The City of Concord has launched an all-new permitting and registration system designed to allow residents to apply for and manage their permits online. For details, please see the article on page 3.

Have questions? Please call the Community Service Desk at (925) 671-3220.
In the November 2018 election, Laura Hoffmeister was elected to represent District 1, Dominic Aliano was elected to represent District 3, and Tim McGallian was elected to represent District 5. The Council’s reorganization is scheduled for Tuesday, December 4, during which time the Council will nominate and elect a new Mayor and Vice Mayor.

On the cover: Clockwise from top left
(1) Special Recreation Bowling; (2) City Hall ballot boxes received thousands of ballots from Contra Costa voters; (3) Crews paved Farm Bureau Road using an innovative and cost-saving method; (4) Preschool classes.
Americans with Disabilities Act (ADA) Coordinator............671-3031
Building......................................................................671-3107
Business Licenses.....................................................671-3307
Cable TV
   Astound Broadband..............................................459-1000
   Comcast...............................................................1-800-945-2288
City Clerk.................................................................671-3390
City Council...............................................................671-3158
City Manager..............................................................671-3150
Code Enforcement Hotline .......................................671-3075
Concord Community Pool..........................................671-3480
Concord Naval Weapons Station Reuse Project...............671-3001
Concord Pavilion Information....................................676-8742
   Resident Hotline ..................................................363-5701
Downtown Hotline......................................................671-3464
Economic Development...............................................671-3355
   Engineering..........................................................671-3361
   Flood Zone Inquiries.............................................671-3425
   Garbage Collection..............................................682-9113
   Graffiti Hotline....................................................671-3080
   Housing................................................................671-3370
Mayor.......................................................................671-3158
   Permit Center.........................................................671-3454
   Picnic Site Reservations........................................671-3404
   Planning..................................................................671-3152
   Police and Fire Emergencies.................................911
   Police/Information..................................................671-3220
Pothole Hotline..........................................................671-3228
Public Works..............................................................671-3448
   Park Maintenance..................................................671-3444
   Recreation/Registration........................................671-3404
   Sewer Problems.....................................................671-3099
   Shopping Cart Hotline..........................................1-800-252-4613
   Street Light Outages Hotline.................................671-3213
   Street Sweeping....................................................671-3448
   Street Trees..............................................................671-3445
   Traffic Safety and Signals......................................671-3132
Recreation Program Locations
   Baldwin Park’s Dance Studio and Preschool—2790 Parkside Circle
   Camp Concord, South Lake Tahoe..............................671-2267
   Centre Concord – 5298 Clayton Road........................671-3382
   Clayton Valley Bowl – 5300 Clayton Road....................689-4631
Rain Information Hotline
   for City of Concord Parks and Outdoor Facilities............671-3479
Sports Organizations
Youth Baseball/Softball
   Bears Softball Association........................................www.bears-softball.com
   Clay Valley Little League........................................www.cvl.l.org
   Concord American Little League.............................www.callbaseball.org
   Concord Lady Hawks.............................................www.concordladyhawks.com
   JOBL Baseball & Softball........................................www.joblconcord.com
   Payless Batting Cages..............................................825-7526
Youth Football / Cheerleading
   Clayton Valley Athletic Assn....................................www.cvaajreagles.com
   Concord Youth Football........................................www.concordyouthfootball.com
Youth Soccer
   Concord AYSO.........................................................www.concordayso.org
   Diablo FC www.diablofc.org.....................................798-GOAL
   Liga Latina.............................................................www.ligalatinaconcord.com
   Mt. Diablo Soccer Association.................................www.mdsoccer.org
Adult Soccer
   Concord AYSO.........................................................www.concordayso.org
   Contra Costa Mixed Soccer.....................................www.eteamz.com/ccmsl
   East Bay Senior Soccer............................................www.ebssl.com
Adult Pickleball / Softball
   Concord Parks & Recreation
   www.teamsideline.com/concord................................671-3279
Bocce
   Concord Bocce Federation........................................www.concordbocce.org
Swimming
   Terrapins Swim Team..............................................680-8372
Tennis
   Concord Tennis Club...............................................686-1701
   Concord Table Tennis Club.................................www.concordtabletennisclub.com............689-7463
City Completes First By-District Election

Concord held its first by-district election on November 6, during which three of the City’s five districts were up for election. As of press time, the Contra Costa County Elections Division reported the following preliminary results of the projected winners:

- **District 1**: Laura Hoffmeister
- **District 3**: Dominic Aliano
- **District 5**: Tim McGallian
- **Treasurer**: Patti Barsotti

Districts 2 and 4 will be up for election in November 2020. Until then, Councilmembers Edi Birsan and Carlyn Obringer will continue to serve as at-large members.

Once the election is certified by Contra Costa County, the City’s Council reorganization ceremony will be held, during which Aliano, Barsotti, Hoffmeister and McGallian will be sworn into office. The reorganization is scheduled to take place on Tuesday, December 4 in the Council Chamber.

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Police Department Services Now Available Online

Did you know that you can request residential and guest parking permits, block party permits, vacation house checks and register your home or business video surveillance camera all through the Concord Police Department? And, now, you can do it all online!

All of these services are free, except the existing residential parking permit, which costs $11.30 per year and can now be paid online.

The purpose of the new online system is to deliver services in an accessible and streamlined manner, making the process quicker for residents and City staff.

The new video camera registry program allows residents and businesses to partner with the Police Department to help solve crimes. Participants can register the locations of their video security systems. If a crime happens in your neighborhood, the Police Department may contact you to request permission to review the video from your security system and may ask to make a copy of it. Video recordings from the time of an incident may provide useful information related to the crime, such as vehicle and suspect descriptions and direction of travel both before and after an event.

The vacation house check program is another free service that can provide residents with peace of mind while they are away. Trained volunteers...
Forward Progress on Concord Reuse Project

Exciting progress is being made on the planning for new housing, jobs and parks on the former Concord Naval Weapons Station. The Navy is expecting to transfer about 2,300 acres of property to the East Bay Regional Park District in early 2019 to create a conservation area and regional park. Transfer of property to the City and County will occur later in 2019.

Reuse Project Specific Plan

Master Developer Lennar/FivePoint is now writing the Specific Plan for the City’s planned 2,300 acres of development, including market-rate and affordable housing units, job-generating commercial space, bikeways, trails, parks, and creek restoration. The plan also includes land for a higher education Campus District and Tournament Sports Park.

The draft Specific Plan is expected to be released for public review and consideration by the Community Advisory Committee in the spring of 2019.

Campus District Visioning

Earlier this year the City Council retained a strategic planning consultant and formed a Blue Ribbon Committee (BRC) comprised of regional stakeholders with expertise in national higher education trends, campus operations, regional workforce needs, Bay Area industries and economic development. The BRC’s mission is to evaluate opportunities and options for the development of 120 acres that will be set aside at the base as the Campus District to support higher education.

The BRC held its first meeting in September and will meet on monthly basis through April 2019 to consider a series of topics that should result in a report establishing a community vision for the Campus District with timelines and next steps.

Tournament Sports Park

Staff has also begun the exciting process to create a vision of future athletic facilities in Concord through a conceptual planning discussion for the Tournament Sports Park (TSP). Facilities designed to provide large scale multi-use sporting events have the potential to support tourism while also addressing existing and future demand for youth and adult sports to thrive.

Up to 175 acres was designated for the TSP and “great city park” when the Reuse Area Plan was adopted by the City Council in 2012. The planning process itself will start in January 2019 with community meetings of interested stakeholders and oversight by the City’s Parks, Recreation, and Open Space Commission. The process will result in a report of recommendations for Council consideration including two different design concepts and a feasibility report in the summer of 2019.

The community is encouraged to provide feedback on these projects and will have multiple opportunities to do so in person at public meetings and online through the Reuse Project website www.concordreuseproject.org.
PERMITS ONLINE from page 3

perform a thorough inspection that includes a perimeter check, physical and/or visual check of all doors and windows, verification of vehicles left on the property and verification of any people found on the property.

The new permit system can be accessed through the City’s website or directly at https://pdpermits.ci.concord.ca.us, and the new site has an FAQ section to provide more detailed information. Residents who prefer to register for these permits in person may still do so at the Police Department. ◆

Host Your Next Event at the Concord Pavilion

Looking for a spot to host your next big party or corporate event? The Concord Pavilion is a versatile venue with rental space large and small that can accommodate everything from high school graduations to weddings, conferences, community-based events and more!

The amphitheater, which is owned by the City of Concord and operated by Live Nation, is located at 2000 Kirker Pass Road and features an expansive main stage with a 12,500-person seat capacity, and approximately 8,000 parking stalls.

If you don’t need a space quite that large, the Dan Helix VIP Terrace is located on the east side of the main stage and has capacity for approximately 200 seated guests. With unsurpassed views of Mt. Diablo, the VIP Terrace features a full bar and two restrooms for use exclusively by your guests.

The Garden Terrace is also available and can be used in tandem with a rental or on its own, depending on your particular event needs. Additional conference and meeting rooms may also be utilized including special facilities utilized by the recording artists and bands performing at the Concord Pavilion. For more information and pricing, please call (925) 692-2403. ◆

Who to call

Video Camera Registry and Block Party Permits
Community Service Desk
Corporal (925) 603-5913

Residential or Guest Parking Permits
Parking Services
(925) 671-3259

Vacation House Checks
Community Service Desk
(925) 671-3220
Innovative Paving Method Saves Time, Money and is Better for Environment

You may have noticed the smooth new section of Farm Bureau Road between Wren and Walnut avenues. This was not any old paving job. This Complete Streets Project managed by the City and sponsored by the Contra Costa Transit Authority used an innovative paving method that saves both time and money and is more environmentally friendly.

Known as full depth reclamation, or FDR, this recycling process uses cement as a main component of the road base by combining the ground-up deteriorated asphalt pavement with base materials and pulverizes them in place. Cement and water are added to form a new and durable base material. Then a new top surface of asphalt is applied to create a smooth finish.

Since crews don’t have to haul off excess soil once the old roadway is torn up, this process saves time and money. It is also more sustainable as it allows the reuse of the old materials, and the project’s carbon footprint is reduced by decreasing the amount of truck traffic coming and going from the area.

Benefits of full-depth reclamation include:

- Recycled cement base material is stronger
- Cost-effective by reusing/recycling materials
- Corrects drainage problems by enabling the adjustment of the road grade that would not be possible with a regular pavement overlay
- Meeting environmental and sustainability goals with less truck traffic transporting materials
- Life expectancy of recycled cement base is 20+ years versus 8–10 years for a 2-inch grind and overlay method

This project was Phase 2 of a three-phase project, and cost approximately $3 million. It was funded through Measure J (the County’s voter-approved ½-cent transportation sales tax), Measure Q (the City’s voter-approved ½-cent sales tax) and state gas tax funds, and it is estimated that this paving method saved $150,000 in materials alone as a result of the project’s sustainable nature.

It also saved time – this FDR portion of the project took just over two weeks from start to finish. Conventional reconstruction methods would have likely taken 1–2 months to repave this same stretch of roadway. Phase 3 (from Walnut Avenue to Clayton Road) has not yet been scheduled, but it will likely be programmed in 2021-22. The City is actively working now to identify future grant funding for Phase 3.

This is only the second time the City of Concord has used full depth reclamation to pave a road. The first time was in 2015 when Hillsborough Drive was repaved. Unfortunately, only a handful of contractors in California have the specialized equipment to do this type of work, so full depth reclamation is not as common as we expect it to be in the future.
Complete Streets Project
By the Numbers:

- Rehabilitation of over 90,000 square feet of roadway surface
- Placement of approximately 4,000 tons of hot mix asphalt
- Establishment of 3,300 linear feet of new sidewalk for the community
- Creation of over 1,500 square feet of bioswales to treat roadway drainage
- Interaction with close to 70 different residences and businesses near the site
- Reconstruction of over 50 driveways fronting the project
- Installation of 8 new energy efficient LED streetlights
- Upgrade of 1 major intersection at Concord Boulevard with new traffic signal new signal loops, and accessible ramp upgrades at all 4 corners

During the paving process, crews installed traffic signal loops at Farm Bureau Road and Concord Boulevard (top), and they placed about 4,000 tons of hot mix asphalt (center and bottom). This process saved about $150,000 in materials alone, and took just over two weeks to complete.
Residents Urged to Learn About New Recycling Rules

Did you know that the restrictions on what you can recycle have recently become more stringent? Earlier this year China introduced a ban on certain types of recyclables, including unsorted paper and certain types of plastic, as well as items with contaminates like food residue or mixed materials.

Contaminated items pose a health and safety risk to the sorting facilities and their employees, and often even end up damaging the environment and local communities.

While environmentally-minded residents may not hesitate to toss a milk jug or soda bottle into the recycling bin, the new restrictions indicate that residue on these and other items could ruin a whole bale, so all items must be cleaned prior to being recycled.

With the new ban in place, recycling facilities throughout the U.S. are scrambling to find new ways to get recyclable inventory to the right processing plants, and the best way to achieve this is through public education.

Concord’s recycling provider Mt. Diablo Resource Recovery is making every effort to get the word out about these new requirements. The organization has a new website that was designed to help its customers recycle smarter and more often. It has all the latest tips and tricks (and great videos!) to help residents keep non-recyclable items out of the landfill. For more information, please visit www.recyclecleanamerica.com.

To learn more about what is and what is not recyclable under the new rules, please visit www.recyclecleanamerica.com

Recycling Theft Prevention

Since May 2013, Mt. Diablo Resource Recovery has partnered with the City of Concord by establishing a contract position specifically aimed at preventing recycling theft. A Recycling Theft Prevention Specialist has been assigned to the Code Enforcement division and is tasked with preventing the diversion of recyclable material from Concord’s trash stream. In partnership with businesses and residents, this dedicated staff member helps keep Concord clean by preventing and reducing the theft of aluminum cans, plastic bottles, scrap metal and cardboard from locations where the recyclable materials are commonly placed for collection. This helps to ensure the recyclables from our city are accounted for and correctly processed and disposed.

Concord’s Styrofoam Ban Takes Effect January 1

Beginning on January 1, 2019, Concord is “banning the foam!” Restaurants, supermarkets, cafeterias, food trucks, and caterers doing business in Concord will no longer be allowed to serve food and beverages using disposable Styrofoam products, such as cups, bowls, plates, and serving trays.

To help explain the new rules and answer questions, the City hosted an informational workshop at City Hall in October to provide guidance on alternative (reusable, recyclable, or compostable) food and beverage products.

By avoiding using Styrofoam products, all residents can play an important role in diverting waste from the landfill, reducing the risk of harm to wildlife, improving water quality in Concord’s waterways, and creating a “greener” city! For more information, please visit www.cityofconcord.org/styrofoam.◆
# 2019–20 Preschool Classes

## Preschool Registration Begins February 12 • Walk-In Only!

10 a.m.–12 p.m. and 1–3 p.m. • Willow Pass Center, 2748 E. Olivera Rd. Concord, CA 94519

Registration for 2018-19 school year will end December 7. Students must begin attending by week of December 10.

### Preschool Age 2

Your child will experience fun interaction and play with other 2-year-olds. They have the opportunity to develop language and gain valuable social skills. As well as participating in age appropriate songs, crafts, structured and unstructured play.

### Preschool Age 3

Through age appropriate fun songs, crafts, games and supervised play with other 3-year-olds, children have the opportunity to develop and build friendships, as well as, independent social and academic skills.

