

Winter/Spring
2023

the Spotlight



Play for All

**District Equity
& Inclusion Policy**
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Youth & Adult Sports
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Plan Ahead & Save
Summer Camp Expo
Back Cover

pleasanthillrec.com





Community Events

Class Registration Begins December 12. See page 26.

NO ONLINE REGISTRATION FEES!

The Spotlight, Winter 2022/Spring 2023:

Usually published three times/year. Circulation: 68,000 per issue; sent to homes and businesses in Pleasant Hill and surrounding areas. Copies available at the district office, and local libraries and businesses.

On the cover: PH Rec & Park Summer Recreation League soccer team, "The Average Joes."

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@pleasanthillrec

All activities are subject to changing COVID-19 public health orders. Visit pleasanthillrec.com for updates.

Inclusive Recreation Dances Fridays, 7:00 pm-9:00 pm

- Jan. 6: Martinez Senior Center
- Feb. 10: Pleasant Hill Senior Center
- March 17: Walnut Creek Heather Farms
- April 14: Concord Senior Center

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

\$8 cash at the door.
Caregivers free.



Family Pajama Dance Party Friday, February 3

PH Senior Center: Chateau Hall

It's a PJ Party! Dress in your favorite winter 'jammies and get ready to show your kids your best dance moves! Activities include dancing, kids craft and a wrap-up bedtime story with a special guest. Snacks and a dessert bar included to fuel the fun. Event is for children (1-10 yrs) and their family member (s). Adults are encouraged to wear pajamas too. We love matching family pajama sets! All participants over age 2 must register. Must pre-register by 1/27.

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

6200.200 F 6:00-8:00 PM

Sponsored by Laura Wucher.



Summer Camp EXPO

Saturday, February 25, 9:00 am-12:00 pm
Pleasant Hill Community Center,
320 Civic Drive

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



Underwater Egg Hunt

Saturday, April 1, 1:00-2:30 pm

All ages

PH Aquatic Park: 147 Gregory Lane

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

Pre-registration \$20 /\$16 (Dist. Res.) by noon on March 31 or when event reaches capacity.

Spectators and adult helpers free.

Sponsored by Laura Wucher.



Pop Up Play Dates Are Back!

Pop in and play with us this spring! Rec & Park staff have lots of outdoor games and activities planned for our pop up play date! We will provide the fun – you provide the smiles. FREE to the public. Location varies. See page 7 for dates and locations.



Laugh, Love, Learn Senior Resource Faire

Friday, May 5, 9:30 am-1:00 pm

Pleasant Hill Senior Center
233 Gregory Lane

Senior Live Well Forum: A day full of educational speakers discussing a variety of interesting and relevant subjects. All funds raised benefit the Senior Center Care Management Program. For registration and more information, call the Senior Center at (925)798-8788. Registration opens 3/10.

Come early for the free Ultimate Senior Resource Fair, from 8:30am-1:00pm. Over 50 vendors from the local area and free giveaways!

Egg-Citing Egg Hunt

Saturday, April 8 (rain or shine)

Pleasant Hill Park: Basketball Court

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

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

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

6160.200	0-3 yrs	10:30-10:45 am
6160.201	0-3 yrs	10:50-11:05 am
6160.202	4-6 yrs	11:15-11:30 am
6160.203	7-10 yrs	11:35-11:50 am

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

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



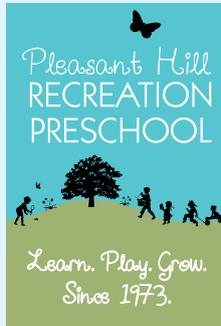


Preschool

School Year Preschool

The Pleasant Hill Recreation & Park District Preschool has been encouraging the love of learning since 1973. Our preschool establishes the foundation for a child's future education. Come grow with us! Our philosophy: A child who is playing is a child who is learning. Our experienced teachers encourage individual confidence, self-esteem, and social skills that children need to be happy and successful. Classes are in session mid-August through the end of May. Registration for the 2023–2024 school year opens on March 31, 2023 at 9:00 am online at pleasanthillrec.com/175. Registration is on a first come, first serve basis. Birth certificate, immunization records and proof of residency are required for discount. Children must be age appropriate by 9/1/2023.

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



Class	Age	Days	Time	Location	Res/Non
TTH Bumblebees	1.5–2.5 yrs	Tu/Th	8:15–11:15 am	PHCC	\$428/\$448
MWF Bumblebees	1.5–2.5 yrs	M/W/F	8:15–11:15 am	PHCC	\$525/\$545
TTH Hummingbirds	2.5–3.5 yrs	Tu/Th	8:30–11:30 am	PHWC	\$417/\$437
MWF Hummingbirds	2.5–3.5 yrs	M/W/F	8:30–11:30 am	PHWC	\$515/\$535
AM Bluebirds (potty-trained)	3–4 yrs	Tu/W/Th	8:30–11:30 am	PHCC	\$444/\$464
PM Bluebirds (potty-trained)	3–4 yrs	Tu/W/Th	12:30–3:30 pm	PHCC	\$444/\$464
AM Robins (potty-trained)	4–5 yrs	M/Tu/W/Th	8:45–11:45 am	PHCC	\$561/\$581
PM Robins (potty-trained)	4–5 yrs	Tu/W/Th	12:45–3:45 pm	PHCC	\$391/\$411
Peacocks (potty-trained)	4–5 yrs	Tu/W/Th	12:45–3:45 pm	PHWC	\$391/\$411

2023–2024 rates

Parent Tot

Parent and Me Gymnastics **NEW!** 1yr 6m-3 yrs

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

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

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

6603.205 1/20–2/10 F 10:00–10:30 am

6603.206 2/17–3/10 F 10:00–10:30 am

No class 4/3.

Preschool Classes

Pre-Ballet 3-4yr 11m yrs

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

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

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

6619.202 1/9-3/6 M 3:00–3:45 pm

No class 1/16, 2/20.

\$139/\$119 (Dist. Res.)

6619.203 3/13-5/8 M 3:00–3:45 pm

No class 4/3.

Music Classes

Instructor: Andrea Gaspari

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

LET'S MAKE MUSIC

18 months-3 yrs

Winslow Center Center: Rooms 1 & 2

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. It's the perfect class to prepare for circle time and preschool.

6636.201 1/10-2/14 Tu 9:15-9:55 am

6636.202 2/21-3/28 Tu 9:15-9:55 am

PIANO & ME NEW!

3.5-5 yrs

Senior Center: Classrooms

Your child will love learning all about musical concepts as they pertain to the piano. With their bodies, voices, instruments, games, and activities they will explore finger numbers, finger letters, rhythm and tonal notes and patterns, music symbols and more! If participant is not potty-trained parent participation is required.

6088.203 1/11-2/15 W 3:30-4:10 pm

6088.204 2/22-3/29 W 3:30-4:10 pm

LUNCH BRUNCH PIANO & ME NEW!

3.5-5 yrs

Senior Center: Classrooms

Let's do lunch! If your child attends preschool at the Community Center, Andrea will pick them up from their room and take them to the Piano & Me class.

6088.210 1/10-2/14 T 11:30 am-12:45 pm

6088.211 2/21-3/28 T 11:30 am-12:45 pm

Mark Your Calendar

OUR 2023 SUMMER CAMP EXPO IS COMING SOON!

Saturday, February 25, 9:00 am-12:00 pm

See Back Cover for details and Expo Day Savings!

East Bay Gymnastics NEW!

Instructor: East Bay Gymnastics

1441 Franquette Ave #7929,
Concord, CA 94520

Pre-requisite: potty trained.

\$112.50 /\$92.50 (Dist. Res.)

PK/3 (YRS)

PK 3 is our students' first independent class. This class begins with warm-ups and basic stretching/body shapes, followed by circuits, including obstacle courses incorporating floor and vault skills, balance beam, bars, trampoline, and foam pit.

6603.207 1/20-2/10 F 10:00 am-10:45 am

6603.208 2/17-3/10 F 10:00 am-10:45 am

PK/4 (YRS)

PK 4 is for our 4-year-old students to continue to develop their gymnastics skills and progress to more advanced skills than the PK 3 class. Students will also become more independent in performing many skills and begin to work together socially with increased peer activities. This class begins with warm-ups and basic stretching/body shapes, followed by circuits including obstacle courses incorporating floor and vault skills, balance beam, bars, trampoline, and foam pit.

6603.209 1/20-2/10 F 12:15 pm-1:00 pm

6603.210 2/17-3/10 F 12:15 pm-1:00 pm

KINDER/5 (YRS)

K/5 is our "bridge" class between our Kindergym Program and our School Age Program. Students continue to develop their gymnastics skills and progress to more advanced skills than the PK 4 class. Students will continue to be more independent in performing skills and work together socially with peer activities. This class begins with more advanced warm-ups and stretching/body shapes, followed by circuits including obstacle courses incorporating floor and vault skills, balance beam, bars, trampoline, and foam pit.

6603.203 1/19-2/9 Th 5:30 pm-6:15 pm

6603.204 2/16-3/9 Th 5:30 pm-6:15 pm

Spanish Immersion

Preschool Class

4.5 yrs-7 yrs

Instructor: Miriam Lattanzi

Community Center: Preschool 3

Children are eager to learn new languages. With Maestra Miriam children will learn Spanish in a hands-on interactive and stimulating environment. Your child will learn age-appropriate developmental milestones in fine and gross motor skills, and social and emotional competencies. Students will learn Spanish through music, creative art, storytelling, and indoor and outdoor games. Students will create a book about winter to take home at the end of the session. There will be 20 minutes of music and instruments from Zumbini. Pack a healthy snack and water. Must be fully potty trained.

\$360 /\$340 (Dist. Res.)

