

# the Spotlight

FALL/WINTER  
2024



Youth Sports Leagues  
**BASKETBALL &  
FLAG FOOTBALL**

pages 11-12 »

Fall & Winter  
Break  
**CAMPS**

pages 13-14 »

KIDSTOP  
**CHILDCARE  
PROGRAM**

page 8 »



[pleasanthillrec.com](http://pleasanthillrec.com)

# Community EVENTS

**New!**

**The 'Maine' Event**  
August 17 | 6:00 – 9:00 pm

**West Lawn of Pleasant Hill Park  
(next to PH Senior Center)**

Make it an endless summer! Enjoy a full traditional lobster dinner with friends and neighbors to enjoy the last rays of summer fun. Dinner includes fresh Maine lobster, shrimp, sausage, potatoes, corn, artichokes and two wine tickets. The "Maine" highlight of the evening will be the casual family serving style with large stock pots of steaming seafood poured down the table by catering staff, inviting guests to dive in and eat with their hands. After indulging in the delicious summer meal, the party will continue with dancing under the stars ensuring a perfect end of summer experience. This new event is an adult-only event for 21+ yrs. Pricing: \$125 + tax/guest



**Free!**

**TINKERS & THINKERS  
INNOVATION FAIRE**

Saturday, September 14

12:00-3:00 pm

Pleasant Hill Park & Senior Center

Guess what's back? Tinkers and Thinkers! Come down to Pleasant Hill Park for an afternoon packed with family-friendly fun, featuring hands-on activities and engaging demonstrations in science, technology, engineering, art, and math (S.T.E.A.M.) from entrepreneurs, local businesses and organizations. This event is made possible through the fantastic partnership between the Pleasant Hill Library and the Pleasant Hill Rec & Park District. See you there for a day of exploration and excitement! For updates and details, please visit [phtinkersandthinkers.com](http://phtinkersandthinkers.com).



**Free to the public**

*Thank you to our event sponsors,  
City of Pleasant Hill and Friends  
of the Library.*



**REGISTRATION BEGINS  
AUGUST 5. See page 26.**

**The Spotlight, Fall/Winter 2024:**

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

*On the cover: George (right) and Mason (left).*

**NO ONLINE REGISTRATION FEES!**

**SPOTLIGHT CONTENTS »**

Adult Special Interest Classes . . . . .	17-18	Preschool Activities & Sports . . . . .	4-7
Adult Dance . . . . .	18-19	Registration Information . . . . .	26
Adult Fitness . . . . .	19-20	Teen Scene . . . . .	15-16
Adult Sports . . . . .	21	Tennis (Youth & Adult) . . . . .	16, 21
Adult 50+ Programs & Events . . . . .	27	Travel . . . . .	25
Aquatics . . . . .	22-24	Fall & Winter Break Camps . . . . .	13-14
Online Courses Info . . . . .	20	Youth Classes & Activities . . . . .	8-11
		Youth Sports . . . . .	11-12



## INCLUSIVE REC DANCES 2024

Fridays, 7:00-9:00 pm

DJ Rhythm Masters

Locations shown below

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

September 13: Martinez (818 Green Street)

October 11: Concord (2727 Parkside Circle)

November 15: Walnut Creek

(301 N. San Carlos Drive)

December 13: Pleasant Hill

(233 Gregory Lane)

**\$8/person cash at the door (18 yrs+)**

**Caregivers FREE**

## PUMPKIN SPLASH

All Ages

Sunday, October 13,

1:00-2:30 pm

Pleasant Hill Aquatic Park:

147 Gregory Lane

Don't miss this spooktacular fun for all ages! Jump into PH Aquatic Park's floating pumpkin patch and pick your favorite pumpkin for Halloween. Once you pick your pumpkin, give your little one a spooky face at our pumpkin decorating station!

**1/18 (Dist. Res.) for pumpkin wristband  
ators and adult helpers free)**



## Pop Up Play Dates

Pop In a play with us!  
See page 6 for details

# Free!

## HAUNTED TRAIL IN PLEASANT HILL PARK

Friday, October 25, 5:00-7:00 pm

Pleasant Hill Park

(Trail starts behind Teen Center)

Join us for a spine-tingling stroll through PH Park's Haunted Trail this Halloween! Themed exhibits and booths line the path, from ghostly graveyards to enchanting witch's cauldrons. Little ones can trick-or-treat at each stop, enjoying not-too-scary thrills. It's an evening of Halloween fun for all ages. No pets, please. Contact us at [cservice@pleasanthillrec.com](mailto:cservice@pleasanthillrec.com)

## Holiday Boutique & Craft Faire

Saturday, Nov 16,  
10:00 am to 3:00 pm

Pleasant Hill Senior Center,  
Chateau Room

Get an early start on your  
holiday shopping!

See page 27 for details

## 40TH ANNUAL DOLPHINS TREE LOT

November 24-December 24

Monday-Sunday, 9:00 am-9:00 pm

Winslow Center Parking Lot:

2590 Pleasant Hill Road

(Corner of Taylor & Pleasant Hill Road)

Find your perfect holiday tree! Fresh cut Oregon trees. Proceeds benefit the Pleasant Hill Dolphins Swim Team



## 47TH ANNUAL TURKEY TROT TRAIL RUN

(rain or shine/all ages)

Saturday, November 16, 9:00 am (Sharp!)

Briones Reg. Park, Bear Creek Entrance,  
Lafayette

Experience the tradition of this annual 8.4 mile run in the beautiful hills of Briones Regional Park. Winners by category takes home a turkey! Register Aug. 5-Oct. 18 to receive an event T-shirt. T-shirts not included with registration between Oct. 18-Nov. 16 (10:00 am cut-off on day of event).

Any leftover T-shirts may be purchased. For more details visit [pleasanthillrec.com/35](http://pleasanthillrec.com/35)



Visit [PleasantHillRec.com/35](http://PleasantHillRec.com/35)  
for event updates. >>



## COOKIES WITH SANTA

Saturday, December 7

Take part in the holiday cheer at our Cookies with Santa event. Enjoy a morning filled with festive fun, yummy cookies, live entertainment and photos with Santa. Don't forget your camera for snapshots with Santa! A magical celebration for the whole family. Remember, everyone attending must register.

Two seatings available 9:30 am and 11:00 am.  
Must pre-register online by noon, 12/2  
Senior Center: Chateau Room

**\$12/ per person**

12/7	Sa	9:30 -10:30 am
12/7	Sa	11:00 -12:00 pm

Sponsored by Laura Wucher Real Estate and  
City of Pleasant Hill and Main Street Automotive

## Kids Night Out

Friday, December 13

6:00-9:00 pm

PH Teen Center

See page 11 for details

# Thank You

TO OUR ANNUAL  
EVENT SPONSORS:

City of Pleasant Hill and  
Laura Wucher Real Estate



LAURA WUCHER  
REAL ESTATE TEAM

For 2025 annual sponsorship  
information, contact Liz Harrison at  
[lharrison@pleasanthillrec.com](mailto:lharrison@pleasanthillrec.com)



## PARENT + TOT

### BILINGUAL ZUMBINI CLASS

Instructor: Miriam Lattanzi  
Community Center

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

*\$20.00 material fee payable to instructor*

**\$172 /\$152 (Dist. Res.)**

#### 1-2yr 6m yrs

6634.701 9/11-10/23 W 9:30 -10:15 am

#### 2yr 6m-5 yrs

6634.702 9/11-10/23 W 10:30 -11:15 am

# 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. 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 AM online at [pleasanthillrec.com/175](https://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 the director, Sarah Smith, at (925) 771-7626 or [ssmith@pleasanthillrec.com](mailto:ssmith@pleasanthillrec.com).



### 2024-2025 Tuition Schedule and Monthly Rates

#### Bumblebees (1.5-2.5 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
M/W/F	8:15-11:15 am	PHCC1	\$560/\$540

#### Hummingbirds (2.5-3.5 yrs)\*

No potty-training required. Children are working on fine/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
M/W/F	8:15-11:15 am	WC3	\$550/\$530

#### Bluebirds (3-4 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	8:25-11:25 am	PHCC3	\$430/\$410
M/W/F	8:25-11:25 am	PHCC3	\$475/\$455

#### 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 students going in to Robins or TK the following year.

M-Th	12:45-3:45 pm	WC3	\$580/\$560
------	---------------	-----	-------------

#### 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	8:30-11:30 am	PHCC2	\$595/\$575
M-Th	1:00-4:00 pm	PHCC2	\$595/\$575

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

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

## PERFORMING ARTS

### PRE-BALLET

#### 3-5 yrs

Instructor: Christie Tomlinson  
Community Center

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. Class will conclude with a performance.

Attire: light pink leotard, tights, ballet shoes. NO skirts or tutus please.

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

6619.701 9/9-12/16 M 3:00 -3:45 pm  
No Class 11/11, 11/25



## VILLAGE PRINCESS

3-6 yrs

Instructor: Village School  
Off-Site:Off-Site

*New!*

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.

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

6057.704	9/7-9/28	Sa	9:00-10:00 am
6057.705	10/5-10/26	Sa	9:00-10:00 am
6057.706	11/2-11/30	Sa	9:00-10:00 am
No Class	11/23		

## MUSIC CLASSES

Instructor: Andrea Gaspari

### Let's Make Music

1yr 6m-3 yrs

Community Center

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

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

6636.701	9/3-10/15	Tu	9:15-9:55 am
----------	-----------	----	--------------

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

6636.703	10/22-12/17	Tu	9:15-9:55 am
No Class	11/26		

## Musical Babies

6m-1yr 6m

Community Center

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.

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

6636.702	9/3-10/15	Tu	10:05 am-10:45 am
----------	-----------	----	-------------------

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

6636.704	10/22-12/17	Tu	10:05 am-10:45 am
No Class	11/26		

## Piano & Me

3yr 6m-5 yrs

Senior Center: Classrooms

Join multi award winning teacher, entertainer, and songwriter Andrea Gaspari for this fun, educational approach to Group Piano Lessons. Using 7 learning styles, reading, writing and performing music will be practiced and explored. Through singing, games and activities, children will learn finger/number/letter placements, musical symbols, terminology, etc. Note: Any shared instrument wiped down in between each participant.

