

Fall/Winter
2023

the Spotlight

*Fall Fun and
Winter Wonders!*

**What Are Your Priorities?
Take the 1-Minute Survey**

Back Cover

**Fall Sports Classes
& Rec Leagues**

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School Break Camps

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pleasanthillrec.com



Community Events

FREE!

Tinkers & Thinkers Innovation Faire!

Saturday,

September 16

12:00-3:00 pm

**Pleasant Hill Park
& Senior Center**

phtinkersandthinkers.com



Calling all Young Innovators! Creative Thinkers! Amazing Tinkers! Don't miss Pleasant Hill's spin on the popular "Makers Fair"! Participate in a variety of "hands-on" and make-and-take activities. Engage in science, technology, engineering, arts & mathematics (S.T.E.A.M.)! Marvel at the latest mind-blowing innovations from local makers, entrepreneurs, businesses, non-profits and educators. Free for all ages. Show off your latest great ideas in our new Brightest Young Minds showcase.

Tinkers & Thinkers is brought to you by the Pleasant Hill Library and Pleasant Hill Recreation & Park District.

Thank you to our event sponsors, City of Pleasant Hill, and the Pleasant Hill Community Foundation.



Hello!

Liz Harrison
Events Coordinator

**Registration Begins
August 1. See page 26.**

NO ONLINE REGISTRATION FEES!

The Spotlight, Fall/ Winter 2023:

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On the cover: Camper at Pleasant Hill Park.

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@pleasanthillrec



Pumpkin Splash

All Ages

Sunday, October 8,
1:00–2:30 pm

Pleasant Hill Aquatic Park: 147 Gregory Lane
Don't miss this spooktacular fun for all ages! Jump into PH Aquatic Park's floating pumpkin patch and pick your favorite pumpkin for Halloween. Once you pick your pumpkin, give it a silly face at our pumpkin decorating station!

\$20/\$16 (Dist. Res.) for pumpkin wristband
(spectators and adult helpers free)



Inclusive Recreation Dances

Fridays 7:00–9:00 pm

Locations below

Pleasant Hill Rec & Park District, in partnership with City of Concord, City of Martinez, and City of Walnut Creek, hosts dances specifically designed for developmentally disabled adults (18 years and up). For more information contact Karen McKimmy at kmckimmy@pleasanthillrec.com. Complete schedule and locations can be found on our website at pleasanthillrec.com/449.

Admission: \$8 cash (caregivers free)

2023 Dance Schedule (subject to change)

Sept. 8: Martinez; 818 Green St.

Oct. 27: Pleasant Hill; 233 Gregory Lane

Nov. 17: Walnut Creek; 301 N. San Carlos Dr.

FREE! Haunted Trail in Pleasant Hill Park

Friday, October 27, 6:00–8:00 pm
Pleasant Hill Park

(Trail starts behind Teen Center)

Spine-tingling sights and sounds await you on the Haunted Trail in PH Park! This expanded Halloween-themed stroll is a frightfully fun park-in-the-dark adventure that you and your family will not soon forget. Each participant receives a goody bag at the end of the trail while supplies last. All ages welcome. Not too scary! No pets, please.

Sponsored by Laura Wucher Real Estate and City of Pleasant Hill.



FREE Admission!

Holiday Boutique & Crafts Fair

Saturday, November 4, 9:00 am–2:00 pm
Senior Center

Get an early start on your holiday shopping! Visit our Holiday Boutique and choose from a huge selection of handmade items. Over 50 craft vendors! Proceeds benefit the PHSC Care Management Program. Applications for vendors available at www.pleasanthillrec.com (usually sold out by Oct.)

39th Annual Dolphins Tree Lot

November 24–December 24

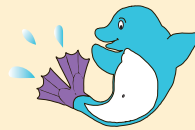
Monday–Sunday, 9:00 am–9:00 pm

Winslow Center Parking Lot:

2590 Pleasant Hill Road

Corner of Taylor & Pleasant Hill Road

Proceeds benefit the Pleasant Hill Dolphins Swim Team.



46th Annual Turkey Trot Trail Run (rain or shine/ all ages)

Sunday, November 19,
9:00 am (Sharp!)

Briones Reg. Park,
Bear Creek Entrance,
Lafayette

Experience the tradition of this annual 8.4 mile run in the beautiful hills of Briones Regional Park.

See page 19 for more information and details.



Breakfast with Santa

Saturday, December 2, 8:30 am & 10:00 am

Senior Center: Chateau Room

Santa has taken time off from his busy schedule to join you and your family for a morning of holiday cheer, breakfast, and live entertainment. Breakfast includes pancakes, sausage and more. Don't forget your camera! All attending must register. We have two seating's, 8:30am and 10am.

Must pre-register online by noon, 11/22.

\$16/\$13.50 (Dist. Res.) per person

12/2 Sa 8:30–9:30 am

12/2 Sa 10:00–11:00 am

Sponsored by Laura Wucher Real Estate and City of Pleasant Hill.

Thank you to our event sponsors,
Republic Services, Rotary of Pleasant Hill,
and Laura Wucher Real Estate.



Visit pleasanthillrec.com/35
for event updates.



FREE! Holiday Festival

Wednesday, December 6, 5:00–8:00 pm
Pleasant Hill Community Center

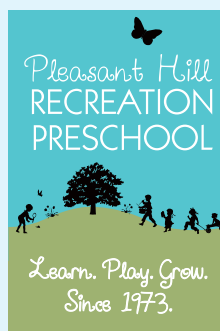
Explore winter holiday traditions from around the world at the most magical Holiday Festival in Contra Costa County! Enjoy a variety of fun experiences including themed rooms with cultural activities, live holiday youth performances, and family rides on the Holiday Express train. Don't miss this magical evening of holiday fun sure to delight the whole family!



Preschool

School Year Preschool

Come grow with us! 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. 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 mid-August through the end of May. Registration for the 2023–2024 school year is open online at pleasanthillrec.com/175. 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 9/1/2023. For more information and current availability, please contact the director, Sarah Smith, at (925) 771-7626 or ssmith@pleasanthillrec.com.



Class	Age	Days	Time	Location	Res/Non
TTH Bumblebees	1.5–2.5 yrs	Tu/Th	8:15–11:15 am	PHCC	\$428/\$448
MWF Bumblebees	1.5–2.5 yrs	M/W/F	8:15–11:15 am	PHCC	\$545/\$525
TTH Hummingbirds	2.5–3.5 yrs	Tu/Th	8:30–11:15 am	PHWC	\$437/\$417
MWF Hummingbirds	2.5–3.5 yrs	M/W/F	8:30–11:15 am	PHWC	\$535/\$515
TTH Bluebirds	3–4 yrs	Tu/W/Th	8:30–11:30 am	PHCC	\$420/\$400
MWT Bluebirds	3–4 yrs	Tu/W/Th	8:30–11:30 am	PHCC	\$464/\$444
Peacocks (potty-trained)	3.5–4.5 yrs	M-Th	12:45–3:45 pm	PHWC	\$565/\$545
AM Robins (potty-trained)	4–5 yrs	M-Th	8:15–11:15 am	PHCC	\$581/\$561
PM Robins (potty-trained)	4–5 yrs	M-Th	12:45–3:45 pm	PHCC	\$581/\$561

2023–2024 Rates

Preschool Classes

Pre-Ballet

3–4 yrs

Instructor: Christie Tomlinson

Community Center: Dance Studio 1 & 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.

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

6619.401 9/11–10/23 M 3:00–3:45 pm

6619.402 10/30–12/18 M 3:00–3:45 pm

No class 11/20.

Bay Twilights Cheer

5–11 yrs

Instructor: Angela Powell

Ultimate Sports Connections 1150

Concord Ave, Suite 150, Concord 94520

Beginners cheer where you will learn the basics: jumps, arm motions, splits, somersaults, handstands, and a cheer! Let's not forget to add a dance to our routine. This is a beginner cheer team. All returning cheerleaders will compete and participate in the winter showcase. All new members will participate in the Winter showcase but will not participate in a competition.

\$100 uniform/competition fee due to instructor first day of class.

\$450/\$430 (Dist. Res.)

6058.401 10/25–12/6 W 6:45–7:45 pm

Kids Night Out

4–15 yrs

Teen Center

FRIDAY NIGHT FUN! Let our amazing staff entertain your kids and their friends for the evening while you enjoy a much-deserved parent time out! KIDS NIGHT OUT ACTIVITIES include crafts, games, pizza, popcorn, movie, and more! Register early and start planning your me-time now! Open until 4:00 pm (must be fully potty-trained).

\$30/Person

12/8 F 6:00–9:00 pm

Music Classes

Instructor: Andrea Gaspari

LET'S MAKE MUSIC

15 months–2 yrs 11 months

Winslow Center: Rooms 1 & 2

Join this multi-award-winner, song writer and children's entertainer, on an amazing musical adventure. Using our 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.

\$189.99/\$170 (Dist. Res.)

6636.401 9/12–10/24 Tu 9:15–9:55 am

6636.402 10/31–12/19 Tu 9:15–9:55 am

No class 11/21.

PIANO & ME

3 yr 6 mo–5 yrs

Senior Center: Classrooms

Join multi-award-winning teacher, entertainer, and songwriter Andrea Gaspari for this fun, educational approach to group piano lessons. Using 7 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 wiped down in between each participant.

\$189.99/\$170 (Dist. Res.)

6088.403 9/12–10/24 Tu 3:30–4:10 pm

6088.404 10/31–12/19 Tu 3:30–4:10 pm

No class 11/21.

Parent and Me Gymnastics

1 yr 6 mo–3 yrs

Instructor: East Bay Gymnastics

East Bay Gymnastics

1441 Franquette Ave #7925, Concord 94520

Parent and Me is our introductory class for children 18 months to 3 years. This class includes a parent-assisted warm-up, obstacle courses, hand-eye activities, parachute, trampoline, and foam pit.

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

6603.401 9/8–9/29 F 10:00–10:30 am

6603.402 10/6–10/27 F 9:15–9:55 am

\$75.56/\$61.25 (Dist. Res.)

6603.403 11/3–11/17 F 10:00–10:30 am

6603.404 12/1–12/15 F 10:00–10:30 am

FREE! Pop Up Play Dates

All Ages

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.

