

PLEASANTON

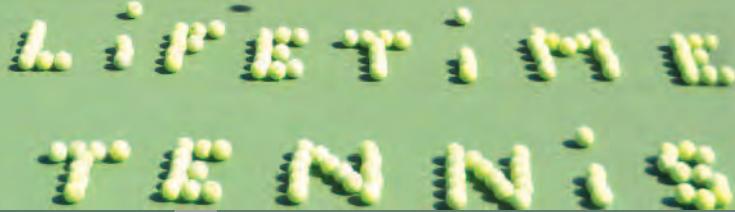
COMMUNITY SERVICES ACTIVITIES GUIDE • Spring 2014

Slip Sliding into Spring!

See Aquatic Programs on pages 25–28

www.pleasantonfun.com

TENNIS



Lifetime Tennis

at the Pleasanton Tennis & Community Park

-  Lessons
-  Leagues
-  Camps
-  Clinics
-  R.A.D.D. Tennis



Staff Picks

As the Spring session approaches, the Community Services staff is excited to be able to offer some new recreation experiences to the community. The staff has selected some programs to look out for in Spring 2014.

Daniel Villasenor

Recreation Supervisor

Art with Debbie Wardrope (pages 6, 10 & 30)
Spring Striders Camp (page 20)
Girls Getting Out (page 21)



Michelle Stearns

Recreation Supervisor

Exercitement (page 32)
Ceramics (page 11, 17 & 30)
Lap Swimming (page 25)
American Red Cross Learn to Swim (page 26)



Raymond Figueroa

Recreation Coordinator

Drop-in Pickle Ball (page 33)
Nature Photography Hike (page 21)
Pleasanton Peddlers (page 36)



Skylar Schock

Marketing Specialist

Creatures of Impulse (page 16)
Middle School Night Out (page 19)
Literary Arts (page 29)

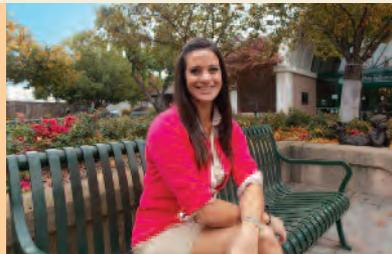


Table of Contents

Section	Page
Lifetime Tennis	2
Director's Letter	3
General Information	4
Harrington Gallery	5
Preschool Children	
The Arts, Exercise & Wellness, Sports, Gingerbread Preschool	6-9
School Age Children	
The Arts, Exercise & Wellness, Special Interest, Sports,	10-15
Teens	
The Arts, Special Interest, Exercise & Wellness, Sports	16-19
Natural World	
Alviso Adobe Community Park Tours, Farm Life, Nature's Wonder Club Series, Hikes, Special Events at the Alviso Adobe	20-22
RADD	23-24
Aquatics	25-28
Literary Arts in Pleasanton	29
Adults	
The Arts, Exercise & Wellness Sports, Open Gym	29-33
Mature Adults	
Senior Center Information Drop-In Calendar, Drop-In Programs, Coffee & Conversation, Exercise & Wellness, Enrichment, Special Interest	34-38
Tennis	39-42
Callippe Preserve Golf	43
Pleasanton Youth Master Plan	44
Parks Amenities Guide	45
Parks Map	46
Registration Information/Form	47-48
City Commissions, Sports Groups, Arts Groups	49
Activities Index	50
Firehouse Arts Center	51
Summer Camp Preview	52

Access & Inclusion

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

On the Cover: A young swimmer makes a splash into Spring at the newly remodeled Dolores Bengtson Aquatic Center.
Cover photograph by Dino Vournas.



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 49

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

Cripim BJJ Barra Brothers

6668 Owens Drive, 1st Floor, 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

Community Services Staff

Administration

200 Old Bernal, 931-5340

Susan Andrade-Wax, Community Services Director
Mike Patrick, Management Analyst
Michele Crose, Community Services Manager
Mark Spiller, Community Services Manager
Dan Villaseñor, Recreation Supervisor
Samu Tiumalu, Recreation Coordinator
Linda Matthews, Senior Office Assistant
Terry Snyder, Administrative Assistant

Sports Park

5800 Parkside Drive, 931-3480

Joelle Glushenko, Recreation Supervisor
Rachel Mariscal, Recreation Coordinator
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

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
Julie Finegan, Gallery Coordinator

Alviso Adobe Community Park

3465 Old Foothill Road, 931-3479

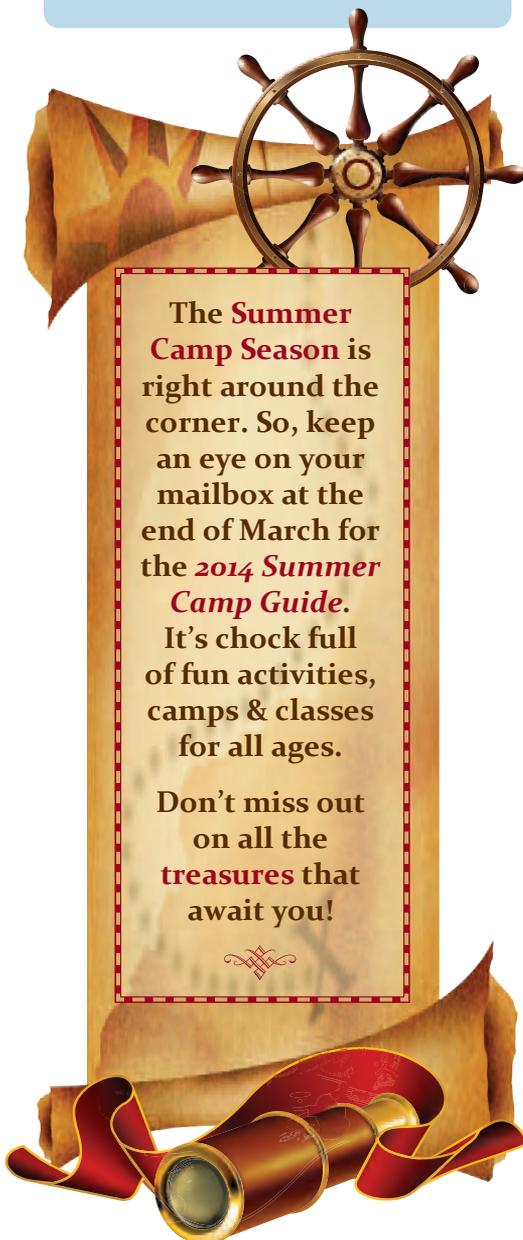
Eric Nicholas, City Naturalist

City registration website:

www.pleasantonfun.com



Like us on Facebook:
Pleasanton Community Services



The Summer Camp Season is right around the corner. So, keep an eye on your mailbox at the end of March for the **2014 Summer Camp Guide**.

It's chock full of fun activities, camps & classes for all ages.

Don't miss out on all the treasures that await you!



The City of Pleasanton Community Services Department presents:

PARENT EDUCATION SERIES

Presentations and discussions on important issues for parents of children of all ages

Parent Education Series
meets Goal 5 of the Pleasanton
Youth Master Plan—Supporting
Families & Communities

WED
01.22.14

The Well Balanced Student

Presented by Gina Morris—Stanford Challenge Success

WED
02.26.14

Raising Resilient Children

Presented by Rachel Sklar, MA, MSW, PCI Certified Parent Coach

WED
03.26.14

A Balanced Approach to Navigating Youth Sports

Presented by Gina Morris—Stanford Challenge Success

WED
04.23.14

The Wonder Years: Transition to Middle School

Presented by On The Edge of Coaching & a panel of local teens

WED
05.28.14

I'm Talking but They're Not Listening

Presented by Rachel Sklar, MA, MSW, PCI Certified Parent Coach

7:00PM–8:30PM AT THE PLEASANTON PUBLIC LIBRARY
400 OLD BERNAL AVE



For more detailed information, please visit www.Ptownlife.org • (925) 931-3434

HARRINGTON GALLERY

Spring 2014

Water from A Deeper Well
by Bridget Henry



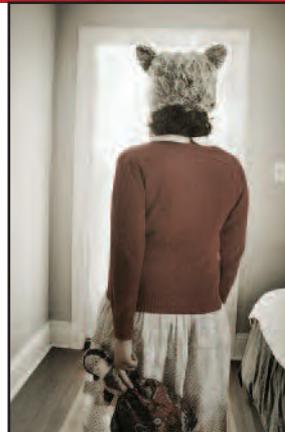
27th on your calendars for the Literary Response event when poets, musicians and improv artists will fill in the blanks with their own interpretations.

MARCH 8–APRIL 19

1,000 Words

Reception Wednesday, March 12
from 7:00–9:00pm

It is said that a picture is worth 1,000 words. This group exhibition will feature artists whose works reflect a narrative style. Among those participating will be Monterey Bay Area printmakers Bridget Henry and Ann Altstatt, Pleasanton's own mixed media collage artist Sally Haig, Livermore photographer Kristin Chapman, and Bill Sala, a renowned contemporary surrealist residing in Castro Valley. Also mark the date March



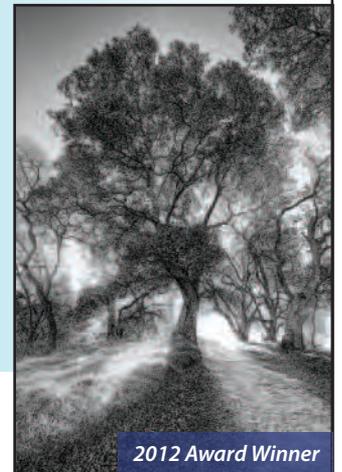
First Shift Wolf
by Kristin Chapman

MAY 3–JUNE 7

Fresh Works IV

Reception Saturday, May 3
from 1:00–3:00pm

Sure to be a crowd pleaser, this fourth annual juried exhibition features art in a wide variety of media and style by emerging, mid-career and established artists throughout the greater Bay Area. Prospectus available January 14, deadline for entries Wednesday, March 19.



Big Oak Trail
by Kelly Cannon

2012 Award Winner

HARRINGTON GALLERY
in the Firehouse Arts Center
4444 Railroad Avenue

HARRINGTON GALLERY HOURS: Wednesday-Friday Noon-5:00pm,
Saturday 11:00am-3:00pm. Open one hour before theater performances
and during Intermission. Website: www.firehousearts.org • (925) 931-4849

Enroll now: www.pleasantonfun.com

The Arts

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. www.debbiewardrope.com

Art About Everything II

Ages 4-6

With a different theme each day, including Paint a Pet, How Sweet It Is and Mini Masterpieces, we will explore all kinds of art techniques and materials while creating some amazing art projects. Loads of creative fun! A \$25 supply fee is due at the time of registration.

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

Firehouse Arts Center | Instructor: Debbie Wardrope

56793 W 3/5-4/16* 1:30-2:30pm

*No class 4/2



In addition to stimulating creativity, individualism and self-expression, the arts strengthen problem-solving and critical-thinking skills in children. Source: Americans for the Arts, 2002

Me, Myself and Art

Ages 4-6

This art class is all about you. We'll be using all kinds of art materials and techniques to create very personal and cool things like name sculptures, identity grid paintings and one project that puts you in the picture! Come join the fun! A \$25 supply fee is due at the time of registration.

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

Firehouse Arts Center | Instructor: Debbie Wardrope

56807 W 4/23-5/28 1:30-2:30pm

Oodles of Doodles

Ages 4-6

Come and learn the seven elements of design through some super fun and creative art projects using a variety of techniques and materials. Line, shape, pattern, texture and more will be explored. It's learning cleverly disguised as fun! A \$25 supply fee is due at the time of registration.

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

Firehouse Arts Center | Instructor: Debbie Wardrope

56821 Tu 3/4-4/15* 1:30-2:30pm

*No class 4/1

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

Wild and Wacky Fun with Art

Ages 4-6

Get crazy with these wild and wacky art projects! We'll explore unique techniques such as wet felting and balloon printing, and use unexpected art materials such as paint chips, Altoid tins and much more. Tons of creative fun! A \$25 supply fee is due at the time of registration.

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

Firehouse Arts Center | Instructor: Debbie Wardrope

56805 Tu 4/22-5/27 1:30-2:30pm

Play 'N' Clay

Ages 4-6

Fun, hands-on for the little ones! 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

56743 W 3/12-4/16 10:15-11:15am

56745 W 3/12-4/16 12:30-1:30pm

56744 W 4/23-5/28 10:15-11:15am

56746 W 4/23-5/28 12:30-1:30pm



Top 5 Routines & Rituals for School Readiness

By Becky Hopkins, Recreation Supervisor of Preschool, Youth & Teen Services

1. Establishing a bedtime routine
2. Establishing a morning routine
3. Establishing family mealtimes
4. Establishing rituals that connect the family
5. Establishing rituals that connect the parent and child

A routine is a series of tasks repeated consistently and daily. They teach children how to accomplish a series of tasks, transitioning from one activity to another and know what is expected of them. The skills learned through practicing routines help children have confidence and success in a classroom setting.

A ritual is an activity created by a family to build relationships, create memories and instill family values. Children with a strong sense of self and family values are able confident initiating peer interactions and develop friendships.

Routines and rituals help create a home environment in which life is predictable and the family's love and affection is unconditional. This provides a "safe haven" for children, in which they can retreat when school life becomes stressful. Establishing routines and rituals in your family will provide a strong foundation for your child's success in life and the classroom.



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



Tap, Jazz & Ballet Combo

Ages 3-4

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

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

Jamie's Dance Studio | Instructor: Jamie Zimmerman

Ages 3-4

56774	Th	2/6-3/27	10:30-11:15am
56775	Sa	2/8-3/29	9:15-10:00am
56781	Th	4/10-5/29	10:30-11:15am
56779	Sa	4/12-6/7*	9:15-10:00am

*No class 5/24

Ages 5-6

57201	Th	2/6-3/27	3:30-4:15pm
56776	Sa	2/8-3/29	10:00-10:45am
57202	Th	4/10-5/29	3:30-4:15pm
56780	Sa	4/12-6/7*	10:00-10:45am

*No class 5/24



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.

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

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

56846	Tu	2/4-5/27	10:30-11:00am
56847	W	2/5-5/28	1:30-2:00pm

*No class 4/1, 4/2

Special Interest

A Walk Through the Past

Ages 4-6.5

In this class, we'll take a walk on the wild side as we go through all the major time periods in the history of the earth, from when the earth was formed to the present. Your child will learn about all the organisms that walked, swam, scuttled and slid across the face of our earth. Students will take home clay figurines that they make, and a chart of the different time periods. *A \$5 supply fee is due at the time of registration.*

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

Cultural Arts Center | Instructor: Minerva Learning

56766	M-Th	4/14-4/17	1:00-2:00pm
-------	------	-----------	-------------

Simple Machines

Ages 4-6.5

Let kids get hands-on experience with the simplest machine systems that are used in our lives today—gears, wheels, levers and pulleys—while experimenting and exploring the use of these mechanisms in day-to-day life. *A \$5 supply fee is due at the time of registration.*

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

Cultural Arts Center | Instructor: Minerva Learning

56764	M-Th	3/24-3/27	1:00-2:00pm
-------	------	-----------	-------------





Sports



Wee Hoop

Hoopsters

Ages 1.5-3

This parent interactive class develops gross motor skills and coordination relevant to the game of basketball. Repetition enables children to build their confidence. Activities include organized games to develop listening skills and following directions. Participants are required to bring a size 3 ball.

Pleasanton Sports Park Basketball Courts

Instructor: Wee Hoop Staff

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

56924 Th 2/6-3/20 9:30-10:05am

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

56925 W 3/19-5/14 5:10-5:45pm

Thomas Hart Middle School Gym | Instructor: Wee Hoop Staff

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

56926 Sa 3/22-5/24* 9:00-9:35am

*No class 4/19

Jump Shooters

Ages 3-4

This class introduces children to the fundamental skills of basketball in a fun, encouraging environment. Parents are encouraged to take on a supportive role with lots of high fives and praises from the sideline. Participants are required to bring a size 3 ball.

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

Pleasanton Sports Park Basketball Courts

Instructor: Wee Hoop Staff

56927 Th 2/6-3/20 10:10-10:50am

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

Thomas Hart Middle School Gym | Instructor: Wee Hoop Staff

56928 Sa 3/22-5/24* 9:40-10:25am

*No class 4/19

Fitness Fun

Ages 4-6

This class focuses on coordination and promotes physical activity. It incorporates fun drills and games that help with footwork, speed, and agility.

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

Pleasanton Sports Park Basketball Courts

Instructor: Wee Hoop Staff

56932 W 3/19-5/14 4:10-4:55pm

Hot Shots

Ages 4-5

This class places an emphasis on developing basketball skills and learning basic rules of the game. Class activities will encourage teamwork and meeting new friends. Participants are required to bring a size 3 ball.