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

6636.705	9/3-10/15	Tu	3:30-4:10 pm
----------	-----------	----	--------------

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

6636.706	10/22-12/17	Tu	3:30-4:10 pm
No Class	11/26, 10/29, 11/5		

## PRESCHOOL SPORTS CLASSES

### BASEBALL

#### Tot Baseball

Instructor: Skyhawks

Facility: Pleasant Hill Park Softball Field #2

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

**AGE: 2-3 yrs (Parent & Me)**

**\$148/\$128 (Dist. Res.) 6 classes**

5099.700	9/9-10/14	M	5:00-5:25 pm
----------	-----------	---	--------------

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

5099.701	10/21-12/16	M	5:00-5:25 pm
No class	(11/11 & 11/25)		

**AGE: 3-4 yrs**

**\$174/\$154 (Dist. Res.) 6 classes**

5099.702	9/9-10/14	M	5:30-6:10 pm
----------	-----------	---	--------------

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

5099.703	10/21-12/16	M	5:30pm-6:10pm
No class	(11/11 & 11/25)		

**AGE: 4-6 yrs.**

**\$174/\$154 (Dist. Res.) 6 classes**

5099.704	9/9-10/14	M	6:15-7:00 pm
----------	-----------	---	--------------

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

5099.705	10/21-12/16	M	6:15-7:00 pm
(7 classes) / No class	(11/11 & 11/25)		

## FOOTBALL

1st Down Tots

AGE: 3-5 yrs

Instructor: Skyhawks

Facility: Rodgers Smith Park

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

5099.714	9/7-10/19	Sa	11:30 am-12:30 pm
----------	-----------	----	-------------------

**\$220/\$200 (Dist. Res.) 6 classes**

5099.715	10/26-12/14	Sa	11:30 am-12:30 pm
No class	(11/09 & 11/30)		



## SOCCER

### Soccer Tots

Instructor: Skyhawks

Facility: Pleasant Hill Park Softball Field #2

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

**AGE: 2-3 yrs**

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

5099.706	9/5-10/17	Th	5:00-5:25 pm
----------	-----------	----	--------------

5099.707	10/24-12/19	Th	5:00-5:25 pm
No class	(11/28)		

**AGE: 4-6 yrs**

**\$220/\$200 (Dist. Res.) 7 classes**

5099.708	9/5-10/17	Th	5:30-6:30 pm
----------	-----------	----	--------------

5099.709	10/24-12/19	Th	5:30-6:30 pm
No class	(11/28)		

## Mom/Dad & Me

**Instructor:** Kidz Love Soccer

**Facility:** Rodgers Smith Park

Introduce your toddler to the world's most popular sport! As you and your child participate in our fun age-appropriate activities, your child will be developing their large motor skills and socialization skills. The fun happens on the field, and in Mommy/Daddy & Me Soccer parents are a part of the action! All kids receive a Kidz Love Soccer jersey!

**AGE:** 2-3 1/2 yrs

**\$166/\$146 (Dist. Res.)** 5 classes

5031.700 9/11-10/9 W 6:20-6:50 pm

**Facility:** Pleasant Hill Park West Lawn

**\$166/\$146 (Dist. Res.)** 5 classes

5031.701 9/6-10/4 F 6:20-6:50 pm

**\$215/\$195 (Dist. Res.)** 7 classes

5031.702 9/28-11/9 Sa 9:05-9:35 am

## Tot/Pre Soccer

**Instructor:** Kidz Love Soccer

**Facility:** Rodgers Smith Park

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

**AGE:** 3 1/2-4yrs

**\$215/\$195 (Dist. Res.)** 7 classes

5031.703 9/11-10/23 W 5:40-6:15 pm

**Facility:** Pleasant Hill Park West Lawn

**\$215/\$195 (Dist. Res.)** 7 classes

5031.704 9/6-10/18 F 5:40-6:15 pm

**\$215/\$195 (Dist. Res.)** 7 classes

5031.705 9/28-11/9 Sa 11:10-11:40 am



## Pre Soccer

**Instructor:** Kidz Love Soccer

**Facility:** Pleasant Hill Park West Lawn

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

**AGE:** 4-5yrs

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

031.706 9/28-11/09 Sa 10:30-11:05 am

## Soccer 1 Techniques & Team Work

**Instructor:** Kidz Love Soccer

**Facility:** Rodgers Smith Park

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

**AGE:** 5-6yrs

**\$215/\$195 (Dist. Res.)** 7 classes

5031.707 9/11-10/23 W 4:50-5:35 pm

**Facility:** Pleasant Hill Park West Lawn

**\$215/\$195 (Dist. Res.)** 7 classes

5031.708 9/6-10/18 F 4:50-5:35 pm

**\$215/\$195 (Dist. Res.)** 7 classes

5031.709 9/28-11/9 Sa 9:40-10:25 am

## Parent & Me Pre Soccer Movement

**Instructor:** Super Soccer Stars

**Facility:** Pleasant Hill Park

Our coaches and puppet friends, Mimi and Pepe, take toddlers through a world of exciting physical activity. Play-based activities and engaging original music is used to develop pre-soccer skills in a fun and nurturing environment.

**AGE:** 1-2yrs

**\$296/\$276 (Dist. Res.)** 9 classes

3040.700 9/3-10/29 T 9:30-10:10 am

**\$274/\$254 (Dist. Res.)** 8 classes

3040.709 9/7-10/26 Sa 9:00-9:40 am

3040.717 9/8-10/27 Su 9:00-9:40 am

3040.710 11/2-12/21 Sa 9:00-9:40am

3040.718 11/3-12/22 Su 9:00-9:40 am

## FREE POP UP PlayDates

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

**Tues, Sept 17 | 2:30 – 4 pm**  
**Pleasant Hill Park**

**Wed, Oct 9 | 10:00 am–12:00 pm**  
**Pleasant Hill Park**

## Soccer Fundamentals

Instructor: Super Soccer Stars  
Facility: Pleasant Hill Park

Description: At Super Soccer Stars, we teach the FUNdamentals of soccer in a fun, non-competitive, and nurturing environment. Backed by 20+ years of experience and a curriculum developed by early childhood and youth soccer experts, our age-specific classes are structured, use positive reinforcement, and are focused on the development of the whole child.

### AGE: 2-3 yrs

**\$296/\$276 (Dist. Res.) 9 classes**

3040.701	9/3-10/29	T	10:20-11:00 am
----------	-----------	---	----------------

**\$274/\$254 (Dist. Res.) 8 classes**

3040.711	9/7-10/26	Sa	9:50-10:30 am
----------	-----------	----	---------------

3040.719	9/8-10/27	Su	9:50-10:30 am
----------	-----------	----	---------------

3040.712	11/2-12/21	Sa	9:50-10:30 am
----------	------------	----	---------------

3040.720	11/3-12/22	Su	9:50-10:30 am
----------	------------	----	---------------

**\$268/\$248 (Dist. Res.) 7 classes**

3040.702	11/5-12/17	T	3:00-3:40 pm
----------	------------	---	--------------

### AGE: 3-4 yrs

**\$296/\$276 (Dist. Res.) 9 classes**

3040.703	9/3-10/29	T	3:30-4:10 pm
----------	-----------	---	--------------

**\$274/\$254 (Dist. Res.) 8 classes**

3040.713	9/7-10/26	Sa	10:40-11:20 am
----------	-----------	----	----------------

3040.721	9/8-10/27	Su	10:40-11:20 am
----------	-----------	----	----------------

3040.714	11/2-12/21	Sa	10:40-11:20 am
----------	------------	----	----------------

3040.722	11/3-12/22	Su	10:40-11:20 am
----------	------------	----	----------------

**\$268/\$248 (Dist. Res.) 7 classes**

3040.704	11/5-12/17	T	3:50-4:30 pm
----------	------------	---	--------------

### AGE: 4-5 yrs

**\$296/\$276 (Dist. Res.) 9 classes**

3040.705	9/3-10/29	T	4:20-5:00 pm
----------	-----------	---	--------------

**\$268/\$248 (Dist. Res.) 7 classes**

3040.706	11/5-12/17	T	4:40-5:25 pm
----------	------------	---	--------------

### AGE: 4-6 yrs

**\$274/\$254 (Dist. Res.) 8 classes**

3040.715	9/7-10/26	Sa	11:30 am-12:15 pm
----------	-----------	----	-------------------

3040.723	9/8-10/27	Su	11:30 am-12:15 pm
----------	-----------	----	-------------------

3040.724	11/3-12/22	Su	11:30 am-12:15 pm
----------	------------	----	-------------------

### AGE: 5-7yrs

**\$274/\$254 (Dist. Res.) 8 classes**

3040.716	11/2-12/21	Sa	11:30 am-12:15 pm
----------	------------	----	-------------------

## Skills & Drills

Instructor: Super Soccer Stars  
Facility: Pleasant Hill Park

Description: The goal at this stage is to improve children's elementary capacity through fun games, technical skills, and group activities. The primary focus is to increase familiarity of space to enable children to develop team skills in a game environment. Emphasis is placed on ball activities with high repetition to promote muscular memory, building confidence, and ball control.

### AGE: 5-7yrs

**\$296/\$276 (Dist. Res.) 9 classes**

3040.707	9/3-10/29	T	5:10-6:00 pm
----------	-----------	---	--------------

**\$274/\$254 (Dist. Res.) 8 classes**

3040.716	11/2-12/21	Sa	11:30 am-12:15 pm
----------	------------	----	-------------------

**\$268/\$248 (Dist. Res.) 7 classes**

3040.708	11/5-12/17	T	5:35-6:25 pm
----------	------------	---	--------------

## SPORTS MEDLEY CLASSES

### Sports Medley

Instructor: Skyhawks  
Facility: Rodgers Smith Park

This multi-sport tot program was designed to introduce kids to a variety of sports in one fun-filled setting. Coaches will introduce their young athletes to a different sport each day of the week: Baseball, Flag Football, Soccer, Track & Field.

Our age-appropriate curriculum, modified equipment, and highly trained staff provide a positive environment where players of all abilities can develop at their own pace with lots of encouragement and a big focus on FUN! This program involves Parent Participation.

