

# ACTIVITY GUIDE

WINTER & SPRING • 2014



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

Parks • Events • Classes • Services • Sports • Travel • more

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## EXPLORE THE WORLD

### Family Vacations - Summer 2014!

**Adventurous trips for individuals and families**  
A small deposit will reserve your seat on one of these fabulous trips. For more information, contact (510) 747-7511 or [mthomas@alamedaca.gov](mailto:mthomas@alamedaca.gov). All trip logistics are coordinated by Collette Vacations.

### Costa Rica Family Adventure

**June 21 – 28, 2014**

Highlights: Tortuguero National Park, Green Turtle Research Station, Sarapiquí, Pineapple Plantation, Rafting, Cacao Plantation, Arenal Volcano, Hot Springs, Hanging Bridges or Zip Line.

\$2,349 per person (double room)

\$2,549 per person (single room)

\$1,849 Child (4-14yrs.)

Early Booking Discount: \$100 off per person if deposit paid by Dec 21. Includes: airline & taxes, transfers, transportation, hotels, all tours and 15 meals.

### American Spirit Family Discovery

**July 19 – 25, 2014**

Highlights: City Tour by Bicycle, World War II Memorial, U.S. Capitol Building Tour, White House Visitor Center, Mount Vernon, Newseum, Smithsonian Institution, Culinary Tour, National Zoo, International Spy Museum, Ghost Town.

\$2,299 per person (double room)

\$2,849 per person (single room)

\$1,799 Child (4-14 yrs.)

Early Booking Discount: \$100 off per person if deposit paid by Jan. 19, 2014. Includes: airline & taxes, transfers, transportation, hotels, all tours and 15 meals.

## ARPD DIRECTOR'S MESSAGE

At ARPD, we are striving to improve Alameda parks and programs for our island community. We planted two beautiful donated redwood trees at Washington Park at the corner of Central Ave. and 8th St. And every playground received an infusion of wood chips for the safety of our kids.

We are embarking on a new annual playground replacement project. We will completely replace one playground every year, now with poured-in-place rubberized surfacing, which improves both safety and ADA access. Each neighborhood will have the opportunity to see the design options and provide their input on what is most important to them. Improvements are also underway at the McKinley and Woodstock Recreation Centers this year.

The Jean Sweeney Open Space Park draft conceptual design is available for feedback at our website and community meetings. This is a unique and exciting opportunity to build a 22-acre passive-use park. Since it is an unfunded project, the timeframe and scope of the project is dependent on securing funding through private donations and grants. Many residents have already come forward to volunteer with time and resources!

And our programs are growing and thriving. Our staff continues to offer new activities, so we challenge you to try a new class or sport for you, your kids, parents and family. As always, I welcome your ideas and suggestions. You can contact me at [awooldridge@alamedaca.gov](mailto:awooldridge@alamedaca.gov) or like us on Facebook.

Amy Wooldridge, Director

Parks  
Make  
Life  
Better!



### ARPD Program Staff

#### Christina Bailey

RAP, Parks & Playgrounds, Teens, Tiny Tots, Wee Play, Playgroups, Vacation Camps  
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[cbailey@alamedaca.gov](mailto:cbailey@alamedaca.gov)

#### Susie Brown

Park & Facility Rentals  
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#### Mariel Thomas

Classes, Travel, Senior Program  
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**FRIENDS OF THE PARKS**  
ALAMEDA

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

- 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**

FOTP also held its inaugural "Play for the Parks" Golf Tournament, Dinner and Auction on September 25<sup>th</sup>. It was a true success!

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](http://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.*

### 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**

# CITY DIRECTORY

## Alameda City Council

<b>Marie L. Gilmore</b>	Mayor
<b>Marilyn Ezzy Ashcraft</b>	Vice Mayor
<b>Stewart Chen</b>	Councilmember
<b>Tony Daysog</b>	Councilmember
<b>Lena Tam</b>	Councilmember

## Recreation and Parks Commission

<b>Bill Delaney</b>	Chair
<b>Lola Brown</b>	Vice Chair
<b>Ann Cooke</b>	Member
<b>Joseph Restagno</b>	Member
<b>Bill Sonneman</b>	Member

## STAFF

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

## Alameda Recreation & Park Department



Web	<a href="http://www.alamedaca.gov/recreation">www.alamedaca.gov/recreation</a>
Online Registration	<a href="http://www.arpdeplay.com">www.arpdeplay.com</a>
Email	<a href="mailto:arpd@alamedaca.gov">arpd@alamedaca.gov</a>
Facebook	playARPD on Facebook
Phone	510-747-PLAY
Fax	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
Park & Facilities	Refer to page 20 - 21

## CITY DEPARTMENT PHONE LIST

<b>Emergency</b> (Life or Property at Risk)	<b>911</b>
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	337-8340
Public Works	747-7900

## COMMUNITY RESOURCES

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

## 13th Annual Father Daughter "Western Hoedown" Dance Party

Co-sponsored by Girls Inc. and Alameda Recreation & Park Department

Friday, February 7

6:00 – 8:00 p.m. (doors open at 5:30 p.m.)

Albert H. DeWitt O'Club, 641 West Redline Ave.

A special party for girls currently in Kindergarten through 5th grades and their fathers (or other favorite male role models). There will be dancing, arts & crafts, hors d'oeuvres, and lots more fun!

<b>Pre-registration required</b>	
Wristlets are available for \$5	Class # 12598
\$25 per couple / \$15 each additional daughter	Class # 12597
Registration begins on December 2nd and ends January 24th or until event sells out, so sign-up early!	



## 32nd Annual Spring 'Egg' Stravaganza Coloring Contest

Entry deadline is April 11th

**FREE**

A coloring contest open to all aspiring young artists currently enrolled in Kindergarten through 5th grade. Entry forms will be available starting March 10th at local parks, on the ARPD website and Facebook, schools, and libraries. Return your completed entry form to the ARPD office or your local park site. Deadline is April 4th. Prizes will be awarded for 1st, 2nd, 3rd place winners in the following grade divisions: Kindergarten and 1st grades, 2nd and 3rd grades, 4th and 5th grades.

## Alameda Community Band Concert

Tuesday, March 18, 7:30 p.m.

Veteran's Memorial Building – Auditorium (2203 Central Avenue)

Tuesday, May 27, 7:30 p.m.

Kofman Auditorium (2200 Central Avenue)

## ALAMEDA WALKS - 2014

The 2014 Alameda Walks schedule will be announced in March on our website and Facebook. We look forward to seeing you then! Keep walking during the off-season with friends and family!

## Splash into Spring Egg Scramble

Saturday, April 12 (Rainout Date is April 19)

10:00 a.m. - 11:45 a.m.

Crab Cove Picnic Area, 1252 McKay Ave.

Free Parking available at Otis and Westline Parking Lot

Ages: Walking to 12 years olds

Sponsors: Rotary Club of Alameda, East Bay Regional Park District & Alameda Recreation and Park Department.

Pre-Scramble Activities include the Mobile Fish Exhibit, Beach Exploration, Lawn Games, Arts & Crafts & More! Snacks will be available for purchase courtesy of the Alameda Youth Committee (AYC). Photos with the Easter Bunny (with your camera) available for \$3. The scramble will begin promptly at 11:40 in the different age areas.



## Mastick Senior Center Annual Fashion Show & Spring Luncheon

Thursday, May 8, 12 noon

Mastick Senior Center Social Hall

Enjoy good food and fashion at the Annual Thrift Shop Fashion Show and Luncheon. Then shop til you drop at the Thrift Shop! Tickets go on sale: Friday, April 11.

## Alameda Community Chorus - Spring Choral Concert

Friday, May 9, 7:30 p.m.

Kofman Auditorium (2200 Central Avenue)

## Earth Day Festival - Free!

Saturday, April 26

10:00 a.m. – 3:00 p.m.

Washington Park

Come celebrate the planet with us at Alameda's Earth Day Festival! As part of celebration, it is our goal to present simple lifestyle changes to help the environment. Enjoy free activities for kids, Earth Day games and exhibits. Learn about building a clean, healthy, sustainable world for generations to come. Visit the Farmer's Market stands and youth activities led by Scouts from Alameda troops. Get involved with the Earth Day Beach Clean-up – Contact Crab Cove Visitor Center at (510) 544-3187.



## TINY TOTS AND 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**

### Winter 2014

**Jan 6 - March 28**

No classes Jan 20, Feb. 14 and 17  
1st payment due on enrolling, 2nd due 1/15/14

Fees (fees listed are per session)		
Days	Full Payment	Two Payments
Mon-Wed-Fri	\$622	\$326 each
Tues - Thurs	\$414	\$222 each
Mon - Friday (5 days)	\$1,036	\$548 each

**Registration for NEW students** for any remaining spots begins Wed., Dec. 11, at 8:00 a.m. at the ARPD office. Students enrolled in Fall session have priority. Some classes may already be full. We will open another session of Tiny Tots on Tuesday / Thursday afternoons (1-4 p.m.) if there is enough interest.

### Spring 2014

**April 7 - May 30**

No class on May 26th  
1st payment due on enrolling, 2nd due 5/07/14

Fees (fees listed are per session)		
Days	Full Payment	Two Payments
Mon-Wed-Fri	\$422	\$226 each
Tues - Thurs	\$280	\$155 each
Mon - Friday (5 days)	\$702	\$366 each

**Registration for NEW students** for any remaining spots begins Wed., March 19, at 8:00 a.m. at the ARPD office. Students enrolled in Fall and Winter sessions have priority. Spring session is only 8 weeks.



## Days & Locations Winter & Spring 2014

SMALL FRY CLASSES - Ages 3 - 3 yrs, 11 mo.				
Day	Time	Location	WINTER Class #	SPRING Class #
Mon/Wed/Fri	9:00am - 12:00pm	Godfrey, Bay Farm Island	12455	12883
Tues/Thurs	9:00am - 12:00pm	Godfrey, Bay Farm Island	12457	12885
Mon/Wed/Fri	9:00am - 12:00pm	Littlejohn Park	12465	12884
Tues/Thurs	9:00am - 12:00pm	Littlejohn Park	12458	12886
Tues/Thurs	9:00am - 12:00pm	McKinley Park	12459	12887
Tues/Thurs	9:00am - 12:00pm	Washington Park	12460	12888
TINY TOT CLASSES - Ages 4 - 5				
Day	Time	Location	WINTER Class #	SPRING Class #
Tues/Thurs	9:00am - 12:00pm	Leydecker, Bay Farm Island	12467	12890
Mon/Wed/Fri	9:00am - 12:00pm	Leydecker, Bay Farm Island	12462	12889
Mon/Wed/Fri	9:00am - 12:00pm	McKinley Park	12463	12891
Mon/Wed/Fri	12:00pm - 3:00pm	McKinley Park	12466	12894
Mon/Wed/Fri	9:00am - 12:00pm	Washington Park	12465	12893
Mon/Wed/Fri	9:00am - 12:00pm	Woodstock Park	12464	12892
Tues/Thurs - Bilingual	9:00am - 12:00pm	Woodstock Park	12468	12895

\*Our bilingual class is taught in both English and Spanish allowing English speaking students develop knowledge of the Spanish language and culture, while Spanish speaking students improve their knowledge of the English language before entering Kindergarten.

For Class Locations see page 20-21

# PLAYGROUPS - PRESCHOOL

## 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.

<b>Mondays, Wednesdays, &amp; Fridays</b>	<b>10:00am - 1:00pm</b>
<i>(Closed - Nov. 27, 29, Dec. 25, Jan. 1, 20, Feb. 17 &amp; May 26)</i>	
Location: Alameda Veteran's Memorial Building, 2203 Central Ave.	
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 yrs. 6 mo.**

Come join our Parent /Child Play Group. Experience the 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.

<b>Tues</b>	<b>Fee: \$80 (8 classes)</b>	<b>Woodstock Park</b>
Jan. 14 – March 4	12:30 to 2:00 p.m	Class # 13257

# TRY US FOR FREE

Come on in to Bladium for a free guest pass, and discover all the fitness and fun we have to offer.\*



### Adult Soccer Leagues

All skill levels welcome.



### Group Exercise

Les Mills, Barre, Zumba and more.



### CrossFit

Avoid a "routine" workout routine.



### Youth Soccer Leagues

Competitive play for ages 6-18.



### Soccer Academy

World class coaching for ages 6-12.



### Lil' Kickers

High energy fun for toddlers to 7 years old.



### Parties and Camps

We do all the work so you don't have to!

## BLADIUM<sup>®</sup> SPORTS & FITNESS CLUB

800 West Tower Ave., Bldg. 40 • Alameda  
(510) 814-4999 | BladiumAlameda.com

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

For Class Locations see page 20-21

## AFTER-SCHOOL CARE

### Recreation Afterschool Program - RAP

Through June 12, 2014

The Alameda Recreation and Park Department offers a supervised afterschool program for students attending AUSD elementary schools. RAP leaders meet the students when school is dismissed 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.

Activities include games/sports, cooking, arts and crafts, and a daily snack. RAP meets daily until 5:30 p.m. 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:

- Franklin & Lum Schools – Franklin Park
- Amelia Earhart School – Leydecker Park
- Edison & Otis Schools – Lincoln Park
- Bay Farm 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

#### WINTER SESSION

December 2, 2013 – March 14, 2014

1st payment due 11/21/13, 2nd due 1/30/14

#### SPRING SESSION

March 17 – June 12, 2014

1st payment due 3/13/14, 2nd due 5/1/14

RAP Fees: 1st through 5th grades				
Days	WINTER		SPRING	
	Full Payment	Two Payments	Full Payment	Two Payments
5 days/week	\$612	\$336 each	\$564	\$312 each
3 days/week	\$404	\$232 each	\$372	\$216 each
2 days/week	\$286	\$173 each	\$264	\$162 each

**Kindergarten payments are different:**  
 Fee schedule available at [www.alamedaca.gov/recreation](http://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.

