

Concord

City News and Activity Guide



Winter / Spring 2018



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Smart911 Fact Sheet

What is Smart911?

Smart911 is a service that allows residents to create a free Safety Profile for their household that includes any information they want 9-1-1 and first responders to have in the event of an emergency. Then, when anyone in that household dials 9-1-1 from a phone associated with their Safety Profile, their profile is immediately displayed to the 9-1-1 call taker providing additional information that can be used to facilitate the proper response to the proper location. At a time when seconds count, Smart911 provides details that could impact response the second an emergency call is placed, which could be the difference between life and death.

How does Smart911 work?



What citizens create...

What 9-1-1 call takers see...



How can I sign up?

You can sign up for Smart911 at www.smart911.com and create a Safety Profile for your household to give 9-1-1 valuable information about yourself, family members, your home, pets and even vehicles that will display automatically on the 9-1-1 call taker's screen when you make an emergency call. It's private and secure and you control what information is in your profile. These details can save seconds or even minutes during an emergency.

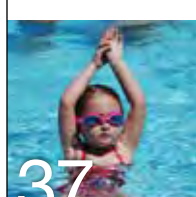
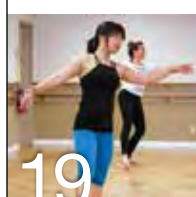


City of Concord

- Laura M. Hoffmeister Mayor
- Edi E. Birsan Vice Mayor
- Ronald E. Leone Councilmember
- Timothy A. McGallian Councilmember
- Carlyn S. Obringer Councilmember
- Valerie J. Barone City Manager
- Leslye Asera Community Relations Manager and Editor

On the cover: Clockwise from top left

(1) Members of the Concord Community Institute visit the Police Department; (2) Preschool, offered at Baldwin Park and Centre Concord, develops social, emotional and physical skills; (3) Staff answers questions from some of the 300 residents who turned out for the September 23 CNWS Reuse Project Workshop; (4) Folk dance brings cultural dance traditions from Latin America, Spain and the Middle East.



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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 671-3031
Building 671-3107
Business Licenses 671-3307
Cable TV
 Astound Broadband 459-1000
 Comcast 1-800-945-2288
City Clerk 671-3390
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's Dance Studio and 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
Markham Nature Park – 3915 Cowell Road (Babel/Cowell)
Newhall Park – 1351 Newhall Parkway
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
JOB L 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. 1 from 9:30 a.m. to 2:30 p.m. featuring unique hand-crafted gift items and delicious homemade goodies. On Saturday, Dec. 2, 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. followed by singing and count down to the tree lighting.

Office closures

City offices will be closed Friday, December 22 through Monday, December 25 for the Christmas holiday, and Monday, Jan. 1 for New Year's. Drive safely during the holidays and remember to buckle up.



Youngsters try out the new play equipment at Civic Center Park

City partners with community to improve parks

In the last year, the City has partnered with several groups of community members to create four new park projects that are proving very popular.

The City and the community held a grand opening celebration in October for two new playgrounds at Meadow Homes Park, 1351 Detroit Ave. and Ellis Lake Park, 1736 Clayton Rd. The new playground projects were in response to the Monument Parks Assessment conducted by the Central County Regional Group, First 5 Contra Costa, Monument Impact and Contra Costa Health Services. Volunteers lobbied for the parks projects and worked with City staff to select appropriate play structures. The projects were funded by the City with Measure Q and Measure WW funds.

Residents chose the design for new playground equipment at Concord Civic Center, 1950 Parkside Dr., when the existing equipment reached the end of its useful life and had to be replaced. Four conceptual designs were displayed at the Concord Library, which is located not far from the playground. The winning design has now become a reality and includes a variety of play structures and fun equipment for kids ages 2 to 12.

The first Concord disc golf course was funded, designed and installed through a community based volunteer effort at Hillcrest Community Park, East Olivera and Grant Street. The project includes

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Participants at the September Reuse Project workshop talk with staff

My Water Report is now available

The Contra Costa Water District now has a new digital customer portal called My Water Report where residents can see detailed information about their water use. Users can view reports of water use going back several years so they can compare year to year and billing period to billing period. This free tool is now available on mobile devices or through web browser. To sign up, visit www.ccwater.com/MyWaterReport.

Many residents have their say at Reuse Plan workshops

Residents and elected officials have been involved over the last year in the next steps in the planning for the redevelopment of the former Concord Naval Weapons Station. In 2012, the City Council adopted the Reuse Project Area Plan for the 5,000-acre base, reflecting several years of community visioning and planning. The Specific Plan process is geared to taking the next step toward development by providing additional details for the project.

On Saturday, Sept. 23, nearly 300 people turned out at the Concord Senior Center for the third in a series of well-attended 2017 public workshops designed to elicit input on the proposed land

use plans for the project. In addition, one study session with the Planning Commission and two with the City Council were held in October to discuss the comments from the public workshops and to gather additional feedback.

Throughout this time, the dedicated members of the Community Advisory Committee have met monthly to hear presentations from staff, discuss topics associated with the process and provide the City Council with comments on the plans.

Residents are invited to attend upcoming public meetings and follow the project by visiting the website at www.concordreuseproject.org. ♦

PARKS from page 3

commercial-quality disc golf equipment and appropriate construction materials suitable for installation in a public park. The fun, low cost activity for all ages expands community recreation resources in a collaborative and sustainable manner.

Last year, pickleball courts were installed at Willow Pass Park with the enthusiastic support of local players, and this year the new lighted courts have been utilized for programs, leagues and tournaments coordinated by Parks and Recreation Department staff members. The City continues to look for opportunities to partner with the community to bring new and exciting additions to its parks. ♦

Economic Development Spotlight

Retail Renaissance in Concord

Concord welcomed its first major retail shopping center development in over 40 years in October. The Veranda, a 375,000-square-foot destination for shopping, dining and entertainment, opened with its first round of tenants on October 27. The center, at 2001-2003 Diamond Blvd., was formerly the site of the former Chevron campus. Major brands to open included T.J. Maxx, LunchboxWax, Sleep Number, AAA, Travis Credit Union, Toys 'R' Us and Babies 'R' Us.

The Veranda has also signed numerous destination restaurants such as EMC Seafood and Raw Bar, Mikuni Japanese Restaurant and Sushi Bar, MOD Pizza, Popbar and Super Duper Burgers. Confirmed new lease signings include: Puesto, Residual Sugar Wine Bar, and Coffee Shop. 365 by Whole Foods is set to open on December 6, and will be the first store of its kind in California.

When complete, The Veranda will also feature the only IMAX auditorium within 25 miles as part of Veranda LUXE Cinema by Cinema West with Dolby Atmos sound. Dolby Atmos creates powerful, moving audio by introducing two important concepts to cinema sound: audio objects and overhead speakers. Together, these completely change how soundtracks are created and heard. The theater will feature luxury electric seats and recliners, full-service in-theater dining, a full bar



The Veranda offers shops, restaurants and an IMAX movie theatre

and plush lounge. It is scheduled to open to the public in December.

Diamond Boulevard shines with Golden State Lumber

In addition to The Veranda and the popular Willows Shopping Center, Diamond Boulevard is now home to Golden State Lumber's first indoor lumber yard. The brand new 49,000-square-foot location features a drive through lumber yard, hardware store, state of the art showroom and full line of engineered lumber.

Eateries continue to thrive downtown

This summer, Salvio Pacheco Square got two new dining tenants with the addition of Fusion Bistro and T4U at 2151 Salvio St. Fusion Bistro offers a wide variety of choices from sashimi and ramen dishes to the baked crab house specialty and other popular Asian

fusion dishes. T4 is a popular chain serving bubble tea; its four T's stand for Fresh, Fashion, Favor and Flavor.

Concord is excited to soon welcome Chipotle to the Shops at Todos Santos at the corner of Salvio and Galindo streets.

Downtown apartment landscape takes shape

While apartment construction projects are planned throughout downtown Concord, Renaissance Square is set to open its Phase II development at Galindo and Salvio streets in summer 2018. Currently under construction, Phase II will feature 180 units with 371 parking spaces.

Other downtown housing projects include Nicholson Development Properties' Concord Village proposal for 231 units near Concord BART and Argent Concord LLC's proposal for 171 units at 2400 Willow Pass Road. ♦



Concord Connect

Download Concord Connect cell phone app

Many residents have downloaded the City's cell phone app called Concord Connect that makes it easy to submit non-emergency requests for service. Residents are reporting 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.



Find information about current capital projects online

Learn all about City capital projects with new on-line map

The City has added a new, interactive on-line map to its website that details current capital improvement projects that are in the planning stages, are currently under construction or have recently been completed.

Visitors to the site can view all listed projects at once or filter by project type by using the category tabs: Parks and Recreation, Buildings and Grounds, Local Streets and Roads, Sewer and Sanitation, and Traffic Signals.

Each project is designated on the map with a color-coded marker to convey progress on the project from programming to completion. Project descriptions are provided with access to additional information including contact information, project budget, funding sources, photos, links to related documents, and project status and schedule. More projects will be added over the next few months.

To view the map, visit www.maps.cityofconcord.org/CIPMAP. ♦

First session of Concord Community Institute well received

The City hosted its first Concord Community Institute in September and October, with high marks from the 20 participants who attended the seven sessions. The program is designed to help people who live, work or own a business in Concord to learn more about the City.

Participants enjoyed presentations from all City departments and participated in lively discussions and interactive activities. They were able to meet elected officials and staff members as they learned about how the City operates and how decisions are made.

The next sessions of the Concord Community Institute will be held in the spring of 2018, and again in the fall of 2018. Application information will be available in January.



Participants at a mock Planning Commission meeting

New program helps first responders find you in an emergency – Sign up for Smart911

Smart911 is now available to all residents of Concord. Smart911 is a free service that allows individuals and families to sign up online to provide key information ahead of time to 9-1-1 dispatchers in the event of an emergency.

Smart911 allows citizens to create a Safety Profile at www.smart911.com for their household that includes any information they want 9-1-1 dispatchers and response teams to have in an emergency. When a citizen makes an emergency call, his or her Safety Profile is automatically displayed to the 9-1-1 dispatcher, allowing the dispatcher to send the right response teams to the right location with the right information.

“Smart911 saves critical time in an emergency and has proven to save lives nationwide,” said Concord Emergency Services Coordinator Margaret Romiti. “The additional information provided in a Smart911 Safety Profile enables first responders to know exactly where they are going and who they are looking for. Taking advantage of Smart911 is one thing residents can do to help keep themselves and their loved ones safe.”

With Smart911, citizens can link both home and work addresses to mobile phones, which can be passed on to responders in the field for a more detailed, rapid response. Additional information including pets in the home, vehicle details in the event of an accident, and even emergency contacts can all be included in a Safety Profile. Residents have the ability to choose what details they would like to include.

“The Smart911 Safety Profile is portable, meaning that citizens who register for this service will be better

prepared in all towns and counties across the country that have Smart911,” said Romiti. “The Safety Profile travels with you and the additional information provided allows 9-1-1 dispatchers to send the right response teams faster.”

Smart911 is a national service that protects over 45 million people across 44 states and 3,100 communities. Smart911 is private and secure, is only used for emergency responses, and only made available to the 9-1-1 system in the event of an emergency call. ♦

Be Smart About Safety

Sign Up Today. It's Free.

 Smart911.com™

Concord Community Pool closed for repairs

Beginning Dec. 11, Concord Community Pool will be closed for critical repairs to the pool deck. The project is necessary to stop the deterioration of the concrete deck areas. These repairs will help ensure the long-term safety and serviceability of the pool.

The pool is one of the City's most popular facilities, serving approximately

124,000 swimmers a year. In addition to swim classes, the pool offers lap swim, recreational swimming hours during the summer, and a place for many swim teams to practice.

The project is expected to be completed in April. To track the progress of the project, visit the new page on the City's website that lists Capital Improvement Projects: www.maps.cityofconcord.org/CIPMAP.

Contact aquatics staff for information about alternative facilities for lap swim, water exercise programs or swim lessons while the pool is closed. Call Concord Community Pool at (925) 671-3480 or email swimconcord@cityofconcord.org. ♦

Residents can etch their names in Todos Santos Plaza

In celebration of Concord's Sesquicentennial (150th) Anniversary next year, residents and business owners have a unique opportunity to see their names etched in Todos Santos Plaza. Custom-engraved bricks that will be built into a patio near a new, life-size bronze statue of one of the city's founding fathers, Don Salvio Pacheco, are available for sale. The deadline to purchase a brick or sign on as a corporate sponsor is Dec. 31, so time is limited. Proceeds from the sale of the bricks and sponsorships will fund the statue.

Internationally known sculptor Paula Slater was selected to create the sculpture by the Concord Sesquicentennial Committee from a field of applicants. She researched Don Salvio Pacheco's history and viewed photographs courtesy of the Concord Historical Society. Her work on other projects can be seen at <https://paulaslater.com>.

The statue will be officially unveiled during the July 4th Celebration next year.

Don Salvio Pacheco will stand proudly just inside the Grant Street corner entrance of Todos Santos Plaza for generations to come, with engraved bricks and pavers near the base of the statue.

"Whether you order a brick for yourself, as a tribute to your family or business, or as a memorial for a loved one, your name and sentiment will become an integral part of our historical celebration of Concord," says Lisa Fulmer, President of the Concord Art Association and a member of the committee.

An engraved brick costs \$150 – one dollar for each year since Concord's founding. Visit the Concord Historical Society website, www.concordhistorical.org for details and to place an order online.

A limited number of sponsorship packages that include additional benefits are also available for local organizations, small to medium businesses, and large corporations. Information about those opportunities is also available on the Concord Historical Society website.



