

# Concord

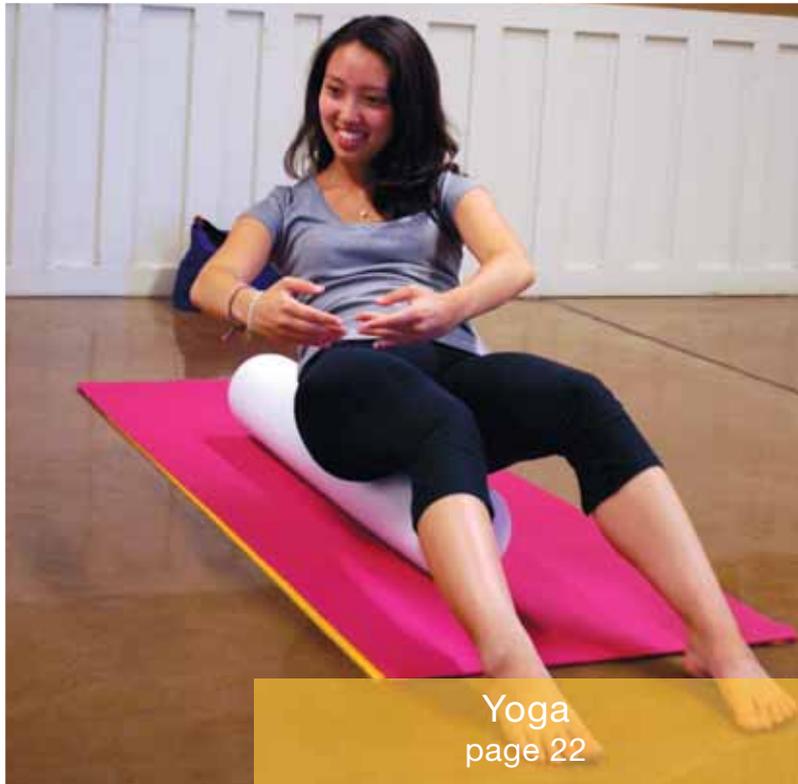
City News and Activity Guide



Winter / Spring 2013



Connect with Neighbors  
page 2



Yoga  
page 22



Trips & Tours  
page 27



Downtown Planning  
page 4

**Look Inside!**

City of Concord's City News and  
Parks & Recreation Activity Guide



# What's your favorite way to stay connected?

For more information, see the story on page 2.

## City Website

Find the latest information about City programs, downtown events and City Council actions. Did you know you can watch City meetings in real time from the City's website?



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

## Connect with Your Neighbors

### Nextdoor

Ever wish you had a better way to communicate with neighbors? Post a garage sale, find a babysitter or plumber, alert others to a break in and more by signing up at [www.nextdoor.com](http://www.nextdoor.com)



## COG Team

Ask for assistance in addressing a city-wide issue by contacting the City's Community Oriented Government (COG) Team

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

**COG**

## Connect with Your City

### Concord Connects

Join the conversation! Tell us what you think about your neighborhood, the downtown and other topics posted at [www.concordconnects.org](http://www.concordconnects.org)



Our mission is to join with our community to make Concord a city of the highest quality. We welcome your participation.





## Welcome

With this issue, we are introducing the first publication of the combined Concord *City News* and the Parks & Recreation *Activity Guide*. We hope you enjoy the new format, which will be coming to Concord mail boxes three times a year in December, April and August.

The need to combine the two publications was the result of budget cuts due to the recession. We think that residents will benefit from receiving news and class information in one, streamlined magazine.

Although December is a busy month, we hope you will take some time to browse through the publication to learn what is going on at City Hall, and to consider which winter and spring classes and programs are of interest to you. All of your favorites are still being offered, from preschool to adult excursions, teen classes to fitness sessions.

If you have someone on your gift list who is hard to shop for, consider giving a class or a trip from our extensive list of offerings.

If you have comments about the new publication, please contact us.

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(925) 671-3272

leslye.asera@cityofconcord.org

**Marla Parada** (*Activity Guide*)

(925) 671-3327

marla.parada@cityofconcord.org

# CONTACT

**Web site:** ..... [www.cityofconcord.org](http://www.cityofconcord.org)  
**Events:** ..... [www.concordfirst.org](http://www.concordfirst.org)  
**Classes:** ..... [www.concordreg.org](http://www.concordreg.org)  
**E-mail:** ..... [cityinfo@cityofconcord.org](mailto:cityinfo@cityofconcord.org)  
**Phone:** ..... (925) 671-CITY

Americans with Disabilities Act (ADA) Coordinator ..... 671-3031  
 Building ..... 671-3107  
 Business Licenses ..... 671-3307  
 Cable TV  
     Astound Broadband ..... 459-1000  
     Comcast ..... 1-800-945-2288  
 City Council ..... 671-3158  
 City Manager ..... 671-3150  
 Code Enforcement Hotline ..... 671-3282  
 Concord Community Pool ..... 671-3480  
 Concord Naval Weapons Station Reuse Project ..... 671-3001  
 Downtown Hotline ..... 671-3464  
 Economic Development ..... 671-3355  
 Engineering ..... 671-3361  
 Flood Zone Inquiries ..... 671-3425  
 Garbage Collection ..... 682-9113  
 Graffiti Hotline ..... 671-3080  
 Housing ..... 671-3370  
 Mayor ..... 671-3158  
 Permit Center ..... 671-3454  
 Picnic Site Reservations ..... 671-3404  
 Planning ..... 671-3152  
 Police and Fire Emergencies ..... 911  
     Police/Information ..... 671-3220  
 Pothole Hotline ..... 671-3228  
 Public Works ..... 671-3448  
 Park Maintenance ..... 671-3444  
 Recreation/Registration ..... 671-3404  
 Sewer Problems ..... 671-3099  
 Shopping Cart Hotline ..... 1-800-252-4613  
 Sleep Train Pavilion Information ..... 676-8742  
 Street Light Outages Hotline ..... 671-3213  
 Street Sweeping ..... 671-3448  
 Street Trees ..... 671-3445  
 Traffic Safety and Signals ..... 671-3132

## Recreation Program Locations

Ayers Elementary, 5120 Myrtle Drive ..... 682-7686  
 Baldwin Park Dance Studio ..... 2790 Parkside Circle  
 Baldwin Park Preschool ..... 2790 Parkside Circle  
 Camp Concord, South Lake Tahoe ..... 671-2267  
 Centre Concord, 5298 Clayton Road ..... 671-3382  
 Clayton Valley Bowl, 5300 Clayton Road ..... 689-4631  
 Concord Community Park and Pool, 3501 Cowell Road ..... 671-3474  
 Concord Library – 2900 Salvio St. .... 646-5455  
 Concord Senior Center – 2727 Parkside Circle ..... 671-3320  
 Diablo Creek Golf Course – 4050 Port Chicago Highway ..... 686-6262  
 Highlands Elementary – 1326 Pennsylvania Blvd. .... 685-4202

Lime Ridge Center – 3701 Treat Boulevard  
 Markham Nature Park – 3915 Cowell Road (Babel/Cowell)  
 Monte Gardens Elementary – 3841 Larkspur Drive ..... 685-3834  
 Mt. Diablo Elementary – 5880 Mt. Zion Drive ..... 672-4840  
 Newhall Park – 1351 Newhall Parkway  
 Silverwood Elementary – 1649 Claycord Avenue ..... 687-1150  
 Transform FX Fitness Studio – 1865-B Adobe Street ..... 289-8042  
 Village Music School – 1720 Linda Drive, Pleasant Hill ..... 676-8400  
 Westwood Elementary – 1748 West St. .... 685-4202  
 Willow Pass Center – 2748 E. Olivera Road ..... 671-3423  
 Parks & Recreation Class Registration  
     Registration Office ..... 671-3404  
     en Español ..... 671-3324

## Sports Organizations

### Youth Baseball/Softball

Bears Softball Association ..... [www.bears-softball.com](http://www.bears-softball.com)  
 Clayton Valley Little League ..... [www.cvll.org](http://www.cvll.org)  
 Concord American Little League ..... [www.callbaseball.com](http://www.callbaseball.com)  
 Concord Lady Hawks ..... [www.concordladyhawks.com](http://www.concordladyhawks.com)  
 JOBL Baseball & Softball ..... [www.eteamz.com/jobl](http://www.eteamz.com/jobl)  
 Payless Batting Cages ..... 825-7526

### Youth Football / Cheerleading

Clayton Valley Athletic Assn ..... 927-7377  
 Concord Cobras [www.concordcobras.com](http://www.concordcobras.com) ..... 270-3242  
 Concord Youth Football ..... 674-1120

### Youth Soccer

Concord AYSO ..... 685-AYSO  
 Diablo FC [www.diablofc.org](http://www.diablofc.org) ..... 798-GOAL  
 Liga Latina ..... 752-0559  
 Mt. Diablo Soccer Association [www.mdsoccer.org](http://www.mdsoccer.org) ..... 672-3373

### Adult Soccer

East Bay Senior Soccer ..... [www.ebssl.com](http://www.ebssl.com)  
 Contra Costa Mixed Soccer ..... 759-5965

### Adult Kickball / Softball

Concord Parks & Recreation  
     [www.teamsideline.com/concord](http://www.teamsideline.com/concord) ..... 671-3279  
     Rain Hotline ..... 671-3479

### Bocce

Concord Bocce Federation ..... (510) 219-6972

### Swimming

Terrapins Swim Team ..... 680-8372

### Tennis

Concord Tennis Club ..... 686-1707  
 Concord Table Tennis Club  
     [www.concordtabletennisclub.com](http://www.concordtabletennisclub.com) ..... 689-7463

### Diablo Youth Rugby

<http://diabloyouthrugby.clubspaces.com> ..... 381-5143



**City of Concord**

- Edi Birsan Councilmember
- Timothy S. Grayson Councilmember
- Daniel C. Helix Councilmember
- Laura Hoffmeister Councilmember
- Ronald E. Leone Councilmember
- Thomas J. Wentling City Treasurer
- Valerie Barone Interim City Manager
- Leslye Asera Community Relations Manager and Editor

At press time, the City Council had not yet selected the Mayor and Vice Mayor for 2013. Please visit the City's website, [www.cityofconcord.org](http://www.cityofconcord.org), for this information.



**CITY NEWS**

- 2 News Briefs
  - CAPA fundraiser
  - City email address change
  - Literacy volunteers needed
- 2 Connect with neighbors
- 3 Meadow Homes Spray Park
- 4 Downtown Ideas Fair
- 4 Parking pointers
- 5 Downtown Sewer Upgrade Project
- 5 Sister City organization seeks new members

**ACTIVITY GUIDE**

- 8 Preschool
- 11 Youth
- 14 Youth Afterschool
- 16 Teen
- 17 Sports
- 19 Adults
- 26 Online Classes
- 27 Trips & Tours
- 31 50 & Better
- 36 Special Recreation
- 37 Swimming
- 39 Summer Day Camps
- 40 Summer Sports Camps
- 41 Summer Jobs
- 42 Camp Concord
- 44 Events
- 45 Registration



## NEWS BRIEFS

### Employee email addresses

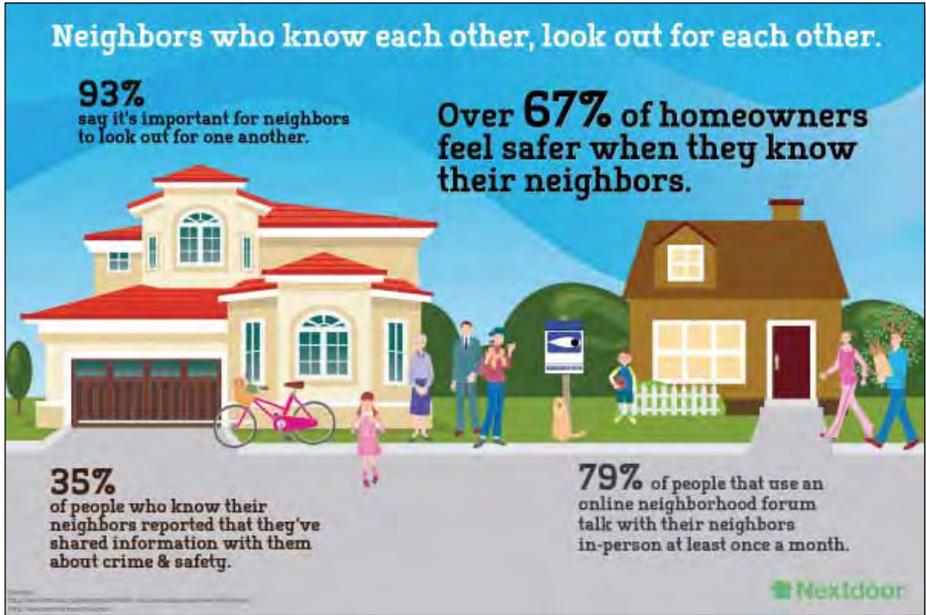
City employees have a new email address. The new address format is `firstname.lastname@cityofconcord.org`. The change is being made to facilitate email communication with City employees. The old email addresses, which end in the more cumbersome “@ci.concord.ca.us” or “@cpd.ci.concord.ca.us,” will continue to function.

### CAPA fundraiser

Dedicated volunteers have launched a new non-profit with assistance from the City. The Concord Associates for the Performing Arts (CAPA) will serve as an umbrella fund-raising organization to help support economic development through the arts. CAPA will hold its first fund-raising dinner/auction at the Hilton Concord on Saturday, March 9, 2013. To volunteer or for more information, contact President Kelly McGinnis, (925) 285-1749.

### Literacy volunteers needed

The Diablo Valley Literacy Council is looking for volunteers to help non-English speaking adults learn to read, write and speak English. Training is held in spring and fall at 4000 Clayton Rd. on two Saturday mornings and one weekday evening. For more information or to register, call (925) 671-3881.



**Neighbors who know each other, look out for each other.**

- 93%** say it's important for neighbors to look out for one another.
- Over 67%** of homeowners feel safer when they know their neighbors.
- 35%** of people who know their neighbors reported that they've shared information with them about crime & safety.
- 79%** of people that use an online neighborhood forum talk with their neighbors in-person at least once a month.

**Nextdoor**

## New ways to connect with the City and your neighbors

Recently, the City launched three new initiatives to help neighbors connect with each other and to help residents connect with the City. All three are primarily web-based and make it easy to communicate with neighbors, provide feedback on City projects, or ask for assistance with community problems.

To assist those who do not have Internet access, the City launched the new (925) 671-CITY phone number to make it easy for residents to make contact with City staff. While the new number does not replace familiar phone numbers, it offers an optional, easy-to-remember number to use when contacting City offices.

### Meet the neighbors through Nextdoor.com

Concord neighbors are meeting

up with each other through the new social network called NextDoor. The City is facilitating the launch of this new way to connect by assisting the company that created Nextdoor with maps and GIS information. The goal is to strengthen the fabric of the city by supporting strong neighborhoods and increasing a sense of community in Concord.

Each Nextdoor website is password protected and available only to people living in that neighborhood. Members must verify when they sign up that they live in the neighborhood before they can join. None of the information shared on the Nextdoor site is available to search engines or third parties.



Connect continued on page 3

## Connect from page 2

The City's role is to invite residents to join Nextdoor as a way to strengthen neighbor-to-neighbor connections. The neighborhood and the City can communicate about matters of concern, such as crime trends and crime prevention, roadway maintenance and park use, but the City cannot access or view posts between neighbors.

Here are some examples of how neighbors are using Nextdoor.com:

- Finding a new home for used items
- Sharing information about suspicious activity
- Tracking down a trustworthy babysitter
- Sharing restaurant recommendations
- Finding a lost dog or cat

The program, developed in Menlo Park, has been launched in more than two dozen California cities. Brent Bamberger of Orinda has this to say about his neighborhood's Nextdoor site: "We've seen lost pets get returned in minutes, and ping pong tables found new homes in a matter of posts; and a heightened sense of security throughout the neighborhood when a recent crime wave hit."

To join the Nextdoor network, visit [www.nextdoor.com](http://www.nextdoor.com).

## Concord Connects with residents

The new online community engagement website, [www.ConcordConnects.org](http://www.ConcordConnects.org), offers residents and business owners the opportunity to comment on a number of topics posted to the site. The City launched the site, with the help of the site's developer MindMixer, in September. Residents have been



offering ideas and making suggestions about how to improve neighborhoods and the downtown area, how to make streets more pedestrian and bike friendly, and have completed a survey on the downtown sewer project.

The input is very useful in identifying new solutions, understanding community issues and gauging the success of a new project. Recent comments about the downtown, for example, will become part of the Downtown Specific Plan, which will directly impact the future development of the area. Visit [www.ConcordConnects.org](http://www.ConcordConnects.org) today.

## A COG Team approach

Residents may remember some years ago, before budget cuts reduced City staff by 25 percent, that the

City supported Community Oriented Government (COG) Teams. These teams of employees assisted neighborhood partnership organizations in working collaboratively to address broad issues not easily solved by one call to City Hall.

While the City is no longer able to support a large COG program with many teams, a single, COG Team has been developed to provide a similar service. The team seeks to increase partnerships, develop relationships within the community, and empower community groups to solve problems.

Residents and business owners who have identified a community-wide issue that impacts the quality of life in Concord and have an interest in working with the team can find out more by visiting [www.cityofconcord.org/COG](http://www.cityofconcord.org/COG). ♦



**Fun times at the spray park:** The Meadow Homes Spray Park, 1351 Detroit Ave., completed its first summer of operation on Sept. 30. The new water park, with its pirate ships and water cannons, was very popular with families all summer long. Approximately 7,000 youngsters visited the park during the 15 weeks of operation. The spray park will reopen on May 4, 2013.

## Residents share ideas for future of downtown

What would you like the greater downtown Concord area to look like in five to ten years? The City took the first step in beginning this conversation with the community at an Ideas Fair on Sept. 22 at the Concord Senior Center. A series of public meetings will culminate in the adoption of a Downtown Specific Plan in 2014.

Although Todos Santos Plaza is the community's favorite gathering place, the Downtown Specific Plan encompasses a much broader area including the downtown BART station, Terminal Center, and Park and Shop on Willow Pass Road, as well as the residential areas adjoining these retail centers.

The Ideas Fair attracted a lively group of approximately 50 interested residents and stakeholders, who crowded the room for the introductory presentation and participated in the six break-out sessions on topics such as economic development, parking, transportation, infrastructure and housing.

The first phase of the project will officially kick off in January. Look for a schedule of public meetings and opportunities for community input in the first quarter of the year. Residents can also contribute ideas and comments anytime by visiting the City's online web-based community engagement site at [www.concordconnects.org](http://www.concordconnects.org). ♦



*Planning Manager Carol Johnson leads a discussion at the Ideas Fair.*

## Parking pointers: Avoid a citation by following these rules

Parking management is a community necessity. There are daytime and evening activities that impact available parking and the local jurisdiction attempts to mitigate this problem. There are also state laws, such as vehicle registration and maintaining current DMV tabs, that parking enforcement officers address on City streets. Here are a few pointers to help avoid receiving a parking citation.

- Be sure to park parallel to the curb so the right tires are no more than 18 inches from the curb. In addition, parking on the left side of the street, often against traffic, is a violation.
- Parking in front of or near a fire hydrant is against the law. Even if the curb is not painted red, cars are not allowed to park within 15 feet of a fire hydrant.

- While Concord does not have parking meters, there are several neighborhoods near schools and the downtown Concord BART station that require a parking permit. Drivers should always remember to read the street signs. This is true for all of the streets in Concord, not just permit parking areas.

- Current vehicle registration continues to be one of the most cited violations in Concord. Passenger vehicles must have current month and year tags on the rear license plate or the vehicle is subject to being cited.