8/25 2:30–4:00 pm Pleasant Hill Park

9/20 2:30–4:00 pm Pleasant Hill Park

10/9 10:00 am–12:00 pm Community Center Playground

11/20 10:00 am–12:00 pm Community Center Playground



Preschool

Spanish 4 Children

4–6 yrs

Instructor: Miriam Lattanzi

Winslow Center: Rooms 1 & 2

Children are eager to learn new languages. With Miriam children will learn Spanish in a hand on interactive and stimulating environment. In this class your child will learn conversation, items around the house, city, school and more. They will learn through fun activity pages, games, music and more! Students will create a book in class that will go home the last day.

\$15 material fee payable to instructor.

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

6632.403 9/7–10/12 Th 4:00–5:00 pm

6632.404 10/19–12/7 Th 4:00–5:00 pm

No class 11/23.

Zumbini Bilingual Class

1–5 yrs

Instructor: Miriam Lattanzi

Community Center: Preschool 1

This parent and me class is created by Zumba and BabyFirst for kids. The 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. Class includes Zumbini music codes and a corresponding songbook and plush doll.

\$15 material fee payable to instructor.

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

6634.401 9/7–10/12 Th 10:00–10:45 am



Preschool Sports

East Bay Gymnastics

3–4 yrs

Instructor: East Bay Gymnastics

East Bay Gymnastics Gym

1441 Franquette Ave #7925, Concord, 94520

PK/3 YRS

PK 3 is our student's first independent class.

This class begins with warm-ups and basic stretching/body shapes, followed by circuits including obstacle courses incorporating floor and vault skills, balance beam, bars, trampoline, and foam pit. Pre-requisite: must be potty trained.

\$112/\$92.50 (Dist. Res.)

6603.413 9/8–9/29 F 10:00–10:45 am

6603.414 10/6–10/27 F 10:00–10:45 am

PK/4 YRS

PK 4 is for our 4-year-old students to continue to develop their gymnastics skills and progress to more advanced skills than the PK 3 class. Pre-requisite: must be potty trained.

\$112/\$92.50 (Dist. Res.)

6603.417 9/8–9/29 F 12:15–1:00 pm

6603.418 10/6–10/27 F 12:15–1:00 pm

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

6603.419 11/3–11/17 F 12:15–1:00 pm

6603.420 12/1–12/15 F 12:15–1:00 pm



KINDER/5 YRS

Students are to continue to develop their gymnastics skills and progress to more advanced skills than the PK 4 class. Students will continue to be more independent in performing skills and work together socially with peer activities. This class begins with more advanced warm-ups and stretching/body shapes, followed by circuits including obstacle courses incorporating floor and vault skills, balance beam, bars, trampoline, and foam pit.

\$112/\$92.50 (Dist. Res.)

6603.409 9/7–9/28 Th 5:30–6:15 pm

6603.410 10/5–10/26 Th 5:30–6:15 pm

6603.411 11/2–11/30 Th 5:30–6:15 pm

No class 11/23.

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

6603.412 12/7–12/21 Th 5:30–6:15 pm

Basketball

Instructor: Skyhawks

Rodgers Smith Park

PARENT & ME

2–3 yrs

\$220/\$200 (Dist. Res.)

5099.403 9/9–10/14 Sa 9:30–10:00 am

5099.405 10/21–12/9 Sa 9:30–10:00 am

No class 11/1, 11/25.

\$185/\$165 (Dist. Res.)

5099.407 10/23–12/4 Sa 9:30–10:00 am

No class 2/17.

HOOPSTER TOTS

3–5 yrs

\$220/\$200 (Dist. Res.)

5099.404 9/9–10/14 Sa 10:15–11:00 am

5099.406 10/21–12/9 Sa 10:15–11:00 am

No class 11/11, 11/25.

\$185/\$165 (Dist. Res.)

5099.408 1/27–3/2 Sa 10:15–11:00 am

No class 2/17.



Baseball

3–5 yrs

Instructor: Skyhawks

Pleasant Hill Park

\$220/\$200 (Dist. Res.)

5099.400 9/11–10/16 M 4:15–5:00 pm

\$220/\$200 (Dist. Res.)

5099.401 10/23–12/4 M 4:15–5:00 pm

No class 11/20.

\$155/\$135 (Dist. Res.)

5099.402 1/29–2/26 M 4:15–5:00 pm

No class 2/19.





Soccer

SOCCER TOTS

Instructor: Skyhawks
Rodgers Smith Park

3 yrs

\$220/\$200 (Dist. Res.)

5099.418 9/9–10/14 Sa 11:30 am–12:15 pm

5099.420 10/21–12/9 Sa 11:30 am–12:15 pm

No class 11/1, 11/25.

\$185/\$165 (Dist. Res.)

5099.422 1/27–3/2 Sa 11:30 am–12:15 pm

5099.423 1/27–3/2 Sa 12:30 am–1:15 pm

No class 2/17.

4–5 yrs

\$220/\$200 (Dist. Res.)

5099.419 9/9–10/14 Sa 12:30–1:15 pm

5099.421 10/21–12/9 Sa 12:30–1:15 pm

No class 11/1, 11/25.

**DON'T MISS
FALL & WINTER
BREAK CAMPS!**

See page 13.

KIDZ LOVE SOCCER

Instructor: Kidz Love Soccer
Pleasant Hill Park

Mom/Dad & Me 2 yrs–3 yrs 6 mo

\$150/\$130 (Dist. Res.)

5030.400 9/8–10/6 F 6:20–6:50 pm

\$191/\$165 (Dist. Res.)

5030.402 9/30–11/11 Sa 9:05 am–9:35 am

No class 2/17.

\$191/\$171 (Dist. Res.)

5031.406 1/20–3/2 Sa 9:05 am–9:35 am

Tot/Pre-Soccer 3 yrs 6 mo yrs–4 yrs

\$191/\$171 (Dist. Res.)

5031.401 9/8–10/20 F 5:40–6:15 pm

5031.404 9/30–11/11 Sa 11:10–11:40 am

5031.405 1/19–3/1 F 5:10–5:45 pm

5031.408 1/20–3/2 Sa 11:10–11:40 am

Pre-Soccer 4–5 yrs

\$191/\$171 (Dist. Res.)

5032.403 9/30–11/11 Sa 10:30–11:05 am

5032.407 1/21–3/4 Sa 10:30–11:05 am

Tennis

4–5 yrs

Instructor: Tennis by Raffa
College Park High School Tennis Courts

PEEWEE'S

Bring your own Jr. Size tennis racket.

\$90/\$70 (Dist. Res.)

5553.400 9/9–9/30 Sa 10:00–11:00 am

5553.401 10/7–10/28 Sa 10:00–11:00 am



Sports Medley

Instructor: Skyhawks

PARENT & ME SPORTS MEDLEY

2–3 yrs

Rodgers Smith Park

\$220/\$200 (Dist. Res.)

5099.409 9/9–10/14 Sa 9:30–10:00 am

5099.413 10/21–12/9 Sa 9:30–10:00 am

No class 11/11, 11/25.

\$185/\$165 (Dist. Res.)

5099.415 1/27–3/2 Sa 9:30–10:00 am

No class 2/17.

TOT SPORTS MEDLEY

3–5 yrs

Pleasant Hill Park

\$220/\$200 (Dist. Res.)

5099.411 9/11–10/16 M 3:00–3:45 pm

5099.412 10/23–12/4 M 3:00–3:45 pm

No class 11/20.

\$155/\$135 (Dist. Res.)

5099.417 1/29–2/26 M 3:00–3:45 pm

No class 2/19.

SUPER TOTS SPORTS MEDLEY

3–5 yrs

Rodgers Smith Park

\$220/\$200 (Dist. Res.)

5099.410 9/9–10/14 Sa 10:15–11:00 am

5099.414 10/21–12/9 Sa 10:15–11:00 am

No class 11/11, 11/25.

\$185/\$165 (Dist. Res.)

5099.416 1/27–3/2 Sa 10:15–11:00 am



Youth Classes

Dance Classes

BALLET I

6–10 yrs

Instructor: Christie Tomlinson

Community Center: Dance Studio 1 & 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.

\$130/\$110 (Dist. Res.)

6042.401 9/11–10/23 M 3:55–4:55 pm

6042.402 10/30–12/18 M 3:55–4:55 pm

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.

\$93.78/\$75 (Dist. Res.)

6045.401 9/11–10/23 M 5:00–5:30 pm

6045.402 10/30–12/18 M 5:00–5:30 pm

No class 11/20.

FILIPINO FOLK DANCE

7–11 yrs

Instructor: Alverna Bautista

Senior Center: Dance Studio

Have fun learning Filipino Folkdance steps and dances, while also learning about Filipino fun facts, culture, greetings, and phrases. Traditional Filipino folk dance is taught with dance basic, 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, handkerchief.

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

6063.401 9/15–10/27 F 4:00–4:45 pm

New You Dance

5–11 yrs

Instructor: AJ Rogers

Senior Center: Dance Studio

HIP-HOP/BALLET COMBO

This class is a hit with any and all dancers. For newcomers it is a great way to learn the moves from hip hop and the control from ballet! In an amazing environment Mr. AJ Rogers takes your little through an entertaining class that works on flexibility, strength, and technique along with the breakdown and vocabulary of each movement. This class ends with a choreographed dance.

\$96/\$77 (Dist. Res.)

6061.405 9/6–9/27 W 4:30–5:15 pm

6061.406 10/4–10/25 W 4:30–5:15 pm

6061.407 11/1–/29 W 4:30–5:15 pm

No Class 11/22.

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

6061.408 12/6–12/13 W 4:30–5:15 pm

JAZZ/ TAP COMBO

Do you have a little looking to move and groove? Jazz/Tap Combo Is a great start for any newcomer or returning dancer who has danced in the past and wants to get those DANCE SHOES back on or on for the first time! Come in and enjoy an entertaining class that works on flexibility, strength, and technique along with the breakdown and vocabulary of each movement. Ending with an amazing choreographed dance by Mr. AJ Rogers in an unbelievably fun environment!

\$96/\$77 (Dist. Res.)

6061.401 9/6–9/27 W 3:45–4:30 pm

6061.402 10/4–10/25 W 3:45–4:30 pm

6061.403 11/1–/29 W 3:45–4:30 pm

No Class 11/22.

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

6061.404 12/6–12/13 W 3:45–4:30 pm



Youth



**PLAN AHEAD FOR THE
FALL 2023-24 SCHOOL YEAR!**

**Gregory Gardens Elementary
1 Corritone Court, Pleasant Hill**

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

**Come visit & meet our
professional staff!**

Contact Danny Martinez, Site Director
at (925) 680-5298 or via email at
dmartinez@pleasanthillrec.com.