Artists model of the Don Salvio Pacheco statue

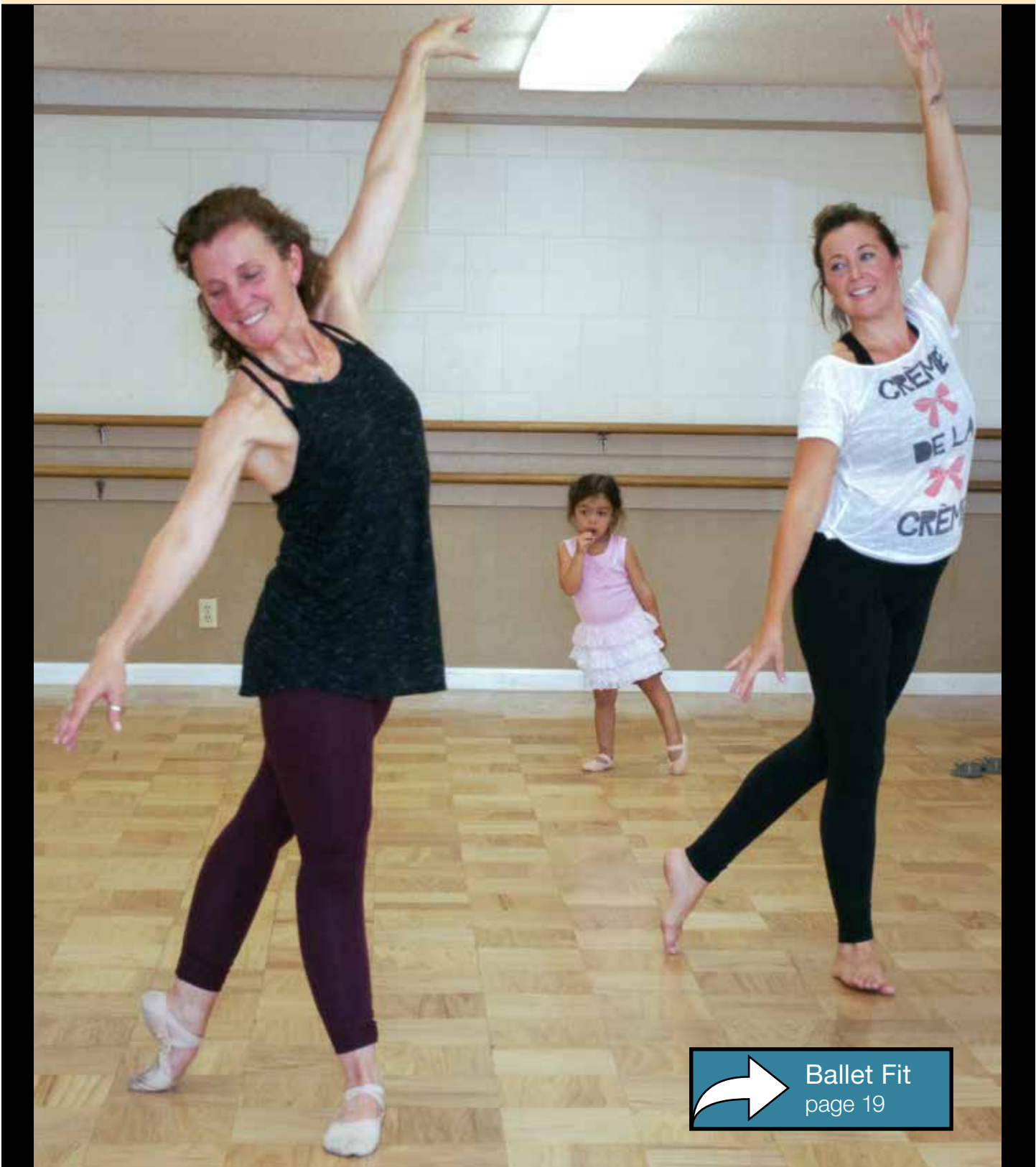
The Concord Sesquicentennial Committee, sponsor of this historic public art project, is led by the Concord Historical Society and includes representatives from the City of Concord, Concord Art Association, Greater Concord Chamber of Commerce, Todos Santos Business Association, Mt. Diablo Unified School District, as well as many individual volunteers. Email questions to the committee at concord150@concordhistorical.org. ♦


Say hi to your friendly neighborhood robot

Have you seen one of Marble Robotics' zero-emissions robots around town? At right, a robot takes off from Mr. Pickles Sandwich Shop on Broadway Street with a delivery for Audi Concord on Concord Avenue. Each robot is equipped with 360-degree sensor vision, roves at casual walking speeds and can stop instantly. During the current test phase, the robots will be accompanied by a human companion.



ACTIVITY GUIDE



 Ballet Fit
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ACTIVITY GUIDE LISTINGS ARE SUBJECT TO CHANGE

2018-19 PRESCHOOL CLASSES

Preschool Registration Begins February 13 ■ 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.



Requirements:

2-year-olds must be age 2 by September 1, 2018.
 3-year-olds must be age 3 by September 1, 2018.*
 4-year-olds must be age 4 by September 1, 2018.*
 *3 and 4-year-olds must be toilet trained.

Monthly and Additional Fees:

2-day classes \$149 R/\$179 NR
 3-day classes \$215 R/\$245 NR
 5-day class \$405 R/\$415 NR

A \$110* non-refundable registration fee and a first month's tuition payment are due at the time of registration. The first month's tuition is non-refundable for cancellations after June 30, 2018. The remaining 8 tuition installments are due by the 20th of each month from September 2018-April 2019.

*\$75 will be applied to the April 2019 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.

R = Concord Resident NR = Concord Non-Resident

BALDWIN PARK 2790 PARKSIDE CIRCLE

3 Year Olds – Melissa Gardner

Session	Days	Time	Course
Sep 4-May 16	Tu, Th	9-11:30 a.m.	#105461
Sep 5-May 17	M, W, F	9-11:30 a.m.	#105460

4 Year Olds – Gina Murdock

Session	Days	Time	Course
Sep 4-May 16	Tu, Th	9-11:30 a.m.	#105467
Sep 5-May 17	M, W, F	9-11:30 a.m.	#105466

4 Year Olds – Melissa Gardner

Session	Days	Time	Course
Sep 6-May 17	M, W, F	12-2:30 p.m.	#105468

CENTRE CONCORD 5298 CLAYTON ROAD

2 Year Olds – Beth Severa

Session	Days	Time	Course
Sep 4-May 16	Tu, Th	9-11:30 a.m.	#105455
Sep 4-May 16	Tu, Th	12-2:30 p.m.	#105456
Sep 5-May 17	M, W, F	9-11:30 a.m.	#105453
Sep 5-May 17	M, W, F	12-2:30 p.m.	#105454

3 Year Olds – Shannon Cervantes

Session	Days	Time	Course
Sep 4-May 16	Tu, Th	9-11:30 a.m.	#105459
Sep 5-May 17	M, W, F	9-11:30 a.m.	#105457
Sep 5-May 17	M, W, F	12-2:30 p.m.	#105458

3 Year Olds – Sandra Cano

Session	Days	Time	Course
Sep 4-May 16	Tu, Th	12-2:30 p.m.	#105462

4 Year Olds – Sonja Stanley

Session	Days	Time	Course
Sep 4-May 16	Tu, Th	9-11:30 a.m.	#105465
Sep 5-May 17	M, W, F	9-11:30 a.m.	#105463

4 Year Olds – Sonja Stanley 5-Day Program

Session	Days	Time	Course
Sep 4-May 17	M-F	12-2:30 p.m.	#105469

DANCE

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. Appropriate attire: ballet shoes, tights or leggings and leotards. Multi Sessions are two classes per week with the second class at 50% off. No class January 20, 23, and 27.

Age: 4-6 ■ Baldwin Park Dance Studio ■ Luana Nietschy					
Jan 6-Mar 3	Sa	9:30-10:15 a.m.	\$72 R/\$77 NR	#105615	
Mar 17-Apr 28	Sa	9:30-10:15 a.m.	\$72 R/\$77 NR	#105616	
Jan 9-Feb 27	Tu	5-5:45 p.m.	\$72 R/\$77 NR	#105895	
Mar 13-Apr 24	Tu	5-5:45 p.m.	\$72 R/\$77 NR	#105896	

Multi-Session Discount					
Jan 6-Mar 3	Tu, Sa	9:30-10:15 a.m.	\$108 R/\$113 NR	#105897	
Mar 13-Apr 28	Tu, Sa	5-5:45 p.m.	\$108 R/\$113 NR	#105898	



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 January 20, 23 and 27.

Age: 3-4 ■ Baldwin Park Dance Studio ■ Luana Nietschy					
Jan 6-Mar 3	Sa	9-9:30 a.m.	\$58 R/\$63 NR	#105714	
Mar 17-Apr 28	Sa	9-9:30 a.m.	\$58 R/\$63 NR	#105715	
Jan 9-Feb 27	Tu	4:30-5 p.m.	\$58 R/\$63 NR	#105909	
Mar 13-Apr 24	Tu	4:30-5 p.m.	\$58 R/\$63 NR	#105910	
Jan 6-Mar 3	Tu, Sa	9-9:30 a.m.	\$75 R/\$80 NR	#105911	
Mar 13-Apr 28	Tu, Sa	4:30-5 p.m.	\$75 R/\$80 NR	#105912	

Kinder Hip Hop

Young dancers will learn a variety of creative movements, steps and rhythms to age appropriate music. Hip-Hop style is a fast, high energy type of dancing seen in music videos and commercials. The goals are for children to foster a love for dance creativity, freedom, and expression in movement. No class January 15, 29, February 19, 26, April 2 and 9.

Age: 4-5 ■ Willow Pass Community Center Special K Productions Mobile Dance Studio					
Jan 8-Mar 12	Mon	5:30-6:20 p.m.	\$144 R/\$149 NR	#106071	
Mar 19-May 7	Mon	5:30-6:20 p.m.	\$144 R/\$149 NR	#106072	

ENRICHMENT

Busy Bee Cooks

Kids eat what they cook and are more inspired to enjoy healthy foods. Our goal is for your young chef to have fun while learning a valuable life skill and fall in love with healthy eating. The class includes how to grocery shop, understand food labels, work safely in the kitchen, work in a team to properly clean up and more. Materials fee of \$20 is payable to the instructor on the first day of class.

Age: 4-5 ■ Centre Concord ■ Lynda Rexroat					
Jan 11-Feb 8	Th	3:30-5 p.m.	\$193 R/\$198 NR	#105913	
Mar 22-Apr 19	Th	3:30-5 p.m.	\$193 R/\$198 NR	#105914	

Little Dragons

Is your young 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. No class March 29 and April 5.



Age: 3-6 ■ Baldwin Park Dance Studio ■ Kevin Oliver					
Feb 1-Mar 8	Th	5-5:40 p.m.	\$85 R/\$90 NR	#105677	
Mar 15-May 3	Th	5-5:40 p.m.	\$85 R/\$90 NR	#105678	



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 April 4.

Age: 3-5 ■ Willow Pass Community Center ■ CGS Gymnastic Services					
Jan 10-Feb 7	W	8:30-9:15 a.m.	\$80 R/\$85 NR	#105733	
Feb 14-Mar 14	W	8:30-9:15 a.m.	\$80 R/\$85 NR	#105734	
Mar 21-Apr 25	W	8:30-9:15 a.m.	\$80 R/\$85 NR	#105735	

HEALTH AND FITNESS

NEW Kids Warrior Fitness

Inspired by the television show American Ninja Warrior, this class gives our littlest warriors a chance to explore exciting obstacle course action! We focus on positive encouragement and challenge each student to do their best while they jump, climb, balance, run and tumble. Includes fun agility games and creative strengthening activities. Parent participation required. No class April 3.

Age: 2-3 ■ Centre Concord ■ Arista Lemos

Jan 23-Mar 6	Tu	10-10:40 a.m.	\$115 R/\$120 NR	#106015
Mar 20-May 8	Tu	10-10:40 a.m.	\$115 R/\$120 NR	#106016

Age: 3-5 ■ Centre Concord ■ Arista Lemos

Jan 23-Mar 6	Tu	10:45-11:25 a.m.	\$115 R/\$120 NR	#106085
Mar 20-May 9	Tu	10:45-11:25 a.m.	\$115 R/\$120 NR	#106086

SPORTS

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

Feb 3-Mar 24	Sa	10:45-11:20 a.m.	\$106 R/\$111 NR	#105499
Apr 21-Jun 23	Sa	10:45-11:20 a.m.	\$116 R/\$121 NR	#105500

Kidz Love Soccer - Tot Soccer

Little tykes enjoy running and kicking just like the big kids! 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

Feb 3-Mar 24	Sa	10:15-10:45 a.m.	\$106 R/\$111 NR	#105497
Apr 21-Jun 23	Sa	10:15-10:45 a.m.	\$116 R/\$121 NR	#105498

Kidz Love Soccer - Tot/Pre Soccer

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. All participants receive a soccer jersey! Shin guards are required after the first meeting.

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

Jan 22-Mar 19	M	10:10-10:45 a.m.	\$106 R/\$111 NR	#105503
Jan 22-Mar 19	M	3:10-3:45 p.m.	\$106 R/\$111 NR	#105504
Apr 16-Jun 18	M	10:10-10:45 a.m.	\$116 R/\$121 NR	#105506
Apr 16-Jun 18	M	5:15-5:50 p.m.	\$116 R/\$121 NR	#105507

Age: 3½-5 ■ Concord Community Park ■ Kidz Love Soccer

Feb 1-Mar 22	Th	3:45-4:20 p.m.	\$106 R/\$111 NR	#105505
Apr 19-Jun 14	Th	3:45-4:20 p.m.	\$116 R/\$121 NR	#105508

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 22-Mar 19	M	9:30-10 a.m.	\$106 R/\$111 NR	#105489
Feb 3-Mar 24	Sa	9-9:30 a.m.	\$106 R/\$111 NR	#105491
Apr 16-Jun 18	M	9:30-10 a.m.	\$116 R/\$121 NR	#105492
Apr 21-Jun 23	Sa	9-9:30 a.m.	\$116 R/\$121 NR	#105494
Feb 3-Mar 24	Sa	9:35-10:05 a.m.	\$106 R/\$111 NR	#105495
Apr 21-Jun 23	Sa	9:35-10:05 a.m.	\$116 R/\$121 NR	#105496

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

Feb 1-Mar 22	Th	5:15-5:45 p.m.	\$106 R/\$111 NR	#105490
Apr 19-Jun 14	Th	5:15-5:45 p.m.	\$116 R/\$121 NR	#105493

Skyhawks Parent 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: 2½-3 ■ Concord Community Park ■ Skyhawks Sports Academy

Jan 11-Feb 15	Th	10-10:25 a.m.	\$77 R/\$82 NR	#105771
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Age: 2½-3 ■ Newhall Park ■ Skyhawks Sports Academy

Mar 8-May 10	Th	4:45-5:10 p.m.	\$116 R/\$121 NR	#105772
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See Skyhawks classes for ages 4-6 on page 16

- Tot Multi Sports
- Tot Soccer
- Tot Track & Field.

COMPUTERS-ONLINE

NEW Introduction to Website Design (Online Class)

Students will learn about creating and updating a website using Wordpress CMS and how to populate their website with original and fun content! This course is great for young people who are interested in sharing their content and personality through their own website!

Age: 8-18 ■ Online ■ Freshi Films		
Jan 1-28	\$59 R/\$64 NR	#106011
Feb 1-28	\$59 R/\$64 NR	#106012
Mar 1-28	\$59 R/\$64 NR	#106013
Apr 1-28	\$59 R/\$64 NR	#106014



NEW Video Game Coding & Design (Online Class)

Learn a great new skill and create original 2D video game concepts! Students will create awesome, original characters and will use logic based coding to make them interact and move. Video Game Design promotes creative and critical thinking and is a fun afterschool activity!

Age: 8-18 ■ Online ■ Freshi Films		
Jan 1-28	\$99 R/\$104 NR	#106006
Feb 1-28	\$99 R/\$104 NR	#106008
Mar 1-28	\$99 R/\$104 NR	#106009
Apr 1-28	\$99 R/\$104 NR	#106010

DANCE

Ballet For Youth

Ballet students will learn the fundamentals and vocabulary of ballet, basic techniques, coordination and movement. The instructor has more than 20 years of dance experience. Appropriate attire: ballet shoes, leggings or tights, leotard. No class January 24.

Age: 5-9 ■ Willow Pass Community Center ■ Luana Nietschy			
Jan 17-Mar 7	W	3:45-4:30 p.m.	\$75 R/\$80 NR #105973
Mar 14-May 2	W	3:45-4:30 p.m.	\$75 R/\$80 NR #105974

R = Concord Resident NR = Concord Non-Resident

Beginning Ballet 2

Increase your strength, flexibility and body coordination while building on the techniques from Ballet 1. 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. Multi Sessions are two classes per week with the second class at 50% off. No class January 20, 23 and 27.