Pleasanton Sports Park Basketball Courts

Instructor: Wee Hoop Staff

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

56929 Th 2/6-3/20 10:55-11:40am

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

56930 W 3/19-5/14 5:50-6:35pm

Thomas Hart Middle School Gym | Instructor: Wee Hoop Staff

56931 Sa 3/22-5/24* 10:30-11:15am

*No class 4/19

Lil Baseball

Ages 3-5

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.

Harvest Park Middle School T-Ball Field

Instructor: Pitching Center

6 classes | \$102R/\$113N

56915 Tu 2/4-3/11 4:00-4:50pm

56917 Th 2/6-3/13 4:00-4:50pm

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

56918 Tu 4/8-5/27 4:00-4:50pm

56919 Tu 4/8-5/27 5:00-5:50pm

56920 W 4/9-5/28 4:00-4:50pm

56921 W 4/9-5/28 5:00-5:50pm

56922 Th 4/10-5/29 4:00-4:50pm

56923 Th 4/10-5/29 5:00-5:50pm

Bumper Bowling

Ages 3-7

Guaranteed success for all bowlers. Weekly awards and lots of fun. Learn the basics about bowling. Every bowler earns a trophy at the end of session party. One game per week. Parent supervision is required. *A \$10 supply fee is due at the time of registration.*

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

Dublin Bowl | Instructor: Dublin Bowl Staff

56759 Th 2/6-3/27 11:30am-Noon

56761 Th 2/6-3/27 1:30-2:30pm

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

56935 Tu 4/8-6/3 11:30am-Noon

56936 Sa 4/12-6/14* 10:30-11:00am

56937 Sa 4/12-6/14* 11:05-11:35am

*No class 5/24

Tot Soccer

Ages 3.5-4

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

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

Pleasanton Sports Park | Instructor: Kidz Love Soccer

56938 Tu 4/8-6/3 10:15-10:45am

56939 Tu 4/8-6/3 5:15-5:45pm

56940 F 4/11-6/6 9:30-10:00am

56941 F 4/11-6/6 5:45-6:15pm

56942 Sa 4/12-6/14* 9:00-9:30am

*No class 5/24

Pre-Soccer

Ages 4-5

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

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

Pleasanton Sports Park | Instructor: Kidz Love Soccer

56943 Tu 4/8-6/3 10:45-11:20am

56944 Tu 4/8-6/3 5:45-6:20pm

56945 F 4/11-6/6 10:00-10:35am

56946 F 4/11-6/6 5:10-5:45pm

56947 Sa 4/12-6/14* 9:30-10:05am

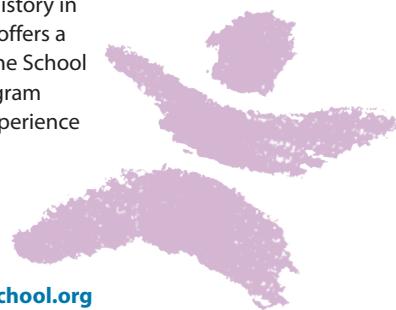
56948 Sa 4/12-6/14* 10:10-10:45am

*No class 5/24

Gingerbread Preschool

The Gingerbread Way is PLAY!

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.



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

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

Gingersnaps Class

Gingersnaps classes are full. To place your child on a wait list, call 925-931-3430.



3-year old Class

Requirements: All new students must be 3 years of age on or before September 1, 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.

22 classes | \$399R/\$439N

Gingerbread Preschool | Instructor: Gingerbread Staff

Tu/Th	3/13-6/5*	8:30-11:00am
Th/Tu	3/13-6/5*	8:40-11:10am
Tu/Th	3/13-6/5*	8:50-11:20am
Tu/Th	3/13-6/5*	11:50am-2:20pm
Tu/Th	3/13-6/5*	12:00-2:30pm
Tu/Th	3/13-6/5*	12:10-2:40pm

*No program on 4/1, 4/3

4-year old Class

Requirements: Students must be 4 years of age on or before September 1, 2013.

Child must be toilet trained.

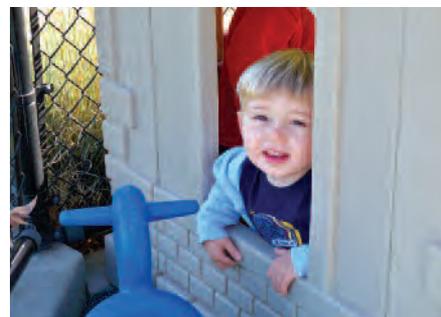
The four-year-old class imparts the love of learning. Routines and activities are presented that will provide a strong foundation to build upon. Class focus is on developing positive communication skills, social-emotional skills, peer relationships, and self regulation skills through the daily classroom 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.

31 classes | \$562R/\$618N

Gingerbread Preschool | Instructor: Gingerbread Staff

M/W/F	3/12-6/6*	8:30-11:00am
M/W/F	3/12-6/6*	8:40-11:10am
M/W/F	3/12-6/6*	8:50-11:20am
M/W/F	3/12-6/6*	11:50am-2:20pm
M/W/F	3/12-6/6*	12:00-2:30pm
M/W/F	3/12-6/6*	12:10-2:40pm

*No program on 3/31, 4/2, 4/4, 5/26



Kinderpal Class

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

Child must be toilet trained.

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.

57 classes | \$1,069R/\$1,176N

Gingerbread Preschool

M-F	3/12-6/6*	12:45-3:15pm
-----	-----------	--------------

*No program on 3/31-4/4, 5/26



Fall 2014 Registration Information

Registration packets will be available online beginning May 1, 2014 at 9:00am

The Arts

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. www.debbiewardrope.com

Art For Girly Girls

Ages 6-10

Ooh la la! This class, exclusively for girls, focuses on all things Parisian. We'll paint, collage and draw our way through lots of fun, Paris-themed projects, including: mixed media, a painting on canvas, an Eiffel tower chalkboard, a book page fashion collage and more! A \$25 supply fee is due at the time of registration.

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

Firehouse Arts Center | Instructor: Debbie Wardrope

56831 M 3/3-4/14* 3:45-5:00pm

*No class 3/31

Art About Everything II

Ages 6-10

With a different theme each day, including Paint a Pet, How Sweet It Is and Mini Masterpieces, we will explore all kinds of art techniques and materials while creating some amazing art projects. Loads of creative fun! A \$25 supply fee is due at the time of registration.

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

Firehouse Arts Center | Instructor: Debbie Wardrope

56792 W 3/5-4/16* 3:45-5:00pm

*No class 4/2

Art in An Afternoon: Spring into Art

Ages 6-10

Join us for an afternoon of art fun—all with a spring theme. Paint a glittery Easter egg, make some 3-D flowers, craft a bunny collage, a book page nest and more. A \$10 supply fee is due at the time of registration.

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

Firehouse Arts Center | Instructor: Debbie Wardrope

56829 F 3/14 2:00-5:00pm



Like us on Facebook:
Pleasanton Community Services

Me, Myself and Art

Ages 6-10

This art class is all about you. We'll be using all kinds of art materials and techniques to create very personal and cool things like name sculptures, identity grid paintings and one project that puts you in the picture! Come join the fun! A \$25 supply fee is due at the time of registration.

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

Firehouse Arts Center | Instructor: Debbie Wardrope

56806 W 4/23-5/28 3:45-5:00pm



Oodles of Doodles

Ages 6-10

Come and learn the seven elements of design through some super fun and creative art projects using a variety of techniques and materials. Line, shape, pattern, texture and more will be explored. It's learning cleverly disguised as fun! A \$25 supply fee is due at the time of registration.

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

Firehouse Arts Center | Instructor: Debbie Wardrope

56824 Tu 3/4-4/15* 3:45-5:00pm

*No class 4/1

Wild and Wacky Fun with Art

Ages 6-10

Get crazy with these wild and wacky art projects! We'll explore unique techniques such as wet felting and balloon printing, and use unexpected art materials such as paint chips, Altoid tins and much more. Tons of creative fun! A \$25 supply fee is due at the time of registration.

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

Firehouse Arts Center | Instructor: Debbie Wardrope

56817 Tu 4/22-5/27 3:45-5:00pm

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

Young @ Art

Ages 5-11

Students visit the Harrington Gallery to learn about each exhibit, and then create an art piece themselves in the studio upstairs. A different focus for each session; elements such as technique, medium, composition and subject matter are explored.

Firehouse Arts Center/Instructor: Debbie Wardrope & Julie Finegan

Stories in Art

Kids will visit "1,000 Words", a narrative art exhibit in the Harrington Gallery, and spend some time imagining what the artists are trying to say. Then, they will create artwork that tells a story about themselves.

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

57095 Th 3/13 4:30-5:45 pm

Think Big—Or Small!

Kids will visit the annual Fresh Works! Juried Exhibit, do a bit of judging of their own, and then create both a large and small artwork to reflect the variation in sizes of art in the gallery.

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

57092 Th 5/15 4:30-5:45 pm



Civic Arts Stage Company Classes



Little Performers

Ages 5-6

Are you ready to be on stage? This musical theater program is designed for younger kids who love to perform. We'll learn selected songs and dances from Disney's *Winnie the Pooh Kids* and will then join the Young Performers for a final performance Tuesday, 6/3!

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

Veterans Memorial Building | Instructor: Civic Arts Stage Company Staff

56955 Tu 3/4-6/10 3:30-4:15pm

*No class 4/1

Young Performers

Ages 7-11

Based on the beloved characters of A.A. Milne and the 2011 Disney animated feature film, *Winnie the Pooh*, this show is the perfect place to learn the basic skills needed in musical theater—acting, singing, and dancing. Skill-building and stage confidence will be emphasized along with group participation. A culminating performance will take place on Tuesday, 6/3.

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

Veterans Memorial Building | Instructor: Civic Arts Stage Company Staff

56956 Tu 3/4-6/10 4:30-6:00pm

*No class 4/1

Middle School Madness

Ages 9-11, current 5th 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 upcoming first year in middle school. No performance experience is required.

1 class | \$20R/\$23N

Firehouse Arts Center | Instructor: City Staff

56957 Tu 5/6 4:00-7:00pm

Beginning Guitar

Ages 8-12

Learn cool songs by using chords, tablature and notes to get you on your way to having fun and enriching your life and the world with music! A \$5.00 supply fee is due at the time of registration.

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

Nature House | Instructor: Debra Knox

56708 M 2/24-4/14 6:00-6:50pm



Ceramics

All skill levels are welcome. Projects will include a 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.

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

Cultural Arts Center | Instructor: Erin Davis

Ages 6-8

56755 W 3/12-4/16 4:00-5:00pm

56756 W 4/23-5/28 4:00-5:00pm

Ages 9-12

56757 W 3/12-4/16 5:30-6:30pm

56758 W 4/23-5/28 5:30-6:30pm

Young Rembrandts

Ages 7-12

Art classes at the Firehouse Arts Center.



Birds Mixed Media Drawing

Budding artists explore birds using a different media or art technique each day. Our wonderfully creative collection of bird drawings will include a flamingo, an eagle, a toucan, a dove, a wintery birdhouse and more. Artists will use pencils, thin and broad-tipped markers, Sharpies, color pencils and more. A \$15 supply fee is due at the time of registration.

5 classes \$110R/\$121N

Firehouse Arts Center | Instructor: Young Rembrandt

57025 M-F 3/31-4/4 10:00am-noon

Valentine Card Making

Create your own special greeting cards while learning to draw a wonderful variety of still life drawings the Young Rembrandt way. Highlights and shading will enhance each drawing. Join us for five days of challenging lessons as we refine our drawing skills and create cards. No prior experience necessary. A \$15 supply fee is due at the time of registration.

5 classes \$110R/\$121N

Firehouse Arts Center | Instructor: Young Rembrandt

57083 M-F 3/31-4/4 1:00pm-3:00pm

CIVIC ARTS STAGE COMPANY PRESENTS

The Secret Garden

Mary Lennox is known as a difficult child and is sent to live at her uncle's estate in England after her parents pass away. Misselthwaite Manor turns out to be a gloomy fortress. With the assistance of Dickon, the gardener's apprentice, Mary brings the garden back to life and discovers Dickon's amazing ability to communicate with animals.

Performances: Friday, Saturday, Sunday, 2/28-3/9
Firehouse Arts Center
For Tickets visit www.firehousearts.org

Exercise & Wellness

Brazilian Jiu-Jitsu

Ages 4-6

Jiu-Jitsu translates to 'the gentle art' because it utilizes leverage and balance rather than force and strength. This class incorporates self defense techniques, ground work, and conditioning, which will help improve your child's coordination, strength and agility. Includes a segment on dealing with bullying. Helps develop discipline, respect, integrity and improves confidence. *A \$60 uniform fee is required on site at first class meeting.*

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

Crispim BJJ Studio | Instructor: Alexander DeAlmeida

57007 M/W 2/3-3/19* 4:00-4:40pm

57008 M/W 4/14-5/21 4:00-4:40pm

*No class 2/10, 2/17



Martial Arts not only encourages physical activity in kids, but it also fosters self-discipline, boosts socialization skills and increases self-esteem.

Mixed Martial Arts

Ages 5-9

Mixed Martial Arts introduces your child to Brazilian Jiu-Jitsu, wrestling, Muay Thai, boxing and conditioning. The class focuses on proper ground work techniques, punches and kicks and provides a fun and solid workout. Improves your child's coordination, strength and agility. Helps develop discipline, respect, integrity and improves confidence. **Required:** *Boxing gloves and wraps can be purchased at first class on site for \$50 or bring your own. Shin guards are recommended.*

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

Crispim BJJ Studio | Instructor: Alexander DeAlmeida

56692 Tu/Th 2/4-3/13 4:30-5:15pm

56693 Tu/Th 4/8-5/15 4:30-5:15pm

"[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

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

Ages 5-10

Veterans Memorial Building | Instructor: Daniel Reddell
2 classes | \$18R/\$20N

56872 M 2/10-2/24* 5:15-6:00pm

*No class 2/17

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

56883 W 2/12-2/26 5:15-6:00pm

56885 W 4/9-4/30* 5:15-6:00pm

56875 M 5/5-5/19 5:15-6:00pm

*No class 4/23

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

56873 M 3/3-3/24 5:15-6:00pm

56884 W 3/5-3/26 5:15-6:00pm

56874 M 4/7-4/28 5:15-6:00pm

56886 W 5/7-5/28 5:15-6:00pm



Phone: (925) 931-5340



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.

16 classes | \$240R/\$264N

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

56850 Tu 2/4-5/27 5:00-6:00pm

*No class 4/1

Zumba® Kids

Ages 7-11

Designed exclusively for kids, Zumba Kids classes are rockin', high-energy fitness parties packed with specially choreographed, kid-friendly routines and music they will love. Parents love Zumba Kids because of the effects it has on kids, increasing their focus and self-confidence, boosting metabolism and enhancing coordination. Come join the party!

Cultural Arts Center | Instructor: Denise Young

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

56769 Tu 2/4-3/25 5:15-6:00pm

7 classes | \$75R/\$84N

56770 Tu 4/8-5/20 5:15-6:00pm

Fit Kids Move

Ages 6-13

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.

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

Earthly Delights Fitness | Earthly Delights Staff

57203 F 2/21-5/30 4:00-5:00pm

Special Interest

Beginning Hip Hop

Hip hop moves with age-appropriate music. Necessary attire and shoes: shorts and tennis 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 8-10

56783 M 2/3-3/31* 5:00-5:45pm

56784 M 4/7-6/2* 5:45-6:30pm

*No class 2/17, 5/26

Ages 6-8

56785 Th 2/6-3/27 5:00-5:45pm

56786 Th 4/10-5/29 5:45-6:30pm

Science Beginnings

Solar Cars, Renewable Energy

Ages 6-12

These exciting classes will introduce simple scientific concepts through easy, fun, and stimulating experiments. What are hybrid and electric cars? Find out how fossils are formed. Students will receive a worksheet with full details of all experiments. *A \$10 supply fee is due at the time of registration.*

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

Nature House | Instructor: Vidya Pillai

56722 M 5/5-6/2 3:30-4:30pm

*No class 5/26

Spring Break Extravaganza

Ages 6-12

In this exciting experiment-based class, we are bringing together the best of our physics, chemistry and life science topics. Life science topics include the habitat, examining the parts, and proper handling of hermit crabs, super worms, crickets, lady bugs and other animals. Physics and chemistry classes include states of matter, Newton's laws explained through experiments, fizz and many more. *A \$10 supply fee required at the time of registration.*

5 classes | \$200R/\$220N

Nature House | Instructor: Vidya Pillai

56721 M-F 3/31-4/4 9:30am-12:30pm



Green Machines

Ages 8-13

Young engineers will be introduced to sources of renewable energy in green machines. Participants will build their own solar car and maglev train. Give this little solar car a bright, sunny day, and it can really move! Perform data collection and analysis through application of engineering practices. *A \$25 supply fee is due at time of registration.*

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

Cultural Arts Center | Instructor: Minerva Learning Staff

56762 M 3/31 9:00am-3:00pm

Robotics

Ages 8-13

Kids will experience the basic building blocks of robots like motors, sensors like motion, light, sound and touch and also build and experiment with battery safe digital circuits. At the end, students make a functioning robot. This is a fun way to introduce digital electronics and robotics to children. *A \$10 supply fee is due at the time of registration.*

1 class | \$130R/\$143N

Cultural Arts Center | Instructor: Minerva Learning Staff

56765 Tu 4/1 9:00am-3:00pm

Meet Mr. T-Bot (Hydraulic Arm Robot)

Ages 9-13

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. Take away Hydraulic Arm Robot. *A \$30 supply fee is due at the time of registration.*

1 class | \$125R/\$138N

Cultural Arts Center | Instructor: Minerva Learning Staff

56763 W 4/2 9:00am-3:00pm



Like us on Facebook:
Pleasanton Community Services



Filmmaking: From Script to Premiere

Ages 7-12

Students will create an original story complete with story boards and script. Once the script is complete, students will work in groups to complete their movies. All students will complete a group movie by the end of the class.

