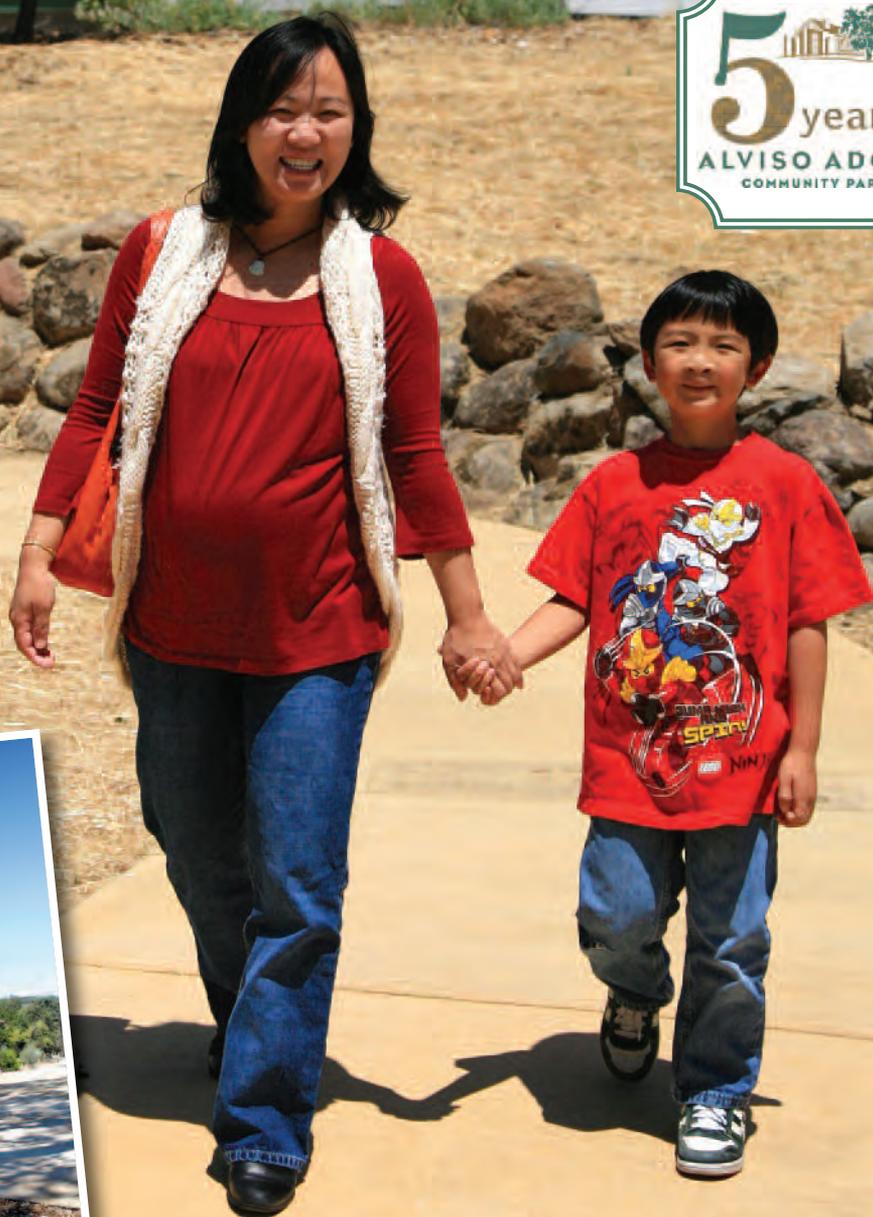


PLEASANTON

COMMUNITY SERVICES ACTIVITIES GUIDE • Fall 2013/Winter 2014



FIREHOUSE

ARTS CENTER™

setting the
ARTS on FIRE

Evenings of Music

Saturday, September 7, 8pm

Mike Amaral's CALIFORNIA BEACH BOYS

The #1 international Beach Boys Tribute Band, known



for their perfect harmonies perform music that will give you those Good Vibrations and a whole lot of Fun, Fun, Fun!



Friday, October 4, 8pm

Gypsy Soul

People Magazine writes, "Their music stirs the

soul and moves the spirit." Gypsy Soul has released 10 albums and sold over 1.5 million downloads worldwide; their music video *Silent Tears* reached the Top 40.



Saturday, October 5, 8pm

In the Spirit of Lennon

The Sun King's

Drew Harrison performs his acclaimed one-man, acoustic show celebrating the life and music of John Lennon. This is a must-see show for Lennon and Beatles fans!

Days & Evenings of Theater

CIVIC ARTS STAGE COMPANY

October 11–20, 7:30pm Friday & Saturday, 2pm Saturday & Sunday

Schoolhouse Rock Live! Jr.

Lyrics and Music by Dorough, Dave Frishberg, George Newall, Kathy Mandry, Lynn Ahrens & Tom Yohe
Book by George Keating, Kyle Hall & Scott Ferguson



The Emmy® Award-winning cartoon series is brought to life in this energetic musical that turns grammar, math, social studies and science into a rollicking, fun-filled show for the whole family.

December 13–22, 7:30pm Friday & Saturday, 2pm Saturday & Sunday
All shows at the Amador Theater

Roald Dahl's Willy Wonka, Jr.



Lyrics and Music by Leslie Bricusse and Anthony Newley; Adapted for the stage by Leslie Bricusse and Timothy Allen

McDonald; Based on the book Charlie and The Chocolate Factory by Roald Dahl

The timeless story of a candy maker and his quest to find an heir comes to life in this stage adaptation featuring songs from the classic family film.

PACIFIC COAST REPERTORY THEATRE

November 8–24, 2013, 8pm Friday & Saturday, 2pm Sunday

To Be Announced!

The title of our Fall Show is top secret as it's just being released from Broadway.

Recently a blockbuster movie, it's an exciting new musical with a Big Band sound, rousing dancing and a story right out of recent headlines. Stay tuned for details!

Director: Ken Baggott

Music Director: Mark Hanson

January 24–February 9, 8pm Friday & Saturday, 2pm Sunday



A Chorus Line

Music by Marvin Hamlisch; lyrics by Edward Kleban; book by James Kirkwood, Jr. & Nicholas Dante

Set on the stage of a Broadway theatre, 17 dancers audition for spots on a chorus line. The musical provides a glimpse into the personalities and lives of the performers and choreographer.

Director/Choreographer: Lois Grandi

Music Director: ???

For Tickets and Show Information:
Firehouse Arts Center
4444 Railroad Avenue, Pleasanton
www.firehousearts.org
(925) 931-4848

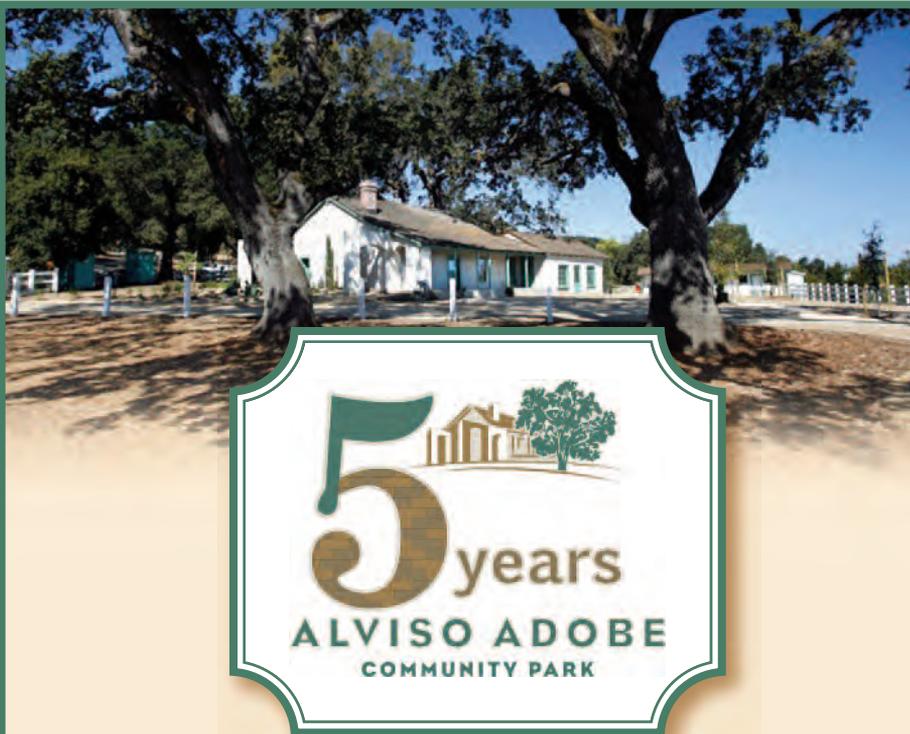


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Access & Inclusion

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



in conjunction with the Friends of the Adobe & Museum on Main Street

Join us in celebrating the Alviso Adobe Community Park's 5th Anniversary



Free!

**October 19, 2013
10am-3pm**

ACTIVITIES & EVENTS

- Movie Presentation—Local Student Documentary of Adobe
- Visit with Fiona • Light Snacks
- Meadowlark Dairy Presentation
 - Animals • Tours of Facilities
- Cultural Activities • Brick Making
 - Music & Cultural Dance
 - and Many More!

Sponsored by:



Overflow parking located at Foothill High School. City will provide a courtesy shuttle.

On the Cover: A mother explores the Alviso Adobe Community Park with her son.
Cover photographs taken by Sue Evans.

City Council

Jerry Thorne, Mayor

Cheryl Cook-Kallio, Vice-Mayor

Karla Brown • Kathy Narum • Jerry Pentin

Nelson Fialho, City Manager

7:00pm 1st & 3rd Tuesday

Parks & Recreation Commission

Jack Balch • Sophia Brown • Brad Hottle

Ted Kinzer • David Lambert

Joseph Streng • Debra Wahl

7:00pm 2nd Thursday

Additional City Commissions listed on page 47

Call



for assistance

The City of Pleasanton contracts with Eden I&R, Inc., to provide information and referrals for health, housing, and human services needs. The service is available 24 hours a day, 7 days a week, and is free to callers. Eden's multi-lingual staff can provide information on government programs, housing-related services, community services, support groups, educational opportunities, job training programs, and more.



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

Off-site Activity Locations

Crispim BJJ Barra Brothers

7063 Commerce Cir., Unit E, Pleasanton

Earthly Delights Fitness

7063 Commerce Circle, Suite I, Pleasanton

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 Villasenor, Recreation Supervisor

Linda Matthews, Senior Office Assistant

Terry Snyder, Administrative Assistant

Sports Park

5800 Parkside Drive, 931-3480

Joelle Goodman, Recreation Supervisor

Nilo Velazquez, Senior Recreation Program Specialist

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

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

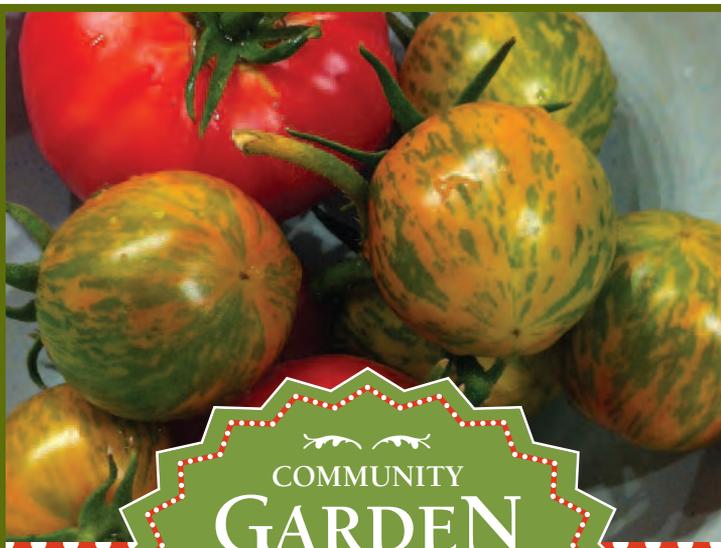
City registration website:

www.pleasantonfun.com

Like us on Facebook

Pleasanton Community Services





COMMUNITY
GARDEN
 PATCH PROGRAM
..... at
 Val Vista Community Park

The Community Services Department facilitates a community garden in Val Vista Community Park. The garden is comprised of 33 full-sized patches, each measuring 225 square feet and 7 small-sized patches of 100 square feet. Applications and general garden



information are available through the City website.

Community gardens are an excellent way to learn about gardening and to share in the harvest and fun of gardening with others. It's also a great way to get the kids outside and connect them with healthy food and nature. There is

nothing better than the taste of fresh produce from your own garden! Hurry, there are a limited number of patches that will be available. ✨

For additional information, please contact Community Garden Coordinator Chris Craft via email at ccraft@cityofpleasantonca.gov

HARRINGTON GALLERY

Fall 2013—Winter 2014

SEPTEMBER 21—OCTOBER 19

Pleasanton Art League Members' Exhibition at the Firehouse

Reception Saturday, September 21, 1:00 to 3:00pm

PAL is a group of local artists dedicated to making the visual arts an integral part of the fabric of life in the Tri-Valley Area.

Founded in 1969, it encourages the progress and development of the creative talents of its members, which include artists of all skill levels. This year's exhibit is judged by Southern California watercolor artist Gerald Brommer.

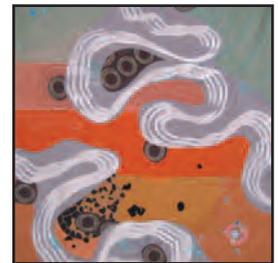


NOVEMBER 6—DECEMBER 18

Remnants: Recent works by California Fiber Artists

Reception Thursday, November 7, 7:00 to 9:00pm

An eclectic and colorful collection of two- and three-dimensional artwork created with a fusion of fiber and other media. Gourds, baskets, sculpture, and art wall quilts will be featured, and the artists utilize dye, paint, foil, thread, wire, and plastic, among other materials, to create works luxuriant in texture, shape, design, and color.



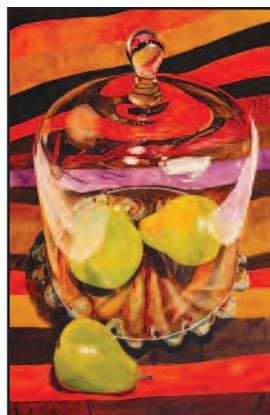
Central Valley 3
by Leslie Carabas

JANUARY 22—FEBRUARY 22

Just Add Water Black on White

Reception Wednesday, January 22, 7:00 to 9:00pm

Two distinct yet concurrent exhibits: In the Large Gallery, a colorful display of artwork by four accomplished Bay Area watercolor painters. In the adjacent room, the Old Engine Bay Gallery, striking, high contrast work in black and white will be featured. A collection of works as diverse as day and night.



Pears
by Melanie Lacki

HARRINGTON GALLERY
 in the Firehouse Arts Center
 4444 Railroad Avenue
www.firehousearts.org
 (925) 931-4849

HOURS:
 Wednesday-Friday Noon-5:00pm,
 Saturday 11:00am-3:00pm.
 Open one hour before most theater performances and during Intermission.

The Arts

Art with Miss Debbie Ages 4-6

About Debbie Wardrope

Debbie Wardrope is a Pleasanton resident who has a passion for art and painting. Her art has been recognized with many awards and she is a signature member of the Pastel Society of the West Coast. Debbie's primary medium is pastel, but she also paints in oils and acrylics. A \$20 supply fee is due at the time of registration.

Storybook Art Ages 4-8

If you love great books like *Pete the Cat*, *The Dot*, *Where the Wild Things Are*, and *Click Clack Moo*, you'll enjoy creating the fun and unique art projects we'll make! From collage and paint to Model Magic, we'll explore a variety of art mediums and techniques based on your favorite stories.

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

Firehouse Arts Center | Instructor: Debbie Wardrope

56090 M 9/9-10/14 3:45-5:00pm



Mixed Media Madness!

This class lets you explore and see what happens when you use pastels with glue, paint with glitter, newspaper with watercolor, magazines with cut paper, and so much more!

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

Firehouse Arts Center | Instructor: Debbie Wardrope

56067 Tu 10/22-12/3* 1:30-2:30pm

*No class on 11/26

Modern Art Masters

Combining a little art history with lots of creative fun, this class focuses on the work of such masters as Haring, Thiebaud, Oldenburg, Chagall and many more.

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

Firehouse Arts Center | Instructor: Debbie Wardrope

56073 W 10/23-12/4* 1:30-2:30pm

*No class on 11/27

Girls Just Wanna Have Fun!

If you love pink and purple and all things glittery, you'll love all the cute girly art projects we'll make!

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

Firehouse Arts Center | Instructor: Debbie Wardrope

56076 Tu 1/14-2/25* 1:30-2:30pm

*No class 1/11

Art Explorers!

Draw, paint, collage and mix it up with unique and creative art projects inspired by the work of different contemporary artists. Creative and educational fun!

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

Firehouse Arts Center | Instructor: Debbie Wardrope

56079 W 1/15-2/26* 1:30-2:30pm

*No class 2/12

Lil' Bit Players Ages 3-5

Your preschooler will engage in activities, songs and story-telling that is sure to start them on the road to being an expressive young performer! No reading required. This session culminates in a short in-class presentation.

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

Firehouse Arts Center | Instructor: City Staff

56365 M 9/9-10/28 4:00-5:00pm

**CIVIC ARTS
STAGE
COMPANY**

FUNDamental Drawing

Ages 4-6

Children will learn to follow directions, increase their attention span and grow self-confidence so they will be successful in kindergarten. Learn to draw with our step-by-step method and increase fine motor skills, handwriting readiness and attention to detail. New lessons each class and each session.

