

= 2025 = PLEASANT HILL REC & PARK

SUMMER CAMP

guide



Kids Thru Adults

Flip Me! OVER

for more Spring/Summer fun!

Classes, Activities & Events



Let's go on a **CURIOSITY QUEST!**



New!

SPRING+ SUMMER

2025 REGISTRATION

PRIORITY REGISTRATION FOR DISTRICT RESIDENTS!

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

Unsure if you qualify as a District Resident?

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

STAGGERED SPRING/SUMMER 2025 REGISTRATION BY PROGRAM(S)

To prevent overloading our registration system on a single day, registration for different programs will be staggered. Please see schedule below.

Program(s):	District Resident Registration Open Date:	Non-District Resident Registration Open Date:
SPRING/SUMMER SWIM LESSONS ONLY (all ages) Pages 4-5	<i>Tuesday, February 18, 2025</i> at 9:00 am PST	<i>Thursday, February 20, 2025</i> at 9:00 am PST
SUMMER CAMPS Includes: Classic Camps, Specialty Enrichment Camps, Sports Camps and Aquatics Camps. (Preschool, Youth, Teens) Pages 3, 6-23	<i>Saturday, February 22, 2025</i> at 9:00 am PST Camp Registration Support Phone Hours for District Residents only: <i>Saturday, February 22, 2025</i> 9:00-11:00 am (925) 682-0896	<i>Monday, February 24, 2025</i> at 9:00 am PST Camp Registration Support Phone Hours for both District Residents and Non-District Residents: <i>Monday-Friday, Starting on February 24, 2025</i> 9:00 am-5:00 pm (925) 682-0896
ALL OTHER ACTIVITIES Includes: Regular classes, activities and events from April-August 2025. (All ages) Flip Side, Pages 4-26	<i>Monday, March 3, 2025</i> at 9:00 am PST	<i>Wednesday, March 5, 2025</i> at 9:00 am PST

Note: Registration open date exceptions may apply to some programs (e.g. School Year Preschool and Sports Leagues). These exceptions will be noted in the program description.

GET READY FOR SUMMER CAMP REGISTRATION!

In 2025, summer camp registration is only available through our online registration catalog at www.PleasantHillRec.com. There will be no in-person Summer Camp Expo this year.

No Computer Access: Call our office on registration date (based on residency) at (925) 682-0896.

Fee Waiver Assistance: Call the office on February 18, 2025, 9:00 am-5:00 pm
You must be a District resident to apply.

Need Summer Camp Registration Assistance?

Pleasant Hill Recreation & Park staff will be available by phone to assist with online registration issues, and payment plans per the following schedule. Please be patient as staff strives to provide quality customer service to each caller. Calls will be answered on a first come-first serve basis. Residency will be verified.

District Resident (only) Camp Registration Support Phone Hours:	District Resident & Non-Resident Camp Registration Support Phone Hours:
<i>Saturday, February 22, 2025</i> 9:00-11:00 am (925) 682-0896	<i>Starting on Monday, February 24</i> Monday-Friday 9:00 am-5:00 pm (925) 682-0896

Limited Time

SUMMER CAMP DISCOUNT



Save 10% on all qualifying week-long summer camps! Qualifying camps will have a sunglasses icon next to the camp title in this Guide. The limited-time discount will be automatically applied during the online registration process and is valid only for the first day of registration based on residency. See discount dates below:

District Resident: Discount valid
Sat. 2/22, 9:00 am-11:59 pm

Non-District Resident: Discount valid
Mon. 2/24, 9:00 am-11:59 pm

The discount does not apply to spring/summer swim lessons, spring break camps, camps offered by a single day or regular non-camp classes, activities and events

If you have any questions about the new registration process, contact us at (925) 682-0896, Monday-Friday, 9:00 am – 5:00 pm.

On The Cover: Curiosity Quester, Brayden

AQUATIC CAMPS

JUNIOR LIFEGUARD CAMP



Instructor: Aquatics Staff
PH Aquatic Park: 147 Gregory Lane

Build a valuable foundation to becoming a lifeguard and swim instructor! Learn basic water safety skills, how to prevent aquatic accidents, and how to recognize hazards. Participants must be able to swim 50 yards freestyle with face in the water and rhythmic breathing. After completing the course, you will be eligible to provide volunteer assistance as a Swim Lesson Aide and Junior Lifeguard. All participants will receive a Junior Lifeguard T-shirt. Bring swim suit/towel/goggles, change of clothes, closed-toe shoes, snack, water bottle and apply own sunscreen.

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

8770.901	6/9-6/12	M-Th	8:30 am-12:30 pm
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SPLASH 'N DASH CAMP



8-12 yrs

Instructor: Aquatics Staff
PH Aquatic Park: 147 Gregory Lane

Dive into summer fun at the pool with daily swim practice, water safety skills and lots of fun activities both in the pool and on the deck. Swim practice will include instruction in all four competitive strokes. Other water-based activities include games like water polo, sharks and minnows and Marco-polo plus free swim time. Participants must be able to swim, unassisted, 25 yards each of freestyle (face in the water with rhythmic breathing) and backstroke. Please bring suit/towel/goggles, change of clothes, snack, water bottle and apply own sunscreen.

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

3 day session (.902): \$177/\$157 (Dist. Res.)

8770.902	6/16-6/18*	M-W	8:30 am-12:30 pm
8770.903	6/23-6/26	M-Th	8:30 am-12:30 pm
8770.904	6/30-7/3	M-Th	8:30 am-12:30 pm
8770.905	7/7-7/10	M-Th	8:30 am-12:30 pm
8770.906	7/14-7/17	M-Th	8:30 am-12:30 pm
8770.907	7/21-7/24	M-Th	8:30 am-12:30 pm
8770.908	7/28-7/31	M-Th	8:30 am-12:30 pm

No class 6/19

JUNIOR LIFEGUARD VOLUNTEER ORIENTATION

Pleasant Hill Teen Center: 147 Gregory Lane

For new and returning junior lifeguards. Come with a parent/guardian to learn more about volunteering as a junior lifeguard at PH Aquatic Park this summer. Complete volunteer paperwork, availability and get all your questions answered!

Free!

8771.901	5/31	Sa	9:30-11:00 am
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Note: Pools are subject to closure without warning, based on attendance, weather, emergencies and training, maintenance or safety issues.

AQUATICS



SPRING/SUMMER 2025 SWIM LESSONS

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

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

TINY TOT: 3-4 YRS

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

YOUTH 1 (Beginner): 6-9 YRS

Designed for new swimmers. Students will learn basic aquatic skills, water adjustment and water safety as they build their confidence to swim independently. Ratio 4:1

YOUTH 2 (Advanced): 9-12 YRS

For students who can swim on their front independently with side breaths (10 yards) and are comfortable on their back. Students will refine their skills and learn more advanced strokes. Ratio 4:1

ADULT/TEEN: 12+ YRS

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

PRIVATE: 3.5 YRS-ADULT

One-on-one swim instruction for all ability levels and ages.

SPRING 2025 SWIM LESSONS

PH Aquatic Park

Saturday & Sunday Group Lessons

*3 weeks, (3) 25-min classes | \$55/\$44 (Dist. Res.)

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

No class 4/20



Time	Age	SATURDAY			SUNDAY		
		3/8-3/22*	4/5-4/26	5/3-5/17*	3/2-3/23	4/6-4/27*	5/4-5/18*
9:30 am	Adult/Teen	8599.801	8599.803	8599.805	8599.802	8599.804	8599.806
10:00 am	Youth 2	8589.801	8589.803	8589.805	8589.802	8589.804	8589.806
10:30 am	Youth 1	8579.801	8579.803	8579.805	8579.802	8579.804	8579.806
11:15 am	Pre-School	8548.801	8548.803	8548.805	8548.802	8548.804	8548.806
11:45 am	Tiny Tot	8539.801	8539.803	8539.805	8539.802	8539.804	8539.806
12:15 pm	Pre-School	8549.801	8549.803	8549.805	8549.802	8549.804	8549.806

SUMMER 2025 SWIM LESSONS

PH Aquatic Park

Saturday & Sunday Private Lessons

*3 weeks, (3) 25-min classes | \$120/\$100 (Dist. Res.)

4 weeks, (4) 25-min classes | \$152/\$132 (Dist. Res.)

Time	SATURDAY			SUNDAY		
	6/7-6/21*	7/12-7/26*	8/2-8/23	6/1-6/22	7/13-7/27*	8/3-8/24
9:30 am	8620.901	8620.903	8620.905	8620.902	8620.904	8620.906
10:00 am	8621.901	8621.903	8621.905	8621.902	8621.904	8621.906
10:30 am	8622.901	8622.903	8622.905	8622.902	8622.904	8622.906
11:15 am	8623.901	8623.903	8623.905	8623.902	8623.904	8623.906
11:45 am	8624.901	8624.903	8624.905	8624.902	8624.904	8624.906
12:15 pm	8625.901	8625.903	8625.905	8625.902	8625.904	8625.906

Weekday Private, M-Th

* (3) 25-min classes | \$120/\$100 (Dist. Res.) (4) 25-min classes | \$152/\$132 (Dist. Res.)

No class 6/19

Private Lessons	Time	6/9-6/12	6/16-6/18*	6/23-6/26	6/30-7/3	7/7-7/10	7/14-7/17	7/21-7/24	7/28-7/31
		10:00 am	8600.901	8600.902	8600.903	8600.904	8600.905	8600.906	8600.907
	10:30 am	8601.901	8601.902	8601.903	8601.904	8601.905	8601.906	8601.907	8601.908
	11:00 am	8602.901	8602.902	8602.903	8602.904	8602.905	8602.906	8602.907	8602.908
	11:40 am	8603.901	8603.902	8603.903	8603.904	8603.905	8603.906	8603.907	8603.908
	12:10 pm	8604.901	8604.902	8604.903	8604.904	8604.905	8604.906	8604.907	8604.908
	12:40 pm	8605.901	8605.902	8605.903	8605.904	8605.905	8605.906	8605.907	8605.908
	4:30 pm	8610.901	8610.902	8610.903	8610.904	8610.905	8610.906	8610.907	8610.908
	5:00 pm	8611.901	8611.902	8611.903	8611.904	8611.905	8611.906	8611.907	8611.908
	5:30 pm	8612.901	8612.902	8612.903	8612.904	8612.905	8612.906	8612.907	8612.908
	6:00 pm	8613.901	8613.902	8613.903	8613.904	8613.905	8613.906	8613.907	8613.908
	6:45 pm	8614.901	8614.902	8614.903	8614.904	8614.905	8614.906	8614.907	8614.908
	7:15 pm	8615.901	8615.902	8615.903	8615.904	8615.905	8615.906	8615.907	8615.908

SING & SWIM

6 mo-3 yrs

Instructor: Andrea Gaspari

PH Aquatic Park: 147 Gregory Lane

Join Andrea Gaspari for this custom designed musical swim program. Andrea joins you and your child in the pool with her melodical fun and games. Together you will practice safety drills and activities that promote developmentally appropriate swim skills. What better way for your child to get acquainted with the water, than in the safety of your loving arms?

3 classes | \$87/\$70 (Dist. Res.)

4 classes | \$113/\$93 (Dist. Res.)

5 classes | \$135/\$115 (Dist. Res.)



Wednesday	5/14-6/18 5 Classes	6/25-7/30 5 Classes	8/6-9/3 5 Classes
5:30-6:00 pm 6 mo-3 yrs	8505.801	8505.901	8505.902

No class 6/4, 7/2

Saturday	5/3-5/17 3 Classes	5/31-6/21 4 Classes	7/12-8/2 4 Classes	8/9-9/6 4 Classes
10:00-10:30 am 18 mos-3 yrs	8506.801	8506.901	8506.902	8506.903
10:35-11:05 am 6 mos-17 mos	8507.801	8507.901	8507.902	8507.903

No class 5/24, 6/28, 7/5, 8/30

FREE LESSONS

free!

AT STAFF TRAINING

3-10 years | PH Aquatic Park

Join us for a complimentary swim lesson in exchange for helping our aquatics staff practice their teaching techniques with children of various ages. Pre-registration required by noon on June 5.

6/6 Fri 11:30-11:55 am



Register online now! www.pleasanthillrec.com | (925) 682-0896

SUMMER 2025 SWIM LESSONS

PH Aquatic Park

Swim lessons do not qualify for 10% discount

Saturday & Sunday Group Lessons

*3 weeks, (3) 25-min classes | \$55/\$44 (Dist. Res.) 4 weeks, (4) 25-min classes | \$71/\$57 (Dist. Res.)

Time	Age	SATURDAY			SUNDAY		
		6/7-6/21*	7/12-7/26*	8/2-8/23	6/1-6/22	7/13-7/27*	8/3-8/24
9:30 am	Adult/Teen	8599.901	8599.903	8599.905	8599.902	8599.904	8599.906
10:00 am	Youth 2	8589.901	8589.903	8589.905	8589.902	8589.904	8589.906
10:30 am	Youth 1	8579.901	8579.903	8579.905	8579.902	8579.904	8579.906
11:15 am	Pre-School	8548.901	8548.903	8548.905	8548.902	8548.904	8548.906
11:45 am	Tiny Tot	8539.901	8539.903	8539.905	8539.902	8539.904	8539.906
12:15 pm	Pre-School	8549.901	8549.903	8549.905	8549.902	8549.904	8549.906



AQUATICS

Weekday Group, M-Th

*3 weeks, (3) 25-min classes | \$53/\$44 (Dist. Res.) 4 weeks, (4) 25-min classes | \$71/\$57 (Dist. Res.) No class 6/19

Tiny Tot	Time	6/9-6/12	6/16-6/18*	6/23-6/26	6/30-7/3	7/7-7/10	7/14-7/17	7/21-7/24	7/28-7/31
	10:30 am	8530.901	8530.902	8530.903	8530.904	8530.905	8530.906	8530.907	8530.908
11:40 am	8531.901	8531.902	8531.903	8531.904	8531.905	8531.906	8531.907	8531.908	
12:40 pm	8532.901	8532.902	8532.903	8532.904	8532.905	8532.906	8532.907	8532.908	
4:30 pm	8533.901	8533.902	8533.903	8533.904	8533.905	8533.906	8533.907	8533.908	
5:30 pm	8534.901	8534.902	8534.903	8534.904	8534.905	8534.906	8534.907	8534.908	
6:00 pm	8535.901	8535.902	8535.903	8535.904	8535.905	8535.906	8535.907	8535.908	

Pre-School	Time	6/9-6/12	6/16-6/18*	6/23-6/26	6/30-7/3	7/7-7/10	7/14-7/17	7/21-7/24	7/28-7/31
	10:30 am	8540.901	8540.902	8540.903	8540.904	8540.905	8540.906	8540.907	8540.908
11:00 am	8541.901	8541.902	8541.903	8541.904	8541.905	8541.906	8541.907	8541.908	
12:10 pm	8542.901	8542.902	8542.903	8542.904	8542.905	8542.906	8542.907	8542.908	
12:40 pm	8543.901	8543.902	8543.903	8543.904	8543.905	8543.906	8543.907	8543.908	
4:30 pm	8544.901	8544.902	8544.903	8544.904	8544.905	8544.906	8544.907	8544.908	
5:00 pm	8545.901	8545.902	8545.903	8545.904	8545.905	8545.906	8545.907	8545.908	
6:00 pm	8546.901	8546.902	8546.903	8546.904	8546.905	8546.906	8546.907	8546.908	
6:45 pm	8547.901	8547.902	8547.903	8547.904	8547.905	8547.906	8547.907	8547.908	

Youth 1	Time	6/9-6/12	6/16-6/18*	6/23-6/26	6/30-7/3	7/7-7/10	7/14-7/17	7/21-7/24	7/28-7/31
	10:00 am	8570.901	8570.902	8570.903	8570.904	8570.905	8570.906	8570.907	8570.908
11:00 am	8571.901	8571.902	8571.903	8571.904	8571.905	8571.906	8571.907	8571.908	
12:10 pm	8572.901	8572.902	8572.903	8572.904	8572.905	8572.906	8572.907	8572.908	
5:00 pm	8573.901	8573.902	8573.903	8573.904	8573.905	8573.906	8573.907	8573.908	
5:30 pm	8574.901	8574.902	8574.903	8574.904	8574.905	8574.906	8574.907	8574.908	
6:45 pm	8575.901	8575.902	8575.903	8575.904	8575.905	8575.906	8575.907	8575.908	

Youth 2	Time	6/9-6/12	6/16-6/18*	6/23-6/26	6/30-7/3	7/7-7/10	7/14-7/17	7/21-7/24	7/28-7/31
	10:30 am	8580.901	8580.902	8580.903	8580.904	8580.905	8580.906	8580.907	8580.908
11:40 am	8581.901	8581.902	8581.903	8581.904	8581.905	8581.906	8581.907	8581.908	
12:40 pm	8582.901	8582.902	8582.903	8582.904	8582.905	8582.906	8582.907	8582.908	
4:30 pm	8583.901	8583.902	8583.903	8583.904	8583.905	8583.906	8583.907	8583.908	
7:15 pm	8584.901	8584.902	8584.903	8584.904	8584.905	8584.906	8584.907	8584.908	

Adult/Teen	Time	6/9-6/12	6/16-6/18*	6/23-6/26	6/30-7/3	7/7-7/10	7/14-7/17	7/21-7/24	7/28-7/31
	10:00 am	8590.901	8590.902	8590.903	8590.904	8590.905	8590.906	8590.907	8590.908
7:15 pm	8591.901	8591.902	8591.903	8591.904	8591.905	8591.906	8591.907	8591.908	

SUMMER

CLASSICS CAMPS

YOUTH SUMMER CLASSICS

ADVENTURE KIDS SUMMER CAMP



Grades 1-5

Instructor: Kidstop Staff
**KIDSTOP Children's Center at
 Gregory Gardens Elementary School,
 1 Corritone Court**

Adventure Kids Camp offers a full day camp with a wide variety of unique experiences for your child. Activities are structured to be healthy, engaging, educational and most of all, fun. A highly trained, enthusiastic staff ensures that your child is safe, happy and making positive relationships with fellow campers. Adventure Kids Camp is economical and provides families with flexible options to best fit summertime schedules. Bring cold lunch and drink daily. Two snacks provided.

Online Registration: Search for code 6060. Select the Adventure Kids Camp. Use the calendar to select the dates needed for your child. Once added to the cart, repeat if Extended Morning Care is needed.

\$65/\$60 (Dist. Res.)

Full Day Camp	6/9-8/1	9:00 am-6:00 pm
No Camp	6/19, 7/4	

\$10/Day

Extended Morning Care	7:00-9:00 am
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Additional Fee: \$7 camp t-shirt fee. Every child must have at least one camp t-shirt (2025 THEME). Indicate size/quantity at registration.

What is a "Summer Classics" camp? Summer Classics camps are run exclusively by trained Rec & Park staff and include flexible full and half-day schedule options. Many of these Summer Classic camps feature staff-supervised off-site field trips around the Bay Area – a classic way to keep the fun going all summer long. All registered participants will receive an information email the week prior to the first day of camp. All camps are in-person unless otherwise noted.



