

Concord

City News and Activity Guide



Winter / Spring 2014



Getting Financial Help

www.coveredca.com

1-800-300-1506



Making Health Insurance Affordable

Covered California™ will make it simple and more affordable for millions of Californians to get health insurance.

Legal residents of California will be able to get health coverage through a new marketplace established by Covered California. Starting in 2014, there will be several new and expanded government programs, including Medi-Cal, that offer financial assistance to reduce the cost of health insurance.

- 1. Premium assistance** — Federal help will be available to reduce the cost of an individual's or family's monthly health insurance payments.
- 2. Cost-sharing assistance** — Cost-sharing subsidies reduce the amount of health care expenses an individual or family has to pay at the time of medical care.
- 3. Medi-Cal assistance** — Starting in 2014, Medi-Cal will cover more people under age 65, including people with disabilities and those with incomes \$15,856 or less a year for a single individual and \$32,499 or less for a family of four. Medi-Cal is free for those who meet the requirements and is part of the changes included in the Patient Protection and Affordable Care Act (Affordable Care Act).

Qualifying for Premium Assistance

Premium assistance is available for individuals and families who make less than a certain amount a year and who do not have other options for obtaining affordable health insurance, such as through their employer.

The amount of premium assistance depends on an individual's income and age and where the person lives. The Affordable Care Act sets a monthly maximum that people will pay for health care, based on where their income falls in the federal poverty level scale. In general, the less income someone makes, the less he or she will have to pay for health insurance and the more the federal government will help. In certain cases, individuals and families will qualify for free insurance through Medi-Cal.

For example, individuals who make \$45,960 or less and families of four that make \$94,200 or less may qualify for financial assistance.

Here are some key facts about premium assistance.

- Premium assistance reduces the cost of an individual's or family's health insurance plan premium.
- Premium assistance (a federal subsidy) is applied directly to the premium at the time an individual or family enrolls in health insurance. Enrollees do not need to wait until they file a tax return at the end of the year.
- Premium assistance is only available through Covered California. Californians must purchase their health insurance plan from Covered California if they want to get premium assistance.
- Premium assistance is paid to the health plans. The assistance is paid by the federal government directly to the health plan an individual or family chooses through Covered California.



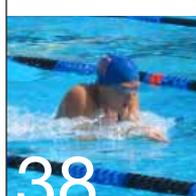
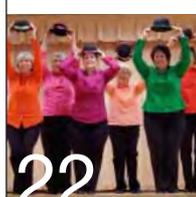
City of Concord

- Daniel C. Helix Mayor (2013)
- Timothy S. Grayson Vice Mayor (2013)
- Edi Birsan Councilmember
- Laura Hoffmeister Councilmember
- Ronald E. Leone Councilmember
- Thomas J. Wentling City Treasurer
- Valerie Barone City Manager
- Leslye Asera Community Relations Manager and Editor

At press time, the City Council had not yet selected the Mayor and Vice Mayor for 2014. Please visit the City's website at www.cityofconcord.org for this information.

On the cover: Clockwise from top left

A City crew clears creek debris to prevent flooding;
 Friendship and fun in Youth Programs;
 Workshop participants make suggestions for the Downtown Specific Plan;
 Gearing up for Spring Break Tennis Camp.



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CONTACT

Web site:..... www.cityofconcord.org
Events:..... www.concordfirst.org
Classes:..... www.concordreg.org
E-mail:..... cityinfo@cityofconcord.org
Phone:..... (925) 671-CITY

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

Recreation Program Locations

APEX Movement NorCal – 930 Detroit Ave..... 609-4004
 Ayers Elementary – 5120 Myrtle Drive 682-7686
 Baldwin Park Bocce Court – 2730 Parkside Circle..... 671-3320
 Baldwin Park Dance Studio 2790 Parkside Circle
 Baldwin Park Preschool..... 2790 Parkside Circle
 Camp Concord, South Lake Tahoe 671-2267
 Centre Concord – 5298 Clayton Road 671-3382
 Clayton Valley Bowl – 5300 Clayton Road 689-4631
 Concord Community Park and Pool – 3501 Cowell Road..... 671-3474
 Concord Library – 2900 Salvio St. 646-5455
 Concord Senior Center – 2727 Parkside Circle..... 671-3320

Diablo Creek Golf Course – 4050 Port Chicago Highway 686-6262
 Highlands Elementary – 1326 Pennsylvania Blvd. 685-4202
 K.O. Taekwondo – 2290 Willow Pass Rd..... 405-5301
 Lime Ridge Center – 3701 Treat Boulevard
 Monte Gardens Elementary – 3841 Larkspur Drive 685-3834
 Mt. Diablo Elementary – 5880 Mt. Zion Drive..... 672-4840
 Newhall Park – 1351 Newhall Parkway
 Silverwood Elementary – 1649 Claycord Avenue..... 687-1150
 Village Music School – 1720 Linda Drive, Pleasant Hill..... 676-8400
 Westwood Elementary – 1748 West St..... 685-4202
 Willow Pass Center – 2748 E.Olivera Road..... 671-3423
 Parks & Recreation Class Registration
 Registration Office 671-3404
 en Español 671-3324

Sports Organizations

Youth Baseball/Softball

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

Youth Football / Cheerleading

Clayton Valley Athletic Assn www.cvaafalcons.com
 Concord Cobras www.concordcobras.com 270-3242
 Concord Youth Football www.concordyouthfootball.com

Youth Soccer

Concord AYSO 685-AYSO
 Diablo FC www.diablofc.org 798-GOAL
 Liga Latina www.ligalatinaconcord.com
 Mt. Diablo Soccer Association www.mdsoccer.org 672-3373

Adult Soccer

East Bay Senior Soccer www.ebssl.com
 Contra Costa Mixed Soccer 759-5965

Adult Kickball / Softball

Concord Parks & Recreation
 www.teamsideline.com/concord 671-3279
 Rain Hotline..... 671-3479

Bocce

Concord Bocce Federation www.concordbocce.org

Swimming

Terrapins Swim Team..... 680-8372

Tennis

Concord Tennis Club 686-1707
 Concord Table Tennis Club
 www.concordtabletennisclub.com 689-7463

Diablo Youth Rugby

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

NEWS BRIEFS

Permit Center survey

Visited the City's Permit Center lately? Take the new online survey to provide feedback on how well City staff met your needs. The survey is posted to the Permit Center page on the City's website at www.cityofconcord.org/permits.

Help for homeless

Change 4 Real Change, a program designed to discourage panhandling and support homeless services, is seeking donations. All funds collected go directly to homeless service providers. Visit www.change4realchange.org.

Sign up for eNews

Want to receive a brief, monthly City newsletter by email? Sign up by going to the City's home page and selecting "Subscribe to eNews" in the "Most Requested" box.

Abandoned shopping carts

It's now easier than ever to report abandoned shopping carts. The City is working with the California Shopping Cart Retrieval Company to return carts to the stores that own them. Choose from three different options: phone toll free, 800-252-4613 and leave a message anytime; go to www.cartretrieval.net to send an email message or to download the iPhone app.



It's never too late to get in shape. Dorothy Moore, at far right, gets ready for a performance with Jan Pressler (left) and Liv Weiss. Dorothy, who is legally blind, took up dance at age 80 and at 95 is still teaching line dancing at the Concord Senior Center

City offers many opportunities to improve health and wellness

As 2013 comes to a close, many residents will be making up lists of New Year's resolutions. Improving health and fitness are often the hardest resolutions to keep, because they require changing habits and, often, an investment of cash. This year, residents are encouraged to explore the many free or low-cost opportunities offered by the City to improve health and wellness.

For the last five years, Concord's mayors have championed healthy eating by participating in the Wellness Challenge. Each summer, the mayor and a local chef have faced off against

mayors and chefs from neighboring cities in a competition to prepare the healthiest and tastiest dish from a bag of mystery ingredients. Concord has won the challenge in three of the five competitions. Elected leaders encourage residents to use the many free opportunities the City offers to foster a healthy lifestyle. For instance, at this time of year Todos Santos Plaza in downtown Concord is home to the year-round Farmers' Market and Sunvalley Shopping Center now hosts a market on

Wellness continued on page 4

Wellness from page 3

Saturday from 8 a.m. to 1 p.m. The City has 27 free parks and playgrounds, where walking and jogging are popular. Two dog parks, at Baldwin Park and Newhall Park, encourage pet owners to exercise with their four-legged friends.

Classes at the Senior Center help keep those fifty and over healthy in mind and spirit. It's never too late to get fit, as demonstrated by 95-year-old Dorothy Moore, who teaches a line dancing class at the center. She took up dance when she turned 80, and never looked back. Her story is especially inspirational because Dorothy is legally blind!

Concord Community Pool offers swimming classes as well as lap swim hours year round. For those seeking to take it up a notch, a new Adult Swim Workout Group, led by Paul Stafford of the award-winning Terrapins Swim Team, will help participants get the most out of their swim time. For those interested in water exercise, the pool offers a Deep Water Exercise class, and a new Aqua Zumba class will start in the spring.

Parks and Recreation offers a wide range of classes meant to help residents improve fitness and skill levels while engaged in a fun and friendly activity. Some of the most popular classes include Zumba, Pilates, yoga, taekwondo and karate.

Offered for the first time this year is a new Parkour class with sessions for all ages. This holistic training discipline developed out of military obstacle training. Instructors teach students to quickly and efficiently overcome obstacles in their environment, using only their bodies and their surroundings



Adults looking for fun and exercise enjoy an afternoon kickball game

to propel themselves. Skills include climbing, swinging, vaulting, jumping, and rolling—perfect training for the future stunt man or woman.

In January, residents can look forward to registering for adult softball and co-ed kickball for spring/summer leagues. Kickball was first offered last year as a popular alternative to more competitive sports. It's perfect for a group of friends who want to get some exercise and have fun. For more information, visit www.cityofconcord.org/recreation/sports/adultsports.htm.

The City Council routinely looks for ways to enhance aspects of the City that improve health and safety. From Safe Route to Schools projects, that improve walking and biking paths for students, to a new Climate Action Plan to improve health, safety, mobility and livability across Concord by reducing greenhouse gas emissions, the City is preserving the current and future health of its residents.

For more information about classes and activities, see the listing on the following pages of this publication. ♦

Concord on Facebook and YouTube

The City invites the public to visit its Facebook page and YouTube channel. "Like" us on Facebook at www.facebook.com/CityofConcordCA and subscribe to the YouTube channel at www.youtube.com/user/concordfirst. The Facebook page features the latest event information and business news; the YouTube channel offers videos about recreation classes and programs, community events and business attraction campaigns. ♦





Public Works staff Tommy Brown (in truck) and Bill Gallagher remove debris collected from creeks, channels and roadside ditches

City crews, residents get ready for rainy season

Winter is here and City crews have been working hard to get ready. Starting in the summer months and continuing into fall, they have inspected and cleaned almost 6,000 catch basins, as well as miles of creeks, channels and roadside ditches, clearing more than 900 yards of debris, which is equivalent to 90 dump truck loads. They have also checked supplies and equipment that might be needed to respond to localized flooding, and stored sandbags and barricades in case of emergency.

Residents should do their part to get ready for wet weather by clearing roofs and gutters of leaves and debris and making sure that the storm drain inlets on their property are not obstructed. After pruning back landscaping or raking leaves, residents should place leaves, cuttings and other yard trimmings in the Green Waste container provided by Concord Disposal. The City's Municipal

Code prohibits sweeping leaves and other yard waste into the street or into storm drains. The City's street sweeper can pick up leaves that fall naturally from nearby trees, but it was not designed to pick up piles of leaves swept into the gutter. Flooding is likely to occur in areas where residents have left debris in the streets, which eventually blocks the storm drains with leaves and yard clipping.

Concord residents can pick up sandbags at their convenience at the City Public Works sandbag station. Bags, sand and shovels are available to build sandbags outside the gates of the City Corporation Yard, 1455 Gasoline Alley. The sandbag station is open 24 hours. The limit is 25 sandbags per household. A supply of already filled sandbags is available for the elderly and handicapped and can be obtained by calling ahead. For more information, contact Public Works at (925) 671-3448. ◆

Downtown sewer replacement project update

Residents driving through downtown Concord over the last year may have noticed the extensive sewer main replacement project taking place on the streets north of Todos Santos Plaza. The project, now complete, was phase one of a multiple-part project to replace main sewer lines in the downtown area. Many of the lines are clay pipe from the '40s and '50s and are undersized or failing. The project is being funded through the City's Sewer Enterprise Funds.

With phase one complete, design for phase two is now in progress. Construction is scheduled for the spring and summer of 2014. The streets to be addressed in phase two are Grant Street (Bonifacio Street to Willow Pass Road), Galindo Street (Bonifacio Street to Pacheco Street), Pacheco Street (Concord Avenue to East Street), and Mt. Diablo Street (Bonifacio Street to Salvio Street).

Due to the numerous activities and special events in and around Todos Santos Plaza during the summer months, staff is working to avoid construction on days when the Farmers' Market and other events are in the plaza. Business and property owners are being contacted to work through potential impacts during construction.

For more information, contact Senior Civil Engineer Mario Camorongan, (925) 671-3021. ◆

Planning for Concord's future

Planning for Concord's future is an ongoing process for the City. The Planning Division works with the City Council and the community to guide the present and future growth of the city by striking a careful balance between the needs and desires of residents and the challenges presented by growth, both economic and geographic. Following are updates on the four most significant planning initiatives underway or recently adopted.

Downtown Concord Specific Plan

The City is working on a Downtown Concord Specific Plan, a community planning effort that will consider how best to direct the long-term and short-term development and improvement of the downtown area, specifically near the BART station. A Downtown Steering Committee meets monthly to consider various aspects of the plan and has hosted two community workshops to elicit public comment.

The land use strategy selected for the area focuses on housing and will guide the development of policies and implementation actions to promote a broader range of housing options in the downtown. It is important to note that no changes are being proposed to either the General Plan or Zoning maps, but rather strategies and tools to promote new housing are being developed that will likely be incentive-based rather than regulatory. Environmental analysis of the plan is scheduled to be completed by March 2014 when the plan will be circulated for review. Additional public meetings to review the revised draft are anticipated in

spring 2014. For more information, visit: www.cityofconcord.org/downtownplan.

Reuse Plan for the Concord Naval Weapons Station

Perhaps the most significant planning effort underway is the reuse of the shuttered 5,000 acre Concord Naval Weapons Station. In January 2012, the Concord City Council adopted an area plan for the site and amended the City's 2030 General Plan to include the area plan. Since that time the Reuse Project Office has been working with the Navy, and State and Federal regulators on steps for cleanup of contaminated areas on the base and methods for preservation and restoration of sensitive habitats and wildlife species. The Navy is conducting various environmental studies required under the National Environmental Protection Act (NEPA) and the Endangered Species Act (ESA). The Reuse Project Office has begun talking with the Navy about methods of transfer of the property and phasing for transfer. Property transfer is projected for early 2015 but construction on the property isn't expected before 2016. For more information, visit www.concordreuseproject.org.

Citywide Climate Action Plan approved

The City Council approved the Citywide Climate Action Plan (CAP) in July in response to State mandates and regional guidance on reducing greenhouse gas emissions. The plan serves as a community document that measures locally-generated greenhouse gas emissions, presents actions to



Participants at the Oct. 7 Downtown Concord Specific Plan Community Workshop submit comments for review by the steering committee

reduce greenhouse gases consistent with State mandates, and supports local economic development by providing streamlined environmental review for development projects consistent with the CAP. The plan's policies, measures, and strategies improve the health, safety, mobility, and livability of the greater community.

Development Code adopted

The City completed the update of the Development Code, which includes the City's zoning regulations. The zoning regulations were over 50 years old. Outdated terms appeared throughout the old code, and some of the standards were based on technology and development practices from the 1950s and 1960s. The new Development Code streamlined regulations and permit processes, and is now a more user-friendly code. ♦

Help stop recycling theft for a safer neighborhood

The City is asking residents to help stop the theft of recyclables. Taking recyclable material from a trash receptacle is illegal. In addition to the nuisance factor caused by thieves rummaging through residential recycling containers, recycling thefts raise garbage collection rates and prevent the City from achieving its State-mandated recycling goals. Concord Police report that opportunistic crimes are also taking place on properties targeted by recycling thieves. Concord Disposal Services, the City's garbage collection vendor, is partnering with the City to reduce the thefts.

"Many residents may not be aware that the thieves are very well organized," says Corporal Patrick Murray of the Concord Police Department's Code Enforcement Unit. "They have designated territories so as not to run afoul of each other. They use different colored plastic bags to identify whose illegal haul belongs to whom. Profits range from a couple hundred to a couple thousand dollars per week, per person."

Recycling Theft Prevention Specialist Isidro Llanos, whose position is funded by Concord Disposal Services, says "Many illegal recyclers come to Concord from other cities. One man admitted that he rides the bus to Concord from Pittsburg, fills his bags with aluminum cans and plastic bottles, then cashes in at the local recycling center before riding the bus back home."

Bottles and cans are not the only recycling theft causing concern.

Thieves that target businesses are taking large quantities of cardboard from dumpsters provided by Concord Disposal specifically for that purpose. If an employee leaves a dumpster unlocked, thieves have easy access to the cardboard. These thefts also result in higher garbage rates.

Llanos reports that in some cases, high volume merchants compress their cardboard into large bails and leave the bails on their loading docks for pickup. Thieves have been ingenious in conceiving ways to move the half-ton bails onto their pickup trucks. Each pickup truck load of flat cardboard can fetch up to several hundred dollars at a recycling center.

In addition to his enforcement efforts, Llanos also provides community outreach and education. Business managers and homeowner groups interested in having Llanos make a presentation should contact him at (925) 671-3130.

There are several ways to report recycling theft:

If the theft is in progress, call the Police Department at 671-3220 or Concord Disposal Service at 682-9113; report thefts online through the CDS website www.concorddisposal.com or call the CDS recycling theft hotline at (925) 671-3100.

If possible, provide the following information: license plate number if a vehicle is involved, description of the vehicle and person(s), and time the theft occurred.

