HaywardRec.org
Online Registration begins: May 1 at 6:01am.
See page 65 for details.
Measure F1 Bond Update

On November 8, 2016 the District voters overwhelmingly approved Measure F1 a $250 million bond that will improve and enhance H.A.R.D. parks and facilities.

Oliver Sports Park Synthetic Turf Replacement and the Mission Hills Driving Range Renovation were completed in spring 2019.

Construction has started on:
- Hayward Community Garden – Phase 1 Improvements
- Mia’s Dream All Access Playground at Tennyson Park
- Kennedy Park Renovation
- Edendale Park Renovation
- Via Toledo Park (new 2-acre neighborhood park)
- East Avenue Park Renovation

Construction documents for several other projects which will go out to bid in 2019:
- Hayward Senior Center Renovation project. The District received a grant from National Fitness Campaign to install three outdoor fitness courts in H.A.R.D. parks. The planning process for the Fairmont Terrace Park Renovation and Expansion project is complete which means the construction documentation phase can begin soon.

H.A.R.D. will continue to provide updates on Measure F1.

For up-to-date information also visit our website at www.HaywardRec.org.

Follow Us! HaywardRec.org

Search @HaywardRec for our sites and follow us on social media.

- Hayward Area Senior Center
- Aquatics (H.A.R.D. Aquatics)
- Sulphur Creek Nature Center
- Douglas Morrison Theatre
- Hayward Shoreline Interpretive Center
- Kenneth C. Aitken Senior & Community Center

Summer Camps 2019

PLAY.
LEARN.
GROW.

To view the 2019 Summer Camps Guide, please visit www.HaywardRec.org/407/Current-RecreationGuides. See pages 8-10 of this guide for added camps and more details.

Register for Camps Today!
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Game On!

75th Anniversary

Thank you for your support over our 75 years. We celebrate with you in 2019, connecting our communities through strengthening existing relationships and creating new ones. We are working to upgrade and expand our facilities — stay connected — Play H.A.R.D.

July is Parks and Recreation Month and the theme this year is Game On! So, lace up your fun shoes and get in the game with H.A.R.D. as we celebrate being 75 years young all summer long.

Game On! and Play H.A.R.D. at some of our celebrations including:

Birthday Parties
- 30th Anniversary of Kenneth C. Aitken Senior and Community Center — June 21, 2019
- All American Festival at Mt. Eden Park — June 29, 2019
- H.A.R.D. Foundation Golf Tournament at Skywest — July 17, 2019
- Swim Day at Sunset Swim Center — August 10, 2019

Local Events
- Downtown Hayward Street Parties — June and August

Get out and play with H.A.R.D. this summer! We challenge you to Game On and find a program, park or activity that you will enjoy; as we offer something for everyone!

The Board and Staff of the Hayward Area Recreation and Park District hope that you will take advantage of all that the District has to offer during the summer! The Board of Directors meets on the 1st and 3rd Mondays monthly at 6:30pm at 1099 E Street in Hayward. Meetings are always open to the public. Visit our website at www.HaywardRec.org for more information.

Foundation News

Lowell Hickey, President | Pamela Russo, Executive Director

Chip In for H.A.R.D. Charity Golf Classic

The Hayward Area Recreation & Park District Foundation's Chip In for H.A.R.D. Charity Golf Classic will be held on July 17, 2019 at the Skywest Golf Course in Hayward! With the help of our many amazing players, partners and sponsors, we look forward to another record-setting fundraiser this year benefiting the many wonderful programs and services of H.A.R.D.

Please contact us at (510) 888-0111 for more information about the Chip In for H.A.R.D. Charity Classic or to make a donation to the H.A.R.D. Foundation. We thank you for your ongoing support!
Adobe Art Gallery
20395 San Miguel Avenue, Castro Valley | (510) 881-6735
adobegallery@HaywardRec.org | www.adobegallery.org

Gallery Hours (during exhibits): Thursday, Friday and
Saturday, 11:00am-3:00pm, and by appointment

Adobe’s Annual Spring Open Exhibition:
Celebrating H.A.R.D. at 75
March 30 – May 11
Artists submitted work embodying the broad theme of the Hayward Area Recreation and Park District’s 75th Anniversary. Work represents our mission to enrich the equality of life for our community by providing a variety of recreation activities, parks and facilities that promote health and wellness, learning and fun.

Open: H.A.R.D. Student Art Exhibition
June 1 – July 13
Reception: Saturday, June 1, 1:00pm-3:00pm
Open to all students who have created work in an art class at a H.A.R.D. facility (e.g. Adobe Art Center, Weekes Community Center, etc.). Please see adobegallery.org for details.

The Artist Within 3:
Creations from Sorensdale Recreation Center
August 3 – September 7
Reception: Saturday, August 3, 1:00pm-3:00pm

Hayward Shoreline Interpretive Center
4901 Breakwater Avenue, Hayward | (510) 670-7270
shoreline@HaywardRec.org

Naturally Inspired  Artwork by Emily Pomeroy
July 20 – October 6
Artists Reception Saturday, July 20, 2:00pm-4:00pm
Emily Pomeroy is an amateur photographer, an environmental educator, and a passionate environmentalist. Her photography serves to encourage others to explore the natural places around them, and to care for the health of the earth. Fifteen percent of each of Emily’s sales is donated to an environmentally minded non-profit to help conserve and preserve our natural resources for future generations.

PhotoCentral Art Gallery
1099 “E” Street, Hayward | (510) 881-6721
info@photocentral.org | www.photocentral.org

PhotoCentral Art Gallery Hours: Monday, 5:00pm-10:00pm;
Tuesday and Thursday, 10:00am-1:00pm; and by appointment

Annual PhotoCentral Spring Exhibition
March 30 – May 11
Celebrating Wildlife: The Animals of Sulphur Creek
June – September
In celebration of the 75th anniversary of the Hayward Area Recreation and Park District, this exhibition continues the collaboration between PhotoCentral and the Sulphur Creek Nature Center. An exhibit of wildlife “Within our Borders” emphasizing the beautiful animals and the rehabilitative services provided by H.A.R.D.’s Sulphur Creek Nature Center where staff give medical assistance and rehabilitates up to 900 wild animals a year.
Hayward Municipal Band presents
Summer Concerts in the Park!
Sundays, June 16 through July 14  2:30pm-4:30pm
Tony Morelli Bandstand in Memorial Park
4176 Mission Blvd. (behind Hayward Plunge)
Join the Hayward Municipal Band as the great American tradition continues this summer. Bring your family, friends and picnic lunch to Memorial Park to relax, listen and enjoy, Classical, Popular, Big Band, Jazz, Musicals, Latin and more! Band plays under the direction of Kathy Morelli Maier. This concert series is made possible by support from the City of Hayward and the Hayward Area Recreation and Park District.

Heritage & Diversity and Pride Festival
Friday, June 7  1:00pm-3:00pm
Hayward Area Senior Center, 22325 North Third St., Hayward
Come and enjoy delicious food from around the world, music, dance and more! Let’s celebrate our heritage and culture! Call (510) 881-6766 for more information to reserve your spot for this FREE event!

30th Anniversary Party
Friday, June 21  1:00pm-3:00pm
Kenneth C. Aitken Senior and Community Center, 17800 Redwood Rd., Castro Valley
The Kenneth C. Aitken Senior and Community Center is celebrating our 30th Anniversary! Please come and celebrate with us and share your wonderful memories.

Ice Cream Social Luau
Thursday, July 11  1:30pm-3:00pm
Kenneth C. Aitken Senior and Community Center, 17800 Redwood Rd., Castro Valley
Come and beat the heat and enjoy an ice cream sundae with your friends and family! Dress in Hawaiian attire and enjoy live entertainment. All ages are welcome at this community event. Sundaes are made to order and cost $2 each (please bring exact change or small bills only).

Reptile Rally
Saturday, July 27  11:00am-3:00pm
Sulphur Creek Nature Center, 1801 “D” St., Hayward
Reptiles: Resilient, remarkable, and resplendent from the tip of their noses to the end of their tails. The Bay Area Herpetological Society and Bay Area Turtle and Tortoise Rescue will be sharing their amazing array of reptiles. Come face to face with creatures that have endured the test of time, are scaly, and love to bask in the sun. Bring the family and slither into an exciting day of learning about snakes, lizards, turtles, and tortoises. Make it a family day, bring a picnic, and enjoy getting back into nature.

Sizzling Summer Pool Tournament
Tuesday, July 30  10:00am
Kenneth C. Aitken Senior and Community Center, 17800 Redwood Rd., Castro Valley
Test your skills against other players at this fun event! There is a beginner and advanced bracket, so all skill levels are encouraged to participate. The cost to enter is $5 per person. Winners names will be added to our perpetual plaque. Players must be registered by Friday, July 26, 2019. Call the Center for more details at (510) 881-6738.
Family Fishing Fun
Hayward Shoreline Interpretive Center, 4901 Breakwater Ave., Hayward
Sunday, July 21, 2019  1:30pm-4:30pm  Course #10088
Sunday, August 4, 2019  1:30pm-4:30pm  Course #10089
The tide today is opportune for fishing. Hike out to the shoreline and learn the basics of rigging, casting, and possibly catching! No previous experience needed. Gear is provided. Ages 6 years plus, $12 per person. Participants ages 16 years and older must have a fishing license (available online by visiting ca.gov). Feel free to bring a zero waste (all reusable or compostable) lunch or snack. Register today!

FamFest
Saturday, June 8, 2019  11:00am-4:00pm
Ashland Youth Center, E. 14th Street at 163rd Ave., Ashland
Live music and entertainment, community resources, sporting activities, art exhibits, health screening, food tasting, face painters and more! This event is brought to you by Alameda County and Title Sponsor Oakland A’s.

Hot Summer Dinner and Dance – Luau Style!
Friday, August 2, 2019  5:30pm-10:00pm
Hayward Area Senior Center, 22325 North Third St., Hayward
Come to the Hayward Area Senior Center for an evening filled with good food, friends, and fun! Entertainment is provided by Len & Rich band. Tickets are $20 per person in advance or $25 at the door. Dress code is Hawaiian theme. Limited numbers of tickets available, so please buy them in advance!

10th Annual H.A.R.D. and Hayward Odd Fellows
Summer Concert Series
Celebrating the 200th Anniversary of Odd Fellows in the USA
Hayward Memorial Park, 24176 Mission Blvd. (behind Hayward Plunge)
Concerts: August 4-September 29 (no concerts on August 18 & September 1)
Bring the whole family outdoors this summer and listen to some live music! Pack a picnic (no alcohol) and enjoy the activities. Check out the August line-up below. Visit HaywardRec.org for up-to-date information.

August 4  Chris Marquis’ Giant Garage Spiders and the Sycamore 129 Blues Band for FESCO, and Council Member Mark Salinas, celebrity chef
August 11  What’s Up Big Band and Three O’Clock Jump for the H.A.R.D. Foundation, and Dennis Hancock, Paul Hodges and Dennis Waespi, celebrity chefs
August 25  Kari & the SweetSpOts, Dee Smith and Joe Melchior III for the South Hayward Parish Food Bank

Sponsored by H.A.R.D. and Hayward Odd Fellows Sycamore Lodge #129, which was re-formed in 2010 with a focus on supporting music and arts in the community www.HaywardLodge.org.

18th Annual Father’s Day Camp Out
Feast on barbecue prepared by the naturalist staff and celebrate Dad’s special day. Bring yourself, your family, your sleeping bags and small tents for this exclusive camping event (it will be really windy so be prepared!). We’ll provide dinner, snacks, breakfast and all entertainment. Go fishing, find bugs, take hikes, build sandcastles, play games, roast marshmallows and learn about the animals and plants that make up the shoreline habitat. Moms, grandparents, aunts and uncles welcome! Reservations Required. Meet at 3050 West Winton Avenue in Hayward.

Adult and One Child
10448   4 yr +   Sa/Su   3:00pm-11:00am   Jun 15-16 overnight   HSIC $120/pair

Additional Child
10449   4-17 yr   Sa/Su   3:00pm-11:00am   Jun 15-16 overnight   HSIC $15/child

Additional Adult
10450   18 yr +   Sa/Su   3:00pm-11:00am   Jun 15-16 overnight   HSIC $30/adult
# SUMMER CAMPS

**Hayward Area Recreation and Parks District**

**SUMMER CAMPS**

**Something fun for everyone... register now!**

Below is a list of camps featured in our 2019 Summer Camps Guide. See pages 9 and 10 of this guide for added camps.

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- = Full-Day Camp
- = AM Camp
- = PM Camp
- = Extended Care Available
- = Multi-week Camps

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**SUMMER 2019**

**Hayward Area Recreation and Park District Foundation**

**(510) 881-6700**
Summer Camps listed on the following two pages are additions to the camps in the 2019 Summer Camps Guide.

For more information please visit HaywardRec.org.

To view the 2019 Summer Camps Guide, please visit www.HaywardRec.org/407/Current-RecreationGuides

**Jr. Academy All Sorts of Sports Camp**
The All Sorts of Sports Jr. Academy coed camp by National Academy of Athletics is packed with fun. Whether your child has never played a sport before or is more advanced, this multi-sport camp is a perfect place for kids to be introduced to the world of sports, teamwork and athletics! Games we play include, T-ball, basketball, soccer, flag football, capture the flag, ultimate frisbee, relay and obstacle races and a whole lot more. Your children will learn new skills while having a blast and making new friends.

**All Sorts of Sports Camp**
The All Sorts of Sports coed camp by National Academy of Athletics is packed with fun. Whether your child is a beginner or more advanced player, this multi-sport camp is a perfect place for kids to be introduced to the world of sports, teamwork and athletics! Games we play include, baseball, basketball, dodgeball, soccer, flag football, capture the flag, ultimate frisbee, relay and obstacle races and a whole lot more. Your children will learn new skills while having a blast and making new friends.

**Air Attack Flag Football Camp**
The Air Attack Flag Football coed camp by National Academy of Athletics is packed with fun. Whether your child is a beginner or more advanced player, the drills taught at this camp will help them fall in love with the game. Our non-contact football camps are the perfect place to learn about the game of football and fitness while having a blast and making new friends.

**Bump, Set, Spike Volleyball Camp**
The Bump Set Spike Indoor Volleyball Summer Camp by National Academy of Athletics is packed with fun. Whether your child is a beginner or more advanced player, the drills taught at this camp will help them fall in love with the game. Our indoor volleyball camps are the perfect place to learn about the game and fitness while having a blast and making new friends.

**Chuck, Dive, Dip Dodgeball Camp**
Your favorite P.E. game is now a camp! Kids love this camp. It is more than just a game, kids learn throwing, catching techniques and of course, the learn how to duck, dive, dip, chuck and DODGE a ball. They will participate in a variety of skills challenges, competition and games that will lead to a dodgeball tournament on Friday afternoon. Your children will learn new skills while having a blast and making new friends.

---

9794 4-6 yr M-F 9:00am-12:00pm Jun 17-Jun 21 5 classes SLCC NaoA $136
9805 4-6 yr M-F 9:00am-12:00pm Jul 15-Jul 19 5 classes SLCC NaoA $136
9817 4-6 yr M-F 9:00am-12:00pm Aug 5-Aug 9 5 classes SLCC NaoA $136
9792 7-14 yr M-F 9:00am-3:00pm Jun 17-Jun 21 5 classes SLCC NaoA $198
9793 7-14 yr M-F 9:00am-3:00pm Jun 17-Jun 21 5 classes SLCC NaoA $198
9797 7-14 yr M-F 9:00am-3:00pm Jun 24-Jun 28 5 classes SLCC NaoA $198
9798 7-14 yr M-F 9:00am-3:00pm Jun 24-Jun 28 5 classes SLCC NaoA $198
9803 7-14 yr M-F 9:00am-3:00pm Jul 15-Jul 19 5 classes SLCC NaoA $198
9804 7-14 yr M-F 9:00am-3:00pm Jul 15-Jul 19 5 classes SLCC NaoA $198
9815 7-14 yr M-F 9:00am-3:00pm Aug 5-Aug 9 5 classes SLCC NaoA $198
9816 7-14 yr M-F 9:00am-3:00pm Aug 5-Aug 9 5 classes SLCC NaoA $198
9801 7-14 yr M-F 9:00am-3:00pm Jul 8-Jul 12 5 classes SLCC NaoA $198
9802 7-14 yr M-F 9:00am-3:00pm Jul 8-Jul 12 5 classes SLCC NaoA $198
9783 7-14 yr M-F 9:00am-3:00pm Jul 8-Jul 12 5 classes STONE NaoA $136
9782 7-14 yr M-F 9:00am-3:00pm Jul 9-Aug 2 5 classes STONE NaoA $136
9781 7-14 yr M-F 9:00am-3:00pm Jul 9-Aug 2 5 classes STONE NaoA $136
9780 7-14 yr M-F 9:00am-3:00pm Jul 9-Aug 2 5 classes STONE NaoA $136

See pages 61-63 for the Guide to Class Locations and Facilities.
High Spirit
Cheer and Dance Camp
The High Spirit Cheer and Dance summer camp is designed to help girls and boys learn the individual skills to become more confident leading cheers and performing in front of crowds. Our kids Cheer, and Dance summer camps are the perfect place to learn about cheer, dance and fitness while having a blast and making new friends.
9799 7-14 yr M-F 9:00am-3:00pm Jul 8-Jul 12
5 classes SLCC N/AofA $198
9800 7-14 yr M-F 9:00am-12:00pm Jul 8-Jul 12
5 classes SLCC N/AofA $136

Hit & Run
Baseball/Softball Camp
The Hit & Run Baseball/Softball coed camp by National Academy of Athletics is packed with fun. Whether your child is a beginner or more advanced player, the drills taught at this camp will help them fall in love with the game. Our baseball and softball camps are the perfect place to learn about the game and fitness while having a blast and making new friends.
9808 7-14 yr M-F 9:00am-3:00pm Jul 22-Jul 26
5 classes SLCC N/AofA $198
9809 7-14 yr M-F 9:00am-12:00pm Jul 22-Jul 26
5 classes SLCC N/AofA $136

Hoop It Up Basketball Camp
The Hoop It Up Summer Basketball Camp by National Academy of Athletics is packed with fun. Whether your child is a beginner or more advanced player, the drills taught at this camp will help them fall in love with the game. Our basketball camps are the perfect place to learn about the game and fitness while having a blast and making new friends.
9172 7-14 yr M-F 9:00am-3:00pm Jun 24-Jun 28
5 classes STONE N/AofA $198
9781 7-14 yr M-F 9:00am-12:00pm Jun 24-Jun 28
5 classes STONE N/AofA $136
9784 7-14 yr M-F 9:00am-3:00pm Aug 5-Aug 9
5 classes STONE N/AofA $198
9785 7-14 yr M-F 9:00am-12:00pm Aug 5-Aug 9
5 classes STONE N/AofA $136

In the Net Soccer
Full-Day Camp
In The Net Coed Summer Soccer Camp by National Academy of Athletics is packed with fun. Whether your child is a beginner or more advanced player, the drills taught at this camp will help them fall in love with the game. Our soccer camps are the perfect place to learn about the game and fitness while having a blast and making new friends.
9795 7-14 yr M-F 9:00am-12:00pm Jul 17-Jul 21
5 classes SLCC N/AofA $198
9796 7-14 yr M-F 9:00am-3:00pm Jul 17-Jul 21
5 classes SLCC N/AofA $136
9810 7-14 yr M-F 9:00am-12:00pm Jul 22-Jul 26
5 classes SLCC N/AofA $136
9811 7-14 yr M-F 9:00am-3:00pm Jul 22-Jul 26
5 classes SLCC N/AofA $198

Register for Summer Camps now!
Aquatics

All Ages

Indoor Swim Center
Hayward Plunge Swim Center
24176 Mission Blvd., Hayward, (510) 881-6703

Outdoor Swim Centers
Outdoor Swim Centers open June 17, 2019.

Arroyo Swim Center
15701 Lorenzo Avenue
San Lorenzo
(510) 317-2306

Castro Valley Swim Center
Redwood Road and Mabel Avenue
Castro Valley
(510) 881-6780

Sunset Swim Center
410 Laurel Street
Hayward
(510) 888-0126

Aquatics General Information

Holidays – POOL CLOSED: July 4

All swim classes are 30 minutes long. Instructional classes are taught by Certified Water Safety Instructors and aides.

Register now as classes fill quickly, so register for multiple sessions if you want ongoing swimming.

Private groups may reserve the Hayward Plunge or an outdoor swim center for their use by calling (510) 881-6703 or (510) 881-6700

All classes will meet unless there is lightning or thunder. In the case of inclement weather and low attendance Swim Centers will close for public swim on an as-needed basis.

The Hayward Plunge is equipped with a pool lift, locker room, shower and facility access ramp for those with special needs to enjoy the facility. For information please call (510) 888-0123.

Aquatics Drop-In Programs

Summer Season: June 17, 2019-August 10, 2019

Lap Swim/Water Walking (Ages 13 yrs +)
Lap Swim and Water Walking lanes may be limited during certain times due to other programs.

Hayward Plunge
Fee: $5 drop-in
$57 Adult Lap Swim Pass (15 swims)
$42.75 Senior Lap Swim Pass (15 swims)
Monday-Friday .................. 6:00am-8:30am
11:30am-1:15pm
Monday-Thursday .................. 5:00pm-7:00pm
Saturday .................. 6:00am-9:30am
Sunday .................. 6:00am-10:30am

Public Swimming (All Ages)
June 17, 2019-August 10, 2019

All groups who wish to come during regular scheduled public swim times must be approved by the Aquatics Office in advance. Please ask any pool for the required paperwork. (Examples: Child Care Centers, Day Camps, School Groups, etc.) The last day for public swim at the outdoor pools (ASC, CVSC, SSC) will be August 11.

All children 7 years and under must be accompanied one-on-one by an adult in the water at all times.

Fee: $3 per person or Public Swim Pass
Monday-Saturday ............... 1:30pm-3:30pm

Public Swim Pass
Swim Pass is available to all patrons for use during public swim hours at all H.A.R.D. Swim Centers.

Fee: $30 (10 visits)

Aquatics Summer Camps

Jr. Lifeguard & Leadership Camp
Swim/Tennis Camp

To view the 2019 Summer Camps Guide, please go to www.HaywardRec.org/407/Current-RecreationGuides
### Summer Swim Team

June 17 – August 3, 2019  
**Season Fee:** $185/child  
$145/each additional immediate family member

**Prerequisites:** Ages 5–17 years, Advanced Beginner Card (Level 4) and/or ability to swim 50 yards coordinated crawl stroke. The workouts will consist of daily one-hour practices, Monday through Thursday. Participants will compete against other swim teams at meets scheduled on designated Saturdays during the summer. For more information, call the Aquatics Office at (510) 881-6703.

**Swim Team Practice Schedule**

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Aquatic Center</th>
<th>Days</th>
<th>Time</th>
<th>Dates</th>
<th>Classes</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>10441</td>
<td>Arroyo Swim Team</td>
<td>M-Th</td>
<td>6:30pm-8:30pm</td>
<td>Jun 17-Jun 27</td>
<td>8</td>
<td>$56</td>
</tr>
<tr>
<td>10442</td>
<td>Castro Valley Swim Team</td>
<td>M-Th</td>
<td>8:00am-10:00am</td>
<td>Jul 1-Jul 11</td>
<td>7</td>
<td>$49</td>
</tr>
<tr>
<td>10443</td>
<td>Sunset Swim Team</td>
<td>M-Th</td>
<td>6:15pm-8:15pm</td>
<td>Jul 15-Jul 25</td>
<td>8</td>
<td>$56</td>
</tr>
<tr>
<td>10444</td>
<td>Sunset Swim Team</td>
<td>M-Th</td>
<td>6:15pm-8:15pm</td>
<td>Jul 29-Aug 8</td>
<td>8</td>
<td>$56</td>
</tr>
</tbody>
</table>

**Summertime Swim Team**

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Aquatic Center</th>
<th>Days</th>
<th>Time</th>
<th>Dates</th>
<th>Classes</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>10441</td>
<td>Arroyo Swim Team</td>
<td>M-Th</td>
<td>8:00am-12:00pm</td>
<td>Jun 17-Jul 10</td>
<td>8</td>
<td>$56</td>
</tr>
<tr>
<td>10442</td>
<td>Castro Valley Swim Team</td>
<td>M-Th</td>
<td>8:00am-10:00am</td>
<td>Jul 15-Aug 7</td>
<td>8</td>
<td>$56</td>
</tr>
<tr>
<td>10443</td>
<td>Sunset Swim Team</td>
<td>M-Th</td>
<td>6:15pm-8:15pm</td>
<td>Jul 29-Aug 8</td>
<td>8</td>
<td>$56</td>
</tr>
</tbody>
</table>

**2019 Swim Meet Schedule**

- Sa Jul 6 9:00am-1:00pm ASC vs. CV @ CVSC
- Sa Jul 13 9:00am-1:00pm SSC vs. ASC @ CVSC
- Sa Jul 20 9:00am-1:00pm CV vs. SSC @ CVSC
- Sa Aug 3 9:00am-1:00pm Dist. Champs @ CVSC

### Aquatics Partnerships

This summer H.A.R.D. will be partnering with the local swim clubs to provide information about swimming options to South Hayward. These partnering clubs are Treeview and Southgate Swim Club. Both Clubs offer memberships, but also provide lessons and special events, with fees, without requiring you to be a member. Please check out their websites for more detailed information.

**Treeview Swim Club**

301 Gresel Street, Hayward  510-471-5242  www.treeviewswimclub.com

Offers lap swim and swim lessons.

**Southgate Swim Club**

24900 Magnolia Street, Hayward  510-783-1251  www.southgateswimclub.org

Morning Swim Lessons – 9:30, 10:05, 10:40  
- Session 1 – June 24-July 6 (no lesson July 4)  
- Session 2 – July 8-July 19  
- Session 3 – July 29-August 9

Evening Swim Lessons – 5:20, 5:55, 6:30  
- Session 1 – June 3-June 14  
- Session 2 – June 17-June 28  
- Session 3 – July 1-July 12 (no lesson July 4)

### Preschool Swim Lessons

**Holidays – NO CLASSES: July 4**

### Parent Tot Swim Lessons (Ages 1-3 yrs)

Adult/student – An adult must accompany each tot into the pool. Course is designed to develop in young children a comfort level in and around the water.

**Hayward Plunge**

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Days</th>
<th>Time</th>
<th>Dates</th>
<th>Classes</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>10204</td>
<td>M-Th</td>
<td>10:10am-10:40am</td>
<td>Jun 17-Jun 27</td>
<td>8</td>
<td>$56</td>
</tr>
<tr>
<td>10205</td>
<td>M-Th</td>
<td>10:10am-10:40am</td>
<td>Jul 1-Jul 11</td>
<td>7</td>
<td>$49</td>
</tr>
<tr>
<td>10206</td>
<td>M-Th</td>
<td>10:10am-10:40am</td>
<td>Jul 15-Jul 25</td>
<td>8</td>
<td>$56</td>
</tr>
<tr>
<td>10207</td>
<td>M-Th</td>
<td>10:10am-10:40am</td>
<td>Jul 29-Aug 8</td>
<td>8</td>
<td>$56</td>
</tr>
</tbody>
</table>

**Castro Valley**

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Days</th>
<th>Time</th>
<th>Dates</th>
<th>Classes</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>10208</td>
<td>M-Th</td>
<td>5:55pm-6:25pm</td>
<td>Jun 17-Jul 10</td>
<td>8</td>
<td>$56</td>
</tr>
<tr>
<td>10209</td>
<td>M-Th</td>
<td>5:55pm-6:25pm</td>
<td>Jul 15-Aug 7</td>
<td>8</td>
<td>$56</td>
</tr>
<tr>
<td>10210</td>
<td>M-Th</td>
<td>5:55pm-6:25pm</td>
<td>Jul 18-Aug 11</td>
<td>7</td>
<td>$49</td>
</tr>
<tr>
<td>10211</td>
<td>M-Th</td>
<td>5:55pm-6:25pm</td>
<td>Jul 16-Aug 8</td>
<td>8</td>
<td>$56</td>
</tr>
</tbody>
</table>

**Treeview Swim Club**

301 Gresel Street, Hayward  510-471-5242  www.treeviewswimclub.com

Offers lap swim and swim lessons.

**Southgate Swim Club**

24900 Magnolia Street, Hayward  510-783-1251  www.southgateswimclub.org

Morning Swim Lessons – 9:30, 10:05, 10:40  
- Session 1 – June 24-July 6 (no lesson July 4)  
- Session 2 – July 8-July 19  
- Session 3 – July 29-August 9

Evening Swim Lessons – 5:20, 5:55, 6:30  
- Session 1 – June 3-June 14  
- Session 2 – June 17-June 28  
- Session 3 – July 1-July 12 (no lesson July 4)
### Tiny Tot Swim Lessons (Ages 3-5 yrs)

Course is designed to develop in young children a comfort level in and around the water and a readiness to swim. This course does not teach children to be accomplished swimmers or to survive in the water. Maximum of 4 students per instructor.

<table>
<thead>
<tr>
<th>Hayward Plunge</th>
<th>Castro Valley</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Mon-Hump</strong></td>
<td><strong>Mon-Thurs</strong></td>
</tr>
<tr>
<td>10261 8:50am-9:20am Jun 17-Jun 27 8 classes $71</td>
<td>10294 10:50am-11:20am Jun 17-Jun 27 8 classes $71</td>
</tr>
<tr>
<td>10262 8:50am-9:20am Jul 1-Jul 11 7 classes $62</td>
<td>10295 10:50am-11:20am Jul 1-Jul 11 7 classes $62</td>
</tr>
<tr>
<td>10263 8:50am-9:20am Jul 15-Jul 25 8 classes $71</td>
<td>10296 10:50am-11:20am Jul 15-Jul 25 8 classes $71</td>
</tr>
<tr>
<td>10264 8:50am-9:20am Jul 29-Aug 8 8 classes $71</td>
<td>10297 10:50am-11:20am Jul 29-Aug 8 8 classes $71</td>
</tr>
<tr>
<td>10265 10:10am-10:40am Jun 17-Jun 27 8 classes $71</td>
<td>10298 12:00pm-12:30pm Jun 17-Jul 27 8 classes $71</td>
</tr>
<tr>
<td>10266 10:10am-10:40am Jul 1-Jul 11 7 classes $62</td>
<td>10299 12:00pm-12:30pm Jul 1-Jul 11 7 classes $62</td>
</tr>
<tr>
<td>10267 10:10am-10:40am Jul 15-Jul 25 8 classes $71</td>
<td>10300 12:00pm-12:30pm Jul 15-Jul 25 8 classes $71</td>
</tr>
<tr>
<td>10268 10:10am-10:40am Jul 29-Aug 8 8 classes $71</td>
<td>10301 12:00pm-12:30pm Jul 29-Aug 8 8 classes $71</td>
</tr>
<tr>
<td><strong>Sat</strong></td>
<td><strong>Sat</strong></td>
</tr>
<tr>
<td>10273 10:15am-10:45am Jun 22-Aug 10 8 classes $71</td>
<td>10302 12:35pm-1:05pm Jun 17-Jul 27 8 classes $71</td>
</tr>
<tr>
<td>10274 11:35am-12:05pm Jun 22-Aug 10 8 classes $71</td>
<td>10303 12:35pm-1:05pm Jul 1-Jul 11 7 classes $62</td>
</tr>
</tbody>
</table>

### Castro Valley

**Mon-Thurs**

| 10294 10:50am-11:20am Jun 17-Jun 27 8 classes $71 |
| 10295 10:50am-11:20am Jul 1-Jul 11 7 classes $62 |
| 10296 10:50am-11:20am Jul 15-Jul 25 8 classes $71 |
| 10297 10:50am-11:20am Jul 29-Aug 8 8 classes $71 |
| 10298 12:00pm-12:30pm Jun 17-Jul 27 8 classes $71 |
| 10299 12:00pm-12:30pm Jul 1-Jul 11 7 classes $62 |
| 10300 12:00pm-12:30pm Jul 15-Jul 25 8 classes $71 |
| 10301 12:00pm-12:30pm Jul 29-Aug 8 8 classes $71 |
| 10302 12:35pm-1:05pm Jun 17-Jul 27 8 classes $71 |
| 10303 12:35pm-1:05pm Jul 1-Jul 11 7 classes $62 |
| 10304 12:35pm-1:05pm Jul 15-Jul 25 8 classes $71 |
| 10305 12:35pm-1:05pm Jul 29-Aug 8 8 classes $71 |

### Hayward Plunge

**Mon-Thurs**

| 10261 8:50am-9:20am Jun 17-Jun 27 8 classes $71 |
| 10262 8:50am-9:20am Jul 1-Jul 11 7 classes $62 |
| 10263 8:50am-9:20am Jul 15-Jul 25 8 classes $71 |
| 10264 8:50am-9:20am Jul 29-Aug 8 8 classes $71 |
| 10265 10:10am-10:40am Jun 17-Jun 27 8 classes $71 |
| 10266 10:10am-10:40am Jul 1-Jul 11 7 classes $62 |
| 10267 10:10am-10:40am Jul 15-Jul 25 8 classes $71 |
| 10268 10:10am-10:40am Jul 29-Aug 8 8 classes $71 |

Available during public swim hours, Monday-Saturday, 1:30pm-3:30pm.

