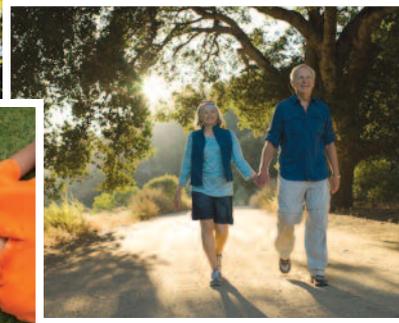
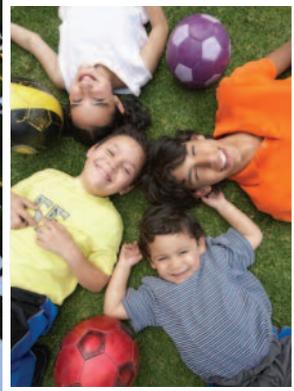


# PLEASANTON

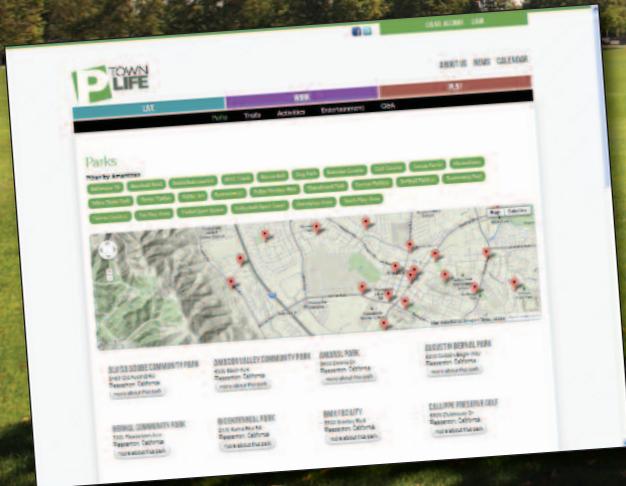
COMMUNITY SERVICES ACTIVITIES GUIDE • SUMMER 2013



**Check Out the  
Summer Camp  
Pullout Inside!**

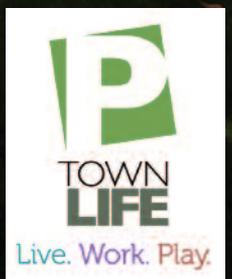


Get outside this summer and enjoy the parks and trails right in your own backyard!



**Parks  
Make  
Life  
Better!**

Ptownlife.org has Pleasanton's only interactive Parks & Trails Guides. Filter by park amenity or trail type, find it with the Google maps feature, and see photos and comments from other users. Discover the joys of Pleasanton parks and trails.





**FIREHOUSE**  
ARTS CENTER™

**setting the ARTS on FIRE™**

**Firehouse First Fridays**  
A performing and visual arts open house for the whole family!  
Help us set the arts on fire! Whether it is the Open Mic in the Firehouse Theater, the show in the Harrington Art Gallery, or a hands-on art project for the kids, everyone will have a great time experiencing the visual and performing arts at Firehouse First Fridays!

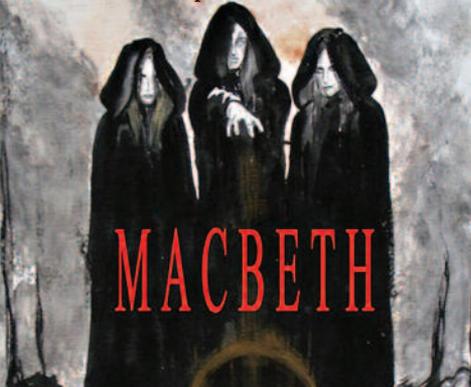
3 open houses | Firehouse Arts Center  
Free to the public

Day	Date	Time
F	June 7	5:00-7:00PM
F	July 5	5:00-7:00PM
F	August 2	5:00-7:00PM

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

**Firehouse Arts Center • 4444 Railroad Avenue, Pleasanton, CA  
(925) 931-4848 • [www.firehousearts.org](http://www.firehousearts.org)**

Free Shakespeare in the Park 2013



**MACBETH**

presented by  
**San Francisco Shakespeare Festival**  
**MACBETH**  
Saturdays & Sundays  
• June 29 & 30 • July 6, 7, 13 & 14  
7:30pm | **FREE!**

**FREE SHAKESPEARE  
IN THE PARK**  
*Double double toil and trouble . . .*

Macbeth comes to Pleasanton for Free Shakespeare in the Park! Macbeth is memorable for its suspenseful plot and thrilling scenes of witchcraft and swordplay. Audiences will recognize Macbeth's famous soliloquies including, "Is this a dagger which I see before me?" and "Tomorrow and tomorrow and tomorrow."

Bring your family, friends, a blanket and a picnic to enjoy **FREE** professional theater in Pleasanton's beautiful Amador Valley Community Park (Santa Rita Rd & Black Ave)



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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.

**On the Cover:** A young golfer at Callippe Preserve enjoying the summer Junior Golf Camp. See page 41.

## City Council

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

## Parks & Recreation Commission

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

*Additional City Commissions listed on page 47*



## 2013 Summer Camps Are Here!

In the center of this Guide, you'll find our Summer Camps pullout with camps for all ages including Drama Camp, Ridge Runners, Summer Explorers and Seekers Camps, a NEW Teen Camp, and so much more!

**Most camps begin Monday, June 24, 2013 and are offered throughout the summer.**



## Community Services Facilities

### Community Services Main Office

200 Old Bernal Avenue, 931-5340

### Alviso Adobe Community Park

3465 Old Foothill Road, 931-3479

### Amador Recreation Center

4455 Black Avenue

### Amador Theater

1155 Santa Rita Road, 931-4850

### Century House

2401 Santa Rita Road

### Cultural Arts Center

4477 Black Avenue

### Dolores Bengtson Aquatic Center

4455 Black Avenue, 931-3420

### Firehouse Arts Center

4444 Railroad Avenue, 931-4850

### Gingerbread Preschool

4333 Black Avenue, 931-3430

### Nature House

519 Kottinger Drive

### Senior Center

5353 Sunol Blvd, 931-5365

### Sports Park Fieldhouse

5800 Parkside Drive, 931-3437

### Tennis & Community Park

5801 Valley Avenue, 931-3449

### Veterans Memorial Building

301 Main Street

## City/School Gymnasiums

### Pleasanton Middle School

5001 Case Avenue

### Harvest Park Middle School

4900 Valley Avenue

### Thomas A. Hart Middle School

4433 Willow Road

## Other Activity Locations

### Crispim BJJ Barra Brothers

7063 Commerce Cir., Unit E, Pleasanton

### Earl Anthony Dublin Bowl

6750 Regional Street, Dublin

### Jamie's Dance Studio

3688 Washington Street, Pleasanton

### Jue's Taekwon-Do Studio

5460 Sunol Blvd., #8, Pleasanton

### Livermore Valley Tennis Club

2000 Arroyo Road, Livermore

### Tri-Valley Trainer Studio

3724 Stanley Blvd, Ste. E, Pleasanton

## Community Services Staff

### Administration

**200 Old Bernal, 931-5340**

Susan Andrade-Wax, Community Services Director

Kathleen Yurchak, Community Services Manager

Michele Crose, Community Services Manager

Mark Spiller, Community Services Manager

Dan Villaseñor, Recreation Supervisor

Rebecca Hale, Recreation Coordinator

Linda Matthews, Senior Office Assistant

Terry Snyder, Administrative Assistant

### Sports Park

**5800 Parkside Drive, 931-4380**

Joelle Goodman, Recreation Coordinator

### Dolores Bengtson Aquatic Center

**4455 Black Avenue, 931-3420**

Michelle Stearns, Recreation Supervisor

Kara Yost, Recreation Coordinator

### Senior Center

**5353 Sunol Blvd, 931-5365**

Pam Deaton, Recreation Supervisor

Raymond Figueroa, Recreation Coordinator

Gloria Lewis, Senior Paratransit Driver

Michele Tonowski, Lead Dispatcher

Andy Rhoades, Maintenance Worker I

### Gingerbread Preschool

**4333 Black Avenue, 931-3430**

Becky Hopkins, Recreation Supervisor

Rachel Mariscal, Recreation Coordinator

### Firehouse Arts Center

**4444 Railroad Avenue, 931-4848**

Rob Vogt, Recreation Supervisor

Michelle Russo, Senior Recreation Program Specialist

Mark Duncanson, Senior Recreation Program Specialist

Bob Elliott, Theatre Technician

Mike Roberts, Theatre Assistant

### Alviso Adobe Community Park

**3465 Old Foothill Road, 931-3479**

Eric Nicholas, City Naturalist

City registration website:  
[www.pleasantonfun.com](http://www.pleasantonfun.com)

**Like us on Facebook**  
Pleasanton Community Services



# The Arts



## Kindermusik Move & Groove: Under the Rainbow

**Ages 3-5**

This summer, we'll explore musical concepts, songs, and movements with tricky leprechauns, the colors of the rainbow, and that ever elusive pot of gold! We'll also match sounds with pictures and match pictures with the written words to build lasting literacy skills. Families participate in the last 15 minutes of the class. *An \$11 supply fee is due at the time of registration.*

5 classes | \$89R/\$98N

Nature House | Instructor: Kindermusik Staff

55222 Sa 6/22-7/27 11:15am-Noon

55223 Sa 8/3-8/31 11:15am-Noon

## Kindermusik Laugh & Learn: Splash!

**Ages 1.5-3**

This summer, we'll splash in the tub, turn into fish and become sailors as we sing songs and explore pretend play relating to our favorite activities in the water! This is a parent-participation class. No unenrolled siblings, please. *An \$11 supply fee is due at the time of registration.*

5 classes | \$89R/\$98N

Nature House | Instructor: Kindermusik Staff

55218 Sa 6/22-7/27 9:15-10:00am

55219 Sa 8/3-8/31 9:15-10:00am

## Kindermusik Adventures for Babies: Busy Days

**Ages 0-1.5**

Using all the places you go with your baby as a theme, uncover more ways to communicate through music, games, sign language, and parent-baby dances. This is a parent-participation class. No unenrolled siblings, please. Voted "Best Music Class" 2012! *A \$35 supply fee is due at the time of registration.* To learn more visit: [www.eastbaykindermusik.com](http://www.eastbaykindermusik.com)

5 classes | \$89R/\$98N

Nature House | Instructor: Kindermusik Staff

55216 Sa 6/22-7/27 10:15-11:00am

55217 Sa 8/3-8/31 10:15-11:00am

## Kindermusik Laugh & Learn with Siblings: Splash!

**Ages 1M-4**

This summer, we'll splash in the tub, turn into fish and become sailors as we sing songs and explore pretend play relating to our favorite activities in the water! This is a parent-participation class. Babies 10 months and younger attend free with a sibling that is enrolled! *An \$11 supply fee is due at the time of registration.*

5 classes | \$89R/\$98N

Nature House | Instructor: Kindermusik Staff

55224 Sa 6/22-7/27 12:15-1:00pm

55225 Sa 8/3-8/31 12:15-1:00pm

*"Kindermusik is such a fun way for kids to learn about music through wonderful songs and activities."*  
Kindermusik parent

Kindermusik



# Exercise & Wellness

## Jazz & Tap Combo

Beginner jazz and tap steps using pop, age appropriate music. Necessary attire: leotard, ballet and tap shoes. *A one-time \$25 fee for all NEW students is due to the instructor at the first class meeting.*

### Ages 4-6

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

Jamie's Dance Studio | Instructor: Jamie Zimmerman

55626 M 6/17-8/5 5:00-5:45pm

### Ages 3-5

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

Jamie's Dance Studio | Instructor: Jamie Zimmerman

55627 Th 6/20-8/8\* 10:15-11:00am

\*No class 7/4

## Princess Ballet

### Ages 3-4

Basic beginner ballet steps, using Disney music. Necessary attire: leotard and ballet shoes. *A one-time \$25 fee for all NEW students is due to the instructor at the first class meeting.*

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

Jamie's Dance Studio | Instructor: Jamie Zimmerman

55493 M 6/17-8/5 9:30-10:15am

55495 W 6/19-8/7 10:00-10:45am

## Tap, Jazz & Ballet Combo

Basic beginner tap, jazz and ballet moves combined with age appropriate music. Necessary attire: leotard, ballet or jazz shoes, and tap shoes. *A one-time \$25 fee for all NEW students is due to the instructor at the first class meeting.*

### Ages 3-5

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

Jamie's Dance Studio | Instructor: Jamie Zimmerman

55624 Tu 6/18-8/6 10:15-11:00am

55625 F 6/21-8/9 9:30-10:15am

### Ages 4-5

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

Jamie's Dance Studio | Instructor: Jamie Zimmerman

55623 M 6/17-8/5 10:15-11:00am



## Taekwon-Do—Little Ninjas

### 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.

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

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

55266 M 6/17-8/19 10:00-10:30am

55267 Tu 6/18-8/20 10:30-11:00am

## Brazilian Jiu-Jitsu for Preschool

### Ages 4-6

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

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

Crispim BJJ Studio | Instructor: Crispim De Almeida

55245 M/W 6/3-7/10 4:00-4:40pm

55246 M/W 7/15-8/21 4:00-4:40pm

# Special Interest

## Science Beginnings—Hands On Discoveries

### Ages 4-5

This is a fun and exploratory science class that will get your child hooked on to science experiments. Get prepared for things that ooze and bubble. Spectacular dry ice experiments teach you about frozen CO<sub>2</sub>. Make green slime, learn about quick sand, discover polymers, make snow, and dissect diapers in an exciting class on polymers. Take home many of the experiments! *A \$5 supply fee is due at the time of registration.*

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

Nature House | Instructor: Vidya Pillai

55330 M-F 7/22-7/26 1:00-2:00pm

## Budding Biologists—Critters

### Ages 4-5

If animals fascinate you, this is your class. You'll study crickets, meal worms, hermit crabs and lady bugs. How do crickets sing? Why does the hermit crab have two pinchers? Learn and explore the habitat, parts and functions of these animals. This class is hands-on, packed with information, and satisfies even the most curious animal-loving kid! Take home crickets, meal worms, and lady bugs. All students receive a worksheet with full details of the experiments. *A \$5 supply fee is due at the time of registration.*

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

Century House | Instructor: Vidya Pillai

55327 M-W/F 7/1-7/5\* 1:00-2:00pm

\*No class 7/4



# Sports



## Wee Hoop Basketball

### Dribblers

**Ages 1.5-3**

This parent interactive class develops gross motor skills and coordination pertinent to the game of basketball. Repetition will enable children to build their confidence level so that parent participation lessens over time. Participants are required to bring a size 3 basketball.

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

Hart Middle School Gym | Instructor: Dinah Shah

55604 F 6/28-7/26 9:00-9:35am

### Jump Shooters

**Ages 3-4**

Skills will be introduced through a variety of drills, games and fun activities. Participants are required to bring a basketball, preferably size 3. This class helps children to develop physical traits such as balancing on one foot and hopping. It also introduces basketball skills based upon their increased coordination. At this level, parents are encouraged to take on a supportive role with lots of high fives and praise from the sideline.

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

Hart Middle School Gym | Instructor: Dinah Shah

55605 F 6/28-7/26 9:40-10:25am

### 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, children will be able to use their skills and knowledge in controlled, instructional scrimmages.

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

Hart Middle School Gym | Instructor: Dinah Shah

55606 F 6/28-7/26 10:30-11:15am

### Ballers

**Ages 5-6**

This class helps children to learn the game of basketball in a fun environment. It introduces team dynamics and incorporates game play. Prior basketball experience required.

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

Hart Middle School Gym | Instructor: Dinah Shah

55607 F 6/28-7/26 11:20am-12:20pm



Like us on Facebook:  
Pleasanton Community Services

## Kidz Love Soccer

Rainout hotline: (888) 372-5803

All kids will receive a Kidz Love Soccer jersey!



## Mommy/Daddy & Me Soccer

**Ages 2-3.5**

Introduce your toddler to the world's most popular sport. As you and your child participate in our fun age-appropriate activities your child will be developing their large motor and socialization skills.

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

Pleasanton Sports Park | Instructor: Kidz Love Soccer

55529 Tu 6/25-8/13 11:30am-Noon

55530 Sa 6/29-8/24\* 10:30-11:00am

55531 Sa 6/29-8/24\* 11:05-11:35am

\*No class 7/6

## Bumper Bowling

**Ages 3-6**

Bumper bowling is back! Success for all bowlers is guaranteed. No gutters, lots of fun. Weekly awards and basic instruction. Children bowl

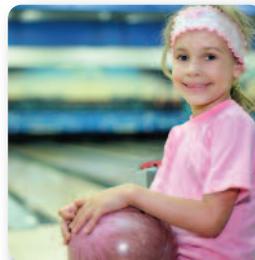
one game each week. End of session party with trophies for everyone. Parent participation/supervision is required. A \$10 supply fee is due at the time of registration.

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

Dublin Bowl | Instructor: Dublin Bowl Staff

55165 Th 6/20-8/29 11:30am-12:30pm

55166 Th 6/20-8/29 1:30-2:30pm



## Tot Soccer

**Ages 3-4**

Little tykes will enjoy running and kicking just like the big kids! Encourages large motor skill development through fun soccer games and introduces kids to the group setting. Shin guards are required after the first class meeting.

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

Pleasanton Sports Park | Instructor: Kidz Love Soccer

55544 Tu 6/25-8/13 10:50-11:20am

55545 Tu 6/25-8/13 5:15-5:45pm

55546 F 6/28-8/23\* 9:30-10:00am

55547 F 6/28-8/23\* 5:45-6:15pm

55548 Sa 6/29-8/24\* 9:10-9:40am

\*No class 7/5, 7/6

## Pre-Soccer

**Ages 4-5**

Teaches the basic techniques of the game and builds self-esteem through participation in fun soccer activities. Children learn to follow instructions in a nurturing, age-appropriate environment. Shin guards are required after the first class meeting.