8 classes | \$140R/\$154N

Nature House | Instructor: Freshi Media Staff

56701 Th 2/13-4/3 3:30-4:45pm



Computer Animation

Ages 7-12

In this class, participants will learn skills that help with computer drawing, character skeleton and movement, frame layering, and character voice over. In small groups of two, students will focus on learning introductory computer animation techniques.

8 classes | \$140R/\$154N

Nature House | Instructor: Freshi Media Staff

56702 W 3/12-4/30 3:30-4:45pm



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

Pleasanton Senior Center | Instructor: Lekha School

Story Writing I Ages 7-10

The five elements of story writing will be the focus in this class. Students will be introduced to a variety of fiction and non-fiction genres. They will progress into intermediate genre writing and learn the rules that drive creation, setting, and plot.

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

57002 Th 3/13-5/1 5:00-6:00pm

*No class 4/3

Story Writing II Ages 10-13

Students will focus on genre writing and learn how each genre has its own set of rules that drives character creation, setting and plot. They will work on blending genres as they focus on setting, characters, dialogue, descriptions, and conflict.

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

57005 W 3/12-5/14 5:30-6:30pm

*No class 4/2, 4/23



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

Girls Empowerment— Kurukula Ages 10-14

Kurukula is a dynamic empowerment program to develop inner strength in young women. Girls will develop healthy body image and self esteem and tools to build healthy peer relationships. Classes incorporate fun assertiveness games and creative self-defense role plays to build these essential skills. All participants get a Kurukula T-shirt. 'Fun empowerment for women!'

Level I

A \$45 supply fee for Level I is due at the time of registration.

Cultural Arts Center | Instructor: Kurukula Staff

4 classes | \$139R/\$153N

56698 M 3/3-3/24 5:00-6:30pm

3 classes | \$139R/\$153N

56699 Sa 5/3-5/17 4:00-6:00pm

Level II

Kurukula Level II for girls who completed Kurukula Level I and wish to learn advanced fighting skills and ground techniques.

3 classes | \$139R/\$153N

Cultural Arts Center | Instructor: Kurukula Staff

56700 Su 5/4-5/18 4:00-6:00pm



Public Speaking

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. These classes will teach basic and advanced concepts in debate 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.



Pre-Public Speaking— Building Confidence Ages 6-8

Participants learn how to stand tall and speak in front of a large group giving them a head start for the advanced courses in Public Speaking and Debates.

8 classes | \$165R/\$182N

Cultural Arts Center | Instructor: Bay Area Debate Club

56909 W 2/5-3/26 4:30-5:30pm

Essentials of Debating Spring Camp Ages 10-14

Spring
Break
Camp

Students will debate on a variety of topics including current affairs and other age-appropriate topics.

5 classes | \$199R/\$220N

Century House | Instructor: Bay Area Debate Club

56916 M-F 3/31-4/4 9:00am-Noon

Speech Writing and Speaking with Confidence Ages 9-12

Participants will learn to write a well-structured engaging speech and will study different styles of speech writing—Descriptive, Expository, and Narrative.

8 classes | \$165R/\$182N

Cultural Arts Center | Instructor: Bay Area Debate Club

56910 W 2/5-3/26 5:30-6:30pm



Sports



Club VIP Volleyball Classes

Ages 8-11

Finally, a 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. Participants will gain experience in passing, setting, serving, and spiking. The class focuses on establishing a great foundation for volleyball fundamentals that will excite participants to continue playing in the future.

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

Harvest Park Middle School Gym | Instructor: Ted Babu

56908 M 4/14-5/5 5:00-6:00pm

56906 M 2/3-3/3* 5:00-6:00pm

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

Pleasanton Middle School Gym | Instructor: Ted Babu

56907 M 3/10-4/7* 5:00-6:00pm

*No class 2/17, 3/31



Club VIP Youth & Teen Volleyball Camp

Ages 8-14

This four (4) day camp works on all phases of volleyball. Participants will be divided by age and skill level. Group and individual drills will be stressed throughout camp.

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

Pleasanton Middle School | Instructor: Ted Babu

56914 M-Th 3/31-4/3 3:00-6:00pm



Championship Basketball Spring Break Camp

Ages 6-14

This camp is for players of all skill levels and emphasizes fundamental skills such as ball handling, passing, dribbling, footwork, shooting, rebounding and defense. Importance is placed on teamwork, discipline, sportsmanship and enjoyment of the game. Instruction is provided by Dougherty High School's varsity basketball coach.

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

Pleasanton Middle School Gym | Instructor: Mike Hansen

57156 M-W 3/31-4/2 9:00am-2:00pm



FUNDamentals Basketball Camp

Ages 6-15

Take your basketball skills to the next level! The emphasis is on skill development and encouraging positive attitudes. Participants receive a FUNDamentals camp t-shirt. Instruction is provided by Amador Valley High School's varsity coach.

4 classes | \$175R/\$193N

Thomas Hart Middle School Gym | Instructor: Ralph Fields

57157 M-Th 3/31-4/3 9:00am-Noon



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 Staff

56949 Tu 4/8-6/3 3:45-4:30pm

56950 F 4/11-6/6 3:40-4:25pm

56951 Sa 4/12-6/14* 10:40-11:25am

*No class 5/24

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.

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

Pleasanton Sports Park | Instructor: Kidz Love Soccer Staff

56952 Tu 4/8-6/3 4:30-5:15pm

56953 F 4/11-6/6 4:25-5:10pm

56954 Sa 4/12-6/14* 11:25am-12:10pm

*No class 5/24



Creatures of Impulse » Teen Improv Troupe

Improv Face-Off

The Funniest Competition of the Year!

March 20, 21, & 22 at 7:30pm

Come and see Creatures of Impulse in the fifth season of their most popular short-form show to date. Creatures of Impulse will share the stage for three nights of scenes, games and fast-paced theatrical improvisation. You are in for three different nights of pure fun with an interactive format that gives the audience a chance to win prizes!

NEW! Early Bird Pricing
Online and at the Box Office
through 3/15: \$5 General | \$2 Students
after 3/15: \$10 General | \$5 Students

For tickets, visit www.FirehouseArts.org or call 925-931-4848

The Arts

Firehouse Young Artist Collective Grades 9-12

A group for high school students with a unified passion for the arts

Whether you paint, sing, dance, sculpt, act, improvise, or write poetry, this group is for you. The Firehouse Young Artist Collective exists to actively support youth arts efforts in the Tri-Valley by sharing, teaching, and inspiring each other. The Collective's first efforts will be focused on supporting the spring youth and teen performances and events happening at the Firehouse Arts Center.

First Meeting: 2/12 4:30-6:30pm | Firehouse Arts Center, Johnson Studio



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!



Improv for Teens

Creatures of Impulse's (COI) Teen Improv Classes are designed to give participants a fun, age-appropriate, and professional experience in theatrical improvisation.



COI Middle School Phase II

Ages 10-14

Prerequisite: COI Middle School Phase I or Pleasanton Teen Improv Camp Phase II students will build on principles in Phase I and enhance their performance skills by adding space object work and using your where; both aspects help actors create places and things on stage without props or sets. A short culminating in-class performance is scheduled for this last class.

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

Firehouse Arts Center | Instructor: Mark Duncanson

56958 M 3/3-3/24 4:00-6:00pm

COI Middle School Phase III

Ages 10-14

Prerequisite: COI Middle School Phase II or Pleasanton Teen Improv Camp. Students in Phase III will be introduced to long-form improv and the Improv Herald. The basic story spine, scene work, space object work, and supporting one another to tell a story will be the focus. A culminating in-class performance is scheduled for the final class.

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

Firehouse Arts Center | Instructor: Mark Duncanson

56959 M 4/21-5/19 4:00-6:00pm

COI High School Foundation II

Ages 14-18

Prerequisites: COI High School Foundation I or Pleasanton Teen Improv Camp Students in Foundation II will build on principles in Foundation I and take their improv performance skills to the next level by engaging in space object work, deeper character work, and ensemble engagement. A short culminating in-class performance is scheduled for the last class.

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

Firehouse Arts Center | Instructor: Mark Duncanson

56960 Th 3/6-3/27 4:00-6:30pm

COI High School Foundation III

Ages 14-18

Prerequisites: COI High School Foundation II or Pleasanton Teen Improv Camp. Students in Foundation III will build on principles in Foundation II by looking deeper into long-form improv (The Creatures of Impulse way). Students will engage in teen-based scene work designed for students to discover the vast amount of stories and characters they can use for long-form and short-form improv. A culminating in class performance is scheduled for the final class.

6 classes | \$185R/\$203N

Firehouse Arts Center | Instructor: Mark Duncanson

56961 W 4/30-6/4 4:00-6:30pm



Freshman Year!

Ages 13-14

This workshop is a fun way for 8th graders to connect with their fellow soon-to-be 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 and the Ptownlife.org Web Team.

1 class | \$20R/\$23N

Firehouse Arts Center | Instructor: City Staff

56962 Tu 5/20 4:00-7:00pm

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

56753 M 3/10-4/14 5:00-7:00pm

56754 M 4/21-6/2 5:00-7:00pm



Beginning Guitar

Ages 13-17

Learn cool songs by using chords, tablature and notes to get you on your way to having fun and being the life of the party with music! www.debraknox.com A \$5.00 supply fee is due at the time of registration.

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

Nature House | Instructor: Debra Knox

56709 M 2/24-4/14 7:00-7:50pm

Creatures of Impulse » Teen Improv Troupe

Tri-Valley High: The Musical

A totally improvised teen musical!

Tri-Valley High: The Musical returns to the Firehouse. Come and see all three nights of the Bay Area's ONLY improvised teen musical. Your suggestions will inspire fresh new characters, stories, and improvised songs each night; so no show is ever the same. Don't miss a moment of the award-winning and nationally recognized Creatures of Impulse Teen Improv Troupe.

Dates: Thursday 4/24, Friday 4/25, Saturday 4/26 @ 7:30pm

NEW Early Bird Pricing Online and at the Box Office thru 4/19:

\$5 General | \$2 Students; After 4/19: \$10 General | \$5 Students

www.FirehouseArts.org for tickets



AMPLIFIED!

A Teen Poetry & Open Mic Event

★

Thursday, May 22nd • 5:30–8:30pm

During an amazing week for teens here at the Firehouse Arts Center, Pleasanton's 2013–2014 Teen Poet Laureates will host an open-mic event featuring young performers of spoken word and song.

Tickets: \$7 Advance | \$10 at the Door

www.firehousearts.org for tickets



Jam Fest

Teen Concert in the Park

Come and support local teen bands!

Friday, May 23, 2014 » 7:00-8:30pm » Lions Wayside Park

Start your Memorial Day weekend off right by supporting live and local teen bands!






Auditions

Want to submit your band for JamFest 2014? Just have one representative from your band fill out the online form at www.tinyurl.com/teenbands. Please follow all of the instructions on the form. Online audition submissions start Wednesday, 3/12 and end Wednesday, 4/16. For more information email mduncanson@cityofpleasantonca.gov.

free event sponsored by the City of Pleasanton

Special Interest

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/\$53N

Cultural Arts Center | Instructor: Suzy McCreary

56714 Su 4/27 9:00am-2:30pm

High School Essay Writing

Ages 13-17

Students will discuss how to take an essay from an assignment or idea to an actual paper. Teachers will go over writing sources with students and pre-writing exercises that will help organize their thoughts. A \$10 supply fee is due at the time of registration.

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

Pleasanton Senior Center | Instructor: Lekha School

57082 Th 3/13-5/1* 6:15-7:15pm

*No class 4/3

12TH ANNUAL Youth Music Festival

Join us for another youth-driven Youth Music Festival! Enjoy an evening of talented performers presenting their best in concert on the Firehouse Theater stage.



**Saturday, March 15
7:30pm**

NEW Early Bird Pricing!

Online and at the Box Office

Through 3/8: General \$7 | Students: \$5

After 3/15: General \$12 | Students \$8

www.firehousearts.org for tickets



Sports

Club VIP Volleyball Classes

Ages 12-14

The intent of this volleyball class is to fine-tune basic volleyball techniques and to help build confidence for young athletes. Participants will have the opportunity to develop basic skills and learn how to apply them in real scrimmage situations. Our goal is to help each participant improve their skill level.

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

Harvest Park Middle School Gym | Instructor: Ted Babu

56913 M 4/14-5/5 6:00-7:00pm

56911 M 2/3-3/3* 6:00-7:00pm

Pleasanton Middle School Gym | Instructor: Ted Babu

56912 M 3/10-4/7* 6:00-7:00pm

*No class 2/17, 3/31

Zumba Toning

Ages 13 and up

Zumba Toning is designed to blend body sculpting techniques and specific Zumba moves into one calorie-burning, strength training workout. We will be using weighted, maraca-like Zumba Toning sticks to enhance rhythm and build strength. Zumba Toning sticks will be available for purchase for \$20 at first class or bring your own 1-2 lb hand weights.

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

Veterans Memorial Building | Instructor: Diana Robinson

57001 Tu 3/4-5/13* 6:30-7:30pm

*No class 4/1

TEEN JOB & CAREER FAIR 2014

Saturday, March 1, 2014 12PM - 4PM
Pleasanton Senior Center
5353 Sunol Boulevard, Pleasanton, CA 94566

FREE ADMISSION!!!
FREE FOOD FOR JOB SEEKERS!!!

Meet with Employers • Apply for Jobs
Mock Interviews • Resumé Workshops
How to Sell Yourself & More!

Bring a copy of your resumé and dress in professional attire

Call 925.931.3434 or email info@ptownlife.org for information

Don't Miss Your Chance For a Summer Job!

Middle School Night Out

Middle Schoolers Need a Night Out, Too!
Gather your friends and head over to the Amador Rec Center for a night of music, games, ping-pong and food with friends! Pizza and drinks included with registration. Must pre-register. **Spaces limited!**

Register at
www.pleasantonfun.com

For more information, please contact the Youth and Teen Staff at (925) 931-3434

Friday, March 14, 2014
6:30-9:00pm
Course Code # 57010 | \$5.00

Friday, May 9, 2014
6:30-9:00pm
Course Code # 57015 | \$5.00

Location:
Amador Recreation Center,
4455 Black Avenue

PTOWN LIFE
Live. Work. Play.
Pleasanton.org

the YMCA

Sponsored in partnership with the City of Pleasanton, PTOWN-LIFE and the YMCA

Leader in Training Program

Gain valuable knowledge and work experience in public service this summer. The Leader in Training (LIT) program gives teens the opportunity to prepare for future employment through training, hands-on work experiences and evaluations. Students are provided with training in essential job skills, engage in meaningful volunteer work and receive on-the-job experience in the City of Pleasanton. Possible volunteer assignments include Summer Camp, Library, Operations Service Center, Police Department and Theater Arts programs. LIT participants volunteer 2-3 days per week for a minimum of 4 weeks.

Space is limited!

Program dates: 6/23-8/15

Must be available for training June 17-20, 2014

Cost: \$165R/\$182N

Applications will be available beginning 4/7 online at <http://ptownlife.org/work/volunteeroportunities> and at Gingerbread Preschool.

