

Winter/Spring
2024

the Spotlight

Hello 2024!

**Dolphins Swim Team
Celebrates 60 Years**
Page 21

Summer Camp 2024 Expo
Back Cover

District Highlights
Page 27

pleasanthillrec.com





Community Events

Class Registration Begins December 11. See page 26.

NO ONLINE REGISTRATION FEES!

The Spotlight, Winter 2023/Spring 2024:

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*On the cover: Henry Shannon, Bryanna Oxley, Logan Kimmins & Coach Cooper Roke
Photo Credit: Karyl Oxley*

SPOTLIGHT CONTENTS:

Adult Classes	15-19
Adult Dance	16-17
Adult Fitness.....	17-19
Adult Sports	19
Adult 50+ Programs & Events.....	25
Aquatics	20-22
Online Courses Info	17
Preschool Activities	4-7
Registration Information	26
Summer Camp Expo	Back Cover
Teen Scene	13
Travel.....	23-24
Winter & Spring Break Camps.....	14
Youth Classes	8-12
Youth Sports.....	6-7, 12,13



Inclusive Recreation Dances

Fridays, 7:00 pm–9:00 pm

Winter/Spring Schedule:

- Jan. 19:** Martinez Senior Center
- Feb. 23:** Pleasant Hill Senior Center
- March 15:** Walnut Creek Heather Farms
- April 12:** Concord Senior Center
- May 17:** Martinez Senior Center

Visit PleasantHillRec.com/449 to view entire 2024 schedule.

Pleasant Hill Rec & Park District, in partnership with the City of Concord, City of Martinez and City of Walnut Creek, hosts dances specifically designed for developmentally disabled adults (18 yrs+). For more information contact Holly Frates at hfrates@pleasanthillrec.com.

Admission: \$8 cash (caregivers free) at the door.

Family Pajama Dance Party

Friday, February 9

Pleasant Hill Senior Center: Chateau Hall

It's a PJ party! Dress in your favorite winter 'jammies and get ready to show your kids your best dance moves! Activities include dancing, kids' craft and a wrap-up bedtime story with a special guest. Snacks and a dessert bar included to fuel the fun. Event is for children (1-10 yrs) and their family member(s). Adults are encouraged to wear pajamas too. We love matching family pajama sets! All participants over age 2 must register. Must pre-register by TBD.

Admission: \$12.50/\$10.00 (Dist. Res.)

6200.500 F 6:00–7:30 PM

Sponsored by *Laura Wucher*.

Summer Camp EXPO

Saturday, February 24, 2024

9:00 am–12:00 pm

Pleasant Hill Community Center

Get inspired at our Summer Camp EXPO and enroll that day to save 10%! See back page for more details.

Coupon Code: EXPO24

Kids Night Out

Friday, February 9, 6:00–9:00 pm

4–15 yrs

Pleasant Hill 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! Younger participants must be fully potty-trained. Pre-registration encouraged.

Admission: \$30

6000.501 2/9 F 6:00-9:00 pm

Polar Bear Party **NEW!**

8-12 yrs

Friday, February 16, 11:00–1:00 pm

PH Aquatic Park: 147 Gregory Ln.

Are you brave enough to test the chilly water of the training pool? Jump into a special winter swim event. Enjoy swimming in the heated pool, aquatics games and hot cocoa. Event will be held rain or shine. All children must be able to pass the deep end swim test.

Pre-registration \$31/\$25 (Dist. Res.) by noon on February 14 or when event reaches capacity.

Pop-Up Play Dates

Pop in and play with us this spring! Rec & Park staff have lots of outdoor games and activities planned for our pop up play date! We will provide the fun – you provide the smiles.

FREE to the public. Location varies.

See schedule on page 7.



Underwater Egg Hunt

Saturday, March 30, 1:00–2:30 pm

All ages

PH Aquatic Park: 147 Gregory Ln.



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

Pre-registration \$20 /\$16 (Dist. Res.) by noon on March 29 or when event reaches capacity. Spectators and adult helpers free.



Egg-Citing Egg Hunt

Saturday, March 30 (rain or shine)

Pleasant Hill Park: Basketball Court

Join us for this springtime tradition! Will you find the special golden egg? All who attend come away with a goody and a smile. Visit with Bunny, and enjoy other “egg-citing” activities (weather permitting). Bring your camera and your Easter baskets. Check in begins for all age groups at 9:30 am. All activities close at 12:00 pm sharp so please plan to arrive prior to your time slot. Pre-registration is required by 3/31.

\$11.25/\$9.00 (Dist. Res.)

Check in begins for ALL AGE GROUPS at 9:30 am.

6160.500 0-3 yrs 10:30-10:45 am

6160.501 0-3 yrs 10:50-11:05 am

6160.502 4-6 yrs 11:15-11:30 am

6160.503 7-10 yrs 11:35-11:50 am

*Please arrive early if you want to enjoy other activities. Event ends at 12:00 pm sharp.

Brought to you by the Pleasant Hill Recreation & Park District. Sponsored by the Pleasant Hill Lions Club.



Laugh, Love, Learn Senior Resource Faire

Friday, May 10, Time TBD

Pleasant Hill Senior Center
(925) 798-8788

Senior Live Well Forum: A day full of educational speakers on a variety of interesting and relevant subjects. Lunch included. All funds raised benefit the Senior Center Care Management Program. For registration and more information, call the Senior Center at (925) 798-8788. Registration opens 3/11.

Come early for the free Ultimate Senior Resource Fair from 8:30 am-12:00 pm. Over 50 vendors from the local area and free giveaways!

For more senior events, visit page 25.

Thank you to our premiere annual event sponsors!



Interested in sponsorship opportunities? Contact Liz Harrison at lharrison@pleasanthillrec.com.

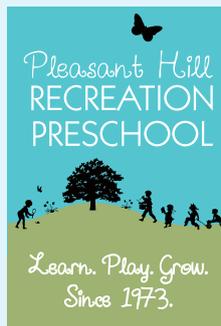
Preschool

2024-2025 School Year Preschool

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

Registration for the 2024–2025 school year opens to new families on April 8, 2024 at 9:00 a.m. and 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. For more information and current availability please contact director, Sarah Smith, at (925) 771-7626 or ssmith@pleasanthillrec.com.



2024-2025 Tuition Schedule and Rates

Bumblebees: (1.5 to 2.5 yrs)*

No potty-training required. Children are introduced to preschool in a playful and supportive environment.

Tu/Th	8:15–11:15 am	PHCC1	\$460/\$440 (Dist. Res.)
M/W/F	8:15–11:15 am	PHCC1	\$560/\$540 (Dist. Res.)

Hummingbirds: (2.5 to 3.5 yrs)*

No potty-training required. Children are working on fine/gross motor skills, independence, and social skills. Introduction to colors and shapes through hands-on process-oriented activities.

Tu/Th	8:15–11:15 am	WC3	\$450/\$430 (Dist. Res.)
M/W/F	8:15–11:15 am	WC3	\$550/\$530 (Dist. Res.)

Bluebirds: (3 to 4 yrs)*

Building on skills learned in Hummingbirds. Focus on name recognition, phonics, fine motor, and self-help skills. Students go to Robins or TK the following year. No potty-training required.

Tu/Th	8:30–11:30 am	PHCC3	\$430/\$410 (Dist. Res.)
M/W/F	8:30–11:30 am	PHCC3	\$475/\$455 (Dist. Res.)

Peacocks: (3.5-4.5 yrs)*

Children are required to be fully potty trained. This class builds on skills learned in Bumblebees and Hummingbirds. Curriculum designed for those going into Robins or TK the following year.

M–Th	12:45–3:45 pm	WC3	\$580/\$560 (Dist. Res.)
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Robins: (4-5 yrs)*

Children are required to be fully potty trained. The curriculum includes handwriting, beginning math and phonemic skills. Continuing self-help skills and confidence. Prepares children for kindergarten the following year.

M–Th	8:15–11:15 am	PHCC2	\$595/\$575 (Dist. Res.)
M–Th	12:45–3:45 pm	PHCC2	\$595/\$575 (Dist. Res.)

Tuition: \$200 non-refundable registration fee per family is required when registering.

*Children must be age appropriate by 9/1/2024.

Parent Tot

Parent and Me Gymnastics

1yr 6m–3 yrs

Instructor: East Bay Gymnastics

East Bay Gymnastics 1441 Franquette Ave
#7925 Concord CA 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.

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

6603.501	1/11–2/1	Th	10:30–11:00 am
6603.502	2/8–2/29	Th	10:30–11:00 am
6603.503	3/7–3/28	Th	10:30–11:00 am
6603.504	1/12–2/2	F	10:00–10:30 am
6603.505	2/9–3/1	F	10:00–10:30 am
6603.506	3/8–2/29	F	10:00–10:30 am

Zumbini Bilingual

1–5 yrs

Instructor: Miriam Lattanzi

Community Center: Republic Services Room

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

\$125/\$105 (Dist. Res.) \$20 materials fee

6634.501	1/18–2/15	Th	10:00–10:45 am
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\$145/\$125 (Dist. Res.)

6634.502	2/22–3/28	Th	10:00–10:45 am
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**WINTER & SPRING
BREAK CAMPS**
See page 14.

Performing Arts

Pre-Ballet

3–5 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.

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

6619.501 1/8–3/25 M 3:00–3:45 pm
 No class 1/15, 2/19.

Village Princess **NEW!**

3–6 yrs
 Instructor: Village Music School
 Village Music School 1720 Linda Dr,
 Pleasant Hill, CA 94523

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

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

6657.509 1/13–1/27 Sa 9:00–10:00 am

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

6657.511 2/3–2/24 Sa 9:00–10:00 am

\$145/\$130 (Dist. Res.)

6657.513 3/2–3/30 Sa 9:00–10:00 am

Mark Your Calendar

OUR 2023 SUMMER CAMP EXPO IS COMING SOON!

Saturday, February 24, 9:00 am–12:00 pm
 See back cover for details and Expo Day Savings!

Music Classes

Music Classes

Instructor: Andrea Gaspari
 \$165/\$145 (Dist. Res.)

