

ACTIVITY GUIDE

FALL • 2014



Ten Volunteer



Phone: (510) 747-PLAY • Registration: www.arpdeplay.com • Website: www.alamedaca.gov/recreation



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ARPD DIRECTOR'S MESSAGE

This past spring and summer, ARPD launched its NEW Weekend Park Monitor Program and it has been greatly welcomed by park users. ARPD staff patrol all of our parks and make sure facilities are clean, greet park users, provide information and assistance, and enforce park rules. Park monitors also make sure picnic and field reservations are in place. The Park Monitors are a consistent presence at the parks on weekends, and it has created better communication and responsiveness with the community, a safer atmosphere, and better management of the parks. Our Park Monitors are knowledgeable about all of ARPD's programs, so if you see them out in the parks, please say hello and ask any questions you may have.

Park users can reach the Park Monitors directly on weekends by calling 510-747-7542 to report an issue, voice a concern or give a compliment. We hope to hear from you!

We are incredibly busy building new parks and recreation facilities and renovating our existing ones. You can read all of the details on page 18.

As always, I welcome your ideas and suggestions. You can contact me at awooldridge@alamedaca.gov or like us on Facebook.



Amy Wooldridge, Director

**Parks
Make
Life
Better!**

Recycling & Compost! Coming to an Alameda Park near you

The City of Alameda received a grant from CalRecycle to implement a broader recycling collection plan in our parks and popular areas on the Island. Soon you will be seeing durable recycling and composting containers near the picnic areas of your favorite parks, close to coffee shops, and at other places where folks need a spot to discard their recyclable containers and food scraps. This expansion will be going on over the next couple of years, a project that is in cooperation between Alameda's Recreation and Parks Department and the Public Works Department.



**Questions about the program?
Please call Public Works at 510-747-7930.**

ARPD Program Staff

Christina Bailey
RAP, Parks & Playgrounds,
Teens, Tiny Tots, Wee Play,
Playgroups, Vacation Camps
510-747-7554
cbailey@alamedaca.gov

Susie Brown
Park & Facility Rentals
510-747-7576
sbrown@alamedaca.gov

Dennis McDaniels
Adult and Youth Athletics,
Aquatics
510-747-7586
dmcDaniels@alamedaca.gov

Mariel Thomas
Classes, Travel, Senior Programs
510-747-7511
mthomas@alamedaca.gov

Recreation and Parks Commission

Meets every 2nd Thursday at 7:00pm
At City Hall, Council Chambers
2263 Santa Clara Ave., Alameda
Everyone welcome
Also televised live on
Alameda Cable TV Ch. 15

Golf Commission

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

Youth Advisory Commission

Meets every 2nd Tuesday
at 5:00p.m.
At City Hall, 3rd Floor, Room 360
2263 Santa Clara Ave., Alameda

Alameda Youth Committee

Meets Wednesdays at 4:00p.m.
At the Vet's Building, 2203 Central
Ave., Rm. 390
For grades 6-12

CITY DIRECTORY

Alameda City Council

Marie L. Gilmore	Mayor
Marilyn Ezy Ashcraft	Vice Mayor
Stewart Chen	Councilmember
Tony Daysog	Councilmember
Lena Tam	Councilmember

Recreation and Parks Commission

Bill Delaney	Chair
Lola Brown	Vice Chair
Ann Cooke	Member
Mario Mariani	Member
Reuben Tilos	Member

STAFF

John Russo	City Manager
Amy Wooldridge	ARPD Director
Jackie Krause	Recreation Manager
John McDonald	Parks Manager
Patrick Russi	Recreation Manager
Christina Bailey	Recreation Specialist
Dennis McDaniels	Recreation Specialist
Mariel Thomas	Recreation Specialist
Nora Pon	Senior Clerk
Amy Vales	Accounting Technician
Susie Brown	Administration

Alameda Recreation & Park Department



Web	www.alamedaca.gov/recreation
Online Registration	www.arpdeplay.com
Email	arpd@alamedaca.gov
Facebook	playARPD on Facebook
Phone	510-747-PLAY
Fax	510-523-4071
Hours	Mon - Thurs: 8am - 6pm; Fri: closed
Park Maintenance Repair Line	747-7542
Field Condition Hotline (after 2pm)	747-7540
Mastick Senior Center	747-7500
Parks & Facilities	Refer to page 20 - 21

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
City Manager's Office	747-4700
Alameda Municipal Power (AMP)	748-3900
Community Development	747-6850
Building	747-6800
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
Library	747-7777
Police (Non-Emergency only)	337-8340
Anonymous Tip	337-8450
Animal Shelter	337-8565
Animal Control/FAAS Shelter	337-8340
Public Works	747-7900

COMMUNITY RESOURCES

Alameda Alligators	www.alameda-alga.com
Alameda Attack Lacrosse	www.alamedalacrosse.com
Alameda Babe Ruth	www.alamedababeruth.com
Alameda Boys & Girls Club	www.alamedabgc.org
Alameda Education Foundation	www.alamedaeducationfoundation.org
Alameda Family Childcare Association	521-3997
Alameda Family Services	www.xanthos.org
Alameda Girls Softball	www.alamedagsa.com
Alameda Historical Museum	www.alamedamuseum.org
Alameda Islanders	www.alamedaislanders.org
Alameda Little League	www.eteamz.com/alamedalittleleague
Alameda Meals on Wheels	www.alamedamealsonwheels.org (865-6131)
Alameda Pirates Football	www.thealamedapirates.org
Alameda Soccer Club	www.alamedasoccer.org
Alameda Swimming Pool Assn	www.alameda-swimming.com
Alameda Unified School District	www.alameda.k12.ca.us
Alameda Wolverines	www.alamedafootball.com
Alameda Youth Basketball	Randy4sports@hotmail.com
Alameda Youth Collaborative	www.alamedayouth.com
American Red Cross	www.redcross.org
Chamber of Commerce	www.alamedachamber.com
Chuck Corica Golf Complex	www.alamedagolf.com
Crab Cove Visitors Center	www.ebparks.org/parks/vc/crab_cove
East Bay Regional Park District	www.ebparks.org
Girls Inc. of the Island City	www.girlsincislandcity.org
USS Hornet Foundation Museum	www.uss-hornet.org
State Park Info and Reservations	www.parks.ca.gov

COMMUNITY EVENTS

Starlight Movies in the Park Back to the Future Friday, Sept. 12, 6:30 p.m. – 10:30 p.m. Leydecker Field

Free Starlight Movies in the Park will again take place this fall for families to enjoy. The event starts at 6:30 p.m. with pre-show festivities of games and crafts for kids. The featured movie begins at approximately 8:15 p.m. Snacks and food are available and proceeds support the Teen Program. Bring your own chairs and blankets and enjoy a film under the stars.



Play For The Parks Annual Golf Tournament Monday, Sept. 15 at 1:00 p.m. Chuck Corica Golf Course

Join over 100 Alameda residents at the 2nd Annual "Play For The Parks" Golf Tournament. Lots of fun, great auction items and dinner following the afternoon of golf. This tournament is all about having fun and spending time with friends and families! It's all for a wonderful cause as well.

All donations directly support recreation and wellness programs in Alameda. For further information or to register or donate, visit www.alamedaparks.org.



California Coastal Cleanup Day September 20, 9:00 a.m. – 12:00 p.m. Meet at Park St. & Shoreline Dr.

Take part in this international volunteer event! Coastal Cleanup Day is a great way for families, students, service groups, and neighbors to join together, take care of our fragile marine environment, show community support for our shared natural resources, learn about the impacts of marine debris and how we can prevent them... and to have fun!

Join us at Park Street and Shoreline Drive from 9am-Noon, bring your own bucket and gloves, wear sunscreen and closed-toe shoes, and help us clean up the shoreline all along Crown Beach. For more information about this event, please call the Public Works Department at (510) 747-7930, or visit the California Coastal Commission web site at www.coastal.ca.gov.

Everything Alameda Saturday, Sept. 27, 10:30 a.m. – 3:30 p.m. Washington Park

Celebrating what our community has to offer, Everything Alameda activities include local food vendors, jumpers and games for kids, live music from local bands and youth groups, local art and craft vendors, and a beer and wine garden. Come out to enjoy a great day.



36th Annual Holiday Boutique

Friday, Nov. 7, 12:00 p.m. to 8:00 p.m.
Saturday, Nov. 8, 10:00 a.m. to 4:00 p.m.
Veteran's Memorial Building

All items are homemade and hand crafted by more than 50 Crafters. Free admission. The proceeds benefit the Leisure Club, a recreation program for developmentally disabled teens and adults, sponsored by ARPD.

City of Alameda Mayor's Holiday Tree Lighting Ceremony

Saturday, December 6, 2014, 4:30 p.m., City Hall

Come and enjoy performances from community groups followed by the tree lighting ceremony and The Mistletoes' Rockin' Holiday Show.

Annual Holiday Sing-Along

Thursday, December 11, 10:00 a.m., Mastick Senior Center, Media Room

Sparkle in the season with live music, holiday songs, refreshments, and... a visit from Santa!



Breakfast with Santa

Saturday, December 6, 10:00am – 12:00pm
Albert H. DeWitt O'Club, 641 West Redline Ave.

Cost: \$15 (13 years & older), \$8 (2–12 years), FREE (under 2)
Class #14076

You better watch out, you better not cry, you better not pout, I'm telling you why – Santa's here in Alameda! Join Santa for breakfast, arts & crafts, and take a photo with the big guy. All attendees must pre-register regardless of age. All children must be accompanied by an adult and pre-registration is required. Space limited to 150 people. Register by November 30. No refunds or credits will be issued.

Santa's Visit

December 20 or 21, 4:40pm – 8:30pm
At your Home in Alameda

Saturday, December 20, \$35, Class #13917
Sunday, December 21, \$35, Class #13918

Ho! Ho! Ho! Santa, Rudolph and the gang will be back in Alameda. Santa will make a special ten-minute visit to your child at home. Arrangements can be made for Santa to bring a gift. Reservations will be available starting Nov. 3, 2014 at the ARPD Office.

TINY TOTS & SMALL FRY

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 REGISTRATION - NO EXCEPTIONS**

Fall 2014 Session

Sept. 15 - Dec. 12, 2014 (12 weeks)

No classes: Nov. 11 and Nov. 24 - 28

Open registration is available until the end of October, or until a class is full. Fall registration began in June with a lottery registration. Classes that do not meet the minimum number of students a week before the class is to begin may be cancelled.

Winter 2015 Session

January 5 - March 28, 2015 (12 weeks)

No class: Jan 19, Feb. 13 and 16

NEW students for any remaining spots may register Wed., December 10, 2014 at 8:00 a.m. at the ARPD office, 2226 Santa Clara Ave., Alameda. (Students in FALL 2014 session have registration priority)



Fees & Payment Schedule

FALL 2014 & WINTER 2015	
Mon/Wed/Fri	Full Payment: \$622 Two Payments: \$326 each*
Tues/Thurs	Full Payment: \$414 Two Payments: \$222 each*
Mon - Friday (5 days) Only Tiny Tots may attend 5 days	Full Payment: \$1,036 Two Payments: \$548 each*
* FALL: 1st payment due on enrolling, 2nd payment due 9/15/14 * WINTER: 1st payment due on enrolling, 2nd payment due 1/15/15	

Fall 2014 & Winter 2015 Schedule

SMALL FRY CLASSES (3 to 3 yrs, 11 mo.)			Fall 2015	Winter 2015
Mon/Wed/Fri	9:00am - 12:00pm	Godfrey, Bay Farm Island	Class # 13311	Class # 13317
Tues/Thurs	9:00am - 12:00pm	Godfrey, Bay Farm Island	Class # 13312	Class # 13318
Mon/Wed/Fri	9:00am - 12:00pm	Littlejohn Park	Class # 13313	Class # 13319
Tues/Thurs	9:00am - 12:00pm	Littlejohn Park	Class # 13314	Class # 13320
Tues/Thurs	9:00am - 12:00pm	McKinley Park	Class # 13315	Class # 13321
Tues/Thurs	9:00am - 12:00pm	Washington Park	Class # 13316	Class # 13322
TINY TOT CLASSES (4 to 5 years)				
Tues/Thurs	9:00am - 12:00pm	Leydecker, Bay Farm Island	Class # 13325	Class # 13333
Mon/Wed/Fri	9:00am - 12:00pm	Leydecker, Bay Farm Island	Class # 13324	Class # 13332
Mon/Wed/Fri	9:00am - 12:00pm	McKinley Park	Class # 13326	Class # 13334
Mon/Wed/Fri	12:00pm - 3:00pm *	McKinley Park	Class # 13327	Class # 13335
Mon/Wed/Fri	9:00am - 12:00pm	Washington Park	Class # 13328	Class # 13336
Mon/Wed/Fri	9:00am - 12:00pm	Woodstock Park	Class # 13329	Class # 13337
Mon/Wed/Fri	12:00pm - 3:00pm *	Woodstock Park	Class # 13323	Class # 13331
Tues/Thurs - Bilingual	9:00am - 12:00pm	Woodstock Park	Class # 13330	Class # 13338

* Afternoon students bring their lunch to class.

