

PLEASANTON

Community Services Activities Guide ♦ Fall 2012/Winter 2013



Say hello to Fiona, Pleasanton's resident milking cow—see page 4

HARRINGTON GALLERY

Fall & Winter Events



Photograph by Daniel Kasser

< Man at Nature: Using and Leaving

November 7-December 15

Gallery Reception:

Thursday, November 8, 7:00-9:00pm. Through photography, painting and sculpture, artists explore the entitled relationship man has with nature. These present and future marks and artifacts provide inspiration to the artists who find beauty and/or a statement in their expression of this concept.

Pleasanton Art League 3rd Annual Members' Exhibit

September 15-October 20

Gallery Reception:

Saturday, September 15, 1:00-3:00pm. All member's exhibit featuring recent works in all media.

California Watercolor Association Juried Exhibit

January 17-February 16

Gallery Reception:

Saturday, January 19, 1:00-3:00pm. Established professional artists from California and around the nation participate in this annual juried exhibit. This year, we are proud to host this selection of works at the Harrington Gallery.

HARRINGTON GALLERY
in the Firehouse Arts Center
4444 Railroad Avenue

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

2012-13 SEASON AUDITIONS

AMADOR THEATER

Puss in Boots

based on the fairytale by Charles Perrault

adapted by Kate Hawley

music by Chris Houston

directed by Rebecca J. Ennals

Puss, a sassy cat, promises to solve the problems of a poor miller's son in this world-premiere panto musical by local playwright Kate Hawley. Featuring original songs by local composer Chris Houston, this outrageous comedy offers audience participation and a positive message about being yourself.



Auditions	10/14-12/6	Student Matinee
Sa 9/22, 9/29	6:30-9:00pm	W, Th
1:00-5:00pm	Performances	12/12-12/13
Rehearsals	F, Sa, Su	12/19-12/20
Su, T, W, Th	12/7-12/16	

FIREHOUSE THEATER

Pippi Longstocking

by Astrid Lindgren

adapted by Thomas W. Olson

music by Roberta Carlson



There's a horse on the porch, a monkey in the kitchen and a freckle faced, red-pigtailed, whirlwind of a girl in mismatched stockings in this wacky comedy. This Swedish

classic, beloved the world over, celebrates every child's dream of independence while reinforcing the importance of friendship and family.

Auditions	Rehearsals	Performances
M 12/17	Su, T, W, Th	F, Sa, Su
6:00-9:00pm	1/13-2/28	3/1-3/10
	6:30-9:00pm	W, Th 3/6-3/7

Ramayana

based on the Sanskrit classic | adapted by Anthony

Clarvoe | directed by Michael Truman Cavanaugh

Prince Rama joins forces with Hanuman the

flying monkey to rescue his

love Princess Sita from the

evil Demon King Ravana.

Rama and Sita's faithful love,

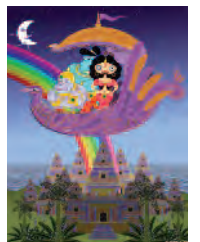
Hanuman's bravery, Ravana's

trickery, and the ultimate tri-

umph of good over evil have

made this epic tale essential to

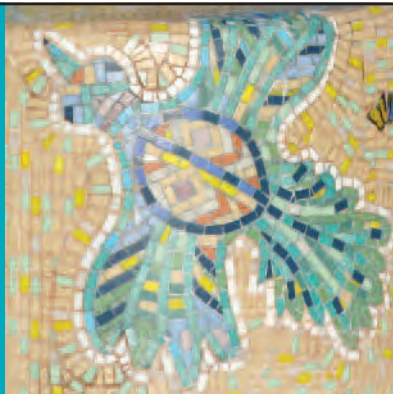
Hindu culture for centuries.



Auditions	Rehearsals	Performances
M 3/4	Su, T, W, Th	F, Sa, Su
6:00-9:00pm	3/17-5/9	5/10-5/19
	6:30-9:00pm	W, Th 5/15-5/16

Visit www.firehousearts.com for audition information, tickets and show times.

Art is all around us ...



Did you know that the City of Pleasanton has over 40 publicly and privately owned pieces of public art? Now you can see them online. Ever wonder about the name of a certain piece or how it was acquired?

To see pictures of the pieces, read interesting information on them and find their exact locations so you may enjoy them in person, visit

www.publicartarchive.org/pleasanton

Check out the site from your mobile phone and it will automatically notify you of the pieces you are currently

located near. New pieces are joining the collection all the time so check back frequently. For more information on the public art collection or how you can become a sponsor of a future piece call the Civic Arts Manager at 931-5347.



FIREHOUSE

ARTS CENTER

setting the
ARTS on FIRE

PCRT Showcase

The Songs of Harold Arlen &
George Gershwin
August 11, 8:00pm
August 12, 2:00pm

Simply Sally Struthers!

An Evening with the Iconic TV Star
of *All in the Family*
August 18, 8:00pm

The Tubes

San Francisco Sound of the 70's
Back by Popular Demand!
September 7 & 8, 8:00pm

Roslyn Kind

*She May Be Barbra Streisand's
Sister, but She Has an Incredible
Voice!*
September 15, 8:00pm

Ticketing Info

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

Online: www.firehousearts.org

By phone: 931-4848

Purchase in person:

Box office open

Wed-Fri, 12 noon-6:00pm;

Sat, 10:00am-4:00pm

and two hours before each
performance.

Group Sales: A 15 % discount is
available to groups of 10 or more
purchasing tickets to the same
show on a single order. Group
sales are available only by phone
or at the box office.

Firehouse Arts Center
4444 Railroad Avenue
931-4848

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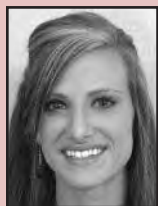
Access & Inclusion

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

Meet Our New Staff!


Michele Crose
Community Services Manager, 931-5347
email: mcrose@cityofpleasantonca.gov

Michele will be overseeing the Civic Arts Commission, Public Art Program, and operations of the Amador Theater and the Firehouse Arts Center. Michele grew up in South San Francisco, graduated from San Francisco State University and previously worked for the City of Vacaville.


Joelle Goodman
Recreation Coordinator, 931-3480
email: jgoodman@cityofpleasantonca.gov

Joelle will be overseeing and assisting with Adult Sports, Youth Sports, gym and field rentals. She grew up in Livermore and graduated from California State University East Bay with a degree in Recreation.


Rebecca Hale
Recreation Coordinator, 931-5357
email: rhale@cityofpleasantonca.gov

Rebecca will be overseeing and assisting with our volunteer program, marketing, facility rentals and online registration. She grew up in Modesto, graduated from Cal Poly, San Luis Obispo and previously worked for the City of Sacramento.


Rachel Mariscal
Recreation Coordinator, 931-3434
email: rmariscal@cityofpleasantonca.gov

Rachel will be overseeing and assisting with our Summer Youth Camps, Teen activities and environmental education programs. She grew up in Gilroy, graduated from San Jose State University and has worked in the recreation field for six years.


Terry Snyder
Administrative Assistant, 931-5343
email: tsnyder@cityofpleasantonca.gov

Terry will be providing administrative support to the Community Services Department. Her experience in working with community members and commissions will be a great addition. Terry has been promoted within the organization and comes to us from the Community Development Department.

Community Services Facilities

Community Services

200 Old Bernal Avenue, 931-5340

Alviso Adobe Community Park

3465 Old Foothill Road, 931-3479

Amador Recreation Center

4455 Black Avenue

Amador Theater

1155 Santa Rita Road, 931-5359

Century House

2401 Santa Rita Road

Cultural Arts Center

4477 Black Avenue

Dolores Bengtson Aquatic Center

4455 Black Avenue, 931-3420

Firehouse Arts Center

4444 Railroad Avenue, 931-4850

Gingerbread Preschool

4333 Black Avenue, 931-3430

Nature House

519 Kottlinger Drive

Senior Center

5353 Sunol Blvd, 931-5365

Sports Park Fieldhouse

5800 Parkside Drive, 931-3437

Tennis & Community Park

5801 Valley Avenue, 931-3449

Veterans Memorial Building

301 Main Street

City/School Gymnasiums:
Pleasanton Middle School

5001 Case Avenue

Harvest Park Middle School

4900 Valley Avenue

Thomas A. Hart Middle School

4433 Willow Road

Other Activity Locations:

Crispim BJJ Barra Brothers

7063 Commerce Cir., Unit E, Pleasanton

Earl Anthony Dublin Bowl

6750 Regional Street, Dublin

Jamie's Dance Studio

3688 Washington Street, Pleasanton

Jue's Taekwon-Do Studio

5460 Sunol Blvd., #8, Pleasanton

Valley Rock Climbing

2455 Railroad Ave., Livermore



About the Cover: Did you know the City of Pleasanton has its own resident milking cow? Her name is Fiona and she resides in the Milking Barn at the Alviso Adobe Community Park. Milking hours are every Saturday from 10:00-11:00am. Become Fiona's friend on Facebook!—
www.facebook.com/fionapleasanton

Cover photo by: Dino Vournas



City Commissions

Parks & Recreation Commission

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

Civic Arts Commission

John Loll, Chairperson
Tegan McLane, Vice Chairperson
Claudia Hess • R Jo Molz
Karen De Baca Martens • Sara Nealy
Howard Seebach
 7:00pm 1st Monday

Housing Commission

Justin Probert, Chairperson
John Casey, Vice Chairperson
Colleen Lopez • Daniel Mermelstein
Ann Welsh
 7:00pm 3rd Thursday

Human Services Commission

Theresa Rowland, Chairperson
Brock Roby, Vice Chairperson
Joyce Berger • Prashant Jhanwar
David Nagler • Don Wilson • Rosiland Wright
 7:00pm 1st Wednesday

Library Commission

Valerie Arkin, Chairperson
Kelly Cousins, Vice Chairperson
Traci Cook • Corri Cooper
Denise Fournier • Judith Matthew
Michael Todd
 7:00pm 2nd Thursday, Pleasanton Library

Planning Commission

Jerry Pentin, Chairperson
Phil Blank, Vice Chairperson
Kathy Narum • Greg O'Connor
Arne Olson • Jennifer Pearce
 7:00pm 2nd and 4th Wednesday

Youth Commission

Shannon Malindzak, Chairperson
Diane Hadley, Vice Chairperson
Jackson Fialho • Lori Franklin
Michael Lamos • Kaitlyn Mallie
Neha Nirkondar • Katie Olmo
Jonathan Pearce • Taylor Sowers
Erica Utikal • Yandi Wu
 7:00pm 2nd Wednesday, September-May
 Gingerbread Preschool

Sports Groups

For information regarding registration, coaches, rain-outs or other pertinent information, please contact the organizations listed below or visit the City website at www.pleasantonsports.org.

Boys Soccer (BUSD)

www.busc.org

Girls Soccer (PGSA/RAGE)

www.pleasantonrage.org

Adult Soccer (PASS)

www.pleasantonadultsoccer.com

Pleasanton Junior Football (PJFL)

www.pjfl.com

Girls Softball (PGSL)

www.pleasantonsoftball.org

American Little League (PALL)

www.pleasantonamerican.com

National Little League

www.pleasantonnational.org

Foothill Little League (PFLL)

www.pfllonline.org

Girls Golf (LPGA-USGA)

ptownputter@comcast.net

Pleasanton Lacrosse Club (PLC)

www.pleasantonlacrosse.com

Pleasanton Girls Lacrosse Club (PGLC)

www.pleasantongirlslacrosse.com

Radio Control Glider Club

846-8617

Seahawks USS Swim Team

www.pleasantonseahawks.org

Special Olympics Sports

www.specialolympics.org

Tri Valley Masters Swim Team

www.trivalleymasters.com

Youth Volleyball

www.clubvipvbc.com

Sports Field Weather Line

931-5360 | www.pleasantonsports.org

Adult Basketball, Gymnasium Rentals, Open Gyms, Pleasanton Youth Basketball (PYB), Volleyball, Bocce, Softball and Softball Tournament

Rentals, Sports Camps:

Ian Anderson, 931-3437
ianderson@cityofpleasantonca.gov

Lifetime Tennis

931-3449 | www.lifetimetennis.com

Local Arts Groups

Amador Livermore Valley Historical Society and Museum

462-2766 | www.museumonmain.org

Amador Valley Quilters

www.amadorvalleyquilters.org

Bay Area Metro Chorus (Men)

443-SING

Cantabella Children's Chorus

www.cantabella.org

CWC Tri-Valley Writers

www.trivalleywriters.org

Harmony Fusion (Chorus)

846-1857 | www.harmonyfusion.org

Livermore Amador Symphony

www.livamsymph.org

Livermore Valley Opera

www.livermorevalleyopera.com

Pacific Chamber Symphony

484-0839 | email: cponca@aol.com

Pleasanton Art League

www.pal-art.com

Pleasanton Community Concert Band

www.pleasantonband.org

Pleasanton Cultural Arts Council

931-1111 | www.pleasantonarts.org

Pleasanton Cultural Arts Foundation

846-1007 | www.pleasantonartsfoundation.org

Tri-Valley Repertory Theater

www.trivalleyrep.com

Tri-Valley Woodcarvers

846-5011

Valley Concert Chorale

www.valleyconcertchorale.org

Valley Dance Theatre

www.valleydancetheatre.com

Valley Shakespeare Festival

556-9624

City Council

Jennifer Hosterman, Mayor
Cheryl Cook-Kallio
Cindy McGovern • Matt Sullivan
Jerry Thorne

Nelson Fialho, City Manager

7:00pm 1st & 3rd Tuesday





| THE ARTS |

Ceramics with Sarah Hudson

Ages 4-8

Each of these classes includes simple demonstrations of every project using hand-building skills with a focus on structure, texture, pattern and shape. No experience needed. You'll glaze each of your projects in the bright colors of your choice and they will be fired in our studio kiln. *\$30 supply fee due at the time of registration.*

5 classes | *No class 11/20, 11/21, 11/22 | \$98.00R/\$108.00N

Cultural Arts Center | Instructor: Sarah Hudson

Code	Course	Day	Date	Time
54076	Silly Monsters	Tu	9/4-10/2	9:45-11:00am
54077	Tea Parties!	Tu	9/4-10/2	12:15-1:30pm
54078	Playful Puppies	W	9/5-10/3	9:45-11:00am
54079	Dinosaurs	W	9/5-10/3	12:15-1:30pm
54080	Farm Animals	Th	9/6-10/4	9:45-11:00am
54081	Flashy Fish	Th	9/6-10/4	12:15-1:30pm
54082	Outer Space	Tu	10/9-11/6	9:45-11:00am
54083	Farm Animals	W	10/10-11/7	9:45-11:00am
54084	Flashy Fish	W	10/10-11/7	12:15-1:30pm
54085	Silly Monsters	Th	10/11-11/8	9:45-11:00am
54192	Dinosaurs	Th	10/11-11/8	12:15-1:30pm
54193	Holiday Projects	Tu	11/13-12/18*	9:45-11:00am
54195	Holiday Projects	W	11/14-12/19*	9:45-11:00am
54196	Holiday Projects	Th	11/15-12/20*	9:45-11:00am

\$33 supply fee due at the time of registration.

6 classes | \$118.00R/\$130.00N

Code	Course	Day	Date	Time
54234	Dinosaurs	Tu	1/8-2/12	9:45-11:00am
54236	Flashy Fish	Tu	1/8-2/12	12:15-1:30pm
54237	Projects/Room	W	1/9-2/13	9:45-11:00am
54238	Farm Animals	W	1/9-2/13	12:15-1:30pm
54239	Playful Puppies	Th	1/10-2/14	9:45-11:00am
54240	Projects/Room	Th	1/10-2/14	12:15-1:30pm

Art About...

Ages 4-6

\$20 supply fee due at the time of registration.

Art About Your Favorite Animals

From lions, tigers and bears to monkeys, snakes and more, we'll create sculptures, paintings and other fun works of art with a variety of techniques and materials including tempera paint, collage, and clay that are all about your favorite animals!



Art About the Fun of It

This class lets your imagination soar with lots of art projects including giant paper sculptures, glitter painting and scratch art drawings, plus much more just for the fun of it!

Art About Me!

This class is designed to help kids create fun and imaginative arts and crafts projects based on their personal interests using a variety of art techniques and media. Kids will create things such as a self-portrait, wall art, a 3-D initial and much more.

6 classes | *No class 9/18, 10/9, 11/21, 1/23 | \$95.00R/\$105.00N

Firehouse Arts Center | Instructor: Debbie Wardrope

Code	Course	Day	Date	Time
54287	Fav. Animals	Tu	9/25-11/6*	1:30-2:30pm
54288	The Fun of It	W	1/9-2/20*	1:30-2:30pm
54356	Art About Me	W	10/24-12/5*	1:30-2:30pm

My Favorite Story

Ages 3-5

Pre-schoolers act out their favorite storybooks. Games, crafts, Culminates in a brief in-class presentation.

8 classes | \$80.00R/\$88.00N

Veterans Memorial Building | Instructor: Civic Arts Stage Company Staff

Code	Day	Date	Time
54210	Tu	8/28-10/16	4:00-5:00pm

NEW! Basic Ballet and Tap

Ages 3-4

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

8 classes | *No class 11/21, 12/26 | \$95.00R/\$105.00N

Jamie's Dance Studio | Instructor: Jamie Zimmerman

Code	Day	Date	Time
54318	W	9/5-10/24	1:45-2:30pm
54321	Sa	9/8-10/27	9:15-10:00am
54319	W	10/31-1/2*	1:45-2:30pm
54322	Sa	11/3-12/29	9:15-10:00am
54323	Sa	1/5-2/23	9:15-10:00am
54320	W	1/9-2/27	1:45-2:30pm

| EXERCISE & WELLNESS |



Brazilian Jiu-Jitsu

Ages 4-6

Jiu-Jitsu translates to "the gentle art" because it utilizes leverage and balance, rather than force and strength. This class incorporates self-defense techniques, ground work, and conditioning, which will help in improving your child's coordination, strength and agility. Includes a segment on

dealing with bullying. This class helps develop discipline, respect, integrity and improve confidence. *\$50 uniform fee required at time of registration.*

Crispim BJJ Studio | Instructor: Alexander DeAlmeida

12 classes | *No class 10/31, 11/21 | \$145.00R/\$160.00N

Code	Day	Date	Time
54002	M/W	9/10-10/17	4:00-4:40pm
54003	M/W	10/22-12/5*	4:00-4:40pm

11 classes | *No class 1/21 | \$135.00R/\$149.00N

Code	Day	Date	Time
54006	M/W	1/7-2/13*	4:00-4:40pm

Little Ninja Taekwon-Do

Ages 3-5

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

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

12 classes | *No class 11/20, 11/21, 11/22 | \$120.00R/\$132.00N

Code	Day	Date	Time
54144	Tu	9/4-11/27*	10:30-11:00am
54145	W	9/5-11/28*	1:30-2:00pm
54146	Th	9/6-11/29*	10:30-11:00am

10 classes | *No class 11/12, 11/19 | \$100.00R/\$110.00N

Code	Day	Date	Time
54143	M	9/10-11/26*	1:30-2:00pm

8 classes | *No class 12/24, 12/27, 12/31, 1/21, 2/11, 2/18 | \$80.00R/\$88.00N

Code	Day	Date	Time
54182	M	12/3-2/25*	1:30-2:00pm

11 classes | *No class 12/25, 12/26, 12/27, 1/1/2013, 1/2, 1/3 | \$110.00R/\$121.00N

Code	Day	Date	Time
54185	Tu	12/4-2/26*	10:30-11:00am
54187	W	12/5-2/27*	1:30-2:00pm
54189	Th	12/6-2/28*	10:30-11:00am

| SPECIAL INTEREST |



Budding Biologists

Ages 4-7

This class showcases a wide spectrum of animals and is designed for children who are fascinated with animal biology. We'll name parts, and study the life cycle and habitat of lady bugs, earthworms, crickets, super worms, snails, and examine squid. *\$6 supply fee due at time of registration.*

6 classes | *No class 11/20 | \$115.00R/\$127.00N

Cultural Arts Center | Instructor: Vidya Pillai

Code	Day	Date	Time
54142	Tu	10/30-12/11*	1:00-2:00pm

| SPECIAL INTEREST |

Rock Crawlers

Ages 3-5

Get your little 'rock crawlers' off of the furniture and onto the walls —climbing walls that is! Indoor rock climbing helps develop balance, body movement, hand-eye coordination, flexibility, and self confidence. In this class, parents and children have fun playing together in a safe environment under the supervision of our climbing instructor while the parent belays the child.

4 classes | *No class 11/22, 1/21 | \$59.00R/\$65.00N

Valley Rock Climbing | Instructor: Zack Silva

Code	Day	Date	Time
54057	Th	9/6-9/27	10:30-11:30am
54061	M	9/10-10/1	11:00am-Noon
54059	Th	10/4-10/25	10:30-11:30am
54062	M	10/8-10/29	11:00am-Noon
54060	Th	11/1-11/29*	10:30-11:30am
54063	M	11/26-12/17	11:00am-Noon

5 classes | *No class 11/24 | \$59.00R/\$65.00N

Code	Day	Date	Time
54054	Sa	9/8-10/6	9:00-9:45am
54055	Sa	10/13-11/10	9:00-9:45am
54056	Sa	11/17-12/22*	9:00-9:45am

| SPORTS |

KIDZ Love Soccer

This program is a great way to learn soccer skills with a stress free approach to the game. Participants will learn from friendly staff through fun drills. Shin guards are required after the first meeting. All rainouts will be made up.