LET'S MAKE MUSIC

1 yr 6 m–3 yrs
 Community Center: McHale Room

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.

6636.501 1/9–2/13 Tu 9:15–9:55 am

6636.503 2/20–3/26 Tu 9:15–9:55 am

MUSICAL BABIES **NEW!**

6 m–1 yr 6 m

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

6636.502 1/9–2/13 Tu 10:05–10:45 am

6636.504 2/20–3/26 Tu 10:05–10:45 am

PIANO & ME

3 yrs 6 m–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 will be wiped down in between each participant.

6088.505 1/9–2/13 Tu 3:30–4:10 pm

6088.506 2/20–3/26 Tu 3:30–4:10 pm



Special Interest

East Bay Gymnastics

Instructor: East Bay Gymnastics
 1441 Franquette Ave #7929,
 Concord, CA 94520

Pre-requisite: potty trained.
 \$125 /\$105 (Dist. Res.)

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.

6603.516 1/11–2/1 Th 10:30 am–11:15 am

6603.522 1/12–2/2 F 10:00 am–10:45 am

6603.517 2/8–2/29 Th 10:30 am–11:15 am

6603.523 2/9–3/1 F 10:00 am–10:45 am

6603.518 3/7–3/28 Th 10:30 am–11:15 am

6603.524 3/8–3/29 F 10:00 am–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. Students will also become more independent in performing many skills and begin to work together socially with increased peer activities. 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.

6603.519 1/11–2/1 Th 11:00–11:45 am

6603.525 2/12–2/2 F 12:15 pm–1:00 pm

6603.520 2/8–2/29 Th 11:00–11:45 am

6603.526 2/9–3/1 F 12:15 pm–1:00 pm

6603.521 3/7–3/28 Th 11:00–11:45 am

6603.527 3/8–3/29 F 12:15 pm–1:00 pm



Preschool Sports

Baseball

BASEBALL TOTS

3-5 yrs

Instructor: Skyhawks Staff
Pleasant Hill Park

\$169/\$135 (Dist. Res.) 4 Classes
5099.402 1/29-2/26 M 4:15-5:00 pm
No class 2/19.

\$206/\$165 (Dist. Res.) 5 Classes
5099.500 3/4-4/8 M 4:15-5:00 pm
No class 4/1.

\$206/\$165 (Dist. Res.) 6 Classes
5099.501 4/15-5/20 M 4:15-5:00 pm

Basketball

PARENT & ME BASKETBALL

2-3 yrs

Instructor: Skyhawks Staff
Rodgers Smith Park

\$206/\$165 (Dist. Res.) 5 Classes
5099.407 1/27-3/2 Sa 9:30-10:00 am
No class 2/17.

\$206/\$165 (Dist. Res.) 5 Classes
5099.507 3/9-4/13 Sa 9:30-10:00 am
5099.510 4/20-5/10 Sa 9:30-10:00 am
No class 4/6.

HOOPSTER TOTS

3-5 yrs

Instructor: Skyhawks Staff
Rodgers-Smith Park

\$206/\$165 (Dist. Res.) 5 Classes
5099.408 1/27-3/2 Sa 10:15-11:00 am
5099.509 4/20-5/18 Sa 10:15-11:00 am
5099.508 3/9-4/13 Sa 10:15-11:00 am
No class 4/6.

Sport Medley (Multi-Sports)

Instructor: Skyhawks Staff

PARENT & ME SPORTS MEDLEY

2-3 yrs

Rodgers-Smith Park

\$185/\$165 (Dist. Res.) 5 Classes
5099.415 1/27-3/2 Sa 9:30-10:00 am
5099.522 3/9-4/13 Sa 9:30-10:00 am
5099.524 4/20-5/18 Sa 9:30-10:00 am
No class 4/6.

TOT SPORTS MEDLEY

3-5 yrs

Rodgers-Smith Park

\$169/\$135 (Dist. Res.) 4 Classes
5099.517 1/29-2/26 M 3:00-3:45 pm
No class 2/19.
\$206/\$165 (Dist. Res.) 5 Classes
5099.518 3/4-4/8 M 3:00-3:45 pm
No class 4/1.

\$250/\$200 (Dist. Res.) 6 Classes
5099.519 4/15-5/20 M 3:00-3:45 pm

PRESCHOOL SPORTS MEDLEY

3-5 yrs

Pleasant Hill Community Center

\$188/\$150 (Dist. Res.) 5 Classes
5099.520 3/7-4/11 Th 11:45 am-12:30 pm
No class 4/4.
\$225/\$180 (Dist. Res.) 6 Classes
5099.521 4/18-5/23 Th 11:45 am-12:30 pm

Rodgers-Smith Park

\$185/\$165 (Dist. Res.) 5 Classes
5099.416 1/27-3/2 Sa 10:15-11:00 am
5099.523 3/9-4/13 Sa 10:15-11:00 am
5099.524 4/20-5/18 Sa 9:30-10:00 am
5099.523 4/20-5/18 Sa 10:15-11:00 am
No class 4/6.

East Bay Gymnastics continued

KINDER/5 (YRS)

K/5 is our "bridge" class between our Kindergym Program and our School Age Program. Students 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 through 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.

6603.507 1/10-1/31 W 2:30 pm-3:15 pm
6603.508 2/7-2/28 W 2:30 pm-3:15 pm
6603.508 3/6-3/27 W 2:30 pm-3:15 pm

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!

\$225 /\$205 (Dist. Res.)
\$10 material fee due to instructor first day of class.

6620.503 1/18-3/21 Th 4:00-5:00 pm



Soccer

KIDZ LOVE SOCCER

Instructor: Kidz Love Soccer
Pleasant Hill Park

Mom/Dad & Me 2 yrs–3 yrs 6 mo

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

5031.405	1/19–3/1	F	5:10–5:45 pm
5030.406	1/20–3/2	S	9:05–9:35 am
5031.500	4/12–5/24	F	5:45–6:15 pm
5030.506	4/20–6/1	S	9:00–9:30 am

Tot/Pre-Soccer 3 yrs 6 mo yrs–4 yrs

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

5031.408	1/20–3/2	Sa	11:10–11:40 am
5031.501	4/12–5/24	F	5:10–5:40 pm
5031.504	4/20–6/1	Sa	11:05–11:35 am

Pre-Soccer 4–5 yrs

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

5032.407	1/20–3/2	Sa	10:30–11:05 am
5032.4503	4/20–6/1	Sa	10:25–11:00 am

SOCCER TOTS

Instructor: Skyhawks
3 yrs
Rodgers-Smith Park

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

5099.422	1/27–3/2	Sa	11:30 am–12:15 pm
5099.530	3/5–4/13	Sa	11:30 am–12:15 pm
5099.532	4/20–5/18	Sa	11:30 am–12:15 pm

No class 2/17, 4/1, 4/2.

3–5 yrs

Pleasant Hill Community Center

\$187/\$150 (Dist. Res.)

5099.422	3/4–4/8	M	11:45 am–12:30 pm
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No class 4/1.

\$225/\$180 (Dist. Res.)

5099.523	4/15–5/20	M	11:45 am–12:30 pm
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Pleasant Hill Park

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

5099.524	3/5–4/9	Tu	4:45–5:30 pm
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No class 4/2.

\$250/\$200 (Dist. Res.)

5099.525	4/16–5/21	Tu	4:45–5:30 pm
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No class 4/6.

4–5 yrs

Rodgers-Smith Park

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

5099.523	1/27–3/2	Sa	12:30–1:15 pm
5099.527	3/9–4/13	Sa	12:30–1:15 pm
5099.529	4/20–5/18	Sa	12:30–1:15 pm

No class 4/6.

SUPER SOCCER STARS NEW!

Instructor: Super Soccer Stars
Pleasant Hill Park

Pre-Soccer Movement 1–2.5 yrs

\$194/\$174 (Dist. Res.)

3040.500	1/20–3/16	Sa	9:00–9:40 am
3040.501	1/21–3/17	Su	9:00–9:40 am

Soccer FUNDamentals 2–3 yrs

\$194/\$174 (Dist. Res.)

3040.502	1/20–3/16	Sa	9:50–10:30 am
3040.503	1/21–3/17	Su	9:50–10:30 am

Soccer FUNDamentals 3–4 yrs

\$194/\$174 (Dist. Res.)

3040.504	1/20–3/16	Sa	10:40–11:20 am
3040.505	1/21–3/17	Su	10:40–11:20 am

Soccer FUNDamentals 4–5 yrs

\$194/\$174 (Dist. Res.)

3040.506	1/20–3/16	Sa	11:30 am–12:20 pm
3040.507	1/21–3/17	Su	11:30 am–12:20 pm

More Super Soccer Stars spring sessions available online at pleasanthillrec.com/242.

Tennis

PEE WEE TENNIS

4–5 yrs

Instructor: Coach Kris

College Park High School Tennis Courts
Bring your own jr. size tennis racket and water.

\$113/\$93 (Dist. Res.) 4 Weeks

5553.500	3/9–3/30	Sa	10:00–11:00 am
5553.501	4/13–5/4	Sa	10:00–11:00 am

Kids Night Out

Friday, February 9, 6:00–9:00 pm
4–15 yrs

Pleasant Hill Teen Center,
147 Gregory Lane

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! Younger participants must be fully potty-trained. Pre-registration encouraged. \$30

6000.501	2/9	F	6:00–9:00 pm
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Pop Up Play Dates

Pop in and play with us this spring! Rec & Park staff have lots of outdoor games and activities planned for our pop up play date! We will provide the fun – you provide the smiles.

FREE to the public. Location varies.
See schedule below.

Wed, February 14 | 9:30–11:30 am
Teen Center

Monday, March 11 | 10 am–12:00 pm
Community Center Playground

Friday, April 12 | 2:30–4:00 pm
Pleasant Hill Park

Wednesday, May 15 | 2:30–4:00 pm
Pleasant Hill Park





Youth



Gregory Gardens Elementary
1 Corritone Court, Pleasant Hill

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

Get Inspired!

KIDSTOP offers science, technology, engineering, arts & mathematics (S.T.E.A.M.) inspired youth programs provided by the Pleasant Hill Recreation & Park District. We provide:

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

Come visit and meet our professional staff!

