Concord City News and Activity Guide

Fall 2018

- Preschool pages 10-11
- Quality of Life Services page 3
- Concord’s 150th Anniversary page 7
- Meditation page 21
New mobile app makes it easy to submit non-emergency requests for service

- Report potholes, illegal dumping, abandoned vehicles, graffiti, malfunctioning streetlights or signals, and other neighborhood issues
- Your report is sent directly to the appropriate City department
- You can track the status of your request
- See a map of all requests in your area and the status of each one
- Access City information from the home page

Available in the Apple app store and Android Google Play store

Upload Concord Connect Today!
On the cover: Clockwise from top left
(1) Our preschool programs provide play-based learning, pre-academic and enrichment opportunities for children ages 2-4; (2) Public Works crews work hard to maintain critical city services, like our sewer systems; (3) The Parks and Recreation Department offers several fitness and dance classes to help keep seniors active and social; and (4) Todos Santos Plaza now features a bronze statue of town founder Don Salvio Pacheco.

City of Concord
Edi E. Birsan  Mayor
Carlyn S. Obringer  Vice Mayor
Laura M. Hoffmeister  Councilmember
Ronald E. Leone  Councilmember
Timothy A. McGallian  Councilmember
Valerie J. Barone  City Manager
Jennifer Ortega  Community Relations Manager and Editor

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Street Sweeping ........................................................671-3448
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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

Concord Community Park and Pool – 3501 Cowell Road......671-3480
Concord Library – 2900 Salvio St..................................646-5455
Concord Senior Center – 2727 Parkside Circle.............671-3320
Diablo Creek Golf Course – 4050 Port Chicago Highway ....686-6262
K.O. Taekwondo – 4115 Concord Blvd., Unit 40 .......686-6262
Markham Nature Park – 1202 La Vista Ave.
Newhall Park – 1351 Newhall Parkway
Village Music – 1720 Linda Dr., Pleasant Hill ...............676-8400
Willow Pass Community Center and Park – 2748 E.Olivera Road...671-3423
Parks & Recreation Class Registration
Registration Office .....................................................671-3404
en Español .................................................................671-3324

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
Clayton Valley Little League ........................................www.cvlr.org
Concord American Little League ................................www.callbaseball.org
Concord Lady Hawks .................................................www.concordladyhawks.com
JOB 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.concordays.com
Diablo FC www.diablofc.org ......................................798-GOAL
Liga Latina ...............................................................www.ligalatinaconcord.com
Mt. Diablo Soccer Association ..................................www.mdsoccer.org

Adult Soccer
Concord AYSO .........................................................www.concordays.com
Contra Costa Mixed Soccer ........................................www.eteamz.com/ccmsl
East Bay Senior Soccer .............................................www.ebsls.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...........689-7263
The City of Concord prides itself on a transparent, fiscally accountable budget process responsive to community priorities and needs. But our job is made much harder by the fact that since 1990, the State has taken $104 million from our City to address its own budget deficit.

As part of this year’s budget process, the City Council directed staff to begin work on a Fiscal Stability Plan that would address community priorities such as fixing aging local streets and roads and ensuring the City’s long-term ability to maintain local control over taxpayer dollars to support neighborhood police patrols, gang prevention, and park and recreation programs.

The City retained independent financial planning experts to help develop a Fiscal Stability Plan and update the City’s long-range financial forecasting and planning model from a 10-year forecast to a 20-year forecast, providing a longer-term view of the City’s financial stability.

Next, through an independent public opinion research study, the City asked more than 1,000 randomly-selected Concord residents what their current priorities are. Priorities identified by some of your neighbors in this June 2018 survey include:

- Enhancing City streets and pothole repairs

Parks maintenance staff tend to the City’s parks and facilities daily to keep them clean, safe and enjoyable.

Maintaining Local Quality of Life Services

Become a City Insider with Concord’s Community Institute

Are you curious about how local government decisions are made, funds are allocated and departments operate? If you’d like to expand your knowledge and become more informed about projects that will shape the City’s future, join us for the Concord Community Institute this fall.

Through this four-week, six-session program, you will meet and talk with City of Concord elected officials and staff, connect with neighbors throughout the community, and participate in lively discussions and fun, interactive exercises.

To apply for the program, please visit www.cityofconcord.org/cci. Applications are due by Friday, August 23.

For more information, please contact Marsha Moore, Deputy City Clerk, (925) 671-3085 or marsha.moore@cityofconcord.org.

Participants must be able to attend all six sessions:

- Saturday, Sept. 22, 10 a.m.–2 p.m.
- Thursday, Sept. 27, 6-9 p.m.
- Thursday, Oct. 4, 6-9 p.m.
- Thursday, Oct. 11, 6-9 p.m.
- Thursday, Oct. 18, 6-9 p.m.
- Saturday, Oct. 20, 9 a.m.–Noon

For more information, please contact Marsha Moore, Deputy City Clerk, (925) 671-3085 or marsha.moore@cityofconcord.org.
Investing in Our City: Street and Pothole Repairs & Upcoming Needs

As the largest city in Contra Costa County, Concord is responsible for maintaining more than 65 million square feet of streets in our community. And if there is one thing residents can agree on it's the importance of properly maintaining our roads and City infrastructure.

The good news is that during Fiscal Year 2017-18, the City invested significant resources to maintain necessary services and upgrade Concord’s aging infrastructure. Residents’ tax dollars have been put to work locally in myriad ways that have not only improved safety and accessibility, but have also helped beautify our community.

In FY 17-18 alone, the City completed 13 capital improvement projects. Going into FY 18-19, it will continue work on 40 projects; and 26 more are in the pipeline. To read a full report that highlights all of the capital projects that the City completed this year, please visit: www.CityofConcord.org/engineering.

Paving projects remain a major priority for the City. Over the last year, the City has completed the following:

- Rubberized paving was laid on the following streets: Solano Way from Marsh Drive to Grant Street, Wren Avenue from 6th Street to Clayton Way, and 6th Street from Willow Pass Road to Clayton Road.
- Overlay paving was installed on the following streets: Dormer Avenue, Esperanza Drive, Purley Lane, Dormer Court, Dumbarton Street, Doe Court, and Wexford Drive, Carleton Drive from Mount Diablo Street to the end of cul-de-sac, 5th Avenue from Mount Diablo Street to Clayton Road, Marvelle Lane, Dover Way, Jen Court, Lonee Court, Montebello Court, and Gary Drive.

STREETS continued on page 5
Concord and its streets are older than many neighboring cities, and our economy was a little slower to recover from the 2009 recession, meaning that the City did not have the resources to invest as much in capital projects in the years that followed. The City has prudently utilized Measure Q and other funding sources to make significant roadway improvements over the last several years, but much remains to be done.

Projects such as aging infrastructure should be addressed now, before it becomes even more expensive in the future. In fact, independent engineering experts have estimated that the City must invest at least $8 million more annually simply to maintain its current PCI rating, let alone improve it.

In a June 2018 Quality of Life survey, residents told us that fixing streets and potholes is their No. 1 concern—even higher than public safety. The City understands that enhancing streets and repairing potholes is a major priority and we remain committed to making these needed upgrades, including identifying a reliable, locally-controlled revenue source where our taxpayer dollars can stay local for investment on these critical projects.

Approximately 320 handicap curb ramps were either installed new or upgraded to be ADA-compliant throughout the city as part of the City’s paving projects, Community Development Block Grant-funded projects and our downtown streetscape projects. Integrating the construction of handicap curb ramps as part of the City’s construction projects improves accessibility and meets the requirements contained within the City’s ADA Transition Plan.

Many people may not know that the City is responsible for maintaining over 65 million square feet of streets (the equivalent of more than 300 miles)! Upgrading streets like Clayton Road, Monument to Concord Avenue, and Denkinger Road/Treat Boulevard will be far less expensive if we act now than if we wait to make these needed investments.

The City is proud to provide services for all generations in our community annually, including thousands of Concord senior citizens. Park and recreation usage has been increasing every year, and the City is committed to keeping our parks clean and safe. Maintaining after-school programs, anti-gang activities, and recreation programs that keep youth and teens off the streets, out of trouble, and away from gangs and drugs will continue to be among the City’s top priorities.

We hope all residents continue to avail themselves of the great programs the City has to offer through the summer and fall months—and we will continue our efforts to provide these quality services in the long-term.
District Elections Slated for November

This November, voters will participate in Concord’s first district-based election, when three City Council seats will be up for election. Voters will elect representatives for Districts 1, 3 and 5.

Until now, Councilmembers have served as at-large members, representing the entire City. Under the new system, each councilmember will be elected by the voters who reside in his or her respective district. By moving to this new process, the City will become compliant with the Voting Rights Act of 2001.

Earlier this year, the City held four public hearings to gather public input on where residents thought the district lines should be drawn. An online Town Hall meeting was also organized to collect comments, and people were encouraged to submit input by mail and email. On March 6, the City Council adopted an ordinance that finalized the map setting the district boundaries.

To help residents locate their district, the City has set up a special online mapping tool, which can be found on our Elections web page. Election Day is Tuesday, Nov. 6, 2018. In order to participate in this election, voters must register by Oct. 22.

Residents should continue to contact City Hall directly with any questions or needs related to City services.

Districts 1, 3 and 5 are up for election this November. Find your district using our online tool: www.cityofconcord.org/Elections
This Independence Day, the City celebrated the 150th anniversary of Concord’s founding and paid tribute to Don Salvio Pacheco who settled the town of Todos Santos in 1868. Following the annual Stars & Stripes fun run and an energetic 4th of July parade, the community cheered as a 7-foot bronze statue of Pacheco was unveiled in Todos Santos Park at Grant Street and Willow Pass Road.

More than two years in the works, a committee of volunteers led by the Concord Historical Society raised money for the commissioning of the statue by selling commemorative bricks that are elegantly placed within the new plaza surrounding the statue. Renowned sculptor Paula Slater spent several months creating the masterpiece and she says she was elated and proud to see the statue unveiled on July 4.

This celebration comes as the American Planning Association’s (APA) California section named Todos Santos Plaza one of three 2018 Great Places in the Golden State.

The 7-foot bronze statue is predominantly situated at the east entrance of Todos Santos Plaza.

“Todos Santos Plaza is a vibrant place that is utilized year-round to promote community engagement and truly is the heart of the City” said Sharon Grewal, Director of the Northern California Section of the APA.

Green is for Bikes!

The latest safety features of the Downtown Concord Bicycle Lane Improvements Projects are the newly-installed green bike lanes and bike boxes in the downtown area.

It’s all part of the City’s “Bicycle, Pedestrian and Safe Routes to Transit Plan,” which serves as a blueprint to help develop a transportation network that meets the needs of all users. The funding for this project was made possible by a grant from “One Bay Area,” which aims to improve bicycle and pedestrian safety and access to BART within the downtown area.