### AGE: 2-3 yrs (Parent & Me)

**\$228/\$198 (Dist. Res.) 7 classes**

5099.710	9/7-10/19	Sa	9:30 - 10:00 am
----------	-----------	----	-----------------

**\$190/\$170 (Dist. Res.) 6 classes**

5099.711	10/26-12/14	Sa	9:30-10:00 am
----------	-------------	----	---------------

No Class 11/9, 11/30

### AGE: 3-5 yrs

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

5099.712	9/7-10/19	Sa	10:15-11:00 am
----------	-----------	----	----------------

**\$220/\$200 (Dist. Res.) 6 classes**

5099.713	10/26-12/14	Sa	10:15-11:00 am
----------	-------------	----	----------------

No Class 11/9, 11/30



## PEEWEE TENNIS

Instructor: Rafa  
Facility: College Park Tennis Courts

Bring water and own jr. Size tennis racket (recommend 19" - 23" jr size racket)

### AGE: 4-5 yrs

**\$113/\$93 (Dist. Res.) 5 classes**

5553.700	9/7-10/5	Sa	10:00-11:00am
----------	----------	----	---------------

5553.701	10/12-11/16	Sa	10:00-11:00am
----------	-------------	----	---------------





## DANCES CLASSES

### NEW YOU DANCE

**10-17 yrs**  
**Instructor: AJ Rogers**  
**Senior Center: Dance Studio**

### Contemporary Basics *New!*

**Senior Center: Dance Studio**

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

**\$133 /\$113 (Dist. Res.)**

6061.705 9/12-10/17 Th 4:15-5:00 pm

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

6061.715 10/24-12/19 Th 4:15-5:00 pm

No Class 10/31, 11/7, 11/28

### Dubstep

*New!*

Taking dance classes to the next level comes AJ Rogers "Dubstep" dance course. Incorporating Popping, Locking, Gliding, and Waving. Mr AJ trains your child to move their body in ways you would have never thought they would ever be able to move. with body isolations and moon walking combined Mr. AJ is ready to push your dancer to become a Dubstepper! This class is for those who want to be pushed in a fun way.

**\$133 /\$113 (Dist. Res.)**

6061.707 9/12-10/17 Th 5:45-6:30 pm

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

6061.717 10/24-12/19 Th 5:45-6:30 pm

No Class 10/31, 11/7, 11/28, 12/12

### Hip-Hop Combo Classes

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

### Hip-Hop Basics

**4-10 yrs**

**\$133 /\$113 (Dist. Res.)**

6061.701 9/11-10/16 W 3:00 pm-3:45 pm

6061.711 10/23-12/18 W 3:00 pm-3:45 pm

No Class 10/30, 11/6, 11/27

### HipHop/Ballet I

**4-7 yrs**

**\$133 /\$113 (Dist. Res.)**

6061.702 9/11-10/16 W 3:45 pm-4:30 pm

6061.712 10/23-12/18 W 3:45 pm-4:30 pm

No Class 10/30, 11/6, 11/27

### Hip-Hop/Ballet II

**8-12 yrs**

**\$133 /\$113 (Dist. Res.)**

6061.703 9/11-10/16 W 4:30-5:15 pm

6061.713 10/23-12/18 W 4:30-5:15 pm

No Class 10/30, 11/6, 11/27

### Hip-Hop/Ballet III

**9-13 yrs**

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

6061.704 9/11-10/9 W 5:15-6:00 pm

No Class 9/18

**\$151 /\$131 (Dist. Res.)**

6061.714 10/23-12/11 W 5:15-6:00 pm

No Class 11/27

### Street Hip Hop II

*New!*

**10-17 yrs**

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

**\$133 /\$113 (Dist. Res.)**

6061.706 9/12-10/17 Th 5:00-5:45 pm

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

6061.716 10/24-12/19 Th 5:00-5:45 pm

No Class 10/31, 11/7, 11/28, 12/12

# 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](mailto:dmartinez@pleasanthillrec.com).

## Get Inspired!

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

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

**Come visit & meet our professional staff!**  
*See more information on the back cover.*



## S.T.E.A.M. CLASSES

### ART CLASSES

**Monoprint Mania**  
(Holiday workshop)

*New!*

6-9 yrs

Instructor: Cathleen Van Bergen  
Senior Center: Arts & Crafts Room

Seeking artistic explorers to experiment with colors, patterns, textures and materials to create unique "printed paintings". Bring old painting shirt or smock

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

6040.701 12/23 M 10:00 am-12:00 pm

### TECH/ENGINEERING

**Code Ninjas**

8-14 yrs

Instructor: Code Ninja Staff

Adventure in game design: Block based coding Ninjas will explore different programming concepts as they create various games inspired by Breakout, Snake, Flappy Bird, and more using a block-based programming language called MakeCode Arcade—a kid-friendly, visual programming environment developed by Microsoft. Our team will introduce basic game design and programming concepts like loops, functions, and even video detection to create their own games.

Senior Center: Game Room

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

6053.713 9/3-10/22 Tu 5:30-6:30 pm

6053.715 10/29-12/17 Tu 5:30-6:30 pm

No Class 11/26

Location: Off Site

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

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

6053.714 9/4-10/23 W 5:30-6:30 pm

6053.716 10/29-12/17 W 5:30-6:30 pm

No Class 11/27

### BALLET I

6-9 yrs

Instructor: Christie Tomlinson  
Community Center: Dance Studio

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. Class will conclude with a Performance. Attire: black leotard, pink tights, pink slippers. NO skirts or tutus, please, even if attached.

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

6042.701 9/9-12/16 M 3:55-4:55 pm

No Class 11/11, 11/25

### BAY TWILIGHTS PEE WEE CHEER

5-11 yrs

Instructor: Angela Powell  
Location: Ultimate Sports Connections 1150 Concord Ave Suite 150 Concord CA 94520

This is a beginner cheer class where the athletes will learn the basics of cheer, arm motions, jumps, dance routines, and tumbling. At the end of the program they will perform at the Pleasant Hill Rec Winter Festival.

*\$75 uniform due to instructor first day of class*

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

6058.701 11/6-12/18 W 6:45-7:45 pm

No Class 11/27

### FILIPINO FOLK DANCE

8-13 yrs

Instructor: Alverna Arellano  
Senior Center: Dance Studio

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

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

6063.701 9/13-12/6 F 4:00-4:45 pm

No Class 9/27, 10/11, 11/1, 11/15, 11/29

### TAP

6-12 yrs

Instructor: Christie Tomlinson  
Community Center: Dance Studio

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. Class will conclude with a Performance at the Winter Festival -- Wed 12/11

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

6045.701 9/9-12/16 M 5:00-5:30 pm

No Class 11/11, 11/25



## FITNESS CLASSES

### JAPAN KARATE DO

Instructor: William Fuentes  
Winslow Center: Assembly Room

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

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 \$40.

### Beginners | 5-12 yrs

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

6095.702	9/3-9/24	Tu	4:45-5:30 pm
6095.703	9/5-9/26	Th	5:00-5:45 pm
6095.701	9/9-9/30	M	5:00-5:45 pm
6095.704	10/7-10/28	M	5:00-5:45 pm

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

6095.705	10/1-10/29	Tu	4:45-5:30 pm
6095.706	10/3-10/31	Th	5:00-5:45 pm

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

6095.707	11/4-11/18	M	5:00-5:45 pm
No Class	11/11		

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

6095.708	11/5-11/19	Tu	4:45-5:30 pm
6095.709	11/7-11/21	Th	5:00-5:45 pm
6095.712	12/5-12/19	Th	5:00-5:45 pm
6095.710	12/2-12/16	M	5:00-5:45 pm
6095.711	12/3-12/17	Tu	4:45-5:30 pm

### Intermediate | 6-13 yrs

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

6095.714	9/5-9/26	Th	6:00-6:45 pm
6095.713	9/9-9/30	M	6:00-6:45 pm
6095.715	10/7-10/28	M	6:00-6:45 pm

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

6095.716	10/3-10/31	Th	6:00-6:45 pm
----------	------------	----	--------------

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

6095.717	11/4-11/18	M	6:00-6:45 pm
No Class	11/11		

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

6095.718	11/7-11/21	Th	6:00-6:45 pm
6095.719	12/2-12/16	M	6:00-6:45 pm
6095.720	12/5-12/19	Th	6:00-6:45 pm

### All Belts | 5-12 yrs

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

6095.725	9/4-9/25	W	5:45-6:45 pm
----------	----------	---	--------------

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

6095.726	10/2-10/30	W	5:45-6:45 pm
----------	------------	---	--------------

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

6095.727	11/6-11/20	W	5:45-6:45 pm
6095.728	12/4-12/18	W	5:45-6:45 pm

### Bo Class | 8-13 yrs

Pre-Requisite: Purple Belt or Instructor's Approval

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

*Do not register for this class until you order a bo from the instructor*

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

6095.731	9/4-9/25	W	7:00-7:45 pm
----------	----------	---	--------------

**\$62.50 /\$50 (Dist. Res.)**

6095.732	10/2-10/30	W	7:00-7:45 pm
----------	------------	---	--------------

**\$40 /\$32 (Dist. Res.)**

6095.733	11/6-11/20	W	7:00-7:45 pm
6095.734	12/4-12/18	W	7:00-7:45 pm

### Tournament Kids | 8-13 yrs

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

These sessions will focus on kata and sparring for tournaments. We will set up mock tournaments in class, so the kids will know what to expect in competition. Students do not have to compete in tournaments to join this class. These classes are also an opportunity for more practice on their kata for their next belt, if they are not practicing enough at home, and to overall improve their sparring abilities. All belts are welcomed, but they must know their kata. White Belts to Yellow Stripe must, at least, know Kihon Kata Ichi. And do not register your child if they don't even have sparring gear yet. Contact the instructor to purchase sparring gear.

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

6095.735	9/5-9/26	Th	7:00-7:45 pm
----------	----------	----	--------------

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

6095.736	10/3-10/31	Th	7:00-7:45 pm
----------	------------	----	--------------

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

6095.737	11/7-11/21	Th	7:00-7:45 pm
6095.738	12/5-12/19	Th	7:00-7:45 pm





## MUSIC CLASSES

### RHYTHM PIANO – GROUP LESSONS

5-9yrs

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.

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

6088.701	9/3-10/15	Tu	4:15-5:00 pm
----------	-----------	----	--------------

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

6088.702	10/22-12/17	Tu	4:15-5:00 pm
No Class	11/26, 10/29, 11/5		

### YOUTH GUITAR

6-12 yrs

Instructor: John Waller  
Winslow Center: Rooms 1&2

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

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

6091.701	9/10-10/22	Tu	5:00-5:50 pm
6091.702	10/29-12/10	Tu	5:00-5:50 pm
No Class	10/8, 11/26		

## PERFORMING ARTS

### VILLAGE MUSIC SCHOOL

Instructor: Village School  
Off-Site: Off-Site

#### Project Rock Band – Second Stage 8-11 yrs

Want to play in your own Rock Band? Project Rock Band is for you! This program is specifically designed for younger students. Together with their instructor, bandmates create their set list based on the musical strengths and interests of the group. Each student will receive musical parts that are tailor made for their level of skill and ability. All bands perform in our Season Finale Show in a local music venue. Instruments: Guitar, Voice, Bass, Drums, Voice, Piano/Keyboard. One year of lessons required or strong teacher recommendation.