Art Classes

Youth Art Classes

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

COMMUNITY ART CLASS

5-11 yrs

Join our community art class and let your kid's creativity flourish. Kids will enhance their artistic skills, make new friends, and have fun. This is an open-studio style that will introduce diverse forms of art, offer inspiring themes, provide community connection, professional guidance, and gives artists the opportunity to display art at the Pleasant Hill Park and Rec office. To learn more, visit:

www.picassosatplay.com.

\$43.75/\$35 (Dist. Res.)

6056.503 2/17 Sa 9:30-10:30 am

MIX MEDIA ART EXPLORATION THROUGH THE AGES

7-12 yrs

Let's take a journey from classical art movements to contemporary art movements. Throughout the journey we will discuss art principles, techniques and materials used to create the original piece. We will then apply our learning and remix it into our own interpretation and "style", creating beautiful unique pieces of art. In this class we will be using some found materials brought from home, such as cardboard, buttons, ribbon and more! The possibilities are endless. No art experience necessary, all levels welcome! To learn more visit: www.picassosatplay.com

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

\$15 material fee due to instructor

6056.501 2/7-2/28 W 4:30-5:30 pm

6056.502 3/6-3/27 W 4:30-5:30 pm



Dance Classes

Ballet

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.

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

6042.502 1/8-3/25 M 3:55-4:55 pm

No class 1/15, 2/19.

New You Dance

Instructor: AJ Rogers

Senior Center: Dance Studio

These combo classes are students favorites, and are great start for any newcomer or returning dancer. Each entertaining class works on flexibility, strength, and technique. Participants will develop a true vocabulary of each movement while learning fun choreography by Mr. AJ Rogers!

HIP-HOP BASICS

4-10 yrs

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

6061.501 1/10-1/31 W 3:00-3:45 pm

6061.503 3/6-3/27 W 3:00-3:45 pm

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

6061.502 2/7-2/21 W 3:00-3:45 pm

No class 2/14.

HIP-HOP/BALLET I

4-7 yrs

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

6061.504 1/10-1/31 W 3:45-4:30 pm

6061.506 3/6-3/27 W 3:45-4:30 pm

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

6061.505 2/7-2/21 W 3:45-4:30 pm

No class 2/14.

HIP-HOP/BALLET II

8-12 yrs

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

6061.507 1/10-1/31 W 4:30-5:15 pm

6061.509 3/6-3/27 W 4:30-5:15 pm

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

6061.502 2/7-2/21 W 4:30-5:15 pm

No class 2/14.

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.

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

6045.503 1/8–3/25 M 5:00–5:30 pm
No class 1/15, 2/19.

Music Classes

Rhythm Piano - group lessons

5–8 yrs

Instructor: Andrea Gaspari

Senior Center: Classrooms

Join multi-award-winning teacher, entertainer, and songwriter Andrea Gaspari for this fun, educational approach to group piano lessons. Using 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.

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

6088.507 1/9–2/13 Tu 4:15–5:00 pm
6088.508 2/20–3/26 Tu 4:15–5:00 pm

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 every day. Bring a guitar to the first class if you can.

\$160 /\$141 (Dist. Res.)

6091.501 1/16–2/27 Tu 5:00–5:50 pm

Performing Arts

Village Music School

8–12 yrs

Instructor: Village Music School

Village Music School 1720 Linda Drive Pleasant Hill, CA 94523

The Village Music School team creates custom arrangements ideal for all students, genres, and instruments. Each student will receive musical parts that are tailor-made for their level of skill and ability. Instruments: guitar, voice, bass, drums, voice, piano/ keyboard.

PROJECT ROCK BAND- SECOND STAGE

Want to play your favorite song in your own band? Then Project Rock Band is for you. This program is specifically designed for younger students. Each season provides band members with musical milestones in a format that is ideal for young beginners. Together with their instructor, bandmates create their set list based on the musical strengths and interests of the group. All bands perform in our Season Finale Show in a local music venue. One year of lessons required or strong teacher recommendation.

\$445/\$425 (Dist. Res.)

6057.502 1/22–3/27 M 3:30–4:30 pm
6057.503 1/22–3/27 M 4:45–5:45 pm
6057.504 1/24–3/27 W 4:45–5:45 pm
No class 2/19, 3/25.

PROJECT ROCK BAND - WORKSHOP

This four-week version of our full-season class allows students to join bandmates (friends) and play in their own band. Together with their instructor, bandmates create their set list based on the musical strengths and interests of the group. Last class concludes with a celebratory band performance.

\$193/\$173 (Dist. Res.)

6057.501 1/25–2/15 Th 4:30–5:30 pm

Special Interest

Esports Tournaments - Minecraft Saturday

6–12 yrs

Instructor: Chris Palitz

Senior Center: Classroom 3 (former computer lab)

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. Learn, create teams, make friends, and grow our video game community. Prize pool depends on number of participants.

\$18.75 /\$15 (Dist. Res.)

5103.501 1/20 Sa 3:00–6:00 pm
5103.502 2/24 Sa 3:00–6:00 pm
5103.503 3/16 Sa 3:00–6:00 pm

Spanish 4 Children

5–9 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!

\$158/\$135 (Dist. Res.)

\$10 material fee due to instructor first day of class.

6632.201 1/19–3/2 Th 4:00–5:00 pm
6632.202 3/9–4/27 Th 4:00–5:00 pm
No class 4/6.





S.T.E.A.M. Classes

Code Ninjas

7-10 yrs

Instructor: Code Ninjas

Senior Center: Classroom 3
(former computer lab)

INTRO TO ROBLOX DEVELOPMENT

In 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.

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

6053.501 1/8-3/25 M 4:15-5:15 pm
No class 1/15, 2/19.

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.)

6053.502 1/23-3/26 Tu 4:15-5:15 pm

Snapology

6-10 yrs

Instructor: Snapology Staff

Community Center:
Republic Services Room

GAMEBOTS

Ready all gamers to use those favorite LEGO® bricks in engaged STEAM by playing games! Designing our mini-golf course to building a thrilling amusement park with rides. Join the fun in engineering design-robotic basketball hoops, ring tosses & more!

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

5101.501 2/7-2/28 W 5:00-6:00 pm

MOVIE MAKING - MINING & BUILDING

Lights! Camera! Action in the Nether! Or any biome of our young movie makers choosing in stop-motion animation. Inspired by Minecraft® to create stop-motion animation movies with backdrops, green screening and using our favorite LEGO® bricks! Creating our own worlds, mobs and more!

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

5101.502 3/6-3/27 W 5:00-6:00 pm

Play-Well

Instructor: Play-Well TEKologies

Community Center: Republic Services Room

WOMEN INNOVATORS IN STEM

5-10 yrs

Discover history's impactful women using thousands of LEGO® pieces. Recreate Bertha Benz's pioneering car journey, study chimps like Jane Goodall, launch satellites with Mary Sherman Morgan. Unleash creative innovation!

\$45/\$36 (Dist. Res.)

6066.601 3/9 Sa 9:00 am-12:00 pm

DISCOVER PI DAY USING LEGO MATERIALS

7-12 yrs

Explore circular LEGO® creations on Pi Day with expert guidance from Play-Well TEKologies. Discover the math behind pi, enhance building skills, and enjoy endless circular fun!

\$45/\$36 (Dist. Res.)

6066.602 3/9 Sa 1:00-4:00 pm



Fitness Classes

East Bay Gymnastics

Instructor: East Bay Gymnastics
 East Bay Gymnastics: 1441 Franquette Ave
 #7925 Concord CA 94520

ACRO

5-14 yrs

Class is designed to teach basic acro techniques on floor and blocks. You will learn balancing and toss/catch skills. Classes will incorporate strength, shaping, and tumbling. Classes are co-ed, so participants must be comfortable working in pairs and doing holds and lifts with co-ed partners.

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

6603.513	1/10-1/31	W	3:30-4:30 pm
6603.514	2/7-2/28	W	3:30-4:30 pm
6603.515	3/6-3/27	W	3:30-4:30 pm

KINDER/5

5 yrs

K/5 is our "bridge" class between our Kindergym Program and our School Age Program. Students continue to develop their gymnastics skills and progress to more advanced skills than the PK 4 class. Students will continue to become 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.

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

6603.507	1/10-1/31	W	2:30-3:15 pm
6603.508	2/7-2/28	W	2:30-3:15 pm
6603.509	3/6-3/27	W	2:30-3:15 pm

GIRLS

6 yrs +

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

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

6603.510	1/10-1/31	W	2:30-3:30 pm
6603.511	2/7-2/28	W	2:30-3:30 pm
6603.512	3/6-2/27	W	2:30-3:30 pm

Japan Karate Do

Instructor: William Fuentes
 Winslow Center: Assembly Room

Join our traditional karate program and discover the fun and challenges of karate-do! Our program instills politeness, discipline and self esteem in the students' lives as they work towards earning their black belt. Our motto is "Achieving Excellence Through efforts." Sessions include fun and action-packed activities to build strength, balance and coordination. Recommendation: Take two classes a week. Intermediate students may begin at blue belt or instructor's recommendation. These classes will introduce sparring drills and free sparring. Kids should wear loose-fitting clothing for first class. Karate uniform (Gi) will be available for purchase before and after class for \$35.

Website: www.PleasantHillKarate.org

BEGINNERS

5-12 yrs

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

6095.507	1/8-1/29	M	5:00-5:45 pm
6095.509	1/11-1/25	Th	5:00-5:45 pm
6095.202	2/5-2/26	M	5:00-5:45 pm

No class 1/15, 2/19.

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

6095.508	1/9-1/30	Tu	4:45-5:30 pm
6095.511	2/6-2/27	Tu	4:45-5:30 pm
6095.507	3/4-3/25	M	5:00-5:45 pm
6095.514	3/5-3/25	Tu	4:45-5:30 pm
6095.515	3/7-3/28	Th	5:00-5:45 pm

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

6095.512	2/1-2/29	Th	5:00-5:45 pm
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INTERMEDIATE

6-13 yrs

No class 1/15, 2/19.