In response to resident questions about exactly how to use the green lanes and bike boxes, we created an FAQ that can be found on our website and Facebook page.

The bottom line is: Cars cannot use the green bike lane as a travel lane; the green lanes designate safe areas for cyclists. The white traffic paint bordering the bike lane is the enforceable traffic marking. Vehicles are required to wait behind the white stop line at the rear of the bike box and are not allowed to make a right turn during a red light.

Stay safe out there!
New Restaurants Abound

Despite the old adage that, “Good things come to those who wait,” there’s something to be said for being first. While many residents may have noticed a recent influx of new restaurants opening in Concord, few are aware that several of these restaurants are the first locations the owners have opened in Contra Costa County and the greater Bay Area!

Starting more locally and broadening out geographically, GEN Korean, which is located in the former Sizzler building at 1353 Willow Pass Road, is the first Contra Costa location for the Korean all-you-can-eat BBQ franchise that features an array of meats, seafood, vegetables and Korean ban-chan (side dishes) that wait staff deliver to your grill-it-yourself table.

Super Duper Burgers, Michelin-rated chef Adriano Paganini’s fast casual burger concept located in The Veranda at 2003 Diamond Boulevard, was the company’s first foray into the East Bay. Super Duper uses only humanely-raised, 100-percent vegetarian-fed beef that is ground fresh daily, and the small chain also serves its customers breakfast foods, milkshakes, ice cream, french fries, salads and free housemade pickles.

Also opening its first East Bay location in The Veranda is the upscale EMC Seafood & Raw Bar at 2015 Diamond Boulevard. This LA-based, Asian-inspired restaurant hosts happy hour specials every day from 3 p.m. to 6 p.m. and features a wide selection of seafood and sushi, a raw bar with oysters, live uni and its popular seafood tower, plus craft cocktails served by its mixologists.

Dunkin’, a new concept from East Coast-based Dunkin’ Donuts that will be their first in the Bay Area, is also expected to open in mid- to late-August. Located at 4375 Clayton Road, the restaurant will feature a drive-thru, self-order kiosk, a dedicated pickup area for mobile orders, an expanded Grab & Go section and an assortment of taps for employees pouring cold beverages.

Whole Foods 365, which opened late last year in The Veranda at 2085 Diamond Boulevard, was the company’s first location in the entire Bay Area. Along with the expected groceries and prepared-food options, Whole Foods 365 also houses Next Level Burger, which is a growing vegan burger franchise; Urban Remedy, a seller of juices and other “clean eating” foods; and the Whole Foods Taqueria, which serves custom-order Mexican food and several pizza options.

Slated to open in mid- to late-August in The Willows at 1975 Diamond Boulevard is the MidiCi Neapolitan Pizza Company, which will be the first of its kind in Northern California. MidiCi’s Neapolitan pizza, known for its thin and soft crust, is baked in just 90 seconds on dough made of only four ingredients: non-GMO double zero flour imported from Naples, pure water, sea salt and live yeast. Non-pizza fare includes appetizers, signature salads, authentic Italian gelato and MidiCi’s famous Nutella® calzone. Drink selections include wood-fire roasted coffee, a gourmet tea collection, craft beer and a collection of fine wines.
Private Help with eDevices
See page 35
PRESCHOOL

Walk-In Registration Only
10 a.m.–12 p.m. and 1–3 p.m. Willow Pass Center, 2748 E. Olivera Rd. Concord, CA 94519

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 remaining 8 tuition installments are due by the 20th of each month from September 2018–April 2019.
* $75 will be applied to the April 2019 payment for students that complete the school year.

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

R = Concord Resident  NR = Concord Non-Resident

Baldwin Park
2790 Parkside Circle

3 Year Olds – Melissa Gardner
Session Days Time Course
Sep 4–May 16 Tu, Th 9–11:30 a.m. #105461
Sep 5–May 17 M, W, F 9–11:30 a.m. #105460

4 Year Olds – Gina Murdock
Session Days Time Course
Sep 4–May 16 Tu, Th 9–11:30 a.m. #105467
Sep 5–May 17 M, W, F 9–11:30 a.m. #105466

4 Year Olds – Melissa Gardner
Session Days Time Course
Sep 5–May 17 M, W, F 12-2:30 p.m. #105468

Centre Concord
5298 Clayton Road

2 Year Olds – Beth Severa
Session Days Time Course
Sep 4–May 16 Tu, Th 9–11:30 a.m. #105455
Sep 5–May 17 M, W, F 9–11:30 a.m. #105453
Sep 5–May 17 M, W, F 12-2:30 p.m. #105454

3 Year Olds – Shannon Cervantes
Session Days Time Course
Sep 4–May 16 Tu, Th 9–11:30 a.m. #105459
Sep 5–May 17 M, W, F 9–11:30 a.m. #105457
Sep 5–May 17 M, W, F 12-2:30 p.m. #105458

3 Year Olds – Sandra Cano
Session Days Time Course
Sep 4–May 16 Tu, Th 12-2:30 p.m. #105462

4 Year Olds – Sonja Stanley
Session Days Time Course
Sep 4–May 16 Tu, Th 9–11:30 a.m. #105465
Sep 5–May 17 M, W, F 9–11:30 a.m. #105463

4 Year Olds – Sonja Stanley
5-Day Program
Session Days Time Course
Sep 4–May 17 M–F 12-2:30 p.m. #105469
DANCE, MUSIC & PERFORMING ARTS

Ballet 1
Dancers will learn the fundamentals of classical ballet focusing on technique, body placement, vocabulary and musicality. Inspiring graceful movement and creativity. Appropriate attire: ballet shoes, tights or leggings and leotards.

Age: 3-6 Baldwin Park Dance Studio - Luana Nietschy

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Pre-Ballet
Preschool dancers will be introduced to the world of ballet through creative movement, rhythm and improvisation. Dancers will focus on body positioning, balance and fundamental ballet vocabulary.

Age: 3-4 Baldwin Park Dance Studio - Luana Nietschy

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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 fee is required and payable at the first class. No class November 22 and 24.

Age: 3-6 Baldwin Park Dance Studio - Kevin Oliver

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SPORTS

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: 2-3½ Newhall Community Park - Kidz Love Soccer Staff

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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 Newhall Community Park - Kidz Love Soccer Staff

| Sep 22-Nov 17 | Sa | 10:40a-11:25a | $118 R/$123 NR | #108184 |

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

Age: 3½-4 Newhall Community Park - Kidz Love Soccer Staff

| Sep 22-Nov 17 | Sa | 10:10a-10:40a | $118 R/$123 NR | #108185 |

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: 3½-4 Newhall Community Park - Kidz Love Soccer Staff

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<tr>
<th>Sep 13-Nov 8</th>
<th>Th</th>
<th>3:45p-4:30p</th>
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<td>M</td>
<td>5:10p-5:45p</td>
<td>$72 R/$77 NR</td>
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</table>
Labor Day Escape at Camp Concord!
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. From our popular ‘Luau Night’ and ‘Breakfast on the Beach’ to Canoeing, Archery 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.

All Ages ▬ Camp Concord, South Lake Tahoe
Sep 1-4  F-M $195 R/$210 NR  #103190

Group Reservations
Group Rentals available May to mid-June and mid-August to end-September. Camp Concord provides stunning scenery and affordable rates for groups as small as 25 to as large as 200. From family reunions to non-profit retreats, customized packages are created for each client group in order to meet their unique needs. Group reservations are personally handled by the Camp Director. If you have questions regarding Camp Concord or wish to book your group, please contact us at (925) 671-3006 or email camp.concord@cityofconcord.org.

How do I register?
Go to www.concordreg.org, visit our website at www.campconcord.org for a registration form or call our registration office Monday–Friday, 10 a.m.–12 p.m. and 1–3 p.m. at (925) 671-3404.
YOUTH

**ARTS AND CRAFTS**

**FUNdamental Drawing**

FUNdamental drawing classes teach children the skills necessary to draw complex images. As they learn to draw with our step-by-step method, children develop observation 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 November 20.

*Age: 4-6*  
*Centre Concord*  
*Young Rembrandts Staff*

| Sep 18-Oct 23 | T | 3:30p-4:30p | $107 R/$112 NR | #108282 |
| Nov 6-Dec 18 | T | 3:30p-4:30p | $107 R/$112 NR | #108283 |

**COMPUTERS & TECHNOLOGY**

**NEW 3D Animation Skills - Online Course**

Students use Blender to create fun and original 3D animated shapes, characters and short animations! Blender is a versatile software used by professionals and students to create 3D animated projects. The course is perfect for youth interested in art, graphic design or animation.

*Age: 8-18*  
*Freshi Films LLC Staff*

| Sep 1-30 | T | 5:45p-6:30p | $76 R/$81 NR | #108219 |

**NEW Introduction to Computer Coding - Online Course**

A great source for kids interested in computer coding! Students will explore four different coding “languages” (HTML, CSS, JavaScript and Python) and discover how they work. If your child is interested in computer coding, check out Introduction to Coding today!

*Age: 8-18*  
*Freshi Films LLC Staff*

| Sep 1-Dec 31 | $93 R/$98 NR | #108365 |

**NEW Video Game Coding and Design - Online Course**

Learn a great new skill and create original 2D video game concepts! Students will create awesome, original characters and will use logic-based coding to make them interact and move. Course promotes creative and critical thinking and is fun after school activity!

*Age: 8-18*  
*Freshi Films LLC Staff*

| Sep 1-Dec 31 | $93 R/$98 NR | #108366 |

**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.

*Age: 5-12*  
*Baldwin Park Dance Studio*  
*Luana Nietschu*

| Sep 4-Oct 16 | T | 5:45p-6:30p | $76 R/$81 NR | #108219 |
| Sep 4-Oct 20 | T,Sa | 5:45p-11:00a | $113 R/$118 NR | #108220 |
| Sep 8-Oct 20 | Sa | 10:15a-11:00a | $76 R/$81 NR | #108220 |
| Oct 30-Dec 11 | T | 5:45p-6:30p | $76 R/$81 NR | #108222 |
| Oct 30-Dec 15 | T,Sa | 5:45p-11:00a | $113 R/$118 NR | #1082041 |
| Nov 3-Dec 15 | Sa | 10:15a-11:00a | $76 R/$81 NR | #1082043 |
NEW Comic Book Band Camp
Allow your imagination to come to life! Kids will explore their creative flow with experiential art and music stations. Campers will be introduced to rock instruments, musical games, song writing, band logos, comic book layouts, character development, story writing, story arc and more! $20 materials fee due to instructor at first class.