PRESCHOOL NARWHALS

2-3 yrs (no potty training required)

Instructors: Ms. Stephanie,
 Ms. Heather, & Ms. Brittany
 Winslow Center Preschool Room 3

Session 1: June 9 - July 3 (NO CAMP 6/19, 7/4)

6651.910	MWF	8:15-11:15am	\$438/\$418 (Dist. Res.)
6651.911	TTh	8:15-11:15am	\$286/\$266 (Dist. Res.)

Session 2: July 8 - Aug 1 (NO CAMP 7/7)

6651.912	MWF	8:15-11:15am	\$438/\$418 (Dist. Res.)
6651.913	TTh	8:15-11:15am	\$324/\$304 (Dist. Res.)

LUNCH BUNCH FOR NARWHALS CAMPERS

Instructors: Ms. Stephanie,
 Ms. Heather & Ms. Brittany
 Winslow Center Preschool Room 3

Session 1: June 9-July 3

6651.914	MWF	11:15am-1:15pm	\$240/\$220 (Dist. Res.)
6651.915	TTh	11:15am-1:15pm	\$160/\$140 (Dist. Res.)

No Lunch Bunch 6/19, 7/4

Session 2: July 8 - August 1

6651.916	MWF	11:15am-1:15pm	\$240/\$220 (Dist. Res.)
6651.917	TTh	11:15am-1:15pm	\$160/\$140 (Dist. Res.)

HUMMINGBIRD PREP CAMP

For students enrolled in 2025-2026

Hummingbirds only.

Instructors: Ms. Stephanie, Ms. Heather,
 & Ms. Brittany
 Winslow Center Preschool Room 3

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

6651.919	8:15-11:15am	8/12-8/14	TWTh
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PRESCHOOL SUMMER CLASSICS



Come join us for a summer full of fun! Our preschool staff will be engaging your campers in science, music, art and more! Campers bring a NUT-FREE snack, refillable water bottle and extra clothes daily.

PRESCHOOL SHARKS

4-5 yrs and fully potty trained.

Instructors: Ms. Erika & Ms. Jaime
 Community Center Preschool Room 3

M-Th 8:30-11:30am

6651.978	6/9-6/26	\$427/\$407 (Dist. Res.)
6651.979	7/7- 7/31	\$612/\$592 (Dist. Res.)
No Camp	6/19	



SUMMER REC CAMP



6-13 yrs

Tuesday - Wednesday - Thursday

Instructors: Rec Camp Staff

Location: College Park High School

Piece together the perfect summer camp unique to your child's interests! Summer Rec Camp gives you the opportunity to choose from a variety of enrichment, sports, and recreation activities to build a camp that will keep your child happy, healthy, and engaged all summer long! SRC also offers additional schedule options to meet your family's summertime schedule.

4 weeks | \$335/\$315 (Dist. Res.)

3010 6/17-7/10 Tu-Th 9:00 am -12:00 pm

*Material fees apply to specific classes

How Registration Works:

Select three classes from Activity List. Classes run approximately 55 minutes each, rotating twice. View Activity List online on Summer Rec Camp webpage at www.PleasantHillRec.com/265 or click on yellow REGISTER icon to access registration catalog. Type "Summer Rec Camp" into catalog search box.

Early Morning Care

5-13 yrs

4 weeks | \$130/\$110 (Dist. Res.)

Daily Drop In \$14 a day

3063.900 Tu-Th 7:00-9:00am

Afternoon

6-13 yrs

Field trips, outdoor activities & games, swim days and recreational fun!

Drop Off: College Park High School

Pick up: Pleasant Hill Park Playground Tables

+ Afternoon Rec '25

4 weeks | \$500 /\$480 (Dist. Res.)

Trip admission fees included

3064.900 6/17-7/10 Tu-Th 12:00 pm-6:00 pm

Only Afternoon Rec '25

4 weeks | \$520 /\$500 (Dist. Res.)

Trip admission fees included

3064.901 6/17-7/10 Tu-Th 12:00 pm-6:00 pm

ROOKIE CAMP



5-8 yrs

Instructors: Rec Camp Staff

Community Center: Preschool

Classrooms #2

Explore fun, engaging recreational activities! It is an ideal option for younger siblings of campers participating in Summer Rec Camp. This all-inclusive program includes outdoor sports, arts & crafts, enriching group activities and more! Activities are organized and structured for the entire group.

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

3050.901 6/17-7/10 Tu-Th 8:45 -11:45 am

3050.902 6/17-7/10 Tu-Th 12:30 - 3:30 pm

Need lunch supervision??

FREE Lunch Bunch *for Rookie participants only

3050.903 11:45am-12:30pm

ENDLESS SUMMER

6-13 yrs

Location: Pleasant Hill Park, Playground Tables



Summer is not over yet! Join the PH Rec & Park Staff in a week of summer fun.

Field trips, field games, adventurous hikes, activities, swimming, and so much more! Early morning care is available through Teen Xtreme Camp. See Page 8.

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

3070.901 7/14-7/18 M-F 9:00 am-6:00 pm

3070.902 7/21-7/25 M-F 9:00 am-6:00 pm

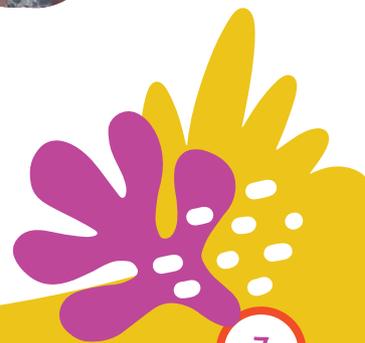
3070.903 7/28-8/1 M-F 9:00 am-6:00 pm

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

3070.904 8/4-8/5 M-T 9:00 am-6:00 pm

Activity Schedule Subject to change

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	Bowling	Movies	Water Park (Antioch)	Scandia (Cordelia)	Potluck & Swim Day
WEEK 2	i Heart Art	Archery (Mt. Diablo)	The Wave (Dublin)	Adventure Playground (Berkeley)	Potluck & Swim Day
WEEK 3	Bowling	Movies	Crown Beach (Alameda)	Sailing (San Francisco)	Potluck & Swim Day
WEEK 4	Movies	Urban Air (Concord)	No Camp	No Camp	No Camp



TEEN SUMMER CLASSICS

TEEN XTREME CAMPS



(Full Week)

Entering grades 6–10

June 4 – August 1

Pleasant Hill Teen Center (drop off/pick up)

Experience XTREME fun this summer with Teen Xtreme camp! Every Monday includes on-site activities, free time and swimming. Tuesday, Wednesday, and Thursday are jam packed with exciting trips. Friday includes a potluck BBQ and swimming. Trips are subject to change. Waiver and Emergency Health Information Sheet required first day of camp.

Full week: \$299/\$284 (Dist Res.)

Monday-Friday 9:00, am-6:00 pm

Extended Early AM Care available: \$10.50/day (flat rate)

7:30-9:00 am



WEEK	SESSION	DATES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	5174.901	6/4-6/06	No Camp	No Camp	Dave & Busters	Cull Canyon	Potluck & Water Day
2	5174.902	6/09-6/13	Swim/Art	Bowling	Discovery Kingdom	Tilden	Potluck & Swim
3	5174.903	6/16-6/20	Swim/Art	Cowell Pool	Ice Skating	Mt Diablo Hike/Swim	Potluck & Swim
4	5174.904	6/23-6/27	Swim/Art	Scandia	Crown Beach	I Heart Art	Potluck & Swim
5	5174.905	6/30-7/4	Swim/Art	Movies	Paintball	Hurricane Harbor	Closed
6	5174.906	7/7-7/11	Swim/Art	Bowling	Giants Game	Dave & Busters	Potluck & Swim
7	5174.907	7/14-7/18	Swim/Art	Cull Canyon	Urban Air	Heather Farms	Potluck & Swim
8	5174.908	7/21-7/25	Swim/Art	Scavenger Hunt	Paddle Board	Camping Over nighter	Potluck & Swim
9	5174.909	7/28-8/1	Swim/Art	Cowell Pool	The WAVE	Sailing	Potluck & Swim

Limited Time

SUMMER CAMP DISCOUNT



Save 10% on all qualifying week-long summer camps! Qualifying camps will have a sunglasses icon next to the camp title in this Guide.

The limited-time discount will be automatically applied during the online registration process and is valid only for the first day of registration based on residency. See page 2 for more details.

XTREME DAY TRIPS

11-17 yrs

Want to join us for just one (or more) of the Teen Scene XTREME Camp Wednesday trips? You can! Choose from a wide variety of exciting excursions around the Bay Area and sign up just for one day. Registration is required for each individual trip. All day trips meet at the Pleasant Hill Teen Center. More details will be emailed to registered participants the Friday prior to trip.

Dave & Busters | \$81.25/\$65 (Dist. Res.)

5153.900	6/4	W	9:00 am-6:00 pm
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Discovery Kingdom | \$81.25/\$65 (Dist. Res.)

5153.901	6/11	W	9:00 am-6:00 pm
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Ice Skating | \$81.25/\$65 (Dist. Res.)

5153.902	6/18	W	9:00 am-6:00 pm
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Crown Beach | \$81.25/\$65 (Dist. Res.)

5153.903	6/25	W	9:00 am-6:00 pm
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Paint Ball | \$120/\$100 (Dist. Res.)

5153.904	7/2	W	9:00 am-6:00 pm
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Giants Game | \$81.25/\$65 (Dist. Res.)

5153.905	7/9	W	9:00 am-6:00 pm
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Urban Air | \$87.50/\$70 (Dist. Res.)

5153.906	7/16	W	9:00 am-6:00 pm
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Paddle Board | \$87.50/\$70 (Dist. Res.)

5153.907	7/23	W	9:00 am-6:00 pm
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The Wave | \$81.25/\$65 (Dist. Res.)

5153.908	7/30	W	9:00 am-6:00 pm
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TEEN XTREME CAMP

Monday or Friday Option

Boredom busting activities, creative arts & crafts, free time, swimming and potluck BBQ on Fridays.

1 day | \$62/\$50 (Dist. Res.)

5154.900	6/6	F	9:00 am – 6:00 pm
5154.901	6/9	M	9:00 am – 6:00 pm
5154.902	6/13	F	9:00 am – 6:00 pm
5154.903	6/16	M	9:00 am – 6:00 pm
5154.904	6/20	F	9:00 am – 6:00 pm
5154.905	6/23	M	9:00 am – 6:00 pm
5154.906	6/27	F	9:00 am – 6:00 pm
5154.907	6/30	M	9:00 am – 6:00 pm
5154.908	7/7	M	9:00 am – 6:00 pm
5154.909	7/11	F	9:00 am – 6:00 pm
5154.910	7/14	M	9:00 am – 6:00 pm
5154.911	7/18	F	9:00 am – 6:00 pm
5154.912	7/21	M	9:00 am – 6:00 pm
5154.913	7/25	F	12:00pm – 6:00 pm
5154.914	7/28	M	9:00 am – 6:00 pm
5154.915	8/1	F	9:00 am – 6:00 pm

VolunTEENS OPPORTUNITIES!

VolunTeen is a program offered through our Pleasant Hill Teen Center that provides fun summer opportunities for teens to gain valuable work and community service experience. The skills learn through the program give teens a jump start on future paid positions with Pleasant Hill Recreation & Park District and/or other community employers.

Counselors-In-Training

13-15 yrs
Teen Center

Participants will gain hands on experience in leading activities, supervising kids, and basic job skills that will mold them into fantastic future leaders. The C.I.T.'s will be given a two week schedule at a variety of our hugely popular summer day camps. During their time at these camps they will learn leadership skills, safety procedures, discipline techniques and more, all under the supervision of our amazing staff. To interview for a chance to become a 2025 summer C.I.T. please register for the free group interview! Selected teens will need to attend a mandatory training session. Summer schedule will begin the week of June 9.

Interview | \$0 (Dist. Res.)

5175.900	5/9	F	4:30-6:00 pm
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Selected C.I.T. Training
\$145/\$125 (Dist. Res.)

5175.901	6/4-6/6	W-F	9:00 am-11:30 am
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Good Vibe VolunTEENS

12-15 yrs
Teen Center



A week-long, volunteer based, teen camp. Participants will spend time volunteering at local non-profits in our area, as well as working on various community service projects in our facility. This is a fantastic experience to give back to our community while having fun and making lasting memories. Each day will bring a new engaging community service experience. We will wrap up the week with a volunteer appreciation party at the Teen Center. The cost of this program is to offset the costs of transportation, staffing and materials. There will be an itinerary sent out the week prior start of camp.

5 days | \$210/\$190 (Dist. Res.)

5178.901	7/14-7/18	M-F	9:00 am-3:00 pm
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Snack Shack Volunteer

12-14 yrs

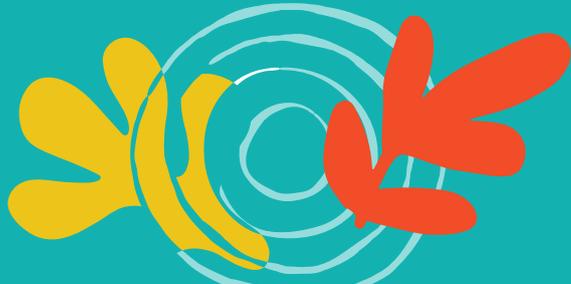
Trained teens earn community service hours, plus gain valuable work experience, by volunteering two or more times a week at the PH Teen Center Snack Shack. Open from June 6 to Aug 5. Volunteers are scheduled 1 weeks at a time, based on their availability, and MUST complete the mandatory Food Handling Training. Register early; limited positions available.

Food Handling Training

Teen Center
1 class | \$30

5179.901	5/16	F	5:00-6:00 pm
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SUMMER SPECIALTY CAMPS

What is a "Specialty Camp"? Specialty Camps offer fun, educational and inspiring experiences to capture your campers own unique special interests. From LEGO camps and performing arts camps to a wide selection of S.T.E.M. camps, you are sure to find your fun this summer! Specialty camps are listed by interest category rather than age. All camps are in-person unless otherwise noted.

COMMUNITY CENTER SUMMER CAMP LUNCH BUNCH

5-13 yrs

**Instructor: Pleasant Hill Recreation Staff
Community Center: Preschool 2**

Interested in a full day of camp? Need an extra hr before picking up your kiddo?

Join Community Center's Summer Camp Lunch Bunch, Pleasant Hill Recreation staff will supervise your camper for a fun playground-based lunch bunch. The hr will start with kids sitting down to eat their lunch then as they finish up, they will have access to the playground.

Scheduled for an afternoon camp? No problem, our staff will walk the campers to their next camp. Don't miss out on this great opportunity.

** Note: Winslow Center Camps can join as long as they have transportation to Community Center.*

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

6001.902	6/16-6/20	M,Tu,W,F	12:00-1:00 pm
6001.904	6/30-7/3	M-Th	12:00-1:00 pm
No Camp	6/19		

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

6001.903	6/23-6/27	M-F	12:00-1:00 pm
6001.905	7/7-7/11	M-F	12:00-1:00 pm

PERFORMING ARTS

CASTLE TALES MUSICAL THEATER CAMP



4-7 yrs, 3.6 yrs welcome with sibling

**Instructor: Andrea Gaspari
Community Center: Preschool 1**

Follow us over land and sea or through the enchanted forest of fairy tales. Your young actor/actress along with their friends will choose 4 of 12 stories. They might build a snow man with Elsa and Anna, get ready for a ball with Cinderella, kiss frogs to find a prince, help Moana and Maui return the heart of Tefiti or fight the dragon with St. George. Sing songs, play acting games, dress up and learn four types of storytelling with our bodies, voices and puppets. We'll even craft our own costumes and props. Our performance for our families will be during our last hour of class. Bring a snack daily

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

6633.901	6/9-6/13	M-F	9:00 am-12:00 pm
6633.904	6/23-6/27	M-F	9:00 am-12:00 pm
6633.907	7/7-7/11	M-F	9:00 am-12:00 pm
6633.910	7/21-7/25	M-F	9:00 am-12:00 pm
6633.913	7/28-8/1	M-F	9:00 am-12:00 pm

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

6633.902	6/9-6/13	M-F	1:00-4:00 pm
6633.905	6/23-6/27	M-F	1:00-4:00 pm
6633.908	7/7-7/11	M-F	1:00-4:00 pm
6633.911	7/21-7/25	M-F	1:00-4:00 pm
6633.914	7/28-8/1	M-F	1:00-4:00 pm

FULL DAY | \$515 /\$495 (Dist. Res.)

6633.903	6/9-6/13	M-F	9:00 am-4:00 pm
6633.906	6/23-6/27	M-F	9:00 am-4:00 pm
6633.909	7/7-7/11	M-F	9:00 am-4:00 pm
6633.912	7/21-7/25	M-F	9:00 am-4:00 pm
6633.915	7/28-8/1	M-F	9:00 am-4:00 pm

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

CREATIVE SPARK THEATER CAMPS



**Instructor: Jaimee Semsky
Winslow Center: Assembly Room**

Bring water and a snack

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

Fairytales Magic

4-7 yrs

Come learn about musical theater through games, crafts, singing and dancing! We will learn how to put on a show with lines, choreography and making costumes and props. Class culminates on Friday with a short performance.

6043.901	6/9-6/13	M-F	9:00 am-12:00 pm
6043.902	6/23-6/27	M-F	9:00 am-12:00 pm
6043.903	7/14-7/18	M-F	9:00 am-12:00 pm
6043.904	7/21-7/25	M-F	9:00 am-12:00 pm

Youth Improv!

8-14 yrs

Come learn about theatre improv through games and activities. This is a fun and very physically active class where we grow as improv artists. Class culminates with a short performance on Friday.

6043.905	6/9-6/13	M-F	1:00-4:00 pm
6043.906	7/14-7/18	M-F	1:00-4:00 pm

Musical Theatre Camp

8-14 yrs

Come learn about musical theatre by playing games, learning music, choreography and putting on a full performance! This is a great introduction class for those interested in this art form. Class culminates with a short performance on Friday.

6043.907	6/23-6/27	M-F	1:00 pm-4:00 pm
6043.908	7/21-7/25	M-F	1:00 pm-4:00 pm





GUITAR, UKULELE & MUSIC CAMP!



5-14 yrs

Instructor: John Waller

Winslow Center: Assembly Room

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

Guitar & Music Camp!

We focus on Guitar during the camp but we learn rhythms with hand drums and explore fun percussion instruments. We have a new instrument to try everyday like violin, ukulele, and more. Rhythm based games make it fun and exciting. Explore a surprise stringed instrument. You will need to bring a Nylon String Classical guitar to camp. There will be some to borrow on the first day.

6091.901	7/7-7/11	M-F	9:00 am-12:00 pm
6091.902	7/7-7/11	M-F	1:00 pm-4:00 pm

Ukulele & Music Camp!

We focus on Ukulele during the camp but we learn rhythms with hand drums and explore fun percussion instruments. We have a new instrument to try everyday like violin, guitar, and more. Rhythm based games make it fun and exciting. Explore a surprise stringed instrument. You will need to bring a soprano or concert size Ukulele to camp. There will be some to borrow on the first day.

6091.903	7/28-8/1	M-F	9:00 am-12:00 pm
6091.904	7/28-8/1	M-F	1:00 pm-4:00 pm

VILLAGE MUSIC SCHOOL



Instructor: Village Music School

1770 Linda Dr., Pleasant Hill

Comics, Paintings, and Clay...Oh My! | 8-12 yrs

This all-day camp is perfect for the budding artist in everyone! Create an exciting new world with your very own comic book and characters, paint a masterpiece while learning about famous artists and techniques, and sculpt fun characters with colorful clay! There is always something fun to discover in the artist's studio in this everyone-has-a-blast class!