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

Cultural Arts Center | Young Rembrandts Staff

56141 Th 9/12-10/24 3:45-4:45pm

56142 Th 10/31-12/19* 3:45-4:45pm

56143 Th 1/9-2/27* 3:45-4:45pm

*No class 11/28, 2/20

"The open and sharing atmosphere [in Erin's class] makes it all easy and fun!"
Sylvie

Play 'n' Clay

Ages 4-6

We will make pinch pots, coil pots, and hands and feet prints! All pieces will be fired and glazed in colors your child chooses! A \$20 supply fee is due at the time of registration.

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

Cultural Arts Center | Instructor: Erin Davis

56440 W 9/18-10/23 10:15-11:15am

56441 W 9/18-10/23 12:30-1:30pm

56442 W 10/30-12/11* 10:15-11:15am

56443 W 10/30-12/11* 12:30-1:30pm

56444 W 1/15-2/19 10:15-11:15am

56445 W 1/15-2/19 12:30-1:30pm

*No class 11/27

"Audrey enjoyed herself immensely and came home with some stunning creations."
Jill Miller

Animal Creations

From popular pets to owls, elephants and hippos, these all NEW projects are tons of fun to make and display!

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

Firehouse Arts Center | Instructor: Debbie Wardrope

56053 Tu 9/10-10/15 1:30-2:30pm

Art Attack!

In this art class we'll explore and discover different art techniques while designing our own 3-D robots and mobiles, painting mini masterpieces, sculpting shelf buddies and much, much more.

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

Cultural Arts Center | Instructor: Debbie Wardrope

56064 W 9/11-10/16 1:30-2:30pm

Kindermusik

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

Kindermusik Wiggle & Grow Ages 1M-3 Years

As you play instruments, sing, move, and explore together, your family will uncover an engaging musical world while building your children's confidence, self-control, and communication skills. This is a parent-participation class. Babies 10 months and younger attend free with a sibling that is enrolled! A \$33 supply fee for music downloads and online activities for you to access and use at home is due at the time of registration.

12 classes | \$216R/\$238N

Nature House | Instructor: Kindermusik Staff

56381 Sa 9/21-12/14* 10:15-11:00am

*No class 11/30



Like us on Facebook:
Pleasanton Community Services

Exercise & Wellness



Dance Classes

About Jamie Zimmerman

Jamie Zimmerman is the owner of Jamie's Dance Studio and primary teacher who has taught dance for more than 20 years. Jamie taught dance in the Pleasanton Unified School District as well as private preschools. She was recently named "Top Teacher" at the I Love Dance Competition and "2012 Top Choreographer" in the Spotlight Dance Cup.

Website: www.jamiesdance.com

Ballet, Jazz & Tap Combo

Beginner ballet, jazz and tap steps using age-appropriate pop 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.

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

Jamie's Dance Studio | Instructor: Jamie Zimmerman

Ages 3-4

56151	M	9/9-10/28	1:30-2:15pm
56304	W	9/11-10/30	1:30-2:15pm
56314	Sa	9/14-11/2	9:15-10:00am
56283	M	11/4-1/27*	1:30-2:15pm
56305	W	11/6-1/15*	1:30-2:15pm
56315	Sa	11/9-1/11*	9:15-10:00am

*No class 11/11, 11/25, 11/27, 11/30, 12/23, 12/25, 12/28, 12/30, 1/1, 1/20

Ages 4-5

56302	Tu	9/10-10/29	2:15-3:00pm
56306	W	9/11-10/30	2:15-3:00pm
56317	Sa	9/14-11/2	10:00-10:45am
56303	Tu	11/5-1/14*	2:15-3:00pm
56307	W	11/6-1/15*	2:15-3:00pm
56321	Sa	11/9-1/11*	10:00-10:45am

*No class 11/26, 11/27, 11/30, 12/24, 12/25, 12/28, 12/31, 1/1

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.

17 classes | \$170R/\$187N

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

56146 Tu 9/17-1/28* 10:30-11:00am

56147 W 9/18-1/29* 1:30-2:00pm

*No class 11/26, 11/27, 12/24, 12/25, 12/31, 1/1



Brazilian Jiu-Jitsu Ages 4-6

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

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

Crispim BJJ Studio | Instructor: Crispim De Almeida

56341 M/W 9/9-10/16 4:00-4:40pm

56348 M/W 12/2-1/15* 4:00-4:40pm

*No class 12/25, 1/1

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

56343 M/W 10/21-11/25* 4:00-4:40pm

*No class 11/11

Sports



Wee Hoop Basketball

Hoopsters Ages 1.5-3

This parent interactive class develops gross motor skills and coordination. Repetition enables children to build confidence.



Organized games develop listening and following direction skills. Participants are required to bring a size 3 ball.

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

Pleasanton Sports Park | Instructor: Wee Hoop Staff

56252 Th 9/12-11/7 9:30-10:05am

Harvest Park Middle School | Instructor: Wee Hoop Staff

56251 Sa 9/14-11/9 9:00-9:35am

Jump Shooters

Ages 3-4

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

Pleasanton Sports Park | Instructor: Wee Hoop Staff

56254 Th 9/12-11/7 10:10-10:55am

Harvest Park Middle School | Instructor: Wee Hoop Staff

56253 Sa 9/14-11/9 9:40-10:25am

Hot Shots

Ages 4-5

Basketball skills and learning basic rules of the game are emphasized. Activities will encourage teamwork and meeting new friends. Participants are required to bring a size 3 ball.

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

Pleasanton Sports Park | Instructor: Wee Hoop Staff

56256 Th 9/12-11/7 11:00-11:45am

Harvest Park Middle School | Instructor: Wee Hoop Staff

56255 Sa 9/14-11/9 10:30-11:15am

Ballers

Ages 5-6

This class introduces team dynamics and incorporates game play in a fun environment. Participants are required to bring a 27.5 ball. *Prior basketball experience required.*

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

Harvest Park Middle School | Instructor: Wee Hoop Staff

56257 Sa 9/14-11/9 11:20am-12:15pm

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.

9 classes | \$118R/\$130N

Pleasanton Sports Park | Instructor: Kidz Love Soccer

56212 Tu 9/17-11/12 11:30am-Noon

56213 Sa 9/21-11/16 10:30-11:00am

56214 Sa 9/21-11/16 11:05-11:35am

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

56215 Tu 1/21-3/11 11:30am-Noon

56216 Sa 1/25-3/15 10:30-11:00am

56217 Sa 1/25-3/15 11:05-11:35am

Lil Baseball

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

Ages 3-5

8 classes | \$136R/\$150N

Harvest Park Middle School T-Ball Field (Corner of Northway & Valley) | Instructor: Pitching Center

56258 Tu 9/10-10/29 4:00-4:50pm

56259 Tu 9/10-10/29 5:00-5:50pm

56260 W 9/11-10/30 4:00-4:50pm

56261 W 9/11-10/30 5:00-5:50pm

56262 Th 9/12-10/31 4:00-4:50pm

56263 Th 9/12-10/31 5:00-5:50pm

Tot Soccer

Ages 3.5-4

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.

5 classes | \$74R/\$82N

Pleasanton Sports Park | Instructor: Kidz Love Soccer

56231 Tu 9/17-10/15 5:15-5:45pm

56233 F 9/20-10/18 5:45-6:15pm

9 classes | \$118R/\$130N

56230 Tu 9/17-11/12 10:50-11:20am

56232 F 9/20-11/15 9:30-10:00am

56234 Sa 9/21-11/16 9:00-9:30am

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

56235 Tu 1/21-3/11 10:15-10:45am

56236 Tu 1/21-3/11 4:30-5:00pm

56237 F 1/24-3/14 9:30-10:00am

56238 F 1/24-3/14 5:00-5:30pm

56239 Sa 1/25-3/15 9:10-9:40am

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.

5 classes | \$74R/\$82N

Pleasanton Sports Park | Instructor: Kidz Love Soccer

56220 Tu 9/17-10/15 5:45-6:20pm

56222 F 9/20-10/18 5:10-5:45pm

9 classes | \$118R/\$130N

56218 Tu 9/17-11/12 10:15-10:50am

56219 Tu 9/17-11/12 3:10-3:45pm

56221 F 9/20-11/15 10:00-10:35am

56223 Sa 9/21-11/16 9:30-10:05am

56224 Sa 9/21-11/16 10:05-10:40am

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

56225 Tu 1/21-3/11 10:45-11:20am

56226 Tu 1/21-3/11 5:00-5:35pm

56227 F 1/24-3/14 10:00-10:35am

56228 F 1/24-3/14 5:00-5:35pm

56229 Sa 1/25-3/15 9:40-10:15am



Gingerbread Preschool

The Gingerbread Way is PLAY!

For more detailed information about our program, or to check class for availability, please call 925-931-3430, visit our website at www.gingerbreadpreschool.org or email gingerbread@cityofpleasantonca.gov.

School Year Fall Registration 2013

Ages 2-5

Gingerbread Preschool has over a 40-year history in the Pleasanton community. The Preschool offers a variety of programs for children ages 2-6. The School Year program is a part-time, recreation program and provides children an opportunity to experience a classroom setting prior to kindergarten.



4333 Black Avenue • www.gingerbreadpreschool.org • (925) 931-3430

Gingersnaps Class

Gingersnaps classes are full for the Fall 2013 session.



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.

20 classes | \$375R/\$413N

Gingerbread Preschool | Instructor: Gingerbread Staff

Tu/Th	9/10-11/14	8:30-11:00am
Tu/Th	9/10-11/14	8:50-11:20am
Tu/Th	9/10-11/14	11:50am-2:20pm
Tu/Th	9/10-11/14	12:00-2:30pm
Tu/Th	9/10-11/14	12:10-2:40pm
Th/Tu	9/12-11/19	8:40-11:10am

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.

29 classes | \$544R/\$598N

Gingerbread Preschool | Instructor: Gingerbread Staff

M/W/F	9/9-11/15*	8:30-11:00am
M/W/F	9/9-11/15*	8:40-11:10am
M/W/F	9/9-11/15*	8:50-11:20am
M/W/F	9/9-11/15*	11:50am-2:20pm
M/W/F	9/9-11/15*	12:00-2:30pm
M/W/F	9/9-11/15*	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.

50 classes | \$919R/\$1011N

Gingerbread Preschool

M-F	9/9-11/15*	12:45-3:15pm
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*No program on 11/11



The Arts

Art with Debbie

Ages 6-10

About Debbie Wardrobe

Debbie Wardrobe is a Pleasanton resident who has a passion for art and painting. Her art has been recognized with many awards and she is a signature member of the Pastel Society of the West Coast. Debbie's primary medium is pastel, but she also paints in oils and acrylics. A \$25 supply fee is due at the time of registration.

Awesome Animals

Come join the fun as we draw, paint, collage, and more to create great art based on your favorite animals! From popular pets to owls, elephants and hippos, these all NEW projects are tons of fun to make and you'll love displaying your unique animal creations.

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

Firehouse Arts Center | Instructor: Debbie Wardrobe

56058 Tu 9/10-10/15 3:45-5:00pm



Art Attack!

Love to make interesting and unusual things? In this art class, we'll explore and discover different art techniques while designing our own 3-D robots and mobiles, painting mini masterpieces, sculpting shelf buddies and more.

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

Cultural Arts Center | Instructor: Debbie Wardrobe

56065 W 9/11-10/16 3:45-5:00pm



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Pleasanton Community
Services**

Painting for Beginners

Ages 8-12

For serious beginners, this class focuses on painting fundamentals such as color, shape and value as well as different techniques and styles including representational and abstract using acrylics, watercolors and soft pastels.

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

Firehouse Arts Center | Instructor: Debbie Wardrobe

56066 M 10/21-12/9* 3:45-5:00pm

**No class on 11/11, 11/25*

Mixed Media Madness!

This class lets you explore and see what happens when you use pastels with glue, paint with glitter, newspaper with watercolor, magazines with cut paper, and so much more!

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

Firehouse Arts Center | Instructor: Debbie Wardrobe

56072 Tu 10/22-12/3 3:45-5:00pm

**No class on 11/26*

Modern Art Masters

Combining a little art history with lots of creative fun, this class focuses on the work of such masters as Haring, Thiebaud, Oldenburg, Chagall and many more. Both fun and educational!

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

Firehouse Arts Center | Instructor: Debbie Wardrobe

56075 W 10/23-12/4 3:45-5:00pm

**No class 11/27*

Girls Just Wanna Have Fun!

From fairies and princesses to mermaids and more, this class is specially designed for girls only. If you love pink and purple and all things glittery, you'll love all the cute girly art projects we'll make.

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

Firehouse Arts Center | Instructor: Debbie Wardrobe

56077 Tu 1/14-2/25* 3:45-5:00pm

**No class 1/11*

Art Explorers!

Come join us as we explore the wonderful world of art! Draw, paint, collage and mix it up with unique and creative art projects inspired by the work of different contemporary artists. Learn fundamentals of art while having a great time in the process!

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

Firehouse Arts Center | Instructor: Debbie Wardrobe

56078 W 1/15-2/26* 3:45-5:00pm

**No class 2/12*



Young @ Art

Ages 5-11

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

Firehouse Arts Center | Instructor: Debbie Wardrobe & Julie Finegan

Young Inspirations

While visiting a large members' exhibit at the Harrington, students will select one or two artworks that inspire them, then complete their own interpretation of that artist's work.

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

56480 Th 10/3 4:30-5:45pm

"She loves it—the projects, the company, the instructors advice and directions. It's a great chance to develop artistic talent."
Nancy Guirguis

Fun with Fiber

Kids will love the interesting variety of quilts, sculpture, and basketry made of fabric and unusual materials. Then they'll head up to the studio to create their own freeform design to take home.

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

56481 Th 11/14 4:30-5:45pm

Color-full and Black on White

A visit to two exhibits at one time—one with color and one featuring works in black and white—will inspire our artists to create two fun and contrasting projects in the studio.

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

56482 Th 1/30 4:30-5:45pm

The Arts

Youth Ceramics

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 6-8

6 classes | \$136R/\$150N

Cultural Arts Center | Instructor: Erin Davis

56426 W 9/18-10/23 4:00-5:00pm

56427 W 10/30-12/11* 4:00-5:00pm

56428 W 1/15-2/19 4:00-5:00pm

*No class 11/27

Ages 9-12

6 classes | \$136R/\$150N

Cultural Arts Center | Instructor: Erin Davis

56429 W 9/18-10/23 5:30-6:30pm

56430 W 10/30-12/11* 5:30-6:30pm

56431 W 1/15-2/19 5:30-6:30pm

*No class 11/27



Civic Arts Stage Company presents

Roald Dahl's

Willy Wonka Jr.

Auditions

Ages 8-17



Audition for Roald Dahl's timeless story of the world-famous candy man! Willy Wonka's quest to find an heir comes to life in this stage adaptation of *Charlie and the Chocolate Factory*, featuring songs from the classic family film *Willy Wonka & the Chocolate Factory*.

Performances:

Amador Theater | F, Sa, Su 12/13-12/22

Auditions: Tu 10/22 and W 10/23 | 4:00-8:00pm

Call Backs: Th 10/24 | 4:00-8:00pm

Rehearsals:

Su, Tu, W, Th 10/27-12/13 | 4:30-7:30pm

Tech Rehearsals:

Su-Th 12/8-12/12 | 4:00-9:00pm



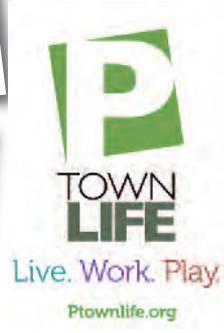
Audition packets available 9/13:

www.firehousearts.org/programs/ca-stage-co

Please email civicsarts@bactheatre.org

to sign up to audition

Ptownlife.org



Stay Connected!



Pleasanton's link to activities and resources for Youth & Families

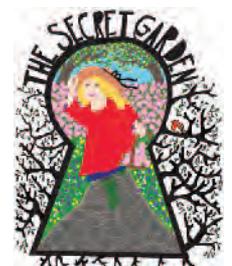
Civic Arts Stage Company presents

THE SECRET GARDEN

Auditions

Ages 8-17

When Mary Lennox is sent to live at her uncle's estate she discovers a strange walled garden that has been locked up for years. With the assistance of Dickon, the gardener's apprentice, Mary brings the garden back to life and discovers a few more surprises in the process.



Performances:

Firehouse Arts Center F, Sa, Su 2/28-3/9

Auditions: Tu 1/7 and W 1/8 | 4:00-8:00pm

Call Backs: Th 1/9 | 4:00-8:00pm

Rehearsals: Su, Tu, Th 1/12-1/16 | 4:30-7:30pm

Tech Rehearsals: Su-Th 2/23-2/27 | 4:00-9:00pm



Audition packets available 12/6:

www.firehousearts.org/programs/ca-stage-co

Please email civicsarts@bactheatre.org to sign up to audition

Mom and Me Series

Ages 6 and up

Haunted Halloween Decor

Want to make some fun Halloween decorations together? This class makes it easy! We'll be creating glittery silhouette plaques, a framed spiderweb to hang on your door, a cute candle lantern to light up your Halloween and a jack o'lantern candy holder. *A \$10 supply fee is due at the time of registration.*

1 class | \$40R/\$44N

Firehouse Arts Center | Instructor: Debbie Wardrobe

56084 Sa 9/28 2:00-4:00pm



Painted Pumpkins

Spend some time together and paint cute cat and bat pumpkins for your Halloween decor. Bring two pumpkins (one for each of you) and the rest of the supplies will be provided.

