**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.

We have so much good news to share!

**Completed:**
- Oliver Sports Park Synthetic Turf Replacement
- Mission Hills Driving Range Improvements

**Under Construction:**
- Kennedy Park Renovation
- Edendale Park Renovation
- Hayward Community Gardens – Phase 1
- Mia’s Dream Come True Playground

**Construction to Start in 2019:**
- Via Toledo Park (new 2-acre neighborhood park)
- East Avenue Park Renovation
- National Fitness Campaign (three outdoor fitness courts)

**In Design:**
- Ashland Common – new park!
- Hayward Area Senior Center Renovation
- Tennyson Park Renovation Master Plan
- San Lorenzo Community Center Renovation
- Bidwell and El Rancho Verde Park Master Plans

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

For up to date information, visit our website at www.HaywardRec.org/HARDatWork.

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
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The Mission of the Hayward Area Recreation and Park District is to enrich the quality of life for our community by providing a variety of recreational activities, parks and facilities that promote health, wellness, learning and fun.

Meet the H.A.R.D. Foundation Board
The H.A.R.D. Foundation Board is a tremendous group of community leaders who are active and involved in supporting the Hayward Area Recreation and Park District. Between grants, special events and fundraising initiatives, the H.A.R.D. Foundation raises hundreds of thousands of dollars each year. This year, in addition to Mia’s Dream Come True Playground, the HARD Foundation will be raising funds for the “iconic” Kennedy Park Train as H.A.R.D. renovates Kennedy Park.

The H.A.R.D. Foundation Board is a both a hands-on group of hard-working individuals who volunteer and assist in H.A.R.D.’s many activities as well as ambassadors for the District. The Board networks, represents and encourages contributions to H.A.R.D. throughout the community.

We are pleased to share the H.A.R.D. Foundation Board and hope you will consider assisting us in our fundraising initiatives or joining the Board!

Louis Andrade, H.A.R.D. Board of Director
Ed Avelar
Donna Boyer, Past President
Dale Bridges
Joy Brown
Harry Bruno
Linda Cliff, Secretary
L.A.’Bud’ Critzer, Jr.

John Davini
Laurie DeSeguirant
Maryann Francis
Mark Gerry
Mary Gianopoulos
Lisa Glover-Gardin
Lowell Hickey, President
Richard Imsdahl
Adam Korbas

Dev Mahadevan
Michael Mahoney
Carol Pereira, H.A.R.D. Board of Director
Penny Pridemore
Cal Sakamoto
Radonna Scott
Michael Tacconi
Dale Toussaint

Robin Toussaint, Vice President
Myha Trieu
Dennis Waespi
David Wilhite, Treasurer

Staff:
Pamela Russo, Executive Director
Mariellen Faria, Clerk

Please contact Pamela Russo at Rusp@HaywardRec.org for questions or further information about joining the Foundation or donating to one of H.A.R.D.’s many wonderful causes.
Hayward Shoreline Interpretive Center
4901 Breakwater Avenue, Hayward | (510) 670-7270 | shoreline@haywardrec.org
Showing in the Salt Marsh Exhibit Gallery

Stay on the Trail: Preserving the San Francisco Bay’s Wetlands
Artwork by Julie Ho Sung
October 19 through January 19
Artist Reception: Saturday, October 19, 2:00pm-4:00pm

Learn about the San Francisco Bay estuary and wildlife though illustrations and infographics from science illustrator Julie Ho Sung in her solo exhibition at the Hayward Shoreline Interpretive Center. A habitat restoration project that started in the 1970s, the South Bay salt marshes are home to a large number of wildlife species from the native Pacific cordgrass to the endangered Ridgeway’s rail. See if you can spot the wildlife on your walk along the Bay Trail, but do your part in preserving the Bay’s ecosystem and Stay on the Trail.

PhotoCentral Art Gallery
1099 “E” Street, Hayward | (510) 881-6721 | info@photocentral.org | www.photocentral.org
Gallery Hours: Monday, 5:00pm-10:00pm; Tuesday and Thursday, 10:00am-1:00pm; or by appointment

Resonance: 75 Years of Inspiration
Elin Christophersen, Gene Dominique, Glenn Hemanes, Leah Virsk, Elizabeth Opalenik, Vaughn Hutchins, Oliver Klink, Kate Jordahl, Geir Jordahl, Jackson Nichols, and Frederick Watkins
September 29 through November 28
Opening: September 29, 2:00pm-5:00pm

Eleven artists respond to the Hayward Area Recreation and Park District’s legacy and influence in their lives and communities. Works on paper and glass. Explorations in paint, wood, fiber, and photography. Join us to continue the celebration of the 75th anniversary of H.A.R.D. with unique artworks created for this occasion. Curated by Geir Jordahl.
Fun Family Pancake Breakfast
Join the Hayward Area Senior Center and Hayward Castro Valley Kiwanis Club for an all age, fun family Pancake Breakfast. Enjoy hot pancakes, scrambled eggs, sausage and juice and coffee. Sulphur Creek Nature Center will share interesting critters and table tennis will be set up for all to enjoy. Event cost $5 for adults and $3 for children under 12. Seniors over 60 are free! Call Hayward Area Senior Center at (510) 881-6766 for more information.

Saturday, September 14 8:30am-12:30pm
Hayward Area Senior Center
22325 North Third Street, Hayward

Coastal Clean Up Day
Coinciding with the end of the summer beach season, Coastal Clean Up Day is a great way for families, students and service groups to work together and care for our fragile marine environment. It is also a fun way to show community support for our shared natural resources and learn about the impacts of marine debris and how we can prevent it. Dress in layers and wear sunscreen. We will supply gloves and bags for trash pickup and non-native plant removal. All ages. Free!

Saturday, September 21 9:00am-12:00pm
Hayward Shoreline Interpretive Center
4901 Breakwater Avenue, Hayward

Fall Flea Market
Everyone is invited to come to this free event. There will be over 55 vendors selling one of a kind items, great bargains, and unusual treasures. There will also be a snack bar, so bring your appetite. Don’t miss this special event!

Saturday, October 5 8:00am-1:00pm
Kenneth C. Aitken Senior and Community Center
17800 Redwood Road, Castro Valley

5th Annual Ashland Cherryland 5K Fun Run
Join us for this FamFest Event. Race starts at 9:00am. Register at www.acrun.org.

Saturday, October 19 9:00am
REACH Ashland Youth Center
16335 E. 14th Street, Ashland

Unhaunted House & Carnival – Land of Oz
Friday, October 25 and Saturday, October 26
See page 67 for details!

What’s Up Big Band
All are invited to enjoy the music of Glen Miller, Count Basie, Harry James and more! You are welcome to the dance floor or just sit, listen, and tap your toes as the Big Band Era comes alive with What’s Up Big Band. Refreshments and great music combined with a wonderful dance floor are attractions for people who enjoy dancing. Cost is only $6 per person at the door.

Sunday, October 27 1:00pm-3:30pm
Hayward Area Senior Center
22325 North Third Street, Hayward
**Holiday Art and Craft Fair**
Saturday, November 2  9:00am-3:00pm
See the inside back cover for details!

**Rich Wicker Pool Tournament**
Test your skills against other players from around the East Bay 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. There will be prizes awarded to the top players in each bracket. Light refreshments will also be provided.

*Tuesday, November 12  9:30am-2:30pm*
Kenneth C. Aitken
Senior and Community Center
17800 Redwood Road, Castro Valley

**Holiday Concert**
Join us for a free holiday concert with the Tinseltones! Enjoy festive music that spans generations and the globe. Light refreshments will be provided. Invite your friends, neighbors and family! Please call the Senior Center to reserve your spot (510) 881-6738.

*Thursday, December 5  4:30pm-5:30pm*
Kenneth C. Aitken
Senior and Community Center
17800 Redwood Road, Castro Valley

**Holiday High Tea**
Take a break from the hectic holiday season with a traditional English High Tea. Purchase a table for four and decorate it in a holiday theme with your own linens, china, silverware and teapot. The Senior Center provides the tea and scrumptious treats! The High Tea is $12 per person and reservations are required. Individual tickets are also available. Tables go on sale Monday, October 14, 2019 at 8:30am.

*Friday, December 13  1:00pm-3:00pm*
Kenneth C. Aitken
Senior and Community Center
17800 Redwood Road, Castro Valley

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**10th Annual H.A.R.D. and Hayward Odd Fellows Summer Concert Series**
Celebrating the 200th Anniversary of Odd Fellows in the USA

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 September line-up below. Visit HaywardRec.org for up-to-date information.

**Hayward Memorial Park, 24176 Mission Blvd. (behind Hayward Plunge)**

*September 8*
**Hayward LaHonda All Stars and In Full Swing Big Band** for the Hayward LaHonda Music Camp

*September 15*
**Gravity +4 and East Bay Youth Orchestra** benefiting the East Bay Youth Orchestra.

*September 22*
**Fault Line Blues Band** and **Sycamore Beatles Beach Boys** with members of the Mt. Eden Choir for the Mt Eden High School Choir Program, Francisco Zermeno, celebrity chef

*September 29*
**Uncle Rico’s Hypnotones, The New Naturals and Alrighty Then** and the **Hayward High School Jazz Band, String Orchestra and Marching Band** for the Hayward High School Instrumental Music Program, Mark Salinas, celebrity chef

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.
Thanksgiving Basketball Camp
This coed basketball camp by National Academy of Athletics is designed to make you more confident in basketball. Ball handling drills, shooting fundamentals, passing, team concepts will be combined with games. Come play, and walk away a better player!

11487 7-13 yr  M-W  9:00am-3:00pm  Nov 25-Nov 27  3 days  STONE  NAoFA Staff  $144
11488 7-13 yr  M-W  9:00am-12:00pm  Nov 25-Nov 27  3 days  STONE  NAoFA Staff  $88

Rec Innovation Fall Camp
This innovative program creates a balanced experience that reinforces S.T.E.A.M. based curriculum and recreation philosophy in fun and engaging way. Through group interaction and mutual respect, each participant will be given the opportunity to explore the many benefits of intentional recreation programming!

7901  6-17 yr  M-W  7:30am-5:30pm  Nov 25-Nov 27  3 days  MJcc  Staff  $80
7903  6-12 yr  M-W  7:30am-5:30pm  Nov 25-Nov 27  3 days  SFcc  Staff  $80
7905  6-12 yr  M-W  7:30am-5:30pm  Nov 25-Nov 27  3 days  SLCC  Staff  $80

Winter Holiday Art Camp: A Celebration of Art
This camp introduces students to techniques from Bay Area artists, painters and sculptors past and present, with the use of recycled materials for 3d design creation. It's a practical introduction, application and practice for attending students. We LAUgH A LOT!

11501  6-14 yr  Sa  9:00am-11:00am  Nov 30-Dec 21  4 days  ADOBE  McPherson  $140*
* $40 supply fee payable to instructor at first class.

Pleasant Picnic
Take a nice walk along the shoreline with a naturalist, finishing with a pleasant picnic by the bay. We will bring locally sourced vegetarian foods and if you have something to share, bring it along!

11329  All Ages  Su  12:00pm-2:00pm  Oct 6  1 class  HSIC  Staff  $10

Family Fishing Fun
Hike out to the shoreline and learn the basics of rigging, casting, and possibly catching! No previous experience needed. Gear provided. Participants ages 16 yrs+ must have a fishing license, available online by visiting www.ca.gov. Feel free to bring a zero waste (all reusable or compostable) lunch or snack.

11356  6 yr +  Su  10:30am-1:30pm  Sep 29  1 class  HSIC  Cardosi  $12
11357  6 yr +  Sa  1:00pm-4:00pm  Oct 19  1 class  HSIC  Cardosi  $12
11358  6 yr +  Sa  11:00am-2:00pm  Nov 16  1 class  HSIC  Cardosi  $12

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?

10866  All Ages  Su  2:00pm-3:00pm  Sep 15  1 class  HSIC  Staff  Free
10867  All Ages  Su  2:00pm-3:00pm  Oct 27  1 class  HSIC  Staff  Free
10868  All Ages  Su  2:00pm-3:00pm  Nov 24  1 class  HSIC  Staff  Free
10870  All Ages  Su  2:00pm-3:00pm  Dec 22  1 class  HSIC  Staff  Free

Shoreline Trash Takers
Grab your work gloves and goodwill! The salt marsh needs your help getting rid of the litter that has accumulated since our last clean-up. We will provide trash bags and have gloves to loan.

11404  All Ages  Su  10:30am-12:00pm  Dec 15  1 class  HSIC  Staff  Free
Aquatics

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

Register Now 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.

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 Fall 2019 Session Dates

Fall Season Aquatics are held at the Hayward Plunge Swim Center.
Holidays – NO CLASSES: October 31, November 11, November 25-December 1

<table>
<thead>
<tr>
<th>Session 1</th>
<th>Sep 4-Sep 18</th>
<th>Sep 3-Sep 19</th>
<th>Sep 4-Oct 9</th>
<th>Sep 7-Oct 12</th>
<th>Sep 8-Oct 13</th>
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<td>Session 4</td>
<td>Nov 4-Nov 20</td>
<td>Nov 5-Nov 21</td>
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<td>Session 5</td>
<td>Dec 2-Dec 18</td>
<td>Dec 3-Dec 19</td>
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Aquatics Drop-In Programs

Lap Swim/Water Walking (Ages 13 yrs +)

Lap Swim and Water Walking lanes may be limited during certain times due to other programs.

Fee: $5 drop-in
- $60 Adult Lap Swim Pass (15 swims)
- $45 Senior Lap Swim Pass (15 swims)

Monday-Friday 6:00am-1:00pm*  Monday-Thursday 5:00pm-7:00pm
Saturday 6:00am-9:30am
Sunday 6:00am-10:30am

* M/W, 8:30am-11:30am, only the deep end is open. T/Th, 8:30am-11:30am, only the shallow end is open.

Public Swimming (All Ages)

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
Saturday 1:30pm-3:30pm

Aquatics Drop-In Programs

Lap Swim/Water Walking (Ages 13 yrs +)

Lap Swim and Water Walking lanes may be limited during certain times due to other programs.

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

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- $45 Senior Lap Swim Pass (15 swims)

Monday-Friday 6:00am-1:00pm*  Monday-Thursday 5:00pm-7:00pm
Saturday 6:00am-9:30am
Sunday 6:00am-10:30am

* M/W, 8:30am-11:30am, only the deep end is open. T/Th, 8:30am-11:30am, only the shallow end is open.

Public Swimming (All Ages)

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
Saturday 1:30pm-3:30pm

Aquatics Drop-In Programs

Lap Swim/Water Walking (Ages 13 yrs +)

Lap Swim and Water Walking lanes may be limited during certain times due to other programs.

Fee: $5 drop-in
- $60 Adult Lap Swim Pass (15 swims)
- $45 Senior Lap Swim Pass (15 swims)

Monday-Friday 6:00am-1:00pm*  Monday-Thursday 5:00pm-7:00pm
Saturday 6:00am-9:30am
Sunday 6:00am-10:30am

* M/W, 8:30am-11:30am, only the deep end is open. T/Th, 8:30am-11:30am, only the shallow end is open.

Public Swimming (All Ages)

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
Saturday 1:30pm-3:30pm

Aquatics Drop-In Programs

Lap Swim/Water Walking (Ages 13 yrs +)

Lap Swim and Water Walking lanes may be limited during certain times due to other programs.

Fee: $5 drop-in
- $60 Adult Lap Swim Pass (15 swims)
- $45 Senior Lap Swim Pass (15 swims)

Monday-Friday 6:00am-1:00pm*  Monday-Thursday 5:00pm-7:00pm
Saturday 6:00am-9:30am
Sunday 6:00am-10:30am

* M/W, 8:30am-11:30am, only the deep end is open. T/Th, 8:30am-11:30am, only the shallow end is open.

Public Swimming (All Ages)

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
Saturday 1:30pm-3:30pm

Aquatics Drop-In Programs

Lap Swim/Water Walking (Ages 13 yrs +)

Lap Swim and Water Walking lanes may be limited during certain times due to other programs.

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Saturday 6:00am-9:30am
Sunday 6:00am-10:30am

* M/W, 8:30am-11:30am, only the deep end is open. T/Th, 8:30am-11:30am, only the shallow end is open.

Public Swimming (All Ages)

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
Saturday 1:30pm-3:30pm
Fall Season Aquatics are held at the Hayward Plunge Swim Center.

Holidays – NO CLASSES: October 31, November 11, November 25-December 1

Parent Tot Swim Lessons (Ages 1-3 yrs)

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.

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Start/End</th>
<th>Duration</th>
<th>Cost</th>
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</thead>
<tbody>
<tr>
<td>Monday/Wednesday</td>
<td>6:40pm-7:10pm</td>
<td>Sep 23-Oct 18</td>
<td>6 classes $56</td>
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<tr>
<td>Monday/Wednesday</td>
<td>3:45pm-4:15pm</td>
<td>Sep 23-Oct 18</td>
<td>6 classes $56</td>
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<tr>
<td>Tuesday/Thursday</td>
<td>10:10am-10:40am</td>
<td>Sep 23-Oct 18</td>
<td>6 classes $44</td>
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<tr>
<td>Tuesday/Thursday</td>
<td>10:10am-10:40am</td>
<td>Oct 15-Nov 21</td>
<td>5 classes $47</td>
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<tr>
<td>Saturday</td>
<td>11:35am-12:05pm</td>
<td>Sep 7-Oct 12</td>
<td>6 classes $44</td>
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<tr>
<td>Saturday</td>
<td>11:35am-12:05pm</td>
<td>Oct 19-Nov 23</td>
<td>6 classes $44</td>
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</table>

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 alone in the water. Maximum of 4 students per instructor.

<table>
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<tr>
<th>Day</th>
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<th>Start/End</th>
<th>Duration</th>
<th>Cost</th>
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<td>6 classes $44</td>
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Wednesday

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<th>Duration</th>
<th>Cost</th>
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<tbody>
<tr>
<td>Wednesday</td>
<td>2:15pm-2:45pm</td>
<td>Sep 4-Oct 9</td>
<td>6 classes $56</td>
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<tr>
<td>Wednesday</td>
<td>2:15pm-2:45pm</td>
<td>Oct 16-Nov 20</td>
<td>6 classes $56</td>
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<tr>
<td>Saturday</td>
<td>10:15am-10:45am</td>
<td>Sep 7-Oct 12</td>
<td>6 classes $56</td>
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<td>6 classes $56</td>
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<tr>
<td>Saturday</td>
<td>11:35am-12:05pm</td>
<td>Oct 19-Nov 23</td>
<td>6 classes $56</td>
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</table>
### School Age Swim Lessons

Fall Season Aquatics are held at the Hayward Plunge Swim Center. Holidays – NO CLASSES: October 31, November 11, November 25-December 1

### Group Swim Lessons (Ages 6-13 yrs)

Beginning Levels 1, 2 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. Maximum of 8 students per instructor.

**Monday/Wednesday**
- 11166: 4:20pm-4:50pm, Sep 4-Sep 18, 5 classes, $35
- 11167: 4:20pm-4:50pm, Sep 23-Oct 9, 6 classes, $42
- 11168: 4:20pm-4:50pm, Oct 14-Oct 30, 6 classes, $42
- 11169: 4:20pm-4:50pm, Nov 4-Nov 20, 5 classes, $35
- 11176: 4:20pm-4:50pm, Dec 2-Dec 18, 6 classes, $42
- 11177: 7:20pm-7:50pm, Sep 4-Sep 18, 5 classes, $35
- 11178: 7:20pm-7:50pm, Sep 23-Oct 9, 6 classes, $42
- 11179: 7:20pm-7:50pm, Oct 14-Oct 30, 6 classes, $42
- 11180: 7:20pm-7:50pm, Nov 4-Nov 20, 5 classes, $35
- 11181: 7:20pm-7:50pm, Dec 2-Dec 18, 6 classes, $42

**Tuesday/Thursday**
- 11182: 4:20pm-4:50pm, Sep 3-Sep 19, 6 classes, $42
- 11183: 4:20pm-4:50pm, Sep 24-Oct 10, 6 classes, $42
- 11184: 4:20pm-4:50pm, Oct 15-Oct 29, 5 classes, $35
- 11185: 4:20pm-4:50pm, Nov 5-Nov 21, 6 classes, $42
- 11186: 4:20pm-4:50pm, Dec 3-Dec 19, 6 classes, $42

**Wednesday**
- 11187: 2:50pm-3:20pm, Sep 4-Oct 9, 6 classes, $42
- 11189: 2:50pm-3:20pm, Oct 16-Nov 2, 6 classes, $42

**Saturday**
- 11190: 10:55am-11:25am, Sep 7-Oct 12, 6 classes, $42
- 11191: 10:55am-11:25am, Oct 19-Nov 23, 6 classes, $42

### Semi-Private Swim Lessons (Ages 6-13 yrs)

A 30-minute lesson designed for students needing more individual attention. Maximum of 4 students per instructor.

**Monday/Wednesday**
- 11041: 6:00pm-6:30pm, Sep 4-Sep 18, 5 classes, $70
- 11042: 6:00pm-6:30pm, Sep 23-Oct 9, 6 classes, $84
- 11043: 6:00pm-6:30pm, Oct 14-Oct 30, 6 classes, $84
- 11044: 6:00pm-6:30pm, Nov 4-Nov 20, 5 classes, $70
- 11045: 6:00pm-6:30pm, Dec 2-Dec 18, 6 classes, $84

**Wednesday**
- 11046: 2:15pm-2:45pm, Sep 4-Oct 9, 6 classes, $84
- 11047: 2:15pm-2:45pm, Oct 16-Nov 20, 6 classes, $84

**Saturday**
- 11048: 12:15pm-12:45pm, Sep 7-Oct 12, 6 classes, $84
- 11049: 12:15pm-12:45pm, Oct 19-Nov 23, 6 classes, $84

### 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.

**Monday/Wednesday**
- 11192: 3:45pm-4:15pm, Sep 4-Sep 18, 5 classes, $150
- 11193: 3:45pm-4:15pm, Sep 23-Oct 9, 6 classes, $180
- 11194: 3:45pm-4:15pm, Oct 14-Oct 30, 6 classes, $180
- 11195: 3:45pm-4:15pm, Nov 4-Nov 20, 5 classes, $150
- 11196: 3:45pm-4:15pm, Dec 2-Dec 18, 6 classes, $180
- 11197: 5:00pm-5:30pm, Sep 4-Sep 18, 5 classes, $150
- 11198: 5:00pm-5:30pm, Sep 23-Oct 9, 6 classes, $180
- 11199: 5:00pm-5:30pm, Oct 14-Oct 30, 6 classes, $180
- 11200: 5:00pm-5:30pm, Nov 4-Nov 20, 5 classes, $150
- 11201: 5:00pm-5:30pm, Dec 2-Dec 18, 6 classes, $180
- 11202: 6:00pm-6:30pm, Sep 4-Sep 18, 5 classes, $150
- 11203: 6:00pm-6:30pm, Sep 23-Oct 9, 6 classes, $180
- 11204: 6:00pm-6:30pm, Oct 14-Oct 30, 6 classes, $180
- 11205: 6:00pm-6:30pm, Nov 4-Nov 20, 5 classes, $150
- 11206: 6:00pm-6:30pm, Dec 2-Dec 18, 6 classes, $180

**Tuesday/Thursday**
- 11207: 3:45pm-4:15pm, Sep 3-Sep 19, 6 classes, $180
- 11208: 3:45pm-4:15pm, Sep 24-Oct 10, 6 classes, $180
- 11209: 3:45pm-4:15pm, Oct 15-Oct 29, 5 classes, $150
- 11210: 3:45pm-4:15pm, Nov 5-Nov 21, 6 classes, $180
- 11211: 3:45pm-4:15pm, Dec 3-Dec 19, 6 classes, $180
- 11212: 5:00pm-5:30pm, Sep 3-Sep 19, 6 classes, $180
- 11213: 5:00pm-5:30pm, Sep 24-Oct 10, 6 classes, $180
- 11214: 5:00pm-5:30pm, Oct 15-Oct 29, 5 classes, $150
- 11215: 5:00pm-5:30pm, Nov 5-Nov 21, 6 classes, $180
- 11216: 5:00pm-5:30pm, Dec 3-Dec 19, 6 classes, $180

**Saturday**
- 11217: 9:35am-10:05am, Sep 7-Oct 12, 6 classes, $180
- 11218: 9:35am-10:05am, Oct 19-Nov 23, 6 classes, $180

**Sunday**
- 11219: 9:25am-9:55am, Sep 8-Oct 13, 6 classes, $180
- 11220: 9:25am-9:55am, Oct 20-Nov 24, 6 classes, $180
- 11221: 10:00am-10:30am, Sep 8-Oct 13, 6 classes, $180
- 11222: 10:00am-10:30am, Oct 20-Nov 24, 6 classes, $180
### 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.