PLAY GROUPS

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.



Date	Continuously (Closed: Sept. 1, Nov. 10, 26, 28, Dec. 26)
Days	Mondays, Wednesdays, & Fridays
Times	10:00 a.m. - 1:00 p.m.
Location	Alameda Veteran's Memorial Building, 2203 Central Avenue
Cost	\$6 Drop-in per day per child OR \$60 Drop-in Card for 12 visits

Volunteer to set up or clean up and receive free entrance for that day!

Parent/Child Play Group

Ages 2 - 3 years, 6 mos.

Experience the wonderful world of pre-school with your child while learning how important play is as an effective learning tool. This class will allow you the one-on-one time to help your child develop their fine and gross motor skills as well as cognitive development. As a parent you will also have an opportunity to share the trials and tribulation of parenthood with other parents.

This class is designed to have you, the parent, leading many of the activities with the guidance of a Tiny Tot instructor who will share with you the techniques used in pre-school. This class will offer a broad range of activities including art, story time, movement, socialization, self-regulation and self-expression.

Other siblings may not attend class and parents must stay and participate in the class.



Tues	\$50 (# classes: 5)	Woodstock Park
Oct. 7 - Nov. 4	1:30 to 3:00 p.m	Class # 13339

Breakfast with Santa
Saturday, December 6, 10:00am - 12:00pm
Albert H. DeWitt O'Club, 641 West Redline Ave.

Santa's Visit
December 20 or 21, 4:40pm - 8:30pm
At your Home in Alameda

See page 5 for complete info.



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and Share
ARPD!



Get the latest updates and
be the first to see our
seasonal brochures!

www.Facebook.com/PlayARPD
www.Twitter.com/PlayARPD
www.Pinterest.com/PlayARPD
www.Instagram.com/ARPDPlay

ARPD Social Media is presented by SOCIAL KICK.

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. Camp will be held at Harrison Center (Lincoln Park).

Camp Session I	Class #13935
December 22 - 24	9:00am - 3:00pm
Fee: \$90 / Resident	\$99 / Non-Resident
Session I Extended Care	Class #13937
7:30 - 9:00am & 3:00 - 5:30pm	Fee: \$45
Camp Session II	Class #14077
December 29 - 31	9:00am - 3:00pm
Fee: \$90 / Resident	\$99 / Non-Resident
Session II Extended Care	Class #13938
7:30 - 9:00am & 3:00 - 5:30pm	Fee: \$45

Bricks 4 Kidz: Winter Fun Camp

Ages 5+

Making it move is the name of the game in this exciting Bricks 4 Kidz Winter Fun Camp. Campers will love seeing their creations in motion using LEGO® bricks, motors and battery-packs. Each day, campers will use fascinating and challenging Lego® components to create dynamic vehicles, inventions and more. While exploring engineering, architecture and physics, children will develop problem solving and critical thinking skills. Working with a partner or in small group, your child will experience the hands-on fun of seeing a model come together piece by piece, from concept to completion. This camp is loaded with fun and learning for budding builders. Visit www.bricks4kidz.com/375 to learn more about the educational and developmental benefits of Bricks 4 Kidz!



Monday-Wednesday	Fee: \$150 (3 classes)
December 29-31	Leydecker Recreation Ctr.
1:00 p.m. - 4:00 p.m.	Class # 14079



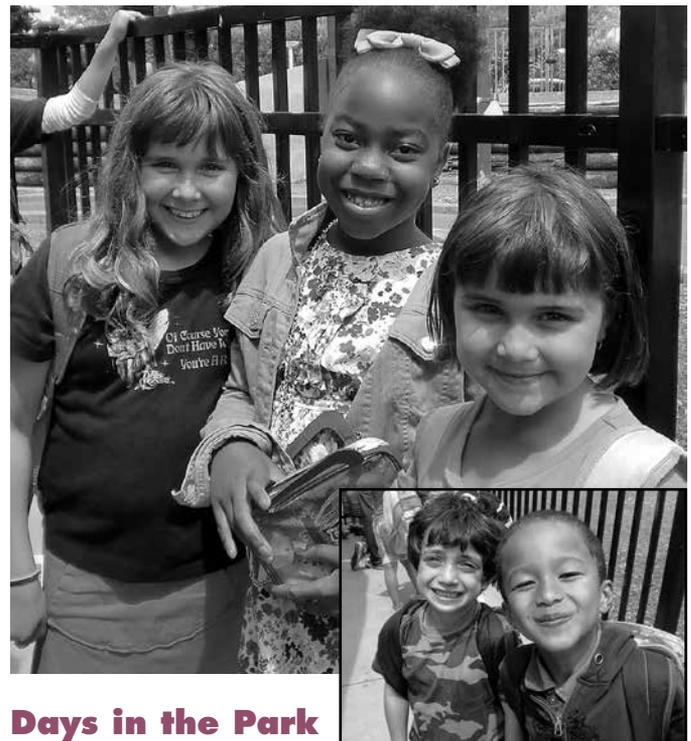
ALL-DAY PROGRAMS

Rock 'N Roll Trips

Grades K - 5

For all field trips, participants should bring a bag lunch. Morning and afternoon snacks will be provided. Field trips will be off-site between the hours of 9:00am and 4:00pm. Activities are onsite before and after the trips.

7:30 am - 5:30pm	\$70 / person
Harrison Center (Lincoln Park)	
Monday, Oct. 13, 2014	Pumpkins & Play
Class # 14071	Clayton Valley Pumpkin Farm & The Jungle
Monday, Nov. 10, 2014	ARPD Salutes
Class # 14072	USS Hornet Visit & Activities
Friday, January 2, 2015	Journey to Outer Space
Class # 14073	Chabot Space and Science Center



Days in the Park

Grades K - 5

Come spend your non-school days with ARPD! We'll be making special arts & crafts, playing great games, and many more surprises. On Tuesday, we will leave the park and travel to the Tech Museum in San Jose. Bring your own bag lunch; morning and afternoon snack will be provided. Program will be held at Harrison Center (Lincoln Park).

November 24-25, 2014	Monday & Tuesday
7:30am - 5:30pm	\$100 / person
Harrison Center (Lincoln Park)	Class # 14074

AFTER SCHOOL PROGRAMS

Recreation Afterschool Program - RAP

Grades 1 - 5

August 25, 2014 to June 11, 2015

AUSD dismissal - 5:30 p.m.

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. (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 1st through 5th graders is offered at the following sites:

- Ruby Bridges School – Bayport Park
- Franklin & Lum Schools – Franklin Park
- Amelia Earhart School – Leydecker Park
- Edison & Otis Schools – Lincoln Park
- Haight School – Littlejohn Park
- NEA School – Bayport Park
- Bayfarm School – Tillman Park
- Maya Lin & Paden Schools – Washington Park

RAP for Kindergartners is ONLY offered at the following sites:

- Maya Lin & Paden Schools – Longfellow Park

FALL Session	August 25 – November 21, 2014
1st payment due on enrolling	2nd due 10/9/14
WINTER Session	December 1, 2014 – March 13, 2015
1st payment due on enrolling	2nd due 1/29/15

5 days/week	
Full Payment \$612	Two Payments \$336 each
3 days/week	
Full Payment \$404	Two Payments \$232 each
2 days/week	
Full Payment \$286	Two Payments \$173 each

Kindergarten payments are different due to a longer supervision time. Fee schedule available at www.alamedaca.gov/recreation. A limited number of reduced fees are available for students. To qualify, please complete a fee assistance request form from ARPD. A minimum of 10 students must be registered at a school in order to be a RAP Pick-Up Site.



Parks and Playground Program

Grades K - 5: 2014-2015 School Year

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.

Locations	Bayport, Franklin, Lincoln, Longfellow, Tillman, and Washington Parks
Monday – Friday	3:00p.m. – 5:00p.m.
Fee	FREE Drop-in Afterschool Activities

All Sites Closed on School Holidays

Labor Day, Monday ~ September 1, 2014
 Veteran's Day, Tuesday ~ November 11, 2014
 Thanksgiving Day, Thursday ~ November 27, 2014
 Day after Thanksgiving, Friday ~ November 28, 2014



ENRICHMENT



Parent & Me Baking Ages 3 - 5 with an Adult

Explore the world of baking with your little one. Each class will explore a different element of baking and a different treat to take home. \$8 supply fee due at first class.

Instructor: Theresa Pham

Saturday	Fee: \$12 (1 Class)	
Leydecker Park	10:00 a.m. - 11:00 a.m.	
Sept. 20	Yup, It's a Cupcake	Class # 13828
Oct. 18	Boo! Scary Cakepops	Class # 13829
Nov. 1	Iced Cookies	Class # 13830
Nov. 15	Edible Play Dough Turkeys	Class # 13831
Dec. 6	Yummy Truffles	Class # 13832

Ballet/Tap Combo Ages 5 - 7

Excellent introduction to dance. We will concentrate on motor skills, rhythm, balance, and coordination as well as group skills. Learn Ballet and Tap basics and dance to fun, age-appropriate music. Required dress code - Leotard, tights and ballet shoes. If you need assistance with dance wear, please contact Dance/10 at dance@dance10.org.



Thursday	Fee: \$268 (15 classes)	Dance/10
Sept. 4 - Dec. 18 No class Nov. 27	4:30 p.m. - 5:30 p.m.	Class # 13833

Pre-Ballet

Ages 4 - 5

Learn the basic positions, rhythms and movements of ballet in a fun creative environment. Prior to the first class, please contact Alameda Ballet Academy about their dress code at admin@alamedaballet.com (Subject Line: ARPD).

Monday	Fee \$190 (10 classes)	Alameda Ballet
Sept. 15 - Nov. 17	3:45 p.m. - 4:30 p.m.	Class # 13834
Wednesday	Fee \$190 (10 classes)	Alameda Ballet
Sept. 17 - Nov. 19	3:45 p.m. - 4:30 p.m.	Class # 13835
Saturday	Fee \$190 (10 classes)	Alameda Ballet
Sept. 20 - Nov. 22	10:45 a.m. - 11:30 a.m.	Class # 13836

Ballet 1

Ages 5 - 6

To achieve the beautiful posture and grace of a dancer, students begin by learning the concepts of stretching, strengthening and coordination. Working in first and second positions students learn the basic exercises which comprise a ballet barre and center floor work.

Tuesday	Fee: \$205 (10 classes)	Alameda Ballet
Sept. 16 - Nov. 18	3:45 p.m. - 4:45 p.m.	Class # 13837
Thursday	Fee: \$205 (10 classes)	Alameda Ballet
Sept. 18 - Nov. 20	3:45 p.m. - 4:45 p.m.	Class # 13838
Saturday	Fee: \$205 (10 classes)	Alameda Ballet
Sept. 20 - Nov. 22	11:45 a.m. - 12:45 p.m.	Class # 13839

Broadway Stars

Ages 6 - 9

In this combination class, students will learn grace and poise as they develop stretching, strength and coordination skills with Ballet, rhythm and musicality with Tap, style with Jazz and how to sing with voice. This will prepare any young dancer to be an all-around performer. Required dress code - Leotard, tights and ballet shoes, jazz shoes and tap shoes. If you need assistance with dancewear, please contact Dance/10 at dance@dance10.org.

Instructor: Pamm Drake

3:30 p.m. - 5:30 p.m.	Fee: \$483 (15 classes)	Dance/10
Monday	Sept. 8 - Dec. 15	Class # 13840
Tuesday	Sept. 9 - Dec. 16	Class # 13841
Wednesday	Sept. 3 - Dec. 17 No class Nov. 26	Class # 13842



ENRICHMENT

Circus Arts

Grades 1 - 5

Balancing, bouncing, tossing, tumbling, spinning, smiling, jumping, juggling, and lots of clowning around! Come wiggle and giggle your school-day energy out in this fun active class that encourages cooperation over competition. Defy gravity on our giant rolling circus globe, make new friends building human pyramids, and then take a break while spinning plates! Kids find body-awareness and confidence in a high energy, inclusive environment tailored to challenge and inspire.

Instructor: Cynthia Rauschert, Circus Moves

Wednesday	Fee: \$105 (6 classes)	Veteran's Rm 250
Sept. 24 - Oct. 29	3:30 p.m. - 5:00 p.m.	Class # 13843

Beginner Stilt Walking

Grades 3 - 5

Experience the ups and downs of a circus stilt walker! Learn to walk, dance, run, and play games on stilts from an experienced coach in a safe environment. As students gain strength and confidence they will learn techniques for getting up and down, and experiment with ground poses and acrobatics. Each class begins with proper falling and safety techniques.

