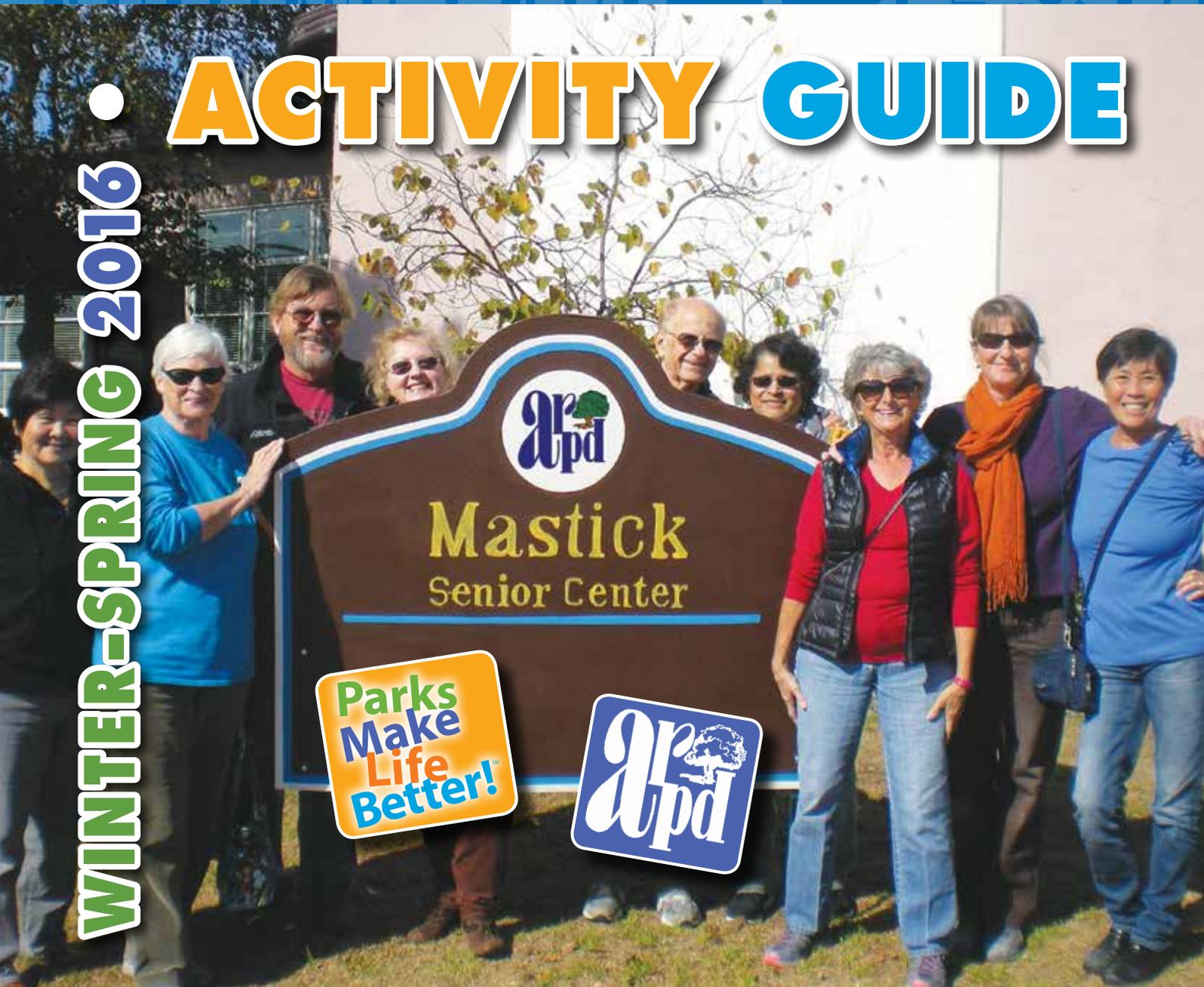


ACTIVITY GUIDE

WINTER-SPRING 2016



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ARPD: 510-747-PLAY • **Hours:** Monday - Thursday: 8am – 6pm

EASY REFERENCE CALENDAR

| Date | Event | Page |
|-------------------|---|--------|
| December 12 | Breakfast with Santa at O'Club | online |
| December 18 | T.G.I.F. Non-School Day Program at Veteran's Building | 13 |
| December 19-20 | Santa Visits Alameda | online |
| December 21 | WEE Play Holiday Party at Veteran's Building | online |
| Dec 21-24 & 28-31 | Winter Wonderland Camp at Harrison Center | 13 |
| January 8 | ELKS/ARPD Hoop Shoot Finals at Alameda Point Gymnasium | online |
| January 16 | Day of Community Service at Alameda Point | 5 |
| January 23 | Annual Rose Pruning at Lincoln Park | 7 |
| February 5 | 15th Annual Father and Daughter Rock'n'Roll Dance Party at O'Club | 7 |
| February 12 | T.G.I.F. Non-School Day Program at Veteran's Building | 13 |
| Feb 22 - Mar 21 | Spring "Egg"stravaganza Coloring Contest | 7 |
| March 8 | Free Concert by Alameda Community Band at Veteran's Building - 7:30 pm | 7 |
| March 19 | Splash into Spring Egg Scramble (Rainout on March 26) | 7 |
| March 21 | Summer 2016 Registration Begins! | online |
| March 25 | T.G.I.F. Non-School Day Program | 13 |
| Mar 28 - April 1 | Spring Vacation Camp at Harrison Center | 13 |
| Mar 28 - April 1 | Junior Warrior Basketball Camp at Alameda Point | 17 |
| April 6 - June 15 | Family Open Gym at Alameda Boys & Girls Club from 6:30 - 8:30 pm | 5 |
| April 9 - May 7 | Spring Swim Lessons at Emma Hood Swim Center | 27 |
| April 11 | Spring Softball League Begins | 31 |
| April 23 | Earth Day Festival at Washington Park | 7 |
| May 6 | Free Concert by Alameda Community Choral at Kofman Auditorium - 7:30 pm | 7 |

ARPD Program Staff

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510-747-7554
cbailey@alamedaca.gov

Ed Kallas

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510-747-7511
ekallas@alamedaca.gov

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Aquatics
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Katherine Sirota

Park & Facility Rentals
510-747-7576
ksirota@alamedaca.gov

Shawn Smith

Teens, Classes, Special Needs
510-747-7555
sdsmith@alamedaca.gov

ARPD Contact

Web

www.alamedaca.gov/recreation

Online Registration

www.arpdeplay.com

Email

arpd@alamedaca.gov

Facebook

playARPD on Facebook

Phone

510-747-PLAY

Fax

510-523-4071

Hours

Monday - Thursday: 8am - 6pm

Park & Facility Issues

- After Hours : 747-7542

Field Condition Hotline

- After 2pm: 747-7540

Mastick Senior Center

747-7500

Parks & Facilities

See page 24-25



Attention Attention
Our office hours are
Monday through Thursday
8:00 am to 6:00 pm
and closed on Fridays.

Alameda City Council

| | |
|------------------------------|---------------|
| Trish Herrera Spencer | Mayor |
| Frank Matarrese | Vice Mayor |
| Tony Daysog | Councilmember |
| Marilyn Ezy Ashcraft | Councilmember |
| Jim Oddie | Councilmember |

Recreation and Parks Commission

| | |
|----------------------|------------|
| Ruben Tilos | Chair |
| Bill Delaney | Vice-Chair |
| Ron Limoges | Member |
| Mario Mariani | Member |
| Adam Trujillo | Member |

ARPD Staff

| | |
|----------------------------|-------------------------|
| Elizabeth Warmerdam | Interim City Manager |
| Amy Wooldridge | ARPD Director |
| Jackie Krause | Senior Services Manager |
| John McDonald | Parks Manager |
| Patrick Russi | Recreation Manager |
| Christina Bailey | Recreation Specialist |
| Edward Kallas | Recreation Specialist |
| Dennis McDaniels | Recreation Specialist |
| Shawn Smith | Recreation Specialist |
| Nora Pon | Senior Clerk |
| Katherine Sirota | Administration |
| Amy Vales | Accounting Technician |

Mastick Senior Center Advisory Board

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

Golf Commission

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

Recreation and Parks Commission

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

CITY DEPARTMENT PHONE LIST

| | |
|--------------------------------------|--|
| Emergency (Life or Property at Risk) | 911 |
| City Information | 747-7400 |
| City Attorney | 747-4750 |
| City Clerk & City Council | 747-4800 |
| City Manager's Office | 747-4700 |
| Alameda Municipal Power (AMP) | 748-3901 |
| Community Development | 747-6850 |
| Building | 747-6800 |
| Economic Development | 747-4880 |
| Fire (Non-Emergency only) | 337-2100 |
| Chuck Corica Golf Complex | 747-7800 |
| Housing Authority | 747-4300 |
| Human Resources | 747-4900 |
| Job Opportunity Website | www.alamedaca.gov/humanresources |
| Library | 747-7777 |
| Police (Non-Emergency only) | 337-8340 |
| TELA-COP Hotline | 835-2267 |
| Animal Shelter | 337-8565 |
| Animal Control | 522-2423 |
| Public Works | 749-5840 |

The Alameda Police Department Wants **YOU** for Its Next



CITIZEN POLICE ACADEMY



Our Citizen Police Academy provides you with the opportunity to get to know YOUR police department. Come explore the inner workings of the department and see how it operates on a daily basis. Some of the topics discussed include: crime scene investigation, firearms safety, defensive tactics, police administration, the officer hiring process, and dispatch communications. The academy is not intended to train participants as police officers. The academy is taught by Alameda police officers with the sole purpose of strengthening relationships with the community we proudly serve.

This FREE academy typically meets once a week for eleven weeks and most classes are held at the Alameda Police Station from 6:30 to 9pm. The next academy is tentatively slated to begin in the beginning of March 2016.

To participate, you must meet the following requirements:

- Have NO prior felony or serious misdemeanor convictions
- Be at least 18 years of age
- Reside or work in the City of Alameda
- Have an interest in law enforcement and a desire to have fun!

Space is limited so apply today!

To obtain an application, contact APD's Community Outreach and Preventative Services (COPPS) Unit @ copps@alamedaca.gov

COMMUNITY RESOURCES

| | |
|--|--|
| AC Transit | www.actransit.org |
| Alameda Adult School | www.alameda-adult-school.org |
| Alameda Boys & Girls Club | www.alamedabgc.org |
| Alameda Career Center | www.alameda.peralta.edu/one-stop-career-center |
| Alameda Education Foundation | www.alamedaeducationfoundation.org |
| Alameda Family Childcare Association | 521-3997 |
| Alameda Family Services | www.xanthos.org |
| Alameda Family Services – Headstart | www.alamedafs.org |
| Alameda Food Bank | www.alamedafoodbank.org |
| Alameda Girls Softball | www.alamedagsa.com |
| Alameda Historical Museum | www.alamedamuseum.org |
| Alameda Hospital | www.alamedaahs.org |
| Alameda Meals on Wheels | www.alamedamealsonwheels.org (865-6131) |
| Alameda Unified School District | www.alameda.k12.ca.us |
| Alameda Youth Collaborative | www.alamedayouth.com |
| American Red Cross | www.redcross.org |
| BANANAS | www.bananasbunch.org |
| Building Futures with Women and Children | www.bfwc.org |
| Chamber of Commerce | www.alamedachamber.com |
| College of Alameda | www.alameda.peralta.edu |
| Crab Cove Visitors Center | www.ebparks.org/parks/vc/crab_cove |
| East Bay Paratransit | www.eastbayparatransit.org |
| East Bay Regional Park District | www.ebparks.org |
| Friends of the Parks Foundation | www.alamedaparks.org |
| Girls Inc. of the Island City | www.girlsincislandcity.org |
| Rhythmix Cultural Center | www.rhythmix.org |
| Special Olympics (Alameda) | www.sonc.org/sports/county/alameda |
| USS Hornet Foundation Museum | www.uss-hornet.org |
| State Park Info and Reservations | www.parks.ca.gov |

COMMUNITY SPORTS

| | |
|-----------------------------------|--|
| Aeromanics - Aeronuts | www.aeromaniacs.com |
| Alameda Attack Lacrosse | www.alamedalacrosse.com |
| Alameda Babe Ruth | www.alamedababeruth.com |
| Alameda Alligators | www.alameda-alga.com |
| Alameda Girls Softball | www.alamedagsa.com |
| Alameda Islanders | www.alamedaislanders.org |
| Alameda Little League | www.eteamz.com/alamedalittleleague |
| Alameda Pirates Football | www.thealamedapirates.org |
| Alameda Soccer Club | www.alamedasoccer.org |
| Alameda Swimming Pool Association | www.alameda-swimming.com |
| Alameda Wolverines | www.alamedafootball.com |
| Alameda Youth Basketball | www.alamedayouthbasketball.com |
| Artemis Rowing | www.artemisrowingclub.org |
| California Rowing Club | www.californiarowingclub.com |
| Chuck Corica Golf Complex | www.alamedagolf.com |
| Special Olympics (Alameda) | www.sonc.org/sports/county/alameda |

COMMUNITY SERVICE DAY

ALAMEDA POINT CLEAN UP DAY!

Join us for Martin Luther King, Jr. Day of Service

On Saturday, January 16, from 9:00 a.m. to 12:00 noon, the City of Alameda Public Works Department's Clean Water Program, in collaboration with Alameda Point Partners, is sponsoring a litter cleanup day at Alameda Point. Join us for an easy and fun way for everyone to help conserve the environment, our precious wildlife and making Alameda beautiful.



To participate, volunteers need to pre-register for the event at <http://alameda-mlk-shoreline-cleanup.eventbrite.com>. Meet at the shoreline parking lot on Main Street, west of the dog park. Please wear sturdy, closed-toe shoes, and bring your own reusable bucket or bag and work gloves. The event will be followed by refreshments and snacks. Volunteers under the age of 18 must be accompanied by an adult. Also, service credit is available upon request. **For more information contact rcampos@alumni.haas.org or call (650) 438-8780.**

FAMILY OPEN GYM NEW

This open gym program is intended to be an opportunity for families to come out and enjoy being active together. Basketball and volleyball as well as other games and activities.

| | | |
|---------------------------------|--|------------------------------|
| April 6 – June 15 | Wednesdays | 6:30 p.m. – 8:30 p.m. |
| Alameda Boys and Girls Club Gym | | 1900 3rd St |
| Drop in \$6 per family | parents/guardians with children under 16 | |



Parks Hotline 510-747-7542

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

YEAR-ROUND SPORTS FOR ALL AGES

Indoor and outdoor options available

Register Now for a FREE Trial or Assessment!

AlamedaSports@bladium.com 510-814-4999

| | |
|---|--|
|  | Lil' Sluggers Ages 2-7 Fundamental baseball skills development |
|  | Lil' Kickers Ages 18 mo.- 9 yrs Child development & soccer fundamentals |
|  | Skills Institute Ages 5-12 Player development |
|  | West Ham United International Academy Ages 7-17 Elite player development |
|  | Youth Soccer Leagues & Tournaments Recreational & competitive indoor & outdoor leagues |

CAMP BLADIUM SCHOOL'S OUT? CAMP'S IN!

rock climbing • soccer
basketball • karaoke
laser tag • cheerleading
water world • arts & crafts
inflatables and more!

ALAMEDACAMPS@BLADIUM.COM



Birthdays at Bladium!

activities of your choice:
rock climbing • soccer
dodgeball • flag football
laser tag • inflatables

ACTIVITY + INFLATABLES + PIZZA = FUN FOR THE ENTIRE FAMILY!

alamedaparties@bladium.com

510-814-4999 bladiumalameda.com



HOLIDAY SAFETY TIPS

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



CHRISTMAS TREES

When selecting a tree, select a fresh tree where the needles are green and hard to pull back from the branches and do not easily break off. The trunk should be sticky to the touch. Old trees can be identified by bouncing the tree trunk on the ground. If you are using a metallic or artificial tree, make sure it is flame retardant. When caring for your Tree, do not place your tree close to a heat source, the heat will dry out the tree, causing it to be more easily ignited by heat, flame or sparks. Keep the tree stand filled with water at all times.