\$481 /\$461 (Dist. Res.)

6057.901	6/30-7/3	M-Th	9:00 am-3:00 pm
No Class	7/4		

Hamilton: The Musical Workshop

8-14 yrs

Our Hamilton Camp Workshop is inspired by the music and choreography of the smash hit Broadway Musical! Students bring to life the compelling history of our Founding Fathers through the clever rhymes and story of the hit Broadway musical! Students are introduced to basic vocal techniques, harmony and choreography.

\$310 /\$290 (Dist. Res.)

6057.902	7/7-7/11	M-F	9:00 am-12:00 pm
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Project Rock Band – First Act

8-12 yrs

We're making your dreams come true in our no-experience-necessary Music Camp! Students take our stage and are introduced to Guitar, Piano, Drums, Bass, Keyboard and Vocals. Musicians learn songwriting and write an original song, draw their own concert poster and unique band logo, perform in their own band, and more!

\$310 /\$290 (Dist. Res.)

6057.903	7/14-7/18	M-F	9:00 am-12:00 pm
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Disney: The Musical Workshop

8-14 yrs

Sail with Moana and roar with Simba in our Disney Hits Musical Workshop camp! Our theatre workshop improves camper voices, stage presence, and confidence. Students are introduced to basic vocal techniques, harmony, and choreography while performing the popular songs from hit Disney's movies! We don't talk about Bruno ... but everyone's talking about our Disney Hits Workshop camp!

\$310 /\$290 (Dist. Res.)

6057.904	7/21-7/25	M-F	9:00 am-12:00 pm
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VOENA CHILDREN'S CHOIR



6-13 yrs

Instructor: VOENA Children's Choir
Staff member, Macayla Sedeno
Winslow Center: Assembly Room

Singing & Drumming Music Camp

VOENA, award-winning world-renowned Benicia based children's choir has performed in The White House, Carnegie Hall, Abu Dhabi, Grand Ole Opry, Europe, and theaters throughout the Bay Area. With engaging charisma, Macayla brings her array of multi-cultural world music, rhythm & drumming work, choreography, and solo technique. VOENA has unique programming that uses what Founder/Director, Annabelle Marie, calls "physical singing", whereby the whole body is engaged in singing to allow the body to be the instrument of the voice for fuller expression and emotional connection. Learn College Prep Theory of Solfege, VOENA classic songs, and Drumming (bring your own drum of any kind or bucket). The week ends with a recital for family and friends.

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

6072.901 6/16-6/20 M, Tu, W, F 9:00 am-12:00 pm
No Class 6/19

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

6072.902 7/28-8/1 M-F 9:00 am-12:00 pm

\$20 material fee due first day of camp

DANCE CAMPS

MISS CHRISTIE'S DANCE CAMPS



5-9 yrs

Instructor: Christie Tomlinson
Community Center: Dance Studio 1 and 2
Performance on Friday located at Senior Center Chateau Room

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

\$20 material fee due to instructor first day of camp

Wicked – AM & PM Camp

7-11 yrs

Join us at Wicked Dance Camp, where movement meets magic! Dive into electrifying choreography inspired by the hit musical Wicked. Perfect for all skill levels, this immersive experience will ignite your passion for dance and storytelling.

6089.901 6/23-6/27 M-F 9:00 am-12:00 pm

6089.902 6/23-6/27 M-F 1:00-4:00 pm

Fairytale Princess – AM Camp

Enchanting rhythms and royal moves await at our Fairytale Princess Camp! A delightful week filled with fantasy, imagination and DANCE! Join us for a magical week of dance, where aspiring princesses twirl into a world of grace and glamour. From ballet to jazz, every step is a fairytale dream come true, and danced to beloved Disney Princess songs. Enjoy magical Princess craft time. Camp will have a happily ever after ending with a performance for friends and family on the last day of camp.

6089.903 7/7-7/11 M-F 9:00 am-12:00 pm

Lion King – PM Camp

In this fun, wild, and energetic dance, camp, dancers can imagine themselves being on an adventure, with Simba, Nala, Pumba, and Timon, all the while making new friends, doing arts and crafts, and learning dances to the famous Lion King music! Camp will conclude with a performance for family and friends! Hakuna Matata!

6089.904 7/7-7/11 M-F 1:00 pm-4:00 pm

Moana

Come dance, sing, make new friends, and explore the spirit of the Hawaiian Islands, with your tour guides, Maui and Moana! In this fun and energetic camp, campers will have the opportunity to make crafts, learn songs and dances to be performed for family (Ohana) and friends (Hoaloha) on the last day of camp! ALOHA!

6089.905 7/28-8/1 M-F 9:00 am-12:00 pm

6089.906 7/28-8/1 M-F 1:00 pm-4:00 pm

NEW YOU DANCE CAMPS



5-12 yrs

Instructor: AJ Rogers

\$340 /\$320 (Dist. Res.)

Mr AJ's Dance Camp

Your little ones will love and adore this fun filled dance camp! Bringing the inner entertainer out of your child comes NYDCs Dance Camp with Mr AJ Rogers. Learning 2 one of a kind choreographies in Contemporary/Ballet, and Hip-Hop/Jazz to two different songs. Yes, kids will remember these for years. Camp starts with a warm up including technique and vocabulary along with focus on flexibility, balance, and core strength. Next campers will learn their epic dance choreographies by Mr Aj. They will build their very own dance program to show their parents and loved ones first hand how their camp experience went! Ending the week with a mini dance show/party where parents and family members are welcome to see what the campers have prepared for "the stage"! So get your littles dance shoes on and see what all the fuss is about, your littles New You starts right here!

Community Center: Multi Room

6061.901 6/9-6/13 M-F 1:00-4:00 pm

6061.903 7/21-7/25 M-F 9:00 am-12:00 pm

Winslow Center: Assembly Room

6061.902 7/7-7/11 M-F 1:00 pm-4:00 pm

6061.904 7/28-8/1 M-F 1:00 pm-4:00 pm

SPECIAL INTEREST

BAY AREA DRIVING SCHOOL

15 & up yrs

Instructor: Bay Area Driving School

Online program – an email will be sent by Bay Area Driving School with the course information info@bayareadriving.com

Receive DMV-approved certificate of completion

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

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.

5100.902	6/9-6/13	M-F	9:00 am-12:00 pm
5100.903	6/23-6/27	M-F	9:00 am-12:00 pm
5100.904	7/14-7/18	M-F	9:00 am-12:00 pm

BERKELEY CHESS SCHOOL

6-11 yrs

Instructor: Berkeley Chess School Community Center

Chess Challenge!

Immerse yourself in the exciting world of chess! Chess is fun and can be learned quickly and easily. Studies have found that chess helps improve test results in reading, science, and math, and produces growth in critical cognitive skills. Beyond academia, chess influences social behavior including self esteem, respect for others, patience, and good sportsmanship.

And did we mention: it's FUN!

\$425 /\$405 (Dist. Res.)

6070.901	6/9-6/13	M-F	1:00 pm-4:00 pm
6070.903	7/21-7/25	M-F	9:00 am-12:00 pm

\$345/\$325 (Dist. Res.)

6070.902	6/30-7/3	M-Th	1:00 pm-4:00 pm
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COOKING CAMPS

7-13 yrs

Instructor: Chelsea Ozuna
Senior Center: Multiple Facilities



All cooking classes will teach fundamental skills including nutrition, kitchen safety, sanitation for every day, culinary knife skills, and every-day cooking etiquette.

Exploring Europe

Let's take a trip to Italy, France, Greece, and Russia and taste everything from Lasagna, Crepes, Baklava, and much more. You will learn the cultures of each country and their favorite family recipes we have grown to love here in the states. Recipes made easy, enough to make you say Oui Oui!

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

6082.902	6/16-6/20	M, Tu, W, F	2:00-5:00 pm
No Class	6/19		

\$28 material fee due to instructor

6082.907	7/21-7/25	M-F	2:00-5:00 pm
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\$35 material fee due to instructor

Maravilloso Mexico

Traditional Latin flare in everyday Spanish, Mexican, Cuban dishes will enable you to enjoy easy ways to make your favorites like, tortillas from scratch, and the best salsa and guacamole ever! Learn about traditions, authentic ingredients, and the everyday language that will impress your family and friends.

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

6082.903	6/23-6/27	M-F	2:00-5:00 pm
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\$35 material fee due to instructor

Asian Creations

Take a trip across the world and visit cultural foods from all over Asia. We will explore a variety of vegetables, proteins, and sauces and how to make them beautifully scrumptious for any occasion. You'll even learn the trick to using chopsticks while eating handmade sushi and spring rolls!

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

6082.904	6/30-7/3	M-Th	2:00-5:00 pm
No Class	7/4		

\$28 material fee due to instructor



Brazen Baker

You will learn proper baking techniques and the chemistry involved in making the perfect cookies, cakes, and desserts from scratch. You'll learn savory recipes that require doughs such as puff pastry and from scratch cookie and bread dough. Beginner and Advanced camp sessions available.

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

Beginner

6082.908	7/28-8/1	M-F	2:00-5:00 pm
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Advanced

Must have prior experience in the kitchen or taken prior baking/cooking classes and can understand recipes.

6082.905	7/7-7/11	M-F	2:00-5:00 pm
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Mangia Mangia

Ingredients of Italy and simple everyday classic family meals you can make at home. You will learn how to make authentic pizza and pasta with flavors of Italy that will impress your family and friends. From Marinara Sauce to Pesto and Gnocchi to Manicotti. You'll learn the best techniques and the tricks to the best Italian cuisine.

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

6082.906	7/14-7/18	M-F	2:00-5:00 pm
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\$35 material fee due to instructor

HEALTH & FITNESS 101



8-14 yrs

Instructor: Jenifer Mann

Community Center: Soroptimist Room 1

During this fun, interactive and educational week, your child will learn all the basics of health & fitness. Each day we will focus on stretching, cardio, dancing, strength building and nutrition. Your child will learn skills to build a foundation for a healthy lifestyle!

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

6097.901 6/16-6/20 M, Tu, W, F 9:00 am-12:00 pm

No Class 6/19

6097.902 6/30-7/3 M-Th 9:00 am-12:00 pm

KIDS CLARITY



6-13 yrs

Instructor: Behnoush Babzani

Community Center: Multiple Facilities

Mindfulness Practices and Art Expression

Kids Clarity is a fun and interactive experience for students to learn about mindfulness practices and create unique art projects. Your child will learn mindfulness breathing techniques, how to redirect emotions, kid-friendly meditations and expression through various art projects and mediums. Each day will start with a grounding exercise to support focus for a fun filled day of art.

\$281/\$261 (Dist. Res.)

6078.902 6/16-6/20 M,Tu,W,F 1:00 -4:00 pm

No Class 6/19

\$345/\$325 (Dist. Res.)

6078.904 7/14-7/18 M-F 9:00 am-12:00 pm

6078.903 7/28-8/1 M-F 1:00-4:00 pm

SPANISH 4 CHILDREN



4-8 yrs

Instructor: Miriam Lattanzi

Winslow Center: Rooms 1&2

\$15 material fee payable to instructor at first day of camp

Pack a lunch & water

Aventura Artica - Arctic Adventure

Campers will have a great experience in this Summer Camp, as they learn or practice Spanish. They explore Spanish through music, role play, scavenger hunts and more. In this camp, campers will explore the wildlife of the Arctic. Arctic animals are amazing creatures. Children will go on Bingo walks, play animal sound games, and go through a snowstorm. Their imagination will take them down to the Arctic and discover new adventures with the all amazing arctic animals.

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

6632.901 6/9-6/13 M-F 9:00 am-1:00 pm

Under the Sea - Bajo el Mar 7-10 yrs**

A Under the sea trip will be a great experience for your child this Summer as they learn Spanish through music, role play, and scavenger hunts. In this camp, campers will explore the wonderful under the sea, using their imagination as they will go scuba diving and swim with the whales, and explore the wonderful sea life. They will create an under the sea adventure craft box.

\$377 /\$357 (Dist. Res.)

6632.902 6/16-6/20 M,Tu,W,F 9:00 am-1:00 pm

No Class 6/19

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

6632.903 6/23-6/27 M-F 9:00 am-1:00 pm



An Adventure with the Pirates - Una aventura con los piratas

Campers will have fun exploring the sea and going on adventures with the pirates. We will play games in a pretend pirate ship, go for scavenger hunts and find gold, anchor, sea animals. On Friday we will go on a walk and find clues that will help us find a treasure.

\$377/\$357 (Dist. Res.)

6632.904 6/30-7/3 M-Th 9:00 am-1:00 pm

Let's Go Camping - Vamos a acampar

This week campers will experience a camping experience, learn about nocturnal animals, and play by a pretend fire pit (la fogata). With music, games, songs,bingo walks and many more fun activities.

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

6632.905 8/4-8/5 M,Tu 9:00 am-1:00 pm



S.T.E.A.M CAMPS

BRICKS 4 KIDZ



6-12 yrs

Instructor: Brick 4 Kidz
Community Center

\$295/\$275 (Dist. Res.)

\$40 material fee due to instructor first day of camp. Includes Bricks 4 Kidz Camp T-shirt, Perler bead take-home models, art and craft projects.

Galaxy Far Away Camp

Join us on an adventurous journey through space! Build a rocket to blast through the atmosphere into a realm that is truly out of this world. Build a world where rebels and the dark side start epic battles. We'll build motorized models that represent spacecraft from your favorite popular space movie. We will also learn a lot about space along the way. Come experience this stellar journey to a galaxy far away!

6046.901 6/23-6/27 M-F 9:00 am-12:00 pm

Minecraft

Minecraft is a game about placing blocks to build anything you can imagine. At night monsters come out, make sure to build a shelter before that happens. Experience the world of Minecraft with LEGO® Bricks in this fun after school enrichment engineering class! Kids will start by crafting their shelters and some of the mobs, critters and tools using LEGO® Bricks. Students will face new challenges each day, building models and crafting key elements from the popular Minecraft game.

6046.902 7/14-7/18 M-F 9:00 am-12:00 pm

Game On Camp!

For kids today, it's all about the world of online video games and apps! In this interactive summer camp, campers will use LEGO® Bricks to create and build different characters from their favorite video games such as Super Mario Bros, Roblox, Beyblades, Pokémon, and Minecraft come to life through the use of our robots, mosaics, and 3D art, all made out of LEGO® Bricks! Each day will be a new adventure as the virtual and LEGO® worlds combine!

6046.903 7/14-7/18 M-F 1:00 pm-4:00 pm

Pocket Brick Monster

Get ready for an adventure in the world of Pokémon®! Capture wild Pokémon® creatures and train them for battle. Improve your accuracy and power as you learn new moves and use special abilities. Tap into your inner engineer as we build Dratini, Pikachu, Poké Balls, and more. Show off your skills as you battle for power in your journey through the Pokémon® universe. Do you have what it takes to become a Pokémon® Master?

6046.904 7/28-8/1 M-F 9:00 am-12:00 pm

Jurassic Brick Land Camp

Are you ready for the adventure of a lifetime? Put on your hiking boots and camouflage... you're about to enter Jurassic Brick Land! Students will build a world that comes to life with gentle Brontosaurus, ferocious Velociraptor, terrifying T. Rex, and more. Come learn, build and play at Jurassic Brick Land camp!

6046.905 7/28-8/1 M-F 1:00 pm-4:00 pm

CHALLENGE ISLAND®



5-12 yrs

Instructor: Challenge Island
Community Center

What is Challenge Island®?! Challenge Island® is a one-of-a-kind enrichment program on the cutting edge of S.T.E.A.M. (science, technology, engineering, art & math) education and 21st Century Learning. We take children on a unique "island" adventure where they work in collaborative tribes to take on curious STEM/STEAM challenges using only the materials in their treasure chest and their creativity.

STEAMWarts

Step into a world of magic with our spellbinding STEAM challenges! At STEAMwarts Camp, you'll craft your very own magic wand, navigate the mystical STEAMbots Bank, find a way through enchanted mazes, mix up the potion while unlocking the secrets of science from bubbling chemical reaction to the forces behind flying broomsticks. It's a class full of adventure, hands-on learning, and fantastical fun as we bring the world of Harry Potter to life—STEAM-style! Don't miss your chance to dive into the enchantment of STEAMworks!

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

6093.901 6/16-6/20 M, Tu, W, F 9:00 am-12:00 pm
No Class 6/19

Space Explorers®

Get ready for a journey through time and space as we meet the great explorers. From Copernicus to Galileo, from the Wright brothers to Amelia Earhart, from Neil Armstrong to Mae Jemison, from Elon Musk to wherever your imagination will take you. This camp is guaranteed to be an out-of-this-world experience!

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

6093.902 6/30-7/3 M-Th 9:00 am-12:00 pm

Islandmon STEAM Quest

Join us for a mini-monstrous journey into the Challenge Island® wild! Our adventurous STEAM Teams® are on a quest to catch, collect and train all the island's mini-monsters. They'll visit gyms, earn badges, go on treasure hunts, and even engage in a battle or two with the help of their ally STEAMaroo, a clever and friendly kangaroo islandmon, our STEAM teams will tackle an island-full of engineering challenges as they evolve into true STEAM Champions. Ready? Let's go!

\$400 /\$380 (Dist. Res.)

6093.903 7/28-8/1 M-F 9:00 am-12:00 pm



CODE NINJAS



8-14 yrs

Instructor: Code Ninjas

Lego Robotics with 3D Printing

Throughout this camp, Ninjas 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. Ninjas will also 3D Print Lego Parts using TincerCad and build Robots. They will also apply their new knowledge of sensors, motors, and coding as they construct their own creations such as 3D Printed Butterfly.

Community Center: Soroptimist Room 2
\$345/\$325 (Dist. Res.)

6053.901 6/9-6/13 M-F 9:00 am-12:00 pm

Off-Site: Code Ninja Location

1661 Botelho Dr # 160, Walnut Creek, CA 94596
\$345/\$325 (Dist. Res.)

6053.903 6/9-6/13 M-F 1:00-4:00 pm

6053.905 6/23-6/27 M-F 9:00 am-12:00 pm

Become a YouTuber

Ninjas will create and customize their own YouTube channel using a shared Code Ninjas YouTube Account. Design unique channel art, profile pictures, and video thumbnails. They will be guided through how to record, edit, and upload videos. Throughout camp, Ninjas will analyze popular YouTube videos and learn about copyrights and fair use to give them what it takes to become a YouTuber!

Community Center: Preschool 1
\$281/\$261 (Dist. Res.)

6053.904 6/16-6/20 M, Tu, W, F 9:00 am-12:00 pm
No Class 6/19

Off-Site: Code Ninja Location

1661 Botelho Dr # 160, Walnut Creek, CA 94596
\$345/\$325 (Dist. Res.)

6053.908 7/7-7/11 M-F 9:00 am-12:00 pm



Modding with Minecraft®

Developed for experienced Minecraft® players, this camp teaches Ninjas how to make unique mods (modifications that change the game)! They will create their own custom tools, weapons, armor, enemies, and more! By the end of the camp, Ninjas will be able to export their mods for friends and family to explore at home using Minecraft® Java Edition.

Off-Site: Code Ninja Location 1661 Botelho Dr # 160, Walnut Creek, CA 94596
\$345 /\$325 (Dist. Res.)

