



# ACTIVITY GUIDE

CONCORD COMMUNITY AND RECREATION SERVICES

FALL 2008

***Fitness,  
Friends,  
Fun ... I'm  
Livin' It!***

***Youth After School Enrichment*** See pages 6-8

**We create community through  
people, parks and programs.**

[www.cityofconcord.org/recreation](http://www.cityofconcord.org/recreation)



# *Inside the Guide*

**Preschool Program** – Looking for a preschool program to get your child started off right? See why Concord’s preschools are rated so highly by parents. See pages 2–5.

**Youth After School** – After school enrichment benefits students in many ways including higher school performance and improved social skills, see what Concord has to offer. See pages 6–8.

**Trips & Tours** – Fall is a perfect time of the year for you to get out of town and explore one of the many destinations in the bay area and beyond. See pages 23–26.

**Lifelong Learning** – Kick start your health and fitness goals with one of the many classes we have to offer adults and seniors. See pages 14–21 and 27–31.

**Online Classes** – Learn from the comfort and convenience of your home with one of our 250 instructor-facilitated, highly interactive online courses. See page 22.

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**Welcome** to the fall edition of the Concord Activity Guide, where in Concord, Families Come First. The Community & Recreation Services Department is committed to being your Health and Wellness Partner. ***Fitness, Friends, Fun – Are you Livin’ It?***

The fall means back to school for the kids and a renewing of personal health, fitness and wellness goals for yourself. For the kids there is whole section in this guide dedicated to after school enrichment classes that are held at several local elementary schools. Enrichment benefits children in many ways including increased self-esteem and equips them with new skills and abilities, as well as encouraging overall higher school performance. For your youngest child, get them off on the right foot with Concord’s Preschool Program which is held at both Centre Concord and Baldwin Park for two, three and four year olds.

Adults have a number of new choices to choose from this fall from the latest craze ZUMBA to a Beginning Fitness Training class to help you make the most out of your workouts. Our other popular classes are available to choose from including Cardio Hip Hop Dancing, Salsa, Pilates, Jazzercise Lite and Meditation for Health and Well-Being. If you are crunched for time, check out one of hundreds of online classes that the department has to offer that you can take from the convenience of your own home.

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**Online, you’re first in line!**  
**[www.ConcordReg.org](http://www.ConcordReg.org)**



## ***It’s easy!***

- **Search for activities**
- **Register online**
- **View current registrations**
- **Update your account**
- **Receive email updates**
- **And more...**

All of this 24 hours a day, seven days a week,  
all from the convenience of your own desktop.

**Need Help?** Click on Help Desk tab on the web site, email us at [ConcordReg@ci.concord.ca.us](mailto:ConcordReg@ci.concord.ca.us) or call us at (925) 671-3404

Benefit statements  
provided by



LIFESTYLE INFORMATION NETWORK

## ***Quality Assurance***

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.

Visit us on the web at  
[www.cityofconcord.org](http://www.cityofconcord.org)

Para información en  
Español llame al 671-3098

# 2 Preschool

**Register Now!**



## Fall 2008 Preschool Classes

### 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.

### 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.

### 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 Sept. 1, 2008  
 3-year-olds must be age 3 by Dec. 1, 2008  
 4-year-olds must be age 4 by Dec. 1, 2008  
**3 and 4-year-olds must be toilet trained.**

\$35 Non-refundable processing fee and a non-refundable first monthly tuition payment are due at the time of registration. The remaining 8 tuition installments are due by the 20th of each month from September 2008-April 2009.

### Monthly fees:

2-day classes \$115 Res/\$120 Non Res  
 3-day classes \$175 Res/\$180 Non Res  
 Parent Involvement: Parents in all classes are asked to bring a healthy snack for the whole class once every other month.

For more information call the registration office at 671-3404.

## Baldwin Park • 2790 Parkside Circle

### 3 Year Olds-Araceli Smith (Ms. Honey)

Session	Days	Times	Course
Sep 8-May 22	Mon, Wed, Fri	9-11:30 a.m.	# 80505
Sep 9-May 21	Tue, Thu	9-11:30 a.m.	# 80506

### 4 Year Olds-Gina Flores

Session	Days	Time	Course
Sep 9-May 21	Tue, Thu	9-11:30 a.m.	# 80514

### 4 Year Olds-Araceli Smith

Session	Days	Time	Course
Sep 8-May 22	Mon, Wed, Fri	12-2:30 p.m.	# 80515



*"Ms. Beth is great with the kids! The activities are also well thought out. My son had fun at school and learned a lot about socializing with other kids. I would recommend the program to anyone!"*

— Jenni Ellis

## Centre Concord • 5298 Clayton Road

### 2 Year Olds-Beth Severa

Session	Days	Times	Course
Sep 8-May 22	Mon, Wed, Fri	12-2:30 p.m.	# 80499

### 3 Year Olds-Tiffany Severa

Session	Days	Time	Course
Sep 8-May 22	Mon, Wed, Fri	12-2:30 p.m.	# 80503

### 3 Year Olds-Sean Berry

Session	Days	Time	Course
Sep 9-May 21	Tue, Thu	12-2:30 p.m.	# 80507

### 4 Year Olds-Sonja Stanley

Session	Days	Time	Course
Sep 9-May 21	Tue, Thu	12-2:30 p.m.	# 80511



**Class Availability**  
 Other classes are offered for 2-4 year olds but are full at this time. To be placed on a waiting list please call 671-3404.



## ★ Imagine Tomorrow NEW! Computer Classes for Kids

Give your child the kick start they need to do well in school and in a technology savvy world. Imagine Tomorrow Computer classes are a totally fun and interactive learning experience designed exclusively for young learners. Every class combines a fun learning adventure with sophisticated technology concepts in a creative way that teaches your child to use computers as a tool. Children work with their own wireless laptops using Imagine Tomorrow software that is custom built for each lesson and scaffolds to your child's academic and technical ability levels. Small class led by certified Imagine Tomorrow teacher. Parents receive online password to access lessons learned each class and software activities for reinforcement at home.

Age: 3-5

Centre Concord  
Irene Pella

# 81775

Sep 24-Nov 12 11:35 a.m.-12:35 p.m. Wed  
\$149 Res/\$154 Non Res 8 Classes

## ★ Music Together

Share some special time with your child each week, learning songs and rhymes, moving and dancing to music, and playing with a rich variety of instruments. Shake maracas and jingle bells together, gather round the big drum or dance with colorful scarves. Each week brings fun new musical experiences! Music Together is the international, research based, music and movement program for children 0-5 along with the adults who love them. Bay Area Parent Magazine readers placed Music Together in its 'Best of the Bay' Hall of Fame for consistently being voted the best children's program in our area. \$37 materials fee payable to the instructor for your songbook, CDs, and parent handbook.

Age: 5 and under Willow Pass Community Center  
Music Together of Concord

# 81686

Sep 18-Nov 20 10-10:45 a.m. Thu  
\$169 Res/\$174 Non Res 10 Classes

# 81687

Sep 18-Nov 20 11-11:45 a.m. Thu  
\$169 Res/\$174 Non Res 10 Classes

Age: 5 and under

Centre Concord

#81970

Sep 19-Nov 21 11:45 a.m.-12:30 p.m. Thu  
\$169 Res/\$174 Non Res 10 Classes

Cost for each additional sibling registered:

\$119 Res/\$124 Non Res 10 Classes

★ **ATTENTION: Centre Concord Preschool Parents**  
Extend your child's day with one of these ★ conveniently scheduled classes.

## ★ Mad Science- Creatures Big and Small

Giant guys and small fries, creatures come in every size! We'll meet and learn all about the amazing animals we share the planet with. We'll get down and dirty with squiggly-wiggly squirmy worms, take flight with our feathered friends the birds, and go on fossil digs to see what we can discover about that famous Giganta-Saur T-Rex! Each day includes a fantastic take-home project based on the day's class. Mad Science makes learning fun. Fee includes all materials.

Age: 3 ½-5 ½

Centre Concord  
Mad Science

# 81776

Oct 6-27 11:35 a.m.-12:20 p.m. Mon  
\$59 Res/\$64 Non Res 4 Classes

## ★ Mad Science- People Science

Children discover all about the human body, especially the parts we cannot see like the skeleton and heart. Explore our amazing senses of taste, smell, hearing, sight and touch! We'll digest how important healthy nutrition choices are to fuel our bodies. We'll use hands-on activities for all classes; for example how sensitive our finger tips can be or observing the powers of sight. Each day includes a fantastic take-home project based on the day's class. All materials are included in price.

Age: 3 ½-5 ½

Centre Concord  
Mad Science

# 81777

Nov 3-Dec 1 11:35 a.m.-12:20 p.m. Mon  
\$59 Res/\$64 Non Res 4 Classes



Mad Science NASA - "We loved the take-home items and the projects the children made."

— Sonia Chimenti

The Bay Area's only **PRESCHOOL ON DEMAND!**

# TOT DROP



**"Only Come When You Want.  
Only Pay When You Come."**

**YOU** make your own schedule. 9am - 1pm

As little as 1 hour or up to 12 hrs/wk. **\$9/hr.**

**YOU** set your days and arrival & pick up times.

Come occasionally or weekly spots are available.

**FREE** cancellation when your plans change.

## 925-284-3999

[www.totdrop.com](http://www.totdrop.com)

NEW STUDENTS MAY ENROLL AT ANYTIME.

**COUPON**  
1 FREE hr.  
(\$9 value)

New families only

**Grand Opening August 18, 2008  
PLEASANT HILL**

**DIAPER WEARERS WELCOME.**

## Parent and Me Ballet

This parent participation class is a great way to introduce your preschool child to ballet. While you assist your child, he or she will learn to adjust to the classroom environment while being encouraged and having fun. Instructor Alicia Nicole Andreatta will take your child on a joy filled introduction to the world of classical ballet.

Age: 3-4

Baldwin Park Dance Studio  
Alicia Andreatta

**# 81654**  
Oct 4-25 9-9:45 a.m. Sat  
\$59 Res/\$64 Non Res 4 Classes

**# 81655**  
Nov 1-22 9-9:45 a.m. Sat  
\$59 Res/\$64 Non Res 4 Classes

**# 81656**  
Dec 6-27 9-9:45 a.m. Sat  
\$59 Res/\$64 Non Res 4 Classes



## Pre-Ballet

Your child will fall in love with the world of ballet in this entry level class for boys and girls ages 3-4. Join the fun we've created with imaginative props and imagery set to classical and popular children's music. Instructor Alicia Nicole Andreatta will take your child on a joy filled introduction to the world of classical ballet.

Age: 3-4

Baldwin Park Dance Studio  
Alicia Andreatta

**# 81657**  
Oct 4-25 10-10:45 a.m. Sat  
\$59 Res/\$64 Non Res 4 Classes

**# 81658**  
Nov 1-22 10-10:45 a.m. Sat  
\$59 Res/\$64 Non Res 4 Classes

**# 81659**  
Dec 6-27 10-10:45 a.m. Sat  
\$59 Res/\$64 Non Res 4 Classes

## Pre-Ballet Continuing

Is your little dancer ready for the next level of pre-ballet? This continuing class is for 4 year olds who have already taken the introductory level and have the approval of their instructor to move on. In this exciting class we begin to introduce the concepts of left and right, add new petit allegro steps and ask just a little bit more of each dancer technically. Join instructor, Alicia Nicole Andreatta for a joy filled experience in the world of classical ballet.

Age: 4

Baldwin Park Dance Studio  
Alicia Andreatta

**# 81660**  
Oct 4-25 11-11:45 a.m. Sat  
\$59 Res/\$64 Non Res 4 Classes

**# 81661**  
Nov 1-22 11-11:45 a.m. Sat  
\$59 Res/\$64 Non Res 4 Classes

**# 81662**  
Dec 6-27 11-11:45 a.m. Sat  
\$59 Res/\$64 Non Res 4 Classes



## Parent and Me Gymnastics

This class is designed for parents and toddlers to enhance your child's motor development skills, balance, coordination, and confidence. Emphasis is placed on developing movement, rolling, climbing, hanging, balance, and jumping in a fun and social environment. This class is filled with fun and challenging motor development activities. Parent participation is required. Drop-in and try the first class, no obligation. Priority given to registered participants, first come, first served. No class November 11 and 25.

Age: 1 ½-2 ½

Willow Pass Community Center  
CGS Gymnastic Services

**# 81613**  
Sep 16-Oct 14 9-9:45 a.m. Tue  
\$65 Res/\$70 Non Res 5 Classes

**# 81614**  
Oct 21-Dec 2 9-9:45 a.m. Tue  
\$65 Res/\$70 Non Res 5 Classes

## Tiny Tumblers

Your child will tumble over this one! Classes are designed to enhance coordination, agility, and confidence. Emphasis is placed on developing beginning gymnastic skills in a fun and social environment. Equipment incorporated into the class include bars, low beams, ladders, trampoline, barrel and incline mats, tunnels, rings and music games. This is NOT a parent participation class. Drop-in and try the first class, no obligation. Priority given to registered participants, first come, first served. No class November 11 and 25.

Age: 2 ½-3 ½

Willow Pass Community Center  
CGS Gymnastic Services

**# 81615**  
Sep 16-Oct 14 9:45-10:30 a.m. Tue  
\$65 Res/\$70 Non Res 5 Classes

**# 81616**  
Oct 21-Dec 2 9:45-10:30 a.m. Tue  
\$65 Res/\$70 Non Res 5 Classes

*"Effective preschool programs capitalize on a time when children's brains are rapidly developing, laying a foundation of social skills, knowledge and self confidence that paves the way for success in kindergarten and beyond."*

[www.preschoolcalifornia.org/benefits\\_of\\_preschool](http://www.preschoolcalifornia.org/benefits_of_preschool)

## Breakfast With Santa

**T**he whole family can enjoy a delicious breakfast while waiting for a jolly visit from Santa! Breakfast will be served from 8:30–9:15 a.m.

After breakfast, there will be a variety of holiday kids crafts, while waiting for Santa!



Mrs. Claus' Gift Boutique will be open for the children to buy gifts, at low prices, for all those special people in their lives—Mom, Dad, Grandma or Grandpa! Gift Wrapping will be available.

Don't miss the large variety of Gift and Craft Fair Vendors.



Adults finish your holiday shopping while the children are

making crafts. Santa's Boutique & Gift and Craft Fair vendors will have great handmade gifts, baskets, homemade treats, trinkets, books and more!

**Don't forget the camera!**



Pre-registration is required for everyone age 3 and older. Space is limited, so register early before it fills up!

Ages: 3+

Senior Center

# 81878

Dec 6

8:30–10 a.m.

Sat

\$8 Res/\$9 Non Res

### Preschool Gymnastics

Children will flip over the opportunity to learn the basics of all gymnastic events, as well as additional skills to enhance strength, coordination, agility and confidence. Equipment incorporated into the class include bars, low beam, ladders, trampolines, springboards, barrel and incline mats, vaulting blocks, tunnels, and music games. Drop-in and try the first class, no obligation. Priority given to registered participants, first come, first served. No class November 11 and 25.

Age: 3 ½–5

Willow Pass Community Center  
CGS Gymnastic Services

# 81617

Sep 16–Oct 14 10:30–11:15 a.m.  
\$65 Res/\$70 Non Res

Tue  
5 Classes

# 81618

Oct 21–Dec 2 10:30–11:15 a.m.

Tue  
5 Classes



### Busy Bee Cooks

Cooking can be a lot of fun when you know your way around the kitchen. All new recipes! Kids will learn how to safely use various utensils and appliances. The importance of proper cleanup will be stressed. There is a non-refundable \$22 materials fee payable at the first class. The cooking teacher trained at La Varenne Ecole de Paris. As seen on CBS Evening Magazine!

Age: 4–5

Centre Concord  
Lynda Rexroat

# 81642

Nov 20–Dec 18 3–4 p.m.  
\$119 Res/\$124 Non Res

Thu  
4 Classes

### Bumper Bowling

Children will enjoy this great introduction to bowling. Lane gutters are blocked by guard rails for gutter less bowling. Class session includes 2 games or one hour which ever comes first. Parental assistance is required. Bowling equipment, shoes, and automatic scoring is included.

Age: 4–7

Clayton Valley Bowl

# 81609

Sep 24–Nov 12 2:30–3:30 p.m.

Wed

\$49 Res/\$54 Non Res

8 Classes

### 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 their attention span, focus and coordination. They will learn some basic skills that will prepare them to begin more disciplined training when they are older. A uniform will be required.

Age: 3–5

KO Tae Kwon Do

# 81734

Oct 16–Dec 4 5–5:40 p.m.

Thu

\$69 Res/\$75 Non Res

8 Classes

**Registration Is Easy**  
See Pages 38–39.

### After School Enrichment

The City of Concord Community & Recreation Services in cooperation with the Mt. Diablo Unified School District is offering After School Enrichment classes at select elementary schools in Concord. The After School Enrichment program offers a wide variety of recreation classes for children in grades 1st-5th. Enrichment classes benefit students in many ways including increased self-esteem, new skills and abilities, improved social skills, higher school performance, and encouraging life long learning. Thank you for choosing Concord Community & Recreation Services and the After School Enrichment Program.

### Beginning Spanish and Continuing Spanish

Bienvenidos! Wouldn't you love to give your child the opportunity to speak Spanish! This is your chance! Your child will discover a whole new language and culture in a fun way. Studies show how important it is to introduce children to languages at an early age. Children will learn to communicate using single words, short simple sentences before progressing to more complex sentences. Children will learn through dance, song, games, reading and creating stories.

### Mad Science-Far Out Science

Science has many practical applications, but sometimes it's just really cool. Join us on a discovery of the role science plays in art and toy-making. Then take a closer look at optical illusions, movies, crime scenes, and dry ice. Price includes all materials.



### Mad Science-Engineering Mania

Introduce yourself to the world of physics in the sky, in the water, and on land. We will use our knowledge to create planes, Cartesian Divers, super structures and more. Price includes all materials.



### Chess Challenge

Chess is fun and easy to learn. We are dedicated to sharing the joys and wonders of chess with your child. Chess improves a child's critical thinking, problem solving, decision making and mental discipline. Receive half off for additional siblings who sign up with a fully paid participant. [www.berkeleychessschool.org](http://www.berkeleychessschool.org)



### Guitar

Did you know most popular songs consist of only 3 or 4 basic chords? This class will teach you the chord progressions necessary to quickly learn to play your favorite songs. With no more than six students per class, you will get the personal attention you need in this ten week class. The instructor has a Masters degree in Music Education and twenty years of teaching experience. Bring your own guitar (any kind).

**Scholarships available  
for those that qualify.  
Call 671-3494 for  
more information.**

### After School Hoops

After School Hoops is a weekday afternoon basketball program for aspiring young players. The one hour instructional sessions combine fundamental skills instruction with organized team competition with the goal of providing an enjoyable and educational after school athletic event. Players will benefit by improving their individual skills such as passing, dribbling, shooting, rebounding, and defending while, at the same time, learning how to work within the framework of a team. Boys and girls of any skill level are encouraged to participate.



### Kids Cooking

Cooking can be a lot of fun when you know your way around the kitchen. All new recipes! Kids will learn how to safely use various utensils and appliances. The importance of proper clean up will be stressed. The owner was trained at la Varenne Ecole de Cuisine of Paris and is the former owner of Apple Bakery in Walnut Creek. There is a \$22 non-refundable materials fee payable at the first class. As seen on CBS Evening Magazine!

## Basic Animation **NEW!**

Do you ever wonder how cartoons, video games, TV shows and computer animated movies are made? Learn the fine art of animation, where you will learn everything about animation from the history to supplies and production. You will bring your characters to life by making simple, 2D, hand-drawn 'flipbooks' that you can bring home to amaze all of your family and friends. \$25 materials fee payable to instructor.



## Gymnastics

Develop your child's strength, flexibility, agility, and confidence while they have fun in a non-competitive environment. This class teaches both beginning and intermediate gymnastics and tumbling skills. Students will learn the basics of all gymnastic events including tumbling and vaulting skills, bar and balance beam. Strength and flexibility exercises with fun and challenging games are included. We will provide all mats and gymnastic equipment.