\$20 material fee due to instructor first day of class.

6620.203 1/20-3/3 F 9:00 am-12:00 pm

6620.204 3/10-4/28 F 9:00 am-12:00 pm

No class 4/7.

Zumbini Bilingual Class

6 months-5 yrs

Instructor: Miriam Lattanzi

Community Center: Republic Services Room

Created by Zumba and Baby First combines music and dance and educational tools for 45 minutes of can't stop, won't-stop bonding, learning and having fun! A bonding experience for all involved, including caregiver to child, child to child, caregiver to caregiver. The bonding occurs with the facilitation of a fun, musical environment. Zumbini focus on energy, fun and play to contribute to the natural development of cognitive, social and emotional skills. An additional \$10.00 for the original take home Bundle with songbook, Zumbini app, music and TV show to continue the fun at home. Parent participation required.

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

\$10.00 material fee payable to instructor.

6634.201 1/19-3/2 Th 9:30-10:45 am

6634.202 3/9-4/27 Th 9:30-10:45 am



**WINTER & SPRING
BREAK CAMPS**

See page 12.



Preschool Sports

Baseball

TOT BASEBALL

3-5 yrs

Instructor: Skyhawks Staff

TBD Location

\$180/\$160 (Dist. Res.) 5 Classes

5099.215 3/14-4/18 Tu 9:30-10:00 am

5099.216 4/25-5/23 Tu 9:30-10:00 am

No class 4/4.

Basketball

PARENT/TOT BASKETBALL

2-3 yrs

Instructor: Skyhawks Staff

Rodgers Smith Park

\$180/\$160 (Dist. Res.) 5 Classes

5099.222 3/18-4/22 Sa 9:30-10:00 am

\$150/\$130 (Dist. Res.) 4 Classes

5099.223 4/29-5/20 Sa 9:30-10:00 am

No class 4/8.

TOT BASKETBALL

Instructor: Skyhawks Staff

TBD Location

3-5 yrs

\$180/\$160 (Dist. Res.) 5 Classes

5099.217 3/16-4/20 Th 5:45-6:30 pm

5099.218 4/27-5/25 Th 5:45-6:30 pm

No class 4/6.

3-4 yrs

\$180/\$160 (Dist. Res.) 5 Classes

5099.224 3/18-4/22 Sa 10:15-11:00 am

\$150/\$130 (Dist. Res.) 4 Classes

5099.225 4/29-5/20 Sa 10:15-11:00 am

No class 4/8.

Soccer

KIDZ LOVE SOCCER

2-4 yrs

Instructor: Kidz Love Soccer Staff

Pleasant Hill Park

SHIN GUARDS ARE REQUIRED BY THE SECOND MEETING for all classes. KLS Class Status Hotline (888) 372-5803. For information, visit www.kidzlovesoccer.com.

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

Tot/Pre Soccer (3.5-5 yrs)

5030.202 1/20-3/3 F 5:00-5:35 pm

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

Parent & Me (2-3.5 yrs)

5030.203 1/21-3/4 Sa 9:05-9:35 am

Pre Soccer (4-5 yrs)

5032.205 1/21-3/4 Sa 10:30-11:05 am

Tot Soccer (3.5-4 yrs)

5031.206 1/21-3/4 Sa 11:05-11:35 am

PRESCHOOL SOCCER

3-4 yrs

Instructor: Skyhawks Staff

PH Community Center, Gazebo lawn area

Thursdays | 11:45 am-12:25 pm

5099.205 1/26 FREE TRY

(6 classes)

5099.206 2/2-3/9 \$205/\$185 (Dist. Res.)

(5 classes)

5099.213 3/16-4/20 \$170/\$150 (Dist. Res.)

(5 classes)

5099.214 4/27-5/25 \$170/\$150 (Dist. Res.)

No class 4/6.

SOCCER TOTS

3-5 yrs

Instructor: Skyhawks Staff

Rodgers-Smith Park

Saturdays | 11:30 am-12:15 pm

(7 classes)

5099.204 1/21-3/11 \$240/\$220 (Dist. Res.)

(5 classes)

5099.242 3/18-4/22 \$180/\$160 (Dist. Res.)

(4 classes)

5099.221 4/29-5/20 \$150/\$130 (Dist. Res.)

No class 4/8.



Sport Medley (Multi-Sports)

PARENT & ME SPORTS MEDLEY

2-3 yrs

Instructor: Skyhawks Staff

Rodgers-Smith Park

Saturdays | 9:30-10:00 am

5099.202 1/21-3/11 \$240/\$220 (Dist. Res.)
(5 classes)

5099.240 3/18-4/22 \$180/\$160 (Dist. Res.)
(4 classes)

5099.219 4/29-5/20 \$150/\$130 (Dist. Res.)
No class 4/8.

PRESCHOOL SPORTS MEDLEY

3-4 yrs

Instructor: Skyhawks Staff

PH Community Center Gazebo Grass Area

Tuesdays | 11:45 am-12:25 pm

5099.200 1/24 FREE TRY!

5099.201 1/31-3/7 \$205/\$185 (Dist. Res.)
(6 classes)

5099.211 3/14-4/18 \$170/\$150 (Dist. Res.)
(5 classes)

5099.212 4/25-5/23 \$170/\$150 (Dist. Res.)
(5 classes)

No class 4/4.

TOT SPORTS MEDLEY

3-5 yrs

Instructor: Skyhawks Staff

Rodgers-Smith Park

Saturdays | 10:15 -11:00 am

5099.203 1/21-3/11 \$240/\$220 (Dist. Res.)
(7 classes)

5099.241 3/18-4/22 \$180/\$160 (Dist. Res.)
(5 classes)

5099.220 4/29-5/20 \$150/\$130 (Dist. Res.)
(4 classes)

No class 4/8.

Tennis

PEE WEE TENNIS

4-5 yrs

Instructor: Coach Kris

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

Saturdays | 10:15 -11:00 am
4 weeks | \$88/\$70 (Dist. Res.)

5553.201 3/4-3/25

5553.202 4/8-4/29

3 weeks | \$66/\$53 (Dist. Res.)

5553.203 5/6-5/20

Youth

Youth



Gregory Gardens Elementary
1 Corritone Court, Pleasant Hill

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

Get Inspired!

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

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

Come visit and meet our professional staff!

Youth Classes

Filipino Folk Dance **NEW!** 7-12 yrs

Instructor: Alverna Bautista
Senior Center: Dance Studio

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

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

6063.201 3/17-4/28 F 4:00-4:45 pm
No class 4/7.

Miss Christie's Dance Classes

Instructor: Christie Tomlinson

BALLET

5-10 yrs

Community Center: Dance Studio 1 & 2

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

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

6042.202 1/9-3/6 M 3:55-4:55 pm
No class 1/16, 2/20.

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

6042.203 3/13-5/8 M 3:55-4:55 pm
No class 4/3.

BALLET II **NEW!**

9-12 yrs

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

6042.204 1/10-2/28 Tu 4:25-5:25 pm

\$164/\$145 (Dist. Res.)

6042.205 3/7-5/13 Tu 4:25-5:25 pm
No class 4/4.

New You Dance Class **NEW!** 6-12 yrs

Instructor: AJ Rogers
Senior Center: Dance Studio

This combo hip-hop/ballet class works on flexibility, strength, and technique. Participants will also learn new dance moves and dance vocabulary. Students will learn and perform a routine at end of class.

\$73.25/\$59 (Dist. Res.)

6061.201 1/11-1/25 W 4:30-5:15 pm

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

6061.202 2/1-2/22 W 4:30-5:15 pm

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

6061.203 3/1-3/29 W 4:30-5:15 pm

TAP

5-9 yrs

Community Center: Soroptimist Room

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.

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

6045.201 1/10-3/7 M 5:00-5:30 pm
No class 1/16, 2/20.

\$123/\$103 (Dist. Res.)

6045.202 3/13-5/8 M 5:00-5:30 pm
No class 4/3.

TAP II **NEW!**

8-12 yrs

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

6045.203 1/10-2/28 Tu 5:30-6:00 pm

\$134/\$114 (Dist. Res.)

6045.204 3/7-5/13 Tu 5:30-6:00 pm
No class 4/4.

JAZZ/HIP HOP **NEW!**

5-9 yrs

Learn the latest hip hop moves to today's pop and Hip hop music. This class will also increase strength and flexibility. Students will perform a routine on last day of class.

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

6045.207 1/10-2/28 Tu 6:05-7:05 pm

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

6045.208 3/7-5/9 Tu 6:05-7:05 pm
No class 4/4.

Bay Twilights Cheer

5-11 yrs

Instructor: Angela Powell

1150 Concord Ave. Suite 150,
Concord, CA 94520

Come and join Bay Twilights Cheer where your child will learn the beginning fundamentals of cheer, such as jumps, arm motions, splits, somersaults, handstands, and stunts. They will also learn a cheer and a dance routine to perform for in a spring competition.

\$210/\$190 (Dist. Res.) \$125 uniform fee due to instructor.

6056.801 3/22-5/10 W 5:30-6:30 pm

NEW!

East Bay Gymnastics

Instructor: East Bay Gymnastics

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

GIRLS

6/up yrs

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

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

6603.201 1/19-2/9 Th 4:30-5:30 pm

6603.202 2/16-3/9 Th 4:30-5:30 pm

KINDER/5

5 yrs

K/5 is our "bridge" class between our Kindergym Program and our School Age Program. Students are to continue to develop their gymnastics skills and progress to more advanced skills than the PK 4 class. Students will continue to be more independent in performing skills and work together socially with peer activities. This class begins with more advanced warm-ups and stretching/body shapes, followed by circuits including obstacle courses incorporating floor and vault skills, balance beam, bars, trampoline, and foam pit.