Instructor: Cynthia Rauschert, Circus Moves

Wednesday	Fee: \$105 (6 classes)	Veteran's Rm 250
Nov. 5 - Dec. 17 No class Nov. 26	3:30 p.m. - 5:00 p.m.	Class # 13844

DIY Crafts

Ages 6 - 12

It's never too early to Do It Yourself! Students learn to use simple materials in innovative ways to make unique art projects. Turn plastic, aluminum, and paper into fun works of art and creatively save the planet at the same time. Supplies provided.

Instructor: Local Crafter Joanne Yada "Crafting for Cheapskates"

Saturdays	Fee: \$128 (6 classes)	Veteran's Rm 120
Sept. 20, Oct. 4, 18 Nov. 1, 15, Dec. 6	10:00 a.m. - 11:30 a.m.	Class #13845



NEW

Oakland Youth Chorus (OYC)

Alameda Miracles

Grades K - 2 & 3 - 5

OYC is a professional, award-winning music education and performance program. Singers enjoy discovering the world through learning songs from a variety of cultures while building musical skills including melody, rhythm, harmony, and music theory. To find out more about OYC, please visit www.oaklandyouthchorus.org.

Instructor: OYC Staff

Grade K - 2		
Tuesday	Fee \$143 (10 classes)	Veteran's Room 120
Sept. 23 - Dec. 9*	4:30 p.m. - 5:30 p.m.	Class # 13846
Grade 3 - 5		
Tuesday	Fee \$143 (10 classes)	Veteran's Room 120
Sept. 23 - Dec. 9*	5:00 p.m. - 6:00 p.m.	Class # 13847
*No class Nov. 11 & 25		



Original Play Project

Grades 1 - 5

During this 12-week session, participants will be guided through the process of character and story development, scriptwriting, costume and make up design, and end with a performance of their own Original Play. \$10 supply fee due first class.

Instructor: Virago Theatre Company

Thursday	Fee \$123 (12 Classes)	Veteran's Room 120
Sept. 18 - Dec. 11 No Class Nov. 27	4:30 p.m. - 5:30 p.m.	Class # 13848

NEW

YOUTH - ENRICHMENT & FITNESS

ENRICHMENT

American Sign Language (ASL)

Grades 3 - 5 & 6 - 8

Learn fingerspelling, numbers, vocabulary, simple sentences and deaf art projects. No experience necessary. ASL makes it easy to sign through a closed window or communicate across a crowded room.

Instructor: Sheila Holmes

Monday	Fee: \$131 (8 classes)	Veteran's Room 250
Grades 3 - 5		
Sept. 15 - Nov. 3	3:30 p.m. - 4:30 p.m.	Class # 13849
Grades 6 - 8		
Sept. 15 - Nov. 3	4:30 p.m. - 5:30 p.m.	Class # 13850

Mommy & Me Ballet

Ages 3 - 4, with caregiver

You and your little one will gain flexibility while learning the basic positions and steps of ballet alongside one another! This is a great way to get exercise and introduce your child to the world of ballet! No previous experience necessary. ABA does have a dress code, please contact us at admin@alamedaballet.com (Subject line: ARPD) prior to your first class about obtaining dance wear.

Saturday	Fee: \$190 (10 classes)	Alameda Ballet
Sept. 20 - Nov. 22	9:45 a.m. - 10:30 a.m.	Class # 13851

Bricks 4 Kidz: Gadgets, Gizmos and More! **NEW**

Ages 7 - 12

Students love our interactive Bricks 4 Kidz models and what they can do using LEGO® Bricks. This 8-week after school program is all about the fun of doing something with what you've built. From a working windmill to a spin art model, kids will love playing with their creations! But don't worry, we sneak in lots of learning, too - understanding probability in the "3-in-a-row" game model and learning about friction and symmetry with the spinning top lesson. Don't miss out! Visit www.bricks4kidz.com/375 to learn more about the educational and developmental benefits of Bricks 4 Kidz!



Thursdays	Fee: \$185 (8 classes)	Lincoln Lodge
Sept. 11 - Oct. 30	3:30 p.m. - 5:00 p.m.	Class # 14078

FITNESS

Hawaiian Jujitsu for Children

Ages 6 - 14

Jujitsu is a Japanese martial art using the principle of leverage against the strength and weight of an aggressor. Learn simple techniques to control your partner when attacked.

Instructor: Chris Peterson

Tues & Thurs	5:30 p.m. - 6:30 p.m.	Twin Towers
Sept. 16 - Oct. 9	Fee: \$43 (8 classes)	Class # 13852
Oct. 14 - Nov. 6	Fee: \$43 (8 classes)	Class # 13853
Nov. 13 - Dec. 18	Fee: \$53 (10 classes)	Class # 13854



Kids Gymnastics with Ruby

Ages 12 months - 8 years

For 20 years, Ruby's Tumbling has provided a fun classroom setting for youngsters to learn the early stages of balance, coordination, flexibility and strength. Watch them gain confidence with every step.

Instructor: Ruby Gama

Ages 12 mo. to 23 mo. (parent participation)		
Thursday	Fee: \$113 (8 classes)	Ruby's Tumbling
Sept. 4 - Oct. 23	9:15 a.m. - 10:00 a.m.	Class # 13855
Ages 24 mo. to 3 (parent participation)		
Thursday	Fee: \$113 (8 classes)	Ruby's Tumbling
Sept. 4 - Oct. 23	10:15 a.m. - 11:00 a.m.	Class # 13856
Ages 3 to 5		
Thursday	Fee: \$123 (8 classes)	Ruby's Tumbling
Sept. 4 - Oct. 23	5:15 p.m. - 6:00 p.m.	Class # 13857
Ages K to 8		
Thursday	Fee: \$133 (8 classes)	Ruby's Tumbling
Sept. 4 - Oct. 23	4:00 p.m. - 5:00 p.m.	Class # 13858

SPORT

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.
KLS rain hotline (888) 372-5803

Wednesdays	Sept. 24 - Nov. 12	
Fee: \$110	Upper Washington Park	
Tot/Pre-Soccer (3.5-5yrs)	3:10 pm - 3:45pm	Class # 14063
Soccer 1 (5-6yrs)	3:45 pm - 4:30pm	Class # 14066
Soccer Skillz & Scrimmages (7-10yrs)	4:30 pm - 5:15pm	Class # 14068
Saturdays	Sept. 27 - Nov. 15	
Fee: \$110	Upper Washington Park	
Tot-Soccer (3.5-4yrs)	9:15 am - 9:45 am	Class # 14064
Pre-Soccer (4-5yrs)	9:45 am - 10:20 am	Class # 14065
Soccer 1 (5-6yrs)	10:20am - 11:05 am	Class # 14067
Soccer Skillz & Scrimmages (7-10yrs)	11:05 am - 11:50 am	Class # 14069
Mommy/Daddy & Me Soccer (2-3.5yrs)	12:00 pm - 12:30 pm	Class # 14034

STEM Athletics Grades 4 - 7

Join us for a unique class combining Sports and STEM (Science, Technology, Engineering and Math). This class is for students who want to learn or refine the basics of basketball fundamentals in a high quality weekly clinic while at the same time getting exposure to STEM. This season's educational program is Game Design with Freshi Media. Game developers will work in pairs to conceive, design and build their own original computer game! Everything created is original, including the characters, theme, action, background and music. All necessary hardware and software provided. In addition, role models from the STEM industry will address the students and talk about their work and career opportunities. The basketball component will take place at the Alameda Point Gym and the STEM class at the O'Club, with ARPD staff leading participants on the short two block walk between the sites.



September 16 - November 4	5:00 p.m. - 8:00 p.m.
Tuesdays	Alameda Point Gym / O'Club
\$229 resident / \$249 non-resident	Class # 14070

38th Annual Elks Hoop Shoot Competition

**October 20 - December 19, 2014
FREE!**



A national event, this contest is sponsored locally by the Alameda Elks Lodge 1015 and conducted by the Alameda Recreation and Park Department. Over three million youth from throughout the country enter the competition yearly. This free competition is held at Bayport, Franklin, Leydecker, Lincoln, Longfellow, Tillman, Washington Parks and Alameda Point Gym during program hours. The event is open to boys and girls 8 to 13 years-old and who attend a school or reside in the city of Alameda.

The contest consists of shooting free throws. Each contestant has 25 shots at the hoop. A child may compete as many times as he or she wishes.

Classifications are as follows:

- **Class A - 12 to 13 year-olds:** This division is open to youth who do not reach their 14th birthday before April 1, 2015.
- **Class B - 10 to 11 year-olds:** This division is open to youth who do not reach their 12th birthday before April 1, 2015.
- **Class C - 8 to 9 year-olds:** This division is open to youth who do not reach their 10th birthday before April 1, 2015. Seven year olds who reach their eighth birthday before April 1, 2015, are also eligible in this category.

The top three finalists in each division are eligible to represent their park or club at the city-wide finals, to be held on January 9, 2015 at Alameda Point Gymnasium. The winners in each division will go on to represent the City of Alameda and the Alameda Elks at the District Shoot-Off in late January.

ARPD (510) 747-7529



TWEENS/TEENS - AFTER-SCHOOL

AFTER SCHOOL

The Underground

Drop-In for Grades 6 - 12

The Underground Teen Center has computers, big screen TV, pool table, video games, ping pong, board games, music, snack bar, and adult supervision. There is no charge to use The Underground. Participants need to register at the center and must sign-in and sign-out on a daily basis.

Open Monday through Friday (closed school holidays)	3:00pm to 5:30pm
Drop-in for all 6th - 12th graders in Alameda	
Veteran's Memorial, 2203 Central Ave., downstairs in Room 170	

Club Underground - Transportation

Grades 6 - 12

CLUB Underground is after school transportation from AUSD middle schools in ARPD vehicles to The Underground program. Transportation is not available on public school holidays, AUSD staff development days or unscheduled early release days. Participants must be registered before allowed to ride in the ARPD vehicles.

Monday/Tuesday/Thursday/Friday	Pick up: 2:30-3:25pm (varies by school)
Wednesday	Pick up: varies by school
Fee: \$2 per one-way trip OR \$20 ride pass available (10 rides)	
#13924 - Academy of Alameda	#13925 - ACLC
#13926 - Bayfarm School	#13928 - Junior Jets
#13929 - Lincoln Middle School	#13930 - NEA
#13931 - Wood Middle School	

Teen Volunteer Program

Grades 7 - 12

This program is for students who are interested in volunteering at the parks and playgrounds. Students must complete a volunteer application form 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. Registrations and/or interviews one week prior OR after training session dates will not be accepted. These volunteer hours will satisfy the community service requirement for the schools. Limit 24 students per training session.

Thursday	September 18, 2014	4:00-5:00pm	Fee \$45
#13921	Veterans Memorial Building, Rm 390		

Operation GreenSweep

Grades 6 - 12

GreenSweep is looking for teens who want to earn community service hours by helping to beautify our city parks and community centers. Teens will meet ARPD Teen Staff at the Veteran's Memorial Building on Fridays/early release days to work on various park projects. Duties include but are not limited to park clean-up, light trash removal, weeding, planting, etc. Equipment will be provided to participants for various projects. Transportation will be provided to and from the parks. Registrations will be taken until program is full. Program will be held weather-permitting.

Fridays	September 12 - November 14 (no session on October 24)	
3:30-5:00pm	#13922	\$45 (includes t-shirt)
Veteran's Memorial Building, 2203 Central Avenue		

TEEN HAUNTED HOUSE

October 24, 25, 26

VOLUNTEERS NEEDED! Teen groups/clubs, individuals are needed to assist in planning, creating, and working at our 11th Annual Teen Spook-tacular Haunted House this year. You will have the opportunity to have some fun and earn some community service hours through this project.

Meetings are held on Wednesdays at 4:00 p.m., starting mid-September at The Underground Teen Center. Location, set-up time, wrap-up, and operation of the Haunted House will be announced once Halloween approaches. A short-term commitment is needed to ensure the success of this event. All proceeds will benefit the Teen Program.

For more information, please contact the Teen Coordinator at 510-747-7529, or visit www.alamedaca.gov/recreation for event times and entrance fees.



AFTER-SCHOOL & ENRICHMENT - TWEENS/TEENS

Alameda Youth Committee

Grades 6 - 12

AYC is currently recruiting NEW members for the 2014-2015 school year!

Get involved with planning activities for teens: dances, excursions, training, community issues, fundraising, etc. We are seeking responsible and committed teens who would like to get hands-on experience when it comes to event planning. Your creativity, past experience, social ability, and community spirit are needed to assist the Alameda Recreation and Park Department. A commitment is required and community hours will be earned when you participate with AYC. Applications are available at The Underground Teen Center and the Alameda Recreation and Park Department. Interviews will be conducted prior to acceptance into the Committee.

