

the Spotlight

WINTER/SPRING
2025



Thrive
IN 2025!

**ADULT FITNESS
& Enrichment Classes**

pages 15-20 »

New! District Resident
**PRIORITY
REGISTRATION**

back cover

Winter & Spring
**SCHOOL
BREAK CAMPS**

pages 12-13 »

pleasanthillrec.com



Community EVENTS



CLARINET FUSION HOLIDAY CONCERT

Thursday, December 12, 7:00 pm
PH Senior Center

Pleasant Hill's very own Clarinet Fusion will perform live holiday music to the delight of all ages! Bring the whole family!

Tickets \$7 presale, will increase to \$10 after 12/8 (or students \$5)

GOLDEN FOLLIES HOLIDAY EXTRAVAGANZA SHOW

Friday, December 17, 1:30 pm
PH Senior Center

Catch this fast-paced Las Vegas style revue featuring performers ages 55+, strutting their stuff to musical sounds from nostalgia to today's hottest sounds while wearing gorgeous, colorful costumes.

Tickets \$20/\$16 (Senior Club Members)
Doors open at 1:15 pm.

REGISTRATION

New!

NEW! District resident priority registration. More info on back page.

District Residents: December 9, 2024

Non-District Residents: December 11, 2024

The Spotlight, Winter/Spring 2025:

Published three times/year. Circulation: 68,000 per issue; sent to homes and businesses in Pleasant Hill and surrounding areas. Copies available at District Office, local libraries and businesses.

On the cover: (left to right) Kris, Nancy, and Willa

DECEMBER 2024 EVENTS

WINTER FEST

Wednesday, December 11, 2024

5:00-8:00 pm

PH Community Center

Free!

Celebrate the magical winter season! Enjoy winter-themed indoor/outdoor activities, live performances, family rides on the Winter Express train and lots of fun sure to delight the whole family!



POLAR BEAR POOL PARTY

All ages

PH Aquatic Park: 147 Gregory Lane

Can you "bear" the cold? Kick off winter break with a pool party! Enjoy swimming in the heated pool, aquatics games and hot cocoa. Are you brave enough to test the chilly water of the training pool? Event will be held rain or shine.

Pre-Registration \$22.50/\$18 (Dist. Res.)

12/20 Fri 4:00-5:30 pm

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SPRING 2025 EVENTS

UNDERWATER EGG HUNT!

All Ages

PH Aquatic Park: 147 Gregory Lane

Join Pleasant Hill Rec Aquatics Staff for an underwater egg hunt! Pools will be open for swimming. Enjoy some splashy springtime fun for everyone! Event will be held rain or shine.

Pre-Registration \$22.50 /\$18 (Dist. Res.) by noon on March 28 or when event reaches capacity. Spectators and adult helpers free.

3/29 Sa 1:00-2:30 pm



KIDS

Night Out

4-15 yrs

Let PH Rec & Park staff entertain your kids and their friends for the evening while you enjoy a much-deserved parent time out! Kids activities include crafts, games, pizza, popcorn, movie and more! Register now!

Pleasant Hill Teen Center

Friday, Dec 13 | 6:00-9:00pm
\$30/participant

Friday, Feb 14 | 6:00-9:00pm
\$35/participant

FREE! POP UP PLAY DATES

Pop In and play with us this spring! Join Rec & Park staff for organized outdoor games and activities! We will provide the fun – you provide the smiles. FREE to the public. Location varies.

Wed, Feb 12	9:30 -11:30 am	Teen Center
Mon, Mar 10	10:00 am-12:00 pm	Community Center Playground
Wed, Apr 23	2:30 – 4:00 pm	Pleasant Hill Park Basketball Courts
Fri, May 16	2:30-4:00 pm	Pleasant Hill Park Basketball Courts

INCLUSIVE REC DANCES

Fridays, 7:00-9:00 pm
Locations shown below

Pleasant Hill Rec & Park District in partnership with the City of Concord, City of Martinez, and City of Walnut Creek, host dances specifically designed for developmentally disabled adults (18 years and up). DJ Rhythm Masters.

Cost: \$8/person cash at the door (18 yrs+), Caregivers free

Jan 10:	Martinez (818 Green Street)
Feb 14:	Pleasant Hill (233 Gregory Lane)
Mar 14:	Walnut Creek (111 N. Wiget Lane)

For more information contact
Karen McKimmy at
kmckimmy@pleasanthillrec.com.

The complete schedule and locations can be found on our website at www.PleasantHillrec.com/449

SAVE The Date

SPRING EGG HUNT
April 19, 2025
Pleasant Hill Park



EVENT SPONSORSHIPS

Pleasant Hill Rec & Park District FREE community special events are made possible with the generous support of event sponsorships. Sponsors benefit from in-person community outreach, the District's multi-tiered marketing approach to event promotion and are recognized as an organization who makes life better in our community. Visit <https://pleasanthillrec.com/516> for more information.

If interested, contact Liz Harrison at lharrison@pleasanthillrec.com or call (925) 682-0896.

Thank You

TO OUR ANNUAL EVENT SPONSORS:
City of Pleasant Hill and Laura Wucher Real Estate





New!

AFTERNOON ART EXPLORATION

3-6 yrs

Instructors: Ms. Rebecca and Ms. Katie
Community Center: Preschool Room 2

August 18, 2025 – May 29, 2026

Preschoolers, TK and Kinders join us for lunch time and art filled afternoons. Children will explore a variety of art materials and learn about famous artists. Children bring a NUT-FREE lunch and water daily.

\$420/\$400 (Dist. Res.) per month

6755.100 M-Th 11:25 am - 2:25 pm

\$370/\$350 (Dist. Res.) per month

6755.101 MWF 11:25 am - 2:25 pm

\$350/\$330 (Dist. Res.) per month

6755.102 TTH 11:25 am - 2:25 pm

Preschool

2025-2026 SCHOOL YEAR PRESCHOOL

The Pleasant Hill Recreation & Park District Preschool has been encouraging the love of learning since 1973. Our preschool establishes the foundation for a child's future education. Come grow with us! Our philosophy: A child who is playing is a child who is learning. Our experienced teachers encourage individual confidence, self-esteem, and social skills that children need to be happy and successful. Classes are in session August – May.

NEW REGISTRATION PROCESS!

Registration for the 2025–2026 school year opens to **NEW District resident preschool families** on April 16, 2025, at 9:00 a.m. online at pleasanthillrec.com/175. Registration for **NEW non-resident families** opens on April 17, 2025, at 9:00 a.m. online. Registration is on a first come, first serve basis. Birth certificate immunization records and proof of residency are required for discount. Children must be age appropriate by 9/1/2025.

Priority registration in March 2025 for current students and their siblings.

For more information and current availability, please contact the director, Sarah Smith, at (925) 771-7626 or ssmith@pleasanthillrec.com.*

2025-2026 Tuition Schedule and Monthly Rates

Bumblebees (1.5–2.5 yrs)

Tu/Th	8:15–11:15 am	CC	\$473/\$453 (Dist. Res.)
M/W/F	8:15–11:15 am	CC	\$576/\$556 (Dist. Res.)

Hummingbirds (2.5–3.5 yrs)

Tu/Th	8:15–11:15 am	WC	\$463/\$443 (Dist. Res.)
M/W/F	8:15–11:15 am	WC	\$566/\$46R (Dist. Res.)

Bluebirds (3–4 yrs)*

Tu/Th	8:25–11:25 am	CC	\$442/\$422 (Dist. Res.)
M/W/F	8:25–11:25 am	CC	\$489/\$469 (Dist. Res.)

Robins (potty-trained) (4–5 yrs)

M-Th	8:30–11:30 am	CC	\$612/\$592 (Dist. Res.)
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Peacocks (potty-trained) (3.5–5 yrs)

M-Th	12:45–3:45 pm	WC	\$597/\$577 (Dist. Res.)
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PARENT + TOT

PARENT & TOT MUSIC

Instructor: Andrea Gaspari

Let's Make Music

18 mos-3 yrs

Join this multi award winner, songwriter and children's entertainer, on an amazing musical adventure. Using your bodies, voices, instruments and props, we will dance, learn, sing, and play making wonderful music together. The perfect class to prepare for circle time and preschool.

Community Center: McHale Room

\$165/\$145 (Dist. Res.)

6636.801 1/7-2/11 Tu 9:20-10:00 am

6636.805 2/18-3/25 Tu 9:20-10:00 am

Community Center: Gazebo

6636.809 1/7-2/11 Tu 11:30 am-12:10 pm

6636.810 2/18-3/25 Tu 11:30 am-12:10 pm

New!

Classes subject to cancellation if minimum participation is not met five business days before the start of the class.

Musical Babies

6m-1yr

Babies and their caregivers enjoy the development of the child through singing, dancing, and instrument exploration. We will nurture language skills, fine and large motor skills, space relationships, and bonding with caregivers. There is no better gift for your child than helping them learn new skills with someone they love.

\$165 /\$145 (Dist. Res.)

6636.802	1/7-2/11	Tu	10:05-10:45 am
6636.806	2/18-3/25	Tu	10:05-10:45 am

BILINGUAL ZUMBINI CLASS

1-5 yrs

Instructor: Miriam Lattanzi
Community Center: Republic Services Room
\$20.00 material fee payable to instructor

This parent and me class is created by Zumba and BabyFirst for kids. This program combines music, dance and educational tools for 45 minutes of can't-stop, won't-stop bonding, learning and having fun! This class is bilingual, meaning you will be learning Spanish and having fun with your child. You will be able to create art, and have a Spanish story time. Knowledge of Spanish is not required. \$20.00 material fee due on the first day to instructor for art materials and take home Zumbini Bundle that includes Zumbini Music Codes (access to 20 original songs use in class) and Zumbini Bundles, which include the music codes and a corresponding songbook and plush doll. **Parent Participation Required.**

\$200 /\$180 (Dist. Res.)

6634.802	2/5-3/26	W	10:00-10:45 am
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PRESCHOOL MUSIC CLASSES



PIANO & ME

3yr 6m-5 yrs

Instructor: Andrea Gaspari
Senior Center: Classrooms

Join multi-award winning teacher, entertainer, and songwriter Andrea Gaspari for this fun, educational approach to Group Piano Lessons. Using seven learning styles, reading, writing and performing music will be practiced and explored. Through singing, games and activities, children will learn finger/number/letter placements, musical symbols, terminology, etc. Note: Any shared instrument is wiped down in between each participant.

\$175 /\$155 (Dist. Res.)

6636.803	1/7-2/11	Tu	3:30-4:10 pm
6636.807	2/18-3/25	Tu	3:30-4:10 pm

Priority Registration for District Residents (Dist. Res.)

Learn more about a new benefit for people residing within Pleasant Hill Recreation & Park District boundaries.

See back cover »

PRESCHOOL PERFORMING ARTS

PRE-BALLET

3-5 yrs

Instructor: Christie Tomlinson
Community Center: Dance Studio 1 and 2

The basics of ballet are presented in a fun atmosphere. Teaches grace and the joy of movement in addition to basic ballet technique. Child must be potty-trained and able to participate without parent's presence. Attire: light pink leotard, tights, ballet shoes. NO skirts or tutus please.

\$129 /\$109 (Dist. Res.)

6619.801	1/6-3/10	M	3:00-3:45 pm
No Class	1/20, 2/17		

\$142 /\$122 (Dist. Res.)

6619.802	3/17-5/19	M	3:00-3:45 pm
No Class	4/7		

VILLAGE PRINCESS

3-6 yrs

Instructor: Village Music School
Village Music School 1720 Linda Dr, Pleasant Hill, CA 94523

The perfect class for the little singing princess in your family. Students take a contemporary journey through the magical songbook of timeless fairytale classics. Our class focus is for each Princess to have a great time while building strong voices and fond memories of this magical age. Every class includes singing, storytelling and a Princess Tea Party. Class concludes with a heartwarming Village Princess sing-along, where parents are invited to join the fun. We encourage all students to arrive in their Princess attire.

\$100 /\$80 (Dist. Res.)

6057.801	1/11-1/25	Sa	9:00-10:00 am
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\$125 /\$105 (Dist. Res.)

6057.802	2/1-2/22	Sa	9:00-10:00 am
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\$150 /\$130 (Dist. Res.)

6057.803	3/1-3/29	Sa	9:00-10:00 am
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PRE-SCHOOL SPORTS

BASEBALL

Tot Baseball

Instructor: Skyhawks
Pleasant Hill Elementary School

Our development objectives include base-running, hitting, catching/fielding, throwing, coordination, balance, body movement, teamwork, sportsmanship, and self-esteem. Your child will leave with new skills, new friends, and a new love for baseball!

Age: 2-3 yrs (Parent & Me)

\$170/\$150 (Dist. Res.) (7 classes)

5099.800	1/13-3/10	M	5:00-5:25 pm
No Class	1/20; 2/17		

\$213/\$193 (Dist. Res.) (9 classes)

5099.803	3/17-5/19	M	5:00-5:25 pm
No Class	3/31		

Age: 3-4 yrs

\$200/\$180 (Dist. Res.) (7 classes)

5099.801	1/13-3/10	M	5:30-6:10 pm
No Class	1/20; 2/17		

\$252/\$232 (Dist. Res.) (9 classes)

5099.804	3/17-5/19	M	5:30-6:10 pm
No Class	3/31		

Age: 4-6 yrs.

\$200/\$180 (Dist. Res.) (7 classes)

5099.802	1/13-3/10	M	6:15-7:00 pm
No Class	1/20; 2/17		

\$252/\$232 (Dist. Res.) (9 classes)

5099.805	3/17-5/19	M	6:15-7:00 pm
No Class	3/31		

FOOTBALL

1st Down Tots

Instructor: Skyhawks
Facility: Rodgers Smith Park

Introduction to football fundamentals.

