



COMMUNITY SERVICES DEPARTMENT

EVENTS

Guide



**Parks
Make
Life
Better!**

2017 WINTER

www.cityofvacaville.com

707-469-4000

Breakfast with Santa

Our breakfast will fill you with cheer and put you in the holiday spirit.

Breakfast includes: All-you-can-eat pancakes, 2 sausage links and a beverage.

- Bring camera for photo with Santa.
- Create winter crafts.
- Advance ticket sales required.
- Seating limited so register early!

Preschool fundraiser raffle available.

**Saturday
December 10**

Seating at 10:00 a.m. (107854)

McBride Senior Center

\$8 - 13/up

\$6 - 2-12 years

Free - under 2 years

Register By December 8



A Magical Visit with **SANTA & MRS. CLAUS**

Right in your own home!

Dec 9-10 & 16-17

**Santa visits scheduled
Fridays & Saturdays**

\$35 per visit (116161)



Forget the long lines at the Mall and invite Santa to your place! Create special memories for your family to cherish for years to come.

Santa will be stopping by to share a story, inspect the stockings and admire the Christmas tree with your children or grandchildren. Make sure to have the camera ready!

Call 469-6694 for more details and to reserve your Santa visit today!

Director's Message

Welcome to the Winter Events Guide!

The City of Vacaville Community Services Department is committed to helping provide quality living through recreational facilities and opportunities. Enjoy your leisure time in our wonderful variety of parks, open space areas, pathways and trails.

As you take the time to view the numerous programs, activities, and special events we have planned for this winter season, you will see that we have tried to offer something fun and exciting for all ages, young and old. I would like to mention a few highlights that you will see in this season's Events Guide:

Your child can receive a personal letter from Santa with Notes from the North Pole.

- Breakfast with Santa is always a hit and will take place on December 10. Get your tickets early for this one!
- You can skip the visit to the mall this year and have Santa and Mrs. Claus come right to your home.
- Vacaville 6th graders can enjoy a party just for them to ring in the New Year on January 6.
- The Chinese New Year Celebration at McBride Senior Center is not to be missed on January 27.
- The 13th Annual PAL Crab Feed will take place on March 11th. This event is a sellout with proceeds going to provide recreational programs for at-risk youth.

As the days get shorter and cooler with the change in seasons, it can be harder to find the motivation to stay active and focused on health and wellness. We offer a wide variety of sports and fitness activities for most ages from Tiny Tots Basketball and Tang Soo do Karate for the little ones to Archery and Futsal for youth and Volleyball and Zumba for adults. We also offer many music and art classes to keep our brains fit as well.

I hope you take the time to explore this Events Guide and learn more about these exciting opportunities. There are so many ways to stay active and healthy even in winter.

Stay warm and we will see you out and about!

Winter 2017 EVENTS Guide

(707) 469-4000 or 469-4020

Registration for Vacaville residents begins

November 7

Registration for non-residents begins

November 14



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Mommy's Time Out

Ages 18-42 mos

Our toddler class provides a nurturing environment in which socialization skills, cognitive skills, independence, fine and gross motor skills, and language development are learned through imaginative play, large and small group activities, story time, sensory activities, music, dance, exploration, building, finger plays and more.

Children do not need to be potty trained. Parents are not required to participate. Birth certificate and shot record required.

Instructors shall determine the readiness of child to participate in the program.

New sessions added!

There are two new sessions added for your convenience, a Monday session and a Monday, Wednesday, Friday session.

114962	M	12/5-12/19	9:30am-12:30pm	\$81
114963	M	1/9-1/30	9:30am-12:30pm	\$81
114964	M	2/6-2/27	9:30am-12:30pm	\$81
114968	MWF	12/2-12/21	9:30am-12:30pm	\$243
114969	MWF	1/9-1/30	9:30am-12:30pm	\$243
114970	MWF	2/1-2/27	9:30am-12:30pm	\$243
114959	WF	12/2-12/21	9:30am-12:30pm	\$162
114960	WF	1/11-1/27	9:30am-12:30pm	\$162
114961	WF	2/1-2/17	9:30am-12:30pm	\$162
114965	Th	12/1-12/22	9:30am-12:30pm	\$108
114966	Th	1/12-1/26	9:30am-12:30pm	\$81
114967	Th	2/2-2/16	9:30am-12:30pm	\$81

Location: Padan Recreation Center



Kindermusik

Ages 18-36mos

Kindermusik has been the most trusted name in music and movement education for young children for over 30 years. Celebrate the unique joys of your growing child through music! Each week, you'll sing, dance, and play instruments together while your child practices a variety of abilities like motor skills, turn-taking, social skills, and active listening.

Join our staff in this award-winning program. Each Kindermusik class is a world of discovery and adventure. This is a parent participation class. No non-enrolled siblings.

Kindermusik - Wiggle & Grow

114950	M	12/5-12/19	9:30-10:15am	\$36
114951	M	1/9-1/30	9:30-10:15am	\$36
114952	M	2/6-2/27	9:30-10:15am	\$36

Location: Three Oaks Community Center

Busy Bees

Ages 10-42 mos

This interactive experience for parents and children combines parental support and quality time for young children. Your toddler will develop social skills through play experiences. The program encourages cognitive, physical and language development through imaginary play, art, music and circle time. Children must be age appropriate by start date of class. Sibling fee \$10, ages 6-9 months.

Initial registration must be made in person. Birth certificate and shot record required. Subsequent registrations may be completed online. For information call 469-4033.

114956	T	12/6-12/20	9:30-11:30am	\$39
114957	T	1/10-1/31	9:30-11:30am	\$52
114958	T	2/7-2/28	9:30-11:30am	\$39

Location: Padan Recreation Center

Children's Corner Preschool

REGISTRATION IS NOW OPEN FOR CHILDREN'S CORNER PRESCHOOL

Children's Corner Preschool has been educating Vacaville's young children for over 45 years. In a safe and positive environment, our program supports the social, emotional, cognitive and physical development of each child. We believe a hands-on approach to learning promotes exploration, creativity and discovery. Our teachers and staff are sensitive to individual differences and developmental stages of all children and apply appropriate practices to their classrooms and curriculums. Our program provides a well-rounded preschool experience and fosters a child's natural curiosity for learning, leaving them prepared and eager for their next educational step. This program does not require parents to participate.

Registration requirements: A \$35 non-refundable annual registration fee and a non-refundable first month's tuition payment are due at the initial registration. The remaining 8 tuition installments are due by the 20th of each month from October 2016 - May 2017. The 4 year old students will also have a one time \$15 material fee due at the first registration. A late fee of \$25 will be charged after the due date. **NO NEW STUDENTS WILL BE ADDED TO THE CURRENT SCHOOL YEAR AFTER MARCH 1, 2017.** Children must be the age required on or before September 1, 2016. INITIAL REGISTRATION must be made in person. COPIES of child's birth certificate and current immunization record required. For information call 469-4033. Children must be completely potty trained, no pull-ups.



Preschool for 3 year olds

Our three year old class introduces children to a classroom setting where self-help, self-esteem, socialization, cooperation skills and academic concepts are introduced through art, music, stories, circle-time, and indoor and outdoor play. **Instructors shall determine the readiness of child to participate in the program.**

115292	TTh	Browns Valley	12/1-12/22	9:00-11:30am	\$163
115293	TTh	Browns Valley	1/10-1/31	9:00-11:30am	\$163
115294	TTh	Browns Valley	2/2-2/28	9:00-11:30am	\$163
115295	TTh	Foxboro	12/1-12/22	9:00-11:30am	\$163
115296	TTh	Foxboro	1/10-1/31	9:00-11:30am	\$163
115297	TTh	Foxboro	2/2-2/28	9:00-11:30am	\$163
115300	TTh	Meadowlands	12/1-12/22	9:00-11:30am	\$163
115301	TTh	Meadowlands	1/10-1/31	9:00-11:30am	\$163
115302	TTh	Meadowlands	2/2-2/28	9:00-11:30am	\$163
115298	TTh	Three Oaks	12/1-12/22	9:00-11:30am	\$163
115299	TTh	Three Oaks	1/10-1/31	9:00-11:30am	\$163
115291	TTh	Three Oaks	2/2-2/28	9:00-11:30am	\$163

Preschool for 4 year olds

Our four year old class develops language, writing and literacy skills with the help of the Frontline Phonics program. Awareness of mathematical and scientific reasoning is provided through a variety of appropriate activities and creative expression is encouraged through art and music. Children have the opportunity to play indoors/outdoors and engage in large and small group activities. **Material fee: \$15 for all 4 yr old classes. Instructors shall determine the readiness of child to participate in the program.**

115303	MWF	Browns Valley	12/2-12/21	9:00am-12:00pm	\$248
115304	MWF	Browns Valley	1/9-1/30	9:00am-12:00pm	\$248
115305	MWF	Browns Valley	2/1-2/27	9:00am-12:00pm	\$248
115315	TTh	Cooper	12/1-12/22	9:00am-12:00pm	\$176
115316	TTh	Cooper	1/10-1/31	9:00am-12:00pm	\$176
115317	TTh	Cooper	2/2-2/28	9:00am-12:00pm	\$176
115306	MWF	Cooper	12/2-12/21	9:00am-12:00pm	\$248
115307	MWF	Cooper	1/9-1/30	9:00am-12:00pm	\$248
115308	MWF	Cooper	2/1-2/27	9:00am-12:00pm	\$248
115309	MWF	Foxboro	12/2-12/21	9:00am-12:00pm	\$248
115310	MWF	Foxboro	1/9-1/30	9:00am-12:00pm	\$248
115311	MWF	Foxboro	2/1-2/27	9:00am-12:00pm	\$248
115318	MWF	Meadowlands	12/2-12/21	9:00am-12:00pm	\$248
115319	MWF	Meadowlands	1/9-1/30	9:00am-12:00pm	\$248
115324	MWF	Meadowlands	2/1-2/27	9:00am-12:00pm	\$248
115312	MWF	Three Oaks	12/2-12/21	9:00am-12:00pm	\$248
115313	MWF	Three Oaks	1/9-1/30	9:00am-12:00pm	\$248
115314	MWF	Three Oaks	2/1-2/27	9:00am-12:00pm	\$248

New! - AFTERNOON CLASSES

115320	TTh	Three Oaks	12/1-12/22	12:30-3:30pm	\$176
115326	TTh	Three Oaks	1/10-1/31	12:30-3:30pm	\$176
115325	TTh	Three Oaks	2/2-2/28	12:30-3:30pm	\$176

Thank Goodness It's Fun Club

Grades 1-6

This recreational enrichment program for children in grades 1-6 provides a variety of activities in a safe setting. Participants are supervised by responsible, trained staff. Character development, socialization, and esteem building are interwoven into daily activities which include: organized games, arts and crafts, outdoor play, homework help, and other positive recreational experiences. We strive to promote health, wellness, and fun! Initial registration must be done in person. **There is a non-refundable annual registration fee of \$55. Registration fee is due prior to the end of the current month, any payments received after that will be assessed a \$25 late fee.** For more information call 449-5616.

Note: While we do not normally accept Kindergartners, approval is considered on a case by case basis. Please call 449-5616 for more information.

Instructor: Community Services Staff
 Location: Adjacent to elementary schools
 Addtl Cost: 10% sibling discount - does not apply to registration fee or drop-in cards
 \$55 non-refundable registration fee required
 \$59 for 10 hr drop-in card
 \$45 for one day drop-in card
 Late pick-up fee: \$10-\$30 (15 minute increments)
 Note: Initial registration must be done in person. May register on-line after initial registration.

TGIFun Club 10-Hour Drop-In Cards

Grades 1-6

Drop in and enjoy a fun-filled morning or afternoon at TGIF! 10-Hour Drop-in cards are a great option for families that require only a few hours of care per week. They can be used any day of the week at all sites that are not full. Drop-in availability is on a first come, first served basis and cannot be reserved over the phone or at the time of registration. Please call 449-5616 to find out if drop-in space is available at your child's school site. **If drop card expires while student is on site, you may be called to come pick up your child.**

Cost: \$59 per card
 Notes: Cards can be used in one hour increments only. Cards are non-refundable, non-transferable, and will not be replaced if lost. Cards must be purchased prior to attendance.

2016-2017 School Year



BS Code	BS Fee	Site	Dates	AS Code	AS Fee
115878	\$118	Alamo	12/1-12/22	115842	\$230
115885	\$118	Alamo	1/9-1/31	115848	\$220
115891	\$111	Alamo	2/1-2/28	115853	\$206
115879	\$118	Browns Valley	12/1-12/22	115860	\$230
115886	\$118	Browns Valley	1/9-1/31	115861	\$220
115892	\$111	Browns Valley	2/1-2/28	115862	\$206
115880	\$125	Cambridge	12/1-12/23	115843	\$234
115887	\$118	Cambridge	1/9-1/31	115849	\$220
115893	\$133	Cambridge	2/1-2/28	115854	\$248
115881	\$118	Cooper	12/1-12/22	115845	\$230
115888	\$118	Cooper	1/9-1/31	115850	\$220
115894	\$111	Cooper	2/1-2/28	115855	\$206
115882	\$125	Foxboro	12/1-12/23	115846	\$234
115889	\$118	Foxboro	1/9-1/31	115851	\$220
115895	\$133	Foxboro	2/1-2/28	115856	\$248
115883	\$118	Meadowlands	12/1-12/22	115847	\$230
115890	\$118	Meadowlands	1/9-1/31	115852	\$220
115896	\$111	Meadowlands	2/1-2/28	115857	\$206
115884	\$118	Sierra Vista	12/1-12/22	115844	\$230
115904	\$118	Sierra Vista	1/9-1/31	115859	\$220
115905	\$111	Sierra Vista	2/1-2/28	115858	\$206

BS=Before School and AS=After School

TGIF School Recess Camp!