## Hip Hop Dance

The Rhythm Room brings you the latest and greatest Hip Hop choreography straight from New York and LA! Classes will focus on isolations, waves, pop n' lock, combinations moves! Class is great for boys and girls beginner through intermediate.



## Art & Music Clay Building

Students will create three-dimensional clay art forms. They will build their own unique clay sculptures including farm, zoo and imaginary animals as well as create human figurines and spaceships. All clay is air-dry so projects can be taken home the same day. There is no limit to your child's creativity in this class! Price includes all materials.

## DramaMama Theatre **NEW!** Production at Mt. Diablo

The one and only DramaMama will provide the opportunity to be part of an all inclusive community that allows for creative expression in a fun, exciting environment. Whether you long to be center stage or prefer to learn the art of backstage, we have a place for you. We will create our own Holiday Program, giving students a chance to perform as little or as much as they desire with guaranteed stage time for all who want it! Students will learn acting, vocal, dance and stage crew skills through a group process which includes fun games, age appropriate role plays and even a pizza party or two! This program will promote self esteem, build strong character and may even improve areas of school work. Don't miss this opportunity to be part of something special happening here at Mt. Diablo. 10% discount if full tuition is paid in advance.

## DramaMama Theatrical **NEW!** Dance at Mt. Diablo

In DramaMama Introduction to Theatrical Dance students will learn the basics of dance in a relaxed, fun filled environment. Cabrina Lette will guide you through a low key class that will expose your child to ballet and jazz instruction while respecting their childhood innocence. 10% discount if full tuition is paid for in advance.

## Taekwondo

Taekwondo helps children develop self-confidence, build character, gain self-respect and a positive attitude, and learn self-control and patience. No experience required. \$12 materials fee for t-shirt uniform payable to instructor.

**For The Complete  
Youth Afterschool  
Class Registration  
Schedule – See Page 8**

## CYC COMMUNITY YOUTH CENTER

### CLASSES DAILY:

- BOXING
- CHEERLEADING
- GYMNASTICS
- RHYTHMIC GYMNASTICS
- DANCE
- JUDO
- TAE KWON DO
- WRESTLING
- SPORT SPECIFIC  
CONDITIONING
- ACADEMIC EXCELLENCE

**CHECK  
US  
OUT!**



*After School Hoops – “The After School Hoops instructor had a good rapport with the kids. I appreciated his skills in working with the children. He was firm, kind and had a good sense of humor.”*

— Chun Mei Wilson

Community Youth Center  
2241 Galaxy Ct., Concord  
Call for a schedule 671-7070.  
Dues \$20 per month.  
Family discounts and  
scholarships available.  
[www.communityyouthcenter.org](http://www.communityyouthcenter.org)  
[nschweickert@cycmail.org](mailto:nschweickert@cycmail.org)

# 8

# Youth Afterschool

## After School Enrichment

The City of Concord Community & Recreation Services in cooperation with the Mt. Diablo Unified School District is offering After School Enrichment classes at select elementary schools in Concord. The After School Enrichment program offers a wide variety of recreation classes for children in grades 1st-5th. Enrichment classes benefit students in many ways including increased self-esteem, new skills and abilities, improved social skills, higher school performance, and encouraging life long learning. Thank you for choosing Concord Community & Recreation Services and the After School Enrichment Program. *Scholarships available for those that qualify. Call 671-3494 for more information.*

\*\* No classes November 10, 11, 24-28.

### Monte Gardens Elementary School

Class	Course	Ages	Instructor	Dates	Day	Time	Classes	Fee
Beginning Spanish	# 81809	6-10	Gabriela Rowland	Sep 15-Nov 3	Mon	2:50-3:50 p.m.	8	\$89 Res/\$94 Non Res
Continuing Spanish	# 81810	6-10	Gabriela Rowland	Sep 19-Nov 7	Fri	2:50-3:50 p.m.	8	\$89 Res/\$94 Non Res
Chess Challenge	# 81814	7-11	Berkeley Chess	Sep 18-Nov 6	Thu	2:50-3:50 p.m.	8	\$99 Res/\$104 Non Res
Mad Sci - Far Out Science	# 81811	6-11	Mad Science	Sep 23-Oct 28	Tue	2:50-3:50 p.m.	6	\$89 Res/\$94 Non Res
Mad Sci - Engineering Mania	# 81812	6-11	Mad Science	Sep 25-Oct 30	Thu	2:50-3:50 p.m.	6	\$89 Res/\$94 Non Res
Guitar	# 81815	7-11	Ted Crowley	Sep 16-Nov 4	Tue	2:50-3:35 p.m.	8	\$99 Res/\$104 Non Res
After School Hoops	# 81816	6-11	One on One Basketball	Sep 15-Nov 3	Mon	2:50-3:50 p.m.	8	\$79 Res/\$84 Non Res
Hip Hop Dance	# 81818	7-11	Rhythm Room Dance	Sep 17-Nov 5	Wed	12:50-1:50 p.m.	6	\$89 Res/\$94 Non Res

### Mountain View Elementary School

Class	Course	Ages	Instructor	Dates	Day	Time	Classes	Fee
Guitar	# 81851	7-11	Ted Crowley	Sep 25-Oct 30	Thu	2:30-3:15 p.m.	6	\$79 Res/\$84 Non Res
Gymnastics	# 81958	6-10	CGS Gymnastics	Oct 14-Dec 2**	Tue	2:30-3:15 p.m.	6	\$69 Res/\$74 Non Res
Hip Hop Dance	# 81848	7-11	Rhythm Room Dance	Sep 22-Oct 27	Mon	2:30-3:30 p.m.	6	\$69 Res/\$74 Non Res
Kids Cooking	# 81849	6-11	Beth Severa	Sep 16-Oct 7	Tue	2:30-3:30 p.m.	4	\$89 Res/\$94 Non Res + \$22 materials fee
After School Hoops	# 81846	6-11	One on One Basketball	Sep 24-Oct 29	Wed	1-2 p.m.	6	\$59 Res/\$64 Non Res

### Mt. Diablo Elementary School

Class	Course	Ages	Instructor	Dates	Day	Time	Classes	Fee
Hip Hop Dance	# 81835	7-11	Rhythm Room Dance	Sep 17-Nov 5	Wed	12:25-1:25 p.m.	8	\$89 Res/\$89 Non Res
Beginning Spanish	# 81837	6-10	Gabriela Rowland	Sep 25-Nov 13	Thu	2:40-3:40 p.m.	8	\$89 Res/\$89 Non Res
Mad Sci - Engineering Mania	# 81836	6-11	Mad Science	Oct 1-Nov 5	Wed	12:25-1:25 p.m.	6	\$89 Res/\$89 Non Res
Basic Animation	# 81838	7-11	Lynne Lee	Sep 30-Nov 4	Tue	2:40-4:10 p.m.	6	\$99 Res/\$99 Non Res
Art & Music Clay Building	# 81842	6-11	Art & Soul Music Studios	Sep 15-Nov 3	Mon	2:40-3:25 p.m.	8	\$89 Res/\$89 Non Res
After School Hoops	# 81843	6-11	One on One Basketball	Sep 18-Nov 6	Thu	2:40-3:40 p.m.	8	\$79 Res/\$79 Non Res
DramaMama Theatre Production	# 81845	6-11	DramaMama	Sep 15-Dec 15**	Mon	2:40-3:55 p.m.	12	\$210 Res/\$210 Non Res \$52.50 x 4 installments 10% discount if paid in full
DramaMama Theatrical Dance	# 81889	6-11	DramaMama	Sep 15-Dec 15**	Mon	4-4:45 p.m.	12	\$159 Res/\$159 Non Res \$39.75 x 4 installments 10% discount if paid in full

### Silverwood Elementary School

Class	Course	Ages	Instructor	Dates	Day	Time	Classes	Fee
Art & Music Clay Building	# 81857	6-11	Art & Soul Music Studios	Sep 24-Oct 29	Wed	1:30-2:15 p.m.	6	\$69 Res/\$74 Non Res
Cooking	# 81855	6-11	Beth Severa	Oct 14-Nov 4	Tue	2:45-3:45 p.m.	4	\$89 Res/\$94 + \$22 materials fee
Mad Sci - Far Out Science	# 81858	6-11	Mad Science	Sep 22-Oct 27	Mon	2:45-3:45 p.m.	6	\$89 Res/\$94 Non Res
Chess Challenge	# 81853	7-11	Berkeley Chess	Sep 16-Nov 4	Tue	2:45-3:45 p.m.	8	\$99 Res/\$104 Non Res
After School Hoops	# 81854	6-11	One on One Basketball	Sep 25-Oct 30	Thu	2:45-3:45 p.m.	6	\$59 Res/\$64 Non Res

### Westwood Elementary School

Class	Course	Ages	Instructor	Dates	Day	Time	Classes	Fee
Hip Hop Dance	# 81862	7-11	Rhythm Room Dance	Sep 23-Oct 28	Tue	2:15-3:15 p.m.	6	\$69 Res/\$74 Non Res
Taekwondo	# 81861	6-10	KO Taekwondo	Sep 24-Oct 29	Wed	1:45-2:45 p.m.	6	\$59 Res/\$64 Non Res
Guitar	# 81860	7-11	Ted Crowley	Sep 29-Nov 3	Mon	2:15-3 p.m.	6	\$79 Res/\$84 Non Res
Gymnastics	# 81859	6-10	CGS Gymnastics	Sep 25-Oct 30	Thu	2:15-3 p.m.	6	\$69 Res/\$74 Non Res
After School Hoops	# 81863	6-11	One on One Basketball	Sep 19-Oct 24	Fri	2:15-3:15 p.m.	6	\$59 Res/\$64 Non Res

## Cartoon Workshop

Learn how to draw Buzz Lightyear to Lightning McQueen to the characters in Ratatouille! Matthew Luhn, Pixar Animator and cartoonist on Toy Story, Toy Story 2, Monsters inc., Finding Nemo, Cars, and Ratatouille will be teaching this one day cartoon workshop. Matthew's encouraging approach allows all students to have fun drawing cartoons and teaches them to be able to continue their talent after the class is completed.

Age: 7-15

Centre Concord  
Matthew Luhn

**# 81684**  
Nov 8 9 a.m.-12 p.m. Sat  
\$63 Res/\$68 Non Res 1 Class

## Drawing and Watercolor Painting

Does your child want to draw and paint like an artist? In this class students will learn to see what an artist 'sees' and paint in watercolor what an artist paints: real life subjects, not just copying. Children will enjoy learning to draw and paint a watercolor of a landscape in perspective, a still-life with light and shading, a self-portrait, human figure and lots more! \$10 materials fee payable to instructor.

Age: 8-12

Centre Concord  
Mary Frances Crabtree

**# 81685**  
Sep 24-Nov 12 4-5:30 p.m. Wed  
\$59 Res/\$64 Non Res 8 Classes

## Let's Get Kids Cooking

Cooking can be a lot of fun when you know your way around the kitchen. All new recipes! Kids will learn how to safely use various utensils and appliances. The importance of proper clean up will be stressed. There is a \$22 non-refundable materials fee payable at the first class. Cooking teacher was trained at La Varenne Ecole de Paris. As seen on CBS Evening Magazine!

Age: 6-13

Centre Concord  
Lynda Rexroat

**# 81803**  
Nov 20-Dec 18 4:30-5:30 p.m. Thu  
\$119 Res/\$124 Non Res 4 Classes

## Guitar

Did you know most popular songs consist of only 3 or 4 basic chords? This class will teach you the chord progressions necessary to quickly learn to play your favorite songs. With no more than six students per class, you will get the personal attention you need in this ten week class. The instructor has a Masters degree in Music Education and twenty years of teaching experience. Bring your own guitar (any kind).

Age: 8-12

Centre Concord  
Ted Crowley

**# 81626**  
Sep 18-Nov 20 4-4:45 p.m. Thu  
\$159 Res/\$164 Non Res 10 Classes

**# 81627**  
Sep 18-Nov 20 4:45-5:30 p.m. Thu  
\$159 Res/\$164 Non Res 10 Classes

Age: 13-17

Centre Concord  
Ted Crowley

**# 81628**  
Sep 18-Nov 20 5:30-6:15 p.m. Thu  
\$159 Res/\$164 Non Res 10 Classes



## Peer Piano

New longer sessions! Peer Piano is a great way to introduce piano to your child in a fun, supportive environment. Students will learn piano basics while they are introduced to a new song every class lesson. Students will participate and learn together while they compose, rehearse, and perform their buddy music. In the end, students will complete their buddy music book and celebrate what they have learned. \$10 materials fee for a music book.

Age: 6-11

Senior Center  
Nadine Petersen

## Beginning

**# 81603**  
Sep 15-Nov 17 4-5 p.m. Mon  
\$95 Res/\$100 Non Res 10 Classes

## Continuing

**# 81604**  
Sep 16-Nov 18 4-5 p.m. Tue  
\$95 Res/\$100 Non Res 10 Classes

## BandWorks School of Rock

BandWorks 'School of Rock' class gives youth and teens the experience of playing in a Rock n' Roll Band. The program is appropriate for beginning and intermediate musicians, and all voices are welcome. With a low student-to-teacher ratio, our professional music instructors encourage students to take solos, sing, and experiment while developing a musical ear, reading charts, understanding song forms and recognizing the importance of dynamics. The class culminates in a concert performance for family and friends. Students should bring their instrument and practice amp, except for drum set, bass amp, PA system and piano/keyboard will be provided. Awarded Best of the Bay 2007 by *SF Bay Guardian!* \$35 materials fee payable to instructor.

Age: 7-11

Centre Concord  
BandWorks

**# 81761**  
Sep 24-Nov 5 3:30-4:45 p.m. Wed  
\$159 Res/\$164 Non Res 7 Classes



## Young People's Performing Arts

Build your child's self confidence and self-esteem. Children improve their reading skills and memorization too! All of this and your child will learn the joy of performing on stage for an audience. Young Performers will learn group dynamics, song, dance and acting through the experience of live theatre. No previous experience is necessary. Participants will experience an actual audition and take part in a musical that they will perform live for family and friends. Production will be announced on first day of class due to casting requirements. The class fee includes all materials, show royalties and two complimentary tickets to the final performance. As a nice bonus, a professional video of the live performance will be included for you to keep. Additional performance tickets are available for a nominal cost. No class November 11 and 25.

Age: 5-14

Centre Concord  
Jo Nash

**# 81751**  
Sep 23-Dec 9 6-7:15 p.m. Tue  
\$215 Res/\$220 Non Res 10 Classes

## Performance Voice Training

Learn the proper technique of diction, expression, breath control, emphasis and other important factors in both speaking and singing performance. This class will include vocal exercise and other musical selections to practice and perform.

Age: 7-14

Centre Concord  
Jo Nash

### # 81752

Sep 23-Oct 14 5-6 p.m. Tue  
\$49 Res/\$54 Non Res 4 Classes

### # 81753

Oct 21-Nov 18 5-6 p.m. Tue  
\$49 Res/\$54 Non Res 4 Classes

## Show Biz Kids

Great for children who want to be actors, performers, or public speakers. Students have fun while they develop confidence, stage presence and self-esteem. Students will be given lines and acting partners. They will learn the art of memorizing lines quickly, bring life to words and feeling comfortable in front of an audience and camera. Parents may video tape their child's final performance to be enjoyed for years to come.

Age: 6-8

Clean Comedy  
Patsy Bishop

### # 81632

Sep 17-Nov 19 4-5 p.m. Wed  
\$85 Res/\$90 Non Res 10 Classes

Age: 9-12

### # 81635

Sep 17-Nov 19 5-6 p.m. Wed  
\$85 Res/\$90 Non Res 10 Classes

## You're A Star Theater Party

This special event birthday party is a must for children who love acting. The party is held at the Clean Comedy Company Theater. During the first hour of the party actors are given lines, costumes, coaching and are videotaped. The next half hour everyone enjoys refreshments and watches the show. The last half hour is for opening presents. Your birthday STAR will be given the video tape to keep to remember their special birthday. Parents supply the cake and refreshments. Parties are for 2 hours for up to 10 children. To reserve your party time, call Patsy Bishop or Tom McMillan at 943-6252, then register with Concord Community and Recreation Services Department.

Age: 6-12

Clean Comedy  
Patsy Bishop

Fee: \$149

## Kids Jazz Dance

Youth will learn contemporary Jazz Dance technique and steps with a fun and upbeat choreography using different styles of jazz dance including lyrical, musical theatre, hip hop and fosse. Improve coordination, balance, memorization and confidence with this dance class. Students will learn a performance piece that will be performed on the last class.

Age: 5-8

Baldwin Park Dance Studio  
Alicia Andreatta

### # 81666

Oct 4-25 1-1:45 p.m. Sat  
\$59 Res/\$64 Non Res 4 Classes

### # 81667

Nov 1-22 1-1:45 p.m. Sat  
\$59 Res/\$64 Non Res 4 Classes

### # 81668

Dec 6-27 1-1:45 p.m. Sat  
\$59 Res/\$64 Non Res 4 Classes



## Primary Ballet

Join instructor Alicia Nicole Andreatta for a joy filled introduction to the world of classical ballet. Boys and girls will learn the basics of ballet barre and center work with terminology based on the Cecchetti method and technique based on the Vaganova method. Your young dancer will delight in attaining achievable goals, building strength and confidence that lasts a lifetime.

Age: 5-9

Baldwin Park Dance Studio  
Alicia Andreatta

### # 81387

Sep 6-27 12-12:45 p.m. Sat  
\$59 Res/\$64 Non Res 4 Classes

### # 81663

Oct 4-25 12-12:45 p.m. Sat  
\$59 Res/\$64 Non Res 4 Classes

### # 81664

Nov 1-22 12-12:45 p.m. Sat  
\$59 Res/\$64 Non Res 4 Classes

### # 81665

Dec 6-27 12-12:45 p.m. Sat  
\$59 Res/\$64 Non Res 4 Classes

## Youth Jazz Dance

Youth will learn contemporary Jazz Dance technique and steps with a fun and upbeat choreography using different styles of jazz dance including lyrical, musical theatre, hip hop and fosse. Improve coordination, balance, memorization and confidence with this dance class. Students will learn a performance piece that will be performed on the last class.

Age: 9-12

Baldwin Park Dance Studio  
Alicia Andreatta

### # 81393

Sep 6-27 2-3 p.m. Sat  
\$59 Res/\$64 Non Res 4 Classes

### # 81669

Oct 4-25 2-3 p.m. Sat  
\$59 Res/\$64 Non Res 4 Classes

### # 81670

Nov 1-22 2-3 p.m. Sat  
\$59 Res/\$64 Non Res 4 Classes

### # 81671

Dec 6-27 2-3 p.m. Sat  
\$59 Res/\$64 Non Res 4 Classes



## Youth Bowling

Children will enjoy this great introduction to bowling. The class is good for beginners or for those wanting to improve their bowling skills. Youth will have the opportunity to learn how to bowl, learn sportsmanship, bowling etiquette, interact with other youth, and increase their hand-eye coordination. Instructors are certified and members of the Northern California BPA Youth Committee. Bowling equipment, shoes, and automatic scoring is provided.

Age: 8-13

Clayton Valley Bowl

### # 81610

Sep 24-Nov 12 3:30-4:30 p.m. Wed  
\$49 Res/\$54 Non Res 8 Classes

## Karate-Shorinji Ryu-Youth

Shorinji Ryu Karate is a multidimensional system that encompasses karate, joint locking techniques, Classical Weapons, & Arnis. New students learn basic blocks, punches and kicks then build on these to create combinations for self defense, enhancing the student's strength, balance & coordination. Through traditional philosophy, self discipline and awareness are emphasized and young students learn to work with others while developing respect, discipline & compassion. The instructor has black belts in Kajukenbo Karate, Shorinji Ryu Karate and Senkotiros Arnis and has trained and taught the martial arts since 1974. Multiple family members and/or multiple month discounts available. Discounts not available through online registration. No classes November 11, 27, December 23, 25, 30 and January 1.