1 class | \$40R/\$44N

Firehouse Arts Center | Instructor: Debbie Wardrobe

56085 Sa 10/5 1:00-2:30pm

Holiday Fun

Come join us as we make some cute and creative holiday decorations! We'll make a stuffed snowman, a painted ornament, some cute tags for your gifts and more. Lots of fun and a great opportunity to spend time creating together! *A \$10 supply fee required at the time of registration.*

1 class | \$40R/\$44N

Firehouse Arts Center | Instructor: Debbie Wardrobe

56086 Sa 11/9 2:00-4:00pm

Holiday Dining Classes

New!

Ages 8-12

Prepare for holiday season's frenzy of festivities with a 90-minute class covering how to properly set the table, how to eat and use utensils, mealtime manners and more! A snack will be served to put new skills to use. *A \$5 supply fee is due at the time of registration.*

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

Century House | Instructor: Kate Debernardi

56097 Sa 11/16 10:00-11:30am

56098 Sa 12/7 10:00-11:30am

56099 Sa 12/14 10:00-11:30am

Civic Arts Stage Company Little Performers

**CIVIC ARTS
STAGE
COMPANY**

Ages 5-6

This musical theatre program is designed for kids who love to perform. You will learn basic theatre techniques as you prepare selected songs from Disney's *101 Dalmatians Kids*, and then join the Young Performers on stage for the final show.

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

Veterans Memorial Building | Instructor: Civic Arts Stage Company Staff

56358 Tu 10/8-1/21* 3:30-4:15pm

**No class 11/26, 12/24, 12/31*

Young Performers

Ages 7-11

With the delightfully fun score, loveable puppies and the evil Cruella De Vil, Disney's *101 Dalmatians Kids* will teach young performers the basic skills needed in musical theater—acting, singing, and dancing. Skill-building and stage confidence will be emphasized along with group participation.

13 classes | \$250R/\$275N

Veterans Memorial Building | Instructor: Civic Arts Stage Company Staff

56359 Tu 10/8-1/21* 4:30-6:00pm

**No class 11/26, 12/24, 12/31*



Beginning Guitar

Ages 8-12

Develop and build skills to play fun, popular songs! You will learn chords, notes, tabs & scales, playing blues, rock and pop tunes that you can sing along too. Beginners and those who have played already are welcomed. *A \$5.00 supply fee is due at the time of registration.*

8 classes | \$189R/\$208N

Nature House | Instructor: Debra Knox

56178 M 9/9-10/28 6:00-6:55pm

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

Nature House | Instructor: Debra Knox

56179 M 11/4-12/16 6:00-6:55pm

**No class 11/11*

Exercise & Wellness

Fit Kids Move

New!

Ages 5-13

Fit Kids Move is a fitness program that combines music, dance, strengthening and sweat to get kids on the move. Our goal is to get kids engaged, socialized, and exercised both mentally and physically. Bandito Time, Step-It-Up, Jump-Kids-Jump, Zumba, Hip-Hop are all part of this creative program.

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

Earthly Delights Fitness | Earthly Delights Staff

56203 F 1/10-2/21 4:30-5:30pm

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

Earthly Delights Fitness | Earthly Delights Staff

56202 F 9/13-12/6 4:30-5:30pm

**No class 11/29, 1/17*

ZumbAtomic®

Ages 5-10

Fun and healthy dance and fitness program designed with specific methods, international music, and dances specifically for children. Combines the high energy of the Zumba program's rhythms (salsa, cumbia, reggaeton, hip hop etc) and adds games and kid appropriate dance moves to provide a safe, effective and fun workout.

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

Cultural Arts Center | Instructor: Diana Robinson

56386 Tu 9/10-10/29 5:30-6:15pm

56387 Tu 11/12-1/21* 5:30-6:15pm

**No class 11/26, 12/24, 12/31*

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.

17 classes | \$255R/\$281N

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

56145 Tu 9/17-1/28 5:00-5:50pm

**No class 11/26, 12/24, 12/31*

Exercise & Wellness

About Jamie Zimmerman

Jamie Zimmerman is the owner of Jamie's Dance Studio and primary teacher who has taught dance for more than 20 years. Jamie taught dance in the Pleasanton Unified School District as well as private preschools. She was recently named "Top Teacher" at the I Love Dance Competition and "2012 Top Choreographer" in the Spotlight Dance Cup. A one-time fee of \$25.00 for all NEW students is due to the instructor at the first class meeting.

Website: www.jamiesdance.com

Jamie's Dance Studio | Instructor: Jamie Zimmerman

Hip Hop

Ages 6-8

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

56285 M 9/9-10/28 5:00-5:45pm
56286 M 11/4-1/27* 5:00-5:45pm

*No class 11/11, 11/25, 12/23, 12/30, 1/20

Ages 8-10

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

56446 Th 9/12-11/7* 5:45-6:30pm
56447 Th 11/14-1/23* 5:45-6:30pm

*No class 10/31, 11/28, 12/26, 1/2



Jazz & Hip Hop Combo

Ages 5-6

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

Jamie's Dance Studio | Instructor: Jamie Zimmerman

56282 M 9/9-10/28 2:15-3:00pm
56284 M 11/4-1/27* 2:15-3:00pm

*No class 11/11, 11/25, 12/23, 12/30, 1/20



Like us on Facebook:
Pleasanton Community Services

"[Daniel] provides an excellent class that includes a good balance of technical teaching, fun and encouragement for each of the students..."

The Jackson Family

Traditional Japanese Karate

Ages 5-10

Our family is dedicated to teaching a traditional Japanese Karate style called Seito Shito Ryu. Our focus is building confidence, living honorably and learning effective self defense. Our kid's classes are full of fun and challenging drills. Our motto is: "Persistence and determination alone are omnipotent." To learn more, visit us at: www.daytimedragon.com

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

Veterans Memorial Building | Instructor: Daniel Reddell

56391 W 9/4-9/25* 5:15-6:00pm
56394 M 11/4-11/25* 5:15-6:00pm
56397 W 12/4-12/18* 5:15-6:00pm
56398 M 1/6-1/27* 5:15-6:00pm

*No class 9/18, 11/11, 12/9, 1/20

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

Veterans Memorial Building | Instructor: Daniel Reddell

56390 M 9/9-9/30 5:15-6:00pm
56392 M 10/7-10/28 5:15-6:00pm
56395 W 11/6-11/27 5:15-6:00pm
56396 M 12/2-12/30* 5:15-6:00pm
56399 W 1/8-1/29* 5:15-6:00pm

*No class 12/9, 1/20

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

Veterans Memorial Building | Instructor: Daniel Reddell

56393 W 10/2-10/30 5:15-6:00pm



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. Helps develop discipline, respect, integrity and improves confidence. **Required:** Boxing gloves and wraps can be purchased at first class on site for \$40 or bring your own.

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

Crispim BJJ Studio | Instructor: Crispim De Almeida

56353 Tu/Th 9/10-10/17 4:30-5:15pm

10 classes | \$130R/\$143N

Crispim BJJ Studio | Instructor: Crispim De Almeida

56354 Tu/Th 10/22-11/26 4:30-5:15pm

*No class 10/31



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!



Special Interest

Aerospace Engineering

Ages 8-10

Participants explore science & engineering behind airborne vehicles. Through fun filled hands-on activities, participants will build and experiment with rockets, parachutes and precision cut balsa wood gliders. Students will grasp the concept of motion, lift, force, prediction, data collection & analysis. Take away: Balsa Glider & Parachute. A \$25 supply fee is due at the time of registration.

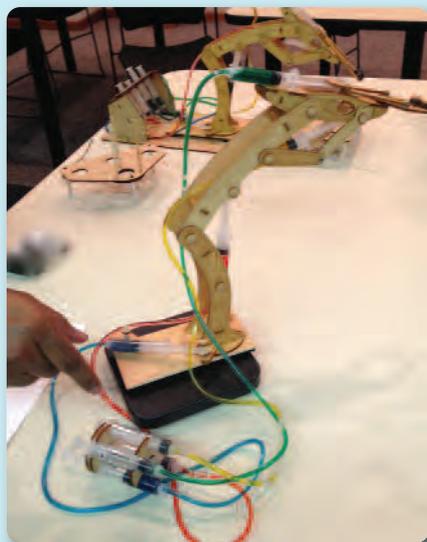
6 classes | \$120R/\$132N

Cultural Arts Center | Instructor: Minerva Learning Staff

56177 Tu 9/3-10/8 4:00-5:00pm

1 class | \$120R/\$132N

56185 Sa 11/9 10:00am-4:00pm



Meet Mr. T-Bot

Ages 10-13

This versatile hydraulic robot arm allows kids to perform various activities to explore simple machines, mechanical advantages, hydraulics and much, much more. Working during their meetings, students will build and explore their personal robot and discover fun and interesting uses for hydraulics in everyday life. A \$25 supply fee is due at the time of registration.

1 class | \$140R/\$154N

Nature House | Instructor: Minerva Learning Staff

56176 Sa 9/14 9:00am-3:00pm



Creative and Story Writing

About Lekha School

Lekha School of Creative Writing is committed to developing a generation of children who think beyond the book! The school focuses on encouraging students to write as much as they can by providing a fun and nonthreatening learning and writing environment. The following classes will introduce the five elements of story writing, learn the rules that drive creation, setting and plot and focus on different genres of fiction. For more information, visit, www.lekhaink.com.

A \$15 supply fee is due at the time of registration.

Pleasanton Senior Center | Instructor: Lekha School Staff

Creative Writing I

Ages 7-10

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

56454 Th 9/12-10/31 5:00-6:00pm

Story Writing I

Ages 7-10

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

56455 Th 11/7-1/16* 5:00-6:00pm

*No class 11/28, 12/26, 1/2

Story Writing II

Ages 10-13

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

56456 W 9/11-11/6* 5:30-6:30pm

*No class 10/2

Story Writing II—Genres

Ages 10-13

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

56457 W 11/13-1/29* 5:30-6:30pm

*No class 11/27, 12/18, 12/25, 1/1

Please Pass the Manners

Ages 8-11

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.

A \$5 Supply fee is due at the time of registration.

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

Century House | Instructor: Kate Debernardi

56096 Tu 10/1-11/5 4:00-5:00pm



Advanced Game Design

Ages 8-12

Students take their game design skills to the next level creating platform games and learning complex character interaction, moving platforms and special effects.

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

Nature House | Instructor: Freshi Media Staff

56183 Th 10/17-12/12* 3:30-5:00pm

*No class 11/28

Young Creators Stop Motion Animation

Ages 8-12

Learn how to create awesome animated and imaginative stories using LEGO®s and toys. Students will learn how to use animation software and how to add voice over and sound!

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

Nature House | Instructor: Freshi Media Staff

56184 M 9/16-11/4 3:30-5:00pm

Fun Effects with Film

Ages 8-12

Students will enhance their filmmaking skills learning how to create weather, live action and sound and lighting effects.

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

Pleasanton Senior Center | Instructor: Freshi Media Staff

56182 W 9/18-11/13* 4:00-5:30pm

*No class 10/2

Public Speaking

Bay Area Debate Club conducts series of classes in Public Speaking and Debates. Mastering the very important and basic skill of effective communication with others is proven to improve the overall confidence and advancement in academics among students. The classes will also teach the basic and advanced concepts in debating and how to make strong arguments by providing a reason and evidence. Students will learn how to use audio visual supplements to make their speeches more effective. Each participant will learn how to write a well-structured, engaging speech. For more information, visit: www.bayareadebateclub.com.



Delivery & Presentation Skills

Ages 9-12

7 classes | \$165R/\$181N
 Century House | Instructor: Bay Area Debate Club Staff
56382 W 9/18-10/30* 4:30-5:30pm
**10/23 and 10/30 classes will be 90 minutes each*

Essentials of Debating

Ages 9-14

7 classes | \$165R/\$181N
 Century House | Instructor: Bay Area Debate Club Staff
56383 W 9/18-10/30* 5:30-6:30pm
**10/23 and 10/30 classes will be 90 minutes each*

Structuring your Speech

Ages 9-12

8 classes | \$165R/\$181N
 Century House | Instructor: Bay Area Debate Club Staff
56384 W 11/6-1/15* 4:30-5:30pm
**No class 11/27, 12/25, 1/1*

Presenting with A/V tools

Ages 9-12

8 classes | \$165R/\$181N
 Century House | Instructor: Bay Area Debate Club Staff
56385 W 11/6-1/15* 5:30-6:30pm
**No class 11/27, 12/25, 1/1*



Berkeley Chess School

Ages 6-11

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

8 classes | \$144R/\$159N
 Century House | Instructor: Berkeley Chess School
56091 W 9/11-10/30 3:30-4:30pm
56092 W 1/8-2/26 3:30-4:30pm



Sports

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 each session while gradually introducing small-sided matches. Shin guards are required after the first class.

9 classes | \$118R/\$130N
 Pleasanton Sports Park | Instructor: Kidz Love Soccer

56240 Tu 9/17-11/12 3:45-4:30pm
56241 F 9/20-11/15 3:40-4:25pm
56242 Sa 9/21-11/16 10:40-11:25am

8 classes | \$108R/\$119N
 Pleasanton Sports Park | Instructor: Kidz Love Soccer

56243 Tu 1/21-3/11 3:45-4:30pm
56244 F 1/24-3/14 3:30-4:15pm
56245 Sa 1/25-3/15 10:15-11:00am

Soccer Skillz & Scrimmages

Ages 7-10

Kids will enjoy advanced skill building: dribbling, passing, and shooting in a team 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 meeting. All participants will receive a Kidz Love Soccer jersey.

9 classes | \$118R/\$130N
 Pleasanton Sports Park | Instructor: Kidz Love Soccer

56246 Tu 9/17-11/12 4:30-5:15pm
56247 F 9/20-11/15 4:25-5:10pm
56248 Sa 9/21-11/16 11:25am-12:10pm

8 classes | \$108R/\$119N
 Pleasanton Sports Park | Instructor: Kidz Love Soccer

56249 F 1/24-3/14 4:15-5:00pm
56250 Sa 1/25-3/15 11:00-11:45am



Pleasanton

Skyhawks Multi-Sport—Kickball, Dodgeball & Capture the Flag

Ages 6-12

Skyhawks has taken your favorite games from the playground and combined them into an action pack camp! Each day your young athlete will play variations of Kickball, Dodgeball, and Capture the Flag. Participants will learn sportsmanship, teamwork, and strategy in addition to the rules of the game. Bring your friends or come make new ones. All participants receive a T-shirt.

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

Harvest Park Middle School T-ball Field (Corner of Northway & Valley) | Instructor: Skyhawks Sports Academy

56478 Sa 9/14-10/12 9:00am-Noon

56479 Sa 10/19-11/23* 9:00am-Noon

*No class 11/9



Basic Archery!

Ages 8-17

This class will focus on the fundamentals of archery. Participants will learn how to shoot properly, while staying safe. This class will include shooting games and target archery. All equipment will be provided.

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

Valley View Multi-Purpose Room | Instructor: Brent Miller

56296 Tu-Th 10/1-10/3 2:30-5:30pm

Club VIP Volleyball—Intro

Ages 8-14

Volleyball class geared for boys and girls. The intent of this class is to work with interested players and teach them the basics of volleyball. Our hope is to establish a great foundation to play volleyball.

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

Pleasanton Middle School Gym | Instructor: Ted Babu

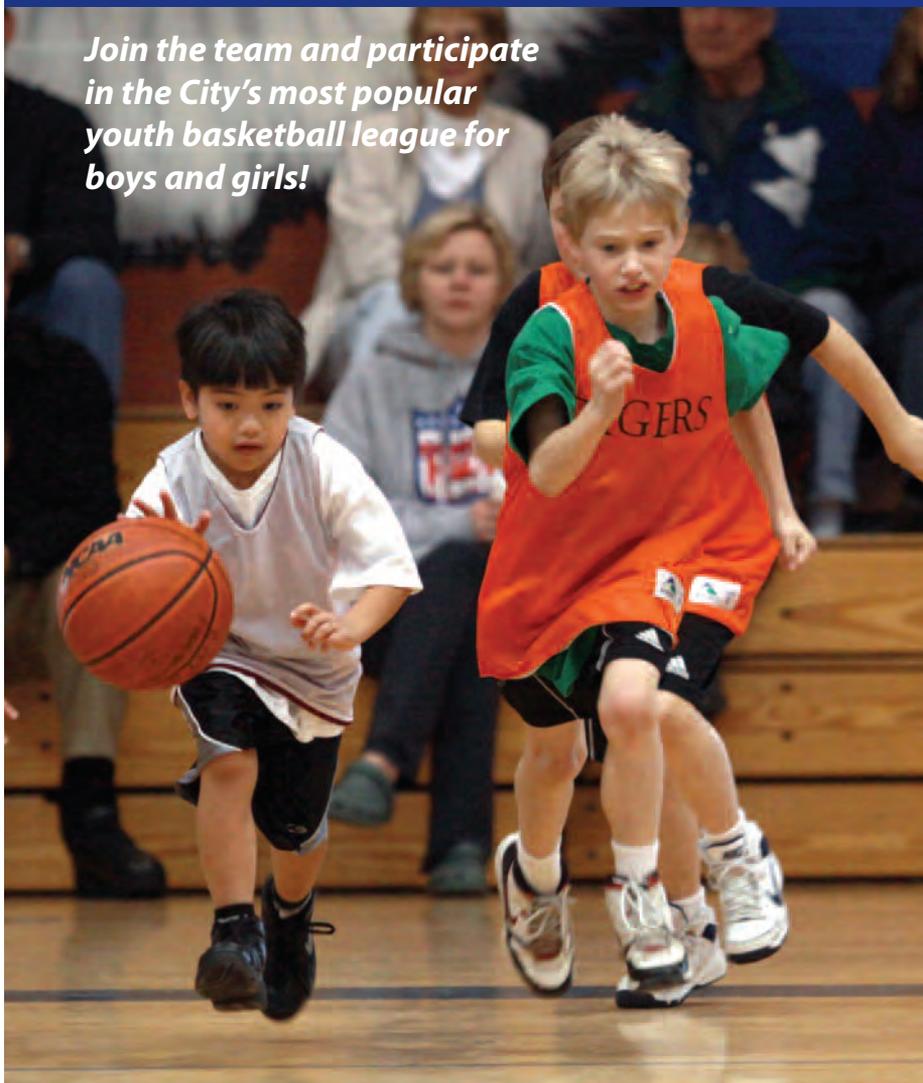
56287 M 9/9-9/30 6:00-7:00pm

56288 M 10/7-10/28 6:00-7:00pm

56289 M 11/4-12/2* 6:00-7:00pm

*No class 11/11

Join the team and participate in the City's most popular youth basketball league for boys and girls!



