenses 671-3307
 Cable TV
 Astound Broadband 459-1000
 Comcast 1-800-945-2288
 City Council 671-3158
 City Manager 671-3150
 Code Enforcement Hotline 671-3075
 Concord Community Pool 671-3480
 Concord Naval Weapons Station Reuse Project 671-3001
 Concord Pavilion Information 676-8742
 Resident Hotline 363-5701
 Downtown Hotline 671-3464
 Economic Development 671-3355
 Engineering 671-3361
 Flood Zone Inquiries 671-3425
 Garbage Collection 682-9113
 Graffiti Hotline 671-3080
 Housing 671-3370
 Mayor 671-3158
 Permit Center 671-3454
 Picnic Site Reservations 671-3404
 Planning 671-3152
 Police and Fire Emergencies 911
 Police/Information 671-3220
 Pothole Hotline 671-3228
 Public Works 671-3448
 Park Maintenance 671-3444
 Recreation/Registration 671-3404
 Sewer Problems 671-3099
 Shopping Cart Hotline 1-800-252-4613
 Street Light Outages Hotline 671-3213
 Street Sweeping 671-3448
 Street Trees 671-3445
 Traffic Safety and Signals 671-3132

Recreation Program Locations

Baldwin Park Dance Studio – 2790 Parkside Circle
 Baldwin Park Preschool – 2790 Parkside Circle
 Camp Concord, South Lake Tahoe 671-2267
 Centre Concord – 5298 Clayton Road 671-3382

Clayton Valley Bowl – 5300 Clayton Road 689-4631
 Concord Community Park and Pool – 3501 Cowell Road 671-3474
 Concord Library – 2900 Salvio St. 646-5455
 Concord Senior Center – 2727 Parkside Circle 671-3320
 Diablo Creek Golf Course – 4050 Port Chicago Highway 686-6262
 Newhall Park – 1351 Newhall Parkway
 Village Music School – 1720 Linda Drive, Pleasant Hill 676-8400
 Willow Pass Community Center and Park – 2748 E.Olivera Road... 671-3423
 Parks & Recreation Class Registration
 Registration Office 671-3404
 en Español 671-3324

Rain Information Hotline

for City of Concord Parks and Outdoor Facilities 671-3479

Sports Organizations

Youth Baseball/Softball

Bears Softball Association www.bears-softball.com
 Clayton Valley Little League www.cvll.org
 Concord American Little League www.callbaseball.org
 Concord Lady Hawks www.concordladyhawks.com
 JOBL Baseball & Softball www.joblconcord.com
 Payless Batting Cages 825-7526

Youth Football / Cheerleading

Clayton Valley Athletic Assn www.cvaajreagles.com
 Concord Youth Football www.concordyouthfootball.com

Youth Soccer

Concord AYSO www.concordayso.org
 Diablo FC www.diablofc.org 798-GOAL
 Liga Latina www.ligalatinaconcord.com
 Mt. Diablo Soccer Association www.mdsoccer.org

Adult Soccer

Concord AYSO www.concordayso.org
 Contra Costa Mixed Soccer www.eteamz.com/ccmsl
 East Bay Senior Soccer www.ebssl.com

Adult Pickleball / Softball

Concord Parks & Recreation
www.teamsideline.com/concord 671-3279

Bocce

Concord Bocce Federation www.concordbocce.org

Swimming

Terrapins Swim Team 680-8372

Tennis

Concord Tennis Club 686-1701
 Concord Table Tennis Club
www.concordtabletennisclub.com 689-7463

NEWS BRIEFS

Free sandbags at City Corp Yard

Bags, sand and shovels are available for residents to build sandbags at the City Corporation Yard, 1455 Gasoline Alley, 24 hours a day, 7 days a week. Filled sandbags are available for the elderly and handicapped by calling (925) 671-3448. Bring shovels and bags to Lime Ridge or Hillcrest Park where sand stations are available for your convenience.

Mark your calendar – holiday events

The Concord Senior Center, at 2727 Parkside Circle, will host its annual Holiday Gift & Craft Fair on Friday, Dec. 2 from 9:30 a.m. to 2:30 p.m. featuring unique hand-crafted gift items and delicious homemade goodies. On Saturday, Dec. 3, it's Concord's tree lighting and sing along in Todos Santos Plaza. Santa arrives at 4 p.m., entertainment starts at 5 p.m. following by singing and count down to the tree lighting.

December office closures

City offices will be closed Friday, December 23 through Monday, December 26 for the Christmas holiday, and Monday, Jan. 2 for New Year's. Drive safely during the holidays and remember to buckle up.



Poke Salad celebrated its ground opening recently in Salvio Pacheco Square, across from Todos Santos Plaza

Concord's food, retail and housing sectors are experiencing a boom

Concord has seen tremendous growth in recent months with the addition of new food and retail options, plus expanded housing under construction or in the pipeline. With free downtown parking and convenient access to two BART stations, the city is an attractive location for not only new residents, but also regional and national companies. In fact, among the new businesses recently opening in Concord, there has been an infusion of several new global cuisine restaurants making their debut.

Starting in the heart of the city, Salvio Pacheco Square across from Todos Santos Plaza will soon be 100 percent occupied thanks to several new restaurants. These include Lima, a Peruvian restaurant featuring executive chef/East Bay native John Marquez, who has been a chef at such noted

restaurants as Picasso at the Bellagio Hotel in Las Vegas, the French Laundry in Yountville, Per Se in New York and Fringale in San Francisco. In addition, three Asian-inspired eateries, including Fusion Bistro (Asian fusion), Poke Salad (poke bowls) and Tea for U (a boba tea shop), are open or will open soon.

These new restaurants come on the heels of several other recent openings, including Yanni's Gyros & Burgers featuring Mediterranean food on Concord Avenue, and Canasta Kitchen on Grant Street, a brick-and-mortar incarnation of a popular local Mexican food-truck favorite. An Original Mel's Diner is now serving its burgers and blue-plate specials in the former Coco's Bakery Restaurant off Treat Blvd., offering a nostalgic family-friendly

Growth continued on page 5

Concord honored with Helen Putnam Award of Excellence

The League of California Cities presented the City of Concord with a prestigious Helen Putnam Award of Excellence in October. The City won the Helen Putnam CCS Partnership Intergovernmental Collaboration Award for the Central Family Justice Center, which opened in 2015. The league selects one California city in each of 12 categories to recognize each year. A feature article about the Family Justice Center appeared in the League's Western City magazine.

The Family Justice Center, located at 2151 Salvio Street in downtown Concord, is a one-stop, multi-agency facility for children, youth and adults affected by domestic violence, sexual assault, child abuse, elder abuse and human trafficking. A diverse group of professionals from the criminal justice field, civil, legal, advocacy, health and mental health systems provide comprehensive services under one roof. In its first nine months of operation, the center assisted 575 clients, 80 percent of whom had experienced domestic violence.

For clients in need of the services at the center, coming to one location is faster and less expensive; help is more

immediate. Clients can access the broad spectrum of essential services because of the multiple agencies located on-site. Putting many agencies and resources into one place not only promotes efficiency, but also improves the quality of services. The Helen Putnam Intergovernmental Collaboration Award recognizes this partnership aspect of the center and the results achieved through this combined effort.

To contact the Central Family Justice Center call (925) 521-6366, or visit www.cocofamilyjustice.org. ♦



Family Justice Center Director Susun Kim speaks at the Center in 2015. Since doors opened, the center has assisted hundreds of victims of abuse

Neighbor awareness contributes to reduction in crime

Police Chief Guy Swanger recently shared some encouraging news about crime rates in Concord. Overall, crime was down 10.3 percent in the first six months of 2016, compared to the same time period in 2015. Violent crime was down 8.2 percent and property crime was down 10.6 percent.

The two most significant drops came in total robberies and burglaries. Robberies were down 17 percent and burglaries were down 32.8 percent. The total number of burglaries for the first six months of 2016, 227 cases, is the lowest number in well over 30 years.

The Chief credits Concord residents in helping to achieve the positive numbers. He notes that more and more people are taking ownerships of their neighborhoods and helping officers identify problem areas. The addition of social media and the neighborhood site Next Door are contributing factors in relaying information swiftly and accurately to police officers. To sign up for Next Door, visit www.nextdoor.com. Residents can also follow the Concord Police Department on Facebook and Twitter.



The former Chevron site on Diamond Boulevard has been completely leveled in preparation for the construction of the new Veranda shopping center

Growth from page 3

atmosphere that evokes memories of the 1973 classic film, “American Graffiti.”

Shopping center updates

The Willows Shopping Center has seen its own strong growth, most recently with the introduction of Southwestern-style restaurant Dos Coyotes, and Daiso Japan, a rapidly-growing value store known for selling quality items for \$1.50. Daiso, which opened in August, carries thousands of products ranging from kitchenware, beauty supplies, stationery and wrapping paper to electronics accessories.

Sunvalley Shopping Center completed its 23,000-square foot food court with seating for up to 525 people. The food court features Dojo Ramen Bar, Charley’s Philly Steaks, Cilantro, Chicken Connection, Pizza Studio, Suki Hana and Yeung’s Lotus Express. Family-owned Valliani Jewelers and DAVIDsTea also joined the shopping center’s lineup. Several stores have expanded to accommodate additional

merchandise, including Shoe Palace, Helzberg Diamonds and Bath & Body Works (which now includes White Barn Candle). There has also been a tremendous amount of excitement about Round 1, a 52,000-square foot family amusement center located in the former Sports Authority space. Round 1 features 10 bowling lanes, arcades, billiards, darts, ping-pong and private karaoke rooms, and serves up a menu that includes pizza, burgers, soft drinks, beer, and wine.

The Veranda, a 375,000-square foot mixed-use retail center, has completed demolition of the old Chevron campus on Diamond Boulevard next to The Willows Shopping Center. With an expected opening in late 2017, The Veranda will bring open air shopping and dining, gourmet groceries (including Whole Foods 365), a luxury movie theater and other contemporary experiences to draw regional and local shoppers. Striking architecture, landscaping, water features and outstanding amenities will create an inviting space to shop, relax and attend a variety of special events.

New residential projects

Food and retail are not the only growth industries in Concord. With three percent population growth between 2010 and 2015, and another three percent growth predicted by 2020, the city continues to fill the need for residential housing. The 180-unit Renaissance Square Phase II apartment complex, at 1825 Galindo St., recently broke ground and is slated to open in summer 2018. Renaissance Square kicks off what will be several years of new housing projects in the city, with builders offering single family homes and multi-family units at a range of price points.

Additional future housing developments include Town Center II, a 270-unit apartment complex across from Renaissance Square fronting Galindo Street between Concord Boulevard and Clayton Road; a 170-unit development at the former Blockbuster Video site at 2400 Willow Pass Road; and Concord Village, a 230-unit complex at 2400 Salvio St.

What attracts newcomers to Concord is that it has some of the most affordable housing in the Bay Area, it’s home to one in every eight jobs in Contra Costa County and it’s only 29 miles to San Francisco. Residents already know that Concord is a vibrant place, with Todos Santos Plaza hosting a wide range of events – including a year-round Farmers’ Market, Off the Grid Mondays and a free weekly summertime concert series. Nightlife includes numerous craft beer establishments, tequila bars and global cuisine restaurants, plus all the current shopping and the additional retailers opening in the coming months. ♦

Improving roadways and sidewalks with the help of Measure Q funding

Good things are happening on Concord roadways and sidewalks. Another list of post-Recession projects have been completed or are nearly complete, and more are planned for the near future. Much of the work is possible because of Measure Q, the half-cent sales tax passed by voters in 2010 and extended in 2014.

Some of the recently completed road rehabilitation projects include Hillsborough Drive between St. George and Labrador, East Olivera Road between Port Chicago Highway and Wexford Drive, Concord Boulevard from Port Chicago Highway to Sixth Street and Arnold Industrial Way from Port Chicago Highway to Pike Lane. In addition, numerous pot holes have been filled around town.

The Franquette Avenue Pedestrian and Bike Trail Connector Project has been completed. The project included a new path on the Market Street and Meadow Lane side of the Monument trail leading to the tunnel under Highway 242. New lights have been installed in the tunnel, and the asphalt portion of the trail, connecting the tunnel to Market Street and Franquette Avenue, was completed along with bike signage and markings.

In the last month, a project was completed to construct pavement rehabilitation improvements on Walters Way from Detroit Avenue to Monument Boulevard and at the intersection of Monument Boulevard and Detroit Avenue. Work also included



Road repair projects, such as this one off of East Olivera, are part of the effort to reduce the backlog caused by the recent recession

replacement of traffic signal loop detectors and miscellaneous concrete, curb ramp, gutter, and sidewalk improvements.

On Salvio Street, a long-standing flooding problem at the intersection of Parkside Drive was solved with a new storm drain connection. The pavement was repaired between Port Chicago Highway and Parkside Drive. As part of the project, a new sidewalk has been installed on the north side of Salvio Street.

In addition to improvements to the road hardscape, plans are in the works to replace 10 traffic signals and install three new signals. The new lights will improve traffic safety at Oak Grove Road at Sierra Road, Oak Grove Road at Smith Lane, and Treat Boulevard at San Miguel Road.

Changes coming to downtown

The downtown area is getting some much needed attention. Heavily travelled Willow Pass Road is being resurfaced from Market Street to

Galindo Street. The project includes a new traffic signal at Sutter Street and Clayton Road, high visibility crosswalks and bikeway signage on Salvio Street.

Next year, repairs are planned to replace uplifted sidewalk, curb and gutter on Mt. Diablo and Colfax streets including the areas in front of Starbucks and Luna Ristorante. To remain consistent with the current and future design standards of the downtown, brickwork will be incorporated into the project to replace the existing bricks, with the exception of driveways, which will be concrete. In the meantime, temporary repairs have been made to reduce flooding near those businesses.

Sidewalks will also be replaced on the north-east side of Mt. Diablo Street from Willow Pass Road to Concord Boulevard. Approximately one half of the south-west side of the block on Colfax Street from Willow Pass Road toward Concord Boulevard will also be replaced. ♦

New program assists property owners with sidewalk repair



The repair of damages sidewalks, such as the one pictured, are the responsibility of the property owner. A new City program can assist with repair costs

Safe, pedestrian-friendly sidewalks contribute to the livability and positive image of the community. Concord property owners may not realize that it is their responsibility to keep the sidewalks, curbs and gutters fronting or adjacent to their property in good repair and are liable for any damage or injury resulting from their condition.

Since repairing damaged sidewalks, curbs and gutters is often expensive, the Concord City Council recently approved a Sidewalk Repair Program to assist property owners with the cost and process of making repairs.

Property owners taking advantage of the program benefit from economy-of-scale pricing and the absence of worry about selecting a contractor. The permit and inspection fees are also waived. The work will be done by the City's

authorized sidewalk repair contractor as part of that company's larger scope of work on multiple City projects.

City staff calculates the cost of the repair work, and the property owner pays the City directly. Staff schedules the work with the contractor and manages the project to completion.

From time to time, the City becomes aware of sidewalk, curb and gutter defects through routine inspection or citizen complaints. The City provides a courtesy patch, usually by ramping or grinding the damaged area. It is the responsibility of the property owner to make the permanent repair to the damaged sidewalk, curb or gutter as the patch is only meant to be a temporary fix.

To take advantage of the Sidewalk Repair Program, call the City Public Works Department, (925) 671-3448 or email Public.Works@cityofconcord.org. ♦

Download Concord Connect cell phone app

If you haven't already, download the City's cell phone app called Concord Connect that makes it easy to submit non-emergency

requests for service. Residents can report issues such as graffiti, potholes, street-

light outages and much more. The app sends the service request directly to the appropriate City department and tracks the status. Users can see a map of all the submitted service requests and the status of each one. Download the app from the Apple app store or the Android Google Play store.



Parks and playground projects provide fun for all ages



The new pickleball courts at Willow Pass Park are very popular

In September, 14 new pickleball courts were opened at Willow Pass Park. Pickleball is an increasingly popular low impact sport played on a badminton-sized court with a large

ping-pong like paddle and plastic whiffle ball. During a resurfacing of eight tennis courts at the park, four courts were repainted to create the 14 new pickleball courts. Concord Parks

and Recreation first offered pickleball classes two years ago, and demand steadily increased with the new courts being heavily used on weekends and evenings by players of all ages.

Willow Pass Park is also getting a new restroom and concessions building in Field 1, and the field lights have been replaced in Fields 2, 3, and 4.

Two major park projects at Ellis Lake and Meadow Homes will improve the experience for families in these areas. The installation of a restroom at Ellis Lake Park should be completed by the end of the year, weather permitting. Both parks will get new playground equipment that should be completed by spring of next year. Residents from the neighborhoods near the parks assisted City staff in selecting the playground designs and locations. ♦

Concord Library has a new look

Have you been to the Concord Library lately? The library is staffed and managed by Contra Costa County, but the building at 2900 Salvio St., belongs to the City. In August, the interior was renovated with new carpet and paint. Library staff created colorful teen and children's areas with new furniture and wall banners. The updates make the library an even more inviting environment for all ages.

Dog parks close for maintenance

Concord's two dog parks will undergo annual maintenance work in the first few months of 2017. The Newhall Dog Park at 1351 Newhall Parkway will be closed for six weeks from Jan. 17 to Feb. 21. The Baldwin Dog Park at 2700 Parkside Circle will be closed from Feb. 27 to April 3.

During the closures, turf areas will be aerated, seeded, organically fertilized and top-dressed with organic mulch to generate the best possible results in the shortest period of time to limit the inconvenience to the community.