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

6095.516	1/8-1/29	M	6:00-6:45 pm
6095.517	1/11-1/25	Th	6:00-6:45 pm

6095.518	2/5-2/26	M	6:00-6:45 pm
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\$71/\$57 (Dist. Res.)

6095.520	3/4-3/25	M	6:00-6:45 pm
6095.521	3/7-3/28	Th	6:00-6:45 pm

ALL BELTS

5-12 yrs

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

6095.522	1/10-1/31	W	5:45-6:45 pm
6095.523	2/7-2/28	W	5:45-6:45 pm
6095.524	3/6-3/27	W	5:45-6:45 pm

BO CLASS

5-13 yrs

Pre-requisite: purple belt or instructor's approval. This class will focus on the "king" of Okinawan weapons, the bo/staff. Bo basics, partner drills, kata applications, and kata. Furthermore, the learning of bo kata opens up the weapons category for our students to compete in tournaments we attend. Due to spacing, registration will be limited.

\$51.25/\$41 (Dist. Res.)

6095.501	1/10-1/31	W	7:00-7:45 pm
6095.502	2/7-2/28	W	7:00-7:45 pm
6095.504	3/6-3/27	W	7:00-7:45 pm

TOURNAMENT KIDS

8-13 yrs

Pre-requisite: Student must know their kata and have sparring gear.* Please do not register your child if both requirements are not met. These sessions focus on kata and sparring for tournaments, and includes mock tournaments in class. Students do not have to compete in tournaments to join this class. These classes are also provide an opportunity for the students to practice on their kata for their next belt, and improve their sparring abilities overall. All belts are welcomed, but white belts to yellow stripe must, at least, know Kihon Kata Ichi. Contact the instructor to purchase sparring gear.

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

6095.504	1/11-1/25	Th	7:00-7:45 pm
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\$87.50/\$70 (Dist. Res.)

6095.505	2/1-2/29	Th	7:00-7:45 pm
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\$71/\$57 (Dist. Res.)

6095.506	3/7-3/28	Th	7:00-7:45 pm
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Sports Classes

Flag Football

Grades 1-5

Instructor: Skyhawks
Pleasant Hill Park

\$215/\$195 (Dist Res)

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

\$190/\$170 (Dist Res)

5099.500 3/7-4/11 Th 3:30-5:00 pm

\$250/\$230 (Dist Res)

5099.501 4/18-5/23 Th 3:30-5:00 pm

No class 4/4, 4/18.

Soccer

SKYHAWKS AFTERSCHOOL SOCCER

Grades 2-5

Instructor: Skyhawks Staff
Pleasant Hill Park

\$185/\$165 (Dist Res)

5099.429 1/30-2/27 Tu 3:30-4:30 pm

5099.538 3/5-4/9 Tu 3:30-4:30 pm

\$200/\$180 (Dist Res)

5099.536 4/16-5/12 Tu 3:30-4:30 pm

KIDZ LOVE SOCCER

Instructor: Kidz Love Soccer Staff
Pleasant Hill Park, 147 Gregory Lane

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

SOCCER 1 TECHNIQUES | 5-6 yrs

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

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

5033.501 4/12-5/24 F 4:15-5:00 pm

5033.502 4/20-6/1 Sa 9:35-10:20 am

SOCCER 2 SKILLZ & SCRIMMAGES | 7-10 yrs

5034.413 1/19-3/1 F 3:30-4:15 pm

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

5034.500 4/12-5/24 F 3:25-4:10 pm

5034.503 4/20-6/1 Sa 11:40 am-12:25 pm



Jr. NBA Basketball Spring League

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

PH Middle School Gym, 1 Santa Barbara Road

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

Games are on Saturdays (schedule provided by assigned coach). Season begins March 23 for 8 games. Registration Closes February 2. Cost includes a jersey & basketball.

\$75 refund to parents who head coach.

\$210/\$190 (Dist Res)

BOYS

5060.500 Grades K-2 Sa

5060.501 Grades 3-5 Sa

5060.502 Grades 6-8 Sa

GIRLS

5060.503 Grades K-2 Sa

5060.504 Grades 3-5 Sa

5060.505 Grades 6-8 Sa

Tennis for All!

College Park High School Tennis Courts
6-12 yrs

BEGINNER/ADV BEG

Minimal skills and playing experience.

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

Instructor: Coach Rafa

5555.500 3/6-3/27 W 6:30 - 7:30 pm

5555.501 4/10-5/1 W 6:30 - 7:30 pm

5555.502 5/8-5/29 W 6:30 - 7:30 pm

BEGINNER/INTERMEDIATE

Instructor: Coach Rafa

5555.503 3/6-3/27 W 7:30 - 8:30 pm

5565.500 3/8-3/29 F 6:30 - 7:30 pm

5555.504 4/10-5/1 W 7:30 - 8:30 pm

5565.501 4/12-5/3 F 6:30 - 7:30 pm

5555.505 5/8-5/29 W 7:30 - 8:30 pm

5565.502 5/10-6/1 F 6:30 - 7:30 pm

No class on 5/24.

Instructor: Coach Sandra

5584.500 3/6-3/27 W 6:30-7:30 pm

5584.501 4/-10-5/1 W 6:30-7:30 pm

5584.502 5/8-5/29 W 6:30 - 7:30 pm

Jr. NFL Flag Football Spring League

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

Location TBD



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 March 23 for 6 games. Registration Closes Feb 2. Cost includes NFL jersey, football and flag belt \$75 refund to parents who head coach.

\$180/\$160 (Dist Res)

5050.500 Grades K-2 Sa

5050.501 Grades 3-5 Sa

5050.502 Grades 6-8 Sa



10-12 yrs

INTERMEDIATE

Must have 2 months beginner class experience.

Instructor: Coach Rafa

5554.400 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.

ADVANCED

Instructor: Coach Rafa

5565.500 3/8-3/29 F 7:30 - 8:30 pm

5565.501 4/12-5/3 F 7:30 - 8:30 pm

5565.502 5/10-6/1 F 7:30 - 8:30 pm

No class on 5/24.

Teens



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 after school 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.

2024/2025 fees: \$12.50/day | \$17/day with transportation from VVMS & PHMS.
Annual membership fee: \$60/\$50 (Dist. Res.)
Fall 2024 Registration Open House!
Registration begins Thursday, May 16 at 5:30pm. We will stay open that evening until 6:30pm. During this time, you can meet the staff, complete registration paperwork, and see our facility.

Teen Sports

TENNIS

13 yrs +

Instructor: Coach Rafa

B/AB.Beginner/Adv Beg--minimal skills and playing experience.

College Park High School Tennis Courts

Teen Enrichment

Online Driver's Ed

15 yrs & up

Instructor: Bay Area Driver's Ed Staff
Receive DMV-approved Certificate of Completion. Class login info shared by Bay Area Driving School staff.

ONLINE COURSE

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

VIRTUAL LIVE INSTRUCTOR

Off-Site: Virtual

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

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

5100.501	2/4–2/25	Sa	9:00 am–12:00 pm
5100.502	3/4–3/25	Sa	9:00 am–12:00 pm



Teen Scene

Esports Tournaments - Fortnite Friday

12-17 yrs

Instructor: Chris Palitz
Senior Center: Classroom 3 (former computer lab)
Pre-registration required.

Play Fortnite for prizes! 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. Learn, create teams, make friends, and grow our video game community. Prize pool depends on number of participants.

\$18.75 /\$15 (Dist. Res.)

5103.503	1/19	F	6:00-9:00 pm
5103.504	2/23	F	6:00-9:00 pm
5103.505	3/15	F	6:00-9:00 pm

Village Music School Project Rock Band: Headliners

12-17 yrs

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

Want to play great songs in your own Band, Project Rock Band is for you. Together with their instructor, bandmates create their set list based on the musical strengths and interests of the group.

The Village Music School team creates custom arrangements ideal for all students, genres, and instruments. Each student will receive musical parts that are tailor made for their level of skill and ability. All bands perform in our Season Finale Show in a local music venue. Instruments: guitar, voice, bass, drums, piano/keyboard. Two years of lessons required or strong teacher recommendation.

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

6057.505	1/22-3/27	M	6:00-8:00 pm
6057.506	1/24-3/27	W	6:00-8:00 pm

No class 3/25.

School Break Camps

Full-Day Camps - Winter & Spring

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.

WINTER

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

6060.400 12/ 26	6060.404 1/2
6060.401 12/ 27	6060.405 1/3
6060.402 12/ 28	6060.406 1/4
6060.403 12/ 29	6060.407 1/5

SPRING

6060.500 4/1	M
6060.501 4/2	T
6060.502 4/3	W
6060.503 4/4	Th
6060.504 4/5	F

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 12/18.

\$62.50/\$50 (Dist. Res.) /Day | 7:30 am - 6:00 pm

WINTER

5189.401 12/21	Th	Movies
5189.402 12/26	Tu	Scavenger Hunt
5189.403 12/27	W	Ice Skating
5189.404 12/28	Th	i heart art
5189.405 12/29	F	Bowling
5189.406 1/2	Tu	Dave & Busters
5189.407 1/3	W	Ice Skating
5189.408 1/4	Th	Round One
5189.409 1/5	F	Movies
5189.410 1/8	M	Escape Room

SPRING

5189.501 4/1	M	Mystery Trip
5189.502 4/2	Tu	Movies
5189.503 4/3	W	Scavenger Hunt & Lunch
5189.504 4/4	Th	Archery
5189.505 4/5	F	Escape Room

Spring Break Camps

Tennis Camp

Instructor: Coach Rafa

College Park High School Tennis Courts

6-10 yrs

\$158/\$138 (Dist. Res.)

5589.500 4/1-4/5 M-F 9:00 am-12:00 pm

11-15 yrs

\$158/\$138 (Dist. Res.)

5589.501 4/1-4/5 M-F 9:00 am-12:00 pm

Sports Medley Camp

6-12 yrs

Instructor: Skyhawks

Pleasant Hill Park

\$250 /\$230 (Dist. Res.)