Music Classes

RHYTHM PIANO

5 yrs–8 yrs 11 mo

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 7 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 will be wiped down in between each participant.*

\$189.99/\$170 (Dist. Res.)

6088.405 9/12–10/24 Tu 4:15–5:00 pm

6088.406 10/31–12/19 Tu 4:15–5:00 pm

No class 11/21.

YOUTH GUITAR

7–16 yrs

Instructor: John Waller

Winslow Center: Rooms 1 & 2

This introduction to guitar 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 guitar and play everyday. Bring a guitar to the first class if you can.

\$143/\$123 (Dist. Res.)

6091.401 9/12–10/17 Tu 5:00–5:50 pm

6091.402 11/7–12/12 Tu 5:00–5:50 pm

No class 11/21.



Youth



Special Interest

Esports Club **NEW!**

6–12 yrs

Instructor: Chris Palitz

Senior Center: Classrooms

GAME ON!! ESPORTS TOURNAMENTS-MINECRAFT SATURDAYS

Play Minecraft for prizes every Saturday night! Bring your Switch, Xbox, Playstation or PC (with games installed and capability to connect to a LAN or Wi-Fi network) to compete in Esports tournaments and/or help build levels, islands and worlds for matches. All gamers welcome. We will be starting with the cross-platform game Minecraft and adding more games to the schedule as demand for those games increases. Learn, create teams, make friends, and grow our video game community. Prize pool depends on number of participants.

\$18.75/\$15 (Dist. Res.) | Daily pre-registration

5103.401 9/9–12/16 Sa 3:00–6:00 pm

No class 9/16, 11/25, 10/14, 11/4, 10/21.

Japan Karate Do: Beginners

5–12 yrs

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.

Website: www.PleasantHillKarate.org

Kids should wear loose fitting clothing for first class. Karate uniform (Dogi) will be available for purchase before and after class for \$40.

BEGINNERS | 5-12 YRS

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

6095.401 9/11–9/25 M 5:00–5:45 pm

6095.410 12/4–12/18 M 5:00–5:45 pm

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

6095.404 10/2–10/30 M 5:00–5:45 pm

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

6095.407 11/6–11/27 M 5:00–5:45 pm

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

6095.402 9/5–9/26 Tu 4:45–5:30 pm

6095.408 11/7–11/28 Tu 4:45–5:30 pm

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

6095.405 10/3–10/31 Tu 4:45–5:30 pm

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

6095.411 12/5–12/19 Tu 4:45–5:30 pm

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

6095.403 9/7–9/28 Th 5:00–5:45 pm

6095.406 10/5–10/26 Th 5:00–5:45 pm

6095.409 11/2–11/30 Th 5:00–5:45 pm

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

6095.412 12/7–12/21 Th 5:00–5:45 pm

INTERMEDIATE | 6-13 YRS

May begin at blue belt or instructor's recommendation. These classes will introduce sparring drills and free sparring.

Mondays | \$55/\$54 (Dist. Res.)

6095.421 9/11–9/25 M 6:00–6:45 pm

6095.427 12/4–12/18 M 6:00–6:45 pm

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

6095.423 10/2–10/30 M 6:00–6:45 pm

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

6095.425 11/6–11/27 M 6:00–6:45 pm

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

6095.422 9/7–9/28 Th 6:00–6:45 pm

6095.424 10/5–10/26 Th 6:00–6:45 pm

6095.426 11/2–11/30 Th 6:00–6:45 pm

No class 11/23.

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

6095.428 12/7–12/21 Th 6:00–6:45 pm

TOURNAMENT KIDS | 6-13 YRS

Pre-requisite: Student must know their kata and have sparring gear. Do not register your child if both requirements are not met.

These sessions occur on the 2nd, 4th, and sometimes 5th Thursdays of every month. These sessions will focus on kata and sparring for tournaments. We will set up mock tournaments in class, so the kids will know what to expect in competition. Students do not have to compete in tournaments to join this class. These classes are also an opportunity for more practice on their kata for their next belt, if they are not practicing enough at home, and to improve their sparring abilities overall. All belts are welcome, but they must know their kata. White Belts to Yellow Stripe must, at least, know Kihon Kata Ichi. Contact the instructor to purchase sparring gear.

\$38.75/\$31 (Dist. Res.)

6095.431 9/14 & 9/28 Th 7:00–7:45 pm

6095.432 10/12 & 10/26 Th 7:00–7:45 pm

6095.433 11/9 & 11/30 Th 7:00–7:45 pm

\$22.50/\$18 (Dist. Res.)

6095.434 12/14 Th 7:00–7:45 pm

BO CLASS | 8-13 YRS

Pre-requisite: Purple Belt or Instructor's Approval.

These sessions occur on the 2nd, 4th, and sometimes 5th Thursdays of every month. This class will focus on the "king" of Okinawan weapons, the bo/staff. This weapon complements the style of karate being taught 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. Do not register for this class until you order a bo from the instructor.

\$38.75/\$31 (Dist. Res.)

6095.441 9/7 & 9/21 Th 7:00–7:45 pm

6095.442 10/5 & 10/19 Th 7:00–7:45 pm

6095.443 11/2 & 11/16 Th 7:00–7:45 pm

6095.442 12/7 & 12/21 Th 7:00–7:45 pm



S.T.E.A.M. Classes

Aloha Mind Math

6–12 yrs

Instructor: ALOHA Mind Math Staff
Senior Center: Classroom 3

Kids find learning math on the abacus fun! Hands on learning inspires confidence while learning mental math techniques. Students will develop agility with numbers and acquire visualization and problem solving skills. Your child will broaden their understanding of math and realize that they too can be math rock stars.

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

6071.401 9/13–10/25 W 3:30–4:30 pm

Code Ninjas

Instructor: Code Ninjas
Senior Center: Classroom 3

INTRO TO ROBLOX DEVELOPMENT

Ninjas learn the basics of game building and creative development in Roblox. Ninjas will use Roblox to create much more than just a game! This course will teach ninjas how to plan, design and build their own 3D world.

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

6053.401 10/2–12/11 M 4:15–5:15 pm

No class 11/20.

ADVENTURES IN GAME DESIGN

Ninjas will explore different programming concepts as they create various arcade style games using a block-based programming language called Scratch. Ninjas are introduced to basic game design concepts and learn how to use different type of blocks (or programming concepts) to create their own games.

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

6053.402 10/3–12/12 Tu 4:15–5:15 pm

No class 11/21.

Picassos Art + Design Class

Instructor: Courtney Escanio-Mandel
Senior Center: Arts & Crafts Room

JUNIOR | 7- 11 YRS

Junior Picassos will explore the fundamentals of art, art materials with an emphasis on design and design thinking. Design exercises will build students' creative process that is used to understand users, challenge assumptions, redefine problems and create innovative solutions to prototype and test. No art or design experience necessary, all levels welcome! To learn more visit www.picassosatplay.com.

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

6056.405 9/6–9/27 W 4:30–5:30 pm

6056.407 11/1–11/29 W 4:30–5:30 pm

No class 11/22.

MINI | 4-7 YRS

Mini Picassos will explore art and art materials with an introduction to design and design thinking. Art prompts help build students' understanding of the elements and principles of art. Kids will have fun, explore and learn something new! No art experience necessary, all levels welcome! To learn more visit www.picassosatplay.com.

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

6056.406 10/4–10/25 W 4:30–5:30 pm

SATURDAY MORNING ART CLUB | 5-11 YRS

Saturday mornings are for art. Join us for this once-a-month pop-up series that focuses on fun and exploration of art. Kids will discover a variety of art mediums (ink, watercolor, air clay, collage, and more) while creating seasonal projects to take home, share and give as gifts. All levels welcome! To learn more visit www.picassosatplay.com.

\$56/\$45 (Dist. Res.)

6056.401 9/23 Sa 9:30–10:30 am

6056.402 10/21 Sa 9:30–10:30 am

6056.402 11/11 Sa 9:30–10:30 am

Snapology

5–10 yrs

Instructor: Snapology Staff
Community Center

MONSTER MANIA

Get your scare on! Using LEGO® bricks and other materials, we'll create our Zombie Graveyard to haunt it up with catapulting ghosts then build-up our Haunted Mansion for our mummies to roam. What will your tombstone read? Will a creature of the night go home with you? Of course!!

\$56/\$45 (Dist. Res.)

5101.401 10/21 Sa 10:00 am–12:00 pm

SANTA'S CREATOR CLUB

From building your own Polar Express® to your own toy factory, we'll get in the holiday spirit using LEGO © bricks and other materials to make sure our train arrives safely and gets all the toys into Santa's sleigh. Kids will go home with a toy factory toy.

\$56/\$45 (Dist. Res.)

5101.402 12/16 Sa 10:00 am–12:00 pm

Youth Sports

Basketball Skills Clinic 110 Elite

7-11 yrs

Instructor: John Fornbacher

Rodgers Smith Park

110 Elite basketball training is run by former collegiate basketball player John Fornbacher. This course will include the teaching the fundamentals of basketball to more advanced skill work as the course continues on in a safe, private indoor gym. Students will train like pro/collegiate athletes and play game-like scenarios with scrimmages. This course will also help students apply the habits they need to improve as basketball players, but also apply what they learn in everyday life. 110 Elite emphasizes the importance of instilling character traits to help students achieve success in any field of life, and we use basketball as tool to help guide players/students on the right path.

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

6065.401 8/5-8/26 Sa 11:00 am-12:00 pm

6065.402 9/9-9/30 Sa 11:00 am-12:00 pm

6065.402 10/7-10/28 Sa 11:00 am-12:00 pm



Youth Sports

JR. NBA Basketball League

Grades K-2, 3-5 & 6-8

Pleasant Hill Middle School Gym,
1 Santa Barbara Road

One practice per week (day/time are not determined until after registration closes and coaches are assigned). Games are held on Saturdays (schedule provided by assigned coach). Season begins January 7 for 8 games. Registration closes December 2.

\$210/\$190 (Dist. Res.) (Includes a jersey & basketball) * \$75 refund to parents who head coach.

Boys:

5060.500 K-2 Grades

5060.501 3-5 Grades

5060.502 6-8 Grades

Girls:

5060.503 K-2 Grades

5060.504 3-5 Grades

5060.505 6-8 Grades

PLAN AHEAD SPRING 2024

JR. NBA YOUTH BASKETBALL LEAGUE!