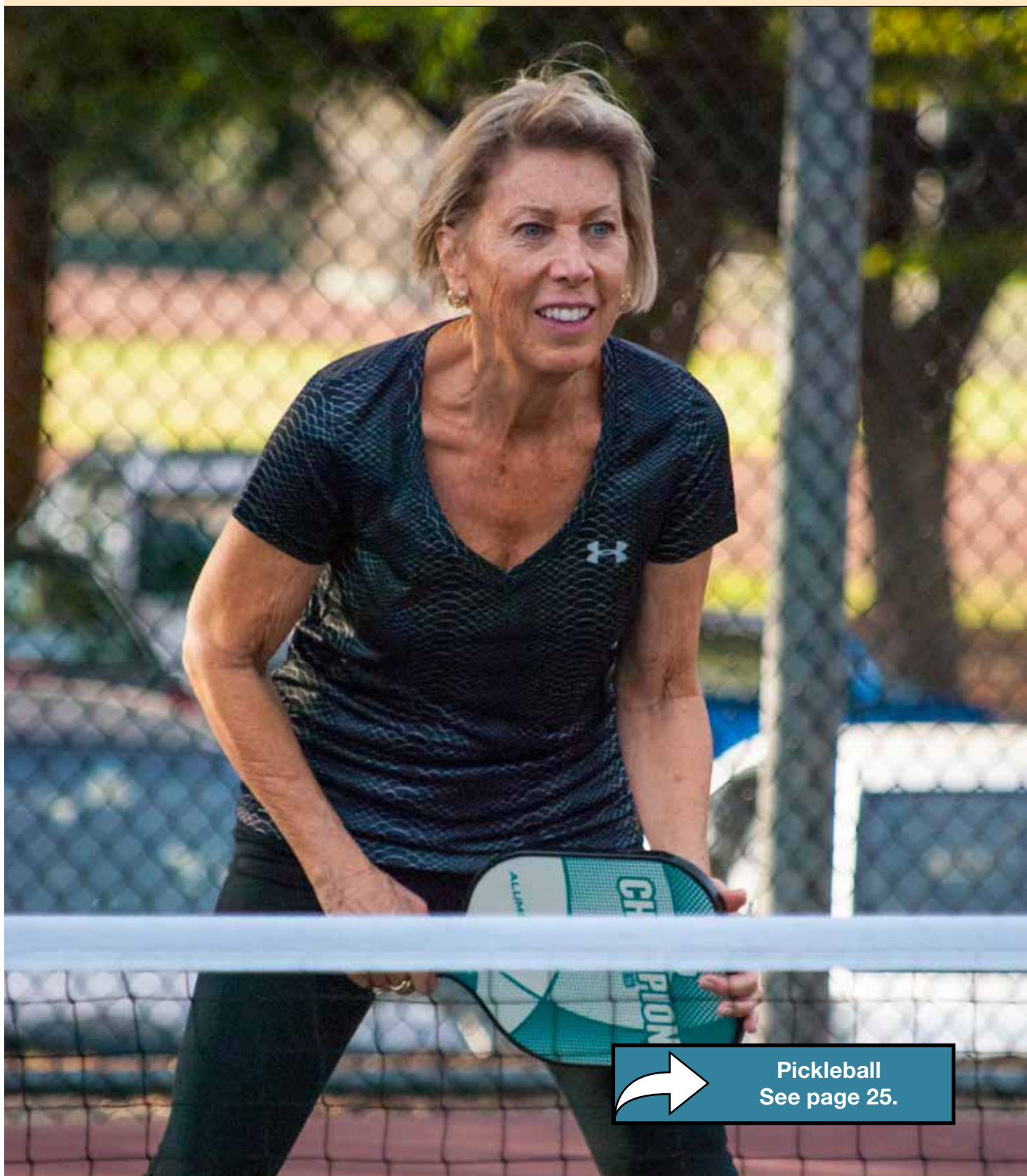
Concord's two dog parks are consistently the most visited amenities in the City's park system and provide the community with safe areas for dogs to exercise and socialize off-leash.

For more information, contact the City's Park Maintenance Division, (925) 671-3444.

Help prevent flooding

Place leaves, cuttings and other yard trimmings in the Green Waste container and not in the street where they can block drains and cause flooding. ♦

ACTIVITY GUIDE



Pickleball
See page 25.

ACTIVITY GUIDE LISTINGS ARE SUBJECT TO CHANGE

2017-18 PRESCHOOL CLASSES

Preschool Registration Begins February 14 ■ Walk-In Only!
10 a.m.-12 p.m. and 1-3 p.m. ■ Willow Pass Center, 2748 E. Olivera Rd. Concord, CA 94519

Preschool Age 2

Your child will experience fun interaction and play with other 2-year-olds. They have the opportunity to develop language and gain valuable social skills. As well as participating in age appropriate songs, crafts, structured and unstructured play.



Preschool Age 3

Through age appropriate fun songs, crafts, games and supervised play with other 3-year-olds, children have the opportunity to develop and build friendships, as well as, independent social and academic skills.

Preschool Age 4

Your child will learn important life and pre-academic skills through fun activities and programs. Each child will have the opportunity to learn their numbers, colors, shapes, calendar and days of the week. By the time children graduate they are well on their way to kindergarten with many fond memories of preschool.



NEW A new 5-day option is offered to give your 4-year-old more classroom time to develop skills for their journey to start kindergarten.

Requirements:

2-year-olds must be age 2 by September 1, 2017.
 3-year-olds must be age 3 by September 1, 2017.*
 4-year-olds must be age 4 by September 1, 2017.*
 *3 and 4-year-olds must be toilet trained.

Monthly and Additional Fees:

2-day classes \$129 R/\$134 NR
 3-day classes \$194 R/\$199 NR
 5-day class \$324 R/\$329 NR

A \$110* non-refundable registration fee and a non-refundable first month's tuition payment are due at the time of registration. The first month's tuition payment may be delayed until May using auto pay with a credit card. The remaining 8 tuition installments are due by the 20th of each month from September 2017-April 2018.

*\$75 will be applied to the April 2018 payment for students that complete the school year.

Parent Involvement:

Parents in all classes are asked to bring a healthy snack for the whole class once every other month.

BALDWIN PARK 2790 PARKSIDE CIRCLE

3 Year Olds – Melissa Gardner

Session	Days	Time	Course
Sep 5-May 17	Tu, Th	9-11:30 a.m.	#102885
Sep 6-May 18	M, W, F	9-11:30 a.m.	#102884

4 Year Olds – Gina Murdock

Session	Days	Time	Course
Sep 5-May 17	Tu, Th	9-11:30 a.m.	#102891
Sep 6-May 18	M, W, F	9-11:30 a.m.	#102890

4 Year Olds – Melissa Gardner

Session	Days	Time	Course
Sep 6-May 18	M, W, F	12-2:30 p.m.	#102892

CENTRE CONCORD 5298 CLAYTON ROAD

2 Year Olds – Beth Severa

Session	Days	Time	Course
Sep 5-May 17	Tu, Th	9-11:30 a.m.	#102879
Sep 5-May 17	Tu, Th	12-2:30 p.m.	#102880
Sep 6-May 18	M, W, F	9-11:30 a.m.	#102877
Sep 6-May 18	M, W, F	12-2:30 p.m.	#102878

3 Year Olds – TBD

Session	Days	Time	Course
Sep 5-May 17	Tu, Th	9-11:30 a.m.	#102883
Sep 6-May 18	M, W, F	9-11:30 a.m.	#102881

3 Year Olds – Shannon Cervantes

Session	Days	Time	Course
Sep 5-May 17	Tu, Th	12-2:30 p.m.	#102886
Sep 6-May 18	M, W, F	12-2:30 p.m.	#102882

4 Year Olds – Sonja Stanley

Session	Days	Time	Course
Sep 5-May 17	Tu, Th	9-11:30 a.m.	#102889
Sep 6-May 18	M, W, F	9-11:30 a.m.	#102887

NEW 4 Year Olds – 5-Day Program

Session	Days	Time	Course
Sep 5-May 18	M-F	12-2:30 p.m.	#103071

R = Concord Resident NR = Concord Non-Resident

DANCE

Pre-Dance

Preschool dancers will be introduced to the world of dance through creative movement, rhythm, and improvisation. Dancers will focus on body positioning, balance, body isolation and fundamental dance vocabulary. The instructor has more than 20 years of dance experience. Appropriate attire: ballet shoes, tights or leggings, and leotards. No class April 1 and 8.



Age: 3-4 ■ Baldwin Park Dance Studio ■ Luana Avalos

Jan 21-Feb 25 Sa 9-9:30 a.m. \$58R/\$63NR #102684

Mar 11-Apr 29 Sa 9-9:30 a.m. \$58R/\$63NR #102685

Beginning Ballet 1

Beginning ballet students will learn the fundamentals and the vocabulary of ballet, basic technique, coordination, barre exercises, and ballet positions. The instructor has more than 20 years of dance experience. No class February 18, April 1 and 8.

Age: 4-6 ■ Baldwin Park Dance Studio ■ Luana Avalos

Jan 21-Mar 4 Sa 9:30-10:15 a.m. \$72R/\$77NR #102621

Mar 11-Apr 29 Sa 9:30-10:15 a.m. \$72R/\$77NR #102622

ENRICHMENT



Little Dragons

Is your child interested in the martial arts? Try this class first. Your child will participate in fun activities designed to increase attention span, focus and coordination. They will learn some basic skills that will prepare them to begin more disciplined training when they are older. \$35 uniform fee is required and payable at the first class.

Age: 3-5 ■ Baldwin Park Dance Studio ■ Kevin Oliver

Jan 12-Mar 2 Th 5-5:40 p.m. \$87R/\$92NR #102672

Mar 9-Apr 27 Th 5-5:40 p.m. \$77R/\$85NR #102673



Spanish Immersion Preschool Class

Your child will learn Spanish in a hands-on interactive and stimulating environment. In this class your child will develop social, fine, and gross motor skills. Children will have fun singing, doing art, enjoying new friends and many more fun activities. A \$7 materials fee is payable to the instructor the first day of class. No class April 4.

Age: 3-6 ■ Centre Concord ■ Miriam Lattanzi

Jan 10-Feb 7 Tu 3:15-5 p.m. \$123 R/\$128 NR#102689

Feb 14-Mar 14 Tu 3:15-5 p.m. \$123 R/\$123 NR#102690

Mar 21-Apr 25 Tu 3:15-5 p.m. \$123 R/\$128 NR#102691

Tiny Tumblers Gymnastics

All young boys and girls tumble over this one! This class is designed to enhance coordination, agility, and confidence. Your child will develop beginning gymnastic skills in a fun, social environment. Equipment incorporated includes bars, low beams, ladders, trampoline, barrel, incline mats, tunnels, rings and music games. No class: January 16, February 20, and April 3.

Age: 3-5 ■ Willow Pass Community Center ■ CGS Gymnastic Services

Jan 9-Feb 6 M 12:15-1 p.m. \$63 R/\$68 NR #102699

Feb 13-Mar 20 M 12:15-1 p.m. \$78 R/\$83 NR #102700

Mar 27-Apr 24 M 12:15-1 p.m. \$63 R/\$68 NR #102701

SPORTS

Kidz Love Soccer- Mommy/Daddy and Me Soccer

The fun happens on the field, so don't just watch from the sidelines! Here is your chance to join in your toddler's introduction to the world's most popular sport. You'll participate in fun, age-appropriate activities, and help your child to develop their motor and socialization skills. Adult participation is required. All kids will receive a Kidz Love Soccer jersey!

Age: 2-3½ ■ Newhall Park ■ Kidz Love Soccer

Jan 23-Mar 13 M 9:30-10 a.m. \$95 R/\$100 NR #102812

Jan 28-Mar 18 Sa 9:30-10 a.m. \$105 R/\$110 NR#102814

Apr 10-Jun 12 M 9:30-10 a.m. \$115 R/\$120 NR#102815

Apr 22-Jun 24 Sa 9:30-10 a.m. \$115 R/\$120 NR#102817

Age: 2-3½ ■ Concord Community Park ■ Kidz Love Soccer

Apr 13-Jun 8 Th 5:15-5:45 p.m. \$115 R/\$120 NR#102816

Jan 26-Mar 16 Th 5:15-5:45 p.m. \$105 R/\$110 NR#102813

Kidz Love Soccer-Tot Soccer

Little tykes enjoy running and kicking just like the big kids! Tot Soccer encourages large motor skill development through fun soccer games and introduces small children to the group setting. Each participant receives a soccer jersey! Shin guards are required after the first meeting.

Age: 3½-4 ■ Newhall Park ■ Kidz Love Soccer

Jan 28-Mar 18 Sa 10:10-10:40 a.m. \$105 R/\$110 NR#102806

Apr 22-Jun 24 Sa 10:10-10:40 a.m. \$118 R/\$123 NR#102807

Kidz Love Soccer-Tot/Pre Soccer

Little tykes enjoy running and kicking just like the big kids! Tot/Pre Soccer teaches the basic techniques of the game and builds self-esteem through participation and fun soccer activities. Children learn to follow instructions in a nurturing, age appropriate environment. Each participant receives a soccer jersey! Shin guards are required after the first meeting.

Age: 3½-5 ■ Newhall Park ■ Kidz Love Soccer

Jan 23-Mar 13 M 10:15-10:50 a.m. \$95 R/\$100 NR #102824

Jan 23-Mar 13 M 3:10-3:45 p.m. \$95 R/\$100 NR #102825

Apr 10-Jun 12 M 10:15-10:50 a.m. \$115 R/\$120 NR#102827

Apr 10-Jun 12 M 5:15-5:50 p.m. \$115 R/\$120 NR#102828

3½-5 ■ Concord Community Park ■ Kidz Love Soccer

Jan 26-Mar 16 Th 3:45-4:20 p.m. \$105 R/\$110 NR#102826

Apr 13-Jun 8 Th 3:45-4:20 p.m. \$115 R/\$120 NR#102829

Kidz Love Soccer-Pre Soccer

Pre Soccer teaches the basic techniques of the game and builds self-esteem through participation and fun soccer activities. Children learn to follow instructions in a nurturing, age appropriate environment. Each participant receives a soccer jersey! Shin guards are required after the first meeting.

Age: 4-5 ■ Newhall Park ■ Kidz Love Soccer

Jan 28-Mar 18 Sa 10:40-11:15 a.m. \$105 R/\$110 NR#102810

Apr 22-Jun 24 Sa 10:40-11:15 a.m. \$115 R/\$120 NR#102811

Skyhawks Hoopster Basketball

Age: 4-6

See page 14.



R = Concord Resident NR = Concord Non-Resident



Skyhawks Mommy/Daddy and Me

This multi-sport tot program was designed to give kids a positive first step into athletics. The fundamentals of baseball, basketball, and soccer are taught in a structured environment filled with lots of encouragement and a big focus on fun! Through fast paced games and activities, participants explore balance, body movement, coordination, and skill development at their own pace.

Age: 2-3 ■ Concord Community Park ■ Skyhawks Sports Academy

Jan 14-Feb 18 Sa 10-10:25 a.m. \$82 R/\$87 NR #102846



Skyhawks Tot Sports

This multi-sport tot program was designed to give kids a positive first step into athletics. The fundamentals of soccer, baseball and track & field are taught in a structured environment filled with lots of encouragement and a big focus on fun! Through fast paced games and activities, participants explore balance, body movement, coordination and skill development at their own pace.

Age: 3-4 ■ Concord Community Park ■ Skyhawks Sports Academy

Jan 14-Feb 18 Sa 10:30-11:10 a.m. \$92 R/\$97 NR #102834

Jan 14-Feb 18 Sa 11:15 a.m.-12 p.m. \$92 R/\$97 NR #102835

ARTS AND CRAFTS

FUNdamental Drawing for Kids

Children learn the skills necessary to draw complex images which helps grow their self-confidence. With a step-by-step method, children develop observation skills, increase their fine motor skills, handwriting readiness and attention to detail. Children learn how to follow directions, hold and use a pencil, and increase their attention span.



Age: 4-6 ■ Centre Concord ■ Young Rembrandts

Jan 13-Feb 10	F	3-4 p.m.	\$103 R/\$108 NR#103035
Feb 17-Mar 17	F	3-4 p.m.	\$103 R/\$108 NR#103036
Mar 24-Apr 21	F	3-4 p.m.	\$103 R/\$108 NR#103037

NEW Art for Kids

This is an introductory class teaching the fundamentals of drawing shapes, such as animals, flowers, cars etc., and creating shadows for a 3D effect. Students will use simple and fun mediums such as color pencils and water colors. All to none artistic levels are welcome. Professor Nakatani will teach the simple tricks to create magical works of art. The supply list will be provided at the first class meeting.

Age: 8+ ■ Senior Center ■ Ann Nakatani

Jan 7-Feb 25	Sa	9:30-10:30 a.m.	\$78 R/\$83 NR #102551
Mar 4-Apr 29	Sa	10-11 a.m.	\$88 R/\$93 NR #102552

DANCE, MUSIC AND PERFORMING ARTS

Beginning Ballet 2

Ballet 2 will concentrate on the dancer's ability to connect steps and create fluidity in their movement. The instructor has more than 20 years of dance experience. Appropriate attire: ballet shoes, tights, and leotards. No class February 18, April 1 and 8.

Age: 6-8 ■ Baldwin Park Dance Studio ■ Luana Avalos

Jan 21-Mar 4	Sa	10:15-11 a.m.	\$72 R/\$77 NR #102623
Mar 11-Apr 29	Sa	10:15-11 a.m.	\$72 R/\$77 NR #102624

Songs of a Princess

Put on your Princess best and unlock the magic! Join us for singing, dancing and friendships. Students will improve their voices while singing songs of timeless animated fairytales. During each class students will enjoy a princess tea party complete with pixie snacks.



Age: 7-12 ■ Village Center for the Arts ■ Village Music

Jan 7-28	Sa	10:30-11:20 a.m.	\$78 R/\$83 NR #103043
Feb 4-25	Sa	10:30-11:20 a.m.	\$78 R/\$83 NR #103044
Mar 4-25	Sa	10:30-11:20 a.m.	\$78 R/\$83 NR #103045
Apr 1-29	Sa	10:30-11:20 a.m.	\$97 R/\$102 NR #103046

ENRICHMENT

NEW Spanish Immersion-Youth

Your child will learn Spanish in a hands-on interactive and stimulating environment. Students will develop the Spanish language in social settings, in addition to having fun learning everyday conversation and Spanish grammar with activity pages, Bingo games, role play and many more enriching activities. A \$10 materials fee is payable to the instructor the first day of class. No class April 4.

Age: 6-12 ■ Centre Concord ■ Miriam Lattanzi

Jan 10-Feb 7	Tu	5:30-6:30 p.m.	\$78 R/\$83 NR #103083
Feb 14-Mar 14	Tu	5:30-6:30 p.m.	\$78 R/\$83 NR #103084
Mar 21-Apr 25	Tu	5:30-6:30 p.m.	\$78 R/\$83 NR #103085

NEW Mommy/Daddy/Guardian and Me Cookie Decorating

Each attendee will have 8 cookies to decorate and will be supplied with instruction, royal icing and various decorations. Valentine themed cookies will be provided.

Age: 5+ ■ Senior Center ■ Thelma Howland

Feb 4	Sa	1:30-3:30 p.m.	\$48 R/\$53 NR #102471
			\$28 Additional Children
Feb 11	Sa	1:30-3:30 p.m.	\$48 R/\$53 NR #102472
			\$28 Additional Children

NEW Easter Cupcakes

Help out the Easter Bunny this year and create spectacular cupcakes for your Easter celebration. You will decorate cupcakes to take home. All supplies are included and a variety of cupcakes.

Age: 10+ ■ Senior Center ■ Thelma Howland

Mar 18	Sa	1:30-3:30 p.m.	\$35 R/\$40 NR #102479
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HEALTH AND FITNESS

K.O. Taekwondo

This is a traditional style Taekwondo that helps focus on core values and is good for all ages and abilities. Emphasis is on learning useful self-defense techniques, increased flexibility and stamina, improving overall muscle tone, and a great cardiovascular workout. Available in 2-day or 3-day per week option. An additional cost of \$35 for uniform is required and can be purchased on the first day, payable to instructor. 50% discount for family members that sign up together.