### Obstacle Course Summer Schedule

<table>
<thead>
<tr>
<th>Week</th>
<th>Swim Center Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>June 22</td>
<td>Hayward Plunge</td>
</tr>
<tr>
<td>June 27</td>
<td>Arroyo Swim Center</td>
</tr>
<tr>
<td>July 6</td>
<td>Castro Valley Swim Center</td>
</tr>
<tr>
<td>July 13</td>
<td>Hayward Plunge</td>
</tr>
<tr>
<td>July 20</td>
<td>Hayward Plunge</td>
</tr>
<tr>
<td>July 27</td>
<td>Arroyo Swim Center</td>
</tr>
<tr>
<td>August 3</td>
<td>Castro Valley Swim Center</td>
</tr>
<tr>
<td>August 10</td>
<td>Hayward Plunge</td>
</tr>
</tbody>
</table>

**Comes try your luck on the Inflatable Obstacle Course!**

A swim test is required to participate.
### Hayward Plunge
- **Monday-Thursday**
  - 10334 9:35am-10:05am Jun 17-Jun 27 8 classes $53
  - 10335 9:35am-10:05am Jul 1-Jul 11 7 classes $46
  - 10336 9:35am-10:05am Jul 15-Jul 25 8 classes $53
  - 10337 9:35am-10:05am Jul 29-Aug 8 8 classes $53
- **Saturday**
  - 10338 7:20pm-7:50pm Jun 17-Jul 10 8 classes $53
  - 10339 7:20pm-7:50pm Jul 15-Aug 7 8 classes $53
- **Monday/Wednesday**
  - 10340 9:35am-10:05am Jun 22-Aug 10 8 classes $53
  - 10341 10:55am-11:25am Jun 22-Aug 10 8 classes $53

### Arroyo
- **Monday-Thursday**
  - 10352 10:15am-10:45am Jun 17-Jun 27 8 classes $53
  - 10353 10:15am-10:45am Jul 1-Jul 11 7 classes $46
  - 10354 10:15am-10:45am Jul 15-Jul 25 8 classes $53
  - 10355 10:15am-10:45am Jul 29-Aug 8 8 classes $53
  - 10356 11:25am-11:55am Jun 17-Jun 27 8 classes $53
  - 10357 11:25am-11:55am Jul 1-Jul 11 7 classes $46
  - 10358 11:25am-11:55am Jul 15-Jul 25 8 classes $53
  - 10359 11:25am-11:55am Jul 29-Aug 8 8 classes $53
- **Tuesday/Thursday**
  - 10360 5:05pm-5:35pm Jun 17-Jun 27 8 classes $53
  - 10361 5:05pm-5:35pm Jul 1-Jul 11 7 classes $46
  - 10362 5:05pm-5:35pm Jul 15-Jul 25 8 classes $53
  - 10363 5:05pm-5:35pm Jul 29-Aug 8 8 classes $53
- **Saturday**
  - 10364 11:05am-11:35am Jun 22-Aug 10 8 classes $53
  - 10365 12:15pm-12:45pm Jun 22-Aug 10 8 classes $53

### Castro Valley
- **Monday-Thursday**
  - 10342 10:15am-10:45am Jun 17-Jun 27 8 classes $53
  - 10343 10:15am-10:45am Jul 1-Jul 11 7 classes $46
  - 10344 10:15am-10:45am Jul 15-Jul 25 8 classes $53
  - 10345 10:15am-10:45am Jul 29-Aug 8 8 classes $53
  - 10346 11:25am-11:55am Jun 17-Jun 27 8 classes $53
  - 10347 11:25am-11:55am Jul 1-Jul 11 7 classes $46
  - 10348 11:25am-11:55am Jul 15-Jul 25 8 classes $53
  - 10349 11:25am-11:55am Jul 29-Aug 8 8 classes $53
- **Monday/Wednesday**
  - 10350 5:20pm-5:50pm Jun 17-Jul 10 8 classes $53
  - 10351 5:20pm-5:50pm Jul 15-Aug 7 8 classes $53

### Sunset
- **Monday-Thursday**
  - 10421 10:15am-10:45am Jun 17-Jun 27 8 classes $53
  - 10422 10:15am-10:45am Jul 1-Jul 11 7 classes $46
  - 10423 10:15am-10:45am Jul 15-Jul 25 8 classes $53
  - 10424 10:15am-10:45am Jul 29-Aug 8 8 classes $53
  - 10425 11:25am-11:55am Jun 17-Jun 27 8 classes $53
  - 10426 11:25am-11:55am Jul 1-Jul 11 7 classes $46
  - 10427 11:25am-11:55am Jul 15-Jul 25 8 classes $53
  - 10428 11:25am-11:55am Jul 29-Aug 8 8 classes $53
  - 10429 12:35pm-1:05pm Jun 17-Jul 10 8 classes $53
  - 10430 12:35pm-1:05pm Jul 1-Jul 11 7 classes $46
  - 10431 12:35pm-1:05pm Jul 15-Jul 25 8 classes $53
  - 10432 12:35pm-1:05pm Jul 29-Aug 8 8 classes $53
- **Monday/Wednesday**
  - 10433 4:30pm-5:00pm Jun 17-Jul 10 8 classes $53
  - 10434 4:30pm-5:00pm Jul 1-Jul 11 7 classes $46
  - 10435 4:30pm-5:00pm Jul 15-Jul 25 8 classes $53
  - 10436 4:30pm-5:00pm Jul 29-Aug 8 8 classes $53
- **Tuesday/Thursday**
  - 10456 4:30pm-5:00pm Jun 18-Jul 11 7 classes $46
  - 10457 4:30pm-5:00pm Jul 16-Aug 8 8 classes $53
  - 10458 4:30pm-5:00pm Jun 18-Jul 11 7 classes $46
  - 10459 4:30pm-5:00pm Jul 16-Aug 8 8 classes $53
- **Saturday**
  - 10437 10:30am-11:00am Jun 22-Aug 10 8 classes $53
  - 10438 11:40am-12:10pm Jun 22-Aug 10 8 classes $53

### School Age Swim Lessons
Formerly Learn to Swim. Beginning Levels 1 and 3 focus on a child’s basic development from floating to crawl stroke and backstroke. Levels 4 and 5, crawl stroke with rhythmic breathing, elementary backstroke, and the introduction to breaststroke are the main focuses. Advanced Level 6 is designed to fine tune a child’s stroke and introduce swimmers to the competitive atmosphere.

### Hayward Plunge
- **Monday-Thursday**
  - 10231 10:50am-11:20am Jun 17-Jun 27 8 classes $115
  - 10232 10:50am-11:20am Jul 1-Jul 11 7 classes $101
  - 10233 10:50am-11:20am Jul 15-Jul 25 8 classes $115
  - 10234 10:50am-11:20am Jul 29-Aug 8 8 classes $115
- **Monday/Wednesday**
  - 10235 8:00pm-8:30pm Jun 17-Jul 10 8 classes $115
  - 10236 8:00pm-8:30pm Jul 15-Aug 7 8 classes $115
- **Saturday**
  - 10237 12:15pm-12:45pm Jun 22-Aug 10 8 classes $115

### Castro Valley
- **Monday-Thursday**
  - 10238 6:30pm-7:00pm Jun 17-Jul 10 8 classes $115
  - 10239 6:30pm-7:00pm Jul 15-Aug 7 8 classes $115
- **Tuesday/Thursday**
  - 10240 6:30pm-7:00pm Jun 18-Jul 11 7 classes $101
  - 10241 6:30pm-7:00pm Jul 16-Aug 8 8 classes $115
- **Saturday**
  - 10242 11:25am-11:55am Jun 22-Aug 10 8 classes $115

### Semi-Private Swim Lessons
A 30-minute lesson designed for students needing more individual attention. Maximum of 4 students per instructor.

### Hayward Plunge
- **Monday-Thursday**
  - 10231 10:50am-11:20am Jun 17-Jun 27 8 classes $115
  - 10232 10:50am-11:20am Jul 1-Jul 11 7 classes $101
  - 10233 10:50am-11:20am Jul 15-Jul 25 8 classes $115
  - 10234 10:50am-11:20am Jul 29-Aug 8 8 classes $115
- **Monday/Wednesday**
  - 10235 8:00pm-8:30pm Jun 17-Jul 10 8 classes $115
  - 10236 8:00pm-8:30pm Jul 15-Aug 7 8 classes $115
- **Saturday**
  - 10237 12:15pm-12:45pm Jun 22-Aug 10 8 classes $115
**Aquatics**

**SUMMER 2019**

**Hayward Area Recreation and Park District Foundation**

**HaywardRec.org | HAYWARD AREA RECREATION AND PARK DISTRICT FOUNDATION**

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### Private Swim Lessons (Ages 6 yrs+)

Individualized instruction will be available with a Certified Red Cross Instructor. Please call the Swim Center for further information.

#### Hayward Plunge

**Monday/Wednesday**

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Time</th>
<th>Dates</th>
<th>Classes</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>10383</td>
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<td>Jun 17-Jun 27</td>
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<tr>
<td>10384</td>
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#### Arroyo (continued)

**Monday/Wednesday**

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#### Saturday

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#### Castro Valley

**Monday-Thursday**

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#### Tuesday/Thursday

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#### Monday/Wednesday

<table>
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#### Tuesday/Thursday

<table>
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#### Arroyo

**Monday-Thursday**

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<th>Classes</th>
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<td>10374</td>
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<tr>
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<td>12:35pm-1:05pm</td>
<td>Jul 29-Aug 8</td>
<td>8</td>
<td>$233</td>
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</table>

#### Sunset

**Monday-Thursday**

<table>
<thead>
<tr>
<th>Class Code</th>
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<th>Classes</th>
<th>Cost</th>
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</thead>
<tbody>
<tr>
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<tr>
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<tr>
<td>10368</td>
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<td>Jul 15-Jul 25</td>
<td>8</td>
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<td>10369</td>
<td>12:00pm-12:30pm</td>
<td>Jul 29-Aug 8</td>
<td>8</td>
<td>$233</td>
</tr>
</tbody>
</table>

#### Competitive Stroke Development (Ages 6-13 yrs)

**Prerequisites:** Intermediate (Level 5) and/or ability to perform 80 yards of coordinated crawl stroke, backstroke and breaststroke. Teaches racing dives and turns, butterfly, freestyle, backstroke and breaststroke in a competitive swim environment. Child will be tested the first day of class.

#### Hayward Plunge

**Monday-Thursday**

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Time</th>
<th>Dates</th>
<th>Classes</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>10212</td>
<td>10:10am-10:55am</td>
<td>Jun 17-Jun 27</td>
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<td>10:10am-10:55am</td>
<td>Jul 1-Jul 11</td>
<td>7</td>
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<tr>
<td>10214</td>
<td>10:10am-10:55am</td>
<td>Jul 15-Jul 25</td>
<td>8</td>
<td>$61</td>
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<tr>
<td>10215</td>
<td>10:10am-10:55am</td>
<td>Jul 29-Aug 8</td>
<td>8</td>
<td>$61</td>
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</tbody>
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**Hayward Rec.**

HaywardRec.org | HAYWARD AREA RECREATION AND PARK DISTRICT FOUNDATION

SUMMER 2019
## Adult/Teen Aquatics Programs

### Holidays – NO CLASSES: July 4

**Adult/Teen Aquatics Programs**

Coed water fitness classes. Non-swimmers welcome except in Deep Water classes.

**Water Fitness (Ages 16 yrs+)**

<table>
<thead>
<tr>
<th>Class</th>
<th>Age</th>
<th>Days</th>
<th>Time</th>
<th>Starting Date</th>
<th>Duration</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tri-Fit</td>
<td>16+</td>
<td>M/W/F</td>
<td>7:15pm-8:15pm</td>
<td>Jun 1-Jul 12</td>
<td>8 classes</td>
<td>$57</td>
</tr>
<tr>
<td>Aqua-Robix</td>
<td>16+</td>
<td>M/W/F</td>
<td>8:30am-9:30am</td>
<td>Jun 1-Jul 12</td>
<td>8 classes</td>
<td>$86</td>
</tr>
<tr>
<td>Guts and Butts Deep Water</td>
<td>16+</td>
<td>M/W/F</td>
<td>10:15am-11:15am</td>
<td>Jul 1-Aug 9</td>
<td>12 classes</td>
<td>$86</td>
</tr>
<tr>
<td>N2 Deep Water</td>
<td>16+</td>
<td>M/W/F</td>
<td>6:30pm-7:30pm</td>
<td>Jul 1-Aug 9</td>
<td>12 classes</td>
<td>$86</td>
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</tbody>
</table>

**Adult/Teen Learn to Swim (Ages 13 yrs+)**

<table>
<thead>
<tr>
<th>Class</th>
<th>Age</th>
<th>Days</th>
<th>Time</th>
<th>Starting Date</th>
<th>Duration</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adult/Teen Learn to Swim</td>
<td>13+</td>
<td>M/W/F</td>
<td>8am-9am</td>
<td>Jun 1-Aug 9</td>
<td>8 classes</td>
<td>$73</td>
</tr>
<tr>
<td>Adult/Teen Swim Lessons</td>
<td>13+</td>
<td>M/W/F</td>
<td>8am-9am</td>
<td>Jun 1-Aug 9</td>
<td>8 classes</td>
<td>$73</td>
</tr>
<tr>
<td>Adult/Teen Swim Lessons</td>
<td>13+</td>
<td>M/W/F</td>
<td>8am-9am</td>
<td>Jun 1-Aug 9</td>
<td>8 classes</td>
<td>$73</td>
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</table>

**Adult/Teen Aquatic Programs**

Coed water fitness classes. Non-swimmers welcome except in Deep Water classes.

**Drop-in Fee:** $10 per class. Drop-in classes are on a first-come, first-served basis for non-registered students, space permitting. **Fitness Pass:** $75 for drop-in of any 10 water fitness classes. Senior rates also available (except for Tri-Fit class). Must register at the pool for senior rate.

**Tri-Fit**

A unique water workout utilizing aqua cycling, aqua treadmills, hydrodynamic movements and swimming. **Low impact, high intensity!** This class has the option for monthly registration or for a daily drop-in fee of $15 per visit. Equipment is provided.

<table>
<thead>
<tr>
<th>Class</th>
<th>Age</th>
<th>Days</th>
<th>Time</th>
<th>Starting Date</th>
<th>Duration</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tri-Fit</td>
<td>16+</td>
<td>M/W/F</td>
<td>7:15pm-8:15pm</td>
<td>Jun 1-Jul 12</td>
<td>8 classes</td>
<td>$57</td>
</tr>
<tr>
<td>Aqua-Robix</td>
<td>16+</td>
<td>M/W/F</td>
<td>8:30am-9:30am</td>
<td>Jun 1-Jul 12</td>
<td>8 classes</td>
<td>$86</td>
</tr>
<tr>
<td>Guts and Butts Deep Water</td>
<td>16+</td>
<td>M/W/F</td>
<td>10:15am-11:15am</td>
<td>Jul 1-Aug 9</td>
<td>12 classes</td>
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<tr>
<td>N2 Deep Water</td>
<td>16+</td>
<td>M/W/F</td>
<td>6:30pm-7:30pm</td>
<td>Jul 1-Aug 9</td>
<td>12 classes</td>
<td>$86</td>
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</table>

**Move It and Lose It**

Fast-paced shallow water exercise class focusing on cardio and strength in a challenging water gym.

<table>
<thead>
<tr>
<th>Class</th>
<th>Age</th>
<th>Days</th>
<th>Time</th>
<th>Starting Date</th>
<th>Duration</th>
<th>Fee</th>
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<tr>
<td>Move It and Lose It</td>
<td>16+</td>
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</tr>
<tr>
<td>Aqua-Robix</td>
<td>16+</td>
<td>M/W/F</td>
<td>8:30am-9:30am</td>
<td>Jun 18-Jul 11</td>
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<tr>
<td>Guts and Butts Deep Water</td>
<td>16+</td>
<td>M/W/F</td>
<td>10:15am-11:15am</td>
<td>Jul 1-Aug 9</td>
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**Hayward Plunge**

**Monday-Thursday**

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<th>Age</th>
<th>Days</th>
<th>Time</th>
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<td>M/W/F</td>
<td>8:00am-8:30pm</td>
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<tr>
<td>Aqua-Robix</td>
<td>16+</td>
<td>M/W/F</td>
<td>8:30am-9:30am</td>
<td>Jul 1-Aug 9</td>
<td>8 classes</td>
<td>$86</td>
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<tr>
<td>Guts and Butts Deep Water</td>
<td>16+</td>
<td>M/W/F</td>
<td>10:15am-11:15am</td>
<td>Jul 1-Aug 9</td>
<td>12 classes</td>
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<tr>
<td>N2 Deep Water</td>
<td>16+</td>
<td>M/W/F</td>
<td>6:30pm-7:30pm</td>
<td>Jul 1-Aug 9</td>
<td>12 classes</td>
<td>$86</td>
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**H2O Flow**

Easy-paced shallow water exercise class focusing on endurance and improved joint flexibility in a relaxed environment.

<table>
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<tr>
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<th>Age</th>
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<th>Time</th>
<th>Starting Date</th>
<th>Duration</th>
<th>Fee</th>
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<td>M/W/F</td>
<td>8:30am-9:30am</td>
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<tr>
<td>Guts and Butts Deep Water</td>
<td>16+</td>
<td>M/W/F</td>
<td>10:15am-11:15am</td>
<td>Jul 1-Aug 9</td>
<td>12 classes</td>
<td>$86</td>
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<tr>
<td>N2 Deep Water</td>
<td>16+</td>
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<td>6:30pm-7:30pm</td>
<td>Jul 1-Aug 9</td>
<td>12 classes</td>
<td>$86</td>
</tr>
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</table>
Art

Art of All Kinds

Give your child the opportunity to explore and experiment in different art media such as playdough, collage sculpture, paint and drawing in this self-directed art class. Parents participation is optional. Please wear clothes that can get messy and bring a box to take your art home in.

10047 3-8yr  Th  11:00am-12:00pm Jul 25-Aug 15
  4 classes ADOBE Egan $63*

10048 6-10yr  Th  12:30pm-1:30pm Jul 25-Aug 15
  4 classes ADOBE Egan $63*

10049 3-8yr  F  11:00am-12:00pm Jul 26-Aug 16
  4 classes ADOBE Egan $63*

10050 6-10yr  F  12:30pm-1:30pm Jul 26-Aug 16
  4 classes ADOBE Egan $63*

*$17 supply fee due at first class.

Partners In Creativity

This is a fun, stimulating, self-directed class designed to encourage both you and your child’s creativity. Explore and experiment using various materials and tools with playdough, painting, collage and other exciting things. Please wear clothes that can get messy and bring a box to take your art home in.

10053 2½-6yr  Th  9:30am-10:30am Jul 25-Aug 15
  4 classes ADOBE Egan $63*

10054 2½-6yr  F  9:30am-10:30am Jul 26-Aug 16
  4 classes ADOBE Egan $63*

*$17 supply fee due at first class.

Architectural Visions: Design for Small Hands

Young students use their eyes, hands, ideas and art tools to build shapes and structures with a mixture of materials including wood, foam pieces, cardboard, sugar cubes, toothpicks and fabric. This studio is about learning both visually and technically while having fun and creating.

10104 6-8yr  T  9:00am-10:30am Jun 25-Aug 6
  7 classes ADOBE McPherson $150*

*$40 supply fee due at first class.

Little Drawers Studio

Learn to draw real animals like dogs, cats, horses and even hippopotamus’ while creating unique fantasy animals....maybe even a dragon. Studio techniques incorporate how to use fine lines and shapes in drawings. Use graphite drawing and colored pencils, charcoal and oil pastels for your creations. Bring an art shirt to wear.

10105 5-8yr  W  9:30am-11:00am Jun 26-Aug 7
  7 classes ADOBE McPherson $150*

*$40 supply fee payable to instructor at first class.

Dance & Music

Boogie with Your Baby

You and your baby will “boogie” to your favorite nursery songs. Hop, jump, and dance with scarves, beanbags, parachutes and more. We encourage imagination, creativity and fun for everyone. One parent per child; parent participation required. No class 7/1.

9878 9mo-2½yr M  9:45am-10:30am Jun 10-Aug 12
  9 classes CVCC CVPA Staff $91

9879 9mo-2½yr M  10:30am-11:15am Jun 10-Aug 12
  9 classes CVCC CVPA Staff $90

Dance-A-Lot

Introduce your child to ballet, Jazz and acrobatic techniques in a fun and exciting way. Advanced classes will continue with technique. Students will create their own dances develop their own unique dance style.

10064 3-4yr  Sa  10:00am-10:45am Jun 22-Aug 24
  10 classes SGCC Freitas $99

10065 4-6yr  Sa  11:00am-11:45am Jun 22-Aug 24
  10 classes WPCC Freitas $99

Dance-A-Lot Advanced Instructor permission required to register.

10066 4-7yr  Sa  12:00pm-12:55pm Jun 22-Aug 24
  10 classes SGCC Freitas $99

Hip Hop Dance

Beginning hip-hop moves taught to upbeat and popular music. Your dancer will gain rhythm and have fun. All music and movement are age appropriate. Please wear comfortable street shoes, preferably athletic shoes.

9887 4-6yr  M  4:30pm-5:15pm Jun 10-Aug 12
  9 classes CVCC CVPA Staff $91

9889 4-7yr  M  5:15pm-6:00pm Jun 10-Aug 12
  9 classes CVCC CVPA Staff $91

9890 4-6yr  T  4:45pm-5:30pm Jun 18-Aug 13
  8 classes SFCC CVPA Staff $75

9891 4-7yr  Sa  9:45am-10:30am Jun 22-Aug 17
  8 classes SFCC CVPA Staff $75

9892 5-7yr  M  5:15pm-6:00pm Jun 10-Aug 12
  9 classes CVCC CVPA Staff $91

9893 6-10yr  W  5:30pm-6:15pm Jun 19-Aug 14
  8 classes SFCC CVPA Staff $75

10062 6-12yr  Th  6:00pm-6:55pm Jun 20-Aug 29
  10 classes WPCC Freitas $110

See pages 61-63 for the Guide to Class Locations and Facilities.
Pre-K Programs

Pre-K Toddler and Me
Parent and child attend their first preschool class together and are introduced to the preschool schedule. The class encourages your child to be creative with art projects and includes an interactive playtime. Parents enjoy being with their child as they experience circle times, movement and art as well as time to play outside on the playground and have a snack. Registered participant with parent only allowed in class.

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Pre-K Learn and Play
These specialized Pre-K learn and play programs are activity-oriented programs that foster social, physical, and intellectual development as well as promote health and wellness through quality recreational and educational experiences. Children are provided with opportunities to improve health and wellness through play, learn and be creative through hands-on projects, and feel safe and secure in a space specifically designed for young children. Online registration is strongly recommended. Child must have reached minimum age by first day of class and must be toilet trained/self-toileting. Each parent or guardian is required to assist two or three times during the session and will be asked to provide a snack or drinks.

Castro Valley Community Center

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## Intro I Tap & Ballet

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## Intro I Tap & Jazz

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## Intro II Tap & Ballet

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## Princess and Prince Creative Dance

### Hip Hop:
Enjoy high energy play-time with music and a variety of rhythmic equipment. This program is designed to enhance basic motor skills and introduce students to the classroom environment. Parent and/or caregivers? interaction required. Siblings cannot be accommodated in classroom. No class 7/1-7/6.

### Jazz:
This energetic class features stretching, isolations and basic jazz steps. Simple coordination, musicality and rhythm are emphasized. Ballet slippers or jazz shoes are required. No class 7/1-7/6.

### Ballet
Whirl and twirl to the music from Frozen, Aladdin and many of your favorite movies. We use scarves, wands and ribbons while learning basic ballet and creative movement. Paint imaginary pictures thru your own choreography while incorporating basic dance technique. Ballet slippers required. No class 7/1-7/6.

## Toddler Ballet

Whirl and twirl to the music from Frozen, Aladdin and many of your favorite movies. We use scarves, wands and ribbons while learning basic ballet and creative movement. Paint imaginary pictures thru your own choreography while incorporating basic dance technique. Ballet slippers required. No class 7/1-7/6.
Preschool Age

Together We Dance
Infant/parent class that introduces movement and rhythms to infants. Build body strength in your infant along with improving balance while your baby rocks to the beat of the music. This class is good for both crawlers and walkers. It is a great way to introduce your baby to dance class structure while meeting other infants. Babies learn new vocabulary such as tall, small, jump and roll! It is loads of fun for everyone! Parents are required to participate. No class 7/1.

Twist & Shout Tot
This class encourages creativity and imagination as children and parents twist and shout to some of their favorite preschool songs. Students explore dance and movement through use of bean bags, scarves, balls, parachutes and more. This class is designed to enhance basic motor skills and introduce students to a classroom environment. One parent per child; parent participation required. No class 7/1.

Gymnastics

Gymnastics Parent Assist
This is fun time for parent and toddlers to play, socialize and try new skills. Our experienced staff will show you the proper techniques to spot your child as you lead them through basic gymnastics activities, structured warm up and circle time. One adult per child. Siblings cannot be accommodated. No class 7/4.

Together We Dance
Introduces boys and girls to tumbling and apparatus skills. We emphasize conditioning for strength, balance, and spatial awareness. Themes, music, and animal shapes help to motivate and foster cooperation, concentration, and social skills. No class 7/4.

Ages 3-4 Years

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Ages 4-5 Years

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See pages 61-63 for the Guide to Class Locations and Facilities.
coordinated and balanced, develop body awareness and most of all, have fun! One adult per child.

Experience at their own pace. Help your child improve on both scaled down and regular size unassisted bars and high beam basics. Requires gymnastics equipment in a fast-paced, exciting environment. We’ll use our bodies and imaginations to practice yoga poses, breathing, gratitude, appreciation for each other and the world around us, and self-love! Great for strengthening muscles, improving balance, increasing self-confidence, and learning ways to calm and center the mind. No experience or skill necessary. Come to play, share, and learn! Bring water and a favorite blanket for our final relaxation time if you like. Bring a mat if you like. Mats will be provided. No class 7/4.

Yoga for Kids Ages 3-7
Jump like frogs, stretch like cats, and roar like lions. Become stronger, balance better, stretch, breathe, have lots of fun, and relax too. Yoga for Kids is a 45-minute non-competitive, adventurous and immersive fun in a supportive and validating environment. We’ll use our bodies and imaginations to practice yoga poses, breathing, gratitude, appreciation for each other and the world around us, and self-love! Great for strengthening muscles, improving balance, increasing self-confidence, and learning ways to calm and center the mind. No experience or skill necessary. Come to play, share, and learn! Bring water and a favorite blanket for our final relaxation time if you like. Bring a mat if you like. Mats will be provided. No class 7/4.

Gymnastics Small Fry Advanced
Intermediate/Advanced classes continue to build on the basic skills. Prerequisite skills: gymnastics terminology, all rolls, teddy bear, cartwheel and unassisted bars and high beam basics. Requires instructor's approval to register.

Gymnastics Tot & Me Movement
This class is non-stop action. We will guide you and your toddler on a circuit of bars, beam and floor exercises on both scaled down and regular size gymnastics equipment in a fast-paced, exciting environment. Skills differ each week and toddlers can experience at their own pace. Help your child improve coordination and balance, develop body awareness and most of all, have FUN! One adult per child. Siblings cannot be accommodated. No class 7/4.

EAABs Fitness & Self Defense – Tiny Tot/Beginner
Learn a multi-cultural art of self-defense focusing on promoting a healthier and safer lifestyle.

Martial Arts
This class is non-stop action. We will guide you and your toddler on a circuit of bars, beam and floor exercises on both scaled down and regular size gymnastics equipment in a fast-paced, exciting environment. Skills differ each week and toddlers can experience at their own pace. Help your child improve coordination and balance, develop body awareness and most of all, have FUN! One adult per child. Siblings cannot be accommodated. No class 7/4.

Gabriel Martial Arts – Taekwondo Tiny Dragons
A Korean martial art combining many styles.

See pages 61-63 for the Guide to Class Locations and Facilities.
Nature

Stories Under the Oaks
Join master storyteller Mrs. Rice in a free story time adventure. Let your children curl up on their favorite blanket under Sulphur Creek’s old oaks and immerse themselves into a critter fantasy world. Stories will be accompanied by meeting live story critters up close.

- **2-6 yr** Th 1:00pm-1:45pm Jun 13
  - 1 class SCNC Rice Free
- **2-6 yr** W 1:00pm-1:45pm Jul 3
  - 1 class SCNC Rice Free
- **2-6 yr** Th 1:00pm-1:45pm Aug 22
  - 1 class SCNC Rice Free

Animal Adventures Nature Program at Sulphur Creek Nature Center
June Field Trip: Tadpole Search Meet us and an East Bay Regional Park District Naturalist at Dry Creek in Union City to search for tadpoles and wonderful water creatures. Use nets to help you get an up-close look at these unusual creatures. Bring a picnic to enjoy on the way back. Directions to the meeting location will be sent the week before the program. Child must be accompanied by an adult.

- **10183** 3-5 yr F 10:00am-12:00pm Aug 2
  - 1 class SCNC Wolf $12

August: Terrific Teeth Investigate all sorts of teeth as we visit the guinea pig, snake, and tarantula. Discover what an owl ate by inspecting teeth from a pelican, and search for munch marks on the trail.

- **10183** 3-5 yr F 10:00am-11:30am Aug 2
  - 1 class SCNC Wolf $12

Toddler Time Nature Program at Sulphur Creek Nature Center
June: Floating Friends Visit the duck, turtle, and frog as we find out how animals float. Color your own turtle in the creek.