5099.531 4/1-4/5 M-F 9:00 am-12:00 pm

Spring Break Soccer Camp

5-10 yrs

Instructor: Super Soccer Stars

Pleasant Hill Park

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

5040.508 4/1-4/5 M-F 9:00 am-12:00 pm

See more sessions online at pleasanthillrec.com.

Art + Design Exploration

7-12 yrs

Instructor: Courtney Escanio-Mandel

Community Center: Republic Services Room

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

6056.602 4/1-4/4 M-TH 9:00 am-12:00 pm

Code Ninjas

7-14 yrs

Instructor: Code Ninjas

Senior Center: Classrooms

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

INTRO TO ROBLOX

6053.601 4/1-4/5 M-F 9:00 am-12:00 pm

CODE NINJAS: MOVIE MAKING IN MINECRAFT

6053.602 4/1-4/5 M-F 1:00-4:00 pm

Winter Enrichment Camps

2023 Preschool Winter Camp

3.5-5.5 yrs (potty trained)

Instructors: Ms. Stephanie & Ms. Erika

Community Center Preschool 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.

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

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

Snapology Amusement Park Adventure

6-10 yrs

Instructor: Snapology Staff

Community Center: Republic Services Room

Build an amusement park together with LEGO bricks and other materials! Invite family and friends to play on the last day.

Engineering, design, art, and teamwork—all one fun camp!

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

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

Adult



Special Interest Classes

Drumming

Instructor: John Waller
Winslow Center: Rooms 1 & 2

Learn the very basics of rhythm through hand drums, bells and shakers. We start out slowly and get our hands to memorize the motions. Punch cards will no longer be sold (if you already have a punch card for drumming. Please note you may use up the remaining punches and pay a drop-in rate for the remainder of the session. Please talk to the instructor for more details).

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

4574.501 1/16-2/27 Tu 7:00-8:00 pm

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.

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

4575.501 1/16-2/27 Tu 6:00-6:50 pm

Exploring Watercolor

Instructor: Casey White
Senior Center: Arts & Crafts Room

Perfect for the continuing artist. 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.

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

2231.501 1/2-2/6 Tu 9:30 am-12:00 pm

2231.502 2/20-3/19 Tu 9:30 am-12:00 pm

No class /9, 3/26.

Fly Tying Basics

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

Learn to use a variety of natural and synthetic materials to create artificial flies for catching fish including trout, large-mouth bass and striped bass in Northern CA. A list of fly tying tools will be provided to students prior to the first class. Basic tying tool kits available for rent for \$20 payable to the instructor.

\$125.00 /\$105 (Dist. Res.)

4181.501 1/11-3/7 Th 7:00-9:15 pm

Golden Notes Chorus

50+ yrs
Instructor: Douglas Emigh
Senior Center: Chateau Room

Established over 50 years ago this voice chorus is perfect for those who love to sing and read music. Please bring a 1.5 inch three-ring binder to the first class. \$10 payable at the first class.

\$82/\$65 (Dist. Res.)

2350.501 1/16-3/26 Tu 9:30-11:30 am

No class 3/12.

Improv - Spontaneous Minds

Instructor: Jaime Rich
Senior Center: Classrooms

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.

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

4062.501 2//21-3/27 W 5:00-6:30 pm

Quilting

BEGINNING QUILTING

Instructor: Carol Madsen
Senior Center: Chateau Room

Emphasis on the beginning skills necessary to create your own simple quilt. More experienced quilters 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.

\$82/\$65 (Dist. Res.)

2243.501 1/8-3/25 M 12:30-3:00 pm

2243.601 4/1-6/10 M 12:30-3:00 pm

QUILTING BEYOND THE BASICS

Instructor: Carol Madsen
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.

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

2244.501 1/8-3/25 M 9:00 am-12:00 pm

2244.601 1/8-3/25 M 9:00 am-12:00 pm

No class 1/15, 2/19, 5/27.

QUILTING BASICS +

Instructor: Carol Madsen
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 and supply list are given on the first day of class. Bring sewing machine, fabric, thread, needles, pins, scissors, rotary cutter, additional sewing supplies.

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

2245.501 1/9-3/19 Tu 6:00-8:30 pm

2245.502 3/26-6/4 Tu 6:00-8:30 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, except for Singles class).

FOX TROT & CHA CHA CHA - BEGINNING

\$140/\$120 per couple (Dist. Res.)
4114.501 1/3-1/24 W 7:00-7:55 pm

FOX TROT & CHA CHA CHA - INTERMEDIATE

\$140/\$120 per couple (Dist. Res.)
4114.502 1/3-1/24 W 8:00-9:00 pm

SWING & WALTZ - BEGINNING

\$140/\$120 per couple (Dist. Res.)
4114.503 1/31-1/28 W 7:00-7:55 pm

SWING & WALTZ - INTERMEDIATE

\$140/\$120 per couple (Dist. Res.)
4114.504 1/31-1/28 W 8:00-9:00 pm
No Class 2/14.

RUMBA & TANGO - BEGINNING

\$140/\$120 per couple (Dist. Res.)
4114.505 3/13-4/3 W 7:00-7:55 pm

RUMBA & TANGO - INTERMEDIATE

\$140/\$120 per couple (Dist. Res.)
4114.506 3/13-4/3 W 8:00-9:00 pm

BALLROOM DANCE SINGLES CLASS-BEGINNER

Are you looking for a place to make new friends and have fun? If so, our Singles Ballroom Dance Class is the place for you! This class will provide students with all the easy basics needed for the fox trot and salsa. This class is designed for singles to have the opportunity to dance with different people, however, couples are also welcome to attend. Pricing is per person.

\$88/\$70 (Dist. Res.)
4114.507 1/22-1/29 M 7:00-9:00 pm

WEDDING & SPECIAL OCCASION FIRST DANCE WORKSHOP

The date is set, your plans are made. Now make the most of your first dance together! Make that special moment one you'll always remember. Learn both the waltz and fox trot. Traditional and contemporary wedding dances. For wedding couples (and others interested in special occasion dances).

\$88/\$70 per couple (Dist. Res.)
4114.508 3/6 M 7:00-9:00 pm

Retirement Planning

Instructor: Vista Advisor Group

Are you prepared for retirement? Learn how to create an informed plan to retirement while integrating your own goals and values with your finances. You will learn to use tax laws to your advantage and to properly allocate your assets while minimizing risks and maximizing returns. Individual situations addressed. The 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.)

Senior Center: Dining Room

4608.501 2/3-2/10 Sa 9:00 am-12:00 pm

Senior Center: Classroom

4608.503 2/17-2/24 Sa 9:00 am-12:00 pm

Community Center: McHale Room

4608.502 2/6-2/13 Tu 6:30-9:30 pm

4608.504 2/20-2/27 Tu 6:30-9:30 pm

Wills, Trusts & Estate Planning

Instructor: Randall Thompson

Community Center: Republic Services Room

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.)

4610.501 3/13 W 7:00-8:30 pm

Line Dance

Instructor: Millie Dusha

Senior Center: Dance Studio

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

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

Sa 1/6-3/23

Basics (new to line dancing): 8:15-9:00 am

Beginner (basic knowledge required): 9:00-10:00 am

Improver (more advanced steps): 10:00-11:00 am

Intermediate (most advanced): 11:15 am-12:30 pm

No Class 3/30.

Tap Dance

Instructor: AJ Rogers
Senior Center: Dance Studio

4-Class anytime punch-card: \$80
Can be used for any of AJ Rogers' regularly scheduled adult dance/fitness classes at the Pleasant Hill Senior Center: Wake-Up and Move or Tap Basics or Tap Intermediate. Fridays, 1/5-3/29
No class 2/23, 3/1, 3/29, 4/5.

WAKE UP AND MOVE | 9:00-10:00 am

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



ADULT TAP BASICS | 10:00-11:00 am

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

ADULT TAP INTERMEDIATE | 11:00 am-12:00 pm

For adults who have tap danced in the past or 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.

Belly Dance Technique Levels I & II

Instructor: Sharifa M
Senior Center: Dance Studio

Belly dancing 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 everything from props and balancing, cymbals, to modern and traditional style of belly dance. Wear loose exercise clothing, bring slippers or go barefoot. Bring or borrow a hip scarf. This class includes both level I and II.

\$81/\$65 (Dist. Res.)
4133.501 1/16-2/13 Tu 7:00-8:15 pm
4133.502 2/27-3/26 Tu 7:00-8:15 pm

Bollywood & Beyond

Instructor: Layla Habib
Senior Center: Dance Studio

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

\$60/\$48 (Dist. Res.)
4660.501 1/3-1/24 W 6:00-6:50 pm
\$75/\$60 (Dist. Res.)
4660.502 3/6-4/3 W 6:00-6:50 pm
\$90/\$72 (Dist. Res.)
4660.601 4/24-5/29 W 6:00-6:50 pm

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
4630.501 1/8-3/25 M 7:00-10:00 pm
No class 1/15, 2/19.

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 purchased 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.

8-class punchcard: \$50
2215.501 1/2-1/30 Tu, Th 10:00-11:00 am
2215.502 2/1-2/13 Tu, Th 10:00-11:00 am
2215.503 3/5-3/28 Tu, Th 10:00-11:00 am

Online Classes anytime, anywhere...

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



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



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.

\$103 /\$83 (Dist. Res.)

4692.501 1/9-2/13 Tu 5:45-6:45 pm
4692.502 2/20-3/26 Tu 5:45-6:45 pm

Meditation & Mindfulness

Instructor: Greg 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 punchcard: \$75

4511.501 1/5-3/29 Tu 1:30-2:30 pm

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

\$103/\$83 (Dist. Res.) | Drop-in fee \$15

4693.501 1/8-2/12 M 10:30-11:15 am
4693.502 2/26-3/25 M 10:30-11:15 am
No class 1/15.

Pilates

Instructor: Alison Raphael-Klippel
Winslow Center: Assembly Room

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. Bring light weights, a pillow case, and water.

\$135/\$115 (Dist. Res.)

4688.501 1/25-3/28 Th 12:00-12:40 pm
No class 1/16, 2/20, 4/3.

