

# ACTIVITY GUIDE



## The World Of Tiny Tots



Silly Teachers!



Practicing & Learning



Field Trips



Big Smiles!



Hanging With Friends!



Special Visitors



Big Achievements!

Parks  
Make  
Life  
Better!

WINTER / SPRING 2017



# CONTENTS



## COMMUNITY

Staff, City & Community Directories	3 – 4
Community Resources & Sports	5
Events	5 – 6
Library	7
Holiday Safety	8
Facilities and Parks	24 – 26
Class Locations	24
Registration Information & Form	42 – 43

## TOTS

Preschool	10
Play Group	10
Tots Sports	11

## YOUTH

Afterschool Programs	12
Camps	13 – 14
Online Classes	14
Enrichment	15
Fitness	15 – 16
Sports	17
Aquatics	20 – 21
Kayaking	22 – 23
Golf	27
Tennis	28

## TWEENS/TEENS

Special Needs	8
Enrichment	18
Afterschool Programs	18
Leadership	18
Camp	19
Volunteer	19
Aquatics	20 – 21
Kayaking	22 – 23
Golf	27
Tennis	28

## ADULT

Special Needs	8
Aquatics	20 – 21
Kayaking	22 – 23
Golf	27
Tennis	28
Enrichment	29 – 30
Fitness	31 – 32
Sports	32

## SENIORS

Mastick Senior Center	33
Special Services	33
Food Program	34
Dance	34
MSCAB	34
Wellness	35
Fitness	35
Arts & Crafts and Language	36
Computer	37
Language	37
Travel	38
HICAP & LAS Workshops	40
Overview	41
Hot Topics	39 – 40



## DIRECTOR'S MESSAGE

**Parks  
Make  
Life  
Better!**

### **Parks Make Life Better!**

**Parks are a space where everyone belongs and they make our island a better place to live.**

Here in Alameda and nationwide, parks play a critical role in our community. Parks are a community focal point where people of any age, ability, gender, race, religion, sexual orientation, ethnicity and income level come together to play, relax, contemplate, run, talk, gather, and simply be. It's where you can meet new people and see long-time neighbors. When parks are available and accessible to everyone, they are the ultimate social equalizer.

In the city of Alameda, our network of 19 parks means that every person can reach a park within an easy walk or bike ride. Parks are free and unrestricted spaces for all to enjoy. Parks create opportunities for improved physical and mental health. Studies have consistently shown that green space is restorative for the mind and body. Parks contribute by providing clean air to breathe, protecting our natural resources and green space, and reducing stress from our daily lives. Parks are part of why we love our island!



The first phase of our newest park, Estuary Park, is currently under construction and will open in late spring. This phase includes a multi-use synthetic turf, lighted field as well as the Challenger Field, which is a baseball and soccer field designed and prioritized for youth and adults with physical and mental challenges. I want to thank the Alameda Housing Authority, Catellus Inc., East Bay Regional Park District's Measure WW, and Alameda Little League for being partners and funders of this amazing project.

Plus, Godfrey Park on Bay Farm Island now has a new treehouse themed playground and soon Woodstock Park, off 3rd St. near Pacific Ave. will have a marine theme playground that celebrates the Woodstock Seals!

So take a moment from the craziness of life to walk, roll, skip, hop, bike and jump to an Alameda park that you haven't visited before or in a long time (check out our pull out map of all parks in the middle of this activity guide). Say hi to someone you've never met before and let's keep building bonds.

As always, I welcome your ideas and suggestions. You can contact me at [awooldridge@alamedaca.gov](mailto:awooldridge@alamedaca.gov), (510) 747-7570 or like us on Facebook.

Amy Wooldridge, Director

### **ARPD Program Staff**

#### **Christina Bailey**

Pre-K and Youth  
510-747-7554  
[cbailey@alamedaca.gov](mailto:cbailey@alamedaca.gov)

#### **Ed Kallas**

Senior Programs, Travel  
510-747-7511  
[ekallas@alamedaca.gov](mailto:ekallas@alamedaca.gov)

#### **Dennis McDaniels**

Adult and Youth Athletics,  
Aquatics/Fields  
510-747-7586  
[dmcDaniels@alamedaca.gov](mailto:dmcDaniels@alamedaca.gov)

#### **Katherine Sirota**

Picnic & Facility Rentals  
510-747-7576  
[ksirota@alamedaca.gov](mailto:ksirota@alamedaca.gov)

#### **Shawn Smith**

Teens, Classes, Special Needs  
510-747-7555  
[sdsmith@alamedaca.gov](mailto:sdsmith@alamedaca.gov)

### **ARPD Contacts**

#### **Web**

[www.alamedaca.gov/recreation](http://www.alamedaca.gov/recreation)

#### **Online Registration**

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

#### **Email**

[arpd@alamedaca.gov](mailto:arpd@alamedaca.gov)

#### **Facebook**

playARPD on Facebook

#### **Phone**

510-747-PLAY

#### **Fax**

510-523-4071

#### **Hours**

Monday – Friday: 8:30am – 5:30pm

#### **Park and Facility Issues**

After Hours : 775-5459

#### **Field Condition Hotline**

After 2pm: 747-7540

#### **Mastick Senior Center**

747-7500

#### **Parks & Facilities**

See page 24



### **Alameda Youth Committee (AYC)**

Meets most 1<sup>ST</sup> and 3<sup>RD</sup> Wednesday at 4:00 p.m. Schedule available for grades 6-12. Veteran's Building, 2203 Central Ave., Rm. 390.

## Alameda City Council

<b>Trish Herrera Spencer</b>	Mayor
<b>Malia Vella</b>	Vice Mayor
<b>Marilyn Ezy Ashcraft</b>	Councilmember
<b>Frank Matarrese</b>	Councilmember
<b>Jim Oddie</b>	Councilmember

## Recreation and Parks Commission

<b>Ruben Tilos</b>	Chair
<b>Bill Delaney</b>	Vice-Chair
<b>Ron Limoges</b>	Member
<b>Adam Trujillo</b>	Member
Vacant	Member

## ARPD Staff

<b>Jill Keimach</b>	City Manager
<b>Elizabeth Warmerdam</b>	Asst City Manager
<b>Amy Wooldridge</b>	ARPD Director
<b>Jackie Krause</b>	Senior Services Manager
<b>John McDonald</b>	Park Manager
<b>Bill Hudson</b>	Park Foreperson
<b>Patrick Russi</b>	Recreation Manager
<b>Christina Bailey</b>	Recreation Specialist
<b>Edward Kallas</b>	Recreation Specialist
<b>Dennis McDaniels</b>	Recreation Specialist
<b>Shawn Smith</b>	Recreation Specialist
<b>Nora Pon</b>	Senior Clerk
<b>Katherine Sirota</b>	Administration
<b>Amy Vales</b>	Accounting Technician

## Mastick Senior Center Advisory Board

Meets 3<sup>RD</sup> Wednesday at 9:30 a.m.  
Mastick Senior Center  
1155 Santa Clara Ave., Room D

## Golf Commission

Meets 2<sup>ND</sup> Tuesday at 6:30 p.m. every other month (Jan, Mar, May, July, Sept, Nov.) at City Hall, 3rd Floor, Room 360, 2263 Santa Clara Ave., Alameda

## Recreation and Parks Commission

Meets Every 2nd Thursday at 7:00 p.m.  
City Hall Council Chambers  
Everyone welcome.  
Also televised live on Ch. 15

## CITY DEPARTMENT PHONE LIST

Emergency (Life or Property at Risk)	911
City Information	747-7400
City Attorney	747-4750
City Clerk & City Council	747-4800
Mayor's Office	747-4701
City Manager's Office	747-4700
Alameda Municipal Power (AMP)	748-3901
Base Reuse	747-7440
Building (Permits)	747-6800
Community Development	747-6850
Economic Development	747-6890
Finance	747-4881
Fire (Non-Emergency only)	337-2100
Chuck Corica Golf Complex	747-7800
Housing Authority	747-4300
Human Resources	747-4900
Job Opportunity Website	<a href="http://www.alamedaca.gov/humanresources">www.alamedaca.gov/humanresources</a>
Library	747-7777
Media Contact	747-4714
Police (Non-Emergency only)	337-8340
TEL-A-COP Hotline	835-2267
Animal Shelter (FAAS)	337-8565
Animal Control (After Hours)	337-8340
Public Works	747-7930
Maintenance Services (Streets, Sidewalks, Non-Park Issues)	747-7900



## COMMUNITY RESOURCES

AC Transit	<a href="http://www.actransit.org">www.actransit.org</a>
Alameda Adult School	<a href="http://www.alameda-adult-school.org">www.alameda-adult-school.org</a>
Alameda Boys and Girls Club	<a href="http://www.alamedabgc.org">www.alamedabgc.org</a>
Alameda Chamber of Commerce	<a href="http://www.alamedachamber.com">www.alamedachamber.com</a>
Alameda Education Foundation	<a href="http://www.alamedaeducationfoundation.org">www.alamedaeducationfoundation.org</a>
Alameda Family Child Care Association	<a href="http://www.alamedapcca.org">www.alamedapcca.org</a>
Alameda Family Services	<a href="http://www.xanthos.org">www.xanthos.org</a>
Alameda Family Services – Head Start	<a href="http://www.alamedafs.org/hs-ehs.html">www.alamedafs.org/hs-ehs.html</a>
Alameda Food Bank	<a href="http://www.alamedafoodbank.org">www.alamedafoodbank.org</a>
Alameda Historical Museum	<a href="http://www.alamedamuseum.org">www.alamedamuseum.org</a>
Alameda Hospital	<a href="http://www.alamedaahs.org">www.alamedaahs.org</a>
Alameda Meals on Wheels	<a href="http://www.alamedamealsonwheels.org">www.alamedamealsonwheels.org</a> (865-6131)
Alameda One Stop Career Center – COA	<a href="http://www.alameda.peralta.edu/one-stop-career-center">www.alameda.peralta.edu/one-stop-career-center</a>
Alameda Unified School District	<a href="http://www.alameda.k12.ca.us">www.alameda.k12.ca.us</a>
Alameda Youth Collaborative	<a href="http://www.alamedayouth.com">www.alamedayouth.com</a>
American Red Cross	<a href="http://www.redcross.org">www.redcross.org</a>
BANANAS	<a href="http://www.bananasbunch.org">www.bananasbunch.org</a>
Building Futures with Women and Children	<a href="http://www.bfwc.org">www.bfwc.org</a>
California State Park Info and Reservations	<a href="http://www.parks.ca.gov">www.parks.ca.gov</a>
College of Alameda	<a href="http://www.alameda.peralta.edu">www.alameda.peralta.edu</a>
Crab Cove Visitors Center	<a href="http://www.ebparks.org/parks/vc/crab_cove">www.ebparks.org/parks/vc/crab_cove</a>
East Bay Paratransit	<a href="http://www.eastbayparatransit.org">www.eastbayparatransit.org</a>
East Bay Regional Park District	<a href="http://www.ebparks.org">www.ebparks.org</a>
Friends of the Parks Foundation	<a href="http://www.alamedaparks.org">www.alamedaparks.org</a>
Girls Inc. of the Island City	<a href="http://www.girlsincislandcity.org">www.girlsincislandcity.org</a>
Rhythmix Cultural Center	<a href="http://www.rhythmix.org">www.rhythmix.org</a>
USS Hornet Foundation Museum	<a href="http://www.uss-hornet.org">www.uss-hornet.org</a>

## COMMUNITY SPORTS RESOURCES

Aeromanics - Aeronuts	<a href="http://www.aeromaniacs.com">www.aeromaniacs.com</a>
Alameda Attack Lacrosse	<a href="http://www.alamedalacrosse.com">www.alamedalacrosse.com</a>
Alameda Babe Ruth	<a href="http://www.alamedababeruth.com">www.alamedababeruth.com</a>
Alameda Gators Swim Team	<a href="http://www.alameda-alga.com">www.alameda-alga.com</a>
Alameda Girls Softball	<a href="http://www.alamedagsa.com">www.alamedagsa.com</a>
Alameda Island Aquatics	<a href="http://www.alamedaislanders.org">www.alamedaislanders.org</a>
Alameda Little League	<a href="http://www.eteamz.com/alamedalittleleague">www.eteamz.com/alamedalittleleague</a>
Alameda Pirates Football	<a href="http://www.thealamedapirates.org/football">www.thealamedapirates.org/football</a>
Alameda Soccer Club	<a href="http://www.alamedasoccer.org">www.alamedasoccer.org</a>
Special Olympics (Alameda)	<a href="http://www.sonc.org/sports/county/alameda">www.sonc.org/sports/county/alameda</a>
Alameda Swimming Pool Association	<a href="http://www.alameda-swimming.com">www.alameda-swimming.com</a>
Alameda Wolverines	<a href="http://www.alamedafotball.com">www.alamedafotball.com</a>
Alameda Youth Basketball	<a href="http://www.alamedayouthbasketball.com">www.alamedayouthbasketball.com</a>
Artemis Rowing	<a href="http://www.artemisrowingclub.org">www.artemisrowingclub.org</a>
California Rowing Club	<a href="http://www.californiarowingclub.com">www.californiarowingclub.com</a>
Chuck Corica Golf Complex	<a href="http://www.alamedagolf.com">www.alamedagolf.com</a>

## EVENTS

### Annual Rose Pruning at Lincoln Park

East Bay Rose Society representatives will be at Lincoln Park, 1450 High Street or 1425 Fernside Blvd., on **Saturday, January 7, between 11:00 a.m. and 1:00 p.m.** to provide a rose pruning demonstration. Time will be allocated for "Q & A" pertaining to rose care. Learn to prune roses like an expert by practicing your skills on the roses at Lincoln Park.



### 16th Annual "Jungle Safari" Dance Party

**Co-sponsored by Girls Inc. of the Island City and Alameda Recreation & Park Department**

A special party for girls who are currently five to twelve years of age, and their fathers or other significant role model. There will be dancing, arts & crafts, hors d'oeuvres, and lots more fun! Each daughter will receive a special memento at the end of the evening.

Registration begins on December 5th and ends January 20th or until event sells out, so sign-up early!

<b>Friday, February 10th</b>	<b>6:00 p.m. – 8:30 p.m.</b>
Albert H. DeWitt O'Club, 641 West Redline Avenue	
\$25 per couple/\$15 each additional daughter	Class # 17843
Corsages for \$5 each (pre-order only)	Class # 17844

### Concert Dates – Free to the Public



<b>Band Concert</b>	<b>Tuesday, March 14, 7:30 p.m.</b>
Veteran's Memorial Building, 2203 Central Avenue	
<b>Alameda Sings! (ACC) Concert</b>	<b>Friday, May 5, 7:30 p.m.</b>
Veteran's Memorial Building, 2203 Central Avenue	
<b>Alameda Sings! (ACC) Concert</b>	<b>Sunday, May 7, 4:00 p.m.</b>
Cardinal Point Lobby, 2431 Mariner Square Drive	
<b>Band Concert</b>	<b>Tuesday, May 23, 7:30 p.m.</b>
Veteran's Memorial Building, 2203 Central Avenue	

# COMMUNITY - EVENTS

## 35th Annual Spring 'Egg' Stravaganza Coloring Contest

A coloring contest open to all aspiring young artists currently enrolled in Kindergarten through 5th grade. Entry forms will be available starting February 21st at local parks, on the ARPD website and Facebook, schools, and libraries. Return your completed entry form to the ARPD office or your local park site. **Deadline is March 24th.** Prizes will be awarded for 1st, 2nd, 3rd place winners in the following grade divisions: Kindergarten and 1st grades, 2nd and 3rd grades, 4th and 5th grades.

## Splash into Spring Egg Scramble

**FREE**

Activities include the Mobile Fish Exhibit, Lawn Games, Arts & Crafts, and more! Photos with the Easter Bunny (with your camera) will be available for \$3. Snacks will be available for purchase courtesy of the Alameda Youth Committee (AYC).

Scramble areas will be divided into the following age groups: Walking to 2, 3-4 year olds, 5-6 year olds, 7-8 year olds, and 9-12 year olds. Scrambles will take place at staggered times, at 11:15 a.m. and 11:45 a.m. More event details will follow on the ARPD website, Facebook, and on fliers at ARPD sites.

**Sponsors: Alameda Recreation and Park Department, Rotary Club of Alameda, East Bay Regional Park District & Alameda Friends of the Parks Foundation.**

<b>Sat., April 8th</b> (Rainout Date is April 15th)	<b>10:00 a.m. - 12:00 p.m.</b>
Crab Cove Picnic Area, 1252 McKay Ave.	
Free Parking available at Otis and Westline Parking Lot	

## Earth Day Festival

**FREE**

Come celebrate the planet with us at Alameda's Earth Day Festival! As part of celebration, it is our goal to present simple lifestyle changes to help the environment. Enjoy free activities for kids, Earth Day games and exhibits. Learn about building a clean, healthy, sustainable world for generations to come. Try out our bike powered smoothie blender and spin art machine. Get involved with the Earth Day Beach Clean-up - Contact Crab Cove Visitor Center at (510) 544-3187.



<b>Sat., April 22</b>	<b>10:00 a.m. - 3:00 p.m.</b>	<b>Washington Park</b>
-----------------------	-------------------------------	------------------------



ARPD—(510) 747-7529—FAX: (510) 523-4071—arpd@alamedaca.gov

**Movie selections can be found on our website and on our facebook page**

Help us choose what movies will be shown at our:

### 2017 Starlight Movies In The Park!

**Return your movie selections to ARPD no later than Monday, January 16, 2017.**

You can also vote on our facebook page

**Vote as many times as you want!**

Look for the winning movie selections and schedule in our **2017 Summer Activity Guide**

[www.alamedaca.gov/recreation](http://www.alamedaca.gov/recreation) • [www.facebook.com/playarpd](http://www.facebook.com/playarpd)



## Bicycle Safety Education Classes for All Ages

Learn how to safely ride your bicycle, be more comfortable bicycling with your whole family, or learn how to ride a bicycle no matter what your age. Bike East Bay provides bicycle education classes throughout the East Bay, including in Alameda and nearby Oakland. Classes are free and offered all year. Pre-registration is recommended.

**Find all classes and descriptions online at [BikeEastBay.org/education](http://BikeEastBay.org/education) or by phone at 510-845-7433, ext 2.**

## PUBLIC LIBRARY

### Hours and Locations

#### Main Library

- 1550 Oak Street
- General: 510-747-7777
- Reference: 510-747-7713
- Children's: 510-747-7705
- www.alamedafree.org
- Mon – Tues: 12:00 noon to 8:00 p.m.
- Wed: 10:00 a.m. to 8:00 p.m.
- Thurs – Sat: 10:00 a.m. to 5:00 p.m.
- Sun: 1:00 p.m. to 5:00 p.m.
- Holidays Closed



#### Bay Farm Island Library

- 3221 Mecartney Road
- 510-747-7787
- Monday: 10:00 a.m. to 6:00 p.m.
- Tuesday: 12:00 noon to 8:00 p.m.
- Thursday & Saturday: 10:00 a.m. to 5:00 p.m.
- Closed: Wednesday, Friday & Sunday
- Holidays Closed

#### West End Library

- 788 Santa Clara Ave
- 510-747-7767
- Monday: 12:00 noon to 8:00 p.m.
- Wednesday: 10:00 a.m. to 6:00 p.m.
- Thursday & Saturday: 10:00 a.m. to 5:00 p.m.
- Closed: Tuesday, Friday & Sunday
- Holidays Closed

#### Alameda Reads Adult Literacy Service

- 2203 Central Ave
- 510-865-2454
- Call for appointment

### Monthly Children Activities

#### Storytimes:

- Mama Goose (for toddlers 18 mos.-3yrs): Saturdays, Main Library, 10 am
- Peter Rabbit (for preschoolers 2-5yrs): Wednesdays, West End Library, 10:30 am
- Thursdays, Main Library, 10 am and 11 am
- School Age (Kindergarten-3rd grade): Wednesdays, Main Library, 3:30 pm
- Family (all ages): Tuesdays, Bay Farm Island Library, 7 pm



#### First Friday Family Film:

- First Friday of the month, Main Library, 7 pm
- WE LOVE LEGOS™:
- 2nd Saturday of the month, Main Library, 2-4 pm
- 3rd Thurs. of the month, Bay Farm Island Library, 3:30 pm
- 4th Thursday of the month, West End Library, 3:30 pm

#### Thursday Crafts:

- 1st Thurs. of the month, Bay Farm Island Library, 3:30 pm
- 2nd Thursday of the month, West End Library, 3:30 pm



### Monthly Adults Activities

(at the Main Library unless otherwise noted)

#### Open Computer Lab:

- Sundays 1-5 pm
- Tuesdays 1-4 and 5-8 pm
- Wednesdays 1-4 pm
- Fridays 10 am -2 pm

#### Computer Classes:

- Most Wednesdays 6-7:30 pm

#### Film series:

- Usually the 1st Monday of the month, 5:30 pm.