For more information, contact Cpl. Patrick Murray, (925) 671-3280. ◆



Recycling Theft Prevention Specialist Isidro Llanos urges residents to report recycling theft

10,000 crane artwork to be unveiled

The public is invited to attend the unveiling of a 10,000 origami crane sculpture on Sunday, March 9 at 1:30 p.m. in the lobby of the Brenden Theatre. The unveiling is the first of several events which will take place next year in preparation of the 40th Anniversary celebration of the Sister City relationship between Concord and Kitakami, Japan. Kitakami Mayor Takahashi and a delegation of the city's residents are scheduled to arrive in October 2014 to celebrate the anniversary.

The 10,000 origami cranes were folded by concerned residents of Concord and

students from various local schools as a symbol of love, friendship and good wishes immediately following the devastating earthquake and tsunami which struck Japan on March 11, 2011. The Concord Ambassadors, the non-profit organization that supports the City's Sister City program, has commissioned artist Sean Olson of Oakland to erect the hanging exhibit.

The Ambassadors welcome new volunteers, especially as preparations are being made for the 40th Anniversary visit. For more information, visit www.concordambassadors.com or call Mary Rae Lehman, (925) 671-3495. ♦



The Kitakami Friendship Garden at Civic Center celebrates the Concord-Kitakami Sister City relationship, which marks its 40th Anniversary in 2014

New fence replaces barrier at Todos Santos Plaza

For several years, visitors to Todos Santos Plaza for the popular summer music program, community events and the Farmers' Market may have noticed a temporary metal barricade lined up along the side of the plaza facing Willow Pass Road, one of the City's busiest thoroughfares. The barrier was needed to protect the safety of families visiting the plaza and pedestrians walking along the sidewalk.

In September, the City Council approved a permanent fence to replace the less-attractive temporary barrier. The new fence will be four feet tall, and will be installed in approximately the same place as the temporary barrier - five feet from the face of the curb and in front of the streetlight posts lining that one block of the plaza. The fence will be made of prefabricated steel in an open design to



provide visibility for both plaza users and drivers on Willow Pass Road.

In addition to the fence, two pedestrian archways over the Willow Pass Road entrances to the park were approved and are in the design phase. Installation of the fence is slated for January, with the archways following in February. ♦

City Council passes new two-year term for mayor

Concord residents elect five Councilmembers at large to serve on the City Council. Each year, the City Council members have been appointing one of their own to serve as mayor and one to serve as vice mayor for a one-year term. In October, the City Council voted to change the length of the mayor's term to two years but retained the vice mayor's appointment as a one-year term.

The vote returns the City Council to the format used for 60 years until the one-year term was enacted in 1993. The Council approved the change noting that the two-year format allows mayors to follow through on their initiatives and assists the community and partner organizations in developing stronger ties with the City's top elected official. ♦

ACTIVITY GUIDE



YouTube

New on YouTube!

Take a virtual tour of our classes and facility.

Search for Concord Senior Center on YouTube.com to view videos of:

- Zumba
- Line dance
- Tap-ercise
- Un-Believe-A-Ball
- Hula for Exercise
- Party Rentals

ACTIVITY GUIDE LISTINGS ARE SUBJECT TO CHANGE

FALL 2014 PRESCHOOL CLASSES

Preschool Registration Begins February 18 ■ Walk-In Only!

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

Preschool Age 2

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



Preschool Age 3

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



Preschool Age 4

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

Requirements:

- 2-year-olds must be age 2 by September 1, 2014.
- 3-year-olds must be age 3 by September 1, 2014.
- 4-year-olds must be age 4 by September 1, 2014.
- *3 and 4-year-olds must be toilet trained.

A \$35 non-refundable processing fee and a non-refundable first month's tuition payment are due at the time of registration. The remaining 8 tuition installments are due by the 20th of each month from September 2014-April 2015. There is a \$75 cancellation and withdrawal fee for program.

Monthly Fees:

- 2-day classes \$125R/\$130NR
- 3-day classes \$189R/\$194NR

Parent Involvement:

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

For the current 2013-14 preschool schedule or for more information, please call the registration office at 671-3404.

**BALDWIN PARK
2790 PARKSIDE CIRCLE**

3 Year Olds – Melissa Gardner

Session	Days	Time	Course
Sep 3-May 15	M, W, F	9-11:30 a.m.	#94347
Sep 2-May 14	Tu, Th	9-11:30 a.m.	#94348

4 Year Olds – Gina Murdock

Session	Days	Time	Course
Sep 2-May 14	Tu, Th	9-11:30 a.m.	#94354
Sep 3-May 15	M, W, F	9-11:30 a.m.	#94353

4 Year Olds – Melissa Gardner

Session	Days	Time	Course
Sep 3-May 15	M, W, F	12-2:30 p.m.	#94355

**CENTRE CONCORD
5298 CLAYTON ROAD**

2 Year Olds – Beth Severa

Session	Days	Time	Course
Sep 2-May 14	Tu, Th	9-11:30 a.m.	#94342
Sep 2-May 14	Tu, Th	12-2:30 p.m.	#94343
Sep 3-May 15	M, W, F	9-11:30 a.m.	#94341
Sep 3-May 15	M, W, F	12-2:30 p.m.	#94357

3 Year Olds – Shannon Cervantes

Session	Days	Time	Course
Sep 3-May 15	M, W, F	12-2:30 p.m.	#94345
Sep 2-May 14	Tu, Th	12-2:30 p.m.	#94349

3 Year Olds – Sean Berry

Session	Days	Time	Course
Sep 2-May 14	Tu, Th	9-11:30 a.m.	#94346
Sep 3-May 15	M, W, F	9-11:30 a.m.	#94344

4 Year Olds – Sonja Stanley

Session	Days	Time	Course
Sep 2-May 14	Tu, Th	9-11:30 a.m.	#94352
Sep 2-May 14	Tu, Th	12-2:30 p.m.	#94356
Sep 3-May 15	M, W, F	9-11:30 a.m.	#94350
Sep 3-May 15	M, W, F	12-2:30 p.m.	#94351

DANCE, MUSIC AND PERFORMING ARTS

Pre-Dance

Preschool dancers will be introduced to the world of dance through creative movement, rhythm, and improvisation. Dancers will focus on body positioning, balance, body isolation and fundamental dance vocabulary. Appropriate Attire: ballet shoes, tights or leggings, and leotards. The instructor, Crystal Kent, is a graduate of UC Santa Cruz in Theater Arts and has over 20 years of dance experience.

Age: 3-4 ■ Baldwin Park Dance Studio ■ Crystal Kent

Sessions	Day	Time	Fee	Course
Jan 11-Feb 15	Sa	9-9:30 a.m.	\$55 R/\$60 NR	#93838
Mar 1-Apr 5	Sa	9-9:30 a.m.	\$55 R/\$60 NR	#93839

Beginning Ballet 1

Beginning dance students will learn the fundamentals and the vocabulary of ballet, basic technique, coordination, barre exercises, and ballet positions. Dancers will culminate in a performance demonstration for parents on the last class. The instructor, Crystal Kent, is a graduate of UC Santa Cruz in Theater Arts and has over 20 years of dance experience.

Age: 4-6 ■ Baldwin Park Dance Studio ■ Crystal Kent

Sessions	Day	Time	Fee	Course
Jan 11-Feb 15	Sa	9:30-10:15 a.m.	\$69 R/\$74 NR	#93834
Mar 1-Apr 5	Sa	9:30-10:15 a.m.	\$69 R/\$74 NR	#93835



Singing Class—Princess Songs

Students will step into the shoes of musical royalty and sing songs of timeless animated fairytales. Each princess will build strong voices and fond memories of a magical age. Students receive a tote filled with musical and Princess accessories and are encouraged to arrive in their Princess attire. \$12 materials fee payable to instructor.

Age: 3-6 ■ Village Center for the Arts ■ Village Music

Sessions	Day	Time	Fee	Course
Jan 18-Feb 22	Sa	11-11:50 a.m.	\$113 R/\$118 NR	#94225
Mar 1-Apr 5	Sa	11-11:50 a.m.	\$113 R/\$118 NR	#94226

ENRICHMENT

Busy Bee Cooks

Children have FUN while they learn the life skill of cooking. Your chefs will enjoy eating and sharing their delicious, healthy creations with the whole family. They will learn basic nutrition, shopping and reading food labels. Children are taught food and kitchen appliance safety. A non-refundable \$15 materials fee is payable at the first class.

Age: 4-5 ■ Centre Concord ■ Chef Lynda & Staff

Sessions	Day	Time	Fee	Course
Jan 23-Feb 6	Th	3:30-5 p.m.	\$139 R/\$144 NR	#94176
Apr 17-May 1	Th	3:30-5 p.m.	\$139 R/\$144 NR	#94177

NEW Parkour—Little Ninjas

Little Ninjas is a great place for your child to learn safe movement while having fun. Focus is on safety and developing gross motor skills. Kids will learn how to safely get down objects, climb and balance in a combination open gym/class environment to encourage interaction between parents and kids.

Age: 3-6 ■ Apex Movement NorCal ■ Apex Staff

Sessions	Day	Time	Fee	Course
Feb 23-Mar 16	Su	8:30-10 a.m.	\$65 R/\$70 NR	#94259
Mar 23-Apr 13	Su	8:30-10 a.m.	\$65 R/\$70 NR	#94260

Little Dragons

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

Age: 3-5 ■ KO Taekwondo ■ Kevin Oliver

Sessions	Day	Time	Fee	Course
Jan 16-Mar 13	Th	5-5:40 p.m.	\$82 R/\$87 NR	#93842

Parent and Me Gymnastics

This class is designed for parents and toddlers to enhance your child's motor development skills, balance, coordination, and confidence. Emphasis is placed on developing movement, rolling, climbing, hanging, balance, and jumping in a fun and social environment. This class is filled with fun and challenging motor development activities. Parent participation is required.

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

Sessions	Day	Time	Fee	Course
Jan 8-Feb 12	W	9-9:45 a.m.	\$81 R/\$86 NR	#94163
Feb 19-Mar 26	W	9-9:45 a.m.	\$81 R/\$86 NR	#94164
Apr 2-30	W	9-9:45 a.m.	\$68 R/\$73 NR	#94165

R = Concord Resident NR = Concord Non-Resident



Tiny Tumblers Gymnastics

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

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

Sessions	Day	Time	Fee	Course
Jan 8-Feb 12	W	9:45-10:30 a.m.	\$81 R/\$86 NR	#94166
Feb 19-Mar 26	W	9:45-10:30 a.m.	\$81 R/\$86 NR	#94167
Apr 2-30	W	9:45-10:30 a.m.	\$68 R/\$73 NR	#94168

SPORTS

Kidz Love Soccer

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

Tot Soccer

Age: 3½-4 ■ Newhall Park ■ Kidz Love Soccer

Sessions	Day	Time	Fee	Course
Jan 25-Mar 15	Sa	10:10-10:40 a.m.	\$90R/\$95NR	#94201
Apr 12-Jun 21	Sa	10:10-10:40 a.m.	\$100R/\$105NR	#94218

Spring Break Day Camp
Skyhawks Mini-Hawk

Ages 4-6
See page 18.

Tot/Pre-Soccer

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

Sessions	Day	Time	Fee	Course
Jan 27-Mar 17	M	10:10-10:45 a.m.	\$80R/\$85NR	#94202
Jan 27-Mar 17	M	3:10-3:45 p.m.	\$80R/\$85NR	#94203
Apr 7-Jun 9	M	10:10-10:45 a.m.	\$100R/\$105NR	#94211
Apr 7-Jun 9	M	3:10-3:45 p.m.	\$100R/\$105NR	#94212
Apr 7-Jun 9	M	5:15-5:50 p.m.	\$100R/\$105NR	#94318

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

Sessions	Day	Time	Fee	Course
Jan 23-Mar 13	Th	3:40-4:15 p.m.	\$90R/\$95NR	#94204
Apr 10-Jun 5	Th	3:40-4:15 p.m.	\$100R/\$105NR	#94213
Apr 10-Jun 5	Th	5:55-6:30 p.m.	\$100R/\$105NR	#94319

Pre-Soccer

Age: 4-5 ■ Newhall Park ■ Kidz Love Soccer

Sessions	Day	Time	Fee	Course
Jan 25-Mar 15	Sa	10:40-11:15 a.m.	\$90R/\$95NR	#94205
Apr 12-Jun 21	Sa	10:40-11:15 a.m.	\$100R/\$105NR	#94219



Mommy/Daddy and Me Soccer

Introduce yourself and your toddler to the 'World's Most Popular Game!' As you and your child participate in our fun age appropriate activities, your child will be developing their large motor skills and socialization skills. The fun happens on the field so don't just watch from the sidelines.

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

Sessions	Day	Time	Fee	Course
Jan 25-Mar 15	Sa	9:30-10 a.m.	\$90R/\$95NR	#94197
Jan 27-Mar 17	M	9:30-10 a.m.	\$80R/\$85NR	#94195
Apr 7-Jun 9	M	9:30-10 a.m.	\$100R/\$105NR	#94198
Apr 12-Jun 21	Sa	9:30-10 a.m.	\$100R/\$105NR	#94200

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

Sessions	Day	Time	Fee	Course
Jan 23-Mar 13	Th	3-3:30 p.m.	\$90R/\$95NR	#94196
Apr 10-Jun 5	Th	5:15-5:45 p.m.	\$100R/\$105NR	#94199



ARTS AND CRAFTS

Drawing and Watercolor Painting

Learn and explore new techniques in drawing and painting watercolor. In this multi-level class for beginning to advanced art students, you will discover how to draw and paint the human figure. Have fun learning to draw people, portraits and simple landscapes. Add your favorite animal or person, you are the artist! \$15 materials fee payable to the instructor.

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

Sessions	Day	Time	Fee	Course
Jan 8-Feb 26	W	4-5:30 p.m.	\$75R/\$80NR	#93840

DANCE, MUSIC AND PERFORMING ARTS

Beginning Ballet 2

Increase your strength, flexibility, and body coordination while building on the techniques from Ballet 1. Ballet 2 will concentrate on the dancer's ability to connect steps and create fluidity in their movement. Appropriate attire: ballet shoes, tights, and black leotards. The instructor, Crystal Kent, is a graduate of UC Santa Cruz in Theater Arts and has over twenty years of dance experience.

Age: 6-8 ■ Baldwin Park Dance Studio ■ Crystal Kent

Sessions	Day	Time	Fee	Course
Jan 11-Feb 15	Sa	10:15-11 a.m.	\$69R/\$74NR	#93836
Mar 1-Apr 5	Sa	10:15-11 a.m.	\$69R/\$74NR	#93837

NEW Tap Jazz Combo

This combo class introduces basic jazz and tap dance while giving students a well-rounded foundation in dance. Tap dancing develops a great sense of rhythm, timing and musical awareness. Jazz supports and reinforces elements learned in Tap. This class consists of quick moves, diverse footwork, kicks, turns, leaps and jumps.

Age: 5-7 ■ D'Ann's Academy of Dance ■ D'Ann's Academy of Dance

Sessions	Day	Time	Fee	Course
Jan 23-Feb 27	Th	4:30-5:15 p.m.	\$69R/\$74NR	#94174
Mar 6-Apr 10	Th	4:30-5:15 p.m.	\$69R/\$74NR	#94175

Age: 8-10 ■ D'Ann's Academy of Dance ■ D'Ann's Academy of Dance

Sessions	Day	Time	Fee	Course
Jan 24-Feb 28	F	3:45-4:30 p.m.	\$69R/\$74NR	#94172
Mar 7-Apr 11	F	3:45-4:30 p.m.	\$69R/\$74NR	#94173

New Youth Acting / Improv Class

Age: 8-15
See page 18.



NEW Beginning Cheer Dance

A fun class for girls and boys who want to learn and improve their cheer skills. This class will incorporate jumps, motion technique, and mini cheer routines.

Age: 8-12 ■ D'Ann's Academy of Dance ■ D'Ann's Academy of Dance

Sessions	Day	Time	Fee	Course
Jan 23-Feb 27	Th	7:30-8:15 p.m.	\$69R/\$74NR	#94169
Mar 6-Apr 10	Th	7:30-8:15 p.m.	\$69R/\$74NR	#94170

Band of Voices: Pop Vocal

The class instructor will accompany the group, while encouraging everyone to perform at their best. Basic vocal techniques and choreography will be introduced while students have a blast singing classic and current pop songs! This fun group vocal class focuses on teamwork and camaraderie.

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

Sessions	Day	Time	Fee	Course
Jan 16-Feb 20	Th	6:30-7:20 p.m.	\$113R/\$118NR	#94223
Feb 27-Apr 3	Th	6:30-7:20 p.m.	\$113R/\$118NR	#94224

Beginning Piano

Using Alfred's Chord Approach as a textbook, each student will learn the basic keyboard skills needed to play thousands of simple popular songs. They will learn how to read both bass and treble clef, playing both chords and melodies. Bring your own keyboard.

Age: 10-17 ■ Centre Concord ■ Ted Crowley

Sessions	Day	Time	Fee	Course
Jan 9-Feb 27	Th	4:45-5:30 p.m.	\$123R/\$128NR	#93790
Mar 6-May 1	Th	4:45-5:30 p.m.	\$123R/\$128NR	#93791



Guitar

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

Age: 10-17 ■ Centre Concord ■ Ted Crowley

Sessions	Day	Time	Fee	Course
Jan 9-Feb 27	Th	4-4:45 p.m.	\$123R/\$128NR	#93786
Mar 6-May 1	Th	4-4:45 p.m.	\$123R/\$128NR	#93787

ENRICHMENT

NEW Collision Cars

Students will use unique LEGO kits to build a variety of battling machines. This is a class of exploration, problem solving, and risk-taking with a goal of learning and experimenting with how machines work and compete. Gears, motors, aerodynamics and engineering, oh my!

Age: 10-14 ■ Willow Pass Community Center ■ All About Learning				
Sessions	Day	Time	Fee	Course
Mar 5-26	W	4-6 p.m.	\$109R/\$114NR	#94231

NEW Gears and Gadgets 1

Great hands-on learning and building race cars, windmills, merry-go-rounds, levers, pulleys, cranes and more. Students will creatively build and modify machines through basic engineering skills using our LEGO kits.