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

Pleasanton Sports Park | Instructor: Kidz Love Soccer

55549 Tu 6/25-8/13 10:15-10:50am

55560 Tu 6/25-8/13 5:45-6:20pm

55561 F 6/28-8/23\* 10:00-10:35am

55562 F 6/28-8/23\* 5:10-5:45pm

55563 Sa 6/29-8/24\* 9:40-10:15am

\*No class 7/5, 7/6

## Skyhawks-Tiny Hawk Sports

**Ages 3-4**

4 classes | \$49R/\$54N

This program introduces the essentials of athletics. Through games and activities, participants explore balance, hand/eye coordination and skill development. Participants must be toilet trained. All players receive a T-shirt and merit award

## Basketball

55972 M-Th 7/15-7/18 4:00-4:45pm

## Soccer

55973 M-Th 7/15-7/18 5:00-5:45pm

## Baseball

55974 M-Th 7/15-7/18 6:00-6:45pm

See more Skyhawks Sports on pages 13-14 of the Summer Camps pullout

# Gingerbread Preschool

## The Gingerbread Way is PLAY!

Registration information must be complete and turned in by **Friday, May 31, 2013** at Gingerbread Preschool by 3:00pm to be considered for Fall 2013 enrollment.

### School Year Fall Registration 2013

#### Ages 2-5

Gingerbread Preschool is a part-time, PLAY-based preschool. Our program presents a fun and enriching experience where children learn through hands-on play and discovery. Registration packet for Fall 2013 classes will be available on-line beginning May 1, 2013 at [www.gingerbreadpreschool.org](http://www.gingerbreadpreschool.org).

For more detailed information about our program, please visit our website at [www.gingerbreadpreschool.org](http://www.gingerbreadpreschool.org) or contact the preschool at [gingerbread@cityofpleasantonca.gov](mailto:gingerbread@cityofpleasantonca.gov)



4333 Black Avenue • [www.gingerbreadpreschool.org](http://www.gingerbreadpreschool.org) • (925) 931-3430

### Gingersnaps Class

Requirements: All students must be 2 years of age on or before September 2, 2013.\*

**Diapering and toilet training support is available.**

The Gingersnaps class provides a play-based daily routine, designed to be flexible and responsive to the needs of the children. The classroom structure is created on relationship-based principles providing children with quality one-on-one adult/child interactions. Children will develop and grow while they learn routines, social skills and a wealth of knowledge through new experiences and hands-on open ended activities.

**Days: T/Th | Date: 9/10-11/14**

**Times:** 8:00-10:00am 10:15am-12:15pm

**Days: W/F | Date: 9/11-11/15**

**Time:** 8:00-10:00am 10:15am-12:15pm

\*New age requirement date for the Gingersnaps and 3-year old class to align with California State age requirement for Kindergarten effective Fall 2014.

### 4-year old Class

Requirements: All students must be 4 years of age on or before December 2, 2013.

**Child must be toilet trained.**

The four-year-old class imparts the love of learning. Routines and activities are presented that will provide a strong foundation to build upon. Class focus is on developing positive communication skills, social-emotional skills, peer relationships, and self regulation skills through the daily classroom routine and activities. Also introduced are a variety of skills and concepts such as: problem solving, letter and number recognition, cutting, gluing, coloring, pre-writing skills and writing skills.

**Days: M/W/F | Date: 9/9-11/15\***

**Times:** 8:30-11:00am 8:40-11:10am

8:45am-11:15am 8:50-11:20am

11:50am-2:20pm 12:00-2:30pm

12:05-2:35pm 12:10-2:40pm

\*No program on 11/11



### Kinderpal Class

Requirements: All students must be 5 years of age on or before December 2, 2013.

**Child must be toilet trained.** This class must meet the minimum enrollment of 7 children for the class to be offered.

The Kinderpals class provides an extra year of preschool for social/emotional maturation. This class presents a fun and hands-on learning experience and supports each child in building competency in social and learning skills. The class is instructed using a modified emergent curriculum approach in which staff (through observation), tailor the curriculum based on the needs of each student while incorporating children's interests in a play-based, developmentally-appropriate format.

**Day: M-F | Date: 9/9-11/15\***

**Time:** 12:45-3:15pm

\*No program on 11/11

### 3-year old Class

Requirements: All new students must be 3 years of age on or before September 2, 2013.

**Child must be toilet proficient.**

The 3-year old class presents a warm and loving learning environment designed to help facilitate your child's growth and development. The class presents fun hands-on learning experiences and supports each child in building competency in social-emotional skills, self help skills and learning skills.

**Day: T/Th | Date: 9/10-11/14**

**Times:** 8:30-11:00am 8:40-11:10am

8:45-11:15am 8:50-11:20am

11:50am-2:20pm 12:00-2:30pm

12:05-2:35pm 12:10-2:40pm



# Summer Zone at Gingerbread Preschool

## Gingerbread Mini Camps

### Ages 2-6

Enter the Summer Zone at Gingerbread Preschool!

Each weekly session presents a classic "preschool theme" that will provide toddlers and preschoolers with hands-on fun as they experience arts, crafts, games, songs, stories, science experiments and more. Each age grouping will experience different curriculum activities that are age appropriate and will inspire creativity, appropriate risk taking and development of social skills. A snack will be provided daily. Children must be the correct age by the first day of the weekly session. Proof of age and residency are required at time of registration. For children entering the 2's class, diapering is available. Children entering the 3's class must be toilet proficient. Children entering the 4, 5 & 6 class must be toilet trained.



### Themes:

#### Building Blocks and More!

Children will enjoy creating and building using a variety of materials such as cardboard, duct tape, newspaper, bubble wrap and more!

#### Water Fun!

Children will enjoy a variety of water play activities inside and outside the classroom and explore how things sink and float.

#### Let's Pretend!

Children will enter the world of make believe as the classroom is transformed into a new setting, such as a veterinarian's office, restaurant or grandma's house!

#### Paint Explore!

Children will create with "paint" in unconventional ways: finger painting with pudding, tempera paint ice cubes, easel painting and more!

#### Dance & Sing!

Children will play with musical instruments such as drums and rhythm sticks dance with scarves and ribbons and also create their own musical instruments!

#### Back Yard Fun!

Children will explore the special features of the Gingerbread Preschool Back Yard: the garden, mud pit, music wall and Hazel the Hippo!

Gingerbread Preschool | Instructor: Gingerbread Staff

### Ages 2-3 2 classes | \$41R/\$45N

Code	Course	Day	Date	Time
55288	Building Blocks & More!	M-Tu	6/24-6/25	9:00-11:00am
55289	Water Fun!	M-Tu	7/1-7/2	9:00-11:00am
55290	Let's Pretend!	M-Tu	7/8-7/9	9:00-11:00am
55291	Paint Explore!	M-Tu	7/15-7/16	9:00-11:00am
55292	Dance and Sing!	M-Tu	7/22-7/23	9:00-11:00am
55293	Back Yard Fun!	M-Tu	7/29-7/30	9:00-11:00am

### Ages 3-5 2 classes | \$44R/\$48N

Code	Course	Day	Date	Time
55300	Building Blocks & More!	M-W	6/24-6/26	9:00am-Noon
55306	Building Blocks & More!	Th-F	6/27-6/28	9:00am-Noon
55302	Let's Pretend!	M-W	7/8-7/10	9:00am-Noon
55308	Let's Pretend!	Th-F	7/11-7/12	9:00am-Noon
55309	Paint Explore!	Th-F	7/18-7/19	9:00am-Noon
55310	Dance and Sing!	Th-F	7/25-7/26	9:00am-Noon
55311	Back Yard Fun!	Th-F	8/1-8/2	9:00am-Noon

### 3 classes | \$66R/\$73N

55301	Water Fun!	M-W	7/1-7/3	9:00am-Noon
55303	Paint Explore!	M-W	7/15-7/17	9:00am-Noon
55304	Dance and Sing!	M-W	7/22-7/24	9:00am-Noon
55305	Rocket Ship/Moon	M-W	7/29-7/31	9:00am-Noon

### Ages 3 3 classes | \$66R/\$73N

55294	Building Blocks & More!	W-F	6/26-6/28	9:00am-Noon
55295	Water Fun!	W-F	7/3-7/5	9:00am-Noon
55297	Paint Explore!	W-F	7/17-7/19	9:00am-Noon
55298	Dance and Sing!	W-F	7/24-7/26	9:00am-Noon
55299	Back Yard Fun!	W-F	7/31-8/2	9:00am-Noon

### 2 classes | \$44R/\$48N

55296	Let's Pretend!	Th-F	7/11-7/12	9:00am-Noon
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### Ages 4 5 classes | \$109R/\$120N

55312	Building Blocks & More!	M-F	6/24-6/28	8:45-11:45am
55314	Let's Pretend!	M-F	7/8-7/12	8:45-11:45am
55315	Paint Explore!	M-F	7/15-7/19	8:45-11:45am
55316	Dance and Sing!	M-F	7/22-7/26	8:45-11:45am
55317	Back Yard Fun!	M-F	7/29-8/2	8:45-11:45am

### 4 classes | \$109R/\$120N

55313	Water Fun!	M-W/F	7/1-7/5*	8:45-11:45am
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### Ages 5-6 5 classes | \$109R/\$120N

55318	Building Blocks & More!	M-F	6/24-6/28	8:45-11:45am
55321	Paint Explore!	M-F	7/15-7/19	8:45-11:45am
55322	Dance and Sing!	M-F	7/22-7/26	8:45-11:45am
55323	Back Yard Fun!	M-F	7/29-8/2	8:45-11:45am

### 4 classes | \$87R/\$96N

55319	Water Fun!	M-W/F	7/1-7/5*	8:45-11:45am
55320	Let's Pretend!	M-Tu/Th-F	7/8-7/12	8:45-11:45am

\*No class 7/4

# The Arts

## Sculpture

### Ages 6-12

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

### Ages 6-8

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

Cultural Arts Center | Instructor: Erin Davis

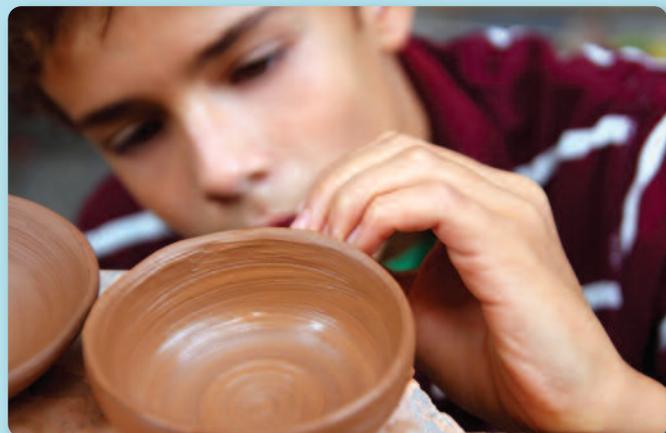
55273 Tu 6/4-7/9 4:00-5:30pm

### Ages 9-12

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

Cultural Arts Center | Instructor: Erin Davis

55274 Tu 6/4-7/9 6:00-7:30pm



## Youth Ceramics

### Ages 5-12

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

### Ages 5-8

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

Cultural Arts Center | Instructor: Erin Davis

55226 W 6/5-7/10 4:00-5:00pm

55227 W 7/17-8/21 4:00-5:00pm

### Ages 8-12

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

Cultural Arts Center | Instructor: Erin Davis

55429 W 6/5-7/10 5:30-6:30pm

55437 W 7/17-8/21 5:30-6:30pm



## Critters 'n Clay™!

### Ages 4.5-10

Enrich your child's world integrating science, sculpting and children's literature! We will learn interesting facts about a different animal each week, sculpt it out of clay, and wrap things up with a story about the 'critter du jour.' Basic sculpting and glazing techniques will be taught and practiced. These treasures are sure to become future family heirlooms. A \$25 supply fee is due at the time of registration.

5 classes | \$89R/\$98N

Cultural Arts Center | Instructor: Hilary Ford

Code	Days/Dates	Glazing	Time
55089	M-Th, 7/15-7/18	F, 7/26	2:00-3:00pm
55090	M-Th, 7/22-7/25	F, 8/2	2:00-3:00pm

## Young @ Art Excursions

### Ages 10-17



Young artists will travel to Precita Eyes Mural Arts Center to learn the history of the mural movement and will take a walking tour to view popular San Francisco murals. Civic Arts staff will facilitate a fun day of visual arts as they travel by bus and BART. Participants must provide their own lunch. Fee includes transportation, tour fees, and staff supervision. Participants will meet at and return to the Firehouse Arts Center in Pleasanton.

1 class | \$44R/\$49N

Firehouse Arts Center | Instructor: City Staff

55550 W 8/14 8:00am-5:00pm

## Beginning

### Guitar

### Ages 8-11

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

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

Nature House | Instructor: Debra Knox

55449 M 6/10-7/29 6:00-6:55pm



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Pleasanton Community Services



# Exercise & Wellness



## Brazilian Jiu-Jitsu

### Ages 7-9

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

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

Crispim BJJ Studio | Instructor: Crispim De Almeida

55247 M/W 6/3-7/10 4:45-5:30pm

55248 M/W 7/15-8/21 4:45-5:30pm

## Mixed Martial Arts

### Ages 5-9

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

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

Crispim BJJ Studio | Instructor: Crispim De Almeida

55251 Tu/Th 6/4-7/11\* 4:30-5:15pm

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

Crispim BJJ Studio | Instructor: Crispim De Almeida

55252 Tu/Th 7/16-8/22 4:30-5:15pm

\*No class 7/4



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Services

## Hip Hop

Learn hip hop moves to age appropriate music. Necessary attire: shorts and tennis shoes.

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

Jamie's Dance Studio | Instructor: Jamie Zimmerman

### Ages 10-12

55498 M 6/17-8/5 6:30-7:15pm

### Ages 8-10

55499 Tu 6/18-8/6 4:15-5:00pm

55500 W 6/19-8/7 6:30-7:15pm

### Ages 9-11

55501 F 6/21-8/9 11:00-11:45am



## Jazz & Hip Hop Combo

### Ages 6-8

Beginner hip hop moves with age appropriate music. Necessary attire: shorts and tennis shoes.

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

Jamie's Dance Studio | Instructor: Jamie Zimmerman

55615 M 6/17-8/5 11:00-11:45am

55618 W 6/19-8/7 2:30-3:15pm

55619 Th 6/20-8/8 3:30-4:15pm

55620 F 6/21-8/9 10:15-11:00am

## Stretch & Ballet Technique

### Ages 10-13

Stretch and basic ballet steps, turns, leaps and jumps. Necessary attire: leotard and ballet shoes.

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

Jamie's Dance Studio | Instructor: Jamie Zimmerman

55628 W 6/19-8/7 3:15-4:00pm

www.jamiesdance.com

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

## Traditional Japanese Karate

### Ages 5-12

We are dedicated to teaching young people how to defend themselves while building self-confidence in a fun and safe environment. Shito Ryu Karate is based on hundreds of years of Okinawan/Japanese Karate and is an effective and complete self-defense system. Our motto is: 'Persistence and determination alone are omnipotent.' To learn more, visit [www.daytimedragon.com](http://www.daytimedragon.com).

Veterans Memorial Building | Instructor: Daniel Reddell  
M | 6/3-6/24 | 4 classes | \$36R/\$40N

55205 5:15-6:00pm

55208 6:05-6:50pm

55212 7:00-7:45pm

W | 6/5-6/26 | 4 classes | \$36R/\$40N

55944 5:15-6:00pm

55951 6:05-6:50pm

55952 7:00-7:45pm

M | 7/1-7/29 | 5 classes | \$45R/\$50N

55206 5:15-6:00pm

55210 6:05-6:50pm

55213 7:00-7:45pm

W | 7/3-7/31 | 5 classes | \$45R/\$50N

55945 5:15-6:00pm

55949 6:05-6:50pm

55953 7:00-7:45pm

M | 8/5-8/26 | 4 classes | \$36R/\$40N

55207 5:15-6:00pm

55211 6:05-6:50pm

55214 7:00-7:45pm

W | 8/5-8/26 | 4 classes | \$36R/\$40N

55946 5:15-6:00pm

55950 6:05-6:50pm

55954 7:00-7:45pm

Looking for a fun  
camp this summer?  
You'll find everything  
from dance to drama,  
sculpture to science,  
and more in our Summer  
Camps Pullout in the  
center of this Guide!

## Exercise & Wellness, continued

### 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.

**10 classes | \$150R/\$165N**

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

**55958 Tu 6/18-8/20 5:00-5:50pm**

**5 classes | \$110R/\$121N**

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

**55270 M-F 6/24-6/28 1:30-3:30pm**

**55271 M-F 7/8-7/12 1:30-3:30pm**

**55272 M-F 8/5-8/9 1:30-3:30pm**

### Kids' Summer Yoga

**Ages 6-11**

Yoga for Kids is an excellent way to develop a stronger body/mind connection while having a great time. Beth enjoys helping kids with creativity of movement and working to help guide them safely through a fun yoga class. Appropriate for boys and girls, ages 6-11. Please bring yoga mat, strap, block. Sign up for one or all three sessions and have fun introducing your kids to yoga this summer!

