

## Adult

### Badminton (Drop-In)

Join the racket and play Badminton at the Pleasant Hill Education Center Gymnasium on Sundays, 11 am–1 pm. Players must provide their own racquets and birds. Program runs continuously except for holidays. Exception dates: May 24, June 28, July 5, Aug. 30. Check our website [www.phrecsports.com](http://www.phrecsports.com) for updates.

- ❖ Cost: \$5/person

### Basketball (3-on-3)

Drive into summer action with 3-on-3 Basketball. Team registration packets for our summer league will be available April 20 at the Administration Office and Community Center. League divisions include: 6 Foot and Under (A, B, & C), Open (A, B, & C), 35 yrs & Older, 40 yrs & Older, and Women's. Packets include cost, rules, rosters, etc. Registration closes May 28. Fall league packets will be available July 20; closes Aug. 27. Register early; space is limited. For information, 682-0896.

- ❖ Summer & Fall

### Basketball (5-on-5)

Slam into our summer action. Team registration packets for our summer league will be available April 20 at the Administration Office and Community Center. Divisions include A, B, and C. Packets include cost, rules, rosters, etc. Registration closes May 28. Fall league packets will be available July 20; closes Aug. 27. Register early; space is limited. For information, 682-0896.

- ❖ Summer & Fall

### Basketball (Drop-In)

Adults can “hoop-it-up” at the Pleasant Hill Education Center gymnasium on Saturday mornings, 7–9 am; Sunday mornings, 8–10 am; and Mon., Wed., and Fri. afternoons, 4–6 pm. The program runs continuously except for holidays. Exception dates: May 23–May 25, June 22–July 5, Sept. 5–Sept. 7. Check our website [www.phrecsports.com](http://www.phrecsports.com) for updates.

- ❖ Sat/Sun
- ❖ Mon/Wed/Fri
- ❖ Cost: \$5/person

### Boccé

Invite your friends to join you at the courts for this fun game that anyone can play. Team registration packets will be available beginning April 20 at the Administration Office and Community Center; closes May 28. The Administration Office will keep a list of individuals desiring to form a team. The summer season begins play in mid-July. Packets include cost, rules, rosters, etc.

- ❖ Summer

### Kickball League (Co-Ed)

You'll enjoy and get a “kick” out of this fun co-ed league. Team registration packets available at the Administration Office and Community Center April 6; closes May 14. Packets include cost, rules, rosters, etc. For information, 682-0896.

- ❖ Summer

### Soccer (5-on-5)

Join the fun under the lights with our 5-on-5 adult-soccer league. Team registration packets for the 5-on-5 summer season available beginning April 13 at the Administration Office and the Community Center; closes May 21. Packets include cost, rules, rosters, etc. Fall season registration packets available July 13; closes Aug. 20. For information, 682-0896.

- ❖ Summer & Fall

### Softball

Hit a homer with our softball program. All levels of ability. Team registration packets for the summer season available beginning April 13, at the Administration Office and the Community Center; closes May 21. Packets include cost, rules, rosters, etc. Fall season registration packets available July 20; closes Aug. 27. Submit suggestions for a new league prior to April 3 or July 10. For information, 682-0896.

- ❖ Summer & Fall

### Volleyball League (Co-Ed)

Pass, set, and spike with your team at the PH Education Center Gymnasium. Team registration packets available at the Administration Office and Community Center April 20; closes May 28. Divisions are Co-ed (A, B & C). Packets include cost, rules, rosters, etc. Fall season registration packets available beginning July 13; closes Aug. 20. For information, 682-0896.

- ❖ Summer & Fall

**Pleasant Oaks Park needs to be upgraded.  
Questions? pages 24-25.**

## Adult Sports League Registration Schedule

Sport	Reg. Opens	Reg. Closes	Game Match Days	# of Games
Basketball (3-on-3) – M (summer)	Apr. 20	May 28	Wed/Th	10
Basketball (3-on-3) – M (fall)	July 20	Aug. 27	Wed/Th	10
Basketball (5-on-5) – M (summer)	Apr. 20	May 28	Sun/Th.	10
Basketball (5-on-5) – M (fall)	July 20	Aug. 27	Sun/Th.	10
Boccé – C (summer)	Apr. 20	May 28	Mon–Sun	TBA
Kickball – C (summer)	Apr. 6	May 14	Fri	TBA
Soccer (5-on-5) – M, W, C (summer)	Apr. 13	May 21	Tu/Wed/Th	10
Soccer (5-on-5) – M, W, C (fall)	July 13	Aug. 20	Tu/Wed/Th	5
Softball – M, W, C (summer)	Apr. 13	May 21	Mon–Sun	10
Softball – M, W, C (fall)	July 20	Aug. 27	Mon–Sun	7
Volleyball – C (summer)	Apr. 20	May 28	Mon	7–9
Volleyball – C (fall)	July 13	Aug. 20	Mon	7–9

