

PH REC Summer 2023 Camps



**Good Vibes Only
Summer Camps**
Pages 2-20

**Groovy Summer
Events**
Pages 43-44

**Cool Aquatics
Programs**
Pages 2-5,
22-25

Good Vibe Summer Camps 2023



☀️ Camps with this symbol qualify for the 10% Summer Camp Expo Day early registration discount. Discount valid 9:00 am-11:59 pm on 2/25/23 only.

Splash 'N Dash Camp ☀️

8-12 yrs

Instructor: Aquatics Staff
PH Aquatic Park, 147 Gregory Lane

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

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

8770.302	6/12-6/15	M-Th	8:30 am-12:30 pm
8770.303	6/19-6/22	M-Th	8:30 am-12:30 pm
8770.304	6/26-6/29	M-Th	8:30 am-12:30 pm
8770.306	7/10-7/13	M-Th	8:30 am-12:30 pm
8770.307	7/17-7/20	M-Th	8:30 am-12:30 pm
8770.308	7/24-7/27	M-Th	8:30 am-12:30 pm

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

Registration Begins February 25. See page 43.

NO ONLINE REGISTRATION FEES!

The Spotlight, Spring/Summer 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: Brett Gerson and Laithan Cousin

Aquatics Camps

Junior Lifeguard Camp ☀️

11-14 yrs

Instructor: Aquatics Staff
PH Aquatic Park: 147 Gregory Lane

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

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

8770.301	6/5-6/8	M-Th	8:30 am-12:30 pm
8770.309	7/31-8/3	M-Th	8:30 am-12:30 pm

CONTENTS:

- Adult Classes 34
- Adult Dance 35
- Adult Fitness 36-37
- Adult Sports 37
- Adult 50+ Programs & Events 41
- Aquatics Programs & Classes 22-25
- Aquatics Camps & Swim Lessons 2-5
- Camps at a Glance 20
- Community Events 43-44
- Online Courses Info 37
- Preschool Activities 26-28
- Registration Information 42
- Spring Break Camps 32
- Teen Scene 33
- Travel 38-40
- Youth Classes 29-30
- Youth Sports 31
- Youth Camps 6-19



Got Good Vibes? Bring 'em on this summer! WE'RE HIRING!

15+ yrs

Work with friends, have fun, and learn new skills. Apply at Summer Camp Expo with a completed application available online at pleasanthillrec.com/161. Questions? Email Katrina Hunn at khunn@pleasanthillrec.com.

- **Aquatics Cashiers** (\$15.50-\$15.75/hour)
Application deadline: 5/1 at 5:00 pm
- **Lifeguards & Swim Instructors** (\$16.50-\$20.97/hour)
Application deadline: 5/1 at 5:00 pm
- **Summer Camp Leaders** (\$15.50-\$19.14/hour)
Application deadline: 4/1 at 5:00 pm



Summer Camp Expo

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



Swim Lessons 2023

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

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

Parent/Tot (6 m-4 yrs)

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

Tiny Tot (3-4 yrs)

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

Tiny Swimmers (2.5-4 yrs)

Child must be comfortable in the water and able to take at least one breath on their own. Skills: Elementary aquatic skills, stroke development and water safe-ty. Ratio 2:1

PreSchool (4-6 yrs)

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

Youth (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. Beginner is levels 1-3. Int./Adv. is levels 4 and up. Ratio 4:1

Adult/Teen (12+ yrs)

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

Private (3.5 yrs-Adult)

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

Spring 2023 Swim Lessons-PH Aquatic Park

Weekday Private Lessons: Choose from Monday, Tuesday, and/or Thursday.

*3 weeks (3) 25-min classes | \$112/\$92 (Dist. Res.)

4 weeks (4) 25-min classes | \$140/\$120 (Dist. Res.)

	MONDAY			TUESDAY			THURSDAY		
	3/6-3/27	4/10-4/24*	5/1-5/22	3/7-3/28	4/11-4/25*	5/2-5/23	3/9-3/30	4/13-4/27*	5/4-5/25
6:00 pm	8615.201	8615.204	8615.207	8615.202	8615.205	8615.208	8615.203	8615.206	8615.209
6:30 pm	8616.201	8616.204	8616.207	8616.202	8616.205	8616.208	8616.203	8616.206	8616.209
7:00 pm	8617.201	8617.204	8617.207	8617.202	8617.205	8617.208	8617.203	8617.206	8617.209

Saturday & Sunday Group Lessons

*3 weeks, (3) 25-minute classes:

\$54/\$43 (Dist. Res.) | Parent/Tot: \$40/\$32 (Dist. Res.)

4 weeks, (4) 25-minute classes:

\$69/\$55 (Dist. Res.) | Parent/Tot: \$54/\$43 (Dist. Res.)

		SATURDAY			SUNDAY		
Time	Age	3/11-3/25*	4/15-4/29*	5/6-5/20*	3/12-3/26*	4/16-4/30*	5/7-5/21*
10:00 am	Adult/Teen	8599.201	8599.203	8599.205	8599.202	8599.204	8599.206
10:30 am	Youth	8579.201	8579.203	8579.205	8579.202	8579.204	8579.206
11:00 am	Preschool	8549.201	8549.203	8549.205	8549.202	8549.204	8549.206
11:30 am	Tiny Tot	8539.201	8539.203	8539.205	8539.202	8539.204	8539.206
12:00 pm	Parent/Tot	8510.201	8510.203	8510.205	8510.202	8510.204	8510.206

Saturday & Sunday Private Lessons

*3 weeks (3) 25-min classes | \$112/\$92 (Dist. Res.)

4 weeks (4) 25-min classes | \$140/\$120 (Dist. Res.)

	SATURDAY			SUNDAY		
Time	3/11-3/25*	4/15-4/29*	5/6-5/20*	3/12-3/26*	4/16-4/30*	5/7-5/21*
10:00 am	8620.201	8620.203	8620.205	8620.202	8620.204	8620.206
10:30 am	8621.201	8621.203	8621.205	8621.202	8621.204	8621.206
11:00 am	8622.201	8622.203	8622.205	8622.202	8622.204	8622.206
11:30 am	8623.201	8623.203	8623.205	8623.202	8623.204	8623.206
12:00 pm	8624.201	8624.203	8624.205	8624.202	8624.204	8624.206





Summer 2023 Swim Lessons

PH Aquatic Park

Weekday Group Lessons: Monday–Thursday

(4) 25-minute classes:

\$69/\$55 (Dist. Res.) | Parent/Tot: \$54/\$43 (Dist. Res.) | Tiny Swimmers: \$109/\$89 (Dist. Res.)

Parent/Tot	6/5–6/8	6/12–6/15	6/19–6/22	6/26–6/29	7/10–7/13	7/17–7/20	7/24–7/27	7/31–8/3
11:30 am	8500.301	8500.302	8500.303	8500.304	8500.306	8500.307	8500.308	--
5:30 pm	8501.301	8501.302	8501.303	8501.304	8501.306	8501.307	8501.308	8501.309

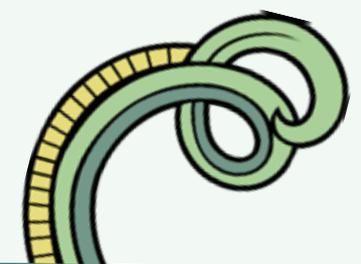
Tiny Tot	6/5–6/8	6/12–6/15	6/19–6/22	6/26–6/29	7/10–7/13	7/17–7/20	7/24–7/27	7/31–8/3
10:30 am	8530.301	8530.302	8530.303	8530.304	8530.306	8530.307	8530.308	--
11:30 am	8531.301	8531.302	8531.303	8531.304	8531.306	8531.307	8531.308	--
12:30 pm	8532.301	8532.302	8532.303	8532.304	8532.306	8532.307	8532.308	--
4:30 pm	8533.301	8533.302	8533.303	8533.304	8533.306	8533.307	8533.308	8533.309
5:30 pm	8534.301	8534.302	8534.303	8534.304	8534.306	8534.307	8534.308	8534.309
6:30 pm	8535.301	8535.302	8535.303	8535.304	8535.306	8535.307	8535.308	8535.309

Tiny Swimmers	6/5–6/8	6/12–6/15	6/19–6/22	6/26–6/29	7/10–7/13	7/17–7/20	7/24–7/27	7/31–8/3
10:00 am	8520.301	8520.302	8520.303	8520.304	8520.306	8520.307	8520.308	--
5:00 pm	8521.301	8521.302	8521.303	8521.304	8521.306	8521.307	8521.308	8521.309

Preschool	6/5–6/8	6/12–6/15	6/19–6/22	6/26–6/29	7/10–7/13	7/17–7/20	7/24–7/27	7/31–8/3
10:30 am	8540.301	8540.302	8540.303	8540.304	8540.306	8540.307	8540.308	--
11:00 am	8541.301	8541.302	8541.303	8541.304	8541.306	8541.307	8541.308	--
12:00 pm	8542.301	8542.302	8542.303	8542.304	8542.306	8542.307	8542.308	--
12:30 pm	8543.301	8543.302	8543.303	8543.304	8543.306	8543.307	8543.308	--
4:30 pm	8544.301	8544.302	8544.303	8544.304	8544.306	8544.307	8544.308	8544.309
5:00 pm	8545.301	8545.302	8545.303	8545.304	8545.306	8545.307	8545.308	8545.309
6:00 pm	8546.301	8546.302	8546.303	8546.304	8546.306	8546.307	8546.308	8546.309
6:30 pm	8547.301	8547.302	8547.303	8547.304	8547.306	8547.307	8547.308	8547.309

Youth	6/5–6/8	6/12–6/15	6/19–6/22	6/26–6/29	7/10–7/13	7/17–7/20	7/24–7/27	7/31–8/3
10:00 am, Beg.	8570.301	8570.302	8570.303	8570.304	8570.306	8570.307	8570.308	--
11:00 am, Int./Adv.	8571.301	8571.302	8571.303	8571.304	8571.306	8571.307	8571.308	--
12:00 pm, Beg.	8572.301	8572.302	8572.303	8572.304	8572.306	8572.307	8572.308	--
5:00 pm, Beg.	8573.301	8573.302	8573.303	8573.304	8573.306	8573.307	8573.308	8573.309
6:00 pm, Int./Adv.	8574.301	8574.302	8574.303	8574.304	8574.306	8574.307	8574.308	8574.309
7:00 pm, Beg.	8575.301	8575.302	8575.303	8575.304	8575.306	8575.307	8575.308	8575.309

Adult/Teen	6/5–6/8	6/12–6/15	6/19–6/22	6/26–6/29	7/10–7/13	7/17–7/20	7/24–7/27	7/31–8/3
10:00 am	8590.301	8590.302	8590.303	8590.304	8590.306	8590.307	8590.308	--
7:00 pm	8591.301	8591.302	8591.303	8591.304	8591.306	8591.307	8591.308	8591.309



Summer 2023 Swim Lessons—PH Aquatic Park ☀️

Weekday Private Lessons: Monday–Thursday

(4) 25-minute classes: \$140/\$120 (Dist. Res.)

Private Lessons	6/5–6/8	6/12–6/15	6/19–6/22	6/26–6/29	7/10–7/13	7/17–7/20	7/24–7/27	7/31-8/3
10:00 am	8600.301	8600.302	8600.303	8600.304	8600.306	8600.307	8600.308	--
10:30 am	8601.301	8601.302	8601.303	8601.304	8601.306	8601.307	8601.308	--
11:00 am	8602.301	8602.302	8602.303	8602.304	8602.306	8602.307	8602.308	--
11:30 am	8603.301	8603.302	8603.303	8603.304	8603.306	8603.307	8603.308	--
12:00 pm	8604.301	8604.302	8604.303	8604.304	8604.306	8604.307	8604.308	--
12:30 pm	8605.301	8605.302	8605.303	8605.304	8605.306	8605.307	8605.308	--
4:30 pm	8610.301	8610.302	8610.303	8610.304	8610.306	8610.307	8610.308	8610.309
5:00 pm	8611.301	8611.302	8611.303	8611.304	8611.306	8611.307	8611.308	8611.309
5:30 pm	8612.301	8612.302	8612.303	8612.304	8612.306	8612.307	8612.308	8612.309
6:00 pm	8613.301	8613.302	8613.303	8613.304	8613.306	8613.307	8613.308	8613.309
6:30 pm	8614.301	8614.302	8614.303	8614.304	8614.306	8614.307	8614.308	8614.309
7:00 pm	8615.301	8615.302	8615.303	8615.304	8615.306	8615.307	8615.308	8615.309

Saturday & Sunday Group Lessons

**2 weeks, (2) 25-minute classes: \$37/\$30 (Dist. Res.) | Parent/Tot: \$27/\$22 (Dist. Res.)

*3 weeks, (3) 25-minute classes: \$54/\$43 (Dist. Res.) | Parent/Tot: \$40/\$32 (Dist. Res.)

4 weeks, (4) 25-minute classes: \$69/\$55 (Dist. Res.) | Parent/Tot: \$54/\$43 (Dist. Res.)

		SATURDAY			SUNDAY		
Time	Age	6/10–6/17**	7/8–7/29	8/5–8/26	6/4–6/18*	7/9–7/30	8/6–8/27
10:00 am	Adult/Teen	8599.301	8599.303	8599.305	8599.302	8599.304	8599.306
10:30 am	Youth	8579.301	8579.303	8579.305	8579.302	8579.304	8579.306
11:00 am	Preschool	8549.301	8549.303	8549.305	8549.302	8549.304	8549.306
11:30 am	Tiny Tot	8539.301	8539.303	8539.305	8539.302	8539.304	8539.306
12:00 pm	Parent/Tot	8510.301	8510.303	8510.305	8510.302	8510.304	8510.306

Saturday & Sunday Private Lessons

**2 weeks, (2) 25-minute classes: \$77/\$62 (Dist. Res.)

*3 weeks, (3) 25-min classes | \$112/\$92 (Dist. Res.)

4 weeks, (4) 25-min classes | \$140/\$120 (Dist. Res.)

		SATURDAY			SUNDAY		
Time	6/10–6/17**	7/8–7/29	8/5–8/26	6/4–6/18*	7/9–7/30	8/6–8/27	
10:00 am	8620.301	8620.303	8620.305	8620.302	8620.304	8620.306	
10:30 am	8621.301	8621.303	8621.305	8621.302	8621.304	8621.306	
11:00 am	8622.301	8622.303	8622.305	8622.302	8622.304	8622.306	
11:30 am	8623.301	8623.303	8623.305	8623.302	8623.304	8623.306	
12:00 pm	8624.301	8624.303	8624.305	8624.302	8624.304	8624.306	

Free! Lessons at Staff Training

3–10 years

Join us for a complimentary swim lesson in exchange for helping our aquatics staff practice their teaching techniques with children of various ages. Pre-registration required by noon on June 2.

PH Aquatic Park

6/3 Sa 11:00–11:25 am Free



Late Summer 2023 Swim Lessons

Weekday late summer swim lessons start August 7. Registration will be available mid-July.