Play starts March 23, 2024 for 8 games. Registration opens January 2, 2024:
www.pleasanthillrec.com/245

NFL Sponsored Flag Football League

Grades K-2, 3-5 & 6-8

Pleasant Hill Park

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 play Sept 30 for 6 games. Registration Closes Sept 8.

\$180/\$160 (Dist. Res.) (includes NFL jersey, football and flag belt)* \$75 refund to parents who head coach.

5050.400 K-2 Grades

5050.401 3-5 Grades

5050.402 6-8 Grades



Tennis for All!!

College Park High School Tennis Courts

BEGINNER/ADVANCED BEGINNER

6-12 yrs

Instructor: Coach Rafa

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

5555.400 9/6-9/27 W 6:30-7:30 pm

5555.401 10/4-10/25 W 6:30-7:30 pm

5555.402 11/1-11/29 W 6:30-7:30 pm

5565.401 10/6-10/27 F 6:30-7:30 pm

5565.402 11/3-11/17 F 6:30-7:30 pm

No class 11/22.

\$66/\$53 (Dist. Res.)

5565.400 9/8-9/29 F 6:00-7:00 pm

Instructor: Coach Sandra

5584.400 9/6-9/29 W 6:30-7:30 pm

5584.401 10/4-10/25 W 6:30-7:30 pm

5584.402 11/1-11/29 W 6:30-7:30 pm

No class 11/22.

East Bay Gymnastics

Girls 6+ yrs

Instructor: East Bay Gymnastics

1441 Franquette Ave #7925 Concord CA

This is our entry-level class for girls' gymnastics at East Bay. Students will be introduced to the basic skills of the four women's gymnastics events. They will be taught proper progressions to ensure safe and efficient learning of the foundation skills that they will need to move on to the higher levels of the sport.

\$125/\$105 (Dist. Res.)

6603.405 9/7-9/28 Th 4:45-5:45 pm

6603.406 10/5-10/26 Th 4:45-5:45 pm

6603.407 11/12-11/30 Th 4:45-5:45 pm

No class 11/23.

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

6603.408 12/7-12/21 Th 4:30-5:30 pm

Flag Football

Grades 1-5

Instructor: Skyhawks Sports

Pleasant Hill Park

\$290/\$270 (Dist. Res.)

5099.425 9/7-10/19 Th 3:30-5:00 pm

5099.426 10/26-12/14 Th 3:30-5:00 pm

5099.427 2/1-2/29 Th 3:30-5:00 pm

No class 11/23.

INTERMEDIATE

10-12 yrs

Instructor: Coach Rafa

Must have 2 months beginner class experience.

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

5555.400 9/6-9/27 W 7:30-8:30 pm

5554.401 10/4-10/25 W 7:30-8:30 pm

5554.402 11/1-11/29 W 7:30-8:30 pm

No class 11/22.

Soccer

SKYHAWKS AFTERSCHOOL SOCCER

Grades 2-5

Instructor: Kidz Love Soccer

Pleasant Hill Park

\$255/\$235 (Dist. Res.)

5099.428 10/24-12/12 Tu 3:30-4:30 pm

No class 11/21

\$185/\$165 (Dist. Res.)

5099.429 1/30-12/27 Tu 3:30-4:30 pm

KIDZ LOVE SOCCER

Instructor: Kidz Love Soccer

Pleasant Hill Park

This soccer 'school' provides a recreational setting for children to learn soccer through age-appropriate skill demonstrations, games, and instructional scrimmages in a non-competitive environment. SHIN GUARDS ARE REQUIRED BY THE SECOND MEETING for all classes except Mom/Dad & Me. KLS Class Status Hotline: (888) 372-5803. For information, visit www.kidzlovesoccer.com.

Soccer 1 Techniques: Ages 5-6

\$191/\$171 (Dist. Res.)

5033.410 9/8-10/20 F 4:50-5:35 pm

5033.411 9/30-11/11 Sa 9:40-10:25 pm

5033.414 1/19-3/1 F 4:20-5:05 pm

5033.415 1/20-3/2 Sa 9:40-10:25 am

Soccer 2 Skillz & Scrimmages: Ages 7-10

\$191/\$171 (Dist. Res.)

5033.409 9/8-10/20 F 4:00-4:45 pm

5033.412 9/30-11/11 Sa 11:45 am-12:30 pm

5033.413 1/19-3/1 F 3:30-4:15 pm

5034.416 1/20-3/2 Sa 11:45 am-12:30 pm

Volleyball

Grades 1-5

Pleasant Hill Park

\$215/\$195 (Dist. Res.)

5099.424 9/5-10/17 Tu 3:30-4:30 pm

Fall & Winter Break Camps

Camps

Full-Day Camps

Adventure Kids Camps

Grades K-5

Instructor: Kidstop Staff

Gregory Gardens: Kidstop Childcare Building

Adventure Kids Winter Camp offers a full day camp with a variety of activities to keep children engaged and entertained. Ranging from science, art, cooking, group games, sports, and S.T.E.A.M. projects, we have something for all children to enjoy. Please bring a NUT-FREE cold lunch and snacks daily. An AM/PM snack will be provided.

\$60/Day | 7:30 am-5:30 pm

6060.400 12/ 26

6060.401 12/ 27

6060.402 12/ 28

6060.403 12/ 29

6060.400 1/2

6060.401 1/3

6060.402 1/4

6060.403 1/5



XTREME Break Camps

Grades 6 & up (siblings grades 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 participation of 8 by 12/21.

\$62/\$50 (Dist. Res.) /Day

FALL

5189.401	12/21	Tu	Movies
5189.402	12/26	Th	Scavenger Hunt
5189.403	12/27	W	Ice Skating
5189.404	12/28	Th	i heart art
5189.405	12/29	F	Bowling

WINTER

5189.406	1/2	F	Dave & Busters
5189.407	1/3	Tu	Ice Skating
5189.408	1/4	W	Round One
5189.409	1/5	Th	Movies
5189.410	1/8	M	TBD

Enrichment Camps

2023 Preschool Winter Camp

3.5-5.5 yrs (potty trained)

Instructors: Ms. Stephanie & Ms. Erika

Community Center PS Room 3

Winter fun for little ones! Campers must be fully potty trained to attend. Pack a nut-free snack, spill-proof water bottle and change of clothes daily.

\$125/\$110 (Dist. Res.)

6658.301 12/26-12/28 T/W/TH 8:30-11:30 am

Glee Club Camp

5-9 yrs

Instructor: Myeve Capozzi Vocal Training

Community Center: Preschool 1

If you get "Fired Up" about singing and performing if you "Come Alive" when you hear songs from popular movies and love to dance. If you start "Levitating" when you create props..."Let it Go" and join Glee Club Camp! In Glee Club camp, campers will participate in their favorite activities: singing, dancing, performances, crafts, games...while rehearsing and preparing for an epic live showcase to be performed for family and friends at the end of the week.

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

5116.401 11/20-11/22 M-W 1:00-4:00 pm

Snapology Amusement Park Adventure

5-10 yrs

Instructor: Snapology Staff

Community Center: Republic Services Room

Come one and all to design & construct our Amusement Park. On our last day invite your family and friends to play. From a marquee name, tickets and building your rides using LEGO® bricks and other materials, we'll engineer our ideas to come alive!

Engineering, design art, and teamwork all in one!

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

5101.403 12/26-12/29 Tu-F 9:00 am-12:00 pm



Sports Camps

Tennis Camp

Instructor: Coach Rafa

College Park High School Tennis Courts

6-10 yrs

\$158/\$138 (Dist Res)

5589.400 11/20-11/22 9:00 am-12:00 pm

11-15 yrs

\$158/\$138 (Dist Res)

5589.401 11/20-11/22 9:00 am-12:00 pm

Flag Football Camp

Instructor: Skyhawks

Pleasant Hill Park

5-7 yrs

\$165/\$145 (Dist Res) | Half Day

5099.400 11/20-11/22 9:00 am-12:00 pm

8-12 yrs

\$265/\$245 (Dist Res) | Full Day

5099.401 11/20-11/22 9:00 am-3:00 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

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.

2023/24 Fees: \$12.50/day | \$16/day with transportation from VVMS & PHMS

Annual Membership Fee:
\$62.50/\$50 (Dist. Res.)

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!

\$124/\$104 (Dist. Res.)

5105.401 9/30 Sa 10:00 am–2:00 pm

Online Driver's Ed

15 yrs & up

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

ONLINE COURSE

The DMV allows teens to receive their Learner's Permit at age 15½ 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 at safetydriversed.com.

LIVE INSTRUCTOR: ONLINE COURSE

This is a virtual Driver's Education class 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.

Online program - an email will be sent by Bay Area Driving School with the course information. They can be reached at info@bayareadiving.com.

\$229.99/\$210 (Dist. Res.)

5100.401 9/16–10/7 Sa 9:00 am–12:00 pm

5100.402 11/20–11/24 M, Tu, W, F 9:00 am–12:00 pm

5100.403 12/26–12/29 Tu–F 9:00 am–12:00 pm

No class 11/23.

Teen Sports

Tennis

13 yrs +

Instructor: Coach Rafa

College Park High School Tennis Courts

Beginner/Adv Beg–minimal skills and playing experience.

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

5566.400 9/8–9/29 F 7:00–8:00 pm

5566.401 10/6–10/27 F 7:00–8:00 pm

\$66/\$53 (Dist. Res.)

5566.402 11/3–11/17 F 7:00–8:00 pm



**Follow us
on Insta!**

@pleasanthillrec
@phteencenter

Esports **NEW!**

12–17 yrs

Instructor: Chris Palitz

Senior Center: Classrooms

ESPORTS CLUB - GAME ON!! ESPORTS TOURNAMENTS - FORTNITE FRIDAYS

Play Fortnite for prizes every Friday night! Bring your Switch, Xbox, Playstation or PC (with games installed and capability to connect to a LAN or Wi-Fi network) to compete in Esports tournaments and/or help build levels, islands and worlds for matches. All gamers welcome. We will start with the cross-platform game Fortnite and adding more games to the schedule as demand for those games increases. Learn, create teams, make friends, and grow our video game community. Prize pool depends on number of participants.

\$18.75/\$15 (Dist. Res.) | Daily pre-registration

5103.301 9/1–12/15 F 3:00–6:00 pm

No class 10/20, 11/3, 11/10, 11/24.



Volleyball

Grades 6–8

Instructor: Skyhawks

Pleasant Hill Park

\$255/\$235 (Dist. Res.)