### Preschool Age 4

Your child will learn important life and pre-academic skills through fun activities and programs. Each child will have the opportunity to learn their numbers, colors, shapes, calendar and days of the week. By the time children graduate they are well on their way to kindergarten with many fond memories of preschool.

### Requirements:

- 2-year-olds must be age 2 by September 1, 2018.
- 3-year-olds must be age 3 by September 1, 2018.*
- 4-year-olds must be age 4 by September 1, 2018.*

*3 and 4-year-olds must be toilet trained.

### Monthly and Additional Fees:

- 2-day classes $149 R/$179 NR
- 3-day classes $215 R/$245 NR
- 5-day class $405 R/$415 NR

A $110* non-refundable registration fee and a first month’s tuition payment are due at the time of registration. The first month’s tuition is non-refundable for cancellations after June 30, 2019. The remaining 8 tuition installments are due by the 20th of each month from September 2019–April 2020.

* $75 will be applied to the April 2020 payment for students that complete the school year.

### Additional Fees: Processing/Tech Fee per class per year

- 2 day classes $45
- 3 day classes $54
- 5 day classes $63

### Parent Involvement:

Parents in all classes are asked to bring a healthy snack for the whole class once every other month.

### Baldwin Park

**2790 Parkside Circle**

#### 3 Year Olds – Melissa Gardner

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<tr>
<th>Session</th>
<th>Days</th>
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<td>Sep 4–May 16</td>
<td>Tu, Th</td>
<td>9–11:30 a.m.</td>
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<td>Sep 5–May 17</td>
<td>M, W, F</td>
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#### 4 Year Olds – Gina Murdock

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### Centre Concord

**5298 Clayton Road**

#### 2 Year Olds – Beth Severa

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<td>12–2:30 p.m.</td>
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#### 3 Year Olds – Shannon Cervantes

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#### 3 Year Olds – Sandra Cano

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#### 4 Year Olds – Sonja Stanley

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#### 4 Year Olds – Sonja Stanley

**5-Day Program**

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DANCE, MUSIC & PERFORMING ARTS

Ballet 1
Dancers will learn the fundamentals of classical ballet focusing on technique, body placement, vocabulary and musicality. Perform to inspiring graceful movements and creativity. Appropriate attire: ballet shoes, tights or leggings and leotards. No class on April 2 and 6.

Age: 4-6 Baldwin Park Dance Studio Luana Nietschy
Jan 8-Feb 26 Tu 5:00p-5:45p $80 R/$85 NR #108538
Jan 8-Feb 26 Sa 9:30a-10:15a $117 R/$122 NR #108540
Jan 12-Feb 23 Sa 9:30a-10:15a $76 R/$81 NR #108539
Mar 2-Apr 27 Sa 9:30a-10:15a $80 R/$85 NR #108542
Mar 5-Apr 30 Tu 5:00p-5:45p $80 R/$85 NR #108541
Mar 5-Apr 30 Sa 9:30a-10:15a $117 R/$122 NR #108543

Pre-Ballet
Preschool dancers will be inspired with the world of ballet through creative movement and improvisation. Dancers will focus on body positioning, balance and fundamentals of vocabulary. No class on April 2 and 6.

Age: 3-4 Baldwin Park Dance Studio Luana Nietschy
Jan 8-Feb 26 Tu 4:30p-5:00p $94 R/$99 NR #108560
Jan 8-Feb 26 Sa 9:00a-9:30a $69 R/$74 NR #108556
Jan 12-Feb 23 Sa 9:00a-9:30a $62 R/$67 NR #108557
Mar 2-Apr 27 Sa 9:00a-9:30a $69 R/$74 NR #108559
Mar 5-Apr 30 Tu 4:30p-5:00p $94 R/$99 NR #108561
Mar 5-Apr 30 Sa 9:00a-9:30a $69 R/$74 NR #108558

ENRICHMENT & SPECIAL INTEREST

Little Dragons
Is your young child interested in the martial arts? Try this class first. Your child will participate in fun activities designed to increase attention span, focus and coordination. They will learn some basic skills that will prepare them to begin more disciplined training when they are older. $35 uniform required first day of class. No class on January 19, February 16, April 4, 6 and 20.

Age: 3-6 Baldwin Park Dance Studio Kevin Oliver
Jan 10-Feb 14 Th 5:00p-5:40p $94 R/$99 NR #108628
Jan 10-Feb 16 Th 5:00p-5:40p Sa 12:00p-1:00p $155 R/$160 NR #108631
Feb 21-Mar 28 Th 5:00p-5:40p Sa 12:00p-1:00p $155 R/$160 NR #108629
Feb 21-Mar 30 Th 5:00p-5:40p Sa 12:00p-1:00p $155 R/$160 NR #108632
Apr 11-May 16 Th 5:00p-5:40p Sa 12:00p-1:00p $155 R/$160 NR #108630
Apr 11-May 18 Th 5:00p-5:40p Sa 12:00p-1:00p $155 R/$160 NR #108633

Follow us on Facebook www.facebook.com/CityofConcordCA.ParksRecreation
You can find us on YouTube www.youtube.com/concordfirst

R = Concord Resident  NR = Concord Non-Resident
PRESCHOOL

SPORTS

Kidz Love Soccer-Pre Soccer
Pre Soccer teaches the basic techniques of the game and builds self-esteem through participation and fun soccer activities. Children learn to follow instructions in a nurturing, age appropriate environment. Each participant receives a Soccer jersey! Shin guards are required after the first meeting.

Age: 3½-5
Concord Community Park • Kidz Love Soccer Staff
Mar 14-Apr 25 Thu 6:10p-6:45p $95 R/$100 NR #108914

Kidz Love Soccer-Tot Soccer
Little tykes enjoy running and kicking just like the big kids! Encourage large motor skill development through fun soccer games and introduces small children to the group setting. Each participant receives a Soccer jersey! Shin guards are required after the first meeting.

Age: 3½-5
Newhall Community Park • Kidz Love Soccer Staff
Mar 11-Apr 22 Mon 10:10a-10:45a $95 R/$100 NR #108912
Mar 11-Apr 22 Mon 5:30p-6:05p $95 R/$100 NR #108913
Mar 16-Apr 27 Sat 10:40a-11:15a $95 R/$100 NR #108915

Mommy/Daddy & Me Soccer
The fun happens on the field, so don’t just watch from the sidelines. Here is your chance to join in your toddler’s introduction to the world’s most popular sport. You’ll participate in fun, age-appropriate activities and help your child to develop their motor and socialization skills. Adult participation is required. All kids receive a soccer jersey.

Age: 2-2y 7m
Newhall Community Park • Kidz Love Soccer Staff
Mar 16-Apr 27 Sat 10:10a-10:40a $95 R/$100 NR #108916

Pre Soccer
Teaches the basic techniques of the game and builds self-esteem through participation and fun soccer activities. Children learn to follow instructions in a nurturing age appropriate environment. All participants receive a soccer jersey. Shin guards are required after the first meeting.

Age: 4-4
Newhall Community Park • Kidz Love Soccer Staff
Feb 2-Mar 23 Sat 9:35a-10:05a $108 R/$113 NR #108981
Feb 2-Mar 23 Sat 9:00a-9:30a $108 R/$113 NR #108994
Apr 20-Jun 22 Sat 9:00a-9:30a $118 R/$123 NR #108982
Apr 20-Jun 22 Sat 9:35a-10:05a $118 R/$123 NR #108983

Skyhawks Parent and Me
This multi-sport tot program was designed to give kids a positive first step into athletics. The fundamentals of baseball, basketball, and soccer are taught in a structured environment filled with lots of encouragement and a big focus on fun! Through fast paced games and activities, participants explore balance, body movement, coordination, and skill development at their own pace.

Age: 2½-3
Newhall Community Park • TLR Sports Inc Staff
Mar 18-May 13 Mon 5:15p-5:40p $97 R/$102 NR #108991

Tiny Tumbler Gymnastics
Learn beginning gymnastics skills working on bars, balance beams, mini-trampolines, vaulting blocks, barrels and incline mates. Each day through fun and challenging games everyone will participate in group activities as well as strength and flexibility exercises.

Age: 3-4
Centre Concord • CGS Gymnastic Services Staff
Jan 9-Jan 30 Wed 8:45a-9:30a $72 R/$77 NR #108565
Feb 6-Feb 27 Wed 8:45a-9:30a $72 R/$77 NR #108821
Mar 6-Mar 27 Wed 8:45a-9:30a $72 R/$77 NR #108822
Apr 3-Apr 24 Wed 8:45a-9:30a $72 R/$77 NR #108823

Tot Soccer
Little tykes will enjoy running and kicking just like the big kids. Encourages large motor skill development through fun soccer activities and introduces small children to the group setting. All participants receive a soccer jersey. Shin guards are required after the first meeting.

Age: 3y 4m-4
Newhall Community Park • Kidz Love Soccer Staff
Feb 2-Mar 23 Sat 10:15a-10:45a $108 R/$113 NR #108995
Apr 20-Jun 22 Sat 10:15a-10:45a $118 R/$123 NR #108984

Tot/Pre Soccer
Little tykes will enjoy running and kicking just like the big kids. Teaches the basic techniques of the game and builds self-esteem through participation and fun soccer activities. Children learn to follow instructions in a nurturing, age appropriate environment. All participants receive a soccer jersey. Shin guards are required after the first meeting.

Age: 3y 5m-4
Newhall Community Park • Kidz Love Soccer Staff
Jan 28-Mar 18 Mon 5:15p-5:50p $98 R/$103 NR #108996
Apr 15-Jun 17 Mon 5:15p-5:50p $118 R/$123 NR #108985
ARTS AND CRAFTS

FUNDamental Drawing
Children will learn 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. Students learn how to follow directions, hold and use a pencil, increase their attention span and grow their self-confidence. No class on November 20 and April 2.

Visit www.joblconcord.com for online registration
Babe Ruth/Cal Ripken Junior Optimist Baseball/Softball League
Est. 1963
Recreational and Full-time Travel play opportunities for Girls & Boys age 4-13
All regular league games are played on our own fields at the JOBL Complex
Located off Laura Alice Way near Arnold Industrial Way and Hwy. 4.
Visit www.joblconcord.com for online registration

DAY CAMPS

Kidz Love Soccer Camp Level 1
Learn and practice soccer skills like dribbling, passing, receiving, shooting and defense. Everyone is a winner when the week’s fun culminates in an age-appropriate ‘World Cup’ tournament. All Campers will receive a Kidz Love Soccer jersey.
Age: 4 ½-6 Concord Community Park Kidz Love Soccer Staff
Apr 1-Apr 5 M-F 9:00a-12:00p $145 R/$150 NR #108910

Kidz Love Soccer Camp Level 2
Learn and practice core soccer skills like dribbling, passing, receiving shooting and defense. Everyone is a winner when the week’s fun culminates in an age-appropriate ‘World Cup’ tournament.
Age: 7-10 Concord Community Park Kidz Love Soccer Staff
Apr 1-Apr 5 M-F 9:00a-12:00p $145 R/$150 NR #108911

Sewing Machine Fun with Friends
Learn new sewing skills while making new friends and having fun too. Computerized machines and all small materials provided through $25 material’s fee. Max of 6 students allows individual instruction with Certified Sewing Instructor and Certified Para-Educator, Debbie Madison. Projects from small to large to build on what you already know. No class on April 4.
Age: 8-17 Centre Concord Debbie Madison
Jan 10-Feb 28 Th 4:00p-6:00p $244 R/$249 NR #108657
Mar 7-Apr 25 Th 4:00p-6:00p $214 R/$219 NR #108658

DANCE, MUSIC & PERFORMING ARTS

Ballet 2
Dancers will increase their knowledge of ballet with emphasis on proper placement of arms, body and flexibility. Barre and center work focuses on technique, musicality and grace. Proper attire: ballet shoes, tights and leotards. No class on April 2 and 6.
Age: 4-12 Baldwin Park Dance Studio Luana Nietschy
Jan 8-Feb 26 T 5:45p-6:30p $107 R/$112 NR #108546
Jan 8-Feb 26 Sa 10:15a-11:00a $117 R/$122 NR #108546
Jan 12-Feb 23 Sa 10:15a-11:00a $76 R/$81 NR #108545
Mar 2-Apr 27 Sa 10:15a-11:00a $80 R/$85 NR #108548
Mar 5-Apr 30 T 5:45p-6:30p $80 R/$85 NR #108547
Mar 5-Apr 30 Sa 10:15a-11:00a $117 R/$122 NR #108549

Registration Dates:
2019 Spring
Online Registration is now open at www.joblconcord.com
In-person registration: January 12, 9-11 a.m.

Babe Ruth/Cal Ripken Junior Optimist Baseball/Softball League
Est. 1963
Recreational and Full-time Travel play opportunities for Girls & Boys age 4-13
All regular league games are played on our own fields at the JOBL Complex
Located off Laura Alice Way near Arnold Industrial Way and Hwy. 4.

Visit www.joblconcord.com for online registration
ENRICHMENT & SPECIAL INTEREST

Aloha Mind Math
Kids find learning math on the abacus fun! This hands-on and engaging class builds imagination and develops confidence and agility in math. Teaching mental math techniques, your child will broaden their understanding of math and realize that they too can be math rock stars. Abacus and workbook included. No class January 21 and February 18.

Age: 5-11
Centre Concord • Aloha Mind Math Lava Learning Staff
Jan 14-Mar 18 M 3:30p-4:30p $173 R/$178 NR • #108568

Chess Wizards
We believe strongly that education should be fun and exciting. Since our first classes in 2002, our Chess Wizards have inspired thousands of children across the United States and Canada to think logically, solve problems, win gracefully, and learn to defeat!

Age: 6-14
Centre Concord • Chess Wizards Staff
Jan 22-Mar 26 T 3:30p-4:30p $155 R/$160 NR • #108895
Jan 26-Mar 30 Sa 9:30a-10:30a $155 R/$160 NR • #108571

Age: 6-14
Willow Pass Community Center • Chess Wizards Staff
Jan 24-Mar 21 Th 3:30p-4:30p $125 R/$130 NR • #108896

Cooking Round the World
Take weekly “visits” to countries around the world. Cook and eat delicious food from the country of the day, learn a little language and hear a folktale from that country. The outcome is spectacular! We introduce new foods, stretch pallets, and each child becomes citizens of the world. $30 materials fee due on first day of class.

Age: 6-13
Willow Pass Community Center • Cooking Round The World Staff
Jan 11-Mar 1 F 3:00p-4:30p $190 R/$195 NR • #108825
Mar 8-Apr 26 F 3:00p-4:30p $190 R/$195 NR • #108826

HEALTH & FITNESS

K.O. Taekwondo-Youth and Teen Beginner
Traditional style Taekwondo focuses on core values and is good for all ages and abilities. Emphasis on learning useful self-defense techniques, increased flexibility, stamina, improving overall muscle tone and a great cardiovascular workout; 2 and 3 days a week options. $35 required uniform fee due the first day of class. No class on January 19, February 16 and April 20.