Wednesdays	#13923	4:00-5:00 p.m.
Veteran's Memorial Building, 2203 Central Avenue, Rm 390		

Teens Teaching Technology

Teen Volunteers Needed - Grades 6 - 12



This program is a new collaboration between the Mastick Senior Center and the Underground Teen Center. Teens will meet at 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. Teens must notify Teen Coordinator if they are not able to attend a session for any reason; otherwise, it will be assumed that they will be in attendance. Volunteer hours can be earned for service, please inquire with Teen Coordinator. If teens need a ride from the Underground, please inquire with the Teen Center staff (teen must be a registered member of the Underground, in order to be eligible for the van ride).

3rd Thursday of the month	3:30 - 5:00 p.m.
#13932	September 18th
#13933	October 16th
#13934	November 20th
FREE & qualifies for community service	
Mastick Senior Center, 1155 Santa Clara Avenue, Room C	

FIELD TRIPS

Non-School Day Field Trips for Tweens/Teens

Grades 6 - 12

Come join friends for some fun on your day off! Cost includes admission, transportation, and supervision.

Monday	November 24	9:00 a.m. - 6:00 p.m.
Fee: \$55.00	#14075	Six Flags Discovery Kingdom, Vallejo

Another super, cool trip is being worked on for December 29th or 30th, so check our website www.alamedaca.gov/recreation or inquire at the Teen Center as it gets closer!

ENRICHMENT

Driver Education Internet Study Course

Ages 15 - 18

Are you tired of asking your parents for a ride? Are you at least 15 years old? If so, this class is for you. This is an interactive, online course with videos, animated driving scenarios and sample test questions. Learn the rules of the road, major causes of traffic collisions, DMV procedures and much more. Receive DMV-approved Certificate of Completion. This class is a requirement for teens under 18 years old to obtain a learner's permit and driver's license. A licensed instructor is available to answer any questions. Sign up any time and take the online course at a time convenient for your schedule.

Fee: \$55	Class # 13859
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Healthy Cooking - Teens in the Kitchen

Grades 6 - 8



Learn how to make quick, healthy snacks & meals. Each student will prepare 3 -4 dishes using fresh local ingredients! Impress your family with your new culinary skills. \$12 supply fee due first class. Not recommended for teens with severe food allergies. Instructor: Kari Martinez

Saturday	10:00 a.m. - 1:00 p.m.	Leydecker Park
Oct. 4 & 11	Fee: \$53	Class # 13860
(\$12 supply fee payable to instructor)		

Hip Hop Teens

Ages 11-18

Add a new groove to your walk. Class is great for students with little to no dance experience. Students encouraged to bring their own style and personality to the dance movements. Students should be dressed in athletic wear and tennis shoes.

Instructor: Kory Watkins, Dance/10

Wednesday	Fee: \$268 (15 classes)	Dance/10
Sept. 3 - Dec. 17 No class Nov. 26	6:30 p.m. - 7:30 p.m.	Class # 13861

Introduction to Square Dance

Ages 10 to Adult - See Page 25 (Adults)

Taiko Drumming

Ages 10 to Adults - See Page 25 (Adults)

FITNESS & SPORTS

Hawaiian Jujitsu

Ages 15 & Up

See page 26 (Adults)

Adult Lap Swim

Age 16 and up

See page 28 (Adults)

TENNIS

TENNIS LESSONS

Locations

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

Adult Monday Morning Lessons

Ages 18 & Up

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 and tactics.

Fairfield Tennis Courts		
Monday	\$100 per session	\$20 drop in
Sept. 15 – Oct. 20	9:00 a.m. – 10 a.m.	Class # 14020
Oct. 27 – Dec 1	9:00 a.m. – 10 a.m.	Class # 14021
Rain outs will be made up at the end of the session		

Adult 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 and Thursday	\$100 per session	\$20 drop in
Beginners	6:30 p.m. - 7:30 p.m.	
Intermediate	7:30 p.m. - 8:30 p.m.	
6 classes	Beginner	Intermediate / Advanced
Sept. 2 – 18	Class #14022	Class #14025
Sept. 23 – Oct. 9	Class #14023	Class #14026
Oct. 14 – Oct. 30	Class #14024	Class #14027
Rain outs will be made up at the end of the session		

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.

Krusi Tennis Courts	
Saturdays	\$100 per session (6 classes per session) \$20 drop in per class
Drop-in Only	Sept. 20 – Dec. 6
9:00 a.m. – 10:00 a.m.	7 – 8 year olds
10:00 a.m. – 11:00 a.m.	9 – 10 year olds
11:00 a.m. – 12:00 p.m.	5 – 6 year olds (Mommy/Daddy and Me)

Private and Semi-Private Lessons

Ages 6 & Up

ARPD 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. Call 510 747-PLAY for scheduling.

Private Instruction	
1 hour lesson	\$45
4 one-hour lessons	\$180
Semi-Private*	
1 hour lesson	\$60
4 one-hour lessons	\$240
*Must have partner, price listed is for two participants	



Alert	Advisory	Community	Traffic
<p>Be ALERT & stay INFORMED! Receive City of Alameda Emergency Alerts & Community Notices instantly by email or mobile phone!</p> <p>Sign up at: www.nixle.com or text your zip code to 888-777</p> <p><i>*Landline telephones will continue to receive alert messages*</i></p> <p>nixle</p>			
Alert	Advisory	Community	Traffic

CHUCK CORICA GOLF COMPLEX

1 Clubhouse Memorial Drive
747-7800 • www.alamedagolf.com

A golfers 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.

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 coming soon
- 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.

Residents (without cart)	Mon. – Fri.	Sat., Sun., & Holidays
General	\$29.00	\$37.00
Senior (Age 60 & Above)	\$24.00	\$37.00
Junior (Earl Fry Mon-Fri after 12:00; weekends & holidays after twilight only)	\$1.00	\$1.00 (after Twilight)
Twilight (2pm in summer & 12pm in winter)	\$24.00	\$25.00
Late Twilight (4pm in summer & 2pm in winter)	\$19.00	\$19.00
9-holes (1st 2-hours of the day)	\$19.00	\$24.00
Tournament (Cart included)	\$54.00	\$62.00
Tournament – Senior (Cart incl.)	\$37.00	\$60.00

Mif Albright Par 3 Course

Residents	\$13.00
Non-Residents	\$16.00
Seniors over 60	\$10.00
Juniors under 18 - Non-Resident	\$10.00
Alameda Juniors	\$1.00



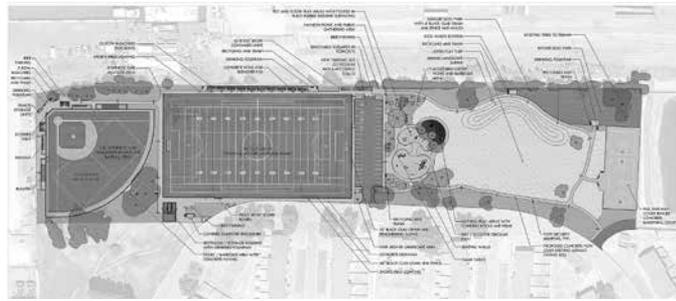
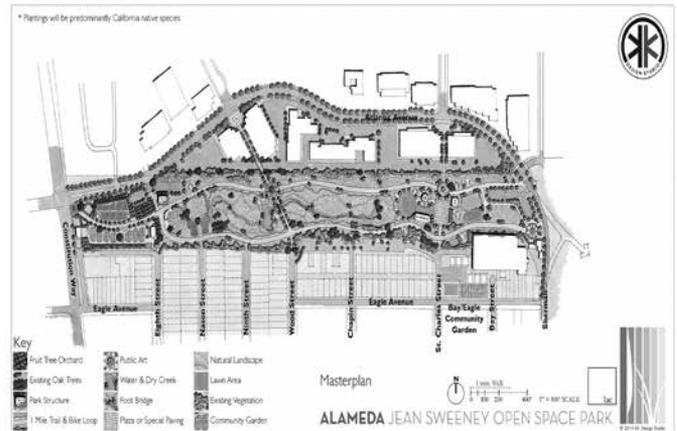
Newly Completed
Mif Albright Par 3 Course

FACILITY & PARK IMPROVEMENTS

MAJOR PARK AND RECREATION FACILITY IMPROVEMENTS UPDATE

ARPD is hard at work to improve its existing, aging facilities and create new parks in Alameda. This is a progress update and you can always check our website for more details.

- **Krusi Park Recreation Center** – This is a complete rebuild of the existing recreation center and is funded by Measure WW (East Bay Regional Park District). The design process was started several years ago and when it went out to bid for construction, the cost greatly exceeded the budget. So we have gone back to the drawing board to find ways to make this project happen. ARPD is expending its own funds to hire a project manager and we are working on a pre-fabricated building that will suit all the requirements. This is similar to the recreation centers at Washington and Bayport Parks.



- **Estuary Park** – This new park is eight acres of fields and park space for people of all ages and abilities. It is located on the estuary side just east of Alameda Point at Mosley Avenue. It includes athletic fields and community park amenities. The athletic field area includes one lighted synthetic rectangular field for youth soccer, rugby, football, and lacrosse plus a synthetic baseball diamond designed to be accessible for youth of all physical and mental abilities and will include striping in the outfield for a soccer field. The community park portion includes 4-acres of community park space with playgrounds for under 5 and 5-12 year olds, small and large group picnic areas, basketball courts, open lawn, and a dog park. All of these park and recreation amenities are critical for serving the new residential housing anticipated at Alameda Landing and North Housing. ARPD has identified \$2.5 Million in funding through grants, private donations, and developer fees. We still have another \$750,000 to fund before starting Phase 1 with the athletic fields. We are applying for grants to fund Phase 2 of the community park. We welcome all donations!
- **Encinal Swim Center** – A three-party agreement between the City, AUSD, and the Housing Authority secured funding for a \$1.9 Million major renovation that will be managed by AUSD. ARPD provided \$750,000 in funding to the project. Design is anticipated to start this Fall.
- **Chuck Corica Golf Course** – The 9-hole Mif Albright course was renovated and opened this past Spring. The South Course renovation is underway with the first 9-holes closed for renovation first.

- **Jean Sweeney Open Space Park** – This 22-acre park, with its emphasis on natural open space, is very unique opportunity within our urban Bay Area environment. This site is the former Alameda Beltline Railroad property that was secured by the City at its original purchase price due the advocacy efforts of long-time resident Jean Sweeney. The property is bounded by Constitution Way, Atlantic Avenue, and Sherman Street. We are grateful to local resident and architect, Kristoffer Köster of KKDesign, who developed the Jean Sweeney Open Space Park Master Plan at no cost. This plan was adopted by City Council in July. Predominant features of the park include:

- Active use areas on the east and west sides each with a parking lot, restroom, and natural-based playground.
- Picnic area with a gazebo, open lawn, and picnic pavilion.
- Cross Alameda Trail, a lighted and paved trail with dedicated bike lanes, a pedestrian lane, and a jogging lane paved with decomposed granite for a softer surface. There is also a smaller walking/biking trail that connects to form a one-mile loop.
- Community garden with plots available to Alameda residents.
- Demonstration gardens and urban orchard.
- Outdoor classroom adjacent to the community garden.
- Natural open space and pedestrian only trails through the entire central portion.
- A bike skills loop with elements and obstacles for recreation and improved bike skills.
- A seasonal creek that serves as a retention basin for storm drainage.
- Picnic tables, benches, and bicycle racks located throughout the park;
- Educational signage on the railroad history and local biology.
- Public art at the main entry points.

The park is currently unfunded, although there are pending funds through state grant applications and developer fees. Timeline for detailed design and construction are dependent upon securing funding. The total project construction is estimated to be \$8 Million.

FACILITY & PARK RENTALS

ARPD Main Office

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

Maintenance Request Line

To report an issue in a park or facility 747-7542

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.

Resident Private Rental Fees (4 hour minimum)	
Main Dining Room (250 max)	\$150/hour
Trident Room (120 max)	\$125/hour
Terrace Room (90 max)	\$100/hour
Squadron Room (50 max)	\$50/hour
Security deposit applies to all rentals	\$500
<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. Seats up to 110 people.

Resident Private Rental Fee (2 hour min)	\$90/hour
Security deposit	\$300
Additional fee structure and other fees may apply.	

Picnic Areas and Athletic Fields

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.

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

Meyers House and Garden

2021 Alameda Ave.

Owned and operated by Alameda Museum

Alameda's first and only House Museum and a beautiful space for wedding and small receptions. The Alameda Historical Museum sponsors a house tour the 2nd and 4th Saturday of each month, from 1 – 4 p.m.. Admission is \$5 per person and all proceeds are put back into the House and Gardens.



All facility reservations may be made in person or email at the Recreation Office, 2226 Santa Clara Ave. ARPD@alamedaca.gov (510) 747-Play

Hours: Mon. - Thurs. 8:00 a.m. - 6:00 p.m.

A minimum advanced notice of two weeks is required.

Facilities available on holiday weekends, subject to 15% additional fee.

ADDITIONAL FACILITIES AVAILABLE TO THE PUBLIC

Encinal and 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. Fees are not required for flying model airplanes but proof of personal liability insurance is required.