- **8800** 1-3 yr M 10:00am-10:45am Jun 10
  - 1 class SCNC Wolfe $9
- **8801** 1-3 yr T 10:00am-10:45am Jun 11
  - 1 class SCNC Wolfe $9
- **8802** 1-3 yr T 11:15am-12:00pm Jun 11
  - 1 class SCNC Wolfe $9
- **8803** 1-3 yr Sa 10:00am-10:45am Jun 15
  - 1 class SCNC Wolf $9
- **8804** 1-3 yr W 10:00am-10:45am Jun 26
  - 1 class SCNC Wolfe $9
- **9770** 1-3 yr W 11:15am-12:00pm Jun 26
  - 1 class SCNC Wolfe $9

July: Winged Wonders Visit the bat, dove, and chicken, color a bird with wonderful wings and search for flying friends outside.

- **10168** 1-3 yr T 10:00am-10:45am Jul 9
  - 1 class SCNC Walkie $9
- **10169** 1-3 yr T 11:15am-12:00pm Jul 9
  - 1 class SCNC Walkie $9
- **10170** 1-3 yr Sa 10:00am-10:45am Jul 20
  - 1 class SCNC Wolf $9
- **10171** 1-3 yr M 10:00am-10:45am Jul 29
  - 1 class SCNC Wolf $9
- **10172** 1-3 yr W 10:00am-10:45am Jul 31
  - 1 class SCNC Walkie $9
- **10173** 1-3 yr W 11:15am-12:00pm Jul 31
  - 1 class SCNC Wolf $9

August: Fantastic Feet Inspect the different feet of the rat, tortoise, and chinchilla. Color a squirrel stick puppet and see what you can do with your feet.

- **10174** 1-3 yr Sa 10:00am-10:45am Aug 17
  - 1 class SCNC Wolf $9
- **10175** 1-3 yr T 10:00am-10:45am Aug 20
  - 1 class SCNC Wolfe $9
- **10176** 1-3 yr T 11:15am-12:00pm Aug 20
  - 1 class SCNC Wolfe $9
- **10177** 1-3 yr M 10:00am-10:45am Aug 26
  - 1 class SCNC Wolf $9
- **10178** 1-3 yr W 10:00am-10:45am Aug 28
  - 1 class SCNC Wolf $9
- **10179** 1-3 yr W 11:15am-12:00pm Aug 28
  - 1 class SCNC Wolf $9

Nature Detectives at Hayward Shoreline Interpretive Center
July: Have to Have a Habitat Which animals call the shoreline “home”? What do their homes look like and where are they? This month we’ll detect different signs of animal homes at the shoreline and make our own model habitats.

- **10079** 3-5 yr Sa 11:00am-12:00pm Jul 6
  - 1 class HSIC Cardosi $9

August: Adventure at Eden Landing Meet at the Eden Landing Ecological Reserve Trailhead to wander around a new area! Make sure to pack your sunscreen and water bottle as we will be spending the whole day outside. Bring a sense of adventure and get ready to explore.

- **10083** 3-5 yr Sa 11:00am-12:00pm Aug 3
  - 1 class HSIC Cardosi $9

Special Interest & Hobbies

S.T.E.A.M. for Tykes
Expose your child to exciting topics in Science, Technology, Engineering, Art, and Math. Parent and child will have fun in this hands-on, interactive class as we build, create and play. Parent participation is required.

- **10191** 3-5 yr T 9:45am-10:30am Jun 18-Jul 23
  - 5 classes SLCC T1A Staff $104

See additional Nature classes for Ages 3 yrs + on page 30.
Sports

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

Mommy/Daddy & Me Soccer
[
9713 2-3½ yr T 6:00pm-6:30pm Jun 25-Aug 13
8 classes SLCC KLS Staff $120
9715 2-3½ yr W 9:30am-10:00am Jun 26-Aug 14
8 classes PALHP KLS Staff $120
9714 2-3½ yr Sa 5:00pm-5:30pm Jul 13-Aug 24
7 classes SSVP KLS Staff $107
]

Tot/Pre-Soccer
[
9722 3½-4 yr T 5:15pm-5:50pm Jun 25-Aug 13
8 classes SLCC KLS Staff $120
9723 3½-4 yr W 10:10am-10:45am Jun 26-Aug 14
8 classes PALHP KLS Staff $120
9716 3½-4 yr W 5:15pm-5:50pm Jun 26-Aug 14
8 classes PALHP KLS Staff $120
9724 3½-4 yr Sa 4:15pm-4:50pm Jul 13-Aug 24
7 classes SSVP KLS Staff $107
]

Make Me A Pro Sports
Make Me a Pro Sports is a fun educational way to play sports. We have designed our program for kids to enjoy sports while learning. Our program teaches techniques reinforced through fun games and drills. Each day we end the day with game play. Please join our great coaches and tell your friends that Make Me A Pro is back and as usual are having a ball!

Parent and Tots
[
9351 2½-4 yr Sa 9:00am-9:30am Jun 15-Aug 17
10 classes PALHP MMP Staff $172
9356 4-5 yr Sa 9:35am-10:15am Jun 15-Aug 17
10 classes PALHP MMP Staff $172
]

Pee Wee Soccer
[
9341 4 yr M 5:15pm-5:55pm Jun 10-Aug 12
10 classes STONE MMP Staff $172
]

Basketball Pee Wee
[
9347 4 yr T 5:15pm-5:55pm Jun 11-Aug 13
10 classes STONE MMP Staff $172
]

Indoor Soccer
[
9358 3-½ yr Sa 9:15am-10:00am Jun 15-Jul 27
6 classes CVCC T1A Staff $108
]

Super Soccer Stars
Super Soccer Stars: 2-3 Years Each class includes an introduction to physical activities, rich language exposure, and movements such as running, hopping, jumping and changing directions. The focal point at this age group is to improve your child’s natural development.

[
8539 2-3 yr Sa 9:00am-9:40am Jun 15-Jul 20
6 classes CVCC SSS Coach $125
8575 2-3 yr Sa 9:00am-9:40am Jul 27-Aug 31
6 classes CVCC SSS Coach $125
8540 1-2 yr Sa 9:50am-10:30am Jun 15-Jul 20
6 classes CVCC SSS Coach $125
8577 1-2 yr Sa 9:50am-10:30am Jul 27-Aug 31
6 classes CVCC SSS Coach $125
8541 3-4 yr Sa 10:40am-11:25am Jun 15-Jul 20
6 classes CVCC SSS Coach $125
8579 3-4 yr Sa 10:40am-11:25am Jul 27-Aug 31
6 classes CVCC SSS Coach $125
8542 4-5 yr Sa 11:30am-12:10pm Jul 15-Jul 20
6 classes CVCC SSS Coach $125
8581 4-5 yr Sa 11:30am-12:10pm Jul 27-Aug 31
6 classes CVCC SSS Coach $125
]

Super Soccer Stars: 3-4 Years The focal point at this age group is to improve your child’s comfort with the ball by developing soccer skills such as dribbling, shooting and the introduction of passing.

[
8548 3-4 yr Sa 10:40am-11:25am Jun 15-Jul 20
6 classes CVCC SSS Coach $125
8579 3-4 yr Sa 10:40am-11:25am Jul 27-Aug 31
6 classes CVCC SSS Coach $125
8548 4-5 yr Sa 11:30am-12:10pm Jun 15-Jul 20
6 classes CVCC SSS Coach $125
8581 4-5 yr Sa 11:30am-12:10pm Jul 27-Aug 31
6 classes CVCC SSS Coach $125
]

Super Soccer Stars: 4-5 Years

Take 1 Academy Sports Movement
Join us for this fun and noncompetitive class as we give children their first experience with different sports. We will focus on developing motor skills while introducing the fundamentals and basic rules of different sports such as baseball, basketball, soccer, and football. This curriculum-based class will increase children’s self-esteem and confidence while instilling a lifelong enthusiasm for an active and healthy lifestyle.

[
8558 3-½ yr Sa 9:15am-10:00am Jun 15-Jul 27
6 classes CVCC T1A Staff $108
]

See pages 61-63 for the Guide to Class Locations and Facilities.
Take 1 Academy – Lil’ All Stars Sports

Your child will have fun learning and playing team sports! We focus on the development of important motor skills needed to play while emphasizing teamwork and a positive attitude. No class 7/5, 7/6.

**Lil’ All Stars Basketball – Pee Wee** Introduces dribbling, passing, catching, and basic rules of the game. Repetition and skills progression through age appropriate games and drills will build young basketball players’ confidence and self-esteem.

- **9385** 4-6 yr  F  9:15am-10:00am  Jun 15-Jul 27
- **9397** 4-6 yr  Sa  10:15am-11:05am  Jun 15-Jul 27

**Lil’ All Stars Basketball – Rookies** A motivating and non-competitive environment to introduce hitting, throwing, catching, fielding, base-running and basic baseball rules. This fun class will involve a lot of repetition and skills progression as we focus on the baseball fundamentals and motor skills development. Parent participation is recommended.

- **9388** 2½-3½ yr  Sa  9:20am-10:10am  Jun 15-Jul 27

**Lil’ All Stars Baseball – Ballers** This parent-child class focuses on gross motor skills like throwing and making baskets on a 2½-foot hoop. It involves lots of repetition so that children can experience the sheer joy of mastering a skill. Activities include catching bubbles, parachute games, and singing. No class 8/10.

- **10312** 3½-4½ yr  Sa  9:45am-10:30am  Jun 14-Jul 6
- **10313** 3½-4½ yr  Sa  9:45am-10:35am  Jun 15-Jul 6

**Lil’ All Stars Soccer – Rookies 1**

- **8544** 3-4 yr  F  9:45am-10:30am  Jun 14-Jul 26
- **9385** 3-4 yr  Sa  10:10am-11:00am  Jun 15-Jul 27

**Lil’ All Stars Soccer – Pee Wee**

- **8549** 4-5½ yr  Sa  11:15am-12:00pm  Jun 15-Jul 27

**Lil’ All Stars Soccer – Rookies**

- **8550** 4-5½ yr  Sa  9:15am-10:00am  Jun 15-Jul 27

**Lil’ All Stars – Baseball Sluggers I**

- **9390** 3-4½ yr  Sa  10:20am-11:10am  Jun 15-Jul 27

**Lil’ All Stars – Baseball Sluggers J** Get ready for Tee ball! Sluggers class will focus on the continued development of baseball skills, proper technique as well as baseball specific body positioning. Teamwork and team dynamics are emphasized. Baseball gloves, bat, batting helmet recommended.

- **8549** 4½-6 yr  Sa  11:20am-12:10pm  Jun 15-Jul 27

**Lil’ All Stars Soccer – Pee Wee** We focus on developing soccer skills such as dribbling, passing, kicking, shooting, and ball control. Repetition and skills progression through age appropriate games and drills will build young soccer player’s confidence and self-esteem.

- **9396** 3-4 yr  Sa  11:15am-12:00pm  Jun 15-Jul 27

**Lil’ All Stars Soccer – Rookies 1**

- **8556** 4-6 yr  W  5:30pm-6:15pm  Jun 14-Jul 24
- **9397** 4-6 yr  Sa  10:16am-11:30am  Jun 15-Jul 27

**Tennis**

**Little Buddies Tennis**

A great program especially designed for 4-6 years old. The class will provide the children with simple basic coordination skills, racket swinging, footwork, as well as tennis games. Wear tennis shoes and bring a small tennis racket and a new can of balls to first class. No class 7/6.

- **10311** 4-5 yr  Sa  10:30am-11:30am  Jun 15-Jul 13
- **10312** 4-5 yr  Sa  11:20am-12:00pm  Jul 20-Aug 24

**Wee Hoop Basketball**

**Dribblers** This parent-child class focuses on gross motor skills like throwing and making baskets on a 2½-foot hoop. It involves lots of repetition so that children can experience the sheer joy of mastering a skill. Activities include catching bubbles, parachute games, and singing. No class 8/10.

- **10314** 4-5 yr  Sa  9:40am-10:25am  Jun 15-Jul 13
- **10315** 4-5 yr  Sa  9:40am-10:25am  Jul 20-Aug 24

**Hot Shots** This class places more of an emphasis on developing basketball skills, one-on-one drills, and learning basic rules of the game. The activities in this class will encourage teamwork and new friendships. No class 8/10.

- **10316** 4-5 yr  Sa  10:30am-11:15am  Jun 15-Jul 13
- **10317** 4-5 yr  Sa  10:30am-11:15am  Jul 20-Aug 24

**Ballers** The goal of this class is to introduce team dynamics and incorporate game play. Prior basketball experience is required. No class 8/10.

- **10321** 5-6 yr  Sa  11:20am-12:20pm  Jun 15-Jul 13
- **10324** 5-6 yr  Sa  11:20am-12:20pm  Jul 20-Aug 24
Art of All Kinds

Give your child the opportunity to explore and experiment in different art media such as playdough, collage sculpture, paint and drawing in this self-directed art class. Parents participation is optional. Please wear clothes that can get messy and bring a box to take your art home in.

10047  3-8 yr  Th  11:00am-12:00pm  Jul 25-Aug 15
4 classes  ADOBE  Egan  $63*

10049  3-8 yr  F  11:00am-12:00pm  Jul 26-Aug 16
4 classes  ADOBE  Egan  $63*

10048  6-10 yr  Th  12:30pm-1:30pm  Jul 25-Aug 15
4 classes  ADOBE  Egan  $63*

10050  6-10 yr  F  12:30pm-1:30pm  Jul 26-Aug 16
4 classes  ADOBE  Egan  $63*

*$17 supply fee due at first class.

Architectural Visions: Design for Small Hands

Young students use their eyes, hands, ideas and art tools to build shapes and structures with a mixture of materials including wood, foam pieces, cardboard, sugar cubes, toothpicks and fabric. This studio is about learning both visually and technically while having fun and creating.

10104  6-9 yr  T  9:00am-10:30am  Jun 25-Aug 6
7 classes  ADOBE  McPherson  $150*

*$40 supply fee due at first class.

Ceramics

A safe and fun studio environment for children to develop hand skills and learn to trust their own artistic judgment while making expressive pottery or sculpture. These classes give you a chance to share in your child's talent. Fees include glazes and firing.

Beginning Wheel

10051  8-17 yr  Sa  11:00am-12:30pm  Jun 20-Aug 24
6 classes  ADOBE  Egan  $125*

*$25 supply fee payable to instructor on the first day of class.

Parent/Child Hand and Wheel

10052  5-17 yr  Sa  9:00am-10:30am  Jul 20-Aug 24
6 classes  ADOBE  Egan  $136*

*$25 supply fee payable to instructor on the first day of class.

Little Drawers Studio

Learn to draw real animals like dogs, cats, horses and even hippopotamus' while creating unique fantasy animals...maybe even a dragon. Studio techniques incorporate how to use fine lines and shapes in drawings. Use graphite drawing and colored pencils, charcoal and oil pastels for your creations. Bring an art shirt to wear.

10105  5-8 yr  W  9:30am-11:00am  Jun 26-Aug 7
7 classes  ADOBE  McPherson  $150*

*$40 supply fee payable to instructor at first class.

Drawers’ Studios

Develop drawing skills through observations and practices. Using pencil, graphite, charcoal and ink, learn drawing techniques such as thick to thin lines, creating texture, dry and wet brushing and tones of ink wash. Wear clothes that can get messy. Students must attend the first class for orientation.

10107  7-14 yr  Sa  11:00am-12:30pm  Jun 22-Aug 17
8 classes  ADOBE  McPherson  $150*

10106  7-14 yr  T  11:00am-12:30pm  Jun 25-Aug 6
7 classes  ADOBE  McPherson  $150*

*$40 supply fee due at first class.

Jacob Lawrence Painters’ Studio

This studio class is like no other. Learn to use your natural talent to practice painting while learning related art techniques and developing a personal style of expression. Focus areas include color theory, composition, perspective and subject. Please wear clothes they can get messy in. We will be using acrylic paints. Students must attend the first class for orientation. If you are unable to do so please contact the instructor at kmcp@lmi.net. No class 7/6.

10108  6-16 yr  Sa  9:00am-10:30am  Jun 22-Aug 17
8 classes  ADOBE  McPherson  $150*

*$40 supply fee due at first class.
**Ballet Dance – Beginning**

Ballet is not only a beautiful art form but it is the basis for all dance forms. We will emphasize technical skills at the barre and center floor as well as vocabulary. Learn simple coordination, musicality, rhythm, concentration and discipline. No class 7/4.

- **10060** 5-7 yr  Th  4:15pm-5:00pm  Jun 20-Aug 29  10 classes  WPCC  Freitas  $110
- **10057** 6-8 yr  M  5:00pm-5:55pm  Jun 17-Aug 19  10 classes  SGC  Freitas  $110
- **10122** 8-11 yr  W  5:45pm-6:30pm  Aug 7-Aug 28  4 classes  DLDC  DLDC Staff  $54

**Ballet Dance – Intermediate**

Instructor approval needed for registration. No class 7/4.

- **10061** 5-7 yr  Th  5:00pm-5:55pm  Jun 20-Aug 29  10 classes  WPCC  Freitas  $110
- **10058** 8-14 yr  W  6:00pm-6:55pm  Jun 17-Aug 19  10 classes  SGC  Freitas  $110

**Cheer and Song Leader**

Improve your self-confidence, physical health, and teamwork skills all while having a ton of fun! Learn and perfect arm movements, cheers, chants, and choreography that are full of excitement and energy. Wear cheer shoes or white soled shoes, comfy athletic clothes and bring a water bottle.

- **10132**  9-12 yr  w  5:30pm-6:15pm  Aug 6-Aug 27  4 classes  DLDC  DLDC Staff  $54

**Give Me A “C” Cheerleading**

Learn the fundamentals of cheerleading while having a blast! Learn sideline cheers, jumps, kicks, turns and dance routines. We’ll choose class colors, a class mascot, make T-shirts and use pom poms. Invite your friends and family as you cheer for our last class team performance. No class 7/4.

- **9886**  6-8 yr  Sa  1:00pm-2:00pm  Jun 15-Aug 17  9 classes  CVCC  CVPA Staff  $91

**Jazz and Acro**

Learn fundamental acrobatic techniques such as handstands, cartwheels, round-offs, back bends and walkovers. Then put them together with Jazz basics for fun and exciting routines. Please wear jazz shoes and footless tights.

- **10131** 8-12 yr  Sa  11:30am-12:30pm  Aug 10-Aug 31  4 classes  DLDC  DLDC Staff  $54

**Funky Jazz – Hip Hop**

Combine the style of your favorite ‘hip-hop’ stars with Funky Jazz – a fun, energetic, upbeat style to make you feel confident. Have some serious fun learning the latest moves. All music and movement is age appropriate. Please wear comfortable street shoes, preferably athletic shoes.

- **10124** 5-8 yr  Th  4:45pm-5:30pm  Aug 8-Aug 29  4 classes  DLDC  DLDC Staff  $54

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**Combination Dance**

These classes are for dancers with little or no experience. Classes are divided into two disciplines each class and by age group. **Tap:** Learn basic tap technique and a just-for-fun dance to perform on the last day of class. Tap shoes required. **Hip Hop:** Have fun loosening up, gaining rhythm and learning to dance. All music and movement is age-appropriate. Tennis shoes required. **Ballet:** Learn fundamental foot and arm positions, coordination, musicality, rhythm and discipline. Please wear leotards, tights, and ballet slippers. **Jazz:** This energetic class features stretching, isolations and basic jazz steps. Simple coordination, musicality and rhythm are emphasized. Ballet slippers or jazz shoes are required. No class 7/2-7/4.

**Tap & Ballet**

- **9880**  6-8 yr  W  5:15pm-6:15pm  Jun 12-Aug 14  9 classes  CVCC  CVPA Staff  $91
- **9881**  6-10 yr  T  5:30pm-6:15pm  Jun 18-Aug 13  8 classes  SFCC  CVPA Staff  $75
- **9882**  6-10 yr  W  4:45pm-5:30pm  Jun 19-Aug 14  8 classes  SFCC  CVPA Staff  $75
- **9883**  6-10 yr  Sa  12:00pm-1:00pm  Jun 22-Aug 17  8 classes  SFCC  CVPA Staff  $75

**Jazz, Ballet & Hip Hop**

- **10118**  7-9 yr  T  6:15pm-7:00pm  Aug 6-Aug 27  4 classes  DLDC  DLDC Staff  $54
- **10119**  9-16 yr  T  7:00pm-7:45pm  Aug 6-Aug 27  4 classes  DLDC  DLDC Staff  $54

**Tap & Hip Hop**

- **9884**  6-8 yr  T  5:15pm-6:15pm  Jun 11-Aug 13  9 classes  CVCC  CVPA Staff  $91

**Tap & Jazz**

- **9885**  6-8 yr  T  3:45pm-4:45pm  Jun 14-Aug 16  9 classes  CVCC  CVPA Staff  $91

**Jazz Dance**

This energetic class features stretching, isolations and basic jazz steps. Move across the floor working on coordination, agility, and basic dance technique through progressions of runs, turns, leaps, etc. You will also learn short combinations emphasizing musicality and rhythm, athleticism and style. A great class for active boys and girls! Please wear jazz shoes or ballet slippers. No class 7/4.

- **9911**  8-12 yr  Th  5:00pm-6:00pm  Jun 13-Aug 15  9 classes  CVCC  CVPA Staff  $91

**West African Dance**

Get ready to move your shoulders, chest, pelvis, arms, legs and feet! West African dance has become very popular around the world for many reasons. It is very dynamic and fun yet can be very accessible to those with little experience. Skills cultivated in this class can help students to feel less stressed, gain confidence and build a deeper connection with themselves and the community. Class is for dancers and non-dancers are both welcome!

- **10128**  9 yr +  W  7:30pm-8:30pm  Aug 9-Aug 30  4 classes  DLDC  DLDC Staff  $54

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See pages 61-63 for the Guide to Class Locations and Facilities.
Hip Hop Dance
Do you want to dance like your favorite “hip-hop” stars? Learn to loosen up, gain rhythm and have controlled isolated movements while learning short combinations. Have some serious fun learning the latest moves. All music and movement is age appropriate. Please wear comfortable street shoes, preferably athletic shoes. No class 7/1-7/6.

Advanced 10-18 yr  M-F 9:30am-12:30pm  Jun 17-Jun 21
5 classes CVPA CVPA Staff $150*

9887  4-6 yr  M  4:30pm-5:15pm  Jun 10-Aug 12
9 classes CVCC CVPA Staff $91

9890  4-6 yr  T  4:45pm-5:30pm  Jun 18-Aug 13
8 classes SFCC CVPA Staff $75

9889  4-7 yr  Sa  9:45am-10:30am  Jun 22-Aug 17
8 classes SFCC CVPA Staff $75

9888  5-7 yr  M  5:15pm-6:00pm  Jun 10-Aug 12
9 classes CVCC CVPA Staff $91

9893  6-10 yr  W  5:30pm-6:15pm  Jun 19-Aug 14
8 classes SFCC CVPA Staff $75

10062  6-12 yr  Th  6:00pm-6:55pm  Jun 20-Aug 29
10 classes WPC Freitas $110

9891  7-12 yr  W  6:15pm-7:15pm  Jun 12-Aug 14
9 classes CVCC CVPA Staff $91

9892  7-12 yr  Th  7:00pm-8:00pm  Jun 13-Aug 15
9 classes CVCC CVPA Staff $91

10115  8-9 yr  M  4:45pm-5:30pm  Aug 5-Aug 26
4 classes DLDC DLDC Staff $54

10144  9-14 yr  W  7:30pm-8:15pm  Jun 19-Aug 28
10 classes SFCC Mamone $103

10116  9-14 yr  M  5:30pm-6:30pm  Aug 5-Aug 26
4 classes DLDC DLDC Staff $54

Urban Dance
Urban, contemporary dance is a mixture of hip-hop, modern and jazz styles. In this exciting course, students will not only be able to learn basic dance technique but also be able to put their own personality and individualism into the steps. Self-confidence, attitude, as well as teamwork will be stressed as the students and teacher work together to create a piece to show parents at the end of the session.

Advanced 10-18 yr  Sa  1:00pm-1:55pm  Jun 22-Aug 24
10 classes SGCC Freitas $99

Tap Dance
Calling all aspiring young dancers – put your tap shoes on! Learn fundamentals such as shuffles, flaps, cramp rolls, buffalos and time-steps then progress through tap steps and combinations. Classes will emphasize footwork and the expression of rhythm through sounds. Please wear tap shoes. No class 7/3, 7/4.

Beginning
10145  6-7 yr  W  6:15pm-6:45pm  Jun 19-Aug 28
10 classes SFCC Mamone $52

10146  8-11 yr  W  6:45pm-7:15pm  Jun 19-Aug 28
10 classes SFCC Mamone $42

9914  8-12 yr  Th  4:00pm-5:00pm  Jun 13-Aug 15
9 classes CVCC CVPA Staff $91

Intermediate Instructor permission required to register. Please wear tap shoes. No class 7/4.

9915  8-12 yr  Th  6:00pm-7:00pm  Jun 13-Aug 15
9 classes CVCC CVPA Staff $91

Guitar II – Beginning
Continued fundamentals, music reading and technique. Must complete Guitar I. Please bring your guitar or you may purchase at the studio first day of lessons.

10165  8-17 yr  M  4:30pm-5:00pm  Jun 10-Jul 1
4 classes Music Depot Schaap $83

10166  8-17 yr  M  7:30pm-8:00pm  Jul 8-Jul 29
4 classes Music Depot Schaap $83

10167  8-17 yr  M  7:30pm-8:00pm  Aug 5-Aug 26
4 classes Music Depot Schaap $83

School Age
See pages 61-63 for the Guide to Class Locations and Facilities.
Drums I – Beginning
Learn snare and bass drum technique, fundamental music reading skills and rhythm work to get you started playing with a solid drumming foundation. Please bring drumsticks or you may purchase a set at the studio.

10150 6-12 yr  M  5:00pm-5:30pm  Jun 10-Jul 1
4 classes  Music Depot  Schaaphok  $83
10151 6-12 yr  M  5:00pm-5:30pm  Jul 8-Jul 29
4 classes  Music Depot  Schaaphok  $83
10152 6-12 yr  M  5:00pm-5:30pm  Aug 5-Aug 26
4 classes  Music Depot  Schaaphok  $83

Drums II – Beginning
Continued fundamentals, music reading, and drum set technique. Must complete Drums I and have a solid drumming foundation. Please bring drumsticks or you may purchase a set at the studio.

10153 6-17 yr  M  7:00pm-7:30pm  Jun 10-Jul 1
4 classes  Music Depot  Schaaphok  $83
10155 6-17 yr  M  7:00pm-7:30pm  Jul 8-Jul 29
4 classes  Music Depot  Schaaphok  $83
10154 6-17 yr  M  7:00pm-7:30pm  Aug 5-Aug 26
4 classes  Music Depot  Schaaphok  $83

Junior Golf
Our programs include instruction on the golf swing, short game, club fitting, course management, practice techniques, rules and etiquette. We work with each student to help design a personal improvement program based on the individual’s goals.

9234 6-10 yr  Sa  12:15pm-1:00pm  Jul 6-Jul 27
4 classes  MHDR  Staff  $70
9235 6-10 yr  Sa  1:15pm-2:00pm  Jul 6-Jul 27
4 classes  MHDR  Staff  $70
9236 5-12 yr  Sa  12:15pm-1:00pm  Aug 3-Aug 24
4 classes  MHDR  Staff  $70
9237 5-12 yr  Sa  1:15pm-2:00pm  Aug 3-Aug 24
4 classes  MHDR  Staff  $70
9238 5-12 yr  Sa  12:15pm-1:00pm  Sep 7-Sep 28
4 classes  MHDR  Staff  $70
9239 5-12 yr  Sa  1:15pm-2:00pm  Sep 7-Sep 28
4 classes  MHDR  Staff  $70

Gymnastics
Parents are requested to attend the first class for orientation. Please wear soft, comfortable clothing (T-shirt and shorts). No jeans or shoes allowed in the gym. Placement and advancement cards will be issued at the end of every session. Parents and siblings must wait outside the gym. This entry level class covers basic skills in floor exercise, uneven bars, balance beam and vault. General conditioning and strength exercises are emphasized. No class 7/4.

9252 6-10 yr  T  11:00am-11:55am  Jun 25-Jul 16
4 classes  CVCC  Staff  $45
9253 6-10 yr  W  11:00am-11:55am  Jun 26-Jul 17
4 classes  CVCC  Staff  $45
9256 6-10 yr  W  5:00pm-5:55pm  Jun 26-Jul 17
4 classes  CVCC  Staff  $45
9257 6-10 yr  W  6:00pm-6:55pm  Jun 26-Jul 17
4 classes  CVCC  Staff  $45
9259 6-10 yr  Th  10:50am-11:45am  Jun 27-Jul 18
3 classes  CVCC  Staff  $35
9258 6-10 yr  Th  6:00pm-6:55pm  Jun 27-Jul 18
3 classes  CVCC  Staff  $35
9254 6-10 yr  Sa  1:30pm-2:25pm  Jun 29-Jul 20
4 classes  CVCC  Staff  $45
9255 6-10 yr  Sa  2:30pm-3:25pm  Jun 29-Jul 20
4 classes  CVCC  Staff  $45
8480 6-10 yr  T  11:00am-11:55am  Jul 23-Aug 13
4 classes  CVCC  Staff  $45
8481 6-10 yr  W  11:00am-11:55am  Jul 24-Aug 14
4 classes  CVCC  Staff  $45
8482 6-10 yr  W  5:00pm-5:55pm  Jul 24-Aug 14
4 classes  CVCC  Staff  $45
8485 6-10 yr  W  6:00pm-6:55pm  Jul 24-Aug 14
4 classes  CVCC  Staff  $45
8487 6-10 yr  Th  10:50am-11:45am  Jul 25-Aug 15
4 classes  CVCC  Staff  $45
8486 6-10 yr  Th  6:00pm-6:55pm  Jul 25-Aug 15
4 classes  CVCC  Staff  $45
8484 6-10 yr  Sa  1:30pm-2:25pm  Jul 27-Aug 17
4 classes  CVCC  Staff  $45
8483 6-10 yr  Sa  2:30pm-3:25pm  Jul 27-Aug 17
4 classes  CVCC  Staff  $45

Advanced Beginning Must have completed at least two sessions of beginner and receive instructor approval.

9250 6-10 yr  T  5:00pm-5:55pm  Jun 25-Jul 16
4 classes  CVCC  Staff  $45
9249 6-10 yr  W  7:00pm-7:55pm  Jun 26-Jul 17
4 classes  CVCC  Staff  $45
9450 6-10 yr  T  5:00pm-5:55pm  Jul 23-Aug 13
4 classes  CVCC  Staff  $45
9451 6-10 yr  W  7:00pm-7:55pm  Jul 24-Aug 14
4 classes  CVCC  Staff  $45

Intermediate Must complete the beginner level and be given an advancement card or have instructor approval. Prerequisite skills: all rolls, handstand, cartwheel, bridge, unassisted high beam basics and unassisted pullover on bars.

9260 6-10 yr  T  6:00pm-6:55pm  Jun 25-Jul 16
4 classes  CVCC  Staff  $45
9261 6-10 yr  T  6:00pm-6:55pm  Jul 23-Aug 13
4 classes  CVCC  Staff  $45

(continued on next page)
**Advanced** Requires instructor's approval to register. Students must complete beginner and intermediate levels and be given an advancement card.

