

Fall/Winter
2017

the Spotlight



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pleasanthillrec.com





TINKERS & THINKERS

INNOVATION FAIRE

Brought to you by:  

SEPT 16 / 11 AM - 3 PM
PLEASANT HILL PARK



Event sponsored by:



FREE!
Tinkers and Thinkers Innovation Fair **NEW!**

Saturday, September 16
11:00 am–3:00 pm

Creative Thinkers! Amazing Tinkers! Don't miss Pleasant Hill's spin on the popular "Makers Fair"! Participate in a variety of "hands-on" and make-and-take activities. Engage in science, technology, engineering & mathematics (S.T.E.M.)! Marvel at the latest mind-blowing innovations from local makers, entrepreneurs, businesses, non-profits and educators. Free for all ages. Brought to you by Pleasant Hill Library & PHRec & Park District.

Pleasant Hill Park & Teen Center

Pumpkin Splash! **NEW!**
Sunday, October 15, 1:00–3:00 pm

Don't miss this spooktacular fun for all ages! See page 25 for details.

FREE! Trunk or Treat
Friday, October 27

Bring the whole family in costume and enjoy the evening going from trunk to trunk, collecting candy from community members who have decorated their vehicles for this fun, spooktacular event. Crafts, activities and a goodie bag for each child. Don't want to trick or treat? Register your decorated vehicle for a chance to win a great prize (we ask that you provide two large bags of store-bought candy that on arrival will be inspected before distribution). Food and drinks available for purchase to help support the Pleasant Hill Teen Center. FREE for Trick-or-Treaters. (Donations appreciated). Co-sponsored by Generations Church.

Pleasant Hill Park, Parking Lot:
147 Gregory Lane

FREE to public | Trunk Entry Fee: \$5

5164.401 10/27 F 6:00–8:00 pm

Fairytale Princess Breakfast
Saturday, November 4th

Join us for a breakfast fit for a royal family. Wear your favorite princess outfit. Includes Princess Story Time, pancake breakfast, and a visit with our very special guest. Online pre-registration required. Child should be between 1–8 years old. Parent must also register, all guests attending must pay admission.

Senior Center: Chateau Room
Admission: \$10.50/\$9.50 (Dist. Res.)

6163.401 11/4 Sa 8:30–9:30 am

FREE Admission!
Holiday Boutique & Crafts Fair

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

Saturday, November 18, 9:00 am–3:00 pm
Senior Center

Clarinet Fusion Holiday Concert

Pleasant Hill's Clarinet Fusion will perform live holiday music for all ages! Bring the whole family! Tickets on sale October 30th.

Wednesday, December 20, 7:00 pm
Tickets: Pre-sale \$5; Day of \$8

Senior Center: Chateau Room



Share the Magic
Friday, October 13

All new show every year! An evening filled with fun, mystery, and excitement. See illusions, card experts, and close-up performers by the Society of American Magicians. Come in costume for a chance to win a prize. Pre-registration is required. Sign up early, space is limited. Doors open at 6:30 pm. Co-Sponsored by the Society of Magicians.

Community Center: Perera Pavilion
Admission: \$10 advance

\$12 at the door (space permitting)

6154.401 10/13 F 7:00–10:00 pm

Take Home a Turkey! 42nd Annual Turkey Trot Trail Run

Sunday, November 19

Race starts at 9:00 am (sharp)

Rain or shine, all ages. Ready for a fun challenge? Experience the tradition of this annual 8.4 mile run in the beautiful hills of Briones Regional Park. Top winners take home a turkey for Thanksgiving dinner!

Breakfast with Santa

Saturday, December 2

Santa has taken time off from his busy schedule to join you and your family for a morning of holiday cheer, breakfast, and live entertainment. Breakfast includes pancakes, sausage and more. Don't forget your camera! All attending must register. Two seatings available. Must pre-register online by November 30.

Senior Center: Chateau Hall

Admission: \$10.50/\$9.50 (Dist. Res.) per person

6159.401 12/2 Sa 8:30-9:30 am

6159.402 12/2 Sa 10:00-11:00 am



Santa at Your Home

**Friday, December 22
and Saturday, December 23**

'Twas the night before Christmas and Santa visited your house! Schedule a 10-minute visit at your home between 6:00 and 9:00 pm. Sign up in person at the District office or by calling (925) 682-0896. District residents only.

Santa Visit: \$45

Special Rec Activities

See page 35.

Fall Registration Begins August 10. See page 34.

NO ONLINE REGISTRATION FEES!

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On the cover, left to right:

Evan Speer, James Speer, Patrick Remer, and Katie Lim.
Photo by Susan Wood. susanwoodphotography.com

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FREE! 2017 PHRec Holiday Festival Returns!

Let The Magic Continue!

**Wednesday,
December 6
5:00-8:30 pm**

Mark your calendars for the most magical Holiday Festival in Contra Costa County! Get into the holiday spirit with a variety of activities sure to delight the whole family including a winter wonderland and LEGO Winter Village.

Chat with our famous Talking Christmas Tree. Enjoy holiday youth performances. Participate in arts & crafts. Ride the Holiday Express train. Take photos with strolling characters. Shop in the holiday marketplace. Buy dinner and treats. And visit the big man himself, Santa Claus. Don't miss this magical evening of holiday fun. Sponsored by Republic Services.

Community Center: 320 Civic Drive

FREE to the public





Preschool Activities

California Gymnastics

California Gymnastic Services offers classes throughout the Bay Area and is structured to bring its innovative instructional program to Pleasant Hill. CGS has been teaching in the Bay Area since 1985.

PARENT AND ME GYMNASTICS

18 months–3 yrs & parents

This popular class, designed for parents and toddlers, will enhance children’s motor development and confidence. Emphasis is placed on movement, basic gymnastics skills, rolling, climbing, hanging and jumping in a fun and social environment. Music games and group activities/circle time are introduced in this class. Parent participation is required.

Instructor: CGS Gymnastic Services, Inc.

Community Center: Dance Studio

6 weeks | \$115/\$100 (Dist. Res.)

6603.401 9/15–10/20 F 9:30–10:15 am

6603.402 10/27–12/15 F 9:30–10:15 am

No class 11/10, 11/24

TINY TUMBLER GYMNASTICS

3–5 yrs

This class is designed to enhance your child’s motor development skills, balance, coordination and confidence. Emphasis is placed on developing beginning gymnastics skills in a fun, non-competitive environment and also introduces children to learn to participate in a structured class without their parents. Music games and group activities are incorporated into each class.

Instructor: CGS Gymnastic Services, Inc.

Community Center: Dance Studio

6 weeks | \$115/\$100 (Dist. Res.)

6605.401 9/15–10/20 F 10:20–11:05 am

6605.402 10/27–12/15 F 10:20–11:05 am

No class 11/10, 11/24

Let’s Make Music with Andrea Gaspari

1–3 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. \$10 lab fee payable to instructor.

Instructor: Andrea Gaspari, over 15 yrs. teaching and performing in the Bay Area

Winslow Center

7 weeks | \$140/\$125 (Dist. Res.)

6636.401 9/11–10/23 M 10:30–11:10 am

6636.402 10/30–12/18 M 10:30–11:10 am

No class 11/20

Parent and Me Yoga **NEW!**

2–5 yrs & parents

In this positive parent and me yoga class, children will have fun while developing strength, coordination, flexibility and balance, as well as increasing body awareness. Music, songs, props and visuals are embedded into each class theme.

Please wear comfortable clothing and bring a mat/towel.

Instructor: Arezu Moshirian, Certified Kids Yoga Instructor and Licensed Speech-Language Pathologist

Community Center: Preschool Room 1

8 weeks | \$113/\$98 (Dist. Res.)

6656.401 9/9–10/28 Sa 10:00–10:45 am

6 weeks | \$104/\$89 (Dist. Res.)

6656.402 11/4–12/23 Sa 10:00–10:45 am

Parent Tot Preschool Prep

22 months–3 yrs

Parents! Come with your little one to enjoy songs, activities and art while preparing your child to attend a class on his/her own. Children will learn to be with others as parents exchange ideas. Bring snack daily. Enrollment is limited. Parent participant and registered child only.

Instructor: Stephanie Carson

Community Center: Preschool Room 3

5 weeks | \$104/\$89 (Dist. Res.)

6655.401 9/8–10/6 F 9:30–11:15am

6655.402 10/13–11/17 F 9:30–11:15am

No class 11/10

Pre-Ballet

3–4 yrs

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.

Instructor: Christie Tomlinson, teacher of preschool/youth dance classes; professional dancer, performer, choreographer

Community Center: Dance Studio

8 weeks | \$116/\$101 (Dist. Res.)

6619.401 9/11–10/30 M 3:00–3:45 pm

7 weeks | \$104/\$89 (Dist. Res.)

6619.402 11/6–12/18 M 3:00–3:45 pm

**Don’t miss the
Fairytale Princess Breakfast!
NOVEMBER 4**

See page 2 for more information.



Tiny Tot Morning Care

12 months–33 months

Give yourself some time off and let US watch your children, 12 months AND walking to 33 months. Indoor games, story time, snack time and outdoor playground time. Snack provided. Bring beverage. For Fall session, registration begins August 9 at 8:15 am. Two days prior (8/7) at 7:00 am, go to pleasanthillrec.com and complete the online form to be assigned a number for in-person registration on the 9th. For Winter session, registration is November 8 at 8:15 am. Get line number online two days prior (11/6) at 7:00 am. After initial registration dates, call (925) 676-5200 for registration information. \$30/day/child, space reserved. You will be billed unless your cancellation has been received by noon the business day prior to your reservation. New students may register for a maximum of two days per week. Current students may register for a maximum of three days per week. Children must be less than 33 months at the start of the session. Birth certificate, immunization records and updated credit card on file required at time of registration.

Teachers: Jan Ertola and Stephanie Carson

Community Center: Preschool Room 1

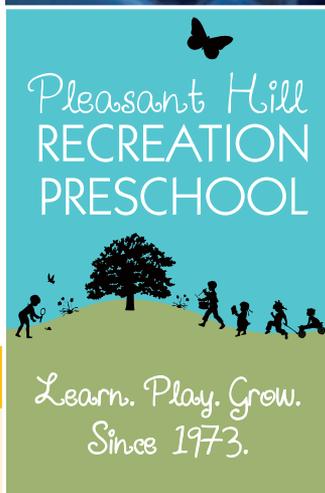
Standard charge: \$30 per day
Fall Session (Registration Aug 9)

9/6–12/1 M–F 9:00 am–12:00 pm

Winter Session (Registration Nov 8)

12/4–3/2 M–F 9:00 am–12:00 pm

No class 11/10, 11/20–11/24, 12/6, 12/25–1/5, 1/15, 2/19



Priority Preschool

Registration is on a first come, first serve basis. Birth certificate, immunization records and proof of residency required for discount. Children must be age-appropriate by 9/1/17. For more information please contact director, Sarah Smith at (925) 676-5200 ext. 626 or ssmith@pleasanthillrec.com. Visit pleasanthillpreschool.com.

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 September–June. See fees for monthly tuition rates.

WEE-TOT (2 yrs 4 mos–3 yrs 7 mos)

- Tu/Th, 9:00–11:30 am, Winslow Center
2017–18: \$310/\$290 (Dist. Res.)
- Tu/Th, 9:00 am–12:00 pm, Winslow Center
2017–18: \$370/\$350 (Dist. Res.)

NEW HORIZONS (3 yrs 3 mos–4 yrs 3 mos)

- Students required to be fully potty-trained.
- M/W/F, 8:45–11:45 am, Winslow Center
2017–18: \$370/\$350 (Dist. Res.)
 - Tu/W/Th, 9:00 am–1:00 pm, Community Center
2017–18: \$480/\$465 (Dist. Res.)

PRE-K (4–6 yrs by 9/1/17)

- Students required to be fully potty-trained.
- PM: Tu/W/Th, 12:30–3:30 pm, Community Center
2017–18: \$340/\$320 (Dist. Res.)
 - AM: M–Th, 8:45–11:45 am, Community Center
2017–18: \$480/\$465 (Dist. Res.)



Get Inspired!

Science, Technology, Engineering, Arts & Mathematics (S.T.E.A.M.) inspired Youth Programs provided by Pleasant Hill Recreation & Park District

- Before & After-school Care
- Holiday Break Camps
- Summer Adventure Kids Camp

Come visit & meet our professional staff!

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

LOCATED AT:

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

Youth Classes

Ballet

5-10 yrs

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

Instructor: Christie Tomlinson

Community Center: Dance Studio

8 weeks | \$124/\$109 (Dist. Res.)

6042.401 9/11-10/30 M 3:55-4:55 pm

7 weeks | \$111/\$96 (Dist. Res.)

6042.402 11/6-12/18 M 3:55-4:55 pm

Tap

5-8 yrs

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

Instructor: Christie Tomlinson

Community Center: Soroptomist Room

8 weeks | \$100/\$85 (Dist. Res.)

6045.401 9/11-10/30 M 5:00-5:30 pm

7 weeks | \$90/\$75 (Dist. Res.)

6045.402 11/6-12/18 M 5:00-5:30 pm



Winter Break Camps

Adventure Kids Winter Camp

Grades K-5

Science, crafts, art, structured play, music, Lego® building and so much more!

Instructor: KIDSTOP Staff

KIDSTOP Children's Center, 1 Corritone Court
1 week | Full Day | \$260/\$245 (Dist. Res.)

6060.401 12/26-12/29 Tu-F 7:00 am-6:00 pm

6060.402 1/2-1/5 Tu-F 7:00 am-6:00 pm

Lego Winter Break Camp: Jedi Engineering

5-7 yrs

The force awakens in this introductory engineering course for young Jedi! Explore engineering principles by designing and building projects such as LEGO X-Wings, R2 Units, Energy Catapults, Defense Turrets and Settlements from a galaxy far, far away. Create motorized and architectural projects to defeat the Empire!

Instructor: Playwell TEKnologies

Community Center: Republic Services Room
1 week | \$193/\$178 (Dist. Res.)

6066.401 12/26-12/29 M-F 9:00 am-12:00 pm

Youth Sports

NFL Sponsored Flag Football

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

The National Football League is sponsoring our Youth Flag Football League! Registration closes September 22. Games are played on Saturdays; season begins October 7 for six weeks.



Pleasant Oaks Park Football Field,
2 Santa Barbara Road
\$150/\$135 (Dist. Res.)

5050.400 Grades K-2

5050.401 Grades 3-5

5050.402 Grades 6-8

Includes a NFL sports shirt & football. A \$75 refund is given to parents interested in coaching, and who complete training provided by the District.

FREE EVENT!