<table>
<thead>
<tr>
<th>Monday/Wednesday</th>
<th>Tuesday/Thursday</th>
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</thead>
<tbody>
<tr>
<td>11050 3:30pm-4:15pm Sep 4-Sep 18 5 classes $40</td>
<td>11060 3:30pm-4:15pm Sep 3-Sep 19 6 classes $48</td>
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<tr>
<td>11051 3:30pm-4:15pm Sep 23-Oct 9 6 classes $48</td>
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<td>11067 6:25pm-7:10pm Nov 5-Nov 21 6 classes $48</td>
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### Adult/Teen Swim Lessons

Fall Season Aquatics are held at the Hayward Plunge Swim Center.

**Holidays – NO CLASSES:** October 31, November 11, November 25-December 1

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

Adult/Teen lessons are offered for all skill levels, very beginner to advanced. Course emphasis is on improvement and endurance.

<table>
<thead>
<tr>
<th>Monday/Wednesday</th>
<th>Tuesday/Thursday</th>
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<tbody>
<tr>
<td>11027 8:00pm-8:30pm Sep 4-Sep 18 5 classes $48</td>
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<tr>
<td>11038 11:35am-12:05pm Oct 19-Nov 23 6 classes $58</td>
<td>11038 11:35am-12:05pm Oct 19-Nov 23 6 classes $58</td>
</tr>
</tbody>
</table>
Adult/Teen Water Fitness Classes

Coed water fitness classes for ages 16 years +. 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.

**Aqua-Robix (Ages 16 yrs +)**
Aqua-Robix is a moderate paced shallow water exercise class featuring aerobics and toning in an invigorating workout. Equipment is provided.

**Monday/Wednesday/Friday**

<table>
<thead>
<tr>
<th>Class</th>
<th>Time</th>
<th>Date</th>
<th>Classes</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
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<td>$68</td>
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<tr>
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<td>9:00am-10:00am</td>
<td>Nov 4-Nov 22</td>
<td>8</td>
<td>$60</td>
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<tr>
<td>11165</td>
<td>9:00am-10:00am</td>
<td>Dec 2-Dec 20</td>
<td>9</td>
<td>$68</td>
</tr>
</tbody>
</table>

**Fit Club (Ages 16 yrs +)**
Shallow water class designed to improve joint movement and mobility and reduce pain and stiffness. Temperature of the pool is 82 degrees.

**Tuesday/Thursday**

<table>
<thead>
<tr>
<th>Class</th>
<th>Time</th>
<th>Date</th>
<th>Classes</th>
<th>Fee</th>
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<tr>
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<td>12:00pm-1:00pm</td>
<td>Dec 3-Dec 19</td>
<td>6</td>
<td>$45</td>
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**Guts and Butts (Ages 16 yrs +)**
This moderate to high intensity deep-water interval program focus on core strength and conditioning. Participants must be able to swim in deep water and comfortable in deep water. Prior water exercise participation is recommended.

**Saturday**

<table>
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<tr>
<th>Class</th>
<th>Time</th>
<th>Date</th>
<th>Classes</th>
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<td>9:30am-10:30am</td>
<td>Oct 19-Nov 23</td>
<td>6</td>
<td>$45</td>
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**H2O Flow (Ages 16 yrs +)**
Easy-paced shallow water exercise class focusing on endurance and improved joint flexibility in a relaxed environment.

**Monday/Wednesday/Friday**

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<th>Time</th>
<th>Date</th>
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<tr>
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<td>$60</td>
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<tr>
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<td>Dec 2-Dec 20</td>
<td>9</td>
<td>$68</td>
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</table>

**Move It and Lose It (Ages 16 yrs +)**
Fast-paced shallow water exercise class focusing on cardio and strength in a challenging water gym.

**Tuesday/Thursday**

<table>
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<th>Time</th>
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<th>Classes</th>
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<td>6:00pm-7:00pm</td>
<td>Oct 15-Oct 29</td>
<td>5</td>
<td>$38</td>
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<tr>
<td>11139</td>
<td>6:00pm-7:00pm</td>
<td>Nov 5-Nov 21</td>
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<tr>
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<td>$45</td>
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**Saturday**

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<tr>
<th>Class</th>
<th>Time</th>
<th>Date</th>
<th>Classes</th>
<th>Fee</th>
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<tbody>
<tr>
<td>11141</td>
<td>8:15am-9:15am</td>
<td>Sep 7-Oct 12</td>
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<td>$45</td>
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<tr>
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<td>8:15am-9:15am</td>
<td>Oct 19-Nov 23</td>
<td>6</td>
<td>$45</td>
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</table>

**N2 Deep Water (Ages 16 yrs +)**
Deep water aerobics and toning class in a resistive yet non-impact environment. Flotation provided. Must be comfortable in deep water.

**Tuesday/Thursday**

<table>
<thead>
<tr>
<th>Class</th>
<th>Time</th>
<th>Date</th>
<th>Classes</th>
<th>Fee</th>
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<td>$45</td>
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<tr>
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<td>6:30pm-7:30pm</td>
<td>Sep 24-Oct 10</td>
<td>6</td>
<td>$45</td>
</tr>
<tr>
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<td>6:30pm-7:30pm</td>
<td>Oct 15-Oct 29</td>
<td>5</td>
<td>$38</td>
</tr>
<tr>
<td>11154</td>
<td>6:30pm-7:30pm</td>
<td>Nov 5-Nov 21</td>
<td>6</td>
<td>$45</td>
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<tr>
<td>11155</td>
<td>6:30pm-7:30pm</td>
<td>Dec 3-Dec 19</td>
<td>6</td>
<td>$45</td>
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</tbody>
</table>

**Tri-Fit Aqua Circuit (Ages 16 yrs +)**
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. 8-visits a month for $84. Visits do not carry over from month to month. Classes are on a first come, first served basis for drop-ins, space permitting. Equipment is provided.

**Tuesday/Thursday**

<table>
<thead>
<tr>
<th>Class</th>
<th>Time</th>
<th>Date</th>
<th>Visits</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
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<td>7:15pm-8:15pm</td>
<td>Sep 3-Sep 26</td>
<td>8 visits</td>
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<tr>
<td>11474</td>
<td>7:15pm-8:15pm</td>
<td>Oct 1-Oct 24</td>
<td>8 visits</td>
<td>$84</td>
</tr>
<tr>
<td>11475</td>
<td>7:15pm-8:15pm</td>
<td>Nov 5-Dec 5</td>
<td>8 visits</td>
<td>$84</td>
</tr>
</tbody>
</table>
Art

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.

11090  2½-10 yr  F  9:30am-10:30am  Sep 6-Oct 11
6 classes  ADOBE  Egan  $85*

*$25 supply fee due at first class.

Young Rembrandts
FUNDamental Drawing
We teach children the skills necessary to draw complex images. As they learn to draw with our step-by-step method, children develop observations skills, increase their fine motor skills, handwriting readiness and attention to detail. Children learn to follow directions, hold and use a pencil, increase their attention span and grow their self-confidence so they will be successful in kindergarten. All materials provided. New lessons taught each class and session.

11069  4-6 yr  W  4:00pm-5:00pm  Sep 4-Oct 23
8 classes  KASCC  Rani  $130

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.

11072  3-5 yr  F  11:00am-12:00pm  Sep 6-Oct 11
6 classes  ADOBE  Egan  $85*
11074  3-8 yr  F  12:30pm-1:30pm  Sep 6-Oct 11
6 classes  ADOBE  Egan  $85*
11088  4-10 yr  F  2:30pm-3:30pm  Sep 6-Oct 11
6 classes  ADOBE  Egan  $85*

*$25 supply fee due at first class.

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 10/14, 11/11.

11373  9 mo-2½ yr  M  10:30am-11:15am  Sep 16-Nov 18
8 classes  CVCC  CVPA Staff  $81
11372  9 mo-2½ yr  M  9:45am-10:30am  Sep 16-Nov 18
8 classes  CVCC  CVPA Staff  $81

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 is age appropriate. Please wear comfortable street shoes, preferably athletic shoes. No class 10/14, 10/26, 10/31, 11/11, 11/25.

11584  4-6 yr  M  4:45pm-5:30pm  Sep 9-Oct 28
8 classes  DLDC  DLDC Staff  $104
11384  5-7 yr  M  5:15pm-6:00pm  Sep 16-Nov 18
8 classes  DLDC  DLDC Staff  $104

Music & Rhythm
Enjoy high energy play-time with music and a variety of rhythmic equipment. 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.

11402  2-3 yr  T  9:30am-10:15am  Sep 17-Nov 12
9 classes  CVCC  CVPA Staff  $91
11403  2-3 yr  F  9:30am-10:15am  Sep 20-Nov 15
9 classes  CVCC  CVPA Staff  $91

See pages 54-56 for the Guide to Class Locations and Facilities.
Introduction to Dance – Intro I & II Tap, Ballet, Hip Hop, and Jazz

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. Ballet: Learn fundamental ballet foot and arm positions, coordination, musicality, rhythm and discipline. Please wear leotards, tights, and ballet slippers. Hip Hop: Have fun loosening up, gaining rhythm, and learning to dance. Please wear athletic shoes. Jazz: Features stretching, isolations and basic jazz steps. Simple coordination, musicality and rhythm are emphasized. Ballet slippers or jazz shoes required. No class 10/26, 10/31, 11/26, 11/28.

Intro I Tap & Ballet

- **11589** 3-5 yr  Th 6:15pm-7:00pm  Sep 5-Oct 24  8 classes DLDC DLDC Staff $104
- **11388** 3-5 yr  T 10:30am-11:15am  Sep 17-Nov 12  9 classes CVCC CVPA Staff $91
- **11389** 3-5 yr  T 3:45pm-4:30pm  Sep 17-Nov 5  8 classes CVCC CVPA Staff $81
- **11392** 3-5 yr  Th 10:00am-11:15am  Sep 20-Nov 15  8 classes CVCC CVPA Staff $91
- **11413** 3-5 yr  Sa 9:00am-9:45am  Sep 21-Nov 16  8 classes SFFC CVPA Staff $76
- **11391** 3-5 yr  W 4:30pm-5:15pm  Sep 18-Nov 13  9 classes CVCC CVPA Staff $91
- **11390** 3-5 yr  W 10:15am-11:00am  Sep 18-Nov 13  9 classes CVPA-2 CVPA Staff $91
- **11394** 3-5 yr  Sa 9:00am-9:45am  Sep 14-Nov 16  9 classes CVCC CVPA Staff $91
- **11392** 3-5 yr  Th 10:00am-10:45am  Sep 19-Nov 14  8 classes CVCC Dominguez $81
- **11590** 3-5 yr  Th 6:15pm-7:00pm  Nov 7-Dec 19  7 classes DLDC DLDC Staff $91

Intro II Tap & Ballet

- **11401** 4-6 yr  Sa 9:45am-10:30am  Sep 14-Nov 16  9 classes CVCC CVPA Staff $91
- **11396** 4-6 yr  T 4:30pm-5:15pm  Sep 17-Nov 5  8 classes CVCC CVPA Staff $81
- **11397** 4-6 yr  W 11:00am-12:15pm  Sep 18-Nov 13  9 classes CVPA-2 CVPA Staff $91
- **11398** 4-6 yr  W 3:45pm-4:30pm  Sep 18-Nov 13  9 classes CVCC CVPA Staff $91
- **11400** 4-6 yr  F 5:30pm-6:15pm  Sep 20-Nov 15  9 classes CVCC CVPA Staff $91
- **11422** 4-6 yr  Sa 10:30am-11:15am  Sep 21-Nov 16  8 classes SFFC CVPA Staff $76
- **11399** 8-12 yr  Th 5:00pm-5:45pm  Sep 19-Nov 14  8 classes CVCC CVPA Staff $81

Intro II Tap & Hip Hop

- **11395** 3-5 yr  Sa 10:30am-11:15am  Sep 14-Nov 16  9 classes CVCC CVPA Staff $91

Jazz, Ballet & Hip Hop

- **11578** 4-6 yr  T 5:30pm-6:15pm  Sep 3-Oct 22  8 classes DLDC DLDC Staff $104
- **11579** 4-6 yr  T 5:30pm-6:15pm  Oct 29-Dec 17  7 classes DLDC DLDC Staff $91

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. Ballet slippers required. No class 10/14, 10/26, 10/31, 11/11.

- **11374** 3-5 yr  Sa 11:15am-12:00pm  Sep 14-Nov 16  9 classes CVPA Staff $91
- **11375** 3-5 yr  Sa 12:00pm-12:45pm  Sep 14-Nov 16  9 classes CVPA Staff $91
- **11376** 3-5 yr  M 11:30am-12:15pm  Sep 16-Nov 18  8 classes CVPA Staff $81
- **11377** 3-5 yr  M 12:15pm-1:00pm  Sep 16-Nov 18  8 classes CVPA Staff $81
- **11378** 3-5 yr  T 11:15am-12:00pm  Sep 17-Nov 12  8 classes CVPA Staff $81
- **11418** 4-6 yr  W 4:00pm-4:45pm  Sep 18-Nov 6  8 classes CVPA Staff $76
- **11379** 3-5 yr  Th 11:00am-11:45am  Sep 19-Nov 14  8 classes CVPA Staff $81
- **11380** 3-5 yr  Th 4:15pm-5:00pm  Sep 19-Nov 14  8 classes CVPA Staff $81
- **11381** 3-5 yr  F 11:15am-12:00pm  Sep 20-Nov 15  8 classes CVPA Staff $91
- **11382** 3-5 yr  F 4:45pm-5:30pm  Sep 20-Nov 15  8 classes CVPA Staff $91
- **11419** 3-5 yr  Sa 11:00am-12:00pm  Sep 21-Nov 16  8 classes CVPA Staff $76
- **11420** 3-5 yr  Sa 12:00pm-12:45pm  Sep 21-Nov 16  8 classes CVPA Staff $76

Princess and Prince Creative Dance

A perfect kids for who dream of being a princess or prince. We incorporate fairytale storybooks with ballet and creative dance. Each little darling will be welcome to dress up in his/her favorite fairytale attire and ballet slippers. Please wear ballet shoes. No class 11/27.

- **11597** 3-6 yr  Th 5:30pm-6:15pm  Sep 5-Oct 24  8 classes DLDC DLDC Staff $104
- **10872** 3-5 yr  Sa 10:00am-10:45am  Sep 7-Nov 30  13 classes Dominguez $138
- **11598** 3-6 yr  Th 5:30pm-6:15pm  Nov 7-Dec 19  6 classes DLDC DLDC Staff $78

Disney Tap and Ballet

With ball and tap as the foundation, familiar music from Disney favorites brings the imagination and fun to life! Tap and ballet shoes are required. No class 11/25.

- **11601** 3-5 yr  Sa 10:00am-10:45am  Sep 7-Oct 26  8 classes DLDC DLDC Staff $104
- **11604** 3-5 yr  M 10:15am-11:00am  Sep 9-Oct 28  8 classes DLDC DLDC Staff $104
- **11602** 3-5 yr  Sa 10:00am-10:45am  Nov 2-Dec 21  7 classes DLDC DLDC Staff $91
- **11603** 3-5 yr  M 10:15am-11:00am  Nov 4-Dec 23  7 classes DLDC DLDC Staff $91

Dance Like a Pop Star

In this new program your little one will learn pop star hip hop moves, step-by-step, making it easier to understand and to learn. No class 11/25, 11/30.

- **11608** 3-5 yr  M 11:00am-11:45am  Sep 9-Oct 28  8 classes DLDC DLDC Staff $104
- **11610** 3-5 yr  M 11:00am-11:45am  Nov 4-Dec 23  7 classes DLDC DLDC Staff $91

See pages S4-S6 for the Guide to Class Locations and Facilities.
**Dance-A-Lot**

Introduce your child to ballet, Jazz and acrobatic techniques in a fun and exciting way. Students will create their own dances develop their own unique dance style. No class 11/30.

<table>
<thead>
<tr>
<th>Class</th>
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<td>Freitas</td>
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</table>

**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 10/11, 11/1, 11/25-11/30.

<table>
<thead>
<tr>
<th>Class</th>
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**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. Class starts with directed circle time. 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 11/11, 11/25-11/30.

<table>
<thead>
<tr>
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</table>

**Gymnastics Small Fry**

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 10/31, 11/11, 11/25-11/30.

<table>
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**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. No class 11/26.

<table>
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<th>Class</th>
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See pages 54-56 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 to play outside on the playground and have a snack. Registered participant with parent only allowed in class. All forms and immunizations need to be completed and uploaded to epact prior to the first day of class.

<table>
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<th>Age</th>
<th>Days</th>
<th>Time</th>
<th>Start Date</th>
<th>End Date</th>
<th>Duration</th>
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<td>Tu/Th</td>
<td>9:00-12:00</td>
<td>Dec 3-Dec 19</td>
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<td>Feria</td>
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<td>1 month</td>
<td>Fairview Hills</td>
<td>Feria</td>
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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 learning opportunities through play, and creativity through hands-on projects — all in a space specifically designed for preschoolers. Online registration is strongly recommended. Child must have reached minimum age by first day of class; have required immunizations; 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. All forms and immunizations need to be completed and uploaded to epact prior to the first day of class.

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<th>Time</th>
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<td>Sep 16-Dec 4</td>
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<td>McCarthy</td>
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<td>McCarthy</td>
<td>$400</td>
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<td>Sep 17-Dec 5</td>
<td>2 months</td>
<td>KASCC</td>
<td>McCarthy</td>
<td>$400</td>
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Castro Valley Community Center
Back to School Night: on-site September 12 at 6:30pm

San Lorenzo Community Center
Back to School Night: on-site August 27 at 6:30pm

Southgate Community Center
Back to School Night: on-site August 13 at 6:30pm

Ashland Community Center
This program is targeted for residents of Ashland and Cherryland. It is a bilingual (Spanish/English) program, with an emphasis on incorporating more English dialogue. Daily parent participation is required. Please contact the H.A.R.D. District Office for more information. Este programa está dirigido a residentes de Ashland y Cherryland. Será un programa bilingüe en Inglés y en Español. Se requiere la participación de padres diaria. Por favor, póngase en contacto con Oficina de Distrito a (510) 881-6700 para obtener más información y precios.

<table>
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<td>SLCC</td>
<td>McGarry</td>
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Fairview Hills Preschool
This preschool program will teach your child basic social development and educational skills.

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<td>Fairview Hills</td>
<td>Feria</td>
<td>$255</td>
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</tbody>
</table>

See pages 54-56 for the Guide to Class Locations and Facilities.
Health & Fitness

**Yoga Tots 3-5**

Jump like frogs, stretch like cats, and roar like lions. Become stronger, balance better, stretch, breathe, have lots of fun, and relax too, in a 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, 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 10/31.

**EAABs Self-Defense**

Learn a multi-cultural art in this self-defense program designed to improve self-confidence with the added benefit of being able to effectively protect yourself. The program includes body stretching; conditioning and breathing techniques; blocking; punching; kicking in specific target areas; grappling defense techniques; and defense against weapon attacks. No class 11/26-11/30.

**Olympic Style Tae Kwon Do & MMA – Tiny Dragons**

Taekwondo is a Korean martial art that has evolved by combining many different styles such as the linear movements of Karate, the flowing, circular patterns of kung-fu, native kicking techniques along with influences from Judo and Kung-fu. Your child will learn the values of confidence, friendship, self-awareness, respect and dedication in a fun, educational and motivating environment. No class 10/14, 11/11, 11/25.

**Toddler Time Nature Program at Sulphur Creek Nature Center**

**September: Colors** Search for different colors as we visit the guinea pig, duck, and snake, then collect beautiful leaves.
### October: Sing Along

Sing along with us and the tarantula, turtle, and mouse. Make a peek-a-boo friend and listen for musical sounds outside.

<table>
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<tr>
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<th>Location</th>
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<td>SCNC</td>
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<td>$9</td>
</tr>
<tr>
<td>Oct 7</td>
<td>1-3yr</td>
<td>11:15am-12:00pm</td>
<td>SCNC</td>
<td>Wolf</td>
<td>$9</td>
</tr>
<tr>
<td>Oct 15</td>
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<td>SCNC</td>
<td>Wolf</td>
<td>$9</td>
</tr>
<tr>
<td>Oct 15</td>
<td>1-3yr</td>
<td>11:15am-12:00pm</td>
<td>SCNC</td>
<td>Wolf</td>
<td>$9</td>
</tr>
</tbody>
</table>

### November: Hoppers

Come and see how the frog, chinchilla, and chicken hop. Jump with us and color a hopping friend.

<table>
<thead>
<tr>
<th>Date</th>
<th>Age</th>
<th>Time</th>
<th>Location</th>
<th>Leader</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nov 6</td>
<td>1-3yr</td>
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<td>Walke</td>
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<tr>
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<tr>
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<td>11:15am-12:00pm</td>
<td>SCNC</td>
<td>Wolf</td>
<td>$9</td>
</tr>
</tbody>
</table>

### December: Cozy Critters

Warm your heart and hands with the rabbit, hamster, and dove. Create your own cozy critter too.