**\$375 /\$355 (Dist. Res.)**

6057.701	9/23-12/16	M	4:30-5:30 pm
No Class	10/7, 11/11, 11/25		

#### Village Center Stage

8-12 yrs

TBD

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

6057.707	9/3-10/22	Tu	6:00-7:15 pm
No Class	10/8		
6057.708	10/29-12/17	Tu	6:00-7:15 pm
No Class	11/26		

### TOY MAKER AND THE ELVES MUSICAL THEATER

5yrs - 8yrs | 4yrs welcome with Sibling  
Location: Winslow Center 1 & 2

Calling all Elves, Toys and Merry Makers! Come one come all on this musical adventure in Winter Wonderland. Actors/Actress' will learn acting skills/games, as well as craft some props/backdrops etc for their final performance. Are you ready to help the elves in the workshop get all the toys ready for the Holidays!? Families invited to the festive performance on Monday 12/16 at 5:00 pm

**\$315/\$295**

6636.721	9/17 - 12/16	M	4:30 - 5:15 pm
----------	--------------	---	----------------

## YOUTH SPORTS

### AFTER SCHOOL SPORTS CLASSES

Athletic Development *New!*  
Instructor: i9 Sports  
Facility: Pleasant Hill Park Softball Field #2

Description: This program is designed to enhance player development through drills that are both "on and off the ball", which in turn builds athlete confidence and the desire to stay active for life. Open to boys and girls of all abilities, participants will dive into an experience rooted in i9 Sports renowned coaching methodologies, blending fun, skill-building, Sportsmanship values, and competition, with a focus on improving overall athletic abilities.

**AGE: 9-14 yrs**

**\$219/\$199 (Dist. Res.) 6 classes**

5181.700	9/16-10/21	M	3:30-5:00 pm
5181.701	11/4-12/9	M	3:30-5:00 pm

### FLAG FOOTBALL

#### NFL Sponsored Youth Flag Football League

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

Location: Pleasant Oaks Park,  
2 Santa Barbara Rd, PH.

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 runs 9/28-10/19.

Registration Closes Sept 6.

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

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

**(includes NFL jersey, football and flag belt)**

5050.700	K-2 Grades
5050.701	3-5 Grades
5050.702	6-8 Grades

### ULTIMATE FRISBEE

Instructor: Oakland Spiders *New!*  
Facility: Pleasant Hill Park Softball Field #2

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

**AGE: 8-11 yrs**

**\$185/\$165 (Dist. Res.) 8 classes**

5186.700	9/10-11/5	Tu	3:30-4:30 pm
----------	-----------	----	--------------

## KIDS Night Out

4-15 yrs

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 & start planning your me-time now!

Friday, Dec 13 | 6:00-9:00pm  
Pleasant Hill Teen Center

## YOUTH FENCING

8-16 yrs

Instructor: Greg Pursley  
Community Center

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

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

6059.701 9/24-11/19 Tu, Th 4:00-6:00 pm  
No Class 10/29

*New!*

## JR. NBA YOUTH BASKETBALL WINTER LEAGUE

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

Location: 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 January 18 for 8 games.  
Registration Closes December 13

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

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

Boys:

5060.500 K-2 Grades

5060.501 3-5 Grades

5060.502 6-8 Grade

Girls:

5060.503 K-2 Grades

5060.504 3-5 Grades

5060.505 6-8 Grades

## SKATEBOARDING 101

Instructor: Nathan Stark (Rob Skate)

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

Located on the second-floor eastern side of the Sunvalley mall, right at the back entrance next to JC Penny. Directly above the food court.

A Monday through Friday program aimed at helping beginner skateboarders progress their skills. With our professional instructors and hands-on teaching methods, we can provide each student with a solid grip on the basics of skateboarding. On Top of skateboarding we add to the fun with floor games! (Dodge ball, red light green light etc.)

*Materials (Knee, elbow and wrist pads if you have them, water/snacks)*

**AGE: 6-14 yrs**

**\$309/\$289 (Dist. Res.)** 5 classes

5187.700 9/2-9/6 M - F 3:00-6:00 pm

5187.701 9/30-10/4 M - F 3:00 - 6:00 pm

5187.702 11/4-11/8 M - F 3:00 - 6:00 pm

*New!*

## SOCCER

Soccer 2 Skills Scrimmage

Instructor: Kidz Love Soccer  
Facility: Rodgers Smith Park

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

**AGE: 7-10yrs**

**\$215/\$195 (Dist. Res.)** 7 classes

5031.710 9/11-10/23 W 4:00-4:45 pm

Facility: Pleasant Hill Park West Lawn

**\$215/\$195 (Dist. Res.)** 7 classes

5031.711 9/6-10/18 F 4:00 -4:45 pm

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

5031.712 9/28-11/9 S 11:45 am-12:30 pm

## TENNIS

Beginner/Advanced Tennis

Facility: College Park Tennis Courts  
Bring water and own tennis racket

**AGE: 6-12 yr**

Instructor: Rafa

**\$90/\$70 (Dist. Res.)** 4 classes

5555.700 9/4-9/25 W 6:30-7:30 pm

5555.701 10/2-10/23 W 6:30-7:30 pm

5555.702 10/30-11/20 W 6:30-7:30 pm

Instructor: Sandra

5584.700 9/4-9/25 W 6:30-7:30 pm

5584.701 10/2-10/23 W 6:30-7:30 pm

5584.702 10/30-11/20 W 6:30-7:30 pm

Beginner/Intermediate Tennis

Facility: College Park Tennis Courts  
Bring water and own tennis racket

**AGE: 6-12 yr**

Instructor: Rafa

**\$90/\$70 (Dist. Res.)** 4 classes

5555.703 9/4-9/25 W 7:30-8:30 pm

5565.700 9/6-9/27 F 6:30-7:30 pm

5555.704 10/2-10/23 W 7:30-8:30 pm

5565.701 10/4-10/25 F 6:30-7:30 pm

5555.705 10/30-11/20 W 7:30-8:30 pm

**\$90/\$70 (Dist. Res.)** 3 classes

5565.702 11/1-11/15 F 6:30-7:30 pm

PLAN AHEAD!  
**Spring**  
2025

**JR. NBA YOUTH BASKETBALL LEAGUE!**

Season runs March 20-April 26, 2025  
(6 games). Registration opens  
December 16, 2024: <https://www.pleasanthillrec.com/245/Basketball>

## LEARN TO SKATE

3-17 yrs

Instructor: Tri Valley Ice Dublin  
Tri Valley Skate 7212 San Ramon Rd Dublin

Welcome to TriValley Ice Dublin's Learn To Skate Program! Classes run five days a week for all ages and skill levels, from beginner to advanced, including adult sessions. Our supportive instructors ensure you reach your goals while having a blast. Join us for the joy of ice skating in a lifelong passion-fostering environment! Bring warm clothes (Long Pants, Long Sleeves, GLOVES, Jacket), avoid ski pants. Helmets are recommended for beginners but not mandatory (Bike helmets are okay)

**\$294.99 /\$275 (Dist. Res.)**

6073.701 10/14-12/16 M 4:45 pm-5:30 pm

6073.702 10/16-12/18 W 4:45 pm-5:30 pm

6073.703 10/18-12/20 F 4:45 pm-5:30 pm

6073.704 10/19-12/21 Sa 9:45 am-10:30 am

6073.705 10/20-12/22 Su 9:45 am-10:30 am

*New!*



# Camps

## FALL + WINTER BREAK

CAMPS

### FULL-DAY CAMPS

#### ADVENTURE KIDS CAMP

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.

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

6060.701	12/26
6060.702	12/27
6060.703	12/30
6060.704	12/31
6060.705	1/2
6060.706	1/3



#### XTREME FALL BREAK CAMP

Grades 6 & up (siblings Grade 3 & up)

Instructor: Teen Center Staff

Teen Center

Experience an action-packed week! Daily on-site activities and local field trips. Register by the day. Camps must meet a minimum participation of 8 by 10/3.

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

5189.700	10/7	M	I heart Art
5189.701	10/8	T	Movies
5189.702	10/9	W	Escape Room
5189.703	10/10	Th	Mystery Trip
5189.704	10/11	F	Archer

#### XTREME WINTER BREAK CAMP

Grades 6 & up (siblings Grade 3 & up)

Instructor: Teen Center Staff

Teen Center

Experience an action-packed week! Daily on-site activities and local field trips. Register by the day. Camps must meet a minimum participation of 8 by 12/20.

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

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

### ENRICHMENT CAMPS

#### CODE NINJAS

8-14 yrs

Instructor: Code Ninja Staff

#### 3D Printing

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

Community Center: Soroptimist Room 1

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

6053.702	10/7-10/11	M-F	1:00-4:00 pm
----------	------------	-----	--------------

Location: Off Site

Code Ninjas Walnut Creek 1661 Botelho Drive Suite 160 Walnut Creek

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

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

#### SPANISH WINTER CAMP

Ages: 4-8

Instructor: Miriam Lattanzi

Community Center: Preschool Room #1

Let Spanish 4 Children to entertain your child during this busy time of the year. In this four days camp, campers will go on an adventure with Gingerbread man (El hombre de pan de Jengibre). They will enjoy hands-on activities and create a Spanish book about the gingerbread man. Each day campers will help the gingerbread man to run away from different animal. On Friday they enjoy a nice hot chocolate.

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

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

#### BECOME A YOUTUBER

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

Community Center: Soroptimist Room 1

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

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

#### FUTURE MINDS AI ACADEMY

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

Location: Off Site

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

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

6053.704	10/7-10/11	M-F	1:00-4:00 pm
----------	------------	-----	--------------

Community Center: Soroptimist Room 1

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

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

## INTRO TO ROBLOX (LEVEL 1)

In this hands-on, fully guided experience, Ninjas will learn the basics of game building and creative development in Roblox, an exciting, online gaming platform. Ninjas will spend their time building and exploring new worlds in Roblox before sharing their creations locally and globally. This camp will teach Ninjas how to plan, design, and build their own 3D world to create much more than just a game!