Age: 10-14

Centre Concord  
Jane Hedgpeth-Kessler

### Beginning

<b># 81335</b>	Sep 9-Oct 2	5:45-6:15 p.m.	Tue, Thu
			8 Classes
		\$45 Res/\$50 Non Res	
<b># 81693</b>	Oct 7-30	5:45-6:15 p.m.	Tue, Thu
			8 Classes
		\$45 Res/\$50 Non Res	
<b># 81694</b>	Nov 4-25	5:45-6:15 p.m.	Tue, Thu
			6 Classes
		\$35 Res/\$40 Non Res	
<b># 81695</b>	Dec 2-18	5:45-6:15 p.m.	Tue, Thu
			6 Classes
		\$35 Res/\$40 Non Res	

### Continuing

<b># 81338</b>	Sep 9-Oct 2	6-7 p.m.	Tue, Thu
			8 Classes
		\$45 Res/\$50 Non Res	
<b># 81690</b>	Oct 7-30	6-7 p.m.	Tue, Thu
			8 Classes
		\$45 Res/\$50 Non Res	
<b># 81691</b>	Nov 4-25	6-7 p.m.	Tue, Thu
			6 Classes
		\$35 Res/\$40 Non Res	
<b># 81692</b>	Dec 2-18	6-7 p.m.	Tue, Thu
			6 Classes
		\$35 Res/\$40 Non Res	



## Kenpo-Kajukenbo Karate-Youth

Kajukenbo Karate is a blend of Korean Karate, Judo, Jujitsu, Kenpo Karate and Chinese Boxing (Kung Fu) into an extremely effective self-defense system created for our times. Classes will be taught with an emphasis on physical conditioning, self defense applications against armed and unarmed attackers, grappling/grab arts and traditional forms. Develop confidence, self-esteem, resolve fears, and find peace within yourself. Instructor, Sifu Kessler has black belts in Kenpo Karate, Kajukenbo Karate, and Senkotiros Arnis and has been training and teaching martial arts since 1972. Multiple family and multiple month discounts available. Discounts not available through online registration. No classes November 11, 27, December 23, 25, 30 and January 1.

Age: 10-13

Willow Pass Community Center  
Michael Kessler

<b># 81350</b>	Sep 9-Oct 2	6-7 p.m.	Tue, Thu
			8 Classes
		\$45 Res/\$50 Non Res	
<b># 81696</b>	Oct 7-30	6-7 p.m.	Tue, Thu
			8 Classes
		\$45 Res/\$50 Non Res	
<b># 81697</b>	Nov 4-25	6-7 p.m.	Tue, Thu
			6 Classes
		\$35 Res/\$40 Non Res	
<b># 81698</b>	Dec 2-18	6-7 p.m.	Tue, Thu
			6 Classes
		\$35 Res/\$40 Non Res	

## Taekwondo and Kenpo-Youth

Korean Taekwondo has long been known for its incredible kicking ability whereas Shaolin Kenpo has an equally wonderful reputation for incredible hand combinations. Come discover the incredible beauty of these two arts and begin a path of self-discovery and the principles of kindness, compassion, honor, humility, and integrity. Become a healthier, happier, and more balanced human being through this unique blend of these two dynamic martial arts. This self-defense art is taught by Ray Faulkenberry, 6th Degree Black Belt and Ph.D. 50% off additional family members that sign up together. Discount not available through online registration.

Age: 5-13

Baldwin Park Dance Studio  
Ray Faulkenberry

### Youth-Beginning

<b># 81675</b>	Sep 29-Oct 31	6-6:45 p.m.	Mon, Wed, Fri
			15 Classes
		\$99 Res/\$104 Non Res	
<b># 81676</b>	Nov 3-28	6-6:45 p.m.	Mon, Wed, Fri
			12 Classes
		\$79 Res/\$84 Non Res	
<b># 81677</b>	Dec 1-26	6-6:45 p.m.	Mon, Wed, Fri
			12 Classes
		\$79 Res/\$84 Non Res	

### Youth-Intermediate

<b># 81678</b>	Sep 29-Oct 31	6:45-7:15 p.m.	Mon, Wed, Fri
			15 Classes
		\$99 Res/\$104 Non Res	
<b># 81679</b>	Nov 3-28	6:45-7:15 p.m.	Mon, Wed, Fri
			12 Classes
		\$79 Res/\$84 Non Res	
<b># 81680</b>	Dec 1-26	6:45-7:15 p.m.	Mon, Wed, Fri
			12 Classes
		\$79 Res/\$84 Non Res	

**Registration Is Easy**  
See Pages 38-39.

## RAP at Pine Hollow

RAP at Pine Hollow is back and better than ever! This year all 6th, 7th and 8th graders and their parents will benefit from:



**Extended Hours:** After school until 6 p.m.

**Choices:** Participants and parents can choose from a variety of activities and homework help. Homework help is an option provided by a Pine Hollow teacher in a classroom.

**Clubs:** Participants can choose which club they would like to participate in each day of program. From Creative Crafts; Electrifying Outdoor Games, Sports and More Sports; Board Game Challenge; Dance, Dance Revolution/Video Game Competition and more!

Special Events will include Fun Friday Ice Cream Socials, BBQs in the Park and Pizza Frenzies. In addition all RAP participants will be able to compete in a Citywide Sports League at a significant discount! Free snacks will be provided daily, as well as, a Snack Bar in which students can purchase their favorite healthy munchies.

**Scholarships are available for those that qualify.  
For more information call 671-3494.**



**Grades: 6-8**

**# 81764**

Sep 8–Jan 23 2:30–6 p.m. Mon–Fri  
\$169 82 Classes

**# 81765**

Jan 26–May 29 2:30–6 p.m. Mon–Fri  
\$169 82 Classes

**Sign up for both sessions at a 15% discount!**

**# 81766**

Sep 8–May 29 2:30–6 p.m. Mon–Fri  
\$285 164 Classes

## Fashion Runway **NEW!**

Fans of Bravo TV's Project Runway or the Make Me a Supermodel will love this class. For all those kids that want to play fashion model or be one, this course will teach all the latest fashion styles. Learn how to walk and pose like a model. Get the scoop on the latest fashion and hairstyles. Learn about nutrition and good ways to stay healthy. Tips on taking care of your body and skin. This program will help boost your child or teen's confidence, coordination and how to handle social and emotional challenges better.

**Age: 11-14** Baldwin Park Dance Studio  
Daniela Vrnoga

**# 81773**  
Sep 29–Nov 17 4-5 p.m. Mon  
\$175 Res/\$180 Non Res 8 Classes

**Age: 14-18** Baldwin Park Dance Studio  
Daniela Vrnoga

**# 81774**  
Sep 29–Nov 17 5-6 p.m. Mon  
\$175 Res/\$180 Non Res 8 Classes

## BandWorks School of Rock

BandWorks 'School of Rock' class gives youth and teens the experience of playing in a Rock n' Roll Band. The program is appropriate for beginning and intermediate musicians, and all voices are welcome. With a low student-to-teacher ratio, our professional music instructors encourage students to take solos, sing, and experiment while developing a musical ear, reading charts, understanding song forms and recognizing the importance of dynamics. The class culminates in a concert performance for family and friends. Students should bring their instrument and practice amp, except for drum set, bass amp, PA system and piano/keyboard will be provided. Awarded Best of the Bay 2007 by SF Bay Guardian! \$35 materials fee payable to instructor.

**Age: 12-18** Centre Concord  
BandWorks

**# 81760**  
Sep 24–Nov 5 4:45-6 p.m. Wed  
\$159 Res/\$164 Non Res 7 Classes



## Guitar

Did you know most popular songs consist of only 3 or 4 basic chords? This class will teach you the chord progressions necessary to quickly learn to play your favorite songs. With no more than six students per class, you will get the personal attention you need in this ten week class. The instructor has a Masters degree in Music Education and twenty years of teaching experience. Bring your own guitar (any kind).

**Age: 13-17** Centre Concord  
Ted Crowley

**# 81628**  
Sep 18–Nov 20 5:30-6:15 p.m. Thu  
\$159 Res/\$164 Non Res 10 Classes

*Recreation builds self-esteem and positive self-image,  
both essential to mental health and psychological wellbeing.*

## SAT Test Preparation

Doing well on the SAT can be critical to getting into the college of your choice. Learn test taking strategies and improve your speed and accuracy. Course will help college-bound students studying for the SAT I and II by giving them step by step explanations to understand basic concepts. This course will focus on Math, English Grammar, Reading Comprehension and Essay Writing. This course is comparable to the higher priced courses being offered. The course is taught by experienced and highly educated instructors. \$25 materials fee payable to instructor on first class. No class November 1.

Age: 15-18 Centre Concord  
Monica Lo

# 81762  
Sep 13-Nov 8 10 a.m.-1 p.m. Sat  
\$289 Res/\$294 Non Res 8 Classes

## Teen Babysitter

Do you want to earn money babysitting or learn about taking care of babies and young children? Learn how to set up your babysitting jobs like a real business. Practice baby care with life-like newborn dolls. Learn how to diaper, bathe and dress infants. You will learn infant and child CPR and receive an American Heart Association certification. Participants will also receive a babysitter's certificate from KidSake that you can show to potential employers. This program is offered in partnership with KidSake, a team of health professionals committed to preventive health and safety education for all ages. There will be a \$20 materials fee (cash only) payable at the first class for a Teen Babysitting guide and CPR book and barrier device. An optional babysitter's kit will be available to purchase in class for \$20.

Age: 12-17 Willow Pass Community Center  
The HealthSource at Kidsake

# 81991  
Nov 1, 8 10:30 a.m.-3:30 p.m. Sat  
\$89 Res/\$94 Non Res 2 Classes

Age: 12-17 Centre Concord  
The HealthSource at Kidsake

# 81992  
Dec 29-30 10:30 a.m.-3:30 p.m. Mon-Tue  
\$89 Res/\$94 Non Res 2 Classes

## Rhythm Room Hip Hop

The Rhythm Room brings you the latest and greatest Hip Hop choreography straight from New York and LA! Classes will focus on isolations, waves, pop n' lock, combinations moves! Class is great for boys and girls beginner through intermediate.

Age: 8-13 Baldwin Park Dance Studio  
Rhythm Room Dance

# 81755  
Sep 30-Nov 4 5-6 p.m. Tue  
\$65 Res/\$70 Non Res 6 Classes



## Ballroom and Social Dance for Teens

Learn the essential elements of partner dance in a supportive, cooperative environment. Discover, practice and develop the fundamentals of leading, following, timing, rhythm, floor craft and dance floor etiquette. Learn various Ballroom, Latin, and social dance forms such as Waltz, Tango, Salsa, Cha Cha, Swing, Night Club Two Step and others. Be a star on and off the dance floor with increased grace, poise, and self confidence gained through Ballroom Dance! After the dance workshop, you will have the opportunity to practice your new dance moves with others in the class. Sign up with your friends and each of you will receive a 20% discount. Discounts are not available through online registration.

Age: 12-17 Centre Concord  
Davina Hunter

# 81951  
Sep 19 6-8:30 p.m. Fri  
\$15 Res/\$20 Non Res/\$20 Drop in 1 Class

# 81952  
Oct 17 6-8:30 p.m. Fri  
\$15 Res/\$20 Non Res/\$20 Drop in 1 Class

# 81953  
Nov 21 6-8:30 p.m. Fri  
\$15 Res/\$20 Non Res/\$20 Drop in 1 Class

## College Admissions and Funding Secrets for Parents

A quick and easy way for parents to acquire in-depth 'inside information' relating to college admissions and funding tips, techniques and strategies. In one entertaining two-hour information-packed session, learn the main points about how your high-school teen can get into a good school and pay for it without your going broke. Taught by Harvard graduate Daniel Berman, Ph.D., director of CollegeSolutionsUSA.com.

Age: 15+ Centre Concord  
Daniel Berman

# 81770  
Oct 25 10 a.m.-12 p.m. Sat  
\$25 Res/\$30 Non Res 1 Class

# 81771  
Nov 12 7-9 p.m. Wed  
\$25 Res/\$30 Non Res 1 Class

## Online Driver's Ed for Teens

Are you tired of asking your parents for a ride? Are you at least 15 years old? If so, this class is for you. This is an interactive, 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. Receive DMV-approved Certificate of Completion (OL 237)—required for teens under 17 1/2 years old to obtain a learner's permit and driver's license. A licensed instructor is available to answer any questions. Sign up any time.

Age: 15+ On-Line  
Safety Driver's Ed

Fee: \$59

October # 81672

November # 81673

December # 81674

Registration Is Easy  
See Pages 38-39.

## Basic Drawing

Take the fear out of drawing. Working primarily in pencil, students will explore the basics of drawing (line and form, perspective, and shading). Students will produce pencil drawings using the grid system. This is a 'back to basics' drawing class, and is an excellent course for artists of all levels. Short supply list provided to students.

Age: 14+

Centre Concord  
Sandy Cornelius

### # 81607

Sep 8–Oct 6 6:30–8:30 p.m. Mon  
\$59 Res/\$64 Non Res 5 Classes

### # 81608

Nov 3–Dec 1 6:30–8:30 p.m. Mon  
\$59 Res/\$64 Non Res 5 Classes

## Dichroic Glass

### Jewelry Beginning

Create your own exquisite pieces of jewelry in this fun class. During this hands on class, you will learn to cut glass. The glass will meld together in a kiln. Use your own artistry and several layers of glass to create one of a kind jewelry. One time class equipment fee of \$15 payable to instructor on first day of class. The glass for your first piece is free. All additional glass is \$5 and up.

Age: 21+

Senior Center

Ardean Goulart

### # 81959

Oct 6–Nov 10 5:15–7:15 p.m. Mon  
\$106 Res/\$112 Non Res 6 Classes

### # 81960

Nov 17–Dec 15 5:15–7:15 p.m. Mon  
\$87 Res/\$92 Non Res 5 Classes

## Soy Candle Making

Go Green! Go Soy! Learn the tips and tricks of making natural soy candles that burn cleaner and longer than paraffin candles. Take home a candle that you create and decorate. An unscented option will be offered at every class. All materials are provided and included in the fee.

Age: 14+

Centre Concord  
Terese McGregor

### # 81757

Dec 6 10 a.m.–11:30 p.m. Sat  
\$25 Res/\$30 Non Res 1 Class



## Rhythm Room

### Cardio Hip Hop

The Rhythm Room brings you the latest and greatest Hip Hop choreography straight from New York and LA! Classes will focus on isolations, waves, pop n' lock, and combination dance moves. Class is great for adults beginner through intermediate levels.

Age: 15+

Baldwin Park Dance Studio  
Rhythm Room Dance

### # 81754

Sep 30–Nov 4 6–7 p.m. Tue  
\$65 Res/\$70 Non Res 6 Classes

## Belly Dance for Health/Happiness

Welcome to the exciting world of Belly Dance! Beginning students will learn posture, balance, costuming and basic background and technique. Continuing students will add Middle Eastern, Greek and Egyptian steps to encompass cabaret and folk styles. Costuming, cymbals, veils will be expanded to include choreography and performance show-'woman'-ship. These tools will give each student the ability to create their own unique and exciting dance style. Come and express your inner self! No class November 27.

Age: 15+

Baldwin Park Dance Studio  
Kieshka

### # 81623

Aug 28–Oct 16 7–8 p.m. Thu  
\$59 Res/\$64 Non Res 8 Classes

### # 81624

Oct 23–Dec 18 7–8 p.m. Thu  
\$59 Res/\$64 Non Res 8 Classes

## Basic Line Dance Lite

This is a beginner's class for those who feel that they would enjoy country line dancing and making new friends. The course will start from the very beginning and progress step by step through a series of easy but fun dances. The basic steps will be taught and practiced using easy to follow instructions. Country line dancing is not done with partners. In this type of dancing everyone in the group becomes your partner and friend. Helpful instructional materials will be available for purchase on the first class meeting.

Age: 21+

Senior Center  
Edith Marlatt

### # 81871

Oct 4–Nov 22 10:30–11:30 a.m. Sat  
\$26 8 Classes

## Sundown Line Dance Lite

The Sundown Line-Dance Class is a group of friendly people that enjoy mainly beginner level and a few intermediate level line dances. The group meets in the evening to accommodate those with full-time jobs or have other obligations during the day. Prerequisite: Participation in basic line dance classes or prior experience is recommended.

Age: 21+

Senior Center  
Jack Seman

### # 81799

Oct 6–Nov 10 7–8 p.m. Mon  
\$20/\$6.50 Drop in 6 Classes

### # 81800

Nov 17–Dec 15 7–8 p.m. Mon  
\$17/\$6.50 Drop in 5 Classes

## Tap-ercise Lite

This class is for the beginner who wants to learn tap and have a low impact workout. You will learn fun dances that focus on basic tap steps. These steps are repeated week. Enjoy an aerobic workout while also tap dancing. No class November 28.

Age: 21+

Baldwin Park Dance Studio  
Terry Davis

### # 81794

Oct 3–Nov 14 9:15–10 a.m. Fri  
\$23/\$6 Drop in 7 Classes

### # 81795

Nov 21–Dec 19 9:15–10 a.m. Fri  
\$9.50/\$6 Drop in 4 Classes

*Recreation reduces stress in an increasingly demanding and stressful world.*

## Ukulele Beginners

Come jam with ukulele enthusiasts. Players and listeners alike are welcome. Don't forget your Ukulele if you have one. On the first Jam session you can receive information on where to purchase a ukulele. You'll find this instrument a delight to play or listen to. No class November 27.

Age: 21+

Senior Center  
Beth Weilenman

# 81796  
Oct 2-30 6:30-7:30 p.m. Thu  
\$27 5 Classes

# 81797  
Nov 6-Dec 11 6:30-7:30 p.m. Thu  
\$27 5 Classes

## Guitar

Did you know most popular songs consist of only 3 or 4 basic chords? This class will teach you the chord progressions necessary to quickly learn to play your favorite songs. With no more than six students per class, you will get the personal attention you need in this ten week class. The instructor has a Masters degree in Music Education and twenty years of teaching experience. Bring your own guitar (any kind).

Age: 18+

Centre Concord  
Ted Crowley

# 81629  
Sep 18-Nov 20 6:30-7:15 p.m. Thu  
\$159 Res/\$164 Non Res 10 Classes

## Learn to Play Piano By Ear

Most people believe you have to be born with a special gift in order to play music by ear. That's not the case! If you can figure out melody to 'Mary Had a Little Lamb' you're ready to take this class. The secret to playing music by ear is knowing what chords go along with it. You will learn how to hear and know the correct chord changes, use bass lines, transpose, and circle fourths and fifths. You should have a basic knowledge of chords, if you don't take the Piano Your Teachers Never Taught You class first. \$10 off if you sign up for both Learn to Play Piano by Ear and Piano Your Teachers Never Taught You at the same time. \$27 materials fee payable to instructor for study book and CD.

Age: 18+

Centre Concord  
Todd Walker

# 81641  
Nov 9 3:30-6:30 p.m. Sun  
\$49 Res/\$54 Non Res 1 Class



## Piano Your Teachers Never Taught You

The teacher Todd Walker has taught more than 30,000 students from beginners to those with years of lessons to play the piano in just one day. His students proclaim, 'I've learned more in three hours than I did in three years of lessons.' You will be taught 72 chords, 156 hand positions and how to read music from lead sheets and fake books. Learn to play any popular song in any key and the tools of the trade. Master your technique with Todd's CD and study book. If you can read notes C,D,E,F,G,A,B you know enough to enroll. If not, send a SASE to Piano Magic, P.O. Box 1694-Rocklin, CA 95677 for a free pamphlet. Materials Fee of \$27 per student for study book and CD payable to instructor. \$10 discount if you sign up for both Learn to Play Piano By Ear and Piano Your Teachers Never Taught You together. Discount not available through online registration.