Age: 5-9 ■ Willow Pass Community Center ■ All About Learning				
Sessions	Day	Time	Fee	Course
Mar 3-24	M	4-6 p.m.	\$109R/\$114NR	#94230

Beginning Video Game Design

Participants will learn the basics of computer programming for games. This class begins with a blank screen, is logic-based and does not require previous experience. Everything created for the game is original to the team. Participants will build a single platform game that they can download and take with them. The games are totally original and the creators own the copyrights.

Age: 8-13 ■ Centre Concord ■ Freshi Films, LLC				
Sessions	Day	Time	Fee	Course
Jan 7-Feb 11	Tu	4-5:30 p.m.	\$140R/\$145NR	#94279



Digital Animation

Today's animators use sophisticated computer programs to create the world of their cartoons. Before they can take their characters through fantastic worlds on wondrous adventures, they have to learn how to give form to the world they envision. Participants will learn skills in computer drawing, character skeleton, movement, frame layering, and dialogue matching.

Age: 8-13 ■ Centre Concord ■ Freshi Films, LLC				
Sessions	Day	Time	Fee	Course
Jan 9-Feb 13	Th	4-5:30 p.m.	\$140R/\$145NR	#94278

We Teach Your Kids to Cook Healthy

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

Age: 6-10 ■ Centre Concord ■ Chef Lynda & Staff				
Sessions	Day	Time	Fee	Course
Jan 23-Feb 6	Th	5:30-7 p.m.	\$139R/\$144NR	#94178
Apr 17-May 1	Th	5:30-7 p.m.	\$139R/\$144NR	#94179

HEALTH AND FITNESS

NEW Youth Parkour

Students will be introduced to the fundamentals of parkour in a safe and challenging way through games and drills. Students will stay highly active during class, engaging in creative drills all while learning aspects of the parkour philosophy of overcoming fear, solving problems, and setting goals.

Age: 7-12 ■ Apex Movement NorCal ■ Apex Staff				
Sessions	Day	Time	Fee	Course
Jan 14-Feb 4	Tu	5-6 p.m.	\$65R/\$70NR	#94250
Mar 4-25	Tu	5-6 p.m.	\$65R/\$70NR	#94251
Jan 16-Feb 6	Th	4-5 p.m.	\$65R/\$70NR	#94252
Mar 6-27	Th	4-5 p.m.	\$65R/\$70NR	#94253

Kajukenbo Karate-Youth

Kajukenbo is a mix of Karate, Judo/Jujitsu, Kenpo and Chinese Boxing (Gung Fu) into an extremely effective self-defense system. Emphasis is on physical conditioning, self-defense, grappling and traditional forms. Instructors, Mike Daplas, is a black belt in Rapacon's Martial Arts, and Steve DelFierro is a pro champion Muay Thai fighter and striking coach.

Age: 8-13 ■ Willow Pass Community Center ■ Michael Daplas				
Sessions	Day	Time	Fee	Course
Jan 2-30	Tu, Th	6:15-7:15 p.m.	\$55R/\$60NR	#93812
Feb 4-27	Tu, Th	6:15-7:15 p.m.	\$49R/\$54NR	#93813
Mar 4-27	Tu, Th	6:15-7:15 p.m.	\$49R/\$54NR	#93814
Apr 1-29	Tu, Th	6:15-7:15 p.m.	\$43R/\$48NR	#93815
Jan 2-Apr 29	Tu, Th	6:15-7:15 p.m.	\$150R/\$155NR	#93816



Karate-Shorinji Ryu-Youth

Shorinji Ryu, a traditional karate system created by O'Sensei Richard Kim, Hanshi, means 'Shaolin Temple' style and is taught in the traditional method of instilling self-control, mental focus, high spirit and composure in the face of danger. Aaron Holm, a Nidan (2nd degree) black belt in Shorinji Ryu karate, has developed a dynamic highly motivating teaching style. No class January 25, April 5 and 24.

Age: 10-14 ■ Centre Concord ■ Aaron Holm

Sessions	Day	Time	Fee	Course
Jan 2-30	Th	6-7:30 p.m.		
	& Sa	9:30-10:30 a.m.	\$49R/\$54NR	#93802
Feb 1-27	Th	6-7:30 p.m.		
	& Sa	9:30-10:30 a.m.	\$49R/\$54NR	#93803
Mar 1-29	Th	6-7:30 p.m.		
	& Sa	9:30-10:30 a.m.	\$55R/\$60NR	#93804
Apr 3-26	Th	6-7:30 p.m.		
	& Sa	9:30-10:30 a.m.	\$38R/\$43NR	#93805

Multi Session Discount – 20% off

Jan 2-Apr 26	Th	6-7:30 p.m.		
	& Sa	9:30-10:30 a.m.	\$146R/\$151NR	#93806

Taekwondo-Kenpo-Youth

An integrative approach of combining Taekwondo and Kenpo into one martial art system. These two arts combine to form a dynamic striking art. Learn the principles of kindness, compassion, honor, humility, and integrity. Become a healthier, happier, and more balanced human. Ray Faulkenberry, Ph.D. is an 8th Degree Black Belt. Optional uniform at cost payable to instructor.

Age: 5-13 ■ Baldwin Park Dance Studio ■ Ray Faulkenberry

Sessions	Day	Time	Fee	Course
Jan 3-31	W, F	7-8 p.m.	\$63R/\$68NR	#93826
Feb 5-28	W, F	7-8 p.m.	\$56R/\$61NR	#93827
Mar 5-28	W, F	7-8 p.m.	\$56R/\$61NR	#93828
Apr 2-30	W, F	7-8 p.m.	\$49R/\$54NR	#93829

50% off additional family members that sign up together

SPECIAL EVENTS

Santa Claus is Coming to Town

The whole family can enjoy Santa! Make and enjoy a variety of holiday crafts and games with your child(ren) while waiting for their visit with Santa himself! DON'T FORGET THE CAMERA for your visit with Santa. Refreshments will be provided. Pre-registration is required for everyone age 3 and older. Space is limited, so register early before it fills up!

All Ages ■ Senior Center ■ Staff

Sessions	Day	Time	Fee	Course
Dec 14	Sa	9:30 a.m.-12:30 p.m.	\$8R/\$9NR	#93664

SPORTS

Soccer 1

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

Sessions	Day	Time	Fee	Course
Jan 25-Mar 15	Sa	11:15 a.m.-12 p.m.	\$90R/\$95NR	#94206
Jan 27-Mar 17	M	3:45-4:30 p.m.	\$80R/\$85NR	#94208
Apr 7-Jun 9	M	3:45-4:30 p.m.	\$100R/\$105NR	#94215
Apr 12-Jun 21	Sa	11:15 a.m.-12 p.m.	\$100R/\$105NR	#94217

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

Sessions	Day	Time	Fee	Course
Jan 23-Mar 13	Th	4:15-5 p.m.	\$90R/\$95NR	#94207
Apr 10-Jun 5	Th	4:15-5 p.m.	\$100R/\$105NR	#94216

Kidz Love Soccer Skillz and Scrimmages

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

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

Sessions	Day	Time	Fee	Course
Jan 27-Mar 17	M	4:30-5:15 p.m.	\$90R/\$95NR	#94220
Apr 7-Jun 9	M	4:30-5:15 p.m.	\$110R/\$115NR	#94221

NEW Junior Tennis

The junior tennis program introduces tennis related techniques, movement and the concept of rallying. The program uses tennis related games designed to help students learn how to keep score and employ strategies involved in playing the game. Classes are taught by USTA Coach Mac.

Age: 7-12 ■ Willow Pass Park ■ Calvin McCullough

Sessions	Day	Time	Fee	Course
Jan 7-Feb 25	Tu	4-5 p.m.	\$90R/\$95NR	#94234
Jan 7-Feb 25	Tu	5-6 p.m.	\$90R/\$95NR	#94235
Mar 11-May 6	Tu	4-5 p.m.	\$90R/\$95NR	#94236
Mar 11-May 6	Tu	5-6 p.m.	\$90R/\$95NR	#94237

NEW USTA Playday

Boys and girls – don't miss a FREE 90-minute tennis clinic! Participants must register in advance. All registrants will play a variety of games and work on the fundamentals of tennis. All registered participants will receive a free 1-year membership to USTA. Prizes will be available.

Age: 5-10 ■ Willow Pass Park ■ Calvin McCullough

Mar 1	Sa	10-11:30 a.m.	Free	#94239
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R = Concord Resident NR = Concord Non-Resident

YOUTH

Afterschool Enrichment

The City of Concord Parks & Recreation Department in cooperation with the Mt. Diablo Unified School District is offering After School Enrichment classes at select elementary schools in Concord. A wide variety of fun and exciting recreation classes are offered for children in grades 1st-5th. Benefits include increased self-esteem, new skills and abilities, improved social skills, higher school performance, and encouraging lifelong learning. Thank you for choosing Concord Parks & Recreation Department and the After School Enrichment Program. For Safety Reasons and to sign waiver, **PARENTS MUST COME INTO CLASSROOM** and pick up students, **AFTER EVERY CLASS**. No class days: January 20 and 27, February 10 and 17, April 21-25, May 26. See course grid on page 17 for dates, times, locations and costs.

Mad Science: Secret Agent Lab

Step into the shoes of a detective, spy, sleuth. Uncover the science in these professions. Students create, collect, and analyze evidence. Discover what skills are necessary as a crime scene lab technician. From edible messages and decoding clues, students check out the skills spies have, and journey into the world of espionage. Learn how the pros do it through careful observation, and techniques. Build your own collection of Secret Agent tools.

Mad Science: Academy of Future Space Explorers

Go on a voyage of discovery through the solar system and out into the stars! Investigate life cycles of stars and planets. Create galaxies from bubbles. Take home a shimmering star constellation viewer. Make a model comet and learn about space phenomenon seen in the night sky. Learn the technology of space travel, and flight. Explore how lasers help us navigate outer space. Learn about rocket flight and how NASA gets people from our planet into outer space. And take home a model rocket to launch at home!

Vibrant Elementary Drawing

Structured, skill based learning used to teach science, math and reading is used to teach children how to draw. Young Rembrandts' tiered lesson plans match engaging subject matter; skill based learning and positive classroom techniques to achieve unparalleled success in the classroom. Learn new lessons each class and each session.

R = Concord Resident NR = Concord Non-Resident



Peer Piano

A great way to introduce piano to your child, in a fun, supportive environment. Learn piano basics while being introduced to a new song every class. Students participate and learn together while composing, rehearsing, and performing their music. In the end, students will complete a music book and celebrate what they have learned. \$10 materials fee for a music book.

After School Flag Football, Soccer and Lacrosse

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

Ninjaneering Master with LEGO®

Master the world of Ninjago by becoming a Ninjaneer! Tame the Ice Dragon, motorize your Blade Cycle, design the Dark Fortress, and hone your Spinjitzu battle skills! In this advanced camp Ninjaneering masters will learn real world concepts in physics, engineering, and architecture while exploring the fantasy world of Ninjago.

Gymnastics

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

After School Hoops

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

AFTER SCHOOL ENRICHMENT

Ayers Elementary School

Class	Course	Ages	Instructor	Sessions	Day	Time	Fee
Mad Science–Secret Agent Lab	#93925	6-11	Mad Science	Feb 14–Mar 11	Tu	2:20–3:20 p.m.	\$125R/\$130NR
Mad Science–Academy of Future Space Explorers	#94020	6-11	Mad Science	Apr 29–Jun 3	Tu	2:20–3:20 p.m.	\$125R/\$130NR
Gymnastics	#93947	6-11	CGS Gymnastics	Feb 5–Mar 12	W	12:45–1:45 p.m.	\$89R/\$94NR
Gymnastics	#94019	6-11	CGS Gymnastics	Apr 30–Jun 4	W	12:45–1:45 p.m.	\$89R/\$94NR
After School Hoops	#93924	6-11	One on One Sports	Feb 27–Apr 17	Th	2:20–3:20 p.m.	\$89R/\$94NR

Highlands Elementary School

Class	Course	Ages	Instructor	Sessions	Day	Time	Fee
After School Soccer	#93927	6-11	One on One Sports	Feb 24–Apr 14	M	2:35–3:35 p.m.	\$89R/\$94NR
Mad Science–Secret Agent Lab	#93926	6-11	Mad Science	Feb 4–Mar 11	Tu	2:35–3:35 p.m.	\$125R/\$130NR
Mad Science–Academy of Future Space Explorers	#94021	6-11	Mad Science	Apr 29–Jun 3	Tu	2:35–3:35 p.m.	\$125R/\$130NR
Peer Piano	#93929	6-11	Nadine Petersen	Feb 6–Mar 27	Th	2:35–3:35 p.m.	\$79R/\$84NR
Ninjaneering Master with LEGO®	#94025	9-11	Play-Well TEKologies	May 1–Jun 5	Th	2:35–4:05 p.m.	\$185R/\$190NR

Monte Gardens Elementary School

Class	Course	Ages	Instructor	Sessions	Day	Time	Fee
After School Lacrosse	#93932	6-11	One on One Basketball	Feb 25–Apr 15	Tu	2:50–3:50 p.m.	\$89R/\$94NR
Mad Science–Secret Agent Lab	#93930	6-11	Mad Science	Feb 5–Mar 12	W	12:50–1:50 p.m.	\$125R/\$130NR
Mad Science–Academy of Future Space Explorers	#94031	6-11	Mad Science	Apr 30–Jun 4	W	12:50–1:50 p.m.	\$125R/\$130NR
Vibrant Elementary Drawing	#93931	7-11	Young Rembrandts	Feb 6–Mar 27	Th	2:50–3:40 p.m.	\$125R/\$130NR
Vibrant Elementary Drawing	#94030	7-11	Young Rembrandts	Apr 3–May 29	Th	2:50–3:50 p.m.	\$125R/\$130NR

Mt. Diablo Elementary School

Class	Course	Ages	Instructor	Sessions	Day	Time	Fee
Mad Science–Secret Agent Lab	#93937	6-11	Mad Science	Feb 3–Mar 10	M	2:20–3:20 p.m.	\$125R/\$125NR
Mad Science–Academy of Future Space Explorers	#94034	6-11	Mad Science	Apr 28–Jun 2	M	2:20–3:20 p.m.	\$125R/\$125NR
Ninjaneering Master with LEGO®	#94036	9-11	Play-Well TEKologies	Mar 4–Apr 8	Tu	2:20–3:50 p.m.	\$185R/\$185NR
Peer Piano	#93939	6-11	Nadine Petersen	Feb 4–Mar 25	Th	2:20–3:20 p.m.	\$79R/\$79NR
Vibrant Elementary Drawing	#93936	7-11	Young Rembrandts	Feb 5–Mar 26	W	12:05–1:05 p.m.	\$125R/\$125NR
Vibrant Elementary Drawing	#94035	7-11	Young Rembrandts	Apr 2–May 28	W	12:05–1:05 p.m.	\$125R/\$125NR
After School Hoops	#93938	6-11	One on One Sports	Feb 27–Apr 17	Th	2:20–3:20 p.m.	\$89R/\$89NR

Silverwood Elementary School

Class	Course	Ages	Instructor	Sessions	Day	Time	Fee
Gymnastics	#94037	6-11	CGS Gymnastics	Feb 24–Mar 31	M	2:45–3:30 p.m.	\$125R/\$130NR
Vibrant Elementary Drawing	#93941	7-11	Young Rembrandts	Feb 25–Apr 15	Tu	2:45–3:45 p.m.	\$125R/\$130NR
After School Hoops	#93940	6-11	One on One Sports	Feb 27–Apr 17	Th	2:45–3:45 p.m.	\$89R/\$89NR

Westwood Elementary School

Class	Course	Ages	Instructor	Sessions	Day	Time	Fee
Ninjaneering Master with LEGO®	#93945	9-11	Play-Well TEKologies	Feb 11–Mar 18	Tu	2:10–3:40 p.m.	\$185R/\$190NR
After School Flag Football	#93943	6-11	One on One Sports	Mar 19–May 14	W	1:40–2:40 p.m.	\$89R/\$94NR
Vibrant Elementary Drawing	#93944	7-11	Young Rembrandts	Feb 5–Mar 26	W	1:40–2:40 p.m.	\$125R/\$130NR
Vibrant Elementary Drawing	#94039	7-11	Young Rembrandts	Apr 2–May 28	W	1:40–2:40 p.m.	\$125R/\$130NR
Mad Science–Secret Agent Lab	#93946	6-11	Mad Science	Feb 6–Mar 13	Th	2:10–3:10 p.m.	\$125R/\$130NR
Mad Science–Academy of Future Space Explorers	#94038	6-11	Mad Science	May 1–Jun 5	Th	2:10–3:10 p.m.	\$125R/\$130NR
Gymnastics	#93942	6-11	CGS Gymnastics	Feb 7–Mar 14	F	2:10–2:55 p.m.	\$89R/\$94NR
Gymnastics	#94041	6-11	CGS Gymnastics	May 2–Jun 6	F	2:10–2:55 p.m.	\$89R/\$94NR

SPRING BREAK DAY CAMPS



Skyhawks – Mini-Hawk

This multi-sport program was developed to give children a positive first step into athletics. Baseball, basketball and soccer are taught in a safe, structured environment focusing on fun! Campers learn balance, hand/eye coordination, and skill development. All participants receive a T-shirt, ball and player evaluation. Participant-to-coach ratio is 8:1.

Age: 4-6 ■ Concord Community Park ■ Skyhawks Sports Academy				
Sessions	Day	Time	Fee	Course
Apr 21-25	M-F	9 a.m.-12 p.m.	\$145R/\$150NR	#94156

Skyhawks – Multi-Sport

Skyhawks has taken your favorite games from the playground and combined them into an action packed camp! Your athlete will play Kickball, Dodgeball, Ultimate Frisbee and Capture the Flag daily, while learning sportsmanship, teamwork, and strategy. Bring your friends or come make new ones. All participants receive a T-shirt and merit award. Participant-to-coach ratio is 14:1.