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

HOLIDAY LIGHTS

Holiday Lights are also important during this season, Make sure to inspect your lights for frayed wires, bare spots, gaps in the insulation, broken or cracked sockets, and excessive kinking or wear. Use only lighting listed by an approved testing laboratory. Do Not Overload Electrical Outlets, Do not link more than three light strands, unless the directions indicate it is safe. Connect strings of lights to an extension cord before plugging the cord into the outlet. Make sure to periodically check the wires-they should not be warm to the touch. And do not leave holiday lights on, unattended

DECORATIONS

When putting up Holiday Decorations, All decorations should be nonflammable or flame-retardant and placed away from heat sources.

WRAPPING PAPER

Never Put Wrapping Paper in a Fireplace, It can throw off dangerous sparks and produce a chemical buildup in the home that could cause an explosion.

CANDLES

You should use extreme precaution when using candles, In fact, they should be avoided, but if you do use them, make sure they are in stable holders and place them where they cannot be easily knocked down. Never leave the house with candles burning. Never Put a Lit Candle on a Tree.

SMOKE ALARMS

Finally, as in every season, have working smoke alarms installed on every level of your home, test them monthly and keep them clean and equipped with fresh batteries at all times. Know when and how to call for help. And remember to practice your home escape plan.

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



Holiday Concert - FREE

Friday, December 4, 7:30 p.m.

Kofman Auditorium, 2200 Central Avenue

The Alameda Community Band & Chorus Annual Holiday Concert

Annual Rose Pruning at Lincoln Park

East Bay Rose Society representatives will be at Lincoln Park, 1450 High Street or 1425 Fernside Blvd., on **Saturday, January 23**, between 11:00 a.m. and 1:00 p.m. to provide a rose pruning demonstration. Time will be allocated for "Q & A" pertaining to rose care. Learn to prune roses like an expert by practicing your skills on the roses at Lincoln Park.

34th Annual Spring 'Egg' Stravaganza Coloring Contest

Grade K-5

Starts February 22 and ends March 21

A coloring contest open to all aspiring young artists currently enrolled in Kindergarten through 5th grade. Entry forms will be available starting February 22nd at local parks, on the ARPD website and Facebook, schools, and libraries. Return your completed entry form to the ARPD office or your local park site. Deadline is March 21st. 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.



FREE

Alameda Community Band's Concert

Tuesday, March 8, 7:30 p.m.

Veteran's Memorial Building, 2203 Central Ave

Splash into Spring Egg Scramble

Ages 0-12

Sat., March 19 (Rainout Date is March 26)

10:00 a.m. - 12:00 p.m.

Crab Cove Picnic Area, 1252 McKay Ave.

Free Parking available at Otis &

Westline Parking Lot

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

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

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

FREE



FATHER DAUGHTER DANCE

15th Annual Father and Daughter "Rock and Roll" Dance Party

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

Friday, February 5th, 6:00 p.m. - 8:30 p.m.

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

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

Registration begins on December 7th and ends January 22nd or until event sells out, so sign-up early!

| | |
|---|--------------|
| \$25 per couple/\$15 each additional daughter | Class #16645 |
| Corsages for \$5 each (pre-order only) | Class #16646 |



Earth Day Festival

Sat., April 23

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. Try out our bike powered smoothie blender and spin art machine.

Get involved with the Earth Day Beach Clean-up - Contact Crab Cove Visitor Center at (510) 544-3187.

FREE



Alameda Community Chorus Concert

Friday, May 6, 7:30 p.m.

Kofman Auditorium, 2200 Central Avenue

LIBRARY

Hours and Locations

Main Library: 1550 Oak Street, 510-747-7707

- Mon-Tues: 12:00-8:00p.m.
- Wed: 10:00am-8:00pm
- Thurs-Sat: 10:00am-5:00pm
- Sun: 1:00pm-5:00pm

West End Library: 788 Santa Clara Ave, 510-747-7767

- Mon: 12:00pm-8:00pm
- Wed: 10:00am-6:00pm
- Thurs & Sat: 10:00am-5:00pm

Bay Farm Island Library: 3221 Mecartney Rd, 510-747-7787

- Mon: 10:00am-6:00pm
- Tues: 12:pm-8:00pm
- Thurs & Sat: 10:00am-5:00pm

Alameda Reads Adult Literacy Service:

2203 Central Ave, 510-865-2454

- Call for appointment

Children

Regular monthly activities

- Storytimes
 - Mama Goose (ages 1-3), Saturdays at the Main Library, 10:00am
 - Peter Rabbit (ages 3-5), Wednesdays at the West End Library, 10:30am
 - Thursdays at the Main Library, 10:00am and 11:00am
 - School-age Storytime (ages 5-8), Wednesdays at the Main Library, 3:30pm
 - Family Storytimes (all ages), Tuesdays at the Bay Farm Island Library, 7:00pm
 - Spanish Storytimes, Mondays at the Bay Farm Island Library, call for information
 - Mandarin Storytimes, every other Saturday at the Bay Farm Island Library, call for information
- Paws to Read, Mondays at the Main Library, 3:45pm, call for reservations
- Craft Days
 - 1st Thursday of the month at the Bay Farm Island Library, 3:30pm
 - 2nd Thursday of the month at the West End Library, 3:30pm
 - 3rd Saturday of the month at the Main Library, 2:00pm
- We Love LEGOs
 - 2nd Saturday of the month at the Main Library, 2:00pm
 - 3rd Thursday of the month at the Bay Farm Island Library, 3:30pm
- 4th Thursday of the month at the West End Library, 3:30pm
- First Friday Family Film, 1st Friday of every month at the Main Library, 7pm. Call for show titles.



Children continued

Special Events:

December

- Special Winter Reading Events:
 - December 21: Vacation Matinee showing Arthur Christmas at 2:00pm
 - December 22: Tween Time from 1:30pm-3:30pm
 - December 23: Drop-In Crafts at 2:00pm
 - December 28: Vacation Matinee showing An American Tale at 2:00pm
 - December 29: Tween Time from 1:30pm-3:30pm
 - December 30: Drop-In Crafts at 2:00pm
- December 19: Puppet Art Theater, showing "The Boy Who Cried Wolf," at the Main Library, 2:00pm

January

- January 2: End of Winter Reading Program at all three branches

March

- March 28: Vacation Matinee showing The Goonies at the Main Library, 2:00pm
- March 29: Tween Time at the Main Library, 1:30-3:30pm
- March 30: Drop-In Crafts at the Main Library, 2:00pm
- March 31: Preschool Dance Party at the Main Library, 10:30am

Teens

Regular monthly activities

- Teen Book Club - 4th Thursday of the month, 3:30-5pm at the Main Library
- Alameda High School Book Club – 1st Thursday of the month, 12:00 at AHS
- Encinal High School Book Club – 1st Wednesday of the month, 3:30 at EHS
- Teen Advisory Board - 3rd Thursday of the month, 3:30-5pm (restarting in September)



Adult

Regular monthly activities

- Open Computer Lab
 - Sundays 1-5 pm
 - Tuesdays 1-4 and 5-8 pm
 - Wednesdays 1-4 pm
 - Fridays 10 am -2 pm
- Computer Classes: Wednesdays 6-7:30 pm
- AFL Writers Group – 2nd Saturday of the month 12:30-4 pm
- Lawyers in the Library – Main, 1st Wednesday of the month, sign-ups start at 5:30 pm
- West End, 3rd Monday of the month, sign-ups start at 5:30 pm
- Notary Public – 1st Tuesday of the month, sign-ups start at 5:30 pm
- Cup of Coffee and a Good Book – 3rd Wednesday of the month 1:15 pm Bay Farm Island Lib.

Adult

Special events

December

- 1st, Ken Burn's National Parks film – Libraries Outside, 6 pm
- 5th, Adult Recess (coloring and more) 3-5 pm
- 8th, Ken Burn's National Parks film – Libraries Outside, 6 pm
- 9th, Riddle Me This 6:30-7:30 pm
- 15th, Ken Burn's National Parks film – Libraries Outside, 6 pm
- 22nd, Ken Burn's National Parks film – Libraries Outside, 6 pm
- 28th, PBS POV documentary "The City Dark" – Libraries Outside, 5-8 pm

January

- Pinnacles National Park presentation – Libraries Outside (date TBD)
- National Park Service guided hike (date TBD)
- 20th, Belly Dancing for Seniors 4 pm
- 20th, The Library Talks, live-stream author visit with Tess Gerritsen 6:30 pm

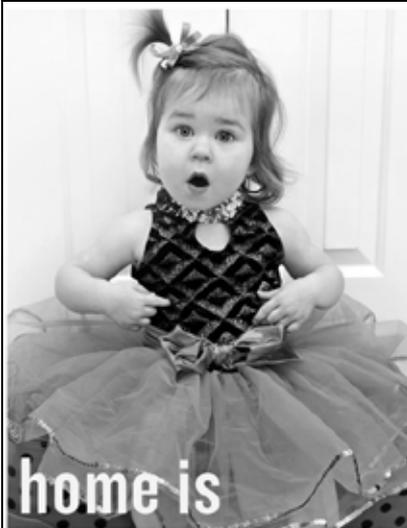
February

- National Park Service work day (date TBD)
- TED conference live-stream event (all day, date TBD)
- 9th, The Library Talks, live-stream author visit with Jill Shalvis 6:30 pm
- 23rd, Arks of Alameda 6 pm

March

- 1st, The Library Talks, live-stream author visit with Marissa Meyer 6:30 pm





Why should you use a member of the **ALAMEDA ASSOCIATION OF REALTORS®** when buying or selling in Alameda?

- ✓ First-hand knowledge of local property values
- ✓ History and background of real estate on the Island
- ✓ The neighborhoods - the schools - the things that make it special
- ✓ To help you realize your real estate dreams

home is
wishing they stayed this age forever.

Finding a local REALTOR® is easy at:
www.Alameda.REALTOR
510.523.7229



ALAMEDA
Association of REALTORS®

Nobody knows the Island like we do!™



2016 Summer Job Opportunities at ARPD!

Starting February 1, 2016, ARPD will be accepting job applications for the following part-time summer positions:



- Aquatics
- Day Camp Leader
- Recreation Leader
- Tennis Instructor

Join our Team!

Pay rates range from \$10 to \$14 per hour, depending on position and experience. Applicants must be at least 16 years of age and be certified in American Red Cross Standard First Aid and CPR.

For job descriptions and applications, please visit our website: www.alamedaca.gov/recreation/employment-opportunities. Applications are also available at the ARPD Office during regular business hours.

PRESCHOOL

Tiny Tots & Small Frys

Ages 3 - 5

The Alameda Recreation and Park's Preschool offers a recreation, play-based program for children ages 3 to 5 years old (pre-kindergartners entering Kindergarten the following fall).

We work closely with Alameda Co. First Five program and follow their 4 Basic building blocks of school readiness: Self-Care & Motor Skills, Self-Regulation & Social Expression and finally K-Academics. A good foundation on the lower tiers will lead to a better understanding of K-Academics when the child reaches Kindergarten.

Our activities include storytelling, games, arts and crafts, cooking, music, motor fitness which will all aid in the development of the lower tiers and preparing for Kindergarten.

Requirements

- Children must be the correct age on the first day of class:
 - Small Fry: 3 years old to 4 years – entering Kindergarten Fall 2017
 - Tiny Tots: 4 years old to Pre-K – entering Kindergarten Fall 2016
- Children must be completely potty-trained and able to attend to their own personal needs to the best of their ability
- Children must also be able to separate from their parents.
- **PROOF OF AGE IS REQUIRED AT TIME OF REGISTRATION - NO EXCEPTIONS**

Locations

Godfrey281 Beach Rd., Bay Farm Island
 Leydecker..... 3225 Mecartney Rd., Bay Farm Island
 Littlejohn Pacific Ave. & Morton St.
 McKinleyBuena Vista Ave. & Walnut St.
 Woodstock..... 3rd St. & Cypress Ave.
 Washington.....740 Central Ave.

| WINTER SMALL FRY CLASSES (3 to 3 yrs, 11 mos.) | | | | |
|--|------------------|-----------------|----------------|----------------|
| Day | Time | Location | Winter Class # | Spring Class # |
| Mon, Wed & Fri | 9:00am - 12:00pm | Godfrey | 15168 | 16415 |
| Tues & Thurs | 9:00am - 12:00pm | Godfrey | 15170 | 16416 |
| Mon, Wed & Fri | 9:00am - 12:00pm | Littlejohn Park | 15169 | 16417 |
| Tues & Thurs | 9:00am - 12:00pm | Littlejohn Park | 15171 | 16418 |
| Tues & Thurs | 9:00am - 12:00pm | McKinley Park | 15172 | 16419 |
| Tues & Thurs | 9:00am - 12:00pm | Washington Park | 15173 | 16420 |
| FALL & WINTER TINY TOT CLASSES (4 to 5 years) | | | | |
| Day | Time | Location | Winter Class # | Spring Class # |
| Tues & Thurs | 9:00am - 12:00pm | Leydecker | 15179 | 16422 |
| Mon, Wed & Fri | 9:00am - 12:00pm | Leydecker | 15174 | 16421 |
| Mon, Wed & Fri | 9:00am - 12:00pm | McKinley Park | 15175 | 16423 |
| Mon, Wed & Fri | 9:00am - 12:00pm | Washington Park | 15176 | 16425 |
| Mon, Wed & Fri | 9:00am - 12:00pm | Woodstock Park | 15178 | 16426 |
| Tues & Thurs | 9:00am - 12:00pm | Woodstock Park | 15180 | 16427 |

Winter 2016

January 4 - March 25, 2016

(No class Jan 18th, Feb 12th and 15th)

NEW students for any remaining spots may register Wed., December 9, 2015 at 8:00 a.m. at the ARPD office, 2226 Santa Clara Ave., Alameda.

(Students in FALL 2015 session have registration priority)

Spring 2016

April 4 - May 27, 2016

NEW students for any remaining spots may register Wednesday, March 16, 2016 at 8:30 a.m. at the ARPD office, 2226 Santa Clara Ave., Alameda.

(Students in Winter 2016 session have registration priority)

Summer 2016 - Sneek Peek

- Tadpole Camp* (3yrs. to Pre-K)
 - Jumping Frog Sport Camp..... (3yrs. to Pre-K)
 - Tenderfoot Camp (4 yrs. to Pre-K)
 - Cooking, And Science Camps (Tiny Tots 4 to 5yrs.)
 - Art Camps (3 to 5 yrs.)
 - Intro To Pre-School (3 year olds)
 - Pre-Kindergarten Readiness (Children entering Pre-K or K)
- * If Encinal Pool construction is finished by summer 2016.

| | Winter Fees (12 Weeks) | Spring Fees (8 Weeks) |
|------------------------------------|--|--|
| Tues & Thurs (2 days) | Full Payment \$422 | Full Payment \$300 |
| | Two Payments \$226 each 1st due on enrolling 2nd due 1/14/16 | Two Payments \$165 each 1st due on enrolling 2nd due 4/15/16 |
| Mon, Wed & Fri (3 days) | Full Payment \$632 | Full Payment \$450 |
| | Two Payments \$331 each 1st due on enrolling 2nd due 1/14/16 | Two Payments \$240 each 1st due on enrolling 2nd due 4/15/16 |
| Mon - Fri (5 days) | Full Payment \$1,054 | Full Payment \$750 |
| | Two Payments \$557 each 1st due on enrolling 2nd due 1/14/16 | Two Payments \$405 each 1st due on enrolling 2nd due 4/15/16 |



PLAY GROUP

Alameda Wee Play

Ages 6 month - 3 years

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

| | |
|--|------------------------------------|
| Mon, Wed & Fri* | 10:00 a.m. - 1:00 p.m. |
| Cost: \$6 Drop-in per day per child | or \$60 Drop-in Card for 12 visits |
| Location: Alameda Veteran's Memorial Building, 2203 Central Avenue | |
| <i>(Closed: December 25, January 1 & 18, February 15, May 30)</i> | |
| Volunteer to set-up or clean-up, certain number per day, and receive free entrance for that day! | |



HOW ARE WE DOING?

