

# Concord

City News and Activity Guide



Winter / Spring 2015



Hula  
page 22



Self-driving cars tested at  
former NWS page 3



Sister City Kitakami, Japan, visits  
page 15



Pickleball  
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## **A New Service Request App for the City of Concord**

*The easiest way to report a non-emergency issue such as a pothole,  
street light outage, or overgrown weeds to the City of Concord*

### **How Does it Work?**

- Download the Accela Concord Civic Hero app
- Works on iPhone or Android mobile devices
- Fill out a simple report
- Attach a photo or comment
- Your report is delivered to the appropriate department
- Check the status of your report anytime





**City of Concord**

- Timothy S. Grayson Mayor (2014-15)
- Ronald E. Leone Vice Mayor (2014)\*
- Edi E. Birsan Councilmember
- Daniel C. Helix Councilmember
- Laura M. Hoffmeister Councilmember
- Thomas J. Wentling City Treasurer
- Valerie J. Barone City Manager
- Leslye Asera Community Relations Manager and Editor

*At press time, the City Council had not yet selected the Vice Mayor for 2015. Please visit the City's website at [www.cityofconcord.org](http://www.cityofconcord.org) after December 3 for this information.*

**On the cover: Clockwise from top left**

Hula dancers express the Polynesian culture; Mercedes-Benz chose the roads on the Concord Naval Weapons Station to test the company's self-driving cars; Pickleball classes come to Concord; Visitors from Kitakami, Japan, toured Concord and celebrated the 40<sup>th</sup> Anniversary of the Sister City program.



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# CONTACT

**Web site:** ..... [www.cityofconcord.org](http://www.cityofconcord.org)  
**Events:** ..... [www.concordfirst.org](http://www.concordfirst.org)  
**Classes:** ..... [www.concordreg.org](http://www.concordreg.org)  
**E-mail:** ..... [cityinfo@cityofconcord.org](mailto:cityinfo@cityofconcord.org)  
**Phone:** ..... (925) 671-CITY

Americans with Disabilities Act (ADA) Coordinator.....671-3021  
 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.....671-3075  
 Concord Community Pool.....671-3480  
 Concord Naval Weapons Station Reuse Project.....671-3001  
 Concord Pavilion Information.....676-8742  
     Resident Hotline.....363-5701  
 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  
 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 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  
 Highlands Elementary – 1326 Pennsylvania Blvd.....685-4202  
 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  
 Village Music School – 1720 Linda Drive, Pleasant Hill.....676-8400  
 Westwood Elementary – 1748 West St.....685-4202  
 Willow Pass Community Center and Park – 2748 E.Olivera Road...671-3423  
 Parks & Recreation Class Registration  
     Registration Office.....671-3404  
     en Español.....671-3324  
 Rachel Dunn Chocolates – 1021 Detroit Ave.....798-4321

## Sports Organizations

### Youth Baseball/Softball

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

### Youth Football / Cheerleading

Clayton Valley Athletic Assn.....[www.cvaafalcons.com](http://www.cvaafalcons.com)  
 Concord Youth Football.....[www.concordyouthfootball.com](http://www.concordyouthfootball.com)

### Youth Soccer

Concord AYSO.....685-AYSO  
 Diablo FC [www.diablofc.org](http://www.diablofc.org).....798-GOAL  
 Liga Latina.....[www.ligalatinaconcord.com](http://www.ligalatinaconcord.com)  
 Mt. Diablo Soccer Association [www.mdsoccer.org](http://www.mdsoccer.org).....672-3373

### Adult Soccer

East Bay Senior Soccer.....[www.ebssl.com](http://www.ebssl.com)  
 Contra Costa Mixed Soccer.....759-5965

### Adult Kickball / Softball

Concord Parks & Recreation  
     [www.teamsideline.com/concord](http://www.teamsideline.com/concord).....671-3279  
     Rain Hotline.....671-3479

### Bocce

Concord Bocce Federation.....[www.concordbocce.org](http://www.concordbocce.org)

### Swimming

Terrapins Swim Team.....680-8372

### Tennis

Concord Tennis Club.....686-1701  
 Concord Table Tennis Club  
     [www.concordtabletennisclub.com](http://www.concordtabletennisclub.com).....689-7463

### Diablo Youth Rugby

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

## NEWS BRIEFS

### Free sandbags now available at the City Corp Yard

Bags, sand and shovels are now available for residents to build sandbags at the City Corporation Yard, 1455 Gasoline Alley. The sand bag station is located just outside the main gate, which allows residents to access the station 24 hours a day, 7 days a week. Filled sandbags are available for the elderly and handicapped by calling (925) 671-3448.

### Rebate ends

A \$125 low-flow toilet rebate offered by the Contra Costa Water District will end December 31, 2014. New high efficiency toilets save water and improve flushing performance. For more information, visit [www.ccwater.com](http://www.ccwater.com).

### Farmers' Market

Even though the Thursday Farmers' Market in Todos Santos Plaza has closed for the year, residents can still pick up fresh fruits and vegetables year round at the Tuesday market from 10 a.m. to 2 p.m. Look for seasonal specialty items and colorful flowers as well.

### Prevent flooding

Please place leaves, cuttings and other yard trimmings in the Green Waste container provided by Concord Disposal. Sweeping debris into the streets clogs storm drains and causes flooding.



*Roadways on the former Concord Naval Weapons Station will be used by Mercedes-Benz to test its self-driving cars*

## Concord Weapons Station is nation's largest testing site for self-driving cars

The former Concord Naval Weapons Station property was in the national news in October when it was announced that Mercedes-Benz and the Contra Costa Transportation Authority will turn the closed military base into the nation's largest testing site for self-driving cars.

Mercedes-Benz will use the 20 miles of existing paved roadways on the base to test its vehicles, as well as cutting-edge transportation technology, such as traffic signals that communicate with cars and adjust accordingly.

With 2,100 acres of testing area, the CNWS is currently the largest secure test bed site in the United States. With paved, city-like roadway grids, it is an ideal site for testing self-driving and connected vehicles and related applications in an urban-like environment. The test site

is one of the country's few operational test beds that provides real-world infrastructure and equipment to facilitate the testing of new transportation technology in a controlled environment.

The public will not have access to the test site; the self-driving cars will be restricted to the test bed. This interim use is not expected to interfere with the schedule to begin transferring property from the Navy to the City in early 2016.

The next step in the transfer of the property is the selection of a Master Developer. The four firms selected by the City to vie for the position are Catellus Development Corporation, Five Point Communities-Lennar, J.F. Shea Company, and SunCal Corporation. J.F. Shea Company has

**Mercedes-Benz continued on page 5**



*Cyclists take a break during a ride to assess the potential for increased bike lanes in Concord*

## Citywide Bike and Pedestrian Plan coming in 2016

With the increased interest in walking and cycling for recreation, transportation and good health, the City is looking for ways to make streets and roads safer for pedestrians and cyclists. Concord's transportation infrastructure was designed to move automobile and truck traffic through the City in the most efficient manner possible. Now that there are more bicycle riders and pedestrians sharing the roads, a comprehensive plan is needed to provide all travelers with safe routes to their destinations. While bike lanes have been added to some of the city's busy thoroughfares, the effort has been street by street instead of considering the entire city's needs.

A Citywide Bike and Pedestrian Plan is now on the drawing board, expected to be completed in 2016. The plan will

identify and map existing bicycle and pedestrian improvements, collect and analyze data on things like bicyclist and pedestrian injuries, current street usage, and potential route demand, identify gaps in existing infrastructure, as well as estimate infrastructure costs and suggest funding sources to help future improvements get built. This information will all be analyzed and put together in a comprehensive plan for making improvements to the bike and pedestrian infrastructure in Concord.

The four major goals of the project are:

1. To improve bicycle and pedestrian access to the three BART stations that serve the City - North Concord/Martinez, Downtown Concord and Pleasant Hill/Contra Costa Centre- all of which are either located in or adjacent to the City of Concord.

2. To focus on improving connectivity between the regional trails network and downtown by connecting the gaps in the existing infrastructure.
3. To guide the City's future investments in bicycle and pedestrian infrastructure and programs.
4. To ensure safe and attractive access to the City's regional transit links, downtown Concord, schools, and other activity centers.

The effort is grant-funded, and will be conducted in partnership with the Contra Costa County Health Services Department (CCHSD) and Monument Impact. Over the next year, residents can expect to hear about public workshops and meetings where input will be welcome. For more information, contact Planning Manager Andy Mogensen, (925) 671-3332. ♦

## Kick off the holiday season in downtown Concord

Bring the family to Todos Santos Plaza on Saturday, Dec. 6 to kick off the holidays. Santa and his elves will hear children's holiday wishes from 4 to 6 p.m. after making a colorful entrance on a bright red fire truck. Parents are welcome to bring a camera and take photos of their children with Santa.

Performances by numerous community and school choirs begin on the Todos Santos stage at 5 p.m., followed by the Mayor's Sing-Along and Concord's Official Tree Lighting. Free holiday buttons as well as treats and song books will be available while supplies last.

The Todos Santos Business Association will sponsor carriage rides from 4:30-7:30 p.m. for a nominal fee with boarding at Salvio and Grant streets.

The event will be televised live on Concord Government TV Cable channel 28 (Comcast), channel 29 (Astound) and AT&T U-verse channel 99, and will



*Visit with Santa December 6*

be streamed on the City's website, [www.cityofconcord.org](http://www.cityofconcord.org).

Todos Santos Plaza is located in downtown Concord on Willow Pass Road between Mt. Diablo and Grant streets. Free parking is available in two municipal garages with entrances on Salvio Street between Colfax and Galindo streets.

For more information about downtown events, visit [www.concordfirst.org](http://www.concordfirst.org) or call the downtown hotline at (925) 671-3464. ♦

### Mercedes-Benz from page 3

since dropped out of the running. The three remaining firms are expected to submit detailed proposals to the City by the end of the year, with an opportunity for residents to learn about the proposals at public meetings and workshops in January.

While the City is selecting a master developer, the Navy is completing its approval processes so it can begin to transfer the land to the City and other entities by 2016.

Concord residents and area stakeholders participated in a multi-

year process that resulted in the Concord Reuse Project Area Plan, adopted by the City Council in 2012. It will be this plan that will guide the designs submitted by firms hoping to be chosen as the Master Developer. Major features of the plan include housing, office buildings and commercial uses near the North Concord BART station while preserving 69 percent of the property for open space and recreational use.

For more information, visit [www.concordreuseproject.org](http://www.concordreuseproject.org). ♦

## Election results – Measure Q passes, incumbents re-elected

Results of the November 4 election are in. Voters chose to extend Measure Q, the half-cent sales tax first passed on 2010. Funds generated by Measure Q will continue to provide support for public safety, parks and road maintenance, and programs for seniors and youth. No additional reductions in the current level of service are anticipated, and the City hopes to be able to start addressing some of the infrastructure backlog that has built up since the beginning of the Great Recession in 2008.

The passage of Measure Q demonstrates that voters value the services provided by the City and are willing to back that sentiment at the voting booth. As is consistent with Concord's long history of accountability to residents, Measure Q provides for the continuation of the Citizen Oversight Committee, which reports back to the community annually on how Measure Q funds are spent.

In the City Council election, incumbents Tim Grayson, Laura Hoffmeister and Ron Leone were re-elected and look forward to continuing to serve the community with Councilmembers Dan Helix and Edi Birsan. Helix and Birsan will be up for re-election in 2016. Tim Grayson will begin the second year of his two-year term as Mayor in January 2015. ♦

## Follow these tips for a safe holiday

During the year-end holidays, people are often busy, caught up in the hustle and bustle of shopping, leaving on family trips, or meeting relatives and friends. This is a very exciting time but people are sometimes distracted. The following are a few handy crime prevention tips for a safe holiday:

### Vehicle

- Lock gifts and packages in the trunk of your car while at the shopping mall. Never leave valuables in the open. Keep your vehicle's doors locked and windows closed, and if you have an alarm, make sure it is activated.
- Be aware of your surroundings when leaving or returning to your vehicle. If someone appears suspicious, consider not leaving until they do. Report the person immediately to police or security so that the individual can be checked out.
- Do not park your vehicle in a poorly lighted parking area, even though that parking place may be more convenient.

### Shopping

- Watch for pick pockets. Many work in teams with one distracting the victim while the other does the pick pocketing. Make sure you tuck your valuables away in a place difficult for a pick pocket to access.
- To discourage cell phone thieves or purse snatchers, be aware of your surroundings and don't overburden yourself with packages or gifts. Use your cell phone only in a safe area.



*Even Santa should take care when shopping during the busy holiday season*

- If your cell phone, purse or wallet is taken, do not try to catch the thief yourself. Dial 9-1-1 and let the police handle it. Be a good witness; note of the suspect's physical characteristics, clothing description, path of flight or 'getaway' vehicle.
- Avoid carrying large amounts of cash. Consider paying for all of your purchases with a credit card. Credit cards can be quickly canceled if stolen.
- Make sure you keep all of your receipts with you. Do not leave them in your shopping bags; if a criminal steals your newly purchased gift and the receipt is in the bag, the gift can be returned to the store for cash.
- If you do go on a trip, have the Post Office hold your mail until you return home and stop your newspaper subscription. Ask a neighbor to remove packages from your doorstep and keep them until you return.
- The Concord Police Department has a vacation house check program – a free service for Concord residents. For more information, visit [www.cityofconcord.org/vacationhousecheck](http://www.cityofconcord.org/vacationhousecheck) or call the PD community line at (925) 671-3220 for instructions on how to apply.
- Do not leave garage door openers in parked cars. During auto burglaries, these openers are used to access homes to commit additional thefts.
- If you go out for the evening, turn on lights and the television or radio so that it appears someone is at home.
- Be wary of strangers soliciting charitable donations. Ask for identification. Never allow a stranger into your home.
- Share these safety tips with family and friends and report any suspicious activity to the Concord Police Department at 671-3333. Have a safe and happy holiday! ♦

## Kitakami visitors receive royal treatment

The City welcomed visitors from its Sister City of Kitakami, Japan for a five-day stay in early October. The trip celebrated the 40th anniversary of the sister city program. The 51 visitors enjoyed an official greeting at Civic Center, a special dinner, attendance at the Hawaiian Fusion event at Center Concord, a hoe-down bar-be-cue and farewell breakfast. Many stayed with local residents and spent time with their host families touring the area.

Former City Clerk Mary Rae Lehman and members of the Concord Ambassadors (the non-profit organization that supports the Sister City program) worked for more than a year to raise funds for the visit and put in countless hours in organizing the events and home-stays that made the 40th anniversary visit memorable for the Kitakami contingent. From creating a spectacular 10,000 origami



*Kitakami visitors pose for a picture in the Mayor's office during their visit to the Civic Center*

crane sculpture on display at Brenden Theatre to hosting a series of events and fundraisers, the volunteers made

every effort to bring their message of the importance of cultural exchange to the Concord community. ♦

## Housing grant and loan program available

Some Concord residents struggling to keep their homes in good repair may not realize that they may be eligible for a housing rehabilitation loan or grant through the City. A single person with an income of up to \$47,350 or a couple with an income of up to \$54,100 could qualify for the program.

Emergency repair and accessibility grants of up to \$10,000 are available for urgent roofing, heating, plumbing and electrical repairs, damaged water heater replacement and construction of ramps and railings for handicap accessibility.

Seniors 60 and older are eligible for grants of up to \$2,000 for home weatherization (insulation, weather stripping etc.) and home security (lighting, security doors and screens smoke detectors, etc.).

Loans are available for correction of health and safety code items, such as repairs to the roof, electrical, plumbing, foundations, bath and kitchen work and minor improvements such as paint and carpets. Single family loans are available up to \$55,000, and mobile home repair loans up to \$15,000 for qualifying applicants.



In addition to the income qualifications, other restrictions may apply. To learn more, visit [www.hellohousing.org](http://www.hellohousing.org), or call Hello Housing at (415) 863-3036, or Concord's Community Services Program Manager Brenda Kain, (925) 671-3088. ♦

## Report issues using new cell phone app

Residents now have a new way to submit non-emergency requests for service to the City using a new app for iPhone and Android mobile devices. Concord Civic Hero allows issues such as graffiti, potholes, and many other problems to be reported along with a photo and comments. The app sends the report directly to the appropriate City department and tracks the status. Citizens can also review and comment on issues reported by others in the community.