The deadline to apply is 4/18/14. **You may NOT register online for this program.** For more information, please contact Nicole Thomas at 931-3474 or nthomas@cityofpleasantonca.gov

Exercise & Wellness

Traditional Japanese Karate

Our family is dedicated to teaching a Traditional Japanese Karate style called Seito Shito Ryu with a focus on building confidence, living honorably, and learning effective self-defense. Classes are full of fun and challenging drills. This is not a 'Feeder Program' -the student can earn their internationally recognized Black Belt here. Our motto is: 'Persistence and Determination Alone are Omnipotent'. To learn more please visit us at: www.daytimedragon.com

All Ranks

Ages 10 and up

Veterans Memorial Building | Instructor: Daniel Reddell
2 classes | \$18R/\$20N

56887 M 2/10-2/24* 6:05-6:50pm

*No class 2/17

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

56895 W 2/12-2/26 6:05-6:50pm

56897 W 4/9-4/30* 6:05-6:50pm

56890 M 5/5-5/19 6:05-6:50pm

*No class 4/23

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

56888 M 3/3-3/24 6:05-6:50pm

56896 W 3/5-3/26 6:05-6:50pm

56889 M 4/7-4/28 6:05-6:50pm

56898 W 5/7-5/28 6:05-6:50pm

Intermediate/Advanced

Ages 12 and up

Veterans Memorial Building | Instructor: Daniel Reddell
2 classes | \$18R/\$20N

56891 M 2/10-2/24* 7:00-8:00pm

*No class 2/17

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

56899 W 2/12-2/26 7:00-8:00pm

56901 W 4/9-4/30* 7:00-8:00pm

56894 M 5/5-5/19 7:00-8:00pm

*No class 4/23

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

56892 M 3/3-3/24 7:00-8:00pm

56900 W 3/5-3/26 7:00-8:00pm

56893 M 4/7-4/28 7:00-8:00pm

56902 W 5/7-5/28 7:00-8:00pm

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

Mixed Martial Arts

Ages 10-14

This class introduces your child to Brazilian Jiu-Jitsu, wrestling, Muay Thai, boxing and conditioning. We'll focus on proper ground work techniques, punches and kicks and provide a fun and solid workout. Improve your coordination, strength and agility. Helps develop discipline, respect, integrity and improves confidence. *Boxing gloves and wraps can be purchased at first class on site for \$50, or bring your own.* Shin guards are recommended.

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

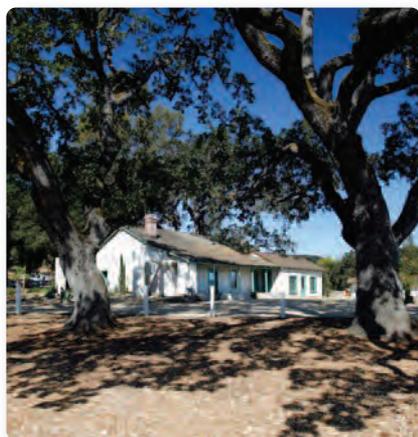
Crispim BJJ Studio | Instructor: Crispim De Almeida

56694 Tu/Th 2/4-3/13 5:15-6:15pm

56695 Tu/Th 4/8-5/15 5:15-6:15pm

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 parents are FREE.



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 each month 11:00am-Noon

Spring Striders Camp

Ages 6-12

Spring Break Camp

It's time for a break so why not spend it outdoors and surrounded by nature? Learn about animals both near and far, identify plants, learn how to build emergency shelters and a whole lot more! Locations are subject to change due to inclement weather. Dress with the weather in mind and pack a lunch and water!

5 classes | \$188R/\$207N
Augustin Bernal Park | Environmental Ed Staff

56861 M-F 3/31-4/4 9:00am-3:00pm

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.

Butter Making

Ages 5-11

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

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

Alviso Adobe Community Park | Instructor: Megan Kummer

56849 Sa 3/22 11:00am-Noon

Ice Cream Social (Family Fun)

Ages 5-11

Using time tested recipes and human energy, together we'll concoct yummy ice cream the old fashioned way right here where it all started . . . the original location of the Meadowlark Dairy!

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

Alviso Adobe Community Park | Instructor: Megan Kummer

56853 Sa 5/31 11:00am-Noon

Pickling Basics

Ages 18 & up

New!

Have you ever wanted to learn the basics of the pickling process? Revisit the wonderful flavors from your garden in the middle of winter by preserving your fall harvest. Join us as we share with you the history of food preservation as the pickling production begins.

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

Alviso Adobe Community Park | Instructor: Eric Nicholas

56848 Sa 3/1 2:00-3:00pm



Ancient World

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

Adobe Brick Making

Ages 6-12

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

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

Alviso Adobe Community Park | Instructor: Megan Kummer

56845 Sa 5/17 2:00-3:00pm



Delightful Dolls

Ages 5-11

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

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

Alviso Adobe Community Park | Instructor: Megan Kummer

56844 Sa 2/22 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. Sign up for all of the club classes at once for a reduced rate.

Sign up for all four classes and SAVE!

- 2/15 Monarch Madness
- 3/8 Spider Discoveries
- 4/5 Bees' Knees
- 5/3 Exploring with Microscopes

4 classes, 1 each month | \$10R/\$13N

Alviso Adobe Community Park

56839 Sa 2/15-5/3 11:00am-Noon

Monarch Madness

Ages 5-11

What is the life of a Monarch butterfly like? Learn about the habits, habitats, and migration patterns of these beautiful creatures.



New!

1 class | \$3R/\$5N

Alviso Adobe Community Park | Instructor: Eric Nicholas

56840 Sa 2/15 11:00am-Noon

Spider Discoveries

Ages 5-11

Do you think spiders are scary? Not so, we say! Find out why spiders are what we call beneficial arthropods, and not to be feared. You'll meet a variety of spiders in this eye-opening class.

New!

1 class | \$3R/\$5N

Alviso Adobe Community Park | Instructor: Eric Nicholas

56841 Sa 3/8 11:00am-Noon

The Bees' Knees

Ages 5-11

Bees are some of the world's most important insects. We will introduce you to different kinds of bees, and share why they are so helpful.

New!

1 class | \$3R/\$5N

Alviso Adobe Community Park | Instructor: Eric Nicholas

56842 Sa 4/5 11:00am-Noon

Exploring with Microscopes

Ages 5-11

Come and discover the world as you have never seen it before. We will use scientific tools to investigate the microscopic universe, where you'll be in for some big surprises.

1 class | \$3R/\$5N

Alviso Adobe Community Park | Instructor: Megan Kummer

56843 Sa 5/3 11:00am-Noon

Hike/Walk exertion levels:

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

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

Moderate—This is a more active hike with sloping or uneven terrain and/or climbing slopes.

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



Nature Photography Hike

Ages 18 & 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 an **active** hike, which features uneven slopes and rugged terrain.

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

The Preserve | Instructor: Eric Nicholas

56854 Sa 3/29 2:30-4:30pm



Girls Getting Out

Ages 9-13

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

1 class | \$3R/\$5N

Bernal Creek | Instructor: Megan Kummer

56855 Sa 4/12 1:00-3:00pm

Special Events at the Alviso Adobe Community Park



Ladybugs are good for the garden because they eat aphids that feed on plants like roses. One ladybug may eat more than 5,000 aphids during its lifetime. Some people believe that ladybugs bring good luck—hopefully they'll bring you luck, too!

7th Annual Ladybug Release (Family Fun)

Ages 2-6

Visit ladybugs and find out how they can help keep your garden healthy and safe. We'll release some at the Alviso Adobe Community Park, and you'll take some home for your garden.

1 class | \$9R/\$12N

Alviso Adobe Community Park

56858 Sa 5/24 11:00am-Noon

56859 Sa 5/24 3:00-4:00pm



Spring Celebration (Family Fun)

Ages 4 & up

Come and celebrate Spring at the Alviso Adobe Community Park. Participants will enjoy stations throughout the park. Activities will include a visit with rabbits, egg coloring, an egg toss, and an egg hunt. Fun activities for all ages!

1 class | \$20R/\$23N

Alviso Adobe Community Park

56857 Sa 4/19 3:00-5:00pm

56856 Sa 4/19 11:00am-1:00pm

Campfire Story Time! (Family Fun)



Ages 4-12

Did you know the Alviso Adobe Community Park has its very own fire pit? Check it out for yourself at our first ever campfire story time. The Naturalist will share stories of the great outdoors as you make delicious s'mores!

1 class | \$10R/\$13N

Alviso Adobe Community Park | Instructor: Eric Nicholas

57006 Sa 4/26 7:30-8:30pm



Star Party! (Family Fun)

Ages 6-12

This will be a night to remember, a night under the stars. The Naturalist has some great astronomical stories to share; and if the skies are willing, we'll take a look at the wonders above.

1 class | \$12R/\$15N

Alviso Adobe Community Park | Instructor: Eric Nicholas

56837 Sa 2/1 7:30-9:00pm

56838 Sa 5/10 8:00-9:30pm

Field Archaeology



Ages 9-14

Explore the basics of field archaeology techniques at the Alviso Adobe Community Park. Using the tools of the trade, we will learn about the field of archaeology as we dig down through the strata.

1 class | \$10R/\$13N

Alviso Adobe Community Park | Instructor: Eric Nicholas

56871 Sa 4/12 11:00am-1:00pm

Ridge Runners Leadership Workshop

Ages 12-15

This series of workshops will hone your leadership and outdoor skills, and prepare you for a role as a Counselor in Training. Attendance at 5 of the 8 workshops is necessary for placement in a camp.

1 class | \$10R/\$13N

Alviso Adobe Community Park | Instructor: Eric Nicholas

56863 W 2/12 3:30-5:00pm

56864 W 2/26 3:30-5:00pm

56865 W 3/12 3:30-5:00pm

56866 W 3/26 3:30-5:00pm

56867 W 4/9 3:30-5:00pm

56868 W 4/23 3:30-5:00pm

56869 W 5/7 3:30-5:00pm

56870 W 5/21 3:30-5:00pm

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 & Nonresident Access

A guard is on duty at the gate during daylight hours. Show the guard proof of residency. A driver's license, Amador or Foothill High School Student card, City of Pleasanton Employee Identification card, or a City water bill accompanied by a photo I.D. is adequate. One identification required per car; each bicyclist or hiker must provide an I.D., and each may have one guest. Nonresidents can apply for a

one week pass at the Community Services Department, Monday through Friday, 8:00am-5:00pm and on Saturday and Sunday, 10:00am-4:00pm at the Alviso Adobe Community Park.

Access: Horse Trailers

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

Park Access Hours

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

City Trails

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



Recreation Activities for the Developmentally Disabled



Registration form on the next page

Level	Code	Activity	Date/Time/Notes	Meeting Location	Fee
<input type="checkbox"/>	1 56673	Super Bowl Party	Su, 2/2, 3:00-8:00pm. Includes game viewing, snacks, beverages, and lots of fanfare. Come support your team!	Pleasanton Senior Center, 5353 Sunol Blvd., Pleasanton	\$16
<input type="checkbox"/>	4 56675	Girls' Night	Girls' Night F, 2/7, 5:30-9:30pm. Includes dinner, dessert, movie and supplies.	Pleasanton Senior Center, 5353 Sunol Blvd., Pleasanton	\$22
<input type="checkbox"/>	4 56676	Heart to Heart Dance	F, 2/14, 7:00-10:00pm. Includes DJ, dancing, and a light snack.	Pleasanton Senior Center, 5353 Sunol Blvd., Pleasanton	\$16
<input type="checkbox"/>	4 56674	Guy's Day	Sa, 2/22, 12:00-4:00pm. Includes lunch, beverage, a movie, and games.	Pleasanton Senior Center, 5353 Sunol Blvd., Pleasanton	\$22
<input type="checkbox"/>	7 56677	Breakfast Club	Sa, 3/1, 8:30-10:30am. Includes entree, beverage, tip and tax. Bring money for Farmer's Market.	Strizzi's, 649 Main St., Pleasanton	\$16
<input type="checkbox"/>	7 56681	Sharks Game!	Sa, 3/8, 5:30-10:30pm. Includes game ticket and transportation. Bring extra money to purchase snacks. <i>Be aware there are a lot of STEPS to our seats.</i>	Pleasanton Senior Center, 5353 Sunol Blvd., Pleasanton	\$85
<input type="checkbox"/>	4 56688	St. Paddy's Dance	F, 3/14, 7:00-10:00pm Includes DJ, dancing, and a light snack. Don't forget to wear green!	Pleasanton Senior Center, 5353 Sunol Blvd., Pleasanton	\$16
<input type="checkbox"/>	4 56689	Dining Out	F, 3/21, 6:00-8:00pm. Includes entrée, beverage, and tip.	Elephant Bar, 7202 Amador Plaza Rd., Dublin	\$26
<input type="checkbox"/>	1 56680	Pizza and Wii	Sa, 3/29, 12:00-3:00pm. Includes pizza, beverage, and Wii play time.	Pleasanton Senior Center, 5353 Sunol Blvd., Pleasanton	\$12
<input type="checkbox"/>	4 56690	Brunch and a Movie	Sa, 4/5, 10:00am-2:00pm. Includes movie ticket entrée, beverage, and tip.	Drop off: Mimi's Café, 4775 Hacienda Dr., Dublin Pick up: West side of Regal Cinemas behind On the Border	\$26
<input type="checkbox"/>	8 56686	Mini Golf at Boomers!	Sa, 4/12, 12:30-3:30pm. Includes pizza, beverage, mini golf, and arcade games.	Boomers!, 2400 Kitty Hawk Rd., Livermore	\$25
<input type="checkbox"/>	7 56678	Breakfast Club	Sa, 4/19, 8:30-10:30am. Includes entrée, beverage, and tax. Bring Money for Farmer's Market.	Rising Loafer 428 Main St., Pleasanton	\$16
<input type="checkbox"/>	4 56682	Spring Celebration	Sa, 4/26, 11:00am-3:00pm. Join us for a fun day celebrating spring with field games, a picnic, and an egg hunt!	Pleasanton Senior Center, 5353 Sunol Blvd., Pleasanton	\$12
<input type="checkbox"/>	4 56685	Afternoon with the Naturalist	Sa, 5/3, 10:00am-1:00pm. Includes an afternoon exploring and learning with our City Naturalist, lunch, and beverage.	Alviso Adobe Community Park, 3465 Old Foothill Road, Pleasanton	\$12
<input type="checkbox"/>	1 56683	Mother's Day Celebration	Sa, 5/10, 10:00am-1:00pm. Come celebrate the mother figure in your life. Includes craft and brunch for you and the mother figure in your life.	Pleasanton Senior Center, 5353 Sunol Blvd., Pleasanton	\$20
<input type="checkbox"/>	4 56684	Music Man at Firehouse & Frozen Yogurt	Su, 5/18, 2:00-4:30pm. Includes ticket to the show and money for frozen yogurt at Yolatea.	Drop off/ pick up: Firehouse Arts Center, 4444 Railroad Ave, Pleasanton	\$15
<input type="checkbox"/>	8 56687	Day at Lake Chabot	Sa, 5/24, 10:00am-3:00pm. Includes lunch, beverage, and patio boat tour.	Pleasanton Senior Center, 5353 Sunol Blvd., Pleasanton	\$20
<input type="checkbox"/>	4 56691	Dining Out	F, 5/30, 6:00-8:00pm. Includes entrée, beverage, and tip.	Gay 90's Pizza, 288 Main St., Pleasanton	\$26

Recreation Activities for the Developmentally Disabled



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

Registration Form—Spring 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 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

54184 Th 2/13-3/20 6:30-8:00pm

54185 Th 4/10-5/15 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

57186 Th 2/20-3/27 3:30-4:15pm

57817 Th 4/3-5/8 3:30-4:15pm

57818 Th 5/15-6/19 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: 5/26
 Office Closed: 2/15-2/17, 3/28-3/30, 4/12-4/13, 4/20, 5/31-6/1



Spring Break

Spring Break Recreational Swimming

M-F 3/31 – 4/4 1:30-4:45pm

Fees	Single	Punch Pass (15)
Adult (18+)	\$4	\$52R/\$57N
Youth (-17)/Senior (60+)	\$3.50	\$46R/\$51N
Spectator/Preschool (3-5)	\$3	\$36R/\$39N

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 watch from within the aquatic facility. Personal coaching is prohibited.

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	5/26	8:00-11:00am

No Lap Swim: 2/15–2/17, 3/28–3/30, 4/12–4/13, 4/20, 5/31–6/1

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

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.

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.

Location: Dolores Bengtson Aquatic Center

No class: 2/17, 3/28, 5/26

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 improve cardiovascular fitness. Includes interval, circuit and resistance training using hand buoys, elastic tubing and water woggles. Designed for intermediate and advanced exercisers.

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.

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

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

M-Th 5:30-6:30pm





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.