TINY TOTS/SMALL FRYS EVALUATION

It has been a pleasure to serve you and we hope your child has had a rewarding and satisfying experience in our program. We are always trying to improve our program and are interested in your input. Please take a moment to complete this form and email it back to me at ahope@alamedaca.gov

Please rank the following items on a scale of 1-5 as to how satisfied you were with the program:

| | | | | |
|---------------|----------|-----------|----------------|-----------|
| 1 | 2 | 3 | 4 | 5 |
| Not Satisfied | Poor | Satisfied | Very Satisfied | Excellent |
| | | | | Score |

1. Did your child enjoy the program? _____
2. Do you feel the teachers related well to your child? . _____
3. Do you feel the activities were varied and at age level? ____
4. Do you feel the cost of the program is affordable? .. _____
5. Would you recommend this program? _____
6. If you could add anything to the program it would be:

Preschool site & days attended:

Additional comments or suggestions

Drop off or mail to:

Alameda Recreation & Parks
 2226 Santa Clara Avenue, Alameda, CA 94501
 (510) 747-7529



510-747-7777

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

AFTER SCHOOL PROGRAMS

Parks and Playground Program

2015-2016 School Year

Grades K-5

FREE Drop-in Afterschool Activities

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

| | |
|---|---------------------|
| Monday – Friday | 3:00p.m. – 5:00p.m. |
| Bayport, Franklin, Lincoln, Longfellow, Tillman, and Washington Parks | |
| All Sites Closed on School Holidays: Christmas ~ December 25, 2015 New Year's Day ~ January 1, 2016 Martin Luther King Jr. Holiday ~ January 18, 2016 President's Day ~ February 15, 2016 | |

Parks & Playgrounds will be open during Winter Break!

Come down to your local park and participate in fun activities with the ARPD Recreation Leaders.

Parks will be open 10:00 a.m. to 4:00 p.m., Monday through Thursday, Dec 21 – 31.

SITES WILL BE CLOSED DEC. 25 AND JAN. 1.



Recreation Afterschool Program - RAP Grades 1 – 5

Through June 16, 2016

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 is offered at the following sites:

- Amelia Earhart School – Leydecker Park
- Maya Lin & Paden Schools – Washington Park

The sites listed below are currently full:

- Bay Farm School – Tillman Park
- Edison & Otis Schools – Lincoln Park
- Franklin & Lum Schools – Franklin Park

| | |
|-----------------------|------------------------------------|
| WINTER Session | November 30, 2015 – March 11, 2016 |
| SPRING Session | March 14 – June 16, 2016 |

| WINTER or SPRING Session Payments | |
|---|---|
| 5 days/week | Full Payment \$630 |
| | *Two Payments \$345 each |
| 3 days/week | Full Payment \$416 |
| | *Two Payments \$238 each |
| 2 days/week | Full Payment \$295 |
| | *Two Payments \$178 each |
| A limited number of reduced fees are available for students. To qualify, please complete a fee assistance request form from ARPD. | |
| *WINTER | 1st payment due by 11/19/15, 2nd due by 1/28/16 |
| *SPRING | 1st payment due by 3/10/16, 2nd due by 5/5/16 |

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.

NON-SCHOOL DAY PROGRAMS

"T.G.I.F."

Non-School Day Program for Grades K - 5

There's no school... so come hang out with ARPD! We will take advantage of all the space at the Veteran's Memorial Building and Underground Teen Center. Activities will include large group games, arts & crafts, a cooking project, and movie! Snacks and lunch will be provided; please note any food allergies upon registration. Wear comfortable shoes, socks, and play clothes. Group may take local excursions, depending on weather. Program will be held at Veteran's Memorial Building, 2203 Central Avenue.

| | |
|----------------------------------|---|
| Friday, Dec 18, 2015 | 7:30 a.m. to 5:30 p.m. |
| Class # 16683 | \$50.00 Resident / \$55.00 Non-Resident |
| Friday, February 12, 2016 | 7:30 a.m. to 5:30 p.m. |
| Class # 16684 | \$60.00 Resident / \$66.00 Non-Resident |
| Friday, March 25, 2016 | 7:30 a.m. to 5:30 p.m. |
| Class # 16685 | \$60.00 Resident / \$66.00 Non-Resident |



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

| | |
|------------------|---|
| December 21 - 24 | 9:00am - 3:00pm |
| Class # 16216 | Fee \$120 Resident / \$132 Non-Resident |

Session I - Extended Care (No Afternoon Care on 12/24/15)

7:30 - 9:00am & 3:00 - 5:30pm

| | |
|---------------|----------|
| Class # 16218 | Fee \$52 |
|---------------|----------|

Camp Session II

| | |
|------------------|---|
| December 28 - 31 | 9:00am - 3:00pm |
| Class # 16217 | Fee \$120 Resident / \$132 Non-Resident |

Session II - Extended Care (No Afternoon Care On 12/31/15)

7:30 - 9:00am & 3:00 - 5:30pm

| | |
|---------------|----------|
| Class # 16219 | Fee \$52 |
|---------------|----------|

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.



| | |
|-----------------------------|-------------------------------------|
| Spring Vacation Camp | March 28 - April 1, 2016 |
| Camp | 9:00am - 3:00pm |
| Class # 16643 | \$158 Resident / \$174 Non-Resident |
| Extended Care | 7:30 - 9:00am & 3:00 - 5:30pm |
| Class # 16644 | \$75 |

Jr. Warriors Spring Break Basketball Camp

Grades K - 5, March 28-April 1, See page 17

ENRICHMENT

Cooking Round the World

Ages 6 - 9

Cooking Round the World is the juncture where cultural education meets culinary arts. Each class session we "visit" a new country, cook 2 dishes and discuss how food is reflective of cultural differences. Other activities include language acquisitions and a folktale. Educational, delicious, and fun! There is a \$50 materials fee payable to the Instructor on the first day.



| | | |
|-------------------------|----------------------|---------------------|
| Ages 6 - 9 | Class # 16454 | |
| Wednesday | Jan. 20 - Mar. 23 | 2:30p.m. - 4:00p.m. |
| No. of classes: 10 | Fee: \$183 | Lab Fee: \$50 |
| Instructor: Mindy Myers | | Woodstock Park |
| Ages 6 - 9 | Class # 16455 | |
| Wednesday | Apr. 6 - June 8 | 2:30p.m. - 4:00p.m. |
| No. of classes: 10 | Fee: \$183 | Lab Fee: \$50 |
| Instructor: Mindy Myers | | Woodstock Park |

OYC Alameda Miracle Chorus

Grades K - 5

Oakland Youth Chorus (OYC) is a professional, award-winning music education and performance program focused on transforming lives and communities through singing. Students explore the world through music while building musical skills. There is a \$10.00 materials fee payable to the Instructor on the first day of class. For more information about OYC, please visit www.oaklandyouthchorus.org.



| | | |
|-----------------------|----------------------|--------------------------|
| Grades K - 2 | Class # 16447 | |
| Tuesday | Jan. 12 - Mar. 22 | 4:30p.m. - 5:30p.m. |
| No. of classes: 11 | Fee: \$146 | Lab Fee: \$10 |
| Instructor: OYC Staff | | Veteran's Bldg., Rm. 120 |
| Grades 3 - 5 | Class # 16448 | |
| Tuesday | Jan. 12 - Mar. 22 | 5:30p.m. - 6:30p.m. |
| No. of classes: 11 | Fee: \$146 | Lab Fee: \$10 |
| Instructor: OYC Staff | | Veteran's Bldg., Rm. 120 |
| Grades K - 2 | Class # 16451 | |
| Tuesday | Apr. 5 - June 7 | 4:30p.m. - 5:30p.m. |
| No. of classes: 10 | Fee: \$133 | Lab Fee: \$10 |
| Instructor: OYC Staff | | Veteran's Bldg., Rm. 120 |
| Grades 3 - 5 | Class # 16452 | |
| Tuesday | Apr. 5 - June 7 | 5:30p.m. - 6:30p.m. |
| No. of classes: 10 | Fee: \$133 | Lab Fee: \$10 |
| Instructor: OYC Staff | | Veteran's Bldg., Rm. 120 |



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Computer Animation Fundamentals with PC

Ages 8 - 12

Working with computers, participants will learn skills that help with computer drawing, character creation and movement, voiceover work and character interaction and speech. In small groups, students will focus on learning introductory computer animation techniques.



| | | |
|--------------------------|--------------------------|---------------------|
| Ages 8 - 12 | Class # 16535 | |
| Wednesday | Feb. 10 - Mar. 9 | 3:45p.m. - 5:45p.m. |
| No. of classes: 5 | Fee: \$130 | |
| Instructor: Freshi Media | Veteran's Bldg., Rm. 120 | |

Introduction to Video Game Design

Ages 8 - 12

Learn how to create and design an original and interactive video game! Working with PC's, beginning Game Developers work with a partner to conceive, design and build their own original computer game.

| | | |
|--------------------------|--------------------------|---------------------|
| Ages 8 - 12 | Class # 16541 | |
| Thursday | Apr. 14 - May 12 | 3:45p.m. - 5:45p.m. |
| No. of classes: 5 | Fee: \$130 | |
| Instructor: Freshi Media | Veteran's Bldg., Rm. 120 | |



Bricks 4 Kidz - Lego Space Camp

Ages 5 - 11

Come blast off with us as we create motorized Lego models that teach about space travel. Kids will take home their own mini model. There is a \$15 lab fee payable to the Instructor on the day of camp.

| | | |
|------------------------------|----------------------|----------------------|
| Age: 5 - 11 | Class # 16655 | |
| Friday | Feb. 12 | 9:30a.m. - 12:30p.m. |
| No. of classes: 1 | Fee: \$53 | Lab fee \$10 |
| Instructor: Oona Gilles-Weil | Lincoln Lodge | |

Bricks 4 Kidz - Jurassic Camp

Ages 5 - 11

Are you ready for the adventure of a lifetime? Put on your hiking boots and camouflage... you're about to enter Jurassic Brick Land! Campers will build a world that comes to life with gentle Brontosaurus, ferocious Velociraptor, terrible T. Rex, and more. We'll learn about amazing dinosaurs that lived during the Jurassic period, and other extinct, prehistoric animals that roamed the earth and swam the seas during that era and millions of years later. Show us your building skills using our specialized project kits! Come learn, build and play at Jurassic Brick Land camp! There is a \$15 materials fee payable to the Instructor on the first day.



| | | |
|------------------------------|----------------------|----------------------|
| Age: 5 - 11 | Class # 16656 | |
| Monday - Friday | Mar. 28 - Apr. 1 | 9:30a.m. - 12:30p.m. |
| No. of classes: 5 | Fee: \$203 | Lab Fee: \$15 |
| Instructor: Oona Gilles-Weil | Franklin Park | |

Extended care

Extended care at Spring Vacation Camp at Harrison Center (Lincoln Park) is available for this camp. Doors open at 7:30a.m., participants must arrive by 8:30a.m. Participants will be driven to and from Franklin Park for this camp. Pick-up at Harrison Center is no later than 5:30p.m.

| | | |
|------------------------|-------------------|----------------------|
| Extended Care | Fee: \$120 | Class # 16693 |
| Instructor: ARPD Staff | Harrison Center | |

FITNESS

Kids Gymnastics

Ages 12 months - 8 years

Ruby's Tumbling is a family owned business for more than 25 years. A fun classroom setting for future gymnast designed to teach them the early stages of balance, coordination, flexibility, and strength. Watch them gain confidence with every step.

| | | |
|--|--------------------|-------------------|
| Instructor: Ruby Gama | | |
| Ruby's Tumbling; 2333 Clement Ave., Alameda, CA 94501 | | |
| Ages 12 mos. - 23 mos. (with parent participation) | | |
| Class # 16469 | Thursday | Jan. 14 - Mar. 17 |
| 9:15a.m. - 10:00a.m. | No. of classes: 10 | Fee: \$153 |
| Ages 24 mos. - 3 yrs. (with parent participation) | | |
| Class # 16470 | Thursday | Jan. 14 - Mar. 17 |
| 10:15a.m. - 11:00a.m. | No. of classes: 10 | Fee: \$153 |
| Ages 3 yrs. - 5 yrs. | | |
| Class # 16473 | Wednesday | Jan. 13 - Mar. 16 |
| 5:15p.m. - 6:00p.m. | No. of classes: 10 | Fee: \$165 |
| Ages 5 yrs. - 8 yrs. | | |
| Class # 16475 | Wednesday | Jan. 13 - Mar. 16 |
| 4:00p.m. - 5:00p.m. | No. of classes: 10 | Fee: \$178 |
| Ages 12 mos. - 23 mos. (with parent participation) | | |
| Class # 16471 | Thursday | Apr. 7 - June 9 |
| 9:15a.m. - 10:00a.m. | No. of classes: 10 | Fee: \$153 |
| Ages 24 mos. - 3 yrs. (with parent participation) | | |
| Class # 16472 | Thursday | Apr. 7 - June 9 |
| 10:15a.m. - 11:00a.m. | No. of classes: 10 | Fee: \$153 |
| Ages 3 yrs. - 5 yrs. | | |
| Class # 16474 | Wednesday | Apr. 6 - June 8 |
| 5:15p.m. - 6:00p.m. | No. of classes: 10 | Fee: \$165.50 |
| Ages 5 yrs. - 8 yrs. | | |
| Class # 16476 | Wednesday | Apr. 6 - June 8 |
| 4:00p.m. - 5:00p.m. | No. of classes: 10 | Fee: \$178 |



Omega Martial Arts

NEW

Ages 6 + (parent participation optional)

Learn to combine striking with grappling for self-defense, fitness and personal development. New this winter/spring, parents/guardians are welcome to enroll with their children. Children are also welcome to enroll without their parent(s). A mixed martial arts class for the whole family! All abilities welcome.

| | | |
|---------------------------------|-----------------------|---------------------------------|
| Instructor: Carlo Valero | | |
| Veteran's Bldg., Rm. 250 | | |
| Age: 6 + | Class # 16627 | |
| Mon and Wed | Jan. 11 - Mar. 23 | 5:00p.m. - 6:00p.m. |
| No. of classes: 20 | Fee: \$203 per person | NO CLASSES ON Jan. 18 & Feb. 15 |
| Age: 6 + | Class # 16628 | |
| Mon and Wed | Apr. 4 - June 8 | 5:00p.m. - 6:00p.m. |
| No. of classes: 19 | Fee: \$193 per person | NO CLASS ON May 30 |



REACH 40,000 RESIDENCES

Have You Considered Advertising in the ARPD Activity Guide?

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

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

SPORTS

Kidz Love Soccer

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



| | | |
|--|------------------|------------------------|
| Wednesday | Session 1 | Jan 27-March 16 |
| Location: Lower Washington Park | | Fee \$112 |
| Tot/Pre-Soccer (3.5-5yrs) | | |
| 3:10 - 3:45pm | Class # 16433 | |
| Soccer 1 Techniques and Teamwork (5-6yrs) | | |
| 3:45 -4:30pm | Class # 16434 | |
| Mommy/Daddy & Me Soccer (2-3.5yrs) | | |
| 4:40 -5:10pm | Class # 16429 | |

| | | |
|---|------------------|------------------------|
| Wednesday | Session 2 | April 13-June 1 |
| Location: Lower Washington Park | | Fee \$112 |
| Soccer 2 Skillz & Scrimmages (7-10yrs) | | |
| 3:45-4:30pm | Class # 16445 | |
| Soccer 1 Techniques and Teamwork (5-6yrs) | | |
| 4:30-5:15pm | Class # 16440 | |
| Tot/Pre-Soccer (3.5-5yrs) | | |
| 5:15-5:50pm | Class # 16443 | |
| Mommy/Daddy & Me Soccer (2-3.5yrs) | | |
| 6:00-6:30pm | Class # 16431 | |

| | | |
|---|------------------|------------------------|
| Saturdays | Session 1 | Jan 30-March 19 |
| Location: Upper Washington Park | | Fee \$112 |
| Tot-Soccer (3.5-5yrs) | | |
| 9:15-9:50am | Class # 16436 | |
| Soccer 1 (5-6yrs) | | |
| 9:50-10:35am | Class # 16437 | |
| Soccer 2 (7-10yrs) | | |
| 10:35-11:20am | Class # 16438 | |
| Mommy/Daddy & Me Soccer (2-3.5yrs) | | |
| 11:30-12:00pm | Class # 16430 | |

Kidz Love Soccer continued

| | | |
|---|------------------|--------------------------|
| Saturdays | Session 2 | April 16- June 11 |
| Location: Upper Washington Park | | Fee \$112 |
| (April 23rd class at Lower Washington, no class May 28) | | |
| Tot-Soccer (3.5-5yrs) | | |
| 9:15-9:50am | Class # 16442 | |
| Soccer 1 (5-6yrs) | | |
| 9:50-10:35am | Class # 16444 | |
| Soccer 2 (7-10yrs) | | |
| 10:35-11:20am | Class # 16446 | |
| Mommy/Daddy & Me Soccer (2-3.5yrs) | | |
| 11:30-12:00pm | Class # 16432 | |

Jr. Warriors Spring Break Basketball Camp Grades K - 5



This exciting and innovative program has been specifically designed to offer youngsters in K - 5th grades an opportunity to participate in an organized program of balanced competition and skill development. The program philosophy will stress a positive attitude, teamwork, good sportsmanship, and self-confidence. The camp is staffed by National Academy of Athletics coaches along with ARPD staff. Campers will each have the opportunity to create a 45 second video demonstrating their favorite skill or accomplishment from camp emailed directly to parents/guardians. Each participant will also receive a Jr. Warriors jersey, headband, and certificate of participation.

| | | |
|--------------------------------|---------------|-----------------------------|
| March 28 - April 1 | | Monday - Friday |
| Alameda Point Gymnasium | | 9:00 a.m.-12:00 p.m. |
| Grade K - 1 | Class # 16500 | Fee \$150 |
| Grade 2 - 3 | Class # 16501 | Fee \$150 |
| Grade 4 - 5 | Class # 16502 | Fee \$150 |



SUMMER DAY CAMPS

Camp fills quickly!