Age: 18+

Centre Concord  
Todd Walker

# 81600  
Nov 9 11:30 a.m.-2:30 p.m. Sun  
\$49 Res/\$54 Non Res 1 Class

## Ukulele Jam Club Advanced

Come jam with advanced ukulele enthusiasts. Players and listeners alike are welcome. You'll find this instrument a delight to play or listen to.

Age: 21+

Senior Center  
June Katayama

# 81798  
Oct 6-Dec 15 6:30-8 p.m. Mon  
\$17 11 Classes

## Camp Concord at South Lake Tahoe, CA

### Off-Season Group Rentals

The perfect setting for you:

- Family reunion
- Conference
- Meeting
- Wedding
- Retreat
- Special event
- Outdoor education & science programs

(925) 671-3273

[www.cityofconcord.org/recreation/camp/campgroupprentals/](http://www.cityofconcord.org/recreation/camp/campgroupprentals/)

## Beginning Fitness Training NEW!

Learn workout programs and strategies as if you had hired a personal trainer at your gym but for a very affordable price. Technique is often the difference between a successful fitness program and one that does not achieve the results you are looking for. Learn tips to achieve results faster and easier! Find out how to make exercise fun and easy by using your existing space without the need for expensive equipment and personal trainers.

Age: 14+

Centre Concord  
Cal Fitness

# 81772  
Sep 29-Nov 17 5:30-6:15 p.m. Mon  
\$65 Res/\$70 Non Res 8 Classes



## Pilates

Pilates is a unique method of body conditioning exercises that strengthen and tones muscles, improves posture, provides flexibility and balance, and creates a more streamlined shape. Working and developing the core muscles, pilates will enhance almost any physical activity, allowing one to access the body's inner strength, while at the same time enhancing one's look and posture as well. Please provide a sticky mat. No class September 23.

Age: 16+ Willow Pass Community Center  
David Henry

# 81646  
Aug 28–Oct 16 6:30–7:20 p.m. Thu  
\$59 Res/\$64 Non Res 7 Classes

# 81647  
Oct 30–Dec 18 6:30–7:20 p.m. Thu  
\$59 Res/\$64 Non Res 7 Classes

## Pilates with Roller NEW!

Work on all the traditional and innovative Pilates exercises on the roller. Pilates is a unique method of body conditioning exercises that strengthen and tones muscles, improves posture, provides flexibility and balance, and creates a more streamlined shape. Working and developing the core muscles, pilates will enhance almost any physical activity, allowing one to access the body's inner strength, while at the same time enhancing one's look and posture as well. Please provide a sticky mat and roller by second class. No class September 25, and November 11.

Age: 16+ Willow Pass Community Center  
David Henry

# 81648  
Aug 26–Oct 14 6:30–7:20 p.m. Tue  
\$59 Res/\$64 Non Res 7 Classes

# 81649  
Oct 28–Dec 16 6:30–7:20 p.m. Tue  
\$59 Res/\$64 Non Res 7 Classes

## Yoga

Anyone can practice yoga, whether you are a couch potato or an athlete. Yoga reduces stress and improves concentration. It helps prevent illness and keeps the systems of the body in order. Yoga increases energy and vitality promoting well being. Come reap the benefits! The instructor has been practicing yoga for 20 years. Bare feet are essential. Bring a sticky mat. No class October 20 and 22.

Age: 18+ Willow Pass Community Center  
Susan Killoran

## Yoga – Beginning

# 81643  
Oct 6–Dec 15 5:30–6:30 p.m. Mon  
\$69 Res/\$74 Non Res 10 Classes

# 81645  
Oct 8–Dec 17 6:10–7:10 p.m. Wed  
\$69 Res/\$74 Non Res 10 Classes

## Yoga – Intermediate

# 81644  
Oct 6–Dec 15 6:35–7:35 p.m. Mon  
\$69 Res/\$74 Non Res 10 Classes

## Salsa Beginning

Do you have two left feet? If you have never danced before or even if you have, this class is for you. Come and join this fun and non-intimidating class while making new friends. Learn one of the hottest dances that everyone is talking about. Salsa will increase your confidence and coordination. No partner necessary. Dance shoes suggested. Beto and Lani Da Silva have successfully developed a committed following of students through their teaching techniques and vivacious personalities. They make Salsa easy and fun to learn for everyone. We hope to see you on the dance floor!

Age: 16+ Centre Concord  
Salsaxe

# 81979  
Sep 15–Oct 13 6:30–7:30 p.m. Mon  
\$69 Res/\$74 Non Res 5 Classes

# 81981  
Oct 20–Nov 17 6:30–7:30 p.m. Mon  
\$69 Res/\$74 Non Res 5 Classes

## Salsa Continuing NEW!

Take your salsa dancing to the next level! Beto and Lani will walk you through different combinations you can take to the dance floor. You must complete the beginner class or have prior salsa dance experience to take this continuing class.

Age: 16+ Centre Concord  
Salsaxe

# 81980  
Sep 15–Oct 13 7:30–8:30 p.m. Mon  
\$69 Res/\$74 Non Res 5 Classes

# 81982  
Oct 20–Nov 17 7:30–8:30 p.m. Mon  
\$69 Res/\$74 Non Res 5 Classes

## ZUMBA NEW!

You will be amazed at this incredible aerobic dance class! No dance experience is necessary to fully enjoy this new workout. There will be different rhythms taught in the class including salsa, cumbia, meringue, regaetone and much, much more. There are no limits to what you can do and what it can do for you. Join us for an hour and see what change it makes in you.

Age: 14+ Centre Concord  
Jo Nash

# 81971  
Sep 12–Oct 3 9–9:55 a.m. Fri  
\$39 Res/\$44 Non Res 4 Classes

# 81972  
Oct 10–Nov 7 9–9:55 a.m. Fri  
\$39 Res/\$44 Non Res 4 Classes

# 81973  
Nov 14–Dec 12 9–9:55 a.m. Fri  
\$39 Res/\$44 Non Res 4 Classes

## ZUMBA Saturdays NEW!

It's fun, the type of exercise you want to do every day. It's effective, it's an aerobic workout, which we all know works. But, it's more fun, making you stick to the program until you see the wonderful results. It's different, because it's a fusion of the most enjoyable Latin rhythms with traditional aerobics moves you are use to do. ZUMBA, it's for you.

Age: 14+ Centre Concord  
Amelia Said

# 81983  
Sep 13–Oct 25 10:30–11:30 a.m. Sat  
\$59 Res/\$64 Non Res 6 Classes

# 81984  
Nov 22–Dec 27 10:30–11:30 a.m. Sat  
\$59 Res/\$64 Non Res 6 Classes

## Jazzercise Lite

Enjoy this energizing total fitness class with fresh moves, new music and pure motivation of Jazzercise. Each 60-minute class includes a warm-up, 30 minutes of choreographed aerobics, muscle toning and strengthening using light weights. Pilates, yoga positions and stretching are included in the fun routines. The instructor is a certified Jazzercise teacher who has taught Jazzercise classes in Concord for 30 years. The instructor will adapt movements for all levels of participation.

Age: 18+

Senior Center  
Irene Larson

**# 81782**  
Oct 6–Nov 10 5:45–6:45 p.m. Mon  
\$26/\$8.50 Drop in 6 Classes

**# 81783**  
Oct 1–Nov 5 5:45–6:45 p.m. Wed  
\$26/\$8.50 Drop in 6 Classes

**# 81784**  
Nov 17–Dec 15 5:45–6:45 p.m. Mon  
\$22/\$8.50 Drop in 5 Classes

**# 81785**  
Nov 12–Dec 17 5:45–6:45 p.m. Wed  
\$26/\$8.50 Drop in 6 Classes

## Meditation for Health and Well-Being

Meditation has long been known to promote improved health and well-being, healing, increased self-awareness and growth, and a deeper spiritual connection. In this class, we will learn how to release tension, quiet the mind, achieve greater peace and harmony, regenerate energy, visualize success for any chosen area of life, improve communication and relationships, build self-esteem, and connect more deeply with our spiritual nature and intuition. The instructor, Mary Bruns, has practiced and taught meditation for over 25 years, utilizing the practices of profound teachers, attaining peak experiences, and integrating Mind, Body, and Spirit.

Age: 16+

Centre Concord  
Mary Bruns

**# 81625**  
Sep 25–Nov 13 7–8:30 p.m. Thu  
\$79 Res/\$84 Non Res 8 Classes

## Acupressure for Everyday Health

We all experience pain at some point in our lives. Learn how simple, yet effective acupressure points can dramatically improve many common ailments. You will learn treatments for pain, insomnia, menstrual disorders and pediatric illnesses that you can do to yourself and others in a simple and beneficial manner. Get quick and beneficial relief for your pains. Low energy? This class can help you improve it. Other illnesses will be discussed upon request. The instructor is a licensed acupuncturist and a Registered Nurse with over 25 years of experience. He has applied his knowledge in both his medical and clinical practice with good results.

Age: 18+

Centre Concord  
John Guerin

**# 81620**  
Oct 11 9 a.m.–12 p.m. Sat  
\$29 Res/\$34 Non Res 1 Class

**# 81621**  
Nov 8 9 a.m.–12 p.m. Sat  
\$29 Res/\$34 Non Res 1 Class

**# 81622**  
Dec 13 9 a.m.–12 p.m. Sat  
\$29 Res/\$34 Non Res 1 Class

## No Ginko or Ginseng Required!

Build a better memory for test-taking, names and faces, dates, and lists—the things you want to remember! Learn the tools and techniques behind a better memory. Learn what an ancient Greek dinner party, a crisis center and the 50 state capitals can teach us about building memory. Better recall means more self-confidence and less stress. This course is geared for adults. Instructor is a consultant with 20 years experience speaking and a State of California award winner for business training. Fee includes student manual.

Age: 16+

Centre Concord  
Ron McKune

**# 81611**  
Sep 23 6:30–8:30 p.m. Tue  
\$49 Res/\$54 Non Res 1 Class

**# 81612**  
Nov 18 6:30–8:30 p.m. Tue  
\$49 Res/\$54 Non Res 1 Class

## GPS Scavenger Hunt

There's an adventure awaiting you, your family and friends this fall in Concord! Follow directions from a handheld GPS (Global Positioning System) to collect clues to solve puzzles as you walk the trails at Newhall Community Park in Concord. It's the perfect family outing providing sunshine, exercise and fun! Modern Day Treasure Hunters and the City of Concord have partnered together to bring the following community events.

Age: 5+

Newhall Park  
Deborah Osteen

## Blast Off To Outerspace

**# 81807**  
Sep 5 4–7 p.m. Fri  
Fee: \$6 / 2 and under Free 1 Class

## Dinosaur Discovery

**# 81808**  
Nov 8 10 a.m.–1 p.m. Sat  
Fee: \$6 / 2 and under Free 1 Class

## Introduction to Dreams

Dreams are a fascinating glimpse into your subconscious. In this class you will gain a basic knowledge of dreams and how they work. We will explore the different dream theories in brief, look at the symbolism of dreams and common dream meanings, and talk about how to remember and interpret dreams and use a dream journal. The instructor is a dream worker to help her clients heal, gain insights into their lives, experience growth and transformation.

Age: 18+

Centre Concord  
Katrina Davenport

**# 81985**  
Oct 6 7:30–9:30 p.m. Mon  
\$35 Res/\$40 Non Res 1 Class

## Dream Work for Stress Relief

Dreams are more than just whimsical and strange imagery: they are powerful agents for transformation and healing. Students will learn how to tap into their dreams' extraordinary powers. Explore different methods of working with dreams in order to create emotional and physical healing, and get tips on how to incubate, remember, and re-enter dreams. The instructor is a dreamworker, helping her clients heal, gain insight into their lives, experience growth and transformation.

Age: 18+

Centre Concord  
Katrina Davenport

**# 81986**  
Nov 3 7:30–9:30 p.m. Mon  
\$35 Res/\$40 Non Res 1 Class

*Recreation enhances overall health and well-being  
— critical to personal quality of life.*

# 18 Adults

## Karate-Shorinji Ryu

Shorinji Ryu Karate is a multidimensional system that encompasses karate, Aikijitsu, Tai Chi, Chi Gung, Classical Weapons, Arnis and a traditional philosophy. Learn self defense through applications of blocks, punches & kicks. Defend yourself against armed and unarmed attackers as well as joint locking, falling and throwing techniques. Enhance your awareness, improve your strength and build your confidence through this traditional art. The instructor has black belts in Kajukenbo Karate, Shorinji Ryu Karate and Senkotiros Arnis and has trained and taught the martial arts since 1974. Multiple family members and/or multiple month discounts available. Discounts not available through online registration. No classes November 11 and 27, December 23, 25, 30 and January 1.

Age: 15+

Centre Concord  
Jane Hedgpeth-Kessler

### Beginning

<b># 81705</b>	Oct 7-30	7-7:45 p.m.	Tue, Thu
			8 Classes
			\$55 Res/\$60 Non Res
<b># 81706</b>	Nov 4-25	7-7:45 p.m.	Tue, Thu
			6 Classes
			\$45 Res/\$50 Non Res
<b># 81707</b>	Dec 2-18	7-7:45 p.m.	Tue, Thu
			6 Classes
			\$45 Res/\$50 Non Res

### Continuing

<b># 81699</b>	Oct 7-30	7:15-8:45 p.m.	Tue, Thu
			8 Classes
			\$55 Res/\$60 Non Res
<b># 81700</b>	Nov 4-25	7:15-8:45 p.m.	Tue, Thu
			6 Classes
			\$45 Res/\$50 Non Res
<b># 81701</b>	Dec 2-18	7:15-8:45 p.m.	Tue, Thu
			6 Classes
			\$45 Res/\$50 Non Res

### Advanced

<b># 81702</b>	Oct 9, 23	8:45-9:45 p.m.	Thu
			2 Classes
			\$15 Res/\$20 Non Res
<b># 81703</b>	Nov 6, 20	8:45-9:45 p.m.	Thu
			2 Classes
			\$15 Res/\$20 Non Res
<b># 81704</b>	Dec 4, 18	8:45-9:45 p.m.	Thu
			2 Classes
			\$15 Res/\$20 Non Res



## Kenpo-Kajukenbo Karate-Adults

Kajukenbo Karate is a blend of Korean Karate, Judo, Jujitsu, Kenpo Karate and Chinese Boxing (Kung Fu) into an extremely effective self-defense system created for our times. Classes will be taught with an emphasis on physical conditioning, self defense applications against armed and unarmed attackers, grappling/grab arts and traditional forms. Develop confidence, self-esteem, resolve fears, and find peace within yourself. Instructor, Sifu Kessler has black belts in Kenpo Karate, Kajukenbo Karate, and Senkotiros Arnis and has been training and teaching martial arts since 1972. Multiple family and multiple month discounts available. Discounts are not available through online registration. No classes July 15, 17, 22, 24 and September 2, 4.

Age: 14+

Willow Pass Community Center  
Michael Kessler

<b># 81708</b>	Oct 7-30	7-8:30 p.m.	Tue, Thu
			8 Classes
			\$55 Res/\$60 Non Res
<b># 81709</b>	Nov 4-25	7-8:30 p.m.	Tue, Thu
			6 Classes
			\$45 Res/\$50 Non Res
<b># 81710</b>	Dec 2-18	7-8:30 p.m.	Tue, Thu
			6 Classes
			\$45 Res/\$50 Non Res

## Taekwondo and Kenpo

Korean Taekwondo has long been known for its incredible kicking ability whereas Shaolin Kenpo has an equally wonderful reputation for incredible hand combinations. Come discover the incredible beauty of these two arts and begin a path of self-discovery and the principles of kindness, compassion, honor, humility, and integrity. Become a healthier, happier, and more balanced human being through this unique blend of these two dynamic martial arts. This self-defense art is taught by Ray Faulkenberry, 6th Degree Black Belt and Ph.D. 50% off additional family members that sign up together. Discount not available through online registration.

Age: 14+

Baldwin Park Dance Studio  
Ray Faulkenberry

<b># 81410</b>	Aug 29-Sep 26	6:45-7:30 p.m.	Mon, Wed, Fri
			12 Classes
			\$75 Res / \$80 Non Res
<b># 81681</b>	Sep 29-Oct 31	6:45-7:30 p.m.	Mon, Wed, Fri
			15 Classes
			\$99 Res/\$104 Non Res
<b># 81682</b>	Nov 3-28	6:45-7:30 p.m.	Mon, Wed, Fri
			12 Classes
			\$79 Res/\$84 Non Res
<b># 81683</b>	Dec 1-26	6:45-7:30 p.m.	Mon, Wed, Fri
			12 Classes
			\$79 Res/\$84 Non Res

## Traffic School

### *I Can't Believe I Got A Ticket!*

This class is a fun way to get rid of your moving violation so your insurance rates won't go up. This traffic school is taught with comedy and is licensed with the Department of Motor Vehicles (#1141). Now, more classes for your convenience. Choose an all day class on a Saturday, 9 a.m.-5 p.m. or a two-evening class on Tuesday/Wednesday, 6-9:30 p.m. Bring your drivers license and court papers to class. Contact the Community & Recreation Services Registration Office at 671-3404 to choose your date and to register. Instructor: Tom McMillan.

Age: 16+

Clean Comedy  
Patsy Bishop

**Classes offered Saturdays or Tuesday and Wednesday evenings. Call registration at 671-3404 for available dates and times.**

**\$25 Res/\$30 Non Res**

## Notary Public Class & Exam

Expand your career opportunities! Notaries are needed in Real Estate, Banking, Insurance and Law and are a respected profession. This course prepares you to become a California Notary Public. This course is approved by the Secretary of State and the State exam is given at the end of the class. You'll learn everything you need to know to pass the State exam and easily turn being a Notary into a part-time or full-time career. State required Proof of Completion certificates awarded. The State exam is administered at the end of the class. A separate check made payable to the Secretary of State for \$40.00 (no cash), an official photo ID, 2 in x 2 in color passport photo to submit with notary application, highlighter and two #2 pencils required. \$15 materials fee payable to instructor (cash only). For more information about the class, please contact Perfect Doc's at perfectdocs@sbcglobal.net or 707-712-1032. website: www.perfectnotarydocs.com

Age: 18+

Centre Concord  
Perfect Docs

# 81688

Nov 8 8:30 a.m.–5:30 p.m. Sat  
\$95 Res/\$100 Non Res 1 Class

## Notary Public Loan Signing Agent

Our Loan Signing Agent course provides the Notary with skills and training on how to perform the complex duties of loan signings with confidence and increase your earnings. This class will teach you how to get your business started, get assignments, perform loan signings, maintain compliance with state laws in handling finance paperwork, and provide you with a list of over 200 leads for building your clientele database. A certificate of completion will be awarded. For more information, please contact Perfect Doc's at perfectdocs@sbcglobal.net or (707) 712-1032. Website: www.perfectnotarydocs.com \$15 materials fee payable to instructor.

Age: 18+

Willow Pass Community Center  
Perfect Docs

# 81689

Nov 15 9 a.m.–1 p.m. Sat  
\$85 Res/\$90 Non Res 1 Class

## Buy Real Estate Under Market Value

Attention Home Buyers! If you are thinking of buying a home this year, this is a class you won't want to miss. Learn how the buy real estate under market value. Short Sales, Foreclosures, REO's and Auctions are common terms used in today's real estate market. What are they? How are they different from a traditional home for sale? How you can buy homes under market value? What are the pros and cons of buying Short Sales, Foreclosures, REO's and Auction Properties? You will learn the answer to these questions and more. Find out why this class gets such good reviews.

Age: 18+

Centre Concord  
Angela Martinez

# 81736

Sep 23 6:30–8 p.m. Tue  
\$19 Res/\$24 Non Res 1 Class

# 81737

Nov 18 6:30–8 p.m. Tue  
\$19 Res/\$24 Non Res 1 Class

## Mortgage Secrets Revealed!

Is your home mortgage a ticking time bomb? This valuable workshop includes essential backstage information for California homeowners. Expose today's mortgage realities and learn how to navigate through confusing loan programs and deceptive marketing techniques to get the best loan programs and the lowest interest rates. Packed with over 85 money-saving facts and tips, this 90-minute workshop could save you thousands! The instructor has been a featured guest on 'The Real Estate Connection' radio program, authored two industry handbooks and created the 'Beyond the Rate' podcast series, downloaded over 12,000 times in 27 countries.