Age: 7-11 ■ Village Center for the Arts ■ Village Music School Staff
Nov 19-Nov 21 M-W 9:00a-12:00p $176 R/$181 NR #108367
Dec 26-Dec 28 W-F 9:00a-12:00p $176 R/$181 NR #108368

Aloha Mind Math
Kids find learning math on the abacus fun! Hands-on math builds on a child’s imagination to develop number sense. Aloha Mind Math teaches math on the abacus plus mental math techniques. Your child will broaden their understanding of math and realize that they too can be math super stars. Abacus and workbook included.

Age: 6-12 ■ Centre Concord ■ Aloha Mind Math Lava Learning Staff
Sep 12-Oct 31 W 2:30p-3:30p $201 R/$206 NR #108284

Chess Wizards
Chess Wizards is so popular with kids because of our unique structure. All lessons have an activity and homework to accompany them and we have well over 80 different lessons to keep challenging our little wizards! Chess has been taught for thousands of years because of its emphasis on logic, tactics and sportsmanship. No class date November 3.

Age: 6-14 ■ Centre Concord ■ Chess Wizards Staff
Sep 22-Nov 17 Sa 9:30a-10:30a $125 R/$130 NR #108281

NEW Chopped Junior
What can you make with yogurt, pretzels and lemon? The kids’ weekly challenge is to create a delicious masterpiece with three new secret ingredients! The teacher acts as judge on presentation, taste and originality. Teamwork, creativity and fun make this class a complete blast!

Age: 7-13 ■ Centre Concord ■ Cooking Round The World Staff
Sep 5-Oct 24 W 3:00p-4:30p $185 R/$190 NR #108277
Oct 31-Dec 19 W 3:00p-4:30p $185 R/$190 NR #108278

Little Medical School
Discover the fascinating science of the human body! Through hands-on crafts, games and role playing, participants will learn STEM concepts in a fun and unique way! From broken bones, to stitches, there’s something for every future healthcare provider and science lover. Each student will receive a working stethoscope and a variety of projects and tools. A $20 materials fee is due to instructor on first day of class.

Age: 5-10 ■ Centre Concord ■ Little Medical School KALGOLD Staff
Sep 27-Nov 15 Th 3:15p-4:15p $155 R/$160 NR #108285

Machine Sewing Fun
Have you always wanted to learn machine sewing techniques? Computerized machines and all small materials are provided. Create new projects each session. You choose projects from large fashion, small projects, alterations and repairs, OR you can make a sample notebook to keep. Maximum 6 students allow individual instruction with Certified Sewing Instructor. A $25 materials fee due to instructor on first day of class. No class November 22.

Age: 8+ ■ Centre Concord ■ Debbie Madison
Sep 6-Oct 25 Th 4:00p-6:00p $245 R/$250 NR #108203
Nov 8-Dec 20 Th 4:00p-6:00p $187 R/$192 NR #108205

Age: 12+ ■ Centre Concord ■ Debbie Madison
Sep 6-Oct 25 Th 6:15p-8:15p $245 R/$250 NR #108204

R = Concord Resident NR = Concord Non-Resident
**NEW** Speak to Lead: Build Confidence and Charisma!

One skill that every leader acquires is strong speaking skills! Bring out the confidence in your child in 8 easy steps. Emphasis is on teaching techniques to think critically, write effectively and lessen speaker anxiety. Through various presentations, activities and games, registrants begin to understand the importance of maintaining eye contact, good posture, volume and expressions and thus become more fluent, confident and happier. We make learning easy, fun and prepare them for success!

**Age:** 6-8  ●  **Centre Concord**  ●  **Gurus Education Staff**  
**Sep 25-Nov 13**  ●  **T**  ●  4:30p-5:30p  ●  $160 R/$165 NR  ●  #108375

**NEW** Street Foods Round the World

In every country around the world, there are little nibbles, bites, and finger foods that define the food in that region. It’s the most fun glimpse into the seasonal, authentic flavors of a culture! This class will visit a new country every week to cook a delicious street food using authentic, exciting ingredients! The flavors will blow your child’s mind, and what’s more fun than homemade finger foods? No class date November 12. $30 materials fee due to instructor on first day of class.

**Age:** 6-12  ●  **Centre Concord**  ●  **Cooking Round The World Staff**  
**Sep 10-Oct 22**  ●  **M**  ●  3:00p-4:30p  ●  $165 R/$170 NR  ●  #108279  
**Oct 29-Dec 17**  ●  **M**  ●  3:00p-4:30p  ●  $165 R/$170 NR  ●  #108280

**NEW** Health Matters - MediKids!

As parents we do anything to make our children confident and ensure they live healthy lives. Gurus Education’s goal is to instill these healthy habits using fun activities and thoughtful presentations every week. Focusing on a medical program where children check their pulse rates, count bones from X-rays, compare nutrition labels and learn more about their bodies and hygiene.

**Age:** 7-12  ●  **Centre Concord**  ●  **Gurus Education Staff**  
**Oct 2-Nov 13**  ●  **T**  ●  5:30p-6:30p  ●  $160 R/$165 NR  ●  #108374

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

“The family that Kick together Stick together!” This traditional style Taekwondo class helps focus on core values and is good for all ages and abilities. Emphasis is on learning useful self-defense techniques, increased flexibility and stamina, improving overall muscle tone and a great cardiovascular workout. A $35 required uniform fee is payable to the instructor on the first day. Family Discount: One family member pays full price, each additional family member receives 50% off, ONLY in the same Course Code. Different course code must pay full price. No class dates November 21, 23 and 24.

**Age:** 5+  ●  **Baldwin Park Dance Studio**  ●  **Kevin Oliver**  
**Sep 1-Sep 29**  ●  **W,F**  ●  7:00p-8:00p  ●  $103 R/$108 NR  ●  #108265  
**Sep 5-Sep 28**  ●  **W,F**  ●  7:00p-8:00p  ●  $93 R/$98 NR  ●  #108261  
**Oct 3-Oct 31**  ●  **W,F**  ●  7:00p-8:00p  ●  $93 R/$98 NR  ●  #108262  
**Oct 3-Oct 31**  ●  **W,F**  ●  7:00p-8:00p  and **Sa**  ●  12:00p-1:00p  ●  $103 R/$108 NR  ●  #108266  
**Nov 2-Nov 30**  ●  **W,F**  ●  7:00p-8:00p  ●  $83 R/$88 NR  ●  #108263  
**Nov 2-Nov 30**  ●  **W,F**  ●  7:00p-8:00p  and **Sa**  ●  12:00p-1:00p  ●  $93 R/$98 NR  ●  #108267  
**Dec 1-Dec 22**  ●  **W,F**  ●  7:00p-8:00p  ●  $83 R/$88 NR  ●  #108264  
**Dec 5-Dec 21**  ●  **W,F**  ●  7:00p-8:00p  ●  $83 R/$88 NR  ●  #108264

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

You can find us on YouTube  
www.youtube.com/concordfirst
K.O. Taekwondo—Youth and Teen Beginner
This traditional style Taekwondo class helps focus on core values and is good for all ages and abilities. Emphasis is on learning useful self-defense techniques, increased flexibility and stamina, improving overall muscle tone and a great cardiovascular workout. A $35 required uniform fee is payable to the instructor on the first day. Family Discount: One family member pays full price, each additional family member receives 50% off, ONLY in the same Course Code. Different course code must pay full price. No class dates November 21 and 23.

Age: 6-13 Baldwin Park Dance Studio ■ Kevin Oliver
Sep 1-Sep 29 W, F 6:00p-7:00p and Sa 12:00p-1:00p $103 R/$108 NR #108249
Sep 5-Sep 28 W, F 6:00p-7:00p $93 R/$98 NR #108245
Oct 3-Oct 31 W, F 6:00p-7:00p $93 R/$98 NR #108246
Oct 3- Nov 30 W, F 6:00p-7:00p and Sa 12:00p-1:00p $103 R/$108 NR #108250
Nov 2-Nov 30 W, F 6:00p-7:00p $83 R/$88 NR #108247
Nov 2-Nov 30 W, F 6:00p-7:00p and Sa 12:00p-1:00p $93 R/$98 NR #108251
Dec 1-Dec 22 W, F 6:00p-7:00p and Sa 12:00p-1:00p $93 R/$98 NR #108252
Dec 5-Dec 21 W, F 6:00p-7:00p $83 R/$88 NR #108248

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
Sep 11-Oct 30 T 4:00p-5:00p $94 R/$99 NR #108169
Sep 11-Nov 1 T, Th 4:00p-5:00p $185 R/$190 NR #108161
Sep 13-Nov 1 Th 4:00p-5:00p $94 R/$99 NR #108170

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
Sep 11-Oct 30 T 5:00p-6:30p $118 R/$123 NR #108171
Sep 11-Nov 1 T, Th 5:00p-6:30p $231 R/$236 NR #108162
Sep 13-Nov 1 Th 5:00p-6:30p $118 R/$123 NR #108172

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 his or her feet. Small-sided soccer matches will be introduced gradually. All participants receive a soccer jersey! Shin guards are required after the first meeting.

Age: 5-6 Newhall Community Park ■ Kidz Love Soccer Staff
Sep 13-Nov 8 Th 4:20p-5:05p $118 R/$123 NR #108180
Sep 17-Nov 12 M 3:40p-4:25p $118 R/$123 NR #108179
Sep 22-Nov 17 Sa 11:15a-12:00p $118 R/$123 NR #108181

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.

Age: 7-10 Newhall Community Park ■ Kidz Love Soccer Staff
Sep 17-Nov 12 M 4:25p-5:10p $118 R/$123 NR #108186

Swim Instructor
Bernadette Richard:
Very good instructor. Great with little toddlers. Engaging, energetic, teaches in a way my son can understand. Provides support & safety.
Online Driver's Ed for Teens
DMV allows Learner’s Permit at age 15½ and a license at age 16. This is the first, required step that must be completed. This is an online course with videos, animated driving scenarios and sample test questions. Learn the rules of the road, major causes of traffic collisions, DMV procedures and much more. A licensed instructor is available to answer any questions. Receive DMV-approved Certificate of Completion. Sign up any time. Registration is ongoing.

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<tr>
<td>Dec 1-Dec 31</td>
<td>$43 R/$48 NR</td>
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Teen Babysitter
Learn how to set up your babysitting jobs like a real business! Practice baby care with life-like newborn dolls as you learn to diaper, bathe and dress infants. Be prepared for any emergency, as you learn infant and child CPR and safety. Upon successful completion: receive a CPR card through the American Heart Association and a babysitters certificate from The HealthSource at KidSake that you can show to potential employers. There is a $25 materials fee (cash) payable at the first class for the book and CPR barrier device.

| Age: 12-17 Centre Concord The Health Source At Kidsake Staff |
|---------------------------------|-------------------|
| Dec 27-Dec 28 Th-F | 10:30a-2:30p | $90 R/$95 NR | #108292 |

Pickleball
My wife, Diane and I have had the pleasant experience to take the beginning and intermediate pickleball courses at Willow Pass Park. Staying fit is such an integral part of one’s life plus we have an activity we can do together! Being able to learn a new sport while meeting new people in the process certainly puts a smile on my face! We look forward to participating in tournaments incorporating the skills we’ve learned from our classes. Thank you Parks and Rec for offering these programs for us!