Age: 6-13
Baldwin Park Dance Studio • Kevin Oliver
Jan 9-Jan 30 W,F 6:00p-7:00p $84 R/$89 NR • #108620
Jan 9-Jan 30 W,F 6:00p-7:00p and Sa 12:00p-1:00p $104 R/$109 NR • #108624
Feb 1-Feb 27 W,F 6:00p-7:00p $94 R/$99 NR • #108621
Feb 1-Feb 27 W,F 6:00p-7:00p and Sa 12:00p-1:00p $104 R/$109 NR • #108625
Mar 1-Mar 29 W,F 6:00p-7:00p $94 R/$99 NR • #108622
Mar 1-Mar 30 W,F 6:00p-7:00p and Sa 12:00p-1:00p $104 R/$109 NR • #108626
Apr 10-Apr 26 W,F 6:00p-7:00p $84 R/$89 NR • #108623
Apr 10-Apr 27 W,F 6:00p-7:00p and Sa 12:00p-1:00p $104 R/$109 NR • #108627
Zumba Kids

Zumba® Kids classes feature kid-friendly dance fitness routines based on original Zumba® choreography for children 6-12 years old. We break down the steps, add games, and explore dances from around the world. Classes help children stay fit and build on key skills including team work, confidence, self-esteem, and cultural awareness. $10 materials fee due to instructor on first day of class.

Junior Tennis for Beginners

This program is for new or improving players ages 5-13. The program emphasizes proper fundamentals, good sportsmanship, and proper tennis etiquette. Sessions are taught by Calvin McCullough a USNTA/USPTR certified instructor with over 20 years coaching experience. 20% sibling discount available-please call (925) 671-3423.

Junior Tennis for Intermediates

This program is for beginning tournament level players and junior varsity high school players ages 7-15. The program emphasizes ball control, court position, and fitness. Sessions are taught by Calvin McCullough a USNTA/USPTR certified instructor with over 20 years coaching experience. 20% sibling discount available-please call (925) 671-3423.

Kidz Love Soccer - Soccer 1

Skillz and 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.

Soccer 1: Techniques & Teamwork

Perfect for first time players while being fun and engaging for kids with some experience. Fun skill games are played at every session and every participant will have a ball at their feet. Small-sided soccer matches will be introduced gradually. All participants receive a soccer jersey. Shin guards are required after the first meeting.

Soccer 2: Skillz & Scrimmages

Enjoy advanced skill building: dribbling, passing and shooting in a team play format. Each class will focus on scrimmages that emphasize application of finer technical points. 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.
SPRING BREAK DAY CAMPS

Skyhawks Mini-Hawk
Your child will experience a positive first step into athletics with this dynamic multi-sport program. Baseball, basketball and soccer are taught in a safe, structured environment filled with encouragement and fun. Through games and activities your child will explore balance, hand/eye coordination and skill development at their own pace.

Age: 4-6 ■ Newhall Community Park ■ TLR Sports Inc Staff
Mar 18-May 13 ■ M ■ 5:45p-6:25p ■ $107 R/$112 NR ■ #108890

Skyhawks Pickleball
With our modified equipment and age-appropriate games, we cover the basics of Pickleball rules, terminology and coordination in a fun, safe encouraging environment. By the end of the season, we hope each child have developed a technique and strategy for social play. Paddles and equipment will be provided.

Age: 6 ½-12 ■ Willow Pass Community Park ■ TLR Sports Inc Staff
Mar 18-May 13 ■ M ■ 4:15p-5:20p ■ $138 R/$143 NR ■ #108905

STEM Challenge with LEGO
Power up your engineering skills with Play-Well TEKnologies and tens of thousands of LEGO® parts! Apply real-world concepts in physics, engineering, and architecture through engineer-designed projects such as: Hot Air Balloons, Space Stations, Tugboats, and the Eiffel Tower. Design and build as never before, and explore your craziest ideas in a supportive environment.

Age: 5-10 ■ Willow Pass Community Center ■ Play-Well Teknologies Staff
Apr 1-Apr 5 ■ M-F ■ 9:00a-12:00p ■ $214 R/$219 NR ■ #108824

NEW Little Wilderness Camp
Join Little Medical School and discover the exciting world of Wilderness Medicine! Explore STEM concepts and gain valuable outdoor skills through interactive role playing, crafts, and games. Topics include weather exposure emergencies, snake bites, and more! Each participant will receive a variety of projects and tools. A $25 materials fee is due to instructor on first day of class.

Age: 6-10 ■ Centre Concord ■ Little Medical School KALGOLD Staff
Apr 1-Apr 5 ■ M-F ■ 1:30p-4:30p ■ $256 R/$261 NR ■ #108634

Follow us on Facebook
www.facebook.com/CityofConcordCA.ParksRecreation

You can find us on YouTube
www.youtube.com/concordfirst
ENRICHMENT & SPECIAL INTEREST

Online Driver’s Ed for Teens
DMV allows Teens to receive their learner’s permit at age 15 1/2 and license at age 16. This class is the first, required step that must be completed. An online course with videos, animated driving scenarios and sample test questions. Learn the rules of the road, major causes of traffic collisions, DMV procedures and more. A licensed instructor is available to answer any questions. Receive DMV-approved Certificate of Completion.

Age: 15+
Online
LLC Safety Driver’s Ed Staff
Jan 1-Jan 31 $43 R/$48 NR #108641
Feb 1-Feb 28 $43 R/$48 NR #108642
Mar 1-Mar 31 $43 R/$48 NR #108643
Apr 1-Apr 30 $43 R/$48 NR #108644

Junior Tennis for Beginners
This program is for new or improving players ages 5-13. The program emphasizes proper fundamentals, good sportsmanship, and proper tennis etiquette. Sessions are taught by Calvin McCullough a USNTA/USPTR certified instructor with over 20 years coaching experience. 20% sibling discount available—please call (925) 671-3423.

Age: 5-13
Willow Pass Community Park
Calvin McCullough
Jan 15-Feb 19 T 4:00p-5:00p $77 R/$82 NR #108845
Jan 15-Feb 21 T,Th 4:00p-5:00p $131 R/$136 NR #108844
Jan 17-Feb 21 Th 4:00p-5:00p $77 R/$82 NR #108846
Apr 9-May 14 T 4:00p-5:00p $77 R/$82 NR #108853
Apr 9-May 16 T,Th 4:00p-5:00p $131 R/$136 NR #108851
Apr 11-May 16 Th 4:00p-5:00p $77 R/$82 NR #108854

Junior Tennis for Intermediates
This program is for beginning tournament level players and junior varsity high school players ages 7-15. The program emphasizes ball control, court position, and fitness. Sessions are taught by Calvin McCullough a USNTA/USPTR certified instructor with over 20 years coaching experience. 20% sibling discount available—please call (925) 671-3423.

Age: 7-15
Willow Pass Community Park
Calvin McCullough
Jan 15-Feb 19 T 5:00p-6:30p $102 R/$107 NR #108848
Jan 15-Feb 21 T,Th 5:00p-6:30p $181 R/$186 NR #108847
Jan 17-Feb 21 Th 5:00p-6:30p $102 R/$107 NR #108849
Apr 9-May 14 T 5:00p-6:30p $102 R/$107 NR #108857
Apr 9-May 16 T,Th 5:00p-6:30p $181 R/$186 NR #108856
Apr 11-May 16 Th 5:00p-6:30p $102 R/$107 NR #108859

NEW NETS!
Better Hitting Experience
with the Same Low Rates
TOKEN $3.00 (20 Balls)
Rent Batting Cages by the Hour or ½ Hour

HOURS OF OPERATION

<table>
<thead>
<tr>
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<th>Mon–Fri</th>
<th>Sat &amp; Sun</th>
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<tbody>
<tr>
<td>Winter</td>
<td>Noon–7 p.m.</td>
<td>10 a.m.–6 p.m.</td>
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<td>Spring/Fall</td>
<td>Noon–8 p.m.</td>
<td>10 a.m.–6 p.m.</td>
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<td>Summer</td>
<td>Noon–9 p.m.</td>
<td>10 a.m.–6 p.m.</td>
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PROFESSIONAL INSTRUCTION
For more information call
(925) 825-7526 (SLAM)

Payless Batting Cages
Willow Pass Park
2840 E. Olivera Road
Concord CA 94519
(925) 825-7526
Fax (925) 685-1809
www.paylessbattingcages.com

R = Concord Resident     NR = Concord Non-Resident
When you reach the top of Mt. Diablo, you’ll feel like you’re on top of the world. From outdoor adventures to a vibrant night life and culinary scene, a visit to Concord, California, will feed your sense of adventure and nourish your soul.

VisitConcordCA.com

PICNIC SITE RENTALS

The City of Concord has reservable picnic sites at:

- Baldwin Park
- Concord Community Park
- Hillcrest Park
- Meadow Homes Park
- Newhall Park
- Ygnacio Valley Park

Picnic site #3 for smaller groups at Concord Community Park

www.cityofconcord.org/picnic  ■ (925) 671-3404
ARTS AND CRAFTS

NEW Creative Writing
Whether you are an experienced writer or have just toyed with the idea of learning how to write better, this class will help you find your voice. Explore the components that go into writing effective memoirs, poetry, short stories, essays and even a novel. Taught by a published author and award winning poet your writing will be greatly enriched through this class.

Age: 18+ ■ Senior Center ■ Victoria O’Kane
Jan 16-Feb 20 W 9:30a-11:30a $73 R/$78 NR #108475
Mar 13-Apr 17 W 9:30a-11:30a $73 R/$78 NR #108476

Crochet Class for Beginners
This class is for beginners with little to no crochet experience. Learn the basics of crochet and basic stitching technique such as single, half double, double and treble crochet. You will learn how to make a cozy scarf and beanie. Students bring yarn and crochet hooks. Please choose light colored yarn (no black).

Age: 18+ ■ Senior Center ■ Sabrina Fiore
Jan 10-Feb 21 Th 5:30p-7:30p $39 R/$44 NR #108416
Mar 7-Apr 25 Th 5:30p-7:30p $44 R/$49 NR #108417

Drawing and Painting
Beginner and advanced students can learn simple techniques to create floral images, animals, portraits or landscapes. The instructor will provide demonstrations, individual help, and critiques. You may work in the style of your choice. There will be a supply list at the first class. You may bring your own supplies.

Age: 18+ ■ Senior Center ■ Ann Nakatani
Jan 9-Feb 27 W 9:30a-10:30a $68 R/$73 NR #108421
Mar 6-Apr 24 W 9:30a-10:30a $68 R/$73 NR #108422

NEW Fun and Easy Watercolor Painting
You will combine watercolor with pen and watercolor pencils. Each class will cover a new topic: landscapes, still life and animal. Beginners are welcome, as well as people with some experience. No expensive tools or materials required.

Age: 18+ ■ Senior Center ■ Tatyana Yurkhova
Jan 16-Feb 27 W 6:00p-7:30p $57 R/$62 NR #108893
Mar 6-Apr 17 W 6:00p-7:30p $57 R/$62 NR #108894

Fun Drawings Made Easy
Enjoy drawing and painting. Create personal and time treasured keepsakes for family and friends. Experienced instructor, Ann, will provide all levels of instruction covering colored pencil, water color and Japanese brush painting. Supply list will be provided the first meeting. You may bring your own supplies.

Age: 18+ ■ Senior Center ■ Ann Nakatani
Jan 9-Feb 27 W 10:30a-11:30a $68 R/$73 NR #108429
Mar 6-Apr 24 W 10:30a-11:30a $68 R/$73 NR #108430

NEW Intro to Drawing with Chalk Pastels
Are you ready to achieve beautiful, colorful drawings? This beginning workshop uses chalk pastels! Discover a variety of new drawing techniques such as stippling, color layering, shading optical blending and more. We will touch on tone, form, composition, color theory, tools, papers and products. We will complete 2 drawings. $10 materials fee due first day to instructor.

Age: 18+ ■ Centre Concord ■ Laura Schofield
Apr 13 Sa 10:00a-1:00p $44 R/$49 NR #108980

NEW Intro to Drawing with Charcoal
New to drawing? Let’s play with Charcoal! Students will learn blending techniques and how to create beautiful drawings using a variety of charcoal. We will touch on tone, form, composition, tools, papers and products. There’s time to complete 2 drawings. $12 Material fee due to instructor on first day of class.

Age: 18+ ■ Centre Concord ■ Laura Schofield
Feb 9 Sa 10:00a-1:00p $44 R/$49 NR #108978

NEW Intro to Drawing with Conté Sticks
Ready to learn a new art medium? Make bold and detailed colored drawings using Conté sticks! This beginning workshop introduces the student to the tools and techniques of Conté, such as pressure, toning and color layering. We will touch on tone, form, composition, tools, papers and products. There’s time to complete 2 drawings. $12 Material fee due to instructor on first day of class.

Age: 18+ ■ Centre Concord ■ Laura Schofield
Mar 9 Sa 10:00a-1:00p $44 R/$49 NR #108979

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www.ConcordReg.org
Winter / Spring 2019
Concord City News & Activity Guide
**NEW** Intro to Drawing with Oil Pastels
Join us for a fun and easy beginning workshop working with oil pastels! Students will discover a variety of new drawing techniques such as stippling, burnishing, layering, color blending and more. We will touch on tone, form, composition, color theory, tools, papers and products. There’s time to complete 2 drawings. $10 Material fee due to instructor on first day of class.

**Mixed Media Art: European Style Sketching**
Create classical style black and white and color drawings from life, step by step. You will learn “Old Masters” drawing techniques such as proportion measuring, color mixing and shading, combining diverse media such as graphite, charcoal and color pencils and oil pastels. All levels are welcome.

**Sewing By Machine with Friends**
Now is the time to make new friends while learning new sewing skills. Projects can build on your current skills, including patterns, projects, or alterations and repairs. Max of 6 students gives individualized instruction with Certified Sewing Instructor. Computerized machines and all small materials provided. Project is a $25 material fee payable to instructor. No class on April 4.

**Pocket Sketch On The Go**
Be creative at a moment’s notice at home or away with Pocket Sketch On The Go! This versatile pen and watercolor quick sketch technique is easy for timid beginners or seasoned travelers with step by step demos and feedback, using compact and portable equipment. Learn perspective, composition, and color mixing. A one-time $40 material fee is payable to instructor.

**Zentangle**
The Zentangle method is an easy, relaxing, and fun way to create beautiful images by drawing structured patterns. It increases focus and creativity, provides artistic satisfaction, and creates a sense of well being. Supply fee to be determined payable to instructor.

**Sewing with Friends**
Maximum of six students allowed. Debbie Nelson is a Certified Sewing Instructor. Computerized machines and all small materials provided. You will learn to build new projects, alterations and repair. A $25 material fee is payable to instructor. No class on April 4.

**Pocket Sketch On The Go**
Be creative at a moment’s notice at home or away with Pocket Sketch On The Go! This versatile pen and watercolor quick sketch technique is easy for timid beginners or seasoned travelers with step by step demos and feedback, using compact and portable equipment. Learn perspective, composition, and color mixing. A one-time $40 material fee is payable to instructor.

**DANCE, MUSIC & PERFORMING ARTS**

**Hula Fundamentals**
Learn the basic hand and foot movement of Hula. It’s a great workout for mind, body and spirit.

**Hula On!**
Enjoy the hula experience. Learn hand and foot coordination, body toning and flexibility. Dance to the traditional or modern Hawaiian music, great for the mind and spirit. Wear comfortable clothing; bring water and pareo/Sarong (optional).

**Line Dance Beginner and Intermediate**
Bring your friends and learn popular line dances like Alley Cat, Linda Lu and Tush Push. Simple instructions will build your confidence quickly, and you will be dancing the first day of class! Focus is on balance and control. Beginners welcome. Pre-registration is advised for classes do fill up.

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**R = Concord Resident  NR = Concord Non-Resident**
Tap Dance II - Beginning
This class is for the beginning tap dancer who knows basic tap steps and has completed three sessions of Beginning Tap I or equivalent. No class on January 21, February 18, 25, and March 25.