Total Fitness

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

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

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

4636.501 1/8-3/25 M 5:45-7:00 pm

Weight & Strength

Instructor: Debbie Murdock
Senior Center:
Mondays: Dance Studio
Thursdays: Chateau Room

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

7-class punchcard: \$70

2215.501 1/4-1/29 M/Th 9:00-10:00 am
2215.502 2/5-2/29 M/Th 9:00-10:00 am
2215.503 3/4-3/28 M/Th 9:00-10:00 am

Yoga & Movement for Every Body

Instructor: Greg 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 punchcard: \$150

4510.501 1/2-3/26 Tu 6:00-7:00 pm



Drop-In Adult Sports (18 yrs +)

Badminton

PH Middle School Gym,
1 Santa Barbara Road
Fridays: 7:30-9:30 pm
\$7 p/person (CASH ONLY)

Basketball

PH Middle School Gym,
1 Santa Barbara Road
Fridays: 5:30 - 7:30 pm
\$7 p/person (CASH ONLY)

Cornhole Bag Toss: Drop-in Play

TOSSIN' TUESDAYS

All skill levels welcome.

Winslow Center: 2590 Pleasant Hill Road
(corner of PH Road and Taylor)
Tuesdays 6:30-9:00 pm
\$7 per person

Tennis: Monthly Group Lessons

13yrs & up

Instructor: Coach Rafa

College Park High School Tennis Courts
Classes run four consecutive weeks. Wear tennis shoes, bring racquet and water.

TEEN/ADULT : BEGINNER/ADVANCED BEGINNER

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

5566.500	3/8-3/29	F	7:00-8:00 pm
5566.501	4/12-5/3	F	7:00-8:00 pm
5566.502	5/10-6/7	F	7:00-8:00 pm

No class 5/24.

3v3 Basketball Winter Tournament League **NEW!**

Visit pleasanthillrec.com/289 for tournament league details including weekly play dates, times, tournament playoff qualification and prizes!

Adult Sports Leagues

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

For league details, visit www.pleasanthillrec.com/288. Check individual sports pages for the most up to date details and how to register.

Tai-Chi/ Balance Classes

Tai Chi Chuan

Instructor: Bryce Ikeda
Senior Center: Dance Studio
\$94/\$75 (Dist. Res.)

TAI-CHI CHUAN - SECOND SET

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.

2310.501	1/9-2/20	Tu	2:30-3:30 pm
2310.502	3/5-4/16	Tu	2:30-3:30 pm

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 and would like to learn the third. Classes will include standing meditation, Qigong, and a breakdown of the third set.

2311.501	1/10-2/21	W	11:00 am-12:00 pm
2311.502	3/6-4/17	W	11:00 am-12:00 pm

TAI-CHI CHUAN PRACTICE

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.

2312.501	1/10-2/21	W	9:30-10:30 am
2312.502	3/6-4/17	W	9:30-10:30 am

Tai-Chi and Qigong

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.

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

2210.501	1/10-2/28	W	1:00-2:00 pm
2210.502	3/6-4/24	W	1:00-2:00 pm

Balance through Qigong

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.

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

2219.501	1/16-2/27	Tu	1:00-2:00 pm
2219.502	3/5-4/16	Tu	1:00-2:00 pm

Aquatics

Classes and Clinics

Lifeguard Training

15 yrs +

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 at the first class meeting.

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

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

8715.501 1/13-1/28 Sa/Su 9:00 am-4:00 pm

8715.502 2/3-2/18 Sa/Su 9:00 am-4:00 pm

8715.503 3/9-3/23 Sa/Su 9:00 am-5:30 pm

8715.504 4/1-4/5 M-F 9:00 am-5:30 pm

8715.505 4/13-4/28 Sa/Su 9:00 am-5:30 pm

No class 4/27.

Lifeguard Training Review

16 yrs +

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.)

8717.402 1/4-1/5 Th/F 9:00 am-5:00 pm

8717.501 2/24-2/25 Sa/Su 9:00 am-5:00 pm

8717.502 4/6-4/7 Sa/Su 9:00 am-5:00 pm

8717.503 5/11-5/12 Sa/Su 9:00 am-5:00 pm

Swim Try-outs **FREE!**

PH Aquatic Park: 147 Gregory Lane

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

Friday, 2/23, 4:00 pm | Saturday, 3/23, 10:00 am | Saturday, 5/18, 10:00 am

Water Safety Instructor (WSI) Course

16 yrs +

Instructor: Aquatics Staff

PH Aquatic Park: 147 Gregory Lane

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

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

8718.502 1/17-1/31 M/W 4:00-7:00 pm

Sa 10:00 am-2:00 pm

Pre-Swim Team

4+ yrs

Instructor: Talli Pitcher

PH Aquatic Park: 147 Gregory Lane

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

4-5 yrs | \$135/\$115 (Dist. Res.)

8208.501 2/27-3/28 Tu/Th 4:15-4:45 pm

6-8 yrs | \$170/\$150 (Dist. Res.)

8209.501 2/27-3/28 Tu/Th 4:45-5:30 pm

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

9 yrs + | \$170/\$150 (Dist. Res.)

8210.501 2/26-3/27 M/W 6:30-7:15 pm

Spring Swim Team Clinic

Instructor: Talli Pitcher

PH Aquatic Park: 147 Gregory Lane

For new and returning recreational swimmers. Focus is on stroke technique and drill progressions for competitive swimming. This clinic does not conflict with County guidelines for recreation swim teams. Coaches are on the deck for this program. New swimmers must register for and attend a free swim try-out to ensure correct placement. You may register for programs before attending mandatory try-out. Some age groups will fill quickly.

4-day option: \$185/\$165 (Dist. Res.)

3-day option: \$155/\$135 (Dist. Res.)

2-day option: \$115/\$95 (Dist. Res.)

8 YEARS & UNDER

8212.501 2/26-3/29 M/W/F 4:15-5:00 pm 3-day

8212.502 2/26-3/29 M/W/F 4:15-5:00 pm 2-day

8-11 YEARS

8213.501 2/26-3/29 M/W/F 5:00-5:45 pm 3-day

8213.502 2/26-3/29 M/W/F 5:00-5:45 pm 2-day

11 YEARS +

8214.501 2/26-3/28 M-Th 5:45-6:30 pm 4-day

8214.502 2/26-3/28 M-Th 5:45-6:30 pm 2-day

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

15 yrs +

Instructor: Aquatics Staff

PH Aquatic Park: 147 Gregory Lane

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

12/2-3/30

Sa 9:00-10:00 am

No class 12/23.

Pleasant Hill Dolphins Swim Team

Have fun! Swim fast! Celebrating 60 years of having fun and swimming fast in 2024, the Pleasant Hill Dolphins is a summer recreational swim team. Daily practice with instruction in all four competitive strokes, racing starts and turns and swim meets in the summer. The team also offers special activities for swimmers and their families. Swimmers must be able to swim 25 yards of freestyle (face in the water with rhythmic breathing) and 25 yards backstroke. Questions? Email Coach Talli at tpitcher@pleasanthillrec.com.

Head Coach: Talli Pitcher

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

Registration:

December 11, 2023–May 20, 2024 at the District Office (M–F, 9:00 am–5:00 pm) or online at www.pleasanthillrec.com.
For more information, call (925) 682-0896.

Practice Schedule (Season runs 4/8–7/26)

Spring practice held at PH Aquatic Park: 147 Gregory Lane;
Summer practice at PH Education Center Pool: 1 Santa Barbara Road

Alternate PM practice for all age groups available for those unable to make AM practice, 5:00-6:00 pm.
(No Minis)

Age as of 6/15/24	Activity Code	Spring: 4/8–6/6 M–Th	Summer: 6/10–7/26 M/Tu/Th/F
6 & under	8223.601	4:15–4:45 pm	10:45–11:30 am
7–8	8224.601	4:45–5:30 pm	10:45–11:30 am
9–10*	8225.601	5:45–6:45 pm*	9:30–10:30 am
11–12*	8226.601	5:45–6:45 pm*	9:30–10:30 am
13–14*	8227.601	6:45–7:45 pm*	8:00–9:30 am
15–18*	8228.601	6:45–7:45 pm*	8:00–9:30 am

*For 9-18 swimmers: all practices are at PH Education Center Pool.
No practice May 27, July 1, and July 4-7. County meet qualifying swimmers practice through Aug 2. All practices move to PH Education Center Pool on May 13.

Work Assignments:

Parents/families play a vital role in the success of this program and parent participation is required. \$500 Family Deposit (per family) must be paid at the time of registration to the Pleasant Hill Dolphins Parent Club. Checks will only be cashed if work assignments are not completed. Parent meeting will be held Thursday, May 9 at 7:00 pm at the Teen Center to discuss work requirements. See www.pleasanthilldolphins.com for more information.

Mini Dolphins

8 yrs & under

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

SPRING

PH Aquatic Park: 147 Gregory Lane

\$260/\$240 (Dist. Res.)

8200.601 4/9–6/6 Tu/Th 4:15–4:45 pm

SUMMER

PH Education Center Pool: 1 Santa Barbara Rd

Registration Deadline: Friday, 5/31.

\$320/\$300 (Dist. Res.)

8200.602 6/10–7/26 M/Tu/Th/F 11:30 am–12:00 pm

Practices subject to change due to events. Check weekly email for updates. No practice 6/28, 7/1, and 7/4–7/7.

Talli Pitcher, Dolphins Swim Team Head Coach
with Dolphins swimmers (a.k.a. her grandchildren),
Brody, Aubree, and Bradley.



Aquatics

Registration Fees (14 & under swimmers):

12/11–2/29\$575/\$555 (Dist. Res.)

3/1–3/31\$610/\$590 (Dist. Res.)

After 4/1\$640/\$620 (Dist. Res.)

Registration Fees (High School Swimmers):

12/12–3/31\$410/\$390 (Dist. Res.)

After 4/1\$440/\$420 (Dist. Res.)

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

60 years of
Have Fun, Swim Fast!