The Concord Civic Hero app can be accessed from the Accela App Store. For more information, visit [www.accela.com](http://www.accela.com) or email [civichero@accela.com](mailto:civichero@accela.com). ♦



## City offices open last week of the year

City offices will be open this year from December 26 to December 31. For the past several years, offices were closed between Christmas and New Year's as part of the City's budget reduction strategy; employees had the choice of taking the days as unpaid or using vacation or other leave. City officials decided to restore regular hours so that residents can once again access services during this end-of-the-year period. ♦



*Get ready for Kickball (far left) or sign up for the new Pickleball clinics this spring*

## New options offered by Parks & Rec for fun and fitness

February brings the introduction of Pickleball to Concord. Popular in many communities across the U.S., Pickleball is a low impact spin on tennis that combines elements of badminton and ping pong. Played on a court approximately half the size of a tennis court with a whiffle ball and large ping pong-like paddles, this game is a great workout for the body and spirit. Three free 90 minute Pickleball clinics

will be offered, followed by a more in-depth six-week class in March. During the clinics, participants will have the opportunity to learn the basics and try the sport.

Even residents with a current exercise plan can use a good boredom buster and the new circuit training class being offered is a great way to change up a routine while building strength and achieving the benefits

from cardio. The quick 45 minute class is taught by a certified personal trainer who will help modify any exercise to match the participant's fitness level.

Be sure to check out the two new martial arts classes listing in this directory, and look for signups for adult Kickball and Softball leagues in January. Parks & Rec is ready to help everyone be more fit in 2015. ♦

# ACTIVITY GUIDE



 **Summer Day Camps**  
See pages 42-43.

ACTIVITY GUIDE LISTINGS ARE SUBJECT TO CHANGE

## FALL 2015 PRESCHOOL CLASSES

### Preschool Registration Begins February 17 ■ 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, 2015.

3-year-olds must be age 3 by September 1, 2015.

4-year-olds must be age 4 by September 1, 2015.

\*3 and 4-year-olds must be toilet trained.

### Monthly and Additional Fees:

2-day classes \$125 R/\$130 NR

3-day classes \$189 R/\$194 NR

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 2015-April 2016.

There is a \$75 cancellation and withdrawal fee for program.

### Parent Involvement:

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

For the current 2014-15 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 8-May 19	Tu, Th	9-11:30 a.m.	#96679
Sep 9-May 20	M, W, F	9-11:30 a.m.	#96678

#### 4 Year Olds – Gina Murdock

Session	Days	Time	Course
Sep 8-May 19	Tu, Th	9-11:30 a.m.	#96686
Sep 9-May 20	M, W, F	9-11:30 a.m.	#96685

#### 4 Year Olds – Melissa Gardner

Session	Days	Time	Course
Sep 9-May 20	M, W, F	12-2:30 p.m.	#96687

### CENTRE CONCORD 5298 CLAYTON ROAD

#### 2 Year Olds – Beth Severa

Session	Days	Time	Course
Sep 8-May 19	Tu, Th	9-11:30 a.m.	#96673
Sep 8-May 19	Tu, Th	12-2:30 p.m.	#96674
Sep 9-May 20	M, W, F	9-11:30 a.m.	#96671
Sep 9-May 20	M, W, F	12-2:30 p.m.	#96672

#### 3 Year Olds – Shannon Cervantes

Session	Days	Time	Course
Sep 8-May 19	Tu, Th	12-2:30 p.m.	#96680
Sep 9-May 20	M, W, F	12-2:30 p.m.	#96676

#### 3 Year Olds – Sean Berry

Session	Days	Time	Course
Sep 8-May 19	Tu, Th	9-11:30 a.m.	#96677
Sep 9-May 20	M, W, F	9-11:30 a.m.	#96675

#### 4 Year Olds – Sonja Stanley

Session	Days	Time	Course
Sep 8-May 19	Tu, Th	9-11:30 a.m.	#96684
Sep 8-May 19	Tu, Th	12-2:30 p.m.	#96688
Sep 9-May 20	M, W, F	9-11:30 a.m.	#96681
Sep 9-May 20	M, W, F	12-2:30 p.m.	#96683

## DANCE, MUSIC AND PERFORMING ARTS



### 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, Katrina Stewart, is a graduate of Saint Mary's College and has over 25 years of dance experience.



Age: 4-6 ■ Baldwin Park Dance Studio ■ Katrina Stewart

Jan 10-Feb 14	Sa	9:30-10:15 a.m.	\$69R/\$74NR	#96464
Feb 21-Mar 28	Sa	9:30-10:15 a.m.	\$69R/\$74NR	#96465
Apr 11-May 16	Sa	9:30-10:15 a.m.	\$69R/\$74NR	#96812

### 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, Katrina Stewart, is a graduate of Saint Mary's College and has over 25 years of dance experience.

Age: 3-4 ■ Baldwin Park Dance Studio ■ Katrina Stewart

Jan 10-Feb 14	Sa	9-9:30 a.m.	\$55R/\$60NR	#96461
Feb 21-Mar 28	Sa	9-9:30 a.m.	\$55R/\$60NR	#96462
Apr 11-May 16	Sa	9-9:30 a.m.	\$55R/\$60NR	#96463

## Spring Break Camps

- Angelina Ballerina
- Skyhawks Mini-Hawk

See page 18



## 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 ■ Cooking with Kids Foundation

Jan 22-Feb 12	Th	3:30-5 p.m.	\$142R/\$147NR	#96751
Apr 16-May 7	Th	3:30-5 p.m.	\$142R/\$147NR	#96752

### 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

Jan 15-Mar 5	Th	5-5:40 p.m.	\$82R/\$87NR	#96733
Mar 12-Apr 30	Th	5-5:40 p.m.	\$82R/\$87NR	#96734

### 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. No class January 19.

Age: 1½-3 ■ Baldwin Park Dance Studio ■ CGS Gymnastic Services

Jan 5-Feb 9	M	1-1:45 p.m.	\$73R/\$78NR	#96719
Feb 23-Mar 23	M	1-1:45 p.m.	\$73R/\$78NR	#96720
Mar 30-Apr 27	M	1-1:45 p.m.	\$73R/\$78NR	#96721

### 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

Jan 6-27	Tu	10:30 a.m.-12 p.m.	\$65R/\$70NR	#96428
Feb 3-24	Tu	10:30 a.m.-12 p.m.	\$65R/\$70NR	#96429
Mar 3-24	Tu	10:30 a.m.-12 p.m.	\$65R/\$70NR	#96430

### Storybook Sing-along and Dance!

Step into the shoes of your favorite character while singing timeless songs of animated fairytales from Frozen to Lion King! Class focus is on building strong voices and fond memories. Participants are encouraged to come dressed in their favorite Princess, Hero, Creature or Pirate attire! \$15 lab fee is payable to instructor on first day of class.

Age: 4-7 ■ Village Center for the Arts ■ Village Music

Jan 24-Feb 28	Sa	10:30-11:20 a.m.	\$113R/\$118NR	#96790
Mar 7-Apr 11	Sa	10:30-11:20 a.m.	\$113R/\$118NR	#96791
Apr 18-May 23	Sa	10:30-11:20 a.m.	\$113R/\$118NR	#96792

### 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 includes bars, low beams, ladders, trampoline, barrel, incline mats, tunnels, rings and music games. This is NOT a parent participation class. No class January 19.

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

Jan 5-Feb 9	M	12:15-1 p.m.	\$73R/\$78NR	#96722
Feb 23-Mar 23	M	12:15-1 p.m.	\$73R/\$78NR	#96723
Mar 30-Apr 27	M	12:15-1 p.m.	\$73R/\$78NR	#96724



**Registration Dates:**  
 December 6, 2014  
 January 3, 2015  
 January 10, 2015

**Times:**  
 9-11 a.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.

**Visit [www.joblconcord.com](http://www.joblconcord.com)  
for online registration**

**For more information call (925) 689-0952  
Registration opens November 15**

## 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. All participants will receive a Kidz Love Soccer jersey. No class February 16, May 16, 18, 23 and 25.

### Tot/Pre-Soccer

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

Jan 26-Mar 16	M	10:15-10:50 a.m.	\$93R/\$98NR	#96487
Jan 26-Mar 16	M	3:10-3:45 p.m.	\$93R/\$98NR	#96488
Apr 13-Jun 22	M	10:15-10:50 a.m.	\$114R/\$119NR	#96494
Apr 13-Jun 22	M	5:15-5:50 p.m.	\$114R/\$119NR	#96501
Apr 13-Jun 22	M	3:10-3:45 p.m.	\$114R/\$119NR	#96495

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

Jan 22-Mar 19	Th	3:45-4:20 p.m.	\$114R/\$119NR	#96491
Apr 16-Jun 11	Th	3:45-4:20 p.m.	\$114R/\$119NR	#96496
Apr 16-Jun 11	Th	5:55-6:30 p.m.	\$114R/\$119NR	#96502

### Tot Soccer

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

Jan 24-Mar 21	Sa	10:10-10:40 a.m.	\$114R/\$119NR	#96492
Apr 18-Jun 27	Sa	10:10-10:40 a.m.	\$104R/\$109NR	#96504

### Pre-Soccer

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

Jan 24-Mar 21	Sa	10:40-11:15 a.m.	\$114R/\$119NR	#96503
Apr 18-Jun 20	Sa	10:40-11:15 a.m.	\$104R/\$109NR	#96493

### 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. All kids will receive a Kidz Love Soccer jersey!

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

Jan 24-Mar 21	Sa	9:30-10 a.m.	\$114R/\$119NR	#96704
Jan 26-Mar 16	M	11-11:30 a.m.	\$93R/\$98NR	#96702
Apr 13-Jun 22	M	11-11:30 a.m.	\$114R/\$119NR	#96705
Apr 18-Jun 20	Sa	9:30-10 a.m.	\$104R/\$109NR	#96707

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

Jan 22-Mar 19	Th	5:15-5:45 p.m.	\$114R/\$119NR	#96703
Apr 16-Jun 11	Th	5:15-5:45 p.m.	\$114R/\$119NR	#96706



**Kidz Love Soccer**  
 Age: 5-10 ■ See page 15

## ARTS – YOUNG REMBRANDTS

## Animal Drawing

Drawing animals can be fun, and it's not as hard as you may think. Join us as we learn to draw a variety of animals found at the zoo. We will draw giraffes, lions, tigers, birds and more!

Age: 5-7 ■ Centre Concord ■ Young Rembrandts

Jan 27-Feb 24 Tu 3:30-5 p.m. \$108R/\$113NR #96793

## Anime &amp; Manga Workshop

Come explore the world of Anime with Young Rembrandts! We will create illustrations that are influenced by popular Japanese anime and manga themes. We will use a variety of facial expressions, action and movement to illustrate our scenes. A \$10 materials fee is payable to the instructor the first day.

Age: 6-12 ■ Centre Concord ■ Young Rembrandts

Jan 29-Feb 26 Th 3:30-5 p.m. \$123R/\$128NR #96794

## DANCE, MUSIC AND PERFORMING ARTS

## 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: 7-12 ■ Village Center for the Arts ■ Village Music

Jan 22-Feb 26 Th 6:30-7:20 p.m. \$113R/\$118NR #96787

Mar 5-Apr 9 Th 6:30-7:20 p.m. \$113R/\$118NR #96788

Apr 16-May 21 Th 6:30-7:20 p.m. \$113R/\$118NR #96789

## 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, Katrina Stewart, is a graduate of Saint Mary's College and has over 25 years of dance experience.

Age: 6-8 ■ Baldwin Park Dance Studio ■ Katrina Stewart

Jan 10-Feb 14 Sa 10:15-11 a.m. \$69R/\$74NR #96466

Feb 21-Mar 28 Sa 10:15-11 a.m. \$69R/\$74NR #96467

Apr 11-May 16 Sa 10:15-11 a.m. \$69R/\$74NR #96814

R = Concord Resident NR = Concord Non-Resident

## ENRICHMENT

**NEW** Debate—Building Confidence

You will learn the building blocks of public speaking. Starting with being ready, practiced and focused. You will learn the importance of body language, tempo and tone of voice. Within the fun milieu of show and tell, storytelling and poetry recitals, you will start to develop more confidence and skill in expressing yourself to a group.

Grade: 1-3 ■ Centre Concord ■ BADC Bay Area Debate Club

Jan 6-Feb 24 Tu 4-5 p.m. \$163R/\$168NR #96835

**NEW** Public Speaking & Debate 1

You will learn how to write and give speeches with confidence, humor, quotes, stories. Eye contact, posture, learning how to make strong arguments backed by reasoning and evidence, and development of stronger critical thinking are all part of this amazing class.

Grade: 4-9 ■ Centre Concord ■ BADC Bay Area Debate Club

Jan 6-Feb 24 Tu 5:10-6:10 p.m. \$163R/\$168NR #96836

## We Teach Your Kids to Cook

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 ■ Cooking with Kids Foundation

Jan 22-Feb 12 Th 5:30-7 p.m. \$142R/\$147NR #96753

Apr 16-May 7 Th 5:30-7 p.m. \$142R/\$147NR #96754

## HEALTH AND FITNESS

**NEW** Cutting Edge Martial Arts

This year-round program will challenge you and give you the opportunity to achieve the much coveted 'black belt'. Develop skills from 5 different styles: Tae-Kwon-Do, Shotokan, Aikido, Judo and Jujitsu. Character development is the foundation on which you will build your experience.

Age: 5-11 ■ Willow Pass Community Center ■ Preston Jones

Jan 5-26 M 5:45-6:30 p.m. \$50R/\$55NR #96838

Jan 9-30 F 6:30-7:15 p.m. \$50R/\$55NR #97167

Feb 2-23 M 5:45-6:30 p.m. \$50R/\$55NR #96839

Feb 6-27 F 6:30-7:15 p.m. \$50R/\$55NR #97168

Mar 2-30 M 5:45-6:30 p.m. \$50R/\$55NR #96840

Mar 6-27 F 6:30-7:15 p.m. \$50R/\$55NR #97169

Apr 3-24 F 6:30-7:15 p.m. \$50R/\$55NR #97170

Apr 6-27 M 5:45-6:30 p.m. \$50R/\$55NR #96841

Multi-session Discount – 20% Off

Jan 5-Apr 27 M 5:45-6:30 p.m. \$153R/\$158NR #96842

Jan 9-Apr 24 F 6:30-7:15 p.m. \$50R/\$55NR #97171

**K.O. Taekwondo–Youth & Teen**

This traditional style Taekwondo class helps focus on core values and is good for all ages and abilities. Emphasis is on learning useful self-defense techniques, increased flexibility and stamina, improving overall muscle tone, and a great cardiovascular workout. Available in 2-day or 3-day per week option. Optional uniforms are available at cost, payable to instructor.

Age: 6-14 ■ Baldwin Park Dance Studio ■ Kevin Oliver				
Jan 7-30	W, F	6-7 p.m.	\$60R/\$65 NR	#96743
Feb 4-27	W, F	6-7 p.m.	\$60R/\$65 NR	#96744
Mar 4-27	W, F	6-7 p.m.	\$60R/\$65 NR	#96745
Apr 1-22	W, F	6-7 p.m.	\$60R/\$65 NR	#96746
Jan 7-31	W, F	6-7 p.m.		
	Sa	12-1 p.m.	\$78R/\$83 NR	#96747
Feb 4-28	W, F	6-7 p.m.		
	Sa	12-1 p.m.	\$78R/\$83 NR	#96748
Mar 4-28	W, F	6-7 p.m.		
	Sa	12-1 p.m.	\$78R/\$83 NR	#96749
Apr 1-25	W, F	6-7 p.m.		
	Sa	12-1 p.m.	\$78R/\$83 NR	#96783

**Discount – 50% off for family members that sign up together.**



**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 April 11 and 25.

Age: 10-14 ■ Centre Concord ■ Aaron Holm				
Jan 3-31	Th	6-7:30 p.m.		
	& Sa	9:30-10:30 a.m.	\$49R/\$54 NR	#96804
Feb 5-28	Th	6-7:30 p.m.		
	& Sa	9:30-10:30 a.m.	\$49R/\$54 NR	#96802
Mar 5-28	Th	6-7:30 p.m.		
	& Sa	9:30-10:30 a.m.	\$49R/\$54 NR	#96803
Apr 2-30	Th	6-7:30 p.m.		
	& Sa	9:30-10:30 a.m.	\$38R/\$43 NR	#96805

**Multi-session Discount – 20% Off**

Jan 3-Apr 30	Th	6-7:30 p.m.		
	& Sa	9:30-10:30 a.m.	\$141 R/\$146 NR	#96806

**Youth Parkour**

You will be challenged both physically and mentally. You will stay highly active during class, engaging in creative drills and games in a fun, safe environment, all while learning important aspects of the parkour philosophy such as overcoming fear, solving problems, and setting goals. You will also learn safe landings, rolls, tic-tacs, wall runs, underbars and more.