6053.909 7/7-7/11 M-F 1:00 pm-4:00 pm

Code your Own Cartoons - Scratch

Ninjas will learn how to express themselves and let their creativity shine through code as they work together to craft silly, scary, and exciting cartoons in Scratch—a kid-friendly, visual programming environment developed by MIT. Throughout this experience, Ninjas will level up their knowledge of basic coding concepts as well as their storytelling abilities.

Community Center: Republic Services Room
\$281/\$261 (Dist. Res.)

6053.906 6/30-7/3 M-Th 9:00 am-12:00 pm
No Class 7/4

Minecraft Mastery: Redstone Realm

Design for experienced Minecraft® players, this camp teaches Ninjas how to work with Redstone, the engineering block in Minecraft®. Redstone is used to automate a wide variety of features from framing to other activities in Minecraft.

Community Center: Republic Services Room
\$281/\$261 (Dist. Res.)

6053.907 6/30-7/3 M-Th 1:00 pm-4:00 pm
No Class 7/4

Movie Making in Minecraft

Ninjas will shift their imagination into high gear as they learn scene building, storytelling, and video recording featuring their own Minecraft® world. They will also jump into the basics of editing and mixing audio as they produce their final stories as short movies. Using Minecraft® as a creative medium, Ninjas will have fun expressing themselves and sharing their stories with friends. They will leave this camp with a deeper understanding of how creativity and technology can work together to tell exciting stories.

Community Center: Preschool 1
\$345/\$325 (Dist. Res.)

6053.910 7/14-7/18 M-F 9:00 am-12:00 pm

Bits & Bytes JR Explorers

Designed for our youngest Ninjas ages 5-7, this Camp inspires a curiosity in the world of electronics and physical computing. Using a micro:bit microcontroller and a Makey Makey circuit board, Ninjas will design and build a variety of interfaces, controllers, sensors, sounds, and more. Ninjas in this Camp will learn to harness the power of hardware and software.

Off-Site: Code Ninja Location

1661 Botelho Dr # 160, Walnut Creek, CA 94596
\$225 /\$205 (Dist. Res.)

6053.911 8/4-8/6 M-W 9:00 am-12:00 pm



**Video Game Design:
Racing Games**

8-11 yrs

Start your engines! Prepare for some fast fun as we use the Engineering Design Process to build and develop our very own Racing Video Games! Throughout the week, students will create, animate, and program their games from the ground up! They will design tracks, characters, and worlds for the races! At the end of the week, your game developers take home a copy of their video game to play! [Final game is not compatible with Mac or Linux]

\$233 /\$213 (Dist. Res.)

6775.902 6/16-6/20 M, Tu, W, F 1:00 pm-4:00 pm
No Class 6/19

\$48 lab fee payable to instructor first day of camp

**Mechanical Engineering:
Master Machines
& Video Game
Design: Racing Games**



8-11 yrs

Sign up and save! Registration discount and lunch supervision are provided to those who register for a full day in Engineering For Kids camps! Please see Mechanical Engineering: Master Machines and Video Game Design: Racing Games for full descriptions.

\$430 /\$410 (Dist. Res.)

6775.903 6/16-6/20 M,Tu,W,F 9:00 am-4:00 pm
No Class 6/19

\$96 lab fee payable to instructor first day of camp

**ENGINEERING
FOR KIDS**



**Instructor: Engineering for Kids
Community Center**

Based on National Standards, our camps offer dynamic and exciting hands-on experiences every week!

Note: Each week there is a full day camp option available, with lunch supervision

**Mechanical Engineering:
Master Machines**

8-11 yrs

Design, Develop, Build and Test! Campers will use the Engineering Design Process to design, build, test, and refine a variety of machines and mechanical systems. They learn basics of fluid mechanics, simple machines and other design and engineering concepts while constructing roller coasters, egg-drop vehicles, and so much more! Join us for a confidence-boosting week where campers develop the mindset, knowledge and processes they need to become bold, visionary innovators!

\$233 /\$213 (Dist. Res.)

6775.901 6/16-6/20 M, Tu, W, F 9:00 am-12:00 pm
No Class 6/19

\$48 lab fee payable to instructor first day of camp

Limited Time

**SUMMER CAMP
DISCOUNT**

Save 10% on all qualifying week-long summer camps! Qualifying camps will have a sunglasses icon next to the camp title in this Guide. The limited-time discount will be automatically applied during the online registration process and is valid only for the first day of registration based on residency. See page 2 for more details.



**Junior Chemical
Engineering: Crazy
Concoctions**

5-8 yrs

Magical, Messy and Memorable! Our Junior Chemical Engineering camps introduce budding engineers to fundamental concepts of solids, liquids and solutions. Campers investigate the properties of several "chemicals" while exploring and developing their own crazy concoctions! Unleash your SLIMEagination and join us for a confidence-boosting week where campers develop the mindset, knowledge and processes they need to become bold, visionary innovators! Based on National Standards, each day promises dynamic, hands-on experiences that spark creativity and curiosity.

\$285 /\$265 (Dist. Res.)

6775.904 6/23-6/27 M-F 9:00 am-12:00 pm

\$60 lab fee payable to instructor first day of camp

**Junior LEGO Robotics:
Robots in Cities**

5-8 yrs

Get ready to raise the skyline as we learn all about robots and cities! Discover the use of Robots and Coding to build machines that make a city run like clockwork. Using Legos and laptops/tablets, students work in pairs to build and program their creations to do various tasks. Join us for an exciting, confidence-building week where campers develop the mindset, knowledge and processes they need to become bold, visionary innovators! Based on National Standards, each day promises dynamic, hands-on experiences that spark creativity and curiosity.

\$285 /\$265 (Dist. Res.)

6775.905 6/23-6/27 M-F 1:00-4:00 pm

\$60 lab fee payable to instructor first day of camp



ENGINEERING FOR KIDS (continued)



Junior Chemical Engineering Crazy Concoctions & Robotics: Robots in Cities

5-8 yrs

Sign up and save! Registration discount and lunch supervision are provided to those who register for a full day in Engineering For Kids camps! Please see Junior Chemical Engineering Crazy Concoctions & Robotics: Robots in Cities descriptions

\$525/\$505 (Dist. Res.)

6775.906 6/23-6/27 M-F 9:00 am-4:00 pm

\$120 lab fee payable to instructor first day of camp

Minecraft EDU: Traveling to the Future

8-11 yrs

Join us in an apocalyptic future, one where the earth has been ravaged by a series of natural disasters. Each day, campers use the engineering design process to solve a series of challenges such as building a city on a series of islands, escaping from a bunker on Mt. Everest, and even building a rocket to land on the moon! Applying engineering principles, campers solve numerous challenges as they make their virtual world of Minecraft a safe place for humanity once again. Based on National Standards, our camps offer dynamic and exciting hands-on experiences every week!

\$285 /\$265 (Dist. Res.)

6775.907 7/7-7/11 M-F 9:00 am-12:00 pm

\$60 lab fee payable to instructor first day of camp



Drone and Aviation Exploration

8-11 yrs

It's a bird, it's a plane, it's...a DRONE! Jump in the forefront of the emerging field of DORNES! Explore a thrilling hand-on aerial platform with mini drones! This indoor camp is the perfect introduction to the world of unmanned aerial vehicles (UAVs). Safety is a priority as students learn to fly in first-person view (FPV), exploring the real-world applications of drones. Campers brainstorm ways drones could be used today and in the future. They will not be limited to just drones, we will explore a variety of Aerospace Engineering concepts! Join us for a confidence boosting week where campers develop the mindset, knowledge and processes they need to become bold, visionary innovators. Based on National Standards, on camps offer dynamic hands-on experiences!

\$285 /\$265 (Dist. Res.)

6775.908 7/7-7/11 M-F 1:00 pm-4:00 pm

\$60 lab fee payable to instructor first day of camp

Minecraft EDU: Traveling to the Future & Drone and Aviation Exploration!



8-11 yrs

Sign up and save! Registration discount and lunch supervision are provided to those who register for a full day in Engineering For Kids camps! Please see Minecraft EDU: Traveling to the Future & Drone and Aviation Exploration! descriptions.

\$525/\$505 (Dist. Res.)

6775.909 7/7-7/11 M-F 9:00 am-4:00 pm

\$120 lab fee payable to instructor first day of camp

Junior Inventor's Workshop

5-8 yrs

Unleash your imagination, as you tinker and invent a variety of mechanical gadgets! In this camp, children learn to use gears and other components to make machines move. Each day, they learn new concepts and engineering-related vocabulary by completing exciting, hands-on engineering challenges. Campers will become true inventors and leave camp with take-home projects that will inspire them to continue inventing long into the future. Based on National Standards, our camps offer dynamic and exciting hands-on experiences every week!

\$285 /\$265 (Dist. Res.)

6775.910 7/21-7/25 M-F 9:00 am-12:00 pm

\$60 lab fee payable to instructor first day of camp

Junior Robo-Coding: Animal Kingdom

5-8 yrs

Lions, Giraffes, and Gorillas oh my! This camp is a perfect mixture of fun and learning using computers/tablets and LEGO (R) bricks! Students work in pairs to build a variety of animal robots! They learn to program and code their creations to do various tasks, using the computer or tablet. Join us for an exciting, confidence-building week where campers develop the mindset, knowledge and processes they need to become bold, visionary innovators! Based on National Standards, our camps offer dynamic and exciting hands-on experiences every week!

\$285 /\$265 (Dist. Res.)

6775.911 7/21-7/25 M-F 1:00 -4:00 pm

\$60 lab fee payable to instructor first day of camp

Junior Inventor's Workshop & Junior Robo-Coding: Animal Kingdom



5-8 yrs

Sign up and save! Registration discount and lunch supervision are provided to those who register for a full day in Engineering For Kids camps! Please see Junior Inventor's Workshop & Junior Robo-Coding: Animal Kingdom descriptions

\$525.00 /\$505 (Dist. Res.)

6775.912 7/21-7/25 M-F 9:00 am-4:00 pm

\$120 lab fee payable to instructor first day of camp

Limited Time

SUMMER CAMP DISCOUNT



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I HEART ART



7-12 yrs

Instructor: I Heart Art staff
Community Center: Republic Services Room

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

Fashion Camp

Join us for a week of Fashion inspired art. We will be designing our own looks with upcycled materials. Our week will culminate in a mini-runway show to display the looks we have created. We believe that creativity empowers kids through problem-solving and we can't wait to have a creative week with you!

6069.901 6/23-6/27 M-F 2:30 -5:00 pm

Create Your Own Stuff
Stuffy Camp

Join us for a joy filled week. Each participant will get to make the stuffy of their dreams (sewing) and will create art and accessories for their new friend. This has always been a favorite camp with I Heart Art! We believe that creativity empowers kids through problem-solving and we can't wait to have a creative week with you!

6069.902 7/7-7/11 M-F 2:30-5:00 pm

All Things Slime Camp

We understand the love that kids have for slime! This is a favorite camp. Everyday we come up with new ways to make slime, potions, art, etc! Leave the mess with us and have a fun time creating! We believe that creativity empowers kids through problem-solving and we can't wait to have a creative week with you!

6069.903 7/14-7/18 M-F 2:30 pm-5:00 pm

I Heart Art Camp

We will play with all the art mediums with guided and open ended projects this week. Learn about new mediums and let your creativity shine! We believe that creativity empowers kids through problem-solving and we can't wait to have a creative week with you!

6069.904 7/21-7/25 M-F 2:30-5:00 pm



INCREDIFLIX



7-13 yrs

Instructor: IncrediFlix
Community Center: Soroptimist Room

Production fee included in the price of camp. Flix emailed within a month after camp ends.

Live Action Flix

Discover your filmmaking talents! You don't have to be an actor to take part, as we'll guide you through the Hollywood process to create, direct, film, act, and more. You won't just make an incredible movie, you'll have the skills to make your own movies with friends. Flix emailed within a month after camp ends.

\$384/\$364 (Dist. Res.)

6064.901 6/9-6/13 M-F 9:00 am-12:00 pm

Mario Flix

"It's-a-me, Mario!" Brand new for 2025 Stop Motion Movie making with your favorite Mario Characters. Create a Mario Movie full of fun to save the day, or even be Bowser trying to take over the world! Work in small groups to storyboard, build the world, film, and do voice-overs. Flix emailed within a month after camp ends.

\$384/\$364 (Dist. Res.)

6064.902 6/9-6/13 M-F 1:00-4:00 pm

Live Action & Mario Flix



Join us for the full day combo for a discount plus free lunch supervision! Please see both half day descriptions. Bring snacks, lunch and drink. Flix emailed within a month after camp ends.

\$709/\$689 (Dist. Res.)

6064.903 6/9-6/13 M-F 9:00 am-4:00 pm

Animation Flix



In this fast paced class, you'll create up to five new stop motion movies using a different medium each day! Animate with ducks, with green screen, and new for 2025 film with anime characters! Flix emailed within a month after camp ends.

\$384/\$364 (Dist. Res.)

6064.904 7/7-7/11 M-F 9:00 am-12:00 pm

Minecraft Movie Flix

Make a Minecraft Stop Motion MOVIE with your favorite Minecraft Characters! Working in age-appropriate groups, bring Steve, the creepers, and more to life. Students will write, storyboard, create sets out of construction paper, make their Minecraft blocks, film, animate some cool effects, and do voice-overs! Flix emailed within a month after camp ends.

\$384/\$364 (Dist. Res.)

6064.905 7/7-7/11 M-F 1:00 -4:00 pm

Animation & Minecraft Movie Flix



Join us for the full day combo for a discount plus free lunch supervision! Please see both half day descriptions. Bring snacks, lunch and drink. Flix emailed within a month after camp ends.

\$709/\$689 (Dist. Res.)

6064.906 7/7-7/11 M-F 9:00 am-4:00 pm

LITTLE MEDICAL SCHOOL CAMP



6-9 yrs

Instructor: Little Medical School Staff
Community Center: Soroptimist Room 1

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

\$25 lab fee due to instructor first day of camp

Little Doctor Camp

Discover the fascinating science of the human body with Little Medical School! Through hands-on crafts, games and role playing, participants will learn STEM concepts in a fun and unique way! From broken bones, to stitches, there's something for every future healthcare provider and science lover!

6048.901 7/14-7/18 M-F 9:00 am-12:00 pm

Little Vet Camp

Join Little Veterinarian School for interactive role playing, crafts and games to learn about dog care and veterinary science! STEM concepts are introduced in a fun way, inspiring future veterinarians, and animal lovers. Topics include veterinary care, tick removal, understanding dog behavior, and more!

6048.902 7/14-7/18 M-F 1:00 -4:00 pm

PLAY-WELL TEKNOLOGIES



Instructor: Play-Well TEKNOlogies

Wildlife Wonders using LEGO Materials

5-8 yrs

Community Center: Soroptimist Room 2

Design and build your way through the animal kingdom, from sea to safari, using tens of thousands of LEGO® parts. With the guidance of an experienced Play-Well instructor, you'll recreate diverse habitats while crafting animals in their natural surroundings. Your animal adventure awaits!

\$238.99 /\$219 (Dist. Res.)

6066.901 6/30-7/3 M-Th 9:00 am-12:00 pm

Radical Rides using LEGO Materials

5-8 yrs

Community Center: Soroptimist Room 2

Start your engines with tens of thousands of LEGO® parts as you dive into the vast world of vehicles! Build and design an array of exciting machines, traversing land, sea, and air, with the assistance of experienced Play-Well instructors. Learn about the engineering principles behind motors, gears, and everything that vrooms and zooms!

\$239 /\$219 (Dist. Res.)

6066.902 6/30-7/3 M-Th 1:00-4:00 pm



Minecraft Engineering using LEGO Materials

5-7 yrs

Winslow Center: Rooms 1&2

Venture into the world of Minecraft in our unique LEGO® experience. Get ready to build your base, craft your tools, use your Minecart to harvest raw resources, and battle to stop the Ender Dragon from ending the world. Come explore the endless possibilities of LEGO® with a trained Play-Well instructor.

\$292 /\$272 (Dist. Res.)

6066.903 7/14-7/18 M-F 9:00 am-12:00 pm

Minecraft Master Engineering using LEGO Materials

7-12 yrs

Winslow Center: Rooms 1&2

Bring your favorite Minecraft adventures to life with our enthusiastic Play-Well instructors. In a Minecraft world powered by LEGO® resources, we will build shelters to keep out Creepers, craft mystical items that only true masters can wield, and perfect our crossbow skills to stop the Wither from taking over! If you can imagine it, we can build it.

\$292/\$272 (Dist. Res.)

6066.904 7/14-7/18 M-F 1:00-4:00 pm





STEM Discovery using LEGO Materials

5-7 yrs
Winslow Center: Rooms 1&2

Let your imagination run wild with tens of thousands of LEGO® parts! Build engineer-designed projects as you discover the world around us through our inquiry-based learning model. Projects are rotated seasonally to ensure that both new and returning students can explore the endless creative possibilities of the LEGO® building system.

\$292 /\$272 (Dist. Res.)
6066.905 7/21-7/25 M-F 9:00 am-12:00 pm

Pokemon Engineering using LEGO Materials

5-8 yrs
Winslow Center: Rooms 1&2

Calling all Pokémon trainers! With the Pokémon Championship approaching, join our enthusiastic Play-Well instructors as we build and catch our favorite Pokémon, rescue Pikachu from Team Rocket, take a ride on the S.S. Anne to uncover rare and mystic Pokémon, and battle to see who will hold the title of Pokémon Master. Come along on our journey to catch 'em all!!

\$292/\$272 (Dist. Res.)
6066.906 7/21-7/25 M-F 1:00-4:00 pm

Mine, Craft, Build: Adventure Game using LEGO® Materials

5-7 yrs
Community Center: Soroptimist Room 2

Bring Minecraft to life using LEGO® bricks! Resourcefulness, creativity, and cooperation come together in this unique building adventure game; roll the dice to mine for resources and use these resources to build special items to help in our adventures! Build a Zoo, create a Medieval Castle, and design a Tree House Village! This experience is an original game designed by Play-Well instructors inspired by the popular game, Minecraft. Students will have a blast, even without any prior experience with Minecraft or the LEGO® building system.

\$130 /\$110 (Dist. Res.)
6066.907 8/4-8/5 M,Tu 9:00 am-12:00 pm

Mine, Craft, Build: Survival Game using LEGO® Materials

7-12 yrs
Community Center: Soroptimist Room 2

Bring Minecraft to life using LEGO® bricks! Resourcefulness, creativity, and cooperation come together in this unique building adventure game; roll the dice to mine for resources, craft tools, and watch out for Creepers! This ultimate LEGO® Minecraft experience is an original game designed by Play-Well instructors, using gameplay elements and characters inspired by the popular Minecraft video game. Students will have a blast, even without any prior experience with Minecraft or LEGO® materials.

\$130 /\$110 (Dist. Res.)
6066.905 8/4-8/5 M,Tu 1:00-4:00 pm

Limited Time

SUMMER CAMP DISCOUNT



Save 10% on all qualifying week-long summer camps! Qualifying camps will have a sunglasses icon next to the camp title in this Guide. The limited-time discount will be automatically applied during the online registration process and is valid only for the first day of registration based on residency. See page 2 for more details.