#### AFL Writers Group:

- 2nd Saturday of the month 12:30-4:30 pm

#### Lawyers in the Library:

- Main, 1st Wed. of the month, sign-ups start at 5:30 pm
- West End, 3rd Mon. of the month, sign-ups start at 5:30 pm

#### Check Yo'Shelf Book Club - YA books for Adults

- 3rd Tuesday of the month, 7 pm

#### Cup of Coffee and a Good Book:

- 3rd Wednesday of the month 1:15 pm
- Bay Farm Island Library/Islandia Clubhouse



### Special Events

#### ADULTS:

Libraries Outside events are scheduled monthly.

Check [www.librariesoutside.us](http://www.librariesoutside.us) or

[www.meetup.com/libraries-outside-Alameda](http://www.meetup.com/libraries-outside-Alameda)

for exact dates, times and locations.



# SPECIAL NEEDS & COMMUNITY

## SPECIAL NEEDS

### Friends Connect Teens Grades 6 - 12

**FREE**



Friends Connect is an activity based social club for high functioning tweens and teens in grades 6 - 12 with moderate developmental disabilities and moderate social challenges. The group provides participants with the opportunity to socialize, build friendships, explore the larger community and most importantly... have fun! Friends Connect meets at the Underground Teen Center (2203 Central Ave.) to engage in activities such as arts and crafts, recreational and social games, cooking and more. Participants also go on exciting local field trips for activities like bowling, miniature golf, going out to eat or to the movies, and to the arcade. Applications for Friends Connect are available in the ARPD office and online at [alamedaca.gov/recreation](http://alamedaca.gov/recreation). All applicants must fulfill program requirements to be considered for enrollment. There is a required teacher recommendation form and teen questionnaire that must accompany participant applications. New applicants and their parent/guardian will meet with ARPD staff prior to enrollment. Returning applicants must complete an ARPD registration form only (please designate "Friends Connect" in the "Activity Title" box). This program is for Alameda residents only. Completing an application does not guarantee enrollment. Friends Connect has a limited number of spaces. Priority for enrollment is given to returning participants who have met attendance requirements in the previous session. Once the program is full, applicants will be added to a waiting list. Applications for winter/spring 2017 sessions are due by Friday, January 13. For more information, please call (510) 747-7555.

<b>Sunday</b>	<b>Fee: No registration fee.</b> Participants are responsible for cost of activities on field trips.	
<b>Jan. 29</b>	Underground Teen Center, Vet's Bldg.	3:00p.m. - 5:00p.m.
<b>*Feb 12</b>	Color Me Mine, Alameda	3:00p.m. - 5:00p.m.
<b>Feb 26</b>	Underground Teen Center, Vet's Bldg.	3:00p.m. - 5:00p.m.
<b>*Mar 12</b>	Picnic and Park Games, Franklin Park, Alameda	3:00p.m. - 5:00p.m.
<b>Mar 26</b>	Underground Teen Center, Vet's Bldg.	3:00p.m. - 5:00p.m.
<b>*April 9</b>	Early Dinner Out, Alameda Restaurant TBD	3:00p.m. - 5:00p.m.
<b>April 23</b>	Underground Teen Center, Vet's Bldg.	3:00p.m. - 5:00p.m.
<b>May 7</b>	Underground Teen Center, Vet's Bldg.	3:00p.m. - 5:00p.m.
*Field trip details and locations are subject to change		
Instructor: Melissa Abadia, Adapted PE Specialist and '15 - '16 San Leandro Unified Teacher of the Year		

### Leisure Club Adults Ages 18+

The Leisure Club is a fun, activity based program specifically designed to meet the specialized recreational needs of person with developmental disabilities in our community. This program is geared toward individuals 18 years of age and older and meets twice a month on the second and fourth Thursday of the month from 7:00 p.m. to 9:00 p.m. For more information, call (510) 747-7529. Please note there is a wait list for this popular program.

## HOLIDAY SAFETY TIPS

Hi, my name is Freddy the Fire Truck from the Alameda Fire Department. Each year fires that occur during the holiday season injure two thousand six hundred individuals and cause over nine hundred and thirty million dollars in damage. I'm here to tell you some simple precautionary tips that can greatly reduce your chances of becoming a holiday fire casualty.



### When selecting a tree

Select a fresh tree where the needles are green and hard to pull back from the branches and do not easily break off. The trunk should be sticky to the touch. If you are using a metallic or artificial tree, make sure it is flame retardant.

### When caring for your Tree

Do not place your tree close to a heat source. The heat will dry out the tree, causing it to be more easily ignited by heat, flame or sparks. Keep the tree stand filled with water at all times.

### When Disposing your tree

Never put tree branches or needles in a fireplace or wood-burning stove. When the tree becomes dry, discard it promptly by taking it to a recycling center or having it hauled away.

### Holiday Lights are important during this season

Make sure to inspect your lights for frayed wires, bare spots, gaps in the insulation, broken or cracked sockets, and excessive kinking or wear.

### Do Not Overload Electrical Outlets

Do not link more than three light strands, unless the directions indicate it is safe. Connect strings of lights to an extension cord before plugging the cord into the outlet. Make sure to periodically check the wires. They should not be warm to the touch and do not leave holiday lights on unattended.

### When putting up Holiday Decorations

All decorations should be nonflammable or flame-retardant and placed away from heat sources.

### Never Put Wrapping Paper in a Fireplace

It can throw off dangerous sparks and produce a chemical buildup in the home that could cause an explosion.

### Use extreme precaution when using candles

In fact, they should be avoided, but if you do use them, make sure they are in stable holders and place them where they cannot be easily knocked down. Never leave the house with candles burning.

### Finally, as in every season...

Have working smoke alarms installed on every level of your home. Test them monthly and keep them clean and equipped with fresh batteries at all times. Know when and how to call for help and remember to practice your home escape plan.

**Remember, The Alameda Fire Department, wants to remind you to have a Safe and Happy Holiday Season.**

# 2017 SUMMER PREVIEW – YOUTH

## 2017 SUMMER YOUTH PROGRAM PREVIEW

Summer will be here before you know it, and ARPD will be offering a wide array of programs, camps, and classes to make sure that your kids have a blast! Below, you will find just a taste of what you will find.

Our Summer Activity Guide will be available late-March with specific details of all programs offered (i.e. aquatics, special interest classes, field trips, sports, etc.).

Don't forget to come to the **Summer Youth Program Expo on Saturday, April 1st** to register for our summer programs. See the back cover of this Activity Guide for all the details and FREE raffle opportunities!

### Ages 3 - Pre-Kindergarten

- Introduction to Small Fry
- Pre-Kindergarten Readiness
- Tenderfoot Camp
- Tadpole Camp
- Jumping Frog Sports
- Tot Chef
- Art Camp
- ...and MORE!!



### Ages 5 - 10

Completed Kindergarten through 4th grades

- **ARPD Summer Park Baseball Program** will be offered FREE again this summer. Make sure your Kindergarten through 4th grade child is ready to play ball! There will be one practice (Tuesday) and one game per week (Thursday or Friday). The summer will conclude with a baseball jamboree celebration!
- **Parks & Playgrounds Summer Program** is a FREE DROP-IN PROGRAM at five park sites, starting June 14th from 12:00-5:00 p.m. Monday through Friday. Park sites will include Bayport, Franklin, Lincoln, Tillman, and Washington.
- **World of Wonder (WOW)** is an all-day summer recreational program at Godfrey and Washington Park sites from 7:15 a.m. – 5:30 p.m., starting June 14th. A variety of recreational activities include games, sports, cooking, nature, drama, in-town field trips, and special events.



### Ages 11 - 14

Completed 5th - 8th grades

- **Tween Summer Adventure Camp** includes week-long sessions that are FUN, engaging, educational, and recreational. Each week of this affordable and well-supervised program includes 2 AWESOME trips, plus local walking excursions, arts & crafts, sports, outdoor physical games, special events and much more!



### Summer Day Camp - 64 Years of Tradition!

- **Hidden Cove Day Camp - Ages 5 - 7**

(Completed Kindergarten through 1st Grade)

June 19 – July 7 (Three individual weeks; closed July 4th)

Mon, Tues, Wed and Fri: 9:00 a.m. - 3:00 p.m.,

Thursday: 10:00 a.m. - 6:30 p.m.

Robert Crown Memorial State Beach and Crab Cove provides the natural setting for an introductory camp experience. Each week includes camp skills, outdoor cooking, nature crafts, Thursday Night Family Program, and an out-of-town field trip on Friday.

- **Trails End - Ages 7 - 11**

(Completed 2nd - 5th Grades)

July 10 – Aug. 4 (Four individual weeks)

Mon, Tues, Wed and Fri: 8:30 a.m. - 4:30 p.m.,

Thurs: 9:30 a.m. - 7:00 p.m.

Redwood Regional Park in the Oakland Hills provides the natural setting for the outdoor fun of orienteering games (using compasses), hiking, camp skills, nature crafts and cooking. Each week includes a Thursday Night Family Program, and an out-of-town field trip on Friday. Campers are bussed to and from camp daily, except on Thursday evenings.

- **Trailblazers - Ages 8 - 11**

(Completed 3rd - 5th Grades)

Monday through Wednesday, August 7-9

This three-day adventure includes hiking, nature crafts, camp building skills, orienteering games (using compasses), cookouts, and swimming. An overnight takes place at the end of the second day in the untamed outdoors of Redwood Regional Park in the Oakland Hills. Campers are bussed to and from Camp from Franklin and Lincoln Parks.



2017  
SUMMER  
YOUTH  
PROGRAM  
PREVIEW

# TOTS - PLAYGROUP & PRESCHOOL

## PRESCHOOL

### Tiny Tots & Small Fry

**Ages 3 – 5**

The Alameda Recreation and Parks Preschool offers a recreation, play-based program for children ages 3 to 5 years old (pre-kindergarten). Activities include storytelling, games, arts and crafts, cooking, music, motor fitness and free play.

**REQUIRED:**

- Children must be the correct age on the first day of class
- Children must be completely potty-trained and able to attend to their own personal needs to the best of their ability
- Children must also be able to separate from their parents.
- **PROOF OF AGE IS REQUIRED AT TIME OF REGISTRATION - NO EXCEPTIONS**

**NEW STUDENT REGISTRATION for Spring 2017 Session:**

- Wednesday, March 29, 2017
- ARPD Office, 2226 Santa Clara Ave., Alameda

WINTER 2017 (12 WEEKS)			SPRING 2017 (8 WEEKS)		
<b>January 9 – March 31, 2017</b> No classes Jan 16, Feb. 17 and 20			<b>April 10 – June 2, 2017</b> No class May 29		
Some classes may be full due to continuing students in the program. Students in FALL 2016 session have registration priority			Some classes may be full due to continuing students in the program. Students in WINTER 2017 session have registration priority		
Days	Full Payment	*Two Payments	Days	Full Payment	*Two Payments
Mon-Wed-Fri	\$675	\$352.50	Mon-Wed-Fri	\$504	\$267
Tues – Thurs	\$450	\$240.00	Tues – Thurs	\$336	\$183
Mon – Fri (5 days)	\$1125	\$592.50	Mon – Friday (5 days)	\$840	\$450
*1st payment due on enrolling, 2nd due 1/17/17			*1st payment due on enrolling, 2nd due 4/28/17		

WINTER & SPRING SMALL FRY CLASSES (3 to 3 yrs, 11 mos.)				
Day	Time	Location	Winter #	Spring #
Mon, Wed & Fri	9:00am – 12:00pm	Godfrey, Bay Farm Is.	17543	18085
Tues & Thurs	9:00am – 12:00pm	Godfrey, Bay Farm Is.	17544	18086
Mon, Wed & Fri	9:00am – 12:00pm	Littlejohn Park	17548	18087
Tues & Thurs	9:00am – 12:00pm	Littlejohn Park	17545	18088
Tues & Thurs	9:00am – 12:00pm	McKinley Park	17546	18089
Tues & Thurs	9:00am – 12:00pm	Washington Park	17547	18090

WINTER & SPRING TINY TOT CLASSES (4 to 5 years)				
Day	Time	Location	Winter #	Spring #
Tues & Thurs	9:00am – 12:00pm	Leydecker, Bay Farm Is.	17550	18092
Mon, Wed & Fri	9:00am – 12:00pm	Leydecker, Bay Farm Is.	17549	18091
Mon, Wed & Fri	9:00am – 12:00pm	McKinley Park	17551	18093
Mon, Wed & Fri	12:00pm – 3:00pm	McKinley Park	17552	18094
Mon, Wed & Fri	9:00am – 12:00pm	Washington Park	17553	18095
Mon, Wed & Fri	9:00am – 12:00pm	Woodstock Park	17555	18096
Tues & Thurs: Bilingual	9:00am – 12:00pm	Woodstock Park	17554	18097

## PLAY GROUP

### Alameda Wee Play

**Ages 6 month – 3 years**

Come and experience Alameda’s play center for infants and toddlers ages 6 month – 3 years! Activities include arts and crafts, music time, and developmental and exploratory play. Activities are minimally structured allowing children to enjoy and explore on their own terms. Children must be accompanied and supervised by a parent or caregiver at all times.

<b>Mon, Wed &amp; Fri</b>	<b>10:00a.m. - 1:00p.m.</b>
\$6 Drop-in per day per child	or \$60 Drop-in Card for 12 visits
Location: Alameda Veteran’s Memorial Building, 2203 Central Avenue	
(Closed: Dec 26, Jan 2 & 16, Feb 20, May 29)	
Volunteer to set up or clean up and receive free entrance for that day (limited number available)!	



## TOTS SPORTS

### Skyhawks Sports

Since 1979, Skyhawks sports has led safe, fun and skill-focused sports camps and programs for youth. Programs are generated toward youth looking for a sport introduction. Please wear appropriate clothing, athletic shoes, and bring a water bottle. Please visit [www.skyhawks.com](http://www.skyhawks.com) for more details on a specific sport program. **All programs will take place at Longfellow Park, 520 Lincoln Avenue.**

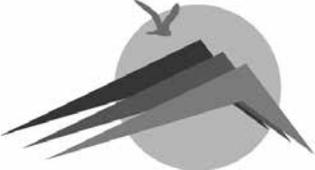
MONDAY TOTS		
WINTER	January 9 – March 6, 2017 (7 classes = 1 session)	
Fee	\$118.00 / session (no class on January 16 & February 20)	
SPRING	March 13 – May 8, 2017 (9 classes = 1 session)	
Fee	\$135.00 / session	
	Winter	Spring
Basketball (3-6yrs)		
1:30-2:15pm	Class # 18030	Class # 18031

TUESDAY TOTS		
WINTER	January 10 – March 7, 2017 (9 classes = 1 session)	
SPRING	March 14 – May 9, 2017 (9 classes = 1 session)	
Fee	\$135.00 / session	
	Winter	Spring
Tot Track & Field (2.5-3yrs)		
10:00-10:45am	Class # 18032	Class # 18034
Tot Soccer (4-5yrs)		
11:00-11:45am	Class # 18033	Class # 18035

THURSDAY TOTS		
WINTER	January 12 – March 9, 2017 (9 classes = 1 session)	
SPRING	March 16 – May 11, 2017 (9 classes = 1 session)	
Fee	\$135.00 / session	
	Winter	Spring
Tot Track & Field (2.5-3yrs)		
10:00-10:45am	Class # 18036	Class # 18039
Tot Basketball (4-5yrs)		
11:00-11:45am	Class # 18037	Class # 18040
Soccer (3-6yrs)		
1:30-2:15pm	# 18038	# 18041

SATURDAY TOTS		
WINTER	January 14 – March 11, 2017 (9 classes = 1 session)	
SPRING	March 18 – May 13, 2017 (9 classes = 1 session)	
Fee	\$135.00 / session	
	Winter	Spring
Mommy/Daddy & Me Tot Sports (2.5-3yrs)		
10:00-10:25am	Class # 18045	Class # 18042
Tot Sports (3-4yrs)		
10:30-11:10am	Class # 18046	Class # 18043
Mini-Hawk Sports (5-6yrs)		
11:30am-12:10pm	Class # 18047	Class # 18044





Find a local REALTOR® at:  
[www.Alameda.REALTOR](http://www.Alameda.REALTOR)  
510.523.7229

- We have first-hand knowledge of local property values
- We know the history and background of real estate on the Island
- We know the neighborhoods, the schools, the things that make it special
- We can help you realize your real estate dreams



**Home**  
is where  
memories are created

Nobody knows the Island like we do!™

## AFTERSCHOOL CARE

### Recreation Afterschool Program - RAP August 22, 2016 – June 8, 2017 Grades K – 5

A supervised afterschool program for elementary-aged children with activities including games/sports, cooking, arts and crafts, and a daily snack. RAP leaders meet the students at AUSD schools at dismissal and walk them to the park, where they can stay until 5:30 p.m. (Students must dress appropriately for cold and rainy weather). Participants may register to attend 2, 3 or 5 days a week. RAP does not meet on public school holidays, legal holidays, or AUSD staff development days. RAP includes early Wednesdays and modified days. Children may be picked up by a designated person, or may walk or bike home with permission from their parents.



**RAP for all-day Kindergarten through 5th graders is offered at the following sites:**

- Franklin, Haight & Lum Schools – Franklin Park - FULL
- Earhart School – Leydecker Park
- Edison & Otis Schools – Lincoln Park - FULL
- Bayfarm School – Tillman Park - FULL
- Maya Lin & Paden Schools – Washington Park

\*A minimum of 10 students must be registered at a school in order to be a RAP Pick-Up Site.

#### WINTER SESSION

**November 28, 2016 – March 10, 2017**

Days	Full Payment	*Two Payments
5 days/week	\$649	355 each
3 days/week	\$429	\$245 each
2 days/week	\$304	\$182 each

1st payment due by 11/23/16, 2nd payment due by 1/26/17

#### SPRING SESSION

**March 13 – June 8, 2017**

Days	Full Payment	*Two Payments
5 days/week	\$599	\$330 each
3 days/week	\$395	\$228 each
2 days/week	\$281	\$171 each

1st Payment due by 3/9/17, 2nd payment due by 4/27/17

A limited number of reduced fees are available for students. To qualify, please complete a fee assistance request form from ARPD.

## PLAYGROUND PROGRAMS

### Parks and Playground Program 2016-2017 School Year: Grades K – 5

**FREE**

The perfect opportunity for your child to participate in fun, safe, and cooperative activities where they can be creative, develop skills and make friends in an outdoor setting. Although leaders encourage participation, children are not required to participate in scheduled programs. Activities may include arts and crafts, cooking, drama, games, nature and special events. A nominal fee may be charged to help cover program supply costs. Monthly activity calendar for each site are available upon request. This program is FREE and there is no obligation to attend every day. This is not a childcare service – Parents may leave their child alone at the park at their own risk.

#### FREE Drop-in Afterschool Activities

Monday – Friday	3:00p.m. – 5:00p.m.
Park sites include	Bayport, Franklin, Lincoln, Longfellow, Tillman, and Washington Parks
All Sites Closed on School Holidays	Christmas Day Observance ~ Dec 26, 2016 New Year's Day Observance ~ Jan 2, 2017 Martin Luther King Jr. Holiday ~ Jan 16, 2017 President's Day ~ Feb 20, 2017

#### Parks & Playgrounds Programs

### OPEN DURING WINTER BREAK

**During your Winter Break, come down to your local park and participate in fun activities with your ARPD Recreation Leaders.**

Bayport, Franklin, Lincoln, Tillman, and Washington Parks will be open 10:00 a.m. to 4:00 p.m., Thursday, Dec 22nd through Friday, Jan 6th (closed Mondays, 12/26/16 & 1/2/17).

### "T.G.I.F."

#### Non-School Day Program for Grades K – 5

There's no school... so come hang out with ARPD! Activities will include group games, arts & crafts, and passive activities! Snacks and lunch will be provided; please note any food allergies upon registration. Group will take one local excursion each day; excursion sites will be determined upon weather. Wear comfortable shoes, socks, and play clothes.

Harrison Center	Lincoln Park, 1450 High Street
<b>Thursday and Friday</b>	<b>December 22 &amp; 23, 2016</b>
7:30 a.m. to 5:30 p.m.	Class # 17987*
\$120.00 / Resident	\$132.00 / Non-Resident
*If you cancel this session, there will be a \$35 withdraw fee.	
<b>Friday</b>	<b>February 17, 2017</b>
7:30 a.m. to 5:30 p.m.	Class # 17989**
\$65.00 / Resident	\$72.00 / Non-Resident
**If you cancel this session, there will be a \$15 withdraw fee.	