Legend: M=Men, W=Women, C=Co-ed

## Volleyball (Drop-In)

'Bump' into friends at the Pleasant Hill Adult Ctr. gymnasium on Tuesday and Saturday evenings, 7:30–10 pm. Program runs continuously except for holidays. Exception dates: May 23, June 23, 27 & 30, July 4 & 7, Sept. 5. [www.phrecsports.com](http://www.phrecsports.com) for updates.

- ❖ Tue/Sat
- ❖ Cost: \$5/person

## Carrying A Good Thing Too Far

### Workshop for Beginning Backpackers at an Unbelievable LOW Price

(Adults 18 & over in good physical condition) Designed for those with little or no experience. Consists of: an introductory lecture; a tour of local outfitters; two day hikes, two weekend trips, and two six-day trips in the Northern Sierra. Subjects covered include: map and compass navigation; clothing, boots, packs, sleeping bags and pads, tents, food, stoves and pots; the importance of water, wilderness sanitation; and valuable tips on how to enjoy the wilderness. **DO NOT PURCHASE ANY NEW EQUIPMENT PRIOR TO THE FIRST CLASS MEETING.** Maximum, 5 persons; register early. For information, call Denis Hazlewood in the evening, (707) 766-9813.

Instructors: Denis Hazlewood  
...avid backpacker with over 25 years experience in backpacking and map and compass navigation; 21<sup>st</sup> year that CARRYING A GOOD THING TOO FAR has offered this workshop in the Bay Area.

#### 5728.601

Program meeting dates:

#### Introductory Lecture

- ❖ June 12, Fri., 6–10 pm

#### Outfitters Tour

- ❖ June 13, Sat., 9:30 am–4 pm

#### First Day Hike

- ❖ June 27, Sat., 6:30 am–5 pm

#### Second Day Hike

- ❖ July 11, Sat., 6:30 am–5 pm

#### First Backpack Trip

- ❖ July 24–July 26, Fri–Sun

#### Second Backpack Trip

- ❖ Aug. 6–Aug. 9, Th–Sun

#### Six-Day Back Pack Trip

- ❖ Aug. 22–Aug. 29, Sat–Sat

#### Six-Day Back Pack Trip

- ❖ Sept. 26–Oct. 3, Sat–Sat

- ❖ Fee: \$55/person

- ❖ Materials Fee: \$50/person will be collected at first class covering all hikes)

## Summer Camps

Pre-School..... page 37

Youth..... page 44-45

Teens ..... page 43

## Youth Summer Sports Camps

### Kidz Love Soccer Camp Boys & Girls (4.5–12 yrs)

WHERE THE SCORE IS ALWAYS FUN-TO-FUN™. SHIN-GUARDS, SOCCER SHOES, AND SUNSCREEN ARE REQUIRED.

**.601/02/03 Half-Day Camps** – Soccer is a kick! Children will love Kidz Love Soccer (KLS) soccer camp. 30 years of kid-centered experience equals one week of summer fun! Each day's activity includes age-appropriate skill-building games and soccer scrimmages, culminating in a World Cup-like experience on the last day. Each camper will receive a T-shirt, ball, and participation award. Bring water.

**.604/05/06 All-Day Camps** – Kidz Love Soccer camp is soccerific. The All-Day camper fun is just beginning! Afternoon activities include: soccer games, water play (including pool time where available)\* training videos to further develop skillful play, soccer fun movies, group games, and more! Bring bag lunch and water.

Instructor: Kidz Love Soccer Staff...trained in the Kidz Love Soccer method©

**5039** June 22–June 26 (Mon–Fri)

**5040** July 20–July 24 (Mon–Fri)

#### Half-Day

- .601 Level 1** / 4.5–6 yrs, 9–1 pm
- .602 Level 2** / 7–8 yrs, 9 am–1 pm
- .603 Level 3** / 9–12 yrs, 9 am–1 pm

- ❖ Fee: **Half-Day** \$142 / Dist. Res. \$132

**All Day** \$192 / Dist. Res. \$182

- ❖ Rodgers-Smith Park: 736 Grayson Rd. (Turf Area behind Bocce Courts & Blacktop area.)