Age: 6-8 ■ Baldwin Park Dance Studio ■ Luana Nietschy			
Jan 6-Feb 24	Sa	10:15-11 a.m.	\$72 R/\$77 NR #105617
Mar 10-Apr 14	Sa	10:15-11 a.m.	\$72 R/\$77 NR #105618
Jan 9-Feb 20	Tu	5:45-6:30 p.m.	\$72 R/\$77 NR #105891
Mar 6-Apr 10	Tu	5:45-6:30 p.m.	\$72 R/\$77 NR #105892
Jan 6-Feb 20	Tu, Sa	10:15-11 a.m.	\$108 R/\$113 NR #105893
Mar 6-Apr 14	Tu, Sa	5:45-6:30 p.m.	\$108 R/\$113 NR #105894

Hip Hop Dance/Break-Dance

Current hip-hop styles and steps are introduced in an upbeat environment, using fun and age appropriate music. Dancers will also learn the 7 elements of Break-Dance: Top Rock, Feet-Work, Freezes, Spins, Drops, Treading and Swipes. No class January 15, 29, February 19, 26, April 2 and 9.

Age: 6-9 ■ Willow Pass Community Center Special K Productions Mobile Dance Studio			
Jan 8-Mar 12	Mon	6:30-7:30 p.m.	\$195 R/\$200 NR #106073
Mar 19-May 7	Mon	6:30-7:30 p.m.	\$195 R/\$200 NR #106074

Age: 10-14 ■ Willow Pass Community Center Special K Productions Mobile Dance Studio			
Jan 8-Mar 12	Mon	7:30-8:30 p.m.	\$195 R/\$200 NR #106077
Mar 19-May 7	Mon	7:30-8:30 p.m.	\$195 R/\$200 NR #106078

ENRICHMENT



Aloha Mind Math

Kids find learning math on the abacus fun! Your child will learn to do math on the abacus as well as mental math techniques. Students will develop agility and confidence with numbers, acquire visualization skills and improve concentration and focus. Your child will broaden his or her understanding of math and realize that they too can be math rock stars. Abacus and workbook included.

Age: 6-12 ■ Centre Concord ■ Aloha Mind Math			
Jan 12-Mar 2	F	3:30-4:30 p.m.	\$197 R/\$202 NR #105919
Mar 9-Apr 27	F	3:30-4:30 p.m.	\$197 R/\$202 NR #105920



Chess Wizards-Strategies for Life

Our interactive, discovery-based curriculum inspires students to think ahead, visualize their goals; treat others with respect and to learn from mistakes. Geared to suit children of all skill levels from castling to checkmate artist, students will build upon their knowledge through lessons, tournaments, variation games and more! We make learning chess fun! Your brain is your superpower...are you ready to use it?

Age: 6-12 ■ Willow Pass Community Center ■ Wizards Chess
Jan 20-Mar 10 Sa 9:30-10:30 a.m. \$278 R/\$283 NR #106002
Mar 17-May 5 Sa 9:30-10:30 a.m. \$278 R/\$283 NR #106005

Cooking Round the World: A Cultural Exploration!

New understandings about culture and traditions around the world will be presented with food and cooking as the conduit to get there! Kids will learn basic cooking skills, new ingredients, an international folktale, and language acquisition from a new country every week. Some classes provide a map education and a picture slideshow of where we are visiting. A \$30 materials fee is due to the instructor at the first class. No class January 15 and February 19.



Age: 6-12 ■ Centre Concord ■ Cooking Round The World
Jan 8-Mar 5 M 3:30-5 p.m. \$157 R/\$162 NR #105969
Mar 12-Apr 30 M 3:30-5 p.m. \$179 R/\$184 NR #105970

Little Pediatrician

This Pediatrician class takes a new twist on the traditional expectant sibling offerings. Using our successful role-playing techniques, students will assume the role of a pediatrician and learn how to hold the baby, do an exam just like a real doctor, change a diaper and keep the baby safe. A \$20 materials fee is due to instructor at first class.

Age: 6-11 ■ Centre Concord ■ Little Medical School
Apr 9-May 14 M 3:30-4:30 p.m. \$123 R/\$128 NR #105917

R = Concord Resident NR = Concord Non-Resident

Little Sports Medicine

Explore the exciting world of sports medicine. Wear a white coat, reflex a hammer, and learn how doctors do an assessment for sports injuries. Learn about common problems from playing sports and how doctors diagnosis and treat them. See what it is like to be an Orthopedic Surgeon and make a model of the hand to see how the tendons and ligaments work. \$20 materials fee is due to the instructor on the first day of class. No class February 19.

Age: 6-11 ■ Centre Concord ■ Little Medical School
Feb 5-Mar 19 M 3:30-4:30 p.m. \$123 R/\$128 NR #105918

Machine Sewing Youth & Adults

Learn machine sewing techniques. Create new projects each session. Actual projects are chosen from large fashion, small projects, or alterations and repairs. Make a sample notebook to keep. Maximum six students allows individual instruction with a certified sewing instructor. Computerized machines and all materials are provided except large project fabrics. A \$25 materials fee is due to the instructor on the first day of class.



Age: 8+ ■ Centre Concord ■ Debbie Nelson
Jan 25-Mar 15 Th 4-6 p.m. \$242 R/\$247 NR #105921



We Teach Your Kids to Cook

Kids eat what they cook and are more inspired to enjoy healthy foods. Our goal is for your young chef to have fun while learning a valuable life skill and fall in love with healthy eating. The class includes how to grocery shop, understand food labels, work safely in the kitchen, work in a team to properly clean up and more. An \$20 materials fee is payable to the instructor at the first class.

Age: 6-10 ■ Centre Concord ■ Cooking with Kids Foundation
Jan 11-Feb 8 Th 5:30-7 p.m. \$204 R/\$209 NR #105915
Mar 22-Apr 19 Th 5:30-7 p.m. \$204 R/\$209 NR #105916

HEALTH AND FITNESS

K.O. Taekwondo-Youth and Teens

A traditional style Taekwondo class focuses on core values and is good for all ages and abilities. Emphasis is on useful self-defense techniques, increased flexibility and stamina, improving overall muscle tone, and is also a great cardiovascular workout. \$35 uniform cost is required on the first day of class.

Family Discount: One family member pays full price, each additional family member receives 50% off and must add a \$3 processing fee per person, ONLY in the same course code. Different course code must pay full price. No class January 13 and February 17.

Age: 6-13 ■ Baldwin Park Dance Studio ■ Kevin Oliver				
Jan 10-31	W, F	6-7 p.m.	\$75 R/\$80 NR	#105669
Feb 2-28	W, F	6-7 p.m.	\$80 R/\$85 NR	#105670
Mar 2-28	W, F	6-7 p.m.	\$80 R/\$85 NR	#105671
Apr 11-27	W, F	6-7 p.m.	\$75 R/\$80 NR	#105672
Jan 6-31	W, F and Sa	6-7 p.m. 12-1 p.m.	\$85 R/\$90 NR	#105673
Feb 2-28	W, F and Sa	6-7 p.m. 12-1 p.m.	\$90 R/\$95 NR	#105674
Mar 2-28	W, F and Sa	6-7 p.m. 12-1 p.m.	\$90 R/\$95 NR	#105675
Apr 7-28	W, F and Sa	6-7 p.m. 12-1 p.m.	\$85 R/\$90 NR	#105676

NEW Zumba Dance After School

Our bodies are designed to be strong, healthy, and fit. We will get your kids off the couch, and prevent obesity. Each week we will learn rhythms, culture and some unique songs and sounds from a different country. Dance to a variety of world rhythms, move, dance, play, and play instruments from each country. Dance moves are combined with calisthenics like a kid's boot camp. No class April 2-5.

Age: 6-12 ■ Centre Concord ■ Elisa Borges				
Jan 16-Feb 27	Tu	3:30-4:30 p.m.	\$43 R/\$48 NR	#105975
Jan 18-Mar 1	Th	3:30-4:30 p.m.	\$43 R/\$48 NR	#105979
Mar 6-Apr 24	Tu	3:30-4:30 p.m.	\$43 R/\$48 NR	#105980
Mar 8-Apr 26	Th	3:30-4:30 p.m.	\$43 R/\$48 NR	#105981
Age: 6-12 ■ Willow Pass Center ■ Zelia Santos				
Jan 17-Feb 28	W	1:30-2:30 p.m.	\$43 R/\$48 NR	#105977
Mar 7-Apr 25	W	1:30-2:30 p.m.	\$43 R/\$48 NR	#105978



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



Introducing HALI HAUSMANN

Hali Hausmann, founder of Aloha Mind Math, ALOHA stands for Abacus Learning of Higher Arithmetic. This is an ancient form of visual and kinesthetic math that builds on a child's natural inquisitiveness and imagination. Hali has been a corporate finance professional for 20 years prior to opening Aloha Mind Math in 2015. She has always been interested in cognitive development and in understanding brain development, and particularly the unique abilities of children. She is a certified Aloha instructor, with a Masters in Health Care Administration from St. Mary's College.



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

Friends of Camp Concord member benefits include early registration and cabin selection for Family Camp.

For membership information, please call the Camp Concord Office at (925) 671-3006 or visit friendsofcampconcord.org

Skyhawks Tot Multi Sports

Skyhawks Multi-Sport provides a safe and positive environment where young athletes can discover a passion for a variety of sports in one fun-filled setting. Through a series of games and activities, participants learn fundamentals of baseball, basketball and soccer along with teamwork and sportsmanship. Bring your friends or come make new ones.



Age: 4-6 ■ Concord Community Park ■ Skyhawks Sports Academy
Jan 11-Feb 15 Th 10:30-11:10 a.m. \$97 R/\$102 NR #105779

Age: 4-6 ■ Newhall Park ■ Skyhawks Sports Academy
Mar 8-May 10 Th 6-6:40 p.m. \$136 R/\$141 NR #105780

Skyhawks Tot Soccer

Skyhawks utilizes progression based curriculum and modified equipment; participants learn Soccer fundamentals and social skills through a series of fast-paced instructional circuits and developmental games. Our primary development objectives include dribbling, passing, shooting, ball control, balance, body movement, foot/eye coordination, self-esteem, teamwork, and sportsmanship!

Age: 4-6 ■ Concord Community Park ■ Skyhawks Sports Academy
Jan 11-Feb 15 Th 11:20 a.m.-12 p.m. \$97 R/\$102 NR #105791

Kidz Love Soccer - Soccer 1 Technique & Teamwork

Here's a perfect soccer experience 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 22-Mar 19 M 3:45-4:30 p.m. \$106 R/\$111 NR #105509
Feb 3-Mar 24 Sa 11:20 a.m.-12:05 p.m. \$106 R/\$111 NR #105511
Apr 16-Jun 18 M 3:45-4:30 p.m. \$116 R/\$121 NR #105512
Apr 21-Jun 23 Sa 11:20 a.m.-12:05 p.m. \$116 R/\$121 NR #105514

Age: 5-6 ■ Concord Community Park ■ Kidz Love Soccer
Feb 1-Mar 22 Th 4:20-5:05 p.m. \$106 R/\$111 NR #105510
Apr 19-Jun 14 Th 4:20-5:05 p.m. \$116 R/\$121 NR #105513



R = Concord Resident NR = Concord Non-Resident

Kidz Love Soccer 2 Skillz and Scrimmages

Have a great time while developing core soccer skills like dribbling, passing and shooting in a team play format. Each class will include individual skill building and scrimmages to develop teamwork and positional play. All levels are welcome to come enjoy the world's most popular game! All participants receive a soccer jersey! Shin guards are required after the first meeting.

Age: 7-10 ■ Newhall Park ■ Kidz Love Soccer
Jan 22-Mar 19 M 4:30-5:15 p.m. \$106 R/\$111 NR #105501
Apr 16-Jun 18 M 4:30-5:15 p.m. \$116 R/\$121 NR #105502

Skyhawks - Tot Track & Field

Skyhawks Tot Track & Field was designed to give children a positive introduction to everything Track & Field has to offer. Our primary development objectives include throwing (javelin, shot-put, discus), jumping (hurdles, long-jump), running (short distance, long distance, relay-races), stretches and cool-down techniques, balance, body movement, self-esteem, teamwork, and sportsmanship!

Age: 4-6 ■ Newhall Park ■ TLR Sports INC
Mar 8-May 10 Th 5:15-5:55 p.m. \$136 R/\$141 NR #105777

YOUTH SPORTS

Tennis-Junior Development Program

This program is for new or improving players ages 5-13. The program emphasizes proper fundamentals, good sportsmanship, and proper tennis etiquette. Sessions are taught by Calvin McCullough a USNTA/USPTR certified instructor with over 20 years coaching experience. No class April 3 and 5. \$40 sibling discount available-please call (925) 671-3423.



Age: 5-13 ■ Willow Pass Park ■ Calvin McCullough
Feb 20-Apr 19 Tu, Th 4-5 p.m. \$211 R/\$216 NR #105753
Feb 20-Apr 17 Tu 4-5 p.m. \$110 R/\$115 NR #105754
Feb 22-Apr 19 Th 4-5 p.m. \$110 R/\$115 NR #105755

Tennis-Junior Excellence Program

This program is for beginning tournament level players and junior varsity high school players ages 7-15. The program emphasizes ball control, court position, and fitness. Sessions are taught by Calvin McCullough a USNTA/USPTR certified instructor with over 20 years coaching experience. No class April 3 and 5. \$49 sibling discount available-please call (925) 671-3423.

Age: 7-15 ■ Willow Pass Park ■ Calvin McCullough
Feb 20-Apr 19 Tu, Th 5-6:30 p.m. \$251 R/\$256 NR #105756
Feb 20-Apr 17 Tu 5-6:30 p.m. \$130 R/\$135 NR #105757
Feb 22-Apr 19 Th 5-6:30 p.m. \$130 R/\$135 NR #105758

SPRING BREAK CAMPS

NEW Baking Round the World!

This class gives girls and boys the opportunity to explore countries from around the world through baking and eating! In each class we will 'travel' to a new country and explore the techniques and ingredients popular in that region. Then use techniques learned to create up to 6 amazing culinary creations! Your children will truly become citizens of the world with new cultural appreciation, through food! If your child loves to bake, they will LOVE this camp!

Age: 6-12 ■ Centre Concord ■ Cooking Round The World
Apr 2-6 M-F 9 a.m.-4 p.m. \$478 R/\$483 NR #105971

Jedi Master Engineering with LEGO Materials

The Force Awakens in this advanced engineering camp for a young Jedi! Discover key engineering concepts such as gear trains, worm drives, pneumatics, and eccentric motion. Build projects from LEGO® Materials such as X-Wings, AT-AT walkers, Pod Racers, Star Destroyers, Cloud Cities, Settlements, Fortress, and other complex machines and structures from a galaxy far, far away.

Age: 5-10 ■ Centre Concord ■ Play-Well Teknologies
Apr 2-6 M-F 1-4 p.m. \$206 R/\$211 NR #106001

Lunch time care for participants in both LEGO Camps.
Call for details 671-3404.



STEM FUNDamentals with LEGO Materials

Master your engineering skills with Play-Well TEKologies and tens of thousands of LEGO®! Apply real-world concepts in physics, engineering, and architecture through engineer-designed projects such as Boats, Snowmobiles, Arch Bridges, and Battletracks! Design and build as never before, and explore your craziest ideas in a supportive environment.