<table>
<thead>
<tr>
<th>Date</th>
<th>Age</th>
<th>Time</th>
<th>Location</th>
<th>Leader</th>
<th>Cost</th>
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<tr>
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<td>Walke</td>
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</tr>
<tr>
<td>Dec 7</td>
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<tr>
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<tr>
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<tr>
<td>Dec 16</td>
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<td>SCNC</td>
<td>Wolf</td>
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</tbody>
</table>

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**Animal Adventures Nature Program at Sulphur Creek Nature Center**

### September: Seed Search

Search for all sorts of seeds and find out about the critters that eat them. Visit the dove, hamster, and mouse, and find out which seeds are their favorites.

<table>
<thead>
<tr>
<th>Date</th>
<th>Age</th>
<th>Time</th>
<th>Location</th>
<th>Leader</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
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<td>10:00am-11:30am</td>
<td>SCNC</td>
<td>Wolf</td>
<td>$12</td>
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</tbody>
</table>

### October: Animal Disguises

Discover different ways that animals disguise themselves as we visit the snake, chinchilla, and frog. Make a mask and look for camouflage critters on the trial.

<table>
<thead>
<tr>
<th>Date</th>
<th>Age</th>
<th>Time</th>
<th>Location</th>
<th>Leader</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oct 4</td>
<td>3-5yr</td>
<td>10:00am-11:30am</td>
<td>SCNC</td>
<td>Wolf</td>
<td>$12</td>
</tr>
</tbody>
</table>

### November: Gear up for Winter

Find out how animals prepare for winter. Meet the duck, rabbit, and turtle, and search for good shelter on the trail.

<table>
<thead>
<tr>
<th>Date</th>
<th>Age</th>
<th>Time</th>
<th>Location</th>
<th>Leader</th>
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<td>10:00am-11:30am</td>
<td>SCNC</td>
<td>Wolf</td>
<td>$12</td>
</tr>
</tbody>
</table>

### December: Clever Catchers

Discover how different animals catch their food while we meet the owl, tarantula, and chicken. Create your own clever catcher and play catch with us.

<table>
<thead>
<tr>
<th>Date</th>
<th>Age</th>
<th>Time</th>
<th>Location</th>
<th>Leader</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
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<td>10:00am-11:30am</td>
<td>SCNC</td>
<td>Wolf</td>
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</tbody>
</table>

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**Toddler Ramble Nature Program at Hayward Shoreline Interpretive Center**

### September: Some Like It Hot!

Late summer heat usually hits us about now, and each week this month we will work to stay cool. Activities change every week and relate to the theme of the month.

<table>
<thead>
<tr>
<th>Date</th>
<th>Age</th>
<th>Time</th>
<th>Location</th>
<th>Leader</th>
<th>Cost</th>
</tr>
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<tbody>
<tr>
<td>Sep 6</td>
<td>1-3yr</td>
<td>10:30am-11:15am</td>
<td>HSIC</td>
<td>Dassau</td>
<td>$7</td>
</tr>
<tr>
<td>Sep 13</td>
<td>1-3yr</td>
<td>10:30am-11:15am</td>
<td>HSIC</td>
<td>Dassau</td>
<td>$7</td>
</tr>
<tr>
<td>Sep 20</td>
<td>1-3yr</td>
<td>10:30am-11:15am</td>
<td>HSIC</td>
<td>Dassau</td>
<td>$7</td>
</tr>
<tr>
<td>Sep 27</td>
<td>1-3yr</td>
<td>10:30am-11:15am</td>
<td>HSIC</td>
<td>Dassau</td>
<td>$7</td>
</tr>
</tbody>
</table>

### October: Where Do Those Animals Live?

Each week this month we will look at a variety of habitats and explore where and how animals live in them. Activities change every week and relate to the theme of the month.

<table>
<thead>
<tr>
<th>Date</th>
<th>Age</th>
<th>Time</th>
<th>Location</th>
<th>Leader</th>
<th>Cost</th>
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<tr>
<td>Oct 4</td>
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</tr>
<tr>
<td>Oct 25</td>
<td>1-3yr</td>
<td>10:30am-11:15am</td>
<td>HSIC</td>
<td>Dassau</td>
<td>$7</td>
</tr>
</tbody>
</table>
November: Do the Loco-motion We are moving our bodies this month. We might hop, stomp or even slither like a snake. What could be more fun? Activities change every week and relate to the theme of the month.

<table>
<thead>
<tr>
<th>Class</th>
<th>Age</th>
<th>Day</th>
<th>Time</th>
<th>Location</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>T1365</td>
<td>1-3 yr</td>
<td>F</td>
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<td>HSIC</td>
<td>$7</td>
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<tr>
<td>T1366</td>
<td>1-3 yr</td>
<td>F</td>
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<tr>
<td>T1367</td>
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<td>F</td>
<td>10:30am-11:15am</td>
<td>HSIC</td>
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<tr>
<td>T1577</td>
<td>1-3 yr</td>
<td>F</td>
<td>10:30am-11:15am</td>
<td>Dassau</td>
<td>$7</td>
</tr>
</tbody>
</table>

December: Crafty Like a Fox Let’s get crafty and make some art to keep or give to a loved one. Activities change every week and relate to the theme of the month.

<table>
<thead>
<tr>
<th>Class</th>
<th>Age</th>
<th>Day</th>
<th>Time</th>
<th>Location</th>
<th>Fee</th>
</tr>
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<td>T1369</td>
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<tr>
<td>T1370</td>
<td>1-3 yr</td>
<td>F</td>
<td>10:30am-11:15am</td>
<td>Dassau</td>
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<tr>
<td>T1371</td>
<td>1-3 yr</td>
<td>F</td>
<td>10:30am-11:15am</td>
<td>HSIC</td>
<td>$7</td>
</tr>
</tbody>
</table>

Nature Detectives Nature Program At Hayward Shoreline Interpretive Center

September: Saltiness No rain, lots of evaporation – this is the salt marsh at its saltiest. We will be on the lookout for sparkling salt crystals and we will explore them through arts and crafts. Be prepared to get dirty!

<table>
<thead>
<tr>
<th>Class</th>
<th>Age</th>
<th>Day</th>
<th>Time</th>
<th>Location</th>
<th>Fee</th>
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<tbody>
<tr>
<td>T1352</td>
<td>3-5 yr</td>
<td>Sa</td>
<td>11:00am-12:00pm</td>
<td>Cardosi</td>
<td>$9</td>
</tr>
</tbody>
</table>

October: Odd Organisms Nature can be weird and wonderful, beautiful and bizarre! Come explore some spectacularly strange plants and animals, and the adaptations that make them special as we investigate odd organisms this month.

<table>
<thead>
<tr>
<th>Class</th>
<th>Age</th>
<th>Day</th>
<th>Time</th>
<th>Location</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>T1353</td>
<td>3-5 yr</td>
<td>Sa</td>
<td>11:00am-12:00pm</td>
<td>Cardosi</td>
<td>$9</td>
</tr>
</tbody>
</table>

November: Nocturnal Neighbors What goes bump in the night? A whole other world of amazing nocturnal life! We’ll investigate what goes on after dark through fun activities and crafts.

<table>
<thead>
<tr>
<th>Class</th>
<th>Age</th>
<th>Day</th>
<th>Time</th>
<th>Location</th>
<th>Fee</th>
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<tbody>
<tr>
<td>T1354</td>
<td>3-5 yr</td>
<td>Sa</td>
<td>11:00am-12:00pm</td>
<td>Cardosi</td>
<td>$9</td>
</tr>
</tbody>
</table>

December: Daring Detectives Calling all Nature Detectives! Time to earn our detective badges by following curious creature clues, solving marsh mysteries, and hitting the trail with our gumshoes.

<table>
<thead>
<tr>
<th>Class</th>
<th>Age</th>
<th>Day</th>
<th>Time</th>
<th>Location</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>T1355</td>
<td>3-5 yr</td>
<td>Sa</td>
<td>11:00am-12:00pm</td>
<td>Cardosi</td>
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</table>

Take 1 Academy Lil’ All Stars Basketball

Basketball Rookies I 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.

<table>
<thead>
<tr>
<th>Class</th>
<th>Age</th>
<th>Day</th>
<th>Time</th>
<th>Location</th>
<th>Fee</th>
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<tbody>
<tr>
<td>T1076</td>
<td>4-5½ yr</td>
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<td>9:45am-10:35am</td>
<td>CVCC</td>
<td>$145</td>
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<tr>
<td>T1075</td>
<td>4-5½ yr</td>
<td>Sa</td>
<td>9:15am-10:05am</td>
<td>CVCC</td>
<td>$145</td>
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</tbody>
</table>

Basketball Rookies II We focus on dribbling, passing, catching, shooting, and the basic rules of the game while emphasizing teamwork and a positive attitude. Repetition and skills progression through age appropriate games and drills will build young basketball players’ confidence and self-esteem.

<table>
<thead>
<tr>
<th>Class</th>
<th>Age</th>
<th>Day</th>
<th>Time</th>
<th>Location</th>
<th>Fee</th>
</tr>
</thead>
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<tr>
<td>T1078</td>
<td>5½-8 yr</td>
<td>Sa</td>
<td>11:10am-12:00pm</td>
<td>CVCC</td>
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</table>

Sports

See pages 54-56 for the Guide to Class Locations and Facilities.

20 | FALL 2019 HAYWARD RECREATION AND PARK DISTRICT FOUNDATION | (510) 881-6700
Take 1 Academy Lil’ All Stars Soccer

Pee Wee We introduce dribbling, passing, kicking, shooting, and the basic rules of the game while emphasizing teamwork and a positive attitude. Parent assistance recommended.

10788 3-4 yr Sa 11:15am-12:00pm Sep 14-Nov 2
8 classes CANP T1A Staff $145

Soccer Rookies 1 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.

10789 4-6 yr Sa 10:15am-11:05am Sep 14-Nov 2
8 classes CANP T1A Staff $145

Super Soccer Stars

Super Soccer Stars Kick & Play This is a parent/child pre-soccer and movement program specifically designed for toddlers. Individual attention, positive reinforcement, and engaging original music help to develop pre-soccer skills that will have your toddler learning to balance, run, kick, and play. Parent participation required. No class 11/30.

10672 1-2 yr Sa 9:50am-10:30am Sep 7-Dec 14
14 classes ADobe sSS Staff $307

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 T1A Staffing directions. The focal point at this age group is to improve your child’s natural development. No class 11/30.

10670 2-3 yr Sa 9:00am-9:40am Sep 7-Dec 14
14 classes ADobe sSS Staff $307

Super Soccer Stars 3 to 4 Years The focal point at this age group is for your child to be comfortable with the ball by developing soccer skills such as dribbling, shooting and the introduction of passing. Every Super Soccer Stars class includes partner activities to promote sharing listening, respect and cooperating. Physical activities include dynamic movements like running, skipping and jumping. No class 11/30.

10674 3-4 yr Sa 10:40am-11:25am Sep 7-Dec 14
14 classes ADobe sSS Staff $307

Super Soccer Stars 4 to 5 Years

10676 4-5 yr Sa 11:30am-12:20pm Sep 7-Dec 14
14 classes ADobe sSS Staff $307

Super Soccer Stars 5 to 7 Years 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. No class 11/30.

10677 5-7 yr Sa 12:25pm-1:25pm Sep 7-Dec 14
14 classes ADobe sSS Staff $307

See pages 54-56 for the Guide to Class Locations and Facilities.

HaywardRec.org | HAYWARD AREA RECREATION AND PARK DISTRICT FOUNDATION FALl 2019 | 21
Junior Academy Hoops

**Little Shots** Parents and kids, led by one of the NAoFA staff, participate in basic basketball skills and drills combined with structured challenges and games tighter to develop listening skills, balance, ball skills and hand-eye coordination.

**Little Dribblers** The staff guides the children and their parents through a series of rhythm, speed, balance and coordination skills and drills. Kids have fun working through obstacles as they learn to dribble, pass and shoot the ball. Parent participation is highly encouraged.

**Make Me A Pro Sports Programs**

Through the use of sports training and education, this program strives to instill a positive attitude within children that carries over every aspect of their life. We offer fun and educational sports camps and classes that are taught by successful players and coaches who are specialists in each of the sports we offer. Make Me A Pro’s philosophy is “To play like a Pro, learn from a Pro.” Does this mean we only teach advanced players? No, not at all! Our goal is to hire the most talented coaches, many of which are specialists in each of the sports we offer. Make Me A Pro Sports Programs offer fun and educational sports camps and classes that are taught by successful players and coaches who are specialists in each of the sports we offer. Make Me A Pro’s philosophy is “To play like a Pro, learn from a Pro.” Does this mean we only teach advanced players? No, not at all! Our goal is to hire the most talented coaches, many of which are specialists in each of the sports we offer.

**Pee Wee Soccer**

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Age</th>
<th>Days</th>
<th>Time</th>
<th>Location</th>
<th>Staff</th>
<th>Fee</th>
</tr>
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<tbody>
<tr>
<td>10764</td>
<td>4-5 y</td>
<td>6 classes</td>
<td>PALHP</td>
<td>MMAPS Staff</td>
<td>$109</td>
<td></td>
</tr>
<tr>
<td>10765</td>
<td>4-5 y</td>
<td>6 classes</td>
<td>PALHP</td>
<td>MMAPS Staff</td>
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**Indoor Soccer 100**

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<th>Location</th>
<th>Staff</th>
<th>Fee</th>
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</thead>
<tbody>
<tr>
<td>10774</td>
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<td>6 classes</td>
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<td>MMAPS Staff</td>
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<tr>
<td>10775</td>
<td>4-5 y</td>
<td>6 classes</td>
<td>STONE</td>
<td>MMAPS Staff</td>
<td>$109</td>
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</table>

**Kidz Love Soccer**

Kidz Love Soccer class status hotline: (888) 372-5803.

Mommy/Daddy & Me Soccer 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! No class 12/21, 12/28.

**Tot/Pre Soccer** Enjoy running and kicking just like the big kids! Learn the basic techniques of the game while building self-esteem and learning to follow instructions in a nurturing teaching environment. Each participant receives a Kidz Love Soccer jersey! Shin guards are required after the first meeting. No class 12/21, 12/28.

**Basketball 101**

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Age</th>
<th>Days</th>
<th>Time</th>
<th>Location</th>
<th>Staff</th>
<th>Fee</th>
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</thead>
<tbody>
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<tr>
<td>10753</td>
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<td>6 classes</td>
<td>STONE</td>
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**Parent and Tot Soccer**

<table>
<thead>
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<th>Time</th>
<th>Location</th>
<th>Staff</th>
<th>Fee</th>
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<tbody>
<tr>
<td>10762</td>
<td>2½-4 y</td>
<td>6 classes</td>
<td>PALHP</td>
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<tr>
<td>10763</td>
<td>2½-4 y</td>
<td>6 classes</td>
<td>PALHP</td>
<td>MMAPS Staff</td>
<td>$109</td>
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</tr>
</tbody>
</table>

**Tennis**

Tennis – Little Buddies

Designed especially for 4-6 year olds, this 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 9/21.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Age</th>
<th>Days</th>
<th>Time</th>
<th>Location</th>
<th>Staff</th>
<th>Fee</th>
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</tr>
</tbody>
</table>

See pages 54-56 for the Guide to Class Locations and Facilities.
**Afterschool Programs**

**MJCC Afterschool Program**
A safe and fun environment where staff blends intentional programming with recreational games and activities to promote positive social interaction and encourage growth through adventure. This supervised drop-in recreation program includes activities such as: arts and crafts, board games, homework club, sports, group games and optional fieldtrips. Online registration available.

| 7735 | 6-12 yr | M/T/Th/F | 3:00pm-6:30pm | Aug 26-Dec 20
|------|---------|-----------|----------------|-------------------|
|      |         | W | 1:00pm-6:30pm | MJCC | Staff | $75

**San Lorenzo Afterschool Program**
A safe and fun environment where staff blends intentional programming with recreational games and activities to promote positive social interaction and encourage growth through adventure. This supervised drop-in recreation program includes activities such as: arts and crafts, board games, homework club, sports, group games and optional fieldtrips.

| 8868 | 6-12 yr | M/T/Th/F | 3:00pm-6:30pm | Aug 26-Dec 20
|------|---------|-----------|----------------|-------------------|
|      |         | W | 1:00pm-6:30pm | MJCC | Staff | $75

**Art**

**Little Drawers Studio**
Learn to draw 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. Using graphite drawing and colored pencils, charcoal and oil pastels for your creations. Bring an art shirt to wear.

| 11496 | 5-7 yr | F | 3:30pm-5:00pm | Sep 9-Nov 22
|-------|-------|---|----------------|-------------------|
|       | 11 classes | ADOBE | McPherson | $140*

*$40 supply fee payable to instructor 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 that 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 kmpc@lmi.net.

| 11497 | 6-16 yr | M | 3:30pm-5:00pm | Sep 9-Nov 25
|-------|---------|---|----------------|-------------------|
|       | 11 classes | ADOBE | McPherson | $150*

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

**Drawers’ Studio**
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.

| 11498 | 7-14 yr | Th | 3:30pm-5:00pm | Sep 12-Nov 21
|-------|---------|---|----------------|-------------------|
|       | 11 classes | ADOBE | McPherson | $150*

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

**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.

| 11072 | 3-5 yr | F | 11:00am-12:00pm | Sep 6-Oct 11
|-------|-------|---|----------------|-------------------|
|       | 6 classes | ADOBE | Egan | $85*

| 11074 | 3-8 yr | F | 12:30pm-1:30pm | Sep 6-Oct 11
|-------|-------|---|----------------|-------------------|
|       | 6 classes | ADOBE | Egan | $85*

| 11088 | 6-10 yr | F | 2:30pm-3:30pm | Sep 6-Oct 11
|-------|-------|---|----------------|-------------------|
|       | 6 classes | ADOBE | Egan | $85*

| 11089 | 6-10 yr | F | 4:00pm-5:00pm | Sep 6-Oct 11
|-------|-------|---|----------------|-------------------|
|       | 6 classes | ADOBE | Egan | $85*

*$25 supply fee due at first class.

See pages 54-56 for the Guide to Class Locations and Facilities.
Superhero Drawing
Learn to draw detailed superheroes in action. You’ll watch videos of the world’s best comic artists and hear about the biz. Your art skills will get better and better the more you draw! Learn observational, anatomical figure drawing, and foundational drawing techniques that will help in all visual arts. You’ll learn about the art history of illustration, hear diverse professionals discuss their work, including artists who draw Wonder Woman and Black Panther. Your teacher has a BFA and MFA from top art schools. Bring a Sketchbook (8½” x 11” or 9” x 12”), “Sketch” paper (white, blank sheets) and set of drawing pencils, or minimum one each 6H and 6B to the first class. Materials list given first class or check Facebook.com/ArtSpaceCastroValley. Saturday class meets 1st & 3rd Saturdays of month.

Ballet – Beginning/Intermediate
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. No class, 11/11, 11/27, 11/28.

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. Learn short combinations. Great for active boys and girls! Please wear jazz shoes or ballet slippers. No class 11/27.

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. All music and movement is age appropriate. Please wear athletic shoes. No class 10/31.

Dance & Music

See pages 54-56 for the Guide to Class Locations and Facilities.
Combination Dance –
Tap, Ballet, Hip Hop and Jazz
Each class is divided into disciplines. Tap: Learn basic tap technique and a just-for-fun dance to perform on the last day of class. Tap shoes required. Ballet: Learn fundamental ballet foot and arm positions. Coordination, musicality, rhythm and discipline are emphasized. Wear leotards, tights, and ballet slippers. Hip Hop: Have fun loosening up, gaining rhythm and learning to dance. All music and movement is age-appropriate. Tennis shoes required. Jazz: Features stretching, isolations and basic jazz steps. Simple coordination, musicality and rhythm are emphasized. Ballet slippers or jazz shoes required. No class 11/26, 11/28.

<table>
<thead>
<tr>
<th>Class</th>
<th>Age</th>
<th>Day</th>
<th>Time</th>
<th>Dates</th>
<th>Instructor</th>
<th>Notes</th>
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Tap & Ballet – Intro II
These classes are for dancers with little or no experience.

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Tap & Hip Hop

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Tap & Jazz

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Jazz, Ballet & Hip Hop

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Funky Jazz
Learn the fun, energetic, upbeat style of your favorite hip hop stars. Wear athletic shoes.

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<th>Time</th>
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Jazz & Acro
Learn handstands, cartwheels, round-offs, back bends and walkovers, together with Jazz basics. No class 11/30.

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<th>Age</th>
<th>Day</th>
<th>Time</th>
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<th>Instructor</th>
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Dance-A-Lot – Advanced
Must have instructor approval to register. No class 11/30.

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<td>Frietas</td>
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Tap Dance – Beginning/Intermediate
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 10/14, 11/11.

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West African Dance
Get ready to move your shoulders, chest, pelvis, arms, legs and feet! No class 11/27.

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<tr>
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Dance Like a Pop Star
Learn the moves of your favorite pop stars in this easy to learn step-by-step format. No class 11/25, 11/30.

<table>
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<th>Class</th>
<th>Age</th>
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<th>Dates</th>
<th>Instructor</th>
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Cheer and Song
Learn and perform perfect arm movements, cheers, chants, and choreography. No class 11/25.

<table>
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<tr>
<th>Class</th>
<th>Age</th>
<th>Day</th>
<th>Time</th>
<th>Dates</th>
<th>Instructor</th>
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<td>Nov 4-Dec 23</td>
<td>DLDC Staff</td>
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<td>$91</td>
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Give Me A “C” Cheerleading
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 friends and family for the last class team performance. No class 10/26.

<table>
<thead>
<tr>
<th>Class</th>
<th>Age</th>
<th>Day</th>
<th>Time</th>
<th>Dates</th>
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Drums – Beginning I & II
Please bring drumsticks to classes, or you may purchase a set at the studio on the first day of lessons.

Drums I Learn snare and bass drum technique, fundamental music reading skills and rhythm work to get you started playing with a solid drumming foundation.

<table>
<thead>
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<th>Class</th>
<th>Age</th>
<th>Day</th>
<th>Time</th>
<th>Dates</th>
<th>Instructor</th>
<th>Notes</th>
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<td>Oct 7-Oct 28</td>
<td>Music Depot</td>
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Drums II Continued fundamentals, music reading, and drum set technique. Must complete Drums I and have a solid drumming foundation.

<table>
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<th>Class</th>
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<th>Time</th>
<th>Dates</th>
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See pages 54-56 for the Guide to Class Locations and Facilities.
Guitar – Beginning I & II

Please bring your guitar to classes, or you may purchase at the studio on the first day of lessons.

**Guitar I** Get started by learning fundamental music reading skills, strumming technique, notes and chords. All basics covered, including starting to play simple songs.

<table>
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<tr>
<td>4 classes</td>
<td>Music Depot</td>
<td>Schaaphok</td>
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**Guitar II** Continued fundamentals, music reading and technique. Must complete Guitar I.

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**Golf**

**Golf Juniors**

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.

<table>
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<td>Staff</td>
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**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.