Registration starts Monday, March 21st.

Hidden Cove Day Camp

Ages 5 - 7 (Completed TK through 1st Grade)

Robert Crown Memorial State Beach and Crab Cove provides the natural setting for an introductory camp experience. Activities include camp skills, outdoor cooking, nature crafts, hiking, and out of town field trips on Fridays. The week is highlighted by the Thursday Night Family Camp Program.

| June 27 - July 15 | Three individual weeks |
|------------------------|------------------------|
| Mon, Tues, Wed and Fri | 9:00 a.m. - 3:00 p.m. |
| Thursday | 10:00 a.m. - 6:30 p.m. |

Trails End

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

Redwood Regional Park in the Oakland Hills provides the natural setting for the outdoor fun of archery, hiking, camp skills, nature crafts and cooking. The week is highlighted by the fun-filled Thursday Night Family Camp Program. A field trip takes place each Friday. 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 18 - Aug. 12 | Four individual weeks |
|------------------------|-----------------------|
| Mon, Tues, Wed and Fri | 8:30 a.m. - 4:30 p.m. |
| Thursday | 9:30 a.m. - 7:00 p.m. |

Trailblazers

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

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

| August 15-17 | Monday through Wednesday |
|--------------|--------------------------|
|--------------|--------------------------|

SUMMER SPORTS CAMPS

Look for ARPD's Summer Youth Camps!

- Cheerleading
- Flag Football
- Girls Multi-Sport Camp
- Jordan Richter Skateboard Camp
- Jr Warriors Basketball
- Kidz Love Soccer
- Lacrosse
- Tennis
- Volleyball

SUMMER YOUTH PROGRAMS

World of Wonder (WOW)

Grades K - 5

World of Wonder (WOW) is an all-day summer recreational program at Godfrey and Washington Park sites from 7:15 a.m. - 5:30 p.m., Monday through Friday, starting June 22nd.

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 fun twists to include in town field trips, special events, and a pledge to Let's Move Alameda for a healthier lifestyle.

ARPD Summer Park Baseball Program will be offered FREE again this summer. Make sure your kindergartener thru fifth grade child is ready to play ball! Children will play 7 games throughout Alameda and hold a practice once a week. Lower grades will hold a practice once a week and play 4 games this season. The summer will conclude with a baseball jamboree celebration.



ENRICHMENT

Alameda Youth Committee (AYC)

Grades 6 – 12

Alameda Youth Committee (AYC) is currently recruiting members for the Winter/Spring Sessions! Get involved with planning activities for teens: dances, excursions, training, community issues, fundraising, and beyond. We are seeking responsible motivated teens who would like to get hands-on experience with volunteerism, leadership and event planning. Your creativity, past experience, social ability and community spirit are needed. A commitment is required and community hours will be earned when you participate with AYC. Interviews will be conducted prior to acceptance into AYC. New this school year, join AYC's Executive Board! Executive Board members will play an integral role in decision making and group leadership. For more information, please call Shawn Smith, Recreation Services Specialist, at (510) 747-7555 or e-mail him at sdsmith@alamedaca.gov.

| | | |
|---|-----------------|-----------------------|
| Grades 6-12 | Class # 16173 | Vet's Bldg., Rm. 390 |
| Wednesdays* | Sep. 2 – Jun. 8 | 4:00 p.m. – 5:00 p.m. |
| *Meetings are most first and third Wednesdays | | |

Driver Education Internet Study

Ages 15+

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 anytime and take the online course at a time convenient for your schedule.

Upon registration, please notify Recreation Service Specialist, Shawn Smith, at sdsmith@alamedaca.gov.

| | | |
|----------|---------------|-----------|
| Age: 15+ | Class # 16657 | Fee: \$48 |
|----------|---------------|-----------|



AFTER-SCHOOL CARE

Underground Teen Center

Grades 6 – 12

Veteran's Memorial, 2203 Central Ave., downstairs in room 170 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 attend The Underground. Participants need to register at the teen center and must sign-in and out on a daily basis.



| | |
|--|---------------------|
| Open Monday through Friday (Closed on school holidays) | 3:00p.m. – 5:30p.m. |
| The Underground Teen Center will be open on the following AUSD non-school days: Winter Break: Dec. 21 – 24 and Dec. 28 – 31 Spring Break: Mar. 28 – Apr. 1 | |

The Underground - Transportation

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

| | |
|---------------------------------------|---|
| Monday, Tuesday, Thursday, and Friday | 2:30 – 3:25p.m. (varies by school dismissal times) |
| Wednesday | Pick-up varies by school dismissal times |
| Academy of Alameda | Class # 16156 |
| Alameda Community Learning Center | Class # 16155 |
| Bay Farm School | Class # 16157 |
| Junior Jets | Class # 16159 |
| Lincoln Middle School | Class # 16160 |
| NEA | Class # 16161 |
| Wood Middle School | Class # 16162 |

Ghost Hunting 101

Ages 16+ • See Page 28

The ABC's of Nutrition

Ages 14+ • See Page 28

Taiko Drums

Ages 10+ Beginners • See Page 28

VOLUNTEER

Operation Green Sweep

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

| | | |
|--|------------------|------------------|
| Friday | Apr. 15 – May 27 | 3:30 – 5:00 p.m. |
| Teen Center; Veteran's Memorial Bldg. | Fee: \$45 | Class # 16672 |

Teens Teaching Technology

This program is a new collaboration between the Mastick Senior Center and the Underground Teen Center. Teens will meet at the Mastick Senior Center and assist Mastick members with their electronic devices. Devices can include, but are not limited to, iPhones, Android smartphones, assorted cell phones, tablets (iPads & Android), and laptops. Teens need to notify Teen Coordinator if they are not able to attend a session for any reason; otherwise, it will be assumed that you will be in attendance. Volunteer hours can be earned for service, please inquire with Teen Coordinator. If teens need a ride from The Underground, please inquire with the Teen Center staff (teen must be a registered member of The Underground, in order to be eligible for transportation).

| | | | |
|---------------------------------|---------|---------------------|---------------|
| Thursday | Jan. 21 | 4:00p.m. – 5:00p.m. | Class # 16673 |
| Thursday | Feb. 18 | 4:00p.m. – 5:00p.m. | Class # 16674 |
| Thursday | Mar. 17 | 4:00p.m. – 5:00p.m. | Class # 16675 |
| Thursday | Apr. 21 | 4:00p.m. – 5:00p.m. | Class # 16676 |
| Location: Mastick Senior Center | | | |



Teen Volunteer Program

Grades 6 – 12

This program is for youth who are interested in volunteering at ARPD parks and playgrounds during the spring or summer. The Teen Volunteer Program is a great opportunity to gain job experience and satisfy school community service requirements. 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 less than one week prior to training session date will not be accepted. Limit 24 students per training session. For more information, please call Shawn Smith at (510) 747-7555 or email him at sdsmith@alamedaca.gov.

| TRAINING DATES: | | |
|---|-----------|---------------------|
| For those who want to volunteer during the Spring | | |
| Thursday | Mar. 24 | 4:00p.m. – 5:30p.m. |
| Vet's Bldg., Rm. 390 | Fee: \$45 | Class # 16677 |
| For those who want to volunteer during the Summer | | |
| Summer registration available March 21 | | |
| Thursday | May 26 | 4:00p.m. – 5:30p.m. |
| Vet's Bldg., Rm. 390 | Fee: \$45 | Class # 16678 |

Special Needs Services for Teens

See Special Needs Services on page 42 for "Friends Connect," social club for teens/tweens with developmental disabilities.

NEW



Teen/Tween Summer Preview 2016

Join ARPD for our Summer Tween Adventure Camp (Grades 6 – 8), and our Summer Day Trips (Grades 6 – 12). Past trips have included paintball, white water rafting, camping, horseback riding, theme parks and MANY more!
Stay tuned for our Summer Guide.

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. The Jack Clark (South) Course is currently closed for renovation with plans to re-open all 18 holes in 2016. Call to reserve starting times or schedule a tournament. Our staff of highly trained professionals can provide assistance in club fitting, apparel, golf equipment, club repair and lessons.

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

Newly Renovated Lucious Bateman Driving Range

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

Norma Arnerich Teaching Academy

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



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

REES JONES GOLF COURSE IMPROVEMENTS UNDERWAY

The Jack Clark South Course is closed for redesign

The project includes a full redesign of tees, greens and fairways by the world-renowned architect Rees Jones, re-contouring of all holes, improved drainage, irrigation, cart paths and re-grassing. The South Course is closed for renovation with all 18-holes planned for a grand reopening in 2016.

The North Course along with the recently completely renovated Par 3 and Practice Facility will remain open without interruption during the South Course Renovations. Your ongoing support is appreciated while improvements are ongoing.

Please visit AlamedaGolf.com for further updates on all course renovations

TENNIS

Locations

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

Morning Lessons

Ages 18 & Up

Now is the time to make those changes to your strokes that will raise your game a notch. Each class includes instructor tips, drills, strategy and tactics.

| Fairfield Tennis Courts | | |
|---|---------------------|--------------|
| Monday | \$100 per session | \$20 drop in |
| Jan. 4 – Feb 8 | 9:00 a.m. – 10 a.m. | Class #16538 |
| Feb. 22 – March 28 | 9:00 a.m. – 10 a.m. | Class #16536 |
| April 11- May 16 | 9:00 a.m. – 10 a.m. | Class #16537 |
| Rain outs will be made up at the end of the session | | |

Evening Lessons

Ages 18 & Up

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

| Fairfield Tennis Courts | | |
|---|------------------------------|--------------|
| Tuesday & Thursday | \$100 per session | \$20 drop in |
| Beginners | 6:30 p.m. - 7:30 p.m. | |
| Intermediate | 7:30 p.m. - 8:30 p.m. | |
| # classes: 6 | Beginner | Intermediate |
| Jan. 5 – Jan. 21 | Class #16539 | Class #16546 |
| Feb. 2 – Feb 18 | Class #16540 | Class #16547 |
| March 1 – March 17 | Class #16542 | Class #16548 |
| March 29 – April 14 | Class #16543 | Class #16549 |
| April 26 – May 12 | Class #16544 | Class #16550 |
| May 24 – June 9 | Class #16545 | Class #16551 |
| Rain outs will be made up at the end of the session | | |



10 and Under Tennis Ages 5 – 10

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

Drop In Only Jan 2-March 26



| Krusi Tennis Courts | Saturdays | \$20 drop in per class |
|--|-------------------------|------------------------|
| Ages 9 – 10 | 9:00 a.m. – 10:00 a.m. | |
| Ages 7 – 8 | 10:00 a.m. – 11:00 a.m. | |
| Ages 5 – 6 with Mommy/ Daddy and Me | 11:00 a.m. – 12:00 p.m. | |

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 (Must have partner: price listed is for two participants) | |
| 1 hour lesson | \$60 |
| 4 one-hour lessons | \$240 |



FACILITY & PARK RENTALS

ARPD Main Office

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

Park & Facility Issues Line

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

Albert H. DeWitt O'Club

641 West Redline Ave., Alameda Point

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

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



Recreation Centers at Bayport, Leydecker & Lincoln Parks

Recreation Centers are available to individuals and organizations and are ideal for private parties, birthdays, showers, dinners and other social functions.

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

Picnic Areas and Athletic Fields

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

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

Meyers House and Garden

2021 Alameda Ave.

Owned and operated by Alameda Museum

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



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

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

All facility reservations must be made at least 7 working days in advance.

ADDITIONAL FACILITIES AVAILABLE TO THE PUBLIC

Encinal and Grand Street Boat Ramps

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

Bill Osborne Model Airplane Field

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

FACILITIES & PARKS

ENJOY
ALL THAT THE
CITY OF
ALAMEDA
HAS TO
OFFER!



ARPD Main Office

2226 Santa Clara Ave.
747-PLAY

ARPD@alamedaca.gov
www.alamedaca.gov/recreation

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

Park and facility issues
- after hours 747-7542

Field Condition Hotline
- after 2pm 747-7540



CLASS LOCATIONS

| | |
|---------------------------------|--|
| ABC's of Nutrition | 2617 Edison Ct. |
| Alameda Ballet Academy | (510) 337-1929 1402 Park Street |
| Alameda High School | 2201 Encinal Ave. |
| Dance/10 Performing Arts Center | (510) 522-5678 900 Santa Clara Avenue |
| Encinal High School | 210 Central Ave. |
| Ruby's Tumbling | (510) 337-0846 2333 Clement Avenue |
| Twin Towers Church | (510) 522-6744 1411 Oak Street |



FACILITY & PARK LOCATIONS

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



KAYAKING - ALL AGES

KAYAKING

All minors need to be accompanied by a parent or guardian. No experience is necessary; however some courses provide more instruction than others. Upon registering, please email Instructor at stackedadventures@gmail.com for information specific to your class.