**Community Center: Soroptimist Room 1**

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

6053.701 10/7-10/11 M-F 9:00 am-12:00 pm

**Community Center: Soroptimist Room 1**

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

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

No Class 12/24, 12/25

**Location: Off Site**

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

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

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

No Class 12/31, 1/1

## LEGO ROBOTICS

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

**Location: Off Site**

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

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

6053.703 10/7-10/11 M-F 9:00 am-12:00 pm

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

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

No Class 12/24, 12/25

**Community Center: Soroptimist Room 1**

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

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

No Class 12/31, 1/1

## SNAPOLOGY

**6-11 yrs**

**Instructor: Denise Lee**

**Community Center: Soroptimist Room 2**

**\$10 lab fee payable to instructor at first**

**day of camp**

## Pokemania!

Explore the Pokemon world and practice Pokemon skills! Campers will create their own training gyms, unique battles, and even their own generation of Pokemon. As their own Pokemon trainer, our camp explores habitats, characteristics, and needs of different Pokemon with our own version of Pokemon Go. They will do more than catch'em all as they make their own Pokemon cards. They will build and examine them all very closely and have a blast doing so!

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

5101.701 10/7-10/11 M-F 9:00 am-12:00 pm

## Mega Machines Robotics

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

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

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

No Class 1/1

## SPORTS CAMPS

### FLAG FOOTBALL CAMP

**Instructor: Skyhawks**

**Facility: Pleasant Hill Park Softball Field #2**

Participants will be divided into circuit groups, based on age, ability, and friend request, to build confidence and learn individual skill development through innovate drills and age-appropriate games. Skyhawks coaches provide a positive environment where players of all abilities can participate in friendly competition with lots of encouragement and a big focus on fun! Bring your friends or come make new ones!

**AGE: 5-7 yrs**

**\$165/\$145 (Dist. Res.) 3 classes**

5099.716 11/25-11/27 M-W 9:00 am-12:00 pm

**AGE: 8-12 yrs**

**\$265/\$245 (Dist. Res.) 3 classes**

5099.717 11/25-11/27 M-W 9:00 am-3:00 pm

## SOCCER FUNDAMENTALS

### Soccer & Art Day Camp

**Instructor: Soccer Stars**

**Facility: Pleasant Hill Park Soccer Field**

**AGE: 5-10yrs**

**\$80/\$60 (Dist. Res.) 1 class**

3040.725 9/1 S 9:00 am-12:00 pm

**AGE: 3-7yrs**

**\$80/\$60 (Dist. Res.) 1 class**

3040.726 9/1 S 9:00 am-12:00 pm

### Fundamentals Thanksgiving Break Camp

**Instructor: Soccer Stars**

**Facility: Pleasant Hill Park Soccer Field**

**AGE: 5-10yrs**

**\$200/\$180 (Dist. Res.) 3 classes**

3040.727 11/25-11/27 M-W 9:00 am-12:00 pm

**AGE: 3-7yrs**

**\$200/\$180 (Dist. Res.) 3 classes**

3040.728 11/25-11/27 M-W 9:00 am-12:00 pm

## THANKSGIVING TENNIS CAMP

**Instructor: Rafa**

**Facility: College Park Tennis Courts**

**BRING WATER and OWN TENNIS RACKET**

**AGE: 6-10 yrs**

**\$158/\$138 (Dist. Res.) 3 classes**

5589.729 11/25-11/27 M-W 9:00 am-12:00 pm

**AGE: 11-15 yrs**

**\$158/\$138 (Dist. Res.) 3 classes**

5589.730 11/25-11/27 M-W 9:00 am-12:00 pm

## ULTIMATE FRISBEE CAMP!

*New!*

**Instructor: Oakland Spiders**

**Facility: Pleasant Hill Park Softball Field #2**

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

**AGE: 8-11 yrs**

**\$185/\$165 (Dist. Res.) 5 classes**

5186.702 10/7-10/11 M-F 9:00 am-12:00 pm



# TEEN Council

## GRADES 6-12

Teen Council is an outstanding opportunity for teens to develop, plan and implement events, classes, dances, sports, and trips for their peers. Meetings are held on the 1st and 3rd Mondays, August-June (excluding holidays) from 7:00 to 8:00 p.m at the Pleasant Hill Teen Center

Download an application from website at [pleasanthillrec.com/246](http://pleasanthillrec.com/246). Complete the application and return to PH Teen Center or email [teencenter@pleasanthillrec.com](mailto:teencenter@pleasanthillrec.com)

# TEEN Scene



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

## TEEN AFTER-SCHOOL PROGRAM

Grades 6-12

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

Register for our popular Teen afterschool program for the 2024-2025 school year! Registration now open! Our 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, pool table, outdoor fitness, and games. Snack Shack open daily. For more program details, [visit pleasanthillrec.com/246](http://visit.pleasanthillrec.com/246).

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

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

*Fall 2024 Registration Open House! Registration begins Thursday May 16 at 5:30 pm. We will stay open that evening until 6:30 pm. During this time, you can meet the staff, complete registration paperwork and see our facility.*

## BAY AREA DRIVING SCHOOL - ONLINE DRIVER'S ED

15 yrs & up

Receive DMV-approved Certificate of Completion

Class log in info shared by Bay Area Driving School staff, can be reached at [info@bayareadriving.com](mailto:info@bayareadriving.com)

### 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 @ [safetydriversed.com/](http://safetydriversed.com/)

### Virtual LIVE Instructor

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

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

5100.701	10/5-10/26	Sa	9:00 am-12:00 pm
5100.702	11/25-11/29	M,T,W,F	9:00 am-12:00 pm
5100.703	12/30-1/3	M,T,TH,F	9:00 am-12:00 pm

## BABYSITTING 101 FOR BEGINNERS

Instructor: Morgan Dziad Senior Center: Classrooms

Learn the skills needed to be a trusted and responsible babysitter. Learn all about childhood development, bedtime strategies, positive redirection, how to get a job, and ways to make babysitting fun for you and the kids. Basic first aid, general safety, and what to do in an emergency will also be covered. Students should bring a water bottle, snack and dress to play!

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

5105.701	10/5	Sa	10:00 am-2:00 pm
----------	------	----	------------------

## VILLAGE MUSIC SCHOOL

Instructor: Village School Off-Site: Off-Site

### Project Rock Band - Headliners

12-17yr 11m yrs

Want to play your favorite song in your own Band, Project Rock Band is for you?

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

**\$475 /\$455 (Dist. Res.)**

6057.702	9/23-12/16	M	6:00-7:30 pm
No Class	10/7, 11/11, 11/25		

**\$475 /\$455 (Dist. Res.)**

6057.703	9/25-12/18	W	6:00-7:30 pm
No Class	10/9, 11/27		

# MIDDLE SCHOOL SPORTS

## AFTER SCHOOL SPORTS CLASSES

*New!*

**Athletic Development**  
**Instructor: i9 Sports**  
**Facility: Pleasant Hill Park Softball Field #2**

This program is designed to enhance player development through drills that are both "on and off the ball", which in turn builds athlete confidence and the desire to stay active for life. Open to boys and girls of all abilities, participants will dive into an experience rooted in i9 Sports renowned coaching methodologies, blending fun, skill-building, sportsmanship values, and competition, with a focus on improving overall athletic abilities.

**AGE: 9-14 yrs**

<b>\$219/\$199 (Dist. Res.)</b>		<b>6 classes</b>	
5181.700	9/16-10/21	M	3:30-5:00 pm
5181.701	11/4-12/9	M	3:30-5:00 pm

## FLAG FOOTBALL

### NFL Sponsored Youth Flag Football League

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

**Location: Pleasant Oaks Park,**  
**2 Santa Barbara Rd, PH.**

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 runs Sept. 28 through Oct. 19, 2024.

Registration Closes Sept 6.

\$200/\$180 (Dist. Res.) (includes NFL jersey, football and flag belt)

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

5050.700	K-2 Grades
5050.701	3-5 Grades
5050.702	6-8 Grades



## JR. NBA YOUTH BASKETBALL WINTER LEAGUE

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

**Location: 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 January 18 for 8 games.

Registration Closes December 13

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

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

**Boys:**

5060.500	K-2 Grades
5060.501	3-5 Grades
5060.502	6-8 Grade

**Girls:**

5060.503	K-2 Grades
5060.504	3-5 Grades
5060.505	6-8 Grades

## SKATEBOARDING

### Skateboarding 101

*New!*

**AGE: 6-14 yrs**

**Instructor: Nathan Stark (Rob Skate)**

**Facility: Offsite-(Sun Valley Mall) 476 SunValley Mall, Concord, CA 94520 Located on the second-floor eastern side of the Sunvalley mall, right at the back entrance next to JC penny. Directly above the food court.**

A Monday through Friday program aimed at helping beginner skateboarders progress their skills. With our professional instructors and hands-on teaching methods, we can provide each student with a solid grip on the basics of skateboarding. On Top of skateboarding we add to the fun with floor games! (Dodge ball, red light green light etc.)

**\$309/\$289 (Dist. Res.)**      **5 classes**

5187.700	9/2-9/6	M-F	3:00 – 6:00 pm
5187.701	9/30-10/4	M-F	3:00 – 6:00 pm
5187.702	11/4-11/8	M-F	3:00 – 6:00 pm

*Materials (Knee, elbow and wrist pads if you have them, water/snacks)*

**PLAN AHEAD!**  
**Spring**  
**2025**

## JR. NBA YOUTH BASKETBALL LEAGUE!

Season runs March 20-April 26, 2025  
 (6 games. Registration opens  
 December 16, 2024: <https://www.pleasanthillrec.com/245/Basketball>)

## TENNIS

### Tennis For All! Beginner/Advanced Tennis

**AGE: 10-12 yrs**

**Instructor: Rafa**

**Facility: College Park Tennis Courts**

**BRING WATER and OWN TENNIS RACKET**

**\$90/\$70 (Dist. Res.)**      **4 classes**

5566.700	9/6-9/27	F	7:30-8:30 pm
5566.701	10/4-10/25	F	7:30-8:30 pm

**\$90/\$70 (Dist. Res.)**      **3 classes**

5566.702	11/1-11/15	F	7:30-8:30 pm
----------	------------	---	--------------

## ULTIMATE FRISBEE

*New!*

**AGE: 11-14 yrs**

**Instructor: Oakland Spiders**

**Facility: Pleasant Hill Park Softball Field #2**

Introducing Ultimate Skills & Scrimmages for 11-14 year olds! Dive into the exciting world of Ultimate Frisbee, mastering throws, catches, and game strategies. With a focus on sportsmanship and teamwork, players develop social-emotional skills while thriving on the field. Join us for a dynamic program that enhances both athleticism and camaraderie.