**American
Red Cross**

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

Mondays/Wednesdays, 4/7-4/30

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

Level/Time	1:10pm	1:40pm	4:00pm	4:30pm	5:00pm	5:30pm	6:00pm
Preschool	56661	56659	56660				
Beginner				56973	56974	56975	
Stroke Imp.							56991

Tuesdays/Thursdays, 4/8-5/1

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

Level/Time	4:00pm	4:30pm	5:00pm	5:30pm	6:00pm
Preschool	56669	56670			
Beginner			56979	56980	
Stroke Imp.					56993

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

Mondays/Wednesdays, 5/5-5/28*

30 minutes | 7 classes | \$46R/\$51N | *No class 5/26

Level/Time	1:10pm	1:40pm	4:00pm	4:30pm	5:00pm	5:30pm	6:00pm
Preschool	56662	56663		56664			
Beginner					56977	56978	56976
Stroke Imp.					56992		

Tuesdays/Thursdays, 5/6-5/29

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

Level/Time	4:00pm	4:30pm	5:00pm	5:30pm	6:00pm
Preschool		56666	56665		
Beginner				56984	56983
Stroke Imp.	56994				

Saturdays, 4/5-4/26*

30 minutes | 3 classes | \$20R/\$23N | *No class 4/12

Level/Time	9:00am	9:30am	10:00am	10:30am	11:00am
Preschool		56671		56672	
Beginner			56981		56982
Stroke Imp.				56995	

Saturdays, 5/3-5/24

30 minutes | 4 classes | \$26R/\$29N

Level/Time	9:00am	9:30am	10:00am	10:30am	11:00am
Preschool		56667		56668	
Beginner			56985		56986
Stroke Imp.				56997	

Adult/Teen Learn to Swim

Ages 13 and up

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.

Dolores Bengtson Aquatic Center | Instructor: DBAC Staff

3 classes | \$21R/\$23N

57128	Sa	4/5-4/26*	11:30am-12:15pm
-------	----	-----------	-----------------

*No class 4/12

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

56655	M/W	4/7-4/30	10:30-11:15am
-------	-----	----------	---------------

56657	Tu/Th	4/8-5/1	6:30-7:15pm
-------	-------	---------	-------------

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

57129	Sa	5/3-5/24	11:30am-12:15pm
-------	----	----------	-----------------

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

56654	M/W	5/5-5/28*	10:30-11:15am
-------	-----	-----------	---------------

*No class 5/26

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

56656	Tu/Th	5/6-5/29	6:30-7:15pm
-------	-------	----------	-------------

Competitive Stroke Swim

Ages 6-18

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.

Dolores Bengtson Aquatic Center

Ages 6-10

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

57121 M/W 3/3-3/26 4:30-5:15pm

56650 M/W 4/7-4/30 4:30-5:15pm

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

56652 M/W 5/5-5/21 4:30-5:15pm

Ages 11-18

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

57122 M/W 3/3-3/26 5:15-6:00pm

56651 M/W 4/7-4/30 5:15-6:00pm

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

56653 M/W 5/5-5/21 5:15-6:00pm

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 the full price, and each additional student pays a discounted price.

Dolores Bengtson Aquatic Center

4 classes | \$120R/\$132N | \$60R/\$66N each add'l student

57123 M/W 4/7-4/16 6:30-7:00pm

57124 M/W 4/21-4/30 6:30-7:00pm

57125 M/W 5/5-5/14 6:30-7:00pm

3 classes | \$90R/\$99N | \$45R/\$50N each add'l student

57126 M/W 5/19-5/28* 6:30-7:00pm

*No class 5/26



Red Cross Certification



American Red Cross

Spring Break

Basic Water Rescue

Ages 10 and up

This class provides 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

56647 Sa 3/8 9:00am-1:00pm

56648 Sa 4/26 9:00am-1:00pm

Junior Guard Program (Guard Start)

Ages 11 and up

Get a start in the Aquatics profession by learning about lifeguarding. Gain valuable job skills while having fun with your friends at the pool. This course includes the following American Red Cross classes: Guard Start, which teaches basic lifesaving techniques, Water Safety Instructor Aide, which teaches swim instruction methods and class management. This program is a requirement for those wishing to volunteer at the aquatic center later this summer.

Please note: This program will not be offered again in the summer, sign up today!

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

Dolores Bengtson Aquatic Center

56658 M-F

3/31-4/4 9:00am-4:00pm

Spring Break

Lifeguarding

Ages 15 and up

Get a jump start on your future by training to be a lifeguard! This American Red Cross blended learning course combines online knowledge acquisition and in-person water, first aid and CPR/AED skills training. Note: Class times listed below do not include prior and concurrent online interactive lessons and activity time required in order for students to complete their certification. An additional \$35 non refundable fee, payable to the American Red Cross will be due following the first class session. For course prerequisites and more information on the blended learning course, visit www.PleasantonAquaticCenter.com.

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

Dolores Bengtson Aquatic Center

56646 Sa 3/1 11:00am-1:00pm

and M-F 3/31-4/4 8:00am-Noon

Water Safety Instructor

Ages 16 and up

Upon successful completion of this course, students will be qualified to teach American Red Cross Learn to Swim courses and issues corresponding certifications. This course is a blended learning opportunity which will allow students in-person water training paired with online learning sessions. Note: class times do not reflect required online learning sessions. An additional \$35 non-refundable fee, payable to the American Red Cross will be due following the first class session. Prerequisites: 16 years old, possession of Red Cross Level IV swimming skills, 1 minute back float, 1 minute of treading water.

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

Dolores Bengtson Aquatic Center

56645 Sa-Su 5/3-5/11 8:00am-5:00pm

Sa 4/19 9:00-11:00am



DBAC Summer Recreational Swim Team

DBAC Piranhas A Team

\$175R/\$193N

DBAC A Team participates in Tri-Valley Swim League meets. To qualify for A Team, each swimmer must be able to compete in at least 5 of 8 dual meets and each swimmer's family must volunteer at 5 of 8 dual meets.

Swimmers new to DBAC will need to attend an evaluation from 9:00am-Noon on 3/22, 4/5 and 4/19. Please note that attending the evaluation does not guarantee a spot on the team. Registration for ALL DBAC Pleasanton residents will begin Monday, 4/21 at 8:00am. For detailed information, visit www.PleasantonAquaticCenter.com.

Ages	6 and under	7-8	9-10	11-12	13-14	15 & up
Boys	57130	57131	57132	57133	57134	57135
Girls	57136	57137	57138	57139	57140	57141

Practice Schedule:

5/27 - 6/12

Age:	U6-8 Yrs	9-10	11-18
M-Th	4:30-5:20pm	5:00-5:45pm	5:45-6:30

6/16 - 6/20

Age:	U6-10	11-15U	Day	U6-10 Yrs	11-15U Yrs
M-F	1:00-1:50pm	1:50-3:00pm	M-F	9:10-10:00am	8:00-9:10am
Tu/Th	7:00-7:50pm	7:50-9:00pm	M/W	1:00-1:50pm	1:50-3:00pm
			Tu/Th	7:00-7:50pm	7:50-9:00pm

**No practice Friday, July 4th*

DBAC Piranhas B Team

\$120R/\$132N

DBAC B Team is for swimmers who enjoy practicing and improving their swimming skills, but do not wish to compete in swim meets for a variety of reasons. B Team is designed for swimming practice.

Ages	7-8	9-10	11-12	13-14	15 & up
Boys	57412	57143	57144	57145	57146
Girls	57147	57148	57149	57150	57151

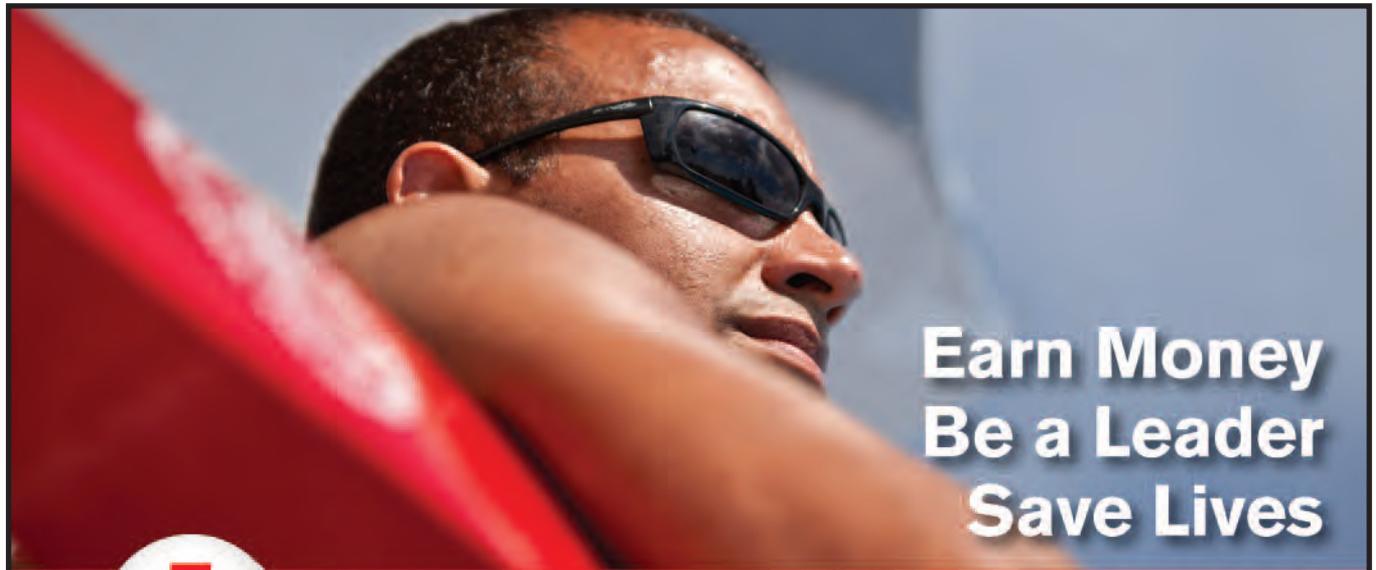
Practice Schedule:

6/23 - 8/1*

Day	7-10 Yrs	11-17 Yrs
M-F	9:10-10:00am	8:00-9:10am
M/W	1:00-1:50pm	1:50-3:00pm

**No practice Friday, July 4th*

The Benefits of Swimming:
Swimming can increase muscle tone, strengthen the heart muscle, improve flexibility and give you a full body workout!



**Earn Money
Be a Leader
Save Lives**



Become a Lifeguard



Apply Today
Dolores Bengtson Aquatic Center

**American
Red Cross**

Literary
ARTS in



The City of Pleasanton's 2013-15 Poet Laureate, Sandra Harrison Kay, is planning some interesting and informative events to be held in the Harrington Gallery at the Firehouse Arts Center.

On Thursday, March 27 from 6:30 to 8:30pm she will participate in a special event tied to the art exhibit "1,000 Words." This exhibit will feature narrative style artworks that can evoke a literary, musical, or dramatic response. Up-and-coming poets, musicians, and improv fans of all ages will have an opportunity to visit the exhibit after it opens on March 8 and sign up, open-mic style, to respond to their selected artwork in the exhibit. On March 27, visitors and participants alike will be treated to a dynamic and unique evening of interpretation on many levels.

\$7 suggested donation



Poetry Workshops

Ages 12-Adult

Sandra Harrison Kay has planned several Poetry Workshops to take place at the Firehouse Arts Center. "The Theory of Poetic Relativ-ity" states that there is at least one poet in every family tree. This is your opportunity, whether you are a poet yourself or not, to share poems written by your sister, brother, or your late aunt's cousin's husband; even handwritten poems you found taped on the bottom side of the top drawer in your mother's dresser . . . anything goes in this fun and unusual workshop!

1 Class | \$7R/\$9N

Firehouse Arts Center, Harrington Gallery/Workshop leader Sandra Kay

57127 Th 05/08 6:30-8:30 pm

“
The Theory of Poetic Relativ-ity states that there is at least one poet in every family tree.
”

Kissin' the Chocolate Blues

Sandra will host a delightful evening in the Firehouse Arts Center Theater to celebrate Black History Month.

Kissin' the Chocolate Blues will feature

Faith Alpher, New York/San Francisco SAG/AFTRA actress, comedienne, and KKIQ radio personality, as Dr. Maya Angelou. With creativity, humor, and pathos, Ms. Alpher will take guests through a timeline of Dr. Maya Angelou's amazing and remarkable life and poetry.

**Tuesday, February 11, 7-8:30pm | \$12
Firehouse Arts Center Theater**



Tickets available at www.firehousearts.org

The Arts

Art for Everyone!

Ages 15 and up

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

Paint Your Pet!

This is your chance to paint your own pet! Create a portrait of your favorite pet using acrylics on canvas and capture their unique personality. Please e-mail a photo of the pet you'll be painting prior to the class: dwardrope@sbcglobal.net

Wine-Themed Art

We'll be making a few decorative items for your home including a wine bottle chalkboard, a grape clusters collage on canvas and more.

Springtime in Paris

Come join us as we create a beautiful mixed media canvas of Paris in the spring! Using acrylic paint collage items and more, you'll end the evening with a great piece for your French-themed decor.

Book Page Art

Book pages make a great start for all kinds of art! Join us as we create a few fun and fabulous art projects, incorporating vintage book pages, watercolor, acrylics, stamps and much more.

1 class | \$95R/\$105N

Firehouse Arts Center | Instructor: Debbie Wardrope

56809	Paint Your Pet!	Th	2/27	7:00-9:00pm
56812	Wine-Themed Art	Th	3/27	7:00-9:00pm
56813	Springtime/Paris	Th	4/17	7:00-9:00pm
56814	Book Page Art	Th	5/29	7:00-9:00pm

Painting Monet's Garden in Pastel

Ages 18 and up

Monet's garden in Giverny is a source of inspiration to artists everywhere. Come join us as we paint in pastel from the instructor's personal photos of this beautiful place.



Some experience in pastel is required. Artists proficient in other mediums are also welcome.

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

Firehouse Arts Center | Instructor: Debbie Wardrope

56830	W	3/26-4/30	10:00am-Noon
-------	---	-----------	--------------



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

56750	M	3/10-4/14	10:30am-12:30pm
56747	M	3/10-4/14	7:30-9:30pm
56751	W	3/12-4/16	7:30-9:30pm
56749	M	4/21-6/2*	10:30am-12:30pm
56748	M	4/21-6/2*	7:30-9:30pm
56752	W	4/23-5/28	7:30-9:30pm

*No class 5/26

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 effect. Loading of brushes will be demonstrated. Beginning students need no previous experience and will paint subject matter on a 6 x 6 tile. Supply list available upon registration. A \$30 kiln firing fee is due to instructor if you require firing.

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

Pleasanton Senior Center | Instructor: Ann Apperson

56787	W	2/5-3/5	12:15-3:30pm
56788	W	4/2-5/7	12:15-3:30pm

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

56789	Th	3/20-4/24	1:00-4:00pm
-------	----	-----------	-------------

Pastel Painting Workshop

Ages 18 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

Firehouse Arts Center | Instructor: Debbie Wardrope

56794	W	2/5-3/19*	10:00am-Noon
56797	W	5/7-6/11	10:00am-Noon

*No class 2/12

Special Interest

Mindfulness for Parents: An Introduction

Ages 18 & up

The neuroscience data will amaze you!

In this introductory workshop, you will discover mindfulness for yourself by experiencing it. You'll learn how it helps your student enormously by hearing the neuroscience behind it. Discover why pediatricians, educational therapists, psychologists, teachers, Bill Gates, and the Google recommend it. You will be amazed at what practicing mindfulness actually does for the brain. Visit www.bellamenti.com/mindfulness

1 class | \$25R/\$28N

Century House | Instructor: Kathryn Tournat, M.S., ET/PT

56972	Sa	5/3	9:00-11:00am
-------	----	-----	--------------

Exercise & Wellness

Belly Dance—Level 1

Ages 18 and up

Belly dance level 1 is a delightful introduction to the joys of Belly dance. Discover the key moves, shimmies and combinations along with a variety of styles from folkloric to steam punk. Join us to find out why Belly dance is such a great way to get fit, tone up, make new friends and have fun! *Participants may purchase a coin belt from the Instructor for \$35.*

Cultural Arts Center | Instructor: Sara Shrapnell
8 classes | \$95R/\$105N

- | | | | |
|--------------|----|----------|---------------|
| 56715 | Tu | 2/4-3/25 | 7:00-8:00pm |
| 56716 | Th | 2/6-3/27 | 10:30-11:30am |
- 4 classes | \$50R/\$55N
- | | | | |
|--------------|----|----------|---------------|
| 56717 | Tu | 5/6-5/27 | 7:00-8:00pm |
| 56718 | Th | 5/8-5/29 | 10:30-11:30am |

Belly Dance—Level 2

Ages 18 and up

Belly dance level 2 takes a more in-depth look at what it is to be a Belly dancer. From performance skills and props to the culture, history and music, level 2 provides the knowledge each dancer needs to pursue her ambitions in the world of Belly dance. *Participants may purchase a coin belt from the Instructor for \$35.*

Cultural Arts Center | Instructor: Sara Shrapnell
8 classes | \$95R/\$105N

- | | | | |
|--------------|----|----------|-------------|
| 56719 | Tu | 2/4-3/25 | 8:00-9:00pm |
|--------------|----|----------|-------------|
- 4 classes | \$50R/\$55N
- | | | | |
|--------------|----|----------|-------------|
| 56720 | Tu | 5/6-5/27 | 8:00-9:00pm |
|--------------|----|----------|-------------|

Kickboxing

Ages 15 and up

Come have fun and get into shape! Learn how to punch and kick correctly and get an incredible workout. All fitness levels are welcome.