The goal of Parking Services is not to penalize residents, but to ensure that all vehicles that are parked on the public streets are in compliance with state and local regulations. Residents who see illegally parked vehicles can contact Parking Services at (925) 671-3259. ♦



*Signs warn drivers that parking time is limited in the neighborhood near the downtown Concord BART station unless the driver has a residential parking permit.*

## Downtown Sewer Upgrade Project

The City of Concord plans to replace the main sewer lines in the downtown area over the next three years. Many of the lines are clay pipe from the '40s and '50s and are undersized or failing. The project is being funded through the City's Sewer Enterprise Funds. No additional tax revenue will be required to complete the project.

In addition to replacing the sewer lines, the City is coordinating with the Contra Costa Water District to make improvements to its lines at the same time. When all of the improvements are complete in each area, the streets will be repaved and ADA upgrades, such as curb cuts, will be made to adjacent sidewalks.

To offset the construction impact that a project of this magnitude will have on residents and businesses, the project will be divided into three separate phases over the next three years.

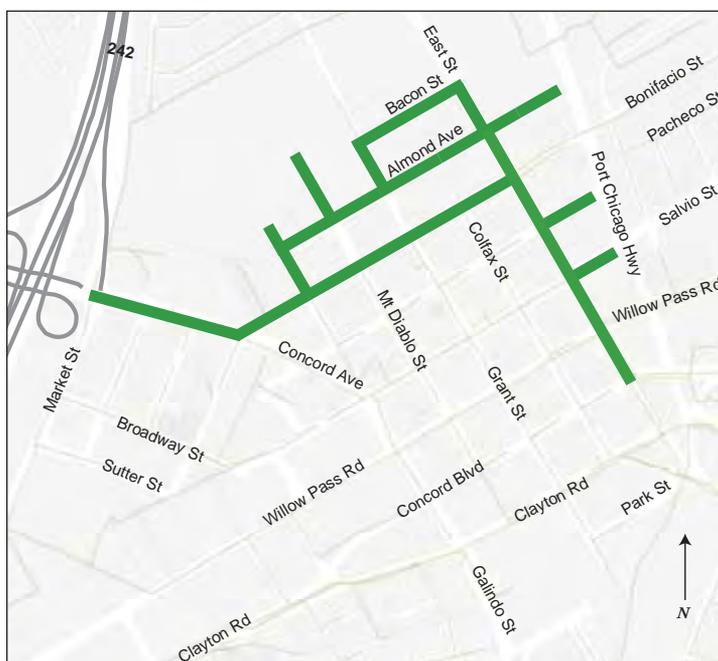
The first phase of the project, now underway, includes streets to the north of Todos Santos Plaza including sections of Concord Avenue, Bonifacio Street, Almond Avenue, Bacon Street, East Street and some of the adjoining cross streets.

Phase 2 is scheduled to begin in the summer of 2013. This project will address the sewer lines near Todos Santos Plaza, including sections of Colfax Street, Grant Street and Galindo Street.

In the summer of 2015, work will begin on the final phase of the project and will include sections of Salvio Street, Sutter Street, Broadway Street, Concord Boulevard and some cross streets.

Residents are welcome to visit [www.concordconnects.com](http://www.concordconnects.com) to answer a survey about the progress of Phase 1 of the project. For more information, contact Construction Manager Rod McHale (925) 768-8057. ♦

*Phase 1  
Downtown Area  
Sewer and  
Streetscape  
Improvement  
Project Area  
shown in green*



## Kitakami, Japan Sister City organization seeks new members

Ever wish you could reach out to someone in a distant country and share their culture? Concord's Sister City program with Kitakami, Japan offers just such an opportunity.

The nonprofit Concord Ambassadors arranges visits and other activities between Kitakami and Concord and is actively seeking new members. Between now and the fall of 2014, the focus of the volunteer group will be preparing for an official Sister City visit from a delegation from Kitakami.

Along the way, members learn about the culture of Japan and establish relationships with members of the Kitakami community. When the guests arrive, the volunteers will host them for four days of festivities. The Ambassadors will help plan a memorable event, arrange homestays for the visitors and raise funds for activities and transportation during the delegation's stay.

In 2019, a delegation of Concord residents will visit Kitakami. Travel expenses are paid by the individual travelers and Concord Ambassadors sponsor various program fees. The City of Concord endorses and works closely with the Concord Ambassadors on these anniversary visits to make them interesting and successful.

To learn more, visit the website [www.concordambassadors.org](http://www.concordambassadors.org). To join the Concord Ambassadors, contact City Clerk Mary Rae Lehman, (925) 671-3495, [maryrae.lehman@cityofconcord.org](mailto:maryrae.lehman@cityofconcord.org). ♦

## Sustainable Concord, now and for the future

Concord has steadily been gaining a reputation as a model for cities adapting to the emerging green economy through a number of sustainable projects already completed or planned for future years.

The City recently completed one of the largest, most ambitious solar and energy efficiency projects in the Bay Area. In September, a “Flip the Switch” ceremony was held at Concord Community Park under an array of solar panels to celebrate the newly completed solar energy project and numerous infrastructure upgrades that will dramatically reduce the City’s future energy and maintenance costs. The project will save more than \$18 million over the life of the project.

The centerpiece of the project is a 200 kilowatt solar system that will reduce electricity usage at Concord Community Pool by over 70 percent. The first three months of operation saw startlingly positive results. The City’s electricity cost for the same three months of the previous year was \$15,000. This year, the bill was \$75.

Additionally, the project often generates more electricity than is required, creating an overage which will be applied to future bills. This will be particularly useful during the winter season when the solar panels are not generating as much energy and power bills are higher.

The project also included replacing and upgrading existing infrastructure City-wide, including street lighting, cooling and heating systems in City facilities, and replacement of swimming pool equipment. In all,



*Left to right Peyton Hunziker, Melissa Schoell, Elliot Longtin and Brian Marker look at the monitor located in the lobby of the Concord Community Pool building. The monitor shows, in real time, how much energy the solar panels across the street are producing.*

these infrastructure upgrades and energy efficiencies are expected to reduce future electricity usage by 30 percent and the City’s annual carbon footprint by over 3,200 metric tons of CO<sub>2</sub>. That will have the same impact as eliminating over 600 vehicles from the road.

Looking to the future, the City is developing a Climate Action Plan, which will define policies, measures and strategies to improve health, safety, mobility and livability across Concord by reducing greenhouse gas emissions and streamlining environmental review processes. Public meetings on the plan will be scheduled in the first quarter of 2013.

Concord’s sustainability reputation has also been bolstered by recent

recognition for the vision expressed in the Reuse Plan for the Concord Naval Weapons Station, which was adopted by the City Council in January 2012. The plan establishes a new benchmark in planning for sustainable communities of the future, winning an Innovation in Green Community Planning Award of Merit from the Northern California Chapter of the American Planning Association. In addition, Save Mount Diablo, an organization dedicated to preserving parks and open space, awarded the City its Mountain Star Alliance Award, Sustainable Contra Costa awarded the project a Smart Growth award and the East Bay Housing Organizations recognized the project for “Visionary Leadership.” ♦

# ACTIVITY GUIDE



Children make friends and have new experiences in recreation classes.



8

## Classes

Try something new! Classes are offered for ages preschool, youth, teen and adults. Enhance your skills and interests from sports, art, dance, performing arts to health and fitness and special interest classes.



27

## Trips & Tours

Get away for a day or an overnight trip to exciting locations. Explore new areas or revisit old favorites. Relax as you are transported to your destination.



31

## 50 & Better

Live an active life with a variety of classes offered to stimulate mind and body. Whether your interest is to learn how to use a computer or be physically active, there is something for you.



45

## Registration

Register online at [www.concordreg.org](http://www.concordreg.org), 24 hours a day, 7 days a week from the convenience of your own computer. For more registration options, see page 45.

ACTIVITY GUIDE LISTINGS ARE SUBJECT TO CHANGE

## FALL 2013 PRESCHOOL CLASSES

**Preschool Registration Begins February 19 ■ Walk-In Only!**

Willow Pass Center, 2748 E. Olivera Rd. Concord CA 94519 ■ 9 a.m.–12 p.m. and 1–3 p.m.

### Preschool Age 2

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



### Preschool Age 3

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

### Preschool Age 4

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

### Requirements:

2-year-olds must be age 2 by September 1, 2013.

3-year-olds must be age 3 by November 1, 2013.

4-year-olds must be age 4 by November 1, 2013.

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

A \$35 non-refundable processing fee and a non-refundable first month's tuition payment are due at the time of registration. The remaining 8 tuition installments are due by the 20th of each month from September 2013–April 2014. There is a \$75 cancellation and withdrawal fee for program.

### Monthly Fees:

2-day classes \$125R/\$130NR

3-day classes \$189R/\$194NR

### Parent Involvement:

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

For the current 2012–13 preschool schedule or for more information, please call the registration office at 671-3404.

## BALDWIN PARK 2790 PARKSIDE CIRCLE

### 3 Year Olds – Melissa Gardner

Session	Days	Time	Course
Sep 4–May 16	M, W, F	9–11:30 a.m.	#91433
Sep 3–May 15	Tu, Th	9–11:30 a.m.	#91434

### 4 Year Olds – Gina Murdock

Session	Days	Time	Course
Sep 3–May 15	Tu, Th	9–11:30 a.m.	#91440
Sep 4–May 16	M, W, F	9–11:30 a.m.	#91439

### 4 Year Olds – Melissa Gardner

Session	Days	Time	Course
Sep 4–May 16	M, W, F	12–2:30 p.m.	#91441

## CENTRE CONCORD 5298 CLAYTON ROAD

### 2 Year Olds – Beth Severa

Session	Days	Time	Course
Sep 3–May 15	Tu, Th	9–11:30 a.m.	#91428
Sep 3–May 15	Tu, Th	12–2:30 p.m.	#91429
Sep 4–May 16	M, W, F	9–11:30 a.m.	#91427

### 3 Year Olds – Beth Severa

Session	Days	Time	Course
Sep 4–May 16	M, W, F	12–2:30 p.m.	#91431

### 3 Year Olds – Sean Berry

Session	Days	Time	Course
Sep 3–May 15	Tu, Th	9–11:30 a.m.	#91432
Sep 4–May 16	M, W, F	9–11:30 a.m.	#91430
Sep 3–May 15	Tu, Th	12–2:30 p.m.	#91435

### 4 Year Olds – Sonja Stanley

Session	Days	Time	Course
Sep 3–May 15	Tu, Th	9–11:30 a.m.	#91438
Sep 3–May 15	Tu, Th	12–2:30 p.m.	#91442
Sep 4–May 16	M, W, F	9–11:30 a.m.	#91436
Sep 4–May 16	M, W, F	12–2:30 p.m.	#91437

## SPRING BREAK DAY CAMPS

## Preschool Spring Break Camp

Calling all 3 and 4 year olds! Come with us on an exciting spring adventure! We will smile, laugh and play while we paint, plant and have lots of spring break fun. Children will also enjoy daily outdoor play, an engaging story time and energizing music and dance.



Age: 3-5 ■ Centre Concord ■ Sean Berry

Day	Session	Time	Fee	Course
M-F	Apr 1-5	9-11:30 a.m.	\$65 R/\$70 NR	#91692

Age: 3-5 ■ Baldwin Park ■ Gina Murdock

Day	Session	Time	Fee	Course
M-F	Apr 1-5	9-11:30 a.m.	\$65 R/\$70 NR	#91693

## Gymnastics Spring Break Camp

Camp is designed to introduce the sport of gymnastics with tumbling skills, working on bars, low balance beams, mini-trampolines, vaulting blocks and barrels and incline mats. Daily students participate in group activities: ball games, music, parachute, relay and circuit races. Fun and challenging games increase strength and flexibility. Rest time will offer a variety of craft projects and other hands-on activities.

Age: 3-5 ■ Willow Pass Community Center ■ CGS Gymnastic Services

Day	Session	Time	Fee	Course
M-F	Apr 1-5	9 a.m.-12 p.m.	\$175 R/\$180 NR	#91684

## ENRICHMENT

## Bumper Bowling

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



Age: 4-7 ■ Clayton Valley Bowl ■ Staff

Day	Session	Time	Fee	Course
W	Jan 30-Mar 20	3:30-4:30 p.m.	\$59 R/\$64 NR	#91673
W	Apr 17-Jun 5	3:30-4:30 p.m.	\$59 R/\$64 NR	#91676

## Busy Bee Cooks

Children learn how to make delicious, healthy food the entire family will enjoy. Young chefs learn importance of proper clean up and the basics of nutrition, shopping, reading labels, and food & knife safety. A non-refundable \$15 materials fee is payable at the first class.

Age: 4-5 ■ Centre Concord ■ Cooking with Kids Foundation

Day	Session	Time	Fee	Course
Th	Jan 10-24	3:30-5 p.m.	\$139 R/\$144 NR	#91309

## 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. Parent participation required.

Age: 1½-3 ■ Willow Pass Community Center ■ CGS Gymnastic Services

Day	Session	Time	Fee	Course
W	Jan 9-Feb 6	9-9:45 a.m.	\$68 R/\$73 NR	#91486
W	Feb 13-Mar 13	9-9:45 a.m.	\$68 R/\$73 NR	#91487
W	Mar 20-Apr 24	9-9:45 a.m.	\$81 R/\$86 NR	#91678

## Storybook Yoga

This class is a playful journey through age appropriate postures. Every adventure features story themes of kindness, generosity, courage and happiness that are perfect for every little yogi. Storybook kids learn to love the journey. No class March 30.

Age: 3-5 ■ Village Center for the Arts ■ Village Yoga

Day	Session	Time	Fee	Course
W	Jan 9-Feb 13	9-9:45 a.m.	\$75 R/\$80 NR	#91322
W	Feb 20-Mar 27	9-9:45 a.m.	\$75 R/\$80 NR	#91323
W	Apr 3-May 8	9-9:45 a.m.	\$75 R/\$80 NR	#91324
Sa	Jan 12-Feb 16	9-9:45 a.m.	\$75 R/\$80 NR	#91325
Sa	Feb 23-Apr 6	9-9:45 a.m.	\$75 R/\$80 NR	#91326
Sa	Apr 13-May 18	9-9:45 a.m.	\$75 R/\$80 NR	#91327

## Tiny Tumblers Gymnastics

Your child will tumble over this one! Class is designed to enhance coordination, agility, and confidence. Emphasis is placed on developing beginning gymnastic skills in a fun social environment. Equipment incorporated include bars, low beams, ladders, trampoline, barrel, incline mats, tunnels, rings and music games. NOT a parent participation class.

Age: 3-5 ■ Willow Pass Community Center ■ CGS Gymnastic Services

Day	Session	Time	Fee	Course
W	Jan 9-Feb 6	9:45-10:30 a.m.	\$68 R/\$73 NR	#91488
W	Feb 13-Mar 13	9:45-10:30 a.m.	\$69 R/\$74 NR	#91489
W	Mar 20-Apr 24	9:45-10:30 a.m.	\$81 R/\$86 NR	#91689

PRESCHOOL SPORTS

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. The fun happens on the field so don’t just watch from the sidelines!

Age: 2-3½ ■ Newhall Park ■ Kidz Love Soccer

Day	Session	Time	Fee	Course
M	Jan 28-Mar 18	11-11:30 a.m.	\$76R/\$81 NR	#91301
Sa	Jan 26-Mar 16	9:30-10 a.m.	\$86R/\$91 NR	#91303
M	Apr 8-Jun 10	11-11:30 a.m.	\$96R/\$101 NR	#91304
Sa	Apr 13-Jun 15	9:30-10 a.m.	\$96R/\$101 NR	#91306

Age: 2-3½ ■ Concord Community Park ■ Kidz Love Soccer

Day	Session	Time	Fee	Course
Th	Jan 24-Mar 14	5:15-5:45 p.m.	\$86R/\$91 NR	#91302
Th	Apr 11-Jun 6	5:15-5:45 p.m.	\$96R/\$101 NR	#91305



Kidz Love Soccer

Kids learn the world’s most popular sport from professional coaches in a recreational, non-competitive environment. A typical session experience includes age-appropriate activities; skill demonstrations, fun games and instructional scrimmages.

Age: 3½-5 ■ Concord Community Park ■ Kidz Love Soccer

Day	Session	Time	Fee	Course
Th	Jan 24-Mar 14	3:40-4:15 p.m.	\$86R/\$91 NR	#91280
Th	Apr 11-Jun 6	3:40-4:15 p.m.	\$96R/\$101 NR	#91296
Th	Apr 11-Jun 6	5:55-6:30 p.m.	\$96R/\$101 NR	#91298

Age: 3½-5 ■ Newhall Park ■ Kidz Love Soccer

Day	Session	Time	Fee	Course
Sa	Jan 26-Mar 16	10:10-10:45 a.m.	\$86R/\$91 NR	#91283
M	Jan 28-Mar 18	10:20-10:50 a.m.	\$76R/\$81 NR	#91279
M	Jan 28-Mar 18	3:10-3:45 p.m.	\$76R/\$81 NR	#91281
M	Apr 8-Jun 10	10:20-10:50 a.m.	\$96R/\$101 NR	#91292
M	Apr 8-Jun 10	3:10-3:45 p.m.	\$96R/\$101 NR	#91293
M	Apr 8-Jun 10	5:15-5:50 p.m.	\$96R/\$101 NR	#91295
Sa	Apr 13-Jun 15	10:10-10:45 a.m.	\$96R/\$101 NR	#91299

R = Concord Resident NR = Concord Non-Resident



Little Dragons

Is your child interested in the martial arts? Try this class first. Children participate in fun activities designed to increase attention span, focus and coordination while learning basic skills in preparation for more disciplined training when they are older. \$35 uniform fee is required and payable at the first class.

Age: 3-5 ■ KO Taekwondo ■ Kevin Oliver

Day	Session	Time	Fee	Course
Th	Jan 10-Feb 28	5-5:40 p.m.	\$75R/\$80 NR	#91839
Th	Mar 7-Apr 25	5-5:40 p.m.	\$75R/\$80 NR	#91840



“The City of Concord’s Preschool has been like a mini family to us. We are so grateful to the team of teachers and administration who were advocates for my son’s education. They were instrumental in educating our entire family towards the best program for his needs. His teacher, Miss Sonya, is well-known by the Kindergarten teachers in the school district and it’s been said that teachers can always tell when a student received her preparation.”

–Eva-Marie Considine  
Concord Preschool Program Parent

Concord Preschool Program  
See page 8

## DANCE, MUSIC AND PERFORMING ARTS

### Beginning Drums

Join us for this hittin', slammin', jammin' class and introduce yourself to the exciting world of percussion. Learn proper drumming technique and how to read basic rhythmic notation. Various percussion instruments will be introduced while students explore how to play rhythms together through rhythmic games. \$12 materials fee payable to instructor.

**Grade: 1-5 ■ Village Center for the Arts ■ Village Music School**

Day	Session	Time	Fee	Course
Tu	Jan 8-Feb 12	3:30-4:10 p.m.	\$87R/\$92NR	#91342
Tu	Feb 19-Mar 26	3:30-4:10 p.m.	\$87R/\$92NR	#91343
Tu	Apr 2-May 7	3:30-4:10 p.m.	\$87R/\$92NR	#91344

**Age: 12+ ■ Village Center for the Arts ■ Village Music School**

Day	Session	Time	Fee	Course
Tu	Jan 8-Feb 12	4:20-5 p.m.	\$87R/\$92NR	#91345
Tu	Feb 19-Mar 26	4:20-5 p.m.	\$87R/\$92NR	#91346
Tu	Apr 2-May 7	4:20-5 p.m.	\$87R/\$92NR	#91347

### Guitar



Most popular songs consist of only three or four basic chords. Class teaches the chord progressions necessary to quickly learn to play your favorite songs. With no more than six students per class, students get the personal attention needed. Instructor has a Masters degree in Music Education and 20 years of teaching experience. Bring guitar (any kind). No class April 4.