Summer Classics Camps



Youth Summer Classics

Adventure Kids Summer Camp

Grades 1–5

Instructor: Kidstop Staff

KIDSTOP Children's Center at Gregory Gardens Elementary School, 1 Corritone Court

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

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

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

Full Day Camp 6/5-8/4 9:00 am–6:00 pm

\$10/Day

Extended Morning Care 7:00-9:00 am

Additional Fee: \$7 camp t-shirt fee. Every child must have at least one camp t-shirt (2023 THEME). Indicate size/quantity at registration.



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

Preschool Summer Classics

Come join us for a summer of fun! Our preschool staff will be engaging young campers in science, music, art, cooking and more! Please pack a nut-free snack, water and change of clothes. Campers must be fully potty trained (not applicable to Mini Preschool Camp).

Camps with this symbol qualify for the 10% discount (see page 2, column 3 at top).

Mini Preschool Camp

2 yrs 3 m–4 yrs

Instructors: Ms. Brittany & Ms. Elena, PHRec Preschool Staff

Community Center: Room 3

\$520/\$500 (Dist. Res.)

6652.301 6/5–6/29 M–Th 8:00–11:00 am

6652.302 7/10–7/27 M–Th 8:00–11:00 am

Preschool Camp

3 yrs 6 m–5 yrs

Instructors: Ms. Stephanie and Ms. Heather, PHRec Preschool Staff

Community Center: Room 2

AM SESSIONS

\$620/\$600 (Dist. Res.)

6651.301 6/5–6/29 M–F 8:00–11:00 am

\$520/\$500 (Dist. Res.)

6651.302 7/10–7/27 M–Th 8:00–11:00 am

PM SESSIONS

\$620/\$600 (Dist. Res.)

6653.301 6/5–6/29 M–F 12:30–3:30 pm

\$470/\$450 (Dist. Res.)

6653.302 7/10–7/27 M–Th 12:30–3:30 pm

Bumblebee Prep Camp

1 yr 3 m–2 yrs 3 m

Instructors: Ms. Elena & PH Rec Staff

Community Center: Preschool Room 2

Bumblebee prep camp is for children registered for Bumblebees 2023-2024 school year. Children will get acquainted with our program and teachers while exploring the classroom and making new friends. Pack a nut free snack, water, change of clothes and diapers. Campers must be walking proficiently.

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

6654.302 7/31–8/4 M/W/F 8:15–11:15 am

\$105/\$185 (Dist. Res.)

6654.301 8/1–8/3 Tu/Th 8:15–11:15 am

Pre-K Prep Camp

3 yrs 11 m–4 yrs 11 m

Instructors: Ms. Heather & Ms. Stephanie, PHRec Preschool Staff

Community Center: Preschool Room 3

This camp is designed for incoming Robins or Peacocks 2023-2024. Meet your new classmates and teachers. Pack a nut free snack, water and change of clothes. Must be fully potty trained.

\$120/\$100 (Dist. Res.)

6655.301 8/8–8/10 Tu–Th 8:30–11:30 am



Summer Rec Camp

JUNE 13–JULY 20

Six Weeks of Summer Fun!!
 Tuesday/Wednesday/Thursday
 Instructors: Rec Camp Staff
 Location: TBD

ROOKIE CAMP

Entering Grades K–1

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

6 weeks | \$420 /\$400 (Dist. Res.)
3050.301 6/13–7/20 Tu–Th 9:00 am–12:00 pm



SUMMER REC CAMP

Entering Grades 2–8

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

6 weeks | \$455/\$435 (Dist Res.)
3010.300 6/13–7/20 Tu–Th 9:00 am–12:00 pm

HOW REGISTRATION WORKS:

Select three classes from the Activity List. Classes run approximately 50 minutes each, rotating twice. Register early! Activity choices are on a first come, first serve basis. View Activity List at www.pleasanthillrec.com/camps.

SCHEDULE OPTIONS
EARLY MORNING CARE

Grades K–8
 6 weeks | \$260/\$240 (Dist. Res.)
 Daily Drop In: \$14 a day
3063.300 Tu–Th 7:00–9:00 am
Early am does not qualify for Camp Expo discount.

AFTERNOON REC

Grades 1–8

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

Drop off Location: TBD; Pick-up Location: Pleasant Hill Park Playground

6 weeks | \$500 /\$480 (Dist. Res.) *Trip fees included*
3064.600 6/13–7/20 Tu–Th 12:00–6:00 pm
**Field trips subject to change based on public health orders.*

Need Monday/Friday options? See Adventure Kids Camp (Grades 1–5) or Teen Extreme Camp (Grades 6–12) for M/F scheduling.

Afternoon Adventures

6–13 yrs

Instructor: Rec Camp Staff
Drop off: [TBD]
Pick up: Pleasant Hill Park: Playground Tables
 Field Trips, outdoor activities & games, swim days and recreational fun!

\$520 /\$500 (Dist. Res.)
3064.301 6/13-7/20 Tu–Th 12:00–6:00 pm



Endless Summer

Grades 1–8

PH Park: Playground Tables

Wish summer could go on forever? We do too! Join the PH Rec & Park Staff during the last few weeks of summer with fun field trips, field games, adventurous hikes, fun themed activities, swimming, and so much more!

1 Week | \$295/ \$275 (Dist. Res.)
3070.300 7/24–7/28 M–F 9:00 am–6:00 pm
3070.301 7/31–8/4 M–F 9:00 am–6:00 pm

Activity Schedule may be subject to change.

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Bowling	Adventure Playground	The Wave (Dublin)	Oakland Zoo	Movie & Swim Day
Week 2	i heart art	Archery	Crown Beach (Alameda)	Sailing (San Francisco)	Movie & Swim Day

ENDLESS SUMMER
EARLY AM CARE OPTION

Search "Teen Xtreme Early Morning" in online catalog at pleasanthillrec.com

Location: Teen Center

Register by the day: \$10.50/child

M–F 7:30–9:00 am
Early am does not qualify for Camp Expo discount.



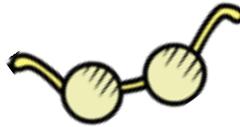
Summer classics camps

Teen Summer Classics

Teen Xtreme Camp: June 7–August 6

Entering grades 6–10

Teen Center (drop off/pick up)



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

Schedule: June 5–August 4

Full week: \$304/\$284 (Dist. Res.) | Week 5: \$195/\$175 (Dist. Res.)

Monday–Friday, 9:00 am–6:00 pm | Extended care available: 7:30–9:00 am, \$10.50/day

WK	Session	Dates	Monday	Tuesday	Wednesday	Thursday	Friday
1	5174.301	6/5–6/9	Swim/Art	Movies	Dave & Busters	Cull Canyon	BBQ/Swim
2	5174.302	6/12–6/16	Swim/Art	Bowling	Discovery Kingdom	Tilden	BBQ/Swim
3	5174.303	6/19–6/23	Swim/Art	Cowell Pool	Paintball	Mt. Diablo	BBQ/Swim
4	5174.304	6/26–6/30	Swim/Art	Scandia	Crown Beach	i heart art	BBQ/Swim
5	5174.305	7/3–7/7	CLOSED	CLOSED	Q-Zar	Cull Canyon	BBQ/Swim
6	5174.306	7/10–7/14	Swim/Art	Archery	Hurricane Harbor	Ice Skating	BBQ/Swim
7	5174.307	7/17–7/21	Swim/Art	Movies	A's Game	Cowell Pool	BBQ/Swim
8	5174.308	7/24–7/28	Swim/Art	Scandia	Paddle Boarding	Camping Overnighter	BBQ/Swim
9	5174.309	7/31–8/4	Swim/Art	Scavenger Hunt	The WAVE	Sailing	BBQ/Swim

XTREME Day Trips

11–17 yrs

Instructor: Rec Staff

Teen Center (depart/pick up)

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

Dave & Busters | \$82/\$65 (Dist. Res.)

5153.301 6/7 W 9:00 am–6:00 pm

Discovery Kingdom | \$20/\$65 (Dist. Res.)

5153.302 6/14 W 9:00 am–6:00 pm

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

5153.303 6/21 W 9:00 am–6:00 pm

Crown Beach | \$82/\$65 (Dist. Res.)

5153.304 6/28 W 9:00 am–6:00 pm

Q-Zar | \$82/\$65 (Dist. Res.)

5153.305 7/5 W 9:00 am–6:00 pm

Hurricane Harbor | \$82/\$65 (Dist. Res.)

5153.306 7/12 W 9:00 am–6:00 pm

A's Game | \$82/\$65 (Dist. Res.)

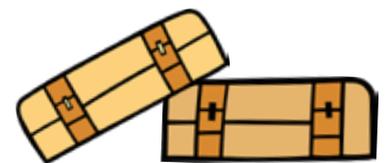
5153.307 7/19 W 9:00 am–6:00 pm

Paddle Boarding | \$82/\$65 (Dist. Res.)

5153.308 7/26 W 9:00 am–6:00 pm

The Wave | \$82/\$65 (Dist. Res.)

5153.309 8/2 W 9:00 am–6:00 pm





Teen Xtreme Camp

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

1 day | \$69/\$55 (Dist. Res.)

5154.300	6/5	M	9:00 am–6:00 pm
5154.301	6/9	F	9:00 am–6:00 pm
5154.302	6/12	M	9:00 am–6:00 pm
5154.303	6/16	F	9:00 am–6:00 pm
5154.304	6/19	M	9:00 am–6:00 pm
5154.305	6/23	F	9:00 am–6:00 pm
5154.306	6/26	M	9:00 am–6:00 pm
5154.307	6/30	F	9:00 am–6:00 pm
5154.308	7/7	F	9:00 am–6:00 pm
5154.309	7/10	M	9:00 am–6:00 pm
5154.310	7/14	F	9:00 am–6:00 pm
5154.311	7/17	M	9:00 am–6:00 pm
5154.312	7/21	F	9:00 am–6:00 pm
5154.313	7/24	M	9:00 am–6:00 pm
5154.314	7/28	F	9:00 am–6:00 pm
5154.315	7/31	M	9:00 am–6:00 pm
5154.316	8/4	F	9:00 am–6:00 pm

VolunTEENS Opportunities!

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

Counselors-In-Training

13–15 yrs

Teen Center

Participants will gain hands on experience in leading activities, supervising kids, and basic job skills that will mold them into fantastic future leaders. The C.I.T.'s will be given a two week schedule at a variety of our hugely popular summer day camps. During their time at these camps they will learn leadership skills, safety procedures, discipline techniques and more, all under the supervision of our amazing staff.

To interview for a chance to become a 2023 summer C.I.T. please register for the free group interview! Selected teens will need to attend a mandatory training session. Summer schedule will begin the week of June 12.

Interview | \$0 (Dist. Res.)

5175.300 5/12 F 4:30–6:00 pm

Selected C.I.T. Training

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

6/5-6/7 M-W 9:00 am–12:00 pm

Good Vibe VolunTEENS ☀️

12–15 yrs

Teen Center

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

5 days | \$205/\$190 (Dist. Res.)

5178.301 7/17–7/21 M–F 9:00 am–3:00 pm

Snack Shack Volunteer

12-14 yrs

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

FOOD HANDLING TRAINING

Teen Center

1 class | \$30

5179.301 5/19 F 5:00–6:30 pm





Specialty Camps

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

Performing Arts

Castle Tales Musical Theater Camp

4–7 yrs

Instructor: Andrea Gaspari

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

\$240/\$220 (Dist. Res.) | \$10 material fee payable to instructor at first day of camp.

Community Center

6633.301 6/19–6/23 M–F 9:00 am–12:00 pm

6633.302 7/10–7/14 M–F 9:00 am–12:00 pm

6633.303 7/10–7/14 M–F 1:00–4:00 pm

Winslow Center

6633.304 7/31–8/4 M–F 9:00 am–12:00 pm



 Camps with this symbol qualify for the 10% discount (see page 2, column 3 at top).

Creative Spark Theater Camps

Instructor: Jaimee Semskey
Winslow Center: Assembly Room
\$225/\$205 (Dist. Res.)

FAIRYTALE MAGIC

4–6 yrs

Come learn about musical theater through games, songs, dances and making art! Each week, we will dive into a new story and learn how to put on a show with lines, choreography, singing and making our own costumes. Class culminates with a short performance on the last day.

6043.301 6/12–6/16 M–F 9:00 am–12:00 pm

6043.303 6/19–6/23 M–F 9:00 am–12:00 pm

6043.305 7/17–7/21 M–F 9:00 am–12:00 pm

6043.307 7/24–7/28 M–F 9:00 am–12:00 pm

MUSICAL THEATER CAMP

7–12 yrs

Ever wanted to be in a musical show? Come learn about musical theater by playing games, learning music and choreography and putting on a 20 minute performance on the last day of camp.

6043.302 6/12–6/16 M–F 1:00–4:00 pm

6043.308 7/24–7/28 M–F 1:00–4:00 pm

YOUTH IMPROV!

7–12 yrs

Come learn about Improv through games and activities. We will have so much fun as we learn about this theater art. On the last day of camp we will culminate with a short performance.

6043.304 6/19–6/23 M–F 1:00–4:00 pm

6043.306 7/17–7/21 M–F 1:00–4:00 pm

Dance Camps

5–9 yrs

Instructor: Christie Tomlinson

Community Center: Dance Studios 1 and 2

\$250/\$230 (Dist. Res.) | \$15 material fee due to instructor first day of camp.



LION KING DANCE CAMP

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

6089.301 6/19–6/23 M–F 9:00 am–12:00 pm

FAIRYTALE PRINCESS DANCE CAMP

Dancers will have an opportunity to spend an adventure in the imaginary world of Princess Fairytales! It will be a delightful week filled with fantasy, imagination and of course DANCE! Dancers will easily be able to imagine themselves in a Princess movie, such as The Little Mermaid, Frozen, Cinderella and others! Learn creative movement, ballet and jazz to beloved Disney Princess Songs. Enjoy magical Princess craft time. Camp will have a happily ever after ending with a performance for friends and family on the last day of camp.

6089.302 6/26–6/30 M–F 9:00 am–12:00 pm

6089.303 6/26–6/30 M–F 1:00–4:00 pm

Friday classes are held at the Senior Center.





MOANA DANCE CAMP

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

6089.304 7/10–7/14 M–F 9:00 am–12:00 pm

6089.305 7/10–7/14 M–F 1:00–4:00 pm

Friday class is at the Senior Center.

ENCANTO DANCE CAMP

We don't talk about Bruno, but we do dance and have a lot of fun! In this energetic dance camp, the campers will learn dances to songs from the movie Encanto, and do arts and crafts, and put on a performance for their families on the last day of camp! Don't forget to send water, and a snack with your camper every day to camp.

6089.306 7/17–7/21 M–F 9:00 am–12:00 pm



Village Music School ☀️

7–12 yrs

Instructor: Village Music Staff

Village Music School, 1770 Linda Dr. PH

COMIC BOOK CREATIONS

Imaginations come to life as students create an array of fun characters and tell a compelling story as they are guided through making their very own comic book from start to finish! Drawing, storytelling, and adventure are made simple through step-by-step examples in this everyone-has-a-blast camp!

\$209/\$189 (Dist. Res.)

\$25 material fee due to instructor on first day.

6057.301 7/3–7/7 M, W–F 9:00 am–12:00 pm

No class 7/4.