SNAPOLOGY

Instructor: Snapology Staff, Denise Lee

\$15 lab fee payable to instructor at first day of camp

STEAM Lab

6-10 yrs

Campers are Scientists this week in an experimental exploration of trial and error. Always encouraged to try as they will launch soda in the air, make circuits, simple machines to zip and catapult! And of course, get their hands all messy and say "wow I did it!"

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

5101.901 6/16-6/20 M, Tu, W, F 1:00-4:00 pm
No Class 6/19

Pokemania!

6-9 yr

Enter the Pokemon world as we build habitats and gyms to become trainers. Then try some Pokemon Go! to making Pokemon cards! Whether campers have training skills or not for battle, we will set out to do our best to catch'em all!

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

5101.902 6/23-6/27 M-F 1:00-4:00 pm

Discovering Dinosaurs

5-9 yrs

Enter a prehistoric world as a paleontologist camper as we build our Jurassic Worlds then catch the dinosaurs on the loose to try to "fly" some in a rescue mission. How may can you save?!

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

5101.903 6/30-7/3 M-Th 1:00-4:00 pm

Movie Making Jedi Masters

6-9 yrs

This is a stop motion animation camp inspired by using Star Wars® and LEGO® bricks where campers become movie makers: screen writer, director, production and overall creator. Campers will use their Jedi Master skills to create an epic saga that's all their own to share!

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

5101.904 7/14-7/18 M-F 1:00-4:00 pm

Animation Studio

6-9 yrs

Lights! Camera! Action! Campers become stop motion animators creating their own scenes using LEGO® bricks, mini-figures and baseplates for inspiration, along with other props. Backdrops created themselves to green screening are encouraged. Make a full on movie or a series with episodes!

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

5101.905 7/28-8/1 M-F 1:00 pm-4:00 pm

Gamebots!

6-9 yrs

Engineering by playing. An interactive camp to get campers ready for the school year by play building STEAM to learn - catapulting, ziplines as simple machines; LEGO® brick/Power function inspired builds for gears; and bring it together with robotic game builds.

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

5101.906 8/4-8/5 M, Tu 1:00-4:00 pm

TINY TECH SUMMER CLUB

5-10 yrs

Instructor: Tiny Techs Club
Winslow Center Assembly

RobotED: At home Robots!

Robots at home! Watch Television, ride a bike or use the Power Drill!! Learn the science of movement; see how gears, levers and cranks work. A hands-on, project-based, STEM camp, using LEGO bricks & our custom hub-ViNee. Take the kit home at the end of camp.

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

6666.901 6/16-6/20 M-F 1:00 pm-4:00 pm





SUMMER SPORTS CAMPS

KIDZ LOVE SOCCER CAMP

Instructor: Kidz Love Soccer
Pleasant Hill Park: Soccer Field



Mon – Fri \$292/\$272 (PH Dist Res)

6/9-6/13

5039.901	4.5-6 yr	9:00 am-12:00 pm
5039.900	7-10 yrs	9:00 am-12:00 pm

7/7-7/11

5039.902	4.5-6 yrs	9:00 am-12:00 pm
5039.903	7-10 yrs	9:00 am-12:00 pm

SKYHAWKS SUMMER CAMPS



Instructor: Skyhawks
Pleasant Hill Park: Softball Field #2 (left field)

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

Monday-Friday, 9:00am -12:00 pm

Basketball Camps

7/28-8/01

5099.900	5-7 yrs
5099.901	8-12 yrs

Mini-Hawk Camp

6/9-6/13

5099.902	4-6 yrs
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Summer Camp Olympics

6/9-6/13

5099.903	7-11 yrs
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Baseball Camps

6/23-6/27

5099.904	5-7 yrs
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Volleyball Camps

6/23-6/27

5099.905	7-12 yrs
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Flag Football Camps

7/14-7/18

5099.906	5-7 yrs
5099.907	8-12 yrs

ADIDAS X SOCCER STARS SUMMER CAMP



6-12 yrs

Instructor: Super Soccer Stars
Pleasant Hill Park: West Lawn

Have fun in the sun with our Adidas soccer FUNdamentals camp!

With the 2025 FIFA Club World Cup as our backdrop, we'll learn, practice, and play while exploring the history, culture, and play styles of countries worldwide! Players will receive a Super Soccer Stars medal at the end of the week. Please pack a nut-free lunch and water bottle for your child!

\$329/\$309 (Dist. Res.)

3040.900	06/09-06/13	M-F	9:00 am-1:00 pm
3040.902	7/07-7/11	M-F	9:00 am-1:00 pm
3040.901	06/30-07/03	M-F	9:00 am-1:00 pm

SOCCER & ART CAMP



3-4 & 5-7 yrs

Instructor: Super Soccer Stars
Pleasant Hill Park: West Lawn

Soccer & Art Camp is the ultimate combo of creativity and movement! Kids get active with soccer while exploring fun art projects like painting wooden cars, making sand art, and crafting animal masks (did someone say dance party?!). Each day has a new theme, from the beach to the zoo, with imaginative games that build skills and spark excitement. Our expert coaches keep the fun flowing, making this camp a favorite for both kids and parents! (*\$25 supply fee due on the first day.)

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

3040.903	06/23-06/27	M-F	9:00 am-12:00 pm
3040.905	07/21-07/25	M-F	9:00 am-12:00 pm
3040.904	06/16-06/20	M-F	9:00 am-12:00 pm

OAKLAND SPIDERS ULTIMATE FRISBEE ACTION CAMP



8-11 yrs

Instructor: Oakland Spiders
Rodgers Smith Park: Soccer Fields

Ultimate Frisbee is a safe, engaging sport that teaches skills transferable to any team your child may join. Each day in class your child will learn through play - learning Ultimate with the pros including throwing, catching, and the fundamental X's and O's. Throughout each session we emphasize Spirit of the Game, life skills, and developing social-emotional skills to help players thrive on any team. Have a blast playing with your friends and the Spiders, Oakland's Professional Ultimate Frisbee team!

\$200/\$180 (PH Dist Res) (4 days)

5186.900	6/16-6/20	M-F	9:00 am-12:00 pm
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No class 6/19

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

5186.901	6/30-7/3	M-F	9:00 am-12:00 pm
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\$245/\$225 (PH Dist Res)

5186.902	7/14-7/18	M-F	9:00 am-12:00 pm
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ROB SKATE SKATEBOARDING CAMP



6-14 yrs

Instructor: Rob Skate

Off - Site: SunValley Mall, 476 SunValley Mall, Concord, Located on the second-floor eastern side of the mall, at the back entrance next to JC Penny above the food court.

\$309/\$289 (PH Dist Res)

All Skateboarding Camp sessions are Monday-Friday from 9:00 am – 12:00 pm

5187.901	6/9-6/13
5187.902	6/16-6/20
5187.903	6/23-6/27
5187.904	7/7-7/11
5187.905	7/14-7/18
5187.906	7/21-7/25
5187.907	8/4-8/8

SPRING BREAK CAMPS



FULL DAY CAMPS

ADVENTURE KIDS CAMP

Grades K-5

Instructor: KIDSTOP Staff

Gregory Gardens: Kidstop Childcare Building

Children are engaged and entertained. We have something for all children to enjoy including science, art, cooking, group games, sports, and S.T.E.A.M. projects. Please bring a NUT-FREE lunch and water bottle for your child!

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

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

Spring Break Camps do not qualify for 10% discount.

Registration opened in December 2024.

XTREME BREAK CAMP

Grades 6 & up (siblings Grade 3 & up)

Instructor: Teen Center Staff

Teen Center

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

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

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

ENRICHMENT CAMPS

AFTERNOON ART

7- 12 yrs

Senior Center

Instructor: I Heart Art Staff

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

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

6069.802	4/7-4/11	M-F 2:30 - 5:00 PM
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KIDS CLARITY

New

6-13 yrs

Instructor: Behnoush Babzani

Community Center: Republic Services Room

Mindfulness Practices and Art Expression

Kids Clarity is a fun and interactive experience for students to learn about mindfulness practices and create unique art projects. Your child will learn mindfulness breathing techniques, how to redirect emotions, kid-friendly meditations and expression through various art projects and mediums. Each day will start with a grounding exercise to support focus for a fun filled day of art.

\$345 /\$325 (Dist. Res.)

6078.901 4/7-4/11 M-F 1:00 pm-4:00 pm

BRAZEN BAKER BEGINNER

New

7-13 yrs

Instructor: Chelsea Ozuna

Senior Center: Multiple Facilities

A beginner course to understanding proper baking techniques and the chemistry involved in making the perfect cookies, cakes, and desserts from scratch. You'll learn savory recipes that require doughs such as puff pastry and from scratch cookie and bread dough.

Fundamental skills in: Nutrition, Kitchen Safety, Sanitation for Every Day, Culinary Knife Skills, and Everyday Etiquette.

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

6082.901 4/7-4/11 M-F 2:00 pm-5:00 pm

\$35 material fee due to instructor

CODE NINJAS

8-14 yrs

Instructor: Code Ninjas

Location: Off Site: Code Ninjas

1661 Botelho Drive Suite 160, Walnut Creek

Become a Youtuber

Let's create a YouTube Channel! Join us to develop your YouTuber skills and create and customize your own YouTube channel complete with unique channel art, video thumbnails, uploads, and more!

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

6053.813 4/7-4/11 M-F 9:00 am-12:00 pm



LEGO Robotics Junior

5-8 yrs

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

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

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

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

Introduction to Roblox

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

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

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

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

LEGO Robotics

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

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.

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

6053.812 4/7-4/11 Weekdays 1:00 pm-4:00 pm

Code your own robot in Minecraft

Winslow Center: Rooms 1&2

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

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

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

SHARK TANK, CREATE + PITCH YOUR OWN PRODUCT!

7-10 yrs

Winslow Center
Instructor: Sparkologie Instructor

Campers will tackle challenges like creative entrepreneurs, using tools like Google Suite, Canva, and Figma to turn ideas into market-ready products. Through solo and team projects, they'll develop startups, build advanced websites, craft marketing strategies, and create prototypes. The week wraps up with a pitch to Sparkologie experts, sharpening their negotiation and funding skills!

\$345/\$325 (Dist. Res.)

6056.802 4/7-4/11 M-F 9am-12pm

SPANISH SPRING BREAK CAMP

4-8 yrs

Instructor: Miriam Lattanzi
Community Center: Preschool 1

\$10 material fee payable to instructor at first day of camp. Children are eager to learn new languages. With Miriam children will learn Spanish in a hand on interactive and stimulating environment.

Join Spanish 4 Children this Spring Break. Campers will learn or practice Spanish in a hands-on and safe environment. During this Spring Break Camp students will have fun going on-scavenger hunts, bingo walks, music, crafts and many more fun activities. They will create a book about the wonderful Spring adventures. Pack a healthy snack and lunch.

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

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

SPRING BREAK SPORTS CAMPS

TENNIS CAMP

Instructor: Coach Rafa
College Park High School Tennis Courts

\$258/\$238 (Dist Res)

6-10 yrs

5589.900 4/7-4/11 9:00 am-12:00 pm

11-15 yrs

5589.901 4/7-4/11 9:00 am-12:00 pm

ROB SKATE SKATEBOARDING CAMP

6-14 yrs

Instructor: Rob Skate

Off-Site: Sun Valley Mall, 476 SunValley Mall, Concord, located on the second-floor eastern side of the mall at the back entrance next to JC Penny above the food court.

\$309/\$289 (PH Dist Res)

5187.900 4/7-4/11 M-F 9:00 am-12:00 pm



Spring Break Camps do not qualify for 10% discount.

Registration opened in December 2024.

SUMMER CAMPS at a glance



	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8	WEEK 9	WEEK 10	WEEK 11
Note: MDUSD last day of '24-'25 school year is 6/3/25 and first day of '25-'26 school year is 8/6/25	6/2-6/6	6/9-6/13	6/16-6/20	6/23-6/27	6/30-7/3	7/7-7/11	7/14-7/18	7/21-7/25	7/28-8/1	8/4-8/6	8/11-8/15
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SPRING/SUMMER 2025

the Spotlight



Summer Fun FOR EVERYONE!



FREE! REC SWIM

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**CLASSES & ACTIVITIES
FOR ALL**

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PleasantHillRec.com

Aquatics



AQUATIC Rentals

MAKE YOUR NEXT PARTY A BIG SPLASH!

Reservation and refundable security deposit, with use fees for pool picnics and parties are required to confirm your reservation. A minimum of two weeks advance reservation is required. Forms are available at the District Office, 147 Gregory Lane, call 682-0896.

AQUATIC PARK PICNICS

Reserve the Aquatic Park picnic area for any special occasion. Rental fee includes barbecue grill, two picnic tables and pool admission for 20 people. Additional guests subject to pool capacity limits.

Spring: May 24-June 6
Sa/Su, 1:00-5:00 pm

Summer: June 7-August 3
M/W/Th, 1:30-4:00 pm
F/Sa/Su, 1:00-5:00 pm

Late Summer: August 9-September 1
Sat/Sun, 1:00-5:00 pm

Holidays: 1:00-5:00 pm
May 26, June 19, July 4, September 1
Fee varies based on the day of the week.

PRIVATE AQUATIC PARK PARTIES

Reserve the pool for your own private party! Minimum 2-hour rental includes lifeguards. Fees are based on the number of guests and portions of the facility used. No alcohol or smoking permitted in the pool area. Call the District Office at 682-0896 or visit pleasanthillrec.com for more information.

Available: April-October
Friday/Saturday/Sunday | 5:30-7:30 pm

Free! PUBLIC SWIMMING IN SUMMER 2025!

PLEASANT HILL AQUATIC PARK

147 Gregory Lane,
Pleasant Hill, 682-7830

The facility includes:

- 25-yard pool, 3.5-10.5 feet deep
- 20-yard shallow water training pool
- Sprayground
- Changing rooms with showers and restrooms
- Two picnic areas, with BBQ pit/two tables, on lawn area off the pool deck (available for reservation)
- Everyone must check in at the front desk before entering the facility.
- 15-minute rest breaks are observed every hour.
- Coast Guard Approved flotation devices allowed with adult supervision.
- Children 8 yrs and under must be accompanied in the water by an adult (18 yrs/older).
- Children 12 yrs and under must be accompanied in the facility by an adult.

Keep cool at the pool all summer long! Enjoy **FREE** admission for public swim and access to the Sprayground at Pleasant Hill Aquatic Park. Happy Summer 2025!

PUBLIC SWIMMING HOURS

Spring: May 24-June 6
Sa/Su, 1:00-5:00 pm

Summer: June 7-August 3
M/W/Th, 1:30-4:00 pm
F/Sa/Su, 1:00-5:00 pm
Closed Tuesdays

Late Summer: August 9-September 1
Sat/Sun, 1:00-5:00 pm

Holidays: 1:00-5:00 pm
May 26, June 19, July 4, September 1

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PLEASANT HILL DOLPHINS SWIM TEAM



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

PRACTICE SCHEDULE

Season runs 4/14-7/25

Spring Practice held at PH Aquatic Park: 147 Gregory Lane
 Summer practice at PH Education Center Pool: 1 Santa Barbara Road
 Alternate PM practice for all age groups available for those unable to make AM practice, 6:00-7:00 pm.

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

*For 9-18 swimmers: all practices are at PH Education Center Pool.
 No practice May 26, June 19, July 3-6.
 County meet qualifying swimmers practice through Aug 1.
 All practices move to PH Education Center Pool on May 12.

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

Registration Fees (14 & under swimmers)

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

Registration Fees (High School Swimmers)

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

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

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

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

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

Registration for all activities on this page opened in December 2024.

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

MINI-DOLPHINS

8 yrs and Under

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



SPRING

PH Aquatic Park: 147 Gregory Lane

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

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

Registration Deadline: Monday, 6/2.

PH Education Center Pool: 1 Santa Barbara Road

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

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

Practices subject to change due to events.

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

Free! SWIM Try Outs

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

PH Aquatic Park, 147 Gregory Lane

Friday	2/21	4:00 pm
Saturday	3/22	10:00 am
Saturday	5/17	10:00 am (summer mini's only, no swim team)

CLASSES

SO, YOU THINK YOU WANT TO BE A LIFEGUARD?

Instructor: Aquatics Staff
PH Aquatic Park: 147 Gregory Lane

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

FREE!

On-going	Sa	9:00-10:00 am
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Registration for all lifeguarding activities opened in December 2024

LIFEGUARD TRAINING

15 yrs & up
Instructor: Aquatic Staff
PH Aquatic Park: 147 Gregory Lane

Learn how to save a life and become an American Red Cross Lifeguard! After successful completion, the American Red Cross will issue certificates in Lifeguarding (including deep water) with CPR/AED for the Professional Rescuer and First Aid, Administering Emergency Oxygen and Title 22. Bring swimsuit, towel, resuscitation mask (receive in class), and lunch each day. This class consists of approximately 6 hours of online learning, which must be completed before the first-class meeting. Registration receipt will have a link to required online learning and instructions to access Lifeguarding Manual eBook. Required prerequisites must be successfully completed at first class; see pleasanthillrec.com for details.

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

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

LIFEGUARDING RECERTIFICATION

16 yrs & up
Instructor: Aquatics Staff
PH Aquatic Park: 147 Gregory Lane

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

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

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

WATER EXERCISE

AQUA AEROBICS: DEEP & SHALLOW

16 yrs & up
Instructor: Sandra Franklin
PH Aquatic Park: 147 Gregory Lane

A no-impact deep water class that incorporates cardiovascular fitness, core strengthening and toning. Swimming skills not required, but participants must be comfortable in deep water. Class can be done in shallow water. Bring own flotation device/belt.

Drop-In | \$16/\$13 (Dist. Res.)
3 classes | \$43/\$35 (Dist. Res.)
4 classes | \$57/\$46 (Dist. Res.)
5 classes | \$68/\$55 (Dist. Res.)

Tuesdays (8:30-9:30 am)

8127.901	6/3-6/24	4 classes
8127.902	7/8-7/29	4 classes
8127.903	8/12-8/26	3 classes



AQUA ZUMBA®

16 yrs & up
Instructor: Sandra Franklin
PH Aquatic Park: 147 Gregory Lane

Come join the pool party! Aqua Zumba® integrates the exotic rhythms of Zumba with water fitness to create a fun and exciting low impact water workout! No swimming skills required. Water shoes recommended.

Drop In | \$17/\$14 (Dist. Res.)
3 classes | \$47/\$38 (Dist. Res.)
4 classes | \$62/\$50 (Dist. Res.)
5 classes | \$77/\$62 (Dist. Res.)

Mondays (7:00-8:00 pm)

8125.901	6/2-6/30	5 classes
8125.902	7/7-7/28	4 classes
8125.903	8/11-8/25	3 classes

AQUATICS TEAM
Now Hiring

15 YRS & UP
Lifeguard
Swim Instructor
Cashier
Swim Coach

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

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

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

Spring Lap Swim Hours Start April 14; Summer Lap Swim Hours Start June 9.

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

Holidays: 2/17, 4/20, 5/24-5/26, 6/19, 6/28-6/29, 7/4, 8/30-9/1.

WATER AEROBICS

Instructor: MaryBeth McCarthy
PH Aquatic Park: 147 Gregory Lane

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

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

Punch cards are valid for 1 year from date of purchase. Water Aerobics Punch Card is only valid for MaryBeth's classes.

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

Fees are based on the number of classes per session.