In 2024, the Pleasant Hill Dolphins Swim Team turns 60! To celebrate this milestone, we interviewed Dolphins Swim Team families to find out just what makes this recreational swim team special. We also highlight why generations of swimmers keep returning to the Dolphins pod year after year. According to Talli Pitcher, Dolphins' Head Coach, the team's "special sauce" includes a consistent, well-trained coaching staff that nurtures each swimmer's individual abilities, self-confidence, and personal growth. They also foster team building, teamwork, and a welcoming atmosphere with an emphasis on fun for everyone involved (parents and siblings too)! Read more Dolphins tales at pleasanthillrec.com/239.





Special Events

Underwater Egg Hunt

All ages

Saturday, March 30

1:00–2:30 pm

PH Aquatic Park:

147 Gregory Lane

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

Pre-registration \$20 /\$16 (Dist. Res.) by noon on March 29 or when event reaches capacity.

Spectators and adult helpers free.



Polar Bear Party **NEW!**

8–12 yrs

Friday, February 16

11:00 am–1:00 pm

PH Aquatic Park: 147 Gregory Lane

Are you brave enough to test the chilly water of the training pool? Jump into a special winter swim event. Enjoy swimming in the heated pool, aquatics games and hot cocoa. Event will be held rain or shine. All children must be able to pass the deep end swim test.

Pre-registration \$31/\$25 (Dist. Res.) by noon on February 14 or when event reaches capacity.

Water Exercise

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.)

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

Water aerobics punch card is only valid for MaryBeth's classes.

Single Day \$16/\$13 (Dist. Res.)	Senior 55+ \$15/\$12 (Dist. Res.)
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.)

MORNINGS

MONDAYS, 8:00–9:00 AM

8102.501	1/8–1/29	3 classes
8102.502	2/5–2/26	3 classes
8102.503	3/4–3/25	4 classes
8102.504	4/1–4/29	5 classes

No class 1/1, 1/15, 2/19.

WEDNESDAYS, 8:00–9:00 AM

8103.501	1/3–1/31	5 classes
8103.502	2/7–2/28	4 classes
8103.503	3/6–3/27	4 classes
8103.504	4/3–4/24	4 classes

FRIDAYS, 8:00–9:00 AM

8104.501	1/5–1/26	4 classes
8104.502	2/2–2/23	4 classes
8104.503	3/1–3/29	5 classes
8104.504	4/5–4/26	4 classes

EVENINGS

TUESDAYS (PM)

8105.501	1/2–1/30	5 classes	6:30–7:30 pm
8105.502	2/6–2/27*	4 classes	6:30–7:30 pm
8105.503	3/5–3/26	4 classes	7:00–8:00 pm
8105.504	4/2–4/30	5 classes	7:00–8:00 pm

*Class on 2/27, 7:00–8:00 pm

THURSDAYS (PM)

8106.501	1/4–1/25	4 classes	6:30–7:30 pm
8106.502	2/1–2/29*	5 classes	6:30–7:30 pm
8106.503	3/7–3/28	4 classes	7:00–8:00 pm
8106.504	4/4–4/25	4 classes	7:00–8:00 pm

*Class on 2/29, 7:00–8:00 pm

Lap Swim

16 yrs & up

PH Aquatic Park: 147 Gregory Lane

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

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

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

10-swim punch card: \$84/\$68 (Dist. Res.)

Senior 55+ punch card: \$77/\$62 (Dist. Res.)

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

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

Holidays: 12/22-25, 12/31-1/1, 1/15, 2/19. Modified schedule during Winter Break (12/21-1/8).

Be an aquatics hero this spring & summer!

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

Aquatics Team Now Hiring!

15 yrs +

- Lifeguards
- Swim Instructors
- Swim Coach
- Cashiers

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



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. Immerse yourself into the journey and amazing destinations. We make traveling easy for all with all-inclusive, organized trips that optimize your travel experience. No planning. No hassles. Just experience the 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:

Our 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

TRAVEL SOCIAL MEETING

Learn about exciting travel adventures and socialize with fellow travel enthusiasts at our quarterly travel social meetings. For meeting dates, times and locations, visit pleasanthillrec.com/351.

America's Cowboy Country

MAY 30-JUNE 6, 2024

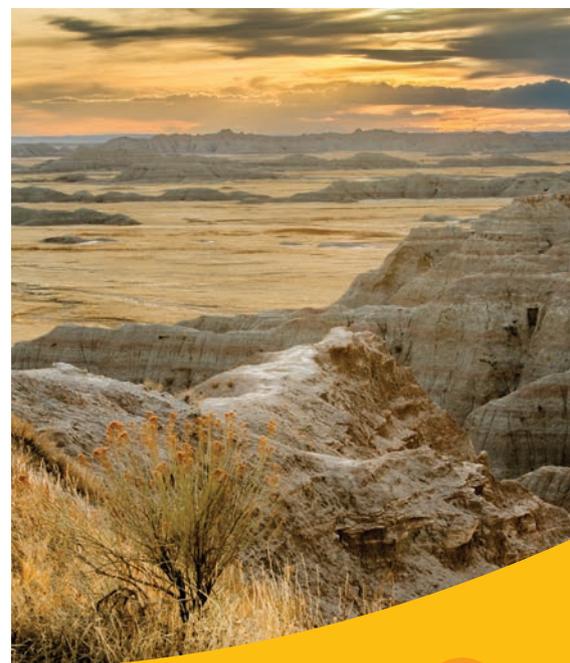
Explore the Beauty of the Badlands of South Dakota and Yellowstone National Park. The adventure begins at the Badlands National Park Visitor Center where you will be introduced to the area's history through informative exhibits, displays, and films. The tour continues the Badlands Loop Road where you will see stunning rock formations, pinnacles, and vistas on this scenic drive. Enjoy a lunch break (and a free glass of water) at the expanded historical Wall Drug store. In the evening, you'll dine with a Lakota Native American who will share insight into the Native American way of life. The adventure continues over the next few days starting in Custer State Park where you will see herds of wild bison and visit the Crazy Horse Memorial which includes Native American museums, a cultural center, interactive artist studios, and more. Next stop, Deadwood, a national historical western town, followed by a visit to Mount Moriah Cemetery where notable "Wild West" characters lie to rest. You will also visit Kevin Costner's Tatanka: "Story of the Bison" interpretive center before heading to Sheridan, Wyoming, and Yellowstone National Park. No Yellowstone visit would be complete without a stop at the famous Old Faithful geyser. Next, you will travel over the scenic Sylvan Pass and skirt around beautiful Yellowstone Lake. This week-long trip to America's cowboy country wraps up with a two-night stay in the popular tourist destination of Jackson, Wyoming. Yee-Ha!
Cost: \$4,248 pp/double | \$5,248 pp/Single

Greece Featuring Athens, Mykonos, and Santorini

MAY 14-22, 2024

Explore the Wonders of Greece! Step into the past with a visit to Athens, a city with a rich heritage dating back nearly four millennia. Upon arrival, you'll be warmly greeted by a Mayflower Cruises & Tours representative and escorted to your hotel. Take the rest of the day to begin your exploration of this capital city followed by a delightful welcome dinner back at the hotel. The next morning, you will take a guided tour of the Parthenon, an ancient UNESCO World Heritage Site, dedicated to the goddess Athena. The rest of the week will include a visit to the Acropolis Museum, which houses a treasure trove of art, sculpture, and historical artifacts from the Mycenaean period, and a stop at the Temple of Zeus and Hadrian's Gate ruins. You will also enjoy the drive through Constitution (Syntagma) Square to see the Parliament Building and the Tomb of the Unknown Soldier, guarded by Evzones dressed in traditional Fustanella attire. Not only will gain a strong appreciation of fascinating history, mythology, and beauty of Athens but this Greece excursion also includes visits to two Greek island paradises, Mykonos, and Santorini. You may never want to return home!

Cost: \$4,858 pp/double | \$5,957 pp/Single



50+ Travel

Pleasant Hill Recreation & 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 caretakers younger than 50 are welcome. 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.

50+ Pleasant Getaways – Here are some of our upcoming trips – Call 925.798.8747 to sign up!

To prepare for an upcoming Pleasant Hill Getaway, visit pleasanthillrec.com/351

Day Tripping!

Upcoming Day Trips

Cirque Du Soleil: Kooza San Francisco, CA

SUNDAY, JANUARY 28, 2024

Join the annual exciting show Cirque Du Soleil offers! Enjoy 100 Minutes of pure entertainment. Between strength and fragility, laughter and smiles, turmoil and harmony, the show explores themes of fear, identity, recognition and power. The show is set in an electrifying and exotic visual world full of surprises, thrills, chills, audacity and total involvement. KOOZA is an innovative journey viewed through the perspective of The Innocent, an endearing yet naïve clown looking for his place in the world. A mystery item is delivered to The Innocent one day when he is flying his kite. The self-discovery journey of The Innocent, who is miraculously transferred to a bizarre but exotic world, is followed in KOOZA under the watchful eye of an enigmatic trickster with remarkable abilities. Seat Location: Section 104. Cost include Motorcoach transportation by American Stage, driver gratuity, and tickets to the show.

Bus pick-up location: 147 Gregory Lane
\$156/\$146 (Dist. Res.)

Arrive by 10:45 am; Depart by 11:00 am/Arrive Home Approx. 4:30 pm

The Wiz-San Francisco, CA

SATURDAY, FEBRUARY 3, 2024

The highly anticipated Broadway revival of THE WIZ returns “home” to stages across America in an all-new Pre-Broadway tour, the first one in 40 years. The tour begins in THE WIZ’s original home city of Baltimore, where the show made its world premiere 50 years ago. This groundbreaking twist on The Wizard of Oz changed the face of Broadway—from its iconic score packed with soul, gospel, rock, and finger-snapping 70s funk to its stirring tale of Dorothy’s journey to find her place in a contemporary world. Audiences get to enjoy the epic grooves of such beloved, timeless hits as “Ease on Down the Road,” which became the show’s break-out single, and the bona fide classic “Home” in this spectacular revival. A dynamite infusion of ballet, jazz, and modern pop brings a whole new groove to easing down the road. So everybody rejoice! An all-new 21st-Century WIZ is sliding into an Emerald city near you. No Hosted lunch. Before the show you will have 1 hour to grab a quick bite to eat at Fisherman’s Warf. Seat Location: Orchestra

Bus pick-up location: 147 Gregory Lane
\$152/\$142 (Dist. Res.)