ENCANTO THE MUSICAL CAMP

Move mountains and make flowers bloom in Village Music School's Encanto Musical Workshop camp! Join a group of stars where everybody gets to shine! The Encanto workshop enhances everyone's gifts as they improve their voices, stage presence, and confidence. Students are introduced to basic vocal techniques, harmony, and choreography while performing the popular songs from Disney's hit movie! We don't talk about Bruno ... but everyone's talking about the Encanto Musical Workshop Camp!

\$255/\$235 (Dist. Res.)

\$20 material fee due to instructor first on first day.

6057.302 7/10–7/14 M–F 9:00 am–12:00 pm



PROJECT ROCK BAND CAMP

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

\$255/\$235 (Dist. Res.)

\$20 material fee due to instructor on first day.

6057.303 7/17–7/21 M–F 9:00 am–12:00 pm

HAMILTON THE MUSICAL CAMP

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

\$255/\$235 (Dist. Res.)

\$20 material fee due to instructor on first day.

6057.304 7/24–7/28 M–F 9:00 am–12:00 pm





Bay Twilights Cheer **NEW!**

5-11 yrs

Instructor: Angela Powell

Pleasant Hill Park: West Lawn

\$35 material fee for camp shirt due to instructor first day of camp.

PEE WEE CHEER CAMP

This is a cheer camp that will focus on technique such as, stunting, tumbling, jumps, arm motions. They will learn a cheer and a dance routine. This will prepare them for my competitive team in the fall.

\$865/\$845 (Dist. Res.)

6058.301 6/19-6/30 M-F 9:00 am-12:00 pm

Berkeley Chess School **NEW!**

6-11 yrs

Instructor: Berkeley Chess School Staff

Community Center: Soroptimist Room

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

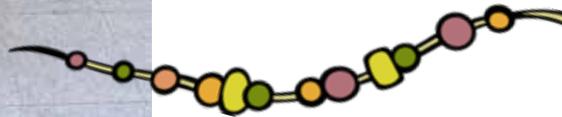
\$400/\$380 (Dist. Res.)

6070.301 6/19-6/23 M-F 9:00 am-12:00 pm

6070.302 6/26-6/30 M-F 9:00 am-12:00 pm

6070.303 7/10-7/14 M-F 1:00-4:00 pm

6070.304 7/31-8/4 M-F 1:00-4:00 pm



Special Interest

Bay Area Driving School

15 yrs +

Instructor: Virtual LIVE Instructor

Receive DMV-approved Certificate of Completion

Class log in info shared by Bay Area Driving School staff

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.)

5100.301 6/5-6/9 M-F 9:00 am-12:00 pm

5100.302 6/19-6/23 M-F 9:00 am-12:00 pm

5100.303 7/10-7/14 M-F 9:00 am-12:00 pm

5100.304 7/31-8/4 M-F 9:00 am-12:00 pm



Cooking Camps **NEW!**

6-12 yrs

NEW INSTRUCTOR

Instructor: Deborah Pellegrino

Senior Center: Multiple Facilities

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

\$60 material fee due to instructor.



ALL AMERICAN ROAD TRIP

Inspired by Guy Fieri's Diners, Drive-Ins and Dives, your child will travel the US on a foodie adventure. It doesn't get better than the Inside-Out Grilled Cheese from Utah, Granny's Giant Cream Puffs from Colorado or BBB Bacon-in-the-Batter Buttermilk Waffles from California. Regional favorites from across the US will delight your child's taste buds.

6082.301 6/19-6/23 M-F 2:30-6:30 pm

BAKE LIKE A BOSS

Baking Boot Camp for your aspiring young Pastry Chef. We will learn basic baking methods like creaming, folding and whipping and then use them to create cupcakes, frostings, cookies and other sweet treats. If your child has an interest in baking then this is the class for them.

6082.302 6/26-6/30 M-F 2:30-6:30 pm

MARVEL MANIA

Your young Superheros will join forces in the kitchen to create fanciful dishes like Batgirls Burrito Bites with Hulk-amole, Green Lanterns Gumbo and Spidermans Stromboli. For dessert we will make Marvelous Captain Americas Red, White & Blue Cupcakes, Black Panthers Brownies and more!

6082.303 7/17-7/21 M-F 2:30-6:30 pm

THE BREAKFAST CLUB

Your child will learn how to master the morning meal in The Breakfast Club. We will cook classics like the Monte Cristo and Joe's Scramble to sweet favorites like Cinnamon Swirl French Toast and Pancakes. This class is sure to start their day off right!

6082.304 7/24-7/28 M-F 2:30-6:30 pm

FOOD TRUCK FRENZY

You won't have to stand in line for these unique and entertaining foods. We will create some of the hottest food trends like Walking Tacos, Ramen Stir Fry and Stuffed PB&J French Toast Kabobs. Be ready for a whole new style of eating.

6082.305 7/31-8/4 M-F 2:30-6:30 pm

Guitar & Music Camp

5-14 yrs

Instructor: John Waller
Winslow Center

We focus on guitar during the camp but we learn rhythm with hand drums, a fun hands on violin, marimba, ukulele and other musical instruments that we can try every day at Camp, a musical instrument petting zoo. There are drumming and rhythm games plus songs on guitar. You will need to bring a Classical Nylon String Guitar for the camp and there will be some we can share if needed.

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

6091.301	7/17-7/21	M-F	9:00 am-12:00 pm
6091.302	7/17-7/21	M-F	1:00-4:00 pm
6091.303	7/31-8/4	M-F	9:00 am-12:00 pm
6091.304	7/31-8/4	M-F	1:00-4:00 pm



DE PASEO POR LA SELVA - A WALK THROUGH THE JUNGLE

3 yrs 5 mo-8 yrs

A Walk Through the Jungle will be a great experience for your child this Summer as they learn Spanish through music, role play, and scavenger hunts. In this camp, campers will explore the wild world of the jungle, using their imagination as they swing with the monkeys and swim through the crocodile river.

\$395/\$375 (Dist. Res.)

6632.302 6/12-6/16 M-F 9:00 am-1:00 pm

VAMOS A ACAMPAR - LET'S GO CAMPING

3 yrs 5 mo-8 yrs

Let's go camping for a 4 day camp! Let your child enjoy this great Spanish Summer Camp. Campers will learn Spanish while having fun creating art, exploring nocturnal animals, going fishing. Their imagination will take them down into the outdoor world, searching for while animals through scavenger hunts. Together they will build a tent and complete their amazing activities.

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

6632.303 6/20-6/23 Tu-F 9:00 am-1:00 pm

VAMOS A LA FERIA - LET'S GO TO THE FAIR

3 yrs 5 mo-8 yrs

Let's go to the Carnival, in this fun-filled camp your child will explore the carnival life as they compete for (boletos) tickets and immerse in fun carnival games while learning the Spanish language.

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

6632.304 7/3-7/7 M, W-F 9:00 am-1:00 pm

No class 7/4.



AVENTURA ARTICA - ARTIC ADVENTURE

3 yrs 5 mo-8 yrs

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

\$395/\$375 (Dist. Res.)

6632.305 7/10-7/14 M-F 9:00 am-1:00 pm

UNA SEMANA EN EL OASIS DEL DESIERTO - A WEEK AT THE DESERT OASIS

3-5 yrs

This week campers learn about life of the desert. They will explore all about the desert animals and plants thought books, music, craft and games. They will create a desert oasis.

\$395/\$375 (Dist. Res.)

6632.306 7/24-7/28 M-F 9:00 am-1:00 pm

UNA SEMANA EN EL OASIS DEL DESIERTO -A WEEK AT THE DESERT OASIS

6-10 yrs

This week campers learn about life of the desert. They will explore all about the desert animals and plants thought books, music, craft and games. They will create a desert oasis.

\$395/\$375 (Dist. Res.)

6632.316 7/24-7/28 M-F 9:00 am-1:00 pm

VAMOS A CAZAR UNOSO - WE ARE GOING ON A BEAR HUNT

3 yrs 5 mo-8 yrs

This week will children will bring alive the book "We are going on a bear hunt" by Michael Rosen and Helen Oxenbury. They will cross the grass, go through the forest, through the storm, cross the river... Many fun activities along the way.

\$395/\$375 (Dist. Res.)

6632.307 7/31-8/4 M-F 9:00 am-1:00 pm

Spanish 4 Children

Instructor: Miriam Lattanzi
Winslow Center

Pack a lunch & water

\$20 material fee payable to instructor at first day of camp

MI PUEBLO - MY TOWN

3 yrs 5 mo-8 yrs

Bienvenidos a mi pueblo, welcome to my town. This week campers will explore all around town using creative play, music, crafts, dramatic play, scavenger hunts and more fun activities. Monday they will explore the supermarket, Tuesday the post office, Wednesday the hospital, Thursday the firefighter station and Friday the police station. They will take home a book created by them.

\$395/\$375 (Dist. Res.)

6632.301 6/5-6/9 M-F 9:00 am-1:00 pm



 Camps with this symbol qualify for the 10% discount (see page 2, column 3 at top).

Specialty camps

 Camps with this symbol qualify for the 10% discount (see page 2, column 3 at top).

S.T.E.A.M. Camps

Bricks 4 Kidz

6-12 yrs

Instructor: Bricks 4 Kidz Staff

Community Center: Soroptimist Room 1

\$275/\$255 (Dist. Res.) | \$50 material fee due to instructor first day of camp.

GAME ON!

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

6046.301 7/10-7/14 M-F 9:00 am-12:00 pm

GALAXY FAR AWAY

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

6046.302 7/17-7/21 M-F 9:00 am-12:00 pm

MINECRAFT

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

6046.303 7/17-7/21 M-F 1:00-4:00 pm

POCKET BRICK MONSTER

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

6046.304 7/31-8/4 M-F 9:00 am-12:00 pm

Challenge Island® **NEW!**

5-12 yrs

Instructor: Challenge Island Staff

Community Center: Soroptimist Room 1

What is Challenge Island®?!

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



PET PALOOZA CAMP

Wag on over to the most PAWSOME camp in town! You and your STEAM Team will engineer a world created just for pets: From Pets Palooza Hotel Day to Having a Ball Day to Give a Dog a Bone Day to Salty Sea Dog Day to a very special Rescue Pets Day. You'll even get to adopt adorable pretend pets of your own and create habitats to match their needs and personalities! This STEAMtastic camp gets two paws up and is a must for every pet-loving kid!

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

6093.301 6/5-6/9 M-F 9:00 am-12:00 pm

SLIMETOPIA CAMP

Welcome to Slimetopia - an ooey, gooey, squishy, squashy, slippery, stretchy slime-drenched camp extravaganza! Learn the science behind the slime while opening your own Slimetopia Theme Park. Make at least 10 different kinds of the addictively playful polymer: From butter to bubble; from crunchy to munchy; from fluffy to foamy from unicorn to color-changing we've got you and your STEAM Team covered (in slime, that is!). Don't miss out on this Challenge Island bestseller!

\$275/\$255 (Dist. Res.) | \$15 lab fee due to instructor first day of camp.

6093.303 6/26-6/30 M-F 9:00 am-12:00 pm

ARCADE MANIA CAMP

This Kids-Choice Challenge Island adventure puts a 100% SCREEN-FREE STEAM twist on popular video games: From Super STEAMio to Island Blox to Mine Island to Fort Island to retro-inspired games like Space Aliens and Pinball Machines! You and your STEAM Team will swap game consoles for creativity and joysticks for ingenuity and imagination as you take on Islands of low-tech STEAM challenges created with game-loving kids in mind!

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

6093.304 7/3-7/7 M, W-F 9:00 am-12:00 pm
No class 7/4.



SLIMETOPIA 2 – TOTAL SLIME TAKEOVER

Because you can never have enough slime! By colossally popular demand comes this squishy, squashy, stretchy sequel to our bestselling Slimetopia camp! You and your STEAM Team will be oozing with excitement as you make at least TEN brand new kinds of slime: From from icy to inflatable, from fizzy to fluffy, from cloudy to creamy, from gooey to glossy, from doughy to delicious. Register early for kids-choice camp before the slime totally takes over!

\$275/\$255 (Dist. Res.) | \$15 lab fee due to instructor first day of camp.

6093.305 7/31–8/4 M–F 9:00 am–12:00 pm

STEAM-WARTS (ACADEMY OF WIZARDS, SPELLS AND POTIONS)

Calling all wizard-loving kids to a magical week of spellbinding adventure! You'll design your own wand and wizarding gear and be sorted into your perfect house. You and your housemates will then take a full load of STEAMwarts classes from Magical Creatures to Charms and Potions to Sheltering from Darkness.

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

6093.302 6/19–6/23 M–F 9:00 am–12:00 pm



Engineering for Kids

Instructor: Engineering for Kids Staff
Community Center: Soroptimist Room 2

JUNIOR CHEMICAL ENGINEERING: CRAZY CONCOCTIONS

5–8 yrs

The Junior Chemical Engineering program introduces our youngest engineers to fundamental concepts of solids, liquids, and solutions. Students investigate the properties of several crazy concoctions and make their own samples of bubbles, play dough, flub, and more.

\$285/\$265 (Dist. Res.) | \$50 material fee payable to instructor on first day.

6775.301 6/12–6/16 M–F 9:00–12:00 pm

JUNIOR LEGO ROBOTICS ROBOBUILDERS

5–8 yrs

Come learn the basic concept of robotics, automation, programming and the Engineering Design Process. Working in pairs, with tablets and Lego, you will gain hands on understanding of how robots are designed and programmed.

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

\$50 material fee payable to instructor on first day.

6775.302 6/12–6/16 M–F 1:00–4:00 pm

ALL DAY! JUNIOR CHEMICAL ENGINEERING: CRAZY CONCOCTIONS & LEGO ROBOTICS: ROBOBUILDERS

5–8 yrs

Sign up for a full day camp and save! Kids get to explore both Lego Robotics: RoboBuilders and Junior Chemical Engineering. There will be 1-hour min supervised lunch. Students bring their own lunch. Please see the descriptions below for more details.

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

\$100 material fee payable to instructor on first day.

6775.303 6/12–6/16 M–F 9:00 am–4:00 pm

JUNIOR LEGO ROBOTICS MOVE IT, MOVE IT!

5–8 yrs

This camp is a perfect mixture of fun and learning, using LEGO® WeDo™ Robots. Using LEGO® bricks, students build various robots. They also learn how to program and operate their creations using a laptop computer or tablet.

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

\$50 material fee payable to instructor on first day.

6775.304 7/17–7/21 M–F 9:00 am–12:00 pm

JUNIOR MISSION TO SPACE

5–8 yrs

Embark on fun journey to space! Send an astronaut to the moon and defend your moon base from space rocks! Engineering: Mission to Space introduces our youngest engineers to fundamental concepts of aircraft and spacecraft design. Through open and focused exploration, students explore and construct airplanes, rockets, helicopters, and more.

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

\$50 material fee payable to instructor on first day.

6775.305 7/17–7/21 M–F 1:00–4:00 pm

ALL DAY! JUNIOR LEGO ROBOTICS & MISSION TO SPACE

8–12 yrs

Sign up for a full day camp and save! Kids get to explore both Lego Robotics: Move it, Move it! and Junior Mission to Space. There will be 1-hour min supervised lunch. Students bring their own lunch. Please see the descriptions below for more details.