**Age: 10-13 ■ Centre Concord ■ Ted Crowley**

Day	Session	Time	Fee	Course
Th	Jan 10-Feb 28	4:30-5:15 p.m.	\$123R/\$128NR	#91206
Th	Mar 7-May 2	4:30-5:15 p.m.	\$123R/\$128NR	#91707

**Age: 14-17 ■ Centre Concord ■ Ted Crowley**

Day	Session	Time	Fee	Course
Th	Jan 10-Feb 28	5:15-6 p.m.	\$123R/\$128NR	#91733
Th	Mar 7-May 2	5:15-6 p.m.	\$123R/\$128NR	#91734

### Musical Theatre Class: Glee!

A willingness to sing and have fun are the only requirements to join. Our teacher plays piano while encouraging everyone to be and sing at their best! Basic vocal techniques are introduced as students have a great time singing the classic pop songs of Glee! Our Glee class places a strong emphasis on team building and camaraderie. \$12 materials fee payable to instructor.

**Age: 8-12 ■ Village Center for the Arts ■ Village Music School**

Day	Session	Time	Fee	Course
Th	Jan 10-Feb 14	6:40-7:30 p.m.	\$116R/\$121NR	#91336
Th	Feb 21-Mar 28	6:40-7:30 p.m.	\$116R/\$121NR	#91337
Th	Apr 4-May 9	6:40-7:30 p.m.	\$116R/\$121NR	#91338

### Singing Class-Princess Songs

Students will improve their voice while singing songs of timeless animated fairy tales. Enjoy tea parties fit for royalty while building fond memories of a magical age. Students receive a tote filled with musical and Princess accessories and are encouraged to arrive in their Princess attire. \$12 materials fee payable to instructor.

**Age: 4+ ■ Village Center for the Arts ■ Village Music School**

Day	Session	Time	Fee	Course
Sa	Jan 12-Feb 16	11:15 a.m.-12:05 p.m.	\$116R/\$121NR	#91339
Sa	Feb 23-Apr 6	11:15 a.m.-12:05 p.m.	\$116R/\$121NR	#91340
Sa	Apr 13-May 18	11:15 a.m.-12:05 p.m.	\$116R/\$121NR	#91341

## SPRING BREAK DAY CAMPS

### Freshifilms Camps Intro to 3D Animation

Students are introduced to fundamental 3D animation. In this class, participants will learn skills that help computer drawing, character movement, frame layering and dialogue matching. Students will work in small groups on animation technique and will complete a short animated film.

**Age: 7-12 ■ Centre Concord ■ Freshi Films**

Day	Session	Time	Fee	Course
M-F	Apr 1-5	9 a.m.-12 p.m.	\$160R/\$165NR	#91717

### Mad Science Secret Agent Lab

The Mad Science Secret Agent Camp is a fun journey into the world of detection, spy science, and forensics. Campers will examine the science behind the spy tools, reconstruct activities using scientific methods and use the science of cryptology to send and decode secret messages.

**Age: 6-11 ■ Centre Concord ■ Mad Science**

Day	Session	Time	Fee	Course
M-F	Apr 1-5	12:30-3:30 p.m.	\$197R/\$202NR	#91759

### Gymnastics Spring Break Camp

Camp is designed to introduce young children to the sport of gymnastics. Children learn beginning gymnastics, tumbling skills, working on bars, low balance beams, mini-trampolines, vaulting blocks, barrels and incline mats. Includes many other group activities: ball games, music, parachute, relay and circuit races. Students are introduced to strength and flexibility exercises with fun and challenging games.

**Age: 5-8 ■ Willow Pass Community Center ■ CGS Gymnastic Services**

Day	Session	Time	Fee	Course
M-F	Apr 1-5	1:30-4:30 p.m.	\$175R/\$180NR	#91851

## ART CLASSES

### Drawing and Watercolor Painting

Do you like to draw and paint? Learn new techniques in a multi-level class for beginning and advanced art students. Draw and paint landscapes, animals, portraits; learn perspective, shading and even design your own greeting cards. \$15 materials fee payable to instructor.



Age: 8-13 ■ Centre Concord ■ Mary Frances Crabtree

Day	Session	Time	Fee	Course
W	Jan 9-Feb 27	4-5:30 p.m.	\$75R/\$80NR	#91502
W	Mar 6-May 1	4-5:30 p.m.	\$75R/\$80NR	#91701

### FUNdamental Drawing

Learn to draw with our step-by-step method to development observations skills, increase fine motor skills, handwriting readiness and attention to detail. Students learn to follow directions, use a pencil, increase their attention span and grow self-confidence.

Age: 4-6½ ■ Centre Concord ■ Young Rembrandts

Day	Session	Time	Fee	Course
Sa	Jan 5-Feb 23	10-11 a.m.	\$113R/\$118NR	#91852

Age: 4-6½ ■ Centre Concord ■ Young Rembrandts

Day	Session	Time	Fee	Course
Sa	Mar 2-Apr 20	10-11 a.m.	\$113R/\$118NR	#91853

### Superhero Cartoon Drawing Workshop

Pow! Bang! Wow! Learn to draw your own comic book superhero. Students will complete several drawings while we explore a variety of characters. Learn to draw action and movement while we complete the scenes around our superheroes, using pencils, markers and Sharpies. \$15 supply fee due first day of class.

Age: 7½-13 ■ Centre Concord ■ Young Rembrandts

Day	Session	Time	Fee	Course
M-F	Apr 1-5	10 a.m.-12 p.m.	\$113R/\$118NR	#91854

## SPECIAL INTEREST

### Jr. Space Workshop

Draw several space-related drawings. Aliens, spaceships, the solar system and robots inspire us using color pencils and markers. Our final day will result in one large scene incorporating the characters we've learned. \$15 supply fee due first day of class.

Age: 5½-7½ ■ Centre Concord ■ Young Rembrandts

Day	Session	Time	Fee	Course
M-F	Apr 1-5	12:30-2:30 p.m.	\$113R/\$118NR	#91855

## HEALTH AND FITNESS

### Kajukenbo Karate-Youth

Kajukenbo Karate is a blend of Korean Karate, Judo, Jujitsu, Kenpo Karate and Chinese Boxing (Gung Fu) into an extremely effective self-defense system. Emphasis is on physical conditioning, self-defense applications, grappling and traditional forms. Sibak Mike Daplas, is a black belt in Rapacon's Kajukenbo. No class January 22.



Age: 10-13 ■ Willow Pass Community Center ■ Michael Daplas

Day	Session	Time	Fee	Course
Tu-Th	Jan 8-31	6-7 p.m.	\$49R/\$54NR	#91312
Tu-Th	Feb 5-28	6-7 p.m.	\$49R/\$54NR	#91313
Tu-Th	Mar 5-28	6-7 p.m.	\$49R/\$54NR	#91314
Tu-Th	Apr 2-25	6-7 p.m.	\$49R/\$54NR	#91315

Discount-\$5 off for multiple family members in same course.

Multi Session Discount - 20% Off

Tu-Th	Jan 8-Apr 25	6-7 p.m.	\$157R/\$173NR	#91316
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### Karate-Shorinji Ryu - Youth

Shorinji Ryu, a traditional karate system created by O'Sensei Richard Kim, Hanshi, means 'Shaolin Temple' style and is taught in the traditional method of instilling self-control, mental focus, high spirit and composure in the face of danger. Aaron Holm, a black belt in Shorinji Ryu karate, has developed a dynamic highly motivating teaching style. No class March 30 and April 6.

Age: 10-14 ■ Centre Concord ■ Aaron Holm

Day	Session	Time	Fee	Course
Th	Jan 10-31	6-7 p.m. and		
Sa	Jan 10-31	9:30-10:30 a.m.	\$45R/\$50NR	#91663
Th	Feb 2-28	6-7 p.m. and		
Sa	Feb 2-28	9:30-10:30 a.m.	\$49R/\$54NR	#91664
Th	Mar 2-28	6-7 p.m. and		
Sa	Mar 2-28	9:30-10:30 a.m.	\$49R/\$54NR	#91665
Th	Apr 4-27	6-7 p.m. and		
Sa	Apr 4-27	9:30-10:30 a.m.	\$45R/\$50NR	#91666

Multi Session Discount - 20% Off

Th	Jan 10-Apr 27	6-7 p.m. and		
Sa	Jan 10-Apr 27	9:30-10:30 a.m.	\$150R/\$166NR	#91667

R = Concord Resident NR = Concord Non-Resident

## Taekwondo-Kenpo-Youth

An integrative approach of combining Taekwondo, Kenpo, and JuiJitsu into one martial art system. These three arts combine kicking, striking, joint locks, and ground-based fighting. Begin a path of self-discovery and the principles of kindness, compassion, honor, humility, and integrity. Ray Faulkenberry, Ph.D. is a 7th Degree Black Belt. Optional uniform at an additional cost payable to instructor.

### Age: 5-13 ■ Baldwin Park ■ Ray Faulkenberry

Day	Session	Time	Fee	Course
W, F	Jan 4-30	6:30-7:30 p.m.	\$56R/\$61 NR	#91788
W, F	Feb 1-27	6:30-7:30 p.m.	\$56R/\$61 NR	#91789
W, F	Mar 1-29	6:30-7:30 p.m.	\$56R/\$61 NR	#91790
W, F	Apr 3-26	6:30-7:30 p.m.	\$56R/\$61 NR	#91791

Discount - 50% off additional family members that sign up together.

## We Teach Your Kids to Cook Healthy

Children learn how to make delicious, healthy food the entire family will enjoy. Young chefs learn importance of proper clean up and the basics of nutrition, shopping, reading labels, and food and knife safety. A non-refundable \$15 materials fee is payable at the first class.

### Age: 6-10 ■ Centre Concord ■ Cooking with Kids Foundation

Day	Session	Time	Fee	Course
Th	Jan 10-24	5:15-7 p.m.	\$142R/\$147 NR	#91310

## Yoga for Kids

Come join the fun! Classes are designed to engage junior yogis through age-appropriate postures and fun activities. Providing benefits of increased focus and flexibility, students gain greater self-esteem and compassion for others. Fitness and fun for the mind and body. No class March 30.

### Age: 6-8 ■ Village Center for the Arts ■ Village Yoga

Day	Session	Time	Fee	Course
Sa	Jan 12-Feb 16	10-10:45 a.m.	\$75R/\$80 NR	#91333
Sa	Feb 23-Apr 6	10-10:45 a.m.	\$75R/\$80 NR	#91334
Sa	Apr 13-May 18	10-10:45 a.m.	\$75R/\$80 NR	#91335

## YOUTH SPORTS

### Youth Bowling

This class teaches beginners and those wanting to improve bowling skills how to bowl, sportsmanship, etiquette, social interaction and increased hand-eye coordination. Instructors are certified and members of the Northern California BPA Youth Committee. Equipment, shoes, and automatic scoring provided.

### Age: 8-13 ■ Clayton Valley Bowl ■ Staff

Day	Session	Time	Fee	Course
W	Jan 30-Mar 20	3:30-4:30 p.m.	\$59R/\$64 NR	#91674
W	Apr 17-Jun 5	3:30-4:30 p.m.	\$59R/\$64 NR	#91677

## Kidz Love Soccer

Kids learn the world's most popular sport from professional coaches in a recreational, non-competitive environment. A typical session experience includes age-appropriate activities; skill demonstrations, fun games and instructional scrimmages.

### Age: 5-6 ■ Concord Community Park ■ Kidz Love Soccer

Day	Session	Time	Fee	Course
Th	Jan 24-Mar 14	4:15-5 p.m.	\$86R/\$91 NR	#91285
Th	Apr 11-Jun 6	4:15-5 p.m.	\$96R/\$101 NR	#91297

### Age: 5-6 ■ Newhall Park ■ Kidz Love Soccer

Day	Session	Time	Fee	Course
Sa	Jan 26-Mar 16	10:45-11:30 a.m.	\$86R/\$91 NR	#91284
M	Jan 28-Mar 18	3:45-4:30 p.m.	\$76R/\$81 NR	#91282
M	Apr 8-Jun 10	3:45-4:30 p.m.	\$96R/\$101 NR	#91294
Sa	Apr 13-Jun 15	10:45-11:30 a.m.	\$96R/\$101 NR	#91300

## Kidz Love Soccer Skillz and Scrimmages

Kids 7 to 10 will enjoy advanced skill building in a team play format. Attention is paid to both individual skill development and positional play. Each class will include small-sided scrimmages to improve team tactics, positions and finer technical skills. All skill levels are welcome and all participants will receive a Kidz Love Soccer jersey!

### Age: 7-10 ■ Newhall Park ■ Kidz Love Soccer

Day	Session	Time	Fee	Course
M	Jan 28-Mar 18	4:30-5:15 p.m.	\$86R/\$91 NR	#91307
M	Apr 8-Jun 10	4:30-5:15 p.m.	\$106R/\$111 NR	#91308

## Tennis for Everyone

Students will learn the fundamentals of each stroke in tennis, connect with an enthusiastic and professional instructor, and learn in a fun, but structured game based environment. Tennis for everyone is a great way to gain new skills playing the sport of a lifetime.

### Age: 4-6 Beginner ■ Willow Pass Park ■ Bill Patton

Day	Session	Time	Fee	Course
M	Mar 4-25	3:15-3:45 p.m.	\$43R/\$48 NR	#91799
W	Mar 6-27	3:15-3:45 p.m.	\$43R/\$48 NR	#91800
Sa	Mar 9-30	1-1:30 p.m.	\$48R/\$53 NR	#91804

### Age: 6-8 Beginner ■ Willow Pass Park ■ Bill Patton

Day	Session	Time	Fee	Course
M, W	Mar 4-27	3:45-4:30 p.m.	\$78R/\$83 NR	#91801
T, Th	Mar 5-28	3:30-4:15 p.m.	\$78R/\$83 NR	#91802
Sa	Mar 9-30	1:30-2:15 p.m.	\$63R/\$68 NR	#91805

### Age: 8-12 Beginner ■ Willow Pass Park ■ Bill Patton

Day	Session	Time	Fee	Course
M, W	Mar 4-27	4:30-5:30 p.m.	\$78R/\$83 NR	#91803
Sa	Mar 9-30	2:15-3:15 p.m.	\$83R/\$88 NR	#91806

### Age: 8-11 Intermediate/Advanced ■ Willow Pass Park ■ Bill Patton

Day	Session	Time	Fee	Course
Tu, Th	Mar 5-28	4:15-5:30 p.m.	\$93R/\$98 NR	#91807

### Age: 10-15 Intermediate/Advanced ■ Willow Pass Park ■ Bill Patton

Day	Session	Time	Fee	Course
Tu, Th	Mar 5-28	5:30-7 p.m.	\$98R/\$103 NR	#91808

## AFTERSCHOOL ENRICHMENT

The City of Concord Parks & Recreation Department in cooperation with the Mt. Diablo Unified School District is offering After School Enrichment classes at select elementary schools in Concord. A wide variety of fun and exciting recreation classes are offered for children in grades 1st–5th. Benefits include increased self-esteem, new skills and abilities, improved social skills, higher school performance, and encouraging life long learning. Thank you for choosing Concord Parks & Recreation Department and the After School Enrichment Program. For safety reasons and to sign waiver, **PARENTS MUST COME INTO CLASSROOM** and pick up students **AFTER EVERY CLASS**. No class February 11, 18 and April 1–5.

See course grid on page 15 for dates, times, locations and fees.

### Game Design

Improve your skills and impress family and friends with your game! Advanced gamers work on individual computers and are mentored through lessons such as character movement, multiple platforms and game formats. Beginners work in pairs and are introduced to the fundamentals of game design and computer programming.

### Mad Science Chemistry Lab

Students will learn to recognize chemical reactions and mix up a few reactive ingredients for some sensational results. We will make slime using the Mad Science recipe and compete in the Slime Olympics. We will probe the properties of light and explore some unusual applications of glow-in-the-dark technology!

### After School Flag Football

This class provides experienced instructors who bring valuable knowledge and youthful enthusiasm to the game. Join One on One for a one hour clinic, once a week, for you and your friends. These clinics will help you become a better player through drills, contests, and game competition.

### Play-Well Engineering Fundamentals (Legos)

Design and build motorized machines, catapults, pyramids, demolition derby cars, truss and suspension bridges, buildings and other constructions out of LEGO bricks. Explore physics, mechanical engineering, structural engineering, and architecture while playing with their favorite creations. This hands-on and minds-on class is suitable for LEGO novices to ‘maniacs’. Projects tailored to the age and skill level of the group.

### Creative Writing FUNDamentals

Students will learn techniques for turning ideas into stories, overcoming writer’s block, and developing structure in their writing. Students will learn the basics of character development, plot, setting, and overall story development, as well as the basics of poetry and playwriting. All Lekha instructors are published authors with teaching experience.

### Comedy Workshop

Students learn to write film and edit specifically for Comedic Digital Shorts and viral style comedy videos. Using comedic techniques and funny themes, students will finish at least one comedic digital short film. The final films can be downloaded on an USB drive by the participants.

### Gymnastics

Develop strength, flexibility, agility, and confidence while having fun in a non-competitive environment. Beginning and intermediate gymnastics and tumbling skills taught. Learn the basics of all gymnastic events including vaulting skills, bar and balance beam. Strength and flexibility exercises with fun and challenging games are included. Mats and gymnastic equipment provided.

### Chess Challenge

If you are new to chess or polishing your skills, join us and develop your understanding and enjoyment of the king of games! Lessons and play combine the skills of thinking and creativity with the thrill of sport. Classes include 20 minutes of instruction and 40 minutes of play. Boards and sets are provided. All levels are welcome. Receive half off for additional siblings who sign up with a fully paid participant.

### Guitar

Most popular songs consist of only three or four basic chords. Class teaches the chord progressions necessary to quickly learn to play your favorite songs. With no more than nine students per class, students get the personal attention needed. Instructor has a Master’s degree in Music Education and 20 years of teaching experience. Bring guitar (any kind).

### After School Hoops

Aspiring young players will receive fundamental skills instruction with organized team competition, with the goal of providing an enjoyable and educational athletic event. Players improve their individual skills such as passing, dribbling, shooting, rebounding, and defending while learning the framework of a team. Boys and girls of any skill level are encouraged to participate.