**Ages 6-8**

**8 classes | \$150R/\$165N**

**Firehouse Arts Center | Instructor: Beth Fox**

**55956 M-Th 7/8-7/18 10:00-10:45am**

**55957 M-Th 7/22-8/1 10:00-10:45am**

**Cultural Arts Center | Instructor: Beth Fox**

**55955 M-Th 8/5-8/15 10:00-10:45am**

**Ages 8-11**

**8 classes | \$150R/\$165N**

**Firehouse Arts Center | Instructor: Beth Fox**

**55261 M-Th 7/8-7/18 9:00-9:45am**

**55262 M-Th 7/22-8/1 9:00-9:45am**

**Cultural Arts Center | Instructor: Beth Fox**

**55263 M-Th 8/5-8/15 9:00-9:45am**

# Special Interest

### Beginning Game Design

**Ages 6-12**



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

**8 classes | \$149R/\$165N**

**Veterans Memorial Building**

**Instructor: Freshi Media Staff**

**55239 Th 7/11-8/29 3:00-4:30pm**



### Filmmaking from Script to Premiere

**Ages 6-12**



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

**8 classes | \$149R/\$165N**

**Veterans Memorial Building**

**Instructor: Freshi Media Staff**

**55241 Tu 7/9-8/27 3:30-5:00pm**



### Kurukula: Girls Empowerment—Life Skills & Self-Defense

**Ages 10-14**

Kurukula is a dynamic empowerment program to develop inner strength in young women. Girls will develop healthy body image and self-esteem and tools to build healthy peer relationships. Classes incorporate fun assertiveness games and creative self-defense role-plays to build these essential skills. All participants get a Kurukula T-shirt. *Class contains mature topics. See website for more information: [www.kurukula.org](http://www.kurukula.org).*

**4 classes | \$119R/\$131N**

**Nature House | Instructor: Kurukula Staff**

**55164 Tu-F 6/25-6/28 5:00-6:30pm**

### Please Pass the Manners



**Ages 9-11**

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

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

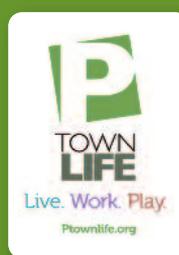
**Century House | Instructor: Kate Debernardi**

**55325 Tu 7/16-8/20 10:00-11:00am**

**55326 Th 7/18-8/22 10:00-11:00am**



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### PTOWNLIFE.ORG

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

# Sports

## Archery

### Ages 8-18

Brent Miller, Valley View Elementary Physical Education Specialist and Basic Archery Instructor will be hosting two summer archery classes. Equipment will be provided or you can bring your own.

### Beginning Archery

This class is for archers with little or no experience. Participants will learn history of archery, the basics of archery, how to shoot a bow and arrow safely and accurately, and score keeping. We will shoot compound bows and aluminum arrows.

3 classes | \$125R/\$137N

Amador Valley HS Gym | Instructor: Brent Miller

55591 M-W 6/24-6/26 12:00-2:00pm

55595 Tu-Th 7/16-7/18 10:00am-Noon

### Advanced Archery

This advanced class is for individuals who have some prior archery experience or have attended archery class before and are looking to get in a lot of shooting. Focus will be on review of basic skills, advanced techniques, games, and a further distance of shooting. Some time will be spent on shooting at 3D targets.

3 classes | \$125R/\$137N

Amador Valley HS Gym | Instructor: Brent Miller

55592 M-W 6/24-6/26 2:30-4:30pm

55597 Tu-Th 7/16-7/18 1:00-3:00pm

## Play Hard Football

### Ages 9-14

Spend the summer having fun, improving your skills, and getting into 'playing' shape!

Participants will learn fundamentals and develop their skills

through instruction and drills aimed to get them ready for the fall season.

12 classes | \$195R/\$215N

Pleasanton Sports Park Football Field

Instructor: Duncan Burgermeister

55335 Tu/Th 6/18-7/30\* 6:00-8:00pm

\*No class 7/4



## Kidz Love Soccer

Rainout hotline: (888) 372-5803

All kids will receive a Kidz Love Soccer jersey!

### Soccer 1

#### Ages 5-6

Players will learn dribbling, passing, receiving, shooting, age-specific defense, etc. Fun skill games are played at every session while small-sided matches are introduced gradually. Shin guards are required after the first class meeting.

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

Pleasanton Sports Park | Instructor: Kidz Love Soccer Staff

55565 Tu 6/25-8/13 9:30-10:15am

55566 Tu 6/25-8/13 3:45-4:30pm

55567 F 6/28-8/23\* 10:35-11:20am

55568 F 6/28-8/23\* 3:40-4:25pm

55570 Sa 6/29-8/24\* 10:15-11:00am

\*No class 7/5, 7/6

### Soccer Skillz & Scrimmages

#### Ages 7-10

Kids will enjoy advanced skill building: dribbling, passing and shooting in a team play format. Each class will include scrimmages to develop positional play, teamwork and tactics as well as individual skill development. Shin guards are required after the first class meeting.

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

Pleasanton Sports Park | Instructor: Kidz Love Soccer Staff

55503 Tu 6/25-8/13 4:30-5:15pm

55523 F 6/28-8/23\* 4:25-5:10pm

55525 Sa 6/29-8/24\* 11:00-11:45am

\*No class 7/5, 7/6



## Skyhawks Multi-Sports

### Ages 6-12

Since 1979, Skyhawks sports classes have been providing a safe, fun, and skill-focused experience for youth in all skill levels, from introductory to advanced.

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

Thomas Hart Middle School | Instructor: Skyhawks Sports Academy

### Soccer/Baseball/Basketball

Athletes will learn the rules and essential skills of soccer, baseball, and basketball, along with vital life lessons such as respect and teamwork. All players receive a T-shirt and a merit award.

55648 M-F 8/5-8/9 9:00am-Noon

### Kickball/Dodgeball/Capture the Flag

Skyhawks takes your favorite playground/backyard/family get-together games from combines them into a one-of-a-kind action packed camp. Participants will learn strategy and rules of the game while incorporating teamwork and sportsmanship.

55651 M-F 8/12-8/16 9:00am-Noon

See more Skyhawks Sports on pages 13-14 of the Summer Camps pullout



# Recreational Youth Basketball Program

Get more court time and improve your skills!



## Grades 1-12 (as of Fall 2013)

### Ages 6-18

Are you interested in getting more “court time” in the summer? Come join the Pleasanton Youth Basketball Program and meet our enthusiastic staff whose priorities are to ensure all participants improve their skills in a fun and encouraging atmosphere. For the first half, participants will focus on fundamental drills and finish the program with scrimmages. We have a variety of grade levels for boys and girls.

9 classes | \$71R/\$78N

Hart Middle School Gym | Instructor: City Staff

### Boys:

Code	Grade	Day	Date	Time
55375	1-2	Tu/Th	6/25-7/25*	5:15-6:15pm
55376	3-4	Tu/Th	6/25-7/25*	6:30-7:30pm
55377	5-6	Tu/Th	6/25-7/25*	7:45-8:45pm
55378	7-12	Tu/Th	6/25-7/25*	9:00-10:00pm

\*No class 7/4

### Girls:

Code	Grade	Day	Date	Time
55345	1-2	M/W	6/24-7/24*	5:15-6:15pm
55346	3-4	M/W	6/24-7/24*	5:15-6:15pm
55347	5-6	M/W	6/24-7/24*	6:30-7:30pm
55348	7-12	M/W	6/24-7/24*	6:30-7:30pm

\*No class 7/3



# The Arts



## Beginning Guitar Ages 11-17

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

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

Nature House | Instructor: Debra Knox

55450 M 6/10-7/29 7:00-7:55pm

## Ceramics—Wheel Throwing Ages 12-17

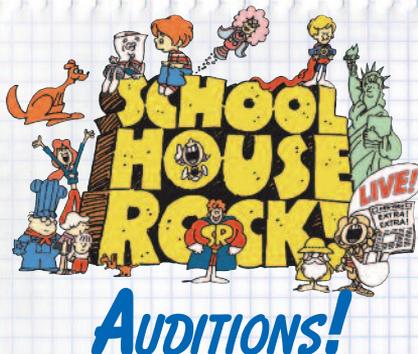
All levels welcome, no experience required. Class will cover basic throwing skills. A \$40 supply fee is due at the time of registration.

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

Cultural Arts Center | Instructor: Erin Davis

55440 M 6/3-7/8 5:00-7:00pm

55441 M 7/15-8/19 5:00-7:00pm



**AGES 7-18**

Audition packet will be available online at [www.firehousearts.org/programs/ca-stage-co](http://www.firehousearts.org/programs/ca-stage-co) starting Friday, 6/21. See page 11 for more info.

*Attention Teens!*  
**Teen Open Mic & Movie Night**  
**For Ages 13-18 \* FREE!**  
**Thursday, June 20th • 7:00–10:00pm**  
**Amador Recreation Center, 4455 Black Avenue, Pleasanton**  
 Gather your friends and head over to the Amador Rec Center for an evening of music, poetry and spoken word followed by a showing of *The Dark Knight Rises* (PG-13) on the big screen!  
**Sign-ups for Open Mic begin at 7:00pm. Free popcorn and snacks provided.**

## Creatures of Impulse » Teen Improv Troupe

# Tri-Valley High: The Series

**A live, improvised, and episodic teen soap opera**

This show just keeps getting bigger! It's time for a third season of Creatures of Impulse's most talked about format ever. Over four live and improvised episodes, you will follow the same characters, stories, and spontaneous twists and turns as Creatures of Impulse performs the only improvised teen soap opera in the Bay Area. You will help create the characters, location, and plot for this interactive and un-scripted adventure. This show is best suited for audiences ages 12 and up.

4 Shows | Students Tickets: \$5 advance/\$8 at the door

General Admission: \$10 advance/\$15 at the door

For tickets, visit [www.FirehouseArts.org](http://www.FirehouseArts.org) or call (925) 931-4848

Firehouse Arts Center

Director: Mark Duncanson

W 7/10-7/31 7:30pm



# Special Interest

## Young @ Art Excursions *New!* Ages 10-17

Young artists will travel to Precita Eyes Mural Arts Center to learn the history of the mural movement and will take a walking tour to view popular San Francisco murals. Civic Arts staff will facilitate a fun day of visual arts as they travel by bus and BART. Participants must provide their own lunch. Fee includes transportation, tour fees, and staff supervision. Participants will meet at and return to the Firehouse Arts Center in Pleasanton.

1 class | \$44R/\$49N

Firehouse Arts Center | Instructor: City Staff

55550 W 8/14 8:00am-5:00pm



**Thursday Night Teens!** *New!*

**Thursdays are the new Fridays!**  
Come check out the Amador Rec Center on Thursday nights this summer. Teens only, ages 12-15. Location: Amador Recreation Center. Time: 6:30-8:30pm  
*Must pre-register—online ONLY.*  
1 class for \$5 | All 5 classes for \$20  
Amador Recreation Center  
Instructor: City Staff

**All FIVE Thursdays**  
Register for all 5 Thursday nights and get one FREE!

55476	7/11-8/8
<b>BBQ &amp; Ping Pong Tournament</b>	
55472	7/11
<b>Ice Cream Sundae Bar &amp; Flag Football</b>	
55474	7/18
<b>Mexican Food &amp; Bingo</b>	
55471	7/25
<b>Pizza &amp; Dodge Ball</b>	
55473	8/1
<b>Pizza &amp; Just Dance</b>	
55470	8/8

## Ptownlife Web Team Recruitment!

The Ptownlife Web Team is a group of teens who guide the design and content of Ptownlife.org. Interested in joining the team in Summer or Fall 2013? Check ptownlife.org for recruitment details or email info@ptownlife.org.



## 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.

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

Century House | Instructor: Suzy McCreary

55193 M-Tu 6/24-6/25 1:00-4:00pm

## Social Etiquette for a Modern World *New!* Ages 12-14

Prepare for a successful future! Teens learn proper manners and social skills with a strong focus on respect and value for others, integrity and putting people at ease. Content geared toward life today.

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

Century House | Instructor: Kate Debernardi

55275 Tu 7/16-8/20 11:00am-Noon

55324 Th 7/18-8/22 11:00am-Noon

2013 Summer Camps are here! See the Summer Camps Pullout in the center of this Guide.



Like us on Facebook: Pleasanton Community Services

# Exercise & Wellness

## Brazilian Jiu-Jitsu

### Ages 10-14

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 improve your child's coordination, strength and agility. Includes a segment on dealing with bullying. Helps develop discipline, respect, integrity and improves confidence. A \$50 uniform fee is required on site at first class meeting.

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

Crispim BJJ Studio | Instructor: Crispim De Almeida

55249 M/W 6/3-7/10 5:30-6:30pm

55250 M/W 7/15-8/21 5:30-6:30pm

## Mixed Martial Arts

### Ages 10-14

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

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

Crispim BJJ Studio | Instructor: Crispim De Almeida

55253 Tu/Th 6/4-7/11\* 5:15-6:15pm

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

55254 Tu/Th 7/16-8/22 5:15-6:15pm

\*No class 7/4



**Looking for Sports Camps this summer? You'll find everything from swimming to soccer, baseball to lacrosse, and more in our Summer Camps Pullout in the center of this Guide!**

## Fight Shape—Kickboxing

### Ages 15 and up

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

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

11 classes | \$93R/\$102N

Crispim BJJ Studio | Instructor: Crispim De Almeida

55257 Tu/Th 6/4-7/11\* 6:15-7:15pm

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

Crispim BJJ Studio | Instructor: Crispim De Almeida

55258 Tu/Th 7/16-8/22 6:15-7:15pm

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

Crispim BJJ Studio | Instructor: Crispim De Almeida

55259 M/W/F 6/3-7/12 12:00-1:00pm

55260 M/W/F 7/15-8/23 12:00-1:00pm

\*No class 7/4

## 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!

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

Veterans Memorial Building | Instructor: Diana Robinson

55209 Th 6/6-8/15 6:30-7:30pm

## Zumba Toning

### Ages 13 and up

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

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

Veterans Memorial Building | Instructor: Diana Robinson

55215 Tu 6/4-8/6 6:30-7:30pm

## 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.

4 classes | \$68R/\$75N

Veterans Memorial Building | Instructor: Beth Fox

55231 F 7/12-8/2 9:00-10:15am

Cultural Arts Center | Instructor: Beth Fox

55232 F 8/9-8/30 9:00-10:15am

# Sports

## Girls Beach Volleyball

### Ages 12-17

Learn fundamentals, improve skills, or make the transition to the game of beach volleyball. Primarily suited for intermediate/advanced players, this course will cover beach conditioning, techniques, and strategies to play sand doubles, or to improve one's indoor game. Each participant will receive a Club V.I.P. T-Shirt.

11 classes | \$350R/\$385N

Tennis & Community Park Sand Courts

Instructor: Ted Babu

55600 Tu/Th/F 6/25-7/19\* 9:00-11:00am

\*No class 7/4



## PTOWNLIFE.ORG

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



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

Come experience the Alviso Adobe! It is a unique historic resource that tells the story of California from its earliest human occupation, dating back to 3240 B.C. A recent restoration developed the site into an interpretive park where visitors can learn about the history of the Amador Valley and get a rare glimpse of times past. From its earliest recorded human habitation as a settlement of the native Ohlone people, to the days of the Spanish Ranchos, or Californios, managing herds of cattle on the original 12,000-acre Rancho Santa Rita, to the turn of the century when it was home to one of California's first certified dairies. Original portions of each historical period have been left intact for visitors' enjoyment.

Visit this park that boasts a Native American grinding rock feature, the only one of its type in the vicinity. Tour the restored Alviso Adobe, the first building in the Pleasanton area, and the physical and interpretive centerpiece of the park, as well as a re-creation of the historic Meadowlark Dairy Milking Barn and Interpretive Center,



## ALVISO ADOBE COMMUNITY PARK

Bunk House/Interpretive and Activity Space. All are used to accommodate various programs, activities and indoor interpretive displays.

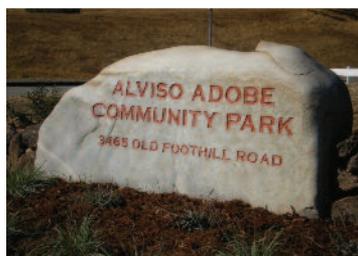
This beautiful site also features a dramatic overlook of the valley, with images of Pleasanton at different time periods. A small amphitheater seats 40-50 people. Nearby are demonstration areas that invite visitors to participate in unique and diverse activities related to focused time periods and the park itself.

The park grounds have been carefully landscaped with native plants, fruit and nut trees. Native vegetation grows along the northern edge of Old Foothill Road amidst ancient Heritage oak trees, Native American rock features, and an ephemeral creek.

### Alviso Adobe Registration Site

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

**Alviso Adobe Community Park**  
3465 Old Foothill Road, Pleasanton  
For more information, call  
(925) 931-3479



**Park Hours: Dawn to Dusk**  
**Facility Hours: Wed.-Sun. 10:00am-4:00pm**  
[enicholas@cityofpleasantonca.gov](mailto:enicholas@cityofpleasantonca.gov)



# Natural World

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

## Nature's Wonder Club Series Ages 3-6

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

**Alviso Adobe Community Park**  
**Instructor: Eric Nicholas, Megan Kummer**

**Sign up for all 3 of the club classes at once**  
**3 classes | \$7R/\$10N**

**55481** Sa 7/13, 8/3, 8/31 11:00am-Noon

## Quails! (Family Fun)

The quail is the state bird of California, so shouldn't we all know about it? Come up to the Alviso Adobe and learn about these fascinating animals. We'll play games, do some art projects, and discover cool facts about our state mascot.

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

**Alviso Adobe Community Park | Instructor: Megan Kummer**

**55491** Sa 7/13 11:00am-Noon

## Natural Arts

Look around and you will see that nature has been creating some stunning masterpieces for a long time. Come explore the natural world and then create some of your own works of art with shells, leaves, seeds and feathers... a few of the ingredients that nature has so generously provided.

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

**Alviso Adobe Community Park | Instructor: Megan Kummer**

**55480** Sa 8/3 11:00am-Noon

## Animal House (Family Fun)

**New!**

Come out and meet the critters! Learn about animal adaptations while they creep, slither and crawl all around you. This program is designed to develop an appreciation for the diverse life forms that share the world with us in a fun and nurturing environment.