Age: 5-10 ■ Centre Concord ■ Play-Well Teknologies
Apr 2-6 M-F 9 a.m.-12 p.m. \$206 R/\$211 NR #106000

Skyhawks - Spring Camp Multi-Sport

We combine all sorts of sports into one fun-filled week, allowing young athletes to discover and develop a passion for a variety of sports. Sports include Soccer, Baseball, Volleyball, Kickball, Capture the Flag, Dodgeball and more. Participants will learn the essential rules, strategies and skills of each sport, as well as teamwork and sportsmanship.

Age: 6-12 ■ Concord Community Park ■ TLR Sports INC
Apr 2-6 M-F 9 a.m.-12 p.m. \$160 R/\$165 NR #105798



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Diablo Creek is an 18-hole Championship Golf Facility with a full-service Pro Shop and lighted driving range, open 7 days a week from sunrise to 9:00 p.m. except Sundays close at 8:30 p.m. Call for hours when it's raining.

WINTER TUNE-UP: Learn to play golf or fine tune your game with lessons with one of our teaching professionals. We offer individual lessons or group lesson packages. Come try out the newest golf product at our Custom Club Fitting Center and be personally fit using FlightScope by one of our certified instructors. We carry all major brands. Call today to set an appointment or get more information.

The First Tee of Contra Costa

The First Tee is a non-profit youth program established to teach Life Skills and instill Core Values through the game of golf in a year-round program for boys and girls.

The First Tee Program offers a SPECIAL winter STEM session where we delve into the Science, Engineering, Technology and Math that go into the game of golf. Players will learn through playing golf games and conducting experiments in a golf setting.

■ **6 Week Winter STEM Session: Week of January 22-March 3, Registration opens November 1**

■ **Winter Session Fees: \$69 (1 day/week, 1 hour lessons)**

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" level classes are available to participants ages 5-6.

■ **8 Week Spring Session: Week of March 19-May 3, Registration opens February 1**

■ **Spring Session Fees for 10 weeks: \$99 with early bird discount (1 day/week, 1.5 hour lessons)**

■ **Target Program - Boys & Girls 5-6 years old Fee \$89 with early bird discount (1 day/week 1 hour lessons)**

■ **Players Club Membership (Includes Youth On Course and other discounts) \$25 for the calendar year**

*Fee assistance available.

Please visit the homepage of www.thefirstteecontracosta.org to register or to see our schedule of classes for the Spring Session.



VOLUNTEERS NEEDED. PLEASE CONTACT US!
See how you can become part of this rewarding program. Donations to our fee assistance program are always appreciated.

Ask about our Fee Assistance Program
For more information, call 925-446-6701
firstteecontracosta@gmail.com

Chapter Office • 2290 Diamond Blvd., Ste. 203, Concord, CA 94520

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	#105710
February	\$43 R/\$48 NR	#105711
March	\$43 R/\$48 NR	#105712
April	\$43 R/\$48 NR	#105713



Teen Babysitter

Learn how to set up your babysitting jobs like a real business! Practice baby care with life-like newborn dolls as you learn to diaper, bathe and dress infants. Be prepared for any emergency, as you learn infant and child CPR and safety. Upon successful completion: receive a CPR card through the American Heart Association and a babysitters certificate from The HealthSource at KidSake that you can show to potential employers. There is a \$25 materials fee (cash) payable at the first class for the book and CPR barrier device.

Age: 12-17 ■ Willow Pass Community Ctr. ■ The HealthSource at Kidsake		
Apr 5-6	Th-F 10:30 a.m.-2:30 p.m.	\$89 R/\$94 NR #105732

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



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- Teens
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HOURS OF OPERATION

	Mon-Fri	Sat & Sun
Winter:	Noon - 7 p.m.	10 a.m. - 6 p.m.
Spring/Fall:	Noon - 8 p.m.	10 a.m. - 6 p.m.
Summer:	Noon - 9 p.m.	10 a.m. - 6 p.m.

PROFESSIONAL INSTRUCTION
2018 Spring-Summer Baseball Camps
For more information call
(925) 825-7526 (SLAM)

ARTS AND CRAFTS

NEW Crochet Class for Beginners

This class is for beginners with none or little crochet experience. You will learn the basics of crochet and basic crochet stitching technique such as single crochet, half double crochet, double crochet and treble crochet. During this fun class you will learn how to make a cozy scarf and beanie. Crochet hooks and yarn will be provided. A materials fee of \$10 is payable to the instructor.

Age: 18+ ■ Senior Center ■ Sabrina Fiore				
Jan 4-Feb 15	Th	5:30-7:30 p.m.	\$38 R/\$43 NR	#105397
Mar 1-Apr 19	Th	5:30-7:30 p.m.	\$43 R/\$48 NR	#105398



Drawing with color pencils and water colors

Beginner and advanced students can learn simple techniques to create floral images, animals, portraits or landscapes. The instructor will provide demonstrations, individual help, and critiques. You may work in the style of your choice. There will be a supply list at the first class. You may bring your own supplies.

Age: 21+ ■ Senior Center ■ Ann Nakatani				
Jan 3-Feb 21	W	9:30-10:30 a.m.	\$59 R/\$64 NR	#105405
Mar 7-Apr 25	W	9:30-10:30 a.m.	\$59 R/\$64 NR	#105406

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 4-Feb 15	Th	10 a.m.-12 p.m.	\$67 R/\$72 NR	#105401
Mar 8-Apr 26	Th	10 a.m.-12 p.m.	\$67 R/\$72 NR	#105402

DANCE AND MUSIC

Ballet Fit

Enjoy a ballet inspired low impact workout with dance routines set to music that encourage fun and artistry. This is 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 January 15, 19, 22 and February 19 and 26.



Age: 18+ ■ Baldwin Park Dance Studio ■ Luana Nietschy				
Jan 8-Mar 12	M	6:30-7:30 p.m.	\$54 R/\$59 NR	#105613
Mar 19-May 7	M	6:30-7:30 p.m.	\$56 R/\$61 NR	#105614
Jan 5-Mar 2	F	4:45-5:45 p.m.	\$54 R/\$59 NR	#106018
Mar 9-Apr 27	F	4:45-5:45 p.m.	\$56 R/\$61 NR	#106019
Jan 5-Mar 12	F, M	4:45-5:45 p.m.	\$65 R/\$70 NR	#106020
Mar 9-May 7	F, M	4:45-5:45 p.m.	\$67 R/\$72 NR	#106021

Hip Hop Dance Adults

Learn dance styles performed to Hip-Hop music or that have evolved as part of Hip-Hop culture. Steps are introduced in an upbeat environment. This class will help to develop you as a Hip-Hop dancer and develop your own unique Hip Hop dance style that can be demonstrated at a family event or a night out dancing with friends. No class January 15, 29, February 19, 26, April 2 and 9.

Age: 18+ ■ Willow Pass Community Center Special K Productions Mobile Dance Studio				
Jan 8-Mar 12	Mon	8:30-9:30 p.m.	\$195 R/\$200 NR	#106079
Mar 19-May 7	Mon	8:30-9:30 p.m.	\$195 R/\$200 NR	#106080

Beginning Tap Dance

This class is for the beginner who wants 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 15, February 19, March 5, 12 and April 2.

Age: 18+ ■ Baldwin Park Dance Studio ■ Terry Davis				
Jan 8-Apr 30	M	5:45-6:30 p.m.	\$63 R/\$68 NR	#105440

Intermediate Tap 2

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 January 15, February 19, March 5, 12 and April 2.

Age: 18+ ■ Baldwin Park Dance Studio ■ Terry Davis				
Jan 8-Apr 30	M	5-5:45 p.m.	\$63 R/\$68 NR	#105437

R = Concord Resident NR = Concord Non-Resident



Folk Dance

Students will learn dance steps from Latin America, Spain and the Middle East. The class will start off with warm up exercises and simple dances. It is an excellent way to relieve stress with good socializing opportunities and can benefit everyone both physically and mentally.

All Ages ■ Senior Center ■ Jaime Cader

Jan 4-Feb 15	Th	6-7:30 p.m.	\$38 R/\$43 NR	#105900
Mar 8-Apr 26	Th	6-7:30 p.m.	\$43 R/\$48 NR	#105901

Hula for Beginners

Learn simple hand and foot movements for a great workout to traditional or modern Hawaiian music. Learn simple Hawaiian words, phrases, songs and choreographed hula that you will enjoy. Wear comfortable clothing; bring water and Sarong or Pa'u skirt (optional).

All Ages ■ Senior Center ■ Rosemarie Ramos

Jan 9-Feb 27	Tu	6:15-7:15 p.m.	\$51 R/\$56 NR	#105387
Mar 6-Apr 24	Tu	6:15-7:15 p.m.	\$51 R/\$56 NR	#105388

Hula On

Students must have some hula experience. Continue to learn hand and foot coordination, body toning, flexibility, mind and spirit calmness and choreographed hula to traditional and modern Hawaiian music. Wear comfortable clothing; bring water and pareo/Sarong (optional).

All Ages ■ Baldwin Park Dance Studio ■ Rosemarie Ramos

Jan 4-Feb 22	Th	6:45-7:45 p.m.	\$51 R/\$56 NR	#105391
Mar 15-Apr 26	Th	6:45-7:45 p.m.	\$45 R/\$50 NR	#105392

Hula Step by Step

Learn basic foot, hand and body gesture that will tone, add flexibility, control movements and is a good workout. Wear comfortable clothing; bring water and pareo/Sarong (optional).

All Ages ■ Baldwin Park Dance Studio ■ Rosemarie Ramos

Jan 4-Feb 22	Th	6-6:30 p.m.	\$27 R/\$32 NR	#105393
Mar 15-Apr 26	Th	6-6:30 p.m.	\$24 R/\$30 NR	#105394

Ukulele 1-Beginners

Join us and gain a basic understanding of the ukulele. Soon you'll be playing chords and strumming your favorite melodies from Jambalaya to My Yellow Ginger Lei. Bring your ukulele, a tuner, and a folder for music sheets. Open to children 10 and older (must be accompanied by an adult). No class January 15 and February 19.

All Ages ■ Senior Center ■ Dianna Dumelle

Jan 8-Feb 26	M	5-6 p.m.	\$33 R/\$38 NR	#105766
Mar 5-Apr 23	M	5-6 p.m.	\$43 R/\$48 NR	#105767

Intermediate Ukulele

Continue your progress in understanding how to play the ukulele better, with new strumming patterns, picking, minor keys and jazz chords, reading music and more. Bring your ukulele, a tuner, a folder for music sheets and paper for notes. For advanced beginners and intermediate players. No class January 15 and February 19.

Age: 17+ ■ Senior Center ■ Dianna Dumelle

Jan 8-Feb 26	M	4-5 p.m.	\$33 R/\$38 NR	#105998
Mar 12-Apr 23	M	4-5 p.m.	\$43 R/\$48 NR	#105999

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 and learn what 'Ohana' feels like. A \$40 materials fee for the song book is payable to instructor the first day of class. No class January 15 and February 19.

All Ages ■ Senior Center ■ Nola-Joy Boyd

Jan 8-Feb 26	M	6:30-8 p.m.	\$33 R/\$38 NR	#105451
Mar 5-Apr 23	M	6:30-8 p.m.	\$43 R/\$48 NR	#105452

HEALTH AND FITNESS



NEW Internal Martial Arts

The Internal martial arts of Kung Fu, Silat and Aikido stress the use of Universal Energy of Ki and the exercises are defense-oriented, spinal and gravitational based rather than pure muscle based punches and kicks. This treasure-filled course will include core energy exercises, self-defense applications and partner drills from Sun Style Tai Chi, '8 Trigram Palm', Xingyi, Tongbei, Yiquan and Aikido.

All Ages ■ Senior Center ■ Ping Zhen Cheng

Feb 6-Apr 24	Tu	7-8 p.m.	\$123 R/\$128 NR	#105908
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You can find us on YouTube
www.youtube.com/concordfirst

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. The new Jazzercise features Dance Mix, Interval, Fusion, Core, Strike, and Strength. Please bring a mat and hand weights. No class January 1, 15, February 19, April 7 and 14.



Age: 18+ ■ Centre Concord ■ Teri Crippen

Jan 8-29	M	5:15-6:15 p.m.	\$21 R/\$26 NR	#105645
Feb 5-26	M	5:15-6:15 p.m.	\$21 R/\$26 NR	#105646
Mar 5-26	M	5:15-6:15 p.m.	\$27 R/\$32 NR	#105647
Apr 2-30	M	5:15-6:15 p.m.	\$33 R/\$38 NR	#105648
Jan 4-25	Th	5:15-6:15 p.m.	\$27 R/\$32 NR	#105649
Feb 1-22	Th	5:15-6:16 p.m.	\$27 R/\$32 NR	#105650
Mar 1-29	Th	5:15-6:15 p.m.	\$33 R/\$38 NR	#105651
Apr 5-26	Th	5:15-6:15 p.m.	\$21 R/\$26 NR	#105652
Jan 6-27	Sa	8:30-9:30 a.m.	\$27 R/\$32 NR	#105653
Feb 3-24	Sa	8:30-9:30 a.m.	\$27 R/\$32 NR	#105654
Mar 3-31	Sa	8:30-9:30 a.m.	\$33 R/\$38 NR	#105655
Apr 21-28	Sa	8:30-9:30 a.m.	\$21 R/\$26 NR	#105656
Jan 4-29	M, Th and Sa	5:15-6:15 p.m. 8:30-9:30 a.m.	\$69 R/\$74 NR	#105657
Feb 1-26	M, Th and Sa	5:15-6:15 p.m. 8:30-9:30 a.m.	\$69 R/\$74 NR	#105658
Mar 1-31	M, Th and Sa	5:15-6:15 p.m. 8:30-9:30 a.m.	\$87 R/\$92 NR	#105659
Apr 2-30	M, Th and Sa	5:15-6:15 p.m. 8:30-9:30 a.m.	\$63 R/\$68 NR	#105660

Multi-Session Discount

Jan 4-Feb 26	M, Th and Sa	5:15-6:15 p.m. 8:30-9:30 a.m.	\$123 R/\$128 NR	#106036
Mar 1-Apr 30	M, Th and Sa	5:15-6:15 p.m. 8:30-9:30 a.m.	\$133 R/\$138 NR	#106037

Jazzercise Lo at Willow Pass

Get real results with a powerfully fun and effective workout that will lift your spirits, boost your metabolism, increase your stamina and strengthen your heart, muscles, and core. Each class, led by a Certified Jazzercise Instructor includes choreographed warm-up, low impact aerobics, strength training and stretching. Hand weights are optional. Students can attend one to three times a week. No class January 1, 15 and February 19.

Age: 18+ ■ Willow Pass Community Center ■ Donell Allen

Jan 3-31	M, W, F	9:30-10:30 a.m.	\$51 R/\$56 NR	#105965
Feb 2-28	M, W, F	9:30-10:30 a.m.	\$47 R/\$52 NR	#105966
Mar 2-30	M, W, F	9:30-10:30 a.m.	\$55 R/\$60 NR	#105967
Apr 2-30	M, W, F	9:30-10:30 a.m.	\$55 R/\$60 NR	#105968

R = Concord Resident NR = Concord Non-Resident

Jazzercise Lo

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. Class is taught by a Certified Jazzercise Instructor. Hand weights are optional. No class January 15 and February 19.