Age: 6-13 ■ Baldwin Park Dance Studio ■ Kevin Oliver

Jan 11-27	W, F	6-7 p.m.	\$46 R/\$51 NR #102664
Feb 1-24	W, F	6-7 p.m.	\$57 R/\$62 NR #102665
Mar 1-24	W, F	6-7 p.m.	\$57 R/\$62 NR #102666
Apr 5-28	W, F	6-7 p.m.	\$57 R/\$62 NR #102667
Jan 11-28	W, F, Sa	6-7 p.m.	\$57 R/\$62 NR #102668
Feb 1-25	W, F, Sa	6-7 p.m.	\$75 R/\$80 NR #102669
Mar 1-25	W, F, Sa	6-7 p.m.	\$75 R/\$80 NR #102670
Apr 5-29	W, F, Sa	6-7 p.m.	\$75 R/\$80 NR #102671

YOUTH SPORTS

Tennis-Junior Development Program

For juniors ages 5-17, this program is for the new or improving players. The program emphasizes proper fundamentals, good sportsmanship, and proper tennis etiquette.

Age: 5-17 ■ Willow Pass Park ■ Calvin McCullough
Jan 10-Feb 16 Tu, Th \$208 R/\$213 NR #102534

Tennis-Junior Excellence Program

For juniors ages 7-17, this program is for beginning tournament level players and junior varsity high school players. The program emphasizes ball control, court position, and fitness.

Age: 7-17
Jan 10-Feb 16 Tu, Th 5:30-7 p.m. \$248 R/\$253 NR#102536

Tennis-Junior Elite Program

For those players who are totally committed and are currently or want to compete in open level tournaments or play at the high school level.

Call 925-671-3074 for details

Make Me a Pro Flag Football

Students will learn the rules, skills, positions, and strategies of flag football. This will be done through fun drills, games and team play in this no-tackle sport. Please join us and bring friends-we will have a ball!

Age: 8-12 ■ Baldwin Park Field ■ Make Me A Pro Sports
Jan 25-Mar 1 W 4-4:45 p.m. \$117 R/\$122 NR#103060
Mar 8-Apr 26 W 4-4:45 p.m. \$156 R/\$161 NR#103062

Make Me A Pro Soccer

Learn the basic skills of soccer through fun games and drills. Bring your friends and learn the techniques of kicking and dribbling. Come join us and have a ball!

Age: 5-7 ■ Baldwin Park Field ■ Make Me A Pro Sports
Jan 27-Mar 3 F 4:15-5 p.m. \$117 R/\$122 NR#103063
Mar 10-Apr 28 F 4:15-5 p.m. \$156 R/\$161 NR#103064

Age: 8-12 ■ Baldwin Park Fields ■ Make Me A Pro Sports
Jan 27-Mar 3 F 5-5:45 p.m. \$117 R/\$122 NR#103065
Mar 10-Apr 28 F 5-5:45 p.m. \$156 R/\$161 NR#103066

Make Me A Pro Soccer Magic

Learn shooting, passing, dribbling and some soccer MAGIC techniques and moves from our well trained coaches. With fun drills and activities, each class concludes with game play. Come join us and have a ball!

Age: 6-12 ■ Baldwin Park Field ■ Make Me A Pro Sports
Jan 23-Mar 6 M 4-4:45 p.m. \$117 R/\$122 NR#103069
Mar 13-May 1 M 4:45-5:30 p.m. \$156 R/\$161 NR#103070
Jan 24-Feb 28 Tu 4-4:45 p.m. \$117 R/\$122 NR#103067
Mar 7-Apr 25 Tu 4:45-5:30 p.m. \$156 R/\$161 NR#103068

Make Me A Pro Basketball

Make Me a Pro Basketball is a great class taught by enthusiastic coaches who will teach techniques of shooting, dribbling and passing from the triple threat position. Each day is concluded with game play. Make Me a Pro Basketball is a fun and educational way to learn about this great team sport and become a great player. No class February 20.

Age: 5-12 ■ Baldwin Park Basketball Court ■ Make Me a Pro Sports
Jan 23-Mar 6 M 2:35-3:35 p.m. \$117 R/\$122 NR #103086
Mar 13-May 1 M 2:35-3:35 p.m. \$156 R/\$161 NR #103087
Jan 24-Feb 28 Tu 2:35-3:35 p.m. \$117 R/\$122 NR #103088
Mar 7-Apr 25 Tu 2:35-3:35 p.m. \$156 R/\$161 NR #103089

One On One Basketball

Become a better basketball player through drills, contests, and game competition. You and your friends can join us and learn from skilled and experienced basketball instructors.

Age: 7-14 ■ Baldwin Park Basketball Courts ■ One on One Basketball
Jan 14-Mar 4 Sa 11 a.m.-12 p.m. \$110 R/\$115 NR #103058
Mar 11-Apr 29 Sa 11 a.m.-12 p.m. \$110 R/\$115 NR #103059

Skyhawks Hoopsters Basketball

This fun-filled program was designed to give youth athletes the skills, passion, and confidence necessary to take the next step into basketball. Participants learn the fundamentals of dribbling, passing, shooting, rebounding, and defense, in addition to the rules, strategies, and play-calls of the game. Our age-appropriate drills and games teach young athletes skill development in addition to vital life lessons including leadership, teamwork, and sportsmanship.

Age: 4-6 ■ Concord Community Park ■ Skyhawks Sports Academy
Jan 19-Mar 16 Th 2:30-3:15 p.m. \$132 R/\$137 NR #102852

Skyhawks All-Girls Multi-Sport

No boys allowed!!! We combine soccer, softball, and volleyball into one fun-filled week, allowing young female athletes to discover and develop a passion for a variety of sports in one setting. Participants will learn the essential rules, strategies and skills of each sport, along with vital life lessons such as teamwork and sportsmanship. The program is instructed by Skyhawks' highly trained local female coaches.

Age: 6-11 ■ Concord Community Park ■ Skyhawks Sports Academy
Jan 19-Mar 16 Th 3:30-4:30 p.m. \$152 R/\$157 NR #102833

Skyhawks Pre-School Academy Multi Sport

Provides a fun, safe and positive environment where future athletes can take their first step towards an active and healthy lifestyle. Using our progression curriculum and modified equipment, participants learn athletic fundamentals and social skills through a series of fast-paced games and activities. Sports include Soccer, Baseball, Basketball, and Track & Field. All participants receive a Skyhawks T-Shirt and Merit Award

Age: 3-5 ■ Concord Community Park ■ Skyhawks Sports Academy
Jan 19-Mar 16 Th 1:30-2:15 p.m. \$132 R/\$137 NR #102858

R = Concord Resident NR = Concord Non-Resident

Kidz Love Soccer - Soccer 1 Technique & Teamwork

This class is perfect for first time players while being fun and engaging for kids with some experience. Fun skill games are played at every session, and every participant will have a ball at his or her feet. Small-sided soccer matches will be introduced gradually. Each participant receives a soccer jersey! Shin guards are required after the first meeting.

Age: 5-6 ■ Newhall Park ■ Kidz Love Soccer

Jan 23-Mar 13	M	3:45-4:30 p.m.	\$95 R/\$100 NR #102818
Jan 28-Mar 18	Sa	11:15 a.m.-12 p.m.	\$105 R/\$110 NR#102820
Apr 10-Jun 12	M	3:45-4:30 p.m.	\$115 R/\$120 NR#102821
Apr 22-Jun 24	Sa	11:15 a.m.-12 p.m.	\$115 R/\$120 NR#102823

Age: 5-6 ■ Concord Community Park ■ Kidz Love Soccer

Jan 26-Mar 16	Th	4:20-5:05 p.m.	\$105 R/\$110 NR#102819
Apr 13-Jun 8	Th	4:20-5:05 p.m.	\$115 R/\$120 NR#102822

Kidz Love Soccer 2 - Skillz & Scrimmages

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

Age: 7-10 ■ Newhall Park ■ Kidz Love Soccer

Jan 23-Mar 13	M	4:30-5:15 p.m.	\$95 R/\$100 NR #102808
Apr 10-Jun 12	M	4:30-5:15 p.m.	\$115 R/\$118 NR#102809

Help enhance the life of an underprivileged child, join Friends of Camp Concord TODAY!



For membership information, please call the Camp Concord Office at 925.671.3006 or download additional information from our web page at www.friendsofcamp.com



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Spring:	Noon - 8 p.m.	10 a.m. - 6 p.m.
Summer:	Noon - 9 p.m.	10 a.m. - 6 p.m.

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(925) 825-7526 (SLAM)



Registration Dates:

Online registration
is now open at
www.joblconcord.com

In-person registration:
January 7, 9-11 a.m.

Babe Ruth/Cal Ripken Junior Optimist Baseball/Softball League

Est. 1963

Recreational and Full-time Travel play opportunities for Girls & Boys age 4-14
All regular league games are played on our own fields at the JOBL Complex

Located off Laura Alice Way
near Arnold Industrial Way and Hwy. 4.

Visit www.joblconcord.com
for online registration

After School Enrichment Classes At MDUSD Elementary Schools

Find Classes Offered at Your Child's School and Register at
www.ConcordReg.org

**** No classes on January 16, February 13 & 20, March 6 & 31, April 3 - 7, and May 29**

Classes begin
in January

- ◆ Highlands
- ◆ Mt. Diablo
- ◆ Silverwood
- ◆ Monte Gardens
- ◆ Mountain View
- ◆ Westwood

For 1st—5th Graders



The City of Concord Parks & Recreation Department in cooperation with the Mt. Diablo Unified School District is offering After School Enrichment classes at select elementary schools in Concord. A wide variety of fun and exciting recreation classes are offered which improves your child's self-esteem, builds cognitive skills, increases fine and gross motor abilities, and improves social skills. Your child will be encouraged with lifelong learning and higher school performances.



Chess Wizards

Chess Wizards' interactive classes make learning fun for new and seasoned students alike. Join us for tons of challenging chess lessons and exciting games. You'll improve your chess skills, meet new friends, and work out your most powerful muscle – your brain!

K.O. Taekwondo

This is a traditional style Taekwondo that helps focus on core values and is good for all ages and abilities. Emphasis is on self-defense techniques, increased flexibility and stamina, improving overall muscle tone, and a great cardiovascular workout. Optional uniforms are available at cost, payable to instructor. 50% discount for family members that sign up together.



After School Enrichment Classes At MDUSD Elementary Schools

For 1st–5th Graders

CONTINUED

Little Veterinarian School

Students are encouraged to explore the exciting world of Veterinarians. Using interactive and engaging demonstrations in a fun way. They will enjoy dressing up as veterinarians and learn through crafts and games.

Kids learn how to take care of a pet and use instrument that real veterinarians use. At the end of the session each child receives a fully functional stethoscope and a diploma. \$20 materials fee due to instructor at first class.



NEW! Introduction to Speech Writing

Learn the beginning building blocks of public speaking. Starting with being ready, practiced and focused, students learn the importance of body language and variation in their voices. Within the fun milieu of show and tell, storytelling and poetry recitals, the goal is for your child to start developing more confidence and skill in expressing themselves to a group.



Gymnastics

Develop strength, flexibility, agility, and confidence while having fun in a non-competitive environment. Beginning and intermediate gymnastics and tumbling skills are taught. Learn the basics of all gymnastic events including vaulting skills, bar and balance beam. Strength and flexibility exercises with fun and challenging games are included. Mats and gymnastic equipment provided.

Peer Piano/Keyboard

What a great way to introduce piano/keyboard to your child, in a fun, supportive environment! Learn the basics while being introduced to a new song every class. Students participate and learn together while composing, rehearsing, and performing their music. In the end, students will complete a music book and celebrate what they have learned. \$10 materials fee for a music book is payable to the instructor the first class.

NEW! Debate & Public Speaking

Is your child a politician or just needs to prepare for competitive debate or Speech Teams of their schools? This excellent course builds upon the presentation and foundational debate skills. In a combo course of Advanced Public Speaking and Speech Writing and Debates, students learn to write a well-structured and engaging speech along with different styles: narrative, descriptive, cause and effect, compare and contrast, process analysis, and persuasive. In debate, students will argue on a variety of their age appropriate topics in various formats.

Make Me A Pro Basketball

Learn techniques of shooting, dribbling, and passing from the triple threat position. Each day concludes with game play and an NBA tournament series! Make Me A Pro Sports Basketball is a fun and educational way for kids to participate in a safe environment and receive great coaching. A 10-1 ratio is maintained at all times during this amazing camp. Bring your friends as you won't want to miss out.



DANCE, MUSIC AND PERFORMING ARTS

Guitar Beginning

From the Beatles to Taylor Swift, did you know that most popular songs consist of only three or four basic chords? In just a few weeks, this fun and easy class teaches the chord progressions necessary to quickly learn to play your favorite songs. No prior experience needed, even Bass players welcome! Instructor has a Master's degree in Music Education and 20+ years of teaching experience. Bring guitar (any kind). A \$5 materials fee is payable to the instructor for CD and handouts. No class January 16, February 20, April 3.

Age: 12+ ■ Centre Concord ■ Ted Crowley

Jan 9-Mar 6	M	7:45-8:30 p.m.	\$108 R/\$113 NR#102636
Mar 13-May 1	M	7:45-8:30 p.m.	\$108 R/\$113 NR#102637

Beginning Keyboard/Piano

Using Alfred's Chord Approach as a textbook, you will learn the basic keyboard skills needed to play thousands of simple popular songs. Learn how to read both bass and treble clef, playing both chords and melodies. Bring keyboard. \$10 materials fee is payable to instructor. No class January 16, February 20, April 3.

Age: 12+ ■ Centre Concord ■ Ted Crowley

Jan 9-Mar 6	M	7-7:45 p.m.	\$108 R/\$113 NR#102625
Mar 13-May 1	M	7-7:45 p.m.	\$108 R/\$113 NR#102626

NEW Village Music School Performance Master Class

Students discover how to find their individual style and sound via the craft of singing. We explore various styles including Pop, R&B, Folk and Musical Theater. Activities include individual solos, duos, ensemble numbers in addition to the ability to audition and perform with joy and confidence. Exercises include breathing, phonetics, vocal eases, theater games, movement, and monologue coaching.

Age: 12-15 ■ Village Center for the Arts ■ Village Music

Jan 2-30	M	7-8 p.m.	\$137 R/\$142 NR#103038
Feb 6-27	M	7-8 p.m.	\$111 R/\$116 NR#103039
Mar 6-27	M	7-8 p.m.	\$111 R/\$116 NR#103040
Apr 3-24	M	7-8 p.m.	\$111 R/\$116 NR#103041

HEALTH AND FITNESS

Dan Zan Ryu Jujitsu

Studied by many for self-betterment, Dan Zan Ryu Jujitsu builds your self-confidence, betters your coordination and teaches you self-defense applications. Wear comfortable attire, preferably a Judogi, but gym clothing works as well. An equipment fee of \$40 is payable to the instructor which includes a uniform and belts (optional the first month). No class January 16 and February 20.

Age: 13+ ■ Willow Pass Community Center ■ Thomas Jelen

Jan 4-25	W, M	5-6 p.m.	\$43 R/\$48 NR #103050
Feb 3-29	W, M	5-6 p.m.	\$43 R/\$48 NR #103051
Mar 7-29	W, M	5-6 p.m.	\$43 R/\$48 NR #103052

ENRICHMENT

NEW Cookie 101

Learn to decorate cookies with royal icing for beginners. You will learn the basics of icing consistencies, outlining, flooding, wet-on-wet, wet-on-dry and marbling techniques. Students will have time to decorate cookies and take home their tasty delights. Instructor will demonstrate and assist students each step of the way. A \$7 materials fee is payable to the instructor.

Age: 16+ ■ Senior Center ■ Thelma Howland

Jan 14	Sa	1:30-3:30 p.m.	\$33 R/\$38 NR #102470
Jan 28	Sa	1:30-3:30 p.m.	\$33 R/\$38 NR #102474
Mar 6	M	6:30-8:30 p.m.	\$33 R/\$38 NR #102475
Mar 13	M	6:30-8:30 p.m.	\$33 R/\$38 NR #102476

SPECIAL INTEREST

Online Driver's Ed for Teens

DMV allows teens to receive their Learner's Permit at age 15½ and a license at age 16. This class is the FIRST, required step that must be completed. This is an online course with videos, animated driving scenarios and sample test questions. Learn the rules of the road, major causes of traffic collisions, DMV procedures and much more. A licensed instructor is available to answer any questions. Receive DMV-approved Certificate of Completion. Sign up any time. Registration is ongoing.

Age: 15+ ■ On-Line ■ LLC Safety Driver's Ed

January	\$43 R/\$48 NR #102677
February	\$43 R/\$48 NR #102678
March	\$43 R/\$48 NR #102679
April	\$43 R/\$48 NR #102680

SPRING BREAK CAMP



Teen Babysitter

Do you want to earn money babysitting, and learn how to keep kids safe? This two-day course includes earning a CPR card in Infant/Child/Adult CPR from The American Heart Association. Learn first aid skills, baby and child care, safe play, appropriate discipline and more. \$25 materials fee due in CASH on first day. Items provided: AHA CPR certification, CPR manual, Babysitter manual, Certificate of Completion, and CPR barrier device

Age: 12-17 ■ Centre Concord ■ The HealthSource at Kidsake

Apr 5-6	W-Th	10:30 a.m.-3:30 p.m.	\$89 R/\$94 NR #102695
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ARTS AND CRAFTS

Mixed Media Art: European Style Sketching

Create classical-style black and white and color drawings from life, step-by-step. Students will learn 'Old Masters' drawing techniques such as proportion measuring, color mixing and shading, combining diverse media such as graphite, charcoal and watercolor pencils and pastels. Class is suited for beginners as well as advanced students, and the instructor will individualize assignments according to students' abilities. No experience needed.

Age: 16+ ■ Senior Center ■ Tatyana Yurkhova

Jan 5-Feb 23	Th	10 a.m.-12 p.m.	\$63 R/\$68 NR #102460
Mar 2-Apr 27	Th	10 a.m.-12 p.m.	\$70 R/\$75 NR #102461

NEW Panoramic Sugar Egg

Peek inside these beautiful Sugar Eggs and you will be amazed by the intricate details: scenes of bunnies, chicks, ducks and flowers. Your instructor will show you how to make these 'one of a kind' eggs. You will decorate ready-made eggs for you to enjoy for years to come. This is a great class for the price of one. Additional Eggs \$7.

Age: 18+ ■ Senior Center ■ Thelma Howland

Mar 19	Su	1:30-3:30 p.m.	\$48 R/\$53 NR #102478
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DANCE AND MUSIC



Hula Workout-Beginners

Workout while learning basic hand and foot movement from traditional to modern Hawaiian music while toning and increasing flexibility to your body. Wear comfortable clothing, bring water. Sarong or Pa'u skirt (optional).

All Ages ■ Baldwin Park Dance Studio ■ Rosemarie Ramos

Jan 5-Feb 23	Th	6-6:30 p.m.	\$27 R/\$32 NR #102505
Mar 2-Apr 27	Th	6-6:30 p.m.	\$27 R/\$32 NR #102506

Hula-Pu'uwai (HEART)

Bring your hula knowledge and learn a choreographed hula that you will enjoy. Have a great workout from traditional to modern Hawaiian music and learn some Hawaiian language and songs. Wear comfortable clothing, bring water. Sarong or Pa'u skirt (optional) No class April 6.