PAYMENTS MADE AFTER THE DUE DATE WILL BE SUBJECT TO AN AUTOMATIC LATE CHARGE OF \$30. Children may attend RAP two working days or 48 hours after payment is received. All changes must be made 24 hours in advance and subject to a \$15 service charge. Late Fees: starting at 5:31 p.m., a late fee of \$1 per minute per child will be charged for late pick-ups payable the same day incurred. For the safety of the child, the proper authority will be contacted if your child is not picked up by 6:00 p.m.



### Parks and Playground Program

#### 2013-2014 School Year

Open to youth kindergarten through 5th grade Monday through Friday from 3:00 p.m. to 5:00 p.m. for FREE DROP-IN recreation programs. Leaders provide a variety of recreational activities. These programs are 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 will include but are not limited to: arts and crafts, cooking, drama, games, nature and special events. A nominal fee may be charged to help cover program supply costs. Each site will plan a monthly activity calendar, which is available to you upon request. This program is FREE and there is no obligation to attend every day. This is not a childcare service - Parents, you may leave your child alone at the park at their own risk.

<b>Sites</b>	Bayport, Franklin, Lincoln, Longfellow, Tillman, and Washington Parks
<b>Hours</b>	Monday through Friday, 3:00pm - 5:00pm
<b>Closed</b>	All Sites Closed On School Holidays: Christmas Day, New Year's Day, Martin Luther King Jr. Day, Presidents' Day and Memorial Day



## VACATION 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 #12578	December 23 - 27*
9:00am - 3:00pm	Fee: \$120 Resident / \$132 Non-Resident
Session I Extended Care	
Class #12580	7:30 - 9:00am & 3:00 - 5:30pm
Fee:	\$60
Camp Session II	
Class #12579	December 30 - January 3*
9:00am - 3:00pm	Fee: \$120 Resident / \$132 Non-Resident
Session II Extended Care	
Class #12581	7:30 - 9:00am & 3:00 - 5:30pm
Fee:	\$60
*Site Closed on December 25th and January 1st	

### Spring Vacation Camp

#### Grades K - 5

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

Vacation Camp	
Class # 13193	March 31 - April 4
9:00am - 3:00pm	Fee: \$150 Resident / \$165 Non-Resident
Extended Care	
Class # 13194	7:30 - 9:00am & 3:00 - 5:30pm
Fee:	\$75



## SUMMER DAY CAMPS

**Camp fills quickly! Registration starts Mon, March 24**

### Hidden Cove Day Camp

#### Ages 5 - 7 (Completed Kindergarten or 1st Grade)

Explore and enjoy the exciting adventures of the outdoors with hiking, camp skills, cooking, nature crafts, out of town field trips, all highlighted by the Thursday Night Family Camp Program.

June 23 through July 11	
Mon, Tues, Wed and Fri	9:00am - 3:00pm
Thursday	10:00am - 6:30pm

### Trails End (3 individual weeks)

#### Ages 7 - 11 (Completed 2nd - 5th Grades)

Redwood Regional Park in the Oakland Hills provides the natural setting for the outdoor fun of archery, swimming, hiking, camp skills, nature crafts and cooking. Families may join in the fun at the Thursday Night Family Program. Campers are bussed to and from camp daily except Thursday evenings. Pick-up and drop-off available from Franklin, Godfrey, Krusi, Lincoln, Longfellow, McKinley, Tillman and Washington Parks.

July 14 - August 8	
Mon, Tues, Wed and Fri	8:30am - 4:30pm
Thurs	10:00am - 7:00pm

### Trailblazers (4 individual weeks)

#### Ages 8 - 11 (Completed 3rd - 5th Grades)

This three-day adventure includes hiking, camp skills, cookouts, archery, swimming; an overnight and just plain fun in the untamed outdoors of Redwood Regional Park in the Oakland Hills. Campers are bussed to and from Camp from Franklin and Lincoln Park.

August 11 - 13	
Monday	8:30am - 5:30pm
Tuesday	8:30am and overnight
Wednesday	5:30pm return to Alameda

## Upcoming Summer Youth Features

### World of Wonder (WOW),

an all-day summer recreational program during the summer months, will be at two Park sites from 7:15 a.m. - 5:30 p.m., Monday through Friday.

In addition to the variety of recreational activities that include games, sports, cooking, nature, drama, and the usual fun times, ARPD is adding a few new twists to include in town field trips, special events, and a pledge to Let's Move Alameda for a healthier lifestyle.

**More details coming in March.**  
**Check the ARPD website & Summer Activity Guide.**

## SPORTS

### Kidz Love Soccer

#### Ages 2 - 10

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 class status hotline (888) 372-5803.

<b>Session 1</b>	Jan 22 – March 15	\$98 (# Classes: 8)
<b>Session 2</b>	April 9 – June 14 <i>no class May 24</i>	\$110 (# Classes: 9)
<b>Location:</b>	Wednesdays: Lower Washington Saturdays: Upper Washington Park	

Wednesday	Session 1	Session 2
	Class #	Class #
<b>Tot/Pre-Soccer (3.5-5yrs)</b>		
3:10 – 3:45pm	12900	12908
<b>Soccer 1 (5-6yrs)</b>		
3:45 – 4:30pm	12902	12910
<b>Soccer Skillz &amp; Scrimmages (7-10yrs)</b>		
4:30 – 5:15pm	12904	12912

Saturday	Session 1	Session 2
	Class #	Class #
<b>Tot-Soccer (3.5-4yrs)</b>		
9:15-9:45am	12899	12907
<b>Pre-Soccer (4-5yrs)</b>		
9:45-10:20am	12901	12909
<b>Soccer 1 (5-6yrs)</b>		
10:20-11:05am	12903	12911
<b>Soccer Skillz &amp; Scrimmages (7-10yrs)</b>		
11:05-11:50am	12905	12913
<b>Mommy/Daddy &amp; Me Soccer (2-3.5yrs)</b>		
12:00-12:30pm	12906	12914



### Jr. Warriors Basketball Clinic

#### Grades K - 3

This exciting and innovative program has been specifically designed to offer youngsters in K – 3rd grades an opportunity to participate in an organized program of balanced competition. The program philosophy will stress a positive attitude, teamwork, good sportsmanship, and self-confidence. Fee includes Jr. Warriors jersey, headband and certificate of participation.

Jan. 18 – March 1 <i>(no clinics Feb. 15)</i>	Saturdays	Alameda Point Gymnasium
K & 1st Grade	\$90 (# Classes: 6)	
2nd & 3rd Grade	\$130 (# Classes: 6)	
Kindergarten	10:00 a.m. – 11:00 a.m.	Class # 12880
1st Grade	11:00 a.m. – 12:00 p.m.	Class # 12881
2nd and 3rd Grade	9:00 a.m. – 11:00 a.m.	Class # 12882

### Tennis

Ages 5 and up – See page 23

### Look for ARPD's Summer Tween Camps!

#### Tween Summer Adventures

It is not too early to think about summer plans for your incoming 6th through 9th graders. Join ARPD and your friends for summer excitement in our Tween Summer Adventure Program. These weekly programs are filled with fun in the sun, lots of activities, and many learning experiences. Your Tweens and Teens will make new friends, learn new skills, have some fun, and create lots of memories ARPD offers 8 weekly adventure programs starting on June 23rd. Monday through Friday from 7:30 a.m. to 5:30 p.m. Space is limited, so sign up early to guarantee a spot in this exciting adventure. Check back in March to see what ARPD has in store for your Tweens and Teens this summer.

#### Tween/Teen Summer Trips

If your Tween or Teen has a busy schedule this upcoming summer, then our trip program is perfect for them! Each Tuesday and Thursday, during our 8 week program, there is an out of town field trip. Trips have included Paintball, Horseback Riding, Santa Cruz Beach Boardwalk, and Whitewater Rafting. This is a great way to be involved with the Tween/Teen Program without the weekly commitment.

For Class Locations see page 20-21

## FITNESS

### Kids Gymnastics with Ruby

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. New Location - 2333 Clement Avenue  
Instructor: Ruby Gama

Ages 12 mo. to 23 mo. (Parent Participation)		
<b>Wednesday</b>	Fee: \$85.50 (6 classes)	Ruby's Tumbling
<b>Jan. 8 - Feb. 12</b>	9:15 a.m. - 10:00 a.m.	Class # 13146
<b>Thursday</b>	Fee: \$85.50 (6 classes)	Ruby's Tumbling
<b>Jan. 9 - Feb. 13</b>	9:15 a.m. - 10:00 a.m.	Class # 13147
<b>Wednesday</b>	Fee: \$85.50 (6 classes)	Ruby's Tumbling
<b>Feb. 19 - Mar. 26</b>	9:15 a.m. - 10:00 a.m.	Class # 13148
<b>Thursday</b>	Fee: \$85.50 (6 classes)	Ruby's Tumbling
<b>Feb. 20 - Mar. 27</b>	9:15 a.m. - 10:00 a.m.	Class # 13149
<b>Wednesday</b>	Fee: \$113 (8 classes)	Ruby's Tumbling
<b>Apr. 9 - June 4</b> <i>No class Apr. 30</i>	9:15 a.m. - 10:00 a.m.	Class # 13154
<b>Thursday</b>	Fee: \$113 (8 classes)	Ruby's Tumbling
<b>Apr. 10 - June 5</b> <i>No class May 29</i>	9:15 a.m. - 10:00 a.m.	Class # 13158

Ages 24 mo. to 3 (Parent Participation)		
<b>Thursday</b>	Fee: \$85.50 (6 classes)	Ruby's Tumbling
<b>Jan. 9 - Feb. 13</b>	10:15 a.m. - 11:00 a.m.	Class # 13159
<b>Friday</b>	Fee: \$85.50 (6 classes)	Ruby's Tumbling
<b>Jan. 10 - Feb. 14</b>	9:15 a.m. - 10:00 a.m.	Class # 13160
<b>Thursday</b>	Fee: \$85.50 (6 classes)	Ruby's Tumbling
<b>Feb. 20 - Mar. 27</b>	10:15 a.m. - 11:00 a.m.	Class # 13161
<b>Friday</b>	Fee: \$85.50 (6 classes)	Ruby's Tumbling
<b>Feb. 21 - Mar. 28</b>	9:15 a.m. - 10:00 a.m.	Class # 13162
<b>Thursday</b>	Fee: \$113 (8 classes)	Ruby's Tumbling
<b>Apr. 10 - June 5</b> <i>No class May 29</i>	10:15 a.m. - 11:00 a.m.	Class # 13171
<b>Friday</b>	Fee: \$113 (8 classes)	Ruby's Tumbling
<b>Apr. 11 - June 6</b> <i>No class May 30</i>	9:15 a.m. - 10:00 a.m.	Class # 13172

### Look for ARPD's Summer Youth Camps!

All Sports Adventure • Kidz Love Soccer  
Tennis • Volleyball • Basketball  
Flag Football • Cheerleading • Lacrosse

Ages 3 to 5		
<b>Wednesday</b>	Fee: \$93 (6 classes)	Ruby's Tumbling
<b>Jan. 8 - Feb. 12</b>	5:15 p.m. - 6:00 p.m.	Class # 13175
<b>Feb. 19 - Mar. 26</b>	5:15 p.m. - 6:00 p.m.	Class # 13177
<b>Thursday</b>	Fee: \$93 (6 classes)	Ruby's Tumbling
<b>Jan. 9 - Feb. 13</b>	11:15 a.m. - 12:00 p.m.	Class # 13176
<b>Feb. 20 - Mar. 27</b>	11:15 a.m. - 12:00 p.m.	Class # 13178
<b>Wednesday</b>	Fee: \$123 (8 classes)	Ruby's Tumbling
<b>Apr. 9 - May 28</b>	5:15 p.m. - 6:00 p.m.	Class # 13179
<b>Thursday</b>	Fee: \$123 (8 classes)	Ruby's Tumbling
<b>Apr. 10 - June 5</b> <i>No class May 29</i>	11:15 a.m. - 12:00 p.m.	Class # 13180

Ages 5 to 8		
<b>Thursday</b>	Fee: \$101 (6 classes)	Ruby's Tumbling
<b>Jan. 9 - Feb. 13</b>	4:00 p.m. - 5:00 p.m.	Class # 18183
<b>Feb. 20 - Mar. 27</b>	4:00 p.m. - 5:00 p.m.	Class # 18184
<b>Thursday</b>	Fee: \$133 (8 classes)	Ruby's Tumbling
<b>Apr. 3 - June 5</b> <i>No class May 29</i>	4:00 p.m. - 5:00 p.m.	Class # 18185



### Kids Gymnastics with Ruby

#### Ages 1 to 6

This class is for children to have fun with younger and older kids together. Each child will learn to climb, roll, jump on the trampolines, walk on balance beams, do tricks on the bars, swing on rings and rope and be aware of their surrounding with different age groups. New Location - 2333 Clement Avenue  
Instructor: Ruby Gama