Grades 1-6

TGIF - School Recess Camp! For parents that work on school recess days, our program has prepared a special 1 day camp just for you. The kids will enjoy a care free day and you will have peace of mind knowing your child is safe with us while you're at work!

Cooper Recreation Center

115840	F	12/23	6:30am-6:00pm	\$45
115841	F	12/23	9:00am-4:00pm	\$27

Foxboro Recreation Center

116174	F	2/17	6:30am-6:00pm	\$45
116175	F	2/17	9:00am-4:00pm	\$27



Camp VACation

Grades 1-6

New memories await when you spend your holiday or Winter Break at Camp VACation. This program offers children in grades 1-6 opportunities to socialize, explore, play, and create in a safe and supervised setting. Each week will include games, projects and special activities. Please send your child with a sack lunch, we'll provide a morning and afternoon snack. Space is limited, so sign up early!

Thank Goodness Its Frozen - Alamo Recreation Center

115836	T-F	12/27-12/30	6:30am-6:00pm	\$180
115837	T-F	12/27-12/30	9:00am-4:00pm	\$108

Traveling through Time - Cambridge Recreation Center

115988	T-F	1/3-1/6	6:30am-6:00pm	\$180
115989	T-F	1/3-1/6	9:00am-4:00pm	\$108

Future Leaders of the USA - Browns Valley Recreation Center

115838	T-F	2/21-2/24	6:30am-6:00pm	\$180
115839	T-F	2/21-2/24	9:00am-4:00pm	\$108

After School Education & Safety Program (ASES)

The ASES (After School Education and Safety) program is designed to provide a safe physical and emotional environment that promotes relationship building. We offer an academically rewarding environment to students after school, which results in students' achieving success in the regular classroom. The program provides homework assistance, physical activities and outdoor play opportunities, nutritious snacks, and enrichment classes which may include science, technology, arts and crafts, gardening, team and character building, visual and performing arts, chess club, and more! This FREE program is offered every day school is in session from the time school gets out until 6:00pm. Enrollment is limited to students at Fairmont, Padan, Markham and Hemlock Elementary schools on a first come, first served basis. Registration information can be found at McBride, Three Oaks and Ulatis Community Centers. For further information you may contact the ASES program office at 469-6670.

English Horseback Riding

Ages 6-17

Come join us at the Christiane Noelting Dressage Center and experience the wonderful world of horses up close!

Horsemanship

Students will learn more than just how to ride a horse! Basic horsemanship skills and riding lessons taught in an all weather, covered arena make each day a fun new experience! Heeled shoes and horseback riding helmet required.

116629	S	12/3-12/17	1:00-3:00pm	\$130
116630	S	1/7-1/21	1:00-3:00pm	\$130
116631	S	2/4-2/18	1:00-3:00pm	\$130

Location: Christiane Noelting Dressage Center



School's Out Volleyball Camp

Grades 3-12

Join in on the Volleyball fun during your school break. These camps will focus on fundamental drills, teamwork, sportsmanship and friendly competition. Players will be separated by age for drills and competitions.

116036	M-F	12/26-12/30	9:00am-12:00pm	\$84
116037	M-F	1/2-1/6	9:00am-12:00pm	\$84
116038	M-F	1/16	9:00am-3:00pm	\$34
116039	M-F	2/20-2/24	9:00am-12:00pm	\$84

Location: Vacaville Recreation Center

School's Out Basketball Camp

Join in on the basketball fun during your school break. These camps will focus on fundamental drills, teamwork, sportsmanship and friendly competition. Players will be separated by age for drills and competitions.

Grades 1-6

116040	M-F	12/26-12/30	9:00am-12:00pm	\$84
116041	M-F	1/2-1/6	9:00am-12:00pm	\$84
116042	M	1/16	9:00am-3:00pm	\$34

Grades 1-10

116043	M-F	2/20-2/24	9:00am-12:00pm	\$84
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Location: Georgie Duke Center

Ice Skating Camp "Winter Wonderland"

Ages 5-15

Learn to skate amidst a Winter Wonderland on Ice. A beautifully decorated Christmas Tree is centered on our 'frozen pond'. Come play in the snow surrounded by festive lights as you learn to skate. Enjoy a 'Winter Wonderland' skating experience at Vacaville Ice Sports. Nutritious snacks and hot chocolate provided. Full day campers must bring sack lunch.

116645	T-Th	12/27-12/29	8:00am-5:00pm	\$150
116646	T-Th	12/27-12/29	8:00am-12:00pm	\$65
116648	T-Th	1/3-1/5	8:00am-5:00pm	\$150
116649	T-Th	1/3-1/5	8:00am-12:00pm	\$65

Instructor: Donnarae Tulsky

Location: Vacaville Recreation Center - Ice Rink

General Information

Satisfy your child's desire to play sports and have fun too! Our programs are designed to introduce participants to a variety of traditional sports. We focus on basic instruction and help children develop proper techniques to further enhance the overall sports experience. Participating in sports helps youth develop self discipline, social networking and sportsmanship.

Tiny Tots Tuesdays

Ages 2-4

Bring your little one and have a BALL playing fun sports and games designed just for toddlers. These programs encourage motor-skill development and socialization skills while providing active parent-child interactions. You and your little one will have a blast and create memories together.

Tiny Tots Basketball

Put me in coach! Dribble, shoot and pass! Fun basketball games designed with your little one in mind!

110047	T	12/6-12/27	4:00-4:45pm	\$59
110048	T	1/10-1/31	4:00-4:45pm	\$59
110049	T	2/7-2/28	4:00-4:45pm	\$59

Instructor: Community Services Staff

Location: Vacaville Recreation Center

Learn to Ice Skate

Ages 3+

The joy of ice skating is for all ages! Learn the fundamentals of ice skating with our highly qualified and friendly coaching staff. This basic course includes forward and backward skating skills, safety on ice, and a delightful variety of fancy, yet easy to master, skating maneuvers. Classes may be divided by age and ability. Come join the fun of Ice Skating today!

116655	S	1/7-1/28	10:45-11:45am	\$70
116656	S	2/11-3/4	10:45-11:45am	\$70
116652	T	1/3-1/24	5:30-6:30pm	\$70
116653	T	2/7-2/28	5:30-6:30pm	\$70

Instructor: Donnarae Tulsky

Location: Vacaville Ice Sports

Spring Volleyball League

Grades 3-12

Bump, Set and Spike your way to fitness! All skill levels are welcome, from the beginner looking to learn a new skill to the experienced player wanting to keep his/her skills sharp. Sign up as an individual and be placed on a team. Friend request must be reciprocal.

Registration Deadline 2/20

Coaches Meeting: 3/1, 6:15pm at Three Oaks

Tentative start date: week of 3/5

116123	Coed	Grades 3-4	\$94
116124	Coed	Grades 5-6	\$94
116125	Coed	Grades 7-8	\$94
116126	Coed	Grades 9-10	\$94
116127	Coed	Grades 11-12	\$94

Location: Vacaville Recreation Center

Add'l Cost: \$20 late fee after deadline

Material Cost: \$20 mandatory jersey

Just4Kicks Futsal

Ages 7-12

Futsal is the fastest growing indoor sport in the world and Just4Kicks founder, Coach Al Arevalo, has over 15 years experience coaching and playing Futsal. Come learn and have fun playing the official version of indoor soccer. Limited openings per age group, so register your whole team or child early. For more on Futsal and Just4Kicks visit www.j4ksoccer.com/futsal.html.

For Ages 7-8

116607 Su 1/22-3/19 4:00-5:00pm \$97

For Ages 9-10

116608 Su 1/22-3/19 5:00-6:00pm \$97

For Ages 11-12

116609 Su 1/22-3/19 6:00-7:00pm \$97

Instructor: Just4Kicks, Inc.

Location: Vacaville Recreation Center



Just4Kicks Soccer Development

Ages 3.5-6

Soccer development in a class format. Your child will develop gross motor skills and get plenty of dynamic group exposure. Soccer is the best sport to introduce your child to team sports and body control. Just4kicks coaches are trained child-friendly coaches with a passion for soccer. More details about our classes at www.j4ksoccer.com. Shin guards required.

For Ages 2.5-3.5

116619 Th 1/26-3/9 10:40-11:10am \$77

For Ages 3.5-4

116620 Th 1/26-3/9 10:00-10:40am \$77

116624 S 1/21-3/4 9:40-10:20am \$77

For Ages 4-5

116621 M 1/23-3/6 3:50-4:30pm \$77

116622 Th 1/26-3/9 3:50-4:30pm \$77

116625 S 1/21-3/4 9:40-10:20am \$77

For Ages 5-6

116623 M 1/23-3/6 4:30-5:20pm \$77

116628 Th 1/26-3/9 4:30-5:20pm \$77

116626 S 1/21-3/4 10:20-11:10am \$77

For Ages 7-12

116627 S 1/21-3/4 11:10am-12:10pm \$77

Location: Ridgeview Park- Monday
Alamo Creek Park- Thursday
Arlington Park- Saturday

Instructor: Just4Kicks, inc.

Basketball League

Grades 1-6

Where everyone plays! Increase your child's health and wellness by keeping them physically fit during the winter months. This league stresses the fundamentals, strategy, and rules of the game. It's a perfect opportunity for your child to learn and have fun playing hoops! Games begin January 2nd.

Registration Deadline: 11/17

Mandatory Player Evaluation: 11/19- Duke Center

Coaches Meeting: 11/30, 5:30pm at Georgie Duke Sports Center

Tentative start date week of 12/5

109933	Grade 1-2	Coed
109934	Grade 3	Boys
109935	Grade 3	Girls
109936	Grade 4	Boys
109937	Grade 4	Girls
109938	Grade 5	Boys
109939	Grade 5	Girls
109940	Grade 6	Boys
109941	Grade 6	Girls

Spring Basketball

Grades 1-10

Calling all Ballers! Fine tune your skills and stay active while enjoying some friendly competition during our co-ed spring league. All players must complete the evaluation clinic for team placement purposes. We are unable to accommodate coach or friend requests. Parents and other volunteers needed for coaching. Call 469-4035 or email youthsports@cityofvacaville.com for more information.

Registration Deadline: 2/18

Mandatory Player Evaluation: see receipt for time and date

Coaches Meeting: 3/1, 5:30pm at Three Oaks Community Center

Tentative start date: week of 3/5

109956	Grades 1-2
109957	Grades 3-4
109959	Grades 5-6
109958	Grades 7-8
109960	Grades 9-10
Location:	George Duke Sports Center & Vacaville Recreation Center

Add'l Cost: \$20 late fee after deadline

Material Cost: \$20 mandatory jersey

Sports League Officials

Are you interested in officiating youth sports such as basketball, volleyball, flag football or baseball and making some extra money while doing it? If so, we have games for you! Do you currently hold a national certification? If not, we can train and certify you. Contact the Youth Sports office at 469-4008.

Archery

Ages 8+

Junior Olympic Archery Development (JOAD) is a USA Archery program that teaches archery to young people, from beginner to advanced. JOAD provides great opportunities for award achievement, and helps archers enjoy the sport recreationally or progress to the excitement of competition.

Beginning archery focuses on safety, equipment, and proper form for shooting. Participants will receive merit tags as they complete each achievement.

Beginner Ages 8-13

116713	M	1/9-1/30	3:45-4:45pm	\$49
116714	W	1/4-1/25	3:45-4:45pm	\$49
116717	M	2/6-2/27	3:45-4:45pm	\$49
116718	W	2/1-2/22	3:45-4:45pm	\$49

In order to qualify for Intermediate archery, participants under the age of 14 must have completed beginner archery and received Safety, Equipment, and Form merit tags. Intermediate archery will focus on shot execution at multiple distances.

Intermediate Archery 14+

116715	M	1/9-1/30	5:00-6:00pm	\$59
115186	M	2/6-2/27	5:00-6:00pm	\$59

Advanced archers must have completed Intermediate archery and received the Shot Execution merit tag. Advanced archery will focus on scoring and competition style shooting.

Advanced Archery 14+

115183	M	1/9-1/30	6:30-7:30pm	\$59
115187	M	2/6-2/27	6:30-7:30pm	\$59

Instructor: Kevin Yost, USA Archery

Location: TBD

Kajukenbo Kenpo Karate & Junior Self Defense Classes

Ages 5-14

Reyes Kenpo Karate is celebrating their 50th year of instruction within the City of Vacaville. Senior Grandmaster Alan Reyes and his family of black belt instructors have taught the traditional art of Kajukenbo Kenpo Karate to over 17,000 students. Reyes Kenpo Karate will help our youth gain confidence, stamina, strength, a positive self-image, and respect for others and self. Mental discipline, self-respect, physical health and personal safety are the focus of this course, within the realm of Self Defense. Students will learn proper offensive and defensive Karate maneuvers including blocks, grabs, takedowns, kicks and sparring techniques. Attending classes twice a week is advised for belt progression.

Advance classes are only for students who have completed the beginning courses within the classes of the Vacaville Community Services of Kajukenbo Kenpo Karate.