— Darrel Hoh
**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

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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

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**NEW Fun and Easy Watercolor Painting**

This class is for anybody who is interested in learning building block techniques of this versatile medium: “dry” versus “wet” style, layering and washes. We will combine watercolor with pen and watercolor pencils. Each class will cover a new topic: landscapes, still life, animal and botanical paintings, and making greeting cards. Beginners are welcome, as well as people with some experience. No expensive tools or materials required.

Age: 18+ ■ Senior Center ■ Tatyana Yurkhova

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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

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**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. Instructions will be individualized. Supply list is available upon request. No class November 22.

Age: 18+ ■ Senior Center ■ Ann Nakatani

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Pocket Sketch

Going on vacation or to the park? Create a memory to treasure in 25 minutes with Pocket Sketch On-The-Go. Easy to learn step-by-step demos, compact watercolor equipment and pen, portable to take with you and quick to complete in black and white or color at home or away. For beginner and traveler! A one-time $40 material fee is payable to the instructor.

Age: 18+ ■ Senior Center ■ Paulette Lagana

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Sewing Machine Fun

Have you always wanted to learn machine sewing techniques? Computerized machines and all small materials are provided. Create new projects each session. You choose projects from large fashion, small projects, alterations and repairs, or you can make a sample notebook to keep. Maximum 6 students allow individual instruction with Certified Sewing Instructor.

Age: 18+ ■ Senior Center ■ Debbie Madison

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**DANCE, MUSIC & PERFORMING ARTS**

Beginning Ballroom

This class will focus on basic ballroom and Latin dances: cha-cha, waltz, foxtrot, bossa nova, box step, and East and West Coast swing. We will address dancing etiquette, escorting your partner, and putting attention on your partner and others. This is low impact and can have a high influence on and in your life.

Age: 18+ ■ Baldwin Park Dance Studio ■ Judi Corey

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**Ballet Fit**
Enjoy a ballet inspired low impact workout with dance routines set to music. This is a great way to help lift, tone and strengthen your body while improving your posture and flexibility. Focus is on endurance and grace. No class November 12.

<table>
<thead>
<tr>
<th>Age: 18+</th>
<th>Baldwin Park Dance Studio</th>
<th>Luana Nietschy</th>
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<tr>
<td>Sep 7-Oct 29</td>
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<td>Oct 10-Dec 29</td>
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<td>Nov 2-Dec 21</td>
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<tr>
<td>Nov 5-Dec 17</td>
<td>M</td>
<td>6:30p-7:30p</td>
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</table>

**Fit & Low Stretches**
Are you an older adult who wants a total body workout? Using a complete series of seated and standing positions, you will increase flexibility, balance, joint coordination, agility, muscular strength and cardiovascular endurance. This assists healing, prevents damage to your joints and reverses pain caused by bad standing and walking posture. End with restorative relaxation breathing exercises to promote stress reduction and mental clarity. No class November 22.

<table>
<thead>
<tr>
<th>Age: 18+</th>
<th>Centre Concord</th>
<th>Elisa Borges</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sep 6-Oct 25</td>
<td>Th</td>
<td>10:15a-11:15a</td>
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<tr>
<td>Nov 1-Dec 27</td>
<td>Th</td>
<td>10:15a-11:15a</td>
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</tbody>
</table>

**NEW** **Fitness Toning**
Enjoy a total body workout designed with the older adult in mind. Improve your strength, agility, balance, stamina as well as cardiovascular endurance. All fitness levels are welcomed. 2 lb weights provided. Please bring your own weights if heavier weight is preferred.

<table>
<thead>
<tr>
<th>Age: 16+</th>
<th>Senior Center</th>
<th>Zelia Santos</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sep 4-Oct 23</td>
<td>T</td>
<td>10:00a-11:00a</td>
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<tr>
<td>Nov 6-Dec 18</td>
<td>T</td>
<td>10:00a-11:00a</td>
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**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 four yoga teaching certifications.

<table>
<thead>
<tr>
<th>Age: 18+</th>
<th>Baldwin Park Dance Studio</th>
<th>Maxine Davis</th>
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</thead>
<tbody>
<tr>
<td>Sep 4-Oct 9</td>
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<td>10:00a-11:00a</td>
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<td>Oct 30-Dec 18</td>
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**Jazzercise Lo**
Do you want a low impact exercise program designed to help you burn fat, increase stamina and elevate mood? Then you will love Jazzercise Lo! A full body workout that blends dance basics with muscle-strengthening moves 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. Come on in and leave it on the floor. Please bring a mat and hand held weights. No class November 12.

<table>
<thead>
<tr>
<th>Age: 18+</th>
<th>Willow Pass Community Center</th>
<th>Donell Allen</th>
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<tbody>
<tr>
<td>Sep 5-Sep 28</td>
<td>M,W,F</td>
<td>9:30a-10:30a</td>
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<tr>
<td>Oct 1-Oct 31</td>
<td>M,W,F</td>
<td>9:30a-10:30a</td>
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<td>Nov 2-Nov 30</td>
<td>M,W,F</td>
<td>9:30a-10:30a</td>
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<tr>
<td>Dec 3-Dec 19</td>
<td>M,W,F</td>
<td>9:30a-10:30a</td>
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</table>
Jazzercise Class

Jazzercise is a pulse-pounding, beat pumping, body blasting fitness program that gets you results. It’s a high intensity dance party that fuses cardio, strength, pilates, hip hop, yoga and kickboxing. Bring your mat, water and hand held weights. No class September 3, November 3, 12, 22, December 24 and 31.

Age: 18+  Centre Concord  Teri Crippen
Sep 1-Sep 29  Sa  8:30a-9:30a  $34 R/$39 NR  #108215
Sep 1-Sep 29  M,Th  5:15p-6:15p
and Sa  8:30a-9:30a  $76 R/$81 NR  #108219
Sep 6-Sep 27  Th  5:15p-6:15p  $28 R/$33 NR  #108211
Sep 10-Sep 24  M  5:15p-6:15p  $21 R/$26 NR  #108207
Oct 1-Oct 29  M  5:15p-6:15p  $34 R/$39 NR  #108208
Oct 1-Oct 29  M,Th  5:15p-6:15p
and Sa  8:30a-9:30a  $89 R/$94 NR  #108220
Oct 4-Oct 25  Th  5:15p-6:15p  $28 R/$33 NR  #108212
Oct 6-Oct 27  Sa  8:30a-9:30a  $28 R/$33 NR  #108216
Nov 1-Nov 29  Th  5:15p-6:15p  $28 R/$33 NR  #108213
Nov 1-Nov 29  M,Th  5:15p-6:15p
and Sa  8:30a-9:30a  $64 R/$69 NR  #108221
Nov 5-Nov 26  M  5:15p-6:15p  $21 R/$26 NR  #108209
Nov 3-Nov 24  Sa  8:30a-9:30a  $28 R/$33 NR  #108217
Dec 3-Dec 17  M  5:15p-6:15p  $21 R/$26 NR  #108210
Dec 6-Dec 27  Th  5:15p-6:15p  $28 R/$33 NR  #108214
Dec 8-Dec 29  Sa  8:30a-9:30a  $28 R/$33 NR  #108218
Dec 3-Dec 29  M,Th  5:15p-9:30a
and Sa  8:30a-9:30a  $70 R/$75 NR  #108222

K.O. Taekwondo-Adult/Advanced

“The family that Kick together Stick together!” This traditional style Taekwondo class helps focus on core values and is good for all ages and abilities. Emphasis is on learning useful self-defense techniques, increased flexibility and stamina, improving overall muscle tone and a great cardiovascular workout. A $35 required uniform fee is payable to the instructor on the first day. Family Discount: One family member pays full price, each additional family member receives 50% off, ONLY in the same Course Code. Different course code must pay full price. No class dates November 21, 23, 24 and December 26 and 28.

Age: 13+  Baldwin Park Dance Studio  Kevin Oliver
Sep 1-Sep 29  W,F  7:00p-8:00p  $103 R/$108 NR  #108257
and Sa  1:00p-2:00p
Sep 5-Sep 28  W,F  7:00p-8:00p  $93 R/$98 NR  #108253
Oct 3-Oct 31  W,F  7:00p-8:00p
and Sa  1:00p-2:00p  $103 R/$108 NR  #108258
Nov 2-Nov 30  W,F  7:00p-8:00p
and Sa  1:00p-2:00p  $83 R/$88 NR  #108255
Nov 2-Nov 30  W,F  7:00p-8:00p
and Sa  1:00p-2:00p  $83 R/$88 NR  #108259
Dec 1-Dec 22  W,F  7:00p-8:00p
and Sa  1:00p-2:00p  $83 R/$88 NR  #108260
Dec 5-Dec 21  W,F  7:00p-8:00p  $83 R/$88 NR  #108256

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
Sep 13-Oct 11  Th  7:00p-8:45p  $69 R/$74 NR  #108275

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
Oct 18-Nov 15  Th  7:00p-8:45p  $79 R/$84 NR  #108276

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. No class November 20 and 22.

Age: 18+  Willow Pass Community Center  David Henry
Sep 4-Oct 30  T  5:30p-6:20p  $94 R/$99 NR  #108052
Sep 6-Nov 1  Th  6:30p-7:20p  $94 R/$99 NR  #108058
Nov 6-Dec 18  T  5:30p-6:20p  $64 R/$69 NR  #108053
Nov 8-Dec 13  Th  6:30p-7:20p  $54 R/$59 NR  #108059

Pilates - Multi Session

Sep 4-Dec 18  T  5:30p-6:20p  $140 R/$145 NR  #108054
Sep 6-Dec 13  Th  6:30p-7:20p  $131 R/$136 NR  #108060

R = Concord Resident NR = Concord Non-Resident
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. No class dates November 12, 19, 22 and 29.

Age: 18+ ■ Centre Concord ■ Fancy Feet Fitness Staff
Sep 4-Oct 2 T 6:30p-7:20p $140 R/$145 NR #108063

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 a sticky mat, block, and strap. No class November 20.

Age: 18+ ■ Centre Concord ■ Amy Erez
Sep 4-Oct 2 T 6:30p-7:20p $140 R/$145 NR #108063

Sun Style Bagua Palm
Bagua combines the essence of self-acupressure, wisdom of I-Ching, moving meditation and internal martial arts as a complete system of self-healing and self-realization. Experience this unique gift of beauty with the only lineage master of this art in the Bay Area. Sun Style Bagua Palm is an ancient Tao Yoga and martial art, even more ancient than Tai Chi.