*Rain-out hotline: (888) 372-5803.***Introduction to Soccer**Ages 3¹/₂-5

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.

5 classes | \$60.00R/\$66.00N

Pleasanton Sports Park | Instructor: KIDZ Love Soccer Staff

Code	Age	Day	Date	Time
53883	3 ¹ / ₂ -4	Tu	9/18-10/16	5:15-5:45pm
53884	3 ¹ / ₂ -4	F	9/21-10/19	5:45-6:15pm
53877	4-5	Tu	9/18-10/16	5:45-6:20pm
53885	4-5	F	9/21-10/19	5:10-5:45pm



9 classes | \$105.00R/\$116.00N

Code	Age	Day	Date	Time
53876	3 ¹ / ₂ -4	Tu	9/18-11/13	10:50-11:20am
53939	3 ¹ / ₂ -4	F	9/21-11/16	10:30-11:00am
53891	3 ¹ / ₂ -4	Sa	9/22-11/17	9:00-9:30am
53875	4-5	Tu	9/18-11/13	10:15-10:50am
54354	4-5	Tu	9/18-11/13	3:10-3:45pm
53890	4-5	F	9/21-11/16	11:00-11:35am
53893	4-5	Sa	9/22-11/17	9:30-10:05am
53892	4-5	Sa	9/22-11/17	10:05-10:40am

8 classes | \$94.00R/\$104.00N

Code	Age	Day	Date	Time
53880	3 ¹ / ₂ -4	Tu	1/22-3/12	10:50-11:20am
53886	3 ¹ / ₂ -4	Tu	1/22-3/12	4:30-5:30pm
53940	3 ¹ / ₂ -4	F	1/25-3/15	5:00-5:35pm
53934	3 ¹ / ₂ -4	Sa	1/26-3/16	9:00-9:30am
53878	4-5	Tu	1/22-3/12	10:15-10:50am
54355	4-5	Tu	1/22-3/12	3:10-3:45pm
53879	4-5	Tu	1/22-3/12	5:00-5:35pm
53881	4-5	F	1/25-3/15	5:00-5:35pm
53894	4-5	Sa	1/26-3/16	9:30-10:05am
53895	4-5	Sa	1/26-3/16	10:05-10:40am

Mommy/Daddy & Me SoccerAges 2-3¹/₂

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

Pleasanton Sports Park | Instructor: KIDZ Love Soccer Staff

9 classes | \$105.00R/\$116.00N

Code	Day	Date	Time
53872	Tu	9/18-11/13	11:30am-Noon
53874	Sa	9/22-11/17	10:30-11:00am
53887	Sa	9/22-11/17	11:05-11:35am

8 classes | \$94.00R/\$104.00N

Code	Day	Date	Time
53873	Tu	1/22-3/12	11:30am-Noon
53888	Sa	1/26-3/16	10:30-11:00am
53889	Sa	1/26-3/16	11:05-11:35am

Wee Hoop

Ages 1 1/2-5

A fun basketball program for children ages 18 months to 5 years. Skills will be introduced through a variety of drills, games and fun activities. Participants are required to bring a basketball, preferably size 3.



Hoopsters

Ages 1 1/2-3

This parent interactive class develops gross motor skills and coordination pertinent to the game of basketball. Repetition will enable children to build their confidence level so that parent participation lessens over time. Activities include organized games that help children develop listening skills and learn to follow directions.

Jump Shooters

Ages 3-4

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

Hot Shots

Ages 4-5

This class places more of an emphasis on developing basketball skills and learning basic rules of the game. Over time, the children will be able to use their skills and knowledge in controlled, instructional scrimmages. The activities in this class will encourage teamwork and new friendships.

Pleasanton Sports Park | Instructor: Wee Hoop Staff

8 classes | \$94.00R/\$104.00N

Code	Course	Day	Date	Time
53834	Hoopsters	Th	9/13-11/1	9:30-10:05am
53835	Jump Shooters	Th	9/13-11/1	10:10-10:55am
53836	Hot Shots	Th	9/13-11/1	11:00-11:45am

7 classes | \$82.00R/\$91.00N

Code	Course	Day	Date	Time
53837	Hoopsters	Th	1/10-2/21	9:30-10:05am
53838	Jump Shooters	Th	1/10-2/21	10:10-10:55am
53839	Hot Shots	Th	1/10-2/21	11:00-11:45am

Bumper Bowling

Ages 3-7

Bumper Bowling is back! Guaranteed success for all bowlers and lots of fun! Get weekly awards and celebrate at the end of the session with a party and a trophy for every bowler. Children bowl one game each week. Parent supervision/participation required.

10 classes | *No class 12/20, 12/27, 2/14 | \$80.00R/\$88.00N

Dublin Bowl | Instructor: Dublin Bowl Staff

Code	Day	Date	Time
53978	Th	9/6-11/8	1:30-2:30pm
53979	Th	11/29-2/21*	1:30-2:30pm

Lil Baseball

Ages 3-7

This introductory class teaches the baseball basics: Running, throwing, hitting, and the overall direction and rhythm of the game. Perfect for introducing your lil' one to America's pastime! Your child will be a step ahead when it's time to sign up for T-ball!

9 classes | \$144.00R/\$159.00N

Harvest Park Middle School T-Ball Field | Instructor: Pitching Center

Code	Day	Date	Time
53957	Tu	9/4-10/30	4:30-5:20pm
53958	W	9/5-10/31	4:30-5:20pm
53959	Th	9/6-11/1	4:30-5:20pm



Gingerbread Preschool

Ages 2-5

Limited Spaces Available!

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

Course sessions and fee information is available at

www.ci.pleasanton.ca.us/services/recreation/gb/gbreg.html.

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

Augustin Bernal Park

General Information

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

Resident and Nonresident Access

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

Access: Horse Trailers

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

Park Access Hours

Access to Augustin Bernal Park through Golden Eagle Way:

Nov. 1-Mar. 31: 7:00am-5:30pm Apr. 1-Oct. 31: 7:00am-6:30pm

City Trails

Pleasanton has some great trails throughout the city and along the Ridge. Through the City's Bicycles, Pedestrian & Trails Committee, more trails are being considered. The Committee (an advisory body to the Parks and Recreation Commission) generally meets on the fourth Monday of each month, and welcomes public comments. For information on the Committee, the Community Trails Master Plan, Trails and Bike Paths map, or to send comments, visit www.cityofpleasantonca.gov/services/recreation/parks-and-trails.html. The Trails and Bike Paths map is also available at the Community Services Administration Office, 200 Old Bernal Ave.



Pleasanton Youth Basketball League

General Information and Philosophy

The Pleasanton Youth Basketball (PYB) League is the city's largest and most popular youth basketball program. PYB is a recreational league for both boys and girls that allows children of all skill levels to enjoy the fun and exciting game of basketball!

Throughout PYB, participants will learn and improve their basketball skills, make new friends, and learn what it means to be part of a team.

The Pleasanton Youth Basketball League is open to boys and girls enrolled in grades 1-12 (fall 2012). The program has separate boys and girls leagues that participate once a week and play games on



Saturdays (various times) in the City of Pleasanton/school gyms.

Players only need to come to evaluations if they are one of the following:

- 1) 3rd grade boy or girl (even if they played last season);
- 2) Are new to the program and in 4th grade or up;
- 3) A high school boy, grades 9-12.

Registration

Due to the popularity of the PYB League, we can only accept Pleasanton residents. The registration fee is \$115 and includes a jersey for each participant. There are 3 ways that you can register:

Online Registration Begins 8/1: To register online, visit www.pleasantonfun.com. You may pay online with a credit card, but you still must mail a completed registration form (to the address below) or fax it to 931-5477.

Mail-In Registration Begins 8/8: You can mail your completed registration form and check for \$115 (payable to the City of Pleasanton) to: City of Pleasanton, Attn: PYB, P.O. Box 520, Pleasanton, CA 94566

Walk-In Registration Begins 8/15: You may go to the Community Services office at 200 Old Bernal Avenue with a completed registration form and pay by check or credit card.

Registration Deadline: 10/3

Questions: Call 931-3437 or email: ianderson@cityofpleasantonca.gov

For additional coach and player information and a complete league schedule, visit: www.pleasantonsports.org



Pleasanton Youth Basketball Registration Form (To be filled out by ALL participants!)

Last Name _____ First Name _____

Address _____ City _____ Zip _____

Age _____ DOB _____ Height _____ Feet _____ Inches _____ Weight _____ (Please be accurate)

Grade (Fall 2012) _____ Sex _____ School Attending _____

Parent's Email _____

(Check one) Jersey Size: YS _____ YM _____ YL _____ AS _____ AM _____ AL _____ AXL _____

Fee: \$115.00—Pleasanton Residents Only**Please circle the appropriate course code below:****Additional Information**

Did you play PYB last year? Yes _____ No _____

Do you play on a CYO basketball team? Yes _____ No _____

Do you play on a Jr. High basketball A team? Yes _____ No _____

Boys-Grade	Code	Girls-Grade	Code
Grade 1	53820	Grade 1	53829
Grade 2	53821	Grade 2	53830
Grade 3	53822	Grade 3	53831
Grade 4	53823	Grade 4	53832
Grade 5	53824	Grade 5	53833
Grade 6	53825	Grade 6	53961
Grade 7	53826	Grade 7-8	53962
Grade 8	53827	Grade 9-12	53828
Grade 9-12	53963		

**Registration Deadline is
Wednesday, October 3, 5:00pm**

Interest In Coaching

(To be completed by interested coaches only.) We are always in need of volunteer coaches in order to make the PYB league a success. It is a 2 hour a week time commitment which can be both rewarding and fun! Please indicate below if you are interested in coaching. Of course, your son or daughter will be placed on your team. Thank you in advance for your support of this program.

Name _____ would like to be a(n) _____ Head Coach _____ Assistant Coach

Email _____ Day Phone: _____

Practices are held one night a week in addition to Saturday games. Please check the nights you would be available to practice.

(Coaches only.) Mon. _____ Tues. _____ Wed. _____ Thur. _____ Fri. _____

The earliest time I can be available for weekday practice is _____.

All coaches and assistant coaches must be fingerprinted (at the City of Pleasanton's expense) as a part of state legislation, which requires all volunteers, employees, and contractual staff who supervise minors to be fingerprinted. Special times will be arranged for all coaches and staff.

Special Requests

Ask for one and only one request. Requesting a specific coach or a coach requesting specific players is not allowed unless a head coach is requesting the assistant coach's child. City staff will make every attempt to honor requests that are appropriate, but there are no guarantees.

1) _____

Emergency Information

Mother's Name _____ Phone (H) _____ (W) _____

Father's Name _____ Phone (H) _____ (W) _____

Legal Guardian _____ Phone (H) _____ (W) _____

Family Doctor _____ Phone _____

In the event of any injury or illness during the course of any PYB activity, I authorize staff of PYB, if necessary, to summon an ambulance and/or transport my child to a licensed physician to administer emergency treatment. If possible, I prefer the above listed doctor be called. NOTE: Parents will always be called in such situations.

I, (we) parent(s) or legal guardian(s) of the above named child do hereby agree and consent to his/her participation in the City of Pleasanton's Youth Basketball (PYB) League and to the above emergency release.

Parent/Guardian Signature _____ Date Signed _____

Mail this form to: Community Services Attn: PYB, P.O. Box 520, Pleasanton, CA 94566 or fax to: 931-5477 or scan and email it to: ianderson@cityofpleasantonca.gov.

Phone: (925) 931-3437**Pleasanton Community Services****11**



| THE ARTS |

Art About . . .

Ages 5-13

\$20 supply fee for Art About... classes is due at time of registration.

12 Famous Artists Kids Should Know

Both fun and educational, this class introduces kids to the lives and art of 12 world famous artists. Find out why Van Gogh really cut off his ear, then create a 3-D version of his painting, *The Bedroom at Arles*. Learn why Matisse used cut out shapes of color to design a chapel, then paint your own stained glass window. Discover why Jackson Pollack made paintings by pouring, dripping and even splattering paint, then try it yourself!

Drawing Realistically

If you have an aptitude and love for art, this class will help you learn how to develop your drawing skills and amaze your friends with your artwork! Discover how to draw realistically using the 7 elements of design including shape, line, space, form, values and more. For serious beginners.



Your Favorite Animals

From lions, tigers and bears to monkeys, snakes and more, we'll create sculptures, paintings and other fun works of art with a variety of techniques and materials including tempera paint, collage, and clay that are all about your favorite animals!

Me

This class is designed to help kids create fun and imaginative arts and crafts projects based on their personal interests using a variety of art techniques and media. The instructor provides the project and kids have the opportunity to let their imaginations run free, creating things such as a self-portrait, wall art, a 3-D initial and much more. Loads of creative fun!

California

The Golden State is a source of inspiration to many famous artists and this class gives participants an introduction to some of the best, including: Albert Bierstadt, Edgar Payne, Granville Redmond and more. Be inspired by great paintings of California's coast, forests, mountains (including our own Mt. Diablo) and desert. Create your own beautiful works of art using different materials and techniques.

The Fun of It

This class lets your imagination soar with lots of art projects including giant paper sculptures, glitter painting and scratch art drawings, plus much more just for the fun of it!

6 classes | *No class 10/31, 11/20, 12/26, 1/23 | \$95.00R/\$105.00N

Firehouse Arts Center | Instructor: Debbie Wardrope

Code	Course	Day	Date	Time
54128	12 Famous Artists	Tu	9/25-10/30	3:45-5:00pm
54129	Drawing Realistically	W	10/3-11/14*	3:45-5:00pm
54130	Favorite Animals	Tu	11/6-12/18*	3:45-5:00pm
54133	Me	W	11/28-1/9*	3:45-5:00pm
54136	California	Tu	1/8-2/12	3:45-5:00pm
54138	The Fun of It	W	1/16-2/27*	3:45-5:00pm

Young @ Art at the Firehouse

Ages 5-11

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

Design Your Own Exhibit

After visiting the Pleasanton Art League exhibit you will have a opportunity to create a 3-D diorama art exhibit of your own.

Re-Using for Art

Participants will check out the Harrington Gallery Man at Nature; Using and Leaving exhibit, discuss ways to be good caretakers of what nature has provided, then use discarded materials to make art and do a little to reduce the landfill.



Young HeARTs!

Participants will visit the California Watercolor Association exhibit, then create some wonderful watercolor valentine's in time for the big day.

1 class | \$15.00R/\$20.00N

Firehouse Arts Center | Instructors: Debbie Wardrope and Julie Finegan

Code	Course	Day	Date	Time
54093	Design/Exhibit	Th	9/27	4:30-5:45pm
54096	Re-Using for Art	Th	11/15	4:30-5:45pm
54123	Young HeARTs!	Th	2/7	4:30-5:45pm

Youth Ceramics

Ages 6-12

All skill levels are welcome. Projects will include pinch pot, coil pot, slab work and sculpture. All materials used are lead free and non-toxic.

\$30 supply fee is due at the time of registration.

6 classes | *No class 10/10, 11,21

\$98.00R/\$108.00N

Cultural Arts Center | Instructor: Erin Davis



Code	Day	Date	Time
54124	W	9/12-10/24*	4:00-5:00pm
54127	W	9/12-10/24*	5:30-6:30pm
54125	W	11/7-12/19*	4:00-5:00pm
54131	W	11/7-12/19*	5:30-6:30pm
54126	W	1/23-2/27	4:00-5:00pm
54132	W	1/23-2/27	5:30-6:30pm

Musical Theater Audition Workshop

Ages 6 and up

What should I expect at Civic Arts Stage Company auditions? Learn simple audition songs and dance routines, practice cold reading from the script, discuss resumés and headshots plus audition etiquette.

1 class | \$40.00R/\$44.00N

Cultural Arts Center | Instructor: Civic Arts Stage Company Staff

Code	Day	Date	Time
54219	Sa	9/15	1:00-4:00pm
54221	Sa	11/17	1:00-4:00pm

NEW! Tap, Jazz & Basic Ballet Combo

Ages 5-6

Basic beginner Tap, Jazz, and Ballet. Participants will learn combinations to music and begin a short routine. A fun recreational class for all kids! *A onetime \$25 enrollment fee for all NEW students is due at time of first registration.* Please wear shorts or dance attire, and jazz or ballet shoes.

8 classes | \$95.00R/\$105.00N

Jamie's Dance Studio | Instructor: Jamie Zimmerman

Code	Day	Date	Time
54324	Tu	9/4-10/23	3:30-4:15pm
54325	Tu	10/30-12/18	3:30-4:15pm
54326	Tu	1/8-2/26	3:30-4:15pm



My First Play

Ages 6-8

Learn how to be in a play, from how to audition, to how to use your voice and body to create your character, blocking and basic stage directions, rehearsal etiquette, and performance. Some reading required. Culminates in a brief in-class presentation.

8 classes | \$160.00R/\$176.00N

Veterans Memorial Building | Instructor: Civic Arts Stage Company Staff

Code	Day	Date	Time
54214	W	8/29-10/17	4:00-6:00pm

Beginning Acting

Ages 9-11

Learn character creation, voice and movement, objectives, tactics, obstacles, theatre games and scene work. The class culminates with a brief in-class presentation.

8 classes | \$120.00R/\$132.00N

Veterans Memorial Building | Instructor: Civic Arts Stage Company Staff

Code	Day	Date	Time
54215	Th	8/30-10/18	4:30-6:00pm

Fractured Fairytales

Ages 7-12

Participants will create a play from a famous story or book and learn character work and improvisation. The class culminates with a brief in-class presentation.

8 classes | \$120.00R/\$132.00N

Firehouse Arts Center | Instructor: Civic Arts Stage Company Staff

Code	Day	Date	Time
54216	Tu	1/8-2/26	4:30-6:00pm



NEW! Basic Ballet, Jazz & Hip Hop Combo

Ages 5-6

This class will start with basic ballet warm up. We will then teach basic steps of jazz to pop music and slowly move into the introduction of Hip Hop with age appropriate music. *A one-time \$25 enrollment fee for all NEW students is due at time of first registration.* Please wear

shorts or dance attire, jazz or tennis shoes.

8 classes | No class 11/22, 12/27 | \$95.00R/\$105.00N

Jamie's Dance Studio | Instructor: Jamie Zimmerman

Code	Day	Date	Time
54327	Th	9/6-10/25	5:30-6:15pm
54328	Th	11/1-1/3*	5:30-6:15pm
54329	Th	1/10-2/28	5:30-6:15pm

Dance classes are continued on the next page>

NEW! Boys and Girls Hip Hop

Ages 7-8

Great introduction to hip hop using fun and age appropriate music along with ladders and chairs for props. This class will cover the latest dance style and craze! *A onetime \$25 enrollment fee for all NEW students is due at time of first registration.* Please wear shorts or dance attire, tennis shoes.

8 classes | *No class 11/22 | \$95.00R/\$105.00N

Jamie's Dance Studio | Instructor: Jamie Zimmerman

Code	Day	Date	Time
54330	Th	9/6-10/25	6:15-7:00pm
54331	Th	11/1-1/3*	6:15-7:00pm
54332	Th	1/10-2/28	6:15-7:00pm

NEW! Tap & Jazz Combo

Ages 7-8

Learn some fun moves to pop music and the latest dance styles from the hit show *Glee*! *A onetime \$25 enrollment fee for all NEW students is due at time of first registration.* Please wear shorts or dance attire, tap, jazz or tennis shoes.

8 classes | *No class 11/21, 12/26 | \$95.00R/\$105.00N

Jamie's Dance Studio | Instructor: Jamie Zimmerman

Code	Day	Date	Time
54333	W	9/5-10/24	3:30-4:15pm
54334	W	10/31-1/2*	3:30-4:15pm
54335	W	1/9-2/27	3:30-4:15pm

| EXERCISE & WELLNESS |**Mixed Martial Arts**

Ages 5-9

Mixed Martial Arts introduces your child to Brazilian Jiu-Jitsu, wrestling, Muay Thai, boxing and conditioning. The class focuses on proper ground work techniques, punches and kicks and provides a fun and solid workout. Improves your child's coordination, strength and agility. Helps develop discipline, respect, integrity and improves confidence.