Age: 3-5 yrs

\$253/\$233 (Dist. Res.) (7 classes)

5099.806	1/25-3/15	Sa	1:30 am-12:30 pm
No Class	2/15		

\$287/\$267 (Dist. Res.) (8 classes)

5099.807	3/22-5/17	Sa	11:30 am-12:30 pm
No Class	4/5		

SOCCER

Soccer Tots (Parent & Me)

Instructor: Skyhawks
Pleasant Hill Elementary School

Our progression curriculum and modified equipment teach participants soccer fundamentals and social skills through a series of fast-paced instructional circuits and developmental games. Our primary development objectives include dribbling, passing, shooting, ball control, balance, body movement, foot/eye coordination, self-esteem, teamwork, and sportsmanship!

Age: 2-3 yrs

\$213/\$193 (Dist. Res.) (9 classes)

5099.808	1/16-3/13	Th	5:00-5:25 pm
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\$213/\$193 (Dist. Res.) (9 classes)

5099.809	3/20-5/22	Th	5:00-5:25 pm
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Age: 4-6 yrs.

\$278/\$258 (Dist. Res.) (9 classes)

5099.810	1/16-1/13	Th	5:30-6:30 pm
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5099.811	3/20-5/22	Th	5:30-6:30 pm
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No Class 4/3

Mom/Dad & Me

Instructor: Kidz Love Soccer

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 skills and socialization skills. The fun happens on the field, and in Mommy/Daddy & Me Soccer parents are a part of the action! All kids receive a Kidz Love Soccer jersey!

Age: 2-3 1/2 yrs

Rodgers Smith Park
\$215/\$195 (Dist. Res.) (7 classes)

5031.802	1/15-2/26	W	6:20-6:50 pm
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5031.812	4/9-5/21	W	6:20-6:50 pm
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Pleasant Hill Park: West Lawn
\$190/\$170 (Dist. Res.) (6 classes)

5031.803	1/18-2/22	Sa	9:05-9:35 am
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\$215/\$195 (Dist. Res.) (7 classes)

5031.813	4/11-5/23	F	5:45-6:15 pm
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5031.814	4/19-6/7	Sa	9:00-9:30 am
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Tot/Pre Soccer

Instructor: Kidz Love Soccer

Little tykes will enjoy running and kicking just like the big kids! Children will have fun and learn the basic techniques of the game while building self-esteem. Children learn to follow instructions in a nurturing, age-appropriate environment. All participants receive a Kidz Love Soccer jersey! Shin guards are required after the first meeting.

Age: 3 1/2-5yrs

Rodgers Smith Park
\$215/\$195 (Dist. Res.) (7 classes)

5031.800	1/15-2/26	W	5:40-6:15 pm
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5031.815	4/9-5/21	W	5:40-6:15 pm
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Pleasant Hill Park: West Lawn
\$215/\$195 (Dist. Res.) (7 classes)

5031.801	1/17-2/28	F	5:10-5:45 pm
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5031.816	4/11-5/23	F	5:05-5:40 pm
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FREE POP UP PlayDates

Pop In and play with us this spring!
Join Rec & Park staff for organized outdoor games and activities!
We will provide the fun – you provide the smiles. FREE to the public.
Location varies.

Wed, Feb 12 | 9:30 - 11:30 am
Teen Center

Mon, Mar 10 | 10:00 am - 12:00 pm
Community Center Playground

Wed, April 23 | 2:30 - 4:00 pm
Pleasant Hill Park Basketball Courts

Fri, May 16 | 2:30 - 4:00 pm
Pleasant Hill Park Basketball Courts



Tot Soccer

Instructor: Kidz Love Soccer

Chase the ball! Tot-Soccer helps kids learn to be part of a structured group activity without a parent by their side. Realizing this can be difficult for young children, our field-tested, age specific curriculum builds confidence and promotes physical development in a safe, supportive and fun environment. Tot Soccer focuses on helping kids develop their large motor skills through skill demonstrations and entertaining games like Bugs in the House! These games build skill and self-esteem and prepare tots to start running and kicking - just like the big kids! Shin guards are required after the first meeting. All participants receive a Kidz Love Soccer jersey!

Age: 3 ½-4 yrs

Pleasant Hill Park: West Lawn

\$190/\$170 (Dist. Res.)		(6 classes)	
5031.804	1/18-2/22	Sa	11:10-11:40 am

\$215/\$195 (Dist. Res.)		(7 classes)	
5031.817	4/19-6/7	Sa	11:05-11:35 am

Pre Soccer

Instructor: Kidz Love Soccer

Enjoy running and kicking just like the big kids! Have fun and learn the basic techniques of soccer while building self-esteem and learning to follow instructions in a nurturing teaching environment. The focus will be more on skills and individual development as a result of the current accommodations. Shin guards are required after the first meeting. All participants receive a Kidz Love Soccer jersey!

Age:4-5yrs

Pleasant Hill Park: West Lawn

\$190/\$170 (Dist. Res.)		(6 classes)	
5031.805	1/18-2/22	Sa	10:30-11:05 am

\$215/\$195 (Dist. Res.)		(7 classes)	
5031.818	4/19-6/7	Sa	10:25-11:00 am

Sports Medley Classes

Sports Medley (Parent & Me)
Instructor: Skyhawks
Rodgers Smith Park

This multi-sport Tot program was designed to introduce kids to baseball, flag football, soccer, and track and field in a fun-filled setting. Skyhawks coaches introduce young athletes to a variety of different sports through PLAY! Our age-appropriate curriculum, modified equipment, and highly trained staff provide a positive environment where players of all abilities can develop at their own pace with lots of encouragement and a big focus on FUN! This program involves parent participation.

Age: 2-3 yrs

\$218/\$198 (Dist. Res.)		(7 classes)	
5031.812	1/25-3/15	Sa	9:30-10:00 am
		(8 classes)	

5031.813	3/22-5/17	Sa	9:30-10:00 am
No Class	2/15, 4/5		

Age: 3-5 yrs

\$253/\$233 (Dist. Res.)		(7 classes)	
5031.814	1/25-3/15	Sa	10:15-11:00 am
No Class	2/15		

\$287/\$267 (Dist. Res.)		(8 classes)	
5031.815	3/22-5/17	Sa	10:15 -11:00 am
No Class	4/05		



YOUTH SOCCER

SOCCER 1 TECHNIQUES & TEAM WORK

Instructor: Kidz Love Soccer

Players will learn dribbling, passing, receiving, shooting, defense, etc. Fun skill games are played at every session, and every participant will have a ball at his or her feet. Shin guards are required after the first meeting. All participants receive a Kidz Love Soccer jersey!

Age: 5-6 yrs

Rodgers Smith Park

\$215/\$195 (Dist. Res.)		(7 classes)	
5031.806	1/15-2/26	W	4:50-5:35 pm
5031.819	4/9-5/21	W	4:50-5:35 pm

Pleasant Hill Park: West Lawn

\$215/\$195 (Dist. Res.)		(7 classes)	
5031.807	1/17-2/28	F	4:20-5:05 pm
5031.820	4/11-5/23	F	4:15-5:00 pm

\$190/\$170 (Dist. Res.)		(6 classes)	
5031.808	1/18-2/22	Sa	9:40-10:25 am

\$215/\$195 (Dist. Res.)		(7 classes)	
5031.821	4/19-6/7	Sa	9:35-10:20 am

SOCCER 2 SKILLS & SCRIMMAGES

Instructor: Kidz Love Soccer

Kidz will enjoy advanced skill building: dribbling, passing and shooting in a team play format. Each class will include scrimmages led by our trained coaches to help players develop individual skills as well as team tactics and positional play. Shin guards are required after the first meeting. All participants receive a Kidz Love Soccer jersey!

Age: 7-10 yrs

Rodgers Smith Park

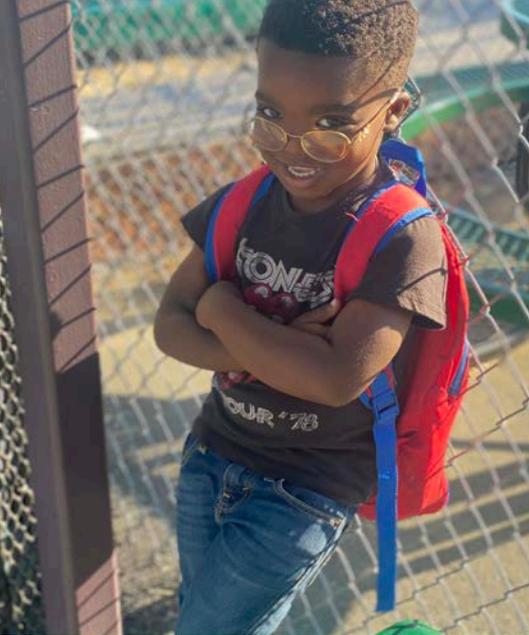
\$215/\$195 (Dist. Res.)		(7 classes)	
5031.809	1/15-2/26	W	4:00-4:45 pm
5031.822	4/9-5/21	W	4:00-4:45 pm

Pleasant Hill Park: West Lawn

\$215/\$195 (Dist. Res.)		(7 classes)	
5031.810	1/17-2/28	F	3:30-4:15 pm
5031.823	4/11-5/23	F	3:25-4:10 pm

\$190/\$170 (Dist. Res.)		(6 classes)	
5031.811	1/18-2/22	F	11:45 am-12:30 pm

\$215/\$195 (Dist. Res.)		(7 classes)	
5031.824	4/19-6/7	Sa	11:40 am-12:25 pm



Youth



Gregory Gardens Elementary
1 Corritone Court, Pleasant Hill
Contact Danny Martinez, Site Director
at (925) 680-5298 or via email at
dmartinez@pleasanthillrec.com.

Get Inspired!

KIDSTOP offers science, technology, engineering, arts & mathematics (S.T.E.A.M.) inspired Youth Programs provided by the Pleasant Hill Recreation & Park District.

- Before & after-school care
- Holiday break camps
- Summer Adventure Kids Camp

KIDSTOP now provides *New!* transportation to and from Valhalla Elementary School (TK-5) and Pleasant Hill Elementary (TK only).
Learn more at pleasanthillrec.com/267

DANCE CLASSES

NEW YOU DANCE CLASSES

Instructor: AJ Rogers
Senior Center: Dance Studio

\$225 /\$205 (Dist. Res.)

Hip Hop Combo Classes

4y 6m-8 yrs

These combo classes are students favorites across Contra Costa County! They are a great start for any newcomer or returning dancer. Come in and enjoy an entertaining class that works on flexibility, strength, and technique along with developing the true vocabulary of each movement. They will learn great choreography by Mr. AJ Rogers! These classes offer sheer joy to all participants.

Hip-Hop Combo I

6061.801 1/8-3/26 W 4:15-5:00 pm

Hip-Hop Combo II

6061.802 1/8-3/26 W 5:00-5:45 pm

No Class 2/19

Contemporary Basics

5-10 yrs

Let your child express themselves through movement and dance! This is an outstanding course for anyone interested in expanding their dance experience to the next level. This course works the basic techniques of contemporary dance and the proper vocabulary to each movement. This class works on turns and leaps, ending with a one of a kind choreography by the one and only AJ.

6061.803 1/9-3/27 Th 4:15-5:00 pm

No Class 2/20

Street Hip Hop I

10-17 yrs

Does your teen love to move to any hip hop song that's playing on Alexa or any device? Street Hip Hop is your one stop shop for the most intense hip hop choreography in the area. With Competitive award winning Director AJ Rogers and his trending dance moves, this class gets low and hits hard with each step. This class is not for first time dancers but dancers who are looking for that next step in advanced hip hop choreography.

6061.804 1/9-3/27 Th 5:00-5:45 pm

No Class 2/20

BALLET

6-9 yrs

Instructor: Christie Tomlinson
Community Center: Dance Studio 1 and 2

Designed for the budding ballerina! Floor exercises increase strength and flexibility. Barre exercises teach basic positions, and proper body alignment. Dance steps improve coordination and grace. Attire: black leotard, pink tights, pink slippers. NO skirts or tutus, please, even if attached.

\$145 /\$125 (Dist. Res.)

6042.801 1/6-3/10 M 3:55-4:55 pm

No Class 1/20, 2/17

\$160 /\$140 (Dist. Res.)

6042.802 3/17-5/19 M 3:55-4:55 pm

No Class 4/7

FILIPINO FOLK DANCE

8-13 yrs

Instructor: Alverna Arellano
Senior Center: Dance Studio

Have fun learning Filipino Folk dance steps and dances, while also learning about Filipino fun facts, culture, greetings, and phrases. Traditional Filipino folk dance is taught with dance basics, similar to ballet. Tagalog words and phrases taught along with the dance steps. Exhibit samples of traditional Filipino attire worn for that dance. Props may be provided such as fans, handkerchiefs, etc.

Free Demo

6063.800 1/27 M 4:45-5:15 pm

\$170 /\$150 (Dist. Res.)

6063.801 2/3-3/24 M 4:30-5:15 pm

No Class 2/17



Popping, Locking, Gliding, Waving

New!

7-11 yrs

6061.805 1/9-3/27 Th 5:45-6:30 pm
No Class 2/20

Teen Hip Hop Combo

New!

12-17 yrs

6061.806 1/9-3/27 Th 6:30-7:15 pm
No Class 2/20

TAP

6-10 yrs

Instructor: Christie Tomlinson

Community Center: Dance Studio 1&2

Tip tap toe! It's off to tap we go! In this fun rhythmic energetic class students will learn basic tap steps, such as flaps and shuffles to be combined into a dance routine. Attire: comfortable clothes

\$105 /\$85 (Dist. Res.)

6045.801 1/6-3/10 M 5:00-5:30 pm
No Class 1/20, 2/17

\$115.00 /\$95 (Dist. Res.)