All Ages ■ Baldwin Park Dance Studio ■ Rosemarie Ramos

Jan 5-Feb 23	Th	6:30-7:30 p.m.	\$51 R/\$56 NR #102507
Mar 2-Apr 27	Th	6:30-7:30 p.m.	\$51 R/\$56 NR #102508

Intermediate-Tap

This class is for the adult student with previous experience in Tap dance. You will enjoy learning challenging rhythms and fun routines set to great music in a comfortable and welcoming environment. The instructor has been teaching Tap dance for over 20 years at various dance studios in the Bay Area. No class on January 16, February 20, March 20 and 27.

All Ages ■ Baldwin Park Dance Studio ■ Terry Davis

Jan 9-Apr 24	M	5-5:45 p.m.	\$61 R/\$66 NR #102868
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Ballet Fit

Enjoy a ballet inspired, low impact workout to dance routines set to music that encourages fun and artistry. A great way to help lift, tone and lengthen your entire body while improving your posture and flexibility. Focus is on endurance and grace. No class February 20 and April 3.

Age: 18+ ■ Baldwin Park Dance Studio ■ Luana Avalos

Jan 23-Mar 6	M	6:30-7:30 p.m.	\$54 R/\$59 NR #102619
Mar 13-Apr 24	M	6:30-7:30 p.m.	\$54 R/\$59 NR #102620

Ukulele 1-Beginners

Join us and gain the basic understanding of the ukulele. Soon you'll be playing chords and strumming your favorite melodies from Jambalaya to Sweet Leilani. You will be making sweet music in no time. Bring your ukulele, a tuner, and a folder for music sheets. Open to children 10+ older, must be accompanied by parent. No class January 16 and February 20.

Age: 18+ ■ Senior Center ■ Nola-Joy Boyd

Jan 9-Feb 27	M	5-6 p.m.	\$33 R/\$38 NR #102497
Mar 6-Apr 17	M	5-6 p.m.	\$38 R/\$43 NR #102498

Ukulele Advanced-Kanikapila

Join this easy going class with other advanced ukulele players! Formerly known as 'Jam' class. It is still the same 'easy going' feeling. Come play, sing and jam with us. Add some music to your life! Come learn and know what 'Ohana' feels like. For the song book, material fee of \$40 is payable to instructor the first day of class. No class January 16 and February 20.

All Ages ■ Senior Center ■ Nola-Joy Boyd

Jan 9-Feb 27	M	6:30-8:30 p.m.	\$33 R/\$38 NR #102499
Mar 6-Apr 17	M	6:30-8:30 p.m.	\$38 R/\$43 NR #102500

Guitar Beginning-Adults

From the Beatles to Taylor Swift, did you know that most popular songs consist of only three or four basic chords? In just a few weeks, this fun and easy class teaches the chord progressions necessary to quickly learn to play your favorite songs. No prior experience needed, even Bass players welcome! With 8 students per class, you get the personal attention you need. Instructor has a Master's degree in Music Education and 20+ years of teaching experience. Bring guitar (any kind). A \$5 materials fee is payable to the instructor for CD and handouts. No class January 16, February 20, April 3.

Age: 12+ ■ Centre Concord ■ Ted Crowley

Jan 9-Mar 6	M	7:45-8:30 p.m.	\$108 R/\$113 NR #102638
Mar 13-May 1	M	7:45-8:30 p.m.	\$108 R/\$113 NR #102639

Beginning Keyboard/Piano-Adult

Using Alfred's Chord Approach as a textbook, you will learn the basic keyboard skills needed to play thousands of simple popular songs. Learn how to read both bass and treble clef, playing both chords and melodies. Bring keyboard. \$10 materials fee is payable to instructor. No class January 16, February 20, April 3.

Age: 12+ ■ Centre Concord ■ Ted Crowley

Jan 9-Mar 6 M 7-7:45 p.m. \$108 R/\$113 NR#102627

Mar 13-May 1 M 7-7:45 p.m. \$108 R/\$113 NR#102628

Intro to Filipino Banduria

Discover the passion of Filipino Rondalla. Learn to play traditional and contemporary Filipino and American music using the 14-stringed banduria, the Filipino version of the Spanish mandolin. Learning is easy using simple Do-Re-Mi notation. Celebration recital at session's end for family and friends. Bring own instrument or one can be rented from instructor. No class April 6.

Age: 18+ ■ Centre Concord ■ Rhu Bigay

Mar 2-Apr 27 Th 7-8 p.m. \$84 R/\$89 NR #103042

HEALTH AND FITNESS



Jazzercise Lite

Come dance with us! You'll have fun dancing using your whole body without hopping to current music. You'll love how this dance-based aerobic and strength building workout boosts your mood and increases your energy, metabolism, balance and flexibility. Irene Larson has been a certified Jazzercise Instructor for 37 years. Hand weights optional. No Class January 16 and February 20.

All Ages ■ Senior Center ■ Irene Larson

Jan 9-30 M 5:45-6:45 p.m. \$21 R/\$26 NR #102487

Jan 4-25 W 5:45-6:45 p.m. \$27 R/\$32 NR #102488

Feb 6-27 M 5:45-6:45 p.m. \$21 R/\$26 NR #102489

Feb 1-22 W 5:45-6:45 p.m. \$27 R/\$32 NR #102490

Mar 6-27 M 5:45-6:45 p.m. \$27 R/\$32 NR #102491

Mar 1-29 W 5:45-6:45 p.m. \$33 R/\$38 NR #102492

Apr 3-24 M 5:45-6:45 p.m. \$27 R/\$32 NR #102493

Apr 5-26 W 5:45-6:45 p.m. \$27 R/\$32 NR #102494

Jan 9-Feb 27 M 5:45-6:45 p.m. \$39 R/\$44 NR #102539

Jan 4-Feb 22 W 5:45-6:45 p.m. \$51 R/\$56 NR #102540

Mar 6-Apr 24 M 5:45-6:45 p.m. \$51 R/\$56 NR #102549

Mar 1-Apr 26 W 5:45-6:45 p.m. \$57 R/\$62 NR #102550

Jazzercise Lite at Willow Pass

Get real results with a powerfully fun, effective workout that will lift your spirits and strengthen your heart, muscles, and core. Each class, led by a Certified Jazzercise Instructor of 37 years, includes warm-up, low impact aerobics, strength training and stretching. Bring a mat for toning. Hand weights are optional. Students can attend one to three times a week. No class January 16 and February 20.

Age: 18+ ■ Willow Pass Community Center ■ Irene Larson

Jan 4-30 M, W, F 9:30-10:30 a.m. \$47 R/\$52 NR #103098

Feb 1-27 M, W, F 9:30-10:30 a.m. \$47 R/\$52 NR #103099

Mar 1-31 M, W, F 9:30-10:30 a.m. \$59 R/\$64 NR #103100

Apr 3-28 M, W, F 9:30-10:30 a.m. \$51 R/\$56 NR #103101



Jazzercise Class

Torch fat, sculpt lean muscle and crush calories with this high intensity workout that mixes dance-based cardio with strength training. Fresh music and moves will ignite your energy and bring the intensity to transform your body, #thenewJazzercise features Dance Mixx, Interval, Fusion, Core, Strike, and Strength. Please bring a mat and hand weights. No class January 2, 16, February 20, March 2 and April 1-8.

Age: 18+ ■ Centre Concord ■ Teri Crippen

Jan 9-30 M 5:15-6:15 p.m. \$21 R/\$26 NR #102648

Feb 6-27 M 5:15-6:15 p.m. \$21 R/\$26 NR #102649

Mar 6-27 M 5:15-6:15 p.m. \$27 R/\$32 NR #102650

Apr 10-24 M 5:15-6:15 p.m. \$21 R/\$26 NR #102651

Jan 5-26 Th 5:15-6:15 p.m. \$27 R/\$32 NR #102652

Feb 2-23 Th 5:15-6:16 p.m. \$27 R/\$32 NR #102653

Mar 9-30 Th 5:15-6:15 p.m. \$27 R/\$32 NR #102654

Apr 13-27 Th 5:15-6:15 p.m. \$21 R/\$26 NR #102655

Jan 7-28 Sa 8:30-9:30 a.m. \$27 R/\$32 NR #102860

Feb 4-25 Sa 8:30-9:30 a.m. \$27 R/\$32 NR #102861

Mar 4-25 Sa 8:30-9:30 a.m. \$27 R/\$32 NR #102862

Apr 15-29 Sa 8:30-9:30 a.m. \$21 R/\$26 NR #102863

Jan 5-30 M, Th 5:15-6:15 p.m. \$69 R/\$74 NR #102864
and Sa 8:30-9:30 a.m.

Feb 2-27 M, Th 5:15-6:15 p.m. \$69 R/\$74 NR #102865
and Sa 8:30-9:30 a.m.

Mar 4-30 M, Th 5:15-6:15 p.m. \$75 R/\$80 NR #102866
and Sa 8:30-9:30 a.m.

Apr 10-29 M, Th 5:15-6:15 p.m. \$57 R/\$62 NR #102867
and Sa 8:30-9:30 a.m.

K.O. Taekwondo-Adults

This Traditional Style Taekwondo class helps focus on core values and is good for all ages and abilities. Emphasis is on learning useful self-defense techniques, increased flexibility and stamina, improving overall muscle tone, and also a great cardiovascular workout. Classes are available 2 day and 3 days a week option. An additional cost of \$35 for uniform is required and can be purchased on the first class. 50% discount for family members that sign up together.



Age: 13+ ■ Baldwin Park Dance Studio ■ Kevin Oliver

Jan 4-27	W, F	7-8 p.m.	\$65 R/\$70 NR #102656
Feb 1-24	W, F	7-8 p.m.	\$65 R/\$70 NR #102657
Mar 1-31	W, F	7-8 p.m.	\$79 R/\$84 NR #102658
Apr 5-28	W, F	7-8 p.m.	\$65 R/\$70 NR #102659
Jan 4-28	W, F and Sa	7-8 p.m. 12-1 p.m.	\$83 R/\$88 NR #102660
Feb 1-25	W, F, Sa and Sa	7-8 p.m. 12-1 p.m.	\$83 R/\$88 NR #102661
Mar 1-25	W, F, Sa and Sa	7-8 p.m. 12-1 p.m.	\$96 R/\$101 NR #102662
Apr 5-29	W, F, Sa and Sa	7-8 p.m. 12-1 p.m.	\$83 R/\$88 NR #102663

Dan Zan Ryu Jujitsu-Adults

Jujitsu has been studied by college students and young adults for years. Whether it's Hawaii to the Midwest, many people find it rewarding to learn jujitsu. Whether it's making new friends, learning self-defense techniques or gaining confidence, many young adults have found fun learning martial arts. An equipment fee of \$40 is payable to the instructor which includes a uniform and belts (optional the first month). No class January 16 and February 20.

Age: 18+ ■ Willow Pass Community Center ■ Thomas Jelen

Jan 4-30	W, M	6-7 p.m.	\$53 R/\$58 NR #103053
Feb 1-27	W, M	6-7 p.m.	\$53 R/\$58 NR #103054
Mar 1-29	W, M	6-7 p.m.	\$53 R/\$58 NR #103055

Meditation 1 for Health and Well-Being

Quiet your thoughts and tune into a higher state of consciousness. Meditation promotes inner peace and well-being, leading to inspiration, self-knowledge, health, and a deeper spiritual connection. Instructor, Mary Bruns, has practiced and taught meditation for over 30 years. Optional CD \$10.

Age: 18+ ■ Centre Concord ■ Mary Bruns

Jan 12-Feb 9	Th	7-8:45 p.m.	\$63 R/\$68 NR #102675
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Meditation 2 Continuing the Journey

In Meditation 2, we deepen our connection to the Higher Mind to fine-tune our practice, reduce stress, enhance personal growth, and experience transformation. Through class discussion and handouts, you will better understand dream/meditation images and your unique developmental path. A \$5 materials fee is payable to the instructor for handouts. Optional CD \$10.

Age: 18+ ■ Centre Concord ■ Mary Bruns

Feb 23-Mar 23	Th	7-8:45 p.m.	\$63 R/\$68 NR #102676
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Meditation 3 Ongoing Meditation

In Meditation 3, we apply what we have learned to improve our response to current life experiences, healing the negative impact of the past, learning to communicate at a higher level, and becoming an instrument of peace and wisdom. Offered in three 5-week sessions per Activity Guide. Pre-requisite: Meditation 1 and 2.

Age: 18+ ■ Centre Concord ■ Mary Bruns

Jan 11-Feb 8	W	7-8:45 p.m.	\$63 R/\$68 NR #103024
Feb 22-Mar 22	W	7-8:45 p.m.	\$63 R/\$68 NR #103025
Mar 29-Apr 26	W	7-8:45 p.m.	\$63 R/\$68 NR #103026

Beginning-Sun Style Tai Chi for Health

Sun Style is a very gentle, healing and energizing form of Tai Chi that contains powerful Qi gong and agile stepping. Practicing Sun Style Tai Chi strengthens muscles, improves balance, flexibility, hypertension, cardiovascular health and lowers stress by promoting relaxation. This ongoing class covers beginning twelve movements of Sun Style, along with Qi gong to strengthen immunity and Tai Chi Ruler to open energy channels. Suitable for all ages. Instructor Robin Malby has studied/taught since 1999, holds multiple certifications and is a Master Trainer for Dr. Lam and the Tai Chi for Health Institute. No class March 23.

All Ages ■ Senior Center ■ Robin Malby

Jan 12-Apr 13	Th	4:55-5:55 p.m.	\$85 R/\$90 NR #102485
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Tai Chi Yang 24 with Tai Chi Ruler and Qigong

Learn the movements of one of the most popular sets of Tai Chi, the Yang Style 24 Forms. This ongoing class includes short sets of Qigong and Tai Chi Ruler exercises to build energy and immunity. Tai Chi strengthens muscles, improves balance, flexibility, cardiovascular health and lowers stress by promoting relaxation. Focus on refinement, learning new forms and depth layers. Instructor Robin Malby has studied/taught since 1999, holds multiple Qigong and Tai Chi certifications and is a Master Trainer for Dr. Paul Lam and the Tai Chi for Health Institute. No class March 23.

All Ages ■ Senior Center ■ Robin Malby

Jan 12-Apr 20	Th	6-7:15 p.m.	\$91 R/\$96 NR #102486
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Qigong-For Balanced Health and Tai Chi Ruler

Qigong is a gentle movement practice that promotes relaxation, strengthens muscles, balance and flexibility while increasing energy flow. Explore sets created by respected Qi gong healers, along with one of the oldest forms: the Five Animal frolics. Further enhance the body's healing and energy channels and unwind tension by exploring Tai Chi Ruler: movement using a small stick. Instructor Robin Malby has studied/taught since 1999, holds multiple certifications and is a Master Trainer for Dr. Paul Lam and the Tai Chi for Health Institute. No class March 22 and 29.

All Ages ■ Baldwin Park Dance Studio ■ Robin Malby

Jan 11-Apr 19	W	9:30-10:45 a.m.	\$85 R/\$90 NR #102484
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Tai Chi Gong

Designed to help you relieve stress, increase flexibility, improve balance, strengthen and tone muscles and quiet the mind. Through gentle movements and meditative breathing, the natural healing rhythms of the body are reestablished. These ancient Chinese traditions offer personal insight and practical tools for change. No class April 4.

Age: 18+ ■ Centre Concord ■ Amy Erez

Jan 3–Feb 21 Tu 6–7:15 p.m. \$93 R/\$98 NR #102720

Feb 28–Apr 25 Tu 6–7:15 p.m. \$93 R/\$98 NR #102721

Multi-Session Discount

Jan 3–Apr 25 Tu 6–7:15 p.m. \$148R/\$153NR #102723

Push Hands-Partner's Exercise

For students who want to go the next step in their Tai Chi practice. Through a wide variety of partners exercises, you will learn how to sense, cultivate and circulate chi. Benefits include developing a strong sense of self, cultivating clear boundaries in relationships, and physical self-defense. Push Hands class does not replace your regular Tai Chi Gong practice. It is intended as an additional element of your practice. No class April 4.

Age: 18+ ■ Centre Concord ■ Amy Erez

Jan 3–Feb 21 Tu 7:15–8 p.m. \$67 R/\$72 NR #102716

Feb 28–Apr 25 Tu 7:15–8 p.m. \$67 R/\$72 NR #102717

Jan 3–Apr 25 Tu 7:15–8 p.m. \$105 R/\$110 NR #102719

Pilates

Engage in a unique set of low impact exercises that strengthen and tone your body's core muscles, improve posture and flexibility, and create a more streamline figure. Pilates increase your inner strength, complementing almost all physical activities and enhancing overall health, posture, performance and physical appearance. Bring a sticky mat. A 3' foam roller is optional. No class March 7 and 9.

Age: 18+ ■ Willow Pass Community Center ■ David Henry

Jan 17–Feb 28 Tu 5:30–6:20 p.m. \$66 R/\$71 NR #103102

Mar 14–Apr 25 Tu 5:30–6:20 p.m. \$66 R/\$71 NR #103103

Jan 19–Mar 2 Th 6:30–7:20 p.m. \$66 R/\$71 NR #103105

Mar 16–Apr 27 Th 6:30–7:20 p.m. \$66 R/\$71 NR #103106

Multi-Session Discount

Jan 17–Apr 25 Tu 5:30–6:20 p.m. \$115R/\$120NR #103104

Jan 19–Apr 27 Th 6:30–7:20 p.m. \$115 R/\$120 NR #103107

Lunchtime Yoga

This class is a flow yoga geared towards relieving pain in the neck and shoulders while strengthening the core. Movements are matched with breath. This class is great for all levels. Yoga mat is required. No class April 5.

Age: 18+ ■ Concord Library ■ Sherry Ellingson

Jan 4–Feb 22 W 12–12:55 p.m. \$93 R/\$98 NR #103137

Mar 1–Apr 26 W 12–12:55 p.m. \$93 R/\$98 NR #103138

Yoga for Lunch

Make the most of your lunch hour with this Yoga for Lunch class. This Hatha Yoga class uses ASANAS (poses) and PRANAYAMA (breathwork) in a fluid physical manner that brings the practitioner into balance which is both relaxing and energizing at the same time! Yoga increases energy and vitality, promoting improved health and well-being. Bring a sticky mat, block and strap. No class February 20 and March 6. Multi-session discount if you sign up for both sessions.

Age: 18+ ■ Concord Library ■ David Henry

Jan 23–Feb 27 M 12:10–1 p.m. \$48 R/\$53 NR #102706

Mar 13–Apr 24 M 12:10–1 p.m. \$66 R/\$71 NR #102707

Multi-Session Discount

Jan 23–Apr 24 M 12:10–1 p.m. \$99 R/\$104 NR #102712

Rejuvenating Yoga

This class uses ASANAS (poses) and breath in a fluid, physical challenging manner that engages the practitioner and brings one into balance. It's energizing and amazingly relaxing. Yoga increases vitality, improves health, state of mind and well-being. Develop flexibility, strength, and freedom. Bring sticky mat, block and strap. No class March 7.