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

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

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

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

Mondays 8:00-9:00 am

8102.804 4/7-4/28 4 classes

8102.805 5/5-5/19 3 classes

8102.901 6/2-6/30 5 classes

8102.902 7/7-7/28 4 classes

8102.903 8/4-8/25 4 classes

No class 5/26

Wednesdays 8:00-9:00 am

8103.804 4/2-4/30 5 classes

8103.805 5/7-5/28 4 classes

8103.901 6/4-6/25 4 classes

8103.902 7/2-7/30 5 classes

8103.903 8/6-8/27 4 classes

Fridays 8:00-9:00 am

8104.804 4/4-4/25 4 classes

8104.805 5/2-5/30 5 classes

8105.901 6/6-6/27 4 classes

8105.902 7/11-7/25 3 classes

8105.903 8/1-8/29 5 classes

No class 7/4

Tuesdays 7:00-8:00 pm

8105.804 4/1-4/29 5 classes

8105.805 5/6-5/27 4 classes

8105.901 6/3-6/24 4 classes

8105.902 7/1-7/29 5 classes

8105.903 8/5-8/26 4 classes

Thursdays 7:00-8:00 pm

8106.804 4/3-4/24 4 classes

8106.805 5/1-5/29 5 classes

8106.901 6/5-6/26 4 classes

8106.902 7/3-7/31 5 classes

8106.903 8/7-8/28 4 classes



AQUATIC EVENTS

UNDERWATER EGG HUNT!

Registration opened in December 2024.

All ages

PH Aquatic Park: 147 Gregory Lane

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

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

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



SPLASH INTO SAFETY

New!
Free!

All Ages

PH Aquatic Park: 147 Gregory Lane

Join Pleasant Hill Rec Aquatics Staff for our Free Water Safety event! Pools will be open for swimming. Enjoy learning how to stay safe in and around the water!

5/3 Sa 1:30-3:00 pm

SUMMER KICKOFF PARTY

New!

10-17 yrs

PH Aquatic Park: 147 Gregory Lane

Calling all Teens! Kickoff the summer with a pool party! Enjoy swimming, games, music, cannonball contests, and so much more!

Pre-Registration \$12.50 /\$10 (Dist. Res.)

6/8 Su 6:00-8:00 pm



New!
**AFTERNOON
 ART
 ADVENTURES**

3-6 yrs
 Instructors: Ms. Rebecca and Ms. Katie
 Community Center: Preschool Room 2

August 18, 2025 – May 29, 2026

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

\$420/\$400 (Dist. Res.) per month		
6755.100	M-Th	11:25 am - 2:25 pm
\$370/\$350 (Dist. Res.) per month		
6755.101	MWF	11:25 am - 2:25 pm
\$350/\$330 (Dist. Res.) per month		
6755.102	TTh	11:25 am - 2:25 pm

Preschool

2025-2026 SCHOOL YEAR PRESCHOOL

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

NEW REGISTRATION PROCESS!

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

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

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

2025-2026 Tuition Schedule and Monthly Rates

Bumblebees (1.5–2.5 yrs)			
Tu/Th	8:15–11:15 am	CC	\$473/\$453 (Dist. Res.)
M/W/F	8:15–11:15 am	CC	\$576/\$556 (Dist. Res.)
Hummingbirds (2.5–3.5 yrs)			
Tu/Th	8:15–11:15 am	WC	\$463/\$443 (Dist. Res.)
M/W/F	8:15–11:15 am	WC	\$566/\$546 (Dist. Res.)
Bluebirds (3–4 yrs)			
Tu/Th	8:25–11:25 am	CC	\$442/\$422 (Dist. Res.)
M/W/F	8:25–11:25 am	CC	\$489/\$469 (Dist. Res.)
Robins (potty-trained) (4–5 yrs)			
M-Th	8:30–11:30 am	CC	\$612/\$592 (Dist. Res.)
Peacocks (potty-trained) (3.5–5 yrs)			
M-Th	12:45–3:45 pm	WC	\$597/\$577 (Dist. Res.)



PARENT + TOT MUSIC

PARENT & TOT MUSIC

Instructor: Andrea Gaspari
 Community Center: Multiple Facilities

Let's Make Music

18 mos-3 yrs

Join this multi award winner, 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.

Community Center: McHale Room

\$185/\$165 (Dist. Res.)			
6636.920	4/15-5/27	Tu	9:20-10:00 am

Musical Babies

6m-1yr

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

\$185 /\$165 (Dist. Res.)			
6636.921	4/15-5/27	Tu	10:05-10:45 am

PRESCHOOL PERFORMING ARTS & MUSIC

PIANO & ME

3yr 6m-5 yrs

Instructor: Andrea Gaspari
Senior Center: Classrooms

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

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

6636.924 4/15-5/27 Tu 3:30-4:10 pm

PRE-BALLET

3-5 yrs

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

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

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

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

VILLAGE PRINCESS

3-6 yrs

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

The perfect class for the little singing princess in your family.

Students take a contemporary journey through the magical songbook of timeless fairytale classics. Our class focus is for each Princess to have a great time while building strong voices and fond memories of this magical age. Every class includes singing, storytelling and a Princess Tea Party. A class concludes with a heartwarming Village Princess sing-along. Parents are invited to join the fun. Princess attire encouraged.

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

6057.901 4/5-4/26 Sa 9:00-9:50 am
6057.902 5/10-5/31 Sa 9:00-9:50 am



PRE-SCHOOL SPORTS

BASEBALL

Baseball Tots

Instructor: Skyhawks
Pleasant Hill Elementary School

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

Age: 2-3 yrs (Parent & Me)

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

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

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

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

Age: 4-6 yrs.

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

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

SuperTots SPORTS MEDLEY

Instructor: Skyhawks
Facility: Rodgers Smith Park

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

Sports Medley

Age: 2-3 yrs (Parent & Me)

\$218/\$198 (Dist. Res.) (8 classes)

5031.813 3/22-5/17 Sa 9:30-10:00 am
No class 4/05

Age: 3-5 yrs

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

5031.813 3/22-5/17 Sa 10:15-11:00 am
No class 4/05

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



FOOTBALL

IstDownTots

Instructor: Skyhawks

Facility: Rodgers Smith Park

Introduction to football fundamentals.

Age: 3-5 yrs

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

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

SOCCER

Soccer Tots

Instructor: Skyhawks

Pleasant Hill Elementary School

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

Age: 2-3 yrs

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

5099.809	3/20-5/22	Th	5:00-5:25 pm
No Class	4/3		

Age: 4-6 yrs

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

5099.811	3/20-5/22	Th	5:30-6:30 pm
No Class	4/3		

Mommy/Daddy & Me

Age: 2-3 1/2 yrs

Instructor: Kidz Love Soccer

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

Rodgers Smith Park

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

5031.812	4/9-5/21	W	6:20-6:50 pm
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Pleasant Hill Park: West Lawn

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

5031.813	4/11-5/23	F	5:45-6:15 pm
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5031.814	4/19-6/7	Sa	9:00-9:30 am
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Pleasant Hill Park: Soccer Field

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

5031.900	7/11-8/15	F	5:45-6:15 pm
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5031.901	7/12-8/16	Sa	9:05-9:35 am
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Priority Registration for District Residents (Dist. Res.)

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

See Summer Camp Guide
On Flip Side, page 2 »

Tot/Pre Soccer

Instructor: Kidz Love Soccer

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

Age: 3 1/2-5yrs

Rodgers Smith Park

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

5031.815	4/9-5/21	W	5:40-6:15 pm
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Pleasant Hill Park: West Lawn

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

5031.816	4/11-5/23	F	5:05-5:40 pm
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\$190/\$170 (Dist. Res.) (6 classes)

5031.902	7/11-8/15	F	5:05-5:40 pm
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Tot Soccer

Age: 3 1/2-4 yrs

Instructor: Kidz Love Soccer

Pleasant Hill Park: West Sports Field

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

5031.817	4/19-6/7	Sa	11:05-11:35 am
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\$190/\$170 (Dist. Res.) (6 classes)

5031.903	7/12-8/16	Sa	11:10-11:40 am
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Pre Soccer

Age: 4-5yrs

Instructor: Kidz Love Soccer

Pleasant Hill Park: West Sports Field

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!

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

5031.818	4/19-6/7	Sa	10:25-11:00 am
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\$190/\$170 (Dist. Res.) (6 classes)

5031.904	7/12-8/16	Sa	10:30-11:05 am
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Soccer Fundamentals

Instructor: Super Soccer Stars
Pleasant Hill Park: West Lawn

Material fees \$25 due to instructor at beginning of class

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.

Tuesday Classes

3-4 yrs

\$260/\$240 (Dist. Res.)		(8 Classes)
3040.915	4/1-5/20	4:30-5:10 pm

\$230/\$210 (Dist. Res.)		(7 Classes)
3040.916	6/3-7/8	4:30-5:10 pm
3040.917	7/15-8/26	4:30-5:10 pm

5-6 yrs

\$260/\$240 (Dist. Res.)		(8 Classes)
3040.918	4/1-5/20	5:20-6:10 pm

\$230/\$210 (Dist. Res.)		(7 Classes)
3040.919	6/3-7/8	5:20-6:10 pm
3040.920	7/15-8/26	5:20-6:10 pm

7-10 yrs

\$260/\$240 (Dist. Res.)		(8 classes)
3040.921	4/1-5/20	3:30-4:20 pm

\$230/\$210 (Dist. Res.)		(7 classes)
3040.922	6/3-7/8	3:30-4:20 pm
3040.923	7/15-8/26	3:30-4:20 pm

Sunday Classes

2-3 yrs

Our 2-3s program provides an exciting introduction to physical activities, where your little ones will engage in rich language exposure and develop essential movements like running, hopping, jumping, and changing directions. Our expert instructors will also teach basic soccer skills, enhancing coordination and building stability. But it's not all serious training! Our curriculum includes fun dribbling and shooting activities tied to a specific theme (i.e. Outer space) that promotes positive social interaction and lays the foundation for mastering the basic skills of soccer.

\$230/\$210 (Dist. Res.)		(7 classes)
3040.906	4/6-5/25	9:00-9:40 am
3040.908	7/20-8/31	9:00-9:40 am
No class	4/20	

\$200/\$180 (Dist. Res.)		(6 classes)
3040.907	6/8-7/13	9:00-9:40 am

3-4 yrs

Our 3-4s program is specifically crafted to enhance your child's comfort with the ball and further develop their soccer skills. From dribbling to shooting, and even the introduction of passing, our expert coaches will guide your little ones through engaging activities that will have them mastering the game in no time. But it's not just about soccer skills! We also emphasize the importance of teamwork and social interaction. Through fun partner activities, we promote values such as sharing, listening, respect, and cooperation. Your child will not only grow as a player but also as a well-rounded individual.

\$230/\$210 (Dist. Res.)		(7 Classes)
3040.909	4/6-5/25	9:50-10:30 am
3040.911	7/20-8/31	9:50-10:30 am
No Class	4/20	

\$200/\$180 (Dist. Res.)		(6 Classes)
3040.910	6/8-7/13	9:50-10:30 am

5-7 yrs

In this 5-7-year-old class, the primary focus is on body movement with the ball. Your child will be introduced to exciting techniques such as juggling, as well as the important concepts of teamwork and the role of teammates. Through engaging skill-building activities, we will ensure that your child develops the necessary skills to excel in the game. From mastering dribbling techniques to learning impressive moves, we aim to boost their confidence with the ball and ignite their passion for the sport.

\$235/\$215 (Dist. Res.)		(7 Classes)
3040.912	4/6-5/25	10:40-11:30 am
No Class	4/20	

\$205/\$185 (Dist. Res.)		(6 Classes)
3040.913	6/8-7/13	10:40-11:30 am

\$230/\$210 (Dist. Res.)		(7 Classes)
3040.914	7/20-8/31	10:40-11:30 am

SOCCER Stars Skills & Drills Sundays

7-10yrs

Instructor: Super Soccer Stars
Pleasant Hill Park: West Lawn

These classes are designed to enhance soccer abilities through a combination of exciting games, technical training, and engaging group activities. We prioritize creating a comfortable and supportive space for your child to develop essential teamwork skills, ensuring they thrive on the field. With a strong emphasis on constant awareness of teammates, these valuable skills seamlessly transition into real-game situations. Each action-packed class includes ball activities with high repetitions that promote muscle memory and boost confidence in ball control.

\$235/\$215 (Dist. Res.)		
3040.924	4/6-5/25	11:40 am – 12:30pm
3040.926	7/20-8/31	11:40 am – 12:30pm
No Class	4/20	

\$205/\$185 (Dist. Res.)		
3040.925	6/8-7/13	11:40am-12:30pm

TENNIS

PEE WEE'S TENNIS

(4-5 yrs)

Instructor: TBD

Location: College Park High School Tennis Courts

Description: Students will learn Hand-Eye-Foot coordination and the very basics of racquet holding/swinging, connecting the racquets with tennis balls. Bring your own Jr. Size tennis racket.

\$115/\$95 (Dist. Res.)			
5553.900	4/5-4/26	Sa	10:00-11:00 am
5553.901	5/3-5/24	Sa	10:00-11:00 am
5553.902	4/6-4/27	Su	10:00-11:00 am
5553.903	5/4-5/25	Su	10:00-11:00 am



YOUTH ENRICHMENT CLASSES

INTRODUCTION TO TETSUDO NEW

8-17 yrs
Instructor: Sudhir Patel
Senior Center: Classrooms

The Nobel Art of Tetsudo has its roots in Tibet, and its essence lies in the cornerstone that Mind and Body are inextricably linked. The skills learned through the practice of Tetsudo offers profound benefits to everyone regardless of age, gender or fitness level. Tetsudo is a Holistic Martial Art. It is a unique therapeutic experience for both mind and body.

\$181/\$161 (Dist. Res.)

6074.901	4/14-7/7	M	4:15-5:15 pm
No Class	5/26		
6074.902	4/17-7/17	Th	5:15-6:15 pm
No Class	6/19, 5/1		

FILIPINO FOLK DANCE

8-13 yrs
Instructor: Alverna Arellano
Senior Center: Multiple Facilities

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.)

6063.901	4/14-5/19	M	4:30 pm-5:15 pm
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YOUTH FITNESS

FENCING

8-16 yrs
Instructor: Greg Pursley
Community Center: Multiple Facilities

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.

Beginning Youth Fencing

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

6059.901	4/1-5/29	Tu, Th	4:00-5:30 pm
6059.903	6/17-8/7	Tu, Th	5:00-6:30 pm
No Class	6/19		

Intermediate to Advance Youth Fencing

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

6059.902	4/1-5/29	Tu, Th	5:30-7:00 pm
6059.904	6/17-8/7	Tu, Th	6:30-7:30 pm
No Class	6/19		

Youth



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

Get Inspired!

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

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

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



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

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

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

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

All Belts | 5-12 yrs

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

6095.911	4/2-4/30	W	6:00-6:45 pm
No Class	4/9		
6095.912	5/7-5/28	W	6:00-6:45 pm
6095.913	6/4-6/25	W	6:00-6:45 pm
6095.915	8/6-8/27	W	6:00-6:45 pm

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

6095.914	7/2-7/30	W	6:00-6:45 pm
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Beginners | 5-12 yrs

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

6095.901	4/14-4/28	M	5:00-5:45 pm
6095.902	5/5-5/19	M	5:00-5:45 pm
6095.906	4/3-4/24	Th	5:00-5:45 pm
No Class	4/10		
6095.908	6/5-6/26	Th	5:00-5:45 pm
No Class	6/19		

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

6095.903	6/2-6/30	M	5:00-5:45 pm
6095.907	5/1-5/29	Th	5:00-5:45 pm
6095.909	7/3-7/31	Th	5:00-5:45 pm

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

6095.904	7/7-7/28	M	5:00-5:45 pm
6095.905	8/4-8/25	M	5:00-5:45 pm
6095.910	8/7-8/28	Th	5:00-5:45 pm

Novice | 6-13 yrs

Pre-Requisite: Blue Belt or Instructor's Approval

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

6095.926	4/3-4/24	Th	6:00-6:45 pm
No Class	4/10		
6095.821	4/14-4/28	M	6:00-6:45 pm
6095.822	5/5-5/19	M	6:00-6:45 pm
6095.928	6/5-6/26	Th	6:00-6:45 pm
No Class	6/19		

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

6095.823	6/2-6/30	M	6:00-6:45 pm
6095.827	5/1-5/29	Th	6:00-6:45 pm
6095.829	7/3-7/31	Th	6:00-6:45 pm

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

6095.824	7/7-7/28	M	6:00-6:45 pm
6095.825	8/4-8/25	M	6:00-6:45 pm
6095.830	8/7-8/28	Th	6:00-6:45 pm

Intermediate/Advance

Pre-Requisite: Brown Belt or Instructor's Approval

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

6095.916	4/2-4/30	W	5:00-5:45 pm
No Class	4/9		
6095.917	5/7-5/28	W	5:00-5:45 pm
6095.918	6/4-6/25	W	5:00-5:45 pm
6095.920	8/6-8/27	W	5:00-5:45 pm

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

6095.919	7/2-7/30	W	5:00-5:45 pm
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Kobudo Bo Class | 8-13 yrs

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

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

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

6095.931	4/2-4/30	W	7:00-7:45 pm
No Class	4/9		
6095.932	5/7-5/28	W	7:00-7:45 pm
6095.933	6/4-6/25	W	7:00-7:45 pm
6095.935	8/6-8/27	W	7:00-7:45 pm

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

6095.934	7/2-7/30	W	7:00 -7:45 pm
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Tournament Kids | 7-13 yrs

Pre-Requisite: Students must know the specific tournament kata for their level and have sparring gear. Requirements must be met prior to registration.

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. To participate, all students must know their kata. White to Yellow Strip belts must know Kihon Kata Ichi. Sparring equipment is required to protect students.

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

6095.936	4/3-4/24	Th	7:00-7:45 pm
No Class	4/10		
6095.938	6/5-6/26	Th	7:00-7:45 pm
No Class	6/19		

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

6095.937	5/1-5/29	Th	7:00-7:45 pm
6095.939	7/3-7/31	Th	7:00-7:45 pm

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

6095.940	8/7-8/28	Th	7:00-7:45 pm
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All-Access PASS

Unlock unlimited access to all of our class offerings for the entire month with the All-Access Pass.

PLEASE NOTE THE FOLLOWING PRE-REQUISITES:

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

This pass is ideal for Novice to Advanced students who participate in tournaments regularly and are committed to assisting in beginner classes to fulfill their class participation requirements for promotion. By selecting the All-Access Pass, you will not need to register for any other "Japan Karate Do" classes during the month. Please be aware that this option is non-refundable.

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

6095.941	4/2-4/30	M, W, Th	All Day
No Class	4/7, 4/9, 4/10		
6095.942	5/1-5/29	M, W, Th	All Day
No Class	5/26		
6095.943	6/2-6/30	M, W, Th	All Day
No Class	6/19		
6095.944	7/2-7/31	M, W, Th	All Day
6095.945	8/4-8/28	M, W, Th	All Day

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

YOUTH MUSIC

RHYTHM PIANO – GROUP LESSONS

5-8yr 11m yrs

Instructor: Andrea Gaspari

Senior Center: Classroom - Classroom 1

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.)

6088.925 4/15-5/27 Tu 4:15-5:00 pm

YOUTH GUITAR & UKULELE

6-12 yrs

Instructor: John Waller

Winslow Center: Rooms 1&2

Intro to Guitar

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.)