Age: 18+ ■ Senior Center ■ Ping Zhen Cheng
Sep 12-Oct 24 W 7:10p-8:10p $81 R/$86 NR #108138
Nov 7-Dec 19 W 7:10p-8:10p $81 R/$86 NR #108139

Push Hands Beginner/Intermediate
For students who want to go the next step in their Tai Chi practice. Through a wide variety of partners exercises, learn how to sense, cultivate and circulate chi. Benefits include developing a strong sense of self, cultivating 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. No class November 22 and October 30.

Age: 18+ ■ Centre Concord ■ Amy Erez
Sep 4-Oct 2 T 7:15p-8:00p $122 R/$128 NR #108277
Oct 9-Nov 13 T 7:15p-8:00p $122 R/$128 NR #108283
Nov 20-Dec 18 T 7:15p-8:00p $122 R/$128 NR #108295
Dec 4-Dec 18 T 7:15p-8:00p $122 R/$128 NR #108306

Age: 18+ ■ Senior Center ■ Amy Erez
Sep 6-Oct 4 T 7:15p-8:00p $190 R/$195 NR #108245
Oct 11-Dec 18 T 7:15p-8:00p $190 R/$195 NR #108283
Nov 20-Dec 18 T 7:15p-8:00p $190 R/$195 NR #108295

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). No class November 22.

Age: 18+ ■ Baldwin Park Dance Studio ■ Ursula Smith
Sep 6-Oct 18 Th 9:15a-10:30a $74 R/$79 NR #108106
Nov 1-Dec 20 Th 9:15a-10:30a $74 R/$79 NR #108107

Tai Chi Gong Beginner/Intermediate
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 November 22.

Age: 18+ ■ Senior Center ■ Amy Erez
Sep 13-Oct 4 T 6:00p-7:15p $56 R/$61 NR #108234
Sep 13-Oct 4 Th 6:00p-7:15p $56 R/$61 NR #108231
Oct 11-Nov 8 Th 6:00p-7:15p $69 R/$74 NR #108232
Nov 15-Dec 13 Th 6:00p-7:15p $56 R/$61 NR #108233

T’ai Chi Gong Intermediate/Advanced
Intermediate/Advanced students have completed the first set of Tai Chi Chuan Long Form. During 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. Intermediate/Advanced students can also attend the Thursday class at the Senior Center. No class October 30.

Age: 18+ ■ Centre Concord ■ Amy Erez
Sep 4-Oct 2 T 6:00p-7:15p $69 R/$74 NR #108223
Oct 9-Nov 13 T 6:00p-7:15p $69 R/$74 NR #108224
Nov 20-Dec 18 T 6:00p-7:15p $69 R/$74 NR #108225
Sep 4-Dec 18 T 6:00p-7:15p $181 R/$186 NR #108226
**Universal Circles: Chinese Internal Martial Arts**
Learn various methods of circular Meridians: stretching and combining the elements of Tibetan Yoga and Chinese Internal Martial Arts. Apply principles of Qigong or Energy Medicine to improve and keep maximum flexibility surpassing age limit. Yoga mat needed.

**Yoga for Lunch**
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. No class November 12.

**Yoga-Beginning**
Everyone can practice yoga! You will gain strength and flexibility and leave your stress behind in this lyengar style class. The benefits are too numerous to list. Bare feet are essential. Bring a sticky mat. No class November 12 and 21.

**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 November 12.

**Zumba and Tone**
We take the “work” out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. With Latin and World rhythms we add resistance by using Zumba Toning Sticks (or light weights), helps you focus on specific muscle groups. Benefits: a total workout combines all elements of fitness and cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class. No class November 12.

**Zumba Gold**
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. No class November 22.

**Zumba Sentao**
This is for people who want to get some serious (core) work done. Zumba Sentao combines strength and resistance training with innovative dance moves, using a chair as your dance partner. It’s a high intensity workout that focuses on defining your muscles, improving overall cardiovascular health and burning major calories in the process. No class November 12.

**Zumba Step**
Zumba Step is a lower-body workout that incorporates Zumba routines and step aerobics with Latin dance rhythms. It offers a balance of traditional fitness; dance and step aerobics moves to encourage participants to use more energy to lift their body weight against gravity. It combines the fun and energy of Zumba fitness parts you love.
SPORTS

1212ball-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!

Age: 18+ ■ Willow Pass Community Park ■ Marcia Neishi
Sep 10-Oct 1 M 9:00a-10:30a $74 R/$79 NR #108159
Oct 15-Nov 5 M 6:30p-8:00p $74 R/$79 NR #108154
Oct 15-Nov 5 M 9:00a-10:30a $74 R/$79 NR #108160
Nov 26-Dec 17 M 9:00a-10:30a $74 R/$79 NR #108155

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.

Age: 18+ ■ Willow Pass Community Park ■ Marcia Neishi
Sep 10-Oct 1 M 10:30a-12:00p $74 R/$79 NR #108151
Sep 10-Oct 1 M 6:30p-8:00p $74 R/$79 NR #108153
Oct 15-Nov 5 M 10:30a-12:00p $74 R/$79 NR #108152
Nov 26-Dec 17 M 10:30a-12:00p $74 R/$79 NR #108157
Nov 26-Dec 17 M 6:30p-8:00p $74 R/$79 NR #108158

Pickleball-Intermediate
A class designed for the intermediate player. Escalate your game to a new standard of play. Master high level drills and drill games to enhance basic skills. Build better court sense, shot selection, and basic strategies to keep you winning. Guaranteed to make you a better player. Participant’s skill level will be evaluated for class appropriateness.

Age: 18+ ■ Willow Pass Community Park ■ Marcia Neishi
Oct 16-Nov 6 T 10:00a-11:30a $74 R/$79 NR #108156

DANCE, MUSIC & PERFORMING ARTS

Ukulele Beginners
Join us and gain a basic understanding of the ukulele. Soon you’ll be strumming chords and playing your favorite melodies, from Jambalaya to My Yellow Ginger Lei! Bring your ukulele, a tuner, a folder for music sheets, and notepaper. One ukulele will be available for anyone who wants to try it out before buying. Open to children 12 and older (12-17 must be accompanied by an adult). No class November 12.

Age: 12+ ■ Senior Center ■ Dianna Dumelle
Sep 10-Oct 29 M 4:00p-5:00p $49 R/$54 NR #108073
Nov 5-Dec 17 M 4:00p-5:00p $34 R/$39 NR #108074

Ukulele Intermediate
Continue your progress in understanding how to play the ukulele better. Learn how to read music for the ukulele; play new strumming patterns and more advanced songs. Bring your ukulele, a tuner, a folder for music sheets, and notepaper. 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 November 12.

Age: 12+ ■ Senior Center ■ Dianna Dumelle
Sep 10-Oct 29 M 5:00p-6:00p $49 R/$54 NR #108075
Nov 5-Dec 17 M 5:00p-6:00p $34 R/$39 NR #108076

HEALTH & FITNESS

Hula for You
Enjoy the hula experience. Learn hand and foot coordination, body toning and flexibility. Great for the mind and spirit. Hula to the traditional or modern Hawaiian music. Wear comfortable clothing, bring water and pareo/Sarong (optional). No class November 22.

Age: 18+  ■ Baldwin Park Dance Studio  ■ Rosemarie Ramos
Oct 4-Oct 25  Th  6:45p-7:45p  $28 R/$33 NR  #108104
Nov 1-Dec 20  Th  6:45p-7:45p  $46 R/$51 NR  #108105

Hula Fundamentals
Learn the basic hand and foot movement of Hula. It’s a great workout for mind, body and spirit. No class November 22.

Age: 18+  ■ Baldwin Park Dance Studio  ■ Rosemarie Ramos
Oct 4-Oct 25  Th  6:00p-6:30p  $16 R/$21 NR  #108102
Nov 1-Dec 20  Th  6:00p-6:30p  $25 R/$30 NR  #108103

ENRICHMENT & SPECIAL INTEREST

NEW  African Rhythm and Percussion
Drumming is fun, easy, and a great way to improve one’s self-esteem while fostering a lasting musical ground-work. Students are introduced to basic rhythmic and percussive concepts, while discovering the culture, customs and music of Africa. Through tried-and-true teaching techniques and games, the vast world of hand drumming is explored.

Age: 17+  ■ Centre Concord  ■ Hope Izabelle
Sep 10-Oct 1  M  7:45p-8:45p  $74 R/$79 NR  #108372
Oct 15-Nov 5  M  7:45p-8:45p  $74 R/$79 NR  #108373

NEW  Beginning French
Grammar & Conversation
Learn the French language in a fun and easy way, while covering grammar fundamentals including gender, nouns, verbs and more. We will explore the French language and culture using interactive game and specific learning techniques and you’ll be speaking and understanding everyday French in no time!

Age: 17+  ■ Centre Concord  ■ Hope Izabelle
Sep 10-Oct 1  M  6:30p-7:30p  $74 R/$79 NR  #108370
Oct 15-Nov 5  M  6:30p-7:30p  $74 R/$79 NR  #108371

PAYLESS BATTING CAGES
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Better Hitting Experience with the Same Low Rates
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HOURS OF OPERATION

<table>
<thead>
<tr>
<th></th>
<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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<tr>
<td>Spring/Fall</td>
<td>Noon–8 p.m.</td>
<td>10 a.m.–6 p.m.</td>
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<tr>
<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)
Take a virtual tour of our facilities!

www.cityofconcord.org/rentals
The First Tee of Contra Costa

The First Tee is a non-profit youth development program established to teach Life Skills and instill Core Values through the game of golf.

The First Tee Program consists of games and challenges to enhance golf skills, 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 classes are available to participants ages 5–6.

- Fall Session: Week of September 10–November 3
- Fall Registration opens August 1
- Fall Session: $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)

Players Club Membership (Includes Youth On Course) $25 for the calendar year.

*Fee assistance available.

Please visit the homepage of www.thefirstteecontracosta.org to see our schedule of classes for the Summer 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.

City of Concord’s Adult Sports Leagues, Classes & Clinics

www.teamsideline.com/concord
www.concordreg.org
(925) 671-3279

The First Tee of Contra Costa

City of Concord’s Adult Sports Leagues, Classes & Clinics

Fall Leagues
Play for fun. Play to compete.

- Offering Men’s, Women’s and Coed Leagues
- Level of play to meet everyone’s ability
- Fall league games run from September - November
- Games played Sunday thru Friday evenings

Pickleball
An addictive sport. Perfect for all ages.

- Classes, Clinics & Private Lessons
- Tournaments
- Leagues
- Join our Meetup Group. Connect with players at www.meetup.com/Concord-CA-Pickleball-Enthusiasts
Concord Parks & Recreation

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

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

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

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

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

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

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

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

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

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

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

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

**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.

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.