## WINTER CAMPS

### Winter Wonderland Camps

#### Grades K – 5

Make this holiday season special by registering your children for one or both sessions of ARPD's Winter Wonderland Camp. Arts and crafts, games and cooking, which follow a theme, are just part of the excitement. Walking excursions may also be scheduled, dependent on weather. Please bring a bag lunch; snacks will be provided.



Harrison Center	1450 High Street
<b>Camp Session I</b>	
December 27 – 30	9:00am - 3:00pm
Class # 17514	Fee: \$128 Res / \$140 Non-Res
<b>Session I - Extended Care</b>	Fee: \$60
Class # 17516	7:30 - 9:00am & 3:00 - 5:30pm
<b>Camp Session II</b>	
January 3 - 6	9:00am - 3:00pm
Class # 17515	Fee: \$128 Res / \$140 Non-Res
<b>Session II - Extended Care</b>	Fee: \$60
Class # 17517	7:30 - 9:00am & 3:00 - 5:30pm

### Play-Well Teknologies - Ninjaneering using LEGO®

#### Winter Break Camp: Ages 5 – 8

Enter the world of Ninjago and become an apprentice Ninjaneer! Learn the way of Spinjitzu, build the Fire Temple, race Skull Trucks, and encounter the mighty Dragon! Imagine and build unique and fun LEGO projects with the guidance of an experienced Play-Well Instructor while exploring the fantasy world of Ninjago.

<b>Tuesday – Friday</b>	<b>Dec 27 – Dec 30</b>	<b>9:00a.m. – 12:00p.m.</b>
Class # 17535	No. of classes: 4	Fee: \$187
Instructor: Play-Well TEKnologies Staff		Veteran's Bldg., Rm. 120

#### Extended Care • Ages 5 – 8

Extended Care at Winter Vacation Camp at Harrison Center (Lincoln Park) is available for this camp. Doors open at 7:30 a.m.; participants must arrive by 8:30 a.m. Participants will be driven to and from the Veteran's Building for this camp. Pick up at Harrison Center is no later than 5:30 p.m. You must register for the Play-Well TEKnologies class first, then add the Extended Care.

<b>Tuesday – Friday</b>	<b>Dec 27 – Dec 30</b>	<b>7:30a.m. – 5:30p.m.</b>
Class # 17536	No. of classes: 4	Fee: \$100
Instructor: ARPD Staff	Harrison Center	

## SPRING CAMPS

### Spring Vacation Camp

#### All-Day Camp: Grades K – 5

It's Spring Break! Come and hang out with your friends at our week-long adventure camp! Arts and crafts, games and cooking, which follow a theme, are just part of the excitement. Walking excursions may also be scheduled, dependent on weather. Please bring a bag lunch each day, unless notified differently. Wear comfortable walking shoes, socks, and play clothes.



Harrison Center	Lincoln Park , 1450 High Street	
<b>Vacation Camp</b>	April 3-7, 2017	9:00 a.m. - 3:00 p.m.
Class # 17855	\$163 Resident	\$180 Non-Resident
<b>Extended Care</b>	7:30 - 9:00 a.m. & 3:00 - 5:30 p.m.	
Class # 17856	\$75 Resident	\$100 Non-Resident

### Bricks 4 Kidz - Lego Arts Camp

#### Ages 5 – 10

Join Bricks 4 Kidz for this exploration into arts. We will build, paint, craft and play. Kids will learn about art techniques as well as the artists who made it famous. Lego Spin-Art, Impressionism by stamping 1x1 lego bricks – Imagine the possibilities! Artwork will be displayed in a



"gallery show" on the final day of camp. There is a \$20 materials fee payable to the instructor at the first class.

<b>Monday – Friday</b>	<b>Apr 3 – Apr 7</b>	<b>9:00a.m. – 1:00p.m.</b>
Class # 17991	No. of classes: 5	Fee: \$243
Lab fee: \$20	Instructor: Bricks 4 Kidz	Lincoln Lodge

#### Extended Care • Ages 5 – 8

Extended Care at the Spring Vacation Camp at Harrison Center (Lincoln Park) is available for this camp. Doors open at 7:30 a.m. and pick up will be no later than 5:30 p.m. You must register for the Bricks 4 Kidz class first, then add the Extended Care.



<b>Monday – Friday</b>	<b>Apr 3 – Apr 7</b>	<b>7:30a.m. – 5:30p.m.</b>
Class # 17992	No. of classes: 5	Fee: \$120 for Residents, \$132 for Non-Residents
Instructor: ARPD Staff	Harrison Center (Lincoln Park)	

# YOUTH - CAMPS & ONLINE COURSES

## Jr. Warriors Spring Break Basketball Camp

**Grades K - 5**

This exciting and innovative program has been specifically designed to offer youngsters in K - 5th grades an opportunity to participate in an organized program of balanced competition and skill development. The program philosophy will stress a positive attitude, teamwork, good sportsmanship, and self-confidence. Staffed by National Academy of Athletics coaches along with ARPD staff. Each participant will also receive a Jr. Warriors jersey, headband, and certificate of participation.

<b>April 3-7</b>	<b>9:00 a.m.-12:00 p.m.</b>
\$150	Alameda Point Gymnasium
Kindergarten / 1st Grade	Class # 17832
2nd and 3rd Grade	Class # 17833
4th and 5th Grade	Class # 17834

## Play-Well TEKnologies - Engineering: Mine, Craft, Build using LEGO®

**Ages 6 - 10**

Bring Minecraft to life using LEGO! Build a motorized walking Creeper, a terrifying Ghost, and a motorized Minecart! This project-based course, designed by Play-Well instructors, combines the basic format of our core engineering-themed programs based on the world of Minecraft. Students will explore real-world concepts in physics, engineering, and architecture while building their favorite Minecraft objects. Students will have a blast, even without any prior experience with Minecraft or LEGO.



<b>Monday - Friday</b>	<b>Apr 3 - Apr 7</b>	<b>9:00a.m. - 12:00p.m.</b>
Class # 17993	No. of classes: 5	Fee: \$215
Instructor: Play-Well TEKnologies		Veteran's Bldg., Rm. 120

## FRESH MEDIA ONLINE COURSES



Freshi Media online courses include a 3-month subscription, beginning at first log-in. Enrollment period from Jan. 9 - June 2. Students may work at their own pace during the subscription period. Software is compatible with MAC or PC, with one exception: "Video Game Coding and Design" is not compatible with El Capitan MAC operating system. Web based lessons are compatible with MAC, PC, IOS and Android.

**Once you have enrolled, please immediately notify**

**Shawn Smith by email at [sdsmith@alamedaca.gov](mailto:sdsmith@alamedaca.gov).**

For questions regarding online courses or software used, please contact Tyler Shoemaker at [tyler.shoemaker@freshi\\_media.com](mailto:tyler.shoemaker@freshi_media.com).

### Video Game Coding and Design

**Ages 8 - 13**

Learn to create a video game from home or on the go! Using Freshi Learning Online lessons and Multimedia Fusion software, students will use web based video lessons to learn the basic principles of conditional coding and will work on creating a basic video game. Students will make characters interact with the game environment, move around the screen and much more!



<b>Class # 17938</b>	<b>Fee: \$102</b>
----------------------	-------------------

### Digital Comic Book Creation

**Ages 8 - 13**

Learn to create a Digital Comic Book at home or on the go! Using Freshi Learning Online, students will use web based video lessons to learn the creative process of Comic Book Creation. Students make their own digital comic book complete with heroes, villains and epic adventures! Working with Comic Life software, kids create an original multi-page full color comic.

<b>Class # 17943</b>	<b>Fee: \$102</b>
----------------------	-------------------

### 3-D Animation Skills & Techniques

**Ages 10 - 16**

Learn how to create 3D animations at home or on the go! Using Freshi Learning Online, students will use web based video lessons to learn basic principles of the 3D animation process. Students use Blender Software to learn how to create short 3D Animations using primary objects (cubes, spheres and cylinders). Once they are familiar with the animation process, students will learn 3D Modeling which includes creating geometric faces, vertices, and edges.

<b>Class # 17944</b>	<b>Fee: \$72</b>
----------------------	------------------

### Website Creator!

**Ages 10 - 16**

Learn the fundamentals of web design at home or on the go! Using Freshi Learning Online lessons and Wordpress CMS, students will learn basic principles of web design. Users learn about creating and updating a website and sharing their content with the world! This quick-start course is great for beginning web developers.

<b>Class # 17945</b>	<b>Fee: \$72</b>
----------------------	------------------

## ENRICHMENT

### Pre-Ballet

**Ages 4 - 5 years**

Learn the basic positions, rhythms and movements of ballet in a fun creative environment! No prior experience necessary. Prior to the first class, please email [admin@alamedaballet.com](mailto:admin@alamedaballet.com) (Subject line: ARPD) about the dress code and obtaining dancewear for your young dancer. Voted Best East Bay Ballet Classes in 2014, 2015 & 2016 by Parents' Press!



<b>Wednesday</b>	<b>Jan 11 - Mar 29</b>	<b>3:30p.m. - 4:15p.m.</b>
Class # 17932	No. of classes: 12	Fee: \$248
<b>Friday</b>	<b>Jan 13 - Mar 24</b>	<b>3:30p.m. - 4:15p.m</b>
Class # 17933	No. of classes: 10	Fee: \$213
No Class: Friday, February 17		
Instructor: Alameda Ballet Academy		Alameda Ballet Academy, 1402 Park St

### Ballet 1

**Ages 6 - 7**

To achieve the beautiful posture and grace of a dancer, students learn the concepts of stretching, strengthening and coordination in first & second positions, at the ballet barre and in the center. Please email [admin@alamedaballet.com](mailto:admin@alamedaballet.com) (Subject line: ARPD) about the dress code and obtaining dancewear. Voted Best East Bay Ballet Classes by Parents' Press!

<b>Tuesday</b>	<b>Jan 10 - Mar 28</b>	<b>3:30p.m. - 4:30p.m.</b>
Class # 17934	No. of classes: 12	Fee: \$283
Instructor: Alameda Ballet Academy		Alameda Ballet Academy, 1402 Park St
<b>Thursday</b>	<b>Jan 12 - March 30</b>	<b>3:30p.m. - 4:30p.m.</b>
Class # 17935	No. of classes: 12	Fee: \$283
Instructor: Alameda Ballet Academy		Alameda Ballet Academy, 1402 Park St

### Dance With Me Ballet

**Ages 3-4 years + Caregiver**

You and your little one will gain flexibility and learn the basic positions and steps of ballet alongside one another! No previous experience necessary. Please email [admin@alamedaballet.com](mailto:admin@alamedaballet.com) (Subject line: ARPD) about the dress code and obtaining dancewear for your young dancer. Voted Best East Bay Ballet Classes 2014, 2015 & 2016 by Parents' Press!

<b>Saturday</b>	<b>Jan 14 - Mar 25</b>	<b>9:45a.m. - 10:30a.m.</b>
Class # 17931	No. of classes: 10	Fee: \$213
Instructor: Alameda Ballet Academy		Alameda Ballet Academy, 1402 Park St

### One-Day Art Camp with Ms. Y

**Ages 5 - 12**

Students cut, paste, and draw the day away with crafty projects and creative artworks. Includes a walk to the park for lunch; one snack provided. Please send your child with a packed lunch. All art materials included.

<b>Friday</b>	<b>February 17</b>	<b>8:20a.m. - 3:00p.m.</b>
Class # 17936	No. of classes: 1	Fee: \$73
Instructor: Jo Anne Yada		Former Redux Studios, 2315 Lincoln Ave

### After School Art Classes with Ms. Y

**Ages 5 - 12**

Throughout the month of March, students build their skills learning the basics of art each Wednesday afternoon. Lessons include beginning drawing, simple shading, portraiture, and basic color mixing. All materials included.

<b>Wednesday</b>	<b>Mar 1 - Mar 29</b>	<b>3:45p.m. - 5:00p.m.</b>
Class # 17937	No. of classes: 5	Fee: \$118
Instructor: Jo Anne Yada		Former Redux Studios, 2315 Lincoln Ave

### Wacky Wonders

**Grades 1 - 5**

Looking at ways that our brain is tricked and the science that explains the mysteries behind our entertainment - from toys to special FX, optical illusions and magic, prepare to be confused and enlightened. Help us use science to solve the mystery of chemistry! With hands on activities we will explore mysterious mixtures and surprising solutions.

<b>Tuesday</b>	<b>Apr 11 - May 30</b>	<b>3:45p.m. - 4:45p.m</b>
Class # 17930	No. of classes: 8	Fee: \$139
Instructor: Mad Science of Mt. Diablo		Veteran's Bldg., Rm. 120

## FITNESS

### Omega Martial Arts

**Ages 5+ (parent participation optional)**

A mixed martial arts class for fitness, self-defense, and personal development. Students will learn striking and grappling. Classes are for all abilities and experience levels. Parents/guardians are welcome to enroll with their children. Children are also welcome to enroll without a parent.

<b>Mon, Wed</b>	<b>Jan 9 - Mar 29</b>	<b>5:00p.m. - 6:00p.m.</b>
Class # 17946	No. of classes: 20	Fee: \$223
No Class: Monday, Jan 16 and Monday, Feb 20		
<b>Mon, Wed</b>	<b>Apr 10 - May 31</b>	<b>5:00p.m. - 6:00p.m.</b>
Class # 17947	No. of classes: 15	Fee: \$153
No Class: Monday, May 29		
Instructor: Omega Martial Arts		Veteran's Bldg., Rm. 250



## Kids Gymnastics

**Ages 12 mos. - 8 years**

Ruby's Tumbling is a family owned business for more than 28 years. A fun classroom setting for future gymnasts designed to teach them the early stages of balance, coordination, flexibility and strength. Watch them gain confidence with every step.

<b>All Classes</b>		
Instructor: Ruby Gama	Ruby's Tumbling; 2333 Clement Ave.	
<b>Ages 12 - 24 months (with parent participation)</b>		
Tuesday	Jan 10 - Mar 7	9:15a.m. - 10:00a.m.
Class # 17948	No. of classes: 8	Fee: \$123
No Class: Tuesday, January 31		
<b>Ages 12 mos. - 24 mos. (with parent participation)</b>		
Tuesday	Apr 11 - Jun 6	9:15a.m. - 10:00a.m.
Class # 17949	No. of classes: 8	Fee: \$123
No Class: Tuesday, May 30		
<b>Ages 2 - 3 years (with parent participation)</b>		
Tuesday	Jan 10 - Mar 7	10:15a.m. - 11:00a.m.
Class # 17950	No. of classes: 8	Fee: \$123
No Class: Tuesday, January 31		
<b>Ages 2 - 3 yrs. (with parent participation)</b>		
Tuesday	Apr 11 - Jun 6	10:15a.m. - 11:00a.m.
Class # 17951	No. of classes: 8	Fee: \$123
No Class: Tuesday, May 30		
<b>Ages 3 - 5 yrs.</b>		
Wednesday	Jan 11 - Mar 1	5:15p.m. - 6:00p.m.
Class # 17952	No. of classes: 8	Fee: \$133
Instructor: Ruby Gama	Ruby's Tumbling; 2333 Clement Ave.	
<b>Ages 3 - 5 years</b>		
Wednesday	Apr 12 - Jun 7	5:15p.m. - 6:00p.m.
Class # 17953	No. of classes: 8	Fee: \$133
No Class: Wednesday, May 31		
<b>Ages Kindergarten - 8 years</b>		
Wednesday	Jan 11 - Mar 1	4:00p.m. - 5:00p.m.
Class # 17954	No. of classes: 8	Fee: \$143
<b>Ages Kindergarten - 8 years</b>		
Wednesday	Apr 12 - Jun 7	4:00p.m. - 5:00p.m.
Class # 17955	No. of classes: 8	Fee: \$143
No Class: Wednesday, May 31		

## CAMP BLADIUM

**Ages 5-14**



Experience Rock Climbing, Basketball, Wiffle Ball, Kickball, Arts and Crafts, Laser Tag, Legos, and more!  
Weekday camps in the summer | Day camps during school holidays  
Kids Night Out on select Saturdays

## CLASSES AVAILABLE YEAR-ROUND

visit [bladiumalameda.com](http://bladiumalameda.com) for schedules



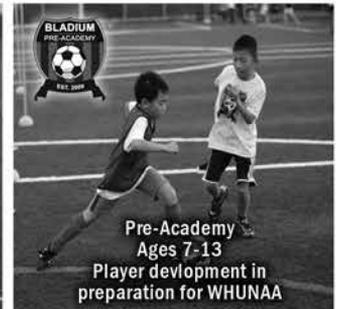
**Lil' Kickers**  
Ages 18 months - 9 years  
Child development and soccer fundamentals



**Skills Institute**  
Ages 5 - 12  
Soccer Player Development



**West Ham United North American Academy**  
Ages 7-17  
Elite Player Development



**Pre-Academy**  
Ages 7-13  
Player development in preparation for WHUNAA



**Youth Soccer Leagues**  
U8-U19  
Recreational/Competitive indoor and outdoor leagues



**Lil' Sluggers**  
Ages 2-6  
Fundamental baseball skills development

**BLADIUM**  
SPORTS & FITNESS CLUB - ALAMEDA

**TRY US FOR FREE!**

Call 510-814-4999 or visit [bladiumalameda.com](http://bladiumalameda.com)

## WEE HOOP SPORTS

**NEW**

### Dribblers

**Ages 1.5 - 3**

This parent-class focuses on gross motor skills like catching and making baskets on a 2.5 foot hoop. It also incorporates group games that teach colors, shapes, and counting. Participants are required to bring a size 3 ball. Balls are available for purchase for \$8 at the first class.

Instructor: Wee Hoop Staff		Leydecker Park
<b>Friday</b>	<b>Feb 8 - Feb 24</b>	<b>12:45p.m. - 1:20p.m.</b>
Class # 17956	No. of classes: 4	Fee: \$55
<b>Friday</b>	<b>Mar 10 - Mar 31</b>	<b>12:45p.m. - 1:20p.m.</b>
Class # 17957	No. of classes: 4	Fee: \$55
<b>Wednesday</b>	<b>Apr 14 - May 5</b>	<b>12:45p.m. - 1:20p.m.</b>
Class # 17958	No. of classes: 4	Fee: \$57
<b>Friday</b>	<b>May 19 - June 9</b>	<b>12:45p.m. - 1:20p.m.</b>
Class # 17959	No. of classes: 4	Fee: \$57

### Jump Shooters

**Ages 3 - 4 years**

This class helps children to develop physical feats such as balancing on 1 foot and hopping. It also focuses on fundamental basketball skills based upon their increased coordination. Participants are required to bring a size 3 ball. Balls are available for purchase for \$8 at the first class.

Instructor: Wee Hoop Staff		Leydecker Park
<b>Friday</b>	<b>Feb 8 - Feb 24</b>	<b>1:25p.m. - 2:05p.m.</b>
Class # 17960	No. of classes: 4	Fee: \$55
<b>Friday</b>	<b>Mar 10 - Mar 31</b>	<b>1:25p.m. - 2:05p.m.</b>
Class # 17961	No. of classes: 4	Fee: \$55

### Hot Shots

**Ages 4 - 5 years**

This class places more of an emphasis on developing basketball skills and learning basic rules of the game. Children will be able to use their skills to play one-on-one. Participants are required to bring a size 3 ball. Balls are available for purchase for \$8 at the first class.