The Pleasanton Youth Basketball (PYB) League is a recreational league for youth, grades 1-12 (as of Fall 2013). Participants will learn and improve their basketball skills, make new friends, and learn what it means to be part of a team. All skill levels welcomed!

- Pleasanton residents only.
- Registration fee is \$120, which includes a jersey, practice time and league participation
- Leagues are separated by grade and gender.
- Practices will be once a week. (Days and times are based on volunteer coach's availability).
- Games are held on Saturdays at the three Middle Schools Gyms in Pleasanton.
- Games begin December 7, 2013.
- Space is limited, early registration is encouraged.

Youth Basketball (PYB)

Registration

There are 3 ways you can register:

Online registration begins 7/31/13: Visit

www.pleasantonfun.com. You may pay online with credit card.

Mail-in registration begins 8/7/13: Mail your completed registration form and check for \$120 (payable to the City of Pleasanton) to: City of Pleasanton, Attn: P.O. Box 520, Pleasanton, CA 94566.

Walk-in registration begins 8/14/13: Go to the Community Services Department at 200 Old Bernal Avenue with a completed registration form and pay by check or credit card.

PYB Course Codes

Boys-Grade	Code	Girls-Grade	Code
Grade 1	56264	Grade 1	56273
Grade 2	56265	Grade 2	56274
Grade 3	56266	Grade 3	56275
Grade 4	56267	Grade 4	56276
Grade 5	56268	Grade 5	56277
Grade 6	56269	Grade 6	56278
Grade 7	56270	Grade 7	56279
Grade 8	56271	Grade 8	56280
Grade 9-12	56272	Grade 9-12	56281

**Registration Deadline is
Wednesday, September 18, 5:00pm**

PYB Mail-in Registration Form

Course Code (from opposite page): _____

Last Name _____ First Name _____

Address _____ City _____ Zip _____

Age _____ DOB _____ Height _____ Feet _____ Inches _____ Weight _____ Sex _____ Grade (Fall 2013) _____

School Attending _____ Parent's Phone _____

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

Describe any prior basketball experience (i.e. played PYB, CYO and/or on a school team): _____

Interest In Coaching

To make the PYB league a success we need great volunteer coaches. The commitment is 2-hours a week. Please indicate below if you're interested in coaching a team. Your child will be placed on your team.

Name _____ Email _____

Phone: _____

Practices are held one night a week in addition to Saturday games. Please check the nights you'll be available to practice. Mon Tue Wed Thu Fri

Special Friend Requests

Only one (1) request will be considered. Friend request MUST be mutual. Requesting a coach or coach requesting a player(s) is not allowed unless a head coach is requesting the assistant coach's child. City staff will make every attempt to honor requests that are appropriate, but there are no guarantees. 1) _____

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

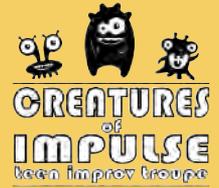
Parent/Guardian Signature _____ Date Signed _____

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





Creatures of Impulse Improv Troupe Wins Award of Excellence
 On Friday, March 8, 2013, The City of Pleasanton was presented with the California Park and Recreation Society's (CPRS) Creating Community Award of Excellence for Youth Development for the Creatures of Impulse (COI) Teen Improv Program. We hope you can join us for another award-winning season of shows, classes, and workshops!



COI Middle School Phase I

Ages 10-13

Students in COI Phase I will learn the basics of improv including the "Yes, and . . ." principle, making their fellow improviser look good, building on the ideas of others, and letting go of one's own ego. Learning through scene work and improv games is the focus of this session.

3 classes | \$74R/\$82N

Firehouse Arts Center | Instructor: Mark Duncanson

56360 F 11/8-11/22 4:00-6:30pm

COI High School Foundation I

Ages 14-18

Students in Foundation I will engage in the basics of improv including the "Yes, and . . ." principle, making their fellow improviser look good, and building on the ideas of others. Playing for real, games, and scene work will be a focus of this session.

3 classes | \$93R/\$103N

Firehouse Arts Center | Instructor: Mark Duncanson

56361 W 1/15-1/29 5:00-7:30pm

"Nightmare"

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

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

Thursday 10/24, Friday 10/25 & Saturday 10/26 at 7:30pm
 Firehouse Arts Center | Director: Mark Duncanson

Tickets: www.FirehouseArts.org • 925-931-4848

Creatures of Impulse » Teen Improv Troupe

AN INTERACTIVE HOLIDAY IMPROV SHOW!
 Director: Mark Duncanson

HOLIDAY SHORTS: *A Long Winter's Tale*

SHOW TIMES: THURSDAY, DECEMBER 5TH
 & FRIDAY, DECEMBER 6TH
 7:30PM

LOCATION: FIREHOUSE ARTS CENTER

Join Creatures of Impulse for a Firehouse Arts Center holiday tradition! Your suggestions will inspire holiday themed games, scenes, and audience interactions in the first act. The audience will then vote for which short scene Creatures of Impulse will make into an entire improvised "play" in the second act.

For more information:

Tickets: www.FirehouseArts.org • 925-931-4848

The Arts

Improv for Teens

Classes are designed to give teens a fun, age-appropriate, and professional experience in theatrical improvisation. Brought to you by Creatures of Impulse and Ptownlife.org.



Middle School Madness

6th Graders

Participants in this workshop will engage in fun improv activities and discussions designed to connect them with their peers and help them gain the knowledge and confidence necessary to have a great first year in middle school. No performance experience is required.

1 class | \$15R/\$17N

Firehouse Arts Center | Instructor: City Staff

56448 W 9/4 4:00-7:00pm

Freshman Year!

9th Graders

This workshop is a fun way for 9th graders to connect with their fellow freshman, share experiences, ask questions, and just feel better about taking on their first year in high school. Students will play improv games, have discussions, engage in high school related scene work and ask questions of the high school cast of Creatures of Impulse.

1 class | \$15R/\$17N

Firehouse Arts Center | Instructor: City Staff

56449 W 9/11 4:00-7:00pm



Teen Improv Jam Workshop

Ages 11-18

It's a teacher workday— let's do some improv and have a great time! Play fun improv games, perform scenes, and invent games too. Creatures of Impulse staff and members will be on hand to provide guidance and play along.

1 class | \$33R/\$37N

Firehouse Arts Center | Instructor: Mark Duncanson

56362 M 1/27 1:00-4:00pm



Ceramics—Wheel Throwing

Ages 12-17

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

6 classes | \$136R/\$150N

Cultural Arts Center | Instructor: Erin Davis

56423 M 9/16-10/21 5:00-7:00pm

56424 M 10/28-12/9* 5:00-7:00pm

56425 M 1/13-2/24* 5:00-7:00pm

*No class 11/25, 1/20

Beginning Guitar

Ages 13-17

Develop and build skills to play fun, popular songs! You will learn chords, notes, tabs & scales, playing blues, rock and pop tunes that you can sing along, too. Beginners and those who have played already are welcomed. A \$5.00 supply fee is due at the time of registration.

8 classes | \$189R/\$208N

Nature House | Instructor: Debra Knox

56180 M 9/9-10/28 7:00-7:55pm

6 classes | \$169R/\$185N

Nature House | Instructor: Debra Knox

56181 M 11/4-12/16* 7:00-7:55pm

*No class 11/11



Like us on Facebook:
Pleasanton Community Services

Special Interest

High School Essays

Expository Essays I

Ages 13-18

Writing factual papers will be the focus of this session. Students will research facts and processes in order to write longer expositions as they learn how to compare and contrast. They will brainstorm and research historical and scientific facts, traditional and modern beliefs and discuss correct usage as they write informational and descriptive essays. A \$15 supply fee is due at the time of registration.

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

Pleasanton Senior Center | Instructor: Lekha School Staff

56458 Th 9/12-10/31 6:15-7:15pm

Expository Essays II

Ages 13-18

This class is a continuation of first session. Students will learn how to translate their essays into larger works of writing. A \$15 supply fee is due at the time of registration.

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

Pleasanton Senior Center | Instructor: Lekha School Staff

56459 Th 11/7-1/16* 6:15-7:15pm

*No class 11/28, 12/26, 1/2

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.

1 class | \$48R/\$52N

Cultural Arts Center | Instructor: Suzy McCreary

56135 Su 10/6 9:00am-2:30pm

56136 Su 1/19 9:00am-2:30pm

Social Skills in Today's World

Ages 12-14

Teens will learn essential manners and life skills to succeed in school and beyond. Learning the importance of a positive first impression, students will participate in interactive, engaging activities, including a hands on dining experience as well as safe and savvy Internet navigation skills. A \$5 supply fee is due at the time of registration.

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

Century House | Instructor: Kate Debernardi

56100 Th 10/3-11/7 4:00-5:00pm

Special Interest



Mark your Calendar!

6th Grade Halloween Dance

6th Grade ONLY Dance! Costume Contest, Prizes Games and More!

Refreshments will be served
Friday, October 25, 2013 • 6:30–9:30pm

Location: Amador Recreation Center

\$10.00—Must Preregister

Register online or at Gingerbread Preschool, 4333 Black Ave only until 6:30pm day of the dance. No tickets will be sold at the door. Pleasanton residents only.

Must bring student ID to enter the dance. Pleasanton Unified School District Dress Code enforced.

Sponsored in partnership with the City of Pleasanton and the YMCA



Traditional Japanese Karate Ages 10 and up

Our family is dedicated to teaching a traditional Japanese Karate style called Seito Shito Ryu. Our focus is building confidence, living honorably and learning effective self-defense. Our kids classes are full of fun and challenging drills. Our motto is: "Persistence and determination alone are omnipotent." To learn more visit us at: www.daytimedragon.com

All Ranks

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

Veterans Memorial Building | Instructor: Daniel Reddell

56401	W	9/4-9/25*	6:05-6:50pm
56404	M	11/4-11/25*	6:05-6:50pm
56407	W	12/4-12/18	6:05-6:50pm
56408	M	1/6-1/27*	6:05-6:50pm

*No class 9/18, 11/11, 1/20

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

Veterans Memorial Building | Instructor: Daniel Reddell

56400	M	9/9-9/30	6:05-6:50pm
56402	M	10/7-10/28	6:05-6:50pm
56403	W	10/9-10/30	6:05-6:50pm
56405	W	11/6-11/27	6:05-6:50pm
56406	M	12/2-12/30*	6:05-6:50pm
56409	W	1/8-1/29	6:05-6:50pm

*No class 12/9

Intermediate/Advanced Ages 12 and up

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

Veterans Memorial Building | Instructor: Daniel Reddell

56411	W	9/4-9/25*	7:00-8:00pm
56414	M	11/4-11/25*	7:00-8:00pm
56417	W	12/4-12/18	7:00-8:00pm
56418	M	1/6-1/27*	7:00-8:00pm

*No class 9/18, 11/11, 1/20

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

Veterans Memorial Building | Instructor: Daniel Reddell

56410	M	9/9-9/30	7:00-8:00pm
56412	M	10/7-10/28	7:00-8:00pm
56413	W	10/9-10/30	7:00-8:00pm
56415	W	11/6-11/27	7:00-8:00pm
56416	M	12/2-12/30*	7:00-8:00pm
56419	W	1/8-1/29	7:00-8:00pm

*No class 12/9

Auditions for Willy Wonka, Jr. or The Secret Garden Ages 8-17

For details and information about auditioning for Willy Wonka or The Secret Garden, see page 11 in the School Age Children section or visit www.firehousearts.org/programs/ca-stage-co. To sign-up to audition, please email civicsarts@bactheatre.org.



PTOWNLIFE.ORG
 Check out Ptownlife.org for job openings and volunteer positions in Pleasanton and the Tri-Valley.

12TH ANNUAL

Youth Music Festival

Auditions

Youth and Teens Ages 6–18

Share your passion for music at the 12th Annual Youth Music Festival!

Youth and teen vocal and instrumental soloists and ensembles are encouraged to audition.

Submit Auditions:

Wednesday, 12/4 to Wednesday 1/15

For complete audition and volunteer details and more information, visit www.firehousearts.org or scan the QR code.

Via web-based video only (youtube.com, facebook.com, vimeo.com, etc.) Email video links to Mark Duncanson at mduncanson@cityofpleasantonca.gov
 Placement in the show is not guaranteed



Youth Music Festival



HOLIDAY VARIETY SHOW

Young performers come together to present the Firehouse Arts Center's first holiday themed Youth Music Festival Holiday Variety Show. Have an amazing time ushering in the holidays with our local and captivating young talent.

SATURDAY, NOVEMBER 30th

2:00pm & 7:30pm

FIREHOUSE ARTS CENTER | DIRECTOR: MARK DUNCANSON

Tickets: go to www.FirehouseArts.org or call 925-931-4848



Youth Music Festival Holiday Variety Show Auditions! Ages 10-18

Audition Submissions: Wednesday 1/4 to Wednesday 1/15

Via web-based video only (youtube.com, vimeo.com, facebook.com, etc.)

Email video links to Mark Duncanson at mduncanson@cityofpleasantonca.gov
 Placement in the show is not guaranteed



Exercise & Wellness

Brazilian Jiu-Jitsu for Teens

Ages 10-14

This class incorporates self defense techniques, ground work and conditioning, which will help in improving your child's coordination, strength, agility and confidence. Helps develop discipline, respect and integrity. We'll also cover dealing with bullying. A \$50 uniform fee is required on site at first class meeting.

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

Crispim BJJ Studio | Instructor: Crispim De Almeida

56350 M/W 9/9-10/16 5:30-6:20pm

56352 M/W 12/2-1/15* 5:30-6:20pm

*No class 12/25, 1/1

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

Crispim BJJ Studio | Instructor: Crispim De Almeida

56351 M/W 10/21-11/25* 5:30-6:20pm

*No class 11/11

Mixed Martial Arts

Ages 10-14

This class 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. Helps develop discipline, respect, integrity and improves confidence. Boxing gloves and wraps can be purchased at first class on site for \$40, or bring your own.

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

Crispim BJJ Studio | Instructor: Crispim De Almeida

56325 Tu/Th 9/10-10/17 5:15-6:15pm

10 classes | \$130R/\$143N

Crispim BJJ Studio | Instructor: Crispim De Almeida

56330 Tu/Th 10/22-11/26* 5:15-6:15pm

*No class 10/31

"Crispim BJJ is the finest academy in the Bay Area"
Hayden O.

Taekwon-Do For Teens

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 in a fun and stimulating environment.

16 classes | \$240R/\$244N

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

56144 M 9/16-1/27* 7:00-7:50pm

*No class 11/11, 11/25, 12/30, 1/20



Sports

Club VIP Intermediate Volleyball

Ages 12-14

The intent of this class is to fine tune the basic volleyball skills and to help build confidence for young athletes. The programs goal is to help players understand the role of a volleyball player.

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

Pleasanton Middle School | Instructor: Ted Babu

56290 M 9/9-9/30 7:00-8:00pm

56291 M 10/7-10/28 7:00-8:00pm

56292 M 11/4-12/2* 7:00-8:00pm

*No class 11/11

Volleyball Doubles Training



Ages 12-14

Come join the fun with this new program which will enhance athletic performance and teamwork. The video analysis portion will maximize communication and teamwork skills.

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

Pleasanton Middle School | Instructor: Ted Babu

56293 M 9/9-9/30 8:00-9:00pm

56294 M 10/7-10/28 8:00-9:00pm

56295 M 11/4-12/2* 8:00-9:00pm

*No class 11/11

Friday Night Teens!

Friday Nights—Fun & Fabulous!
Ages 12-15

Gather your friends and head over to the Amador Rec Center two Friday's a month this fall! Register to participate in a variety of activities including Ping Pong, Dodge Ball, Wii Tournaments and more. Snacks provided.

Location: Amador Recreation Center
7:00-9:00pm | Fridays

September 13
October 11
November 8
December 6 & 20
January 10 & 24
February 14 & 28

Punch Pass: 46489 | \$20.00
Single Pass: 56599 | \$5.00

Must pre-register. Punch passes can be purchased at www.pleasantonfun.com or in-person at the Community Services Department, 200 Old Bernal Ave. Punch passes are valid for 5 Friday Night Teen Events and expire 2/28/14. Single day passes can be purchased at the Community Services Department.

For more information, contact Rachel Mariscal at 925-931-3434

Sponsored in partnership with the City of Pleasanton and the YMCA

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. Classes noted (Family Fun) are intended for the entire family and the parents are FREE.

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.

Guinea Pigs (Family Fun)

Ages 5-10

Presented by Pleasanton's Abbie 4-H group, come meet the guinea pigs! The people of the Andes Mountains in South America domesticated them from the wild cavy around 7,000 years ago. Learn about their habits and why they make great pets!

1 class | Free

Alviso Adobe Community Park

56310 Sa 9/28 11:00am-Noon



Wascawwy Wabbits (Family Fun)

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 hops around your feet. Mind your step!