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

**Alviso Adobe Community Park | Instructor: Eric Nicholas**

**55492** Sa 8/31 1:00-2:30pm



## Ancient World

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

*Pre-registration is required for all classes.*

## Delightful Dolls (Family Fun)

**New!**

**Ages 4-8**

Just like you, the children who lived at the Alviso Adobe had favorite toys that they liked to play with. Many of those toys didn't come from a store, but were made from materials their family had on hand. Come check out some of the toys in the Adobe, and make a simple no-sew rag doll to take home.

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

**Alviso Adobe Community Park**  
**Instructor: Environmental Ed. Staff**

**55521** Su 6/9 1:00-2:00pm

## Adobe Brick Making Ages 6-12

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

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

**Alviso Adobe Community Park**  
**Instructor: Megan Kummer**

**55478** Sa 6/22 2:00-3:00pm

## Cave Painting

**Ages 6-12**

Before there were paints and paper, people had to look to nature when they wanted to draw and write. Come spend some time at the Alviso Adobe Community Park and learn how to make pigments from some of the materials nature provides. Then we'll use our pigments to make cave paintings (in our indoor cave) like those who lived on this land before us.

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

**Alviso Adobe Community Park**  
**Instructor: Megan Kummer**

**55479** Sa 8/17 2:00-3:00pm



## Alviso Adobe Community Park Tour

**All Ages**

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

**1 class | FREE**

**Alviso Adobe Community Park**  
**Instructor: Environmental Ed. Staff**

**55533** Su 6/2 2:30-3:30pm

**55534** Su 7/7 2:30-3:30pm

**55535** Su 8/4 2:30-3:30pm



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

## Farm Life

Farm Life classes explore the rich agricultural past of Pleasanton! Classes provide numerous hands-on opportunities to explore the rich traditions of farmers past and present.

*Pre-registration is required for all classes.*

All Farm Life classes are located at the Alviso Adobe Community Park

## Butter Making (Family Fun)



**Ages 5-12**

Where does butter come from? Our friend the dairy cow, of course! In this program, we'll trace a day in the life of a cow at the Meadowlark Dairy and make some butter to enjoy.

**1 class | \$5R/\$8N | Instructor: Environmental Ed. Staff**

**55524** Su 6/23 1:00-2:00pm

## Garden Party

**Ages 6-12**

Join the party—the garden party! Whether we're planting, harvesting, or caring for our plants, it's always a good time at the Alviso Adobe Community Park Garden! Discover a newfound awareness of the benefits of home-grown vegetables and learn about the wonderful life of plants while you dig right into the garden!

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

**Instructor: Megan Kummer**

**55477** Sa 7/27 2:00-3:30pm

## Rancho Tools of the Trade

**Ages 8-12**

Francisco Alviso, who built our Adobe, started out as a vaquero - a Californio cowboy. Vaqueros herded, roped, and branded the cattle on the rancho. Come check out some of the tools a vaquero would use and make your own brand to take home.

**1 class | \$5R/\$8N | Instructor: Environmental Ed. Staff**

**55526** Su 7/28 1:00-2:00pm

## End of Summer Ice Cream Social (Family Fun)

**Ages 5-12**

Let's say good-bye to summer vacation with an old fashioned ice cream social! Using time tested recipes and human energy, together we'll concoct yummy ice cream the old fashioned way right here where it all started . . . the original location of the Meadowlark Dairy!



**1 class | \$3R/\$6N | Instructor: Environmental Ed. Staff**

**55528** Su 8/25 1:00-2:00pm



## Wascawwy Wabbits

**Ages 2-6**

They're little, fuzzy and warm . . . and oh, so cute. Come out and meet some of our Naturalist's very dear friends. Learn about the history and life of rabbits as one of their kind hop around your feet. Mind your step!

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

**Alviso Adobe Community Park | Instructor: Megan Kummer**

**55475** Sa 6/15 11:00am-Noon

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

## Augustin Bernal Park

### General Information

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

### Resident and Nonresident Access

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

### Access: Horse Trailers

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

### Park Access Hours

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

### City Trails

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





## Special Interest

### Arroyo del Valle Creek Clean-Up



**Ages 6-12**

Be a steward of the land and take part in a creek clean-up. The Community Services Department is partnering with the Earth Clubs from FHS and AVHS to clean the creek that runs through downtown.

**1 class | FREE**

**Arroyo Del Valle | Instructor: Megan Kummer**

**55516 Sa 8/24 10:00am-Noon**

### Wondrous Universe Series

The Wondrous 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.*

### Our Nearest Star

**Ages 6-12**

Of the 200 billion stars in the Milky Way Galaxy, we luckily have one of our own. The Sun, our nearest stellar neighbor, provides us with everything we need. We will be looking at what all of that really means as we explore stellar evolution from start to finish. In addition, we will do sun-related activities, and then learn the proper methods needed to safely view our nearest star.

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

**Alviso Adobe Community Park | Instructor: Eric Nicholas**

**55494 Sa 6/8 11:00am-Noon**

## Looking for Ridge Runners Summer Camp?

See the Summer Camps Pullout in the center of this Guide for Ridge Runners Camps and more!

## Nature Hikes

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

*Pre-registration is required for all classes.*

### Hike/Walk Exertion Levels:

**Stroller Friendly**—geared for families and trails that accommodate strollers.

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

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

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



### Capture That Outdoor Image/Nature Photography

**Ages 15 and up**

Come out on a photographic journey at Bernal Creek and its adjoining ponds. Our naturalist will share some great hidden locations and photographic techniques as he helps you to find the perfect outdoor image. These sites are known for attracting native birds. This is a moderate hike.

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

**Bernal Creek | Instructor: Eric Nicholas**

**55490 Sa 8/24 3:30-5:30pm**

### Girls Getting Out



**Ages 9-13**

This is a girl power hike! We will explore the Preserve nature trails and discover the fascinating plants and wildlife that call that park home, as well as build friendships and positive self-images. Girls rock! This is a moderate hike.

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

**Augustin Bernal | Instructor: Megan Kummer**

**55513 Sa 8/31 1:00-2:30pm**

## Last Long Hike of Summer



**Ages 10-14**

Are you up for the long haul? Get ready to strap on your boots and join your Naturalist on an in-depth hike. We will be going over the hill and far away to discover what will become some of your favorite trails. During our trek, we will be learning about Bay Area geology and plant life. This is an active hike.

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

**The Preserve | Instructor: Eric Nicholas**

**55514 Sa 8/24 1:00-5:00pm**

## National Trails Day



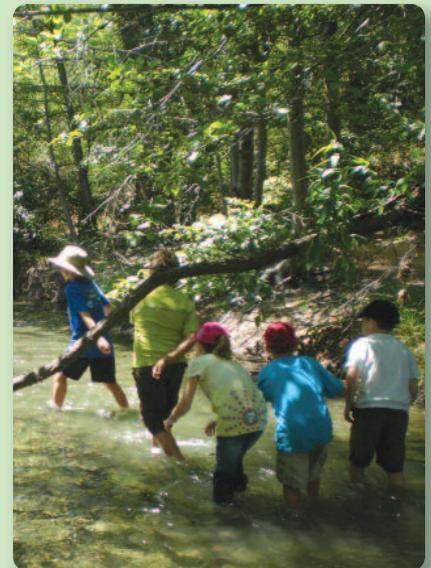
**All Ages**

Participate in National Trails Day, sponsored by the American Hiking Society. National Trails Day, created in 1993, celebrates trails and promotes their development in all American communities. Come show your support for the trails in Pleasanton as the Environmental Ed. Staff leads an interpretive walk along the Marilyn Murphy Kane Trail. This is a stroller friendly hike.

**1 class | FREE**

**Marilyn Kane Trail | Instructor: Eric Nicholas, Megan Kummer**

**55515 Sa 6/1 10:00am-Noon**



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

## R.A.D.D. Summer 2013 Activities Form

Registration form on the next page

Level	Code	Activity	Date/Time/Notes	Meeting Location	Fee
<input type="checkbox"/>	7 55510	Breakfast Club	Sa, 6/8, 8:30-10:30am. Includes entree, beverage, tip and tax. Bring money for Farmer's Market.	Rising Loafer, 428 Main St., Pleasanton	\$16
<input type="checkbox"/>	8 55554	Mini Golf at Boomers!	Sa, 6/15, 12:30-3:30pm. Includes pizza, beverage and miniature golf.	Boomers!, 2400 Kitty Hawk Road, Livermore	\$20
<input type="checkbox"/>	1 55552	Bingo and Lunch	Sa, 6/22, 12:00-2:00pm. Includes lunch, beverage, bingo and prizes.	Pleasanton Senior Center, 5353 Sunol Blvd., Pleasanton	\$10
<input type="checkbox"/>	7 55553	A's Game and Tailgate Party	Sa, 6/29, 10:30am-4:30pm. Includes ticket, transportation, lunch, beverage. Bring extra money to purchase a snack. Expect a full day of sun.	Pleasanton Senior Center, 5353 Sunol Blvd., Pleasanton	\$32
<input type="checkbox"/>	7 55511	Breakfast Club	Sa, 7/6, 8:30-10:30am. Includes entree, beverage, tip and tax. Bring money for Farmer's Market.	Vic's All Star Kitchen 201 Main St., Pleasanton	\$16
<input type="checkbox"/>	4 55564	Summer Luau	F, 7/12, 7:00-10:00pm. Includes DJ, dancing and a light snack.	Pleasanton Senior Center, 5353 Sunol Blvd., Pleasanton	\$16
<input type="checkbox"/>	5 55569	Dinner and Concert in the Park	F, 7/19, 5:30-8:30pm. Includes entree, beverage, tip and tax. Concert is FREE.	Drop off: Round Table Pizza, 530 Main Street, Pleasanton. Pick up: Lion's Wayside Park, 4401 First St	\$26
<input type="checkbox"/>	4 55571	Dinner and a Movie	F, 7/26, 5:30-10pm. Includes movie ticket, dinner, beverage, tip and tax.	Drop off: On the Border Grill and Cantina at Hacienda Crossings. Pick up: West side of Regal Cinemas behind On the Border	\$36
<input type="checkbox"/>	4 55572	Dinner and Concert in the Park	F, 8/9, 5:30-8:30pm. Includes entree, beverage, tip and tax. Concert is FREE.	Alberto's Cantina, 435 Main St., Pleasanton. Pick up: Lions Wayside Park, 4401 First St., Pleasanton	\$26
<input type="checkbox"/>	7 55512	Breakfast Club	Sa, 8/17, 8:30-10:30am Includes entree, beverage, tip and tax. Bring money for Farmer's Market.	Vic's All Star Kitchen, 201 Main St., Pleasanton	\$16
<input type="checkbox"/>	10 55555	Picnic and Hike	Sa, 8/24, 10:30am-2:00pm. Includes lunch, beverage, transportation and hiking.	Pleasanton Senior Center, 5353 Sunol Blvd., Pleasanton	\$12
<input type="checkbox"/>	10 55556	Day at Alviso Adobe	Sa, 8/31, 10:00am-1:00pm. Includes a presentation from our City Naturalist, hands on gardening time and lunch.	Alviso Adobe Community Park, 3465 Old Foothill Road, Pleasanton	\$10

### Ceramics with Erin

#### Ages 15 and up

Come and see just how creative you can be with clay! You don't need any experience to come join the fun! Class will cover the basics in building with clay. You will learn how to transform this amazing medium into a pinch pot, a coil pot, a sculpture of your choice, or roll a slab and create a wall hanging, or whatever else your imagination dreams up! Instructor will demonstrate, and assist throughout the session as needed. Participants must be able to manipulate the clay on their own. This does take some hand strength. Participants should also be able to focus in a two hr. classroom setting. There is work space available for both sitting and standing, and our facility is wheelchair friendly. Should you have any questions specifically for the instructor Erin Davis, you can e-mail her at ekdpottery@yahoo.com. A \$30 supply fee is due at the time of registration.

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

Cultural Arts Center | Instructor: Erin Davis

55438 Th 6/6-7/18\* 6:30-8:30pm

55439 Th 7/25-8/29 6:30-8:30pm

\*No class 7/4.





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

### Registration Form—Summer 2013

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

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

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

**Fax** Registration Form to: (925) 485-3685

#### Exertion Level—Scale of 1 to 10

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



Please include both pages!

Total Fee Amount \$ \_\_\_\_\_

Name of Person Responsible for the Account \_\_\_\_\_ Address \_\_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_ Phone (home) \_\_\_\_\_ Phone (business) \_\_\_\_\_

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

Signature \_\_\_\_\_ Check #: \_\_\_\_\_ Amount \$ \_\_\_\_\_

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

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

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

Date \_\_\_\_\_ Name of Participant \_\_\_\_\_

Signature required \_\_\_\_\_ Parent/Guardian, if under 18: \_\_\_\_\_

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

# Aquatics Information

## Dolores Bengtson Aquatic Center

4455 Black Avenue | 931-3420

[www.PleasantonAquaticCenter.com](http://www.PleasantonAquaticCenter.com)



### Office Hours

Mo	5:45am-3:30pm	5:30-8:00pm
Tu	8:30am-3:30pm	5:30-8:00pm
We	5:45am-3:30pm	5:30-8:00pm
Th*	8:30am-3:30pm	5:30-8:00pm
Fr	5:45am-3:30pm	
Sa/Su	8:00am-6:00pm	
*Th, 7/4	8:00-11:00am	

At the time of the *Summer 2013 Activities Guide* printing, office hours were tentative. Please check the aquatics webpage for the most up-to-date information. Some aquatic programs will be held at Amador Valley High School, 1155 Santa Rita Road, Pleasanton. Please check the activities guide and your receipt carefully for the correct location. *The 50-meter pool will be closed on 6/1, 6/2, 6/8, 6/9, 7/13, 7/27, 7/28, 8/3.*

### Registration Information

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

### Upcoming Swim Meets

The Dolores Bengtson Aquatic Center will be the host site for the swim meets listed below: The 50-meter pool will be closed during these events. The community is encouraged to attend and cheer on the participants! Admission is FREE!

Day	Date	Meet
Sa/Su	6/1-6/2	Seahawks Long Course
Sa/Su	6/8-6/9	Seahawks Long Course
Sa	7/13	DBAC Dual Meet
Sa/Su	7/27-7/28	Seahawks Long Course
Sa	8/3	Tri Valley Swim League Championships

### Recreational Swimming

Due to the renovation of the west side of the Dolores Bengtson Aquatic Center, Recreational swimming has been relocated to Amador Valley High School, 1155 Santa Rita Road, Pleasanton. Payment for admittance will be collected at the Box Office of the Amador Theater (in front of the pool) on the school grounds. The box office will open 15 minutes before the start of recreational swimming. Cash, check, Visa and MasterCard will be accepted. Refunds will not be issued.

The pool at Amador Valley High School offers a very small shallow area with a pool depth starting at 3 1/2 ft and going to a depth of 12 ft. There are two 1-meter diving boards, and one 3-meter diving board. There is a small concrete sitting area for non-swimmers. Due to the small area of shallow water, recreational swimming is recommended only for accomplished swimmers. Children under the age of 6 must be accompanied by an adult-guardian swimmer in the pool at all times. For reasons of safety, inexperienced swimmers or those lacking proficient swimming skills necessary for the Amador Valley High School aquatic environment may be removed from the pool at the discretion of aquatics staff.

Restrooms and changing areas on-site are extremely limited. Please arrive dressed to swim, leaving all valuables at home. Aquatics staff are not responsible for personal items brought to the pool. In and out privileges are prohibited. Once the facility reaches its maximum capacity for the recreational swim session, no additional participants or spectators will be allowed in the facility.

### Recreational Swimming Hours

Memorial Day, 4th of July,

Labor Day	5/28, 7/4, 9/2	1:00-6:00pm
F/Sa/Su	5/25-9/1*	1:00-6:00pm
M-Th	6/17-6/27	12:30-3:30pm
M-Th	7/1-8/8	11:30am-3:30pm

\*No Recreational Swimming on 6/29 and 7/13. Hours are subject to change during the summer. Please check the aquatics webpage for the most up-to-date information. [www.PleasantonAquaticCenter.com](http://www.PleasantonAquaticCenter.com).

Fees	Single	Punch Pass (15)
Adult (18+)	\$4	\$52R/\$57N
Youth (-17)/Senior (60+)	\$3.50	\$46R/\$51N
Spectator/Preschool (3-50)	\$3	\$36R/\$39N

### Renovation Update!

At the time of activity guide printing, renovation to the west side of the Dolores Bengtson Aquatic Center is progressing on schedule. Summer programs have been divided between the 50-meter pool on-site, and the Amador Valley High School pool. Programs and activities in the summer guide were printed well before the start of the summer season when programs and activities were still in the early planning stages. Some logistics for activities may have changed since the Guide was printed. We hope that you'll pardon the dust and join us for a fun and safe summer!

**We strongly encourage you to check your receipts carefully. View the most up-to-date and accurate information on our website at [www.PleasantonAquaticCenter.com](http://www.PleasantonAquaticCenter.com), or call us at 931-3420.**



### DBAC Family Passes

Code 55938

\$150R (available now)/\$165N

The DBAC family pass allows six (6) immediate registered family members living in the same household use of the aquatic facility during the recreational swim season. An additional registration form is required to complete this registration. Please contact the aquatic center to have the form mailed to you. Limited space is available on a first-come, first-serve basis. A \$25 fee for each additional member will apply for families greater than six (6) living in the same household. Sorry, this pass is not available to special groups or day cares.

### Lap Swimming for Fitness

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

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

Session	Day	Time
Morning	M/W/F	6:00-10:00am
Mid-day	M-F	11:30am-1:00pm
Evening	M-Th	5:30-8:00pm
Weekends	Sa/Su	8:00-11:00am
Holiday (7/4)	Th	8:00-11:00am

Closed on: 6/1, 6/2, 6/8, 6/9, 7/13, 7/27, 7/28, 8/3

# Learn to Swim

## American Red Cross Learn to Swim Levels Preschool (ages 4-5)

This beginning class helps to first adjust to the water and develop independent movements. Basic mechanics are introduced while confidence in the water is increased.