Age: 18+

Centre Concord  
Beyond the Rate Inc.

# 81749

Sep 25 7–8:30 p.m. Thu  
\$19 Res/\$24 Non Res 1 Class

# 81750

Nov 6 7–8:30 p.m. Thu  
\$19 Res/\$24 Non Res 1 Class

## Leveraging <sup>NEW!</sup> Today's Social Internet

Web site development, email marketing, podcasting and YouTube, blogs and micro-blogging, social media tools and website traffic. In one full day, you'll learn how to optimize your online efforts to build exposure and drive profits. Don't waste time doing the wrong things! Take this workshop to start your internet business on the right foot!

Age: 18+

Centre Concord  
Beyond the Rate Inc.

# 81747

Sep 20 9:30 a.m.–4:30 p.m. Sat  
\$85 Res/\$90 Non Res 1 Class

# 81748

Dec 6 9:30 a.m.–4:30 p.m. Sat  
\$85 Res/\$90 Non Res 1 Class



services to strengthen families

2086 Commerce Ave.  
Concord, CA 94520  
(925) 827-0212

www.familystresscenter.org

The mission of the Family Stress Center is to strengthen families and to treat and prevent child abuse and neglect in Contra Costa County by providing counseling educational and support services focusing on the essential needs of children and their families.

### These services include:

- Counseling
- Anger management
- Respite Nursery for short term child care for children under age 6
- Youth Program for unemployed and out of school youth, ages 16–21
- Father's Parenting Program
- Resource Center for Adoptive Parents



Notary Public Class and Exam – *“Instructor was very knowledgeable, which enabled me to pass my Notary Public exam. Great class! I plan to take other classes in the future.”*

– Teresa Smith

## Estate Planning Basics

Estate planning is needed by just about all adults. Even young adults with children need to appoint a guardian for their minor children. Older adults that have real property and other assets may face significant taxes and probate fees if they do not have an estate plan. Learn how to avoid unnecessary taxes and fees, and control the disposition of your property. The instructor is a licensed attorney with 27 years of experience in estate planning.

Age: 18+

Centre Concord  
Hubert Lenczowski

### # 81601

Sep 16 7:30–8:45 p.m. Tue  
\$19 Res/\$24 Non Res 1 Class

### # 81602

Nov 4 7:30–8:45 p.m. Tue  
\$19 Res/\$24 Non Res 1 Class

## Change Your Job and Change Your Life—Secrets Revealed

Tired of your current job or ready to re-enter the job market? Earning what you are worth? Enjoy what you are doing? Rejuvenate your job search while finding the job with the right earnings potential without sacrificing any personal or lifestyle constraints, location or convenience. Learn about an emerging and frequently overlooked industry where companies offer top pay, benefits, flexible schedules and work from home opportunities. A list of Bay Area employers will be shared. \$30 materials fee payable to instructor, includes a 425 page 'how to' handbook and CD.

Age: 18+

Centre Concord  
Mark Drevno

### # 81738

Nov 6 7–9 p.m. Thu  
\$29 Res/\$34 Non Res 1 Class

## Color—Eliminate the Fear Factor

Overcome the fear factor in using color in your interior design by learning the basics behind color in design and color schemes. The owner of Interior Reflections Redesign and Staging will teach you what you need to know.

Age: 18+

Centre Concord  
Vanessa Nielson

### # 81619

Sep 17 6:30–9 p.m. Wed  
\$29 Res/\$34 Non Res 1 Class



## Hands-on Homemade Pasta—Easier than you think!

There's nothing like the taste of fresh pasta! Experience the old world charm of pasta making. Learn to make homemade pasta from a few basic ingredients using a few simple techniques. The small, intimate class size provides students personalized attention and one-on-one instruction. Enjoy tasting the instructor's pasta while taking home your pasta. You just can't get any more Italian than this. Requirements: Rolling pin, fork, non-serrated knife, 12' long plastic ware to carry pasta home, pulled back hair, closed comfortable shoes, an apron.

Age: 18+

Centre Concord  
Elizabeth Seaholm

### # 81934

Sep 10 6:30–8 p.m. Wed  
\$29 Res/\$34 Non Res 1 Class

### # 81935

Oct 7 6:30–8 p.m. Tue  
\$29 Res/\$34 Non Res 1 Class

## Homemade Ravioli

This class will demonstrate the preparation of homemade pasta and two methods for making ravioli: using a roller and cutter, and a manual pasta machine. One filling (cheese) will be demonstrated. The class will finish with a light meal consisting of the freshly prepared ravioli. You will also take home your freshly made ravioli. To sign up for this class, students must have taken the Basic Pasta Class or already know how to make basic pasta. \$7 materials fee payable to instructor. Requirements: rolling pin, apron, non-serrated knife, fork, flour rotary sifter, small container for bringing home pasta, pulled back hair, closed comfortable shoes. Optional: manual pasta machine.

Age: 18+

Centre Concord  
Elizabeth Seaholm

### # 81936

Sep 23 6:30–8 p.m. Tue  
\$29 Res/\$34 Non Res 1 Class

### # 81937

Nov 5 6:30–8 p.m. Wed  
\$29 Res/\$34 Non Res 1 Class

## Homemade Gnocchi

You asked for it and you got it! Gnocchi, pronounced 'gnocco' are a type of Italian dumpling traditionally made from potato. Gnocchi is a delicious small potato dumpling dish. Traditionally served as a pasta dish on its own. This hands-on class will show you how to prepare these lovely little dumplings. This pasta tastes nothing like the package store bought gnocchi. Requirements: Ricer, provided on your own or purchased from instructor, paring knife, fork, non-serrated knife, flour sifter, plastic ware to carry your gnocchi home, pulled back hair, closed comfortable shoes and apron. \$7 materials fee payable to instructor.

Age: 18+

Centre Concord  
Elizabeth Seaholm

### # 81938

Oct 29 6:30–8:30 p.m. Wed  
\$29 Res/\$34 Non Res 1 Class

### # 81939

Dec 2 6:30–8:30 p.m. Tue  
\$29 Res/\$34 Non Res 1 Class



Homemade Pasta and Ravioli - "I learned the secret! Even I can make ravioli. The instructor is very helpful and knowledgeable."

— Esther Scott



## Dog Training-Puppy Learn and Play

The only thing better than one warm and fuzzy puppy is a room full of warm and fuzzy puppies. Puppy class is essential for proper socialization and protection against long-term fear and aggression issues that can occur when puppies are isolated during early development. The critical period for socialization ends between 10-14 weeks of age. Our puppy class is scheduled in two parts that can be taken in any order but is recommended that both be completed and must be completed to receive a graduation certificate. Puppies must submit proof of having had at least one vaccination. Class is for puppies under 16 weeks of age. Instructor is a Certified Pet Dog Trainer, SF SPCA Academy Graduate, and member of APDT. Lime Ridge Center is located in the Lime Ridge Open Space at 3701 Treat Blvd. Concord.

Lime Ridge Barbara Dwyer and Maureen Coyle

### Part I-Socialization and Play

**# 81743**  
Sep 8–22 6:30–7:20 p.m. Mon  
\$49 Res/\$54 Non Res 3 Classes

### Part I-Socialization and Play

**# 81745**  
Oct 20–Nov 3 6:30–7:20 p.m. Mon  
\$49 Res/\$54 Non Res 3 Classes

### Part II-Learn and Play

**# 81744**  
Sep 29–Oct 13 6:30–7:20 p.m. Mon  
\$49 Res/\$54 Non Res 3 Classes

### Part II-Learn and Play

**# 81746**  
Nov 10–24 6:30–7:20 p.m. Mon  
\$49 Res/\$54 Non Res 3 Classes

## Dog Training-Be Your Dog's Best Friend

Do you know what your dog wants most? Do you know why he chews, digs or barks? Is he doing things you'd rather he didn't and not doing things, you'd rather he did? You can change that. This is not just an obedience class, although he'll learn sit, down, come and stay. Build a friendship that will last a lifetime. This class is for dogs 16 weeks and up. Proof of current vaccinations due on the first class. The first class is a for-humans-only orientation; please leave dogs at home. Fee includes Dog Training Manual and Clicker. Instructor is a Certified Pet Dog Trainer, SF SPCA Academy Graduate, and member of APDT. Lime Ridge Center is located in the Lime Ridge Open Space at 3701 Treat Blvd. Concord.

Lime Ridge Barbara Dwyer and Maureen Coyle

**# 81740**  
Sep 8–Oct 20 7:30–8:20 p.m. Mon  
\$105 Res/\$110 Non Res 7 Classes

**# 81741**  
Oct 29–Dec 17 6:30–7:20 p.m. Wed  
\$105 Res/\$110 Non Res 7 Classes

## Dog Training-The Civilized Canine

Can you have coffee with a friend while your dog lies quietly at your feet? How do you introduce your dog to other dogs? Learn dog park safety and etiquette? This course will prepare you to take the AKC's Canine Good Citizen certification test. This class is for dogs that have taken a prior class and have good play skills or by permission of the instructor. Must provide proof of current vaccinations prior to the first class.

Lime Ridge Barbara Dwyer and Maureen Coyle

**# 81640**  
Sep 10–Oct 22 6:30–7:20 p.m. Wed  
\$105 Res/\$110 Non Res 7 Classes

**# 81739**  
Oct 27–Dec 8 7:30–8:20 p.m. Mon  
\$105 Res/\$110 Non Res 7 Classes

## Dog Training-AKC Competition Prep

AKC Competition Preparation is all about taking your best friend into the competitive dog ring. Do you love working with your dog but just don't know what class to take next? It's the first step to prepare you to go to AKC competition in obedience, rally, agility, freestyle and tracking or you can enter the dog therapy or search and rescue fields. Requirements: This class is for dogs that have completed at least two prior courses or by permission of the instructor. All dogs must provide proof of current vaccinations prior to the first class.

Lime Ridge Barbara Dwyer and Maureen Coyle

**# 81639**  
Oct 29–Dec 10 7:30–8:20 p.m. Wed  
\$105 Res/\$110 Non Res 7 Classes

**# 81742**  
Sep 10–Oct 22 7:30–8:20 p.m. Wed  
\$105 Res/\$110 Non Res 7 Classes



Help enhance the life of an underprivileged child, join Friends of Camp Concord today!



For membership information, please call the Camp Director at (925) 671-3006 or download additional information from our web page at [www.cityofconcord.org/recreation/camp/campfocc.htm](http://www.cityofconcord.org/recreation/camp/campfocc.htm)

Registration Is Easy  
See Pages 38–39.

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# Online Courses

Our instructor-facilitated online courses are informative, fun, convenient, and highly interactive. Our instructors are famous for their ability to create warm and supportive communities of learners. It's no wonder that many long-lasting friendships have formed in our lively discussion areas.

All courses run for six weeks (with a two-week 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.

### How to Get Started:

1. Visit our Online Instruction Center:  
[www.ed2go.com/concordleisure](http://www.ed2go.com/concordleisure)
2. Click the **Courses** link, choose the department and course title you are interested in and select the **Enroll Now** button. Follow the instructions to enroll and pay for your course. Here you will enter your e-mail and choose a password that will grant you access to the Classroom.
3. When your course starts, return to our Online Instruction Center and click the **Classroom** link. To begin your studies, simply log in with your e-mail and the password you selected during enrollment.

## The City of Concord Community & Recreation Services

### 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.

### Medical Terminology:

#### A Word Association Approach

Prepare for a career in the health services industry by learning medical terminology in a memorable and enjoyable fashion.

### 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.

### Intermediate 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.

### Project Management Fundamentals

Gain the skills you'll need to succeed in the fast-growing field of project management.

### 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 Dreamweaver

Harness the broad range of capabilities Dreamweaver brings to Web development.

### 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.

### Creating Web Pages II

Learn to develop polished and interactive pages complete with tables, forms, frames, audio, and CSS.

### Discover Digital Photography

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

### GRE Preparation - Part 1

Discover powerful strategies for success in the verbal and analytical sections of the GRE.

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

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or call:

**(925) 671-3404**

Courses Start as Low as:

**\$95**

### Requirements:

All courses require Internet access, e-mail, and the Microsoft Internet Explorer or Mozilla Firefox Web browser. Some courses may have additional requirements. Please visit our Online Instruction Center for more information.

MORE COURSES AVAILABLE  
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[www.ed2go.com/concordleisure](http://www.ed2go.com/concordleisure)

## Alcatraz Discovery Lunch Cruise

Enjoy beautiful Bay sights including the world-famous Golden Gate Bridge! As you feast on a gourmet lunch buffet you will view Alcatraz Island from the water as never seen before. A live narration will provide an interpretation of the history of Alcatraz from fortress, penitentiary, prison to National Park. We will sail to by Angel Island, the Ellis Island of the West, and alongside the San Francisco waterfront. Note that we do not go onshore to Alcatraz Island. After our fantastic lunch cruise you will have some time to browse and shop the many boutique and artisan shops in the historic Ferry Building Marketplace. Transportation is included. Register by August 22, no cancellations after cut off date.

Age: 6+ Depart Civic Center  
**# 81300**  
 Sep 13 9:30 a.m.–5 p.m. Sat  
 \$105 Res/\$110 Non Res Day Trip

## Cruisin' Calistoga

The Annual Cruisin' Calistoga Custom Car Show plus Beer and Wine Festival features over 500 custom and classic cars, beer and wine tasting, and a pasta and chili cook off and tasting. There will be live music on hand during the event. All of this is included with your admission. There will also be food and merchandise vendors on hand at the event. Transportation is included. Register by August 29, no cancellations after cut off date.

Age: 6+ Depart Civic Center  
**# 81297**  
 Sep 20 8:30 a.m.–5 p.m. Sat  
 \$55 Res/\$60 Non Res Day Trip

## Columbia Gold

There's gold in them thar hills! Experience the excitement as you swirl your pan and discover the flash of real gold. Time travel with us to the 1850's, visiting Columbia State Historic Park where you will have the opportunity to learn how to pan for gold and you are guaranteed to find some of that shiny stuff. Afterward, you'll have time to have lunch on your own and explore the best preserved gold rush town in the Mother Lode. You'll see the old Assay Office, the old barber shop in the Sam Leon building, the Brainerd Building, the Miner's Cabin, plus many more preserved historic treasures. Transportation is included. Register by September 5. No cancellations after cut off date.

Age: 6+ Depart Civic Center  
**# 81595**  
 Sep 27 8 a.m.–6 p.m. Sat  
 \$49 Res/\$54 Non Res Day Trip

## Call of the Sea Brunch Sailing and Blue Angels

'Yo heave ho'. Hoist sail and set a course for the Golden Gate on the Call of the Sea's Seward Schooner. Learn to sail a tall ship on this hands-on adventure. Under expert guidance you will participate in the lost art of sailing a tall ship. This three hour sail includes complimentary buffet brunch and beverages. This trip is great for whole family. Plus, it is Fleet Week weekend so you'll be given some time in Sausalito to explore and check out Blue Angels air show. Transportation is provided. Register by September 19. No cancellations after cut off date.

Age: 6+ Depart Civic Center  
**# 81592**  
 Oct 12 8:15 a.m.–5:30 p.m. Sun  
 Adult: \$85 Res/\$90 Non Res Day Trip  
 Child 6–12: \$65 Res/\$70 Non Res

## Sonoma Valley Splendor

This one of a kind day trip will delight you in all of the splendor that Sonoma Valley has to offer. Our visit will start at the Cline Cellars, home to the California Missions Museum. Your tour will include a visit to the museum, the Cline Cellars grounds and of course some wine tasting. Next, we'll head over to the Olive Press, Sonoma County's first olive mill where you will receive a tour of the press and have the opportunity sample the various olive oils. Our trip will conclude with a visit to the Cornerstone Market Place and Gardens where you will receive a docent lead private tour of the gardens and have time to have lunch on your own at the Sage Cafe and Market. Transportation is included. Register by September 26. No cancellations after trip cut off date.

Age: 21+ Depart Civic Center  
**# 81598**  
 Oct 18 9 a.m.–4 p.m. Sat  
 \$65 Res/\$70 Non Res Day Trip



## Country Roads

Explore the backroads on the quiet side of rural Sonoma County. Our first stop will be at the Spring Hill Jersey Cheese Company Dairy known for their natural, estate cheese, made with milk from their Jersey cows. During their Peter Pumpkin Patch event you will sample various cheeses and homemade ice cream, milk a cow, pick a pumpkin of your choice and so much more. Our next stop is the Wild Flour Bread Bakery where you can buy a garlic fougase with chunks of gouda or a vegan calypso bread with ginger, coconut and mango. Just down the road is the charming town of Occidental where at the Union Hotel we will gather for a family-style dinner that will include a delicious entree, dessert and beverage. Transportation included. Register by October 3. No cancellations after cut off date.

Age: 6+ Depart Civic Center  
**# 81590**  
 Oct 25 11 a.m.–7 p.m. Sat  
 \$79 Res/\$84 Non Res Day Trip



Call of the Sea Brunch – *“Loved the trip! You guys do a fabulous job. I'm always delighted and I have a great time.”*

— Carole Temps

## Castello di Amorosa

Why go to Florence to see an authentic Italian castle when there is one right here in the Napa Valley? Daryl Sattui has built a castle rivaling the eccentric Hearst Castle complete with a drawbridge, towers, torture chamber, great hall and a medieval church. This \$30 million castle complete with 121,000 square feet, 107 rooms on seven levels is our destination for this tour and will include tasting of some of the finest wines in the Napa Valley. In keeping with our Italian theme, you will be treated to a fine lunch at Boskos Trattoria which serves up fresh ingredients and some of the best Italian in the area. Transportation is included. Register by October 17. No cancellations after cut off date.

Age: 21+

Depart Civic Center

# 81588

Nov 8 8:30 a.m.–3:30 p.m. Sat  
\$89 Res/\$94 Non Res Day Trip



## AT&T Ball Park Tour

Don't miss your chance to get the behind-the-scenes tour of sensational AT&T Park, 'Baseball's Perfect Address.' You'll take in sweeping views of downtown San Francisco and the Bay, and go places only the players go—Giants' dugout, the Visitors' clubhouse, luxury box, and the field. The approximately hour and 15 minute tour will be followed by the Visitor's Clubhouse Box Lunch and receive a free souvenir as well. This tour is sure to be a 'Splash Hit.' After lunch, we'll head over to two other San Francisco hot spots Pier 39 and Fisherman's Wharf for you to browse the various shops and attractions. Transportation is included. Register by October 10. No cancellations after cut off date.

Age: 6+

Depart Civic Center

# 81593

Nov 1 9:45 a.m.–4 p.m. Sat  
\$55 Res/\$60 Non Res Day Trip

## California Academy of Sciences

Be one of the first to visit the newly opened California Academy of Sciences from the rainforest to the aquarium to the planetarium to so much more. The transformed California Academy of Sciences includes sustainable features that blend the beauty of architecture with the park's natural setting. You will be able to explore popular exhibits that include the Rainforest, Swamp, Fouclat Pendulum, the Philippine Coral Reef, African Penguins and more. During your visit you may choose to have lunch on your own at either the Academy Cafe or The Moss Room. Transportation is included. Register by October 24. No cancellations after cut off date.

Age: 6+

Depart Civic Center

# 81596

Nov 15 9 a.m.–4 p.m. Sat  
Adult: \$59 Res/\$64 Non Res Day Trip  
Child 6–11: \$49 Res/\$54 Non Res

## Holiday in the Vineyard

Livermore Valley Wine Country will be our destination for the Holidays in the Vineyards event. Livermore Valley wineries will throw open their doors and offer special music, gifts and holiday experiences for you and your friends and family to enjoy. Award-winning wines are offered along with gourmet foods, specially wrapped gift boxes and unique holiday treats. Most wineries offer complimentary tastings and pairings, while others may charge a nominal fee for special pairings. We will start with a tasty lunch at Cafe Garre in the heart of the Livermore Wine Country. Transportation is included. Register by November 14. No cancellations after cut off date.