<b>Thursday</b>	<b>Fee: \$85.50/ Sibling \$70.50 (6 classes)</b>	<b>Ruby's Tumbling</b>
<b>Jan. 9 - Feb. 13</b>	6:00 p.m. - 6:45 p.m.	Class # 13187
<b>Feb. 20 - Mar. 27</b>	6:00 p.m. - 6:45 p.m.	Class # 13188
<b>Thursday</b>	<b>Fee: \$113/ Sibling \$93 (8 classes)</b>	<b>Ruby's Tumbling</b>
<b>Apr. 3 - June 5</b> <i>No class May 29</i>	6:00 p.m. - 6:45 p.m.	Class # 13189

For Class Locations see page 20-21

## Aikido For Children

**Ages 5 - 16**

This Japanese Martial art class is designed for children and teaches mental awareness, physical capabilities and coordination skills while building healthy values, character and self-esteem. Instructor: Elmer Tancinco

Class # 13135	Fee: \$103	Alameda Aikikai
Wednesday	Jan. 8 – Feb. 26	4:45 p.m. - 5:45 p.m.
Saturday	Jan. 11 – Mar. 1	9:00 a.m. - 10:00 a.m.
*You may choose any 8 classes from this session (January 8 - March 1)		
Class # 13136	Fee: \$103	Alameda Aikikai
Wednesday	Apr. 9 – May 28	4:45 p.m. - 5:45 p.m.
Saturday	Apr. 12 – May 31	9:00 a.m. - 10:00 a.m.
*You may choose any 8 classes from this session (April 9 - May 31)		

## 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
Jan. 7 – 30	Fee: \$43 (8 classes)	Class # 13137
Feb. 4 – 27	Fee: \$43 (8 classes)	Class # 13138
Mar. 4 – 27	Fee: \$43 (8 classes)	Class # 13139
Apr. 8 – May 1	Fee: \$43 (8 classes)	Class # 13141
May 6 – June 5	Fee: \$53 (10 classes)	Class # 13142

## Kids' Fitness

**Ages 7-12**

Designed especially for kids. Activities include: games, jumping, obstacle courses, sports drill and more. Improves agility, team play and self-esteem. Instructor: Summer Farouni

Friday	3:30 p.m. – 4:30 p.m.	Veteran's Rm. 250
Jan. 10 – Mar. 28	Fee: \$123 (12 classes)	Class # 13144
Apr. 11 – May 30	Fee: \$83 (8 classes)	Class # 13145

## Swim Lessons

**Ages 1 & up – See page 18**

## Zumba Kids

**Ages 7 - 11**

The ultimate dance fitness party to get kids movin' to the beat. Instructor: Summer Farouni

Thursday	3:30 p.m. – 4:30 p.m.	Veteran's Rm. 250
Jan. 9 – Mar. 27	Fee: \$123 (12 classes)	Class # 13191
Apr. 10 – May 29	Fee: \$83 (8 classes)	Class # 13192

## 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)	Monday-Friday	Sat-Sun. & Holiday
General	\$28.00	\$35.00
Senior (Age 60+)	\$23.00	\$35.00
Junior	\$1.00 Earl Fry after 12:00	\$1.00 after Twilight only
Twilight	\$23.00	\$25.00
<i>(2pm in summer &amp; 1pm in winter)</i>		
Late Twilight	\$17.00	\$17.00
<i>(6pm in summer &amp; 3pm in winter)</i>		
9-holes	\$19.00	\$22.00
<i>(1st 2-hours of the day)</i>		
Tournament	\$50.00	\$60.00
Tournament (Senior)	\$38.00	\$60.00

For Class Locations see page 20-21

## ANIMATION

### Young Creators: Stop Motion Animation

**Ages 7 - 12**

Work with your favorite toys to create fun and original animations! Learning materials, software and cameras are provided. Students work together to create an original story and then create their story through animation.

Instructor: Freshimedia Staff

Monday	Fee: \$131 (8 classes)	Lincoln Park Lodge (Near High St)
Jan. 27 – Mar. 24	3:30 p.m. – 4:45 p.m.	Class # 13121

### Animation Creators: Computer Animation

**Ages 9 – 13**

Young animators learn computer techniques to create animated characters and stories. Participants will learn skills that help with computer drawing, character skeleton and movement, frame layering, and dialogue matching. Students work with a partner to complete their project.

Instructor: Freshimedia Staff

Wednesday	Fee: \$131 (8 classes)	Veterans Room 120
Jan. 29 – Mar. 19	3:30 p.m. – 4:45 p.m.	Class # 13123

### Game Design: Beginning to Advanced

**Ages 7 - 12**

Improve your skills and impress others with your unique video game! Advanced gamers learn advanced techniques, including character movement, multiple platforms and game formats. Beginners work in pairs and are introduced to fundamental game design.

Instructor: Freshimedia Staff

Tuesday	Fee: \$131 (8 classes)	Veterans Room 250
Apr. 8 – May 27	3:30 p.m. – 4:45 p.m.	Class # 13124

### Young Creators: Fun with Animation

**Ages 5 - 9**

This digital class introduces young participants to the fundamentals of Stop-Motion animation. Using basic software, they are introduced to all the tools necessary to animate objects, from lego blocks to action figures, any object will do!

Instructor: Freshimedia Staff

Thursday	Fee: \$131 (8 classes)	Veterans Room 120
Apr. 10 – May 29	3:30 p.m. – 4:45 p.m.	Class # 13122

**New class location available at the Lincoln Park Lodge near High Street**

## DANCE

### Ballet Mommy and Me

**Ages 3-4 w/caregiver – See page 30**

### 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
Jan. 13 – Mar. 24 <i>No Class Feb. 17</i>	3:45 p.m. - 4:30 p.m.	Class # 13097
Wednesday	Fee \$190 (10 classes)	Alameda Ballet
Jan. 22 – Mar. 26	3:45 p.m. - 4:30 p.m.	Class # 13098
Saturday	Fee \$190 (10 classes)	Alameda Ballet
Jan. 18 – Mar. 29 <i>No Class Feb. 15</i>	10:45 a.m. - 11:30 a.m.	Class # 13099

### 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
Jan. 21 – Mar. 25	3:45 p.m. - 4:45 p.m.	Class # 13101
Thursday	Fee: \$205 (10 classes)	Alameda Ballet
Jan. 23 – Mar. 27	3:45 p.m. - 4:45 p.m.	Class # 13102
Saturday	Fee: \$205 (10 classes)	Alameda Ballet
Jan. 18 – Mar. 29 <i>No Class Feb. 15</i>	11:45 a.m. - 12:45 p.m.	Class # 13103

### Broadway Stars (Jazz/Ballet/Voice)

**Ages 6 - 9**

In this combination class, students will learn grace and poise as they develop stretching, strengthening and coordination skills with Jazz, style and rhythm with Jazz and how to sing with voice. This will prepare any young dancer to be a triple threat. Required dress code – Leotard, tights and ballet shoes and tap shoes. If you need assistance with dancewear, please contact Dance/10 at dance@dance10.org.

Instructor: Pamm Drake

Monday	3:30 p.m. – 5:30 p.m.	Dance/10
Jan. 6 – Mar. 24 <i>No Class Feb. 17</i>	Fee: \$355 (11 classes)	Class # 13104
Apr. 7 – June 2 <i>No class May 26</i>	Fee: \$259 (8 classes)	Class # 13105

# YOUTH - ENRICHMENT CLASSES

For Class Locations see page 20-21

## Broadway Stars (Jazz/Tap/Voice)

**Ages 6 - 9**

In this combination class, students will learn to be a triple threat as they develop rhythm and musicality with Tap, strength and control with jazz and how to sing with voice. This will prepare any young dancer to be a triple threat. Required dress code - Leotard, tights and ballet shoes and tap shoes. If you need assistance with dancewear, please contact Dance/10 at dance@dance10.org. Instructor: Pamm Drake

Tuesday	3:30 p.m. - 5:30 p.m.	Dance/10
Jan. 7 - Mar. 25	Fee: \$387(12 classes)	Class # 13106
Apr. 8 - June 3	Fee: \$291(9 classes)	Class # 13107

## Creative Dance

**Ages 3 - 5**

This class is designed to exercise your child's mind and body while developing an interest in dance. The class will include ballet, creative movement, tap and acrobatics for boys and girls. Must purchase tap shoes.

Wednesday	Fee: \$88/ Sibling \$78 (6 classes)	Ruby's Tumbling
Jan. 8 - Feb. 12	3:00 p.m. - 3:45 p.m.	Class # 13109
Thursday	Fee: \$88/ Sibling \$78 (6 classes)	Ruby's Tumbling
Jan. 9 - Feb. 13	1:30 p.m. - 2:15 p.m.	Class # 13110
Wednesday	Fee: \$88/ Sibling \$78 (6 classes)	Ruby's Tumbling
Feb. 19 - Mar. 26	3:00 p.m. - 3:45 p.m.	Class # 13111
Thursday	Fee: \$88/ Sibling \$78 (6 classes)	Ruby's Tumbling
Feb. 20 - Mar. 27	1:30 p.m. - 2:15 p.m.	Class # 13112
Wednesday	Fee: \$116/ Sibling \$103 (8 classes)	Ruby's Tumbling
Apr. 9 - June 4 No class Apr. 30	3:00 p.m. - 3:45 p.m.	Class # 13113
Thursday	Fee: \$116/ Sibling \$103 (8 classes)	Ruby's Tumbling
Apr. 10 - June 5 No class May 29	1:30 p.m. - 2:15 p.m.	Class # 13114

## Square Dance: Introduction

**Ages 8 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

Friday	Fee: \$30 (12 classes)	Leydecker Center
Jan 10 - Mar 28	7:00 p.m. - 8:30 p.m.	Class # 12922
Friday	Fee: \$20 (8 classes)	Leydecker Center
Apr 11 - May 30	7:00 p.m. - 8:30 p.m.	Class # 12923

## Zumbatomic

**Ages 4 - 13**

High-energy, dance fitness that promotes increased focus, self-confidence, boosts metabolism and coordination with plenty of fun, smiles and laughter. Enjoy special choreographed routines with the latest music.

Monday	Fee: \$83/ Sibling \$73 (6 classes)	Ruby's Tumbling
Jan. 6 - Feb. 10	3:30 p.m. - 4:15 p.m.	Class # 13117
Feb. 17 - Mar. 24	3:30 p.m. - 4:15 p.m.	Class # 13118
Monday	Fee: \$110/ Sibling \$96 (8 classes)	Ruby's Tumbling
Apr. 3 - June 5	3:30 p.m. - 4:15 p.m.	Class # 13119

## MISCELLANEOUS

### American Sign Language(ASL)

**NEW**

**Grades 3 - 5**

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

Friday	Fee: \$131 (8 classes)	Lincoln Park Lodge (near High St)
Jan. 24 - Mar. 14	3:30 p.m. - 4:30 p.m.	Class # 13134

### Baking - Parent & Me

**NEW**

**Ages 2 - 5 with an Adult**

Explore the world of baking with your little one. From making your own pop creatures to frosting and decorating mini cakes; every class will be different. Each child will take home a treat. There is a supply fee of \$8 due to the teacher at class. Instructor: Theresa Pham Leiner

Saturday	Fee: \$20 (1 Class)	Leydecker Park
April 12	10:00 a.m. - 11:15 a.m.	Class # 13092
April 26	10:00 a.m. - 11:15 a.m.	Class # 13093
May 10	10:00 a.m. - 11:15 a.m.	Class # 13094
May 17	10:00 a.m. - 11:15 a.m.	Class # 13095
May 31	10:00 a.m. - 11:15 a.m.	Class # 13096

### Circus Moves

**NEW**

**Ages 7 - 10**

Explore the diverse skills and challenges of the circus. Juggle! Spin plates! Walk on stilts and play with giant balls! Clown games! This class is self-directed fun and fitness in a cooperative space. Instructor: Cynthia Rauschert

Wednesday	Fee: \$139 (8 classes)	Veteran's Rm 250
Feb. 5 - Mar. 26	3:30 p.m. - 5:00 p.m.	Class # 13108

For Class Locations see page 20-21

# ENRICHMENT CLASSES - YOUTH

## MUSIC

### Kids Sing

**Ages 5 - 9**

Does your little one love to sing? If so, this class teaches singing techniques with kid-friendly songs in preparation for a performance. \$10 supply fee payable to the teacher first class.  
Instructor: The Latimerlo Studios



Thursdays	Fee: \$99 (5 classes)	Veterans Room 390
Jan. 9 – Feb. 6	4:00 p.m. – 5:00 p.m.	Class # 13125
Feb. 13 – Mar. 13	4:00 p.m. – 5:00 p.m.	Class # 13126
Apr. 17 – May 15	4:00 p.m. – 5:00 p.m.	Class # 13128

### Kindermusik Cuddle and Bounce

**Ages Newborns - 18 mos**

Cuddle, bounce, and bop with your baby in Kindermusik's newest curriculum. This parent-child music and movement class will introduce you and your child to instrument play, dance, and exploration while providing quality time together. \$24 supply fee due to the teacher at first class.  
Instructor: Jeanne Kim

Thursday	Fee: \$137/ Sibling \$121 (8 classes)	Intensity Martial Art
Feb. 6 – Mar. 27	11:30 a.m. – 12:15 p.m.	Class # 13199
Apr. 3 – May 22	11:30 a.m. – 12:15 p.m.	Class # 13200

### Kindermusik Sing & Play

**Ages 12 mos / walkers - 24 mos**

Embark on Kindermusik's fun new exploration of singing, swaying, laughing, and playing through Sing & Play, a just-right mix of early-childhood vocal play and language development, together time, and music and movement activities! Benefits included leg and vocal strengthening. \$24 supply fee due to the teacher at first class.  
Instructor: Jeanne Kim