Age: 7-12 ■ APEX Movement NorCal ■ APEX Movement Norcal				
Jan 6-27	Tu	1-2 p.m.	\$68R/\$73 NR	#96431
Feb 3-24	Tu	1-2 p.m.	\$68R/\$73 NR	#96432
Mar 3-24	Tu	1-2 p.m.	\$68R/\$73 NR	#96433
Jan 8-29	Th	11 a.m.-12 p.m.	\$68R/\$73 NR	#96434
Feb 5-26	Th	11 a.m.-12 p.m.	\$68R/\$73 NR	#96435
Mar 5-26	Th	11 a.m.-12 p.m.	\$68R/\$73 NR	#96436
Jan 7-28	W	6-7 p.m.	\$68R/\$73 NR	#96437
Feb 4-25	W	6-7 p.m.	\$68R/\$73 NR	#96438
Mar 4-25	W	6-7 p.m.	\$68R/\$73 NR	#96439

**Keeping Kids Safe**

This fun and innovative program was featured on ABC7’s View From The Bay and is designed for the health and safety of your child. Safety expert, Preston Jones designed this program to engage your child in hands-on activities that will help keep them safe at home, school and while visiting friends.

Age: 5-11 ■ Baldwin Park Dance Studio ■ Preston Jones				
Jan 10-Mar 7	Sa	8-8:45 a.m.	\$99R/\$104 NR	#96837
Mar 14-May 2	Sa	8-8:45 a.m.	\$99R/\$104 NR	#97161

CYC

COMMUNITY  
YOUTH CENTER

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 **three academic excellence rooms!** High School, Middle School and Elementary School!

CHECK OUT OUR NEW HIGH SCHOOL AE ROOM!

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](http://www.communityyouthcenter.org)

**YOUTH SPORTS**

**Junior Tennis (Development and Excellence Programs)**

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 certified teaching professionals.

**Age: 7-12 ■ Willow Pass Park ■ Calvin McCullough**  
**Jan 6-Feb 10 Tu 5-6 p.m. \$80R/\$85NR #96725**  
**Feb 24-Mar 31 Tu 5-6 p.m. \$80R/\$85NR #96726**

**Age: 7-15 ■ Willow Pass Park ■ Calvin McCullough**  
**Jan 8-Feb 12 Th 4-5:30 p.m. \$120R/\$125NR #96729**  
**Feb 26-Apr 2 Th 4-5:30 p.m. \$120R/\$125NR #96730**

**New Frontier Tennis Academy**

This 10-week tennis academy is for children entering the sport of tennis. Classes are twice a week for an hour. Each participant will receive a free tennis racquet appropriate for their size, a certificate of completion, and a free one-year USTA membership. Limited space is available.

**Age: 7-12 ■ Willow Pass Park ■ Calvin McCullough**  
**Jan 12-Mar 23 M, W 6-7 p.m. \$243R/\$248NR #96731**



**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
<b>Winter:</b>	Noon-7 p.m.	10 a.m.-6 p.m.
<b>Spring:</b>	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)

**PROFESSIONAL INSTRUCTION**  
**Hitting - Pitching - Fielding**

For more information call (925) 825-7526 or go to our website: [www.paylessbattingcages.com](http://www.paylessbattingcages.com)



**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. All participants will receive a Kidz Love Soccer jersey. No class February 16, May 16, 18, 23 and May 25.

**Soccer 1**

**Age: 5-6 ■ Newhall Park ■ Kidz Love Soccer**  
**Jan 24-Mar 21 Sa 11:15 a.m.-12 p.m. \$114R/\$119NR #96490**  
**Jan 26-Mar 16 M 3:45-4:30 p.m. \$93R/\$98NR #96497**  
**Apr 13-Jun 22 M 3:45-4:30 p.m. \$114R/\$119NR #96498**  
**Apr 18-Jun 20 Sa 11:15 a.m.-12 p.m. \$104R/\$109NR #96500**

**Age: 5-6 ■ Concord Community Park ■ Kidz Love Soccer**  
**Jan 22-Mar 19 Th 4:20-5:05 p.m. \$114R/\$119NR #96489**  
**Apr 16-Jun 11 Th 4:20-5:05 p.m. \$114R/\$119NR #96499**

**Soccer 2**  
**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**  
**Jan 26-Mar 16 M 4:30-5:15 p.m. \$93R/\$98NR #96708**  
**Apr 13-Jun 22 M 4:30-5:15 p.m. \$104R/\$109NR #96709**



**Kidz Love Soccer**  
**Age: 2-5 ■ See page 12**

### Youth Afterschool

After School Enrichment classes are offered at select elementary schools in Concord. A wide variety of fun and exciting recreation classes are offered for children in grades 1st-5th. No Class Days: February 13, 16, March 13 and April 6-10. See course grid on page 17 for dates, times, locations and costs.

### After School Hoops

Aspiring young players will receive fundamental skills instruction with organized team competition, in an enjoyable and educational athletic vent. 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 welcome.

### Mad Science – Wacky Wonders!

Come explore the science behind everything around us – optical illusions, how toys work, how we stay connected with friends and family over long distances, the mystery of chemistry, mysterious mixtures and surprising solutions. You will take something home with you after every class to help you continue your investigations at home!



### Mad Science – Eureka: Inventors Academy!

Students are given a series of challenges they must overcome using basic materials, simple machines, tips from world famous inventors and the most important thing of all – their minds. The curriculum involves a team-based approach to solving problems but will also include projects like building your own Rocket Launcher and more. Discover and Create!

### Gymnastics

Develop strength, flexibility, agility, and confidence while having fun in a non-competitive environment. Beginning and intermediate gymnastics and tumbling skills are 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.

### Chess Wizards

Regardless of a child’s ability, Chess Wizards makes chess fun for all! Instructors (who are called “Wizards”) provide all the materials necessary for your child to participate in the class and no additional purchase is required to attend.

### Game Design

Impress friends and family with your unique video game! Beginners are introduced to fundamental game design elements while advanced gamers learn new game design techniques. All students will have a completed game by the end of class.



### After School Flag Football

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.

### 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.

### Anime & Manga Drawing

Create dazzling illustrations influenced by popular Japanese anime and manga themes. We will use a variety of facial expressions, action and movement to illustrate our scenes. On the final day, we will pull from what we already learned to draw a large comic book type scene in the anime style.

### Animal Drawing Workshop

Kids love to draw animals! We will learn to draw a variety of different animals as we learn about the zoo’s several habitats by incorporating many animals like giraffes, lions, tigers, birds and more. Markers or color pencils will be used.

### Tech Builders App Design

The Freshi Media App Design Class is a fun and exciting introduction for students who want to learn different aspects of computer based App Design. Students will complete one app project, which combines fun game based apps and practical utility apps into their final project.

### West African Drumming & Dance

This class is exciting, fun and educational for those who don’t have the opportunity to travel to Africa. Performing on African instruments, students will learn new and exciting drumming, as well as, many West African rhythm and dance styles. There will be a performance at the end of each course.

## AFTER SCHOOL ENRICHMENT

## Ayers Elementary School

Class	Course	Ages	Instructor	Sessions	Day	Time	Fee
<b>Mad Science-Eureka:</b>							
Inventors Academy	#96605	6-11	Mad Science	Feb 2-Mar 16	M	2:25-3:25 p.m.	\$128R/\$133 NR
Mad Science-Wacky Wonders!	#96608	6-11	Mad Science	Apr 13-May 18	M	2:25-3:25 p.m.	\$128R/\$133 NR
Beginning to Advanced Game Design	#96956	7-11	Freshi Films, LLC	Mar 10-May 5	Tu	2:25-3:55 p.m.	\$135R/\$140 NR
Anime & Manga Drawing Workshop	#96606	7-11	Young Rembrandts	Jan 27-Feb 24	Tu	2:25-3:25 p.m.	\$128R/\$133 NR
After School Flag Football	#96604	6-11	One on One Sports	Mar 26-May 21	Th	2:25-3:25 p.m.	\$89R/\$94 NR

## Highlands Elementary School

Class	Course	Ages	Instructor	Sessions	Day	Time	Fee
Mad Science-Wacky Wonders!	#96609	6-11	Mad Science	Feb 2-Mar 16*	M	2:25-3:25 p.m.	\$128R/\$133 NR
<b>Mad Science-Eureka:</b>							
Inventors Academy	#96954	6-11	Mad Science	Apr 13-May 18	M	2:35-3:35 p.m.	\$128R/\$133 NR
Anime & Manga Drawing Workshop	#96610	7-11	Young Rembrandts	Mar 3-Mar 31	Tu	2:35-3:35 p.m.	\$128R/\$133 NR
Peer Piano	#96612	6-11	Nadine Petersen	Jan 29-Mar 19	Th	2:35-3:35 p.m.	\$79R/\$84 NR
Peer Piano	#96613	6-11	Nadine Petersen	Mar 26-May 21	Th	2:35-3:35 p.m.	\$79R/\$84 NR
After School Flag Football	#96611	6-11	One on One Sports	Mar 19-May 14	Th	2:35-3:35 p.m.	\$89R/\$94 NR
West African Drumming & Dance	#97096	7-11	Ben Ofori	Feb 24-May 19	Tu	2:35-3:45 p.m.	\$45R/\$50 NR

## Monte Gardens Elementary School

Class	Course	Ages	Instructor	Sessions	Day	Time	Fee
Chess Wizards	#96620	6-11	Chess Wizards	Mar 2-May 11	M	2:50-3:50 p.m.	\$191R/\$196 NR
After School Hoops	#96619	6-11	One on One Sports	Mar 24-May 19	Tu	2:50-3:50 p.m.	\$89R/\$94 NR
<b>Mad Science-Eureka:</b>							
Inventors Academy	#96618	6-11	Mad Science	Apr 15-May 20	W	12:50-1:50 p.m.	\$128R/\$133 NR
Mad Science-Wacky Wonders!	#96615	6-11	Mad Science	Feb 4-Mar 11	W	12:50-1:50 p.m.	\$128R/\$133 NR
Beginning to Advanced Game Design	#96616	7-11	Freshi Films, LLC	Feb 12-Apr 2	Th	2:50-4:20 p.m.	\$135R/\$140 NR
Tech Builder's App Design	#96957	7-11	Freshi Films, LLC	Apr 16-Jun 4	Th	2:50-4:20 p.m.	\$135R/\$140 NR

## Mt. Diablo Elementary School

Class	Course	Ages	Instructor	Sessions	Day	Time	Fee
<b>Mad Science-Eureka:</b>							
Inventors Academy	#96623	6-11	Mad Science	Feb 2-Mar 16*	M	2:20-3:20 p.m.	\$128R/\$128 NR
Mad Science-Wacky Wonders!	#96624	6-11	Mad Science	Apr 13-May 18	M	2:20-3:20 p.m.	\$128R/\$128 NR
<b>Anime &amp; Manga</b>							
Drawing Workshop	#96622	7-11	Young Rembrandts	Mar 17-Apr 21	Tu	2:20-3:20 p.m.	\$128R/\$133 NR
Peer Piano	#96626	6-11	Nadine Petersen	Feb 3-Mar 24	Tu	2:20-3:20 p.m.	\$79R/\$79 NR
Peer Piano	#96628	6-11	Nadine Petersen	Apr 14-Jun 2	Tu	2:20-3:20 p.m.	\$79R/\$79 NR
Gymnastics	#96627	6-9	CGS Gymnastics	Feb 4-Mar 11	W	12:05-12:50 p.m.	\$89R/\$89 NR
Gymnastics	#96653	6-9	CGS Gymnastics	Apr 15-May 20	W	12:05-12:50 p.m.	\$89R/\$89 NR
Animal Drawing Workshop	#96621	7-11	Young Rembrandts	Jan 29-Feb 26	Th	2:20-3:20 p.m.	\$128R/\$133 NR
After School Flag Football	#96955	6-11	One on One Sports	Mar 19-May 14	Th	2:20-3:20 p.m.	\$89R/\$89 NR
West African Drumming & Dance	#97094	7-11	Ben Ofori	Feb 20-May 22	F	2:20-3:30 p.m.	\$45R/\$45 NR
Chess Wizards	#97162	6-11	Chess Wizards	Mar 6-May 15	F	2:20-3:20 p.m.	\$191R/\$191 NR

## Westwood Elementary School

Class	Course	Ages	Instructor	Dates	Day	Time	Fee
Mad Science-Wacky Wonders!	#96636	6-11	Mad Science	Feb 2-Mar 16*	M	2:10-3:10 p.m.	\$128R/\$133 NR
<b>Mad Science-Eureka:</b>							
Inventors Academy	#96637	6-11	Mad Science	Apr 13-May 18	M	2:10-3:10 p.m.	\$128R/\$133 NR
Chess Wizards	#96635	6-11	Chess Wizards	Feb 10-Apr 21	Tu	2:10-3:10 p.m.	\$191R/\$196 NR
After School Flag Football	#96633	6-11	One on One Sports	Mar 25-May 20	W	1:40-2:40 p.m.	\$89R/\$94 NR
Gymnastics	#96632	6-11	CGS Gymnastics	Feb 4-Mar 11	W	1:40-2:25 p.m.	\$89R/\$94 NR
Gymnastics	#96639	6-11	CGS Gymnastics	Apr 15-May 20	W	1:40-2:25 p.m.	\$89R/\$94 NR
Tech Builder's App Design	#96638	7-11	Freshi Films, LLC	Mar 19-May 14	Th	2:10-3:40 p.m.	\$135R/\$140 NR
Animal Drawing Workshop	#96634	7-11	Young Rembrandts	Jan 29-Feb 26	Th	2:10-3:10 p.m.	\$128R/\$133 NR

\*No Class Days: February 13, 16, and April 6-10

SPRING BREAK DAY CAMPS



Angelina Ballerina Camp

You will receive a quality dance education in a caring and fun environment, all based on the beloved Angelina Ballerina character. The Angelina Ballerina camp is designed by internationally renowned master teachers and child development experts. You will be inspired to pursue your dreams of dance, just like Angelina Ballerina!

Age: 3-4 ■ D'Ann's Academy of Dance  
 Apr 6-10 M-F 9 a.m.-11:30 a.m. \$153R/\$158NR #96849

Age: 5-6 ■ D'Ann's Academy of Dance  
 Apr 6-10 M-F 12-3 p.m. \$153R/\$158NR #96850

Skyhawks – Mini-Hawk

Your child will experience a positive first step into athletics with this dynamic multi-sport program. Baseball, basketball and soccer are taught in a safe, structured environment filled with encouragement and fun. Through games and activities your child will explore balance, hand/eye coordination and skill development at their own pace.



Age: 4-6 ■ Concord Community Park ■ Skyhawks Sports Academy  
 Apr 6-10 M-F 9 a.m.-12 p.m. \$145R/\$150NR #96386

Skyhawks – Multi-Sport

Our Multi-Sport camp is designed to introduce young athletes to a variety of different sports in one setting. For this program we combine 2-3 sports into one fun-filled week. Athletes will learn the rules and essentials of each sport through skill-based games and scrimmages.

Age: 6-12 ■ Concord Community Park ■ Skyhawks Sports Academy  
 Apr 6-10 M-F 9 a.m.-12 p.m. \$145R/\$150NR #96389

R = Concord Resident NR = Concord Non-Resident



14<sup>th</sup> ANNUAL  
 WINTER ACADEMY  
 &  
 2015 SEASON  
 TRYOUTS

14<sup>TH</sup> Annual Winter Academy  
 For Boys & Girls ages 5-11, All Skill Levels

Jan. 5 to Feb. 19, 2015  
 Winter Academy Fee - \$135

Diablo FC U9-U14  
 2015 Tryout dates

U9-U11: Tryout (Boys & Girls)  
 Jan. 18; Jan. 22; Jan. 25

U12: Tryout (Boys & Girls)  
 Jan. 31; Feb. 4; Feb. 8

U13-U14: Tryouts (Boys & Girls)  
 Feb. 15; Feb 18; Feb. 21

U15 - U18 (Boys/Girls)  
 The U15-U18 teams will be an Open Tryout format. Details on our website

For more info visit: [Diablofc.org](http://Diablofc.org)



## DANCE, MUSIC AND PERFORMING ARTS

### Beginning Piano

Using Alfred's Chord Approach as a textbook, you will learn the basic keyboard skills needed to play thousands of simple popular songs. Learn how to read both bass and treble clef, playing both chords and melodies. (Bring keyboard.) No class April 9.