**\$185/\$165 (Dist. Res.)**      **8 classes**

5186.701	9/10-10/29	T	4:45-5:45 pm
----------	------------	---	--------------



**Follow us on Instagram!**  
 @pleasanthillrec  
 @phteentcenter

# Adult

ADULT



## SPECIAL INTEREST CLASSES

### ADULT GUITAR

**Instructor:** John Waller  
**Winslow Center:** Rooms 1 & 2

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

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

4575.701	9/10-10/22	Tu	6:00-6:50 pm
4575.702	10/29-12/10	Tu	6:00-6:50 pm
No Class	10/8, 11/26		

### ADULT DRUMMING

**Instructor:** John Waller  
**Winslow Center:** Rooms 1 & 2

Learn the very basics of rhythm with hand drums, bells and shakers. We start out slowly and get our hands to memorize the motions. Punch-cards will no longer be sold (if you already have a punch-card for drumming you may use up the remaining punches and pay a drop-in rate of \$15 for the remainder of the session, please talk to the instructor for more details)

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

4574.701	9/10-10/22	Tu	7:00-8:00 pm
4574.702	10/29-12/10	Tu	7:00-8:00 pm
No Class	10/8, 11/26		

### ACRYLIC PAINTING WORKSHOP

*New!*

**Instructor:** Allison Trestor  
**Senior Center:** Dining Room

Follow along with the instructor as you paint with acrylic paint on a canvas in this fun workshop. The instructor will guide you step by step and is perfect for all levels, even complete beginner! All materials are provided, and each week you will complete a work of art you get to take home with you. A separate materials fee is due in cash to the instructor when you show up for class.

**1 Day Workshop**

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

**plus \$10 materials fee due to instructor**

2266.701	9/21	Sa	9:30 am-12:00 pm
2266.702	10/19	Sa	9:30 am-12:00 pm
2266.703	11/23	Sa	9:30 am-12:00 pm
2266.704	12/14	Sa	9:30 am-12:00 pm

### LANDSCAPE & PORTRAIT PAINTING

*New!*

**Instructor:** Gary Bergren  
**Senior Center:** Arts & Crafts Room

Learn realistic Landscape and Portrait Painting with Acrylic paint and execute a landscape or portrait from start to finish. Learn strong design, how to attain accurate color, values, and representation through demonstrations/individual instruction. You can see instructor's artwork at [www.garybergren.com](http://www.garybergren.com). For both beginning and intermediate levels. Students need to provide their own supplies (list provided).

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

2276.701	9/12-10/17	Th	6:00 - 8:30 pm
2276.702	11/14-12/19	Th	6:00 - 8:30 pm
No Class	11/28		

### EXPLORING WATERCOLOR

**Instructor:** Casey White  
**Senior Center:** Arts & Crafts Room

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

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

2231.701	9/17-10/22	Tu	9:30 am - 12:00 pm
2231.702	11/12-12/17	Tu	9:30 am - 12:00 pm

### QUILTING

**Instructor:** Carol Madsen  
**Senior Center:** Chateau Room  
**Beginning Quilting**

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

**\$96.25/\$77 (Dist. Res.)**

2243.701	9/9-12/16	M	12:30-3:00 pm
No Class	10/28, 11/4, 11/11		

### Quilting Beyond the Basics

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

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

2244.701	9/9-12/16	M	9:00 am-12:00 pm
No Class	10/28, 11/4, 11/11		

### Quilting Basics +

**Senior Center:** Classrooms

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

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

2245.701	9/10-12/17	Tu	6:00-8:30 pm
No Class	10/29, 11/5		



## GOLDEN NOTES CHORUS

**Instructor:** Douglas Emigh  
**Senior Center:** Chateau Room

Do you love to sing? Can you read music? If you answered yes, you should join Golden Notes! This mixed voice chorus was established over 50 years ago and is flourishing. Please bring a 1.5 in 3-ring binder to the first class, additional lab fee of \$10 payable at the first class to help defray the cost of the accompanist.

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

2350.701 9/10-12/10 Tu 9:30-11:30am  
Class on 9/10 and 11/12 will be 1-3pm  
No Class 10/29, 11/5

## IMPROV ADULT – SPONTANEOUS MIND

**Instructor:** Jaime Rich  
**Senior Center:** Classroom 3

Laugh/Learn/Have fun/Play Games/Think on your feet.

Improv for all levels, learn to make it up as you go and be in the moment.

Gain confidence for stage work or everyday life.

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

4062.701 9/10-10/8 Tu 5:00-6:30 pm  
4062.702 11/12-12/10 Tu 5:00-6:30 pm

## WILLS, TRUSTS & ESTATE PLANNING

**Instructor:** Randall Thompson  
**Senior Center:** Classrooms

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

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

4610.701 11/13 W 7:00-8:30 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. 233 page class notebook included in class fee and one copy is provided to each couple or each individual person. Attendee may bring spouse or partner to class at no additional charge.

**Community Center:** McHale Room

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

4608.701 10/1-10/8 Tu 6:30-9:30 pm  
4608.703 10/15-10/22 Tu 6:30-9:30 pm

**Senior Center:** Classrooms

4608.702 10/3-10/10 Th 6:30-9:30 pm  
4608.704 10/17-10/24 Th 6:30-9:30 pm

## DANCE CLASSES

### LINE DANCE

**Instructor:** Millie Dusha  
**Senior Center:** Dance Studio

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

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

**Saturdays, 9/7-12/14**

**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 9/14, 10/12, 10/26, 11/16**

## WAKE UP & MOVE, TAP BASICS, TAP INTERMEDIATE

**Instructor:** AJ Rogers  
**Senior Center Dance Studio**

**4 Class anytime punch-card: \$80**

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

**Fridays 9/6-12/20**  
**No Class 11/1, 11/8, 11/29**

### Wake Up and Move 9am-10am

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 10am-11am

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 11am-12pm

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

## 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.

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

4660.701 9/18-10/23 W 6:00-6:50 pm



## NIA-DANCE, MARTIAL ARTS, HEALING ARTS

**Instructor:** Kathleen Bate  
**Senior Center:** Dance Studio

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

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

4692.701	9/17-10/22	Tu	5:45-6:45 pm
4692.702	11/12-12/17	Tu	5:45-6:45 pm

## FITNESS CLASSES

### WEIGHT & STRENGTH

**Instructor:** Debbie Murdock  
**Senior Center:** Dance Studio/Chateau Room

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

7-class anytime punch card: \$70

9/5-12/19	M & Th	9:00-10:00 am
No Class	10/28,10/31,11/4,11/11,11/28	

### GENTLE PILATES AND FUNCTIONAL FITNESS

**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. Comfortable clothing; no shorts. Bring light weights, a pillow case and water. All levels welcome.

**\$102/\$82 (Dist. Res.)**

4688.701	9/5-10/31	Th	12:00-12:40 pm
No Class	9/26, 10/3		

**\$61/\$49 (Dist. Res.)**

4688.702	11/21-12/19	Th	12:00-12:40 pm
No Class	11/28		

## 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. \$10 per night/person

**Drop in \$10**

4630.701	9/9-12/16	M	7:00-10:00 pm
No Class	11/11		

## MOVING TO HEAL NIA

*New!*

**Instructor:** Kathleen Bate  
**Senior Center:** Dance Studio

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

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

4693.701	9/16-10/21	M	10:30-11:15 am
----------	------------	---	----------------

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

4693.702	11/18-12/16	M	10:30-11:15 am
----------	-------------	---	----------------

## MOVING TO HEAL NIA

**New Day + New Instructor**

**Instructor:** Imi Cooke  
**Senior Center:** Dance Studio

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

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

4694.701	9/19-10/24	Th	11:30 am-12:15 pm
----------	------------	----	-------------------

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

4693.702	11/14-12/19	M	11:30 am-12:15 pm
No Class	11/28		

## BELLY DANCE TECHNIQUE LEVEL I & II

**Instructor:** Sharifa M  
**Senior Center:** Dance Studio

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

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

4133.701	9/10-10/8	Tu	7:00-8:15 pm
4133.702	10/15-11/26	Tu	7:00-8:15 pm
No Class	10/29, 11/5		

## HALLOWEEN BELLY DANCE HAFLA

**Senior Center:** Chateau Room

Join the students of Sharifa's belly dance classes to celebrate Halloween. Bazaar with entertainment by students and special guests.

**\$15 per person, \$10 seniors 65+, children 12yrs & under free**

**Sunday, October 20, 5:30-9:00 pm**

## FILIPINO FOLK DANCE

*New!*

**Instructor:** Alverna Arellano  
**Senior Center:** Dance Studio

Come and enjoy learning a colorful Filipino dance, padango oasioas, with handkerchief and tea lights. May lead to a performance at the winter festival in Pleasant Hill on December 11.

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

4135.701	9/13-12/6	W	5:00-6:00 pm
No Class	9/27, 10/11, 11/1, 11/15, 11/29		

## 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.

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

4636.701 9/9-10/21 M 5:45-7:00 pm

4636.702 10/28-12/16 M 5:45-7:00 pm

No Class 11/11



## YOGA & MOVEMENT FOR EVERY BODY

Instructor: Gregory Riley

Senior Center: Chateau Room

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

**10-class punch card: \$150**

4510.701 9/3-12/17 Tu 6:00-7:00 pm

No Class 10/29, 11/5

## MEDITATION & MINDFULNESS

Instructor: Gregory Riley

Senior Center: Dance Studio

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

**5 class punch card: \$75**

4511.701 9/6-12/20 F 1:30-2:30 pm

No Class 11/1, 11/8, 11/15, 11/29



## MEDITATION FOR EVERY BODY

Instructor: Gregory Riley

Senior Center: Classrooms/Game Room

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. Can use same punch card for Greg's Yoga or Meditation classes.

**10-class punch card: \$150**

4512.701 9/5-12/19 Th 6:00-7:00 pm

No Class 10/31, 11/7

## TAI CHI/BALANCE CLASSES

### 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.)**

2210.701 9/4-10/23 W 1:00-2:00 pm

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

2210.702 11/13-12/18 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.)**

2219.701 9/10-10/22 Tu 1:00-2:00 pm

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

2219.702 11/12-12/10 Tu 1:00-2:00 pm



# Online CLASSES

**ANYTIME. ANYWHERE.**

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

For a more detailed class list, visit  
[www.ed2go.com/pleasanthillrec](http://www.ed2go.com/pleasanthillrec)

## TAI-CHI CHUAN

Instructor: Bryce Ikeda  
Senior: Center Dance Studio

### Tai-Chi Chuan Second Set

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

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

2310.701	9/3-10/15	Tu	2:30-3:30 pm
No Class	9/17		

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

2310.702	10/22-12/10	Tu	2:30-3:30 pm
No Class	10/29, 11/5		

### Tai-Chi Chuan Third Set

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

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

2311.701	9/4-10/16	W	11:00 am-12:00 pm
No Class	9/18		

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

2311.702	10/23-12/18	W	11:00 am-12:00 pm
No Class	10/30, 11/6		

### Tai-Chi Chuan Practice

Ongoing practice of Tai Chi Chuan Yang style long form. This class is for the student that is comfortable with all three sets and is interested in refining and improving their form. Classes will focus on the needs/problems presented by students that day. This class only has changed to a punch card that is good for 5 classes, and can be used from one session to another.