12 classes | \$145.00R/\$160.00N

Crispim BJJ Studio | Instructor: Alexander DeAlmeida

Code	Day	Date	Time
54022	Tu/ Th	9/4-10/11	4:30-5:15pm

11 classes | \$135.00R/\$149.00N

Code	Day	Date	Time
54023	Tu/ Th	10/16-11/20	4:30-5:15pm

13 classes | *No class 2/14 | \$150.00R/\$165.00N

Code	Day	Date	Time
54024	Tu/ Th	1/8-2/21*	4:30-5:15pm

Brazilian Jiu-Jitsu

Ages 7-9

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

Crispim BJJ Studio | Instructor: Alexander DeAlmeida

12 classes | *No class 10/31, 11/21 | \$145.00R/\$160.00N

Code	Day	Date	Time
54016	M/W	9/10-10/17	4:45-5:30pm
54017	M/W	10/22-12/5*	4:45-5:30pm

11 classes | *No class 1/21 | \$135.00R/\$149.00N

Code	Day	Date	Time
54018	M/W	1/7-2/13*	4:45-5:30pm

**Taekwon-Do**

Ages 6-12

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

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

12 classes | *No class 11/20, 11/22 | \$180.00R/\$198.00N

Code	Day	Date	Time
54190	Tu	9/4-11/27*	5:00-6:00pm
54191	Th	9/6-11/29*	5:00-6:00pm

11 classes | *No class 12/25, 12/27, 1/1, 1/3 | \$165.00R/\$182.00N

Code	Day	Date	Time
54197	Tu	12/4-2/26*	5:00-6:00pm
54199	Th	12/6-2/28*	5:00-6:00pm

NEW! Traditional Japanese Karate

Ages 5-14

Our style of Karate is based on hundreds of years of indigenous Okinawan Martial Arts and is one of the deepest and broadest styles of Karate in the world. We are dedicated to teaching young people self-defense and safety awareness, while building their self-esteem. Our program will build your child's confidence so that they can protect themselves and say 'no' to the school bully. Our motto is: "Achieving Excellence Through Efforts."

3 classes | *No class 11/19, 11/21 | \$27.00R/\$30.00N

Cultural Arts Center | Instructor: Daniel Reddell

Code	Day	Date	Time
53919	M	9/10-9/24	5:30-6:15pm
53923	M	11/5-11/26*	5:30-6:15pm
53936	W	11/7-11/28*	5:30-6:15pm
53937	M	12/3-12/17	5:30-6:15pm
53938	W	12/5-12/19	5:30-6:15pm

4 classes | \$36.00R/\$40.00N

Code	Day	Date	Time
53920	W	9/5-9/26	5:30-6:15pm
53922	W	10/3-10/24	5:30-6:15pm

5 classes | \$45.00R/\$49.00N

Code	Day	Date	Time
53921	M	10/1-10/29	5:30-6:15pm

NEW! Zumbatomic®

Ages 5-10

Zumbatomic classes are rockin', high-energy fitness parties packed with specially choreographed, kid-friendly routines. The music kids love to groove to in a group, like hip-hop, reggaeton, cumbia and more. Parents love Zumbatomic because of the effect it has on kids, increasing their focus and self-confidence, boosting metabolism and enhancing coordination.

6 classes | *No class 11/20 | \$66.00R/\$73.00N

Cultural Arts Center | Instructor: Diana Robinson

Code	Day	Date	Time
53899	Tu	9/11-10/16	5:30-6:15pm
53900	Tu	10/30-12/11*	5:30-6:15pm
53901	Tu	1/15-2/19	5:30-6:15pm



| SPECIAL INTEREST |

NEW! Nature EXPLORE!

1st-5th Grades

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

10 classes | \$90.00R/\$99.00N

Nature House | Instructor: Lori Johnson

Code	Day	Date	Time
53818	W	9/12-11/14	3:30-5:00pm

8 classes | \$72.00R/\$79.00N

Code	Day	Date	Time
53819	W	1/9-2/27	3:30-5:00pm



Berkeley Chess School

Ages 6-12

Chess is fun and easy to learn! If you are new to chess, or polishing your skills, come develop your understanding and enjoyment of the king of games! Lessons and play combine the skills of thinking with the thrill of sport.

Berkeley Chess school has

been teaching State Chess Champions since 1982.

8 classes | \$144.00R/\$158.00N

Century House | Instructor: Berkeley Chess School

Code	Day	Date	Time
54090	W	9/5-10/24	3:30-4:30pm
54091	W	1/9-2/27	3:30-4:30pm

NEW! Kurukula—Girls Empowerment

Ages 9-13

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

6 classes | \$119.00R/\$131.00N

Amador Recreation Center | Instructor: Kurukula Staff

Code	Day	Date	Time
53852	Tu	9/4-10/9	4:00-5:30pm

"I can't help but want to smile, because now I feel empowered!"
Miriam, age 11

NEW! Robotics Engineering

Ages 9-12

Building engineers minds by learning concepts through robotics. Participants will be introduced to principles of mechanical and construction engineering. They will build and explore their own robot, which they will take home to continue their exploration.

\$20 supply fee due at time of registration.

2 classes | \$175.00R/\$193.00N

Cultural Arts Center | Instructor: KIDZ 02, INC

Code	Day	Date	Time
54294	Sa	9/22-9/29	1:00-5:00pm
54292	Th-F	12/27-12/28	1:00-5:00pm

NEW! Green Technology I

Ages 8-10

Introduce young engineers to renewable energy in day-to-day life. Participants will experiment with solar energy by building and racing a solar vehicle. By introducing wind and solar energy, this course is sure to fully charge your child's mind. *\$30 supply fee due at time of registration.*

7 classes | \$175.00R/\$193.00N

Amador Recreation Center | Instructor: KIDZ 02, INC

Code	Day	Date	Time
54297	Th	9/13-10/25	4:00-5:00pm
54298	Th	1/17-2/28	4:00-5:00pm

Academic Writing

Ages 8-12

Expository and Persuasive Essays

Students will learn to write both persuasive and expository essays in three- to five-paragraph length, the format favored by teachers. For persuasive essays, students will develop the ability to support a stated opinion, while students will acquire research and fact-based writing skills for the expository essay. We will also explore how to plan and outline essays before writing, as well as how to properly edit and revise them.

Narrative Essays

Students will learn to write the narrative essay, which focuses on developing a student's ability to write in the first person and follow a linear narrative structure. Students will write three- to five-paragraph essays, the format favored by most school teachers. They will also learn how to plan and outline their essays before writing, as well as how to properly edit and revise them.

8 classes | \$100.00R/\$110.00N

Amador Recreation Center | Instructor: Lekha Staff

Code	Course	Day	Date	Time
54243	Narrative Essays	W	9/5-10/24	4:00-5:00pm
54244	Exp./Pers. Essays	W	1/9-2/27	4:00-5:00pm

Fabulous Physics

Ages 6-13

Explore Newton's Laws of Motion with Slinky's, marbles and tennis balls. What is The Law of Inertia? With balloon rockets and paddle boats, learn about Newton's third law—For every action there is an equal and opposite reaction. *\$4 supply fee due at time of registration.*

4 classes | \$80.00R/\$88.00N

Cultural Arts Center | Instructor: Vidya Pillai

Code	Day	Date	Time
54141	Tu	10/2-10/23	3:30-4:30pm

**NEW! Physics and Energy**

Ages 9-12

Experience the amazing physics and imagination that goes into building land and air vehicles. Put your engineering skills to work by racing your vehicles. Program and bring simple robots to life. Building imagination, dexterity and programming skills, this course is sure to send your child's mind racing away! *\$25 supply fee due at time of registration.*

6 classes | \$170.00R/\$187.00N

Century House | Instructor: KIDZ 02, INC

Code	Day	Date	Time
54300	Tu	1/15-2/19	4:00-5:00pm

Creative Writing

Ages 7-11

Lekha instructors are published authors with teaching experience.

The Fundamentals

Students will learn techniques for turning ideas into stories, overcoming writer's block, and developing structure in their writing. They will learn the basics of character development, plot, setting, and overall story development, as well as the basics of poetry and playwriting.

Young Story Tellers

The five elements of story writing will be the focus of this class. Students will learn to develop and refine their stories and will take home a portfolio of short stories in various genres.

8 classes | \$143.00R/\$157.00N

Nature House | Instructor: Lekha Staff

Code	Course	Day	Date	Time
54232	The Fundamentals	Tu	9/4-10/23	4:00-5:00pm
54233	Young Story Tellers	Tu	1/8-2/26	4:00-5:00pm

Advanced Debating

Ages 9-14

In this class students learn the essentials of debating, how to make strong arguments by providing reasoning and evidence. They practice note-taking, make debate flows, and become better prepared and more confident. They debate against classmates on age appropriate topics and events. This is a good foundation class to prepare students if they want to compete in debate tournaments in high school.

8 classes | \$165.00R/\$182.00N

Cultural Arts Center | Instructor: Bay Area Debate Club Staff

Code	Course	Day	Date	Time
54087	Essentials/Debating	W	9/19-11/7	5:30-6:30pm
54089	Adv. Debating	W	1/16-3/6	5:30-6:30pm

Public Speaking

Ages 8-14

Speaking with Confidence

Is your child stage shy? Or does your child always want to be on stage? This class is suitable for both personalities. Students learn how to manage public speaking anxiety, present themselves with confidence, and connect with their audience through effective and clear speech.

Structure Your Speech

Children at this age usually find it challenging to organize their many ideas! This class focuses on helping participants give a clear structure to their thoughts, making it an effective speech. Students study different styles of speech writing—Descriptive, Expository, and Narrative.

8 classes | \$165.00R/\$182.00N

Cultural Arts Center | Instructor: Bay Area Debate Club Staff

Code	Course	Day	Date	Time
54086	Speaking/Confidence	W	9/19-11/7	4:30-5:30pm
54088	Structure/Speech	W	1/16-3/6	4:30-5:30pm

Kids Rock

Ages 6-12

Are your kids tired of the same old team sport? Try rock climbing! This is an introductory class where you will learn basic techniques, climbing lingo, safety and how to properly use the gear while getting a great workout. The main goal of this class is to be able to climb to the top of the wall with confidence, put on their own harness and mastery of knots.

4 classes | *No class 11/22 | \$99.00R/\$109.00N

Valley Rock Climbing | Instructor: Zack Silva

Code	Day	Date	Time
54068	Tu	9/4-9/25	5:30-6:30pm
54065	Th	9/6-9/27	4:00-5:00pm
54069	Tu	10/2-10/23	5:30-6:30pm

Code	Day	Date	Time
54066	Th	10/4-10/25	4:00-5:00pm
54070	Tu	10/30-11/27	5:30-6:30pm
54067	Th	11/1-11/29*	4:00-5:00pm

| SPORTS |

Skyhawk Multi-Sport

Ages 6-12

Our multi-sport program is designed to introduce athletes to a variety of different sports in one setting. For this program, we combine baseball, basketball and flag football into one fun-filled sports class. Athletes will learn the rules and essential skills of each sport along with vital life lessons such as respect and teamwork.



All participants receive a t-shirt and a merit award. The participant-to-coach ratio is approximately 12:1. Participants should bring appropriate clothing, two snacks, a water bottle, running shoes and sunscreen.

5 classes | \$139.00R/\$153.00N

Harvest Park MS T-ball Field | Instructor: Skyhawks Sports Academy

Code	Day	Date	Time
53861	Sa	9/8-10/6	Noon-2:00pm
53862	Sa	10/13-11/10	Noon-2:00pm

Club VIP Intro to Volleyball

Ages 8-11

The class is designed to work with interested players and teach the basics of volleyball. Students will be taught how to pass, set and spike in a fun atmosphere.

Pleasanton Middle School Gymnasium | Instructor: Ted Babu

4 classes | *No class 1/14 | \$55.00R/\$61.00N

Code	Day	Date	Time
53867	M	9/10-10/1	5:00-6:00pm
53868	M	10/8-10/29	5:00-6:00pm
53869	M	11/5-11/26	5:00-6:00pm
53871	M	1/7-2/4*	5:00-6:00pm

3 classes | \$42.00R/\$47.00N

Code	Day	Date	Time
53870	M	12/3-12/17	5:00-6:00pm

| SPORTS |

Kidz Love Soccer

Soccer 1

Ages 5-6

This is a great way to learn the skills for the game of soccer. This program offers a stress free approach to the game of soccer. Participants will learn from friendly staff through fun drills. All rainouts will be made up. *Rain-out hotline: (888) 372-5803.*



Pleasanton Sports Park | Instructor: Kidz Love Soccer Staff
9 classes | \$105.00R/\$116.00N

Code	Day	Date	Time
53943	Tu	9/18-11/13	3:45-4:30pm
53944	F	9/21-11/16	3:30-4:15pm
53945	Sa	9/22-11/17	10:40-11:25am

8 classes | \$94.00R/\$104.00N

Code	Day	Date	Time
53949	Tu	1/22-3/12	3:45-4:30pm
53950	F	1/25-3/15	3:30-4:15pm
53951	Sa	1/26-3/16	10:40-11:25am

Skillz & Scrimmages

Ages 7-10

Participants will enjoy advanced skill building including dribbling, passing and shooting in a team play format. Each class will play games to build individual skills and small-sided scrimmages that emphasize the application of finer technical points. This is the perfect bridge from our Soccer 1 classes for those who are aspiring to go the next level. All levels of skill are welcome to learn and enjoy the world's most popular sport!

Pleasanton Sports Park | Instructor: Kidz Love Soccer Staff
9 classes | \$112.00R/\$123.00N

Code	Day	Date	Time
53946	Tu	9/18-11/13	4:30-5:15pm
53947	F	9/21-11/6	4:20-5:05pm
53948	Sa	9/22-11/17	11:30am-12:15pm

8 classes | \$101.00R/\$111.00N

Code	Day	Date	Time
53952	F	1/25-3/15	4:15-5:00pm
53953	Sa	1/26-3/16	11:30am-12:15pm



| THE ARTS |

Ceramics—Wheel Throwing

Ages 12-17

All levels welcome, no experience required. Class will cover basic throwing skills. *\$40.00 supply fee is due at time of registration.*

6 classes | \$138.00R/\$152.00N

Cultural Arts Center | Instructor: Erin Davis

Code	Day	Date	Time
54075	M	9/10-10/22	5:00-7:00pm
54118	M	11/5-12/17	5:00-7:00pm
54119	M	1/21-2/25	5:00-7:00pm

Beginning Guitar

Ages 8-17

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

8 classes | *No class 12/24, 12/31 | \$159.00R/\$175.00N

Cultural Arts Center | Instructor: Debra Knox

Code	Day	Date	Time
53982	M	9/10-10/29	6:00-6:55pm
53984	M	9/10-10/29	7:00-7:55pm
53983	M	11/26-1/14*	6:00-6:55pm
53985	M	11/26-1/14*	7:00-7:55pm

Intermediate Acting

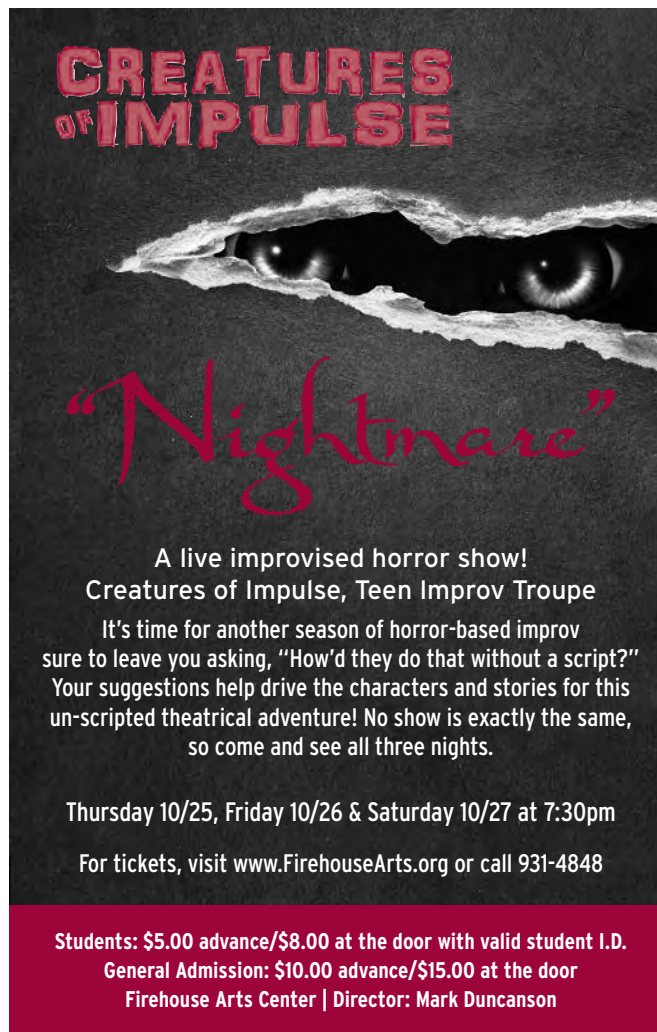
Ages 12-18

More intensive acting training, plus voice and movement, challenging theatre games and activities. Intensive scene study. Culminates in a brief in-class presentation.

7 classes | \$120.00R/\$132.00N

Firehouse Arts Center | Instructor: Civic Arts Stage Company Staff

Code	Day	Date	Time
54217	W	1/9-2/27	4:30-6:00pm



CREATURES OF IMPULSE

"Nightmare"

A live improvised horror show!
Creatures of Impulse, Teen Improv Troupe

It's time for another season of horror-based improv sure to leave you asking, "How'd they do that without a script?" Your suggestions help drive the characters and stories for this un-scripted theatrical adventure! No show is exactly the same, so come and see all three nights.

Thursday 10/25, Friday 10/26 & Saturday 10/27 at 7:30pm

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

Students: \$5.00 advance/\$8.00 at the door with valid student I.D.
General Admission: \$10.00 advance/\$15.00 at the door
Firehouse Arts Center | Director: Mark Duncanson

"Holiday Shorts: A Long Winter's Tale"

An Interactive Holiday Improv Show!

Creatures of Impulse, Teen Improv Troupe

Join Creatures of Impulse for a Firehouse Arts Center holiday tradition! Your suggestions will inspire holiday themed games, scenes, and audience interactions in the first act. The audience will then vote for which short scene Creatures of Impulse will make into an entire improvised "play" in the second act. For tickets, visit www.FirehouseArts.org or call 931-4848.

2 Shows | Student Tickets: \$5.00 advance/\$8.00 at the door with valid student I.D. | General Admission: \$10.00 advance/\$15.00 at the door
Firehouse Arts Center | Director: Mark Duncanson

Day	Date	Time
Th	11/29	7:30pm
F	11/30	7:30pm

| EXERCISE & WELLNESS |

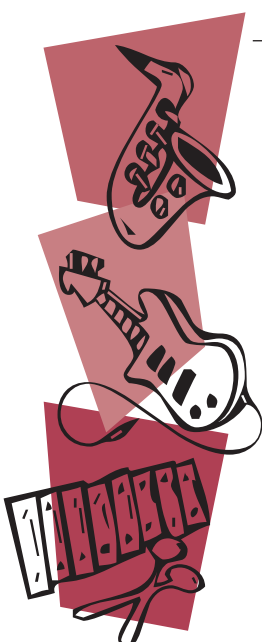
NEW! Yoga for Teens

Ages 13-18

Yoga is an excellent way to develop a stronger body/mind connection while developing strength, flexibility, balance, focus and coordination. We will also explore a meditative practice. Please bring a yoga mat, strap and block to class.

4 classes | *No class 10/8, 1/21 | \$60.00R/\$66.00N
Cultural Arts Center | Instructor: Beth Fox

Code	Day	Date	Time
54072	M	10/1-10/29*	3:45-4:45pm
54073	M	11/26-12/17	3:45-4:45pm
54074	M	1/7-2/4*	3:45-4:45pm



11TH ANNUAL

Youth Music Festival

Auditions Youth and Teens, Ages 6-18

Share your passion for music at the 11th Annual Youth Music Festival!

Performers are asked to audition with musical acts that are meaningful to them. Vocal and instrumental soloists and ensembles are encouraged to audition. If chosen, youth will be asked to perform in preexisting musical acts and collaborate with their fellow Youth Music Festival artists.

Audition submissions will be accepted via web-based video only (youtube.com, vimeo.com, facebook.com, etc.). Email web-based video links to Mark Duncanson at mduncanson@cityofpleasantonca.gov beginning Mon., 11/12 until Wed., 12/12.

Teens, ages 13-17, can also apply to be a volunteer producer by emailing Mark before 8:00pm on Fri., 11/9. Include a paragraph on why you would be a suitable candidate as a youth producer, what musical training/ experience you have, and your ideas for a musical finale for our 11th season.

For complete audition and volunteer details and more information, visit www.firehousearts.org

Performance

All Ages

Join us for another youth-driven Youth Music Festival! Enjoy an evening of young, talented performers. For tickets, go to www.FirehouseArts.org or call 931-4848.

Friday, 2/15 at 7:30pm

1 show | Tickets: \$8.00 advance/\$12.00 at the door
Firehouse Arts Center
Director: Mark Duncanson

| EXERCISE & WELLNESS |

Taekwon-Do

Ages 13-17

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

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

10 classes | \$150.00R/\$165.00N

Code	Day	Date	Time
54201	M	9/10-11/26	7:00-8:00pm

8 classes | *No class 12/24, 12/31, 1/21, 2/11, 2/18 | \$120.00R/\$132.00N

Code	Day	Date	Time
54203	M	12/3-3/4*	7:00-8:00pm

Mixed Martial Arts

Ages 10-14

Mixed Martial Arts combines Brazilian Jiu-Jitsu, wrestling, Muay Thai, boxing and conditioning. This class will focus on proper ground work techniques, punches and kicks in a fun, solid workout as your child gains discipline, integrity, strength and agility.