FACILITY & PARK

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

To report an issue in a park or facility
747-7542

CLASS LOCATIONS

Alameda Ballet Academy	(510) 337-1929 1402 Park Street
Alameda High School	2201 Encinal Ave.
Dance/10 Performing Arts Center	(510) 522-5678 900 Santa Clara Avenue
Encinal High School	210 Central Ave.
Ruby's Tumbling	(510) 337-0846 2333 Clement Avenue
Twin Towers Church	(510) 522-6744 1411 Oak Street



FACILITY & PARK

PULL-OUT SECTION

FACILITY & PARK LOCATIONS

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



LIBRARY

ALAMEDA FREE LIBRARY

510-747-7777

Check us out at www.alamedafree.org,
on our Facebook page at
www.facebook.com/alamedafreelibrary,
on Tumblr at alamedafree.tumblr.com,
or on Twitter at [@alamedafree](https://twitter.com/alamedafree).

The Alameda Free Library serves our community at three locations with a variety of services, including current and historic materials, internet access, books on audio, CDs, DVDs, storytimes, reference services, tax forms, foreign language materials, online databases, and special programs. The Main Library also features small group study rooms, larger meeting facilities and a café.



Main Library	
1550 Oak Street	510-747-7777
Mon - Wed	12 p.m. – 8 p.m.
Thu – Sat	10 a.m. – 5 p.m.
Sun	1 p.m. – 5 p.m.
Closed	Holidays
Bay Farm Island Library	
3221 Mecartney Road	510-747-7787
Mon	10 a.m. – 6 p.m.
Tues	12 p.m. – 8 p.m.
Thurs & Sat	10 a.m. – 5 p.m.
Closed	Wed, Fri, Sun & Holidays
West End Library	
788 Santa Clara Avenue	510-747-7767
Mon	12 p.m. – 8 p.m.
Wed	10 a.m. – 6 p.m.
Thurs & Sat	10 a.m. – 5 p.m.
Closed	Tues, Fri, Sun & Holidays
READY to go!	
677 West Ranger Avenue	Alameda Free Library's newest branch!
Open 24/7, this book vending machine is READY to go!	

Alameda Reads

**Free tutors help adults read and write better.
Want to be a tutor? Need a tutor?**

Call us: 510-865-2454	2203 Central Avenue
Mon – Wed: 9am – 2pm	Thurs: 4 p.m. – 8 p.m.

Online Services

The Alameda Free Library's website allows you to check our catalog online, check your library account, place holds, and renew materials. You also have access to electronic databases containing thousands of full-text magazine, journal, and book articles, as well as tutoring services for students through our Live Homework Help® link! www.alamedafree.org

Storytimes

Mama Goose Storytime	Ages 1 – 3
Main Library	Saturdays 10 a.m.
Peter Rabbit Storytime	Ages 3 – 5
West End Library	Wednesdays 10:30 a.m.
Main Library	Thursdays 10 & 11 a.m.
School-Age Storytime	Ages 5 – 8
Main Library	Wednesdays 3:30 p.m.
Family Storytime	All ages
Main Library	Sundays 2 p.m.
Bay Farm Island Library	Tuesdays 7 p.m.
Alameda Community Sing-Along	Ages 0 – 3
Main Library	Mon & Wed 10:15 a.m.

Ongoing Programs

Adult and Teen Book Clubs
Call 510-747-7713 for titles, dates, and times

Children's Book Clubs
Call 510-747-7705 for titles, dates, and times



Special Programs for Children, Teens, and Adults

The Library has lots of special programs going on all year. Check our events calendar at alamedafree.org for more information.

Adults Library Programs

- On-going Computer classes such as using Google Docs/Google Drive/G-Mail plus open computer lab.
- Seed Library – some seeds after they harvest.
- Tool Lending Library – Mostly gardening hand tools and a few larger items like limb saws.
- Monthly Film Screening – Diverse films with some classics and some just plain quirky and fun.
- War Comes Home Project – Featuring an exhibit from the Naval Air Museum from Sept 27-Dec 28, and a book discussion group.
- Banned Books Week Community Reading Marathon – Everyone is invited to read out-loud from a Banned/Challenged book during September 21-27
- On-Going Jigsaw Puzzle Challenge – Try you're your to add a few pieces on the large puzzle set up on the map table behind the Reference Desk.



Learn More

With unique **online courses** when and where **you** want them!



Find the course that's right for you at: www.ed2go.com/arpd

ed2go instructor-facilitated online courses are informative, fun, convenient and highly interactive. Instructors create a warm and supportive community for all learners. Most courses run for six weeks starting at \$85. Fall beginning dates are: August 20, September 17, October 15, November 19, and December 17. A class sampling is provided below. **For a complete class listing, course descriptions and view the syllabus, visit www.ed2go.com/arpd.** Open to high school students – adults.



Teaching Tools and Ongoing Education Courses Available Flexible • Online



Career Ideas

Administrative Asst. Fundamentals

Prepare to take advantage of the many new job opportunities in health care, legal services, and other industries.

Computers

Intro to Excel

Become proficient in using Microsoft Excel 2013 and discover countless shortcuts, tricks, and features for creating and formatting worksheets quickly and efficiently.

Happy and Healthy Pregnancy

Learn how the stages of pregnancy affect your body, emotions, and budget, and how to prepare yourself and your family to welcome your new baby.

Business

A to Z Grant Writing

Learn to research and develop relationships with potential funding sources, organize grant writing campaigns, and prepare proposals.

Grammar Refresher

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

Keys to Effective Communication

Lost for words? Don't be! Learn to build rapport, trust, warmth, and respect through conversation.

Start your Own Small Business

Stop dreaming and learn how to start your own

Medical Terminology: A Word Association Approach

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

Resume Writing Workshop

Discover the secret to transforming your resume into a powerful tool that will get you interviews.

Twelve Steps to a Successful Job Search

World-renowned author and career advisor shows you how to get the job you want quickly and easily and in any economy.

Advanced Microsoft Excel 2013

Master advanced features and functions of Microsoft Excel 2013, including analysis tools, data tables, PivotTables, and conditional formatting.

Introduction to SQL

Gain a solid working knowledge of the most powerful and widely used database programming language.

Keyboarding

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

Family & Friends Start Your Own Edible Garden

Learn how to grow delicious, nutritious fruit

Marriage & Relationships: Keys to Success

Getting married is just the first step! Learn how to build a solid foundation for a healthy partnership that will last far beyond "I do."

Write Your Life Story

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

Test Prep

SAT/ACT Preparation Part 1

Master the questions on the ACT and new SAT.

GRE Preparation Part 1 (Verbal Analytical) (US)

Discover strategies for success in the verbal reasoning and analytical writing sections of the GRE® revised General Test (course 1 of 2).

ENRICHMENT

Alameda Community Band

Want to be a part of the Alameda Community Band? Enjoy rehearsing and concert performances. Some experience required on woodwind, brass or percussion.

Instructor: Michael L. Wirgler

Tuesday	Fee: \$78 (16 classes)	Encinal HS Band Room
Aug. 26 – Dec. 16 No class Nov. 11 & 25	7:30 p.m. – 9:30 p.m.	Class # 13862

Alameda Community Chorus

Alameda Community Chorus sings seasonal choral repertoire – classical, contemporary, light rock, pop, Broadway – Culminating in a Winter Concert. Come to the music and sing your heart out!

Note: A short vocal evaluation for parts assignment first session. For scholarships call 510-748-9087. \$30 music fee due first class.

Instructor: Kathleen Neale

Monday	Fee: \$145 (11 classes)	Alameda HS Band Room
Sept. 22 – Dec. 8 No class Nov. 10 & 24 and Friday	6:45 p.m. – 9:15 p.m.	Class # 13863
	Dec. 12	

Ballet

Have you always wanted to learn Ballet? Did you study as a child? Or do you want to work on flexibility and balance? If you answer yes, this is class is for you. Dancewear/athletic wear acceptable for class; ballet shoes required. If you need assistance with dancewear, please contact Dance/10 at dance@dance10.org.

Instructor: KT

Monday	Fee: \$253 (15 classes)	Dance/10
Sept. 8 – Dec. 15	7:30 p.m. – 8:30 p.m.	Class # 13864



Jazz Technique

Start practicing your jazz hands and jazz walk! This beginning/low-intermediate level class explores a range of jazz styles with an emphasis on technique, including isolations, swing and rhythm.

Instructor: Ryan Justus

Wednesday	2:30 p.m. – 3:30 p.m.	Dance/10
Sept. 3 – Dec. 17 No class Nov. 26	Fee: \$268 (15 classes)	Class # 13865

Power Barre

Fitness class combining Yoga, Pilates and Ballet Barre exercises. Gain strength and flexibility in this fun and challenging group exercise class. Class uses free weights. Encouraged to bring your own yoga mat.

Instructor: KT

Saturday	11:00 a.m. – 12:00 p.m.	Dance /10
Sept. 6 – Nov.22	Fee: \$147 (12 classes)	Class # 13866

DIY Crafts



It's always better to Do It Yourself! Learn tricks and tips on how to re-use and up-cycle everyday items. Paint, cut, sew, and assemble home decor, accessories, gifts, and more. Know what to save and what to toss; you'll never look at the recycle bin the same way again! Supplies provided.

Instructor: Local Crafter Joanne Yada "Crafting for Cheapskates"

Thursday	6:00 p.m. – 8:00 p.m.	Veterans Rm 120
Sept. 18 – Dec. 11 No Class Nov. 27	Fee: \$253 (12 classes)	Class # 13867

Dog Obedience Training

A positively, fun class for people and dogs! Focuses on basics (sit, down, stay, come, walk on a loose leash) as well as solving problem behavior (barking, jumping and more). And some recreational agility for fun! For dogs at least 5 months old. Vaccines and dog license required. No dogs first class, people only.

Instructor: Debra Ragan

Wednesday	Fee: \$78 (7 classes)	Veteran's Rm 250
Sept. 17 – Oct. 29	7:00 p.m. – 7:45 p.m.	Class # 13868

French Conversation

Students will learn simple French grammar and build vocabulary, while learning essential expressions, such as introducing themselves and responding, for traveling, shopping, and eating.

Instructor: Parvin Vameghi

Tuesday & Thursday	Fee: \$83 (6 classes)	Veteran's Rm 250
Sept. 23 – Oct. 9	5:30 p.m. – 6:30 p.m.	Class # 13869

Parks Hotline 510-747-7542

Call to report a maintenance issue or call on weekends to talk to ARPD Park Monitors for any park-related concern

ENRICHMENT

Filipino Cooking with Coconut

Travel to the Philippines through a hands-on culinary workshop that uses healthy coconut to prepare savory traditional Filipino dishes. \$15 supply fee due first class
Instructor: Lainie Acacio



Saturday	Fee: \$53 (1 class) (\$15 supply fee payable to instructor)	Washington
Sept. 20	10:30 a.m. – 12:30 p.m.	Class # 13870
Oct. 18	10:30 a.m. – 12:30 p.m.	Class # 13871

Ghost Hunting 101

Learn about paranormal investigation – theories, equipment, investigation protocols. The last class will incorporate everything you've learned as we conduct an investigation. All participants will receive a pendulum and a book of local ghosts stories.
Instructor: Karen Zimmerman

Wednesday	Fee: \$25 (4 classes)	Veteran's Rm 120
Oct. 1 – Oct. 22	7:00 p.m. – 9:00 p.m.	Class # 13872

Meditation

Take a break to listen to inside. Learn the importance of breathing and visualization and then practice the art of meditation.
Instructor: Ken Walsh

Tuesday	5:45 p.m. – 6:45 p.m.	Veterans Bldg. Rm 390
Sept. 16 – Oct. 28	Fee: \$38 (7 classes)	Class # 13873
Nov. 4 – Dec. 16	Fee: \$33 (6 classes)	Class # 13874

Meela's Indian Kitchen

Meela shares her passion and knowledge of exotic cuisine. Learn to prepare a multi-course Indian feast including samosas, chicken masala curry, dal, chutney, ice cream and more! Students will get to enjoy the gastronomical treat!
Instructor: Meela Shah

Saturday	Fee: \$53 + \$12 supply fee to teacher	Leydecker
Sept. 27	10:00 a.m. – 1:30 p.m.	Class # 13875

Photography

Love photography? If so, join us to learn new photography skills and techniques. Bring your favorite camera.
Instructor: Nicole Walker-Vaughn

Wednesday	Fee: \$103 (6 classes)	Veterans Rm 250
Sept. 17 – Oct. 22	6:00 – 7:00 p.m.	Class # 13876

Introduction to Square Dance

Ages 10 to Adult

Square Dancing is friendship set to music! It is an aerobic, interactive cooperative dance form. No partner or special costume required. Please wear comfortable shoes. This class will introduce the BASIC program of Square Dance.