6045.802 3/17-5/19 M 5:00-5:30 pm
No Class 4/7

MUSIC CLASSES

RHYTHM PIANO – GROUP LESSONS

5-9 yrs

Instructor: Andrea Gaspari

Senior Center: Classrooms

Join multi award winning teacher, entertainer, and songwriter Andrea Gaspari for this fun, educational approach to Group Piano Lessons. Using seven learning styles, reading, writing and performing, music will be practiced and explored. Through singing, games and activities, children will learn finger/number/letter placements, musical symbols, terminology, etc. Note: Any shared instrument is wiped down in between each participant.

\$175 /\$155 (Dist. Res.)

6088.804 1/7-2/11 Tu 4:15-5:00 pm
6088.808 2/18-3/25 Tu 3:30-4:10 pm

Classes subject to cancellation if minimum participation is not met five business days before the start of the class.

UKULELE FUN FOR KIDS!

6-12 yrs

Instructor: John Waller

Winslow Center: Rooms 1&2

New!

This introduction to ukulele will provide an easy way to get your hands and fingers playing quickly. The focus is on basic technique, easy folk songs and open chords that will make it fun and give the student a sense of accomplishment. Videos of the lessons will be part of the curriculum to motivate students to pick up the ukulele and play everyday. Bring a ukulele to the first class if you can.

\$161 /\$141 (Dist. Res.)

6091.801 1/21-2/25 Tu 5:00-5:50 pm

VILLAGE MUSIC SCHOOL

Instructor: Village Music School

Location: Off-Site: Village Music School

Musical Theatre Workshop

This everyone-has-a-blast class introduces students to the magic of Theatre. Our program provides the perfect stage for creative adventure as students learn performance essentials; choreography, staging, teamwork and voice coaching in a supportive environment. Each session ends in a celebratory finale performance for friends and family in our Village Theatre.

8-12 yrs

\$275 /\$255 (Dist. Res.)

Beetlejuice

6057.814 2/18-4/1 Tu 6:00-7:15 pm

Lion King

6057.815 4/15-5/27 Tu 6:00-7:15 pm

Project Rock Band – Second Stage

8-11 yrs

Want to play your favorite song in your own Band? Project Rock Band is for you! This program is specifically designed for younger students. Each season provides band members with musical milestones in a format that is ideal for young beginners. Together with their instructor, bandmates create their set list based on the musical strengths and interests of the group. The Village Music School team creates custom arrangements ideal for all students, genres, and instruments. Each student will receive musical parts that are tailor-made for their level of skill and ability. Experience necessary. One year of lessons required or strong teacher recommendation.

Instruments: Guitar, Voice, Bass, Drums, Voice, Piano/Keyboard. Live Performance TBD

\$575 /\$555 (Dist. Res.)

6057.812 1/27-5/28 M 4:30-5:45 pm
No Class 2/17, 3/10, 3/24, 3/31, 4/7

VOENA CHILDREN'S CHOIR

New!

Singing & Drumming Music Class

6-13 yrs

Instructor: Bridget DeMar, VOENA

Children's Choir Staff member,

Community Center: Dance Studio 1 & 2

Join the VOENA, award-winning world-renowned Benicia based children's choir. Instructor Bridgett DeMers brings her array of multi-cultural world music experience to the program using "physical singing," where the whole body is the instrument of the voice for fuller expression and emotional connection. Learn College Prep Theory of Solfege, VOENA classic songs, and body rhythms in this 10-week session of classes. The session ends with a recital for family and friends. There will be a bonus opportunity for special invites to children that are ready to perform with other VOENA children from other site locations on a professional theater stage (costume purchase required) to be scheduled in May 2025.

\$500 /\$480 (Dist. Res.)

6072.801 2/27-5/8 Th 4:00-5:00 pm
No Class 4/10

\$20 material fee due to instructor

SPECIAL INTEREST

ENTREPRENEURSHIP, LEADERSHIP & PUBLIC SPEAKING COMBO SESSION

New!

8-13 yrs

Instructor: Guru Education

Senior Center: Classroom 3

Kids will learn to present confidently and write effectively in six steps. They will develop public speaking, leadership and entrepreneurship skills by providing reasonings on thought provoking topics. Learning the concepts of money management will help students better understand the elements of saving wisely and budgeting effectively.

\$258 /\$250 (Dist. Res.)

6054.801 1/29-3/19 Tu 5:00-6:00 pm

JAPAN KARATE DO

Instructor: William Fuentes
Winslow Center: Assembly Room

Join our traditional karate program and discover the fun and challenges of Karate-Do! Our program instills politeness, discipline and self esteem in the students lives as they work towards earning their black belt. Our motto is "Achieving Excellence Through Efforts." Sessions include fun and action-packed activities to build strength, balance and coordination. Recommendation: taking two classes a week.

Website: www.PleasantHillKarate.org

Notice: These classes will introduce sparring drills and free sparring.

Intermediate/Advanced: Through this course, students have the opportunity to push their skills, techniques, and confidence to a new level. There will be emphasis on form, techniques, advanced kata, bunkai, sparring drills, self-defense, terminology, etc.

Kids should wear loose fitting clothing for first class. Karate uniform (Gi) will be available for purchase before and after class for \$35.

All Belts | 5-12 yrs

\$71 /\$57 (Dist. Res.)

6095.814	1/8-1/29	W	6:00-6:45 pm
6095.815	2/5-2/26	W	6:00-6:45 pm
6095.816	3/5-3/26	W	6:00-6:45 pm

Beginners | 5-12 yrs

\$55 /\$44 (Dist. Res.)

6095.801	1/6-1/27	M	5:00-5:45 pm
No Class	1/20		
6095.802	2/3-2/24	M	5:00-5:45 pm
No Class	2/17		

\$87.50 /\$70 (Dist. Res.)

6095.803	3/3-3/31	M	5:00-5:45 pm
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\$71 /\$57 (Dist. Res.)

6095.821	1/9-1/30	Th	5:00-5:45 pm
6095.822	2/6-2/27	Th	5:00-5:45 pm
6095.823	3/6-3/27	Th	5:00-5:45 pm

Novice | 6-13 yrs

Pre-Requisite: Blue Belt or Instructor's Approval

\$55 /\$44 (Dist. Res.)

6095.804	1/6-1/27	M	6:00-6:45 pm
No Class	1/20		
6095.805	2/3-2/24	M	6:00-6:45 pm
No Class	2/17		

\$87.50 /\$70 (Dist. Res.)

6095.806	3/3-3/31	M	6:00-6:45 pm
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\$71 /\$57 (Dist. Res.)

6095.824	1/9-1/30	Th	6:00-6:45 pm
6095.825	2/6-2/27	Th	6:00-6:45 pm
6095.826	3/6-3/27	Th	6:00-6:45 pm

Intermediate/Advance

Pre-Requisite: Brown Belt or Instructor's Approval

\$71 /\$57 (Dist. Res.)

6095.811	1/8-1/29	W	5:00-5:45 pm
6095.812	2/5-2/26	W	5:00-5:45 pm
6095.813	3/5-3/26	W	5:00-5:45 pm

Kobudo Bo Class | 8-13 yrs

Pre-Requisite: Purple Belt or Instructor's Approval. **Do not register for this class until you order a bo from the instructor.**

This class will focus on the "king" of Okinawan weapons, the bo/staff. This weapon complements the style of karate being taught here at the Winslow Center. We will focus on basics, partner drills, kata applications, and kata. Furthermore, the learning of bo kata opens up the weapons category for our students to compete in at tournaments we attend. Due to spacing, registration will be limited.

\$51 /\$41 (Dist. Res.)

6095.817	1/8-1/29	W	7:00-7:45 pm
6095.818	2/5-2/26	W	7:00-7:45 pm
6095.819	3/5-3/26	W	7:00-7:45 pm

Tournament Kids | 7-13 yrs

Pre-Requisite: Students must know the specific tournament kata for their level and have sparring gear. **Please do not register child if both requirements are not met.**

These sessions will focus on kata and sparring for tournaments. We will set up mock tournaments in class so the kids will be familiar with what to expect in the competition. These classes are designed as extra practice time to stay ready during tournament season.

All belts are welcome, but they must know their kata. White Belts to Yellow Stripe must, at least, know Kihon kata Ichi. Again, do not register your child if they don't have sparring gear yet. Contact the instructor to purchase sparring gear.

\$71 /\$57 (Dist. Res.)

6095.827	1/8-1/29	Th	7:00-7:45 pm
6095.828	2/6-2/27	Th	7:00-7:45 pm
6095.829	3/6-3/27	Th	7:00-7:45 pm

All-Access ^{New!} PASS

5-13 yrs

Unlock unlimited access to all our class offerings. This monthly pass is ideal for Novice to Advanced students who participate in tournaments regularly and are committed to assisting in beginner classes to fulfill their class participation requirements for promotion.

By selecting the All-Access Pass, you will not need to register for any other "Japan Karate Do" classes during the month. non-refundable. Please note class pre-requisites to participate in more advanced classes and that the All-Access pass option is non-refundable.

PRE-REQUISITES:

- **Novice Class:** Blue Belt required
- **Kobudo Bo Class:** Purple Belt required
- **Intermediate/Advanced Class:** Red Belt required

\$300/\$280 (Dist. Res.)

6095.830	1/1-1/30	M, W, Th
6095.831	2/3-2/27	M, W, Th
6095.832	3/3-3/31	M, W, Th



YOUTH FENCING

8-16 yrs
Instructor: Greg Pursley
Community Center

New!

Teach young students both novices and experience the art of fencing. Each student will be fitted up with jackets, masks and gloves. Swords will be available for the classes. Fencing allows both the athletic type and those that have never taken to sports an opportunity to excel. Students will be taught form, footwork, bladework, attacks, defense tactics, rules and etiquette of the sport. By the end of this course, students will be able to bout with other students and have an overall fun experience.

\$315 /\$295 (Dist. Res.)

6059.801 1/21-3/27 Tu, Th 4:00-6:00 pm

CODE NINJAS

14 yrs
Instructor: Code Ninjas

Modding with Minecraft

Modding with Minecraft! In this class, Ninjas will learn to use MCreator, a powerful yet simple tool to design their own mods. They will use Minecraft Java Edition through MCreator to test their mods, learn commands, build, and develop awesome custom mods!

Off Site: Code Ninjas
1661 Botelho Drive Suite 160
Walnut Creek, CA 94596

\$448 /\$425 (Dist. Res.)

6053.802 1/21-4/15 Tu 3:30 pm-4:30 pm
 No Class 4/8

Ninja Robotics with LEGO

Ninja Robotics with Lego! In this class, Ninjas will build various robots out of Lego Spike pieces. They will be given code to make their robots function. Each robot is unique, and offers a creative way in problem solving, working as a team, and communicating.

Senior Center: Classroom 3
(former computer lab)

\$374.99 /\$355 (Dist. Res.)

6053.801 1/27-4/14 M 3:30 pm-4:30 pm
 No Class 2/17, 4/7

S.T.E.A.M CLASSES

AFTERNOONS W/ I HEART ART

7-12 yrs
Instructor: I Heart Art
Senior Center: Arts & Crafts Room

New!

In this 8-week course, students will create various art projects using lots of different techniques such as drawing, painting, ceramics, sewing, and more. I Heart Art believes in the joyful process of art, and that creativity is empowering and sharpens problem-solving skills for life.

\$265 /\$245 (Dist. Res.)

6069.801 1/27-3/17 M 4:00-5:00 pm
 No Class 2/17

SPARK ART + STEAM CLASS

6-10 yrs
Instructor: Sparkologie Instructor
Senior Center: Multiple Facilities

New!

Our Session will be a journey through Art + Creativity. This unique class designed to immerse young minds in the vibrant world of art. This course goes beyond traditional art education by blending art history, various art mediums, and STEAM (Science, Technology, Engineering, Art, and Mathematics) projects, creating a multidisciplinary approach that fosters creativity and exploration. Students will explore the rich tapestry of art history, experiment with artistic techniques, and engage in hands-on STEAM projects that highlight the intersection of artistic expression and scientific principles. No art or design experience necessary, all levels welcome! To learn more visit: www.sparkologie.com

\$305 /\$285 (Dist. Res.)

6056.801 1/29-3/19 W 1:30 pm-3:00 pm

YOUTH SPORTS

SKATEBOARDING

New!

6-14 yrs
Rob Skate Academy: Skateboarding 101
Instructor: Nathan Stark (Rob Skate)
Offsite: (Sun Valley Mall)
476 Sun Valley Mall, Concord, CA 94521.

Located on the 2nd floor, east side of the mall, at the back entrance next to JC Penny. Our professional instructors use hands-on teaching methods, we provide each student with a solid foundation on the basics of skateboarding, plus fun floor games! (Dodgeball, red light green light etc.). Please bring knee, elbow and wrist pads if you have them, along with water/snacks.

\$309/\$289 (Dist. Res.) (4 Classes)

5187.801 12/30-1/3 M-F 9:00 am - 12:00 pm
 No Class 1/1

YOUTH SOCCER CLASSES

Age: 5-6 yrs & 7-10 yrs
Instructor: Kidz Love Soccer

See page 7 »

JR. NBA YOUTH BASKETBALL SPRING LEAGUE

One practice per week (day/time are not determined until after registration closes & coaches are assigned).

Games are on Saturdays (schedule provided by assigned coach).

Season begins March 22 - May 3 (No Games April 5th) for 6 games.

Registration Closes February 28, 2025

\$220/ \$200 (Dist. Res.)
(Includes a jersey & basketball)

** \$75 refund to parents who head coach.*

Location: PH Middle School Gym, 1 Santa Barbara Road

Boys:

5060.900 K-2 Grades
 5060.901 3-5 Grades
 5060.902 6-8 Grades

Girls:

5060.903 K-2 Grades
 5060.904 3-5 Grades
 5060.905 6-8 Grades

ULTIMATE FRISBEE

New!

Instructor: Oakland Spiders, a professional Ultimate Frisbee team
Pleasant Hill Park Softball Field #2

Ultimate Frisbee is a safe, engaging sport that teaches skills transferable to any sport. Each day, participants will learn throwing, catching, and the fundamental X's and O's. We emphasize Spirit of the Game, social-emotional skills, and life skills to help players thrive.