## AFTER SCHOOL ENRICHMENT

## Ayers Elementary School

Class	Course	Ages	Instructor	Session	Day	Time	Fee
Game Design	#91477	7-12	Freshi Films, LLC	Jan 23–Mar 13	W	12:45–2:15 p.m.	\$159 R / \$164 NR
Mad Science: Chemistry Lab	#91478	6–11	Mad Science	Feb 5–Mar 12	Tu	2:20–3:20 p.m.	\$125 R / \$130 NR
After School Flag Football	#91479	6–11	One on One Basketball	Apr 10–May 29	W	12:45–1:45 p.m.	\$89 R / \$94 NR
Play-Well Engineering Fundamentals (Legos)	#91480	6–11	Play-Well Engineering	Apr 18–May 23	Th	2:20–3:50 p.m.	\$159 R / \$164 NR

## Highlands Elementary School

Class	Course	Ages	Instructor	Session	Day	Time	Fee
Play-Well Engineering Fundamentals (Legos)	#91455	6–11	Play-Well Engineering	Jan 28–Mar 18	M	2:35–4:05 p.m.	\$159 R / \$164 NR
After School Flag Football	#91456	6–11	One on One Basketball	Feb 5–Mar 26	Tu	2:35–3:35 p.m.	\$89 R / \$94 NR
Creative Writing Fundamentals	#91457	7–11	Lekha School of Creative Writing	Feb 6–Mar 27	W	1:10–2:10 p.m.	\$165 R / \$169 NR
Comedy Workshop	#91458	7–12	Freshi Films, LLC	Mar 21–May 16	Th	2:35–4:05 p.m.	\$159 R / \$164 NR
Mad Science: Chemistry Lab	#91793	6–11	Mad Science	Apr 16–May 21	Tu	2:35–3:35 p.m.	\$125 R / \$130 NR
Gymnastics	#91794	6–11	CGS Gymnastics	Apr 24–May 29	W	1:10–1:55 p.m.	\$89 R / \$94 NR

## Monte Gardens Elementary School

Class	Course	Ages	Instructor	Session	Day	Time	Fee
Berkeley Chess	#91461	7–11	Berkeley Chess	Feb 6–Mar 27	W	12:50–1:50 p.m.	\$115 R / \$120 NR
Gymnastics	#91460	6–11	CGS Gymnastics	Feb 13–Mar 20	W	12:50–1:50 p.m.	\$89 R / \$94 NR
Play-Well Engineering Fundamentals (Legos)	#91462	6–11	Play-Well Engineering	Feb 14–Mar 21	Th	2:50–4:20 p.m.	\$159 R / \$164 NR
After School Hoops	#91459	6–11	One on One Basketball	Mar 5–Apr 30	Tu	2:50–3:50 p.m.	\$89 R / \$94 NR
Mad Science: Chemistry Lab	#91795	6–11	Mad Science	Apr 17–May 22	W	12:50–1:50 p.m.	\$125 R / \$130 NR

## Mt. Diablo Elementary School

Class	Course	Ages	Instructor	Session	Day	Time	Fee
Mad Science: Chemistry Lab	#91465	6–11	Mad Science	Feb 13–Mar 20	W	12:25–1:25 p.m.	\$125 R / \$125 NR
Gymnastics	#91796	6–11	CGS Gymnastics	Feb 15–Mar 22	F	2:40–3:25 p.m.	\$89 R / \$89 NR
Guitar	#91464	9–11	Ted Crowley	Feb 19–Mar 26	Tu	2:40–3:25 p.m.	\$105 R / \$105 NR
After School Hoops	#91463	6–11	One on One Basketball	Mar 14–May 9	Th	2:50–3:50 p.m.	\$89 R / \$89 NR
Play-Well Engineering Fundamentals (Legos)	#91466	6–11	Play-Well Engineering	Apr 17–May 22	W	2:40–4:10 p.m.	\$159 R / \$159 NR

## Westwood Elementary School

Class	Course	Ages	Instructor	Session	Day	Time	Fee
Berkeley Chess	#91475	7–11	Berkeley Chess	Feb 5–Mar 26	Tu	2:10–3:10 p.m.	\$115 R / \$120 NR
After School Hoops	#91473	6–11	One on One Basketball	Feb 6–Mar 27	W	1:40–2:40 p.m.	\$89 R / \$94 NR
Guitar	#91797	9–11	Ted Crowley	Feb 22–Mar 29	F	2:10–2:55 p.m.	\$105 R / \$110 NR
Play-Well Engineering Fundamentals (Legos)	#91474	6–11	Play-Well Engineering	Apr 16–May 21	Tu	2:10–3:40 p.m.	\$159 R / \$164 NR
Mad Science: Chemistry Lab	#91472	6–11	Mad Science	Apr 18–May 23	Th	2:10–3:10 p.m.	\$125 R / \$130 NR



No classes  
February 11, 18,  
and April 1–5.

## SAT Test Preparation

Learn skills and strategies for doing well on the SAT. The math section focuses on algebra, geometry, statistics, data analysis, probability, functions and trigonometry. The English section focuses on critical reading and sentence completions strategies, as well as development of a five-point persuasive essay. \$23 materials fee payable at first class.

Age: 15-18 ■ Centre Concord ■ Monica Lo and Phil Newton

Day	Session	Time	Fee	Course
Sa	Jan 19-Feb 23	10 a.m.-1 p.m.	\$232R/\$237NR	#91484

## Teen Babysitter

Do you want to earn money babysitting, and learn how to keep kids safe? This two-day course includes earning a CPR card in Infant/Child/Adult CPR from The American Heart Association. Learn first aid skills, baby and child care, safe play, appropriate discipline and more. \$20.00 material fee due in CASH on first day.



Age: 12-17 ■ Centre Concord ■ The HealthSource at Kidsake

Day	Session	Time	Fee	Course
Sa	Feb 23-Mar 2	10:30 a.m.-3:30 p.m.	\$89R/\$94NR	#91485
W-Th	Apr 3-4	10:30 a.m.-3:30 p.m.	\$89R/\$94NR	#91736

## Online Driver's Ed for Teens

Complete your Driver's Education requirement from home, on your computer. This is an interactive, online course with videos and animated driving scenarios. Learn the rules of the road, driver responsibility, DMV procedures and much more. Receive DMV-approved Certificate of Completion. A licensed instructor is available to answer any questions. Sign up any time.

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

Month	Fee	Course
January	\$59	#91481
February	\$59	#91482
March	\$59	#91483

## Weight Loss Challenge

Want to lose 5 or 50 pounds? Become our Biggest Loser at our 6-week Weight Loss Challenge. A weight loss coach will teach health education, proper nutrition, and encourage exercise in a group support setting. We'll also discuss how probiotics, hormones and detoxification affect weight. Materials fee \$15 payable at first class.

Age: 14+ ■ Centre Concord ■ Monica Lo

Day	Session	Time	Fee	Course
Tu	Jan 8-Feb 12	6-7 p.m.	\$69R/\$74NR	#91271
Tu	Feb 19-Mar 26	6-7 p.m.	\$69R/\$74NR	#91272
Tu	Apr 9-May 14	6:30-7:30 p.m.	\$69R/\$74NR	#91741

R = Concord Resident NR = Concord Non-Resident



## BLUE DEVILS DRUM & BUGLE CORPS

Now Accepting New Members

Brass, Drummers, Color Guard(Dancers)

**No experience needed**

**Ages 8 to 21**

For information contact Debbie Odello



925-689-2918, ext. 3004

or

[rodello@bluedevils.org](mailto:rodello@bluedevils.org)

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



## 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!**

Community Youth Center  
2241 Galaxy Ct., Concord  
Call for a schedule 671-7070.  
Dues \$31 per month.  
Family discounts and  
scholarships available.  
[www.communityyouthcenter.org](http://www.communityyouthcenter.org)  
[info@cycmail.org](mailto:info@cycmail.org)



**Learn the Diablo FC way**

Soccer is the world's game and we'll teach your child how much fun it can be. Professional coaches from the renowned Diablo FC Soccer Academy will teach basic dribbling and juggling skills, passing and receiving the ball and ball striking. The emphasis is on individual player development in a fast-paced, friendly environment without the pressure of game performance.

**Academy Director: Adam Cooper**  
 Head coach, St. Mary's College  
 2-time WCC Coach of the Year  
 West Region College Coach of the Year

**Sign up Today!**

**DAYS & DATES:**

Mondays and Thursdays, Jan. 7 to Feb. 21, 2013

**Time & Location:**

5 - 6 p.m. at Willow Pass Park #5, Concord  
 (Salvio St. @ Olivera Rd. next to Pixieland Park)

**Eligibility:** Girls & Boys ages 5 to 12. *All skill levels welcome!*

**Cost:**

- \$99 per child. Includes training fees, Academy T-shirt, Diablo FC pin & window sticker.
  - Families will receive \$50 credit for new Diablo FC player registration in 2013.*
  - \$50 per child for current Diablo FC players & siblings.
  - No charge for Diablo FC U8 Academy players.
- Visit [diablofc.org](http://diablofc.org) for more U8 Academy info.*

**3 ways to Register!**

- Online at [www.diablofc.org](http://www.diablofc.org). Complete online registration form and pay by credit card.
- Mail check payable to Diablo FC Academy, P.O. Box 97, Clayton CA 94517
- Sign-up at the first Soccer Academy session on Monday, Jan. 7.

**"You won't find a better soccer experience for your child!"**



**2013 Season Tryouts**

*In Concord for boys & girls Diablo FC competitive teams*

**U9-U11 Players, January 2013**  
 Born 8/1/2002 - 7/31/2006

**U12-U14 Players, February 2013**  
 Born 8/1/1999-7/31/2002

No charge to tryout. Signup today at [www.diablofc.org](http://www.diablofc.org)

(925) 798-GOAL [www.diablofc.org](http://www.diablofc.org)



**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

**Hours of Operation**

**Mon-Fri**

Noon-9 p.m. (Spring)  
 Noon-7 p.m. (Winter)

**Sat & Sun**

10 a.m.-6 p.m.  
 (Winter & Spring)

**Rent Cages By:**

- Hour (\$55.00)
- ½ Hour (\$35.00)
- or Hit 20 Balls (\$3.00)

**"ALL AMERICAN BASEBALL"**

Professional Instructions  
 Hitting-Pitching-Fielding  
 Camps and Teams

**FOR MORE INFORMATION CALL: (925)683-7503**



**Registration Dates:**

- Saturday, November 17
- Saturday, December 8
- Saturday, January 5
- Saturday, January 12\*

**Times:**

- 10:00 a.m.-Noon
- \*10:00 a.m.-2:00 p.m.

**Babe Ruth/Cal Ripken Junior Optimist Baseball/Softball League**

*Est. 1963*

Recreational and Full-time Travel play opportunities for Girls & Boys age 4-16  
 All regular league games are played on our own fields at the JOBL Complex

Located off Laura Alice Way near Arnold Industrial Way and Hwy. 4.

For more information visit us at [www.eteamz.com/jobl](http://www.eteamz.com/jobl)  
 or call (925) 689-0952  
 or (925) 252-1996



**DIABLO CREEK  
GOLF COURSE**

4050 Port Chicago Highway, Concord  
(925) 686-6267 • [www.diablocreekgc.com](http://www.diablocreekgc.com)

Diablo Creek is an 18-hole Championship Golf Facility with a lighted driving range open 7 days a week from sunrise to 9:30 p.m. rain or shine as half the stalls are covered.

Learn to play golf or fine tune your game with a lesson package with one of our teaching professionals. 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 in our full-service Pro Shop. Call today to set an appointment.

#### 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 per person
- Three (3) adults – \$100 per person
- Two (2) adults – \$125 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 one (1) on course playing lesson for \$225 (*cart and green fees included*)

## First Tee of Contra Costa

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

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

**Spring Session Ages 7 years to 17 years: February 21-May 18, 2013**

**Spring Session Fees: \$79** (includes enrollment in the NCGA Youth on Course program)

**Target Program** – Boys & Girls 5-6 years old

**Fee \$75** (not eligible for the NCGA membership)

Please visit the homepage of [www.thefirstteecontracosta.org](http://www.thefirstteecontracosta.org) to see our schedule of classes for the Spring Session.

**VOLUNTEERS NEEDED. PLEASE CONTACT US!**

**See how you can become part of this rewarding program. Donations to our fee assistance program are always appreciated.**



Ask about our Fee Assistance Program  
For more information, call 925-686-9317  
[angela@thefirstteecontracosta.org](mailto:angela@thefirstteecontracosta.org)  
[www.thefirstteecontracosta.org](http://www.thefirstteecontracosta.org)  
Diablo Creek Golf Course  
4050 Port Chicago Highway, Concord 94520

See sports classes for preschool, youth and adults on pages 10, 13 and 25.

## REGISTRATION OPENS IN JANUARY FOR THE CITY OF CONCORD'S ADULT SPORTS LEAGUES



**Parks  
Make  
Life  
Better!**



### Spring & Summer Softball

- Summer league games: April–August, Monday thru Friday evenings & Sunday afternoon/evenings
- Men's, Women's and Coed teams
- Spring League: March, Mini Practice league for teams registered for Summer

### **NEW** Spring Coed Kickball

- One of the fastest growing Adult Sports in the country
- Perfect for the family, coworkers and friends
- Spring league games: April–June, Sunday, Tuesday & Friday evenings

(925) 671-3279 ■ [www.teamsideline.com/concord](http://www.teamsideline.com/concord)

## ARTS AND CRAFTS

### Basic Drawing

Take the fear out of drawing. Working primarily in pencil, students will explore the basics of drawing, including line, shading, and perspective. Students will draw freehand as well as using the grid system. This course is for artists of all levels. A short supply list will be provided.

Age: 14+ ■ Centre Concord ■ Sandy Cornelius

Day	Session	Time	Fee	Course
Tu	Jan 29-Feb 26	6-7:30 p.m.	\$48R/\$53NR	#91348

### Brush Painting and Water Color

This class is great for anyone wishing to learn how to paint bamboo, peach tree, flowers, fruits, a cat or dog with simple brush strokes. You'll also learn how to write your name and other words with the art of Japanese calligraphy. A supply list will be provided to students or you may choose to purchase supplies from the instructor. No class January 21, February 11 and 18.



Age: 14+ ■ Centre Concord ■ Ann Nakatani

Day	Session	Time	Fee	Course
M	Jan 7-Mar 11	5-6 p.m.	\$45R/\$50NR	#91709
M	Mar 18-Apr 29	5-6 p.m.	\$45R/\$50NR	#91712

### Drawing, Water Color and Color Pencil

Beginner and advanced students will learn color pencil techniques. A demonstration, individual help and critiques are included in each class meeting. Students may work in the style of their choice: flowers or animals. A supply list will be available from the instructor on the first day of class. You may purchase on your own or from the instructor.



Age: 21+ ■ Senior Center ■ Ann Nakatani

Day	Session	Time	Fee	Course
W	Jan 9-Feb 27	9:30-10:30 a.m.	\$51R/\$56NR	#91713
W	Mar 6-Apr 24	9:30-10:30 a.m.	\$51R/\$56NR	#91714

R = Concord Resident NR = Concord Non-Resident

## DANCE, MUSIC AND PERFORMING ARTS

### Dances of Spain

Enjoy dancing to the beautiful and captivating music of Spain...Learn the syncopated rhythms of Flamenco, the intricate footwork, handclapping (palmas) and castanets. Improve your posture and coordination, develop graceful body movements. Directed by an accomplished Spanish dancer who performed with her own dance company. No class March 5.



Age: 14+ ■ Baldwin Park Dance Studio ■ Dolores Lucena

Day	Session	Time	Fee	Course
Tu	Jan 8-Feb 26	6-7 p.m.	\$69R/\$74NR	#91273
Tu	Mar 12-Apr 30	6-7 p.m.	\$69R/\$74NR	#91274

### Hula For Exercise

Participants will learn the simple hand and foot movement of the Hula set to upbeat Hawaiian music. Instructor Rose Ramos will focus on one song each session, and students will learn graceful Hula movements while exercising and having fun! Wear comfortable clothes.

Age: 21+ ■ Senior Center ■ Rose Ramos

Day	Session	Time	Fee	Course
Tu	Jan 8-Feb 26	6-7 p.m.	\$43R/\$48NR	#91706
Tu	Mar 12-Apr 30	6-7 p.m.	\$43R/\$48NR	#91708



### Intermediate Tap 2

This class is for the adult student with previous experience in Tap dance. Students will enjoy learning challenging rhythms and fun routines set to great music in a comfortable and welcoming environment. The instructor has been teaching Tap dance for over 20 years at various dance studios in the Bay Area. No class January 21, February 11 and 18.

Age: 18+ ■ Baldwin Park Dance Studio ■ Terry Davis

Day	Session	Time	Fee	Course
M	Jan 7-Mar 11	5-5:45 p.m.	\$43R/\$48NR	#91687
M	Mar 18-Apr 29	5-5:45 p.m.	\$43R/\$48NR	#91688



## 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: Prior experience is recommended. No class January 21, February 11 and 18.

Age: 21+ ■ Senior Center ■ John Seman

Day	Session	Time	Fee	Course
M	Jan 7-Mar 11	7-8 p.m.	\$24R/\$29NR	#91685
M	Mar 18-Apr 29	7-8 p.m.	\$24R/\$29NR	#91686

## 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 weekly. Enjoy an aerobic workout while also tap dancing. No class February 8, March 15, 22 and April 19.

Age: 21+ ■ Baldwin Park Dance Studio ■ Terry Davis

Day	Session	Time	Fee	Course
F	Jan 4-Feb 15	9:15-10 a.m.	\$33R/\$38NR	#91661
F	Feb 22-Apr 26	9:15-10 a.m.	\$38R/\$43NR	#91662

## Guitar-Adults

Most popular songs consist of only three or four basic chords. Class teaches the chord progressions necessary to quickly learn to play your favorite songs. With no more than six students per class, students get the personal attention needed. Instructor has a Masters degree in Music Education and 20 years of teaching experience. Bring guitar (any kind). No class April 4.

Age: 18+ ■ Centre Concord ■ Ted Crowley

Day	Session	Time	Fee	Course
Th	Jan 10-Feb 28	6:15-7 p.m.	\$112R/\$117NR	#91210
Th	Mar 7-May 2	6:15-7 p.m.	\$112R/\$117NR	#91211

R = Concord Resident NR = Concord Non-Resident

## 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. No classes January 21, February 11 and 18.

Age: 21+ ■ Senior Center ■ June Katayama

Day	Session	Time	Fee	Course
M	Jan 7-Apr 29	6:30-8 p.m.	\$21R/\$26NR	#91365

## NEW Laughlines

New and seasoned performers, come and enjoy the creative freedom of improvisation. Fine tune your quick thinking, cooperation and keen creativity, while you draw upon your life experiences and explore your creative artist. Gain a better self-confidence and high order thinking. Performance at the end of the session.

Age: 14+ ■ Senior Center ■ Davina Hunter

Day	Session	Time	Fee	Course
W	Jan 16-Mar 20	4:30-5:30 p.m.	\$50R/\$55NR	#91780

## HEALTH AND FITNESS

### NEW 9 Powerful Superfoods for Energy and Longevity

This class will educate you as to which Superfoods to consume for overall optimal health. Some of the Superfoods you will learn about include chlorella, acai juice (sample provided) and the amazing chia seed. Regular consumption will result in increased energy and improved immunity.

Age: 18+ ■ Centre Concord ■ Jamie Duvnjak

Day	Session	Time	Fee	Course
Sa	Jan 19	10-11 a.m.	\$38R/\$43NR	#91356

## Jazzercise Low Impact

Burn up to 600 calories in 60 minutes dancing to music with fresh moves and having pure fun! This complete workout, led by a Certified Jazzercise Instructor of 33 years, includes warm-up, low impact aerobics, strength training and stretching. Have questions? Call 228-1137. No class January 21, February 11 and 18.



Age: 15+ ■ Senior Center ■ Irene Larson

Day	Session	Time	Fee	Course
M	Jan 7-Mar 11	5:45-6:45 p.m.	\$38R/\$43NR	#91680
W	Jan 2-Feb 27	5:45-6:45 p.m.	\$48R/\$53NR	#91681
M	Mar 18-Apr 29	5:45-6:45 p.m.	\$38R/\$43NR	#91682
W	Mar 6-Apr 24	5:45-6:45 p.m.	\$43R/\$48NR	#91683

## Kajukenbo Karate-Adults

Kajukenbo Karate is a blend of Korean Karate, Judo, Jujitsu, Kenpo Karate and Chinese Boxing (Gung Fu) into an extremely effective self-defense system created for our times. Classes are taught with an emphasis on physical conditioning, self-defense applications, grappling and traditional forms. Instructor, Sibak Mike Daplas, is a black belt in Rapacon's Kajukenbo. \$5 off for multiple family members in same course. No class January 22.