Age: 18+ ■ Baldwin Park Dance Studio ■ Terry Davis
Jan 7-Apr 15 M 5:45p-6:30p $59 R/$64 NR #108434

Tap Dance II - Intermediate
This class is for students with previous experience in tap dance. You will enjoy learning challenging rhythms and fun routines set to great music in a comfortable and welcoming environment. The instructor has been teaching tap dance for over 20 years at various dance studios in the Bay Area. No class on January 21, February 18, 25, and March 25.

Age: 18+ ■ Baldwin Park Dance Studio ■ Terry Davis
Jan 7-Apr 15 M 5:00p-5:45p $59 R/$64 NR #108436

Ukulele Advanced - Kanikapila
Join this easy going class with other advanced ukulele players! It is still the same ‘easy going’ feeling. Come play, sing and jam with us. Add some music to your life and learn what “Ohana” feels like. A $40 material fee for the song book is payable to the instructor the first day of class. No class on January 21 and February 28.

Age: 18+ ■ Senior Center ■ Nola-Joy Boyd
Jan 7-Feb 25 M 6:30p-7:30p $34 R/$39 NR #108461
Mar 4-Apr 22 M 6:30p-7:30p $44 R/$49 NR #108462

Ukulele Beginners
Join us and gain a basic understanding of the ukulele. Bring your ukulele, a tuner, a folder of music sheets, and notepaper. One ukulele will be available the first day for anyone who wants to try it. Open to children 12 and older (12-17 must be accompanied by an adult.) No class on January 21 and February 18.

Age: 18+ ■ Senior Center ■ Dianna Dumelle
Jan 7-Feb 25 M 4:00p-5:00p $40 R/$45 NR #108827
Mar 4-Apr 22 M 4:00p-5:00p $52 R/$57 NR #108828

Ukulele Intermediate
Continue your progress in understanding how to play the ukulele better. Learn how to read music for the ukulele, a turner, a folder or notebook for music sheets, and notepaper, and I recommend a ukulele strap. For advanced beginners and intermediate players. 12-17 year olds may register by agreement with teacher (and must be accompanied by an adult.) No class on January 21 and February 18.

Age: 18+ ■ Senior Center ■ Dianna Dumelle
Jan 7-Feb 25 M 5:00p-6:00p $40 R/$45 NR #108829
Mar 4-Apr 22 M 5:00p-6:00p $52 R/$57 NR #108830

Scams, Cons and Frauds
Millions of dollars are lost to scams each year. Anyone can be a victim. Attend this class to be more aware of how to identify and report a scam. Participate in discussions concerning past and current scams occurring in this area. Attendees also receive a free packet of information and material on how to safeguard yourself and family against these illegal activities.

Age: 18+ ■ Senior Center ■ Randy Horton
Jan 15 T 10:00a-11:30a $7 R/$12 NR #108471
Feb 19 T 10:00a-11:30a $7 R/$12 NR #108472
Mar 19 T 10:00a-11:30a $7 R/$12 NR #108473
Apr 16 T 10:00a-11:30a $7 R/$12 NR #108474

R = Concord Resident  NR = Concord Non-Resident
**HEALTH & FITNESS**

### Ashtanga Yoga
Ashtanga means ‘eight limbs or eight parts’. This holistic approach develops us physically, intellectually, and mentally. Yoga purifies your body and mind through physical exercises. Plus, this class will soothe, comfort and relax your muscles from the daily tensions that lead to other physical problems and diseases. Bring a mat. (We recommend you do not eat at least 2 hours before class begins.) No class on January 19, February 16 and April 20.

**Age: 18+  ■ Centre Concord  ■ Leela Thomas**
Jan 5-Feb 9  Sa  11:10a-12:10p  $53 R/$58 NR  #108900
Feb 23-Mar 23  Sa  11:10a-12:10p  $53 R/$58 NR  #108901

### Fit & Low Stretches
Are you an older adult who wants a total body workout? With a complete series of seated standing positions, you will increase flexibility, balance, join coordination, agility, muscular strength and cardiovascular endurance. This assists to heal, prevent damage to your joints and reverse pain caused by bad standing and walking postures. End with restorative relaxation breathing exercises to promote stress reduction and mental clarity.

**Age: 18+  ■ Centre Concord  ■ Elisa Borges**
Jan 10-Mar 7  Th  10:15a-11:15a  $49 R/$54 NR  #108580
Mar 14-May 2  Th  10:15a-11:15a  $44 R/$49 NR  #108581

**Age: 18+  ■ Willow Pass Community Center  ■ Elisa Borges**
Jan 8-Mar 5  T  10:45a-11:45a  $49 R/$54 NR  #108578
Mar 12-Apr 30  T  10:45a-11:45a  $44 R/$49 NR  #108579

### Ballet Fit
Enjoy a ballet inspired workout with barre dance routines set to music. This is a great way to help lift, tone and lengthen your body while improving your posture and flexibility. Focus is on endurance and grace. No class on January 21, February 18, April 1 and 5.

**Age: 18+  ■ Baldwin Park Dance Studio  ■ Luana Nietsch**
Jan 7-Mar 1  M  6:30p-7:30p  F  4:45p-5:45p  $71 R/$76 NR  #108552
Jan 7-Feb 25  M  6:30p-7:30p  $52 R/$57 NR  #108550
Jan 11-Mar 1  F  4:45p-5:45p  $68 R/$73 NR  #108551
Mar 1-Apr 26  F  4:45p-5:45p  $60 R/$65 NR  #108554
Mar 4-Apr 29  M  6:30p-7:30p  F  4:45p-5:45p  $71 R/$76 NR  #108555
Mar 11-Apr 29  M  6:30p-7:30p  $60 R/$65 NR  #108553

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**Jazzercise Class**
Jazzercise is the original dance and party workout. Blending dance and 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. No class on January 21, February 14, 18, April 6 and 13.

**Age: 18+  ■ Centre Concord  ■ Teri Crippen**
Jan 3-Jan 31  Th  5:15p-6:15p  $28 R/$33 NR  #108591
Jan 3-Jan 31  M,Th  8:30a-9:30a  $76 R/$81 NR  #108599
Jan 5-Jan 26  Sa  8:30a-9:30a  $28 R/$33 NR  #108595
Jan 7-Jan 28  M  5:15p-6:15p  $21 R/$26 NR  #108587
Feb 2-Feb 23  Sa  8:30a-9:30a  $28 R/$33 NR  #108596
Feb 2-Feb 23  M,Th  8:30a-9:30a  $64 R/$69 NR  #108600
Feb 4-Feb 25  M  5:15p-6:15p  $21 R/$26 NR  #108588
Feb 7-Feb 28  Th  5:15p-6:15p  $15 R/$20 NR  #108593
Feb 28-Mar 28  M,Th  8:30a-9:30a  $82 R/$87 NR  #108601
Mar 2-Mar 30  Sa  8:30a-9:30a  $34 R/$39 NR  #108597
Mar 4-Mar 25  M  5:15p-6:15p  $27 R/$32 NR  #108589
Mar 7-Mar 28  Th  5:15p-6:15p  $28 R/$33 NR  #108594
Apr 1-Apr 29  M  5:15p-6:15p  $33 R/$38 NR  #108590
Apr 1-Apr 29  M,Th  8:30a-9:30a  $70 R/$75 NR  #108602
Apr 4-Apr 25  Th  5:15p-6:15p  $28 R/$33 NR  #108592
Apr 20-Apr 27  Sa  8:30a-9:30a  $16 R/$21 NR  #108598

**Jazzercise Class - Multi-Session**
Jazzercise is the original dance and party workout. Blending dance and 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. No class on January 21, February 14, 18, April 6 and 13.

**Age: 18+  ■ Centre Concord  ■ Teri Crippen**
Jan 5-Mar 4  M,Th,Sa  8:30a-6:15p  $125 R/$130 NR  #108603
Mar 2-Apr 29  M,Th,Sa  8:30a-6:15p  $135 R/$140 NR  #108889

**Jazzercise Lo**
This low impact, full body workout, blending dance basics with muscle-strengthening moves, is designed to help you burn fat, increase stamina and elevate mood. All classes are taught by a Certified Jazzercise Instructor, combining, sweat, fun and safety all in one rockin’ class. Please bring a mat and hand held weights. No class on January 21 and February 18.

**Age: 18+  ■ Willow Pass Community Center  ■ Donell Allen**
Jan 2-Jan 30  M,W,F  9:30a-10:30a  $58 R/$63 NR  #108860
Feb 1-Feb 27  M,W,F  9:30a-10:30a  $54 R/$59 NR  #108861
Mar 1-Mar 29  M,W,F  9:30a-10:30a  $63 R/$68 NR  #108862
Apr 1-Apr 29  M,W,F  9:30a-10:30a  $63 R/$68 NR  #108863

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**You can find us on YouTube**
www.youtube.com/concordfirst
**K.O. Taekwondo-Adult/Advanced**

This traditional style Taekwondo class helps focus on core values and is good for all ages and abilities. Emphasis on learning useful self-defense techniques, increased flexibility, stamina, improving overall muscle tone, and a great cardiovascular workout; 2 day and 3 days a week options. $35 required uniform fee payable first day of class. No class on January 19, February 16 and April 20.

| Age: 13+ Baldwin Park Dance Studio Kevin Oliver |
| Jan 2-Jan 30 | W,F 7:00p-8:00p and Sa 1:00p-2:00p | $104 R/$109 NR | #108608 |
| Jan 9-Jan 30 | W,F 7:00p-8:00p and Sa 1:00p-2:00p | $84 R/$89 NR | #108604 |
| Jan 30-Feb 27 | W,F 7:00p-8:00p | $94 R/$99 NR | #108605 |
| Feb 1-Feb 27 | W,F 7:00p-8:00p and Sa 1:00p-2:00p | $104 R/$109 NR | #108609 |
| Mar 1-Mar 29 | W,F 7:00p-8:00p and Sa 1:00p-2:00p | $104 R/$109 NR | #108610 |
| Mar 1-Mar 30 | W,F 7:00p-8:00p | $104 R/$109 NR | #108606 |
| Apr 10-Apr 26 | W,F 7:00p-8:00p and Sa 1:00p-2:00p | $104 R/$109 NR | #108611 |

**K.O. Taekwondo-Family Class**

Is your young child interested in the martial arts? Then allow everyone in your family to train and have fun together. Benefit with your children and participate in fun activities designed to increase attention span, focus and coordination. Learn basic skills that will prepare you to begin more disciplined training as you progress. For each fully paid registration the second family member is 50% off. $35 required uniform fee due first day of class. No class on January 19, February 16 and April 20.

| Age: 5+ Baldwin Park Dance Studio Kevin Oliver |
| Jan 9-Jan 30 | W,F 7:00p-8:00p | $84 R/$89 NR | #108612 |
| Jan 9-Jan 30 | W,F 7:00p-8:00p and Sa 12:00p-1:00p | $104 R/$109 NR | #108616 |
| Feb 1-Feb 27 | W,F 7:00p-8:00p and Sa 12:00p-1:00p | $94 R/$99 NR | #108613 |
| Feb 1-Feb 27 | W,F 7:00p-8:00p and Sa 12:00p-1:00p | $104 R/$109 NR | #108617 |
| Mar 1-Mar 29 | W,F 7:00p-8:00p and Sa 12:00p-1:00p | $94 R/$99 NR | #108614 |
| Mar 1-Mar 30 & Apr 10-Apr 26 | W,F 7:00p-8:00p and Sa 12:00p-1:00p | $104 R/$109 NR | #108618 |
| Apr 10-Apr 27 | W,F 7:00p-8:00p and Sa 12:00p-1:00p | $104 R/$109 NR | #108619 |

**Meditation 1 for Health and Well-Being**

Meditation promotes inner peace and well-being, leading to inspiration, self-knowledge, health, and a deeper spiritual connection. In this class you will learn to quiet your thoughts and tune into a higher state of consciousness. Instructor, Mary Bruns, has practiced and taught meditation for over 30 years. Optional CD $10.

| Age: 18+ Centre Concord Mary Bruns |
| Jan 10-Feb 7 | Th 7:00p-8:45p | $69 R/$74 NR | #108639 |

**Meditation 2 Continuing the Journey**

In Meditation 2, we deepen our connection to the Higher Mind to fine-tune our practice, reduce stress, enhance personal growth, and experience transformation. Through class discussion and handouts, you will better understand dream/meditation images and your unique developmental path. Prerequisite: Meditation 1. $5 Materials fee due instructor on first day of class. Optional CD $10.

| Age: 18+ Centre Concord Mary Bruns |
| Feb 21-Mar 21 | Th 7:00p-8:45p | $79 R/$84 NR | #108640 |

**Meditation 3 - Ongoing Meditation**

In Meditation 3, we apply what we have learned to improve our response to current life experiences, healing the negative impact of the past, learning to communicate at a higher level, and becoming an instrument of peace and wisdom. Pre-requisite: Meditation 1 and 2. $5 materials fee due instructor on first day of class.

| Age: 18+ Centre Concord Mary Bruns |
| Mar 28-Apr 25 | Th 7:00p-8:45p | $79 R/$84 NR | #108774 |

**Pilates**

Engage in a unique set of low impact exercises that strengthen and tone the body’s core muscles, improves posture and flexibility, and creates a more streamline figure. Pilates increase one’s inner strength, complementing almost all physical activities, enhancing overall health, posture, performance and physical appearance. Bring a sticky mat. Foam roller is optional.

| Age: 18+ Willow Pass Community Center David Henry |
| Jan 8-Feb 26 | T 5:30p-6:20p | $88 R/$93 NR | #108865 |
| Jan 10-Feb 28 | Th 6:30p-7:20p | $88 R/$93 NR | #108867 |
| Mar 5-Apr 3 | T 5:30p-6:20p | $88 R/$93 NR | #108866 |
| Mar 7-Apr 25 | Th 6:30p-7:20p | $88 R/$93 NR | #108868 |

**Pilates - Multi Session**

| Age: 18+ Centre Concord Fancy Feet Fitness Staff |
| Jan 8-Apr 3 | T 5:30p-6:20p | $157 R/$162 NR | #108869 |
| Jan 10-Apr 25 | Th 6:30p-7:20p | $157 R/$162 NR | #108884 |

**Plies and Planks**

This Barre-inspired class offers a low-impact, high-intensity workout that strengthens the core, improves posture, and builds endurance. You’ll use resistance props to fuse Pilates elements with chair-supported standing exercises to tone all muscle groups through movement and static positions. Suitable for any age and fitness level. Bring a mat.

| Age: 18+ Centre Concord Fancy Feet Fitness Staff |
| Jan 9-Feb 27 | W 8:30a-9:20a | $100 R/$105 NR | #108645 |

POUND

POUND® is the world’s first cardio jam session inspired by the infectious, energizing, and sweat-dripping fun of playing the drums. You become the music in this exhilarating full-body workout that combines cardio, conditioning, and strength training. Suitable for all fitness levels and ages over 13. Bring a mat. No class on February 18.

Age: 13+ ■ Centre Concord ■ Fancy Feet Fitness Staff
Jan 28-Mar 25 M 6:20p-7:10p $92 R/$97 NR #108646

Push Hands Beginner/Intermediate

Advance to the next step in Tai Chi practice. Through a wide variety of partners exercises, learn how to sense, cultivate and circulate chi. Benefits: develop a strong sense of self; cultivate clear boundaries in relationships, and physical self-defense. This does not replace your regular Tai Chi Gong practice, intended as an additional element of your practice.