Instructor: Charles Clay

Wednesday	Fee: \$40 (14 classes)	Leydecker Center
Sept. 17 – Dec. 17	7:00 p.m. – 9:00 p.m.	Class # 13877

Taiko Drumming

Ages 10 to Adults

Enjoy the rhythms and movement of Japanese Taiko Drumming. Learn to play simple and intermediate pieces while enjoying moderate aerobic exercise. \$5 supply fee due first class.

Instructor: Kaji Yama Taiko Group

Tuesday	Fee: \$123 (12 classes)	O'Club
Sept. 16 – Dec. 9	6:30 p.m. – 7:30 p.m.	Class # 13878
No Class Nov. 11		



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

Mon & Wed	Fee: \$53 per month	Veteran Room 390
Sept. 3 - 29	7:30 p.m. - 8:30 p.m.	Class # 13879
Oct. 1 - 29	7:30 p.m. - 8:30 p.m.	Class # 13880
Nov. 3 - 26	7:30 p.m. - 8:30 p.m.	Class # 13881
Dec. 1 - 22	7:30 p.m. - 8:30 p.m.	Class # 13882

Boot Camp - Beginners

Start Today! Improve your quality of life by taking part in our total body fitness program. Enjoy cardiovascular strength, conditioning training and complete upper and lower body toning. Wear comfortable clothing and athletic shoes.

Instructor: Cata Stewart

Tues & Thurs	7:30 p.m. - 8:30 p.m.	Leydecker Center
Sept. 9 - Oct. 2	Fee: \$59 (8 classes)	Class # 13883
Oct. 7 - Oct. 30	Fee: \$59 (8 classes)	Class # 13884
Nov. 4 - Dec. 18 No Class Nov. 27	Fee: \$87 (12 classes)	Class # 13885

Boot Camp - Advanced

Do you want to take your fitness program to a higher level? Are you looking to challenge yourself? Do you want to lose weight? If so, we are here for you!

Instructor: Cata Stewart

Tues & Thurs	6:30 p.m. - 7:30 p.m.	Leydecker Center
Sept. 9 - Oct. 2	Fee: \$59 (8 classes)	Class # 13886
Oct. 7 - Oct. 30	Fee: \$59 (8 classes)	Class # 13887
Nov. 4 - Dec. 18 No Class Nov. 27	Fee: \$87 (12 classes)	Class # 13888



Golf

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

Instructor: Randy Herzberg



Fridays	Fee: \$53 (6 classes)	Godfrey Field
Sept. 26 - Oct. 31	9:30 a.m. - 10:30 a.m.	Class # 13889
Sept. 26 - Oct. 31	10:30 a.m. - 11:30 a.m.	Class # 13890

Hawaiian Jujitsu Ages 15 & Up

Hawaiian Jujitsu is a Japanese martial art using anatomical knowledge and the principle of leverage against the strength and weight of an aggressor. Learn street self-defense, grappling, and traditional Jujitsu (Kodenkan).

Instructor: Chris Peterson



Tues & Thurs	7:00 p.m. - 8:30 p.m.	Twin Towers
Sept. 16 - Oct. 9	Fee: \$59 (8 classes)	Class # 13891
Oct. 14 - Nov. 6	Fee: \$59 (8 classes)	Class # 13892
Nov. 13 - Dec. 18 No Class Nov. 27	Fee: \$73 (10 classes)	Class # 13893
Saturday	11:30 a.m. - 1:00 p.m.	Twin Towers
Sept. 20 - Oct. 25	Fee: \$38 (5 classes)	Class # 13894
No class Sept. 27		
Nov. 1 - Dec. 13 No class Nov. 15	Fee: \$45 (6 classes)	Class # 13895

Low Impact Cardio

Low impact gentle aerobic workout. Gently firm and stretch to experience an overall conditioning of the body. Suitable for those just starting an exercise program or desiring a lower pace class.

Instructor: Toya Alexander

Tues & Thurs	9:00 a.m. - 10:00 a.m.	Harrison Center
Sept. 2 - Sept. 25	Fee: \$51/ Seniors \$49 (8 classes)	Class # 13896
Sept. 30 - Oct. 23	Fee: \$51/ Seniors \$49 (8 classes)	Class # 13897
Oct. 28 - Nov. 20 No class Nov. 11	Fee: \$45/ Seniors \$43 (7 classes)	Class # 13898
Nov. 25 - Dec. 18 No class Nov. 27	Fee: \$45/ Seniors \$43 (7 classes)	Class # 13899

FITNESS

Pilates Mat & Stretch

It is Ms. Rudisill's belief that in order to reap the benefits of Pilates and develop core strength (as opposed to superficial muscles) one must first fully understand the 16 fundamentals that the more advanced work is built on, much like building the foundation of a house. Once the class physically understands the Fundamentals, instruction will include more advanced mat exercises. Yoga, Feldenkrais, and Somatic body-mind methods will be incorporated.
Instructor: Abra Rudisill



Thursday	Fee: \$205 (10 classes)	Alameda Ballet Academy
Sept. 18 – Nov. 20	9:45 a.m. – 11:00 a.m.	Class # 13900

Tai Chi Chuan

Learn to appreciate the form and theory of Tai Chi Chuan. This class will cover Qi Gong, Meditation, Self-Defense as well as the movements of the Yang 24 style, Tai Chi Chaun. Suitable for all levels of training.
Instructor: Janet Oppio

Monday	7:00 p.m. - 8:30 p.m.	Harrison Center
Sept. 22 – Dec. 1	Fee: \$80 (11 classes)	Class # 13901

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

Tuesdays	Fee: \$48 (5 classes)	Harrison Center
Sept. 2 – Sept. 30	6:30 p.m. – 7:30 p.m.	Class # 13902
Sept. 2 – Sept. 30	7:40 p.m. – 8:40 p.m.	Class # 13903
Oct. 7 – Nov. 4	6:30 p.m. – 7:30 p.m.	Class # 13904
Oct. 7 – Nov. 4	7:40 p.m. – 8:40 p.m.	Class # 13905
Nov. 18 – Dec. 16	6:30 p.m. – 7:30 p.m.	Class # 13906
Nov. 18 – Dec. 16	7:40 p.m. – 8:40 p.m.	Class # 13907

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Adult Soccer Leagues

All skill levels welcome.



Group Exercise

Les Mills, Barre, Zumba and more.



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Avoid a "routine" workout routine.



Youth Soccer Leagues

Competitive play for ages 6-18.



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*Guest pass good for an individual, couple, or family living at same residence.

ADULTS - FITNESS, SPORTS & WALKING

FITNESS

Yoga - Gentle 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 body and mind. Suitable for all levels. Empty stomach required.

Instructor: Toya Alexander

Mon & Wed	Fee: \$45/ Seniors \$43 (7classes)	Harrison Center
Sept. 3 – Sept. 24	9:00 a.m. – 10:00 a.m.	Class # 13908
Sept. 3 – Sept. 24	10:15 a.m. – 11:15 a.m.	Class # 13909
Mon & Wed	Fee: \$51 / Seniors \$49 (8 classes)	Harrison Center
Sept. 29 – Oct. 22	9:00 a.m. – 10:00 a.m.	Class # 13910
Sept. 29 – Oct. 22	10:15 a.m. – 11:15 a.m.	Class # 13912
Oct. 27 – Nov. 19	9:00 a.m. – 10:00 a.m.	Class # 13911
Oct. 27 – Nov. 19	10:15 a.m. – 11:15 a.m.	Class # 13913
Nov. 24 – Dec. 17	9:00 a.m. – 10:00 a.m.	Class # 13914
Nov. 24 – Dec. 17	10:15 a.m. – 11:15 a.m.	Class # 13915

WALKING

ALAMEDA WALKS

All walks begin at 9 a.m. and last approximately one hour (except when indicated). Look for the red Alameda Walks hats! While we love the furry pets, we prefer that they wait for you at home unless designated as a pet walk.

Sept. 6 **Bike Bridge to Bay Farm**

Meet at Lincoln Middle School parking lot on Fernside Drive. This walk will be a casual walk over the bridge and along the north side of Bay Farm Island. Enjoy spectacular views of San Francisco and the Bay. Hosted by Bike Walk Alameda

Sept. 13 **Woodstock Landing & Town Settlement**

Meet at Woodstock Park, 351 Cypress Street (off 3rd Street) in front of Recreation Center. This walk will discuss the original town settlement of the Woodstock landing area. Dennis Evanosky and Eric Kos will lead this walk. Note: walk is 1 hour 15 minutes

NEW October 4 **Fernside Walk**

Meet at the parking lot of Encinal Market and world headquarters of the Alameda Sun on High Street & Encinal Street. This walk will discuss interesting aspects of the East end and Fernside area of Alameda. Dennis Evanosky and Eric Kos will lead this walk. Note: walk is 1 hour 15 minutes

October 11 **Park Street History and Classic Cars**

Meet in front of Alameda Museum, 2324 Alameda Ave. This walk will focus on the Park Street Area and its history and will end with opportunities to visit Classic Car Show and the Alameda Museum. Robert Perricone will lead this walk. Note: walk is 1 hour and 15 minutes

SPORTS

For all 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.

Alameda Point Open Gym

Alameda Recreation and Park Department Adult Open Gym is year-round every Sunday night. If you're competitive, want to get some exercise or just getting back into your sport, check this out. We have volleyball and basketball for all to enjoy.

Sundays	6 p.m. – 9 p.m. (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!



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

Adult Flag Football

The Adult Flag Football League consists of a ten game season. Team applications and roster forms are available to download from our website and at the ARPD office. All team applications are due by August 22.

Saturdays	Starting Sept. 20	10:00 a.m. – 1:00 p.m.
\$600 Resident Teams	\$650 Non-Res. Teams	Class # 14017
Lower Washington Field, 740 Central Ave.		

Adult Lap Swim

Age 16 and up

Swim at your own pace at Encinal Swim Center. Workouts for beginner through advanced levels are available. Kick boards are provided. Discount rate drop in cards are available.

Mon. & Wed.	7:15 p.m. – 8:45 p.m.	Encinal Swim Center
Adults 16 – 49	\$5 Resident / \$6 Non – resident	
Seniors 50+	\$3 Resident/ \$4 Non – resident	

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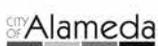
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community and
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alamedaca.gov/economic-development/shop-local



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Cost Per Person—includes airline & taxes, transfers, transportation, hotels, and 10 meals.

- \$3,999 (Double)
- \$4,699 (Single)
- \$3,969 (Triple)

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PORTUGAL & ITS ISLANDS October 10-22, 2014

Highlights: Lisbon, Folkloric/Fado Dinner Show, Portuguese Riviera, Fatima, Obidos, St. Michael Island-Azores, Ponta Delgada, Sete Cidades, Plantation Visits, Furnas Valley, Cooking Class, Madeira Island, Monte, Botanical Garden, Camara de Lobos, Cabo Girao, Espetada Dinner/Show

Cost Per Person—includes airline & taxes, transfers, transportation, hotels, and 18 meals.

- \$4,749 (Double)
- \$5,449 (Single)
- \$4,719 (Triple)



PACK YOUR BAGS!

- A small deposit will reserve your seat on one of these fabulous trips.
- For more information, contact (510) 747-7511 or mthomas@alamedaca.gov
- All trip logistics are coordinated by Collette Vacations.

For more information call 510-747-7529 or arpd@alamedaca.gov

Friends of the Parks

The Alameda Friends of the Parks Foundation (FOTP) is a non-profit, volunteer organization that supports Alameda parks and recreation programs. All donations received go directly to programs, equipment, and services related to Alameda recreation programs and parks. Here's a list of a few FOTP supported activities:

- Purchase and installment of **Outdoor Exercise Equipment** at Washington and Lincoln Parks.
- Sponsorship of the **Starlight Movies in the Park**.
- Funding for **scholarships in ARPD After-School Programs**
- **12-passenger van** to transport teens to various programs
- Sponsorship of the **Annual Teen Halloween Haunted House**



And the "Play for the Parks" **Golf Tournament, Dinner and Auction** takes place on September 15th. Come play and support Alameda Parks!



FOTP counts on your support now more than ever to help maintain the programs and services offered by ARPD, as well as various organizations throughout Alameda that focus on wellness and community participation. Your gift of \$50, \$100, \$500 or more can make a huge difference in what we can achieve and what we can support. Please consider making a generous donation today. Visit our website at www.alamedaparks.org to view what we do and to donate.

The Alameda Friends of the Parks Foundation is a non-profit 501 (c) (3) organization whose mission is to promote, protect and support recreation and park activities and community wellness in Alameda.

SENIORS/ADULTS 50+ - CENTER & SERVICES

MASTICK SENIOR CENTER



1155 Santa Clara Ave, Alameda	(510) 747-7500
Customer Service	510) 747-7506
Lunch Program	(510) 747-7503
Transportation Services	(510) 747-7513
Travel Program	(510) 747-7511
Website	www.mastickcenter.com
Email	jkrause@alamedaca.gov
Weekday Program Hours	8:30 a.m. to 4:00 p.m.
Weekday Office Hours	8:30 a.m. to 3:00 p.m.
Saturday (Bingo & Thrift Shop)	10:00 a.m. to 2:30 p.m.