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

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AT OUR ONLINE INSTRUCTION CENTER
www.ed2go.com/concordleisure
SPECIAL RECREATION

Casino Trips
What a great way to spend the day. We pack a big bus and the trip goers have tons of fun on the bus and at the casino. Good friends, good times, and great memories.

— Kelly M.

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.

| Age: 18+ | Clayton Valley Bowl | Sep 4-Sep 25 | T | 3:30p-5:30p | $32 | #108124 |

Special Recreation - Bowling Award Night
Join us at the awards night as we share this special time. Celebrate the highlights and achievements of our bowling team, the Concord Strikers! Awards will be presented. Please remember to register attending family and friends.

| Age: 16+ | Centre Concord | Sep 26 | Tu | 5:30p-7:30p | $32 | #108125 |

Special Recreation - Community Dance
Come one and all and have a good time dancing your heart out! Bring a snack to share. Pay $7 at the door with exact cash. Credit card payment not accepted at the door.

| Age: 18+ | Senior Center | Nov 2 | F | 7:00p-9:00p | $7 | #108126 |

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
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 STRENUEOUS**
   - 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.

TRIPS AND TOURS

**Thunder Valley**

Close to home and designed for fun! Try your luck at this casino. Receive $10 slot play and $5 food credit or $15 match play. Register by August 30. No refunds or cancellations after August 30.

- **Age:** 21+
- **Location:** Senior Center
- **Leader:** Kelly Madge
- **Date:** Sep 13
- **Time:** 9:00a-5:00p
- **Price:** $40 R/$45 NR
- **#:** 108140

**Safari West Excursion**

Safari West in Santa Rosa allows you to discover the wildest of Africa and to travel among herds of wildebeest, rhinos and towering giraffes. You’ll climb aboard a safari vehicle for a 3 hour excursion to get close and personal with nearly 1,000 animals. Fun for all ages. Lunch is included. No refunds or cancellations after September 8.

- **Age:** 18+
- **Location:** Senior Center
- **Leader:** Mary Rae Lehman
- **Date:** Sep 22
- **Time:** 7:45a-5:15p
- **Price:** $154 R/$159 NR
- **#:** 108141

**The Phantom of the Opera**

Cameron Mackintosh’s spectacular new production is now on tour across North America. The production boasts many exciting special effects including the show’s legendary chandelier. The PHANTOM is one of the largest productions now on tour. No refunds or cancellations after September 9.

- **Age:** 5+
- **Location:** Senior Center
- **Leader:** Mary Rae Lehman
- **Date:** Sep 23
- **Time:** 12:30p-5:30p
- **Price:** $89 R/$94 NR
- **#:** 108142

**Apple Hill Tour**

Can you smell those fresh Apple Pies? Explore the Hill and load up on fresh tree-picked apples and homemade delicacies. You will have plenty of time to shop and grab lunch, on your own. No refunds of cancellations after September 21.

- **Age:** 18+
- **Location:** Senior Center
- **Leader:** Mary Rae Lehman
- **Date:** Oct 5
- **Time:** 9:00a-5:00p
- **Price:** $54 R/$59 NR
- **#:** 108143
**USS Potomac History Tour**

Enjoy a 3-hour narrated WWII History Cruise aboard the USS Potomac exploring the San Francisco Bay. Built in 1934 as the Coast Guard cutter Electra, this 165-foot vessel was commissioned as a U.S. Navy vessel in 1936 and served as Franklin Delano Roosevelt’s Presidential Yacht until his death in 1945. Box lunch will be served on board. Following the cruise, you will have 2 hours to explore the famous Jack London Square. No refunds or cancellations September 27.

**Age:** 18+  ■  **Senior Center**  ■  **Mary Rae Lehman**

Oct 11  ■  **Th**  ■  9:00a-4:30p  ■  $102 R/$107 NR  ■  #108376

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**Treasure Island and Its Treasures**

By popular request we will visit Treasure Island and Treasure Island Job Corp Program. We will learn about its history and current treasures with a knowledgeable Docent who will guide us. From a fantastic view point of The City to the Clipper Hanger and Clipper Cove, see how the “natives” live and socialize amongst the notable nooks. Lunch at the Culinary Corps is included with a chance for a possible wine tasting oyo, if open! Sign up early, reservations go fast. No refunds or cancellations after October 9.

**Age:** 21+  ■  **Senior Center**  ■  **Mary Ann Sams**

Oct 23  ■  **Tu**  ■  9:00a-4:30p  ■  $71 R/$76 NR  ■  #108144

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**Miss Saigon**

Experience the acclaimed new production of the legendary musical MISS SAIGON, from the creators of LES MISERABLES. This is the epic story of a young Vietnamese woman named Kim. In a bar by notorious character called The Engineer, Kim meets an American G.I. That encounter will change their lives forever. No cancellations or refunds after October 7.

**Age:** 18+  ■  **Senior Center**  ■  **TBD**

Oct 31  ■  **W**  ■  12:30p-5:30p  ■  $74 R/$79 NR  ■  #108402

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**High Hand Nursery**

Enjoy a day at the historic High Hand Nursery in Loomis where you will view a selection of highest quality trees and shrubs, succulents, topiary and stunning garden artwork. Browse the shops for one-of-a-kind hand crafted holiday gifts, and enjoy lunch (not included) made from farm fresh local ingredients in the High Hand Café. No refunds or cancellations after October 19.

**Age:** 18+  ■  **Senior Center**  ■  **Mary Rae Lehman**

Nov 2  ■  **F**  ■  8:00a-4:00p  ■  $48 R/$53 NR  ■  #108146

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**Trips & Tours Procedures**

Full Payment is required for all day trips and overnights at the time of registration, unless specified otherwise. Customers have the following ways to register.

- Walk in to the Senior Center Travel Desk. (Travel Desk is open from 9 a.m.–noon, Mon–Fri)
- Phone in to (925) 671-3320 Mon–Fri from 9 a.m.–noon
- www.ConcordReg.org

Bus, van and motorcoach trips operate on first-come, first-served seating. The vans are equipped with bench style seating and limited accessibility.

Refunds may be requested up to the trip cut off date with a $5 cancellation fee incurred. Unfortunately, refunds will not be honored after the trip cut off date. Refunds, less $5, may be requested with 30 days or more notice on trips without cut off dates. In the event that you request a refund after the trip cut off date the following may occur: If there is a wait list for the trip and someone from the waiting list is willing to take the space vacated by you, you will receive all but $5 of the amount that you have paid for the trip.

**Transportation**

Ride in comfort in our 30-passenger wheelchair accessible bus (unless another mode of transportation is indicated).
TRIPS & TOURS

Colusa Casino
Just a short drive up I-5, Colusa Casino Resort continues to be Sacramento and the Bay Area’s preferred gaming, entertainment, and getaway destination. Showcasing over 1,200 slot machines, a wide variety of table games, and the highest Bingo payouts around, we have the games and prizes to entertain them all. No refunds or cancellations after October 25.

Age: 21+  ■  Senior Center  ■  Kelly Madge
Nov 8  Th  9:00a-5:00p  $40 R/$45 NR  #108145

46th Annual Gifts ‘n Tyme Holiday Faire
Come be part of a Napa Valley holiday tradition! The Faire highlights 85 local and regional artists of original crafts, artwork and holiday pieces! No refunds or cancellations after November 9.

Age: 18+  ■  Senior Center  ■  TBD
Nov 16  F  10:00a-6:00p  $34 R/$39 NR  #108150

Vacaville Outlet Shopping Trip
Here’s your chance to find that perfect holiday gift at the Vacaville outlet stores. We’ll provide the transportation and give you plenty of time to shop and find a lunch location. Lunch is on your own. No refunds of cancellations after November 15 and 20.

Age: 18+  ■  Senior Center  ■  Mary Rae Lehman
Nov 29  Th  9:30a-4:00p  $44 R/$49 NR  #108377

San Francisco Holiday Lights & Lobbies
Join us for our premier, exclusive tour of the Holiday Lights and Lobbies of San Francisco. See the now LGBT traditional Tree of Cranes in City Hall and learn the story of the little girl in Japan who started it. Visit the delightful Queen of Ann Victorian Christmas Hotel, St. Francis Hotel 15’ Gingerbread Castle, Union Square 80’ tree and many more. Enjoy a fun night on town with lots of Holiday Spirit and companionship to enjoy. No refunds or cancellation after December 6.

Age: 18+  ■  Senior Center  ■  Mary Ann Sams
Dec 20  Th  3:00p-10:00p  $54 R/$59 NR  #108391

Beach Blanket Babylon Holiday Show
Prepare yourself for jaw dropping costumes and HATS, along with belly bending laughter as the Troupe engages you in Snow White’s search for her Prince. Along the way, she meets contemporary politicians, actors, sports idols and more, both national and international. This magical spoof has been a San Francisco standard holiday tradition for decades. Lunch on your own in North Beach prior to the show and a driving tour of Columbus Street. No refunds or cancellations after November 18.

Age: 18+  ■  Senior Center  ■  TBD
Dec 2  Su  11:30a-5:30p  $59 R/$64 NR  #108147

Brunch at Grand Island Mansion
Enjoy a delicious Sunday Brunch in the spectacular Grand Island Mansion near Walnut Grove, CA. Bask in the grandeur of this 58 room Italian Renaissance styled villa completed in 1920 which has welcomed the likes of President F.D. Roosevelt, Greta Garbo and President Reagan. No refunds or cancellations after November 25.

Age: 18+  ■  Senior Center  ■  Mary Rae Lehman
Dec 9  Su  10:00a-4:00p  $94 R/$99 NR  #108148

The 30th Annual Music & Market Series
Thursdays, 6:30–8 p.m.
Todos Santos Plaza in Downtown Concord

AUGUST 9, 2018
Stung
Sponsored by Mt Diablo Resource Recovery
Concord’s own Tribute to the Music of The Police

AUGUST 16, 2018
Incendio
Fiery Spanish Guitar Virtuosos

AUGUST 23, 2018
Kingsborough
New Generation Indie Rockers

AUGUST 30, 2018
Foreverland
The Electrifying Tribute to Michael Jackson

SEPTEMBER 6, 2018
Lafayette Studio Big Band
Seventeen piece Count Basie style Jazz Orchestra

SEPTEMBER 13, 2018
Annie Sampson
Concord’s own Queen of Blues

Rental facilities for all occasions.