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

Alviso Adobe Community Park | Instructor: Megan Kummer

56198 Sa 10/12 11:00am-Noon



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

Chickens (Family Fun)

Ages 5-10

Discover some of the many breeds of chickens there are, and what it takes to get started to raise your own. Presented by Pleasanton's Abbie 4-H group.

1 class | Free

Alviso Adobe Community Park

56311 Sa 1/4 11:00am-Noon

Winter Tea

Ages 6-10

The chill is on and the tea is a-brewing. Come out and sample some lovely winter teas that will warm the heart and fend off the chill of winter.

1 class | \$8R/\$11N

Alviso Adobe Community Park | Instructor: Eric Nicholas

56199 Sa 12/7 3:00-4:00pm

Winter Garden

Ages 6-10



What kinds of plants can you grow in a winter garden? Visit the Alviso Adobe Community Park's garden to find out! You will also plant some of your own vegetables to take home.

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

Alviso Adobe Community Park | Instructor: Megan Kummer

56200 Sa 1/18 2:00-3:00pm

Nature Photography Hike

Ages 18 and up

Join our very own naturalist as he leads you on a photographic journey off the beaten path; see what images you can capture as you search some of the city's hidden parks. This is a moderate hike, which features some slopes and uneven terrain.



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

Callippe Preserve Trail | Instructor: Eric Nicholas

56196 Sa 9/14 3:00-4:30pm

56197 Sa 1/11 2:00-3:30pm

What About Weaving

Ages 8-14

Before there were fabric stores, cloth and garments were made at home by people just like you! Come learn about the history of the loom (a tool for making textiles) and show off your weaving skills with some hands-on activities that you can take home.

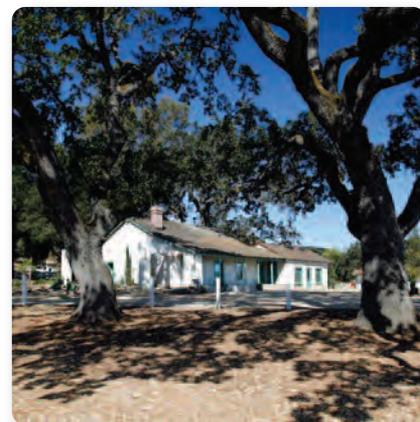
1 class | \$5R/\$8N

Alviso Adobe Community Park

56201 Sa 11/9 11:00am-Noon



**ALVISO ADOBE
COMMUNITY PARK**



Alviso Adobe Community Park Tour

All Ages

Have you ever wondered what's going on at the Alviso Adobe Community Park? Now is your chance to find out! Join us for a docent-led historical tour of the park in which you will explore the buildings and grounds.

1 class | \$2 donation requested

Alviso Adobe Community Park

Instructor: Environmental Ed. Staff

First Sunday of the Month

11:00am-Noon

Nature's Wonder Club Series

Ages 5-11

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

Goodness Snakes!

Learn all about the natural history of our silky, slithering friends! Find out how these creatures have made niches in habitats all around the world, as we meet some of their finer representatives.

1 class | \$3R/\$6N
Alviso Adobe Community Park
Instructor: Eric Nicholas

56207 Sa 9/21 11:00am-Noon

Dino-Story

Who were these creatures? Were they reptiles? Birds? Or something all together different? Together we will examine the evidence and you can decide where the facts lie.

1 class | \$3R/\$6N
Alviso Adobe Community Park | Instructor: Eric Nicholas

56206 Sa 10/5 11:00am-Noon

Natural Arts

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: Soleil Alameda

56333 Su 10/13 11:00am-Noon

Nature EXPLORE!

Ages 6-11

Join us after school for a wonderful time exploring nature with our Naturalist. Students will enjoy games, storytelling, arts and crafts, science activities and nature walks. Wear close toed shoes and be ready to get dirty!

7 classes | \$90R/\$99N
Nature House | Instructor: Eric Nicholas

56450 W 9/18-10/30 3:30-5:00pm

4 classes | \$50R/\$55N
Nature House | Instructor: Eric Nicholas

56356 W 1/8-1/29 3:30-5:00pm

The Alviso Adobe Community Park is turning 5! See page 3 for all the celebration details.

Worm Farm

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

1 class | \$3R/\$6N
Alviso Adobe Community Park | Instructor: Megan Kummer

56204 Sa 11/2 11:00am-Noon



National Audubon Society's Winter Bird Count

The National Audubon Society's mission is to conserve and restore natural ecosystems, focusing on birds, other wildlife, and their habitats for the benefit of humanity and the earth's biological diversity. We will gain knowledge of the tools and skills needed to view our local feathered residents as we participate in the Audubon's winter bird count.

1 class | \$3R/\$6N
Alviso Adobe Community Park | Instructor: Eric Nicholas

56205 Sa 12/14 11:00am-Noon

Sign up for all 5 of the Club classes at once for a reduced rate!

5 classes | \$12R/\$15N | Alviso Adobe Community Park
56208 Sa 11:00am-Noon

Winter Ramblers Nature Day Camp

Ages 6-12

Explore the Alviso Adobe Community Park for some winter fun! The ramblers learn all about nature with some very cool history added. This camp is going to be the place to chill without the brrr of winter. Crafts, skills and games will keep you warm and toasty! Bring a lunch.

2 classes | \$78R/\$86N
Alviso Adobe Community Park | Instructor: Eric Nicholas, Megan Kummer

56545 Th-F 12/26-12/27 9:00am-3:00pm

56320 Th-F 1/2-1/3 9:00am-3:00pm



Wondrous Universe Series

Ages 6-12

Lunar Viewing

Come out and view our closest neighbor in the Solar System—the Moon. The moon controls our tides, helps plants grow and perhaps, just perhaps, affects our moods. There will be naturalist-led activities and telescope viewing.

1 class | \$8R/\$11N
Alviso Adobe Community Park | Instructor: Eric Nicholas

56210 Sa 11/16 6:30-7:30pm

Winter Skies

The dark skies of winter are truly a sight to behold, so come out and see how wonderfully beautiful the night can be. There will be naturalist-led activities and telescope viewing.

1 class | \$8R/\$11N
Alviso Adobe Community Park | Instructor: Eric Nicholas

56211 Sa 1/18 7:00-8:00pm

Sign up for both classes in the series at once for a reduced rate!

2 classes | \$12R/\$15N | Alviso Adobe Community Park
56209 Sa, 11/16 & Sa 1/18

California Newt Festival (Family Fun)

Ages 4-12

Who newt they were here in Pleasanton? Come explore the forest with our naturalist and discover the life of these wonderful amphibians; learn about their habits, what they eat and who is trying to eat them. Dress with the weather in mind.

1 class | \$3R/\$6N
Augustin Bernal Park | Instructor: Eric Nicholas

56312 Sa 1/25 3:30-5:30pm



Halloween at Alviso Adobe

Ages 4-12

If you like spooky, but not terrifying, come to the Alviso Adobe Community Park for some special Hallo-



ween animal encounters, presented by Environmental Ed. youth interns. Participants will also enjoy Halloween face painting, craft making, and a night tour of the park with the Naturalist. Tours depart every thirty minutes. Bring your flashlight!

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

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

56326 F 10/25 4:30-5:30pm

56323 F 10/25 5:00-6:00pm

56324 F 10/25 5:30-6:30pm

Family Fun Special Events at the Alviso Adobe

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

Pumpkin Carving

Ages 5-12

Create a bit 'o Halloween chill or thrill at our 5th annual Pumpkin Carving Party. The pumpkins will be there, the tools will too; we've got some great ideas, how about you?

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

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

56322 Sa 10/26 11:00am-Noon



Alviso Adobe Winter Faire

New!

Ages 5-12

Celebrate winter and the holiday season at the Alviso Adobe Winter Faire! Create natural holiday wreaths and old-fashioned ornaments, make holiday gifts for family and friends, and decorate the park with winter treats for the animals. Additionally, have your picture taken with SANTA! Light refreshments will be provided.

1 class | \$15R/\$18N

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

56331 Sa 12/21 11:00am-1:00pm

56332 Sa 12/21 2:00-4:00pm

Volunteer and Group Service Opportunities

Lend a helping hand on service projects in and around the numerous parks here in town. Volunteers are the backbone of any community and our naturalist knows this so please sign up! For volunteer opportunities, please visit Lend A Hand Tri-Valley at www.helpendahand.org.

Acorn Harvest

It's time for an acorn harvest! Come on up to the Alviso Adobe Community Park and help us collect this year's supply of acorns that we will use for projects and planting.

Oak Gall Harvest

It's that time again! We're running low on oak galls, which we use for programs and projects. Stop by the Alviso Adobe Community Park and help us collect a new supply of oak galls.

For information and to set a date for a service project contact Eric Nicholas, Naturalist at (925) 931-3483 or enicholas@cityofpleasanton.gov



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



Registration form on the next page

Fall 2013/Winter 2014 Activities Form

Level	Code	Activity	Date/Time/Notes	Meeting Location	Fee
<input type="checkbox"/>	8 56040	A's Game and Tailgate Party	Sa, 9/7, 10:30am-4:30pm. Includes game ticket, transportation, lunch, and beverage. You may bring extra money for a snack. Expect a full day of sun.	Pleasanton Senior Center, 5353 Sunol Blvd., Pleasanton	\$32
<input type="checkbox"/>	4 56060	Western Dance	F, 9/20, 7:00-10:00pm. Includes DJ, dancing, and a light snack.	Pleasanton Senior Center, 5353 Sunol Blvd., Pleasanton	\$16
<input type="checkbox"/>	10 56041	Bocce and Lunch	Sa, 9/28, 12:00-2:30pm. Includes lunch, beverage, and bocce ball. Expect a full day of sun.	Pleasanton Senior Center, 5353 Sunol Blvd., Pleasanton	\$16
<input type="checkbox"/>	7 56055	Breakfast Club	Sa, 10/5, 8:30-10:30am. Includes entree, beverage, tip, and tax. Bring money for Farmer's Market.	Vic's All Star Kitchen, 201 Main St. #A, Pleasanton	\$16
<input type="checkbox"/>	7 56042	Perry Farms Pumpkin Patch	Sa, 10/12, 10:00am-2:00pm. Includes transportation, lunch, beverage, and a pumpkin. Bring extra money if you wish to purchase additional produce.	Pleasanton Senior Center, 5353 Sunol Blvd., Pleasanton	\$20
<input type="checkbox"/>	4 56059	Brunch & A Movie	Sa, 10/19, 10:00am-2:00pm. Includes entrée, beverage, tip, tax, and movie ticket.	Drop off: Mimi's Cafe, 4775 Hacienda Dr, Dublin. Pick up: West side of Regal Cinemas behind On the Border	\$26
<input type="checkbox"/>	4 56061	Halloween Dance	F, 10/25, 7:00-10:00pm. Includes DJ, dancing, a light snack and craft activity.	Pleasanton Senior Center, 5353 Sunol Blvd., Pleasanton	\$16
<input type="checkbox"/>	7 56056	Breakfast Club	Sa, 11/2, 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"/>	7 56043	Gym Night	F, 11/8, 6:00-8:00pm. Includes gym time and a light snack.	West Coast Olympic Gymnastics, 1056 Serpentine Lane, Ste. B, Pleasanton	\$10
<input type="checkbox"/>	10 56044	Holiday Shopping Day	Sa, 11/16, 11:00am-3:30pm, Includes lunch, beverage, craft, and transportation to Target. Bring your holiday shopping list and money.	Pleasanton Senior Center, 5353 Sunol Blvd., Pleasanton	\$16
<input type="checkbox"/>	4 56050	Hometown Holiday Parade	Sa, 12/7, 2:00-6:15pm. Includes pizza, beverage, decorations, and bus ride.	Pleasanton Senior Center, 5353 Sunol Blvd., Pleasanton	\$16
<input type="checkbox"/>	4 56062	Winter Ball	F, 12/13, 6:00-10:00pm. Includes a catered dinner (provided by REACH donation), DJ, dancing, and dessert.	Pleasanton Senior Center, 5353 Sunol Blvd., Pleasanton	\$16
<input type="checkbox"/>	4 56049	Super Franks!	Sa, 1/4, 12:00-3:30pm. Includes private gym time, pizza, and a beverage.	Super Franks!, 5341 Owens Court, Pleasanton	\$25
<input type="checkbox"/>	7 56057	Breakfast Club	Sa, 1/11, 8:30-10:30am. Includes entree, beverage, tip, and tax. Bring money for Farmer's Market.	Vic's All Star Kitchen, 201 Main St. #A, Pleasanton	\$16
<input type="checkbox"/>	7 56045	Gym Night	F, 1/17, 6:00-8:00pm. Includes gym time and a light snack.	West Coast Olympic Gymnastics, 1056 Serpentine Lane, Ste. B, Pleasanton	\$10
<input type="checkbox"/>	1 56046	Bingo and Lunch	Sa, 1/25, 12:00-2:00pm. Includes lunch, beverage, bingo, and prizes.	Pleasanton Senior Center, 5353 Sunol Blvd., Pleasanton	\$12
<input type="checkbox"/>	1 56047	Karaoke Night	F, 1/31, 7:00-9:00pm. Includes snack, beverage, and karaoke.	Pleasanton Senior Center, 5353 Sunol Blvd., Pleasanton	\$12

Thank You!



Special thanks to the
East Bay Community Foundation
 for making possible a donation
 for the expansion of RADD
 programming!



Recreation Activities for the Developmentally Disabled



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

Registration Form—Fall 2013/Winter 2014

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.
- You MUST fill out a RADD Code of Conduct Sheet and Participant Information Packet. You can access these online at www.cityofpleasantonca.gov, click on "Community Services" under "Services" and then click on the "RADD" link on the left side of the page; or call the front office.

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

Ceramics with Erin

Ages 15 and up

Learn how to make a pinch pot, a coil pot, a sculpture, or roll a slab and create a wall hanging, and more! Participants must be able to manipulate the clay on their own, requiring some hand strength. Participants should also be able to focus in a 2 hr. classroom setting. Work space available for both sitting and standing; facility is wheelchair friendly. Should you have any questions specifically for the instructor, you can e-mail her at ekdpottery@yahoo.com. A \$30 supply fee is due at the time of registration.

6 classes | \$118R/\$130N

Cultural Arts Center | Instructor: Erin Davis

56432 Th 9/19-10/24 6:30-8:00pm

56433 Th 1/16-2/20 6:30-8:00pm

RADD Tennis

Ages 15 and up

Improve and practice basic coordination skills and motor skills. Learn the basic strokes of tennis and understand the rally. Training balls will be used and rules modified to adapt to playing levels.

6 classes | \$50R/\$55N

Tennis & Community Park | Instructor: Lifetime Tennis Staff

56484 Th 9/19-10/24 3:30-4:15pm

56485 Th 10/31-12/12 3:30-4:15pm

R.A.D.D. Registration Form



Please include both pages! Total Fee Amount \$ _____

Name of Person Responsible for the Account _____ Address _____

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

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

Signature _____ Check #: _____ Amount \$ _____

Waiver, Release and Assumption of Risk: The City of Pleasanton is sponsoring the 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, Pleasanton | 931-3420
www.PleasantonAquaticCenter.com

Office Hours

M/W/F 6:00am–1:00pm
 Tu/Th 11:30am–1:00pm
 M-Th 5:30–8:00pm
 Sa/Su/Holidays 8:00–11:00am
 Holiday Hours: 9/2, 11/11, 11/28, 12/24, 12/31, 1/1, 1/20. No lap swim on 10/19-10/20 (swim meet), 12/25



Grand Re-Opening of the Dolores Bengtson Aquatic Center!

We are excited to share the new changes and improvements with you! Please visit www.PleasantonAquaticCenter.com for more information about a Re-Opening Ceremony date to be announced. At the time of Activity Guide printing, renovation to the west side of the Dolores Bengtson Aquatic Center is on schedule for a Labor Day completion date.

Recreational Swimming

The last day for Recreational Swimming at Amador Valley High School will be Labor Day weekend. For a Recreational Swim flyer with information about the site, please refer to www.PleasantonAquaticCenter.com hours and fee or call (925) 931-3420.

Lap Swimming for Fitness

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

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

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

Holiday Hours: 9/2, 11/11, 11/28, 12/24, 12/31, 1/1, 1/20
 No lap swim on 10/19-10/20 (swim meet), 12/25



Aquatics 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.

"For a child very new to swimming, the environment was warm, patient and non-threatening"
Learn to Swim Parent





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.

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

56493 Tu/Th 9/3-9/26 6:45-7:30pm

56492 M/W 9/4-9/30 10:30-11:15am

9 classes | \$63R/\$69N

56495 Tu/Th 10/1-10/29 6:45-7:30pm

56494 M/W 10/2-10/30 10:30-11:15am



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

Competitive Stroke Swim Class

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.

Ages 6-10

8 classes | \$64R/\$70N

56539 M/W 9/4-9/30 4:30-5:15pm

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

56541 M/W 10/2-10/30 4:30-5:15pm

Ages 11-18

8 classes | \$64R/\$70N

56540 M/W 9/4-9/30 5:20-6:05pm

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

56542 M/W 10/2-10/30 5:20-6:05pm



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.

No class 9/2, 11/11, 11/28, 11/29, 12/25, 1/1, 1/20

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: Dolores Bengtson Aquatic Center

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

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

M-Th 5:30-6:30pm

Red Cross Certification

Basic Water Rescue

Ages 10 and up

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

1 class | \$75R/\$83N

Dolores Bengtson Aquatic Center

56536 Sa 9/21 9:00am-1:00pm

56537 Sa 11/16 9:00am-1:00pm

56538 Sa 1/25 9:00am-1:00pm



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 time required in order for students to complete their certification. For course prerequisites and more information on the blended learning course, visit www.PleasantonAquaticCenter.com.