NFL Sponsored: Punt, Pass, Kick

Coed, 8-13 yrs

The NFL Punt, Pass & Kick (PPK) program is a national skills competition. Sign up at the park and come show off what you can do! Birth certificate required. Tennis shoes only.

Pleasant Hill Park Field: 147 Gregory Lane
9/23 Sa 10:00 am Sharp!

NBA/WNBA Youth Basketball

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

Hoop it up while learning skills, coordination, agility, team work, and sportsmanship through practice drills. Games are played on Saturdays; season begins on January 6 for eight weeks.

PH Education
Center Gym,
1 Santa Barbara Road
\$155/\$140 (Dist. Res.)

5060.400 Grades K-2

5060.401 Grades 3-5

5060.402 Grades 6-8

Includes a jersey and basketball. A \$75 refund is given to parents interested in coaching, and who complete training provided by the District.



It Takes A Village

If there is one thing Katrina Hunn has learned after 14 years with the District is that it takes a village to deliver outstanding recreational programs and events. As Recreation Supervisor II for Teen, Youth, Preschool and Childcare programs, Katrina leads a thriving village of co-workers and community partners who are go-get-ers, do-ers, innovators, supporters, role models and hard workers—just like Katrina herself. Together with her team of villagers, she helps young people have fun and stay active by providing a variety of recreational opportunities to make their lives better.





Tennis: Monthly Group Lessons

YOUTH TENNIS LESSONS

6–12 yrs (4 min/10 max students)

Beginner/advanced beginner. Top-quality classes begin on the first day of the month and run four consecutive weeks through the end of the month. Wear tennis shoes, bring racquet and one unopened can of tennis balls.

Instructor: Joey Martinez

Location: College Park High School Tennis Courts, 320 Civic Drive (adjacent to Community Center parking lot)

4 weeks | \$68/\$55 (Dist. Res.)

5555.400 September Tu 6:30–7:30 pm

5555.401 October Tu 6:30–7:30 pm

5555.402 November Tu 6:30–7:30 pm

PRIVATE TENNIS LESSONS

Any age or level.

Per hour | \$71/\$57 (Dist. Res.)

Six one-hour classes | \$292/\$277 (Dist. Res.)

SEMI-PRIVATE LESSONS

Two per/same level; must register together.

Per person/per hour | \$38/\$30 (Dist. Res.)

Per person;

six one-hour classes | \$155/\$140 (Dist. Res.)

Winter Break Tennis Camp

6–12 yrs

Activities and games are age appropriate and the campers are sure to have fun learning a lifetime sport. Wear tennis shoes, bring racquet, one unopened can of tennis balls and a snack. Lunch is NOT provided.

Instructor: Joey Martinez

Location: College Park High School Tennis Courts, 320 Civic Drive (adjacent to Community Center parking lot)

1 week | \$145/\$130 (Dist. Res.)

5589.400 12/26–12/29 M–F 9:00 am–12:00 pm



Kidz Love Soccer Classes

2–10 yrs

This soccer ‘school’ is a recreational setting for children to learn soccer through age-appropriate skill demonstrations, games, and instructional scrimmages in a safe, non-competitive environment. Facilitated by professional coaches in the Kidz Love Soccer method. **Shin guards are required by the second meeting** for all classes except Mommy/Daddy & Me. KLS rain-out hotline number is (888) 372-5803. Visit www.kidzlovesoccer.com for more information.

PH Park: 147 Gregory Lane

8-Week Fall Session:

Friday, 9/22–11/17 | \$132/\$117 (Dist. Res.)

5030.400 Mommy/Daddy & Me: 9:30–10:00 am
2–3½ yrs

5031.400 Tot/Pre-Soccer: 10:10–10:45 am
3½–5 yrs

5034.400 Soccer 2/Skillz & Scrimmages: 7–10 yrs 3:15–4:00pm

5033.400 Soccer 1: Techniques & Teamwork: 5–6 yrs 4:00–4:45 pm

5031.401 Tot/Pre-Soccer: 3½–5 yrs 4:45–5:20 pm
No class 11/10

5-Week Fall Session:

Friday, 9/22–10/20 | \$92/\$82 (Dist. Res.)

5030.401 Mommy/Daddy & Me 5:30–6:00 pm
2–3½ yrs

8-Week Fall Session:

Saturday, 9/30–12/2 | \$132/\$117 (Dist. Res.)

5030.411 Mommy/Daddy & Me: 8:30–9:00 am
2–3½ yrs

5030.421 Mommy/Daddy & Me: 9:05–9:35 am
2–3½ yrs

5033.411 Soccer 1: Techniques & Teamwork: 5–6 yrs 9:45–10:30 am

5032.411 Pre-Soccer: 4–5 yrs 10:30–11:05 am

5031.411 Tot Soccer: 3½–4 yrs 11:05–11:35 am

5034.411 Soccer 2/Skillz & Scrimmages: 7–10 yrs 11:35–12:20 pm

No class 11/11, 11/25

8-Week Winter Session:

Friday, 1/26–3/16 | \$132/\$117 (Dist. Res.)

5034.500 Soccer 2/Skillz & Scrimmages: 7–10 yrs 3:30–4:15 pm

5033.500 Soccer 1: Techniques & Teamwork: 5–6 yrs 4:15–5:00 pm

5031.500 Tot/Pre-Soccer: 3½–5 yrs 5:00–5:35 pm

8-Week Winter Session:

Saturday, 1/27–3/17 | \$132/\$117 (Dist. Res.)

5030.500 Mommy/Daddy & Me: 8:30–9:00 am
2–3½ yrs

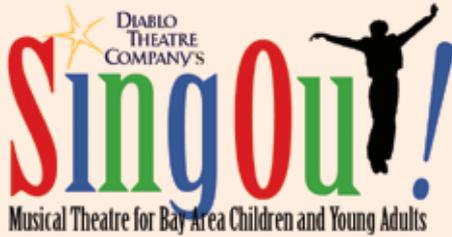
5030.521 Mommy/Daddy & Me 2–3½ yrs 9:05–9:35 am

5033.501 Soccer 1: Techniques & Teamwork: 5–6 yrs 9:45–10:30 am

5032.500 Pre-Soccer: 4–5 yrs 10:30–11:05 am

5031.501 Tot Soccer: 3½–4 yrs 11:05–11:35 am

5034.501 Soccer 2/Skillz & Scrimmages: 7–10 yrs 11:35–12:20 pm



Singout Musical Theater Program

Welcome Singout Musical Theater Program!

Brought to you by Diablo Theater Company & PHRec & Park. SingOut is an exciting comprehensive musical theater program for youth and teens held throughout the school year.



Mini Kids

4–7 yrs

SingOut's youngest performers will sing and dance to Broadway's favorite songs using props and costumes. Two sessions are available for registration; each session produces a unique show. Students sign up by session. At the end of each SingOut session, our Mini Kids will join with the Kids Theatre in a performance for family and friends. Minis get an opportunity to work together to perform in a larger scale, fun, family-friendly production.

Regular Rehearsals: Senior Center, Dance Studio (W & F) or Dining Room (Th)

Final Rehearsal and Performance: Seven Hills School Theater, 975 N. San Carlos Drive, Walnut Creek

\$170/\$155 (Dist. Res.) per session

Session 1 (Fall): Annie Minis

Wednesdays | Instructor: Chelsea

6181.401 10/4–12/6 W 3:30–4:15 pm

Final Performance: 12/6, 7:00 pm

No class 11/22

Thursdays | Instructor: Rachel

6181.402 10/5–12/7 Th 3:30–4:15 pm

Final Performance: 12/7, 7:00 pm

No class 11/23

Fridays | Instructor: Chelsea

6181.403 9/29–12/8 F 3:30–4:15 pm

Final Performance: 12/8, 7:00 pm

No class 11/10, 11/24

Session 2 (Winter): Frog and Toad Minis

Wednesdays | Instructor: Chelsea

6181.501 1/3–2/28 W 3:30–4:15 pm

Final Performance: 2/28, 7:00 pm

Thursdays | Instructor: Rachel

6181.514 1/4–3/1 Th 3:30–4:15 pm

Final Performance: 3/1, 7:00 pm

Fridays | Instructor: Chelsea

6181.513 1/5–3/2 F 3:30–4:15 pm

Final Performance: 3/2, 7:00 pm



Kids Theatre

8–14 yrs

SingOut's Kids Theatre will put on a short musical for family and friends for our first two sessions of our season. These musicals are often fairy tales and always family-friendly. At the end of our 3rd session, SingOut produces a large-scale production where all of our company members work together to put on a musical for the whole community to enjoy. Our Kids Theatre students fill the roles of supportive ensemble members in this production and get to work with our Jr. Theatre as we build this enormous production.

Regular Rehearsals: Senior Center, Dance Studio (W & F) or Large Classroom (Th)

Final Rehearsal and Performance: Seven Hills School Theater, 975 N. San Carlos Drive, Walnut Creek.

\$295/\$280 (Dist. Res.) per session

Session 1: Annie Kids

Wednesdays | Instructor: Chelsea

6180.411 10/4–12/6 W 4:15–6:00 pm

Final Performance: 12/6, 7:00 pm
No class 11/22

Thursdays | Instructor: Rachel

6180.412 10/5–12/7 Th 4:15–6:00 pm

Final Performance: 12/7, 7:00 pm
No class 11/23

Fridays | Instructor: Chelsea

6180.413 9/29–12/8 F 4:15–6:00 pm

Final Performance: 12/8, 7:00 pm
No class 11/10, 11/24

Session 2: Frog and Toad Kids

Wednesdays | Instructor: Chelsea

6180.511 1/3–2/28 W 4:15–6:00 pm

Final Performance: 2/28, 7:00 pm

Thursdays | Instructor: Rachel

6180.512 1/4–3/1 F 4:15–6:00 pm

Final Performance: 3/1, 7:00 pm

Fridays | Instructor: Chelsea

6180.513 1/5–3/2 F 4:15–6:00 pm

Final Performance: 3/2, 7:00 pm

Jr. Theatre Middle School

Grade 6–8

By audition only. Jr. Theatre works on the finer skills of dance, vocals, character development and production. Jr. Theatre cast members hold the lead roles in SingOut's end of the year All SingOut production. Prior theatre experience is not required but is recommended. When committing to Jr. Theatre, you are committing to the entire year and both productions regardless of the roles received.

Auditions (required)

9/14 or 9/19, 4:00–8:00 pm | Senior Center
Audition appointments will be accepted starting 8/10.

IMPORTANT: Lead Role Auditions

10/15, 10:00 am–2:00 pm | Senior Center
Callback will be held (if necessary) in class.

Mandatory Orientation

9/21, 7:00 pm | Senior Center
Required for all new & returning students and parents.

Regular Rehearsals:

Senior Center, Dance Studio

Final Rehearsal and Performance:

Del Valle Theater, 1963 Tice Valley Boulevard, Walnut Creek

\$870/\$855 (Dist. Res.)

5183.401 9/26–5/10 Tu/Th 4:00–6:00 pm

No rehearsals 11/21, 11/23, 12/19, 12/21, 12/26, 12/28, 4/3, 4/5, 4/19

Performance Schedule

Annie Jr. 2/23 7:00 pm
2/24 2:00 pm and 7:00 pm

The Little Mermaid Jr.

5/11 7:00 pm
5/12 11:00 am, 2:00 pm, 7:00 pm



Jr. Competition Team

8–14 yrs

By audition only. SingOut's Jr. Competition Team will audition and rehearse to compete in a Jr. Theatre Festival West, February 10–11, 2018 at Sacramento Convention Center. After the competition, cast members will use what they learned in workshops and from professional feedback in a performance for family and friends.

Auditions (required)

9/14 or 9/19, 4:00–8:00 pm

Audition appointments will be accepted starting 8/10.

Regular Rehearsals:**Senior Center, Dance Studio**

Performance: Seven Hills School Theater,
975 N. San Carlos Drive, Walnut Creek
\$520/\$505 (Dist. Res.)

5184.401 9/25–3/19 M 4:00–6:00 pm

Additional rehearsal on 3/16, 10:00 am–2:00 pm.

Additional competition & travel fees TBD

Performance Schedule

Aristocats Kids 3/19 7:00 pm

**Teen Theatre High School**

Grade 9–12

By audition only. Our Teen Theatre works on advance skills of dance, vocals, character development and production. The ensemble competes every year at a National competition in Los Angeles and does one major production a year. Prior theatre experience is not required but is recommended. When committing to Teen Theatre, you are committing to the entire school year and both productions regardless of the roles received.

Teen Competition Team High School

Grade 9–12

By audition only. Our oldest theatre performers produce only a competition piece. Teen Theatre works on the finer skills of dance, vocals, character development and production. Teens compete every year at the Musical Theatre Competitions of America in Southern CA, participate in workshops and an award ceremony at Disneyland's backstage. Every Teen is required to compete with a solo or duet at the Festival. Prior theatre experience is not required but is strongly recommended. Teen Competition is through February only.

Auditions (required)

9/14 or 9/19, 4:00–8:00 pm | Senior Center

Audition appointments will be accepted starting 8/10.

Mandatory Orientation

9/21, 7:00 pm | Senior Center

Senior Center: Dance Studio

\$470/\$455 (Dist. Res.)

5180.401 9/25–2/5 M 6:00–8:00 pm

Additional rehearsal on 1/20, 10:00 am–2:00 pm.

Additional competition & travel fees TBD.

Performance Schedule

Showcase 1/30 6:30 pm Senior Center

Competition 2/2–2/5/18

Tuck Everlasting

Solos, Duets and Ensemble Competition Pieces

Musical Theatre Competition of America, Los Angeles

Auditions (required)

9/14 or 9/19, 4:00–8:00 pm | Senior Center

Audition appointments will be accepted starting 8/10.

IMPORTANT: Lead Role Auditions

10/15, 4:00–8:00 pm | Senior Center

Callback will be held (if necessary) in class.

Mandatory Orientation

9/21, 7:00 pm | Senior Center

Regular Rehearsals:**Senior Center, Dance Studio****Final Rehearsal and Performance:**

**Del Valle Theater, 1963 Tice Valley Boulevard,
Walnut Creek**

**By the Kids, For the Kids**

8–18 yrs

An award-winning charity event benefiting local community. This special program is by the kids, completely student produced-and-performed. SingOut provides adult supervision but all onstage creative decisions are implemented by student directors and producers. Your student will work and play with their peers, learning music and choreography to create exciting theatrical numbers. In the past, students have performed to songs from popular shows like *Wicked*, *The Lion King*, *American Idiot*, *Newsies*, and many more. High school students can also apply to join the talented team of student directors, allowing them to see their artistic vision come alive. This program is also for younger kids too. One-hundred percent of all funds raised through tickets, concessions, raffles, and auctions during the event is divided between the SingOut Scholarship Fund, Pleasant Hill Recreation & Park District and Monument Crisis Center.