\$112.50 /\$92.50 (Dist. Res.)

6603.203 1/19-2/9 Th 5:30-6:15 pm

6603.204 2/16-3/9 Th 5:30-6:15 pm

Japan Karate Do

Instructor: William Fuentes

Winslow Center: Assembly Room

Join our traditional karate program and discover the fun and challenges of Karate-Do! Our program instills politeness, discipline and self esteem in the students lives as they work towards earning their black belt. Our motto is "Achieving Excellence Through efforts." Sessions include fun and action packed activities to build strength, balance and coordination.

Recommendation: taking two classes a week.

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

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

www.PleasantHillKarate.org

Beginners

6-12 yrs

MONDAYS

No class 1/16, 2/20.

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

6095.201 1/9-1/30 M 5:00-5:45 pm

6095.202 2/6-2/27 M 5:00-5:45 pm

6095.203 4/10-4/24 M 5:00-5:45 pm

\$66.50 /\$53 (Dist. Res.)

6095.207 3/6-3/27 M 5:00-5:45 pm

TUESDAYS

\$66.25 /\$53 (Dist. Res.)

6095.202 1/10-1/31 Tu 4:45-5:30 pm

6095.205 2/7-2/28 Tu 4:45-5:30 pm

6095.208 3/7-3/28 Tu 4:45-5:30 pm

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

6095.211 4/11-4/25 Tu 4:45-5:30 pm

THURSDAYS

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

6095.203 1/12-1/26 Th 5:00-5:45 pm

6095.212 4/13-4/27 Th 5:00-5:45 pm

\$66.25 /\$53 (Dist. Res.)

6095.206 2/2-2/23 Th 5:00-5:45 pm

\$81.25/\$65 (Dist. Res.)

6095.209 3/2-3/30 Th 5:00-5:45 pm

Intermediate

7-13 yrs

MONDAYS

No class 1/16, 2/20.

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

6095.201 1/9-1/30 M 6:00-6:45 pm

6095.204 2/6-2/27 M 6:00-6:45 pm

6095.210 4/10-4/24 M 6:00-6:45 pm

\$66.25/\$53 (Dist. Res.)

6095.207 3/6-3/27 M 6:00-6:45 pm

THURSDAYS

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

6095.203 1/12-1/26 Th 6:00-6:45 pm

6095.212 4/13-4/27 Th 6:00-6:45 pm

\$66.25 /\$53 (Dist. Res.)

6095.206 2/2-2/23 Th 6:00-6:45 pm

\$81.25/\$65 (Dist. Res.)

6095.209 3/2-3/30 Th 6:00-6:45 pm

TOURNAMENT KIDS

NEW!

6-12 yrs

(2nd, 4th and sometimes 5th Thursday of the month)

These sessions will focus on kata and sparring for tournaments. We will set up mock tournaments in class, so the kids will know what to expect in competition.

Students do not have to compete in tournaments to join this class. These classes are also an opportunity for more practice on their kata for their next belt, if they are not practicing enough at home, and to overall improve their sparring abilities.

All belts are welcomed, but a requirement will be sparring equipment that can be purchased from the instructor.

\$36.25/\$29 (Dist. Res.)

6095.231 1/2, 1/26 Th 7:00-7:45 pm

6095.232 2/9, 2/23 Th 7:00-7:45 pm

6095.234 4/13, 4/27 Th 7:00-7:45 pm

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

6095.233 3/9, 3/23, 3/30 Th 7:00-7:45 pm





Rhythm Piano Group Lessons 5-8 yrs

Instructor: Andrea Gaspari
Senior Center: Classrooms

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

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

6088.205 1/10-2/14 Tu 4:15-5:00 pm
6088.206 2/21-3/28 Tu 4:15-5:00 pm

Youth Drumming 7-16 yrs

Instructor: John Waller
Winslow Center: Rooms 1 & 2

We explore different drumming styles with hands, sticks and body percussion. There are rhythm and drumming games and some fun words that will help us with complex rhythms. We play conga drums, marimba and a new exotic drum every week to try for fun. A great introduction to music.

\$149 /\$129 (Dist. Res.)

6091.202 1/24-2/28 Tu 3:30-4:20 pm
6091.204 3/14-4/25 Tu 4:30-5:20 pm
No class 4/4.

Youth Guitar 7-16 yrs

Instructor: John Waller
Winslow Center: Rooms 1 & 2

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

\$149 /\$129 (Dist. Res.)

6091.201 1/24-2/28 Tu 4:30-5:20 pm
6091.203 3/14-4/25 Tu 5:30-6:30 pm
No class 4/4.

Chess Challenge **NEW!** 6-11 yrs

Instructor: Berkeley Chess School
Senior Center: Classroom 3

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

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

6070.201 1/17-4/25 Tu 3:10 pm-4:10 pm
No Class 4/4.

Spanish 4 Children 5-9 yrs

Instructor: Miriam Lattanzi
Winslow Center: Rooms 1 & 2

In this class your child will learn conversation, items around the house, city, school and more. They will learn through fun activity pages, games, music and more!

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

\$15 material fee due to instructor

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

Mega Machines Robotics - Workshop **NEW!** 6-11 yrs

Instructor: Snapology Staff
Winslow Center: Rooms 1 & 2

Creating motorized vehicles and machines using LEGO® bricks that will be built to move, make sounds and change colors! This is taking your favorite building to a different level using drag and drop programming to get builds to come "alive"! Experience robotics! Bring water and a snack.

\$68.75 /\$55 (Dist. Res.)

5101.203 1/16 M 9:00 am-12:00 pm

FREE! Pop Up Play Dates Are Back!

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

We will relocate indoors if needed.

Community Center Playground	
Friday, February 17	9:00-11:00 am
Pleasant Hill Park	
Friday, March 31	10:00 am-12:00 pm
Rodgers Smith Park	
Wednesday, April 19	2:00-3:30 pm
Pleasant Hill Park	
Monday, May 22	3:00-4:30 pm

Youth Sports

JR. NBA/WNBA Youth Basketball Leagues

SPRING SEASON

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

PH Middle School Gym: 1 Santa Barbara Road

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

Games are on Saturdays (schedule provided by assigned coach).

Season begins March 25 for 8 games.

Registration closes February 24.

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

*\$75 refund to parents who head coach.

BOYS:

5060.200 Grades K-2

5060.201 Grades 3-5

5060.202 Grades 6-8

GIRLS:

5060.203 Grades K-2

5060.204 Grades 3-5

5060.205 Grades 6-8

Basketball

Instructor: Skyhawks Staff

BASKETBALL CLINIC

6-11 yrs

TBD Location (possible VVMS)

\$180/\$160 (Dist Res) Thursdays | 6:45-7:45pm

5099.226 3/16-4/20 (5 classes)

5099.227 4/27-5/25 (5 classes)

No class 4/6.

YOUTH BASKETBALL

Location: Rodgers Smith Park

Saturdays 5 classes | \$180/\$160 (Dist Res)

5099.232 3/18-4/22 5-6 yrs

11:15 am-12:00 pm

5099.234 3/18-4/22 7-10 yrs

12:15-1:00 pm

4 classes | \$150/\$130 (Dist Res)

5099.233 4/29-5/20 5-6 yrs

11:15 am-12:00 pm

5099.235 4/29-5/20 7-10 yrs

12:15-1:00 pm

No class 4/8.

Soccer

SKYHAWKS AFTERSCHOOL SOCCER

Grade 1-5

Instructor: Skyhawks Staff
Pleasant Hill Park

\$240 /\$220 (Dist Res)

Thursdays, 3:30-4:30 pm

5099.209 1/26 FREE TRY!

5099.210 2/2-3/9 (6 classes)

KIDZ LOVE SOCCER

5-10 yrs

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

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

Fridays, 1/20-3/3

5034.200 Soccer 2 Skillz & Scrimmages 7-10yrs
3:30-4:15 pm

5033.201 Soccer 1 Techniques
5-6 yrs 4:15-5:00 pm

Saturdays, 1/21-3/4

5033.204 Soccer 1 Techniques
5-6 yrs 9:45-10:30 am

5032.205 Pre Soccer
4-5 yrs 10:30-11:05 am

5034.207 Soccer 2 Skillz & Scrimmages
7-10 yrs 11:35 am-12:20 pm

SHIN GUARDS ARE REQUIRED BY THE SECOND MEETING for all classes.

KLS class status hotline (888) 372-5803. For information, visit www.kidzlovesoccer.com



Tennis

Instructor: Coach Sandra/Coach Rafa
College Park High School Tennis Courts
Wear tennis shoes; bring racquet and water.

BEGINNER/ADV BEGINNER LESSONS 6-12 yrs

\$88/\$70 (Dist. Res.) Wednesdays | 6:30-7:30 pm

5584.201 3/1-3/22 Coach Sandra

5584.202 4/12-5/3 Coach Sandra

5584.203 5/10-5/31 Coach Sandra

5555.200 2/1-2/22 Coach Rafa

5555.201 3/1-3/22 Coach Rafa

5555.202 4/12-5/3 Coach Rafa

5555.203 5/10-5/31 Coach Rafa

\$88/\$70 (Dist. Res.) Fridays | 6:00-7:00 pm

5565.200 2/3-2/24 Coach Rafa

5565.201 3/3-3/24 Coach Rafa

5565.202 4/14-5/5 Coach Rafa

5565.203 5/12-6/2 Coach Rafa

INTERMEDIATE LESSONS

10-12 yrs

Must have 2 months' beginner class experience.