### Beginner (ages 6 and up)

Instructors will determine child's level (1-3) on the first day of class.

**Level 1—Beginner:** This level is to help students feel comfortable in the water and begin the steps needed to swim.

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

**Level 3—Beginner:** Students will build on skills learned previously and will be introduced to skills needed to take more advanced courses. Headfirst entries and rotary breathing are introduced.

**Level 4—Stroke Improvement:** Students develop confidence in the strokes they have learned and improve diving, turns and surface dives. To pass, students must meet Level 4 Stroke Performance Criteria for front crawl,



breaststroke, butterfly, elementary backstroke, back crawl, and side-stroke. They must also pass the Exit Skills Assessment for Level 4.

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

**Level 6—Swimming and Skill Proficiency:** Please see description with class codes and dates listed directly on the next page.

### Important notes regarding Learn to Swim Lessons

It is essential that each lesson is attended to receive the full benefit of the class. There are no make-up lessons or credits for missed classes. If the Community Services Department cancels a class or session, a credit will be issued to your account. Unless otherwise noted, weekday classes are held Monday through Friday during the first week; and Monday through Thursday the second week. Evening classes are held Monday through Thursday both weeks. All Learn to Swim classes are held at the Dolores Bengtson Aquatic Center and are taught by American Red Cross Certified Water Safety Instructors.

## Learn to Swim Weekday Classes

6/24-7/3

M-F; M-W | 30 minutes | 8 classes | \$52R/\$57N

Level/Time	9:45am	10:20am	10:55am	11:40am	12:15pm	12:50pm	2:00pm	2:35pm
Preschool	55690	55691	55692	55693	55694	55695		
Beginner	55734	55735	55736	55737	55738		55739	
Stroke Imp.	55778	55779	55780	55781		55782		
Stroke Ref.	55818	55819	55820			55821		

7/8-7/18

M-F; M-Th | 30 minutes | 9 classes | \$59R/\$65N

Level/Time	9:45am	10:20am	10:55am	11:40am	12:15pm	12:50pm	2:00pm	2:35pm
Preschool	55699	55700	55701	55702	55703	55704		
Beginner	55743	55744	55745	55746	55747		55748	
Stroke Imp.	55785	55786	55787	55788		55789		
Stroke Ref.	55823	55824	55825		55826			

7/22-8/1

M-F; M-Th | 30 minutes | 9 classes | \$59R/\$65N

Level/Time	9:45am	10:20am	10:55am	11:40am	12:15pm	12:50pm	2:00pm	2:35pm
Preschool	55708	55709	55710	55711	55712	55713		
Beginner	55752	55753	55754	55755	55756		55757	
Stroke Imp.	55792	55793	55794	55795		55796		
Stroke Ref.	55828	55829	55830		55831			

8/5-8/15

M-F; M-Th | 30 minutes | 9 classes | \$59R/\$65N

Level/Time	9:45am	10:20am	10:55am	11:40am	12:15pm	12:50pm	2:00pm	2:35pm
Preschool	55717	55718	55719	55720	55721	55722		
Beginner	55761	55762	55763	55764	55765		55766	
Stroke Imp.	55799	55800	55801	55802		55803		
Stroke Ref.	55833	55834	55835		55836			

## Learn to Swim Evening Classes

6/24-7/3

M-Th; M-W | 30 minutes | 7 classes | \$46R/\$51N

Level/Time	5:30pm	6:05pm	6:40pm	7:15pm
Preschool	55696	55697	55698	
Beginner	55740	55741	55742	
Stroke Imp.		55783		55784
Stroke Ref.			55822	

7/8-7/18

M-Th; M-Th | 30 minutes | 8 classes | \$52R/\$57N

Level/Time	5:30pm	6:05pm	6:40pm	7:15pm
Preschool	55705	55706	55707	
Beginner	55749	55750	55751	
Stroke Imp.		55790		55791
Stroke Ref.			55827	

7/22-8/1

M-Th; M-Th | 30 minutes | 8 classes | \$52R/\$57N

Level/Time	5:30pm	6:05pm	6:40pm	7:15pm
Preschool	55714	55715	55716	
Beginner	55758	55759	55760	
Stroke Imp.		55797		55798
Stroke Ref.			55832	

8/5-8/15

M-Th; M-Th | 30 minutes | 8 classes | \$52R/\$57N

Level	5:30pm	6:05pm	6:40pm	7:15pm
Preschool	55723	55724	55725	
Beginner	55767	55768	55769	
Stroke Imp.		55804		55805
Stroke Ref.			55837	

## Learn to Swim Weekend Classes

6/22-7/20\*

Sa | 30 min | 4 classes | \$26R/\$29N

**Level/Time** 10:25am 11:10am 11:15am 11:45am 12:05pm 12:20pm

Preschool 55726 55727 55939

Beginner 55770 55771 55941

Sa | 45 min | 4 classes | \$39R/\$43N

Stroke Imp. 55806 55807 55808

Stroke Ref. 55838 55839 55840

\*No class 7/13

6/23-7/21

Su | 30 min | 5 classes | \$33R/\$36N

**Level/Time** 10:25am 11:10am 11:15am 11:45am 12:05pm 12:20pm

Preschool 55728 55729 55940

Beginner 55772 55773 55942

Su | 45 min | 5 classes | \$49R/\$54N

Stroke Imp. 55809 55810 55811

Stroke Ref. 55841 55842 55843

## Swimming & Skill Proficiency

### Ages 6 and up

Once students have mastered the 5 levels of the Learn to Swim Program, they may now choose Personal Water Safety or Fitness Swimmer, allowing them to prepare for Water Safety Instructor and Lifeguard



Training, or to achieve a higher level of aquatic fitness and/or enter into competitive swimming. Students may choose to register for just one or both options. Students will refine previous skills and will learn additional skills specific to their chosen option. To pass either class, students must

swim 500 yards continuously using strokes in the following order: 100 yards of front crawl, 50 yards of breaststroke, 50 yards of elementary backstroke, 50 yards of butterfly, and 100 yards of a free-choice stroke. In addition, students will need to pass the additional requirements of their specific option.

**Location: Dolores Bengtson Aquatic Center**

### Fitness Swimmer

5 classes | \$49R/\$54N

55872 Sa 6/22-7/20 12:55-1:40pm

9 classes | \$88R/\$97N

55869 M-F; M-Th 7/8-7/18 10:40-11:25am

55871 M-F; M-Th 8/5-8/15 10:40-11:25am

### Personal Water Safety

8 classes | \$78R/\$86N

55868 M-F; M-W 6/24-7/3 10:40-11:25am

9 classes | \$88R/\$97N

55870 M-F; M-Th 7/22-8/1 10:40-11:25am

## Competitive Stroke Swim Class

Ages 6-18

**Location: Dolores Bengtson Aquatic Center**

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

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

55882 Tu-Th; Tu,We 6/25-7/3 10:40-11:25am

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

55883 Tu-Th 7/9-7/18 10:40-11:25am

55884 Tu-Th 7/23-8/1 10:40-11:25am

55885 Tu-Th 8/6-8/15 10:40-11:25am

## Adaptive Aquatics

Ages 4 and up

**Location: Dolores Bengtson Aquatic Center**

This course is for individuals who are unable to participate in typical Learn-to-Swim programs due to a disability. Students will be assigned an instructor for the class with individual goals to be determined. Students may work in small groups.

3 classes | \$21R/\$24N

55875 Tu/Th 6/25-7/2 1:25-1:55pm

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

55874 M/W 6/24-7/3 1:25-1:55pm

55876 M/W 7/8-7/17 1:25-1:55pm

55877 Tu/Th 7/9-7/18 1:25-1:55pm

55878 M/W 7/22-7/31 1:25-1:55pm

55879 Tu/Th 7/23-8/1 1:25-1:55pm

55880 M/W 8/5-8/14 1:25-1:55pm

55881 Tu/Th 8/6-8/15 1:25-1:55pm

## Pool Play Time

Ages 6 mos-4 years

This is an opportunity for parent and child to experience the fun of swimming together. A Red Cross Water Safety Instructor will be available to answer questions and give tips regarding water exploration and safety; however, this is a non-structured swim program.

**Location: Dolores Bengtson Aquatic Center**

8 classes | \$32R/\$36N

55850 M-F; M-W 6/24-7/3 10:55-11:25am

55851 M-F; M-W 6/24-7/3 2:00-2:30pm

9 classes | \$36R/\$39N

55852 M-F; M-Th 7/8-7/18 10:55-11:25am

55853 M-F; M-Th 7/8-7/18 2:00-2:30pm

55854 M-F; M-Th 7/22-8/1 10:55-11:25am

55855 M-F; M-Th 7/22-8/1 2:00-2:30pm

55856 M-F; M-Th 8/5-8/15 10:55-11:25am

55857 M-F; M-Th 8/5-8/15 2:00-2:30pm





## Adult/Teen Learn to Swim Ages 13 and up

**Location: Dolores Bengtson Aquatic Center**

It's never too late to learn how to swim.

Whether your goal is to conquer a fear of the water, learn proper technique, prepare for lap swimming or even competitive events—we can help you get there! Course emphasis is on individual skill improvement and endurance. Students are allowed to progress at their own pace with hands-on instruction and support provided by the instructor in a safe environment.

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

**55866** Sa 6/22-7/20 12:55-1:40pm

**7 classes | \$49R/\$54N**

**55858** M-Th; M-W 6/24-7/3 8:25-9:10am

**55859** M-Th; M-W 6/24-7/3 7:15-8:00pm

**8 classes | \$56R/\$62N**

**55860** M-Th 7/8-7/18 8:25-9:10am

**55861** M-Th 7/8-7/18 7:15-8:00pm

**55862** M-Th 7/22-8/1 8:25-9:10am

**55863** M-Th 7/22-8/1 7:15-8:00pm

**55864** M-Th 8/5-8/15 8:25-9:10am

**55865** M-Th 8/5-8/15 7:15-8:00pm



## Private/Semi-Private Lessons

### Ages 6 and up

**Location: Dolores Bengtson Aquatic Center**

We are pleased to offer private and semi-private swim lessons! Semi-private lessons are limited to four students. The first student pays full price; and each additional student pays a discounted price.

**3 classes | First Student: \$90R/\$99N**

**Each Add'l Student: \$45R/\$50N**

**55909** M-W 7/1-7/3 9:10-9:40am

**55910** M-W 7/1-7/3 2:00-2:30pm

**55911** M-W 7/1-7/3 2:35-3:05pm

**4 classes | First Student: \$120R/\$132N**

**Each Add'l Student: \$60R/\$66N**

**55930** Sa 6/22-7/13 12:55-1:25pm

**55943** Su 6/23-7/14 12:55-1:25pm

**55906** M-Th 6/24-6/27 9:10-9:40am

**55907** M-Th 6/24-6/27 2:00-2:30pm

**55908** M-Th 6/24-6/27 2:35-3:05pm

**55912** M-Th 7/8-7/11 9:10-9:40am

**55913** M-Th 7/8-7/11 2:00-2:30pm

**55914** M-Th 7/8-7/11 2:35-3:05pm

**55915** M-Th 7/15-7/18 9:10-9:40am

**55916** M-Th 7/15-7/18 2:00-2:30pm

**55917** M-Th 7/15-7/18 2:35-3:05pm

**55918** M-Th 7/22-7/25 9:10-9:40am

**55919** M-Th 7/22-7/25 2:00-2:30pm

**55920** M-Th 7/22-7/25 2:35-3:05pm

**55921** M-Th 7/29-8/1 9:10-9:40am

**55922** M-Th 7/29-8/1 2:00-2:30pm

**55923** M-Th 7/29-8/1 2:35-3:05pm

**55924** M-Th 8/5-8/5 9:10-9:40am

**55925** M-Th 8/5-8/5 2:00-2:30pm

**55926** M-Th 8/5-8/5 2:35-3:05pm

**55927** M-Th 8/12-8/15 9:10-9:40am

**55928** M-Th 8/12-8/15 2:00-2:30pm

**55929** M-Th 8/12-8/15 2:35-3:05pm

## Fitness Water Exercise Ages 16 and up

Water exercise classes support the body and reduce risk of muscle or joint injury through the buoyancy of water and mitigation of gravity. Both Shallow and Deep Water classes are listed below.

**Single Visit Punch Pass (15)**

\$7

\$93R/\$102N

## Shallow Water Workout

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

**Location: Dolores Bengtson Aquatic Center**

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

## 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.

**Location: Amador Valley High School**

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

**Location: Dolores Bengtson Aquatic Center**

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

M-Th 5:30-6:30pm



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## Lifeguarding Ages 15 and up

Get a jump start on your future by training to be a Lifeguard! The American Red Cross has introduced a new blended learning course combining online knowledge acquisition and in-person water, first aid and CPR/AED skills training. Note: Class times listed below do not include online interactive lessons and activity times required in order for students to complete their certification. For course pre-requisites and more information on the blended learning course, please visit: [www.PleasantonAquaticCenter.com](http://www.PleasantonAquaticCenter.com).

**6 classes | \$195R/\$215N**

**Amador Valley High School Pool | Instructor: DBAC Staff**

**55937** Sa 6/22 10:00am-Noon **and** M-F 6/24-6/28 8:00am-Noon



# BIKE TO WORK DAY

MAY 9, 2013



**CYCLISTS ARE ENCOURAGED TO VISIT ENERGIZER STATIONS FOR REFRESHMENTS & FREE GIVEAWAYS!**

East Dublin/Pleasanton  
BART Station  
6:30—9:00 a.m.

West Dublin/Pleasanton  
BART Station  
7:00—9:00 a.m.



Additional locations are planned. Visit [pleasantongreenscene.org](http://pleasantongreenscene.org) for event information.

# The Arts

## Ceramics—Wheel Throwing Ages 18 and up

All levels welcome. No experience required. Class will cover basic throwing skills. A \$40 supply fee is due at time of registration. This fee covers standard clay and glaze.

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

Cultural Arts Center | Instructor: Erin Davis

55220 M 6/3-7/8 7:30-9:30pm

55221 M 7/15-8/19 7:30-9:30pm



## HARRINGTON GALLERY

## Summer Events

Harrington Gallery, a 2,000 square foot exhibit space which incorporates the historical firehouse structure, features approximately seven exhibits annually. Visitors are welcome to view the other exhibit spaces within the Firehouse Arts Center, as there are rotating exhibits on both floors. No admission fee, but donations are always welcome.

### Contemporary Landscapes

June 12 through July 13

Gallery Reception: Wednesday, June 12, 7:00-9:00pm

Five Bay Area Artists with different approaches to the landscape in paint. John Crawford, John Maxon, Margaret Rinkovskiy, Jenn Shifflett, and Jeff Snell's work will be featured.



Jeff Snell

Linda Lee Boyd



### Celebrating 100 Years— California Society of Printmakers

August 1 through August 31  
Reception Thursday, August 1, 7:00-9:00pm

This exhibit features printmaking of all types: book arts, silkscreen, monotype, woodcut and linocut, lithography, mixed mediums, etching, and letterpress. California Society of Printmakers is the oldest continuously operating association of printmakers in the United States. It is a non-profit arts organization with an international membership of print artists and supporters of the art of fine printmaking.

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](http://www.firehousearts.org)

# Exercise & Wellness

## Club TVT-Triad

### Ages 18 and up

Small group fitness training, integrating cardio, strength, and core (body weight, dumbbells and resistance bands) in one fun, time-saving, effective class. Pay for one-month series fee, and get unlimited access to 14 classes per week (listed) for maximum schedule flexibility. To see the updated schedule, visit <http://trivalleytrainer.com/class-grid.html>

**\$99R/\$109N per month**

**Tri-Valley Trainer Studio | Instructor: Daniel Taylor**

**55086** 6/1-6/29

**55087** 7/1-7/31

**55088** 8/1-8/31

#### **Mondays:**

10:00-10:50am

12:15-12:45pm

6:00-6:50pm

#### **Wednesdays:**

10:00-10:50am

12:15-12:45pm

6:00-6:50pm

#### **Fridays:**

10:00-10:50am

12:15-12:45pm

#### **Tuesdays:**

5:45-6:35am

10:00-10:50am

#### **Thursdays:**

5:45-6:35am

10:00-10:50am

6:00-6:50pm

#### **Saturdays:**

9:00-9:50am

## Fight Shape-Kickboxing

### Ages 15 and up

Fight Shape is a high energy and fun workout, combining intense cardio with multiple styles of martial arts. It includes training in Muay Thai, Boxing, Kickboxing and focuses on learning 'real' martial arts while having fun sculpting your body. This class uses a combination of heavy bags, pads, and mitts. *REQUIRED: Boxing gloves and wraps. Can be purchased at first class on site for \$40, or bring own.*

**11 classes | \$93R/\$102N**

**Crispim BJJ Studio | Instructor: Crispim De Almeida**

**55257** Tu/Th 6/4-7/11\* 6:15-7:15pm

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

**Crispim BJJ Studio | Instructor: Crispim De Almeida**

**55258** Tu/Th 7/16-8/22 6:15-7:15pm

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

**Crispim BJJ Studio | Instructor: Crispim De Almeida**

**55259** M/W/F 6/3-7/12 12:00-1:00pm

**55260** M/W/F 7/15-8/23 12:00-1:00pm

\*No class 7/4



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## Exercitement Fitness

### Ages 13 and up

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

**Location: Pleasanton Senior Center**

**Info: www.exercitementfitness.weebly.com**

### Fitness Aerobics

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

**4 classes | \$25R/\$28N**

**55194** M 6/3-6/24\* 6:30-7:30pm

**55195** M 7/8-7/29 6:30-7:30pm

**55196** M 8/5-8/26 6:30-7:30pm

\*6/24 class at Pleasanton Middle School Gym

### Cardio BLAST Cross Training

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

**4 classes | \$25R/\$28N**

**55199** W 6/5-6/26\* 6:30-7:30pm

**55200** W 7/10-7/31 6:30-7:30pm

**55201** W 8/7-8/28 6:30-7:30pm

\*6/26 class at Pleasanton Middle School Gym

### 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. This class is effectively designed for all levels of fitness. Please bring a ball, mat and light weights.