Age: 18+ ■ Willow Pass Community Center ■ David Henry

Jan 17–Feb 28 Tu 6:30–7:20 p.m. \$66 R/\$71 NR #103108

Mar 14–Apr 25 Tu 6:30–7:20 p.m. \$66 R/\$71 NR #103109

Multi-Session Discount

Jan 17–Apr 25 Tu 6:30–7:20 p.m. \$115 R/\$120 NR #103110

Yoga-Beginning

Everyone can practice yoga! You will gain strength and flexibility and leave your stress behind in this Iyengar style class. The benefits are too numerous to list. Bare feet are essential. Bring a sticky mat. No class January 16, February 20, April 3 and 5.

Age: 16+ ■ Willow Pass Community Center ■ Susan Killoran

Jan 9–Feb 27 M 5:30–6:30 p.m. \$45 R/\$50 NR #103111

Mar 6–Apr 24 M 5:30–6:30 p.m. \$52 R/\$57 NR #103112

Jan 4–Feb 22 W 6:10–7:10 p.m. \$59 R/\$64 NR #103113

Mar 1–Apr 26 W 6:10–7:10 p.m. \$59 R/\$64 NR #103114

Yoga-Intermediate

This Iyengar style intermediate class will take you deeper into the poses, as well as introduce the practice of inverted poses bringing together mind and body. Prerequisite: Must have completed at least one year of yoga. No class January 16, February 20 and April 3.

Age: 16+ ■ Willow Pass Community Center ■ Susan Killoran

Jan 9–Feb 27 M 6:35–7:45 p.m. \$45 R/\$50 NR #103115

Mar 6–Apr 24 M 6:35–7:45 p.m. \$52 R/\$57 NR #103116



ZUMBA

We take 'work' out of workout by mixing low-intensity and high-intensity moves for an interval-style, calorie burning dance fitness party. Travel the world with dance movements to salsa, merengue, cumbia, reggaeton, soca, afrobeat, bollywood, and rock-n-roll music and see why Zumba Fitness classes are called exercise in disguise. No class January 14, April 1 and 8.

Age: 16+ ■ Centre Concord ■ Meskerem Teferra

Jan 7-Feb 25 Sa 10-11 a.m. \$38 R/\$43 NR #102724

Mar 4-Apr 29 Sa 10-11 a.m. \$38 R/\$43 NR #102725

Zumba and Tone

We take the 'work' out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba Fitness classes are often called exercise in disguise. It's super effective and super fun. The challenge of adding resistance by using Zumba Toning Sticks (or light weights), helps you focus on specific muscle groups, so you (and your muscles) stay engaged! No class January 16, February 20 and April 17.

Age: 18+ ■ Centre Concord ■ Cynthia Ryan

Jan 9-Feb 27 M 6:30-7:30 p.m. \$38 R/\$43 NR #102726

Mar 6-Apr 24 M 6:30-7:30 p.m. \$38 R/\$43 NR #102727

Age: 18+ ■ Willow Pass Community Center ■ Cynthia Ryan

Jan 4-Feb 22 W 6:15-7:15 p.m. \$43 R/\$48 NR #103117

Mar 8-Apr 26 W 6:15-7:15 p.m. \$43 R/\$48 NR #103118

Zumba Step

Zumba Step is a lower-body workout that combines the fun and energy of Zumba fitness and step aerobics with Latin dance rhythms. It offers a balance of traditional fitness, dance and step aerobics moves to encourage participants to use more energy to lift their body weight against gravity. Steps will be provided! Just bring your gym attire, bottle of water and a small towel. No class April 13.

Age: 18+ ■ Centre Concord ■ Cynthia Ryan

Jan 5-Feb 23 Th 6:30-7:30 p.m. \$43 R/\$48 NR #102730

Mar 9-Apr 27 Th 6:30-7:30 p.m. \$38 R/\$43 NR #102731

R = Concord Resident NR = Concord Non-Resident

Zumba Sentao

A perfect way to get some serious (core) work done, this class tones your entire body. It combines strength and resistance training with innovative dance moves, using a chair as your dance partner. A high intensity workout that focuses on defining muscles while improving overall cardiovascular health and burning major calories in the process. No class February 14.

Age: 18+ ■ Willow Pass Community Center ■ Cynthia Ryan

Jan 10-Feb 28 Tu 6:30-7:30 p.m. \$38 R/\$43 NR #103119

NEW STRONG™ by Zumba

This challenging, high-intensity interval training workout pushes you past your plateaus to help reach fitness goals faster. Use your body weight to gain muscular endurance, tone, and definition with increased afterburn. The music, crafted to drive the intensity in a challenging progression, provides a total body workout resulting in a group fitness experience like no other. No class April 18.

Age: 18+ ■ Willow Pass Community Center ■ Cynthia Ryan

Mar 7-Apr 25 Tu 6:30-7:30 p.m. \$59 R/\$64 NR #103132

SPECIAL INTEREST

NEW Cake Decorating Part 1

In three 3-hour sessions you will learn how to decorate cakes and sweet treats with basic buttercream techniques and six simple stem to pipe flowers that transform ordinary cakes into extraordinary finished products. Your instructor will help you pipe classic buttercream decorating techniques to create modern and traditional cake designs. Additional \$12 supply fee is payable to instructor.

Age: 18+ ■ Senior Center ■ Thelma Howland

Jan 14-28 Sa 10 a.m.-1 p.m. \$48 R/\$53 NR #102469

NEW Cake Decorating Part 2

In two 3-hour sessions you will learn how to create professional looking royal icing flowers and designs. Your instructor will teach you how to make royal icing and then students will learn and practice: roses, rosebuds, pansies and violets and more flowers as time allows. Supply list for session 2 will be provided at 1st session. A \$13 supply fee is payable to instructor.

Age: 18+ ■ Senior Center ■ Thelma Howland

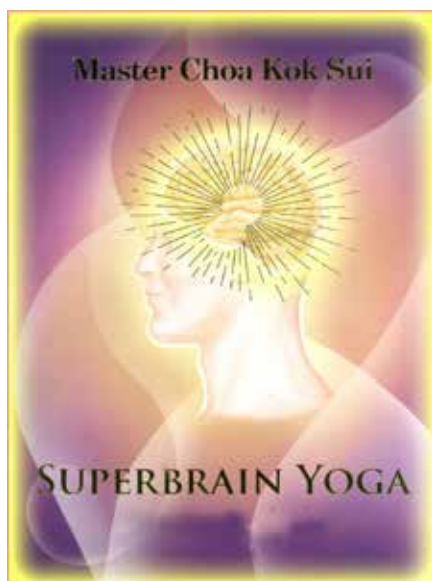
Feb 11-18 Sa 10 a.m.-1 p.m. \$48 R/\$53 NR #102473

NEW Cake Decorating Part 3

Learn how to make your cakes look real fancy by taking this basic fondant class. You will learn how to crumb coat a cake with buttercream, knead fondant to the proper consistency and color it. After some practice your cakes will look like the one at every bakery.

Age: 18+ ■ Senior Center ■ Thelma Howland

Mar 4-18 Sa 10 a.m.-1 p.m. \$53 R/\$58 NR #102477



MCKS Pranic Healing® Introduction: SuperBrain Yoga

Learn MCKS SuperBrain Yoga-simple exercises to increase brain-power: An ancient Indian technique that maximizes the brain's function by activating the body's energy centers to help improve your memory/concentration/focus. These exercises are beneficial for adults and children, and are especially recommended for those with memory loss, autism and ADD/ADHD.

All Ages ■ Senior Center ■ MCKS Pranic Healing®
Jan 28 Sa 10 a.m.-12 p.m. \$8 R/\$13 NR #102526

MCKS Pranic Healing® Introduction: Improve Your Relationships

Are you carrying stress? Resentment? Unhappiness? Learn how the combination of the Twin Hearts Meditation and the healing of the negative calcified thoughts, emotions and attitudes that are stuck in your energetic anatomy (chakras and aura) can improve your relationships and your overall health. Learn about energy and your health.

All Ages ■ Senior Center ■ MCKS Pranic Healing®
Feb 4 Sa 10 a.m.-12 p.m. \$8 R/\$13 NR #102527

MCKS Pranic Healing® Introduction: Twin Hearts Meditation

Will your story become a glowing testimonial of personal healing and positive life transformation? Learn the Twin Meditation-a simple powerful method of accessing Divine Force for self-healing, self-empowerment, spiritual development, and for serving the Planet... and more! Note: A non-denominational meditation works with your chakras to heal.

All Ages ■ Senior Center ■ MCKS Pranic Healing®
Apr 1 Sa 10 a.m.-12 p.m. \$8 R/\$13 NR #102528

R = Concord Resident NR = Concord Non-Resident

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First Tee of Contra Costa

"The mission of The First Tee of Contra Costa is to impact the lives of the young people by providing educational programs that build character, instill life-enhancing values and promote healthy choices through the game of golf."

The First Tee program consists of golf skills, games and challenges, life skills, education, golf etiquette and golf rules. All participants (ages 7 and up) enter the program at our PLAYER level and advance through the levels, PAR, BIRDIE and EAGLE by mastering the skills and concepts presented at each level. Target classes are available to participants ages 5-6.

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Stay up-to-date on Concord Pickleball News and Events!

www.cityofconcord.org (925) 671-3423 sports@cityofconcord.org

Want to know the best day and time to come to the courts to play with people at your skill level?

Then become a member of the Concord, CA Pickleball Enthusiasts Meet-up Group by going to:

<https://www.meetup.com/Concord-CA-Pickleball-Enthusiasts/>

Want to learn about classes, clinics, leagues and tournaments, then go to:

<http://www.teamsideline.com/Concord>





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A to Z Grantwriting

Learn how to research and develop relationships with potential funding sources, organize grantwriting campaigns, and prepare proposals.

Introduction to QuickBooks

Learn how to quickly and efficiently gain control over the financial aspects of your business.

Grammar Refresher

Gain confidence in your ability to produce clean, grammatically correct documents and speeches.

Microsoft Excel

Work faster and more productively with Excel's most powerful tools.

Real Estate Investing

Build and protect your wealth by investing in real estate.

Introduction to Microsoft Access

Store, locate, print, and automate access to all types of information.

Introduction to Microsoft Word

Learn how to create and modify documents with the world's most popular word processor.

Computer Skills for the Workplace

Gain a working knowledge of the computer skills you'll need to succeed in today's job market.

Introduction to PC Troubleshooting

Learn to decipher and solve almost any problem with your PC.

Introduction to PowerPoint

Build impressive slide presentations filled with text, images, video, audio, charts, and more.

Discover Digital Photography

An informative introduction to the fascinating world of digital photography equipment.

**MORE COURSES AVAILABLE
AT OUR ONLINE INSTRUCTION CENTER
www.ed2go.com/concordleisure**

Trip Difficulty Rating System

Our trip Difficulty Rating System ranks each trip from 1 to 3 according to the degree of activity and general travel rigors. For example, 1 is the easiest and 3 indicates the most strenuous. There is a limit of one flat fold walker on van trips rated 1 or 2 and 30 passenger bus trips. Please inform registration staff when registering a participant that uses a walker or wheelchair 2 weeks prior to trip departure. There is a limit of 1 wheelchair for casino motorcoach trips. There is a limit of 1 wheelchair on the 30 passenger bus. Wheelchair users need to be able to propel self in wheelchair and care for self or bring a paid caregiver.

DEFINE FITNESS LEVEL

Fitness level is important to define. Overestimating your physical ability may affect the quality of your experience or impede others. Escorts are not responsible for assisting seniors in walking or access issues.



Level 1 is EASY

Light walk (under 2 blocks). Wheelchair, canes and walker accessible.



Level 2 is MODERATE

Medium walking with stairs/inclines. Long standing periods may apply. NO wheelchairs, canes or walkers.



Level 3 is STRENUOUS

Person should be strong with good cardio. Heavy walking or hiking on uneven terrain, with more than 1 hour standing period. NO wheelchairs, canes or walkers.



San Francisco Fort Point Candlelight Tour

Join one of the Fort Point rangers for a tour in a different light! Along the way, you'll be transported to the momentous era of the 1800s, experiencing first-hand the tales and valiant stories that once graced the halls of an unwavering guardian, watching diligently over the treasured Golden Gate. Due to limited space for this program, reservations are required and are limited to no more than 10 people. We also advise that this program may not be suited for children under the age of 10, people with walker and canes, and for those who cannot walk for more than 4 blocks.

Age: 18+ ■ Concord Senior Center-Van ■ Mary Rae Lehman
Jan 9 M 4:30-9:30 p.m. \$20 #102553



Cache Creek

Deluxe motorcoach transportation is provided to this Brooks, California casino. Receive \$10 bonus play and \$5 food credit or \$20 match play and \$5 food credit. No refunds or cancellations after January 26.

Age: 21+ ■ Senior Center-Motorcoach ■ Kelly Madge
Feb 9 F 9-6 p.m. \$33 #103133
Wheelchair \$33 #103134



Abbacadabra-The Ultimate ABBA Concert

Located in Antioch, El Campanil Theatre invites you to shine up those platform shoes! Be transported back to a simpler time when gas was under \$1.00 per gallon, when music was fun, inspiring and uplifting, and disco was King! Abbacadabra-the Ultimate ABBA concert promises to continue the momentum by performing 20 of the group's greatest hits in full ABBA fashion and flair. You won't be able to sit still in your seats as songs like 'S.O.S.', 'Super Trooper' and 'Dancing Queen' are re-created with such precision. No refunds or cancellations after January 27.

Age: 18+ ■ Concord Senior Center-Bus ■ Mary Rae Lehman
Feb 11 Sa 2-6 p.m. \$43 #102431



San Francisco Premium Outlet & McGrail Vineyards

San Francisco Premium Outlets® is in California's oldest wine region, the Livermore Valley. Visit over 180 iconic brands and designer names while enjoying Northern California's beautiful weather in the state's largest outdoor outlet shopping mall. Shop and lunch on your own in the outlet. Afterwards we will visit McGrail Vineyards, a family owned winery specializing in Cabernet Sauvignon. You will have a 90 minute tour of the property, from the tasting room and barrel room to the vineyard and landscape. Enjoy tasting along your vineyard tour and finish your experience in the barrel room with additional wines. No refunds or cancellations after February 3.

Age: 18+ ■ Concord Senior Center-Bus ■ Mary Rae Lehman
Feb 16 Th 9:30 a.m.-5 p.m. \$35 #102432



Ghost at Leshar Arts Center

Adapted from the hit film by its Academy Award-winning screenwriter, Bruce Joel Rubin, Ghost follows Sam and Molly, a tech wizard and a gifted potter, whose connection takes a shocking turn after Sam's murder. Trapped between two worlds, Sam refuses to leave Molly when he learns she is in grave danger. Desperate to communicate with her, he turns to storefront psychic, Oda Mae Brown, who helps him protect Molly and avenge his death. With original music and lyrics from multi-Grammy winning pop music icons Dave Stewart and Glenn Ballard, Ghost will reach into your heart and help you believe in the endless power of love. No refunds or cancellations after February 10.

Age: 18+ ■ Concord Senior Center-Van ■ Lynn Noone
Feb 19 Su 1:15-5:30 p.m. \$43 #102433



Charles M. Schulz Museum

Located an hour north of San Francisco in picturesque Sonoma County, the museum features a replica of Charles Schulz's studio, frequently changing galleries of original comic art, a 100-seat theater presenting Peanuts animation and documentaries about Charles M. Schulz. Outdoor gardens include the Snoopy Labyrinth, Peanuts statues, and a kite-eating tree. Lunch on your own at the Warm Puppy Café. No refunds or cancellations after February 9.

Age: 18+ ■ Concord Senior Center-Bus ■ Mary Rae Lehman
Feb 23 Th 10 a.m.-4 p.m. \$30 #102434



Finale of Ming Family Drama at Buddha Church

Will Auntie Face Justice?? In the series finale of the Ming Family Drama, Peony is still missing, and now her innocent baby may fall victim to Golden Pearl's jealousy! What fateful scheme will Auntie devise to indulge her spoiled daughter's wishes? Come find out. This bilingual performance comes with amazing, glittering Chinese costumes, playful animals, imperial dance and kung fu at the Buddha Universal Church in San Francisco. A hosted Chinese lunch is included as we celebrate Chinese New Year of the Rooster. No refunds or cancellations after February 10.

All Ages ■ Concord Senior Center-Van ■ Mary Ann Sams
Feb 25 Sa 10 a.m.-5:30 p.m. \$70 #102435



Budweiser & Jelly Belly Factory Tour

Budweiser brewery tour has quickly become the 'greenest' brewery. The brewery tour offers a perspective and understanding of brewing Budweiser that you won't find anywhere else. After the Budweiser tour we will take a tour to the Jelly Belly Factory. There is a self-guided tour which allows you to explore the ¼ mile journey above the factory at your own pace. Have lunch on your own at the Jelly Belly Café, shop at the Jelly Belly Chocolate Shoppe and Fudge Counter. Browse the Jelly Belly Jelly Bean Art Gallery. No refunds or cancellations after February 16.

Age: 21+ ■ Concord Senior Center-Bus ■ Lynn Noone
Mar 2 Th 9 a.m.-4 p.m. \$30 #102436



Eugene O'Neill National Historic Site

Learn about Eugene O'Neill, his family, and the people who lived in, worked at, and visited Tao House. Due to the nature of The Eugene O'Neill National Historic Site, we are not able to drive directly to the park site. We will be shuttled just outside the Museum of San Ramon Valley. No refunds or cancellations after February 24.

All Ages ■ Concord Senior Center-Van ■ Mary Rae Lehman
Mar 10 F 9 a.m.-3 p.m. \$20 #102438

Trips & Tours Procedures

Full Payment is required for all day trips and overnights at the time of registration, unless specified otherwise.

Customers have the following ways to register.

- Walk in to the Senior Center Travel Desk.
(Travel Desk is open from 9 a.m.-noon, Mon-Fri)
- Phone in to (925) 671-3320
Mon-Fri from 9 a.m.-noon
- www.ConcordReg.org

Bus, van and motorcoach trips operate on first-come, first-served seating. The vans are equipped with bench style seating and limited accessibility.

Refunds may be requested up to the trip cut off date with a \$5 cancellation fee incurred. Unfortunately, refunds will not be honored after the trip cut off date. Refunds, less \$5, may be requested with 30 days or more notice on trips without cut off dates. In the event that you request a refund after the trip cut off date the following may occur: If there is a wait list for the trip and someone from the waiting list is willing to take the space vacated by you, you will receive all but \$5 of the amount that you have paid for the trip.

Transportation

Ride in comfort in our 30-passenger wheelchair accessible bus (unless another mode of transportation is indicated).