Age: 6-12 ■ Concord Community Park ■ Skyhawks Sports Academy				
Sessions	Day	Time	Fee	Course
Apr 21-25	M-F	9 a.m.-12 p.m.	\$145R/\$150NR	#94159



NEW Spring Break Tennis Camp

Learn all about the fundamentals of tennis. Participants will learn and improve their tennis skills as we break down the game. Campers will focus on footwork, strokes, serves, volleys and more while playing unique games in a fun environment.

Age: 7-12 ■ Willow Pass Park ■ Calvin McCullough				
Sessions	Day	Time	Fee	Course
Apr 21-25	M-F	9 a.m.-12 p.m.	\$165R/\$170NR	#94238



The Community Youth Center (CYC) is a non-profit state-of-the-art sports and academic center where youth ages 3 to 18 thrive in a dynamic and positive environment. CYC staff and volunteers work hard every day to support young student athletes. CYC is proud to manage 10 sports programs and an academic excellence center.

- Boxing • Wrestling • Gymnastics • Dance • Soccer • Judo • Rhythmic Gymnastics • Taekwondo • Sport Specific Conditioning • Cheerleading • Academic Excellence

COMMUNITY YOUTH CENTER
 2241 GALAXY COURT
 CONCORD, CA 94520
 925-671-7070
www.communityyouthcenter.org

DANCE, MUSIC AND PERFORMING ARTS



NEW Youth Acting/Improv Class

Let's Laugh! Wing-it is the place to get creative with friends while playing funny improvisational games. Get into crazy costumes and develop scenes out of thin air. Learn the skills of improv/acting and the importance of the phrase 'Yes and' in this action packed workshop.

Age: 8-15 ■ Willow Pass Community Center ■ Wing-it

Sessions	Day	Time	Fee	Course
Mar 4-Apr 8	Tu	4-6 p.m.	\$145R/\$150NR	#94232

ENRICHMENT

SAT Test Preparation

Learn skills and strategies for doing well on the SAT. The math section focuses on algebra, geometry, statistics, data analysis, probability, functions and trigonometry. The English section focuses on critical reading and sentence completions strategies, as well as development of a five-point persuasive essay. A \$25 materials fee is payable at the first class.

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

Sessions	Day	Time	Fee	Course
Jan 25-Mar 8	Sa	10 a.m.-1 p.m.	\$295R/\$300NR	#94222

R = Concord Resident NR = Concord Non-Resident

Online Driver's Ed for Teens

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

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

Sessions	Fee	Course
Jan 27-Feb 23	\$59	#94145
Feb 24-Mar 23	\$59	#94146
Mar 31-Apr 27	\$59	#94147
Apr 28-May 25	\$59	#94148

HEALTH AND FITNESS

NEW Parkour Level 1

This class is an introduction to parkour. The class will focus on teaching the fundamentals of parkour and promotes a high level of physical fitness and the relationship between the two. Students will learn skills including landings, rolls, vaults, cat leaps, precision jumps, tic-tacs and much more.

Age: 13+ ■ Apex Movement NorCal ■ Apex Staff

Sessions	Day	Time	Fee	Course
Feb 25-Mar 27	Tu, Th	6-7 p.m.	\$165R/\$170NR	#94254
Apr 1-May 8	Tu, Th	6-7 p.m.	\$165R/\$170NR	#94255





BLUE DEVILS DRUM & BUGLE CORPS

Now accepting new members in the following positions
Brass Players, Drummers & Color Guard(Dancers)

No experience needed
Ages 8 to 21

For information contact Debbie Odello



925-689-2918, ext. 3004
or
rodello@bluedevils.org
www.bluedevils.org





Registration Dates:

Saturday, November 16
 Saturday, December 7
 Saturday, January 4
 Saturday, January 11*

Times:

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

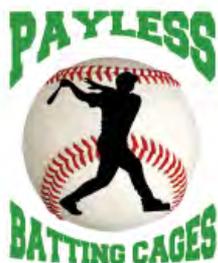
**Babe Ruth/Cal Ripken
 Junior Optimist
 Baseball/Softball League**

Est. 1963

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

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

For more information visit us at
www.joblconcord.com
 or call (925) 689-0952
 On-line registration



PAYLESS BATTING CAGES

Willow Pass Park
 2700 E. Olivera Rd.
 Concord CA 94519
 (925) 825-7526
 Fax (925) 685-1809

www.paylessbattingcages.com

OPEN SINCE 1984

Hours of Operation

Mon-Fri	Sat & Sun
Winter: Noon-7 p.m.	10 a.m.-6 p.m.
Spring: Noon-8 p.m.	10 a.m.-6 p.m.

Cage Rental Fees

One hour	½ hour	Token
50.00	30.00	3.00 (20 balls)

2013-14 WINTER-SPRING CAMPS

December 30, 2013 thru January 3, 2014
 March 31, 2014 thru April 4, 2014
 April 21-25, 2014
 For Campers Age 6-14
 Hours: 9:00 a.m.-1:30 p.m.
 Cost: \$225.00

For more information call (925) 825-7526 or go to our website.

ALL AMERICAN BASEBALL

Professional Instructions
 Hitting-Pitching-Fielding
 For more information call (925) 683-7503



Earthquakes Skill Development Program for Girls & Boys ages 5-10

Programs are designed to bring professional experience and guidance to youth soccer players across Northern California. The Earthquakes' professional coaching staff has created a curriculum to build the necessary FUNDamentals for your child to develop as a soccer player and continue to grow in their love for the sport.

Soccer Academy teaches basic dribbling and juggling skills, passing and receiving the ball and ball striking. The emphasis is on individual player development in a fast-paced, friendly environment without the pressure of game performance.

Free Sessions
 Jan. 9 & 13
 All welcome!

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

Sign up Today!

DAYS & DATES:

Mondays and Thursdays, Jan. 16 to Feb. 27, 2014

Time & Location:

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

Eligibility:

Girls & Boys ages 5 to 10. *All skill levels welcome!*

Cost:

- \$125 per child. Includes training fees, Earthquakes Academy T-shirt, Diablo FC pin & window sticker. *Families will receive \$50 credit for new Diablo FC player registration in 2014.*
- \$50 per child for current Diablo FC players & siblings.
- No charge for Diablo FC U8 Academy players. *Visit diablofc.org for more U8 Academy info.*

3 ways to Register!

- Online at www.diablofc.org. *Complete online registration form and pay by credit card.*
- Mail check payable to Earthquakes Academy, P.O. Box 97, Clayton CA 94517
- Sign-up at the first Soccer Academy session.



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

2014 Season Tryouts

In Concord for boys & girls Diablo FC competitive teams
U9-U11 Players, January 2014
 Born 8/1/2003 - 7/31/2007
U12-U14 Players, February 2014
 Born 8/1/2000-7/31/2003

No charge to tryout. Signup today at www.diablofc.org

(925) 798-GOAL

www.diablofc.org



4050 Port Chicago Highway, Concord
(925) 686-6267 • www.diablocreekgc.com

Our driving range is open 7 days a week from sunrise to 9:30 p.m. as we have lights on our range. Half the stalls are covered! Call and ask us about our "Get Golf Ready" classes.

Learn to play golf or fine tune your game with a lesson package with one of our teaching professionals. Come try out the newest golf product at our Custom club-fitting Center and be personally fit by one of our certified instructors. We carry all major brands in our full-service Pro Shop. Call today to set an appointment.

Group Classes

Bring a friend, co-workers, or just join a class. Lessons are 1 hour each and are conducted in 5-week sessions. Cost per person:

- Four (4) or more adults – \$85.00 per person
- Three (3) adults – \$100.00 per person
- Two (2) adults – \$125.00 per person

Private Lessons

- 30-minute sessions are \$40 per lesson *or* \$200 for six (6) lessons
- Seniors 55 & up are \$35 per lesson *or* \$175 for six (6) lessons
- Four (4) private lessons and one (1) on course playing lesson for \$225 (*cart and green fees included*)

First Tee of Contra Costa

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

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

Spring Session will begin week of March 3, 2014 (10-week session)

Spring Session Fees: \$89 one day per week (includes enrollment in the NCGA Youth on Course program)

Target Program – Boys & Girls 5–6 years old

Fee \$85 one day per week (not eligible for the NCGA membership)

Please visit the homepage of www.thefirstteecontracosta.org to see our schedule of classes for the Spring Session. *Fee assistance available.

VOLUNTEERS NEEDED. PLEASE CONTACT US!

See how you can become part of this rewarding program.

Donations to our fee assistance program are always appreciated.



Ask about our Fee Assistance Program
For more information, call 925-446-6701
firstteecontracosta@gmail.com
www.thefirstteecontracosta.org
2290 Diamond Blvd. Ste. 203, Concord 94520

See sports classes for preschool, youth and adults on pages 12, 15 and 18.

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



Spring & Summer Softball

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

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Spring Coed Kickball

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

(925) 671-3279 ■ www.teamsideline.com/concord

ARTS AND CRAFTS

NEW Mixed Media Art
Beauty of Everyday Objects

Students will learn how to develop full color renderings of real objects using color pencils, oil pastels and watercolor pencils. Learn the basics of sketching, using 'Old Masters Techniques' including proportion measuring, color mixing and shedding. Simple step-by-step instructions provided. No experience needed.

Age: 21+	Senior Center	Tatyana Yurkhova			
Sessions	Day	Time	Fee	Course	
Jan 9-Feb 27	Th	10-11 a.m.	\$40R/\$45NR	#94366	
Mar 6-Apr 24	Th	10-11 a.m.	\$40R/\$45NR	#94367	

Drawing, Water Color
and Color Pencil

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

Age: 21+	Senior Center	Ann Nakatani			
Sessions	Day	Time	Fee	Course	
Jan 8-Feb 26	W	9:30-10:30 a.m.	\$51R/\$56NR	#93843	
Mar 5-Apr 30	W	9:30-10:30 a.m.	\$57R/\$62NR	#93844	

DANCE, MUSIC AND
PERFORMING ARTS

Beginning Piano

Using Alfred's Chord Approach as a textbook, each student will learn the basic keyboard skills needed to play thousands of simple popular songs. They will learn how to read both bass and treble clef, playing both chords and melodies. Bring your own keyboard.

Age: 18+	Centre Concord	Ted Crowley			
Sessions	Day	Time	Fee	Course	
Jan 9-Feb 27	Th	6:45-7:30 p.m.	\$123R/\$128NR	#93792	
Mar 6-May 1	Th	6:45-7:30 p.m.	\$123R/\$128NR	#93793	

Guitar

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

Age: 18+	Centre Concord	Ted Crowley			
Sessions	Day	Time	Fee	Course	
Jan 9-Feb 27	Th	6-6:45 p.m.	\$123R/\$128NR	#93788	
Mar 6-May 1	Th	6-6:45 p.m.	\$123R/\$128NR	#93789	

NEW Music Therapy

During music therapy, participants will learn about the therapeutic use of music for managing mind, body and mood by learning skills such as conscious listening, music making, improvisation, and creative arts to reach goals like self-empowerment, self-expression, relaxation, pain management and overall wellness. Sessions are structured to be 'non-musician proof'.

Age: 18+	Centre Concord	Maya Zebley			
Sessions	Day	Time	Fee	Course	
Feb 5-Mar 26	W	7-8 p.m.	\$195R/\$200NR	#94249	

Ukulele Jam Club Advanced

Come jam with advanced ukulele enthusiasts. Players and listeners alike are welcome. You'll find this instrument a delight to play or listen to. No class January 20 and February 17.

Age: 21+	Senior Center	June Katayama			
Sessions	Day	Time	Fee	Course	
Jan 6-Apr 28	M	6:30-8 p.m.	\$21R/\$26NR	#93851	

NEW Beginning &
Intermediate Salsa

Learn the basics and intermediate Salsa dance moves from Phil Seyer, a patient and experienced dance instructor. Come and join the fun in this non-intimidating class while making new friends. Learn one of the hottest dances that everyone is talking about. Salsa will increase your confidence and coordination. No partner necessary.

Age: 18+	Willow Pass Community Center	Phil Seyer			
Sessions	Day	Time	Fee	Course	
Jan 14-Mar 18	Tu	7:45-9:15 p.m.	\$99R/\$104NR	#94242	

NEW Intro to Argentine Tango

Learn the basics of Argentine Tango from Phil Seyer, a patient and experienced dance instructor. You will be able to enjoy dancing tango at the many milongas (Tango dance parties) in the Bay Area. No partner required. Learn correct posture and footwork for fun tango dance patterns.

Age: 18+	Willow Pass Community Center	Phil Seyer			
Sessions	Day	Time	Fee	Course	
Jan 16-Mar 20	Th	7:45-9:15 p.m.	\$99R/\$104NR	#94240	

NEW Cha Cha

Is there a wedding, party or cruise in your future? Get ready to add some Latin excitement to your dance repertoire! Simple instructions, smooth flowing routines and easy turns build confidence quickly. An excellent class for beginners and for those who want to improve their leading and following. Singles and couples are welcome. Leather sole shoes are recommended.

Age: 16+ ■ Senior Center ■ Catherine Morgan				
Sessions	Day	Time	Fee	Course
Mar 26-Apr 23	W	7-8:10 p.m.	\$60 R/\$65 NR	#93859

NEW Rumba

Learn this popular Latin dance and impress your friends. Former Arthur Murray Dance Instructor, Catherine Morgan, will teach you that dancing is as easy as walking. Simple instructions build confidence quickly. Smooth flowing patterns with easy turns will prepare you for any dance, party or wedding. An excellent class for beginners and for those who want to improve their leading and following. Leather sole shoes are recommended. Singles or couples welcome.

Age: 16+ ■ Senior Center ■ Catherine S Morgan				
Sessions	Day	Time	Fee	Course
Jan 8-Feb 5	W	7-8:10 p.m.	\$60 R/\$65 NR	#93860

NEW Night Club Two-Step

An alternative to 'slow dance', the Night Club Two-step is a romantic dance you can do in nightclubs as well as ballrooms, cruises and wedding receptions. It can be an alternative to 'slow dancing' where you simply put your hands on your partner's waist or neck and sway back and forth. No partner required.

Age: 21+ ■ Senior Center ■ Bill Blankenship				
Sessions	Day	Time	Fee	Course
Feb 4-25	Tu	7:30-8:30 p.m.	\$31 R/\$36 NR	#94320

NEW Dance the Hustle Like the Stars

The Hustle refers to a number of dance moves that form several dances, popular in the 70s. Remember John Travolta from Saturday Night Fever dancing The Hustle? Old school disco, has never really gone out of style. Today, Hustle refers to a partner dance 'The New York Hustle' or 'Latin Hustle'. Let's hustle it together. No partner required.

Age: 21+ ■ Senior Center ■ Bill Blankenship				
Sessions	Day	Time	Fee	Course
Mar 4-25	Tu	7:30-8:30 p.m.	\$31 R/\$36 NR	#94267

**Parks
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NEW Dance the Merengue Like the Stars

The merengue is a relatively easy to learn, fun and sexy Latin American dance from the Dominican Republic. This dance consists of three basic movements combined. Every move is comprised of eight steps. Vibrant music and cheerful beat make this dance a staple of many weddings, nightclubs and dance parties. No partner required.

Age: 21+ ■ Senior Center ■ Bill Blankenship				
Sessions	Day	Time	Fee	Course
Apr 1-22	Tu	7:30-8:30 p.m.	\$31 R/\$36 NR	#94268

NEW East Coast Swing Dance Like the Stars

This dance is FUN! You will start with single then transition to triple timing which will help you feel comfortable on any dance floor. Simple instructions will help you learn quickly. Excellent class for beginners or anyone. Singles or couples welcome.

Age: 16+ ■ Senior Center ■ Catherine Morgan				
Sessions	Day	Time	Fee	Course
Feb 12-Mar 12	W	7-8:10 p.m.	\$60 R/\$65 NR	#93858

**Hula For Exercise** 

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

Age: 21+ ■ Senior Center ■ Rose Ramos				
Sessions	Day	Time	Fee	Course
Jan 7-Feb 25	Tu	6-7 p.m.	\$43 R/\$48 NR	#93845
Mar 4-Apr 29	Tu	6-7 p.m.	\$48 R/\$53 NR	#93846
Jan 3-Feb 28	F	10:30-11:30 a.m.	\$48 R/\$53 NR	#93847
Mar 7-Apr 25	F	10:30-11:30 a.m.	\$43 R/\$48 NR	#93848

Modern Square Dance Basics

Modern Western Square Dancing may be just the activity you've been missing. Join us in this exhilarating class and learn modern square dancing basics. It's a great way to exercise and leave your cares behind. New friendships are waiting to be made. Having fun is what we do best!

Age: 18+ ■ Willow Pass Community Center
Clutch Busters Square Dance Club

Sessions	Day	Time	Fee	Course
Jan 14-Mar 18	Tu	7:45-9:45 p.m.	\$113R/\$118NR	#93801



Tap-ercise Lite

This class is for the beginner who wants to learn tap and have a low impact workout. You will learn fun dances that focus on basic tap steps. These steps are repeated weekly. Enjoy an aerobic workout while also tap dancing. No class February 28 and April 25.

Age: 21+ ■ Baldwin Park ■ Terry Davis

Sessions	Day	Time	Fee	Course
Jan 10-Feb 21	F	9:15-10 a.m.	\$38R/\$43NR	#93849
Mar 7-Apr 18	F	9:15-10 a.m.	\$38R/\$43NR	#93850

Intermediate Tap 2

This class is for the adult student with previous experience in Tap dance. Students will enjoy learning challenging rhythms and fun routines set to great music in a comfortable and welcoming environment. The instructor has been teaching Tap dance for over 20 years at various dance studios in the Bay Area. No class January 20, February 17, April 28.

Age: 18+ ■ Baldwin Park ■ Terry Davis

Sessions	Day	Time	Fee	Course
Jan 6-Feb 24	M	5-5:45 p.m.	\$39R/\$44NR	#94142
Mar 3-Apr 21	M	5-5:45 p.m.	\$57R/\$62NR	#94143

Recreation and parks are essential foundations to quality of life.