Thursday	Fee: \$137/ Sibling \$121 (8 classes)	Intensity Martial Art
Feb. 6 – Mar. 27	10:30 a.m. – 11:15 a.m.	Class # 13201
Apr. 3 – May 22	10:30 a.m. – 11:15 a.m.	Class # 13202

**For more information and the latest updates see [www.alamedaca.gov/recreation](http://www.alamedaca.gov/recreation)**

### Kindermusik Wiggle & Grow

**Ages 24 mos - 36 mos**

This music-filled class celebrates the unique joys of your growing child and includes singing, dancing, and playing instruments with the focus on gross and fine motor skills, sharing, social skills and active listening. Continue learning with the Kindermusik@Home digital home materials, including music from class, musical activities, and each month's story. \$24 supply fee due to the teacher at first class.  
Instructor: Jeanne Kim

Thursday	Fee: \$137/ Sibling \$121 (8 classes)	Intensity Martial Art
Feb. 6 – Mar. 27	9:30 a.m. – 10:15 a.m.	Class # 13203
Apr. 3 – May 22	9:30 a.m. – 10:15 a.m.	Class # 13204



### 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](http://www.oaklandyouthchorus.org).  
Instructor: OYC Staff

Grade K - 2		
Tuesday	Fee \$143 (9/10 classes)	Veteran's Room 120
Jan. 21 – Mar. 25	4:30 p.m. – 5:30 p.m.	Class # 13130
Apr. 8 – June 3	4:30 p.m. – 5:30 p.m.	Class # 13132
Grade 3 - 5		
Tuesday	Fee \$143 (9/10 classes)	Veteran's Room 120
Jan. 21 – Mar. 25	5:00 p.m. – 6:00 p.m.	Class # 13131
Apr. 8 – June 3	5:00 p.m. – 6:00 p.m.	Class # 13133

### Taiko Drumming

**Ages 10 & up – See page 26**



## AFTER-SCHOOL PROGRAMS

### 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.

<b>Open Monday through Friday</b> <i>(closed school holidays)</i>	<b>3:00pm to 5:30pm</b>
Drop-in for all 6th - 12th graders in Alameda	
Veteran's Memorial, 2203 Central Ave., downstairs in Room 170	
<b>NEW for 2013/14!</b> The Underground Teen Center will be open on the following AUSD Non-School Days:	February 14 (2:00 - 5:00 p.m.)
	March 31 - April 4 (TBD - check back in 2014)
	April 18 (2:00 - 5:00 p.m.)

### Club Underground - Transportation

#### Grades 6 - 8

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.

<b>Mon/Tue/Thu/Fri</b>	<b>Pick up: 2:30-3:00pm</b>
<b>Wednesday</b>	<b>Pick up: varies by school</b>
Fee: \$2 per one-way trip OR	\$20 ride pass available (10 rides)
#12571 - Academy of Alameda	#12572 - ACLC
#12573 - Bay Farm School	#12575 - Lincoln Middle
#12783 - Junior Jets	#12576 - NEA
#12577 - Wood Middle	

### Alameda Youth Committee

#### Grades 6 - 12

#### **AYC is still accepting applications for the 2013-2014 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	4:00 p.m. - 5:00 p.m.	#12396
Veteran's Memorial Building, 2203 Central Avenue, Rm 390		



### Operation Green Sweep

#### Grades 6 - 12

Green Sweep 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.

<b>Fridays</b>	<b>April 11 - May 30, 2014</b> <i>(No session on April 18th)</i>	
3:30-5:00pm	# 13198	\$45 (includes t-shirt)
Teen Center (Veteran's Memorial Building, 2203 Central Avenue)		

### 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.

<b>Thursday</b>	<b>January 30, 2014</b>	<b>4:00-5:30pm</b>
# 13195	\$45	
Veterans Memorial Building, Rm 120 <i>This session is for those teens who want to volunteer during Winter and/or Spring.</i>		
<b>Thursday</b>	<b>March 27, 2014</b>	<b>4:00-5:30pm</b>
# 13196	\$45	
Veterans Memorial Building, Rm 120 <i>This session is for those teens who want to volunteer during Spring and/or Summer.</i>		
<b>Thursday</b>	<b>May 29, 2014</b>	<b>4:00-5:30pm</b>
# 13197	\$45	
Veterans Memorial Building, Rm 390 <i>This session is for those teens who want to volunteer during Summer.</i>		

## ENRICHMENT

### Aikido For Teens

**Ages 13 -18**

Aikido is a Japanese martial art, a self-defense system, which primarily emphasizes the use of redirecting the attacker's energy, as opposed to meeting force with force, and not based on physical strength, but technique. Young people learn physical fitness, stretching and relaxation exercises.

Instructor: Elmer Tancinco

Class # 13087	Fee: \$93 (10 classes)	Alameda Aikikai
Tuesday	Jan. 7 – Mar. 11	6:00 p.m. – 7:15 p.m.
Saturday	Jan. 11 – Mar. 15	10:15 a.m. – 11:15 a.m.

\*You may choose any 10 classes for this session.

Class# 13088	Fee: \$93 (10 classes)	Alameda Aikikai
Tuesday	Apr. 8 – June 10	6:00 p.m. – 7:15 p.m.
Saturday	Apr. 12 – June 14	10:15 a.m. – 11:15 a.m.

\*You may choose any 10 classes for this session.

### Babysitter's Training

**Ages 11-15**

Learn the basics of being a responsible babysitter and be certified through the American Red Cross. Class includes basic care of infants and toddlers, from feeding to changing. Students learn age-appropriate activities such as first-aid awareness, how to prevent accidents and how to handle emergencies. Upon successful completion, students will receive an ARC Babysitter's Training Card only (no CPR/FA certification during this course). Pre-registration is required. This popular class is limited to 20 students, so sign-up early!

Thursdays	\$75 / \$95 after March 28th	
April 10 & 17	3:30 – 7:30 p.m.	Class # 13256
McKinley Park Center, 2165 Buena Vista Ave.		

### 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.

Winter Session	Class # 13089	Fee: \$55
Spring Session	Class # 13090	Fee: \$55

### Jazz Technique

**Teen/Adult**

Start practicing your jazz hands and jazz walk! This intermediate-level class explores a range of jazz styles with an emphasis on technique, including isolations, swing and rhythm. Class begins with a warm-up designed to develop strength, flexibility, alignment and coordination, followed by progressions across the floor and culminating in fun dance combinations.

Instructor: Bryant Cash-Welch, Dance/10

Saturday	2:00 p.m. – 3:00 p.m.	Dance/10
Jan 11 – Mar 22 No class Feb 15	Fee: \$183 (10 classes)	Class # 12915
Apr 12 – May 31 No class May 24	Fee: \$129 (7 classes)	Class # 12916

### Hawaiian Jujitsu

**Ages 15 & up – See page 28**

### Hip Hop

**Teen/Adult**

Get an urban-style workout with a class that is sure to add a new groove to your walk. Students should be dressed in athletic wear and tennis shoes.

Instructor: Bryant Cash-Welch, Dance/10

Saturday	1:00 p.m. – 2:00 p.m.	Dance/10
Jan 11 – Mar 22 No class Feb 15	Fee: \$183 (10 classes)	Class # 12917
Apr 12 – May 31 No class May 24	Fee: \$129 (7 classes)	Class # 12918

### Swim Lessons

**Ages 1 & up  
See page 18**

### Taiko Drumming

**Ages 10 & up  
See page 26**

### Teen Intro to Ballet

**Ages 11-18**

Want to be a Bun Head? If so, this class

is geared toward teens that have always wanted to try ballet. Grab a friend and come give it a try. If nothing else, it is a great workout! ABA does have a dress code, please contact us at [admin@alamedaballet.com](mailto:admin@alamedaballet.com) (Subject Line: ARPD) prior to your first class about obtaining dance wear.



Tuesday	Fee: \$205 (10 Classes)	Alameda Ballet
Jan. 21 – Mar. 25	6:30 p.m. – 7:30 p.m.	Class # 13091

## AQUATICS

### Adult Lap Swim

Swim at your own pace or use one of our sample swim workouts. Workouts for beginner through advanced levels will be available. Kick boards provided. Must be at least 16 years old. Location: Encinal Swim Center, 230 Central Ave

<b>Mon and Wed</b>	<b>7:15 p.m. – 8:45 p.m.</b>
<b>Saturdays</b> (starting April 12 – May 10)	<b>9:00 a.m. – 10:00 a.m.</b>
Adults 16 – 49	\$5 resident / \$6 non – resident
Seniors 50 +	\$3 resident/ \$4 non – resident
<i>Discount multi-pass cards available.</i>	



### Water Walking

Aquatic exercise is a great low impact activity that takes the pressure off joints, bones and muscles. Water provides natural resistance, which can help strengthen muscles. Class will take place in waist high, heated water. Participants may bring water shoes, hand webs or other resistance items. Must be at least 16 years old.

Location: Encinal Swim Center, 230 Central Ave

<b>Saturdays</b>	<b>10:10 a.m. – 10:55 a.m.</b>
April 12 – May 10	
Adults 16 – 49	\$6 resident / \$7 non – resident
Seniors 50 +	\$4 resident/ \$5 non – resident
<i>Discount multi-pass cards available.</i>	

### Tiny Tot / Parent Swim

#### Ages 1 – 4 w/caregiver

A great way to get your young child familiarized with the pool and prepare them for future swim lessons. Parent or guardian must be at least 16 years of age and accompany each child. Swim diapers are required for children who are not potty trained. Location: Encinal Swim Center, 230 Central Ave

<b>Saturdays</b>	<b>1:20 p.m. – 2:05 p.m.</b>
April 12 – May 10	\$10 drop in for parent / guardian and child
<i>Discount multi-pass cards available</i>	

### Lifeguard Training

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

<b>Class # 12843</b>	<b>Fee: \$185</b>	
Monday, April 7	7:00 p.m. – 8:00 p.m.	Encinal Swim Center
Sunday, April 13 – May 18	10:00 a.m. – 4:00 p.m.	Emma Hood Swim Center

### Water Safety Instructor Training

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

<b>Fee: \$235</b>	<b>Class Code # 12844</b>	
Monday, March 3	7:30 p.m. – 8:30 p.m.	Encinal Swim Center
Sunday, March 9, 16, 23,30	10:00 a.m. – 4:00 p.m.	Emma Hood Swim Center
Saturday, April 5, 12, 19, 26, May 3	10:00 a.m. – 4:00 p.m.	Encinal Swim Center

### Spring Swim Lessons

#### 3 - 15 years old

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

Location: Encinal Swim Center, 230 Central Ave



<b>Saturdays</b>	<b>April 12 – May 10</b>	
Swim Tutor Private lesson	10:15 a.m. – 10:45 a.m.	Class # 12845
Ages 3 – 5 Group lesson	11:05 a.m. – 11:35 a.m.	Class # 12846
Ages 6 – 15 Group lesson	11:45 a.m. – 12:30 p.m.	Class # 12847
Ages 3 – 5 Group lesson	12:40 p.m. – 1:10 p.m.	Class # 12848
Private Lesson	\$128 resident / \$148 non – resident	
Ages 3 – 5 Group	\$34 resident / \$39 non – resident	
Ages 6 – 15 Group	\$51 resident / \$59 non – resident	

## 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 240 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 without alcohol	\$500
Security deposit with alcohol	\$750
<i>Other fees may apply</i>	

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

Rec 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.

<b>Resident Private Rental Fee</b> (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.

<b>Resident Private Rental Fee</b> (3 hour min)	\$30-80/hour
<i>Other fees may apply</i>	

**For all facilities, reservations may be made in person at the Recreation Office, 2226 Santa Clara Ave. or requested by emailing ARPD@alamedaca.gov.**

**A minimum advanced notice of seven working days is required.  
Hours: Mon. - Thurs. 8:00 a.m. - 6:00 p.m.**



## 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.aeromaniacs.com/bofield.html](http://www.aeromaniacs.com/bofield.html). Fees are not required for flying model airplanes but proof of personal liability insurance is required.

**PULL-OUT SECTION**

# FACILITY & PARK

**ENJOY ALL THAT THE CITY OF ALAMEDA HAS TO OFFER!**

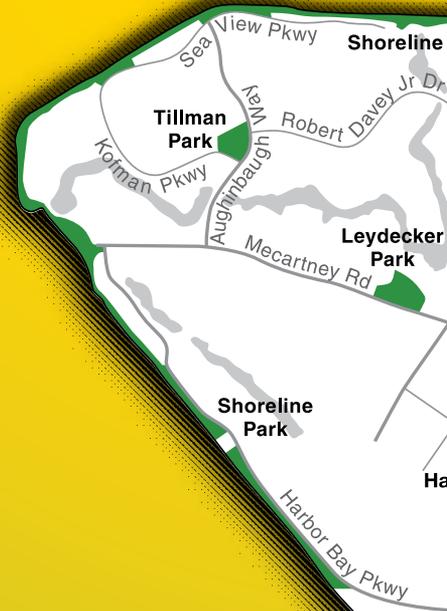


## ARPD Main Office

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

Online registration: [www.arpdeplay.com](http://www.arpdeplay.com)  
[www.facebook.com/playARPD](https://www.facebook.com/playARPD)

**Maintenance Request Line**  
to report an issue in a park  
or facility 747-7542



## CLASS LOCATIONS

Alameda Aikikai	(510) 523-0392 2025 Clement Avenue
Alameda Ballet Academy	(510) 337-1929 1402 Park Street
Alameda High School	2201 Encinal Avenue
Dance/10 Performing Arts Center	(510) 522-5678 900 Santa Clara Avenue
Encinal High School	210 Central Avenue
Intensity Martial Art	1303 Lincoln Avenue
Ruby's Tumbling	(510) 337-0846 2333 Clement Avenue
Team Silva	1706 Lincoln 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
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.	
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 St.	
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
Underground Teen Center	Veteran's Building, Rm 170	748-9466
Veteran's Memorial Building	2203 Central Ave.	864-4017
Towata Park	3315 Bridgeway Isle	
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](http://www.alamedafree.org),  
on our Facebook page at  
[www.facebook.com/alamedafreelibrary](http://www.facebook.com/alamedafreelibrary),  
on Tumblr at [alamedafree.tumblr.com](http://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.