Robert Mondavi Winery

He broke away from the Family Winery Business of Krug Winery, Napa Valley to create his own version of wines and became known as the Father of modern California Wine Making. This year Mondavi Winery celebrates its 50th Anniversary. Robert, recently deceased, is being honored throughout Napa Valley. We visit the esteemed Winery for a docent tour of their magnificent buildings and celebrated wine tasting. Then off to quaint St. Helena for a driving tour and time on your own for lunch and browsing. No refunds or cancellations after February 28.

Age: 21+ ■ Concord Senior Center-Van ■ Mary Ann Sams
Mar 14 Tu 9a.m.-5p.m. \$80 #102440

Mission San Jose

Mission San Jose was founded on June 11, 1797 by Father Fermin Francisco de Lasuen on a site which was part of a natural highway by way of the Livermore Valley to the San Joaquin Valley. It is the fourteenth of the 21 Spanish Missions in Alta California. They were founded to secure Spain's claim to this land and to teach the native people Christianity and the Spanish way of life. Lunch on your own. No refunds or cancellations after March 2.

Age: 12+ ■ Concord Senior Center-Bus ■ Lynn Noone
Mar 16 Th 9a.m.-5p.m. \$25 #102441

Nob Hill and Fairmont Hotel

Explore San Francisco's famous Nob Hill where its newly rich Railroad Barons and Silver Kings built their Hill of Palaces in the late 1800's. Hear the stories of the city's 'nobs' and visit the sites where San Francisco's most famous (and some infamous) built their architectural excesses. Discover secrets of a great Cathedral while enjoying spectacular views. All this with no hills to walk and a grand finale with a nostalgic stroll through the iconic Fairmont followed by lunch on your own at the Fairmont. No refunds or cancellations after March 9.

Age: 21+ ■ Concord Senior Center-Van ■ Mary Ann Sams
Mar 23 Th 9a.m.-5p.m. \$70 #102442



Follow us on Facebook
www.facebook.com/CityofConcordCA.ParksRecreation



You can find us on YouTube
www.youtube.com/concordfirst



Playland Not-At-The-Beach / Alvarado Museum / Blume House

Spend the day in San Pablo. Visit Playland-Not-at-the-Beach a temperature-controlled 9000-square foot building chock-full of amazing things to see and do. There are 30+ pinball machines set on Free Play, arcade games, videogames, carnival games of skills where you can win prizes. Visit Alvarado Adobe Museum the former home of Juan Alvarado, the governor of Mexican Alta California. Next door is the Blume House, built in 1905. It is a great example of agricultural era living in the Bay Area. Great for all ages. Lunch included. No refunds or cancellations after February 24.

Age: 12+ ■ Concord Senior Center-Bus ■ Mary Rae Lehman
Mar 26 Su 9a.m.-4p.m. \$50 #102437

San Francisco Museum of Modern Art

How Exciting! We visit the landmark San Francisco Museum of Modern Art and its new soaring extension with a Docent tour from the ground floor to the new Truss Bridge high above. Our 'Architecture and Art' tour will introduce us to the new signature turret and the oculus skylight, combining the old with the new in design and art. Lunch on your own at the Café Museo and time to visit the special art displays of interest to you afterwards. Enjoy a lovely, inspiring Day of Delight. No refunds or cancellations after March 24.

All Ages ■ Concord Senior Center-Van ■ Mary Ann Sams
Apr 1 Sa 9a.m.-4p.m. \$60 #102439



Oakland Aviation Museum

West coast aviation history comes alive at Oakland Aviation Museum. Come enjoy aircraft and aviation history. No refunds or cancellations after March 23.

All Ages ■ Concord Senior Center-Bus ■ Mary Rae Lehman
Apr 6 Th 9:30a.m.-3:30p.m. \$25 #102443



Grease at the Leshar Arts Center

Sandy Dumbrowski, the new girl in town, and Danny Zuko, the school's coolest dude, have a secret summertime romance-but when they get back to school, everything is different. The leader of the pack and his bobby-sox sweetheart must navigate the tricky, high-school social waters in an attempt to rekindle their romance. In one of Broadway's longest running musicals, rip-roaring dance numbers and the soundtrack of a generation make this wonderful blast from the past a nostalgic must see for grandparents, parents and younger fans who continue to enjoy the popular film and TV versions. No refunds or cancellations after March 24.

Age: 15+ ■ Concord Senior Center-Van ■ Lynn Noone
Apr 9 Su 1:15-5:30 p.m. \$56 #102444



High Hand Nursery Tour with Lunch

Located in Loomis, enjoy a docent-led tour of the historic High Hand Nursery and view a selection of highest quality trees and shrubs, succulents, topiary and stunning garden artwork which should be in full bloom. We will stop in to taste locally crafted wines, olive oils and vinegars, enjoy the beauty and creativity found in the on-site Art Gallery, shop for one-of-a-kind hand crafted gifts, and enjoy lunch (provided) made from farm fresh local ingredients in the High Hand Café. No refunds or cancellations after March 30.

All Ages ■ Concord Senior Center-Bus ■ Mary Rae Lehman
Apr 13 Th 8 a.m.-4 p.m. \$45 #102554



Jackson Rancheria

Try your luck at this Jackson, California casino. A one-stop, 4-hour turnaround via deluxe motorcoach. Bonus Value: \$20 slot credit or \$25 table match play. Register by March 30. Register by March 30. No refunds or cancellations after March 30.

Age: 21+ ■ Senior Center-Motorcoach ■ Kelly Madge
Apr 13 F 9-6 p.m. \$33 #103135
Wheelchair \$33 #103136



Treasure Island and Its Treasures

We are off to Treasure Island to learn about its history and current treasures with a knowledgeable Docent who will guide us, via our van with some stops along the way. From a fantastic view point of The City to the Clipper Hanger and Clipper Cove, see how the 'natives' live and socialize amongst the notable nooks. A delicious lunch at the Culinary Corps is included with a chance for possible wine tasting and beer on your own in select locations, if open. See if you can find the Beer-ied Treasure! No refunds or cancellations after April 6.

All Ages ■ Concord Senior Center-Van ■ Mary Ann Sams
Apr 20 Th 9 a.m.-4:30 p.m. \$64 #102445



Mt. Tamalpais Docent Driving Tour

By special arrangement we have a Docent Retired Ranger give a Driving Tour of the spectacular Mt. Tamalpais! See the richness of spring. Hear Ranger Greg provide information and stories. Visit the Mt. Tam Visitor's Center. We start with a morning stop at the famous Dipsea Café, for a snack and coffee on your own. Then drive up Mt. Tam to the Eastern Peak and Visitor's Center. Upon our return we venture to Sausalito for lunch on your own and browsing. Limited registration. No refunds or cancellations after April 13.

All Ages ■ Concord Senior Center-Van ■ Mary Ann Sams
Apr 27 Th 9 a.m.-4 p.m. \$55 #102446



**Parks
Make
Life
Better!**

ARTS AND CRAFTS

Drawing-Made Easy

Whether you are looking to draw the family pet, the beautiful orchid in the yard, or a beach sunset, Drawing Made Easy is the class for you. This class is designed for all skill levels using a variety of techniques that will help you reach your artistic goals. Supply list provided at the first class.



Age: 50+ ■ Senior Center ■ Ann Nakatani

Jan 4-Feb 22	W	10:30-11:30 a.m.	\$78	#102452
Mar 1-Apr 26	W	10:30-11:30 a.m.	\$88	#102453

Friday Morning-Quilters Sew In

Have fun quilting your own project with peers. Bring your own sewing machine, and extension cord. No Instructor. This group is open to experienced quilters only. No class February 24.

All Ages ■ Senior Center ■ Patricia Abernathy

Jan 13-Apr 28	F	9 a.m.-1 p.m.	\$63	#102462
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Fun with Art

This class focuses on advancing techniques using color pencils, water colors, Japanese brush painting, and calligraphy. Whether your goal is picking up a color pencil or advancing your techniques, Professor Nakatani has something for you. Designed for students of all levels. Supply list will be provided at first class.

Age: 50+ ■ Senior Center ■ Ann Nakatani

Jan 4-Feb 22	W	9:30-10:30 a.m.	\$78	#102450
Mar 1-Apr 26	W	9:30-10:30 a.m.	\$88	#102451

Fun with Yarn

Bring the craft that you enjoy or come to learn a new craft, knitting or crocheting. Join other crafty people and enjoy their company as you work on your craft or learn a new one. Enjoy camaraderie and support of people of all levels. This class is for beginners or those refreshing their skills. No class February 24.

Age: 50+ ■ Senior Center

Jan 6-Apr 28	F	9:30-11:30 a.m.	\$20	#102525
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COMPUTERS

Generations on Line®

Does the thought of learning the computer scare you? Start a new year. Learn something new. Let us help! Learn to use a tablet, computer or any electronic device. Leave with a new love for technology! Seating is limited.

All Ages ■ Senior Center ■ TBD

Jan 19	F	9-10 a.m.	Free	#103090
Feb 16	F	9-10 a.m.	Free	#103129
Mar 23	F	9-10 a.m.	Free	#103130
Apr 20	F	9-10 a.m.	Free	#103131

Private Help with Your Tablet, Computer or Cell Phone

Is your smart phone or device making you feel dumb? Receive 1-on-1 assistance with your tech device: tablet, cell phone or computer. A monitor will attempt to trouble shoot and provide guidance to help you operate your device. Bring your device to this 1-on-1 session. Optimize your time by bringing in a list of your questions.

All Ages ■ Senior Center ■ Staff

Tu	1:30-2:30 p.m.	\$15
Tu	2:30-3:30 p.m.	\$15
Fri	9-10 a.m.	\$15
Fri	10-11 a.m.	\$15

Facebook for Seniors

You will be introduced to the popular social networking website-Facebook. Through discussion and hands-on experience, you will set up an account. Experience the excitement and benefit that can come from networking with friends and family. Registered students should have a basic knowledge of how to use the Internet. Participants need an email address prior to attending this class.

All Ages ■ Senior Center ■ TBD

Jan 21	Sa	10-11:30 a.m.	\$13	#103127
Feb 18	Sa	10-11:30 a.m.	\$13	#103128

DANCE



High Beginning / Low Intermediate Line Dance

This class has progressed from a beginner level to high beginner, low intermediate line dance. Once you learn the basic patterns which will be reviewed ten minutes before class, you will be able to do any of the dances. It's a fun class still featuring semi-easy dances incorporating patterns used in all line dances. No class February 24.

Age: 50+ ■ Senior Center ■ Dorothy Moore

Jan 6-Feb 17	F	9:10-10:10 a.m.	\$38	#102495
Mar 3-Apr 28	F	9:10-10:10 a.m.	\$38	#102496

Hula Workout for Beginners

Workout while learning the basic hand and foot from traditional to modern Hawaiian music while toning and increasing flexibility to your body. Wear comfortable clothing, bring water. Sarong or Pa'u skirt (optional). No class April 6.



All Ages ■ Baldwin Park Dance Studio ■ Rosemarie Ramos

Jan 5-Feb 23	Th	9:30-10 a.m.	\$27	#102501
Mar 2-Apr 20	Th	9:30-10 a.m.	\$27	#102502

Hula for the Pu'uwai (HEART)

Bring some of your hula knowledge and your hand and foot movements to learn a choreographed hula that you will enjoy. Have a great workout from traditional to modern Hawaiian music and learn some Hawaiian language and songs. Wear comfortable clothing, bring water. Sarong, Pa'u skirts (optional). No class April 6.

All Ages ■ Baldwin Park Dance Studio ■ Rosemarie Ramos

Jan 5-Feb 23	Th	10:15-11:15 a.m.	\$51	#102503
Mar 2-Apr 20	Th	10:15-11:15 a.m.	\$51	#102504

Momentos de Baile Latino / Latin Moments Dance

Spanish: Todas las personas de 50 años y más están cordialmente invitados(as) los primeros lunes de cada mes al Baile Latino de 1:30pm a 3:30pm. Venga a bailar cumbia, salsa y merengue mientras comparte momentos agradables disfrutando de aperitivos saludables y rifas. Contribución es de \$3.

English: Come enjoy every first Monday of each month from 1:30pm to 3:30pm to an afternoon of Latin Moments dancing salsa, cumbia and merengue with other Spanish speaking adults from 50+. Light healthy refreshments are served.

All Ages ■ Senior Center

Feb 6	M	1:30-3:30 p.m.	\$3	#102513
Mar 6	M	1:30-3:30 p.m.	\$3	#102514
Apr 3	M	1:30-3:30 p.m.	\$3	#102515

Tap for Beginners

This class is for the beginner who want to learn tap and have a low impact workout. You will learn fun dances that focus on basic tap steps. These steps are repeated weekly. No class January 13, March 3, 24 and April 14.

Age: 50+ ■ Baldwin Park Dance Studio ■ Terry Davis

Jan 6-Apr 28	F	9:15-10 a.m.	\$68	#102449
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Tap for Intermediate

This class is for the adult senior with previous experience in Tap dance. You will enjoy learning challenging rhythms and fun routines set to great music in a comfortable and welcoming environment. The instructor has been teaching Tap dance for over 20 years at various dance studios in the Bay Area. No class January 13, March 3, 24 and April 14.

Age: 50+ ■ Baldwin Park Dance Studio ■ Terry Davis

Jan 6-Apr 28	F	10-10:45 a.m.	\$68	#102448
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HEALTH AND FITNESS

Fit and Low

This class is designed for active adults. It incorporates low impact aerobic choreographies followed by chair assisted strength training basic moves. It's a total body workout that will help promote cardiovascular system strength, stamina, and improves metabolism and muscle endurance. All fitness levels are welcome. Bring a towel, water and optional hand weights (2lb recommended.) No class April 25.

Age: 50+ ■ Senior Center ■ Amelia Said

Jan 10-Feb 28	Tu	9:30-10:30 a.m.	\$43	#102454
Mar 7-Apr 18	Tu	9:30-10:30 a.m.	\$38	#102455

Centre Concord

Jan 12-Feb 16	Th	10-11 a.m.	\$38	#102714
Mar 9-Apr 20	Th	10-11 a.m.	\$43	#102715



Chair Yoga and Wellness

Yoga has been shown to improve bone and muscle strength, balance and flexibility, mood and sleep. If you want these benefits but prefer not to be on the floor, then chair yoga is for you! A chair or wall is used for balance, a yoga mat for slip free surface. Liz tailors the poses to each individual's needs.

Age: 50+ ■ Baldwin Park Dance Studio ■ Elizabeth Bronson

Jan 10-Feb 28	Tu	11:15 a.m.-12:15 p.m.	\$83	#102467
Mar 7-Apr 25	Tu	11:15 a.m.-12:15 p.m.	\$83	#102468

Gentle Yoga

Recently, there was a special edition of Newsweek entirely dedicated to yoga. Yoga has entered the psyche of American public. Its benefits are proven by science, and from experience of practitioners in all walks of life: young, old, strong, stiff, rock stars, and celebrities. Yoga is for everyone! The instructor started her practice in 1980 and her enthusiasm continues today.

All Ages ■ Baldwin Park Dance Studio ■ Maxine Davis

Jan 3-31	Tu	10-11 a.m.	\$58	#102509
Feb 7-28	Tu	10-11 a.m.	\$47	#102510
Apr 4-25	Tu	10-11 a.m.	\$47	#102511



Qigong-Gentle Movements

Qigong is the practice of a series of slow gentle movements accompanied by visualizations which are designed to reduce stress, improve vitality, foster creativity and the enjoyment of life. Practices vary from the soft internal styles such as Tai Chi. The slow gentle movements of most Qigong forms can be easily adapted, even for the physically challenged. No class February 20.

Age: 50+ ■ Senior Center ■ Han Ong

Jan 30-Feb 27	M	9:10-10:10 a.m.	\$19	#102480
Jan 30-Feb 27	M	10:30-11:30 a.m.	\$19	#102481
Mar 6-Apr 24	M	9:10-10:10 a.m.	\$35	#102482
Mar 6-Apr 24	M	10:30-11:30 a.m.	\$35	#102483

Zumba Gold

Active older adults who are looking for a modified Zumba class can recreate the original moves you love at a lower-intensity. The design of the class introduces easy-to-follow Zumba choreography that focuses on balance, range of motion and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong. No class April 25.



Age: 50+ ■ Senior Center ■ Amelia Said

Jan 10-Feb 28	Tu	10:30-11:30 a.m.	\$43	#102456
Mar 7-Apr 18	Tu	10:30-11:30 a.m.	\$38	#102457
Jan 10-Feb 28	Tu	11:30 a.m.-12 p.m.	\$43	#102458
Mar 7-Apr 18	Tu	11:30 a.m.-12 p.m.	\$38	#102459

Centre Concord

Jan 12-Feb 16	Th	11:15 a.m.-12:15 p.m.	\$38	#102728
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Age: 50+

Mar 9-Apr 20	Th	11:15 a.m.-12:15 p.m.	\$43	#102729
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Diabetes Empowerment and Education

What is diabetes? Diabetes is a disease that affects many systems in the body, and can create complications in different parts of the body. You are going to learn about the human body and its main organs and functions related to diabetes. You will learn about monitoring your body, physical activity, management through meal planning, identification and prevention of complications. This is a 6-week course.

All Ages ■ Senior Center ■ Frances Lockwood

Feb 2-Mar 9	Th	10 a.m.-12 p.m.	\$15	#103126
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SPECIAL INTEREST

Healthier Living Workshop

Learn how to manage your health, not let your health manage you. This 6-week Self-Management Program is for people with a chronic health problem. The workshop will cover: techniques to deal with frustration, fatigue, pain and isolation, appropriate exercises, appropriate use of medications, communicating effectively with family and health professionals, decision making, and how to evaluate new treatments. Seating is limited.

Age: 50+ ■ Senior Center

Jan 24-Feb 28	Tu	10 a.m.-12:30 p.m.	\$10	#102395
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Loteria

Spanish: Lotería Mexicana y bingo son actividades bilingües y divertidas para mantener nuestra mente activa. Una contribución de \$3 incluye almuerzo ligero y ocho juegos. ¡Todos son bienvenidos!

English: Lotería Mexicana and Bingo is a bilingual senior memory enhancement and gathering activity in a fun atmosphere. Light lunch is provided. Eight games are included in the fee. Everyone is welcome!

All Ages ■ Senior Center

Jan 26	Th	10 a.m.-1 p.m.	\$3	#102519
Feb 23	Th	10 a.m.-1 p.m.	\$3	#102520
Mar 30	Th	10 a.m.-1 p.m.	\$3	#102521
Apr 27	Th	10 a.m.-1 p.m.	\$3	#102522

Remembering Our Youth Through Games

Enjoy some of the fun games of your youth. Join us at the Concord Senior Center and play 'Jacks', 'Tiddlywinks', 'Pick-Up Sticks', 'Monopoly' and 'Checkers'. If you have another favorite childhood game, bring it with you. Lunch will be provided through the CC Cafe Program, providing the day's lunch offering. Spend as much time with us as you desire.