Age: 14+ ■ Willow Pass Community Center ■ Michael Daplas				
Day	Session	Time	Fee	Course
Tu-Th	Jan 8-31	7-8:30 p.m.	\$59R/\$64 NR	#91317
Tu-Th	Feb 5-28	7-8:30 p.m.	\$59R/\$64 NR	#91318
Tu-Th	Mar 5-28	7-8:30 p.m.	\$59R/\$64 NR	#91319
Tu-Th	Apr 2-25	7-8:30 p.m.	\$59R/\$64 NR	#91320
<b>Multi Session Discount – 20% off</b>				
Tu-Th	Jan 8-Apr 25	7-8:30 p.m.	\$189R/\$205 NR	#91321

## Karate-Shorinji Ryu-Adults

Shorinji Ryu, a traditional karate system created by O'Sensei Richard Kim, Hanshi, means 'Shaolin Temple' style and is taught in the traditional method of instilling self-control, mental focus, high spirit and composure in the face of danger. Aaron Holm, a black belt in Shorinji Ryu karate, has studied the martial arts since 1984 and has developed a dynamic teaching style that is highly motivating. \$5 off for additional family members in the same course.



Age: 15+ ■ Centre Concord ■ Aaron Holm				
Day	Session	Time	Fee	Course
Th	Jan 10-31	7:15-8:45 p.m. and		
Sa	Jan 10-31	9:30-10:30 a.m.	\$55R/\$60 NR	#91668
Th	Feb 2-28	7:15-8:45 p.m. and		
Sa	Feb 2-28	9:30-10:30 a.m.	\$59R/\$64 NR	#91669
Th	Mar 2-28	7:15-8:45 p.m. and		
Sa	Mar 2-28	9:30-10:30 a.m.	\$59R/\$64 NR	#91670
Th	Apr 4-27	7:15-8:45 p.m. and		
Sa	Apr 4-27	9:30-10:30 a.m.	\$55R/\$60 NR	#91671

<b>All Session Discount – 20% off</b>				
Th	Jan 10-Apr 27	7:15-8:45 p.m. and		
Sa	Jan 10-Apr 27	9:30-10:30 a.m.	\$138R/\$143 NR	#91672



## Taekwondo-Kenpo-Adults

An integrative approach of combining Taekwondo, Kenpo, and JuiJitsu into one martial art system. These three arts combine kicking, striking, joint locks, and ground-based fighting. Learn the principles of kindness, compassion, honor, humility, and integrity. Become a healthier, happier, and more balanced human. Ray Faulkenberry, Ph.D. is a 7th Degree Black Belt. 50% off additional family members that sign up together. Optional uniform at cost payable to instructor.

Age: 14+ ■ Baldwin Park Dance Studio ■ Ray Faulkenberry				
Day	Session	Time	Fee	Course
W, F	Jan 4-30	6:30-7:30 p.m.	\$59R/\$64 NR	#91784
W, F	Feb 1-27	6:30-7:30 p.m.	\$59R/\$64 NR	#91785
W, F	Mar 1-29	6:30-7:30 p.m.	\$66R/\$71 NR	#91787
W, F	Apr 3-26	6:30-7:30 p.m.	\$59R/\$64 NR	#91786

## Meditation 1 for Health and Well-Being

Meditation is known to promote inner peace and well-being, leading to improved health, and a deeper spiritual connection. In this class we will learn how to quiet our thoughts and tune into higher consciousness. Instructor, Mary Bruns, has practiced and taught meditation for over 30 years. Optional CD for \$10

Age: 16+ ■ Centre Concord ■ Mary Bruns				
Day	Session	Time	Fee	Course
Th	Jan 24-Feb 21	7-8:30 p.m.	\$59R/\$64 NR	#91778

## Meditation 2 Continuing the Journey

In Meditation 2, we deepen our connection to the Higher Mind to enhance our personal growth. Whether you took Meditation 1 recently or some time ago, this class will help you to fine tune your practice and experience transformation. \$5 payable to instructor for handouts. Optional CD for \$10.

Age: 21+ ■ Centre Concord ■ Mary Bruns				
Day	Session	Time	Fee	Course
Th	Feb 28-Mar 28	7-8:30 p.m.	\$59R/\$64 NR	#91856

## Pilates

A unique set of low impact exercises that strengthens and tones the body's core muscles, improves posture and flexibility, and creates a more streamline figure. Pilates increase ones inner strength, complementing almost all physical activities, enhancing overall health, posture, performance and physical appearance. Bring a sticky mat. Foam roller is optional. No class April 2 and 4.

Age: 16+ ■ Willow Pass Community Center ■ David Henry				
Day	Session	Time	Fee	Course
Th	Jan 3-Feb 21	6:30-7:20 p.m.	\$78R/\$83 NR	#91372
Tu	Jan 8-Feb 26	5:30-6:20 p.m.	\$78R/\$83 NR	#91371
Th	Feb 28-Apr 25	6:30-7:20 p.m.	\$78R/\$83 NR	#91374
Tu	Mar 5-Apr 30	5:30-6:20 p.m.	\$78R/\$83 NR	#91373

## Sun Style Tai Chi For Health – Beginning

Sun Style Tai Chi is powerful for healing and improves flexibility, stamina, strength, balance, relieves stress, decreases pain. Includes Qi Gong exercises/short meditations for immunity. Learn the beginner set. Instructor Robin Malby, certified Master Trainer for Dr. Paul Lam, has studied Qi Gong/Tai Chi since 1999.

Age: 21+ ■ Senior Center ■ Robin Malby

Day	Session	Time	Fee	Course
Tu	Feb 5-Apr 30	7-8 p.m.	\$68R/\$73NR	#91403

## Tai Chi Gong

Tai Chi Gong is designed to help you relieve stress, increase flexibility, improve balance, strengthen and tone muscles and quiet the mind. Standing meditation, Chi Gong exercises and Yang-style Long Form for beginners awaken the natural healing rhythms for body, mind and spirit. Instructor has been a healing arts professional for 30 years. [www.SugiHealth.com](http://www.SugiHealth.com)

Age: 14+ ■ Centre Concord ■ Amy Erez

Day	Session	Time	Fee	Course
Tu	Jan 8-Feb 26	6-7 p.m.	\$78R/\$83NR	#91363
Tu	Mar 5-Apr 30	6-7 p.m.	\$87R/\$92NR	#91364

## Sundown Yoga

This class uses poses (asanas) and breath in fluid physical challenging manner that engages the practitioner and brings one into balance. It's energizing and amazingly relaxing. Yoga increases vitality, improves health, state of mind and well-being. Develop flexibility, strength, and freedom. Bring sticky mat, block, strap. No class April 2.

Age: 18+ ■ Willow Pass Community Center ■ David Henry

Day	Session	Time	Fee	Course
Tu	Jan 8-Feb 26	6:30-7:20 p.m.	\$78R/\$83NR	#91376
Tu	Mar 5-Apr 30	6:30-7:20 p.m.	\$78R/\$83NR	#91377

## Turbo Strength Training

Get in shape by building beautiful muscles that burn fat and increase your metabolism! These total body strength training workouts last only 45 minutes and they are designed to improve your overall well-being by increasing your strength and cardiovascular endurance. Learn how to use dumbbells and countless exercises that target all the major muscles in your body. Get a leaner stronger body. No class January 21.

Age: 18+ ■ Transform FX Fitness Studio ■ AD Fitness

Day	Session	Time	Fee	Course
M, W-Th	Jan 7-31	5:30-6:15 p.m.	\$99R/\$104NR	#91396
M, W-Th	Feb 4-28	9:15-10 a.m.	\$99R/\$104NR	#91397

R = Concord Resident NR = Concord Non-Resident

## Weight Loss Challenge

Want to lose 5 or 50 pounds? Become our Biggest Loser at our 6-week Weight Loss Challenge. A weight loss coach will teach health education, proper nutrition, and encourage exercise in a group support setting. We'll also discuss how probiotics, hormones and detoxification affect weight. \$15 materials fee payable at first class.

Age: 14+ ■ Centre Concord ■ Monica Lo

Day	Session	Time	Fee	Course
Tu	Jan 8-Feb 12	6-7 p.m.	\$69R/\$74NR	#91271
Tu	Feb 19-Mar 26	6-7 p.m.	\$69R/\$74NR	#91272
Tu	Apr 9-May 14	6:30-7:30 p.m.	\$69R/\$74NR	#91741

## Yoga – Beginning

Everyone can practice yoga! In this class you will gain strength and flexibility and leave your stress behind in this Iyengar style class. The benefits are too numerous to list. Bare feet are essential. Bring a sticky mat.

Age: 18+ ■ Willow Pass Community Center ■ Susan Killoran

Day	Session	Time	Fee	Course
M	Jan 7-Apr 22	5:30-6:30 p.m.	\$87R/\$92NR	#91267
W	Jan 9-Apr 17	6:10-7:10 p.m.	\$94R/\$99NR	#91269

## Yoga – Intermediate

Anyone can practice yoga, whether you are a couch potato or an athlete. This Intermediate level Yoga class reduces stress and improves concentration.



Age: 18+ ■ Willow Pass Community Center ■ Susan Killoran

Day	Session	Time	Fee	Course
M	Jan 7-Apr 22	6:35-7:35 p.m.	\$87R/\$92NR	#91270

## Yoga for Lunch

Make the most of your lunch hour with this Yoga for Lunch class. This Hatha Yoga class uses ASANAS (poses) and PRANAYAMA (breathwork) in a fluid physical manner that brings the practitioner into balance which is both relaxing and energizing at the same time! Yoga increases energy and vitality, promoting improved health and well-being. Bring a sticky mat, block and strap. No class January 21, February 11 and 18, April 1 and 3.

Age: 18+ ■ Concord Police Dept. ■ David Henry

Day	Session	Time	Fee	Course
W	Jan 9-Feb 27	12:10-1 p.m.	\$78R/\$83NR	#91847
W	Mar 6-Apr 24	12:10-1 p.m.	\$68R/\$73NR	#91848

Age: 18+ ■ Concord Library ■ David Henry

Day	Session	Time	Fee	Course
M	Jan 7-Feb 25	12:10-1 p.m.	\$50R/\$55NR	#91849
M	Mar 4-Apr 29	12:10-1 p.m.	\$78R/\$83NR	#91850

## ZUMBA

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 more. Join us for an hour and see what change it makes in you. No class January 19 and April 6.

Age: 14+ ■ Centre Concord ■ Amelia Said

Day	Session	Time	Fee	Course
Sa	Jan 5-Feb 23	10:45-11:45 a.m.	\$42R/\$47NR	#91286
Sa	Mar 9-Apr 27	10:45-11:45 a.m.	\$42R/\$47NR	#91289

Age: 14+ ■ Willow Pass Center ■ Valerie Conwright

Day	Session	Time	Fee	Course
Tu	Jan 8-Feb 26	6:30-7:30 p.m.	\$47R/\$52NR	#91288
Tu	Mar 5-Apr 30	6:30-7:30 p.m.	\$53R/\$58NR	#91291

Age: 14+ ■ Baldwin Park Dance Studio ■ Valerie Conwright

Day	Session	Time	Fee	Course
Th	Jan 10-Feb 28	6:30-7:30 p.m.	\$47R/\$52NR	#91287
Th	Mar 7-Apr 25	6:30-7:30 p.m.	\$47R/\$52NR	#91290

## Zumba and Tone

Zumba and Toning Class is unique, fun, and beneficial. It combines traditional Latin dance styles, including salsa, mambo, cha-cha, cumbia and merengue, as well as hip-hop and belly dancing moves, and a blend of calorie-burning, strength-training class. You will get a half-hour of Zumba Fitness and a half-hour of Zumba Toning.

Age: 15+ ■ Baldwin Park Dance Studio ■ Cynthia Ryan

Day	Session	Time	Fee	Course
W	Jan 9-Feb 27	5-6 p.m.	\$51R/\$56NR	#91277
W	Mar 6-Apr 24	5-6 p.m.	\$51R/\$56NR	#91276

## SPECIAL INTEREST

### Minimizing Barking

Need a little more quiet in your house? While you can't teach a dog to never bark, you can minimize your dog's excessive barking. People only, please leave dogs at home.

Age: 18+ ■ Willow Pass Center ■ Sara Scott

Day	Session	Time	Fee	Course
Su	Jan 13	9:30-10:30 a.m.	\$23R/\$28NR	#91354

### Dog Street Smarts

Train your dog to walk nicely with you on a walk. Perfect your dog's leash manners while teaching him commands such as wait to cross streets, leave-it, how to pass by distractions and to respect the curb boundaries and traffic. The first class is for owners only, please leave dogs at home. Not appropriate for aggressive dogs, they may be excused from class.

Age: 18+ ■ Lime Ridge ■ Sara Scott

Day	Session	Time	Fee	Course
Sa	Feb 2-Mar 9	10-11 a.m.	\$123R/\$128NR	#91353

## Dog Training-Basic Manners

Start with the basics to teach good manners to unruly pooches using reward based techniques, like look, sit, down, stay, come, leash walking, wait. Owners learn how to solve common behavioral problems like pulling on leash and jumping. The first class is for owners only, please leave dogs at home. Not appropriate for aggressive dogs, they may be excused from class.



Age: 18+ ■ Lime Ridge ■ Sara Scott

Day	Session	Time	Fee	Course
Sa	Feb 2-Mar 9	11 a.m.-12 p.m.	\$123R/\$128NR	#91350
Sa	Mar 23-Apr 27	11 a.m.-12 p.m.	\$123R/\$128NR	#91351

## Doggie Zen

Are you looking for ways to encourage your exuberant dog to settle, focus and control in exciting situations? Using reward based techniques to focus and calm your dog while teaching exercises for loose leash walking, greeting without jumping, settle on mat, and more. The first class is for owners only, please leave dogs at home. Not appropriate for aggressive dogs, they may be excused from class.

Age: 18+ ■ Lime Ridge ■ Sara Scott

Day	Session	Time	Fee	Course
Sa	Mar 23-Apr 27	10-11 a.m.	\$123R/\$128NR	#91352

## Homemade Gnocchi

Gnocchi, is a delicious Italian small potato dumpling dish. 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: a ricer, paring knife, 2 forks, non-serrated knife, flour sifter, plastic ware to carry your gnocchi home, pulled back hair, closed comfortable shoes and apron. \$8 materials fee payable to instructor.

Age: 18+ ■ Centre Concord ■ Elizabeth Seaholm

Day	Session	Time	Fee	Course
Tu	Jan 22	6:30-8:30 p.m.	\$25R/\$30NR	#91380

## Spinach Pasta!

Learn to make homemade spinach 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. Requirements: Rolling pin, fork, non-serrated knife, 12 inch long plastic ware (to carry pasta home in), pulled back hair, closed comfortable shoes, and apron. \$5 materials fee payable to instructor. *Prerequisite: Know how to make pasta or have taken a basic pasta course.*

Age: 18+ ■ Centre Concord ■ Elizabeth Seaholm

Day	Session	Time	Fee	Course
Tu	Mar 26	6:30-8 p.m.	\$25R/\$30NR	#91384

## Pasta-How to Make Basic Pasta

There's nothing like the taste of fresh pasta! This small, intimate class size provides students personalized attention and one-on-one instruction. Learn to make homemade pasta from a few simple techniques-no bowls. Enjoy tasting the instructor's pasta while taking home your pasta. \$5 materials fee payable to instructor.



Age: 18+ ■ Centre Concord ■ Elizabeth Seaholm

Day	Session	Time	Fee	Course
Tu	Feb 26	6:30-8 p.m.	\$25R/\$30NR	#91381

## Italian Cookie-Pastarelli

Learn how to make a light fluffy Italian cookie called 'Pastarelli'. This hands-on pastry class teaches you how to handle the cookie dough, as well as the mixing and rolling techniques. \$10 materials fee payable to instructor.

Age: 18+ ■ Centre Concord ■ Elizabeth Seaholm

Day	Session	Time	Fee	Course
Tu	Apr 23	6:30-8 p.m.	\$25R/\$30NR	#91382

## NEW About Boating Safety

This class is an intro to boating and safety. Be informed about boating law: registration, regulation, safety equipment, reporting accidents and protecting the marine environment. Learn about navigation. Protect your investment, learn to transport, store and preserve your boat.

Age: 16+ ■ Centre Concord ■ Barry Campbell

Day	Session	Time	Fee	Course
Sa	Apr 13	8 a.m.-4 p.m.	\$52R/\$57NR	#91658

Discount: \$69R/\$74NR for 2 family members registering

## NEW Weekend Navigator Part 1

The class is designed to give boaters the rudiments of navigation (NAV) by using GPS as well as charts, navigation plotting tools and dead reckoning. The intent is to provide the student with a solid foundation with an emphasis on technique and not blind reliance on electronics. Includes a textbook and Certificate of Completion. All NAV tools, GPS Handhelds, local charts, tides and current tables are provided. The course is taught by the USCG-AUX.

Age: 16+ ■ Willow Pass Community Center ■ Lavonne Cassanova

Day	Session	Time	Fee	Course
M	Apr 1-29	7-8:30 p.m.	\$91R/\$96NR	#91564

Discount: \$120R/\$125NR for 2 family members registering

R = Concord Resident NR = Concord Non-Resident

## NEW Love is Letting Go of Fear

This course is based on the book *Love is Letting Go of Fear* by Dr. Gerald Jampolsky. It is filled with practical, daily lessons that teach us how to live in the present, embracing peace and love while overcoming fear and conflict. An introduction to A Course in Miracles.

Age: 18+ ■ Centre Concord ■ Amy Erez

Day	Session	Time	Fee	Course
Tu	Jan 29-Feb 19	7:15-8:15 p.m.	\$39R/\$44NR	#91792

## Estate Planning Basics

What is estate planning and why do you need it? Learn how to avoid unnecessary taxes and probate fees, and how to maintain control of the disposition of your property. The instructor is a licensed California attorney that specializes in estate planning, trust administration and probate.

Age: 18+ ■ Centre Concord ■ Joseph Doherty

Day	Session	Time	Fee	Course
W	Jan 23	7:30-8:45 p.m.	\$19R/\$24NR	#91398
W	Mar 27	7:30-8:45 p.m.	\$19R/\$24NR	#91399

## Trusts and Estate Planning Made Simple

Revocable Living Trusts avoid probate. But did you know that there are different kinds of Revocable Living Trusts? On death, a Trust can be expensive and complicated or simple and economical to administer, depending on which kind you choose. Have your questions answered by an experienced attorney who will explain exactly how Trusts and Wills work in a way that is easy to understand.

Age: 21+ ■ Senior Center ■ Raymond McFalone

Day	Session	Time	Fee	Course
Tu	Feb 26-Mar 5	9:30-11:30 a.m.	\$13R/\$18NR	#91727
Tu	Apr 23-30	9:30-11:30 a.m.	\$13R/\$18NR	#91728

## Free Legal Forms

Without a Will, the State of California chooses your beneficiaries, executor, and guardians for your children. In this workshop, each student will receive **FREE** 'fill in the blanks' Will, Durable Power of Attorney and Advanced Health Care Directive Forms. The instructor is an experienced estate planning attorney who will assist students in completing their forms.

Age: 21+ ■ Senior Center ■ Raymond McFalone

Day	Session	Time	Fee	Course
Tu	Jan 22-29	9:30-11:30 a.m.	\$13R/\$18NR	#91726

## Home Owners Alternatives & Mortgage Solutions

Do you owe more than your home is worth? Do you have questions about loan modifications, short sales, and foreclosure? Learn about making homes affordable through banks and Government programs such as HAFA and HAMP. Learn about how your credit will be affected and financial liability. Bring **ALL** your questions and learn about your options.

Age: 21+ ■ Centre Concord ■ Angela Martinez

Day	Session	Time	Fee	Course
Tu	Feb 26	6:30-8 p.m.	\$25 R/\$30 NR	#91731

## Small Business Development

This class will teach you how to start a small business. You will learn how to improve business through advertising and debt reduction and also receive valuable resources. Learn how you can benefit from social networking.