Junior Self Defense - Beginning - 5-14 yrs

116632	T	1/3-3/21	5:00-6:00pm	\$71
116633	Th	1/5-3/23	5:00-6:00pm	\$71
116634	TTh	1/3-3/23	5:00-6:00pm	\$141

Junior Self Defense - Advanced - 5-14 yrs

116635	T	1/3-3/21	6:00-7:30pm	\$71
116636	W	1/4-3/22	5:00-6:00pm	\$71
116637	T	1/3-3/22	6:00-7:30pm	\$141
	W		5:00-6:00pm	

Junior Karate – Beginning & Advanced - 8-14yrs

116638	M	1/2-3/20	5:00-6:00pm	\$71
116639	Th	1/5-3/23	6:00-7:30pm	\$71
116640	M	1/2-3/23	5:00-6:00pm	\$141
	Th		6:00-7:30pm	

Instructor: Professor Alan Reyes

Location: Three Oaks Community Center



Tang Soo Do Karate for Little Dragons

Ages 5-7

Little Dragons learn balance, coordination, manners, social skills, self-defense and discipline in a fun, structured environment.

Beginner

113776	TTh	12/1-12/27	5:15-5:45pm	\$100
113777	TTh	1/3-1/31	5:15-5:45pm	\$100
113778	TTh	2/2-2/28	5:15-5:45pm	\$100

Intermediate/Advanced

113773	MW	12/5-12/28	5:15-5:45pm	\$100
113774	MW	1/4-1/30	5:15-5:45pm	\$100
113775	MW	2/1-2/27	5:15-5:45pm	\$100

Tang Soo Do Karate for Youth/Family

Ages 8-Adult

This program is geared toward teaching students self-control as minds and bodies mature. Through, routine technical training, a student's physical and mental coordination improves and they discover self-value and pride with the attitude of "I can do it". While experiencing achievement through the progression of our belt system, students will also learn to pursue goals.

Beginner

113779	TTh	12/1-12/27	6:00-7:00pm	\$100
113780	TTh	1/3-1/31	6:00-7:00pm	\$100
113781	TTh	2/2-2/28	6:00-7:00pm	\$100

Intermediate/Advanced

113770	MW	12/5-12/28	6:00-7:00pm	\$100
113771	MW	1/4-1/30	6:00-7:00pm	\$100
113772	MW	2/1-2/27	6:00-7:00pm	\$100

Instructor: Sah Bam Nim, Melodie Lopez, 4th Dan, Certified Member of the World Tang Soo Do Association

Location: Ulatis Community Center

No Class: 12/22, 12/26, 1/16, 2/16, 2/20

Volunteer Coaches

The success of our leagues is dependent on volunteer coaches, so if you would like to help out, please call 469-4035. **Don't wait, programs fill up fast!**

PAL (Police Activities League)

"Building the Bond between Cops and Kids"



PAL Teen Leadership Council

Ages 12-18

Were you born to be a leader? Join the Teen Leadership Council (TLC) and become a part of PAL Leadership! Run fundraisers, lead community service projects, and have the chance to attend great leadership conferences. Held on the second and fourth Wednesday of each month.

115928 W 12/7-2/22 4:15-6:15pm \$20

Location: Fairmont Recreation Center
(512 Tulare Drive, portable adjacent to school)



About

Vacaville Police Activities League offers sports, recreation, and leadership opportunities that are mentor and police officer led, promoting positive relationships between Vacaville youth and police officers.

Youth, ages 7-18, are welcome to join the Police Activities League (PAL).

Membership Criteria

Membership applications for 2017 will be available December 1.

Please note: the criteria for becoming a PAL member has changed. Members will need to meet one of the following qualifiers in addition to paying the annual \$30 membership fee.

Referral forms are available by contacting (707) 469-6671.

- Meet the financial criteria for low income housing (income level specified by the Housing agency) or participates in a Section 8 program, food stamps, EBT, or on free/reduced lunch program (verification required).
- Be referred by Vacaville Police Department, local clergy, social services, academic advisor or Community Services administration.
- Receive an invitation from the Recreation Supervisor, Recreation Coordinator or Community Services administration.

Pick up a membership application at any City of Vacaville community center or download one from our website: vacavillepal.com. Applications available December 1.

Once a completed application is approved, a \$30 registration fee must be paid in person or by mail to McBride Senior Center: Attn: PAL, 91 Town Square Place.

If approved, applicants will be notified within 7 business days.

For more information, call (707) 469-6671 or visit vacavillepal.com.

Registration Locations & Hours

John A. McBride Senior Center

91 Town Square Place

(707) 469-6660, Fax: (707) 469-6663

Monday - Friday, 8:30am-5:00pm

Three Oaks Community Center

1100 Alamo Drive

(707) 469-4020, Fax: (707) 469-4022

Monday - Friday, 8:00am-5:00pm

Saturday, 9:00am-12:00pm

Ulatis Community Center

1000 Ulatis Drive

(707) 469-4000, Fax: (707) 469-4012

Monday - Thursday, 8:00am-7:00pm

Friday, 8:00am-5:00pm

New! PAL PLAYS

Ages 7-18

Have you always wanted to be in a PLAY? PAL PLAYS is the program for you. Act, create sets, or be a part of the production crew. Musical showcase at the end of the program. Be sure to invite family and friends!

Ages 7-12yrs

116154	MWF	12/2-12/28	3:30-5:00pm	\$20
116155	MWF	1/2-1/27	3:30-5:00pm	\$20
116157	MWF	2/1-2/27	3:30-5:00pm	\$20

Ages 13-18yrs

116153	MWF	12/2-12/28	5:00-6:30pm	\$20
116156	MWF	1/2-1/27	5:00-6:30pm	\$20
116158	MWF	2/1-2/27	5:00-6:30pm	\$20

Location: Three Oaks Community Center

PAL Top Chef

Ages 7-18

PAL Top Chefs will work in a commercial kitchen! PAL will provide all equipment and food. Bon Appetit!

Ages 7-12

115928	TTh	12/1-2/28	3:30-5:00pm	\$20
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Ages 13-18

115929	TTh	12/1-2/28	5:00-6:30pm	\$20
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Location: McBride Senior Center

PAL Arts & Crafts

Ages 7-12

Do you have a creative side? Join us twice a month to explore different Art techniques. Classes held on the first and third Wednesday of the month.

115912	F	12/7, 12/21	3:30-5:00pm	\$10
115913	F	1/4, 1/18	3:30-5:00pm	\$10
115914	F	2/1, 2/15	3:30-5:00pm	\$10

Location: Fairmont Recreation Center
512 Tulare Drive

PAL Judo

Ages 8-18

Learn the techniques and discipline of Judo from Sensei G. Makimoto and Sensei L. Makimoto. This class meets on Tuesdays and Thursdays. Instructors only accept new students the first two weeks of the quarter. Gi rentals available for \$10.

115946	TTh	12/1-2/28	5:30-7:00pm	\$30
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Location: McBride Senior Center



Georgie Duke Boxing

Ages 8-18

Train in the sport of boxing with Coaches at the Georgie Duke Boxing Club. Boxers who wish to train at the intermediate level must get coach approval before enrolling.

Beginner

115922	MWF	12/5-2/27	4:00-5:15pm	\$35
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Intermediate

115919	M-F	12/5-2/28	4:00-7:00pm	\$40
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Location: Georgie Duke Sports Center

PAL Fieldtrips!

Holiday in the Park at Six Flags Discovery Kingdom

Ages 7-18

Transportation provided. Meet at McBride promptly at 10a.m. Please bring extra spending cash, water, and a jacket.

116114	S	12/10	10:00am-6:00pm	\$20
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Location: Six Flags Discovery Kingdom

PAL Movie Day

Ages 7-18

Watch the newest movies on the big screen with your friends. Meet at Brenden Theater. Movie times TBD week of.

115949	W	12/22	3:00-6:00pm	\$10
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115952	W	12/29	3:00-6:00pm	\$10
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115953	W	1/5	3:00-6:00pm	\$10
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115954	W	2/23	3:00-6:00pm	\$10
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Location: Vacaville Brenden Theatre

PAL Holiday Ugly Sweater Party!

Ages 7-18

Celebrate the end of the year and the holiday season with PAL. Play some cool games and win prizes. Fun for the entire family! What better way to celebrate the holidays, than the PAL way!

115936	F	12/23	5:30-7:30pm	FREE
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Location: McBride Senior Center

PAL Feast with the Finest

Ages 7-18

Come take a tour of Vacaville's Police Department and enjoy a slice or two of pizza after the tour. Pickup at RoundTable Pizza at 880 Alamo Drive.

115933	W	12/28	3:00-5:00pm	FREE
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Location: Vacaville Police Department



6th Grade Events

6th graders bring your friends and get your boogie on! This awesome event is open to all 6th grade Vacaville students. The event includes DJ music, dancing and games. Concessions available at a nominal cost. Parent chaperones/volunteers needed. Please call 469-4000 if interested. Only parent/guardian will be permitted to purchase tickets and proof of grade is required for ticket purchase for first time participants (**Current school ID or last year's report card, STAR testing paperwork, yearbook photo showing child was a 5th grader during last school year**).

Participants must be picked up by 9:30pm. Late fee will be charged for children who are picked up after this time.

Party Like it's 2-0-1-7

Get ready to celebrate with us! Party hats and favors will be handed out. Happy 2017!

Registration Deadline 1/6

116116 F 1/13 7:00-9:30pm \$10
 Location: Ulatis Community Center
 Late Fee: \$5 after registration deadline

Cupid Shuffle Bash!

Last day to purchase Valentine's Day Grams is 2/8/17.

Cupid Shuffle Bash!

Registration Deadline 2/3

116117 F 2/10 7:00-9:30pm \$10
 Location: Ulatis Community Center
 Late Fee: \$5 after registration deadline



New! Sacramento Kings Trips!

Join officers for a fun night cheering on the Sacramento Kings! **Dates TBD. Aligned with the NBA game schedule.** Transportation provided. Meet at McBride Senior Center at 1:00 p.m.

Location: Golden 1 Center, Sacramento \$50

New! Street Smarts Self-Defense

Ages 12-17

This NEW "Daily Situational Awareness" self-defense system includes Karate, Judo, Aikido, and Judo techniques. Avoid being a victim by learning this self-defense system along with Crime Awareness, Crime Prevention, and Situation Awareness. This monthly continuous course provides advancement certificates and color T-shirt levels just like traditional Martial Arts concepts. Master Greg is a retired military policeman and Investigator Supervisor, was a bodyguard for President Bush Sr. in 1992, has been on various T.V. shows, and achieved numerous Martial Arts competition awards.

116128 M 12/5-12/26 6:00-7:00pm \$46
 Instructor: World Champion Master, Greg Trumbull
 Location: McBride Senior Center

Teen Girls Self Defense Course

Grade: 6-12

A self defense class geared for teenage girls, to protect themselves if any situation arises in which they need to defend themselves. This class is **ONLY** for girls in the 6-12th grades. Come learn from World Champion Master, Greg Trumbull.

116121 F 12/2-12/30 6:00-7:00pm \$40
 Instructor: World Champion Master, Greg Trumbull
 Location: McBride Senior Center

Driver's Education On-Line

Ages 15-17

Learn the rules of the road, major causes of traffic collisions, DMV procedures and much more. Receive DMV-approved Certificate of Completion (OL237) required for teens under 17 ½ years old to obtain a learner's permit and driver's license. Students can study from the convenience of home, learn at their own pace, start where they've left off and take the final exam as many times as needed. A licensed instructor is available to answer any questions. Registration is continuous, sign up any time. After registering on-line, please call 469-6660.

116120 Continuous \$49
 Instructor: Safety Driver's Ed

Water Fitness

Water Aerobics

M-S 9:00-10:00am
Starting 10/3 MW 7:00-8:00pm

Water Aerobics is designed to be a fun gravity free workout which uses the resistance of water to provide strength training and aerobic conditioning through a full range of motion for people of all fitness levels. Aqua belts and barbells are available on a first come, first served basis.

Deep Water Exercise

M-F 8:00-8:55am

Deep Water Aerobics combines a non-impact, full body workout to challenge all participants. Improve your strength, endurance, flexibility, and well-being in this exhilarating 55 minute class. Aqua belts and barbells are available on a first come, first served basis.

Lap Swim Hours

M-Th 5:30-8:00am
 11:00am-1:00pm
Starting 12/5 MW 7:30-9:00pm
 F 5:30-8:00am
 11:00am-1:00pm
 SSu 11:00am- 1:00pm

Swimming laps helps burn calories and tone muscles. Give it a try and see what an unbelievable and effective workout you will receive. Kick board availability on a first come-first serve basis. Bring your own fins, goggles and pull buoys. Circle swimming may be required depending on the lane availability.

Lap Swim & Water Fitness Costs

Purchase Water Fitness passes at Three Oaks and Ulatis Community Centers and McBride Senior Center. Passes are good for one year.

Age	Per Visit	Fitness Passes
13-54	\$6.25	10 visits \$55
		30 visits \$125
55/up	\$5.25	10 visits \$42
		30 visits \$95

New! Discover SCUBA

Ages 10+

Learn to dive and start to explore! Although this is not an actual scuba certification, you'll learn how to use scuba equipment in shallow water! This is a quick and easy introduction to what it takes to explore the underwater world. Class begins with 1 hour orientation session followed by 3 hour in-water session. There is an additional \$10 materials fee. Equipment, books, and materials included.

115553	S	1/14	9:00am-1:00pm	\$50
115554	S	2/18	9:00am-1:00pm	\$50
115552	S	3/11	9:00am-1:00pm	\$50

Location: Three Oaks Community Center & Graham Aquatic Center

Lifeguard Training

Ages 15+

Lifeguards provide safety and security to aquatics participants and are first responders who must know adult, child and infant CPR, pool and water safety rescues, as well as first aid and emergency response procedures. Participants interested in enrolling must be at least 15 years old by the end date of the course. All participants are required to pass a pre-course swimming test during the first class and pass both a written and skill test prior to obtaining certifications. Those who successfully complete the course will receive certifications for the American Red Cross Lifeguard Training, CPR for the Professional Rescuer, and First Aid.