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

Centre Concord
5298 Clayton Road
Concord, CA 94521
(925) 671-3466

Concord Senior Center (Shown)
2727 Parkside Circle
Concord, CA 94519
(925) 671-3320

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

Legend

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
### ENRICHMENT & SPECIAL INTEREST

**Private Help with eDevices**  
Is your smart phone 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.  

**Age:** 50+  
**Location:** Senior Center  
Cliff Ellis  
**Dates:** Sep 14-Dec 21  
**Times:** F 9:30a-12:30p  
**Fee:** $15  
**#108301**

### ARTS AND CRAFTS

**Fun with Yarn**  
Are you interested in knitting or crocheting? Join other yarn craft people and enjoy their company as you work on your craft or learn a new one. Enjoy the camaraderie and support of people of all skill levels. This class is for beginners or those refreshing their skills. No class November 23.  

**Age:** 50+  
**Location:** Senior Center  
Anita Daw  
**Dates:** Sep 14-Dec 21  
**Times:** F 9:30a-11:30a  
**Fee:** $25 R/$30 NR  
**#108119**

### DANCE, MUSIC & PERFORMING ARTS

**Beginning Tap Dance I**  
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 November 2 and 23.  

**Age:** 50+  
**Location:** Baldwin Park Dance Studio  
Terry Davis  
**Dates:** Sep 14-Dec 21  
**Times:** F 11:00a-11:45a  
**Fee:** $69 R/$74 NR  
**#108112**

**Beginning Tap Dance II**  
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 November 2 and 23.  

**Age:** 50+  
**Location:** Baldwin Park Dance Studio  
Terry Davis  
**Dates:** Sep 14-Dec 21  
**Times:** F 9:15a-10:00a  
**Fee:** $69 R/$74 NR  
**#108113**

**Intermediate Tap Dance II**  
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 November 2 and 23.  

**Age:** 50+  
**Location:** Baldwin Park Dance Studio  
Terry Davis  
**Dates:** Sep 14-Dec 21  
**Times:** F 10:15a-11:00a  
**Fee:** $69 R/$74 NR  
**#108114**

**Momentos de Baile Latino**  
Todas las persona de 50 anos y mas estan cordialmente invitados(as) los primeros lunes de cada mes al Baile Latino de 1:30pm 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+  
**Location:** Senior Center  
TBD  
**Dates:** Sep 10, Oct 1, Nov 5, Dec 3  
**Times:** M 1:15p-3:15p  
**Fee:** $3  
**#108127, 108128, 108129, 108130**

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**A Full, New Life!**  
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.  

Carlton Senior Living  
1700 Broadway St.  
Concord  
(925) 686-1700  
Lic. No. 5005347  
CarltonSeniorLiving.com  

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

Follow us on YouTube  
www.youtube.com/concordfirst
Loteria
Loteria Mexicana y bingo son actividades bilingües y divertidas para mantener nuestra mente activa. Una contribución de $3 incluye ocho juegos. Todos son bienvenidos! Loteria Mexicana and Bingo is a bilingual senior memory enhancement and gathering activity in a fun atmosphere. Eight games are included in the fee. Everyone is welcome.

Age: 50+  ■ Senior Center  ■ TBD
Sep 27  Th  10:00a-1:00p  $3  #108387
Oct 25  Th  10:00a-1:00p  $3  #108388
Nov 29  Th  10:00a-1:00p  $3  #108389
Dec 20  Th  10:00a-1:00p  $3  #108390

Medicare Open Enrollment
It’s Medicare Open Enrollment time. Do you have questions about your Medicare health plan or prescription plan for 2019? Your plan may have changed its coverage or costs, or your needs and medications may have changed. It’s very important to review your plan annually. Contra Costa HICAP will talk about what’s new for 2019 and how to optimize your coverage. You could save lots of money.

Age: 50+  ■ Senior Center  ■ Pam Brown
Oct 22  M  9:30a-10:30a  Free  #108079

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 an all-encompassing approach to protecting, managing and growing your retirement assets. Meet with Ron Linski, an Enrolled Agent, who has provided tax solutions and strategies for over 20 years.

Age: 50+  ■ Senior Center  ■ Jon Carlson
Sep 27  Th  3:00p-4:30p  $3  #108108
Nov 8   Th  3:00p-4:30p  $3  #108109

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.

Age: 50+  ■ Senior Center  ■ Raymond McFalone
Nov 20-Nov 27  T  1:30p-3:30p  $13  #108088

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.

Age: 50+  ■ Senior Center  ■ TBD
Sep 25  T  10:30a-11:30a  $3  #108132
Oct 30  T  10:30a-11:30a  $3  #108133
Nov 27  T  10:30a-11:30a  $3  #108134

Welcome to Medicare
Are you new to Medicare or would you like to know more about how it works? Learn how to enroll, what the different parts of Medicare cover and what they cost, how to choose the best prescription coverage based on your medications, and the pros and cons of Medicare Advantage (HMOs) vs. Medicare Supplements and the choices available in Contra Costa County. The class will also touch on how Medicare coordinates with other coverage such as that through employers or the VA. Medicare is very complicated and it’s easy to make costly mistakes. Presented by Contra Costa Health Insurance Counseling and Advocacy Program (HICAP).

Age: 50+  ■ Senior Center  ■ Pam Brown
Sep 24  M  9:30a-12:00p  Free  #108080

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.

Age: 50+  ■ Senior Center  ■ Raymond McFalone
Nov 6-Nov 13  T  1:30p-3:30p  $13  #108089
HEALTH & FITNESS

Chair Yoga and Wellness
Yoga can improve bone, health, muscle strength, balance, flexibility, mood and sleep. If you want these benefits but prefer not to get on the floor, this is a great class for you. A chair or a wall is used for balance assist. Liz tailors poses to individual needs. Need a Yoga mat, bare feet or yoga socks. Appropriate for those with arthritis or osteoporosis.

**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. No class November 23.

**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, foster creativity and the enjoyment of life. Practices vary from the soft internal styles such as Tai Chi. The slow gentle movements of most Qigong forms can be easily adapted, even for the physically challenged.

**Yoga for Wellness**
Enjoy life more! Yoga can improve your ability to stay strong and flexible physically and mentally. You will leave class feeling refreshed and confident. Liz creates a fun and compassionate ambience as she tailors poses to individual needs. Bring a yoga mat and large towel or blanket. Great class for those with arthritis, osteoporosis. Beginners welcome!

SPECIAL EVENTS

Be A Santa To A Senior Wrapping Party
Share the holiday spirit and take part in the Be A Santa To A Senior service program. In collaboration with HomelInstead, Concord Commission on Aging and the Concord Senior Center, the BASTAS program will provide gifts for over 100 seniors. City Hall will have a tree with ornament wishes. Call if your organization would like to place a tree at your own location. Pick up an ornament and purchase wish items, return gifts between Nov 18- Dec 10. Return the ornament on the gift, to the site where you originally picked it up.

**Gift and Craft Fair – Vendor**
Help support the Concord’s Senior Center’s Volunteer Program by purchasing a space. Over 40 vendors and 300+ customers shop during our Gift and Craft Fair. Fulfill all your holiday shopping needs with unique handcrafted gift items. Free to attend fair. Vendors sign up now for a 5-foot table and two chairs. For more information call (925) 671-3320 or email concordsc@cityofconcord.org

**Holiday Gift & Craft Fair**
Handmade Crafts, Clothing, Jewelry, Plants & many more.
Friday, Nov. 30, 2018
9:00am - 2:00pm
Concord Senior Center
2727 Parkside Circle
Go shopping, go shopping, go shopping!
Vendor tables available for $40.
Register online at www.ConcordReg.org #108384
For more information in becoming a vendor, call (925) 671-3320 or email us at concordsc@cityofconcord.org
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@rflends.com

Synergy One Lending, Inc. d/b/a Retirement Funding Solutions NMLS 1025994. Licensed by the Department of Business Oversight under the California Residential Mortgage Lending Act - California License #1011156.

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Concord Commission on Aging & Concord Senior Center presents
HAWAIIAN FUSION
A fundraiser for scholarships serving underprivileged senior citizens

Saturday, September 8, 2018
Concord Senior Center
Spring Valley

Tickets: $50 per person or $450 Table of 10 #108067
No Host Bar

To purchase ticket(s) go to www.concordreg.org or visit http://www.cityofconcord.org/hawaiianfusion/

Pick up an ornament tag, purchase gift wishes and return unwrapped gifts along with ornament gift tag at participating locations listed below.

- Min’s Kitchen, 3505 Clayton Rd (El Monte Shopping Center)
- City of Concord Civic Center, 1950 Parkside Drive - Wing A & Permit Center
- Concord Police Department, 1350 Gallindo Street
- Irvin Deutscher Family YMCA 350 Civic Dr, Pleasant Hill
- Curves For Women, 2982-C Treet Blvd
- The Old Spaghetti Factory, 1955 Mt. Diablo

For more information or sponsorship opportunities contact Avis Connolly at avis.connolly@cityofconcord.org, or Tess Locsin at (925) 280-9688.
AARP Driver Safety. This course is taught on the 1st and 2nd Wednesday every other month from 9:00a.m. -1:00p.m. Cost for AARP members: $15; cost for non members: $20. Call to register.

Alzheimer’s Support Group. Alzheimer’s Support group meets on the 4th Wed from 2:00p.m. - 4:00p.m.

Care Management by Meals on Wheels (MOW) & Senior Outreach Services 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 9:30a.m. – 3:00p.m. and Thursday from 9:30a.m. - 11:30a.m. For more information or to schedule an appointment contact the center.

CC Café Hot Lunch Program by MOW & Senior Outreach Services for Adults 60+
Café is open to adults 60+ and younger spouses and seniors. Meals are served daily at 11:30a.m. You are required to register prior to starting the program. Contact the Café at (925) 825-1488 between 9:00a.m. - 11:30a.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.

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 every 2nd Thursday of the month at the Concord Senior Center. Attorneys will prepare an AHCD for you. Call the center to make an appointment.

Memory Screening. 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 free of charge from 10:00a.m. -11:00a.m. every Wednesday. No appointment necessary. A prior contact check is recommended.

Pranic Healing is a simple yet powerful & effective system of no-touch energy healing. Meets 1st and 3rd Friday of the month from 7:00pm—9:00pm. Donation for healings go to the Senior Center. No appointment necessary.

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 - Edward Schroth 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.
**SWIMMING**

Deep Water Workout

Deep water is an enjoyable and effective non-impact aquatic training medium for a full range of exercise challenges. We are 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.