Family Kayaking

Ages 4 & Up

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

Fee covers 1 adult and 2 children, or 2 adults and 1 child.

| Fee covers 1 adult and 2 children, or 2 adults and 1 child. | | |
|---|-----------------|------------------------------|
| Instructor: Joe Stack | Bay Farm Lagoon | |
| Sunday | Jan. 24 | 9:00a.m. – 10:30a.m. |
| No. of classes: 1 | Fee: \$73 | Class # 16506 |
| Saturday | Feb. 20 | 9:00a.m. – 10:30a.m. |
| No. of classes: 1 | Fee: \$73 | Class # 16507 |
| Sunday | Mar. 20 | 9:00a.m. – 10:30a.m. |
| No. of classes: 1 | Fee: \$73 | Class # 16508 |
| Saturday | Apr. 16 | 9:00a.m. – 10:30a.m. |
| No. of classes: 1 | Fee: \$73 | Class # 16523 |
| Saturday | Apr. 16 | 11:00a.m. – 12:30p.m. |
| No. of classes: 1 | Fee: \$73 | Class # 16524 |
| Saturday | May 14 | 9:00a.m. – 10:30a.m. |
| No. of classes: 1 | Fee: \$73 | Class # 16525 |
| Saturday | May 14 | 11:00a.m. – 12:30p.m. |
| No. of classes: 1 | Fee: \$73 | Class # 16526 |

Learn to Kayak Series

Ages 12 & Up

This series will cover kayaking equipment, paddle techniques, and rescues, on-land transportation and storage, kayaking planning (tides, maps, etc.) and safety. Each day we will begin with on land instruction developing and challenging our kayaking skills and knowledge. Then tour the area practicing our new skills. The goal of these series is to have you mentally and physically ready to paddle, with the physical skills and mental confidence to continue paddling on your own.

| Instructor: Joe Stack | Encinal Boat Ramp | |
|-----------------------|--|-----------------------------|
| Mondays | Jan. 11, Jan. 25, Feb. 8, Feb. 22, Mar. 7 | 9:00a.m. – 12:00p.m. |
| Fee: \$203 | No. of classes: 5 | Class # 16518 |
| Fridays | Apr. 29, Mar. 13, Mar. 27 | 9:00a.m. – 1:00p.m. |
| Fee: \$148 | No. of classes: 3 | Class # 16528 |

Couple's Valentine Kayak and Dine

Ages 12 & Up

Make Valentine's Day unique with a kayak tour designed just for couples using double kayaks. We will tour the local water ways, and take a break at one of the waterfront restaurants in the area.

| Instructor: Joe Stack | Grand St. Marina | |
|-----------------------|------------------|-----------------------------|
| Sunday | Feb. 14 | 11:00a.m. – 2:30p.m. |
| No. of classes: 1 | Fee: \$63/Person | Class # 16510 |
| Sunday | Feb. 14 | 3:30p.m. – 7:00p.m. |
| No. of classes: 1 | Fee: \$63/Person | Class # 16513 |

Kayak ECO Tour

Ages 12 & Up

Join us for an awesome kayaking tour covering a variety of interests. We will kayak past the war ships including the USS Hornet and venture out to the outer Rockwalls for birding, marine life, and scientific views all in calm waters with stable double kayaks, perfect for all skill levels.

| Instructor: Joe Stack | Encinal Boat Ramp | |
|-----------------------|-------------------|-----------------------------|
| Saturday | Mar. 5 | 9:00a.m. – 12:00p.m. |
| No. of classes: 1 | Fee: \$63 | Class # 16521 |

Kayak and Dine

Ages 12 & Up

Spend your afternoon touring the Oakland Estuary, circling Coast Guard Island and enjoying the marina life with a break for lunch at Brotzeit Lokal (German Food). Enjoy the sea breeze, sunshine, and local cuisines.

| Instructor: Joe Stack | Grand St. Marina | |
|-----------------------|------------------|-----------------------------|
| Sunday | Apr. 17 | 11:00a.m. – 2:30p.m. |
| No. of classes: 1 | Fee: \$63 | Class # 16527 |

Mother's Day Kayak Tour

Ages 12 & Up

Take mom out on a special kayaking tour on her special day. We will tour the area in gentle waters in safe stable kayaks enjoying the views, sea breeze, and marine life. We will see plenty of bird life, seals, and much more!

| Instructor: Joe Stack | Encinal Boat Ramp | |
|-----------------------|-------------------|-----------------------------|
| Sunday | May 8 | 9:30a.m. – 12:00p.m. |
| No. of classes: 1 | Fee: \$53/person | Class # 16533 |



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.

| | |
|--|-----------------------------------|
| Saturdays April 9 – May 7 | 9:00 a.m. – 10:00 a.m. |
| Adults 16 – 49 | \$5 resident / \$6 non – resident |
| Seniors 50 + | \$3 resident / \$4 non – resident |
| Discount multi-pass cards available. | |
| Emma Hood Swim Center, 2256 Alameda Ave. | |

Tiny Tot/Parent Swim

Ages 1 – 4

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

| | |
|--|-------------------------------|
| Saturdays, April 9 – May 7 | 12:45 p.m. – 1:30 p.m. |
| \$10 drop in for parent / guardian and child | |
| Discount multi-pass cards available | |
| Emma Hood Swim Center, 2256 Alameda Ave. | |

Lifeguard Training

Ages 15+

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

| | |
|--|-------------------------------|
| Mon., April 4 | 7:00 p.m. – 8:00 p.m. |
| Sun., April 10 – May 15 | 10:00 a.m. – 4:00 p.m. |
| Fee: \$185 | Class # 16567 |
| Emma Hood Swim Center, 2256 Alameda Ave. | |



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.

| | |
|--|-------------------------------|
| Mon., February 29 | 7:30 p.m. – 8:30 p.m. |
| Sun., March 6, 13, 20 | 10:00 a.m. – 4:00 p.m. |
| Sat., April 2, 9, 16, 23, 30 | 10:00 a.m. – 4:00 p.m. |
| Fee: \$235 | Class # 16568 |
| Emma Hood Swim Center, 2256 Alameda Ave. | |

Spring Swim Lessons

Ages 3 – 15

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



| Saturdays | April 9 – May 7 |
|--|--------------------------------|
| Swim Tutor Private lesson | 10:15 a.m. – 10:45 a.m. |
| \$128 resident / \$148 non – resident | Class # 16573 |
| Ages 3 – 5 year Group lesson | 11:05 a.m. – 11:35 a.m. |
| \$34 resident / \$39 non – resident | Class # 16574 |
| Ages 6 – 15 Group lesson | 11:45 a.m. – 12:30 p.m. |
| \$51 resident / \$59 non – resident | Class # 16575 |
| Emma Hood Swim Center, 2256 Alameda Ave. | |



ENRICHMENT

Bradley Method of Natural Childbirth Ages 18+

Classes teach families about natural childbirth, staying healthy and low risk. Each class covers a specific topic in detail along with covering exercise, nutrition, positive communication and coaching. Relaxation and labor rehearsals are done as well. Recommended to enroll between 5-6 months pregnant to ensure completion. Cost covers expecting mother and her spouse/ coach (if applicable) and workbook. 12 week series.

| | | |
|-----------------------------------|--------------------------|---------------------------------|
| Instructor: Danielle Pence | | Veteran's Bldg., Rm. 120 |
| Tuesday | Jan. 12 - Mar. 29 | 7:00p.m. - 9:00p.m. |
| No. of classes: 12 | Fee: \$478 | Class # 16466 |
| Tuesday | Apr. 5 - June 21 | 7:00p.m. - 9:00p.m. |
| No. of classes: 12 | Fee: \$478 | Class # 16467 |

Meela's Indian Kitchen

Ages 18+

India is a colorful kaleidoscope of culture and cuisine. Students will gain knowledge of exotic spices and herbs while preparing an amazing multi-course feast to remember. A perfect Valentine's Day gift! There is a lab fee of \$13 payable to the Instructor on the day of class.



| | | |
|------------------------|----------------|-----------------------------|
| Saturday | Feb. 13 | 10:00a.m. - 1:30p.m. |
| No. of classes: 1 | Fee: \$59 | Lab Fee: \$13 |
| Instructor: Meela Shah | Leydecker Park | Class # 16468 |

Ghost Hunting 101

Ages 16+

Curious about the paranormal? Learn the basics of paranormal investigation taught by an investigator with almost 40 years of experience. Last class will be a hands-on investigation in the class building, which is haunted!

| | | |
|-----------------------------|-------------------------|----------------------------|
| Wednesday | Mar. 9 - Mar. 23 | 7:00p.m. - 9:00p.m. |
| No. of classes: 3 | Fee: \$25 | Class # 16613 |
| Instructor: Karen Zimmerman | | Veteran's Bldg., Rm. 120 |

Easy Cooking with Fresh Ingredients

Ages 18+

Eating fresh healthy foods does not have to be complicated or expensive! Learn how to make quick, delicious meals from fresh, organic, unprocessed ingredients. No previous cooking skills or experience necessary.

| | | |
|-------------------------------|----------------|-----------------------------|
| Wednesday | Mar. 12 | 10:00a.m. - 1:00p.m. |
| No. of classes: 1 | Fee: \$68 | Class # 16614 |
| Instructor: Johanna Dehlinger | | Leydecker Park |

The ABC's of Nutrition

Ages 14+

This class will teach you very simple ways to eat healthy and reclaim your health. If you have been struggling with your weight and everything you have tried failed, this class is for you. You will learn how food affects your mood, energy level, and your health. We will cover all of the food groups, their functions, meal planning, grocery shopping, and how to make smart choices when eating out. Finally, you will learn how to set goals and how to stick to your goal to succeed at weight loss.

| | | |
|---|--------------------------|------------------------------|
| The Studio - Island Pilates (2617 Edison Ct., Alameda) | | |
| Saturday | Jan. 16 - Feb. 13 | 10:00a.m. - 11:30a.m. |
| No. of classes: 5 | Fee: \$138 | Lab Fee: \$20 |
| Instructor: Lucie Le Blanc | | Class # 16615 |
| Saturday | Apr. 9 - May 7 | 10:00a.m. - 11:30a.m. |
| No. of classes: 5 | Fee: \$138 | Lab Fee: \$20 |
| Instructor: Lucie Le Blanc | | Class # 16616 |

Introduction to Taiko Drums

Ages 10+ Beginners

An introduction to the rhythms and movement of Japanese Taiko Drumming. Beginners start playing simple pieces at the first session. This class is fun and provides moderate aerobic exercise for everyone. There is a \$5.00 materials fee payable to the Instructor on the first day of class.

| | | |
|-------------------------------------|--------------------------|----------------------------|
| Officers' Club, Terrace Room | | |
| Tuesday | Jan. 12 - Mar. 15 | 6:30p.m. - 7:30p.m. |
| No. of classes: 10 | Fee: \$103 | Lab Fee: \$5 |
| Instructor: Kaji Yama Taiko Group | | Class # 16651 |
| Tuesday | Apr. 5 - June 7 | 6:30p.m. - 7:30p.m. |
| No. of classes: 10 | Fee: \$103 | Lab Fee: \$5 |
| Instructor: Kaji Yama Taiko Group | | Class # 16652 |

Intermediate Taiko Drums

Ages 10+

This class teaches more complex and more physically demanding Japanese Taiko Drumming. This class provides moderate-to-vigorous aerobic exercise. It is the goal of this class to introduce the students to the full spectrum of skills needed to present a performance: we discuss drumming styles, staging, varieties of equipment, etc. There is a \$5.00 materials fee payable to the Instructor on the first day of class.

| | | |
|-------------------------------------|--------------------------|----------------------------|
| Officers' Club, Terrace Room | | |
| Tuesday | Jan. 12 - Mar. 15 | 7:30p.m. - 8:30p.m. |
| No. of classes: 10 | Fee: \$103 | Lab Fee: \$5 |
| Instructor: Kaji Yama Taiko Group | | Class # 16653 |
| Tuesday | Apr. 5 - June 7 | 7:30p.m. - 8:30p.m. |
| No. of classes: 10 | Fee: \$103 | Lab Fee: \$5 |
| Instructor: Kaji Yama Taiko Group | | Class # 16654 |

FITNESS

Aikido with Tom Reed

Ages 18+

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

| | | |
|-----------------------------|---------------------|---------------------------------|
| Instructor: Tom Reed | | Veteran's Bldg., Rm. 390 |
| Mon. and Wed. | Jan. 11 - 27 | 7:30p.m. - 8:30p.m. |
| No. of classes: 5 | Fee: \$53 | Class # 16458 |
| NO CLASS ON Jan. 18 | | |
| Mon. and Wed. | Feb. 1 - 29 | 7:30p.m. - 8:30p.m. |
| No. of classes: 8 | Fee: \$53 | Class # 16456 |
| NO CLASS ON Feb. 15 | | |
| Mon. and Wed. | Mar. 2 - 23 | 7:30p.m. - 8:30p.m. |
| No. of classes: 7 | Fee: \$53 | Class # 16459 |
| Mon. and Wed. | Apr. 4 - 27 | 7:30p.m. - 8:30p.m. |
| No. of classes: 8 | Fee: \$53 | Class # 16462 |
| Mon. and Wed. | May 2 - 25 | 7:30p.m. - 8:30p.m. |
| No. of classes: 8 | Fee: \$53 | Class # 16461 |
| NO CLASS ON May 30 | | |



Circuit Training for the Beginner

Ages 18+

Exercises to get you fit and help feel stronger! We will focus on form, strength and endurance. This class is for beginners.

| | | |
|---------------------------------|--------------------------|----------------------------|
| Instructor: Cata Stewart | | Leydecker |
| Tue. and Thu. | Jan. 12 - Feb. 11 | 7:00p.m. - 8:00p.m. |
| No. of classes: 10 | Fee: \$79 | Class # 16598 |
| Tue. and Thu. | Feb. 23 - Mar. 24 | 7:00p.m. - 8:00p.m. |
| No. of classes: 10 | Fee: \$79 | Class # 16599 |
| Tue. and Thu. | Apr. 5 - May 5 | 7:00p.m. - 8:00p.m. |
| No. of classes: 10 | Fee: \$79 | Class # 16607 |
| Tue. and Thu. | May 10 - June 9 | 7:00p.m. - 8:00p.m. |
| No. of classes: 10 | Fee: \$79 | Class # 16608 |

Golf

Ages 18+

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



| | | |
|-----------------------------------|-----------------------|------------------------------|
| Instructor: Randy Herzberg | | Godfrey Park |
| Friday | Apr. 8 - May 6 | 9:30a.m. - 10:30a.m. |
| No. of classes: 5 | Fee: \$53 | Class # 16464 |
| Friday | Apr. 8 - May 6 | 10:30a.m. - 11:30a.m. |
| No. of classes: 5 | Fee: \$53 | Class # 16465 |

Keep it Moving After 50

Ages 50+

This class offers low impact total body experience, with a focus on flexibility, balance, and strength training.

| | | |
|---------------------------------|--------------------------|----------------------------|
| Instructor: Cata Stewart | | Leydecker |
| Tue. and Thu. | Jan. 12 - Feb. 11 | 6:00p.m. - 7:00p.m. |
| No. of classes: 9 | Fee: \$72 | Class # 16596 |
| Tue. and Thu. | Feb. 23 - Mar. 24 | 6:00p.m. - 7:00p.m. |
| No. of classes: 10 | Fee: \$79 | Class # 16597 |
| Tue. and Thu. | Apr. 5 - May 5 | 6:00p.m. - 7:00p.m. |
| No. of classes: 10 | Fee: \$79 | Class # 16605 |
| Tue. and Thu. | May 10 - June 9 | 6:00p.m. - 7:00p.m. |
| No. of classes: 10 | Fee: \$79 | Class # 16606 |

Low Impact Cardio

Ages 18+

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

| | | |
|-----------------------------------|-------------------------|-----------------------------|
| Instructor: Toya Alexander | | Harrison Center |
| Tue. and Thu. | Jan. 12 - Feb. 4 | 9:00a.m. - 10:00a.m. |
| No. of classes: 8 | Fee: \$51/Seniors: \$49 | Class # 16576 |
| Tue. and Thu. | Feb. 9 - Mar. 3 | 9:00a.m. - 10:00a.m. |
| No. of classes: 8 | Fee: \$51/Seniors: \$49 | Class # 16577 |
| Tue. and Thu. | Mar. 8 - Mar. 24 | 9:00a.m. - 10:00a.m. |
| No. of classes: 6 | Fee: \$39/Seniors: \$37 | Class # 16579 |
| Tue. and Thu. | Apr. 5 - Apr. 28 | 9:00a.m. - 10:00a.m. |
| No. of classes: 8 | Fee: \$51/Seniors: \$49 | Class # 16590 |
| Tue. and Thu. | May 3 - June 2 | 9:00a.m. - 10:00a.m. |
| No. of classes: 10 | Fee: \$63/Seniors: \$61 | Class # 16591 |

ADULTS - FITNESS

Max Interval Training

Ages 20-40

Fast paced, non-stop moving. The aim is to get your heart rate up and keep it up. From power abs to power jumps, this is high impact. Get ready for the summer!

| | | |
|---------------------------------|-------------------------|----------------------------|
| Instructor: Cata Stewart | | Leydecker |
| Mon., Wed. & Fri. | Jan. 11 - Feb. 5 | 6:30p.m. - 7:30p.m. |
| No. of classes: 11 | Fee: \$84 | Class # 16593 |
| NO CLASS ON Jan. 18 | | |
| Mon., Wed. & Fri. | Feb. 8 - Mar. 4 | 6:30p.m. - 7:30p.m. |
| No. of classes: 11 | Fee: \$84 | Class # 16594 |
| NO CLASS ON Feb. 15 | | |
| Mon., Wed. & Fri. | Mar. 7 - Mar. 25 | 6:30p.m. - 7:30p.m. |
| No. of classes: 9 | Fee: \$70 | Class # 16595 |
| Mon., Wed. & Fri. | Apr. 4 - Apr. 29 | 6:30p.m. - 7:30p.m. |
| No. of classes: 12 | Fee: \$88 | Class # 16601 |
| Mon., Wed. & Fri. | May 2 - May 20 | 6:30p.m. - 7:30p.m. |
| No. of classes: 9 | Fee: \$70 | Class # 16602 |
| Mon., Wed. & Fri. | May 23 - June 10 | 6:30p.m. - 7:30p.m. |
| No. of classes: 8 | Fee: \$65 | Class # 16603 |
| NO CLASS ON May 30 | | |

Mindful Movement Qi Gong

Ages 18+

Qi Gong (chee-gong) is a somatic practice for health and well-being. Good for beginning or intermediate students. This series integrates the Qi Gong fundamentals of posture, movement, breath and intention to cultivate energy and relaxation.