Age: 10+ ■ Centre Concord ■ Ted Crowley

Jan 8-Feb 26	Th	6-6:45 p.m.	\$103R/\$108NR	#96457
Mar 5-Apr 30	Th	6-6:45 p.m.	\$103R/\$108NR	#96458

### Guitar

Did you know that 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 8 students per class, you get the personal attention needed. Instructor has a Masters degree in Music Education and 20+ years of teaching experience. Bring guitar (any kind). No class April 9.

Age: 13+ ■ Centre Concord ■ Ted Crowley

Jan 8-Feb 26	Th	6:45-7:30 p.m.	\$103R/\$108NR	#96454
Mar 5-Apr 30	Th	6:45-7:30 p.m.	\$103R/\$108NR	#96455

## ENRICHMENT

### **NEW** Finding the Right Career Path for your Personality

Take the official Meyers Briggs Type Indicator® and explore career paths that suit your unique type. This class is especially beneficial for students and for those contemplating a career change.

Age: 14+ ■ Willow Pass Community Center ■ PES Phoenix  
Education Specialists

Feb 21-28	Sa	10 a.m.-12 p.m.	\$103R/\$108NR	#96848
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### Graphic Design

This course is an introduction to Adobe Photoshop and its applications in graphic communication. Projects will include exploration of the Adobe Photoshop tools, filters and layers. You will practice basic drawing and tracing techniques, create line art, logos, learn to modify artwork through layer stylizing and creative use of type is also explored. You will also learn to adjust image color and contrast for print, save and manage files for gaming, 3D Art and Web Design.

Age: 12-17 ■ Centre Concord ■ Laurence Carew

Jan 10-Feb 21	Sa	10 a.m.-12 p.m.	\$153R/\$158NR	#96449
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### Programming for Games

You will create polygonal models and animations using Autodesk Maya 3D as well as set up real time environments in the Unity Engine in this class. Each project is designed to introduce a new technique or concept while building on the previous. You will work individually on projects ranging from character modeling to architectural walkthroughs. Highly recommended for those with a passion for art, game design, and architecture.

Age: 12-17 ■ Centre Concord ■ Laurence Carew

Apr 6-9	M-Th	9:30 a.m.-12 p.m.	\$153R/\$158NR	#96451
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### Web Design and Graphic Art

Introduction to HTML 5 and CSS. You will write your own website code, create your own graphics, and upload projects for web access. You will have your own dedicated space to display your web projects and applications. If you have an interest in programming and multimedia, this course is a great starting point into exploring the many languages used within the web and programming industries.

Age: 12-17 ■ Centre Concord ■ Laurence Carew

Jan 10-Feb 21	Sa	1-3 p.m.	\$153R/\$158NR	#96450
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### SAT Test Preparation

Learn skills and strategies for doing well on the SAT. Math focuses on algebra, geometry, statistics, data analysis, probability, functions and trigonometry. English focuses on critical reading, sentence completion strategies, and development of a five-point persuasive essay. A \$25 materials fee is payable at the first class. No class February 14, or April 4.

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

Jan 24-Mar 7	Sa	10 a.m.-1 p.m.	\$295R/\$300NR	#96716
Mar 14-Apr 25	Sa	10 a.m.-1 p.m.	\$295R/\$300NR	#96718

## SPECIAL INTEREST

### Online Driver's Ed for Teens

Independence is just a click away. Complete your Driver's Education requirement from home on your computer, tablet or phone. 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

Jan 2-31		\$49R/\$54NR	#96763
Feb 1-28		\$49R/\$54NR	#96764
Mar 1-31		\$49R/\$54NR	#96765
Apr 1-30		\$49R/\$54NR	#96766



**DIABLO CREEK GOLF COURSE**

**DIABLO CREEK GOLF COURSE**  
**4050 Port Chicago Highway, Concord**  
**(925) 686-6267**  
**www.diablocreekgc.com**

Diablo Creek is an 18-hole Championship Golf Facility with a full-service Pro Shop and lighted driving range open 7 days a week from sunrise to 9:30 p.m. rain or shine as half the stalls are covered.

**WINTER TUNE-UP:** Learn to play golf or fine tune your game with lessons with one of our teaching professionals. We offer individual lessons or group lesson packages. Come try out the newest golf product at our Custom club-fitting Center and be personally fit using Flightscope by one of our certified instructors. We carry all major brands. Call today to set an appointment or get more information.

## First Tee of Contra Costa

The First Tee is a non-profit youth development program established to teach life skills and instill core values through the game of golf. Year-round programs are offered for boys and girls.

The First Tee of Contra Costa program consists of games and challenges to learn and enhance golf skills and incorporates life skills education components along with golf etiquette and rules. Participants ages 5-6 begin in the "Target" level. All players age 7 and older begin at the "PLAYer" level. PLAYers change levels by exhibiting mastery of the skills and concepts presented at each level.

- Spring session begins week of March 9, 2015 (10 week program)
- Registration for Spring session opens February 9, 2015
- Early bird discount offered until February 23, 2015
- Program Fees: \$99 ages 7+; \$85 ages 5-6

To register and view a full class list, visit our website at [TheFirstTeeContraCosta.org](http://TheFirstTeeContraCosta.org)  
 \*\*Fee assistance available\*\*

**Become a part of this rewarding program!**

Contact us today to find out more on how **YOU** can become a volunteer. Donations to our fee assistance program are greatly appreciated.



**Call us: (925) 446-6701**

**Email us:** [FirstTeeContraCosta@gmail.com](mailto:FirstTeeContraCosta@gmail.com)

**Visit our Website:**

[www.TheFirstTeeContraCosta.org](http://www.TheFirstTeeContraCosta.org)

**2290 Diamond Blvd. Ste 203, Concord 94520**

## Keep active with the City of Concord's Adult Sports Leagues and Classes



See classes on page 21.

### Spring & Summer Softball

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

### Tuesday Night Spring Coed Kickball

- ◆ Spring league games run from March through May
- ◆ Perfect for the family, coworkers and friends

### **NEW** Pickleball Clinics and Classes

- ◆ Where elements of ping pong, badminton and tennis are combined creating an addictive sport alternative.

(925) 671-3279

[www.teamsideline.com/concord](http://www.teamsideline.com/concord)

## ADULT SPORTS

## Pickleball–FREE Clinic

These FREE CLINICS offer new pickleball enthusiasts the opportunity to learn the fundamentals of the game from serving to scoring. No experience or equipment needed. Advance registration required.

All Ages ■ Willow Pass Park ■ Karen Siemsen

Feb 17	Tu	9-10:30 a.m.	Free	#96423
Feb 17	Tu	6:30-8 p.m.	Free	#96424
Feb 21	Sa	9-10:30 a.m.	Free	#96425

## Pickleball Classes

This 6-week beginners' class offers new pickleball enthusiasts the opportunity to learn and practice some of the fundamentals of the game. Come hone your pickleball skill with classes focused on proper technique for hitting, positioning, serving and keeping the ball in play. Participants will have the chance to play in their first pickleball tournament during the final class. No experience or equipment needed.

All Ages ■ Willow Pass Park ■ Karen Siemsen

Mar 17-Apr 21	Tu	9-10:30 a.m.	\$60R/\$65NR	#96426
Mar 17-Apr 21	Tu	6:30-8 p.m.	\$60R/\$65NR	#96427

## Tennis for Adults–Beginner

Tennis is a highly social, lifetime sport that can be enjoyed by every age and any ability. It opens doors to a wide world of opportunity, fitness and fun. Players not only revel in the competition but also the camaraderie that comes with participation in the sport. Come learn with Coach Mac. Must bring your own racquet.

Age: 16+ ■ Willow Pass Park ■ Calvin McCullough

Feb 4-Mar 25	W	7-8 p.m.	\$123R/\$128NR	#96732
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## ARTS AND CRAFTS

## Drawing, Water Color and Color Pencil

As a beginner or advanced student, you can learn color pencil and water color techniques. A demonstration, individual help and critiques are included in each class meeting. You may work in the style of your 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

Jan 7-Feb 25	W	9:30-10:30 a.m.	\$51R/\$56NR	#96967
Mar 4-Apr 29	W	9:30-10:30 a.m.	\$57R/\$62NR	#96968

R = Concord Resident NR = Concord Non-Resident

Mixed Media Art  
European Style Sketching

Create classical-style black and white and color drawings from life, step by step. Students will learn 'Old Masters' drawing techniques such as proportion measuring, color mixing and shading, combining diverse media such as graphite, charcoal and watercolor pencils and pastels. Class is suited for beginners as well as advanced students, and the instructor will individualize assignments according to students' abilities. No experience needed. No class January 1.

Age: 21+ ■ Senior Center ■ Tatyana Yurkhova

Jan 8-Feb 26	Th	10 a.m.-12 p.m.	\$63R/\$68NR	#96965
Mar 5-Apr 30	Th	10 a.m.-12 p.m.	\$71R/\$76NR	#96966

DANCE, MUSIC AND  
PERFORMING ARTS

## Beginning &amp; Intermediate Salsa

Learn basic 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

Jan 27-Feb 24	Tu	8-9 p.m.	\$53R/\$58NR	#96778
Mar 31-Apr 28	Tu	8-9 p.m.	\$53R/\$58NR	#96779

## 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. Discover the joy of Argentine Tango.

Age: 18+ ■ Willow Pass Community Center ■ Phil Seyer

Jan 28-Feb 25	W	8-9 p.m.	\$53R/\$58NR	#96780
Apr 1-29	W	8-9 p.m.	\$53R/\$58NR	#96781

## American Tango

The American ballroom tango is a spin-off of the original Argentinean Tango. Arguably the most simplified version, and also the most showy, of all the Tangos. Tango is a theatrical dance that is full of improvisation. This dance uses exercise methods that combine the core stability of Pilates with the concentration, coordination and fluid movements of the Tango. Engage your core in this beautiful dance. Singles and couples welcome.

Age: 21+ ■ Senior Center ■ Bill Blankenship

Jan 13-Feb 3	Tu	7:30-8:30 p.m.	\$31R/\$36NR	#96962
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## Foxtrot

Impress your friends. Foxtrot is the most commonly used dance in Ballroom. It can be danced to any music so if you can walk, you can dance. Smooth flowing patterns will prepare you for any party, dance or wedding. Leather sole shoes are recommended. Singles or couples welcome.

Age: 16+ ■ Senior Center ■ Catherine Morgan

Jan 28-Mar 4 W 7-7:55 p.m. \$53R/\$58NR #96976

## Rhumba Dance Like the Stars

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 prepare you for any party or wedding. Good for beginners and for those who want to improve their leading and following. Singles or couples welcome.

Age: 16+ ■ Senior Center ■ Catherine Morgan

Jan 28-Mar 4 W 8-8:55 p.m. \$53R/\$58NR #96975

## West Coast Swing

This West Coast Swing class will introduce you to partner dancing. Men will learn to lead and ladies to follow. You will learn footwork as well as hand-to-hand and side-by-side moves. You'll have a great time swinging your evening away. Singles or couples are welcome.

Age: 21+ ■ Senior Center ■ Bill Blankenship

Feb 17-Mar 3 Tu 7:30-8:30 p.m. \$25R/\$30NR #96963

## Cha Cha

Reportedly Cha Cha got its name from the sound of women's shoes shuffling across the floor. This dance consists of two quick steps 'cha-cha' in-between forward and backwards weight changes with an accent on count 2. Lively and fun, Cha Cha is a non-progressive dance with emphasis on Cuban Motion during the weight-changes and less during the 'cha-cha' action. Relax and let your personality show! Singles and couples welcome.

Age: 21+ ■ Senior Center ■ Bill Blankenship

Mar 17-31 Tu 7:30-8:30 p.m. \$25R/\$30NR #96961

## 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

Mar 18-Apr 22 W 7-7:55 p.m. \$53R/\$58NR #96977

## Waltz-Dance Like the Stars

Impress your friends and learn to Dance Like the Stars. Simple instructions build confidence quickly. Smooth flowing routines with easy turns will prepare you for any party or wedding. This is 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 Morgan

Mar 18-Apr 22 W 8-8:55 p.m. \$53R/\$58NR #96978

## Hula For Exercise

You 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 you will learn Hula movements while exercising and having fun! Wear comfortable clothes. No class January 2 and February 27. Make up class April 28 (Tue) or May 1 (Fri) if needed.

Age: 21+ ■ Senior Center ■ Rose Ramos

Jan 6-Feb 24 Tu 6-7 p.m. \$43R/\$48NR #96930

Mar 3-Apr 21 Tu 6-7 p.m. \$43R/\$48NR #96931

Jan 9-Feb 20 F 10:30-11:30 a.m. \$38R/\$43NR #96932

Mar 6-Apr 24 F 10:30-11:30 a.m. \$43R/\$48NR #96933

## Beginning Tap Dance

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 January 2, February 27, March 9, 13 and 16. Make up class if needed April 24.

Age: 21+ ■ Baldwin Park Dance Studio ■ Terry Davis

Jan 9-Feb 20 F 9:15-10 a.m. \$38R/\$43NR #96969

Mar 6-Apr 17 F 9:15-10 a.m. \$33R/\$38NR #96970

Jan 5-Feb 23 M 6-6:45 p.m. \$39R/\$44NR #97151

Mar 2-Apr 20 M 6-6:45 p.m. \$42R/\$47NR #97152

## Intermediate Tap 2

This class is for the adult student with previous experience in Tap dance. You 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 19, February 16, March 9 and 16. Make up class April 24 if needed.

Age: 18+ ■ Baldwin Park Dance Studio ■ Terry Davis

Jan 5-Feb 23 M 5-5:45 p.m. \$39R/\$44NR #96971

Mar 2-Apr 20 M 5-5:45 p.m. \$39R/\$44NR #96972

## Beginning Piano—Adults

Using Alfred's Chord Approach as a textbook, you will learn the basic keyboard skills needed to play thousands of simple popular songs. Learn how to read both bass and treble clef, playing both chords and melodies. Bring keyboard. No class April 9.

Age: 10+ ■ Centre Concord ■ Ted Crowley

Jan 8-Feb 26 Th 6-6:45 p.m. \$103R/\$108NR #96459

Mar 5-Apr 30 Th 6-6:45 p.m. \$103R/\$108NR #96460

## Guitar—Adults

Did you know that 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 8 students per class, you get the personal attention needed. Instructor has a Master's degree in Music Education and 20+ years of teaching experience. Bring guitar (any kind). No class April 9.



Age: 13+ ■ Centre Concord ■ Ted Crowley

Jan 8-Feb 26 Th 6:45-7:30 p.m. \$103R/\$108NR #96452

Mar 5-Apr 30 Th 6:45-7:30 p.m. \$103R/\$108NR #96453

## 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 19 and February 16.

Age: 21+ ■ Senior Center ■ June Katayama

Jan 5-Apr 27 M 6:30-8 p.m. \$21 R/\$26 NR #96925

## ENRICHMENT

### **NEW** Intro to Residential Real Estate: Part I

This beginning course teaches the key elements of owning and managing property. Topics covered are: measuring success, Schedule E and allowable expenses, accounting and taxes made simple, insurance – what is needed vs. required, taking losses on your taxes, and when a 'repair' is not a repair. Great for couples! Take Parts I & II together.

Age: 16+ ■ Willow Pass Community Center ■ Michele Zimmerman

Jan 17-Feb 14 Sa 10 a.m.-12 p.m. \$103R/\$108NR #96833

### **NEW** Intermediate Residential Real Estate: Part II

You will learn about owning residential real estate in an open and understandable manner. Topics covered are: what a good property is, how to determine the tax bill when you sell, how to find good tenants, dealing with evictions, what the 1031 exchange is, property managers, how to determine if the new NIIT applies, what's what on county property tax bill, and more.

Age: 16+ ■ Willow Pass Community Center ■ Michele Zimmerman

Jan 17-Feb 14 Sa 12:30-2:30 p.m. \$103R/\$108NR #96834

### **NEW** Playwriting for Beginners

You will learn fundamental playwriting through creative character-driven storylines. You will give and receive helpful critiques, hear your dialogue read by actors, share your work with friends and family at our staged reading, and more. The workshop's critique model is also a valuable skill outside the theater, useful in business and collaborative projects.

Age: 18+ ■ Willow Pass Community Center ■ Suzanne Gamble

Mar 12-Apr 16 Th 6:30-8:30 p.m. \$198R/\$203NR #96823

### **NEW** Starting Up Your Business

A course for you, the entrepreneur, who has started a business and wants to make sure all the bases are covered. Includes, in an entertaining and understandable format: what are business forms?, basics of accounting and taxes, having and managing employees, insurance demystified, marketing and social media.