Crispim BJJ Studio | Instructor: Alexander DeAlmeida

12 classes | \$145.00R/\$160.00N

Code	Day	Date	Time
54028	Tu/Th	9/4-10/11	5:15-6:15pm

11 classes | \$135.00R/\$149.00N

Code	Day	Date	Time
54029	Tu/Th	10/16-11/20	5:15-6:15pm

13 classes | *No class 2/14 | \$150.00R/\$165.00N

Code	Day	Date	Time
54030	Tu/Th	1/8-2/21*	5:15-6:15pm

Brazilian Jiu-Jitsu

Ages 10-15

Jiu-Jitsu utilizes leverage and balance rather than force and strength. In this class, children learn self defense techniques, ground work, and conditioning, as they develop coordination, strength, agility, confidence, integrity and discipline. We'll also cover handling bullying. *\$50 uniform fee is due at time of registration.*

Crispim BJJ Studio | Instructor: Alexander DeAlmeida

12 classes | *No class 10/31, 11/21 | \$145.00R/\$160.00N

Code	Day	Date	Time
54019	M/W	9/10-10/17	5:30-6:20pm
54020	M/W	10/22-12/5*	5:30-6:20pm

11 classes | *No class 1/21 | \$135.00R/\$149.00N

Code	Day	Date	Time
54021	M/W	1/7-2/13*	5:30-6:20pm

| SPECIAL INTEREST |

Robotics Engineering

Ages 13-16

Learning concepts through robotics, kids will be introduced to the principles of mechanical and construction engineering. They will build and explore their own robot, which they will take home to continue their exploration. *\$20 supply fee is due at time of registration.*

2 classes | \$175.00R/\$193.00N

Cultural Arts Center | Instructor: KIDZ 02, INC

Code	Age	Day	Date	Time
54293	13-16	Th-F	1/3-1/4	1:00-5:00pm

Physics and Energy

Ages 9-16

Experience the amazing physics and imagination that goes into building land and air vehicles. Learn to program and bring simple robots to life, and then put your engineering skills to work when you race your own vehicles. Children will develop imagination, dexterity and programming skills. This class is sure to send your child's mind racing! *\$25 supply fee due at time of registration.*

6 classes | \$170.00R/\$187.00N

Amador Recreation Center | Instructor: KIDZ 02, INC

Code	Age	Day	Date	Time
54299	13-16	Tu	9/18-10/23	4:00-5:00pm

Babysitting for Beginners

Ages 10-14

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

1 class | \$48.00R/\$53.00N

Cultural Arts Center | Instructor: Suzy McCreary

Code	Day	Date	Time
53992	Su	10/21	9:00am-2:30pm
53993	Sa	1/19	9:00am-2:30pm

Creative Writing

Ages 12-17

Story Writing/Genres

From sleuthing detectives to summoning sorcerers, students will learn about the genres these characters come from and use this knowledge to write their own stories. They'll combine animals, create new characters and map out whole new worlds, as they use their creativity to create original stories of their own.

Writer's Workshop-Short Stories

Students will learn the principles of writing short stories, as well as key techniques to develop and refine them. They will read, analyze, and discuss short stories and participate in a variety of engaging activities to get their creativity flowing. Students will also critique their peers' work in a writer's workshop format.

8 classes | \$100.00R/\$110.00N

Firehouse Arts Center | Instructor: Lekha Staff

Code	Course	Day	Date	Time
54241	Story Writing/Genres	Tu	9/4-10/23	5:15-6:15pm
54242	Writer's/Short Stories	Tu	1/8-2/26	5:15-6:15pm

High School Writing

Ages 13-17

High School English

Students will refine their essay writing abilities, learn advanced grammar concepts and practice incorporating them into their writing. Proper mechanics and composition will also be covered. All students will take home a portfolio at the end of the course.

High School Essays

Students will learn to refine their essay writing skills for success in an academic setting, and practice various types of essay writing. All students will take home an essay portfolio at the end of the course.

Firehouse Arts Center | Instructor: Lekha Staff

6 classes | \$100.00R/\$110.00N

Code	Course	Day	Date	Time
54245	High School English	W	9/5-10/24	5:15-6:15pm

7 classes | \$100.00R/\$110.00N

Code	Course	Day	Date	Time
54246	High School Essays	W	1/9-2/27	5:15-6:15pm

Mother and Daughter Belly Dance

Ages 13 and up

Share the joys of learning this beautiful, strong, expressive dance in perfect harmony. Suitable for teens and their Mom, big sister or Grandma. After working on some key belly dance moves, we will learn a sweet 1960's style choreography with elegant veils and lots of opportunities to work as a duet. Please bring a light weight beach sarong or similar.

1 class | \$22.00R/\$24.00N

Cultural Arts Center | Instructor: Sara Shrapnell

Code	Day	Date	Time
54263	Sa	10/13	2:00pm-4:00pm
54264	Sa	2/9	2:00pm-4:00pm

| S P O R T S |

Club VIP Volleyball Sports Performance Training

Ages 12-17

This comprehensive program will enhance athletic performance and reduce risk of injury. Our sports performance program will be structured for volleyball players to maximize their fullest athletic potential.

Pleasanton Middle School Gymnasium | Instructor: Ted Babu

4 classes | *No class 1/14 | \$79.00R/\$87.00N

Code	Day	Date	Time
53856	M	9/10-10/1	6:00-7:00pm
53857	M	10/8-10/29	6:00-7:00pm
53858	M	11/5-11/26	6:00-7:00pm
53866	M	1/7-2/4*	6:00-7:00pm

3 classes | \$60.00R/\$66.00N

Code	Day	Date	Time
53865	M	12/3-12/17	6:00-7:00pm

Club VIP Intermediate Volleyball

Ages 12-14

Geared for boys and girls, the intent of this class is to fine-tune volleyball techniques and to help build confidence for young athletes. Participants will have an opportunity to develop basic skills and know how to apply them in real scrimmaging situations. Our goal is to help each individual improve his or her skill level while also understanding the role of a volleyball player.

Pleasanton Middle School Gymnasium | Instructor: Ted Babu

4 classes | *No class 1/14 | \$55.00R/\$61.00N

Code	Day	Date	Time
53855	M	11/5-11/26	6:00-7:00pm
53860	M	1/7-2/4*	6:00-7:00pm

3 classes | \$42.00R/\$47.00N

Code	Day	Date	Time
53859	M	12/3-12/17	6:00-7:00pm

NATURAL WORLD



Natural World classes explore the natural sciences. Programs present insightful information and hands on fun! Classes noted (Family Fun) are intended for the entire family and parents are FREE! Pre-registration is required for all classes.

Nature's Wonder Club

K-5th grade

Join the Club as we investigate many fantastic wonders of our world. As a member of the Nature's Wonder Club, you'll discover plants, animals and minerals in an ongoing series of hands-on, intensive encounters with all that the natural world has to offer!

All classes are held at the Alviso Adobe Park, 3465 Old Foothill Road, unless stated otherwise.

5 classes | \$12.00R/\$14.00N

Instructor: Eric Nicholas, Naturalist

Code	Course	Day	Date	Time
54181	NW Club Series	Sa	9/22-2/16	11:00am-Noon

1 class | \$3.00R/\$6.00N

Code	Course	Day	Date	Time
54147	Itsy Bitsy Spider	Sa	9/22-9/22	11:00am-Noon
54148	Web of Life	Sa	10/20-10/20	11:00am-Noon
54175	Winter Bird	Sa	12/15-12/15	11:00am-Noon
54176	Water Cycle	Sa	1/19-1/19	11:00am-Noon
54177	Terrific Teeth	Sa	2/16-2/16	11:00am-Noon

| ANCIENT WORLD |

Long ago our ancestors acquired all the things they needed for the natural world around them. Enjoy a wide variety of classes that explore the ways of the past. Pre-registration is required for all classes.

NEW! Native Jewelry Creations

1st-5th grade

Learn about jewelry making techniques of the California natives. Participants will design and create jewelry made from natural materials which will include pine nuts, and shell and plant fibers.

1 class | \$8.00R/\$11.00N

Alviso Adobe Park | Instructor: Megan Kummer, Assistant Naturalist

Code	Day	Date	Time
54200	Sa	12/8	2:00-3:30pm

NEW! Native Myth Story Time

1st-5th grade

Come and listen to different stories and learn about Native Californian Mythology.

1 class | \$3.00R/\$5.00N

Alviso Adobe Park | Instructor: Megan Kummer, Assistant Naturalist

Code	Day	Date	Time
54202	Sa	2/2	11:00am-Noon

NEW! Shelter Creation

6th grade and up

Learn to create a safe, warm and dry place to avoid the elements with the materials nature can provide.

1 class | \$5.00R/\$8.00N

Augustin Bernal Park | Instructor: Eric Nicholas, Naturalist

Code	Day	Date	Time
54198	Sa	12/8	2:00-3:30pm

Special Events at Alviso Adobe Community Park

K-6th grade

Join us at the Alviso Adobe Community Park for a variety of special events throughout the year!

Classes noted (Family Fun) are intended for the entire family and parents are FREE! Pre-registration is required for all classes.

Halloween

If you like spooky, but not terrifying come for this Halloween event and encounter creepy crawlers, snakes and more!

1 class | \$5.00R/\$7.00N

Alviso Adobe Park | Instructor: Eric Nicholas, Naturalist

Code	Day	Date	Time
54229	F	10/26	7:00-8:00pm
54230	F	10/26	7:30-8:30pm
54231	F	10/26	8:00-9:00pm
54226	Sa	10/27	7:00-8:00pm
54227	Sa	10/27	7:30-8:30pm
54228	Sa	10/27	8:00-9:00pm

Pumpkin Carving (Family Fun)

Create a bit of Halloween chill and thrill at our 4th annual Pumpkin Carving!

1 class | \$8.00R/\$11.00N

Code	Day	Date	Time
54225	Sa	10/27	1:00-3:00pm



| FARM LIFE |

Preschool-12th grade



Farm Life classes explore the rich agricultural past of Pleasanton! Classes provide numerous hands-on opportunities exploring rich traditions of farmers past and present. Programs offered are in partnership with Pleasanton's own Abbie 4-H Club!

All Farm Life classes are located at Alviso Adobe Park and are FREE. Pre-registration is required for all classes.

Rabbits

Preschool-4th grade

Presented by Abbie 4-H. Come out and meet some rabbits and learn about the purpose of rabbits in the life of a farm. **An adult is required to remain with child during the class.**

Preserving the Harvest 4th-12th grade

Presented by Abbie 4-H. Learn time tested methods of food preservation that were used on farms in the past and are still being used today.

Guinea Pigs

Preschool-4th grade

Presented by Abbie 4-H. Come discover the origins of the Guinea Pig and how to care for them. An adult is required to remain with child during class. **An adult is required to remain with child during the class.**

Chickens

4th-12th grade

Presented by Abbie 4-H. Discover a variety of different chicken breed and what it takes to get started to raise your own.

Code	Course	Day	Date	Time
54183	Rabbits	Sa	10/13	11:00am-Noon
54184	Harvest	Sa	11/10	11:00am-Noon
54186	Guinea Pigs	Sa	1/12	11:00am-Noon
54188	Chickens	Sa	2/9	11:00am-Noon

| SPECIAL INTEREST |

NEW! Nature EXPLORE!

1st-5th grade

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

Nature House | Instructor: Lori Johnson

10 classes | \$90.00R/\$99.00N

Code	Day	Date	Time
53818	W	9/12-11/14	3:30-5:00pm

8 classes | \$72.00R/\$79.00N

Code	Day	Date	Time
53819	W	1/9-2/27	3:30-5:00pm

Wonderous Universe Series

1st-5th grade

The Wonderous Universe series explores the skies, sun moon and stars. Children under the age of 7 must be accompanied by an adult. Classes noted (Family Fun) are intended for the entire family and parents are FREE! Pre-registration is required for all classes.

1 class | \$3.00R/\$5.00N

Alviso Adobe Park | Instructor: Eric Nicholas, Naturalist

Code	Course	Day	Date	Time
54211	Lunar Viewing	Sa	9/29	7:00-8:00pm
54212	Winter Sky	Sa	1/12	7:00-8:00pm
54224	Astronomy	Sa	2/9	6:00-7:00pm



Nature's Holiday Wreath & Ornament Creations

K-6th grade

Let's make some cheer as we create some "old fashioned" seasonal gifts for family and friends. Nature will supply the ingredients, while you supply the creativity. Our Naturalist will be available to aid in suggestions and ideas for one-of-a-kind works of art. Winter refreshments will be provided.

1 class | \$15.00R/\$18.00N

Alviso Adobe Park | Instructor: Eric Nicholas, Naturalist

Code	Day	Date	Time
54339	Sa	12/15	1:00-2:30pm

NEW! Winter Tea

1st-6th grade

The chill is on and the tea is brewing. Learn the history of how teas became important to cultures everywhere as we taste some local favorites. A family friendly activity.

1 class | \$5.00R/\$8.00N

Alviso Adobe Park | Instructor: Eric Nicholas, Naturalist

Code	Day	Date	Time
54194	Sa	1/26	3:00-4:30pm

|HIKES|**All Ages**

Come explore the trails and parks that make Pleasanton such a great place to live. Learn about local wildlife, plants, habitats, tracking and more. Children under the age of 12 must be accompanied by an adult during the entire hike.

Legend for Hike/Walk Exertion Level:

Stroller Friendly (SF): These hikes are geared for families, trails accommodate strollers. Slow pace where naturalist interpretation is the main focus.

Easy: Relaxed hike with low exertion level. Hikes include walking short distances on level or paved terrain.

Moderate: A more active hike with sloping or uneven terrain, and/or climbing slopes. Plan on getting a workout at this exertion level.

Active: A strenuous and long-distance hike. Participants should be prepared to cross water, and to crawl and/or climb. Participants should be physically fit for this exertion level.

Please dress accordingly for the weather and bring a water bottle.

Night Hikes

Marilyn Murphy Kane Trail—Easy

The Preserve—Moderate

Laurel Creek—Active

1 class | \$3.00R/\$5.00N

Location Varies | Instructor: Eric Nicholas, Naturalist

Code	Course	Day	Date	Time
54208	Marilyn Kane Trail	Sa	10/13	5:30-7:00pm
54209	The Preserve	Sa	11/3	5:30-7:30pm
54207	Laurel Creek	Sa	1/5	4:30-6:00pm

Toddlers Explore!**Stroller Friendly**

Bring your toddler and explore Augustin Bernal Park.

1 class | \$3.00R/\$5.00N

Augustin Bernal Park | Instructor: Eric Nicholas, Naturalist

Code	Day	Date	Time
54205	Sa	9/8	9:00-10:00am



A unique historic resource, tells the story of Amador Valley. The site explores the inhabitants of the past: the native Ohlone Indians, Spanish Ranchos (Californios) and the Meadowlark Dairy. The park boasts a Native American grinding rock feature, the restored Alviso Adobe building, a re-creation of the Milking Barn and Bunk House, and beautiful grounds with native plants, creek and Heritage oak trees.

**Alviso Adobe Registration Site**

The Alviso Adobe Community Park is now accepting registration Wednesday-Friday 10:00am-4:00pm; Saturday and Sunday as staffing allows.

Volunteer and Scouting Service Opportunities

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

3465 Old Foothill Road, Pleasanton

Park Hours: Dawn to Dusk

Facility Hours: Wed.-Sun. 10:00am-4:00pm

alviso@cityofpleasantonca.gov

931-3479

Facility will be closed 11/11, 11/24, 11/25, 12/22, 12/23, 12/29, 12/30 and 1/13.



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

Registration Form—Fall 2012/Winter 2013

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

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

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

Fax Registration Form to: (925) 485-3685

Exertion Level—Scale of 1 to 10

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

Activities listed on the next page



R.A.D.D. Registration Form

Please include both pages!

Total Fee Amount \$ _____

Name of Person Responsible for the Account _____ Address _____

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

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

Signature _____ Check #: _____ Amount \$ _____

Waiver, Release and Assumption of Risk: The City of Pleasanton is sponsoring the activities listed above. My (my child's) participation in these activities is voluntary. I am (My child is) physically fit to participate in these activities. I understand that these activities involve risks and that serious injuries could occur while I am (my child is) participating in these activities. In addition, if transportation is provided to the activity, serious injuries could occur. Knowing these risks, I want (my child) to participate in these activities.

I (on behalf of my child) hereby assume the risk, and hereby waive, release and discharge the City of Pleasanton, its Council, officials, employees, agents and sponsors and promoters of these activities, for any and all claims for damages for personal injuries, or claims for damages to property, which I (my child) or my (child's) heirs, assigns, executors or administrators may have or which may accrue to me (my child), arising out of my (child's) participation in these activities, including transportation to and from the activity. I have read the above and understand that important legal rights are being waived. I also consent to the City's use in its brochures and department flyers of any photographs that are taken of me (my child) while participating in these activities.

Date _____ Name of Participant _____

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



R.A.D.D. Fall 2012/Winter 2013 Activities Form

Level Code	Activity	Date/Time/Notes	Meeting Location	Fee
<input type="checkbox"/> 10 53780	Aquarium of the Bay	Sa, 9/8, 9:30am-3:00pm. Includes transportation, ticket, lunch, beverage. Bring money to buy a snack.	Pleasanton Senior Center, 5353 Sunol Blvd., Pleasanton	\$30.00
<input type="checkbox"/> 7 53789	Breakfast Club	Sa, 9/15, 8:30-10:30am. Includes entree, beverage, tip and tax.	Zorn's Restaurant, 3015 Hopyard Rd. Ste. A, Pleasanton	\$16.00
<input type="checkbox"/> 4 53804	Western Dance	F, 9/21, 7:00-10:00pm. Includes DJ, dancing, and a light snack.	Pleasanton Senior Center, 5353 Sunol Blvd., Pleasanton	\$16.00
<input type="checkbox"/> 10 53781	A's Game & Tailgate Party	Sa, 9/29, 10:30am-4:30pm. Includes ticket, transportation, lunch, beverage. Bring extra money to buy a snack. Expect a full day of sun.	Pleasanton Senior Center, 5353 Sunol Blvd., Pleasanton	\$32.00
<input type="checkbox"/> 10 53782	Day at Alviso Adobe	Sa, 10/6, 10:00am-1:00pm. Includes presentation from our City Naturalist, hands on gardening time, lunch.	Alviso Adobe Community Park, 3465 Old Foothill Road, Pleasanton	\$10.00
<input type="checkbox"/> 4 53808	Dinner and a Movie	F, 10/12, 5:30-10:00pm. Includes movie ticket, entrée, beverage, tip and tax.	Drop off: On the Border, 4940 Dublin Bl, Dublin Pick up: Regal Cinemas, behind On the Border	\$36.00
<input type="checkbox"/> 7 53783	Joan's Pumpkin Patch/Hayride	Sa, 10/20, 1:00-4:00pm. Includes transportation, light snack, pumpkin, 15-min hayride around farm.	Pleasanton Library, 400 Old Bernal Ave., Pleasanton	\$20.00
<input type="checkbox"/> 4 53805	Halloween Dance	F, 10/26, 7:00-10:00pm. Includes DJ, dancing, and a light snack.	Pleasanton Senior Center, 5353 Sunol Blvd., Pleasanton	\$16.00
<input type="checkbox"/> 1 53784	Lion King at The Orpheum	Sa, 11/3, 12:30-6:00pm. Includes transportation and show ticket. Make sure to eat lunch before arriving.	Pleasanton Senior Center, 5353 Sunol Blvd., Pleasanton	\$62.00
<input type="checkbox"/> 1 53785	Evening at the Library	Th, 11/8 7:00-8:30pm. Evening includes a special topic and activity. Light snack will be provided.	Pleasanton Library, 400 Old Bernal Avenue, Pleasanton	FREE
<input type="checkbox"/> 7 53790	Breakfast Club	Sa, 11/10, 8:30-10:30am. Includes entree, beverage, tip and tax. Bring money for Farmer's Market.	Dean's Café, 620 Main St., Pleasanton	\$16.00
<input type="checkbox"/> 10 53786	Target Holiday Shopping Day	Sa, 11/17, 11:00am-3:30pm. Includes lunch, a beverage, crafts, transportation. Bring shopping list and money.	Pleasanton Senior Center, 5353 Sunol Blvd., Pleasanton	\$15.00
<input type="checkbox"/> 4 53787	Hometown Holiday Parade	Sa, 12/1, 3:00-6:15pm. Includes dinner, decorations, and bus ride.	Pleasanton Senior Center, 5353 Sunol Blvd., Pleasanton	\$15.00
<input type="checkbox"/> 4 53806	Winter Ball	F, 12/7, 6:00-10:00pm. Includes a catered dinner, DJ, dancing, and dessert.	Pleasanton Senior Center, 5353 Sunol Blvd., Pleasanton	\$30.00
<input type="checkbox"/> 4 53788	Light Tour and Holiday Karaoke	F, 12/14, 6:00-9:00pm. Includes karaoke, bus ride tour of lights, and a light snack.	Pleasanton Senior Center, 5353 Sunol Blvd., Pleasanton	\$10.00
<input type="checkbox"/> 7 53795	Breakfast Club	Sa, 1/12, 8:30-10:30am. Includes entree, beverage, tip and tax. Bring money for Farmer's Market.	Vic's All Star Kitchen, 201 Main St # A, Pleasanton	\$16.00
<input type="checkbox"/> 7 53799	Dinner and Bowling	Sa, 1/19, 5:00-8:00pm. Includes bowling, shoe rental, pizza, and a beverage.	Granada Bowl, 1620 Railroad Avenue, Livermore	\$20.00
<input type="checkbox"/> 4 53800	Mocktail and Casino Night	F, 1/25, 6:30-9:00pm. Includes bingo, games, mocktails, and a light snack.	Pleasanton Senior Center, 5353 Sunol Blvd., Pleasanton	\$15.00
<input type="checkbox"/> 1 53801	Super Bowl Party	Su, 2/3, 2:30-6:30pm. Includes game viewing, snacks, beverages, and lots of fanfare.	Pleasanton Senior Center, 5353 Sunol Blvd., Pleasanton	\$15.00
<input type="checkbox"/> 4 53802	Guy's Day	Sa, 2/9, 12:00-4:00pm. Includes lunch, a movie, and man crafts.	Pleasanton Senior Center, 5353 Sunol Blvd., Pleasanton	\$25.00
<input type="checkbox"/> 4 53807	Heart to Heart Dance	F, 2/15, 7:00-10:00pm. Includes DJ, dancing, and a light snack.	Pleasanton Senior Center, 5353 Sunol Blvd., Pleasanton	\$16.00
<input type="checkbox"/> 4 53803	Girls' Night	F, 2/22, 6:00-10:00pm. Includes dinner, dessert, girly movie and supplies.	Pleasanton Senior Center, 5353 Sunol Blvd., Pleasanton	\$25.00

Dolores Bengtson Aquatic Center

4455 Black Avenue | 931-3420

www.pleasantonAquaticCenter.com

The west side of the Dolores Bengtson Aquatic Center will be closed for renovation beginning September 4th and will remain closed during the next several months. Some of the changes include: new decking, demolition of the existing diving pool and incorporation of the diving pool functions into the current 25-meter pool, by way of an "L" shaped design, replastering of the 25-meter and training pools; and replacement of plumbing, heating and electrical systems in both pools.