HEALTH AND FITNESS

NEW Women's Parkour

This women's class is a great way to train for your fitness needs. Whether you are training for your next Tough Mudder, Obstacle Course, Cross Fit, or just want to get in great shape, this class will re-energize your workout routine. No experience required. All elements of parkour will be taught in this exciting new program.

Age: 18+ ■ Apex Movement NorCal ■ Apex Staff

Sessions	Day	Time	Fee	Course
Feb 1-22	Sa	1-2 p.m.	\$65R/\$70NR	#94256
Mar 22-Apr 12	Sa	1-2 p.m.	\$65R/\$70NR	#94257

NEW Parkour - Ninja Warrior

The Ninja Warrior class will challenge you with difficult obstacle courses, primarily focusing on the upper body. You will improve strength while having fun running our courses. Students will benefit physically developing strength, coordination, flexibility, and overall conditioning. Be a Ninja!

Age: 16+ ■ Apex Movement NorCal ■ Apex Staff

Sessions	Day	Time	Fee	Course
Mar 2-23	Su	4-5:30 p.m.	\$70R/\$75NR	#94258

Jazzercise Lite

Get real results with a powerfully fun and effective workout that will lift your spirits and strengthen your heart, muscles, and core. Each class includes warm-up, low impact aerobics, strength training and stretching. Led by a Certified Jazzercise Instructor of 34 years. Call 228-1137 for more information. No class January 1, 20 and February 17.

Age: 15+ ■ Senior Center ■ Irene Larson

Sessions	Day	Time	Fee	Course
Jan 6-Feb 24	M	5:45-6:45 p.m.	\$33R/\$38NR	#93852
Mar 3-Apr 28	M	5:45-6:45 p.m.	\$48R/\$53NR	#93854
Jan 8-Feb 26	W	5:45-6:45 p.m.	\$43R/\$48NR	#93853
Mar 5-Apr 30	W	5:45-6:45 p.m.	\$43R/\$48NR	#93855

Taekwondo Introduction for Families

Taekwondo has no age limits and is a very good sport for children. They learn fast reactions through games, learn to respect others and learn to know their own abilities. In this class, students will get a great cardiovascular workout, increase flexibility and stamina, improve their overall muscle tone in addition to learning useful self-defense techniques.

Age: 8+ ■ KO Taekwondo ■ Kevin Oliver

Sessions	Day	Time	Fee	Course
Jan 16-Mar 13	Th	6-7 p.m.	\$79R/\$84NR	#93841

Kajukenbo Karate-Adults

Kajukenbo is regarded as the Original Mixed Martial Art. Class emphasis is on physical conditioning, self-defense, grappling, traditional forms, kick boxing and Filipino art of Arnis. Instructors, Mike Daplas is a black belt in Rapacon's Martial Arts and practitioner of Lastra's Arnis, and Steve DelFierro, is a pro champion Muay Thai fighter and striking coach. \$5 off for multiple family members in same course.

Age: 14+ ■ Willow Pass Community Center ■ Michael Daplas

Sessions	Day	Time	Fee	Course
Jan 2-30	Tu, Th	6:15-7:45 p.m.	\$66R/\$71NR	#93817
Feb 4-27	Tu, Th	6:15-7:45 p.m.	\$59R/\$64NR	#93818
Mar 4-27	Tu, Th	6:15-7:45 p.m.	\$59R/\$64NR	#93819
Apr 1-29	Tu, Th	6:15-7:45 p.m.	\$52R/\$57NR	#93820

Multi Session Discount – 20% off

Jan 2-Apr 29	Th, Tu	6:15-7:45 p.m.	\$182R/\$187NR	#93821
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Karate-Shorinji Ryu-Adults

Shorinji Ryu, a traditional karate system created by O'Sensei Richard Kim, Hanshi, means 'Shaolin Temple' style and is taught in the traditional method of instilling self-control, mental focus, high spirit and composure in the face of danger. Aaron Holm, a Nidan (2nd degree) black belt in Shorinji Ryu karate, has developed a dynamic highly motivating teaching style. No class January 25, April 5 and 24.

Age: 15+ ■ Centre Concord ■ Aaron Holm

Sessions	Day	Time	Fee	Course
Jan 2-30	Th & Sa	6-7:30 p.m. 9:30-10:30 a.m.	\$59R/\$64NR	#93807
Feb 1-27	Th & Sa	6-7:30 p.m. 9:30-10:30 a.m.	\$59R/\$64NR	#93808
Mar 1-29	Th & Sa	6-7:30 p.m. 9:30-10:30 a.m.	\$66R/\$71NR	#93809
Apr 3-26	Th & Sa	6-7:30 p.m. 9:30-10:30 a.m.	\$45R/\$50NR	#93810

Multi Session Discount – 20% off

Jan 2-Apr 26	Th & Sa	6-7:30 p.m. 9:30-10:30 a.m.	\$177R/\$182NR	#93811
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Taekwondo-Kenpo-Adults

An integrative approach of combining Taekwondo and Kenpo into one martial art system. These two arts combine to form a dynamic striking art. Learn the principles of kindness, compassion, honor, humility, and integrity. Become a healthier, happier, and more balanced human. Ray Faulkenberry, Ph.D. is a 8th Degree Black Belt. Optional uniform at cost payable to instructor.

Age: 14+ ■ Baldwin Park ■ Ray Faulkenberry

Sessions	Day	Time	Fee	Course
Jan 3-31	W, F	7-8 p.m.	\$63R/\$68NR	#93822
Feb 5-28	W, F	7-8 p.m.	\$56R/\$61NR	#93823
Mar 5-28	W, F	7-8 p.m.	\$56R/\$61NR	#93824
Apr 2-30	W, F	7-8 p.m.	\$49R/\$54NR	#93825

50% off additional family members that sign up together.

R = Concord Resident NR = Concord Non-Resident

Meditation 1 for Health and Well-Being

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

Age: 16+ ■ Centre Concord ■ Mary Bruns

Sessions	Day	Time	Fee	Course
Jan 9-Feb 6	Th	7-8:45 p.m.	\$59R/\$64NR	#93794
Mar 20-Apr 17	Th	7-8:45 p.m.	\$59R/\$64NR	#93796

Meditation 2 Continuing the Journey

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

Age: 21+ ■ Centre Concord ■ Mary Bruns

Sessions	Day	Time	Fee	Course
Feb 13-Mar 13	Th	7-8:45 p.m.	\$59R/\$64NR	#93795

Pilates

Engage in a unique set of low impact exercises that strengthen and tone the body's core muscles, improve posture and flexibility, and create a more streamline figure. Pilates increase one's inner strength, complementing almost all physical activities, enhancing overall health, posture, performance and physical appearance. Bring a sticky mat. Foam roller is optional. No class March 25 and 27.

Age: 16+ ■ Willow Pass Community Center ■ David Henry

Sessions	Day	Time	Fee	Course
Jan 7-Feb 25	Tu	5:30-6:20 p.m.	\$75R/\$80NR	#94191
Mar 4-Apr 29	Tu	5:30-6:20 p.m.	\$75R/\$80NR	#94193
Jan 9-Feb 27	Th	6:30-7:20 p.m.	\$75R/\$80NR	#94192
Mar 6-May 1	Th	6:30-7:20 p.m.	\$75R/\$80NR	#94194

Sun Style Tai Chi For Health-Beginning

Sun Style Tai Chi is powerful for healing. Learn the beginner set. Tai Chi improves flexibility, stamina, strength, balance, relieves stress, decreases pain, and improves immunity. Includes warm ups, and cool down exercises. Instructor: Terry Crews is certified in Tai Chi for Arthritis and Tai Chi for Diabetes as part of Dr. Paul Lam's Tai Chi for Health series.

Age: 21+ ■ Senior Center ■ Terry Crews

Sessions	Day	Time	Fee	Course
Jan 7-Feb 25	Tu	7-8 p.m.	\$43R/\$48NR	#94144
Mar 4-Apr 22	Tu	7-8 p.m.	\$43R/\$48NR	#94233

Tai Chi Gong

Tai Chi Gong is designed to help you relieve stress, increase flexibility, improve balance, strengthen and tone muscles and quiet the mind. Standing meditation, Chi Gong exercises and Yang-style Long Form for beginners awaken the natural healing rhythms for body, mind and spirit. Instructor has been a healing arts professional for 30 years. www.SugiHealth.com. No class April 22.

Age: 14+ ■ Centre Concord ■ Amy Erez

Sessions	Day	Time	Fee	Course
Jan 7-Feb 18	Tu	6-7 p.m.	\$68R/\$73NR	#94161
Mar 4-Apr 29	Tu	6-7 p.m.	\$78R/\$83NR	#94162

Sundown Yoga

This class uses poses (asanas) and breath in a fluid, physical challenging manner that engages the practitioner and brings one into balance. It's energizing and amazingly relaxing. Yoga increases vitality, improves health, state of mind and well-being. Develop flexibility, strength, and freedom. Bring sticky mat, block and strap. No class March 25.



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

Sessions	Day	Time	Fee	Course
Jan 7-Feb 25	Tu	6:30-7:20 p.m.	\$75R/\$80NR	#94189
Mar 4-Apr 29	Tu	6:30-7:20 p.m.	\$75R/\$80NR	#94190

Yoga for Lunch

Make the most of your lunch hour with this Yoga for Lunch class. This Hatha Yoga class uses ASANAS (poses) and PRANAYAMA (breathwork) in a fluid physical manner that brings the practitioner into balance which is both relaxing and energizing at the same time! Yoga increases energy and vitality, promoting improved health and well-being. Bring a sticky mat, block and strap. No class March 24 and 26.

Age: 18+ ■ Concord Library ■ David Henry

Sessions	Day	Time	Fee	Course
Jan 6-Feb 24	M	12:10-1 p.m.	\$57R/\$62NR	#94183
Mar 3-Apr 28	M	12:10-1 p.m.	\$75R/\$80NR	#94184

Age: 18+ ■ Baldwin Park Dance Studio ■ David Henry

Sessions	Day	Time	Fee	Course
Jan 8-Feb 26	W	12:10-1 p.m.	\$75R/\$80NR	#94368
Mar 5-Apr 30	W	12:10-1 p.m.	\$75R/\$80NR	#94369

Yoga-Beginning

Everyone can practice yoga! In this class you will gain strength and flexibility and leave your stress behind in this Iyengar style class. The benefits are too numerous to list. Bare feet are essential. Bring a sticky mat. No class January 20, February 17, April 21, 23, and May 26.

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

Sessions	Day	Time	Fee	Course
Jan 6-Mar 31	M	5:30-6:30 p.m.	\$75R/\$80NR	#94149
Apr 7-Jun 9	M	5:30-6:30 p.m.	\$55R/\$60NR	#94150
Jan 8-Mar 19	W	6:10-7:10 p.m.	\$75R/\$80NR	#94151
Apr 2-Jun 11	W	6:10-7:10 p.m.	\$68R/\$73NR	#94160

Yoga-Intermediate

Anyone can practice yoga, whether you are a couch potato or an athlete. This intermediate level Yoga class reduces stress and improves concentration. Must have completed at least one year of yoga. No class April 21 and May 26.

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

Sessions	Day	Time	Fee	Course
Jan 6-Mar 31	M	6:35-7:35 p.m.	\$75R/\$80NR	#94152
Apr 7-Jun 9	M	6:35-7:35 p.m.	\$55R/\$60NR	#94153

NEW Aqua Zumba

Spice up your fitness routine. Aqua Zumba is a blast! It incorporates the same innovative, fun and exciting Latin dances and cardio exercise, all in the water. This class is a shallow water class that is challenging and fun. Listen to upbeat music as you exercise and help stay fit. No experience needed. Just add water and shake!

Age: 18+ ■ Concord Community Pool ■ Amelia Said

Sessions	Day	Time	Fee	Course
Mar 3-Apr 7	M	12-12:50 p.m.	\$36R/\$41NR	#94247
Apr 14-May 12	M	12-12:50 p.m.	\$30R/\$35NR	#94248

ZUMBA

You will be amazed at this incredible aerobic dance class! No dance experience is necessary to fully enjoy this new workout. There will be different rhythms taught in the class including salsa, cumbia, meringue, regaetone and much more. Join us for an hour and see what change it makes in you. No class January 25 and 30, February 1, April 5 and 19.

Age: 14+ ■ Centre Concord ■ Amelia Said

Sessions	Day	Time	Fee	Course
Jan 4-Mar 1	Sa	10:45-11:45 a.m.	\$42R/\$47NR	#93721
Mar 8-May 3	Sa	10:45-11:45 a.m.	\$42R/\$47NR	#93722

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

Sessions	Day	Time	Fee	Course
Jan 14-Mar 4	Tu	6:30-7:30 p.m.	\$47R/\$52NR	#93723
Mar 11-Apr 29	Tu	6:30-7:30 p.m.	\$47R/\$52NR	#93725
Jan 16-Feb 27	Th	6:30-7:30 p.m.	\$36R/\$41NR	#93724
Mar 6-Apr 24	Th	6:30-7:30 p.m.	\$47R/\$52NR	#93726

Zumba and Tone

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

Age: 15+ ■ Willow Pass Community Center ■ Cynthia Ryan

Sessions	Day	Time	Fee	Course
Jan 7-Feb 25	Tu	6:30-7:30 p.m.	\$38R/\$43NR	#93830
Mar 4-Apr 29	Tu	6:30-7:30 p.m.	\$48R/\$53NR	#93832
Jan 9-Feb 27	Th	6:30-7:30 p.m.	\$43R/\$48NR	#93831
Mar 6-May 1	Th	6:30-7:30 p.m.	\$48R/\$53NR	#93833

R = Concord Resident NR = Concord Non-Resident

SPECIAL INTEREST

NEW Make Your Own Mustard

In this class you will learn how to create your own unique signature flavored mustard through a step-by-step process. An assortment of different mustards will be sampled to compare tastes and textures. You may bring a bottle of your favorite craft beer to personalize your blend. \$8 materials fee payable to instructor.

Age: 21+ ■ Willow Pass Community Center ■ Victoria Miller				
Sessions	Day	Time	Fee	Course
Feb 23	Su	1-3 p.m.	\$25 R / \$30 NR	#94244

Pasta-How to Make Basic Pasta

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

Age: 18+ ■ Centre Concord ■ Elizabeth Seaholm				
Sessions	Day	Time	Fee	Course
Feb 11	Tu	6:30-8 p.m.	\$25 R / \$30 NR	#94228

Pasta-Homemade Ravioli

This class will demonstrate the preparation of homemade pasta and two different methods for making ravioli. The class will finish with a light meal consisting of the freshly prepared ravioli that you may also take home. Prerequisite: students must have taken the Basic Pasta Class or already know how to make basic pasta. \$8 materials fee payable to instructor.

Age: 18+ ■ Centre Concord ■ Elizabeth Seaholm				
Sessions	Day	Time	Fee	Course
Mar 3	M	6:30-8 p.m.	\$25 R / \$30 NR	#94229

Pasta-Spinach Pasta!

Learn to make homemade spinach pasta from a few basic ingredients using a few simple techniques. The small, intimate class size provides students personalized attention and one-on-one instruction. Enjoy tasting the instructor's pasta while taking home your pasta. Prerequisite: Know how to make pasta or have taken a basic pasta course. \$5 materials fee payable to instructor.

Age: 18+ ■ Centre Concord ■ Elizabeth Seaholm				
Sessions	Day	Time	Fee	Course
Mar 18	Tu	6:30-8 p.m.	\$25 R / \$30 NR	#94227

Free Legal Forms

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

Age: 21+ ■ Senior Center ■ Raymond McFalone				
Sessions	Day	Time	Fee	Course
Mar 4-11	Tu	9:30-11:30 a.m.	\$13 R / \$18 NR	#93856

Trusts and Estate Planning Made Simple

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

Age: 21+ ■ Senior Center ■ Raymond McFalone				
Sessions	Day	Time	Fee	Course
Mar 18-25	Tu	9:30-11:30 a.m.	\$13 R / \$18 NR	#93857



Baldwin Park

The City of Concord has reservable picnic sites at:

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



For more information visit
www.cityofconcord.org/picnic or call 671-3404.

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Concord Parks & Recreation

Introduction to Microsoft Excel

Discover the secrets to setting up fully formatted worksheets quickly and efficiently.

Creating Web Pages

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

Accounting Fundamentals

Gain a marketable new skill by learning the basics of double-entry bookkeeping, financial reporting, and more.

Speed Spanish

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

A to Z Grantwriting

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

Introduction to QuickBooks

Learn how to quickly and efficiently gain control over the financial aspects of your business.

Grammar Refresher

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

Microsoft Excel

Work faster and more productively with Excel's most powerful tools.

Real Estate Investing

Build and protect your wealth by investing in real estate.

Introduction to Microsoft Access

Store, locate, print, and automate access to all types of information.

Introduction to Microsoft Word

Learn how to create and modify documents with the world's most popular word processor.

Computer Skills for the Workplace

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

Introduction to PC Troubleshooting

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

Introduction to PowerPoint

Build impressive slide presentations filled with text, images, video, audio, charts, and more.

Discover Digital Photography

An informative introduction to the fascinating world of digital photography equipment.

MORE COURSES AVAILABLE
 AT OUR ONLINE INSTRUCTION CENTER
www.ed2go.com/concordleisure

Trip Difficulty Rating System

Our trip Difficulty Rating System ranks each trip from 1 to 4 according to the degree of activity and general travel rigors. For example, 1 is the easiest and 4 indicates the most strenuous. There is a limit of two flat fold walkers on VAN trips rated 1 or 2. Please inform registration staff when registering a participant that uses a walker or wheelchair 2 weeks prior to trip departure. There is a limit of 2 wheelchairs for casino motorcoach trips.



EASY

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



MILD

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



MODERATE

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



STRENUOUS

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



Afternoon Tea at the Palace

Experience the elegance and tradition of afternoon tea in San Francisco at the Palace Hotel. Enjoy afternoon tea in the Garden Court. Since the early 1900s, guests have been enjoying elegant tea service in the Garden Court-where families and friends have enjoyed this magical experience. Immerse yourself in the romance and charm of turn-of-the century grandeur and heritage. Fine china and silver service present delicate tea sandwiches, homemade scones, Devonshire cream, lemon curd and rose petal jam. Relax and sip a variety of tea- from classic blends to creative infusions. Register by January 3. No cancellations or refunds after trip cutoff date.