Age: 16+ ■ Willow Pass Community Center ■ Michele Zimmerman

Jan 13-Feb 10 Tu 7-9 p.m. \$103R/\$108NR #96831

Apr 14-May 12 Tu 7-9 p.m. \$103R/\$108NR #96832

## HEALTH AND FITNESS

### **NEW** Circuit Training/Strength

Get strong, fit and healthy in this 45 minute, non-stop circuit based strength training class. These circuits will not only help you to strengthen your muscles and cardiovascular health, but help you to lose weight and get toned as well. Each exercise can be modified to fit all abilities. Instructor is a certified personal trainer.

Age: 13+ ■ Baldwin Park Dance Studio ■ Pati Stewart

Jan 6-Feb 12 Tu, Th 8-8:45 a.m. \$123R/\$128NR #96824

Feb 17-Mar 26 Tu, Th 8-8:45 a.m. \$123R/\$128NR #96825

Mar 31-May 7 Tu, Th 8-8:45 a.m. \$123R/\$128NR #96826

**NEW** Cutting Edge Martial Arts

This year-round program will challenge you and give you the opportunity to achieve the much coveted 'black belt'. Develop skills from 5 different styles: Tae-Kwon-Do, Shotokan, Aikido, Judo and Jujitsu. Character development is the foundation on which you will build your experience.

Age: 12+ ■ Willow Pass Community Center ■ Preston Jones

Jan 5-26	M	6:30-7:15 p.m.	\$50R/\$55NR	#96843
Jan 9-30	F	6:30-7:15 p.m.	\$50R/\$55NR	#97172
Feb 2-23	M	6:30-7:15 p.m.	\$50R/\$55NR	#96844
Feb 6-27	F	6:30-7:15 p.m.	\$50R/\$55NR	#97173
Mar 2-30	M	6:30-7:15 p.m.	\$50R/\$55NR	#96845
Mar 6-27	F	6:30-7:15 p.m.	\$50R/\$55NR	#97174
Apr 3-24	F	6:30-7:15 p.m.	\$50R/\$55NR	#97175
Apr 6-27	M	6:30-7:15 p.m.	\$50R/\$55NR	#96846

Multi-session Discount – 20% Off

Jan 5-Apr 27	M	6:30-7:15 p.m.	\$153R/\$158NR	#96847
Jan 9-Apr 24	F	6:30-7:15 p.m.	\$50R/\$55NR	#97176

## K.O. Taekwondo–Adults

This traditional style Taekwondo class helps focus on core values and is good for all ages and abilities. Emphasis is on self-defense techniques, increased flexibility and stamina, improving overall muscle tone, and a great cardiovascular workout. Available in 2-day or 3-day per week option. Optional uniforms are available at cost, payable to instructor.

Age: 14+ ■ Baldwin Park Dance Studio ■ Kevin Oliver

Jan 7-30	W, F	7-8 p.m.	\$60R/\$65NR	#96735
Feb 4-27	W, F	7-8 p.m.	\$60R/\$65NR	#96736
Mar 4-27	W, F	7-8 p.m.	\$60R/\$65NR	#96737
Apr 1-22	W, F	7-8 p.m.	\$60R/\$65NR	#96738
Jan 7-31	W, F	7-8 p.m.		
	Sa	12-1 p.m.	\$78R/\$83NR	#96739
Feb 4-28	W, F	7-8 p.m.		
	Sa	12-1 p.m.	\$78R/\$83NR	#96740
Mar 4-28	W, F	7-8 p.m.		
	Sa	12-1 p.m.	\$78R/\$83NR	#96741
Apr 1-25	W, F	7-8 p.m.		
	Sa	12-1 p.m.	\$78R/\$83NR	#96742

50% discount for family members that sign up together.

## Hung Gar Shaolin Kung Fu

Chinese Hung Gar Kung Fu is the original martial art direct from China's Shaolin Temple. Improve fitness, boost self-confidence, reduce stress, avoid confrontation, learn self-defense, perform forms, and participate in Kung Fu tournaments. Instructor has over 45 years of Hung Gar Kung Fu experience. AAU membership is required: \$16 a year under age 20 or \$29 a year over age 20.

Age: 11+ ■ Willow Pass Community Center ■ Lester Wong

Jan 4-25	Su	10-11 a.m.	\$50R/\$55NR	#96827
Feb 1-22	Su	10-11 a.m.	\$50R/\$55NR	#96828
Mar 1-22	Su	10-11 a.m.	\$50R/\$55NR	#96829
Mar 29-Apr 26	Su	10-11 a.m.	\$50R/\$55NR	#96830

## 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 April 11 and 25.

Age: 15+ ■ Centre Concord ■ Aaron Holm

Jan 3-31	Th	6-7:30 p.m.		
	& Sa	9:30-10:30 a.m.	\$59R/\$64NR	#96807
Feb 5-28	Th	6-7:30 p.m.		
	& Sa	9:30-10:30 a.m.	\$59R/\$64NR	#96808
Mar 5-28	Th	6-7:30 p.m.		
	& Sa	9:30-10:30 a.m.	\$59R/\$64NR	#96809
Apr 2-30	Th	6-7:30 p.m.		
	& Sa	9:30-10:30 a.m.	\$45R/\$50NR	#96810

Multi-session Discount – 20% Off

Jan 3-Apr 30	Th	6-7:30 p.m.		
	& Sa	9:30-10:30 a.m.	\$171R/\$176NR	#96811

## 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.

Age: 17+ ■ Centre Concord ■ Amy Erez

Jan 6-27	Tu	6-7:15 p.m.	\$48R/\$53NR	#96468
Feb 3-24	Tu	6-7:15 p.m.	\$48R/\$53NR	#96469
Mar 3-24	Tu	6-7:15 p.m.	\$59R/\$64NR	#96470
Apr 7-28	Tu	6-7:15 p.m.	\$48R/\$53NR	#96471

Multi-session Discount – 20% Off

Jan 6-Apr 28	Tu	6-7:15 p.m.	\$156R/\$161NR	#96472
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## Sun Style Tai Chi For Health–Beginning

A slow, gentle exercise that addresses key fitness components; muscle strength, flexibility, balance and contributes to aerobic conditioning (strengthens heart and lungs). Proven helpful for conditions like Arthritis, Hypertension, Sleeping Problems. With regular practice, relieves stress, decreases pain, improves immunity, flexibility, stamina, strength, balance. Certified instructor, Dr. Paul Lam's Tai Chi Health for health Program.



Age: 21+ ■ Senior Center ■ Terry Crews

Jan 13-Apr 28	Tu	7-8 p.m.	\$83R/\$88NR	#96973
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## Sun Style Tai Chi for Health–Intermediate

Participants continue to study Tai Chi for Arthritis through Part 2; (42 movements with Part 1 and 2 combined). Participants increase skills through Tai Chi principles and in-depth layers of Sun Style Tai Chi which boosts stamina and promotes relaxation, deep breathing, continual flow and moving with intent. Prerequisite: Sun Style Tai Chi for Health–Beginning.

Age: 21+ ■ Senior Center ■ Terry Crews

Jan 13–Apr 28 Tu 5:45–6:45 p.m. \$83R/\$88NR #96974

## Meditation 1 for Health and Well-Being

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

Age: 18+ ■ Centre Concord ■ Mary Bruns

Jan 22–Feb 19 Th 7–8:45 p.m. \$58R/\$63NR #96446

Mar 25–Apr 22 W 7–8:45 p.m. \$58R/\$63NR #96447

## Meditation 2 Continuing the Journey

In Meditation 2, we deepen our connection to the Higher Mind to fine-tune our practice, reduce stress, enhance personal growth, and experience transformation. Through class discussion and handouts, you will better understand dream/meditation images and your unique developmental path. \$5 payable to instructor for handouts. Optional CD \$10.

Age: 18+ ■ Centre Concord ■ Mary Bruns

Mar 26–Apr 23 Th 7–8:45 p.m. \$58R/\$63NR #96448

## Parkour Fundamentals

This highly structured class is designed to progress from week to week, as well as to promote a high level of physical fitness. It is an introduction to parkour and parkour specific fitness. You will learn skills including landings, rolls, quadrupedal movement, vaults, cat leaps, precision jumps, underbars, tic-tacs and wall runs. Includes 10 open gym sessions and 4 bonus classes.



Age: 13+ ■ APEX Movement NorCal

Jan 1–Feb 19 Th 9–10:30 a.m. \$183R/\$188NR #96440

Feb 26–Apr 16 Th 9–10:30 a.m. \$183R/\$188NR #96441

## 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.

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

Jan 6–Feb 24 Tu 5:30–6:20 p.m. \$83R/\$88NR #96483

Jan 8–Feb 26 Th 6:30–7:20 p.m. \$83R/\$88NR #96484

Mar 3–Apr 28 Tu 5:30–6:20 p.m. \$83R/\$88NR #96485

Mar 5–Apr 30 Th 6:30–7:20 p.m. \$83R/\$88NR #96486

## 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.

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

Jan 6–Feb 24 Tu 6:30–7:20 p.m. \$83R/\$88NR #96481

Mar 3–Apr 28 Tu 6:30–7:20 p.m. \$83R/\$88NR #96482

## 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.

Age: 18+ ■ Concord Library ■ David Henry

Jan 5–Feb 23 M 12:10–1 p.m. \$63R/\$68NR #96473

Mar 2–Apr 27 M 12:10–1 p.m. \$83R/\$88NR #96474

Jan 7–Feb 25 W 12–12:50 p.m. \$83R/\$88NR #96475

Mar 4–Apr 29 W 12–12:50 p.m. \$83R/\$88NR #96476

## Yoga–Beginning

Everyone can practice yoga! 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 19, February 16, April 6, and April 8.

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

Jan 5–Mar 2 M 5:30–6:30 p.m. \$49R/\$54NR #96710

Mar 9–Apr 27 M 5:30–6:30 p.m. \$49R/\$54NR #96711

Jan 7–Feb 25 W 6:10–7:10 p.m. \$55R/\$60NR #96712

Mar 4–Apr 29 W 6:10–7:10 p.m. \$55R/\$60NR #96713

R = Concord Resident NR = Concord Non-Resident

## Yoga–Intermediate

This Iyengar style intermediate class will take you deeper into the poses, as well as introduce the practice of inverted poses bringing together mind and body. Prerequisite: Must have completed at least one year of yoga. No class January 19, February 16 or April 6.

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

Jan 5–Feb 2 M 6:35–7:35 p.m. \$49R/\$54NR #96714

Mar 9–Apr 27 M 6:35–7:35 p.m. \$49R/\$54NR #96715

## 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 35 years. Call 228-1137 for more information. No class January 19 and February 16.

Age: 15+ ■ Senior Center ■ Irene Larson

Jan 5–Feb 23 M 5:45–6:45 p.m. \$39R/\$44NR #96926

Jan 7–Feb 25 W 5:45–6:45 p.m. \$51R/\$56NR #96927

Mar 2–Apr 27 M 5:45–6:45 p.m. \$57R/\$62NR #96928

Mar 4–Apr 29 W 5:45–6:45 p.m. \$57R/\$62NR #96929

## ZUMBA

You will be amazed at this incredible aerobic dance class! No dance experience is necessary to fully enjoy this workout. Different rhythms are 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.

Age: 14+ ■ Centre Concord ■ Amelia Said

Jan 10–Feb 21 Sa 10:45–11:45 a.m. \$36R/\$41NR #96772

Feb 28–Apr 18 Sa 10:45–11:45 a.m. \$41R/\$46NR #96773

## 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, and a blend of calorie-burning, strength-training class. You will get a half-hour of Zumba Fitness and a half-hour of Zumba Toning. No class April 7 and April 9.

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

Jan 6–Feb 24 Tu 6:30–7:30 p.m. \$43R/\$48NR #96759

Mar 3–Apr 28 Tu 6:30–7:30 p.m. \$43R/\$48NR #96760

Jan 8–Feb 26 Th 6:30–7:30 p.m. \$43R/\$48NR #96761

Mar 5–Apr 30 Th 6:30–7:30 p.m. \$43R/\$48NR #96762



**Aqua Zumba**  
See page 41.

## Zumba Sentao

Zumba Sentao is an explosive program that strengthens your core, torches calories and sculpts muscle. Revolutionize your cardio workout with targeted resistance training and exotic world rhythms in red-hot, never-before-seen ways.

Age: 18+ ■ Willow Pass Community Center ■ Cynthia Ryan

Jan 7–Feb 25 W 6:30–7:30 p.m. \$43R/\$48NR #96755

Mar 4–Apr 29 W 6:30–7:30 p.m. \$43R/\$48NR #96756

## Zumba Step

Zumba Step is from the Zumba family and uses easy to follow dance and step moves that will give you great results in a party like environment. Zumba Step is all the step toning and strengthening for your legs and glutes, with all the Zumba fitness that you love. Steps will be provided. No class January 19 or February 16.

Age: 18+ ■ Centre Concord ■ Cynthia Ryan

Jan 5–Feb 23 M 6:30–7:30 p.m. \$33R/\$38NR #96757

Mar 2–Apr 27 M 6:30–7:30 p.m. \$43R/\$48NR #96758

## SPECIAL INTEREST

### Dog Training–Basic Beginnings

The basic beginnings will teach you and your dog the basic foundations of obedience. Your dog will learn commands such as sit, come and wait. And you will learn how to effectively communicate those commands with your dog.

Age: 18+ ■ Lime Ridge Center ■ SFC Dogs

Jan 24–Feb 28 Sa 4–5 p.m. \$198R/\$203NR #96782

Mar 7–Apr 11 Sa 4–5 p.m. \$198R/\$203NR #96783

### Dog Training Intermediate Refresher

The intermediate refresher course will teach you additional training commands and act as a refresher course for you and your dog if you've already had some training. We will emphasize training around distractions. No pre-requisite is required.

Age: 18+ ■ Lime Ridge Center ■ SFC Dogs

Jan 24–Feb 28 Sa 5–6 p.m. \$198R/\$203NR #96784

Mar 7–Apr 11 Sa 5–6 p.m. \$198R/\$203NR #96785

### Dog Training–Advanced

Advanced dog training will focus on training around heavy distractions with more advanced commands as well as adding distance. Completion of the intermediate/refresher course is required.

Age: 18+ ■ Lime Ridge Center ■ SFC Dogs

Mar 8–Apr 12 Su 5–6 p.m. \$198R/\$203NR #96786

## Wills, Powers of Attorney and Advanced Health Care Directives Workshop

In this workshop, each student will receive a “fill in the blanks” Will, Durable Power of Attorney and Advanced Health Care Directive Form. All forms are in compliance with California Law. The instructor is an experienced estate planning attorney who will assist students in completing their forms.

Age: 21+ ■ Senior Center ■ Raymond McFalone  
 Jan 30-Feb 6 F 1:30-3:30 p.m. \$13R/\$18NR #96958

## 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  
 Feb 13-20 F 1:30-3:30 p.m. \$13R/\$18NR #96959

R = Concord Resident NR = Concord Non-Resident

## WORKSHOPS

### **NEW** Fresh Cream Chocolate Truffles

Learn how to make fresh cream chocolate truffles from the master confectioners at Rachel Dunn Chocolates! Making handmade chocolates is a legacy industry. You will observe how chocolate truffles are made from raw ingredients to stovetop, and then delve right in to create your own assortment of chocolate truffles to take home.



Age: 16+ ■ Rachel Dunn Chocolates ■ Rachel Dunn

Jan 29	Th	11 a.m.-12:30 p.m.	\$83R/\$88NR	#96819
Feb 19	Th	5:30-7 p.m.	\$83R/\$88NR	#96820
Mar 19	Th	5:30-7 p.m.	\$83R/\$88NR	#96821
Apr 16	Th	11 a.m.-12:30 p.m.	\$83R/\$88NR	#96822

### **NEW** Old Fashioned English Toffee

Learn how to make old fashioned Buttercrunch and English Toffee from the master confectioners at Rachel Dunn Chocolates! Making handmade chocolates is a legacy industry. In this class, you will observe how toffees are made from raw ingredients on the stovetop to cooling on slabs. You will create chocolate coated and decorated or dipped and rolled in fresh roasted nuts to take home.