8-11 yrs

\$205/\$185 (Dist. Res.) | 8 classes

5186.802 1/28-3/18 Tu 3:30-4:30 pm
 5186.803 3/25-5/20 Tu 3:30-4:30 pm

Junior Spiders Frisbee Fun

This ultimate frisbee introductory class teaches participants basic frisbee skills and game concepts with a big emphasis on FUN. Participants will also enjoy friendly competition, encouragement, and skill development! All levels welcome.

5-7 yrs

\$160/\$140 (Dist. Res.) | 8 classes

5186.800 1/28-3/18 Tu 4:45-5:30 pm
 5186.801 3/25-5/20 Tu 4:45-5:30 pm

Camps

WINTER + SPRING BREAK



FULL-DAY CAMPS

ADVENTURE KIDS CAMP

Grades K-5

Instructor: KIDSTOP Staff

Gregory Gardens: Kidstop Childcare Building

Children are engaged and entertained. We have something for all children to enjoy including science, art, cooking, group games, sports, and S.T.E.A.M. projects. Please bring a NUT-FREE cold lunch and snacks daily. AM/PM snack will be provided.

WINTER BREAK 2024

1 Day | 7:30 am-5:30 pm | \$60/\$60(Dist. Res.)

Week 1:

6060.705	M	12/23/24
6060.706	Th	12/26/24
6060.707	F	12/27/24

Week 2:

6060.708	M	12/30/24
6060.709	Th	1/2/2025
6060.710	F	1/3/2025

SPRING BREAK 2025

1 Day | 7:30 am-5:30 pm | \$65/\$60(Dist. Res.)

6060.801	M	4/7/25
6060.802	Tu	4/8/25
6060.803	W	4/9/25
6060.804	Th	4/10/25
6060.805	F	4/11/25

XTREME BREAK CAMP

Grades 6 & up (siblings Grade 3 & up)

Instructor: Teen Center Staff

Teen Center

Experience an action-packed week! Daily on-site activities and local field trips. Register by the day. Camps must meet a minimum of 10 participants two weeks prior to first camp day.

WINTER BREAK 2024

1 Day | 7:30 am - 6:00 pm | \$62/\$50 (Dist. Res.)

5189.705	12/26	Movies
5189.706	12/27	Round ONE
5189.707	12/30	Ice Skating
5189.708	12/31	Mystery Trip
5189.709	1/2	Movies
5189.710	1/3	Archery

SPRING BREAK 2025

5189.801	4/7	Mystery Trip
5189.802	4/8	Movies
5189.803	4/9	Scavenger Hunt & Lunch
5189.804	4/10	Archery
5189.805	4/11	Round ONE

ENRICHMENT CAMPS

CODE NINJAS

8-14 yrs

Instructor: Code Ninja Staff

3D Printing (Winter)

Created for our older Ninjas ages 8-14, this Camp uses TinkerCAD to teach Ninjas how to code, design, and print their own models. Ninjas in this Camp can explore their creative skills, creating custom models from working bubble wands to cell phone stands and more! Ninjas will spend the week designing and printing models to fill their 3D Dojo with wonderful creations.

Location: Off Site

Code Ninjas 1661 Botelho Drive, Suite 160

Walnut Creek, CA 94596

\$315 /\$295 (Dist. Res.)

6053.707	12/23-12/27	M, Th, F	9:00 am - 12:00 pm
No Class	12/24, 12/25		
6053.711	12/30-1/3	M, Th, F	9:00 am-12:00 pm
No Class	12/30, 1/3		

Become a YouTuber (Winter & Spring)

Campers will advance both their coding and vlogger skills as they create a complex Scratch, MakeCode, or Roblox game and accompanying video tutorial to be uploaded to their own personalized YouTube channel

Community Center: Soroptimist Room 1

WINTER SESSIONS

\$315 /\$295 (Dist. Res.)

6053.705	12/23-12/27	M, Th, F	9:00 am-12:00 pm
No Class	12/24, 12/25		

SPRING SESSION

\$325 /\$305 (Dist. Res.)

6053.813	4/7-4/11	M, Th, F	9:00 am-12:00 pm
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Future Minds Ai Academy (Winter)

As Artificial Intelligence (AI) becomes more present in every aspect of life, it is critical that our children have the tools and understanding to operate in this future world. This Camp is designed for Ninjas ages 8+ to learn about the fundamentals of AI development and application through a variety of activities in coding, games, and robotics. Ninjas will use their growing knowledge of AI to develop their own creations.

Community Center: Soroptimist Room 1

\$315 /\$295 (Dist. Res.)

6053.709	12/30-1/3	M, Th, F	9:00 am-12:00 pm
No Class	12/31, 1/1		

LEGO Robotics Junior (Spring)

5-8 yrs

Throughout this camp, the students will make projects like Fast Lane, Classic Carousel, Spinning Ferris Wheel using the LEGO® SPIKE™ Essential robotics kit, the students will learn the fundamentals of how to design, build, and code robots. They will also apply their new knowledge of sensors, motors, and coding as they construct their own creations.

Location: Off Site

Code Ninjas 1661 Botelho Drive, Suite 160
Walnut Creek, CA 94596

\$385 /\$365 (Dist. Res.)

6053.811 4/7-4/11 M-F 9:00 am-12:00 pm

Intro to Roblox (level 1) (Winter & Spring)

Learn the basics of game building and creative development in Roblox, an exciting, online gaming platform. The students will spend their time building and exploring new worlds in Roblox before sharing their creations locally and globally. This camp will teach the students how to plan, design, and build their own 3D world to create much more than just a game!

WINTER SESSIONS

Community Center: Soroptimist Room 1

\$315 /\$295 (Dist. Res.)

6053.706 12/23-12/27 M, Th, F 1:00-4:00 pm

Location: Off Site

Code Ninjas 1661 Botelho Drive, Suite 160
Walnut Creek, CA 94596

\$315 /\$295 (Dist. Res.)

6053.712 12/30-1/3 M, Th, F 1:00-4:00 pm

No Class 12/31, 1/1

SPRING SESSIONS

Location: Off Site

Code Ninjas 1661 Botelho Drive, Suite 160
Walnut Creek, CA 94596

\$384.97 /\$365 (Dist. Res.)

6053.815 4/7-4/11 M-F 1:00-4:00 pm

LEGO Robotics (Winter & Spring)

Throughout this camp, Ninjas Ages 8+ will make silly dancing robots, a working safe with password detection, a racing rhino, and more! Using the LEGO® SPIKE™ Prime robotics kit, Ninjas will learn the fundamentals of how to design, build, and code robots. They will also apply their new knowledge of sensors, motors, and coding as they construct their own creations.

WINTER SESSIONS

Location: Off Site

Code Ninjas 1661 Botelho Drive, Suite 160
Walnut Creek, CA 94596

\$315 /\$295 (Dist. Res.)

6053.708 12/23-12/27 M, Th, F 1:00-4:00 pm

No Class 12/24, 12/25

Community Center: Soroptimist Room 1

\$315 /\$295 (Dist. Res.)

6053.710 12/30-1/3 M, Th, F 1:00-4:00 pm

No Class 12/31, 1/1

SPRING SESSION

Location: Off Site

Code Ninjas 1661 Botelho Drive, Suite 160
Walnut Creek, CA 94596

\$325 /\$305 (Dist. Res.)

6053.812 4/7-4/11 M-F 1:00-4:00 pm

Code your own robot in Minecraft (Spring)

Ninjas will use code to control a robot in Minecraft Education Edition®. Through simple programming, they'll apply complex computer science concepts to automate the boring parts of Minecraft® such as farming, digging and more. Ninjas will use concepts like loops and functions to code crazy things like spawning hundreds of chickens from the sky! They will have a blast sharing their work and playing in a world together with their fellow campers.

Winslow Center: Rooms 1&2

\$384.97 /\$365 (Dist. Res.)

6053.810 4/7-4/11 M-F 1:00-4:00 pm

SNAPOLOGY

(Winter)

6-11 yrs

Instructor: Denise Lee

Community Center: Soroptimist Room 2

Mega Machines Robotics

Campers who have a love for LEGO® bricks and building will discover a new way with LEGO® Ed's WeDo 2.0 robotics, where their favorite vehicles and machines will "come alive" in movement and sounds. Building GoKarts, Pulley machines, space rovers, helicopters and more!

\$225 /\$205 (Dist. Res.)

5101.702 12/30-1/3 M, Tu, Th, F 9:00 am-12:00 pm

No Class 1/1

\$10 lab fee payable to instructor at first day of camp

SPANISH BREAK (Winter & Spring)

Ages: 4-8

Instructor: Miriam Lattanzi

Community Center: Preschool Room #1

Children are eager to learn new languages. With Miriam, children will learn Spanish in a hands-on interactive and stimulating environment. During this Spring Break Camp, students will have fun going on-scavenger hunts, bingo walks, music, crafts and many more fun activities. They will create a book about the wonderful Spring adventures. Pack a healthy snack and lunch.

WINTER SESSION

\$277 /\$257 (Dist. Res.)

6632.710 12/23-12/27 M,Th,F 9:00 am -1:00 pm

SPRING SESSION

\$465 /\$445 (Dist. Res.)

6632.801 4/7-4/11 M-F 9:00 am -1:00 pm

\$10 lab fee payable to instructor at first day of camp

I HEART ART

(Spring)

7-12 yrs

Instructor: I Heart Art Staff

Senior Center: Arts & Crafts

AFTERNOON ART

Join us for a week of Spring inspired art projects using all different art mediums including clay, paint, printmaking, sewing, and more! We believe creativity empowers kids through problem-solving and we can't wait to have a creative Spring Break with you!

\$450.00 /\$430 (Dist. Res.)

6069.802 4/7-4/11 M-F 2:30 pm-5:00 pm





TEEN Scene



Teen Scene programs are designed for youth in grades 6–12 unless otherwise noted. Some programs are open to youth and adults.

TEEN AFTER-SCHOOL PROGRAM

Grades 6–12

Monday–Friday @ Pleasant Hill Teen Center School Dismissal until 6:00 pm

Register for our popular Teen afterschool program for the 2024–2025 school year! Registration now open! Our afterschool Program (ASP) offers a perfect combination of fun structured activities and time to just hang out with friends. Program activities include homework help, sports, computers, ping-pong, foosball, outdoor fitness, and games. Snack Shack open daily. For more program details, visit pleasanthillrec.com/246.

Fees: \$12.50/day | \$17/day with transportation from WMS & PHMS.

Annual membership fees: \$66/\$55 (Dist. Res.)

Classes subject to cancellation if minimum participation is not met five business days before the start of the class.

BABYSITTING 101 FOR BEGINNERS

10–16 yrs

Instructor: Morgan Dziad
Senior Center: Classroom 3

Learn the skills needed to be a trusted and responsible babysitter. Learn all about childhood development, bedtime strategies, positive redirection, how to get a job, 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. Students should bring a water bottle, snack and dress to play! Participants will earn their babysitting certificate upon successful completion of the course.

\$144 /\$124 (Dist. Res.)

5105.701	3/2	Su	10:00 am-2:00 pm
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BAY AREA DRIVING SCHOOL – ONLINE DRIVER'S ED

15 yrs & up

Receive DMV-approved Certificate of Completion. Class login info shared by Bay Area Driving School staff

Online Course

DMV allows Teens to receive their Learner's Permit at age 15 ½ and a license at age 16. This class is the first, required step that must be completed. This is an online course with videos, animated driving scenarios and sample test questions. Learn the rules of the road, major causes of traffic collisions, DMV procedures and much more. A licensed instructor is available to answer any questions.

Sign up @ safetydrivesed.com/

Virtual LIVE Instructor

This is a virtual Driver's Education with a LIVE instructor. Students will enjoy a series of Driver's Education lectures including understanding the responsibilities of having a driver's license, learning the rules of the road and accident avoidance procedures. Independent assignments will also be completed during the week. Course also includes practice questions, defensive driving movies and written test prep. Upon successful completion, students will receive a certificate of completion.

\$230/\$210 (Dist. Res.)

5100.801	2/1-2/22	Sa	9:00 am-12:00 pm
5100.802	3/8-3/29	Sa	9:00 am-12:00 pm

VILLAGE MUSIC SCHOOL

Instructor: Village School

Off-Site: Village Music School
1720 Linda Dr., Pleasant Hill, CA

Project Rock Band – Headliners

12-17 yrs

Want to play your favorite song in your own Band? Project Rock Band is for you! This program is specifically designed for younger students. Each season provides band members with musical milestones in a format that is ideal for young beginners. Together with their instructor, bandmates create their set list based on the musical strengths and interests of the group. The Village Music School team creates custom arrangements ideal for all students, genres, and instruments. Each student will receive musical parts that are tailor made for their level of skill and ability. All bands perform in our Season Finale Show in a local music venue
Instruments: Guitar, Voice, Bass, Drums, Voice, Piano/Keyboard. Experience necessary. One year of lessons required or strong teacher recommendation. Live Performance TBD.

\$725 /\$705 (Dist. Res.)

6057.81	1/27-5/28	M	6:00 pm-7:30 pm
No Class	2/17, 3/10, 3/24, 3/31, 4/7		

\$925 /\$905 (Dist. Res.)

6057.811	1/29-5/28	W	6:00 pm-7:30 pm
No Class	4/9		

TEEN SPORTS

SKATEBOARDING

New!

Age: 6-14 yrs

Rob Skate Academy: Skateboarding 101
Instructor: Nathan Stark (Rob Skate)

Offsite-(Sun Valley Mall) 476 Sun Valley Mall, Concord, CA 9452.

Located on the 2nd floor, east side of the mall, at the back entrance next to JC Penny. Our professional instructors use hands-on teaching methods, we provide each student with a solid foundation on the basics of skateboarding, plus fun floor games! (Dodgeball, red light green light etc.). Please bring knee, elbow and wrist pads if you have them, along with water/snacks.