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

Dolores Bengtson Aquatic Center

56543 Sa 12/7 and 11:00am-1:00pm

M-Tu/Th-F 12/30-1/3 10:00am-Noon

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.

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. 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

9/3-9/26

Tu/Th | 30 minutes | 8 classes | \$52R/\$57N

Level/Time	4:00pm	4:30pm	5:00pm	5:45pm	6:15pm
Preschool	56503	56504			
Beginner			56525	56526	
Stroke Imp.					56515

9/4-9/30

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

Level/Time	1:00pm	1:30pm	4:00pm	4:30pm	5:00pm	5:45pm	6:15pm
Preschool	56500	56501	56502				
Beginner				56522	56523	56524	
Stroke Imp.							56514

10/1-10/29

Tu/Th | 30 minutes | 9 classes | \$59R/\$65N

Level/Time	4:00pm	4:30pm	5:00pm	5:45pm	6:15pm
Preschool	56510	56511			
Beginner			56532	56533	
Stroke Imp.					56519

10/2-10/30

M/W | 30 minutes | 9 classes | \$59R/\$65N

Level/Time	1:00pm	1:30pm	4:00pm	4:30pm	5:00pm	5:45pm	6:15pm
Preschool	56507	56508	56509				
Beginner				56529	56530	56531	
Stroke Imp.							56518



Learn to Swim Saturday Classes

9/7-9/21

30 minutes | 3 classes | \$20R/\$23N

Level/Time	9:00am	9:30am	10:00am	10:45am	11:15am	11:45am
Preschool	56505			56506		
Beginner		56527			56528	
Stroke Imp.			56516			56517

10/5-10/26*

30 minutes | 3 classes | \$20R/\$23N

*No class 10/19

Level/Time	9:00am	9:30am	10:00am	10:45am	11:15am	11:45am
Preschool	56512			56513		
Beginner		56534			56535	
Stroke Imp.			56520			56521

Private/Semi-Private Swim Lessons

Ages 6 and up

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.

4 classes | \$120R/\$132N | \$60R/\$66N each additional student

Dolores Bengtson Aquatic Center

56497	W	9/4-9/25	6:45-7:15pm
56496	M	9/9-9/30	6:45-7:15pm
56499	W	10/2-10/23	6:45-7:15pm
56498	M	10/7-10/28	6:45-7:15pm



The Arts

Art for Everyone!

Ages 16 and up

A \$10 supply fee is due at the time of registration.

Book Page Birds

If you can cut, paste, trace and use a paintbrush or pen, you can do the simple but beautiful book page bird (including owls) projects we'll make in this class. Come relax, enjoy some art therapy and take home a project or two you'll love to display in your home.

Harvest Time Painting

Come paint your own acrylic painting on canvas especially for your fall decor. Paint along with the instructor, local artist Debbie Wardrope, and create your own personal work of art—one you'll be proud to display this fall.

Snowmen!

If you love snowmen, this painting project is for you. We'll be painting together to create a cute snowman on canvas for your holiday decorating enjoyment. It's fun and easy as you follow along with instructor and local artist Debbie Wardrope. Come and relax and create together!

Winter Warm Up

Take the chill off winter and come create your own coffee or tea-themed mixed media collage! Using book pages, paint, decoupage and more, we'll make a great piece you'll be happy to frame and enjoy.

1 class | \$45R/\$50N

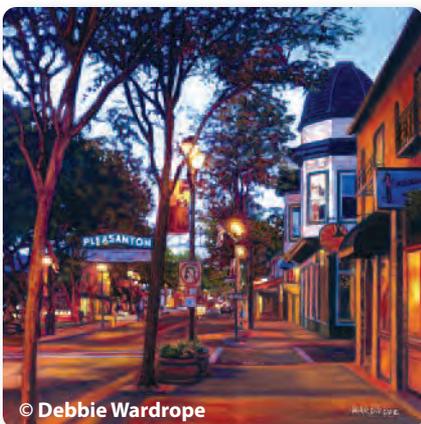
Firehouse Arts Center | Instructor: Debbie Wardrope

56080 Book Page Birds Th 9/12 7:00-9:00pm

56081 Harvest Time Th 10/10 7:00-9:00pm

56082 Snowmen! Th 11/14 7:00-9:00pm

56083 Winter Warm Up Th 1/23 7:00-9:00pm



© Debbie Wardrope

Art Made Easy II/III

Ages 12 and up

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

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

Firehouse Arts Center | Instructor: Charlotte Severin

56094 Th 9/5-10/24* 1:00-4:00pm

56095 Th 1/9-2/13 1:00-4:00pm

*No class 9/19, 10/3



Ceramics—Wheel Throwing

Ages 18 and up

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

6 classes | \$136R/\$150N

Cultural Arts Center | Instructor: Erin Davis

56434 M 9/16-10/21 10:00am-12:30pm

56420 M 9/16-10/21 7:30-9:30pm

56435 M 10/28-12/9* 10:00am-12:30pm

56421 M 10/28-12/9* 7:30-9:30pm

56438 M 1/13-2/24* 10:00am-12:30pm

56422 M 1/13-2/24* 7:30-9:30pm

*No class 11/25, 1/20



Pastel Painting Workshop

Ages 16 and up

Both beginners and intermediate students are welcome to join us in painting in pastel. New students will be given basic instruction in the pastel medium while more advanced students can paint the subject of their choice with one-on-one help from the instructor. Supply list available upon registration.

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

Cultural Arts Center | Instructor: Debbie Wardrope

56088 W 9/11-10/16 10:00am-Noon

56089 W 10/23-12/4* 10:00am-Noon

*No class on 11/27

Porcelain Painting

Ages 15 and up

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

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

Pleasanton Senior Center | Instructor: Ann Apperson

56093 W 10/2-10/30 12:15-3:30pm

Art Quilt Collage

Ages 18 and up



Teaching mixed media techniques to make 2-D wall art using paper, fabric, paint and ephemera. Sewing machine required. A \$15 supply fee is due at the time of registration.

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

Firehouse Arts Center | Instructor: Denise Oyama Miller

56194 Tu 10/1-10/29 9:00am-Noon

Exercise & Wellness



Zumba Ages 13 and up

Are you ready to party yourself into shape? That's exactly what the Zumba program is all about. It's an exhilarating, effective, calorie-burning dance fitness-party. A high energy workout that combines Latin rhythms and easy-to-follow steps to create a unique exercise experience. Come join the party!



8 classes | \$85R/\$94N
Veterans Memorial Building | Instructor: Diana Robinson

56388 Th 9/12-11/7 6:30-7:30pm

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

56389 Th 11/21-1/30 6:30-7:30pm

No class 10/31, 11/28, 12/26

Zumba Toning Ages 18 and up

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

9 classes | \$36R/\$40N
Pleasanton Senior Center | Instructor: Nancy Wigley

56037 W 10/2-11/27 10:15-11:15am

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

56038 W 12/4-1/29 10:15-11:15am

Belly Dance Ages 16 and up

Find out why belly dance is such a great way to get fit, tone up, make new friends and have fun! In this session we will learn a few simple moves and how to put them together into an entertaining belly dance performance. A \$35 supply fee is due at the time of registration.

Introduction to Belly Dance

1 class | \$25R/\$28N
Cultural Arts Center | Instructor: Sara Shrapnell

56186 Tu 9/10 7:00-9:00pm

Beginners Belly Dance

15 classes | \$180R/\$198N
Cultural Arts Center | Instructor: Sara Shrapnell

56192 Tu 9/24-1/28* 7:00-8:00pm

56193 Th 9/26-1/23* 10:30-11:30am

**No class 11/26, 11/28, 12/17, 12/19, 12/24, 12/26, 12/31*

Belly Dance Level 2

From her majestic entrance swirling a veil to the finger cymbals highlighting percussive moves, the traditional skills of Saaiddi stick dance to mastering the art of sword balancing every belly dancer needs a prop. \$20 supply fee is due at time of registration.

15 classes | \$180R/\$198N
Cultural Arts Center | Instructor: Sara Shrapnell

56191 Tu 9/24-1/21* 8:00-9:00pm

**No class 11/26, 12/17, 12/24, 12/31*

Gentle Yoga Ages 15 and up

Enjoy a luxurious practice in a peaceful and supportive environment. Our practice will be devoted to floor postures, relaxation and meditation. Benefits of gentle yoga are to reduce stress and enhance feelings of overall peacefulness including feeling centered, grounded and calm! Be ready to learn correct yoga alignment and hands-on assistance from your certified yoga instructor, Beth Fox.

5 classes | \$85R/\$94N
Cultural Arts Center | Instructor: Beth Fox

56451 F 9/27-10/25 9:00-10:15am

56453 F 1/3-1/31 9:00-10:15am

7 classes | \$119R/\$131N
Cultural Arts Center | Instructor: Beth Fox

56452 F 11/1-12/13 9:00-10:15am



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.

14 classes | \$210R/\$232N
Century House | Instructor: Lorey Wallace

56137 M 9/9-12/16* 6:00-7:15pm

56139 M 9/9-12/16* 7:30-8:45pm

**No class 11/11*

Tai Chi

Ages 15 and up

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

17 classes | \$150R/\$165N
Pleasanton Senior Center | Instructor: Howard Wang

56140 Beginner Th 9/5-1/2 7:30-9:00pm

56138 Intermediate Tu 9/3-1/7* 7:30-9:00pm

**No class 12/24, 12/31*



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Services**

Exercitement

Ages 13 and up

Instructor: Terri Gonzalez | email: thgexrct@aol.com
 Info: www.exercitementfitness.weebly.com

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

Pleasanton Senior Center

56120 W 9/4-9/25 6:30-7:30pm

56124 W 1/8-1/29 6:30-7:30pm

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

Pleasanton Senior Center*

*First class at Veterans Memorial Building, remaining classes at Pleasanton Senior Center

56121 W 10/2-10/30 6:30-7:30pm

3 classes | \$19R/\$21N

Pleasanton Senior Center

56122 W 11/6-11/20 6:30-7:30pm

3 classes | \$19R/\$21N

Pleasanton Senior Center

56123 W 12/4-12/18 6:30-7:30pm

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

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

Pleasanton Senior Center

56101 M 9/9-9/30 6:30-7:30pm

56102 M 10/7-10/28 6:30-7:30pm

56103 M 11/4-11/25 6:30-7:30pm

56104 M 12/2-12/23 6:30-7:30pm

3 classes | \$19R/\$21N

56105 M 1/6-1/27* 6:30-7:30pm

*No class 1/20



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 multi-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.

*No class 10/19

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

Pleasanton Senior Center

56112 Tu 10/22-11/26 6:15-7:15pm

Pilates/Yoga Fusion AM—Saturdays

A unique blend of basic Mat Pilates, Core Conditioning and fundamental Yoga principals to achieve strength, balance and flexibility. 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.

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

Cultural Arts Center

56130 Sa 9/14-9/28 8:00-9:00am

56131 Sa 10/5-10/26* 8:00-9:00am

56133 Sa 12/7-12/21 8:00-9:00am

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

56132 Sa 11/2-11/30* 8:00-9:00am

56134 Sa 1/4-1/25 8:00-9:00am

*No class 11/23

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

Pleasanton Senior Center

56119 Tu 1/7-2/11 6:15-7:15pm

Strength Training & Conditioning

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

3 classes | \$19R/\$21N

Pleasanton Senior Center

56128 Th 12/5-12/19 6:15-7:15pm

56127 Th 11/7-11/21* 6:15-7:15pm

*No class 11/21

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

Pleasanton Senior Center

56125 Th 9/5-9/26 6:15-7:15pm

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

Pleasanton Senior Center

56126 Th 10/3-10/31 6:15-7:15pm

56129 Th 1/2-1/30 6:15-7:15pm

Sports

www.pleasantonsports.org



Open Gym Programs

Ages 18 and up

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

HP Harvest Park Middle School, 4900 Valley Avenue

HMS Hart Middle School, 4433 Willow Road

PMS Pleasanton Middle School, 5001 Case Avenue

Holiday Open Gym Hours

6:00-8:00pm on 9/2, 11/29, 1/1



Open Gym Basketball

Fees	Single	Punch Pass (15)
Resident	\$3.25	\$45
Non-resident	\$4.00	\$60

Day	Time	Location
Sa*	6:00-8:00am	HP
M, W	8:00-10:00pm	HMS

*Saturdays are for residents only

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 Basketball League

Show off your skills in one of our men's basketball leagues that provide the perfect combination of fun and competition. In order to register as a team, you must have a minimum of six (6) players on your roster.

Fall Registration Deadline: August 22

Winter Registration Deadline: November 20

8 classes | \$520R/\$550N Team Fee

Harvest Park Middle School Gym

Division 2-Intermediate

56375 W 9/4-10/23 7:00-10:00pm

56378 W 12/4-2/5* 7:00-10:00pm

Division 3-Novice

56376 W 9/4-10/23 7:00-10:00pm

56379 W 12/4-2/5* 7:00-10:00pm

*No games on 12/25, 1/1



Adult Bocce League

Join the fun and register for one of our co-ed bocce leagues! New to the sport participants 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 (4) players on your roster.

Registration Deadline: August 8

8 classes | \$99R/\$115N Team Fee

Pleasanton Senior Center Bocce Courts | 6:00-10:00pm

56034 Advanced Tu 8/20-10/8

56035 Beginner W 8/21-10/9

For more information regarding sports programs, please contact:

Joelle Goodman | 931-3480

jgoodman@cityofpleasantonca.gov

Nilo Velazquez | 931-3439

nvelazquez@cityofpleasantonca.gov

Adult Volleyball League

Join us for fast-paced, indoor fun! Whether you're new to the game or a volleyball enthusiast, we have the perfect league for you! In order to register as a team, you must have a minimum of six (6) players on your roster.

Fall Registration Deadline August 28

Winter Registration Deadline November 18

8 classes | \$320R/\$350N Team Fee

Pleasanton Middle School Gym

Novice Division

56369 M 9/9-10/28 7:00-10:00pm

56372 M 12/2-2/3* 7:00-10:00pm

Intermediate Division

56370 M 9/9-10/28 7:00-10:00pm

56373 M 12/2-2/3* 7:00-10:00pm

Advanced Division

56371 M 9/9-10/28 7:00-10:00pm

56374 M 12/2-2/3 7:00-10:00pm

*No games on 12/23, 12/30

Instructional Volleyball

This basic volleyball instruction class will cover bumping, setting, spiking, offense, defense, and basic rules.

6 classes | \$50R/\$55N

Pleasanton Middle School Gym | Instructor: Steve Wisner

56297 Su 9/15-10/20 5:00-6:00pm



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
VIP Senior Club & Travel		
Desk, M-Th	10:00am to 2:00pm	931-5370
Peddler Shoppe	10:00am to 4:00pm	931-5371
RADD	8:30am to 4:00pm	931-5373

For information on Support Groups, Monthly Services and Senior Meals, please visit the website www.pleasantonseniorcenter.org

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 the Senior Players annual comedy performance at the Firehouse Arts Center. See the Senior Players on page 37 for more details.

Weekly Schedule

Fall 2013/Winter 2014 | Pleasanton Senior Center



Activity Program Notes: Pleasanton VIP Senior Club Luncheon

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

Coffee & Conversation with the Experts (Free)

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**

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

Drop In Programs

Pleasanton Senior Center | \$1.75R/\$2.25N



Coffee & Conversation

Free



Fall Prevention

Falls are a major threat to the health and independence of older adults. Learn what you can do to prevent falls. Topics discussed will include: Exercise, home safety, medications, use of assistive devices, vision and hearing checks.

Guest Lecturer: Lisa Harmison, Senior Support Program of the Tri-Valley

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

Overcoming the Holiday Blues

For many the holidays mark a time focusing on family, traditions and celebrations. However, over time the holidays may not hold the joy and excitement they once did due to health, loss of loved ones and unforeseen circumstances. Learn some strategies to keep from having the "blahs" as we embark upon the holiday season.

Guest Lecturer: Suzanne Gorham, Senior Support Program of the Tri-Valley

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

Sugar, Sugar Everywhere!

Sugar is added to almost everything these days. Experts recommend that we cut back on added sugar. We will discuss tips for lowering sugar intake during the holiday season and all year round! Healthier holiday recipes will be provided too!

Guest Lecturer: Sheri Berger, RD, Senior Support Program of the Tri-Valley

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

Movie Madness

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

Show dates: 9/16, 9/30, 10/7, 10/21, 11/4, 11/18, 12/2, 12/16, 12/30, 1/6 and 1/20

Brain Matters

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

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

Pleasanton Sole Mates

Do you love the outdoors and want a fun way to exercise? Walking is one of the easiest and most cost effective forms of exercise for adults age 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 enjoy cycling and making new friends, 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. For more information, visit PleasantonPedalers@bikerider.com or call ride leader Steve McGinnis at (925) 200-9031. No drop in fee.

Th On-going 9:00am

Pleasanton Senior Players

Have you always dreamed about performing on the big stage? The Senior Players welcomes new members to this all volunteer cast. They work with lively comedies and melodramas throughout the year and the season finale lands them on stage at the Pleasanton's Firehouse Arts Center! The Players also presents *Readers Theater* style comedies at local senior housing communities and hospitals. And there's always room for supporting cast, costumes and set design.

Every Thursday On-going 10:00am-12:00pm

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, with 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 1:00-2:30pm

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

Discover the unique, hand crafted treasures that await you at the Peddler Shoppe. You'll find great gift ideas for the holidays—jewelry, accessories, woodwork, linens and toys! And we have baby gifts, too. You'll be amazed at the variety of blankets, bonnets and booties.

Pleasanton Senior Center

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

Special Sale Dates:

Tu, 11/5: 8:30am–4:30pm and Su, 12/1, 12:00–2:30pm

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 furry and crawling friends, and plenty of time for Q&A. An easy way to explore the great outdoors indoors! No charge.