Senior Center: Dance Studio

\$20/\$15 (Dist. Res.)

6183.201 8/24–9/28 Tu/Th 5:30–7:00 pm

*Performances: 9/29, 7:00 pm at Senior Center,
Chateau Hall.*

\$870/\$855 (Dist. Res.)

5182.401 9/26–5/10 Tu/Th 4:00–6:00 pm

Additional competition & travel fees TBD.

*No rehearsals 11/21, 11/23, 12/19, 12/21, 12/26,
12/28, 2/22, 4/3, 4/5*

Performance Schedule

Showcase 1/29 6:30 pm Senior Center

Competition 2/2–2/5/18

Pasek and Paul Revue

*Selections from Dear Evan Hanson, Edges, Dogfight
Musical Theatre Competition of America, Los Angeles*

Legally Blonde 4/20 7:00 pm

4/21 2:00 pm, 7:00 pm

Del Valle Theater, 1963 Tice Valley Boulevard,
Walnut Creek



PLEASANT HILL
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 Scene Members receive a 10% discount on all enrichment classes.

Teen After School Program

**Monday-Friday,
School Dismissal–6:00 pm**

A fun and safe place to go after school. A perfect combination of structured activities, homework help and time with friends. Transportation available from PHMS and VVMS. Limited availability. Call (925) 691-5645 or visit pleasanthillrec.com for more information.

Pleasant Hill Chess & Games Club

Grades 5–9

Join us Friday nights with your friends for chess, knightmare chess, circular chess, 3D chess and 4-way chess. Learning and playing chess helps build cognitive and problem solving skills. We also play strategy games like Star Wars, Stratego and Star Wars miniatures. Chess puzzles, tournaments, contests and prizes.

Instructor: David DeFabio

Winslow Center: Rooms 1 & 2

8 weeks | \$67.50/\$55 (Dist. Res.)

5102.401 8/25–10/13 F 6:00–10:00 pm

5102.402 10/20–12/29 F 6:00–10:00 pm

Teen Center Rentals

A perfect place for your next family celebration or meeting! Modern, airy room, game tables and direct park access. For reservations, contact Ryan Herriman, Rental Supervisor at (925) 676-5200.

Xtreme Winter Break Camp

Grades 6 & up (siblings Grade 3 & up)
Experience an action-packed week! Daily on-site activities and local field trips. Winter Camp program runs 12/26–12/29 and 1/2–1/5. Register by the day.

Instructor: Teen Center Staff

Teen Center

1 Day | 7:30 am–6:00 pm | \$55/\$45 (Dist. Res.)

5189.426	12/26	Tu	Bowling
5189.427	12/27	W	Ice Skating
5189.428	12/28	Th	Rock Climbing
5189.429	12/29	F	Movies
5189.430	1/2	Tu	Mall Scavenger Hunt/Round 1
5189.431	1/3	W	Sky High Sports
5189.432	1/4	Th	iHeart Art
5189.433	1/5	F	Movie

Pleasant Hill Chess & Game Club Holiday Camp

Grades 5–9

Join your friends from our Friday Night Games Club for a fun-filled Holiday Camp at the Winslow Center including a large variety of chess games, chess quads, Star Wars miniatures, movies, field trips, crafts, tournaments and prizes.

Winslow Center

4 days | \$140/\$125 (Dist. Res.)

5102.411 12/26–12/29 Tu–F 10:00 am–6:00 pm

5102.412 1/2–1/5 Tu–F 10:00 am–6:00 pm



Babysitting 101 for Beginners

10–18 yrs

Learn the skills needed to be a trusted and responsible babysitter. Learn about child development, bedtime strategies, discipline, how to find jobs, and ways to make babysitting fun for you and the kids. Basic first aid, general safety, and what to do in an emergency is covered. Dress to play; bring a lunch.

Instructor: Jenny Cooper

Teen Center: Meeting Room

1 workshop | \$60/\$49 (Dist. Res.)

Teen Scene Members: \$55.60/\$44.60 (Dist. Res.)

5105.401 11/4 Sa 9:00 am–1:00 pm



Adult classes with this symbol qualify for Senior Club member discount. Interested in a Senior (50+) Club Membership? Call (925) 798-8788.

Adult Enrichment

Birding Contra Costa County

Fall into autumn birding mode in four local area parks. Brisk walking and bring binoculars. September 9, Hidden Lakes Park; meet in Chilpancingo/Morello parking lot. September 16, Briones Bear Creek; entry fee. September 23, McNabney Waterfront Park. September 30, Martinez Marina. If rain, meet Sunday morning.

Instructor: Jan Rae Cook

First class meets in the Hidden Lakes parking lot, where Chilpancingo & Morello meet

4 weeks | \$37/\$30 (Dist. Res.)

4739.401 9/9-9/30 Sa 9:00-11:00 am

Creative Writing—Start Your Novel or Short Story

You will explore innovative ways to create and develop characters. Learn how you can experiment with fiction; create nonfiction pieces by tapping into your own unique narrative voice. Have fun discussing the craft of writing, reading great literature, and sharing with your writing peers.

Instructor: Janice De Jesus

Community Center: Republic Services Room

4 weeks | \$70/\$60 (Dist. Res.)

4510.401 9/9-9/30 Sa 10:00 am-12:00 pm

4510.402 10/7-10/28 Sa 10:00 am-12:00 pm

4510.403 11/4-12/2 Sa 10:00 am-12:00 pm

10/28 class held Senior Center, Classroom;

11/11 class held Community Center, Soroptomist 1;

\$5 lab fee payable to instructor at first class.

Drumming Intensive with John Waller

Punch cards are purchased from instructor.

Instructor: John Waller

Winslow Center: Rooms 1 & 2

BEGINNING DRUM CIRCLE

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

Drop In: \$8 | 10-class punch card: \$80*

9/12-12/19 Tu 6:45-7:30 pm

No class 10/31

INTENSIVE DRUMMING

Intermediate to advanced level drumming.

Drop In: \$11 | 10-class punch card: \$80*

9/12-12/19 Tu 7:30-8:30 pm

No class 10/31

*Punch card is good for any of John Waller's Adult Drumming Intensives and does not expire. The District is not responsible for lost or stolen cards.

Exploring Watercolor

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.

Instructor: Casey Rasmussen White

Senior Center: Arts & Crafts Room

6 weeks | \$100/\$85 (Dist. Res.)

Senior Club Members: \$91/\$76 (Dist. Res.)



2231.401 9/5-10/24 Tu 9:30 am-12:00 pm

2231.402 10/31-12/19 Tu 9:30 am-12:00 pm

\$15 lab fee payable to instructor at first class for beginners. No class 9/12, 10/10, 11/14, 12/12

Watercolor

Have you ever been told that art isn't your forte? Let Trudi transform you into an artist! Beginners will learn basic techniques on watercolor. Advance students work on a project of their choice with instructor's approval. Color theory, composition and painting techniques covered in an ongoing lecture series. Materials list at first class.

Instructor: Trudi Edwards

Winslow Center: Rooms 1 & 2

6 weeks | \$94/\$79 (Dist. Res.)

4521.401 9/11-10/23 M 7:00-9:00 pm

5 weeks | \$82/\$67 (Dist. Res.)

4521.402 10/30-12/4 M 7:00-9:00 pm

Beginners pay \$30 lab fee to cover all supplies for first project. No class 10/16, 11/20



Adult classes with this symbol qualify for Senior Club member discount. Interested in a Senior (50+) Club Membership? Call (925) 798-8788.



Quilting

Supply lists given out at the first class for all sessions.

Instructor: Carol Madsen

Senior Center: Room varies depending on class

BEGINNING QUILTING

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

10 weeks | \$70/\$57 (Dist. Res.)

Senior Club Members: \$65/\$52 (Dist. Res.)



2243.401 9/11-11/13 M 12:30-3:00 pm

QUILTING: BEYOND THE BASICS

Emphasis on quilting patterns using various techniques, some simple and others more complex. Participants should have completed at least one quilt.

10 weeks | \$74/\$60 (Dist. Res.)

Senior Club Members: \$68/\$54 (Dist. Res.)



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

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.

12 weeks | \$80/\$65 (Dist. Res.)

Senior Club Members: \$74/\$59 (Dist. Res.)



2245.401 9/12-12/12 Tu 6:30-9:00 pm
No class on 10/31, 11/21

QUILTING: HOLIDAY WORKSHOP

4 weeks | \$50/\$40 (Dist. Res.)

Senior Club Members: \$46/\$36 (Dist. Res.)



2246.401 11/20-12/11 M 9:00 am-1:00 pm

SATURDAY QUILT-IN

Focus on quilting and other related projects. Instructor will be on site for help if needed.

Senior Center: Classroom 1 & 2

5-class punch card: \$50 | Drop in: \$15

9/16, 10/7, 11/4, 12/2 Sa 8:30 am-1:30 pm



Mosaics Workshop **NEW!**

This fun one-day workshop will give you an opportunity to learn and understand mosaics while at the same time creating a piece using the direct method. Explore design layout, cutting technique, tile choices and grouting your piece.

Instructor: Leslie Mathie

Senior Center: Dining Room

1 day | \$67/\$55 (Dist. Res.)

2265.401 9/16 Sa 10:00 am-4:00 pm
\$10 lab fee payable to instructor at first class.

Golden Notes Chorus

Do you love to sing? Can you read music? Have you ever sung in a church choir or chorus? If 'Yes', please come audition! Don't delay, available spots fill quickly! Established over 50 years ago, this mixed voice chorus is flourishing! New singers: call Senior Center (925) 798-8788 for audition and registration information. Please bring a 1.5 inch 3-ring black binder to first class.

Instructor: Meriel Ennik

Senior Center: Chateau Room

15 weeks | \$50/\$40 (Dist. Res.)

Senior Club Members: \$46/\$36 (Dist. Res.)



2350.401 9/5-12/12 Tu 9:30-11:30 am
\$10 lab fee payable to instructor at first class.

Quick & Easy Dishes Workshop—Demo & Tastings! **NEW!**

Want to add some new simple recipes to your cooking repertoire? Come hungry to workshop and watch Registered Dietician Nutritionist, Janet Franklin, create several healthy and tasty dishes for you to sample. Engage in a lively discussion about nutrition and ask questions. Take home class recipes. No extra fees (food included).

Instructor: Janet Franklin

Senior Center: Arts & Crafts Room

1 workshop | \$36/\$30 (Dist. Res.)

2212.401 9/25 M 11:30 am-1:00 pm



Adult classes with this symbol qualify for Senior Club member discount. Interested in a Senior (50+) Club Membership? Call (925) 798-8788.

Retirement Planning Today

Are you prepared for retirement? Learn how to create an informed plan to retirement while integrating your own goals and values with your finances. Learn to use tax laws to your advantage and to properly allocate your assets while minimizing risks and maximizing returns. Individual situations addressed. 233-page class notebook included in class fee; one copy is provided to each couple or each individual person.

Instructor: Bill Lahl

Community Center: McHale Room

2 weeks | \$61/\$49 (Dist. Res.)

4608.401	10/10-10/17	Tu	6:30-9:30 pm
4608.402	10/14-10/21	Sa	9:00 am-12:00 pm
4608.403	10/26-11/2	Th	6:30-9:30 pm
4608.404	10/28-11/4*	Sa	9:00 am-12:00 pm

10/28 meets in Senior Center, Dining Room.

Wills, Trusts & Estate Planning

You need this information for yourself, your parents, or your children. Topics: wills, living trusts, joint tenancies, and tax planning. Learn how to avoid estate taxes and probate fees. Learn about the new estate tax rules and when to update your documents. Major revisions may be required to a married couples' trust due to law changes.

Instructor: Randall Thompson, *Attorney*

Community Center: Republic Services Room

1 workshop | \$25/\$20 (Dist. Res.)

4610.401	9/13	W	7:00-8:30 pm
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Wine Analysis: A Journey Through A Glass of Wine

Unravel the mysteries of wine tasting! Discover how to translate your flavor experience by learning how to identify and describe seven major wine components through hands-on tasting. Learn wine tasting techniques and proper serving temperatures, wine storage and wine glass selection. Also learn the three distinct wine taster categories and where you fall. Novice and intermediate wine connoisseurs welcome. Must be 21 years or older.

Instructor: Bob Becker, *Certified Wine Educator, Certified Sommelier*

Community Center: Republic Services Room

1 workshop | \$61/\$50 (Dist. Res.)

4206.401	9/9	Sa	2:00-4:30 pm
4206.402	10/28*	Sa	2:00-4:30 pm
4206.403	11/18	Sa	2:00-4:30 pm

**10/28 class meets in Senior Center, Arts & Crafts*



Online Classes anytime, anywhere...

PHRPD has teamed up with Ed2Go to offer you exceptional online educational opportunities. The variety of classes that are offered can enhance your performance at work, school and at home. Each class comes with a certificate of completion, which you can print on your own. Please visit <http://www.ed2go.com/pleasanthillrec> for more information and to register. **COURSES INCLUDE:**

Accounting & Finance

- Accounting Fundamentals I & II
- Quickbooks
- Stocks, Bonds & Investing
- Protect Your Money, Credit & Identity

Business

- Nonprofit Fundraising Essentials
- Grant Writing
- Marketing

College Prep

- ReadyMATH
- GED Prep
- GRE Prep
- GMAT Prep
- SAT/ACT Prep
- LSAT Prep

Computer & Technology

- Photoshop
- Dreamweaver
- Microsoft Word, Excel, PowerPoint, Access, Publisher, Project, & Expression Web
- Adobe Acrobat
- Flash
- C++ Programming
- Java Programming
- Designing Effective Websites

Health Care & Medical

- Human Anatomy & Physiology
- Medical Transcription
- Medical Math

Language & Arts

- Writing Workshops
- Spanish (1 & 2, for Medical Professionals, in the Classroom, and for Law Enforcement)
- French
- Italian
- Japanese
- English

Personal Development

- Resume Writing
- Lose Weight & Keep it off
- Digital Photography

Teaching & Education

- Teaching students with ADHD



Just a click away! www.ed2go.com/pleasanthillrec

Dance Classes

Belly Dance Technique, 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. Must have mastered beginning level 1 or equivalent, as prerequisite.

Instructor: Sharifa

Senior Center: Dance Studio

5 weeks | \$68/\$55 (Dist. Res.)

4133.401 9/12-10/10 W 7:40-8:40 pm

4133.402 10/17-11/14 W 7:40-8:40 pm

Halloween Belly Dance Hafla!

Join the students of Sharifa's belly dance classes to celebrate Halloween. Light refreshments provided and bazaar with entertainment by students and special guests. Doors open 5:30 pm, showcase 6:00-8:30 pm.