\$309/\$289 (Dist. Res.) (4 Classes)

5187.801	12/30-1/3	M-F	9:00 am – 12:00 pm
No Class	1/1		

Adult

ADULT



GOLDEN NOTES CHORUS

Instructor: Douglas Emigh
Senior Center: Chateau Room

Do you love to sing? Can you read music? If you answered yes, you should join Golden Notes! This mixed voice chorus was established over 50 years ago and is flourishing. Please bring a 1.5 in 3-ring binder to the first class.

\$81/\$65 (Dist. Res.)

2350.801	1/21-4/1	Tu	9:30-11:30 am
No class	3/11		

Additional lab fee of \$10 payable at the first class to help defray the cost of the accompanist.

GUITAR INTRODUCTION

Instructor: John Waller
Winslow Center: Rooms 1 & 2

This guitar class will help motivate you to pick up the guitar and finally play it. We will start with the basics and work toward learning chords and easy songs to encourage you to keep playing. There are fun guitar riffs and exercises that will help you start. If you already have some technique then this class will help you get to the next level with more songs and exercises. Sign up to change your life forever.

\$156/\$136 (Dist. Res.)

4575.801	1/21-2/25	Tu	6:00-6:50 pm
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DRUMMING DROP-IN

Instructor: John Waller
Winslow Center: Rooms 1 & 2

Learn the very basics of rhythm with hand drums, bells and shakers. We start out slowly and get our hands to memorize the motions.

4574.801	1/21-2/25	Tu	7:00-8:00 pm
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\$15 cash (or check made out to PHRPD) pay directly to the instructor.

IMPROV ADULT SPONTANEOUS MIND

Instructor: Jaime Rich
Senior Center: Classroom 3

Laugh/Learn/Have fun/Play Games/Think on your feet. Improv for all levels, learn to make it up as you go and be in the moment. Gain confidence for stage work or everyday life.

\$116/\$96 (Dist. Res.)

4062.801	2/4-2/25	Tu	5:00-6:30 pm
4062.802	3/4-3/25	Tu	5:00-6:30 pm

SPECIAL INTEREST CLASSES

ACRYLIC PAINTING WORKSHOP

Instructor: Allison Trestor
Senior Center: Dining Room

In this fun workshop, learn to paint with acrylics on a 16 x 20 canvas. The instructor will guide you step by step and is perfect for all levels, even beginners! All materials are provided. Complete a beautiful work of art to take home with you and enjoy in your home.

1 Day Workshop

\$25/\$20 (Dist. Res.)

2266.801	1/25	Sa	9:30 am-12:00 pm
2266.802	2/22	Sa	9:30 am-12:00pm
2266.803	3/15	Sa	9:30 am-12:00 pm

\$10 materials fee due to instructor at first class. Cash only.

Priority Registration for District Residents (Dist. Res.)

Learn more about a new benefit for people residing within Pleasant Hill Recreation & Park District boundaries.

See back cover »

EXPLORING WATERCOLOR

Instructor: Casey White
Senior Center: Arts & Crafts Room

Perfect for the continuing artist who wants a fresh start or needs a gentle push along their way. Students will work together in a series of little paintings using the magic of watercolor to create our own Artists Voice. Supply kits are no longer available for purchase through the instructor.

\$115 /\$95 (Dist. Res.)

2231.801	1/7-2/18	Tu	9:30 am - 12:00 pm
2231.802	3/4-4/15	Tu	9:30 am - 12:00 pm
No class	1/14, 4/1		

FLY TYING BASICS

Instructor: Diablo Valley Fly Fishing Club
Senior Center: Arts & Crafts Room

Learn to use a variety of natural and synthetic materials to create artificial flies for catching fish including trout, large-mouth bass and striped bass in Northern CA. Instruction will be provided by the Diablo Valley Fly Fishermen. A list of fly-tying tools will be provided to students prior to the first class. Basic tying kits with the needed tools may be rented for the duration of the course for \$20 payable to the instructor.

\$125/105 (Dist. Res.)

4181.801	1/9-2/27	Th	7-9:15 pm
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RETIREMENT PLANNING

Instructor: Vista Advisor Group

Are you prepared for retirement? Learn how to create an informed plan to retirement while integrating your own goals and values with your finances. You will learn to use tax laws to your advantage and to properly allocate your assets while minimizing risks and maximizing returns. Individual situations addressed. 233 page class notebook included in class fee and one copy is provided to each couple or each individual person. Attendee may bring spouse or partner to class at no additional charge.

\$61.25/\$49 (Dist. Res.)

Community Center: McHale Room

4608.802	2/4-2/11	Tu	6:30-9:30 pm
4608.804	2/18-2/25	Tu	6:30-9:30 pm

Senior Center: Classrooms

4608.801	2/1-2/8	Sa	6:30-9:30 pm
4608.803	2/15-2/22	Sa	6:30-9:30 pm

WILLS, TRUSTS & ESTATE PLANNING

Instructor: Randall Thompson
Senior Center: Classrooms

Estate planning is crucial. Everyone needs this information for themselves, their parents and their children. This class covers wills, living trusts, joint tenancies, beneficiary designations and tax planning. Determine when your existing estate planning documents need to be updated. Learn how to avoid capital gains and probate fees. Randall Thompson is an experienced attorney and an Adjunct Professor at Diablo Valley College. Each person attending must sign up.

\$25/\$20 (Dist. Res.)

4610.801	2/5	W	7:00-8:30 pm
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QUILTING

Instructor: Carol Madsen
Senior Center: Chateau Room

Beginning Quilting

Emphasis on the beginning skills necessary to create your own simple quilt. More experienced quilters are also welcome to join the class. A supply list will be given out at the first class. Bring sewing machine, thread, fabric, scissors, rulers, rotary cutter. No experience necessary.

\$100/\$80 (Dist. Res.)

2243.801	1/13-3/31	M	12:30-3:00 pm
No class 1/20, 2/17			

Quilting Beyond the Basics

Emphasis on quilting patterns using various techniques, some simple and others more complex. Bring sewing machine, thread, fabric, scissors, rulers, rotary cutter. Participants should have completed at least one quilt.

\$100/\$80 (Dist. Res.)

2244.801	1/13-3/31	M	9:30 am-12:00 pm
No class 1/20, 2/17			

Senior Center: Classrooms

Quilting Basics +

Quilting class topics include: use of color, picking out fabrics, piecing techniques, rotary cutting, introduction to machine quilting, basting, binding & more. Beginners work on a lap sized quilt using basic techniques while more advanced techniques will be taught to those with more experience. Handouts given on the 1st day of class. Bring sewing machine, fabric, thread, needles, pins, scissors, rotary cutter, additional sewing supplies. Supply list will be given on first night.

\$108 /\$88 (Dist. Res.)

2245.801	1/14-3/25	Tu	6:00-8:30 pm
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DANCE CLASSES

SATURDAY LINE DANCE

Instructor: Millie Dusha
Senior Center: Dance Studio

A combination of country-western, polkas, waltzes and line dances for men and women. Partners are not required! Note: Please refrain from wearing heavy perfumes and scents; instructor experiences perfume allergies.

Drop In: 1 class, \$5; 2 classes, \$8; 3 classes (same day): \$10
Saturdays, 1/4--3/22

Basics (new to line dancing):

8:15-9:00 am

Beginner (basic knowledge required):

9:00-10:00 am

Improver (more advanced steps):

10:00-11:00 am

Intermediate (most advanced):

11:15 am-12:30 pm

No Class 3/29

MONDAY LINE DANCE

New!

Instructor: Tessie Aczon
Senior Center: Dance Studio

A combination of country-western, polkas, waltzes and line dances for men and women. Partners are not required!

Drop In: 1 class, \$5; 2 classes, \$8; 3 classes (same day): \$10
Mondays, 1/6--3/31

Basic beginner (new to line dancing):

12:30-1:30 pm

Beginner/Improver (must know basic steps):

1:30-2:30 pm

Improver/Intermediate (more advanced steps):

2:30-4:00 pm

No Class 1/20, 2/17



Online CLASSES

ANYTIME. ANYWHERE.

- Accounting & Finance
- Business
- College Prep
- Computer & Technology
- Health Care & Medical
- Language & Arts
- Personal Development
- Teaching & Education





WAKE UP & MOVE, TAP BASICS, TAP INTERMEDIATE

Instructor: AJ Rogers
Senior Center Dance Studio

4 Class anytime punch-card: \$80

Can be used for any of AJ Rogers' regularly scheduled Adult Dance/Fitness classes at the Pleasant Hill Senior Center: Wake-Up and Move or Tap Basics or Tap Intermediate

Fridays 1/10-3/28

Wake Up and Move 9:00-10:00 am

A fun class designed to stretch and dance your way to fitness, improve balance, coordination and body alignment. Includes warm-ups, dance and total body movements to music. Each class ends with breathing and stretching.

Adult Tap Basics 10:00-11:00 am

Did you tap in your childhood, or are you interested in trying something new? Adult Tap Basics is a great start for any newcomer or adults who have danced in the past and want to get those Tappers back on! Come in and enjoy an entertaining class that works on flexibility, strength, and technique along with the true vocabulary of each movement. Need to bring your own tap shoes.

Adult Tap Intermediate 11:00 am-12:00 pm

For adults who have tap danced in the past or already taken the beginner class and are ready to take it to the next level. Unsure if this is the level of class for you? Please check with the instructor. Come in and enjoy an entertaining class that works on flexibility, strength, and technique along with the true vocabulary of each movement. Need to bring your own tap shoes.

SOCIAL BALLROOM DANCE

Instructor: Alberta Bagneschi
Senior Center: Chateau Room

Singles and couples welcome. Are you looking for a fun hobby, weekly date night or a place to meet new people? Then, our Social Ballroom Dance Class is the place for you! Let us show you what a great dancer you can become. Bring your favorite partner, or come as a single and learn to dance to the music you've always loved. Feel comfortable and confident to join in on the dance floor at parties, cruises, and weddings. This class will provide students with all the easy basics needed in Ballroom and Latin style dancing. Each student must register separately (but you are welcome to dance with only your partner if you both sign up).

\$85/\$65 (Dist. Res.)

Waltz & Swing

Beginning
4114.801 1/8-1/29 W 7:00-8:00 pm

Intermediate
4114.802 1/8-1/29 W 8:00-9:00 pm

Fox Trot & Cha Cha Cha

Beginning
4114.803 2/12-3/5 W 7:00-8:00 pm

Intermediate
4114.804 2/12-3/5 W 8:00-9:00 pm

Rumba & Salsa

Beginning
4114.506 3/18-4/9 W 7:00-8:00 pm

Intermediate
4114.506 3/18-4/9 W 8:00-9:00 pm

WEDDING FIRST DANCE & SPECIAL OCCASION DANCE WORKSHOP

Instructor: Alberta Bagneschi
Senior Center: Chateau Room

Couples only. Only one person needs to sign up per couple and you will be prompted to list your partner's name during the check-out process. The date is set, your plans are made. Now make the most of your first dance together! Make that special moment one you'll always remember. Learn both the Waltz and Fox Trot-traditional and contemporary wedding dances. For wedding couples (and others interested in special occasion dances).

\$88/\$70 per couple (Dist. Res.)

4114.805 3/12 W 7:00-9:00 pm

BOLLYWOOD & BEYOND

Instructor: Layla Habib
Senior Center: Dance Studio

This Bollywood inspired dance fitness program that combines dynamic choreography with the hottest music from around the world. This 50-minute cardio workout cycles between higher and lower intensity dance sequences to get you moving, sweating and motivated.

\$90/\$72 (Dist. Res.)

4660.801 1/29-3/5 W 6:00 pm-6:50 pm

BELLY DANCE TECHNIQUE LEVEL I & II

Instructor: Sharifa M
Senior Center: Dance Studio

Belly Dance is fun, good for cardio health, balance and flexibility. Learn the beginner techniques and short choreographies. Includes warm-up and stretching. Level II: Take your dance performance to another level! Focus will be on solo improvisation and choreography covering anything from props and balancing, to cymbals, modern and traditional style of belly dance. Wear loose exercise clothing, bring slippers or go barefoot. Bring or borrow a hip scarf. This class includes both level I & II.

\$81/\$65 (Dist. Res.)

4133.801 1/14-2/11 Tu 7:00-8:15 pm

4133.802 2/25-3/25 Tu 7:00-8:15 pm

FILIPINO FOLK DANCE

Instructor: Alverna Arellano
Senior Center: Dance Studio

Come and enjoy learning a colorful Filipino dance, padango oasioas, with handkerchief and tea lights.

Free Demo Class

4135.800	1/27	M	5:30-6:00pm
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\$170/\$150 (Dist. Res.)

4135.801	2/3-3/24	M	5:30-7:00 pm
No Class	2/17		

NIA-TECHNIQUE DANCE EXERCISE: MUSIC, MOVEMENT, MAGIC

Instructor: Kathleen Bate
Senior Center: Dance Studio

Are you looking for strength, healing, better balance? Nia provides a safe, supportive, encouraging environment to move to feel better and to get a great aerobic workout. Nia's world musical rhythms and wide variety of moves in fun choreography will feed your spirit and leave you energized and smiling! Optional: Yoga mat and water.

\$103 /\$83 (Dist. Res.) Drop-in Fee \$18

4692.801	1/7-2/11	Tu	5:45-6:45 pm
4692.802	2/18-3/25	Tu	5:45-6:45 pm

FITNESS CLASSES

MOVING TO HEAL NIA, MOVING TO FEEL BETTER

Instructor: Kathleen Bate
Senior Center: Dance Studio

Are you looking for strength, healing, better balance? Nia provides a safe, supportive, encouraging environment to move to feel better and to get a great aerobic workout. Nia's world musical rhythms and wide variety of moves in fun choreography will feed your spirit and leave you energized and smiling! This class adapted for different levels of fitness is a 45 minute class done in a chair or standing. Optional: Yoga mat and water.