| | | |
|---------------------------------|--------------------------|---------------------------------|
| Instructor: Nicole Stone | | Veteran's Bldg., Rm. 390 |
| Friday | Jan. 15 - Feb. 19 | 10:15a.m. - 11:15a.m. |
| No. of classes: 5 | Fee: \$53 | Class # 16611 |
| NO CLASS ON Feb. 12 | | |
| Friday | Apr. 8 - June 3 | 10:15a.m. - 11:15a.m. |
| No. of classes: 9 | Fee: \$93 | Class # 16612 |

Tai Chi

Ages 18+

A study of the form and theory of Tai Chi. Each class will include Qi Gong (breathing), meditation, self-defense in the context of the movements of the Yang 24 style, Tai Chi form for beginning students and the Cloudy Palms form for advanced students. Each class will include a period of warm up and breathing exercises to prepare body and mind for Tai Chi. Suitable for all levels of training.

| | | |
|--------------------------------|--------------------------|----------------------------|
| Instructor: Janet Oppio | | Harrison Center |
| Monday | Jan. 11 - Mar. 21 | 7:00p.m. - 8:30p.m. |
| No. of classes: 9 | Fee: \$78 | Class # 16609 |
| Monday | Apr. 4 - May 23 | 7:00p.m. - 8:30p.m. |
| No. of classes: 8 | Fee: \$78 | Class # 16610 |

Yoga - Gentle Stretch

Ages 18+

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

| | | |
|-----------------------------------|-------------------------|------------------------------|
| Instructor: Toya Alexander | | Harrison Center |
| Mon. & Wed. | Jan. 11 - Feb. 3 | 9:00a.m. - 10:00a.m. |
| No. of classes: 7 | Fee: \$45 | Seniors: \$43 |
| NO CLASS ON Jan. 18 | | |
| Mon. & Wed. | Feb. 8 - Mar. 2 | 9:00a.m. - 10:00a.m. |
| No. of classes: 7 | Fee: \$45 | Seniors: \$43 |
| NO CLASS ON Feb. 15 | | |
| Mon. & Wed. | Mar. 7 - Mar. 23 | 9:00a.m. - 10:00a.m. |
| No. of classes: 6 | Fee: \$39 | Seniors: \$37 |
| Class # 16559 | | |
| Mon. & Wed. | Jan. 11 - Feb. 3 | 10:15a.m. - 11:15a.m. |
| No. of classes: 7 | Fee: \$45 | Seniors: \$43 |
| NO CLASS ON Jan. 18 | | |
| Mon. & Wed. | Feb. 8 - Mar. 2 | 10:15a.m. - 11:15a.m. |
| No. of classes: 7 | Fee: \$45 | Seniors: \$43 |
| NO CLASS ON Feb. 15 | | |
| Mon. & Wed. | Mar. 7 - Mar. 23 | 10:15a.m. - 11:15a.m. |
| No. of classes: 6 | Fee: \$39 | Seniors: \$37 |
| Class # 16557 | | |
| Mon. & Wed. | Apr. 4 - Apr. 27 | 9:00a.m. - 10:00a.m. |
| No. of classes: 8 | Fee: \$51 | Seniors: \$49 |
| Class # 16580 | | |
| Mon. & Wed. | May 2 - June 1 | 9:00a.m. - 10:00a.m. |
| No. of classes: 9 | Fee: \$57 | Seniors: \$55 |
| NO CLASS ON May 30 | | |
| Mon. & Wed. | Apr. 4 - Apr. 27 | 10:15a.m. - 11:15a.m. |
| No. of classes: 8 | Fee: \$51 | Seniors: \$49 |
| Class # 16581 | | |
| Mon. & Wed. | May 2 - June 1 | 10:15a.m. - 11:15a.m. |
| No. of classes: 9 | Fee: \$57 | Seniors: \$55 |
| NO CLASS ON May 30 | | |
| Class # 16583 | | |

Parks Hotline 510-747-7542

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



Yoga - Body & Mind

Ages 18+

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

| Instructor: Toya Alexander | | Harrison Center |
|----------------------------|--------------------------|----------------------------|
| Tue. and Thu. | Jan. 12 - Feb. 16 | 6:30p.m. - 7:30p.m. |
| No. of classes: 6 | Fee: \$60 | Class # 16569 |
| Tue. and Thu. | Feb. 23 - Mar. 22 | 6:30p.m. - 7:30p.m. |
| No. of classes: 5 | Fee: \$51 | Class # 16571 |
| Tue. and Thu. | Jan. 12 - Feb. 16 | 7:40p.m. - 8:40p.m. |
| No. of classes: 6 | Fee: \$60 | Class # 16570 |
| Tue. and Thu. | Feb. 23 - Mar. 22 | 7:40p.m. - 8:40p.m. |
| No. of classes: 5 | Fee: \$51 | Class # 16572 |
| Tue. and Thu. | Apr. 5 - May 3 | 6:30p.m. - 7:30p.m. |
| No. of classes: 5 | Fee: \$51 | Class # 16587 |
| Tue. and Thu. | May 10 - June 7 | 6:30p.m. - 7:30p.m. |
| No. of classes: 5 | Fee: \$51 | Class # 16588 |
| Tue. and Thu. | Apr. 5 - May 3 | 7:40p.m. - 8:40p.m. |
| No. of classes: 5 | Fee: \$51 | Class # 16586 |
| Tue. and Thu. | May 10 - June 7 | 7:40p.m. - 8:40p.m. |
| No. of classes: 5 | Fee: \$51 | Class # 16589 |

**ALAMEDA
BACKYARD
GROWERS**

**We pick fruit from
your backyard trees
and deliver it to the
Alameda Food Bank!**

**Volunteers are needed
to help the hungry
in our community!**

510-239-7425
AlamedaBackyardGrowers.org

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

ARPD's Adult Basketball program offers three levels of 5 on 5 play. Open Competitive League, Open Recreational League, and over 40 Recreational League. Team applications will be available online and in the ARPD office starting December 21, 2015.

| | |
|--|-------------------------------------|
| Sundays, Feb. 21 - May 8 (no games March 27) | 10 game season plus playoffs |
| 6:00 p.m. - 10:00 p.m. | Class # 16530 |
| Team fee: \$650 resident / \$700 non-resident Applications and fees are due February 5. | |
| Alameda Point Gym, 1101 West Redline Ave | |

Adult Softball Spring League

Coed and Men's Softball D leagues.

| | |
|---|-------------------------------------|
| Starts week of April 11 | 10 game season plus playoffs |
| Games played 6:30p.m., 7:40 p.m., and 8:50 p.m. | |
| Leagues play nights Monday - Friday | |
| Coed Class # 16534 | Men's Class # 16532 |
| Coed six team league \$650 resident / \$700 non-resident. Men's six team league \$715 resident / \$765 non-resident. All team applications and fees due March 11. | |
| Field Locations: Leydecker Park, Arnerich Field at Upper Washington Park, and Toby Chavez Field at Lower Washington Park | |

Open Gym - Volleyball & Basketball

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

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

Adult Volleyball

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

| | |
|---|-------------------------------|
| Leagues starting in March 2016 | 6:00 p.m. - 10:00 p.m. |
| Alameda Point Gym, 1101 West Redline Ave | Mondays |
| For league start dates, fees and information on specific events, please visit http://vbmatch.com | |

Alameda Recreation and Park Department: Ed 2 Go



Learn from the comfort of home!

24-Hour Access

Discussion Areas

6 Week Format

Our instructor-led online courses are informative, fun, convenient, and highly interactive. We focus on creating warm, supportive communities for our learners. New course sessions begin monthly. Visit our website to view start dates for the courses that interest you.

Complete any of these courses entirely from your home or office and at any time of the day or night.

Prices start as low as: **\$89**

INSTRUCTOR LED ONLINE COURSES

Introduction to Google Analytics

Learn how to track and generate traffic to your website, create reports, and analyze data with Google's free, state-of-the-art Web analytics tools.

Performing Payroll in QuickBooks

Learn how to use QuickBooks 2013 to create paychecks, pay tax liabilities, and produce forms and reports.

Accounting Fundamentals

Give yourself skills that are in high demand by exploring corporate accounting with a veteran instructor.

Beginning Writer's Workshop

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

Computer Skills for the Workplace

Gain a working knowledge of the computer skills you'll need to succeed in today's job market.

A to Z Grant Writing

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

Grammar Refresher

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

Creating Web Pages

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

Introduction to SQL

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

Introduction to Final Cut Pro X

Make the leap from home video enthusiast to professional video editor using Apple's revolutionary Final Cut Pro X editing software.

Introduction to Microsoft Excel

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

Intermediate Microsoft Excel

Take your Microsoft Excel skills to the next level as you master charts, PivotTables, Slicers, Sparklines, and other advanced Excel features.

Introduction to CSS3 and HTML5

Learn to create state-of-the-art Web sites using modern CSS3 and HTML5 techniques.

Leadership

Gain the respect and admiration of others, exert more control over your destiny, and enjoy success in your professional and personal life.

Writing Essentials

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

Effective Business Writing

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

Fundamentals of Supervision and Management

Learn the people skills required to motivate and delegate, and learn tools for solving problems and resolving conflicts.

Enroll Now!

www.ed2go.com/arpd

Questions? (510) 747-7529

Over 300 online courses available

ed2go

MASTICK SENIOR CENTER

Programs and services for adults age 50 and older

| | |
|---|---|
| Location | 1155 Santa Clara Ave, Alameda, CA |
| Phone | (510) 747-7500 |
| Website | www.mastickcenter.com |
| Weekday Program Hours | 8:30 a.m. to 4:00 p.m. |
| Weekday Office Hours | 9:00 a.m. to 3:00 p.m. |
| Saturday (Bingo & Thrift Shop) | 10:00 a.m. to 2:30 p.m. |
| Staff | |
| Jackie Krause Recreation Manager | jkrause@alamedca.gov (510) 747-7510 |
| Ed Kallas Recreation Services Specialist | ekallas@alamedaca.gov 510) 747-7511 |
| Donatella Zepplin Senior Services Specialist | dzepplin@alamedaca.gov 510) 747-7513 |
| Mastick Office | (510) 747-7506 |
| Suggestion Box | masticksuggestion@alamedaca.gov |



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.**

MASTICK SENIOR CENTER ADVISORY BOARD (MSCAB) PROGRAMS

Mastick Senior Center Advisory Board

The Mastick Senior Center Advisory Board meets on the third Wednesday of the month at 9:30 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 11:30 a.m. 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 9:30 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 four 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 747-7506.

On-Line Registration Available

Enroll for many of our classes online at www.arpdeplay.com. Look for the "CLASS #" provided on the class flier and in the newsletter to assist with the online registration process. To register, visit www.arpdeplay.com and follow the dialogue boxes. **Please let us know if you need help** navigating the on-line registration process – hopefully, this will allow you to register for classes as convenient for YOU!

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! Join us on January 14, February 11, March 10, or April 21 (date change) at 10:30 a.m. in the Media Room. Reservations required, please call 747-7506.

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

SPECIAL SERVICES

Paratransit Transportation Services

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

AARP Smart Driver Course

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



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: **Wednesdays, January 6 & 13 or Wednesdays April 6 & 13**

THE REFRESHER COURSE is offered in one, four and a half-hour session from 9:00 a.m. to 1:30 p.m. and is available to individuals that have taken the standard course within the last four years. The refresher course is offered on the following dates: **Wednesdays: February 3, March 2, or May 4**

Support for Everyday Living...

Is available at the Center and includes: Blood Pressure Screening, Case Management, 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.

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 and fourth Thursday of the month. This group is for individuals caring for a loved-one with Alzheimer's Disease or dementia. The group facilitator is provided by the Alzheimer's Association.



FITNESS

Fitness Classes

| | |
|--|------------------------|
| Monday (Class #16487)* | 9:00 a.m. – 10:30 a.m. |
| January 11 – April 25 | \$39 per person |
| Wednesday (Class #16492) | 9:00 a.m. – 10:30 a.m. |
| January 13 – April 27 | \$45 per person |
| Friday (Class #16488) | 9:00 a.m. – 10:30 a.m. |
| January 15 – April 29 | \$45 per person |
| Mon/Wed (Class #16490) | 9:00 a.m. – 10:30 a.m. |
| January 11 – April 27 | \$60 per person |
| Mon/Fri (Class #16489) | 9:00 a.m. – 10:30 a.m. |
| January 11 – April 29 | \$60 per person |
| Wed/Fri (Class #16491) | 9:00 a.m. – 10:30 a.m. |
| January 13 – April 29 | \$60 per person |
| Mon/Wed/Fri (Class #16493) | 9:00 a.m. – 10:30 a.m. |
| January 11 – April 29 | \$90 per person |
| *No Fitness Classes on 1/18, 2/15, 3/28, 3/30 & 4/1/16. See fitness instructor for class makeup information. | |

Pickleball for Ages 50+

Pickleball is the fastest growing, senior-friendly sport in America. This game combines the fun of Ping Pong and Tennis. The format is drop-in, games played to 11, honor-system, self-referee, and play for fun. Loaner equipment available.

| | |
|---|------------------------|
| Wednesday (Class #16664) | 12:30 p.m. – 2:00 p.m. |
| January 27 – March 2 | \$18 (6 weeks) |
| Alameda Point Gym, 1101 West Redline Avenue | |
| Wednesday (Class #16663) | 6:00 p.m. – 7:30 p.m. |
| March 30 – May 4 | \$18 (6 weeks) |
| Lincoln Park, 1450 High Street | |

Pilates

| | | |
|------------------|-------------------------|-------------------|
| Wednesday | 10:45 a.m. – 11:45 a.m. | Fee \$5 per class |
|------------------|-------------------------|-------------------|

Pole Walking

Great for exercise, balance, and maintaining mobility.

| | |
|-------------------------|---|
| Tuesday, March 8 | 12:30 p.m. – 3:30 p.m. |
| Social Hall | Instructor: Jayah Paley, Poles for Mobility |
| Fee: \$28 new students | \$15 returning student |
| Class # 16671 | FREE for those attending 3+ classes |

FITNESS - ADULTS 50+ / SENIORS

Learn the Game of Pool - NEW

"Big Banker" James will remove all of the anxiety of learning how to play the game of Pool. Learn rules of games, the angles, basic approach, shot selection and more!

| | |
|-------------------|-------------------------|
| Mondays | January 4 - February 29 |
| Noon to 2:00 p.m. | Pool Room |

Tai Chi 24 Steps

| | | |
|---------------------------|-------------------------|-------------------|
| Beginning | | |
| Thursday | 9:15 a.m. to 10:15 a.m. | Fee \$4 per class |
| Intermediate Class | | |
| Thursday | 10:30 a.m. - 11:30 a.m. | Fee \$4 per class |

Tai Chi-ercise

| | | |
|----------------|-------------------------|-------------------|
| Tuesday | 10:00 a.m. - 11:00 a.m. | Fee \$4 per class |
|----------------|-------------------------|-------------------|

Yoga (six-week sessions)

| | | |
|-------------------------|--------------------------------|---------------|
| Tuesday | 10:30 a.m. - Noon | |
| January 5 - February 9 | \$42 | Class # 16494 |
| February 16 - March 22 | \$42 | Class #16495 |
| March 29 - May 3 | \$42 | Class #16496 |
| Wednesday | 9:00 a.m. to 10:30 a.m. | |
| January 6 - February 10 | \$42 | Class #16497 |
| February 17 - March 23 | \$42 | Class #16498 |
| March 30 - May 4 | \$42 | Class #16499 |

MULTI-MEDIA ART EXHIBIT

Join us in the Mastick Lobby on Wednesday, February 10, at 10:30 a.m. for our artists' reception. They will be exhibiting their artwork created in Mastick Senior Center classes (e.g., stained glass, creative writing, paintings, ceramics, quilting, and more). Free refreshments served.



PORTRAITS BY JOE WOODARD

Joe Woodard, volunteer, is available by appointment on the third Monday of the month to take your photograph, thus creating beautiful portraits to be used as gifts for friends and family. To make an appointment, contact the Mastick Office at 747-7506.