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

\$100 material fee payable to instructor on first day.

6775.306 7/17–7/21 M–F 9:00 am–12:00 pm

MOMENTUM MADNESS

8–12 yrs

Zero to sixty in two seconds?! How fast can an object go without compromising safety? Students in this program will work with their Pit Crew to design and build vehicles, such as dragsters and hovering levitrons, which should able to withstand astonishing speeds. Fasten your seat belt, the race is on!

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

\$100 material fee payable to instructor on first day.

6775.307 7/24–7/28 M–F 9:00 am–12:00 pm

ELECTRONIC VIDEO GAME DESIGN: RACING GAMES

8–12 yrs

Prepare for some speedy fun as we use the Engineering Design Process to design and create our very own racing game where we will race our personally designed vehicles! We will create a storyboard to identify and capture the rules of play and characters for our game, animate and then program it! At the end of the week take a copy home to play!!

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

\$50 material fee payable to instructor on first day.

6775.308 7/24–7/28 M–F 1:00–4:00 pm

ALL DAY! MOMENTUM MADNESS & ELECTRONIC VIDEO GAME DESIGN

5–8 yrs

Sign up for a full day camp and save! Kids get to explore both Lego Robotics: Move it, Move it! and Junior Mission to Space. There will be 1-hour min supervised lunch. Students bring their own lunch. Please see the descriptions below for more details.

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

\$100 material fee payable to instructor on first day.

6775.309 7/24–7/28 M–F 9:00 am–4:00 pm

Specialty camps



Play-Well

Instructor: Play-Well TEKnologies Staff
Community Center: Preschool 1

POKEMON ENGINEERING USING LEGO MATERIALS

5-7 yrs

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

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

6066.301 6/12-6/16 M-F 9:00 am-12:00 pm

VIDEO GAMES UNPLUGGED USING LEGO MATERIALS

7-12 yrs

Level up your LEGO® Engineering skills in this video game-inspired experience. Our Play-Well instructors bring your favorite video game characters and experiences to real life. Using LEGO®, learn Link's signature moves to defeat enemies, build mechanisms to make sonic spin and take out Robotnik, and even build go-karts to challenge Mario and friends in a race for the Mushroom Cup. All the fun of a video game adventure without the screen!

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

6066.302 6/12-6/16 M-F 1:00-4:00 pm

FULL DAY! STEM & ANIMAL ARCHITECTS W/ LEGO MATERIALS

5-8 yrs

Prepare for a full-day LEGO® camp packed with hands-on and minds-on STEM fun! Build projects inspired by cool machines such as: chugging Steamboats, enchanting Moon Bridges, and bustling Airports. Then design and build leaping dolphins, buzzing beehives, and towering giraffes. Play, create, and learn in a world inspired by the animal kingdom in this new full-day themed engineering camp for LEGO® fanatics!

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

6066.603 6/26-6/30 M-F 9:00 am-4:00 pm

IncrediFlix **NEW!**

7-13 yrs

Instructor: IncrediFlix

Community Center: Soroptimist Room 1

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

ACTION MOVIE FLIX

There's no limits in your action packed movie when using a green screen and camera tricks. Adventures await as you transport anywhere, from captaining a spaceship, to climbing the highest mountain. You'll collaborate to write, act, & direct in this stunt packed movie where you'll be taught action choreography to thrill the audience.

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

6064.301 6/12-6/16 M-F 9:00 am-12:00 pm

ACTION STOP MOTION FLIX

Use stop motion tricks to create fires, explosions, and even floods, as your characters can battle it out or work together to save the day in this action packed stop motion class. You'll work in small groups to storyboard, create the action, film, and voice-over these exciting movies.

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

6064.302 6/12-6/16 M-F 1:00-4:00 pm

FULL DAY - ACTION MOVIE & ACTION STOP MOTION FLIX

Join us for the full day combo for a discount plus free lunch supervision! Please see both half day descriptions. Bring snacks, lunch and drink.

\$692/\$672 (Dist. Res.)

6064.303 6/12-6/16 M-F 9:00 am-4:00 pm

Little Medical School Camp

5-9 yrs

Instructor: Little Medical School Staff

Community Center: Soroptimist Room 2

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

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

LITTLE DOCTOR CAMP

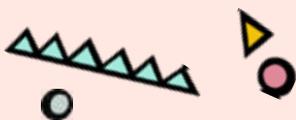
Discover the fascinating human body with Little Medical School! Through hands-on crafts, games and role playing, participants will learn STEM concepts in a fun and unique way! From broken bones, to stitches, there's something for every future healthcare provider and science lover. Each student will receive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

6048.301 7/10-7/14 M-F 9:00 am-12:00 pm

LITTLE VET CAMP

In Little Veterinarian Camp, children learn to make important measurements on their very own stuff Puppy. Students will learn how much water their dogs need in a day. They will also learn how to remove ticks using proper techniques & the importance of Vaccines, dog behavior and much more.

6048.302 7/24-7/28 M-F 9:00 am-12:00 pm





MANDALORIAN TRAINING USING LEGO MATERIALS

5-7 yrs
Here's our chance to join our friends and learn what it takes to become a true Mandalorian. Using LEGO®, an experienced instructor will guide us through the skills and equipment needed to earn the title. We will build our gauntlet fighter ship to weave through the galaxy, our Z-6 jetpacks to maneuver through the air, and of course defend ourselves with our Mandalorian armor. Coming to a galaxy near you!

\$275/\$255 (Dist. Res.)
6066.305 7/17-7/21 M-F 9:00 am-12:00 pm

POKEMON MASTER ENGINEERING USING LEGO MATERIALS

7-12 yrs
LEGO® Master, I choose you!! In the race to be crowned the Ultimate Pokémon Champion, we need your help! Learn to build your favorite Pokémon, level up by teaching them special moves, evolve them into more powerful versions, and come face to face with the current champion in an epic battle for the title. Learn from our Play-Well Pokémon Masters so you can make it to the top!

\$275/\$255 (Dist. Res.)
6066.305 7/17-7/21 M-F 1:00-4:00 pm

LEGO ENGINEERING DESIGN CHALLENGE

7-12 yrs
Are you ready to up your engineering game? Our instructors will introduce mechanisms to get your gears turning; then, it's your job to take it to the next level! Go head-to-head or work towards a new personal best as we get ready to apply real-world concepts to LEGO® challenges!

\$275/\$255 (Dist. Res.)
6066.306 7/24-7/28 M-F 9:00 am-12:00 pm

MICKY'S FAIRYTALE ADVENTURES USING LEGO MATERIALS

5-7 yrs
Come join our fun and knowledgeable Play-Well Instructors as we use LEGO® materials to recreate our favorite animated friends and their worlds! After building our most beloved princesses, villains and sidekicks, get ready to rescue princes and princesses from towers, explore enchanted castles, and maybe even fly on a magic carpet or two. All we need is your creativity and a little magic to bring it all to life!

\$275/\$255 (Dist. Res.)
6066.307 7/24-7/28 M-F 1:00-4:00 pm



 Camps with this symbol qualify for the 10% discount (see page 2, column 3 at top).





Snapology

6–11 yrs

Instructor: Snapology Staff

Community Center: Soroptimist Room 1

Bring a snack and water.

STEAM LAB

Experimenting builds in simple machines to designing your roller coasters all with LEGO® bricks. Ziplines will zip as soda launches into the sky then repurpose it into your stomp a rocket! Spin art, tools to making “snow” will all be messy fun!

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

\$30 material fee payable to instructor on first day.

5101.301 6/19–6/23 M–F 1:00–4:00 pm

ANIMATION STUDIO

Lights, Camera, Action! Become your own stop motion animation movie maker. Movie planning, storyboarding, backdrops and props at your disposal to create your own movie which will be shared to the email given to instructor. Movie making becomes real in all phases including a movie premiere if you all wish!

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

\$20 lab fee payable to instructor on first day.

5101.302 6/26–6/30 M–F 1:00–4:00 pm

GAMEBOTS!

It’s all about the games as we play while still learning STEAM. Designing our mini-golf course to an amusement park with rides. We’ll hone our NERF skills as we learn process design. Then build a robotic ring toss. We’ll building games using LEGO® bricks and your handy gaming skills!

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

\$10 lab fee payable to instructor on first day.

5101.303 7/3–7/7 M, W–F 1:00–4:00 pm

No Class 7/4.



CREATURE CREATOR ROBOTICS

Using LEGO® Ed’s WeDo 2.0 to take brick building to another level! The creatures all will come “alive” to move, make sound and change colors. Drag & drop coded bricks kids engage process learning as gorillas and dolphins race across the floor! Enter the jungle!

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

\$10 lab fee payable to instructor on first day.

5101.304 7/10–7/14 M, W–F 1:00–4:00 pm

MINI-FIGURE MANIA

A mania of themes from Star Wars®, magical wizards, dinosaurs, Superheroes, Angry Birdies, Dragons and more will be created using LEGO® bricks and other materials to create our adventures. Remember to duck as dragons and space ships “fly”. Will we catch all the pocket monsters too? Join our fun!

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

\$10 lab fee payable to instructor on first day.

5101.305 7/24–7/28 M–F 1:00–4:00 pm.

THE AMAZING RACE USING LEGO

Join our world travel adventure using a passport and LEGO® bricks. We’ll build our tallest Eiffel Tower to longest Great Wall, but the best way is teamwork alliance! Bury a mummy and try your skills to “fly” through the room to get our destination.

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

\$10 lab fee payable to instructor on first day.

5101.306 7/31–8/4 M–F 1:00–4:00 pm

Tiny Tech Summer Club

5–10 yrs

Instructor: Tiny Tech Club Staff

Community Center: Soroptimist Room 2

ROBOTED: STEM WITH VINEE

Come join us for a fun-filled camp creating different robot models using ViNee - our amazing, new and unique robot hub and kit rolled into one! Learn simple machine concepts like gears, cranks, levers etc. Each team of two gets a computer and ViNee to learn with. Exclusive curriculum with an emphasis on technology, engineering, and programming. All participants get to take home the kit at the end of camp!

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

6666.301 6/5–6/9 M–F 1:00–4:00 pm

ROBOTED: GALAXYBOTS

Explore the galaxy! Build space themed robots including rocket launchers, space ships, aliens, a moon walking astronaut, and a space ship. These robots teach the fundamentals of mechanics like gears, levers, pulleys, cranks, and more. Each team of two gets a computer and a ViNee kit to learn with. Campers get to take home ViNee at the end of camp! Exclusive curriculum with an emphasis on technology, engineering, and programming.

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

6666.302 6/19–6/23 M–F 1:00–4:00 pm

ROBOTED: GAMEBOTS

Ready, Set, Play! Inspired by your favorite video and arcade games, these robots teach the fundamentals of mechanics like gears, levers, pulleys, cranks, and more. Each team of two gets a computer and our exclusive ViNee kit to learn with. Exclusive curriculum with an emphasis on technology, engineering, and programming. Game on!

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

6666.303 6/26–6/30 M–F 1:00–4:00 pm



Sports Camps

Kidz Love Soccer Camps at Pleasant Hill Park

4.5–10 yrs

Pleasant Hill Park, West Field

Everyone is a winner as the week's fun culminates in an age-appropriate "World Cup" tournament. All campers receive a Kidz Love Soccer jersey. Campers should bring a full water bottle, a healthy snack and sunscreen. SHIN-GUARDS ARE REQUIRED.

9:00 am–12:00 pm | \$258/\$238 (Dist. Res.)

5039.300	Level 1	6/5–6/9	M–F	4.5–6 yrs
5039.301	Level 2	6/5–6/9	M–F	7–10 yrs
5039.302	Level 1	7/10–7/14	M–F	4.5–6 yrs
5039.303	Level 2	7/10–7/14	M–F	7–10 yrs

Skyhawks Camps

Pleasant Hill Park

M–F, Half Day: 9:00 am–12:00 pm

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

5099.300	6/12–6/16	Mini-Hawk	4–6 yrs
5099.301	6/12–6/16	Summer Olympics	7–11 yrs
5099.302	6/19–6/23	Baseball	5–7 yrs
5099.303	6/19–6/23	Baseball	8–12 yrs
5099.304	6/26–6/30	Volleyball	6–9 yrs
5099.305	6/26–6/30	Volleyball	10–13 yrs
5099.306	7/17–7/21	Flag Football	5–7 yrs
5099.307	7/17–7/21	Flag Football	8–12 yrs
5099.308	7/24–7/28	Mini-Hawk	4–6 yrs
5099.309	7/24–7/28	Summer Olympics	7–11 yrs
5099.310	7/31–8/4	Basketball	5–7 yrs
5099.311	7/31–8/4	Basketball	8–12 yrs

Afternoon at the Pool

8–12 yrs

Instructor: PH Rec Aquatics Staff
PH Aquatic Park, 147 Gregory Ln.

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

8771.302	6/12–6/16	12:00–3:00 pm
8771.308	7/24–7/28	12:00–3:00 pm



Tennis Camps *

Instructor: Coach Rafa
College Park High School Tennis Courts

M–F 9:00 am–12:00 pm

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

5589.300	6/5–6/10	6–10 yrs
5589.301	6/12–6/16	6–10 yrs
5589.302	6/19–6/23	11–14 yrs
5589.303	6/26–6/30	6–10 yrs
5589.304	7/10–7/14	6–10 yrs
5589.305	7/17–7/21	6–10 yrs
5589.306	7/24–7/28	11–14 yrs



More Ways To Have A Ball...
Check out our Spring/Summer sports classes and spring break camps for preschool, youth and teens*!

Preschool Page 26–28
Youth Page 30–31
Spring Break Sports Camps Page 32
Teens Page 33

* Sports classes and spring break camps don't qualify for summer camp discount.