\$88/\$70 (Dist. Res.) Wednesdays | 7:30-8:30 pm

5554.200 2/1-2/22 Coach Rafa

5554.201 3/1-3/22 Coach Rafa

5554.202 4/12-5/3 Coach Rafa

5554.203 5/10-5/13 Coach Rafa

Volleyball

VOLLEYBALL CLINIC

6-11 yrs

Instructor: Skyhawks Staff

TBD Location (possible VVMS)

\$180/\$160 (Dist. Res.) Tuesdays | 7:15-8:15 pm

5099.228 3/14-4/18 (5 classes)

5099.229 4/25-5/23 (5 classes)

No class 4/4.

AFTERSCHOOL VOLLEYBALL

Grades 1-5

Instructor: Skyhawks Staff

Pleasant Hill Park

\$180/\$160 (Dist. Res.) Thursdays | 3:30-4:30 pm

5099.230 3/16-4/20 (5 classes)

5099.231 4/27-5/25 (5 classes)

No class 4/6.



Teen Scene



Follow us on Insta!

 @pleasanthillrec

 @phteecenter



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

Teen After School Program Grades 6–12

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

Register for our popular Teen afterschool program for the 2022–2023 school year! Registration now open! Our after-school Program (ASP) offers a perfect combination of fun, structured activities and time to just hang out with friends. Program activities include homework help, sports, computers, ping-pong, foosball, outdoor fitness, and games. Snack Shack open daily. For more program details, visit pleasanthillrec.com/246.

Fees: \$12/day | \$16/day with transportation.



Drew Pitcher
 Teen Coordinator

Online Driver's Ed 15 yrs & up

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

ONLINE COURSE

DMV allows teens to receive their learner's permit at age 15 ½ and a license at age 16. This class is the first, required step that must be completed. This is an online course with videos, animated driving scenarios and sample test questions. Learn the rules of the road, major causes of traffic collisions, DMV procedures and much more. A licensed instructor is available to answer any questions. Sign up at <https://new.safetydrivedr.com/a/2147483770/GQuMiUc2>

VIRTUAL LIVE INSTRUCTOR

Off-Site: Virtual

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

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

5100.201	2/4-2/25	Sa	9:00 am–12:00 pm
5100.202	3/4–3/25	Sa	9:00 am–12:00 pm

For 16+ years & up, explore our Aquatics programs and adult dance classes in Aquatics (page TBD) & Adult classes sections (page TBD).

Improv - Spontaneous Mind **NEW!** 14–17 yrs

Instructor: Jaime Rich
Community Center:
Republic Services Room

Laugh/Learn/Have fun/Play Games/ Think on your feet. Improv for all levels, learn to make it up as you go and be in the moment.

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

6062.201	1/17-2/28	Tu	4:00–5:30 pm
6062.202	3/7-4/25	Tu	4:00–5:30 pm

No class 4/4.

Teen Sports

Instructor: Skyhawks Staff
Pleasant Hill Park
6-8 Grade

Flag Football

\$295/\$275 (Dist. Res.) Tuesdays | 3:30-5:00 pm

5099.207	1/24	FREE TRY
5099.208	1/31-3/7	(6 classes)

Volleyball Clinic

\$220/\$200 (Dist. Res.) Tuesdays | 3:30-5:00 pm

5099.236	3/14-4/18	(5 classes)
5099.237	4/25-5/23	(5 classes)

No class 4/4.

Teen Tennis 13+ yrs

Instructor: Coach Rafa
College Park High School Tennis Courts
 Wear tennis shoes; bring racquet and water.

\$88/\$70 (Dist. Res.) Fridays | 7:00-8:00 pm

5099.200	2/3-2/24	Beginner/Adv. Beginner
5099.201	3/3-3/24	Beginner/Adv. Beginner
5099.202	4/14-5/5	Beginner/Adv. Beginner
5099.203	5/12-6/2	Beginner/Adv. Beginner



Winter & Spring Break Camps



Winter Break Enrichment Camps

2022 Preschool Winter Break Camp

3-5.5 yrs

Community Center: Preschool Room 3

Pre-requisite: potty-trained

Get your kiddos out of the house over winter break and engaged in some winter fun!

Snow-people, snowball fights and who knows - it may even snow! Campers bring a NUT-FREE snack, spill proof water and change of clothes daily.

1 week | \$130/\$110 (Dist. Res)

6658.100 1/3-1/5 Tu-Th 8:30-11:30 am

Spanish Winter Camp

3-7 yrs

Instructor: Miriam Lattanzi

Community Center: Republic Services Room

Join this Winter Break Camp with Spanish 4 Children, where we will be offering a Winter Break Camp full of fun and educational activities. Campers will explore the gingerbread man story and bring the book to life through scavenger hunts, arts, music, games and more. Friday, we will have hot coco day and find "El hombre de pan de jengibre - The Gingerbread Man". Children will create their own book. Pack a lunch and water.

\$265 /\$245 (Dist. Res.) \$15 material fee payable to instructor at first day of camp.

6632.110 12/27-12/30 Tu-F 9:00 am-1:00 pm



Full-Day Camps

Adventure Kids Camps Grades K-5

Instructor: KIDSTOP Staff
Gregory Gardens Elementary School:
1 Corritone Court

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

WINTER

7:30 am-5:30 pm | \$60 per day

6060.100 12/27 Tu	6060.104 1/3 Tu
6060.101 12/28 W	6060.105 1/4 W
6060.102 12/29 Th	6060.106 1/5 Th
6060.103 12/30 F	6060.107 1/6 F

SPRING

7:30 am-5:30 pm | \$60 per day

6060.200 4/3 M	6060.203 4/6 Th
6060.201 4/4 Tu	6060.204 4/7 F
6060.202 4/5 W	

XTREME Break Camps Grades 6 & up (siblings Grade 3 & up)

Instructor: Teen Center Staff
Teen Center: 147 Gregory Lane

Experience an action-packed week! Daily on-site activities and local field trips. Register by the day. Camps must meet a minimum participation of 8 by 12/15.

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

WINTER

5189.101 12/22 Th	Movies
5189.102 12/27 Tu	Scavenger Hunt
5189.103 12/28 W	Ice Skating
5189.104 12/29 Th	i heart Art
5189.105 12/30 F	Bowling
5189.106 1/3 Tu	Dave & Busters
5189.107 1/4 W	Ice Skating
5189.108 1/5 Th	Round One
5189.109 1/6 F	Movies

SPRING

5189.201 4/3 M	Dave and Busters
5189.202 4/4 Tu	Bowling
5189.203 4/5 W	i heart Art
5189.204 4/6 Th	Scavenger Hunt
5189.205 4/7 F	Movies

Snapology Creature Robotics!
6-11 yrs

Instructor: Snapology Staff
Winslow Center: Rooms 1 & 2

Inspired by LEGO building to take it to another level. All creatures will move and make sounds. Pulleys, gears, sensors, sounds and color-changing effects using drag-and-drop programming will be covered as builds come alive! Kids will be encouraged to team up, modify, explore and catch their builds as they can! Bring snack and water.

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

5101.101 12/26-12/30 M-F 9:00 am-12:00 pm
\$15 material fee due first day of camp.

Spring Break Enrichment Camps

Snapology Gamebots
6-11 yrs

Instructor: Snapology Staff
Community Center: Preschool 1

There are games to be played! In this class we'll be designing our own mini-golf course to an amusement park with rides. What will you charge to ride? We'll practice or learn some NERF skills. Then enter our carnival with our own robotic ring toss. It's all STEAM with LEGO© bricks and your handy gaming skills! Bring a snack and water.

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

5101.202 4/3-4/7 M-F 1:00-4:00 pm
\$10 material fee due first day of camp.

Spanish Spring Break Camp
3-7 yrs

Instructor: Miriam Lattanzi,
Spanish 4 Children
Winslow Center: Rooms 1 & 2

Welcome to Campamento de Primavera! This week your child will discover wonderful things about Spring and learn Spanish at the same time. In this camp, campers will learn in Spanish all about baby animals, bugs and flowers. They will sing songs, go on scavengers hunts, Bingo walks, create art and many more fun activities. Pack a lunch & water.

\$365/\$345 (Dist. Res.)

6632.205 4/3-4/7 M-F 9:00 am-1:00 pm
\$15 material fee due first day of camp.



Spring Break Sports Camps

Tennis Camps

Instructor: Coach Rafa
College Park Tennis Courts

Campers will learn the fundamentals of the game: different grips, forehand, backhand, volley, overhead smash, serve, return of serve and footwork.

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

6-10 yrs

5589.200 4/3-4/7 M-F 9:00 am-12:00 pm

11-16 yrs

5589.201 4/3-4/7 M-F 9:00 am-12:00 pm

Skyhawks Sports Medley Camp
6-12 yrs

Instructor: Skyhawks Staff
PH Park: 147 Gregory Lane

Baseball, basketball, capture the flag, soccer and more.

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

5099.238 4/3-4/7 M-F 9:00 am-12:00 pm



Get Adventurous!

GO ON LOCAL ADVENTURES THIS SUMMER! REGISTER FOR 2023 SUMMER CAMPS EARLY & SAVE!
See back cover.



Adult

Special Interest Classes

Adult Guitar

Instructor: John Waller
Winslow Center: Rooms 1&2

This guitar class will help motivate you to pick up the guitar and finally play it. We will start with the basics and work toward learning chords and easy songs to get you motivated to keep going. There are fun guitar riffs and exercises that will help you start. If you already have some technique then this class will help you get to the next level with more songs and exercises. Sign up to change your life forever. \$5 lab fee payable to instructor at first class.

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

4575.201 1/24-2/28 Tu 5:30-6:20 pm

4575.202 3/14-4/18 Tu 6:30-7:20 pm

Drumming

Instructor: John Waller
Winslow Center: Rooms 1&2

Learn the very basics of rhythm on hand drums, bells and shakers. We start out slowly and get our hands to memorize the motions. 8 Class Punchcards purchased from instructor.