Age: 21+ ■ Senior Center ■ Debbie DeSousa

Day	Session	Time	Fee	Course
Tu	Jan 8	7-9 p.m.	\$35 R/\$40 NR	#91193

## Are You Considering a Career in Real Estate?

The unemployment rate in California is high. People of ALL ages are looking for employment alternatives. If you are considering a career in Real Estate, this is a class you will not want to miss. Find out about different jobs in the Real Estate/Housing Industry. Learn how to start and build a thriving career in real estate.

Age: 18+ ■ Centre Concord ■ Angela Martinez

Day	Session	Time	Fee	Course
Tu	Jan 22	6:30-8 p.m.	\$25 R/\$30 NR	#91730

## Buy Real Estate Under Market Value

Thinking of buying a home in today's real estate market? Short sales, foreclosures and REOs are common terms to describe homes for sale in today's market. Learn the pros and cons of each type of property and how to buy under market value. The class will also cover home financing and how to get the best loan rates and terms.

Age: 18+ ■ Centre Concord ■ Angela Martinez

Day	Session	Time	Fee	Course
Tu	Mar 12	6:30-8 p.m.	\$25 R/\$30 NR	#91732

## ADULT SPORTS

### Tennis for Adults

Join us for the sport of a lifetime. Participants will work with a great instructor, have a chance to make new friends, and have fun improving their tennis skills. Special attention will be given to the fundamentals of each stroke, serving and net play.

Age: 16+ ■ Willow Pass Park ■ Bill Patton

Day	Session	Time	Fee	Course
Th	Mar 7-28	7-8:30 p.m.	\$95 R/\$100 NR	#91810
F	Mar 8-29	9:30-11 a.m.	\$95 R/\$100 NR	#91809

### Softball Skills and Drills

Learn and enjoy softball through amazing skills and drills designed for all levels of ability. Participants will work with a great instructor, make new friends and have fun improving their mechanics in hitting, fielding, throwing, and pitching.

Age: 18+ ■ Willow Pass Park ■ Mark Garcia

Day	Session	Time	Fee	Course
W	Jan 9-30	7-8:15 p.m.	\$43 R/\$48 NR	#91896
W	Feb 6-27	7-8:15 p.m.	\$43 R/\$48 NR	#91897
W	Mar 6-27	7-8:15 p.m.	\$43 R/\$48 NR	#91898

**Parks  
Make  
Life  
Better!**



“It isn't what I have done for the Concord Senior Center but what it has done for me. It has given me a purpose in life and made me feel like a useful human being again.”

**Beverly Erwin**

Concord Senior Center Participant



Senior Center Classes  
See pages 31-36

More than 300 online courses



Learn from the comfort of home!

## > Instructor-Lead Online Courses

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

Any time of the day or night:

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

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

**Courses as low as \$99. For information call (925) 671-3419.**

## Concord Parks & Recreation

### Intro to Algebra

Understand how algebra is relevant to almost every aspect of your daily life, and become skilled at solving a variety of algebraic problems.

### Intro to CSS and XHTML

Learn to create state-of-the-art Web sites using modern CSS and XHTML techniques.

### Designing Effective Websites

Learn powerful graphic design techniques and build Web sites that are both attractive and wickedly effective.

### Dreamweaver CS5

Learn to use Adobe Dreamweaver CS5 to design, create, and maintain user-friendly Web sites full of professional-quality Web pages.

### Certificate in End of Life Care

Earn a certificate proving you understand the needs of individuals living with debilitating, chronic, or terminal illnesses.

### Get Funny!

Learn how to use humor to speak more effectively, write better, and increase your popularity.

### Keyboarding

Learn how to touch-type or improve your existing typing skills using Keyboarding Pro 5.

### Write Your Life Story

Learn how to create and distribute an inspirational and professional autobiography for family, friends, and others.

### Introduction to PC Troubleshooting

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

### Speed Spanish

Learn six easy recipes to glue Spanish words together into sentences, and you'll be engaging in conversational Spanish in no time.

### Creating Web Pages

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

### 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.

### Math Refresher

Gain confidence in your basic math skills and start using math to your advantage.

### A Writer's Guide to Descriptive Settings

Develop your eye for detail and improve your writing with vivid descriptions, memorable settings, and believable characters.

### Get Paid to Travel

Learn everything you need to start your new and exciting career as a professional tour director.

### Teaching Adult Learners

Learn powerful techniques for reaching and motivating adult learners in today's student-centered classroom.

### Going Green at the Workplace

Learn cost-effective ways to position your business as a responsible environmental leader in a world of green consumers and carbon-conscious regulators.

**Enroll Now!**

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

## Trip Difficulty Rating System

Our trip Difficulty Rating System ranks each trip from 1 to 4 according to the degree of activity and general travel rigors. For example, 1 is the easiest and 4 indicates the most strenuous.



### EASY

Up to 2 blocks of walking on even terrain and a few stairs. Periodic rest stops and intermittent seating available throughout the day.



### MILD

Between 2–4 blocks of even walking and short flight(s) of stairs. Resting areas vary. Standing approximately 30 minutes periodically over the day.



### MODERATE

Up to 4 blocks of walking and some incline and/or steps involved. Resting areas available at end of tour. Standing approximately 1 hour periodically over the day. Not appropriate for walkers and wheelchairs.



### STRENUOUS

More than 4 blocks of walking with many stairs and uneven terrain. No resting areas available for long periods of time. More than 1 hour of standing. Not appropriate for canes, walkers or wheelchairs.



## Transportation

### Please Note:

Unless otherwise specified, day trips use City–operated 15–passenger vans equipped with bench style seating. These vans offer limited accessibility. Please call Registration at 671–3404 for more information.



### Afternoon Tea at the Palace

Experience the elegance and tradition of afternoon tea in San Francisco at the Palace Hotel. Enjoy afternoon tea in the Garden Court. Since the early 1900s, guests have been enjoying elegant tea service in the Garden Court – where families and friends have enjoyed this magical experience. Immerse yourself in the romance and charm of turn-of-the-century grandeur and heritage. Fine china and silver service present delicate tea sandwiches, homemade scones, Devonshire cream, lemon curd and rose petal jam. Relax and sip a variety of tea – from classic blends to creative infusions.

Age: 12+ ■ North Concord BART Platform 2 Departure

Day	Session	Time	Fee	Course
Sa	Jan 19	11:45 a.m.–5 p.m.	\$60	#91703



### Academy of Sciences

Prepare to be Moved! Don't miss EARTHQUAKE, a major new exhibit and Planetarium show exploring the seismic science that has shaped Earth's evolution and continues to impact our lives today. Audio self guided tour and new Planetarium show that journeys through the San Andreas fault and delves into the earth's core.

Age: 18+ ■ Senior Center Departure Via Van

Day	Session	Time	Fee	Course
W	Jan 23	8 a.m.–4:30 p.m.	\$62	#91387



### Bay Model Visitors Center

A unique opportunity to see the three dimensional hydraulic model of San Francisco Bay and Delta areas capable of simulating tides, currents and eddies from the Pacific Ocean to Sacramento, Stockton and the Bay Area Bays. Learn the geography, topography, ecology, including Marinship, and natural history of San Francisco Bay and Delta. Presented by the Army Corps of Engineers. Then onto Sausalito for lunch on our own and shopping.

Age: 18+ ■ Senior Center Departure Via Van

Day	Session	Time	Fee	Course
Tu	Jan 29	9 a.m.–4:30 p.m.	\$42	#91392

### Fire Department Museum of San Francisco

The San Francisco Fire Department Historical Society offers us The Fire Museum in Memory of All the Firefighters Who Gave Their Lives. See the historical Fire Engines from 1850 to the present. Learn about the Great 1906 Earthquake and Fire, The Bucket Brigades, the horses and firemen heroes.



Age: 18+ ■ Senior Center Departure Via Van				
Day	Session	Time	Fee	Course
M	Feb 4	9 a.m.-4:30 p.m.	\$45	#91390

### Cache Creek

Deluxe motorcoach transportation to this Brooks California casino. Receive \$5 in food coupons, \$10 in match play or bonus play. Need 40 people registered by February 1. No refunds or cancellations after trip cut off date.

Age: 21+ ■ Senior Center Departure				
Day	Session	Time	Fee	Course
Tu	Feb 19	9 a.m.-4:15 p.m.	\$33	#91698

### Playland Not-at-the-Beach

Remember Playland in San Francisco? Now you can revisit it, indoors, in El Cerrito at Playland Not-at-the-Beach. Enjoy all the games, e.g. 30 pinball machines, Penny Arcade, Carnival Games of Skill and others. Also, Laughing Sal, Historic movies, an original Playland movie and much more. All games are free with admission except for 5 special quarter machines. Then lunch on your own in El Cerrito.

Age: 18+ ■ Senior Center Departure Via Van				
Day	Session	Time	Fee	Course
Sa	Feb 23	9:15 a.m.-3:30 p.m.	\$45	#91394

### Reno Snow Train

Join us for the fun-filled 1960 Murder Mystery trip to Reno aboard the AmTrak train with clues provided from roving performers throughout the train. You choose to participate or not as we travel through the beautiful snowy mountainous Donner Pass Route. Shuttle to/from AmTrak and lunch is provided on the train. We shuttle to and from the train to luxury Silver Legacy Hotel for two nights and three days with a special Winner's Book of Coupons. Register by December 18 with \$100 deposit. Final payment due January 18. No refunds unless a replacement has been found.

Age: 21+ ■ Senior Center Departure				
Day	Session	Time	Course	
Tu-Th	Mar 5-7	10:15 a.m.-5:15 p.m.	#91401	
\$324 Double Occupancy Per Person				
\$370 Single Occupancy Per Person				
\$316 Triple Occupancy Per Person				

### Beauty and the Beast Musical-Sacramento

Enjoy lunch on your own and shopping in Old Town Sacramento before the performance of the most beautiful love story ever told in Broadway's Musical Beauty and the Beast. Performed at Sacramento's new Community Theatre, Disney's eye-popping spectacle is filled with unforgettable characters, lavish sets and costumes, and dazzling production numbers. Limited seating; center front first tier.

Age: 18+ ■ Senior Center Departure Via Van				
Day	Session	Time	Fee	Course
Th	Mar 14	9:30 a.m.-5:30 p.m.	\$96	#91395

## Trips & Tours

### Procedures

Full Payment is required for all day trips and overnighters at the time of registration, unless specified otherwise.

Customers have the following ways to register.

- Walk in to the Senior Center Travel Desk. (Travel Desk is open from 9 a.m.-noon, Mon, Tue, Wed, Fri)
- Phone in to (925) 671-3320 Mon, Tue, Wed, Fri from 9 a.m.-noon
- [www.ConcordReg.org](http://www.ConcordReg.org)

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

Seats are assigned for Motorcoach trips.

Refunds may be requested up to the trip cut off date with a \$5 cancellation fee incurred. Unfortunately, refunds will not be honored after the trip cut off date. In the event that you request a refund after the trip cut off date the following may occur: If there is a wait list for the trip and someone from the waiting list is willing to take the space vacated by you, you will receive all but \$5 of the amount that you have paid for the trip.

## Taste of Yountville

A Taste of Yountville will feature samplings of gourmet restaurant fare, olive oils, mustards, wines and micro-brews along with music and entertainment. This tiny wine country hamlet is world renown for its gourmet restaurants, e.g., The French Laundry. Your admission passport provides a tasting starter of five tickets and your personal logo wine glass. Additional tasting tickets are available for purchase. Don't miss this fun and satisfying once a year event.

**Age: 18+ ■ Senior Center Departure Via Van**

Day	Session	Time	Fee	Course
Sa	Mar 16	10 a.m.-5 p.m.	\$71	#91476

## CA Missions Museum and Cline Winery

Walk the entire Mission Trail, under one roof, with a docent tour of the replica mission models exhibited at the 1939 World's Fair. Each of the 21 Missions is a one-of-a-kind, hand crafted model, thankfully purchased and preserved by the Cline Cellars Family. Then a tour of Sonoma Square, includes the Mission Sonoma. Lunch on your own, with restaurant recommendations. Time for shopping before returning to Cline Cellars for a tour and tasting.

**Age: 18+ ■ Senior Center Departure Via Van**

Day	Session	Time	Fee	Course
Tu	Mar 19	9 a.m.-5 p.m.	\$58	#91389

## Old Town Danville Walking Tour

Join this popular tour that goes through Old Town Danville and lasts about one hour. Trained docents will tell you about the origin of street names, the impact of fires and about the people who lived there. A special tour featuring Eugene O'Neill's time (1937-1944). Lunch on your own at the Peasant and the Pear.

**Age: 14+ ■ Senior Center Departure Via Van**

Day	Session	Time	Fee	Course
Sa	Mar 23	9:15 a.m.-2:15 p.m.	\$29	#91704

## San Francisco Flower & Garden Show

Nothing says Spring like the San Francisco Flower & Garden Show, the largest, world-class garden festival of its kind in the western United States. Twenty full-sized garden installations from top designers, seminars, edible gardens, bonsai, flower arranging, water conservation, lawn alternatives, demonstrations, garden walls and vendors. We go on the final day when plants are reduced before closing. Register by March 11. No refunds or cancellations after cut off date.

**Age: 21+ ■ Senior Center Departure Via Van**

Day	Session	Time	Fee	Course
Su	Mar 24	9 a.m.-6 p.m.	\$65	#91385

## Las Vegas Spring Time Getaway

Enjoy this 3 night, 4 day getaway. This trip is jam packed with Vegas excitement! Transfers from the Senior Center to Oakland airport and airport to hotel are included. 3 nights stay at the Excalibur Hotel.



A motor-coach trip to Hoover Dam. Join the fun at the Excalibur Tournament of the Kings dinner show. Insurance for medical reasons is included. Must register by January 15. No refunds.

**Age: 21+ ■ Senior Center Departure**

Day	Session	Time	Fee	Course
M-Th	Mar 25-28	10:30 a.m.-7:15 p.m.	\$675	#91691

## Conservatory of Flowers

Rare plants are on display at the Conservatory of Flowers along with four other exhibits of tropical and exotic plants for you to enjoy. Modeled after the Kew Gardens of London, this white glass architectural gem is a joy to behold and a treasure in Golden Gate Park. After lunch on your own at the deYoung Museum Café, we journey thru the historic Japanese Tea Garden. Appreciate the jewels of the orient tucked amongst the flowing waters and bonsai plants. Option of tea on your own from kimono clad servers to gracefully end your day.

**Age: 18+ ■ Senior Center Via Van**

Day	Session	Time	Fee	Course
Sa	Mar 30	9:30 a.m.-3:30 p.m.	\$69	#91705

## Railroad Museum & Old Town Sacramento

Catch the trains at America's most popular railroad museum. Experience lavishly restored trains, engaging exhibits and the documentary 'Evidence of a Dream' in this two floor museum. The museum houses over 20 restored locomotives and railroad cars along with thousands of smaller artifacts. Also, enjoy America's most comprehensive 20th century toy train exhibit. Bring your camera to capture the Stanford locomotive, the elegant Private cars of the wealthy. Lunch will be on your own at the famous Crab Shack. Van tour of Old Sacramento and specialty shops. Free time to explore and shop before returning home. Enjoy a step back into Gold Rush Time.

**Age: 18+ ■ Senior Center Departure Via Van**

Day	Session	Time	Fee	Course
Sa	Apr 6	9 a.m.-5:30 p.m.	\$60	#91388

### Magic Bus of San Francisco

It's not just a sightseeing tour, it's a trip! The Magic Bus will transport you to the 1960s San Francisco for a fun, historical tour. Become a part of the Beatnik generation, See Haight-Ashbury in the Summer of Love and more as you see the past come alive with projection screens that give you a look back in time. Sing along to classic tunes 'with a flower in your hair'. Leisurely lunch on your own. Shop in Union Square before the tour.

Age: 18+ ■ North Concord BART Platform 2 Departure

Day	Session	Time	Fee	Course
F	Apr 12	9a.m.-4:30p.m.	\$69	#91391

### Gilroy Gardens - Formerly Bonfante Home of the Circus Trees

This beautiful and blooming park features six Majestic Gardens, Four Learning Sheds, Honey Bee Living Hive Hut, the Famous Circus Trees (featured in Ripley's Believe It or Not), The Big Trees, a Giant Greenhouse full of Butterflies, Rides, a Water-Play Area, and more! California's only Horticultural Theme Park, was created and built by Michael Bonfante. Enjoy lunch on your own in the park. Register by April 10. No cancellations or refunds after cut off date.



Age: 18+ ■ Senior Center Departure Via Van

Day	Session	Time	Fee	Course
Sa	Apr 13	9a.m.-5p.m.	\$49	#91675

### UC Berkeley Botanical Garden

With our docent, we explore the Garden's incredible diversity of plants from six continents, including environments as diverse as deserts, tropical forests, redwood forests and wetlands. You will see annuals, perennials, shrubs, and trees in a dazzling array of colors, forms and textures. Then onward to Berkeley for lunch on your own and browsing along the famous Fourth Street.

Age: 18+ ■ Senior Center Departure Via Van

Day	Session	Time	Fee	Course
W	Apr 17	9:15 a.m.-4:15 p.m.	\$45	#91393



### Giants vs. the Padres at AT&T Park

Take me out to the ball game...buy some peanuts and Cracker Jack. Let's root for the Giants as they play against the Padres. Register by January 15. No refunds or credits after trip cut off.

Age: 18+ ■ Senior Center Departure Via Van

Day	Session	Time	Fee	Course
Sa	Apr 20	4:30-10p.m.	\$83	#91702

### Red Hawk Casino

Red Hawk Casino in Placerville, offers all the amenities and attractions you'd expect in a Northern California casino. Not to mention it is surrounded by the amenities nature provides - beautiful views, breathtaking scenery and an unforgettable experience. Red Hawk Casino has a game for you ~ in every way you like to play ~ in their world class gaming floor. Your luck is about to change, 2000 Slot Machines, Progressive Jackpots, 75 Table Games, great restaurants, gift shop, and much more! Minimum 40 registered by April 2. No refunds or cancellations after trip cut off date.

Age: 50+ ■ Senior Center Departure Via Motorcoach

Day	Session	Time	Fee	Course
Tu	Apr 23	9a.m.-5:30p.m.	\$31	#91699

### San Francisco Beer Festival

Your admission gains access to 3,500 to 4,000 square feet of beer and food enthusiasts. Enjoy a bottomless mug of hundreds of craft beers from favorite local and international breweries as well as delicious eats from sensational San Francisco restaurants and music. This is the sole fundraiser for the Telegraph Hill Cooperative Nursery School. Consider it drinking (responsibly) for a better tomorrow.

Age: 21+ ■ Senior Center Departure Via Van

Day	Session	Time	Fee	Course
Sa	Apr 27	6-9:30p.m.	\$80 Res	#91700

## ARTS AND CRAFTS

## Fun with Yarn

Bring the craft that you enjoy or come to learn a new craft, knitting or crocheting. Join other crafty people and enjoy their company as you work on your craft or learn a new one. Enjoy camaraderie and support of people of all levels. This class is for beginners or those refreshing their skills.

Age: 21+ ■ Senior Center ■ TBD

Day	Session	Time	Fee	Course
F	Jan 11-Apr 26	9:30-11:30 a.m.	\$20	#91735

## The Art of Japanese Brush Painting and Calligraphy

Anyone is welcome to join this class to learn how to paint trees, flowers, fruits, a cat or dog with simple brush strokes. Learn to write your name and other words with Japanese calligraphy. A supply list will be provided, or purchase the supplies from the instructor. Ann has been teaching art over 50 years.