\$81/\$65 (Dist. Res.) Drop-in Fee \$15

4693.801	1/6-2/24	M	10:30-11:15 am
No Class	1/20, 2/17		

\$69/\$55 (Dist. Res.) Drop-in Fee \$15

4693.802	3/3-3/31	M	10:30-11:15 am
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MOVING TO HEAL NIA *New time!*

Instructor: Imi Cooke
Senior Center: Dance Studio

Are you looking for strength, healing, better balance? Nia provides a safe, supportive, encouraging environment to move to feel better and to get a great aerobic workout. Nia's world musical rhythms and wide variety of moves in fun choreography will feed your spirit and leave you energized and smiling! This class adapted for different levels of fitness is a 45 minute class done in a chair or standing. Optional: Yoga mat and water.

\$81/\$65 (Dist. Res.) Drop-in Fee \$15

4694.801	1/9-2/13	Th	10:30-11:15 am
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\$69/\$55 (Dist. Res.) Drop-in Fee \$15

4694.802	2/20-3/27	Th	10:30-11:15 am
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WEIGHT & STRENGTH

Instructor: Debbie Murdock
Senior Center Dance Studio/Chateau Room

Jump-start your day with a combination of low-impact weight work. Students should bring hand weights and a mat. Purchase punch card from instructor or purchase punch card online and bring a printed receipt to instructor to receive your physical punch card. Held in Dance Studio Mondays and Chateau Room Thursdays.

7-class anytime punch card: \$70

1/6-3/31	M & Th	9:00-10:00 am
No Class	1/20, 2/17	

NORDIC WALKING *New!*

Instructor: Helene Le Guiniec
Senior Center: Outside Main Entrance

Nordic walking is a full-body workout that combines regular walking with the use of specially designed poles to engage the upper body muscles. This low-impact exercise improves cardiovascular health, strengthens muscles, and enhances coordination and stability, all while enjoying the great outdoors. The ALFA technique is a foundational method for learning proper Nordic walking form and maximizing the benefits of this exercise. Wear comfortable clothes and shoes and bring a water bottle. Nordic walking poles provided. This class will be held outdoors at Pleasant Hill Park.

\$63/\$50 (Dist. Res.)

2315.801	1/15 & 1/17	W/F	9:30-10:30 am
2315.802	1/29 & 1/31	W/F	9:30-10:30 am
2315.803	2/12 & 2/14	W/F	9:30-10:30 am
2315.804	2/26 & 2/28	W/F	9:30-10:30 am
2315.805	3/12 & 3/14	W/F	9:30-10:30 am
2315.806	3/26 & 3/28	W/F	9:30-10:30 am
2315.807	1/25	Sat	9:30-11:30 am
2315.808	2/22	Sat	9:30-11:30 am
2315.809	3/22	Sat	9:30-11:30 am

WORKSHOP-ZUMBA GOLD, BARRE PILATES FUSION, CARDIO DRUMMING

Instructor: Jenifer Mann
Senior Center Dance Studio *New!*

Free demo workshop for 3 new classes: Zumba Gold, Barre Pilates Fusion, Cardio Drumming.

This one hour workshop will give you a sample of each of these fun new classes. Appropriate for all fitness levels, including chair-based. Registration required.

2209.800	1/14	Tu	10:00-11:00 am
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ZUMBA GOLD *New*

Instructor: Jenifer Mann
Senior Center Dance Studio

A fun class designed to stretch and dance your way to fitness, improve balance, coordination and body alignment. Includes warm-ups, dance and total body movements to music. Each class ends with breathing and stretching.

6 Class anytime punch-card: \$77 (can be used for any of Jenifer Mann's regularly scheduled Fitness classes at the Pleasant Hill Senior Center)

2209.801	1/21-2/25	Tu	9:15-10:00 am
2209.802	3/4-3/25	Tu	9:15-10:00 am



YOGA & MOVEMENT FOR EVERY BODY

Instructor: Gregory Riley
Senior Center: Chateau Room (Tuesdays)

Participate in this new, highly accessible Yoga class designed for Every Body. Greg has the knack for making the life-enhancing benefits of Yoga available to all and specializes in offering all movements in mild, medium and "spicy" variations, so everyone can participate at their current level of ability. Greg's teaching style is highly encouraging, non-judgmental, extremely effective and most of all, fun!

10-class punch card: \$150 (Drop in fee: \$17 to the instructor, checks payable to PHRPD)

4510.801	1/7-3/25	Tu	6:00-7:00 pm
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BARRE PILATES FUSION

Instructor: Jenifer Mann
Senior Center Dance Studio

New

Enhances posture through focusing on core strength, optimal alignment of the joints and improved balance. Our class is designed to be a full body workout that enhances endurance and creates long, lean muscles while increasing flexibility. You will love the results! Beginners welcome! Please bring a mat, 9 inch Pilates ball, set of 2 or 3 pound weights and a handled resistance band.

6 Class anytime punch-card: \$77 (can be used for any of Jenifer Mann's regularly scheduled Fitness classes at the Pleasant Hill Senior Center)

2207.801	1/21-2/25	Tu	10:15-11:00 am
2207.802	3/4-3/25	Tu	10:15-11:00 am

CARDIO DRUMMING

Instructor: Jenifer Mann
Senior Center Dance Studio

New

Combines cardio exercise and drumming to the music in an easy but effective workout. It's a fun, fast paced way to get your heart rate up, improve your rhythm, and burn calories. Be one of the first to try this fun and exciting new class. Bring a pair of drumsticks, and a 22" or 26" yoga ball. Beginners welcome! Appropriate for all fitness levels, can be modified for chair based or standing.

6 Class anytime punch-card: \$77 (can be used for any of Jenifer Mann's regularly scheduled Fitness classes at the Pleasant Hill Senior Center)

2208.801	1/21-2/25	Tu	11:15 am-12:00 pm
2208.802	3/4-3/25	Tu	11:15 am -12:00 pm

FENCING

Instructor: James Parker -
District Fencing instructor for 35 years.
Winslow Center: Assembly Room

Fencing is a physical and mental challenge, developing mind and body while improving agility, alertness, balance, coordination and competitiveness. Drop-in class is for experienced fencers. \$10 per night/person

Drop in fee: \$10

4630.801	1/6-3/31	M	7:00 pm-10:00 pm
No Class 1/20, 2/17			

TOTAL FITNESS

Instructor: Christie Tomlinson
Community Center: Dance Studio 1 & 2

Work your body from head to toe, inside and out! A ten-minute warm-up; a 30-minute aerobic (cardiovascular) segment; then toning and strength training. Last, a cool down/stretch. Modifications given so every BODY can work at its own pace! Bring mat/towel, water bottle, hand weights.

\$145/\$125 (Dist. Res.)

4636.801	1/6-3/10	M	5:45-7:00 pm
No Class 1/20, 2/17			

\$160/\$140 (Dist. Res.)

4636.802	3/17-5/19	M	5:45-7:00 pm
No Class 4/7, Class 4/14 at the Senior Center Dance Studio			



MEDITATION & MINDFULNESS

Instructor: Gregory Riley
Senior Center: Dance Studio

Find serenity, peace, and happiness through the time honored practice of meditation. Everyone can do it, it's time you did! Wear comfortable clothes. Class can be done while seated in a chair.

5 class punch card: \$75 (Drop in fee: \$15 to the instructor, checks payable to PHRPD)

4511.801	1/3-3/28	F	1:30-2:30 pm
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TAI CHI/BALANCE CLASSES

Tai-Chi and Qigong
 Instructor: Jon Finch
 Senior Center: Dance Studio

Learn and practice tai chi and qigong: gentle movements to improve mental focus, increase balance, strength and flexibility, quiet the mind and relieve stress. Each class includes meditative qigong and tai chi style movement. Great for beginners and adults of all ages.

\$105/\$85 (Dist. Res.)

2210.801	1/8-2/26	W	1:00-2:00 pm
2210.802	3/5-4/23	W	1:00-2:00 pm

BALANCE – CHAIR BASED TAI CHI

Instructor: Jon Finch
 Senior Center: Dance Studio

Gentle movements and exercises that can be done seated or standing (chairs provided). Classes include qigong and tai chi style movement to improve mental focus, flexibility, strength, balance and general health.

\$105/\$85 (Dist. Res.)

2219.801	1/7-2/25	Tu	1:00-2:00 pm
2219.802	3/4-4/22	Tu	1:00-2:00 pm



TAI-CHI CHUAN

Instructor: Bryce Ikeda
 Senior: Center Dance Studio

Tai-Chi Chuan – Second Set

Ongoing practice of Tai Chi Chuan Yang style long form. This class is for the student that is comfortable with the first set and would like to learn the second. Classes will include Standing Meditation, Qigong, and a breakdown of the second set.

\$94 /\$75 (Dist. Res.)

2310.801	1/7-2/18	Tu	2:30-3:30 pm
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\$105 /\$85 (Dist. Res.)

2310.802	3/4-4/23	Tu	2:30-3:30 pm
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Tai-Chi Chuan – Third Set

Ongoing practice of Tai Chi Chuan Yang style long form. This class is for the student that is comfortable with the first and second and would like to learn the third. Classes will include Standing Meditation, Qigong, and a breakdown of the third set.

\$94 /\$75 (Dist. Res.)

2311.801	1/8-2/19	W	11:00 am-12:00 pm
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\$105 /\$85 (Dist. Res.)

2311.802	3/5-4/23	W	11:00 am-12:00 pm
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Tai-Chi Chuan – Practice

Ongoing practice of Tai Chi Chuan Yang style long form. This class is for the student that is comfortable with all three sets and is interested in refining and improving their form. Classes will focus on the needs/problems presented by students that day. This class only has changed to a punch card that is good for five classes, and can be used from one session to another.

5 Class punch card: \$55

2312.801	1/8-2/19	W	9:30-10:30 am
2312.802	3/5-4/23	W	9:30-10:30 am



Adult SPORTS

ADULT LEAGUES

TEAM REGISTRATIONS:

- Basketball (3v3 & 5v5)
- Bocce
- Flag Football
- Soccer (5v5)
- Softball

For league details:

www.pleasanthillrec.com/288
 (925) 682-0896 or email
vdavis@pleasanthillrec.com

Please check the sport page you are most interested in for all registration information. Registrations (team registrations only) and roster requirements are now processed completely online.

DROP-IN ADULT SPORTS

18+ yrs BADMINTON

Location: PH Middle School Gym,
 1 Santa Barbara Road.

\$8 p/person (CASH ONLY)

Fridays 7:30 pm - 9:30 pm

BASKETBALL

Location: PH Middle School Gym, 1 Santa Barbara Road.

\$8 p/person (CASH ONLY)

Fridays 5:30 - 7:30 pm

CORNHOLE BAG TOSS: TOSS'N TUESDAYS!

All Skill Levels - Great People

Location: Winslow Center, 2590 Pleasant Hill Road, PH (corner of PH Rd & Taylor)

\$7 p/person

Tuesdays 6:30 - 9:00 pm

PLEASANT HILL DOLPHINS SWIM TEAM



Have Fun! Swim Fast! The Pleasant Hill Dolphins is a summer recreational swim team. Daily practice with instruction in all four competitive strokes, racing starts and turns and swim meets in the summer. The team also offers special activities for swimmers and their families. Swimmers must be able to swim 25 yards of freestyle (face in the water with rhythmic breathing) and 25 yards backstroke. Questions? Email Head Coach Talli Pitcher at tpitcher@pleasanthillrec.com

PRACTICE SCHEDULE

Season runs 4/14-7/25

Spring Practice held at PH Aquatic Park: 147 Gregory Lane

Summer practice at PH Education Center Pool: 1 Santa Barbara Road

Alternate PM practice for all age groups available for those unable to make AM practice, 6:00-7:00 pm.

Age as of 6/15/25	Activity Code	Spring 4/14-6/5 M-Th	Summer 6/9-7/25 M/Tu/Th/F
6 & under	8223.901	4:15-4:45 pm	10:45-11:30 am
7-8	8224.901	4:45-5:30 pm	10:45-11:30 am
9-10*	8225.901	5:45-6:45 pm*	9:30-10:30 am
11-12*	8226.901	5:45-6:45 pm*	9:30-10:30 am
13-14*	8227.901	6:45-7:45 pm*	8:00-9:30 am
15-18*	8228.901	6:45-7:45 pm*	8:00-9:30 am

*For 9-18 swimmers: all practices are at PH Education Center Pool.

No practice May 26, June 19, July 3-6.

County meet qualifying swimmers practice through Aug 1.

All practices move to PH Education Center Pool on May 12.

Registration: December 9 (Dist. Res.)/December 11 (non-res.), 2024-May 19, 2025 at the District Office (Mon-Fri, 9:00 am-5:00 pm) or online at www.pleasanthillrec.com. For more information, call 682-0896.

Registration Fees (14 & under swimmers)

12/9-2/28	\$585/\$565 (Dist. Res.)
3/1-3/31	\$620/\$600 (Dist. Res.)
After 4/1	\$650/\$630 (Dist. Res.)

Registration Fees (High School Swimmers)

12/9-3/31	\$415/\$395 (Dist. Res.)
After 4/1	\$445/\$425 (Dist. Res.)

Fee includes team t-shirt. Register early to take advantage of the optional payment plan and make sure you get a spot on the team! Some age groups will fill.

Work Assignments: Parents/families play a vital role in the success of this program and parent participation is required. \$750 Family Deposit (per family) must be paid at the time of registration to the Pleasant Hill Dolphins Parent Club. Checks will only be cashed if work assignments are not completed.

Parent Meeting will be held Thursday, May 8 at 7:00 pm at the Teen Center to discuss work requirements. See www.pleasanthilldolphins.com for more information.