Meet Victoria Davis!
Sports Coordinator



2023 Camps at a Glance



	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10
	Jun 5– Jun 9	Jun 12– Jun 16	Jun 19– Jun 23	Jun 26– Jun 30	Jul 5– Jul 7	Jul 10– Jul 14	Jul 17– Jul 21	Jul 24– Jul 28	Jul 31– Aug 4	Aug 7– Aug 11
PRE-SCHOOL	Bumblebee Prep Camp (1y 3m-2y 3m) [pg 6]								■	
	Castle Tales Musical Theater Camps (4-7 yrs) [pg 10]		■			■		■		
	Creative Spark Theater Camps (4-6 yrs) [pg 10]		■	■			■	■		
	Kidz Love Soccer Classes (4.5-10 yrs) [pg 19]	■					■			
	Mini Preschool Camp (2y 3m-4 yrs) [pg 6]	■	■	■	■	■	■	■		
	Pre-K Prep Camp (3y 11m-4 yrs) [pg 6]									■
	Preschool Camp (3y 6m-5 yrs) [pg 6]	■					■			
	Spanish 4 Children (3y 5m-8 yrs) [pg 13]	■	■	■		■	■		■	■
YOUTH	Adventure Kids Camp (Gr 1-5) [pg 6]	■	■	■	■	■	■	■	■	
	Afternoon Adventure (6-13 y) [pg 7]		■	■	■	■	■			
	Afternoon Rec (Gr 1-8) [pg 7]		■	■	■	■	■			
	Bay Twilights Cheer (5-11 yrs) [pg 12]			■	■					
	Berkeley Chess School (6-11 yrs) [pg 12]			■	■		■			■
	Bricks 4 Kidz (6-12 yrs) [pg 14]						■	■		■
	Castle Tales Musical Theater Camps (4-7 yrs) [pg 10]			■	■		■			■
	Challenge Island (5-12 yrs) [pg 14]	■		■	■	■				■
	Cooking Camps (6-12 yrs) [pg 12]			■	■		■	■	■	
	Creative Spark Theater Camps (7-12 yrs) [pg 10]		■	■			■	■		
	Dance Camps (5-9 yrs) [pg 10-11]			■	■		■			
	Endless Summer Camp (Gr 1-8) [pg 7]							■	■	■
	Engineering for Kids (5-12 yrs) [pg 15]			■	■			■	■	
	Guitar & Music Camp (5-14 yrs) [pg 13]						■	■		■
	Incrediflix (7-13 yrs) [pg 16]		■							
	Kidz Love Soccer Camps (4.5-10 yrs) [pg 19]	■					■			
	Little Medical/Vet School Camp (5-9 yrs) [pg 16]						■		■	
	Play Well TEKologies (5-12 yrs) [pg 16-17]		■		■		■	■		
	SkyHawks Sports Camps (4-12 yrs) [pg 19]		■	■	■		■	■	■	
	Snapology (6-11 yrs) [pg 18]			■	■	■	■		■	■
Spanish 4 Children (3y 5m-8 yrs) [pg 13]	■	■	■	■	■	■	■	■	■	
Splash 'N Dash Camp (8-12 yrs) [pg 2]		■	■	■		■	■	■		
Summer Rec & Rookie Camp (Gr 2-8) [pg 7]		■	■	■	■	■	■	■		
Tennis Camps (6-14 yrs) [pg 19]	■	■	■	■		■	■	■		
Tiny Techs (5-10 yrs) [pg 18]	■		■	■						
Village Music School (7-12 yrs) [pg 11]					■	■	■	■		
TEENS	Bay Area Driving School Live Virtual (15+ yrs) [pg 12]	■		■		■			■	
	Counselors-in-Training (13-15 yrs) [pg 9]	■								
	Good Vibe VolunTEENS (12-15 yrs) [pg 9]						■			
	Incrediflix (7-13 yrs) [pg 16]		■							
	Junior Lifeguard Camp (11-14 yrs) [pg 2]	■							■	
	Teen Xtreme Camp (Gr 6-10) [pg 8-9]	■	■	■	■	■	■	■		



SWIM LESSONS for ages 6 months to adults, all levels • Private and group lessons available.
 Spring lessons start March 6 • Summer lessons start June 4 • Weekday and weekend.
 View full schedule and **Sign Up NOW!** pleasanthillrec.com or call (925) 682-0896.

Spring/Summer
2023

the Spotlight

Keep Cool at the Pool

Pages 22-25

Special Events

Page 43, Back Cover

Adult Classes & Sports

Pages 37

pleasanthillrec.com



@pleasanthillrec



Aquatics

Public Swimming

PLEASANT HILL AQUATIC PARK

147 Gregory Lane, Pleasant Hill, 682-7830

The facility includes:

- 25-yard pool with two diving boards
- 20-yard shallow water training pool
- Sprayground
- Changing rooms with showers and restrooms
- Two picnic areas, with BBQ pit/two tables, on lawn area off the pool deck (available for reservation)

All persons entering the facility must pay admission. 15-minute rest breaks are observed every hour. Coast Guard approved flotation devices allowed with adult supervision.

PUBLIC SWIMMING ADMISSION

2 yrs & under.....	Free
3-17 yrs	\$5.00
18 yrs/older.....	\$5.00
Seniors 55 yrs/older.....	\$4.50

Children 8 years and under must be accompanied in the water by a paying adult (18 yrs/older). Children 12 years and under must be accompanied in the facility by a paying adult.

PUBLIC SWIMMING HOURS

Spring: May 27–June 4
Sat/Sun, 1:00–5:00 pm

Summer: June 5–August 6
Mon/Wed/Thu, 1:30–4:00 pm
Fri/Sat/Sun, 1:00–5:00 pm

Late Summer: August 12–September 4
Sat/Sun, 1:00–5:00 pm

Holidays: May 29, 1:00–5:00 pm
July 4, 1:00–5:00 pm
September 4, 1:00–5:00 pm

PUBLIC SWIMMING PASSES

Come play at the pool; it's a great way to spend the summer! Swim passes save money and are valid 5/27–9/4 during public swimming hours. Passes cannot be shared, are non-transferable and non-refundable.

10-Visit Swim Pass:

3-17 yrs	\$48/\$38 (Dist. Res.)
18 yrs/older.....	\$48/\$38 (Dist. Res.)
Seniors 55 yrs/older.....	\$43/\$34 (Dist. Res.)

Season Swim Pass:

<i>Unlimited use during public swim hours.</i>	
3-17 yrs	\$115/\$95 (Dist. Res.)
18 yrs/older.....	\$115/\$95 (Dist. Res.)
Seniors 55 yrs/older.....	\$105/\$85 (Dist. Res.)

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

Aquatic Rentals

Aquatic Rentals

Make your next party a big splash! Reservation and refundable security deposit, with use fees for pool picnics and parties are required to confirm your reservation. A minimum of two weeks advance reservation is required. Forms are available at the District Office, 147 Gregory Lane, call (925) 682-0896.

Aquatic Park Picnics

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

SPRING: MAY 27–JUNE 4

Sat/Sun, 1:00–5:00 pm

SUMMER: JUNE 5–AUGUST 6

Mon/Wed/Thu, 1:30–4:00 pm
Fri/Sat/Sun, 1:00–5:00 pm

LATE SUMMER: AUGUST 12–SEPTEMBER 4

Sat/Sun, 1:00–5:00 pm

HOLIDAYS:

May 29, 1:00–5:00 pm
July 4, 1:00–5:00 pm
September 4, 1:00–5:00 pm

Fee varies based on the day of the week.

Private Aquatic Park Parties

Reserve the pool for your own private party! Minimum 2-hour rental includes lifeguards. Fees are based on the number of guests and portions of the facility used. No alcohol or smoking permitted in the pool area. Call the District Office at (925) 682-0896 or visit www.pleasanthillrec.com for more information.

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

FREE! SWIM TRYOUTS

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.

Monday, 2/27, 4:30 pm
Sunday, 3/26, 10:30 am
Friday, 5/6, 10:30 am

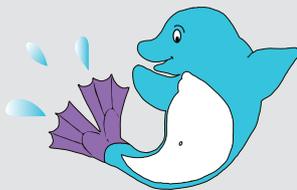
Pleasant Hill Dolphins Swim Team

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.

New 8 & under swimmers must attend a free swim try out to ensure correct placement.

Head Coach: Talli Pitcher



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

Alternate PM practice for all age groups available for those unable to make AM practice, 5:00-6:00 pm.

(No Minis)

Age as of 6/15/23	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 am-12:30 pm
7-8	8224.301	4:45-5:30 pm	11:45 am-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.

No practice May 29, June 30-July 4. County meet qualifying swimmers practice through August 4.

All practices move to PH Education Center Pool on May 15.

REGISTRATION:

Through May 22, 2023 at the District Office (M-F, 9:00 am-5:00 pm) or online at pleasanthillrec.com. For more information, call (925) 682-0896.

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

WORK ASSIGNMENTS:

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

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

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

Registration Deadline: Wednesday, 5/31.

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.

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.)

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 and make sure you get a spot on the team! Some age groups will fill.



Classes and Clinics

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

15 yrs & up

Instructor: Aquatic 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 their swimming skills in order to pass the lifeguard training pre-requisites. Sign up for one or multiple dates!

2/19-3/25 Sa 9:00 am-10:00 pm

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 prerequisites which must be successfully completed at the first class meeting.

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

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 2/25-32/26 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



Water Exercise

Aqua Aerobics: Deep & Shallow

16 yrs & up

Instructor: Sandra Franklin

PH Aquatic Park: 147 Gregory Lane

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

Drop-In: \$15/\$12 (Dist. Res.)

3 classes: \$42/\$34 (Dist. Res.)

4 classes: \$55/\$44 (Dist. Res.)

TUESDAYS (8:30-9:30 AM)

8127.301 6/6-6/27

8127.302 7/11-7/25 3 classes

8127.303 8/8-8/29

WEDNESDAYS (7:00-8:00 PM)

8130.301 6/7-6/28

8130.302 7/5-7/26

8130.303 8/7-8/30

Aqua Zumba

16 yrs & up

Instructor: Sandra Franklin

PH Aquatic Park: 147 Gregory Lane

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

Drop-In: \$16/\$13 (Dist. Res.)

4 classes: \$60/\$48 (Dist. Res.)

MONDAYS (7:00-8:00 PM)

8125.301 6/5-6/26

8125.302 7/10-7/31

8125.303 8/7-8/28

Lap Swim

16 yrs & up

PH Aquatic Park: 147 Gregory Lane

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

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

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

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

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

Spring Lap Swim Hours start April 10; Summer Lap Swim Hours start June 5.

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

Holidays: 5/27-5/29, 6/3, 6/24-6/25, 7/1-7/4, 9/2-9/4.



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.

Fees are based on the number of classes per session.

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.)

MONDAYS (8:00–9:00 AM)

8102.204 4/3–4/24 4 classes

8102.205 5/1–5/22 4 classes

8102.301 6/5–6/26 4 classes

8102.302 7/3–7/31 5 classes

8102.303 8/7–8/28 4 classes

WEDNESDAYS (8:00–9:00 AM)

8103.204 4/5–4/26 4 classes

8103.205 5/3–5/31 5 classes

8103.301 6/7–6/28 4 classes

8103.302 7/5–7/26 4 classes

8103.303 8/2–8/30 5 classes

FRIDAYS (8:00–9:00 AM)

8104.204 4/7–4/28 4 classes

8104.205 5/5–5/26 4 classes

8104.301 6/2–6/30 5 classes

8104.302 7/7–7/28 4 classes

8104.303 8/4–8/25 4 classes

TUESDAYS (7:00–8:00 PM)

8105.204 4/4–4/25 4 classes

8105.205 5/2–5/30 5 classes

8105.301 6/6–6/27 4 classes

8105.302 7/11–7/25 3 classes

8105.303 8/1–8/29 5 classes

THURSDAYS (7:00–8:00 PM)

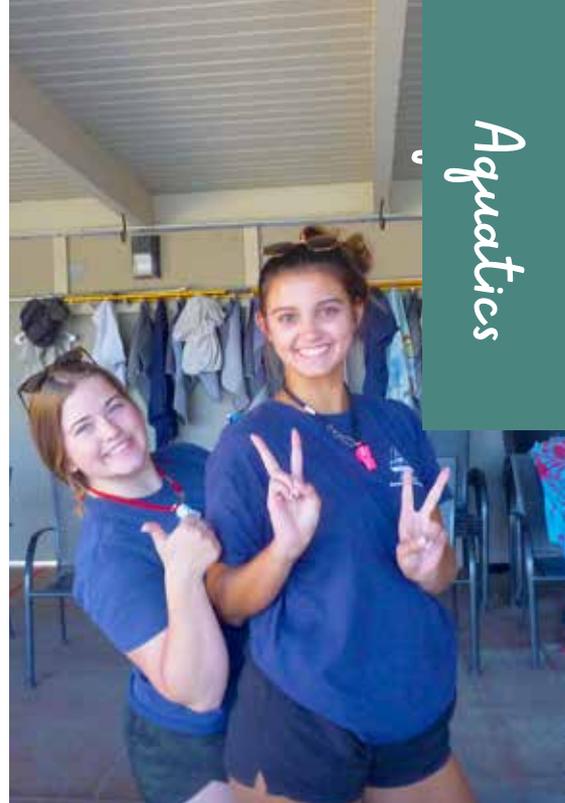
8106.204 4/6–4/27 4 classes

8106.205 5/4–5/25 4 classes

8106.301 6/1–6/29 5 classes

8106.302 7/6–7/27 4 classes

8106.303 8/3–8/31 5 classes



A Springboard for the Future! Aquatics Team Now Hiring!

15 yrs & up

When you become a member of the Pleasant Hill Rec & Park Aquatics staff, what you do is important, meaningful and provides a springboard for your future career and life adventures. Not only will you get to work in the great outdoors, teaching people of all ages how to swim and helping to keep them safe around the pool, but you will also learn important career-transferrable skills like effective communication, teamwork, leadership, decision making and so many more. Plus, you will get to work with other recreation-loving people who make the work environment lots of fun! Sound like something you'd like to dive into? Join us this spring and summer! Application deadline 5/1 at 5:00 pm.

- Aquatics Cashier (\$15.50-\$15.75/hour)
- Lifeguards/Swim Instructors (\$16/50-\$20.97/hour)
- Swim Coach (\$16.50-\$25.53/hour)

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



Underwater Egg Hunt

All ages

PH Aquatic Park: 147 Gregory Lane

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

4/1 Sa 1:00-2:30 pm

Pre-Registration \$20/\$16 (Dist. Res.) by noon on March 31 or when event reaches capacity. Spectators and adult helpers free.

Thank you to our event sponsors, Laura Wucher Real Estate and City of Pleasant Hill.

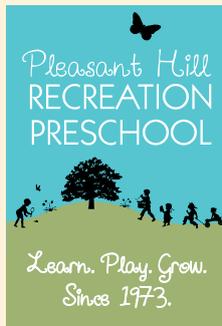




Preschool

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	Non/Dist. Res.
TTH Bumblebees	1.5–2.5 yrs	Tu/Th	8:15–11:15 am	PHCC	\$448/\$428
MWF Bumblebees	1.5–2.5 yrs	M/W/F	8:15–11:15 am	PHCC	\$545/\$525
TTH Hummingbirds	2.5–3.5 yrs	Tu/Th	8:15–11:15 am	PHWC	\$437/\$417
MWF Hummingbirds	2.5–3.5 yrs	M/W/F	8:15–11:15 am	PHWC	\$535/\$515
AM Bluebirds (potty-trained)	3–4 yrs	Tu/W/Th	8:30–11:30 am	PHCC	\$464/\$444
PM Bluebirds (potty-trained)	3–4 yrs	Tu/W/Th	1:00–4:00 pm	PHCC	\$464/\$444
AM Robins (potty-trained)	4–5 yrs	M/Tu/W/Th	8:30–11:30 am	PHCC	\$581/\$561
PM Robins (potty-trained)	4–5 yrs	Tu/W/Th	1:00–4:00 pm	PHCC	\$411/\$391
Peacocks (potty-trained)	4–5 yrs	Tu/W/Th	12:45–3:45 pm	PHWC	\$411/\$391

2023–2024 rates. Schedules subject to change.*

Preschool Enrichment

Let's Make Music

15 mo–2 yrs 11 mo

Instructor: Andrea Gaspari

Winslow 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. The perfect class to prepare for circle time and preschool.

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

6636.301 4/11–5/30 Tu 9:15–9:55 am

Piano & Me

3 yrs 6 mo–5 yrs

Instructor: Andrea Gaspari

Winslow Center: Rooms 1 & 2

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!