New Member Orientation

The New Member Orientation is a MUST and offers a guided-tour to introduce you to the Center, an information packet outlining the various programs and services and a coupon for a complimentary lunch!

Make a reservation to join us on September 11, October 9, or November 13, at 10:30 a.m. in the Media Room. We're looking forward to your visit!

Computer Skills for Beginners - FREE Tuesday, November 4 – December 9 (6-weeks)

1:00 p.m. to 3:00 p.m., Room C

Nancy D'Amico, Volunteer Instructor

This class is designed specifically for beginning students who have little or no knowledge of using a computer. Starting at the very beginning, we'll cover basic and necessary skills needed to become a successful computer user. At the end of the session students will be able to identify the parts of a computer, correctly use a mouse and keyboard, understand the vocabulary and symbols of computing, find and use a variety of programs and games, and use the Internet to search for anything under the sun! Preregistration a MUST. Contact the Mastick Office or call 747-7506.

FOOD

Food Programs

Monday – Friday	12:00 Noon*
Eligibility Requirement: 60 & older	Fee: \$3.75 Donation
<i>*The dining room opens at 11:15 a.m. Reservations are required.</i>	

Brown Bag Program

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

SPECIAL SERVICES

Paratransit Transportation Services

Transportation services to the Center and beyond are available for Alameda residents. To learn more call (510) 747-7513.

AARP Smart Driver Course

This course is designed for motorists age 50 and older. Preregister is a MUST. Pay in the Mastick Office. Cost is \$15 AARP members/\$20 non-members payable by check ONLY to AARP.

The standard course is offered in two, four-hour sessions over a two-day period from 9:00 a.m. to 1:00 p.m. on the following dates: October 1 & 8.

The refresher course is offered in one, four-hour session from 9:00 a.m. to 1:00 p.m. and is available to individuals that have taken the standard course within the last four years. The refresher course is offered on the following dates: September 3 and November 5.

Support Services for Everyday Living

...are available and include Blood Pressure Screening, Dental and Podiatry Consultation, Case Management, Geriatric Care Management, Legal Services, Health Insurance Counseling, Support Groups, Notary Services, Income Tax Preparation, and much more. Visit the Mastick Office to learn more about these services.

Alzheimer's Caregiver Support Group

The Alzheimer's Caregiver Support Group meets from 10:00 a.m. to 11:30 a.m. in Room D on the second Thursday of the month. This group is for individuals caring for a loved-one with Alzheimer's Disease or dementia. Shelley Cooper, group facilitator, is provided by the Alzheimer's Association.



SENIORS/ADULTS 50+ - CLASSES

FITNESS CLASSES

FITNESS CLASS	
Mon./Fri. (Class # 13802)	9:00 a.m. – 10:30 a.m.
Sept. 29 – January 16, 2015	\$60 per person
Monday (Class #13800)	9:00 a.m. – 10:30 a.m.
Sept. 29 – January 12, 2015	\$45 per person
Friday (Class #13801)	9:00 a.m. – 10:30 a.m.
Oct. 3 – January 16, 2015	\$42 per person
Wednesday (Free)	9:00 a.m. – 10:30 a.m.
August – October 29	Free (Volunteer Instructor)
Wednesday (Class #13806)	9:00 a.m. – 10:30 a.m.
Nov. 5, 2014 – January 14, 2015	\$25 per person
PILATES	
Wednesday	10:45 a.m. – 11:45 a.m.
Fee	\$4 per person per class
TAI CHI 24 STEPS	Resumes October 16
Beginning	\$3 per person per class
Thursday	9:15 a.m. to 10:15 a.m.
Intermediate Class	\$3 per person per class
Thursday	10:30 a.m. – 11:30 a.m.
TAI CHI-ERCISE	\$4 per person per class
Tuesday	10:00 a.m. – 11:00 a.m.
YOGA	
Tuesday	10:30 a.m. – Noon
August 19 – September 23	\$42 (6-weeks) (Class #13342)
September 30 – November 4	\$42 (6-weeks) (Class #13818)
November 18 – December 16	\$35 (5-weeks) Class #13819)
Wednesday	9:00 a.m. to 10:30 a.m.
August 20 – September 24	\$42 (6-weeks) (Class #13346)
October 1 – November 5	\$42 (6-weeks) (Class # 13820)
November 19 – December 17	\$35 (5-weeks) (Class #13821)

WiFi is now available at Mastick!
Volunteers in the Computer Lab (Room C) are available to assist you.

DANCE CLASSES

BALLROOM DANCE	\$4 per person per class
Wednesday	1:00 p.m. – 2:00 p.m.
HAWAIIAN DANCE	
Hula I	
Oct. 13 – Nov. 21	Monday & Friday
11:30 a.m. – 12:30 p.m.	\$36 per session (12 classes)
Hula II	\$5 per person per class
Monday & Friday	12:30 p.m. – 1:30 p.m.
Hula III	\$5 per person per class
Monday & Friday	1:30 p.m. – 3:00 p.m.
LINE DANCE	
Wednesday	\$3 per person
Beginning	Noon – 1:00 p.m.
Instruction for Advanced	1:00 p.m. – 1:30 p.m.
Advanced	1:30 p.m. – 2:30 p.m.
Thursday	\$3 per person
Beginning	Noon- 1:00 p.m.
Instruction for Advanced	1:00 p.m. to 1:30 p.m.
Advanced	1:30 p.m. to 2:30 p.m.
ORIENTAL DANCE – NEW	Begins October 6
Monday	9:00 a.m. – 11:00 a.m.
FREE	Volunteer Instructors
SQUARE DANCE	\$2 Donation
Tuesday	1:00 p.m. – 3:00 p.m.
ZUMBA	\$4 per person per class
Wednesday	12:00 noon – 12:50 p.m.

Monster Stomp Dance
Join us for this spooktacular event
Thursday, October 30, 2014
Mastick Social Hall

1:00 p.m. to 3:30 p.m., \$2 per person
Enjoy dancing, socialization, and refreshments!

On-Line Registration Available

To register, visit www.arpdeplay.com and follow the dialogue boxes. Please let us know if you need help navigating the on-line registration process – hopefully, this will simplify the registration process for you.

Note: Refer to the Activities at a Glance flier available at the Center or www.mastickcenter.com for program locations.

Or simply visit the Mastick Office for assistance.

Multi-Media Art Exhibit on Display NOW

Artwork created by Mastick members enrolled in the art classes (e.g., stained glass, creative writing, paintings, ceramics, jewelry, quilting, and more) offered at the Center are now on display in the Lobby wing.

The exhibit will run through Tuesday, Dec. 9, 2014.
Be sure to put this on your MUST SEE list!!

CLASSES - SENIORS/ADULTS 50+

ARTS AND CRAFTS CLASSES

CARD-MAKING CLASS	\$5 per person per class
Monday (2nd)	10:00 a.m. – Noon
CREATIVE WRITING	(Resumes Sept. 2)
Tuesday	\$88 per month
Session I	9:00 a.m. to 11:00 a.m.
Session II	11:30 a.m. to 1:30 p.m.
CERAMIC CLASS	
Beginning	
Thursday (Class #13351)	9:30 a.m. –12:00 Noon
Sept. 11 – Nov.13	\$111*
Advanced	
Thursday (Class #13353)	12:30 p.m. –3:00 p.m
Sept. 11 – Nov. 13	\$111*
Lab (for enrolled students)	
Tuesday	10:00 a.m. – 2:00 p.m.
*\$25 supply fee paid to instructor on first day of class.	
DRAWING & PAINTING	
Monday (Class #13804)	12:30 p.m. – 3:30 p.m.
Sept. 22 – Nov. 24	\$68
Friday (Class #13805)	9:30 a.m. to 12:30 p.m.
Sept. 26 – Nov. 21	\$68
Lab (for enrolled students)	
Friday	1:00 p.m. to 3:30 p.m.
KNITTING/CROCHETING	(Beginners ONLY)
Tuesday	1:00 p.m. – 3:00 p.m.
Fee: Materials/Supplies	
NEEDLECRAFT	Fee: Materials/Supplies
Tuesday	9:00 a.m. – Noon
QUILTING LAB	Fee: Materials/Supplies
Friday	1:15 p.m. – 3:45 p.m.
Saturday (2nd ONLY)	9:00 a.m. – 3:00 p.m.
SEWING	\$5 per person per class
Wednesday	10:00 a.m.—2:00 p.m.
STAINED GLASS	\$4 per person per class*
Wed. (Beginning & Interm.)	9:00 a.m. – 3:00 p.m.
Beginning Student	\$25 Project Fee
*Participants must also provide materials/supplies.	
Lab (for enrolled students)	
Monday	9:00 a.m. – 12:00 noon

Refer to the Activities at a Glance flier available at the Center or www.mastickcenter.com for program locations. Or simply visit the Mastick Office for assistance.

LANGUAGE INSTRUCTION

AMERICAN SIGN LANGUAGE (ASL)		
Continuing	1:00 p.m. to 2:00 p.m.	Room D
Monday	September 8 – October 27	
Class #13825	\$20	
Monday	November 10 – December 29	
Class #13826	\$20	
Beginning	2:00 p.m. to 3:00 p.m.	Room D
Monday	September 8 – October 27	
Class #13823	\$20	
Monday	November 10 – December 29	
Class #13824	\$20	
ENGLISH AS A SECOND LANGUAGE (ESL)		
Tuesdays	10:00 a.m. to 12:00 Noon	
Class #13731	Sept. 23 – Nov. 4	\$20 (8 classes)
Class #13732	Nov. 18 – Dec.30	\$20 (8 classes)
FRENCH CONVERSATION – FREE		
Friday	Volunteer Instructors	
Literary Discussion	9:00 a.m. –10:00 a.m.	
Elementary French	10:00 a.m. – 11:00 a.m.	
GERMAN CONVERSATION – FREE		
Friday	10:00 a.m.-11:30 a.m.	Volunteer Facilitator
ITALIAN CONVERSATION – FREE		
Friday (Oct. 17)	10:00 a.m.- 11:00 a.m.	Beginning: Staff
SPANISH		
September 8 through November 10		\$20
Spanish I	9:00 a.m. – 10:00 a.m.	Class #13797
Spanish II	10:15 a.m. – 11:15 a.m.	Class #13798
Spanish III	11:30 a.m. – 12:30 p.m.	Class #13799

ADVISORY BOARD PROGRAMS

Mastick Senior Center Advisory Board

The Mastick Senior Center Advisory Board meets on the third Wednesday of the month at 9:00 a.m. in Room D. All are welcome!

Mastick Bingo Program

Individuals 18 years of age and older are encouraged to join us every Saturday from Noon to 2:30 p.m. for fundraising BINGO. This festive game is held in the Mastick Social Hall and ensures an afternoon of fun, socialization, and a chance to win cash and prizes. Doors open at 10:00 a.m. All proceeds support Mastick Senior Center programs.

TRAVEL PROGRAM

Staff is available to assist you with your travel interests on **Tuesday from 9:00 a.m. to 3:00 p.m. or by appointment.** To make an appointment, please call (510) 747-7511.

Local Travel

2014 Day Trips Include:

August	Rosie the Riveter/Golden State Model Railroad
September	Jack London State Park & Sonoma
October	Open Rehearsal at San Francisco Symphony
November	Tour CSI Crime Lab

Long Distance Travel

Portugal & Its Islands

October 2014 (13 days)	\$4,749 double/\$5,449 single
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Lisbon, Folkloric/Fado Dinner Show, Portuguese Riviera, Fatima, Obidos, St. Michael Island-Azores, Ponta Delgada, Sete Cidades, Plantation Visits, Furnas Valley, Cooking Class, Madeira Island, Monte, Botanical Garden, Camara de Lobos, Cabo Girao, Espetada Dinner Show.

Tropical Costa Rica

February 2015 (9 days)	\$2679 double/\$3179 single (\$100 off, if booked by August 9)
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Highlights: San Jose, Coffee Plantation, Guanacaste, Monteverde Cloud Forest, Hanging Bridges, Arenal Volcano, Lake Arenal Cruise, Cooking Demonstration, Cano Negro Refuge, Zarcero, National Theatre.

Travel Presentation

Wednesday, September 3, at 1:00 p.m.
Mastick Media Room

A representative from Collette Tours will be presenting 2014-2015 travel opportunities: Islands of New England, Portugal & Its Islands, Tropical Costa Rica, London and Paris, and MORE!



MASTICK'S HOT TOPICS

Hot Topics feature relevant topics of interest. A sampling of upcoming programs are outlined below. To learn more about Mastick programs refer to our monthly newsletter, Mastick Bee, which is available online at www.mastickcenter.com. Preregistration is required. Visit the Mastick Office or call (510) 747-7506.