Senior Center: Chateau Room

\$15 for adults; \$10 for senior over 65; children 12 & under free

4132.403 10/29 Su 6:00-8:30 pm

Bollywood/Belly Dance Fusion

16 yrs & up

Are you a cultural enthusiast? Do you enjoy learning about other culture's music and dancing? Come join us for dance classes that includes Bollywood and Middle Eastern dance. Regular outings to cultural restaurants include... Indian, Middle Eastern, Thai, Chinese and other selections. Cultural events and Bollywood movies are also introduced.

Instructor: Layla Habib

Community Center: Dance Studio 1

5 weeks | \$68/\$55 (Dist. Res.)

4660.401 9/6-10/4 W 6:00-6:55 pm

4660.402 10/18-11/15 W 6:00-6:55 pm

Line Dance Social

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

Instructor: Millie Dusha

Senior Center: Chateau Room

Drop in: \$10

11/19 Su 3:00-6:00 pm



Line Dance

A combination of country-western, polkas, waltzes and Latin line dances for men and women. Partners are not required! **Basics:** for those brand new to Line Dance.

Beginners: must know basic steps. Please refrain from wearing heavy perfumes and scents. Instructor experiences perfume allergies.

Instructor: Millie Dusha

Senior Center: Dance Studio

Drop in: 1 class \$5;

2 classes \$8; 3 classes \$10 (same day)

Basics Sa 8:15-9:00 am

Beginners Sa 9:00-10:00 am

Improver Sa 10:00-11:00 am

Intermediate Sa 11:15 am-12:30 pm

No class 10/7, 10/14, 10/21, 11/18, 11/25, 12/9, 12/23, 12/30

Let's Dance Jingle Bell Rock Holiday Dance Party

16 yrs & up

Get into the holiday spirit with a special evening of dancing! Join Ballroom Dance students at their holiday dance party.

Former students encouraged to come. Everyone welcome! Lots of great music and a fun dance lesson included. **Also, special formation show number!** Bring an hors d'oeuvre to share. Buffet: 7:45 pm. Party ends at 9:30 pm.

Instructor: Alberta Bagneschi

Senior Center: Chateau Room

Individual Fee: \$6, Couple Fee: \$10

4116.413 12/13 W 7:30-9:30 pm

Let's Dance—Ballroom

16 yrs & up

Are you looking for a fun hobby, weekly date night or a place to meet new people? Then, our Ballroom Dance Class is the place for you! Let us show you what a great dancer you can become. Bring your favorite partner and learn to dance to the music you've always loved. Feel comfortable and confident to join in on the dance floor at parties, cruises, and weddings. This class will provide students with all the easy basics needed in Ballroom style dancing. **Partner recommended.**

Instructor: Alberta Bagneschi

Senior Center: Chateau Room

5 weeks, Wednesdays | \$68/\$55 (Dist. Res.)

Waltz, Cha Cha Beginning 4114.401 10/11-11/8 W 7:30-8:30 pm

Waltz, Cha Cha Intermediate 4116.401 10/11-11/8 W 8:30-9:30 pm

4 weeks, Wednesdays | \$55/\$45 (Dist. Res.)

Fox Trot & Swing Beginning 4114.402 11/15-12/6 W 7:30-8:30 pm

Fox Trot & Swing Intermediate 4116.402 11/15-12/6 W 8:30-9:30 pm

Adult Fitness

Pilates*

14 yrs & up

A new challenging workout that's fun and exciting! Bring the mind, body and breathing together while learning the fundamentals of Pilates. Learn muscular control; core awareness, coordination, flexibility and posture. Comfortable clothing; no shorts. Bring padded mat. Ball is optional. All levels welcome.

Instructor: Alison Raphael-Klippel

Community Center: McHale Room

7 weeks | \$90/\$75 (Dist. Res.)

4688.401 9/11-10/30 M 5:30-6:30 pm

4688.402 11/6-12/18 M 5:30-6:30 pm

No class 10/9

Community Center: Dance Studio

8 weeks | \$100/\$85 (Dist. Res.)

4690.401 9/7-10/26 Th 9:10-10:10 am

7 weeks | \$90/\$75 (Dist. Res.)

4690.402 11/2-12/21 Th 9:10-10:10 am

11/2 class in McHale Room, 12/7 class at Teen Center.

No class 11/23

Barre Plus*

45-minute version of Strengthen from Within-Barre Plus combines the best of the Lottie Berk Method, ballet techniques and Pilates movement principles to provide an energizing, dance-based workout that strengthens, stretches and tones the whole body. It will leave you energized from head to toe. Bring mat, light weights (1-3 lbs) and sneakers.

Instructor: Alison Raphael-Klippel

Community Center: McHale Room

7 weeks | \$111/\$96 (Dist. Res.)

Punch cards available

4634.411 9/11-10/30 M 6:40-7:25 pm

4634.412 11/6-12/18 M 6:40-7:25 pm

9/25 & 10/23 class in Republic Services Room.

No class 10/9

Stretching for Everyone*

Improve the health of your body by increasing the flexibility of your hips, shoulders, core and hamstrings. Improve the length of your muscles and range of motion in your hands and feet, fingers and toes, ankles and wrists. Open up and loosen your back and neck. Rejuvenate, refresh and re-energize the mind body and soul. Please bring a mat, pillowcase and water.

Instructor: Alison Raphael Klippel

Community Center, Dance Studio

8 weeks | \$84/\$69 (Dist. Res.)

4634.401 9/7-10/26 Th 10:15-10:45 am

7 weeks | \$75/\$61 (Dist. Res.)

4634.402 11/2-12/21 Th 10:15-10:45 am

11/2 class in McHale Room, 12/7 class at Teen Center.

No class 11/23

Weight Training*

Sculpt a better and healthier you with this total body workout. Strength training and core training featuring the latest innovative exercise techniques. Wear workout clothes and shoes; bring two sets of hand weights.

Instructor: Alison Raphael-Klippel

Winslow Center: Assembly Room

7 weeks | \$90/\$75 (Dist. Res.)

4643.401 9/8-10/20 F 10:30-11:30 am

6 weeks | \$80/\$65 (Dist. Res.)

4643.402 10/27-12/15 F 10:30-11:30 am

No class 11/10, 11/24



*GET FIT WITH ALISON

Purchase a multi-fitness punch card and use it for any of the fitness classes offered by Alison Raphael-Klippel such as Barre Plus, Pilates, Stretching for Everyone and Weight Training. Vacation planned? Try a new class, or work out more than once a week. Buy a punch card! Need to bring punchcard to class.

4689 Punch cards (6 classes) \$81



Contemporary Self-Defense for the 21st Century

A modern realistic approach to self-defense that teaches you reality-based self-defense for the 21st century; no traditions, no uniforms, or colored belts. No difficult moves or drills. You'll learn vocal commands, action to take in a variety of scenarios, including prevention, post-traumatic stress and police interaction. The Combative Instruction is from Israeli Martial Arts and Street Wise Instruction from the legendary Sargent Jim Wagner (LA SWAT Member/Trainer). The proper use of Pepper Spray will be included. Wear comfortable clothing and footwear.

Instructor: John Castro

Community Center: Soroptimist Room

5 weeks | \$68/\$55 (Dist. Res.)

4648.401 9/11-10/9 M 7:00-8:00 pm

4648.402 10/16-11/13 M 7:00-8:00 pm

4648.403 11/20-12/18 M 7:00-8:00 pm

10/9 class in McHale Room.



Dance Mixx Jazzercise

Co-Ed (Ongoing, all levels)

Torch fat, sculpt lean muscle and crush calories with this high intensity workout that mixes dance-based cardio with strength training. Fresh pulse-pounding music and body-blasting moves bring the intensity to transform your body, boost your mood and ignite your energy. This is the new jazzercise. Additional formats:

Fusion—A circuit workout.

Core—Cardio with a crunching core focus.

Strike—Cardio kickboxing.

Hit—Interval.

Winslow Center: Assembly Room

AM M-Sa 9:00-10:00 am

PM M-Th 5:45-6:45 pm

Strength45

Forge the tight, lean body you're looking for while the pulse-pounding playlist distracts you from the burn. Fire up the muscles, all of them, in this 45-minute hard core muscle sculpting strength workout.

Instructor: Annemieke Howsepian, please call for fee information (925) 323-2522

Winslow Center: Assembly Room

Register at class only M/W/Sa 8:05-8:50 am

Fit for Life

Low impact easy dance moves for a good cardio workout. You'll have lots of FUN while burning calories. Muscle conditioning and stretching are part of the program. Appropriate for all fitness levels.

Instructor: Tari Nicholson

Senior Center: Dance Studio

8-class "Anytime" punch card: \$50

Monthly: \$43/\$35 (Dist. Res.)

Senior Club Members: \$40/\$32

2214.401 9/5-9/28 Tu/Th 9:00-10:00 am

2214.402 10/3-10/31 Tu/Th 9:00-10:00 am

2214.403 11/2-11/30 Tu/Th 9:00-10:00 am

2214.404 12/5-12/28 Tu/Th 9:00-10:00 am

No class on 11/23



Flex for Fitness

Stretching and band resistance exercises that can be done in a chair.

Instructor: Varies

Senior Center: Dance Studio (M) or Classroom 1 & 2 (W/F)

12-class "Anytime" punch card: \$18/\$15 (Dist. Res.)

Senior Club Members: \$15/\$12 (Dist. Res.)

M 1:00-2:00 pm

W/F 9:30 and 10:30 am

No class 9/4, 9/13, 11/10, 12/22, 12/25



Fencing: The Ultimate Sport

Fencing is a physical and mental challenge, developing mind and body while improving agility, alertness, balance, coordination, and competitiveness. Foils, plastrons/masks provided; bring equipment if possible. Teen 16-17, welcome with parent.

Instructor: James Parker

Winslow Center: Assembly Room

Experienced Fencers

Drop-in: \$7 per night/person

4630.401 9/11-12/18 M 7:45-10:00 pm





Adult classes with this symbol qualify for Senior Club member discount. Interested in a Senior (50+) Club Membership? Call (925) 798-8788.



Gentle Pilates & Functional Fitness

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

Instructor: Alison Raphael-Klippel

Senior Center: Dance Studio

8-class "Anytime" punch card: \$90

8 classes | \$100/\$85 (Dist. Res.)

Senior Club Members: \$92/\$77 (Dist. Res.)

2238.401 9/6–10/25 W 1:00–2:00 pm

7 classes | \$90/\$75 (Dist. Res.)

Senior Club Members: \$83/\$68 (Dist. Res.)

2238.402 11/1–12/20 W 1:00–2:00 pm

No class 11/29

La Blast

16 yrs & up

La Blast was created by Louis Van Amstel of "Dancing with the Stars" and "So You Think You Can Dance." It's Cardio Ballroom disguised as exercise! A variety of dances will be used... Salsa, Cha Cha Cha, Rumba, Tango, Swing Waltz as well as other dances to give you a great cardio dance workout. No experience necessary, no partner needed.

Instructor: Lois Davis, *Certified LaBlast® instructor*

Community Center: Dance Studio

5 weeks | \$68/\$55 (Dist. Res.)

4662.401 9/7–10/5 Th 7:15–8:10 pm

4662.402 10/19–11/16 Th 7:15–8:10 pm

9/7 class in Republic Services Room; 9/21, 9/28 class in McHale Room.

Living Tai Chi

Instructor: Jasmine-Rose Kam

Senior Center: Dance Studio

FOUNDATIONS

This class is for both beginners and experienced students. Strengthen and relax with tai chi and qigong. Healing movement and meditation promote balance and resilience throughout life.

8 classes | \$80/\$65 (Dist. Res.)

Senior Club Members: \$74/\$59 (Dist. Res.)

2210.401 9/11–11/6 M 10:00 am–12:00 pm
\$5 lab fee payable at first class. No class 10/9

FOUNDATIONS & FORMS

Strengthen and relax with tai chi and qigong. Healing movement and meditation promote balance and resilience throughout life. With gentleness and grace we learn to harmonize mind, body and spirit with the art and discipline of tai chi movement. This class is for experience student only. Prerequisite: Foundations class.

8 classes | \$108/\$93 (Dist. Res.)

Senior Club Members: \$99/\$84 (Dist. Res.)

2213.401 9/13–11/8 W 9:30 am–12:30 pm
\$5 lab fee payable at first class. No class 10/11

FOUNDATIONS & FORMS PACKAGE

Students attend Monday and Wednesday. Five hours a week of supervised practice provide ideal conditions to jump start your own personal daily practice. Memory and homework involved. Prerequisite: instructor consent.

16 classes | \$164/\$149 (Dist. Res.)

Senior Club Members: \$154/\$139 (Dist. Res.)

2218.401 9/11–11/8 See schedule above

\$5 lab fee payable to instructor at first class.

No class 10/9, 10/11



Nia® Body-Mind-Spirit Movement

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.

Instructor: Kathy Bate

Community Center: Dance Studio

5 weeks | \$68/\$55 (Dist. Res.)

4692.401	9/5-10/3	Tu	5:45-6:45 pm
4692.402	10/10-11/7	Tu	5:45-6:45 pm
4692.403	11/14-12/19	Tu	5:45-6:45 pm
No class 12/12			

Total Fitness: The Way to Energize & Vitalize

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.

Instructor: Christie Tomlinson

Community Center: Dance Studio 1

8 weeks | \$124/\$109 (Dist. Res.)

4636.401	9/11-10/30	M	5:45-7:15 pm
10/9 class in Soroptimist Room			

7 weeks | \$111/\$96 (Dist. Res.)

4636.402	11/6-12/18	M	5:45-7:15 pm
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Mindfulness in Motion with T'ai Chi Chih/Qigong

Would you like to feel more calm, relaxed, balanced and alive? These soft, flowing, healing movements are easy to learn and help you face the stresses of daily life with greater peace of mind. Interested in seeing what this class is about before registering? Come to a FREE class on 9/14 at 6:15 pm in the Republic Room and try it out!

Instructor: Wendy Helms

Community Center: Republic Room

6 classes | \$80/\$65 (Dist. Res.)

FREE Trial Class	9/14	Th	6:15-7:15 pm
2242.401	9/21-10/26	Th	6:15-7:15 pm
2242.402	11/2-12/14	Th	6:15-7:15 pm
9/21 and 9/28 class held in the Soroptimist Room.			
No class 11/23			

Mixed Martial Arts

Bring out your cat-like attributes of speed, flexibility, endurance, timing, power, coordination, balance, and fluid motion! Non-classical combative martial arts training emphasizes physical fitness and self-defense. Methods incorporated: Kung-Fu, Boxing, Kick Boxing, Karate, and more. Contact is on pads, and kicking shields. Wear sweats and running shoes. Plan to purchase 12-ounce boxing gloves (\$25).