Age: 16+ ■ Rachel Dunn Chocolates ■ Rachel Dunn

Jan 23	F	1-2:30 p.m.	\$83R/\$88NR	#96815
Feb 20	F	1-2:30 p.m.	\$83R/\$88NR	#96816
Mar 13	F	1-2:30 p.m.	\$83R/\$88NR	#96817
Apr 17	F	1-2:30 p.m.	\$83R/\$88NR	#96818

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### 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 1 wheelchair 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.

### 3 Railroad Museum & Old Town Sacramento Van Trip

Experience the trains at America's popular railroad museum. Experience lavishly restored trains, engaging exhibits and the film 'Evidence of a Dream'. It houses over 20 restored locomotives and railroad cars along with thousands of smaller artifacts. Also, America's most comprehensive 20th century toy train exhibit. Lunch will be on your own in old town Sacramento plus time to explore and shop. Register by January 16. No refunds or cancellations after trip cutoff date.

Age: 18+ ■ Senior Center Van  
Jan 24 Sa 9 a.m.-5:30 p.m. \$60 #96988

### Travel Fair

Have you dreamt about traveling to exotic places? Watch a slide show of exciting destinations. Come check out the new trips. Give us feedback on where YOU want to travel. If time allows, a review of our Day Trips will be given. Travel vendors will be on site. Bring a friend and you both receive a \$5 discount coupon for a future travel purchase.

Age: 50+ ■ Senior Center  
Feb 17 Tu 9:30-11:30 a.m. FREE #96456



### Joseph & His Amazing Technicolor Dream Coat-Sacramento

Be part of the magic with this Blockbuster Musical-one of the most enduring shows of all time. This irresistible family musical is about the trials and triumphs of JOSEPH-Israel's favorite son. Retelling the Biblical story of Joseph, his eleven brothers and the coat of many colors through unforgettable songs. Reserve your tickets early, rear center orchestra seats. Lunch on your own in Old Town and time for shopping. Register by January 12. No refunds.

Age: 18+ ■ Senior Center Van  
Jan 30 F 9:30 a.m.-5:30 p.m. \$96 #96948



### Thunder Valley

Close to Home / Designed for Fun! Try your luck at this Lincoln, California casino. Receive \$15 in free slot play or table match play, \$5 food voucher good towards buffet or any restaurant. Register by February 3. No refunds or cancellations after cutoff date.

Age: 21+ ■ Senior Center Motorcoach  
Feb 6 F 9 a.m.-5 p.m. \$33 #96640



### Tao House-Eugene O'Neill

Visit the home where Eugene O'Neill, famous American playwright, lived and wrote a number of his best works. He named his home Tao and called it his final home and harbor after living in 35 different dwellings. It is a mix of Spanish and Chinese architecture. Here he wrote: The Iceman Cometh, Long Day's Journey into Night, Moon for the Misbegotten and others. Lunch on your own in downtown Danville with time for shopping. Register by February 3. No refunds or cancellations after trip cutoff date.

Age: 21+ ■ Senior Center Van  
Feb 12 Th 9:15 a.m.-3:30 p.m. \$45 #96947





### Chinatown Tour-SF

Happy Chinese New Year-the Year of the Goat! Celebrate with a walking and driving tour of Chinatown. Visit a Chinese Museum, a Temple, shops, as we learn about the history and current Chinatown. Time for lunch on your own and shopping/sightseeing. Learn about the Famous Chinatown Gate, the first town of San Francisco, and the Church that survived the 1906 earthquake. 26 blocks of the most densely populated Chinatown in the nation. Register by February 3. No cancellations or refunds after cutoff date.

Age: 21+ ■ Senior Center Van  
 Feb 17 Tu 9 a.m.-5 p.m. \$55 #96983



### Levi Stadium Tour-Santa Clara

Come see the brand new stadium that is home to the 49ers. This massive stadium seats 68,500 people. Levi's Stadium is scheduled to host Super Bowl 50 on February 7, 2016. The stadium will also be the permanent home to college football's San Francisco Bowl. Our stadium tour destinations include: the Main Concourse (300 level), Champion's Club, NRG Solar Terrace, locker room, Gold Rush Cheerleaders' locker room, BNY Mellon Club, and Michael Mina's Bourbon restaurant. Lunch on your own at a nearby restaurant. Register by January 27. No cancellations or refunds after trip cutoff date.

Age: 21+ ■ Senior Center Van  
 Feb 21 Sa 8:30 a.m.-3 p.m. \$64 #96989



### A Day With Disney-SF

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. The museum is exceptionally done blending history with technology via many interactive exhibits. Partake in the featured film and or join the spot light talk. The museum is self-guided, so you can choose to watch videos with Walt himself narrating many, home movies, memorabilia, and an Awards Room at the end. Lunch on your own at the Museum Café. Register by February 6. No refunds or cancellations after trip cutoff.

Age: 21+ ■ Senior Center Van  
 Feb 28 Sa 9:15 a.m.-5 p.m. \$48 #96987



### Newsies Musical at Orpheum Theatre

Newsies is the winner of the 2012 Tony Awards for Best Score and Best Choreography. Disney's Newsies combines explosive music, high energy dance and an inspiring New York success story to create a musical you don't want to miss. The story of Jack Kelly, a charismatic newsboy and leader of a band of teenaged newsboys who take on newspaper moguls who raise prices at the expense of the newsboys. Based on a true story-come see what happens. Reviews are OUTSTANDING! No refunds.

Age: 18+ ■ North Concord BART  
 Mar 11 W 12-5:30 p.m. \$78 #96944

### 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](http://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.

### 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.



### Red Hawk Casino

Red Hawk Casino in Placerville, offers all the amenities and attractions you'd expect in a Northern California casino. Not to mention it is surrounded by the amenities nature provides-beautiful views, breathtaking scenery and an unforgettable experience. Red Hawk Casino has a game for you ~ in every way you like to play ~ in their world class gaming floor. Your luck is about to change, 2000 Slot Machines, Progressive Jackpots, 75 Table Games, great restaurants, gift shop, and much more! Minimum 40 registered by March 3. No refunds or cancellations after trip cutoff date.

Age: 50+ ■ Senior Center Motorcoach  
 Mar 6 F 9 a.m.-5:30 p.m. \$32 #96697



### St. Patrick's Celebration-Dublin

You'll find everything from traditional Irish folk music to Celtic Rock and bagpipes to harps performing and Irish Dancers. On your own, enjoy Irish fare: Corned Beef Sliders, Irish Bangers and Mash, Boxy and, of course, Fish and Chips! Celtic artwork, Irish tartans, hand-knit wool sweaters, Celtic jewelry, and books. You may opt to enjoy a steaming cup of Irish tea served in fine china with delicious shortbread and scones. Register by February 24. No cancellations or refunds after trip cutoff date.

Age: 9+ ■ Senior Center Van  
 Mar 14 Sa 8:45 a.m.-3 p.m. \$48 #96946



### Domaine Chandon Winery, Yountville & Veterans Home

A special day as we visit the elegant Domaine Chandon Winery renown for their Sparkling Wine and scenic beauty of gardens and hills. We have a tour and tasting before going to lunch on your own at the Napa Valley Culinary Capital: Yountville. After lunch we have a specially arranged tour of the oldest (1865) and largest Veteran's Home in the nation, located in Yountville. Don't miss this once in a decade opportunity. Register by March 2. No cancellations or refunds after trip cutoff date.

Age: 21+ ■ Senior Center Van  
 Mar 24 Tu 9 a.m.-5:30 p.m. \$83 #96984



### Double Decker Bus Ride of San Francisco

See San Francisco's most famous sights aboard an open-top, double-decker Big Bus that loops around the city. Check out Union Square, Golden Gate Bridge, the Palace of Fine Arts, and Pier 39, among other big-name attractions, at your own pace. Trip includes a walking tour of North Beach. Dine in little Italy, on your own, and hop back on the bus for more sights. Register by February 20. No refunds or cancellations after trip cutoff date.

Age: 21+ ■ Senior Center Van  
 Mar 28 Sa 8:45 a.m.-4 p.m. \$79 #96990



### Monterey Whale Watching

We are headed to Monterey. Begin with lunch on your own at Old Fisherman's Wharf. Time to browse the specialty shops. Board the 100 foot Princess Monterey vessel to view the wildlife from as far as the icy waters of the Bering sea. The gray whales follow the same migratory route along the west coast of North America for thousands of years. Observe marine mammals like Humpback Whale, Orca Whale, Bottlenose Dolphin, sharks, jellyfishes! Register by Feb 15. No refunds or cancellations after trip cutoff date.

Age: 21+ ■ Senior Center Via Van  
 Apr 4 Sa 8 a.m.-7 p.m. \$84 #96985



### Sheep Shearing and Sonoma

The once a year special event of Sheep Shearing by Judd Redden who demonstrates historical and present ways of cutting wool off sheep at Petaluma State Park. Then onward to Sonoma for lunch on your own and shopping. We top off the day with a visit to the Sonoma Mission and to Vallejo Historic House in Sonoma. A full day of activities to enjoy and learn. Register by April 3. No cancellations or refunds after trip cutoff date.

Age: 9+ ■ Senior Center Van  
 Apr 11 Sa 9:30 a.m.-4:30 p.m. \$44 #96981



### Silver Legacy Hotel, Reno

Enjoy the spring flowers aboard our motor-coach as we journey onto a 1 night stay at Silver Legacy Hotel and Casino in Reno with \$5 free play and \$3 food credit. We'll visit the Nugget in Sparks, for a 3-hour stop, and \$5 free play en-route to the hotel. Day 2 we're off to Boomtown for a 4 hour stop and \$10 slot play. Optional buffet dinner show 'Lady Houdini' is available as an add-on to this trip.

21+ ■ Senior Center Motorcoach  
 Apr 14-15 Tu-W 8 a.m.-7:30 p.m. #96813  
 \$119 double Occ  
 \$143 Single Occ  
 \$163 double with "optional" Lady Houdini Show  
 \$187 Single with "optional" Lady Houdini Show



### Tea at the English Rose in Pleasanton

Experience this lovely tradition in the relaxing and gracious ambiance of the English Rose Pleasanton. The English Rose is nestled amongst historic downtown stores and buildings. Enjoy the beautifully crafted foods of the Queens Sumptuous Afternoon tea and the attentive service. Also visit the local farmers market. Stock up on fresh, vibrant, and healthy produce prior to sipping and savoring an English tradition. Register by March 18. No cancellations or refunds after trip cutoff date.

Age: 21+ ■ Senior Center Van  
 Apr 18 Sa 10:45 a.m.-4 p.m. \$58 #96991



### It's Just Lunch at Carmel

A day in Carmel to dine, shop, stroll and sit by the Ocean after the spectacular 17 Mile Drive, recognized as one of the most scenic drives in the world. See such highlights along the drive as Bird Rock, Lone Cypress, Ghost Tree and the Lodge at Pebble Beach. We will stop to look around and shop at the Lodge. In Carmel, we'll drive through Ocean Avenue to Beach Street to get oriented for lunch on your own and time for your own interests. A day at your pace.

Age: 21+ ■ Senior Center Van  
 Apr 21 Tu 9 a.m.-5 p.m. \$46 #96992



### Cathedral of St. Mary's Organ Recital-San Francisco

We tour The Jewel of Catholic San Francisco: St. Mary Cathedral of the Assumption. Known for its contemporary architecture, remarkable hyperbolic paraboloids dome and majestic interior. Voted as one of the 25 most important buildings in San Francisco by the American Institute of Architects. After the tour you will lunch on your own in the Hayes village area, then return to the Cathedral for an inspiring Organ Recital on the specially imported Italian organ. Register by April 6. No cancellations or refunds after trip cutoff date.

Age: 21+ ■ Senior Center Van  
 Apr 26 Su 10:30 a.m.-5:30 p.m. \$53 #96982



### Sacramento Underground and Old Town

Hidden beneath the city for nearly 150 years, Old Sacramento's underground has long been the capital's best-kept secret. Uncover the facts behind the legends that lie below the buildings and sidewalks. Explore excavated foundations and enclosed pathways while your tour guide recounts the tales of devastation that led to California's only successful street-raising project. An hour-long guided walking tour on uneven surfaces with low ceilings. Non hosted lunch in Old Town Sacramento. No refunds or cancellations after April 1.

Age: 21+ ■ Senior Center Van  
 May 2 Sa 9 a.m.-5 p.m. \$53 #96986

## HIKES



### Skyline Wilderness Adventure

This moderate to slightly strenuous trek is 7-8 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 us down to a deep canyon. A great trek! Directions will be provided a few days prior to hike.

Age: 18+ ■ Transport Self ■ Tom Bold  
 Jan 31 Sa 9:30 a.m.-4:30 p.m. \$41 R/\$46 NR #96442



### Linda Falls Hike

East of St. Helena near the Las Posadas Forest, this hike to Linda Falls is an easy 3 mile adventure with creek crossings, high moss covered cliffs, and a challenging rock ledge. You will climb down boulders to the main waterfalls. Lunch will be on top of the largest waterfall. Bring your camera for some amazing photos!

Age: 18+ ■ Transport Self ■ Tom Bold  
 Feb 28 Sa 10 a.m.-3:30 p.m. \$41 R/\$46 NR #96444



### Carson and Cataract Falls Hike

This is a double hike. Carson Falls is an easy 4 mile round-trip hike to a four-tiered 80' waterfall with lush creek side trails to high vista views of Mt. Tamalpais. Then we will traverse to Cataract Falls which is nearby. The terrain is a bit more strenuous, but absolutely worth the beautiful views.

Age: 18+ ■ Transport Self ■ Tom Bold  
 Mar 21 Sa 9:15 a.m.-5 p.m. \$41 R/\$46 NR #96445



### 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 on confirmation receipt.

Age: 18+ ■ Transport Self ■ Tom Bold  
 Apr 25 Sa 10:30 a.m.-4:30 p.m. \$41 R/\$46 NR #96443



ARTS AND CRAFTS



Friday Morning Quilters Sew In

Have fun quilting your own project with peers. Bring your own sewing machine, and extension cord. No Instructor. This group is open to experienced quilters only. No class January 2, February 27.

Age: 21+ ■ Senior Center ■ Patricia Abernathy  
 Jan 9-May 1 F 9 a.m.-1 p.m. \$71 #96935

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 or learn a new one. Enjoy camaraderie and support of people of all levels. This class is for beginners or those refreshing their skills. No class January 2.

Age: 21+ ■ Senior Center  
 Jan 9-Apr 24 F 9:30-11:30 a.m. \$20 #96934

Drawing Made Easy

Now is the time to enjoy drawing and painting. Create personal and time treasured keepsakes for family and friends. Experienced instructor, Ann, will provide all levels of instruction covering colored pencils and Japanese brush painting. A supply list will be provided, or purchase the supplies from the instructor.

Age: 50+ ■ Senior Center ■ Ann Nakatani  
 Jan 7-Feb 25 W 10:30-11:30 a.m. \$51 #97124  
 Mar 4-Apr 29 W 10:30-11:30 a.m. \$57 #97125

**NEW** Floral Design

Learn how to create holiday centerpieces, wreaths, and decorations or ikebana. Make your own wedding flowers, corsages or bridal bouquets. Professor Nakatani has been teaching floral design for 55 years. Students may choose to bring their own fresh or silk flowers for the arrangements. Supply list provided the first day of class. Optional basic supplies for center pieces, \$15 payable to the instructor the first day of class.

Age: 21+ ■ Senior Center ■ Ann Nakatani  
 Mar 9-23 M 1:30-3:30 p.m. \$69 #97123

TECHNOLOGY & COMPUTERS

1 on 1 Help with Your Tablet, Computer or Cell Phone-New

Is your smart phone or device making you feel dumb? Receive 1 on 1 assistance with your tech device: tablet, cell phone or computer. A monitor will attempt to trouble shoot and provide guidance to help you operate your device. Bring your device to this 1 on 1 session. Optimize your time by bringing in a list of your questions.

Age: 21+ ■ Senior Center ■ Staff

M	9:15-10:15 a.m.	\$10
M	10:30-11:30 a.m.	\$10
M	12:30-1:30 p.m.	\$10
M	2-3 p.m.	\$10
M	3-4 p.m.	\$10
F	9-10 a.m.	\$10
F	10-11 a.m.	\$10
F	2-3 p.m.	\$10
F	3-4 p.m.	\$10

Open Computer Lab

Free Technology Lab time from 4-6 p.m. every Monday and Friday that the building is open. This is your opportunity to practice skills learned in a tech class. This is the time. No registration necessary. Have a tablet or laptop? Bring it with you to lab. No monitor on duty.