**Beginning** 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 10/31, 11/11, 11/25, 11/25-11/30.

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**Advanced Beginning**

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**Intermediate**

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**Advanced/Intermediate Prerequisite skills:** All rolls, handstand, cartwheel and bridge; unassisted high beam basics and unassisted pullover on bars. Students must complete the beginner level and be given an advancement card or have instructor's approval to register.

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See pages 54-56 for the Guide to Class Locations and Facilities.

26 | FALL 2019 | HAYWARD AREA RECREATION AND PARK DISTRICT FOUNDATION | (510) 881-6700
Little Yogis Ages 6-8

Jump like frogs, stretch like cats, and roar like lions. Become stronger, balance better, stretch, breathe, have lots of fun, and relax a little too. In a non-competitive, adventurous and validating environment, we’ll use our bodies and imaginations to practice yoga poses, breathing, gratitude, and self-love. Great for strengthening muscles, improve balance and flexibility, increase self-confidence, and learn ways to calm and center the mind. No experience or skill necessary. Bring water and a favorite blanket for our final relaxation time if you like, mats will be provided. No class 11/30.

Yoga for Kids ages 9-13 years

See page 32!

EAABs Self-Defense

Learn a multi-cultural art in this self-defense program designed to improve self-confidence with the added benefit of being able to effectively protect yourself. The program includes body stretching; conditioning and breathing techniques; blocking; punching; kicking in specific target areas; grappling defense techniques; and defense against weapon attacks. No class 11/26-11/30.

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

Kids Jiu Jitsu

Kids Jiu-Jitsu benefits include building muscle and increasing flexibility, improving mental strength, memory and brain function, development of problem-solving skills, reducing stress and teaching patience, self-confidence booster, promoting healthy competition. No class 11/11, 12/25.

Kid Safe

This program provides your child the opportunity to gain skills and knowledge that may be used to protect themselves and enhance their self-esteem. At the end of each session students will be tested and advanced appropriately ($7 advancement fee). Parent orientation at the first-class meeting. There will be uniforms and other equipment available for purchase from the instructor. All items are optional. No class 11/27.

Orange Belt

White Belt

Yellow Belt

Leaping Leopard – Beginner to Blue Belt

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 11/11, 11/28, 11/29.

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. Learn to use the power of your opponent to your advantage while developing self-discipline and confidence. Instructed by a certified black belt.

See pages 54-56 for the Guide to Class Locations and Facilities.

HaywardRec.org | HAYWARD AREA RECREATION AND PARK DISTRICT FOUNDATION FALL 2019 | 27
Gung Fu
Gung-Fu is a total concept of mind, body and action where the body is used as a vehicle to train and develop the faculties of the mind. 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. No class 11/11, 11/13, 11/25, 11/27.

Beginning
10742 7 yr + M/W 6:00pm-7:30pm Sep 16-Dec 11
22 classes WPCC Martinez $94

Advanced
10743 7 yr + M/W 7:30pm-9:00pm Sep 16-Dec 11
22 classes WPCC Martinez $94

Olympic Style Tae Kwon Do & MMA
Tae Kwon Do is a Korean martial art that has evolved by combining many different styles such as the linear movements of Karate, the flowing, circular patterns of Kung-Fu, native kicking techniques along with influences from Judo and Kung-Fu. Your child will learn the values of confidence, friendship, self-awareness, respect and dedication in a fun, educational and motivating environment. No class 10/14, 11/11, 11/25.

Beginner
10745 9 yr + M 5:10pm-5:55pm Sep 9-Dec 9
11 class SFCC Staff $146*

Intermediate
10746 9 yr + M 6:00pm-6:45pm Sep 9-Dec 9
11 class SFCC Staff $146*

Advanced
10747 9 yr + M 6:50pm-7:20pm Sep 9-Dec 9
11 class SFCC Staff $146*

*Uniforms are available for purchase for $30.

Nature

Tarantula Hikes at Mt. Diablo
Discover Mt. Diablo's Gentle Giants, 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 comfortable shoes, bring water, a snack if needed, and dress for the weather.

Animal Adventures at Sulphur Creek Nature Center

September: Seed Search Search for all sorts of seeds and find out about the critters that eat them. Visit the dove, hamster, and mouse, and find out which seeds are their favorites.
11122 5-9 yr W 3:30pm-5:00pm Sep 4
1 class SCNC Walk $12

October: Animal Disguises Discover different ways that animals disguise themselves as we visit the snake, chinchilla, and frog. Make a mask and look for camouflage critters on the trial.
11124 5-9 yr W 3:30pm-5:00pm Oct 2
1 class SCNC Walk $12

November: Gear up for Winter Find out how animals prepare for winter. Meet the duck, rabbit, and turtle, and search for good shelter on the trail.
11126 5-9 yr W 3:30pm-5:00pm Nov 6
1 class SCNC Walk $12

December: Clever Catchers Discover how different animals catch their food while we meet the owl, tarantula, and chicken. Create your own clever catcher and play catch with us.
11128 5-9 yr W 3:30pm-5:00pm Dec 4
1 class SCNC Walk $12

Ravenous Reptiles
October 21 is Reptile Awareness Day! Come down to the shoreline and learn what makes a reptile so fascinating and charismatic! We will introduce you to our resident reptiles: Our two gopher snakes, alligator lizard, king snake and rosy boa. You will get a chance to handle them and watch them devour food in front of your eyes!
11322 5-12 yr Su 10:30am-11:30am Oct 20
1 class HSIC Borowski $7

Jr. Nature Photographers!
Parents and kids take on the shoreline to photograph our fantastic birds, plants and views. No photography experience necessary! Bring a camera if you are able. We have extra to share!
11323 6-12 yr Su 10:00am-11:30am Nov 3
1 class HSIC Brown $7

See pages 54-56 for the Guide to Class Locations and Facilities.
**Maker Space Workshop**

Learn about our feathered friends through observation and interactive games. We’ll also create bird feeders out of recycled materials.

11324  8-12 yr  Su  11:00am-12:00pm  Nov 17
1 class  HSCIC  Borowski $8

**Wetland Yoga**

Both kids and adults will enjoy fun and easy yoga poses imitating marshland wildlife. Bring water and a yoga mat or towel large enough to lay on. Afterwards, we will introduce you to our resident animals that we mimicked!

11325  5 yr +  Su  10:30am-11:30am  Dec 1
1 class  HSCIC  Borowski $6

**Special Interest & Hobbies**

**EV Mindstorm – Robotics**

What do Transformers, factory machines, and Google cars have in common? They’re all robots! We can build simple robots ourselves, using basic parts such as motors to build helicopters, robot dogs, and much more. This class will teach you everything you need to know to build and program your own robot, and you’ll have fun being a part of the fascinating ever-growing S.T.E.M. field. And after all, who doesn’t want their own robot?

10892  6-13 yr  Sa  9:00am-10:00am  Sep 7-Sep 28
4 classes  SFCC  Salpekar $180

**LEGO Robotics**

Robots are taking over the world! Learn how to build basic Robots by starting with Components: Motors, wheels and much more!! (No programming).

10891  6-13 yr  Sa  9:00am-10:00am  Nov 2-Nov 23
4 classes  SFCC  Salpekar $180

**Engineering for Kids**

Ever wondered what it would be like to build cool things—everything from bridges to robots to towers? Discover what it means to be an engineer through fun group projects and win tons of prizes along the way!

10890  6-13 yr  Sa  9:00am-10:00am  Oct 5-Oct 26
4 classes  SFCC  Salpekar $180

**Take 1 Academy – T1 TechClub**

Today a Learner, Tomorrow a Leader! Join us at our Youth Maker Space workshop to discuss, learn and gain valuable hands on experience using technology. Students will learn foundational technical skills such as programming, robotics, electronics, engineering, and architecture.

10808  7-12 yr  Sa  1:00pm-2:30pm  Sep 14-Oct 5
4 classes  Take 1 Academy  T1A Staff $131

10807  7-12 yr  T  4:00pm-5:30pm  Sep 17-Oct 8
4 classes  Take 1 Academy  T1A Staff $131

**Baking Round the World**

Breads, cookies, cakes, cupcakes, buns, tarts, brownies, flatbreads, and more . . . with an international spin! Each country has its own flavors, spices, and baking crafts. Children will be introduced to the global origins of what they make, learn to be discerning about tastes, and lick their fingers from the deliciousness! Closed-toed shoes a must.

10895  6-13 yr  T  3:30pm-5:30pm  Sep 3-Oct 22
8 classes  ACC  Fowler $200*

*$40 materials fee due at first class.

**Cooking Round the USA**

Children will visit a different US state for each class, learn about what that state is distinctly known for, and eat delicious foods associated with that state. Closed-toed shoes a must.

10893  6-13 yr  W  3:30pm-5:30pm  Sep 4-Oct 23
8 classes  CVCC  Fowler $200*

*$40 materials fee due at first class.

**Cooking Round Regions of China**

Each Chinese region has its own unique set of recipes including different spices. Children will explore the various cooking styles and offerings from these regions: Sichuan, Taiwan, Hunan, Shandong, and Guangdong (Cantonese). Closed-toed shoes a must.

10894  6-13 yr  W  3:30pm-5:30pm  Oct 30-Dec 18
8 classes  CVCC  Fowler $200*

*$40 materials fee due at first class.

**Cooking Round the World – Pizza Mania**

If your child is a pizza hound, this is the class for them! Pizzas from around the world with a new pizza each time! From Indian Naan bread pizza to French Benedict Pizza, to German Berry Dessert Pizza, children will learn to make and love to eat a variety of pizzas. There will be additional side dishes too! Closed-toed shoes a must.

10896  6-13 yr  T  3:30pm-5:30pm  Oct 29-Dec 17
8 classes  ACC  Fowler $200*

*$40 materials fee due at first class.

**Sewing – Kids Workshop**

Are you interested in sewing and design? Express your fashion ideas and understand the design process in this exciting class! Students will create a variety of small projects of their choice while learning sewing! Please email krsewdio@gmail.com for supply list after registration. **Required:** Sewing machine with manual and accessories.

10889  9-15 yr  Sa  1:30pm-4:30pm  Sep 21-Oct 19
5 classes  RASCC  Ragbotra $320

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See pages 54-56 for the Guide to Class Locations and Facilities.

HaywardRec.org | HAYWARD AREA RECREATION AND PARK DISTRICT FOUNDATION | FALL 2019 | 29
**Sports**

**Kidz Love Soccer**
Kidz Love Soccer class status hotline: (888) 372-5803.

**Soccer 1: Techniques & Teamwork** 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 will receive a soccer jersey! Shin guards are required after first meeting. No class 12/21, 12/28.

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**Soccer 2: Skillz & Scrimmages** Have a great time while developing core soccer skills like dribbling, passing and shooting in a team play format. Each class will include individual skill building and scrimmages to develop teamwork and positional play. All levels are welcome to come enjoy the world's most popular game! All participants receive a soccer jersey! Shin guards are required after the first meeting. No class 12/21, 12/28.

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**Make Me A Pro Sports**
Through the use of sports training and education, Make Me A Pro Sports strives to instill a positive attitude within children that carries over every aspect of their life. We offer fun and educational sports camps and classes that are taught by successful players and coaches who are specialists in each of the sports we offer. Make Me A Pro’s philosophy is “To play like a Pro, learn from a Pro.” Does this mean we only teach advanced players? No, not at all! Our goal is to hire the most talented coaches, many with professional playing experience, who express their joy of the sport and enable kids to be the best they can be, regardless of skill level. No class 11/11, 11/30, 12/25, 1/1.

**Capture the Flag**

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**Soccer Magic**

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<th>Time</th>
<th>Staff</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>10766</td>
<td>5-7 yr</td>
<td>Sa</td>
<td>10:25am-11:10am</td>
<td>Sep 7-Oct 12</td>
<td>$109</td>
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<tr>
<td>10767</td>
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<td>$109</td>
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</table>

**Soccer Techniques**

<table>
<thead>
<tr>
<th>Code</th>
<th>Age</th>
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<th>Time</th>
<th>Staff</th>
<th>Fee</th>
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<tbody>
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<td>Sep 7-Oct 12</td>
<td>$109</td>
</tr>
<tr>
<td>10769</td>
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<td>Sa</td>
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**Indoor Soccer 101**

<table>
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</table>

**Indoor Soccer 102**

<table>
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<tbody>
<tr>
<td>10760</td>
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<tr>
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<td>T</td>
<td>6:50pm-7:35pm</td>
<td>Oct 22-Dec 10</td>
<td>$145</td>
</tr>
</tbody>
</table>

See pages 54-56 for the Guide to Class Locations and Facilities.
Youth Basketball Clinic
This is individual sign-up basketball clinic will meet every Saturday 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 clinic instructors assisting by coaching and officiating the games. All skill levels welcome. Each participant will receive a Certificate of Participation.

Beginners

<table>
<thead>
<tr>
<th>Class</th>
<th>Age</th>
<th>Days</th>
<th>Time</th>
<th>Instructor</th>
<th>Dates</th>
<th>Fees</th>
</tr>
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<tbody>
<tr>
<td>11311</td>
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<tr>
<td>11313</td>
<td>6-10 yr</td>
<td>Sa</td>
<td>8:30am-9:30am</td>
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<td>11317</td>
<td>6-10 yr</td>
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</tr>
<tr>
<td>11315</td>
<td>8-13 yr</td>
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<td>6:30pm-8:00pm</td>
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Intermediate

<table>
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<tr>
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<th>Age</th>
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<th>Time</th>
<th>Instructor</th>
<th>Dates</th>
<th>Fees</th>
</tr>
</thead>
<tbody>
<tr>
<td>11314</td>
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<td>$70</td>
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<tr>
<td>11318</td>
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<td>Thompson</td>
<td>Nov 16-Dec 21</td>
<td>$35</td>
</tr>
</tbody>
</table>

Take 1 Academy

Lil’ All Stars Baseball Sluggers II
This intermediate class will emphasize the continued progression and refinement of baseball skills. The clinic will focus on proper technique and baseball-specific body positioning in the areas of hitting, fielding, and base running. Students will build their confidence and self-esteem in a motivating environment. Gloves, bat, batting helmet required.

<table>
<thead>
<tr>
<th>Class</th>
<th>Age</th>
<th>Days</th>
<th>Time</th>
<th>Instructor</th>
<th>Dates</th>
<th>Fees</th>
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<tbody>
<tr>
<td>10776</td>
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<td>11:20am-12:10pm</td>
<td>CANP</td>
<td>Sep 14-Nov 2</td>
<td>$145</td>
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</tbody>
</table>

Take 1 Academy

Lil’ All Stars Basketball Rookies II
We focus on dribbling, passing, catching, shooting, and the basic rules of the game while emphasizing teamwork and a positive attitude. Repetition and skills progression through age appropriate games and drills will build young basketball players’ confidence and self-esteem.

<table>
<thead>
<tr>
<th>Class</th>
<th>Age</th>
<th>Days</th>
<th>Time</th>
<th>Instructor</th>
<th>Dates</th>
<th>Fees</th>
</tr>
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<tbody>
<tr>
<td>10787</td>
<td>5½-8 yr</td>
<td>Sa</td>
<td>11:10am-12:00pm</td>
<td>TIA Staff</td>
<td>Sep 14-Nov 2</td>
<td>$145</td>
</tr>
</tbody>
</table>

H.A.R.D. Hoops Academy
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, coachability, basketball IQ, etc.), the focus is on making sure you reach your basketball potentials while still creating and maintaining a fun, competitive, and learning atmosphere!

<table>
<thead>
<tr>
<th>Class</th>
<th>Age</th>
<th>Days</th>
<th>Time</th>
<th>Instructor</th>
<th>Dates</th>
<th>Fees</th>
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</thead>
<tbody>
<tr>
<td>11312</td>
<td>10-16 yr</td>
<td>Sa</td>
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<td>Sep 7-Nov 9</td>
<td>$100</td>
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<tr>
<td>11316</td>
<td>10-16 yr</td>
<td>Sa</td>
<td>10:40am-12:40pm</td>
<td>Thompson</td>
<td>Nov 16-Dec 21</td>
<td>$50</td>
</tr>
</tbody>
</table>

Youth Tennis
Wear tennis shoes bring a tennis racket and bring a new can of tennis balls to the first class.

Beginner Tennis
NTRP rating of 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</th>
<th>Age</th>
<th>Days</th>
<th>Time</th>
<th>Instructor</th>
<th>Dates</th>
<th>Fees</th>
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<tr>
<td>10655</td>
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<td>W</td>
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</tr>
<tr>
<td>10664</td>
<td>7-17 yr</td>
<td>Sa</td>
<td>9:00am-10:00am</td>
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<td>Sep 7-Nov 16</td>
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<tr>
<td>10662</td>
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<td>Sa</td>
<td>4:00pm-5:00pm</td>
<td>Hill</td>
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</tr>
<tr>
<td>10656</td>
<td>7-17 yr</td>
<td>Sa</td>
<td>2:00pm-3:00pm</td>
<td>Savich</td>
<td>Sep 8-Nov 10</td>
<td>$153</td>
</tr>
</tbody>
</table>

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. No class 9/21.

<table>
<thead>
<tr>
<th>Class</th>
<th>Age</th>
<th>Days</th>
<th>Time</th>
<th>Instructor</th>
<th>Dates</th>
<th>Fees</th>
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<tr>
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<td>Sep 7-Nov 16</td>
<td>$153</td>
</tr>
<tr>
<td>10659</td>
<td>7-17 yr</td>
<td>Sa</td>
<td>2:55pm-3:55pm</td>
<td>Hill</td>
<td>Sep 7-Nov 16</td>
<td>$153</td>
</tr>
</tbody>
</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>
<thead>
<tr>
<th>Class</th>
<th>Age</th>
<th>Days</th>
<th>Time</th>
<th>Instructor</th>
<th>Dates</th>
<th>Fees</th>
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<tbody>
<tr>
<td>10660</td>
<td>7-17 yr</td>
<td>Sa</td>
<td>8:00am-9:00am</td>
<td>Savich</td>
<td>Sep 7-Nov 16</td>
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<tr>
<td>10652</td>
<td>7-17 yr</td>
<td>Su</td>
<td>1:00pm-2:00pm</td>
<td>Savich</td>
<td>Sep 8-Nov 10</td>
<td>$153</td>
</tr>
</tbody>
</table>

Theater Factory Drama Class
This fun drama class encompasses music, dance and acting! We specialize in improving leadership, social, and communication skills by using theater games and improvisation. The class concludes with a play staged for parents. Limited space available. New production for repeating students!

<table>
<thead>
<tr>
<th>Class</th>
<th>Age</th>
<th>Days</th>
<th>Time</th>
<th>Instructor</th>
<th>Dates</th>
<th>Fees</th>
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<tr>
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<td>Sep 14-Dec 14</td>
<td>$235*</td>
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</table>

*$10 materials fee due at first class meeting.

See pages 54-56 for the Guide to Class Locations and Facilities.
Afterschool Programs

The Zone
MJcc is a safe and fun environment that offers a variety of programming, including recreational activities, special events, resources, drop-in activities such as arts and crafts, videogames, basketball gym, computer lab access, homework help, cooking classes, and many more! Whether you want to come to play videogames, play pool, ping-pong, or just hang out with friends, MJcc is the place to be! Online registration available.

7736 13-17 yr M-F 3:00pm-6:30pm Aug 26-Dec 20
MJcc Staff $75

Health & Fitness

Yoga for Kids 9-13
Bring your heart, imagination, and lots of energy to Yoga for Kids 9-13 for an hour of non-competitive fun in a supportive and validating environment. We’ll practice yoga poses, play games, learn new ways to breathe and relax and explore gratitude, compassion, self-love and more! 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 10/31.

10637 9-13 yr Th 5:00pm-6:00pm Sep 12-Oct 24
5 classes KASCC Green $58
10641 9-13 yr Th 5:00pm-6:00pm Nov 17-Nov 21
5 classes KASCC Green $58

Yogalates for Tweens and Teens
Yogalates is a class that is a unique blend of Yoga and Pilates in one hour! This class is especially for Teens and Tweens and will introduce Pilates and yoga to them at an early age! It 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!

10646 10-16 yr Th 5:00pm-6:00pm Sep 5-Oct 24
8 classes KASCC Rowe $73

Martial Arts

EAABs Self-Defense
Learn a multi-cultural art in this self-defense program designed to improve self-confidence with the added benefit of being able to effectively protect yourself. The program includes body stretching; conditioning and breathing techniques; blocking; punching; kicking in specific target areas; grappling defense techniques; and defense against weapon attacks.

11439 12 yr+ T 5:30pm-6:25pm Sep 10-Dec 3
12 classes EAABs Untalan $183*
11440 15 yr+ T 5:00pm-6:25pm Oct 1-Dec 3
12 classes EAABs Untalan $183*
11429 12 yr+ W 5:30pm-6:25pm Sep 10-Dec 3
12 classes EAABs Untalan $183*
11430 15 yr+ W 5:30pm-6:25pm Oct 1-Dec 3
12 classes EAABs Untalan $183*

*Uniforms and safety equipment required, cost not included and must be purchased from EAABs at a one-time cost of $65.

Additional classed for Teens can be found in the School Age and Adult sections!

See pages 24-26 for Dance & Music classes: Ballet, Urban Dance, Jazz Dance, Ballet & Hip Hop Combo, Drums, Guitar

See pages 54-56 for the Guide to Class Locations and Facilities.
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.

**Uniforms and safety equipment required, cost not included and must be purchased from EAAbs at a one-time cost of $65.**

Olympic Style Tae Kwon Do & MMA
Tae Kwon Do is a Korean martial art that has evolved by combining many different styles such as the linear movements of Karate, the flowing, circular patterns of Kung-Fu, native kicking techniques and influences from Judo and Kung-Fu. Learn the values of confidence, friendship, self-awareness, respect and dedication in a fun, educational and motivating environment. No class 10/14, 11/11, 11/25.

**SAT Prep**
Stressed about the SAT college-entrance tests coming up soon? Join us in this special 10-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. 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.

**Sports**

**Club V.I.P. Fall Girls Volleyball League**
The purpose of the Club V.I.P. League is to give athletes in the local area the opportunity to learn, play, and enjoy the sport of volleyball. The matches will be on weekdays but on different days of the week. Schedule for matches will be on www.clubviprec.com.

**Tennis classes for ages 7-17 years**
See page 31!
**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. No previous experience is necessary. Wear clothes you can get messy in. Supply list will be discussed at first class. [www.azarvaghefi.com](http://www.azarvaghefi.com).

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Age</th>
<th>Day</th>
<th>Time</th>
<th>Date Range</th>
<th>Location</th>
<th>Instructor</th>
<th>Fee</th>
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<tbody>
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<td>ADJOBE</td>
<td>Vaghefi</td>
<td>$150*</td>
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<tr>
<td>11039</td>
<td>16+</td>
<td>Th</td>
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<td>Sep 19-Nov 21</td>
<td>ADJOBE</td>
<td>Vaghefi</td>
<td>$150*</td>
</tr>
<tr>
<td>11022</td>
<td>16+</td>
<td>F</td>
<td>10:00am-12:30pm</td>
<td>Sep 20-Nov 22</td>
<td>ADJOBE</td>
<td>Vaghefi</td>
<td>$150*</td>
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</table>

*$10 fee due to instructor at first class.