115543	SSu	1/21-1/29	9:00am-5:00pm	\$225
115544	M-Th	2/20-2/23	9:00am-5:00pm	\$225
116148	M-Th	4/17-4/20	9:00am-5:00pm	\$225

Lifeguard Review

Ages 15+

Our lifeguarding review course is for those participants who need to renew their American Red Cross Lifeguarding and CPR/AED/ First Aid certifications. A copy of the expired certification must be provided during the training.

115546	ThF	1/14-1/15	9:00am-3:00pm	\$100
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POOL CLOSED

The pool will be closed the following days due to holidays and special events. No programs will be conducted.

November 24,25 December 24,25 January 1 February 25,26

Open Gym for Little Ones

Ages 1-6

Bounce around and get your wiggles out with us. You and your little one can drop in and have fun together while staying active and fit. Open Gym ages are extended to children over age six while are under the supervision of a parent/guardian with the approval of Vacaville Gymnastics staff. **Children require adult chaperone.**

TTh 12:00-2:00pm \$6 child, \$1 Adult

Open Gym

Age 15+

This open gym opportunity is for those interested in extra gymnastics practice and those interested in using our unique facility to work out and stay fit. You do not have to be enrolled in the gymnastics program to participate. **Participants under 18 require adult consent.**

Th 8:00-10:00pm \$10 at the door

Gymnastics Family Fun Nights

Located at the **Vacaville Recreation Center**
551 Davis Street & Porter Way

Our facility is open for you and your family to play every first and third Friday of the month. Children 5 and under require an adult chaperone out on the floor. This is a family event, parents and guardians are required to be present at all times.

F 12/16 6:00-8:00pm

F 1/6 6:00-8:00pm

F 2/3 6:00-8:00pm

F 2/17 6:00-8:00pm

\$6 per person

No Family Fun Night 12/2/16

Gymnastics Birthday Packages

All of our Gymnastics Birthday Packages now include UNLIMITED pit time!

Let Vacaville Gymnastics host your child's birthday celebration, playgroup activity, or sports party. A party at Vacaville Gymnastics includes activities for all ages. Our facility boasts two spring floors, a tumble track, bars, balance beams, an in-ground foam pit, and much, much more. All of our parties are two hours long, include a table and chair set-up, and accommodate 20 children. Each child over 20 is an additional \$8. Take the stress out of party planning and reserve your party today.

Reservations are made at any one of the community centers or on-line at www.cityofvacaville.com/RecWeb. For more information please call 449-6101 or e-mail us at GymParties@cityofvacaville.com.

Platinum Package - \$290

Includes UNLIMITED KIDS, paper products, four extra large round table pizzas, three 2-liter drinks, and 30 cupcakes from Sam's Club.

Gold Package - \$255

Includes paper products, 2 extra large Round Table pizzas, three 2-liter sodas, and 30 cupcakes from Sam's Club.

Silver Package - \$215

Includes 30 customizable cupcakes from Sam's Club.

Bronze Package - \$190

NOW available any day! Just the basics with the bronze package. Table and chair set up and helpful birthday party hosts.

Vacaville Gymnastics Closure Dates

The center will be closed the following days due to holidays and special events. No programs will be conducted.

November 23 - December 4
starts Wednesday evening
November 23

December 24-26

December 31

January 1

January 16

February 20

Super Hero Training Class

Recruitment now open! Sign up for the super hero training class. This gymnastics based program will train new superheros in the art of saving citizens and beating bad guys. Come be a part of this highly energetic class!

Ages 3-5

115710	W	12/7-1/11	4:00-4:55pm	\$73
115823	W	1/18-2/22	4:00-4:55pm	\$73
115711	Th	12/8-1/12	5:30-6:25pm	\$73
115824	Th	1/19-2/23	5:30-6:25pm	\$73

Ninja 101

Come and train like a ninja at Vacaville Gymnastics! This class is a blend of martial arts, tricking, break dancing and gymnastics. Participants will benefit from an increased understanding of kinetic movement and hand eye coordination.

Beginner - Ages 5-7

115606	T	12/6-1/10	4:30-5:25pm	\$73
115719	T	1/17-2/21	4:30-5:25pm	\$73
115604	W	12/7-1/11	5:00-5:55pm	\$73
115717	W	1/18-2/22	5:00-5:55pm	\$73
115605	Th	12/8-1/12	3:30-4:25pm	\$73
115718	Th	1/19-2/23	3:30-4:25pm	\$73

Beginner - Ages 8-12

115609	T	12/6-1/10	5:30-6:25pm	\$73
115722	T	1/17-2/21	5:30-6:25pm	\$73
115608	Th	12/8-1/12	4:30-5:25pm	\$73
115721	Th	1/19-2/23	4:30-5:25pm	\$73

New! Intermediate/Advanced - Ages 8+

115607	W	12/7-1/11	6:00-7:30pm	\$80
115720	W	1/18-2/22	6:00-7:30pm	\$80

Homeschool Gymnastics Course

Ages 7-12

Join other home school friends for some activities and a learning adventure! This is real gymnastics, forward and backward rolls, handstands and cartwheels! Gymnasts learn exciting new skills on the trampoline, bars, beam and floor! This is a 6 week course for all gymnastics skill levels.

115680	MW	12/5-1/11	11:00am-12:00pm	\$92
115793	MW	1/23-2/22	11:00am-12:00pm	\$84
115679	TTh	12/6-1/12	11:00am-12:00pm	\$100
115792	TTh	1/17-2/25	11:00am-12:00pm	\$100



New! Freedom of Movement

Ages 7+

This new class teaches the French discipline of parkour and the creative movements required to turn the world into your playground.

Beginner Ages 7+

115651	T	12/6-1/10	5:30-7:00pm	\$78
115764	T	1/17-2/21	5:30-7:00pm	\$78
115653	S	12/10-1/14	10:00-11:30am	\$52
115766	S	1/21-2/25	10:00-11:30am	\$78

Intermediate Ages 7+

115652	Th	12/8-1/12	5:30-7:00pm	\$85
115765	Th	1/19-2/23	5:30-7:00pm	\$85

Beginning Tumbling

Ages 7-17

This class starts with the basics and provides a great foundation for those who are interested in gymnastics, cheer, or dance. Great for overall fitness, flexibility, and coordination.

115610	T	12/6-1/10	5:30-6:30pm	\$72
115723	T	1/17-2/21	5:30-6:30pm	\$72
115611	W	12/7-1/11	6:00-7:00pm	\$72
115724	W	1/18-2/22	6:00-7:00pm	\$72

Power Tumbling

Ages 7-17

This is a tumbling class focusing on floor and trampoline work. This class is perfect for anyone looking to enhance their tumbling skills or focus on a particular skill, like the back handspring.

115701	M	12/5-1/9	7:00-8:15pm	\$66
115814	M	1/23-2/13	7:00-8:15pm	\$53
115702	W	12/7-1/11	7:00-8:15pm	\$79
115815	W	1/18-2/22	7:00-8:15pm	\$79

Gymnastic classes, camps, and activities are held at Vacaville Recreation Center located inside Vacaville Ice Sports at 551 Davis Street at Porter Way. For information call (707) 449-6101.

Rolly Pollies

Ages 1-2

This class provides a safe, fun, and unique way to bond with your tot! Children explore creative movement while increasing fine and gross motor skills. The emphasis is on socialization and group activity. This class also provides an opportunity for the parent/guardian to learn how to assist their tot in the use of gymnastics equipment. Parent/guardian participation is required.

Class Title Day/Times	Session I 12/5-1/14	Session II 1/17-2/25
Rolly Pollies - Ages 1-2		
M 9:00-9:45am	115704-\$53	115817-\$42
T 10:00-10:45am	115705-\$63	115818-\$63
Th 2:30-3:15pm	115707-\$63	115820-\$63
F 9:00-9:45am	115708-\$63	118821-\$63
S 9:00-9:45am	115706-\$53	115819-\$63

Climbing Caterpillars

Ages 2-3

Children will explore movement and increase coordination through climbing, jumping, swinging, and tumbling. Children enhance motor skills and are given the opportunity to socialize with children the same age.

Parents/guardians are given the opportunity to learn to help their tot use gymnastics equipment in a safe and fun environment. Parent/guardian participation required.

Class Title Day/Times	Session I 12/5-1/14	Session II 1/17-2/25
Climbing Caterpillars - Ages 2-3		
M 10:00-10:45am	115644-\$53	115757-\$42
T 11:00-11:45am	115646-\$63	115759-\$63
W 10:00-10:45am	115647-\$63	115760-\$63
Th 9:00-9:45am	115648-\$63	115761-\$63
Th 3:30-4:15pm	115649-\$63	115762-\$63
F 10:00-10:45am	115650-\$63	116763-\$63
S 10:00-10:45am	115645-\$53	115758-\$63

Preschool Series

Ages 3-6

This fun and exciting series of classes is progressive and designed for children ages 3-6. Children begin their adventure as a Bouncing Bear where the focus is on the basic building blocks of gymnastics. As your child increases in skill level they will move on to become a Jumping Jaguar where they will continue to increase strength, flexibility, and balance and strive to become kings and queens of the jungle as a Tumbling Tiger. Instructor consent is required.



Preschool Series

Class Title Day/Times	Session I 12/5-1/14	Session II 1/17-2/25
BOUNCING BEARS - AGES 3-5		
M 11:00-11:45am	115615-\$53	115728-\$42
M 4:00-4:45pm	115616-\$53	115729-\$42
M 5:00-5:45pm	115617-\$53	115730-\$42
T 9:00-9:45am	115618-\$63	115731-\$63
T 3:30-4:15pm	115619-\$63	115732-\$63
W 9:00-9:45am	115620-\$63	115733-\$63
W 3:00-3:45pm	115621-\$63	115734-\$63
Th 4:30-5:15pm	115622-\$63	115735-\$63
Th 5:30-6:15pm	115623-\$63	115736-\$63
F 11:00-11:45am	115624-\$63	115737-\$63
S 10:00-10:45am	115625-\$53	115738-\$63
S 11:00-11:45am	115626-\$53	115739-\$63
LEAPING LEOPARDS - AGES 3-5		
M 9:00-9:45am	115689-\$53	115802-\$42
M 5:00-5:45pm	115690-\$53	115803-\$42
M 6:00-6:45pm	115691-\$53	115804-\$42
T 10:00-10:45am	115692-\$63	115805-\$63
T 4:30-5:15pm	115693-\$63	115806-\$63
W 4:00-4:45pm	115694-\$63	115807-\$63
W 5:00-5:45pm	115695-\$63	115808-\$63
Th 10:00-10:45am	115696-\$63	115809-\$63
S 9:00-9:45am	115697-\$53	115810-\$63
JUMPING JAGUARS - AGES 3-6		
M 10:00-10:55am	115681-\$71	115794-\$57
M 6:00-6:55pm	115687-\$71	115800-\$57
T 3:30-4:25pm	115682-\$85	115795-\$85
W 5:00-5:55pm	115683-\$85	115796-\$85
W 6:00-6:55pm	115684-\$85	115797-\$85
Th 4:30-5:25pm	115685-\$85	115798-\$85
F 10:00-10:55am	115686-\$85	115799-\$85
S 9:00-9:55am	115688-\$71	115801-\$85

Preschool Series Continued

Preschool Series

Preschool Series			
Class Title		Session I	Session II
Day/Times		12/5-1/14	1/17-2/25
TUMBLING TIGERS - AGES 3-6			
M	3:00-3:55pm	115712-\$71	115825-\$57
T	4:30-5:25pm	115715-\$85	115828-\$85
W	5:00-5:55pm	115713-\$85	115826-\$85
Th	11:00-11:55am	115716-\$85	115997-\$85
S	10:00-10:55am	115714-\$71	115827-\$85



School Age Series - Ages 6-17

These classes are progressive and help to develop physical fitness and self confidence. Our program is based on the USAG Jr. Olympic Program and follows USAG guidelines. These classes are non-competitive and achievement oriented. All participants must begin by enrolling in our Beginner classes. Instructor consent is required for all other school age class offerings.

School Age Series

School Age Series			
Class Title		Session I	Session II
Day/Times		12/5-1/14	1/17-2/25
GIRLS BEGINNER - AGES 6-17			
M	4:00-4:55pm	115660-\$71	115773-\$57
M	6:00-6:55pm	115662-\$71	115775-\$57
T	3:30-4:25pm	115663-\$85	115776-\$85
W	4:00-4:55pm	115664-\$85	115777-\$85
W	6:00-6:55pm	115665-\$85	115778-\$85
Th	4:30-5:25pm	115666-\$85	115779-\$85
Th	5:30-6:25pm	115667-\$85	115780-\$85
S	11:00-11:55am	115661-\$71	115774-\$85
BOYS BEGINNER - AGES 6-17			
M	4:00-4:55pm	115630-\$71	115743-\$57
T	4:30-5:25pm	115631-\$85	115744-\$85
W	5:00-5:55pm	115632-\$85	115745-\$85
S New!	11:00-11:55am	116602-\$71	116603-\$57
GIRLS ADVANCED BEGINNER - AGES 6-17			
M	5:00-5:55pm	115658-\$71	115771-\$57
T	4:30-5:25pm	115654-\$85	115767-\$85
W	4:00-4:55pm	115655-\$85	115768-\$85
Th	3:30-4:25pm	115656-\$85	115769-\$85
Th	6:30-7:25pm	115657-\$85	115770-\$85
S	11:00-11:55am	115659-\$71	115772-\$85



School Age Series Con't

School Age Series Con't			
Class Title		Session I	Session II
Day/Times		12/5-1/14	1/17-2/25
BOYS ADVANCED BEGINNER - AGES 6-17			
M	6:00-6:55pm	115629-\$71	115742-\$57
W	4:00-4:55pm	115627-\$85	115740-\$85
Th	4:30-5:25pm	115628-\$85	115741-\$85
GIRLS INTERMEDIATE - AGES 6-17			
T	5:30-7:00pm	115668-\$118	115781-\$118
W	6:00-7:30PM	115669-\$118	115782-\$118
Th	5:30-7:00pm	115670-\$118	115783-\$118
BOYS INTERMEDIATE - AGES 6-17			
Th	5:30-7:00pm	115633-\$118	115746-\$118
GIRLS INTERMEDIATE ADVANCED - AGES 6-17			
MW	6:00-7:30pm	115671-\$150	115784-\$136
TTh	5:30-7:00pm	115672-\$163	115785-\$163
BOYS INTERMEDIATE ADVANCED - AGES 6-17			
TTh	5:30-7:00pm	115634-\$163	115747-\$163

Cheerleading

These classes cover it all and are great for those who may want to pursue high school cheerleading or competitive cheerleading some day. Areas of focus include motions, jumps, tumbling, sideline cheers, and dance routines.