5099.430 9/5–10/17 T 4:45–5:45 pm

Adult

Special Interest Classes

Adult Guitar

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 get you motivated to keep going. 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. \$5 lab fee payable to instructor at first class.

\$138/\$118 (Dist. Res.)

4575.401 9/12–10/17 Tu 6:00–6:50 pm

4575.402 11/7–12/12 Tu 6:00–6:50 pm

Drumming

Instructor: John Waller

Winslow Center: Rooms 1 & 2

Learn the very basics of rhythm on hand drums, bells and shakers. We start out slowly and get our hands to memorize the motions. Punchcards can be purchased from the instructor.

8-class anytime punchcard: \$80

4574.401 9/12–10/17 Tu 7:00–8:00 pm

4574.402 11/7–12/12 Tu 7:00–8:00 pm

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.)

2231.401 9/5–10/17 Tu 9:30 am–12:00 pm

No class 9/26.

2231.402 10/31–12/12 F 9:30 am–12:00 pm

No class 11/21.

Improv – Spontaneous Mind

Instructor: Jaime Rich

Community Center: Republic Services Room

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.

\$110/\$90 (Dist. Res.)

4062.401 10/17–11/28 Tu 5:40–7:10 pm

Golden Notes Chorus

Instructor: Margaret Secour

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

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

2350.401 9/19–12/12 Tu 9:30–11:30 am

No class 11/14, 11/21.

Quilting

Instructor: Carol Madsen

BEGINNING QUILTING

Senior Center: Chateau Room

This class emphasis on the beginning skills necessary to create your own simple quilt. More experienced quilters are 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.

\$69/\$55 (Dist. Res.)

2243.401 9/11–11/13 M 12:30–3:00 pm

No class 11/20.

QUILTING BEYOND THE BASICS

Senior Center: Chateau Room

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.

\$75/\$60 (Dist. Res.)

2244.401 9/11–11/13 M 9:00 am–12:00 pm

No class 11/20.

QUILTING BASICS +

Senior Center: Classrooms

Quilting class topics include: use of color, picking out fabrics, piecing techniques, rotary cutting, introduction to machine quilting, basting, binding, and more. Beginners work on a lap sized quilt using basic techniques while more advanced techniques will be taught to those with more experience. Handouts are given on the first day of class. If you want the pattern earlier please contact the instructor at cmadsen@codifiand.com. Bring sewing machine, fabric, thread, needles, pins, scissors, rotary cutter, additional sewing supplies.

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

2245.401 9/12–12/12 Tu 6:00–8:30 pm

No class 10/31, 11/21.

QUILTING HOLIDAY WORKSHOP

Senior Center: Chateau Room

Not a beginning sewing class. Bring sewing machine, thread, fabric, scissors, rulers, rotary cutter, and projects to work on. Holiday projects and patterns will also be provided at class.

\$50/\$40 (Dist. Res.)

2246.401 11/27–12/18 M 9:00 am–1:30 pm

Retirement Planning

Instructor: Vista Advisor Group
Community Center: McHale Room

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 will be addressed. A 233-page class notebook is 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/\$49 (Dist. Res.)

4608.401 10/3–10/10 Tu 6:30–9:30 pm

4608.402 10/7–10/14 Sa 9:00 am–12:00 pm

4608.403 10/11–10/24 Tu 6:30–9:30 pm

4608.404 10/21–10/28 Sa 9:00 am–12:00 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.)

4610.201 11/8 W 7:00–8:30 pm

Dance Classes

Ballroom Dance

Instructor: Alberta Bagneschi

Senior Center: Chateau Room

Let us show you what a great dancer you can become. Bring your favorite partner 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. PARTNER REQUIRED, when you sign up, you will be prompted to enter the name of your partner (pricing and signups are per couple).

FOX TROT & CHA CHA CHA

Beginner | \$140/\$120 (Dist. Res.)

4114.401 9/6–9/27 W 7:00–7:55 pm

Intermediate | \$140/\$120 (Dist. Res.)

4114.402 9/6–9/27 W 8:00–9:00 pm

TANGO & WALTZ

Beginner | \$140/\$120 (Dist. Res.)

4114.403 11/29–12/20 W 7:00–7:55 pm

Intermediate | \$140/\$120 (Dist. Res.)

4114.404 11/29–12/20 W 8:00–9:00 pm

JITTERBUG/SWING **NEW!** WORKSHOP

\$140/\$120 (Dist. Res.)

4114.406 10/18–10/25 W 7:00–9:00 pm

WEDDING & SPECIAL OCCASION FIRST DANCE WORKSHOP **NEW!**

Make the most of your first dance together! Learn Waltz, Foxtrot, and Contemporary wedding dances.

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

4114.405 10/11 W 7:00–9:00 pm

Belly Dance

BELLY DANCE I & II

Instructor: Sharifa M

Senior Center: Dance Studio

Belly Dance is fun and 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 levels I & II.

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

4133.401 9/5–10/3 Tu 7:00–8:15 pm

4133.402 10/10–11/14 Tu 7:00–8:15 pm

No class 1/31.

HALLOWEEN BELLY DANCE HAFLA

Senior Center: Chateau Room

Join the students of Sharifa's belly dance classes to celebrate Halloween. The bazaar includes entertainment by students and special guests.

\$15 per person, \$10 seniors 65+ yrs
Children 12 yrs & under FREE

Sunday, October 20, 5:30–9:00 pm

BOLLYWOOD & BELLY DANCE FUSION

Instructor: Lois Davis

Senior Center: Dance Studio

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

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

4133.401 9/6–10/11 W 6:00–6:50 pm

Online Classes

anytime, anywhere...



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

For a more detailed class list, visit
www.ed2go.com/pleasanthillrec.



Tap Dance - Wake Up and Move

Instructor: AJ Rogers

Senior Center: Dance Studio

4-class anytime punchcard: \$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.

WAKE UP AND MOVE

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.

9/1-12/15 F 9:00-10:00 am

No class 11/10, 11/24.

ADULT TAP BASICS

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. Please bring your own tap shoes.

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

No class 11/10, 11/24.

ADULT TAP INTERMEDIATE

For adults who have tap danced in the past or have 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.

9/1-12/15 F 11:00 am-12:00 pm

No class 11/10, 11/24.

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.

Fitness Classes

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. Foils, plastrons/masks provided; bring equipment if possible. Teens 16-17, welcome with parent. Drop-in class is for experienced fencers.

Drop in \$10/night/person

4630.401 9/11-12/18 M 7:00 pm-10:00 pm

No class 9/4, 12/25.

Fit for Life

Instructor: Tari Nicholson

Senior Center: Dance Studio

Low-impact, easy dance moves for a good cardio workout. Have FUN while burning calories. Muscle conditioning and stretching are part of the program. Appropriate for all fitness levels.

If you purchase a punch card online, please bring your receipt to the Senior Center front desk during office hours to receive your punch card. You can try one class for free.

\$44/\$35 per session (Dist. Res.) or 8-class anytime punch card: \$50

2215.401 9/5-9/28 Tu, Th 10:00 am-11:00 am

2215.402 10/3-10/31 Tu, Th 10:00 am-11:00 am

2215.403 11/2-11/30 Tu, Th 10:00 am-11:00 am

2215.404 12/5-12/21 Tu, Th 10:00 am-11:00 am

No class 11/23, 12/26, 12/28.



Adult

Pilates-Virtual

Instructor: Alison Raphael-Klippel

Offsite: Virtual

Stretch and strengthen your body and mind with gentle therapeutic Pilates movements and sequences to help improve balance and coordination, build core strength and maintain muscle tone. Breathing exercises calm the mind, alleviate stress and anxiety and increase mobility and range of motion. Please bring light weights, a pillowcase and water.

\$66

9/4-10/30 M 11:30 am-12:10 pm

11/6-12/18 M 11:30 am-12:10 pm

No class 9/25, 10/9, 10/16, 12/4.

NEW!

Moving to Heal Nia

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 45-minute class adapted for different levels of fitness and can be done in a chair or standing. Optional: Yoga mat and water.

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

4693.305 8/21-9/25 M 10:30-11:15 am

Drop in: 1 class, \$5; 2 classes, \$8; 3 classes (same day) \$10

Basics: new to line dancing

9/23-12/16 Sa 8:15-9:00 am

Beginners: basic knowledge required

9/23-12/16 Sa 9:00-10:00 am

Improver: more advanced steps

9/23-12/16 Sa 10:00-11:00 am

Intermediate: most advanced

9/23-12/16 Sa 11:15 am-12:30 pm

No class 9/2, 9/9, 9/16, 10/14, 11/4, 11/25, 12/23, 12/30.

Nia: 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.

\$96/\$77 (Dist. Res.) Drop-in Fee \$18

4692.401 9/26–10/31 Tu 5:45–6:45 pm

4692.402 11/7–12/12 Tu 5:45–6:45 pm

No class 11/21.

Total Fitness

Instructor: Christie Tomlinson

Community Center: Dance Studios 1 and 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 are given so every BODY can work at its own pace! Bring mat/towel, water bottle, hand weights.

\$130/\$110 (Dist. Res.)

4636.401 9/11–10/23 M 5:45–7:00 pm

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

4636.402 10/30–12/18 M 5:45–7:00 pm

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 online and bring a printed receipt to instructor to receive your physical punch card. Held in the Dance Studio Mondays and the Chateau Room on Thursdays.

7-class anytime punchcard: \$70

9/7–12/21 M/Th 9:00–10:00 am

No class 9/4, 11/23, 12/25, 12/28.



Tai Chi/Martial Arts

TAI-CHI AND QIGONG **NEW!**

Instructor: Jon Finch

Senior Center: Dance Studio

Learn and practice Tai Chi and Qigong, gentle movement to improve balance, strengthen the body, quiet the mind, and relieve stress. Each class includes standing meditation, qigong and tai chi movement (from Yang-style long form). Beginners and experienced students are welcome.

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

2210.401 8/9–9/13 W 1:00–2:00 pm

2210.402 9/20–10/25 W 1:00–2:00 pm

2210.403 11/1–12/13 W 1:00–2:00 pm

No class 11/22.

BALANCE THROUGH TAI CHI **NEW!**

Instructor: Jon Finch

Senior Center: Dance Studio

Learn and practice gentle movements, done seated or standing, designed to improve balance, along with mental focus, strength, and general health. Classes include meditation, qigong and tai chi style movement focused on improving balance. Great for beginners and people of all ages.