<b>Main Library</b>	
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
<b>Bay Farm Island Library</b>	
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
<b>West End Library</b>	
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
<b>READY to go!</b>	
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](http://www.alamedafree.org)

## Storytimes

<b>Mama Goose Storytime</b>	Ages 1 – 3
Main Library	Saturdays 10 a.m.
<b>Peter Rabbit Storytime</b>	Ages 3 – 5
West End Library	Wednesdays 10:30 a.m.
Main Library	Thursdays 10 & 11 a.m.
<b>School-Age Storytime</b>	Ages 5 – 8
Main Library	Wednesdays 3:30 p.m.
<b>Family Storytime</b>	All ages
Main Library	Sundays 2 p.m.
Bay Farm Island Library	Tuesdays 7 p.m.
<b>Alameda Community Sing-Along</b>	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 this winter. Check our events calendar at [www.alamedafree.org](http://www.alamedafree.org) for more information.



## TENNIS LESSONS

### Locations

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

### Adult 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 & tactics.

Fairfield Tennis Courts		
Monday	\$100 per session	\$20 drop in
Jan. 6 – Feb 10	9:00 a.m. – 10 a.m.	Class #12849
Feb. 24 – March 30	9:00 a.m. – 10 a.m.	Class #12850
April 14 – May 19	9:00 a.m. – 10 a.m.	Class #12851
<i>Rain outs will be made up at the end of the session</i>		

### 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 Courts		
Tuesday and Thursday	\$100 per session	\$20 drop in
Beginners	6:30 p.m. - 7:30 p.m.	
Intermediate/Advanced	7:30 p.m. - 8:30 p.m.	
<b>6 classes</b>	<b>Beginner</b>	<b>Intermediate / Advanced</b>
Jan. 7 – Jan. 23	Class #12854	Class #12860
Feb. 4 – Feb 20	Class #12855	Class #12861
March 4 – March 20	Class #12856	Class #12862
April 1 – April 17	Class #12857	Class #12863
April 29 – May 15	Class #12858	Class #12864
May 27 – June 12	Class #12859	Class #12865
<i>Rain outs will be made up at the end of the session</i>		



### 10 and Under Tennis

#### Ages 5 – 10

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

Krusi Tennis Courts	
Saturdays	\$20 drop in only
9:00 a.m. – 10:00 a.m.	9 – 10 years old
10:00 a.m. – 11:00 a.m.	7 – 8 years old
11:00 a.m. – 12:00 p.m.	5 – 6 year old with Mommy/Daddy and Me

### Private and Semi-Private Lessons

#### Ages 6 & Up

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

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



For Class Locations see page 20-21

## ENRICHMENT

### Acting Expansion

In this class we will exercise to liberate our voices and bodies and explore how varying pace, volume, pitch and movement can improve communication. We will use storytelling and acting scenes.

Instructor: Ken Walsh

Tuesday	Fee: \$43 (8 classes)	Veterans Room 390
Jan. 7 – Feb. 25	7:00 p.m. – 8:00 p.m.	Class # 13027
Apr. 8 – May 27	7:00 p.m. – 8:00 p.m.	Class # 13028

### The Alexander Technique: Your Best Ergonomic Friend At Work

Sitting at your computer or driving your car for extended periods of time both require a great deal of musculoskeletal effort. Learn how to observe yourself, detect harmful postural habits, and put the principles into practice.

Instructor: Lenka Fejt

Saturday	Fee: \$43 (2 classes)	Leydecker Center
Feb 1- 8	10:00 a.m. – 12:00 p.m.	Class # 13029

### The Alexander Technique: In Daily Activities

Discover how to improve your everyday movements such as: sitting, standing, lying down, driving, lifting, brushing your teeth, vacuuming and much more.

Instructor: Lenka Fejt

Saturday	Fee: \$23 (1 class)	Leydecker Center
May 31	10:00 a.m. – 12:00 p.m.	Class # 13030

### 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 (20 classes)	Encinal HS Band Room
Jan. 7 – May 27 No class Apr. 1	7:30 p.m. – 9:30 p.m.	Class # 13031



### Alameda Community Chorus

Alameda Community Chorus sings seasonal choral repertoire – classical, contemporary, light rock, pop, Broadway – Culminating in a Spring Concert. Come to the music and sing your heart out! (Short vocal evaluation for parts assignment first session) For scholarships call 510-748-9087. A \$25 music fee will be due to teacher at first class.

Instructor: Kathleen Neale

Monday	Fee: \$145 (11 classes)	Alameda HS Band Room
Feb. 24 – May 5 & Friday, May 9 No class Mar. 31	6:45 p.m. – 9:15 p.m.	Class # 13032



### Do it Yourself Bride

**NEW**

Lecture and workshop covering design and execution of personal wedding florals and table centerpieces; resources and inspiration for materials and ideas/themes. \$25 supply fee due to teacher first class.

Instructor: Susan Bell

Wednesday	Fee: \$75 (3 classes)	Leydecker
Jan. 15 – 29	6:30 p.m. – 8:00 p.m.	Class # 13254

### Flowers 101

**NEW**

Learn about flowers and foliage; tools and supplies; containers and mechanics of construction; inspiration and design; and resources for future education. Bring your own container and take home your arrangement. \$20 supply fee due to teacher first class.

Instructor: Susan Bell

Wednesday	Fee: \$75 (3 classes)	Leydecker
Apr. 9 – 23	6:30 p.m. – 8:00 p.m.	Class # 13255

### Conversational French

**NEW**

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 120
Jan. 7 – 23	5:30 p.m. – 6:30 p.m.	Class # 13033

For Class Locations see page 20-21

# ENRICHMENT - ADULTS

## EBAY: Official Basics of Selling on EBAY

**NEW**

The average home has \$10,000 of unused stuff! Learn how to turn your closet into a cash machine in this one-day seminar. Includes breakfast, lunch, textbook, and mobile listing workshop. Bring a small item to sell.  
Instructor: Sandra Garcia

Saturday	Fee: \$195 (1 class)	Veteran's Rm 120
Jan. 18	9:00 a.m. – 4:00 p.m.	Class # 13034
Feb. 15	9:00 a.m. – 4:00 p.m.	Class # 13035
Mar. 15	9:00 a.m. – 4:00 p.m.	Class # 13036
Apr. 19	9:00 a.m. – 4:00 p.m.	Class # 13037
May 17	9:00 a.m. – 4:00 p.m.	Class # 13038

## Ghost Hunting in Alameda

**NEW**

Learn about ghosts that haunt Alameda and how to do a paranormal investigation using easy-to-find equipment. Bring an audio recorder, your smartphone, or just your five senses. Time permitting, we will do a short on-site investigation.  
Instructor: Karen Zimmerman

Wednesday	Fee: \$10	Veteran's Rm 120
Feb. 5	7:00 p.m. – 10:00 p.m.	Class # 13040

## Indian Meal for Valentine's Day

Meela's passion and knowledge of exotic cuisine and aromatic spices and herbs, will delight you as you prepare an amazing Indian feast. A great Valentine's Day gift for anyone who loves Indian cuisine! Supply fee of \$12 due at first class  
Instructor: Meela Shah

Saturday	Fee: \$53 (1 class)	Leydecker Center
Feb. 8	10:00 a.m. – 1:30 p.m.	Class # 13041

## Indian Cooking

India is a colorful kaleidoscope of cultures, races, religions that reflects in its amazing cuisine. Students will learn about healthful properties of aromatic spices and herbs while preparing an exotic Indian feast to remember! Supply fee of \$12 due at first class.  
Instructor: Meela Shah

Saturday	Fee: \$53 (1 class)	Leydecker Center
May 3	10:00 a.m. – 1:30 p.m.	Class # 13042



## Knitting

Beginning and Intermediate students will learn to read pattern books and/or design and create their own garments and gifts. Advanced students will master technique and bring their own projects. Machine knitters are welcome.  
Instructor: Paola Trombetta

Monday	Fee: \$153 (10 classes)	Veterans Bldg, Rm 120
Jan. 6 – Mar. 24	2:30p.m. – 5:30 p.m.	Class # 13043
Jan. 6 – Mar. 24	5:45 p.m. – 8:45 p.m.	Class # 13044
<i>No class Jan. 20 &amp; Feb. 17</i>		
Monday	Fee: \$123 (8 classes)	Veterans Bldg, Rm 120
Apr. 7 – June 2	2:30p.m. – 5:30 p.m.	Class # 13047
Apr. 7 – June 2	5:45 p.m. – 8:45 p.m.	Class # 13048
<i>No class May 26</i>		

## Meditation

Learn the importance of breathing and visualization and then practice the art of meditation meditating together.  
Instructor: Ken Walsh

Tuesday	Fee: \$43 (8 classes)	Veterans Bldg. Rm 390
Jan. 7 – Feb. 25	5:45 p.m. – 6:45 p.m.	Class # 13049
Apr. 8 – May 27	5:45 p.m. – 6:45 p.m.	Class # 13050

## Private Singing Lessons

Private Singing Lessons are the key to singing with a powerful, beautiful voice. We will take you to the next level. Be sure to impress at your next audition, performance or karaoke night! Supply fee of \$20 due to teacher at first class.  
Instructor: The Latimerlo Studio

Thursday	Fee: \$213 (4 classes)	Veteran's Bldg, Rm 390 (upstairs)
Jan. 9 – Jan. 30	5:00 p.m. – 5:45 p.m.	Class # 13051
Jan. 9 – Jan. 30	5:45 p.m. – 6:30 p.m.	Class # 13052
Jan. 9 – Jan. 30	6:30 p.m. - 7:15 p.m.	Class # 13053
Feb. 6 – Feb. 27	5:00 p.m. – 5:45 p.m.	Class # 13054
Feb. 6 – Feb. 27	5:45 p.m. – 6:30 p.m.	Class # 13055
Feb. 6 – Feb. 27	6:30 p.m. - 7:15 p.m.	Class # 13056
Mar. 6 – Mar. 27	5:00 p.m. – 5:45 p.m.	Class # 13057
Mar. 6 – Mar. 27	5:45 p.m. – 6:30 p.m.	Class # 13058
Mar. 6 – Mar. 27	6:30 p.m. - 7:15 p.m.	Class # 13059
Apr. 3 – Apr. 24	5:00 p.m. – 5:45 p.m.	Class # 13063
Apr. 3 – Apr. 24	5:45 p.m. – 6:30 p.m.	Class # 13064
Apr. 3 – Apr. 24	6:30 p.m. - 7:15 p.m.	Class # 13065
May 1 – May 22	5:00 p.m. – 5:45 p.m.	Class # 13067
May 1 – May 22	5:45 p.m. – 6:30 p.m.	Class # 13066
May 1 – May 22	6:30 p.m. - 7:15 p.m.	Class # 13068

For Class Locations see page 20-21

## Positive Puppy Training

This class will focus on training and experiences for your puppy to help create a great family dog. Some topics addressed are: house training, staying alone, beginning obedience, and how dogs learn. For puppies who are 10 weeks to 5 months. Vaccines (at least 2 sets) and dog license required. No dogs first class, people only.

Instructor: Debra Ragan

Wednesday	Fee: \$78 (7 classes)	Veteran's Rm 250
Jan. 22 – Mar. 5	6:00 p.m. – 6:45 p.m.	Class # 13072
Apr. 9 – May 21	6:00 p.m. – 6:45 p.m.	Class # 13074
Saturday	Fee: \$78 (7 classes)	Veteran's Rm 250
Jan. 25 – Mar. 15	10:00 a.m. - 10:45 a.m.	Class # 13073
Apr. 12 – May 31 No class Apr. 19	10:00 a.m. - 10:45 a.m.	Class # 13075

## Dog Obedience

A positively, fun class for people and dogs! This class will focus on the basics: sit, down, stay, come, walk on a loose leash, as well as solving problem behavior (barking, jumping and more). Dogs must be 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
Jan. 22 – Mar. 5	7:00 p.m. – 7:45 p.m.	Class # 13076
Apr. 9 – May 21	7:00 p.m. – 7:45 p.m.	Class # 13078
Saturday	Fee: \$78 (7 classes)	Veteran's Rm 250
Jan. 25 – Mar. 15	11:00 a.m. - 11:45 a.m.	Class # 13077
Apr. 12 – May 31 No class Apr. 19	11:00 a.m. - 11:45 a.m.	Class # 13079

## American Sign Language

**NEW**

This class is designed for students with little or no signing experience. Learn alphabetic fingerspelling, numbers, shapes, greeting, simple sentences and Deaf art, games and culture.

Instructor: Sheila Holmes

Monday	Fee: \$153 (8 classes)	Veteran's Rm 250
Jan. 27 – Mar. 24 No class Feb. 17	5:30 p.m. - 7:00 p.m.	Class # 13080

**For more information and the latest updates see [www.alamedaca.gov/recreation](http://www.alamedaca.gov/recreation)**

## Taiko Drumming Beginning

### Ages 10 & up

An introduction to the rhythms and movement of Japanese Taiko Drumming. Learn to play simple pieces while enjoying moderate aerobic exercise. There is a Supply fee of \$5 due to instructor at first session.