Instructor: John Castro

Senior Center: Classrooms

6 weeks | \$80/\$65 (Dist. Res.)

4652.401	8/16-9/20	W	7:20-8:20 pm
4652.402	9/27-11/1	W	7:20-8:20 pm
4652.403	11/8-12/13	W	7:20-8:20 pm

Stretch and Be Fit—With A Smile

A fun class designed to help maintain important life skills and general fitness. A wide variety of exercises to improve balance, strength, flexibility and overall coordination including brain cognitive skills. Class includes floor exercises, resistance bands, simple yoga poses and dance moves with an emphasis on proper breathing and body alignment. Each class will end with soothing relaxation to allow the body to release tension and return to a peaceful calm state.

Instructor: Darlene Roth

Senior Center: Dance Studio

8-class "Anytime" punch card: \$68

Tuesdays	10:30-11:30 am
No class on 9/5, 10/3, 11/7, 12/5, 12/26	

 Adult classes with this symbol qualify for Senior Club member discount. Interested in a Senior (50+) Club Membership? Call (925) 798-8788.



Yoga
GENTLE YOGA

Yoga movement practice makes you FEEL the all important mind body connection. Yoga alleviates the muscle and joint pain from stress and inactivity. Yoga develops mindfulness and balance, flexibility and strength. Bring a yoga mat and a light blanket, wear loose clothing.

Instructor: Maxine Davis, 30+ years yoga practice

Senior Center: Dance Studio

5-class "Anytime" punch card: \$75

7 classes | \$99/\$84 (Dist. Res.)

Senior Club Members: \$91/\$76 (Dist. Res.)



2235.401 9/7-10/19 Th 10:30-11:30 am

8 classes | \$111/\$96 (Dist. Res.)

Senior Club Members: \$102/\$87 (Dist. Res.)



2235.402 10/26-12/21 Th 10:30-11:30 am

No class 11/23

HATHA YOGA

Hatha Yoga is a path toward creating balance and uniting opposites. In our physical bodies we develop a balance of strength and flexibility. We also learn to balance our effort and surrender in each pose. This class will offer powerful tools for self-transformation. Learn to bring attention to our breath, which helps us to still the fluctuations of the mind and be more present in the unfolding of each moment. All Welcome. Great for beginners and advanced students. Bring yoga mat.

Instructor: Linda Burkard

Senior Center: Dance Studio

6 weeks | \$86/\$71 (Dist. Res.)

4656.401 8/30-10/4 W 6:00-7:15 pm

5 weeks | \$74/\$60 (Dist. Res.)

4656.402 10/11-11/8 W 6:00-7:15 pm

4656.403 11/15-12/13 W 6:00-7:15 pm

Weight & Strength

Enjoy the best combination of low impact training and strengthening all in one fun session. Improve your flexibility, strength, balance and well being. Appropriate for all fitness levels! Students should bring their own weights and floor mats. Try it out!

Instructor: Debbie Murdock

Senior Center: Varies

6-week "Anytime" punch card: \$60

4 classes | \$39/\$32 (Dist. Res.)

Senior Club Members: \$36/\$29 (Dist. Res.)



2205.401 9/14-9/28 M/Th 5:30-6:30 pm

No class 9/21

5 classes | \$49/\$40 (Dist. Res.)

Senior Club Members: \$46/\$37 (Dist. Res.)



2201.401 9/14-9/28 M/Th 8:15-9:15 am

2202.401 9/14-9/28 M/Th 9:30-10:30 am

6 classes | \$59/\$48 (Dist. Res.)

Senior Club Members: \$55/\$44 (Dist. Res.)



2201.402 10/2-10/30 M/Th 8:15-9:15 am

2202.402 10/2-10/30 M/Th 9:30-10:30 am

2205.402 10/2-10/30 M/Th 5:30-6:30 pm

2201.404 12/4-12/21 M/Th 8:15-9:15 am

2202.404 12/4-12/21 M/Th 9:30-10:30 am

2205.404 12/4-12/21 M/Th 5:30-6:30 pm

No class 10/19, 10/23, 10/26

8 classes | \$79/\$64 (Dist. Res.)

Senior Club Members: \$73/\$58 (Dist. Res.)



2201.403 11/2-11/30 M/Th 8:15-9:15 am

2202.403 11/2-11/30 M/Th 9:30-10:30 am

2205.403 11/2-11/30 M/Th 5:30-6:30 pm

No class 11/23





SUGI YOGA/GENTLE YOGA & MOVEMENT

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

Instructor: Nancy Guzzaldo

Winslow Center: Assembly Room

Punch cards: \$72 (6 classes)

Drop-in: \$12

4637 8/28–12/23 M–Th, Sa 10:30–11:45 am
No class 9/4, 11/23–11/25, 12/25

YOGA GENTLE STRETCH

You are as old as your spine is flexible. A regular yoga practice will improve and maintain flexibility, improve posture, prevent injury and relieve stress. Integrate basic yogic principles with modifications given to accommodate all levels. This class balances body, mind and spirit to reach optimal health and well-being. All abilities and beginners welcome. Wear comfortable clothing and bring a mat.

Instructor: Maxine Younger

Community Center: McHale Room or Dance Studio

5 weeks | \$68/\$55 (Dist. Res.)

4649.401 9/7–10/5 Th 6:00–7:10 pm

4649.402 10/12–11/9 Th 6:00–7:10 pm

4649.403 11/16–12/21 Th 6:00–7:10 pm

No class 11/23



Zumba® Gold—NEW PM Class!

Zumba® Gold is the low-impact version of this wildly popular dance-fitness program. With easy-to-follow moves and exhilarating Latin rhythms, we dance our way to improved cardiovascular fitness, balance and agility. We add toning elements to every class using weighted toning sticks (provided by instructor) to enhance rhythm, build strength and tone up! All fitness levels are welcome! No dance experience necessary. Wear shoes without a heavy tread.

Instructor: (AM) Barbara Ward, *licensed Zumba® Gold*; (PM) Janet Tilander, *licensed Zumba® Gold*

Senior Center: Dance Studio (AM); Chateau Room (PM)

8-class "Anytime" punch card: \$68

Monday 9:00–9:50 am

Fridays 10:00–10:50 am

Tuesdays 5:30–6:30 pm

No class 9/4, 10/17, 11/10, 11/24, 12/12, 12/22, 12/25

On the Frontline

Our customer service team at the Community Center is made up of five dedicated women who field every kind of customer call imaginable with professionalism, efficiency and a splash of good humor. From left to right: Cassie Eternal, Jeaneen Brunck, Ana Castaneda, Kristen McNulty, and Linda Keating help you register for classes, assist with facility rentals, provide a wide variety of District information and on-going support of District programs. These hard-working people are often the first point of contact with the District and we are proud to have these outstanding individuals on the front line.





Adult classes with this symbol qualify for Senior Club member discount. Interested in a Senior (50+) Club Membership? Call (925) 798-8788.

Adult Sports

Leagues

- Basketball (3 on 3)
- Basketball (5 on 5)
- Bocce
- Cornhole Bag Toss
- Flag Football
- Soccer (5 on 5)
- Softball
- Volleyball

For details, visit pleasanthillrecsports.com, call (925) 682-0896 or email sgeorge@pleasanthillrec.com

Drop-in Sports

BASKETBALL

\$5 per person.

Pleasant Hill Education Center Gym,
1 Santa Barbara Road

- Sunday 8:00–10:00 am
- Monday 5:30–7:50 pm
- Friday 6:00–8:00 pm

BADMINTON

\$5 per person.

Pleasant Hill Education Center Gym,
1 Santa Barbara Road

- Sunday 10:00 am–12:00 pm

CORNHOLE

\$7 per person.

Winslow Center, 2590 Pleasant Hill Road

- Tuesday 7:00–10:00 pm

Sports Website

www.pleasanthillrecsports.com

Get league registration packets, schedules, standings, roster addition forms, field conditions, etc.

Badminton: Learn to Play Clinic for Beginners

Learn the correct basic skills and techniques of badminton: Basic gripping, footwork, strokes, serve and stance. Bring your own racket and feather birds required. Following the clinic time, feel free to participate at Badminton's Open Gym time from 11:00 am–12:00 pm.

Instructor: Randy Piona

Location: PH Education Center Gym,
1 Santa Barbara Road

8 weeks | \$61/\$50 (Dist. Res.)

5720.400 9/10–10/29 Su 10:00–11:00 am

5720.401 1/7–2/25 Su 10:00–11:00 am



42nd Annual Turkey Trot Trail Run

SUNDAY, NOVEMBER 19

Rain or Shine/All ages

Race starts at 9:00 am (sharp).

Experience the tradition of this annual 8.4 mile run in the beautiful hills of Briones Regional Park. Start and finish at Bear Creek Staging Area, including uphill to Briones Peak (elev. 1483 ft.). Divisions include: 13 yrs and under; 14–18 yrs; 19–29 yrs; 30–39 yrs; 40–49 yrs; and 50 yrs and above. Top winners receive turkeys. The top three finishers in each division will receive medals. This trail run is not for beginning joggers. The course is hilly and entirely on trails. Thank you to our sponsor Alpine Awards.

Pre-register online at pleasanthillrec.com by November 8 and get a free t-shirt.

For more information or phone registration call (925) 682-0896 or email sgeorge@pleasanthillrec.com. Race day registration begins at 7:30 am.

Location: Briones Regional Park, Bear Creek Entrance, Orinda

\$20 Pre-registration (by November 8);

\$30 Race Day

5370.400 11/19 Su 9:00 am–1:00 pm

Monthly Group Tennis Lessons

6–12 students; 13+ yrs

Top-quality classes begin on the first day of the month and run four consecutive weeks through the end of the month. Register at least one week prior to the first class. Wear tennis shoes, bring racquet and one unopened can of tennis balls.

Instructor: Joey Martinez

Location: College Park High School Tennis Courts, 320 Civic Drive (adjacent to Community Center parking lot).

BEGINNER/ADVANCED BEGINNER

Limited/minimal skills and playing experience.

4 weeks | \$68/\$55 (Dist. Res.)

5565.400 September Th 6:30–7:30 pm

5565.401 October Th 6:30–7:30 pm

5565.402 November Th 6:30–7:30 pm

INTERMEDIATE

Familiar with all basic strokes; can maintain a rally; has playing experience.

4 weeks | \$68/\$55 (Dist. Res.)

5566.400 September Th 7:30–8:30 pm

5566.401 October Th 7:30–8:30 pm

5566.402 November Th 7:30–8:30 pm

Private Tennis Lessons

Can't make our scheduled classes?

Call and tell us when you and/or your partner are available for either one or six hours of instruction. To arrange lessons, call or email (925) 682-0896, sgeorge@pleasanthillrec.com.

Instructor: Joey Martinez

PRIVATE LESSONS

Any age or level.

Per hour | \$71/\$57 (Dist. Res.)

Six one-hour classes | \$292/\$277 (Dist. Res.)

SEMI-PRIVATE LESSONS

Two per/same level; must register together.

Per person/per hour | \$38/\$30 (Dist. Res.)

Per person;

six one-hour classes | \$155/\$140 (Dist. Res.)

Swim Lessons

Fall Swim Lessons

Pleasant Hill Recreation & Park District offers a wide variety of swim lessons from 6-month tots to adults year-round! Private and group lessons available.

LESSON SCHEDULES and REGISTRATION NOW ONLINE!

Visit pleasanthillrec.com/aquatics/swimlessons.html

Questions?

Contact (925) 682-0896

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

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

PARENT/TOT (6 MOS-4 YRS)—Parent and child participate together and receive instruction in water adjustment, swim readiness skills, and water safety. Swim attire: tight-fitting "swim pants" and swimsuit. No disposable or cloth diapers.

TINY TOT (3-4 YRS)—Child must be ready to learn without parent. Skills: Water adjustment, basic aquatic skills and water safety. Ratio 3:1

PRESCHOOL (4-6 YRS)—Child must be ready to learn without parent. Skills: Water adjustment, elementary aquatic skills, stroke development and water safety. Abilities may vary. Ratio 4:1

YOUTH (6-12 YRS)—Students will learn a variety of strokes, personal safety skills and diving techniques, starting with basic aquatic skills and water adjustment. More advanced students will refine their skills. Ratio 5:1

ADULT/TEEN (12+ YRS)—New strokes and techniques for stroke improvement will be taught. Skills: floating, kicking, crawl stroke, backstroke, breaststroke, butterfly, sidestroke, elementary backstroke, diving and turns. Ratio 5:1

PRIVATE (3.5 YRS-ADULT)—One-on-one swim instruction for all ability levels and ages.

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

Fall 2017 Swim Lessons—PH Aquatic Park: 147 Gregory Lane

Tuesday/Thursday Private: 2 weeks, (4) 25-minute classes | \$125/\$110 (Dist. Res.)

	9/5-9/14	9/19-9/28	10/3-10/12	10/17-10/26
5:30 pm	8614.401	8614.402	8614.403	8614.404
6:00 pm	8615.401	8615.402	8615.403	8615.404
6:30 pm	8616.401	8616.402	8616.403	8616.404
7:00 pm	8617.401	8617.402	8617.403	8617.404

Tuesday/Thursday Group: 2 weeks, (4) 25-minute classes

\$62/\$50 (Dist. Res.) | Parent/Tot: \$50/\$40 (Dist. Res.)

Time	Age	9/5-9/14	9/19-9/28	10/3-10/12	10/17-10/26
5:30 pm	Parent/Tot	8501.401	8501.402	8501.403	8501.404
6:00 pm	Tiny Tot	8535.401	8535.402	8535.403	8535.404
6:30 pm	Pre-School	8547.401	8547.402	8547.403	8547.404
7:00 pm	Youth	8575.401	8575.402	8575.403	8575.404

Saturday & Sunday Group: 4 weeks, (4) 25-minute classes

\$62/\$50 (Dist. Res.) | Parent/Tot: \$50/\$40 (Dist. Res.)

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

Saturday & Sunday Private: 4 weeks, (4) 25-minute classes | \$125/\$110 (Dist. Res.)

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





Adult classes with this symbol qualify for Senior Club member discount. Interested in a Senior (50+) Club Membership? Call (925) 798-8788.



Mt. Diablo Dolphins is a registered USA Swim Club. Swimmers will be competing in USA swim meets in the fall (short course season). Age group is determined by the swimmer's age for the 2018 summer season. Registration fee includes USA Swimming membership. Sibling Discount: \$25. No class 10/31, 11/10.