Don't despair...there are still plenty of activities happening on the east side of the facility! The 50-meter pool, locker rooms, and office will remain open during renovation. In addition, we will work with other nearby aquatic facilities to continue offering our exemplary, year-round programs and activities.

Exciting changes will be taking place, and we can't wait to share them with you! Please visit our website frequently for updated information about classes, programs, and even construction photos at www.PleasantonAquaticCenter.com, or call us at 931-3420.

Michelle Stearns, Recreation Supervisor
mstearns@cityofpleasantonca.gov



Office Hours*

M/W/F	6:00am-1:00pm
Tu/Th	11:30am-1:00pm
M-Th	5:30-7:00pm
Sa	7:30-10:00am

The facility is closed on 11/3 & 12/25. Special holiday hours of 8:00-11:00am apply on: 9/3, 11/12, 11/22, 12/24, 12/31, 1/1, 1/21, 2/18.

*Office hours are subject to change during renovation. Please check the aquatics website for the most up-to-date information. www.PleasantonAquaticCenter.com.

Upcoming Swim Meets

The Dolores Bengtson Aquatic Center will be the host site for the swim meets listed below. The community is encouraged to attend and cheer on the participants! More swim meets may be scheduled in the ensuing months. Please check the aquatics website for the most up-to-date information: www.PleasantonAquaticCenter.com

Day	Date	Meet
F/Sa	Oct (days TBD)	Pleasanton Seahawks
Sa/Su	11/3-11/4	Pleasanton Seahawks

Lap Swimming for Fitness

Come experience all of the astonishing health benefits that lap swimming has to offer! This program is for adults and students who are able to swim laps independently. Lanes may be assigned and space sharing is required when necessary. Those not participating in the program must remain outside the facility, or pay a spectator fee. Private coaching is not allowed.

	Single	Punch Pass (15)
Adult (18 +)	\$4.00	\$52.00R/\$57.00N
Youth (6-17)/Senior (60 & over)	\$3.50	\$46.00R/\$51.00N
Session	Day	Time
Morning	M, W, F*	6:00-10:00am
Mid-day	M-F*	11:30am-1:00pm
Evening	M-Th*	5:30-7:30pm
Weekends	Sa	7:30-10:00am

*Holiday Schedule: Lap swimming is offered from 8:00-11:00am ONLY on: 9/3, 11/12, 11/22, 12/24, 12/31, 1/1, 1/21, 2/18. No lap swim on 11/3 & 12/25.



[AQUATICS-FITNESS]

Fitness Water Exercise

Ages 16 and up

Drop-in Fee: \$7.00 per class

Punch Pass (15 classes) | \$93.00R/\$102.00N

Shallow Water Workout

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

Day	Time	No Class
M/W/F	9:15-10:10am	9/3, 11/12, 11/23, 12/24-12/31, 1/21, 2/18

Deep Water Workout

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

Day	Time	No Class
M/W/F	6:00-6:55am	9/3, 11/12, 11/23, 12/24-12/31, 1/21, 2/18
M/W/F	7:45-8:40am	9/3, 11/12, 11/23, 12/24-12/31, 1/21, 2/18
M-Th	6:00-6:55pm	9/3, 11/12, 11/23, 12/24-12/31, 1/21, 2/18



[THE ARTS]

Ceramics—Wheel Throwing

Ages 18 and up

All levels welcome. No experience required. Class will cover basic throwing skills. *\$40.00 supply fee is due at time of registration.* This fee covers standard clay and glaze.

Cultural Arts Center | Instructor: Erin Davis

6 classes | \$138.00R/\$152.00N

Code	Day	Date	Time
54120	M	9/10-10/22	7:30-9:30pm
54134	W	9/12-10/24	7:30-9:30pm
54121	M	11/5-12/17	7:30-9:30pm
54135	W	11/7-12/19	7:30-9:30pm
54122	M	1/21-2/25	7:30-9:30pm
54137	W	1/23-2/27	7:30-9:30pm

Art Made Easy II & III

Ages 18 and up

Fun with Watercolor! Painting in studio and on location. A different lesson each week. Experimenting with collage, different techniques and mixed media. Some experience required.

6 classes | *No class 1/24

\$86.00R/\$95.00N

Firehouse Arts Center

Instructor: Charlotte Severin



Code	Day	Date	Time
53980	Th	9/13-11/1	1:00-4:00pm
53981	Th	1/10-2/21*	1:00-4:00pm

NEW! Ceramics—Open Studio Wheel Throwing

Ages 18 and up

Open Studio class for wheel throwers and hand sculpters. Join us for 3 hours at the pottery studio. *\$60 supply fee is due at time of registration.*

6 classes | \$164.00R/\$180.00N

Cultural Arts Center | Instructor: Erin Davis

Code	Day	Date	Time
54172	M	9/10-10/22	10:30am-1:30pm
54173	M	11/5-12/17	10:30am-1:30pm
54174	M	1/21-2/25	10:30am-1:30pm

Porcelain Painting

Ages 18 and up

Learn the basics of design, mixing, and powder paints with an open media. Different brush strokes will be used to achieve an effect. Loading of brushes will be demonstrated. Beginning students need no previous experience and will paint subject matter on a 6 x 6 tile. Supply list available upon registration. *\$30.00 kiln fee is due at time of registration.*

5 classes | \$106.00R/\$117.00N

Pleasanton Senior Center | Instructor: Ann Apperson

Code	Level	Day	Date	Time
53842	Beginning	W	10/3-10/31	12:15-3:30pm
53843	Intermediate	W	10/3-10/31	6:30-9:45pm
53844	Beginning	W	1/30-2/27	12:15-3:30pm
53845	Intermediate	W	1/30-2/27	6:30-9:45pm

NEW! Pastel Painting for Beginners

Ages 18 and up

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

6 classes | *No class 9/19, 9/26 | \$95.00R/\$105.00N

Firehouse Arts Center | Instructor: Debbie Wardrope

Code	Course	Day	Date	Time
54289	Pastel Painting	W	9/12-11/7*	10:00am-Noon



Follow the City of Pleasanton and get status updates on Twitter —
<http://twitter.com/pleasantonca>

[CULINARY ARTS]

NEW! Forget Cooking! Intro to Raw Food

Ages 18 and up

Learn to prepare dishes for breakfast, lunch, and dinners. Menu: Almond Milk, Cream of Zucchini Soup, Kale Salad, "Not Tuna" Pate, Zucchini Noodles Marinara, Chocolate Mousse. Organic and raw, the food your body will thrive on! Dishes that will "rawk" your world! Samples and recipe packet provided.

1 class | \$85.00R/\$94.00N

Veterans Memorial Building | Instructor: Erin Caravantes



Code	Day	Date	Time
54265	W	9/26	6:30-9:30pm
54302	W	1/15	6:30-9:30pm

NEW! Holiday Favorites-Cooking

Ages 18 and up

You don't have to deprive yourself of the foods you love to look and feel great this holiday season. In this class, you will discover how to make a raw feast that features everyone's Holiday favorites. Fresh, organic, and simply raw, the food your body was designed to thrive on. Menu: Holiday Nog, Waldorf salad, Almond Stuffing, Cranberry Orange Relish, Christmas Kale, Green Beans Amandine, Pumpkin Pie with Cashew Cream.

1 class | \$85.00R/\$94.00N

Veterans Memorial Building | Instructor: Erin Caravantes

Code	Day	Date	Time
54266	W	11/7	6:30-9:30pm

[EXERCISE & WELLNESS]

Tai Chi

Ages 14 and up

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

20 classes | *No class 11/20, 11/22, 12/25, 1/1, 1/8, 1/10 | \$180.00R/\$198.00N

Pleasanton Senior Center | Instructor: Howard Wang

Code	Course	Day	Date	Time
53974	Intermed	Tu	9/4-2/12*	7:30-9:00pm
53973	Beginner	Th	9/6-1/31*	7:30-9:00pm

Mixed Martial Arts-Ground & Pound

Ages 15 and up

The newest way to workout. It is a high energy, cardio intense workout that pro fighters use. The class is a mix of kickboxing, Muay Thai, ground and pound on dummies, cardio and a lot of fun. Great for all fitness levels. Take your training to the next level. REQUIRED: Boxing gloves and wraps.

Crispim BJJ Studio | Instructor: Alexander DeAlmeida

12 classes | *No class 10/31, 11/21 | \$99.00R/\$109.00N

Code	Day	Date	Time
54031	M/ W	9/10-10/17	6:30-7:30pm
54032	M/ W	10/22-11/28*	6:30-7:30pm

11 classes | *No class 1/21 | \$93.00R/\$103.00N

Code	Day	Date	Time
54033	M/ W	1/7-2/13*	6:30-7:30pm

Fight Shape-Kickboxing

Ages 15 and up

Fight Shape is a high energy and fun workout, combining intense cardio with multiple styles of martial arts. It includes training in Muay Thai, Boxing, Kickboxing and focuses on learning 'real' martial arts while having fun sculpting your body. REQUIRED: Boxing gloves and wraps.

Crispim BJJ Studio | Instructor: Alexander DeAlmeida

18 classes | \$119.00R/\$131.00N

Code	Day	Date	Time
53987	Tu/ Th	9/4-11/1	7:15-8:15pm
53986	M/ W/ F	9/10-10/19	12:00-1:00pm

17 classes | *No class 11/23, 1/21 | \$113.00R/\$124.00N

Code	Day	Date	Time
53988	M/ W/ F	10/22-11/30*	12:00-1:00pm
53990	M/ W/ F	1/7-2/15*	12:00-1:00pm

13 classes | *No class 11/21 | \$99.00R/\$109.00N

Code	Day	Date	Time
53989	Tu/ Th	11/6-12/20*	7:15-8:15pm

15 classes | *No class 2/14 | \$105.00R/\$115.00N

Code	Day	Date	Time
53991	Tu/ Th	1/8-2/28*	7:15-8:15pm

| EXERCISE & WELLNESS |

Exercitement Fitness

Ages 13 and up

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

For more information visit www.exercitementfitness.weebly.com**Aerobics**

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

Pleasanton Senior Center | *No class 1/21, 2/11 | Instructor: Terri Gonzalez
 **Note: 1/7 and 2/13 classes will be held at the Veterans Memorial Building

Code	Day	Date	Time	Fee
53996	M	9/10-9/24	6:30-7:30pm	\$19.00R/\$22.00N
53997	M	10/1-10/29	6:30-7:30pm	\$31.00R/\$34.00N
53998	M	11/5-11/26	6:30-7:30pm	\$25.00R/\$28.00N
53999	M	12/3-12/17	6:30-7:30pm	\$19.00R/\$22.00N
54000	M	1/7-1/28**	6:30-7:30pm	\$19.00R/\$22.00N
54001	M	2/4-2/25*/**	6:30-7:30pm	\$19.00R/\$22.00N

Getting to the CORE: Pilates/Yoga Fusion

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

Pleasanton Senior Center | Instructor: Terri Gonzalez

Code	Day	Date	Time	Fee
54004	Tu	10/16-11/20	6:15-7:15pm	\$49.00R/\$54.00N

Strength Training & Conditioning

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

Pleasanton Senior Center | *No class 11/22, 1/10 | Instructor: Terri Gonzalez

Code	Day	Date	Time	Fee
54034	Th	9/6-9/27	6:15-7:15pm	\$25.00R/\$28.00N
54035	Th	10/4-10/25	6:15-7:15pm	\$25.00R/\$28.00N
54036	Th	11/1-11/29*	6:15-7:15pm	\$25.00R/\$28.00N
54037	Th	12/6-12/20	6:15-7:15pm	\$19.00R/\$21.00N
54038	Th	1/3-1/31*	6:15-7:15pm	\$31.00R/\$34.00N
54039	Th	2/7-2/28	6:15-7:15pm	\$25.00R/\$28.00N

Cardio BLAST Cross Training

Variety is the spice of life! This hour-long class varies with a new format from week to week. Cardio-based workout will include, but not be limited to: 20/20/20 (20 min. each of cardio, strength and flexibility), Interval Training, CardioBox, and Butts & Guts. Please bring a mat and 1-10 lb weights.

Pleasanton Senior Center | *No class 11/21 | Instructor: Terri Gonzalez

**Note: 10/3 and 1/9 class will be held at the Veterans Memorial Building

Code	Day	Date	Time	Fee
54007	W	9/5-9/26	6:30-7:30pm	\$25.00R/\$28.00N
54008	W	10/3-10/31**	6:30-7:30pm	\$31.00R/\$34.00N
54009	W	11/7-11/28*	6:30-7:30pm	\$19.00R/\$21.00N
54010	W	12/5-12/19	6:30-7:30pm	\$19.00R/\$21.00N
54011	W	1/2-1/30**	6:30-7:30pm	\$31.00R/\$34.00N
54012	W	2/6-2/27	6:30-7:30pm	\$25.00R/\$28.00N

"[Terri] makes 'exercise' seem like FUN, and you get a good workout"

Diane

Get on the Ball

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

Pleasanton Senior Center | Instructor: Terri Gonzalez

*Note: 1/8 class will be held at the Veterans Memorial Building

Code	Day	Date	Time	Fee
54005	Tu	1/8-2/12*	6:15-7:15pm	\$49.00R/\$54.00N



Yoga

Ages 18 and up

Yoga creates a calm, clear mind while building strength, flexibility, balance and coordination. Therapeutic yoga promotes healing that relieves stress and fatigue, and assists in recovering from injury and illness. Please bring a thick blanket and a sticky mat to class.

8 classes | *No class 1/21 | \$120.00R/\$132.00N

Century House | Instructor: Lorey Wallace

Code	Course	Day	Date	Time
53902	Therapeutic Yoga	M	9/10-10/29	6:00-7:15pm
53905	Yoga & Meditation	M	9/10-10/29	7:30-8:45pm
53904	Therapeutic Yoga	M	1/7-2/25*	6:00-7:15pm
53907	Yoga & Meditation	M	1/7-2/25*	7:30-8:45pm

5 classes | \$75.00R/\$83.00N

Code	Course	Day	Date	Time
53903	Therapeutic Yoga	M	11/5-12/10	6:00-7:15pm
53906	Yoga & Meditation	M	11/5-12/10	7:30-8:45pm

Gentle Yoga

Ages 15 and up

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

Cultural Arts Center | Instructor: Beth Fox

5 classes | \$85.00R/\$94.00N

Code	Day	Date	Time
54049	F	10/19-11/16	9:00-10:15am

4 classes | \$68.00R/\$75.00N

Code	Day	Date	Time
54050	F	11/30-12/21	9:00-10:15am
54064	F	1/4-1/25	9:00-10:15am
54071	F	2/1-2/22	9:00-10:15am

Zumba®

Ages 13 and up

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

Phone: (925) 931-5340



Veterans Memorial Building | Instructor: Diana Robinson

6 classes | *No class 11/22 | \$66.00R/\$73.00N

Code	Day	Date	Time
53897	Th	11/8-12/20*	6:30-7:30pm

7 classes | \$77.00R/\$85.00N

Code	Day	Date	Time
53896	Th	9/20-11/1	6:30-7:30pm

8 classes | \$88.00R/\$97.00N

Code	Day	Date	Time
53898	Th	1/10-2/28	6:30-7:30pm

[SPECIAL INTEREST]

Cardio Climb

Ages 18 and up

Looking for a new and challenging workout? This is a perfect class for adults wanting a low impact, high cardio exercise, with no climbing skill necessary.

4 classes | *No class 11/22, 1/21 | \$79.00R/\$87.00N

Valley Rock Climbing | Instructor: Zack Silva

Code	Day	Date	Time
54097	Th	9/6-9/27	7:00-8:00pm
54100	M	9/10-10/1	7:00-8:00pm
54098	Th	10/4-10/25	7:00-8:00pm
54101	M	10/8-10/29	7:00-8:00pm
54099	Th	11/1-11/29*	7:00-8:00pm

Belly Dance

Ages 18 and up

Belly dance is a beautiful style of dance inspired by the folk dances of the Middle East, the glamour of 1960's movies, and more recently the Steampunk movement. In addition to learning the key moves, we will cover the history, performance skills and musical interpretation needed to be an all round dancer. Lessons will include a good warm up, moves, combinations, arm work and a stamina building shimmy. *\$.30 coin belt available for purchase at time of registration.*

12 classes | \$100.00R/\$110.00N

Cultural Arts Center | Instructor: Sara Shrapnell

Code	Day	Date	Time
54092	T	9/4-10/23	6:30-7:30pm
54179	W	9/12-10/31	10:30-11:30am
54178	T	1/8-2/26	6:30-7:30pm
54180	W	1/9-2/27	10:30-11:30am

Ukulele—Beginning

Ages 15 and up

In the beginning Ukulele class, we will concentrate on learning chords and strums to many of your favorite songs. We will concentrate on those songs that you might like to perform in a group sing-a-long or performance. Students must provide their own ukuleles. Information for purchasing one will be available at the first class meeting.

5 classes | \$75.00R/\$83.00N

Pleasanton Senior Center | Instructor: Leonard Cooper

Code	Level	Day	Date	Time
53975	Beginning	M	9/10-10/8	7:00-8:00pm

Ukulele—Intermediate

A continuation of the beginning class, people who have some working knowledge of the Ukulele may join. This class will be introduced to tablature and begin rehearsals for a performance.

5 classes | \$75.00R/\$83.00N

Pleasanton Senior Center | Instructor: Leonard Cooper

Code	Level	Day	Date	Time
53977	Intermediate	Tu	9/11-10/9	7:00-8:00pm

| SPORTS |

Open Gym Programs

18 years and up

All open gym times are subject to change. Purchase punch passes at <http://online.activecommunities.com/pleasanton> or in person at the Community Services Department, 200 Old Bernal Ave. To obtain your Punch Pass at the gym, print your on line registration receipt and present it to the Gym Monitor. Punch Passes are valid for 15 Open Gym Sessions; no expiration date. Purchase single day admission passes in advance at the Community Services office.

No cash or checks will be accepted at the gyms.

For more information, please contact Joelle Goodman at 931-3480.

*No open gym program on 12/24.

HP Harvest Park Middle School, 4900 Valley Avenue

HMS Hart Middle School, 4433 Willow Road

PMS Pleasanton Middle School, 5001 Case Avenue

Adult Basketball

Open Gym Basketball is for Pleasanton residents only.

Participants must provide I.D. and proof of residency each visit.

Resident Single—\$3.25 Punch Pass (15)—\$45.00

Day	Time (subject to change)	Location
Sa	6:00-8:00am	HP
M or W	8:00-10:00pm	HMS

*Holiday Open Gym Hours: 6:00-8:00am on 9/3, 11/23, 12/31

Adult Volleyball Drop-In

Resident Single—\$4.75 Punch Pass (15)—\$67.50
Non-resident Single—\$5.75 Punch Pass (15)—\$82.50

Day	Time (subject to change)	Location
Su	6:00-9:00pm	PMS

Adult Sports Leagues

Ages 18 and up

For more information, please visit www.pleasantonsports.org or call Joelle Goodman at 931-3480.