**Watercolor – All Levels**
Beginning students learn the basics of water media painting with an emphasis on drawing, perspective, color theory and problem solving. Intermediate students focus on original compositions based on a given theme (i.e., motion, light, flight, etc.). Emphasis is on fundamental elements of design derived from value sketches, going beyond the mere copying of photographs. Individual/group critiques. You must provide your own supplies which will be discussed at the first class.

**Beginner/Intermediate**

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Age</th>
<th>Day</th>
<th>Time</th>
<th>Date Range</th>
<th>Location</th>
<th>Instructor</th>
<th>Fee</th>
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</thead>
<tbody>
<tr>
<td>10913</td>
<td>18+</td>
<td>W</td>
<td>9:30am-12:00pm</td>
<td>Sep 18-Nov 20</td>
<td>ADJOBE</td>
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**Intermediate/Advanced**

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Age</th>
<th>Day</th>
<th>Time</th>
<th>Date Range</th>
<th>Location</th>
<th>Instructor</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>11002</td>
<td>18+</td>
<td>W</td>
<td>1:00pm-3:30pm</td>
<td>Sep 18-Nov 20</td>
<td>ADJOBE</td>
<td>Pratt</td>
<td>$136</td>
</tr>
</tbody>
</table>

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**Casting Jewelry and Small Sculptures**
An exciting way to learn the basics as we explore wax work, organic materials, incorporating gemstones, all the way through the final process of polishing. The class can apply to small sculptures as well as any piece of jewelry. We use base metals like copper and bronze, as well as casting precious metals. Please bring any metal and gemstones you already own along with sketches, designs, drawings and tools to class with you. This is set up for beginners as well as returning students.

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Age</th>
<th>Day</th>
<th>Time</th>
<th>Date Range</th>
<th>Location</th>
<th>Instructor</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>10871</td>
<td>12+</td>
<td>W</td>
<td>7:00pm-9:30pm</td>
<td>Sep 25-Nov 13</td>
<td>Adöne</td>
<td>Donivan</td>
<td>$85</td>
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</table>

**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. Create jewelry by metal fabrication and/or lost wax castings. The studio will remain open for one hour after class if you would like to work on your pieces.

**Beginner/Intermediate**

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Age</th>
<th>Day</th>
<th>Time</th>
<th>Date Range</th>
<th>Location</th>
<th>Instructor</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>10897</td>
<td>18+</td>
<td>M</td>
<td>9:30am-12:30pm</td>
<td>Sep 23-Dec 2</td>
<td>WPCC</td>
<td>Kafoure</td>
<td>$62</td>
</tr>
<tr>
<td>10911</td>
<td>18+</td>
<td>T</td>
<td>9:30am-12:30pm</td>
<td>Sep 24-Dec 3</td>
<td>ADJOBE</td>
<td>Kafoure</td>
<td>$62</td>
</tr>
</tbody>
</table>

**Quilting – Beginning/Intermediate**
Beginners start with a generic quilt and continue with a sampler, either traditional or modern. Intermediate students work on individual projects and/or class projects, using various techniques, such as appliqué, piecing, embellishment, strip piecing, and more.

**Beginner** No class 10/10.

**Intermediate** No class 11/4, 11/5, 11/12.

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Age</th>
<th>Day</th>
<th>Time</th>
<th>Date Range</th>
<th>Location</th>
<th>Instructor</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>11068</td>
<td>18+</td>
<td>Th</td>
<td>6:30pm-8:30pm</td>
<td>Sep 19-Nov 21</td>
<td>KASCC</td>
<td>Steinhoff</td>
<td>$65*</td>
</tr>
</tbody>
</table>

*$5 material fee due at first class.

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*See pages 54-56 for the Guide to Class Locations and Facilities.*

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**Adult Classes**
Ages 18+ Years

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**Hayward Area Recreation and Park District Foundation**

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**FALL 2019**

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See pages 54-56 for the Guide to Class Locations and Facilities.
**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. Only items produced during class/session time will be fired. 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. No class 11/11.

10575 18 yr + M 6:30pm-9:30pm Sep 9-Nov 18
10 classes WPCC Russell $173

10577 18 yr + T 12:00pm-3:00pm Sep 10-Nov 12
10 classes WPCC Rollins $173

10578 18 yr + T 4:00pm-7:00pm Sep 10-Nov 12
10 classes WPCC Epperson $173

10574 18 yr + T 6:30pm-9:30pm Sep 10-Nov 12
10 classes ADOBE Shapiro $173

10579 18 yr + W 10:00am-1:00pm Sep 11-Nov 13
10 classes WPCC Wooffer $173

10580 18 yr + W 6:30pm-9:30pm Sep 11-Nov 13
10 classes ADOBE Olson $173

10581 18 yr + W 6:30pm-9:30pm Sep 11-Nov 13
10 classes WPCC Mielke $173

10582 18 yr + Th 10:00am-1:00pm Sep 12-Nov 14
10 classes WPCC Wooffer $173

10583 18 yr + Th 6:30pm-9:30pm Sep 12-Nov 14
10 classes WPCC Russell $173

10576 18 yr + Th 6:30pm-9:30pm Sep 12-Nov 14
10 classes ADOBE Storm $173

**Pottery and Raku Firing**

10584 18 yr + M 6:30pm-9:30pm Sep 9-Nov 18
10 classes ADOBE Mielke $173

**Cookware Pottery**

Learn to make pottery that is oven-proof such as covered caserolles, bean pots, soup tureens, pie plates and more. We will also use sculpture to decorate our vessels. Must be advanced beg level and know how to throw.

10573 18 yr + W 10:00am-1:00pm Sep 11-Nov 20
11 class ADOBE Epperson $153

**Pottery – Drop-in**

This class 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 drop-in fee at the door, or pre-purchase a 15-hour punch card (five full drop-in days) for $75. Punch cards can be picked up at the District Office, 1099 E Street, Hayward, or you may request one be mailed to you (510) 881-6700. You must provide a receipt for all card pick-ups. Punch cards are valid for one year and can be used at any pottery drop-in workshop. The cards are non-refundable, and a $20 card replacement fee is applicable. Cards are transferable.

10585 15 yr + T 9:30am-12:30pm Sep 10-Nov 12
10 classes ADOBE $5/hour drop-in fee*

10586 15 yr + W 1:00pm-4:00pm Sep 11-Nov 13
10 classes WPCC $5/hour drop-in fee*

10587 15 yr + Th 1:00pm-4:00pm Sep 12-Nov 14
10 classes WPCC $5/hour drop-in fee*

10588 15 yr + F 9:30am-3:30pm Sep 13-Nov 15
10 classes WPCC $5/hour drop-in fee*

10589 15 yr + Sa 9:30am-3:30pm Sep 14-Nov 16
10 classes WPCC $5/hour drop-in fee*

10590 15 yr + Sa 1:00pm-4:00pm Sep 14-Nov 16
10 classes ADOBE $5/hour drop-in fee*

*$75 for 15-hour drop-in punch card.

**Dance & Music**

**Jazz Lyrical**

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. No class 11/26.

11595 16 yr + T 8:00pm-9:00pm Sep 3-Oct 22
8 classes DLDC $104
11566 16 yr + W 6:30pm-7:30pm Sep 4-Oct 23
8 classes DLDC $104

11596 16 yr + T 8:00pm-9:00pm Oct 29-Dec 17
7 classes DLDC $91
11567 16 yr + W 6:30pm-7:30pm Oct 30-Dec 18
7 classes DLDC $91

See pages 54-56 for the Guide to Class Locations and Facilities.
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. No class 10/31.

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.

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.

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.

Tap Dance — Beginning
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 11/28.

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.

Introduction to Dance and Philosophy
An Introductory class to learn more about who you are and how to improve partnerships through a deeper self-awareness and better balance. Drawing from 14+ years of teaching Ballroom Dancing, Jessica will share techniques to help you improve partnering skills on and off the dance floor. No partner required, no dance experience necessary! Learn how to build trust, take the lead, and surrender safely.

Dance and Philosophy to Improve Your Relationships
Learn more about who you are and how to improve partnerships through a deeper self-awareness and better balance. Drawing from 14+ years of teaching Ballroom Dancing, Jessica will share techniques to help you improve partnering skills on and off the dance floor. No partner required, no dance experience necessary! Learn how to build trust, take the lead, and surrender safely.

Intro to Guitar
Release your inner musician! Learn basic chords, strumming and picking and end up playing simple songs by the end of the session! No need to read music; bring your own guitar and guitar tuner.

Beginning/Advanced Guitar
Learn more advanced chords, picking, and how to read chord charts. Play and sing songs of your choice and experience how much fun guitar playing can be! Must know basic chords. No need to read music; bring your own guitar and guitar tuner.

See pages 54-56 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
- 11078 13 yr + T 6:00pm-7:00pm Oct 1-Oct 22
- 11076 13 yr + Sa 10:00am-11:00am Oct 5-Oct 26
- 11077 13 yr + Sa 10:00am-11:00am Nov 2-Nov 23
- 11079 13 yr + T 6:00pm-7:00pm Nov 5-Nov 26

Intermediate
- 11082 13 yr + T 7:00pm-8:00pm Oct 1-Oct 22
- 11080 13 yr + Sa 11:15am-12:15pm Oct 5-Oct 26
- 11081 13 yr + Sa 11:15am-12:15pm Nov 2-Nov 23
- 11083 13 yr + T 7:00pm-8:00pm Nov 5-Nov 26

Health & Fitness

Body Sculpting
Classes are continuous and co-ed. Registration is taken at class. 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.

Fee: $45 for 8 classes/$60 for 16 classes/$80 per 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.

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.

Back Strength and 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.

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 welcome! If you want to change up your fitness routine this is definitely the class for YOU!

Sunday Morning Boot Camp
Join us for 1½ hours. Yes we said 1½ hours of 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 definitely the class for YOU! No class 11/27, 11/28.

See page 45 for details.
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! We will help you achieve a new outlook, improved body and lifelong friends! Jazzercise is the original dance party workout. Blending dance with Pilates, yoga, kickboxing and strength training, one 55-minute session can burn up to 800 calories. The results? Long, lean muscles and an undeniable mood boost.

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

Cardio-Exp
18 yr +  F  4:30pm-5:30pm  Aug 30-Dec 20
17 classes  CVCC  Hennefer

Dance Mixx Torch fat, sculpt lean muscle and crush calories with this high intensity workout that mixes dance-based cardio with strength training! No class 10/5, 11/2.
18 yr +  M/W  4:30pm-5:30pm  Aug 26-Dec 18
68 classes  KASCC  Hennefer
18 yr +  Sa  7:45am-8:45am  Aug 31-Dec 21
32 classes  KASCC  Hennefer
18 yr +  T/Th  4:30pm-5:30pm  Aug 27-Dec 19
35 classes  CVCC  Hennefer
18 yr +  M/W  7:10pm-8:10pm  Aug 26-Dec 18
34 classes  CVCC  Hennefer

LO Dance Mixx Use muscles not momentum to get a total-body workout, without the impact on your joints. Perfect for all fitness levels. We offer LO versions of Dance Mixx, Interval and Fusion formats.
16 yr +  T/Th  6:00pm-6:55pm  Sep 3-Dec 19
33 classes  CVCC  Cook
18 yr +  Sa  9:00am-9:55am  Sep 7-Dec 21
17 classes  CVCC  Cook

LO Express Cut to the chase with this 30-minute blast of dance-based cardio plus strength training.
18 yr +  T/Th  7:00pm-7:30pm  Sep 3-Dec 19
33 classes  CVCC  Cook

Strength 45 Sculpt lean muscle through weight resistance training for a toned physique in 45 minutes.
18 yr +  M/W  5:45pm-6:30pm  Aug 26-Dec 18
34 classes  KASCC  Hennefer
18 yr +  Sa  8:00am-8:45am  Sep 7-Dec 21
17 classes  CVCC  Cook

Strength 60 Sculpt lean muscle through weight resistance training for a toned physique in 60 minutes.
18 yr +  Su  9:00am-10:00am  Sep 8-Dec 22
17 classes  CVCC  Cook

Pilates and Yoga Rotational
This is an 8-week class which gives you the variety of four 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 four weeks. Please bring a yoga mat, water and get ready for an amazing flexibility enhancing and core strengthening experience!

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.

Booty and Core Boot Camp
Have you ever wanted a class that was all about getting your booty and core into fantastic shape? If so, this is the class for you! This class is taught in a boot camp style format focusing on targeting butt and overall core strength! By using a blend of Pilates, Yoga and general core/gluteal focused exercises you will achieve a stronger, more toned body in just one hour! Have fun while getting into shape and learning simple exercises you can do every day on your own to maintain your core and gluteal strength! Please bring a mat, towel and water.

See pages 54-56 for the Guide to Class Locations and Facilities.
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. In this unique class one will be guided through a five-stage detailed sleep meditation done in corpse pose that will allow the mind and body to slip into the deepest state of relaxation. The brain will switch from beta to alpha waves, signaling the transition from activity to meditation. Blankets, bolsters, and eye pillows will be provided. Please bring your own yoga mat.

Heal Yourself with Food

Are you sick of feeling sick and just not your best? Are you having trouble focusing, have poor sleep, low energy and strong cravings? Are you prediabetic, have high blood pressure, high cholesterol? If you answered yes to any of these questions, then let me help you break free from the cycle. This isn’t a quick fix diet. It’s a healthy, whole foods-based program that will reduce belly bloat, improve sleep, lift brain fog and leave you feeling amazing inside and out. Instructor is a Certified Health Coach, who is committed to empower you with extra guidance, accountability, and additional coaching expertise to make this powerful program effective for you!

Free Presentation The free presentation will give the insight into what processed foods do to our bodies and give you a few tools to begin a new, healthier you.

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. In this class you will learn the skills of finger-spelling, cardinal numbers, and some basic vocabulary.

Beginning

Intermediate

German Language Instruction

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

Intermediate

Advanced

Martial Arts

Leaping Leopard Shaolin Kenpo – Beginner to Blue Belt

This 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 11/11, 11/28, 11/29.

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See pages 54-56 for the Guide to Class Locations and Facilities.
Kickboxing
Come have some fun kicking and punching while improving your cardio and learning how to defend yourself. Our kickboxing classes are dynamic with a mix of drills and technical aspects all with a soundtrack that keeps you pumped!

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Age</th>
<th>Gender</th>
<th>Dates</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>10620</td>
<td>16+</td>
<td>M/W/F</td>
<td>Sep 4-Oct 4</td>
<td>6:30pm-7:30pm</td>
<td>Spark Martial Arts, Rocha</td>
</tr>
<tr>
<td>10629</td>
<td>16+</td>
<td>M/W/F</td>
<td>Oct 7-Nov 1</td>
<td>6:30pm-7:30pm</td>
<td>Spark Martial Arts, Rocha</td>
</tr>
<tr>
<td>10630</td>
<td>16+</td>
<td>M/W/F</td>
<td>Nov 4-Dec 27</td>
<td>6:30pm-7:30pm</td>
<td>Spark Martial Arts, Rocha</td>
</tr>
<tr>
<td>10631</td>
<td>16+</td>
<td>M/W/F</td>
<td>Dec 2-Dec 27</td>
<td>6:30pm-7:30pm</td>
<td>Spark Martial Arts, Rocha</td>
</tr>
</tbody>
</table>

Gung-Fu
Gung-Fu is a total concept of mind, body and action where the body is used as a vehicle to train and develop the facilities of the mind. 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. No class 11/11, 11/13, 11/25, 11/27.

Beginner
<table>
<thead>
<tr>
<th>Class Code</th>
<th>Age</th>
<th>Gender</th>
<th>Dates</th>
<th>Time</th>
<th>Location</th>
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<tbody>
<tr>
<td>10742</td>
<td>7+</td>
<td>M/W</td>
<td>Sep 16-Dec 11</td>
<td>6:00pm-7:30pm</td>
<td>WPCC Martinez</td>
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Advanced
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<th>Time</th>
<th>Location</th>
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</thead>
<tbody>
<tr>
<td>10743</td>
<td>7+</td>
<td>M/W</td>
<td>Sep 16-Dec 11</td>
<td>7:30pm-9:00pm</td>
<td>WPCC Martinez</td>
</tr>
</tbody>
</table>

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.

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<tr>
<th>Class Code</th>
<th>Age</th>
<th>Gender</th>
<th>Dates</th>
<th>Time</th>
<th>Location</th>
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<tbody>
<tr>
<td>11425</td>
<td>9+</td>
<td>M</td>
<td>Sep 14-Dec 7</td>
<td>1:00pm-1:55pm</td>
<td>EAABs Untalan</td>
</tr>
</tbody>
</table>

Olympic Style Tae Kwon Do and MMA
Tae Kwon Do is a Korean martial art that has evolved by combining many different styles such as the linear movements of Karate, the flowing, circular patterns of Kung-Fu, native kicking techniques along with influences from Judo and Kung-Fu. Your child will learn the values of confidence, friendship, self-awareness, respect and dedication in a fun, educational and motivating environment. No class 10/4, 11/11, 11/25.

Beginner
<table>
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<tr>
<th>Class Code</th>
<th>Age</th>
<th>Gender</th>
<th>Dates</th>
<th>Time</th>
<th>Location</th>
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</thead>
<tbody>
<tr>
<td>10745</td>
<td>9+</td>
<td>M</td>
<td>Sep 9-Dec 9</td>
<td>5:10pm-6:15pm</td>
<td>SFCC Staff</td>
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Intermediate
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<th>Class Code</th>
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<th>Time</th>
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<tr>
<td>10746</td>
<td>9+</td>
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<td>Sep 9-Dec 9</td>
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Advanced
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<th>Time</th>
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<tr>
<td>10747</td>
<td>9+</td>
<td>M</td>
<td>Sep 9-Dec 9</td>
<td>6:50pm-7:20pm</td>
<td>SFCC Staff</td>
</tr>
</tbody>
</table>

See pages 54-56 for the Guide to Class Locations and Facilities.
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. Learn how to use the power of your opponent to your advantage while developing self-discipline and confidence. Instructed by a certified black belt.

Nature

Adult Nature Programs at Hayward Shoreline Interpretive Center

Rowdy Runners Need motivation to get moving on the weekend? The temperatures are cooler so let’s get out and run. This is the perfect opportunity to go outside and learn a little about our beautiful salt marsh in the process. We’ll go for an easy 3-mile jog on our flat trails. See our beautiful views of the bay!

Birding By Bike Come explore the shoreline by bike! The best way to see the 20 miles of trail at the shoreline! We’ll look for migrating birds and full-time residents.

Post-Turkeyday Trek Bring a cup of coffee for a pleasant, post-Turkeyday walk along the marsh. The wind is usually calm, the birds are busy feeding and flying. We’ll walk through parts of the shoreline not usually open to the public and discuss the different habitats and residents of this amazing place.

Birds

Just Passing On By We meet at the West Winton trailhead in search of migrating birds. Elegant terns, for example, are stopping along San Francisco bay to find food and respite before continuing their journey southward.

It’s Cool To Be Small The least sandpiper gets to make the claim as the smallest shorebird in the world, and today as we head out to explore Eden Landing Ecological Reserve, we look for these tiny, winter arrivals. Meet at the parking lot at Arden Road and Clawiter Avenue.

The Robber of the Shoreline We head out today from the Grant Avenue trailhead looking for American wigeon, which are early migrating ducks. These dabblers hang out with diving ducks and often steal vegetation the divers haul up from deeper water, giving wigeon the moniker of “robber duck.”

The Over 40+ Crowd Winter is a great time to go birding along the shoreline because the diversity of wildlife is so rich. We meet at the Interpretive Center today hoping to find over 40 species of birds ranging from song birds and shorebirds to waterfowl.

Proud as a Peacock As we head out from the first parking lot at Coyote Hills today, we will look for one of our favorites: the great egret. During the breeding season these birds dramatically raise their wispy feathers making them look a bit like a peacock. There is a $5 parking lot fee.

Young Bloods There are many immature birds making their way in the world independent of their parents now, and none are more fun to look at than raptors. We might see over five species of young hunters at Eden Landing Ecological Reserve on our walk. Meet at the parking lot at Arden Road and Clawiter Avenue.

You Just Never Know We meet at the Interpretive Center today for our hike, and as we bird we just never know what unique species might be seen. This time last year, for example, we saw an Eurasian Wigeon, and birder excitement ensued!

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**Adult Nature Program at Sulphur Creek Nature Center**

**An Owl’s Concerto** Come hear the evening arias of the great horned owls under Sulphur Creek’s autumn forest. Meet our native owls and learn about their abilities and local habitats. Wear walking shoes for this special adult nature evening.

1129 18 yr + Sa 6:30pm-8:00pm Oct 12
1 class SCNC Franke $20

**Nature Walk** Savor and enjoy the tranquil beauty of nature as we walk amidst bay laurel and coast live oaks. Woodpeckers, chickadees and blue birds are all at work, while hawks survey above. Meet at the Martin Canyon Creek trailhead on Bay Laurel Street, Dublin. Wear hiking shoes for this 2½-mile adult nature excursion.

1130 18 yr + Sa 1:00pm-3:00pm Nov 2
1 class SCNC Franke $20

**Photography**

**Introduction to Photography: Hands On!**

Bring your camera, your lenses, and your walking shoes and prepare to have a fun and educational adventure. This class is designed for beginning and intermediate photographers who are looking to master the use of their DSLR or mirrorless camera. We will cover exposure and focus controls, aperture, shutter speed and ISO, exposure modes and more. We will meet on location, with the first meeting in Hayward to allow us to adjust our itinerary based on weather conditions. The instructor will email you for the first class. Some walking will be involved, generally less than a mile each session.

11306 18 yr + Sa 3:00pm-7:00pm Oct 19
Sa 1:00pm-4:00pm Nov 2
Sa 3:00pm-7:00pm Nov 16
Sa 1:00pm-4:00pm Nov 30
4 classes Off Site Decker $129

**Carbon Printing Workshop**

Carbon Printing, one of the first permanent photographic processes, was the preferred fine art process until the early 20th Century and remains one of the most beautiful! Carbon printing is a contact printing process where the size of your print is the same size as the negative. We will provide carbon tissue. Participants will print from their own negatives or images made during workshop. Instructor supplied negatives will also be available.

11309 18 yr + F 6:00pm-10:00pm Nov 1
Sa 9:00am-5:00pm Nov 2
Su 9:00am-5:00pm Nov 3
3 classes PhotoCentral Hutchins $295

**PhotoCentral Sunday Photo Group**

Gather with fellow photographers to share work and ideas in the New PhotoCentral Sunday Photo Group. This free event is a chance to share your photographs, experiences and build community with fellow photographers. The program meets the last Sunday of the month. Email Joe Decker at joedecker@gmail.com to get on the list and join this informal but highly informative gathering. Be sure to double check meeting dates with Joe before attending.