Instructor: Wee Hoop Staff		Leydecker Park
<b>Friday</b>	<b>Feb 8 - Feb 24</b>	<b>2:10p.m. - 2:50p.m.</b>
Class # 17962	No. of classes: 4	Fee: \$55
<b>Friday</b>	<b>Mar 10 - Mar 31</b>	<b>2:10p.m. - 2:50p.m.</b>
Class # 17963	No. of classes: 4	Fee: \$55
<b>Wednesday</b>	<b>Apr 14 - May 5</b>	<b>2:10p.m. - 2:50p.m.</b>
Class # 17964	No. of classes: 4	Fee: \$57
<b>Friday</b>	<b>May 19 - June 9</b>	<b>2:10p.m. - 2:50p.m.</b>
Class # 17965	No. of classes: 4	Fee: \$57

## SPORTS

### Kidz Love Soccer

Since 1979, Kidz Love Soccer has been dedicated to teaching children the world's most popular sport within a nurturing, recreational environment. A typical session experience includes age appropriate activities: skill demonstrations, fun games, and instructional scrimmages. Young soccer enthusiasts experience soccer fun in a safe, non-competitive environment. Please bring shin guards and a water bottle, (shin guards not required for Mommy/Daddy & Me Soccer) All participants receive a free KLS jersey. KLS class status hotline (888) 372-5803



Since 1979, Kidz Love Soccer has been dedicated to teaching children the world's most popular sport within a nurturing, recreational environment. A typical session experience includes age appropriate activities: skill demonstrations, fun games, and instructional scrimmages. Young soccer enthusiasts experience soccer fun in a safe, non-competitive environment. Please bring shin guards and a water bottle, (shin guards not required for Mommy/Daddy & Me Soccer) All participants receive a free KLS jersey. KLS class status hotline (888) 372-5803

Wednesday		
Session 1	Jan 25-Mar 15	Class #
Tot/Pre-Soccer (3.5-5yrs)	3:10 - 3:45pm	17820
Soccer 1 Techniques & Teamwork (5-6yrs)	3:45 - 4:30pm	17822
Mommy/Daddy & Me Soccer (2-3.5yrs)	4:40 - 5:10pm	17815
Wednesday		
Session 2	Apr 12- May 31	Class#
Soccer 2 Skillz & Scrimmages (7-10yrs)	3:45-4:30pm	17826
Soccer 1 Techniques & Teamwork (5-6yrs)	4:30-5:15pm	17824
Tot/Pre-Soccer (3.5-5yrs)	5:15-5:50pm	17825
Mommy/Daddy & Me Soccer (2-3.5yrs)	6:00-6:30pm	17830
<b>Location: Wednesdays Lower Washington</b>		<b>\$113</b>

Saturdays		
Session 1	Jan 28-Mar 18	Class #
Mommy/Daddy & Me Soccer (2-3.5yrs)	9:00-9:30am	17816
Tot-Soccer (3.5-5yrs)	9:40-10:15am	17819
Soccer 1 (5-6yrs)	10:15-11:00am	17821
Soccer 2 (7-10yrs)	11:00-11:45am	17823
Saturdays		
Session 2	Apr 22- Jun 17	Class #
(April 22nd class at Lower Washington, no class May 27)		
Mommy/Daddy & Me Soccer (2-3.5yrs)	9:00-9:30am	17831
Tot-Soccer (3.5-5yrs)	9:40-10:15am	17827
Soccer 1 (5-6yrs)	10:15-11:00am	17828
Soccer 2 (7-10yrs)	11:00-11:45am	17829
<b>Location: Saturdays Upper Washington Park</b>		<b>\$113</b>

**Jr. Warriors Spring Break  
Basketball Camp**  
Grades K - 5 • See Page 14

## LEADERSHIP



### Alameda Youth Committee (AYC) Grades 6 - 12

Alameda Youth Committee (AYC) is still accepting members for the 2016 - 2017 School Year. Get involved with planning activities for teens: Talent Show, AYC food booths, social events, community issues, fundraising...and beyond! We are seeking responsible and motivated teens who would like to get hands-on experience with volunteerism, leadership, event planning, and have a lot of fun! Use your creativity, experience, initiative and community spirit to make a difference in Alameda. Members are required to attend meetings regularly. AYC hours count towards school community service requirements. Hours include some weekends for community events. Applications are available at The Underground Teen Center, and on our website at [alamedaca.gov/recreation](http://alamedaca.gov/recreation). For more information, please call Shawn Smith, Recreation Services Specialist, at (510) 747-7555 or e-mail him at: [sdsmith@alamedaca.gov](mailto:sdsmith@alamedaca.gov).

#### Regularly scheduled meetings most 1st and 3rd Wednesday of the month

Sep. 7 - May 31	4:00 p.m. - 5:00 p.m.
Class # 17518	Ver's Bldg., Rm. 390

## ENRICHMENT

### Driver Education Internet Study Ages 15+

DMV allows teens to receive their Learner's Permit at age 15 ½ and a license at age 16. This class is the first required step that must be completed. This is an online course with videos, animated driving scenarios and sample test questions. Learn the rules of the road, major causes of traffic collisions, DMV procedures, etc. A licensed instructor is available to answer any questions. Receive DMV-approved certificate of completion. Registration is ongoing, sign up anytime. **Upon registering, please notify Recreation Service Specialist, Shawn Smith, at [sdsmith@alamedaca.gov](mailto:sdsmith@alamedaca.gov).**

Class # 17845	Fee: \$46.00
---------------	--------------

## AFTER-SCHOOL CARE

### Underground Teen Center (UTC) Grades 6 - 12

The Underground Teen Center (UTC) provides a safe place for tweens and teens to have fun, socialize with friends, and participate in active, fun and enriching activities with adult supervision. The UTC has a big screen TV, pool table, video games, ping pong/shuffleboard, board games, music, and a snack bar. There is no charge to visit The Underground Teen Center, however some activities may require a small materials fee. Participants need to register before participating and must sign-in and sign-out on a daily basis.



<b>Open Monday through Friday*</b>	<b>3:00 p.m. - 5:30 p.m.</b>
*Closed on school Holidays	
<b>Open AUSD Winter Break</b>	
Dec. 22 and 23, Dec. 27 - Dec. 30 and Jan. 3 - Jan. 6	12:00 p.m. - 4:00 p.m.
<b>Open AUSD Spring Break</b>	
April 3 - April 7	12:00 p.m. - 4:00 p.m.
Veteran's Bldg., 2203 Central Ave.	

### CLUB Underground - Transportation

CLUB Underground is after school transportation from AUSD Middle schools in ARPD vehicles to The Underground Teen Center program. Transportation is not available on public school Holidays, AUSD staff development days, or unscheduled early release days. Participants must be registered in the Underground Teen Center program before they are permitted to use CLUB Underground Transportation.

<b>Monday, Tuesday, Thursday, and Friday</b>	<b>2:30 p.m. - 3:25 p.m.</b> (varies by school dismissal times)
<b>Wednesday</b>	<b>Pick-up varies by school dismissal times</b>
Academy of Alameda	Class # 17520
Alameda Community Learning Center	Class # 17521
Bay Farm School	Class # 17522
Junior Jets	Class # 17523
Lincoln Middle School	Class # 17524
NEA	Class # 17525
Wood Middle School	Class # 17526

# VOLUNTEER & CAMP - TEENS/TWEENS

## VOLUNTEER

### Teens Teaching Technology

**Grades 6 - 12**

This program is a collaboration between the Mastick Senior Center and the ARPD Teen Programs. Teens meet at the Mastick Senior Center and assist Mastick members with their electronic devices. Devices can include, but are not limited to, iPhones, Android smartphones, assorted cell phones, tablets (iPads & Android), and laptops. Program hours count towards required community service. Transportation to Mastick is available from The Underground Teen Center, but must be coordinated in advance. Please contact Shawn Smith at (510) 747-7555, or [sdsmith@alamedaca.gov](mailto:sdsmith@alamedaca.gov) at least 24 hours before your scheduled Teens Teaching Technology date in order to arrange transportation from the Teen Center. Teen must be a registered member of The Underground Teen Center for transportation.



Location: Mastick Senior Center, Room C		
<b>Thursday, January 19</b>	4:00p.m. - 5:00p.m.	Class # 17846
<b>Thursday, February 16</b>	4:00p.m. - 5:00p.m.	Class # 17847
<b>Thursday, March 16</b>	4:00p.m. - 5:00p.m.	Class # 17848
<b>Thursday, April 20</b>	4:00p.m. - 5:00p.m.	Class # 17849

### Spring Teen Volunteer Program

**Grades 6 - 12**

This program is for tweens/teens who are interested in volunteering to work with youth at ARPD Parks and Playgrounds or RAP programs during the spring. The Teen Volunteer Program is a great opportunity to gain valuable job experience and satisfy school community service requirements. Students must complete a Teen Volunteer Program application and return it to the Recreation and Park Department, 2226 Santa Clara Ave. Applicants will be contacted for an interview. Interviews do not guarantee acceptance into the program. Upon selection, volunteers must attend a training session. The last day to register for the spring Teen Volunteer Program is Thursday, March 9th. For more information, please call Shawn Smith at (510) 747-7555 or email him at [sdsmith@alamedaca.gov](mailto:sdsmith@alamedaca.gov).

<b>Mandatory training date</b>		
Thursday	Mar. 16	4:00p.m. - 5:30p.m.
Ver's Bldg., Rm. 390	Fee: \$45	Class # 17854

**See Special Needs Services on page 8 for "Friends Connect," social club for teens/tweens with developmental disabilities.**

**FREE**

### Operation Green Sweep

ARPD is looking for teens who want to earn community service hours by helping to maintain and beautify our city parks and community centers. Teens will meet ARPD Teen Staff at the Veteran's Memorial Building on scheduled days to work on various projects. Duties include but are not limited to park clean-up, light trash removal, weeding, etc. Equipment is provided to participants for different projects. Transportation is provided to and from volunteer sites. Registrations will be taken until program is full. Program dates are weather permitting. For more information, please call Shawn Smith, Recreation Services Specialist, at (510) 747-7555 or email him at [sdsmith@alamedaca.gov](mailto:sdsmith@alamedaca.gov).

<b>Every Friday</b>	<b>Apr. 21 - May 26</b>	<b>3:30 p.m. - 5:00 p.m.</b>
Class # 17853	Fee: \$45	Teen Center; Veteran's Memorial Bldg.

## TEEN CAMP

**NEW**

### Tween and Teen Adventure Spring Break Mini-Camp

**Grades current 6 - 12**

Join ARPD during Spring Break for 3 full days and 1 overnight of adventure. This mini-camp is jammed packed with FUN field trips to Land's End, Sutro Baths and China Beach in San Francisco's Golden Gate National Recreation Area, Six Flags Discovery Kingdom, mini-golf at Sub-Par and Arcade Games at High Scores. Camp culminates with an overnight on Alameda's own U.S.S. Hornet on the last night! Please send your child with a packed lunch on Monday and Weds. and cash for lunch at Six Flags on Tuesday. Dinner and breakfast are provided on the U.S.S. Hornet overnight on Thursday. Packing list for overnight is included on registration receipt. Pick-up/ Drop-Off at Underground Teen Center (2203 Central Ave. at Walnut).

All field trip details are subject to change. Withdraw fee is \$40.00. Must withdraw by Tuesday, March 28 to receive partial refund. No refunds issued thereafter.

Class #17986	\$250 Resident	\$275 Non-Resident
<b>Tuesday</b>	<b>April 4</b>	<b>9:00a.m - 5:30p.m.</b>
Land's End, Sutro Baths, China Beach Hike and Picnic, San Francisco		
<b>Wednesday</b>	<b>April 5</b>	<b>9:00a.m. - 7:00p.m.</b>
Six Flags Discovery Kingdom, Santa Clara		
<b>Thursday</b>	<b>April 6</b>	<b>9:00a.m. - *Overnight</b>
Sub-Par Mini Golf and High Scores Arcade, Alameda and *OVERNIGHT on U.S.S. Hornet, Alameda. *Pick-up at 10:00a.m. Friday, April 7		
<b>Extended Care Option at Teen Center</b>		
Tuesday - Thursday	7:30 a.m. - 9:00 a.m.	
Friday	10:00 a.m. - 4:00 p.m.	
Class #17988	\$60 Resident	\$100 Non-resident

# AQUATICS - ALL AGES

## SWIM CENTER LOCATIONS

The Aquatics Program consists of Saturday youth lessons, private lessons, and lap swim.

### Swim Centers

#### Emma Hood Swim Center

2256 Alameda Avenue at Oak St., (510) 522-8107



#### Encinal Swim Center

230 Central Avenue at 3rd St., (510) 522-4590

## OPEN SWIM

### Adult Lap Swim

#### Ages 16+

Swim at your own pace or use one of our sample swim workouts. Workouts for beginner through advanced levels will be available. Kick boards provided. Must be at least 16 years old.



Emma Hood Swim Center		
<b>Mon and Wed</b>	<b>Dec 5 - May 31</b>	<b>7:30 p.m. - 8:30 p.m.</b>
<b>Saturdays</b>	<b>April 8 - May 6</b>	<b>9:00 a.m. - 10:00 a.m.</b>
Adults 16 - 49	\$5 resident / \$6 non-resident	
Seniors 50 +	\$3 resident/ \$4 non-resident	
Discount multi-pass cards available.		

## INSTRUCTIONS

### Lifeguard Training

#### Ages 15+

The American Red Cross Lifeguard Training course is to teach lifeguard candidates the skills and knowledge needed to prevent and respond to aquatic emergencies. The course content and activities prepare candidates to recognize and respond quickly and effectively to emergencies and prevent drowning and injuries. Participants must pass pre-course swim requirements. Ages 15 years and older.

Encinal Swim Center		
<b>Mon</b>	<b>April 3</b>	<b>7:00 p.m. - 8:00 p.m.</b>
<b>Sun</b>	<b>April 9 - May 14</b>	<b>10:00 a.m. - 4:00 p.m.</b>
Fee: \$185	Class # 18003	

### Scuba Diving Open Water Certification

#### Ages 12 - adult

This is an entry level SCUBA certification Course. Course consists of required classroom and in water training sessions, followed by open water dives in Monterey CA. Class fee includes tanks, weights, regulator, BCD and wetsuit for pool sessions. Participant provides mask, snorkel, and fins.



Emma Hood Swim Center	
<b>Tuesday and Wednesday</b>	<b>6:30 p.m. - 9:30 p.m.</b>
<b>Jan 17 - Feb 15</b>	Class # 18005
<b>Feb 21 - Mar 22</b>	Class # 18006
<b>Mar 28 - Apr 26</b>	Class # 18007
<b>May 16 - Jun 14</b>	Class # 18008
Fee: \$385	

### Scuba Diving Refresher Course

#### Ages 12 - adult

This one day class is for certified divers looking to refresh their skill set. Course will cover equipment, basic skills, proper weighting, and practice descents/ascents and buoyancy skills

Emma Hood Swim Center	
<b>Sundays</b>	<b>11:00 a.m. - 12:00 p.m.</b>
<b>December 18</b>	Class # 18019
<b>January 22</b>	Class # 18020
<b>February 12</b>	Class # 18021
<b>March 19</b>	Class # 18022
<b>April 23</b>	Class # 18023
<b>May 21</b>	Class # 18024
Fee: \$83	

### Scuba Splash Party

#### Ages 12 - adult

This class is designed for participants to try out scuba diving before committing to the Open Water Certification Course

Emma Hood Swim Center	
<b>Sundays</b>	<b>1:00 p.m. - 2:00 p.m.</b>
<b>December 18</b>	Class # 18011
<b>January 22</b>	Class # 18012
<b>February 12</b>	Class # 18013
<b>March 19</b>	Class # 18014
<b>April 23</b>	Class # 18015
<b>May 21</b>	Class # 18016
Fee: \$125	

## Spring Swim Lessons

### Ages 3 - 15

We are excited to offer private swim tutors and group swim lessons. This five week session is a great way to give you and your family a taste of what's to come this summer. Proof of age is required for children 3 - 5, (birth certificate, passport, insurance card, etc.) Please provide a copy if registration is mailed or faxed. Swim diapers are the only type of diapers allowed in the pool.



Encinal Swim Center		
<b>Saturdays</b>	<b>April 8 - May 6</b>	
<b>Private Lesson</b>	<b>10:15 a.m. - 10:45 a.m.</b>	Class # 18000
<b>Group Ages 3-5</b>	<b>11:05 a.m. - 11:35 a.m.</b>	Class # 18001
<b>Group Ages 6-15</b>	<b>11:45 a.m. - 12:30 p.m.</b>	Class # 18002
Private Lesson	\$128 resident / \$148 non-resident	
Group Ages 3 - 5	\$34 resident / \$39 non-resident	
Group Ages 6 - 15	\$51 resident / \$59 non-resident	

## Tiny Tot / Parent Swim

### Ages 1 - 4

A great way to get your young child familiarized with the pool and prepares them for future swim lessons. Aquatic staff assists parents with introducing techniques to help their children become comfortable in the water. Parent or guardian must be at least 16 years of age and accompany each child. Swim diapers are required for children who are not potty trained.

Encinal Swim Center		
<b>Saturdays</b>	<b>April 8 - May 6</b>	<b>12:45 p.m. - 1:30 p.m.</b>
\$10 drop in for parent / guardian and child		
Discount multi-pass cards available		

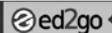
## Water Safety Instructor Training

### Ages 16+

This American Red Cross course will train individuals to teach others how to swim. Future instructors will learn how to use course material, develop lesson plans, conduct classes, evaluate students, and complete course records. Participants must pass a swim and water safety skills test. Bring swim suit and towel to all class dates. Ages 16 years and older.

Encinal Swim Center		
<b>Mon</b>	<b>February 27</b>	7:30 p.m. - 8:30 p.m.
<b>Sun</b>	<b>March 5, 12, 19</b>	10:00 a.m. - 4:00 p.m.
<b>Sat</b>	<b>April 1, 8, 15, 22, 29</b>	10:00 a.m. - 4:00 p.m.
Fee: \$235	Class # 18004	

More than 300 online courses



# Online Courses

*anytime, anywhere...  
just a click away!*



Learn from the comfort of home!

## Alameda Recreation and Park Department: Ed 2 Go

Online Courses are informative, fun, convenient, and highly interactive. Courses are project-oriented and include lessons, quizzes, hands-on assignments, discussion areas, six-week format, supplementary links, and more.

You can complete any course entirely from your home or office, any time of the day or night.

### Courses include:

- Expert Instructor
- 24-Hour Access
- Online Discussion Areas
- 6 Weeks of Instruction
- Hundreds of courses to choose from
- Monthly start sessions

### Beginning Writer's Workshop

Get a taste of the writer's life and improve your writing skills in this introduction to writing creatively.

### Grammar Refresher

Whatever your goals, a grasp of English grammar is important if you want to improve your speaking and writing skills.

### Writing Essentials

Master the essentials of writing so you can excel at business communications, express yourself clearly online, and take your creative literary talents to a new level.

### Write Your Life Story

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

### Spanish for Medical Professionals

Learn medical Spanish quickly and easily, honing your basic conversational skills and mastering key healthcare words and phrases.

### Effective Business Writing

Improve your career prospects by learning how to develop powerful written documents that draw readers in and keep them motivated to continue to the end.

### Discover Sign Language

Discover the fun of learning sign language and using your hands to communicate with Deaf people.

### Start Your Own Edible Garden

Learn how to grow delicious, nutritious fruit and vegetables in your own backyard.

For more information or to enroll visit:

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

# KAYAKING - ALL AGES

## KAYAKING

### All Ages

All minors need to be accompanied by a parent or guardian. No experience necessary; however some courses provide more instructions than others. Upon registering, please email instructor at [stackedadventures@gmail.com](mailto:stackedadventures@gmail.com) for information specific to your class.



### Birder's Kayaking Tour

#### Ages 12+

This class is a birder's delight! We will paddle past the USS Hornet and other Navy reserve vessels, while making our way to the outer rock wall where thousands of Brown Pelicans migrate each year. We are sure to see many birds, sea lions, and more! Bring a camera, the sights and the views are spectacular.

<b>Sunday</b>	<b>Mar 19</b>	<b>9:00a.m. - 12:00p.m.</b>
Class # 17970	No. of classes: 1	Fee: \$63
Instructor: Stacked Adventures		Encinal Boat Ramp
<b>Saturday</b>	<b>May 13</b>	<b>9:00a.m. - 12:00p.m.</b>
Class # 17971	No. of classes: 1	Fee: \$63
Instructor: Stacked Adventures		Encinal Boat Ramp

### Fitness Fridays Kayaking

#### Ages 18+

This program is designed to develop paddle techniques while focusing on core muscle groups, and getting your heart pumping. You will not be limited to the slowest person in the group. Participants are encouraged to paddle at their own pace with designed points of interest. Develop kayak skills while getting a great workout! Prior kayaking experience is recommended.

<b>Friday</b>	<b>Jan 6, Feb 3, Mar 3</b>	<b>9:00a.m. - 11:00a.m.</b>
Class # 17972	No. of classes: 3	Fee: \$103 for all dates, \$43 for drop in
Various locations around Alameda, email instructor at <a href="mailto:stackedadventures@gmail.com">stackedadventures@gmail.com</a> for locations.		Instructor: Stacked Adventures
<b>Friday</b>	<b>Apr 7, May 5</b>	<b>9:00a.m. - 11:00a.m.</b>
Class # 17973	No. of classes: 2	Fee: \$73 for all dates, \$43 for drop in
Various locations around Alameda, email instructor at <a href="mailto:stackedadventures@gmail.com">stackedadventures@gmail.com</a> for locations.		Instructor: Stacked Adventures

### Mother's Day Kayak Tour

#### Ages 12+

Join us for a special tour designed just for mothers. We will tour the area at a relaxed pace in safe double sea kayaks and enjoying the marine life, sea breeze and sunshine. This tour is perfect for all levels and abilities.