Instructor: Kaji Yama Taiko Group

Tuesdays	Fee: \$103 (10 classes)	O'Club
Jan. 7 – Mar. 11	7:30 p.m. – 8:30 p.m.	Class # 13081
Tuesdays	Fee: \$93 (9 classes)	
Apr. 8 – June 3	7:30 p.m. – 8:30 p.m.	Class # 13083

## Taiko Drumming Intermediate

### Ages 10 & up

This class teaches more complex and physically demanding aspects of Japanese Taiko Drumming. It provides moderate to vigorous aerobic exercise and it will introduce the students to a full spectrum of skills needed for a performance including drumming styles, staging, varieties of equipment, etc. Supply fee of \$5 due to instructor at the first class.

Instructor: Kaji Yama Taiko Group

Tuesdays	Fee: \$103 (10 classes)	O'Club
Jan. 7 – Mar. 11	6:30 p.m. – 7:30 p.m.	Class # 13084
Tuesdays	Fee: \$93 (9 classes)	
Apr. 8 – June 3	6:30 p.m. – 7:30 p.m.	Class # 13086

POLICE

**Alameda Police Hosts the 28th Citizens' Police Academy**  
**March 11 – May 20, 2014**

This 11-week academy will allow you to explore the many aspects of policing. Classes meet every Tuesday evening from 6:30 p.m. - 9:00 p.m. (unless otherwise specified)

**Classes include:**

- Shoot a firearm in the police range
- Tour the Santa Rita County Jail
- Learn about crime scene investigations
- Learn defensive tactics
- ...and much more



**To participate in Citizen Police Academy #28 you must:**

- Be a minimum of 18 years old
- A resident of or employed in the City of Alameda
- No Misdemeanor or Felony convictions
- Have an interest in law enforcement and having fun

**For more information or to get an application:**  
COPPS@ci.alameda.ca.us or [www.alamedaca.gov/police](http://www.alamedaca.gov/police)  
Class size is limited so get your application in early.

## FITNESS

### Aikido For Adults

Aikido is a martial art, a self-defense system, which primarily emphasizes the use of redirecting the attacker's energy, as opposed to meeting force with force, and is based not on physical strength, but technique. Learned techniques include joint locks, holds, and body throws.

Instructor: Elmer Tancinco

Class # 12924	Fee: \$63 (8 classes)	Alameda Aikikai
Tuesday	Jan. 7 – Feb. 25	6:00 p.m. - 7:15 p.m.
Thursday	Jan. 9 – Feb. 27	6:00 p.m. - 7:00 p.m.
Saturday	Jan. 11 – Mar. 1	10:15 a.m. - 11:15 a.m.

\*Choose any 8 classes from these session dates (January 7 to March 1)

Class # 12925	Fee: \$63 (8 classes)	Alameda Aikikai
Tuesday	Apr. 8 – May 27	6:00 p.m. - 7:15 p.m.
Thursday	Apr. 10 – May 29	6:00 p.m. - 7:00 p.m.
Saturday	Apr. 12 – May 31	10:15 a.m. - 11:15 a.m.

\*Choose any 8 classes from these session dates (April 8 to May 31)

### 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
Jan. 6 – 29 No Class Jan. 20	7:30 p.m. - 8:30 p.m.	Class # 12926
Feb. 3 – 26 No Class Feb. 17	7:30 p.m. - 8:30 p.m.	Class # 12927
Mar. 3 – 26	7:30 p.m. - 8:30 p.m.	Class # 12928
Apr. 7 - 30	7:30 p.m. - 8:30 p.m.	Class # 12930
May 5 – 28	7:30 p.m. - 8:30 p.m.	Class # 12931

### Aquatics

Ages 1 & up  
See page 18



### Introduction to Archery



This Olympic Sport provides everything you need to safely enjoy shooting a recurve bow. Learn the foundation of safe practices, form, aiming, and effective practice.

Instructor: Nico Gallegos

Thursday	Fee: \$78 (8 classes)	Veteran's Rm 250
Jan. 9 – Feb. 27	6:00 p.m. – 7:00 p.m.	Class # 13220
Apr. 10 – May 29	6:00 p.m. – 7:00 p.m.	Class # 13221

### 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



Tue & Thurs	Fee: \$57 (8 classes)	Leydecker Center
Jan.7 – Jan. 30	6:30 p.m. – 7:30 p.m.	Class # 12948
Feb. 4 – Feb. 27	6:30 p.m. – 7:30 p.m.	Class # 12949
Mar. 4 – Mar. 27	6:30 p.m. – 7:30 p.m.	Class # 12952
Apr. 8 – May 1	6:30 p.m. – 7:30 p.m.	Class # 12953
May 6 – May 29	6:30 p.m. – 7:30 p.m.	Class # 12954

### 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

Tue & Thurs	Fee: \$57 (8 classes)	Leydecker Center
Jan.7 – Jan. 30	7:30 p.m. – 8:30 p.m.	Class # 12939
Feb. 4 – Feb. 27	7:30 p.m. – 8:30 p.m.	Class # 12943
Mar. 4 – Mar. 27	7:30 p.m. – 8:30 p.m.	Class # 12944
Apr. 8 – May 1	7:30 p.m. – 8:30 p.m.	Class # 12946
May 6 – May 29	7:30 p.m. – 8:30 p.m.	Class # 12945

### Boot Camp - Impact

Impact is designed to get you fit fast! The class incorporates advanced training principles used by the fittest athletes and fitness models. Each workout consists of a blood pumping warm up, speed and agility drills used in sport training, followed by strength-conditioning and endurance. Monday is lower body, Wednesday is upper body, and Friday is core.

Instructor: Summer Farouni

Mon & Wed. & Fri.	6:00 a.m. – 7:00 a.m.	Leydecker Center
Jan. 6 – 31 No Class Jan. 20	Fee: \$113 (11 classes)	Class # 12956
Feb. 3 – 28 No Class Feb. 17	Fee: \$113 (11 classes)	Class # 12957
Mar. 3 – 28	Fee: \$123 (12 classes)	Class # 12958
Apr. 7 – May 2	Fee: \$123 (12 classes)	Class # 12960
May 5 – May 30 No class May 26	Fee: \$113 (11 classes)	Class # 12961

For Class Locations see page 20-21

## Fitness Conditioning and Combat Workout

Get fit by learning basic self-defense techniques. Learn and practice basic boxing, kickboxing and self defense moves. This class is perfect for adults wishing to improve their fitness level and those wanting to learn to defend themselves (minors must be accompanied by a parent).

Instructor: Elmer Tancinco

Wednesday	Fee: \$53 (8 classes)	Alameda Aikikai
Jan. 8 – Feb. 26	7:00 p.m. - 8:15 p.m.	Class # 12963
Apr. 9 – May 28	7:00 p.m. - 8:15 p.m.	Class # 12964



## Golf - Adult

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
Apr. 11 – May 16	9:30 a.m. – 10:30 a.m.	Class # 12965
Apr. 11 – May 16	10:30 a.m. – 11:30 a.m.	Class # 12966

## 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

Tue & Thur	7:00 p.m. – 8:30 p.m	Twin Towers
Jan. 7 – 30	Fee: \$57 (8 classes)	Class # 12967
Feb. 4 – 27	Fee: \$57 (8 classes)	Class # 12968
Mar. 4 – 27	Fee: \$57 (8 classes)	Class # 12969
Apr. 8 – May 1	Fee: \$57 (8 classes)	Class # 12974
May 6 – June 5	Fee: \$62.50 (10 classes)	Class # 12975
Saturday	11:30 a.m. - 1:00 p.m.	Twin Towers
Jan. 4- 11 – 25	Fee: \$33 (3 classes)	Class # 12970
Feb. 1 – 22	Fee: \$43 (4 classes)	Class # 12971
Mar. 1 – 22	Fee: \$43 (4 classes)	Class # 12972
Apr. 5 – 26	Fee: \$43 (4 classes)	Class # 12977
May 3 – 31 No Class May 17	Fee: \$43 (4 classes)	Class # 12978

## 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

Tue & Thur	9:00 a.m. – 10:00 a.m.	Harrison Center
Jan. 7- 30	Fee: \$51 /Seniors \$49 (8 classes)	Class # 12980
Feb. 4 – 27	Fee: \$51 /Seniors \$49 (8 classes)	Class # 12981
Mar. 4 – 27	Fee: \$51 /Seniors \$49 (8 classes)	Class # 12982
Apr. 8 – May 1	Fee: \$51 /Seniors \$49 (8 classes)	Class # 12984
May 6 – 29	Fee: \$51 /Seniors \$49 (8 classes)	Class # 12985

## Let's Start Running

NEW

Learn to enjoy running by developing proper form, strength training and skills. Class includes warm-up, strengthening, and cool-down exercises.

Instructor: Marty Beene

Tuesday/Thursday	1:00 p.m. – 2:00 p.m.	Godfrey Park
Jan. 7 – Mar. 27	Fee: \$123 (24 classes)	Class # 12988
Apr. 8 – June 5	Fee: \$93 (18 classes)	Class # 12991
Sunday	8:00 a.m. – 9:00 a.m.	Leydecker Park
Jan. 12 – Mar. 23	Fee: \$58 (11 classes)	Class # 12989



## Let's Keep Running

NEW

Continue to enjoy running by practicing proper form using training and fine-tuning skills learned in the beginning class. Includes warm-up, strengthening, cool-down exercises, and running.

Sunday	8:00 a.m. – 10:00 a.m.	Leydecker
Apr. 6 – June 1	Fee: \$48 (9 classes)	Class # 12992

## Shaolin Tai Chi Praying Mantis Kung Fu

Study and practice the form and theories of Tai Chi Chuan and Shaolin Kung Fu. This class will cover Qi-Gong, Meditation, Self-defense as well as the movements of the Yang 24 style Tai Chi Chuan and Shaolin Kung Fu. Suitable for all levels of training.

Instructor: Janet Oppio

Wednesday	7:00 p.m. - 8:30 p.m	Harrison Center
Jan. 8 – Mar. 12	Fee: \$73 (10 classes)	Class # 12993
Apr. 9 – May 28	Fee: \$59 (8 classes)	Class # 12994

For Class Locations see page 20-21

# FITNESS - ADULTS

## Tai Chi Chaun

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
Jan. 6 – Mar. 24 <i>No Jan. 20 &amp; Feb. 17</i>	Fee: \$73 (10 classes)	Class # 12995
Apr. 7 – June 2 <i>No Class May 26</i>	Fee: \$59 (8 classes)	Class # 12996

## Yoga - Prenatal

This childbirth preparation class uses a multifaceted approach to exercise that encourages stretching, mental centering and focused breathing. Benefits include improving sleep, reduced stress and endurance of muscles needed for childbirth.  
Instructor: Rebecca Trissell

Sunday	Fee: \$123 (8 classes)	Team Silva
Feb. 2 – Mar. 23	12:00 p.m. – 1:15 p.m.	Class # 12997
Sunday	Fee: \$63 (4 classes)	Team Silva
May 4 – 25	12:00 p.m. – 1:15 p.m.	Class # 12998

## Yoga - Mom and Baby

Bring your baby while you regain strength, rebuild your pelvic floor and work your core. Provides an opportunity to bond with your baby and make friends with other mothers.  
Instructor: Rebecca Trissell

Friday	Fee: \$63 (4 classes)	Team Silva
Feb. 7 – 28	10:00 a.m. – 11:15 a.m.	Class # 12999
May 9 – 30	10:00 a.m. – 11:15 a.m.	Class # 13000

## 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: \$57 (6 classes)	Harrison Center
Jan. 7 – Feb. 11	6:30 p.m. – 7:30 p.m.	Class # 13001
Jan. 7 – Feb. 11	7:40 p.m. – 8:40 p.m.	Class # 13002
Feb. 18 – Mar. 25	6:30 p.m. – 7:30 p.m.	Class # 13003
Feb. 18 – Mar. 25	7:40 p.m. – 8:40 p.m.	Class # 13004
Tuesdays	Fee: \$48 (5 classes)	Harrison Center
Apr. 8 – May 6	6:30 p.m. – 7:30 p.m.	Class # 13007
Apr. 8 – May 6	7:40 p.m. – 8:40 p.m.	Class # 13008
Tuesdays	Fee: \$39 (4 classes)	Harrison Center
May 13 – June 3	6:30 p.m. – 7:30 p.m.	Class # 13009
May 13 – June 3	7:40 p.m. – 8:40 p.m.	Class # 13010



## 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 (7 classes)	Harrison Center
Jan. 6 – 29	9:00 a.m. – 10:00 a.m.	Class # 13017
Jan. 6 – 29	10:15 a.m. – 11:15 a.m.	Class # 13018
<i>No Class Jan. 20</i>		
Feb. 3 – 26	9:00 a.m. – 10:00 a.m.	Class # 13011
Feb. 3 – 26	10:15 a.m. – 11:15 a.m.	Class # 13012
<i>No Class Feb. 17</i>		
Mon & Wed	Fee: \$51 /Seniors \$49 (8 classes)	Harrison Center
Mar. 3 - 26	9:00 a.m. – 10:00 a.m.	Class # 13013
Mar. 3 – 26	10:15 a.m. – 11:15 a.m.	Class # 13014
Apr. 7 – 30	9:00 a.m. – 10:00 a.m.	Class # 13020
Apr. 7 – 30	10:15 a.m. – 11:15 a.m.	Class # 13019
Mon & Wed	Fee: \$45 /Seniors \$43 (7 classes)	Harrison Center
May 5 – 28	9:00 a.m. – 10:00 a.m.	Class # 13021
May 5 – 28	10:15 a.m. – 11:15 a.m.	Class # 13022

## Zumba Fitness

Are you ready to party yourself into shape? Forget the workout, just lose yourself in the music and find yourself in shape. Feel the rhythm of high energy Latin and international beats.  
Instructor: Summer Farouni

Saturday	9:00 a.m. – 10:00 a.m.	Harrison Center
Jan. 11 – Mar. 22	Fee: \$91 (11 classes)	Class # 13025
Apr. 5 – May 31	Fee: \$75 (9 classes)	Class # 13026

For Class Locations see page 20-21

## 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.**

### Adult Basketball League

- 10 game season plus playoffs.
- Alameda Point Gym, 1101 West Redline Ave.
- Applications and fees are due February 7.