WHAT MAKES MT. DIABLO DOLPHINS UNIQUE

Our experienced coaches provide the foundation and building blocks for each team member to succeed not only as an athlete, but also as a person. Individual members learn to contribute their unique strengths to support the overall success of the swim team. With MDD—Motivation, Determination, Dedication and the sportsmanship of swimming, the team is united and grows together—as individuals and as a group of successful swimmers.

Head Coach: Talli Pitcher

PH Aquatic Park: 147 Gregory Lane

10 years & under | \$310/\$295 (Dist. Res.)

8212.401 9/11–11/17 M/W/F 4:45–5:45 pm

10 years & up | \$335/\$320 (Dist. Res.)

8213.401 9/11–11/16 M–Th 5:45–6:45 pm

Special Events

Pumpkin Splash! **NEW!**

All ages

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

PH Aquatic Park: 147 Gregory Lane

Pumpkin wristband: \$12/\$10 (Dist. Res.)

Spectators and parent helpers free.

8781.401 10/15 Su 1:00–3:00 pm

Clinics and Classes

Pre-Swim Team

4–13 yrs

Designed for swimmers who want to join a swim team. Students must be able to take breaths on their own while "swimming." Repeat students welcome. There will be a parent meeting and try-outs on the first day.

Instructor: Talli Pitcher

PH Aquatic Park: 147 Gregory Lane

7 weeks | 4–5 years | \$145/\$130 (Dist. Res.)

8208.401 9/12–10/26 Tu/Th 4:00–4:30 pm

7 weeks | 6–8 yrs | \$180/\$165 (Dist. Res.)

8209.401 9/12–10/26 Tu/Th 4:30–5:15 pm

For those without swim team experience who would like to learn the skills to be on a swim team or to further develop their skills. Focus will be in developing the four competitive strokes, starts and turns.

Instructor: Carol Madsen

7 weeks | 9–13 yrs | \$215/\$200 (Dist. Res.)

8210.401 9/11–10/27 M/W/F 4:45–5:45 pm

Private Aquatic Park Parties

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

Winter Swim Clinic

Grades 1–8

For the summer recreation swimmer. Focus is on stroke technique and drill progressions for competitive swimming. Not training sessions; must have prior competitive experience.

Instructor: Talli Pitcher

PH Education Center Pool:

1 Santa Barbara Road

4 weeks | \$125/\$110 (Dist. Res.)

8727.401 11/28–12/21 Tu/Th 4:00–5:00 pm

Splashball

6–10 yrs

Splashball is a "T-ball" version of water polo designed to introduce the sport of water polo to children. This fun, dynamic class teaches basic skills and understanding of the sport of water polo in a recreational format while providing social development through participation in a team sport. Students should be comfortable in the water. Strong swimming skills a plus!

Instructor: Aquatics Staff

PH Aquatic Park:

147 Gregory Lane

7 weeks | \$99/\$84 (Dist. Res.)

8750.401 9/10–10/22 Su 5:00–6:00 pm



Lifeguard Instructor Course

17 yrs & up

This course trains instructor candidates to teach the basic-level American Red Cross Lifeguarding courses. Must have current American Red Cross Lifeguarding/First Aid/CPR/AED certificate; successfully complete the Online Introduction to the Lifeguarding Instructor Course before the first class (details will be given after registering); and successfully pass the pre-requisite skills on the first day. \$35 must be paid to the American Red Cross for the Online Introduction (must be completed before first class). Attendance is required at all classes. Registration Deadline: 9/15/17 at 12:00 pm.

Instructor: Korey Riley

PH Aquatic Park: 147 Gregory Lane

\$235/\$220 (Dist. Res.)

8718.401 9/22–10/1 F 5:00–9:00 pm
Sa 9:00 am–2:30 pm
Su 9:00 am–1:00 pm



Cali Suns Water Polo

14 yrs & under

A USA Water Polo (USAWP) team, Cali Water Polo offers swimmers a positive, encouraging and competitive environment to learn about the sport of water polo and develop new skills. Must be able to swim 50 yards freestyle, with a strong stroke. Registration includes Nor Cal League Tournaments (schedule TBD, weekends) and a t-shirt for each player. Additional shirts available for purchase. All players must be registered with USAWP (Silver Level) at www.usawaterpolo.org by the first day of practice (this fee is not included in your registration). Sibling Discount: \$25.

PH Education Center: 1 Santa Barbara Road

14U BOYS

10 weeks | \$410/\$395 (Dist. Res.)

8748.401 9/4-11/9 M/Th 6:30-8:30 pm

No class 9/4; meets 9/5, 6:30-8:30 pm instead.

14U GIRLS

10 weeks | \$410/\$395 (Dist. Res.)

8749.401 9/5-11/9 Tu/Th 6:30-8:30 pm



Water Walking

18 yrs & up

Water walking is an easy, low-impact exercise that can provide an aerobics workout while also strengthening and building muscles by using the water's resistance. The water's buoyancy supports the body's weight, which reduces stress on the joints and minimizes pain. Pool is heated and ADA accessible. Water shoes recommended. Students may register for the session or drop-in using the Water Aerobics Punch Card.

Instructor: Nay Albertson

PH Aquatic Park: 147 Gregory Lane

4 weeks | \$50/\$40 (Dist. Res.)

Senior Club Members: \$46/\$36 (Dist. Res.)

2240.401 9/19-10/12 Tu/Th 8:30-9:30 am

3 weeks | \$38/\$30 (Dist. Res.)

Senior Club Members: \$35/\$27 (Dist. Res.)

2240.402 10/17-11/2 Tu/Th 8:30-9:30 am

Water Aerobics

18 yrs & up

The ultimate in low-impact aerobics for men & women! Classes offer all the benefits of land aerobics while cushioning the body from impact and providing resistance during exercise. Emphasis is on cardiovascular workout while toning muscles and slimming the body. Swimming skills are not required.

Instructors: Bryce Halliday, Mary Beth McCarthy

PH Aquatic Park: 147 Gregory Lane

Year-round classes | Drop-in \$8

Water Aerobics Punch Card: \$50 (8 classes)

Mary Beth	W	7:20-8:20 am
Mary Beth	Tu/Th	8:30-9:30 am
Mary Beth	Tu/Th	7:00-8:00 pm
Bryce	M/W/F	8:30-9:30 am

Starting 11/6, all water aerobics classes meet at PH Education Center Pool and Mary Beth's Tu/Th evening class changes to meet 6:00-7:00 pm.

No class on legal holidays and instructor scheduled vacations. Modified class schedule during the Nov/Dec holiday break.

Water Exercise

Aqua Zumba®

16 yrs & up

Aqua Zumba integrates the Zumba philosophy and its exotic rhythms with traditional aqua fitness. AZ is great for people who have joint problems, mobility issues, chronic conditions, weight issues, pregnant women or any healthy adult who wants a complete workout without stressing the joints. It is a fun cardio-conditioning and body toning class that feels like a party! No swimming skills required. Water shoes recommended.

Instructor: Sandra Franklin

PH Aquatic Park: 147 Gregory Lane

4 classes | \$40/\$32 (Dist. Res.) | Drop-in \$10

8124.401 9/6-9/27 W 7:00-8:00 pm

8124.402 10/4-10/25 W 7:00-8:00 pm



Lap Swim

15 yrs & up

Monthly Pass gives you unlimited access to Lap Swim hours during the calendar month. 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! To purchase a monthly pass online, search "Membership."

Instructor: Staci Lindsay

PH Education Center Pool:

1 Santa Barbara Road

Monthly Pass: \$70/\$56 (Dist. Res.)

Senior 55+ Monthly Pass: \$52/\$42 (Dist. Res.)

8-swim "Anytime" Punch Card: \$56

Fall Lap Swim Hours*:

M/W/F 6:30-7:30 am, 8:30-9:30 am

M/Tu/Th 7:00-8:00 pm

Weekends at PH Aquatic Park

Sa/Su 10:00 am-12:00 pm (through 10/29)

Holidays: 9/4, 11/10. Modified schedule during Thanksgiving and Winter Break.

*Visit www.pleasanthillrec.com for a calendar to confirm hours and location.

Explore your world with us!

Pleasant Hill Recreation & Park District Travel Services offer a variety of exciting adventures that allow you to experience unique cultures, gain broader perspectives and make new friendships in amazing, beautiful places in our great big world. We make traveling easy for all with all-inclusive, organized trips that optimize your travel experience. No planning. No hassles. Just adventure. Where in the world do you want to go? Call our Travel Services coordinator who will be happy to help you with your next travel adventure.

TRAVEL OFFICE INFORMATION:

Trip Coordinator: Cassie Eternal

Phone: (925) 771-7636

Hours:

Monday, Tuesday, Friday, 9:30 am–3:30 pm

Wednesday & Thursday, 9:30 am–12:30 pm

Location: Senior Center, 233 Gregory Lane



Lake Havasu Balloon Festival

Join this unique tour sure to delight you! The tour kicks off with an overnight stay at the lovely Aquarius hotel in Laughlin, Nevada. Get an early start the next day to travel to the Balloon Festival where you'll enjoy the Mass Ascension and Sunrise Flag Ceremony. After the beautiful festival, the tour stops in Oatman, Arizona where you will see the town ruled by donkeys. On Day 3, explore on your own before heading to Kingman, Arizona where you will have a docent lead tour of the Mojave Museum and the Route 66 Museum. After the museum tours, you will head back to the balloon festival in time to witness the Night Glow, a visual treat that turns the skyline into an orangey glow as the balloons are alight with the fire from the engines. The tour ends with a cruise down the Colorado River and the afternoon to yourself in Laughlin.

January 18–22, 2018

Cost: \$1,499 pp/double; \$1,769 pp/single (includes airfare)

Discover Cuba

Join this interesting tour as it crosses a cultural divide, exploring the art, history and culture of Cuba. Develop a deep appreciation of the Cuban people as you meet with local shop keepers, musicians, choral singers, dancers, factory workers and more. Discover Cuba's rich history as you visit historic cathedrals and colonial homes on guided city tours. Experience the exotic Cuban rhythm while listening to one of Cuba's last Piquetes bands and learning the national dance, Danzón. Come to know the charming city of Remedios and take in the colonial feel of Cienfuegos, "La Perla del Sur" or Pearl of the South. Spend 4 nights in one of the world's most culturally rich cities, Havana where you'll stay at the iconic Hotel Nacional and explore much of the city's architecture in Old Havana. Meet a Cuban family in their very own paladar, a privately owned restaurant. Throughout your journey, you'll experience the power travel has to unite two peoples in a true cultural exchange.

January 31–February 7, 2018

Cost: \$5,779 pp/double; \$6,779 pp/single (includes airfare)

Join us for a Special Presentation!

September 13, 10:00–11:30 am
Senior Center

JOIN US FOR A PLEASANT GETAWAYS EXCLUSIVE FROM TALBOT TOURS!

Meet us in the Pleasant Hill Senior Center Classrooms from 10:00 am–11:30 am for a sneak peek at the newest trips that Talbot Tours has to offer! From Branson and Graceland to Texas and New York, Talbot Tours operates only with guaranteed departures and offers Seniors an easy way to travel worry free of cancellations. They even have at home pick-up so you do not have to worry about your car. Nancy Sloan, our travel rep, will be bringing cheese and even though it's early, why not treat yourself and enjoy some wine and talk about your future travel plans. Enjoy cheese and wine on Talbot Tours and the opportunity to meet travelers like you!

Please RSVP we have limited spots available for this event!

Contact Cassie Eternal at (925) 771-7636 or e-mail ceternal@pleasanthillrec.com.



New! Welcome the GLOBUS Brand to our Travel Program!

Founded in 1928, this travel brand opens up a whole new world of exciting adventures. See their new trips below:

Irish Explorer

On any Ireland tour, you expect to see amazing scenery and this GLOBUS tour doesn't disappoint. Visit the 668-foot Cliffs of Moher on Ireland's west coast, offering breathtaking views of rugged cliffs dropping into the ocean. Join the Ring of Kerry, a 100-mile drive with sparkling seascapes and mountains dotted with brightly colored farmhouses.

In Northern Ireland, visit the awe-inspiring Giant's Causeway, basalt columns formed millions of years ago by volcanic eruptions. Also explore Derry, one of Ireland's best-preserved fortified cities and Downpatrick, burial place of Ireland's Patron Saint.

The tour will then take you to the vivid green Dingle Peninsula perched on Ireland's western most tip and dominated by breathtaking mountains. Enjoy one of Europe's most dramatic drives passing seaside villages, ancient monuments, and views of the Blasket Islands.

Explore some of Ireland's most vibrant cities including Dublin, Belfast, and Galway and charming towns like Killarney. The tour will also stop in Adare, a medieval village known as one of Ireland's friendliest and prettiest villages. Next stops include, Knock, a major pilgrimage site since 1879; Glendalough, an early Christian monastic site founded by St. Kevin in the 6th century; and Waterford where you will enjoy a guided tour of the famous House of Waterford Crystal and see highly-skilled artisans at work. See more talented artisans spin their craft on your visit to Ireland's oldest hand weaving mill in Avoca.

You will love this trip. Cost includes: travel insurance, land tours, hotel accommodation, tour director, eight breakfasts and three dinners. *Single? Sign up for guaranteed roommate match and pay no single supplement! PLEASE NOTE: Airfare rates have not been released yet and will be added later. Airfare can be arranged through GLOBUS or privately.*

March 15–23, 2018
Cost: \$1,348 pp/double; \$1,734 pp/single



Classic Japan—The Golden Route

Discover the best Japan has to offer on this fascinating tour of its exciting cities and intriguing cultural rituals. Your tour starts in Tokyo, includes overnight stops along the way in the Mount Fuji area, Kyoto, Hiroshima, Okayama and then ends in Osaka. Throughout the tour, you'll visit Japan's famous sights, temples, and shrines. In Tokyo, explore the Imperial Palace and visit the Tokyo Skytree for stunning views over the city. In Kamakura, see the 750-year-old Great Buddha. In Kyoto, visit the Buddist Sanjusagendo Temple famous for its 1,001 life-sized statues of Kannon, the Buddhist goddess of mercy and then visit Nara's Todaiji Temple, nearby. In Hiroshima, visit the Peace Memorial Park where you'll be amazed to see the dome that miraculously remained standing after the atomic bomb leveled the surrounding landscape.

But that's not all! You'll travel to Mount Fuji, where you will cruise on Lake Ashi and take a cable-car ride for spectacular views. Throughout this Japan tour, Globus has arranged special cultural experiences to make your vacation unique. For example, partake in a traditional tea ceremony and participate in a Japanese cooking class with a local chef. Attempt calligraphy, learn about the Yuzen dyeing technique used on kimonos, try on a traditional kimono, and ride the famous high-speed bullet train.