Age: 50+ ■ Senior Center ■ Ann Nakatani

Day	Session	Time	Fee	Course
W	Jan 9-Feb 27	10:30-11:30 a.m.	\$51	#91331
W	Mar 6-Apr 24	10:30-11:30 a.m.	\$51	#91332

## TECHNOLOGY

## Computer Nuts and Bolts

You will be introduced to basic computer functions such as: how to turn on the computer and logon, navigate with a mouse and find software applications. Learn basic functions on the web such as launching a browser, enlarging text on web pages and creating a free email account. Discover how to navigate the Internet using different search engines.

Age: 21+ ■ Senior Center ■ Walter Sanchez

Day	Session	Time	Fee	Course
M	Jan 7-28	1:30-3 p.m.	\$15	#91737
F	Jan 11-25	11 a.m.-12:30 p.m.	\$15	#91738
F	Feb 8-22	11 a.m.-12:30 p.m.	\$15	#91739
M	Mar 4-18	3:15-4:15 p.m.	\$15	#91740



## Introduction to Computers with Internet Topics

Introduction to Windows: This class includes terminology, familiarization with the desktop, using the mouse, using toolbars and menus, creating shortcuts, and opening and closing programs. File Management: Where did my files go? You will learn how to save files so they can be easily located, creating folders. A basic introduction to the Internet will be given.

Age: 21+ ■ Senior Center ■ Walter Sanchez

Day	Session	Time	Fee	Course
F	Feb 8-22	11 a.m.-12:30 p.m.	\$15	#91743
M	Apr 1-15	3:15-4:15 p.m.	\$15	#91742
M	Apr 22-May 6	1:30-3 p.m.	\$15	#91744

## Facebook

You will be introduced to the popular social networking website—Facebook. Through discussion and hands-on experience, you will set up an account. Experience the excitement and benefit that can come from networking with friends and family. Registered students should have a basic knowledge of how to use the Internet. Participants need an email address prior to attending this class.

Age: 21+ ■ Senior Center ■ Walter Sanchez

Day	Session	Time	Fee	Course
F	Jan 11-18	12:45-2:15 p.m.	\$19	#91746
F	Apr 26-May 3	12:45-2:15 p.m.	\$19	#91747

**NEW** How to Buy and Sell on eBay and Craig's List

Two popular websites will be discussed in this class. eBay is an online auction and shopping website featuring a variety of new and used goods and services. Craig's List consists of classified advertisements devoted to jobs, housing, personals, for sale, and services. Learn how to buy or sell items of your choice.

Age: 21+ ■ Senior Center

Day	Session	Time	Fee	Course
F	Apr 5-12	2:15-4:15 p.m.	\$13	#91748

**NEW** How To Use Your Cell Phone

Do you have a cell phone but don't know exactly how to use it? Have you designated an ICE (In Case of Emergency contact)? Learn how to enter contacts in your phone book. Establish speed dial for friends and family members with the touch of 1 or 2 buttons. Learn how simple texting can be.

Age: 21+ ■ Senior Center ■ Walter Sanchez

Day	Session	Time	Fee	Course
F	Mar 8-15	12:45-2:15 p.m.	\$13	#91745

## DANCE, MUSIC AND PERFORMING ARTS

### Line Dance-Basic 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. No class March 22 and April 19.



Age: 21+ ■ Senior Center ■ Dorothy F. Moore

Day	Session	Time	Fee	Course
F	Jan 4-Feb 22	9:10-10:10 a.m.	\$43	#91749
F	Mar 1-Apr 26	9:10-10:10 a.m.	\$38	#91750

### Line Dance-Intermediate

Line dancing stimulates the heart. The class is a memory booster since you memorize the pattern of steps. The music alone is invigorating. So come join the fun. No class March 22 and April 19.

Age: 50+ ■ Senior Center ■ Dorothy F. Moore

Day	Session	Time	Fee	Course
F	Jan 4-Feb 22	10:30-11:30 a.m.	\$43	#91257
F	Mar 1-Apr 26	10:30-11:30 a.m.	\$38	#91258

### Tap Intermediate

You will learn additional fancy footwork with precise rhythmic patterns. No class February 8, March 15, 22 and April 19.

Age: 50+ ■ Baldwin Park ■ Terry Davis

Day	Session	Time	Fee	Course
F	Jan 4-Feb 15	10:15-11 a.m.	\$33	#91659
F	Feb 22-Apr 26	10:15-11 a.m.	\$38	#91660

## ENRICHMENT

### My Family Stories

New writer or experienced? We need both! Family stories can be interesting, fun, and informative for future generations. This class gives you the skills to turn family anecdotes into readable tales and create a legacy for future generations. Taught by returning author and instructor, Dr. Ann Thomas.

Age: 50+ ■ Senior Center ■ Ann Thomas

Day	Session	Time	Fee	Course
W	Jan 9-Feb 13	10 a.m.-12 p.m.	\$37	#91248

## HEALTH AND FITNESS



### Age Strong Live Long Healthy Lifestyle Expo

This event features a plethora of information on health, education, recreation, and transportation. Various health screenings will be available on site. Don't miss one of the biggest events of the year. Free to attend. Speakers and workshops to be announced. Register to reserve your lite lunch.

Age: 21+ ■ Senior Center ■ TBD

Day	Session	Time	Fee	Course
F	Apr 19	9:30 a.m.-2 p.m.	\$5	#91366

### NEW Know Your Numbers

You can avoid sweets and still have high blood sugar. You can say no to fried food and still have high cholesterol. The point of knowing your numbers is that you can't manage what you don't know. Receive screenings for cholesterol, diabetes, high blood pressure, and body mass index. Complete the four session program, sponsored by SCAN Health Plan, for a prize pack!

Age: 50+ ■ Senior Center ■ Delena Penner

Day	Session	Time	Fee	Course
M	Feb 25-Mar 18	10-11 a.m.	\$2	#91359

### NEW English Cooking Matters

For six weeks, professional chefs and nutritionists volunteer their time to lead hands-on courses teaching you how to prepare nutritious foods in healthful, safe and tasty ways on a limited budget. In each class, participants prepare and eat a simple, healthy meal and take home a bag of ingredients to prepare at home. Each participant will receive a Cooking Matters curriculum book and cutting board upon graduation.

Age: 50+ ■ Senior Center ■ Vicky Lizarraga

Day	Session	Time	Fee	Course
Tu	Jan 8-Feb 12	10 a.m.-12:30 p.m.	\$2	#91251

## Fit & Low

The class is designed for active adults. It incorporates aerobic, strength, and choreographed patterns performed on the floor at low to moderate intensities, as desired, with low impact to the body. A segment of resistance training exercises may follow the cardiovascular workout, along with abdominal exercises, cool down and stretch.

Age: 50+ ■ Senior Center ■ Amelia Said

Day	Session	Time	Fee	Course
Th	Jan 10-Feb 28	10:30-11:30 a.m.	\$43	#91760
Th	Mar 7-Apr 25	10:30-11:30 a.m.	\$43	#91761
Tu	Jan 8-Feb 26	9:30-10:30 a.m.	\$43	#91764
Tu	Mar 5-Apr 30	9:30-10:30 a.m.	\$48	#91765

## 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 and Angela Ong. No class on January 21, February 11 and 18.



Age: 50+ ■ Senior Center ■ Han Ong

Day	Session	Time	Fee	Course
M	Jan 7-Mar 11	10:30-11:30 a.m.	\$31	#91751
M	Jan 7-Mar 11	9:10-10:10 a.m.	\$31	#91752
M	Mar 18-Apr 29	10:30-11:30 a.m.	\$31	#91753
M	Mar 18-Apr 29	9:10-10:10 a.m.	\$31	#91754

## Qigong & Sun Style Tai Chi for Health-Intermediate



Students study the entire sequence of Sun Style Short Form. Deeper layers, Yang Style Tai Chi and Qigong sets will be explored to increase flow, stamina, relaxation. Instructor Robin Malby, a certified Master Trainer for Dr. Paul

Lam, has studied and taught Qigong/Tai Chi since 1999.

Age: 50+ ■ Senior Center ■ Robin Malby

Day	Session	Time	Fee	Course
Tu	Jan 22-Apr 30	5:45-6:45 p.m.	\$78	#91402

## Qigong & Tai Chi for Health-Advanced

Students perform all Sun Style Short Form movements and refine to a deeper level. Class explores Tai Chi principles, Qigong, Yang style, and two other combined Tai Chi for Health programs. Instructor Robin Malby is a certified Master Trainer for Dr. Paul Lam.



Age: 50+ ■ Senior Center ■ Robin Malby

Day	Session	Time	Fee	Course
Tu	Jan 22-Apr 30	4:30-5:30 p.m.	\$78	#91454

## Qigong as a Path to Balanced Health

Qigong exercises gently increase energy, vitality, strengthen the body and immune system, and create relaxation. Qigong forms by various respected healers will be taught which include standing, moving and sitting meditations. Instructor Robin Malby has studied/taught since 1999 and holds multiple certifications in Qigong and Tai Chi styles.

Age: 50+ ■ Baldwin Park ■ Robin Malby

Day	Session	Time	Fee	Course
W	Feb 6-Apr 24	9:30-10:30 a.m.	\$63	#91400

## Senior Bocce Lessons

Enjoy the brand new bocce courts at Baldwin Park. This ancient game, whose modern adaptation most closely resembles bowling, requires skill, strategy and just a little luck. Bocce ball is a great outdoor game. Come learn how to play this fun game of bocce. Meet at the Baldwin Park bocce courts.



Age: 50+ ■ Baldwin Park ■ Alfredo

Day	Session	Time	Fee	Course
F	Apr 5-12	9:30-11:30 a.m.	\$10	#91367

## Un-Believe-A-Ball

This non-traditional resistance training class incorporates a 55cm stability resistance ball, used by physical therapists. Using the ball as our primary tool we will actively engage the core, improve balance and challenge muscles in unbelievable ways. All you need is a mat and a positive attitude to succeed in this class. No class March 5.

Age: 21+ ■ Baldwin Park ■ Andrea Legault

Day	Session	Time	Fee	Course
Tu	Jan 8-Feb 26	9:30-10:30 a.m.	\$43	#91357
Tu	Mar 12-Apr 30	9:30-10:30 a.m.	\$43	#91358

## Yoga and Wellness

The health benefits of yoga are numerous. Regular practice builds strength, improves flexibility, balance, and promotes a feeling of calm. The breathing naturally becomes deeper, slower and more regular which benefits the immune and cardiovascular systems as well. Please bring your own yoga mat and towel for floor exercises.

Age: 50+ ■ Baldwin Park ■ Maxine Davis

Day	Session	Time	Fee	Course
Th	Jan 10-Feb 28	9:15-10:15 a.m.	\$67	#91776
Th	Mar 7-Apr 25	9:15-10:15 a.m.	\$67	#91777

## Yoga For Seniors

This class will provide you with strength, flexibility, spinal alignment and relaxation which contribute to a healthy back and whole body. Hatha yoga, includes breathing exercises, physical postures, and relaxation techniques, is beneficial for people at any age and level of physical ability. Class is performed standing or seated. No mat work. No prior yoga experience necessary.



Age: 50+ ■ Baldwin Park ■ Melissa Vinson

Day	Session	Time	Fee	Course
Tu	Jan 8-Feb 26	11 a.m.-12 p.m.	\$67	#91755
Tu	Jan 8-Feb 26	12:15-1:15 p.m.	\$67	#91857
Tu	Mar 5-Apr 30	11 a.m.-12 p.m.	\$75	#91756
Tu	Mar 5-Apr 30	12:15-1 p.m.	\$75	#91858



## Zumba Gold

This fun class 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 who may be limited physically. It is done at a low intensity. Zumba can be done from a chair or wheelchair. Listen to upbeat music as you exercise.

Age: 50+ ■ Senior Center ■ Amelia Said

Day	Session	Time	Fee	Course
Tu	Jan 8-Feb 26	10:30-11:30 a.m.	\$43	#91766
Tu	Mar 5-Apr 30	10:30-11:30 a.m.	\$48	#91767
Tu	Jan 8-Feb 26	11:30 a.m.-12:30 p.m.	\$43	#91768
Tu	Mar 5-Apr 30	11:30 a.m.-12:30 p.m.	\$48	#91771
Th	Jan 10-Feb 28	11:45 a.m.-12:45 p.m.	\$43	#91769
Th	Mar 7-Apr 25	11:45 a.m.-12:45 p.m.	\$43	#91770

## NEW Zumba Toning

Zumba toning is designed to blend body-sculpting techniques and specific Zumba moves into one calorie burning, strength-training class. We will be using weighted, maraca-like Zumba toning sticks to enhance rhythm and build strength. Zumba toning sticks may be purchased for \$25 from the instructor on the first day of class.

Age: 21+ ■ Senior Center ■ Cynthia Ryan

Day	Session	Time	Fee	Course
M	Jan 7-Mar 11	4:30-5:30 p.m.	\$38	#91772
M	Mar 18-Apr 29	4:30-5:30 p.m.	\$38	#91773

## SPECIAL INTEREST

### Get a Clipper Card... Learn How to Use It

Seniors 65+ years old get a free senior Clipper card and learn how to use it. Bring one of the following forms of identification: Driver's license, State ID card, Alien Registration/Permanent Resident Card, Passport. Call BART at (510) 464-7137 about this class.

Age: 65+ ■ Senior Center ■ Michael Maeda

Day	Session	Time	Fee	Course
M	Jan 28	9:30-11:30 a.m.	Free	#91249

### NEW Never Forgotten Korean War Vets

It is called the Forgotten War, but the Korean War had a lasting impact on the shape of the modern world. We invite you to take a trip back to the America of the early 1950s and discover the national monument that started a movement of appreciation for those who braved so much to defend freedom in a foreign land.

Age: 18+ ■ Senior Center ■ Becky Ringler

Day	Session	Time	Fee	Course
W	Mar 13	10-11 a.m.	\$2	#91360

### Senior Discounts on Gas, Electricity & more Via the C.P.U.C.

The California Public Utilities Commission has several programs that help consumers lower their utility bills. Learn about programs that you may be eligible to receive assistance for gas and electricity, weatherization services, and telephone service for the deaf and disabled. This is one workshop your pocketbook can't afford to miss.

Age: 50+ ■ Senior Center ■ TBD

Day	Session	Time	Fee	Course
W	Feb 20	9:30-11:30 a.m.	Free	#90876

### Volunteer Orientation

Learn about volunteer opportunities at the Concord Senior Center. Please download and print a volunteer application at [http://www.cityofconcord.org/pdf/recreation/programs/senior\\_volunteers.pdf](http://www.cityofconcord.org/pdf/recreation/programs/senior_volunteers.pdf). Please bring the completed application to the orientation.

Age: 16+ ■ Senior Center ■ Staff

Day	Session	Time	Fee	Course
Tu	Jan 22	10:30-11:30 a.m.	Free	#91368
Tu	Mar 26	10:30-11:30 a.m.	Free	#91369
Tu	Apr 23	10:30-11:30 a.m.	Free	#91370

## Concord Senior Center

**Health & Human Services****City of Concord – 50 & Better Program**

The Senior Center partners with non-profit agencies in expanding services to meet the needs of the 50 & Better community. This joint effort is vital to serving the entire community.

Call the Senior Center at (925) 671-3320 for an appointment or for more information between 9 a.m. and 12 p.m. or email [concordseniorcenter@ci.concord.ca.us](mailto:concordseniorcenter@ci.concord.ca.us)

**Concord Senior Center**  
**2727 Parkside Circle**  
**Concord, CA 94519**  
**Phone: 925-671-3320**

**Care Manager – NEW SCHEDULE**

Discover a wide variety of assistance and resources available to you in the community. Appointments are available **Wednesday from 10 a.m.–2 p.m. and Thursday from 9 a.m.–12 p.m.** For more information or to schedule an appointment contact the center.

**CC Cafe Hot Lunch Program**

is open to adults 60+ and younger spouses. Meals are served daily at 11:30 a.m. You are required to register prior to starting the program. Contact the Café at (925) 825-1488 between **9 a.m. and 11:30 a.m.** for more information and a menu.

**Blood Pressure Screening by John Muir Senior Services**

Screenings are scheduled on the third Friday of each month at **9:30 a.m. to 11:30 a.m.** No appointment necessary.

**Vision Support Group**

Michael Mailer with the Lions Center for the Visually Impaired leads a **FREE** monthly support group for the visually impaired every **2nd Wednesday of the month at 1 p.m.** No registration necessary.

**Senior Peer Individual Counseling by Contra Costa Health Services**

Senior Peer Counseling offers individual one-on-one, 45-minute counseling sessions each **Tuesday, 12 p.m.–3 p.m.** Services are free and confidential. Call for an appointment.

**HICAP – Health Insurance Counseling and Advocacy Program**

Program provides free counseling about Medicare Benefits, Medicare Supplements, HMO's and Nursing Home Insurance. Advisors are available on the 2nd, 3rd and 4th Friday of each month from 1–3 p.m. **NEW! 1st & 2nd Tuesday from 1–3 p.m.** Appointments are required to see a counselor.

**Legal Assistance**

Currently there is no lawyer on site. For legal assistance call **Contra Costa Senior Legal Services at 510-374-3713.**

**Notary Services (New! Additional Day)**

Services are provided free of charge from **10:30–11:30 a.m. every Monday and Wednesday, 1–2 p.m.** No appointment necessary.

**AARP Driver Safety**

This course is taught on the **1st and 2nd Wednesday** every other month from **9 a.m.–1 p.m.** Cost for AARP members: \$12; cost for non members: \$14. Call to register.

**SPECIAL RECREATION**

**Special Recreation Bowling**

Bowling is back in session. Let's get movin', movin', movin'. Join our Bowling team the "Strikers"! Have a blast meeting new people and making friends! Shoes are included.

Age: 16+ ■ Clayton Valley Bowl ■ Staff

Day	Session	Time	Fee	Course
Tu	Jan 8-Feb 26	3:30-5:30 p.m.	\$51	#91715
Tu	Mar 5-Apr 30	3:30-5:30 p.m.	\$57	#91716

**Special Recreation Community Dances**

Come one and all and have a good time dancing your heart out! Bring a snack to share. Dances rotate amongst the two locations: Concord and Walnut Creek. \$6.00 cash or check payable at the door!

Age: 16+ ■ Concord Senior Center ■ 2727 Parkside Circle

Day	Session	Time
F	Jan 18	7-9 p.m.
F	Mar 15	7-9 p.m.

Age: 16+ ■ Walnut Creek Heather Farm ■ 301 N. San Carlos Drive

Day	Session	Time
F	Feb 8	7-9 p.m.
F	Apr 12	7-9 p.m.



Hillcrest Park

The City of Concord has reservable picnic sites at:

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



For more information visit [www.cityofconcord.org/picnic](http://www.cityofconcord.org/picnic) or call 671-3404.