DANCE CLASSES

| | | |
|---|---|------------------|
| Ballroom Dance | | |
| Wednesday | 1:00 p.m. - 2:00 p.m. | Fee \$5/class |
| Egyptian Folklore Dance | | |
| Friday | 9:00 a.m. - 10:30 a.m. | FREE |
| Hawaiian Dance | | |
| Monday & Friday | | |
| Hula I | 11:30 a.m. - 12:30 p.m. (Jan 4 - Feb 8 only) | Fee \$30/session |
| Hula II | 12:30 p.m. - 1:30 p.m. | Fee \$5/class |
| Hula III | 1:30 p.m. - 3:00 p.m. | Fee \$5/class |
| Line Dance | | |
| Wednesday | | |
| Beginning | Noon - 1:00 p.m. | Fee \$3/class |
| Introduction to Advanced | 1:00 p.m. - 1:30 p.m. | Fee \$3/class |
| Advanced | 1:30 - 2:30 p.m. | Fee \$3/class |
| Thursday | | |
| Beginning | Noon - 1:00 p.m. | Fee \$3/class |
| Introduction to Advanced | 1:00 p.m. to 1:30 p.m. | Fee \$3/class |
| Advanced | 1:30 p.m. - 2:30 p.m. | Fee \$3/class |
| Oriental Dance | | |
| Monday | 9:00 a.m. - 11:00 a.m. | FREE |
| Square Dance (Drop-Ins Welcome!) | | |
| Tuesday | 1:00 p.m. - 3:00 p.m. | Fee \$2 Donation |

Spring Dance

Enjoy DJ-led dancing, "best silver outfit" contest, socialization, and refreshments!

| | | |
|---|------------------------|---------------------|
| "Silver Foxes and White Knights" | | Mastick Social Hall |
| Thursday, June 9 | 1:00 p.m. to 3:30 p.m. | \$2/person |

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A Department of the City of Alameda

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SENIORS/ADULTS 50+ - ARTS & LANGUAGES

ARTS AND CRAFTS

| | | |
|--|-------------------------|-----------------|
| Creative Writing | | |
| Tuesday | 10:00 a.m. - 1:00 p.m. | Fee \$80/month |
| Ceramics Class | | |
| BEGINNING | | |
| Thursday | 9:30 a.m. - Noon | |
| Jan 7 - Mar 10 | \$111* | Class #16477 |
| Apr 14 - Jun 16 | \$111* | Class #16478 |
| ADVANCED | | |
| Thursday | 12:30 p.m. - 3:00 p.m. | |
| Jan 7 - Mar 10 | \$111* | Class #16479 |
| Apr 14 - Jun 16 | \$111* | Class #16480 |
| LAB (for enrolled students) | | |
| Tuesday | 10:00 a.m. - 2:00 p.m. | No Extra Charge |
| *\$30 supply fee paid to instructor on first day of class. | | |
| Drawing & Painting | | |
| MONDAY | 12:30 p.m. - 3:30 p.m. | |
| Jan 11 - Mar 21* | \$70 | Class #16481 |
| FRIDAY | 9:30 a.m. to 12:30 p.m. | |
| Jan 15 - Mar 25* | \$70 | Class #16482 |
| *No class on 1/18, 1/22, 2/15, 2/19 | | |
| LAB (for enrolled students) | | |
| Friday | 1:00 p.m. to 3:30 p.m. | No Extra Charge |
| Knitting/Crocheting | | |
| Tuesday | 1:00 p.m. - 3:00 p.m. | Mat/Supplies |
| Needlecraft | | |
| Tuesday | 9:00 a.m. - Noon | Mat/Supplies |
| Quilting | | |
| MONDAY | 9:30 a.m. - 11:30 a.m. | |
| Jan 4 - Mar 21* | \$36 | Class #16619 |
| Apr 4 - Jun 13* | \$40 | Class #16623 |
| MONDAY | 1:00 p.m. - 3:00 p.m. | |
| Jan 4 - Mar 21* | \$36 | Class #16620 |
| Apr 4 - Jun 13* | \$40 | Class #16624 |
| *No class: 1/11, 1/18, 2/15, 5/30 | | |
| THURSDAY | 9:30 a.m. - 11:30 a.m. | |
| Jan 7 - Mar 24 | \$48 | Class #16621 |
| Apr 7 - Jun 16 | \$44 | Class #16625 |
| THURSDAY | 1:00 p.m. - 3:00 p.m. | |
| Jan 7 - Mar 24 | \$48 | Class #16622 |
| Apr 7 - Jun 16 | \$44 | Class #16626 |
| LAB | | |
| Friday | 9:00 a.m. - 3:30 p.m. | Mat/Supplies |

| | | |
|--|------------------------|----------------|
| Sewing | | |
| Wednesday | 10:00 a.m.—2:00 p.m. | Fee \$5/class |
| Stained Glass | | |
| Monday | 9:00 a.m. - Noon | Fee \$4/class* |
| Wednesday | 12:30 p.m. - 3:30 p.m. | Fee \$4/class* |
| *Beginners: \$25 for supplies; Continuing: \$10/month. | | |
| Lab (for members who attend workshops) | | |
| Wednesday | 9:00 a.m. - Noon | |

LANGUAGE INSTRUCTION

American Sign Language (ASL)

| | | |
|---------------------------|---|---------------|
| Monday | Dec 14 - Feb 8 (no class on 1/18) | |
| Beginning | 12:15 p.m. - 1:15 p.m. | Class # 16511 |
| Advanced | 1:15 p.m. - 2:15 p.m. | Class # 16516 |
| Continuing | 2:15 p.m. - 3:15 p.m. | Class # 16691 |
| Monday | Feb 22 - Apr 18 (no class on 3/28) | |
| Beginning | 12:15 p.m. - 1:15 p.m. | Class # 16512 |
| Cont./Advanced | 1:15 p.m. - 2:15 p.m. | Class # 16517 |
| Continuing | 2:15 p.m. - 3:15 p.m. | Class # 16692 |
| \$25 per person per class | | |

English as a Second Language (ESL)

| | | |
|--------------------|-----------------|--------------|
| 10:00 a.m. to Noon | \$20/class | |
| Tuesdays | Jan 5 - Feb 23 | Class #16215 |
| Tuesdays | Mar 8 - Apr 26 | Class #16503 |
| Tuesdays | May 10 - Jun 28 | Class #16679 |

More Languages

| | | |
|--|-------------------------|--|
| 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 | 10:00 a.m. - Noon | |
| Free | Volunteer Facilitator | |
| Spanish Conversation (Intermediate) | | |
| Monday (Class # 16486) | 10:00 a.m. - Noon | |
| January 25 - April 4* | \$40 | |
| *No class on February 15 | | |

COMPUTER & FOOD - ADULTS 50+ / SENIORS

COMPUTER INSTRUCTION

Computer instruction is offered from 1:30 p.m. to 3:30 p.m. in Room C. Preregistration required (at least three days before class start date), by visiting www.arpdeplay.com or the Mastick Office.

Classes require a minimum enrollment of five students. Prerequisite: Computer Foundations Course or basic computer skills. Flash drive required.

| Month | Dates | Day | Subject | Fee | CLASS # |
|----------|-------------------|------------|---|------|---------|
| January | 4 & 11 | Mondays | Computer Cleanup & Maintenance | \$20 | 16504 |
| | 6, 13, 20, & 27 | Wednesdays | Introduction to Computers | \$30 | 16604 |
| | 25 | Monday | Computer/Device Security and Privacy | \$20 | 16505 |
| February | 8, 22, & 29 | Mondays | File Management | \$30 | 16636 |
| | 3 & 10 | Wednesdays | Internet and E-mail for Beginners | \$20 | 16637 |
| | 17 & 24 | Wednesdays | Internet and E-mail for Experienced Users | \$20 | 16640 |
| March | 7, 14, & 21 | Mondays | The Cloud & Free Cloud Services | \$30 | 16638 |
| | 2, 9, 16, 23 & 30 | Wednesdays | Photoshop Elements | \$50 | 16639 |
| April | 4 & 11 | Mondays | Excel 1 Intro | \$20 | 16659 |
| | 18 & 25 | Mondays | Excel 2 | \$20 | 16660 |
| | 6 & 13 | Wednesdays | Microsoft Publisher | \$20 | 16661 |
| | 20 & 27 | Wednesdays | Microsoft PowerPoint | \$20 | 16662 |
| May | 2, 9, 16 & 23 | Mondays | Computer Graphics – Art Projects | \$40 | 16669 |
| | 4 & 11 | Wednesdays | Smart Technology | \$20 | 16641 |
| | 18 & 25 | Wednesdays | Streaming – Streaming Devices & Sources | \$20 | 16670 |

Teens Teaching Technology

FREE

Teens from the ARPD Underground Teen Center will show you how to get the most out of your portable devices such as tablets, smart phones, and laptops. Preregistration required, please call the Mastick Office at 747-7506. Bring your portable device(s) with you!

| | | |
|---|--------|------|
| January 21, February 18, March 17, April 21, and May 19 | | |
| 4:00 p.m. to 5:00 p.m. | Room C | Free |



511 & 211 PHONE NUMBERS

511 Transportation Hotline

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

Info & Referral Assistance Hotline

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

FOOD PROGRAMS

Lunch Served Daily

| | |
|---|-----------------|
| Monday – Friday | Noon* |
| Eligibility Requirement | 60 & older |
| Cost | \$3.75 Donation |
| *Dining room opens at 11:15 a.m. Reservations required. | |

Brown Bag Program

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

ADULTS 50+ / SENIORS - OVERVIEW

Mastick Senior Center Programs and Services Schedule

| Description | Mon. | Tues. | Wed. | Thurs. | Fri. | Price |
|---|-----------------------------|---|------------|------------|------------|-----------------------|
| Alameda Stamp Club | Contact Office for schedule | | | | | Free |
| Billiards | 9:00 a.m. | 9:00 a.m. | 9:00 a.m. | 9:00 a.m. | 9:00 a.m. | Free |
| Birthday Celebration (4th Thursday) | | | | 12:30 p.m. | | Free |
| Book Club (1st Tuesday) | | Noon | | | | Free |
| Bridge (Social) | | | 1:00 p.m. | | | Free |
| Blood Pressure Screening (2nd & 4th Wed) | | | 10:00 a.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 Lab | Contact Office for schedule | | | | | |
| Current Events | | | | 9:00 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 |
| Fundamental Art of Beading Jewelry | | | | 1:00 p.m. | | Refer to flier |
| HICAP | | 10:00 a.m. | | | | By Appointment – Free |
| Legal Assistance for Seniors (3rd 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) | 1:00 p.m. | Register in the Mastick Office. Must purchase Mah Jongg playing card. | | | | |
| Mah Jongg (Experienced Players) | | | | | 1:00 p.m. | Free |
| Mastick Senior Center Advisory Board Monthly Meeting (3rd Wednesday) | | | 9:00 a.m. | | | Free |
| Mastick Walking Group | 9:30 a.m. | | | | | Refer to flier. |
| Movie Matinee | | | | 1:00 p.m. | | Free |
| Music Appreciation (4th Thursday) | | | | 1:30 p.m. | | Free |
| Notary Service | | | 1:30 p.m. | | | By Appointment – Free |
| Piano & Singing with Keiko | | | | | 12:30 p.m. | Free |
| Podiatry Consultation & Blood Pressure Screening (3rd Tuesday) | | 1:45 p.m. | | | | By Appointment – Free |
| Scrabble | | | | 1:30 p.m. | | Free |
| Shuffleboard | Daily | Daily | Daily | Daily | Daily | Free |
| Table Tennis | | 11:30 a.m. | | | | Free |
| Today's World | | 9:30 a.m. | | | | Free |
| Transportation Ticket Sales | | 9:00 a.m. | | 9:00 a.m. | | Varies |

*Program dates, times, locations and fees are subject to change.
Please refer to the Activities at a Glance flier available at the Center for program locations.*



TRAVEL & WORKSHOPS - ADULTS 50+ / SENIORS

TRAVEL PROGRAM

Enjoy all of the natural beauty, cultural diversity, and award winning entertainment that Northern California offers by participating in the Mastick Senior Center Travel Program. We make traveling simple for you!! Just sit back and relax while we transport you on a climate controlled tour bus. A fun adventure awaits YOU! Do you have a question? Want to suggest a destination? If so, **contact Ed Kallas, Recreation Services Specialist, at (510) 747-7511 or email ekallas@alamedaca.gov.**



Registration Process

NEW Monthly Day Trip Program Registration Process

Beginning in December, participants can register online from the comfort of their home. Also, consider registering for all of the trips listed below at once!

To register for trips online, log on to **www.arpdeplay.com** beginning **Friday, Dec. 4.**

To register in person, visit the Mastick Office on **Monday, Dec. 7, at 8:30 a.m.**

Monthly Day Trip Program

Travel fliers outlining trip particulars are available in the Mastick Office.

| Winter 2016 Day Trips Include: | | |
|--|----------|---------------|
| January 11 | Fee \$45 | Class # 16413 |
| The Dogs of Santa Rosa | | |
| February 18 | Fee \$60 | Class # 16618 |
| San Francisco Symphony Open Rehearsal and Lunch | | |
| March 10 | Fee \$70 | Class # 16617 |
| "Wicked" at the Orpheum Theater, April: Mystery Trip | | |
| April 7 | Fee \$65 | Class # 16694 |
| de Young Museum featuring Oscar de la Renta exhibit | | |
| May 3 | Fee \$70 | Class # 16635 |
| Kayaking Sausalito | | |

Big Break Regional Shoreline Park "Meet the Delta" - FREE

East Bay Regional Park District

Wednesday, February 3, 7:45 a.m. - 12:15 p.m.

The water flowing past Big Break through the Sacramento and San Joaquin-the State's two greatest rivers-drains half of California and creates the largest estuarine environment on the Pacific coast. Transportation and admission provided by a grant via East Bay Regional Park District. Spaces limited. Registrations accepted in order of application. **To register, call 747-7506 or in person at Mastick Center.**

Extended Travel Program

Register in the Mastick Office for one or all of the trips listed below.

| | |
|--|----------------------------|
| Heritage of America | April 16 - 25, 2016 |
| \$3,289 Double/\$4,109 Single/\$3,259 Triple | |
| Highlights: New York City, Philadelphia, Amish Country, Gettysburg, Shenandoah, Washington D.C., Colonial Williamsburg and more! | |
| The Colorado Rockies | July 23 - 31, 2016 |
| \$2,944 Double/\$3,694 Single/\$2,914 Triple (prices through January 21, 2016) | |
| Highlights: Denver, Rocky Mountain National Park, Arches National Park, Canyonlands, Colorado National Monument, Durango & Silverton Narrow Gauge Railroad, Mesa Verde National Park, Pike's Peak Cog Railway. | |
| The Best of Eastern Canada | Sept 13 - 20, 2016 |
| \$3,299 Double/\$3,899 Single (prices through Mar 7, 2016) | |
| Highlights: Montreal, Quebec City, Ottawa, 1000 Islands, Toronto, Niagara Falls and more! | |

HICAP & LAS WORKSHOPS

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

HICAP and LAS provide free community education presentations to Alameda County residents. Presentations are held in Dining Room 2 at 1:00 p.m. Preregistration is required, please call 747-7506 or visit the Mastick Office.

| | | |
|----------|-------------|-----------------------------------|
| Tuesday | January 26 | Welcome to Medicare |
| Tuesday | February 2 | ABC's of Long Term Care |
| Thursday | February 11 | Seniors' Guide to Public Benefits |

SENIOR CONNECTIONS

Senior Connections is a collaboration between Mastick Senior Center and Alameda Family Services to provide case management assistance for Alameda seniors needing help with health insurance, housing needs, in-home support services, food resources and so much MORE! Alameda Family Services is a human services organization, active in Alameda and the East Bay whose programs improve the emotional, psychological and physical health of children, youth and families. Appointments with an Engagement Specialist (Case Manager) are available at Mastick Senior Center on **Tuesdays and Thursdays between 10:00 a.m. and 3:00 p.m.** Home visits are also an option. To schedule an appointment, please call 747-7506.