**6 classes | \$49R/\$54N**

**55198** Tu 8/27-10/1 6:15-7:15pm

## 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. This class is effectively designed for all levels of fitness (both male and female). Class may be practiced in bare feet, but a mat is required for everyone.

**6 classes | \$49R/\$54N**

**55197** Tu 6/25-8/6\* 6:15-7:15pm

\*6/25 class at Pleasanton Middle School Gym. No class 7/2

### NEW Saturday Classes!

**3 classes | \$29R/\$32N**

**55686** Sa 6/15-6/29 8:00-9:00am

**2 classes | \$19R/\$21N**

**55687** Sa 7/13-7/20 8:00-9:00am

**4 classes | \$38R/\$42N**

**55688** Sa 8/10-8/31 8:00-9:00am



## Strength Training & Conditioning

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

**4 classes | \$25R/\$28N**

**55202** Th 6/6-6/27\* 6:15-7:15pm

**55203** Th 7/11-7/25 6:15-7:15pm

**5 classes | \$31R/\$34N**

**55204** Th 8/1-8/29 6:15-7:15pm

\*6/27 class at Pleasanton Middle School Gym

## Mixed Martial Arts Fitness

### Ages 15 and up

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

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

Crispim BJJ Studio | Instructor: Crispim De Almeida

55255 M/W 6/3-7/10 6:30-7:30pm

55256 M/W 7/15-8/21 6:30-7:30pm



## Women's Brazilian Jiu-Jitsu

### Ages 15 and up

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

6 classes | \$119R/\$132N

Crispim BJJ Studio | Instructor: Crispim De Almeida

55243 Sa 6/8-7/13 9:00-10:00am

55244 Sa 7/20-8/24 9:00-10:00am

## Taekwon-Do

### Ages 13 and up

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.

10 classes | \$150R/\$165N

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

55264 M 6/17-8/19 7:00-7:50pm

## Yoga & Meditation

### Ages 18 and up

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

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

Century House | Instructor: Lorey Wallace

55175 M 6/3-8/26 6:00-7:00pm

55176 M 6/3-8/26 7:30-8:30pm

## 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.

4 classes | \$68R/\$75N

Veterans Memorial Building | Instructor: Beth Fox

55231 F 7/12-8/2 9:00-10:15am

Cultural Arts Center | Instructor: Beth Fox

55232 F 8/9-8/30 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!

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

Veterans Memorial Building | Instructor: Diana Robinson

55209 Th 6/6-8/15\* 6:30-7:30pm

\*No class 7/4, 8/1

## Zumba Toning

### Ages 13 and up

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

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

Veterans Memorial Building | Instructor: Diana Robinson

55215 Tu 6/4-8/6\* 6:30-7:30pm

\*No class 7/2, 7/30

## Donate to our Fee Assistance Program

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

# Sports

[www.pleasantonsports.org](http://www.pleasantonsports.org)

For more information regarding sports programs, please contact:  
 Joelle Goodman | 931-3480 | [jgoodman@cityofpleasantonca.gov](mailto:jgoodman@cityofpleasantonca.gov)  
 Nilo Velazquez | 931-3439 | [nvelazquez@cityofpleasantonca.gov](mailto:nvelazquez@cityofpleasantonca.gov)



## Open Gym Programs

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

**HP** Harvest Park Middle School, 4900 Valley Avenue

**HMS** Hart Middle School, 4433 Willow Road

**PMS** Pleasanton Middle School, 5001 Case Avenue

## Open Gym Basketball

Fees	Single	Punch Pass (15)
Resident	\$3.25	\$45
Day	Time	Location
Sa	6:00-8:00am	HP
M	8:00-10:00pm	HMS
W	8:00-10:00pm	HMS

*\*Please note: 7/29-8/7 (M/W) program will be held at Harvest Park Middle School*

## Open Gym Volleyball

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

## Adult Bocce League

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

**8 classes | \$99R/\$115N Team Fee**  
**Pleasanton Senior Center Bocce Courts | 6:00-10:00pm**  
**Registration Deadline 5/23**

<b>55599</b>	Advanced	Tu	6/4-7/23
<b>55598</b>	Beginner	W	6/5-7/24



# Adult Softball

Fall softball season is just around the corner! There's plenty of time to get friends, family or co-workers together. We offer over 25 leagues. You're sure to find one suitable for your skill level.

Men's and co-ed leagues are offered Sunday through Friday nights. Fall leagues are scheduled to begin the first week of August.



**For more information visit: [www.pleasantonsports.org](http://www.pleasantonsports.org)**

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



# Pleasanton Senior Center

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



Office/Information	8:30am to 4:30pm	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
<b>VIP Senior Club &amp; Travel</b>		
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

*The Senior Center will be closed for maintenance and repairs starting Monday, June 24 through July 5. We will reopen on Monday, July 8.*

## 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. Sponsored by the Senior Support Program of the Tri-Valley.

### Parkinson's Support Group

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

### Senior Support Program of the Tri-Valley

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

The staff can be reached at 931-5379

## Monthly Services

Refer to the Monthly Calendar for details:

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

## Wiesner Senior Fund

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

## Senior Meals • 931-5385

### Lunch at the Snappy Café, Mon-Fri @ Noon

Sponsored by Spectrum Community Services

- Seniors (60+) or disabled adults regardless of income
- \$3.25 donation; guests under 60: \$5

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

### Dinner at Ridgeview Commons

5200 Case Avenue  
 Sponsored by Open Heart Kitchen

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

### Meals on Wheels

Sponsored by Spectrum Community Services

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

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

*Join Us...* for an afternoon at the ballpark. We'll see the Oakland A's take on the Toronto Blue Jays. See Day Trippers on page 37 for more information.

# Weekly Schedule

## Summer 2013 | Pleasanton Senior Center



### Activity Program Notes: Pleasanton VIP Senior Club Luncheon

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

### Coffee & Conversation with the Experts

2nd Tuesday 10:30-11:30am

### PC Users Group

4th Thursday 10:00am-Noon

### Newcomers Welcome

2nd Wednesday 10:30am-Noon

### Photo Club

2nd Wednesday 1:30-3:00pm

### Education and Enrichment Activities Key

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

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

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

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

### 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](http://www.pleasantonseniorcenter.org).

# Drop In Programs

## Pleasanton Senior Center

### Coffee & Conversation



#### Senior Medications and Shingles Prevention

Quan Tran will cover the use of prescription medications, over-the-counter products and their disposal. While medications play an important role in senior health care and disease management, their use is not without risk. Quan will also cover the causes, symptoms and treatments of Shingles.

**Guest Lecturer: Quan Tran, Pharm.D., Safeway Pharmacy Manager**

Tu 6/11 10:30-11:30am

#### Senior Health, Intimacy and Sexuality

Sexuality and physical intimacy remain an expression of passion, affection, a renewal of romance and a general affirmation of life among those aged 65 and older. However, as we grow older, sexuality and physical intimacy can become more of a challenge for a variety of reasons, primarily associated with illness, medical treatment, poor physical conditioning and the normal physiological changes associated with aging.

**Guest Lecturer: Karen Mudd, Interim Health Care**

Tu 7/9 10:30-11:30am

#### Senior Identity Theft—Prevention Practices

Unfortunately, the very differences that set seniors apart from younger generations are the same ones that make seniors attractive targets for identity theft. Because they do make such attractive targets, seniors should be especially vigilant about protecting their identities. Officer Chu will discuss safe guarding your personal information: Checks, credit cards, Social Security Numbers, Medicare cards, and mail, which are the most sought after sources of information for identity thieves.

**Guest Lecturer: Officer Archie Chu, Pleasanton Police Department**

Tu 8/13 10:30-11:30am

#### Brain Matters

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

1<sup>st</sup> & 3<sup>rd</sup> F On-going 10:00-11:30am

#### Pleasanton Sole Mates

Do you love the outdoors and want a fun way to exercise? Walking is one of the easiest and most cost effective forms of exercise for adults age 50 and older. Join our weekly walking group on Wednesday mornings. We will trek to local venues while enjoying the great outdoors. Most walks will be suitable for all fitness levels.

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

#### Pleasanton Pedalers

If you love cycling, making new friends, and want to have lots of fun, this group is for you! Members include cyclists of all skill levels and interests, from those who want to start cycling to experienced veterans of road biking. All rides will be at an easy pace, from 15 to 25 miles long, on relatively flat terrain. There will be a stop along the way for refreshments and socializing. All rides will be "No-Drop," meaning no one will be left behind. Group meets at the north end of the Senior Center parking lot. A signed waiver is required of all riders. For more information, log on to PleasantonPedalers@bikerider.com or call ride leader Steve McGinnis at (925) 200-9031. No drop in fee.

Th On-going 9:00am

#### 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 on the first day of class. Class limited to 24 participants. Please pre-register at the Senior Center Receptionist Desk or call 931-5365.

**2 classes | \$12, AARP member/\$14 Non-member Pleasanton Senior Center | Instructor: AARP**

W 7/17 & 7/24 8:30am-12:30pm

#### Movie Madness

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

**Show dates: June 3rd, June 17th, July 15th, July 29th, August 5th and August 19th**

#### Chat with the 'Nat'

City Naturalist Eric Nicholas brings the wonder of the outside world to the Senior Center for an on-going lecture series on a wide array of topics that cover the local natural world and vicinity. Lectures will include slide shows, hands on materials, visits from a few of his special little furry and crawling friends, and plenty of time for Q&A. An easy way to explore the great outdoors indoors! No charge.

Tu 6/4 3:00-4:00pm

Tu 8/27 3:00-4:00pm

#### Tea Time Social

An enchanting tea experience awaits you at the Center's monthly Tea Time Social. Beautiful vintage china cups filled with delicious assorted teas in a festively decorated room, cookies for the sweet tooth and, of course, the fine art of conversation. Come and enjoy a spot of tea! No cost.



1st Th On-going 1:30pm

#### Knitting

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

**Instructor: Nancy McDaniel**

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

#### The Peddler Shoppe

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

**Pleasanton Senior Center**

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

# Exercise & Wellness

## Pleasanton Senior Center

### Fit for Fifty Plus

#### Ages 50 and up

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

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

Pleasanton Senior Center | Instructor: Nancy Wigley

55286 Tu/F 7/9-8/2 10:15-11:15am

### Zumba Gold

#### Ages 50 and up

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.

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

Pleasanton Senior Center | Instructor: Nancy Wigley

55285 Tu/F 7/9-8/2 9:00-10:00am

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

### Zumba Toning

#### All Ages

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.

4 classes | \$16R/\$18N

Pleasanton Senior Center | Instructor: Nancy Wigley

55287 W 7/10-7/31 10:15-11:15am



### 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.

4 classes | \$24R/\$26N

Pleasanton Senior Center | Instructor: Roberta Wilson

55277 Tu 7/9-7/30 2:45-4:00pm

### Intermediate Yoga

#### Ages 50 and up

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

3 classes | \$18R/\$20N

Pleasanton Senior Center | Instructor: Roberta Wilson

55282 Th 7/11-7/25 10:00-11:15am

### Beginning Line Dance

#### Ages 18 and up

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

3 classes | \$12R/\$13N

Pleasanton Senior Center | Instructor: Sue Kraft

55278 F 6/7-6/21 1:30-2:45pm

### Intermediate Line Dance

#### Ages 18 and up

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

3 classes | \$12R/\$13N

Pleasanton Senior Center | Instructor: Sue Kraft

55279 F 6/7-6/21 3:00-4:15pm



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Pleasanton Community Services

# Excursions & Trips

Pleasanton Senior Center

## Day Trippers

A great way to explore the great Bay Area without having to worry about driving. A monthly trip is planned to various destinations such as: art galleries, factories, famous homes and gardens, museums, theaters, and wineries, just to name a few.

## Healthy Living Festival at the Oakland Zoo

**Ages 50 and up**

Enjoy the Healthy Living Festival at the wonderful Oakland Zoo. Lots of information about Health and Wellness for sixty plus adults amid the spectacular wild animal exhibits.

Sponsored by the United Seniors of Oakland and Alameda County.

1 class | \$10R/\$12N

Pleasanton Senior Center

55519 Th 7/18 10:00am-1:00pm

## Oakland A's Game

**Ages 50 and up**

Enjoy an afternoon at the ballpark and cheer on the Oakland A's as they take on the Toronto Blue Jays. Price includes field level ticket (in the shade) and round trip transportation, leaving from and returning to the Senior Center. Lunch on your own at the ballpark (bottles and cans not allowed in the stadium). Let's Go Oakland!

1 class | \$23R/\$25N

Pleasanton Senior Center

55520 W 7/31 11:00am-5:00pm



## Words in Bloom

Join writer Keith Allen Bjugstad, as he leads a new session of "Words in Bloom," a unique expressive writing class. Each one of us has a legacy and story worth sharing and this class focuses on the art of expression—not grammar and spelling. We'll learn by observing and critiquing each other's creations. This life-enriching, safe and hospitable atmosphere will bring the inner writer out in you. You've been silent long enough!

5 Classes | \$10R/\$12N

Pleasanton Senior Center | Instructor: Keith Bjugstad

55932 Th 6/6, 6/20, 7/18, 8/1, 8/22 9:00am-Noon



# Enrichment

## Wooden Pen Turning Class

**Ages 50 and up**

A fun and easy introduction to using a wood lathe. The techniques are easy to learn and each pen you create is unique and beautiful. In this class you will learn how to turn pens, finish the wood, and assemble the pen.

Your hand-crafted pen will be a great gift for anyone.

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

Pleasanton Senior Center | Instructor: Larry Snyder

55280 Th 7/11 8:30am-4:30pm

55281 Th 8/8 8:30am-4:30pm





## Pleasanton Tennis & Community Park

5801 Valley Avenue | (925) 931-3449

[www.lifetimetennis.com](http://www.lifetimetennis.com)



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

### Summer Office & Court Hours

June 1-September 1

Sunday-Saturday 8:00am-10:00pm

### Rain Procedure

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

### Open Play Court Fees

**Open Play Court Fees per 45 minutes**

Adult: \$6R/\$8N

Youth: \$5R/\$7N

#### Mid-Day Deal:

Monday-Friday, Noon-3:00pm

\$4 per 45 mins

### Program Registration

**Residents may register beginning at 8:00am, Wednesday, April 3, 2013.**

**Non-residents may register beginning at 8:00am, Wednesday, April 17, 2013.**

Please make all checks payable to Lifetime Tennis. Please do NOT use the City of Pleasanton registration form. You may find a Lifetime Tennis registration form @ [www.lifetimetennis.com](http://www.lifetimetennis.com)



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Pleasanton Community  
Services**

### Registration Methods

- Online at [www.lifetimetennis.com](http://www.lifetimetennis.com)
- Mail to Lifetime Tennis, 5801 Valley Avenue, Pleasanton, CA 94566
- In person at the Pleasanton Tennis & Community Park

### Refund Policy

Please see page 46 for the City Refund Policy.

### Tennis Program Notes

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

### Ball Machine Rental & Pass

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

### Class Locations

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

**Pleasanton Tennis Park, 5801 Valley Avenue  
Muirwood Community Park, 4701 Muirwood Dr.**

### Drop-in Ping Pong

Call 931-3449 for availability.



### Private Tennis Lessons

For private lesson rates and information, please see our website or call 931-3449.



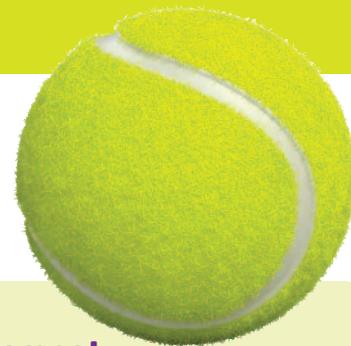
### Tennis Birthday Parties

Make tennis part of your birthday and celebrate at the Pleasanton Tennis Park!

No tennis experience necessary.

**Call 931-3449 to book your party**

# Youth Tennis



## Little Tennis & Sports Development Program

### Ages 4-6

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

**Pleasanton Tennis Park | Instructor: Lifetime Tennis**  
**6 classes | 5:1 ratio | \$81R/\$89N**  
**5 classes | 5:1 ratio | \$68R/\$74N**

Days	Session 1	Session 2	Times
M	6/24-7/29	8/5-9/9	5:45-6:30pm
Tu	6/25-7/30	8/6-9/10	4:15-5:00pm
W	6/26-7/31	8/7-9/11	4:15-5:00pm
Th	6/27-8/1*	8/8-9/12	4:15-5:00pm
F	6/28-8/2	8/9-9/13	5:45-6:30pm
Sa	6/29-8/3	8/10-9/14	8:00-8:45am
Su	6/30-8/4	8/11-9/15	9:30-10:15am

\*No class 7/4

## Invitational Training Program

### Little Rallyers, Intro to Tournament Training, and Tournament Training

This year-round program is designed to prepare students for competitive tennis starting from an early age. For more information, contact our Tennis Director, Aaron Wong, at [aaronw@lifetimetennis.com](mailto:aaronw@lifetimetennis.com).