Age: 12+ ■ North Concord BART

Sessions	Day	Time	Fee	Course
Jan 25	Sa	11:45 a.m.-5 p.m.	\$68	#94270



Black Oak Casino

Visit Black Oak Casino located in Tuolumne for a 4-hour casino stop. The Casino offers \$10 in cash, \$5 food coupon and \$5 match play. Register by January 14, No cancellations or refunds after cutoff date.

Age: 21+ ■ Senior Center Via Motorcoach

Sessions	Day	Time	Fee	Course
Jan 31	F	9 a.m.-6 p.m.	\$29	#93633



Dinner Detective Murder Mystery Show-SF

Enjoy a hosted four-course sit-down dinner in which each guest is allowed to choose their own entree. In between each course of the meal, you will be entertained by an interactive and improvised comedic murder mystery set in the present day. None of the performers are dressed in costume, but instead are dressed just like everyone else; therefore you do not know who is a part of the show and who isn't. No refunds.

Age: 21+ ■ Senior Center Via Van

Sessions	Day	Time	Fee	Course
Feb 8	Sa	4:45-10 p.m.	\$99	#94276

Russ Lorensen Valentine Special

Russ Lorensen will be singing a tribute to the songs of Tony Bennett at the Vacaville Opera House. He has established a reputation as an interpreter of jazz standards. With a retro crooner style, Lorensen's sound and approach are an amalgam of Broadway, jazz, and pop. Lorensen has the soul of the greats - Frank Sinatra and Tony Bennett. Don't miss this afternoon of smooth sounding music. Hosted lunch included. Register by January 13. No refunds or cancellations after trip cutoff date.

Age: 21+ ■ Senior Center Via Motorcoach

Sessions	Day	Time	Fee	Course
Feb 13	Th	10:30 a.m.-4:30 p.m.	\$107	#94263



Olive Festival Cornerstone Sonoma Gardens

Tea Sipping, Wine Tasting, Shopping and Al Fresco Dining in the heated olive grove - enjoy it all to the backdrop of live musicians in the olive grove and beautiful vineyards. Enjoy a docent led tour of the abstract art and nine acre garden. Shops and wine rooms complete Cornerstone Sonoma. Lunch on your own from Chef Michael Quigley's olive inspired menu. Updates as festival information is released. Register by January 29. No refunds or cancellations after trip cutoff date.

Age: 21+ ■ Senior Center Via Van				
Sessions	Day	Time	Fee	Course
Feb 15	Sa	10 a.m.-3 p.m.	\$30	#94275



Walt Disney Museum

If you are a Disney fan and cherish the memories of this creative man this is a MUST SEE. Visit the Walt Disney Family Museum to learn about Walt-the-man from birth to his passage. The museum is exceptionally done blending history with technology with many interactive exhibits. This is a self-guided tour so you can choose to watch videos with Walt himself narrating many, home movies, memorabilia, personal items and an Awards Room at the end. Be certain to leave time for this. Lunch on your own at the Museum Café. Register by January 30. No refunds or cancellations after trip cutoff date.

Age: 21+ ■ Senior Center Via Van				
Sessions	Day	Time	Fee	Course
Feb 22	Sa	9 a.m.-4:30 p.m.	\$40	#94271



Ancient Chinese Wedding and Performance

Experience an afternoon in Ancient China witnessing an elaborate Chinese wedding along with glittering Chinese costumes, playful forest animals, an imperial dance and kung fu in a bilingual performance at the Buddha Universal Church in San Francisco. A hosted Chinese lunch is included and some time for shopping in Chinatown. What a neat way to celebrate Chinese New Year of the Horse! Register by February 19. No cancellations or refunds after cutoff date.

Age: 21+ ■ Senior Center Via Van ■ Mary Ann Sams				
Sessions	Day	Time	Fee	Course
Mar 8	Sa	9:30 a.m.-5:30 p.m.	\$72	#94210

Transportation

Please Note:

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



Monterey Royal Presidio Chapel

We travel to Monterey for a docent tour of the oldest continuously active church in California. The only remaining original presidio chapel – San Carlos Cathedral (The Royal Presidio Chapel). It is the oldest building in Monterey (1794-before California became a state) and was also the first cut-stone building in California. Off to Monterey Fisherman's Wharf for lunch on your own and shopping. Register by March 7. No cancellations or refunds after cutoff date.

Age: 21+ ■ Senior Center Via Van ■ Mary Ann Sams				
Sessions	Day	Time	Fee	Course
Mar 25	Tu	8 a.m.-6 p.m.	\$50	#94245



Jackson Rancheria

Try your luck at this Jackson California casino. A one stop, 4-hour turnaround via deluxe motor-coach. Bonus Value: \$20 slot credit. Register by March 3. No refunds or cancellations after trip cutoff date.

Age: 21+ ■ Senior Center Via Motorcoach				
Sessions	Day	Time	Fee	Course
Mar 28	F	9 a.m.-6 p.m.	\$34	#93634

Trips & Tours Procedures

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

Customers have the following ways to register.

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

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

Seats are assigned for Motorcoach trips.

Refunds may be requested up to the trip cut off date with a \$5 cancellation fee incurred. Unfortunately, refunds will not be honored after the trip cut off date. Refunds, less \$5, may be requested with 30 days or more notice on trips without cut off dates. In the event that you request a refund after the trip cut off date the following may occur: If there is a wait list for the trip and someone from the waiting list is willing to take the space vacated by you, you will receive all but \$5 of the amount that you have paid for the trip.

Sister Act at Broadway Sacramento

Sister Act is based on the (1992) movie with Whoopi Goldberg. Deloris Van Cartier, a Reno lounge singer who accidentally witnesses a murder by her gangster boyfriend. Under the protection of a detective, Deloris is placed in protective custody at a San Francisco convent. Masquerading as a nun renamed Sister Mary Clarence, Deloris shakes up the established order of the sisters' lives, particularly enlivening their choral efforts. It's hilarious! Lunch on your own in Old Town Sacramento. No Refunds.

Age: 21+ ■ Senior Center Via Van ■ Mary Ann Sams				
Sessions	Day	Time	Fee	Course
Apr 10	Th	10 a.m.-4:30 p.m.	\$76	#94277

Cowgirl Creamery and Marin Coast

Visit the original creamery for a 60-minute presentation on West Marin, learn the beginnings, and see the creamery's cheese. You'll get an up-close curd-making demonstration and a guided tasting of all of the Cowgirl Creamery cheeses. Drive up the beautiful Marin coast. Lunch on your own. Register by March 19. No cancellations or refunds after trip cutoff date.

Age: 21+ ■ Senior Center Via Van				
Sessions	Day	Time	Fee	Course
Apr 19	Sa	9 a.m.-4 p.m.	\$70	#94274

Safari West

Can't afford Africa? Join us for the Spirit of an African Safari in Santa Rosa for a 3-hour wildlife drive over bumpy and rugged terrain in an authentic safari vehicle. Come close to some of the world's most exotic creatures - giraffes, gazelles, zebras and many of the other 400 animals that are roaming free outside your safari jeep. Trek around the inner grounds to see exotic birds and reptiles. Enjoy a hosted lunch before departing for home. Register by March 26. No refunds or cancellations after trip cutoff date.

Age: 8+ ■ Senior Center Via Van				
Sessions	Day	Time	Fee	Course
Apr 26	Sa	8 a.m.-4:30 p.m.	\$119	#94154

Reno Snow Train

Hop aboard the Hello Hollywood Reno Snow Train! Interact with the Hollywood impersonators Marilyn Monroe, Elvis and others! Enjoy the beautiful snowy mountains. A shuttle to and from AmTrak is provided. Lunch provided on train. Delight in Silver Legacy Hotel accommodations for two nights and three days. A discount coupon book is included. Deposit of \$175 is required by December 18. Final Payment by January 3, 2014. No refunds.

Age: 21+ ■ Senior Center				
Sessions	Day	Time	Course	
Feb 25-27	Tu-Th	10:15 a.m.-5:15 p.m.	#94365	
\$392/\$342/\$334/\$330 depending on occupancy				

Colusa Casino Resort

Deluxe motorcoach transportation to Colusa. One stop with four hours of gaming. Casino Bonus: \$10.00 Instant rewards. Must have 40 paid passengers by May 14.

Age: 50+ ■ Senior Center Via Motorcoach				
Sessions	Day	Time	Fee	Course
May 30	F	9 a.m.-5 p.m.	\$34	#94155

HIKES

Skyline Wilderness Adventure

This moderate to slightly strenuous trek is 8-9 miles to an elevation of 1200'. Lots of wildlife, incredible views, creek crossings, caves, a hidden lake, huge ferns and moss covered cliffs with a waterfall ladder that takes you down to a deep canyon. A great trek! Directions will be provided a few days prior to hike.

Age: 18+ ■ Meet in Napa ■ Tom Bold				
Sessions	Day	Time	Fee	Course
Mar 1	Sa	10 a.m.-4:30 p.m.	\$34 R/\$39 NR	#94180

Valley of the Moon, Wine and Historical Hike

An easy 3-4 mile wine and historical hike along the creek and fern-lined trails, through the Miwok Indian Caves, to a hidden waterfall flower lake, and the oldest reserve commercial winery in California. Have a picnic lunch under the shady old Oaks overlooking the serene valley vineyards. Directions will be provided a few days prior to hike.

Age: 18+ ■ Meet in Sonoma ■ Tom Bold				
Sessions	Day	Time	Fee	Course
Mar 29	Sa	10:30 a.m.-4:30 p.m.	\$34 R/\$39 NR	#94181

Bolinas Lagoon/ Audubon Canyon Hike

Every spring, Great Blue Herons and Egrets put on an action-packed show at the Bolinas Lagoon Preserve of Audubon Canyon Ranch. Bird lovers can watch males and females show off their nuptial plumage, mothers turn their eggs and young fledglings attempt their first flights. Just north of Stinson Beach, the preserve is only open to the public during the bird's 12-week breeding cycle. You can hike the preserve's five miles of trails. Bring binoculars or spotting scopes and a lunch to enjoy in the picnic area. Directions will be provided a few days prior to hike.

Age: 18+ ■ Meet in Larkspur ■ Tom Bold				
Sessions	Day	Time	Fee	Course
Apr 19	Sa	10:30 a.m.-4 p.m.	\$34 R/\$39 NR	#94182

R = Concord Resident NR = Concord Non-Resident

SPECIAL RECREATION

Special Recreation Bowling

Bowling is the hot thing to do. Let's get movin', movin', movin.' Join our Bowling team the 'Strikers'! Have a blast meeting new people and making friends! Shoes are included.

Age: 18+ ■ Clayton Valley Bowl

Sessions	Day	Time	Fee	Course
Jan 7-Feb 25	Tu	3:30-5:30 p.m.	\$51	#94261
Mar 4-Apr 29	Tu	3:30-5:30 p.m.	\$57	#94262

Gurnick Nursing Students

The students will frequent the Senior Center and Special Recreation programs on Tuesdays and Wednesdays. The students will offer blood pressure screenings at 10 a.m. and 1 p.m. on Tuesdays and 10:15 a.m. and 3:15 p.m. on Wednesdays. Visit Cityofconcord.org/seniors. Click on the Seniors on the Go link for information regarding monthly presentations on nutrition, health and exercise.

**Community Dances
Special Recreation**

Come one and all and have a good time dancing your heart out! Bring a snack to share. Pay at the door with exact cash or check.

Age: 18+ ■ Walnut Creek Heather Farm ■ 301 N. San Carlos Drive

Sessions	Day	Time	Fee
Nov 15, 2013	F	7-9 p.m.	\$6
Mar 14, 2014	F	7-9 p.m.	\$6

Age: 18+ ■ Pleasant Hill ■ 233 Gregory Lane

Sessions	Day	Time	Fee
Dec 6, 2013	F	7-9 p.m.	\$6
Jan 10, 2014	F	7-9 p.m.	\$6
Apr 11, 2014	F	7-9 p.m.	\$6

Age: 18+ ■ Concord Senior Center ■ 2727 Parkside Circle

Sessions	Day	Time	Fee
Feb 14, 2014	F	7-9 p.m.	\$6

**Concord Senior Center
Health & Human Services**

FREE Services

Care Manager – Call for an Appointment. Appointments are available on Mon and Wed from 9:30 a.m.–3 p.m. and Thurs from 9:30 a.m.–11:30 a.m.

CCCAfe Hot Lunch Program – Call 925-825-1488 to Reserve 1 day in advance or Friday for Monday. Café is open to adults 60+. Meals are served weekdays at 11:30 a.m.

Blood Pressure Screening by John Muir Senior Services Screenings are scheduled on the third Fri of each month at 9:30–10:30 a.m. No appointment necessary.

Vision Support Group – No Registration Necessary. The Lions Center for Visually Impaired leads a monthly support group every 2nd Wed at 1 p.m.

Senior Peer Individual Counseling- Call for an Appointment Contra Costa Health Services Senior Peer Counseling offers individual one-on-one, each Tues 12–4 p.m.

HICAP– Health Insurance Counseling and Advocacy Program-Call for an Appointment HICAP provides Medicare counseling and advocacy to Medicare beneficiaries regarding Medicare and related insurance as well as Medicare prescription drug coverage plans. On Fri monthly from 1–3 p.m. and 1st & 2nd Tues from 12:30–2:30 p.m.

Notary Services –No Appointment Necessary From 10:30 a.m.–11:30 a.m. every Mon and Wed from 10–11 a.m.

Senior Center Scholarship Program – Make an appointment with Care Manager for approval. Scholarship are available to Concord residents 50+ who wish to participate in the Parks and Recreation Program. Approved applicants are eligible for \$100 per person, per year.

Memory Screening – No Appointment Necessary Screenings will held on 4th Mon of each month from 1–3 p.m. with the exception of May (holiday).

Alzheimer's Support Group-No Registration Necessary Alzheimer's Support group meets on 4th Wed from 1:15–3:15 p.m.

Services For A Fee

AARP Driver Safety-Call to Register On the 1st and 2nd Wed every other month from 9 a.m. till 1 p.m. Cost for AARP members: \$12; non members: \$14. Call to register.

ARTS AND CRAFTS

Fun with Yarn

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

Age: 21+ ■ Senior Center

Sessions	Day	Time	Fee	Course
Jan 3-Apr 25	F	9:30-11:30 a.m.	\$20	#93865

The Art of Japanese Brush Painting and Calligraphy

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

Age: 50+ ■ Senior Center ■ Ann Nakatani

Sessions	Day	Time	Fee	Course
Jan 8-Feb 26	W	10:30-11:30 a.m.	\$51	#94124
Mar 5-Apr 16	W	10:30-11:30 a.m.	\$57	#94125

COMPUTERS / TECHNOLOGY



Open Technology Lab: Computers, Cell Phones, Tablets

Free Technology Lab time from 9:30-11:30 a.m. every Monday and Friday that the building is open. No registration necessary. There will be a computer monitor on hand to assist you with any computer related question. Have a tablet or a laptop? Bring it with you to lab. The monitor can also provide guidance on your cell or smart phone.

Age: 50+ ■ Senior Center ■ Ryan Allen

Sessions	Day	Time	Fee	Course
Jan 3-Apr 25	M, F	10 a.m.-12 p.m.	FREE	#94123

Applications for Smart Phones, Tablets, and E-readers

Wondering what you can do with your new device? I'm sure you heard the phrase 'There's an app for that.' Applications can be found for most anything: music, cooking, reading, health, news, photos, sports, travel and more! The applications are downloaded to your phone, tablet device or e-reader. This class will introduce you to three different apps. We will assist you in downloading apps to your device. Find out what kind of device you have prior to class and bring it with you to class.

Age: 50+ ■ Senior Center ■ Walter Sanchez

Sessions	Day	Time	Fee	Course
Jan 10-17	F	1-2:30 p.m.	\$10	#94126
Apr 14-21	M	1-2:30 p.m.	\$10	#94127

Computer Nuts and Bolts

You will be introduced to basic computer functions such as: how to turn on the computer and logon, navigate with a mouse and find software applications. Learn basic functions on the web such as launching a browser, enlarging text on web pages and creating a free email account. Discover how to navigate the Internet using different search engines. No class January 20 and February 17.

Age: 21+ ■ Senior Center ■ Walter Sanchez

Sessions	Day	Time	Fee	Course
Jan 6-27	M	1-2:30 p.m.	\$15	#94128
Mar 14-28	F	1-2:30 p.m.	\$15	#94129
Feb 3-24	M	1-2:30 p.m.	\$15	#94130
Apr 11-25	F	1-2:30 p.m.	\$15	#94131

Facebook

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

Age: 21+ ■ Senior Center ■ Walter Sanchez

Sessions	Day	Time	Fee	Course
Feb 14-21	F	1-2:30 p.m.	\$19	#94132
Mar 21-28	F	2:45-4:15 p.m.	\$19	#94133

New on YouTube

Take a virtual tour of our classes. Search for Concord Senior Center on YouTube.com to view videos of:

- > Zumba <
- > Line Dance <
- > Tap-ercise <
- > Un-Believe-A-Ball <
- > Hula for Exercise <



Introduction to Computers With Internet Topics

Introduction to Windows: This class includes terminology, familiarization with the desktop, using the mouse, using toolbars and menus, creating shortcuts, and opening and closing programs. File Management: Where did my files go? You will learn how to save files so they can be easily located, creating folders. A basic introduction to the Internet will be given. No class January 20 and February 17.

Age: 21+ ■ Senior Center ■ Walter Sanchez

Sessions	Day	Time	Fee	Course
Jan 6-27	M	2:45-4:15 p.m.	\$15	#94134
Feb 14-28	F	2:45-4:15 p.m.	\$15	#94135
Mar 10-24	M	1-2:30 p.m.	\$15	#94136
Apr 11-25	F	2:45-4:15 p.m.	\$15	#94137

Introduction to Microsoft Word

Discover how you can utilize Microsoft Word for letters, flyers and more. You will learn how to insert pictures and clip art. You will be able to change font size, style, as well as bold and underline. Learn to copy information from one place and paste it into another location. Once you have created: learn to save, file and find what you save.