All Ages ■ Senior Center ■ Donell Allen

Jan 8-Feb 26	M	5:45-6:45 p.m.	\$33 R/\$38 NR	#105481
Jan 3-Feb 28	W	5:45-6:45 p.m.	\$57 R/\$62 NR	#105482
Mar 5-Apr 30	M	5:45-6:45 p.m.	\$57 R/\$62 NR	#105483
Mar 7-Apr 25	W	5:45-6:45 p.m.	\$51 R/\$56 NR	#105484

K.O. Taekwondo-Adults/Advanced

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. \$35 uniform cost is required at the first class.

Family Discount: One family member pays full price, each additional family member receives 50% off plus \$3 processing fee per person, ONLY in the same course code. Different course code must pay full price. No class January 13, February 17, April 4, 6 and 7.

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

Jan 10-31	W, F	7-8 p.m.	\$75 R/\$80 NR	#105661
Feb 2-28	W, F	7-8 p.m.	\$80 R/\$85 NR	#105662
Mar 2-28	W, F	7-8 p.m.	\$80 R/\$85 NR	#105663
Apr 11-27	W, F	7-8 p.m.	\$75 R/\$80 NR	#105664
Jan 6-31	W, F and Sat	7-8 p.m. 1-2 p.m.	\$85 R/\$90 NR	#105665
Feb 2-28	W, F and Sat	7-8 p.m. 1-2 p.m.	\$90 R/\$95 NR	#105666
Mar 2-28	W, F and Sat	7-8 p.m. 1-2 p.m.	\$90 R/\$95 NR	#105667
Apr 7-28	W, F and Sat	7-8 p.m. 1-2 p.m.	\$85 R/\$90 NR	#105668

K.O. Taekwondo-Family Class

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. A \$35 uniform cost is required on the first day of class.

Family Discount: One family member pays full price, each additional family member receives 50% off and must add a \$3 processing fee per person, ONLY in the same course code. Different course code must pay full price. No class January 13 and February 17.

Age: 6+ ■ Baldwin Park Dance Studio ■ Kevin Oliver

Jan 10-31	W, F	7-8 p.m.	\$75 R/\$80 NR	#105982
Feb 2-28	W, F	7-8 p.m.	\$80 R/\$85 NR	#105983
Mar 2-28	W, F	7-8 p.m.	\$80 R/\$85 NR	#105984
Apr 11-27	W, F	7-8 p.m.	\$75 R/\$80 NR	#105985
Jan 6-31	W, F and Sa	7-8 p.m. 12-1 p.m.	\$85 R/\$90 NR	#105986
Feb 2-28	W, F and Sa	7-8 p.m. 12-1 p.m.	\$90 R/\$95 NR	#105987
Mar 2-28	W, F and Sa	7-8 p.m. 12-1 p.m.	\$90 R/\$95 NR	#105988
Apr 7-28	W, F and Sa	7-8 p.m. 12-1 p.m.	\$85 R/\$90 NR	#105989

Meditation 1 for Health and Well-Being

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 11-Feb 8 Th 7-8:45 p.m. \$63 R/\$68 NR #105701

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. \$5 payable to instructor for handouts. Optional CD \$10.

Age: 18+ ■ Centre Concord ■ Mary Bruns
Feb 15-Mar 15 Th 7-8:45 p.m. \$78 R/\$83 NR #105702

Meditation 3 Ongoing Meditation

In Meditation 3, we apply what we have learned to improve our responses 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. Prerequisite: Meditation 1&2.

Age: 18+ ■ Centre Concord ■ Mary Bruns
Jan 10-Feb 7 W 7-8:45 p.m. \$78 R/\$83 NR #105703
Feb 14-Mar 14 W 7-8:45 p.m. \$78 R/\$83 NR #105704
Mar 29-Apr 26 Th 7-8:45 p.m. \$78 R/\$83 NR #105705

Tai Chi for Arthritis-Beginning

Want to get up and move but not ready for strenuous exercise? Then wear comfortable clothes and flat shoes (sandals not recommended) and join us for Beginning Tai Chi for Arthritis. It can improve balance, reduce stress and offer arthritis pain relief.

All Ages ■ Senior Center ■ Eileen Ladarre
Jan 10-Feb 28 W 5-6 p.m. \$63 R/\$68 NR #105765

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. Discounted rate available for students registering for the entire season. No class April 17 and 19.

Age: 18+ ■ Willow Pass Community Center ■ David Henry
Jan 9-Feb 27 Tu 5:30-6:20 p.m. \$83 R/\$88 NR #106046
Mar 6-Apr 24 Tu 5:30-6:20 p.m. \$73 R/\$78 NR #106047
Jan 11-Mar 1 Th 6:30-7:20 p.m. \$83 R/\$88 NR #106049
Mar 8-Apr 26 Th 6:30-7:20 p.m. \$73 R/\$78 NR #106050

Multi-Session Discount
Jan 9-Apr 24 Tu 5:30-6:20 p.m. \$138 R/\$143 NR #106048
Jan 11-Apr 26 Th 6:30-7:20 p.m. \$138 R/\$143 NR #106051

R = Concord Resident NR = Concord Non-Resident

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.

Age: 18+ ■ Centre Concord ■ Amy Erez
Jan 9-Feb 13 Tu 6-7:15 p.m. \$81 R/\$86 NR #105729
Feb 20-Mar 20 Tu 6-7:15 p.m. \$68 R/\$73 NR #105730
Mar 27-Apr 24 Tu 6-7:15 p.m. \$68 R/\$73 NR #106040

Multi-Session Discount
Jan 9-Apr 24 Tu 6-7:15 p.m. \$148 R/\$153 NR #105731

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.

Age: 18+ ■ Centre Concord ■ Amy Erez
Jan 9-Feb 13 Tu 7:15-8 p.m. \$57 R/\$62 NR #105716
Feb 20-Mar 20 Tu 7:15-8 p.m. \$48 R/\$58 NR #105717
Mar 27-Apr 24 Tu 7:15-8 p.m. \$48 R/\$58 NR #106041

Multi-Session Discount
Jan 9-Apr 24 Tu 7:15-8 p.m. \$105 R/\$110 NR #105718



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 (breath work) 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 19 and April 16.

Age: 18+ ■ Concord Library ■ David Henry
Jan 22-Feb 26 M 12:10-1 p.m. \$53 R/\$58 NR #105740
Mar 5-Apr 30 M 12:10-1 p.m. \$83 R/\$88 NR #105741

Multi-Session Discount
Jan 22-Apr 30 M 12:10-1 p.m. \$120 R/\$125 NR #105742

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 April 17.

Age: 18+ ■ Willow Pass Community Center ■ David Henry				
Jan 9-Feb 27	Tu	6:30-7:20 p.m.	\$83 R/\$88 NR	#106052
Mar 6-Apr 24	Tu	6:30-7:20 p.m.	\$73 R/\$78 NR	#106053

Multi-Session Discount				
Jan 9-Apr 24	Tu	6:30-7:20 p.m.	\$138 R/\$143 NR	#106054

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 15, February 14, 19, and April 2 and 4.

Age: 16+ ■ Willow Pass Community Center ■ Susan Killoran				
Jan 8-Feb 26	M	5:30-6:30 p.m.	\$45 R/\$50 NR	#106057
Mar 5-Apr 30	M	5:30-6:30 p.m.	\$59 R/\$64 NR	#106058
Jan 3-Feb 28	W	6-7 p.m.	\$59 R/\$64 NR	#106059
Mar 7-May 2	W	6-7 p.m.	\$59 R/\$64 NR	#106060

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 15, February 19, and April 2.

Age: 16+ ■ Willow Pass Community Center ■ Susan Killoran				
Jan 8-Feb 26	M	6:35-7:45 p.m.	\$45 R/\$50 NR	#106061
Mar 5-Apr 30	M	6:35-7:45 p.m.	\$59 R/\$64 NR	#106062



ZUMBA

Attention all non-workout people! This is the class you've been waiting for! If you like to burn calories, travel the world and dance like you've never danced before, this Zumba class is for you! All you need is to bring your water bottle and sneakers...no prior experience needed. No class April 7 and 14.

Age: 16+ ■ Centre Concord ■ Meskerem (Sepi) Teferra				
Jan 13-Feb 24	Sa	10-11 a.m.	\$38 R/\$43 NR	#105743
Mar 3-Apr 28	Sa	10-11 a.m.	\$38 R/\$43 NR	#105744

Age: 16+ ■ Willow Pass Community Center ■ Meskerem (Sepi) Teferra				
Jan 17-Feb 28	W	6:15-7:15 p.m.	\$38 R/\$43 NR	#106067
Mar 14-Apr 25	W	6:15-7:15 p.m.	\$38 R/\$43 NR	#106068

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. Zumba is 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 15 and February 19.

Age: 18+ ■ Centre Concord ■ Cynthia Ryan				
Jan 8-Mar 5	M	6:30-7:30 p.m.	\$38 R/\$43 NR	#105745
Mar 19-Apr 30	M	6:30-7:30 p.m.	\$38 R/\$43 NR	#105746

Zumba at Noon

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.

Age: 16+ ■ Concord Library ■ Zelia Santos				
Jan 24-Feb 28	W	12-1 p.m.	\$30 R/\$35 NR	#105747

Zumba Step

Zumba Step is a lower-body workout that incorporates Zumba routines 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. It combines the fun and energy of Zumba fitness parts you love. Steps will be provided! Just bring your gym attire, bottle of water and a small towel. No class March 15, 22 and April 12.

Age: 18+ ■ Centre Concord ■ Cynthia Ryan				
Jan 4-Feb 22	Th	6:30-7:30 p.m.	\$51 R/\$56 NR	#105751
Mar 1-Apr 26	Th	6:30-7:30 p.m.	\$39 R/\$44 NR	#105752

STRONG by Zumba

STRONG by Zumba is perfect for fitness enthusiasts looking for a more challenging, high intensity Interval Training workout. It will push you past your plateaus to help you reach your fitness goals faster. Using your own body weight, you will experience an increased after-burn and gain muscular endurance, tone and definition. No class March 13 and 20.

Age: 18+ ■ Willow Pass Community Center ■ Cynthia Ryan				
Jan 9-Feb 27	Tu	6:30-7:30 p.m.	\$83 R/\$88 NR	#106055
Mar 6-Apr 24	Tu	6:30-7:30 p.m.	\$63 R/\$68 NR	#106056



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SPECIAL INTEREST

MCKS Pranic Healing Introduction: MCKS 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 ■ Ellie Riley
Feb 10 Sa 1-3:30 p.m. \$8 R/\$13 NR #105962

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 ■ Ellie Riley
Mar 31 Sa 1-3:30 p.m. \$8 R/\$13 NR #105964

MCKS Pranic Healing: You Can Heal Your Body, Mind and Spirit

MCKS Pranic Healing is an effective no-touch, painless, healing art that acts as a powerful catalyst to spark the body's inborn ability to repair itself. Attend this interactive workshop and learn how to harness 'pranic' energy, discover energetic blockages, and release old thought forms. The path to good health is in your hands and awaits you. Don't miss this golden opportunity!

All Ages ■ Senior Center ■ Ellie Riley
Jan 13 Sa 1-3:30 p.m. \$8 R/\$13 NR #105961
Mar 24 Sa 1-3:30 p.m. \$8 R/\$13 NR #105963

ADULT SPORTS

Tennis-Adult Beginner

This class is for players who have never taken lessons before. The beginner class focuses on the basics of stroke production, scoring and understanding where to properly position yourself on the court. Classes are taught by Calvin McCullough, a USNTA/USPTR certified instructor with over 20 years coaching experience.

Age: 18+ ■ Willow Pass Park ■ Calvin McCullough
Feb 21-Mar 28 W 6-7 p.m. \$111 R/\$116 NR #105797

R = Concord Resident NR = Concord Non-Resident

Pickleball-Learn to Play

This class is designed for first-time players or anyone interested in learning what this funny-named sport is all about. Learn every aspect of the game including basic shot techniques, rules, court positioning, equipment and strategy. Start your lifelong enjoyment of the game now! No class January 15 and February 19.



Age: 18+ ■ Willow Pass Park ■ Marcia Neishi
Jan 8-Feb 26 M 9-10 a.m. \$73 R/\$78 NR #105518
Mar 12-Apr 16 M 9-10 a.m. \$73 R/\$78 NR #105519

Pickleball Skills-Beyond the Basics

Improve your game. This 'beyond the basics' class will help sharpen your skills. Learn more effective dinking, volleying, serving, lobbing, the 3rd shot drop, and more. Experience fun and helpful practice drills that will take your game to the next level. No class January 15 and February 19.

Age: 18+ ■ Willow Pass Park ■ Marcia Neishi
Jan 8-Feb 26 M 10-11 a.m. \$73 R/\$78 NR #105520
Mar 12-Apr 16 M 10-11 a.m. \$73 R/\$78 NR #105521
Jan 8-Feb 26 M 6-7 p.m. \$73 R/\$78 NR #105522
Mar 12-Apr 16 M 6-7 p.m. \$73 R/\$78 NR #105523

All players

3rd SATURDAY MISHMASH

Join us every 3rd Saturday of the month
for Mishmash Pickleball.

Themed days
Game & rule variations
Fun for everyone
Drop-in tournaments

Mishmash Pickleball gives an opportunity for
all players, no matter what your level is,
to mix and have fun!

PICKLEBALL

January 20th
February 17th
March 17th
April 21st
9:00am-12:00 pm
\$5 per person
Cash only

925-671-3423 sports@cityofconcord.org

Willow Pass Pickleball Courts
2748 E. Olivera Road, Concord



50 & Better Camp

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

- Aug 13-17
- Aug 20-24
- Aug 27-31



www.camconcord.org



Physical Activity is Easier Than You Think!



**Join
Active Living
Every Day
and Get Moving!**

Dates: January 9—March 27

Day: Tuesdays

Time: 9:30 a.m.—10:30 a.m.

Location: Concord Senior Center

Cost: \$25 (12 weeks)

Active Living Every Day (ALED) classes are practical and personalized. We understand that you have a busy life, and that everyone's situation is unique. In ALED you will discover ways to become active that work for you. You will find ways to be active every day: at work, at home, on vacation, etc. ALED works because you'll learn the skills you need to become and stay physically active. Skills such as: Overcoming barriers to physical activity, setting realistic goals, building confidence and staying motivated. *Active Living Every Day* is like no exercise class you've ever been to.

For more information or to register, visit www.ConcordReg.org or contact

925.671.3017, class #106044



City of Concord's Adult Sports Leagues, Classes & Clinics

www.teamsideline.com/concord

www.concordreg.org
(925) 671-3423



Spring & Summer Leagues

Play for fun. Play to compete.

- Offering Men's, Women's and Coed Leagues
- Level of play to meet everyone's ability
- Games played Sunday thru Friday evenings
- Registration opens in mid January



Pickleball

An addictive sport. Perfect for all ages.

- Classes, Clinics & Private Lessons
- Tournaments
- Leagues
- Mishmash Saturday
- Join our Meetup Group. Connect with players at www.meetup.com/Concord-CA-Pickleball-Enthusiasts





> Instructor-Facilitated Online Courses

Our instructor-facilitated online courses are informative, fun, convenient, and highly interactive. Our instructors are famous for their ability to create warm and supportive communities of learners. All courses run for six weeks (with a 10-day grace period at the end). Courses are project-oriented and include lessons, quizzes, hands-on assignments, discussion areas, supplementary links, and more. You can complete any course entirely from your home or office. Any time of the day or night.