11307 16 yr + Su 9:00am-5:00pm Nov 3
3 classes Free

**Redwood Adventure**

Kate and Geir Jordahl have given photo workshops for 40 years and reunite with special guest Vaughn Hutchins in the World Heritage California Redwoods. The workshop will emphasize the challenges of expressing the majesty of the world’s tallest and most grand living things. Locations will be chosen weather permitting but may include, Fern canyon, California elk herds and Jedediah Smith Groves used for the Star Wars motion pictures. A list of accommodations will be supplied to registrants. Our adventure will range from Arcata to the south to Crescent city to the north. Don’t miss this magical event. Optional preparatory evening at PhotoCentral TBA.

11310 18 yr + F/Sa/Su 6:00pm-5:00pm Nov 8-Nov 10
3 classes Off Site Jordahl $345

**Location and Studio Lighting Made Easy**

Learn great studio lighting techniques to light formal portraits, couples as well as groups. Learn hands-on how to set up, breakdown, posing and much more. Russell Foote has been a professional photographer for over 40 years and has worked in studios as well as on the location.

11321 18 yr + W 7:00pm-9:30pm Oct 9-Oct 30
4 classes HASC Foote $103

See pages 54-56 for the Guide to Class Locations and Facilities.
Documenting Culture: Photographic Festa Adventure
Join Jackson Nichols in a photographic adventure into the world of the Festa!

Our Lady of Miracles Festa, Gustine, California
Saturday, September 14, 10:00am, Bodo de Laite Parade. Sunday, September 15, 9:00am, formal procession of Council Queens. Over 100 queens participate dressed in their formal gowns including their council capes, often up to 12 feet long and elaborately decorated and embroidered. After procession, free Sopas (stew meat and bread) is served to all in attendance at the Portuguese Hall, followed by an auction of donated items. Optional Monday night bullfight starting at 7:00pm at Gustine arena.

Our Lady of Fatima Fiesta, Thornton, California
Saturday, October 19, 9:00am, outdoor Mass, followed by Bodo de Laite parade around town. Bullfights in Thornton arena, 2:00pm. Evening outdoor Mass, 6:00pm, followed by candlelight procession through town, attended by hundreds of people lit only by candle light. It's amazing! Live music and dancing after procession. Sunday, October 20, Formal Queens Procession through town, followed by free tri-tip lunch, auction, and entertainment. Optional Monday night bullfight starting at 7:00pm.

11368   18 yr +   Sa/Su   Sep 14, Sep 15, Oct 19, Oct 20   4 days   Off Site   Nichols   $345

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 Training 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. Introductory Special Fee: $150 for 3 hours

Advanced 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/$4 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

See pages 54-56 for the Guide to Class Locations and Facilities.
Demystifying Sewing Patterns

Using a sewing pattern could be very challenging and intimidating. Even though it might be labeled “easy” or “quick” on a pattern, it is assumed that you have some sewing knowledge. In this class you will learn to purchase a sewing pattern by taking correct body measurements, demystifying all the instructions on a sewing pattern from outside in. You’ll also learn to identify grain in fabric and its importance in fabric cutting. Supplies: Pencil/pen, notebook, measuring tape, scissors.

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.

Sewing Machine Basics

If you are new to using a sewing machine or perhaps you want a refresher, then this class is for you. Learn how and when to use various sewing machine functions such as pressure feet, troubleshoot errors, and many tips and tricks for smooth operation. Please bring your sewing machine, thread spools, pins, seam ripper, ruler or measuring tape and scissors. Please email krsewdio@gmail.com for supply list.

Sewing – Beginning

Must know how to use a sewing machine or must have taken “Sewing Machine Basics” or Demystifying Sewing Patterns”. Beginners will either make a pair of PJ pants or an A-line skirt with elastic waist and pockets. You will learn to read the pattern instructions, identify proper grain of the fabric when cutting and sewing. Please email krsewdio@gmail.com for supply list. Bring your sewing machine.

Lake Chabot Bridge Club

Drop-in bridge. All welcome!

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 11:00am and the game begins at 11:30am. Our purpose is to promote interest and develop the skills of those new to bridge. Snacks provided.

Redwood Bridge Club

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

See pages 54-56 for the Guide to Class Locations and Facilities.
**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** 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 in Hayward are available. Women’s 30+ League will be offered.

**Adult Volleyball Leagues** Offered in Men’s, Women’s, and Co-Ed Divisions. Matches are played at the Sunset Adult School Gymnasium.

**Adult Slow Pitch Softball League** Men’s and Co-Ed Slow Pitch Softball Leagues.

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**Sports Field and Gym Rentals** See page 60.

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**Adult Tennnis**

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).

**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.

**Intermediate Level 3**

**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.

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**Theatre**

**Chorus Rehearsal** The Chorus is open to all singers ages 18 and older. No audition is required. The Chorus is limited to 25 sopranos, 25 altos, 25 tenors and 25 basses.

**Soprano**

**Alto**

**Tenor**

**Bass**

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See pages 54-56 for the Guide to Class Locations and Facilities.
The Hayward Area Recreation and Park District Senior/Active Adult classes and programs are geared to all adults 50 years of age and older. The following H.A.R.D. facilities offer recreational, social and educational programs and activities that enhance the lives of Senior/Active Adults by helping older adults remain healthy, be active and stay independent. Programs and special events are announced in the “Expanding Horizons”, a newsletter for Senior/Active Adults, available at Centers listed below.

Hayward Area Senior Center (HASC)
23235 North Third Street, Hayward, (510) 881-6766
Center Hours: Monday-Friday, 8:30am-4:00pm

Senior Programming also offered at the following locations:
Ashland Community Center (ACC)
1530 167th Avenue, San Leandro, (510) 881-6700
Matt Jimenez Community Center (MJCC)
28200 Ruus Road, Hayward, (510) 881-6700

Kenneth C. Aitken Senior and Community Center (KASCC)
17800 Redwood Road, Castro Valley, (510) 881-6738
Center Hours: Monday-Friday, 8:30am-4:00pm

San Lorenzo Community Center (SLCC)
1970 via Buena Vista, San Lorenzo, (510) 881-6700
Weeke Park Community Center (WPCC)
27182 Patrick Avenue, Hayward, (510) 881-6700

Art
Art and Painting All art media explored: watercolor, oil and acrylic. You will need to buy some supplies.
9587 50 yr + 5 classes W 9:30am-12:00pm Oct 2-Oct 30
9588 50 yr + 4 classes W 9:30am-12:00pm Nov 6-Nov 27
9589 50 yr + 3 classes W 9:30am-12:00pm Dec 4-Dec 18

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

50 yr + T 9:00am-11:00am TBA
KASCC STBA

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.
9612 50 yr + 5 classes HASC Shown $30*
9613 50 yr + 3 classes HASC Shown $18*
9614 50 yr + 3 classes HASC Shown $18*

*Material fee $5-$10 due to instructor.

Chinese Brush Painting
50 yr + F 9:00am-11:00am $7 drop-in
HASC To

Crochet and Knitting Learn the basics of crochet and knitting; read a pattern, make a scarf and more in a fun atmosphere.
50 yr + T 11:00am-12:45pm $2 drop-in
HASC Ongoing
50 yr + W 12:30pm-3:00pm $2 drop-in
KASCC Ongoing

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.
50 yr + F 9:00am-12:00pm $2 drop-in
KASCC Ongoing

Quilting Learn the basics of quilting to create a most beautiful quilt. Be your own boss and work at your own speed.
50 yr + Th 9:00am-12:00pm $3 drop-in
KASCC Ongoing

Decorative Painting Easy to Learn Learn painting techniques such as One Stroke, Canal Boat Painting, Stroke Work and others to decorate all kinds of surfaces. Complete a project each month using non-toxic, odor-free, water-based acrylic paint.
9654 50 yr + 5 classes HASC Underwood $30*
9655 50 yr + 4 classes HASC Underwood $24*
9656 50 yr + 3 classes HASC Underwood $18*

*Mandatory 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.
9647 50 yr + 4 classes HASC Kliest $24*
9650 50 yr + 3 classes M 12:30pm-3:00pm Oct 7-Oct 28
KASCC STBA
9648 50 yr + 3 classes M 9:30am-12:00pm Nov 4-Nov 25
KASCC Kliest $24*
9651 50 yr + 3 classes M 12:30pm-3:00pm Nov 4-Nov 25
KASCC Shown $18*
9649 50 yr + 4 classes M 9:30am-12:00pm Dec 2-Dec 23
KASCC Kliest $24*
9652 50 yr + 4 classes M 12:30pm-3:00pm Dec 2-Dec 23
KASCC Kliest $24*

*Material fee of $8-$15 due to instructor.

See pages 54-56 for the Guide to Class Locations and Facilities.

FALL 2019 | HAYWARD AREA RECREATION AND PARK DISTRICT FOUNDATION | (510) 881-6700
Woodworking  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.
Note: 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 12:00pm-1:00pm.

Wood Carving
- 50 yr +
  - T
  - 9:00am-3:00pm
  - Ongoing
  - $2 drop-in

Woodworking and Crafts
- 50 yr +
  - W-Th
  - 9:00am-3:00pm
  - Ongoing
  - $2 drop-in

Dance & Music

3-Piece Band-Live Band Dance  Dance to oldies and Big Band Music. Len & Rich Band
- 50 yr +
  - Th
  - 10:00am-11:30am
  - Ongoing
  - Free

5th Saturday Dance  Dance to recorded music with others. Dance on a wood floor, where you can get your exercise and have fun too!
- 50 yr +
  - Sa
  - 7:00pm-10:00pm
  - Nov 30
  - $8 drop-in

Ballroom Dance  Learn the basic steps and build strong foundation of techniques so you can be up and dancing in no time.

Beginning
- 9594 50 yr +
  - T
  - 7:15pm-8:10pm
  - Oct 1-Oct 29
  - $35

- 9595 50 yr +
  - T
  - 7:15pm-8:10pm
  - Nov 5-Nov 26
  - $28

- 9596 50 yr +
  - T
  - 7:15pm-8:10pm
  - Dec 3-Dec 17
  - $21

Intermediate
- 9597 50 yr +
  - T
  - 8:15pm-9:10pm
  - Oct 1-Oct 29
  - $45

- 9598 50 yr +
  - T
  - 8:15pm-9:10pm
  - Nov 5-Nov 26
  - $36

- 9599 50 yr +
  - T
  - 8:15pm-9:10pm
  - Dec 3-Dec 17
  - $27

Belly Dance – Beginner/Intermediate  Traditional Belly dance, is a low-impact, weight-bearing exercise and a great way to tone your body and keep it limber. No experience necessary. Wear comfortable clothes that are easy to move in and leather-soled shoes.
- 9600 50 yr +
  - Th
  - 6:30pm-7:30pm
  - Oct 3-Oct 24
  - $28

- 9601 50 yr +
  - Th
  - 6:30pm-7:30pm
  - Nov 14-Nov 21
  - $14

- 9602 50 yr +
  - Th
  - 6:30pm-7:30pm
  - Dec 5-Dec 19
  - $21

Dance & Music

Guitar Jam for Seniors  Bring your guitar and come jam with us! First and third Monday of the month.
- 50 yr +
  - M (1st&3rd)
  - 1:00pm-3:55pm
  - Ongoing
  - $2 drop-in

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

Lap Harp Music  Learn to play a lap zither that provides beautiful soothing music. Seniors with arthritis or limited mobility are encouraged to attend.
- 11534 50 yr +
  - Th
  - 1:00-2:00pm
  - Sep 5-Sep 26
  - Lynaugh
  - $24*

- 11538 50 yr +
  - Th
  - 1:00-2:00pm
  - Oct 3-Oct 31
  - Lynaugh
  - $30*

- 11539 50 yr +
  - Th
  - 1:00-2:00pm
  - Nov 7-Nov 21
  - Lynaugh
  - $18*

- 11540 50 yr +
  - Th
  - 1:00-2:00pm
  - Dec 5-Dec 19
  - Lynaugh
  - $18*

*Material fee of $10 payable to instructor at first class for use of zithers/music book.

Line Dance  Enjoy line dance, have fun and get a great workout. A partner is not necessary.

Line Dance – All Levels
- 50 yr +
  - W
  - 7:00pm-8:30pm
  - Marez
  - $4 drop-in

- 50 yr +
  - T
  - 10:00am-12:00pm
  - Nocera
  - $4 drop-in

- 50 yr +
  - Th
  - 10:30am-12:00pm
  - Okada
  - $4 drop-in

Line Dance – Intro to Beginner
- 50 yr +
  - M
  - 5:00pm-6:30pm
  - HASC
  - Sutcliffe
  - $4 drop-in

Line Dance – Beginning
- 50 yr +
  - M
  - 10:00am-11:30am
  - Nicolaus
  - $4 drop-in

Line Dance – Advanced Beginning
- 50 yr +
  - W
  - 10:00am-11:30am
  - Walker
  - $4 drop-in

- 50 yr +
  - M
  - 7:00pm-8:30pm
  - Clayton
  - $4 drop-in

- 50 yr +
  - F
  - 10:00am-11:30am
  - Nicolaus
  - $4 drop-in

- 50 yr +
  - F
  - 12:00pm-1:30pm
  - Okada
  - $4 drop-in

Line Dance – Intermediate/Advanced
- 50 yr +
  - F
  - 10:00am-11:30am
  - Walker
  - $4 drop-in

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

Soul Line Dance Party
- 50 yr +
  - Sa
  - 5:00pm-9:00pm
  - Dec 14
  - HASC
  - Lucas
  - $7 drop-in

Line Dance Party
- 18 yr +
  - Sa
  - 5:00pm-8:00pm
  - Dec 14
  - MJCC
  - Clayton
  - $7 drop-in

See pages 54-56 for the Guide to Class Locations and Facilities.
**Tap Dance** Learn a range of styles such as Fred Astaire, Gene Kelly and Savion Glover. Classes emphasize footwork and the expression of rhythm through sound. Great exercise for the mind and body. Tap shoes required.

**Tap I**

10848 50 yr + 4 classes CVPA 2 M 1:15pm-2:10pm Sep 9-Sep 30 $24
10849 50 yr + 4 classes CVPA 2 T 1:15pm-2:10pm Oct 7-Oct 28 $24
10850 50 yr + 4 classes CVPA 2 M 1:15pm-2:10pm Nov 4-Dec 9 $24

**Tap II** Prior tap dance experience necessary.

10845 50 yr + 4 classes CVPA 2 Th 1:15pm-2:10pm Sep 6-Sep 26 $24
10846 50 yr + 4 classes CVPA 2 Th 1:15pm-2:10pm Oct 3-Oct 24 $24
10847 50 yr + 4 classes CVPA 2 Th 1:15pm-2:10pm Nov 30-Dec 21 $24

**Ukulele** Come join us as we share the Hawaiian culture with songs and the strumming of the ukulele.

**Beginning**

9685 50 yr + 3 classes HASC 6:00pm-7:15pm Kamai-Paler Nov 6-Nov 20 $24

**Advanced**

9681 50 yr + 3 classes HASC 6:15pm-7:30pm Kamai-Paler Oct 9-Oct 23 $24
9682 50 yr + 3 classes HASC 7:00pm-8:15pm Kamai-Paler Nov 6-Nov 20 $24

**Practice**

50 yr + 1 class HASC T (1st, 3rd, 5th) 2:00pm-4:00pm Ongoing $2 drop-in

**What’s Up Big Band Dance** Dance to oldies and Big Band Music with Mike Dee.

50 yr + 1 class HASC Su 1:00pm-3:30pm Oct 27 $6

**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.

9691 50 yr + 5 classes HASC T 5:00pm-6:45pm Oct 1-Oct 29 $35
9692 50 yr + 4 classes HASC T 5:00pm-6:45pm Nov 5-Nov 26 $30
9693 50 yr + 2 classes HASC T 5:00pm-6:45pm Dec 3-Dec 10 $14
10984 50 yr + 5 classes KASC Th 11:15am-12:45pm Oct 3-Oct 31 $30
10985 50 yr + 3 classes KASC Th 11:15am-12:45pm Nov 7-Nov 27 $18
10986 50 yr + 1 class KASC Th 11:15am-12:45pm Dec 5 $6

See pages 54-56 for the Guide to Class Locations and Facilities.
Breathe and Meditate for Health Direct your breathing and thoughts to assist in healing and keeping you whole.

<table>
<thead>
<tr>
<th>Code</th>
<th>Age</th>
<th>Gender</th>
<th>Date/Time</th>
<th>Location</th>
<th>Instructor</th>
<th>Fee</th>
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<tr>
<td>9609</td>
<td>50+</td>
<td>W</td>
<td>2:15pm-3:15pm</td>
<td>Oct 2-Oct 30</td>
<td>Jean</td>
<td>$30</td>
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<tr>
<td>9610</td>
<td>50+</td>
<td>W</td>
<td>2:15pm-3:15pm</td>
<td>Nov 6-Nov 20</td>
<td>Jean</td>
<td>$18</td>
</tr>
<tr>
<td>9611</td>
<td>50+</td>
<td>W</td>
<td>2:15pm-3:15pm</td>
<td>Dec 4-Dec 18</td>
<td>Jean</td>
<td>$18</td>
</tr>
</tbody>
</table>

Fitness for Active Adults Improve 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.

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<tr>
<th>Code</th>
<th>Age</th>
<th>Gender</th>
<th>Date/Time</th>
<th>Location</th>
<th>Instructor</th>
<th>Fee</th>
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<tr>
<td>10945</td>
<td>50+</td>
<td>M/W/F</td>
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<td>Oct 2-Oct 30</td>
<td>Nohr</td>
<td>$39</td>
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<tr>
<td>10946</td>
<td>50+</td>
<td>M/W/F</td>
<td>6:00am-7:00am</td>
<td>Nov 1-Nov 25</td>
<td>Nohr</td>
<td>$30</td>
</tr>
<tr>
<td>10947</td>
<td>50+</td>
<td>M/W/F</td>
<td>6:00am-7:00am</td>
<td>Dec 2-Dec 20</td>
<td>Nohr</td>
<td>$27</td>
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</tbody>
</table>

Laugh Yoga 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, immune system is boosted.

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<th>Code</th>
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<tr>
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<td>Th</td>
<td>3:00pm-3:30pm</td>
<td>Ongoing</td>
<td>KASCC</td>
<td>TBA</td>
<td>STRA</td>
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</table>

Nice & Easy Movement Improve 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>Code</th>
<th>Age</th>
<th>Gender</th>
<th>Date/Time</th>
<th>Location</th>
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<td>M/W/F</td>
<td>10:00am-11:15am</td>
<td>Ongoing</td>
<td>KASCC</td>
<td>Nohr</td>
<td>STRA</td>
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QiGong (Practice) Simple practice sessions lead by students. This practice consists of 64 simple movements that flow from one movement into the next.

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<tr>
<th>Code</th>
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<th>Date/Time</th>
<th>Location</th>
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<tr>
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<td>T</td>
<td>10:00am-11:00am</td>
<td>Ongoing</td>
<td>KASCC</td>
<td>TBA</td>
<td>STRA</td>
</tr>
</tbody>
</table>

Sit-N-Fit Learn 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>Code</th>
<th>Age</th>
<th>Gender</th>
<th>Date/Time</th>
<th>Location</th>
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<tr>
<td>9663</td>
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<td>11:00am-12:00pm</td>
<td>Oct 2-Oct 30</td>
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<tr>
<td>9664</td>
<td>50+</td>
<td>W</td>
<td>11:00am-12:00pm</td>
<td>Nov 6-Nov 20</td>
<td>Jean</td>
<td>$18</td>
</tr>
<tr>
<td>9665</td>
<td>50+</td>
<td>W</td>
<td>11:00am-12:00pm</td>
<td>Dec 4-Dec 18</td>
<td>Jean</td>
<td>$18</td>
</tr>
</tbody>
</table>

Spectrum Fall Prevention Program An exercise class designed to strengthen and tone muscles to prevent future falls. Health education and health assessments provided. Register at class.

<table>
<thead>
<tr>
<th>Code</th>
<th>Age</th>
<th>Gender</th>
<th>Date/Time</th>
<th>Location</th>
<th>Fee</th>
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<tbody>
<tr>
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<td>M/W/F</td>
<td>9:45am-10:45am</td>
<td>Sep 4-Dec 20</td>
<td>ACC</td>
<td>Free</td>
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<tr>
<td>60+</td>
<td>M/W/F</td>
<td>11:15am-12:15pm</td>
<td>Sep 4-Dec 20</td>
<td>ACC</td>
<td>Free</td>
</tr>
<tr>
<td>60+</td>
<td>M/W/F</td>
<td>3:30pm-4:30pm</td>
<td>Sep 4-Dec 20</td>
<td>WPCC</td>
<td>Free</td>
</tr>
</tbody>
</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>Code</th>
<th>Age</th>
<th>Gender</th>
<th>Date/Time</th>
<th>Location</th>
<th>Instructor</th>
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<tbody>
<tr>
<td>9670</td>
<td>50+</td>
<td>W</td>
<td>1:00pm-2:00pm</td>
<td>Oct 2-Oct 30</td>
<td>Jean</td>
<td>$30</td>
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<tr>
<td>9671</td>
<td>50+</td>
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<td>1:00pm-2:00pm</td>
<td>Nov 6-Nov 20</td>
<td>Jean</td>
<td>$18</td>
</tr>
<tr>
<td>9672</td>
<td>50+</td>
<td>W</td>
<td>1:00pm-2:00pm</td>
<td>Dec 4-Dec 18</td>
<td>Jean</td>
<td>$18</td>
</tr>
</tbody>
</table>

Tai Chi Chih – All Levels Learn how T’ai Chi Chih will improve healing, reduce stress and improve coordination.

<table>
<thead>
<tr>
<th>Code</th>
<th>Age</th>
<th>Gender</th>
<th>Date/Time</th>
<th>Location</th>
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<tbody>
<tr>
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<td>9:00am-10:00am</td>
<td>Oct 3-Oct 31</td>
<td>McAlister</td>
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</tr>
<tr>
<td>9676</td>
<td>50+</td>
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<td>9:00am-10:00am</td>
<td>Nov 7-Nov 21</td>
<td>McAlister</td>
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<tr>
<td>9679</td>
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<td>McAlister</td>
<td>$18</td>
</tr>
<tr>
<td>9677</td>
<td>50+</td>
<td>F</td>
<td>8:30am-9:30am</td>
<td>Oct 4-Oct 25</td>
<td>Triggs</td>
<td>$24</td>
</tr>
<tr>
<td>9678</td>
<td>50+</td>
<td>F</td>
<td>8:30am-9:30am</td>
<td>Nov 1-Nov 22</td>
<td>Triggs</td>
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</tr>
<tr>
<td>9680</td>
<td>50+</td>
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<td>8:30am-9:30am</td>
<td>Dec 6-Dec 20</td>
<td>Triggs</td>
<td>$18</td>
</tr>
</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>Code</th>
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<th>Date/Time</th>
<th>Location</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>50+</td>
<td>Th</td>
<td>10:00am-11:00am</td>
<td>Ongoing</td>
<td>KASCC</td>
<td>TBA</td>
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</tbody>
</table>

Wild Goose Qigong Mind-body practice that promotes the healthy functioning of the whole body. Class includes warm up, acupuncture self-massage, meditation and instruction in the form. Class is for all abilities. No class 11/27.