8479 6-10 yr  T  7:00pm-7:55pm  Jun 25-Jul 16
4 classes  CVCC  Staff  $45

9248 6-10 yr  T  7:00pm-7:55pm  Jul 23-Aug 13
4 classes  CVCC  Staff  $45

**Health & Fitness**

**U-Jam**

U-JAM fitness is an athletic hip-hop dance fitness workout for all ages and fitness levels. U-JAM unites world beats and urban rhythm with high energy, easy to follow moves that will make you forget you're working out. Experience the latest fitness craze to hit the Bay Area. You will be addicted after your first class.

8577 8-12 yr  w  4:45pm-5:30pm  Jun 12-Jul 31
7 classes  DLDC  Dempsay  $58

**Yoga for Kids Ages 8-12**

Bring your heart, imagination, and lots of energy to Yoga for Kids Ages 8-12. Enjoy an hour of non-competitive fun in a supportive and validating environment. Using our bodies and imaginations we'll practice yoga poses, play games, learn new ways to breathe and relax and explore gratitude, and self-love! Great for strengthening muscles, improving balance, increasing self-confidence, and learning ways to calm the mind. No experience necessary. Bring water and a mat if you like. Mats will be provided. No class 7/4.

10075 8-12 yr  Th  5:00pm-6:00pm  Jun 13-Jul 25
6 classes  KASCC  Green  $75

**Martial Arts**

**EAABs Fitness & Self Defense**

Learn a multi-cultural art of self-defense focusing on promoting a healthier and safer lifestyle. The program includes body stretching; blocking; punching; and kicking in specific target areas; and grappling defense techniques and defense against weapon attacks.

8414 8-11 yr  T  4:30pm-5:25pm  Jun 11-Aug 27
12 classes  EAABs  Untalan  $175*

8411 8-11 yr  W  4:30pm-5:25pm  Jun 12-Aug 28
12 classes  EAABs  Untalan  $175*

8413 8-11 yr  Th  4:30pm-5:25pm  Jun 13-Aug 29
11 class  EAABs  Untalan  $175*

8410 8-11 yr  F  4:30pm-5:25pm  Jun 14-Aug 30
12 classes  EAABs  Untalan  $175*

9190 8-12 yr  Sa  10:00am-10:55am  Jun 15-Aug 31
12 classes  EAABs  Untalan  $175*

*Uniform and safety equipment cost not included and must be purchased at first class.

**Gung Fu**

The basic principles of Gung-Fu are health, general ideas of self-defense and the art of movement. Beginners start with basic stance and forms of the Sil-Lum and Black Tiger styles. Advanced students continue training and learn forms from the Tiger-Claw, Sai-Pai and Tai-Chi and Gung-Fu weapon forms. Students are graded on a belt/knowledge system.

**Beginning**

8437 7 yr +  M/W  6:00pm-7:30pm  Jun 17-Aug 21
20 classes  WPCC  Martinez  $90

8439 7 yr +  M/W  7:30pm-9:00pm  Jun 17-Aug 21
20 classes  WPCC  Martinez  $90

**Karate/Aikido**

Learn the techniques of both Karate and Aikido. Okinawan Karate will teach basic physical training, strikes, blocks, kicks, self-defense and sparring. Aikido teaches footwork, balance, falls, rolls, and controlling techniques...

8491 7 yr +  M  4:00pm-6:00pm  Jun 17-Aug 19
10 classes  CVCC  Brown  $138*

8492 7 yr +  W  6:00pm-8:00pm  Jun 19-Aug 21
10 classes  SFCC  Brown  $138*

*Uniform cost of $30 due at first class to Instructor.

**Gabriel Martial Arts – Taekwondo**

Taekwondo is a Korean martial art combining many different styles.

**Beginner**

10511 5-10 yr  M  4:35pm-5:15pm  Jun 17-Aug 26
10 classes  SFCC  Gabriel  $140

**Orange Belt**

10512 6-7 yr  M  6:05pm-6:45pm  Jun 17-Aug 26
10 classes  SFCC  Gabriel  $140

**Yellow Belt**

10515 6-15 yr  M  5:20pm-6:00pm  Jun 17-Aug 26
10 classes  SFCC  Gabriel  $140

See pages 61-63 for the Guide to Class Locations and Facilities.
Kids Brazilian Jiu Jitsu
Brazilian Jiu Jitsu has become the most popular and growing martial art because of its effectiveness and popularity in the UFC. Spark Martial Arts teaches the fundamentals that may be applied in real life scenarios while teaching discipline, honor, and respect. Classes are taught by former UFC fighter, Carlos Rocha.

9304 6-10 yr  W/F  4:00pm-5:00pm  Jun 12-Aug 30
24 classes  Spark  Francis $103

9305 10-18 yr  W/F  5:00pm-6:00pm  Jun 12-Aug 30
24 classes  Spark  Francis $103

Leaping Leopard
Leaping Leopard Shaolin Kenpo, the incredible Power of self-defense, is a comprehensive system of martial arts developed to meet the self-defense needs of individuals in today’s society. This art addresses self-defense situations against multiple attackers including attackers with weapons. You will also improve in areas of concentration, self-discipline, self-confidence, motivation and physical fitness. No class 6/17-6/22, 7/4.

Non-Beginner Purple Belt to Blue
8505 6 yr +  Sa  10:10am-11:15am  Jun 15-Aug 24
10 classes  SGCC  Santiago $73*

Beginner to Purple Belt
9320 6-13 yr  M  6:30pm-7:35pm  Jun 10-Aug 26
11 classes  SGCC  Munoz $73*

9330 6-13 yr  T  6:30pm-7:35pm  Jun 10-Aug 26
11 classes  SGCC  Santiago $73*

9321 6-13 yr  Th  6:30pm-7:35pm  Jun 11-Aug 27
11 classes  SGCC  Santiago $73*

9326 6-13 yr  F  6:30pm-7:35pm  Jun 13-Aug 29
11 classes  SGCC  Santiago $73*

9323 6-13 yr  F  6:30pm-7:35pm  Jun 14-Aug 23
10 classes  SGCC  Santiago $73*

9322 6-13 yr  Sa  9:00am-10:05am  Jun 15-Aug 24
10 classes  SGCC  Santiago $73*

*Uniform Gi cost of $30 due at first class to Instructor.

Animal Adventures Nature Program at Sulphur Creek Nature Center
June: Superhero Senses Imagine what it would be like to have a sixth sense, like a tingling spidey sense or X-ray vision. Explore the super senses of the animal world as we visit the bat, snake, and tarantula. Test your own sensational senses.

8799 5-9 yr  W  3:30pm-5:00pm  Jun 26
1 class  SCNC  Walke $12

July: Wonderful Water Explore the science of water as we meet the duck, newt, and turtle. Conduct your own water experiments and investigate water loving creatures at our creek.

10182 5-9 yr  W  3:30pm-5:00pm  Jul 31
1 class  SCNC  Walke $12

Animal Adventures Field Trips: Tadpole Search Meet us and an East Bay Regional Park District Naturalist at Dry Creek in Union City to search for tadpoles and wonderful water creatures. Use nets to help you get an up-close look at these unusual creatures. Bring a picnic to enjoy on the way back. Directions to the meeting location will be sent the week before the program. Child must be accompanied by an adult.

8832 3-10 yr  F  10:00am-12:00pm  Jun 28
1 class  SCNC  Wolf $12

9787 3-10 yr  F  10:00am-12:00pm  Jul 12
1 class  SCNC  Wolf $12

August: Teddy Bear Picnic Bring your favorite stuffed friend, lunch, and a blanket to sit on at our annual Teddy Bear Picnic. Build a small animal maze, take some furry friends out racing, and prepare some surprises for the foxes.

10185 2-10 yr  Su  11:30am-1:00pm  Aug 11
1 class  SCNC  Wolf $12

August: Terrific Teeth Investigate all sorts of teeth as we visit the guinea pig, snake, and tarantula. Discover what an owl ate by inspecting teeth from a pellet, and search for munch marks on the trail.

10184 5-9 yr  W  3:30pm-5:00pm  Aug 28
1 class  SCNC  Walke $12

Campfire Nights at Sulphur Creek Nature Center
Critters of the Night Visit with animals that go bump in the night. Meet an owl, rat, and more. Make a special craft to see which animals appear at night! Close out the night by roasting marshmallows over the campfire.

10186 2-11 yr  Sa  6:30pm-8:30pm  Jul 20
1 class  SCNC  TBA $15

Bug Hunt Search for moths, spiders, and insects at this bug hunt campfire. Meet some of our resident arthropods, create a fun craft to take home, then close out the night by roasting marshmallows over the campfire.

10187 3-10 yr  Sa  6:30pm-8:30pm  Aug 3
1 class  SCNC  TBA $15

Hunters After Dark Meet critters that hunt at night and discover some of their special tools that they use to hunt in the dark. Meet three nocturnal hunters, make a silly mask, and close out the night by roasting marshmallows over the campfire.

10188 2-11 yr  Sa  6:30pm-8:30pm  Aug 31
1 class  SCNC  TBA $15

Nocturnal Senses Test out your nocturnal senses by using your nose to sniff out a snack or your ears to listen for predators. Make your own special craft and close out the night by roasting marshmallows over the campfire.

10189 2-11 yr  Sa  6:30pm-8:30pm  Sep 14
1 class  SCNC  TBA $15

See Additional Nature Classes for Ages 12 yrs + on page 42.
Tarantula Hikes at Mt. Diablo
Discover Mt. Diablo’s Gentle Giant, the California Tarantula. These often maligned and feared spiders are completely harmless to man. Find out where they live, what they eat, how they survive, and why we only see them in the fall. Take a moderate slow 2-mile hike, (approximately two hours) looking for tarantulas and their burrows. You will also be introduced to some of the flora, fauna, and history of Mt Diablo State Park. Wear comfortable shoes, bring water, a snack if needed, and dress for the weather.

Weekend Nature Activities at Hayward Shoreline Interpretive Center
Caterpillar Hunt The marsh is home to many beautiful and wonderful insects like butterflies. Look for caterpillars and chrysalises near the Interpretive Center while learning about the butterfly life cycle.

Leopard Shark Feeding Frenzy Help the Naturalist staff feed our resident leopard shark, surfperch, snakes, and lizards. Learn more about them and our other aquatic and land inhabitants. Who will get to the food first?

Nifty Nests The Barn swallows have returned from their migration to nest at the shoreline. Learn how birds build their nests and what they use to create them. Look for nests around the building and on the trail. Make your own nest to take home!

Shark Talk Did you know that there are several shark species living in the San Francisco Bay? Explore the world through the eyes of a shark as we discover more about these interesting animals. Learn more about the body, habitat, and lifestyle of sharks found in the Bay, make a shark craft and even get to feed our resident shark.

Cooking Round the World
For questions contact Director Mindy Myers at (510) 593-5285. Closed toed shoes a must.

Street Foods What’s one thing you see in every country around the world that you visit? Street food! This class will celebrate and focus on the special, authentic street foods that are offered around the world, by street vendors. Street Foods are the ultimate authentic taste of a country because they are always based on seasonal, available and true-to-the-country ingredients! Sweet, savory and everywhere in between, this class will teach kids exciting new ingredients and flavors by cooking fun, bright finger foods from around the globe!

Both kids and adults will enjoy fun and easy poses imitating marshland wildlife. Bring water and a yoga mat or a towel large enough to lay on. Afterwards, we’ll go explore the trail to look for some of the animals we mimicked!

Wetland Yoga

Special Interest & Hobbies

Chopped Jr. Cooking Round the World gives boys and girls the opportunity to learn about countries around the world by cooking…and eating. The program is completely hands on; everyone peels, chops, dices or minces, etc. We supply the aprons, food, cookware and we e-mail recipes home after the session is over. Children learn the cooking skills while experiencing a country’s culinary flavors. The outcome is a new appreciation of food and a desire to see the world! We are a nut free company. No tree nuts or peanuts in any recipe. Each quarter features all new recipes and countries.

See pages 61-63 for the Guide to Class Locations and Facilities.
Kidz Love Soccer
Learn dribbling, passing, defense and shooting goals! Fun skill games are played at every session, and every participant will have a ball at his or her feet. Small-sided soccer matches will be introduced gradually. Perfect for first time players while being fun and engaging for kids with some experience. All participant receives a soccer jersey! Shin guards are required after first meeting.

Soccer 1: Techniques & Teamwork
9717 5-6 yr T 4:30pm-5:15pm Jun 25-Aug 13
8 classes SLCC KLS Staff $120
9718 5-6 yr W 4:30pm-5:15pm Jun 26-Aug 14
8 classes PALHP KLS Staff $120
9719 5-6 yr Sa 3:30pm-4:15pm Jul 13-Aug 24
7 classes SSVP KLS Staff $107

Soccer 2: Skillz & Scrimmages
9720 7-10 yr W 3:45pm-4:30pm Jun 26-Aug 14
8 classes PALHP KLS Staff $120
9721 7-10 yr Sa 2:45pm-3:30pm Jul 13-Aug 24
7 classes SSVP KLS Staff $107

Make Me a Pro Sports
Make Me a Pro Sports is a fun educational way to play sports. We have designed our program for kids to enjoy sports while learning. Our program teaches techniques reinforced through fun games and drills. Each day we end the day with game play. Please join our great coaches and tell your friends that Make Me a Pro is back and as usual are having a ball!

Basketball 101
9342 5-7 yr M 6:00pm-6:45pm Jun 10-Aug 12
10 classes STONE MMP Staff $172
9343 8-12 yr M 6:50pm-7:35pm Jun 10-Aug 12
10 classes STONE MMP Staff $172

Capture the Flag
9766 6-10 yr Sa 12:00pm-12:45pm Jun 15-Aug 17
10 classes PALHP MMP Staff $172

Indoor Soccer 101
9348 5-7 yr T 6:00pm-6:45pm Jun 11-Aug 13
10 classes STONE MMP Staff $172

Basketball
9355 5-7 yr Sa 10:20am-11:05am Jun 15-Aug 17
10 classes PALHP MMP Staff $172

Soccer Magic
9357 8-12 yr Sa 11:10am-11:55am Jun 15-Aug 17
10 classes PALHP MMP Staff $172

Super Soccer Stars
The focal point at this age group is to improve your child’s elementary capacity through fun games, technical skill development and group activities like small-sided games to goals. Each class emphasizes spatial awareness and teammates, encouraging team work. Repetitious ball skill activities are used to promote muscle memory and build confidence.

9543 5-7 yr Sa 12:25pm-1:25pm Jun 15-Jul 20
6 classes CVCC SSS Coach $125
9382 5-7 yr Sa 12:25pm-1:25pm Jul 27-Aug 31
6 classes CVCC SSS Coach $125

Take 1 Academy
Baseball Sluggers II This beginner-intermediate class will emphasize the continued progression of baseball skills, proper technique and baseball-specific body positioning in the areas of hitting, fielding, and base running. Students will build their confidence in a motivating environment. Baseball glove, bat, batting helmet required.

Basketball Rookies II Your child will have fun learning and playing the game of basketball! We focus on the development of important motor skills needed to play basketball while emphasizing teamwork and a positive attitude. We introduce dribbling, passing, catching, shooting, and the basic rules of the game. Repetition and skills progression through age appropriate games and drills will build young basketball players’ confidence and self-esteem.

See pages 61-63 for the Guide to Class Locations and Facilities.
Youth Basketball Clinic – Beginning/Intermediate

This is an individual sign up basketball camp. The camp will meet every Tuesday for eight weeks. Each session will consist of basic fundamentals training for the beginners and skills training for the more advanced. The second half of each session will have the kids form up into teams and scrimmage with the camp instructors assisting by coaching and officiating the games. All skill levels are welcome, and each participant will receive a Certificate of Participation.

**Beginning**

<table>
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<tbody>
<tr>
<td>9428</td>
<td>6-10</td>
<td>Sa</td>
<td>8:30am-9:30am</td>
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<tr>
<td>9426</td>
<td>8-13</td>
<td>T</td>
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**Intermediate**

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<td>9429</td>
<td>6-10</td>
<td>Sa</td>
<td>9:35am-10:35am</td>
<td>Jun 15-Aug 17</td>
<td>$68</td>
</tr>
</tbody>
</table>

H.A.R.D. Hoops Academy Youth Basketball Clinic

This High Brand Level of basketball will be taught through various drills and intense workouts which are targeted to boost your level of athleticism and improve all aspects of your game. From developing your individual game (shooting form, two ball dribbling, Athleticism, etc.) to improving your team game (court awareness, coach-ability, basketball IQ, etc.), H.A.R.D. Hoops Academy is focused on making sure you reach your basketball potentials while still creating and maintaining a fun, competitive, and learning atmosphere!

<table>
<thead>
<tr>
<th>Code</th>
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<td>10-16</td>
<td>Sa</td>
<td>10:40am-12:40pm</td>
<td>Jun 15-Aug 17</td>
<td>$90</td>
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Youth Tennis

Wear tennis shoes, bring a tennis racket, and bring a new can of tennis balls to the first class. No class 7/6.

**Beginner NTRP 1.0** Little or no previous experience or limited tennis playing experience. Students will learn basic grips and strokes (forehand, backhand, volley, serve, scoring and elements of game play).

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<th>Code</th>
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<td>Sa</td>
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<tr>
<td>9415</td>
<td>7-17</td>
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<td>Jun 12-Aug 14</td>
<td>$152</td>
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<td>8575</td>
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<td>Su</td>
<td>2:00pm-3:00pm</td>
<td>Jun 16-Aug 18</td>
<td>$152</td>
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**Advanced Beginner NTRP rating of 2.0** Some previous experience or those who can carry on a short rally. Emphasis on improving basic strokes, footwork, and serving. **Note:** Beginner tennis class is recommended before taking this class.

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<th>Code</th>
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<th>Dates</th>
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<tr>
<td>9404</td>
<td>7-17</td>
<td>Sa</td>
<td>12:10pm-1:10pm</td>
<td>Jun 15-Aug 24</td>
<td>$152</td>
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</table>

**Intermediate** Competitive Junior players looking to improve their game for either a USTA junior tournament or middle/high school team. Students will learn different strategies for winning tennis, extensive stroke/footwork drills and competitive game play.

<table>
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<th>Day</th>
<th>Time</th>
<th>Dates</th>
<th>Fees</th>
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<tbody>
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<td>8568</td>
<td>7-17</td>
<td>Sa</td>
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<td>Jun 15-Aug 24</td>
<td>$152</td>
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<tr>
<td>8561</td>
<td>7-17</td>
<td>Su</td>
<td>1:00pm-2:00pm</td>
<td>Jun 16-Aug 18</td>
<td>$152</td>
</tr>
</tbody>
</table>
Dance & Music

Ballet Dance Beginning
Ballet is not only a beautiful art form it is the basis for all dance forms. We will emphasize technical skills at the barre and center floor as well as vocabulary. Learn simple coordination, musicality, rhythm, concentration and discipline.

10121 12-15 yr W 4:45pm-5:45pm Aug 7-Aug 28
4 classes DLDC DLDC Staff $54

Hip Hop Dance
Do you want to dance like your favorite ‘hip-hop’ stars? Learn to loosen up, gain rhythm and have controlled isolated movements while learning short combinations. Have some serious fun learning the latest moves. All music and movement is age appropriate. Please wear comfortable street shoes, preferably athletic shoes. No class 7/1.

9894 13-17 yr M 6:00pm-7:00pm Jun 10-Aug 12
9 classes CVCC CVPA Staff $91

Urban Dance for Teens
Urban, contemporary dance, is a mixture of hip-hop, modern and jazz styles. In this exciting course, students will not only be able to learn basic dance technique but be able to put their own personality and individualism into the steps. Self-confidence, attitude, as well as teamwork will be stressed as the students and teacher work together to create a piece to show parents at the end of the session. No class 7/4.

10063 13-17 yr Th 7:00pm-7:55pm Jun 20-Aug 29
10 classes WPCC Freitas $110

Drums I – Beginning
Learn snare and bass drum technique, fundamental music reading skills and rhythm work to get you started playing with a solid drumming foundation. Please bring drumsticks or you may purchase a set at the studio.

10147 13-17 yr M 5:30pm-6:00pm Jun 10-Jul 1
4 classes Music Depot Schaaphok $83
10148 13-17 yr M 5:30pm-6:00pm Jul 8-Jul 29
4 classes Music Depot Schaaphok $83
10149 13-17 yr M 5:30pm-6:00pm Aug 5-Aug 26
4 classes Music Depot Schaaphok $83

Guitar I – Beginning
Get started by learning fundamental music reading skills, strumming technique, notes and chords. All the basics covered including starting to play simple songs. Please bring your guitar or you may purchase at the studio first day of lessons.

10156 13-17 yr M 6:30pm-7:00pm Jun 10-Jul 1
4 classes Music Depot Schaaphok $83
10157 13-17 yr M 6:30pm-7:00pm Jul 8-Jul 29
4 classes Music Depot Schaaphok $83
10158 13-17 yr M 6:30pm-7:00pm Aug 5-Aug 26
4 classes Music Depot Schaaphok $83

Health & Fitness

Yogalates for Tweens and Teens
Designed especially for teens and tweens, this class incorporates the mind body connection and stretching exercises/poses you achieve with yoga but adds an excellent segment of purely based core exercises through Pilates practice. Please bring a yoga mat, towel and water. This class counts as PE credit!

8581 10-16 yr Th 5:00pm-6:00pm Jul 11-Aug 29
8 classes KASCC Rowe $73

Martial Arts

Gung Fu
The basic principles of Gung-Fu are health, general ideas of self-defense and the art of movement. Beginners start with basic stance and forms of the Sil-Lum and Black Tiger styles. Advanced students continue training and learn forms from the Tiger-Claw, Pai-Tai and Tai-Chi and Gung-Fu weapon forms.

Beginning
8437 7 yr + M/W 6:00pm-7:30pm Jun 17-Aug 21
20 classes WPCC Martinez $90

Advanced
8439 7 yr + M/W 7:30pm-9:00pm Jun 17-Aug 21
20 classes WPCC Martinez $90

Karate/Aikido
Okinawan Karate teaches basic physical training, strikes, blocks, kicks, self-defense and sparring. Aikido teaches footwork, balance, falls, rolls, and controlling techniques. Learn to use the power of your opponent to your advantage while developing self-discipline and confidence. Instructed by a certified black belt.

Beginning
8491 7 yr + M 4:00pm-6:00pm Jun 17-Aug 19
10 classes CVCC Brown $138*
8492 7 yr + W 6:00pm-8:00pm Jun 19-Aug 21
10 classes SFCC Brown $138*

*Uniform cost of $30 due at first class to Instructor.
EAABs Filipino/Indonesian Martial Arts
Learn Filipino/Indonesian martial arts of self-defense, particularly those that focus on short stick/cane and blade. This also includes applying empty-handed striking methods, joint locking, disarming, and take down maneuvers.

<table>
<thead>
<tr>
<th>Class ID</th>
<th>Age</th>
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<tbody>
<tr>
<td>8415</td>
<td>12 yr +</td>
<td>T</td>
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<tr>
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<tr>
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<tr>
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<td>Jun 12-Aug 28</td>
</tr>
<tr>
<td>8418</td>
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<td>Th</td>
<td>5:30pm-6:25pm</td>
<td>Jun 13-Aug 29</td>
</tr>
<tr>
<td>9188</td>
<td>15 yr +</td>
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<td>6:30pm-7:25pm</td>
<td>Jun 13-Aug 29</td>
</tr>
<tr>
<td>8409</td>
<td>12 yr +</td>
<td>F</td>
<td>5:30pm-6:25pm</td>
<td>Jun 14-Aug 30</td>
</tr>
<tr>
<td>9191</td>
<td>14 yr +</td>
<td>Sa</td>
<td>11:00am-11:55am</td>
<td>Jun 15-Aug 31</td>
</tr>
</tbody>
</table>

*Uniforms and safety equipment cost of $65 required and must be purchased at first class.

EAABs Fitness & Self Defense
Group self-defense designed to improve self-confidence with the added benefit of being able to effectively protect yourself. Includes body stretching; conditioning and breathing techniques; blocking; punching; kicking in specific target areas; grappling defense techniques; and defense against weapon attacks.

<table>
<thead>
<tr>
<th>Class ID</th>
<th>Age</th>
<th>Days</th>
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<td>8417</td>
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<td>Jun 14-Aug 30</td>
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<tr>
<td>9191</td>
<td>14 yr +</td>
<td>Sa</td>
<td>11:00am-11:55am</td>
<td>Jun 15-Aug 31</td>
</tr>
</tbody>
</table>

*Uniforms and safety equipment cost of $65 required and must be purchased at first class.

Gabriel Martial Arts – Taekwondo
For beginners. Taekwondo is a Korean martial art combining many different styles.

<table>
<thead>
<tr>
<th>Class ID</th>
<th>Age</th>
<th>Days</th>
<th>Time</th>
<th>Dates</th>
</tr>
</thead>
<tbody>
<tr>
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<td>6:30pm-7:30pm</td>
<td>Jun 17-Aug 26</td>
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<tr>
<td>10 classes</td>
<td>SFCC</td>
<td>Gabriel</td>
<td>$140</td>
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</tr>
</tbody>
</table>

Nature

Shoreline Trash Takers
Grab your gloves and your goodwill! The Hayward shoreline is a vital part of the San Francisco Bay-Estuary ecosystem and we need your help to maintain this important habitat. The salt marsh needs a little TLC to get rid of litter that has accumulated since our last clean-up. We provide trash bags and have gloves to loan. This is a great way to complete community service hours while enjoying the outdoors and helping your environment. For groups larger than 10 please contact Interpretive Center at (510) 670-7270 or email shoreline@haywardrec.org to confirm participation.

<table>
<thead>
<tr>
<th>Class ID</th>
<th>Age</th>
<th>Days</th>
<th>Time</th>
<th>Dates</th>
</tr>
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<tbody>
<tr>
<td>10451</td>
<td>12 yr +</td>
<td>Su</td>
<td>1:00pm-3:00pm</td>
<td>Aug 18</td>
</tr>
<tr>
<td>1 class</td>
<td>HSIC</td>
<td>Staff</td>
<td>Free</td>
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</table>

Special Interest & Hobbies

Online Driver’s Ed
DMV allows teens to receive their learner’s permit at age 15½ and a license at age 16. This class is the FIRST, required step that needs to 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. Receive DMV-approved Certificate of Completion. Sign up any time. Registration is ongoing online. Please contact instructor at info@safetydiversed.com. Classes are available 24/7.

<table>
<thead>
<tr>
<th>Class ID</th>
<th>Age</th>
<th>Days</th>
<th>Time</th>
<th>Dates</th>
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<tbody>
<tr>
<td>9772</td>
<td>15 yr +</td>
<td>Online July</td>
<td>Vieyra</td>
<td>$51</td>
</tr>
<tr>
<td>9773</td>
<td>15 yr +</td>
<td>Online August</td>
<td>Vieyra</td>
<td>$51</td>
</tr>
</tbody>
</table>

SAT Prep
Stressed about the SAT college-entrance tests coming up soon? Join us in this special 6-week class to cover test-taking strategies, techniques, and core concepts to acclimate students to taking the test under timed conditions. An optional practice test will be assigned to complete at home toward the end of the course. This course prepares students for the August 24, 2019 SAT test. Questions about the course can be emailed to the instructor at rscbusiness2010@gmail.com. Instructor is the founder of Cerise Smart Tutoring, specializing in one-on one and group tutoring for college bound students.

<table>
<thead>
<tr>
<th>Class ID</th>
<th>Age</th>
<th>Days</th>
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<tbody>
<tr>
<td>10070</td>
<td>15-18 yr</td>
<td>M/W</td>
<td>1:00pm-3:00pm</td>
<td>Jul 15-Aug 21</td>
</tr>
<tr>
<td>12 classes</td>
<td>ACC</td>
<td>Chen</td>
<td>$610*</td>
<td></td>
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</table>

Volleyball
Club V.I.P volleyball camps are a progressive system to help breakdown skills to build up a solid foundation. Here they will learn the fundamentals and develop proper mechanics. There will be a 15-minute snack break in the middle of each day. Our hopes are to establish a great foundation that will excite them to join Club V.I.P. Girls Leagues or The Competitive Next Level Program. www.clubvipercom

<table>
<thead>
<tr>
<th>Class ID</th>
<th>Age</th>
<th>Days</th>
<th>Time</th>
<th>Dates</th>
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<tbody>
<tr>
<td>8905</td>
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<td>M-Th</td>
<td>9:00am-12:00pm</td>
<td>Jun 17-Jun 20</td>
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<td>SAC</td>
<td>Babu</td>
<td>$105</td>
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<tr>
<td>8906</td>
<td>10-14 yr</td>
<td>M-Th</td>
<td>1:00pm-4:00pm</td>
<td>Jun 17-Jun 20</td>
</tr>
<tr>
<td>4 classes</td>
<td>SAC</td>
<td>Babu</td>
<td>$105</td>
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</tbody>
</table>

See pages 61-63 for the Guide to Class Locations and Facilities.
Art

Acrylic and Oil Painting
Discover the qualities and versatility of acrylic and oil paints as you create your own unique works of art. Learn techniques to create strong compositions while practicing the elements and principles of design. Enjoy discovering the possibilities of acrylic and oil paint using a variety of gels and solvents. Realize and discover your inner talent and feel free to create personal art pieces. Three demonstrations will be done 30 minutes before the start of class. No previous experience is necessary. Wear clothes you can get messy in. Supply list will be discussed at first class. www.azarvaghefi.com. No class 7/4, 7/5, 7/18, 7/19.

10081 16 yr +  Th 6:30pm-9:00pm Jun 13-Aug 29
10 classes ADOBE Vaghefi $151*

10082 16 yr +  F 10:00am-12:30pm Jun 14-Aug 30
10 classes ADOBE Vaghefi $151*

*$7 supply fee due at first class.

Life Drawing
A cooperative drawing class for all levels of proficiency. Each session involves gesture poses, 20-minute studies and one hour-long pose. There is a three hour pose at the end of each month. All medias are included. Odorless thinners only. No cameras. This is a drop-in program. Please pay at the door. No class 7/4.

10086 18 yr +  Th 7:00pm-10:00pm Jun 13-Aug 29
11 classes ADOBE Vaghefi $15 drop-in

Portrait Painting
This class is for beginners or those who want to learn about portraiture. Learn the basic principles of portrait painting using shapes, color, tone and measurements to form a likeness. Demonstration and critiques will be part of class. Supply list will be provided at first class.

10134 18 yr +  M 6:30pm-9:00pm Jun 17-Aug 19
10 classes ADOBE Krause $151

Artist's Open Studio
This drop-in open studio is a friendly and helpful atmosphere to explore your work, begin something new or work on an unfinished project.

San Lorenzo Sessions facilitated by Kathy Zanger. Tables and chairs provided. Preregistration or punch card* required (no drop-in).

10094 18 yr +  M 10:00am-2:00pm Jun 17-Jul 22
6 classes SLCC Zanger $24*
10097 18 yr +  M 10:00am-2:00pm Jul 29-Aug 26
5 classes SLCC Zanger $20*

*$25 for 5-visit punch card.

Adobe Host painters providing tables, chairs and easels. Drop-in fee ($4) at the door or punch card* accepted. No studio 7/4.

10133 18 yr +  Th 10:00am-2:00pm Jun 13-Aug 22
8 classes ADOBE $54 drop-in*

* $25 for 5-visit punch card.

Jewelry Casting
Learn the basics while we discuss wax work, settings for gem stones, designing, polishing and finishing and the correct use of tools. We will also cover kiln loading, firing and unloading with emphasis on casting precious metals. Please bring any metal and gemstones you already own along with sketches, designs, drawings and tools to class with you. No class 7/3.