8 class punchcard \$80 | Drop In \$11

4574.201 1/3-3/17 Tu 7:00-8:00 pm

4574.202 3/14-3/28 Tu 7:30-8:30 pm

Exploring Watercolor

Instructor: Casey White
Senior Center: Arts & Crafts Room

Perfect for the continuing artist who wants a fresh start or needs a gentle push along their way. Students will work together in a series of little paintings using the magic of watercolor to create our own "Artist Voice". Supply kits are no longer available for purchase through the instructor. Visit pleasanthillrec.com/336 for supply list.

\$87/\$70 (Dist. Res.)

2231.201 1/3-1/31 Tu 9:30 am-12:00 pm

2231.202 2/7-3/14 Tu 9:30 am-12:00 pm

2231.203 3/21-4/18 Tu 9:30 am-12:00 pm

No class 2/14.

Fly Tying Basics

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

Learn to use a variety of natural and synthetic materials to create artificial flies for catching fish including trout, large-mouth bass and striped bass in Northern CA. Instruction will be provided by the Diablo Valley Fly Fishermen. A list of fly tying tools will be provided to students prior to the first class. Basic tying kits with the needed tools may be rented for the duration of the course for \$20 payable to the instructor.

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

4181.201 1/12-2/23 Th 7:00 pm-9:00 am

Fencing - The Ultimate Sport

Instructor: James Parker
Winslow Center: Assembly Room

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

Drop In \$10

4630.201 1/9-3/27 M 7:00 pm-10:00 pm

No class 1/16, 2/20.

Golden Notes Chorus

50+ yrs

Instructor: Margaret Secour
Senior Center: Chateau Room

Do you love to sing? Can you read music? If you answered yes, you should join Golden Notes! This mixed voice chorus was established over 50 years ago and is flourishing. .

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

2350.201 1/17-3/28 Tu 9:30-11:30 am

No class 3/14.

Improv - Spontaneous Minds **NEW!**

Instructor: Jaime Rich
Community Center: Republic Services Room

Laugh/Learn/Have fun/Play Games/Think on your feet! Improv for all levels, learn to make it up as you go and be in the moment. Gain confidence for stage work or everyday life.

\$118 /\$98 (Dist. Res.)

4062.201 1/17-2/28 Tu 5:40-7:10 pm

4062.202 3/7-4/18 Tu 5:40-7:10 pm

No class 2/7.

FREE IMPROV - SPONTANEOUS MINDS WORKSHOP

Instructor: Jaime Rich
Community Center: Republic Services Room

Try this free one hour workshop to see how much you will enjoy the course.

1/10 Tu 5:30-6:30 pm

Quilting
BEGINNING QUILTING

Instructor: Carol Madsen
Senior Center: Chateau Room

In this class an emphasis on the beginning skills necessary to create your own simple quilt. More experienced quilters are welcome to join the class. A supply list will be given out at the first class. Bring sewing machine, thread, fabric, scissors, rulers, rotary cutter.

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

2243.201 1/23-4/3 M 12:30-3:00 pm
No class 2/20.

QUILTING BEYOND THE BASICS

Instructor: Carol Madsen
Senior Center: Chateau Room

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

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

2243.202 1/23-4/3 M 9:00 am-12:00 pm
No class 2/20.

QUILTING BASICS +

Instructor: Carol Madsen
Senior Center: Classrooms

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

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

2243.203 1/24-4/4 Tu 6:30-9:00 pm



Retirement Planning

Instructor: Bill Lahl
Senior Center: Classroom

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

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

4608.201 2/4-2/11 Sa 9:00 am-12:00 pm
4608.203 2/18-2/25 Sa 9:00 am-12:00 pm
4608.202 2/8-2/15 W 6:30-9:30 pm
4608.204 2/21-2/28 Tu 6:30-9:30 pm

Wills, Trusts & Estate Planning

Instructor: Randall Thompson
Community Center: Republic Services Room

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

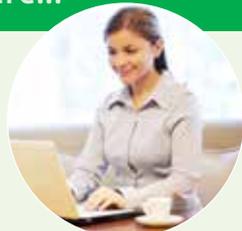
\$25/\$20 (Dist. Res.)

4610.201 2/7 Tu 7:00-8:30 pm



Online Classes
anytime, anywhere...

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



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

Dance Classes



Belly Dance

Instructor: Sharifa
Senior Center: Dance Studio

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

\$104/\$84 (Dist Res.)

4133.201 1/17-2/28 Tu 7:00-8:15 pm
4133.202 3/7-4/18 Tu 7:00-8:15 pm
No class 2/14, 4/4.



Karen McKimmy
Senior Program Coordinator

Adult Ballet Basics **NEW!**

Instructor: AJ Rogers
Senior Center: Dance Studio

Get in tune with your body and invest in yourself! This class will end with smiles on everyone's faces! "Adult Ballet Basics" Is a great start for any newcomer or Adults who have danced in the past and want to get those slippers back on! Come in and enjoy an entertaining class that works on flexibility, strength, and technique along with the true vocabulary of each movement. Ending with an amazing choreography by Mr. AJ Rogers in an unbelievably fun environment!

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

4209.201 1/6-1/27 F 8:45-9:40 am
4209.202 2/3-2/24 F 8:45-9:40 am

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

4209.203 3/3-3/31 F 8:45-9:40 am

Adult Tap Basics **NEW!**

Instructor: AJ Rogers
Senior Center: Dance Studio

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

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

4210.201 1/6-1/27 F 9:45-10:45 am
4210.202 2/3-2/24 F 9:45-10:45 am

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

4210.203 3/3-3/31 F 9:45-10:45 am



Bollywood & Bellydance Fusion

16 yrs & Up

Instructor: Lois Davis
Senior Center: Dance Studio

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

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

4660.201 1/11-2/15 W 6:00-6:50 pm
4660.202 3/8-4/12 W 6:00-6:50 pm



Line Dance

Instructor: Millie Dusha
Senior Center: Dance Studio

A combination of country-western, polkas, waltzes and line dances for men and women. Partners are not required! Note: Please refrain from wearing heavy perfumes and scents. Instructor experiences perfume allergies. Basics: Newcomers to Line Dance. Beginners must know basic steps.

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

Basics: for the true beginner

1/7-3/30 Sa 8:15-9:00 am

Beginners: basic knowledge required

1/7-3/30 Sa 9:00-10:00 am

Improve: more advanced steps

1/7-3/30 Sa 10:00-11:00 am

Intermediate: most advanced

1/7-3/30 Sa 11:15 am-12:30 pm

Fitness Classes



Virtual Pilates

Instructor: Alison Raphael-Klippel
Off-site: Virtual

Stretch and strengthen your body and mind with gentle therapeutic Pilates movements and sequences to help improve balance and coordination, build core strength and maintain muscle tone. Breathing exercises calm the mind, alleviate stress and anxiety and increase mobility and range of motion. You will need light weights, a pillowcase and water. Once you register you will be contacted with the Zoom Meeting ID and Password

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

1/9-2/27 M 11:30 am-12:10 pm
 3/6-4/24 M 11:30 am-12:10 pm

Nia: Music, Movement & Magic

Instructor: Kathleen Bate
Senior Center: Dance Studio

Are you looking for strength, healing, better balance? Nia provides a safe, supportive, encouraging environment to move and feel better and 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.

\$81/\$65 (Dist. Res.) | Drop In \$15

4692.201 1/3-2/7 Tu 5:45-6:45 pm
4692.202 2/21-3/28 Tu 5:45-6:45 pm

Fit for Life: Senior Aerobics

Instructor: Tari Nicholson
Senior Center: Dance Studio

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. If you purchase your punch card online please bring your receipt to the Senior Center front desk during office hours to receive your punch card.

\$44/\$35 (Dist. Res.) | 8-class punchcard: \$50

2215.201 1/3-1/31 Tu, Th 10:00-11:00 am
2215.202 2/2-2/28 Tu, Th 10:00-11:00 am
2215.203 3/2-3/30 Tu, Th 10:00-11:00 am
2215.204 4/4-4/27 Tu, Th 10:00-11:00 am

Total Fitness

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

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

\$123 /\$103 (Dist. Res.)

4636.201 1/9-3/6 M 5:45-7:00 pm
4636.202 3/13-5/1 M 5:45-7:00 pm
 No class 1/16, 2/20, 4/3.



Holly Frates
Senior Services Manager





Tai Chi Chuan

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

BEGINNING TAI-CHI CHUAN

This class is an introduction to Tai Chi Chuan Yang style long form. Through gentle movements and meditative breathing, students will improve balance, relieve stress, and quiet the mind. Great for the beginning student but open to all levels who are seeking more practice.

2210.201 1/10-2/21 Tu 1:00-2:00 pm
2210.202 3/7-4/18 Tu 1:00-2:00 pm

TAI-CHI CHUAN II

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

2210.203 1/10-2/21 Tu 2:30-3:30 pm
2210.204 3/7-4/18 Tu 2:30-3:30 pm

TAI CHI CHUAN III

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

2210.205 1/11-2/22 W 11:00 am-12:00 pm
2210.206 3/8-4/19 W 11:00 am-12:00 pm

TAI-CHI CHUAN PRACTICE

Ongoing practice of Tai Chi Chuan Yang style long form. This class is for the student who is comfortable with all three sets, and is interested in refining and improving their form. Classes will focus on the needs/problems presented by students that day.