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

6088.301 4/12–5/31 W 3:30–4:10 pm

Lunch Bunch Buddies Piano & Me

3 yrs 6 mo–5 yrs

Instructor: Andrea Gaspari

Community Center: McHale Room

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.

If your child attends preschool at the Community Center, Andrea will pick them up from their room and take them to class.

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

6088.302 4/11–5/30 Tu 11:30 am–12:45 pm

Preschool Sports

Baseball

TOT BASEBALL

3-5 yrs

Instructor: Skyhawks Staff

TBD (possible VVMS)

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

5099.215 3/14-4/18 Tu 6:00-6:45 pm

5099.216 4/25-5/23 Tu 6:00-6:45 pm

No class 4/4.

Basketball

PARENT/TOT BASKETBALL

2-3 yrs

Instructor: Skyhawks Staff

Rodgers Smith Park

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

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

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

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

No class 4/8.

TOT BASKETBALL

Instructor: Skyhawks Staff

3-5 yrs

TBD (possible VVMS)

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

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

Rodgers Smith Park

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

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

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

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 class for all classes except Mommy/Daddy & Me.

KLS Class Status Hotline (888) 372-5803.

Spring Session

Fridays, 4/14-5/26

7 weeks | \$191 /\$171 (Dist. Res.)

5031.312 Tot/Pre-Soccer 5:00-5:35pm
(3.5-4 yrs)

5030.313 Mom/Dad & Me 5:45-6:15pm
(2-3.5 yrs)

Saturdays, 4/22-6/10

7 weeks | \$191/\$171 (Dist. Res.)

5030.314 Mom/Dad & Me 9:05-9:35 am
(2-3.5 yrs)

5032.316 Pre-Soccer 10:30-11:05 am
(4-5yrs)

5031.317 Tot-Soccer 11:05-11:35 am
(3.5-4 yrs)

Summer Session

Fridays: 7/7-8/18

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

5031.320 Tot/Pre-Soccer 5:05-5:40 pm
(3.5-4 yrs)

5030.321 Mom/Dad & Me 5:45-6:15 pm
(2-3.5 yrs)

No class 7/14.

Saturdays, 7/9-8/20

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

5030.322 Mom/Dad & Me 9:05-9:35 am
(2-3.5 yrs)

5032.323 Pre-Soccer 10:30-11:05 am
(4-5 yrs)

5031.324 Tot Soccer 11:10-11:40 am
(3.5-4 yrs)

No class 7/15.

SKYHAWKS PRESCHOOL SOCCER

3-4 yrs

Instructor: Skyhawks Staff

Community Center Gazebo Grass Area

5 classes | \$170/\$150 (Dist. Res.)

5099.213 3/16-4/20 Th

11:45 am-12:25 pm

5099.214 4/27-5/25 Th

11:45 am-12:25 pm

No class 4/6.

SKYHAWKS SOCCER TOTS

3-5 yrs

Instructor: Skyhawks Staff

Rodgers Smith Park

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

5099.242 3/18-4/22 Sa 11:30 am-12:15 pm

No class 4/8.

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

5099.221 4/29-5/20 Sa 11:30 am-12:15 pm

SKYHAWKS SUMMER SOCCER CLINIC

Instructor: Skyhawks Staff

Rodgers Smith Park

M-F | 7/10-7/14

1 week | \$162/\$142 (Dist. Res.)

5099.320 Parent & Me Soccer Tots
(2-3 yrs) 9:30-10:00 am

5099.321 Soccer Tots
(3 yrs) 10:15-11:00 am

5099.322 Soccer Tots
(4-5 yrs) 11:15 am-12:00 pm

Preschool Sports

Sports Medley

Instructor: SKYHAWKS Sports
Rodgers Smith Park

PARENT & ME SPORTS MEDLEY

2-3 yrs

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

5099.240 3/18-4/22 Sa 9:30-10:00 am
No class 4/8.

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

5099.219 4/29-5/20 Sa 9:30-10:00 am

PRESCHOOL SPORTS MEDLEY

3-4 yrs

5 classes | \$170/\$150 (Dist. Res.)

5099.211 3/14-4/18 Tu 11:45 am-12:25 pm

5099.212 4/25-5/23 Tu 11:45 am-12:25 pm

No class 4/4.

TOT SPORTS MEDLEY

3-5 yrs

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

5099.241 3/18-4/22 Sa 10:15-11:00 am
No class 4/8.

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

5099.220 4/29-5/20 Sa 10:15-11:00 am

Tennis

PEE WEE TENNIS

Instructor: Coach Kris
College Park High School Tennis Courts
4-5 yrs

Introduce your kids to this fun lifelong sport with monthly group tennis lessons. Bring your own Jr. Size tennis racket and water.

Saturdays, 10:00-11:00 am

4 classes | \$88/\$70 (Dist. Res.)

5553.202 4/8-4/29

5553.300 6/3-6/24

5553.301 7/8-7/29

5553.302 8/5-8/26

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

5553.203 5/6-5/20

East Bay Gymnastics

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

PARENT & ME | 1yr 6m-3 yrs

This class includes a parent-assisted warm-up, obstacle courses, hand-eye activities, parachute, trampoline, and foam pit.

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

6603.301 3/17-4/14 F 10:00-10:30 am

6603.302 4/21-5/12 F 10:00-10:30 am

6603.303 5/19-6/9 F 10:00-10:30 am

6603.305 7/7-7/28 F 10:00-10:30 am

6603.306 8/4-8/25 F 10:00-10:30 am

No Class 4/7.

\$76.56 /\$61 (Dist. Res.)

6603.304 6/16-6/30 F 10:00 am-10:30 am

PK 3 | 3 yrs

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

\$112 /\$92.50 (Dist. Res.)

6603.331 3/17-4/14 F 10:00-10:45 am

6603.332 4/21-5/12 F 10:00-10:45 am

6603.333 5/19-6/9 F 10:00-10:45 am

6603.335 7/7-7/28 F 10:00-10:45 am

6603.336 8/4-8/25 F 10:00-10:45 am

No Class 4/7.

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

6603.334 6/16-6/30 F 10:00 am-10:45 am

PK 4 | 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. Pre-requisite: potty trained

\$112 /\$92.50 (Dist. Res.)

6603.341 3/17-4/14 F 12:15-1:00 pm

6603.342 4/21-5/12 F 12:15-1:00 pm

6603.343 5/19-6/9 F 12:15-1:00 pm

6603.345 7/7-7/28 F 12:15-1:00 pm

6603.346 8/4-8/25 F 12:15-1:00 pm

No Class 4/7.

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

6603.344 6/16-6/30 F 12:15-1:00 pm



Youth



PLAN AHEAD FOR THE FALL 2023-24 SCHOOL YEAR!

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

Get Inspired!

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

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

Come visit & meet our professional staff!

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

Youth Enrichment

Filipino Folk Dance **NEW!**

7-11 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.

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

6063.301 5/5-5/26 F 4:00 pm-4:45 pm

Glee Club **NEW!**

5-8 yrs

Instructor: Myeve Capozzi

Community Center: Preschool 1

If you are obsessed with singing like we are and Come Alive when you hear certain songs...Let It Go! and join Glee Club! Glee Club is a weekly ensemble performance class where students sing, learn fun dance moves and staging while singing their hearts out to their favorite songs. Students will also have the chance to create their own show stopping choreography, make props and musical instruments, sing solos, and play games in a safe and nurturing environment with their friends. Session ends with an epic live performance!

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

5116.301 4/14-5/19 F 3:30-4:30 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 wiped down in between each participant.

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

6088.303 4/11-5/30 Tu 4:15-5:00 pm

New You Dance **NEW!**

INTRO HIP-HOP/BALLET

6-12 yrs

Instructor: AJ Roger

Senior Center: Dance Studio

Where Mr. AJ is very well known. This combo class is students favorite across contra costa county! It truly is a great start for any newcomer or returning dancer who has danced in the past and want to get those Dance Shoes 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! Keeping up with popular top 40 music brings the clubby environment to Lafayette rec. this class brings sheer joy in a classy clean and cool studio. West coast hip hop energy champion invites you to join the fun!

\$73.75 /\$59 (Dist. Res.)

6061.303 6/7-6/21 W 4:30 pm-5:15 pm

6061.304 7/12-7/26 W 4:30 pm-5:15 pm

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

6061.301 4/5-4/26 W 4:30 pm-5:15 pm

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

6061.302 5/3-5/31 W 4:30 pm-5:15 pm

6061.305 8/2-8/30 W 4:30 pm-5:15 pm



Youth

Springtime Desserts **NEW!**

7-13 yrs

Instructor: Deborah Pellegrino

Senior Center: Multiple Facilities

Your aspiring young Pastry Chef will bake sweet Springtime Desserts to wipe away the Winter Blues. Strawberry Shortcake, Blueberry Buckle, and Meyer Lemon Poppy seed Poundcake are just a few of the items they will create! Basic baking methods, sauces, and custards will be taught in this class.

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

\$50 material fee due to instructor.

6082.310 4/26-5/24 W 3:30-5:30 pm

The Coder School

7-11 yrs

Instructor: The Coder School Staff

Senior Center: Classroom 3

GAMES ARE AWESOME: BUILD A GAME WITH CODE!

We harness our students passion for games and computers to introduce foundational coding through creating games of their very own! If your student(s) love to play games on the computer, through a gaming console or on the phone/tablet - they will have a blast learning to code by creating their own games! We can't wait to see your students imaginations come to life through code!

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

6053.301 6/5-7/3 M, F 3:30-4:30 pm

Japan Karate Do

5–13 yrs

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

Website: www.PleasantHillKarate.org

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.

BEGINNERS | 5-12 YRS

Mondays | \$66/\$53 (Dist. Res.)

6095.301 5/1–5/22 M 5:00–5:45 pm

6095.302 6/5–6/26 M 5:00–5:45 pm

6095.304 8/7–8/28 M 5:00–5:45 pm

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

6095.303 7/3–7/31 M 4:45–5:30 pm

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

6095.305 5/2–5/30 Tu 4:45–5:30 pm

6095.308 8/1–8/29 Tu 4:45–5:30 pm

Tuesdays | \$66/\$53 (Dist. Res.)

6095.306 6/6–6/27 Tu 4:45–5:30 pm

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

6095.307 7/11–7/25 Tu 4:45–5:30 pm

Thursdays | \$66/\$53 (Dist. Res.)

6095.309 5/4–5/25 Th 5:00–5:45 pm

6095.311 7/6–7/27 Th 5:00–5:45 pm

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

6095.310 6/1–6/29 Th 5:00–5:45 pm

6095.312 8/3–8/31 Th 5:00–5:45 pm

TOURNAMENT KIDS | 6-13 YRS

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/\$29 (Dist. Res.)

6095.331 5/11–5/25 Th 7:00–7:45 pm

6095.333 7/13–7/27 Th 7:00–7:45 pm

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

6095.332 6/8–6/29 Th 7:00–7:45 pm

6095.334 8/10–8/31 Th 7:00–7:45 pm

INTERMEDIATE | 6-13 YRS

Mondays | \$66/\$53 (Dist. Res.)

6095.321 5/1–5/22 M 6:00–6:45 pm

6095.323 6/5–6/26 M 6:00–6:45 pm

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

6095.325 7/3–7/31 Tu 6:00–6:45 pm

Mondays | \$66/\$53 (Dist. Res.)

6095.327 8/7–8/28 Th 6:00–6:45 pm

Thursdays | \$66/\$53 (Dist. Res.)

6095.322 5/4–5/25 Th 6:00–6:45 pm

6095.326 7/6–7/27 Th 6:00–6:45 pm

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

6095.324 6/1–6/29 Th 6:00–6:45 pm

6095.328 8/3–8/31 Th 6:00–6:45 pm

East Bay Gymnastics

Instructor: East Bay Gymnastics

East Bay Gymnastics gym
1441 Franquette Ave #7925,
Concord, CA 94520

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

6603.321 3/16–4/13 Th 5:30–6:15 pm

6603.322 4/20–5/11 Th 5:30–6:15 pm

6603.323 5/18–6/8 Th 5:30–6:15 pm

6603.325 7/6–7/27 Th 5:30–6:15 pm

6603.326 8/3–8/24 Th 5:30–6:15 pm

No Class 4/6.

\$88.75 /\$71 (Dist. Res.)

6603.324 6/15–6/29 Th 5:30 pm–6:15 pm

GIRLS | 6 YRS & UP

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

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

6603.311 3/16–4/13 Th 4:30–5:30 pm

6603.312 4/20–5/11 Th 4:30–5:30 pm

6603.313 5/18–6/8 Th 4:30–5:30 pm

6603.315 7/6–7/27 Th 4:30–5:30 pm

6603.316 8/3–8/24 Th 4:30–5:30 pm

No Class 4/6.

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

6603.314 6/15–6/29 Th 4:30–5:30 pm



Youth Sports

Basketball

110 ELITE BASKETBALL **NEW!** SKILLS CLINIC

Instructor: John Fornbacher
Elevate Basketball Gym 1041 Shary Cir,
Concord, CA

110 elite basketball training is ran by former collegiate basketball player John Fornbacher. This course will include the teaching of basic foundation elements of the game of basketball to more advanced skill work as the course goes on in a safe, private indoor gym. Students will get the experience of training like pro/collegiate athletes while also being able to play in game like scenarios with scrimmages. This course not only will help students apply the habits they need to improve as basketball players but be able to apply what they learn in everyday life.

6-9 yrs

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

6065.311 4/1-4/29 Sa 3:00-4:00 pm
6065.312 5/6-6/3 Sa 3:00-4:00 pm

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

6065.313 6/10-7/1 Sa 3:00-4:00 pm
6065.314 7/8-7/21 Sa 3:00-4:00 pm

10-14 yrs

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

6065.301 4/1-4/29 Sa 4:00-5:00 pm
6065.302 5/6-6/3 Sa 4:00-5:00 pm

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

6065.303 6/10-7/1 Sa 4:00-5:00 pm
6065.304 7/8-7/21 Sa 4:00-5:00 pm

SKYHAWKS BASKETBALL

5-6 yrs

Instructor: Skyhawk Staff

Rodgers Smith Park

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

5099.233 4/29-5/20 Sa 11:15am-12:00 pm

SKYHAWK BASKETBALL CLINICS

6-11 yrs

Instructor: Skyhawk Staff

Location: TBD (possible VVMS)

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

5099.227 4/27-5/25 Th 6:45-7:45 pm

7-10 yrs

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

5099.235 4/29-5/20 Sa 12:15-1:00 pm

Soccer

KIDZ LOVE SOCCER

5-10 yrs

Instructor: KLS Staff

Pleasant Hill Park

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

Spring Session

Fraturdays, 4/14-5/26

7 Weeks | \$191/\$171 (Dist. Res.)

5034.310 Soccer 2 - Skillz & Scrimmages
(7-10 yrs) 3:30-4:15 pm

5033.311 Soccer 1 (5-6yrs) 4:15-5:00 pm

Saturdays, 4/22-6/10

7 Weeks | \$191/\$171 (Dist. Res.)

5034.315 Soccer 1 (5-6yrs) 9:45-10:30 am
5034.318 Soccer 2 Skillz & Scrimmages
(7-10 yrs) 11:35-12:20 am

No class 5/27.