10076 12 yr+  w 7:00pm-9:30pm Jun 12-Aug 7
8 classes ADOBE Donivan $83

Jewelry Design
Create a bold, modern design from an existing piece of jewelry or create a new piece using drawings, clippings and photos as inspiration. This is a great class for jewelry repairs, ring sizing or necklace stringing. The studio will remain open for one hour after class if you would like to work on your pieces. No class 7/4.

10077 16 yr +  W 7:00pm-8:30pm Jun 18-Aug 13
8 classes WPCC Wright $58
10078 16 yr +  Th 11:00am-12:30pm Jun 20-Aug 15
8 classes WPCC Wright $58

Jewelry Cast Card
Register in this activity to purchase a 5-visit punch card for drop-in open studio card for either studios. Punch cards must be pre-purchased and can be picked up at the District Office, 1099 E Street, Hayward, or you may call to request one be mailed to you, (510) 881-6700. The card is good for two quarters — starting with the quarter you purchased it — at both the Monday and Thursday class. No class 7/4.

10095 18 yr +  M/Th 10:00am-2:00pm Jun 10-Aug 29
SLCC/Adobe Zanger/Staff $25 for 5-visit punch card
Quilting Workshop
This is a short seasonal workshop. Bring your own projects to work on and instructor will provide assistance.

10085 18 yr + 4 classes M 9:30am-12:30pm Aug 5-Aug 26 ADOBE $35
10491 18 yr + 4 classes T 9:30am-12:30pm Aug 6-Aug 27 ADOBE $35

Floral Workshops
All materials provided. No experience necessary. See ashapooovah.blogspot.com for pictures.
Contemporary Arrangement Learn to design a contemporary style arrangement with fresh flowers.

10085 18 yr + 1 10:00am-12:00pm Jun 29 ADOBE $20

*supply fee due at class.

Pottery
Learn and practice pottery as an art form in our peaceful classroom environments. We offer gas high temperature glaze (cone 10) reduction firings as well as alternatives for firing. Beginners learn the techniques of wheel throwing, hand building, sculpture and high-fire glazing. Intermediate students continue instruction in basic techniques and are encouraged to bring ideas for individual projects. There is also advanced instruction in extended throwing, lidded forms, and altered pieces. Each class can accommodate all levels. Choose the time and day that is convenient for you. Fees include glazes and firing. Participants must pre-purchase clay at class and provide their own tools. Starter tool kits are available for purchase at class. Only item produced during session/class time will be fired. No class 7/4.

9728 18 yr + 10 classes M 6:30pm-9:30pm Jun 17-Aug 19 WPCC $173
9730 18 yr + 10 classes Th 12:00pm-3:00pm Jun 18-Aug 20 WPCC $173
9731 18 yr + 10 classes T 4:00pm-7:00pm Jun 18-Aug 20 WPCC $173
9727 18 yr + 10 classes T 6:30pm-9:30pm Jun 18-Aug 20 ADOBE $173
9732 18 yr + 10 classes W 9:00am-12:00pm Jun 19-Aug 21 WPCC $173
9733 18 yr + 10 classes W 6:30pm-9:30pm Jun 19-Aug 21 ADOBE $173
9734 18 yr + 10 classes W 6:30pm-9:30pm Jun 19-Aug 21 ADOBE $173
9735 18 yr + 9 classes Th 9:00am-12:00pm Jun 20-Aug 22 WPCC $173
9729 18 yr + 9 classes Th 6:30pm-9:30pm Jun 20-Aug 22 ADOBE $173
9736 18 yr + 9 classes Th 6:30pm-9:30pm Jun 20-Aug 22 Russell $173

Pottery Drop-in
This workshop is designed for current or previous student drop-ins or class make-ups. Workshops are overseen by volunteers providing informal instruction. Only items produced during session/class time will be fired. You may provide a make-up slip, pay the $5 hourly fee at the door, or pre-purchase a 15-hour drop-in card ($5 full drop-in days) for $75. No drop-in 6/25, 7/4, 7/16.

9738 15 yr + 8 classes T 9:30am-12:30pm Jun 18-Aug 20 ADOBE $20
9739 15 yr + 10 classes W 12:00pm-3:00pm Jun 19-Aug 21 WPCC $20
9740 15 yr + 9 classes Th 12:00pm-3:00pm Jun 20-Aug 22 WPCC $20
9741 15 yr + 10 classes F 9:30am-3:30pm Jun 21-Aug 23 WPCC $20
9742 15 yr + 10 classes Sa 9:30am-3:30pm Jun 22-Aug 24 WPCC $20
9743 15 yr + 10 classes Sa 1:00pm-4:00pm Jun 22-Aug 24 WPCC $20

Raku Glazing and Firing Intensive
Most courses include a $10 lab fee to cover expenses for glazes and firing. Bring your own tools and purchase the clay at class. Starter tool kits available for purchase at class.

9747 18 yr + 1 class Th 6:00pm-9:00pm Jun 27 WPCC $20
9748 18 yr + 1 class Th 6:00pm-9:00pm Jul 11 WPCC $20
9749 18 yr + 1 class Th 6:00pm-9:00pm Jul 25 WPCC $20
9750 18 yr + 1 class Th 6:00pm-9:00pm Aug 8 WPCC $20
9751 18 yr + 1 class Th 6:00pm-9:00pm Aug 22 WPCC $20

Dance & Music
Ballet Basics for Adults
Ballet provides a foundation for all other dance movements to be built upon. This class is for beginners through experienced dancers alike. Warm up at the ballet barre then move to the floor for simple combinations. Wear ballet shoes and close-fitting clothing or tights and leotard and bring an exercise mat. Visit the instructor’s website for more information at www.hopstepstep.com.

90084 16 yr + 7 classes Th 5:15pm-6:15pm Jul 11-Aug 22 SFCC DeNike $125
Beginning Tap Dance
Learn the fundamentals of Tap Dance then progress through steps and combinations. This is a fun and energizing form of exercise. Please wear tap shoes. No class 7/3.
9877    18 yr +         W        8:15pm-9:10pm       Jun 12-Aug 14
9 classes          CVPA-2        CVPA Staff        $91
10127    16 yr +         Th        7:00pm-8:00pm       Aug 5-Aug 29
4 classes          DLDC        DLDC Staff        $54

Belly Dance – Beginning
Remove the daily stress with a yoga warm-up, enjoy a low impact dance workout and learn belly dance moves with some basic choreography. Wear loose fitting clothes or aerobic gear. All are welcome to join. No experience is necessary. No class 7/4, 7/11, 8/1.
10138    12 yr +         Th        7:15pm-8:15pm       Jun 13-Aug 22
8 classes          SGCC        Karpeles        $51

Classical and Contemporary Ballet
Ballet is not only a beautiful art form it is the basis for all dance forms. We will emphasize technical skills at the barre and center floor as well as vocabulary. Learn simple coordination, musicality, rhythm, concentration and discipline.
10123    16 yr +         W        6:30pm-7:30pm       Aug 7-Aug 28
4 classes          DLDC        DLDC Staff        $54

Jazz Dance
This energetic class features stretching, isolations and basic jazz steps. Move across the floor working on coordination, agility, and basic dance technique through progressions of runs, turns, leaps, etc. You will also learn short combinations emphasizing musicality and rhythm, athleticism and style. A great class for active men and women! Please wear jazz shoes or ballet slippers.
10120    16 yr +         T        7:45pm-8:45pm       Aug 6-Aug 27
4 classes          DLDC        DLDC Staff        $54

Latin Ballroom Dance
Do you love watching shows like Dancing with the Stars and So You Think You Can Dance? Come learn steps and routines straight from the show. Study basics of Bachata, Salsa, Cha Cha, Rumba, Samba, Paso Doble, and Jive. Perfect for those who have little to no dance experience. No partner necessary.
10117    16 yr +         M        7:45pm-8:45pm       Aug 5-Aug 26
4 classes          DLDC        DLDC Staff        $54

Swing and Ballroom Basics
Get up and dance! Emphasis is on having fun while developing an engaging social hobby. You will learn comfortable steps in East Coast Swing and smooth dances such as Fox Trot, Waltz and nightclub Two Step. No class 7/18, 7/19.
10113    18 yr +         F        6:30pm-7:30pm       Jul 5-Aug 30
8 classes          CVCC        Hilton        $93
10112    18 yr +         Th        7:00pm-8:00pm       Jul 11-Sep 5
8 classes          SFCC        Hilton        $93

Swing and Only Swing
Have fun and exercise at the same time. Learn to dance to tunes from Glen Miller (30’s) to the Cherry Poppin’ Daddy’s (90’s). We will start with the basics and then move to the West Coast Swing and Lindy. If you have two left feet or even danced a little we are waiting for you. No class 7/19.
8908    18 yr +         F        8:30pm-9:30pm       Jul 5-Aug 30
8 classes          CVCC        Hilton        $93

Tango and Latin Dance
These fun and energetic classes are for individuals and couples. Perfect for those who have little to no dance experience. Explore the hip work of Latin dances such as Rumba, Cha-Cha, Samba, Salsa, Merengue and the passion of Tango. Come to class and we will send you out a dancer. No class 7/18, 7/19.
8909    18 yr +         F        7:30pm-8:30pm       Jul 5-Aug 30
8 classes          CVCC        Hilton        $93
10114    18 yr +         Th        8:00pm-9:00pm       Jul 11-Sep 5
8 classes          SFCC        Hilton        $93

Ukulele for Adults – Introduction
Release your inner musician! Learn basic chords, strumming and end up playing simple songs by the end of the session! No need to read music; bring your own ukulele and ukulele tuner. No class 7/4.
10109    18 yr +         Th        6:30pm-7:30pm       Jul 13-Jul 18
5 classes          SFCC        Oducayen        $89

Ukulele for Adults – Beginner/Intermediate
Learn more advanced chords, picking, and how to read chord charts. Play and sing songs of your choice and experience how much fun ukulele playing can be! Must know basic chords. No need to read music; bring your own ukulele and tuner.
10110    18 yr +         Th        6:30pm-7:30pm       Jul 25-Aug 22
5 classes          SFCC        Oducayen        $89

See pages 61-63 for the Guide to Class Locations and Facilities.
Golf

Our programs include instruction on the golf swing, short game, club fitting, course management, practice techniques, rules and etiquette. We work with each student to help design a personal improvement program based on the individual’s goals.

Beginner

9222  13 yr +  Sa  10:00am-11:00am  June 6-July 27  MHRD Staff $110
9225  13 yr +  T  4:00pm-5:00pm  July 9-July 30  MHRD Staff $110
9223  13 yr +  Sa  10:00am-11:00am  Aug 3-Aug 24  MHRD Staff $110
9226  13 yr +  T  4:00pm-5:00pm  Aug 6-Aug 27  MHRD Staff $110
9227  13 yr +  T  4:00pm-5:00pm  Sep 3-Sep 24  MHRD Staff $110
9224  13 yr +  Sa  10:00am-11:00am  Sep 7-Sep 28  MHRD Staff $110

Intermediate

9228  13 yr +  Sa  11:15am-12:15pm  June 6-July 27  MHRD Staff $110
9231  13 yr +  T  5:15pm-6:15pm  July 9-July 30  MHRD Staff $110
9229  13 yr +  Sa  11:15am-12:15pm  Aug 3-Aug 24  MHRD Staff $110
9232  13 yr +  T  5:15pm-6:15pm  Aug 6-Aug 27  MHRD Staff $110
9233  13 yr +  T  5:15pm-6:15pm  Sep 3-Sep 24  MHRD Staff $110
9230  13 yr +  Sa  11:15am-12:15pm  Aug 3-Aug 24  MHRD Staff $110
9231  13 yr +  Sa  10:00am-11:00am  Jul 6-Jul 27  MHRD Staff $110

Back Strength & Stretch at Sorensdale

A slow, gentle movement class designed to reduce pain, install good postural habits and build strength. You will learn exercises for pain relief and re-posturing. Includes elements of myofascial stretching.

9760  18 yr +  M  6:30pm-7:30pm  July 8-July 29  SRC DelNike $32
9761  18 yr +  M  6:30pm-7:30pm  Aug 5-Aug 26  SRC DelNike $32
10446  18 yr +  M  6:30pm-7:30pm  Sep 9-Sep 30  SRC DelNike $32

Energy Company

Classes are continuous and co-ed. Registration is taken at class. Fee: $45 for 8 classes/$60 for 16 classes/$8 single class. Tickets have no expiration date. Put ENERGY into your life while you burn fat, build muscle, increase metabolism, improve cardiovascular fitness and relieve stress. Contact Stacey.bristow@comcast.net for further information.

New Students: Receive 4 FREE CLASSES with the purchase of a $60 ticket — 20 classes for $60.

Body Sculpting

A range of free weights (2-15 lbs.), exercise bands, straps, foam rollers, and chi balls are used to tone and strengthen all major muscle movements. Bands and dumbbells provided to get you started. All levels. See fees above.

Cardio Kickboxing

Cardio, circuit, resistance training: walking, running, heavy bags, medicine balls and jump rope. Core, gluts, arms, legs, you name it, we target it. Men are especially welcomed! If you want to change up your fitness routine this is the class for you! No class 7/3, 7/4.

Fit-N-Trim

Come and enjoy routines designed to assist you in attaining and maintaining good muscle tone, weight loss and improved cardiovascular fitness. A variety of class formats for all ages and fitness levels.

U-JAM

U-JAM fitness is an athletic hip-hop dance fitness workout for all ages and fitness levels. U-JAM unites world beats and urban rhythm with high energy, so follow moves that will make you forget you’re working out. Experience the latest fitness craze to hit the Bay Area.

See pages 61-63 for the Guide to Class Locations and Facilities.
Jazzercise
Unlimited workouts, no joining fees, 6-month minimum auto registration required. Hurry! Start now! Jazzercise provides a calorie-torching, much needed reprieve from hectic schedules and lives. We offer newfound confidence; cutting-edge dance moves and a community of people just like you that will help you reach your goals!

Jazzercise Instructor Contact Information
Celeste Cook cjazzprincess@aol.com (510) 761-1201
Jan Hennefer www.jazzwithjan.com (510) 502-6644

Dance Mixx
Torch fat, sculpt lean muscle and crush calories with this high intensity workout that mixes dance-based cardio with strength training!

<table>
<thead>
<tr>
<th>Age</th>
<th>Days</th>
<th>Time</th>
<th>Location</th>
<th>Instructor</th>
</tr>
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<tbody>
<tr>
<td>18 yr +</td>
<td>M/T/W/F</td>
<td>4:30pm-5:30pm</td>
<td>KASCC</td>
<td>Hennefer</td>
</tr>
<tr>
<td>18 yr +</td>
<td>Sa</td>
<td>8:15am-9:15am</td>
<td>KASCC</td>
<td>Hennefer</td>
</tr>
<tr>
<td>18 yr +</td>
<td>M/W</td>
<td>7:10pm-8:10pm</td>
<td>CVCC</td>
<td>Hennefer</td>
</tr>
</tbody>
</table>

LO Dance Mixx
Use muscles, not momentum, to get a total-body workout, without the impact of your joints. Perfect for all fitness levels.

<table>
<thead>
<tr>
<th>Age</th>
<th>Days</th>
<th>Time</th>
<th>Location</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>18 yr +</td>
<td>T/Th</td>
<td>6:00pm-6:55pm</td>
<td>CVCC</td>
<td>Cook</td>
</tr>
<tr>
<td>18 yr +</td>
<td>Sa</td>
<td>9:00am-10:00am</td>
<td>CVCC</td>
<td>Cook</td>
</tr>
</tbody>
</table>

LO Express
Cut to the chase with a 30-minute blast of dance-based cardio plus strength training.

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<th>Age</th>
<th>Days</th>
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<th>Location</th>
<th>Instructor</th>
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<tbody>
<tr>
<td>18 yr +</td>
<td>T/Th</td>
<td>7:00pm-7:30pm</td>
<td>CVCC</td>
<td>Cook</td>
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</table>

Strength 45
Sculpt lean muscle through weight resistance training for a toned physique in 45 minutes.

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<th>Age</th>
<th>Days</th>
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<th>Location</th>
<th>Instructor</th>
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</thead>
<tbody>
<tr>
<td>18 yr +</td>
<td>Sa</td>
<td>8:00am-8:45am</td>
<td>CVCC</td>
<td>Cook</td>
</tr>
</tbody>
</table>

Strength 60
Sculpt lean muscle through weight resistance training for a toned physique in 60 minutes.

<table>
<thead>
<tr>
<th>Age</th>
<th>Days</th>
<th>Time</th>
<th>Location</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>18 yr +</td>
<td>Su</td>
<td>9:00am-10:00am</td>
<td>CVCC</td>
<td>Cook</td>
</tr>
</tbody>
</table>

Perinatal Fitness/ Prenatal Yoga
This is a class especially designed to enhance your pregnancy experience. While bonding with your baby in utero, you will be increasing your flexibility and strengthening your pregnant body, while preparing yourself for the beautiful experience of childbirth. Prenatal Yoga is safe for the entire pregnancy and has been shown to help with nausea, lower back pain, swelling and anxiety; and is known to improve strength, flexibility, and childbirth muscles. It also has been shown to shorten the stages of labor, therefore improving your overall birth experience!

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<tr>
<th>Age</th>
<th>Days</th>
<th>Time</th>
<th>Location</th>
<th>Instructor</th>
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</thead>
<tbody>
<tr>
<td>9361</td>
<td>18 yr +</td>
<td>W</td>
<td>5:00pm-6:00pm</td>
<td>Kascc</td>
</tr>
</tbody>
</table>

Pilates and Yoga Rotational
This is an 8-week class which gives you the variety of 4 different classes all rolled into one! If you’ve ever wanted to be able to do a different Pilates/Yoga based workout each week but pay one flat fee, then this is the class for you! Class schedule is as follows:

Week 1: Mat Pilates; Week 2: Pilates with Weights; Week 3: YogaLates; Week 4: Ball Pilates. The schedule repeats for the next 4 weeks. Please bring a yoga mat, water and get ready for an amazing flexibility enhancing and core strengthening experience!

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<tr>
<th>Age</th>
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<th>Time</th>
<th>Location</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
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<td>18 yr +</td>
<td>T</td>
<td>5:30pm-6:30pm</td>
<td>SLCC</td>
</tr>
</tbody>
</table>

Sunday Morning Boot Camp
Join us for 1½ hours...Yes, we said 1 ½ hours of total body workout! Cardio, Circuit, Resistance Training. Walking, Running, Heavy Bags, Medicine Balls and Jump Rope. Core, Gluts, Arms, Legs. You name it, we target it. Men are especially welcome! If you want to change up your fitness routine this is the class for you!

<table>
<thead>
<tr>
<th>Age</th>
<th>Days</th>
<th>Time</th>
<th>Location</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>8538</td>
<td>16 yr +</td>
<td>Su</td>
<td>9:00am-10:30am</td>
<td>SLCC</td>
</tr>
</tbody>
</table>

Tai Chi
Tai chi, which originated in China as a martial art, is a mind-body practice in complementary and alternative medicine (CAM). Tai chi is sometimes referred to as ‘moving meditation’—practitioners move their bodies slowly, gently, and with awareness, while breathing deeply. This class will help with your both the physical and emotional health.

<table>
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<tr>
<th>Age</th>
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<th>Time</th>
<th>Location</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>9777</td>
<td>18 yr +</td>
<td>Su</td>
<td>9:00am-11:00am</td>
<td>SLCC</td>
</tr>
<tr>
<td>9778</td>
<td>18 yr +</td>
<td>Su</td>
<td>9:00am-11:00am</td>
<td>SLCC</td>
</tr>
</tbody>
</table>

Zumba Gold at Sorensdale
Fitness that is innovative and fun! Latin and international dance rhythms designed for active older adults.

9763      18 yr +      W             6:00pm-7:00pm       Jul 3-Jul 31
4 classes SRC Alcantar $32

9764      18 yr +      W             6:00pm-7:00pm       Aug 7-Aug 28
4 classes SRC Alcantar $32

10447     18 yr +      W             6:00pm-7:00pm       Sep 4-Sep 25
4 classes SRC Alcantar $32

Sleep Yoga
Yoga nidra is an ancient practice and art of yogic sleep. It is a systematic method of inducing complete physical, mental and emotional relaxation. You will be guided through a five-stage sleep meditation done in corpse pose that will allow the mind and body to slip into the deepest state of relaxation. Fight stress and receive deep rest and restoration in this unique healing practice. Blankets, bolsters, and eye pillows will be provided. Please bring a yoga mat. No class 7/4.

10496     18yr+        Th             4:00pm-4:45pm       Jun 11-Jul 2
4 classes HASC Sleep Yoga Staff $53

10497     18yr+        Th             4:00pm-4:45pm       Jul 9-Jul 30
4 classes HASC Sleep Yoga Staff $53

10498     18yr+        W             4:00pm-4:45pm       Jun 12-Jul 3
4 classes HASC Sleep Yoga Staff $53

10499     18yr+        W             4:00pm-4:45pm       Jul 10-Jul 31
4 classes HASC Sleep Yoga Staff $53

10500     18yr+        T             5:00pm-5:45pm       Jun 13-Jul 11
4 classes KASC Sleep Yoga Staff $53

10501     18yr+        T             5:00pm-5:45pm       Jul 18-Aug 8
4 classes KASC Sleep Yoga Staff $53

10516     18yr+        T             6:00pm-6:45pm       Jun 11-Jul 2
4 classes SLCC Sleep Yoga Staff $53

10517     18yr+        T             6:00pm-6:45pm       Jul 9-Jul 30
4 classes SLCC Sleep Yoga Staff $53

10502     18yr+        W             6:00pm-6:45pm       Jun 12-Jul 3
4 classes SLCC Sleep Yoga Staff $53

10503     18yr+        W             6:00pm-6:45pm       Jul 10-Jul 31
4 classes SLCC Sleep Yoga Staff $53

10504     18yr+        Th             7:30pm-8:15pm      Jun 13-Jul 11
4 classes SLCC Sleep Yoga Staff $53

10505     18yr+        Th             7:30pm-8:15pm      Jul 18-Aug 8
4 classes SLCC Sleep Yoga Staff $53

German Language Instruction
Learn to speak German for basic conversation or just to keep your mind sharp.

Beginning
9775      6 yr +        Th             1:00pm-2:30pm      Jul 11-Aug 29
8 classes KASCC Urquides Free

Intermediate
9776      6 yr +        Th             11:30am-1:00pm     Jul 11-Aug 29
8 classes KASCC Urquides Free

Advanced
9774      6 yr +        Th             10:00am-11:30am    Jul 11-Aug 29
8 classes KASCC Urquides Free

Martial Arts

Leaping Leopard Shaolin Kenpo
A comprehensive system of martial arts developed to meet the self-defense needs of individuals in today's society. No class 6/17-6/22, 7/4.

Beginner to Purple Belt
9328      13 yr +       M             7:40pm-8:45pm      Jun 10-Aug 26
11 classes SLCC Santiago $73

9329      13 yr +       M             7:40pm-8:45pm      Jun 10-Aug 26
11 classes SGCC Santiago $73

9325      13 yr +       T             7:40pm-8:45pm      Jun 11-Aug 27
11 classes SGCC Santiago $73

9327      13 yr +       Th             7:40pm-8:45pm      Jun 13-Aug 29
10 classes SFCC Santiago $73

9324      13 yr +       F             7:40pm-8:45pm      Jun 14-Aug 23
10 classes SGCC Santiago $73

Non-Beginner Purple to Blue Belt
8505      6 yr +        Sa             10:10am-11:15am    Jun 15-Aug 24
10 classes SGCC Santiago $73

EAABs Fitness and Self Defense
Group self-defense lessons for men and women. Learn a multi-cultural art of self-defense focusing on promoting a healthy lifestyle with the added benefit of being able to effectively protect yourself.

8408      18 yr +       Th             7:30pm-8:25pm      Jun 13-Aug 29
11 classes EAABs Untalan $175*

9189      40 yr +       F             11:00am-11:55am  Jun 14-Aug 30
12 classes EAABs Untalan $175*

8407      18 yr +       W             7:30pm-8:25pm      Jun 12-Aug 28
12 classes EAABs Untalan $175*

8419      18 yr +       T             7:30pm-8:25pm      Jun 11-Aug 27
12 classes EAABs Untalan $175*

8420      40 yr +       F             10:00am-10:55am   Jun 14-Aug 30
12 classes EAABs Untalan $175*

*Uniforms and safety equipment requirement cost not included and must be purchased through EAABs.

Karate/Aikido
Okinawan Karate will teach basic physical training, strikes, blocks, kicks, self-defense and sparring. Aikido teaches footwork, balance, falls, rolls, and controlling techniques.

8491      7 yr +        M             4:00pm-6:00pm      Jun 17-Aug 19
10 classes CVCC Brown $138*

8492      7 yr +        W             6:00pm-8:00pm      Jun 19-Aug 21
10 classes CVCC Brown $138*

*Uniform cost of $30 due at first class to Instructor.

Languages

American Sign Language
This is a beginner’s course for those who do not know how to sign but would like to learn the basics of sign language. Learn the skills of finger-spelling, cardinal numbers, and some basic vocabulary.

9789      18 yr +       T             6:30pm-7:30pm      Jun 4-Jun 25
4 classes KASCC Ng $24

9818      18 yr +       Sa             10:00am-11:00am    Jun 8-Jun 29
4 classes KASCC Ng $24

9790      18 yr +       T             6:30pm-7:30pm      Jul 2-Jul 30
5 classes KASCC Ng $30

9819      18 yr +       Sa             10:00am-11:00am    Jul 6-Jul 27
4 classes KASCC Ng $24

9820      18 yr +       Sa             10:00am-11:00am    Aug 3-Aug 31
5 classes KASCC Ng $30

9791      18 yr +       T             6:30pm-7:30pm      Aug 6-Aug 27
4 classes KASCC Ng $24

See pages 61-63 for the Guide to Class Locations and Facilities.
Gung Fu
The basic principles of Gung-Fu are health, general ideas of self-defense and the art of movement. Beginners start with basic stance and forms of the Sil-Lum and Black Tiger styles. Advanced students continue training and learn forms from the Tiger-Claw, Sai-Pai and Tai-Chi and Gung-Fu weapon forms.

Beginning
8437 7 yr + M/W 6:00pm-7:30pm Jun 17-Aug 21
20 classes WPCC Martinez $90

Advanced
8439 7 yr + M/W 7:30pm-9:00pm Jun 17-Aug 21
20 classes WPCC Martinez $90

Adult Cardio Kickboxing
This adult class is for those who want to learn how to defend themselves using standup fighting while getting an incredible cardio workout. Gloves and hand wraps are mandatory for this class and are available through Spark Martial Arts. Bag and focus mitts will be utilized during this class and sparring is optional for more advanced students. You will learn Muay Thai and boxing techniques from the former UFC fighter, Carlos Rocha.

Adult Nature Series – Eagle Tactics
Searching and soaring on powerful wing beats are an eagle’s survival tactics. A pairing of wing design and vision makes them the master of their chosen terrain. Find out how to differentiate an eagle from a hawk or falcon as you meet some of Sulphur Creek’s resident diurnal (or daytime) raptors up close at this special adult only presentation.

Adults
See pages 61-63 for the Guide to Class Locations and Facilities.
Special Interest & Hobbies

**Basic Computer Skills Lab**
Learn basic computer skills including keyboarding, sending and receiving email, internet job skills, word processing and finding free and useful library resources. Computer access for the Online High School Diploma at the Library.

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<tr>
<th>Age</th>
<th>Days/Time</th>
<th>Start/End</th>
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<tbody>
<tr>
<td>18+</td>
<td>M Tu W Th</td>
<td>10:30am-12:30pm</td>
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<tr>
<td>18+</td>
<td>ACC</td>
<td>Free</td>
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</tbody>
</table>

**Job Seeking Drop-in Clinic**
A drop-in job clinic to help you find a job. Write effective resumes and cover letters, practice your interview skills, search and complete job applications online, improve your reading, writing and spelling skills, and update your basic computer skills. Free career coaching and library resources. Please bring a draft resume and USB drive to class.

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<tr>
<th>Age</th>
<th>Days/Time</th>
<th>Start/End</th>
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<tbody>
<tr>
<td>18+</td>
<td>Th</td>
<td>6:00pm-8:00pm</td>
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<tr>
<td>7722</td>
<td>ACC</td>
<td>Free</td>
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**PhotoCentral Drop-in Digital Lab & Darkroom**

(510) 881-6721 • www.photocentral.org
email: info@photocentral.org
Drop-in Lab Hours:
Mondays, 5:00pm-10:00pm or by appointment.

Traditional Darkroom and Digital Lab Darkroom Usage Includes all basic chemistry and equipment. Bring your own film and photo paper. Digital lab usage includes computers, flatbed scanner, and Epson P800/3880 printers. Ink and paper charges apply. Fee: $10 per hour

Advanced Digital Lab and Advanced Traditional Darkroom Usage Advanced Digital Lab includes Epson and Canon Large Scale Printers and Nikon High-Resolution scanners. Advanced Darkroom includes 8x10 enlargers and larger chemistry trays for prints up to 20x24 inches. Bring your own film and photo paper. Chemical overage, ink, and paper charges apply. Fee: $20 per hour

**Private Lessons** Call (510) 881-6721 or email info@photocentral.org to arrange.

Large Scale Printing and Scanning with Phillip Garbutt Phillip’s specialty is Nikon and flatbed scanning, Lightroom image processing, alternative darkroom processes, and our new Canon Large Scale printer. Email info@photocentral.org to arrange. Fee: $150 for 3 hours

**Printing and Image Development with Allen McKinney** Allen has worked with renowned artists as a printmaker for 40 years. He specializes in optimal print output and image realization for the visual artist. Allen's specialties are the large scale Epson printer, platinum printing, and the digital negative. Email info@photocentral.org to arrange. Fee: $150 for 3 hours

**Individual Work Sessions for Photo Artists with Allen McKinney** An opportunity to work with an experienced professional using professional grade equipment and work flow. Two and three hour appointments available six days per week. Fee: $99 per hour/$4 per square foot for paper

**Printing with an Operator** Create your print statement with the help of a PhotoCentral expert. Includes printing with an operator and over-the-shoulder photo retouching. Fee: $99 per hour/$5 per square foot for ink and equipment usage only/$9 per square foot for paper, ink and equipment usage.

For more details see photocentral.org/IndividualWorkSessions.html

**Bridge**

**Hayward 750 Bridge Club** Drop-in Bridge. Join in this small, friendly ACBL Sanctioned Duplicate Bridge game designed for players with fewer than 750 Master-points. A review lesson is offered at 11am and the game begins at 11:30. Our purpose is to promote interest and develop the skills of those new to bridge. Snacks provided. $8 due at the door for game and $1 ACBL fees/supplies.

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<tr>
<th>Age</th>
<th>Days/Time</th>
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<tbody>
<tr>
<td>18+</td>
<td>Th</td>
<td>11:00am-3:30pm</td>
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<tr>
<td>7722</td>
<td>WPC</td>
<td>Conrad</td>
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**Lake Chabot Bridge Club** Drop-in bridge. All welcome! $1 donation suggested for snacks. Note Bridge will be at the CVCC for April and May. Ashland Community Center in June.

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<th>Age</th>
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<th>Start/End</th>
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<tbody>
<tr>
<td>18+</td>
<td>Th</td>
<td>9:00am-12:00pm</td>
</tr>
<tr>
<td>7722</td>
<td>ACC</td>
<td>Free</td>
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</table>

**Redwood Bridge Club** ACBL-sanctioned Duplicate Bridge. Drop-in basis, master points awarded. Instructor is an ACBL Ruby Life Master and Accredited Teacher.