Arrive to bus by 9:45 am; Bus departs by 10:00 am and arrives home at approx. 4:45 pm

MJ (Michael Jackson) San Francisco, CA

WEDNESDAY, FEBRUARY 14, 2024

Travel down to San Francisco and witness an amazing show! He is one of the greatest entertainers of all time. Now, Michael Jackson’s unique and unparalleled artistry comes to San Francisco as MJ, the multi Tony Award®-winning new musical centered around the making of the 1992 Dangerous World Tour, begins a tour of its own. Created by Tony Award®-winning Director/Choreographer Christopher Wheeldon and two-time Pulitzer Prize winner Lynn Nottage, MJ goes beyond the singular moves and signature sound of the star, offering a rare look at the creative mind and collaborative spirit that catapulted Michael Jackson into legendary status. No hosted lunch. Before the show you will have 1 hour to grab a quick bite to eat at Fisherman’s Wharf. Seat Location: Orchestra Seats

Bus pick-up location: 147 Gregory Lane
\$140/\$130 (Dist. Res.)

Arrive by 9:30 am; Depart at 9:45 am; Arrive home at approx. 5:00 pm

Travel Insurance is not included, if you want to purchase travel insurance, you must contact Travel Center at 925-937-2223 and they will quote you. Travel Insurance will protect your purchase and will get you a refund only if you need to cancel due to a medical emergency.

Whimsical Winters-Winters, CA

WEDNESDAY, MARCH 27, 2024

Explore the quaint little historic town of Winters, California, the heart of the farm-to-fork movement and the Eastern Gateway to the renowned Napa Valley. Your tour kicks off with a unique behind-the-scenes look at the process of growing rootstock grapevines. At your first stop, Martinez Orchards, you’ll get an in-depth understanding of the vine-to-bottle process and taste their beautiful North Coast Brut Rose. The next stop is a visit to the fun and unique L’Apero les Trois, a French farmhouse-style apéritif tasting lounge where you’ll sample all six apéritifs with signature food bites. Following the L’Apero les Trois tasting, you will enjoy mini-educational seminars from local olive oil and honey producers, complete with product samples. Afterward, you will have time to grab a meal from one of Winter’s delicious restaurants like the famous Buckhorn Steakhouse (time permitting). This tour is a perfect blend of education, history, and delicious tastings that will leave you with a deeper appreciation for the local farm-to-fork movement and some of the incredible products it produces

Bus pick-up location: 147 Gregory Lane
\$152/\$142 (Dist. Res.)

Arrive to bus by 8:45 am; Bus departs by 9:00 am and arrives home at approx. 4:30 pm

Time for a new adventure in the new year!

Our group is going places! Want to join? Check out the newest in extended travel!

Programs & Events

Healing the Natural Way

Thursday, Jan 25, 10:30–11:30 am
Senior Center, Classrooms

Come learn various alternatives for pain management and how to seek the best treatment for proactively caring for your body. Register online or call (925) 798-8788.

Paying for Aging in Place

Thursday, February 22, 10:30–11:30 am
Senior Center, Classrooms

Financial stability and independence is more important than ever. Discover creative ways to generate income for aging in place. Register online or call (925) 798-8788.

Bulletproofing Your Scam & Fraud Defense

Thursday, March 28, 10:30–11:30 am
Senior Center, Classrooms

With unknown callers and spam emails on the rise, find out how you can spot a scammer and block them in their tracks. Register online or call (925) 798-8788.

Laugh, Love, Learn Senior Resource Faire

Friday, May 10, Time TBD
Pleasant Hill Senior Center | (925) 798-8788

Senior Live Well Forum: A day full of educational speakers on a variety of interesting and relevant subjects. Lunch included. All funds raised benefit the Senior Center Care Management Program. For registration and more information, call the Senior Center at (925)798-8788. Registration opens 3/11.

Come Early for the Free Ultimate Senior Resource Fair from 8:30 am-12:00 pm. Over 50 vendors from the local area and free giveaways!

Travel Training Presentation

Thursday, January 11, 1:00-2:30 pm
Thursday, March 14, 1:00-2:30 pm
Senior Center Chateau Room

Learn to travel with confidence! This educational session is specifically for seniors and people with disabilities within Central Contra Costa County. You will learn how to plan and navigate public transit, travel safely, and how to use technology for locating your bus, paying for your fare and more! Register online or call (925) 798-8788.



Pleasant Hill Senior Center

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

Join the Pleasant Hill Senior Club now! Annual membership is open to anyone 50 years and over for \$20, regardless of residency. Members receive a monthly newsletter and discounts on events and classes. You don't have to be a member of the Senior Club to come to the Senior Center. For more details on dates and times of the following services and activities please visit the website at www.pleasanthillrec.com and download a copy of the Senior Sounds monthly newsletter. Please note, at the time of this printing, activities may not be up-to-date. Check our website or call 798-8788 for more information.

Senior Services:

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

Senior Center Activities:

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

For more activities see pleasanthillrec.com.

Happy New Year!



Michelle Lacy
General Manager

Dear Friends,

Our first issue of the year is packed with exciting recreation opportunities, allowing you to add more balance and enjoyment to your schedule. While you're finding activities for your children, don't forget to carve out some time for yourself. Engage in an adult sports league, play cornhole with friends or colleagues, take up yoga or dance classes, try Tai-chi or water aerobics, or learn a new skill like water coloring or guitar. The goal is to try something different and new just for you!

As we move forward into the new year, the District has plenty of exciting improvement plans on the horizon. Please read "District Highlights" on the following page for more information. I'd also like to recognize our Employee Service Award recipients, detailed on page 27. Let's give them a round of applause for their years of dedicated service to the District.

We're also thrilled to celebrate the 60th anniversary of our Dolphins summer recreation Swim Team. This popular program has been serving generations of families since 1964, providing important life skills beyond just competitive swimming. Check out page 21 for more information.

Lastly, don't forget to mark your calendars for our Summer Camp Expo on Saturday, February 24. We will be offering a 10% discount on Expo Day only for full-week camps and summer swim lesson registrations. See the back cover for details.

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

Warm regards,
Michelle Lacy, General Manager

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

Our Mission: Put people first.

BOARD OF DIRECTORS

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

Board Meetings: 2nd & 4th Thursdays, 7:00 pm, see website for details. In person 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 December 11

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

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/148
- 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.



District Highlights

Pleasant Hill Recreation & Park District (District) enters 2024 on a strong financial footing, finishing the 2023 fiscal year with a surplus and healthy reserves. Building on our successful pandemic recovery, we began two strategic initiatives last year, which will continue to be a focus in the new year.

Diversity, Equity, Inclusion & Belonging (DEIB)

The first strategic initiative underway is the implementation of a comprehensive Diversity, Equity, Inclusion and Belonging (DEIB) plan that will serve as a roadmap to internalize and operationalize DEIB best practices throughout our agency. This agency-wide effort is a first step toward implementing the Board of Director's (Board) Play for All Equity and Inclusion Policy approved in 2022. This policy underscores the District's commitment to ensure that everyone, including those with physical or cognitive disability, the LGBTQ community, racial and ethnic minorities, and new Americans, refugees or immigrants, have access to the complete array of benefits that quality park and recreation offer. Staff will begin DEIB plan implementation in 2024 and will continue to spearhead this important effort over the next 3 years.

Future Park & Facility Improvements

The second key initiative is an assessment of our District parks and facilities with a focus on improvement. This includes the development of a new park next to Pleasant Hill Library, the School House, Winslow Center and 70-year-old Pleasant Hill Park community pool. In 2023, the District gathered important feedback from community residents through surveys, phone calls, and in-person listening sessions to help prioritize park and facility improvements. With this feedback, the Board will evaluate investment options required to implement these major improvement projects.

As the Board deliberates on the path forward for major park and facility improvements, staff will implement smaller park and facility improvement projects with earmarked Capital Improvement Program (CIP) funds. Some of the CIP projects in motion include a new bathroom at Rodgers-Smith Park, improved stair access and amenity refurbishments at Dinosaur Hill Park, shade sails over the all-abilities playground at Pleasant Oaks Park, a creek boardwalk replacement project at Shannon Hills Park, and the development of a new "natural" all-abilities playground at Chilpancingo Park.

Overall, 2024 promises to be an exciting year for growth, change, and improvement as we strive to fulfill our vision to provide WOW! experiences every day and our commitment to Play for All!

Employee Service Awards

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

5 YEARS

Anthony Belavitch
Brittany Oberbruner
Elena Palacios
Ainsley Pearce
Adam Samhan
Rebecca Seidenspinner

10 YEARS

Matt Andrade
Jose Avila
Jaime Hernandez
Ryan Herriman
Johnny Javier
Jennifer Thoits

15 YEARS

Thomas Bradley
Janice Ertola

20 YEARS

Nancy Albertson
Katrina Hunn
Susie Kubota
Talli Pitcher
Wylie Pond

25 YEARS

Michael Gorski



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Pleasant Hill, CA 94523

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2024 SUMMER CAMP EXPO

SATURDAY, FEBRUARY 24, 2024 | 9:00 AM – 12:00 PM
PLEASANT HILL COMMUNITY CENTER | 320 CIVIC DRIVE, PLEASANT HILL

MAKE IT A WINNING SUMMER!

Pleasant Hill Rec & Park Summer Camps bring out the best in all campers. From our classic camps to our specialty camps, we inspire campers to play their hardest, break personal records of excellence, expand horizons, make new friends, and create a sense of belonging by treating all with respect and kindness. Come to our Summer Camp Expo and get your camper ready to win the ultimate gold prize: lifelong memories of summer fun!

10% DISCOUNT offered on EXPO day only on full week camps and spring/summer swim lesson registrations made in-person at the EXPO from 9:00 am–12:00 pm and online until 11:59 pm, February 24, 2024.

COUPON CODE: **EXPO24**

- Learn about camp activities
- Meet camp staff & instructors
- Register early and save!

Questions?

Visit pleasanthillrec.com/493
Or, contact Katrina Hunn at
(925) 691-5645
khunn@pleasanthillrec.com



pleasanthillrec.com