Annual Open House and Resource Fair - FREE

Wednesday, Aug. 27, 4:00 p.m. - 6:00 p.m., Mastick Courtyard

Experience the Center's offerings while enjoying music, friends, art, and refreshments. This is a great opportunity to learn about community RESOURCES that are available to you and your family.

Physician Order for Life-Sustaining Treatment (POLST) - FREE

Tuesday, Sept. 2, 1:00 p.m., Room D

This presentation will educate you about POLST to help you determine if it is right for you and/or your loved ones.

A Good Death - FREE

Wednesdays, Sept. 3, 10 & 17, 9:30 a.m. - 12:00, Room E

Talking about death is not for everyone. Yet some have longed to have a safe place to explore their feelings on death, even the possibility of a good death. Join Judith Schumacher-Jennings, M.Div., and Rev. Carrie Knowles, UU, will facilitate the discussion.

Windows 8/8.1 Operating System

Wednesday, Sept. 3, 10 & 17, 1:30 p.m. - 3:30 p.m., Room C. Cost: \$30 (three-part workshop)

This class will cover how to use and customize the new configuration, new apps plus security features and search options.

Smart Technology: Tablets & Phones

Monday, Sept. 8 & 15, 1:30 p.m. - 3:30 p.m., Room C. Cost \$20 (two-part workshop)

This class will introduce the smart features of tablets and smart phones. The costs, cautions and security for these devices will be explored. Students are encouraged to bring their smart devices to class.

Drumming Circle @ Mastick! - FREE

Thursdays, Sept. 11 and Nov. 13, 2:30 p.m., Room A

Improve circulation, loosen stiff joints, and stimulate the mind while having a fun musical experience with the Mercy Retirement Community Drumming Circle.



SENIORS/ADULTS 50+ - OVERVIEW

Description	Mon	Tues	Wed	Thurs	Fri	Sat	Price	Room
AARP Chapter Meeting (3rd Thursday)				11:30am			Dues: \$5 per year	Social Hall
AARP Smart Driver Course			9:00am				Fee - By Appointment	D
Alzheimer's Caregiver Support Group (2nd Thursday)				10:00am			Free	D
American Sign Language (ASL) Continued	1:00pm						\$20 per term	D
American Sign Language (ASL) Beginning	2:00pm						\$20 per term	D
Ballroom Dance			1:00 PM				\$4 per class	A
Billiards	9:00am	9:00am	9:00am	9:00am	9:00am		Free	Pool Room
Bingo (Fundraising Program)						10:00am	Varies	Social Hall
Birthday Celebration (4th Thursday)				12:30pm			Free	DR 2
Blood Pressure Screening 3rd Tues/ 2nd & 4th Wednesday		1:45pm	10:00am				Free	Media Room
Book Club (1st Tuesday)		12 noon					Free	DR 2
Bridge (Social)			1:00pm				Free	Game Room
Brown Bag Program (1st & 3rd Thurs)				9:00am			\$15 Donation per year	DR 1
Cardmaking (2nd & 4th Monday)	10:00am						\$5 per person	DR 2
Cards and Games	9:00am	9:00am	9:00am	9:00am	9:00am		Free	Game Room
Ceramics (Beginning)				9:30am			\$111 + \$25 supply fee	Skill Center
Ceramics (Intermediate)				12:30pm			\$111 + \$25 supply fee	Skill Center
Ceramics Lab		10:00am					Enrolled Students only	Skill Center
Computer Basic Skills			See flier				Free	C
Computer Classes			See flier				Fee & schedule vary - see flier	C
Computer Lab	See posted signage on classroom door.						Free - Printing Fees	C
Consumer Presentations		1:00pm					Free - see flyer	D
Conversational German					10:00am		Free	DR 2
Conversational Spanish I	9:00am						\$20 per term	D
Conversational Spanish II	10:15am						\$20 per term	D
Conversational Spanish III	11:30am						\$20 per term	D
Creative Writing (Session I)		9:00am					Fee	Media Room
Creative Writing (Session II)		11:30am					Fee	Media Room
Current Events				9:00am			Free	DR 2
Dental Consultation (3rd Thursday)				10:00am			Free - By Appointment	Office
Drawing/Painting	12:30pm						\$68 per term	Skill Center
Drawing/Painting					9:30am		\$68 per term	Skill Center
Drawing/Painting Lab					1:00pm		Enrolled Students only	Skill Center
East Bay Retired Teachers Assoc. (EBRTA) Monthly Meeting (1st Thursday)				10:00am			Free	Social Hall
English as a Second Language (ESL)		10:00am					\$20 per term	D
Fitness	9:00am						\$45 per term	Social Hall
Fitness			9:00am				Free	Social Hall
Fitness					9:00am		\$45 per term	Social Hall
Fitness	9:00am				9:00am		\$60 per term	Social Hall
French (Literary Discussion)					9:00am		Free	B
French (Elementary Instruction)					10:00am		Free	B
Hawaiian Dance I	11:30am				11:30am		\$3 per class	A
Hawaiian Dance II	12:30pm				12:30pm		\$5 per class	A

OVERVIEW - SENIORS/ADULTS 50+

Description	Mon	Tues	Wed	Thurs	Fri	Sat	Price	Room
Hawaiian Dance III	1:30pm				1:30pm		\$5 per class	A
HICAP		9:30am					Free - By Appointment	Office
Italian Language (Beginning)					10:00am		Free	D
Italian Language (Intermediate)					11:00am		Free	D
Knitting & Crocheting (Beginners)		1:00pm					Must provide materials	B
Legal Assistance for Seniors (3rd Mon)	1:00pm						Free - By Appointment	Office
Library	10:00am		10:00am		10:00am		Free	Media Room
Line Dance (Beginning)			12:00 N	12:00 N			\$3 per class	Social Hall
Line Dance (Instruction for Adv.)			1:00pm	1:00pm			\$3 per class	Social Hall
Line Dance (Advanced)			1:30pm	1:30pm			\$3 per class	Social Hall
Mah Jongg (Beginners)	1:00pm						Free - must have MJ cards	Game Room
Mah Jongg (Experience Players)					1:00pm		Free - must have MJ cards	Game Room
Mastick Senior Center Advisory Board Monthly Meeting (3rd Wednesday)			9:00am				Free	D
Mastick Walking Group	9:30am						Refer to class flier	Off Site
Movie Matinee				1:00pm			Free	Media Room
Music Appreciation (4th Thursday)				1:30pm			Free	DR 2
Needlecraft		9:00am					Must provide materials	B
New Member Orientation (2nd Thursday)				10:30am			Free - By Appointment	Media Room
Notary Service			1:30pm				Donations - By Appoint.	Office
Pilates			10:45am				\$4 per class	A
Podiatry Consultation (3rd Tuesday)		1:45pm					Free - By Appointment	Media Room
Portraits by Woodard (3rd Monday)	1:00pm						Free - By Appointment	Social Hall
Quilting	9:30am			9:30am			Fee	B
Quilting	1:00pm			1:00pm			Fee	B
Quilting Lab					1:15pm	9:00am	Enrolled Students Only	B
Scrabble				1:30pm			Free	Game Room
Sewing			10:00am				\$5 per class	B
Shuffleboard	Daily	Daily	Daily	Daily	Daily		Free	Courtyard
Singing with Keiko (Piano)					12:30pm		Free	Music Room
Square Dance		1:00pm					\$2 per class	A
Stained Glass Lab	9:00am						EnrolledStudents/Mat. Fee	Skill Center
Stained Glass (Beginning/Inter.)			9:00am				\$15 New Project/\$4 per class	Skill Center
Tai Chi 24-Steps (Beginning)				9:15am			\$3 per class	A
Tai Chi 24-Steps (Advanced)				10:30am			\$3 per class	A
Tai Chi-ercise		10:00am					Fee	Social Hall
Today's World		9:30am					Free	DR 2
Thrift Shop		10:00am				10:00am	Varies	Thrift Shop
Transportation Ticket Sales		9:00am		9:00am			Varies	Office
Yoga		10:30am	9:00am				\$42 per term	A
Zumba			12noon				\$4 per class	A

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

The content of the presentations and the opinions of the presenters do not necessarily reflect those of the City of Alameda. (06/14)

Refund Policy: Mastick Senior Center reserves the right to cancel classes due to low enrollment. In the event a class is cancelled by Mastick Senior Center, full refunds will be provided. Cancellations

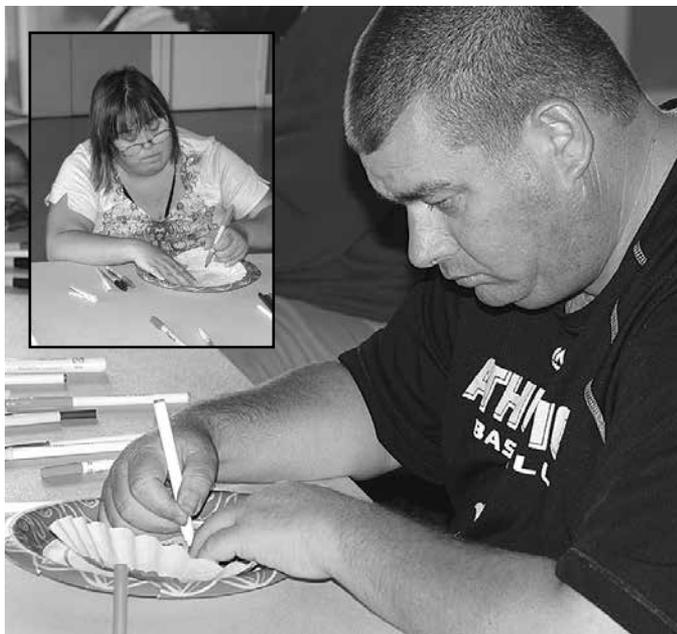
initiated by the participant must be requested a minimum of five business days prior to the start of the program. A \$15 processing fee will be charged when withdrawing from a class or program.

SPECIAL NEEDS SERVICES

Leisure Club

Ages 18 and Up

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) 747-7543. Please note there is a wait list for this popular program.



City of Alameda Commission on Disability Issues

The Commission on Disability Issues, established by Ordinance, consists of nine members. The Commission's duties are to provide information and make recommendations regarding disability issues to the City Council and to receive information regarding the disabled from the community at large.

To serve on the Commission: Contact the City Clerk's office at clerk@alamedaca.gov or call 510-747-4800.

HELPFUL PHONE NUMBERS

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.

Information & 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.

EVERYTHING IS COMING UP ROSES!

Do you live in the Lincoln Park neighborhood? Have a passion for roses? Or, want to learn more about rose care?

If you answered "yes" to one or more of the above questions, consider helping to maintain the roses in the Lincoln Park Rose Garden.

For more information, please contact Jackie Krause, Senior Services Manager, at 747-7510.

HOW TO REGISTER FOR ARPD PROGRAMS

HOW TO REGISTER

The registration form is available at:
www.alamedaca.gov/recreation
ARPD Office, 2226 Santa Clara Ave., Alameda

1. ONLINE

- Go to the ARPD registration website: www.arpdeplay.com

2. BY MAIL

- Fill out the registration form and enclose a check payable to ARPD or complete the credit card portion of the payment form.
- Mail the completed form to:
ARPD, 2226 Santa Clara Ave., Alameda, CA 94501

3. BY EMAIL

- Fill out the registration form and the credit card portion of the payment form.
- Email to: ARPD@alamedaca.gov

4. BY FAX

- Fill out the registration form and complete the credit card portion of the payment form.
- Fax the completed form to: (510) 523-4071

5. IN PERSON

- Registration may be completed in person at the ARPD office
- Hours of Operation: Monday – Thursday, 8am– 6pm.



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

PRST STD
 U.S. POSTAGE
PAID
 ALAMEDA, CA
 PERMIT NO. 171

RESIDENTIAL CUSTOMER

ARPD HIGHLIGHTS



Everything Alameda

Saturday, Sept. 27 from 10:30 a.m. - 3:30 p.m.
 Washington Park

100% local Alameda! Food, live music, beer & wine, arts & crafts, and interactive happenings with Alameda organizations and businesses. Plus inflatable jumpers and kids activities.



Play for the Parks Golf Tournament

Monday, Sept. 15 at 1:00 p.m.
 Chuck Corica Golf Course

Lots of fun, great auction items and inner. All proceeds directly support recreation and wellness programs in Alameda. www.alamedaparks.org



Parks Hotline 510-747-7542

Call to report a maintenance issue or call on weekends to talk to ARPD Park Monitors for any park-related concern



STEM Athletics

Science Technology Engineering and Math together with Basketball!

Tuesdays, Sept. 16 - Nov. 4 from 5:00 p.m. - 8:00 p.m.

Combining basketball fundamentals clinics with education on Game Design plus speakers on work and career opportunities related to sports and STEM. Youth will conceive, design and build their own original games.

Sign up with ARPD. See page 13.