<b>Sunday</b>	<b>May 14</b>	<b>9:30a.m. - 12:00p.m.</b>
Class # 17974	No. of classes: 1	Fee: \$58
Instructor: Stacked Adventures		Grand St. Marina

### Kayak and Dine

#### Ages 12+

Kayakers will cruise local water ways with a break for lunch or dinner at Quinn's Lighthouse. You can expect to have an exciting day enjoying the sea breeze, sunshine, scenery, and local cuisines. The day begins on land with instruction on equipment and basic kayaking, followed by a paddling tour of the area and a stop for a delicious meal.

<b>Saturday</b>	<b>Mar 4</b>	<b>4:30p.m. - 7:30p.m.</b>
Class # 17975	No. of classes: 1	Fee: \$63
Instructor: Stacked Adventures		Grand St. Marina
<b>Saturday</b>	<b>Apr 15</b>	<b>10:30a.m. - 1:00p.m.</b>
Class # 17976	No. of classes: 1	Fee: \$63
Instructor: Stacked Adventures		Grand St. Marina

### Valentine's Day Kayak Tour

#### Ages 18+

A unique kayak tour designed just for couples using double kayaks. We will tour the local water ways and enjoy the beautiful views. The day begins with instruction on land about equipment, paddle techniques, and safety. There will be many opportunities for breaks on the water, to take photos and enjoy the scenery with your partner.

<b>Sunday</b>	<b>Feb 12</b>	<b>10:30a.m. - 1:00p.m.</b>
Class # 17977	No. of classes: 1	Fee: \$113 per couple
Instructor: Stacked Adventures		Grand St. Marina



## Family Kayaking Ages 4+

Join us for a special kayak tour of Bay Farm Lagoon that is perfect for the "little ones". Kayak in calm shallow waters using the very stable kayaks with a stop at the playground. Class will meet at the beach just beyond the playground at the cross streets of Beaufort Harbor Landing and Coleport Landing – on the lagoon. Fee covers 1 adult and 2 children, or 2 adults and 1 child.



<b>Saturday</b>	<b>Mar 18</b>	<b>3:30p.m. – 5:00p.m.</b>
Class # 17978	No. of classes: 1	Fee: \$73
Instructor: Stacked Adventures		Bay Farm Lagoon
<b>Saturday</b>	<b>Apr 29</b>	<b>9:00a.m. – 10:30a.m.</b>
Class # 17979	No. of classes: 1	Fee: \$73
Instructor: Stacked Adventures		Bay Farm Lagoon
<b>Saturday</b>	<b>Apr 29</b>	<b>11:00a.m. – 1:30p.m.</b>
Class # 17980	No. of classes: 1	Fee: \$73
Instructor: Stacked Adventures		Bay Farm Lagoon
<b>Saturday</b>	<b>May 27</b>	<b>9:00a.m. – 10:30a.m.</b>
Class # 17981	No. of classes: 1	Fee: \$73
Instructor: Stacked Adventures		Bay Farm Lagoon
<b>Saturday</b>	<b>May 27</b>	<b>11:00a.m. – 1:30p.m.</b>
Class # 17982	No. of classes: 1	Fee: \$73
Instructor: Stacked Adventures		Bay Farm Lagoon

## Sea Plane Lagoon Kayak Tour Ages 12+

Join us for a special kayak tour of the Sea Plane Lagoon. You'll learn about upcoming Alameda Point development projects, kayak past the Navy's Reserve fleet-MARAD & the U.S.S. Hornet, and paddle out to the rock wall. Enjoy the sea breeze, marine life, and scenic views of the bay area. After your tour, consider stopping by one of the many special features at Alameda Point.

<b>Saturday</b>	<b>Mar 4</b>	<b>9:00a.m. – 11:00a.m.</b>
Class # 17983	No. of classes: 1	Fee: \$43
Instructor: Stacked Adventures		Alameda Point, Sea Plane Lagoon
<b>Sunday</b>	<b>Apr 30</b>	<b>9:00a.m. – 11:00a.m.</b>
Class # 17984	No. of classes: 1	Fee: \$43
Instructor: Stacked Adventures		Alameda Point, Sea Plane Lagoon

## Introduction to Kayaking Ages 12+

Instruction begins on land to cover equipment, paddle techniques, and safety. Once on the water, we'll develop boat control and practice various techniques. On the 2nd day, we will work on refining your techniques and long term skills development plans. Optionally, we will practice kayak rescues which will require participants to get in the water. This will not be mandatory, but is a great skill to learn.

<b>Sunday</b>	<b>Mar 5, Mar 12</b>	<b>9:00a.m. – 1:00p.m.</b>
Class # 17985	No. of classes: 2	Fee: \$153
Instructor: Stacked Adventures		Encinal Boat Ramp



# FACILITIES & PARKS

ENJOY  
ALL THAT THE  
CITY OF  
ALAMEDA  
HAS TO  
OFFER!



**ARPD Main Office**  
2226 Santa Clara Ave.  
747-PLAY  
ARPD@alamedaca.gov  
www.alamedaca.gov/recreation

**Online registration:**  
www.arpdeplay.com  
www.facebook.com/playARPD

**Park Maintenance Hotline**  
- after hours 775-5459

**Field Condition Hotline**  
- after 2pm 747-7540

CLASS LOCATIONS	
Alameda Ballet Academy	(510) 337-1929 1402 Park Street
Alameda High School	2201 Encinal Ave.
College of Alameda Gym	555 Ralph Appezato Memorial Parkway
Encinal High School	210 Central Ave.
Ruby's Tumbling	(510) 337-0846 2333 Clement Avenue



## FACILITY & PARK LOCATIONS

<b>Alameda Point Gym &amp; Multi-purpose Field</b>	<b>1101 West Redline Ave.</b>	<b>747-PLAY</b>
<b>Bayport Park</b>	<b>301 Jack London Ave.</b>	<b>263-1428</b>
<b>City View Skate Park (Alameda Point)</b>	<b>1177 West Redline Ave.</b>	
<b>Chuck Corica Golf Complex</b>	<b>1 Clubhouse Memorial Dr.</b>	<b>747-7800</b>
<b>Dog Park</b> (Robert Crown Memorial Beach)	<b>next to Washington Park Tennis Courts</b>	
<b>Emma Hood Swim Center</b>	<b>2256 Alameda Ave.</b>	<b>522-8107</b>
<b>Encinal Boat Ramp</b>	<b>Central Ave. behind Encinal High</b>	
<b>Encinal Swim Center</b>	<b>230 Central Ave.</b>	<b>522-4590</b>
<b>Estuary Park</b>	<b>200 Mosley Ave</b>	
<b>Franklin Park</b>	<b>1432 San Antonio Ave.</b>	<b>522-3132</b>
<b>Godfrey Park</b>	<b>281 Beach Rd.</b>	<b>521-1551</b>
<b>Grand Street Boat Ramp</b>	<b>North End of Grand St.</b>	
<b>Harrington Field</b>	<b>3400 Oleander Ave.</b>	
<b>Jackson Park</b>	<b>2430 Encinal Ave.</b>	
<b>Jean Sweeney Open Space Park</b>	<b>1925 Sherman St.</b>	
<b>Krusi Park</b>	<b>900 Mound St.</b>	<b>522-4341</b>
<b>Leydecker Park</b>	<b>3225 Mecartney Rd.</b>	<b>521-1266</b>
<b>Lincoln Park/Harrison Center</b>	<b>1450 High St.</b>	<b>523-6222</b>
<b>Littlejohn Park</b>	<b>1401 Pacific Ave.</b>	<b>523-1510</b>
<b>Longfellow Park</b>	<b>520 Lincoln Ave.</b>	<b>522-5262</b>
<b>Main Street Dog Park</b>	<b>Main St. &amp; Navy Wy.</b>	
<b>Main Street Linear Park</b>	<b>Main St.</b>	
<b>Main Street Soccer Field</b>	<b>Main St. &amp; Appezzato Pkwy.</b>	
<b>Marina Cove Waterfront Park</b>	<b>1591 Clement Ave.</b>	
<b>Mastick Senior Center</b>	<b>1155 Santa Clara Ave.</b>	<b>747-7500</b>
<b>McKinley Park</b>	<b>2165 Buena Vista Ave.</b>	<b>522-6161</b>
<b>Neptune Park</b>	<b>2301 Webster St.</b>	
<b>O'Club</b>	<b>641 West Redline Ave.</b>	<b>747-PLAY</b>
<b>Bill Osborne Model Airplane Field</b>	<b>Doolittle Dr. at Harbor Bay Parkway</b>	
<b>Rittler Park</b>	<b>1400 Otis Dr.</b>	
<b>Shoreline Park</b>	<b>2801 Seaview Parkway</b>	
<b>Tillman Park</b>	<b>220 Aughinbaugh Wy.</b>	<b>521-8307</b>
<b>Towata Park</b>	<b>3315 Bridgeway Isle</b>	
<b>Underground Teen Center</b>	<b>Veteran's Building, Rm 170</b>	<b>748-9466</b>
<b>Veteran's Memorial Building</b>	<b>2203 Central Ave.</b>	<b>864-4017</b>
<b>Washington Park</b>	<b>740 Central Ave.</b>	<b>521-0162</b>
<b>Woodstock Park</b>	<b>351 Cypress St.</b>	<b>521-0656</b>



# FACILITIES & PARKS

## FACILITY & PARK RENTALS

### ARPD Main Office

2226 Santa Clara Ave., 747-PLAY, ARPD@alamedaca.gov

### Park & Facility Issues Line

To report an issue in a park or facility after hours call 775-5459.

### Albert H. DeWitt O'Club

641 West Redline Ave., Alameda Point

A beautiful, historic facility available for parties, weddings, special events and family functions. The facility features wood paneling, crystal chandeliers, and a parquet dance floor. The O'Club is an ideal venue for wedding receptions, banquets, social gathering and conferences. Rental fee includes room set-up, janitorial service and staff supervision. Seats up to 250 people. Reservations must be made at least 21 working days in advance.

Resident Private Rental Fees (4 hour minimum)	
Main Dining Room (250 max)	\$180/hour
Trident Room (120 max)	\$150/hour
Terrace Room (90 max)	\$120/hour
Squadron Room (50 max)	\$60/hour
Security deposit applies to all rentals	\$750 to \$1000
<i>Other fees may apply</i>	



### Recreation Centers at Bayport, Leydecker & Lincoln Parks

Recreation Centers are available to individuals and organizations and are ideal for private parties, birthdays, showers, dinners and other social functions. Reservations must be made at least 7 working days in advance.

Resident Private Rental Fee (3 hour min)	\$90/hour
Security deposit	\$300 to \$500
Additional fee structure and other fees may apply.	

### Picnic Areas

These are available to individuals and organizations. Alcohol is not permitted. Picnic tables available at the following parks: Franklin, Godfrey, Krusi, Leydecker, Lincoln, Littlejohn, Shoreline, Tillman and Washington. Picnic areas may be reserved from 9:00am – 8:00pm. Reservations must be made at least 7 working days in advance.

Resident Private Rental Fee (3 hour min)	\$30-80/hour depending on number of tables
<i>Other fees may apply</i>	

**Contact Katherine at (510) 747-7576  
for facility rental information.**

**Contact Dennis at (510) 747-7586  
for fields, sports & aquatics rentals.**

**Reservations accepted in the ARPD Office  
(2226 Santa Clara Ave., Alameda)  
or e-mail your facility use permit  
with payment to arpd@alamedaca.gov.**



## ADDITIONAL FACILITIES AVAILABLE TO THE PUBLIC

### Encinal & Grand Street Boat Ramps

ARPD maintains two free public boat launching ramps. Both Boat Ramps include a launching ramp, restrooms, and automobile and trailer parking. The Grand Street Boat Ramp also includes a fishing pier and fish cleaning facilities.

### Bill Osborne Model Airplane Field

Free flying lessons are held from 8:30am – 11:30am Sundays by appointment only, weather permitting. Equipment provided by Aer-o-nuts. For more info, visit [www.aero-manics.com](http://www.aero-manics.com). Fees are not required for flying model airplanes but proof of personal liability insurance is required.

## CHUCK CORICA GOLF COMPLEX

1 Clubhouse Memorial Drive  
(510) 747-7800  
www.alamedagolf.com

A golfer's destination with 45 holes of challenging, yet enjoyable golf, a staff of PGA Professionals, pro shop, night lighted driving range, teaching academy, practice areas, restaurant, lounge and 9-hole Mif Albright course. Perfect for beginners and seniors.

**The Earl Fry (North) and Jack Clark (South) Courses** offer two scenic and challenging championship layouts that will challenge anyone's golfing skills. Call to reserve starting times or schedule a tournament. Our staff of highly trained professionals can provide assistance in club fitting, apparel, golf equipment, club repair and lessons. The Jack Clark (South) Course is currently closed for renovation. Rees Jones, "The Open Doctor", is redesigning the course and is scheduled to re-open in 2017.

**Practice Makes Perfect...** Enjoy the 9-Hole Par-Three Course & Expansive Practice Range... Friends, families and fun are a big part of golf at Chuck Corica, designed for beginners or those wanting to improve their short game, the par-three 9-hole MIF Albright course is a perfect option for those looking for a quick golf fix. Or, maybe a little practice on one of California's largest driving ranges is what you need to get started or to lower those scores.

### Newly Renovated Lucious Bateman Driving Range

- Upgraded mats
- 13 different targets
- Grass hitting surface
- Top quality range balls
- Custom club fitting by trained experts
- Lighted driving range
- Covered hitting stalls during inclement weather

### Norma Arnerich Teaching Academy

- Private teaching stalls
- Indoor teaching center
- State of the art video equipment
- Individual and group lessons available
- Launch Monitor

Residents (without cart)	Mon. - Fri.	Sat., Sun., & Holidays
<b>General</b>	\$29.00	\$37.00
<b>Senior</b> (Age 60 & Above)	\$24.00	\$37.00
<b>Junior</b> (Earl Fry Mon-Fri after 12:00)	\$1.00	\$1.00 (after Twilight)
<b>Twilight</b> (2pm in summer & 12pm in winter)	\$24.00	\$24.00
<b>Late Twilight</b> (4pm in summer & 2pm in winter)	\$19.00	\$19.00
<b>9-holes</b> (1st 2-hours of the day)	\$19.00	\$24.00
<b>Tournament</b> (Cart included)	\$50.00	\$62.00
<b>Tournament - Senior</b> (Cart incl.)	\$37.00	\$62.00

## GOLF LESSONS

### Introduction to Golf Classes

#### Saturday Free Lesson Program • Age: 6 - 17

Curriculum is designed for the beginning junior golfer (age 6-17) with little to no experience. Areas of focus: safety, explanation of equipment, basic fundamentals, general course etiquette etc. Juniors may sign up for one (three class) session per year. A certificate of completion will be given to all graduates of this program. Classes will be limited to the first 20 juniors who sign up, so as many juniors as possible can benefit from this program.

Age: 6 - 17	Saturday	Free
-------------	----------	------

### Junior Group Class

#### Age: 7 - 17

Hour long classes designed for the junior golfer (age 7-17) who has some experience or has completed the Introduction to Golf Class. Cost is \$99 per (four class) session, which will be held once a week. Minimum of 4 students required for the class to be held. Curriculum will include: full swing mechanics, short game, putting & golf course etiquette.

Age: 7 - 17	1 Hour Class	Fee \$99	No of classes 4
-------------	--------------	----------	-----------------

### Adult Golf Classes

#### Get Golf Ready Program

Get Golf Ready is designed to teach everything you'll need to play golf in just five lessons. Our team of golf professionals will show you that there are lots of ways to play by combining fun, friends and fitness. Curriculum includes: full swing mechanics, long game (woods and driver), short game, putting & golf course etiquette.

Please visit [www.alamedagolf.com](http://www.alamedagolf.com)  
or call the Pro Shop at (510) 747-7800  
to register for all of these programs  
as well as more information.



# TENNIS - ALL AGES

## TENNIS COURTS

### Locations

<b>Krusi Tennis Courts</b>	Otis Dr. & High St
<b>Fairfield Tennis Courts</b>	740 Central Ave at 8th St. Lower Washington Park
<b>Leydecker Tennis Courts</b>	3225 Mecartney Road Bay Farm Island

## ADULT GROUP LESSONS

### Morning Lessons

#### Ages 18+

Now is the time to make those changes to your strokes that will raise your game a notch.

Each class includes instructor tips, drills, strategy & tactics.



Fairfield Tennis Courts		
Monday	\$100 per session	\$20 drop in
Jan. 2 – Feb 6	9:00 a.m. – 10 a.m.	Class #17900
Feb. 20 – March 27	9:00 a.m. – 10 a.m.	Class #17901
April 10- May 15	9:00 a.m. – 10 a.m.	Class #17902
Rain outs will be made up at the end of the session		

### Evening Lessons

#### Ages 18 & Up

Whether you are a beginner playing for the first time or an experienced player trying to hone your skills, ARPD can help improve your game.

Fairfield Tennis Courts		
Tuesday & Thursday	\$100 per session (# classes: 6)	\$20 drop in
Beginners	6:30 p.m. - 7:30 p.m.	
Advanced Beginners	7:30 p.m. - 8:30 p.m.	
	Beginners	Adv. Beginners
Jan. 3 – Jan. 19	Class #17903	Class #17905
Jan 31 – Feb 17	Class #17904	Class #17906
Feb 28 – March 16	Class #17908	Class #17911
March 28 – April 13	Class #17907	Class #17912
April 25 – May 11	Class #17909	Class #17913
May 23 – June 8	Class #17910	Class #17914
Rain outs will be made up at the end of the session		



## YOUTH GROUP LESSONS

### 10 and Under Tennis

#### Ages 5 – 10

This class is designed to bring kids into the game by utilizing specialized equipment, shorter court dimensions, and modified scoring, all tailored to age and size. Drop In Only Dec 10 – May 6.

Krusi Tennis Courts	
<b>Saturdays</b>	<b>\$20 drop in per class</b> 6 drop in class discount card \$100
<b>Drop-in Only: Dec. 10 – May 6</b>	
Ages 9 – 10	9:00 a.m. – 10:00 a.m.
Ages 7 – 8	10:00 a.m. – 11:00 a.m.
Ages 5 – 6 (Mommy/Daddy & Me)	11:00 a.m. – 12:00 p.m.

## PRIVATE LESSONS

### Private and Semi Private Lessons

#### Ages 6 & Up

Alameda Recreation and Park Department tennis instructors are available for private and semi - private instruction year round. Time and location of the lessons are flexible and arranged upon request. Our instructors are experienced tennis teachers, many of whom are certified professionals. Contact (510) 747-PLAY or ARPD@alamedaca.gov for scheduling.

Private Instruction:	
1 hour lesson	\$45
4 one-hour lessons	\$180
<b>Semi-Private</b> (Must have partner: price listed is for two participants)	
1 hour lesson	\$60
4 one-hour lessons	\$240

## ENRICHMENT

### Easy Cooking with Fresh Ingredients

Are you an unlikely cook? Eating fresh, healthy foods doesn't have to be complicated! Learn how to make delicious, affordable meals from fresh organic, unprocessed ingredients. No previous cooking skills or experience necessary.



Instructor: Johanna Dehlinger		Leydecker Park
<b>Saturday</b>	<b>Mar 11</b>	<b>10:00a.m. - 1:00p.m.</b>
Class # 17793	No. of classes: 1	Fee: \$68
<b>Saturday</b>	<b>May 6</b>	<b>10:00a.m. - 1:00p.m.</b>
Class # 17794	No. of classes: 1	Fee: \$68

### Smart and Effective Parenting

Are you feeling overwhelmed in your parenting role? Do you wish you were calmer and less reactive? Uncover the missing ingredients and learn the essential steps to being a smart parent.

Instructor: Sharon Grossman, PhD		Veteran's Bldg., Rm. 120
<b>Monday</b>	<b>Apr 3</b>	<b>7:30p.m. - 9:00p.m.</b>
Class # 17796	No. of classes: 1	Fee: \$38
<b>Saturday</b>	<b>Apr 8</b>	<b>2:00p.m. - 3:30p.m.</b>
Class # 17797	No. of classes: 1	Fee: \$38

### Time Management Workshop

Are you overwhelmed by all you have on your plate? Is it nearly impossible to find time for yourself? By mastering the art of time management. You can get more done, carve out personal time, and juggle what's on your plate with grace and without guilt.