REQUIRED: *Boxing gloves and wraps. Can be purchased at first class on site for \$50, or bring own.*

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

Crispim BJJ Studio | Instructor: Alexander DeAlmeida

- | | | | |
|--------------|-------|----------|-------------|
| 56696 | Tu/Th | 2/4-3/13 | 6:30-7:30pm |
| 56697 | Tu/Th | 4/8-5/15 | 6:30-7:30pm |



Like us on Facebook:
Pleasanton Community Services



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 a high energy, easy-to-follow, Latin-inspired, calorie-

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

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

Veterans Memorial Building | Instructor: Diana Robinson

- | | | | |
|--------------|----|------------|-------------|
| 56707 | Th | 2/13-4/24* | 6:30-7:30pm |
|--------------|----|------------|-------------|

*No class 4/3

Zumba Toning

Ages 13 and up

Zumba Toning is designed to blend body sculpting techniques and specific Zumba moves into one calorie-burning, strength training workout. We will be using weighted, maraca-like Zumba Toning sticks to enhance rhythm and build strength. A Latin Music infused, calorie-torching, dance-fitness party! Zumba Toning sticks will be available for purchase for \$20 at first class or bring your own 1-2 lb hand weights.

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

Veterans Memorial Building | Instructor: Diana Robinson

- | | | | |
|--------------|----|-----------|-------------|
| 57001 | Tu | 3/4-5/13* | 6:30-7:30pm |
|--------------|----|-----------|-------------|

*No class 4/1



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.

Level 1-2

Century House | Instructor: Lorey Wallace
9 classes | \$135R/\$149N

- | | | | |
|--------------|---|------------|-------------|
| 56704 | M | 1/13-3/17* | 7:30-8:45pm |
|--------------|---|------------|-------------|

*No class on 2/17

8 classes | \$120R/\$134N

- | | | | |
|--------------|---|-----------|-------------|
| 56706 | M | 3/31-5/19 | 7:30-8:45pm |
|--------------|---|-----------|-------------|

Level 2-3

Century House | Instructor: Lorey Wallace
8 classes | \$120R/\$132N

- | | | | |
|--------------|---|------------|-------------|
| 56703 | M | 1/13-3/17* | 6:00-7:15pm |
|--------------|---|------------|-------------|

*No class on 2/17

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

- | | | | |
|--------------|---|-----------|-------------|
| 56705 | M | 3/31-5/19 | 6:00-7:15pm |
|--------------|---|-----------|-------------|

Not only can yoga and meditation relieve stress and improve relaxation but it can also boost energy and mood.

Gentle Yoga

Ages 16 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! Learn correct yoga alignment with hands-on assistance.

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

Cultural Arts Center | Instructor: Beth Fox

- | | | | |
|--------------|----|-----------|--------------|
| 57169 | Tu | 2/4-3/18 | 9:00-10:15am |
| 56710 | F | 2/7-3/21 | 9:00-10:15am |
| 57167 | F | 4/4-5/23* | 9:00-10:15am |
| 57168 | Tu | 4/8-5/27* | 9:00-10:15am |

*No class 4/22, 4/25



Exercitement

Ages 13 and up

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

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

56726 Tu 4/29-6/3 6:15-7:15pm

Cardio Groove

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.

Pleasanton Senior Center

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

56739 M 2/3-2/24* 6:30-7:30pm

56742 M 5/5-5/19 6:30-7:30pm

*No class 2/17

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

56740 M 3/3-3/31 6:30-7:30pm

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

56741 M 4/7-4/28 6:30-7:30pm

Pilates/Yoga Fusion

Ages 15 and up

A unique blend of basic Mat Pilates, Core Conditioning and fundamental Yoga principles 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.

Cultural Arts Center

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

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

56727 Sa 2/1-2/22* 8:00-9:00am

*No class 2/15

56728 Sa 3/1-3/22 8:00-9:00am

56730 Sa 5/3-5/24 8:00-9:00am

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

56729 Sa 4/5-4/26* 8:00-9:00am

*No class 4/12

Getting to the CORE: Pilates/Yoga Fusion

A unique blend of basic Mat Pilates, Core Conditioning and fundamental Yoga principles to achieve strength, balance and flexibility through this 6-week progressive series. Breathing and stretching techniques will be incorporated to relax and rejuvenate the body and mind. This class is effectively designed for all levels of fitness (both male and female). Class may be practiced in bare feet, but a mat is required for everyone.

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

Pleasanton Senior Center

56725 Tu 3/4-4/8 6:15-7:15pm

Get Pumped!

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.

Pleasanton Senior Center

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

56731 Th 2/6-2/27 6:15-7:15pm

56732 Th 3/6-3/27 6:15-7:15pm

56733 Th 4/3-4/24 6:15-7:15pm

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

56734 Th 5/1-5/29 6:15-7:15pm

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

Cardio Sculpt

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.

Pleasanton Senior Center

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

56735 W 2/5-2/26 6:30-7:30pm

56736 W 3/5-3/26 6:30-7:30pm

56738 W 5/7-5/28 6:30-7:30pm

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

56737 W 4/2-4/30 6:30-7:30pm

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.

Pleasanton Senior Center | Instructor: Howard Wang

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

56851 Th 2/6-5/22* 7:30-9:00pm

*No class 4/3

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.

Pleasanton Senior Center | Instructor: Howard Wang

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

56852 Tu 2/4-5/20 7:30-9:00pm

*No class 4/1

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 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 5/26

Open Gym Basketball

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

*Saturdays are for residents only

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

Open Gym Volleyball

Day	Time	Location
Su*	6:00-9:00pm	PMS

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

*No program on 4/20

Open Gym Pickleball

Join us for our NEW Pickleball Open Gym program every Sunday morning. Pickleball is a paddle sport that combines elements of tennis, badminton and ping-pong. Try your hand at this new trend that's sweeping the nation! New players welcome!

8:30-10:30am | Su | PMS

Day	Time	Location
Su*	8:30-10:30am	PMS

Fees	Single	Punch Pass (6)
Resident	\$3.00	\$15
Non-resident	\$3.50	\$18

*No program on 4/20



Adult Basketball League

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

Spring Registration Deadline: 2/24

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

Pleasanton Middle School Gym

Division 2-Intermediate

56968 W 3/5-4/30* 7:00-10:00pm

Division 3-Novice

56967 W 3/5-4/30* 7:00-10:00pm

*No games on 4/2



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: 3/6

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

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

56034 Advanced Tu 3/18-5/6

56035 Beginner W 3/19-5/7

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.

Registration Deadline: 2/20

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

Pleasanton Middle School Gym

Novice Division

56966 M 3/3-4/28 7:00-10:00pm

Intermediate Division

56965 M 3/3-4/28 7:00-10:00pm

Advanced Division

56964 M 3/3-4/28 7:00-10:00pm

*No games on 3/31



Adult Softball

Catch the action this Spring and join one of our Adult Softball leagues! We offer divisions for all skills and abilities. Men's and co-ed leagues are scheduled Sunday through Friday nights. Registration for new teams begins February 19, 2014.

For more information, please visit:

www.pleasantonsports.org

For complete registration information, contact Joelle Glushenko at (925) 931-3480 or jglushenko@cityofpleasanton.gov.

For more information regarding sports programs, please contact:

Joelle Glushenko | 931-3480

jglushenko@cityofpleasantonca.gov

Rachel Mariscal

rmariscal@cityofpleasantonca.gov

Nilo Velazquez | 931-3439

nvelazquez@cityofpleasantonca.gov

Pleasanton Senior Center

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



Office/Information	8:30am to 4:30pm	931-5365
Paratransit	9:00am to 3:00pm	931-5376
Senior Meals	9:30am to 1:30pm	931-5385
Senior Support, M-Th	8:30am to 4:00pm	931-5379
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
 - \$3.75 donation; guests under 60: \$6

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
 - \$3.75 donation

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

Join Us... In May, the Senior Center will be celebrating **Older Americans Month**. Please check the Monthly Calendar for a list of upcoming special events!

Weekly Schedule

Spring 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* (FREE)

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	Strength & Tone*
	1:00-3:00pm	Bingo\$
	1:00-3:00pm	Book Club\$
Thursdays	9:00am-12:30pm	Words in Bloom* (schedule varies)
	9:00am-Noon	Drop-In Woodshop\$
	9:30-11:30am	Pleasanton Peddlers Bicycle Group (Free)
	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
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



Employment Help After 55

Many seniors today are reevaluating the need to return to work. In this presentation, the speaker will focus on factors that contribute to a successful job search and highlight employment trends for seniors.

Guest Lecturer: Jack Kennedy, Project Director, EASTBAY Works, Senior Employment Program

Tu 2/11 10:30-11:30am

Tips to Spring-Clean Your Eating Habits

Throw off your winter woollies and jackets, forget eating casseroles and winter roasts—it's time for a little sunshine! We'll discuss simple tips to help you freshen up your eating habits with minimal fuss. Join us for a fun nutrition chat and enjoy some tasty spring inspired dishes.

Guest Lecturer: Senior Support Program of the Tri-Valley, Healthy Lifestyles Program

Tu 3/11 10:30-11:30am

How Do You Want to be Remembered?

We'll cover: cemetery and funeral benefits for veterans and their spouses; the advantages of Advanced Funeral planning—eliminating last minute stress and expense; Who to call when a death occurs; What choices are available for burial and cremation; and many more.

Guest Lecturer: Deanna Moser, Family Services Director, Graham Hitch Mortuary

Tu 4/8 10:30-11:30am

Effective Forms of Treatment for Arthritis & Neuropathy

This informative presentation will cover the causes of arthritis pain, neuropathies and the most effective forms of treatment. Dr. Vernon is a licensed chiropractor and the clinic director of a multi-professional medical practice in Pleasanton.

Guest Lecturer: Dr. Vernon, Non-Surgical Spine Care Center

Tu 5/13 10:30-11:30am



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 Date: May 10, 9:00am-4:00pm

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-proofing your mind.

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

Knitting

Join the Center's knitting group and learn to knit, refresh your skills, pick up some new tips, share techniques you've learned, 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

Computer Tutors at the Senior Center

Struggling with your PC? Can't figure out the Internet, or just having trouble with your software? One-on-one tutoring is available at the Senior Center. For reservations, please call 931-5365. Cost: \$1.75R/\$2.25N for one-hour session.

FREE Fitness & Health Programs

Pleasanton Sole Mates

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

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



Pleasanton Pedalers

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

Th On-going 9:00am

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.

W On-going 9:00am

Exercise & Wellness

at the Pleasanton Senior Center

Fit for Fifty Plus

All Ages

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.

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

Pleasanton Senior Center | Instructor: Kathy Bené

56810 Tu/F 2/4-3/28 10:15-11:15am

56811 Tu/F 4/1-5/23 10:15-11:15am

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

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.

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

Pleasanton Senior Center | Instructor: Jenny Underwood

56815 Tu/F 2/4-3/28 9:00-10:00am

56816 Tu/F 4/1-5/23 9:00-10:00am

Strength & Tone

Ages 50 and up

Designed to develop every major muscle group in an efficiently-paced, hour long workout, this class is a total body strengthening and toning class that uses a variety of resistance options. Through dynamic lightweight resistance training and exciting international rhythms, this easy-to-follow dance fitness program for seniors, baby boomers and beginners will help participants build muscle strength, increase bone density, and improve mobility, posture and coordination.

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

Pleasanton Senior Center | Instructor: Jenny Underwood

4/16 class meets in the Veterans Memorial Building

56818 W 2/5-3/26 10:15-11:15am

56819 W 4/2-5/21 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.

Pleasanton Senior Center | Instructor: Geoffrey Lee

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

56803 Tu 5/6-8/19 11:45am-1:00pm

Intermediate Tai Chi

Ages 50 and up

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.

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

Pleasanton Senior Center | Instructor: Geoffrey Lee

56808 Tu 5/6-8/19 1:10-2:25pm

Beginning Yoga

Ages 50 and up

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

Pleasanton Senior Center | Instructor: Roberta Wilson

4 classes | \$24R/\$27N

56820 Tu 3/4-3/25 3:00-4:15pm

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

56822 Tu 4/1-5/20 3:00-4:15pm



Intermediate Yoga

Ages 50 and up

This course is designed to further the student's knowledge of the practice of Yoga. Included in this course is a continued discussion of the philosophy of Yoga, increased practice of Pranayama and meditation, and a wider variety of appropriate Asana (Yoga Poses).

Pleasanton Senior Center | Instructor: Roberta Wilson

4 classes | \$24R/\$27N

56823 Th 3/6-3/27 10:00-11:15am

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

56825 Th 4/3-5/22 10:00-11:15am

Beginning Line Dance

Ages 18 & up

Unwind, meet new friends, and exercise in this beginner line dance class! You'll learn all the basic steps for each line dance. Steps are taught slowly and easily and dances will be repeated until you feel comfortable. No partner necessary.

Pleasanton Senior Center | Instructor: Sue Kraft

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

56790 F 3/7-4/25 1:30-2:45pm

4 classes | \$16R/\$19N

56791 F 5/2-5/23 1:30-2:45pm

Intermediate Line Dance

Ages 18 & up

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

Pleasanton Senior Center | Instructor: Sue Kraft

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

56795 F 3/7-4/25 3:00-4:15pm

4 classes | \$16R/\$19N

56796 F 5/2-5/23 3:00-4:15pm



Like us on Facebook:
Pleasanton Community Services

Enrichment

Pleasanton Paratransit Transportation Service*

Available to persons 70+ years of age and ADA-qualified persons age 18 and above. *No weekend service.*

Transportation Hours: M-F, 8:00am-5:00pm
Reservations: 9:00am-3:00pm, 3-14 days in advance
Registration required: 931-5376

Downtown Route (DTR)*

DTR, a service of Pleasanton Paratransit Service, is a same-day, fixed route transit service that operates throughout Pleasanton. The affordable service connects senior housing complexes to the downtown area and other popular destinations, including ValleyCare Medical Center, Safeway, Kaiser, Walmart, Trader Joe's and Stoneridge Mall. Tickets available at the Senior Center.

Fee: \$1.50 per day
For more information, call 931-5376
Transportation Hours: T, Th and F, 8:00am-4:00pm

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

Travel Ambassadors

City of Pleasanton Travel Ambassadors offer FREE individualized assistance to participants interested in learning how to use public transportation options including WHEELS, BART, Pleasanton Paratransit and Downtown Route. **To make an appointment for this service, call 931-5376.**



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! FREE.

1st Th On-going 1:00-2:30pm

Pleasanton Senior Players: Casting Call for Male Performers

If you love theater and comedy and have always dreamed about performing on stage, stop by and meet volunteers from this creative and fun-loving cast. The Players perform locally and their season finale lands them on stage at the Pleasanton's Firehouse Arts Center! The group also presents Readers Theater style comedies at local senior housing complexes, skilled nursing homes and hospitals throughout the year. And there's always room for enthusiastic supporting cast and crew, especially in the areas of costumes and set design. If interested in auditioning, just stop by any Thursday morning.

Th On-going 10:00am-Noon

Chat with the 'Nat'

City Naturalist Eric Nicholas brings the wonder of the outside world to the Senior Center for an on-going lecture series on a wide array of topics that cover the local natural world and vicinity. Lectures will include slide shows, hands on materials, visits from a few of his special little furry and crawling friends, and plenty of time for Q&A. An easy way to explore the great outdoors indoors! FREE.

Tu 2/18 1:00-2:00pm
 Tu 3/18 1:00-2:00pm

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
56826 Th 2/13 8:30am-4:30pm
56827 Th 3/13 8:30am-4:30pm
56828 Th 4/10 8:30am-4:30pm
56832 Th 5/8 8:30am-4:30pm

Special Interest

TRANSIT FAIR

Monday, March 17, 2014

10:00 am to 1:00 pm - Main Lobby

Join us as we transform the Senior Center into a "Transit Center."

Representatives from WHEELS, BART, Pleasanton Paratransit Service, Alameda County Transportation Commission, ACE Train and DMV will be on hand to provide you with the latest transit information and options.

The Center's Snappy Café will make a St. Patrick's corned beef lunch \$3.75/seniors | \$6.00/adults

Paid reservations must be made by Wednesday, 3/12/14, at the Senior Center front Desk by 1:00pm.



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.

Traditional Class
2 classes | \$12.00 AARP member/\$14.00 Non-member
Pleasanton Senior Center

W 5/21-5/28 8:30am-12:30pm

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 3/19 8:00am-1:00pm

AARP Income Tax Assistance

AARP provides free income tax assistance at the Pleasanton Senior Center during the tax filing season (beginning 1st Monday in February to approximately April 14). To make an appointment, please call the Senior Center at 925-931-5365.