6091.905 4/15-5/20 Tu 5:00-5:50 pm

Ukulele Intro for Kids!

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

6091.906 6/10-7/29 Tu 5:00-5:50 pm

No Clas 7/22



YOUTH S.T.E.A.M CLASSES

AFTERNOONS W/ I HEART ART

7-12 yrs

Instructor: I Heart Art

Senior Center: Arts & Crafts Room

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

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

6069.901 4/14-6/2 M 4:00-5:00 pm

No Class 5/26

YOUTH SPORTS

ULTIMATE FRISBEE

8-11 yrs

Instructor: Oakland Spiders

Pleasant Hill Park Softball Field #2

Ultimate Frisbee is a safe, engaging sport that teaches skills transferable to any sport. Led by the staff of the Oakland Spiders, a professional ultimate frisbee team, each day we will learn throwing, catching, and the fundamental X's and O's. We emphasize Spirit of the Game, social-emotional skills, and life skills to help players thrive.

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

5186.9XX 3/25-5/20 Tu 3:30-4:30 pm

No class 4/8

JUNIOR SPIDERS FRISBEE FUN

5-7 yrs

This class introduces basic frisbee skills and game concepts with an emphasis on FUN. Led by the staff of the Oakland Spiders, a professional ultimate frisbee team, participants of varied skill levels enjoy friendly competition, encouragement, and a focus on play!

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

5186.9XX 3/25-5/20 Tu 4:45-5:30pm

No class 4/8



JR. NBA YOUTH BASKETBALL SPRING LEAGUE

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

Location: PH Middle School Gym, 1 Santa Barbara Road

One practice per week (day/time are determined after registration closes & coaches are assigned).

Games are on Saturdays (day/time are determined after registration closes & coaches are assigned.)

(No Games April 5th) for 6 games.

Registration Closes February 28, 2025

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

(Includes a jersey & basketball)

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

Boys:

5060.900 K-2 Grades

5060.901 3-5 Grades

5060.902 6-8 Grades

Girls:

5060.903 K-2 Grades

5060.904 3-5 Grades

5060.905 6-8 Grades

TENNIS

GROUP LESSONS

Instructor: Coach Rafa
College Park High School Tennis Courts

Youth Beginner/Intermediate

6-10 yrs

Introduction to Tennis and Foundation Building

3 weeks | \$85/\$65 (Dist. Res.)

4 weeks | \$95/\$75 (Dist. Res.)

5555.904	4/7-4/28	M	6:00-7:00 pm
5555.905	5/5-5/19	M	6:00-7:00 pm
(3 classes)			
5555.906	6/2-6/23	M	6:00-7:00 pm
5555.907	7/7-7/28	M	6:00-7:00 pm
5555.908	8/4-8/25	M	6:00-7:00 pm

Teen/Adults Beginner/Intermediate

11 yrs & up

Introduction to tennis and foundation skills building

3 weeks | \$85/\$65 (Dist. Res.)

4 weeks | \$95/\$75 (Dist. Res.)

5565.905	4/7-4/28	M	7:00-8:00pm
5565.906	5/5-5/19	M	7:00-8:00pm
(3 classes)			
5565.907	6/2-6/23	M	7:00-8:00pm
5565.908	7/7-7/28	M	7:00-8:00pm
5565.909	8/4-8/5	M	7:00-8:00pm

Teens/Adults Intermediate

11 yrs & up

Continue to build on foundation skill and move to becoming a more consistent player

3 weeks \$80/60 (Dist. Res.)

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

5565.900	4/4-4/25	F	6:00-7:00 pm
5565.901	5/2-5/23	F	6:00-7:00 pm
(3 classes)			
5565.902	5/30-6/20	F	6:00-7:00 pm
5565.903	6/27-7/25	F	6:00-7:00 pm No Class 7/4
5565.904	8/1-8/22	F	6:00-7:00 pm

Priority Registration for District Residents (Dist. Res.)

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

See Summer Camp Guide
On Flip Side, page 2 »

TEEN/ADULT SPECIALTY TENNIS WORKSHOPS

11 yrs & up

Instructor: Coach Rafa Location: College Park High School Tennis Courts

Teens/Adults Red Ball Tennis

New!

An easier format of Tennis designed to get beginners to learn and play, Tennis in 10 mins, uses 23" racquets, 36' starter balls and half the width of a tennis court

4 weeks | \$90/\$70 (Dist. Res.)

5555.914	4/2-4/23	W	8:00-9:00 pm
5555.915	5/7-5/28	W	8:00-9:00 pm
5555.916	6/4-6/25	W	8:00-9:00 pm
5555.917	7/9-7/30	W	8:00-9:00 pm
5555.918	8/6-8/27	W	8:00-9:00 pm

Teens/Adults Cardio Tennis

New!

Tennis Centric Cardio workout to include Jump Ropes, Speed Ladders, Cone Drills stations in addition to hitting/rallying with tennis balls

4 weeks | \$90/\$70 (Dist. Res.)

5555.919	4/7-4/28	M	8:00-9:00 pm
5555.920	5/5-5/19	M	8:00-9:00pm
(3 classes)			
5555.921	6/2-6/23	M	8:00-9:00pm
5555.922	7/7-7/28	M	8:00-9:00pm
5555.923	8/4-8/5	M	8:00-9:00pm

Teens/Adults Advanced

11+ yrs

Players advance beyond intermediate skills and focus on more competitive play

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

4 weeks | \$95/\$75 (Dist. Res.)

Tuesdays

5555.909	4/8-4/29	T	7:00-8:00 pm
5555.910	5/6-5/20	T	7:00-8:00 pm
(3 classes)			
5555.911	6/3-6/24	T	7:00-8:00 pm
5555.912	7/8-7/29	T	7:00-8:00 pm
5555.913	8/5-8/26	T	7:00-8:00 pm

Fridays

5566.900	4/4-4/25	F	7:00-8:00 pm
5566.901	5/2-5/16	F	7:00-8:00 pm
(3 classes)			
5566.902	5/30-6/20	F	7:00-8:00 pm
5566.903	6/27-7/25	F	7:00-8:00 pm
No Class	7/4		
5566.904	8/1-8/22	F	7:00-8:00 pm

Saturday

5566.905	8/2-8/23	Sa	7:00-8:00 pm
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Teens/Adult Drop In Clinic

Focuses on rallying with as many players as possible Players rotate—loser steps out, another steps in and continues for 1 hour

4 weeks | \$90/\$70 (Dist. Res.)

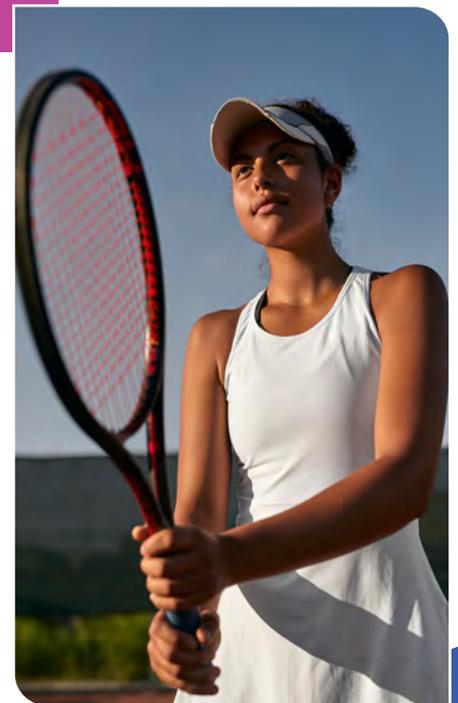
5565.934	4/3-4/24	Th	7:00-8:00pm
5565.935	5/1-5/22	Th	7:00-8:00pm
5565.936	6/5-6/26	Th	7:00-8:00pm
5565.937	7/10-7/31	Th	7:00-8:00pm
5565.938	8/7-8/28	Th	7:00-8:00pm

Teens/Adult High Intensity Interval Training (HIIT)

Focuses on explosive/intense workouts on the tennis courts consisting of exercises such as: Burpees, jumping jacks, push-ups, crunches, sprints then a round robin match of tennis, each participant plays each other until there's an overall winner.

4 weeks | \$90/\$70 (Dist. Res.)

5565.939	4/3-4/24	Th	8:00-9:00 pm
5565.940	5/1-5/22	Th	8:00-9:00 pm
5565.941	6/5-6/26	Th	8:00-9:00 pm
5565.942	7/10-7/31	Th	8:00-9:00 pm
5565.943	8/7-8/28	Th	8:00-9:00 pm



PRIVATE LESSONS

Instructor: Coach Rafa
College Park High School Tennis Courts

Single player focus, designed to improve all areas of the game

Groundstrokes (forehand, backhand), Volleys, Serves, Return of Serves, Smash

Approach Shot, Strategies/Tactics, Mental Toughness

Court Coverage and gearing up for competitive matches.

YOUTH

5+ yrs

4 weeks | \$170/\$150 (Dist. Res.)

Wednesdays

5555.924	4/2-4/23	W	6:00-7:00 pm
5555.925	5/7-5/28	W	6:00-7:00 pm
5555.926	6/4-6/25	W	6:00-7:00 pm
No Class	6/19		
5555.927	7/9-7/30	W	6:00-7:00 pm
5555.928	8/6-8/27	W	6:00-7:00 pm
5555.929	4/2-4/23	W	7:00-8:00 pm
5555.930	5/7-5/28	W	7:00-8:00 pm
5555.931	6/4-6/25	W	7:00-8:00 pm
5555.932	7/9-7/30	W	7:00-8:00 pm
5555.933	8/6-8/27	W	7:00-8:00 pm

TEEN/ADULTS

13 yrs & up

4 weeks | \$170/\$150 (Dist. Res.)

Wednesdays

5565.919	4/2-4/23	W	6:00-7:00 pm
5565.920	5/7-5/28	W	6:00-7:00 pm
5565.921	6/4-6/25	W	6:00-7:00 pm
5565.922	7/9-7/30	W	6:00-7:00 pm
No Class	6/19		
5565.923	8/6-8/27	W	6:00-7:00 pm
5565.924	4/2-4/23	W	7:00-8:00 pm
5565.925	5/7-5/28	W	7:00-8:00 pm
5565.926	6/4-6/25	W	7:00-8:00 pm
5565.927	7/9-7/30	W	7:00-8:00 pm
5565.928	8/6-8/27	W	7:00-8:00 pm

Saturdays

5566.907	4/5-4/26	Sa	11:00 am-1:00 pm
5566.908	5/3-5/17	Sa	11:00 am-1:00 pm
(3 classes)			
5566.909	5/31-6/21	Sa	11:00 am-1:00 pm
5566.910	6/28-7/26	Sa	11:00 am-1:00 pm
No Class	7/4		
5566.911	8/2-8/23	Sa	11:00 am-1:00 pm
5566.912	8/3-8/24	Sa	11:00 am-1:00 pm
5566.913	4/5-4/26	Sa	1:00-2:00 pm
5566.914	5/3-5/17	Sa	1:00-2:00 pm
(3 classes)			
5566.915	5/31-6/21	Sa	1:00-2:00 pm
5566.916	6/28-7/26	Sa	1:00-2:00 pm
No Class	7/4		
5566.917	8/2-8/23	Sa	1:00-2:00 pm
5566.918	8/3-8/24	Sa	1:00-2:00 pm

Sundays

5566.919	4/6-4/27	Su	11:00 am-1:00 pm
5566.920	5/4-5/18	Su	11:00 am-1:00 pm
(3 classes)			
5566.921	6/1-6/22	Su	11:00 am-1:00 pm
5566.922	6/29-7/27	Su	11:00 am-1:00 pm
No Class	7/4		
5566.923	8/3-8/24	Su	11:00 am-1:00 pm
5566.924	8/4-8/25	Su	11:00 am-1:00 pm
5566.925	4/6-4/27	Su	1:00-2:00 pm
5566.926	5/4-5/18	Su	1:00-2:00 pm
(3 classes)			
5566.927	6/1-6/22	Su	1:00-2:00 pm
5566.928	6/29-7/27	Su	1:00-2:00 pm
No Class	7/4		
5566.929	8/3-8/24	Su	1:00-2:00 pm
5566.930	8/4-8/25	Su	1:00-2:00 pm



YOUTH SOCCER

SOCCER 1 TECHNIQUES & TEAM WORK

Age: 5-6 yrs
Instructor: Kidz Love Soccer

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

Rodgers Smith Park

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

5031.819	4/9-5/21	W	4:50-5:35 pm
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Pleasant Hill Park: West Lawn

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

5031.820	4/11-5/23	F	4:15-5:00 pm
5031.821	4/19-6/7	Sa	9:35-10:20 am

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

5031.905	7/11-8/15	F	4:15-5:00 pm
5031.906	7/12-8/16	Sa	9:40-10:25 am

SOCCER 2 SKILLS & SCRIMMAGES

Age: 7-10 yrs

Instructor: Kidz Love Soccer

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

Rodgers Smith Park

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

5031.822	4/9-5/21	W	4:00-4:45 pm
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Pleasant Hill Park: West Lawn

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

5031.823	4/11-5/23	F	3:25-4:10 pm
5031.824	4/19-6/7	Sa	11:40 am-12:25 pm

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

5031.907	7/11-8/15	F	3:25-4:10 pm
5031.908	7/12-8/16	Sa	11:45 am-12:30 pm

SOCCER STARS SKILLS & DRILLS

7-10yrs

Instructor: Super Soccer Stars
Pleasant Hill Park

These classes are designed to enhance soccer abilities through a combination of exciting games, technical training, and engaging group activities. We prioritize creating a comfortable and supportive space for your child. Each action-packed class includes ball activities with high repetitions that promote muscle memory and boost confidence in ball control.

\$235/\$215 (Dist. Res.) (7 Classes)

3040.924	4/6-5/25	Su	11:40 am-12:30 pm
3040.926	7/20-8/31	Su	11:40 am-12:30 pm
No Class	4/20		

\$205/\$185 (Dist. Res.) (6 Classes)

3040.925	6/8-7/13	Su	11:40 am-12:30 pm
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Material fees \$25 due to instructor at start of class

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

PLEASANT HILL TEEN COUNCIL

Grades 6-12

Teen Council Now Accepting Applications for 2024-2025 School Year

Get Involved! Plan Fun Activities for Teens! Meet New Friends from other schools! Make a positive impact! 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 of the month, September-June (excluding holidays), from 7:00-8:00 pm at the Pleasant Hill Teen Center



TEEN ENRICHMENT

BABYSITTING 101 FOR BEGINNERS

10-16 yrs

Instructor: Morgan Dziad
Senior Center: Classroom 3
(former computer lab)

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

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

5105.901 6/26 Th 10:00 am-2:00 pm

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

Online Course

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

Sign up @ safetydrivesed.com/

Virtual LIVE Instructor

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

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

5100.901 5/3-5/24 Sa 9:00 am-12:00 pm

TEEN SPORTS

TENNIS

See page 13 for Tennis classes



TEEN Scene



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

TEEN AFTER-SCHOOL PROGRAM

Grades 6-12

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

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

Fees: \$12.50/day | \$17/day with transportation from Valley View Middle School & Hill Middle School.
Annual membership fees: \$66/\$55 (Dist. Res.)

After School 2025 Open House
Thursday, May 15 | 5:30-6:30 pm

PH Teen Center, 147 Gregory Ln, Pleasant Hill
Register for 2025-2026 School year, complete required registration paperwork, meet staff, see facility and complete required registration paperwork.

Adult



SPECIAL INTEREST CLASSES

ACRYLIC PAINTING WORKSHOP

Instructor: Allison Trestor
Senior Center: Dining Room

Follow along with the instructor as you paint with acrylic paint on a 16 x 20 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 in just one workshop 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.)

2266.901	4/12	Sa	9:30 am-12:00 pm
2266.902	5/10	Sa	9:30 am-12:00 pm
2266.903	6/14	Sa	9:30 am-12:00 pm
2266.904	7/12	Sa	9:30 am-12:00 pm
2266.905	8/9	Sa	9:30 am-12:00 pm

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

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.)

2231.901	4/22-5/27	Tu	9:30 am-12:00 pm
2231.902	6/3-7/8	Tu	9:30 am-12:00 pm
2231.903	7/22-8/26	Tu	9:30 am-12:00 pm

Priority Registration for District Residents (Dist. Res.)

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

See Summer Camp Guide
On Flip Side, page 2 »

GUITAR INTRODUCTION

Instructor: John Waller
Winslow Center: Rooms 1 & 2

This guitar class will help motivate you to pick up the guitar and finally play it. We will start with the basics and work toward learning chords and easy songs to 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.)

4575.901	4/15-5/20	Tu	6:00-6:50 pm
4575.902	6/10-7/29	Tu	6:00-6:50 pm
No Class	7/1, 7/22		

BEGINNING DRUMMING DROP-IN

Instructor: John Waller
Winslow Center: Rooms 1 & 2

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

4574.901	4/15-5/20	Tu	7:00-8:00 pm
4574.902	6/10-7/29	Tu	7:00-8:00 pm
No Class	7/1, 7/22		

\$15 cash (or check made out to PHRPD) pay directly to the instructor.

GOLDEN NOTES CHORUS

Instructor: Douglas Emigh
Senior Center: Chateau Room

Do you love to sing? 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.)

2350.901	4/8-6/17	Tu	9:45-11:30 am
No Class	5/13		

IMPROV FOR FUN AND ENHANCED COMMUNICATION

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.

\$164/\$144 (Dist. Res.)

4062.901	4/15-5/20	Tu	5:00-6:30 pm
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INTERMEDIATE IMPROV FOR MORE FUN AND SCENE WORK

Instructor: Jaime Rich
Senior Center: Classroom 3

Improv for those that want to dig deeper into improv. We will do more scene work with coaching on skills needed for effective communication on stage and in life.
Prerequisite: any prior improv experience.

\$164/\$144 (Dist. Res.)

4062.902	7/8-8/12	Tu	5:00-6:30 pm
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QUILTING

Instructor: Carol Madsen
Senior Center: Chateau Room

Beginning Quilting

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

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

2243.901	4/7-6/16	M	12:30-3:00 pm
No Class	5/26		
2243.902	6/23-8/25	M	12:30-3:00 pm

Quilting Beyond the Basics

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

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

2244.901	4/7-6/16	M	9:30 am-12:00 pm
No Class	5/26		
2244.902	6/23-8/25	M	9:30 am-12:00 pm

Senior Center: Classrooms

Quilting Basics +

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

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

2245.901	4/1-6/10	Tu	6:00-8:30 pm
No Class	6/3		
2245.902	6/17-8/19	Tu	6:00-8:30 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.)

4610.901	6/18	W	7:00-8:30pm
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DANCE CLASSES

SATURDAY LINE DANCE

Instructor: Millie Dusha
Senior Center: Dance Studio

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

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

Saturdays, 4/5-8/30

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 4/12, 4/19, 5/17, 5/24, 7/12, 7/19, 7/26

MONDAY LINE DANCE

Instructor: Tessie Aczon
Senior Center: Dance Studio

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

Drop In: 1 class, \$5; 2 classes, \$8; 3 classes (same day): \$10
Mondays, 4/7-8/25

Basic beginner (new to line dancing):
12:30-1:30 pm

Beginner/Improver (must know basic steps):
1:30-2:30 pm

Improver/Intermediate (more advanced steps):
2:30-4:00 pm
No Class 5/26, 7/14, 7/21

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 4/11-8/29
No Class 5/2, 7/4

Wake Up and Move

9:00-10:00 am

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

Adult Tap Basics

10:00-11:00 am

Did you tap in your childhood, or are you interested in trying something new?