Age: 21+

Depart Civic Center

# 81591

Dec 6 10:30 a.m.–6 p.m. Sat  
\$49 Res/\$54 Non Res Day Trip



## Union Square Shopping Spree

This holiday season save your gas and your time and let us help to make your holiday shopping as carefree and enjoyable as possible. San Francisco's Union Square is home to many of your favorite department stores Saks Fifth Avenue, Macy's, Barney's, Nordstrom's, the new Bloomingdale's, plus hundreds of your favorite specialty stores. Check out the Union Square Park and all its decor while you have lunch on your own in this humongous downtown shopping area. No worries, we'll make room for all of your shopping bags. Transportation is included. Register by November 21. No cancellations after trip cut off date.

Age: 6+

Depart Civic Center

# 81599

Dec 13 8:30 a.m.–4 p.m. Sat  
\$25 Res/\$30 Non Res Day Trip

## Transportation

Please note that on most day trips we use city operated 15-passenger vans equipped with bench style seating and limited accessibility.

Please call Registration at 671-3404 for more information.



AT&T Ball Park – "This trip was a completely fun-filled and informative excursion with a gourmet lunch!"

— David McDonald

## Senior Travel

### Transportation

Please note that on most day trips we use city operated 15-passenger vans equipped with bench style seating and limited accessibility. Please call Registration at 671-3404 for more information.

#### Senior Center Trip Registration Procedures

1. Trip registration at the Senior Center only 2727 Parkside Cir. or (925) 671-3320
2. Full payment is required for all day trips and overnights at the time of registration.
3. Internet viewing and registration for trips will begin 1 week after walk in registration commences
4. Customers have the following 3 ways to register. Customers will be served in the following order.
  - Walk in to the Senior Center travel desk
  - (Travel Desk is open from 9 a.m.–noon and 12:30–3 p.m., Mon–Fri)
  - Phone In
  - Internet (only available 1 week after walk in)
5. Cancellations and refunds. All day trips and overnights require at least a 30-day notice prior to the departure of the trip in order to get a full refund. In the event that you give less than 30 days notice the following may occur: If there is a waiting list for the trip and someone from that 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. You may instead choose to find your own replacement.

### Jackson Rancheria Via Deluxe Motor-coach

Try your luck at this Jackson California casino. One stop, 4 hour turnaround via deluxe motor-coach. Bonus Value: \$10 cash and \$20 coupon book. Must have 40 paid passengers by September 16, 2008.

**50 & Better** Senior Center Departure

# 81543  
Oct 7 8 a.m.–5 p.m. Tue  
\$24 Day Trip



### Ardenwood Farm

George Washington Patterson came West in 1849 to seek his fortune in the goldfields of California. Instead he 'struck gold' in the fertile farm fields of Southern Alameda County. A visit to Ardenwood is a journey back in time. Visit the 19th-century country estate and elaborate Victorian gardens. Board the horse-drawn train. At Ardenwood, you will see sheep, pigs, turkeys, chickens, rabbits, goats, and cows. Tour the blacksmith shop and equipment shed. View the vintage equipment. Bring a sack lunch.

**50 & Better** Senior Center Departure

# 81805  
Oct 30 9 a.m.–4 p.m. Thu  
\$45 Day Trip



### Apple Hill Tour at High Hill Ranch

Join us for a loop tour of Apple Hill area with a step on guide. The guided loop tour will take you through beautiful scenery, fruit filled orchards and visit to some of the apple ranches. After your tour, you can enjoy a 'yummy hosted BBQ chicken lunch, slice of apple pie, then time for browsing and shopping. You can see apple cider being made (if in production), shop for some of their delicious crispy apples, choose local crafts, or just relax under a favorite apple tree. Fall colors spreading across the countryside will make this a day to remember.

**50 & Better** Senior Center Departure

# 81290  
Oct 16 7:30 a.m.–6 p.m. Thu  
\$61 Day Trip

### Golden Gate Fields "A Day at The Races"

Off to the horse races. Golden Gate Fields is located in Berkeley. Cheer on your favorite horse from fabulous reserved seating in the Turf Club. Your afternoon at the races includes: admission, a program, a hearty buffet meal, tax and gratuity. The Turf Club enforces a dress code: no worn denim, shorts, sweat pants, t-shirts, tank tops, thong sandals, athletic shoes, baseball caps or visors.

**50 & Better** Senior Center Departure

# 81968  
Nov 5 10 a.m.–4:30 p.m. Wed  
\$41 Day Trip

**Registration Is Easy**  
See Pages 38–39.

*Recreation combats diabetes — the fourth ranking killer disease (after heart disease, cancer, and respiratory disease).*

# 26 Trips & Tours

## Silver Legacy Hotel Casino in Reno

Package includes deluxe motor-coach transportation, luggage handling, and one night accommodation. Huge Bonus: \$21 cash, \$5 food, \$91 per person, double occupancy, \$121 single supplement. Must have 35 paid passengers by September 29.

**50 & Better** Senior Center  
**# 81969**  
 Nov 6-7 7:30 a.m.–5:30 p.m. Thu-Fri  
 \$91 dbl. occ. p/p /\$121 single Day Trip



## Tech Museum San Jose

The Tech Museum of Innovation aims to inspire the innovator in everyone. Experience an expansive variety of interactive exhibits that showcase not just how technology works, but how it affects who we are and how we live, work, play and learn. The Tech's 132,000 square feet are divided among themed galleries focused on innovation, the internet, the human body, and exploration. Shake in an earthquake, see under the sea, and use the gadgets that take us to places we have only been able to imagine. Admission to the Hackworth IMAX Dome Theatre is included. You may choose to have lunch on your own in the museum café. Next Stop, The Rosicrucian Egyptian Museum, architecturally inspired by the Temple of Amon at Karnak, houses the largest collection of Egyptian artifacts on exhibit in the western United States, including objects from pre dynastic times through Egypt's early Islamic era.

**50 & Better** Senior Center  
**# 81993**  
 Nov 13 8-6 p.m. Thu  
 \$60

## Cache Creek

Deluxe motor-coach transportation to this Brooks California casino. Receive \$2 in food coupons, \$5 in match play. 40 person minimum registration by November 3.

**50 & Better** Senior Center Departure  
**# 81544**  
 Nov 18 9 a.m.–5 p.m. Tue  
 \$26 Day Trip

## Singing Christmas Tree

Attend this glorious production and leave with bundles of holiday spirit. Up to 110 choir members will perform during the show. The Singing Christmas Tree is over 30-feet high. The amazing tree is decorated with over 45,000 mini lights. Hear a symphony, with up to 45 peices in the orchestra. Over 30,000 people witness this spectacular each year. Enjoy lunch on your own in Old Town. Don't miss this opportunity.

**50 & Better** Senior Center Departure  
**# 81804**  
 Dec 7 9:30 a.m.–8:30 p.m. Sun  
 \$61 Day Trip



## Dickens Christmas Fair

The bustling streets of London, immortalized for all time by the mighty pen of Charles Dickens, form the living backdrop of your excursion into Christmas Past. You are a living part of a Victorian Christmas card come to life! A bay area tradition for 28 holiday seasons held at the Cow Palace. Enjoy the scent of pine boughs and freshly baked scones floating in the air and the sound of carolers. Must register and pay by 11-1-08.

**50 & Better** Senior Center Departure  
**# 81994**  
 Dec 13 10 a.m.-6 p.m. Sat  
 \$40

## Thunder Valley Casino Via Deluxe Motor-coach

Close to Home / Designed for Fun! Try your luck at this Lincoln, CA casino. Receive \$5 in food coupons and \$5 in slot play. Must have 40 paid passengers by December 1, 2008.

**50 & Better** Senior Center Departure  
**# 81545**  
 Dec 16 9 a.m.–5 p.m. Tue  
 \$24 Day Trip

## Holiday Lights & Sights of SF Via Cable Car

All aboard for a fun filled evening on a historic motorized authentic San Francisco Cable car to enjoy the sights of holiday lights and decorations in the City. Meet Santa, snuggle under warm blankets, sing carols while you view the massive decorated outdoor trees of Union Square with the surrounding store front decorations. Treat yourself to a holiday dinner at Fisherman's Wharf and perhaps pick up that special gift for the joy(s) of your life.

Age: 21+ Senior Center  
**# 81806**  
 Dec 18 3–10 p.m. Thu  
 \$73 Day Trip

## Travel Fair

Have you dreamt about traveling to exotic places? Watch a slide show of exciting destinations, an upcoming cruise will be included. Come check out the new trips in 2009. Give us feedback on where YOU want to travel. Travel vendors on site. Bring a friend and you both receive a \$5 discount coupon for a future travel purchase.

**50 & Better** Senior Center  
**# 81995**  
 Oct 14 9:30-11:30 a.m. Tue  
**FREE**

*Recreation significantly reduces the risk of heart disease and stroke.*

**Registration Is Easy**  
 See Pages 38–39.

## Basic Art-Drawing and Card Making NEW!

This class will show the student how to draw. You will learn the fundamental artistic skills of basic shapes, tones, perspective color theory, composition and textural effect. Develop your own style. Instructor will give individual help. Nakatani studied under the renowned Chiura Obata. Supply list will be available on the first day of class from instructor. No class November 29.

Age: 21+

Senior Center  
Ann Nakatani

**# 81902**  
Oct 4–Nov 8 9–10 a.m. Sat  
\$30 6 Classes

**# 81903**  
Nov 15–Dec 20 9–10 a.m. Sat  
\$25 5 Classes

## Brush Painting and Calligraphy NEW!

Students will learn the basic elements of brush painting and fundamental brush strokes. Anyone of any level can excel in this class. Use a Japanese Fude brush. Write using Sumi ink. You will learn to write your name with Japanese characters. Learn to paint bamboo, peach tree flowers, fruits and animals. Have fun painting with an instructor that studied under the great Chiura Obata.

Age: 21+

Senior Center  
Ann Nakatani

**# 81906**  
Oct 4–Nov 8 11 a.m.–12 p.m. Sat  
\$30 6 Classes

**# 81907**  
Nov 15–Dec 20 11 a.m.–12 p.m. Sat  
\$25 5 Classes

## Internet

Open the door to the World Wide Web (WWW). Discover the vast amounts of information available at the fingertips. You will be provided with an overview and background of the internet, URL's, definitions, basic navigating and search engines, types of addresses such as .gov, com, edu, more sophisticated searching, exploration of important web sites, researching a topic on the internet, how to use e-mail and much more.

**50 & Better**

Senior Center  
Gbenga Adesida

**# 81828**  
Oct 6–Nov 17 10:45–11:45 a.m. Mon  
\$25 7 Classes

## Introduction to Computer and the Internet

Learn how to use the computer with basic elements about the computer. (What is a computer, storage, memory, processor and all the components of the computer). Use Microsoft Word to create a simple document with picture and border. Learn to save and open a document. Get a flavor of the tremendous variety of information available on the Information Highway. Learn how to send or receive your mail through the superhighway. Experience the following: download or upload, and sell or shop the Internet. No class November 28.

Age: 6+

Senior Center  
Mitra Shahraz

**# 81831**  
Oct 3–Nov 7 10:45–11:45 a.m. Fri  
\$27 6 Classes

**# 81832**  
Nov 14–Dec 19 10:45–11:45 a.m. Fri  
\$22 5 Classes

## Colored Pencil Drawing NEW!

In this fun class the beginner and advanced student will learn color pencil techniques. Demonstration, individual help and critiques provided each class meeting. Students may work in the style of their choice: flowers or animals. Nakatani refined her skills under the instruction of the famed Chiura Obata. Supply list will be available from the instructor on the first day of class.

Age: 21+

Senior Center  
Ann Nakatani

**# 81904**  
Oct 4–Nov 8 10–11 a.m. Sat  
\$30 6 Classes

**# 81905**  
Nov 15–Dec 20 10–11 a.m. Sat  
\$25 5 Classes

## Introduction to Computers

Introduction to Windows: This class includes terminology, familiarization with the desktop, using the mouse, moving, and sizing of windows, using toolbars and menus, creating desktop shortcuts, and opening and closing programs. File Management: Where did my files go? This class focuses on learning how to save files in a specific place on the desktop so they can be easily located, creating folders, renaming files, moving and copying files, and deleting files.

**50 & Better**

Senior Center  
Gbenga Adesida

**# 81827**  
Oct 6–Nov 17 9:30–10:30 a.m. Mon  
\$25 7 Classes

## Genealogy on the Web NEW!

Genealogy can be enhanced by new technology, the computer/Internet are key. The primary purpose and function is learning technology, gathering information from family, church or cemetery and being able to create a web site and publish the site. Family members around the world will be able to view your website. What a great way to share and continue your personal history and legacy. Learn about your roots, ancestors, line origin, heritage, tradition, custom, legacy, and inheritance. Genealogy and the web are a great vehicle to discovering your personal history. No class November 28.

**50 & Better**

Senior Center  
Mitra Shahraz

**# 81829**  
Oct 3–Nov 7 9:30–10:30 a.m. Fri  
\$27 6 Classes

**# 81830**  
Nov 14–Dec 19 9:30–10:30 a.m. Fri  
\$22 5 Classes

## Conversational Japanese NEW!

This class will introduce you to Japanese culture, history and conversational Japanese. You will learn how to write your name with Katakana and Hiragana. View a video of old time Japan as well as current day Japan. Mentally travel to Japan through vivid discussion from a guest speaker. No class November 29.

Age: 21+

Senior Center  
Ann Nakatani

**# 81908**  
Oct 4–Nov 8 12–1 p.m. Sat  
\$30 6 Classes

**# 81909**  
Nov 15–Dec 20 12–1 p.m. Sat  
\$25 5 Classes



**Photoshop Elements 3**

With Photoshop Elements we can capture memories that are very special to us in our life and create beautiful works of art. Use this software to manipulate digital photographs, create original artwork and scrapbook pages. We can enhance our pictures with any types of flaws. Then, we can create calendars, greeting cards or take 2000 to 3000 pictures and transfer them to two hours of slide show, burn them on DVD and watch them on TV. In this class we can use old pictures by using the scanner or new pictures from digital cameras. Students will learn both ways in class. Show off your creativity! Please have access to a flash drive or email account. No class November 28.

**50 & Better**

Senior Center  
Mitra Shahraz

**# 81833**  
Oct 3–Nov 7 12–1 p.m. Fri  
\$25 6 Classes

**# 81834**  
Nov 14–Dec 19 12–1 p.m. Fri  
\$25 5 Classes

**Zumba Gold** NEW!

It is an innovative, fun and exciting program that incorporates Latin dances and cardio exercise. Zumba Gold is designed for the active older adult, the true beginner, and or people who are not used to exercising, or people who may be limited physically. It is done at a low intensity. Zumba can be done from a chair or wheelchair. Have fun exercising to the Merengue, Salso, Cha Cha, Cumbia, Flamenco and Tango. Listen to upbeat music as you exercise. Keep fit with this fun new form of exercise.

**50 & Better**

Baldwin Park Dance Studio  
Amelia Said

**# 81966**  
Oct 7–Nov 4 10:45–11:45 a.m. Tue  
\$20 5 Classes

**# 81967**  
Nov 18–Dec 16 10:45–11:45 a.m. Tue  
\$20 5 Classes



**Line Dance-High Beginner**

Experts say that line dancing is an excellent form of aerobic activity. It keeps the heart rate elevated without putting a lot of stress on the joints. The real reason we line dance is because it is FUN! Join the line dance class and see for yourself. This is a 2nd level line dance class. Beginners please try the line dance basics class. No class October 31 and November 28.

**50 & Better**

Senior Center  
Dorothy Moore

**# 81786**  
Oct 3–Nov 7 8:45–9:45 a.m. Fri  
\$17/\$6.50 Day Trip 5 Classes

**# 81787**  
Nov 14–Dec 19 8:45–9:45 a.m. Fri  
\$17/\$6.50 Day Trip 5 Classes

**Line Dance-Intermediate**

This is an intermediate level class with a combination of Country Western, waltzes and Latin line dances for men and women. Partners not required. No class October 31 and November 28.

**50 & Better**

Senior Center  
Dorothy Moore

**# 81788**  
Oct 3–Nov 7 10–11 a.m. Fri  
\$17/\$6.50 Day Trip 5 Classes

**# 81789**  
Nov 14–Dec 19 10–11 a.m. Fri  
\$17/\$6.50 Day Trip 5 Classes

**Hula Beginning**

Hula is the illustration of the Hawaiian song, which is the text. Unlike most dance forms, hula must be danced to lyrics! One could say that hula is a danced sign language, but is far more than that! This class introduces dancers to the basic foot steps and hand motions used in hula. Students are taught several songs in English and Hawaiian. This is a fun workout that engages both mind and body. Hula is wonderfully adaptable to any body shape, strength or limitation.

Age: 21+

Senior Center  
Beth Weilenman

**# 81778**  
Oct 9–Nov 13 5:15–6:15 p.m. Thu  
\$32 6 Classes

**# 81779**  
Nov 20–Dec 18 5:15–6:15 p.m. Thu  
\$27 5 Classes

**Hula Intermediate**

Advanced participants will to learn how to choreograph a song into a hula. Instructor Beth Weilenman will focus on the Hawaiian language and more complex hand and feet motions. Prerequisite Hula Beginning.

Age: 21+

Baldwin Park Dance Studio  
Beth Weilenman

**# 81780**  
Oct 6–Nov 10 2:45–3:45 p.m. Mon  
\$30 6 Classes

**# 81781**  
Nov 17–Dec 15 2:45–3:45 p.m. Mon  
\$25 5 Classes





## Middle Eastern Dance Formerly Belly Dance Lite

Come and experience the music and dance enjoyed and shared by all ages in the Middle East. Gently strengthen your core muscles, improve flexibility and coordination. Try this joyful form of exercise and lift your spirits, drop unwanted pounds and shimmy your way to a healthier you! In addition to exercise, we will explore the musical patterns, costume, and culture of Middle Eastern Dance. Bring a scarf to tie around your hips.

Age: 21+ **Baldwin Park Dance Studio**  
Persefone

# 81900  
Oct 6–Nov 10 11:30 a.m.–12:30 p.m. Mon  
\$24/\$7.50 Day Trip 6 Classes

# 81901  
Nov 17–Dec 15 11:30 a.m.–12:30 p.m. Mon  
\$22/\$7.50 Day Trip 5 Classes

## Private Piano Lessons

Guys and Gals! Take these private lessons with an experienced private piano teacher. You can be at any level of piano proficiency to take this class. Learn to play at least one song by the end of every lesson. A credentialed teacher teaches this class, and enrollees will learn left hand and right hand chords for melody. Enjoy fellowship. See how easy it is to play the piano. No class October 31 and November 28.

Age: 21+

Senior Center  
Nadine Petersen

# 81892  
Oct 3–24 9:30–10 a.m. Fri  
\$55 4 Classes

# 81893  
Oct 3–24 10–10:30 a.m. Fri  
\$55 4 Classes

# 81894  
Oct 3–24 10:30–11 a.m. Fri  
\$55 4 Classes

# 81895  
Oct 3–24 11–11:30 a.m. Fri  
\$55 4 Classes

# 81896  
Nov 7–Dec 5 9:30–10 a.m. Fri  
\$55 4 Classes

# 81897  
Nov 7–Dec 5 10–10:30 a.m. Fri  
\$55 4 Classes

# 81898  
Nov 7–Dec 5 10:30–11 a.m. Fri  
\$55 4 Classes

# 81899  
Nov 7–Dec 5 11–11:30 a.m. Fri  
\$55 4 Classes

## My Story By Me

Every senior has a story to tell—or two—or three...This is a class designed to do two things. First, it will provide writing support that can help make your story easier to read, correctly written, and something you can be proud to pass along. Second, it will give you as a writer chances to share your creativity, to get reactions from other writers, and to benefit from the original work of others. To insure the time to share writings during class, registration will be limited to 20 on a first-come, first-serve basis.