#### All-Day

- .604 Level 1** / 5–6 yrs, 9 am–5 pm
- .605 Level 2** / 7–8 yrs, 9 am–5 pm
- .606 Level 3** / 9–12 yrs, 9 am–5 pm

### Youth Tennis Camp (Youth 6–12 yrs) (5 classes)

This tennis camp offers the best in age-appropriate stroke development, team play, and more. Each camper will need to bring a tennis racquet, wear "tennis" shoes, and bring water and snack. Lunch is NOT provided. Space is limited.

Instructor: Deborah Gantt, USTA Member

...U.S. National Tennis Academy Certified, College Park High School's Boys Tennis Coach; 20 yrs experience.

#### 5589

**.601** June 15–June 19

**.602** June 22–June 26

**.603** June 29–July 3

**.604** July 6–July 10

**.605** July 13–July 17

**.606** July 20–July 24

**.607** July 27–July 31

**.608** Aug. 3–Aug. 7

**.609** Aug. 10–Aug. 14

**.610** Aug. 17–Aug. 21\*

❖ Mon–Fri, 9 am–noon

- ❖ Fee: \$117 / Dist. Res. \$107

- ❖ College Park H.S. Tennis Courts: adjacent to

- Community Ctr. parking lot

- ❖ \*PH Education Ctr.: Tennis Courts: 1 Santa Barbara Rd.

## Youth Sports

### NFL Flag Football

(Grades 3–8) (6 weeks)

The National Football League is sponsoring our Youth Flag Football League. Registration for this exciting program is ongoing at the Administration Office, 147 Gregory Lane, Mon–Fri, 11 am–5 pm, and closes on Sept. 18. Season begins early October.

#### 5050.601

- ❖ Fee: 139\* / Dist. Res. \$129\*

(Includes an NFL sports shirt & football)

\*A \$15 refund is given to parents interested in coaching or officiating and have completed the training provided by the District.

- ❖ Pleasant Oaks Park or PH Education Ctr.: 1 Santa Barbara Rd.



more Youth Sports next page...

## Kidz Love Soccer, Inc.

Boys & Girls (2–3.5 yrs) (3.5–12 yrs)  
 This soccer 'school' is a recreational setting for children to learn soccer through age-appropriate skill demonstrations, games, and instructional scrimmages in a safe, non-competitive environment. Facilitated by a licensed professional in the Kidz Love Soccer method. SHIN GUARDS ARE REQUIRED BY THE SECOND MEETING. Register by one week prior to class. KLS Rain-out Hotline number is (800) 871-2275. For information, log on kidzlovesoccer.com

### (2–3.5 yrs) Mommy/Daddy & Me

- 5030.521 Apr. 1–May 27 (9 wks)  
❖ Wed., 4:30–5 pm
- 5030.522 Apr. 3–June 12 (9 wks)  
❖ Fri., 9:30–10 am  
No class Apr. 10, May 22
- 5030.601 June. 17–Aug. 12 (8 wks)  
❖ Wed., 4:30–5 pm
- 5030.602 July 10–Aug. 28 (8 wks)  
❖ Fri., 9:30–10 am  
❖ Fee: \$101 / Dist. Res. \$91 (8 Classes)  
❖ Fee: \$109 / Dist. Res. \$99 (9 Classes)

### (3.5–12 yrs)

- ❖ Fri., Apr. 3–June 12 (9 wks)  
\*No class Apr. 10, May 22
- 5031.521 Tot Soccer (3.5 yrs) 10:50–11:20 am
- 5031.522 Tot Soccer (3.5 yrs) 5:05–5:35 pm
- 5032.521 Pre-Soccer (4 yrs) 10:15–10:50 am
- 5032.522 Pre-Soccer (4 yrs) 2:45–3:20 pm
- 5033.521 Soccer 1 (5–6 yrs) 3:20–4:05 pm
- 5034.521 Soccer 2 (7–8 yrs) 4:05–4:50 pm
- 5035.521 Soccer 3 (9–12 yrs) 4:05–5:05 pm  
❖ Fee: \$109 / Dist. Res. \$99 (9 wks)
- ❖ Fri., July 10–Aug. 28 (8 weeks)
- 5031.601 Tot Soccer (3.5 yrs) 10:50–11:20 am
- 5031.602 Tot Soccer (3.5 yrs) 5:35–6:05 pm
- 5032.601 Pre-Soccer (4 yrs) 10:15–10:50 am
- 5032.602 Pre-Soccer (4 yrs) 3:30–4:05 pm
- 5032.603 Pre-Soccer (4 yrs) 6:05–6:40 pm
- 5033.601 Soccer 1 (5–6 yrs) 4:05–4:50 pm
- 5034.601 Soccer 2 (7–8 yrs) 4:50–5:35 pm  
❖ Fee: \$101 / Dist. Res. \$91 (8 wks)  
❖ PH Park: 147 Gregory Ln.