Age: 21+ ■ Senior Center ■ Walter Sanchez

Sessions	Day	Time	Fee	Course
Jan 10-24	F	2:45-4:15 p.m.	\$15	#94138
Mar 10-24	M	2:45-4:15 p.m.	\$15	#94139

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

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

Age: 21+ ■ Senior Center ■ Immaculate Adesida

Sessions	Day	Time	Fee	Course
Feb 26	W	6:30-8:30 p.m.	\$13	#93677
Apr 30	W	6:30-8:30 p.m.	\$13	#93679

How to Use Your Cell Phone

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

Age: 21+ ■ Senior Center ■ Walter Sanchez

Sessions	Day	Time	Fee	Course
Feb 3-10	M	2:45-4:15 p.m.	\$13	#94140
Apr 14-21	M	2:45-4:15 p.m.	\$13	#94141

DANCE, MUSIC AND PERFORMING ARTS

Latin Moments Dance/ Momentos de Baile Latino

Todas las personas de 50 años y más están cordialmente invitados(as) los primeros lunes de cada mes al Baile Latino de 1:30 p.m. a 3:30 p.m. Venga a bailar cumbia, salsa y merengue mientras comparte momentos agradables disfrutando de aperitivos saludables.

Come enjoy every first Monday of each month from 1:30 p.m. to 3:30 p.m. to an afternoon of Latin Moments dancing salsa, cumbia and merengue with other Spanish speaking adults from 50+. Light healthy refreshments are served.

Age: 21+ ■ Senior Center

Sessions	Day	Time	Fee	Course
Jan 6	M	1:30-3:30 p.m.	\$3	#93779
Feb 3	M	1:30-3:30 p.m.	\$3	#93780
Mar 3	M	1:30-3:30 p.m.	\$3	#93781
Apr 7	M	1:30-3:30 p.m.	\$3	#94269

Line Dance-Basic Beginner

Experts say that line dancing is an excellent form of aerobic activity. It keeps the heart rate elevated without putting a lot of stress on the joints. The real reason we line dance is because it is fun! Join the line dance class and see for yourself.

Age: 21+ ■ Senior Center ■ Dorothy Moore

Sessions	Day	Time	Fee	Course
Jan 3-Feb 28	F	9:10-10:10 a.m.	\$48	#93919
Mar 7-Apr 25	F	9:10-10:10 a.m.	\$43	#93920

Old School Jazz

You will have FUN while dancing to your favorite songs from the 60's, 70's, and 80's while getting in shape. You will get good exercise and learn how dancers stay in shape. You will increase your flexibility, strength, and coordination. You will get a great low cardio workout. Dance type shoes preferable.

Age: 21+ ■ Baldwin Park Dance Studio ■ Angelina Quesada

Sessions	Day	Time	Fee	Course
Jan 7-Feb 25	Tu	5:15-6:15 p.m.	\$43	#94022

Sundown Line Dance Lite

The Sundown Line Dance Class is a group of friendly people that enjoy mainly beginner level and a few intermediate level line dances. The group meets in the evening to accommodate those with full-time jobs or have other obligations during the day. Prerequisite: Prior experience is recommended.

Age: 21+ ■ Senior Center ■ John Seman

Sessions	Day	Time	Fee	Course
Jan 6-Feb 24	M	7-8 p.m.	\$21	#93782
Mar 3-Apr 28	M	7-8 p.m.	\$30	#93783

Tap Intermediate

You will learn additional fancy footwork with precise rhythmic patterns. No class February 28 and April 25.

Age: 50+ ■ Baldwin Park Dance Studio ■ Terry Davis				
Sessions	Day	Time	Fee	Course
Jan 10-Feb 21	F	10:15-11 a.m.	\$38	#93784
Mar 7-Apr 18	F	10:15-11 a.m.	\$38	#93785

HEALTH AND FITNESS

Age Strong Live Long Healthy Expo

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

Age: 21+ ■ Senior Center				
Sessions	Day	Time	Fee	Course
Feb 28	F	9 a.m.-2 p.m.	\$5 lunch	#94265

Body Work By Kelly Grant

Kelly Grant is a graduate from NHI. She is a 16 year massage therapist providing body work using different styles of therapy. Reflexology - works on the hands and feet. Shiatsu - applies thumb pressure to areas of the body over loose clothing. Neck and Shoulder work - will release tension. Japanese foot massage - uses a combination of Reflexology and Shiatsu techniques. Register for two time slots if you desire an hour. No bodywork on January 1, 20 and February 17.

All Ages ■ Senior Center ■ Kelly Grant			
Day	Time	Fee	
M	9-12 p.m.	\$35 for 30 mins or \$45 for 60 mins	
W	10:05-12:05 p.m.	\$35 for 30 mins or \$45 for 60 mins	

Fit & Low

The class is designed for active adults. It incorporates aerobic, strength, and choreographed patterns performed on the floor at low to moderate intensities, as desired, with low impact to the body. A segment of resistance training exercises may follow the cardiovascular workout, along with abdominal exercises, cool down and stretch. No class January 30.



Age: 50+ ■ Senior Center ■ Amelia Said				
Sessions	Day	Time	Fee	Course
Jan 9-Feb 27	Th	10:30-11:30 a.m.	\$38	#94050
Mar 6-Apr 24	Th	10:30-11:30 a.m.	\$43	#94051
Jan 7-Feb 25	Tu	9:30-10:30 a.m.	\$43	#94052
Mar 4-Apr 29	Tu	9:30-10:30 a.m.	\$48	#94053

Hearing Screening with Dr. Mimi the Audiologist

If you are experiencing hearing difficulty and have NOT had a hearing evaluation before, you can have a BASIC Hearing Screening. Dr. Mimi, a clinical audiologist, will check your ears and perform a hearing screening and will talk to you about effective communication techniques.



Age: 50+ ■ Senior Center ■ Dr. Mimi Salamat				
Sessions	Day	Time	Fee	Course
Mar 4	Tu	10-10:20 a.m.	FREE	#93866
Mar 4	Tu	10:20-10:40 a.m.	FREE	#93867
Mar 4	Tu	10:40-11 a.m.	FREE	#93878
Mar 4	Tu	11-11:20 a.m.	FREE	#93869
Mar 4	Tu	11:20-11:40 a.m.	FREE	#93870
Mar 4	Tu	11:40 a.m.-12 p.m.	FREE	#93877
Mar 11	Tu	10-10:20 a.m.	FREE	#93871
Mar 11	Tu	10:20-10:40 a.m.	FREE	#93872
Mar 11	Tu	10:40-11 a.m.	FREE	#93873
Mar 11	Tu	11-11:20 a.m.	FREE	#93874
Mar 11	Tu	11:20-11:40 a.m.	FREE	#93875
Mar 11	Tu	11:40 a.m.-12 p.m.	FREE	#93876

Qigong

Qigong is the practice of a series of slow gentle movements accompanied by visualizations which are designed to reduce stress, improve vitality, foster creativity and the enjoyment of life. Class is taught by Han and Angela Ong.

Age: 50+ ■ Senior Center ■ Han Ong				
Sessions	Day	Time	Fee	Course
Jan 6-Feb 24	M	10:30-11:30 a.m.	\$27	#94026
Jan 6-Feb 24	M	9:10-10:10 a.m.	\$27	#94027
Mar 3-Apr 28	M	10:30-11:30 a.m.	\$39	#94028
Mar 3-Apr 28	M	9:10-10:10 a.m.	\$27	#94029

Qigong & Tai Chi for Health

In this established ongoing class, participants study a variety of tai chi styles including Sun Style Short Form, immune building Qigong sets, the first half of the combined 42 Forms Style and some introductory Yang Style forms. Depth tai chi principles are focused on. Balance, relaxation, flexibility, stamina and muscle strength all improve with regular attendance. Instructor Robin Malby, a certified Master Trainer for Dr. Paul Lam, has studied Qigong/Tai Chi since 1999. New students can join.



Age: 50+ ■ Senior Center ■ Robin Malby				
Sessions	Day	Time	Fee	Course
Jan 7-Apr 15	Tu	4:30-5:45 p.m.	\$78	#93861

Qigong as a Path to Balanced Health

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

Age: 50+ ■ Baldwin Park Dance Studio ■ Robin Malby				
Sessions	Day	Time	Fee	Course
Jan 8-Apr 16	W	9:30-10:45 a.m.	\$78	#93863

Un-Believe-A-Ball

This non-traditional resistance training class incorporates a 55cm stability resistance ball, used by physical therapists. Using the ball as our primary tool we will actively engage the core, improve balance and challenge muscles in unbelievable ways. All you need is a mat and a positive attitude to succeed in this class. No class January 21.

Age: 21+ ■ Baldwin Park Dance Studio ■ Andrea Legault				
Sessions	Day	Time	Fee	Course
Jan 7-Feb 18	Tu	9:30-10:30 a.m.	\$38	#94060
Mar 4-Apr 29	Tu	9:30-10:30 a.m.	\$48	#94061

Yoga and Wellness-Level 1

Learn the foundations of a yoga practice starting with warm-up stretches done on a chair that most anyone can do. We'll learn standing poses which can lead to stronger bones, healthier core, and improved balance. Welcome first time yoga students! Try out this yoga in a gentle positive environment leading to success. No floor work involved.

Age: 50+ ■ Baldwin Park Dance Studio ■ Maxine Davis				
Sessions	Day	Time	Fee	Course
Jan 7-Feb 25	Tu	11 a.m.-12 p.m.	\$67	#94042
Mar 4-Apr 29	Tu	11 a.m.-12 p.m.	\$75	#94043

Yoga and Wellness-Level 2

We will learn classic asana (postures) with modifications to do the positions correctly and safely. We will practice some mindful meditation/stress reduction techniques. We'll also have some fun along the way. Bring a mat. Wear loose clothing and have an empty stomach.

Age: 50+ ■ Baldwin Park Dance Studio ■ Maxine Davis				
Sessions	Day	Time	Fee	Course
Jan 9-Feb 27	Th	9:15-10:15 a.m.	\$67	#94032
Mar 6-Apr 24	Th	9:15-10:15 a.m.	\$67	#94033

**Enjoy the 50 & Better Camp
at Camp Concord in
South Lake Tahoe.**

See page 45. 



Zumba Gold

This fun class incorporates Latin dances and cardio exercise. Zumba Gold is designed for the active older adult, the true beginner and/or people who are not used to exercising or who may be limited physically. It is done at a low intensity. Zumba can be done from a chair or wheelchair. Listen to upbeat music as you exercise. No class January 30.

Age: 50+ ■ Senior Center ■ Amelia Said				
Sessions	Day	Time	Fee	Course
Jan 7-Feb 25	Tu	10:30-11:30 a.m.	\$43	#94054
Mar 4-Apr 29	Tu	10:30-11:30 a.m.	\$48	#94055
Jan 7-Feb 25	Tu	11:30 a.m.-12:30 p.m.	\$43	#94056
Jan 9-Feb 27	Th	11:45 a.m.-12:45 p.m.	\$38	#94057
Mar 6-Apr 24	Th	11:45 a.m.-12:45 p.m.	\$43	#94058
Mar 4-Apr 29	Tu	11:30 a.m.-12:30 p.m.	\$48	#94059

SPECIAL INTEREST

Age Well Drive Smart

California Highway Patrol's 'Age Well/Drive Smart' is for senior drivers and their families to drive safer and longer. This interactive, fun program presents: tips to understand driving safety; inexpensive car accessories; resources; a CHP Officer to answer questions; and more. The course provides information to develop a 'plan' when a senior should stop driving. A Transportation Cost Worksheet calculates current vehicle operating costs, showing potential funds for public transportation when needed.

All Ages ■ Senior Center ■ Cindy Lima				
Sessions	Day	Time	Fee	Course
Mar 21	F	10-11:30 a.m.	\$2	#93681

Sexuality in Later Life

In this workshop, participants will identify the wide range of attitudes and feelings regarding sexuality among older adults. Participants will discuss their own attitudes and feelings about sex in mid and later life. Examine the concept of sexual scripts and the importance of re-evaluating one's script as one ages. Learn some basic facts concerning sexuality and aging. This workshop is brought to you by Planned Parenthood.

Age: 50+ ■ Senior Center ■ Jewel Fink				
Sessions	Day	Time	Fee	Course
Jan 15-22	W	9:30-11:30 a.m.	\$2	#94062

NEW Getting A Second Wind—Men and Sexuality at Mid & Later Life

In this workshop participants will identify sources of messages about male sexuality and the impact of those messages on sexual attitudes, values and behaviors as men age. Review basic male anatomy, noting the impact of aging on physiological responses. Evaluate the idea of ‘Good Enough Sex.’ This workshop is brought to you by Planned Parenthood.

Age: 50+ ■ Senior Center ■ Jewel Fink

Sessions	Day	Time	Fee	Course
Mar 19-26	W	9:30-11:30 a.m.	\$2	#94063

NEW Getting a Second Wind—Women & Sexuality at Mid & Later Life

In this workshop participants will identify family, media, and societal messages about women at midlife. Examine key changes women experience with respect to sexuality through the lifespan. Review basic female anatomy, noting the impact of aging on physiological responses. Reflect on current truths about women’s sexuality at midlife. This workshop is brought to you by Planned Parenthood.

Age: 50+ ■ Senior Center ■ Jewel Fink

Sessions	Day	Time	Fee	Course
Apr 16-23	W	9:30-11:30 a.m.	\$2	#94064

NEW Not Only For The Young—Safer Sex Activities for Older Adults

Participants in this workshop will identify risk factors for contracting sexually transmitted infections (STI’s), including HIV. Learn basic facts about ‘safer sex’ and how to protect oneself from STI’s. Evaluate different types of condoms for males and females and lubricants. Rehearse opening a conversation about safer sex. This workshop is brought to you by Planned Parenthood.

Age: 50+ ■ Senior Center ■ Jewel Fink

Sessions	Day	Time	Fee	Course
Feb 19-26	W	9:30-11:30 a.m.	\$2	#94264

Volunteer Orientation

Learn about volunteer opportunities at the Concord Senior Center. Please download and print a volunteer application at www.cityofconcord.org/pdf/recreation/programs/senior_volunteers.pdf. Please turn in application to the senior center a week before the orientation.

Age: 16+ ■ Senior Center

Sessions	Day	Time	Fee	Course
Jan 28	Tu	10:30-11:30 a.m.	FREE	#94046
Feb 25	Tu	10:30-11:30 a.m.	FREE	#94047
Mar 25	Tu	10:30-11:30 a.m.	FREE	#94048
Apr 22	Tu	10:30-11:30 a.m.	FREE	#94049

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

Friday, February 28, 2014
9 a.m.–2 p.m.

FREE to attend. Reserve your \$5 Lite Lunch
www.CityofConcord.org/healthfair



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

Sponsored by:



Presentations

- Age Well Drive Smart
- Disaster Preparedness
- Meet the Walgreens Pharmacists
- Health Care Directives / Durable Power of Attorney
- Diabetes
- Gluten Intolerances
- Non Surgical Vein Ablation Treatment
- Juicing
- Technology and Health
- Older, Wiser, Sexually Smarter
- Herbs for Health
- Exercise for Health

Screenings & Interactive Exercises

- Hearing
- Blood Pressure
- Memory
- Balance
- Vein Screenings
- Massage
- Notary

CONCORD COMMUNITY POOL

3501 COWELL ROAD, CONCORD • 671-3474

Lap Swim

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

Fees

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

Winter Lap Swim December 1 - February 28

M, W, F	6 a.m.-1 p.m.
Tu, Th	7 a.m.-1 p.m.
Sa & Su	10 a.m.-Noon

Spring Lap Swim March 1 - June 15

M, W, F	6 a.m.-1 p.m.
Tu	7 a.m.-1 p.m.* (*May 15 Short Course Only)
M-Th	7 p.m.-8:30 p.m. (Long Course Only)
Sa & Su	10 a.m.-Noon

Holiday Hours 10 a.m.-Noon

Martin Luther King	Jan 20
Christmas Eve	Dec 24
Presidents Day	Feb 17
Memorial Day	May 26

Pool Closures

Christmas Day	Dec 25
New Year's Day	Jan 1
Swim Meet	Mar 14-16
Swim Meet	May 16-17

Spring Recreational Swim

Spring Hours May 24 - June 15

Sa & Su 1-4 p.m.

Admission	Daily	15 Swim Pass
Adult (18+)	\$5.25 R / \$6.25 NR	\$62 R / \$72 NR
Child (6-17)	\$4.50 R / \$5.25 NR	\$55 R / \$66 NR
Tot (5 & Under)	\$4 R / \$4.25 NR	\$46 R / \$56 NR
Family Pass for up to 4 family members (\$20 for each additional family member)		\$275 R / \$295 NR



CERTIFICATION COURSES

First Aid

Learn first aid training for burns, fractures, sprains, strokes, seizures, poisoning emergencies and heat/cold exposures, nosebleeds, bites and allergic reactions.