Adult Co-ed Bocce League

Co-ed bocce leagues are open to all skill levels. To register a team, you must have a minimum of four players on your roster.

8 weeks | \$99.00 Resident team fee | \$115.00 Non-Resident team fee

Centennial Community Park | Registration Deadline: 8/28/12

Code	Level	Day	Date	Time
53994	Beginner	W	9/5-10/24	6:15-9:45pm
53995	Advanced	Tu	9/4-10/23	6:15-9:45pm

Adult Basketball Leagues

The Pleasanton Adult Basketball program offers competitive league programs for all levels. The program has three different divisions of play making it suitable for all skill levels.

8 games | *No games on 12/26, 12/27 | Harvest Park Middle School

\$520.00 Resident Team Fee | \$550.00 Non-Resident Team Fee

Registration Deadline: 8/28/12 for Fall League | 11/28/12 for Winter League

Code	Division	Day	Date	Time
53910	Advanced	Th	9/6-10/25	7:00-10:00pm
53908	Intermediate	W	9/5-10/24	7:00-10:00pm
53909	Beginner	W	9/5-10/24	7:00-10:00pm
53942	Advanced	Th	12/6-1/31*	7:00-10:00pm
53935	Intermediate	W	12/5-1/30*	7:00-10:00pm
53941	Beginner	W	12/5-1/30*	7:00-10:00pm

Adult Co-ed Volleyball League

Join us for plenty of fun and exercise on the Adult Co-ed Volleyball league.

8 games | *No games 12/24, 12/31 | Pleasanton Middle School

\$320.00 Resident team fee | \$350.00 Non-Resident team fee

Registration Deadline: 8/31/12 for Fall League | 11/26/12 for Winter League

Code	Division	Day	Date	Time
53924	Novice	M	9/10-10/29	7:00-10:00pm
53925	Intermediate	M	9/10-10/29	7:00-10:00pm
53926	Advanced	M	9/10-10/29	7:00-10:00pm
53928	Novice	M	12/3-2/4*	7:00-10:00pm
53930	Intermediate	M	12/3-2/4*	7:00-10:00pm
53933	Advanced	M	12/3-2/4*	7:00-10:00pm

Pleasanton Senior Center

5353 Sunol Boulevard • 931-5365 • Monday-Friday

Effective July 1, 2012, as a result of low participation, the Thursday Evening schedule of events at the Pleasanton Senior Center will be discontinued. The Center, however, will continue to offer a wide range of activities and classes during the traditional daytime hours, M-F, 8:30am-4:30pm. If you have questions, please contact the front desk at 931-5365.

Office/Information	8:30am to 4:30pm	931-5365
Paratransit.	9:00am to 3:00pm	931-5376
Senior Meals	9:30am to 1:30pm	931-5385
Senior Support, M-Th . .	8:30am to 4:00pm	931-5379
VIP Senior Club & Travel		
Desk, M-Th	10:00am to 2:00pm	931-5370
Peddler Shoppe	10:00am to 4:00pm	931-5371
RADD.	8:30am to 4:00pm	931-5373

Support Groups Offered at the Senior Center

Caregiver's Support Groups

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

Parkinson's Support Group

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

Senior Support Program of the Tri-Valley

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

The staff can be reached at 931-5379

Monthly Services

Refer to the Monthly Calendar for details:

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

Senior Meals • 931-5385

Lunch at the Snappy Café, Mon-Fri @ Noon

Sponsored by Spectrum Community Services

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

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

Dinner at Ridgeview Commons

5200 Case Avenue • Sponsored by Open Heart Kitchen

For more information, call 484-5131 by 1:00pm, one day ahead

Meals on Wheels

Sponsored by Spectrum Community Services

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

Call 931-5385 10:00am-1:00pm for more information.

Wiesner Senior Fund

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



Pleasanton Senior Center Fall 2012/Winter 2013 Weekly Schedule

Mondays	9:00am-Noon	Drop-In Bocce\$
	9:00am-Noon	Drop-In Woodshop\$
	1:00-3:00pm	Bingo (1st, 3rd & 5th Mondays)\$
	1:00pm	Movie Madness (1st and 3rd Mondays)
Tuesdays	8:00-9:00am	ZUMBA® Gold*
	9:00am-4:00pm	Woodcarvers\$
	9:00-10:00am	ZUMBA® Gold*
	10:15-11:15am	Fit for Fifty*
	11:45am-1:00pm	Tai Chi (Beginning)*
	12:45-3:45pm	Drop-In Cards, Poker\$
	1:00-4:30pm	American Style Mah Jong\$
	1:10-2:25pm	Tai Chi (Intermediate)*
	9:00-10:00am	Falls Prevention Exercise Class*
Wednesdays	9:00-10:30am	Walking Group\$
	9:00am-Noon	Drop-In Bocce\$
	9:00am-Noon	Drop-In Woodshop\$
	10:00am-Noon	Arts & Crafts\$
	10:15-11:15am	Zumba Toning*
	1:00-3:00pm	Bingo\$
	1:00-3:00pm	Book Club\$
	8:30-9:45am	Yoga (Beginning)*
	9:00am-Noon	Drop-In Woodshop\$
Thursdays	10:00am-Noon	Senior Players (No drop-in fee)
	10:00-11:15am	Yoga (Intermediate)*
	12:45-3:45pm	Drop-In Cards, Poker\$
	1:00-4:30pm	Contract Bridge (reservation required)\$
	1:00-3:00pm	Quilting Group\$
	8:00-9:00am	ZUMBA® Gold*
	9:00-10:00am	ZUMBA® Gold*
Fridays	9:00am-Noon	Drop-In Bocce\$
	9:00am-Noon	Drop-In Woodshop\$
	9:00-11:30am	Knitting\$
	10:00-11:30am	Brain Matters\$ (1st & 3rd Fridays)
	10:15-11:15am	Fit for Fifty*
	1:00-3:00pm	Bingo\$
	1:00-3:00pm	Pinochle\$
	1:00-4:00pm	American Style Mah Jong\$
	1:30-2:45pm	Line Dance—Beginning*
	3:00-4:15pm	Line Dance—Intermediate*
	8:00am-5:30pm	Paratransit Service
Weekdays	10:00am-4:00pm	Peddler Shoppe Open



Activity Program Notes: Pleasanton VIP Senior Club

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

Coffee & Conversation with the Experts*

2nd Tuesday 10:30-11:30am

PC Users Group*

4th Thursday 10:00am-Noon

Newcomers Welcome*

2nd Wednesday 10:30am-Noon

Education and Enrichment Activities Key

• Sponsored by the City of Pleasanton:

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

\$ Drop-In Fees Apply:

\$1.75R/\$2.25N (except Woodshop)

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

Monthly Calendar

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

Coffee & Conversation

WITH THE EXPERTS

Pleasanton Senior Center

Tips to Staying Fit

Theragen & Pleasanton Nursing & Rehabilitation Center will be giving tips and tricks to staying fit and healthy with pointers on building core strength, working on balance and lowering your fall risk. Be sure to wear comfortable clothes and your non-skid shoes!

Pleasanton Senior Center | Guest Lecturer:
Theragen & Pleasanton Nursing & Rehabilitation Center

Day	Date	Time
Tu	8/14	10:30-11:30am

DMV Senior Ombudsman Program

Rosemary Robles is one of four Ombudsmen with the Department of Motor Vehicles (DMV) assigned to the State of California. The primary function of the Ombudsman Program is to represent the interest of public safety for all Californians with a special interest in addressing the concerns of senior drivers. Ombudsmen can assist as a "go-between" to ensure that senior drivers are treated fairly, consistent with laws and regulations, and with the dignity and respect they deserve.

Guest Lecturer: Rosemary Robles, DMV

Day	Date	Time
Tu	9/11	10:30-11:30am

Advance Funeral Planning

Advance funeral planning heightens people's awareness of funeral information before the emergency of death takes place. The presentation will focus on options of cremation and burial, suitable payment plans, cost control. The information is presented in a light and casual format with the goal of offering peace of mind to families.

Guest Lecturer: Deanna Moser, Graham Hitch Mortuary

Day	Date	Time
Tu	10/9	10:30-11:30am

Dementia 101

Should you be concerned if you forget what you are looking for? Learn the facts about dementia, including what it is and what isn't (including reversible forms of dementia). In addition, learn exercises to keep your brain active.

Guest Lecturer: Sylvia Gandolfo, MSW, CMC, ElderCare Services

Day	Date	Time
Tu	11/13	10:30-11:30am

Injury Prevention for Gardeners

Keep gardening safe and fun. This class covers ways to protect your back, neck, knees and hands while working in your yard. You will also learn exercises that can be done to keep you strong enough to perform gardening safely for years to come.

Guest Lecturer: Ida Hirst, Physical Therapy Specialties

Day	Date	Time
Tu	2/12	10:30-11:30am

[SPECIAL INTEREST]

AARP Mature Driver Renewal Certificate Course

This abbreviated class is designed for seniors who have already completed the Mature Driver program and just need to renew their certificate. Rules of the road are reviewed in a 4 1/2 hour format. Class limited to 24 participants. Please pre-register with Front Desk Receptionist.

1 class | Pleasanton Senior Center
\$12.00 AARP member/\$14.00 Non-member
Instructor: Dan Simons

Day	Date	Time
W	9/12	5:00-9:30pm

AARP Mature Driver Course

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

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

Day	Date	Time
W	11/7 & 11/14	8:30am-12:30pm



Movie Madness

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

Show dates: 9/17, 10/1, 10/15, 10/29, 11/5, 11/19, 12/3, 12/17, 2/4, 3/4, 3/18



Computer Tutors at the Senior Center

Struggling with your PC? Can't figure out the Internet, or just having challenges understanding your latest software? One-on-one volunteer tutors are available to help! For a one hour appointment, please call 931-5365.

One-hour session | \$1.75R/\$2.25N

Pleasanton Paratransit Transportation Service 931-5376

For persons 60+ years of age and ADA-qualified persons ages 18 and above.

- **Registration is required.**
- **Reservations can be made weekdays 9:00am-3:00pm, from 3 to 14 days in advance.**

Transportation Hours

M-F, 8:00am-5:00pm Sa, 9:00am-4:00pm



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

Downtown Route

The Downtown Route (DTR)*, a service of Pleasanton Paratransit Service, is a same-day fixed route transit service that operates throughout Pleasanton. This service connects senior housing complexes to the downtown area and other popular senior destinations, including ValleyCare Medical Center, Safeway, Kaiser and Stoneridge Mall. At an affordable \$1.50 for the whole day, it's a great transportation value. Tickets are available at the Senior Center.

For more information, call 931-5376.

Operates Tuesdays, Thursdays and Fridays.

8:00am-4:00pm Fare: \$1.50

Transit Ambassadors

City of Pleasanton Travel Ambassadors are available by appointment to assist clients interested in learning about transportation options including WHEELS, BART, Pleasanton Paratransit and Downtown Route.

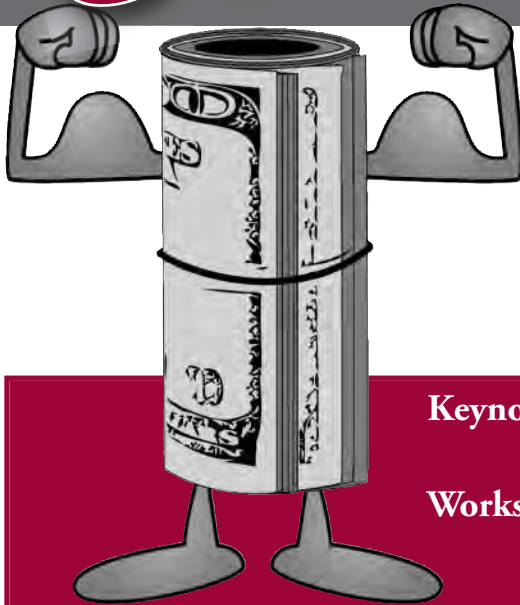
To make an appointment, please call 931-5365

55+

Financial Fitness Expo

Saturday, October 20, 2012

9:00am-2:30pm • FREE Event



How Fit is Your Financial Future?

The Financial Fitness Expo will offer objective information geared to adults aged 55 and older. This is a FREE event that will include workshops by experts in their fields. Exhibitors will be available to provide information on services and products to help navigate your retirement planning.

Keynote: Steven Wilcox, Summit Financial Group, "Retirement 101"

Workshops:

- Financial Planning for Retirement
- Estate Planning 101 • Reverse Mortgages
- Medicare Basics • Managing Social Security
- Budgeting for Seniors

| ENRICHMENT |

Wooden Pen Turning Class

Ages 50 and up

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

1 class | \$50.00R/\$55.00N

Pleasanton Senior Center | Instructor: Larry Snyder

Code	Day	Date	Time
53965	Th	9/13	8:30am-4:30pm
53966	Th	10/11	8:30am-4:30pm
53967	Th	11/8	8:30am-4:30pm
53968	Th	12/13	8:30am-4:30pm
53969	Th	1/17	8:30am-4:30pm
53970	Th	2/14	8:30am-4:30pm
53971	Th	3/14	8:30am-4:30pm

| DROP-IN PROGRAMS |

Location: Pleasanton Senior Center | Drop-in fees: \$1.75R/\$2.25N

Brain Matters

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

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

Knitting

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

Instructor: Nancy McDaniel

Day	Date	Time
F	On-going	9:00-11:30am

Quilting Class

Whether you're a beginner or looking to refresh or improve your skills, the quilting group welcomes you! In this casual and social environment, you can tap the experience of the seasoned quilters. Newcomers welcome!

Day	Date	Time
Th	On-going	1:00-3:00pm

Chess

Intermediate players are welcome to play the game of chess—a great opportunity to keep your gaming skills sharp while meeting new friends.

Days	Date	Time
1st and 3rd Th	On-going	9:00-11:00am

Pinochle

You might have heard it said, "Does anyone play pinochle anymore?" We do! You're welcome to join this casual but enthusiastic group of pinochle enthusiasts.

Days	Date	Time
F	On-going	1:00-4:00pm



Pleasanton Sole Mates

Do you love the outdoors and want a fun way to exercise?

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

Day	Date	Time
W	On-going	8:45-11:00am

The Senior Players at the Firehouse Arts Center

After a successful debut of *The Hallelujah Girls* last fall, the Senior Players return to the Firehouse Main Stage with the hilarious comedy, *You Can't Get There from Here*. Advance tickets sold at the Senior Center or Firehouse ticket office. Tickets are also available on-line at www.firehousearts.org

General Seating: \$9.00R/\$10.00N advance; \$10.00R/\$11.00 at the door
Firehouse Arts Center | Doors open 1 hour before the performance

Day	Date	Time
F	9/28	7:00-9:00pm
Sa	9/29	2:00-4:00pm
Su	9/30	2:00-4:00pm

| EXERCISE & WELLNESS |

Beginning Yoga

Ages 50 and up

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

Pleasanton Senior Center | *No class 11/22 | Instructor: Roberta Wilson

Code	Day	Date	Time	Fee
54308	Th	9/6-10/25	8:30-9:45am	\$48.00R/\$52.00N
54309	Th	11/1-12/20*	8:30-9:45am	\$42.00R/\$46.00N
54310	Th	1/17-3/21	8:30-9:45am	\$60.00R/\$66.00N

Intermediate Yoga

Ages 50 and up

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

Pleasanton Senior Center | *No class 11/22 | Instructor: Roberta Wilson

Code	Day	Date	Time	Fee
53815	Th	9/6-10/25	10:00-11:15am	\$48.00R/\$53.00N
53816	Th	11/1-12/20*	10:00-11:15am	\$42.00R/\$46.00N
53817	Th	1/17-3/21	10:00-11:15am	\$60.00R/\$66.00N

Fit for Fifty Plus

Ages 50 and up

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

14 classes | \$56.00R/\$62.00N

Pleasanton Senior Center | Instructor: Nancy Wigley

Code	Day	Date	Time
53809	Tu/F	9/4-10/19	10:15-11:15am

13 classes | \$52.00R/\$57.00N | Instructor: Barbara Reynolds

Code	Day	Date	Time
53810	Tu/F	11/6-12/21	10:15-11:15am

5 classes | \$20.00R/\$23.00N | Instructor: Nancy Wigley

Code	Day	Date	Time
53811	Tu/F	1/15-1/29	10:15-11:15am

15 classes | \$60.00R/\$66.00N | Instructor: Barbara Reynolds

Code	Day	Date	Time
53960	F/Tu	2/1-3/22	10:15-11:15am

Beginning Line Dance

Ages 50 and up

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

Pleasanton Senior Center | Instructor: Sue Kraft

7 classes | \$32.00R/\$35.00N

Code	Day	Date	Time
53778	F	9/14-10/26	1:30-2:45pm

6 classes | \$24.00R/\$27.00N

Code	Day	Date	Time
53779	F	11/2-12/14	1:30-2:45pm

10 classes | \$40.00R/\$44.00N

Code	Day	Date	Time
53791	F	1/18-3/22	1:30-2:45pm

Intermediate Line Dance

Ages 50 and up

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

Pleasanton Senior Center | Instructor: Sue Kraft

7 classes | \$28.00R/\$31.00N

Code	Day	Date	Time
53792	F	9/14-10/26	3:00-4:15pm

6 classes | \$24.00R/\$27.00N

Code	Day	Date	Time
53793	F	11/2-12/14	3:00-4:15pm

10 classes | \$40.00R/\$44.00N

Code	Day	Date	Time
53794	F	1/18-3/22	3:00-4:15pm

Save the Date!

Join us for the the 20th Anniversary Celebration of the Senior Center on Saturday and Sunday, March 2nd and 3rd.

Zumba Gold®

All Ages

Zumba Gold, designed for adults 50 years of age and older, is an exciting and high energy aerobic exercise, using Latin rhythms with easy-to-follow moves to create a dynamic fitness program. Routines feature fast and slow rhythms and music that are combined for aerobic endurance, muscle tone and flexibility.

Pleasanton Senior Center | Instructor: Nancy Wigley

14 classes | \$56.00R/\$62.00N



Code	Day	Date	Time
53929	Tu/F	9/4-10/19	8:00-9:00am
53796	Tu/F	9/4-10/19	9:00-10:00am

13 classes | \$52.00R/\$57.00N

Code	Day	Date	Time
53931	Tu/F	11/6-12/21	8:00-9:00am
53797	Tu/F	11/6-12/21	9:00-10:00am

20 classes | \$80.00R/\$88.00N

Code	Day	Date	Time
53932	Tu/F	1/15-3/22	8:00-9:00am
53798	Tu/F	1/15-3/22	9:00-10:00am

Zumba® Toning

Ages 50 and up

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

Pleasanton Senior Center | Instructor: Nancy Wigley

7 classes | \$28.00R/\$31.00N

Code	Day	Date	Time
53812	W	9/5-10/17	10:15-11:15am
53813	W	11/7-12/19	10:15-11:15am

10 classes | \$40.00R/\$44.00N

Code	Day	Date	Time
53814	W	1/16-3/20	10:15-11:15am

Beginning Tai Chi

Ages 50 and up

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

15 classes | \$60.00R/\$66.00N

Pleasanton Senior Center | Instructor: Geoffrey Lee

Code	Day	Date	Time
54311	Tu	9/4-12/11	11:45am-1:00pm
54313	Tu	1/15-4/23	11:45am-1:00pm

Intermediate Tai Chi

Ages 50 and up

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

15 classes | \$60.00R/\$66.00N

Pleasanton Senior Center | Instructor: Geoffrey Lee

Code	Day	Date	Time
54314	Tu	9/4-12/11	1:10-2:25pm
54316	Tu	1/15-4/23	1:10-2:25pm

| EXCURSIONS/TRIPS |

Day Trippers—Alviso Adobe

Ages 50 and up

How do we fit in? We will be taking a look at human culture and its place in the natural world. Human impact in the world has caused a lot of change. How do those changes affect the world? Come up to the Adobe Park as we explore the possibilities.

1 class | \$5.00R/\$6.00N

Alviso Adobe Community Park | Instructor: Eric Nicholas, Naturalist

Code	Day	Date	Time
53777	W	11/7	10:00-11:30am



The Peddler Shoppe

The Center's best kept secret!
Discover the unique treasures,
handcrafted by seniors just for you!
Great prices on jewelry, accessories,
woodwork and linens.

**Shop hours: Monday–Friday,
10:00am–4:00pm**
Pleasanton Senior Center

PLEASANTON TENNIS CENTER

Register for tennis programs online at
www.lifetimetennis.com

Pleasanton Tennis & Community Park
5801 Valley Avenue
www.lifetimetennis.com • (925) 931-3449

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

Fall/Winter: Office & Court Hours

September-February

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

Rain Procedure

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

Open Play Court Fees

Open Play Court Fees per 45 minutes

Adult: \$6.00R/\$8.00N

Youth: \$5.00R/\$7.00N

Mid-Day Deal:

Monday-Friday, Noon-3:00pm
\$4.00 per hour



Program Registration

Residents may register beginning 8:00am, Wednesday, August 1.