2210.207 1/11-2/22 W 9:30-10:30 am
2210.208 3/8-4/19 W 9:30-10:30 am

Weight & Strength

Instructor: Debbie Murdock
Senior Center: Mondays: Dance Studio,
Thursdays: Chateau Rm

Jump-start your day with a combination of low-impact weight work. Improve your flexibility, strength, balance and well-being. Appropriate for all fitness levels. Students should bring hand weights and a mat. Purchase punch card from Instructor. Online purchases please bring a printed receipt into class to receive your punch card.

7-class punchcard: \$70

1/5-4/27 M,Th 9:00-10:00 am
 No class 1/16, 2/20.

Sugi Yoga

Instructor: Nancy Guzzaldo
Winslow Center: Assembly Room

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

5-class punch card: \$75

4637.201 1/3-3/28 Tu 10:00-11:15 am

Yoga & Movement for Every Body

Instructor: Greg Riley
Senior Center: Chateau Room

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

Try a class for free!

10-class punch card: \$150 / Drop in \$17

4510.201 1/3-3/28 Tu 6:00-7:00 pm



Stephanie Herriman
Senior Center Administrative Assistant



Adult Sports (ages 18+)



Adult Sports Leagues

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

For league details, visit
www.pleasanthillrec.com/288.

For questions call
 (925) 682-0896 or email
sgeorge@pleasanthillrec.com.

Cornhole Bag Toss: Drop-in Play

TOSSIN' TUESDAYS
 All skill levels welcome.

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

Tennis: Monthly Group Lessons

13 yrs & up
 Classes run four consecutive weeks. Wear
 tennis shoes, bring racquet and water.

Instructor: Coach Rafa
 College Park High School Tennis Courts

TEEN/ADULT: BEGINNER/ADVANCED BEGINNER

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

5566.200	2/3-2/24	F	7:00-8:00 pm
5566.201	3/3-3/24	F	7:00-8:00 pm
5566.202	4/14-5/5	F	7:00-8:00 pm
5566.203	5/12-6/2	F	7:00-8:00 pm





Aquatics

Pleasant Hill Dolphins Swim Team

Have Fun! Swim Fast! Founded in 1964, the Pleasant Hill Dolphins is a summer recreational swim team. Daily practice with instruction in all four competitive strokes, racing starts and turns and swim meets in the summer. The team also offers special activities for swimmers and their families. Swimmers must be able to swim 25 yards of freestyle (face in the water with rhythmic breathing) and 25 yards backstroke. Questions? Email Coach Talli at tpitcher@pleasanthillrec.com.

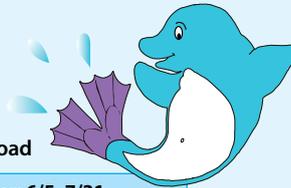
Head Coach: Talli Pitcher

NEW! 8 & under new swimmers must attend a free try out to ensure correct placement.

Practice Schedule (Season runs 4/10-7/31)

Spring practice held at PH Aquatic Park: 147 Gregory Lane;

Summer practice at PH Education Center Pool: 1 Santa Barbara Road



Age as of 6/15/23	Activity Code	Spring: 4/10-6/1 M-Th	Summer: 6/5-7/31 M/Tu/Th/F
6 & under	8223.301	4:15-4:45 pm	11:45-12:30 pm
7-8	8224.301	4:45-5:30 pm	11:45-12:30 pm
9-10*	8225.301	5:45-6:45 pm*	10:30-11:30 am
11-12*	8226.301	5:45-6:45 pm*	9:30-10:30 am
13-14*	8227.301	6:45-7:45 pm*	8:00-9:30 am
15-18*	8228.301	6:45-7:45 pm*	8:00-9:30 am

*For 9-18 swimmers: all practices are at PH Education Center Pool. Optional summer afternoon practice 5:00-6:00 pm. No practice May 29, June 30-July 4. County meet qualifying swimmers practice through Aug 4. All practices move to PH Education Center Pool on May 15.

Registration:

December 12, 2022-May 22, 2023 at the District Office (M-F, 9:00 am-5:00 pm) or online at www.pleasanthillrec.com.

For more information, call (925) 682-0896.

Sign up early to save money and make sure you get a spot on the team. Some age groups will fill fast.

Registration Fees (14 & under swimmers):

12/12-2/28\$545/\$525 (Dist. Res.)

3/1-3/31\$580/\$560 (Dist. Res.)

After 4/1\$610/\$590 (Dist. Res.)

Registration Fees (High School Swimmers):

12/12-3/31\$390/\$370 (Dist. Res.)

After 4/1\$420/\$400 (Dist. Res.)

Fee includes team t-shirt. Register early to take advantage of the optional payment plan.

Work Assignments:

Parents/families play a vital role in the success of this program and parent participation is required. A \$500 family deposit (per family) must be paid at the time of registration to the Pleasant Hill Dolphins Parent Club. Checks will only be cashed if work assignments are not completed. Parent meeting will be held immediately following time trials on Sat, 5/20 to discuss work requirements. See www.pleasanthilldolphins.com for more information.

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

Swim Tryouts **FREE!**

PH Aquatic Park: 147 Gregory Lane

New swimmers should attend try outs to ensure correct program placement/registration. Pre-registration is required. You may register for programs before you attend try outs.

Saturday, 2/11, 9:00 am

Monday, 2/27, 4:30 pm

Sunday, 3/26, 10:30 am

Saturday, 5/6, 10:30 am



Mini Dolphins 7 yrs & under

A program for young swimmers who are not quite ready for the Dolphins swim team. Students must be able to take breaths on their own while "swimming." Swimmers will be instructed in all competitive strokes. Depending on progress/ability, participants may join the Dolphins. Summer Mini-Dolphins participate in age group/end-of-season parties, receive a team t-shirt and swim in the last home meet. New Minis must attend a free swim try-out.

SPRING

PH Aquatic Park: 147 Gregory Lane

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

8200.301 4/11-6/1 Tu/Th 4:15-4:45 pm

SUMMER

PH Education Center Pool: 1 Santa Barbara Rd

Registration Deadline: Wednesday, 5/31

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

8200.302 6/5-7/31 M/Tu/Th/F 12:30-1:00 pm

Practices subject to change due to events. Check weekly email for updates. No practice 6/23, 6/30-7/4

Classes and Clinics

Pre-Swim Team

4-8 yrs

Instructor: Talli Pitcher

PH Aquatic Park: 147 Gregory Lane

Designed for swimmers who want to join a swim team. Students must be able to take breaths on their own while "swimming." Repeat students welcome. New swimmers must attend a free swim try out.

4-5 yrs | \$130/\$110 (Dist. Res.)

8208.201 2/28-3/30 Tu/Th 4:15-4:45 pm

6-8 yrs | \$160/\$140 (Dist. Res.)

8209.201 2/28-3/30 Tu/Th 4:45-5:30 pm

Spring Swim Team Clinic

Instructor: Talli Pitcher

PH Aquatic Park: 147 Gregory Lane

For new and returning recreational swimmers. Focus is on stroke technique and drill progressions for competitive swimming. This clinic does not conflict with County guidelines for recreation swim teams. Swimmers must be able to swim 25 yards freestyle (face in the water with rhythmic breathing) and 25 yards backstroke. New swimmers must attend a free swim try-out to ensure correct placement.

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

3-day option: \$130/\$110 (Dist. Res.)

2-day option: \$105/\$85 (Dist. Res.)

8 YEARS & UNDER

8212.201 3/1-3/29 M/W/F 4:15-5:00 pm 3-day

8212.202 3/1-3/29 M/W/F 4:15-5:00 pm 2-day

8-11 YEARS

8213.201 3/1-3/29 M/W/F 5:00-5:45 pm 3-day

8213.202 3/1-3/29 M/W/F 5:00-5:45 pm 2-day

11 YEARS & UP

8214.201 3/1-3/30 M-Th 5:45-6:30 pm 4-day

8214.202 3/1-3/30 M-Th 5:45-6:30 pm 2-day

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

15 yrs & up

Instructor: Aquatics Staff

PH Aquatic Park: 147 Gregory Lane

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

1/7-3/25

Sa

9:00-10:00 am



Aquatics

Lifeguard Training

15 yrs & up

Instructor: Aquatics Staff

PH Aquatic Park: 147 Gregory Lane

Learn how to save a life and become an American Red Cross Lifeguard! After successful completion, the American Red Cross will issue certificates in Lifeguarding/First Aid/CPR/AED, Administering Emergency Oxygen and Title 22. Bring swimsuit, towel, lifeguard book (receive in class), resuscitation mask (receive in class), and lunch each day. This class consists of approximately 7 hours of online learning, which must be completed before the first class meeting. See pleasanthillrec.com for the prerequisites.

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

8715.201 1/14-1/29 Sa/Su 9:00 am-4:00 pm

8715.202 2/4-2/19 Sa/Su 9:00 am-4:00 pm

8715.203 3/5-3/19 Sa/Su 9:00 am-5:30 pm

8715.204 4/3-4/7 M-F 9:00 am-5:30 pm

8715.205 4/15-4/29 Sa/Su 9:00 am-5:30 pm

Lifeguard Training Review

16 yrs & up

Instructor: Aquatics Staff

PH Aquatic Park: 147 Gregory Lane

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

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

8717.201 2/25-2/26 Sa/Su 9:00 am-5:00 pm

8717.202 3/25-3/26 Sa/Su 9:00 am-5:00 pm

8717.203 5/6-5/7 Sa/Su 9:00 am-5:00 pm

Watch for Spring/Summer Swim Lesson Schedule in our Spring/Summer 2023 issue available in print and online in mid-February 2023.

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

Water Exercise

Water Aerobics

Instructor: **MaryBeth McCarthy**
PH Aquatic Park: 147 Gregory Lane

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

6-Swim Water Aerobics Punch Card: \$90 /\$72 (Dist. Res.)