- Expert Instructor
- 24-Hour Access
- Online Discussion Areas
- 6 Weeks of Instruction

New course sessions begin monthly. Please visit our Online Instruction Center to see exact start dates for the courses that interest you.

Enroll Now!

(925) 671-3118

Courses as Low as:

\$99

Concord Parks & Recreation

Introduction to Microsoft Excel

Discover the secrets to setting up fully formatted worksheets quickly and efficiently.

Creating Web Pages

Learn the basics of HTML so you can design, create, and post your very own site on the Web.

Accounting Fundamentals

Gain a marketable new skill by learning the basics of double-entry bookkeeping, financial reporting, and more.

Speed Spanish

Learn six easy recipes to glue Spanish words together into sentences, and you'll be speaking Spanish in no time.

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.

Trip Parking

For registrant(s) going on a trip, please park at the farthest lot past the Concord Senior Center building.



Follow us on Facebook

www.facebook.com/CityofConcordCA.ParksRecreation



You can find us on YouTube

www.youtube.com/concordfirst



Enjoy A Day in Healdsburg

You'll be on your own in Healdsburg to catch the winter clearance sales, browse a bookstore or an art gallery, or simply enjoy a delicious meal in one of the many restaurants (not included). No refunds or cancellations after January 10.

All Ages ■ Senior Center ■ Mary Rae Lehman
Jan 24 W 9 a.m.-4 p.m. \$50 #105413



Diablo Ballet at Del Valle Theatre in Walnut Creek

Harmonious Beauty. This exquisitely visual one-hour performance features: The romantic Ballroom Pas de Deux from A Cinderella Story by Val Caniparoli. Enjoy an exciting world premiere by former Netherlands Dans Theatre ballerina Danielle Rowe. Diablo Ballet's very own award-winning film, Libera, by Walter Yamazaki. The stunning Milieu by Robert Dekkers, set to a live performance of a commissioned score by Daniel Berkman. After the performance you are invited to a special complimentary reception featuring dessert and coffee, and an opportunity to meet and mingle with the dancers! Performances include an interactive Q&A with the dancers and choreographers. No refunds or cancellations after January 15.



All Ages ■ Senior Center ■ Rhonda Bartlett
Feb 3 Sa 1:15-5 p.m. \$35 #105960



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.

All Ages ■ Senior Center ■ Kelly Madge
Feb 8 Th 9 a.m.-6 p.m. \$33 #105902
For wheelchair patron only \$33 #105903



Aquarium of the Bay and Delancey Street Restaurant

This attraction, the only waterfront aquarium in San Francisco, boasts over 300 feet of clear tunnels that bring local marine life to you. No scuba gear necessary! Meet Octavia, the newly acquired Giant Pacific Octopus. Interpretive Naturalists are always available. Then off to Delancey Street Restaurant, Zagat calls it the friendliest restaurant in San Francisco. We return to Pier 39 with discount books in hand for shopping/browsing/tastings. No refunds or cancellations after February 1.

All Ages ■ Senior Center ■ Mary Ann Sams
Feb 15 Th 9:30 a.m.-5 p.m. \$54 #105414



Castello di Amorosa

Castello di Amorosa, The 'Castle of Love' is a replica 13th Century Tuscan Castle. The focus is wine making and olive oil making. The Winery, took over 13 years and over \$30 million to create this authentic medieval castle from its roughhewn walls to its frescoes. We will tour with a docent through the dungeons, Chapel, torture chamber, secret passageways, the Great Hall and the Winery! After our wine tasting we will caravan to St. Helena for a tour, lunch on your own and browsing/shopping. A Fun Day for All! No refunds or cancellations after February 13

All Ages ■ Senior Center ■ Mary Ann Sams
Feb 27 Tu 9 a.m.-5 p.m. \$75 #105415



Tour of Concord City Offices and Pavilion

Get a look at the inside of local government offices. View collection of Ansel Adams photos, explore the dressing rooms at the Concord Pavilion, learn about the success of the Permit Center, and check out the Corporation Yard. Enjoy lunch (on your own) at Concord's Diablo Creek Golf Course. Lots of walking; wear comfortable shoes. No refunds or cancellations after February 14.

All Ages ■ Senior Center ■ Mary Rae Lehman
Feb 28 W 9 a.m.-4:30 p.m. \$35 #105412



Book of Mormon

This outrageous musical comedy follows the misadventures of a mismatched pair of missionaries, sent halfway across the world to spread the Good Word. Now with standing room only productions in London, on Broadway, and across North America, THE BOOK OF MORMON has truly become an international sensation. The New York Times calls it 'the best musical of this century.' The Washington Post says, 'It is the kind of evening that restores your faith in musicals.' No refunds or cancellations after February 17.

All Ages ■ Senior Center ■ Rhonda Bartlett
Mar 3 Sa 12:30 p.m.-6 p.m. \$85 #105421

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).



Treasure Island and Its Treasures

We are off to Treasure Island again! Learn about its history and current treasures with a knowledgeable Docent who will guide us, via our van with some stops along the way. Lunch at the Culinary Corps is included. No refunds or cancellations after February 20

All Ages ■ Senior Center ■ Mary Ann Sams
Mar 14 Tu 9 a.m.-4:30 p.m. \$67 #105416



California Academy of Sciences

Academy Behind-the-Scenes Tour. Explore the lesser seen regions of the Academy! Spend an hour behind the scenes learning more about the institution's 160-year history and what it takes to house nearly 46 million specimens. Visit the research collections, not on view to the public, and develop an appreciation for our vast library of life. No refunds or cancellations after March 5.

All Ages ■ Senior Center
 Mar 19 M 9:30 a.m.-5 p.m. \$81 #105972



Chinese Historical City of Locke

Visit the rural city of Locke. The only town in the U.S. constructed solely by Chinese and exclusively for Chinese. In the Registry of National Historic Places visit this one-way Main Street frozen in time viewing a gambling den, one room school house, Chinese medicine and cultural shops, museum, art center and Memorial Park and Garden, including the unique Toilet Bowl Garden. Lunch on your own at the famous Guisti's restaurant and two mystery stops as we traverse the beautiful River Road of the Delta. No refunds of cancellations after March 8.

All Ages ■ Senior Center ■ Mary Ann Sams
 Mar 22 Th 9 a.m.-4:30 p.m. \$44 #105417



Daffodil Hill and Sutter Creek

Each spring Daffodils bloom on this privately owned ranch in Volcano, California. Enjoy the riot of color and the 1880's barn, wagon wheels, mining equipment and antique farming implements before going into Sutter Creek for lunch (not included). Stroll the historic streets of Sutter Creek before returning home. Inclement weather cancels on day of event. No refunds or cancellations after March 12.

All Ages ■ Senior Center ■ Mary Rae Lehman
 Mar 26 M 8:30 a.m.-4:30 p.m. \$44 #105422



Tour the Concord Naval Weapons Station Property

Here's your chance to tour the Concord Naval Weapons Property. Learn about the history of the Inland Area that was used by the military until 1999 and the 5,028 acres that will be developed for residential and commercial use, and open space. See up close the ammunition storage bunkers, empty warehouses and the streets and buildings where autonomous vehicles are now being tested. Experience the vistas from the top of the hill. Sign up soon, as seats will sell quickly. No refunds or cancellations after March 22.

All Ages ■ Senior Center ■ Mary Rae Lehman
 Apr 5 Th 9 a.m.-1 p.m. \$24 #105418



Graton Casino & Resort

Close to home and designed for fun! Try your luck at this casino. Receive \$10 slot play and \$5 food credit or \$15 match play. No refunds or cancellations after March 29.

All Ages ■ Senior Center ■ Kelly Madge
 Apr 13 F 9 a.m.-5 p.m. \$33 #105904
 Wheelchair patron only \$33 #105905



San Francisco North Beach Walk

San Francisco's North Beach is that rare thing--a neighborhood that is a continual favorite with tourists and remains beloved by locals. Known as Little Italy with a colorful Bohemian past, some of the most unusual events in San Francisco's history will come alive as your guide takes you back in time with colorful stories. See historic sights: Saints Peter & Paul Church, Washington Square, The Barbary Coast, the Hungary I where Barbra Streisand & others got their start. Lunch on your own at a famous Italian eatery. No refunds of cancellations after April 3.

All Ages ■ Senior Center ■ Mary Ann Sams
 Apr 17 Tu 9 a.m.-4:30 p.m. \$48 #105419



Tour of Preston Castle

Explore the historic Preston Castle in Ione guided by a trained docent. Learn the history of the Preston School of Industry, which laid the cornerstone in 1890, and marvel at the Romanesque Revival architecture. We'll stop for a light lunch at Story Winery following the tour. No refunds or cancellations after April 7.



All Ages ■ Senior Center ■ Mary Rae Lehman
 Apr 19 Th 8:30 a.m.-4:30 p.m. \$77 #105423



Elk Horn Slough Safari

Hooray! We're off for the day to the Monterey Bay area for THE Elk Horn Slough Safari in Moss Landing. Travel through the 7 mile tidal slough and estuary on a stable, coast guard certified, 27 ft. pontoon open boat. View playful sea otters, curious harbor seals, boisterous sea lions, other wildlife and hundreds of birds up close with a naturalist guide. Then off for a late lunch (on your own) and browsing/shopping. Must register by April 5. Limited seating so sign up early. Subject to change due to tidal conditions.

All Ages ■ Senior Center ■ Mary Ann Sams
 May 1 Tu 8:30 a.m.-5 p.m. \$73 #105420

ARTS AND CRAFTS

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 23.

Age: 50+ ■ Senior Center ■ Patricia Abernathy
Jan 5-Apr 27 F 9 a.m.-1 p.m. \$67 #105922

Fun Drawings Made Easy

Now is the time to enjoy drawing and painting. Create personal and time treasured keepsakes for family and friends. Experienced instructor, Ann, will provide all levels of instruction covering colored pencil, water color and Japanese brush painting. Supply list will be provided at the first meeting. You may bring your own supply.

Age: 50+ ■ Senior Center ■ Ann Nakatani
Jan 3-Feb 21 W 10:30-11:30 a.m. \$59 #105403
Mar 7-Apr 25 W 10:30-11:30 a.m. \$59 #105404

Fun with Yarn

Are you interested in knitting or crocheting? Join other yarn craft people and enjoy their company as you work on your craft or learn a new one. Enjoy the camaraderie and support of people of all skill levels. This class is for beginners or those refreshing their skills. No class February 23.



Age: 50+ ■ Senior Center ■ Anita Dew
Jan 5-Apr 27 F 9:30-11:30 a.m. \$25 #105923



NEW Machine Sewing

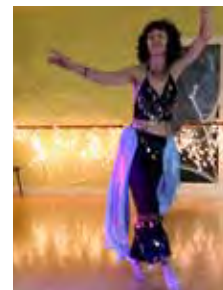
Learn machine sewing techniques. Create new projects each session. Actual projects are chosen from large fashion, small projects, or alterations and repairs. Make a sample notebook to keep. The class is limited to six students to allow individual instruction with the certified sewing instructor. Computerized machines and all materials are provided except large project fabrics.

Age: 50+ ■ Senior Center ■ Debbie Nelson
Jan 25-Mar 15 Th 9-11 a.m. \$245 #106017

DANCE & MUSIC

NEW Basic Fusion

We will work on basic belly dance moves, isolations and shimmies, some ballet technique, and do some choreography. There is an opportunity to do improv dancing. "I'm excited about this class, it is my own creation, a combination of belly dance, ballet, jazz and modern dance", says Judi Corey, Instructor. High energy, low impact.



Age: 50+ ■ Baldwin Park Dance Studio ■ Judi Corey
Jan 9-Feb 27 Tu 2-3 p.m. \$83 #105958
Mar 6-Apr 24 Tu 2-3 p.m. \$83 #105959

NEW Beginning Ballroom

This class will focus on basic ballroom and Latin dances: chacha, waltz, foxtrot, bossa nova, box step, and East and West Coast swing. We will address dancing etiquette, escorting your partner, and putting attention on your partner and others. This is low impact and can have a high influence on and in your life.

Age: 50+ ■ Baldwin Park Dance Studio ■ Judi Corey
Jan 9-Feb 27 Tu 1-2 p.m. \$83 #105939
Mar 6-Apr 24 Tu 1-2 p.m. \$83 #105957

Beginning Tap I

Are you NEW to tap dance? Learn tap and have a low impact workout. You will learn fun dances that focus on basic steps. These steps are repeated weekly. No class February 2, March 9, 16 and April 6.

Age: 50+ ■ Baldwin Park Dance Studio ■ Terry Davis
Jan 5-Apr 27 F 11-11:45 a.m. \$68 #105441

Beginning Tap II

This class is for the beginning tap dancer who knows basic tap steps and has completed three sessions of Beginning Tap I or equivalent. No class February 2, March 9, 16 and April 6.

Age: 50+ ■ Baldwin Park Dance Studio ■ Terry Davis
Jan 5-Apr 27 F 9:15-10 a.m. \$68 #105442

Tap Intermediate 2

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 February 2, March 9, 16 and April 6.

Age: 50+ ■ Baldwin Park Dance Studio ■ Terry Davis
Jan 5-Apr 27 F 10:15-11 a.m. \$68 #105438

Kupuna (Elder) Hula-Beginners

Bring your hand and foot movement to a great workout for mind, body & spirit. Learn simple Hawaiian words, phrases, songs and a choreographed hula that you will enjoy embracing. Wear comfortable clothing; bring water and Sarong or Pa'u skirt (optional). No class February 23.



Age: 50+ ■ Senior Center ■ Rosemarie Ramos				
Jan 5-Feb 16	F	10:30-11:30 a.m.	\$45	#105385
Mar 16-Apr 27	F	10:30-11:30 a.m.	\$45	#105386

Low Intermediate Line Dance

If you can walk, you can dance - join us. Learn how to line dance step-by-step, featuring semi-easy dances. It's fun and therapeutic. It is good for your body, good for your mood and good for what ails you. Dance is therapy because it enhances your feeling of well-being. No class February 23.

Age: 50+ ■ Senior Center ■ Dorothy F. Moore				
Jan 5-Feb 16	F	9:10-10:10 a.m.	\$38	#105407
Mar 2-Apr 20	F	9:10-10:10 a.m.	\$43	#105408

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.

Age: 50+ ■ Senior Center				
Jan 8	M	1:15-3:30 p.m.	\$3	#105924
Feb 5	M	1:15-3:30 p.m.	\$3	#105925
Mar 5	M	1:15-3:30 p.m.	\$3	#105926
Apr 2	M	1:15-3:30 p.m.	\$3	#105927

NEW 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. Bring your own instrument or one can be rented from instructor for \$50.



Age: 50+ ■ Senior Center ■ Rhu Bigay				
Mar 5-Apr 23	M	10-11 a.m.	\$87	#105997

HEALTH AND FITNESS

NEW Ballet Fit Silver

This ballet inspired low impact workout will help strengthen and tone your muscles. Focus is on posture and flexibility. Dance routines are set to music to inspire creativity and fun.