Instructor: Sharon Grossman, PhD		Veteran's Bldg., Rm. 120
<b>Monday</b>	<b>Mar 20</b>	<b>7:30p.m. - 9:00p.m.</b>
Class # 17798	No. of classes: 1	Fee: \$38
<b>Saturday</b>	<b>Apr 8</b>	<b>10:00a.m. - 11:30a.m.</b>
Class # 17799	No. of classes: 1	Fee: \$38

### Alexander Technique & Back Trouble

The Alexander Technique is one of the most instrumental of all the approaches studied in relieving tension and pain in the lower back. Learn how to observe yourself, detect harmful postural and movement habits and put the principles of the technique into proactive to prevent future injuries.

<b>Saturday</b>	<b>Jan 21</b>	<b>10:00a.m. - 11:30a.m.</b>
Class # 17800	No. of classes: 1	Fee: \$33
Instructor: Lenka Fejt		Veteran's Bldg., Rm. 120

### Walking with the Alexander Technique

Many of us suffer from flat feet, fallen arches, plantar fasciitis, or bad hips and knees. Learn how to work with your body, legs, and feet, not against them. By improving your balance and learning to understand the proper mechanics of walking, you will increase your mobility and ultimately find more enjoyment in your walk.

<b>Saturday</b>	<b>May 13 - May 20</b>	<b>10:00a.m. - 11:30a.m.</b>
Class # 17801	No. of classes: 2	Fee: \$63
Instructor: Lenka Fejt		Veteran's Bldg., Rm. 120

### Meela's Indian Kitchen

Take the stress out of your winter blues with amazing aromas, flavors, exotic spices and herbs by participating in an Indian cooking class with Meela Shah, including a multi-course feast. Perfect Valentine's Day gift! There will be a \$13 materials fee payable to the instructor at the first class.

<b>Saturday</b>	<b>Feb 18</b>	<b>10:00a.m. - 1:30p.m.</b>	
Class # 17802	No. of classes: 1	Fee: \$56	Lab Fee: \$13
Instructor: Meela Shah		Leydecker Park	

### Beginning Taiko Drumming Ages 10+

This is a fun class at a beginner level. The class covers simple rhythms and basic form. It provides light exercise for students of all ages. There will be a \$5 materials fee payable to the instructor at the first class.

<b>Tuesday</b>	<b>Jan 10 - Mar 28</b>	<b>6:30p.m. - 7:30p.m.</b>	
Class # 17803	No. of classes: 12	Fee: \$123	Lab Fee: \$5
Instructor: Kaji Tama Taiko Group		Officers' Club, Terrace Room	
<b>Tuesday</b>	<b>Apr 11 - May 30</b>	<b>6:30p.m. - 7:30p.m.</b>	
Class # 17804	No. of classes: 8	Fee: \$83	Lab Fee: \$5
Instructor: Kaji Tama Taiko Group		Officers' Club, Terrace Room	

### Intermediate Taiko Drumming Ages 10+

This class teaches more complex Taiko skills, rhythms, and form. We discuss staging and emphasize form. It is moderate exercise. There is a \$5 material fee, payable to the instructor at the first session.



<b>Tuesday</b>	<b>Jan 10 - Mar 28</b>	<b>7:30p.m. - 8:30p.m.</b>	
Class # 17805	No. of classes: 12	Fee: \$123	Lab Fee: \$5
Instructor: Kaji Tama Taiko Group		Officers' Club, Terrace Room	
<b>Tuesday</b>	<b>Apr 11 - May 30</b>	<b>7:30p.m. - 8:30p.m.</b>	
Class # 17806	No. of classes: 8	Fee: \$83	Lab Fee: \$5
Instructor: Kaji Tama Taiko Group		Officers' Club, Terrace Room	

# ADULTS 18+ - ENRICHMENT & BAND/CHORUS

## Grief Recovery Method & Support Group

This educational support group will teach participants how to use the Grief Recovery Method to move beyond pain caused by death, divorce, and other losses. Participants will also learn how to support others experiencing grief. There is a \$20 lab fee payable to the instructor on the first day.

<b>Tuesday</b>	<b>Jan 10 - Feb 28</b>	<b>7:00p.m. - 9:30p.m.</b>	
Class # 17807	No. of classes: 8	Fee: \$243	Lab Fee: \$20
Instructor: Kim Hanlon		Veteran's Bldg., Rm. 390	
<b>Tuesday</b>	<b>Apr 11 - May 30</b>	<b>7:00p.m. - 9:30p.m.</b>	
Class # 17808	No. of classes: 8	Fee: \$243	Lab Fee: \$20
Instructor: Kim Hanlon		Veteran's Bldg., Rm. 390	

## Helping Children Deal with Loss

This educational program for parents and caregivers reviews guidelines for helping children develop a lifelong healthy response to loss. Participants will also learn about their own grief beliefs and behaviors. Based on the text "When Children Grieve". There is a \$13 lab fee payable to the instructor the first day.

<b>Thursday</b>	<b>Apr 13 - May 18</b>	<b>7:00p.m. - 9:30p.m.</b>	
Class # 17809	No. of classes: 6	Fee: \$183	Lab Fee: \$13
Instructor: Kim Hanlon		Veteran's Bldg., Rm. 390	

## Infant Educaring® Guidance

### Agnes 6 Weeks - 10 months, Pre-Crawlers and Parent

Using the RIE Educaring® approach, the parents will be bringing their baby to class, and quietly observing their baby play, and explore the environment in the first half of the class. The second half of the class we'll discuss what we have observed, common infant care concerns and solutions. For more information, visit [www.parentingpartnersofalameda.com](http://www.parentingpartnersofalameda.com).

<b>Monday</b>	<b>Jan 23 - Mar 6</b>	<b>10:00a.m. - 11:30a.m.</b>	
Class # 17810	No. of classes: 6	Fee: \$33	
No Class: Monday, Feb 20			
Instructor: Peggy Herring		Bayport Park	
<b>Monday</b>	<b>Apr 10 - May 15</b>	<b>10:00a.m. - 11:30a.m.</b>	
Class # 17811	No. of classes: 6	Fee: \$33	
Instructor: Peggy Herring		Bayport Park	

## REACH 40,000 RESIDENCES

**Have You Considered Advertising in the ARPD Activity Guide?** 40,000 Alameda Recreation and Park Department Activity Guides are produced three times per year and mailed to all Alameda residents. **For more information, contact (510) 747-7529.**

## BAND & CHORUS

### Alameda Community Band

Enjoy the experience of rehearsing and performing great concert band music from Bach to Sousa to Rock. Some experience required on woodwind, brass or percussion instruments.

<b>Tuesdays</b>	<b>Jan 10 - May 23</b>	<b>7:30 p.m. - 9:30 p.m.</b>	
(No Class Meetings: March 14, April 4)			
Instructor: Michael Wirgler	Encinal High School, Band Room (210 Central Avenue)		
Concert Dates	March 14 and May 23 Veteran's Memorial Building, 2203 Central Ave March		
Class # 18029	Number of classes: 17	Fee: \$78	

### Alameda Sings! (Alameda Community Chorus - ACC)

Sing spring seasonal repertoire in a variety of styles/genres including the Rutter Requiem with Alameda Sings! (ACC). "Bring-a-Friend" Open House on January 30, 2017. For stipend information, call (510) 482-4178. Short vocal evaluation for parts assignment. \$30 music preparation fee due first session.

<b>Mondays</b>	<b>Jan 30 - May 7</b>	<b>6:45 p.m. - 9:15 p.m.</b>	
(No Class Meetings: February 20 and April 3)			
Instructor: Kathryn Neale Manalo	Alameda High School, Band Room (2201 Encinal Avenue)		
Concert Dates	Friday, May 5, 7:30 p.m. Veteran's Memorial Bldg. (2203 Central Ave) and Sunday, May 7, 4:00 p.m. Cardinal Point (2431 Mariner Square Drive)		
Class # 18028	Fee: \$150 (\$30 materials fee)	Number of classes: 12	

## CONCERT DATES

### Free to the Public!

#### Band Concert

- **Tuesday, March 14, 7:30 p.m.**  
Veteran's Memorial Building, 2203 Central Avenue
- **Tuesday, May 23, 7:30 p.m.,**  
Veteran's Memorial Building, 2203 Central Avenue

#### Alameda Sings! (ACC) Concert

- **Friday, May 5, 7:30 p.m.**  
Veteran's Memorial Building, 2203 Central Avenue
- **Sunday, May 7, 4:00 p.m.**  
Cardinal Point Lobby, 2431 Mariner Square Drive

**ARPD Office: 510-747-PLAY**  
**Monday - Friday 8:30am - 5:30pm**

## FITNESS

### Aikido with Tom Reed

Aikido is often thought of as a soft or internal martial art. Technique, timing and efficiency rather than strength are emphasized in the movements.

Instructor: Tom Reed		Veteran's Bldg., Rm. 390	
<b>Mon and Wed</b>	<b>Jan 9 - Jan 30</b>	<b>7:30p.m. - 8:30p.m.</b>	
Class # 17923	No. of classes: 6	Fee: \$53	
No Class: Monday, January 16			
<b>Mon and Wed</b>	<b>Feb 6 - Feb 27</b>	<b>7:30p.m. - 8:30p.m.</b>	
Class # 17924	No. of classes: 6	Fee: \$53	
No Class: Monday, February 20			
<b>Mon and Wed</b>	<b>Mar 6 - Mar 27</b>	<b>7:30p.m. - 8:30p.m.</b>	
Class # 17925	No. of classes: 6	Fee: \$53	
<b>Mon and Wed</b>	<b>Apr 10 - Apr 26</b>	<b>7:30p.m. - 8:30p.m.</b>	
Class # 17926	No. of classes: 6	Fee: \$53	
<b>Mon and Wed</b>	<b>May 1 - May 31</b>	<b>7:30p.m. - 8:30p.m.</b>	
Class # 17927	No. of classes: 9	Fee: \$56	
No Class: Monday, May 29			

### Low Impact Cardio

Gently firm and stretch to experience an overall conditioning of the body. Suitable for those just starting an exercise program or desiring a lower paced-class.

Instructor: Toya Alexander		Harrison Center	
<b>Tue and Thu</b>	<b>Jan 10 - Feb 2</b>	<b>9:00a.m. - 10:00a.m.</b>	
Class # 17836	No. of classes: 8	Fee: \$51/Seniors \$49	
<b>Tue and Thu</b>	<b>Feb 7 - Mar 2</b>	<b>9:00a.m. - 10:00a.m.</b>	
Class # 17837	No. of classes: 8	Fee: \$51/Seniors \$49	
<b>Tue and Thu</b>	<b>Mar 7 - Mar 30</b>	<b>9:00a.m. - 10:00a.m.</b>	
Class # 17838	No. of classes: 8	Fee: \$51/Seniors \$49	
<b>Tue and Thu</b>	<b>Apr 11 - May 4</b>	<b>9:00a.m. - 10:00a.m.</b>	
Class # 17839	No. of classes: 8	Fee: \$51/Seniors \$49	
<b>Tue and Thu</b>	<b>May 9 - Jun 1</b>	<b>9:00a.m. - 10:00a.m.</b>	
Class # 17840	No. of classes: 8	Fee: \$51/Seniors \$49	



### Adult Golf

Learn golf fundamentals including: golf swing, using irons and woods, chipping and putting techniques. Clubs provided as needed. Rubber soled shoes are recommended. Enrollment is limited.



<b>Friday</b>	<b>Apr 14 - May 19</b>	<b>9:30a.m. - 10:30a.m.</b>	
Class # 17813	No. of classes: 6	Fee: \$53	
Instructor: Randy Herzberg		Godfrey Park	
<b>Friday</b>	<b>Apr 14 - May 19</b>	<b>10:30a.m. - 11:30a.m.</b>	
Class # 17814	No. of classes: 6	Fee: \$53	
Instructor: Randy Herzberg		Godfrey Park	

### Gentle Yoga Stretch

Start your day with a gentle yoga workout and experience the benefits of gentle stretches and poses that energize your body. Relaxation and guided meditation centers the body and mind. Suitable for all levels. Wear loose clothing and have an empty stomach.

Instructor: Toya Alexander		Harrison Center	
<b>Mon and Wed</b>	<b>Jan 9 - Feb 1</b>	<b>9:00a.m. - 10:00a.m.</b>	
Class # 17884	No. of classes: 7	Fee: \$46/Seniors \$43	
No Class: Monday, January 16			
<b>Mon and Wed</b>	<b>Jan 9 - Feb 1</b>	<b>10:15a.m. - 11:15a.m.</b>	
Class # 17885	No. of classes: 7	Fee: \$46/Seniors \$43	
No Class: Monday, January 16			
<b>Mon and Wed</b>	<b>Feb 6 - Mar 1</b>	<b>9:00a.m. - 10:00a.m.</b>	
Class # 17886	No. of classes: 7	Fee: \$46/Seniors \$43	
No Class: Monday, February 20			
<b>Mon and Wed</b>	<b>Feb 6 - Mar 1</b>	<b>10:15a.m. - 11:15a.m.</b>	
Class # 17887	No. of classes: 7	Fee: \$46/Seniors \$43	
No Class: Monday, February 20			
<b>Mon and Wed</b>	<b>Mar 6 - Mar 29</b>	<b>9:00a.m. - 10:00a.m.</b>	
Class # 17888	No. of classes: 8	Fee: \$51/Seniors \$49	
<b>Mon and Wed</b>	<b>Mar 6 - Mar 29</b>	<b>10:15a.m. - 11:15a.m.</b>	
Class # 17889	No. of classes: 8	Fee: \$51/Seniors \$49	
<b>Mon and Wed</b>	<b>Apr 10 - May 3</b>	<b>9:00a.m. - 10:00a.m.</b>	
Class # 17890	No. of classes: 8	Fee: \$51/Seniors \$49	
<b>Mon and Wed</b>	<b>Apr 10 - May 3</b>	<b>10:15a.m. - 11:15a.m.</b>	
Class # 17891	No. of classes: 8	Fee: \$51/Seniors \$49	
<b>Mon and Wed</b>	<b>May 8 - May 31</b>	<b>9:00a.m. - 10:00a.m.</b>	
Class # 17892	No. of classes: 7	Fee: \$46/Seniors \$43	
No Class: Monday, May 29			
<b>Mon and Wed</b>	<b>May 8 - May 31</b>	<b>10:15a.m. - 11:15a.m.</b>	
Class # 17893	No. of classes: 7	Fee: \$46/Seniors \$43	
No Class: Monday, May 29			

# ADULTS 18+ - FITNESS & SPORTS

## Yoga Body & Mind

Combine stretching, stillness, and stamina to give your body a well-rounded yoga workout. Enhance your energy, gain flexibility, increase strength, and reduce your aches and pains. Open to all levels. Wear loose clothing and have an empty stomach.

Instructor: Toya Alexander		Harrison Center
<b>Tuesday</b>	<b>Jan 10 - Feb 14</b>	<b>6:30p.m. - 7:30p.m.</b>
Class # 17915	No. of classes: 6	Fee: \$60
<b>Tuesday</b>	<b>Jan 10 - Feb 14</b>	<b>7:40p.m. - 8:40p.m.</b>
Class # 17916	No. of classes: 6	Fee: \$60
<b>Tuesday</b>	<b>Feb 20 - Mar 28</b>	<b>6:30p.m. - 7:30p.m.</b>
Class # 17917	No. of classes: 6	Fee: \$60
<b>Tuesday</b>	<b>Feb 20 - Mar 28</b>	<b>7:40p.m. - 8:40p.m.</b>
Class # 17918	No. of classes: 6	Fee: \$60
<b>Tuesday</b>	<b>Apr 11 - May 2</b>	<b>6:30p.m. - 7:30p.m.</b>
Class # 17919	No. of classes: 4	Fee: \$39
<b>Tuesday</b>	<b>Apr 11 - May 2</b>	<b>7:40p.m. - 8:40p.m.</b>
Class # 17920	No. of classes: 4	Fee: \$39
<b>Tuesday</b>	<b>May 9 - May 30</b>	<b>6:30p.m. - 7:30p.m.</b>
Class # 17921	No. of classes: 4	Fee: \$39
<b>Tuesday</b>	<b>May 9 - May 30</b>	<b>7:40p.m. - 8:40p.m.</b>
Class # 17922	No. of classes: 4	Fee: \$39

## Pilates Mat and Stretch

Fulfill your New Year's resolution at ABA! This class works on the 16 Pilates Fundamentals and incorporate yoga, Feldenkrais and Somatic body-mind methods that bring benefits to the body, mind and spirit. Welcome!

<b>Thursday</b>	<b>Jan 12 - Mar 30</b>	<b>9:45a.m. - 11:00a.m.</b>
Class # 17812	No. of classes: 12	Fee: \$283
Instructor: Abra Rudisill	Alameda Ballet Academy, 1402 Park St.	



## ADULT SPORTS LEAGUES

**Participants must be a minimum of 18 years old and out of high school. All team applicants are available at the ARPD website or at our office.**

### Adult Basketball League

ARPD's Adult Basketball program offers three levels of 5 on 5 play. Open Competitive League, Open Recreational League, and over 40 Recreational League. Team applications will be available online and in the ARPD office starting December 21, 2016.

<b>Sundays</b>	<b>Feb. 19 - May 7</b> (no games April 16)	<b>6:00 p.m. - 10:00 p.m.</b>
Team fee: \$650 resident/\$700 non-resident Applications and fees are due February 3rd.		
Class # 17880	10 game season plus playoffs	
Alameda Point Gym, 1101 West Redline Ave		

### Adult Softball Spring League

Coed, Women's, and Men's Softball D leagues.

<b>Season starts week of April 10</b>	
<b>Games played 6:30p.m., 7:40 p.m., and 8:50 p.m.</b>	
<b>Leagues play nights Monday - Friday</b>	
Coed six team league \$650 resident/\$700 non-resident. Men's six team league \$715 resident/\$765 non-resident. All team applications and fees due March 10.	
Coed/ Women's Class # 17882	Men's Class # 17883
10 game season plus playoffs	
Field Locations: Leydecker Park, Arnerich Field at Upper Washington Park, and Toby Chavez Field at Lower Washington Park	

### Open Gym - Volleyball & Basketball

ARPD Adult Open Gym is a year round Sunday night event. We have Volleyball and Basketball for all to enjoy.

<b>Sundays</b>	<b>6:00 p.m. - 9:00 p.m.</b> (excluding holidays and holiday weekends).
\$6 drop in fee	Alameda Point Gym, 1101 West Redline Ave.

### Adult Volleyball

ARPD partners with VBmatch.com to host volleyball leagues and tournaments for community members. The League offers a high level of competition for players who previously competed at the high school varsity level or higher. We also host single-day volleyball tournaments on weekends. Volleyball activities are fun, social and competitive. We hope to see you on the court soon! Leagues starting in March 2017.

Mondays	6:00 p.m. - 10:00 p.m.
For league start dates, fees and information on specific events, please visit <a href="http://vbmatch.com">http://vbmatch.com</a>	
Alameda Point Gym, 1101 West Redline Ave	



Making Connections • Staying Active • Living Well

## Programs and services for adults age 50 and better

<b>Location</b>	1155 Santa Clara Ave, Alameda
Phone	(510) 747-7500
Website	www.mastickcenter.com
Weekday Program Hours	8:30 a.m. to 4:00 p.m.
Weekday Office Hours	9:00 a.m. to 3:00 p.m.
Saturday (Bingo & Thrift Shop)	10:00 a.m. to 2:30 p.m.
<b>Staff</b>	
Jackie Krause Recreation Manager	jkrause@alamedca.gov (510) 747-7510
Ed Kallas Recreation Services Specialist	ekallas@alamedca.gov (510) 747-7511
Mastick Office	(510) 747-7506
Suggestion Box	masticksuggestion@alamedca.gov



## SPECIAL SERVICES

### Services to Support Everyday Living...

Include: Blood Pressure Screening, Case Management, Dental and Podiatry Consultation, Legal Service, Health Insurance Counseling, Support Groups, Notary Service, Income Tax Preparation, and much more. Visit the Mastick Office for a complete list of services.

### Senior Connections

Senior Connections is a collaboration between Mastick Senior Center and Alameda Family Services to provide case management assistance for Alameda seniors needing help with health insurance, housing needs, in-home support services, food resources and so much MORE! The Case Manager is available on Tuesdays and Thursdays by appointment. To schedule an appointment, please call 747-7506.

### Need a Quiet Space to Meet?

Mastick Senior Center has many nooks and crannies that can be used as meeting spaces. If you need to meet with a contractor or interview a caregiver and don't want to meet at your home, please take advantage of the comfortable, friendly atmosphere provided here at Mastick Senior Center. To reserve a meeting space, please call 747-7506.