Age: 50+ ■ Senior Center  
 Jan 5-Apr 24 M, F 4-6 p.m. Free #96993

**NEW** Computer Basics/  
 Aplicaciones Básicas  
 de Computación

In Basic Computer Applications class you will learn about the computer hardware and its applications. You will be able to create an email account to be connected with family and friends. You will also learn how to type in the keyboard and navigate between health pages. No class on February 27.



Aplicaciones básicas en computación: es una clase en donde aprenderá que es una computadora y su equipo o componentes. Aprenderá a escribir, navegar páginas de salud, crear su correo electrónico y mantener contacto con familiares y amigos. No habrá clase el 27 de Febrero.

Age: 50+ ■ Senior Center ■ Virgilio Laguna  
 Jan 9-Mar 20 F 2-4 p.m. Free #96924

**NEW** Mac for Seniors  
iPhone & iPad

Learn how to use your iPad and iPhone. Come to understand how to use the function keys. Take photos and send them via email, or add to a text message. Discover how to get to a destination just by speaking the address. Learn how to use the calendar, and reminders become a personal assistant. Speak text instead of trying to type with your fingers on the tiny screens.

Age: 50+ ■ Senior Center ■ Sharon Beck				
Jan 16-Feb 13	F	9:30-10:45 a.m.	\$50	#97102
Mar 27-Apr 24	F	9:30-10:45 a.m.	\$50	#97108

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 ■ Gbenga Adesida				
Jan 28	W	6:30-8:30 p.m.	\$13	#96994
Mar 25	W	6:30-8:30 p.m.	\$13	#96995

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 ■ Virgilio Laguna				
Mar 20-27	F	11:15 a.m.-12:45 p.m.	\$19	#97106



Baldwin Park

**The City of Concord  
has reservable picnic sites.**

For more information visit  
[www.cityofconcord.org/picnic](http://www.cityofconcord.org/picnic) or call 671-3404.

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 ■ Virgilio Laguna				
Apr 17-24	F	11:15 a.m.-12:45 p.m.	\$16	#97110

**NEW** Professional Chat Groups/ Job Seeking-Try LinkedIn

Join chat groups with other like professionals to share ideas, discuss current trends or innovations, or find a solution to a current professional dilemma. Are you seeking a job?

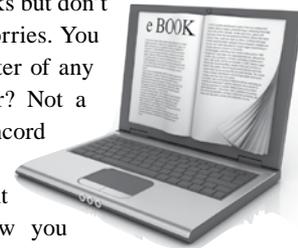


LinkedIn will open up a world of potential job opportunities. Learn about the popular business and social networking site. Set-up an account and experience the benefits that come with networking (i.e. contacts, job hunt, company search, etc. You will create your LinkedIn profile to showcase your talents and skills. Others will find you based on your profile. Prerequisite: basic knowledge of how to use a computer, tablet, Smartphone and the Internet. Need to have a valid email address.

Age: 21+ ■ Senior Center ■ Virgilio Laguna				
Apr 15-22	W	7-8:30 p.m.	\$30	#97104

**NEW** Read Library eBooks on a Computer

Like the idea of reading eBooks but don't have a portable device. No worries. You can read eBooks on a computer of any kind. Don't have a computer? Not a problem, come read in the Concord Senior Center Computer Lab. Concord Library's Adult Services Librarian will show you how to check out and read an ebook on a computer. Bring your library card if you have one. Receive a card if you don't have one. Once you learn this skill you are welcome to come read on the computers from 4-6 p.m. every Monday and Friday.



Age: 21+ ■ Senior Center ■ Lynne Noone				
Mar 30	M	1-2:30 p.m.	FREE	#97095

### Twitter

Are you wondering what Twitter or a tweet is? Twitter is an online social networking and microblog service that enables users to send and read short text messages, called 'tweets'. Create your Twitter profile and experience the benefits that come with social networking. Prerequisite: basic knowledge of how to use the Internet, a computer, tablet, or Smartphone. Need a valid email address prior to attending the class.



Age: 21+ ■ Senior Center ■ Virgilio Laguna  
 Apr 8-15 W 7-8:30 p.m. \$23 #97109

### NEW How to Check Out Free eBooks From the Library

Contra Costa County Library has a large and growing collection of ebooks in a variety of formats, waiting for you to check out and use on your own e-reader such as Ipad, Kindle, or Nook, or cellphones. Come Join us and learn how to download free ebooks and audiobooks on your ereader. Pre-requisite: Workshop requires a working knowledge of your device and a photo I.D. Bring the device on which you plan to read ebooks or listen to audio books. If you need help working your device, sign up for the 1 on 1 Technology help.

Age: 21+ ■ Senior Center ■ Lynne Noone  
 Kindle Mar 31 Tu 1-2:30 p.m. \$2 #97092  
 iPad Mar 31 Tu 2:30-4 p.m. \$2 #97093



### NEW Library Book Discussion Group

Looking for your next great read? Join us as the Concord Library's Adult Services Librarian will talk about books. On January 27, Lynne will feature current book selections as well as some oldies but goodies from the past. She will also have books to check out including books for a book discussion group on the fourth Tuesday of every other month. Our first book will be: *And the Mountains Echoed* by Khaled Hosseini discussed on March 24. Bring your library card with you! Don't have a library card? Bring your ID and get your library card at the meeting.

Age: 21+ ■ Senior Center ■ Lynne Noone  
 Jan 27 Tu 1-2:15 p.m. FREE #97086  
 Mar 24 Tu 1-2:15 p.m. FREE #97087

## 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 a 3:30 p.m. Venga a bailar cumbia, salsa y merengue mientras comparte momentos agradables disfrutando de aperitivos saludables y rifas; contribución es de \$3. Come enjoy every first Monday of each month from 1:30 to 3:30 p.m. to an afternoon of Latin Moments dancing salsa, cumbia and merengue with other Spanish speaking adults from 50+. Enjoy light healthy refreshments and raffle prizes.

Age: 21+ ■ Senior Center  
 Jan 5 M 1:30-3:30 p.m. \$3 #96900  
 Feb 2 M 1:30-3:30 p.m. \$3 #96901  
 Mar 2 M 1:30-3:30 p.m. \$3 #96902  
 Apr 6 M 1:30-3:30 p.m. \$3 #96903

### 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. No class February 27.

Age: 21+ ■ Senior Center ■ Dorothy Moore  
 Jan 9-Feb 20 F 9:10-10:10 a.m. \$38 #97126  
 Mar 6-May 1 F 9:10-10:10 a.m. \$48 #97127

### Social Line Dance-Intermediate

Line dancing stimulates the heart. The class is a memory booster since you memorize the pattern of steps. The music alone is invigorating. So come join the fun. This class meets the fourth Friday of every month. During February this class will meet on the third Friday.

Age: 50+ ■ Baldwin Park Dance Studio ■ Dorothy Moore  
 Jan 23-Apr 24 F 11:15 a.m.-12:15 p.m. \$23 #97128

### 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. No class January 19 and February 16.

Age: 21+ ■ Senior Center ■ John Seman  
 Jan 5-Feb 23 M 7-8 p.m. \$21 #97129  
 Mar 2-Apr 27 M 7-8 p.m. \$30 #97130

## Tap Intermediate

You will learn additional fancy footwork with precise rhythmic patterns. No class January 2, February 27, March 13. Make up if needed April 24.

Age: 50+ ■ Baldwin Park Dance Studio ■ Terry Davis

Jan 9-Feb 20	F	10:15-11 a.m.	\$45	#97131
Mar 6-May 1	F	10:15-11 a.m.	\$51	#97132

## HEALTH AND FITNESS

### Massage 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. Call (925) 671-3320 ext. 1 for an appointment.

All Ages ■ Senior Center ■ Kelly Grant

Jan 7-Apr 29	W	10:05 a.m.-12 p.m.	3-7 p.m.
\$35 for 30 minutes or \$45 for 60 minutes			

### 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. Visit <http://cityofconcord.org/healthfair/> to see the most up-to-date information.

Register to reserve your lite lunch. ■ Age: 21+ ■ Senior Center

Feb 27	F	9 a.m.-2 p.m.	\$5	#97150
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### **NEW** Walking Safely—Improving Balance and Preventing Falls

Every 18 seconds a senior visits the ER for a fall. Falls are the leading cause of fatal and non-fatal injuries for seniors. You will be given a home exercise program including important balance and strengthening exercises along with informational handouts. This is an interactive presentation to increase awareness and knowledge of fall prevention principles; group participatory discussion, and a Q & A session. A unique class from a Physical Therapists' perspective.

Age: 21+ ■ Senior Center ■ Linda Meneken

Mar 25	W	10-11 a.m.	\$2	#97149
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## 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. This class will make you increase your strength and cardio in a safe workout routine. No class January 1.

Age: 50+ ■ Centre Concord ■ Amelia Said

Jan 8-Feb 26	Th	10:30-11:30 a.m.	\$43	#97143
Mar 5-Apr 30	Th	10:30-11:30 a.m.	\$48	#97144

Senior Center ■ Amelia Said

Jan 6-Feb 24	Tu	9:30-10:30 a.m.	\$43	#97145
Mar 3-Apr 28	Tu	9:30-10:30 a.m.	\$48	#97146

## 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. No class January 19 and February 16.

Age: 50+ ■ Senior Center ■ Han Ong

Jan 5-Feb 23	M	10:30-11:30 a.m.	\$30	#96936
Jan 5-Feb 23	M	9:10-10:10 a.m.	\$30	#96937
Mar 2-Apr 27	M	10:30-11:30 a.m.	\$44	#96938
Mar 2-Apr 27	M	9:10-10:10 a.m.	\$44	#96939

## Yoga and Wellness—Level 1

You will build strength, improve flexibility and balance in this class. We start at your level and move forward. Many exercises are done standing, but getting down on the floor and getting back up unassisted is a life-enhancing skill we continually work on. Bring your own yoga mat.

Age: 50+ ■ Baldwin Park Dance Studio ■ Maxine Davis

Jan 6-Feb 24	Tu	11 a.m.-12 p.m.	\$75	#97133
Mar 3-Apr 28	Tu	11 a.m.-12 p.m.	\$84	#97134

## Yoga and Wellness—Level 2

Get your sticky yoga mat out of the closet. You know the basics of yoga and are comfortable in your body. Now, it is time to have fun with traditional Hatha Yoga. Loving modifications have been incorporated for your gentle mature body. No class January 1.



Age: 50+ ■ Baldwin Park Dance Studio ■ Maxine Davis

Jan 8-Feb 26	Th	9:15-10:15 a.m.	\$75	#97135
Mar 5-Apr 30	Th	9:15-10:15 a.m.	\$84	#97136



### Zumba Gold

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. Low intensity cardio in a party like class with Latin and international rhythms. Zumba can be done from a chair or wheelchair. No class January 1.

Age: 50+ ■ Senior Center ■ Amelia Said				
Jan 6-Feb 24	Tu	10:30-11:30 a.m.	\$43	#97137
Mar 3-Apr 28	Tu	10:30-11:30 a.m.	\$48	#97138
Jan 6-Feb 24	Tu	11:30 a.m.-12:30 p.m.	\$43	#97139
Mar 3-Apr 28	Tu	11:30 a.m.-12:30 p.m.	\$48	#97142

Age: 50+ ■ Centre Concord ■ Amelia Said				
Jan 8-Feb 26	Th	11:45 a.m.-12:45 p.m.	\$43	#97140
Mar 5-Apr 30	Th	11:45 a.m.-12:45 p.m.	\$48	#97141

### SPECIAL INTEREST

#### **NEW** Captioned Telephones for Hard of Hearing & Deaf

Learn all about the Captioned telephone. See how you can get one for FREE if you are deaf or hard of hearing.

Age: 50+ ■ Senior Center ■ Lindsay Bariani				
Jan 27	Tu	10-10:30 a.m.	\$2	#96173

#### **NEW** Gifts of Aging—The Genius of the Aging Process

We all age, but ‘Conscious Eldering’ is optional’. We will explore the process and gifts of aging against our own life experiences and models of inquiry provided by authors like Erickson, Maslow, Eberle, Martinez, and Cohen. Classes will integrate these insights with those of supportive peers in a loving and safe environment via lecture, discussion, exercises, and readings. Share your life experiences and wisdom. No class February 12.

Age: 50+ ■ Senior Center				
Jan 8-Feb 19	Th	10 a.m.-11:30 a.m.	\$63	#97164

### Lotería

Lotería Mexicana y bingo son actividades bilingües y divertidas para mantener nuestra mente activa. Una contribución de \$2 incluye almuerzo ligero y ocho juegos. ¡Todos son bienvenidos! Para más información llamar a Vicky al (510) 867-0465.



Lotería Mexicana and Bingo is a bilingual senior memory enhancement and gathering activity in a fun atmosphere. Light lunch is provided. We play eight games included in the fee. Everyone is welcome! For more information contact Vicky (510) 867-0465

All Ages ■ Senior Center				
Jan 29	Th	10 a.m.-1 p.m.	\$2	#96912
Feb 26	Th	10 a.m.-1 p.m.	\$2	#96913
Mar 26	Th	10 a.m.-1 p.m.	\$2	#96914
Apr 30	Th	10 a.m.-1 p.m.	\$2	#96915

### Reverse Mortgages: The New Wealth Management Tool for Your Retirement Planning

If you are 62 or older, learn how a reverse mortgage can extend the life of your retirement assets. Not only can your home equity provide you urgent funds, but also a reverse mortgage can be used to supplement your income, to deal with health-care costs, or just more thoroughly enjoy your retirement.

Age: 62+ ■ Senior Center ■ Jon Carlson				
Feb 18	W	9:30-10:30 a.m.	\$2	#97121



### Volunteer Orientation

Learn about volunteer opportunities at the Concord Senior Center. Volunteer Positions include: Data Entry, Special Events, Computer Lab Monitor, Front Desk position 4 hours a day, 1 day a week and more. Please download and print a volunteer application at [www.cityofconcord.org/pdf/recreation/programs/senior\\_volunteers.pdf](http://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				
Jan 27	Tu	10:30-11:30 a.m.	Free	#96940
Feb 24	Tu	10:30-11:30 a.m.	Free	#96941
Mar 24	Tu	10:30-11:30 a.m.	Free	#96942
Apr 28	Tu	10:30-11:30 a.m.	Free	#96943

## Concord Senior Center – 50 & Better Program

# Health & Human Services



### Care Manager

Discover a wide variety of assistance and resources available to you in the community. **Appointments are available on Monday and Wednesday from 9:30 a.m.-3 p.m. and Thursday from 9:30-11:30 a.m.** For more information or to schedule an appointment contact the center.

### CC Café Hot Lunch Program

Café is open to adults 60+ and younger spouses and seniors. **Meals are served daily at 11:30 a.m.** You are required to register prior to starting the program. Contact the Café at (925) 825-1488 between 9 a.m. and 11:30 a.m. for more information and a menu.

### Blood Pressure Screening by John Muir Senior Services & Gurnick Nursing Students

Screenings are scheduled on the **third Friday of each month at 9:30 a.m. to 10:30 a.m. Tuesday at 10:15 a.m. and 1 p.m., Wednesday at 10:15 a.m. and 3:15 p.m.** (Subject to change due to class schedule.) No appointment necessary.

### Vision Support Group

Michael Mailer with the Lions Center for the Visually Impaired leads a **FREE** monthly support group for the visually impaired every **2nd Wednesday of the month at 1 p.m.** No registration necessary.

### Senior Peer Individual Counseling

Contra Costa Health Services Senior Peer Counseling offers individual one-on-one, 45 minute counseling sessions **each Thursday, 10 a.m.-12 p.m. and 1st Monday, 11:15 a.m.-1:15 p.m.** Services are free and confidential. Call for an appointment.

### HICAP – Health Insurance Counseling and Advocacy Program – Call (925) 602-4168 for an appointment.

Program provides free counseling about Medicare Benefits, Medicare Supplements, HMO's and Nursing Home Insurance. Advisors are available on the **2nd, 3rd and 4th Friday of each month from 1-4 p.m. and 1st and 2nd Tuesday from 12:30-4:30 p.m.**

**Simple Wills Clinic** – This service is for seniors 60 years and older needing a simple will. Call 671-3320 ext. 1 for an appointment. For other legal assistance call Contra Costa Senior Legal Services at (510) 374-3713.

**Notary Services** – Services are provided free of charge from **10:30-11:30 a.m. every Monday and Wednesday from 10-11 a.m.** No appointment necessary.

### AARP Driver Safety

This course is taught on the **1st and 2nd Wednesday** every other month from **9 a.m.-1 p.m.** Cost for AARP members: \$15; cost for non-members: \$20. Call to register.