50 & Better

Senior Center  
Pat Howlett

# 81876  
Oct 6–Nov 24 9–11 a.m. Mon  
\$15 8 Classes

## My Time, My Story Event NEW!

This event will feature the inspirational, award-winning speaker—Mary LoVerde. She is a life balance expert and best selling author of *Touching Tomorrow: How to Interview Your Loved One's to Capture a Lifetime of Memories on Video or Audio*. Learn how you can move your legacy forward. Attendees will have the opportunity to record and take home their very own story at the My Time, My Story Kiosk. Also, a registered nurse will inform attendees about Reclast, a once a year osteoporosis medication. Enjoy great giveaways and refreshments!

50 & Better

Senior Center

# 81965  
Oct 15 9:30–10:45 a.m. Wed  
**FREE**

## Health Education NEW!

### Lectures Co-Sponsored by John Muir Concord

The Concord Senior Center has partnered with the Cardiac Rehabilitation Program from John Muir Concord campus. Attend the following heart healthy lectures provided by a certified dietician, pharmacist, nurse and exercise physiologist. Feel free to attend 1 or all presentations. Please register for each lecture you desire to attend.

50 & Better

Senior Center

### Risky Business: Reducing Your Risk for Heart Disease

# 81867  
Oct 6 1–2 p.m. Mon  
\$1 1 Class

### Exercise's Big 3: Stretch, Strength, Cardio

# 81868  
Oct 20 1–2 p.m. Mon  
\$1 1 Class

### Designing a Heart Healthy Diet

# 81869  
Nov 3 1–2 p.m. Mon  
\$1 1 Class

### Topic TBA

# 81870  
Nov 17 1–2 p.m. Mon  
\$1 1 Class

**Registration Is Easy**  
See Pages 38–39.

## Mind & Body Exercise: **NEW!** Walking, Sudoku & Crossword Puzzles

What can walking, crossword puzzles and Sudoku do for you? You will be able to use simple learned methods, to measure your improvement in both the Mental and Physical arenas over a month, year, or your selected time period. The two books provided, will allow you to select from easy to difficult challenges as you progress. New scientific studies have found a close relationship between exercise and improved mental abilities: you will be able to obtain the same results. The three sessions use participation and gradual introduction of new tools. The third session includes a 30 minute walk.

50 &amp; Better

Senior Center  
Vern Van Vlear

# 81866  
Sep 10–24 10–11:30 a.m. Wed  
\$16 3 Classes

## Qi Gong & Sun Style Tai Chi for Health-PM Beg

Based on both the Sun Style Tai Chi for Arthritis and Tai Chi for Back Pain programs developed by Dr. Paul Lam. Beginning students enjoy learning the first set of gentle movements with this safe form of Sun Style Tai Chi. Improves joint-flexibility, strength, balance, relieves stress, promotes relaxation. You don't have to have Arthritis to attend, anyone can benefit. A variety of Qi Gong breathing exercises are taught to increase the Qi and strengthen immunity. Instructor Robin Malby is a certified Master Trainer for Dr. Paul Lam with ten years Qi Gong/Tai Chi Experience. No drop ins allowed for this class. No class November 11 and December 23.

Age: 21+

Senior Center  
Robin Malby

# 81874  
Oct 21–Dec 30 5–6 p.m. Tue  
\$47 9 Classes

## Qigong & Tai Chi for Health Advanced-PM

Advanced-level students learn to become confident in all 42 Sun Style TCA movements. With permission new students can join if they are solid with the first 12 moves and committed to practicing. Students in this class will refine their TCA form to a deeper level, and will progress onto movements in Yang Style 24 form. They will also continue their study of Tai Chi principles and Qi gong forms. Instructor Robin Malby is a Master Trainer for Dr. Paul Lam with ten years Qi Gong/Tai Chi experience. Prerequisite: current enrollment in advanced class or permission of instructor. No drop ins. No class November 11 and December 23.

Age: 21+

Senior Center  
Robin Malby

# 81875  
Oct 21–Dec 30 6–7 p.m. Tue  
\$47 9 Classes

## Qigong

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. Class is taught by Han Ong.

50 &amp; Better

Senior Center  
Han Ong

# 81790  
Oct 6–Nov 10 10:30–11:30 a.m. Mon  
\$17 6 Classes

# 81792  
Oct 6–Nov 10 9–10 a.m. Mon  
\$17 6 Classes

# 81791  
Nov 17–Dec 15 10:30–11:30 a.m. Mon  
\$15 5 Classes

# 81793  
Nov 17–Dec 15 9–10 a.m. Mon  
\$15 5 Classes



## T'ai Chi for Seniors AM-Beginning

Improve balance, mobility and well-being through the gentle movements of T'ai Chi. T'ai Chi helps people suffering from arthritis. Participants gently move all their joints and muscles, reducing stiffness and increasing their range of motion. The relaxed movements reduce stress and enhance the healing flow of chi (life energy). Enjoy short sequences of movements that add more vitality to your life. No class November 11.

Age: 21+

Baldwin Park Dance Studio  
Gary Alberts

# 81802  
Oct 28–Dec 16 10:30–11:30 a.m. Tue  
\$32/\$7.50 Drop in 7 Classes

## T'ai Chi for Seniors AM-Intermediate

Improve balance, mobility and well-being through the gentle movements of T'ai Chi. T'ai Chi helps people suffering from arthritis. Participants gently move all their joints and muscles, reducing stiffness and increasing their range of motion. The relaxed movements reduce stress and enhance the healing flow of chi (life energy). Enjoy short sequences of movements that add more vitality to your life. Gary Alberts has been studying and teaching T'ai Chi for 11 years, and has co-written three articles for T'ai Chi Magazine.

50 &amp; Better

Baldwin Park Dance Studio  
Gary Alberts

# 81873  
Oct 28–Dec 16 9:15–10:15 a.m. Tue  
\$32/\$7.50 Drop in 7 Classes

*Recreation significantly reduces the risk  
of heart disease and stroke.*

## Community **NEW!** Learning Series

People have questions? We have answers. Attend one or all three sessions of the Community Learning Series. One day will be dedicated to Understanding Your Medicare Options: A, B, C and D explained. Learn about eligibility, enrollment periods, and application procedures. One day will be dedicated to elder law and financial planning issues. De-mystify wills, financial planning, reverse mortgages, bank certificates of deposit, stocks, bonds and mutual funds. Yet another day will cover Care Giving and senior resources. Resources will be available on Alzheimer's, home health care, assisted living, nursing homes, chronic illness, emergency services and transportation. You will be provided with a State, Federal Government and community resource directory. Plus so much more!!

Age: 21+ Senior Center

### Understanding Your Medicare Options

# 81888  
Oct 21 1-2:30 p.m. Tue  
\$1 1 Class

### Elder Law and Financial Planning Issues

Age: 21+ Senior Center

# 81963  
Nov 18 1-2:30 p.m. Tue  
\$1 1 Class

### Care Giving & Senior Resources

Age: 21+ Senior Center

# 81964  
Dec 9 1-2:30 p.m. Tue  
\$1 1 Class

### Gift and Craft Fair

The Concord Senior Center and the Concord Senior Citizens Club will be hosting the 5th annual Gift and Craft fair. Forget the crowds and the swamped parking lots. Fulfill all your holiday shopping needs with unique hand crafted gifts items and delicious homemade goodies. Free to attend fair. Vendors sign up now for a 5 foot table and two chairs.

Senior Center

# 81879  
Dec 5-6 10 a.m.-1 p.m. Fri-Sat  
\$50 2 Days

## Transportation Fair **NEW!**

Alternate forms of transportation are always welcome when gas prices are sky high. Did you know that seniors 65+ can ride Concord buses for Free, between 10 a.m. and 2 p.m., with a RTC transit card? Have your picture taken for a transit card. Have you taken a drivers refresher course lately? AARP has recently approved a 4 hour driver refresher course. One class will be conducted on the day of the fair. Car Fit is a new tool/evaluation to help seniors drive safely longer. Learn about car adjustments and adaptations for healthier and more comfortable driving. You will receive an evaluation while sitting in your own car. Many local transit authorities will be on hand to answer questions. The Concord Senior Citizens Club has kindly offered to sponsor lunch for fair participants. This event is sponsored by California State Auto Association (AAA), Mount Diablo Adult Education, the Concord Senior Citizens Club, and the Concord Senior Center.

### 50 & Better

Senior Center  
Car Fit Evaluation

### Car Fit Evaluation

# 81882  
Oct 2 11 a.m.-1 p.m. Thu  
**FREE** 1 Class

### Lunch

Age: 60+ Senior Center

# 81883  
Oct 2 11 a.m.-1 p.m. Thu  
**FREE** 1 Class

### Flu Shots

Contra Costa County Immunization Department will administer flu vaccine at the Concord Senior Center. Anyone 6 months of age and older may attend this shot clinic. No reservations necessary. Flu Vaccine, or Tetanus, or Diphtheria are each \$15. Pneumonia Vaccine is \$40. Pay at the door.

Age: 6 months + Senior Center  
Oct 28 9-11 a.m. Tue

## Holiday Spectacular

December is the time to catch the jolly spirit. Enjoy a live holiday themed performance. Sing-a-long to your favorite holiday tunes. Nibble on sweet treats and sip on hot chocolate.

Age: 7+

Senior Center

# 81880

Dec 12 6:30-8 p.m. Fri  
\$5 1 Class



## Orchid Lovers 101 **NEW!**

Have you ever received an orchid plant in full bloom? Do you wonder what happens to these orchids when the blooms are gone? If you want to know how to take care of orchids so they can bloom again and again, then this class is for you. See a live demonstration of potting, and re-potting of Cymbidium orchids. Learn about optimum planting locations and sunlight suggestions. Have your ailing or healthy orchid diagnosed. Prior to class, prepare a list of your orchid questions. Bring pen and paper. Limited seating please register. Each registered participant will receive a starter kit of a 1 gallon potted Cymbidium Orchid.

Age: 21+

Senior Center  
Oni Coloyan

# 81572

Oct 22 9-11 a.m. Wed  
\$8 1 Class

**Registration Is Easy**  
See Pages 38-39.

# 32 Special Recreation



## Volleyball

Bump, Hit, Pass! While it is still light and warm in the evenings-lets get together and have some fun! Enjoy the outdoors with the gang.

All Ages Roger Smith Park  
Grayson Road

# 81820  
Sep 3-22 6-8:30 p.m. Wed  
\$30 4 Classes

## Printmaking NEW!

Get creative and get ahead with your holiday card and gift making! In this class we will learn some very exciting methods of using both found objects to make prints and specialized materials to carve out prints. The end result is always a surprise! We will take a snack break in the middle of class. Wear art clothes and come ready to create!

Age:16+ Senior Center

# 81884  
Sep 8-22 6-9 p.m. Mon  
\$30 3 Classes

## Line Dance, Music and Movement.

Stretch, exercise, and learn some new moves with Jack. Dance your way to health and happiness with this exercise variety class. Wear comfortable shoes.

Age: 16+ Senior Center  
Staff & Jack Seman

# 81819  
Oct 6-Nov 17 7-9 p.m. Mon  
\$35 7 Classes

## Health and Fitness Mall Walking

Don't let the cold weather stop you from getting the exercise you need! We will be walking together at the Sun Valley Mall, enjoying the camaraderie. Be sure to wear comfortable clothes and tennis shoes! Meet at Sun Valley Mall in front of Fresh Choice.

Age: 16+ Sun Valley Mall

# 81821  
Oct 29-Nov 19 6-8:30 p.m. Wed  
\$25 4 Classes

## Beauty & Grooming NEW!

Hey Guys and Gals! Get some tips and a make-over for your holiday events! In this class you will learn how to clean and moisturize your face. Gals will learn how to apply make-up to your face. We will also shave hair and groom nails! Professionals from the community will provide you with expert advice on how to look your best! Freebies and samples included!

Age: 16+ Senior Center

# 81886  
Dec 3-17 6-9 p.m. Wed  
\$25 3 Classes

## Disaster Preparedness NEW!

Are You Ready For The Big One? Do you know what to do in the case of an earthquake or fire? Peace of mind comes with being prepared and knowing what to do to be safe! In this class you will get the information you need (and a freebie!) from various professionals in the community. We will take a break for dinner. Bring a sack dinner.

Age: 16+ Senior Center

# 81885  
Oct 1-29 6-9 p.m. Wed  
\$25 5 Classes

## Thanksgiving Family Dinner

Come one and all to this special seasonal treat! Great friends, good food, and fun entertainment await you and your guests! Enjoy a feast fit for a king. Please register for this event by November 2 so we are sure to have enough food for everyone! Special Entertainment.

Age: 16+ Senior Center

# 81887  
Nov 20 6-9 p.m. Thu  
\$12

**Registration Is Easy**  
See Pages 38-39.



## Concord Junior Tennis: Beginner

Perfect for students interested in learning the basic fundamentals of the game of tennis in a friendly, noncompetitive atmosphere. Develop hand, racket, and ball awareness and skills. Learn forehand, backhand, serves and return of serves. Instructors use a fun, games-based approach to keep the students active and excited.

Age: 7-14 **Concord Community Park Tennis Club Aztec**

**# 81940**  
Sep 19-Oct 24 3:30-5 p.m. Fri  
\$79 Res/\$84 Non Res 6 Classes

**# 81941**  
Sep 17-Oct 22 3:30-5 p.m. Wed  
\$79 Res/\$84 Non Res 6 Classes

**# 81942**  
Sep 20-Oct 25 9-10:30 a.m. Sat  
\$79 Res/\$84 Non Res 6 Classes

**# 81944**  
Sep 20-Oct 25 10:45 a.m.-12:15 p.m. Sat  
\$79 Res/\$84 Non Res 6 Classes

## Skateboarding Clinic

Concord's Skateboarding Clinic provides a great way to learn and improve your child's skateboarding skills from instructors who are sponsored skateboarders and have 10 years of experience. Participants will learn skateboard safety, how to take care of their skateboard and skateboard essentials from dropping in, kickflips, the ollie and much more. Tricks will be taught according to an individual's skill level and ability. A low student-to-instructor ratio means your child will receive a lot of individual attention. Skateboard, helmet and pads are required to participate.

Age: 7-13 **Concord Skate Park Metro Boardshop**

**# 81945**  
Sep 13 9-10 a.m. Sat  
\$25 Res/\$30 Non Res 1 Class

**# 81946**  
Sep 27 9-10 a.m. Sat  
\$25 Res/\$30 Non Res 1 Class

**# 81947**  
Oct 11 9-10 a.m. Sat  
\$25 Res/\$30 Non Res 1 Class

**# 81948**  
Oct 25 9-10 a.m. Sat  
\$25 Res/\$30 Non Res 1 Class

## Fitness 4 Kidz

Fitness 4 Kidz is a non-competitive, age-appropriate fitness program that encourages kidz to participate in activities that will improve their physical well-being, and teach them skills to promote better health and better eating habits! The program builds self-esteem by employing 'Phat Facts' and take-home 'Snackivities' along with multiple, fun-centered physical activities. Our professional, enthusiastic staff will create a positive, fun environment! Kidz will receive their own set of 'Phat Fact' and 'Snackivities' Cards, and include a chance to earn points which will net rewards like Fitness 4 Kidz hats, water bottles, and other fun, fitness accessories.

Centre Concord **Kidzlove Soccer**

## Fitness 4 Kidz-Lemurs

Age: 5-6

**# 81727**  
Oct 16-Nov 20 3:30-4:15 p.m. Thu  
\$75 Res/\$80 Non Res 6 Classes

## Fitness 4 Kidz-Meerkats

Age: 7-8

**# 81729**  
Oct 16-Nov 20 4:15-5:15 p.m. Thu  
\$75 Res/\$80 Non Res 6 Classes



*Recreation provides safe, developmental opportunities for the latch-key child.*

[www.ConcordReg.org](http://www.ConcordReg.org)



## Mommy/Daddy and Me Soccer

Introduce yourself and your toddler to the 'world's most popular game'! As you and your child participate in our fun, age-appropriate activities, your child will be developing their large motor skills and socialization skills. A variety of activities designed around the game of soccer will be played each week. The fun happens on the field, and in Mommy/Daddy and Me soccer, you won't have to watch from the sidelines! Please call 1-800-871-2275 for potential rain outs. No class November 24 and 29.

Age: 2-3 1/2

Newhall Park  
Kidzlove Soccer

**# 81723**  
Sep 27-Dec 6 9-9:30 a.m. Sat  
\$99 Res/\$104 Non Res 10 Classes

**# 81724**  
Sep 27-Dec 6 9:35-10:05 a.m. Sat  
\$99 Res/\$104 Non Res 10 Classes

**# 81725**  
Sep 22-Dec 1 9-9:30 a.m. Mon  
\$99 Res/\$104 Non Res 10 Classes

## Kidz Love Soccer

NEW! Longer Fall Program! Kids 2-12 years of age learn the world's most popular sport from professional coaches trained in the Kidz Love Soccer method; a session experience includes age-appropriate activities, skill demonstrations, fun games and instructional scrimmages conducted in a non-competitive, recreational format. Kidz Love Soccer: 'where the score is always fun to fun'. [www.kidzlovesoccer.com](http://www.kidzlovesoccer.com). Rain out hotline 1-800-871-2275. No class November 24 and 27.

### Kidz Love Soccer-Tots

Age: 3 1/2 - 4

Newhall Park  
Kidzlove Soccer

**# 81712**  
Sep 22-Dec 1 10:05-10:35 a.m. Mon  
\$99 Res/\$104 Non Res 10 Classes

**# 81715**  
Sep 22-Dec 1 2:40-3:10 p.m. Mon  
\$99 Res/\$104 Non Res 10 Classes

**# 81719**  
Sep 25-Dec 4 2:40-3:10 p.m. Thu  
\$99 Res/\$104 Non Res 10 Classes

### Kidz Love Soccer-Pre

Age: 4-5

Newhall Park  
Kidzlove Soccer

**# 81714**  
Sep 22-Dec 1 9:30-10:05 a.m. Mon  
\$99 Res/\$104 Non Res 10 Classes

**# 81716**  
Sep 22-Dec 1 3:10-3:45 p.m. Mon  
\$99 Res/\$104 Non Res 10 Classes

**# 81711**  
Sep 25-Dec 4 3:10-3:45 p.m. Thu  
\$99 Res/\$104 Non Res 10 Classes

## TERRAPINS SWIMMING SWIMMING 2008!

- YEAR ROUND COMPETITIVE SWIM TEAM- All ages and abilities welcome
- WINTER / SPRING COMPETITIVE SWIM CLINICS (FEBRUARY through MAY). Instructional clinics for summer recreation swimmers.

"ON LINE" REGISTRATION AVAILABLE

[WWW.TERRAPINSWIM.COM](http://WWW.TERRAPINSWIM.COM)  
925-680-8372

## Kidz Love Soccer-Soccer 1

Age: 5-6

Newhall Park  
Kidzlove Soccer

**# 81717**  
Sep 22-Dec 1 3:45-4:30 p.m. Mon  
\$99 Res/\$104 Non Res 10 Classes

**# 81720**  
Sep 25-Dec 4 3:45-4:30 p.m. Thu  
\$99 Res/\$104 Non Res 10 Classes

## Kidz Love Soccer-Soccer 2

Age: 7-8

Newhall Park  
Kidzlove Soccer

**# 81718**  
Sep 22-Dec 1 4:30-5:15 p.m. Mon  
\$99 Res/\$104 Non Res 10 Classes

**# 81721**  
Sep 25-Dec 4 4:30-5:15 p.m. Thu  
\$99 Res/\$104 Non Res 10 Classes

## Kidz Love Soccer-Soccer 3

Age: 9-12

Newhall Park  
Kidzlove Soccer

**# 81713**  
Sep 22-Dec 1 4:30-5:15 p.m. Mon  
\$99 Res/\$104 Non Res 10 Classes

**# 81722**  
Sep 25-Dec 4 4:30-5:15 p.m. Thu  
\$99 Res/\$104 Non Res 10 Classes

**Registration Is Easy**  
See Pages 38-39.

## Winter Warrior's **NEW!** Soccer League

Join Kidz Love Soccer for games all winter long. Boys and girls will play along side their favorite teammates in a format of 6 versus 6 play. This format provides players multiple touches on the ball, lots of running and super soccer action! Players will receive tactical and technical instruction from a Kidz Love Soccer coach, who also officiates the game. The league emphasizes fun, competition and learning. In addition players will receive a Winter Soccer League T-shirt. Kidz Love Soccer: 'where the score is always fun to fun'. [www.kidzlovesoccer.com](http://www.kidzlovesoccer.com). Rain out hotline 1-800-871-2275. No class December 27.