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<tr>
<th>Age</th>
<th>Days/Time</th>
<th>Start/End</th>
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<tbody>
<tr>
<td>18+</td>
<td>M</td>
<td>11:30am-3:30pm</td>
</tr>
<tr>
<td>18+</td>
<td>W</td>
<td>11:30am-3:30pm</td>
</tr>
<tr>
<td>7722</td>
<td>W</td>
<td>KASCC Conrad</td>
</tr>
</tbody>
</table>

*$1 collected at door to Instructor for ACBL fee.
Terrarium Workshops

Succulent Garden Terrarium  Bring nature indoors by crafting your very own whimsical yet practical terrarium. Learn how to build and care for your terrarium. At the end of class, you will have created your very own terrarium to take home with you! All supplies are provided, but you can bring your very own decorative accents to give your terrarium a personal touch.

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Age</th>
<th>Gender</th>
<th>Time</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>10244</td>
<td>18+</td>
<td>W</td>
<td>1:00pm-2:30pm</td>
<td>Jun 12</td>
</tr>
</tbody>
</table>

Marimo Moss Ball Terrarium  Marimo (also known as "Japanese Moss Balls"), are a rare and unique species of algae native to Lake Akan in Hokkaido, Japan. Create and take home your very own whimsical yet practical aquatic ecosystem. Discover just how simple it is to build and maintain your new Marimo moss ball terrarium. They make the perfect plant "pet", as minimal care is needed; they thrive on indirect sunlight and a monthly water change. All materials are included.

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<th>Class Code</th>
<th>Age</th>
<th>Gender</th>
<th>Time</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>10243</td>
<td>18+</td>
<td>F</td>
<td>1:00pm-2:30pm</td>
<td>Jun 14</td>
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</tbody>
</table>

Air Plant Terrarium  Introduce a charming botanical element of décor into your home, while bringing new, vibrant life indoors with your very own air plant terrarium! Air plants or Tillandsia, are lovely and almost self-sufficient plants, which make for fun and easy-to-maintain indoor gardens. Air plants, as their name implies, thrive on mostly air, and occasionally require some water. You will have the opportunity to make two different terrariums to take home with you (one in a teardrop-shaped vessel and another in a globe-shaped vessel). Air plant terrariums are living and breathing works of art that will add character to your home or office space; they also make great gifts! All materials are provided, but if you'd like to add your own special touch, feel free to bring your own miniature decorative accents.

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<th>Gender</th>
<th>Time</th>
<th>Date</th>
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</thead>
<tbody>
<tr>
<td>10245</td>
<td>18+</td>
<td>F</td>
<td>1:00pm-2:30pm</td>
<td>Aug 9</td>
</tr>
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</table>

Adult Sports Leagues

New teams interested in playing any of the sports leagues below may request more information by calling (510) 317-2314 or email the request to adultsports@HaywardRec.org. New teams should pick up their registration packet or request one be emailed to you. Sports league registration packets can be downloaded at www.teamsideline.com/hayward. Teams that played during the 2018 season will receive their information automatically by email.

Adult softball  Leagues are offered in Men’s, women’s and co-ed slow-pitch. League games are played at the Alden E. Oliver sports Park in Hayward.

Adult Soccer  Leagues year-round soccer leagues at the Alden E. Oliver sports Park of Hayward are available. "Women’s over 30" league will be offered.

Adult Volleyball  Leagues are offered in Men’s, women’s and co-ed divisions. Matches are played at the sunset adult school Gymnasium.

Sports

Sports Field and Gym Rentals...see page 59.

Bocce Ball  Open Play Bocce, Wednesdays and Saturdays, 10:00am, Adobe Art Center Park. If you are interested in participating in a bocce ball league, please call (510) 317-2303 to be placed on an interest list for future leagues. Bocce ball leagues will be played at the Adobe Art Center in Castro Valley.

Adult Tennis

Tennis

Adult Social Tennis League  These leagues are designed to allow community members like you to find hitting partners and competitive play without joining a competitive team. Women and men of all levels of play are welcome.

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Age</th>
<th>Gender</th>
<th>Time</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>9171</td>
<td>18+</td>
<td>W</td>
<td>7:00pm-9:00pm</td>
<td>Jun 12-Aug 14</td>
</tr>
</tbody>
</table>

Adult Tennis  Bring a tennis racket and a can of new tennis balls to first class.

Beginner NTRP  1.0  Little or no previous experience or limited tennis playing experience. Students will learn basic grips and strokes (forehand, backhand, volley, serve, scoring and elements of game play).

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Age</th>
<th>Gender</th>
<th>Time</th>
<th>Date</th>
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</thead>
<tbody>
<tr>
<td>8562</td>
<td>18+</td>
<td>Su</td>
<td>10:00am-11:00am</td>
<td>Jun 16-Aug 18</td>
</tr>
</tbody>
</table>

Advanced Beginner NTRP  2.0  Some previous experience or those who can carry on a short rally. Emphasis on improving basic strokes, footwork and serving. Note: Beginner class is recommended before taking this class.

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<thead>
<tr>
<th>Class Code</th>
<th>Age</th>
<th>Gender</th>
<th>Time</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>8564</td>
<td>18+</td>
<td>Sa</td>
<td>10:00am-11:00am</td>
<td>Jun 15-Aug 17</td>
</tr>
</tbody>
</table>

Intermediate  Note: Beginners are automatically capable to play this level.

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Age</th>
<th>Gender</th>
<th>Time</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>9410</td>
<td>18+</td>
<td>Su</td>
<td>10:00am-11:00am</td>
<td>Jun 16-Aug 18</td>
</tr>
</tbody>
</table>

See pages 61-63 for the Guide to Class Locations and Facilities.
### Art

#### Art and Painting
All art media explored: watercolor, oil and acrylic. You will need to buy some supplies.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Age Group</th>
<th>Gender</th>
<th>Days</th>
<th>Time</th>
<th>Dates</th>
<th>Location</th>
<th>Instructor</th>
<th>Fee</th>
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</thead>
<tbody>
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<td>W</td>
<td>5 classes</td>
<td>9:30am-12:00pm</td>
<td>Jul 10-Jul 31</td>
<td>HASC Gunn</td>
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<tr>
<td>9459</td>
<td>50 yr +</td>
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<td>4 classes</td>
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<tr>
<td>9460</td>
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<td>W</td>
<td>4 classes</td>
<td>9:30am-12:00pm</td>
<td>Sep 4-Sep 25</td>
<td>HASC Gunn</td>
<td>$24</td>
<td></td>
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</tbody>
</table>

#### Art of Drawing and Painting
All art media is explored. A one-on-one, self-paced class that is geared to the student’s own personal level of ability. All levels are welcome. Register at the Castro Valley Adult School.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Age Group</th>
<th>Gender</th>
<th>Time</th>
<th>Dates</th>
<th>Location</th>
<th>Instructor</th>
<th>Fee</th>
</tr>
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<tbody>
<tr>
<td>KASCC</td>
<td>50 yr +</td>
<td>T</td>
<td>9:00am-11:30am</td>
<td>TBA</td>
<td>HASC Gunn</td>
<td>$TBA</td>
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### Caning and Refinishing
Cane antique chairs or refinish old furniture.

<table>
<thead>
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<th>Age Group</th>
<th>Gender</th>
<th>Time</th>
<th>Dates</th>
<th>Location</th>
<th>Instructor</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>9483</td>
<td>50 yr +</td>
<td>M</td>
<td>9:00am-12:00pm</td>
<td>Ongoing</td>
<td>KASCC Gunn</td>
<td>$TBA</td>
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<tr>
<td>9484</td>
<td>50 yr +</td>
<td>Th</td>
<td>12:15pm-2:15pm</td>
<td>Jul 11-Jul 25</td>
<td>HASC Shaw</td>
<td>$18</td>
<td></td>
</tr>
<tr>
<td>9485</td>
<td>50 yr +</td>
<td>Th</td>
<td>12:15pm-2:15pm</td>
<td>Aug 1-Aug 29</td>
<td>HASC Shaw</td>
<td>$30</td>
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<tr>
<td>9486</td>
<td>50 yr +</td>
<td>Th</td>
<td>12:15pm-2:15pm</td>
<td>Sep 5-Sep 26</td>
<td>HASC Shaw</td>
<td>$24</td>
<td></td>
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</table>

### Ceramics Low Fire
Learn how to form ceramic materials into a desired shape by using your hands, molds or casting then firing them to produce a finished product. Material fee $5-$10 due to instructor.

<table>
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<th>Course Code</th>
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<th>Gender</th>
<th>Days</th>
<th>Time</th>
<th>Dates</th>
<th>Location</th>
<th>Instructor</th>
<th>Fee</th>
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<tbody>
<tr>
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<td>Jul 11-Jul 25</td>
<td>HASC Shaw</td>
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<tr>
<td>9488</td>
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<td>12:15pm-2:15pm</td>
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<td>HASC Shaw</td>
<td>$30</td>
<td></td>
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<tr>
<td>9489</td>
<td>50 yr +</td>
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<td>12:15pm-2:15pm</td>
<td>Sep 5-Sep 26</td>
<td>HASC Shaw</td>
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### Chinese Brush Painting

<table>
<thead>
<tr>
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<th>Age Group</th>
<th>Gender</th>
<th>Time</th>
<th>Dates</th>
<th>Location</th>
<th>Instructor</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>9490</td>
<td>50 yr +</td>
<td>F</td>
<td>9:00am-11:00am</td>
<td>Ongoing</td>
<td>HASC To</td>
<td>$7 drop-in</td>
<td></td>
</tr>
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</table>

### Creative Sewing
Do you enjoy sewing, knitting, crochet, beading and crafting? Bring a project from home that you are currently working on while socializing with others. Group meets the 3rd Wednesday of each month.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Age Group</th>
<th>Gender</th>
<th>Time</th>
<th>Dates</th>
<th>Location</th>
<th>Instructor</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>9483</td>
<td>50 yr +</td>
<td>W</td>
<td>9:00am-12:00pm</td>
<td>Jun 19, Jul 17, Aug 21</td>
<td>KASCC</td>
<td>$4 drop-in</td>
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</table>

### Crochet and Knitting
Learn the basics of crochet and knitting. Learn to read a pattern, make a scarf and more in a fun atmosphere.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Age Group</th>
<th>Gender</th>
<th>Time</th>
<th>Dates</th>
<th>Location</th>
<th>Instructor</th>
<th>Fee</th>
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<tbody>
<tr>
<td>9494</td>
<td>50 yr +</td>
<td>W</td>
<td>12:30pm-3:00pm</td>
<td>Ongoing</td>
<td>KASCC</td>
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<tr>
<td>9495</td>
<td>50 yr +</td>
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<td>11:00am-12:45pm</td>
<td>Ongoing</td>
<td>HASC</td>
<td>$2 drop-in</td>
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### Decorative Painting– Easy to Learn
Learn to paint methods that can be used to decorate all kinds of surfaces such as birdhouses, candles, gift cards, bags, boxes, jars, bottles...just about anything! Learn techniques such as One Stroke, Canal Boat Painting, Stroke Work and other techniques that, with a little practice, are easily learned. Each month you will have the opportunity to complete a project. We use non-toxic, odor-free, water-based acrylic paint.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Age Group</th>
<th>Gender</th>
<th>Time</th>
<th>Dates</th>
<th>Location</th>
<th>Instructor</th>
<th>Fee</th>
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</thead>
<tbody>
<tr>
<td>9496</td>
<td>50 yr +</td>
<td>T</td>
<td>9:00am-11:00am</td>
<td>Jul 2-Jul 30</td>
<td>Underwood</td>
<td>$30</td>
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<tr>
<td>9497</td>
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<td>T</td>
<td>9:00am-11:00am</td>
<td>Aug 6-Aug 27</td>
<td>Underwood</td>
<td>$24</td>
<td></td>
</tr>
<tr>
<td>9498</td>
<td>50 yr +</td>
<td>T</td>
<td>9:00am-11:00am</td>
<td>Sep 3-Sep 24</td>
<td>Underwood</td>
<td>$24</td>
<td></td>
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*Material fee of $7-$12 payable to instructor at first class.*
**Mosaic Tile Art**
Mosaic Tile projects for beginners. Planter pots, garden stepping stones and garden art decoration.

<table>
<thead>
<tr>
<th>Course</th>
<th>Age</th>
<th>Days</th>
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<th>End Time</th>
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<tr>
<td>9516</td>
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<td>50+</td>
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<td>Jul 1-Jul 29</td>
</tr>
<tr>
<td>9517</td>
<td>50+</td>
<td>M</td>
<td>9:30am-12:00pm</td>
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<td>Aug 5-Aug 26</td>
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<tr>
<td>9520</td>
<td>50+</td>
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<td>Aug 5-Aug 26</td>
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<tr>
<td>9518</td>
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<td></td>
<td>Sep 9-Sep 30</td>
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<tr>
<td>9521</td>
<td>50+</td>
<td>M</td>
<td>12:30pm-3:00pm</td>
<td></td>
<td>Sep 9-Sep 30</td>
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</tbody>
</table>

*Mandatory Woodshop Safety Course must be taken prior to participation. Sign up for the course at the Hayward Senior Center or call (510) 881-6766. Shop normally closes for lunch from 12:00-1:00pm.

*Supply fee $8-$15 due to instructor.

**Needle Arts**
This is a friendly, informal group that meets to do mostly needlepoint, count stitch and crewel, but any kind of needle work is welcome.

<table>
<thead>
<tr>
<th>Course</th>
<th>Age</th>
<th>Days</th>
<th>Start Time</th>
<th>End Time</th>
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<td>Ongoing</td>
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<tr>
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<td>50+</td>
<td>F</td>
<td>9:00am-12:00pm</td>
<td></td>
<td>Ongoing</td>
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</table>

**Wood Carving and Crafts**
Begin with a piece of wood and using special tools, learn how to chisel and carve it into something beautiful. Work at your own pace and ability.

<table>
<thead>
<tr>
<th>Course</th>
<th>Age</th>
<th>Days</th>
<th>Start Time</th>
<th>End Time</th>
<th>Date Range</th>
</tr>
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<tbody>
<tr>
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<td>Aug 6-Aug 27</td>
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<tr>
<td>9529</td>
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<tr>
<td>9530</td>
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<td>8:15am-9:10pm</td>
<td></td>
<td>Sep 3-Sep 24</td>
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</tbody>
</table>

**Woodworking and Crafts**
Begin with a piece of wood and using special tools, learn how to chisel and carve it into something beautiful. Work at your own pace and ability.

<table>
<thead>
<tr>
<th>Course</th>
<th>Age</th>
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<th>End Time</th>
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</table>

**3-Piece Band-Live Band Dance**
Dance to oldies and Big Band Music. Len & Rich Band

<table>
<thead>
<tr>
<th>Course</th>
<th>Age</th>
<th>Days</th>
<th>Start Time</th>
<th>End Time</th>
<th>Date Range</th>
<th>Location</th>
<th>Instructor</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>9465</td>
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<td></td>
<td>Jul 2-Jul 30</td>
<td>HASC</td>
<td>Rocha</td>
<td>$35</td>
</tr>
<tr>
<td>9466</td>
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<td>HASC</td>
<td>Rocha</td>
<td>$36</td>
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<tr>
<td>9467</td>
<td>50+</td>
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<td>7:15pm-8:10pm</td>
<td></td>
<td>Sep 3-Sep 24</td>
<td>HASC</td>
<td>Rocha</td>
<td>$28</td>
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</table>

**Belly Dance – Beginning/Intermediate**
Come learn one of the oldest dances currently known. Traditional Belly dance is a low-impact, weight-bearing exercise that is suitable for all ages and is a great way to tone your body and keep it limber. No experience necessary, all are welcome. Wear comfortable clothes that are easy to move in and Leather-soled shoes.

<table>
<thead>
<tr>
<th>Course</th>
<th>Age</th>
<th>Days</th>
<th>Start Time</th>
<th>End Time</th>
<th>Date Range</th>
<th>Location</th>
<th>Instructor</th>
<th>Fee</th>
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</thead>
<tbody>
<tr>
<td>9471</td>
<td>50+</td>
<td>Th</td>
<td>6:30pm-7:30pm</td>
<td></td>
<td>Jul 11-Jul 25</td>
<td>HASC</td>
<td>Price</td>
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<tr>
<td>9472</td>
<td>50+</td>
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<td>6:30pm-7:30pm</td>
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<td>Aug 1-Aug 22</td>
<td>HASC</td>
<td>Price</td>
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<tr>
<td>9444</td>
<td>50+</td>
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<td></td>
<td>Sep 5-Sep 26</td>
<td>HASC</td>
<td>Price</td>
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**Ballroom Dance**
Learn the basic steps and build strong foundation of techniques so you can be up and dancing in no time.

**Beginning**

<table>
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<th>Days</th>
<th>Start Time</th>
<th>End Time</th>
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<tbody>
<tr>
<td>9465</td>
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<td>Jul 2-Jul 30</td>
<td>HASC</td>
<td>Rocha</td>
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<td>Aug 6-Aug 27</td>
<td>HASC</td>
<td>Rocha</td>
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<td>9467</td>
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<td>Sep 3-Sep 24</td>
<td>HASC</td>
<td>Rocha</td>
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**Intermediate**

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<th>End Time</th>
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<tr>
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<td>HASC</td>
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<td>Aug 6-Aug 27</td>
<td>HASC</td>
<td>Rocha</td>
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<td>8:15pm-9:10pm</td>
<td></td>
<td>Sep 3-Sep 24</td>
<td>HASC</td>
<td>Rocha</td>
<td>$36</td>
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**Begining Piano with Theory**
Ever wondered why music theory didn’t make sense? The key to learning basic music theory is to learn and use the same systems that all musicians use.

<table>
<thead>
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<th>Age</th>
<th>Days</th>
<th>Start Time</th>
<th>End Time</th>
<th>Date Range</th>
<th>Location</th>
<th>Instructor</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
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<td>TBA</td>
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<td>Wedemeyer</td>
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**Free Dance & Music**

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<th>Age</th>
<th>Days</th>
<th>Start Time</th>
<th>End Time</th>
<th>Date Range</th>
<th>Location</th>
<th>Instructor</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>9472</td>
<td>50+</td>
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<td></td>
<td>Aug 1-Aug 22</td>
<td>HASC</td>
<td>Price</td>
<td>$28</td>
</tr>
<tr>
<td>9444</td>
<td>50+</td>
<td>Th</td>
<td>6:30pm-7:30pm</td>
<td></td>
<td>Sep 5-Sep 26</td>
<td>HASC</td>
<td>Price</td>
<td>$28</td>
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</table>

**Guitar Jam for Seniors**
Bring your guitar and come jam with us! First and third Monday of the month.

<table>
<thead>
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<th>Days</th>
<th>Start Time</th>
<th>End Time</th>
<th>Date Range</th>
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<th>Instructor</th>
<th>Fee</th>
</tr>
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<td>M</td>
<td>1:00pm-3:55pm</td>
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<td>Ongoing</td>
<td>KASCC</td>
<td>$2.50 drop-in</td>
<td></td>
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</tbody>
</table>
Hawaiian Hula Dance
Learn to move those hips Hawaiian Style while listening to warm and tropical music in this fun and exciting class.
50 yr +  Th  11:15am-12:30pm  Ongoing
KASC  Hanan  $4 drop-in

Line Dance
Join us for some fun. Come and dance your favorite dances to some great country and R&B soul music.
Introduction to Beginner  Learn the basic steps and movements to Line Dancing in the Introduction to Beginner class. Kick up your heels and have some fun.
50 yr +  M  5:00pm-6:00pm  Ongoing
HASC  Sutcliffe  $4 drop-in

Beginning
50 yr +  M  10:00am-11:30am  Ongoing
HASC  Nicolaus  $4 drop-in
50 yr +  F  12:00pm-1:30pm  Ongoing
KASC  Okada  $4 drop-in
50 yr +  W  10:00am-11:30am  Ongoing
MUCC  Walker  $4 drop-in

Advanced Beginning
50 yr +  M  7:00pm-8:30pm  Ongoing
HASC  Clayton  $4 drop-in
50 yr +  F  10:00am-11:30am  Ongoing
HASC  Nicolaus  $4 drop-in

Intermediate/Advanced
50 yr +  F  10:00am-11:30am  Ongoing
MUCC  Walker  $4 drop-in

All Levels
50 yr +  W  7:00pm-8:30pm  Ongoing
HASC  Marez  $4 drop-in
50 yr +  T  10:00am-12:00pm  Ongoing
KASC  Nocera  $4 drop-in
50 yr +  Th  10:30am-12:00pm  Ongoing
SLCC  Okada  $4 drop-in

Soul line Dance
50 yr +  F  6:00pm-7:15pm  Ongoing
HASC  Lucas  $4 drop-in

Luau Dinner & Dance w/Len & Rich
9578  50 yr +  1 class
F  5:30pm-9:30pm  Aug 2
HASC  Volunteer  $20

Tap Dance
Learn the age-old art of tap dance with styles ranging from Fred Astaire, Gene Kelly and Svion Glover. Classes will emphasize footwork and the expression of rhythm through sound. Great exercise for the mind and body. Loads of fun! Tap shoes are required for this class. No class 6/24, 6/27, 7/1, 7/4, 7/8.

Tap I
9118  50 yr +  4 classes
M  1:15pm-2:10pm  Jun 10-Jul 22
CVP A 2  CVP Staff  $24

Tap II  Prior tap dance experience necessary.
9116  50 yr +  4 classes
Th  1:15pm-2:10pm  Jun 13-Jul 18
CVP A 2  CVP Staff  $24
9117  50 yr +  4 classes
Th  1:15pm-2:10pm  Jul 25-Aug 15
CVP A 2  CVP Staff  $24

9553  50 yr +  W  6:00pm-7:15pm  Jul 10-Jul 24
3 classes  HASC  Kamai-Paler  $24
9555  50 yr +  W  6:00pm-7:15pm  Sep 4-Sep 18
3 classes  HASC  Kamai-Paler  $24
9551  W  6:15pm-7:30pm  Aug 7-Aug 21
3 classes  HASC  Kamai-Paler  $24
9552  50 yr +  W  7:00pm-8:15pm  Sep 4-Sep 18
3 classes  HASC  Kamai-Paler  $24

World Dance Performance Troupe
Explore music and movement of Eastern European cultures. These dances are performed for celebration, social gathering or show of skill. Please wear leather or soft-soled shoes and fitness attire.
9559  50 yr +  4 classes
T  5:00pm-6:30pm  Jul 9-Jul 30
HASC  DeNike  $28
9560  50 yr +  4 classes
T  5:00pm-6:30pm  Aug 6-Aug 27
HASC  DeNike  $28
9561  50 yr +  4 classes
T  5:00pm-6:30pm  Sep 3-Sep 24
HASC  DeNike  $28
9867  50 yr +  3 classes
Th  11:15am-12:45pm  Jul 11-Jul 25
KASCC  Kamai-Paler  $18
9868  50 yr +  4 classes
Th  11:15am-12:45pm  Aug 1-Aug 22
KASCC  Kamai-Paler  $24
9869  50 yr +  4 classes
Th  11:15am-12:45pm  Sep 5-Sep 26
KASCC  Kamai-Paler  $24

Language
French – Intermediate/Conversational
Join us to brush up on your French language skills and learn more about French culture through a variety of media.
9502  50 yr +  5 classes
W  10:00am-11:30am  Jul 3-Jul 31
HASC  Benjumea  $30
9503  50 yr +  3 classes
W  10:00am-11:30am  Aug 7-Aug 28
HASC  Benjumea  $24
9504  50 yr +  4 classes
W  10:00am-11:30am  Sep 4-Sep 25
HASC  Benjumea  $24

German – Conversational
Learn to speak German for basic conversation or just to keep your mind sharp.

German I
9505  50 yr +  11 classes
T  1:00pm-2:00pm  Jul 16-Sep 24
HASC  $15
9506  50 yr +  11 classes
T  2:00pm-3:00pm  Jul 16-Sep 24
HASC  $15
## Health & Fitness

### 10 Minute Massage

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Day</th>
<th>Start Time</th>
<th>End Time</th>
<th>Duration</th>
<th>Classes</th>
<th>INSTRUCTOR</th>
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<tbody>
<tr>
<td>50 yr +</td>
<td>Th</td>
<td>By appointment only</td>
<td>Ongoing</td>
<td>Free</td>
<td>4 classes</td>
<td>HASC</td>
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<tr>
<td>50 yr +</td>
<td>M</td>
<td>By appointment only</td>
<td>Ongoing</td>
<td>Free</td>
<td>4 classes</td>
<td>HASC</td>
</tr>
</tbody>
</table>

### Back Strength and Stretch

A slow, gentle movement class designed to reduce pain, instill good postural habits and build strength. You will learn exercises for pain relief and re-posturing. Includes elements of myofascial stretching.

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Day</th>
<th>Start Time</th>
<th>End Time</th>
<th>Duration</th>
<th>Classes</th>
<th>INSTRUCTOR</th>
</tr>
</thead>
<tbody>
<tr>
<td>50 yr +</td>
<td>M</td>
<td>10:00am-11:00am</td>
<td>Jul 8-Jul 29</td>
<td>12 classes</td>
<td>HASC</td>
<td>DelNike</td>
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<tr>
<td>50 yr +</td>
<td>M</td>
<td>10:00am-11:00am</td>
<td>Aug 5-Aug 26</td>
<td>4 classes</td>
<td>HASC</td>
<td>DelNike</td>
</tr>
<tr>
<td>50 yr +</td>
<td>M</td>
<td>10:00am-11:00am</td>
<td>Sep 9-Sep 30</td>
<td>4 classes</td>
<td>HASC</td>
<td>DelNike</td>
</tr>
<tr>
<td>50 yr +</td>
<td>T</td>
<td>1:45pm-2:45pm</td>
<td>Jul 9-Jul 30</td>
<td>4 classes</td>
<td>KASCC</td>
<td>DelNike</td>
</tr>
<tr>
<td>50 yr +</td>
<td>T</td>
<td>1:45pm-2:45pm</td>
<td>Aug 6-Aug 27</td>
<td>4 classes</td>
<td>KASCC</td>
<td>DelNike</td>
</tr>
<tr>
<td>50 yr +</td>
<td>T</td>
<td>1:45pm-2:45pm</td>
<td>Sep 3-Sep 24</td>
<td>4 classes</td>
<td>KASCC</td>
<td>DelNike</td>
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<tr>
<td>50 yr +</td>
<td>Th</td>
<td>1:45pm-2:45pm</td>
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<td>Th</td>
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<td>Sep 5-Sep 26</td>
<td>4 classes</td>
<td>KASCC</td>
<td>DelNike</td>
</tr>
</tbody>
</table>

### Spanish I

This is an entry-level class that will get you started on your journey to learn and to use for travel or work!

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Day</th>
<th>Start Time</th>
<th>End Time</th>
<th>Duration</th>
<th>Classes</th>
<th>INSTRUCTOR</th>
</tr>
</thead>
<tbody>
<tr>
<td>50 yr +</td>
<td>W</td>
<td>2:15pm-3:15pm</td>
<td>Jul 3-Jul 24</td>
<td>4 classes</td>
<td>HASC</td>
<td>Jean</td>
</tr>
<tr>
<td>50 yr +</td>
<td>W</td>
<td>2:15pm-3:15pm</td>
<td>Aug 21-Aug 28</td>
<td>2 classes</td>
<td>HASC</td>
<td>Jean</td>
</tr>
</tbody>
</table>

### Breathe, Meditate, De-Stress

Direct your breathing and thoughts to assist in healing and keeping you whole.

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Day</th>
<th>Start Time</th>
<th>End Time</th>
<th>Duration</th>
<th>Classes</th>
<th>INSTRUCTOR</th>
</tr>
</thead>
<tbody>
<tr>
<td>50 yr +</td>
<td>T</td>
<td>10:00am-11:00am</td>
<td>Ongoing</td>
<td>$2 drop-in</td>
<td>3 classes</td>
<td>KASCC</td>
</tr>
<tr>
<td>50 yr +</td>
<td>W</td>
<td>10:00am-11:15am</td>
<td>TBA</td>
<td>$ TBA</td>
<td>M/W/F</td>
<td>KASCC</td>
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</table>

### Fitness for Active Adults

Come have fun while improving your flexibility, cardiovascular health, bone density, and muscle strength. Lots of stretching, low impact aerobic dancing, strength training with light weights and floor exercises. Bring hand weights and a mat. No class 8/12.

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Day</th>
<th>Start Time</th>
<th>End Time</th>
<th>Duration</th>
<th>Classes</th>
<th>INSTRUCTOR</th>
</tr>
</thead>
<tbody>
<tr>
<td>50 yr +</td>
<td>M/W/F</td>
<td>8:00am-10:00am</td>
<td>Ongoing</td>
<td>$24</td>
<td>14 classes</td>
<td>KASCC</td>
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<tr>
<td>50 yr +</td>
<td>M/W/F</td>
<td>8:00am-10:00am</td>
<td>Ongoing</td>
<td>$36</td>
<td>12 classes</td>
<td>KASCC</td>
</tr>
<tr>
<td>50 yr +</td>
<td>M/W/F</td>
<td>8:00am-10:00am</td>
<td>Ongoing</td>
<td>$36</td>
<td>12 classes</td>
<td>KASCC</td>
</tr>
</tbody>
</table>

### Laugh Yoga

A regular 30-minute laughter session can have a profound impact on our health and wellbeing. Laughter fills your lungs and body with oxygen, deep-cleans your breathing passages and exercises your lungs. Stress is reduced, blood pressure drops, depression is lifted, your immune system is boosted and more.

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Day</th>
<th>Start Time</th>
<th>End Time</th>
<th>Duration</th>
<th>Classes</th>
<th>INSTRUCTOR</th>
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</thead>
<tbody>
<tr>
<td>50 yr +</td>
<td>Th</td>
<td>3:00pm-3:55pm</td>
<td>Ongoing</td>
<td>$2 drop-in</td>
<td>12 classes</td>
<td>HASC</td>
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</tbody>
</table>

### Nice & Easy Movement

Come have fun while improving your flexibility, cardiovascular health, bone density, and muscle strength. Lots of chair exercises, stretching, low impact dancing and strength training with light weights. No floor exercises. Register at the Castro Valley Adult School.

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Day</th>
<th>Start Time</th>
<th>End Time</th>
<th>Duration</th>
<th>Classes</th>
<th>INSTRUCTOR</th>
</tr>
</thead>
<tbody>
<tr>
<td>50 yr +</td>
<td>M/W/F</td>
<td>10:00am-11:15am</td>
<td>TBA</td>
<td>$2 drop-in</td>
<td>3 classes</td>
<td>KASCC</td>
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</table>

### QiGong (Practice)

Simple practice sessions lead by students. This practice consists of 64 simple movements that flow from one movement into the next.

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Day</th>
<th>Start Time</th>
<th>End Time</th>
<th>Duration</th>
<th>Classes</th>
<th>INSTRUCTOR</th>
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</thead>
<tbody>
<tr>
<td>50 yr +</td>
<td>T</td>
<td>10:00am-11:00am</td>
<td>Ongoing</td>
<td>$2 drop-in</td>
<td>4 classes</td>
<td>HASC</td>
</tr>
<tr>
<td>50 yr +</td>
<td>F</td>
<td>10:00am-11:00am</td>
<td>Ongoing</td>
<td>$2 drop-in</td>
<td>4 classes</td>
<td>KASCC</td>
</tr>
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</table>

See pages 61-63 for the Guide to Class Locations and Facilities.
Sit-n-Fit
Learn beneficial movements designed to increase your range of motion, augment flexibility and balance, enhance vitality and strengthen your sense of inner calm.