Age: 50+ ■ Baldwin Park Dance Studio ■ Luana Nietschy				
Jan 4-Feb 22	Th	3:30-4:30 p.m.	\$56	#105395
Mar 8-Apr 26	Th	3:30-4:30 p.m.	\$56	#105396

Chair Yoga and Wellness

Yoga has been shown to improve bone strength, muscle strength, balance, 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. No class April 3.

Age: 50+ ■ Baldwin Park Dance Studio ■ Elizabeth Bronson				
Jan 9-Feb 27	Tu	11:15 a.m.-12:15 p.m.	\$83	#105424
Mar 6-Apr 17	Tu	11:15 a.m.-12:15 p.m.	\$73	#105425

Gentle & Mindful Yoga

Yoga movement practice makes you feel the all-important mind-body connection. It helps alleviate the muscle and joint pain from stress and inactivity. Yoga helps develop: mindfulness, balance, flexibility and strength. Instructor has 30+ years practice. People walk away saying, "I feel so much better after yoga!"

Age: 50+ ■ Baldwin Park Dance Studio ■ Maxine Davis				
Jan 23-Mar 6	Tu	10-11 a.m.	\$80	#105426
Mar 13-Apr 24	Tu	10-11 a.m.	\$80	#105427

Yoga for Healthy Aging

Enjoy life more! Physical changes are inevitable as we age, however Yoga can improve your ability to stay strong and flexible both physically and mentally. Floor, wall and chair work will be done; all poses are modified based on individual needs. Bring a yoga mat, & a thick towel or blanket, No class January 15, February 19 and April 2.

Age: 50+ ■ Baldwin Park Dance Studio ■ Elizabeth Bronson				
Jan 8-Feb 26	M	12:45-1:45 p.m.	\$63	#105410
Mar 5-Apr 30	M	12:45-1:45 p.m.	\$83	#105411

Age: 50+ ■ Centre Concord ■ Elizabeth Bronson				
Jan 8-Feb 26	M	6-7 p.m.	\$63	#106042
Mar 5-Apr 30	M	6-7 p.m.	\$83	#106043

Massage by Kelly Grant

Do you need to relax? Need help in getting yourself back to life? Massage helps release tension and stress. Reflexology helps your body system to balance with yourself. Kelly Grant is a graduate from the National Holistic Institution. She is a 20-year massage therapist providing body work using different styles of therapy. Call 925-671-3320 to make an appointment.

Age: 50+ ■ Senior Center ■ Kelly Grant				
Jan 3-Apr 25	W	3:30-5 p.m.	\$35 ½ Hour	

Fit & Low Stretches

Are you an older adult who wants a total body workout? With a complete series of seated and standing positions, you will increase flexibility, balance, joint coordination, agility, muscular strength and cardiovascular endurance. This assists to heal, prevent damage to your joints and reverse pain caused by bad standing and walking postures. End with restorative relaxation breathing exercises to promote stress reduction and mental clarity. No class dates April 12.

Age: 18+ ■ Centre Concord ■ Elisa Borges				
Jan 11-Mar 1	Th	10:15-11:15 a.m.	\$53	#105635
Mar 8-Apr 26	Th	10:15-11:15 a.m.	\$48	#105636
Age: 18+ ■ Willow Pass Community Center ■ Elisa Borges				
Jan 9-Feb 27	Tu	10:45-11:45 a.m.	\$53	#106022
Mar 6-Apr 24	Tu	10:45-11:45 a.m.	\$53	#106023

Senior Fitness

Enjoy a total body workout designed with the older adult in mind. Improve your strength, agility, balance, stamina as well as cardiovascular endurance. All fitness levels are welcomed. 2lb. weights provided. Please bring your own weights if heavier weight is preferred.

Age: 50+ ■ Baldwin Park Dance Studio ■ Regina Meshenberg				
Mar 5-Apr 23	M	11 a.m.-12 p.m.	\$59	#105433

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 January 15 and February 19.

Age: 50+ ■ Senior Center ■ Han and Angela Ong				
Jan 8-Feb 26	M	9:10-10:10 a.m.	\$27	#105429
Jan 8-Feb 26	M	10:30-11:30 a.m.	\$27	#105430
Mar 5-Apr 23	M	9:10-10:10 a.m.	\$51	#105431
Mar 5-Apr 23	M	10:30-11:30 a.m.	\$51	#105432

Tai Chi Chih

Tai Chi Chih, a series of 19 gentle movements and 1 pose. An appropriate form for all ages and with ease of the slow, gentle movements the practice will enhance mind, body and soul. Some of the benefits are improved balance, coordination and energy; corrects posture; reduces pain and stress. Wear comfortable clothing and flat shoes (sandals not recommended).

Age: 50+ ■ Baldwin Park Dance Studio ■ Ursula Smith				
Jan 4-Feb 15	Th	9:15-10:30 a.m.	\$70	#105435
Mar 8-Apr 19	Th	9:15-10:30 a.m.	\$70	#105436

Age Strong, Live Long Health Expo

Free tote - first 500 attendees



Friday, Feb. 23, 2018
9:00am - 1:00pm
Concord Senior Center
2727 Parkside Circle
925-671-3320 opt. 1

Over 40 Exhibits
 Resources and Information
 for Seniors, Families and
 Professionals
 Presentations and Health
 Screenings

Raffle Prizes will be offered after each presentation.

For more information visit www.CityofConcord.org/healthfair



NEW The Art of 5-elements Breathing

In Eastern traditional medicine and spiritual science, the speed, sound and other aspects of one's breathing can be used to diagnose both physical and emotional conditions. Systematic daily breathing awareness drills will be taught according to 5 different personality types in various postures. Self-discovery & transformation can be attained through the harmony of body, energy, and consciousness. Core Yogic teachings of Zen, Tibetan, Taoist & Advaita traditions will be discussed with modern studies of Neuro Science.

Age: 50+ ■ Senior Center ■ Ping Zhen Cheng
 Feb 8-Apr 26 Th 9:30-10:30 a.m. \$123 #105907

Welcome to Medicare

Are you new to Medicare or would you like to know more about how it works? Learn how to enroll, what the different parts of Medicare cover and what they cost, how to choose the best prescription coverage based on your medications, and the pros and cons of Medicare Advantage plans (HMOs) vs. Medicare Supplements and the choices available in Contra Costa County. The class will also touch on how Medicare coordinates with other coverage such as that through employers or the VA. Medicare is very complicated and it's easy to make costly mistakes. Presented by Contra Costa Health Insurance Counseling and Advocacy Program (HICAP).

Age: 50+ ■ Senior Center
 Feb 12 M 9:30 a.m.-12 p.m. FREE #105990

Zumba Gold

Zumba is a safe way to stay active and healthy with minimal risk of injury. Zumba improves cardio, toning, flexibility, increases circulation and promotes an active healthy lifestyle.

Age: 50+ ■ Senior Center ■ Zelia Santos
 Jan 9-Feb 27 Tu 10:30-11:30 a.m. \$43 #105443
 Jan 9-Feb 27 Tu 11:30 a.m.-12:30 p.m. \$43 #105996
 Mar 6-Apr 24 Tu 10:45-11:45 a.m. \$43 #105444

Age: 50+ ■ Centre Concord ■ Zelia Santos
 Jan 4-Feb 22 Th 11:30 a.m.-12:30 p.m. \$47 #105445
 Mar 1-Apr 26 Th 11:30 a.m.-12:30 p.m. \$48 #105446

SPECIAL INTEREST

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.

Age: 50+ ■ Senior Center ■ Raymond McFalone
 Jan 30-Feb 6 Tu 1:30-3:30 p.m. \$13 #105761

Loteria

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

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

Age: 50+ ■ Senior Center
 Jan 25 Th 10 a.m.-1 p.m. \$3 #105929
 Feb 22 Th 10 a.m.-1 p.m. \$3 #105930
 Mar 29 Th 10 a.m.-1 p.m. \$3 #105931
 Apr 26 Th 10 a.m.-1 p.m. \$3 #105932

Trusts and Estate Planning Made Easy

Revocable Living Trusts can help avoid probate. 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 why and how Trusts/Wills work in a way that is easy to understand.

Age: 50+ ■ Senior Center ■ Raymond McFalone
 Feb 13-20 Tu 1:30-3:30 p.m. \$13 #105762

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.

Age: 50+ ■ Senior Center
 Jan 30 Tu 10:30-11:30 a.m. FREE #105933
 Feb 27 Tu 10:30-11:30 a.m. FREE #105934
 Mar 27 Tu 10:30-11:30 a.m. FREE #105935
 Apr 24 Tu 10:30-11:30 a.m. FREE #105936

Reverse Mortgages: New Tool for Your Retirement Planning

If you are 62 or older, come learn how many financial planners and homeowners use home equity as part of a comprehensive approach to extend the life of your retirement assets. No longer does a reverse mortgage only help you when in need of urgent funds, but also your home equity can be used to supplement your income, to cover health-care costs, or to pay off higher-interest debt as part of a long-term retirement plan.

Age: 62+ ■ Senior Center ■ Jon Carlson
 Jan 25 Th 3-4:30 p.m. \$3 #106096
 Mar 22 Th 3-4:30 p.m. \$3 #106097

Concord Senior Center — 50 & Better Health & Human Services

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 9:00 a.m. and 1:00 p.m., press option 1, or email concordsc@cityofconcord.org.

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

Care Management by Meals on Wheels (MOW) & Senior Outreach Services for Adults 60+

Discover a wide variety of assistance and resources available to you in the community. **Appointments are available on Monday and Wednesday from 9:30a.m.- 3:00pm. and Thursday from 9:30a.m. -11:30am.** For more information or to schedule an appointment contact the center.

CC Café Hot Lunch Program by MOW & Senior Outreach Services for Adults 60+

Café is open to adults 60+ and younger spouses and seniors. **Meals are served daily at 11:30a.m.** You are required to register prior to starting the program. Contact the Café at (925) 825-1488 between 9:00a.m. -11:30a.m. for more information and a menu.

Senior Peer Individual Counseling by Contra Costa Health Services for Adults 55+

Offers free and confidential one-on-one counseling sessions every **Tuesday 9:30am, 10:30am and 11:30am.** Call for an appointment.

Vision Support Group by Lions Center for the Visually Impaired - Edward Schroth leads a **FREE** monthly support group for the visually impaired every **2nd Wednesday of the month at 1:00p.m.** No registration necessary.

Health Insurance Counseling and Advocacy Program (HICAP) 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 1:00p.m. - 3:00p.m. and 1st & 2nd Tuesday from 12:30p.m. - 2:30p.m.**

Notary Services by Volunteer for Adults 50+ - Services are provided free of charge from **10:00a.m. -11:00a.m. every Wednesday.** No appointment necessary.

AARP Driver Safety - This course is taught on the **1st and 2nd Wednesday** every other month from **9:00a.m. - 1:00p.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 Senior Center 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 Screening - Screenings will held on **4th Monday of each month from 1:00p.m. - 3:00p.m.** with the exception of May (holiday).

Alzheimer's Support Group - Alzheimer's Support group meets on the **4th Wed** from **2:00p.m. - 4:00p.m.**

Get Around Taxi Program by Concord Commission on Aging - Program is available to **Concord residents and 65 years and older.** Applications will be accepted on Monday and Tuesday from 10:00am-12:00noon 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.

Legal Assistance - There is no lawyer on site. For legal assistance call Contra Costa Senior Legal Services at (925) 609-7900 or email legalhelp@ccls.org. CCLS is a private, non-profit agency that has been providing free legal services to seniors since 1976. CCLS provides a free **Advance Care Directive Clinic every 2nd Thursday of the month at the Concord Senior Center.** Attorneys will prepare an AHCD for you. Call the center to make an appointment.

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

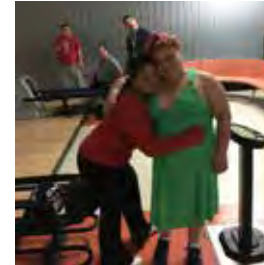
Meet new people, make new friends or hang out with old friends. Play three games of bowling. Shoes are included. This recreation is for adults with disabilities. It is designed for people 18 years of age or older.

Age: 18+ ■ Clayton Valley Bowl ■ Staff				
Jan 9-Feb 27	Tu	3:30-5:30 p.m.	\$64	#105937
Mar 6-Apr 24	Tu	3:30-5:30 p.m.	\$64	#105938

Special Recreation – Community Dances

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. Credit cards and checks not accepted.

Age 18+ ■ Pleasant Hill Senior Center ■ 233 Gregory Lane			
January 12	F	7-9 p.m.	\$7
Age 18+ ■ Concord Senior Center ■ 2727 Parkside Circle			
February 9	F	7-9 p.m.	\$7
Age 18+ ■ Pleasant Hill Senior Center ■ 233 Gregory Lane			
March 8	F	7-9 p.m.	\$7
Age 18+ ■ Walnut Creek Heather Farm ■ 301 N. San Carlos Drive			
May 18	F	7-9 p.m.	\$7



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
- Hillcrest Park
- Meadow Homes Park
- Newhall Park
- Ygnacio Valley Park

Picnic site #3 for smaller groups at Concord Community Park

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



Concord Community Pool will be closed beginning December 11, 2017 until late April 2018.