All Ages ■ Senior Center ■ Mary Rae Lehman

Jan 26	Th	11:30 a.m.-3:30 p.m.	\$7	#102533
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Reverse Mortgages: Wealth Management Tool Retirement Planning

If you are 62 or older, learn how a reverse mortgage can extend the life of your retirement assets. Not only can your home equity provide you urgent funds, but also a reverse mortgage can be used to supplement your income, to deal with health-care costs, or just more thoroughly enjoy your retirement.

Age: 62+ ■ Senior Center ■ Jon Carlson

Jan 26	Th	3-4 p.m.	\$3	#102604
Mar 30	Th	3-4 p.m.	\$3	#102605

Successful Retirement Investing

You will learn about the role of social security, Medicare pensions and retirement plans such as 401Ks and IRAs. Learn how stocks, bonds, REITs and other investments can provide a continuous stream of income that you cannot outline and that you can turn over to your children and grandchildren. This class is most appropriate for those who have \$100,000 or more in retirement savings.

All Ages ■ Senior Center ■ Richard Speed

Jan 10-24	Tu	7-8 p.m.	\$48	#102512
Feb 7-21	Tu	7-8 p.m.	\$48	#102516
Mar 7-28	Tu	7-8 p.m.	\$48	#102517
Apr 4-25	Tu	7-8 p.m.	\$48	#102518

Trusts and Estate Planning Made Easy

Revocable Living Trusts avoid probate. But, did you know that there are different kinds of Revocable Living Trusts? On death, a Trust can be expensive and complicated or simple and economical to administer, depending on which kind you choose. Have your questions answered by an experienced attorney who will explain how Trusts and Wills work in a way that is easy to understand.

All Ages ■ Senior Center ■ Raymond McFalone

Feb 16-23	Th	1:30-3:30 p.m.	\$13	#102466
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Volunteer Orientation

Learn about volunteer opportunities at the Concord Senior Center. Volunteer positions include: Data Entry, Special Events, Computer Lab Monitor, Front Desk position 4 hours a day, 1 day a week and more. Please download and print a volunteer application at www.cityofconcord.org/pdf/recreation/programs/senior_volunteers.pdf. Please turn in application to the senior center a week before the orientation.

All Ages ■ Senior Center

Jan 31	Tu	10:30-11:30 a.m.	\$0	#102529
Feb 28	Tu	10:30-11:30 a.m.	\$0	#102530
Mar 28	Tu	10:30-11:30 a.m.	\$0	#102531
Apr 25	Tu	10:30-11:30 a.m.	\$0	#102532

Wills, Powers of Attorney and Advance Health Care Directive

In this workshop, each student will receive a 'fill in the blanks' Will, Durable of Power of Attorney and Advanced Health Care Directive form. All forms are in compliance with California Law. The instructor is an experienced estate planning attorney who will assist students in completing their forms.

All Ages ■ Senior Center ■ Raymond McFalone

Feb 2-9	Th	1:30-3:30 p.m.	\$13	#102465
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**Parks
Make
Life
Better!**

Do you have a talent or skill that you would like to teach others?



Become an instructor for
City of Concord Parks & Recreation.

- Preschool
- Youth
- Teens
- Adults
- 50+ Better

www.CityofConcord.org/Instructor



50 & Better Camp

Enjoy a special Lake Tahoe getaway for adults 50 years or older.

- Aug 14-18
- Aug 21-25



www.campconcord.org



Concord Senior Center – 50 & Better Program

Health & Human Services

Age Strong, Live Long Health Expo ■ February 24, 2017, 9 a.m.-1 p.m. Presentation, Interactive Exercises, Health Screenings, Resources on Programs and Services

Care Manager ■ Discover a wide variety of assistance and resources available to you in the community. **Appointments are available on Monday and Wednesday from 9:30 a.m.-3 p.m. and Thursday from 9:30 a.m.-11:30 a.m.** For more information or to schedule an appointment contact the center.

CC Café Hot Lunch Program ■ Café is open to adults 60+ and younger spouses and seniors. **Meals are served daily at 11:30 a.m.** You are required to register prior to starting the program. Contact the Café at (925) 825-1488 between 9 a.m. and 11:30 a.m. for more information and a menu.

Senior Peer Individual Counseling ■ Contra Costa Health Services Senior Peer Counseling offers one-on-one, 45-minute counseling sessions every **Tuesday from 9:30 a.m.-11:30 a.m.** Services are free and confidential. Call for an appointment.

Vision Support Group ■ Michael Mailer with the Lions Center for the Visually Impaired leads a **FREE** monthly support group for the visually impaired every **2nd Wednesday of the month at 1 p.m.** No registration necessary.

HICAP – Health Insurance Counseling and Advocacy Program ■ Call (925) 602-4168 for an appointment. Program provides free counseling about Medicare Benefits, Medicare Supplements, HMO's and Nursing Home Insurance. Advisors are available on the **1st, 2nd, 3rd and 4th Friday of each month from 1 p.m.-3 p.m. and 1st & 2nd Tuesday from 12:30 p.m.-2:30 p.m.**

Notary Services ■ Services are provided free of charge from **10 a.m.-11 a.m. every Wednesday.**

AARP Driver Safety ■ This course is taught on the **1st and 2nd Wednesday every other month from 9 a.m. till 1 p.m.** Cost for AARP members: \$15; cost for non members: \$20. Call to register.

Senior Center Scholarship Program ■ Scholarship Program is available to adults 50+ residing in Concord who wish to participate in the Parks and Recreation Program. Approved applicants receive a maximum of \$100 per individual, per year with \$5 co-pay. Complete application, activity choice and supporting documents to center staff for review. Applicant will be notified when scholarship has been approved.

Memory Screenings ■ Screenings are held on the **4th Monday of each month from 1 p.m.-3 p.m.** with the exception of May (holiday).

Alzheimer's Support Group ■ Alzheimer's Support group meets on the **4th Wed from 1:15 p.m.-3:15 p.m.**

Get Around Taxi Program ■ Program is available to Concord residents 65 years and older. Applications will be accepted on Monday and Tuesday from 10 a.m.-noon at the center. Each book is \$15 with a scrip value of \$30. Registered seniors may purchase a maximum of 2 books per month. For brochure and application go to www.cityofconcord.org/senior and click on Get Around Taxi Program.

Advance Health Care Directives ■ FREE Advance Health Care Directive. Everyone, in particular seniors, should have an Advance Health Care Directive. It is the legally recognized document that insures your health care wishes are known and considered if you cannot speak for yourself. This important document allows you to appoint a representative or agent to make health care decisions for you. Contra Costa Senior Legal Services' attorneys will prepare an Advance Health Care Directive for you for FREE every 2nd Thursday of the month. By appointment only, 6 separate 45-minute appointment slots offered simultaneously at the following times: 9:15am, 10:00am and 10:45am call (925) 671-3320

Legal Assistance ■ A free legal clinic preparing Advance Health Care Directives is held by Contra Costa Senior Legal Services (CCSLs) on the 2nd Thursday of every month, 9:15-11:30 a.m. For assistance with other legal issues, call CCSLS headquarters in Concord at (925) 609-7900 or email legalhelp@ccsls.org. CCSLS is a 40-year-old non-profit agency that provides free legal services to seniors.



The Senior Center partners with non-profit agencies in expanding services to meet the needs of the 50 & Better community. This joint effort is vital to serving the entire community. Call the Senior Center at (925) 671-3320 for an appointment or for more information between 9 a.m. and 12 p.m., after 12 p.m. press option 1, or email concordsc@cityofconcord.org.

Concord Senior Center – 2727 Parkside Circle, Concord, CA 94519

SPECIAL RECREATION

Special Recreation offers inclusive and specialized programs for people with disabilities. Access to recreation provides accommodation to recreational classes and programs for people with disabilities (developmental, physical, ADD/ADHD, mental, etc.) Programs are designed for people 18 years of age or older. It is our goal to ensure that individuals with disabilities have access to our programs and that the experience is successful and meaningful.

Special Recreation-Bowling

Meet new people, make new friends or hang out with old friends. Play three games of bowling. Shoes are included. This recreation is for adults with disabilities. It is designed for people 18 years of age or older.



Age: 18+ ■ Clayton Valley Bowl

Jan 10-Feb 28	Tu	3:30-5:30 p.m.	\$56	#102463
Mar 7-Apr 25	Tu	3:30-5:30 p.m.	\$56	#102464



Community Dances-Special Recreation

Come one and all and have a good time dancing your heart out! Bring a snack to share. Pay \$7 at the door with exact cash or check.

Age: 18+ ■ Pleasant Hill Senior Center ■ 233 Gregory Lane

Jan 13	F	7-9 p.m.	\$7
Mar 10	F	7-9 p.m.	\$7

Age: 18+ ■ Concord Senior Center ■ 2727 Parkside Circle

Feb 10	F	7-9 p.m.	\$7
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Age: 18+ ■ Walnut Creek Heather Farms ■ 301 N. San Carlos Drive

Apr 14	F	7-9 p.m.	\$7
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**Parks
Make
Life
Better!**

Concord Senior Center & Commission on Aging

Age Strong, Live Long Health Expo

Resources and Information for Seniors and Families

Friday, February 24, 2017

9:00am - 1:00pm

Concord Senior Center

2727 Parkside Circle

Over 40 Exhibits, Health Screenings & Presentations

Presentation on **Maximize Your Memory: Tips and Strategies**

Screenings: Heel Scan, Cholesterol, Blood Pressure, Memory, Medication Review, Massage and visit the Mobile Vet Center,

Win Raffle Prizes



Free tote - first 500 attendees

For more information visit www.CityofConcord.org/healthfair

Sponsored By



Winter and Spring Lap Swim

- Open year-round
- Pool heated to a comfortable 80 degrees
- 50 meter / 25 yard lap pools
- Heated locker rooms and showers
- Certified Professional Lifeguards

Winter and Spring Lap Swim Fees

Daily	\$5.25 R/\$6.25 NR
Senior (65+)	\$4.50 R/\$5.50 NR
Monthly	\$70R/\$75 NR
15 Swims	\$66R/\$76 NR
30 Swims	\$123 R/\$133 NR
45 Swims	\$171 R/\$181 NR

Winter Lap Swim Hours ■ Effective Dec 1-Feb 28

M, W, F	6 a.m.-1 p.m.
Tu, Th	7 a.m.-1 p.m.
Sa-Su	10 a.m.-Noon

Winter Lap Swim Holiday Hours ■ 10 a.m.-Noon

Martin Luther King	Jan 16
Presidents' Day	Feb 20

Winter Lap Swim Pool Closures

Pool Maintenance	Dec 19-25
Holiday	Dec 25, Jan 1
Swim Meet	Dec 10-11

Spring Lap Swim Hours ■ Mar 1-Jun 11

M, W, F	6 a.m.-1 p.m.
Tu, Th	7 a.m.-1 p.m.
M-Th	7-8:30 p.m. (Long course only)
Sa-Su	10 a.m.-Noon

Spring Lap Swim Holiday Hours ■ 10 a.m.-Noon

Memorial Day	May 29
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Spring Lap Swim Pool Closures

Swim Meet	Mar 10-12, Apr 29
Swim Meet	May 11 (Short course only)
Swim Meet	May 12-13 (Short course only)

Spring Recreational Swim

May 27-Jun 11 ■ Sa-Su ■ 1-4 p.m.

Admission	Daily	15 swim pass
Adult (18+)	\$5.25 R/\$6.25 NR	\$66 R/\$76 NR
Child (3-17)	\$4.50 R/\$5.25 NR	\$55 R/\$66 NR
Tot (2 & Under)	Free	
Family Pass up to 4 family members (\$20 for each additional member)	\$275 R/\$295 NR	



CERTIFICATION COURSES

Lifeguard Clinic

This course teaches lifeguards the skills and knowledge needed to prevent and respond to aquatic emergencies. It provides an opportunity to complete all certifications in one course. AMERICAN RED CROSS CERTIFICATIONS RECEIVED UPON SUCCESSFUL COMPLETION ARE GOOD FOR 2 YEARS. PREREQUISITE: Must be 15 by the last day of the course. Must be able to tread water 2 minutes (legs only), swim 200 yards continuously (100 free, 100 breaststroke) and submerge to a depth of 9 feet and retrieve a 10lb brick.

Age: 15+ ■ Concord Community Pool ■ Staff

Apr 3-6	M-Th	9 a.m.-4 p.m.	\$202 R/\$207 NR#102830
May 2-25	Tu, Th	6-9 p.m.	\$202 R/\$207 NR#102831
May 30-Jun 22	Tu, Th	6-9 p.m.	\$202 R/\$207 NR#102832



Lifeguard Clinic Review

This class reviews lifeguard skills and knowledge needed to respond to aquatic emergencies. Certification received upon successful completion: Lifeguard certification good for 2 years. PREREQUISITE: must possess current lifeguard certificate.

Age: 15+ ■ Concord Community Pool ■ Staff

Apr 22	Sa	9 a.m.-5 p.m.	\$151 R/\$155 NR#102873
May 6	Sa	9 a.m.-5 p.m.	\$151 R/\$156 NR#102874
Jun 17	Sa	9 a.m.-5 p.m.	\$151 R/\$156 NR#102875

SATURDAY SWIM CLASSES

Group Swim Lessons

Concord Community Pool ■ \$48 R/\$53 NR

Session*	Day	Time	Preschool Ages 3-5	Elementary Ages 6-Up
May 6-Jun 10	Sa	9:50-10:20 a.m.	#102963	#102925
May 6-Jun 10	Sa	10:25-10:55 a.m.	#102952	#102926
May 6-Jun 10	Sa	11:00-11:30 a.m.	#102964	#102927
May 6-Jun 10	Sa	11:35 a.m.-12:05 p.m.	#102965	#102928
May 6-Jun 10	Sa	12:10-12:40 p.m.	#102966	#102912

*No classes will be held on Saturday, May 13

Private Swim Lessons

Private lessons are designed for one-on-one instruction to help meet the specific needs of the participant.

Age: 3-adult ■ Concord Community Pool

May 20-Jun 10	Sa	9:50-10:20 a.m.	\$105 R/\$110 NR #102973
May 20-Jun 10	Sa	10:25-10:55 a.m.	\$105 R/\$110 NR #102974
May 20-Jun 10	Sa	11-11:30 a.m.	\$105 R/\$110 NR #102975
May 20-Jun 10	Sa	11:35 a.m.-12:05 p.m.	\$105 R/\$110 NR #102976
May 20-Jun 10	Sa	12:10-12:40 p.m.	\$105 R/\$110 NR #102977

Aquatot-Parent & Me

Come and enjoy a new way to bond and cool-off with your child in our Parent and Me Aquatots course. This course will give you the opportunity to introduce your child to a lifetime of swimming enjoyment all while being done in a playful environment. Participants still in diapers must wear swim diapers.

Age: 10-36 months ■ Concord Community Pool

May 6-Jun 10*	Sa	12:10-12:40 p.m.	\$48 R/\$53 NR #102906
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*No classes will be held on Saturday, May 13

WEEKDAY SWIM CLASSES

Preschool Swim Lessons

Age: 3-5 ■ Concord Community Pool ■ \$35 R/\$40 NR

M, W	3:45-4:15 p.m.	4:20-4:50 p.m.	4:55-5:25 p.m.	5:30-6 p.m.
May 1-10	#102961	#102955	#102962	#102956
May 15-24	#102970	#102967	#102968	#102969

Elementary Swim Lessons

Age: 6+ ■ Concord Community Pool ■ \$35 R/\$40 NR

Tu, Thu	3:45-4:15 p.m.	4:20-4:50 p.m.	4:55-5:25 p.m.	5:30-6 p.m.
May 2-11	#102961	#102955	#102962	#102956
May 16-25	#102970	#102967	#102968	#102969

Private Swim Lessons

Age: 3-Adult ■ Concord Community Pool ■ \$105 R/ \$110 NR

M-TH	3:45-4:15 p.m.	4:20-4:50 p.m.	4:55-5:25 p.m.	5:30-6 p.m.
May 1-4	#102983	#102984	#102985	#102986
May 8-11	#102987	#102988	#102989	#102990
May 15-18	#102991	#102992	#102993	#102994
May 22-25	#102999	#102996	#102997	#102998
May 30-Jun 2	#103003	#103000	#103001	#103002
Jun 5-8	#103007	#103004	#103005	#103006



Parent & Me Aquatots

Come and enjoy a new way to bond and cool-off with your child in our Parent and Me Aquatots course. This course will give you the opportunity to introduce your child to a lifetime of swimming enjoyment all while being done in a playful environment. Participants still in diapers must wear swim diapers.

Age: 10-36 months ■ Concord Community Pool

May 16-25	Tu, Th	12:10-12:40 p.m.	\$35 R/\$40 NR #102903
May 2-11	Tu, Th	12:10-12:40 p.m.	\$35 R/\$40 NR #102907

HEALTH AND FITNESS

Aqua Zumba

Aqua Zumba is a fun and friendly way to stay active and healthy. It improves cardio, tones the entire body and increases flexibility with a minimal risk of injury for exercisers of all ages, fitness levels and physical challenges. It allows the participant to be gentle with the joints while working cardio and toning at participant's own intensity because of the water's resistance.

Age: 18+ ■ Concord Community Pool ■ Amelia Said

Mar 13-Apr 17	M	12-12:50 p.m.	\$33 R/\$38 NR #102732
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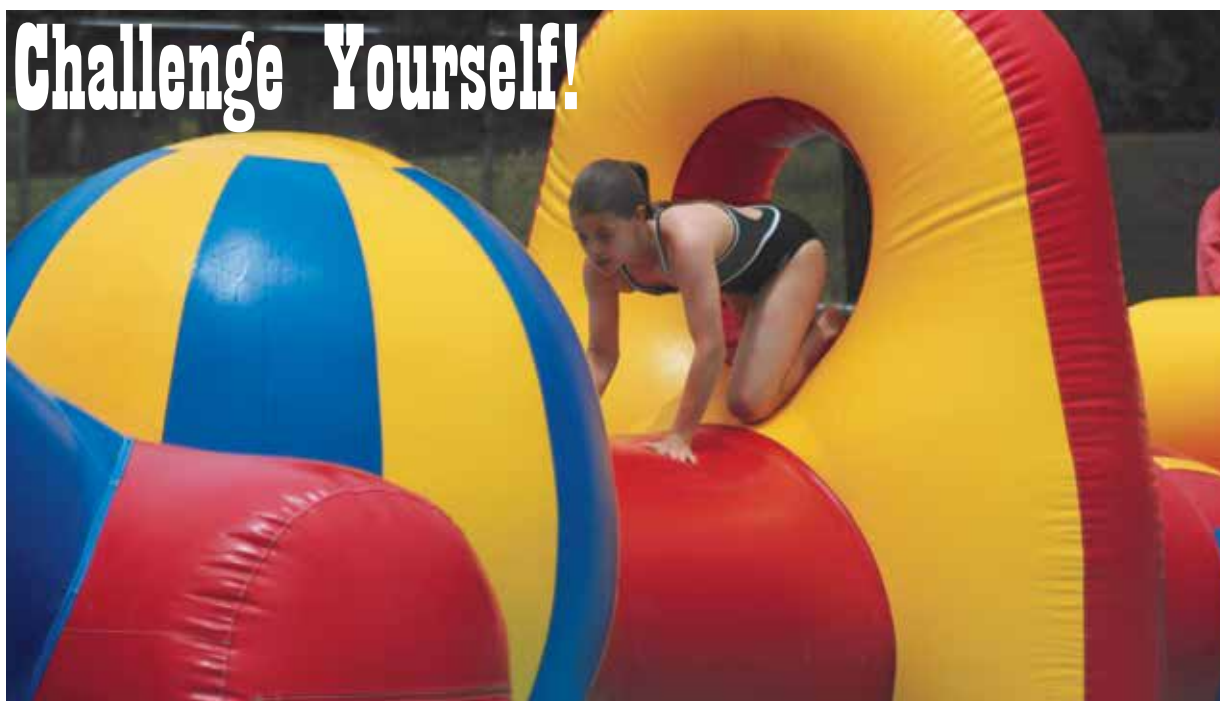
Deep Water Workout

Deep water is an enjoyable and effective non-impact aquatic training medium for a full range of exercise challenges. We are suspended in 12 feet of water. A floatation device is strongly recommended.