SENIORS/ADULTS 50+ - HOT TOPICS

MASTICK'S HOT TOPICS

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



January 2016

Elementary Digital Photography with Joseph Woodard - FREE

Bring your own digital camera (no cell phones) and learn to achieve photo affects you want using focus, shutter speed, exposure, light sensitivity, color resolution, lens length, lighting, composition and camera motion.

| | | |
|-------------------|-------------------------|------|
| Tuesdays | January 5, 12, 19, & 26 | |
| 9:00 - 10:00 a.m. | Room E | FREE |

A Brief History of the World in 100 Objects

Join Christie Jones, (artist, art teacher, color consultant and interior design company-owner), for a fascinating historical journey. Using objects organized by Neil MacGregor, director of the British Museum, who wrote a book about the development of man's creations from Caves of Lascaux and Chauvet of 30,000 years ago to the computer and iPhone of today. Using the objects to pinpoint crucial historical moments, travel through humankind's great revolutions; consciousness, agricultural, industrial, and technological.

| | | |
|--|--------------------------------|----------------------|
| Wednesdays | Jan 6, 13, 20, 27, Feb 3, & 10 | |
| 10:00 - 11:00 a.m. | Dining Room 2 | \$35 (Class # 16682) |
| Free Class Demonstration Thursday, December 3, 10:00 a.m., Room E | | |

VA Benefits Presentation

A representative with the County of Alameda Veterans Service Office will provide an overview of local, state and federal benefits available to veterans and their dependents.

| | | |
|-----------|---------------|--|
| Tuesday | January 12 | |
| 1:00 p.m. | Dining Room 2 | |

Alexander Technique - the Art of Moving Well

Learn to think and move in new ways so you can maneuver with greater ease and improved balance. This class is designed for new and experienced students.

| | | |
|--------------------|-----------------|--------------------------|
| Wednesdays | January 13 & 20 | |
| 10:45 - 11:45 a.m. | Social Hall | Fee \$20 (Class # 16649) |

Vitamins, Herbs & Supplements

Learn about various vitamins and supplements and the benefits associated with them. Presentation sponsored by Walgreens (1600 Park Street).

| | |
|-----------|---------------|
| Thursday | January 14 |
| 1:00 p.m. | Dining Room 2 |

Annual Rose Pruning at Lincoln Park - FREE

East Bay Rose Society representatives will provide a rose pruning demonstration. Time will be allocated for "Q & A" pertaining to rose care. Learn to prune roses like an expert by practicing your skills on the roses at Lincoln Park.

| | |
|-------------------|---------------------------------|
| Saturday | January 23 |
| 11:00 - 1:00 p.m. | Lincoln Park (1450 High Street) |

Islam, Radical Islam, and ISIS

Join William Garrett, Professor Emeritus of Philosophy & Religion, JFKU, to learn about ISIS, the radical terror group that has captured public attention in the West with its posting of grisly murders and its seizure of territory in Syria and Iraq. ISIS claims to be acting in the name of Islam, but to what extent is this credible? Professor Garrett will unravel the complicated historical relationships between rival branches of Islam such as Sunni, Shiite, and Wahhabism, and show how recent tensions between them have contributed to the rise of ISIS. The Cal State East Bay Scholar-OLLI program is sponsored by the Mastick Senior Center Advisory Board.

| | |
|-----------|---------------|
| Monday | January 25 |
| 1:30 p.m. | Dining Room 2 |

February 2016

What Lies Ahead

Join Senator Loni Hancock and the League of Women Voters of Alameda for discussion highlighting some of the accomplishments of the 2015 Legislative Session, including the new Death with Dignity Law, and what lies ahead for 2016. Senator Hancock has served in the Assembly and Senate since 2002 and is retiring in 2016. Please join us as Loni brings us up to date on these important matters and answers questions from the audience.

| | |
|------------------------|-------------|
| Thursday | February 4 |
| 7:00 p.m. to 9:00 p.m. | Social Hall |

U.S. Coast Guard's History in Alameda

The U.S. Coast Guard in Alameda: History, Roles and Sea Stories! presented by Commander John R. Cole.

| | | | |
|---------|------------|--------|--------|
| Tuesday | February 9 | 1 p.m. | Room D |
|---------|------------|--------|--------|

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

HOT TOPICS - ADULTS 50+ / SENIORS

Drumming Circle @ Mastick! - FREE

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



| | | | |
|----------|-------------|-----------|--------|
| Thursday | February 11 | 2:30 p.m. | Room A |
|----------|-------------|-----------|--------|

Medication Safety

Attend this informative session explaining how to take medication safely. Sponsored by Walgreens (1600 Park Street).

| | | | |
|---------|-------------|-----------|---------------|
| Tuesday | February 16 | 1:00 p.m. | Dining Room 2 |
|---------|-------------|-----------|---------------|

Alexander Technique - the Art of Breathing Well

Learn how applying principles of the Alexander Technique can help you to improve not only your breathing but also your health and overall functioning.

| | | | |
|--------------------|------------------|----------------------|--|
| Wednesdays | February 17 & 24 | | |
| 10:45 - 11:45 a.m. | Social Hall | \$20 (Class # 16648) | |

Planning for the Future

What treatment do you want in a medical emergency? How do you make your preferences known? How do you talk about this with your family? In this workshop: Complete your Advanced Health Care Directive; Legally designate your Health Care and Financial Agent(s); and Learn how to discuss this sensitive subject with loved ones. Presented by Janet Thompson, Mercy Retirement & Care Center. Refreshments served.

| | | | |
|---------|------------|-----------------------|--------|
| Tuesday | January 19 | 1:00 p.m. - 2:30 p.m. | Room D |
|---------|------------|-----------------------|--------|

March 2016

Photo Kiosk

Learn how to place photo orders at Walgreens Photo Kiosk. Presentation sponsored by Walgreens (1600 Park Street).

| | | | |
|---------|----------|-----------|--------|
| Tuesday | March 15 | 1:00 p.m. | Room D |
|---------|----------|-----------|--------|

Funerals and Memorials Seminar

Join Barbara Boag, Greer Family Mortuary and Cremation Services, for an informative seminar on funeral services. Topics include: Value of Ceremony; Current Trends in Funeral Service; the Service; Costs; the Role of the Funeral Director; and a Q & A session.

| | | | |
|---------|----------|-----------|---------------|
| Tuesday | March 22 | 1:00 p.m. | Dining Room 2 |
|---------|----------|-----------|---------------|

Transportation 101

Join Donatella Zepplin for an overview of the various transportation options (East Bay Paratransit, City of Alameda taxi program, shuttle service and more) available to Alameda residents. "Q & A" period included.

| | | | |
|---------|----------|-----------|--------|
| Tuesday | March 29 | 1:00 p.m. | Room D |
|---------|----------|-----------|--------|

Rachmaninov

John Kendall Bailey, music director, conductor, chorus master, Trinity Lyric Opera

Free for OLLI members and Mastick Senior Center members

Sergey Vasilyevich Rachmaninov is remembered as one of the most remarkable pianists of all time and believed by many to be the last connection between the 19th century romantic period and the modern. While anti-romantics like Stravinsky frowned on his works, they were warmly embraced by the likes of Mahler and Ormandy. Mr. Bailey will share some samples of this remarkable composer and pianist whose recordings shed light on an era of pianists who existed before the arrival of gramophone.

| | | | |
|----------|----------|-----------|---------------|
| Thursday | March 31 | 1:30 p.m. | Dining Room 2 |
|----------|----------|-----------|---------------|

April 2016

Alexander Technique - The Art of Balance

Learn how to help improve your balance and ultimately increase your stability and mobility. This class is appropriate for beginners and advanced students.

| | | | |
|------------------|-------------------|-------------------------|--|
| Tuesdays | April 5, 12, & 19 | | |
| 1:00 - 2:00 p.m. | Social Hall | \$30.00 (Class # 16647) | |

May 2016

Drumming Circle @ Mastick! - FREE

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

| | | | |
|----------|--------|-----------|--------|
| Thursday | May 12 | 2:30 p.m. | Room A |
|----------|--------|-----------|--------|

COMMUNITY EVENTS - FREE

Annual Rose Pruning at Lincoln Park

East Bay Rose Society representatives will be at Lincoln Park, 1450 High Street or 1425 Fernside Blvd., on **Saturday, January 23**, between 11:00 a.m. and 1:00 p.m. to provide a rose pruning demonstration. Time will be allocated for "Q & A" pertaining to rose care. Learn to prune roses like an expert by practicing your skills on the roses at Lincoln Park.

Holiday Concert - FREE

The Alameda Community Band & Chorus Annual Holiday Concert **Friday, December 4, 7:30 p.m.**
Kofman Auditorium, 2200 Central Avenue

Alameda Community Band's Concert

Tuesday, March 8, 7:30 p.m.

Veteran's Memorial Building, 2203 Central Avenue

Alameda Community Chorus Concert

Friday, May 6, 7:30 p.m.

Kofman Auditorium, 2200 Central Avenue

SPECIAL NEEDS

SPECIAL NEEDS SERVICES

Friends Connect

Grades 6 - 12



Friends Connect is an activity based social club for high functioning tweens and teens in grades 6 - 12 with developmental delays. The group will provide participants with the opportunity to socialize, build friendships, explore the larger community and most importantly... have fun! Friends Connect will meet at the Underground Teen Center to engage in activities such as arts and crafts, recreational and social games, cooking and more. Participants will also go on exciting local field trips for activities like bowling, miniature golf, going out to eat or to the movies, and to the arcade.

Friends Connect is a pilot program for tweens/teens with moderate disabilities and moderate social challenges who will benefit from a designed social outlet. This pilot program has a limited number of spaces for participants with a goal of being able to offer the opportunity to more youth in future sessions.

Applications for Friends Connect will be available in the ARPD office on Monday, December 7 (online enrollment is not available for this program). All applicants must fulfill program requirements to be considered for enrollment. There is a required teacher recommendation form that must accompany participant applications. This program is for Alameda residents only. Depending on the number of eligible applicants, participants may be chosen by lottery. Completing an application does not guarantee enrollment. Applications are due to the ARPD office by Thursday, January 7, 2016. There is an open house for all applicants on Sunday, January 10, from 3:00 - 4:30pm at the Underground Teen Center (2203 Central Ave). Applicants will be notified of enrollment status by January 25.

For more information, please call (510) 747-7529.

| Open House | |
|---|----------------------------------|
| Sunday | January 10 |
| | 3:00 p.m. - 4:30 p.m. |
| Winter Session Meeting Dates | |
| Sundays | Feb. 7, Feb. 21, Mar. 6, Mar. 20 |
| | 3:00 p.m. - 5:00 p.m.* |
| Spring Session Meeting Dates | |
| Sundays | Apr. 3, Apr. 17, May 8, May 22 |
| | 3:00 p.m. - 5:00 p.m.* |
| *Exact end time depends on activity | |
| Underground Teen Center, Vet's Bldg. | |
| Fee: No registration fee. Participants will be responsible for cost of activities on field trips. | |
| Instructor: Melissa Abadia, Adapted PE Specialist and 2015-16 San Leandro Unified Teacher of the Year | |

Parks Hotline 510-747-7542

Call to report a maintenance issue or call on weekends to talk to ARPD Park Monitors.

Leisure Club

The Leisure Club is a fun, activity based program specifically designed to meet the specialized recreational needs of person with developmental disabilities in our community. This program is geared toward individuals 18 years of age and older and meets twice a month on the second and fourth Thursday of the month from 7:00 p.m. to 9:00 p.m. **For more information, call (510) 747-7543.** Please note there is a wait list for this popular program.

City of Alameda Paratransit



Transportation for Seniors and People With Disabilities

We offer the following services:

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

*Restrictions apply



ALAMEDA
County Transportation
Commission

Mastick Senior Center
1155 Santa Clara Avenue
Alameda, CA 94501
Ph: (510) 747-7513
Fax: (510) 523-0247
TDD/TTY: (510) 522-5160



www.AlamedaParatransit.com

HOW TO REGISTER

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

1. ONLINE

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

2. BY MAIL

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

3. BY EMAIL

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

4. BY FAX

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

5. IN PERSON

- Registration may be completed in person at the ARPD office

OFFICE HOURS: Registration starts on December 7 Monday - Thursday, 8:00am - 6:00pm; closed Fridays

ARPD REGISTRATION FORM



Alameda Recreation and Park Department

2226 Santa Clara Avenue, Alameda, CA 94501

(510) 747-PLAY • FAX (510) 523-4071 • arpd@alamedaca.gov

Online Registration: www.arpdeplay.com • www.alamedaca.gov/recreation

REGISTRATION FORM

CLASSES & SPORTS

In Person or Mail:
ARPD Main Office
 2226 Santa Clara Ave
 Alameda, CA 94501
 (510) 747-7529

SENIOR CENTER ACTIVITIES/CLASSES

In Person or Mail:
Mastick Senior Center
 1155 Santa Clara Ave
 Alameda, CA 94501
 (510) 747-7506

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

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

MAIN CONTACT OR PARENT/GUARDIAN INFORMATION

LAST NAME _____ FIRST NAME _____

Address _____ City _____ Zip _____

Home Phone _____ Work Phone _____ Cell Phone _____

Email Address _____

Emergency Contact Name _____ Relationship _____ Phone _____

Emergency Contact (Other Than Parent) _____ Relationship _____ Phone _____

Participant's Medical Information/Allergies _____

LIABILITY WAIVER

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

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

Check here if you do not give photographic consent.

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

Check here if I do not consent to treat and I request that medical or surgical services be withheld.

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

Signature _____ Date _____ Participant Parent/Guardian

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

Name on Card _____ Signature _____

Address on Card _____

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



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

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RESIDENTIAL CUSTOMER

SAVE THE DATES!



34th Annual
 Spring "EGG" Stravaganza
 Coloring Contest
 Kindergarten to 5th Grades
 February 22nd to March 21st



**SPLASH INTO SPRING
 EGG SCRAMBLE**
 Saturday, March 19th
 (Rain Out Date: March 26th)
 Crab Cove Picnic Area

**15TH ANNUAL
 FATHER AND DAUGHTER
 ROCK AND ROLL DANCE PARTY**

**FOR GIRLS CURRENTLY 5 TO 12 YEARS OLD
 FRIDAY, FEBRUARY 5, 2016**

6:00 P.M. TO 8:30 P.M.

ALBERT H. DEWITT OFFICER'S CLUB

641 WEST REDLINE AVE, ALAMEDA POINT

COST: \$25 PER COUPLE

\$15 FOR EACH ADDITIONAL DAUGHTER

**(ADDITIONAL DAUGHTER DISCOUNT NOT AVAILABLE ONLINE -
 CONTACT ARPD STAFF FOR PRICE ADJUSTMENT)**

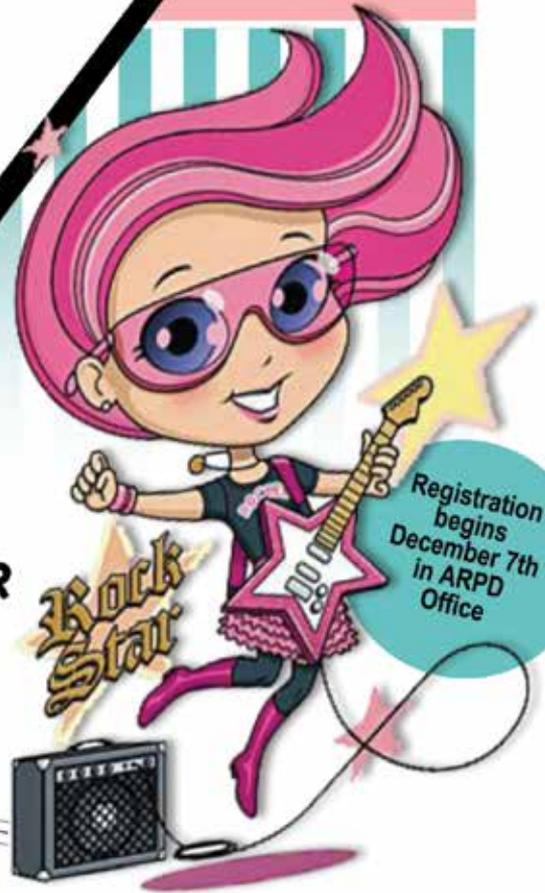
CORSAGES AVAILABLE FOR \$5 EACH

CO-SPONSORED BY:



of the Island City

NO REFUNDS OR CREDITS ISSUED



Registration
 begins
 December 7th
 in ARPD
 Office



City of Alameda
EARTH DAY FESTIVAL
 Saturday, April 23rd
 Washington Park

2016
**STARLIGHT
 MOVIES
 IN THE
 PARK**

EVERY VOTE COUNTS!
 Help us select our
 2016 Starlight Movies!
www.alamedaca.gov/recreation
 Check out our Facebook page