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.

Show dates: Feb. 3; March 3, 17, 31; April 7, 21; May 5, 19





Pleasanton Tennis & Community Park

5801 Valley Avenue | (925) 931-3449

Register at: 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 the ability to reserve the court use, provision of a multi-use facility and maintenance. Other public tennis courts located at community parks and schools in Pleasanton are available free of charge.



Services

Call us at the park, or check out our website for the schedule, fees, and rules.

- Reserve Court Time
- Ping Pong
- Ball Machine Rental
- Tennis Birthday Parties
- Pro Shop
- Private Lessons
- Racquet Restringing

Office & Court Hours

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

Rain Procedure

Staff will close the courts until they are playable. Call the park 30 minutes prior to your class or match time to check conditions. Makeups will be scheduled for lesson and league rainouts.

Open Play Court Fees

Adult: \$6R/\$8N per 45 mins
Youth: \$5R/\$7N per 45 mins

Mid-Day Deal:

Monday-Friday, Noon-3:00pm: \$4 per 45 mins

Program Registration

Resident registration begins: 8:00am, Thursday, 1/2/14
Non-resident registration begins: 8:00am, Thursday, 1/16/14

Registration Methods

You can register in person at the Tennis Park or online. Please use a Lifetime Tennis registration form. Please see page 48 for the City Refund Policy

Youth Tennis

Little Tennis & Sports Development Program

Ages 4-6

Improve your coordination and motor skills while learning basic tennis strokes and games.

Pleasanton Tennis Park

12 classes | 5:1 ratio | \$162R/\$178N

11 classes | 5:1 ratio | \$149R/\$163N

M	3:30-4:15pm	3/31-6/16
Tu	10:15-11:00am	4/1-6/17
Tu	3:30-4:15pm	4/1-6/17
W	3:30-4:15pm	4/2-6/18
Th	10:15-11:00am	4/3-6/19
F	3:30-4:15pm	4/4-6/20
Sa	8:45-9:30am	4/5-6/21
Su	9:30-10:15am	4/6-6/22*

*No class 4/20

Green, Blue, Red Program

Ages 7-15

Develop rallying skills and stroke technique in this multi-level introductory program. Participants will be first grouped by age and then by ability level.

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

12 classes | 8:1 ratio | \$198R/\$218N

11 classes | 8:1 ratio | \$182R/\$200N

Age 7-10

M	4:15-5:45pm	3/31-6/16
F	4:15-5:45pm	4/4-6/20
Sa	10:15-11:45am	4/5-6/21
Su	11:00am-12:30pm*	4/6-6/22*

*No class 4/20

Age 11-15

Tu	6:30-8:00pm	4/1-6/17
Th	3:30-5:00pm	4/3-6/19
Sa	11:45am-1:15pm	4/5-6/21
Su	12:30-2:00pm	4/6-6/22*

*No class 4/20

Muirwood Community Park

12 classes | 8:1 ratio | \$198R/\$218N

Age 7-10

Sa	2:00-3:30pm	4/5-6/21
----	-------------	----------

Age 11-15

Sa	3:30-5:00pm	4/5-6/21
----	-------------	----------

Pleasanton Tennis Park

12 classes | 4:1 ratio | \$384R/\$422N

11 classes | 4:1 ratio | \$352R/\$387N

Age 7-10

W	4:15-5:45pm	4/2-6/18
Sa	11:45am-1:15pm	4/5-6/21
Su	12:30-2:00pm	4/6-6/22*

Age 11-15

Sa	1:15-2:45pm	4/5-6/21
Su	11:00am-12:30pm	4/6-6/22*

*No class 4/20

Junior Development Program

Ages 7-16 | 8:1 ratio

You must first get a coaches' recommendation to find the right level for you in this 4-tiered program.

Pleasanton Tennis Park

Intro to Bronze

You've graduated the GBR Program, it's time to polish your technique and gain more full court experience.

12 classes | \$223R/\$245N

Th	3:30-5:00pm (1.5hrs)	4/3-6/19
Sa	2:45-4:15pm (1.5hrs)	4/5-6/21

12 classes | \$298R/\$328N

F	5:45-8:00pm (2.25hrs)	4/4-6/20
---	-----------------------	----------

Junior Development continued on the next page

Bonus/Makeup Day

See page 40 for rainout details.

Youth Tennis

Junior Development Program

Bronze

Your technique is starting to become more reliable but you need to keep working on your overall consistency.

12 classes | \$298R/\$328N

F 5:45-8:00pm (2.25hrs) 4/4-6/20

12 classes | \$223R/\$245N

Sa 4:15-5:45pm (1.5hrs) 4/5-6/21

11 classes | \$273R/\$300N

Su 3:30-5:45pm (2.25hrs) 4/6-6/22*

*No class 4/20

Silver

You've started to become more successful in matches, now it's time to practice hitting your shots more aggressively and accurately.

12 classes | \$298R/\$328N

M 3:30-5:45pm (2.25hrs) 3/31-6/16

W 5:45-8:00pm (2.25hrs) 4/2-6/18

Sa 5:45-8:00pm (2.25hrs) 4/5-6/21

Gold

Become more comfortable using the different spins, placing your shots, and adding more variety to your game.

12 classes | \$298R/\$328N

M 5:45-8:00pm (2.25hrs) 3/31-6/16

11 classes | \$273R/\$300N

Su 3:30-5:45pm (2.25hrs) 4/6-6/22*

*No class 4/20

Junior Cardio Tennis

Get an edge on the competition. Become stronger, faster and fitter through drills and workouts.

11 classes | \$91R/\$100N

Su 5:45-6:30pm 4/6-6/22*

*No class 4/20

Match Play

Apply proper tennis etiquette, develop good sportsmanship, and build up your match confidence. This is a good program to utilize the drills and strategy you learned in practice. You must be enrolled in a Junior Development Program to participate.

Pleasanton Tennis Park | Instructor: Lifetime Tennis

12 classes | \$109R/\$120N

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

F 8:00-9:30pm 4/4-6/20

Su 6:30-8:00pm 4/6-6/22*

*No class 4/20

Easter Junior Doubles Tournament

Fri 4/18 9:00am

Registration Deadline: Wed, 4/16

Memorial Day Tournament

Mon 5/26 9:00am

Registration Deadline: Sat, 5/24

Tournament Training Program

Fulfill your potential, practice 2-3 times a week, and train for regular competition. You must be approved to join this program. For inquiries, please contact Tennis Director Aaron Wong, aaronw@lifetimetennis.com.

Little Ralleys (5-7 years old)

Intro to Tournament Training (6-9 years old)

Tournament Training (8 years and older)



Middle School League

Become a team player and experience team tennis before high school. Tryouts are free and held at the Tennis Park. The season runs from April 7 thru May 22.

\$109R/\$119N

Tryouts

Tuesday, March 18, 3:30-5:00pm

Pleasanton Middle School, Hart Middle School

Wednesday, March 19, 3:30-5:00pm

Harvest Park Middle School, non-Pleasanton school students

Bonus/Makeup Day

Bonus/makeup days are days scheduled in case of a rainout. This day will serve as a makeup day when a class is canceled due to rain. If your class never rains out, then these days will become extra bonus classes. Sun thru Fri classes: Sat 5/3. Time TBA
Sat classes: Sun 5/4. Time TBA

Camps

Youth Tennis Camps

Wear athletic clothing, non-marking soled shoes, and bring snacks and drinks.

Pleasanton Tennis Park | Instructor: Lifetime Tennis



Little Tennis Camps

Ages 4-6

5:1 ratio | Learn how to swing correctly and play games that test your coordination and motor skills. You can come all week, 3 days (M, W, F), or 2 days (Tu, Th).

3/31-4/4 9:30-11:00am

5 days \$150R/\$165N

3 days \$90R/\$99N

2 days \$60R/\$66N

Spring
Break

Youth Improvement Camps

Ages 7-15

8:1 ratio | Develop your rally skills, discover all the tennis strokes, and set yourself up for good fundamentals. This camp is great for beginning to intermediate level players.

5 classes | \$178R/\$196N

3/31-4/4 9:30am-12:30pm

Junior Development Camps

Ages 7-15

8:1 ratio | Strengthen your technique, build up your fitness, and apply tennis strategy during the week. This camp is for players who can demonstrate strong technique and can put a match together. For new players, we recommend an evaluation before signing up.

5 classes | \$178R/\$196N

3/31-4/4 9:30am-12:30pm

Spring
Break

Spring
Break

Adult Tennis

Table Tennis Camps Ages 7-15

Spring Break

8:1 ratio | Increase your coordination and reaction time, and solidify your basics and fundamentals. Beginning to intermediate level players are welcome.

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

3/31-4/4 1:00-3:00pm

Activities Camp Ages 7-15

Spring Break

8:1 ratio | Play outdoor sports and games, board games and other indoor activities. A team leader will help organize your fun, eclectic week around the Tennis Park.

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

3/31-4/4 3:30-5:00pm

All Day Camp Ages 7-15

Spring Break

Spend your week at the Tennis Park. Play tennis in the morning, work on your table tennis skills in the afternoon, and participate in different games and sports around the park during Activities Camp before the day ends. Bring snacks and lunch.

5 classes | \$310R/\$341N

3/31-4/4 9:30am-5:00pm

9:30am-12:30pm Tennis

12:30-1:00pm Lunch

1:00-3:00pm Table Tennis

3:00-3:30pm Snack Break

3:30-5:00pm Activities Camp

Early Bird and Late Bird Care

For early drop off and/or late pick up.

\$6 per child per day

\$22 per child per week

\$40 per child per week for both early and late bird (for All-Day Campers)

3/31-4/4

8:30am Drop off

6:00pm Pick up



Adult Tennis Programs Ages 16 and above

Pleasanton Tennis Park | Instructor: Lifetime Tennis

Beginning

8:1 ratio | Learn the basic strokes and develop your rallying skills.

12 classes | \$198R/\$218N

11 classes | \$182R/\$200N

Monday 6:30-8:00pm 3/31-6/16

Wednesday 9:30-11:00am 4/2-6/18

Friday 8:45-10:15am 4/4-6/20

Sunday 8:00-9:30am 4/6-6/22*

*No class 4/20

Advanced Beginning

8:1 ratio | Work on shot placement, improve your footwork, and strengthen your technique.

At least 6 months of formal tennis instruction is recommended before signing up.

12 classes | \$198R/\$218N

11 classes | \$182R/\$200N

Monday 8:45-10:15am 3/31-6/16

Thursday 6:30-8:00pm 4/3-6/19

Sunday 8:00-9:30am* 4/6-6/22*

*No class 4/20

Intermediate

8:1 ratio | Train for your matches and drill basic match strategy. We recommend that you are able to sustain a full court rally before joining this level.

12 classes | \$198R/\$218N

Tuesday 8:45-10:15am 4/1-6/17

Wednesday 6:30-8:00pm 4/2-6/18

Thursday 10:15-11:45am 4/3-6/19

Friday 10:15-11:45am 4/4-6/20

Saturday 8:00-9:30am 4/5-6/21

Advanced

8:1 ratio | Strengthen your serve and net play, add pace to your shots, and develop tactics to use in your matches. An NTRP rating of at least 3.5 is recommended to join this level.

12 classes | \$198 R/\$218N

Tuesday 6:30-8:00pm 4/1-6/17

Thursday 8:45-10:15am 4/3-6/19

Saturday 8:00-9:30am 4/5-6/21

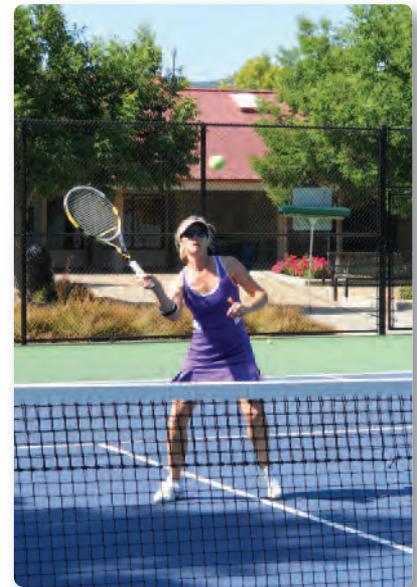
Women's Academy

Increase your confidence and improve your match results in this program designed for recreational and USTA league players.

6 classes | \$117R/\$129N

3.5+ Monday 10:15-11:45am 3/31-6/16

3.0 Wednesday 9:30-11:00am 4/2-6/18



Thursday Night Clinic

For Intermediate to Advanced players, 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.

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

Th 6:30-8:00pm 4/3-6/19

Cardio Tennis

Get your heart rate up and stay fit through drills and footwork exercises. Open to all playing levels.

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

M 5:45-6:30pm 3/31-6/16

Sa 9:30-10:15am 4/5-6/21

Adult Tennis continued 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.



Lunchtime Tennis

Age 18 and up

All times 12:30-1:15 pm

Beginning/Advanced Beginning

12 classes \$149R/\$164N

M 3/31-6/16

Intermediate/Advanced

12 classes \$149 R/\$ 164 N

Tu 4/1-6/17

Cardio Tennis

12 classes \$99 R/\$109 N

Th 4/2-6/18

Discounted Private Lessons

Monday–Friday between 12:30-3:30pm

\$26R/\$29N per 45 minute lesson

R.A.D.D. Tennis

Ages 15 & up

See page 24 for class details.

Adult Tennis Camp

Ages 18 & up

8:1 ratio | Train for your upcoming league season and competition. Recommended level: 3.0 and above

Pleasanton Tennis Park | Instructor: Lifetime Tennis
March 25-27 | \$45R/\$50N

9:30-11:00am, or 8:00-9:30pm

Adult Recreational Leagues

Ages 18 & up

Socialize and get to know players through friendly competition.

**No league Monday, May 26*

Tennis and Community Park, 5801 Valley Avenue

Ladies Doubles–Rotating Partners

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

10 matches | \$70R/\$77N

2.5	Monday	8:45-11:00am	4/7-6/9*
3.0	Thursday	8:45-11:00am	4/10-6/12
3.5	Tuesday	8:45-11:00am	4/8-6/10
3.5	Friday	8:45-11:00am	4/11-6/13
3.7	Wednesday	9:30-11:45am	4/9-6/11

Men’s Doubles–Rotating Partners

11 matches | \$77R/\$85N

3.0	Thursday	8:00-10:00pm	4/3-6/12
3.5	Wednesday	8:00-10:00pm	4/2-6/11
4.0	Thursday	8:00-10:00pm	4/3-6/12

Mixed Doubles–Rotating Partners

11 matches | \$77R/\$85N

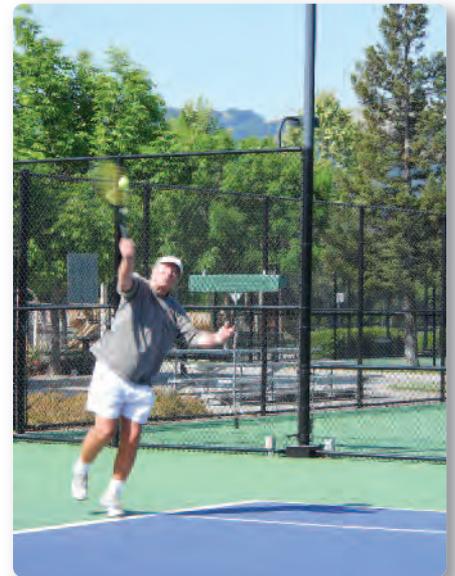
3.0	Tuesday	8:00-10:00pm	4/1-6/10
4.0	Tuesday	8:00-10:00pm	4/1-6/10

Mixed Doubles–Permanent Partners

Permanent Partner League players must sign up as a team.

10 matches | \$140R/\$147R&N/\$154N

3.5	Monday	8:00-10:00pm	3/31-6/9
4.0	Monday	8:00-10:00pm	3/31-6/9



“We are very happy and completely satisfied by putting our son at this [tennis] center. Coaches are really good at generating interest for tennis amongst the kids. They are focused to build right techniques at an early age to build a good foundation.”
—Arun D.

“Beautiful setting, well maintained courts, friendly staff, awesome instructors and lots of programs for every level. Lifetime Tennis runs a fantastic program here in Pleasanton and the instructors are committed to help me play better tennis and to have fun while learning”
—Sudsy T.