Age: 18+ ■ Centre Concord ■ Amy Erez
Jan 8-Feb 26 T 7:15p-8:00p $76 R/$83 NR #108649
Jan 8-Apr 23 T 7:15p-8:00p $134R/$147NR #108651
Mar 5-Apr 23 T 7:15p-8:00p $76 R/$83 NR #108650

Rejuvenating Yoga

This class uses Asanas (poses) and Pranayama (breathwork) in fluid, physically challenging manner that engages the practitioner, and brings them into balance. Energizing and amazingly relaxing! Yoga increases vitality, improves health, well-being, and calms the mind while developing flexibility, increasing strength, and freedom of movement. Bring sticky mat, block and strap.

Age: 18+ ■ Willow Pass Community Center ■ David Henry
Jan 8-Feb 26 T 6:30p-7:20p $88 R/$93 NR #108870
Mar 5-Apr 23 T 6:30p-7:20p $88 R/$93 NR #108871

Rejuvenating Yoga - Multi Session
Jan 8-Apr 23 T 6:30p-7:20p $157 R/$162 NR #108872

T’ai Chi Chih

T’ai Chi Chih, a series of 19 gentle movements and one pose. An appropriate form for all ages and with the ease of the slow, gentle movements the practice will enhance mind, body and soul. Some of the benefits are improved balance, coordination and energy, corrects posture, reduces pain and stress. Wear comfortable clothing and flat shoes (sandals not recommended).

Age: 18+ ■ Baldwin Park Dance Studio ■ Ursula Smith
Jan 10-Feb 21 Th 9:15a-10:30a $74 R/$79 NR #108427
Mar 7-Apr 18 Th 9:15a-10:30a $74 R/$79 NR #108428

Tai Chi Gong

This class is designed to help you relieve stress, increase flexibility, improve balance, strengthen and tone muscles, and quiet the mind. Through gentle movements and meditative breathing, the natural healing rhythms of the body are reestablished. These ancient Chinese traditions offer personal insight and practical tools for change. No class on February 28.

Age: 18+ ■ Senior Center ■ Amy Erez
Jan 10-Feb 21 Th 6:00p-7:15p $99 R/$104 NR #108483
Jan 10-Apr 25 Th 6:00p-7:15p $199 R/$204 NR #108485
Mar 7-Apr 25 Th 6:00p-7:15p $108 R/$113 NR #108484

Tai Chi Gong Intermediate/Advanced

For students who have completed the first set of Tai Chi Chuan Long Form. Practice time, we will also continue to learn the left side of the set, fast set and other intermediate/advanced forms of the Tai Chi Gong practice. Consult instructor if you are uncertain about your readiness for the Intermediate class. Students can also attend the Thursday class at the Senior Center. No class on October 30.

Age: 18+ ■ Centre Concord ■ Amy Erez
Jan 8-Feb 26 T 6:00p-7:15p $108 R/$119 NR #108666
Jan 8-Apr 23 T 6:00p-7:15p $191 R/$210 NR #108668
Mar 5-Apr 23 T 6:00p-7:15p $108 R/$119 NR #108667

Yoga for Lunch

Make the most of your lunch hour with this Yoga for Lunch class! We use ASANAS (POSES) and PRANAYAMA (breath-work) in a fluid physical manner that brings the practitioner into balance which is both energizing and relaxing! Yoga increases energy, vitality and improves ones health and well-being! Bring a sticky mat, block and strap. No class on January 21 and February 18.

Age: 18+ ■ Concord Library ■ David Henry
Jan 7-Feb 25 M 12:10p-1:00p $67 R/$72 NR #108873
Mar 4-Apr 22 M 12:10p-1:00p $88 R/$93 NR #108874

Yoga for Lunch - Multi Session
Jan 7-Apr 22 M 12:10p-1:00p $138 R/$143 NR #108875

Yoga-Beginning

Everyone can practice yoga! You will gain strength and flexibility and leave your stress behind in this Iyengar style class. The benefits are too numerous to list. Bare feet over 13. Bring a mat. No class on January 21, February 18, April 15 and 17.

Age: 16+ ■ Willow Pass Community Center ■ Susan Killoran
Jan 7-Feb 25 M 5:30p-6:30p $46 R/$51 NR #108880
Jan 9-Feb 27 W 6:00p-7:00p $60 R/$65 NR #108882
Mar 11-Apr 29 M 5:30p-6:30p $53 R/$58 NR #108881
Mar 13-May 1 W 6:00p-7:00p $53 R/$58 NR #108883

Follow us on Facebook
www.facebook.com/CityofConcordCA.ParksRecreation

R = Concord Resident NR = Concord Non-Resident
Yoga-Intermediate
Continue to go deeper into your yoga practice in this lyengar style class. The benefits are too numerous to list. Bare feet are essential. Prerequisite: One year of yoga experience is a must. No class on January 21, February 18 and April 15.

Zumba
Attention all non-workout people, this is the class you've been waiting for! If you like to burn calories, travel the world and dance like you've never danced before, this Zumba class is for you! All you need is your water bottle and sneakers. No prior experience needed. No class on April 6.

Zumba and Tone
Take the “work” out of workout by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Super effective and super fun rhythms take over, you’ll see why Zumba Fitness classes are often called exercise in disguise. Resistance added by using Toning Sticks (light weights), keeps your muscles engaged! No class on January 21 and February 18.

Zumba Gold
Zumba Gold involves dance and aerobic movements performed to energetic music. The choreography incorporates hip-hop, soca, samba, salsa, merengue and mambo. You will increase flexibility, balance, joint coordination, agility, muscular strength and cardiovascular endurance. But most of all you will have fun. Zumba improves cardio, toning, flexibility, increases circulation and promotes an active healthy lifestyle.

Zumba, Tone and More
With an extra 30 minutes, we continue to mix low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Super effective and super fun rhythms take over, you’ll see why Zumba Fitness classes are often called exercise in disguise. Resistance added by using Toning Sticks (light weights), keeps your muscles engaged! No class on January 21 and February 18.

Pickleball Skills-Beyond the Basics
Improve your game. This ‘beyond the basics’ class will help sharpen your skills. Learn more effective dinking, volleying, serving, lobbing, the 3rd shot drop, and more. Experience fun and helpful practice drills that will take your game to the next level. No class on January 14.

Pickleball-Learn to Play
This class is designed for first-time players or anyone interested in learning what this funny-named sport is all about. Learn every aspect of the game including basic shot techniques, rules, court positioning, equipment and strategy. Start your lifelong enjoyment of the game now! No class on January 14.
ADULTS

DIABLO CREEK GOLF COURSE
DIABLO CREEK GOLF COURSE
4050 Port Chicago Highway, Concord
(925) 686-6267
www.diablocreekgc.com

Diablo Creek is an 18 hole Championship Golf Facility with a lighted driving range, open 7 days a week.
Monday: 9:30am to 9:20pm.
Tuesday-Saturday: Sunrise to 9:20pm.
Lights out at 10pm.
Sunday: Sunrise to 8:20pm.
Lights out at 9:00pm.

Call for hours on inclement weather days.
Gates close at 10:00pm.

Winter Tune-Up: Learn to play golf or fine tune your game with lessons with one of our teaching professionals. We offer individual lessons or group lesson packages. Come try out the newest golf product at our Custom Club Fitting Center and be personally fit using Trackman by one of our certified instructors. We carry all major brands.

City of Concord’s Adult Sports Leagues, Classes & Clinics
www.teamsideline.com/concord
www.concordreg.org
(925) 671-3423

Spring & Summer Leagues
Play for fun. Play to compete.
- Offering Men’s, Women’s and Coed Leagues
- Level of play to meet everyone’s ability
- Games played Sunday thru Friday evenings
- Registration opens in mid January

Pickleball
An addictive sport. Perfect for all ages.
- Classes, Clinics & Private Lessons
- Tournaments
- Leagues
- Join our mailing list at www.teamsideline.com/concord or connect with players at www.meetup.com/Concord-CA-Pickleball-Enthusiasts

The First Tee of Contra Costa
The First Tee is a non-profit youth program established to teach Life Skills and instill Core Values through the game of golf in a year-round program for boys and girls.

The First Tee Program consists of golf skills, fun games, challenges, life skills education, golf etiquette and golf rules. All participants (ages 7 and up) enter the program at our “PLAYER” level and advance through the levels, PAR,BIRDIE and EAGLE by mastering the skills and concepts presented at each level. “TARGET” level classes are available to participants ages 5-6.

- Winter Session: Week of January 14-March 3, Registration opens December 1
- 8 Week Spring Session: Week of March 25-May 18, Registration opens February 1
- Winter & Spring Session Fees for 8 weeks: $99 with early bird discount (1 day/week, 1.5 hour lessons)
- TARGET Program – Boys & Girls 5-6 years old Fee $89 with early bird discount (1 day/week 1 hour lessons)

*Fee assistance available.
Please visit the homepage of www.thefirstteecontracosta.org to register or to see our schedule of classes for the Spring Session.

VOLUNTEERS NEEDED. PLEASE CONTACT US! See how you can become part of this rewarding program. Donations to our fee assistance program are always appreciated.

Ask about our Fee Assistance Program
For more information, call 925-446-6701
tfeteecontracostsa@gmail.com

Chapter Office • 2290 Diamond Blvd., Ste. 203, Concord, CA 94520

DIABLO CREEK GOLF COURSE

Chapter Office • 2290 Diamond Blvd., Ste. 203, Concord, CA 94520
> Instructor-Facilitated Online Courses

Our instructor-facilitated online courses are informative, fun, convenient, and highly interactive. Our instructors are famous for their ability to create warm and supportive communities of learners. All courses run for six weeks (with a 10-day grace period at the end). Courses are project-oriented and include lessons, quizzes, hands-on assignments, discussion areas, supplementary links, and more. You can complete any course entirely from your home or office. Any time of the day or night.

- Expert Instructor
- 24-Hour Access
- Online Discussion Areas
- 6 Weeks of Instruction

New course sessions begin monthly. Please visit our Online Instruction Center to see exact start dates for the courses that interest you.

Enroll Now!

(925) 671-3118

Courses as Low as: $99

Concord Parks & Recreation

Introduction to Microsoft Excel
Discover the secrets to setting up fully formatted worksheets quickly and efficiently.

Microsoft Excel
Work faster and more productively with Excel’s most powerful tools.

Creating Web Pages
Learn the basics of HTML so you can design, create, and post your very own site on the Web.

Real Estate Investing
Build and protect your wealth by investing in real estate.

Accounting Fundamentals
Gain a marketable new skill by learning the basics of double-entry bookkeeping, financial reporting, and more.

Introduction to Microsoft Access
Store, locate, print, and automate access to all types of information.

Speed Spanish
Learn six easy recipes to glue Spanish words together into sentences, and you’ll be speaking Spanish in no time.

Introduction to Microsoft Word
Learn how to create and modify documents with the world’s most popular word processor.

A to Z Grantwriting
Learn how to research and develop relationships with potential funding sources, organize grantwriting campaigns, and prepare proposals.

Computer Skills for the Workplace
Gain a working knowledge of the computer skills you’ll need to succeed in today’s job market.

Introduction to QuickBooks
Learn how to quickly and efficiently gain control over the financial aspects of your business.

Introduction to PC Troubleshooting
Learn to decipher and solve almost any problem with your PC.

Grammar Refresher
Gain confidence in your ability to produce clean, grammatically correct documents and speeches.

Introduction to PowerPoint
Build impressive slide presentations filled with text, images, video, audio, charts, and more.

Discover Digital Photography
An informative introduction to the fascinating world of digital photography equipment.

MORE COURSES AVAILABLE AT OUR ONLINE INSTRUCTION CENTER
www.ed2go.com/concordleisure
## TRIPS AND TOURS

### Aquarium of the Bay Pier 39
Discover the beauty and diversity of Northern California aquatic life at self-guided tour of Aquarium of the Bay. The Aquarium is home to more than 20,000 marine animals including sleek sharks and rays, secretive octopus, hypnotic jellyfish and many more. Visit the shops or dine at one of the restaurants at PIER 39. No refunds or cancellations after January 10.

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<td>Thu 10:00a-2:30p</td>
<td>$34 R/$39 NR</td>
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### Cache Creek
Brooks California. Package: $15 Bonus play and $5 food credit or $20 match play and $5 food credit. No refunds or cancellations after February 7.

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<td>Thu 9:00a-5:00p</td>
<td>$40 R/$45 NR</td>
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### Chapel of the Chimes Tour
Enjoy a docent led tour of the historic Chapel of the Chimes designed in 1909 as a cemetery and columbarium. After our tour we’ll drop by the famous Fenton’s Creamery where you can indulge your sweet tooth or enjoy a sandwich (not included with pricing) before we head home. No refunds or cancellations after March 9.

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<td>Thu 10:00a-6:00p</td>
<td>$24 R/$29 NR</td>
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### Chinatown Highlights, 2019
Celebrate Chinese New Year with a specialized docent tour of Chinatown Highlights. Visit Chinese temples, Fortune Cookie Factory, Unique Tea House sampling tea with presentations and try some Dim Sum. Have lunch on your own with recommendations and time for shopping. We depart Chinatown at 3 p.m. Gun Hay Fat Choy! The Year of the Pig. Join us now. No refunds or cancellations after February 14.

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<td>Thu 8:00am-4:30p</td>
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### Graton Casino
Rohnert Park Package: $10 slot play and $5 dining coupon or $15 match play and $5 dining coupon. No refunds or cancellations after April 11.

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### Trip Difficulty Rating System
Our trip Difficulty Rating System ranks each trip from 1 to 3 according to the degree of activity and general travel rigors. For example, 1 is the easiest and 3 indicates the most strenuous. There is a limit of one flat fold walker on van trips rated 1 or 2 and 30 passenger bus trips. Please inform registration staff when registering a participant that uses a walker or wheelchair 2 weeks prior to trip departure. There is a limit of 1 wheelchair for casino motorcoach trips. There is a limit of 1 wheelchair on the 30 passenger bus. Wheelchair users need to be able to propel self in wheelchair and care for self or bring a paid caregiver.

### DEFINE FITNESS LEVEL
Fitness level is important to define. Overestimating your physical ability may affect the quality of your experience or impede others. Escorts are not responsible for assisting seniors in walking or access issues.

1. **Level 1 is EASY**
   Light walk (under 2 blocks). Wheelchair, canes and walker accessible.

2. **Level 2 is MODERATE**
   Medium walking with stairs/inclines. Long standing periods may apply. NO wheelchairs, canes or walkers.

3. **Level 3 is STRENUOUS**
   Person should be strong with good cardio. Heavy walking or hiking on uneven terrain, with more than 1 hour standing period. NO wheelchairs, canes or walkers.

### Trip Parking
For registrant(s) going on a trip, please park at the farthest lot past the Concord Senior Center building.

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Follow us on Facebook
www.facebook.com/CityofConcordCA.ParksRecreation

You can find us on YouTube
www.youtube.com/concordfirst
**Trips & Tour: Things To Know**

Full payment is required for all day trips at the time of registration.

Customers have the following ways to register:

- Walk in to the Senior Center Reception Desk, Mon.–Fri., 9 a.m.–noon
- Phone in to (925) 671-3320 Mon.–Fri., 9 a.m.–noon
- Register online at www.ConcordReg.org

**CANCELLATIONS**

All trips and tours will have defined cancellation dates. There is a $5.00 cancellation fee for withdrawing a reservation prior to the published cutoff date. NOTE: No refunds will be issued if a cancellation request is made after the cutoff date.

**TRANSPORTATION**

Seating in the transport vehicles will be on a first-come, first-serve basis. We have a 10 passenger van, 26 passenger bus and on occasion use a commercial motor coach.