**5 Class punch card: \$55**

2312.701	9/4-10/16	W	9:30-10:30 am
No Class	9/18		
2312.702	10/23-12/18	W	9:30-10:30 am
No Class	10/30, 11/6		



# Adult SPORTS

## ADULT LEAGUES

### TEAM REGISTRATIONS:

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

For league details:

[www.pleasanthillrec.com/288](http://www.pleasanthillrec.com/288)  
(925) 682-0896 or email  
[vdavis@pleasanthillrec.com](mailto:vdavis@pleasanthillrec.com)

Please check the sport page you are most interested in for the most up to date details on how to register your team. Registrations are processed completely online. Please check the sports page you are most interested in for all information on registration (Team registrations only), and roster requirements.



## DROP-IN ADULT SPORTS

**18+ Years**

### BADMINTON

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

**\$7 p/person (CASH ONLY)**

Fridays 7:30 pm - 9:30 pm

### BASKETBALL

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

**\$7 p/person (CASH ONLY)**

Fridays 5:30 - 7:30 pm

### CORNHOLE BAG TOSS: TOSS'N TUESDAYS!

**All Skill Levels - Great People**

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

**\$7 p/person**

Tuesdays 6:30 - 9:00 pm

### TENNIS FOR ALL! BEGINNER/ADVANCED TENNIS

Instructor: Rafa

Facility: College Park Tennis Courts

**\$90/\$70 (Dist. Res.) 4 classes**

5566.700	9/6-9/27	F	7:30-8:30 pm
5566.701	10/4-10/25	F	7:30-8:30 pm
5566.702	11/1-11/22	F	7:30-8:30 pm

Register online now! [www.pleasanthillrec.com](http://www.pleasanthillrec.com) | (925) 682-0896

# Aquatics



Hello!

**TAYA DENNEY**  
Aquatics Coordinator



## SWIM TRY OUTS

PH Aquatic Park: 147 Gregory Lane

*Free!*

Try outs are required for all new 10 & under swimmers to ensure correct program placement. Pre-registration for try outs is required. You **may** register for programs before you attend try outs – some programs will fill before try outs. Current Dolphins do not need to attend tryouts. Current Mini-Dolphins should only attend try outs if you are unsure of correct program registration.

Saturday	8/10	11:00 am
Saturday	9/7	10:00 am

## CLINICS

### PRE-SWIM TEAM

PH Aquatic Park: 147 Gregory Lane  
Instructor: Talli Pitcher

Designed for swimmers who want to join a swim team. Students must be able to take breaths on their own while "swimming". Coaches are in the water for hands-on instruction. Repeat swimmers welcome, but new swimmers must register for and attend a free swim try out.

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

8208.701	8/13-8/29	\$89/\$74 (Dist. Res.)
8208.702	9/10-10/17	\$164/\$144 (Dist. Res.)

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

8209.701	8/13-8/29	\$115/\$95 (Dist. Res.)
8209.702	9/10-10/17	\$207/\$187 (Dist. Res.)

*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 + | Tu/Th | 5:45-6:30 pm

8210.701	8/13-8/29	\$115/\$95 (Dist. Res.)
----------	-----------	-------------------------

### PRE-SWIM TEAM EXTENSION

For swimmers in our fall pre-swim team program who have progressed and can now swim 25 yards freestyle (face in the water with rhythmic breathing) and 25 yards backstroke. Coaches will be on deck for this program, but swimmers will continue to build their confidence and stamina using equipment and stroke drills.

#### 8 & Under | Tu/Th | 4:15-5:00 pm

8209.703	10/22-12/17	\$215/\$195 (Dist. Res.)
No Class	10/31, 11/25-11/29	

### FALL SWIM TEAM CLINIC

Coach: Talli Pitcher  
PH Aquatic Park: 147 Gregory Lane

For new and returning recreational swimmers interested in continuing to build their swim skills and confidence. Swimmers must be able to swim 25 yards freestyle (face in the water with rhythmic breathing) and 25 yards backstroke. Coaches are on the deck for this program. No swim meets or work requirements. Register based on age as of 6/15/2025.

**No Class 10/31, 11/11, 11/25-11/29**

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.

#### AUGUST SESSION | 8/12-8/28 | M/W

8 & Under	8211.701	4:15-5:00 pm	\$72/\$58 (Dist. Res.)
8-11 yrs	8212.701	5:00-6:00 pm	\$104/\$84 (Dist. Res.)
11 yrs +	8213.701	6:00-7:00 pm	\$104/\$84 (Dist. Res.)

#### FALL SESSION | 9/9-12/18

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

8211.702	\$340/\$320 (Dist. Res.)	3 Day
8211.703	\$260/\$240 (Dist. Res.)	2 Day

##### 8-11 yrs | M/W/F | 5:00-5:45 pm

8212.702	\$340/\$320 (Dist. Res.)	3 Day
8212.703	\$260/\$240 (Dist. Res.)	2 Day

##### 11 & up | M-TH | 5:45-6:45 pm\*

8213.702	\$490/\$470 (Dist. Res.)	4 Day
8213.703	\$350/\$330 (Dist. Res.)	2 Day

*\*Starting 10/21, Tu/Th time changes to 5:00-6:00 pm*

# WATER EXERCISE

## LAP SWIM

16 yrs & up

PH Aquatic Park: 147 Gregory Lane

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

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

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

Fall Lap Swim Hours start Sept 9:

Visit [www.pleasanthillrec.com](http://www.pleasanthillrec.com) or call District office at (925) 682-0896 for a calendar to confirm hours. Holidays: 11/11. Modified schedule during Thanksgiving (11/25-12/1) and Winter Break (12/23-1/3)

## 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.

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

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.

Fees are based on the number of classes per session.

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

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

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

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

### Mondays 8:00-9:00 am

8102.701	9/9-9/30	4 classes
8102.702	10/7-10/28	4 classes
8102.703	11/4-11/25	3 classes
8102.704	12/2-12/30	5 classes
No Class	9/2, 11/11	

### Wednesdays 8:00-9:00 am

8103.701	9/4-9/25	4 classes
8103.702	10/2-10/30	5 classes
8103.703	11/6-11/27	4 classes
8103.704	12/4-12/18	3 classes
No Class	12/25, 1/1	

### Fridays 8:00-9:00 am

8104.701	9/6-9/27	4 classes
8104.702	10/4-10/25	4 classes
8104.703	11/1-11/22	4 classes
8104.704	12/6-12/27	4 classes
No Class	11/29	

### Tuesdays (PM)

8105.701	9/3-9/24	4 classes	7:00-8:00 pm
8105.702	10/1-10/29	5 classes	7:00-8:00 pm
8105.703	11/5-11/26	4 classes	6:30-7:30 pm
8105.704	12/3-12/17	3 classes	6:30-7:30 pm
No Class	12/24, 12/31		

### Thursdays (PM)

8106.701	9/5-9/26	4 classes	7:00-8:00 pm
8106.702	10/3-10/24	4 classes	7:00-8:00 pm
8106.703	11/7-11/21	3 classes	6:30-7:30 pm
8106.704	12/5-12/26	4 classes	6:30-7:30 pm
No Class	10/31, 11/28, 12/28		



# CLASSES

## SO, YOU THINK YOU WANT TO BE A LIFEGUARD?

Free!

Instructor: Aquatics Staff  
PH Aquatic Park: 147 Gregory Lane

15 yrs & up

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

9/8-10/27 Su 10:00-11:00 am

## LIFEGUARD TRAINING

Instructor: Aquatic Staff

PH Aquatic Park: 147 Gregory Lane

15 yrs & up

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](http://pleasanthillrec.com) for prerequisites which must be successfully completed at the first-class meeting.

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

8715.701 10/7-10/11 M-F 9:00 am-5:30 pm

8715.702 12/27-1/4 Th/F/Sa 9:00 am-5:30 pm

## LIFEGUARDING RECERTIFICATION

Instructor: Aquatics Staff

PH Aquatic Park: 147 Gregory Lane

16 yrs & up

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.

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

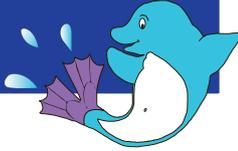
8717.701 11/25-11/26 M/Tu 9:00 am-5:00 pm

## 40th Annual Dolphins Tree Lot

November 29-December 24  
Monday-Sunday, 9:00 am-9:00 pm

Winslow Center Parking Lot:  
2590 Pleasant Hill Road  
Corner of Taylor & Pleasant Hill Road

Proceeds benefit the  
Pleasant Hill Dolphins  
Swim Team



## SWIM LESSONS

### FALL 2024

*Note: An Aquatic Waiver of Liability must be signed before any class participation.*

*Please plan your schedule carefully; there are no make-ups/refunds for missed classes. See the lesson manager if you have any special requests/information regarding your child's lessons. Lesson Managers supervise lessons on the pool deck; they will assist with your concerns.*

#### Parent-Tot: 6 mos-4 yrs

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

#### Tiny Tot: 3-4 yrs

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

#### Pre-School: 4-6 yrs

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

#### Youth: 6-12 yrs

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

#### Adult/Teen: 12+ yrs

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



## FALL 2024 SWIM LESSONS

PH Aquatic Park

### Saturday & Sunday Group Lessons

4 weeks, (4) 25-minute classes | \$71/\$57 (Dist. Res.)

Parent/Tot: \$55/\$44 (Dist. Res.)