All of this and more await you on this wonderful Japan tour. Cost includes: travel protection, land tour, hotel accommodation, tour director, seven breakfasts, one lunch and two dinners. *Single? Sign up for guaranteed roommate match and pay no single supplement! PLEASE NOTE: Airfare rates have not been released yet and will be added later. Airfare can be arranged through GLOBUS or privately.*

April 9–16 2018
Cost: \$3,604 pp/double; \$4,549 pp/single



Ontario and French Canada with the Ocean Train to Halifax

Exciting cities and breathtaking scenery await you on this eastern Canada tour! You'll spend two nights in Toronto, Ottawa, the Québec City area, Montréal, and Halifax. You'll also overnight on Via Rail's Ocean train between Montréal and Halifax, capital of Nova Scotia. Enjoy views of New Brunswick and Nova Scotia as you travel effortlessly in the comfort of your private sleeper car.

At each stop along your sightseeing tour, you'll explore must-see city sights, such as the 1,815-foot-tall CN Tower in Toronto, Canada's largest city; the Canadian Mint in Ottawa, Canada's capital; Québec City's Place Royale, the historic square known as the birthplace of French America; and Montréal's Mount Royal, designed by the same designer as New York City's Central Park.

In Ottawa, you'll visit the Royal Canadian Mounted Police stables, a tribute to Canadian heritage and history. In Québec, visit the Basilica of Notre Dame, dating to the 19th century, and Cap de la Madeleine, a national shrine with its fine stained-glass windows. Enjoy exploring Québec City, Canada's only walled city and a UNESCO World Heritage site.

This tour also includes a thrilling boat ride that takes you up close and personal to breathtaking Niagara Falls. Prepared to be awed by the Falls' sheer power and majesty. You'll also enjoy a cruise that takes a scenic route through St. Lawrence Islands National Park. In Halifax, visit Peggy's Cove, with its historic lighthouse, stunning scenery, and quaint fishing village.

Be sure to bring your camera! *Single? Sign up for guaranteed roommate match and pay no single supplement!* PLEASE NOTE: Airfare to be added later as fares have not been released yet, but airfare can be arranged through GLOBUS or privately.

August 23–September 3, 2018
Cost: \$2,278 pp/double;
\$2,883 pp/single



America's Cowboy Country

Visit Yellowstone, Grand Teton National Park, Mt. Rushmore and the Crazy Horse Memorial on this great American adventure. Spend two nights in the cowboy town of Jackson Hole, Wyoming, the crown jewel of the Northern Rockies. Experience the Wild West as it once was at Yellowstone National Park, home to an incredible array of wildlife including free-ranging herds of buffalo. Check off one of life's must-dos as you thrill upon seeing Old Faithful erupt. Marvel at Grand Teton National Park's towering peaks, marked with mountain glaciers. Soak in stunning views of Mt. Rushmore and the Crazy Horse Memorials.

August 13–20, 2018

Cost: \$4,049 pp/double; \$5,249 pp/single
(includes airfare)

Spotlight on New York City

Experience the best of "the Big Apple" in this spectacular 5-day tour. From Rockefeller Center to Greenwich Village, New York City is a destination that will dazzle even the most seasoned traveler. Spend four nights in the heart of Midtown close to Central Park and Times Square. Take your seat and watch the curtain rise on two exciting Broadway shows. Ferry to the Statue of Liberty and Ellis Island. See the Empire State Building and Central Park and visit the poignant 9/11 Museum and Memorial. Enjoy plenty of free time to shop and explore this fabulous city on your own. Get ready to "start spreading the news!"

April 26–May 1, 2018

Cost: \$3,099 pp/double; \$3,864 pp/single
(includes airfare)



Wonders of Australia and New Zealand

Get immersed into the 'Aussie' culture on this fabulous 16-day tour. Our first plunge into the tour begins with a visit to the Tjapukai Aboriginal Cultural Park where you'll see demonstrations on hunting, local medicines, spear and boomerang throwing, traditional dances and other aspects of local life. Discover the amazing underwater world of marine life on a full day excursion to the Outer Barrier Reef. Enjoy a presentation by a Marine Biologist in your glass bottom boat. See the Rocks District, Circular Quay, Harbour Bridge and visit Sydney's most recognized icon, the world-famous Opera House. Explore New Zealand's South Island as you journey by coach to Dunedin, en-route, travel through the Canterbury Plains and Oamaru. Visit the Royal Albatross Center, the island's only albatross breeding colony and learn the fascinating story of the world's largest seabird. Continue to Larnach Castle where you'll enjoy the magnificent architecture, an embellished interior, antiques, and spectacular views as your guide weaves tales of the castles tragic and scandalous history. Wrap up your splash into Australia and New Zealand with a journey to Te Anau, home of the serene, deep waters of Lake Te Anau.

May 17–June 1, 2018

Cost: \$6,348 pp/double; \$7,977 pp/single
(includes airfare)

Christmas at the Galt House and the Opryland Hotel

Have yourself a musical little Christmas! From boogie-woogie and blues to the King of Rock and Roll, enjoy this uplifting guided tour to Nashville, Louisville, and Memphis. Enjoy a Christmas dinner show by the Ladies for Liberty at the Galt House. Be amazed at the colorful displays of the KaLightscope Christmas lights display. Enjoy dinner at the Derby Dinner Playhouse where you'll take in a musical show and a musical tour of Memphis' famous recording studios. Also learn about freshwater pearls and how they are harvested at the Tennessee River Freshwater Pearl Farm. The final gift on this festive tour is a special live performance from Country band, Diamond Rio. *Single? This trip includes our Roommate Match and if we can't find you a roommate, you will enjoy your trip without the single supplement!*

December 4-10, 2017

Cost: \$3,534 pp/double; \$4,483 pp/single (includes airfare)

Cruise-Stravaganza!

So many great cruises from rivers to oceans, get your dose of Vitamin SEA!

TULIP TIME ON THE RHINE— REVERSED ITINERARY

When we say this trip fills up quickly, we mean it. The April 6th date is already booked solid, but this cruise will do everything you want, just send you in reverse! Enjoy this leisurely cruise that will have you in a new city or country every day! Board the MS Emerald Star for your trip down the rivers of Europe, history and architectural delights line the banks with a feast for the eyes. You will enjoy many surprises along the way, including: A narrated cruise on the canal in Amsterdam, Keukenhof Gardens at the height of Tulip Time. *2 For 1 Airfare offered for all cabins!*

April 11-21, 2018

Cost: Cabins start at \$4278 pp/double (includes airfare)

PARIS TO NORMANDY— WWII HISTORICAL CRUISE

Combine time in France's marvelous capital with discoveries of quaint towns along the Seine and in the picturesque Normandy region. Embark in Paris, sailing to Vernon, for a choice of guided visits to either Claude Monet's stunning gardens at Giverny or magnificent Bizy Castle. Choose between an included excursion to the poignant Normandy landing beaches or a fascinating "Taste of Normandy."

July 7-14, 2018

Cost: Cabins start at \$3666/pp double



THE LEGENDARY BLUE DANUBE

The Danube River runs between Budapest and Passau, Germany. This 1,785 mile long river is one of the most luxurious and captivating rivers in Europe. The Danube is a winding river that is calmer than the Rhine River. With castles placed on scenic bluffs lining the river, the Danube is anything but ordinary. Legendary Blue Danube River Cruise features five countries: the Czech Republic, Germany, Austria, Slovakia and Hungary. Included on the tour is shore excursions that are escorted by a local, English speaking guide. The guides will make cities, such as Passau, Vienna and Budapest come to life!

September 6-16, 2018

Cost: Cabins start at \$4613/pp double (includes airfare)



Pleasant Getaways with Pleasant Hill Recreation & Park District

Pleasant Hill Recreation & Park District Travel Services offers special Pleasant Getaways and excursions for adults of all ages. These excursions are generally 1-day trips but we also offer an occasional 2-4 day trip. Meet new friends and have fun as you explore Northern California in the company of fellow travel enthusiasts. Non-Senior Club Members pay an additional \$10 for daytrips. Not a Senior Club member yet? Stop by the Senior Center and sign up!

PLEASANT GETAWAYS PRESENTATIONS

Want to learn more about senior trips? Attend a monthly Pleasant Getaways Presentations to get a first look at our upcoming day trips, casino excursions and all-inclusive Air & Sea Travel Adventures. Many day trips and excursions sell out at the trip meeting! Meetings are the first Tuesday of the month, unless noted. We love suggestions to improve our travel program; bring your ideas to the meeting so we can continue to offer exciting adventures. We offer our daytrips for any type of mobility and we do not charge the Non-Member fee for caretakers. Special accommodations can be made for motorized wheelchairs, special dietary requests and service dogs with advance notice and as long as the trip venues are ADA accessible.

Senior Center: Chateau Room
First Tuesday of the month, 1:00 pm



FASCINATING VIETNAM, CAMBODIA AND THE MEKONG RIVER

Begin in bustling Ho Chi Minh City, with sightseeing including the Cu Chi Tunnels—a vast network of tunnels used by the Viet Cong. Then, start your cruise on the Mekong River, the thread that connects the people of Southeast Asia. In Phnom Penh, with visits to the National Museum and the Royal Palace with the stunning Silver Pagoda. You will also enjoy a private Apsara dance performance and will visit a development project teaching young adults traditional handicraft techniques.

December 10–22, 2018
Cost: Cabins start at \$5358/pp double

Single? All of these cruises include Guaranteed Roommate Match and if we can't find you a roommate, you will enjoy your trip without the single supplement

Upcoming Pleasant Getaway Day Trips

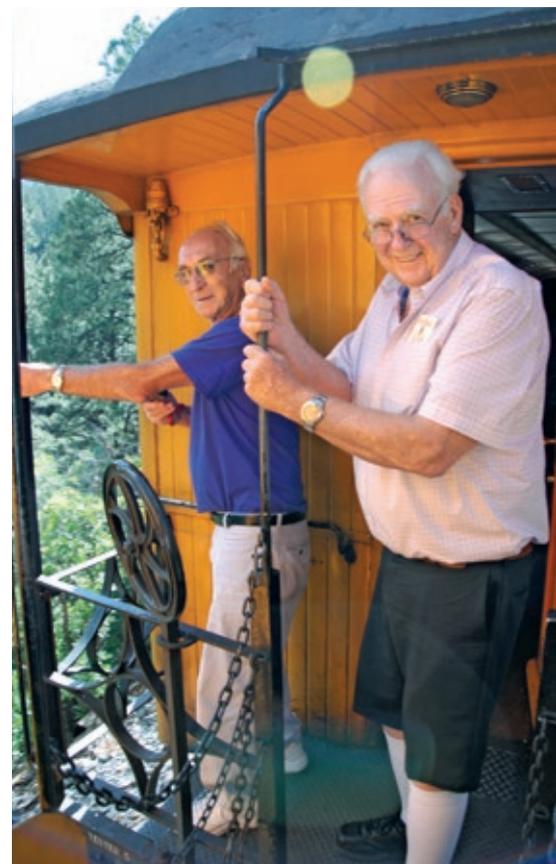
Call (925) 798-8747 to sign up!
Tickets Available NOW for all trips!

The Great Train Robbery

Take a ride on the wild side, and live out your own old Western showdown aboard the Sacramento RiverTrain's Great Train Robbery. Keep a weathered eye on the horizon for greedy outlaws! But don't fret, our on-board Marshal will keep everyone safe! This 2.5-hour experience is fun for kids and adults alike, and you'll feel like you've traveled back in time as you're entertained with a live Wild West show. Relax in Elkhorn Park and enjoy a barbecue buffet lunch. You don't need to go far to find an amazing adventure! Each ticket includes a 2.5-hour train ride in First Class (covered train with tables and booths), BBQ buffet lunch and Wild West show. Lunch included.

Saturday, September 16, 2017
8:30 am–3:30 pm (approx.)

Cost: \$120/\$115 (Dist. Res.)



Coppola Winery

Academy Award-winning director Francis Ford Coppola adds his larger-than-life style to his estate-like compound near Geyserville. Enjoy a self-guided tour through the winery while you taste wine and peruse winery merchandise. After your tour, dine at Healdsburg Bar & Grill for your choice of Burger, Chicken Sandwich, Veggie Burger or Chinese Chicken Salad, served with coffee, iced tea, tea or lemonade. After lunch, enjoy one hour of free time in Healdsburg to search out your own dessert. May we suggest the Noble Folk Ice Cream and Pie Parlor located just around the corner from your lunch restaurant? Lunch included.

Tuesday, September 26, 2017
9:00 am–2:30 pm (approx.)

Cost: \$117/\$112 (Dist. Res.)

Redwood Canopy Tour

Have you ever wonder what it's like to be a giant redwood looking down upon the forest life? Now is your chance! Put on your harness and take an adventurous two-hour journey 150 feet in the air to the tops of the redwood forest, in groups of eight you will have two tour guides to tell you all about the eco system of the trees and animals. Cross two rope bridges and two exciting zip lines until you end the course and come back to the world below. You will climb the courses at the following times: 12:00 pm, 12:30 pm, 1:00 pm and 1:30 pm. This trip is limited to 26 passengers and you will be on a bus with no bathroom. We have included one comfort stop each way for bathroom breaks. Dress in comfortable clothing, exercise pants or jeans ok! Wear sun screen and bring yourself a snack for the road home. Lunch on your own at Redwood Sandwich Co.

Wednesday, October 11, 2017
8:00 am–6:30 pm (approx.)

Cost: \$164/\$159 (Dist. Res.)



Top Golf—Roseville

Top Golf is the premier entertainment and event venue with fun point-scoring golf games for all skill levels, upscale bar food and drinks, great music and more! Enjoy a day of learning a new way to golf. This outing includes a private lesson, lifetime membership to Topgolf and enjoy a Mediterranean style lunch of chicken kebabs, herbed salmon, Mediterranean salad and curry powder roasted potatoes and a dessert of cinnamon sugar donut holes, fruit skewers and Bailey's Irish cream bread pudding muffins. Sign up in teams of six to have your own golf bay! Lunch included.

Tuesday, October 24, 2017
8:00 am–4:00 pm (approx.)

Cost: \$125/\$120 (Dist. Res.)

Forestiére—Fresno

The Forestiere Underground Gardens is located on Shaw Avenue in north Fresno, a short distance east of Highway 99. It is a complex of underground caverns, grottos, patios and garden courts encircling the underground home of Baldasare Forestiere. The various sections are inter-connected with underground passageways and promenades together with an auto tunnel approximately 800 feet long that winds through the gardens. These passageways are embellished with planters of various shapes and sizes, many with built-in recessed seats of hardpan, mortar and cement. There are columns, arches and domes of hardpan—a native sedimentary stone that is pervasive in the area. Enjoy a docent led tour throughout this outdoor marvel. After your tour, enjoy lunch at Dust Bowl Brewing Company. Lunch included.