## Green, Blue, Red Program

### Ages 7-15

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

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

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

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

**Pleasanton Tennis Park | Instructor: Lifetime Tennis**  
**6 classes | 8:1 ratio | \$99R/\$109N**  
**5 classes | 8:1 ratio | \$83R/\$91N**

Age	Day	Session 1	Time
7-10	M	6/24-7/29	6:30-8:00pm
7-10	W	6/26-7/31	6:30-8:00pm
7-10	F	6/28-8/2	4:15-5:45pm
7-10	Sa	6/29-8/3	9:30-11:00am
7-10	Su	6/30-8/4	10:15-11:45am
11-15	Tu	6/25-7/30	6:30-8:00pm
11-15	Th	6/27-8/1*	3:30-5:00pm

11-15	Sa	6/29-8/3	11:00am-12:30pm
11-15	Su	6/30-8/4	11:45am-1:15pm

\*No class 7/4

Age	Day	Session 2	Time
7-10	M	8/5-9/9	6:30-8:00pm
7-10	W	8/7-9/11	6:30-8:00pm
7-10	F	8/9-9/13	4:15-5:45pm
7-10	Sa	8/10-9/14	9:30-11:00am
7-10	Su	8/11-9/15	10:15-11:45am
11-15	Tu	8/6-9/10	6:30-8:00pm
11-15	Th	8/8-9/12	3:30-5:00pm
11-15	Sa	8/10-9/14	11:00am-12:30pm
11-15	Su	8/11-9/15	11:45am-1:15pm

**Muirwood Community Park | Instructor: Lifetime Tennis**  
**6 classes | 8:1 ratio | \$99R/\$109N**

Age	Day	Session 1	Time
7-10	Sa	6/29-8/3	5:00-6:30pm
11-15	Sa	6/29-8/3	3:30-5:00pm

Age	Day	Session 2	Time
7-10	Sa	8/10-9/14	5:00-6:30pm
11-15	Sa	8/10-9/14	3:30-5:00pm

**Pleasanton Tennis Park | Instructor: Lifetime Tennis**  
**6 classes | 4:1 ratio | \$192R/\$211N**

Age	Day	Session 1	Time
7-10	Sa	6/29-8/3	11:00am-12:30pm
7-10	Su	6/30-8/4	11:45am-1:15pm
11-15	Sa	6/29-8/3	12:30-2:00pm
11-15	Su	6/30-8/4	10:15-11:45am

Age	Day	Session 2	Time
7-10	Sa	8/10-9/14	11:00am-12:30pm
7-10	Su	8/11-9/15	11:45am-1:15pm
11-15	Sa	8/10-9/14	12:30-2:00pm
11-15	Su	8/11-9/15	10:15-11:45am



**To check the status of classes or leagues during inclement weather, please call (925) 931-3449, 30 minutes prior to class or match time. Make ups will be scheduled for lesson and league rainouts.**

## Junior Development Program

### Ages 7-16 | 8:1 ratio

For players who demonstrate the consistency and technique for playing out points in the full court and competing in matches.

**Intro to Bronze**—polishing full court technique and learning topspin.

**Bronze**—full court rallying is more consistent and is starting to demonstrate the ability to put a match together.

**Silver**—can successfully play singles and doubles matches, and demonstrate accuracy and pace of shots.

**Gold**—competes on a regular basis and can demonstrate accuracy, pace, and comprehension of basic tennis strategy.

**Pleasanton Tennis Park | Instructor: Lifetime Tennis**  
**6 classes | \$111R/\$122N**  
**Drop in | \$37R/\$40N**

Level	Day	Session 1	Time
Intro/Bronze	Sa	6/29-8/3	5:00-6:30pm
Bronze	Sa	6/29-8/3	5:00-6:30pm

Level	Day	Session 2	Time
Intro/Bronze	Sa	8/10-9/14	5:00-6:30pm
Bronze	Sa	8/10-9/14	5:00-6:30pm

**Pleasanton Tennis Park | Instructor: Lifetime Tennis**  
**6 classes | \$149R/\$164N**  
**Drop in | \$45R/\$49N**

Level	Day	Session 1	Time
Intro/Bronze	F	6/28-8/2	6:30-8:45pm
Bronze	F	6/28-8/2	6:30-8:45pm
Bronze	Su	6/30-8/4	3:30-5:45pm
Silver	M	6/24-7/29	4:15-6:30pm
Silver	Sa	6/29-8/3	6:30-8:45pm
Gold	W	6/26-7/31	4:15-6:30pm
Gold	Su	6/30-8/4	3:30-5:45pm

Level	Day	Session 2	Time
Intro/Bronze	F	8/9-9/13	6:30-8:45pm
Bronze	F	8/9-9/13	6:30-8:45pm
Bronze	Su	8/11-9/15	3:30-5:45pm
Silver	M	8/5-9/9	4:15-6:30pm
Silver	Sa	8/10-9/14	6:30-8:45pm
Gold	W	8/7-9/11	4:15-6:30pm
Gold	Su	8/11-9/15	3:30-5:45pm

*More Junior Development Tennis on the next page >*



# Adult Tennis

## Junior Development Program, continued

**Ages 7-16 | 8:1 ratio**

### Match Play

For students enrolled in the Junior Development Program, players will challenge and compete against one another in weekly singles and doubles matches. Court position, shot selection, and proper tennis etiquette will be discussed.

**Pleasanton Tennis Park | Instructor: Lifetime Tennis**  
**6 classes | \$54R/\$60N**  
**Drop in | \$12R/\$13N**

Day	Session 1	Session 2	Time
Sa	6/29-8/3	8/10-9/14	3:30-5:00pm
Su	6/30-8/4	8/11-9/15	5:45-7:15pm

### Tournament Day

A singles only competition for players from the Junior Development Program.

**Pleasanton Tennis Park | Instructor: Lifetime Tennis**  
**1 day | \$7R/\$9N | Times depend on draw**

### Independence Day Summer Classic

Registration Deadline: 7/3

F 7/5

### Labor Day Tournament

Registration Deadline: 8/31

M 9/2

## Adult Tennis

**Ages 16 and up**

**Pleasanton Tennis Park | Instructor: Lifetime Tennis**

### Beginning Tennis

For players with little or no previous tennis experience.

**6 classes | 8:1 ratio | \$99R/\$109N**  
**5 classes | 8:1 ratio | \$83R/\$91N**

Day	Session 1	Session 2	Time
M	6/24-7/29	8/5-9/9	8:00-9:30am
M	6/24-7/29	8/5-9/9	6:30-8:00pm
Sa	6/29-8/3	8/10-9/14	6:30-8:00pm

### Advanced Beginning Tennis

For players with at least 6 months of tennis experience who need to further develop rally consistency and proper technique.

**6 classes | 8:1 ratio | \$99R/\$109N**  
**5 classes | 8:1 ratio | \$83R/\$91N**

Day	Session 1	Session 2	Time
W	6/26-7/31	8/7-9/11	8:00-9:30am
Th	6/27-8/1*	8/8-9/12	6:30-8:00pm
Su	6/30-8/4	8/11-9/15	8:00-9:30am

### Intermediate Tennis

For players with basic match experience who need to improve their footwork, movement, and placement of shots.

**6 classes | 8:1 ratio | \$99R/\$109N**  
**5 classes | 8:1 ratio | \$83R/\$91N**

Day	Session 1	Session 2	Time
Tu	6/25-7/30	8/6-9/10	8:00-9:30am
W	6/26-7/31	8/7-9/11	6:30-8:00pm
F	6/28-8/2	8/9-9/13	8:00-9:30am
Su	6/30-8/4	8/11-9/15	8:00-9:30am

### Advanced Tennis

For players with plenty of match experience who need to work on adding pace to shots and understanding basic tennis strategy.

**6 classes | 8:1 ratio | \$99R/\$109N**  
**5 classes | 8:1 ratio | \$83R/\$91N**

Day	Session 1	Session 2	Time
Tu	6/25-7/30	8/6-9/10	6:30-8:00pm
Th	6/27-8/1*	8/8-9/12	8:00-9:30am
Sa	6/29-8/3	8/10-9/14	8:00-9:30am

\*No class 7/4

### Cardio Tennis

A great class for those wanting to move and hit lots of tennis balls. Workouts cover ground stroke drills, footwork drills, and fun, aerobic exercises. Class is open to all playing levels. Students should wear comfortable clothes and athletic shoes.

**6 classes | 8:1 ratio | \$50R/\$54N**  
**5 classes | 8:1 ratio | \$41R/\$45N**

Day	Session 1	Session 2	Time
Tu	6/25-7/30	8/6-9/10	8:45-9:30am
Th	6/27-8/1*	8/8-9/12	8:45-9:30am
Sa	6/29-8/3	8/10-9/14	9:30-10:15am
Su	6/30-8/4	8/11-9/15	9:30-10:15am

\*No class 7/4

### Drop-In Clinic

Held every Thursday night, this program is great for intermediate and advanced players who can't commit to a full session. Call the park or check the website for the topic of the day. Space is limited to the first 8 players.

**Drop in | \$15R/\$18N**

Day	Session 1	Session 2	Time
Th	6/27-8/1*	8/8-9/12	6:30-8:00pm

\*No class 7/4

### Adult Doubles Leagues

#### Ages 18 & up

Pleasanton Tennis Park

#### Ladies'—Rotating Partners

**9 matches | \$63R/\$70N**  
**10 matches | \$70R/\$77N**

Level	Day	Dates	Times
2.5	M	7/1-8/26*	8:45-11:00am
3.0	Th	7/11-9/5	8:45-11:00am
3.5	Tu	7/2-9/3	8:45-11:00am
3.5	F	7/5-9/6	8:45-11:00am
3.7	W	7/3-9/4	8:45-11:00am

\*No league 9/2

#### Men's—Rotating Partners

**9 matches | \$63R/\$70N**  
**10 matches | \$70R/\$77N**

Level	Day	Dates	Times
3.0	Th	7/11-9/5	8:00-10:00pm
3.5	W	6/27-9/5	8:00-10:00pm
4.0	Th	7/11-9/5	8:00-10:00pm

#### Mixed—Rotating Partners

**10 matches | \$70R/\$77N**

Level	Day	Dates	Times
3.0 (Men)	Tu	7/2-9/3	8:00-10:00pm
3.0 (Women)	Tu	7/2-9/3	8:00-10:00pm
4.0 (Men)	Tu	7/2-9/3	8:00-10:00pm
4.0 (Women)	Tu	7/2-9/3	8:00-10:00pm

#### Mixed—Permanent Partners\*

**9 matches | \$126R/\$132R&N/\$138N**

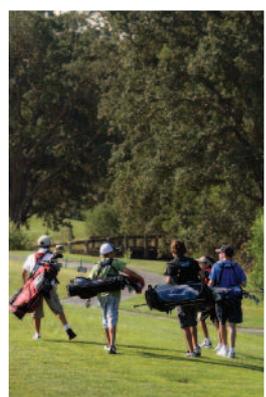
Level	Day	Dates	Times
3.5	M	7/1-8/26	8:00-10:00pm
4.0	M	7/1-8/26	8:00-10:00pm

\*Permanent Partner League players must sign up as a team.

— SUMMER 2013 —

# Callippe Junior Golf Camp

Come join  
the fun in  
the sun!



**\$250 Residents**  
**\$300 Non-Residents**  
Monday-Thursday  
9:00am-1:00pm

**Dates:**  
July 8th-11th  
July 29th-August 1st  
August 12th-15th

**INCLUDES:**

- All areas of golf instruction
- Experience on the golf course
  - Lunch and snacks
  - Prizes

**Please call (925) 426-6666**  
or visit our golf shop for more info  
and how to register

**Learn to play golf and meet  
some new golfing  
buddies!**

8500 Clubhouse Drive  
[www.playcallippe.com](http://www.playcallippe.com)



## CALLIPPE PRESERVE GOLF COURSE

8500 Clubhouse Drive • [www.playcallippe.com](http://www.playcallippe.com) • 925.426.6666

### Summer 2013 Golf Instruction Programs

**Note: Registration for all golf activities is conducted at the Golf Course.**

**Do not use the registration form in this Activities Guide.**

### Beginning Fundamentals Noon-1:00pm

#### Thursdays

6/6-7/4

7/18-8/15

#### Sundays

6/2-6/30

7/14-8/11

### Junior Intro to Fundamentals 2:00-3:00pm

#### Thursdays

6/6-7/4

7/18-8/15

#### Sundays

6/2-6/30

7/14-8/11

### Beginning Fundamentals

#### Ages 16 and up

This class focuses on the basic fundamentals that players rely on for overall swing stability. Different basic shots needed to play a round of golf, from putting to driving, will be discussed. This is a good class, whether you've had no instruction, little instruction, or are fairly experienced.

### Junior Intro to Fundamentals

#### Ages 7-15

This class is for youngsters who have not had much golf instruction. Basic fundamentals are covered in a fun way for younger kids to understand. Through consistent repetition, students will receive a solid foundation for practicing and playing the game.

### About the Classes

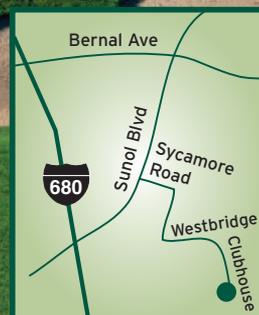
Each class consists of five 1-hour sessions taught by PGA Head Professional Doug Giannini and Assistant Golf Professional Jake Saito, and will have between 6 and 10 students. Practice balls and golf clubs are provided. Students should wear athletic shoes and appropriate attire for current weather conditions.

#### Program Prices

**Junior** \$90R/\$100N

**Adult** \$120R/\$150N

All lessons will take place at the Callippe Preserve Golf Course. Registrations and fees are processed at the Golf Course and must be submitted at least one week prior to the start of the session. Due to the 6-student minimum class size, some classes may be rescheduled at the discretion of the Golf Professional. Seasonally, some classes may be postponed due to inclement weather.



# Facebook Photo Contest



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

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



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

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



# Parks Information

## Parks Amenities Guide

Legend: C–Community N–Neighborhood U–Undeveloped

Map Location/Park Name	Address	Type	Acres	Bocce Ball	Barbeque Pit	Baseball Field	Basketball Court(s)	BMX Track	Dog Park	Exercise Course	Golf Course	Group Picnic	Horseshoes	Inline Skate Park	Picnic Tables	Public Art	Restroom(s)	Roller Hockey Rink	Skateboard Park	Soccer Field(s)	Softball Field(s)	Swimming Pool	Tennis Courts	Tot Play Area	Trails/Open Space	Volleyball/Sport Ct.	Waterplay Area	Youth Play Area
1. Alviso Adobe Comm. Park	3465 Old Foothill Rd	C	7												●		●							●				
2. Amador Valley Comm. Park	4301 Black Ave.	C	23.5	●								●	●		●	●	●			●	●	●		●				●
3. Amaral Park	3400 Dennis Dr.	N	5	●	●	●									●									●				●
4. Augustin Bernal Park	8200 Golden Eagle Way	C	237												●		●								●			
5. Bernal Community Park	7001 Pleasanton Ave.	C	13	●	●										●		●							●				●
6. Bicentennial Park	2401 Santa Rita Rd.	N	2.6																									
7. BMX Facility	3320 Stanley Blvd.	N/A	3.65					●							●		●											
N. Callippe Preserve Golf	8500 Clubhouse Dr.	N/A	425							●							●								●			
8. Centennial Park	5353 Sunol Blvd.	C	5.7	●	●					●			●		●	●												
9. Civic Park	100 Main St.	N	.7												●	●												
10. Creekside Park	5601 W. Las Positas	N	6.6	●			●								●		●				●			●		●		●
11. Del Prado Park	6701 Hansen Drive	N	5				●								●									●				●
12. Delucchi Park	4501 First Street	N	.7	●											●		●											
13. Fairlands Park	4100 Churchill Dr.	N	13.8												●								●	●				
14. Fawn Hills Park	1510 West Lagoon Rd.	N	5	●			●								●									●				
15. Hansen Park	5697 Black Ave.	N	6.2	●	●	●									●									●				●
16. Harvest Park	1401 Harvest Rd.	N	1.6												●									●				●
17. Heatherlark Park	5700 Northway Rd.	N	.8												●									●				
18. Kottinger Comm. Park	1000 Kottinger Rd.	C	14.5	●											●	●												
19. Kottinger Village Park	4100 Vineyard Ave.	N	4.9				●								●									●				●
20A. Laurel Creek Park	5875 Laurel Creek Dr.	N	7.3												●		●								●			
20B. The Preserve Staging Area	5800 Laurel Creek Dr.	N/A	.56														●								●			
21. Lions Wayside Park	4401 First St.	N	.7	●											●													
22. Main Street Green	890 Main St.	N	.73													●												
23. McKinley Park	519 Kottinger Dr.	N	5.3												●													
24. Meadowlark Park	8200 Regency Dr.	N	4.3	●			●								●									●		●		●
25. Meadows Park	3301 W. Las Positas	N	5	●			●								●									●		●		●
26. Mission Hills Park	600 Junipero	N	8.5	●			●			●					●									●				●
27. Moller Park	5500 Pleasant Hill Rd.	N	7.7	●											●									●				●
28. Muirwood Comm. Park	4701 Muirwood Dr.	C	13.9	●			●	●							●		●				●		●	●				●
29. Nielsen Park	3755 Stoneridge	N	5.7	●			●								●									●				●
30. Oakhill Park	4100 Muirwood Dr.	N	3.9				●								●									●				●
31. Orloff Park	1800 Santa Rita Rd.	N	8				●		●						●						●			●				●
32. Owens Plaza Park	5700 Owens Dr.	N	3	●											●									●				●
33. Sports & Recreation Community Park	5800 Parkside Dr.	C	103			●	●	●				●			●		●			●	●	●		●		●		●
34. Sutter Gate Park	4801 Sutter Gate Ave.	N	2.7												●									●				●
35. Tawny Park	400 Tawny Dr.	N	3.9				●								●						●			●				●
36. Tennis & Community Park	5801 Valley Ave.	C	15	●			●								●		●						●	●		●		●
37. Upper Pleasanton Field	4645 Bernal Ave.	N	3			●									●					●				●				●
38. Valley Trails Park	3400 National Park Rd.	N	6.1				●								●						●			●				●
39. Val Vista Community Park	7350 Johnson Dr.	C	24	●	●							●		●	●	●	●			●				●			●	●
40. Veterans Plaza	550 Peters Ave.	N	.5																					●				
41. Vintage Hills Park	3301 Arbor Dr.	N	4	●											●									●				●
42. Walnut Grove Park	5150 Northway Rd.	N	3.5	●											●									●				
43. Woodthrush Park	5099 Woodthrush Rd.	N	3.5																									