<table>
<thead>
<tr>
<th>Code</th>
<th>Age</th>
<th>Gender</th>
<th>Date/Time</th>
<th>Location</th>
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<td>Oct 2-Oct 30</td>
<td>Joost</td>
</tr>
<tr>
<td>11005</td>
<td>50+</td>
<td>W</td>
<td>9:15am-10:15am</td>
<td>Nov 6-Dec 18</td>
<td>Joost</td>
</tr>
</tbody>
</table>

Yoga – Gentle Focuses primarily on building strength, flexibility, balance, and stability. Connect the mind and body through breathing techniques and relaxation exercises. All levels welcome. Poses modified accordingly for individuals. Bring a yoga mat and water.

<table>
<thead>
<tr>
<th>Code</th>
<th>Age</th>
<th>Gender</th>
<th>Date/Time</th>
<th>Location</th>
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<td>Dec 4-Dec 18</td>
<td>Marquez</td>
<td>$18</td>
</tr>
</tbody>
</table>

See pages 54-56 for the Guide to Class Locations and Facilities.
**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>Code</th>
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<th>Gender</th>
<th>Time</th>
<th>Days</th>
<th>Location</th>
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<tbody>
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<td>9695</td>
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<td>Kozun</td>
<td>$18</td>
</tr>
<tr>
<td>9696</td>
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<td>HASC</td>
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<tr>
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<td>Dec 5-Dec 19</td>
<td>HASC</td>
<td>Jean</td>
<td>$33</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Code</th>
<th>Age</th>
<th>Gender</th>
<th>Time</th>
<th>Days</th>
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<td>9704</td>
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<td>HASC</td>
<td>Alcantar</td>
<td>$18</td>
</tr>
</tbody>
</table>

**Zumba Gold Toning** Redefining total body workout using toning sticks to shake up those muscles!

<table>
<thead>
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<th>Age</th>
<th>Gender</th>
<th>Time</th>
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<td>HASC</td>
<td>Alcantar</td>
<td>$18</td>
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**Special Interest & Hobbies**

**Books and Conversation** Discuss books covering a wide variety of topics. Talk about points of interest and importance, thoughts and feelings.

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<th>Age</th>
<th>Gender</th>
<th>Time</th>
<th>Days</th>
<th>Location</th>
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<th>Fee</th>
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<tr>
<td>50+</td>
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<td>10:30am-11:30am</td>
<td>Ongoing</td>
<td>HASC</td>
<td>KASCC</td>
<td>$2 drop-in</td>
</tr>
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</table>

**Computer** Need basic computers skills, from MS Word to Social Networking? Strengthen your skills with our computer courses available for all levels of experience. Learn through instruction and hands-on practice, to gain practical knowledge to navigate the new technologies!

**Beginning**

<table>
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<th>Days</th>
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<tr>
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<td>M</td>
<td>1:15pm-2:15pm</td>
<td>Nov 4-Nov 18</td>
<td>HASC</td>
<td>Ng</td>
<td>$12</td>
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**Intermediate**

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<td>Dec 2-Dec 23</td>
<td>HASC</td>
<td>Ng</td>
<td>$24</td>
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**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 on how to begin your research to discover your family history.

<table>
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<tr>
<th>Code</th>
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<td>HASC</td>
<td>Volunteer</td>
<td>$2 drop-in</td>
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</table>

**Memory Academy** A memory class for seniors which includes information on nutrition, sleep, fitness and other health related issues with focus on skills and strategies for adapting to the changes in brain function. Provides mentally challenging and creative activities that stimulate all parts of the brain. No class 11/13.

<table>
<thead>
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<th>Code</th>
<th>Age</th>
<th>Gender</th>
<th>Time</th>
<th>Days</th>
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<td>Kozun</td>
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<tr>
<td>11006</td>
<td>50+</td>
<td>W</td>
<td>1:20pm-2:20pm</td>
<td>Nov 6-Nov 20</td>
<td>HASC</td>
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<td>Dec 4-Dec 11</td>
<td>HASC</td>
<td>Kozun</td>
<td>$12</td>
</tr>
</tbody>
</table>

See pages 54-56 for the Guide to Class Locations and Facilities.
### Senior Satellite – Ashland
This free program provides 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>Date/Start</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>50 yr +</td>
<td>T</td>
<td>9:30am-12:30pm</td>
<td>Sep 3-Dec 17</td>
<td>Free</td>
</tr>
</tbody>
</table>

### Senior Scribes – Write to Exercise Your Brain
Write a memoir, fiction, short story or poetry and share with the class.

10997 50 yr + Th 10:00am-12:00pm Sep 5-Dec 19 15 classes KASCC $22.50

### Shakespeare/Cultural Literacy
View videos of Shakespeare's plays and related subjects. Read some scenes, discuss the writing, the times, and the themes.

<table>
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<th>Days</th>
<th>Time</th>
<th>Date/Start</th>
<th>Fee</th>
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<tbody>
<tr>
<td>50 yr +</td>
<td>T</td>
<td>12:30pm-2:30pm</td>
<td>Ongoing</td>
<td>KASCC $2 drop-in</td>
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### The Gift of Imperfection: Living a Wholehearted Life
An interactive class is about 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 through guided conversations and fun activities.

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Days</th>
<th>Time</th>
<th>Date/Start</th>
<th>Fee</th>
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</thead>
<tbody>
<tr>
<td>50 yr +</td>
<td>W</td>
<td>10:15am-11:45am</td>
<td>Ongoing</td>
<td>KASCC $2 drop-in</td>
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</table>

### Write to Read Reading Club
Come join our Write to Read Reading program.

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Days</th>
<th>Time</th>
<th>Date/Start</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>50 yr +</td>
<td>F</td>
<td>12:30pm-2:30pm</td>
<td>Sep 20-Dec 6</td>
<td>Free</td>
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### Sports

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

<table>
<thead>
<tr>
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<th>Days</th>
<th>Time</th>
<th>Date/Start</th>
<th>Fee</th>
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</thead>
<tbody>
<tr>
<td>50 yr +</td>
<td>W</td>
<td>8:30am-11:00am</td>
<td>Ongoing</td>
<td>HASC $2 drop-in</td>
</tr>
</tbody>
</table>

#### Billiards

<table>
<thead>
<tr>
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<th>Days</th>
<th>Time</th>
<th>Date/Start</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>50 yr +</td>
<td>M-F</td>
<td>8:30am-4:00pm</td>
<td>Ongoing</td>
<td>HASC $1.50 drop-in</td>
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</table>

#### Bingo

<table>
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<tr>
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<th>Days</th>
<th>Time</th>
<th>Date/Start</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>50 yr +</td>
<td>M</td>
<td>1:15pm-3:30pm</td>
<td>Ongoing</td>
<td>HASC $3-$12</td>
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#### Bridge – Drop-In
Come play drop-in bridge with other adults in a fun setting.

##### Duplicate Bridge at KASCC

<table>
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<th>Days</th>
<th>Time</th>
<th>Date/Start</th>
<th>Fee</th>
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</thead>
<tbody>
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<td>50 yr +</td>
<td>F</td>
<td>11:00am-3:00pm</td>
<td>Ongoing</td>
<td>KASCC $3 drop-in</td>
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</table>

##### Party Style Bridge at KASCC

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Days</th>
<th>Time</th>
<th>Date/Start</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>50 yr +</td>
<td>M-F</td>
<td>9:00am-12:00pm</td>
<td>Ongoing</td>
<td>KASCC $1.50 drop-in</td>
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### Chess

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<th>Age Group</th>
<th>Days</th>
<th>Time</th>
<th>Date/Start</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>50 yr +</td>
<td>F</td>
<td>12:30pm-4:00pm</td>
<td>Ongoing</td>
<td>HASC $2 drop-in</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Days</th>
<th>Time</th>
<th>Date/Start</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>50 yr +</td>
<td>W</td>
<td>10:00am-3:30pm</td>
<td>Ongoing</td>
<td>KASCC $1.50 drop-in</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>Date/Start</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>50 yr +</td>
<td>Th</td>
<td>1:00pm-4:00pm</td>
<td>Ongoing</td>
<td>HASC $3 drop-in</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>Date/Start</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>50 yr +</td>
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<td>10:00am-1:00pm</td>
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### Pinochio

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Days</th>
<th>Time</th>
<th>Date/Start</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>50 yr +</td>
<td>T/F</td>
<td>10:00am-3:55pm</td>
<td>Ongoing</td>
<td>KASCC $1.50 drop-in</td>
</tr>
</tbody>
</table>

### Rummy Drop-In

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Days</th>
<th>Time</th>
<th>Date/Start</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>50 yr +</td>
<td>Th</td>
<td>12:00pm-3:55pm</td>
<td>Ongoing</td>
<td>HASC $1.50 drop-in</td>
</tr>
</tbody>
</table>

### Table Tennis
This is a great way to stay active and focus on eye and hand coordination. 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>Date/Start</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>50 yr +</td>
<td>T-W</td>
<td>1:00pm-4:00pm</td>
<td>Ongoing</td>
<td>F HASC $3 drop-in</td>
</tr>
</tbody>
</table>

### Beginning Tennis for Seniors
Learn 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>Days</th>
<th>Time</th>
<th>Date/Start</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>50 yr +</td>
<td>M</td>
<td>1:00pm-3:00pm</td>
<td>Ongoing</td>
<td>HASC $3 drop-in</td>
</tr>
</tbody>
</table>

### Senior Social Tennis
Leagues are designed to allow community members 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>Days</th>
<th>Time</th>
<th>Date/Start</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>10647</td>
<td>55 yr +</td>
<td>11:30am-12:30pm</td>
<td>Sep 6-Nov 8</td>
<td>10 classes BTTC Savich $110</td>
</tr>
</tbody>
</table>

See pages 54-56 for the Guide to Class Locations and Facilities.

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**Social Services**

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

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Day(s)</th>
<th>Time</th>
<th>Ongoing</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>60 yr + T (2nd/4th)</td>
<td>8:30am-9:15am</td>
<td></td>
<td>Free</td>
<td></td>
</tr>
</tbody>
</table>

Register on site.

To register call (510) 534-8540, ext. 369

**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.

**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.

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Day(s)</th>
<th>Time</th>
<th>Ongoing</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>60 yr + T</td>
<td>12:00pm-1:00pm</td>
<td>Ongoing</td>
<td>$3.75 suggested donation for 60+</td>
<td></td>
</tr>
<tr>
<td>60 yr + M-F</td>
<td>12:00pm-12:45pm</td>
<td>Ongoing</td>
<td>$3.75 suggested donation for 60+</td>
<td></td>
</tr>
<tr>
<td>5 yr + M-w</td>
<td>12:00pm-12:45pm</td>
<td>Ongoing</td>
<td>$3.75 suggested donation for 60+</td>
<td></td>
</tr>
</tbody>
</table>

**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.

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Day(s)</th>
<th>Time</th>
<th>Ongoing</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>50 yr + F</td>
<td>10:00am-11:30am</td>
<td>9/27, 10/25, 11/22</td>
<td>Free</td>
<td></td>
</tr>
</tbody>
</table>

**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.

**Extended Travel Opportunities**
Tours offered in partnership with Premier World Travel. Come to a free, no pressure tour presentation on Thursday, September 5, 2019, 10:30am-12:00pm at Hayward Area Senior Center (room 1), 22325 North Third Street, Hayward.

**Washington D.C. and Williamsburg**

**Canadian Rockies and Glacier National Park**

**Italy and Amalfi Coast**
8 days, departs October 20, 2020. Highlights include: the Amalfi Coast, Pompeii Sorrento, Ravello, Amalfi, Positano, Limoncello Demonstration, Cheese Factory visit, two optional excursions of Isle of Capri and Naples, and more. Tour rates begin at $3,099.

**Sedona Holiday**
5 days, departs December 2, 2020. Highlights include Sedona Trolley Tour, Oak Creek Canyon, Cameron Trading Post, Grand Canyon National Park, Chapel of the Holy Cross, Tlaquepaque and Uptown Sedona, Montezuma Castle National Monument, Jerome State Historic Park, Old Town Scottsdale and more. Tour rates begin at $1,895.

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.

See pages 54-56 for the Guide to Class Locations and Facilities.
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.

**Halloween Dance**

Saturday, October 19 – 1:00pm-4:00pm

Enjoy an afternoon of fun, music, and dancing with friends.

DJ and light refreshments provided.

Tickets $6 when purchased in advance or $7 at the door.

**Treasure Chest Thrift Shop**

Sorensdale Recreation Center, Room 9
275 Goodwin Street, Hayward
Open Tuesdays and Friday
10:00am-3:30pm

Find great bargains while helping reuse, reduce, recycle and support our local Special Needs Program.

We also accept donations
Monday-Friday, 9:00 am-3:00 pm.
Call (510) 881-6778 for more information or directions.
### Facility Directory

**Facilities**  
**Parks, Playgrounds & Open Space**  
**Sports Fields & Gymnasiums**  
**Swimming Pools**  
**Event Venues**  
**Nature Facilities**  
**Hiking Trails**  
**Community Facilities**

---

#### Facility Directory

- **Adobe**  
  Adobe Park  
  20395 San Miguel, CV  
  Art Studios/Gallery, Bocce Ball, Harry R. Francis Skateboard Park

- **AOSP**  
  Alden E. Oliver Sports Park  
  2580 Eden Park Pl., Hay  
  Sports Complex

- **ASC**  
  Arroyo Swim Center  
  15701 Lorenzo, SLz  
  Summer Swimming Only

- **ACC**  
  Ashland Community Center  
  1530 167th, SL  
  Handball, Sand Volleyball

- **BTTP**  
  Bay Trees Tennis Park  
  19855 Cull Canyon, CV  
  Sand Volleyball

- **Bret Harte School**  
  Bechtel Mini Park  
  22798 Ross Place, Hay  
  Gymnasium

- **Birchfield Park**  
  Bidwell Park  
  175 Fairway, Hay  
  Summer Swimming Only

- **Bohannon School**  
  Bohannon School  
  800 Bockman, SLz  
  Splash Park, Skate Area

- **Burbank School**  
  Burchfield Park  
  Santa Clara & Winton, Hay  
  Amphitheater/Creek View

- **Bohn Cntry School**  
  Bockman & channel, SLz  
  Amphitheater

- **Buchfield Park**  
  Bohannon School  
  800 Bockman, SLz  
  Dance Studio

- **Canyon View Park**  
  Bohannon School  
  Farm Hill & Daisy, Hay  
  Dance Studio

- **Carlos Bee Park**  
  1903 Grove, CV  
  Amphitheater

- **Castro Valley Creek Park**  
  3600 Norbridge, CV  
  Amphitheater/Creek View

- **Castro Valley High School**  
  3600 Norbridge, CV  
  Dance Studio

- **CVL**  
  Castro Valley Library  
  3600 Norbridge, CV  
  Dance Studio

- **CVPA 1**  
  Castro Valley Performing Arts  
  3575 Somersett Ave., CV  
  Dance Studio

- **CVPA 2**  
  Castro Valley Performing Arts  
  3575 Somersett Ave., CV  
  Dance Studio

- **CVCC**  
  Castro Valley Park Community Center  
  24000 Amador, Hay  
  Chanticleer Theatre, Splash Park

- **CVTC**  
  CVY Tennis Courts  
  18988 Lake Chabot, CV  
  Dance Studio

- **Centennial Park**  
  24000 Amador, Hay  
  Dance Studio

- **CFD**  
  Center for the Dance  
  20391 Anita, CV  
  Dance Studio

- **Cherryland School**  
  198 Grove, Hay  
  Skate Area

- **Children's Park at Giuliani Plaza**  
  Mission Blvd. & “D” St., Hay  
  Cruise Ship

- **Christian Penke Park**  
  Tahoe & Morningside, Hay  
  Cruise Ship

- **College Heights Park**  
  27020 Fielding, Hay  
  Dance/Fitness Studio

- **Dance Co**  
  Dance Company  
  1585 “B” St., Hay  
  Dance/Fitness Studio

- **Deer Park**  
  Douglass Morrison Theatre  
  22311 North Third St., Hay  
  Off-Leash Dog Park

- **Deerview Park**  
  Earl Warren Park  
  4660 Crow Canyon, CV  
  Off-Leash Dog Park

- **Del Rey Park**  
  East Avenue Park  
  3221 East Ave., Hay  
  Amphitheatre

- **DMT**  
  East Avenue School  
  2474 East Ave., Hay  
  Amphitheatre

---

*Facility Directory*  
HAYWARD AREA RECREATION AND PARK DISTRICT FOUNDATION  
(510) 881-6700  
FALL 2019
<table>
<thead>
<tr>
<th>Park Name</th>
<th>Address</th>
<th>Amenities</th>
</tr>
</thead>
<tbody>
<tr>
<td>Eden Greenway</td>
<td>Cypress &amp; Harder, Hay</td>
<td>Dogs on leash, Picnic site reservations now available</td>
</tr>
<tr>
<td>Edendale Park</td>
<td>16278 Ashland, SLz</td>
<td>Dogs on leash, Off-Leash Dog Park</td>
</tr>
<tr>
<td>EMS Edendale Middle School</td>
<td>16160 Ashland, SLz</td>
<td>Gymnasium</td>
</tr>
<tr>
<td>Eldridge Park</td>
<td>Hamric &amp; Rieger, Hay</td>
<td>Picnic site reservations now available</td>
</tr>
<tr>
<td>El Rancho Verde Park</td>
<td>541 Blanche, Hay</td>
<td>Dogs on leash</td>
</tr>
<tr>
<td>Fairmont Linear Park</td>
<td>Fairmont &amp; East 14th, SL</td>
<td>Picnic site reservations now available</td>
</tr>
<tr>
<td>Fairmont Terrace Park</td>
<td>2091 Manchester, SL</td>
<td>Picnic site reservations now available</td>
</tr>
<tr>
<td>Fairview Park</td>
<td>2841 Romagnola, Hay</td>
<td>Yoga Studio, Indoor Pool, Year-round Swim, Wedding Site Rental</td>
</tr>
<tr>
<td>Fairway Greens Park</td>
<td>30304 Vanderbilt, Hay</td>
<td>Yoga Studio, Indoor Pool, Year-round Swim, Wedding Site Rental</td>
</tr>
<tr>
<td>FHPS Fairview Hills Preschool</td>
<td>2841 Romagnola, Hay</td>
<td>Preschool</td>
</tr>
<tr>
<td>FCP Five Canyons Park</td>
<td>25847 Five Canyons Pkwy., CV</td>
<td>Dogs on leash, Off-Leash Dog Park, Picnic site reservations now available</td>
</tr>
<tr>
<td>Gansberger Park</td>
<td>Kay &amp; Carlsberg, Hay</td>
<td>Picnic site reservations now available</td>
</tr>
<tr>
<td>GOESP Gordon E. Oliver Ed Shores Park</td>
<td>2841 Seabridge Ct., Hay</td>
<td>Dogs on leash</td>
</tr>
<tr>
<td>Greenbelt Trails</td>
<td>Ward Creek Canyon, Hay</td>
<td>Dogs on leash</td>
</tr>
<tr>
<td>Greenridge Park</td>
<td>6132 Greenridge, CV</td>
<td>Dogs on leash</td>
</tr>
<tr>
<td>Greenwood Park</td>
<td>24016 Eden Ave., Hay</td>
<td>Dogs on leash</td>
</tr>
<tr>
<td>Haymont Mini Park</td>
<td>Collette &amp; Lumin, Hay</td>
<td>Picnic site reservations now available</td>
</tr>
<tr>
<td>HASC Hayward Area Senior Center</td>
<td>22325 North Third St., Hay</td>
<td>Senior Center</td>
</tr>
<tr>
<td>Hayward Community Garden</td>
<td>Whitman St., Hay</td>
<td>Off-Leash Dog Park</td>
</tr>
<tr>
<td>Hayward Dog Park</td>
<td>Contessa &amp; Sleepy Hollow, Hay</td>
<td>Off-Leash Dog Park, Picnic site reservations now available</td>
</tr>
<tr>
<td>HSIC Hayward Shoreline Interpretive Center</td>
<td>4901 Breakwater Ave., Hay</td>
<td>Dogs on leash, Off-Leash Dog Park, Picnic site reservations now available</td>
</tr>
<tr>
<td>Hayward High School</td>
<td>1633 East Ave., Hay</td>
<td>Dogs on leash</td>
</tr>
<tr>
<td>HP Hayward Plunge</td>
<td>24176 Mission Blvd., Hay</td>
<td>Indoor Pool, Year-round Swim</td>
</tr>
<tr>
<td>Hesperian Park</td>
<td>620 Drew, SLz</td>
<td>Indoor Pool, Year-round Swim</td>
</tr>
<tr>
<td>Hillcrest Knolls Park</td>
<td>150th &amp; Van, SL</td>
<td>Dogs on leash</td>
</tr>
<tr>
<td>Hot Box Yoga</td>
<td>22433 Foothill Blvd., Hay</td>
<td>Yoga Studio, Indoor Pool, Year-round Swim, Wedding Site Rental</td>
</tr>
<tr>
<td>Independent School</td>
<td>4070 E. Castro Valley Blvd., CV</td>
<td>Dogs on leash, Off-Leash Dog Park, Picnic site reservations now available</td>
</tr>
<tr>
<td>J. A. Lewis Park</td>
<td>28630 Hayward Blvd., Hay</td>
<td>Dogs on leash</td>
</tr>
<tr>
<td>Jack Holland Sr. Park</td>
<td>16301 E. 14th St., SL,</td>
<td>Dogs on leash, Skate Area</td>
</tr>
<tr>
<td>Jalquin Vista Park</td>
<td>28846 Bay Heights, Hay</td>
<td>Dogs on leash</td>
</tr>
<tr>
<td>Japanese Gardens</td>
<td>North Third &amp; Crescent Bl, Hay</td>
<td>Yoga Studio, Indoor Pool, Year-round Swim, Wedding Site Rental</td>
</tr>
<tr>
<td>Kennedy Park</td>
<td>19501 Hesperian, Hay</td>
<td>Concessions, Petting Zoo, Rides, Train</td>
</tr>
<tr>
<td>KASCC Kenneth C. Alkman Senior/Com. Center</td>
<td>17800 Redwood, CV</td>
<td>Senior Center</td>
</tr>
<tr>
<td>Lakeridge Park</td>
<td>23333 Lake Ridge, Hay</td>
<td>Dogs on leash</td>
</tr>
<tr>
<td>La Placita Mini Park</td>
<td>El Dorado &amp; Sonoma, Hay</td>
<td>Dogs on leash</td>
</tr>
<tr>
<td>Laurel Park</td>
<td>2652 Vergil, CV</td>
<td>Dogs on leash</td>
</tr>
<tr>
<td>Longwood Park</td>
<td>Leonardo &amp; Reed, Hay</td>
<td>Dogs on leash</td>
</tr>
<tr>
<td>MMAC Mauoli Martial Arts Center</td>
<td>21615 Hesperian Blvd., Hay</td>
<td>Martial Arts Studio</td>
</tr>
<tr>
<td>MJCJ Matt Jimenez Community Center</td>
<td>28200 Rust, Hay</td>
<td>Indoor Basketball Court</td>
</tr>
<tr>
<td>MPTC McConaghy Park Tennis Courts</td>
<td>McConaghy Park 18701 Hesperian Blvd., SLz</td>
<td>Historical Building</td>
</tr>
<tr>
<td>Meek Park</td>
<td>240 Hampton, Hay</td>
<td>Historical Building</td>
</tr>
<tr>
<td>West Terrace</td>
<td></td>
<td>Historical Building</td>
</tr>
<tr>
<td>MTC Memorial Park Tennis Courts</td>
<td>Memorial Park 24176 Mission, Hay</td>
<td>Historical Building, Wedding Terrace</td>
</tr>
<tr>
<td>MMTC Mervin Morris Park Tennis Courts</td>
<td>Mervin Morris Park Nielsen &amp; Grant, SLz</td>
<td>Historical Building, Wedding Terrace</td>
</tr>
</tbody>
</table>