(Timeline subject to change due to weather conditions)

During this time the City will complete critical repairs to the concrete pool deck stopping its deterioration. For alternative facilities go to

www.cityofconcord.org/swim/
or email swimconcord@cityofconcord.org

CONCORD COMMUNITY POOL 3501 COWELL ROAD, CONCORD ■ 671-3480

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

Spring Lap Swim Fees

Daily	\$5.50 R/\$6.50 NR
Senior (65+)	\$4.75 R/\$5.75 NR
Monthly	\$75 R/\$80 NR
15 Swims	\$66 R/\$76 NR
30 Swims	\$123 R/\$133 NR
45 Swims	\$171 R/\$181 NR

Spring Lap Swim Hours ■ TBD–Jun 10

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 28
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Spring Lap Swim Pool Closures

Swim Meet	May 10 (Short course only)
Swim Meet	May 11–12 (Short course only)
Swim Meet	May 19–20

Spring Recreational Swim

May 26–Jun 10 ■ Sa–Su ■ 1–4 p.m.		
Admission	Daily	15 swim pass
Adult (18+)	\$5.50 R/\$6.50 NR	\$66 R/\$76 NR
Child (3–17)	\$4.75 R/\$5.75 NR	\$55 R/\$66 NR
Tot (2 & Under)	Free (must be accompanied by adult)	
Family Pass up to 4 family members	\$275 R/\$295 NR	
(\$20 for each additional member)		



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

Apr 2-5	M–Th	9 a.m.–4 p.m.	\$202 R/\$207 NR	#105524
May 1-24	Tu, Th	6–9 p.m.	\$202 R/\$207 NR	#105525
Jun 5-28	Tu, Th	6–9 p.m.	\$202 R/\$207 NR	#105526

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

May 5	Sa	9 a.m.–5 p.m.	\$151 R/\$155 NR	#105527
Jun 2	Sa	9 a.m.–5 p.m.	\$151 R/\$156 NR	#105528

SATURDAY SWIM CLASSES

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: 18 – 36 months ■ Concord Community Pool
 May 26-Jun 16 Sa 12:10-12:40 p.m. \$35 R/\$40 NR #105954

Private Swim Lessons

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

Age: 3+ ■ Concord Community Pool
 May 26-Jun 16 Sa 9:50-10:20 a.m. \$105 R/\$110 NR #105880
 May 26-Jun 16 Sa 10:25-10:55 a.m. \$105 R/\$110 NR #105881
 May 26-Jun 16 Sa 11-11:30 a.m. \$105 R/\$110 NR #105882
 May 26-Jun 16 Sa 11:35 a.m.-12:05 p.m. \$105 R/\$110 NR #105883
 May 26-Jun 16 Sa 12:10-12:40 p.m. \$105 R/\$110 #105884

WEEKDAY SWIM CLASSES

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: 18-36 months ■ Concord Community Pool
 May 1-10 Tu, Th 12:10-12:40 p.m. \$35 R/\$40 NR #105955
 May 15-24 Tu, Th 12:10-12:40 p.m. \$35 R/\$40 NR #105956

HEALTH AND FITNESS

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
 Apr 2-May 7 M 10-11 a.m. \$42 R/\$47 NR #106024
 Apr 3-May 8 Tu 10-11 a.m. \$42 R/\$47 NR #106025
 Apr 5-May 3 Th 10-11 a.m. \$35 R/\$40 NR #106026
 May 14-Jun 11 M 10-11 a.m. \$35 R/\$40 NR #106027
 May 14-Jun 12 Tu 10-11 a.m. \$35 R/\$40 NR #106028
 May 17-Jun 14 Th 10-11 a.m. \$35 R/\$40 NR #106029

R = Concord Resident NR = Concord Non-Resident

PRESCHOOL SWIM CLASSES

Preschool Level 1 (Alligators Alley)

- Submerge Head - 10 secs
- Front Floats
- Back Float
- Front Glide
- Back Glide

Age: 3-5 ■ Concord Community Pool
 May 7-10 M-Th 3:45-4:15 p.m. \$35 R/\$40 NR #105816
 May 14-17 M-Th 3:45-4:15 p.m. \$35 R/\$40 NR #105801
 May 21-24 M-Th 3:45-4:15 p.m. \$35 R/\$40 NR #105813
 May 29-Jun 1 M-Th 3:45-4:15 p.m. \$35 R/\$40 NR #105809

Preschool Level 2 (Seal's Rock)

- Beginner Stroke
- Fin and Kick on back
- Glide with flutter kick
- Jump in 2-3 feet of water

Age: 3-5 ■ Concord Community Pool
 May 7-10 M-Th 4:20-4:50 p.m. \$35 R/\$40 NR #105814
 May 14-17 M-Th 4:20-4:50 p.m. \$35 R/\$40 NR #105802
 May 21-24 M-Th 4:20-4:50 p.m. \$35 R/\$40 NR #105812
 May 29-Jun 1 M-Th 4:20-4:50 p.m. \$35 R/\$40 NR #105808

Preschool Level 3 (Seaweed Patch)

- Flutter kick
- Front crawl
- Side breathing

Age: 3-5 ■ Concord Community Pool
 May 7-10 M-Th 4:55-5:25 p.m. \$35 R/\$40 NR #105817
 May 14-17 M-Th 4:55-5:25 p.m. \$35 R/\$40 NR #105803
 May 21-24 M-Th 4:55-5:25 p.m. \$35 R/\$40 NR #105811
 May 29-Jun 1 M-Th 4:55-5:25 p.m. \$35 R/\$40 NR #105807

Preschool Level 4 (Otter's Cove)

- Back float and kick
- Backstroke arms
- Backstroke

Age: 3-5 ■ Concord Community Pool
 May 7-10 M-Th 5:30-6 p.m. \$35 R/\$40 NR #105815
 May 14-17 M-Th 5:30-6 p.m. \$35 R/\$40 NR #105804
 May 21-24 M-Th 5:30-6 p.m. \$35 R/\$40 NR #105810
 May 29-Jun 1 M-Th 5:30-6 p.m. \$35 R/\$40 NR #105806



ELEMENTARY SWIM CLASSES

Elementary Level 1

- Submerge head
- Front float with kick
- Back float with kick
- Beginner stroke

Age: 6-Up Years Old ■ Concord Community Pool

May 7-10	M-Th	3:45-4:15 p.m.	\$35 R/\$40 NR	#105531
May 14-17	M-Th	3:45-4:15 p.m.	\$35 R/\$40 NR	#105940
May 21-24	M-Th	3:45-4:15 p.m.	\$35 R/\$40 NR	#105944
May 29-Jun 1	M-Th	3:45-4:15 p.m.	\$35 R/\$40 NR	#105948

Elementary Level 2

- Front Crawl
- Front Crawl with side breathing
- Backstroke

Age: 6-Up Years Old ■ Concord Community Pool

May 7-10	M-Th	4:20-4:50 p.m.	\$35 R/\$40 NR	#105533
May 14-17	M-Th	4:20-4:50 p.m.	\$35 R/\$40 NR	#105941
May 21-24	M-Th	4:20-4:50 p.m.	\$35 R/\$40 NR	#105945
May 29-Jun 1	M-Th	4:20-4:50 p.m.	\$35 R/\$40 NR	#105949

Elementary Level 3

- Breaststroke kick
- Breaststroke
- Elementary backstroke

Age: 6-Up Years Old ■ Concord Community Pool

May 7-10	M-Th	4:55-5:25 p.m.	\$35 R/\$40 NR	#105532
May 14-17	M-Th	4:55-5:25 p.m.	\$35 R/\$40 NR	#105942
May 21-24	M-Th	4:55-5:25 p.m.	\$35 R/\$40 NR	#105946
May 29-Jun 1	M-Th	4:55-5:25 p.m.	\$35 R/\$40 NR	#105950

Elementary Level 4

- Dolphin Kick
- Butterfly
- Sidestroke

Age: 6-Up Years Old ■ Concord Community Pool

May 7-10	M-Th	5:30-6 p.m.	\$35 R/\$40 NR	#105534
May 14-17	M-Th	5:30-6 p.m.	\$35 R/\$40 NR	#105943
May 21-24	M-Th	5:30-6 p.m.	\$35 R/\$40 NR	#105947
May 29-Jun 1	M-Th	5:30-6 p.m.	\$35 R/\$40 NR	#105951

PRIVATE SWIM LESSONS

Private Swim Lessons

Ages 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 7-10	#105860	#105861	#105862	#105863
May 14-17	#105864	#105865	#105866	#105867
May 21-24	#105871	#105886	#105887	#105888

R = Concord Resident NR = Concord Non-Resident



Make your summer
the *BEST* one yet!



Join our team.
Learn water safety skills.
Teach kids to swim.

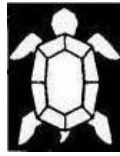
www.cityofconcord.org/recreation

Birthday Party Splash & Bash



Plan your summer 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

Developmentally appropriate competitive
swimming in a fun and friendly
environment right here at the
Concord Community Pool

2018 Winter/Spring Programming

- ◆ High School Pre-Season Training Program
(Nov 2017 through early Feb 2018)
- ◆ Orange & Blue Winter Session 2018
(January through March)
- ◆ Winter/Spring Clinics (March thru April)
- ◆ Private Competitive Lessons available
- ◆ Year-Round competitive swim team mem-
bership open throughout the year.

WWW.TERRAPINSWIM.COM

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

Fun within your reach!



**Inflatable obstacle courses available starting May 28
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

Camp Littlefoot

(Ages 2 ½ - 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 K- 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.

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!

Registration begins February 26 at www.ConcordReg.org

Counselor in Training (C.I.T.)

(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.



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.



Enrichment Camps

(Ages 5-17)

Lego Camps are one of the many enrichment camps offered this summer, others could include: Ballet Camp, Video Games & Programming, Mad Science, Young Rembrandts Art Camps and Little Medical School.

The Summer Camps guide will be available February 26

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.





2018 FAMILY CAMP

Friday, June 22–Saturday, July 14
and
Monday, July 30–Sunday, August 12

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 8, 2018 for Friends of Camp Concord Members

Open Registration begins: February 6, 2018



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 13–17	M–F	\$240 R/\$265 NR	#105991
Aug 20–24	M–F	\$240 R/\$265 NR	#105992
Aug 27–31	M–F	\$240 R/\$265 NR	#105993

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 17–19	F–Su	\$280 R/\$290 NR	#105994
		\$95 additional son	

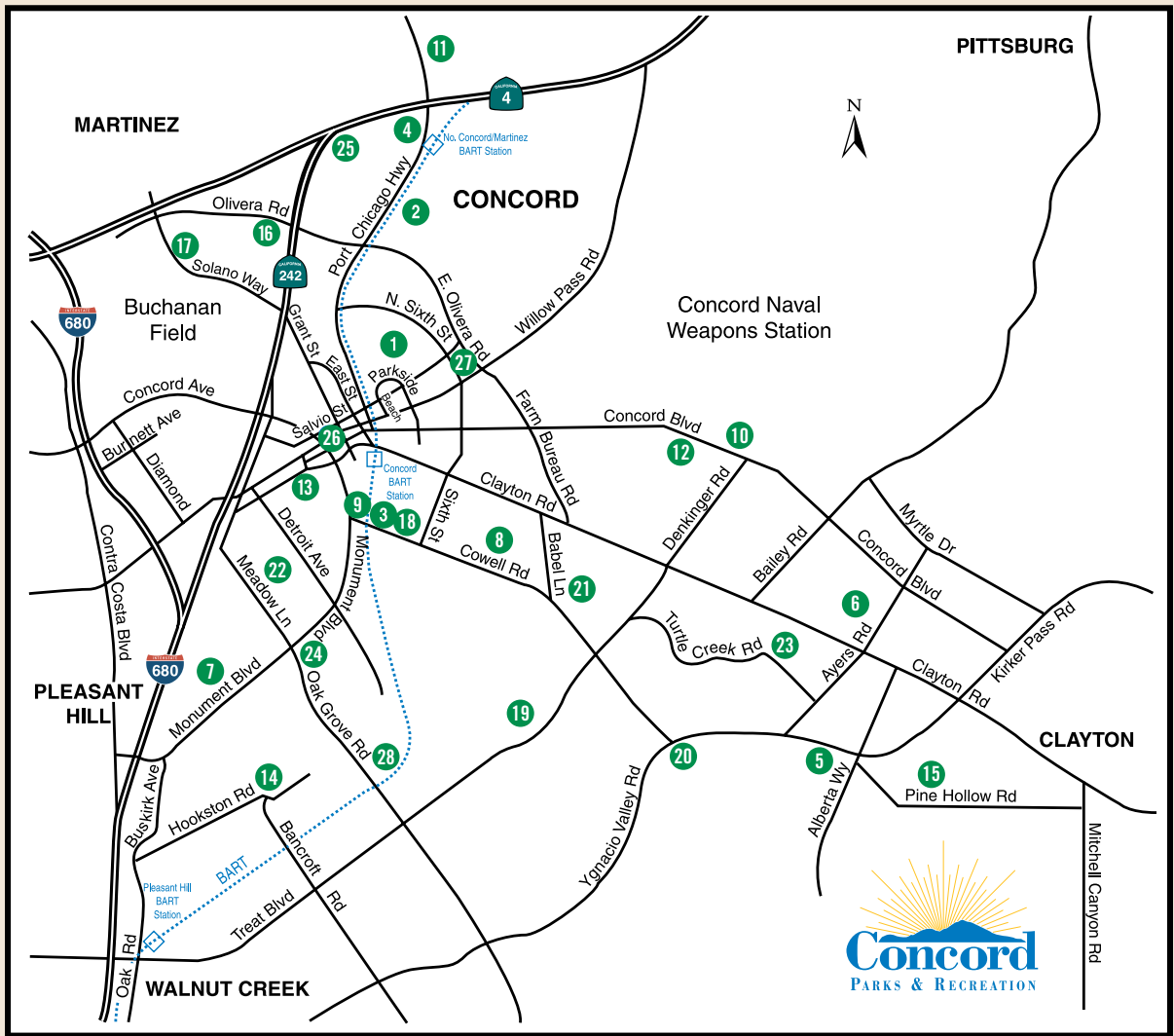
FAMILY TRIPS

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 schedules 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			
Aug 31–Sep 3	F–M	\$195 R/\$210 NR	#105995

CONCORD PARK LOCATIONS



Legend

- | | |
|---|---------------------------------------|
| 1. John F. Baldwin Park | 15. Highlands Park |
| 2. BART Linear Park | 16. Hillcrest Community Park |
| 3. BART Park | 17. Iron Horse Park |
| 4. Bayview Circle Park | 18. Krueger Fields |
| 5. Boatwright Youth Sports Complex | 19. Lime Ridge Open Space |
| 6. Brazil Quarry | 20. Greater Lime Ridge Open Space |
| 7. Cambridge Park | 21. Markham Nature Park and Arboretum |
| 8. Concord Community Park | 22. Meadow Homes Park |
| 9. Concord Skate Park | 23. Newhall Community Park |
| 10. Dave Brubeck Park | 24. Rick Seers Park |
| 11. Diablo Creek Golf Course | 25. Sun Terrace Park |
| 12. El Dorado Middle School Play Fields | 26. Todos Santos Plaza |
| 13. Ellis Lake Park | 27. Willow Pass Community Park |
| 14. Len Hester Park | 28. Ygnacio Valley Park |

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 2, 2017, 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 19-October 25, 2018, 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 12, 2018**

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 17-September 13, 2018, 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 10-31, 2018, 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 at 10:30 a.m.
Check library for schedule.

■ 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.

■ Kindergarten Countdown

Starting Kindergarten in 2018?
Sign up for this monthly class to help
you get on track for school success!
Ask for more information
at your local library.

All programs subject to change

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

1. Online Registration

www.ConcordReg.org



2. By Fax

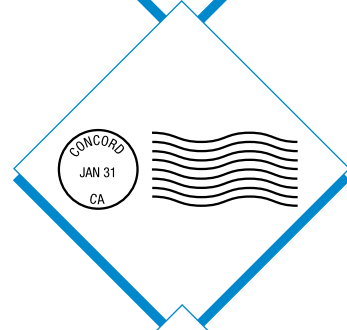
Send your completed form and credit card information to 689-8169.



3. By Mail

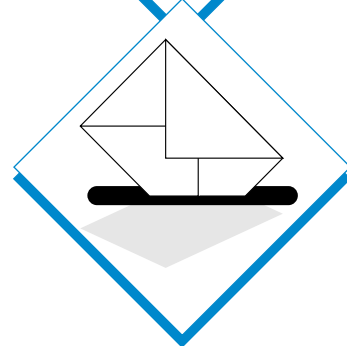
Pay by check, MasterCard, Visa or American Express.

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: <input type="checkbox"/> Check payable to: Concord Parks & Recreation <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>		Amount \$
Card #:	3 or 4 Digit Security Code:	Exp. Date Month/Day/Year / /
Print name as it appears on card		Signature

Summer Jobs 2018

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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THE CITY OF CONCORD



The happiest place on dirt!

Camp Concord is a high quality, affordable family vacation in one of California's most beautiful settings — South Lake Tahoe.

Our Family Camp is all inclusive. We include everything from meals and transportation to programming and activities. Camp Concord allows families to bond, unplug from technology, and lets you take in all the breathtaking scenery that Tahoe has to offer. Be ready to make memories that will last a lifetime!

www.campconcord.org
(925) 671-3404