Summer Session

Fraturdays, 7/7-8/18

6 Weeks | \$170/\$150 (Dist. Res.)

5034.325 Soccer 2 - Skillz & Scrimmages
(7-10 yrs) 3:30-4:15 pm

5033.326 Soccer 1 (5-6 yrs) 4:20-5:05 pm

No class 7/14.

Saturdays, 7/8-8/19

6 Weeks | \$170/\$150 (Dist. Res.)

5033.327 Soccer 1 (5-6 yrs) 9:45-10:30 am
5034.328 Soccer 2 Skillz & Scrimmages
(7-10 yrs) 11:40 am-12:25 pm

No class 7/15.

Volleyball

VOLLEYBALL CLINIC

6-11 yrs

Instructor: Skyhawk Staff

Location: TBD (possible VVMS)

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

5099.229 4/25-5/23 Tu 7:15-8:15 pm

AFTERSCHOOL VOLLEYBALL

Grades 1-5

Instructor: Skyhawk Staff

Pleasant Hill Park

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

5099.231 4/27-5/25 Th 3:30-4:30 pm

Tennis

GROUP TENNIS LESSONS

College Park High School
Tennis Courts

Wear tennis shoes; bring racquet
and water.

4 weeks | \$88/\$70 (Dist. Res.)

Beginner/Advanced Beginner Lessons

6-12 yrs

Minimal skills and playing experience.

Wednesdays 6:30-7:30 pm

Instructor: Coach Rafa

5555.202 4/12-5/3

5555.203 5/10-5/31

5555.300 6/7-6/28

5555.301 7/5-7/26

5555.302 8/2-8/23

Instructor: Coach Sandra

5584.202 4/12-5/3

5584.203 5/10-5/31

5584.300 6/7-6/28

5584.301 7/5-7/26

5584.302 8/2-8/23

Fraturdays, 6:00-7:00 pm

Instructor: Coach Rafa

5565.202 4/14-5/5

5565.203 5/12-6/2

5565.300 6/9-6/30

5565.301 7/7-7/28

5565.302 8/4-8/25

Intermediate Lessons

10-12 yrs

Instructor: Coach Rafa

Must have 2 months beginner class
experience.

Wednesdays, 7:30-8:30 pm

5554.202 4/12-5/3

5554.203 5/10-5/31

5554.300 6/7-6/28

5554.301 7/5-7/26

5554.302 8/2-8/23



Spring Break Camps



Sports Camps

Tennis Camps

Instructor: Coach Rafa
College Park High School Tennis Courts

\$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

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.

Full-Day Camps

Adventure Kids Camp

Grades K–5

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

Adventure Kids Spring 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.

SPRING

7:30 am–5:30 pm | \$60 per day

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

XTREME Break Camp

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.)

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



Note: Spring break camps do not qualify for the 10% Summer Camp Expo discount.





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

Bay Area Driving School Online Driver's Ed

15 yrs & up

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. Virtual LIVE Instructor CAMPS on page 12.

\$49.99

Sign up at new.safetydriversed.com/a/2147483770/GQuMiUc2

Babysitting 101 for Beginners

10–16 yrs

Instructor: Morgan Dziad
Senior Center: Classroom 3

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

\$124/\$104 (Dist. Res.)

5105.301 6/12 M 10:00 am–2:00 pm

Pleasant Hill Teen Council

Grade 6-12

Apply now for the 2023-2024 Pleasant Hill Teen Council! Volunteer and give input on things that matter to you and your peers. Meetings are held on the first and third Monday of each month from mid-September to mid-May (excluding holidays), 7:00-8:00 p.m. at Pleasant Hill Teen Center, 147 Gregory Lane.

Deadline for applications is June 30, 2023. For more information and applications visit pleasanthillrec.com/322.

Improv - Spontaneous Mind

14–17

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.

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

6062.301 5/9–6/13 Tu 4:00–5:30 pm

Middle School Bike Skills Course

10- 14 yrs

Instructor: Wheel Kids Bicycle Club Staff

Location: Senior Center: Classroom

Middle School Bike Skills will help your child gain valuable skills and confidence to safely bicycle to school, the park, the mall, and beyond. The course begins with an in-person interactive review of biking basics, then moves to smaller groups for on-bike training & practice: bike/helmet checks, skills practice on a protected black-top area, then a bike ride around the neighborhood to put those newly learned skills to practice.

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

6068.301 7/8 Sa 8:15 am-12:30 pm
6068.302 8/19 Sa 8:15 am-12:30 pm

TEEN SPORTS

Tennis

13 yrs & up

Instructor: Coach Rafa

College Park High School Tennis Courts

4 weeks | \$88/\$70 (Dist. Res.)

5566.202 4/14-5/5 F 7:00-8:00 pm
5566.203 5/12-6/2 F 7:00-8:00 pm
5566.300 6/2-6/23 F 7:00-8:00 pm
5566.301 7/7-7/28 F 7:00-8:00 pm
5566.302 8/4-8/25 F 7:00-8:00 pm

Volleyball

VOLLEYBALL CLINIC

Grades 6-8

Instructor: SKYHAWKS Sports

Pleasant Hill Park

5 classes | \$220/\$200 (Dist Res)

5099.237 4/25-5/23 Tu 3:30-5:00 pm

Teen Scene

Teen After School Program

Grades 6–12

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

Our Afterschool Program (ASP) offers a perfect combination of fun structured activities and time to just hang out with friends. Program activities include homework help, sports, computers, ping-pong, foosball, outdoor fitness, and games. Snack Shack open daily. For more program details, visit pleasanthillrec.com/246.

Plan Ahead!

Fall 2023 Registration Open House!

Friday, May 19, 5:00 pm

We will stay open that evening until 6:30 pm. During this time you can meet the staff, complete registration paperwork, and see our facility.

2023/24 Fees: \$12.50/day | \$16/day with transportation from VVMS & PHMS

Annual Membership Fee:

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

Adult

Special Interest

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.

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

4575.301 5/2-6/13 Tu 5:30-6:20 pm

Drumming Intensive

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. Punchcards can be purchased from the instructor.

8-class anytime punchcard : \$80

4574.301 5/2, 5/16, 5/30, 6/13, 7/18, 8/15 Tue 7:00-8:00 pm

Note: 7/18 and 8/15 is the monthly drum circle.

Exploring Watercolor

Instructor: Casey White

Senior Center: Arts & Crafts Room

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

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

2231.301 5/2-6/13 Tu 9:30 am-12:00 pm

2231.302 6/27-8/8 Tu 9:30 am-12:00 pm

No class 5/30, 7/4.

Improv Adult Improv - Spontaneous Mind

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.

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

4062.301 5/9-6/13 Tu 5:40-7:10 pm

Quilting

Instructor: Carol Madsen

Senior Center: Chateau Room

BEGINNING QUILTING

Emphasis on the beginning skills necessary to create your own simple quilt. More experienced quilters welcome to join the class. A supply list will be given out at the first class. Bring sewing machine, thread, fabric, scissors, rulers, rotary cutter. No experience necessary.

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

2243.303 4/10-6/19 M 12:30-3:00 pm

\$62/\$50 (Dist. Res.)

2243.304 6/26-8/21 M 12:30-3:00 pm

No class 5/29, 7/3.

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.

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

2243.301 4/10-6/19 M 9:00 am-12:00 pm

\$68/\$55 (Dist. Res.)

2243.302 6/26-8/21 M 9:00 am-12:00 pm

No class 5/29, 7/3.



QUILTING BASICS+

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

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

2243.305 4/11-6/20 Tu 6:30-9:00 pm

\$62/\$50 (Dist. Res.)

2243.306 6/27-8/22 Tu 6:30-9:00 pm

No class 7/4.

Wills, Trusts & Estate Planning

Instructor: Randall Thompson

Senior Center: Classrooms

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

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

4610.201 6/21 W 7:00-8:30 pm

Dance

Wake Up and Move

Instructor: AJ Rogers
Senior Center: Dance Studio
 Get in tune with your body and invest in yourself! A fun class designed to stretch and dance your way to fitness, improve balance, coordination and body alignment. Includes warm-ups, dance and total body movements to music. Each class ends with breathing and stretching.

\$90/\$72 (Dist. Res.) | Fridays | 8:45–9:40 am

4209.301 4/7–4/28

4209.303 6/2–6/23

4209.305 8/4–8/25

\$67/\$54 (Dist. Res.) | Fridays | 8:45–9:40 am

4209.302 5/12–5/26

4209.304 7/14–7/28

Adult Tap Basics

Instructor: AJ Rogers
Senior Center: Dance Studio
 Tap basics is a great start for any newcomer or those 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 true vocabulary of each movement, ending with an amazing choreography in an unbelievably fun environment.

\$90/\$72 (Dist. Res.) | Fridays | 9:45–10:45 am

4210.301 4/7–4/28

4210.303 6/2–6/23

4210.305 8/4–8/25

\$67/\$54 (Dist. Res.) | Fridays | 9:45–10:45 am

4210.302 5/12–5/26

4210.304 7/14–7/28



Adult Tap Intermediate **NEW!**

Instructor: AJ Rogers
Senior Center: Dance Studio
 For adults who have tap danced in the past or already taken the beginner class and are ready to take it to the next level. Unsure if this is the level of class for you? Please check with the instructor.

Fridays | 10:50–11:50 am

\$67/\$54 (Dist. Res.)

4211.302 5/12–5/26

4211.304 7/14–7/28

\$90/\$72 (Dist. Res.) | Fridays | 10:50–11:50 am

4211.301 4/7–4/28

4211.303 6/2–6/23

4211.305 8/4–8/25

Ballroom Dance

Instructor: Alberta Bagneschi
Senior Center: Chateau Room
 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 and Latin style dancing. **PARTNER REQUIRED.**

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

Fox Trot & Cha Cha Cha: Beginning

4114.303 4/12–5/3 W 6:45–7:40 pm

Fox Trot & Cha Cha Cha: Intermediate

4114.301 4/12–5/3 W 7:45–8:40 pm

Mambo & Samba: Beginning

4114.309 7/5–8/2 W 6:45–7:40 pm
 No Class 7/26.

Mambo & Samba: Intermediate

4114.308 7/5–8/2 W 7:45–8:40 pm
 No Class 6/28.

Swing & Rumba: Beginning

4114.305 5/10–5/31 W 6:45–7:40 pm

Swing & Rumba: Intermediate

4114.304 5/10–5/31 W 7:45–8:40 pm

Waltz & Tango: Beginning

4114.307 6/7–6/28 W 6:45–7:40 pm

Waltz & Tango: Intermediate

4114.306 6/7–6/28 W 7:45–8:40 pm

Belly Dance I & II

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, modern and traditional style of belly dance. Wear loose exercise clothing, bring slippers or go barefoot. Bring or borrow a hip scarf. This class includes both level I & II.
 \$81/65 (Dist. Res.)

4133.301 4/25–5/23 Tu 7:00–8:15 pm

Bollywood & Belly Dance Fusion

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.)

4660.301 5/10–6/14 W 6:00–6:50 pm

4660.302 7/12–8/16 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.

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

Basics: new to line dancing

4/1–8/26 Sa 8:15–9:00 am

Beginners: basic knowledge required

4/1–8/26 Sa 9:00–10:00 am

Improver: more advanced steps

4/1–8/26 Sa 10:00–11:00 am

Intermediate: most advanced

4/1–8/26 Sa 11:15 am–12:30 pm

No class 4/1, 4/8, 5/27, 7/1.

Fitness

Fencing

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. Teens 16-17, welcome with parent. Drop-in class is for experienced fencers.

Drop in \$10

4630.301 4/3-8/28 M 7:00-10:00 pm
No class 5/29.

Fit for Life

Instructor: Tari Nicholson
Senior Center: Dance Studio

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.

8-Class Punch Card: \$50

\$44/\$35 (Dist. Res.)

2215.301 5/2-5/30 Tu 5:45-6:45 pm
2215.302 6/1-6/29 Tu 5:45-6:45 pm
2215.303 7/6-7/27 Tu 5:45-6:45 pm
2215.304 8/1-8/31 Tu 5:45-6:45 pm
No class 7/4.

Nia: Music, Movement & Magic

Instructor: Kathleen Bate
Senior Center: Dance Studio

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

\$96/\$77 (Dist. Res.) | Drop in: \$18

4692.301 4/4-5/9 Tu 5:45-6:45 pm
4692.302 5/16-6/20 Tu 5:45-6:45 pm
4692.303 6/27-8/8 Tu 5:45-6:45 pm
4692.304 8/15-9/19 Tu 5:45-6:45 pm
4692.305 9/26-10/31 Tu 5:45-6:45 pm
No class 7/4.

Pilates - Virtual

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. Bring light weights, a pillowcase and water. Once you register you will be contacted with the Zoom Meeting ID and Password.

\$99/\$99 (Dist. Res.)

4/3-6/5 M 11:30 am-12:10 pm
 6/26-8/28 M 11:30 am-12:10 pm
No class 5/29, 7/31.

Tai Chi/Martial Arts

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.

2210.301 5/2-6/6 Tu 1:00-2:00 pm
2210.302 6/20-8/1 Tu 1:00-2:00 pm
No class 7/4.

PRACTICE TAI-CHI CHUAN

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

2210.305 5/3-6/7 W 9:30-10:30 am
2210.306 6/21-8/2 W 9:30-10:30 am
No class 7/5.

Total Fitness

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

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

\$137/\$117 (Dist. Res.)

4636.301 5/8-7/3 M 5:45-7:00 pm
4636.302 7/10-8/28 M 5:45-7:00 pm
No class 5/29.

TAI-CHI CHUAN SECOND SET

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

2210.303 5/4-6/8 Tu 2:30-3:30 pm
2210.304 6/22-7/27 Tu 2:30-3:30 pm
No class 7/4.

TAI-CHI CHUAN THIRD SET

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

2210.307 5/3-6/7 W 11:00 am-12:00 pm
2210.308 6/21-8/2 W 11:00 am-12:00 pm
No class 7/5.

Weight & Strength

Instructor: Debbie Murdock
Senior Center

Jump-start your day with a combination of low-impact weight work. Students should bring hand weights and a mat. Purchase punch card from Instructor. If purchase punch card online, please bring a printed receipt into class to receive your physical punch card. Proof of Covid vaccine or negative test within 72 hours (no home tests) are required.

7-class anytime punch card: \$70

5/1-8/31 M/Th

9:00-10:00 am

No class 5/29.

Sugi Yoga

Instructor: Nancy Guzzaldo
Winslow Center: Assembly Room

Anyone can do Sugi Yoga! 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.

\$75 for 5-class punch card

4637.301 4/4-8/29 Tu

10:00-11:15 am

No class 7/4.

Yoga & Movement for Every Body

Instructor: Gregory Riley
Senior Center: Chateau Room

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

\$150 for 10-class punch card

4510.301 4/4-8/29 Tu

6:00-7:00 pm

No class 7/4.

Adult Sports (ages 18+)

Adult Sports Leagues

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

For league details, visit
pleasanthillrec.com/288.