CALLIPPE PRESERVE GOLF COURSE

8500 Clubhouse Drive • www.playcallippe.com • 925.426.6666

Spring 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

2/6-3/6

3/20-4/17

5/1-5/29

Sunday

2/2-3/2

3/16-4/13

4/27-5/25

Junior Intro to Fundamentals 2:00-3:00pm

Thursdays

2/6-3/6

3/20-4/17

5/1-5/29

Sundays

2/2-3/2

3/16-4/13

4/27-5/25

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

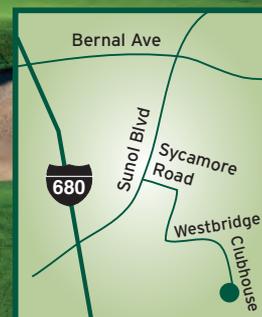
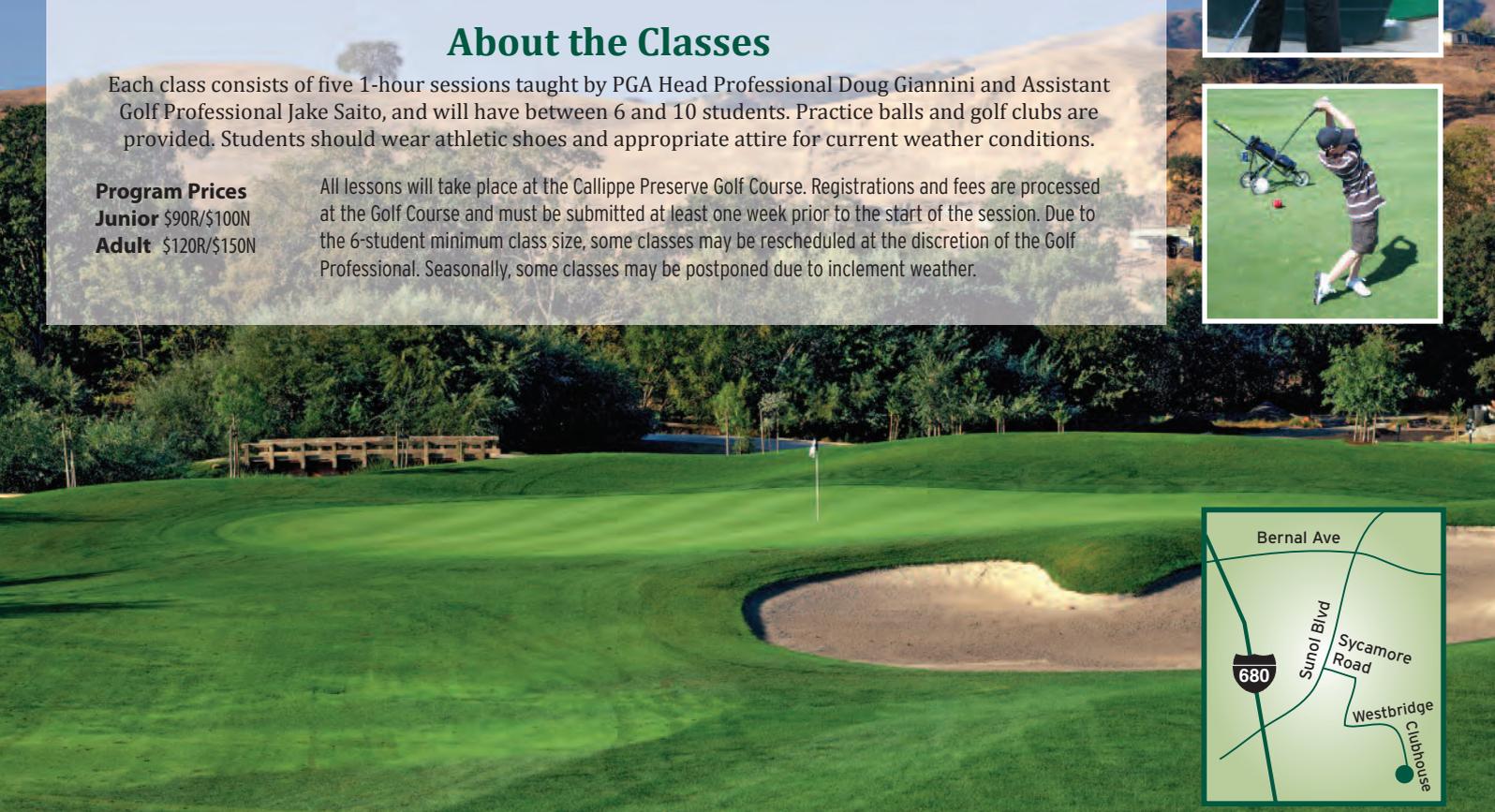
Each class consists of five 1-hour sessions taught by PGA Head Professional Doug Giannini and Assistant Golf Professional Jake Saito, and will have between 6 and 10 students. Practice balls and golf clubs are provided. Students should wear athletic shoes and appropriate attire for current weather conditions.

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.



Pleasanton Youth Master Plan



DIRECT OUTCOMES

PTOWNLIFE.ORG

Pleasanton's Youth and Family website (Goal 6.1, 6.2, 6.4)

PARENT EDUCATION SERIES

Parent forums on important youth topics sponsored by Pleasanton Police and Community Services Departments (Goal 5.2, 5.4)

NEW CITY COMMISSION SEATS FOR YOUTH

Human Services, Parks & Recreation, Library, and Civic Arts Commissions (Goal 3.1, 3.5)

COMMUNITY PARTNERSHIPS

YMCA & City of Pleasanton Friday Night Teen Nights & Dances (Goal 4.3, 4.6)

ABOUT THE PLEASANTON YOUTH MASTER PLAN

In 2010, the Pleasanton City Council and Pleasanton Unified School District Board of Trustees adopted the updated Pleasanton Youth Master Plan. The Youth Master Plan comprised of 6 goals and 49 strategies presents a long-term vision, goals and strategies for meeting the needs of children and youth in Pleasanton.

Goal 1: Prepared Youth
Goal 2: Healthy & Safe Youth
Goal 3: Contributing Youth
Goal 4: Youth Friendly Environments
Goal 5: Supportive Families and Community.
Goal 6: Informed Youth & Adults

For more information or to view the complete Youth Master Plan document, visit: [ptownlife.org/about us](http://ptownlife.org/about-us).

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																									
44.	Stoneridge Creek Neighborhood Park	3200 Stoneridge Creek Wy.	N	5												●	●						●						

Parks & Facilities Map



1 PARKS
A FACILITIES
G1 GYMNASIUMS
N1 TENNIS COURTS
- T1 - HIKING TRAILS

Facilities

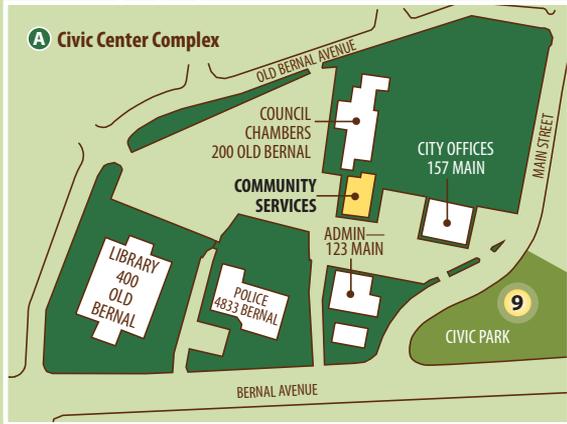
- A. Civic Center Complex:**
 - Community Services** 200 Old Bernal Avenue
 - City Hall 157 Main Street
 - Library 400 Old Bernal Avenue
 - Police Department 4833 Bernal Avenue
- B. Amador Recreation Center** 4455 Black Avenue
- C. Amador Theater** 1155 Santa Rita Road
- D. Century House** 2401 Santa 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
Thursday, January 2, 2014
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
Thursday, January 9, 2014
(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
Thursday, January 16, 2014
(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.
- Non-resident 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 Registration Form or add **Code 57181** (\$5 donation) when you checkout during online registration.

For more information, call Community Services (925) 931-5340 or the Senior Center (925) 931-5365

Spring 2014 Registration Form

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 property tax 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
SAMUEL Waugh	11/7/03	M	56845	Adobe Brick Making	\$5-
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

Sandra Jellison • John Loll • Heidi Massie
Tegan McLane • Sara Nealy • Olivia Scrivner
John Steenman • 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
3333 Busch Road



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 Memorial Day on Monday, May 26

Activities Index

A Adobe Brick Making, 20

Alviso Adobe Community Park Tour, 20
 Amplified Teen Poetry & Open Mic Event, 17
 Aquatics Registration Information, 25
 Art About Everything II, 6, 10
 Art for Everyone!, 30
 Art For Girly Girls, 10
 Art in An Afternoon: Spring into Art, 10
 Art Made Easy II/III, 30
 Augustin Bernal Park, 22

B Babysitting for Beginners, 18

Basketball League, Adult, 33
 Become a Lifeguard, 28
 Bees' Knees, The, 21
 Beginning Guitar, 11, 17
 Belly Dance, 31
 Bocce League, Adult, 33
 Brazilian Jiu-Jitsu, 12
 Bumper Bowling, 8
 Butter Making, 20

C Callippe Preserve Golf Course, 43

Campfire Story Time! (Family Fun), 22
 Ceramics—Wheel Throwing, 17, 30
 Ceramics, 11
 Championship Basketball Spring Break Camp, 15
 City Commissions, 49
 City Council, 4
 City Trails, 22
 City/School Gymnasiums, 4
 Civic Arts Stage Company Acting Classes, 11
 Community Services Facilities, 4
 Community Services Staff, 4
 Computer Animation, 13
 Creative and Story Writing, 14
 Creatures of Impulse Improv, 16

D Delightful Dolls, 20

Dolores Bengtson Aquatic Center Information, 25

E Exercitement, 32

Exploring with Microscopes, 21

F Fee Assistance Program, 47

Field Archaeology, 22
 Filmmaking: From Script to Premiere, 13
 Firehouse Young Artist Collective, 16
 Fit Kids Move, 12
 Fitness Water Exercise, 25
 Freshman Year!, 17
 FUNDamentals Basketball Camp, 15

G Gentle Yoga, 31

Gingerbread Preschool, 9
 Girls Empowerment—Kurukula, 14
 Girls Getting Out, 21
 Golf Instruction Programs, 43
 Green Machines, 13

H Harrington Gallery, 5

High School Essay Writing, 18
 Hip Hop, Beginning, 13

I Ice Cream Social (Family Fun), 20

Improv Face Off, 16
 Improv for Teens, 16

J Jamfest Teen Concert in the Park, 17

K Karate, Traditional Japanese, 12, 19

Kickboxing, 31
 Kidz Love Soccer, 8, 15

L Ladybug Release, 7th Annual (Family Fun), 21

Leader in Training Program, 19
 Lil Baseball, 8
 Literary Arts in Pleasanton, 29
 Local Arts Groups, 49
 Local Sports Groups, 49

M Me, Myself and Art, 10

Me, Myself and Art, 6
 Meet Mr. T-Bot (Hydraulic Arm Robot), 13
 Middle School Madness, 11
 Middle School Night Out, 19
 Mindfulness for Parents, 30
 Mixed Martial Arts, 12, 19
 Monarch Madness, 21

N Nature Photography Hike, 21

O Off-site Activity Locations, 4
 Oodles of Doodles, 6, 10
 Open Gym Programs, 33

P Painting Monet's Garden in Pastel, 30

Parent Education Series, 5
 Park & Facilities Map, 46
 Parks & Recreation Commission, 4
 Parks Amenities Guide, 45
 Pastel Painting Workshop, 30
 Pickleball, 33
 Pickling Basics, 20
 Play 'N' Clay, 6
 Pleasanton Youth Master Plan, 44
 Poetry Workshops, 29
 Porcelain Painting, 30
 Public Speaking, 14

R RADD Recreation Activities for the Developmentally

Disabled, 23-24
 Red Cross Certification:
 Basic Water Rescue, 27
 Junior Guard Program, 27
 Lifeguarding, 27
 Water Safety Instructor, 27
 Registration Form, 48
 Registration Information, 47
 Ridge Runners Leadership Workshop, 22
 Robotics, 13

S Science Beginnings:

 Solar Cars, Renewable Energy, 13
 Spring Break Extravaganza, 13
 Secret Garden, The, 11

Senior Center:

 AARP Income Tax Assistance, 38
 AARP Mature Driver Course, 38
 Brain Matters, 36
 Chat with the 'Nat', 38
 Coffee & Conversation, 36
 Computer Tutors, 36
 Fall Prevention Exercise Class, 36
 Fit for Fifty Plus, 37
 Knitting, 36
 Line Dance, 37
 Monthly Services, 34
 Movie Madness, 38

Peddler Shoppe, 36

Pleasanton Pedalers, 36
 Pleasanton Senior Players, 38
 Pleasanton Sole Mates, 36
 Senior Center Information, 34
 Senior Meals, 34
 Strength & Tone, 37
 Support Groups, 34
 Tai Chi, 37
 Tea Time Social, 38
 Transit Fair, 38
 Walking, Sole Mates, 36
 Weekly Schedule, 35
 Wooden Pen Turning Class, 38
 Yoga, 37
 Zumba® Gold, 37

Simple Machines, 7

Softball League, Adult, 33
 Spider Discoveries, 21
 Spring Celebration (Family Fun), 21
 Spring Striders Camp, 20
 Star Party! (Family Fun), 22
 Swim Lessons, Private/Semi-Private, 27
 Swim Team, DBAC Summer Recreational, 28
 Swim, Adult/Teen Learn to, 26
 Swim, Competitive Stroke, 27
 Swim, Learn to Swim, 26
 Swimming for Fitness, Lap, 25
 Swimming, Spring Recreational, 25

T Taekwon-Do, 7, 12

Tai Chi, 32, 37
 Tap, Jazz & Ballet Combo, 7
 Teen Job & Career Fair, 18
 Tennis & Sports Development Program, Little, 39
 Tennis Camps, Adult, 42
 Tennis Camps, Youth, 40-41
 Tennis Information, 39
 Tennis Leagues, Adult, 42
 Tennis Lessons, Adult, 41
 Tennis Lessons, Private, 39
 Tennis Program, Lunchtime, 42
 Tennis Tournaments, 40
 Tennis, Birthday Parties, 39
 Tennis, Green, Blue, Red Program, 39
 Tennis, Invitational Training Program, 40
 Tennis, Junior Development Program, 39-40
 Tennis, Match Play, 40
 Tennis, Middle School League, 40
 Tennis, Tournament Training Program, 40
 Traditional Japanese Karate, 12, 19
 Tri-Valley High: The Musical, 17

V Volleyball, Club VIP, 15, 18

Volleyball League, Adult, 33

W Walk Through the Past, A, 7

Wee Hoop, 8
 Wild and Wacky Fun with Art, 6, 10

Y Yoga & Meditation, 31

Young @ Art, 10
 Young Rembrandts, 11
 Youth Music Festival, 18

Z Zumba® Kids, 12

Zumba® Toning, 18, 31
 Zumba®, 31

FIREHOUSE

ARTS CENTER™

setting the
ARTS on FIRE

Music, Comedy & Theater

January 10th • 8:00pm

▶ **Ricky Nelson Remembered**

featuring Matthew & Gunner Nelson

January 11th • 8:00pm

The Special Consensus ◀

Grammy Nominated for Best Bluegrass
Album of 2012

January 12th • 2:00pm

Wyrick Chamber Players ◀

San Francisco Symphony Family Quartet

January 17th • 8:00pm

▶ **Colin Quinn**

His new one man show, *Unconstitutional*

January 24th–February 9th

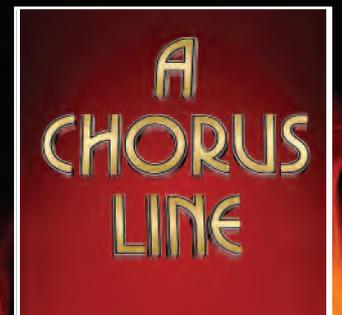
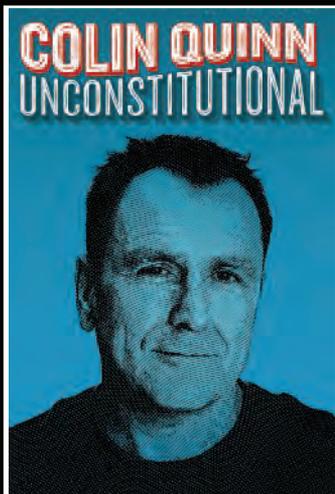
A Chorus Line ◀

Presented by Pacific Coast Reperatory
Theatre

Friday & Saturday • 8:00pm

Sunday • 2:00pm

Saturday, 2/21 • 2:00pm



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



P.O. Box 520
Pleasanton, CA 94566-0802
www.pleasantonfun.com

PRSRT STD
US POSTAGE
PAID
PLEASANTON, CA
PERMIT NO. 123

ECRWSS

Residential Customer

Ahoy Matey!

Join our crew as we weigh anchor, unfurl our sails, and set a course for **Summer Camps on the Isle of Pleasanton**.

The 2014 **Summer Camp Guide** drops anchor the end of March, and resident **Online Registration** begins **April 2**, so keep an eye on your mailbox for our **treasure map to Summer Camp fun!**