### Senior Center Scholarship Program

Scholarship Program is available to adults 50+ residing in Concord who wish to participate in the Parks and Recreation Program. Approved applicants are eligible for a maximum of \$100 per individual per year with \$5 co-pay. Complete application, activity choice and supporting documents to center staff for review. Applicant will be notified when scholarship has been approved.

### Memory Screening

Screenings will be held on the 4th Monday of each month from **1-3 p.m.** with the exception of May (holiday).

### Alzheimer's Support Group

Alzheimer's Support group meets on the **4th Wednesday** of the month from **1:15-3:15 p.m.**



The Senior Center partners with non-profit agencies in expanding services to meet the needs of the 50 & Better community. This joint effort is vital to serving the entire community. Call the Senior Center at (925) 671-3320 for an appointment or for more information between 9 a.m. and 12 p.m., after 12 p.m. press option 1, or email [concordsc@cityofconcord.org](mailto:concordsc@cityofconcord.org).

Concord Senior Center – 2727 Parkside Circle, Concord, CA 94519

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

**Friday, February 27, 2015**  
**9 a.m. – 2 p.m.**  
**FREE to attend. Reserve your \$5 Lite Lunch**  
[www.CityofConcord.org/healthfair](http://www.CityofConcord.org/healthfair)



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

Sponsored by:



### Presentations

- Disaster Preparedness for People and Pets
- Check Out Free Electronic Books on Your Devices
- YouTube Videos on Health Topics
- Juicing – **FREE** Samples
- Best Choices for Fast Food and Buffets
- Herbs for Health
- How Not to Get Old
- Fall Prevention Exercises
- Health Care Directives/ Durable Power of Attorney
- Financial Fraud

### Screenings & Interactive Exercises

- Hearing
- Blood Pressure
- Memory
- Balance
- Massage

## SPECIAL RECREATION

### Special Recreation offers inclusive and specialized programs for people with disabilities

Access to recreation provides accommodation to recreational classes and programs for people with disabilities (developmental, physical, ADD/ADHD, mental etc.) Programs are designed for people 18 years of age or older. It is our goal to ensure that individuals with disabilities have access to our programs and that the experience is successful and meaningful.



### 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! Play 3 games of bowling. Shoes are included.

Age: 18+ ■ Clayton Valley Bowl				
Jan 6-Feb 3	Tu	3:30-5:30 p.m.	\$59	#96979
Mar 3-Apr 28	Tu	3:30-5:30 p.m.	\$66	#96980

### Community Dances Special Recreation

Come one and all and have a good time dancing your heart out! Bring a snack to share. Pay \$7 at the door with exact cash or check.

Age: 18+ ■ Pleasant Hill Senior Center ■ 233 Gregory Lane				
Jan 9, 2015	F	7-9 p.m.	\$7 at the Door	
Apr 10, 2015	F	7-9 p.m.	\$7 at the Door	

Age: 18+ ■ Concord Senior Center ■ 2727 Parkside Circle				
Feb 13, 2015	F	7-9 p.m.	\$7 at the Door	

Age: 18+ ■ Walnut Creek Heather Farm ■ 301 N. San Carlos Drive				
Mar 13, 2015	F	7-9 p.m.	\$7 at the Door	

## 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

#### Winter and Spring Lap Swim Fees

Daily	\$5.25 R / \$6.25 NR
Monthly	\$70 R / \$75 NR
15 Swims	\$66 R / \$76 NR
30 Swim Pass	\$123 R / \$133 NR
45 Swim Pass	\$171 R / \$181 NR

#### Winter Lap Swim Hours ■ Effective Dec 1-Feb 28

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

#### Winter Lap Swim Holiday Hours ■ 10 a.m.-Noon

Martin Luther King	Jan 19
Christmas Eve	Dec 24
Presidents' Day	Feb 16

#### Winter Lap Swim Pool Closures

Swim Meet	Dec 13-14
Pool Maintenance	Dec 19-23
Holiday	Dec 25, Jan 1

#### Spring Lap Swim Hours ■ Mar 1-Jun 14

M, W, F	6 a.m.-1 p.m.
Tu, Th	7 a.m.-1 p.m.*

\*May 14 Short course only Lap Swim

M-Th	7-8:30 p.m. (Long Course Only)
Sa-Su	10 a.m.-Noon

#### Spring Lap Swim Holiday Hours ■ 10 a.m.-Noon

Memorial Day	May 25
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#### Spring Lap Swim Pool Closures

Swim Meet	Mar 20-22
Swim Meet	May 15-17

### Spring Recreational Swim Hours

#### Spring Hours ■ May 23-Jun 14

Sa-Su	1-4 p.m.
May 25	1-4 p.m.

Admission	Daily	15 swim pass
Adult (18+)	\$5.25 R / \$6.25 NR	\$66 R / \$76 NR
Child (6-17)	\$4.50 R / \$5.25 NR	\$55 R / \$66 NR
Tot (5 & Under)	\$4.00 R / \$4.25 NR	\$46 R / \$56 NR
Family Pass up to 4 family members (\$20 for each additional member)	\$275 R / \$295 NR	

\*Family pass is valid for Recreational Swim only.

## CERTIFICATION COURSES

### 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

Feb 18	W	5-9 p.m.	\$54 R / \$59 NR	#96220
Mar 18	W	5-9 p.m.	\$54 R / \$59 NR	#96221

#### Age: 13+ ■ Willow Pass Community Center

May 13	W	5-9 p.m.	\$54 R / \$59 NR	#96222
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### 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

May 13	W	6-8 p.m.	\$36 R / \$41 NR	#96225
Mar 18	W	6-8 p.m.	\$36 R / \$41 NR	#96226

### 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. CERTIFICATIONS RECEIVED UPON SUCCESSFUL COMPLETION ARE 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 10 lb brick.

#### Age: 15+ ■ Concord Community Pool

Apr 6-9	M-Th	9 a.m.-4 p.m.	\$202 R / \$207 NR	#96213
May 5-28	Tu, Th	6-9 p.m.	\$202 R / \$207 NR	#96214
Jun 2-25	Tu, Th	6-9 p.m.	\$202 R / \$207 NR	#96215



### Lifeguard Clinic Review

This class reviews lifeguard skills and knowledge needed to respond to aquatic emergencies. CERTIFICATION RECEIVED UPON SUCCESSFUL COMPLETION: Lifeguard certification good for 1 year. PREREQUISITE: must possess current lifeguard certificate.

#### Age: 15+ ■ Concord Community Pool

Apr 25	Sa	9 a.m.-5 p.m.	\$151 R / \$156 NR	#96216
May 9	Sa	9 a.m.-5 p.m.	\$151 R / \$156 NR	#96217
Jun 6	Sa	9 a.m.-5 p.m.	\$151 R / \$156 NR	#96218

**SATURDAY CLASSES**

**Group Swim Lessons**

Concord Community Pool ■ \$48R/\$53NR

Session*	Day	Time	Preschool Ages 3-5	Elementary Ages 6-Up
May 2-Jun 13	Sa	9:50-10:20 a.m.	#96275	#96252
May 2-Jun 13	Sa	10:25-10:55 a.m.	#96296	#96253
May 2-Jun 13	Sa	11-11:30 a.m.	#96293	#96254
May 2-Jun 13	Sa	11:35 a.m.-12:05 p.m.	#96294	#96255
May 2-Jun 13	Sa	12:10-12:40 p.m.	#96295	#96256

\*No classes will be held on Saturday, May 16.

**Private Swim Lessons**

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

Days	Time	May 2-23*	May 30-June 13
Sa	9:50-10:20 a.m.	#96320	#96356
Sa	10:25-10:55 a.m.	#96321	#96357
Sa	11:00-11:30 a.m.	#96322	#96358
Sa	11:35 a.m.-12:05 p.m.	#96323	#96359
Sa	12:10-12:40 p.m.	#96324	#96325

\*No classes will be held on Saturday, May 16.



**Parent and Me Aquatots**

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

May 2-Jun 13*	Sa	11:35-12:05 p.m.	\$48R/\$53NR	#96313
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Paddlers: Age 18 months-36 months

May 2-Jun 13*	Sa	12:10-12:40 p.m.	\$48R/\$53NR	#96319
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\*No classes will be held on Saturday, May 16.

**Beginner Diving**

Prerequisite: Must complete Elementary Level III to enroll.

Concord Community Pool

May 2-Jun 13*	Sa	12-12:30 p.m.	\$48R/\$53NR	#96304
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\*No classes will be held on Saturday, May 16.

**WEEKDAY CLASSES**



**Preschool Swim Lessons**

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

M-TH	3:45-4:15 p.m.	4:55-5:25 p.m.
Apr 6-16	#96276	#96278
Apr 20-Apr 30	#96280	#96282
May 4-14	#96284	#96286
May 18-29*	#96288	#96289
Jun 1-11	#96290	#96292

\*First week of the session is Mon-Thu, Second week is Tue-Fri

**Elementary Swim Lessons**

6-Up Years Old ■ Concord Community Pool ■ \$65 R/\$70 NR

M-TH	4:20-4:50 p.m.	5:30-6 p.m.
Apr 6-16	#96236	#96238
Apr 20-Apr 30	#96240	#96242
May 4-14	#96244	#96246
May 18-29*	#96248	#96250
Jun 1-11	#96257	#96259

\*First week of the session is Mon-Thu, Second week of the session is Tue-Fri

**Parent and Me Aquatots**

Age: Bubblers 10 months-18 months (11:35 a.m.-12:05 p.m.)

Paddlers 18 months-36 months (12:10-12:40 p.m.)

Concord Community Pool ■ \$65R/\$70NR

Session	Days	11:35-12:05 p.m. Bubblers	12:10-12:40 p.m. Paddlers
May 5-28	Tu, Th	#96314	#96318

**Private Swim Lessons**

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

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 6-9	#96326	#96327	#96328	#96329
Apr 13-16	#96330	#96331	#96332	#96333
Apr 20-23	#96334	#96335	#96336	#96337
Apr 27-30	#96338	#96339	#96340	#96341
May 4-7	#96342	#96343	#96344	#96345
May 11-14	#96346	#96347	#96348	#96349
May 18-21	#96350	#96351	#96352	#96353
May 26-29	#96361	#96362	#96363	#96353
Jun 1-4	#96354	#96355	#96364	#96365
Jun 8-11	#96366	#96367	#96368	#96369

## HEALTH AND FITNESS

### 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

Mar 2-Apr 6	M	12-12:50 p.m.	\$36 R/\$41 NR	#96767
Apr 13-May 18	M	12-12:50 p.m.	\$36 R/\$41 NR	#96768

### Water Exercise

De-stress and revitalize your life with this fun and challenging workout. This class offers effective flexibility and muscle toning with no impact to the joints. Deep Water: Participants should feel comfortable suspended on flotation devices in deep water.

Age: 18+ ■ Concord Community Pool ■ Andrea Legault

Dec 2-23	Tu, Th	10-11 a.m.	\$42 R/\$47 NR	#96370
Jan 6-Feb 10	Tu	10-11 a.m.	\$36 R/\$41 NR	#96371
Jan 8-Feb 12	Th	10-11 a.m.	\$36 R/\$41 NR	#96372
Feb 17-Mar 17	Tu	10-11 a.m.	\$30 R/\$35 NR	#96373
Feb 19-Mar 19	Th	10-11 a.m.	\$30 R/\$35 NR	#96374
Mar 24-Apr 28	Tu	10-11 a.m.	\$36 R/\$41 NR	#96375
Mar 26-Apr 30	Th	8:45-9:45 a.m.	\$36 R/\$41 NR	#96376
May 5-Jun 9	Tu	10-11 a.m.	\$30 R/\$35 NR	#96377



## TERRAPIN SWIM TEAM

"One of the Best in the USA"

Developmentally appropriate competitive swimming for all ages and abilities right here at the Concord Community Pool

### 2015 WINTER / SPRING PROGRAMING

- ◆ High School Pre-Season Training Program (November through February)
- ◆ Winter Spring Clinic Programs (February through April)
- ◆ Winter & Spring Sessions for Orange and Blue Training Groups
- ◆ Year-Round competitive team membership open throughout the year.

Program information, details, online registration, etc... Can all be found on our website

**WWW.TERRAPINSWIM.COM**

Or call our office to speak with a staff member  
**(925) 680-8372**

## SUMMER JOBS 2015

### 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](http://www.cityofconcord.org/recreation) ■ (925) 671-3404

**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.

## 2015 SUMMER DAY CAMPS



## SPORTS CAMPS

## 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 4–6
- **Basketball** – ages 6–12
- **Flag Football** – ages 6–12
- **Lacrosse** – ages 6–12
- **Tennis** – ages 7–14
- **And More!**
- 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

## SPECIALTY CAMPS

- **Engineering with Lego®**
- **Mad Science**
- **Chess**
- **Cheerleading**
- **Digital Media**
- **Water Polo**
- **Gymnastics**
- **And More ...**



Look for details in the  
**Summer Camps Brochure**  
available in February 2015.

**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.

[www.campconcord.org](http://www.campconcord.org)

R = Concord Resident    NR = Concord Non-Resident



## 2015 FAMILY CAMP

Friday, June 26–Friday, July 24\*

and

Monday, August 3–Saturday, August 15

## Camp Concord 2015 Rates

### 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.

\*Dates subject to change. Visit [www.campconcord.org](http://www.campconcord.org) for current availability.

### Priority Registration begins:

January 12, 2015 for Friends of Camp Concord Members

### Open Registration begins: February 2, 2015



## Four Easy Ways to Register

- **Walk-in** 2748 East Olivera Rd., 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](http://www.campconcord.org).

Day	Session	Fee	Course
M-F	Aug 17-21	\$225R/\$250NR	#96769
M-F	Aug 24-28	\$225R/\$250NR	#96770

## 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](http://www.campconcord.org).

Day	Session	Fee	Course
F-Su	Aug 21-23	\$260R/\$270NR	#96771



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](http://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 6, 2014, 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 and a look back at 2014 Music Series.

**Concord Farmers' Market**

**Tuesdays: Year-round, 10 a.m.-2 p.m.**

**Thursdays: April 30-October 22, 2015, 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 21-September 10, 2015, 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 9, 2015**

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 14, 2015, 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](http://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 3 ½ years old

Tuesdays, 10:15 & 11:15 a.m.

**■ Preschool Storytime**

Stories, songs and finger  
plays for children

3 ½-5 and caregiver

Wednesdays 10:30-11:00 a.m.

November 12-December 17

January 7-February 11

March 4-April 8

**■ Movie Mondays**

Come see a rated "G" or "PG" movie  
in the Library. Please contact library

for days and titles.

Mondays, 7:00 p.m.

**■ FREE Homework Help**

Mondays and Wednesdays, 4:00-6:00 p.m.

*All programs subject to change*



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

1. Online Registration  
[www.ConcordReg.org](http://www.ConcordReg.org)

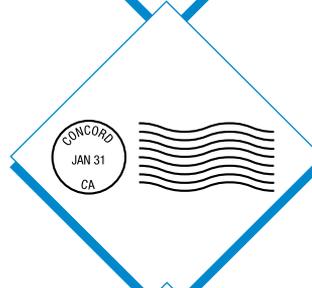


2. By Fax  
 Send your completed form and credit card information to 689-8169.

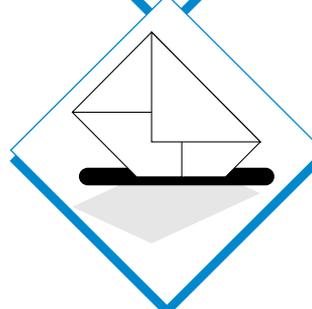


3. By Mail  
 Pay by check, MasterCard, Visa or American Express.

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"/> <b>Concord Resident</b> <input type="checkbox"/> <b>Non-Resident</b>	
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
<b>Total Fees \$</b>				

**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 \_\_\_\_\_

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



WILLOW PASS  
• CENTER •

*Rental facilities for all occasions.*



*Take a virtual tour of our facilities!*

[www.cityofconcord.org/rentals](http://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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**Parks  
 Make  
 Life  
 Better!**

Postal Customer



Camp Concord is a high quality, affordable family vacation in one of California's most beautiful settings — South Lake Tahoe! Our Family Camp provides a great opportunity for parents and kids to “unplug,” enjoy nature, create wonderful family memories and experience hassle-free camping together!



**The happiest place on dirt!**  
**[www.campconcord.org](http://www.campconcord.org)**  
**(925) 671-3404**

*A fantastic, wonderful, great place for family vacations. We were well taken care of and had so much fun!*  
 — The Gonzalez Family