Non-residents may register beginning 8:00am, Wednesday, August 15.

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

Registration Methods

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

Tennis Program Notes

- 1) Pre-registration is required for all tennis programs.
- 2) No registrations for classes accepted by phone.
- 3) Leagues and lessons may be combined or cancelled based on registrations. Participants may be reassigned according to age, ability and class size.
- 4) For refund policy, refer to page 48.
- 5) Full refunds will be granted for classes or programs cancelled by Lifetime Tennis.
- 6) Make ups for rain outs will be posted online and/or in Guide. Refunds not granted for non-attendance.

Ball Machine Rental & Pass

For more information, please see website.

Drop-in Ping Pong

Drop in ping pong available. Call for availability.

Bonus/Make-up Days

Bonus/make-up days are predetermined days scheduled in case of a rainout. These days will serve as make-up days when a class is cancelled due to rain. If your class never rains out, then these days will become extra bonus classes. You will receive 2 bonus/make-up days for each session.

Fall Session-Bonus/Make-up Days #1

Su-F Classes	Sa Classes	Time
Sa, 11/10	Sun, 11/11	TBD

Fall Session-Bonus/Make-up Days #2

Sa/Su Classes	Weekdays	Time
Sa, 12/6	M, 12/10 or Tu 12/11	TBD

Winter Session-Bonus/Make-up Days

Su-F Classes	Sa Classes	Time
Sa, 2/2 and 3/9	Su, 2/3 and 3/10	TBD

[YOUTH TENNIS PROGRAMS]

Little Tennis & Athletic Development Program

Ages 4-6 | 5:1 Ratio

This program is designed to stimulate, challenge, and appeal to children 4 to 6 years old. Students will build the fundamental skill sets to successfully enjoy and participate in many physical activities with an emphasis on the lifelong game of tennis.

Pleasanton Tennis Park | Instructor: Lifetime Tennis Staff | 5:1 Ratio
12 classes | *No class 10/26, 10/27, 11/22, 11/23 | \$162.00R/\$178.00N

Days	Fall Session	Winter Session	Times
Th	9/13-12/6	1/10-3/28	10:15-11:00am
F	9/14-12/14	1/11-3/29	3:30-4:15pm
Sa	9/15-12/15	1/12-3/30	9:30-10:15am
Su	9/16-12/2	1/6-3/24	11:00-11:45am
Su	9/16-12/2	1/6-3/24	2:45-3:30pm

13 classes | \$175.00R/\$193.00N

Days	Fall Session	Winter Session	Times
Tu	9/10-12/3	1/7-3/25	10:15-11:00am
Tu	9/11-12/4	1/8-3/26	3:30-4:15pm
W	9/12-12/5	1/9-3/27	3:30-4:15pm

Green, Blue, Red Tennis Program

Ages 7-15

This 3-tiered introduction program aims to develop basic stroke technique and rallying skills.

GREEN (G) Beginner and introduction to tennis.

BLUE (B) Advanced beginner and further developing short court rally consistency.

RED (R) Intermediate and working towards developing full court rallying strokes.

Classes are held at the tennis courts at the following locations:

Pleasanton Tennis Park, 5801 Valley Avenue

Muirwood Community Park, 4701 Muirwood Drive

Pleasanton Middle School, 5001 Case Avenue

12 classes | *No class 10/26, 10/27, 11/23 | \$198.00R/\$218.00N

Pleasanton Tennis Park | Instructor: Lifetime Tennis Staff | 8:1 ratio

Ages	Day	Fall Session	Winter Session	Times
7-10	F	9/14-12/14*	1/11-3/29	3:30-5:00pm
7-10	Sa	9/15-12/8*	1/12-3/30	10:15-11:45am
7-10	Su	9/16-12/2	1/6-3/24	11:45am-1:15pm
11-15	Sa	9/15-12/8*	1/12-3/30	11:45am-1:15pm
11-15	Su	9/16-12/2	1/6-3/24	1:15-2:45pm

13 classes | \$215.00R/\$237.00N

Pleasanton Tennis Park | Instructor: Lifetime Tennis Staff | 8:1 ratio

Ages	Day	Fall Session	Winter Session	Times
7-10	M	9/10-12/3	1/7-3/25	3:30-5:00pm
11-15	M	9/10-12/3	1/7-3/25	5:00-6:30pm
11-15	Tu	9/11-12/4	1/8-3/26	6:30-8:00pm

12 classes | *No class 10/27 | \$198.00R/\$218.00N

Muirwood Community Park | Instructor: Lifetime Tennis Staff | 8:1 ratio

Ages	Day	Fall Session	Winter Session	Times
7-10	Sa	9/15-12/8*	1/12-3/30	2:00-3:30pm
11-15	Sa	9/15-12/8*	1/7-3/24	9:30-11:00am

12 classes | *No class 11/22 | \$198.00R/\$218.00N

13 classes | \$215.00R/\$237.00N

Pleasanton Middle School | Instructor: Lifetime Tennis Staff | 8:1 ratio

Ages	Day	Fall Session	Winter Session	Times
7-10	Tu	9/11-12/4	1/8-3/26	5:00-6:30pm
7-10	Th	9/13-12/6	1/10-3/28	3:30-5:00pm
11-15	Tu	9/11-12/4	1/8-3/26	3:30-5:00pm
11-15	Th	9/13-12/6*	1/10-3/28	5:00-6:30pm

12 classes | \$384.00R/\$422.00N

Pleasanton Tennis Park | Instructor: Lifetime Tennis Staff | 4:1 ratio

Ages	Day	Fall Session	Winter Session	Times
7-10	Su	9/16-12/2	1/6-3/24	1:15-2:45pm

Pleasanton Tennis Center

Ages	Day	Fall Session	Winter Session	Times
11-15	Su	9/16-12/2	1/6-3/24	11:45am-1:15pm

13 classes | \$416.00R/\$457.00N

Pleasanton Tennis Park | Instructor: Lifetime Tennis Staff | 4:1 ratio

Ages	Day	Fall Session	Winter Session	Times
7-10	W	9/12-12/5	1/9-3/27	3:30-5:00pm
11-15	W	9/12-12/5	1/9-3/27	5:00-6:30pm

Junior Development Program

Ages 7-18

Pleasanton Tennis Park | Instructor: Lifetime Tennis Staff

For more detailed descriptions, please see our website.

NEW! Flex Sign Up Now you have the option of signing up for the entire session, the first or last 6 weeks of the session, or come on a drop in basis.

12 classes | *No class 10/27 | \$223.00R/\$245.00N

6 classes | *No class 10/27 | \$129.00R/\$142.00N

Drop in | *No class 10/27 | \$37.00R/\$40.00N

Level	Day	Fall Session	Winter Session	Times
Intro	Sa	9/15-12/15	1/12-3/30	4:15-5:45pm
Bronze	Sa	9/15-12/15	1/12-3/30	4:15-5:45pm

13 classes | \$323.00R/\$355.00N

6 classes | \$171.00R/\$188.00N

Drop in | \$45.00R/\$49.00N

Level	Day	Fall Session	Winter Session	Times
Silver	M	9/10-12/3	1/7-3/25	3:30-5:45pm
Gold	M	9/10-12/3	1/7-3/25	5:45-8:00pm

12 classes | *No class 10/26, 10/27, 11/23 | \$298.00R/\$328.00N

6 classes | *No class 10/26, 10/27, 11/23 | \$171.00R/\$188.00N

Drop in | *No class 10/26, 10/27, 11/23 | \$45.00R/\$49.00N

Level	Day	Fall Session	Winter Session	Times
Intro	F	9/14-12/14	1/11-3/29	6:30-8:45pm
Bronze	Su	9/16-12/2	1/6-3/24	3:30-5:45pm
Bronze	F	9/14-12/14*	1/11-3/29	6:30-8:45pm
Silver	Sa	9/15-12/8*	1/12-3/30	5:45-8:00pm
Gold	Su	9/16-12/2	1/6-3/24	3:30-5:45pm

Junior Team Match Play

This is an enhancement program for students enrolled in a Junior Development group. Players will challenge and compete against one another in weekly singles and doubles matches to improve their tennis skills.

12 classes | \$109.00R/\$121.00N

Pleasanton Tennis Park | Instructor: Lifetime Tennis Staff

Day	Fall Session	Winter Session	Time
Su	9/16-12/2	1/6-3/24	5:45-7:15pm

Junior Team Doubles League

Open to current Junior Team Program players. Partners will be rotated weekly; each player plays for a chance to win the coveted Tennis Ball Trophy.

10 matches | *No class 10/27, 11/22 | \$69.00R/\$76.00N

Pleasanton Tennis Park | Instructor: Lifetime Tennis Staff

Level	Day	Fall Session	Winter Session	Times
All	Th	9/27-12/6*	1/10-3/14	3:30-5:00pm
Sil/Gold	Sa	9/29-12/8*	1/12-3/16	2:45-4:15pm
Bronze	Sa	9/29-12/8*	1/12-3/16	5:45-7:15pm

Junior Team Tournament

Ages 7-18

A singles only competition for Junior Development Program players.

1 class | \$7.00R/\$9.00N | Time depends on draw

Pleasanton Tennis Park | Instructor: Lifetime Tennis Staff

Level	Day	Date	Registration Deadline
Jr Team	M	11/12	11/10

[ADULT TENNIS PROGRAMS]

Adult Tennis Lessons

Ages 16 and up

Beginning (B)—for players with little or no previous tennis experience.

Advanced Beginning (AB)—for players with at least 6 months of tennis experience who need to further develop rally consistency and proper technique.

Intermediate (I)—for players with basic match experience who need to further develop singles and doubles strategy.

Advanced (A)—for players with plenty of match experience who need to work on adding pace to shots and improve footwork and movement.

12 classes | *No class 10/26, 10/27, 11/22, 11/23 | \$198.00R/\$218.00N

13 classes | \$215.00R/\$237.00N

Pleasanton Tennis Park | Instructor: Lifetime Tennis Staff | 8:1 ratio

Level	Day	Fall Session	Winter Session	Time
B	M	9/10-12/3	1/7-3/25	8:45-10:15am
B	M	9/10-12/3	1/7-3/25	6:30-8:00pm
B	Tu	9/11-12/4	1/8-3/26	8:45-10:15am
B	W	9/12-12/5	1/9-3/27	6:30-8:00pm
B	Th	9/13-12/6*	1/10-3/28	8:45-10:15am
B	Su	9/16-12/2	1/6-3/24	8:00-9:30am
AB	W	9/12-12/5	1/9-3/27	9:30-11:00am
AB	F	9/14-12/14*	1/11-3/29	8:45-10:15am
AB	Sa	9/15-12/8*	1/12-3/30	8:00-9:30am
I	Th	9/13-12/6*	1/10-3/28	6:30-8:00pm
I	F	9/14-12/14	1/11-3/29	10:15-11:45am
I	Sa	9/15-12/8*	1/12-3/30	8:00-9:30am
A	Tu	9/11-12/4	1/8-3/26	6:30-8:00pm
A	Su	9/16-12/2	1/6-3/24	9:30-11:00am

Specialty Tennis Lessons

Ages 16 and up

Woman's Academy (WA) This innovative program is designed for 3.0-3.5 level players looking to improve their results in interclub, USTA league/tournaments, or just to further develop their game playing skills.

6 classes | \$117.00R/\$129.00N

Pleasanton Tennis Park | Instructor: Lifetime Tennis Staff | 8:1 ratio

Type	Day	Fall Session	Winter Session	Time
WA(3.5+)	M	9/19-10/24	2/6-3/12	10:15-11:45am
WA(3.0)	W	9/14-10/19	2/1-3/7	11:00am-12:30pm

Cardio (C) A great class for players wanting to move and hit lots of tennis balls. Workouts cover ground stroke drills, footwork drills, and fun, aerobic exercises. This class is open to all playing levels.

13 classes | \$108.00R/\$119.00N

Pleasanton Tennis Park | Instructor: Lifetime Tennis Staff | 8:1 ratio

Type	Day	Fall Session	Winter Session	Time
C	M	9/10-12/3	1/7-3/25	8:00-8:45am
C	M	9/10-12/3	1/7-3/25	12:30-1:15pm
C	Tu	9/11-12/4	1/8-3/26	12:30-1:15pm
C	W	9/12-12/5	1/9-3/27	8:45-9:30am
C	W	9/12-12/5	1/9-3/27	12:30-1:15pm

12 classes | 8:1 ratio | \$99.00R/\$109.00N

Pleasanton Tennis Park | Instructor: Lifetime Tennis Staff

Type	Day	Fall Session	Winter Session	Time
C	Th	9/13-12/6	1/10-3/28	12:30-1:15pm
C	F	9/14-12/14	1/11-3/29	8:00-8:45am
C	F	9/14-12/14	1/11-3/29	12:30-1:15pm



Drop-in Clinic (DI) This clinic works on one specific topic each week to enhance players' knowledge of the game and improve performance. We cover a new topic each week. Only 8 spots are available on a first come, first serve basis. For intermediate level players and above.

1 class | \$10.00R/\$12.00N

Pleasanton Tennis Park | Instructor: Lifetime Tennis Staff

Type	Day	Fall Session	Winter Session	Time
DI	Th	9/13-12/6	1/10-3/28	6:30-8:00pm

>Register online at www.lifetimetennis.com

[YOUTH TENNIS CAMPS]

Tennis Camps

Ages 4-18

Players are encouraged to wear sunscreen, bring a tennis racquet, comfortable clothes including a visor or cap, and a snack. Ice water provided.

Little Tennis Camps (LT)

Developed specifically for 4-6 year olds and held within the safe environment of the Pleasanton Tennis & Community Park, students will enjoy learning the strokes in addition to playing coordination games. Refreshment breaks are part of this popular camp.

Youth Improvement Camps (YI)

An exciting week of fun and healthful exercise! Each camp will engage students with tennis-related drills, games, and stroke-specific activities. 15 hours of practice in one week makes a huge difference in a student's development! Participants will be grouped by age and then by ability.

Junior Team Camp (JT)

Kick your game into high gear with some intense training and fun at our Junior Team summer camp. Players will spend time polishing technique, competing in matches and improving their fitness. Students who have not participated in the Junior Teams must be evaluated before signing up.

3 classes | \$90.00R/\$99.00N

Pleasanton Tennis Park | Instructor: Lifetime Tennis Staff | 8:1 ratio

Level	Ages	Day	Date	Time
LT	4-6	M-W	11/19-11/21	9:30-11:00am
LT	4-6	W-F	12/26-12/28	9:30-11:00am
LT	4-6	W-F	1/2-1/4	9:30-11:00am

3 classes | \$107.00R/\$118.00

Pleasanton Tennis Park | Instructor: Lifetime Tennis Staff | 8:1 ratio

Level	Ages	Day	Date	Time
YI	6-15	M-W	11/19-11/21	9:30am-12:30pm
YI	6-15	M-W	11/19-11/21	12:30am-3:30pm
YI	6-15	W-F	12/26-12/28	9:30am-12:30pm
YI	6-15	W-F	12/26-12/28	12:30pm-3:30pm
YI	6-15	W-F	1/2-1/4	9:30am-12:30pm
YI	6-15	W-F	1/2-1/4	12:30-3:30pm

3 classes | \$107.00R/\$118.00

Pleasanton Tennis Park | Instructor: Lifetime Tennis Staff | 8:1 ratio

Level	Ages	Day	Date	Time
JT	7-18	M-W	11/19-11/21	12:30-3:30pm
JT	7-18	W-F	12/26-12/28	12:30-3:30pm
JT	7-18	W-F	1/2-1/4	12:30-3:30pm

[INVITATIONAL TRAINING PROGRAM]

Little Rallyers, Intro to Tournament Training, and Tournament Training

This year-round program is designed to prepare students for competitive tennis starting from an early age. Contact our Tennis Director, Aaron Wong, at aaronw@lifetimetennis.com for more information.



[PRIVATE LESSONS]

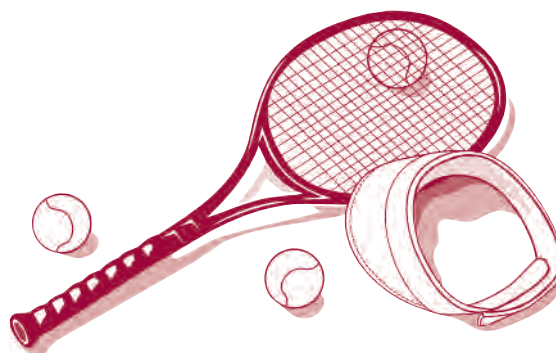
Private Single & Group Lessons

For more information, please call Lifetime Tennis or visit www.lifetimetennis.com.

Tennis Birthday Parties

Come celebrate your birthday at the Pleasanton Tennis Park. Call or check our website for more information—931-3449.

>Register online at www.lifetimetennis.com



Fall/Winter Adult Tennis League

Ages 18 and up

Location: Tennis and Community Park, 5801 Valley Avenue

Ladies Doubles-Rotating Partners

7 matches | \$56.00R/\$62.00N | *No league 1/21, 2/11, 2/18

8 matches | \$64.00R/\$70.00N | *No league 10/8, 11/12, 11/19-23

10 matches | \$80.00R/\$88.00N | *No league 10/8, 11/12, 11/19-23

Level	Day	Fall Dates	Winter Dates	Time
2.5	M	9/24-12/3*	1/7-3/11*	8:45-11:00am
3.0	Th	9/27-12/6*	1/10-3/14*	8:45-11:00am
3.5	Tu	9/25-12/4*	1/8-3/12*	8:45-11:00am
3.5	F	9/28-12/7*	1/11-3/15*	8:45-11:00am
3.7	W	9/26-12/5*	1/9-3/13*	9:30-11:45am

Men's Doubles Rotating Partners

10 matches | \$80.00R/\$88.00N | *No league 11/21, 11/22

9 matches | \$72.00R/\$79.00N | *No league 2/14

Level	Day	Fall Dates	Winter Dates	Time
3.0	Th	9/27-12/6*	1/10-3/14*	8:00-10:00pm
3.5	W	9/26-12/5*	1/9-3/13	8:00-10:00pm
4.0	Th	9/27-12/6*	1/10-3/14*	8:00-10:00pm

Mixed Doubles-Rotating Partners

10 matches | \$80.00R/\$88.00N | *No league 11/20

Level	Day	Fall Dates	Winter Dates	Time
3.0 (Men)	Tu	9/25-12/4*	1/8-3/12	8:00-10:00pm
3.0 (Women)	Tu	9/25-12/4*	1/8-3/12	8:00-10:00pm
4.0 (Men)	Tu	9/25-12/4*	1/8-3/12	8:00-10:00pm
4.0 (Women)	Tu	9/25-12/4*	1/8-3/12	8:00-10:00pm

Mixed Doubles-Permanent Partners**

10 matches | \$160.00R/\$168.00R&N/\$176.00N | *No league 11/19

9 matches | \$144.00R/\$151.00R&N/\$158.00N | *No league 2/18

Level	Day	Fall Dates	Winter Dates	Time
3.5	M	9/24-12/3*	1/7-3/11*	8:00-10:00pm
4.0	M	9/24-12/3*	1/7-3/11*	8:00-10:00pm

****Permanent Partner leagues must sign up as a team.****Calling all Scout Leaders!**

Lifetime Tennis can help your scouts achieve a tennis/sports badge, pin, or belt loop! A minimum of 5 scouts is required and a fee of \$10/scout is due to participate. Please contact Debra at debrat@lifetimetennis.com to set up your appointment today!

To check whether classes or leagues will be cancelled due to rain, call the park, (925) 931-3449, 30 minutes prior to class or match time. Make ups will be scheduled for lesson and league rainouts.



Halloween Fun Night

Join us in costume for our annual Lifetime Tennis **trick-or-treat evening** and have a ghost of a good time.

This free event features our **haunted hallway of horror,**

tennis games for kids, tennis for adults, and

yummy treats for all!



Friday, October 26, 2012

6:30-8:30pm

TENNIS & COMMUNITY PARK

CALLIPPE PRESERVE GOLF COURSE

8500 Clubhouse Drive • www.playcallippe.com • 925.426.6666

Fall 2012/Winter 2013 Golf Instruction Programs

Note: Registration for all golf activities is conducted at the Golf Course.
Do not use the registration form in this Activities Guide.

Beginning Fundamentals 2:00-3:00pm

Thursdays

8/2/12-8/30/12 9/13/12-10/11/12
10/25/12-11/29/12* 12/6/12-1/3/13
1/17/13-2/14/13 2/28/13-3/28/13

Sundays

8/5/12-9/2/12 9/16/12-10/14/12
10/28/12-11/25/12 12/9/12-1/6/13
1/20/13-2/17/13 3/3/13-3/31/13

Junior Intro to Fundamentals 3:30-4:30pm

Thursdays

8/2/12-8/30/12 9/13/12-10/11/12
10/25/12-11/29/12* 12/6/12-1/3/13
1/17/13-2/14/13 2/28/13-3/28/13

Sundays

8/5/12-9/2/12 9/16/12-10/14/12
10/28/12-11/25/12 12/9/12-1/6/13
1/20/13-2/17/13 3/3/13-3/31/13

*No class 11/22/12

Beginning Fundamentals

Ages 16 and up

This class focuses on the basic fundamentals that players rely on for overall swing stability. Different basic shots needed to play a round of golf, from putting to driving, will be discussed. This is a good class, whether you've had no instruction, little instruction, or are fairly experienced.