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

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

Water Aerobics Punch Card is only valid for MaryBeth's classes.

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

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

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

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

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

MORNINGS

MONDAYS, 8:00-9:00 AM

8102.201 1/9-1/30 3 classes

8102.202 2/6-2/27 3 classes

8102.203 3/6-3/27 4 classes

8102.204 4/3-4/24 4 classes

*No class 1/2, 1/16, 2/20.

WEDNESDAYS, 8:00-9:00 AM

8103.201 1/4-1/25 4 classes

8103.202 2/1-2/22 4 classes

8103.203 3/1-3/29 5 classes

8103.204 4/5-4/26 4 classes

FRIDAYS, 8:00-9:00 AM

8104.201 1/6-1/27 4 classes

8104.202 2/3-2/24 4 classes

8104.203 3/3-3/31 5 classes

8104.204 4/7-4/28 4 classes



EVENINGS

TUESDAYS (PM)

8105.201 1/3-1/31 5 classes 6:30-7:30 pm

8105.202 2/7-2/28 4 classes 6:30-7:30 pm

8105.203 3/7-3/28 4 classes 7:00-8:00 pm

8105.204 4/4-4/25 4 classes 7:00-8:00 pm

THURSDAYS (PM)

8106.201 1/5-1/26 4 classes 6:30-7:30 pm

8106.202 2/2-2/23 4 classes 6:30-7:30 pm

8106.203 3/2-3/30 5 classes 7:00-8:00 pm

8106.204 4/6-4/27 4 classes 7:00-8:00 pm

Lap Swim 16 yrs & up

PH Aquatic Park: 147 Gregory Lane

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

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

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

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

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

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

Winter Lap Swim Hours start December 5.

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

Holidays: 11/28-12/4, 12/23-12/26, 12/30-1/2, 1/16, 2/20.

Modified schedule during Winter Break (12/22-1/6)

Check website at pleasanthillrec.com/260 for updated class information.

Special Events

Underwater Egg Hunt

All ages

Saturday, April 1

1:00-2:30 pm

PH Aquatic Park:
147 Gregory Lane



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

Pre-registration \$20 /\$16 (Dist. Res.) by noon on March 31 or when event reaches capacity.

Spectators and adult helpers free.

Sponsored by Laura Wucher.



A Springboard for the Future!

Spend your spring & summer with us!

Aquatics Team Now Hiring!

15 yrs & up

- Lifeguards
- Swim Instructors
- Swim Coach
- Cashiers

For job descriptions, applications and deadlines, visit our website at

www.pleasanthillrec.com/161.



Explore your world with us!

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

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

TRAVEL OFFICE INFORMATION:

Our travel office hours are 10:30 am-2:30 pm. Call (925) 798-8788 to sign up for any day trip or for any questions you might have. We are here to help!

Travel Coordinator: Michael Manalastas

Phone: (925) 771-7636
Hours: Monday-Friday,
8:00 am-4:00 pm



Michael Manalastas
Senior Center Coordinator

TRAVEL SOCIAL MEETING

Our travel meetings will now be held on a quarterly basis. Trips will be available for sign up after the trip meeting. We have wonderful representatives who can answer your travel questions and help you navigate the future of travel. We look forward to seeing you there!

Socials will be held in the Chateau Room at the Center at 1pm on the following dates:
Tues February 7th, Tues May 16th, Tues August 15th, Tues November 14th

Spotlight on New York City

APRIL 13, 2023

Spend time in America's most exciting metropolis in "the city that never sleeps", for a getaway filled with shopping, sightseeing, and endless entertainment. Relax and enjoy a single hotel stay in the heart of the city. Embrace the city's energy on a locally guided tour of the Big Apple. Find yourself in Greenwich Village, Wall Street district, Chinatown, and Central Park. Board a ferry for a cruise of New York Harbor. Take in the incredible views of the towering Statue of Liberty. Dock and get up-close to "Lady Liberty." Then it's on to Ellis Island. Step back in time on a self-guided tour of the museum. See the Empire State Building and many other time-honored landmarks, reflect back at the 9/11 memorial and take a self-guided tour at the 9/11 Museum.

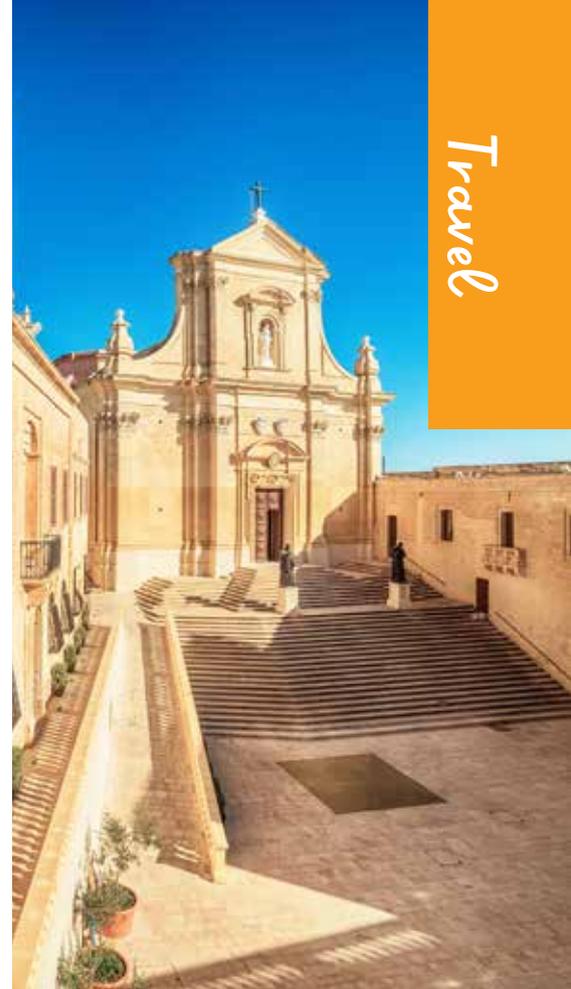
Cost: \$2768 pp/triple | \$2798 pp/double | \$3298 pp/Single

Switzerland: Hidden Trails & Majestic Peaks

MAY 12-23, 2023

Visit one of the most heralded destinations in Europe. Your journey through Switzerland will be entirely by train, offering an up close and personal rendezvous with the best the country has to offer from the Alps to the historic villages of the Swiss Riviera. Get ready to experience the culture, history, and lifestyle of Switzerland. Discover abundant history of this medieval waterfront city of Neuchatel. Look out over Lake Nuechatal at dinner with your fellow travelers. Experience a 13th century castle home to the Museum of Vine and Wine. Wander through the museum with an expert insider, ending with a taste of the local favorites and sample of 4 different wines. You will also visit the Swiss capital city. Discover Bern's enthralling blend of influences of old and new. Then visit the resort village of Zermatt, nestled against the backdrop of the Matterhorn. Head to the north short of Lake Geneva to Vevery, one of the "Pearls of the Swiss Rivera," with awe-inspiring views of the Alps. Enjoy a walking tour before exploring the sights and sounds independently during an afternoon at leisure.

Cost: \$7048 pp/double | \$8448 pp/Single



Temples and Treasures of Sicily and Malta

OCTOBER 4, 2023

Benvenuto! Welcome to Sicily! Experience the local surroundings of Sicily. Enjoy a guided tour visiting Palermo, home to Byzantine mosaics, Arabesque domes, and frescoed cupolas. Visit one of the country's most historical attractions, showcases and outstanding example of Magna Graecia art and architecture. Journey by coach to Syracuse for a guided walking tour in the old town of Ortygia a UNESCO World Heritage Site and the "historical heart of Syracuse". Admire a variety of landscapes created over the centuries that now represent a unique place where nature, culture, and history combine. The trip will include up to 15 meals, guided touring, local farm visits with lunch and wine-tasting, 5 UNESCO world heritage sites, cooking class of regional Maltese specialties, and so much more!

Cost: \$5158 pp/double | \$5967 pp/Single

50+ Travel

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

We offer our daytrips for any type of mobility and caretakers younger than 50 are welcome. Special Accommodations can be made for Power Wheelchairs, Special Dietary Requests and Service Dogs with advance notice and as long as the trip venues are ADA accessible.

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

How to prepare for an upcoming Pleasant Getaway:

1. Make sure we have an e-mail on file for you. We will do updates, confirmations, and reminders through e-mail.
2. Be familiar with your pickup location. We have 2 pickup locations, and your ticket will say either Parking Spot 1: 147 Gregory Ln or Parking Spot 2: 2 Santa Barbara Rd—Both lots are in Pleasant Hill.
3. Wear layers. California weather is unpredictable.
4. Bring your cell phone.
5. Be on time!
6. Always listen to your assigned Travel Escort.
7. If there is a docent, please listen and save your conversations until after the tour.
8. Have a question? Ask the Travel Escort.
9. Be polite and be positive. Enjoy the ride.
10. Do not be late!

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

Time for a new adventure in the new year!

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

Day Tripping!

Upcoming Day Trips

Almanac Beer Co. Tasting Tour- Alameda, CA

THURSDAY, MARCH 16, 2023

Enjoy a guided tasting and tour at the 30,000 square-foot production & aging facility located on a historic naval airbase on Alameda Island. The brewery is a former Naval hangar originally constructed in 1942 that boasts 37-foot ceilings, exposed original redwood beams, and hundreds of oak barrels and foudres. Portfolio of beers spans the gamut from delicate oak-aged lagers, to nuanced barrel-aged sours, decadent stouts, and of course, hazy IPAs. The tour includes 4 tasting pours, guided by an Almanac team member and a 10oz Kolsch for the tour. Travelers will need to wear closed toe shoes, wear protective eyewear (Almanac provides), and wear mask. Lunch will be on your own. Rotating food trucks will be on site. You are also welcome to bring your own eats to enjoy.