### Winter Warrior's Level 1

Age: 5-6

Newhall Park  
Kidzlove Soccer

# 81731

Dec 6-Jan 17 2-2:45 p.m. Sat  
\$69 Res/\$74 Non Res 6 Classes

### Winter Warrior's Level 2

Age: 7-8

Newhall Park  
Kidzlove Soccer

# 81732

Dec 6-Jan 17 3-3:45 p.m. Sat  
\$69 Res/\$74 Non Res 6 Classes

### Winter Warrior's Level 2

Age: 9-12

Newhall Park  
Kidzlove Soccer

# 81733

Dec 6-Jan 17 4-5 p.m. Sat  
\$69 Res/\$74 Non Res 6 Classes



[www.ConcordReg.org](http://www.ConcordReg.org)

## PAYLESS BATTING CAGES

### Willow Pass Park

2700 East Olivera Road  
Concord, CA 94519  
(925) 825-SLAM (7526)  
fax (925) 685-1809

[www.paylessbattingcages.com](http://www.paylessbattingcages.com)  
OPEN SINCE 1984

### 5 Covered Dual All-Season Baseball/Softball Cages Slow & Fast Pitch

Ball Drying equipment installed in covered cages  
to assure perfect pitches during winter months!

#### Rent Cages By:

Hour (\$50.00)  
½ Hour (\$30.00)  
or Hit 20 Balls (\$2.95)

Introducing:  
"NEXT LEVEL"

Professional Instruction  
Hitting - Pitching - Fielding  
Camps and Teams

FOR MORE INFORMATION CALL: (707) 249-1676

### Fall Hours of Operation

Mon-Fri  
Noon-8 p.m.

Sat-Sun  
12 p.m.-6 p.m.





**DIABLO CREEK  
GOLF COURSE**

**DIABLO CREEK GOLF COURSE**  
4050 Port Chicago Highway, Concord

**SWING INTO FALL** with a golf tune-up or learn to play golf with lessons from one of our qualified instructors!

**Group Classes** Bring a friend, co-workers, or just join a class. Lessons are 1 hour each and are conducted in 5-week sessions.

**Cost per person:**

- Four (4) or more adults – \$ 85.00 per person
- Three (3) adults – \$100.00 per person
- Two (2) adults – \$125.00 per person

**Private Lessons**

- 30-minute sessions are \$40 per lesson or \$200 for six (6) lessons
- Seniors 55 & up are \$35 per lesson or \$175 for six (6) lessons
- Four (4) private lessons and 1 on course playing lesson for \$225 (cart and green fees included)

Come try out the newest golf product at our Custom club-fitting Center and be personally fit by one of our certified instructors. We carry all major brands. Call today to set an appointment.

Lighted driving range open until 10 p.m. 7 days/week and full-service Pro Shop. (925) 686-6267  
[www.diablocreekgc.com](http://www.diablocreekgc.com)

## The First Tee of Contra Costa

The First Tee is a youth program established to teach Life Skills and instill Core Values through the game of golf in a year-round Golf Program for boys and girls ages 8 through 18.

The First Tee Program consists of golf skills, games and challenges, life skills education, and golf etiquette. Green fee and range discounts through the NCGA



“Youth on Course” program (except for Pre-Par level) are offered at Diablo Creek Golf Course and other participating golf courses.

Golf/Life Skills Program open to Boys & Girls 8–18 yrs. old  
Pre-Par Target Program – Boys & Girls 5–7 yrs. old

**Fall Session 2008** (12 weeks)  
Begins Tuesday, September 2, 2008  
\$69 Fall Session Fee

Teen Tuesday Class (13–18 yrs. old): 4:00-5:30 p.m.  
Wednesday Class (8–18 yrs. old): 4:00-5:30 p.m.  
Thursday Class (8–18 yrs. old): 4:00-5:30 p.m.  
Saturday Class (8–18 yrs. old): 10:00-11:30 a.m.  
Pre-Par Class (5–7 yrs. old): Wed., Thurs, & Sat. 1 hr. only



**VOLUNTEERS NEEDED. PLEASE CONTACT US!**

Ask about our Fee Assistance Program  
For more information, call 682-5173  
[angela@thefirstteecontracosta.org](mailto:angela@thefirstteecontracosta.org)  
[www.thefirstteecontracosta.org](http://www.thefirstteecontracosta.org)

Diablo Creek Golf Course, 4050 Port Chicago Highway, Concord



## Concord Fall Adult Softball

Visit: [www.cityofconcord.org/softball](http://www.cityofconcord.org/softball)



### Play to compete or just for fun!

- Men's, Women's and Co-Ed teams
- Convenient game times at Willow Pass Park Monday through Friday evenings and Sunday afternoon/evenings.
- Register your team early – leagues and nights fill up quickly!
- Call the Adult Sports Office at (925) 671-3279 for information.



**Team Registration Begins in July**

## Concord Community Pool • Fall 2008

3501 Cowell Rd., Concord, CA • 671-3474

### Lap Swim

- Open year-around
- Pool heated to a comfortable 80 degrees
- 50 meter/25 yard lap pools
- Heated Locker rooms and showers
- Certified Professional Lifeguards

### Fall Lap Swim Hours

**Effective: Sep 2–Nov 30**

Mon, Wed, Fri.....6 a.m.–1 p.m.

Tue, Thu .....7 a.m.–1 p.m.

Mon–Thu.....7–8:30 p.m. (Short Course Only)

Sat–Sun .....10 a.m.–noon

### Pool Closed

Nov 7–9 .....Swim Meet

Nov 27.....Holiday

### Holiday Hours

Nov 12, 23.....10 a.m.–Noon

### Fees:

Daily .....\$4.75

15 Swim Punch Pass.....\$57

Monthly ..... \$66 Res/\$71 Non Res

Senior Lap Swim Discount (50+)

Daily .....\$3

15 Swim Punch Pass.....\$35

Monthly ..... \$40 Res/\$45 Non Res



### Fall Recreational Swim

Come and visit the newly renovated Concord Community Pool and see for yourself the refurbished state of the art facility.

### Fall Recreational Swim Hours

Sep 9–28 Sat–Sun 1–4 p.m.

### Daily Admission

Adult (18+) .....\$4.75

Child (6–17).....\$4.25

Tot (5 & Under) .....\$3.75

### Aquatots Age: 10 months–36 Months \$45 Res/\$50 Non Res

Concord Community Pool			
Sessions	Days	11:35 a.m.–12:05 p.m.	12:10–12:40 p.m.
Sep 13–Oct 18	Sat	# 81920	# 81821
Sep 16–Oct 2	Tue, Thu	# 81922	# 81923

### Preschool Age: 3–5 \$45 Res/\$50 Non Res

For children who are comfortable in the water without parents and can put their face in.

Concord Community Pool			
Sessions	Day	Times	Course
Sep 13–Oct 18	Sat	9:50–10 a.m.	# 81915
Sep 13–Oct 18	Sat	10:25–10:55 a.m.	# 81916
Sep 13–Oct 18	Sat	11–11:30 a.m.	# 81917
Sep 13–Oct 18	Sat	11:35 a.m.–12:05 p.m.	# 81918
Sep 13–Oct 18	Sat	12:10–12:40 p.m.	# 81919

### Elementary Age: 6–14 \$45 Res/\$50 Non Res

Concord Community Pool			
Sessions	Day	Times	Course
Sep 13–Oct 18	Sat	9:50–10:20 a.m.	# 81910
Sep 13–Oct 18	Sat	10:25–10:55 a.m.	# 81911
Sep 13–Oct 18	Sat	11–11:30 a.m.	# 81912
Sep 13–Oct 18	Sat	11:35 a.m.–12:05 p.m.	# 81914
Sep 13–Oct 18	Sat	12:10–12:40 p.m.	# 81913

### Private Lessons \$75 Res/\$80 Non Res

Private Lessons are designed for one-on-one instruction to help meet the specific needs of the participants.

Concord Community Pool			
Sessions	Day	Times	Course
Sep 13–27	Sat	9:50–10:20 a.m.	# 81927
Sep 13–27	Sat	10:25–10:55 a.m.	# 81928
Sep 13–27	Sat	11–11:30 a.m.	# 81929
Sep 13–27	Sat	11:35 a.m.–12:05 p.m.	# 81924
Sep 13–27	Sat	12:10–12:40 p.m.	# 81925
Oct 4–18	Sat	9:50–10:20 a.m.	# 81926
Oct 4–18	Sat	10:25–10:55 a.m.	# 81930
Oct 4–18	Sat	11–11:30 a.m.	# 81931
Oct 4–18	Sat	11:35 a.m.–12:05 p.m.	# 81932
Oct 4–18	Sat	12:10–12:40 p.m.	# 81933

### Slim and Trim In the Water Age: 18+

De-stress and revitalize your life with this fun and challenging workout. This class offers effective flexibility and muscle toning with no impact to the joints.

**6 Punches:** \$33 Res/\$38 Non Res

**12 Punches:** \$62 Res/\$67 Non Res

\$6.50 Drop in

Concord Community Pool			
Sessions	Type	Days	Times
Sep 2–Nov 30	Shallow Water	Tue, Thu	7 a.m.–8 p.m.
Sep 2–Nov 30	Shallow Water	Tue, Thu	8 a.m.–9 p.m.
Sep 2–Nov 30	Deep Water	Tue, Thu	10–11 a.m.

### Where are programs held?

Baldwin Park Dance Studio – 2790 Parkside Drive	
Camp Concord – South Lake Tahoe	
Centre Concord – 5298 Clayton Road .....	671-3382
Clean Comedy Company – 2363 Blvd Circle #106 Walnut Creek.....	943-6252
Concord Community Pool – 3501 Cowell Rd.....	671-3474
Concord Senior Center – 2727 Parkside Circle.....	671-3320
Diablo Creek Golf Course – 4050 Port Chicago Hwy.....	686-6262
KO Tae Kwon Do – 2689-C Monument Blvd. ....	686-3809
Lime Ridge Center – 3701 Treat Blvd	
Monte Gardens Elementary – 3841 Larkspur Dr.....	685-3834
Mount Diablo Elementary – 5880 Mt. Zion Dr .....	672-4840
Mountain View Elementary – 1705 Thornwood Dr.....	689-6450
Newhall Park – Newhall Parkway	
Pine Hollow Middle School – 5522 Pine Hollow Road.....	672-5444
Silverwood Elementary – 1649 Claycord Ave.....	687-1150
Westwood Elementary – 1748 West St. ....	685-4202
Willow Pass Center – Salvio & East Olivera .....	671-3423

### Community and Recreation Services Office – 2974 Salvio Street

Administration .....	671-3329
Registration.....	671-3404
en Español .....	671-3494
Special Recreation .....	671-3171

### Youth Baseball/Softball

All American Sports Academy .....	673-1760
Clayton Valley Little League .....	672-9467
Concord American Little League www.callbaseball.com .....	472-8940
Concord Lady Hawks.....	827-3394
Concord Pony .....	concordpony@yahoo.com
JOBL Baseball & Softball www.eteamz.com/jobl .....	672-2452
Payless Batting Cages .....	825-7526

### Youth Football/Cheerleading

Clayton Valley Athletic Assn .....	927-7377
Concord Cobras www.concordcobras.com.....	858-3023
Concord Youth Football.....	674-1120

### Youth Soccer

Concord AYSO .....	685-AYSO
Diablo FC www.diablofc.org.....	798-GOAL
Liga Latina.....	681-0763
Mt. Diablo Soccer Assn. www.mdsoccer.org.....	672-3373
Mt. Diablo Soccer Association .....	672-3373

### Adult Soccer

East Bay Senior Soccer .....	274-3490
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### Bocce

Concord Bocce Federation .....	685-1370
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### Swimming

Terrapins Swim Team .....	680-8372
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### Tennis

Concord Tennis Club .....	757-4270
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## Sign Up Now

We have six easy ways to sign up.  
Choose the one that is best for you.

### 1. Online Registration

Online, you're first in line.  
Register online – it's easy!

[www.ConcordReg.org](http://www.ConcordReg.org)



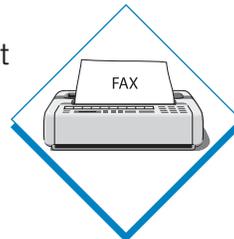
### 2. Charge-By-Phone

Call 671-3404 to speak to a registration clerk. Please have your MasterCard or Visa information and the course number ready when you call. Charge-By-Phone hours are Monday-Friday, 9 a.m.-5 p.m. Para Español llame al 671-3494.



### 3. By Fax

Send your completed form and credit card information to 671-3449.



### 4. By Mail

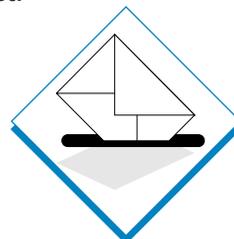
Pay by check, MasterCard or Visa. Mail your completed form with payment to:

Concord Community & Recreation  
Services Registration  
1950 Parkside Drive, MS/10  
Concord, CA 94519-2578



### 5. Drop-off

We have a secure drop slot located at our office building at 2974 Salvio Street.



### 6. In Person

2974 Salvio Street in Concord  
Monday-Friday, 9 a.m.-5 p.m.



## Concord Community & Recreation Services



[www.ConcordReg.org](http://www.ConcordReg.org)

Register or check course availability online.



Not all classes are currently available for online registration. Classes in this guide that are not available for online registration are marked with this symbol.

### 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.
- Refunds will be made by the payment method used – ie payments by credit card will be credited back to your card.
- If you live within the city limits of Concord, you enjoy the Concord resident discount.
- Information in this brochure is subject to change.
- For the most up-to-date class information call (925) 671-3404.
- Para información en Español llame al (925) 671-3098.

### 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

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.

Head of Household		<input type="checkbox"/> Concord Resident <input type="checkbox"/> Non-Resident	
Address		<input type="checkbox"/>  If you or your child have a special need or disability, please check here.	
City		State	Zip
Email	Phone (Day)	Phone (Eve)	

### ACTIVITY REGISTRATION: This is for (check one) Winter Spring Summer Fall

Participant Name	Date of Birth	Course #	Course Title	Fee
<b>Total Fees \$</b>				

### WAIVER AND RELEASE FROM LIABILITY / ASSUMPTION OF RISK

I, the undersigned, wish to participate in one or more activities (hereinafter collectively referred to as "the Activity") conducted in collaboration with the City of Concord's Community and Recreation Services 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 assignees 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 negligent acts or omissions (other than sole, active negligence) on the part of the City of Concord, its officers, agents, employees, or volunteers. In the event that the individual participating in the Activity is a minor, I certify that I am his/her parent or legal guardian and I give my permission for him/her to participate in the Activity. I understand my signature is a legal and binding signature and will be considered original if received by fax.

### USE OF PARTICIPANT PHOTOGRAPHS

In addition to the forgoing, I give consent to Concord Community & Recreation Services or any other media agency to photograph me (or the minor on whose behalf I am signing this waiver), and to use such photographs in brochures, newspapers or other forms of media describing City of Concord activities.

Signature \_\_\_\_\_ Date \_\_\_\_\_ (check one)  Self  Parent  Guardian

<input type="checkbox"/> Check payable to: Concord Community & Recreation Services	Amount \$	
<input type="checkbox"/>  <input type="checkbox"/>  Visa or MasterCard #	Exp. Date Month/Day/Year	/ /
Print name as it appears on card	Signature	

## Concord Library Free Children's Programs

### Baby Time

Short picture books, songs, bounces, and fingerplays  
For children 6 months–2 years and a caregiver.

Tuesdays, 10–10:20 a.m.,  
September 16–December 2  
Registration begins September 8

### Toddler Time

Stories, songs, and fingerplays  
For children 2–3½ and a caregiver.

Tuesdays, 11–11:30 a.m.,  
September 16–December 2  
Registration begins September 8

### Preschool Storytime

Stories, songs, and fingerplays  
For children 3½–5.

Wednesdays, 1:30–2 p.m.,  
September 17–December 3  
Registration begins September 8

### Family Programs

Stories, crafts and special programs for all ages.

Mondays, 7–8 p.m.,  
September 15–December 1

**Concord Library**  
**2900 Salvio St., Concord**  
**(925) 646-5455**  
<http://ccclib.org/programs/>

Farmers' Market • Music and Market • Pictures at the Plaza

## Events Calendar

### 2008 Todos Santos Plaza Concord Farmers' Market

Tuesdays: Year-round, rain or shine! 10 a.m.–2 p.m.  
Thursdays: May 8–Oct. 30, 4–8 p.m.  
**1-800-949-FARM**

### National Night Out

August 5, 6:30 p.m.

Celebrate the Todos Santos Downtown District: free concerts, great food, live music venues around the Plaza.

### 12<sup>th</sup> Annual Music and Market

Through September 18

Thursday evenings 6:30–8 p.m.

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

### Pictures at the Plaza

Family Films following Music Program (start time approx. 8:15 p.m.)

- August 7 Stagecoach
- August 14 Grease — Come in costume!
- August 21 The Maltese Falcon
- August 28 The Wizard of Oz — Winter Wonderland in the Park!

### California Symphony Pops on the Plaza

Saturday, Sept. 20, 6:30 p.m.

Join the California Symphony the their 9th annual free Pops on the Plaza concert on the Todos Santos Plaza stage.

### Halloween Parade and Costume Contest

Sunday, Oct. 26, noon–2 p.m.

Parade around the Plaza with treats for the kids; costume judging follows great on-stage entertainment and the the annual Mayor's Mongrel Mash Pooch Parade.

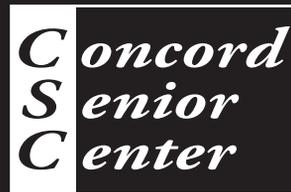
[www.concordfirst.org](http://www.concordfirst.org) • Information hotline 671-3464

# Rental facilities for all occasions.

Receptions ♦ Banquets ♦ Weddings  
Luncheons ♦ Anniversaries ♦ Birthday Celebrations  
Three Unique, Versatile and Affordable Locations



5298 Clayton Rd., Concord  
(925) 671-3466



2727 Parkside Circle, Concord  
(925) 671-3320



**WILLOW PASS**  
• CENTER •

2748 E. Olivera Rd., Concord  
(925) 671-3423



COMMUNITY & RECREATION SERVICES

*Take a virtual tour!*

[www.cityofconcord.org/rentals](http://www.cityofconcord.org/rentals)



# California Symphony

**Free • Senior Seating Available!**  
**Lots of Free Parking! • Bring a Picnic!**

This terrific family concert features great music from swing to jazz, movies, Broadway, and everything in between!

Make an evening out of it and enjoy the many restaurants surrounding the park!



presents

## 9th Annual Pops on the Plaza

Concord

**Saturday, Sept. 20 – 6:30pm**

**Todos Santos Plaza**

Willow Pass & Grant in Downtown Concord  
 Dan Ashley, ABC 7 News Anchor, *emcee*



**For more information call (925) 280-2490**  
**or visit [www.californiasymphony.org](http://www.californiasymphony.org)**

CONTRA COSTA TIMES



TJ Long Foundation



Community & Recreation Services  
 1950 Parkside Drive, MS/10  
 Concord, CA 94519-2578

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