Junior Intro to Fundamentals

Ages 7-15

This class is for youngsters who have not had much golf instruction. Basic fundamentals are covered in a fun way for younger kids to understand. Through consistent repetition, students will receive a solid foundation for practicing and playing the game.

About the Classes

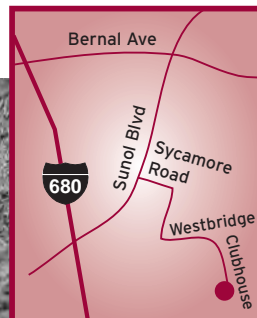
Each class consists of five 1-hour sessions taught by PGA Head Professional Doug Giannini and Assistant Golf Professional Jake Saito, and will have between 6 and 10 students. Practice balls and golf clubs are provided. Students should wear athletic shoes and appropriate attire for current weather conditions.

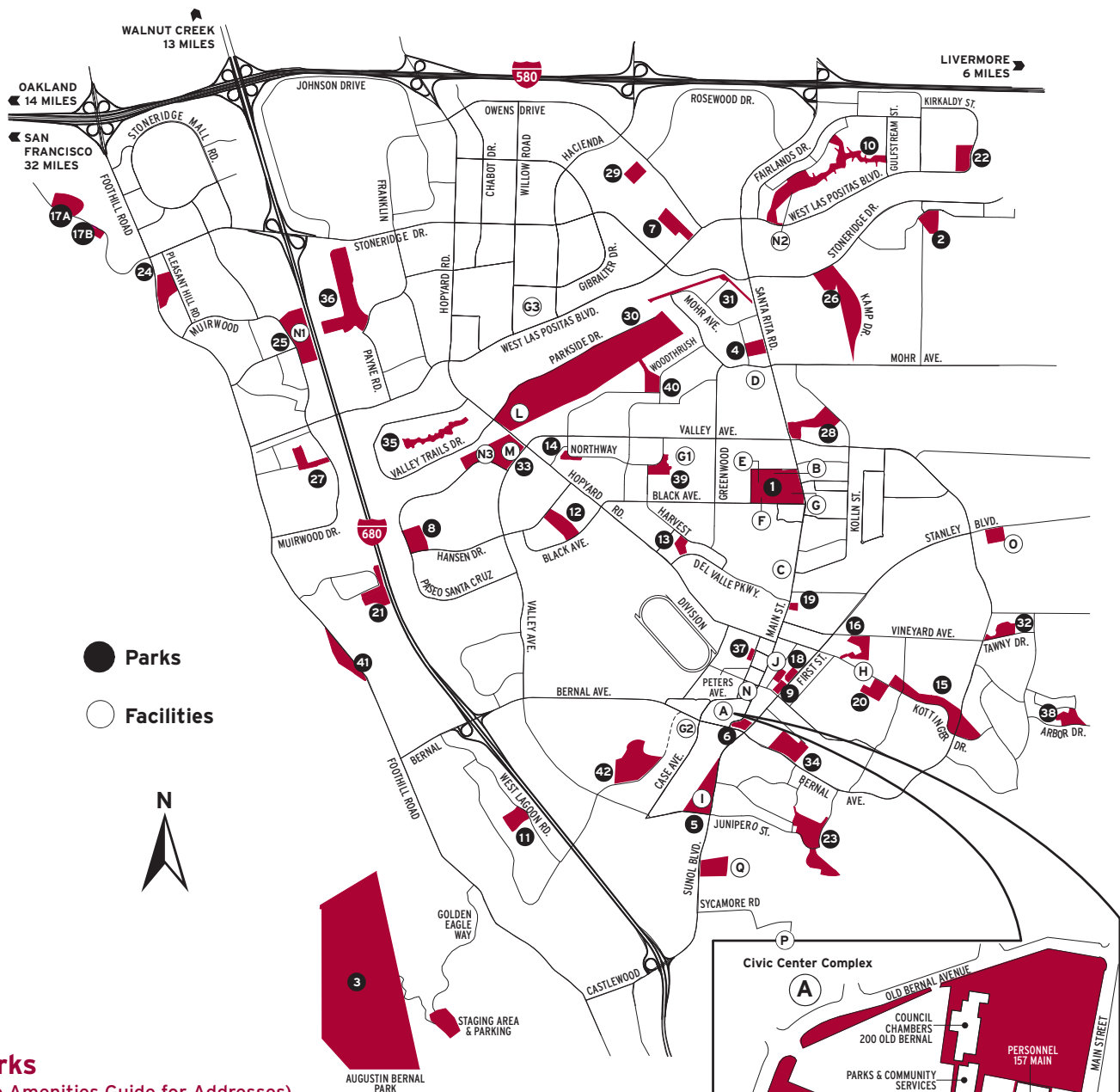
Program Prices

Junior \$90.00R/\$100.00N

Adult \$120.00R/\$150.00N

All lessons will take place at the Callippe Preserve Golf Course. Registrations and fees are processed at the Golf Course and must be submitted at least one week prior to the start of the session. Due to the 6-student minimum class size, some classes may be rescheduled at the discretion of the Golf Professional. Seasonally, some classes may be postponed due to inclement weather.





● Parks
○ Facilities



Parks

(See Amenities Guide for Addresses)

- | | |
|--------------------------------------|--|
| 1. Amador Valley Community Park | 21. Meadowlark Park |
| 2. Amaral Park | 22. Meadows Park |
| 3. Augustin Bernal Park | 23. Mission Hills Park |
| 4. Bicentennial Park | 24. Moller Park |
| 5. Centennial Community Park | 25. Muirwood Community Park |
| 6. Civic Park | 26. Nielsen Park |
| 7. Creekside Park | 27. Oakhill Park |
| 8. Del Prado Park | 28. Orloff Park |
| 9. Delucchi Park | 29. Owens Plaza Park |
| 10. Fairlands Park | 30. Sports & Rec. Community Park |
| 11. Fawn Hills Park | 31. Sutter Gate Park |
| 12. Hansen Park | 32. Tawny Park |
| 13. Harvest Park | 33. Tennis & Community Park |
| 14. Heatherlark Park | 34. Upper Pleasanton Field |
| 15. Kottinger Community Park | 35. Valley Trails Park |
| 16. Kottinger Village Community Park | 36. Val Vista Park |
| 17A. Laurel Creek Park | 37. Veterans Plaza Park |
| 17B. The Preserve Staging Area | 38. Vintage Hills Park |
| 18. Lions Wayside Park | 39. Walnut Grove Park |
| 19. Main Street Green | 40. Woodthrush Park |
| 20. McKinley Park | 41. Alviso Adobe Community Park/Facility |
| | 42. Bernal Community Park |

Facilities

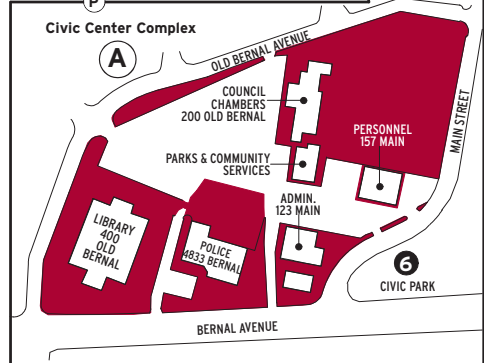
- | | | |
|------------------------------------|----------------------------|---|
| A. Civic Center Complex | Parks & Community Services | 200 Old Bernal Avenue |
| | City Hall | 157 Main Street |
| | Library | 400 Old Bernal Avenue |
| | Police Department | 4833 Bernal Avenue |
| | City Hall Administration | 123 Main Street |
| B. Amador Recreation Center | | 4455 Black Avenue |
| C. Amador Theater | | 1155 Santa Rita Road |
| D. Century House | | 2401 Santa Rita Road |
| E. Cultural Arts Center | | 4477 Black Ave., Amador Valley Community Park |
| F. Dolores Bengtson Aquatic Center | | 4455 Black Ave., Amador Valley Community Park |
| G. Gingerbread Preschool | | 4433 Black Ave., Amador Valley Community Park |
| H. Nature House | | 519 Kottinger Drive |
| I. Pleasanton Senior Center | | 5353 Sunol Boulevard |
| J. Firehouse Arts Center | | 4444 Railroad Avenue |
| L. Softball Fieldhouse | | 5800 Parkside Drive |
| M. Tennis Complex | | 5801 Valley Avenue |
| N. Veterans Memorial Building | | 301 Main Street |
| O. BMX Facility | | 3320 Stanley Blvd. |
| P. Callippe Preserve Golf Course | | 8500 Clubhouse Drive |
| Q. Pleasanton Pioneer Cemetery | | 5780 Sunol Blvd. |
| R. Alviso Adobe Community Park | | 3465 Old Foothill Rd. |

Gymnasiums

- | | |
|---------------------------------|--------------------|
| G1 Harvest Park Middle School | 4900 Valley Avenue |
| G2 Pleasanton Middle School | 5001 Case Avenue |
| G3 Thomas A. Hart Middle School | 4433 Willow Road |

Tennis Courts

- | | |
|-----------------------------|---------------------|
| N1 Muirwood Park | (4 courts) |
| N2 Fairlands Park | (2 courts) |
| N3 Tennis & Community Park | (10 lighted courts) |
| N5 Pleasanton Middle School | (2 lighted courts) |



Parks Amenities Guide

Legend: C–Community N–Neighborhood U–Undeveloped

Park Name	Location	Type	Acres	Bocce	Baseball	Baseball	BMX	Dog	Exercise	Golf	Golf	Hockey	Inline	Picnic	Public	Res	Roller	Skate	Soccer	Softball	Tennis	Tot	Trail	Volley	Water	Youth
Alviso Adobe Comm. Park	3465 Old Foothill Rd	C	7											●		●							●			
Amador Valley Comm. Park	4301 Black Ave.	C	23.5		●						●	●		●	●	●			●	●	●		●			●
Amaral Park	3400 Dennis Dr.	N	5		●	●	●							●									●			●
Augustin Bernal Park	8200 Golden Eagle Way	C	237.0											●		●							●			
Bernal Community Park	7001 Pleasanton Ave.	C	13			●										●						●			●	
Bicentennial Park	2401 Santa Rita Rd.	N	2.7																							
BMX Facility	3320 Stanley Blvd.	C	3.65					●						●		●										
Callippe Preserve Golf	8500 Clubhouse Dr.	C	425							●						●							●			
Centennial Park	5353 Sunol Blvd.	C	5.7	●	●				●			●		●	●											
Civic Park	100 Main St.	N	.7											●	●											
Creekside Park	5601 W. Las Positas	N	6.6		●		●							●		●				●		●		●	●	
Del Prado Park	6701 Hansen Drive	N	5.0				●							●								●			●	
Delucchi Park	4501 First Street	N	.7		●									●		●										
Fairlands Park	4100 Churchill Dr.	N	13.8											●							●	●				
Fawn Hills Park	1510 West Lagoon Rd.	N	5.0		●		●							●								●				
Hansen Park	5697 Black Ave.	N	6.2		●	●	●							●								●			●	
Harvest Park Middle School Gym	4900 Valley Ave.	N/A	N/A				●									●								●		
Harvest Park	1401 Harvest Rd.	N	1.6											●											●	
Heatherlark Park	5700 Northway Rd.	N	.8											●							●					
Kottinger Community Park	1000 Kottinger Rd.	C	14.5		●									●	●											
Kottinger Village Park	4100 Vineyard Ave.	N	4.9				●							●								●			●	
Laurel Creek Park	5875 Laurel Creek Dr.	N	7.3													●							●			
The Preserve Staging Area	5800 Laurel Creek Dr.	N/A	.56													●							●			
Lions Wayside Park	4401 First St.	N	.7		●									●												
Main Street Green	890 Main St.	N	.73																							
McKinley Park	519 Kottinger Dr.	N	5.3											●												
Meadowlark Park	8200 Regency Dr.	N	4.3		●		●							●								●		●	●	
Meadows Park	3301 W. Las Positas	N	5.0		●		●							●								●		●	●	
Mission Hills Park	600 Junipero	N	8.5		●		●							●								●		●	●	
Moller Park	5500 Pleasant Hill Rd.	N	7.0		●									●								●			●	
Muirwood Community Park	4701 Muirwood Dr.	C	13.9		●		●	●						●		●			●		●	●			●	●
Nielsen Park	3755 Stoneridge	N	5.0		●		●							●								●			●	
Oakhill Park	4100 Muirwood Dr.	N	3.9											●								●			●	
Orloff Park	1800 Santa Rita Rd.	N	8.0				●		●					●					●			●			●	
Owens Plaza Park	5700 Owens Dr.	N	3.0		●									●								●			●	
Pleasanton Middle School Gym	5001 Case Ave.	N/A	N/A				●									●								●		
Sports & Recreation Community Park	5800 Parkside Dr.	C	103.0		●	●	●				●			●		●		●	●	●		●		●	●	
Sutter Gate Park	4801 Sutter Gate Ave.	N	2.7											●								●			●	
Tawny Park	400 Tawny Dr.	N	3.9				●							●					●			●			●	
Tennis & Community Park	5801 Valley Ave.	C	15.0		●		●							●		●					●	●		●	●	
Thomas A. Hart Middle School Gym	4433 Willow Rd.	N/A	N/A				●									●								●		
Upper Pleasanton Field	4645 Bernal Ave.	N	3.0			●								●				●				●			●	
Valley Trails Park	3400 National Park Rd.	N	6.1		●		●							●								●			●	
Val Vista Community Park	7350 Johnson Dr.	C	24		●	●					●		●	●	●	●	●		●			●		●	●	
Veterans Plaza	550 Peters Ave.	N	.5																			●				
Vintage Hills Park	3301 Arbor Dr.	N	4.0		●									●								●			●	
Walnut Grove Park	5150 Northway Rd.	N	3.5		●									●												
Woodthrush Park	5099 Woodthrush Rd.	N	3.5																							

Register Online: www.pleasantonfun.com**Priority Registration**

Online (Residents only)
Beginning at 8:00am on
Wednesday, August 1, 2012

First opportunity to register!

Plan ahead and visit the City's registration website to request a customer log-in name and password, at least 72 hours prior to registration. Forgot your customer log-in name and password? Please contact the Community Services Department at 931-5340 for assistance.

Mail-In (Residents only)
Beginning Wednesday,
August 8, 2012

(Faxes are NOT accepted)

Make checks payable to:

City of Pleasanton

Mail to: Registration

City of Pleasanton

P.O. Box 520

Pleasanton, CA 94566

Attn: Community Services

Open Registration

**Online, Mail-in, Walk-in
& Non-Resident**
Beginning Wednesday,
August 15, 2012

(Faxes are NOT accepted)

Walk-in Registration

Available at the following locations during posted business hours:

- Community Services Administrative Office
- Alviso Adobe Community Park
- Dolores Bengtson Aquatic Center
- Gingerbread Preschool
- Pleasanton Senior Center

General Information

- Registration for all tennis activities is conducted at the Pleasanton Tennis and Community Park, 5801 Valley Avenue, www.lifetimetennis.com or 931-3449.
- Registration for all golf activities is conducted at the Callippe Preserve Golf Course, 8500 Clubhouse Drive. For more information, 426-6666 or www.playcallippe.com.
- Mail-in registrations sent before scheduled registration dates will be held and processed prior to the beginning of "Open Registration".
- It is the parent's/guardian's or the participant's responsibility to notify the City of Pleasanton in advance of any reasonable accommodations necessary to participate in the class(es) or program(s) described in this guide. Call the Community Services Office at 931-5340 for assistance.

Refund Policy

- A full refund will be given when notice is received by the Community Services Department at least ten (10) days prior to the start of the class or program.
- Refund requests received at least five (5) days prior to the start of the class or program will be assessed a \$5.00 administrative fee, per class/program.
- No refunds will be issued for requests received less than five (5) days prior to the start of the class or program.
- Full refunds will also be granted if the class or program is cancelled by the Department.
- No refunds given for non-attendance, one-day workshops or material/supply fees.
- Refunds under \$20 will be automatically credited to your account.



CITY OF PLEASANTON

Event Venue Rentals

The City rents several types of event venues and spaces to meet the community's needs. Rental rates and related costs for all facilities vary, depending upon type of space and renter category (Co-sponsored Group, Resident, Non-resident, Commercial).

OFFERING:

- Large Event Sites • Small Event Sites • Picnic Areas
- Meeting Rooms • Gymnasiums • Softball Fields

For descriptions, reservation procedures and rental fees, visit www.ci.pleasanton.ca.us/services/recreation/facility-rentals.html or contact the Community Services Department at 931-5340

How to Register

**City of Pleasanton
Community Services
P.O. Box 520
Pleasanton, CA 94566
Registration Form**

**See page 48
for Registration
Information**



Register with your Visa or MasterCard
at www.pleasantonfun.com

*Please limit registration form to family members living
in the same household only!*

Refund Policy—Please read!

Withdrawals and Transfers: If you wish to drop a class or transfer to another session, call us at least *10 days* before the start date for a refund or credit. Choose your classes carefully. No refunds for non-attendance, one-day workshops or materials/supply fees.

NO FAXES ACCEPTED!

Parent/Guardian _____ ☐ Resident* ☐ Nonresident *Individuals residing within the

City of Pleasanton city limits.

Home Address _____ City _____ Zip _____

Home Ph. _____ Business Ph. _____ E-mail Address _____

Participant Name	Date of Birth (under 18)	Male/ Female	Activity Code	Activity	Fee
SALE Tonya Boyette	8/21/98	F	53982	Beginning Guitar	\$159.00
Community Services Fee Assistance Program Donation					\$
Total					\$

Waiver, Release and Assumption of Risk: The City of Pleasanton is sponsoring the following activity _____. My (My child's) participation in this activity is voluntary. I am (My child is) physically fit to participate in this activity. I understand that this activity involves risks and that serious injuries could occur while I am (my child is) participating in this activity. In addition, if transportation is provided to the activity, serious injuries could occur. Knowing these risks, I want (my child) to participate in this activity. I (on behalf of my child) hereby assume the risk, and hereby waive, release and discharge the City of Pleasanton, its Council, officials, employees, instructors, agents, sponsors and promoters of this activity, for any and all claims for damages for personal injuries, or claims for damages to property, which I (my child) or my (child's) heirs, assigns, executors or administrators may have or which may accrue to my (child's) participation in this activity, including transportation to or from the activity. I have read the above and understand that important legal rights are being waived. Unless otherwise indicated, I consent to the City's use of any photographs that are taken of me or my child while participating in the City's programs for use in the City's brochures and flyers that are distributed both as printed documents and on the internet. No payment will be made for use of these photographs.

Name of Participant: _____ Signature Required: _____

Date: _____ Check Enclosed: Total Amount \$ _____ Make Check Payable to: City of Pleasanton

☐ Visa ☐ MasterCard Card Number _____ - _____ - _____ Exp _____ / _____

Total Amount \$ _____ Card Holder Signature _____

City of Pleasanton Tax I.D. #: 94-6000397

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Hometown Holidays Celebration

TREE LIGHTING
*
CELEBRATION
*
PARADE



SATURDAY, DECEMBER 1, 2012

5:00–7:00pm

Main Street
Downtown Pleasanton

5:00 PM — PARADE

Marching Bands, Community Organizations,
Scout Troops, Hot Rods and Floats Galore!

A TREE LIGHTING CEREMONY

following the parade (at approximately 6:00pm)
by the Mayor of Pleasanton will take place in front
of the Museum on Main, under the Pleasanton Arch



Get into the Holiday spirit and volunteer for the
parade! For more information or to sign up, visit
www.helpindahand.org

FOR MORE INFORMATION, VISIT
www.hometownholiday.com
(925) 931-5352



City of Pleasanton
P.O. Box 520
Pleasanton, CA 94566-0802

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Permit No. 123

ECRWSS

Residential Customer



Follow the City of Pleasanton and get status
updates on Twitter –
<http://twitter.com/pleasantonca>

Visit our web site at www.pleasantonrecreation.com • (925) 931-5340

*The City of Pleasanton, Department of
Community Services is pleased to offer
its first ever...*

Doggy Dip

*...an opportunity for your pooch to
enjoy some tail-waggin' fun in the sun!*

Make no bones about it...the dog days of summer are
over and it's now Fido's turn for a doggie dip before the
aquatic center renovation begins.

Fetch, float or doggy paddle in our shallow and
25-meter pools.

*Admission is free, but
pre-registration is paws-itively required
as space is limited.*

Don't be left in the dog house, register today!
mstearns@cityofpleasantonca.gov



*Monday, September 3, 2012
(Labor Day)*

5:00-7:30pm

Dolores Bengtson Aquatic Center,
4455 Black Avenue, Pleasanton