**PARKING AT THE SENIOR CENTER**

Please park in the east parking lot (2nd parking lot) before checking in with your escort.

For more information, pick up a Trips & Tours brochure at the reception desk.

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**Japanese Tea Garden and Conservatory of Flowers**

Begin your day with a self-guided tour of the oldest Japanese Tea Garden. Visit the majestic Victorian Conservatory of Flowers. We have a docent tour of 4 of the garden rooms and a visit to the Special Exhibit, lunch at de Young Museum Café (on your own) and an opportunity to visit the de Young Tower. No refunds or cancellations after March 6.

**Murder Mystery Dinner Show**

Participate in a Murder Mystery Show as you enjoy a 3-course meal plus dessert while riding on the Sacramento River Train. This Who-Donnit adventure is sure to satisfy the super sleuth in you. No cancellations or refunds after March 22.

**Winchester House Tours and Lunch**

Tour the Winchester House and enjoy a glimpse “Behind the Scenes”. Because there are a lot of stairs in the house, you may elect to tour the house interior through Video Access. Please state this option at the time of registration. Reservations required by February 4. No refunds or cancellations after February 4.

**Hiking Tour of San Francisco**

Let’s get together and take a 6 hour tourist-style hike around San Francisco. We’ll meet at the Concord BART station. Pack your lunch, or plan to drop into a local deli to grab a sandwich during our travels. Sure to be a fun day in the City. Bring your Clipper Card.

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Hamilton at the Orpheum Theatre

The story of America then, as told by America now. Featuring a score that blends hip-hop, jazz, blues, rap and R&B. The story of America’s Founding Father Alexander Hamilton, an immigrant from the West Indies who became George Washington’s right-hand man during the Revolutionary War and was the new nation’s first Treasury Secretary. No refunds or cancellations after April 10.

**Lunch in Chinatown and Watch a Classic Play**

A Chinese cuisine lunch is arranged prior to the show. Dishes are selected by the Chef. Each guest will receive a raffle ticket upon arrival. Two prizes will be raffled off at the play, A Change of Heart. Watch as a mother abandons her family in the pursuit of riches while a heir spirals out of control with debt. No refunds of cancellations after February 16.
**Private Help with eDevices**
Is your smartphone or device making you feel dumb? Receive 1 on 1 assistance with your tech device; tablet, cell phone or computer. A monitor will attempt to troubleshoot and provide guidance to help you operate your device. Bring your device to this 1 on 1 session. Optimize your time by bringing in a list of your questions. Call for appointment (925) 671-3320.

**Loteria**
Spanish: Loteria Mexicana y bingo son actividades bilingües y divertidas para mantener nuestra mente activa. Una contribución de $3 incluye ocho juegos. Todos son bienvenidos!

**Reverse Mortgages and Retirement Planning**
Learn how financial planners use reverse mortgages to extend retirement assets and Social Security payments, supplement income, cover health care costs, or pay off higher interest debt as part of a comprehensive, long-term retirement plan. Learn how to enhance your financial picture with all-encompassing approach to protecting, managing and growing your retirement assets.

**Trust and Estate Planning Made Easy**
Revocable Living Trusts can help avoid probate. There are different kinds of Revocable Living Trusts. On death, a Trust can be expensive and complicated or simple and economical to administer, depending on which kind you choose. Have your questions answered by an experienced attorney who will explain why and how Trusts/Wills work in a way that is easy to understand.

**Welcome to Medicare**
Are you new to Medicare? Learn how to enroll, the different parts of Medicare cover and the cost, choose the best prescription coverage based on your medications, and the pros and cons of Medicare Advantage (HMOs) vs. Medicare Supplements. Presented by Contra Costa Health Insurance Counseling and Advocacy Program (HICAP).

**Volunteer Orientation**
Learn about volunteer opportunities at the Concord Senior Center. Volunteer positions include: Data Entry, Special Events, Computer Lab Monitor, Front Desk position 4 hours a day, 1 day a week and more. Please download and print a volunteer application at www.cityofconcord.org/pdf/recreation/programs/senior_volunteers.pdf. Please turn in application to the senior center a week before the orientation.

**Wills, Powers of Attorney and Advance Health Care**
In this workshop, each student will receive a ‘fill in the blanks’ Will, Durable of Power of Attorney and Advanced Health Care Directive form. All forms are in compliance with California Law. The instructor is an experienced estate planning attorney who will assist students in completing their forms.
Kupuna (Senior) Hula for Your Health

Bring your hand and foot movement to a great workout for mind, body and spirit. Learn simple Hawaiian words, phrases, songs and a choreographed hula that you will enjoy. Wear comfortable clothing and bring water. Sarong or Pa'u skirt optional.

Age: 50+
Senior Center                      Rosemarie Ramos
Jan 11-Feb 22  F  10:30a-11:30a  $46 R/$51 NR  #108463
Mar 8-Apr 26  F  10:30a-11:30a  $52 R/$57 NR  #108464

Momentos de Baile Latino

Spanish: Todas las persona de 50 anos y mas estan cordialmente invitados(as) los primeros lunes de cada mes al Baile Latino de 1:15pm a 3:30pm. Venga a bailar cumbia, salsa y merengue mientras comparte momentos agradables disfrutando de aperitivos saludables y rifas. Contribucion es de $3.00.

Age: 50+
Senior Center                      Volunteer/Staff
Jan 7  M  1:15p-3:30p  $3 NR  #108454
Feb 4  M  1:15p-3:30p  $3 NR  #108455
Mar 4  M  1:15p-3:30p  $3 NR  #108456
Apr 1  M  1:15p-3:30p  $3 NR  #108457

Tap Dance I - Beginning

Are you new to tap dance? Learn tap and have a low impact workout. You will learn fun dances that focus on basic steps. These steps are repeated weekly. No class on February 1, March 1, 22 and 29.

Age: 50+
Baldwin Park Dance Studio          Terry Davis
Jan 11-Apr 19  F  11:00a-11:45a  $59 R/$64 NR  #108433

Tap Dance II - Beginning

This class is for the beginning tap dancer who knows basic tap steps and has completed three sessions of Beginning Tap I or equivalent. No class on February 1, March 1, 22, and 29.

Age: 50+
Baldwin Park Dance Studio          Terry Davis
Jan 11-Apr 19  F  9:15a-10:00a  $59 R/$64 NR  #108435

Tap Dance II - Intermediate

This class is for students with previous experience in tap dance. You will enjoy learning challenging rhythms and fun routines set to great music in a comfortable and welcoming environment. The instructor has been teaching tap dance for over 20 years at various dance studios in the Bay Area. No class on February 1, March 1, 22 and 29 and April 26

Age: 50+
Baldwin Park Dance Studio          Terry Davis
Jan 11-Apr 19  F  10:15a-11:00a  $59 R/$64 NR  #108437

Health & Fitness

Chair Yoga and Wellness

Enjoy life! Improve your ability to stay strong and flexible physically and mentally. Liz creates a fun environment as she modifies poses based on individual needs. Bring a mat and bare fee or yoga socks. You will leave class feeling refreshed and confident, recommended for individuals with arthritis or osteoporosis.

Age: 50+
Baldwin Park Dance Studio          Elizabeth Bronson
Jan 8-Feb 19  T  1:15a-12:15p  $74 R/$79 NR  #108423
Mar 5-Apr 23  T  1:15a-12:15p  $84 R/$89 NR  #108424

Chair Yoga and Wellness
Step One Class

A gentle, easy paced class for folks getting back to exercise and don’t want to get on the floor. A chair is used for balance. Must be able to move on own and get into and out of a chair. Bring a sticky mat and bare feet or yoga socks.

Age: 50+
Baldwin Park Dance Studio          Elizabeth Bronson
Jan 8-Feb 19  T  12:30p-1:30p  $74 R/$79 NR  #109011
Mar 5-Apr 23  T  12:30p-1:30p  $84 R/$89 NR  #109012

Gentle Yoga

The benefit of attending a regular yoga class is to have a group of like-minded friends who encourage you to keep practicing. This class is an eclectic mix of yoga for flexibility and alignment, mindfulness, stress reduction, increased breath capacity, core strength, balance, muscle bone/strength. Instructor, Maxi Davi, has for yoga teaching certifications and has been teaching 30+ years.

Age: 50+
Baldwin Park Dance Studio          Maxine Davis
Jan 8-Feb 26  T  10:00a-11:00a  $92 R/$97 NR  #108438
Mar 5-Apr 30  T  10:00a-11:00a  $103 R/$108 NR  #108439
Qigong - Gentle Movements

Qigong is the practice of a series of slow gentle movements accompanied by visualizations which are designed to reduce stress, improve vitality and foster creativity. Practices vary from the soft internal styles such as Tai Chi. Qigong forms can be easily adapted, even for the physically challenged. No class on January 21 and February 25.

<table>
<thead>
<tr>
<th>Age: 50+</th>
<th>Senior Center</th>
<th>Angela &amp; Han Ong</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jan 7-Feb 25</td>
<td>M</td>
<td>9:30a-10:30a</td>
</tr>
<tr>
<td>Jan 7-Feb 25</td>
<td>M</td>
<td>10:45a-11:45a</td>
</tr>
<tr>
<td>Mar 4-Apr 29</td>
<td>M</td>
<td>9:30a-10:30a</td>
</tr>
<tr>
<td>Mar 4-Apr 29</td>
<td>M</td>
<td>10:45a-11:45a</td>
</tr>
</tbody>
</table>

Yoga for Wellness

Enjoy life! Yoga can improve your ability to stay strong and flexible physically and mentally; recommended for individuals with arthritis or osteoporosis. You will leave class feeling refreshed and confident. Bring a yoga mat and large towel or blanket. Beginners welcome! No class on January 21.

<table>
<thead>
<tr>
<th>Age: 50+</th>
<th>Baldwin Park Dance Studio</th>
<th>Elizabeth Bronson</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jan 11</td>
<td>M</td>
<td>12:45p-1:45p</td>
</tr>
<tr>
<td>Mar 22</td>
<td>M</td>
<td>12:45p-1:45p</td>
</tr>
</tbody>
</table>

Zumba

Zumba is a safe way to stay active and healthy with minimal risk of injury. Zumba improves cardio, toning, flexibility, increases circulation and promotes an active healthy lifestyle.

<table>
<thead>
<tr>
<th>Age 50+</th>
<th>Senior Center</th>
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</thead>
<tbody>
<tr>
<td>Jan 8-Feb 26</td>
<td>T</td>
</tr>
<tr>
<td>Mar 23</td>
<td>T</td>
</tr>
</tbody>
</table>

Private Help with eDevices

Is your smart phone or device making you feel dumb?

Received 1 on 1 assistance with your tech device; tablet, cell phone or computer. A monitor will attempt to troubleshoot and provide guidance to help you operate your device. Bring your device to this 1 on 1 session. Optimize your time by bringing in a list of your questions.

Call for an appointment (925) 671-3320

Every Friday at 9:30am, 10:30am and 11:30am
Jan 4 - Apr 26
$15.00
HOME EQUITY CONVERSION MORTGAGE

Reverse Mortgages as a Retirement Planning Tool

- Eliminate mortgages, credit cards or other debt
- Fund health care, in-home care, & home improvements
- Extend retirement accounts, delay start of Social Security benefits with tax-free cash*
- Downsizing or moving? Consider a reverse purchase option

*consult a tax specialist

Contact Jon Carlson, NMLS ID 257040 for a free consultation at
925-639-2711 or jcarlson@retzleads.com

Carlton Senior Living’s 55+ retirement living community is a senior living community in the truest sense – seniors are enjoying life with lots of friends, laughter and a sense of belonging! Please call today to schedule a visit, enjoy a complimentary Sunday brunch and reserve your new home.

CarltonSeniorLiving.com

Concord Live Strong Health Expo

Resources and Information for Seniors, Families and Professionals and Free Screenings

Friday, March 1, 2019
9:00 am - 1:00 pm
Concord Senior Center
2727 Parkside Circle

Exhibits, Health Screenings & Presentations

For more information contact the senior center at 925-671-2230 opt. 1 or email concordsc@cityofconcord.org.
Concord Senior Center - 2727 Parkside Circle

Health & Human Services

**AARP Driver Safety.** This course is taught on the **1st and 2nd Wednesday** every other month from **9:00 a.m. - 1:00 p.m.** Cost for AARP members: $15; cost for non members: $20. Call to register.

**Alzheimer’s Support Group** by Senior Helpers and Alzheimer Foundation of America. Alzheimer’s Support group meets on the **4th Wed** from **2:00 p.m. - 4:00 p.m.**

**Care Management** by Meals on Wheels Diablo Region (MOWDR) for Adults 60+
Discover a wide variety of assistance and resources available to you in the community. **Appointments are available on Monday and Wednesday from 9:30 a.m. - 3:00 p.m. and Thursday from 9:30 a.m. - 11:30 a.m.** For more information or to schedule an appointment contact the center.

**CC Café Hot Lunch Program** by Meals on Wheels Diablo Region (MOWDR) for Adults 60+
Café is open to adults 60+ and younger spouses and seniors. **Meals are served daily at 11:30 a.m.** You are required to register prior to starting the program. Contact the Café at (925) 825-1488 between 9:00 a.m. - 11:30 a.m. for more information and a menu.

**Get Around Taxi Program** by Concord Commission on Aging - Program is available to **Concord residents and 65 years and older**. Applications will be accepted weekdays from 10:00am-12:00noon at the center. Each book is $15 with a scrip value of $30. Registered seniors may purchase a maximum of 2 books per month. For brochure and application go to www.cityofconcord.org/senior and click on Get Around Taxi Program. Limited books available each year.

**Health Insurance Counseling and Advocacy Program (HICAP)** - Program provides free counseling about Medicare Benefits, Medicare Supplements, HMO’s and Nursing Home Insurance. Advisors are available on the **2nd, 3rd and 4th Friday from 1p.m. - 4p.m.; 1st & 2nd Tuesdays from 1p.m.- 4p.m.** Call (925) 602-4168 for an appointment.

**Home Match** by Covia - This program matches senior homeowners, who need affordable housing in order to remain in the area. Assist with housing agreements for all parties involved. Mediation and referral services are available. Provide interviews, applications, background screening. Call (925) 451-9890 to make an appointment.

**Legal Assistance.** Currently there is no lawyer on site. For legal assistance call **Contra Costa Senior Legal Services** at (925) 609-7900 or email legalhelp@ccsls.org. CCSLS is a private, non-profit agency that has been providing free legal services to seniors since 1976. CCSLS provides free **Advance Care Directive Clinic** at the Concord Senior Center. Attorneys will prepare an AHCD for you. Call the center to make an appointment.

**Memory Screening** by Senior Helpers and Alzheimer Foundation of America. Screenings will held on **4th Monday of each month from 1:00p.m. - 3:00p.m.** with the exception of May (holiday).

**Notary Services** by Volunteers for Adults 50+. Services are provided one signature page free of charge from **10:00 a.m. - 11:00 a.m.** on **every Wednesday. Fee for each additional signature page.** No appointment necessary. A prior contact check is recommended.

Pranic Healing is a simple yet powerful & effective system of no-touch energy healing. Meets monthly on Friday from 7:00pm—9:00pm. Donation for healings go to the Senior Center. No appointment necessary. Call the center for meeting dates.

**Senior Center Scholarship Program.** Scholarship Program is available to **adults 50+ residing in Concord** who wish to participate in the Senior Center Program. **Approved applicants** receive a maximum of $100 per individual, per year with $5 co-pay. Complete application, activity choice and supporting documents to center staff for review. Applicant will be notified when scholarship has been approved.