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

2219.401 9/12–10/24 Tu 1:00–2:00 pm

2219.402 11/7–12/12 Tu 1:00–2:00 pm



TAI-CHI CHUAN PRACTICE

Instructor: Bryce Ikeda

Senior Center: Dance Studio

Ongoing practice of Tai Chi Chuan Yang style long form. This class is for the student who 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.

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

2312.401 9/6–10/18 W 9:30–10:30 am

2212.402 11/1–12/13 W 9:30–10:30 am

No class 9/20, 11/22.

TAI-CHI CHUAN SECOND SET

Instructor: Bryce Ikeda

Senior Center: Dance Studio

Ongoing practice of Tai Chi Chuan Yang style long form. This class is for the student who 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.

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

2210.401 9/5–10/17 Tu 2:30–3:30 pm

2210.402 10/31–12/12 Tu 2:30–3:30 pm

No class 9/19, 11/21.

TAI CHI CHUAN THIRD SET

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

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

2311.401 9/6–10/18 W 11:00 am–12:00 pm

2311.402 11/1–12/13 W 11:00 am–12:00 pm

No class 9/20, 11/22.

Yoga & Meditation

SUGI YOGA

Instructor: Nancy Guzzaldo

Winslow Center: Assembly Room

Anyone can do Sugi Yoga, even you! This non-traditional Yoga style is a combination of Hatha Yoga and the Feldenkrais technique of movement. Learn gentle Yoga postures, breath exercises and deep relaxation to help relieve stress on three levels: spirit, mind, and body. Wear comfortable clothing; bring Yoga mat and pillow.

\$75 for 5-class punch card

4637.401 9/5-12/19 Tu 10:00-11:15 am

YOGA & MOVEMENT FOR EVERY BODY

Instructor: Gregory Riley

Senior Center: Chateau Room

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 anytime punchcard: \$150

4510.401 9/5-12/19 Tu 6:00-7:00 pm

YIN YOGA **NEW!**

Instructor: Gregory Riley

Senior Center: Dance Studio

This gentle/chair yoga is for every body at every age. Suitable for adults and seniors. Greg has the knack for making the life-enhancing benefits of Yoga available to all so everyone can participate at their current level of ability. Wear comfortable clothes suitable for stretching. Bring your yoga mat or yoga blocks if you have them. Class can be done while seated in a chair.

5-class punch card: \$75

4511.401 9/8-12/15 F 12:30pm-1:30pm

No class 11/3.

MEDITATION & MINDFULNESS **NEW!**

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

4511.401 9/8-12/15 F 1:30pm-2:30pm

No class 11/3.

SLOW FLOW HATHA YOGA **NEW!**

Instructor: Amy Farajian

Senior Center: Dance Studio

Slow, gentle, all-around flow with attention focused on alignment, mobility, balance, matching movement with breath. Gain a deeper understanding of the body and poses. All skill levels welcome and encouraged. Bring your yoga mat.

Free Open House Class: Slow Flow Hatha Yoga

4657.400 9/7 Th 11:30 am-12:30 pm

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

4657.401 9/14-10/19 Th 11:30am-12:30pm

4657.402 10/26-12/14 Th 11:30am-12:30pm

CHAIR YOGA **NEW!**

Instructor: Amy Farajian

Senior Center: Dance Studio

Learn the benefits of Yoga while seated in a chair. Gentle stretches appropriate for each student. Explore alignment, balance, mobility, strength, breath work and meditation without the stress of getting up and down off the floor.

Free Open House Class: Chair Yoga

4658.400 9/7 Th 12:45-1:45pm

\$110/\$90 (Dist. Res.)

4658.401 9/14-10/19 Th 12:45am-1:45pm

4658.401 10/26-12/14 Th 12:45am-1:45pm

Adult Sports (ages 18+)

Adult Sports Leagues

- Basketball (3 v 3 and 5 v 5)
- Bocce
- Flag Football
- Soccer (5 v 5)
- Softball

For league details, visit

www.pleasanthillrec.com/288

For questions call (925) 682-0896

or email vdavis@pleasanthillrec.com

Badminton Open Gym

Location: PH Middle School Gym,
1 Santa Barbara Road

All skill levels welcome.

\$7 per person (cash only)

Fridays 7:30-9:30 pm

Basketball Open Gym

Location: PH Middle School Gym,
1 Santa Barbara Road

\$7 per person (cash only)

Fridays 5:30-7:30 pm

Cornhole Bag Toss: Tossin' Tuesdays

Winslow Center: 2590 Pleasant Hill Road
(corner of PH Road and Taylor)

All skill levels welcome.

\$7 per person

Tuesdays 6:30-9:00 pm

Tennis: Monthly Group Lessons 13yrs & up

Instructor: Coach Rafa

College Park High School Tennis Courts

Wear tennis shoes, bring racquet and water.

TEEN/ADULT: BEGINNER/ADVANCED BEGINNER

Minimal skills and playing experience.

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

5565.400 9/8-9/29 F 7:00-8:00 pm

5566.401 10/6-10/27 F 7:00-8:00 pm

\$66/\$53 (Dist. Res.)

5565.402 11/3-11/17 F 7:00-8:00 pm

46th Annual Turkey Trot Trail Run (rain or shine/all ages)

Sunday, November 19, 9:00 am (Sharp!) | Briones Reg. Park, Bear Creek Entrance, Lafayette

Experience the tradition of this annual 8.4 mile run in the beautiful hills of Briones Regional Park. Start and finish at Bear Creek Staging Area, including uphill to Briones Peak (elev. 1483 ft.). This run is not for beginning joggers; the course is very hilly and entirely on trails. Top male/female winners receive turkeys. The top three finishers in each age division receive medals.

Register and view trail/course map at www.pleasanthillrec.com/288.

Fee: \$25 pre-registration (by 11/3), shirt included

\$35 race day registration (after 11/3); shirt NOT included.





Aquatics

Fall Swim Team Clinic

Coach: Talli Pitcher

PH Aquatic Park: 147 Gregory Lane

For new and returning recreational swimmers interested in continuing to build their swim skills and confidence. 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. No swim meets or work requirements. New swimmers must attend a free swim tryout to ensure correct placement.

No class 10/31, 11/10, 11/20-11/24.

AUGUST SESSION | 8/14-8/30 | M/W

8 & under | **8211.401** 4:15-5:00 pm | \$68/\$55 (Dist. Res.)

8-12 yrs | **8212.401** 5:00-6:00 pm | \$100/\$80 (Dist. Res.)

12 yrs & up | **8213.401** 6:00-7:00 pm | \$100/\$80 (Dist. Res.)

FALL SESSION | 9/11-12/20

8 yrs & under | M/W/F | 4:15-5:00 pm

8211.402 | 3 Days | \$320/\$300 (Dist. Res.)

8211.403 | 2 Days | \$245/\$225 (Dist. Res.)

8-12 yrs | M/W/F | 5:00-5:45 pm

8212.402 | 3 Days | \$320/\$300 (Dist. Res.)

8212.403 | 2 Days | \$245/\$225 (Dist. Res.)

11 yrs & up | M-Th | 5:45-6:45 pm*

8213.402 | 4 Days | \$465/\$445 (Dist. Res.)

8213.403 | 2 Days | \$330/\$310 (Dist. Res.)

**Starting 10/23, Tu/Th time changes to 5:00-6:00 pm.*

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

Swim Tryouts Free!

PH Aquatic Park: 147 Gregory Lane

New swimmers, 10 and under, must attend tryouts to ensure correct program placement/registration. Pre-registration is required. You may register for programs before you attend tryouts. Current Dolphins do not need to attend tryouts. Current Mini-Dolphins should only attend tryouts if you are unsure of correct program registration.

Saturday, 8/12, 11:00 am

Saturday, 9/9, 10:00 am

Special Events

Pumpkin Splash

All Ages

Pleasant Hill Aquatic Park: 147 Gregory Lane
Don't miss this spooktacular fun for all ages! Jump into PH Aquatic Park's floating pumpkin patch and pick your favorite pumpkin for Halloween. Once you pick your pumpkin, give it a silly face at our pumpkin decorating station!

Sunday, October 8, 1:00-2:30 pm

\$20/\$16 (Dist. Res.) for pumpkin wristband
(spectators and adult helpers free)



Clinics & Classes

Pre Swim Team

Instructor: Talli Pitcher

PH Aquatic Park: 147 Gregory Lane

Designed for swimmers 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. New swimmers must attend a free swim tryout.

4-5 yrs | Tu/Th | 4:15-4:45 pm

8208.401 8/15-8/31 | \$87/\$70 (Dist. Res.)

8208.402 9/12-10/19 | \$154/\$134 (Dist. Res.)

6-8 yrs | Tu/Th | 4:45-5:30 pm

8209.401 8/15-8/31 | \$110/\$90 (Dist. Res.)

8209.402 9/12-10/19 | \$196/\$176 (Dist. Res.)

9-13 yrs | Th/Th | 5:45-6:30 pm

8210.401 8/15-8/31 | \$110/\$90 (Dist. Res.)

So You Think You Want To Be a Lifeguard? FREE!

15 yrs & up

Instructor: Aquatics Staff

PH Aquatic Park: 147 Gregory Lane

If you are interested in becoming a lifeguard, and 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

9/10-10/29 Su 10:00–11:00 am

Lifeguard Training

15 yrs & up

Instructor: Aquatics 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/First Aid/CPR/AED, Administering Emergency Oxygen and Title 22. Bring swimsuit, towel, lifeguard book (receive in class), resuscitation mask (receive in class), and lunch each day. This class consists of approximately 7 hours of online learning, which must be completed before the first-class meeting. See pleasanthillrec.com for prerequisites which must be successfully completed by the first-class meeting.

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

8715.401 10/7–11/4 Sa 9:00 am–5:30 pm

8715.402 12/26–12/30 Tu-Sa 9:00 am–5:30 pm

Lifeguard Training Review

16 yrs & up

Instructor: Aquatics Staff

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/First Aid/CPR/AED. Bring lunch. Must provide proof of current certification.

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

8717.401 11/20-11/21 M/Tu 9:00 am–5:00 pm

8717.402 1/4-1/5 Th/F 9:00 am–5:00 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!

Lap swim punch cards are valid for 1 year.

Daily Fee: \$10/\$8 (Dist. Res.)

Senior 55+: \$8/\$7 (Dist. Res.)

10-Swim Punch Card: \$90/\$72 (Dist. Res.)

Senior 55+ Punch Card: \$79/\$63 (Dist. Res.)

Fall Lap Swim Hours start Sept 11.