<b>Class # 12831</b>	<b>Feb. 23 – May 11 (no games April 20)</b>
6:00 p.m. – 9:00 p.m.	Team fee: \$650 resident / \$700 non-resident

### Adult Softball Spring League

- 10 game season plus playoffs
- Field Locations: Leydecker Park, Lil Arnerich Field at Upper Washington Park, and Toby Chavez Field at Lower Washington Park
- All team applications and fees due March 13.

<b>Coed Class # 12832</b>	<b>Men's Class # 12833</b>
Season starts week of April 14	Coed and Men's Softball D leagues
Games played 6:30p.m., 7:40 p.m., and 8:50 p.m.	Leagues play nights Monday – Friday
Coed six team league \$650 resident / \$700 non-resident.	Men's six team league \$715 resident / \$765 non-resident.

### Open Gym - Volleyball & Basketball

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

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

### Adult Volleyball

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

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

## DANCE

### Ballet: Mommy & Me

**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](mailto:admin@alamedaballet.com) (Subject line: ARPD) prior to your first class about obtaining dance wear. More info at [www.alamedaballet.com](http://www.alamedaballet.com).



<b>Saturday</b>	<b>Fee: \$190 (10 classes)</b>	<b>Alameda Ballet</b>
Jan 18 – Mar 29 No Class Feb 15	9:45 a.m. – 10:30 a.m.	Class # 12919

### Hip Hop

**Teen/Adult – See page 17**

### Jazz Technique

**Teen/Adult**

Start practicing your jazz hands and jazz walk! This intermediate-level class explores a range of jazz styles with an emphasis on technique, including isolations, swing and rhythm. Class begins with a warm-up designed to develop strength, flexibility, alignment and coordination, followed by progressions across the floor and culminating in fun dance combinations.

Instructor: Byrant Cash-Welch, Dance/10

<b>Saturday</b>	<b>2:00 p.m. – 3:00 p.m.</b>	<b>Dance/10</b>
Jan 11 – Mar 22 No class Feb 15	Fee: \$183 (10 classes)	Class # 12915
Apr 12 – May 31 No class May 24	Fee: \$129 (7 classes)	Class # 12916

### 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, Dance/ 10

<b>Saturday</b>	<b>11:00 a.m. – 12:00 p.m.</b>	<b>Dance /10</b>
Jan 11 – Mar 22 No class Feb. 15	Fee: \$143 (10 classes)	Class # 12920
Apr 12 – May 31 No class May 24	Fee: \$101 (7 classes)	Class # 12921

### Square Dance: Introduction

**Ages 8 to adult – See Page 14**

# CENTER & FITNESS - ADULTS 50+ / SENIORS

## MASTICK SENIOR CENTER

1155 Santa Clara Ave, Alameda, CA  
(510) 747-7500

Website: [www.mastickcenter.com](http://www.mastickcenter.com)

E-mail: [jkrause@alamedaca.gov](mailto:jkrause@alamedaca.gov)

### Programs and services for adults age 50 and older

Weekday Program Hours: 8:30 a.m. to 4:00 p.m.  
Saturday (Bingo & Thrift Shop): 10:00 a.m. to 2:30 p.m.



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	<a href="http://www.mastickcenter.com">www.mastickcenter.com</a>
Weekday Program Hours	8:30 a.m. to 4:00 p.m.
Saturday (Bingo & Thrift Shop)	10:00 a.m. to 2:30 p.m.

### On-Line Registration Available

Enrolling for Ceramic, Computer, Drawing/Painting, Fitness, Yoga, and other classes just got a lot easier with on-line registration. The fliers for these classes now have course numbers which may assist you with the registration process. To register, visit [www.arpdeplay.com](http://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.

## FITNESS

FITNESS CLASS		
Monday/Friday	9:00 a.m. – 10:30 a.m.	Class # 13252
Feb. 3 – May 23	\$60 per person	
Monday	10:00 a.m. – 10:30 a.m.	Class #13250
Feb. 3 – May 19	\$42 per person	
Friday	9:00 a.m. – 10:30 a.m.	Class #13251
Feb. 7 – May 23	\$45 per person	
Wednesday	9:00 a.m. – 10:30 a.m.	
Volunteer Instructor	Free	
PILATES		
Wednesday	10:45 a.m. – 11:45 a.m.	\$4 per person per class
TAI CHI 24 STEPS		
Beginning		
Thursday	9:15 a.m. to 10:15 a.m.	\$3 per person per class
Intermediate Class		
Thursday	10:30 a.m. – 11:30 a.m.	\$3 per person per class
TAI CHI-ERCISE		
Tuesday	10:00 a.m. – 11:00 a.m.	\$4 per person per class
YOGA		
Tuesday	10:30 a.m. – Noon	
Jan. 7 – Feb. 11	\$30 (6-weeks)	Class #12542
Feb. 18 – March 25	\$30 (6-weeks)	Class #13212
April 1 – May 6	\$30 (6-weeks)	Class #13213
May 13 – June 17	\$30 (6-weeks)	Class#13214
Wednesday	9:00 a.m. to 10:30 a.m.	
Jan. 8 – Feb. 12	\$30 (6-weeks)	Class # 12545
Feb. 19 – March 26	\$30 (6-weeks)	Class #13216
April 2 – May 7	\$30 (6-weeks)	Class #13217
May 14 – June 18	\$30 (6-weeks)	Class #13218

### Alexander Technique - The Art of Mindful Movement

The greatest gift for a person who experiences pain or discomfort during daily activities is to improve their mobility, balance, breathing and ultimately their overall functioning. Learn to think and move in new ways with less tension and greater ease.

Instructor: Lenka Fejt, Alexander Technique Instructor

<b>Tuesdays</b>	<b>9:00 a.m. – 10:00 a.m.</b>	<b>April 22, 29, May 6 &amp; 13</b>
Register in the Mastick Office		Drop-In: \$8 per class

# SENIORS/ADULTS 50+ - DANCE & ART

## DANCE

### ABC'S OF Keakealani Hula with Alberta Jay

Monday & Friday  
March 10, 14, 17, and 21, 2014  
10:30 a.m. - 11:30 a.m.  
\$20 per person

BALLROOM DANCE		
Wednesday	1:00 p.m. - 2:00 p.m.	\$4 per person per class
HAWAIIAN DANCE		
Hula II		
Mon & Fri	11:30 a.m. - 12:30 p.m.	\$5 per person per class
Hula III		
Mon & Fri	12:30 p.m. - 3:00 p.m.	\$5 per person per class
LINE DANCE		
Beginning		
Wed & Thur	Noon - 1:00 p.m.	\$3 per person per class
Advanced		
Wednesday	1:00 p.m. - 2:30 p.m.	\$3 per person per class
Thursday	1:00 p.m. to 3:00 p.m.	\$3 per person per class
SQUARE DANCE		
Tuesday	1:00 p.m. - 3:00 p.m.	\$2 Donation
ZUMBA		
Tuesday	1:00 p.m. - 2:00 p.m.	
\$6 drop-in	\$16 (4-weeks)/\$20 (5 weeks)	



## ART & CRAFTS

BEADED JEWELRY MAKING		
Monday (3rd)	9:30 a.m. - 12:30 p.m.	\$15 per person per class
CARD-MAKING CLASS		
Monday (2nd & 4th)	10:00 a.m. - Noon	\$5 per person per class
CREATIVE WRITING		
Tuesday (Jan 7 - May 27)	10:00 a.m. - 12:30 p.m.	\$16 per person per class
CERAMIC CLASS		
Beginning		
Thursday	9:30 a.m. - 12:00 Noon	
Jan 9 - March 13	\$111*	Class #13210
Mar 27 - May 29	\$111*	Class #13211
Advanced		
Thursday	12:30 p.m. - 3:00 p.m.	
Jan 9 - March 13	\$111*	Class #13223
Mar 27 - May 29	\$111*	Class #13224
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	12:30 p.m. - 3:30 p.m.	
Jan 6 - March 17	\$68	Class # 13208
April 7 - June 9	\$68	Class # 13209
Lab (for enrolled students)		
Friday	1:00 p.m. to 3:30 p.m.	
KNITTING/CROCHETING		
Tuesday	1:00 p.m. - 3:00 p.m.	Fee: Materials/Supplies
NEEDLECRAFT		
Tuesday	9:00 a.m. - Noon	Fee: Materials/Supplies
QUILTING		
Lab Friday	1:15 p.m. - 3:45 p.m.	Fee: Materials/Supplies
Lab Saturday (2nd ONLY)	9:00 a.m. - 3:00 p.m.	Fee: Materials/Supplies
SEWING		
Wednesday	10:00 a.m. - 2:00 p.m.	\$5 per person per class
STAINED GLASS		
Monday (Beginning)	9:00 a.m. - Noon	\$4 per person per class*
Wednesday (Intermediate)	9:00 a.m. - Noon	\$4 per person per class*
*Participants must also provide materials/supplies.		
Lab Wednesday	1:00 p.m. - 3:00 p.m.	(for enrolled students)

# TRAVEL, FOOD & BOARD - ADULTS 50+ / SENIORS

## TRAVEL

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	
February	Exploratorium
March	Monterey Bay Aquarium
April	Winery Tour
May	Korbel Winery/Russian River

### Long Distance Travel

Tournament of Roses Parade	
Dec. 2013/January 2014 (5 days)	\$1,859 double/\$2,159 single
Highlights: Float Viewing, Bandfest and New Year's Eve Party (reserved seats at parade). Optional extension to Las Vegas!	
The French Riviera	
March 2014 (9 days)	\$3,249 double;\$3,749 single
Highlights: Nice, Flower Market, St. Jean-Cap-Ferrat, Rothschild Villa and Gardens, Antibes, St. Paul De Vence, Monaco, Frejus Roman Arena, Grasse, Parfumerie. Optional extension—Paris Post Tour!	
New York City	
April 2014 (6 days)	\$2,639 double/\$3,439 single
Highlights: Two Broadway Shows, Greenwich Village, Wall Street, Ground Zero, Metropolitan Museum of Art, New York Harbor Cruise.	
Islands of New England	
September 2014 (8 days)	\$2,659 double/\$3,059 single
Highlights: Providence, Newport, Boston, Cranberry Bog, Plymouth Rock, Plimoth Plantation, Cape Cod, Martha's Vineyard, Nantucket, Hyannis, Provincetown, Whale Watch or Sand Dunes, Lobster Dinner.	
Portugal & Its Islands	
October 2014 (13 days)	\$4,749 double/\$5,449 single
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.	

### Travel Presentation

On Wednesday, February 19, at 1:00 p.m. in the Mastick Media Room, a representative from Collette Tours will be presenting 2014-2015 travel opportunities: Islands of New England, Portugal & Its Islands, and MORE!

## FOOD

### Food Programs

Monday - Friday	12:00 Noon*
Eligibility Requirement: 60 & older	Fee: \$3.50 Donation
*The dining room opens at 11:15 a.m. Reservations are required.	

### Brown Bag Program

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

### Need a Quiet Space to Meet?

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

## ADVISORY BOARD

### 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.

### Mastick Thrift Shop

BARGAINS galore are available at the Mastick Thrift Shop on Tuesday and Saturday from 10:00 a.m. to 2:00 p.m. The Thrift Shop is open to the public and has been a shopping destination since 1984! The Thrift Shop accepts donations that are clean and in good condition. All proceeds support Mastick Senior Center programs.

### MSCAB Scholarship Program

The Mastick Senior Center Advisory Board (MSCAB) provides assistance three times per year to members to help offset the cost of Mastick programs and trips. The scholarship program funds 50% of the program cost not to exceed \$50. For more information or an application, visit the Mastick Office or call (510) 747-7506.

## HEALTH CARE AND LEGAL PRESENTATIONS

Join us for this series of informational workshops on health care presented by the Health Insurance Counseling and Advocacy Program (HICAP). HICAP provides free and objective information and counseling about Medicare and other health insurance related topics. Presentations are FREE and held on the dates listed below at 1:00 p.m. in Room D. **To register to attend, please contact the Mastick Office at (510) 747-7506**



### Health Care Reform and Medicare:

**What it Means for You:**  
**January 14**

- Explains improvements in the prescription drug coverage benefit.
- Discusses the changes to Medicare Advantage plans.
- Outlines additional areas of Medicare coverage, including preventive care benefits.
- Gives a snapshot of changes outside of Medicare.
- Reviews timeline for implementation of the Affordable Care Act.