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

Adult Tap Intermediate

11:00 am-12:00 pm

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

SOCIAL BALLROOM DANCE

Instructor: Alberta Bagneschi
Senior Center: Chateau Room

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

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

Waltz & Salsa

Beginning

4114.901 4/16-5/7 W 7:00-8:00 pm

Intermediate

4114.902 4/16-5/7 W 8:00-9:00 pm

Fox Trot & Cha Cha Cha

Beginning

4114.903 5/14-6/4 W 7:00-8:00 pm

Intermediate

4114.904 5/14-6/4 W 8:00-9:00 pm

Rumba & Swing

Beginning

4114.906 6/18-7/9 W 7:00-8:00 pm

Intermediate

4114.907 6/18-7/9 W 8:00-9:00 pm

WEDDING FIRST DANCE & SPECIAL OCCASION DANCE WORKSHOP

Instructor: Alberta Bagneschi
Senior Center: Chateau Room

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

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

4114.905 6/11 W 7:00-9:00 pm



BOLLYWOOD & BEYOND

Instructor: Layla Habib
Senior Center: Dance Studio

This Bollywood inspired dance fitness program that combines dynamic choreography with the hottest music from around the world. 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.)

4660.901 4/16-5/21 W 6:00-6:50 pm

4660.902 7/9-8/13 W 6:00-6:50 pm

BELLY DANCE TECHNIQUE LEVEL I & II

Instructor: Sharifa M
Senior Center: Dance Studio

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

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

4133.901 4/8-5/6 Tu 7:00-8:15 pm

4133.902 5/13-6/10 Tu 7:00-8:15 pm

FILIPINO FOLK DANCE

Instructor: Alverna Arellano
Senior Center: Dance Studio

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

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

4135.901 4/14-5/19 M 5:30-7:00 pm

NIA-TECHNIQUE DANCE EXERCISE: MUSIC, MOVEMENT, MAGIC

Instructor: Kathleen Bate
Senior Center: Dance Studio

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

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

4692.901 4/1-5/6 Tu 5:45-6:45 pm

4692.902 5/13-6/17 Tu 5:45-6:45 pm

4692.903 6/24-8/5 Tu 5:45-6:45 pm

4692.904 8/12-9/23 Tu 5:45-6:45 pm

No Class 7/1, 9/2

FITNESS CLASSES

MEDITATION & MINDFULNESS

Instructor: Gregory Riley
Senior Center: Dance Studio

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

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

4511.901	4/4-8/29	F	1:30pm-2:30pm
No Class	5/2, 7/4		

MOVING TO HEAL NIA, MOVING TO FEEL BETTER

Instructor: Kathleen Bate
Senior Center: Dance Studio

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

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

4693.901	4/7-5/12	M	10:30-11:15 am
4693.902	6/2-7/7	M	10:30-11:15 am
4693.903	7/14-8/25	M	10:30-11:15 am

MOVING TO HEAL NIA

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.

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

4694.901	4/3-5/1	Th	10:30-11:15am
4694.902	5/8-6/5	Th	10:30-11:15am
4694.903	6/12-7/24	Th	10:30-11:15am
4694.904	7/31-8/28	Th	10:30-11:15am
No Class	6/19, 7/3		

FENCING

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

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

Drop in fee: \$10

4630.901	4/7-8/25	M	7:00-10:00 pm
No Class	5/26		



ADULT

FITNESS CLASSES WITH JENIFER MANN *New!*

Instructor: Jenifer Mann
Senior Center Dance Studio

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

Barre Pilates Fusion

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

4/15-8/26	Tu	10:15 -11:00am
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Cardio Drumming

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

4/15-8/26	Tu	11:15am -12:00pm
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Zumba Gold

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.

4/15-8/26	Tu	9:15 -10:00am
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NORDIC WALKING

Instructor: Helene Le Guiniec
Senior Center: Outside Main Entrance

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

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

2315.901	4/2 & 4/4	W/F	9:30-10:30 am
2315.902	4/23 & 4/25	W/F	9:30-10:30 am
2315.903	5/7 & 5/9	W/F	9:30-10:30 am
2315.904	5/28 & 5/30	W/F	9:30-10:30 am
2315.905	6/18 & 6/20	W/F	9:30-10:30 am
2315.906	7/9 & 7/11	W/F	9:30-10:30 am
2315.907	4/19	Sat	9:30-11:30 am
2315.908	5/17	Sat	9:30-11:30 am
2315.909	6/14	Sat	9:30-11:30 am

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.)

4636.901	6/2-7/14	M	5:45 -7:00 pm
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\$115/\$95 (Dist. Res.)

4636.902	7/21-8/25	M	5:45 -7:00 pm
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Note: 7/21 Class at Senior Center Dance Studio
 8/4 Class in Soroptimist Room



Online CLASSES

ANYTIME. ANYWHERE.

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

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 (Drop in fee: \$17 to the instructor, checks payable to PHRPD)

4510.901	4/1-8/26	Tu	6:00-7:00 pm
No Class	6/3		

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

4/3-8/28	Mondays & Thursdays	9:00 am-10:00 am
No Class	5/26, 6/19	

TAI CHI/BALANCE CLASSES

TAI-CHI AND QIGONG

Instructor: Jon Finch
Senior Center: Dance Studio

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

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

2210.901	5/7-6/25	W	1:00 -2:00 pm
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\$94/\$75 (Dist. Res.)

2210.902	7/9-8/20	W	1:00 -2:00 pm
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BALANCE – CHAIR BASED TAI CHI

Instructor: Jon Finch
Senior Center: Dance Studio

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

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

2219.901	5/6-6/24	Tu	1:00-2:00 pm
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\$94/\$75 (Dist. Res.)

2219.902	7/8-8/19	Tu	1:00-2:00 pm
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TAI-CHI CHUAN

Instructor: Bryce Ikeda
Senior: Center Dance Studio

Tai-Chi Chuan – Second Set

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

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

2310.901	5/13-6/24	Tu	2:30-3:30 pm
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2310.902	7/8-8/19	Tu	2:30-3:30 pm
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Tai-Chi Chuan – Third Set

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

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

2311.901	5/14-6/25	W	11:00 am-12:00 pm
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2311.902	7/9-8/20	W	11:00 am-12:00 pm
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Tai-Chi Chuan – Practice

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

5 Class punch card: \$55

2312.901	5/14-6/25	W	9:30-10:30 am
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2312.902	7/9-8/20	W	9:30-10:30 am
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Adult SPORTS

ADULT LEAGUES

TEAM REGISTRATIONS:

Basketball (3v3 & 5v5)

Bocce

Flag Football

Soccer (5v5)

Softball

For league details:

www.pleasanthillrec.com/288,

(925) 682-0896 or

emailvdavis@pleasanthillrec.com

For the most up-to-date registration information and roster requirements, please visit our Adult Sports program page online at PleasantHillRec.com/288. Registration is by team only and is processed completely online.

DROP-IN ADULT SPORTS

18+ yrs

BADMINTON

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

\$8 p/person (CASH ONLY)

Fridays	7:30 pm - 9:30 pm
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BASKETBALL

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

\$8 p/person (CASH ONLY)

Fridays	5:30 - 7:30 pm
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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
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Explore THE WORLD 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 convenience, the journey, and adventure.

Travel

PERU: MACHU PICCHU AND LAKE TITICACA
OCTOBER 26-NOVEMBER 4, 2025
10 DAYS 15 MEALS: 9 BREAKFAST, 2 LUNCHES, 4 DINNERS



DESTINATION

Highlights

- Lima, Sacred Valley of the Incas,
- Local Andean Cultures
- Ollantaytambo Ruins
- Home-Hosted Lunches
- Machu Picchu
- Cuzco

CHOICE ON TOUR:

- Sacsayhuamán Fortress
- Walking Tour of San Blas, Lake Titicaca, Uros Floating Islands

Travel through this intriguing land visiting some of the world's most legendary sites, including Machu Picchu, the "Lost City of the Incas." Arrive late this evening in Lima, the "City of Kings." Discover Lima's fascinating history during a colonial tour through the historic city center, a UNESCO World Heritage site. Admire the artwork at San Francisco Monastery and enter the catacombs. View the elegant Cathedral at Plaza de Armas and visit the Casa de Aliaga – former house of the conquistador Jeronimo de Aliaga y Ramirez – where the energy of colonial and republican Lima comes to life. Fly to Cuzco, in the heart of the Inca civilization. Journey through the Andes to the majestic Sacred Valley of the Incas, the agricultural center of their grand empire. While en route to your hotel, explore different towns in the valley, each a representation of the region's unique culture. After a short lesson on the local language, stop in Pisac village to browse the colorful handicraft market. Climb aboard your train to Machu Picchu for breathtaking views through panoramic windows as you ride through the Andes to the "Lost City of the Incas." Hidden by mountains and semi-tropical jungle, Machu Picchu is considered the most spectacular sight in South America. Spend the afternoon with your guide uncovering the mysteries of these majestic ruins.

Per Person Rate: \$5,548 Double/\$6,148 Single/ \$5,498 Triple

50+ PLEASANT Getaways

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

CALL 925.798.8747

TRAVEL OFFICE HOURS:

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



50+

Senior Services:

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

Senior Activities:

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

Additional activities, see pleasanthillrec.com



2025 SENIOR MEMBERSHIP

Join the Pleasant Hill Senior Club now!

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

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

EDUCATIONAL WORKSHOPS

FREE to attend

New

(18+ yrs)

Sunsational Seniors Workshop

Senior Center: Classrooms

4/24	Th	10:30am	Aging Solo With Dignity
5/22	Th	10:30am	Seniors Who Cook
6/26	Th	10:30am	Signs Of A Medical Emergency
7/24	Th	10:30am	Conversation Starters, Historical Edition
8/28	Th	10:30am	Men's Health & What's Important To Know

Contra Costa Senior Legal Services Presentations

Senior Center: Chateau Room

4/22	Tu	2:00 pm	Home Ownership Protection For Elders
5/20	Tu	2:00pm	Elder Financial Abuse
6/24	Tu	1:00pm	Tenants' Rights

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

(in partnership with TresVista Assisted Living)

Senior Center: Classroom 3

4/15	Tu	9:30am	Digital Literacy for Travel and Organization
5/20	Tu	9:30am	Digital Literacy for Photos
6/17	Tu	9:30am	Digital Literacy for Entertainment
7/15	Tu	9:30am	Digital Literacy for Finances
8/19	Tu	9:30am	Digital Security & Data Privacy

Care MANAGEMENT PROGRAM

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



Hello

Michelle Lacy General Manager

Dear Friends,

Get ready to play! Our busiest recreation season is here, and we're excited to have you join us. Our 2025 Spring & Summer theme is **CURIOSITY QUEST!** to encourage people of all ages to explore new possibilities for recreation, enrichment, fitness and fun. As you prepare for enroll for spring & summer camps and activities, please carefully review our new registration process and registration open dates on Page 2. We have made several changes to incorporate our new District resident priority registration policy and to offer a smoother registration process for summer camps and spring/summer swim lessons.

The first half of this combination "flip" issues features our 2025 Summer Camp Guide which includes Classic and Specialty Summer Camps for preschoolers, youth, and teens. Summer Classic camps are run exclusively by trained Rec & Park staff, offer flexible full and/or half-day schedule options and often include staff-supervised, off-site field trips around the Bay Area. Specialty Camps offer fun, educational, and inspiring enrichment experiences to capture your camper's special interests. Need help planning for summer? View our Camps-At-A-Glance chart on page 26 in the Summer Camp Guide.

The second half of this issue features our "regular" recreational classes and activities, followed by a lineup of exciting larger community events and boutique recreation events. Don't miss our NEW Bark in the Park event on May 10 for all dog owners and dog lovers. Also note that our popular Tinkers & Thinkers Innovation Faire has been moved to April this year.

I'm also pleased to announce that public swim admission will once again, be FREE for all ages this summer. Don't forget to enroll yourself or your child into swim lesson to help keep safe in, on and around water.

Wishing you a happy summer full of curiosity and fun!

Warm regards,
Michelle Lacy, General Manager

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

Our Mission: Put people first.

BOARD OF DIRECTORS

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

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

Follow us @pleasanthillrec



3 WAYS TO REGISTER NOW!



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



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



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

District Resident registration for Non-Camp activities opens Monday, March 3, 2025

Non-District Resident registration for Non-Camp activities opens Monday, March 5, 2025

See Summer Camp Guide section (page 2) for Spring/Summer Swim Lessons and Summer Camp Registration Dates.

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

ADMINISTRATIVE STAFF

- Michelle Lacy, General Manager
- 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
- Chris Petlock, Administrative Services Manager
- Korey Riley, Aquatics & Sports Manager
- Jen Thoits, Marketing, Communications & Events Manager
- Nicole Watson, Recreation Superintendent

CO-SPONSORED CLUBS & ORGANIZATIONS

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

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

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

FACILITY & PARK LOCATIONS

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

PH Aquatic Park: 147 Gregory Lane
(925) 682-0896

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

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

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

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

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

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

Winslow Center: 2590 Pleasant Hill Road

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

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

AMERICANS WITH DISABILITIES ACT (ADA)



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

Specialty EVENTS



UNDERWATER EGG HUNT!

All Ages
PH Aquatic Park:
147 Gregory Lane

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

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

3/29	Sa	1:00-2:30 pm
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Registration opened in December 2024.

SPLASH INTO SAFETY

All Ages
PH Aquatic Park:
147 Gregory Lane

Join Pleasant Hill Rec Aquatics Staff for our Free Water Safety event! Pools will be open for swimming. Enjoy learning how to stay safe in and around the water!

FREE

5/3	Sa	1:30-3:00 pm
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AGE WELL (FORMERLY LAUGH, LOVE AND LEARN)

Age Well Senior Expo
Pleasant Hill Senior Center
233 Gregory Lane | (925) 798-8788

All funds raised benefit the Senior Center Care Management Program. For more information, call the Senior Center at (925)798-8788.

Over 50 senior-service related vendors from the local area and free giveaways!

Free for Seniors to Attend

5/2	F	10:00 am-2:00 pm.
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Free!



Turn page for more exciting spring & summer events!

INCLUSIVE REC DANCES 2025

18 yrs & up
Fridays, 7:00-9:00 pm
Locations shown below

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

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

April 4:	Concord (2727 Parkside Circle)
May 16:	Martinez (818 Green Street)
June 6:	Pleasant Hill (233 Gregory Lane)
July 18:	Walnut Creek (111 N. Wiget Lane)
August 8:	Concord (2727 Parkside Circle)

For more information contact

Karen McKimmy at
kmckimmy@pleasanthillrec.com.

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

SUMMER KICKOFF PARTY

10-17 yrs
PH Aquatic Park: 147 Gregory Lane

New!

Calling all Teens! Kickoff the summer with a pool party! Enjoy swimming, games, music, cannonball contests, and so much more!

Pre-Registration \$12.50 /\$10 (Dist. Res.)

6/8	Su	6:00-8:00 pm
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CLARINET FUSION SUMMER CONCERT

Pleasant Hill Senior Center, Chateau Room

Pleasant Hill's very own Clarinet Fusion will perform live music to the delight of all ages! Bring the whole family! Tickets will stop being sold online at 4pm day of the show.

You may purchase at the door (student tickets are just \$5).

Tickets will increase to \$10 after date 6/1

6/12	Th	7pm
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Special Student rate \$5. Registration system will automatically discount anyone under the age of 18 in the cart, if you run into difficulty with this you can contact the front desk at (925) 798-8788 for assistance.

Register online now! www.pleasanthillrec.com | (925) 682-0896

25

SIGNATURE
COMMUNITY

Events

Free!



Get ready for an **EVENT-ful** new year ahead filled with **FREE, fun, community events** hosted by Pleasant Hill Rec and Park District.

For more information and updates about events, visit

www.PleasantHillRec.com/35

"EGG"STRAVAGANZA

0-10 yrs

Saturday, April 19, 9:45-11:00 AM
Pleasant Hill Park, 147 Gregory Lane

Join us for a hoppin' good time at our **FREE** "Egg"stravaganza! This year, there will be one giant egg hunt for kids ages 5-10 yrs at 10:00 am. Don't be late! We will not have multiple egg hunt sessions this year. The giant egg hunt begins promptly at 10:00 am and runs until all eggs are found.. Our youngest egg hunters, 0-4 yrs (and their grown-ups), can take their time to learn how to egg hunt and enjoy the experience in a smaller, separate non-competitive egg hunt area. A lively dance party will follow the giant egg hunt from 10:30-11:00 am. Everyone encouraged to join. No registration required! Bring your Easter baskets and best dance moves. Don't miss out on this "egg-citing" morning—fun for the whole family!

TINKERS & THINKERS LAUNCH PARTY

All Ages

Saturday, April 26, 12:00-3:00 PM
Pleasant Hill Park (new location behind Teen Center, 147 Gregory Lane

3-2-1 Blastoff! Join us for an exciting afternoon of S.T.E.A.M. learning and exploration! Build a rocket and launch it in the park! Pick up a take-home Tinker Box and get inspired with ideas to build multiple solar-powered projects with the components inside. Visit PHTinkersAndThinkers.com for more information and updates.

Tinkers & Thinkers is a collaborative partnership between the Pleasant Hill Library and Pleasant Hill Recreation & Park District.

BARK IN THE PARK



Saturday, May 10, 10:00 AM-2:00 PM
Pleasant Hill Park, 147 Gregory Lane

Get ready for tail-wagging fun at the brand-new Bark in the Park event! This free celebration of all things canine features local vendors, delicious food trucks, and adorable adoptable pets looking for their forever homes. Bring your furry friend (costumes welcome!) and enjoy a day filled with treats, activities, and paw-sitive vibes for the whole family!

BLUES & BREWS FESTIVAL

Fri, July 18, 6:00-9:00 PM

Sat, July 19, 4:00-9:00 PM

Pleasant Hill Park, 147 Gregory Lane

The ultimate summer party is here! Mark your calendar for the third weekend in July and get ready for Blues & Brews. Chill out with live tunes, sip on refreshing local craft brews, and enjoy mouth-watering eats. Explore craft vendors, let the kids play in the Kid Zone, and soak up all the summer vibes. Entry is free—grab your beer tasting tickets, check out the music lineup, and see what's new at BluesandBrewsFestival.com.

MULTICULTURAL FESTIVAL



Sat, September 13, 11:00 AM-3:00 PM
Pleasant Hill Park, 147 Gregory Lane

Join us for the brand-new Pleasant Hill *Multicultural Festival*! Indulge in a variety of international cuisines, enjoy captivating live performances, and explore diverse art from across the globe. Immerse yourself in this vibrant celebration of global traditions, flavors, and creativity—and you don't even need your passport!

2025 EVENT SPONSORSHIPS

Pleasant Hill Rec & Park Community Events bring together over 2,000 attendees, offering a chance for your business to connect with the community. As a sponsor, you'll gain valuable brand exposure and direct access to an engaged local audience helping you reach potential customers in a meaningful way.

For more information, contact Liz Harrison, Special Events Coordinator, at lharrison@pleasanthillrec.com or 925-682-0896.