Tu 10/15 10:30-11:30am (Classroom)

Tu 1/21 1:00-2:00pm (Meeting Room)

Exercise & Wellness

Pleasanton Senior Center

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.

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

Pleasanton Senior Center | Instructor: Nancy Wigley

56170 Tu/F 10/1-11/26 9:00-10:00am

14 classes | \$56R/\$62N

56171 Tu/F 12/3-1/31 9:00-10:00am

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

Zumba Toning Ages 50 and up

This class 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. Through dynamic lightweight resistance training and exciting international rhythms, participants build muscle strength, increase bone density, and improve mobility, posture and coordination.

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

Pleasanton Senior Center | Instructor: Nancy Wigley

56037 W 10/2-11/27 10:15-11:15am

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

56038 W 12/4-1/29 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 and strength, body alignment, balance, flexibility and core stability through exercises and poses.

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

Pleasanton Senior Center | Instructor: Roberta Wilson

56155 Tu 9/3-10/22 3:00-4:15pm

56157 Tu 1/7-2/25 3:00-4:15pm

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

56156 Tu 11/5-12/17* 3:00-4:15pm

*No class 11/26

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 the Yoga, increased practice of Pranayama and meditation, and a wider variety of appropriate Asana (Yoga Poses).

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

Pleasanton Senior Center | Instructor: Roberta Wilson

56152 Th 9/5-10/24 10:00-11:15am

56154 Th 1/9-2/27 10:00-11:15am

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

56153 Th 11/7-12/19 10:00-11:15am

*No class 11/28

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

56187 Tu/F 9/3-9/27 10:15-11:15am

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

56188 Tu/F 10/1-11/26 10:15-11:15am

14 classes | \$56R/\$62N

56189 Tu/F 12/3-1/31 10:15-11:15am

Beginning Tai Chi Ages 50 and up

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

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

Pleasanton Senior Center | Instructor: Geoffrey Lee

56165 Tu 9/3-12/10 11:45am-1:00pm

56166 Tu 1/14-4/22 11:45am-1:00pm

Intermediate Tai Chi Ages 50 and up

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

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

Pleasanton Senior Center | Instructor: Geoffrey Lee

56167 Tu 9/3-12/10 1:10-2:35pm

56168 Tu 1/14-4/22 1:10-2:45pm



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Pleasanton Community Services

Enrichment

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 are comfortable. No partner necessary.

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

Pleasanton Senior Center | Instructor: Sue Kraft

56069 F 9/6-10/25 1:30-2:45pm

6 classes | \$24R/\$27N

Pleasanton Senior Center | Instructor: Sue Kraft

56070 F 11/1-12/13 1:30-2:45pm

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

Pleasanton Senior Center | Instructor: Sue Kraft

56071 F 1/10-2/28 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.

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

Pleasanton Senior Center | Instructor: Sue Kraft

56148 F 9/6-10/25 3:00-4:15pm

6 classes | \$24R/\$27N

Pleasanton Senior Center | Instructor: Sue Kraft

56149 F 11/1-12/13 3:00-4:15pm

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

Pleasanton Senior Center | Instructor: Sue Kraft

56150 F 1/10-2/28 3:00-4:15pm

Fall Prevention Exercise Class

Join exercise instructor, Lisa Harmison, for a free exercise class that focuses on strength and flexibility. Other benefits include improved health and well-being, more stamina and energy and a decrease in the likelihood of falls. Offered in the Main Hall and sponsored by the Senior Support Program of the Tri-Valley. No charge.

W On-going 9:00am

Diabetes Classes

All Ages

This series of FREE classes is for adults who have Type 2 Diabetes or Pre Diabetes. Learn how to manage your diabetes, how to take medication, manage stress, be active and monitor your blood pressure. Sponsored by the Alameda County Public Health Dept. Registration is required.

7 classes | FREE

Pleasanton Senior Center

56490 Th 9/5-10/17 10:00am-Noon

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

56158 Th 9/12 8:30am-4:30pm

56159 Th 10/10 8:30am-4:30pm

56160 Th 11/14 8:30am-4:30pm

56161 Th 12/12 8:30am-4:30pm

56162 Th 1/9 8:30am-4:30pm



Holiday Lights Tour

Ages 50 and up

Join your friends at the Pleasanton Senior Center for our Holiday Lights Tour. The evening begins with delicious cookies and hot apple cider. We will then board the Paratransit bus and drive around the greater Pleasanton area to view the festively decorated homes and businesses.

1 class | \$7R/\$8N

Pleasanton Senior Center

56068 W 12/18 6:00-9:00pm



The Senior Players at the Firehouse Arts Center

The *Senior Players*, a group of volunteer thespians based out of the Senior Center, return to the Firehouse Main Stage for their annual comedy performance—always great entertainment and at a bargain price! Tickets sold in advance at the Senior Center or Firehouse ticket office. Tickets are also available online at www.firehousearts.org.

2 Shows | General Seating: \$9R/\$10N in advance; \$10R/\$11N at the door | Firehouse Arts Center
Doors open ½ hour before the performance

Sa 9/28 7:00-9:00pm

Su 9/29 2:00-4:00pm

AARP Mature Driver Course

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

Renewal Certificate

(must have passed the original class in the last four years)

1 class | \$12.00, AARP member/\$14.00 Non-member Pleasanton Senior Center

W 9/18 8:30am-1:00pm

Traditional Class

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

W 10/23 & 10/30 8:30am-12:30pm



Pleasanton Tennis & Community Park

5801 Valley Avenue | (925) 931-3449

www.lifetimetennis.com



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

Office & Court Hours

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

Rain Procedure

On rainy days, staff may close the courts until they are playable. Call 931-3449 to see if courts are dry. 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, July 31, 2013.

Non-residents may register beginning at 8:00am, Wednesday, August 14, 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



Like us on Facebook:
Pleasanton Community Services

Registration Methods

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

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.

Refund Policy

Please see page 47 for the City Refund Policy. For program notes about registration and cancelations, please visit www.lifetimetennis.com ("Tennis Program Notes") or call 931-3449.

Ball Machine Rental & Pass

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

Drop-in Ping Pong

Call 931-3449 for availability and fee information.



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



Bonus/Makeup Days

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

Fall Session Bonus/Makeup Days

Sun thru Fri classes: Sat 11/2 and Sat 11/23
 Sat classes: Sun 11/3 and Sun 11/24

Winter Session Bonus/Makeup Days

Sun thru Fri classes: Sat 2/8 and Sat 3/1
 Sat classes: Sun 2/9 and Sun 3/2

Weather Status

To check the status of lessons or leagues during inclement weather, please call (925) 931-3449, 30 minutes prior to class or match time. Makeups will be scheduled for lesson and league rainouts.

Private Tennis Lessons

For private lesson rates and information, please see our website or call 931-3449.



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
12 classes | 5:1 ratio | \$162R/\$178N
13 classes | 5:1 ratio | \$175R/\$193N |

Days	Fall	Winter	Times
M	9/16-12/9	1/6-3/24	3:30-4:15pm
Tu	9/17-12/10	1/7-3/25	10:15-11:00am
Tu	9/17-12/10	1/7-3/25	3:30-4:15pm
W	9/18-12/11	1/8-3/26	3:30-4:15pm
Th	9/19-12/12*	1/9-3/27	10:15-11:00am
F	9/20-12/20*	1/10-3/28	3:30-4:15pm
Sa	9/21-12/14*	1/11-3/29	9:30-10:15am
Su	9/22-12/8	1/5-3/23	9:30-10:15am

*No class 10/25, 10/26, 11/28, 11/29

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.

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
12 classes | 8:1 ratio | \$198R/\$218N
13 classes | 8:1 ratio | \$215R/\$237N

Age 7-10

Day	Fall	Winter	Time
M	9/16-12/9	1/6-3/24	4:15-5:45pm
F	9/20-12/20*	1/10-3/28	4:15-5:45pm
Sa	9/21-12/14*	1/11-3/29	10:15-11:45am
Su	9/22-12/8	1/5-3/23	11:00am-12:30pm

*No class 10/25, 10/26, 11/28, 11/29

Age 11-15

Day	Fall	Winter	Time
Tu	9/17-12/10	1/7-3/25	6:30-8:00pm
Sa	9/21-12/14	1/11-3/29	11:45am-1:15pm
Su	9/22-12/8	1/5-3/23	12:30-2:00pm

*No class 10/26

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

Age 7-10

Day	Fall	Winter	Time
Sa	9/21-12/14*	1/11-3/29	11:45am-1:15pm

Age 11-15

Sa	9/21-12/14*	1/11-3/29	1:15-2:45pm
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*No class 10/26

Pleasanton Tennis Park | Instructor: Lifetime Tennis
12 classes | 4:1 ratio | \$384R/\$422N
13 classes | 4:1 ratio | \$416R/\$457N

Age 7-10

Day	Fall	Winter	Time
W	9/18-12/11	1/8-3/26	4:15-5:45pm
Su	9/22-12/8	1/5-3/23	12:30-2:00pm

Age 11-15

Su	9/22-12/8	1/5-3/23	11:00am-12:30pm
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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
12 classes | 8:1 ratio | \$223R/\$245N

Day Fall Winter Times

Intro to Bronze

Sa	9/21-12/14*	1/11-3/29	2:45-4:15pm
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Bronze

Sa	9/21-12/14*	1/11-3/29	4:15-5:45pm
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*No class 10/26

Pleasanton Tennis Park | Instructor: Lifetime Tennis
12 classes | 8:1 ratio | \$298R/\$328N

Day Fall Winter Times

Intro to Bronze

F	9/20-12/20*	1/10-3/28	5:45-8:00pm
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Bronze

F	9/20-12/20*	1/10-3/28	5:45-8:00pm
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Su	9/22-12/8*	1/5-3/23	3:30-5:45pm
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Silver

Sa	9/21-12/14*	1/11-3/29	5:45-8:00pm
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Gold

Su	9/22-12/8	1/5-3/23	3:30-5:45pm
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*No class 10/25, 10/26, 11/29

Pleasanton Tennis Park | Instructor: Lifetime Tennis
13 classes | 8:1 ratio | \$323R/\$355N

Silver

Day	Fall	Winter	Times
M	9/16-12/9	1/6-3/24	3:30-5:45pm

Gold

M	9/16-12/9	1/6-3/24	5:45-8:00pm
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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
12 classes | \$109R/\$121N

Day	Fall	Winter	Times
Su	9/22-12/8	1/5-3/23	5:45-7:15pm

More Junior Development Tennis on the next page >

To check the status of classes or leagues during inclement weather, please call (925) 931-3449, 30 minutes prior to class or match time. Make ups will be scheduled for lesson and league rainouts.

Tennis Camps



Junior Doubles League

Partners will be rotated weekly for a chance to be the season's best player.

Pleasanton Tennis Park | Instructor: Lifetime Tennis
12 matches | \$83R/\$91N

Day	Fall	Winter	Times
Th	9/19-12/12*	1/9-3/27	3:30-5:00pm

*No league 11/28

Tournament Day

Singles competition for players from the Junior Development Program.

Pleasanton Tennis Park | Instructor: Lifetime Tennis
1 day | \$7R/\$9N | Times depend on draw

Event	Day	Date	Regis. Deadline
Veteran's Day Tour.	M	11/11	11/8



Youth Tennis Camps

Ages 4-16

Players must wear athletic, non-marking soled shoes. Players are encouraged to put sunscreen on, bring a bottle of water and a snack, and wear comfortable clothes including a visor or cap.

Early Bird Care—For early drop off before start of camps.

Drop off 8:30am | \$5 per child per day or \$20 per child per week

Little Tennis Camps

5:1 ratio | Students will learn the basic strokes in addition to developing their coordination and athletic skills. Refreshment breaks are part of the camp.

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

Pleasanton Tennis Park | Instructor: Lifetime Tennis

Ages	Days	Dates	Time
4-6	Th-Sa	12/26-12/28	9:30-11:00am
4-6	Th-Sa	1/2-1/4	9:30-11:00am



Youth Improvement Camps

8:1 ratio | For beginning to intermediate level players, each camp will engage students with tennis-related drills and games. Participants will be grouped by age and then by ability.

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

Pleasanton Tennis Park | Instructor: Lifetime Tennis

Ages	Days	Dates	Time
7-15	Th-Sa	12/26-12/28	9:30am-12:30pm
7-15	Th-Sa	1/2-1/4	9:30am-12:30pm



Junior Development Camps

8:1 ratio | For players who have match playing experience, students will spend time polishing technique, improving their fitness, and applying basic tennis strategy. Students who have not participated in the Program must be evaluated before signing up.

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

Pleasanton Tennis Park | Instructor: Lifetime Tennis

Ages	Days	Dates	Time
7-16	Th-Sa	12/26-12/28	9:30am-12:30pm
7-16	Th-Sa	1/2-1/4	9:30am-12:30pm

Table Tennis Camps

8:1 ratio | For beginning to intermediate level players, gain plenty of experience rallying. Beginning students will improve their coordination, while advanced beginning and intermediate students will learn basic footwork and game strategy.

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

Pleasanton Tennis Park | Instructor: Lifetime Tennis

Ages	Days	Dates	Time
7-15	Th-Sa	12/26-12/28	1:00-3:00pm
7-15	Th-Sa	1/2-1/4	1:00-3:00pm

Tennis Before the Holidays

Youth, Juniors, and Adults

These programs are only offered the week of Dec 16.

GBR Rally Days

Age 7-15

For students in the GBR Program, work on your rallying skills. We will use rally training balls, learn to play mini matches in the short court and full court, and modify rules to adapt to skill levels.

3 classes | 8:1 ratio | \$41.00R/\$45.00N

1 class | 8:1 ratio | \$15.00R/\$18.00N

Pleasanton Tennis Park | Instructor: Lifetime Tennis

Level	Days	Dates	Times
G,B,R	M,W,F	12/16, 12/18, 12/20	3:30-5:00pm

Junior Drill Sessions

Ages 7-16

For players in the Junior Development Program, improve your mobility and athleticism through intense drills and workouts. Fed ball drills will cover strategy and footwork, and live ball drills to practice match situations.

3 classes | 8:1 ratio | \$45R/\$50N

1 class | 8:1 ratio | \$18R/\$21N

Pleasanton Tennis Park | Instructor: Lifetime Tennis

Level	Days	Dates	Times
JD	M,W,F	12/16, 12/18, 12/20	5:00-6:30pm

Adult Tennis Camp

Ages 16+

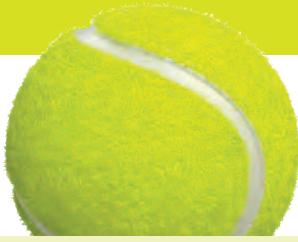
This week of camp can serve as your off-season training before the new season of competition and leagues in 2014. The first 3 days of camp will cover instruction and drills, along with some situational games. Thursday will be a match mixer.

8:1 ratio | \$45R/\$50N

Pleasanton Tennis Park | Instructor: Lifetime Tennis

Level	Days	Dates	Times
I/A	M-Th	12/16-12/19	9:30-11:00am
I/A	M-Th	12/16-12/19	6:30-8:00pm

To check the status of classes or leagues during inclement weather, please call (925) 931-3449, 30 minutes prior to class or match time. Make ups will be scheduled for lesson and league rainouts.



Adult Tennis Programs

Ages 16 and above

Beginning—For players with little or no previous tennis experience.

Advanced Beginning—For players with at least 6 months of formal tennis instruction who need to further develop rally consistency and proper technique.

Intermediate—For players with basic match experience who need to improve their footwork, movement, and placement of shots.

Advanced—For players with plenty of match experience who need to work on adding pace to shots and applying basic tennis strategy

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

13 classes | 8:1 ratio | \$215R/\$236N

Beginning

Day	Fall	Winter	Times
M	9/16-12/9	1/6-3/24	8:45-10:15am
M	9/16-12/9	1/6-3/24	6:30-8:00pm
F*	9/20-12/20*	1/10-3/28	8:45-10:15am
Su	9/22-12/8	1/5-3/23	8:00-9:30am

Advanced Beginning

W	9/18-12/11	1/8-3/26	8:45-10:15am
Th	9/19-12/12*	1/9-3/27	6:30-8:00pm
Su	9/22-12/8	1/5-3/23	8:00-9:30am

Intermediate

Tu	9/17-12/10	1/7-3/25	8:45-10:15am
W	9/18-12/11	1/8-3/26	6:30-8:00pm
F*	9/20-12/20*	1/10-3/28	10:15-11:45am
Sa*	9/21-12/14*	1/11-3/29	8:00-9:30am

Advanced

Tu	9/17-12/10	1/7-3/25	6:30-8:00pm
Th	9/19-12/12*	1/9-3/27	8:45-10:15am
Sa	9/21-12/14*	1/11-3/29	8:00-9:30am

*No class 10/25, 10/26, 11/28, 11/29

Cardio Tennis

Get your heart rate up and stay fit through drills and footwork exercises. Open to all playing levels. Students should wear comfortable clothes and athletic shoes.

13 classes | 8:1 ratio | \$108R/\$119N

Pleasanton Tennis Park | Instructor: Lifetime Tennis

Day	Fall	Winter	Times
M	9/16-12/9	1/6-3/24	5:45-6:30pm
W	9/18-12/11	1/8-3/26	5:45-6:30pm

R.A.D.D. Tennis

Ages 15 & up

See page 26 for class details.

New!

Thursday Night Clinic

For Intermediate to Advanced players who can't commit to a full session, this clinic works on one specific topic each week. You can drop-in or pre-register but space is limited to the first 8 players.