<table>
<thead>
<tr>
<th>Age</th>
<th>Days</th>
<th>Time</th>
<th>Start</th>
<th>End</th>
</tr>
</thead>
<tbody>
<tr>
<td>50yr+</td>
<td>M/W/F</td>
<td>9:45am-10:45am</td>
<td>Jun 10-Aug 30</td>
<td>Free</td>
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</table>

Stretch, Strength and Gentle Yoga
This class is tailored to incorporate the increased flexibility benefits of stretching while building strength through light weight lifting. We will utilize mats, stretch bands, yoga blocks, and weights.

<table>
<thead>
<tr>
<th>Age</th>
<th>Days</th>
<th>Time</th>
<th>Start</th>
<th>End</th>
</tr>
</thead>
<tbody>
<tr>
<td>50yr+</td>
<td>W</td>
<td>1:00pm-2:00pm</td>
<td>Jul 3-Jul 24</td>
<td>Free</td>
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<tr>
<td>50yr+</td>
<td>W</td>
<td>1:00pm-2:00pm</td>
<td>Aug 21-Aug 28</td>
<td>$12</td>
</tr>
<tr>
<td>50yr+</td>
<td>W</td>
<td>1:00pm-2:00pm</td>
<td>Sep 4-Sep 25</td>
<td>$24</td>
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</table>

Tai Chi Chih – All levels
Learn more about the practice of T’ai Chi Chih. A strengthening of the mind and body.

<table>
<thead>
<tr>
<th>Age</th>
<th>Days</th>
<th>Time</th>
<th>Start</th>
<th>End</th>
</tr>
</thead>
<tbody>
<tr>
<td>50yr+</td>
<td>Th</td>
<td>9:00am-10:00am</td>
<td>Jul 11-Jul 25</td>
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<td>50yr+</td>
<td>Th</td>
<td>9:00am-10:00am</td>
<td>Aug 1-Aug 29</td>
<td>$24</td>
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<tr>
<td>50yr+</td>
<td>Th</td>
<td>9:00am-10:00am</td>
<td>Sep 5-Sep 26</td>
<td>$24</td>
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</table>

Tai Chi Chuan – Advanced
Open to all Advanced Tai Chi Chuan students. Join the fun!

<table>
<thead>
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<th>Time</th>
<th>Start</th>
<th>End</th>
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<tbody>
<tr>
<td>50yr+</td>
<td>Th</td>
<td>10:00am-11:00am</td>
<td>Ongoing</td>
<td>$2 drop-in</td>
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</tbody>
</table>

Tai Chi Practice
Tai Chi is a series of forms that moves the body slowly and gently, while breathing deeply. Participants should know at least Tai Chi 8 form. The session starts with stretching and goes into Tai Chi practice. This is not a place to begin learning Tai Chi but for practice purpose.

<table>
<thead>
<tr>
<th>Age</th>
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</thead>
<tbody>
<tr>
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<td>W</td>
<td>8:30am-9:30am</td>
<td>Ongoing</td>
<td>$2 drop-in</td>
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</table>

Spectrum Fall Prevention Program
Spectrum Community Services exercise class designed to strengthen and tone muscles to prevent future falls. Health education and health assessments provided on a regular basis. Register at Class.

<table>
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<tr>
<th>Age</th>
<th>Days</th>
<th>Time</th>
<th>Start</th>
<th>End</th>
</tr>
</thead>
<tbody>
<tr>
<td>60yr+</td>
<td>M/W/F</td>
<td>9:45am-10:45am</td>
<td>Jun 10-Aug 30</td>
<td>Free</td>
</tr>
<tr>
<td>60yr+</td>
<td>M/W/F</td>
<td>9:15am-10:15am</td>
<td>Jun 10-Aug 30</td>
<td>Free</td>
</tr>
<tr>
<td>60yr+</td>
<td>M/W/F</td>
<td>3:30pm-4:30pm</td>
<td>Jun 10-Aug 30</td>
<td>Free</td>
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Yoga
Wake your body, mind and soul and get ready for the rest of the day. Emphasis on breath, correct alignment, balance, flexibility and most of all having fun! Both seated and standing poses will be practiced.

<table>
<thead>
<tr>
<th>Age</th>
<th>Days</th>
<th>Time</th>
<th>Start</th>
<th>End</th>
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<tr>
<td>50yr+</td>
<td>M</td>
<td>8:35am-9:35am</td>
<td>Jul 1-Jul 29</td>
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<tr>
<td>50yr+</td>
<td>M</td>
<td>8:35am-9:35am</td>
<td>Aug 5-Aug 26</td>
<td>$24</td>
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<tr>
<td>50yr+</td>
<td>M</td>
<td>8:35am-9:35am</td>
<td>Sep 9-Sep 30</td>
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<td>9:30am-10:30am</td>
<td>Jul 11-Jul 25</td>
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<td>Aug 1-Aug 29</td>
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<tr>
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<td>6:00pm-7:00pm</td>
<td>Jul 11-Jul 25</td>
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<td>Th</td>
<td>6:00pm-7:00pm</td>
<td>Sep 5-Sep 26</td>
<td>$24</td>
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Yoga for All
Want to feel relaxed and refreshed? Take a yoga class today and put pressure on the glandular system of the body, which can generally result to better health.

<table>
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<th>Time</th>
<th>Start</th>
<th>End</th>
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<tbody>
<tr>
<td>50yr+</td>
<td>Th</td>
<td>6:00pm-7:00pm</td>
<td>Jul 11-Jul 25</td>
<td>$33</td>
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<tr>
<td>50yr+</td>
<td>Th</td>
<td>6:00pm-7:00pm</td>
<td>Aug 22-Aug 29</td>
<td>$22</td>
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<tr>
<td>50yr+</td>
<td>Th</td>
<td>6:00pm-7:00pm</td>
<td>Sep 5-Sep 26</td>
<td>$44</td>
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Yoga for Anybody
Wake your body, mind and soul and get ready for the rest of the day. Emphasis on breath, correct alignment, balance, flexibility and most of all having fun! Both seated and standing poses will be practiced.

<table>
<thead>
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<th>Days</th>
<th>Time</th>
<th>Start</th>
<th>End</th>
</tr>
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<tbody>
<tr>
<td>50yr+</td>
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<td>Jul 2-Jul 30</td>
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<tr>
<td>50yr+</td>
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<td>9:30am-10:30am</td>
<td>Aug 6-Aug 27</td>
<td>$24</td>
</tr>
<tr>
<td>50yr+</td>
<td>T</td>
<td>9:30am-10:30am</td>
<td>Sep 3-Sep 24</td>
<td>$24</td>
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</tbody>
</table>

Yoga – Gentle
Gentle Yoga focuses primarily on building strength, flexibility, balance, and stability. We will also connect the mind and body through breathing techniques and relaxation exercises. All levels are welcome in this class, as we will modify the poses accordingly for each individual. Please bring a yoga mat and water.
### Zumba Gold
Fitness that is innovative and fun! Latin and international dance rhythms designed for active older adults.

<table>
<thead>
<tr>
<th>Code</th>
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<th>Time</th>
<th>Start Date</th>
<th>Finish Date</th>
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<tbody>
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<td>Jul 22</td>
</tr>
<tr>
<td>9569</td>
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<td>M</td>
<td>6:00pm-7:00pm</td>
<td>Aug 5</td>
<td>Aug 26</td>
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<tr>
<td>9570</td>
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<td>Sep 9</td>
<td>Sep 30</td>
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<tr>
<td>9571</td>
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<td>8:45am-9:45am</td>
<td>Jul 2</td>
<td>Jul 30</td>
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<tr>
<td>9572</td>
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<td>Aug 27</td>
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<td>Sep 24</td>
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<td>Jul 19</td>
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<td>Aug 2</td>
<td>Aug 30</td>
</tr>
<tr>
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<td>50 yr +</td>
<td>F</td>
<td>2:50pm-3:50pm</td>
<td>Sep 6</td>
<td>Sep 27</td>
</tr>
</tbody>
</table>

### Digital Photography – Beginning/Intermediate
This class consists of 3-hour session of lecture and practical hands on instruction to digital photography and help with your personal digital camera. Please bring camera instruction booklet or CD that came with camera.

<table>
<thead>
<tr>
<th>Code</th>
<th>Age</th>
<th>Days</th>
<th>Time</th>
<th>Start Date</th>
<th>Finish Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>9499</td>
<td>50 yr +</td>
<td>T</td>
<td>9:00am-12:00pm</td>
<td>Jul 16</td>
<td>Jul 16</td>
</tr>
<tr>
<td>9500</td>
<td>50 yr +</td>
<td>T</td>
<td>9:00am-12:00pm</td>
<td>Aug 20</td>
<td>Aug 20</td>
</tr>
<tr>
<td>9501</td>
<td>50 yr +</td>
<td>T</td>
<td>9:00am-12:00pm</td>
<td>Sep 17</td>
<td>Sep 17</td>
</tr>
</tbody>
</table>

### Genealogy Research
Do you have interest in researching your past but not sure on how or where to start? This class will cover the basics of how to begin your research to discover your family history.

<table>
<thead>
<tr>
<th>Code</th>
<th>Age</th>
<th>Days</th>
<th>Time</th>
<th>Start Date</th>
<th>Finish Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>50 yr +</td>
<td>T</td>
<td>(1st)</td>
<td>2:00pm-3:55pm</td>
<td>Ongoing</td>
<td></td>
</tr>
</tbody>
</table>

### The Gift of Imperfection: Living a Wholehearted Life
What do we know about happiness and how to live a rich, fulfilling life? This class will cover the science of happiness, vulnerability, and the courage to live a wholehearted life. We will focus on authenticity rather than perfection, practicing gratitude, and working on treating ourselves and others with compassion. Join us in 1½-hour sessions of guided conversations and fun activities that are, at times, surprisingly meaningful.

<table>
<thead>
<tr>
<th>Code</th>
<th>Age</th>
<th>Days</th>
<th>Time</th>
<th>Start Date</th>
<th>Finish Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>50 yr +</td>
<td>W</td>
<td>10:15am-11:45am</td>
<td>Ongoing</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Memory Academy
This course is designed to provide a memory class to seniors that include information on nutrition, sleep, fitness and other health related issues. This program will also be focused on skills and strategies for adapting to the changes in brain function and provide mentally challenging and creative activities that stimulate all parts of the brain.

<table>
<thead>
<tr>
<th>Code</th>
<th>Age</th>
<th>Days</th>
<th>Time</th>
<th>Start Date</th>
<th>Finish Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>9850</td>
<td>50 yr +</td>
<td>W</td>
<td>12:00pm-2:00pm</td>
<td>Sep 4</td>
<td>Sep 11</td>
</tr>
</tbody>
</table>

### Conscious Living, Conscious Aging
Discuss the challenges of aging, breaking stereotypes and exploring potential. Meets 2nd & 4th Monday.

<table>
<thead>
<tr>
<th>Code</th>
<th>Age</th>
<th>Days</th>
<th>Time</th>
<th>Start Date</th>
<th>Finish Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>50 yr +</td>
<td>M</td>
<td>(2nd/4th)</td>
<td>1:00pm-2:30pm</td>
<td>Ongoing</td>
<td></td>
</tr>
</tbody>
</table>
Rummy Drop-In
Play the classic card game Rummy.

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Days</th>
<th>Time</th>
<th>Ongoing</th>
</tr>
</thead>
<tbody>
<tr>
<td>50 yr +</td>
<td>T</td>
<td>12:30pm-2:30pm</td>
<td>Ongoing</td>
</tr>
</tbody>
</table>

Senior Satellite – Ashland
This free program for older adults provides an array of activities and speakers designed to promote health and well-being. Activities include: health and wellness speakers, themed bingo, exercises, hot topics and social service presentations. Registration is on-site.

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Days</th>
<th>Time</th>
<th>Ongoing</th>
</tr>
</thead>
<tbody>
<tr>
<td>50 yr +</td>
<td>T</td>
<td>9:30am-12:30pm</td>
<td>Ongoing</td>
</tr>
</tbody>
</table>

Shakespeare/Cultural Literacy
View Shakespeare’s plays and related subjects on video. Read some scenes. Discuss the writing, the times and the themes.

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Days</th>
<th>Time</th>
<th>Ongoing</th>
</tr>
</thead>
<tbody>
<tr>
<td>50 yr +</td>
<td>T</td>
<td>12:30pm-3:30pm</td>
<td>Ongoing</td>
</tr>
</tbody>
</table>

Sports

Badminton
Badminton delivers fitness health and fun. Get an aerobic workout while socializing with friends.

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Gender</th>
<th>Time</th>
<th>Ongoing</th>
</tr>
</thead>
<tbody>
<tr>
<td>50 yr +</td>
<td>W</td>
<td>8:30am-11:00am</td>
<td>Ongoing</td>
</tr>
</tbody>
</table>

Billiards

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Days</th>
<th>Time</th>
<th>Ongoing</th>
</tr>
</thead>
<tbody>
<tr>
<td>50 yr +</td>
<td>M-F</td>
<td>8:30am-4:00pm</td>
<td>Ongoing</td>
</tr>
</tbody>
</table>

Bridge Drop-In
Come play drop-in bridge with other adults in a fun setting.

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Days</th>
<th>Time</th>
<th>Ongoing</th>
</tr>
</thead>
<tbody>
<tr>
<td>50 yr +</td>
<td>T</td>
<td>1:15pm-3:30pm</td>
<td>Ongoing</td>
</tr>
</tbody>
</table>

Hand and Foot (Canasta)
Come ready to play Hand and Foot Canasta.

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Gender</th>
<th>Time</th>
<th>Ongoing</th>
</tr>
</thead>
<tbody>
<tr>
<td>50 yr +</td>
<td>W</td>
<td>10:00am-3:30pm</td>
<td>Ongoing</td>
</tr>
</tbody>
</table>

Mahjong (Chinese Style)
Enjoy this popular game and exercise your brain.

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Days</th>
<th>Time</th>
<th>Ongoing</th>
</tr>
</thead>
<tbody>
<tr>
<td>50 yr +</td>
<td>Th</td>
<td>1:00pm-4:00pm</td>
<td>Ongoing</td>
</tr>
</tbody>
</table>

Pickleball
This exciting game is a combination of ping-pong, tennis and badminton and is played with a smaller racquet/paddle and a wiffle ball.

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Days</th>
<th>Time</th>
<th>Ongoing</th>
</tr>
</thead>
<tbody>
<tr>
<td>18 yr +</td>
<td>Sa</td>
<td>9:00am-12:00pm</td>
<td>Ongoing</td>
</tr>
</tbody>
</table>

Pinochle
Learn a fun and safe sport this winter! Beginning tennis strokes, footwork, and rules, in an easy paced environment. Balls provided. Please bring tennis shoes, a racket, and water.

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Gender</th>
<th>Time</th>
<th>Ongoing</th>
</tr>
</thead>
<tbody>
<tr>
<td>50 yr +</td>
<td>F</td>
<td>10:00am-3:30pm</td>
<td>Ongoing</td>
</tr>
</tbody>
</table>

Table Tennis
Table tennis delivers fitness health and fun. Get an aerobic workout while socializing with friends.

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Days</th>
<th>Time</th>
<th>Ongoing</th>
</tr>
</thead>
<tbody>
<tr>
<td>50 yr +</td>
<td>F</td>
<td>10:45am-4:00pm</td>
<td>Ongoing</td>
</tr>
</tbody>
</table>

Tennis for Seniors – Beginning
Learn a fun and safe sport this Winter! Beginning tennis strokes, footwork, and rules, in an easy paced environment. Balls provided. Please bring tennis shoes, a racket, and water.

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Gender</th>
<th>Time</th>
<th>Ongoing</th>
</tr>
</thead>
<tbody>
<tr>
<td>50 yr +</td>
<td>F</td>
<td>11:30am-12:30pm</td>
<td>Ongoing</td>
</tr>
</tbody>
</table>

Senior Social Tennis
These leagues are designed to allow community members like you to find hitting partners and competitive play without joining a competitive team. Women and men of all levels of play are welcome.

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Gender</th>
<th>Time</th>
<th>Ongoing</th>
</tr>
</thead>
<tbody>
<tr>
<td>50 yr +</td>
<td>W</td>
<td>9:30am-11:30am</td>
<td>Ongoing</td>
</tr>
</tbody>
</table>

Chess
Enjoy this popular game and exercise your brain.

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Gender</th>
<th>Time</th>
<th>Ongoing</th>
</tr>
</thead>
<tbody>
<tr>
<td>50 yr +</td>
<td>F</td>
<td>12:30pm-4:00pm</td>
<td>Ongoing</td>
</tr>
</tbody>
</table>

Duplicate at KASCC

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Days</th>
<th>Time</th>
<th>Ongoing</th>
</tr>
</thead>
<tbody>
<tr>
<td>50 yr +</td>
<td>Th</td>
<td>11:00am-3:30pm</td>
<td>Ongoing</td>
</tr>
</tbody>
</table>

Party Style at KASCC

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Days</th>
<th>Time</th>
<th>Ongoing</th>
</tr>
</thead>
<tbody>
<tr>
<td>50 yr +</td>
<td>M-T</td>
<td>9:00am-12:00pm</td>
<td>Ongoing</td>
</tr>
</tbody>
</table>

See pages 61-63 for the Guide to Class Locations and Facilities.
Social Services

Health Insurance and Counseling Advocacy Program (HI-CAP)
HI-CAP provides assistance with Medicare and other Health Insurance coverage concerns. Assistance is available at the Ashland Community Center on the 1st and 3rd Tuesday by appointment.

Merry Brown Bag
Merry Retirement and Care Center distributes a bag of nutritional food to low-income seniors. Participants must pre-qualify.

Out Standing Seniors
Out Standing Seniors is a safe and confidential space for LGBTQ seniors 50+ to share thoughts, feelings, resources and support one another.

Senior Deaf Group
Senior Deaf Group meets 2nd and 4th Tuesday of each month at Hayward Senior Center for socialization, potluck and Bingo game.

Spectrum Luncheon
Spectrum’s Senior Nutrition Program is a healthy and convenient alternative to cooking and offers freshly prepared nutritious meals. The dining sites ease the burden of cooking and provide seniors with the opportunity to enjoy tasty food, meet new people and participate in a variety of activities. Reservations must be made at least 24 business hours in advance.

United Seniors of Oakland and Alameda County
Citizens living in Eden Area meet with Alameda County Supervisor Nate Miley and/or his staff once a month. Discuss issues surrounding the unincorporated Eden area as well as any events and/or services available. Meets the 4th Friday of each month.

Senior Seminars
The Senior Centers strive to keep you healthy, active and independent. Both Senior Centers offer seminars and workshops such as AARP Driver Safety Program, Medicare and Retirement seminars.

Trips and Tours

Day Trips
Local day trips are taken on a regular basis from the Hayward the Kenneth C. Aitken Senior Centers. Trip destinations include San Francisco, Monterey, local gardens, museums, and more.

Premier World Discovery Seminar
Premier World Tour Discovery representative will be at HASC for a free presentation to highlight tours in 2019.

Extended Travel Opportunities

Scotland & Northern Ireland Explorer
9 Days, October 14-22, 2019. Highlights include 2 Nights in Belfast, Belfast City Tour, Giants Causeway, Titanic Belfast Museum, Ferry from No. Ireland to Scotland, Glasgow City Tour, Loch Lomond Cruise, Isle of Skye, Loch Ness, Scottish Distillery Visit and Tasting, Pitlochry, Edinburgh City Tour and Castle and more. Tour rates begin at $3,895.

Rose Parade New Year’s

New Orleans Holiday Tour
5 Days, December 8-12, 2019. Highlights include 4 nights in the French Quarter, French Quarter Walking Tour, French Market, Café du Monde, Steamboat Natchez Cruise, New Orleans School of Cooking, New Orleans City Tour, Garden District, Oak Alley Plantation, Court of Two Sisters Dinner, Celebration of the Oaks and more. Tour rates begin at $2,095.00.

2020 Passion Play Oberammergau
Join Premier World Discovery for a once in a decade performance to see “Oberammergau Passion Play.” Witness the 42nd Passion Play in Oberammergau on this journey plus explore some magnificent sites in Germany and Austria. Play is in September 2020.

For more Trips and Tours information contact us at (510) 881-6768 or email at HardSenior@haywardrec.org or visit our website at HaywardRec.org/senior/travel
The Sorensdale Recreation Center is a facility and program of the Hayward Area Recreation and Park District. The primary purpose of the program is to provide opportunities for people with an intellectual disability (i.e., developmental disabilities) to achieve greater independence. Programming focuses on abilities rather than disabilities and on a positive sense of self-worth. Individuals are encouraged to make choices and to take more control over their lives. A variety of educational, recreational, life skills, and community skills are offered. Program activities include functional math and literacy, computer skills, vocational training, communication skills, personal health and wellness, gardening, arts and crafts, woodshop, performing arts and music. Life skills learned in the classroom are practiced in the community.

Criteria for program participants include Vendorization through the Regional Center of the East Bay (RCEB), being 22 years old or older or being between the ages of 18 and 22 and possessing a high school diploma, having the ability to independently feed oneself and to independently toilet oneself, and having no recent history of physical aggression. An interview and application process must be completed before entry into the program. Please call for more information if interested in attending program.
Nature Centers

H.A.R.D. has two amazing nature centers where you can walk on the wild side and discover Bay Area wildlife: the Hayward Shoreline Interpretive Center and Sulphur Creek Nature Center. Both centers are free to the public and offer educational programs, fun activities, classes for all ages and distinctive special events.

Hayward Shoreline Interpretive Center
4901 Breakwater Avenue, Hayward
(510) 670-7270 • shoreline@HaywardRec.org

The Interpretive Center is open to the public
Fridays, Saturdays and Sundays, 10:00am-5:00pm
Closed: June 14

Perched on stilts above a salt marsh, the Hayward Shoreline Interpretive Center is your introduction to the ecology of the San Francisco Bay–Estuary. The Interpretive Center features exhibits, programs and activities designed to inspire a sense of appreciation, respect and stewardship for the Bay, its inhabitants and the services they provide. After getting an overview of the park and its features, join a naturalist on one of the many weekend programs offered. Naturalists are on-hand during weekend hours to answer any of your wildlife questions! Come and see what’s new at the Hayward Shoreline Interpretive Center.

Sulphur Creek Nature Center
1801 D Street, Hayward
(510) 881-6747 • nature@HaywardRec.org

Open Daily, 10:00am-5:00pm

Sulphur Creek Nature Center is a native wildlife rehabilitation and educational facility dedicated to bringing people and animals closer together. There are live animal displays throughout the park featuring local species, a Discovery Center, pet rental program, school and group educational programs, wildlife rehabilitation, special events, nature study classes, volunteer opportunities, and outreach activities. Be sure to visit the Discovery Center, 10:00am–4:30pm, and learn about Biodiversity while meeting wildlife that can live right in your own backyard! On the weekends, check in with the naturalist to find out when some of the center’s animals will be brought out for up close encounters along with great photo opportunities. The park also provides picnic facilities, a nature trail, and a creek; so stop by and visit one of the best of “Hayward’s Hidden Gems.”
Douglas Morrisson Theatre
22311 N. Third Street, Hayward • (510) 881-6777

In continuous operation since 1979, the Douglas Morrisson Theatre offers year-round entertainment for the entire family through a season of plays, musicals, and choral concerts. We also offer numerous opportunities to get involved with your local theater as a performer or part of a production crew.

For season calendars, schedules, directions, sneak peeks backstage, volunteer opportunities, and more, please visit www.dmtonline.org.

Ticket Prices for the 2018 - 2019 Season

<table>
<thead>
<tr>
<th>Single Event Tickets</th>
<th>Previews</th>
<th>Theater Shows</th>
<th>Chorus Concerts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adult</td>
<td>$10</td>
<td>$29</td>
<td>$18</td>
</tr>
<tr>
<td>Adult under 30/over 60/H.A.R.D. Res.</td>
<td>$10</td>
<td>$25</td>
<td>$15</td>
</tr>
<tr>
<td>Youth/Student with ID</td>
<td>$10</td>
<td>$15</td>
<td>$12</td>
</tr>
</tbody>
</table>

Order Tickets online at www.dmtonline.org or by phone at (510) 881-6777.
Special discounts available for groups of 10 or more!
For information about group sales, please call the theatre box office at (510) 881-6777.

Coming Up at the Douglas Morrisson Theatre!

THE MORRISSON THEATRE CHORUS
UNDER THE DIRECTION OF CESAR CANCINO
PRESENTS

MUSIC OF THE AMERICAS
JULY 19 & 20 AT 8:00PM
JULY 21 AT 2:00PM

Kennedy Park Recreation Area

KENNEDY PARK IS CURRENTLY CLOSED FOR RENOVATION

Kennedy Park is currently closed for a large two-year renovation project. Project completion is estimated for 2020.
Questions? Please call (510) 881-6700. HaywardRec.org/HardAtWork
Birthday Parties

Looking for a fun way to plan a birthday party? Check out the options listed below for fun and easy birthday parties.

Birthday Parties
at Hayward Shoreline Interpretive Center

Want to do something different for your child’s birthday? The Hayward Shoreline Interpretive Center is a great place to have a birthday party, rain or shine! We have a large private indoor party room available and lots of activities to make your child’s birthday a true adventure. Your rental includes one hour of naturalist-led activities; choose from popular choices such as feeding our resident shark or dipnetting, or design your own activity. The party room is furnished with tables and chairs for an additional two hours, with plenty of counter space for food and gifts. A $50 Green Deposit is required with payment. Upon proper sorting of party waste, the full deposit will be returned to you. For more details, call (510) 670-7270.

Fee: $220 Residents/$275 Non-Residents

“Wild Things” Birthday Parties
at Sulphur Creek

Sulphur Creek Nature Center is a great place for a birthday party. The party includes a customized one-hour presentation designed to suit your needs. Choose from a variety of activities, including a presentation of live animals, puppet shows, games, crafts, and a nature walk. A room or picnic site will be reserved for an additional two hours for you to serve refreshments and do your own activities. Or, we can bring the party to you in your classroom. Call Christine at (510) 881-6747 for details. Reservations are recommended at least eight weeks in advance.

Fee: $235 Residents/$282 Non-Residents

Birthday Bashes at the Pools

During our Public Swim Hours (1:30pm-3:30pm) on Saturdays at the Hayward Plunge, you can have a party at the pool! We’ll provide lifeguards, the tables and chairs, and of course the pool. Parties are for children ages 8 years and older. The Hayward Plunge is also available for private rentals. For more information, please inquire at the pool or call (510) 881-6703.

Fee: $180 for 12 children and 2 adults
Bouncers are allowed by permit at the select parks listed below. Permittees will need to complete an application and provide the name and valid general liability insurance for the Commercial Bouncer Company. A Certificate of Insurance and Additional insured endorsement is required.

Reserved picnic sites at these parks will include the following amenities: 1 BBQ pit, 4 tables, additional trash cans, and a signage holder for permits.

Fee: $108 per day
- Palomares Hills Park
- Weekes Park

Get your BARK ON and visit a local Dog Park!

The following District facilities have off-leash Dog Parks:
- **Earl Warren Park**
  4660 Crow Canyon Road, Castro Valley
- **Edendale Dog Park**
  16278 Ashland Avenue, San Lorenzo
- **Hayward Dog Park**
  Contessa Street and Boca Raton Street, Hayward
- **San Lorenzo Community Park**
  1970 Via Buena Vista, San Lorenzo
- **Old Creek Dog Park**
  Hampton Road at Standish Avenue, Hayward

Access for All

Our District wants to ensure that individuals with disabilities or special needs are encouraged to register and participate. If you have specific access needs in order to participate in a program, please call (510) 881-6700. The Park District is committed to providing program access in terms of modifications to policies and procedures, accessible locations, and effective communication for program participants unless they constitute a fundamental alteration or an undue financial and administrative burden. Please visit HaywardRec.org for additional information. Please note that a two-week notice (10 business days) and a completed “Access for All Request Form” is required.

Feedback and Suggestions

How are we doing? To send us your comments on District programs, facilities, staff or services please visit our website at HaywardRec.org and click on “Report a Concern” on the bottom of the main page, or stop in to any of our community centers to pick up a Customer Feedback Form in our lobby areas. Feel free to also call us at (510) 881-6700 during our business hours.
**Facilities — Golf**

**Skywest Golf Course**
1401 Golf Course Road, Hayward
(510) 317-2300
www.skywetgc.com
James Calceta, PGA
Head Golf Professional
(510) 317-2311

**Mission Hills of Hayward Golf Course**
275 Industrial Parkway, Hayward
(510) 888-0200
www.missionhillsgc.com
Darin Lee
Head Golf Professional
(510) 888-0207

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**Golf Course Policies**
- All players are expected to keep up with the group in front of them. Our golf course Marshals will enforce our Pace of Play Policy with all groups.
- No children under 6 years of age allowed on golf course unless they are players.
- No ice chests allowed.
- Only non-metal spikes are allowed.
- Shirt and shoes required.

**Golf Tournaments**
Tournaments are available for groups of 16 or more. Please call the golf course to inquire about tournaments.

**Tee Time Reservation**
Skywest Driving Range opens at daylight every day. We are a PGA of America recognized facility and US Kids Golf. Please call the golf course for Tee Time reservations.

**Family Golf Course**
Family Forward Tees is a course within a course scaled setup to help young golfers and beginners have more fun, and score lower.

**Golf Instructional Staff**
Head Golf Professionals, James Calceta and Darin Lee, have a combined 30+ years’ experience in golf instruction and operations. Certified Club Fitter for all major golf club manufacturers (Titleist, Cobra, Mizuno, Callaway, Ping, Cleveland). Our Mission is to increase the skill level of our students for their enjoyment of the game of golf. Our programs include instruction on the golf swing, short game, club fitting, course management, practice techniques, rules and etiquette. We work with each student to help design a personal improvement program based on the individual’s goals.

**Come Visit the Finest Driving Range in the Bay Area!**
Mission Hills of Hayward Driving Range
(510) 881-6730
Double Deck 50-Stall Driving Range
- Golf Lessons
State-of-the-Art Bunker Lighting
- Fully Stocked Golf Shop

**Driving Range Fees**

<table>
<thead>
<tr>
<th>Size</th>
<th>Range</th>
<th>Balls</th>
</tr>
</thead>
<tbody>
<tr>
<td>Small</td>
<td>$7</td>
<td>40</td>
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<tr>
<td>Medium</td>
<td>$12</td>
<td>100</td>
</tr>
<tr>
<td>Large</td>
<td>$14</td>
<td>150</td>
</tr>
<tr>
<td>Jumbo</td>
<td>$20</td>
<td>230</td>
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**Range Cards**

<table>
<thead>
<tr>
<th>Value</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Small</td>
<td>$50</td>
</tr>
<tr>
<td>Medium</td>
<td>$100</td>
</tr>
<tr>
<td>Large</td>
<td>$125</td>
</tr>
</tbody>
</table>

For more golf course information, monthly specials, and discount Tee Time rates, please visit our website.