Beginners I - Ages 5-8

115640	M	12/5-1/9	5:00-5:55pm	\$71
115753	M	1/23-2/13	5:00-5:55pm	\$57

Beginners II - Ages 9-14

115641	M	12/5-1/9	6:00-6:55pm	\$71
115754	M	1/23-2/13	6:00-6:55pm	\$57

Intermediate I - Ages 5-8

115642	W	12/7-1/11	5:00-6:25pm	\$118
115755	W	1/18-2/22	5:00-6:25pm	\$118

Intermediate II - Ages 9-14

115643	W	12/7-1/11	6:30-8:00pm	\$118
115756	W	1/18-2/22	6:30-8:00pm	\$118



Vacaville Gymnastics Girls & Boys Team Program

Vacaville Gymnastics Team members learn the routines and skills required to compete in the USA Gymnastics Junior Olympic program. They spend time gaining strength, flexibility and learning the skills necessary to compete with confidence.



Private & Semi-Private Lessons

All Ages

Does your child learn better in a one-on-one class setting? We provide private and semi-private lessons to fit your busy schedule. You receive 6 lessons per package that are 45 minutes in length. Semi-private lessons are for two or more participants. Single lessons are available for \$30 each. Please call 449-6101 before registering.

Private Lessons

115703	12/5-1/14	\$158
115816	1/17-2/25	\$158

Semi-Private Lessons

115709	12/5-1/14	\$79
115822	1/17-2/25	\$79

Pre-Team Series

This series of classes is designed for students interested in, and capable of, working towards competitive gymnastics. These classes represent Jr. Olympic levels 1 through 3. Participation is by invitation only. If interested in an evaluation, please call 449-6101.

Lil'Vipers - Ages 2-3

115698	M	12/5-1/9	6:00-6:45pm	\$53
115811	M	1/23-2/13	6:00-6:45pm	\$42

Girls Pre-Team A - Ages 3-5

115676	TTh	9/13-10/20	3:30-4:30pm	\$142
115789	TTh	10/25-11/17	3:30-4:30pm	\$142

Girls Pre-Team B - Ages 5-6

115677	TTh	12/6-1/12	4:30-6:00pm	\$170
115790	TTh	1/17-2/23	4:30-6:00pm	\$170

Girls Pre-Team C - Ages 7-12

115678	TTh	12/6-1/12	6:00-7:30pm	\$170
115791	TTh	1/17-2/23	6:00-7:30pm	\$170

Boys Pre-Team A - Ages 3+

115637	TTh	12/6-1/12	3:30-4:30pm	\$142
115750	TTh	1/17-2/23	3:30-4:30pm	\$142

Boys Pre-Team B - Ages 4+

115638	TTh	12/6-1/12	4:30-6:00pm	\$170
115751	TTh	1/17-2/23	4:30-6:00pm	\$170

Boys Pre-Team C - Ages 5+

115639	TTh	12/6-1/13	6:00-7:30pm	\$220
	F		3:45-5:45pm	

115752	TTh	1/17-2/24	6:00-7:30pm	\$220
	F		3:45-5:45pm	

Location: Vacaville Recreation Center



GEORGIE DUKE SPORTS CENTER

720 E. MONTE VISTA AVE

FOR INFORMATION CALL 707-449-6285

DAYS AND TIMES ARE SUBJECT TO CHANGE.

\$4 - Adults; \$3 - Youth

SPORT	AGE	DAY	TIME
BASKETBALL	12-17	M	3:00-5:45pm
		TWTh	3:00-5:00pm
		F	3:00-5:30pm
BASKETBALL	18+	W	12:00-3:00pm
		Su	6:00-9:00pm
BASKETBALL	35+	Su	6:00-9:00pm
		M	6:00-9:00pm
BADMINTON	12-Adults	TTh	8:00am-1:00pm
		F	6:00-10:00pm
		S	5:00-9:00pm
BADMINTON	18+	Su	2:00-5:45pm
		M-Th	6:30-8:30pm
Boxing & Cardio	18+	M-Th	6:30-8:30pm

Activity times may vary depending upon Youth and Adult Basketball League Schedules

Karate/Self-Defense

Ages 14+

Reyes Kenpo Karate will help you gain confidence, stamina, strength, a positive self-image, and respect for others and self. Mental discipline, self-respect, physical health and personal safety are the focus of this course, within the realm of Self Defense. Students will learn proper offensive and defensive Karate maneuvers including blocks, grabs, takedowns, kicks. Coed classes are intermixed with beginning students, advanced students, and training Black Belts. Attending classes twice a week is advised for belt progression.

Co-ed Karate

116641	M	1/2-3/20	6:00-8:00pm	\$71
116642	W	1/4-3/22	6:00-8:00pm	\$71
116643	MW	1/2-3/22	6:00-8:00pm	\$141

Women's Self Defense

116644 T 1/3-3/21 7:30-8:30pm \$51

Instructor: Professor Alan Reyes & Staff

Location: Three Oaks Community Center



New! Zumba & Zumba Toning

Age 15+

Location: Ulatis Community Center

Instructor: Claudia Cabrera

Daily Drop-in: \$7

ZUMBA® is perfect for everybody! ZUMBA® combines Latin and International music with a variety of easy to follow dance styles, calorie burning, fun and effective! It is exercise in disguise. No dance experience necessary. First class is free for participants!

116700 M Dec 6:15-7:15pm \$25

116701 M Jan 6:15-7:15pm \$25

116702 M Feb 6:15-7:15pm \$25

ZUMBA® Toning takes your dance-fitness class to the next level by adding some toning and sculpting to an exhilarating workout. The class uses ZUMBA® Toning Sticks (1-2.5 lbs) targeting the arms, core and lower body.

116703 W Dec 6:15-7:15pm \$25

116704 W Jan 6:15-7:15pm \$25

116705 W Feb 6:15-7:15pm \$25

*A one-time materials fee of \$15 for a set of Zumba Toning Sticks is due to the instructor at the participants first class.

Zumba & Zumba Toning Combo

116706 MW Dec 6:15-7:15p \$45

116707 MW Jan 6:15-7:15p \$45

116708 MW Feb 6:15p-7:15p \$45

Yoga Basics

Ages 18+

This class provides safe instruction and opportunities to practice basic beginner yoga poses. Students gain knowledge, strength, and flexibility with consistent practice. No prior knowledge of yoga is needed. It is recommended that students dress comfortably to be able to come down to the floor. Drop-in available.

107979 M 1/9-1/30 6:30-7:30pm \$37

107980 M 2/6-2/27 6:30-7:30pm \$37

Instructor: Tina Clay, Registered Yoga Teacher

Location: Ulatis Community Center

No Class: 1/16, 2/20



Pilates Barre

Ages 18+

Barre classes integrate the fat-burning format of interval training with muscle-shaping isometrics to quickly and safely reshape the body. Our non-impact, workout targets all major muscle groups. The result is sculpted arms, flat abs, a lifted seat, and elongated thighs. This workout also emphasizes mental focus as muscles are strengthened and then stretched to create a longer, leaner physique. Drop-in available.

114862 T 12/6-12/27 6:00-7:00pm \$34

114863 T 1/3-1/31 6:00-7:00pm \$42

114864 T 2/7-2/28 6:00-7:00pm \$34

Instructor: Lewis Allen, Certified Personal Trainer

Location: McBride Senior Center

Archery

Age 14+

In order to qualify for Intermediate archery, participants under the age of 14 must have completed beginner archery and received Safety, Equipment, and Form merit tags. Intermediate archery will focus on shot execution at multiple distances.

Intermediate Archery

115182	M	1/9-1/30	5:00-6:00pm	\$59
115186	M	2/6-2/27	5:00-6:00pm	\$59

Advanced archers must have completed Intermediate archery and received the Shot Execution merit tag. Advanced archery will focus on scoring and competition style shooting.

Advanced Archery

116716	M	1/9-1/30	6:30-7:30pm	\$59
116720	M	2/6-2/27	6:30-7:30pm	\$59

Instructor: Kevin Yost, USA Archery Level 2 Instructor
Location: TBD

Basketball League

Age 18+

Join the best adult 5 on 5 rec basketball league in Solano County. We welcome teams of all levels of competition. Our league features a full court, two officials, and scoreboards. Each team is guaranteed a minimum of 7 games, plus possible playoff games.

Die Hard League

Registration Deadline 11/14

Late Registration Deadline 11/21

Manager's Meeting - 11/23 - 6:15pm - Three Oaks

111571	Su
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Winter League

Registration Deadline 1/23

Late Registration Deadline 1/30

Manager's Meeting - 2/2 - 6:15pm - Three Oaks

League begins the week of 2/8

116150	Wednesday evening
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Fee: \$385/team
Late Fee: \$25 after registration deadline
Location: Georgie Duke Sports Center



Volleyball League

Age 18+

Bump, Set and Spike yourself up for a great time playing in one of our volleyball leagues! Whether you were a college champion, or a recreational volleyball player, we have a league for you. Our league provides physical fitness opportunities and camaraderie in a fun, competitive environment, so bring a friend, get some exercise and have fun! Each team is guaranteed a minimum of 7 games, plus possible playoff games.

Die Hard League

Registration Deadline 11/14

Late Registration Deadline 11/21

Manager's Meeting - 11/23 - 5:30pm - Three Oaks

111579	M	Women
111580	M	Coed

Winter League

Registration Deadline 1/23

Late Registration Deadline 1/30

Manager's Meeting - 2/2 - 5:30pm - Three Oaks

League begins the week of 2/5

116152	M	Women
116151	Th	Coed

Fee: \$275/team
Late Fee: \$25 after registration deadline
Location: Vacaville Recreation Center

Softball League

Age 18+

USA Softball is back! Join the best recreation softball program in Northern California. Multiple divisions are offered for all skill levels. Leagues are offered six nights a week with each team guaranteed a minimum of 7 games, plus possible playoff games. Get your glove, cleats, and bat and join the fun.

Registration Deadline 2/13

Late Registration Deadline 2/20

Manager's Meeting 2/23, 5:30pm Three Oaks

League begins the week of 2/26

116137	Su	Coed
116138	M	Men
116139	T	Coed
116140	W	Women
116141	W	Men 50+
116142	W	Men Modified
116143	Th	Men
116144	F	Men

Fee: \$499
Late Fee: \$25 after registration deadline
No Games: 4/16
Location: Al Patch Park & Nelson Park

Attention! No Winter Flag Football Season in 2017 due to field improvements

Spring Flag Football League

Ages 18+

Come out and play one of the most exciting brands of football around. This 5-on-5, non-contact passing league opens the field for lots of scoring. Everyone is eligible in this league and with smaller rosters than regular football; everyone can be a 'two-way ironman' to get plenty of exercise.

Registration Deadline: 3/20

Late Registration Deadline: 3/27

Managers Meeting: 3/30, 5:30pm Three Oaks

League begins: 4/1

116398	Saturday afternoon
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League Fee: \$399
Late Fee: \$35 after registration deadline

Ballet Classes

Ages 3-18

McBride Senior Center

instructor Oxana Sazonova Marin, Aplomb Ballet

No Class: 1/6, 2/20

Pre-Ballet Classes

Ages 3-18

Here is an introductory level class to the world of dance. All new students must enroll in this level before moving to the next level. In order to be placed in an appropriate level, children ages 3-7 from other ballet schools should also start from this level. Both girls and boys are welcome!

Pre-Ballet 1 - Age 3-18

111622	MF	12/2-12/19	4:50-5:25pm	\$31
111623	F	1/13-1/27	4:50-5:25pm	\$31
111624	F	2/3-2/24	4:50-5:25pm	\$41

Children continue to be exposed to the world of dance. They learn how to control their bodies better through a variety of elementary ballet movements and stretches. Prerequisite: Pre-Ballet 1 or instructor approval required to register for this level.

Pre-Ballet 2 - Age 3-18

111625	MThF	12/5-12/16	4:00-4:35pm	\$46
111626	M	1/9-1/30	4:00-4:35pm	\$35
111627	M	2/6-2/27	4:00-4:35pm	\$35

Children in this class learn rhythm and coordination through more complex dance movements. In addition students learn about proper body placement and stretches to help gain control and coordination for more challenging steps. Prerequisite: Pre-Ballet 1 and 2 or instructor approval required to register for this level.

Pre-Ballet 3 - Age 5-18

111628	MThF	12/5-12/16	4:40-5:25pm	\$51
111629	M	1/9-1/30	4:40-5:25pm	\$39
111630	M	2/6-2/27	4:40-5:25pm	\$39

Ballet 1

Ages 7-18

In this class, we dedicate more time to the classical ballet barre workout which is essential for dancers of any style. Emphasis is on proper placement of the head, back, arms, legs, and feet. We also continue to work on the flexibility of legs and upper body. During the course, students get to learn more complex choreography. Prerequisites: Pre-Ballet 1-3. Instructor's approval needed in order to register for this level.