Age: 18+ ■ Concord Community Pool ■ Andrea Legault

Jan 9-Feb 6	M	10-11 a.m.	\$38 R/\$43 NR #102735
Jan 10-Feb 7	Tu	10-11 a.m.	\$38 R/\$43 NR #102736
Jan 12-Feb 9	Th	10-11 a.m.	\$38 R/\$43 NR #102737
Feb 13-Mar 13	M	10-11 a.m.	\$33 R/\$38 NR #102738
Feb 14-Mar 14	Tu	10-11 a.m.	\$38 R/\$43 NR #102739
Feb 16-Mar 16	Th	10-11 a.m.	\$38 R/\$43 NR #102740
Mar 20-Apr 10	M	10-11 a.m.	\$33 R/\$38 NR #102799
Mar 21-Apr 11	Tu	10-11 a.m.	\$33 R/\$38 NR #102800
Mar 23-Apr 13	Th	10-11 a.m.	\$33 R/\$38 NR #102801
Apr 24-May 22	M	10-11 a.m.	\$38 R/\$43 NR #102802
Apr 25-May 23	Tu	10-11 a.m.	\$38 R/\$43 NR #102803
Apr 27-May 25	Th	10-11 a.m.	\$38 R/\$43 NR #102804

Challenge Yourself!



**Inflatable obstacle courses available starting May 27
during recreational swim hours and party rentals
at Concord Community Pool**

Book a party for your ♦ birthday ♦ graduation ♦ 'Just Because' party
Call (925) 671-3480 for more information or visit us at www.cityofconcord.org

Birthday Party Splash & Bash



Plan your next birthday party at
Concord Community Pool.
The pool provides a fun and unique
atmosphere for many types of occasions.

Contact the pool at 671-3480 for
information or to make a reservation.
www.cityofconcord.org



TERRAPINS SWIM TEAM

**RECOGNIZED AS ONE OF THE NATION'S
BEST COMPETITIVE SWIM PROGRAMS**

RIGHT HERE IN CONCORD

2017 Winter & Spring

- ♦ High School Pre-Season Training Program
(November 2016 through early February 2017)
- ♦ Orange & Blue Group's Winter Session 2017
(January through March)
- ♦ Orange & Blue Group's Spring Session 2017
(April through June)
- ♦ Winter/Spring Clinics (March through April)
- ♦ Private Competitive Swim Lessons available
- ♦ Year-Round competitive swim team membership open throughout the year.

Program information, details, and online registration can all be found on our website

WWW.TERRAPINSWIM.COM

Or call our office to speak with a staff member
(925) 680-8372

SUMMER DAY CAMPS

Make your summer come alive with over 60 summer camps to choose from.



Camp Littlefoot

Ages 2½-6

Your child will enjoy a summer day camp experience for young children offering fun thematic age-specific programs at Centre Concord and Baldwin Park Preschools. Children entering Kindergarten will benefit from skills to prepare them in Kinderprep.



Backyard Explorers

Grades 1st-5th

Summer Camp the way it was meant to be! With trees and a creek, areas to explore and new friends to meet, children come back year after year to this week-long day camp for the exciting trips, adventures and camaraderie.



Sports Camps

Ages 3-14

Choose from a wide variety of sports from soccer, skateboarding, water polo, cheerleading, basketball, flag football, baseball, volleyball, tennis, swimming and some combination camps with unusual twists.



Science Camps

Ages 6-11

Young scientists can explore new horizons with kooky chemistry, weird and wacky experiments and fun physics.

Summer camp registration begins in late February at www.ConcordReg.org.



All That & Then Some

Ages 11-14

“All That and Then Some” Middle School Summer Program provides a safe and supervised place where your teen will experience fun times with friends, plus meet new friends while swimming, going on awesome Bay Area trips, cooking and much more!



Counselor in Training (CIT)

Ages 13-15

The CIT program teaches teens leadership skills and provides valuable job training that could lead to future counselor opportunities at the junior level and beyond. Teens work side-by-side with counselors of the Backyard Explorers Program.



Lego® Camps

Ages 5-10

Learn pre-engineering and engineering fundamentals, build robots and unleash your creativity with themed Lego camps. The possibilities are endless!



Digital Technology Camps

Ages 8-17

Get plugged in and create your own games, apps, music and programming with digital technology camps. Develop knowledge through hands-on experience.

FAMILY CAMP



What is Family Camp?

Family Camp at Camp Concord is nature on a silver platter! Family Camp is your traditional nature and campfires without the hassle of pitching a tent and cooking. A combination of glamorous and camping, a family camp vacation brings the comfort of home into the great outdoors. As family campers, your family will have the opportunity to leave hectic schedules behind and reconnect while enjoying the beauty of one of California's premiere vacation destinations – South Lake Tahoe!

What does Family Camp include?

- Three delicious meals a day
- A comfortable, private cabin for each family
- Activities designed for all ages

Camp Schedule

Camp Concord operates on a weekly Activity schedule and may include:

- Archery, Canoeing, Kayaking, Arts & Crafts, Volleyball, Horseshoes, Games and more
- Excursions to local beaches and points of interest such as Angora Lake, D.L. Bliss State Park, a hike along the Rubicon Trail or to Cascade waterfalls

Daily you can expect:

- Assortment of morning snacks for early risers
- Full hot breakfast
- Special kids activities three times a day
- Lunch—either on camp, bagged for you to take with you or at an off-site activity location
- Adult Social Hour
- Dinner
- Family Oriented activities ranging from campfires, to bingo, to a luau on the beach

Additional Information:

- Registration is per person/per night and includes 3 meals a day – stay when you want for as long as you want!
- You do **NOT** need to be a Concord Resident to attend Family Camp



Together we're better!

Camp Concord is an equal opportunity provider operating under a Special Use Permit on Lake Tahoe Basin National Forest Lands.





2017 FAMILY CAMP

**Friday, June 23–Saturday, July 15
and
Monday, July 31–Sunday, August 13**

Camp Concord 2017 Rates

Rates Per Night

Age Fee (Includes all meals)

Age 16 and over \$99

Age 11–15 \$77

Age 6–10 \$56

Age 3–5 \$33

Age 2 and Under FREE

Concord residents receive a 15% discount off total reservation.

**Dates subject to change. Visit www.campconcord.org for current availability.*

Priority Registration begins:

January 9, 2017 for Friends of Camp Concord Members

Open Registration begins: February 20, 2017



Four Easy Ways to Register

- **Walk-in** 2748 East Olivera Rd., Concord, CA 94519
Hours: 10 a.m.–12 p.m. and 1–3 p.m., Monday–Friday
- **Mail** 1950 Parkside Dr. MS/11, Concord, CA 94519
- **Fax** (925) 689-8169
- **Phone** (925) 671-3404

50 & Better Camp

Enjoy a special Lake Tahoe getaway for adults 50 years or older. Camp Concord in South Lake Tahoe is the perfect place for a relaxing or adventurous vacation. You choose activities ranging from Hiking, Canoeing and Kayaking, to Arts & Crafts and Bingo. Price includes all meals featuring fresh fruits and vegetables, ribs, pasta and chicken. Accommodations are cabins with convenient access to restrooms and hot showers. Visit our website for complete details at www.campconcord.org.



Age: 50+ ■ Camp Concord, South Lake Tahoe

Aug 14–18 M–F \$225 R/\$250 NR #103192

Aug 21–25 M–F \$225 R/\$250 NR #103193

Aug 28–Sep 1 M–F \$225 R/\$250 NR #103194

Mother and Son Weekend

Imagine a weekend where you can slow down and enjoy one-on-one time with your son; a time where no one else is competing for your attention, a weekend away from household chores, a weekend for both of you to meet new friends and create shared adventures. Complete with s'mores, canoeing, archery, an afternoon at the beach and the search for mischievous forest creatures, it is a weekend for memories that will last a lifetime. Course registration fee is inclusive of mother and son. For more information, please visit www.campconcord.org. Call (925) 671-3404 to register additional son(s).

All Ages ■ Camp Concord, South Lake Tahoe

Aug 18–20 F–Su \$260 R/\$270 NR #103191
\$75 additional son

FAMILY TRIPS

Labor Day Escape at Camp Concord!

There is no better way to end your summer than spending it at the Happiest Place on Dirt with your family! Labor Day Escape at Camp Concord offers all the Family Favorites in one weekend. From our popular 'Luau Night' and 'Breakfast on the Beach' to Canoeing, Archery and Arts & Crafts, you will be able to enjoy quality time with your family away from busy schedule and technology. Meals accommodations, programing and activities will be provided so you don't have to worry about a thing. Labor Day Escape will give you and your family a long weekend of relaxation, fun, memories and so much more. For more information, please visit www.campconcord.org.

All Ages ■ Camp Concord, South Lake Tahoe

Sep 1–4 F–M \$195 R/\$210 NR #103190

R = Concord Resident NR = Concord Non-Resident

PICNIC SITE RENTALS

The City of Concord has reservable picnic sites at:



Hillcrest Park



Concord Community Park



Rotary Centennial Pavilion



Meadow Homes Park

- **Baldwin Park**
- **Concord Community Park – Now with 3 reservable picnic sites!**
- **Hillcrest Park**
- **Meadow Homes Park**
- **Newhall Park**
- **Ygnacio Valley Park**

www.cityofconcord.org/picnic ■ (925) 671-3404

Rental facilities for all occasions

weddings, quinceñeras, receptions, seminars, corporate events, meetings



Centre Concord
5298 Clayton Road
Concord, CA 94521
(925) 671-3382

Willow Pass Center
2748 E. Olivera Road
Concord, CA 94519
(925) 671-3423



Concord Senior Center
2727 Parkside Circle
Concord, CA 94519
(925) 671-3320 ext. 3

Take a virtual tour of our facilities!

www.cityofconcord.org/rentals



Farmers' Market • Music and Market

*Special Events at
Todos Santos Plaza***Concord's Official Tree-Lighting
and Mayor's Sing-Along****Santa's Grand Arrival****Saturday, December 3, 2016, 4 p.m.****On stage entertainment 5 p.m.**

School Choirs and community entertainment on stage with traditional tree-lighting and holiday sing-along, carriage rides by the Todos Santos Business Association with special emcee Dan Ashley, ABC7.

Concord Farmers' Market**Tuesdays: Year-round, 10 a.m.-2 p.m.****Thursdays: April 20-October 26, 2017, 4-8 p.m.****1 - 8 0 0 - 9 4 9 - F A R M**

Farmers' Market and free music concerts in the Park with a great line-up of wonderful Bay Area musicians. Salsa, jazz, zydeco, blues and more.

**MOMDay in the Plaza
All Area Music Festival****Saturday, May 13, 2017**

Combining two great events, celebrate Mom and Bay Area music education at the same time! Treat that special Mom to a wonderful dining experience in the Todos Santos Plaza District, then join us in the Plaza for the All Area Music festival, featuring performances by Bay Area student musicians!

Music and Market**Thursdays, May 18-September 14, 2017, 6:30-8 p.m.**

Farmers' Market and free music concerts in the Park with a great line-up of wonderful Bay Area musicians. Salsa, jazz, zydeco, blues and more.

Tuesday Night Blues**Tuesday evenings July 11, 18 and 25, 6:30-8 p.m.****Free Blues music series!**

FREE car show! Join us on the opening night of Tuesday Night Blues for our annual car show. No registration fees, with dash plaques, goodie bags, and prizes for the winners!

All events subject to change without notice**www.concordfirst.org****Free parking in two City downtown garages.****Concord Library
Winter/Spring
Children's Programs****2900 Salvio ■ (925) 646-5455****■ Baby & Toddler Time**

Books, songs, bounces
and finger plays for children
6 months to 3½ years old
Tuesdays, 10:15 & 11:15 a.m.

■ Preschool Storytime

Stories, songs and finger
plays for children
3½-5 and caregiver
Wednesdays 10:30-11:00 a.m.
November 2-30
December 21-January 25
February 15-March 22
April 15-May 22

■ Movie Mondays

Come see a rated "G" or "PG" movie
in the Library. Please contact library
for days and titles.
Mondays, 7:00 p.m.

■ FREE Homework Help

Mondays
4:00-6:00 p.m.

All programs subject to change

SIGN UP NOW - FIVE (5) EASY WAYS TO SIGN UP

1. Online Registration

www.ConcordReg.org



2. By Fax

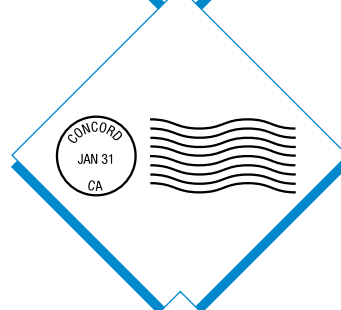
Send your completed form and credit card information to 689-8169.



3. By Mail

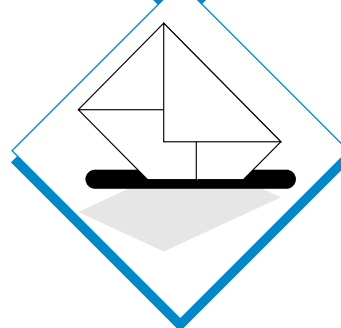
Pay by check, MasterCard, Visa or American Express.

Mail your completed form with payment to:
Concord Parks & Recreation Department Registration
1950 Parkside Drive, MS/11
Concord, CA 94519-2578



4. Drop-off

During business hours secure drop slots at Willow Pass Center and Centre Concord.



5. In person registration and customer service hours at the following locations:

Willow Pass Community Center
2748 E. Olivera Road (In Willow Pass Park)
Monday-Friday, 10 a.m.-12 p.m. and 1-3 p.m.

Centre Concord
5298 Clayton Road, Concord
(In the Clayton Fair Shopping Center next to Clayton Valley Bowl)
Monday-Friday, 10 a.m.-12 p.m. and 1-3 p.m.

Please Remember:

- Register early! Classes with low enrollment may be canceled before the first class.
- If the class you select is full, you will be notified and your check returned.
- If you live within the city limits of Concord, you enjoy the Concord resident discount.
- Information in this brochure, including fees and locations, is subject to change.
- For the most up-to-date class information call 671-3404.
- Para información en Español llame al 671-3324.



REGISTRATION

WITHDRAWALS AND TRANSFERS


If you wish to drop a class or transfer to another session, call us **at least five (5) full working days** before the start date for a refund or credit. **No refunds for non-attendance, one-day workshops, trips or materials fees.**

QUALITY ASSURANCE AND CREDITS / REFUNDS

Try our classes. If, after attending the first class, you are not happy with the quality of the program, call us right away. Tell us what was wrong so we can make it right. If you call before the second class we will give you a full refund or credit. **There are no refunds for non-attendance, one-day workshops, trips or materials fees.** Refunds due to course cancellations can take up to 2 to 4 weeks to process. Cash payments will be refunded by check. A credit left on a customer's account will expire 12 months after the date of issuance. Fees and locations are subject to change.

HOW DID YOU HEAR ABOUT THIS PROGRAM?

- ☐ Activity Guide
 ☐ On-going Program
 ☐ Friend or Family
 ☐ Brochure or flyer through school
 ☐ City Website
☐ Email Newsletter
 ☐ Cable TV Channel
 ☐ Banner/Public Display
 ☐ Newspaper
 ☐ Other _____

Head of Household		<input type="checkbox"/> Concord Resident <input type="checkbox"/> Non-Resident	
Address		<input type="checkbox"/>  If you or your child have a special need or disability, please check here.	
City	State	Zip	
Email	Phone (Day)	Phone (Eve)	

ACTIVITY REGISTRATION: This is for (check one) ☐ Winter ☐ Spring ☐ Summer ☐ Fall

Participant Name	Date of Birth	Course #	Course Title	Fee
Total Fees \$				

WAIVER AND RELEASE FROM LIABILITY / ASSUMPTION OF RISK

I, the undersigned, wish to participate in one or more activities (hereinafter collectively referred to as "the Activity") conducted in collaboration with the City of Concord's Parks & Recreation Department. I am aware that serious accidents and injuries occasionally occur during recreational pursuits such as the Activity. In consideration of my participation in the Activity, I knowingly and voluntarily assume all risks arising therefrom, and on behalf of myself, my heirs and assignees release the City of Concord, its officers, agents, employees and volunteers from any and all claims, liens, damages, lawsuits, or liability for property damage, injury or death, resulting from, arising out of, or in any way connected with my participation in the Activity.

I agree and acknowledge that this Waiver and Release From Liability/Assumption of Risk shall apply even in the event that I suffer death, personal injury, or property damage as the result of passive or active negligence on the part of the City of Concord, its officers, agents, employees, or volunteers of the City (with the exception of sole, active negligence, or willful misconduct). In the event that the individual participating in the Activity is a minor, I certify that I am his/her parent or legal guardian and I give my permission for him/her to participate in the Activity. I understand my signature is a legal and binding signature and will be considered original if received by fax.

USE OF PARTICIPANT PHOTOGRAPHS/VIDEO

In addition to the forgoing, I give consent to Concord Parks & Recreation Department or any other media agency authorized by the City of Concord to photograph or video me (or the minor on whose behalf I am signing this waiver), and to use such photographs/video footage in brochures, newspapers, social media, or other forms of media describing City of Concord activities. I agree to advise the City of Concord Parks & Recreation Department in writing if I do not agree to the forgoing.

(check one) ☐ Self ☐ Parent ☐ Guardian

Signature _____ Date _____

Method of payment: ☐ Check payable to: Concord Parks & Recreation



Amount \$

Card #:	3 or 4 Digit Security Code:	Exp. Date Month/Day/Year / /
Print name as it appears on card		Signature

Summer Jobs 2017

Parks & Recreation offers summer jobs in Concord
and at Camp Concord in South Lake Tahoe



- Swim instructors
- Lifeguards
- Pool Managers
- Camp Counselors

*Applications available
in February.*

www.cityofconcord.org/recreation ■ (925) 671-3404



City of Concord
1950 Parkside Drive
Concord, CA 94519-2578

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