Wednesday, November 8, 2017
7:30 am–4:30 pm

Cost: \$123/\$118 (Dist. Res.)



Cambria Christmas Markets and Hearst Castle

Celebrate the holidays with a boutique trip down to the Christmas Markets of Cambria. Board the bus and head down to Santa Cruz for your lunch at the Crow's Nest. After lunch, head on down to Cambria Pines Lodge, which will be all decked out for the holiday season. Walk through a tunnel of Christmas lights as you head into the area where there are booths selling artisan crafts and gourmet treats. Enjoy dinner at the Christmas Market from one of the many vendors. When you wake up in the morning, after breakfast at the hotel you will make your way to Hearst Castle where you will have the Grand Rooms tour, which will also be decked out for the Holidays. Lights, trees, ornaments and gigantic bows will line the castle throughout. After your tour, you will have time to shop and enjoy the movie if you would like. As your time ends at the castle, you will board the bus and head back to Cambria for lunch at Linn's which also includes a slice of the famous Olallieberry Pie.

Wednesday–Thursday, November 29–30, 2017
Wednesday 9:00 am | Thursday 7:00 pm

Double: \$348/\$343 (Dist. Res.)

Single: \$409/\$404 (Dist. Res.)



All senior enrichment, fitness and dance

classes have been moved to the Adult section. See pages 13–26.

Look for classes with this symbol for “senior friendly” classes that qualify for a Senior Club Member discount. Interested in a Senior (50+) Club Membership? Call (925) 798-8788 to sign up.

50+

Pleasant Hill Senior Center

233 Gregory Lane • (925) 798-8788

www.phseniorcenter.com

The award-winning Pleasant Hill Senior Club, sponsored by the Pleasant Hill Recreation & Park District, operates as a non-profit organization with an elected Board of Directors. Annual membership is open to men & women 50 years and over for \$20. Members receive a monthly newsletter and discounts on numerous classes and special events.

For more details on days and times of the following services and activities please visit the website at pleasanthillrec.com and download a copy of the *Senior Sounds* monthly newsletter.

Senior Services:

- Advance Health Care Directives Program
- Care Management Program
- Consult an Attorney Program
- County Nutrition Program (CC Café/Meals on Wheels)
- iHelp (help for Mac, iPad, iPhone users)
- County Connection Bus Tickets
- Grief Support Group
- Medicare & Supplemental Insurance Policy Counseling (HICAP)
- Memory Screening
- Movie Library
- Notary Service
- Open Computer Lab
- Senior Peer Counseling

Senior Center Activities:

- Amistad—Spanish Resource Group
- American Mah Jongg
- Book Club
- Boutique Group
- Bingo
- Bunco
- Chef’s Lunches
- Explorers Hiking Group
- Friday Flicks
- Marathon Bridge
- Men’s Corner—men’s discussion group
- Pathfinders Walking Group
- Pinochle
- Senior Bridge
- Spanish Book Club
- Tea Dance
- Tuesday Talkers—co-ed discussion group
- Wisdom Circles

Additional activities, see pleasanthillrec.com.

Senior Programs & Events

Pancake Breakfasts

Bring family and friends to our monthly breakfasts and enjoy pancakes or French toast, eggs, sausage, orange juice and coffee. All ages welcome!

1st Sunday of the month, 8:30–10:30 am
September 3, October 1, November 5, and December 3

Tickets: Adults 11+: \$5
Children 5–10 yrs: \$3 • 4 & under Free!
Senior Club Members can purchase a 5-Pancake Punch Card for only \$20!

Senior Center: Chateau Room

FREE! Care Management Series

The Care Management Series brings a variety of topics from experts in our community. Presentations are free however space is limited so please reserve your spot by calling 798-8788. Sponsored by Carlton Senior Living.

September 14: Recycling 101—Presented by Republic Services.

October 12: Caregiver on the Go Program; Transportation Flexibility & Reliability; Presented by Visiting Angels.
No November/December session

2nd Thursday of each month from 2:00–3:30 pm at the Senior Center

Vagabond Players

The Vagabond Players are here to entertain you! Grab lunch before the play at our Chef’s Lunch (not included in ticket price), then watch this award-winning live theater group put on a show.

October 6: “The Odd Couple”

Friday, 1:30 pm
Tickets: Pre-sale: \$10; Day of: \$15
Senior Center: Chateau Room



Taste of the Vine

Sip a glass of wine with friends and relax. A variety of red and white wines available for you to choose from, plus light hors d’oeuvres will be served. Non-alcoholic beverages available. Sponsored by Carlton Senior Living.

Tuesday, October 17, 4:00–6:00 pm
Tuesday, December 12, 3:00–5:00 pm

Tickets: Pre-sale \$10;
Day of \$15 (based on availability)
Senior Center: Chateau Room

FREE Admission! Holiday Boutique & Crafts Fair

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

Saturday, November 18, 9:00 am–3:00 pm
Senior Center

Clarinet Fusion Holiday Concert

Pleasant Hill’s very own Clarinet Fusion will perform live holiday music to the delight of all ages! Bring the whole family! Tickets on sale October 30th.

Wednesday, December 20, 7:00 pm
Tickets: Pre-sale \$7; Day of \$10
Senior Center: Chateau Room



Dear Friends of Pleasant Hill Recreation & Park District,

As summer fades into fall, the District is gearing up for the exciting months ahead. We are pleased to welcome Diablo Theater Company SINGOUT!, a comprehensive musical theater program for youth and teens starting this fall and running through

the school year. This program is perfect for your children with musical and theatrical inclinations. Please see special Spotlight section starting on page 9.

Another gear in the District wheelhouse is an exciting new community event, the Tinkers & Thinkers Innovation Faire on Saturday, September 16th from 11:00 am-3:00 pm in Pleasant Hill Park and in the Pleasant Hill Teen Center. This free event is a not-to-miss experience for those inquisitive minds with curiosity about all things Science, Technology, Engineering, and Mathematics (S.T.E.M.). The Tinkers & Thinkers Innovation Fair is Pleasant Hill's version of a "Makers Fair" and builds off the popular "Night of 1,000 inventions" at the Contra Costa Library in Pleasant Hill.

Attendees of all ages will have an opportunity to marvel at the latest mind-blowing innovations from local makers, entrepreneurs, businesses, non-profits and educators. Hands-on and make-and-take activities are a big part of the event. Tinkers and Thinkers is an event to inspire creativity and explore new ideas for people within our community. I hope to see you and R2D2 there.

In addition to these new activities and events, we will continue some of our popular community traditions including Share the Magic, Trunk or Treat and of course, our Holiday Festival. Details for all upcoming events can be found on page 2.

Have a great fall season,
Michelle Lacy, General Manager

Mission Statement

In order to serve the diverse recreational needs of individuals and families and to enrich the quality of life for all residents, the Pleasant Hill Recreation & Park District is committed to providing park facilities, open space, programs, and activities.

BOARD OF DIRECTORS

Zac Shess, *Chair* (925) 212-6572
Bobby Glover, *Vice Chair* (925) 954-7070
Sandra Bonato, *Secretary* (925) 938-5433
Jennifer Ortega, *Member* (916) 837-3904
Andrew Pierce, *Member* (925) 212-7503

Board Meetings: 2nd & 4th Thursdays, 7:00 pm
Administration Office, Conference Room,
147 Gregory Lane

3 Ways to Register Now!



Online at www.pleasanthillrec.com

Visa/MasterCard/American Express accepted.
No convenience fees for online registration!



Phone: 682-0896 M-F, 9:00 am-5:00 pm,

VISA/MasterCard/American Express accepted.



Walk-in:

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

Registration Begins August 10

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

Effective 5/1/17, classes that have not met minimum enrollment five business days before first meeting will be cancelled.

ADMINISTRATIVE STAFF

Michelle Lacy, *General Manager*
Mark Blair, *Accounting Supervisor*
Tom Bradley, *Park Superintendent*
Katrina Hunn, *Recreation Supervisor*
Lance Hurtado, *Recreation & Parks Manager*
Susie Kubota, *Executive Secretary*
Kendra Luke, *Senior Services Supervisor*
Carrie Miller, *Building Maintenance Superintendent*
Korey Riley, *Aquatics Supervisor*

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

FACILITY & PARK LOCATIONS

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

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

Senior Center: 233 Gregory Lane
M-Th, 9:00 am-4:00 pm; F, 9:00 am-3:00 pm
798-8788 • Fax 798-8837

Teen Center: 147 Gregory Lane • 691-5645

Park Maintenance Operations:
310 Civic Drive • M-F, 6:30 am-3:00 pm
671-4649 • Fax 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.

PLEASANT GETAWAYS WITH PLEASANT HILL RECREATION & PARK DISTRICT



Pleasant Hill Recreation & Park District Travel Services offers special Pleasant Getaways and excursions for adults of all ages. The excursions are generally 1-day trips but we also offer an occasional 2-4 day trip. Meet new friends and have fun as you explore Northern California in the company of fellow travel enthusiasts. Non-Senior Club Members pay an additional \$10 for daytrips. Not a Senior Club member yet? Stop by the Senior Center and sign up!

Tickets available NOW for all trips!

Call (925) 798-8747 to sign up!

Upcoming Pleasant Getaway Day Trips

The Great Train Robbery

Saturday, September 16, 2017
8:30 am–3:30 pm (approx.)

Coppola Winery

Tuesday, September 26, 2017
9:00 am–2:30 pm (approx.)

Redwood Canopy Tour

Wednesday, October 11, 2017
8:00 am–6:30 pm (approx.)

Top Golf—Roseville

Tuesday, October 24, 2017
8:00 am–4:00 pm (approx.)

Forestiere—Fresno

Wednesday, November 8, 2017
7:30 am–4:30 pm

Cambria Christmas Markets and Hearst Castle

Wednesday–Thursday, November 29–30, 2017
Wednesday 9:00 am | Thursday 7:00 pm

See pages 31–32 for more detailed trip information.

SPECIAL RECREATION ACTIVITIES



Special Rec Social Club

Wednesdays, 4:00–5:30 pm

Monthly Social Club for adults with developmental disabilities. Held on the 1st Wednesday of the month. Open social time plus structured group activities. Snack provided. Emergency Contact Waiver required at first visit.

Senior Center: Dining Room

Drop In Fee: \$7 (Caregivers free)

9/6, 10/4, 11/1

(no Dec. due to Holiday Festival)

Special Rec Dances

Fridays, 7:00–9:00 pm

18 yrs & up

PH Recreation & Park District, City of Concord and City of Walnut Creek, host social dances specifically designed for adults with developmental disabilities. See schedule below.

\$7 per person (caregivers free)

9/15 Walnut Creek Heather Farms
301 N. San Carlos Drive

10/20 Pleasant Hill Senior Center
233 Gregory Lane

11/3 Concord Senior Center
2727 Parkside Circle

12/15 Walnut Creek Heather Farms
301 N. San Carlos Drive

Questions? Contact Holly Frates: hfrates@pleasanthillrec.com



147 Gregory Lane
Pleasant Hill, CA 94523

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We Have Lift Off!

NEW WEBSITE LAUNCH

pleasanthillrec.com

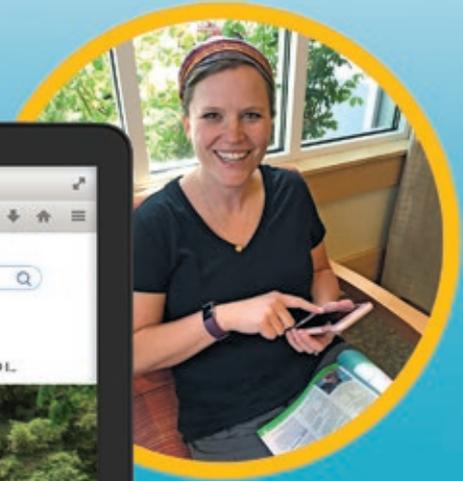
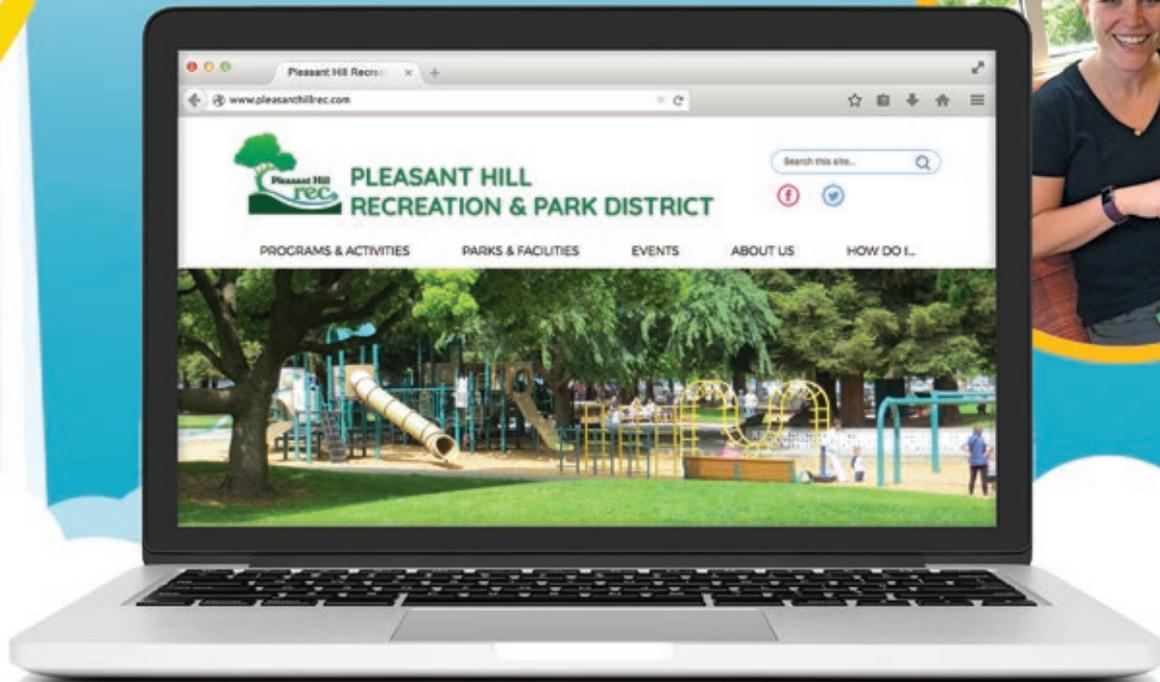
Get inspired. Get connected. Get moving.

**Come explore the smart, new
Pleasant Hill Recreation & Park District website!**

A brand new website experience from beginning to end.

Easy to use. Easy to navigate.

And so much more...



**Visit us today!
pleasanthillrec.com
Fun Begins Here.**