**Age Strong Live Long Healthy Lifestyle Expo  
Resources and Information for Seniors and Families**

**Friday, April 19, 2013  
9:30 a.m. - 2 p.m.  
FREE to attend. \$5 Lite Lunch**



**Concord Senior Center  
2727 Parkside Circle  
Phone: 671-3320, ext. 1**

Sponsored by:



**Presentations**

- Age Well Drive Smart
- Meet the Pharmacists
- Health Care Directives / Durable Power of Attorney
- And Many More

**Screenings & Interactive Exercises**

- Hearing
- Blood Pressure
- Memory
- Balance
- And More

**Reserve your lite lunch for \$5.**

## CONCORD COMMUNITY POOL

3501 COWELL ROAD, CONCORD • 671-3474

### Lap Swim

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



#### Fees

Daily	\$5.25 R / \$6.25 NR
Monthly	\$70 R / \$75 NR
15 Swims	\$62 R / \$72 NR

<b>Winter Lap Swim</b>	<b>Dec 1–Feb 28</b>
M, W, F	6 a.m.–1 p.m.
Tu, Th	7 a.m.–1 p.m.
Sa–Su	10 a.m.–Noon

<b>Holiday hours</b>	<b>10 a.m.–Noon</b>
Martin Luther King	Jan 21
Presidents Day	Feb 18

#### Pool Closures

Furlough Days	Dec 24, 26, 27, 28, 31
Holidays	Dec 25, Jan 1

<b>Spring Lap Swim</b>	<b>Mar 1–Jun 16</b>
M, W, F	6 a.m.–1 p.m.
Tu, Th	7 a.m.–1 p.m.*
*May 16	Short course only Lap Swim
M–Th	7 p.m.–8:30 p.m. (Long Course Only)
Sa & Su	10 a.m.–Noon

<b>Holiday Hours</b>	<b>10 a.m.–Noon</b>
Memorial Day	May 27

#### Pool Closures

Furlough Days	Mar 22, Apr 19, May 17
Swim Meet	Apr 20–21, May 17–18

## SPRING RECREATIONAL SWIM HOURS

<b>Spring Hours</b>	<b>May 25–Jun 16</b>
Sa–Su	1–4 p.m.

Admission	Daily	15 swim pass
Adult (18+)	\$5.25 R \$6.25 NR	\$62 R \$72 NR
Child (6–17)	\$4.50 R \$5.25 NR	\$55 R \$66 NR
Tot (5 & Under)	\$4 R \$4.25 NR	\$46 R \$56 NR

Family Pass up to 4 family members \$275 R / \$295 NR  
(\$20 for each additional member)



*Make a difference in someone's life...  
become a professional rescuer!*

### Lifeguard Clinic

Upon completion of this course you will be eligible to work in the exciting and challenging environment of Aquatics providing water safety and fun for your community.

**Prerequisites:** Must be at least 15 years of age by the first day of class. Swim 200 yards, tread water for 1 minute and retrieve a 10lb brick from a depth of 9 feet.



Age: 15+ ■ Concord Community Pool

Day	Session	Time	Fee	Course
M–Th	Apr 1–4	9 a.m.–4 p.m.	\$201 R / \$206 NR	#91494
Tu, Th	May 7–30	6–9 p.m.	\$201 R / \$206 NR	#91495
Tu, Th	Jun 4–27	6–9 p.m.	\$201 R / \$206 NR	#91496

### CPR

Includes basic CPR skills for adults, children and infants; plus performing two-rescuer CPR, using a resuscitation mask and a bag-valve mask and how to use an automated external defibrillator (AED) for victims of sudden cardiac arrest.

Age: 14+ ■ Location TBD

Day	Session	Time	Fee	Course
W	Feb 20	5:30–9 p.m.	\$53 R / \$58 NR	#91497
W	Apr 17	5:30–9 p.m.	\$53 R / \$58 NR	#91498
W	Jun 12	5:30–9 p.m.	\$53 R / \$58 NR	#91499

### First Aid

Everyone should be able to perform first aid, because most people will eventually find themselves in a situation requiring it, either for another person or for themselves.

Age: 10 + ■ Location TBD

Day	Session	Time	Fee	Course
W	Mar 20	6–8:30 p.m.	\$43 R / \$48 NR	#91505
W	May 15	6–8:30 p.m.	\$43 R / \$48 NR	#91506

### Lifeguard Review

This course is for those who currently hold a current lifeguard certificate which is soon to expire. Curriculum will include CPR for the Professional Rescuer, First Aid, and Lifeguarding skills.

**Prerequisites:** Must possess a current Lifeguard Certification.

Age: 15+ ■ Concord Community Pool

Day	Session	Time	Fee	Course
Sa	Apr 27	9 a.m.–5 p.m.	\$151 R / \$156 NR	#91515
Sa	May 11	9 a.m.–5 p.m.	\$151 R / \$156 NR	#91516
Sa	Jun 1	9 a.m.–5 p.m.	\$151 R / \$156 NR	#91517

## SATURDAY CLASSES

### Group Swim Lessons

Concord Community Pool ■ \$48 R / \$53 NR

Day	Session	Time	Preschool Ages 3-5	Elementary Ages 6+
Sa	May 4-Jun 15*	9:50-10:20 a.m.	#91649	#91539
Sa	May 4-Jun 15*	10:25-10:55 a.m.	#91650	#91540
Sa	May 4-Jun 15*	11-11:30 a.m.	#91605	#91541
Sa	May 4-Jun 15*	11:35 a.m.-12:05 p.m.	#91606	#91542
Sa	May 4-Jun 15*	12:10-12:40 p.m.	#91651	#91543

\*No classes will be held Saturday, May 18.

### Private Swim Lessons

Ages: 3-Adult ■ Concord Community Pool ■ \$79 R / \$84 NR

Day	Time	May 4-25*	Jun 1-15
Sa	9:50-10:20 a.m.	#91649	#91607
Sa	10:25-10:55 a.m.	#91650	#91608
Sa	11-11:30 a.m.	#91605	#91609
Sa	11:35 a.m.-12:05 p.m.	#91606	#91610
Sa	12:10-12:40 p.m.	#91651	#91611

\*No classes will be held Saturday, May 18.

### Parent and Me Aquatots

Bubblers: Ages 10 months-18 months ■ Concord Community Pool

Day	Session	Time	Fee	Course
Tu, Th	May 7-30	11:35-12:05 p.m.	\$65 R / \$70 NR	#91527
Sa	May 4-Jun 15*	11:35-12:05 p.m.	\$48 R / \$53 NR	#91526

\*No classes will be held Saturday, May 18.

Paddlers: Ages 18 months-36 months ■ Concord Community Pool

Day	Session	Time	Fee	Course
Tu, Th	May 7-30	12:10-12:40 p.m.	\$65 R / \$70 NR	#91530
Sa	May 4-Jun 15*	12:10-12:40 p.m.	\$48 R / \$53 NR	#91529

\*No classes will be held Saturday, May 18.

### Diving

Prerequisite: Must complete Elementary Level III to enroll.

Concord Community Pool ■ \$48 R / \$53 NR

Session	Day	Time	Beginner
May 4-Jun 15*	Sa	12-12:30 p.m.	#91534

\*No classes will be held Saturday, May 18.

## WEEKDAY CLASSES

### Preschool Swim Lessons

3-5 Years Old ■ Concord Community Pool ■ \$65 R / \$70 NR

M-Th	3:45-4:15 p.m.	4:20-4:50 p.m.	4:55-5:25 p.m.	5:30-6 p.m.
Apr 8-18	#91576	#91577	#91578	#91579
Apr 22-May 2	#91580	#91581	#91582	#91583
May 6-16	#91584	#91585	#91586	#91587
May 20-31	#91588	#91604	#91589	#91590
Jun 3-13	#91591	#91592	#91593	#91594

## Elementary Swim Lessons

Ages 6-Adult ■ Concord Community Pool ■ \$65 R / \$70 NR

M-Th	3:45-4:15 p.m.	4:20-4:50 p.m.	4:55-5:25 p.m.	5:30-6 p.m.
Apr 8-18	#91544	#91545	#91546	#91547
Apr 22-May 2	#91548	#91549	#91550	#91551
May 6-16	#91552	#91553	#91554	#91555
May 13-16	#91556	#91557	#91558	#91559
May 20-23	#91560	#91561	#91562	#91563

## Private Swim Lessons

Ages: 3-Adult ■ Concord Community Pool ■ \$105 R / \$110 NR

M-Th	3:45-4:15 p.m.	4:20-4:50 p.m.	4:55-5:25 p.m.	5:30-6 p.m.
Apr 8-11	#91612	#91613	#91614	#91615
Apr 15-18	#91616	#91617	#91618	#91619
Apr 22-25	#91620	#91621	#91622	#91623
Apr 29-May 2	#91645	#91646	#91647	#91648
May 6-9	#91652	#91654	#91653	#91624
May 13-16	#91625	#91626	#91627	#91628
May 20-23	#91629	#91630	#91631	#91632
May 28-31	#91634	#91635	#91636	#91641
Jun 3-6	#91642	#91643	#91644	#91640
Jun 10-13	#91639	#91638	#91637	#91633

## Water Exercise

Please visit the City's website at [www.concordreg.org](http://www.concordreg.org) for updated schedules and info on Water Exercise Classes.

R = Concord Resident NR = Concord Non-Resident



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**Terrapins**  
S W I M T E A M

*RECOGNIZED AS ONE OF THE NATIONS  
BEST COMPETITIVE SWIMMING  
PROGRAMS RIGHT HERE IN CONCORD!*

- ◆ Developmentally appropriate competitive swim program- year round & seasonal programs available

## SEASONAL PROGRAMS

- ◆ *Fall Technique Development Program-* Sept. through Dec.
- ◆ *High School pre-Season Training Program-* Nov. through early Feb.
- ◆ *Spring competitive Clinic program-* Feb. through April
- ◆ *Introductory level competitive swimming program-* four 3 month sessions throughout the year.

WWW.TERRAPINSWIM.COM

## SUMMER DAY CAMPS

Looking for ways to beat the heat this summer? Concord Parks & Recreation offers an assortment of summer camps for all ages. Look for details in the Summer Activity Guide coming to you in April!

**Parks  
Make  
Life  
Better!**<sup>®</sup>



### Camp Littlefoot

**Ages 2½-7**

A summer day camp experience for young children offering fun thematic age-specific programs at Centre Concord and Baldwin Park Preschools including Kinderprep and “Let’s Get Ready for 1st Grade!” programs.



### All That & Then Some

**Ages 11-14**

Located at the City of Concord’s Willow Pass Center, the “All That and Then Some” Middle School Summer Program provides a safe and supervised place where your teen will experience fun times with friends, plus meet new friends while swimming, going on awesome Bay Area trips, cooking and much more!



### Backyard Explorers

**Youth going into the 1st through 6th grades.**

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



### Counselor in Training (CIT)

**Ages 13-15**

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

**SPORTS CAMPS**

*More summer one-week day camps include ...*



**Skyhawks Sports Camps**

Skyhawks, a national youth sports camp company, provides a safe, fun and skill-based experience for kids.

- **Mini-Hawks** (baseball, basketball and soccer) – ages 4–7
- **Basketball** – ages 6–12
- **Capture the Flag** – ages 6–12
- **Flag Football** – ages 6–12
- **Lacrosse** – ages 7–12
- **Tennis** – ages 6–12
- Some camps offer a swim combo in the afternoon



**Kidz Love Soccer**

**Ages 4½–8**

Imagine spending five mornings playing the world’s most popular sport in a fun, recreational environment. Afternoon swim combo is also offered.



**Skateboard Camp**

**Ages 7–13**

Located at the Concord Skatepark, campers learn skateboard safety, how to take care of their skateboard and skateboard essentials. Swim combo is offered in the afternoon

**Other fun camps...**

Kids of all ages can enjoy a variety of one-week day camps including cheerleading, fitness, art, engineering, science, chess, performing arts, digital media and more.



Look for details in the Summer Activity Guide available in April 2013.

## SUMMER JOBS 2013

### Parks & Recreation offers summer jobs in Concord and at Camp Concord in South Lake Tahoe

- Swim instructors
- Lifeguards
- Pool Managers
- Camp Counselors



*Applications available  
in February*



[www.cityofconcord.org/recreation](http://www.cityofconcord.org/recreation) ■ (925) 671-3404

1950 Parkside Drive, Concord, CA 94519

FAMILY CAMP



What is Family Camp?

Family Camp at Camp Concord is an opportunity for parents and children to reconnect and leave the pressures of daily life behind, to interact with the world beyond a screen, to make new friends and experience the beauty of one of California's premiere destinations – South Lake Tahoe!



What does Family Camp include?

- Meals
- Accommodations (1 family per cabin)
- Electricity in each cabin
- Newly Remodeled Bathhouse
- Scheduled activities

Camp Schedule

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

- Archery, Canoeing, Rafting, Arts & Crafts, Volleyball, Horseshoes, Darts, Games and more
- Excursions to local beaches and points of interest such as Angora Lake, DL Bliss State Park, a hike along the Rubicon Trail or to some of Tahoe's many waterfalls

Daily you can expect:

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

Additional Information:

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



Together we're better!

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



## 2013 FAMILY CAMP

Friday, June 28 – Friday, July 26

and

Sunday, August 11 – Saturday, August 17

## Camp Concord 2013 Rates

### 2013 Rates Per Night

Age	Fee (Includes all meals)
Age 16 and over	\$99
Age 11-15	\$77
Age 6-10	\$56
Age 3-5	\$33
Age 2 and Under	FREE

Concord residents receive a 15% discount off total reservation.

### Priority Registration begins:

December 1, 2012 for Friends of Camp Concord Members

### Open Registration begins:

January 14, 2013

## Four Easy Ways to Register

- **Walk-in** 2748 East Olivera Dr., Concord, CA 94519  
**Hours:** 10 a.m.-12 p.m. and 1-3 p.m., Monday-Friday
- **Mail** 1950 Parkside Dr. MS/11, Concord, CA 94519
- **Fax** (925) 689-8169
- **Phone** (925) 671-3404  
**Hours:** 10 a.m.-12 p.m. and 1-3 p.m., Monday-Friday

## 50 & Better Camp

Enjoy special Lake Tahoe getaway for adults 50 years or older. Camp Concord in South Lake Tahoe is the perfect place for a relaxing or adventurous vacation. You choose activities ranging from hiking, canoeing and swimming, to arts and bingo. Price includes all meals, featuring fresh fruits and vegetables, tri-tip, pasta and brunch on the beach. Accommodations are cabins with convenient access to restrooms and hot showers. For complete details, pick up a 50 & Better Camp brochure or visit our website: [www.campconcord.org](http://www.campconcord.org).

Day	Session	Fee	Course
M-F	Aug 19-23	\$215R/\$220NR	#91841
M-F	Aug 26-30	\$215R/\$220NR	#91846

## Mother/Son Weekend

Imagine a weekend where you can slow down and enjoy one-on-one time with your son; a time where no one else is competing for your attention, a weekend away from household chores, a weekend for both of you to meet new friends and create shared adventures. Complete with s'mores, crafts, the beach and the search for mischievous forest creatures—it is a weekend for memories that will last a lifetime. Course registration fee is inclusive of mother and son. For more information, please visit [www.campconcord.org](http://www.campconcord.org).

Day	Session	Fee	Course
F-Su	Aug 23-25	\$255R/\$260NR	#91842



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



For membership information, please call the Camp Concord Office 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)

## Farmers' Market • Music and Market

*Special Events at  
Todos Santos Plaza***Concord Farmers' Market**

Tuesdays: Year-round, 10 a.m.–2 p.m.

Thursdays: April 25–October 24, 4–8 p.m.

1-800-949-FARM

**Music and Market**

Thursdays, May 30–September 12

Thursday evenings 6:30 p.m.

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

**California Symphony**

Pops on the Plaza • Thursday, Aug. 29, 6:30 p.m.

Join the California Symphony for their 13th annual free Pops on the Plaza concert.

**Emergency Preparedness Fair**

September 5, 4 p.m.–8:30 p.m.

Learn how to respond to earthquakes, public health issues and disasters of all kinds.

**Trick-or-Treat Downtown**

Thursday, October 31, 4–6 p.m.

Trick-or-Treat door-to-door

at Todos Santos Plaza businesses.

See the Downtown Concord Scarecrow Contest winner!

**Concord's Official Tree-Lighting  
and Mayor's Sing-Along**

Santa's Grand Arrival: Saturday, Dec. 7, 4 p.m.

On-stage entertainment: 5 p.m.

School choirs and community entertainment on stage with traditional tree-lighting and holiday sing-along; carriage rides by the Todos Santos Business Association.

*All events subject  
to change without notice  
[www.concordfirst.org](http://www.concordfirst.org)  
Events Hotline: 671-3464*

**Concord Library**

Winter Children's Programs  
2900 Salvio ■ (925) 646-5455

■ **Baby & Toddler Time**Books, songs, bounces  
and finger plays for children

6 months–3½ years

Tuesdays, 10:15 a.m. and 11:15 a.m.

■ **Preschool Storytime**Stories, songs and finger  
plays for children

3½–5 and caregiver

Wednesdays, 10:30–11:00 a.m.

January 2–February 6

and

February 27–April 3

■ **NEW Bilingual Storytime**Songs and stories in  
Spanish and English

All ages welcome

Mondays, 1:30–2:00 p.m.

January 7–February 11

and

March 4–April 8

■ **Toddler Tumble Time**Games, puzzles, motor skill  
activities—a playgroup for

children 12 months–3 years

and caregiver

Thursdays, 12:00–1:15 p.m.

January 31–February 28

Registration required

*All programs subject to change*

## SIGN UP NOW – FIVE (5) EASY WAYS TO SIGN UP

1. Online Registration  
[www.ConcordReg.org](http://www.ConcordReg.org)



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

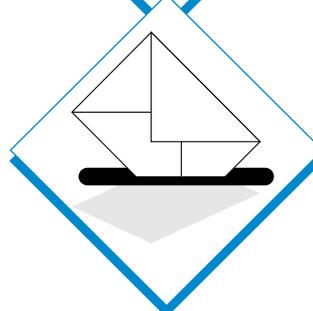


3. By Mail  
 Pay by check, MasterCard, Visa or American Express.

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



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



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

Willow Pass Community Center  
 2748 E. Olivera Road  
 Monday-Friday, 10 a.m.-12 p.m. and 1-3 p.m.

Centre Concord  
 5298 Clayton Road, Concord  
 Monday-Friday, 10 a.m.-12 p.m. and 1-3 p.m.

### Please Remember:

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



## REGISTRATION

### WITHDRAWALS AND TRANSFERS

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

### QUALITY ASSURANCE AND CREDITS / REFUNDS

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

### HOW DID YOU HEAR ABOUT THIS PROGRAM?

- Activity Guide  
  On-going Program  
  Friend or Family  
  Brochure or flyer through school  
  City Website  
 Email Newsletter  
  Cable TV Channel  
  Banner/Public Display  
  Newspaper  
  Other \_\_\_\_\_

Head of Household		<input type="checkbox"/> <b>Concord Resident</b> <input type="checkbox"/> <b>Non-Resident</b>	
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 Parks & Recreation Department. I am aware that serious accidents and injuries occasionally occur during recreational pursuits such as the Activity. In consideration of my participation in the Activity, I knowingly and voluntarily assume all risks arising therefrom, and on behalf of myself, my heirs and 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 passive or active negligence on the part of the City of Concord, its officers, agents, employees, or volunteers of the City (with the exception of sole, active negligence, or willful misconduct). In the event that the individual participating in the Activity is a minor, I certify that I am his/her parent or legal guardian and I give my permission for him/her to participate in the Activity. I understand my signature is a legal and binding signature and will be considered original if received by fax.

### USE OF PARTICIPANT PHOTOGRAPHS/VIDEO

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

Signature \_\_\_\_\_ Date \_\_\_\_\_

(check one)    **Self**    **Parent**    **Guardian**

<input type="checkbox"/> <b>Check payable to: Concord Parks &amp; Recreation</b>		<b>Amount \$</b>	
<input type="checkbox"/>  <input type="checkbox"/>  <input type="checkbox"/> 	Card #:	Exp. Date Month/Day/Year	/ /
Print name as it appears on card		Signature	



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

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

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

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



City of Concord  
1950 Parkside Drive  
Concord, CA 94519-2578

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Postal Customer

# Kids in recreation classes ...

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confidence!



Grow!



Learn!



Develop new skills!

Enroll your child today! ■ [www.ConcordReg.org](http://www.ConcordReg.org)