**Vision Support Group** by Lions Center for Visually Impaired - Vicky Estrada leads a FREE monthly support group for the visually impaired every **2nd Wednesday of the month at 1pm.** No registration necessary.

The Senior Center partners with non-profit agencies in expanding services to meet the needs of the 50 & Better community. This joint effort is vital to serving the entire community. Call the Senior Center at (925) 671-3320 for an appointment or for more information between 9:00 a.m. and 1:00 p.m., press option 1, or email concordsc@cityofconcord.org.
## SPECIAL RECREATION

### Special Recreation - Bowling
Meet new people, make new friends or hang out with old friends. Play three games of bowling. Shoes are included. This recreation is for adults with disabilities. It is designed for people 18 years of age or older.

<table>
<thead>
<tr>
<th>Age: 18+</th>
<th>Location: Clayton Valley Bowl</th>
<th>TBD</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jan 8-Feb 26</td>
<td>T 3:30p-5:30p</td>
<td>$64 NR #108885</td>
</tr>
<tr>
<td>Mar 5-Apr 30</td>
<td>T 3:30p-5:30p</td>
<td>$72 NR #108886</td>
</tr>
</tbody>
</table>

### Special Recreation - Community Dance
Come one and all and have a good time dancing the night away! Pay $7 at the door with exact cash. Credit card payment not accepted at the door.

<table>
<thead>
<tr>
<th>Age: 18+</th>
<th>Location: Senior Center</th>
<th>TBD</th>
</tr>
</thead>
<tbody>
<tr>
<td>Feb 8</td>
<td>F 7:00p-9:00p</td>
<td>$7 NR #108887</td>
</tr>
</tbody>
</table>

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**Specialized Recreation 2019 Dances**

**Fridays 7-9pm**

- January 11th Pleasant Hill
- February 8th Concord
- March 8th Pleasant Hill
- April 19th Walnut Creek
- May 17th Walnut Creek
- June 14th Concord
- July 12th Concord
- August 9th Concord
- September 13th Walnut Creek
- October 18th Pleasant Hill
- November 8th Concord
- December 13th Walnut Creek

**For More Information**

- Walnut Creek: Preston Jones: 256-3531 jonesp@walnut-creek.org
- Concord: Dario Sanchez: 925-671-3017 Dario.Sanchez@cityofconcord.org
- Pleasant Hill: Holly Frates 925-798-8788 x648 hfrates@pleasanthillrec.com
Concord Community Pool will be closed for repairs beginning December 1, 2018

The City will complete critical repairs to the pool plaster.

For alternative facilities go to www.cityofconcord.org/swim/

CONCORD COMMUNITY POOL 3501 COWELL ROAD, CONCORD ■ 671-3480

Spring Lap Swim
- Open year-round
- Pool heated to a comfortable 80 degrees
- 50 meter / 25 yard lap pools
- Heated locker rooms and showers
- Certified Professional Lifeguards

<table>
<thead>
<tr>
<th>Spring Lap Swim Fees</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Daily</strong></td>
</tr>
<tr>
<td>R: $5.50 / $6.50 NR</td>
</tr>
<tr>
<td><strong>Senior (65+)</strong></td>
</tr>
<tr>
<td>R: $4.75 / $5.75 NR</td>
</tr>
<tr>
<td><strong>Monthly</strong></td>
</tr>
<tr>
<td>R: $75 / $80 NR</td>
</tr>
<tr>
<td><strong>15 Swims</strong></td>
</tr>
<tr>
<td>R: $69 / $79 NR</td>
</tr>
<tr>
<td><strong>30 Swims</strong></td>
</tr>
<tr>
<td>R: $129 / $139 NR</td>
</tr>
<tr>
<td><strong>45 Swims</strong></td>
</tr>
<tr>
<td>R: $180 / $189 NR</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Spring Lap Swim Hours</th>
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</thead>
<tbody>
<tr>
<td><strong>TBD – Jun 9</strong></td>
</tr>
<tr>
<td>M, W, F</td>
</tr>
<tr>
<td>6 a.m. – 1 p.m.</td>
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<tr>
<td>Tu, Th</td>
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<tr>
<td>7 a.m. – 1 p.m.</td>
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<tr>
<td>M – Th</td>
</tr>
<tr>
<td>7 – 8:30 p.m. (Long course only)</td>
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<tr>
<td>Sa – Su</td>
</tr>
<tr>
<td>10 a.m. – Noon</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Spring Lap Swim Holiday Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>10 a.m. – Noon</strong></td>
</tr>
<tr>
<td>Memorial Day</td>
</tr>
<tr>
<td>May 27</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Spring Lap Pool Closures</th>
</tr>
</thead>
<tbody>
<tr>
<td>Swim Meet</td>
</tr>
<tr>
<td>May 18 – 19</td>
</tr>
<tr>
<td>Swim Meet</td>
</tr>
<tr>
<td>June 8 – 9</td>
</tr>
</tbody>
</table>

Spring Recreational Swim

May 25 – Jun 9 ■ Sa – Su ■ 1 – 4 p.m.

<table>
<thead>
<tr>
<th>Admission</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Adult (18+)</strong></td>
</tr>
<tr>
<td>R: $5.50 / $6.50 NR</td>
</tr>
<tr>
<td>NR: $69 / $79 NR</td>
</tr>
<tr>
<td><strong>Child (3 – 17)</strong></td>
</tr>
<tr>
<td>R: $4.75 / $5.75 NR</td>
</tr>
<tr>
<td>NR: $60 / $68 NR</td>
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<tr>
<td><strong>Tot (2 &amp; Under)</strong></td>
</tr>
<tr>
<td>Free (must be accompanied by adult)</td>
</tr>
<tr>
<td><strong>Family Pass up to 4 family members</strong></td>
</tr>
<tr>
<td>R: $285 / $305 NR</td>
</tr>
<tr>
<td>($20 for each additional member)</td>
</tr>
</tbody>
</table>

R = Concord Resident    NR = Concord Non-Resident
Deep Water Workout
Deep water is an enjoyable and effective non-impact aquatic training medium for a full range of exercise challenges. We suspended in 12 feet of water so a flotation device is strongly recommended. These flotation options will be addressed on the first day of class.

### Private Swim Lessons
1 on 1 swim instruction.

<table>
<thead>
<tr>
<th>Age: 3+</th>
<th>Concord Community Pool</th>
<th>Andrea Legault</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apr 4-May 1</td>
<td>Sa 10:00a-10:30a</td>
<td>$105 R/$110 NR</td>
</tr>
<tr>
<td>Apr 4-May 1</td>
<td>Sa 10:35a-11:05a</td>
<td>$105 R/$110 NR</td>
</tr>
<tr>
<td>Apr 4-May 1</td>
<td>Sa 11:10a-11:40a</td>
<td>$105 R/$110 NR</td>
</tr>
<tr>
<td>Apr 4-May 1</td>
<td>Sa 11:45a-12:15p</td>
<td>$105 R/$110 NR</td>
</tr>
<tr>
<td>May 4-May 9</td>
<td>M-Th 3:45p-4:15p</td>
<td>$105 R/$110 NR</td>
</tr>
<tr>
<td>May 4-May 9</td>
<td>M-Th 4:20p-4:50p</td>
<td>$105 R/$110 NR</td>
</tr>
<tr>
<td>May 4-May 9</td>
<td>M-Th 4:55p-5:25p</td>
<td>$105 R/$110 NR</td>
</tr>
<tr>
<td>May 6-May 9</td>
<td>M-Th 5:30p-6:00p</td>
<td>$105 R/$110 NR</td>
</tr>
<tr>
<td>May 13-May 16</td>
<td>M-Th 3:45p-4:15p</td>
<td>$105 R/$110 NR</td>
</tr>
<tr>
<td>May 13-May 16</td>
<td>M-Th 4:20p-4:50p</td>
<td>$105 R/$110 NR</td>
</tr>
<tr>
<td>May 13-May 16</td>
<td>M-Th 4:55p-5:25p</td>
<td>$105 R/$110 NR</td>
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<tr>
<td>May 13-May 16</td>
<td>M-Th 5:30p-6:00p</td>
<td>$105 R/$110 NR</td>
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<tr>
<td>May 20-May 23</td>
<td>M-Th 3:45p-4:15p</td>
<td>$105 R/$110 NR</td>
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<tr>
<td>May 20-May 23</td>
<td>M-Th 4:20p-4:50p</td>
<td>$105 R/$110 NR</td>
</tr>
<tr>
<td>May 20-May 23</td>
<td>M-Th 4:55p-5:25p</td>
<td>$105 R/$110 NR</td>
</tr>
<tr>
<td>May 28-May 31</td>
<td>T-F 3:45p-4:15p</td>
<td>$105 R/$110 NR</td>
</tr>
<tr>
<td>May 28-May 31</td>
<td>T-F 4:20p-4:50p</td>
<td>$105 R/$110 NR</td>
</tr>
<tr>
<td>May 28-May 31</td>
<td>T-F 5:30p-6:00p</td>
<td>$105 R/$110 NR</td>
</tr>
</tbody>
</table>

Aquatot-Parent & Me
Come and enjoy a new way to bond and cool-off with your child in our Parent and Me Aquatots course. This course will give you the opportunity to introduce your child to a lifetime of swimming enjoyment all while being done in a playful environment. Participants still in diapers must wear swim diapers.

<table>
<thead>
<tr>
<th>Age: 10m-36m</th>
<th>Concord Community Pool</th>
<th>Staff</th>
</tr>
</thead>
<tbody>
<tr>
<td>May 4-Jun 1</td>
<td>Sa 12:10p-12:40p</td>
<td>$36 R/$41 NR</td>
</tr>
<tr>
<td>May 7-May 16</td>
<td>T,Th 12:00p-12:30p</td>
<td>$36 R/$41 NR</td>
</tr>
<tr>
<td>May 21-May 30</td>
<td>T,Th 12:00p-12:30p</td>
<td>$36 R/$41 NR</td>
</tr>
</tbody>
</table>

Preschool Level 1 Alligators Alley
- Submerge Head - 10 secs
- Front float
- Back float
- Front glide
- Back glide

*No class on May 27.

<table>
<thead>
<tr>
<th>Age: 3-5</th>
<th>Concord Community Pool</th>
<th>Staff</th>
</tr>
</thead>
<tbody>
<tr>
<td>May 4-Jun 1</td>
<td>Sa 10:00a-10:30a</td>
<td>$36 R/$41 NR</td>
</tr>
<tr>
<td>May 6-May 15</td>
<td>M,W 3:45p-4:15p</td>
<td>$36 R/$41 NR</td>
</tr>
<tr>
<td>May 7-May 16</td>
<td>T,Th 3:45p-4:15p</td>
<td>$36 R/$41 NR</td>
</tr>
<tr>
<td>*May 20-May 31</td>
<td>M,W,F 3:45p-4:15p</td>
<td>$36 R/$41 NR</td>
</tr>
<tr>
<td>May 21-May 30</td>
<td>T,Th 3:45p-4:15p</td>
<td>$36 R/$41 NR</td>
</tr>
</tbody>
</table>

Preschool Level 2 Seal’s Rock
- Beginner stroke
- Fin and kick on back
- Glide with flutter kick
- Jump in 2-3 feet of water

*No class on May 27.

<table>
<thead>
<tr>
<th>Age: 3-5</th>
<th>Concord Community Pool</th>
<th>Staff</th>
</tr>
</thead>
<tbody>
<tr>
<td>May 4-Jun 1</td>
<td>Sa 10:35a-11:05a</td>
<td>$36 R/$41 NR</td>
</tr>
<tr>
<td>May 6-May 15</td>
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<td>$36 R/$41 NR</td>
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<tr>
<td>May 7-May 16</td>
<td>T,Th 4:20p-4:50p</td>
<td>$36 R/$41 NR</td>
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<tr>
<td>*May 20-May 31</td>
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<td>$36 R/$41 NR</td>
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<td>May 21-May 30</td>
<td>T,Th 4:20p-4:50p</td>
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</table>

Preschool Level 3 Seaweed Patch
- Flutter kick
- Front crawl
- Side breathing

*No class on May 27.

<table>
<thead>
<tr>
<th>Age: 3-5</th>
<th>Concord Community Pool</th>
<th>Staff</th>
</tr>
</thead>
<tbody>
<tr>
<td>May 4-Jun 1</td>
<td>Sa 11:10a-11:40a</td>
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<td>$36 R/$41 NR</td>
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<tr>
<td>May 21-May 30</td>
<td>T,Th 4:55p-5:25p</td>
<td>$36 R/$41 NR</td>
</tr>
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</table>
### SWIMMING

#### Preschool Level 4 Otter’s Cove
- Back float and kick
- Backstroke arms
- Backstroke

*No class on May 27.

<table>
<thead>
<tr>
<th>Age: 3-5</th>
<th>Concord Community Pool</th>
<th>Staff</th>
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<tr>
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<tr>
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<td>T,Th 5:30p-6:00p</td>
<td>$36 R/$41 NR #108955</td>
</tr>
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</table>

#### American Red Cross Lifeguard Clinic
This course teaches lifeguards the skills and knowledge needed to prevent and respond to aquatic emergencies. It provides an opportunity to complete all certifications in one course. Must be 15 by the last day of the course. Must be able to tread water 2 minutes (legs only) swim 200 yards continuously and retrieve a 10lb brick from a depth of 10 feet.

<table>
<thead>
<tr>
<th>Age: 15+</th>
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<tr>
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<td>$199 R/$204 NR #109014</td>
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</table>

#### Elementary Level 1
- Submerge head
- Front float with kick
- Back Float with Kick
- Beginner stroke

*No class on May 27.

<table>
<thead>
<tr>
<th>Age: 6-13</th>
<th>Concord Community Pool</th>
<th>Staff</th>
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<tbody>
<tr>
<td>May 4-Jun 1</td>
<td>Sa 10:00a-10:30a</td>
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#### Elementary Level 2
- Front crawl
- Front crawl with side breathing
- Backstroke

*No class on May 27.

<table>
<thead>
<tr>
<th>Age: 6-13</th>
<th>Concord Community Pool</th>
<th>Staff</th>
</tr>
</thead>
<tbody>
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</table>

#### Elementary Level 3
- Breaststroke
- Kick breaststroke
- Elementary backstroke

*No class on May 27.

<table>
<thead>
<tr>
<th>Age: 6-13</th>
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<th>Staff</th>
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#### Elementary Level 4
- Dolphin kick
- Butterfly sides stroke

*No class on May 27.

<table>
<thead>
<tr>
<th>Age: 6-13</th>
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---

[Staff](R = Concord Resident  NR = Concord Non-Resident)

---

**TERRAPINS SWIM TEAM**

**RECOGNIZED AS ONE OF THE NATION’S BEST COMPETITIVE SWIM PROGRAMS RIGHT HERE IN CONCORD**

- High School Pre-Season Program
- Winter/Spring Competitive Clinics
- Orange Group Spring Session
- Year-Round competitive swim team membership open throughout the year.
- Private Competitive Lessons available

Check out our website for more information on all our programs

[WWW.TERRAPINSWIM.COM](http://WWW.TERRAPINSWIM.COM)

Or call our office to speak with the staff

(925) 680-8372

---

[Concord Community Pool](#)

[Concord City News & Activity Guide Winter / Spring 2019](#)

Concord

Make your summer the BEST one yet!

Join our team!
Learn water safety skills!
Teach kids to swim!

www.cityofconcord.org/recreation
Camp Littlefoot
(Ages 2 ½ - 6)

Your child will enjoy a summer day camp experience for young children offering fun thematic age-specific programs at Centre Concord and Baldwin Park Preschools. Children entering Kindergarten will benefit from skills to prepare them in Kinderprep.