\$15.00R/\$18.00N | 8:1 ratio

Pleasanton Tennis Park | Instructor: Lifetime Tennis

Day	Fall	Winter	Times
Th	9/19-12/12*	1/9-3/27	6:30-8:00pm

*No class 11/28

Women's Academy

Designed for 3.0-3.5 level players looking to improve their results in interclub play, USTA leagues and/or tournaments, or just to further develop their skills.

6 classes | 8:1 ratio | \$117R/\$129N

Pleasanton Tennis Park | Instructor: Lifetime Tennis

Level	Day	Fall	Winter	Times
3.5+	M	9/23-10/28	2/3-3/17*	10:15-11:45am
3.0	W	9/25-10/30	2/5-3/12	10:15-11:45am

*No class 2/17



Lunchtime Tennis Program

Age 18 & up

Beginning/Advanced Beginning Lessons

12 classes | 8:1 ratio | \$149R/\$164N

13 classes | 8:1 ratio | \$161R/\$177N

Pleasanton Tennis Park | Instructor: Lifetime Tennis

Day	Fall	Winter	Times
M	9/16-12/9	1/6-3/24	12:30-1:15pm

Cardio Tennis

Pleasanton Tennis Park | Instructor: Lifetime Tennis

12 classes | 8:1 ratio | \$99R/\$109N

13 classes | 8:1 ratio | \$108R/\$119N

Day	Fall	Winter	Times
Tu	9/17-12/10	1/7-3/25	12:30-1:15pm
W	9/18-12/11	1/8-3/26	12:30-1:15pm
Th	9/19-12/12*	1/9-3/27	12:30-1:15pm

*No class 11/28

Discounted Private Lessons

Monday–Friday between 12:30-3:30pm

\$26R/\$29N per 45 minute lesson

Adult Tennis Leagues

Ages 18 & up

Tennis and Community Park, 5801 Valley Avenue

Ladies Doubles Rotating Partners

7 matches | \$49R/\$54N |

8 matches | \$56R/\$62N |

10 matches | \$70R/\$77N

Level	Day	Fall	Winter	Times
2.5	M	9/23-12/2*	1/6-3/10*	8:45-11:00am
3.0	Th	9/26-12/5	1/9-3/13	8:45-11:00am
3.5	Tu	9/24-12/3	1/7-3/11	8:45-11:00am
3.5	F	9/27-12/6	1/10-3/14	8:45-11:00am
3.7	W	9/25-12/4	1/8-3/12	9:30-11:45am

*No league 10/14, 11/11, 11/25-29, 1/20, 2/10, 2/17

Men's Doubles Rotating Partners

10 matches | \$70R/\$77N

Level	Day	Fall	Winter	Times
3.0	Th	9/26-12/5	1/9-3/13	8:00-10:00pm
3.5	W	9/25-12/4	1/8-3/12	8:00-10:00pm
4.0	Th	9/26-12/5	1/9-3/13	8:00-10:00pm

*No league 11/27, 11/28

Mixed Doubles Rotating Partners

10 matches | \$70R/\$77N |

Level	Day	Fall	Winter	Times
3.0(M)	Tu	9/24-12/3	1/7-3/11	8:00-10:00pm
3.0(W)	Tu	9/24-12/3	1/7-3/11	8:00-10:00pm
4.0(M)	Tu	9/24-12/3	1/7-3/11	8:00-10:00pm
4.0(W)	Tu	9/24-12/3	1/7-3/11	8:00-10:00pm

*No league 11/26

Mixed Doubles Permanent Partners

Permanent Partner League players must sign up as a team.

9 matches | \$126R/\$132R&N/\$138N

10 matches | \$140R/\$147R&N/\$154N

Level	Day	Fall	Winter	Times
3.5	M	9/23-12/2	1/6-3/10	8:00-10:00pm
4.0	M	9/23-12/2	1/6-3/10	8:00-10:00pm

*No league 11/25, 2/17

Lifetime Tennis' Halloween Fun Night is back...

See page 51 for all the spooky details!

CALLIPPE PRESERVE GOLF COURSE

8500 Clubhouse Drive • www.playcallippe.com • 925.426.6666

Fall 2013/Winter 2014 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		Sundays	
10/10-11/7	11/21-12/19	10/6-11/3	11/17-12/15

Junior Intro to Fundamentals 2:00-3:00pm

Thursdays		Sundays	
10/10-11/7	11/21-12/19	10/6-11/3	11/17-12/15

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

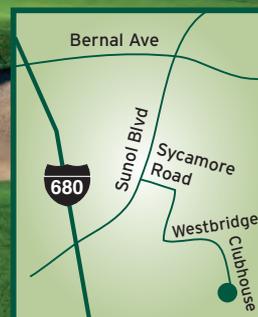
Each class consists of five 1-hour sessions taught by PGA Head Professional Doug Giannini and Assistant Golf Professional Jake Saito, and will have between 6 and 10 students. Practice balls and golf clubs are provided. Students should wear athletic shoes and appropriate attire for current weather conditions.

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.



FACILITY AND PICNIC RESERVATIONS

The City of Pleasanton offers several indoor and outdoor facilities to rent for your family, business, or group celebrations and meetings. Detailed rental information including rates and requirements can be found at www.pleasantonfacilities.com.



Veterans Memorial Building



Senior Center



Amador Recreation Center



Century House

LARGE EVENT SITES

- The Senior Center is the City's largest event hall with a capacity of 330. The facility offers a catering kitchen, outdoor patio area, and plenty of parking. The Centennial Community Park, the perfect site for an outdoor wedding ceremony, sits adjacent to the facility's main hall.
- The Veterans Memorial Building is a Spanish revival-style facility located in the heart of Downtown Pleasanton. Features include a catering kitchen and seating for 220.

SMALL EVENT SITES

- The Amador Recreation Center has a capacity of 125 (about 75 inside and 50 outside). This facility consists of one large room, a small kitchen, fenced patio area with lawn and BBQ.
- 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.

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

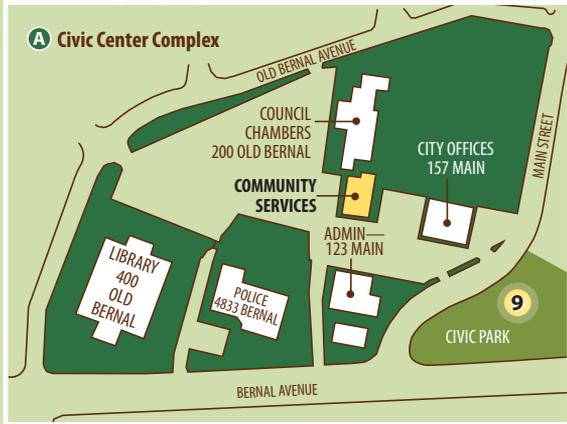
- A. Civic Center Complex:**
- | | |
|---|-----------------------|
| Community Services | 200 Old Bernal Avenue |
| City Hall | 157 Main Street |
| Library | 400 Old Bernal Avenue |
| Police Department | 4833 Bernal Avenue |
| B. Amador Recreation Center | 4455 Black Avenue |
| C. Amador Theater | 1155 Santa Rita Road |
| D. Century House | 2401 Santa Rita Road |
| E. Cultural Arts Center | 4477 Black Avenue |
| F. Dolores Bengtson Aquatic Center | 4455 Black Avenue |
| G. Gingerbread Preschool | 4433 Black Avenue |
| H. Nature House | 519 Kottinger Drive |
| I. Pleasanton Senior Center | 5353 Sunol Boulevard |
| J. Firehouse Arts Center | 4444 Railroad Avenue |
| K. Softball Fieldhouse | 5800 Parkside Drive |
| L. Tennis Complex | 5801 Valley Avenue |
| M. Veterans Memorial Building | 301 Main Street |
| N. Callippe Preserve Golf Course | 8500 Clubhouse Drive |
| O. Pleasanton Pioneer Cemetary | 5780 Sunol Boulevard |

Trails

- | | |
|-------------------------------|------------|
| T1. Alamo Trail | 2.5 miles |
| T2. Arroyo Del Valley Trail | 1.7 miles |
| T3. Arroyo Mocho Trail | 2.9 miles |
| T4. Augustin Bernal Trail | 3.48 miles |
| T5. Bernal Trail | 1 mile |
| T6. Callippe Preserve Trail | 3.1 miles |
| T7. Iron Horse Trail | 1.02 miles |
| T8. Marilyn Murphy Kane Trail | 1.1 miles |
| T9. Moller Trail | 1.46 miles |
| T10. The Preserve Area Trails | 1.84 miles |

Gymnasiums

- | | |
|---------------------------------|--------------------|
| G1 Harvest Park Middle School | 4900 Valley Avenue |
| G2 Pleasanton Middle School | 5001 Case Avenue |
| G3 Thomas A. Hart Middle School | 4433 Willow Road |



Tennis Courts

- | | |
|-----------------------------|---------------------|
| N1 Muirwood Park | (4 courts) |
| N2 Fairlands Park | (2 courts) |
| N3 Tennis & Community Park | (10 lighted courts) |
| N4 Pleasanton Middle School | (2 lighted courts) |

Register Online: www.pleasantonfun.com

Priority Registration

Online (Residents only)

Beginning at 8:00am on
Wednesday, July 31, 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, August 7, 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, August 14, 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 or 931-3449.
- Registration for all golf activities is conducted at the Callippe Preserve Golf Course, 8500 Clubhouse Drive. For more information, 426-6666 or www.playcallippe.com.
- Mail-in registrations sent before scheduled registration dates will be held and processed prior to the beginning of "Open Registration".
- It is the parent's/guardian's or the participant's responsibility to notify the City of Pleasanton in advance of any reasonable accommodations necessary to participate in the class(es) or program(s) described in this guide. Call 931-5340 for assistance.
- **Please review our new Participant Waiver on page 48.**

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. (If left longer than 2 years, the funds will be directed to the Fee Assistance Program.)

Fee Assistance Program



Did you know?

The Community Services Fee Assistance Program provides services and activities for low income families and seniors living in Pleasanton. Last year your generous donations helped make the following possible:

- 27 seniors received discounted rides on the Paratransit Bus for medical appointments, shopping and other activities in Pleasanton
- 26 families received discounts for swim lessons, exercise classes and other activities sponsored by the City of Pleasanton

For information about receiving fee assistance, go to the Community Services website at:

www.cityofpleasanton.com/services/recreation/rec-feeassistance.html

To donate to this vital program, simply include any donation amount on the Fall Registration Form or add **Code 56601** (\$5 donation) when you checkout during online registration.

For more information, call Community Services (925) 931-5340 or the Senior Center (925) 931-5365

How to Register

**City of Pleasanton
Community Services
P.O. Box 520
Pleasanton, CA 94566
Registration Form**

See page 47
for Registration
Information



Register with your Visa or MasterCard
at www.pleasantonfun.com

Please limit registration form to family members living in the same household only!

Refund Policy—Please read!

Withdrawals and Transfers: If you wish to drop a class or transfer to another session, call us at least *10 days* before the start date for a refund or credit. Choose your classes carefully. No refunds for non-attendance, one-day workshops or materials/supply fees.

NO FAXES ACCEPTED!

Parent/Guardian _____ Resident* Nonresident *Individuals residing within the City of Pleasanton city limits.

Home Address _____ City _____ Zip _____

Home Ph. _____ Cell Ph. _____ E-mail Address _____

Participant Name	Date of Birth (under 18)	Male/ Female	Activity Code	Activity	Fee
Jenny Leong	11/7/00	F	56383	Essentials of Debating	\$165
Yes, I'd like to donate to the Community Services Fee Assistance Program (See page 47 for details)					\$
Total					\$

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

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

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

Name of Participant: _____ Signature Required: _____

Parent/Guardian, if under 18: _____

Date: _____ Check Enclosed: Total Amount \$ _____ **Make Check Payable to: City of Pleasanton**

Visa MasterCard Card Number _____ - _____ - _____ Exp _____ / _____

Total Amount \$ _____ Card Holder Signature _____

City of Pleasanton Tax I.D. #: 94-6000397

City Commissions

Meet in City Council Chambers, 200 Old Bernal Avenue, or otherwise noted

Civic Arts Commission

**Karen De Baca Martens • Sandra Jellison
John Loll • Heidi Massie • Tegan McLane
Sara Nealy • Olivia Scrivner
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 • Susan Hays
Prashant Jhanwar • David Nagler
Brock Roby • Theresa Rowland • Don Wilson
Rosiland Wright • Alison Boswell**
7:00pm 1st Wednesday

Library Commission

**Valerie Arkin • Kelly Cousins • Gene Litvinoff
Traci Cook • Corri Cooper • Joan Nibert
Denise Fournier • Judith Matthew • Ria Vyas**
7:00pm 2nd Thursday, Pleasanton Library

Planning Commission

**Nancy Allen • Greg O'Connor
Arne Olson • Jennifer Pearce
Mark Posson • Herb Ritter**
7:00pm 2nd and 4th Wednesday

Youth Commission

**Diane Hadley • Meghna Sinha
Jackson Fialho • Lori Franklin
Michael Liamos • Kaitlyn Mallie
Neha Nirkondar • Katie Olmo
Jonathan Pearce • Taylor Sowers
Erica Utikal • Yandi Wu**
7:00pm 2nd Wednesday, September–May
157 Main Street, Conference Rm #3



Local Sports Groups

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

Boys Soccer (BUSC)

www.busc.org

Girls Soccer (PGSA/RAGE)

www.pleasantonrage.org

E-Soccer

www.e-soccer.org

Adult Soccer (PASS)

www.pleasantonadultsoccer.com

Pleasanton Junior Football (PJFL)

www.pjfl.com

Girls Softball (PGSL)

www.pleasantonsoftball.org

American Little League (PALL)

www.pleasantonamerican.com

National Little League

www.pleasantonnational.org

Foothill Little League (PFL)

www.pflonline.org

Girls Golf (LPGA-USGA)

ptownputter@comcast.net

Pleasanton Lacrosse Club (PLC)

www.pleasantonlacrosse.com

Pleasanton Girls Lacrosse Club (PGLC)

www.pleasantongirlslacrosse.com

Radio Control Glider Club

846-8617

Seahawks USS Swim Team

www.pleasantonseahawks.org

Special Olympics Sports

www.specialolympics.org

Tri Valley Masters Swim Team

www.trivalleymasters.com

Youth Volleyball

www.clubvipvbc.com

Sports Field Weather Line

931-5360 | www.pleasantonsports.org

Callippe Preserve Golf Course

www.playcallippe.com

Lifetime Tennis

931-3449 | www.lifetimetennis.com

Local Arts Groups

Amador Livermore Valley Historical Society and Museum on Main

462-2766 | www.museumonmain.org

Amador Valley Quilters

www.amadorvalleyquilters.org

Bay Area Metro Chorus (Men)

443-SING

Cantabella Children's Chorus

www.cantabella.org

CWC Tri-Valley Writers

www.trivalleywriters.org

Harmony Fusion (Chorus)

846-1857 | www.harmonyfusion.org

Livermore–Amador Genealogical Society

www.L-AGS.org

Livermore Amador Symphony

www.livamsymph.org

Livermore Valley Opera

www.livermorevalleyopera.com

Pacific Chamber Symphony

484-0839 | email: cponca@aol.com

Pleasanton Art League

www.pal-art.com

Pleasanton Community Concert Band

www.pleasantonband.org

Pleasanton Cultural Arts Council

931-1111 | www.pleasantonarts.org

Pleasanton Cultural Arts Foundation

846-1007 | www.pleasantonartsfoundation.org

SF Shakespeare

www.sfshakes.org

Tri-Valley Repertory Theater

www.trivalleyrep.com

Tri-Valley Woodcarvers

846-5011

Valley Concert Chorale

www.valleyconcertchorale.org

Valley Dance Theatre

www.valleydancetheatre.com

Valley Shakespeare Festival

556-9624



City offices will be closed in observance of Labor Day on Monday, September 2 and Veteran's Day on Monday, November 11

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

LIFETIME TENNIS

Halloween Fun Night

Join us in costume for our annual trick-or-treat evening!

This free event features our...

- Haunted Hallway of Horror
- Games and Activities for Kids and Adults
- Yummy Treats for All

Come have a howling good time!



TENNIS & COMMUNITY PARK • Friday, October 25, 2013 6:30-8:30pm

Halloween Events at the Alviso Adobe Community Park

Join us at the Alviso Adobe Community Park for the spookiest time of year!

These Family Fun activities are intended for the entire family and parents are FREE! Pre-registration is required.

Halloween at the Alviso Adobe Ages 4-12

If you like spooky, but not terrifying, come to Alviso Adobe for some special Halloween animal encounters. Participants will also enjoy Halloween face painting, craft making, and a night tour of the park with the Naturalist. Tours depart every thirty minutes. Bring your flashlight!

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

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

56326 F 10/25 4:30-5:30pm

56323 F 10/25 5:00-6:00pm

56324 F 10/25 5:30-6:30pm

Pumpkin Carving Ages 5-12

Create a bit 'o Halloween chill or thrill at our 5th annual Pumpkin Carving Party. The pumpkins will be there, the tools will too; we've got some great ideas, how about you?

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

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

56322 Sa 10/26 11:00am-Noon





P.O. Box 520
Pleasanton, CA 94566-0802
www.pleasantonfun.com

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HOMETOWN HOLIDAYS CELEBRATION 2013



Saturday, December 7, 2013 • 5:00–7:00pm

Main Street, Downtown Pleasanton

Parade at 5:00pm

Marching Bands, Community Organizations, Scout Troops,
Hot Rods & Floats Galore!

Tree Lighting Ceremony to follow
in front of Museum on Main,
under the Pleasanton Arch

The Hometown Holiday Rain-Out Protocol can be found
online, or by calling the hotline on the day of the event.

For more information, visit www.hometownholiday.com • (925) 931-5352