### Actively Aging Support Group - NEW

The Actively Aging Support Group, offered by Alameda Family Services, provides a safe space for adults age 50 and better to discuss the challenges and triumphs of aging. Prior registration is required, please call 629-6379.

### Alzheimer's Caregiver Support Group

The Alzheimer's Caregiver Support Group meets from 10:00 a.m. - 11:30 a.m. in Room D on the second and fourth Thursdays of the month. This group is for individuals caring for a loved-one with Alzheimer's Disease or dementia. The group is facilitated by the Alzheimer's Association.

### Diabetes Support Group

If you or someone you love has diabetes, consider joining the Diabetes Support Group provided by the Alameda County Public Health Department Diabetes Program. For more information, call 383-5185. To register, please call 747-7506.



For program locations, refer to the Activities at a Glance flier available in the Mastick Lobby and online at [www.mastickcenter.com](http://www.mastickcenter.com).

**Programs are offered at Mastick Senior Center unless otherwise specified.**

# SENIORS/ADULTS 50+ - FOOD, MSCAB & DANCE

## FOOD PROGRAMS

### Lunch Served DAILY

Monday – Friday..... 12:00\*  
 \*Dining room opens at 11:15 a.m. Reservations required.  
 Eligibility Requirement: Age 60+.....\$3.75 Donation

### Brown Bag Program

Thursdays (1st & 3rd).....9:00 a.m.  
 Eligibility Requirements.....60 & better/Income limits

### AARP Smart Driver Course

This course is designed for individuals age 50 and better. Preregister and pay in the Mastick Office. Cost: \$15 AARP members or \$20 non-members (payable by check ONLY).

**The standard course** is offered in two sessions over a two-day period from 9:00 a.m. - 1:00 p.m. on the following dates: Wednesdays, January 4 & 11 and April 5 & 12

**The refresher course** is offered in one session from 9:00 a.m. - 1:30 p.m. and is available to individuals that have taken the standard course within the last four years. The refresher course is offered on a Wednesday on the following dates: February 1, March 1, and May 3

## (MSCAB) PROGRAMS

### MASTICK SENIOR CENTER ADVISORY BOARD (MSCAB)

#### MSCAB Monthly Meetings

The MSCAB meets on the third Wednesday of the month at 9:30 a.m. in Room D. All are welcome!

#### Mastick Bingo Program

- Mastick Social Hall
- Saturdays: 11:30 a.m. - 2:30 p.m. (Doors Open: 9:30 a.m.)
- Eligibility: Age 18+
- Proceeds support Mastick Senior Center programs.

#### Mastick Thrift Shop

- Tuesdays & Saturdays: 10:00 a.m. - 2:00 p.m.
- Open to the public.
- Proceeds support Mastick Senior Center programs.
- Donations accepted, call 747-7506 for details.

#### MSCAB Scholarship Program

The MSCAB provides assistance four times per year to members to help offset the cost of Mastick programs and trips. Scholarships fund 50% of the program cost not to exceed \$50 per quarter. To apply, visit the Mastick Office. Application must be submitted at time of registration.

For program locations, refer to the Activities at a Glance flier available in the Mastick Lobby and online at [www.mastickcenter.com](http://www.mastickcenter.com).  
**Programs are offered at Mastick Senior Center unless otherwise specified.**



## DANCE CLASSES

<b>Ballroom Dance</b>	\$5 per class
Wednesdays	1:00 p.m. – 2:00 p.m.
<b>Egyptian Folklore Dance</b>	FREE
Fridays	9:00 a.m. – 10:30 a.m.
<b>Hawaiian Dance</b>	
Hula I	
Mondays & Fridays	\$30 per session
January 9 - February 27	11:30 a.m. - 12:30 p.m.
March 3 – April 28	11:30 a.m. - 12:30 p.m.
May 1 – June 30	11:30 a.m. - 12:30 p.m.
Hula II	\$5 per class
Mondays & Fridays	12:30 p.m. – 1:30 p.m.
Hula III	\$5 per class
Mondays & Fridays	1:30 p.m. – 3:00 p.m.
No Class Meeting: January 16, February 20 & May 29	
<b>Line Dance</b>	
Mondays	\$3 per class
Beginning	12:30 p.m.– 2:00 p.m.
Wednesdays & Thursdays	\$3 per class
Beginning	12:00 - 1:00 p.m.
Instruction for Advanced	1:00 p.m. – 1:30 p.m.
Advanced	1:30 p.m. – 2:30 p.m.
<b>Oriental Dance</b>	FREE
Mondays	9:00 a.m. – 11:00 a.m.
<b>Square Dance</b>	\$2 Donation / Drop-Ins Welcome!
Tuesdays	1:00 p.m. – 3:00 p.m.

### Year of the Rooster Spring Dance

Thursday, June 8

Mastick Social Hall ~ 1:00 p.m. – 3:30 p.m.

\$2 per person

Individuals born in the year of the “Rooster” are happiest when surrounded by others. Come out dressed for the occasion and compete for the “Most Attractive Outfit” award! Of course, dancing and refreshments are included!

# WELLNESS & FITNESS - ADULTS 50+ / SENIORS

## WELLNESS

<b>Deep Sound Meditation 2</b>	
Tuesdays	1:00 p.m. - 2:30 p.m.
March 14 - April 4	\$60 (Class #17758)
<b>Tai Chi 24 Steps</b>	
Thursdays	\$4 per class
Beginning	9:15 a.m. - 10:15 a.m.
Intermediate	10:30 a.m. - 11:30 a.m.
<b>Tai Chi-ercise</b>	
Tuesdays (\$4 per class)	10:00 a.m. - 11:00 a.m.
<b>Using Poles for Balance, Mobility and Exercise</b>	
Tuesday	12:30 p.m. - 3:30 p.m.
April 25 (Class #17734)	\$26 new students \$15 returning students
<b>Yoga</b>	
Tuesdays	10:30 a.m. - 12:00
January 10 - February 14	\$42 (Class #17759)
February 21 - March 28	\$42 (Class #17761)
April 4 - May 9	\$42 (Class #17760)
Wednesdays	9:00 a.m. to 10:30 a.m.
January 11 - February 15	\$42 (Class #17763)
February 22 - March 29	\$42 (Class #17762)
April 5 - May 10	\$42 (Class #17765)
<b>Yoga (Chair Yoga)</b>	
Wednesdays	10:30 a.m. to 11:45 a.m.
January 25 - March 1	\$42 (Class #17780)
March 8 - April 12	\$42 (Class #17781)
April 19 - May 24	\$42 (Class #17782)

## FITNESS CLASSES

<b>Fitness with Julie</b>	9:00 a.m. - 10:30 a.m.
Mondays	\$60 (Class #17743)
January 9 - May 1 No Class Meeting: 1/16 & 2/20	
Fridays	\$60 (Class #17744)
January 6 - May 5	
Mondays & Fridays	\$90 (Class #17745)
January 6 - May 5 No Class Meeting: 1/16 & 2/20	
<b>Fitness with Tatiana</b>	9:00 a.m. - 10:00 a.m.
Wednesdays	\$60 (Class #17772)
January 11 - May 3	
<b>Pickleball</b>	6:00 p.m. - 7:30 p.m.
Wednesdays	Lincoln Park, 1450 High Street
March 15 - April 19	
April 26 - May 31	
<b>Pilates</b>	10:45 a.m. - 11:45 a.m.
Wednesdays	\$5 per class



## MULTI-MEDIA ART EXHIBIT

**Join us in the Mastick Lobby on Wednesday, February 22, at 10:30 a.m.**

for a reception for artists exhibiting their artwork created in the art classes offered at Mastick Senior Center (ceramics, creative writing, drawing/painting, quilting, stained glass).

To participate, submit an application (available in the Lobby) by Friday, January 27.

**Refreshments served.**



For program locations, refer to the Activities at a Glance flier available in the Mastick Lobby and online at [www.mastickcenter.com](http://www.mastickcenter.com).

**Programs are offered at Mastick Senior Center unless otherwise specified.**

# SENIORS/ADULTS 50+ - ARTS & CRAFTS

## ARTS AND CRAFTS

<b>The Fundamental Art of Beading Jewelry</b> (FREE)	
Thursdays	1:30 – 3:30 p.m.
Beginning	January 12 – February 2
Beginning	March 9 – March 30
Intermediate	February 9 – March 2
Intermediate	April 6 – April 20
Open Studio during all course dates for self-guided projects; must bring own tools and supplies from provided list. Registration required for courses and open studio – space is limited.	
<b>Creative Writing</b>	\$80 per month
Tuesdays	10:00 a.m. - 1:00 p.m.
<b>Ceramics</b>	
Beginning Thursdays	9:30 a.m. – 12:00
January 12 – March 16	\$111* (Class #17735)
April 6 - June 8	\$111* (Class #17736)
Intermediate Thursdays	12:30 p.m. – 3:00 p.m.
January 12 - March 16	\$111* (Class #17737)
April 6 – June 8	\$111* (Class #17738)
*\$30 supply fee paid to instructor on first day of class.	
Lab (for enrolled students)	
Tuesday	10:00 a.m. – 2:00 p.m.
<b>Drawing &amp; Painting</b>	
Mondays	12:30 p.m. – 3:30 p.m.
January 9 – March 20	\$70 (Class #17739)
April 14 – June 8	\$70 (Class #17741)
Fridays	9:30 a.m. - 12:30 p.m.
January 13 – March 24	\$70 (Class #17740)
April 14 – June 9	\$70 (Class #17742)
Lab (for enrolled students)	
Fridays	1:00 p.m. - 3:30 p.m.
No Class Meeting: 1/16, 1/20, 2/20, 2/24 & 5/29	
<b>Knitting/Crocheting</b>	
Tuesdays	1:00 p.m. – 3:00 p.m.
Materials/Supplies supplied by participant	

<b>Needlecraft</b>	
Tuesdays	9:00 a.m. – 12:00
Materials/Supplies provided by participant.	
<b>Quilting</b>	
Mondays	9:30 a.m. – 11:30 a.m.
January 9 - March 20	\$32 (Class #17785)
April 3 – June 5	\$32 (Class #17789)
Mondays	1:00 p.m. – 3:00 p.m.
January 9 - March 20	\$32 (Class #17786)
April 3 – June 5	\$32 (Class #17790)
No Class Meeting: 1/16, 2/20, 3/6 & 5/29	
Thursdays	9:30 a.m. – 11:30 a.m.
January 12 - March 23	\$40 (Class #17787)
April 6 – June 8	\$36 (Class #17791)
Thursdays	1:00 p.m. – 3:00 p.m.
January 12 - March 23	\$40 (Class #17788)
April 6 – June 8	\$36 (Class #17792)
No Class Meeting: 3/2 & 4/20	
Lab	
Fridays	9:00 a.m. – 3:30 p.m.
Materials/Supplies provided by participant	
<b>Sewing</b>	\$5 per class
Wednesdays	10:00 a.m. – 2:00 p.m.

## CENTER IMPROVEMENTS

### Bocce Courts, Putting Green & Fitness Equipment

Thanks to cell tower revenue our courtyard is now equipped with Bocce Courts, a putting green, and fitness equipment. Bocce Ball playing sets are available at the Lobby Desk and ALL members are invited and encouraged to play and enjoy the new equipment!

Thanks to your generous donations, proceeds from the Thrift Shop and Bingo programs, and the invaluable efforts of MSCAB members, the Center is undergoing exciting and much needed renovations such as dry rot and stucco repair and an eventual fresh coat of paint on the building's exterior.



## PORTRAITS BY JOE WOODARD

Joe Woodard, Volunteer, is available by appointment on the first Thursday of the month to take your photograph, thus creating beautiful portraits. To make an appointment, contact the Mastick Office at 747-7506.

For program locations, refer to the Activities at a Glance flier available in the Mastick Lobby and online at [www.mastickcenter.com](http://www.mastickcenter.com).

**Programs are offered at Mastick Senior Center unless otherwise specified.**

## LANGUAGE INSTRUCTION

<b>American Sign Language (ASL)</b>	
Mondays	\$30 per session
Beginning	12:15 p.m. - 1:15 p.m.
January 9 - March 13	(Class #17766)
March 27 - May 15	(Class #17767)
Continuing	1:15 p.m. - 2:15 p.m.
January 9 - March 13	(Class #17769)
March 27 - May 15	(Class #17770)
No Class Meeting: 1/16 & 2/20	
<b>English as a Second Language (ESL)</b>	
Tuesdays	10:00 a.m. - 12:00
January 17 - March 7	\$20 session (Class #17750)
March 21 - May 9	\$20 session (Class #17751)
May 23 - July 18	\$20 session (Class #17752)
<b>French Conversation (FREE)</b>	
Fridays	
French Literature & Translation	9:00 a.m. - 10:00 a.m.
Elementary French	10:00 a.m. - 11:00 a.m.
<b>German Conversation (FREE)</b>	
Fridays	10:00 a.m.-12:00
<b>Italian Conversation (FREE)</b>	
Fridays	10:00 a.m. - 12:00
<b>Spanish Conversation (Intermediate)</b>	
Mondays	10:00 a.m. - 12:00
January 9 - April 10	\$40 (Class #17274)
No Class Meeting: 1/16, 2/20, 3/20 & 3/27	

## ADVERTISING

### Have You Considered Advertising in the ARPD Activity Guide?

40,000 Alameda Recreation and Park Department Activity Guides are produced three times per year and mailed to all Alameda residents. This community-oriented publication focusing on recreation and cultural activities, as well as information pertaining to city-based programs is a first-rate marketing opportunity to reach Alameda residents, businesses and beyond! Advertising space is limited and at the discretion of the ARPD.

**For more information, contact (510) 747-7529.**



## COMPUTERS

### Computer Instructions

Computer instruction is offered from **1:30 p.m. to 3:30 p.m. in Room C**. Preregistration required (at least three days before class start date), by visiting [www.arpdeplay.com](http://www.arpdeplay.com) or the Mastick Office. Classes require a minimum enrollment of five students.

**Prerequisite:** Computer Foundations Course or basic computer skills. Flash or External Drive required.

<b>Computer Cleanup &amp; Tune Up</b>		
Mondays	January 9, 23 & 30	\$30 (Class #17719)
<b>Introduction to Computers 2</b>		
Wednesdays	January 11, 18 & 25	\$30 (Class #17722)
<b>Manage Your Internet Presence</b>		
Mondays	February 6 & 13	\$20 (Class #17733)
<b>All About Smart Phones</b>		
Monday	February 27	\$10 (Class #17721)
<b>Internet for Beginners</b>		
Wednesdays	February 1, 8, 15 & 22	\$40 (Class #17723)
<b>Travel Research, Plan &amp; Book via Internet</b>		
Mondays	March 6, 13, 20 & 27	\$40 (Class #17724)
<b>Windows 10</b>		
Wednesdays	March 1, 8, 15, 22 & 29	\$50 (Class #17725)
<b>Microsoft Word</b>		
Mondays	April 3, 10, 17 & 24	\$40 (Class #17726)
<b>Microsoft Publisher</b>		
Wednesdays	April 5, 12, 19 & 26	\$40 (Class #17727)
<b>Microsoft Word 2</b>		
Mondays	May 1, 8, 15 & 22	\$40 (Class #17729)
<b>Social Networking: Facebook, Instagram, LinkedIn, Pinterest, Snapchat and Twitter</b>		
Wednesdays	May 3, 10, 17, 24 & 31	\$50 (Class #17728)
<b>Introduction to Computers 1</b>		
Mondays	June 5, 12, 19 & 26	\$40 (Class #17720)

### Teens Teaching Technology

**Jan 19, Feb 16, Mar 16, Apr 20, 4:00 p.m. to 5:00 p.m., Room C**

Teens from the ARPD Underground Teen Center will show you how to get the most out of your portable devices such as tablets, smart phones, and laptops. Preregistration required and space is limited, please call the Mastick Office at 747-7506.

**Bring your portable device(s) with you!**



**FREE**

For program locations, refer to the Activities at a Glance flier available in the Mastick Lobby and online at [www.mastickcenter.com](http://www.mastickcenter.com).  
**Programs are offered at Mastick Senior Center unless otherwise specified.**

# SENIORS/ADULTS 50+ - TRAVEL

## TRAVEL OPPORTUNITIES

### Monthly Day Trip Program

A fun adventure awaits YOU! Just sit back and relax while we transport you on a climate controlled tour bus to an exciting Bay Area location. Do you have a question? Want to suggest a destination? If so, contact Ed Kallas, Recreation Services Specialist, at 747-7511 or email ekallas@alamedaca.gov.

**Travel fliers outlining trip particulars are available in the Mastick Lobby.**

S.F. Symphony Open Rehearsal and Lunch		
January 19	\$65 (Class #17660)	8:30 a.m. – 3:30 p.m.
Professional Hockey Game: San Jose Barracuda		
February 20	\$49 (Class #17761)	1:00 p.m. – 7:00 p.m.
California Academy of Sciences		
March 14	\$55 (Class #17779)	8:30 a.m. – 3:30 p.m.

### Black Diamond Mine (Antioch) Tour East Bay Regional Park District

**Wednesday, February 21, 8:15 a.m. to 2:00 p.m.**

The East Bay Regional Park District began acquiring land for Black Diamond Mines Regional Preserve in the early 1970s. Today, most of the mining district is within the Preserve's nearly 6,096 acres. The area is an ideal location for hiking, picnicking and nature study. Naturalists conduct a variety of programs relating the Preserve's natural and historic resources. Free! Transportation provided.

**FREE**

**Pre-registration required, please call the Mastick Office 510-747-7506.**



### Travel Presentation

**On Wednesday, January 18, at 1:00 p.m. in the Mastick Media Room,** learn about all upcoming local trips featured in our Monthly Day Trip Program with an opportunity to register. Then, a representative from Collette Travel will provide information for the following destinations: The Canadian Rockies/Glacier National Park, Spotlight on Tuscany and MORE!

### Extended Travel Program

**To register for one of the trips listed below, contact Ed Kallas, Recreations Services Specialist, at 747-7511 or ekallas@alamedaca.gov.**

#### Sunny Portugal

- March 17 – 26 2017
- \$3,999/single, \$3,599/double, \$3,569/triple
- Highlights: Cascais, Lisbon, Jeronimo's Monastery, Fado Dinner Show, Sintra, Obidos, Fatima, Evora, Monsaraz, Alentejo Countryside Stay. Cooking demonstration, winery tours and more!

#### Southern Charm

- April 30 – May 6, 2017
- \$3,849/single, \$3,049/double, \$3,019/triple.
- Highlights: Historic Charleston, Boone Hall Plantation, Savannah, Factors Walk, Jekyll Island, St. Simons Island and St. Augustine.

#### Canadian Rockies/Glacier National Park

- August 19 – 25, 2017
- \$3,849/single, \$2,999/double, \$2,969/triple, (Prices good through February 19, 2017).
- Highlights: Calgary, Head-Smashed-In Buffalo Jump, Glacier National Park "Going to the Sun Road", Emerald Lake, Banff and Columbia Icefield.

#### Spotlight on Tuscany

- October 19 – 27, 2017
- \$3,829/single, \$3,629/double, \$3,599/triple, (prices good through April 20, 2017).
- Highlights: Montecatini Terme, Florence, Lucca, Gothic Line, Siena, winery tour, Pisa, San Gimignano and more!

**City of Alameda**  
**Paratransit**



*Transportation for Seniors and People With Disabilities*

*We offer the following services:*

- Alameda Shuttle – free and open to the public!
- Taxi ride discounts\*
- East Bay Paratransit ticket sales
- Group trips – from Mastick Senior Center to various Bay Area locations
- Scholarship program\*
- Transportation assistance

\*Restrictions apply

**Mastick Senior Center**  
1155 Santa Clara Avenue  
Alameda, CA 94501  
Ph: (510)747-7506




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

For program locations, refer to the Activities at a Glance flier available in the Mastick Lobby and online at [www.mastickcenter.com](http://www.mastickcenter.com).

**Programs are offered at Mastick Senior Center unless otherwise specified.**

## MASTICK'S HOT TOPICS

Hot Topics feature relevant topics of interest. A sampling of upcoming topics are outlined below. To learn more about these or other Mastick programs, refer to our monthly newsletter which is available online at [www.mastickcenter.com](http://www.mastickcenter.com) or in the Mastick Lobby. Preregistration is required for all programs listed below. To register, visit the Mastick Office or call 747-7506.

### January 2017

#### Annual Rose Pruning at Lincoln Park

- Saturday, January 7, 11:00 a.m. - 1:00 p.m.,
- Lincoln Park (1450 High Street)
- East Bay Rose Society representatives will provide a rose pruning demonstration. Time will be allocated for "Q & A" pertaining to rose care. Learn to prune roses like an expert by practicing your skills on the roses at Lincoln Park.