(all classes North of Picnic Area #3, near Community Garden. Ask for map when registering.)

## Cardio Tennis New

(4 classes; max 10 students)  
 A heart pumping workout that will keep you in shape and improve your tennis skills.

5553 Monthly starting in April

- ❖ Mon., 7:30–8:30 pm
- ❖ Fee: \$64 / Dist. Res. \$51
- ❖ College Park H.S. Tennis Courts

## Tennis

REGISTRATION FOR ALL TENNIS PROGRAMS WILL BE TAKEN AT THE DISTRICT OFFICE, 147 Gregory Lane, Mon–Fri, 11 am–5 pm. To use VISA, MasterCard, or American Express, call 682–0896 or use the registration form on page 39. Classes may be combined or canceled based on number of registrants.

### Monthly Group Lessons

#### 5595 (Four one-hour classes)

(6–14 students)  
 Top-quality instruction is available through Pleasant Hill Recreation & Park District. Classes begin on the first day of the month and run four consecutive weeks through the end of the month. Choose the class that meets your schedule. If you want more than one lesson per week, register for multiple classes. Register at least one week prior to the first class, which always begins the first week of the month. Classes may be combined or canceled if minimum numbers are not reached. Students may play before and after class if courts are available. Tennis shoes and racquet required.

Instructor: Deborah Gantt, USTA Member  
 ...U.S. National Tennis Academy Certified; 11 yrs experience.

### Playing Levels

(Adult/Teen, 13 yrs–Adult) (Youth 6–12 yrs)  
 (Pee Wee 4–6 yrs)

- B...Beginner** – no tennis background or limited experience (1.5/below)
- AB...Advanced Beginner** – minimal skills and playing experience (2.0–2.5)
- INT...Intermediate** – familiar with all basic strokes; can maintain a rally and has some playing experience. Emphasis on refinement of skills, rallying, singles/doubles play, and strategy (3.0–3.5)
- ADV...Advanced** – knows all basic strokes; can maintain a rally and has playing experience. Emphasis on refinement of tennis skills (4.0–4.5)
- ❖ Fee: \$57 / Dist. Res. \$46
- ❖ College Park H.S. Tennis Courts  
320 Civic Dr.: (adjacent to the Community Ctr. parking lot)
- ❖ PH Education Ctr.: Tennis Courts:  
1 Santa Barbara Rd.

Sessions:	.504 April	.605 May	.606 June	.607 July	.608 August
<b>MONDAY</b>	<b>5582 Youth B/AB</b> 6:30–7:30 pm, CPHS				<b>5553 Adult Cardio (See below)</b> 7:30–8:30 pm, CPHS
<b>TUESDAY</b>	<b>5555 Adult/Teen B/AB</b> 6:30–7:30 pm, CPHS				
<b>WEDNESDAY</b>	<b>5584 Youth B/AB</b> 6:30–7:30 pm, CPHS				<b>5585 Youth INT</b> 7:30–8:30 pm, CPHS
<b>THURSDAY</b>	<b>5565 Adult/Teen B/AB</b> 6:30–7:30 pm, CPHS				<b>5566 Adult/Teen INT</b> 7:30–8:30 pm, CPHS
<b>SATURDAY</b>	<b>5575 Adult/Teen B/AB</b> 9–10 am, CPHS				<b>5588 Youth B/AB</b> 10–11 am, CPHS  <b>5598 Pee Wee B/AB</b> 11 am–noon, CPHS

### Lessons By Arrangement

Can't make our scheduled classes? Call and tell us when you and/or your partner are available for either one or six hours of instruction. Register early; there is limited time available with our instructor. Arrange your private or semi-private lessons, (925) 682-0896. Instructors: Deborah Gantt / Staff

#### 5596 Private Lessons

- Per hour** (any age or level)
- ❖ Fee: \$64 / Dist. Res. \$51
- Six one-hour classes** (any age or level)
- ❖ Fee: \$266 / Dist. Res. \$251

#### 5597 Semi-Private Lessons

- (2 per / same level; must register together)
- Per person / per hour**
- ❖ Fee: \$33 / Dist. Res. \$26
- Per person; six one-hour classes**
- ❖ Fee: \$141 / Dist. Res. \$126