**PRESCHOOL SWIM CLASSES
AGE: 3-5**

**Preschool Level 1 Alligators Alley**

Submerge Head - 10 Secs
Front Float
Back Float
Glide
Back Glide

**Age: 3-5**  ■  Concord Community Pool  ■  Staff

- **Sep 4-Sep 7**
  - T-F  3:45p-4:15p  $36 R/$41 NR  #108302
- **Sep 8-Sep 29**
  - Sa  10:00a-10:30a  $36 R/$41 NR  #108354
- **Sep 17-Sep 20**
  - M-Th  3:45p-4:15p  $36 R/$41 NR  #108304
- **Sep 24-Sep 27**
  - M-Th  3:45p-4:15p  $36 R/$41 NR  #108305

**Preschool Level 2 Seal’s Rock**

Beginner Stroke Fin and Kick on Back Glide with flutter kick
Jump in 2-3 feet of water

**Age: 3-5**  ■  Concord Community Pool  ■  Staff

- **Sep 4-Sep 7**
  - T-F  4:20p-5:00p  $36 R/$41 NR  #108306
- **Sep 8-Sep 29**
  - Sa  10:35a-11:05a  $36 R/$41 NR  #108355
- **Sep 10-Sep 13**
  - M-Th  4:20p-5:00p  $36 R/$41 NR  #108307
- **Sep 17-Sep 20**
  - M-Th  4:20p-5:00p  $36 R/$41 NR  #108308
- **Sep 24-Sep 27**
  - M-Th  4:20p-5:00p  $36 R/$41 NR  #108309

**Preschool Level 3 Seaweed Patch**

Flutter Kick Front Crawl
Side Breathing

**Age: 3-5**  ■  Concord Community Pool  ■  Staff

- **Sep 4-Sep 7**
  - T-F  4:55p-5:25p  $36 R/$41 NR  #108310
- **Sep 8-Sep 29**
  - Sa  11:04a-11:40a  $36 R/$41 NR  #108356
- **Sep 10-Sep 13**
  - M-Th  4:55p-5:25p  $36 R/$41 NR  #108311
- **Sep 17-Sep 20**
  - M-Th  4:55p-5:25p  $36 R/$41 NR  #108312
- **Sep 24-Sep 27**
  - M-Th  4:55p-5:25p  $36 R/$41 NR  #108313

**Preschool Level 4 Otter’s Cove**

Back Float and Kick
Backstroke Arms

**Age: 3-5**  ■  Concord Community Pool  ■  Staff

- **Sep 4-Sep 7**
  - T-F  5:30p-6:00p  $36 R/$41 NR  #108314
- **Sep 8-Sep 29**
  - Sa  11:44a-12:15p  $36 R/$41 NR  #108357
- **Sep 10-Sep 13**
  - M-Th  5:30p-6:00p  $36 R/$41 NR  #108315
- **Sep 17-Sep 20**
  - M-Th  5:30p-6:00p  $36 R/$41 NR  #108316
- **Sep 24-Sep 27**
  - M-Th  5:30p-6:00p  $36 R/$41 NR  #108317

**ELEMENTARY SWIM CLASSES
AGE: 6-13**

**Elementary Level 1**

Submerge Head
Front Float with Kick
Back with Kick
Beginner Stroke

**Age: 6-13**  ■  Concord Community Pool  ■  Staff

- **Sep 4-Sep 7**
  - T-F  3:45p-4:15p  $36 R/$41 NR  #108318
- **Sep 8-Sep 29**
  - Sa  10:00a-10:30a  $36 R/$41 NR  #108358
- **Sep 10-Sep 13**
  - M-Th  3:45p-4:15p  $36 R/$41 NR  #108319
- **Sep 17-Sep 20**
  - M-Th  3:45p-4:15p  $36 R/$41 NR  #108321
- **Sep 24-Sep 27**
  - M-Th  3:45p-4:15p  $36 R/$41 NR  #108320
Elementary Level 2
Front Crawl
Front Crawl with side breathing
Backstroke
Age: 6-13
Concord Community Pool
Staff
Sep 4 - Sep 7
T - F
4:20p - 10:20p
$36 R/$41 NR
#108322
Sep 8 - Sep 29
Sa
10:35a - 4:35p
$36 R/$41 NR
#108359
Sep 10 - Sep 13
M - Th
4:20p - 10:20p
$36 R/$41 NR
#108323
Sep 17 - Sep 20
M - Th
4:20p - 10:20p
$36 R/$41 NR
#108324
Sep 24 - Sep 27
M - Th
4:20p - 10:20p
$36 R/$41 NR
#108325

Elementary Level 3
Breaststroke
Breaststroke
Elementary backstroke
Age: 6-13
Concord Community Pool
Staff
Sep 4 - Sep 7
T - F
4:55p - 5:25p
$36 R/$41 NR
#108326
Sep 8 - Sep 29
Sa
11:10a - 11:40a
$36 R/$41 NR
#108360
Sep 10 - Sep 13
M - Th
4:55p - 5:25p
$36 R/$41 NR
#108327
Sep 17 - Sep 20
M - Th
4:55p - 5:25p
$36 R/$41 NR
#108328
Sep 24 - Sep 27
M - Th
4:55p - 5:25p
$36 R/$41 NR
#108329

Elementary Level 4
Dolphin Kick
Butterfly Side Stroke
Age: 6-13
Concord Community Pool
Staff
Sep 4 - Sep 7
T - F
5:30p - 6:00p
$36 R/$41 NR
#108330
Sep 8 - Sep 29
Sa
11:45a - 12:15p
$36 R/$41 NR
#108361
Sep 10 - Sep 13
M - Th
5:30p - 6:00p
$36 R/$41 NR
#108331
Sep 17 - Sep 20
M - Th
5:30p - 6:00p
$36 R/$41 NR
#108332
Sep 24 - Sep 27
M - Th
5:30p - 6:00p
$36 R/$41 NR
#108333

LAP & RECREATIONAL SWIM

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

Fees
Daily
$5.50 R/$6.50 NR
Daily (Senior 65+)
$4.75 R/$5.75 NR
Monthly
$75 R/$80 NR
15 Swims
$66 R/$76 NR
30 Swims
$123 R/$133 NR
45 Swims
$171 R/$181 NR

Lap Swim - September 4 - November 30
M, W, F
6 a.m. - 1 p.m.
Tu, Th
7 a.m. - 1 p.m.
M - Th
7 p.m. - 8:30 p.m. (Short Course Only)
Sa & Su
10 a.m. - Noon

Holiday Hours
10 a.m. - Noon
Veterans Day
Nov 10
Day After Thanksgiving
Nov 24

Pool Closures
Swim Meet Nov (TBD)
Thanksgiving Nov 22

Fall Recreational Swim
September 8 - 30
Sa & Su
1 - 4 p.m.

Admission
Daily
15 swim pass
Adult (18+)
$5.50 R/$6.50 NR
$66 R/$76 NR
Child (3 - 17)
$4.75 R/$5.75 NR
$55 R/$66 NR
Tot (2 & Under)
Free
Senior (65+)
$4.75 R/$5.75 NR
Inflatables
$2

TERRAPINS SWIM TEAM
Developmentally appropriate competitive swimming in a fun and friendly environment right here in Concord!

2018 Fall Programming
- 2018 Fall Technique Development Program (September 10th - November 30th)
- High School Pre-Season Program (November 2018 through February 2019)
- Private Competitive Lessons available
- Year-Round competitive swim team membership open throughout the year.

Check out our website for more information on all our programs
WWW.TERRAPINSWIM.COM
Or call our office to speak with the staff (925) 680-8372

DOWNTOWN EVENTS

Farmers’ Market • Music and Market

Special Events at Todos Santos Plaza
Located at Willow Pass Road and Grant Street in Concord

Concord Farmers’ Market
Tuesdays: Year-round, 10 a.m.–2 p.m.
Thursdays: April 19–October 25, 4–8 p.m.
1-800-949-FARM

Music and Market—Thursday Evenings
May 17–September 13, 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.

Concord's Official Tree-Lighting and Mayor’s Sing-Along
Santa's Grand Arrival: Saturday, December 1 at 4 p.m.
On-stage entertainment: 5 p.m.
School choirs and community entertainment on stage with traditional tree-lighting and holiday sing-along; carriage rides by the Todos Santos Business Association.

All events subject to change without notice.
No smoking. No dogs.
www.concordfirst.org

Concord Library
Children’s Programs
2900 Salvio • (925) 646-5455

Baby & Toddler Time
Books, songs, bounces and finger plays for children 6 months to 3 ½ years old
Tuesdays, 10:15 & 11:15 a.m.

Preschool Storytime
Stories, songs and finger plays for children 3 ½–5 and caregiver
Wednesdays 10:30–11:00 a.m.
Check with library for dates.

Movie Mondays
Selected Mondays at 7:00 p.m. Come see a rated “G” or “PG” movie in the library
Call or stop by for movie titles.

Summer Reading Program
Contra Costa County will kick off its annual Summer Reading Program, “Reading Takes You Everywhere” on June 4. The event will run through August 4 with special programs for all ages to enjoy throughout the summer. All readers – babies, children, teens, and adults are encouraged to read for pleasure and prizes at libraries countywide.

Lunch in the Library
Children 18 and younger may get a free lunch at the library! Please call or stop by for the days and times.

All programs subject to change

1913 - 2013
CONTRA COSTA COUNTY LIBRARY
ccclib.org
100 Years of Bringing People and Ideas Together
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.

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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 payment 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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**REGISTRATION**

**Head of Household**
- Concord Resident
- Non-Resident

**Address**
- If you or your child have a special need or disability, please check here.

**City**
**State**
**Zip**

**Email**
**Phone (Day)**
**Phone (Eve)**

**ACTIVITY REGISTRATION:**
- Winter
- Spring
- Summer
- Fall

**Participant Name**
**Date of Birth**
**Course #**
**Course Title**
**Fee**

**Total Fees $**

**WAIVER AND RELEASE FROM LIABILITY / ASSUMPTION OF RISK**
I, acknowledge, with my signature, that I/my child wish(es) to participate in one or more activities (herein after 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.

**USE OF PARTICIPANT PHOTOGRAPHS**
In addition to the forgoing, I give consent to Concord Parks & Recreation or any other media agency to photograph or video me (or the minor on whose behalf I am agreeing to this waiver,) and to use such photograph(s)/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.

(choose one) Self Parent Guardian

**Signature**
**Date**

**Method of payment:**
- Check payable to: Concord Parks & Recreation
- VISA
- MasterCard

**Amount $**

**Card #:**
**Security Code:**
**Exp. Date**
**Month/Day/Year**

**Print name as it appears on card**
**Signature**
Rental facilities for all occasions

weddings, quinceñeras, 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
City of Concord’s Adult Sports
(925) 671-3279

An addictive sport. Perfect for all ages.

Classes, Clinics & Private Lessons
Tournaments and Leagues

Join our Meetup Group. Connect with players at www.meetup.com/Concord-CA-Pickleball-Enthusiasts

For more information see page 24

www.concordreg.org

Fall Leagues
Play for fun. Play to compete.
Men’s, Women’s and Coed Leagues
Level of play to meet everyone’s ability
September-November
Sunday through Friday evenings

www.teamsideline.com/concord