Visit www.pleasanthillrec.com or call the District Office at (925) 682-0896 to confirm hours.

Holidays: 11/10, 11/11. Modified schedule during Thanksgiving (11/20-11/26) and winter break (12/21-1/8).

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

Senior 55+: \$82/\$66 (Dist. Res.)

Water Aerobics Punch Cards can only be used for MaryBeth's classes and are valid for 1 year.

Fees are based on the number of classes per session.

2 classes | \$25/\$20 (Dist. Res.) | Senior 55+ \$22/\$18 (Dist. Res.)

3 classes | \$37/\$30 (Dist. Res.) | Senior 55+ \$33/\$27 (Dist. Res.)

4 classes | \$50/\$40 (Dist. Res.) | Senior 55+ \$45/\$36 (Dist. Res.)

5 classes | \$62/\$50 (Dist. Res.) | Senior 55+ \$56/\$45 (Dist. Res.)

Single Day:

\$16/\$13 (Dist. Res.)

\$15/\$12 Senior 55+ (Dist. Res.)

MONDAYS (8:00-9:00 AM)

8102.401 9/11-9/25 3 classes

8102.402 10/2-10/30 5 classes

8102.403 11/6-11/27 4 classes

8102.404 12/4-12/18 3 classes

WEDNESDAYS (8:00-9:00 AM)

8103.401 9/6-9/27 4 classes

8103.402 10/4-10/25 4 classes

8103.403 11/1-11/29 5 classes

8103.404 12/6-12/27 4 classes

FRIDAYS (8:00-9:00 AM)

8104.401 9/1-9/29 5 classes

8104.402 10/6-10/27 4 classes

8104.403 11/3-11/17 2 classes

8104.404 12/1-12/29 4 classes

No class 11/10, 11/24, 12/22.

TUESDAYS (PM)

8105.401 9/5-9/26 4 classes 7:00-8:00 pm

8105.402 10/3-10/24 4 classes 7:00-8:00 pm

8105.403 11/7-11/28 3 classes 6:30-7:30 pm

8105.404 12/5-12/19 3 classes 6:30-7:30 pm

No class 10/31, 11/21, 12/26.

THURSDAYS (PM)

8106.401 9/7-9/28 4 classes 7:00-8:00 pm

8106.402 10/5-10/26 4 classes 7:00-8:00 pm

8106.403 11/2-11/30 4 classes 6:30-7:30 pm

8106.404 12/7-12/21 3 classes 6:30-7:30 pm

No class 11/23, 12/28.



Swim Lessons

Fall 2023

Note: An Aquatic Waiver of Liability must be signed before any class participation. Please plan your schedule carefully; there are no make-ups/refunds for missed classes. See the lesson manager if you have any special requests/information regarding your child's lessons. Lesson managers supervise lessons on the pool deck; they will assist with your concerns.

PARENT/TOT (6 MOS-4 YRS)

A fun introduction to the aquatic environment focusing on water adjustment through instructor led songs. One adult caregiver must participate in the water with the participant. Swim attire: tight-fitting "swim pants" and swimsuit. No disposable or cloth diapers.

TINY TOT (3-4 YRS)

Child must be ready to learn without parent. Skills: Water adjustment, basic aquatic skills and water safety. Ratio 3:1

PRESCHOOL (4-6 YRS)

Child must be ready to learn without parent. Skills: Water adjustment, elementary aquatic skills, stroke development and water safety. Abilities may vary. Ratio 3:1

YOUTH (6-12 YRS)

Students will learn a variety of strokes, personal safety skills and diving techniques, starting with basic aquatic skills and water adjustment. More advanced students will refine their skills. Ratio 4:1

ADULT/TEEN (12+ YRS)

New strokes and techniques for stroke improvement will be taught. Skills: floating, kicking, crawl stroke, backstroke, breaststroke, butterfly, sidestroke, elementary backstroke, diving and turns. Ratio 5:1



Fall 2023 Swim Lessons—PH Aquatic Park

Saturday & Sunday Group Lessons

4 weeks, (4) 25-minute classes:
\$69/\$55 (Dist. Res.) | Parent/Tot: \$54/\$43 (Dist. Res.)

		SATURDAY		SUNDAY	
Time	Age	9/9-9/30	10/7-10/28	9/10-10/1	10/8-10/29
10:00 am	Adult/Teen	8599.401	8599.403	8599.402	8599.404
10:30 am	Youth	8579.401	8579.403	8579.402	8579.404
11:00 am	Preschool	8549.401	8549.403	8549.402	8549.404
11:30 am	Tiny Tot	8539.401	8539.403	8539.402	8539.404
12:00 pm	Parent/Tot	8510.401	8510.403	8510.402	8510.404

Saturday & Sunday Private Lessons

PRIVATE (3.5 YRS-ADULT)

One-on-one swim instruction for all ability levels and ages. Private lessons will be offered based on instructor/staff availability.

		SATURDAY		SUNDAY	
Time		9/9-9/30	10/7-10/28	9/10-10/1	10/8-10/29
10:00 am		8620.401	8620.403	8620.402	8620.404
10:30 am		8621.401	8621.403	8621.402	8621.404
11:00 am		8622.401	8622.403	8622.402	8622.404
11:30 am		8623.401	8623.403	8623.402	8623.404
12:00 pm		8624.401	8624.403	8624.402	8624.404

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





Travel



Explore your world with us!

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 you 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.

Where in the world do you want to go? Call our Travel Coordinator who will be happy to help you with your next travel adventure.

TRAVEL OFFICE INFORMATION:

The Travel Office hours are
10:30 am-2:30 pm.

Call (925) 798-8788 to sign up for any day trip or for any questions you might have, we are here to help!

Travel Coordinator: Michael Manalastas
Phone: (925) 771-7636

Hours: Monday-Friday, 8:00 am-4:00 pm

Senior Center: 233 Gregory Lane

Countryside of the Emerald Isle

MARCH 24-APRIL 2, 2024

This is your chance to experience a seldom-explored side of Ireland. From the vaults of Christ Church Cathedral to the rolling hills of Dingle, we'll bring you back to your Irish roots (even if you don't have any). Fáilte and welcome to Dublin, Ireland's cosmopolitan capital. Tonight, join your fellow travelers for a welcome reception in the crypt of Christ Church Cathedral. Within the medieval walls of the city's oldest structure, surrounded by nearly 1,000 years of Irish myths and legends, toast the start of an incredible adventure. A local expert escorts you through Dublin's magnificent sights. Exalt in the culture and color of Ireland's world-famous shopping thoroughfare, Grafton Street. Get lost inside the gardens of St. Stephen's Green, and marvel at the electric green expanse of the largest enclosed city

park in all of Europe, Phoenix Park. You may join an optional tour to a traditional pub for lunch, followed by a visit to the Guinness Storehouse. In the evening, enjoy authentic Irish cuisine at a local restaurant. Take to Ireland's country roads. Tour the Irish National Stud, an area of outstanding natural beauty that's home to regal thoroughbreds and opulent gardens. Continue south to the awe-inspiring Rock of Cashel. Be amazed by its imposing facade and visit the spot where St. Patrick preached. Head to the coastal town of Kinsale and enjoy the charming shops, galleries and cafes before joining a local expert for a leisurely walking tour. You will visit the Old Midleton Distillery, home of Jameson Irish Whiskey. Give it a go with a tasting of the distillery's production.

Cost: \$4,548 pp/double | \$5,348 pp/single

2024 North American Solar Eclipse

APRIL 5-9, 2024

Begin your Solar Eclipse adventure as you gather in Buffalo, New York. Meet your Tour Manager in the lobby at 6:00 p.m. for a welcome dinner at one of Buffalo's fine local restaurants – maybe even sample some Buffalo Wings! Buffalo Touring and Pierce-Arrow Transportation Museum: This morning a local guide conducts a driving and walking tour of historic Buffalo. You will visit the City Hall with its unique Observation Tower, often called the "Windows on Buffalo" and see the Canalside at the heart of Buffalo's waterfront. Later, visit the Pierce-Arrow Transportation Museum which offers a unique look at Buffalo's transportation history. This extensive collection of vintage automobiles is considered one of the finest of its kind in the world. Begin the day at the Theodore Roosevelt Site. See the house where he was sworn into office and learn the back story of how one man overcame adversity early in life to go on to become one of the most influential U.S. Presidents of all time. Then tour the Frank Lloyd Wright-designed Darwin D. Martin House. Built between 1903 and 1905 the house ranks among Wright's greatest works. Lunch today is at the historic Roycroft Inn, a wonderful example of the Arts and Crafts movement. Enjoy shopping at Vidlers 5 & 10 as well as the unique Made in America Store. Begin the day with a visit to mighty Niagara Falls. Niagara consists of three waterfalls which span the border between Ontario and New York. See the Horseshoe Falls, the largest as well as the American and Bridal Veil Falls. Then continue to Old Fort Niagara where you are welcomed by period-attired guides, fife and drums, musket firing and more. It is here you will view one of the earth's great wonders, a total solar eclipse. Special eyewear and chairs will be provided for this once-in-a-lifetime event. Be sure to dress accordingly as it will be springtime in Niagara.

Cost: \$3,259 pp/double | \$3,958 pp/single



50+ Travel

PH Rec & Park District Travel Services offer special day trips and excursions for 50+ seniors. Meet new friends and have fun as you explore Northern California in the company of fellow travel enthusiasts.

We offer our daytrips for any type of mobility and we do not charge a fee for caretakers. Special Accommodations can be made for power wheelchairs, special dietary requests and service dogs with advance notice and as long as the trip venues are ADA accessible.

View the current 50+ Pleasant Getaways online at pleasanthillrec.com/31 or call our Travel Desk at (925) 798-8747 for inquiries or to sign up! Day trips are subject to federal, state and local public health order protocols at the time of the trip.



Fall/Winter Pleasant Getaway Highlights:

Livermore Wine Tour- Livermore, CA

FRIDAY, SEPTEMBER 15, 2023

Travel down to Livermore's historic region of beautiful vineyards, delicious wine, and memorable experiences. Visit Rios-Lovell Winery and Las Positas Vineyards. Rios-Lovell is a family owned and operated Estate Winery in the heart of the Livermore Valley Wine Country. Enjoy a panoramic view of surrounding vineyards and mountains. Grown, produced and bottled on site, Rios-Lovell takes pride in quality and award-winning wines and ports. Las Positas Vineyards is dedicated to the marriage of Old-World craftsmanship and New-World pioneer spirit in the production of world-class wines in California's historic Livermore Valley. Included with your travel will be a boxed lunch to enjoy at your first stop.