115566	W-F	12/7-12/16	4:30-5:25pm	\$61
115567	W	1/11-1/25	4:30-5:25pm	\$46
115568	W	2/1-2/22	4:30-5:25pm	\$61

Advanced Ballet

Ages 12+

This level emphasizes development of technique, musicality, and proper placement. Full barre and center exercises along with stretching exercises help students to gain strength and improve their flexibility. Throughout this course students develop self-discipline, poise and grace. Students enrolling in this level must have 3-5 years of dance experience.

111616	MWThF	12/2-12/16	5:30-7:00pm	\$105
111617	MWF	1/9-1/30	5:30-7:00pm	\$117
111618	MWF	2/1-2/27	5:30-7:00pm	\$143



Western Line Dance Classes

Ages 18+

Newcomers & Beginners

If you have never done line dancing before, this class will get you started. Learn the basic steps to most of the beginner dances and then progress to the next level class.

109693	W	12/7-12/21	2:00-3:00pm	\$22
109694	W	1/4-1/25	2:00-3:00pm	\$29
109695	W	2/1-2/22	2:00-3:00pm	\$29

Beginner Level 2 & Intermediate

Exercise your mind and body while making friends on the dance floor. Beginners have fun learning basic line dances at a slow pace. Intermediate class follows with fast paced and high energy dances that increase confidence and knowledge. Students must know how to line dance to participate in the intermediate portion of class.

109696	Th	12/1-12/15	1:30-3:00pm	\$22
109697	Th	1/5-1/26	1:30-3:00pm	\$29
109698	Th	2/2-2/23	1:30-3:00pm	\$29

Instructor: Eve Holmes

Location: Ulatis Community Center

Hip Hop Classes

Ages 3-14

Preschool - Ages 3-6

Yes, a Hip Hop class just for preschool children. Have lots of fun learning basic Hip Hop moves - styles to great Hip Hop music. Children will learn to clap with the beat, enhance coordination and be creative with a variety of moves.

115447	F	1/6-1/27	10:00-10:45am	\$58
115448	F	2/3-2/24	10:00-10:45am	\$58
115458	S	1/7-1/28	10:00-10:45am	\$58
115449	S	2/4-2/25	10:00-10:45am	\$58

Beginner/Adv - Ages 7-14

Let's get down! This class will focus on learning variations of popular Hip Hop styles while challenging students to use their creativity and develop self-confidence in a comfortable environment. Children will learn to socialize, and develop confidence while having lots of fun.

115450	T	1/3-1/24	5:00-5:45pm	\$46
115457	T	2/7-2/28	5:00-5:45pm	\$46
115452	S	1/7-1/28	11:00am-11:45am	\$46
115462	S	2/4-2/25	11:00am-11:45am	\$46

New! Hip Hop Dance/ Exercise Class for Adults

Ages 18+

A Hip Hop class for adults is finally here! You will enjoy this awesome class learning new and "old school" Hip Hop dance moves to great music. We will be dancing the Electric Slide and current dances like Dlow Shuffle all the while getting exercise and having lots of fun!

115465	T	1/3-1/24	6:00-7:00pm	\$39
115466	T	2/7-2/28	6:00-7:00pm	\$39
115467	Th	1/5-1/26	6:00-7:00pm	\$39
115468	Th	2/2-2/23	6:00-7:00pm	\$39

Instructor: Renee Day Roa
Location: Ulatis Community Center (Tuesday)
Three Oaks Community Center (Thursday, Friday & Saturday)

Princess Divas

Ages 3-6

Come join us for a magical journey as your child learns the basic steps of jazz, ballet, and lyrical moves along with creativity and coordination. Children will dance to princess and jazz music while wearing princess costumes.

115469	F	1/6-1/27	9:00-9:45am	\$60
115470	F	2/3-2/24	9:00-9:45am	\$60
115471	S	1/7-1/28	9:00-9:45am	\$60
115472	S	2/4-2/25	9:00-9:45am	\$60

Instructor: Renee Day-Roa
Location: Three Oaks Community Center

Tippy Two-Two's

Ages 2-3

Enhance your child's creativity with fun music, games and props. Children learn socialization skills, and gain self-confidence while having FUN! Great way to instill the love of music and dance in your little one's life.

115474	F	1/6-1/27	11:00-11:45am	\$61
115475	F	2/3-2/24	11:00-11:45am	\$61

Instructor: Renee Day-Roa
Location: Three Oaks Community Center

New! Broadway Music4Kids Choir - Alice in Wonderland

Ages 5-12

Join the FUN singing and moving to music! Learn stage presence and self-confidence while singing fun Broadway theater style songs. An emphasis is placed on technique, music notation and the appreciation of music. Students have an opportunity to try out for solos. Each class session focuses on a specific children's musical and ends with a student performance on Sunday, February 26 from 2:00 to 3:00 p.m.

115234	T	1/17-2/21	6:30-8:00pm	\$156
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Instructor: Lone Romagosa, BA Music, MS Education
Location: Three Oaks Community Center

Voice Classes

Ages 8-Adult

Discover techniques to prepare and equip yourself to be the best vocalist you can be. Classes include vocal exercises, class participation, and performances, including all styles, from classical through contemporary. Instructor provides materials list at first class. Registration deadline is the Friday before the start of each session.

Voice Class - Ages 8-11

109627	T	12/6-12/20	4:30-5:15pm	\$43
109628	T	1/10-1/31	4:30-5:15pm	\$57
109629	T	2/7-2/28	4:30-5:15pm	\$57

Voice Class - Ages 12-17

109630	T	12/6-12/20	6:00-6:55pm	\$43
109631	T	1/10-1/31	6:00-6:55pm	\$57
109632	T	2/7-2/28	6:00-6:55pm	\$57

Voice Class - Ages 18+

109633	T	12/6-12/20	7:00-7:55pm	\$43
109634	T	1/10-1/31	7:00-7:55pm	\$57
109635	T	2/7-2/28	7:00-7:55pm	\$57

Instructor: Anna Combs-Johnson, Masters in Vocal Arts
Location: McBride Senior Center

**Private Voice Lessons**

Ages 8-Adult

Student receives individual 30 minute lessons with applicable vocal techniques to aid and encourage them in all styles from classical through contemporary.

30 minute sessions

Mondays	4:00-7:00pm	\$129/4-wk
Instructor:	Anna Combs-Johnson, Masters in Vocal Arts	
Location:	McBride Senior Center	

New! Bead-Dazzled Jewelry Classes

Ages 10-18

Express yourself and learn how to create artistic jewelry pieces. This class allows students to make simple pieces of jewelry while learning basic techniques to manipulate the beading string and get different effects. Materials for this class are included.

115225	Th	12/5-12/29	4:30-5:30pm	\$60
115226	Th	1/5-1/26	4:30-5:30pm	\$60
115227	Th	2/2-2/23	4:30-5:30pm	\$60
Instructor: Rayna Jones				
Location: Three Oaks Community Center				



New! Watercolor Painting with Misuk

Ages 18+

You will learn the characteristics of watercolor paintings, how to mix colors, and create desirable compositions to complete your own painting. The course covers the fundamentals and essential techniques of watercolor painting. Each class is structured into four parts: 15-20 minutes lecture, 30-45 minutes of demonstration, and one hour of student's painting and critique time. Ideal class for beginners and intermediate painters.

115257	Th	1/5-1/26	6:00-8:00pm	\$71
115258	Th	2/2-2/23	6:00-8:00pm	\$71
Instructor: Misuk Goltz				
Location: McBride Senior Center				

New! Realistic Drawing

Ages 13+

This beginner/intermediate level course involves drawing what you observe. A reference photo is converted to a black and white drawing. Instruction covers new and different observation skills, proper tools and equipment, gridding, value scale, accurate spacing and placement, graphite application and shading, proper sequence, and proper storing, handling, and framing of artwork.

Level 1

115157	W	1/4-1/25	6:00-8:00pm	\$101
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Take your drawing skills to the next level. Intermediate/advanced students review drawing techniques from Level 1 class, plus more in-depth knowledge and focus on extreme details. Emphasis is placed on the elements of texture and form, strong tonal range, and layering.

Prerequisite: Level 1 Class.

Level 2

115158	W	2/1-2/22	6:00-8:00pm	\$151
Instructor: Jonathan Gonzales				
Location: Ulatis Community Center				

Oil Painting Made Easy

Ages 18+

A great interactive class that offers demonstrations on oil color mixing and step-by-step guidance to walk you through painting a masterpiece of your own. Learn how to see values and mix color that reflects different values. No prior experience is necessary. Supply list available at time of registration.

114932	T	12/6-12/27	6:00-8:30pm	\$81
114933	T	1/10-1/31	6:00-8:30pm	\$81
114934	T	2/7-2/28	6:00-8:30pm	\$81

Instructor: Holly Liu
 Location: Ulatis Community Center
 Material Fee: \$10 materials fee is due at the first class

Drawing with Colored Pencils for Youth

Ages 7-14

Here is a fun interactive class that teaches basic drawing skills and colored pencil shading techniques. Students are guided to complete beautiful works of their own. No prior drawing experience is necessary.

114926	F	1/13-1/27	4:00-5:30pm	\$35
114927	F	2/3-2/24	4:00-5:30pm	\$46

Instructor: Holly Liu
 Location: Ulatis Community Center

General Music Information

Classes are progressive and repeatable and taught by Lone Romagosa, BA Music, MS Education. December class sessions are two weeks and focus on holiday music with a performance on Saturday, December 17, 2:00-5:00 p.m. **All classes require a one-time \$15 materials fee at first class meeting and are held at Three Oaks Community Center.**
No Class: 1/16, 2/20



Play4Fun Piano - Adults Beginning - Intermediate

Ages 18+

Have you always wanted to learn how to play the piano or keyboard or have a desire to get back into playing? Explore a variety of musical styles and keyboard skills within a small and supportive group setting. Course includes keyboard exercises that develop finger dexterity, music reading, notation, and theory. All levels are welcome.

115250	M	12/5-12/12	7:30-8:20pm	\$31
115251	M	1/9-1/30	7:30-8:20pm	\$46
115252	M	2/6-2/27	7:30-8:20pm	\$46



Piano Classes for Kids & Teens

Ages 6-17

Want to learn to play piano or keyboard? Here is your chance to play fun songs and learn to read music and chords. Students play both current music and classical tunes. Class includes piano technique, note reading, rhythms, theory, and orchestration. Continuing piano students will be able to participate in recitals and competitions. Having a keyboard instrument at home is not necessary for the level 1 class, but is required for all other levels. Keyboard rentals available. Register a week in advance to insure availability.

Keyboard Kids Level 1 - 6-17yrs

115237	W	12/7-12/14	3:30-4:20pm	\$31
115238	W	1/11-1/25	3:30-4:20pm	\$46
115235	W	2/1-2/22	3:30-4:20pm	\$61

Keyboard Kids Level 2 - 6-17yrs

115239	W	12/7-12/14	4:30-5:20pm	\$31
115240	W	1/11-1/25	4:30-5:20pm	\$46
115241	W	2/1-2/22	4:30-5:20pm	\$61

Keyboard Kids Level 3 - 7-17yrs

115242	W	12/7-12/14	5:30-6:20pm	\$31
115243	W	1/11-1/25	5:30-6:20pm	\$46
115244	W	2/1-2/22	5:30-6:20pm	\$61

Keyboard Kids Level 4 - 7-17yrs

115236	T	12/6-12/13	3:30-4:20pm	\$31
115245	T	1/10-1/31	3:30-4:20pm	\$61
115246	T	2/7-2/28	3:30-4:20pm	\$61

Keyboard Kids Level 5 ~ 7-17yrs

115253	T	12/6-12/13	4:30-5:20pm	\$31
115254	T	1/10-1/31	4:30-5:20pm	\$61
115255	T	2/7-2/28	4:30-5:20pm	\$61

Intermediate/Advanced Piano ~ 8-17yrs

115247	T	12/6-12/13	5:30-6:20pm	\$31
115248	T	1/10-1/31	5:30-6:20pm	\$61
115249	T	2/7-2/28	5:30-6:20pm	\$61

Music for Little Mozarts

Ages 3-7

Music experiences in the introductory Music for Little Mozarts program develop general musicianship skills in listening, singing, playing classroom instruments (rhythmic activities), and structured and expressive movement. Understanding musical symbols and vocabulary are incorporated into each lesson.

Introductory Class - Ages 3-5

115288	Th	12/8-12/15	11:00-11:50am	\$31
115289	Th	1/12-1/26	11:00-11:50am	\$46
115290	Th	2/2-2/23	11:00-11:50am	\$61

A first introduction to playing piano for young students. Singing and listening skills are developed simultaneously with an appreciation of musical styles. The course centers around the adventures of Beethoven Bear and Mozart Mouse and provides a balance between the discipline for playing instruments and the enjoyment of music-making.