HaywardRec.org | HAYWARD AREA RECREATION AND PARK DISTRICT FOUNDATION | FALL 2019 | 55
<table>
<thead>
<tr>
<th>MHD™ Mission Hills/Hayward Driving Range</th>
<th>225 Industrial Parkway West, Hay</th>
<th>*</th>
<th>*</th>
<th>Lighted Driving Range, Pro Shop</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mission Hills of Hayward Golf Course</td>
<td>275 Industrial Parkway West, Hay</td>
<td>*</td>
<td>*</td>
<td>9-Hole Golf Course, Pro Shop</td>
</tr>
<tr>
<td>MECT Mt. Eden Tennis Courts</td>
<td>Mt. Eden Park 2451 W. Tennyson, Hay</td>
<td>* * * * * * *</td>
<td>* * *</td>
<td>Historical Building, Shuffle Board</td>
</tr>
<tr>
<td>Music Depot 944 B St., Hay</td>
<td>*</td>
<td>*</td>
<td>Music Studio</td>
<td></td>
</tr>
<tr>
<td>Nuestro Parquecito East 10th &amp; Jefferson, Hay</td>
<td>* * *</td>
<td>*</td>
<td>Sand Volleyball Courts</td>
<td></td>
</tr>
<tr>
<td>Old Creek Dog Park Hampton &amp; Standish, Hay</td>
<td>*</td>
<td>*</td>
<td>Off-Leash Dog Park</td>
<td></td>
</tr>
<tr>
<td>Old Highlands Park 26180 Parkside, Hay</td>
<td>* * * *</td>
<td>*</td>
<td>Rodeo Park</td>
<td></td>
</tr>
<tr>
<td>Palma Ciea Park 27600 Decatur, Hay</td>
<td>* * *</td>
<td>*</td>
<td>Pro Shop, Restaurant, Driving Range</td>
<td></td>
</tr>
<tr>
<td>PALHP Palomares Hills Park 7050 Villareal, CV</td>
<td>* * *</td>
<td>*</td>
<td>Bouncers allowed</td>
<td></td>
</tr>
<tr>
<td>Parsons Park Almond &amp; Walnut, CV</td>
<td>*</td>
<td>*</td>
<td>Bocce Ball Court</td>
<td></td>
</tr>
<tr>
<td>PhotoCentral 1099 &quot;E&quot; St., Hay</td>
<td>*</td>
<td>*</td>
<td>Live Animal Displays</td>
<td></td>
</tr>
<tr>
<td>Rancho Arroyo Park 2121 Depot, Hay</td>
<td>*</td>
<td>*</td>
<td>Martial Arts Studio</td>
<td></td>
</tr>
<tr>
<td>Richard H. Sheridan Soccer Fields</td>
<td>25400 Eden Park Place, Hay</td>
<td>* * *</td>
<td>*</td>
<td>Sports Complex</td>
</tr>
<tr>
<td>Ridge Trail Park Boulder Cynry./Rancho Palo. Rd.</td>
<td>*</td>
<td>*</td>
<td>Sand Volleyball Courts</td>
<td></td>
</tr>
<tr>
<td>Rowell Ranch 9275 Dublin Canyon Rd., CV</td>
<td>*</td>
<td>*</td>
<td>Gymnasium</td>
<td></td>
</tr>
<tr>
<td>Ruus Park Dickens &amp; Folsom, Hay</td>
<td>* *</td>
<td>*</td>
<td>Summer Swimming Only</td>
<td></td>
</tr>
<tr>
<td>SFCC San Felipe Park 2058 &quot;D&quot; St., Hay</td>
<td>* * * *</td>
<td>*</td>
<td>Skate Park</td>
<td></td>
</tr>
<tr>
<td>SLCC San Lorenzo Park &amp; Community Center</td>
<td>1970 Via Buena Vista, SLz</td>
<td>* * * * * *</td>
<td>*</td>
<td>Skate Area</td>
</tr>
<tr>
<td>Schafer Park Evergreen &amp; Flamingo, Hay</td>
<td>*</td>
<td>*</td>
<td>Nature Center, Animal Rehab</td>
<td></td>
</tr>
<tr>
<td>SSVP Silver Star Veterans Park</td>
<td>695 Industrial Pkwy., Hay</td>
<td>*</td>
<td>*</td>
<td>Live Animal Displays</td>
</tr>
<tr>
<td>Skywest Golf Course</td>
<td>1401 Golf Course Rd., Hay</td>
<td>*</td>
<td>*</td>
<td>Gym, Street Hockey Courts</td>
</tr>
<tr>
<td>SRSC Sorensdale Center &amp; Park 275 Goodwin, Hay</td>
<td>* * * *</td>
<td>*</td>
<td>Skate Park</td>
<td></td>
</tr>
<tr>
<td>SGCC Southgate Community Center</td>
<td>26780 Chiplay, Hay</td>
<td>* * * *</td>
<td>*</td>
<td>Coming Soon!</td>
</tr>
<tr>
<td>Southgate Swim Club</td>
<td>24900 Magnolia St., Hay</td>
<td>*</td>
<td>*</td>
<td>Coming Soon!</td>
</tr>
<tr>
<td>Spark Martial Arts</td>
<td>21463, #B, Foothill Blvd., Hay</td>
<td>*</td>
<td>*</td>
<td>Sand Volleyball Courts</td>
</tr>
<tr>
<td>Spring Grove Park</td>
<td>25610 Spring, Hay</td>
<td>*</td>
<td>*</td>
<td>Valley View Park CV</td>
</tr>
<tr>
<td>STONE Stonebrae School 28761 Hayward Blvd., Hay</td>
<td>*</td>
<td>*</td>
<td>Coming Soon!</td>
<td></td>
</tr>
<tr>
<td>Stonybrook Park</td>
<td>620 Woodland, Hay</td>
<td>*</td>
<td>*</td>
<td>Coming Soon!</td>
</tr>
<tr>
<td>Stafford Village Park</td>
<td>Stratford &amp; Canbreyer, Hay</td>
<td>*</td>
<td>*</td>
<td>Art Studio, Bouncers allowed</td>
</tr>
<tr>
<td>SCNC Sulphur Creek Nature Center</td>
<td>1801 &quot;D&quot; St., Hay</td>
<td>*</td>
<td>*</td>
<td>Coming Soon!</td>
</tr>
<tr>
<td>SAC Sunset Adult Center</td>
<td>Sunset Park 22100 Princeton, Hay</td>
<td>*</td>
<td>*</td>
<td>Coming Soon!</td>
</tr>
<tr>
<td>SSC Sunset Swim Center</td>
<td>410 Laurel, Hay</td>
<td>* * *</td>
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</tr>
</tbody>
</table>
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, 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 Hayward Plunge**

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
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.

Sulphur Creek Nature Center
1801 “D” Street, Hayward
(510) 881-6747 • nature@HaywardRec.org
Open Daily, 10:00am-5:00pm
Closed: November 11, November 28-29, December 24-25, January 1

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.”

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: November 28-29, December 24-29

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.
Ken Ludwig’s

**The Three Musketeers**

Adapted from the novel by Alexandre Dumas

September 12-September 29

Fridays and Saturdays at 8:00pm

Sundays at 2:00pm

**ALSO:** Thursday, September 12 at 8:00pm

This classic swashbuckling story is a tale of heroism, treachery, close escapes, and above all, honor. The story, set in 1625, begins with D’Artagnan, setting off for Paris in search of adventure. Along with D’Artagnan goes Sabine, his sister, who quickly becomes entangled in her brother’s adventures. Soon after reaching Paris, they encounter Athos, Porthos, and Aramis, the famous musketeers. They join forces to defend the king and queen against the most dangerous man in Europe, Cardinal Richelieu, and the deadliest woman in Europe, Milady, the Countess de Winter.

**Hello, Dolly!**

Book by Michael Stewart, Music and Lyrics by Jerry Herman, based on the play “The Matchmaker” by Thornton Wilder

November 7-November 24

Fridays and Saturdays at 8:00pm

Sundays at 2:00pm

**ALSO:** Thursday, November 7 at 8:00pm

The blockbuster Broadway hit bursts with humor, romance, high-energy dancing, and some of the greatest songs in musical theater history. The romantic and comic exploits of Dolly Gallagher-Levi, turn-of-the-century matchmaker and “woman who arranges things,” are certain to thrill and entertain. The show’s memorable songs include “Put On Your Sunday Clothes,” “Ribbons Down My Back,” “Before the Parade Passes By,” “Hello, Dolly!,” “Elegance,” and “It Only Takes a Moment.”
Community Parks & 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 54-56). 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 61 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 54-56 for locations). Fees for tennis court reservations are $9 per hour per court. Court reservations can be made by phone at (510) 881-6700. A $2 fee will be 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.
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

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**Get your Bark On and visit a local Dog Park!**

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.
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
- Small $7 40 balls
- Medium $12 100 balls
- Large $14 150 balls
- Jumbo $20 230 balls

Range Cards
- $50 ($60 value)
- $100 ($125 value)

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

Skywest Golf Course Pavilion
- Imagine the possibilities...
- Golf Tournaments
- Special Occasions
- Weddings
- Family Activities
- Birthdays
- Corporate Events
- Anniversaries
(510) 317-2325

Clubhouses serving Golfers and the General Public
- Breakfast
- Lunch
- Appetizers
- Full Service Bar
Open 7 days a week, 7:00am to Dusk

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
# Program Contacts

**Hayward Area Recreation & Park District**

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<table>
<thead>
<tr>
<th>General Information</th>
<th>Phone</th>
<th>Email/Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>Customer Service</td>
<td>(510) 881-6700</td>
<td><a href="mailto:info@HaywardRec.org">info@HaywardRec.org</a></td>
</tr>
<tr>
<td>Parks Department</td>
<td>(510) 881-6715</td>
<td><a href="mailto:parkdept@HaywardRec.org">parkdept@HaywardRec.org</a></td>
</tr>
<tr>
<td>Park Rangers</td>
<td>(510) 881-6700</td>
<td><a href="mailto:ParkRangers@HaywardRec.org">ParkRangers@HaywardRec.org</a></td>
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<tr>
<th>Program Information</th>
<th>Phone</th>
<th>Email/Website</th>
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<tbody>
<tr>
<td>Aquatics/Swimming</td>
<td>(510) 881-6703</td>
<td><a href="mailto:geoc@HaywardRec.org">geoc@HaywardRec.org</a></td>
</tr>
<tr>
<td>Art Programs</td>
<td>(510) 881-6700</td>
<td><a href="mailto:adobegallery@HaywardRec.org">adobegallery@HaywardRec.org</a></td>
</tr>
<tr>
<td></td>
<td>(510) 881-6735</td>
<td><a href="http://www.adobegallery.org">www.adobegallery.org</a></td>
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<tr>
<td>Ashland Community Center</td>
<td>(510) 881-6700</td>
<td></td>
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<tr>
<td>Douglas Morrison Theatre</td>
<td>(510) 881-6777</td>
<td><a href="http://www.dmtonline.org">www.dmtonline.org</a></td>
</tr>
<tr>
<td>Facility Rentals</td>
<td>(510) 881-6700</td>
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<tr>
<td>Golf</td>
<td>(510) 888-0200</td>
<td><a href="mailto:leed@HaywardRec.org">leed@HaywardRec.org</a></td>
</tr>
<tr>
<td></td>
<td>(510) 881-6730</td>
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<tr>
<td>Gymnastics</td>
<td>(510) 888-0118</td>
<td><a href="mailto:maim@HaywardRec.org">maim@HaywardRec.org</a></td>
</tr>
<tr>
<td>Matt Jimenez Community Center</td>
<td>(510) 887-0400</td>
<td><a href="mailto:mjcc@HaywardRec.org">mjcc@HaywardRec.org</a></td>
</tr>
<tr>
<td>Nature Programs</td>
<td>(510) 881-6720</td>
<td></td>
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<tr>
<td>Photography</td>
<td>(510) 881-6721</td>
<td><a href="mailto:info@photocentral.org">info@photocentral.org</a></td>
</tr>
<tr>
<td></td>
<td>(510) 881-6700</td>
<td><a href="http://www.photocentral.org">www.photocentral.org</a></td>
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<tr>
<td>Pre-K</td>
<td>(510) 881-6700</td>
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<tr>
<td>Senior Centers</td>
<td>(510) 881-6766</td>
<td><a href="mailto:hardsenior@HaywardRec.org">hardsenior@HaywardRec.org</a></td>
</tr>
<tr>
<td></td>
<td>(510) 881-6738</td>
<td><a href="mailto:hardsenior@HaywardRec.org">hardsenior@HaywardRec.org</a></td>
</tr>
<tr>
<td>Special Needs</td>
<td>(510) 881-6778</td>
<td><a href="mailto:sors@HaywardRec.org">sors@HaywardRec.org</a></td>
</tr>
<tr>
<td>Sports – Youth and Adults</td>
<td>(510) 317-2314</td>
<td></td>
</tr>
<tr>
<td>Volunteer Hayward</td>
<td>(510) 670-7280</td>
<td><a href="mailto:ebaz@HaywardRec.org">ebaz@HaywardRec.org</a></td>
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<table>
<thead>
<tr>
<th>Recreation Coordinators</th>
<th>Phone</th>
<th>Email/Website</th>
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</thead>
<tbody>
<tr>
<td>James Calceta</td>
<td>(510) 317-2322</td>
<td><a href="mailto:calji@HaywardRec.org">calji@HaywardRec.org</a></td>
</tr>
<tr>
<td>Adrienne De Ponte</td>
<td>(510) 670-7270</td>
<td><a href="mailto:depa@HaywardRec.org">depa@HaywardRec.org</a></td>
</tr>
<tr>
<td>Zachary Ehabi</td>
<td>(510) 670-7280</td>
<td><a href="mailto:ebaz@HaywardRec.org">ebaz@HaywardRec.org</a></td>
</tr>
<tr>
<td>Darin Lee</td>
<td>(510) 888-0207</td>
<td><a href="mailto:leed@HaywardRec.org">leed@HaywardRec.org</a></td>
</tr>
<tr>
<td>Shelly Luchini</td>
<td>(510) 881-6778</td>
<td><a href="mailto:lucs@HaywardRec.org">lucs@HaywardRec.org</a></td>
</tr>
<tr>
<td>Michael Maine</td>
<td>(510) 888-0211</td>
<td><a href="mailto:maim@HaywardRec.org">maim@HaywardRec.org</a></td>
</tr>
<tr>
<td>Tera Maroney</td>
<td>(510) 881-6766</td>
<td><a href="mailto:marto@HaywardRec.org">marto@HaywardRec.org</a></td>
</tr>
<tr>
<td>Terry Sullivan</td>
<td>(510) 888-5750</td>
<td><a href="mailto:sult@HaywardRec.org">sult@HaywardRec.org</a></td>
</tr>
<tr>
<td>Jen Tibbetts</td>
<td>(510) 881-6742</td>
<td><a href="mailto:tibj@HaywardRec.org">tibj@HaywardRec.org</a></td>
</tr>
<tr>
<td>Wendy Winsted</td>
<td>(510) 881-6747</td>
<td><a href="mailto:winw@HaywardRec.org">winw@HaywardRec.org</a></td>
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<tr>
<th>Supervisors</th>
<th>Phone</th>
<th>Email/Website</th>
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<tr>
<td>Cody George</td>
<td>(510) 888-0123</td>
<td><a href="mailto:geo@HaywardRec.org">geo@HaywardRec.org</a></td>
</tr>
<tr>
<td>Deborah Hernandez</td>
<td>(510) 881-6755</td>
<td><a href="mailto:herd@HaywardRec.org">herd@HaywardRec.org</a></td>
</tr>
<tr>
<td>Daniela Keiffer</td>
<td>(510) 881-6768</td>
<td><a href="mailto:keid@HaywardRec.org">keid@HaywardRec.org</a></td>
</tr>
<tr>
<td>Noel Munivez</td>
<td>(510) 317-2303</td>
<td><a href="mailto:munn@HaywardRec.org">munn@HaywardRec.org</a></td>
</tr>
<tr>
<td>Mary Jo Price</td>
<td>(510) 881-6733</td>
<td><a href="mailto:prim@HaywardRec.org">prim@HaywardRec.org</a></td>
</tr>
<tr>
<td>Nicole Espinoza Roa</td>
<td>(510) 881-6720</td>
<td><a href="mailto:roanr@HaywardRec.org">roanr@HaywardRec.org</a></td>
</tr>
<tr>
<td>Lori Ryan</td>
<td>(510) 881-6705</td>
<td><a href="mailto:oakl@HaywardRec.org">oakl@HaywardRec.org</a></td>
</tr>
<tr>
<td>Vicente Zuniga</td>
<td>(510) 887-0400</td>
<td><a href="mailto:zunv@HaywardRec.org">zunv@HaywardRec.org</a></td>
</tr>
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**Director of Recreation, Arts and Community Service**

James Wheeler | (510) 881-6700 | wheji@HaywardRec.org
Registration Guidelines

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 9.

Register early . . . classes fill quickly!

Online/Mail-In Resident Registration Processing Begins July 31 at 6:01am

Resident mail-in or fax registration forms received prior to July 31 will be held by the registration staff. On July 31 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 of $18 on the line provided in the text of the agreement. Mail processing fee of $5 for each activity/class that you withdraw from.

Fax Resident Registration Processing Begins August 7

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 August 7

Walk-in and non-resident registration begins on August 7. For walk-in registration locations, look for specific registration information with your class information in this brochure or drop registration forms received prior to August 7 will be held by the registration staff. On August 7 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.

Fall 2019 District Holidays

September 2, November 11, November 28-December 29, December 24, December 25.

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 August 7, 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 of $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.

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/AccessforAll for additional information. Please note that a two-week notice (10 business days) and a completed “Access for All” request form is required.

How to Register Online

Online Registration opens July 31 at 6:01am.

To register online, you must use the Active Network 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, 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)

<table>
<thead>
<tr>
<th>FIRST NAME</th>
<th>LAST NAME</th>
<th>M</th>
<th>F</th>
<th>BIRTHDATE</th>
<th>Gender</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>STREET ADDRESS</th>
<th>APARTMENT #</th>
<th>CITY</th>
<th>ZIP</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>PRIMARY PHONE</th>
<th>SECONDARY PHONE</th>
<th>TEXT ALERT PHONE</th>
<th>EMAIL</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>EMERGENCY CONTACT #1 / RELATIONSHIP</th>
<th>PHONE</th>
<th>EMERGENCY CONTACT #2 / RELATIONSHIP</th>
<th>PHONE</th>
</tr>
</thead>
</table>

**FIRST CHOICE**

<table>
<thead>
<tr>
<th>Activity Name</th>
<th>Activity Number</th>
<th>FEES</th>
</tr>
</thead>
</table>

**SECOND CHOICE**

<table>
<thead>
<tr>
<th>Activity Name</th>
<th>Activity Number</th>
<th>FEES</th>
</tr>
</thead>
</table>

**PAYMENT METHOD:**
- [ ] Cash
- [ ] Debit Credit
- [ ] Check

<table>
<thead>
<tr>
<th>Card Number</th>
<th>3-Digit Security Code</th>
<th>Credit Card Expiration Date</th>
<th>Credit Card Signature</th>
</tr>
</thead>
<tbody>
<tr>
<td>[ ] Visa</td>
<td>[ ] MasterCard</td>
<td>[ ] American Express</td>
<td>[ ] Credit Card Expiration Date</td>
</tr>
</tbody>
</table>

**Total Fees:** $

*Additional $10 per class Non-Resident Fee, if applicable*

**IMPORTANT NOTE:** Registration will not be processed unless ALL of the information is completely filled out and the liability agreement (below) has been signed.

### 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 damages 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 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.

**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.

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 ____________________________
Sulphur Creek Nature Center
Unhaunted House & Carnival
Land of Oz

Friday, October 25, 6:00pm-9:00pm
Saturday, October 26, 4:00pm-8:00pm
Passes $9 per person
Children under 3 free

Follow the yellow brick road to Sulphur Creek Nature Center’s Unhaunted House and Carnival. Find out about some special Halloween creatures from Dorothy, the Scarecrow, and even the Wicked Witch! Keep an eye out for Flying Monkeys and the Wizard on your adventure into the Land of Oz. Enjoy the rest of the evening at our carnival with Halloween crafts, storytelling, and campfire at no charge and great Halloween games, night hikes, and tasty treats for a small fee. Bring the family to enjoy this fun Halloween event.

Passes into the Unhaunted House are for specific time slots, so be sure to sign up early. **Children under twelve must be accompanied by a paying adult.** Pass covers entry into Unhaunted House only, carnival tickets are sold separately at the event. Get your Early Bird Discount if registered by October 24. Passes at the door are extremely limited and will be $12 per person. Pass times indicate the time period we will try to begin your journey into the Unhaunted House. Delays may occur due to consideration for the animals.

### Holiday Art & Craft Fair

**Satuday, November 2, 9:00am-3:00pm**
Kenneth C. Aitken Senior and Community Center
17800 Redwood Road, Castro Valley

Find a unique gift for the holidays or that special piece of art for yourself. A variety of vendors will be selling handmade gifts including: wood crafts; jewelry; crochet, knitted and hand sewn items; and pottery items such as mugs, cups, bowls, serving and appetizer plates, vases, wall plaques, and more. All items are handmade one-of-a-kind pieces at extremely affordable prices.
FOLLOW US! for year round events

GRAND RE-OPENING!
Mission Hills Golf Course & Driving Range
Take your golf experience to the next level, coming soon Toptracer!

HAYWARD AREA RECREATION & PARK DISTRICT
1099 E Street, Hayward, California 94541
510.881.6700  | HaywardRec.org

More Giveaways Coming!