Age: 10+ ■ Centre Concord ■ First Aid Course

Sessions	Days	Time	Fee	Course
Mar 19	W	6-8 p.m.	\$36R / \$41 NR	#93769
May 14	W	6-8 p.m.	\$36R / \$41 NR	#93770

CPR

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

Age: 13+ ■ Centre Concord

Sessions	Days	Time	Fee	Course
Feb 19	W	5-9 p.m.	\$54R / \$59 NR	#93764
Apr 16	W	5-9 p.m.	\$54R / \$59 NR	#93765

Age: 13+ ■ Willow Pass Community Center

Sessions	Days	Time	Fee	Course
Jun 11	W	5-9 p.m.	\$54R / \$59 NR	#93766

Lifeguard Clinic

This course teaches lifeguards the skills and knowledge needed to prevent and respond to aquatic emergencies. It provides an opportunity to complete all certifications in one course. Certification received upon completion is good for 1 year. **PREREQUISITE: Must be 15 by the last day of the course. Must be able to tread water 2 minutes (legs only), swim 200 yards continuously (100 free, 100 breaststroke) and submerge to a depth of 9 feet and retrieve a 10lb brick.**

Age: 15+ ■ Concord Community Pool

Sessions	Days	Time	Fee	Course
Apr 21-24	M-Th	9 a.m.-4 p.m.	\$202 R / \$207 NR	#93757
May 6-29	Tu, Th	6-9 p.m.	\$202 R / \$207 NR	#93758
Jun 3-26	Tu, Th	6-9 p.m.	\$202 R / \$207 NR	#93759

Lifeguard Clinic Review

This class reviews lifeguard skills and knowledge needed to respond to aquatic emergencies. Lifeguard certification received upon completion is good for 1 year. **PREREQUISITE: must possess current lifeguard certificate.**



Age: 15+ ■ Concord Community Pool

Sessions	Days	Time	Fee	Course
Apr 26	Sa	9 a.m.-5 p.m.	\$151 R / \$156 NR	#93760
May 10	Sa	9 a.m.-5 p.m.	\$151 R / \$156 NR	#93761
May 31	Sa	9 a.m.-5 p.m.	\$151 R / \$156 NR	#93762

SATURDAY CLASSES

Group Swim Lessons

Concord Community Pool ■ \$48R/\$53NR

Sessions	Day	Time	Preschool Ages 3-5	Elementary Ages 6+
May 3-Jun 14*	Sa	9:50-10:20 a.m.	#93916	#93732
May 3-Jun 14*	Sa	10:25-10:55 a.m.	#93894	#93733
May 3-Jun 14*	Sa	11-11:30 a.m.	#93917	#93734
May 3-Jun 14*	Sa	11:35 a.m.-12:05 p.m.	#93895	#93735
May 3-Jun 14*	Sa	12:10-12:40 p.m.	#93918	#93736

*No classes will be held Saturday, May 17.

Private Swim Lessons

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

Day	Time	May 3-24*	May 31-June 14
Sa	9:50-10:20 a.m.	#93949	#93954
Sa	10:25-10:55 a.m.	#93950	#93955
Sa	11-11:30 a.m.	#93951	#93956
Sa	11:35 a.m.-12:05 p.m.	#93952	#93957
Sa	12:10-12:40 p.m.	#93953	#93958

*No classes will be held Saturday, May 17.

Parent and Me Aquatots

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

Sessions	Day	Time	Fee	Course
May 3-Jun 14*	Sa	11:35 a.m.-12:05 p.m.	\$48R/\$53NR	#94007

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

Sessions	Day	Time	Fee	Course
May 3-Jun 14*	Sa	12:10-12:40 p.m.	\$48R/\$53NR	#94009

*No classes will be held Saturday, May 17.



Beginner Diving

Prerequisite: Must complete Elementary Level III to enroll.

Concord Community Pool

Sessions	Day	Time	Fee	Course
May 3-Jun 14*	Sa	12-12:30 p.m.	\$48R/\$53NR	#94014

*No classes will be held Saturday, May 17.

SUNDAY CLASSES

NEW Adult Workout Program

Join the Adult Workout Group that meets on Sundays with a USA Swimming certified coach to receive instruction on workouts and stroke development and refinement.

Age: 18+ ■ Concord Community Park ■ Paul Stafford

Sessions	Day	Time	Fee	Course
Dec 1-22	Su	8:30-11 a.m.	\$27	#94287
Dec 1	Su	8:30-11 a.m.	\$13	#94288
Dec 15	Su	8:30-11 a.m.	\$13	#94289
Dec 22	Su	8:30-11 a.m.	\$13	#94290
Jan 5-26	Su	8:30-11 a.m.	\$35	#94291
Jan 5	Su	8:30-11 a.m.	\$13	#94292
Jan 12	Su	8:30-11 a.m.	\$13	#94293
Jan 19	Su	8:30-11 a.m.	\$13	#94294
Jan 26	Su	8:30-11 a.m.	\$13	#94295
Feb 2-23	Su	8:30-11 a.m.	\$27	#94321
Feb 2	Su	8:30-11 a.m.	\$13	#94322
Feb 16	Su	8:30-11 a.m.	\$13	#94323
Feb 23	Su	8:30-11 a.m.	\$13	#94324
Mar 2-23	Su	8:30-11 a.m.	\$35	#94375
Mar 2	Su	8:30-11 a.m.	\$13	#94325
Mar 9	Su	8:30-11 a.m.	\$13	#94326
Mar 16	Su	8:30-11 a.m.	\$13	#94327
Mar 23	Su	8:30-11 a.m.	\$13	#94328
Apr 6-20	Su	8:30-11 a.m.	\$27	#94329
Apr 6	Su	8:30-11 a.m.	\$13	#94330
Apr 13	Su	8:30-11 a.m.	\$13	#94331
Apr 20	Su	8:30-11 a.m.	\$13	#94332
May 4-18	Su	8:30-11 a.m.	\$27	#94333
May 4	Su	8:30-11 a.m.	\$13	#94334
May 11	Su	8:30-11 a.m.	\$13	#94335
May 18	Su	8:30-11 a.m.	\$13	#94336
Jun 1-15	Su	8:30-11 a.m.	\$27	#94337
Jun 1	Su	8:30-11 a.m.	\$13	#94338
Jun 8	Su	8:30-11 a.m.	\$13	#94339
Jun 15	Su	8:30-11 a.m.	\$13	#94340



R = Concord Resident NR = Concord Non-Resident

WEEKDAY CLASSES

Preschool Swim Lessons

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

M-Th	3:45-4:15 p.m.	4:20-4:50 p.m.	4:55-5:25 p.m.	5:30-6 p.m.
Apr 7-17	#93896	#93897	#93898	#93899
Apr 21-May 1	#93900	#93901	#93902	#93903
May 5-15	#93904	#93905	#93906	#93907
May 19-30	#93908	#93909	#93910	#93911
Jun 2-12	#93912	#93913	#93914	#93915

*Week 1: M-Th/Week 2: Tu-Fri

Elementary Swim Lessons

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

M-Th	3:45-4:15 p.m.	4:20-4:50 p.m.	4:55-5:25 p.m.	5:30-6 p.m.
Apr 7-17	#93741	#93742	#93743	#93744
Apr 21-May 1	#93745	#93746	#93747	#93748
May 5-15	#93749	#93750	#93751	#93752
May 19-30	#93753	#93754	#93755	#93756
Jun 2-12	#93737	#93738	#93739	#93740

*Week 1: M-Th/Week 2: Tu-Fri



Parent and Me Aquatots

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

Sessions	Days	Time	Fee	Course
May 6-29	Tu, Th	11:35 a.m.-12:05 p.m.	\$65R/\$70NR	#94008

Paddlers 18 months-36 months ■ Concord Community Pool

Sessions	Days	Time	Fee	Course
May 6-29	Tu, Th	12:10-12:40 p.m.	\$65R/\$70NR	#94010

Private Swim Lessons

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

M-Th	3:45-4:15 p.m.	4:20-4:50 p.m.	4:55-5:25 p.m.	5:30-6 p.m.
Apr 7-17	#93959	#93960	#93961	#93962
Apr 14-17	#93963	#93964	#93965	#93966
Apr 21-24	#93967	#93968	#93969	#93970
Apr 28-May1	#93971	#93972	#93973	#93974
May 5-8	#93975	#93976	#93977	#93978
May 12-15	#93979	#93980	#93981	#93982
May 19-22	#93983	#93984	#93985	#93986
May 27-30	#93987	#93988	#93989	#93990
Jun 2-5	#93991	#93992	#93993	#93994
Jun 9-12	#93995	#93996	#93997	#93998

HEALTH AND FITNESS

NEW Aqua Zumba

Spice up your fitness routine. Aqua Zumba is a blast! It incorporates the same innovative, fun and exciting Latin dances and cardio exercise, all in the water. This class is a shallow water class that is challenging and fun. Listen to upbeat music as you exercise and help stay fit. No experience needed. Just add water and shake!

Age: 18+ ■ Concord Community Pool ■ Amelia Said

Sessions	Day	Time	Fee	Course
Mar 3-Apr 7	M	12-12:50 p.m.	\$36R/\$41NR	#94247
Apr 14-May 12	M	12-12:50 p.m.	\$30R/\$35NR	#94248

Water Exercise

De-stress and revitalize your life with this fun and challenging workout. Water Exercise is offered as a Deep Water class. These classes offer effective flexibility and muscle toning with no impact to the joints.

Age: 18+ ■ Concord Community Pool.

Sessions	Day	Time	Fee	Course
Jan 9-Feb 20	Th	10-11 a.m.	\$36R/\$41NR	#94310
Feb 27-Mar 27	Th	10-11 a.m.	\$30R/\$35NR	#94311
Apr 3-May 8	Th	10-11 a.m.	\$30R/\$35NR	#94312
May 15-Jun 12	Th	10-11 a.m.	\$30R/\$35NR	#94313



TERRAPIN SWIMMING

"ONE OF THE BEST IN THE USA"
RIGHT HERE IN CONCORD!

2014 WINTER / SPRING PROGRAMMING

* DEVELOPMENTALLY APPROPRIATE COMPETITIVE SWIMMING FOR ALL AGES AND ABILITIES. (Introductory level groups / Ages 5-10 years with previous lesson experience)

- HIGH SCHOOL PRE SEASON TRAINING PROGRAM (Nov. through Jan)
- WINTER / SPRING CLINIC PROGRAM (Feb through April)
- WINTER & SPRING SESSIONS OF ORANGE & BLUE TRAINING GROUPS

ON LINE REGISTRATION FOR ALL PROGRAMS AVAILABLE AT.....

www.terrapinswim.com

SUMMER JOBS 2014**Parks & Recreation offers summer jobs in Concord
and at Camp Concord in South Lake Tahoe**

- Swim instructors
- Lifeguards
- Pool Managers
- Camp Counselors



*Applications available
in February.*



www.cityofconcord.org/recreation ■ (925) 671-3404

1950 Parkside Drive, Concord, CA 94519

SUMMER DAY CAMPS

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



Camp Littlefoot

Ages 2½-7

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



All That & Then Some

Ages 11-14

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



Backyard Explorers

Youth going into the 1st through 6th grades.

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



Counselor in Training (CIT)

Ages 13-15

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

SPORTS CAMPS

More summer one-week day camps include ...



Skyhawks Sports Camps

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

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



Kidz Love Soccer

Ages 4½-8

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



Skateboard Camp

Ages 7-13

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

Other fun camps...

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



Look for details in the
Summer Camps Brochure
available in February 2014.

FAMILY CAMP



What is Family Camp?

Family Camp at Camp Concord is nature on a silver platter! Family Camp is your traditional nature and campfires without the hassle of pitching a tent and cooking. A combination of glamorous and camping, a family camp vacation brings the comfort of home into the great outdoors. As family campers, your family will have the opportunity to leave hectic schedules behind and reconnect while enjoying the beauty of one of California's premiere vacation destinations – South Lake Tahoe!



What does Family Camp include?

- Three delicious meals a day
- A comfortable, private cabin for each family
- Activities designed for all ages

Camp Schedule

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

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

Daily you can expect:

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

Additional Information:

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



Together we're better!

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

R = Concord Resident NR = Concord Non-Resident



2014 FAMILY CAMP

Friday, June 27 – Friday, July 25

and

Monday, August 11 – Saturday, August 17

Camp Concord 2014 Rates

2013 Rates Per Night

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

Concord residents receive a 15% discount off total reservation.

Priority Registration begins:

January 13, 2014 for Friends of Camp Concord Members

Open Registration begins:

February 3, 2014



Four Easy Ways to Register

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

50 & Better Camp

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

Day	Session	Fee	Course
M-F	Aug 18-22	\$225 R / \$250 NR	#94372
M-F	Aug 25-29	\$225 R / \$250 NR	#94373

Mother/Son Weekend

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

Day	Session	Fee	Course
F-Su	Aug 22-24	\$260 R / \$270 NR	#94374



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



For membership information, please call the Camp Concord Office at (925) 671-3006 or download additional information from our web page at www.cityofconcord.org/recreation/camp/campfocc.htm

Farmers' Market • Music and Market

*Special Events at
Todos Santos Plaza***Concord's Official Tree-Lighting
and Mayor's Sing-Along**

Santa's Grand Arrival Saturday, December 7, 2013, 4 p.m.
On stage entertainment 5 p.m.

School Choirs and community entertainment on stage with traditional tree-lighting and holiday sing-along, carriage rides by the Todos Santos Business Association. Special Pearl Harbor salute.

Concord Farmers' Market

Tuesdays: Year-round, 10 a.m.–2 p.m.

Thursdays: April 24–October 23, 2014, 4–8 p.m.

1 - 8 0 0 - 9 4 9 - F A R M

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

Music and Market

Thursdays, May 22–September 11, 2014, 6:30–8 p.m.

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

Tuesday Night Blues

Tuesday evenings in July, 6:30–8 p.m.

Free Blues music series!

FREE car show! Join us on the opening night of Tuesday Night Blues for our annual car show. No registration fees, with dash plaques, goodie bags, and prizes for the winners!

**MOMDay in the Plaza
All Area Music Festival**

Saturday, May 10, 2014

Combining two great events, celebrate Mom and Bay Area music education at the same time! Treat that special Mom to a wonderful dining experience in the Todos Santos Plaza District, then join us in the Plaza for the All Area Music festival, featuring performances by Bay Area student musicians!

DadDay in the Plaza – Father's Day

Sunday, June 15, 2014, 11 a.m.

Celebrate heroes as we salute Dads and join local fire departments in a Chili Cook-off and enjoy a special concert in the Plaza with Dan Ashley.

*All events subject
to change without notice*
www.concordfirst.org
 Events Hotline: 671-3464

**Concord Library
Winter/Spring
Children's Programs**

2900 Salvio ■ (925) 646-5455

■ Baby & Toddler Time

Books, songs, bounces
and finger plays for children
6 months to 3½ years old
Tuesdays, 10:15 & 11:15 a.m.

■ Preschool Storytime

Stories, songs and finger
plays for children
3½–5 and caregiver
Wednesdays 10:30–11:00 a.m.
December 4–January 15
February 5–March 12
April 2–May 7

■ Bilingual Storytime

Songs and stories in Spanish and English
Mondays 1:30–2:00 p.m.
December 23–February 3
February 24–March 31
April 21–May 19

■ Toddler Tumble Time

Games, puzzles, motor skill activities –
a playgroup for children
12 months–3 yrs. and caregiver
Thursdays 12:00–1:15 p.m.
January 30–February 27
Registration Starts January 7
Registration required

All programs subject to change



SIGN UP NOW - FIVE (5) EASY WAYS TO SIGN UP

1. Online Registration
www.ConcordReg.org



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



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

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

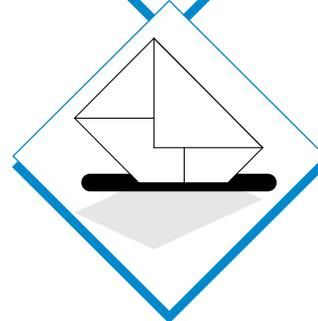


4. Drop-off
 During business hours secure drop slots at
 Willow Pass Center and Centre Concord.

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

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

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

**Please Remember:**

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



REGISTRATION

WITHDRAWALS AND TRANSFERS

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

QUALITY ASSURANCE AND CREDITS / REFUNDS

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

HOW DID YOU HEAR ABOUT THIS PROGRAM?

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

Head of Household		<input type="checkbox"/> Concord Resident <input type="checkbox"/> Non-Resident	
Address		<input type="checkbox"/> If you or your child have a special need or disability, please check here.	
City	State	Zip	
Email	Phone (Day)	Phone (Eve)	

ACTIVITY REGISTRATION: This is for (check one) **Winter** **Spring** **Summer** **Fall**

Participant Name	Date of Birth	Course #	Course Title	Fee
Total Fees \$				

WAIVER AND RELEASE FROM LIABILITY / ASSUMPTION OF RISK

I, the undersigned, wish to participate in one or more activities (hereinafter collectively referred to as "the Activity") conducted in collaboration with the City of Concord's Parks & Recreation Department. I am aware that serious accidents and injuries occasionally occur during recreational pursuits such as the Activity. In consideration of my participation in the Activity, I knowingly and voluntarily assume all risks arising therefrom, and on behalf of myself, my heirs and assignees release the City of Concord, its officers, agents, employees and volunteers from any and all claims, liens, damages, lawsuits, or liability for property damage, injury or death, resulting from, arising out of, or in any way connected with my participation in the Activity.

I agree and acknowledge that this Waiver and Release From Liability/Assumption of Risk shall apply even in the event that I suffer death, personal injury, or property damage as the result of passive or active negligence on the part of the City of Concord, its officers, agents, employees, or volunteers of the City (with the exception of sole, active negligence, or willful misconduct). In the event that the individual participating in the Activity is a minor, I certify that I am his/her parent or legal guardian and I give my permission for him/her to participate in the Activity. I understand my signature is a legal and binding signature and will be considered original if received by fax.

USE OF PARTICIPANT PHOTOGRAPHS/VIDEO

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

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

Signature _____ Date _____

Method of payment: <input type="checkbox"/> Check payable to: Concord Parks & Recreation <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>		Amount \$
Card #:	3 or 4 Digit Security Code:	Exp. Date Month/Day/Year / /
Print name as it appears on card		Signature



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• CENTER •

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Take a virtual tour of our facilities!

www.cityofconcord.org/rentals

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

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

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



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

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CITY OF CONCORD
**Summer
 Programs
 Expo**

Registration for summer programs:
Sunday, March 23, 2014

11:00 a.m. – 3:00 p.m.

Centre Concord

5298 Clayton Road, Concord

(In the Clayton Fair Shopping Center,
 next to Clayton Valley Bowl)

- Information on Concord's summer camps and programs
- Meet staff and instructors
- Program demonstrations
- Kids' activities
- Raffle prizes

**Receive 10% off summer programs
 for on-site registration on this day only!***

**For participating programs*

For information: (925) 671-3327
www.cityofconcord.org/recreation



Skyhawks Lacrosse



Mad Science



Skyhawks
 Flag Football



Engineering



Cheer



Backyard Explorers