Aquatics



New 10 & under swimmers must attend a free swim try out to ensure correct placement, but may register before attending try outs.

MINI-DOLPHINS

8 yrs and Under

A program for young swimmers who are not quite ready for the Dolphins Swim Team. Swimmers will be instructed in all competitive strokes. Depending on progress/ability, participants may join the Dolphins. Summer Mini-Dolphins participate in age group/end-of-season parties, receive a team t-shirt and swim in the last home meet. New Minis must register for and attend a free Swim Try Out.



SPRING

PH Aquatic Park: 147 Gregory Lane

\$245/\$225 (Dist. Res.)

8200.901	4/14-6/5	Tu/Th	4:15-4:45 pm
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SUMMER

Registration Deadline: Monday, 6/2.

PH Education Center Pool: 1 Santa Barbara Road

\$270/\$250 (Dist. Res.)

8200.902	6/9-7/24	M/Tu/Th	11:30-12:00 pm
8200.903	6/9-7/24	M/Tu/Th	5:20-5:50 pm NEW PM Option!

Practices subject to change due to events.

Check weekly email for updates. No practice 6/19, 6/30, 7/3-7/6

CLINICS

Clinics fill fast! New swimmers **may** register for programs before attending mandatory try outs. All new swimmers should start with a Free Swim Try Out and in Pre-Swim Team Clinic.



Pre-Swim Team

Instructor: Talli Pitcher
PH Aquatic Park: 147 Gregory Lane

Designed for swimmers without swim team experience, but who want to join a swim team. Students must be able to take breaths on their own while "swimming." Coaches are in the water for hands-on instruction. Repeat students welcome, but new swimmers must register for and attend a free swim try out.

4-5 yrs

\$146 /\$126 (Dist. Res.)

8208.801	3/4-4/3	Tu/Th	4:15-4:45 pm
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6-8 yrs

\$184 /\$164 (Dist. Res.)

8209.801	3/4-4/3	Tu/Th	4:45-5:30 pm
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9 yrs & up

For swimmers without swim team experience, who want to learn basic swim team skills before joining a team. Try outs are required for all new 10 & under swimmers to ensure correct program placement/registration.

\$184 /\$164 (Dist. Res.)

8210.801	3/3-4/2	M/W	6:30-7:15 pm
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Spring Swim Team Clinic

Instructor: Talli Pitcher
PH Aquatic Park: 147 Gregory Lane

For returning recreational swimmers - swimmers must have swim team experience or coach approval. Focus is on stroke technique and drill progressions for competitive swimming. This clinic does not conflict with County guidelines for Recreation Swim Teams. Swimmers must be able to swim 25 yards freestyle (face in the water with rhythmic breathing) and 25 yards backstroke. Coaches are on the deck for this program. Register based on age as of 6/15/2025.

4-day option: \$195/\$175 (Dist. Res.)

3-day option: \$165/\$145 (Dist. Res.)

2-day option: \$125/\$105 (Dist. Res.)

8 years and under

8212.801	3/3-4/4	M/W/F	4:15-5:00 pm	3 day
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8212.802	3/3-4/4	M/W/F	4:15-5:00 pm	2 day
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8-11 years

8213.801	3/3-4/4	M/W/F	5:00-5:45 pm	3 day
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8213.802	3/3-4/4	M/W/F	5:00-5:45 pm	2 day
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11 years and up

8214.801	3/3-4/3	M-Th	5:45-6:30 pm	4 day
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8214.802	3/3-4/3	M-Th	5:45-6:30 pm	2 day
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LIFEGUARD TRAINING

15 yrs & up

Instructor: Aquatic Staff
PH Aquatic Park: 147 Gregory Lane

Learn how to save a life and become an American Red Cross Lifeguard! After successful completion, the American Red Cross will issue certificates in Lifeguarding (including deep water) with CPR/AED for the Professional Rescuer and First Aid, Administering Emergency Oxygen and Title 22. Bring swimsuit, towel, resuscitation mask (receive in class), and lunch each day. This class consists of approximately six hours of online learning, which must be completed before the first-class meeting. Registration receipt will have a link to required online learning and instructions to access Lifeguarding Manual eBook. Required prerequisites must be successfully completed at first class; see pleasanthillrec.com for details.

\$270 /\$250 (Dist. Res.)

8715.702	12/27-1/4	Th/F/Sa	9:00 am-5:30 pm
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8715.801	2/8-2/23	Sa/Su	9:00 am-4:00 pm
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8715.802	3/2-3/16	Sa/Su	9:00 am-5:30 pm
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8715.803	4/7-4/11	M-F	9:00 am-5:30 pm
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8715.804	4/12-4/27	Sa/Su	9:00 am-5:30 pm
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No class 4/20



CLASSES

SO, YOU THINK YOU WANT TO BE A LIFEGUARD?

Instructor: Aquatics Staff
PH Aquatic Park: 147 Gregory Lane

Free!

If you are interested in becoming a lifeguard, but want to improve your swimming skills, this is the class for you! Sessions allow participants to practice their swimming skills in order to pass the lifeguard training pre-requisites. Sign up for one or multiple dates!

FREE!

11/2-3/22	Sa	9:00-10:00 am
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No class	11/30	
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SWIM Try Outs *Free!*

Try outs are required for all new 10 & under swimmers to ensure correct program placement. Pre-registration for try outs is required. You **may** register for programs before you attend try outs – some programs will fill before try outs.

PH Aquatic Park, 147 Gregory Lane

Friday, 1/31, 4:00 pm

Friday, 2/21, 4:00 pm

Saturday, 3/22, 10:00 am

Saturday, 5/17, 10:00 am
 (summer mini's only)

Note: Pools are subject to closure without warning, based on attendance, weather, emergencies and training, maintenance or safety issues.

LIFEGUARDING RECERTIFICATION

16 yrs & up

PH Aquatic Park: 147 Gregory Lane

For those who have taken a lifeguard training course and need to renew their certifications. Course includes lecture and video review, skills practice and testing (written and skills). Upon successful completion, the American Red Cross will issue certificates in Lifeguarding (Including Deep Water) with CPR/AED for Professional Rescuers and First Aid. Bring lunch. Must provide proof of current certification.

Instructor: Aquatics Staff

\$210 /\$190 (Dist. Res.)

8717.801	2/7-2/8	F	4:00-7:00 pm, Sa 9:00 am-4:00 pm
8717.802	3/22-3/23	Sa/Su	9:00 am-2:30 pm
8717.803	5/9-5/10	F	4:00-7:00 pm, Sa 9:00 am-4:00 pm

WATER SAFETY INSTRUCTOR (WSI) COURSE

15 yrs & up

PH Aquatic Park: 147 Gregory Lane

The American Red Cross WSI course provides training needed to teach courses in the ARC Swimming and Water Safety Program. After successful completion, you will be able to teach a variety of swimming and water safety classes. This is a blended learning class, and online learning must be completed between each class session, in addition to assigned homework. See www.pleasanthillrec.com for prerequisite swimming skills.

\$270/\$250 (Dist. Res.)

8718.801	12/21-12/27	Sa/M/Th/F	10:00 am-4:00 pm
8718.803	1/22-2/5	M/W Sa	4:00-7:15 pm 10:00 am-2:00 pm



WATER EXERCISE

LAP SWIM

16 yrs & up

PH Aquatic Park: 147 Gregory Lane

Stay fit, work on your stroke technique, improve your endurance; rejuvenate and energize your mind/body while you swim your way to a healthier life!

Daily Fee: \$10/\$8 (Dist. Res.) | Senior 55+: \$8/\$7 (Dist. Res.)

10-Swim Punch Card: \$84/\$68 (Dist. Res.) | Senior 55+ Punch Card: \$77 /\$62 (Dist. Res.)

Visit www.pleasanthillrec.com or call the District Office at (925) 682-0896 for a calendar to confirm hours. Holidays: 12/24-25, 12/31-1/1, 1/20, 2/17. Modified schedule during Winter Break (12/21/24-1/5/25).

WATER AEROBICS

Instructor: MaryBeth McCarthy

PH Aquatic Park: 147 Gregory Lane

A full body workout using the resistance of the water! Emphasis is on cardiovascular workout, toning muscles, and slimming the body. Swimming skills are not required.

6-Swim Water Aerobics Punch Card: \$95/\$76 (Dist. Res.) | Senior 55+: \$86/\$68 (Dist. Res.)

Punch cards are valid for 1 year from date of purchase.

Water Aerobics Punch Card is only valid for MaryBeth's classes.

Single Day | \$17/\$14 (Dist. Res.) | Senior 55+ \$16/\$13 (Dist. Res.)

Fees are based on the number of classes per session.

2 classes | \$26/\$21 (Dist. Res.) | Senior 55+ \$24/\$19 (Dist. Res.)

3 classes | \$39/\$31 (Dist. Res.) | Senior 55+ \$35/\$28 (Dist. Res.)

4 classes | \$52/\$42 (Dist. Res.) | Senior 55+ \$47/\$38 (Dist. Res.)

5 classes | \$65/\$52 (Dist. Res.) | Senior 55+ \$59/\$47 (Dist. Res.)

Mondays 8:00-9:00 am

8102.801	1/6-1/27	3 classes
8102.802	2/3-2/24	3 classes
8102.803	3/3-3/31	5 classes
8102.804	4/7-4/28	4 classes
No Class	1/20, 2/17	

Wednesdays 8:00-9:00 am

8103.801	1/8-1/29	4 classes
8103.802	2/5-2/26	4 classes
8103.803	3/5-3/26	4 classes
8103.804	4/2-4/30	5 classes
No Class	1/1	

Fridays 8:00-9:00 am

8104.801	1/3-1/31	5 classes
8104.802	2/7-2/28	4 classes
8104.803	3/7-3/28	4 classes
8104.804	4/4-4/25	4 classes

Tuesdays (PM)

8105.801	1/7-1/28	4 classes	6:30-7:30 pm
8105.802	2/4-2/25	4 classes	6:30-7:30 pm
8105.803	3/4-3/25	4 classes	7:00-8:00 pm
8105.804	4/1-4/29	5 classes	7:00-8:00 pm

Thursdays (PM)

8106.801	1/2-1/30	5 classes	6:30-7:30 pm
8106.802	2/6-2/27	4 classes	6:30-7:30 pm
8106.803	3/6-3/27	4 classes	7:00-8:00 pm
8106.804	4/3-4/24	4 classes	7:00-8:00 pm



NOW HIRING!

Enroll in a lifeguard training class now to be ready to make a difference this spring and summer serving your community.

For job descriptions, applications and deadlines, visit our website at www.pleasanthillrec.com/161

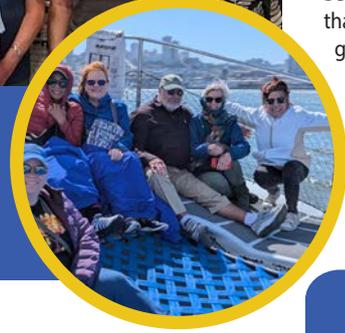
15 yrs & up

- Lifeguards
- Swim Instructors
- Swim Coach
- Cashiers

Travel WITH US

PLEASANT HILL RECREATION & PARK DISTRICT TRAVEL SERVICES

Pleasant Hill Recreation & Park District Travel Services offer a variety of exciting adventures that allow you to experience unique cultures and gain broader perspectives. Your travel with us will immerse yourself into the journey and amazing destinations. We make traveling easy for all with all-inclusive, organized trips that optimize your travel experience. No planning. No hassles. Just experience the convenience, journey, and adventure.



Travel

SPOTLIGHT ON SAN ANTONIO

APRIL 14-18, 2025 5 DAYS | 5 MEALS: 3 BREAKFAST, 2 DINNERS.

Day 1: San Antonio, Texas - Tour begins with a welcome to the "American Venice." Historic missions, River Walk restaurants, Spanish architecture, and a beautiful river as the city's centerpiece make this a truly remarkable city. This evening, get to know your fellow travelers at a welcome reception.

Day 2: Your day begins with a fascinating tour of San Antonio with a local guide. History and culture abound with a visit to two UNESCO World Heritage sites. Visit the Mission San José, the second mission established by Fray Antonio Margil de Jesus in 1720. Then it's off to visit one of America's most historic sites, the Alamo, which played a critical role in the Texas Revolution. People worldwide continue to remember the Alamo as a heroic struggle against impossible odds – a place where men made the

ultimate sacrifice for freedom. Next, browse for one-of-a-kind goods at El Mercado, the Mexican Marketplace. Board a boat and drift along the Paseo del Rio, also known as the River Walk, one of Texas' most prized attractions. Learn more about the architecture and culture of the city on this relaxing narrated boat ride. Then, enjoy some leisure time to discover San Antonio on your own. This evening, enjoy dinner with your travel companions at a local restaurant. Journey to the German settlement of Fredericksburg for a visit to the National Museum of the Pacific War, dedicated to teaching and preserving this chapter of U.S. history. The old-time Southwest will surround you as you take time to independently explore the quaint shops. Enjoy the evening at leisure to explore San Antonio's beautiful River Walk, or venture further afield with your included Uber voucher.

Day 4 This morning, it's your choice! Visit the South Texas Heritage Center at the Witte Museum, an interactive museum dedicated to sharing the stories of San Antonio's people and the land that has shaped their lives -OR- explore the 33-acre grounds of the San Antonio Botanical Gardens with expansive rose gardens, conservatory with tropical vegetation, and the Texas Native Trail showcasing ecosystems from the diverse regions of the state. Next, explore the historic Pearl District, a revitalized, cultural hub full of unique eateries and shops. The rest of the afternoon is at leisure. This evening, enjoy the local flavors of Texas during your farewell dinner in the King

50+ PLEASANT Getaways

We offer special day and overnight excursions for 50+ seniors. Meet new friends and have fun as you explore Northern California in the company of fellow travel enthusiasts. To learn about the latest exciting day-trip adventures, check space availability and sign up:

CALL 925.798.8747

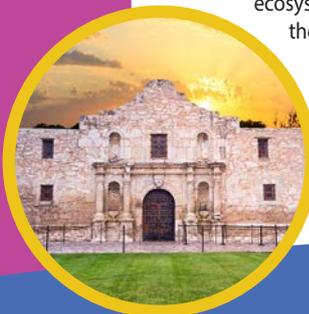
TRAVEL OFFICE HOURS:

Monday-Thursday
10:30 am-2:30 pm

DESTINATION Highlights

Mission San José
The Alamo,
El Mercado
Paseo del Rio Cruise

CHOICE ON TOUR:
Historic Pearl District
Frederiksburg
National Museum
of the Pacific War



William Historic District at a restored convent.