Piano Level 1 - Ages 4-7

115282	M	12/5-12/12	3:30-4:20pm	\$31
115283	M	1/9-1/30	3:30-4:20pm	\$46
115284	M	2/6-2/27	3:30-4:20pm	\$46

Piano Level 2-3 - Ages 4-7

115285	M	12/5-12/12	4:30-5:20pm	\$31
115286	M	1/9-1/30	4:30-5:20pm	\$46
115287	M	2/6-2/27	4:30-5:20pm	\$46





Music4Everyone has partnered with Community Services to provide a multitude of music classes. Classes are progressive and repeatable and taught by Lone Romagosa, BA Music, MS Education. December class sessions are two weeks and focus on holiday music with a performance on Saturday, December 17, 2:00-5:00 p.m. **All classes require a one-time \$15 materials fee at first class meeting and are held at Three Oaks Community Center.**

No Class: 1/16, 2/20



Strings-R-Fun - Violin, Viola, Cello & Double Bass

Ages 6+

Great way to start playing a string instrument! Play solo songs and fun ensemble music. Students learn technique and musical notation and play popular tunes with accompaniment. A string instrument (violin, viola, cello or bass) is required. Violins can be rented for an additional fee. Register a week in advance for rentals to assure availability.

Strings-R-Fun Ensemble - Beginning, Ages 6+

115343	M	12/5-12/12	5:30-6:20pm	\$31
115344	M	1/9-1/30	5:30-6:20pm	\$46
115345	M	2/6-2/27	5:30-6:20pm	\$46

Strings-R-Fun Ensemble - Inter/Adv, 6+

115346	M	12/5-12/12	6:30-7:20pm	\$31
115347	M	1/9-1/30	6:30-7:20pm	\$46
115348	M	2/6-2/27	6:30-7:20pm	\$46

Violin Rental: \$25 - per session



Guitar Classes

Ages 6-Adult

Learn to play guitar in a fun, small class setting. Explore a variety of musical styles and guitar skills. Students play simple solo melodies and learn accompaniment styles. Class includes basic guitar technique, chords, and music notation. A guitar is required for this class.

Kids/Teens, Beginner, Ages 6-14

115334	Th	12/8-12/15	4:30-5:20pm	\$31
115335	Th	1/12-1/26	4:30-5:20pm	\$46
115336	Th	2/2-2/23	4:30-5:20pm	\$61

Kids/Teens Intermediate, Ages 6-14

115340	Th	12/8-12/15	5:30-6:20pm	\$31
115341	Th	1/12-1/26	5:30-6:20pm	\$46
115342	Th	2/2-2/23	5:30-6:20pm	\$61

Adult/Teens Beginners, Ages 13+

115337	Th	12/8-12/15	6:30-7:20pm	\$31
115338	Th	1/12-1/26	6:30-7:20pm	\$46
115339	Th	2/2-2/23	6:30-7:20pm	\$61

Guitar Rentals: \$25 per session



Private Music Lessons - Piano, Guitar, Strings & Theory

Ages 3+

Learn to play a keyboard, guitar or string instrument in a private lesson setting that allows the teacher to focus on the student's individual needs. Lessons include technique, note reading, rhythms, and preparation for performing. Violin and guitar rentals available. Call for times.

30 minute session - Weekdays

Cost: \$97/4-wks

CPR Basics

Ages 11+

Acquire the skills to save a life! Learn how to recognize and respond to cardiac breathing and choking emergencies with adults, children and infants. Course includes how to use an Automated External Defibrillator (AED) for victims of sudden cardiac arrest. Participants receive a two-year certification card. Class is extended from 9:00-10:00pm for students requiring Pediatric certification.

115477	T	12/6	6:00-9:00pm	\$49
115478	W	1/11	6:00-9:00pm	\$49
115479	W	2/8	6:00-9:00pm	\$49

Instructor: Pam Graham

Location: McBride Senior Center

Material Cost: \$5 payable to instructor at 1st class

**First Aid**

Ages 11+

Gain confidence in your ability to handle medical emergencies. This course provides skills in first aid emergencies such as bleeding, burns, seizures, and fractures along with accident prevention information. Participants receive a two-year certification card. Class is extended from 9:00-10:00pm for students requiring Pediatric certification.

115480	T	12/13	6:00-9:00pm	\$39
115481	W	1/18	6:00-9:00pm	\$39
115482	W	2/15	6:00-9:00pm	\$39

Instructor: Pam Graham

Location: McBride Senior Center

Material Cost: \$5 payable to instructor at 1st class

**Healthcare Provider CPR Re-certification**

Ages 18+

Keep your medical skills up-to-date. This American Heart Association course reviews materials and methods, provides AED training, and instructions on how to use the bag-mask. **Prerequisite:** Current CPR Healthcare Provider Card.

115483	M	12/19	6:00-8:30pm	\$44
115484	W	1/25	6:00-8:30pm	\$44
115485	W	2/22	6:00-8:30pm	\$44

Instructor: Pam Graham

Location: McBride Senior Center

Material Cost: \$15 payable to instructor at 1st class

**Basic Life Support for Healthcare Providers - American Heart Association**

Ages 18+

This course is for individuals who have a duty to respond using advanced emergency techniques such as AED training, two-person CPR, and bag mask. Bring current (2010) AHA BLS Healthcare Provider book to class or purchase at class time.

115486	S	1/7	8:00am-12:30pm	\$56
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Instructor: Pam Graham

Location: McBride Senior Center

Material Cost: \$15 payable to instructor at 1st class

New! Essential Oils for Wellness

Ages 18+

Learn the basics of essential oils. What they are, how and why they work, the difference between all the oils currently on the market, and how to use them safely and effectively for your entire family- including pets. Incorporate essential oils for natural health maintenance and eliminate chemicals from your home.

Essential Oils for Beginners

115527	M	12/5	6:00-7:30pm	\$26
115528	M	1/9	6:00-7:30pm	\$26
115529	W	2/22	5:00-6:30pm	\$26

Learn a more natural way to keep hormones in balance and which essential oils to use to balance hormones naturally.

Essential Oils & Women's Hormones

115530	W	1/18	6:00-7:30pm	\$26
115531	M	2/6	6:00-7:30pm	\$26

Instructor: Tammy Beck

Location: Three Oaks Community Center

Sewing 101

Ages 9+

A sewing adventure for beginners to explore basic sewing skills while students learn how the sewing machine, thread and fabric make a fun combination. Explore the tools that are needed to begin and complete a sewing project and how you can add your own flair to projects.

Ages 13-Adult

114995	Th	1/5-1/26	6:00-8:30pm	\$75
114996	Th	2/2-2/23	6:00-8:30pm	\$75
114986	F	1/6-1/27	10:30am-1:00pm	\$75
114987	F	2/3-2/24	10:30am-1:00pm	\$75

Ages 9-12

114988	F	1/6-1/27	1:30-3:00pm	\$70
114989	F	2/3-2/24	1:30-3:00pm	\$70
114992	F	1/6-1/27	4:30-6:00pm	\$70
114993	F	2/3-2/24	4:30-6:00pm	\$70

Instructors: Fredi Slaughter-Walker, Deborah Salmon & Debra King-Abraham

Location: McBride Senior Center (Thursday classes)
Ulatis Community Center (Friday classes)

Technology Development

**Enhance your technology skills at
McBride Senior Center's Computer Lab**

Materials Fee: \$8 for most of these computer classes

Instructor: Louise Bucci & Katora Bacon

Word Computer Classes

Ages 15+

Learn up to 60 word processing commands in this hands-on course. Save your company or business time and money. Learn to work smarter and not harder by processing documents in a timely and efficient manner. You will be able to set margins, tabs and master the art of tables in Word.

Introduction to Word

115436	T	1/10-1/24	6:30-8:30pm	\$79
115437	T	2/7-2/21	6:30-8:30pm	\$79

Desktop Publishing - Publisher

Ages 15+

Students work with Publisher, creating brochures, flyers and inserting graphics inline and from the internet. The course also covers simple and complex marketing projects. **Pre-requisite: Word processing skills.**

115439	M	2/6-2/20	6:30-8:30pm	\$79
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Quickbooks

Ages 15+

This class incorporates comprehensive bookkeeping principles and working with them electronically. Functions taught are: accounts receivable, accounts payable, general ledger, and payroll. Students get a quick insight into the computerized world of accounting books and learn how to setup a business and create their own chart of accounts; learn five ways to use AR's and AP's; and how to create financial reports. Also, an introduction to payroll as well as year-end processing will be covered.

115441	W	2/8-2/22	6:00-9:00pm	\$89
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PowerPoint

Ages 15+

Spruce up presentations to excite your employer or the general public. Dry presentations do not stimulate interest. Power Point is an excellent method of presenting simple and more detailed presentations for personal and business needs, or prospective employment. Learn tips for efficient and effective marketing and receive an introduction and enhancement to working with graphics. Students are welcome.

115442	W	1/11-1/25	6:30-8:30pm	\$79
Instructor: Louise Bucci				

Excel Computer Class

Ages 15+

Learn three ways to use cells on a spreadsheet. Build simple and complex formulas correctly. Save yourself or your employer time and money. You will be able to put together simple spreadsheets and develop techniques to advance to more complex projects. Word processing skills are helpful, but not necessary. Students welcome.

Introduction to Excel

116393	Th	12/8-12/15	6:30-8:30pm	\$79
115434	Th	1/12-1/26	6:30-8:30pm	\$79
115435	Th	2/9-2/23	6:30-8:30pm	\$79

Learning continues with complex formulas, multifunctional workbooks, paste special and paste link. Course covers reviewing matrix tables, preparing complex sheets and linking numerous sheets. Pre-requisite: Introduction to Excel .

Intermediate

116394	M	12/5-12/12	6:30-8:30pm	\$79
115440	M	1/9-1/23	6:30-8:30pm	\$79



Online Language Courses

Age 18+ \$79

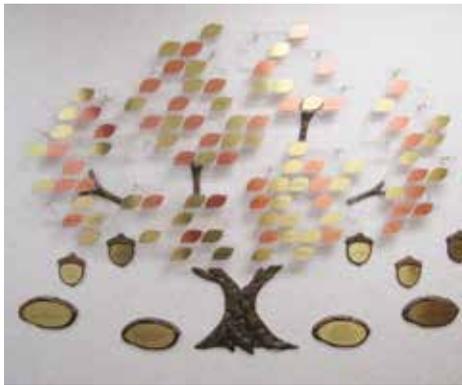
Learn at your own pace and have six months of unlimited access to complete any of these courses. Register at www.languageauthority.com/cityofvacaville.

Spanish for Professionals & Public Safety

Increase your skills and become more employable in today's job market. These interactive, self-paced, audio-visual programs are designed for professionals to learn key phrases specific to several professions: Teachers, Health Care, Banking, Real Estate, EMS and Fire, Law Enforcement, Customer Service, and 911 Dispatch.

Conversational Online Language Courses

Conversational Dutch, Conversational French, Conversational German, Conversational Italian, Conversational Portuguese, Conversational Spanish-Latin America, and Mandarin Chinese for Business and Travel.



McBride Friendship Wall

Friendship Tree - Celebrate or remember a loved one by purchasing a leaf and having his or her name inscribed. The person will be honored and notified of your contribution. The funds collected for the Friendship Tree are used to enhance overall programs, through the funding of scholarships, special events, activities, and equipment. For additional information please call 469-6660.

Bronze - \$55 Silver - \$65 Gold - \$75
Acorn - \$150 Stone - \$250



Painting with Watercolors

Ages 50+

Get inspired and dip into this exciting medium. Learn the basic techniques of watercolor painting including design, composition, and color. Participants receive individual attention and are encouraged to work at their own pace while enjoying the fellowship of other students. A supply list is available at the time of registration. If space is available, 18-49 year olds may register.

115588 T 1/3-1/31 10:00am-12:30pm \$65
 115589 T 2/7-2/28 10:00am-12:30pm \$53
 Instructor: Sandy Imperatori
 Location: McBride Senior Center

Program and Fees are subject to change.

Special Events

Movie Day

Friday, January 13 1:00-4:00pm FREE

McBride Senior Center

Join us on Friday afternoon for munchies and a (TBD) matinee. Viewers are advised to consider the film ratings which may be based on language, violence or sexual content.

Call for information 469-6660. Reservations required by January 6, as space is limited.

Super Bowl Kickoff

Friday, February 3 1:00-4:00pm FREE

McBride Senior Center

Join in the fun as we jump start the Super bowl celebration at our tailgate party. Wear your favorite football teams' colors, enjoy games, delicious appetizers, beverages and more. Kickoff is at noon.

Call for information 469-6660 as space is limited. Reservations required by January 20.

Age of Love

Saturday, March 4 1:00-4:00pm \$5

McBride Center

This documentary "The Age of Love" documents the real-life adventures of a group of seniors who participate in an unprecedented speed dating event. The movie is an alternately poignant and funny exploration of the universality of love and desire, regardless of age. The Age of Love opens eyes and start conversations in support of emotional growth for all ages. Light lunch included. Follow-up speed dating event for older adults planned for May. More details to come ... For more information call 469-6660. **Registration deadline is February 17.**

Foxtrot, Waltz, Swing, Cha-Cha & Salsa Dance Lessons

Ages 50+

Learn movements that blend into all dances and easy instructions that quickly have you on the dance floor. Enjoy free dance lessons with an instructor with over 30 years of dance experience. Meets every Wednesday. Drop-in and join the fun!

W 12/7-2/22 6:30-8:30pm FREE
 Instructor: Richard Read
 Location: McBride Senior Center

For information call (707)469-4000 or (707)469-4020

Presentations at McBride Senior Center

FREE

Stay Balanced

Wednesday, December 21 - February 15 9:30-10:30am
 Facilitated by: Margueriette Walker Injury Prevention and Outreach
 NorthBay Healthcare Emergency Services Department
 Margueriette.walker@NorthBay.org. (707) 646-4006

This Injury Prevention class will review an illustrated pamphlet with an overview of a series of eight exercises and demonstrate how individuals can remain strong, flexible and balanced in order to prevent falls. Join us the 3rd Wednesday of every month.