### Low Income Assistance:

**How to Get Help with Medicare-related Health Care Costs**  
**January 21**

- Reviews the Medicare program and its costs.
- Provides an overview of Medi-Cal and Medicare Savings Programs.
- Discusses the Low Income Subsidy (Extra Help) for prescription drugs.
- Reviews eligibility, the application process, and benefits.

### Seniors' Guide to Public Benefits

**January 28**

- Provides an overview of cash benefits including Social Security and Supplemental Security Income (SSI).
- Provides an overview of health benefits including Medicare and Medi-Cal.
- Explains the Cash Assistance Program for Immigrants (CAPI).
- Reviews General Assistance (GA), CalWorks, and Food Stamps.

### Keeping Elders Safe:

**An Overview of Elder Abuse and Legal Remedies**  
**February 4**

- Explains what elder abuse is and the law that address it.
- Identifies signs of financial, emotional and physical abuse and neglect.
- Reviews legal remedies available to abused elders, including restraining orders.
- Covers practical tips to help prevent abuse.

### Consumer and Medicare Fraud Alert

**February 18**

- Explains identity theft in its different forms.
- Discusses other common scams and forms of fraud.
- Provides information on referral sources and where to get help.

### Citizenship for Seniors:

**A Step-by-Step Guide to Naturalization**  
**February 25**

- Explains the naturalization process for becoming a U.S. Citizen.
- Provides information on exemptions to English and History requirements, including disability waivers.

## 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 Driver Safety Program

A refresher course designed for those over the age of 50. Register and pay in the Mastick Office prior to class.

**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: January 8 & 15 and April 2 & 9.

**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: February 5, March 5, May 7, and June 4.

**Cost:** \$15 AARP members/\$20 non-members (check ONLY).

### Support Services for Everyday Living

At the Center, Blood Pressure Screening, Dental and Podiatry Consultation, Legal Services, Health Insurance Counseling, Support Groups, Notary Services, Income Tax Preparation, and much more. Visit the Mastick Office for a complete list of services.



# LANGUAGE - ADULTS 50+ / SENIORS

## LANGUAGES

### American Sign Language (ASL)

<b>Monday</b>	<b>January 13 - March 17</b>		<b>8-weeks</b>
Beginning	Class #13222	1:00 p.m. - 2:00 p.m.	Room D
Advanced	Class #13219	2:00 p.m. - 3:00 p.m.	Room D
Fee	\$20 per person per class per term		

### English as a Second Language (ESL)

Tuesdays	January 14- March 4	Class # 13205
Tuesdays	March 11 - April 29	Class # 13206
Tuesdays	May 6 - June 24	Class # 13207
10:00 a.m. - 12:00 Noon		
Fee	\$20 per person per class (8-week sessions)	
Register on-line at arpdeplay.com or in the Mastick Office.		

### 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.
Free	Volunteer Facilitator

### Italian Conversation - FREE

Friday	April 4 - June 27	Staff
Beginning	10:00 a.m. - 11:00 a.m.	
Intermediate	11:00 a.m. - Noon	

### Spanish

Spanish I	9:00 a.m. - 10:00 a.m.	Class #13247
Spanish II	10:15 a.m. - 11:15 a.m.	Class #13248
Spanish III	11:15 a.m. - 12:30 p.m.	Class #13249
Fee	\$20 per person per class	

## 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.

**Refer to the Activities at a Glance flier available at the Center or [www.mastickcenter.com](http://www.mastickcenter.com) for program locations.**

## City of Alameda Paratransit Shuttle

*"This shuttle gives me independence! Thank you!"*  
- City of Alameda Shuttle customer



Transportation for Seniors  
and People With Disabilities

# The Freedom to Ride



Got places to go around town? Gas prices got you down?  
Does finding parking make you frown?  
Take the FREE City of Alameda Paratransit shuttle.\*

To register, contact the Mastick Senior Center Transportation Office.

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

City of Alameda Paratransit services are funded by Measure B.

\*Must be an Alameda resident age 55+ or East Bay Paratransit certified.

# SENIORS/ADULTS 50+ - HOT TOPICS

## MASTICK'S HOT TOPICS!

Hot Topics feature relevant topics of interest. Upcoming presentations or events are outlined below and in each edition of our monthly newsletter, Mastick Bee. Preregistration is required for the programs listed below and can be accomplished by visiting the Mastick Office or calling (510) 747-7506.



### Mastick's Annual Holiday Sing-Along

**FREE**

**Thursday, December 12 at 10:00 a.m.** in Mastick's Media Room. Enjoy live music, holiday songs, and refreshments.

### Celebrating Ben Bernanke's Legacy

**FREE**

**Thursday, January 9, 16 and 23 from 10:00 a.m. to 12:00 p.m. in Room D.** Oliver Guinn, Ph.D. Economics and Volunteer Instructor, will present Celebrating Ben Bernanke's Legacy in a three-part series. Ben Bernanke, Ph.D. is scheduled to retire on January 31, 2014 from his position as Chairman of the Board of Governors of the Federal System. Explore Bernanke's extraordinary policies and actions in historical and analytical context.

### Healthcare Reform: California at the Forefront

**FREE**

**Wednesday, January 22 from 10:00 a.m. to 11:30 a.m. in Room D.** Debbie LeVeon, professor emerita of Urban Studies, SFSU, will present Healthcare Reform: California at the Forefront. Passage of the Affordable Care Act in 2010 was an unprecedented step toward health care reform in the United States. It set the country on the path toward comprehensive and affordable medical coverage for all. But the law remains intensely contested with conservatives determined to undermine or repeal it and many states refusing to implement its core provisions. California on the other hand, is leading the way in creating the health insurance exchanges at the heart of the new system, exchanges designed to expand access while controlling costs. Professor LeVeon will analyze the state's progress toward creating an exchange and lead a discussion of what it will take to make health care reform a success. Register in the Mastick Office. This Cal State East Bay Scholar-OLLI program is sponsored by the Mastick Senior Center Advisory Board.

### Drumming Circle

**FREE**

**Thursdays, February 27 and June 12 at 2:30 p.m. in Room A.** Want to improve circulation in your hands and body, loosen stiff joints in the shoulders, arms and wrists, and stimulate the mind? If so, join the Mercy Retirement Community Drumming Circle for a musical experience.

### Classical vs. Romantic Art

**FREE**

**Wednesday, February 26, from 1:00 p.m. to 2:30 p.m. in Room D.** Darwin Marable, Ph.D., history of photography and art, University of New Mexico, will present Classic vs. Romantic Art. Learn the nuances and gain the ability to differentiate between Classical and Romantic Art. Art changes to reflect the basic social values and traditions of society. Professor Marable will explore the dynamic relationship between classicism and romanticism, and in the process help us find a key to understanding the history of western art from ancient Greece to the present. This Cal State East Bay Scholar-OLLI program is sponsored by the Mastick Senior Center Advisory Board.

### Circus Moves for the Young at Heart

**FREE**

**Thursday, March 13 from 10:00 a.m. to 11:30 a.m. in the Mastick Social Hall.** Have you ever wanted to join the circus? If so, this is your opportunity to have fun practicing circus acts while enjoying brain and body fitness! This unique form of physical and mental exercise combines developmental principles with the playful skill of circus arts. Body and mind fitness and flexibility are encouraged using progressive learning practices. Everyone (age 50+) is welcome and is guaranteed to have fun! Join Cynthia Rauschert, Head Coach and Director of Circus Moves.

### Annual Fashion Show and Spring Luncheon

**Thursday, May 8.** The Annual Thrift Shop Fashion Show and Spring Luncheon will guarantee an enjoyable afternoon with friends and is a nice way to support Mastick Senior Center. Tickets are available beginning Friday, April 11.

### Multi-Media Art Exhibit

Join us in the Mastick Lobby on Wednesday, February 12, from 11:00 am to Noon for a reception for artists exhibiting their artwork created in Mastick Senior Center classes (e.g., stained glass, creative writing, paintings, ceramics, jewelry, quilting, and more). Refreshments served.

### 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 Thursday, January 9, February 13, March 13, April 17, May 15 or June 12, at 10:30 a.m. in the Media Room. We're looking forward to your visit!

# OVERVIEW - ADULTS 50+ / SENIORS

## Mastick Senior Center Programs and Services Schedule

Description	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Price
AARP Chapter Meeting (3rd Thursday)				11:30 a.m.			Dues: \$5 per year
AARP Driver Safety Program			9:00 a.m.				\$15 members/ \$20 non-members
Billards	9:00 a.m.	9:00 a.m.	9:00 a.m.	9:00 a.m.	9:00 a.m.		Free
Bingo (Fundraising Program)						10:00 a.m.	Varies
Birthday Celebration (4th Thursday)				12:30 p.m.			Free
Blood Pressure Screening (3rd Tuesday)		1:45 p.m.					By Appointment. Free
Blood Pressure Screening (2nd & 4th Wed)			10:00 a.m.				Free
Book Club		1:00 p.m.					Free
Bridge (Social)			1:00 p.m.				Free
Cards and Games	9:00 a.m.	9:00 a.m.	9:00 a.m.	9:00 a.m.	9:00 a.m.		Free
Computer Classes	Schedule and fees vary. Refer to the Mastick Office.						
Computer Lab	9:00 a.m.		9:00 a.m.	9:00 a.m.	9:00 a.m.		Free/ Printing Fees
Consumer Presentations		1:00 p.m.					Free
Current Events				9:30 a.m.			Free
Dental Consultation (3rd Thursday)				10:00 a.m.			By Appointment. Free
East Bay Retired Teachers Assoc. (EBRTA) Monthly Meeting (1st Thursday)				10:00 a.m.			Free
HICAP		9:30 a.m.					Free
Legal Assistance for Seniors (2nd Monday)	1:00 p.m.						By Appointment. Free
Library	10:00 a.m.		10:00 a.m.		10:00 a.m.		Free
Mah Jongg (Beginners)	Register in the Mastick Office. Must purchase Mah Jongg playing card.						
Mah Jongg (Experienced Players)					1:00 p.m.		Free
Mastick Senior Center Advisory Board Monthly Meeting (3rd Wednesday)			9:00 a.m.				Free
Mastick Walking Group	9:30 a.m.						Refer to program flier.
Movie Matinee				1:00 p.m.			Free
Music Appreciation (4th Thursday)				1:30 p.m.			Free
New Member Orientation (2nd Thursday)				10:30 a.m.			Free
Notary Service			1:30 p.m.				By Appointment. Free
Podiatry Consultation (3rd Tuesday)		1:45 p.m.					By Appointment. Free
Portraits by Woodard (3rd Monday)	1:00 p.m.						By Appointment. Free
Scrabble				1:30 p.m.			Free
Shuffleboard	Daily	Daily	Daily	Daily	Daily		Free
Singing with Keiko					12:30 p.m.		Free
Today's World		9:30 a.m.					Free
Thrift Shop		10:00 a.m.				10:00 a.m.	Varies
Transportation Ticket Sales		9:00 a.m.		9:00 a.m.			Varies
Program dates, times, locations and fees are subject to change.							
Please refer to the Activities at a Glance flier available at the Center for program locations.							

# SPECIAL NEEDS

## LEISURE CLUB

The Leisure Club is a fun, activity based program specifically designed to meet the specialized recreational needs of persons with developmental disabilities in our community.

Activities include talent shows, arts & crafts, local trips, parties and dinners, shopping and much more.

The Leisure Club is geared toward individuals that are 18 years of age and meets twice a month on the second and fourth Thursday from 7:00 p.m. – 9:00 p.m. It is free of charge other than direct activity fees (such as dinner or admission).

For more information,  
please call (510) 747-7543.  
This popular program  
currently has a wait list.



## CITY OF ALAMEDA COMMISSION ON DISABILITY ISSUES

Openings available for people interested in  
issues pertaining to people with disabilities.  
510-747-4800 or [clerk@alamedaca.gov](mailto:clerk@alamedaca.gov)

## HOW TO REGISTER FOR ARPD PROGRAMS

The registration form is available at:  
[www.alamedaca.gov/recreation](http://www.alamedaca.gov/recreation)

or [ARPD@alamedaca.gov](mailto:ARPD@alamedaca.gov)

or ARPD office,  
2226 Santa Clara Ave., Alameda

- Preregistration is required for all classes and activities (unless drop-in is indicated).
- There is a \$25 fee for returned checks.
- Activity withdrawals can be made with a \$15 fee
- Incomplete registration forms and/or incorrect payments will be returned. Full payment is due at the time of registration.
- Classes not meeting the minimum required enrollment 72 hours prior to the first day of instruction will be canceled and the enrollment fee will be refunded.

**ARPD Office Hours:**

**Monday thru Thursday 8:00 a.m. to 6:00 p.m.**

### 1. ONLINE

- Go to the ARPD registration website: [www.arpdeploy.com](http://www.arpdeploy.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](mailto: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

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 U.S. POSTAGE  
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 ALAMEDA, CA  
 PERMIT NO. 171

## RESIDENTIAL CUSTOMER

# ARPD HIGHLIGHTS

**Parks  
 Make  
 Life  
 Better!**

### Junior Warriors Basketball

For K-3rd grades – Starts Jan. 18  
 An affirmative balance  
 of competition, teamwork,  
 self-confidence, and positive attitude.



### Learn Something New!

- Dog & Puppy Training
- American Sign Language
- Archery
- Ghost Hunting in Alameda
- Conversational French
- Flowers 101

### Father Daughter

### “Western Hoedown” Dance

Friday, Feb. 7 at 6:00 p.m.  
 A special party for girls K-5th and their dads  
 or favorite guy in their life.



### Spring Break Camp

An adventure camp for K - 5th graders!  
 Mar. 31 - Apr. 4