Bus pick-up location: 147 Gregory Lane
\$155/\$140 (Dist. Res.)

Arrive to bus by 10:30 am; depart at 10:45 am; arrives home at approx. 4:15 pm.

Fleet Week on the San Francisco Belle

SATURDAY, OCTOBER 7, 2023

Watch the spectacular Fleet Week Air Show aboard the iconic San Francisco Belle with the best views around! The San Francisco Belle is the largest capacity dining on the yacht on the West Coast. Her ornate detailing recalls the elegant riverboats of the late 1800s with the iconic Art Nouveau style. Immerse yourself in its grandeur and style while you indulge in a delicious hosted buffet lunch, sip on the champagne and enjoy music from the on-board DJ. With the best vantage point around, catch the air show directly above you!

Bus pick-up location: 147 Gregory Lane
\$216/\$201 (Dist. Res.)

Arrive to bus by 11:15 am; depart at 11:30 am; arrives home at approx. 6:30 pm.



Craig Smith History of Castro-San Francisco, CA

TUESDAY, OCTOBER 24, 2023

This brand new tour from Craig Smith is being offered to Pleasant Hill Seniors exclusively for October!

Start in Japantown for a quick restroom break, before heading to 17th and Market where you will discover the Pink Triangle Monument. Learn how World War II, the Summer of Love, civil rights leader Harvey Milk & the AIDS epidemic created the heart and soul of the LGBTQIA+ community. Curious about how the Castro got it's iconic Rainbow Flag and how the Castro became known as the "Gay Mecca" of the world? You will know by the end of this tour. Walk along today's amazing Rainbow Honor Walk, with bronze sidewalk plaques honoring famous LGBTQIA+ people who have made significant worldwide contributions in history. Stop for lunch at the Willkommen Brewery, for family style German food before a visit to the GLBT Historical Society's LGBTQ Museum. Open since January 2011, the museum showcases the sheer depth and breadth of demonstrating the importance of queer history to the public, and mounts wide-ranging exhibitions with an emphasis on diversity and social justice. What did it take to get the LGBTQIA+ community their rights from the "Summer of Love" to now? Blood, sweat, tears & a revolution that would forever change San Francisco and the world.

Please note: This tour will include walking, up to 10-20 minutes at a time on flat surfaces.

The LGBTQ Museum requires guests to be masked and vaccinated as of March 2023. Cost Includes: luxury motorcoach, driver gratuity, escorted "History of the Castro" tour with Craig Smith, hosted family-style German lunch of sausages, red cabbage, warm potato salad, green salad, soft pretzels and drinks, at Willkommen Brewery, as well as admission to the GLBT Historical Society's LGBTQ Museum.

Bus pick-up location: 147 Gregory Lane

\$172/\$157 (Dist. Res.)

Arrive to 147 Gregory by 8:30 am; depart at 8:45 am; arrive home at approx. 5:30 pm.

How to prepare for your upcoming Pleasant Getaway:

1. Make sure we have an e-mail on file for you. We will do updates, confirmations, and reminders through e-mail.
2. Be familiar with your pickup location. We have 2 pickup locations, and your ticket will say either Parking Spot 1: 147 Gregory Ln or Parking Spot 2: 2 Santa Barbara Rd—Both lots are in Pleasant Hill.
3. Wear layers. California weather is unpredictable.
4. Bring your cell phone.
5. Be on time!
6. Always listen to your assigned Travel Escort.
7. If there is a docent, please listen and save your conversations until after the tour.
8. Have a question? Ask the Travel Escort.
9. Be polite and be positive. Enjoy the ride.

All these tips will ensure that you will have a Pleasant Getaway.



Travel

Guide Dogs for the Blind-San Rafael, CA

SATURDAY, DECEMBER 19, 2023

Enjoy a morning at Guide Dogs for the Blind, one of the largest guide dogs schools in North America. With exceptional volunteers, trainers, and donors, these highly qualified dogs help to change the lives of the blind or those with low vision. Included on the tour are stops in the residential courtyard, the training courtyard, and the Learning Lab of the Puppy Center. After your tour, you will enjoy a delicious, seated lunch at Joe's of San Rafael before you head back home for the day.

Bus pick-up location: 147 Gregory Lane

\$133/\$118 (Dist. Res.)

Arrive to 147 Gregory by 8:45 am; depart at 9:00 am; arrive home at approx. 3:30 pm.





Hello!

Michelle Lacy
General Manager

Dear Friends,

"Good vibes and good times" has been our theme all year. As we transition into the fall and winter seasons, our recreation professionals will continue to offer programs, activities, and events with this theme in mind, creating positive memorable experiences for all.

In this issue, we highlight our exciting Fall and Winter events including the Tinkers and Thinkers Innovation Fair on September 16, a popular S.T.E.A.M. event co-hosted with the Pleasant Library. We are also bringing back our Annual Turkey Trot on November 19 for those runners (and walkers) who would enjoy the challenge of this 8.4-mile trail run through Briones Regional Park. Also mark your calendars for our holiday events highlighted on page 3. Our traditional Holiday Festival on December 6 will broaden its horizons this year by celebrating not just Christmas but other wonderful holiday traditions from around the world as well.

This issue also features a wide variety of programs for preschoolers, youth, teens and adults that will keep you active and engaged this fall and early winter. I encourage you try something new this season and take a friend with you to add to the fun,

On the back cover is a special feature and survey opportunity about improvements related to our older community facilities, including the Old School House, Winslow Center and our 70-year old pool and also highlights upgrades to park amenities and building a new park adjacent to the Pleasant Hill Library. We want to know your priorities for these projects and welcome additional feedback. Please take a minute and share your thoughts with us online by scanning the QR code with your smartphone camera or stop by one of our facilities to pick up your printed survey. We value your input.

Wishing you continued good vibes and good times in the months ahead!

Sincerely,
Michelle Lacy, General Manager

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

Our Mission: Put people first.

BOARD OF DIRECTORS

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

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

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.

Registration Begins August 1.

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

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
Susie Kubota, Executive Secretary
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 that have not met minimum enrollment five business days before first meeting will be cancelled.

FACILITY & PARK LOCATIONS

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

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.

50+

Pleasant Hill Senior Center

233 Gregory Lane • (925) 798-8788
www.phseniorcenter.com

The award-winning Pleasant Hill Senior Club is sponsored by the Pleasant Hill Recreation & Park District. Annual membership is open to men and women 50 years and over. Members receive a monthly newsletter and discounts on special events as well as access to senior club activities.

For more details on dates and times of the following services and activities, please visit 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 (925) 798-8788 for more information.

Senior Services:

- Advanced Health Care Directive Workshop
- Care Management Program
- Consult an Attorney Program
- County Nutrition Program (Café Costa—weekly lunch program)
- Grief Support Group
- Medicare & Supplemental Insurance Policy Counseling (HICAP)
- Movie and Book Library

Senior Center Activities:

- Amistad—Spanish Resource Group
- American Mah Jongg
- Boutique & Crafting Group
- Bingo
- Calming Coloring
- Chess
- Discussion Groups
- Hand & Foot (+) Knee Card Games
- Marathon Bridge
- Meal & Movie Events
- Men's Corner (Men's discussion group)
- Pinochle
- Senior Bridge
- Tea Dance

For more activities, see pleasanthillrec.com.



Clarinet Fusion Holiday Concert 2023

Thursday December 14, 7pm
Pleasant Hill Senior Center, Chateau Room

Pleasant Hill's very own Clarinet Fusion will perform live music to the delight of all ages! Bring the whole family! Tickets will stop being sold online at 4pm day of the show. You may purchase at the door. Students \$5 at the door. Tickets: \$7 presale (\$10 after 12/8)

Golden Follies Holiday Show 2023

Tuesday December 19, 1:30pm

Pleasant Hill Senior Center, Chateau Room

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.

Doors open at 1:15pm

Tickets \$16 presale until 12/8 (tickets will be \$20 after 12/8)



2024 Senior Center Membership

\$20 for those 50 years and older.

Senior Center Membership holders receive discounts on trips, classes and special events. Begins 12/4.



FREE Admission! Holiday Boutique & Crafts Fair

Saturday, November 4, 9:00 am–2:00 pm
Senior Center

Get an early start on your holiday shopping! Visit our Holiday Boutique and choose from a huge selection of handmade items. Over 50 craft vendors! Proceeds benefit the PHSC Care Management Program.

Applications for vendors available at www.pleasanthillrec.com. (usually sold out by Oct.)



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Pleasant Hill, CA 94523

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WE'VE GOT ROOM FOR IMPROVEMENT!

Give us a minute to help us shape the future of our local parks and recreation facilities!

YOUR OPINION MATTERS

We want to know YOUR priorities for future improvements to our parks and facilities.



INVESTING IN FUTURE FACILITIES & PARKS

To continue to serve the recreational needs of our community, investment is required to build and repurpose old facilities including the Old School House, Winslow Center, and our 70-year-old Pleasant Hill community pool.



VISION:

NEW COMMUNITY CENTER, POOL, & GYM

Repurpose, rebuild and develop a small multi-use community center, multi-purpose gym and modern pool facility to provide enhanced recreational opportunities.

SERVING OUR COMMUNITY

Fourteen years ago, voters approved an improvement and funding plan to build the Pleasant Hill Community Center, Senior Center, Teen Center, and renovate Pleasant Oaks Park. The result: all four facility renovations were completed on time and within budget.

Today, these beautiful community facilities serve hundreds of local seniors, youth, teens and families every day.

PARK DEVELOPMENT

Develop the 5 acres of land purchased in 2020, adjacent to the new Pleasant Hill Library. Funds are needed to transform this empty lot into a park with sports fields, a play structure and walking paths.



NEW & SAFE FACILITIES FOR ALL

Replace amenities to improve accessibility for all and the quality of your park experience.



WHAT ARE YOUR PRIORITIES?

- Add new restrooms and playground equipment to local parks?
- Add a multi-purpose gymnasium for all?
- Renovate/replace the 70-year-old swimming pool?
- Develop a new park with sports fields near the new Pleasant Hill Library?
- Other?



TAKE 1-MINUTE ONLINE SURVEY



Tap on this camera icon on your smartphone and point at the QR code as if you were taking a photo. The corners of the QR code will be framed in yellow. Look for a yellow button with docs.google.com and tap on it to access the survey form online. Complete and tap SEND.



pleasanthillrec.com | @pleasanthillrec