Bus pick-up location: 147 Gregory Lane

\$121/\$106 (Dist. Res.)

Arrive by 10:15 am; Depart by 10:30 am/Arrive Home Approx. 3:30 pm

San Jose Sharks vs Edmonton Oilers SAP Center, San Jose, CA

SATURDAY, APRIL 8, 2023

Take a trip down to SAP Center in San Jose and see the Sharks take on the Edmonton Oilers. Experience one of the most electrifying fan experiences in sports. The San Jose Sharks have won six division titles as a member of the Pacific Division since 1993. They advanced to the Stanley Cup Finals once in 2016. Cost includes ticket to game and bus ride. Please bring debit/credit card to purchase merchandise, food, snacks, and or beverages.

Bus pick-up location: 147 Gregory Lane

\$177/\$162 (Dist. Res.)

Arrive to bus by 10:15 am; Bus departs by 10:30 am and arrives home at approx. 5:00 pm

Lake Tahoe Two Night Get Away

MAY 23-25, 2023

Start your day heading toward Sacramento and stopping for lunch at Cattlemen's to split up the drive. After you are full, enjoy the scenic drive heading to Lake Tahoe and arrive at your destination, Harvey's Lake Tahoe around 4:30pm. You will have the evening to yourself to test your luck gambling, grab dinner and check out the scenery. The next day, board the bus and visit the old mining town of Virginia City and take a V&T Rails train then have free time to explore the old town and have lunch on your own. Head back to Lake Tahoe for an afternoon of more luck to win money or walking down to the gorgeous lake. On day three, check out of Harvey's and head home, but the fun doesn't end there. Lunch will be at Max's. Experience the taste of the Italy menu of the following: garlic bread, Italian chopped salad, chicken marsala, fettuccine w/ creamy pesto, roasted veggies, garlic mashed potatoes & cheese cake for dessert.

Bus pick-up location: 147 Gregory Lane

\$407pp/ Double \$513pp/Single

Arrive May 23 by 10:00 am; Depart at 10:20 am;

Arrive home May 25 at approx. 5:00 pm

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





50+

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, regardless of residency. Members receive a monthly newsletter and discounts special events.

For more details on dates and times of the following services and activities please visit the website at www.pleasanthillrec.com and download a copy of the Senior Sounds monthly newsletter. Please note, at the time of this printing, activities may not be up-to-date. Check our web-site or call 798-8788 for more information.

Senior Services:

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

Senior Center Activities:

- Amistad—Spanish Resource Group
- American Mah Jongg
- Boutique Group
- Bingo
- Chef's Lunches
- Marathon Bridge
- Men's Corner (Men's discussion group)
- Pinochle
- Senior Bridge
- Tea Dance

For more activities see pleasanthillrec.com.



Dana Busche
Senior Center Care Manager

Programs & Events

Cocoa with a Cop

December 20, from 9:00-10:00 am
Join Pleasant Hill Police for a cup of morning joe and discuss what it's like to be a cop or put a friendly face to the badge.

Laugh, Love, Learn Senior Resource Faire

Friday, May 5, 2023, 9:30 am-1:00 pm
Pleasant Hill Senior Center
233 Gregory Lane | (925) 798-8788

Senior Live Well Forum: A day full of educational speakers. All funds raised benefit the Senior Center Care Management Program. For registration and more information, call the Senior Center at (925)798-8788. Registration opens 3/10.

Come Early for the Free Ultimate Senior Resource Fair from 8:30am-1pm. Over 50 vendors from the local area and free giveaways!

Happy Hour

Thursday, February 9, 2:00-4:00 pm
Senior Center: Chateau Room

Enjoy a glass of wine and socialize with friends or your valentine. Pretzels and cheese and crackers will be served. Dress in festive valentine attire for a chance to win a prize. Non-alcoholic beverages available. On sale 1/9.

Tickets: \$14/ \$18 after 1/27

Happy New Year!



Michelle Lacy
General Manager

Dear Friends,

I hope you are as excited to welcome in the new year as we are! We begin 2023 in a healthy financial

position and clear direction for our organization going forward. This year, the District will continue to offer outstanding in-person activities, programs, services, and events, improve our parks and facilities through Capital Improvement Projects (CIPs) and make strides to implement the goals outlined in our Play for All Equity and Inclusion policy (see page 27).

To move us forward, we are now back to pre-pandemic staffing levels with an outstanding team of recreation professionals dedicated to serving the recreational needs of our District residents. Some new faces and current employee promotions are highlighted in this issue. Milestone years of employee service are also showcased on page 27 under Employee Service Awards. Please join me in applauding these employees for their dedication and commitment. A special note of recognition to Todd Smith who is celebrating 25 years of service.

This Winter/Spring 2023 issue demonstrates our staff's ongoing efforts to add more play, more enrichment, more exercise, more service and more fun for all ages and abilities. Explore all the possibilities to add more fun to your year and register early, especially for our 2023 Summer Camps. Don't miss our Summer Camp Expo on Saturday, February 25. We will offer a 10% discount on Expo Day only on full-week camps and summer swim lesson registrations. See back cover for details.

Wishing you and yours a healthy and happy New Year!

Stay well,
Michelle Lacy, General Manager

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

Our Mission: Put people first.

BOARD OF DIRECTORS

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

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

3 Ways to Register Now!

Follow us
@pleasanthillrec



Online at www.pleasanthillrec.com
Visa/MasterCard/American Express accepted.
No convenience fees for online registration!



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



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

Registration Begins December 12

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

ADMINISTRATIVE STAFF

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

CO-SPONSORED CLUBS & ORGANIZATIONS

For club information, visit pleasanthillrec.com/148

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

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

FACILITY & PARK LOCATIONS

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

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

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

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

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

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

Rodgers Ranch Heritage Center:
315 Cortsen Road • www.rodgersranch.org

Winslow Center: 2590 Pleasant Hill Road

Map of District Parks & Facilities available at pleasanthillrec.com.



The Pleasant Hill Community Foundation was founded in 1987 to promote and support educational, recreational, cultural and other activities for people living and working in the Pleasant Hill area. In addition to its other funds, the Foundation created the "Park Development Fund" to provide the Pleasant Hill Recreation & Park District monies to develop, protect, restore, and conserve our parks. It is organized under section 501(c)(3) of the Internal Revenue Code. Contributions are tax-deductible.
Details: info@phcommunityfoundation.org



AMERICANS WITH DISABILITIES ACT (ADA)

5% of rental fees and \$1 per person per class will be designated for facilities improvements and services to comply with the ADA. PHR&PD welcomes persons with disabilities. For information, call 682-0896.

Play for All

Play for All - Equity and Inclusion Policy

Pleasant Hill Recreation and Park District is committed to creating and promoting equity and inclusion across all public spaces, places, facilities and programs that the District manages. Through the Play for All – Equity and Inclusion Policy, we aim to ensure that everyone, including those with physical or cognitive disability, the LGBTQ community, racial and ethnic minorities, and new Americans, refugees or immigrants, have access to the complete array of benefits that quality parks and recreation offer.

Pleasant Hill Recreation and Park District defines “equity” as the process of differentially supporting disadvantaged communities to have fair and just access to parks and recreation and “inclusion” as the process of removing barriers that can deprive some people of the opportunity to enjoy the benefits of parks and recreation.

Policy Goals

Play for All – Equity and Inclusion Policy outlines the District’s approach to ensuring equitable opportunities and inclusive environments for all District staff and community members in local parks and recreation.



This policy ensures that:

- Community members utilizing our facilities, programs and services have equitable, inclusive, and appropriate access to programs and services, regardless of ability, race, ethnicity, color, age, socio-economic level, sexual orientation, gender identity, religion, language or country of origin.
- District staff, community partners and programmatic collaborators engage in the support of all community members and promote inclusive behaviors in park and recreation facilities and in public spaces throughout the community.
- Pleasant Hill Recreation and Park District establishes and maintains an organizational infrastructure for management, oversight, implementation, communication about, and monitoring of the policy and its established goals and objectives.
- Pleasant Hill Recreation and Park District will continuously identify, evaluate, and measure equity and inclusive practices and work toward improving effectiveness, accountability, and outcomes in achieving goals and objectives.

This policy applies to all community members, staff, and sites within the Pleasant Hill Recreation and Park District.



Employee Service Awards

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

2021

Michelle Lacy	5 yrs
Mariana Moreno	5 yrs
Korey Riley	15 yrs

2022

Ally Crow	5 yrs
Karen McKimmy	5 yrs
Alyssa Ramirez	5 yrs
Heather Rosson	5 yrs
Nicole Watson	5 yrs
Ana Castaneda	10 yrs
Sheila Cotruvo	10 yrs
Madeline Scott-Brown	10 yrs
Holly Frates	15 yrs
Sheila George	15 yrs
Todd Smith	25 yrs



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Pleasant Hill, CA 94523

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Pleasant Hill Recreation & Park District • (925) 682-0896 • The Spotlight Winter/Spring, Volume 28, Issue 1

PH Rec Summer 2023 Camps EXPO

**Saturday
February 25**

9:00 am–12:00 pm

**PH Community Center
320 Civic Drive**

**Exciting and fun adventures
await for a good vibe-only summer!
Get inspired and into the groove
early at our Summer Camp EXPO.
Enroll that day to save!**

10% DISCOUNT offered on EXPO day only on Full Week
Camps and spring/summer swim lesson registrations made in-
person at the EXPO from 9:00 am–12:00 pm and online
until midnight, February 25, 2023.

COUPON CODE: EXPO23

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

Questions?

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

Have a Good Vibe Summer!



pleasanthillrec.com