#### Mastick Outdoor Exercise Equipment Clinic

- Wednesday, January 11, 10:05 a.m., Mastick Courtyard
- Learn creative and efficient ways to use the outdoor fitness equipment.

#### Learn How to Register for ARPD Classes Online & Tips for Using your Mobile Device - NEW

- Wednesday, January 11, 1:00 p.m., Dining Room 2
- Join Ed Kallas, Recreation Services Specialist, to learn how easy it is to register for ARPD Classes online. Then, stick around to learn useful tips on how to get the most out of your mobile device. Emphasis will be placed on frequently asked questions to Mastick Senior Center staff.

#### Alexander Technique -

##### Better Ways to Sit, Stand & Move

- Wednesday, January 18, at 1:00 p.m., Dining Room 2
- FREE (CLASS #17732)
- Learn about the Alexander Technique, a 120-year-old practical method that deals with habitual tensions that interfere with efficient posture and movement. Instructor: Lenka Fejt, certified Alexander Technique Instructor, B.S. Exercise and Movement Sciences.

#### Mastick Pool Tournament - for Beginners Only!

- Mondays, January 23 - February 6, 10:00 a.m. - 12:00
- "Big Banker" James will guide beginner-level players through a fun pool tournament in the Pool room. The format is "9 Ball" which is easy and fun to play. A prize will be awarded for 1st place. Cost: \$3 entry fee.

### February 2017

#### Tax Free Investing

- Wednesday, February 8, 1:00 p.m., Dining Room 2
- Jane Watson, Financial Advisor at Edward Jones, will share sound financial strategies.

#### Happy Feet: Chair Dancing - NEW

- Wednesday, February 15, 1:00 p.m., Dining Room 2
- Join Alysa Stanford for this exciting opportunity to get movin' and groovin' without leaving your seat! Sponsored by Elders Village and AEC Living.

#### Perception & Misperception: Cross Cultural Challenges

- Thursday, February 16, 1:30 p.m., Dining Room 2
- Joe Lurie, M.A. English, emeritus executive director UCB International House, lecturer, and author, will take us on a journey across cultures, based on his days as a Peace Corps volunteer and his later career as executive director at International House, U.C. Berkeley. Sharing a feast of stories of cross-cultural adventures and misadventures, his goal is to show us how we see what we are used to seeing when we encounter people from different cultures, with both comical and unfortunate consequences. Cultural filters distort our perceptions of others - and their perceptions of us. This CSUEB Scholar-OLLI program is sponsored by the MSCAB.

#### Romantic Relationships Thrive at Any Age - NEW

- Wednesday, Feb 22, 1:00 p.m. - 2:00 p.m., Dining Room 2
- Join Natalie Gelman, Life Coach and Clinical Psychologist, as she discusses important topics related to romantic relationships in the golden years. She will field questions and allow participants to share relevant experiences.

### March 2017

#### Alexander Technique - The Art of Balance

- Tuesday and Wednesday, March 7 & 8, 1:00 p.m. - 2:30 p.m., Room D
- Cost: \$20 (CLASS #17731)
- Learn how to improve your balance and ultimately increase your stability and mobility. Appropriate for beginners and advanced students. Instructor: Lenka Fejt, certified Alexander Technique Instructor, B.S. Exercise and Movement Sciences.

#### Mastick Outdoor Exercise Equipment Clinic

- Friday, March 10, 11:00 a.m., Mastick Courtyard
- Learn creative and efficient ways to use the outdoor fitness equipment.

#### Emotional Wellness with Alameda Family Services

- Wednesday, March 15, 1:00 p.m., Dining Room 2
- Join Alameda Family Services staff for an emotional wellness tune-up.

#### Demystifying Death: Connecting Heaven & Earth - NEW

- Wednesday, March 22, 1:00 p.m., Dining Room 2
- Join Maria Arzayus, Workshop Facilitator, to explore your eternal nature. Examine new perspectives on what happens when people die. Develop tools to cope with grief when loved ones pass on. Discuss whether there is "life" after death.

#### Alameda Development and Architecture

- Tuesdays/Thursdays, March 28, 30; April 4, 6, 11, 13, 18, 20, 25, 27, May 2, and 4, 10:00 a.m. - 11:00 a.m.
- Location: Please refer to class flier
- Taught by Judith Lynch, local author, teacher, and former member of the Alameda Historical Advisory Board. Learn about the many interesting facets of the historical development and architecture of Alameda via slide shows, classroom discussions and walking-talks in the community. The format consists of six classroom slideshows and discussion at Mastick Senior Center and six neighborhood walks.

**Mastick Senior Center 1155 Santa Clara Ave, Alameda  
(510) 747-7500 • Weekday Hours 9:00 a.m. to 3:00 p.m.**

For program locations, refer to the Activities at a Glance flier available in the Mastick Lobby and online at [www.mastickcenter.com](http://www.mastickcenter.com).

**Programs are offered at Mastick Senior Center unless otherwise specified.**

# SENIORS/ADULTS 50+ - HOT TOPICS

## Discover Baseball All Over Again

Thursday, March 30, 1:00 p.m., Room E  
Join Ed Kallas, Recreation Services Specialist, to discover interesting facts about baseball. Examine unwritten rules that all players, managers and coaches live by. Learn how to "score" a game. Decipher the terms that television analysts and broadcast announcers use. Share your lifetime of baseball memories with the group.

## April 2017

### Tame your Paper Monster

- Wednesday, April 19, 1:00 p.m., Dining Room 2
- Learn organizing tips from the master, Lis McKinley, certified professional organizer and owner of Let's Make Room.

### The Exceptional Giuseppe Verdi

- Thursday, April 20, 1:30 – 3:00 p.m., Dining Room 2
- John Kendall Bailey, music director, conductor, and chorus master, will chart the career of Giuseppe Verdi whose road to success was a rocky one and included, in Verdi's own words, "years in the galleys" when he wrote twenty operas in sixteen years. Mr. Bailey will show us how Verdi's music played a part in 19th century Italian unification. Now there's music and a great musician worth celebrating! This CSUEB Scholar-OLLI program is sponsored by the MSCAB.

### Using Poles for Balance, Mobility & Exercise

- Tuesday, April 25, 12:30 p.m. - 3:30 p.m., Room D
- Cost: \$26.00 (new students); \$15 (returning students); Free ("third-timers") (CLASS #17734)
- Easy-to-learn techniques enhance independence, reduce risk of falling, restore spine function, and improve posture and endurance. Strengthen muscles that support weight-bearing joints. Top quality poles & balance tips provided.

### The Last Gift Box

- Wednesday, April 26, 1:00 p.m., Room D
- Join Tina Kreitz, Volunteer, to explore how to organize your papers, your wishes for your death and plans you want your family to follow after you die. Learn how to talk to your family about these very important issues.

## May 2017

### National Senior Health & Fitness Day

- Health & Resource Fair
- May 31 (Reserve the Date)
- Refer to the April newsletter for details!!

## COMMUNITY EVENTS

### Annual Rose Pruning at Lincoln Park

East Bay Rose Society representatives will be at Lincoln Park, 1450 High Street or 1425 Fernside Blvd., on **Saturday, January 7, between 11:00 a.m. and 1:00 p.m.** to provide a rose pruning demonstration. Time will be allocated for "Q & A" pertaining to rose care. Learn to prune roses like an expert by practicing your skills on the roses at Lincoln Park.

## HICAP & LAS WORKSHOPS

### Health Insurance Counseling Advocacy Program (HICAP) and Legal Assistance for Seniors (LAS) Workshops

HICAP and LAS provide free community education presentations to Alameda County residents. Presentations are held in Room D at 1:00 p.m.

**FREE**

<b>Low Income Assistance: How to Get Help with Care Costs</b>	
Tuesday	January 31
<b>The ABC's of Long Term Care (LTC) Insurance</b>	
Tuesday	February 28
<b>Advance Health Care Directives</b>	
Tuesday	March 14
<b>Seniors' Guide to Public Benefits</b>	
Tuesday	March 28
<b>Keeping Elders Safe: An Overview of Elder Abuse</b>	
Tuesday	April 4
<b>Citizenship for Seniors: A Step-by-Step Workshop to Naturalization</b>	
Tuesday	April 18
<b>Consumer Fraud: Scams Targeting Seniors and Tips for Protection and Prevention</b>	
Tuesday	May 2
<b>Pre-registration required, please call 747-7506 or visit the Mastick Office.</b>	



## HOTLINES

### 511 Transportation Hotline

511 is a one-stop phone and web source for up-to-the-minute Bay Area traffic, transit, rideshare, and bicycling information. It's FREE and available whenever you need it – 24 hours a day, 7 days a week – from anywhere in the nine-county Bay Area. Call 511 or visit 511.org.

### Info & Referral Assistance Hotline

Need Help? Get answers by simply dialing 211. 211 is a free, non-emergency, confidential, three-digit phone number and service (211.org) that provides easy access to housing information, and critical health and human services. 211 operates 24 hours a day, seven-days a week with multi-lingual capabilities.

For program locations, refer to the Activities at a Glance flier available in the Mastick Lobby and online at [www.mastickcenter.com](http://www.mastickcenter.com).  
**Programs are offered at Mastick Senior Center unless otherwise specified.**

# OVERVIEW - ADULTS 50+ / SENIORS

## Mastick Senior Center Programs and Services Schedule

Description	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Price
Billiards	9:00 a.m.	9:00 a.m.	9:00 a.m.	9:00 a.m.	9:00 a.m.		Free
Birthday Celebration (4th Thursday)				12:30 p.m.			Free
Bocce Ball (Courtyard)	Daily	Daily	Daily	Daily	Daily		Free
Book Club (1st Tuesday)		12:00					Free
Bridge (Social)			1:00 p.m.				Free
Blood Pressure Screening (2nd & 4th Wed)			10:00 a.m.				
Cards and Games	9:00 a.m.	9:00 a.m.	9:00 a.m.	9:00 a.m.	9:00 a.m.		Free
Case Management (Senior Connections)		10:00 a.m.		10:00 a.m.			By Appointment. No fee.
Computer Lab							Call for schedule.
Current Events				9:00 a.m.			Free
Dental Consultation (3rd Thursday)				10:30 a.m.			By Appointment. No fee.
Diabetes Support Group (3rd Thursday)				10:00 a.m.			
Exercise Equipment (Courtyard)	Daily	Daily	Daily	Daily	Daily		Free
East Bay Retired Teachers Assoc. (EBRTA) Monthly Luncheon (1st Thursday)				10:00 a.m.			Free
Fundamental Art of Beading Jewelry				1:30 p.m.			Refer to program flier.
HICAP		10:00 a.m.					By Appointment. No fee.
Legal Assistance for Seniors (3rd Monday)	1:00 p.m.						By Appointment. No fee.
Library	10:00 a.m.		10:00 a.m.		10:00 a.m.		Free
Mah Jongg (Beginners)	1:00 p.m.	Register in the Mastick Office. Must purchase Mah Jongg playing card.					
Mah Jongg (Experienced Players)					1:00 p.m.		Free
Mastick Senior Center Advisory Board Monthly Meeting (3rd Wednesday)			9:30 a.m.				Free
Mastick Walking Group	9:30 a.m.						Refer to program flier.
Movie Matinee				1:00 p.m.			Free
Music Appreciation (4th Thursday)				1:30 p.m.			Free
Notary Service			1:30 p.m.				By Appointment. No fee.
Piano & Singing with Keiko					12:30 p.m.		Free
Pickleball (Lincoln Park)			12:00			10:00 a.m.	Free
Podiatry Consultation & Blood Pressure Screening (3rd Tuesday)		1:45 p.m.					By Appointment. No fee.
Putting Green (Courtyard)	Daily	Daily	Daily	Daily	Daily		Free
Scrabble				1:30 p.m.			Free
Table Tennis		11:30 a.m.					Free
Tarot Meditation Group (3rd Thursday)				11:00 a.m.			Free
Today's World		9:30 a.m.					Free
Transportation Ticket Sales		9:00 a.m.		9:00 a.m.			Varies

Program dates, times, locations and fees are subject to change.

Please refer to the Activities at a Glance flier available at the Center for program locations.

For program locations, refer to the Activities at a Glance flier available in the Mastick Lobby and online at [www.mastickcenter.com](http://www.mastickcenter.com).

**Programs are offered at Mastick Senior Center unless otherwise specified.**

# REGISTRATION - INFORMATION

## Alameda Recreation and Park Department REGISTRATION INFORMATION

### ENROLLMENT POLICY

The Alameda Recreation and Park Department's programs and activities are open to anyone regardless of residency. Please note that there are some resident and non-resident fees. We offer many different ways to register. Some programs may have limited registration options due to the nature of the activity requirements. Also, some programs may require proof of age for participants.

### PAYMENT INFORMATION

Most programs have an enrollment fee. The full payment for the program is due at the time of registration. No reservations/registrations are held without payment. Payments may be made with **cash, check, money order, Discover, MasterCard or VISA**. Your payment guarantees you a spot in each class of the session regardless of whether or not you attend. **We do not prorate or credit any missed classes or late registrations.**

### PROGRAM CANCELLATIONS

The Alameda Recreation and Park Department reserves the right to cancel a class if it does not meet minimum enrollment requirements. Participants enrolled in cancelled classes will either receive a full refund OR a full credit on their account to be used toward a future class or program.

### CLIENT WITHDRAWALS AND REFUNDS

- If a client requests a withdrawal and/or transfer from ANY class or program before the start date, there is an automatic \$15 administrative fee.
- The remaining funds will only be applied to your account as a credit to use for a future class or program.
- After a class begins, withdrawal and/or transfer requests are charged an automatic \$15 administrative fee and will be prorated based on the number of classes that have already passed in the session.
- Any remaining funds will be applied to your account as a credit to use for a future enrollment.
- Please note that certain programs have different refund policies. Plan accordingly.
- **THERE ARE NO REFUNDS/CREDITS/MAKE-UPS ALLOWED FOR ANY CLASSES YOU MISS.**

### REGISTRATION OPTIONS

#### Register In Person

ARPD Main Office  
2226 Santa Clara Avenue  
Alameda, CA 94501  
(between Walnut and Oak Streets)

#### Office Hours:

Monday to Friday,  
8:30 a.m. to 5:30 p.m.



U.S. Mail—Mail completed forms with payment to:

ARPD  
2226 Santa Clara Avenue  
Alameda, CA 94501  
OR

E-mail completed forms with payment (Discover, MasterCard or VISA) to:

[arpd@alamedaca.gov](mailto:arpd@alamedaca.gov)



#### Register Online at [www.arpdeplay.com](http://www.arpdeplay.com)

Contact ARPD Staff at [arpd@alamedaca.gov](mailto:arpd@alamedaca.gov) if you have any questions setting up your online account.

We do not mail receipts if you register online. Remember to print your receipt at the end of your online session. There is a \$5 per receipt fee to reprint receipts.



#### Register By Phone

during regular business hours at (510) 747-7529. We accept the following credit cards: **Discover, MasterCard or VISA**. Not all program registrations can be completed by phone.



#### Register By Fax

510-523-4071 with the following credit cards: **Discover, MasterCard or VISA**. Forms without payment cannot be entered.



For more information, check out our website at [www.alamedaca.gov/recreation](http://www.alamedaca.gov/recreation)

# FORM - REGISTRATION



**Alameda Recreation and Park Department**  
 2226 Santa Clara Avenue, Alameda, CA 94501  
 (510) 747-PLAY • FAX (510) 523-4071 • arpd@alamedaca.gov  
 Online Registration: [www.arpdeplay.com](http://www.arpdeplay.com) • [www.alamedaca.gov/recreation](http://www.alamedaca.gov/recreation)

REGISTRATION FORM	
<b>CLASSES &amp; SPORTS</b>	<b>SENIOR CENTER ACTIVITIES/CLASSES</b>
<b>In Person or Mail:</b> ARPD Main Office 2226 Santa Clara Ave Alameda, CA 94501 (510) 747-7529	<b>In Person or Mail:</b> Mastick Senior Center 1155 Santa Clara Ave Alameda, CA 94501 (510) 747-7506

- Full payment is due at the time of registration. Checks payable to ARPD, Discover, MasterCard or VISA accepted.
- Withdrawals may be made by e-mail, phone or in person with a \$15 processing fee (or otherwise stated). The remainder of fee will be placed as a credit on your account to be used in the future.
- **Parents/Guardians**, there is a late fee of \$1 per minute per child for every minute you are late picking up your child/children from programs/classes – payable that day.

PARTICIPANT'S		BIRTHDATE	M/F	GRADE (IF ANY)	ACTIVITY TITLE	CLASS #	FEE
LAST NAME	FIRST NAME						
<b>TOTAL FEES DUE:</b>							

## MAIN CONTACT OR PARENT/GUARDIAN INFORMATION

LAST NAME \_\_\_\_\_ FIRST NAME \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_

Email Address \_\_\_\_\_

Emergency Contact Name \_\_\_\_\_ Relationship \_\_\_\_\_ Phone \_\_\_\_\_

Emergency Contact (Other Than Parent) \_\_\_\_\_ Relationship \_\_\_\_\_ Phone \_\_\_\_\_

Participant's Medical Information/Allergies \_\_\_\_\_

**LIABILITY WAIVER**

1. Undersigned hereby releases, waives and discharges the City of Alameda, its directors, employees, agents, volunteers and independent contractors from all liability to the undersigned and/or his/her personal representatives, assignees, heirs, and next of kin for any loss or damage and any claim or demands accruing or resulting from injury to the person or property or death of the undersigned, whether or not caused by the negligence and/or property of the City of Alameda, its directors, officers, employees, agents, volunteers, and independent contractors.
2. Undersigned hereby assumes full responsibility for and risk of bodily injury, death or property damage, whether or not it is due to the negligence of the City of Alameda, its directors, employees, agents, volunteers and independent contractors or otherwise while in, upon or about the premises of the City of Alameda and/or while using the premises or facilities or equipment, including AED machines, or program transportation thereon.

**PHOTO CONSENT:** Undersigned authorizes the City of Alameda to use your (or child's/ward's) photograph in any future educational and/or community informational purposes, (including, but not limited to the website, newsletters, Activity Guide, Mastick Newsletter or social media) produced by the City of Alameda.  
 Check here if you do not give photographic consent.

**CONSENT TO TREAT:** I hereby give my consent for the City of Alameda staff to take me (or my child/ward) to the appropriate medical services and give appropriate medical authorization in the event that I cannot be immediately contacted. It is understood that the cost thereof will be at my expense.  
 Check here if I do not consent to treat and I request that medical or surgical services be withheld.

Undersigned has read and voluntarily signs the release and waiver of liability and indemnity agreement, and further agrees that no oral representation, statements or inducement apart from the foregoing written agreement has been made.

\_\_\_\_\_  
 Signature \_\_\_\_\_ Date \_\_\_\_\_  Participant  Parent/Guardian

Check (payable to ARPD)  Discover /  VISA /  MasterCard #: \_\_\_\_\_ Exp Date \_\_\_\_\_

Name on Card \_\_\_\_\_ Signature \_\_\_\_\_

Address on Card \_\_\_\_\_

*By signing, I authorize the City of Alameda to charge my credit card for the activity costs listed above.*



Alameda Recreation and Park Department  
2226 Santa Clara Avenue  
Alameda, CA 94501

PRST STD  
U.S. POSTAGE  
**PAID**  
ALAMEDA, CA  
PERMIT NO. 7171

## RESIDENTIAL CUSTOMER

Summer's Coming...



Sign up for  
**ARPD PROGRAMS**  
at our  
**SUMMER YOUTH  
PROGRAM EXPO**

**Saturday, April 1, 2017**  
**10:00 a.m. to 1:00 p.m.**  
**Stafford Room—**  
**Alameda Free Library**



**SUMMER YOUTH  
PROGRAM EXPO  
RAFFLE!**

To enter the Raffle, you must register and pay for a 2017 Summer Program for your child in person at the Expo on April 1st. At 1:00 p.m., Raffle Prizes will be drawn and winners will be notified. You do not have to be present to win.

**RAFFLE PRIZES WILL INCLUDE:**

- ◇ One **FREE** session of Tween Summer Adventure Camp
- ◇ One **FREE** week of Day Camp (Hidden Cove, Trails End, Trailblazers)
- ◇ One **FREE** session of Youth Group Swim Lesson
- ◇ One **FREE** week of World of Wonder (WOW)
- ◇ Three—\$100 ARPD Bonus Bucks
- ◇ Three—\$50 ARPD Bonus Bucks
- ◇ And More!!!!

For a preview of Summer Programs, see page 9  
or check our website: [www.alamedaca.gov/recreation](http://www.alamedaca.gov/recreation) after March 17, 2017