# Parks & Facilities Map



**1 PARKS**  
**A FACILITIES**  
**G1 GYMNASIUMS**  
**N1 TENNIS COURTS**  
**- T1 - HIKING TRAILS**

## Facilities

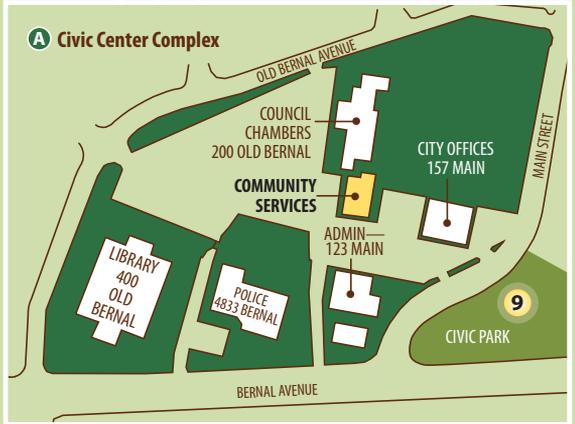
<b>A. Civic Center Complex:</b>	
<b>Community Services</b>	200 Old Bernal Avenue
City Hall	157 Main Street
Library	400 Old Bernal Avenue
Police Department	4833 Bernal Avenue
<b>B. Amador Recreation Center</b>	4455 Black Avenue
<b>C. Amador Theater</b>	1155 Santa Rita Road
<b>D. Century House</b>	2401 Santa Rita Road
<b>E. Cultural Arts Center</b>	4477 Black Avenue
<b>F. Dolores Bengtson Aquatic Center</b>	4455 Black Avenue
<b>G. Gingerbread Preschool</b>	4433 Black Avenue
<b>H. Nature House</b>	519 Kottinger Drive
<b>I. Pleasanton Senior Center</b>	5353 Sunol Boulevard
<b>J. Firehouse Arts Center</b>	4444 Railroad Avenue
<b>K. Softball Fieldhouse</b>	5800 Parkside Drive
<b>L. Tennis Complex</b>	5801 Valley Avenue
<b>M. Veterans Memorial Building</b>	301 Main Street
<b>N. Callippe Preserve Golf Course</b>	8500 Clubhouse Drive
<b>O. Pleasanton Pioneer Cemetary</b>	5780 Sunol Boulevard

## Trails

<b>T1. Alamo Trail</b>	2.5 miles
<b>T2. Arroyo Del Valley Trail</b>	1.7 miles
<b>T3. Arroyo Mocho Trail</b>	2.9 miles
<b>T4. Augustin Bernal Trail</b>	3.48 miles
<b>T5. Bernal Trail</b>	1 mile
<b>T6. Callippe Preserve Trail</b>	3.1 miles
<b>T7. Iron Horse Trail</b>	1.02 miles
<b>T8. Marilyn Murphy Kane Trail</b>	1.1 miles
<b>T9. Moller Trail</b>	1.46 miles
<b>T10. The Preserve Area Trails</b>	1.84 miles

## Gymnasiums

<b>G1 Harvest Park Middle School</b>	4900 Valley Avenue
<b>G2 Pleasanton Middle School</b>	5001 Case Avenue
<b>G3 Thomas A. Hart Middle School</b>	4433 Willow Road



## Tennis Courts

<b>N1 Muirwood Park</b>	(4 courts)
<b>N2 Fairlands Park</b>	(2 courts)
<b>N3 Tennis &amp; Community Park</b>	(10 lighted courts)
<b>N4 Pleasanton Middle School</b>	(2 lighted courts)

# Registration Information

**Register Online: [www.pleasantonfun.com](http://www.pleasantonfun.com)**

## Priority Registration

### Online (Residents only)

Beginning at 8:00am on  
**Wednesday, April 3, 2013**

**First opportunity to register!**

Plan ahead and visit the City's registration website to request a customer log-in name and password, at least 72 hours prior to registration. Forgot your customer log-in name and password? Please contact the Community Services Department at 931-5340 for assistance.

### Mail-In (Residents only)

Beginning at 8:00am on  
**Wednesday, April 10, 2013**

*(Faxes are NOT accepted)*

Make checks payable to:  
City of Pleasanton  
Mail to: Registration  
City of Pleasanton  
P.O. Box 520  
Pleasanton, CA 94566  
Attn: Community Services

## Open Registration

### Walk-in & Non-Resident

Beginning at 8:00am on  
**Wednesday, April 17, 2013**

*(Faxes are NOT accepted)*

### Walk-in Registration

Available at the following locations during posted business hours:

- Community Services Administrative Office
- 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](http://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](http://www.playcallippe.com).
- Mail-in registrations sent before scheduled registration dates will be held and processed prior to the beginning of "Open Registration".
- It is the parent's/guardian's or the participant's responsibility to notify the City of Pleasanton in advance of any reasonable accommodations necessary to participate in the class(es) or program(s) described in this guide. Call 931-5340 for assistance.
- **Please review our new Participant Waiver on page 47.**

## 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 administrative fee, per class/program.
- No refunds will be issued for requests received less than five (5) days prior to the start of the class or program.
- Full refunds will be granted if the class or program is cancelled by the Department.
- No refunds given for non-attendance, one-day workshops or material/supply fees.
- Refunds under \$20 will be automatically credited to your account.

# NEW RECREATION E-NEWSLETTER!



In January 2013, the Community Services Department published a new department E-newsletter! This E-newsletter will be sent four times a year to keep you up-to-date with all the fun activities and events!

### E-Newsletter Features:

- New programs and classes
- Local Park features
- Photo contests
- Promotions and program discounts
- Special Events

If you would like to be added to our newsletter list, ask to join by emailing us at:

**[CSNewsletter@cityofpleasantonca.gov](mailto:CSNewsletter@cityofpleasantonca.gov)**

We look forward to keeping in touch with you!

# Summer Registration Form

## How to Register

**City of Pleasanton  
Community Services  
P.O. Box 520  
Pleasanton, CA 94566  
Registration Form**

See page 46  
for Registration  
Information



Register with your Visa or MasterCard  
at [www.pleasantonfun.com](http://www.pleasantonfun.com)

**Please limit registration form to family members  
living in the same household only!**

**Refund Policy—Please read!**

Withdrawals and Transfers: If you wish to drop a class or transfer to another session, call us at least *10 days* before the start date for a refund or credit. Choose your classes carefully. No refunds for non-attendance, one-day workshops or materials/supply fees.

**NO FAXES ACCEPTED!**

Parent/Guardian \_\_\_\_\_  Resident\*  Nonresident \*Individuals residing within the City of Pleasanton city limits.

Home Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

Home Ph. \_\_\_\_\_ Cell Ph. \_\_\_\_\_ E-mail Address \_\_\_\_\_

Participant Name	Date of Birth (under 18)	Male/Female	Activity Code	Activity	Fee
MARK VERISMA	6/7/01	M	54649	Taekwon Do	\$180
<b>Community Services Fee Assistance Program Donation</b>					<b>\$</b>
<b>Total</b>					<b>\$</b>

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

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

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

Name of Participant: \_\_\_\_\_ Signature Required: \_\_\_\_\_

Parent/Guardian, if under 18: \_\_\_\_\_

Date: \_\_\_\_\_ Check Enclosed: Total Amount \$ \_\_\_\_\_ **Make Check Payable to: City of Pleasanton**

Visa  MasterCard Card Number \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ Exp \_\_\_\_\_ / \_\_\_\_\_

Total Amount \$ \_\_\_\_\_ Card Holder Signature \_\_\_\_\_

City of Pleasanton Tax I.D. #: 94-6000397

## City Commissions

Meet in City Council Chambers, 200 Old Bernal Avenue, or otherwise noted

### Civic Arts Commission

**Karen De Baca Martens • John Loll  
Heidi Massie • Tegan McLane  
Sara Nealy • Stephanie Wedge**

**Judy Wheeler**  
7:00pm 1st Monday

### Housing Commission

**Justin Probert • John Casey  
Colleen Lopez • Daniel Mermelstein  
Ann Welsh • Joseph Butler**

7:00pm 3rd Thursday

### Human Services Commission

**Joyce Berger • Varsha Clare  
Prashant Jhanwar • David Nagler  
Brock Roby • Theresa Rowland  
Don Wilson • Rosiland Wright**

7:00pm 1st Wednesday

### Library Commission

**Valerie Arkin • Kelly Cousins  
Traci Cook • Corri Cooper  
Denise Fournier • Judith Matthew**

7:00pm 2nd Thursday, Pleasanton Library

### Planning Commission

**Phil Blank • Kathy Narum • Greg O'Connor  
Arne Olson • Jennifer Pearce**

7:00pm 2nd and 4th Wednesday

### Youth Commission

**Shannon Malindzak • Diane Hadley  
Jackson Fialho • Lori Franklin  
Michael Liamos • Kaitlyn Mallie  
Neha Nirkondar • Katie Olmo  
Jonathan Pearce • Taylor Sowers  
Erica Utikal • Yandi Wu**

7:00pm 2nd Wednesday, September–May  
157 Main Street, Conference Rm #3



## Local Sports Groups

For information regarding registration, coaches, rain-outs or other pertinent information, please contact the organizations listed below or visit the City website at [www.pleasantonsports.org](http://www.pleasantonsports.org).

### Boys Soccer (BUSC)

[www.busc.org](http://www.busc.org)

### Girls Soccer (PGSA/RAGE)

[www.pleasantonrage.org](http://www.pleasantonrage.org)

### E-Soccer

[www.e-soccer.org](http://www.e-soccer.org)

### Adult Soccer (PASS)

[www.pleasantonadultsoccer.com](http://www.pleasantonadultsoccer.com)

### Pleasanton Junior Football (PJFL)

[www.pjfl.com](http://www.pjfl.com)

### Girls Softball (PGSL)

[www.pleasantonsoftball.org](http://www.pleasantonsoftball.org)

### American Little League (PALL)

[www.pleasantonamerican.com](http://www.pleasantonamerican.com)

### National Little League

[www.pleasantonnational.org](http://www.pleasantonnational.org)

### Foothill Little League (PFL)

[www.pflonline.org](http://www.pflonline.org)

### Girls Golf (LPGA-USGA)

[ptownputter@comcast.net](mailto:ptownputter@comcast.net)

### Pleasanton Lacrosse Club (PLC)

[www.pleasantonlacrosse.com](http://www.pleasantonlacrosse.com)

### Pleasanton Girls Lacrosse Club (PGLC)

[www.pleasantongirlslacrosse.com](http://www.pleasantongirlslacrosse.com)

### Radio Control Glider Club

846-8617

### Seahawks USS Swim Team

[www.pleasantonseahawks.org](http://www.pleasantonseahawks.org)

### Special Olympics Sports

[www.specialolympics.org](http://www.specialolympics.org)

### Tri Valley Masters Swim Team

[www.trivalleymasters.com](http://www.trivalleymasters.com)

### Youth Volleyball

[www.clubvipvbc.com](http://www.clubvipvbc.com)

### Sports Field Weather Line

931-5360 | [www.pleasantonsports.org](http://www.pleasantonsports.org)

### Callippe Preserve Golf Course

[www.playcallippe.com](http://www.playcallippe.com)

### Lifetime Tennis

931-3449 | [www.lifetimetennis.com](http://www.lifetimetennis.com)

## Local Arts Groups

### Amador Livermore Valley Historical Society and Museum on Main

462-2766 | [www.museumonmain.org](http://www.museumonmain.org)

### Amador Valley Quilters

[www.amadorvalleyquilters.org](http://www.amadorvalleyquilters.org)

### Bay Area Metro Chorus (Men)

443-SING

### Cantabella Children's Chorus

[www.cantabella.org](http://www.cantabella.org)

### CWC Tri-Valley Writers

[www.trivalleywriters.org](http://www.trivalleywriters.org)

### Harmony Fusion (Chorus)

846-1857 | [www.harmonyfusion.org](http://www.harmonyfusion.org)

### Livermore–Amador Genealogical Society

[www.L-AGS.org](http://www.L-AGS.org)

### Livermore Amador Symphony

[www.livamsymph.org](http://www.livamsymph.org)

### Livermore Valley Opera

[www.livermorevalleyopera.com](http://www.livermorevalleyopera.com)

### Pacific Chamber Symphony

484-0839 | email: [cponca@aol.com](mailto:cponca@aol.com)

### Pleasanton Art League

[www.pal-art.com](http://www.pal-art.com)

### Pleasanton Community Concert Band

[www.pleasantonband.org](http://www.pleasantonband.org)

### Pleasanton Cultural Arts Council

931-1111 | [www.pleasantonarts.org](http://www.pleasantonarts.org)

### Pleasanton Cultural Arts Foundation

846-1007 | [www.pleasantonartsfoundation.org](http://www.pleasantonartsfoundation.org)

### SF Shakespeare

[www.sfshakes.org](http://www.sfshakes.org)

### Tri-Valley Repertory Theater

[www.trivalleyrep.com](http://www.trivalleyrep.com)

### Tri-Valley Woodcarvers

846-5011

### Valley Concert Chorale

[www.valleyconcertchorale.org](http://www.valleyconcertchorale.org)

### Valley Dance Theatre

[www.valleydancetheatre.com](http://www.valleydancetheatre.com)

### Valley Shakespeare Festival

556-9624



**City offices will be closed in observance of Memorial Day on Monday, May 27 and Independence Day on Thursday, July 4**



73<sup>rd</sup> Annual  
**Pleasanton**  
Rose Show

Saturday, May 11, 2013

Pleasanton Senior Center

5353 Sunol Boulevard

Rose Show Exhibitors Registration  
8:00–10:00am

Judging:  
10:00am–12:30pm

Show Opens:  
2:00–5:00pm

Awards Ceremony:  
2:30pm

**FOR MORE INFORMATION,  
PLEASE CALL THE ALAIN PINEL OFFICE AND  
ASK FOR LESLIE, JOYCE OR MARTI  
AT (925) 251-1111**

**PROUDLY CO-SPONSORED BY:**



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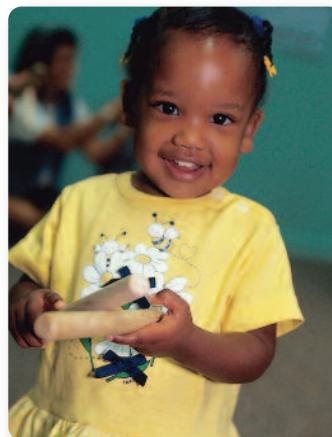
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**Like us on Facebook:  
Pleasanton Community  
Services**

# FACILITY AND PICNIC RESERVATIONS

The City of Pleasanton offers several indoor and outdoor facilities to rent for your family, business, or group celebrations and meetings. Detailed rental information including rates and requirements can be found at [www.pleasantonfacilities.com](http://www.pleasantonfacilities.com).



Veterans Memorial Building



Senior Center



Amador Recreation Center



Century House

## LARGE EVENT SITES

- The Senior Center is the City's largest event hall with a capacity of 330. The facility offers a catering kitchen, outdoor patio area, and plenty of parking. The Centennial Community Park, the perfect site for an outdoor wedding ceremony, sits adjacent to the facility's main hall.
- The Veterans Memorial Building is a Spanish revival-style facility located in the heart of Downtown Pleasanton. Features include a catering kitchen and seating for 220.

## SMALL EVENT SITES

- The Amador Recreation Center has a capacity of 125 (about 75 inside and 50 outside). This facility consists of one large room, a small kitchen, fenced patio area with lawn and BBQ.
- The Century House is an 1870's era Victorian Farmhouse with a capacity of 100 (about 30 inside and 70 outside). This facility has a large lawn, patio area, gazebo, wrap around covered porch, and a small kitchen.



Amador Valley Picnic



Val Vista Picnic



Senior Center Meeting Room



Cultural Arts Center

## PICNIC AREAS

- Amador Valley Community Park (Capacity 200)
- Sports and Recreation Park (Capacity 200)
- Val Vista Community Park (Capacity 250)

Picnic sites can be reserved and are adjacent to youth play areas and restrooms.

## MEETING ROOMS

- Cultural Arts Center (Capacity 49)
- Senior Center Classroom (Capacity 50)\*
- Senior Center Meeting Room (Capacity 25)\*

\*Senior Center Rooms are available evenings and weekends only.



City of Pleasanton  
P.O. Box 520  
Pleasanton, CA 94566-0802  
[www.pleasantonfun.com](http://www.pleasantonfun.com)

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**Residential Customer**

# Movies in the Park



**All movies are free and begin at dusk.**

**You bring the snacks, we bring the stars!**

Grab a picnic dinner, blanket and low beach chairs  
to enjoy family film favorites every Thursday from July 11 to August 15.  
*Be prepared for some fun activities, contests and games for the whole family!*

<b>July 11</b>	<b>Dr. Seuss' The Lorax</b>
<b>July 18</b>	<b>ParaNorman</b>
<b>July 25</b>	<b>Brave</b>
<b>August 1</b>	<b>Hotel Transylvania</b>
<b>August 8</b>	<b>The Amazing Spider-Man</b>
<b>August 15</b>	<b>The Avengers</b>

Amador Valley Community Park, 4455 Black Ave  
(between Dolores Bengtson Aquatic Center and Gingerbread Preschool)

For more information please visit,  
[www.pleasantonrecreation.com](http://www.pleasantonrecreation.com) or call (925) 931-4828