Backyard Explorers
(Grades K- 5th)

Summer Camp the way it was meant to be! With trees and a creek, areas to explore and new friends to meet, children come back year after year to this week-long day camp for the exciting trips, adventures and camaraderie.

All That & Then Some
(Ages 11-14)

“All That and Then Some” Middle School Summer Program provides a safe and supervised place where your teen will experience fun times with friends, plus meet new friends while swimming, going on awesome Bay Area trips, cooking and much more!

Registration begins February 22 at www.ConcordReg.org
Counselor in Training (C.I.T.)
(Ages 13-15)

The CIT program teaches teens leadership skills and provides valuable job training that could lead to future counselor opportunities at the junior level and beyond. Teens work side-by-side with counselors of the Backyard Explorers Program.

Sports Camps
(Ages 3-14)

Choose from a wide variety of sports from soccer, skateboarding, water polo, cheerleading, basketball, flag football, baseball, volleyball, tennis, swimming and some combination camps with unusual twists.

Enrichment Camps
(Ages 5-17)

Lego Camps are one of the many enrichment camps offered this summer, others could include: Ballet Camp, Video Games & Programming, Mad Science, Young Rembrandts Art Camps and Little Medical School.
**FAMILY CAMP**

---

**What is Family Camp?**

Family Camp at Camp Concord is nature on a silver platter! Family Camp is your traditional nature and campfires without the hassle of pitching a tent and cooking. A combination of glamorous and camping, a family camp vacation brings the comfort of home into the great outdoors. As family campers, your family will have the opportunity to leave hectic schedules behind and reconnect while enjoying the beauty of one of California's premiere vacation destinations – South Lake Tahoe!

---

**What does Family Camp include?**

- Three delicious meals a day
- A comfortable, private cabin for each family
- Activities designed for all ages

---

**Camp Schedule**

Camp Concord operates on a weekly Activity schedule and may include:

- Archery, Canoeing, Kayaking, Arts & Crafts, Volleyball, Horseshoes, Games and more
- Excursions to local beaches and points of interest such as Angora Lake, D.L. Bliss State Park, a hike along the Rubicon Trail or to Cascade waterfalls

---

**Daily you can expect:**

- Assortment of morning snacks for early risers
- Full hot breakfast
- Special kids activities three times a day
- Lunch–either on camp, bagged for you to take with you or at an off-site activity location
- Adult Social Hour
- Dinner
- Family Oriented activities ranging from campfires, to bingo, to a luau on the beach

---

**Additional Information:**

- Registration is per person/per night and includes 3 meals a day – stay when you want for as long as you want!
- You do **NOT** need to be a Concord Resident to attend Family Camp

---

**Together we’re better!**

Camp Concord is an equal opportunity provider operating under a Special Use Permit on Lake Tahoe Basin National Forest Lands.

---

**www.campconcord.org**
2019 FAMILY CAMP

Friday, June 21 – Saturday, July 13
and
Monday, July 29 – Friday, August 9

Camp Concord 2019 Rates

<table>
<thead>
<tr>
<th>Age</th>
<th>Fee (Includes all meals)</th>
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<tbody>
<tr>
<td>Age 16 and over</td>
<td>$99</td>
</tr>
<tr>
<td>Age 11-15</td>
<td>$77</td>
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<tr>
<td>Age 6-10</td>
<td>$56</td>
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<tr>
<td>Age 3-5</td>
<td>$33</td>
</tr>
<tr>
<td>Age 2 and Under</td>
<td>FREE</td>
</tr>
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</table>

Concord residents receive a 15% discount off total reservation.

*Dates subject to change. Visit www.campconcord.org for current availability.

Priority Registration begins:
January 8, 2019 for Friends of Camp Concord Members

Open Registration begins: February 5, 2019

Four Easy Ways to Register
- Walk-in 2748 East Olivera Rd., Concord, CA 94519
- Hours: 10a.m.–12p.m. and 1-3 p.m., Monday–Friday
- Mail 1950 Parkside Dr. MS/11, Concord, CA 94519
- Fax (925) 689-8169
- Phone (925) 671-3006

www.ConcordReg.org

OVERNIGHT CAMPS

Camp Concord 50 and Better
Enjoy a special Lake Tahoe getaway for adults 50 years or older. Camp Concord in South Lake Tahoe is the perfect place for a relaxing or adventurous vacation-your choice! You choose activities ranging from Hiking, Canoeing and Kayaking, to Arts & Crafts and Bingo. Price includes all meals featuring fresh fruits and vegetables, ribs, pasta and chicken. Accommodations in cabins with electricity and convenient access to restrooms and hot showers. For complete details, pick up a 50 and Better camp brochure or visit our website: www.campconcord.org. Cabins sleep up to 5 people, so be sure to include the names of friends you want to bunk with at the time of registration.

<table>
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<th>Age: 50+ ■ Camp Concord ■ TBD</th>
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<tr>
<td>Aug 19-Aug 23 M-F 3:00p-11:00p</td>
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<tr>
<td>Aug 26-Aug 30 M-F 3:00p-11:00a</td>
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</table>

Camp Concord Mother and Son Weekend
Imagine a weekend where you can slow down and enjoy one-on-one time with your son; a time where no one else is competing for your attention, a weekend away from household chores, a weekend for both of you to meet new friends and create shared adventures. Complete with S'mores, Canoeing, Archery, an afternoon at the beach and the search for mischievous forest creatures. It is a weekend for memories that will last a lifetime. Course registration fee is inclusive of mother and son. For more information, please visit www.campconcord.org. Space is limited, so register now!

<table>
<thead>
<tr>
<th>All Ages ■ Camp Concord ■ Staff</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aug 9-Aug 11 S,F-Sa 3:00p-11:00a</td>
</tr>
<tr>
<td>$95.00 each additional son</td>
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</table>

Camp Concord-Labor Day Escape
There is no better way to end your summer than spending it at the Happiest Place on Dirt with your family! Labor Day Escape at Camp Concord offers all the Family Favorites in one weekend. Activities include a day at Baldwin Beach, Canoeing, Archery, Carnival Night and Arts & Crafts, you will be able to enjoy quality time with your family away from busy schedules and technology. Meals, accommodations, programming and activities will be provided so you don’t have to worry about a thing. Labor Day Escape will give you and your family a long weekend of relaxation, fun, memories and so much more. For more information, please visit www.campconcord.org. Check-in for Labor Day Escape begins Friday, August 30 at 3 p.m. and check-out is Monday, September 2 at 11 a.m.

<table>
<thead>
<tr>
<th>All Ages ■ Camp Concord ■ Staff</th>
</tr>
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<tbody>
<tr>
<td>Aug 30-Sep 2 F-M 3:00p-11:00a</td>
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</table>

1. John F. Baldwin Park
2. BART Linear Park
3. BART Park
4. Bayview Circle Park
5. Boatwright Youth Sports Complex
6. Brazil Quarry
7. Cambridge Park
8. Concord Community Park
9. Concord Skate Park
10. Dave Brubeck Park
11. Diablo Creek Golf Course
12. El Dorado Middle School Play Fields
13. Ellis Lake Park
14. Len Hester Park
15. Highlands Park
16. Hillcrest Community Park
17. Iron Horse Park
18. Krueger Fields
19. Lime Ridge Open Space
20. Greater Lime Ridge Open Space
21. Markham Nature Park and Arboretum
22. Meadow Homes Park
23. Newhall Community Park
24. Rick Seers Park
25. Sun Terrace Park
26. Todos Santos Plaza
27. Willow Pass Community Park
28. Ygnacio Valley Park
Rental facilities for all occasions
weddings, quinceañeras, receptions, seminars, corporate events, meetings

Centre Concord
5298 Clayton Road
Concord, CA 94521
(925) 671-3382

Willow Pass Center
2748 E. Olivera Road
Concord, CA 94519
(925) 671-3423

Concord Senior Center
2727 Parkside Circle
Concord, CA 94519
(925) 671-3320 ext. 3

Take a virtual tour of our facilities!
www.cityofconcord.org/rentals
**Concord Library**

**Winter/Spring Children’s Programs**

2900 Salvio ■ (925) 646-5455

- **Baby & Toddler Time**
  
  Books, songs, bounces and finger plays for children 6 months to 3½ years old
  
  Tuesdays, 10:15 & 11:15 a.m.

- **Preschool Storytime**
  
  Stories, songs and finger plays for children 3½–5 and caregiver
  
  Wednesdays 10:30 a.m.
  
  November 2–30

- **Movie Mondays**
  
  Come see a rated “G” or “PG” movie in the Library. Please contact library for days and titles.
  
  Select Mondays, 7:00 p.m.

- **FREE Homework Help**
  
  Mondays
  
  4:00–6:00 p.m.

*All programs subject to change*

---

**Concord Farmers’ Market**

**Todos Santos Plaza**

**Concord’s Official Tree-Lighting, Carriage Rides, Mayor’s Sing-Along and Santa’s Grand Arrival**

Saturday, December 7

Santa’s Arrival: 4 p.m.

On-stage entertainment: 5 p.m.

School choirs and community entertainment on stage with traditional tree-lighting and holiday sing-along.

**Concord Farmers’ Market**

Tuesdays: Year-round, 10 a.m.–2 p.m.

Thursdays: April 18–October 31, 4–8 p.m.

1 - 8 0 0 - 9 4 9 - F A R M

**MOMDay in the Plaza and All Area Music Festival**

Saturday, May 11

Combining two great events, celebrate Mom and Bay Area music education at the same time! Treat that special Mom to a wonderful dining experience in the Todos Santos Plaza District, then join us in the Plaza for the All Area Music festival, featuring performances by Bay Area student musicians.

**Music and Market**

Thursday evenings

May 30–September 26, 6:30–8 p.m.

Farmers’ Market and free music concerts in the Park with a great line-up of wonderful Bay Area musicians. Salsa, jazz, zydeco, blues and more.

**Tuesday Night Blues**

Tuesday evenings, July 2–30, 6:30–8 p.m.

*FREE* all-Blues series.

**Cool Concord Cars**

Tuesday, July 2, 5:30–7:30 p.m.

*FREE* car show! Join us on the opening night of Tuesday Night Blues for our annual car show. No registration fees, with dash plaques, goodie bags, and prizes for the winners!

**July 4th Run, Parade and Fireworks**

Featuring the Concord Police Association

1Stars and Stripes Run

Run Registration: 6:45 a.m., Parade: 10 a.m.

Todos Santos Business Arts Foundation Entertainment/ Fireworks Mt. Diablo High School: 4 p.m.

All events subject to change

www.concordfirst.org

Free parking in two City downtown garages.
SIGN UP NOW - FIVE (5) EASY WAYS TO SIGN UP

1. Online Registration
   www.ConcordReg.org

2. By Fax
   Send your completed form and credit card information to
   689-8169.

3. By Mail
   Pay by check, MasterCard, Visa or American Express.

   Mail your completed form with payment to:
   Concord Parks & Recreation Department Registration
   1950 Parkside Drive, MS/11
   Concord, CA 94519-2578

4. Drop–off
   During business hours secure drop slots at
   Willow Pass Center and Centre Concord.

5. In person registration and customer
   service hours at the following locations:

   Willow Pass Community Center
   2748 E. Olivera Road (In Willow Pass Park)
   Monday–Friday, 10 a.m.–12 p.m. and 1–3 p.m.

   Centre Concord
   5298 Clayton Road, Concord
   (In the Clayton Fair Shopping Center next to
   Clayton Valley Bowl)
   Monday–Friday, 10 a.m.–12 p.m. and 1–3 p.m.

Please Remember:
- Register early! Classes with low enrollment may be canceled before the first class.
- If the class you select is full, you will be notified and your check returned.
- If you live within the city limits of Concord, you enjoy the Concord resident discount.
- Information in this brochure, including fees and locations, is subject to change.
- For the most up-to-date class information call 671-3404.
- Para información en Español llame al 671-3324.
REGISTRATION

WITHDRAWALS AND TRANSFERS
If you wish to drop a class or transfer to another session, call us at least five (5) full working days before the start date for a refund or credit. **No refunds for non-attendance, one-day workshops, trips or materials fees.**

QUALITY ASSURANCE AND CREDITS / REFUNDS
Try our classes. If, after attending the first class, you are not happy with the quality of the program, call us right away. Tell us what was wrong so we can make it right. If you call before the second class we will give you a full refund or credit. **There are no refunds for non-attendance, one-day workshops, trips or materials fees.** Refunds due to course cancellations can take up to 2 to 4 weeks to process. Cash payments will be refunded by check. A credit left on a customer’s account will expire 12 months after the date of issuance. Fees and locations are subject to change.

HOW DID YOU HEAR ABOUT THIS PROGRAM?
- Activity Guide
- On-going Program
- Friend or Family
- Brochure or flyer through school
- City Website
- Email Newsletter
- Cable TV Channel
- Banner/Public Display
- Newspaper
- Other ________________________________

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<table>
<thead>
<tr>
<th>Head of Household</th>
<th>□ Concord Resident □ Non-Resident</th>
</tr>
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<tbody>
<tr>
<td>Address</td>
<td>[ ] If you or your child have a special need or disability, please check here.</td>
</tr>
<tr>
<td>City</td>
<td>State</td>
</tr>
<tr>
<td>Email</td>
<td>Phone (Day)</td>
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ACTIVITY REGISTRATION: This is for (check one) □ Winter □ Spring □ Summer □ Fall

<table>
<thead>
<tr>
<th>Participant Name</th>
<th>Date of Birth</th>
<th>Course #</th>
<th>Course Title</th>
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Total Fees $________

WAIVER AND RELEASE FROM LIABILITY / ASSUMPTION OF RISK

I, the undersigned, wish to participate in one or more activities (hereinafter collectively referred to as “the Activity”) conducted in collaboration with the City of Concord’s Parks & Recreation Department. I am aware that serious accidents and injuries occasionally occur during recreational pursuits such as the Activity. In consideration of my participation in the Activity, I knowingly and voluntarily assume all risks arising therefrom, and on behalf of myself, my heirs and assigns release the City of Concord, its officers, agents, employees and volunteers from any and all claims, liens, damages, lawsuits, or liability for property damage, injury or death, resulting from, arising out of, or in any way connected with my participation in the Activity.

I agree and acknowledge that this Waiver and Release From Liability/Assumption of Risk shall apply even in the event that I suffer death, personal injury, or property damage as the result of passive or active negligence on the part of the City of Concord, its officers, agents, employees, or volunteers of the City (with the exception of sole, active negligence, or willful misconduct). In the event that the individual participating in the Activity is a minor, I certify that I am his/her parent or legal guardian and I give my permission for him/her to participate in the Activity. I understand my signature is a legal and binding signature and will be considered original if received by fax.

USE OF PARTICIPANT PHOTOGRAPHS/VIDEO

In addition to the forgoing, I give consent to Concord Parks & Recreation Department or any other media agency authorized by the City of Concord to photograph or video me (or the minor on whose behalf I am signing this waiver), and to use such photographs/video footage in brochures, newspapers, social media, or other forms of media describing City of Concord activities. I agree to advise the City of Concord Parks & Recreation Department in writing if I do not agree to the forgoing.

(check one) □ Self □ Parent □ Guardian

Signature ___________________________ Date ________________

Method of payment: □ Check payable to: Concord Parks & Recreation

<table>
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<th>Amount $</th>
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<tr>
<td>VISA</td>
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