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

Drop-in Adult Sports

BASKETBALL – OPEN GYM

PH Middle School Gym, 1 Santa Barbara Road

\$7 per person (CASH ONLY)

Fridays 5:30-7:30 pm

CORNHOLE BAG TOSS

TOSSIN' TUESDAY'S: 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

13yrs & up

Instructor: Coach Rafa

College Park High School Tennis Courts

Wear tennis shoes, bring racquet and water.

TEEN/ADULT

Beginner/Advanced Beginner

4 weeks | \$88/\$70 (Dist. Res.)

5565.202 4/14-5/5 Th 7:00-8:00 pm

5565.203 5/12-6/2 Th 7:00-8:00 pm

5565.300 6/2-6/23 Th 7:00-8:00 pm

5566.301 7/7-7/28 Th 7:00-8:00 pm

5566.302 8/4-8/25 Th 7:00-8:00 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.



Travel

Travel Social Meeting

Our travel meetings will 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!

Meetings will be held in the the Senior Center Chateau Room on the following Tuesdays:

May 16, August 16, November 14

Call the travel office or visit pleasanthillrec.com.



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

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 Riviera," with awe-inspiring views of the Alps. Enjoy a walking tour before exploring the sights and sounds independently during an afternoon at leisure.

Cost: \$7,048 pp/double | \$8,448 pp/single

Temples and Treasures of Sicily and Malta

OCTOBER 4, 2023 DEPARTURE (9 DAYS OF TRAVEL)

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: \$5,158 pp/double | \$5,967 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! The bus will leave on schedule, departing and returning from a trip.
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.

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. Your travel with us will immerse you into the journey and amazing destinations. We make traveling easy for all with all-inclusive, organized trips that optimize your travel experience. No planning. No hassles. Just experience the convenience, journey, and adventure.

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: The 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
 Senior Center: 233 Gregory Lane

River City Cruise Tour: Sacramento, CA

THURSDAY, MAY 11, 2023

More than a half million passengers have boarded the River City Queen in Historic Old Sacramento, while treating passengers to the scenic natural beauty of the Sacramento River. The Sacramento River is a jewel in the crown of a beautiful city, which is rich in history and quietly beautiful. The Sacramento River covers 382 miles from Mount Shasta to San Francisco Bay. As the River dances through Sacramento, the lights of the city reflect on her waters, the birds fly overhead, and hundreds of species of fish swim. Experience a 3 hour scenic cruise on the intimate USCG Certified vessel where you will enjoy a BBQ picnic style luncheon buffet and social event accompanied by exceptional and professional staff. BBQ Picnic Luncheon Buffet includes carved smoked beef brisket with house bbq sauce, citrus achiote marinated grilled chicken w/ house bbq sauce, classic ceaser salad, fresh seasonal fruit salad, freshly baked cookies, complimentary soda, lemonade, ice tea, and juice.

Bus pick-up location: 147 Gregory Lane
 \$172/\$157 (Dist. Res.)

Arrive to bus by 9:45 am; Bus departs by 10:00 am and arrives home at approx. 5:30 pm.





Pottery World & High Hand Nursery: Rocklin, CA

THURSDAY, JUNE 1, 2023

Enjoy a day of browsing beautiful places. Begin your day at Pottery World, the home of decor and SO much more! Dedicated to inspiring your home decor creativity, they are packed from floor to ceiling with garden decor, home furnishings, gorgeous wall art, and other home accessories including candles, accent rugs, and more. Be sure to grab coffee from the cafe while you browse. When you have finished, you will head over to High Hand Nursery. This historical location features a produce stand, art gallery, jewelry stores and even their own brewery. Lunch will be on your own at the High Hand cafe. Cost includes: Luxury Motorcoach transportation, driver gratuity, free time at pottery world & high hand nursery.

Bus pick-up location: 147 Gregory Lane
\$96/\$81 (Dist. Res.)

Arrive to 147 Gregory by 8:45 am; Depart at 9:00 am; Arrive home at approx. 5:30 pm.

Bees n' Blossoms: Santa Rosa, CA

TUESDAY, JUNE 13, 2023

Come out and enjoy the boom of lavender peak season at Bees n Blossoms in Santa Rosa. When you arrive, you will have the option of selecting the gorgeous Lavender tour or Buzz about the Bees tour. Both tours are fascinating and educational. After your selected tour, relax and enjoy your catered lunch in the outdoor Pavilion area. Lavender is a delight to the senses! This tour will start with an overview of the different varieties of lavender and provide information how the Lavender Labyrinth at Bees N Blossoms was built. You'll see how we harvest, dry, de-bud, and process the lavender into sachets, essential oil, and hydrosol. You'll get a full tour of our lavender processing equipment, including the Besel lavender debudding machine and our steam distillation apparatus. We'll also sample the fragrances of different types of lavender.

Bus pick-up location: 147 Gregory Lane
\$107/\$92 (Dist. Res.)

Arrive to 147 Gregory by 8:15 am; Depart at 8:30 am; Arrive home at approx. 3:30 pm.

Stemple Creek Ranch Tour & Lunch

WEDNESDAY, JULY 12, 2023

Nestled in the coastal hills of Northern California near the town of Tomales, Stemple Creek Ranch has been a pillar for conservation and farming practices. This certified organic dairy produces beef, pork, and lamb, producer is proud to show off their family history, tell the story about modern day ranching, and promote proper care and feeding of their animals, so you get the best meat from farm to table. Enjoy a 1-hour tour and a delicious lunch on their beautiful ranch grounds.

Bus pick-up location: 147 Gregory Lane
\$173/\$158 (Dist. Res.)

Arrive to 147 Gregory by 8:15 am; Bus departs by 8:30 am; Arrive home at approx. 4:00 pm.



San Francisco Giants vs Oakland Athletics Oracle Park, San Francisco, CA

TUESDAY, JULY 25, 2023

Take a trip to Oracle Park in San Francisco to see the San Francisco Giants take on the Oakland Athletics. Experience the Battle of the bay rivalry with your family and friends. Enjoy a fun environment, good company, and delicious ballpark food. Please bring debit/credit card to purchase merchandise, food, snacks, and or beverages. Cost includes bus ride and ticket to game.

Bus pick-up location: 147 Gregory Lane
\$125/\$110 (Dist. Res.)

Arrive to 147 Gregory by 4:15 pm; Bus departs by 4:30 pm; Arrive home at approx. 10:40 pm.



Visit pleasanthillrec.com/351 for more information about upcoming day trips!

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 anyone 50 years and over for \$20, regardless of residency. Members receive a monthly newsletter and discounts on some events and activities.

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 Directive Workshop
- Care Management Program
- Consult an Attorney Program
- County Nutrition Program (Café Costa—weekly lunch program)
- 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 & Crafting Group
- Bingo
- Hand & Foot Card Game
- Marathon Bridge
- Men's Corner (Men's discussion group)
- Pinochle
- Senior Bridge
- Tea Dance
- Weavers
- Wit & Wisdom

For more activities, see pleasanthillrec.com.

Programs & Events

Clarinet Fusion Summer Concert

JUNE 1, 2023

Pleasant Hill's very own Clarinet Fusion will perform live music to the delight of all ages! More information will be available when tickets go on sale. Visit pleasanthillrec.com/341.

Pleasant Hill Senior Center

Tickets: \$7 (presale before 5/26),
\$10 (after 5/26)

Laugh, Love & Learn Senior Resource Faire

FRIDAY, MAY 5, 10:00 AM-1:00 PM

Pleasant Hill Senior Center

Senior Live Well Forum: A day full of educational speakers, plus lunch. 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, JUNE 22, 2-4PM

Senior Center: Chateau Room

Enjoy a glass of wine and socialize with friends. Snacks will be served. Dress in festive Aloha attire for a chance at door prize tickets. Non-alcoholic beverages available.

Tickets: \$14/ \$18 after 6/8.



Dear Friends,

Our busiest season is here! Summer at Pleasant Hill Rec & Park District is non-stop and filled with action-packed fun. Staff has put together an exciting line up of camps, activities, classes and special events for all ages and abilities with a focus on creating positive shared experiences that bring people together to play, connect and make life better. We're bringing on the good vibes in Pleasant Hill this season!

In this combo issue, the first twenty pages feature our Classic and Specialty Summer Camps for preschoolers, youth, and teens. Summer Classic camps are run exclusively by trained Rec & Park staff and include flexible full and half-day schedule options. Many Summer Classic camps feature staff-supervised, off-site field trips around the Bay Area. Specialty Camps offer fun, educational, and inspiring enrichment experiences to capture your camper's own unique special interests.

The second half of this issue includes both our summer recreation classes, activities, and events. We wrap up this packed issue some seriously good vibes for all: our special community events. Mark your calendar and register early for those events with registration requirements where applicable.

I also want to note that summer and warmer temperatures mean more time in, on and around water. Water safety is a number one priority for us. I strongly encourage you to register for swim lessons early in the season to keep safe and cool at the pool all summer long. See pages 3-5 to view swim lessons schedule.

Interested in becoming a water safety hero? We are hiring lifeguards and swim lesson instructors now. For more information on all our summer employment opportunities, visit pleasanthillrec.com.

Wishing you only good vibes this season!
Sincerely,
Michelle Lacy, General Manager

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

Our Mission: *Put people first.*

BOARD OF DIRECTORS

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.

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.

Registration Begins February 25

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

ADMINISTRATIVE STAFF

Michelle Lacy, *General Manager*

Chris Petlock, *Administrative Services Manager*

Tom Bradley, *Park Superintendent*

Holly Frates, *Senior Services Manager*

Ryan Herriman, *Facilities Manager*

Katrina Hunn, *Youth Services Manager*

Lance Hurtado, *Building Maintenance & Facilities Management Superintendent*

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/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



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.

Community Events

For special event details, updates, and pre-registration deadlines, visit pleasanthillrec.com/35



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.

\$20/\$16 (Dist. Res.)

Pre-register by 12 pm, 5/31 or when event reaches capacity. Spectators and adult helpers free.



“Egg”citing Egg Hunt!

Saturday, April 8 (Rain or Shine)
Pleasant Hill Park

Join us for this springtime tradition! Will you find the special golden egg? All who attend will take away with a goody and a smile. Visit with Bunny and enjoy other “egg-citing” activities (weather permitting). Bring your camera and your Easter baskets. IMPORTANT: Pre-registration is required by 3/31. All activities close at 12:00 pm sharp. Long lines will be cut off at 11:30 am. Please plan to arrive prior to your time slot to enjoy all the fun activities before they close at noon.

Egg Hunt | \$11.25/\$9.00 (Dist. Res.) /egg hunter
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

Inclusive Recreation Dances

Fridays, 7:00–9:00 pm

Pleasant Hill Rec & Park District, in partnership with City of Concord and City of Walnut Creek, hosts dances specifically designed for developmentally disabled adults (18 years and up). For more information contact Karen McKimmy at kmckimmy@pleasanthillrec.com. Complete schedule and locations can be found on our website at pleasanthillrec.com/449.

Admission: \$8 cash (caregivers free)

March 17: Walnut Creek Heather Farms
April 14: Concord Senior Center
May 12: Martinez Senior Center
June 9: Pleasant Hill Senior Center
July 21: Walnut Creek Heather Farms
August 11: Concord Senior Center
Sept. 8: Martinez Senior Center

Laugh, Love, Learn

Friday, May 5, 10:00 am–1:00 pm
Pleasant Hill Park & Senior Center

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!

Aloha Family Luau

Friday, May 26, 6:00–7:30 pm

Pleasant Hill Senior Center: Chateau Room
Gather your keiki (little children, 1-10 yrs) for a family night of Island fun! Get into the aloha spirit by wearing your favorite beach attire and flip flops. Dance the hula and take home an aloha craft. Kid-friendly dinner and dessert included. Alooooooha!

\$16/\$14 (Dist. Res.) Per Person

Register by 5/19.

Pleasant Hill 2023 Summer Bike Challenge

June–August

Explore your town from the seat of your bike! 511 Contra Costa's recreational bike promotion is back! Bike around town, cross off destination squares, pick up free treats and enter the Grand Prize drawing! Challenge Cards available in May at City Hall, the library, PH Community, Senior & Teen Centers; PH Aquatic Park Pool, the YMCA and online at 511cc.org/sbc. Free, healthy and fun for all ages! More details: 511cc.org/sbc.



FREE! Sunset Cinema Movie In The Park

Saturday, June 17 & Saturday, August 12
Pleasant Hill Park (behind Teen Center)
See back cover for details.

Pleasant Hill's 12th Annual Blues & Brews Festival

JULY 14 & 15

Friday Pre-Party, 6:00–9:00 pm
Saturday Festival, 3:00–9:00 pm
Pleasant Hill Park, 147 Gregory Ln.
See back cover for details.

FREE! Tinkers & Thinkers Innovation Faire

Saturday, September 16, 12:00–3:00 pm
Pleasant Hill Park & Senior Center
Brought to you by Pleasant Hill Library & PH Rec & Park District.
See back cover for details.



Thank you to our community event sponsors, Republic Services, City of Pleasant Hill, Pleasant Hill Lions Club, and Laura Wucher Real Estate.





147 Gregory Lane
Pleasant Hill, CA 94523

PRSR STD
U.S. POSTAGE
PAID
CONCORD, CA

Pleasant Hill Recreation & Park District • (925) 682-0896 • The Spotlight Spring/Summer, Volume 28, Issue 2

Good Vibes & Good Times

Join us this Summer for Pleasant Hill Rec & Park Community Events!

For event updates, Visit pleasanthillrec.com/35 or follow us @pleasanthillrec



Pleasant Hill Rec & Park's 12th Annual Blues & Brews Festival

Friday Pre-Party, July 14, 6:00–9:00 pm
Saturday Festival, July 15, 3:00–9:00 pm
Pleasant Hill Park, 147 Gregory Lane



Join us for the ultimate celebration of community and summer! We are thrilled to bring the community back together again in the park for Blues & Brews 2023! Enjoy live blues music, craft brew tasting, food, craft vendors and more. Event free to the public. Purchase brew tasting tickets, view music lineup, and learn what's new for 2023 at

bluesandbrewsfestival.com



Sunset Cinema Movie In the Park FREE!

Saturday, June 17
Saturday, August 12

Get ready for fun-filled family movie nights under the stars! Watch a new hit movie on agiant professional screen in Pleasant Hill Park. Bring low lawn chairs and blankets to stay cozy (No Tents). Please leave pets at home. Concessions available. Visit pleasanthillrec.com/35 for featured movie closer to the event.

Event check in time: 7:30 pm
Movie begins at sunset.
Pleasant Hill Park
(Behind the Teen Center)



FREE! Tinkers & Thinkers Innovation Faire

Saturday, September 16, 12:00–3:00 pm

Pleasant Hill Park & Senior Center
Brought to you by Pleasant Hill Library and PH Rec & Park District

Creative Thinkers! Amazing Tinkers! Don't miss this exciting event! Participate in a variety of "hands-on" and make-and-take activities. Engage in science, technology, engineering, arts & 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. Calling all Young Innovators! Show off your latest great ideas in our new Brightest Young Minds showcase.

Brought to you by Pleasant Hill Library and Pleasant Hill Recreation & Park District