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**Skywest Golf Course Pavilion**
Imagine the possibilities...
- Golf Tournaments
- Special Occasions
- Weddings
- Family Activities
- Birthdays
- Corporate Events
- Anniversaries

Call (510) 317-2325

**Sherman Balch Clubhouse**
Located at Mission Hills of Hayward Golf Course
(510) 940-8969

**L.A. Critzer Jr. Clubhouse**
Located at Skywest Golf Course
(510) 278-8811

**Serving Golfers and General Public**
- Breakfast
- Lunch
- Appetizers
- Full Service Bar

Open 7 days a week, 7:00am to Dusk
Community Parks and Facilities

Community Parks and Facilities are available for private use for wedding receptions, parties, meetings, exhibits, socials, and other rentals. Priorities for use and fees are based upon the type of group, organization or individual requesting the reservation. A minimum of 30 days advance notice is required when requesting a rental. In addition to community centers, rentals are available for swim centers, barbeque picnic areas, Rowell Ranch Rodeo Grounds, and birthday party areas. Meek Estate West Terrace provides a beautiful venue for a small wedding or event in an historic setting. For all rental information please call the Recreation District Office at (510) 881-6700 or visit HaywardRec.org.

Picnic Site Reservations

The vast majority of our parks feature picnic sites which are available on a first come-first served basis (see pages 61-63). To better accommodate group picnic use we also will reserve sites at 13 of our parks. The parks are: Alden E. Oliver Sports Park of Hayward, Memorial Park (picnic site), Cannery Park, Mt. Eden Park, Carlos Bee Park, Rowell Ranch, Castro Valley Community Park, San Felipe Community Park, East Avenue Park, San Lorenzo Community Park, Kennedy Park, Weekes Community Park, and Meek Park. No bouncers allowed except at selected sites. Please see page 57 for bouncer rental sites. Fee charges vary according to area. Non-resident fees may be applicable. For reservation information please call the Recreation District Office at (510) 881-6700.

Picnic Rainout Policy: In the case of heavy rain at the park and your picnic is rained out, please call the District Office, (510) 881-6700 within three business days after the date of the scheduled picnic to request a client credit or refund. You may reschedule your picnic reservation for another available date. Should you prefer a refund and the original payment was made by cash or check, a check will be issued by our Accounting Department within 2-3 weeks. If the original payment was made by credit card, a credit will be issued to the card. Sorry, no cash refunds.

Tennis Court Reservations

All tennis courts are available at no charge on a first come, first served basis unless reserved (see pages 61-63 for locations). Fees for tennis court reservations are $9 per hour per court. Court reservations can be made by phone at (510) 881-6700. $2 fee charged for each change/cancellation.

Sports Field & Gym Rentals

Practices, Leagues and Tournaments — Groups interested in reserving an indoor gym for basketball or volleyball use, or an outdoor sports field for practices, leagues or tournament play, can contact the Adult Sports Office at (510) 317-2314 by email at park@HaywardRec.org or download a rental application at www.teamsideline.com/hayward for additional information. The District has a wide range of facilities capable of accommodating a variety of special sporting events, leagues and tournaments. The Field Rainout Line is (510) 888-0103.
## Program Staff

### Hayward Area Recreation & Park District

#### General Information

<table>
<thead>
<tr>
<th>Service</th>
<th>Phone</th>
<th>Email/Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>Customer Service</td>
<td>(510) <a href="mailto:881-6700...info@HaywardRec.org">881-6700...info@HaywardRec.org</a></td>
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<tr>
<td>Parks Department</td>
<td>(510) <a href="mailto:881-6715...parkdept@HaywardRec.org">881-6715...parkdept@HaywardRec.org</a></td>
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<tr>
<td>Park Rangers</td>
<td>(510) <a href="mailto:881-6700...ParkRangers@HaywardRec.org">881-6700...ParkRangers@HaywardRec.org</a></td>
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#### Program Information

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<th>Activity</th>
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<tr>
<td>Aquatics/Swimming</td>
<td>(510) <a href="mailto:881-6703...geoc@HaywardRec.org">881-6703...geoc@HaywardRec.org</a></td>
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<tr>
<td>Art Programs</td>
<td>(510) 881-6700</td>
<td><a href="mailto:adobegallery@HaywardRec.org">adobegallery@HaywardRec.org</a></td>
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<tr>
<td>Ashland Community Center</td>
<td>(510) 881-6700</td>
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<tr>
<td>Douglas Morrison Theatre</td>
<td>(510) 881-6777...www.dmtonline.org</td>
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<tr>
<td>Facility Rentals</td>
<td>General Information</td>
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<tr>
<td>Golf</td>
<td>Mission Hills Golf Course</td>
<td><a href="mailto:leed@HaywardRec.org">leed@HaywardRec.org</a></td>
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<td>Gymnastics</td>
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<tr>
<td>Matt Jimenez Community Center</td>
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<tr>
<td>Nature Programs</td>
<td>Hayward Shoreline Interpretive Center</td>
<td><a href="mailto:sulphurcreek@HaywardRec.org">sulphurcreek@HaywardRec.org</a></td>
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<td>Photography</td>
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<td>Re-Enactment</td>
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<tr>
<td>Special Needs</td>
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<tr>
<td>Sports – Youths and Adults</td>
<td>General Information</td>
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<tr>
<td>Volunteer Hayward</td>
<td>(510) <a href="mailto:670-7280...ebaz@HaywardRec.org">670-7280...ebaz@HaywardRec.org</a></td>
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<tr>
<td></td>
<td>(510) <a href="mailto:670-7270...depa@HaywardRec.org">670-7270...depa@HaywardRec.org</a></td>
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<td>(510) <a href="mailto:881-6777...geoc@HaywardRec.org">881-6777...geoc@HaywardRec.org</a></td>
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<td>(510) <a href="mailto:881-6715...parkdept@HaywardRec.org">881-6715...parkdept@HaywardRec.org</a></td>
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</tbody>
</table>

#### Recreation Coordinators

- **Zachary Ebadi**
  - Volunteer Coordinator
  - (510) 670-7280...ebaz@HaywardRec.org

- **Shelly Luchini**
  - Special Needs
  - (510) 881-6778...lucs@HaywardRec.org

- **Tera Maroney**
  - Hayward Senior Center
  - (510) 881-6766...mart@HaywardRec.org

- **Terry Sullivan**
  - Theatre Arts
  - (510) 888-5750...sult@HaywardRec.org

- **Ken Tibbetts**
  - Kenneth Aitken Senior Center
  - (510) 881-6742...ebaz@HaywardRec.org

#### Recreation Coordinators II

- **Adrienne De Ponte**
  - Acting Coordinator II
  - Hayward Shoreline Interpretive Center
  - (510) 670-7270...depa@HaywardRec.org

- **Michael Maine**
  - Coordinator II
  - (510) 888-0211...maim@HaywardRec.org

- **Wendy Winsted**
  - Acting Coordinator II
  - (510) 881-6747...winw@HaywardRec.org

### Supervisors

- **Deborah Hernandez**
  - Recreation Supervisor
  - (510) 881-6755...herd@HaywardRec.org

- **Cody George**
  - Recreation Supervisor
  - (510) 888-0123...geoc@HaywardRec.org

- **Lori Ryan**
  - Recreation Supervisor
  - (510) 881-6705...oakl@HaywardRec.org

- **Daniela Keiffer**
  - Recreation Supervisor
  - (510) 881-6768...keid@HaywardRec.org

- **Noel Munivez**
  - Recreation Supervisor
  - (510) 317-2303...mum@HaywardRec.org

- **Nicole Espinoza Roa**
  - Recreation Supervisor
  - (510) 881-6720...roa@HaywardRec.org

- **Mary Jo Price**
  - Theater Manager
  - (510) 881-6733...prim@HaywardRec.org

### Director of Recreation, Arts and Community Service

- **James Wheeler**
  - (510) 881-6700...wheje@HaywardRec.org
<table>
<thead>
<tr>
<th>Facility Name</th>
<th>Address</th>
<th>Features</th>
<th>Remarks</th>
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<tbody>
<tr>
<td>ADOBE Adobe Center</td>
<td>Adobe Park 20395 San Miguel, CV</td>
<td>* * * *</td>
<td>Art Studio/Gallery, Bocce Ball, Harry R. Francis Skateboard Park</td>
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<tr>
<td>AEOSP Alden E. Oliver Sports Park</td>
<td>2580 Eden Park Pl., Hay</td>
<td>* * *</td>
<td>Sports Complex</td>
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<tr>
<td>ASC Arroyo Swim Center</td>
<td>15701 Lorenzo, SLz</td>
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<td>Summer Swimming Only</td>
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<tr>
<td>ACC Ashland Community Center</td>
<td>1530 167th, SL</td>
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<td>Handball, Sand Volleyball</td>
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<tr>
<td>BTP Bay Trees Tennis Park</td>
<td>19655 Millbrae, CV</td>
<td>* * *</td>
<td>Gymnasium</td>
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<tr>
<td>Castro Valley Park</td>
<td>22798 Ross Place, Hay</td>
<td>* * *</td>
<td>Splash Park, Skate Area</td>
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<tr>
<td>Castro Valley High School</td>
<td>19400 Santa Maria, CV</td>
<td>* * *</td>
<td>Amphitheater/Creek View</td>
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<tr>
<td>Carlos Bee Park</td>
<td>1905 Grove, CV</td>
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<td>Summer Swimming Only</td>
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<tr>
<td>Castro Valley Creek</td>
<td>3600 Norbridge, CV</td>
<td>* *</td>
<td>Amphitheater</td>
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<td>Castro Valley High School</td>
<td>19400 Santa Maria, CV</td>
<td>* *</td>
<td>Dance Studio</td>
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<td>CVL Castro Valley Library</td>
<td>3600 Norbridge, CV</td>
<td>* *</td>
<td>Dance Studio</td>
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<td>CVPA-1 Castro Valley Performing Arts</td>
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<td>CVPA-2 Castro Valley Performing Arts</td>
<td>3575 Somerset Ave., CV</td>
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<tr>
<td>CVSC Castro Valley Swim Center</td>
<td>Mabel, CV</td>
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<td>CVCC Castro Valley Park Community Center</td>
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<td>Chanticleer's Theatre, Splash Park</td>
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<td>CVTC CV Tennis Courts</td>
<td>18988 Lake Chabot, CV</td>
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<td>Centennial Park</td>
<td>24000 Amador, Hay</td>
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<td>CFD Center for the Dance</td>
<td>20391 Anita, CV</td>
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<td>Cherryland Park</td>
<td>198 Grove, Hay</td>
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<td>Skate Area</td>
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<td>Children’s Park at Giuliani Plaza</td>
<td>Mission Blvd. &amp; “D” St., Hay</td>
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<td>Christian Penke Park</td>
<td>Tahoe &amp; Morningside, Hay</td>
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<td>College Heights Park</td>
<td>27020 Fielding, Hay</td>
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<td>Dance Co Dance Company</td>
<td>1585 “B” St., Hay</td>
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<td>Dance/Fitness Studio</td>
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<td>DLD Dance Live Dream Ctrl</td>
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<td>Deerview Park</td>
<td>5780 Thousand Oaks, CV</td>
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<td>Del Rey Park</td>
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<td>DMT Douglas Morrison Theatre</td>
<td>22331 North Third St., Hay</td>
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<td>EAAB’s Martial Arts Studio</td>
<td>1252 “A” St., Hay</td>
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<td>Off-Leash Dog Park</td>
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<td>Earl Warren Park</td>
<td>4660 Crow Canyon, CV</td>
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<td>EAP East Avenue Park</td>
<td>3321 East Ave., Hay</td>
<td>* *</td>
<td>Amphitheater</td>
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</tbody>
</table>

Facility Directory

So much to do ... so close to home!
Sports Fields & Gymnasiums • Pools • Event Venues
Nature Facilities • Hiking Trails • Theatre
Parks with Playgrounds & Open Space
Come out and play!

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Facility Directory

SUMMER 2019
Facility Directory
SUMMER 2019

<table>
<thead>
<tr>
<th>Facility Name</th>
<th>Address</th>
<th>Features</th>
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<td>Eden Greenway</td>
<td>Cypress &amp; Harder, Hay</td>
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<td>Edendale Park</td>
<td>16278 Ashland, SLz</td>
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<td>Edendale Middle School, 16160 Ashland, SLz</td>
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<td>Eldridge Park</td>
<td>Hamric &amp; Rieger, Hay</td>
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<td>El Rancho Verde Park</td>
<td>541 Blanche, Hay</td>
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<td>Fairmont Linear Park</td>
<td>Fairmont &amp; East 14th, SL</td>
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<td>Fairmont Terrace Park</td>
<td>2091 Manchester, SL</td>
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<td>Fairview Park</td>
<td>2841 Romagnola, Hay</td>
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<td>Fairway Greens Park</td>
<td>30504 Vanderbilt, Hay</td>
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<td>FHPS</td>
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<td>FCP</td>
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<td>Gansberger Park</td>
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<td>GOESP</td>
<td>Gordon E. Oliver Eden Shores Park</td>
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<td>Ward Creek Canyon, Hay</td>
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<td>HP</td>
<td>Hayward Plunge 24176 Mission Blvd., Hay</td>
<td>* Indoor Pool, Year-round Swim</td>
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<td>620 Drew, SLz</td>
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<td>J. A. Lewis Park</td>
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<td>Jack Holland Sr. Park</td>
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OTHER REMARKS

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<td>Mission Hills/Hayward Driving Range</td>
<td>225 Industrial Parkway West, Hay</td>
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<td>METC</td>
<td>Mt. Eden Tennis Courts</td>
<td>Mt. Eden Park 2451 W. Tennyson, Hay</td>
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<td>Music Depot</td>
<td>944 B St., Hay</td>
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<td>East 10th &amp; Jefferson, Hay</td>
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<td>Hampton &amp; Standish, Hay</td>
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<td>Old Highlands Park</td>
<td>26180 Parkside, Hay</td>
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<td>Palma Ceia Park</td>
<td>27600 Decatur, Hay</td>
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<td>PALHP</td>
<td>Palomares Hills Park</td>
<td>7050 Villareal, CV</td>
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<td>Parsons Park</td>
<td>Almond &amp; Walnut, CV</td>
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<td>PhotoCentral</td>
<td>1099 “E” St., Hay</td>
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<td>Rancho Arroyo Park</td>
<td>2121 Depot, Hay</td>
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<td>Richard H. Sheridan Soccer Fields</td>
<td>2580 Eden Park Place, Hay</td>
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<td>Ridge Trail Park</td>
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<td>San Lorenzo Park &amp; Community Center</td>
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<td>Evergreen &amp; Flamingo, Hay</td>
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<td>SSVP</td>
<td>Silver Star Veterans Park</td>
<td>695 Industrial Pkwy., Hay</td>
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<td>SRC</td>
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<td>275 Goodwin, Hay</td>
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<td>Southgate Community Center</td>
<td>26780 Chiplay, Hay</td>
</tr>
<tr>
<td>Southgate Swim Club</td>
<td>24900 Magnolia St., Hay</td>
<td></td>
</tr>
<tr>
<td>Spark Martial Arts</td>
<td>21463, 4B, Foothill Blvd., Hay</td>
<td></td>
</tr>
<tr>
<td>Spring Grove Park</td>
<td>25610 Spring, Hay</td>
<td></td>
</tr>
<tr>
<td>STONE</td>
<td>Stonebrae School</td>
<td>28761 Hayward Blvd., Hay</td>
</tr>
<tr>
<td>Stonybrook Park</td>
<td>620 Woodland, Hay</td>
<td></td>
</tr>
<tr>
<td>Stratford Village Park</td>
<td>Stratford &amp; Canterbury, Hay</td>
<td></td>
</tr>
<tr>
<td>SCNC</td>
<td>Sulphur Creek Nature Center</td>
<td>1801 “D” St., Hay</td>
</tr>
<tr>
<td>SAC</td>
<td>Sunset Adult Center</td>
<td>Sunnset Park 22100 Princeton, Hay</td>
</tr>
<tr>
<td>SSC</td>
<td>Sunset Swim Center</td>
<td>410 Laurel, Hay</td>
</tr>
<tr>
<td>Tennyson Park Panjon &amp; Huntwood, Hay</td>
<td>Twin Bridges 301 Arrowhead, Hay</td>
<td></td>
</tr>
<tr>
<td>Valle Vista Park</td>
<td>387 Valle Vista, Hay</td>
<td></td>
</tr>
<tr>
<td>Valley View Park CV</td>
<td>Via Toledo Park SLz</td>
<td></td>
</tr>
<tr>
<td>WPTC</td>
<td>Weekes Park Tennis Courts</td>
<td>Coming Soon!</td>
</tr>
<tr>
<td>WPCC</td>
<td>Weekes Park Community Center</td>
<td>27182 Patrick, Hay</td>
</tr>
</tbody>
</table>

**Other Remarks:**
- Skate Area
- Lighted Driving Range, Pro Shop
- 9-Hole Golf Course, Pro Shop
- Historical Building, Shuffle Board
- Music Studio
- Off-Leash Dog Park
- Bouncers allowed
- Darkroom, Gallery, Digital Lab
- Sports Complex
- Sand Volleyball Courts
- Rodeo Park
- Reopening early summer 2017
- Bocce Ball Court
- ProShop, Restaurant, Driving Range
- Adult Special Needs Program
- Nature Center, Animal Rehab
- Live Animal Displays
- Gym, Street Hockey Courts
- Summer Swimming Only
- Skate Park
- Sand Volleyball Court
- Coming Soon!
- Art Studio, Bouncers allowed
Registration Policies

Correctly completed registrations will have priority. Registration with unsigned Liability Agreement will not be processed until signed. Class spaces will not be held. Only one form is needed for each household. Registrants from separate households wishing to register for the same class should mail separate registration forms in the same envelope.

Please no mail-in or District Office walk-in registration for swim classes. For Aquatics registration and program information, see page 7.

Register early . . . classes fill quickly!

Online/Mail-In Resident Registration Processing Begins May 1 at 6:01 am

Resident mail-in or fax registration forms received prior to May 1 will be held by the registration staff. On May 1 at 8:30am, random processing of these forms will begin and will continue until all classes have been filled. Forms received after this date will be processed in the order received. Make checks payable to H.A.R.D. Read, sign and date the Liability Agreement. Fill in the name of any applicants under the age of 18 on the line provided in the text of the agreement. Mail your completed Registration Form and Liability Release, fees and a self-addressed stamped envelope to: H.A.R.D. Registration, 1099 “E” Street, Hayward, CA 94541.

Fax Resident Registration Processing Begins May 8

The Registration Form on page 66 may be faxed to (510) 881-6763. Please remember to check Visa, MasterCard or American Express and include the number and expiration date and sign the form. Visa, MasterCard and American Express are the only methods of payment accepted by fax. To confirm that we have received your fax call (510) 881-6700 immediately after faxing. Please do not mail after faxing.

Walk-In and Non-Resident Registration Processing Begins May 8

Walk-in and non-resident registration begins on May 8. For walk-in registration locations, look for specific registration information with your class information in this brochure or call the District Office at (510) 881-6700. Check for specific locations in the class information of this brochure or drop registration off at the Hayward Area Recreation and Park District Office, 1099 “E” Street, Hayward. Non-resident mail-in or fax registration forms received prior to May 8 will be held by the registration staff. On May 8 random processing of these forms will begin on a space available basis. Non-resident fee is $10 in addition to resident fees and applies to each class for which you register.

Scholarships

Some partial scholarships may be available based on need and funds available. Please call (510) 881-6700 or visit info@HaywardRec.org. These scholarships are made possible by generous funding from the H.A.R.D. Foundation.

Summer 2019 District Holidays

July 4.

Class Fee Policy

Class fees will not be pro-rated for participants joining after the first class. There is a Senior Discount for Residents that are 60 years and older. In order to receive the 25% discount for classes (excluding Senior Programs, Golf Programs and Adult Tennis Leagues), registration must be done in person at the District Office.

Email Address Updates

Please be sure to call (510) 881-6700 to confirm that your email address on record with H.A.R.D. is current.

Some Common Registration Questions . . .

Did I get my class? If you sent your self-addressed stamped envelope, a copy of your registration confirmation will be returned. Bring it to your first class. If you have not received confirmation by May 8, please call (510) 881-6700. No places will be held by telephone. No confirmation will be returned without your self-addressed stamped envelope.

Can I visit my child’s class? Attendance is limited to registered participants only. The Recreation District has no personnel available to supervise children before or after scheduled classes. Sorry, no parents in children’s classes either.

What about full or cancelled classes? The District sets minimum and maximum numbers of participants for classes. We will take a waiting list for any class and will attempt to schedule a new class when a sufficient number has signed up. Classes will be cancelled if the minimum registrations are not received. It is helpful to include a second choice if possible.

Are there any age limits? Where “Age Level” is indicated, your child must be that age on the starting day of the program unless otherwise noted.

Cancellation Policies

Program Cancellation and Refund Policy

Full refunds will be issued for any class or program cancelled by H.A.R.D.

Program refunds $100 or more will be automatically made as refunds, not credits and returned in the form of the original payment. Customers can opt for a credit for program withdrawal or cancellation for amounts less than $100. However, this credit will be kept on your ACTIVE account through the end of the calendar year only. If not used, a refund of that credit amount will be issued.

Cash payments are refunded by District check and can take up to 30 days. Refund checks will be made to the primary account contact and will be mailed to the home address on file. Please be sure your account information is up to date.

Processing Fees: All transfers and withdrawals will incur a processing fee of $5 for each activity/class that you withdraw or transfer from.

(continued on next page)
7 Days/1 Week Prior Notice to District: For a full refund, [minus the $5 processing fee], you must notify the District online, in person or over the phone at least 7 calendar days [one week] before the program begins or the registration deadline. For example, for activities and programs that start on a Monday, you must notify us by 5:00pm the Monday prior. The last day to withdraw from a Saturday or Sunday program is the prior Monday.

Less than 7 Days Notice or After the Program Begins: Refund requests made less than 7 days notice or after the program begins are not guaranteed. Each case will be reviewed on an individual basis. If approved, the refund will incur a 50% processing fee or be prorated based on the number of classes attended or that have passed. Failure to attend a program (no shows) will not be granted a refund. Refunds will not be issued for requests received after the program is finished.

Facility Rental Cancellation and Refund Policy

Buildings, picnic areas, theater, fields, gyms: Any changes to the rental contract/permit regarding date, location or cancellation are subject to a forfeiture of the $50 non-refundable deposit and must be made before twenty one (21) calendar days prior to the event. The original permit must be returned to obtain a revised permit. Refunds are not issued for unused hours.

For field rentals in the case of rainy, wet or muddy conditions, a refund will be issued if the District is notified in writing within 72 hours after the scheduled date of use or if the District closes fields due to weather. Any cancellation and/or changes must be submitted in writing by the applicant a minimum of thirty (30) calendar days prior to the permit date. Cancellation fewer than thirty (30) calendar days before scheduled permit date will include forfeiture of the equivalent to 50% of the rental fees owed and/or collected to date. If fees have already been paid, the forfeiture will come out of the fees. If the fees have not been paid as of the cancellation, the forfeiture will come out of the deposit.

Refundable security and/or cleaning deposits will be refunded based on the following conditions: request to cancel falls within the allowed period; facility is left in the condition it was found, no damage done to the facility based on rental usage; garbage and recycling are stowed in the proper containers or removed; equipment and materials removed; renters abide by the facility rules and regulations and the ordinances governing H.A.R.D.

Occasionally, the District may find it necessary to reschedule, relocate or cancel a previously approved permit. In that event, the District will give as much notice as possible. In the event of a cancellation, the entire permit fee (including all deposits) will be refunded.

How to Register Online

Online Registration opens May 1 at 6:01am.

New Program Registration Software

H.A.R.D. has implemented a new registration platform with Active Network.

To register online, you must use the new registration website. Go online to HaywardRec.org/OnlineRegistration. This will take you to the Active Network Registration website.

Step 1  Create an Account
If you have not yet created an account on the new registration website, go online to the Active Network registration website at HaywardRec.org/OnlineRegistration for direct access and to create an account.

Step 2  Login
After online registration opens, visit the Active Network registration website at HaywardRec.org/OnlineRegistration. Use your email address and password to login to your account to register, add family members, or make any changes to your account.

Step 3  Register!
Register all your participants in their desired classes and activities.
MAIN ACCOUNT CONTACT INFORMATION (Participant, or if Participant is under 18, Participant’s parent or guardian)

First Name                                                Last Name                                                Birthdate
City

Primary Phone                                                Secondary Phone                                                Text Alert Phone                                                Email

Emergency Contact #1 / Relationship                        Phone                                                Emergency Contact #2 / Relationship                         Phone

FIRST CHOICE

Activity Name                                                Activity Number

SECOND CHOICE

Activity Name                                                Activity Number

FEES

FIRST CHOICE

M    F                 /          /                                                                                       ($)                        Additional $10 per class Non-Resident Fee, if applicable

SECOND CHOICE

M    F                 /          /                                                                                       ($)                        TOTAL FEES $5

PAYMENT METHOD: □ Cash □ Client Credit □ Check

Credit Card Signature __________________________ Credit Card Expiration Date __________

E-MARKETING SIGN-UP AND PHOTO RELEASE: I understand that by providing my email address I am giving the District permission to sign me up for e-news alerts including District related Constant Contact, Facebook, and District and program alerts. I understand I may unsubscribe at any time. I understand my email address will not be sold. By signing this registration form, I hereby authorize the District to use photographs and/or video of the above named participants for the purpose of District Marketing including print, email marketing, and web based content.

I HAVE CAREFULLY READ THIS AGREEMENT, WAIVER AND RELEASE AND FULLY UNDERSTAND ITS CONTENTS.

I AM AWARE THAT THIS IS A RELEASE OF LIABILITY AND A CONTRACT BETWEEN MYSELF AND THE HAYWARD AREA RECREATION AND PARK DISTRICT AND I SIGN IT OF MY FREE WILL.

Signature __________________________ □ Parent □ Guardian □ Participant Date __________

LIABILITY AGREEMENT, WAIVER, AND RELEASE

I have carefully read description of class(es) for which I/we are registering and in consideration for being permitted by the Hayward Area Recreation and Park District to participate in the [above] activity [described in this brochure], I hereby waive, release and discharge any and all claims for personal injury, death, or property damage which I may have, or which may hereafter accrue to me, as a result of participation in said activity. This release is intended to discharge in advance the Hayward Area Recreation and Park District (its officers, employees, and agents) from any and all liability arising out of or connected in any way with my participation in said activity, even though that liability may arise out of negligence or carelessness on the part of the persons or entities mentioned above. It is understood that this activity involves an element of risk and danger of accidents and knowing those risks I hereby assume those risks. It is further agreed that this waiver, release and assumption of risk is to be binding on my heirs and assigns. I agree to indemnify and to hold the above persons or entities free and harmless from any loss, liability, damage, cost, or expense which they may incur as the result of my death or injury or property damage that I may sustain while participating in said activity.

I hereby consent that my son/daughter, __________________________, participate in the [above] activity [described in this brochure], and I hereby execute the above Agreement, Waiver, and Release on his/her behalf. I state that said minor is physically able to participate in said activity. I hereby agree to indemnify and hold the persons and entities mentioned above free and harmless from any loss, liability, damage, cost, or expense which they may incur as a result of the death or injury or property damage that said minor may sustain while participating in said activity.

PARENTAL CONSENT: (To be completed and signed by parent/guardian if applicant is under 18 years of age.)

I hereby consent that my son/daughter, __________________________, participate in the [above] activity [described in this brochure], and I hereby execute the above Agreement, Waiver, and Release on his/her behalf. I state that said minor is physically able to participate in said activity. I hereby agree to indemnify and hold the persons and entities mentioned above free and harmless from any loss, liability, damage, cost, or expense which they may incur as a result of the death or injury or property damage that said minor may sustain while participating in said activity.

E-MARKETING SIGN-UP AND PHOTO RELEASE: I understand that by providing my email address I am giving the District permission to sign me up for e-news alerts including District related Constant Contact, Facebook, and District and program alerts. I understand I may unsubscribe at any time. I understand my email address will not be sold. By signing this registration form, I hereby authorize the District to use photographs and/or video of the above named participants for the purpose of District Marketing including print, email marketing, and web based content.

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I AM AWARE THAT THIS IS A RELEASE OF LIABILITY AND A CONTRACT BETWEEN MYSELF AND THE HAYWARD AREA RECREATION AND PARK DISTRICT AND I SIGN IT OF MY FREE WILL.

Signature __________________________ □ Parent □ Guardian □ Participant Date __________

IMPORTANT NOTE: Registration will not be processed unless ALL of the information is completely filled out and the liability agreement (below) has been signed.
Outdoor Movies around the District

Join us for FREE family fun near you! All movies begin after dark between 8:00 pm-8:15 pm

Bring the entire family, picnic dinner, low-back small chairs and/or blankets, flashlights (keep them low!). Come out early and join us after 6:00 pm on the movie night to enjoy some music, visit with local vendors and play with our Mobile Recreation Program prior to the evening movie! Thanks to our amazing sponsors below for making these movies possible.

Enjoy the following feature films:

<table>
<thead>
<tr>
<th>Date</th>
<th>Movie Title</th>
<th>Location*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Friday, June 28</td>
<td>Hotel Transylvania 3: Summer Vacation (PG)</td>
<td>Hayward City Hall Plaza</td>
</tr>
<tr>
<td>Saturday, July 20</td>
<td>Small Foot (PG)</td>
<td>San Lorenzo Theatre</td>
</tr>
<tr>
<td>Friday, August 16</td>
<td>Incredibles 2 (PG)</td>
<td>Adobe Park</td>
</tr>
<tr>
<td>Friday, September 6</td>
<td>Ralph Breaks the Internet (PG)</td>
<td>Meek Park</td>
</tr>
</tbody>
</table>

*See pages 61-63 for the location addresses.

Our Sponsors:

Enjoy the following feature films:

Flight to Freedom Sulphur Creek Nature Center Saturday, September 7, 6:30pm-9:00pm

Relax under the oaks and enjoy excellent wine, beer, coffee, and a delicious meal along with live music. As a highlight to the evening, you will witness the release of some young owls raised through Sulphur Creek’s Wildlife Rehabilitation program. Take part in behind-the-scenes tours, live animal appearance, an amazing silent auction and much more. This is a fundraising event benefiting the wildlife rehabilitation and education programs of Sulphur Creek Nature Center. Tickets are $80 and are available by calling (510) 881-6747 daily after 10:00 am. This is an adult-only event; you must be at least 21 to attend.

Flight to Freedom Sulphur Creek Nature Center Saturday, September 7, 6:30pm-9:00pm

Relax under the oaks and enjoy excellent wine, beer, coffee, and a delicious meal along with live music. As a highlight to the evening, you will witness the release of some young owls raised through Sulphur Creek’s Wildlife Rehabilitation program. Take part in behind-the-scenes tours, live animal appearance, an amazing silent auction and much more. This is a fundraising event benefiting the wildlife rehabilitation and education programs of Sulphur Creek Nature Center. Tickets are $80 and are available by calling (510) 881-6747 daily after 10:00 am. This is an adult-only event; you must be at least 21 to attend.

10K on the Bay Hayward Shoreline Interpretive Center 2019

Sunday, August 25

Run or walk along the spectacular habitat of the Hayward shoreline overlooking the San Francisco Bay-Estuary. The course starts at the Interpretive Center, heads out toward the shoreline, and circles around Cogswell marsh along the San Francisco Bay Trail. This event is designed to promote environmental and health awareness. Proceeds received are earmarked for the renovation of the Center’s 32-year-old “Habitat Room” exhibits. Track and Field Certified and chip timed. Only pre-registered participants will receive an event T-shirt. $35 per resident/$40 on-site registration.

For more information and registration, please go to 10KontheBay.org or call (510) 670-7270.
STAR SEARCH!
Want to be featured on our next cover?

Stay tuned for the upcoming photo contest.

FOLLOW US!
for year round events