Day 5: Tour ends. San Antonio's natural beauty, history, cuisine, and people create an experience you'll always remember!

\$2,648 DOUBLE/\$3,048 SINGLE PP



50+

Senior Services:

- Advanced Health Care Directive Workshops
- Care Management Program
- Consult an Attorney Program
- County Nutrition Program (Café Costa-weekly lunch program)
- iHelp (help for Mac, iPad, iPhone users)
- Grief Support Group
- Medicare & Supplemental Insurance Policy Counseling (HICAP)
- Memory Café
- Movie & Book Library
- Vet-to-Vet Café

Senior Activities:

- American Mah Jongg
- Amistad—Spanish Resource Group
- Bingo
- Bocce Ball
- Boutique Group
- Bridge
- Calming Coloring
- Chair Volleyball
- Hand & Foot Card Game
- Men's Corner (Men's discussion group)
- Pinochle
- Tea Dance
- Ted Talks
- Weavers

Additional activities, see pleasanthillrec.com



2025 SENIOR MEMBERSHIP

Join the Pleasant Hill Senior Club now!

Annual membership is open to anyone 50 years and over for \$20, regardless of residency. Members receive a monthly newsletter and discounts on events and classes. Note: you do not have to be a member of the Senior Club to come to the Senior Center.

For more details on dates and times of the following services and activities please visit the website at www.pleasanthillrec.com and download a copy of the Senior Sounds monthly newsletter. Please note, at the time of this printing, activities may not be up-to-date. Check our website or call 798-8788 for more information.

EDUCATIONAL WORKSHOPS *New*

FREE to attend

(18+ yrs) Sunsatational Seniors Workshop

Senior Center: Classrooms

1/23	Th	10:30 am	Finding Balance in The New Year
2/27	Th	10:30 am	Why Choosing the Right Executor of Your Trust Is Crucial
3/27	Th	10:30 am	Difficult Conversations with Loved Ones

Contra Costa Senior Legal Services Presentations

Senior Center: Chateau Room

1/21	Tu	1:00 pm	Safeguarding Your Assets from SCAMS and Identity Theft
2/25	Tu	2:00 pm	Elder Abuse Signs and Remedies
3/18	Tu	1:00 pm	Advanced planning and Incapacity (AHCD, DPOA, POLST)

Digital Literacy Workshops—includes Q & A and 1 on 1 support

(in partnership with TresVista Assisted Living)

Senior Center: Classroom 3

1/21	Tu	9:30 am	Internet Breakdown
2/18	Tu	9:30 am	Digital Literacy Basics
3/18	Tu	9:30 am	Digital Literacy for Communication

Care MANAGEMENT PROGRAM

Learn about our Senior Care Management (SCM) program that provides resources for older adults to continue to live independently, safely, and with dignity for as long as possible. This program is partially funded by a Contra Costa County Community Block Grant. For a complete list of services, please contact our SCM program manager, Dana Busch at dbusch@pleasanthillrec.com or call (925) 798-8788 Ext. 640.



Hello

Michelle Lacy
General Manager

Dear Friends,

2025 is the year to thrive! Explore all the ways to energize your life, enhance your emotional/physical well-being, and elevate your fun! This first issue of the year is full of opportunities to reach personal goals, improve your health, keep active, learn something new, connect with others, make new friends or simply to get outside more and breathe. My personal goal this year is to take the new Nordic Walking class to get a low-impact, effective workout.

As we move forward into the new year, the District is introducing priority registration for District residents. Priority registration is a new benefit that gives people residing within District boundaries, the opportunity to register for activities two days before non-residents. District residents will also continue to enjoy a District resident discount on activity fees. These two benefits are our way to acknowledge local taxpayers whose property taxes support parks, open spaces and community facilities. Thank you.

Behind the implementation of new benefits, events and recreational activities, is a team of dedicated recreation and park professionals who make the magic happen. I want to not only recognize the list of employees on page 27 who are celebrating milestone employment anniversaries, but I want to applaud all District employees for their diligent, creative and unwavering efforts to make life better for all in Pleasant Hill.

Wishing you and your loved ones a happy and healthy New Year!

Warm regards,
Michelle Lacy, General Manager

Our Vision: To be the leaders in providing WOW! experiences every day.

Our Mission: Put people first.

BOARD OF DIRECTORS

Sandy Vinson, Chair **Bobby Glover, Member**
Quy Tran, Vice Chair **Sandy Bonato, Member**
Derek Wurst, Secretary

Board Meetings: 2nd & 4th Thursdays, 7:00 pm.
See website for details. In person.

3 WAYS TO REGISTER NOW!

Follow us
@pleasanthillrec



Online at www.pleasanthillrec.com
Visa/MasterCard/American Express accepted.
No convenience fees for online registration!



Phone: (925) 682-0896 M-F, 9:00 am-5:00 pm,
VISA/MasterCard/American Express/Discover accepted.



Walk-in:
Administration Office, 147 Gregory Lane, M-F, 9:00 am-5:00 pm.

District Resident registration opens Monday, December 9, 2024

Non-District Resident registration opens Wednesday, December 11, 2024

See class listings for exceptions to registration dates. **For refund and satisfaction guarantee info, visit pleasanthillrec.com/178/refund-policy**

ADMINISTRATIVE STAFF

- Michelle Lacy, General Manager**
- Chris Petlock, Administrative Services Manager**
- Tom Bradley, Park Superintendent**
- Holly Frates, Senior Services Manager**
- Ryan Herriman, Facilities Manager**
- Katrina Hunn, Youth Services Manager**
- Lance Hurtado, Building Maintenance & Facilities Management Superintendent**
- Korey Riley, Aquatics & Sports Manager**
- Jen Thoits, Marketing & Events Manager**
- Nicole Watson, Recreation Superintendent**

CO-SPONSORED CLUBS & ORGANIZATIONS

For club information, visit pleasanthillrec.com/clubs.html

- American Legion #331
- Contra Costa Camera Club
- Diablo Valley Track & Field
- Diablo Valley Macintosh User Group
- East Bay Artists Guild
- Friends of PH Library
- Las Juntas Artists
- Onstage Theatre
- PH Baseball Association
- PH DOG Owners Group
- PH 4th of July Commission
- PH Garden Study Club
- PH Historical Society
- PHMSA-AYSO Soccer
- PH Tennis Club
- Rodgers Ranch Heritage Center
- Society of Young Magicians
- Veterans of Foreign Wars

Classes subject to cancellation if minimum participation is not met five business days before the start of the class.

FACILITY & PARK LOCATIONS

Administration: 147 Gregory Lane
M-F, 9:00 am-5:00 pm
(925) 682-0896 • Fax (925) 682-1633

Aquatics Park: 147 Gregory Lane
(925) 682-0896

Community Center: 320 Civic Drive
M-F, 9:00 am-4:30 pm
(925) 676-5200 • Fax (925) 246-9842

Senior Center: 233 Gregory Lane
M-F, 9:00 am-3:00 pm • (925) 798-8788

Teen Center: 147 Gregory Lane
(925) 691-5645

Park Maintenance Operations:
310 Civic Drive • M-F, 6:30 am-3:00 pm
(925) 671-4649 • Fax (925) 676-7628

Paso Nogal Off-Leash Dog Park:
on Paso Nogal Road

Rodgers Ranch Heritage Center:
315 Cortsen Road • www.rodgersranch.org

Winslow Center: 2590 Pleasant Hill Road

Map of District Parks & Facilities available at pleasanthillrec.com.

The Pleasant Hill Community Foundation was founded in 1987 to promote and support educational, recreational, cultural and other activities for people living and working in the Pleasant Hill area. In addition to its other funds, the Foundation created the "Park Development Fund" to provide the Pleasant Hill Recreation & Park District monies to develop, protect, restore, and conserve our parks. It is organized under section 501(c)(3) of the Internal Revenue Code. Contributions are tax-deductible. **Details: info@phcommunityfoundation.org**

AMERICANS WITH DISABILITIES ACT (ADA)
5% of rental fees and \$1 per person per class will be designated for facilities improvements and services to comply with the ADA. PHR&PD welcomes persons with disabilities. For information, call 682-0896.

2024 EMPLOYEE SERVICE AWARDS

Please join us in applauding the following employees as they celebrate their milestone years of service with Pleasant Hill Recreation & Park District. If you would like to share a fun story or positive experience related to one of these outstanding team members, we'd love to share the love with them at our internal Service Award presentation. Please email us at cservice@pleasanthillrec.com

5 YEARS

CINDY PACHECO
JONAH MADSEN

10 YEARS

STEPHANIE CARSON
JON GRAVES
KENNY GUZMAN
KRISTEN MCNULTY
SARAH SMITH
CIERA KIRBY
KELLY WOMBACHER

15 YEARS

ELISE HARMENZON
ALEX VEGVARY

40 YEARS

BRAD CLEMENT



Brad Clement



Special FEATURES

CAPITAL IMPROVEMENT PROJECT HIGHLIGHTS

Pleasant Hill Recreation & Park District staff has been hard at work all year to complete the following Capital Improvement (CI) projects. These CI projects are funded from the District's 2024-2025 operating budget and ear-marked specifically to invest into the maintenance and upkeep of our existing community parks and facilities, plus fund park & facility-related operational needs.

2024 COMPLETED PROJECTS

Teen Center

- Repainted exterior of building
- Refinished exterior wood on building
- Re-upholstered six couches
- Purchased 120 new chairs

Community Center

- Re-carpeted entire interior of building
- Re-tiled wood siding with Trespa tiles
- District-wide microphone replacement

Senior Center

- Re-carpeted public areas inside building
- New tables and 300 banquet chairs

Pleasant Hill Park

- Replacement of facility fixtures in restrooms

Operations

- Purchased new-used park maintenance trucks
- New-used van for KIDSTOP Childcare transportation services
- Purchase Sports field line marking robot

2025 UPCOMING PROJECTS

Rodgers Smith Park

- Replace restroom and implement ADA improvements

Pleasant Hill Park

- Install a new softball scoreboard

Senior Center

- Purchase banquet tables
- Purchase generator for facility

Community Center

- Purchase generator for facility





147 Gregory Lane
Pleasant Hill, CA 94523

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Pleasant Hill Recreation & Park District • (925) 682-0896 • The Spotlight Winter/Spring, Volume 30, Issue 1

New!

PRIORITY REGISTRATION FOR DISTRICT RESIDENTS



Effective Now!

Residents of the Pleasant Hill Recreation & Park District (Dist. Res.) will not only continue to receive discounts on classes and activities but will also benefit from a new priority registration system. This allows District residents to sign up two days earlier than non-residents, providing a significant advantage for popular classes and camps. These benefits for District residents are our way to acknowledge local taxpayers whose property taxes support our parks, open spaces, and community facilities.

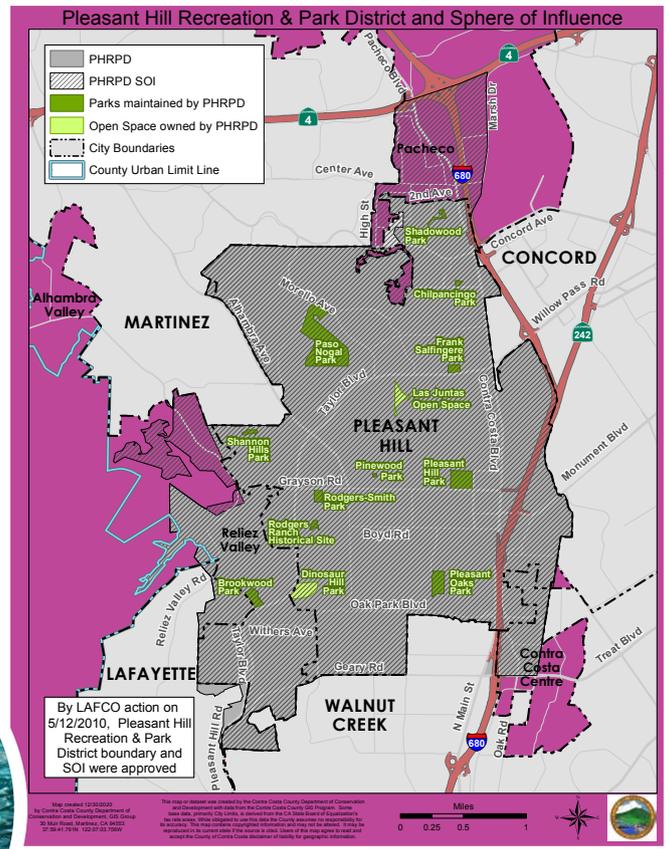


Unsure if you qualify as a District Resident? If your address includes the 94523 zip code, you are a District Resident. Pleasant Hill Recreation & Park District also extends beyond the city limits, covering unincorporated areas of Lafayette and Walnut Creek. To verify your eligibility, please check your property tax statement or reach out to our District Administrative Office at (925) 682-0896, available Monday to Friday, from 9:00 am to 5:00 pm.

Thank you for your ongoing support of Pleasant Hill Recreation & Park District

To learn more about us, visit
<https://pleasanthillrec.com/27/About-Us>

Parks Make Life Better!



pleasanthillrec.com
[@pleasanthillrec](https://twitter.com/pleasanthillrec)