Time	Age	SATURDAY		SUNDAY	
		9/7-9/28	10/5-10/26	9/8-9/29	10/6-10/27
10:00 am	Adult/Teen	8599.701	8599.703	8599.702	8599.704
10:30 am	Youth	8579.701	8579.703	8579.702	8579.704
11:00 am	Preschool	8549.701	8549.703	8549.702	8549.704
11:30 am	Tiny Tot	8539.701	8539.703	8539.702	8539.704
12:00 pm	Parent/Tot	8510.701	8510.703	8510.702	8510.704

## PUMPKIN Splash

PH Aquatic Park:  
147 Gregory Lane

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



\$22.50/\$18 (Dist. Res.) for pumpkin wristband (spectators and adult helpers free)

10/13 Su 1:00-2:30 PM

# Travel WITH US

## PLEASANT HILL RECREATION & PARK DISTRICT TRAVEL SERVICES

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

### DESTINATION

## Highlights

Berlin  
Dresden  
Prague  
Prague Castle  
Vienna  
Impact Moment  
Schönbrunn Palace  
Viennese Candy Workshop  
Budapest  
Dinner with Locals  
Matthias Church

### CHOICE ON TOUR:

House of Terror  
Museum  
Szechenyi  
Thermal Baths  
Krakow  
Auschwitz



# Travel

## MAJESTIC CITIES OF CENTRAL & EASTERN EUROPE

MARCH 30TH-APRIL 12TH 2025 14 DAYS | 19 MEALS.

### Set out to experience the very best of Europe's cultural capitals

Arrive in Germany's capital city of Berlin, a blend of deep-rooted history, modern flare and multi-cultural influences. Tonight, join your fellow travelers for a welcome dinner. Head out with your local guide and get to know Berlin's rich history by visiting the Kaiser Wilhelm Memorial Church, Schoenberg City Hall, Kurfürstendamm, and the Reichstag Building. Finish your morning city tour by meeting with a Berliner to learn about life in communist East Germany before the fall of the Berlin Wall. Later, enjoy some free time for lunch on your own in one of the neighborhood's many restaurants. End your Berlin guided tour by visiting an area once known as "Checkpoint Charlie" where you will see the remains of the Berlin Wall and West Berlin. The rest of the day is yours to discover and explore at leisure. Enjoy time on your own to explore this lovely town on the banks of the River Elbe. After arriving in Prague, enjoy your evening savoring classic Czech cuisine in a local restaurant. Your introduction to this fairy-tale city opens with a visit to the remarkable Prague Castle and the haunting St. Vitus Cathedral. Home to kings and emperors, the complex at Prague Castle is one of the most important sites in the Czech Republic and is easily the highlight of the city. Enjoy some free time for lunch in the afternoon before continuing on a leisurely walking tour through the Old Town. Visit the unique Astronomical Clock and the statue-lined Charles Bridge. Learn about the poignant history held in Prague's Jewish Quarter when you pass the Old Jewish Cemetery and Synagogue. The rest of the afternoon is yours to enjoy Prague during your free time. Hop on a train and depart for your next

adventure to Vienna, the "musical city." Upon arrival in Vienna, enjoy a short orientation drive through the city followed by an afternoon at leisure. Later, enjoy an evening in one of Vienna's most beloved restaurants, the Marchfelderhof of an iconic restaurant with rich Viennese tradition where dinner mixes with local cultural flavor to create an unforgettable night.

**\$5,478 PP TWIN/\$6,278PP SINGLE ROOM**

## 50+ PLEASANT Getaways

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

**CALL 925.798.8747**

**TRAVEL OFFICE HOURS:**

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



# Hello

**Michelle Lacy**  
General Manager

Dear Friends,

As we say a fond farewell to a winning summer of successful camps, events and programs, we turn our focus towards how Pleasant Hill Recreation & Park District can improve our parks and facilities for future generations. We encourage you to reach out to us with ideas for improvements by attending our Board meetings held on the 2nd and 4th Thursday of the month or by emailing me directly at [mlacy@pleasanthillrec.com](mailto:mlacy@pleasanthillrec.com). As always, we value your input.

While our Board of Directors plan for the future, our outstanding recreation professional staff will continue to offer positive experiences to make life better through our recreational programs including long-time class and event favorites, plus many more new offerings in the season ahead. Skateboarding and Ice Skating anyone?

In this issue, we highlight a new end-of-summer event on August 17, The Maine Event. This is a traditional Maine lobster boil paired with an evening dance party and a perfect way for adults to wrap up the summer season. Guests will dine on a delicious lobster feast, family style, and raise a glass together with friends, old and new. As a former East Coast resident, I am excited to bring this summer tradition to our community.

Don't forget to mark your calendars for the Tinkers and Thinkers Innovation Fair on September 14, a popular S.T.E.A.M. event co-hosted with the Pleasant Library. Also add Pumpkin Splash, our floating pumpkin patch event on October 13 and Haunted Trail in Pleasant Hill Park on October 25 to get into the fall spirit. And for those runners (and walkers) who enjoy a challenge, sign up for our Annual Turkey Trot on November 16 for this 8.4-mile trail run through Briones Regional Park. For more events this season, see page 2 and 3.

The back page of this issue also features our KIDSTOP before-and-after childcare program located at Gregory Gardens for the 2024-2025 school year. This year, KIDSTOP staff will provide transportation to and from Valhalla Elementary School (grade TK-5) and Pleasant Hill Elementary School (TK only). Our KIDSTOP program hours are 7:00 am to 6:00 pm. If you need childcare, contact our KIDSTOP Director, Danny Martinez at (925) 680-5298 for more information and to schedule a tour.

Thank you for your ongoing support of our parks and recreation programs.

Wishing you more wins in the months ahead!

Sincerely,  
Michelle Lacy, General Manager

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

**Our Mission:** Put people first.

### BOARD OF DIRECTORS

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

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

## 3 WAYS TO REGISTER NOW!

Follow us  
[@pleasanthillrec](https://www.instagram.com/pleasanthillrec)



**Online at [www.pleasanthillrec.com](http://www.pleasanthillrec.com)**  
Visa/MasterCard/American Express accepted.  
No convenience fees for online registration!



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



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

### REGISTRATION BEGINS AUGUST 5.

See class listings for exceptions to registration dates. **For refund and satisfaction guarantee info, visit [pleasanthillrec.com/refund.html](http://pleasanthillrec.com/refund.html).**

### ADMINISTRATIVE STAFF

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

### CO-SPONSORED CLUBS & ORGANIZATIONS

For club information, visit [pleasanthillrec.com/clubs.html](http://pleasanthillrec.com/clubs.html)

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

**Classes that have not met minimum enrollment five business days before first meeting will be cancelled.**

### FACILITY & PARK LOCATIONS

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

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

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

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

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

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

**Rodgers Ranch Heritage Center:**  
315 Cortsen Road • [www.rodgersranch.org](http://www.rodgersranch.org)

**Winslow Center:** 2590 Pleasant Hill Road

**Map of District Parks & Facilities available at [pleasanthillrec.com](http://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](mailto: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.

## GOLDEN FOLLIES HOLIDAY EXTRAVAGANZA SHOW

Tuesday, Dec 17, 1:30pm  
Pleasant Hill Senior Center,  
Chateau Room

Catch this fast-paced Las Vegas style revue featuring performers ages 55+, strutting their stuff to musical sounds from nostalgia to today's hottest sounds while wearing gorgeous, colorful costumes. Doors open at 1:15pm.

**Tickets \$20/\$16 for Senior Center Members.**

50+

## CLARINET FUSION HOLIDAY CONCERT

Thursday, Dec 12, 7:00pm  
Pleasant Hill Senior Center, Chateau Room  
Pleasant Hill's very own Clarinet Fusion will perform live holiday music to the delight of all ages! Bring the whole family!

**Tickets \$10/\$7 for Senior Center Members.**

*Special Student rates \$5 should automatically discount anyone under the age of 18 in the car, if you run into difficulty with this you can contact the front desk at (925) 798-8788 for assistance. Tickets stop being sold online at 4pm day of the show. You may purchase tickets at all rates at the door.*

## HOLIDAY BOUTIQUE & CRAFTS FAIR

Saturday, Nov 16, 10:00 am to 3:00 pm  
Pleasant Hill Senior Center, Chateau Room

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



# OpenHouse

SENIOR CENTER

**FRIDAY, SEPT 20  
10 AM-1 PM**

Come see what the Senior Center has to offer! Meet our outstanding Activity Coordinators, Instructors and Service Providers to learn about all the fun programs and important services available to keep you active, engaged and connected. **Special Bonus: Non-members who attend the Open House will receive the remainder of a 2024 membership for free with purchase of a 2025 membership (\$20/year).** For more information, call (925) 798-8788 (M-F, 9 am - 3 pm)



147 Gregory Lane  
Pleasant Hill, CA 94523

PRSR STD  
U.S. POSTAGE  
PAID  
CONCORD, CA  
PERMIT #365

**Residential Customer**  
ECRWSS

Pleasant Hill Recreation & Park District • (925) 682-0896 • The Spotlight Fall/Winter, Volume 29, Issue 3

# Discover

# KIDSTOP

A PLEASANT HILL RECREATION & PARK DISTRICT CHILDCARE PROGRAM



## KIDSTOP Children's Center (Grades TK-5)

Gregory Gardens Elementary School,  
1 Corritone Court, Pleasant Hill

**KIDSTOP Hours:**  
**Monday-Friday, 7:00 am – 6:00 pm**

KIDSTOP staff leads with compassion and heart. KIDSTOP is the only place I wholeheartedly trust with my child. They have changed my child's life and mine.

- Fatima, KIDSTOP parent



## New!

KIDSTOP now provides transportation to and from Valhalla Elementary School (TK-5) and Pleasant Hill Elementary School (TK only). Drop off your child at KIDSTOP at Gregory Gardens as early as 7:00 am and staff will drive your child to school and pick up child after school for childcare at KIDSTOP at Gregory Gardens until 6:00 pm.

## Stop In

Visit KIDSTOP and meet the staff!  
Contact Danny Martinez, KIDSTOP Director to schedule your visit.  
(926) 680-5298  
dmartinez@pleasanthillrec.com

## Register Now

KIDSTOP currently has openings for the 2024-2025 school year!

Reserve your child's spot early!  
Visit [pleasanthillrec.com/267](https://pleasanthillrec.com/267) to RSVP to the program and for more program information.

## WELCOME!

KIDSTOP professional staff ensures your child is engaged and interacts with peers in positive and meaningful ways. They create a welcoming, inclusive environment where children are treated equally and respectfully regardless of skills, abilities or background. All children are expected to treat each other the same. No bullying is tolerated, creating a "safe" learning and social environment for the children to connect in positive ways. In doing so, they create a place where kids can just be themselves.



## S.T.E.M.-TASTIC FUN

KIDSTOP is a fun and nurturing childcare environment, specializing in hands-on science, technology, engineering, arts & mathematics (S.T.E.A.M.) inspired activities before and after school. Kids get inspired at KIDSTOP!



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