Stepping On Evidence Based Program for Seniors

Friday, January 13 - February 24 1:00-3:00pm
 Facilitated by: Margueriette Walker Injury Prevention and Outreach
 NorthBay Healthcare Emergency Services Department
 Margueriette.walker@NorthBay.org. (707) 646-4006

This class is considered one of the most effective ways to prevent falls. It gives people the confidence to maintain independence, undertake their everyday activities safely and without the risk of falling. Light lunch/snack provided.

Matter of Balance

Monday & Thursday, January 5 - January 30 9:30-11:30am
 Facilitated by: Laura McLauren
 To reserve your spot, call Laura McLauren at 643-1797 ext 324

Are you concerned about falling? This class is designed to help you manage your concerns about falls, reduce the fear of falling and make changes to reduce fall risks at home. Participants set goals to increase activity levels. In addition, light exercise will be performed to improve flexibility, strength and balance. Participants are age 60 years or older and ambulatory (ASSISTIVE DEVICES OK).

Decluttering Tips and Tricks

Monday, December 12 & Wednesday, December 14 9:00-10:00am
 Facilitator: Joanna Laws-Ochs, Smooth Transition North Bay, LLC
 To reserve your spot, call 469-6660.

Do you need the help from a professional organizer...without the professional price? Then don't let your clutter control you. Start small, perhaps one shelf at a time, or one pile at a time. Learn how organizing photographs, papers, garages, closets, etc., can conquer clutter.

Being Mortal Presentation

Friday, January 20 1:00-4:00pm
 Facilitator Louise Joyce Community liaison Yolo Hospice
 Call 469-6660 to register as space is limited. Reservations required by January 6.

Join us for a free screening and discussion of the PBS FRONTLINE film Being Mortal: Medicine and What Matters in the End. Based on the best-selling book by Atul Gawande, MD, this documentary explores the hopes of patients and families facing terminal illness and their relationships with the physicians who treat them. Light lunch will be provided.

Music4Life - Piano

Ages 50 +

Have you always wanted to learn how to play the piano or keyboard or have you a desire to get back into playing? Explore a variety of musical styles and keyboard skills within a small and supportive group setting. Course includes keyboard exercises that develop finger dexterity, music reading, notation, and theory. Ages 18-49 are welcome if space allows.

Music for Life - Piano Level 1

115273	T	12/6-12/13	9:30-10:20am	\$31
115274	T	1/10-1/31	9:30-10:20am	\$61
115275	T	2/7-2/28	9:30-10:20am	\$61

Music for Life - Piano Level 2

115276	T	12/6-12/13	10:30-11:20am	\$31
115277	T	1/10-1/31	10:30-11:20am	\$61
115278	T	2/7-2/28	10:30-11:20am	\$61

Music for Life - Piano Level 3/up

115279	T	12/6-12/13	11:30am-12:20pm	\$31
115280	T	1/10-1/31	11:30am-12:20pm	\$61
115281	T	2/7-2/28	11:30am-12:20pm	\$61

Instructor: Lone Romagosa, BA Music, MS Education
 Location: Three Oaks Community Center
 Material Fee: \$15 payable to instructor at 1st class one time only



Acoustic Jam Session

Ages 50 +

Do you like to sing, play or listen to guitar, banjo, mandolin, fiddle, harmonica, or any other acoustic instrument? Whether you're young or not and can't play or sing, there are no egos, everyone is welcome! It's a great way to learn new music and make new friends. This group meets the first and third Wednesday of the month.

W 12/7-2/15 6:00-9:00pm FREE
 Facilitator: Leslie Cloper
 Location: McBride Senior Center

New! Fitness Pound

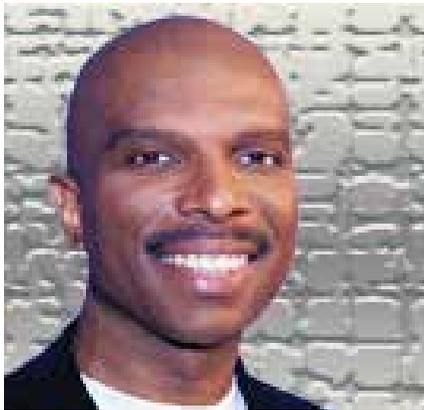
Ages 50+

POUND® is an energizing class designed for men and women of all ages, fitness levels and abilities. Participants strengthen and sculpt infrequently used muscles with a series of fun and effective POUND workouts while rocking out to your favorite music! If space is available, 18-49 year olds may register.

115576	M	12/5-12/19	1:00-2:00pm	\$22
115577	M	1/9-1/30	1:00-2:00pm	\$22
115579	M	2/6-2/27	1:00-2:00pm	\$22
115574	T	12/6-12/27	6:30-7:30pm	\$29
115575	T	1/3-1/31	6:30-7:30pm	\$36
115578	T	2/7-2/28	6:30-7:30pm	\$29

Instructor: Sharon Roberts, AFAA Certified Group X

Location: McBride Senior Center

**New! Personal Trainer Sessions**

Ages 50+

Drop the weights, ditch the sit-ups, and transform your health and fitness efforts! Sessions include corrective exercise post rehabilitation, specific training, myofascial release, weight loss techniques, physique measurement and more. Individual training is available at \$50 per class. If space available, 18-49 year olds may register.

113785	F	12/2	11:30am-12:30pm	\$50
113786	F	1/6	11:30am-12:30pm	\$50
113787	F	2/3	11:30am-12:30pm	\$50

Instructor: Lewis Allen, Certified Personal Trainer

Location: McBride Senior Center

Tai Chi/Qigong for Seniors

Ages 50+

Experience a beautiful blend of Qigong and Tai Chi styles. This class offers novice through advanced students an opportunity to enhance one's daily energy and peacefulness. If space is available, 18-49 year olds may register.

113798	MWF	12/2-12/30	9:00-10:00am	\$61
113799	MWF	1/4-1/30	9:00-10:00am	\$56
113800	MWF	2/1-2/27	9:00-10:00am	\$56

Instructor: William Yeung

Location: McBride Senior Center

Hatha Yoga - Primetimers

Ages 50+

Gain a more positive and peaceful outlook through the gentle postures of Hatha Yoga. The practice of yoga promotes greater physical flexibility and balance, reduces stress levels, and improves overall health.

115592	M	12/5-12/19	9:30-11:00am	\$25
115593	M	1/9-1/30	9:30-11:00am	\$25
115594	M	2/6-2/27	9:30-11:00am	\$25
115595	Th	12/1-12/29	9:30-11:00am	\$25
115596	Th	1/5-1/26	9:30-11:00am	\$25
115597	Th	2/2-2/23	9:30-11:00am	\$25

Instructor: Judy Jordan

Location: McBride Senior Center

Zumba Gold

Ages 50+

Come ready to sweat in this Latin-inspired dance fitness class. It's for all ages, sizes and activity levels, easy-to follow, exhilarating, and an effective way to burn calories. Drop-in available. If space is available, 18-49 year olds may register.

115830	Th	12/1-12/29	10:00-11:00am	\$36
115831	Th	1/5-1/26	10:00-11:00am	\$29
115832	Th	2/2-2/23	10:00-11:00am	\$29

Instructor: Sharon Roberts, Certified Group X Instructor

Location: McBride Senior Center

Yoga for Everybody

Ages 50+

Don't miss out on this easy-to-follow yoga-inspired workout that's for those already in great shape and those looking to get there! Learn breath awareness, stretches, stress reduction techniques and much more! Drop-in available.

115519	M	12/5-12/19	9:00-10:15am	\$28
115520	M	1/9-1/30	9:00-10:15am	\$28
115521	M	2/6-2/27	9:00-10:15am	\$28
115522	F	12/2-12/30	8:45-10:00am	\$46
115523	F	1/6-1/27	8:45-10:00am	\$37
115524	F	2/3-2/24	8:45-10:00am	\$28

Instructor: Shannon Carter, Registered Yoga Instr

Location: McBride Senior Center

**Sculpt & Tone for Everyone**

Ages 50+

Quit the gym and skip the boot camps! We've created the best of all worlds in this one stop full body Sculpt & Tone class. It's so much fun you'll barely notice you're getting a total-body workout as you work up a sweat, reduce the fear of falling, and learn weight loss techniques, corrective exercise post rehab, and more! If space available, 18-49 year olds may register.

113792	T	12/6-12/27	10:00-11:00am	\$33
113793	T	1/3-1/31	10:00-11:00am	\$41
113794	T	2/7-2/28	10:00-11:00am	\$33
113795	F	12/2-12/30	10:00-11:00am	\$41
113796	F	1/6-1/27	10:00-11:00am	\$33
113797	F	2/3-2/24	10:00-11:00am	\$33

Instructor: Lewis Allen

Certified Personal Trainer NASM

Location: McBride Senior Center



New! Computer Tech for Small Business Series

Ages 50+

Learn how to leverage highly powerful web and mobile tools such as Google Apps and Dropbox to help run your small business. No coding experience required. This packed series will start with basic foundations of working and collaborating with your team in the cloud via Google Drive and move toward more advanced techniques to improve your workflow. We will also cover a selection of other popular technologies that will enhance your efficiency and productivity. Non small business members also welcome. If space available, 18-49 year olds may register.

Prerequisites:

- Gmail address
- Your own WiFi capable laptop with a camera, Macbook preferred
- Basic computer skills such as sending emails with attachments, how to navigate files within folders, cut-copy-paste shortcut commands, able to setup your own WiFi connection

115512 S 2/4-2/18 9:30-11:30am \$120
 Instructor: Shirley Shaw
 Location: McBride Senior Center

New! Working with Social Media

Ages 50+

This course teaches users how to establish and maintain a Facebook account. Course covers basics such as searching for friends, grouping members, adding pictures, working with YouTube and much more! All levels may join this class.

115508 W 1/11-1/25 12:00-2:00pm \$49
 115509 W 2/8-2/22 12:00-2:00pm \$49
 Instructor: Louise Bucci
 Location: McBride Senior Center
 Material Fee: \$8 payable to instructor at 1st class

New! Working with E-mails & Attachments

Ages 50+

This beginning course teaches users how to establish and maintain an email account. Course covers basics such as adding, changing, and deleting emails in addition to organizing emails via folders. Learn how to send attachments to one or multiple people. All levels may join this class. If space available, 18-49 year olds may register.

115505 W 1/11-1/25 9:30-11:30am \$39
 115506 W 2/8-2/22 9:30-11:30am \$39
 Instructor: Louise Bucci
 Location: McBride Senior Center
 Material Fee: \$8 payable to instructor at 1st class

New! Beginning Typing

Ages 50+

Join us and learn how to make your computer experience less tedious. This class familiarizes novice computer students with the keyboard, improves typing speed and accuracy, and saves hours on the computer. The goal is to be able to type directly from the computer screen without needing to look at your keyboard. If space available, 18-49 year olds may register. \$8 Materials fee is payable to instructor at first class.

115493 Th 1/12-1/26 9:00-10:30am \$33
 115494 Th 2/9-2/23 9:00-10:30am \$33
 Instructor: Louise Bucci
 Location: McBride Senior Center
 Material Fee: \$8 payable to instructor at 1st class

Registration Locations & Hours

John A. McBride Senior Center

91 Town Square Place
 (707) 469-6660, Fax: (707) 469-6663
Monday - Friday, 8:30am-5:00pm

Three Oaks Community Center

1100 Alamo Drive
 (707) 469-4020, Fax: (707) 469-4022
Monday - Friday, 8:00am-5:00pm
Saturday, 9:00am-12:00pm

Ulatis Community Center

1000 Ulatis Drive
 (707) 469-4000, Fax: (707) 469-4012
Monday - Thursday, 8:00am-7:00pm
Friday, 8:00am-5:00pm

Computer Boot Camp

Ages 50+

This program familiarizes novice computer students with the computer and its hardware components. learn about the two kinds of icons, the different operators on the keyboard, keyboard symbols, how to work with a flash drive, correct use of the Internet, Introduction to Graphics on the computer, and how to incorporate the use of 30 word commands using Word. No computer skills needed!

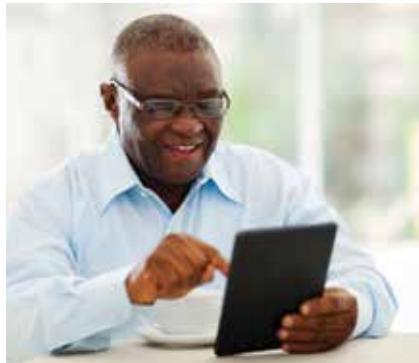
115500 MW 12/5-12/12 12:00-2:00pm \$79

115499 TTh 12/6-12/13 12:00-2:00pm \$79

Instructor: Louise Bucci

Location: McBride Senior Center

Material Fee: \$8 payable to instructor at 1st class



Computer Workshop - Mac

Ages 50+

This course involves reviewing the overall operation of a Mac computer to include the differences between Mac and Windows systems. Learn keyboarding, working with emails, finder, movie-making, paralleling with windows, apple converters, and working with iCloud on a Mac. Some basic Mac knowledge is a plus. If space available, 18-49 year olds may register.

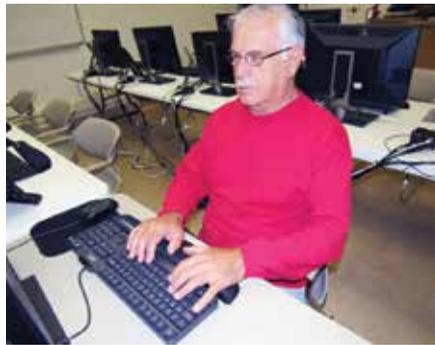
115490 Th 1/12 11:00am-2:00pm \$49

115491 Th 2/9 11:00am-2:00pm \$49

Instructor: Louise Bucci

Location: McBride Senior Center

Material Fee: \$8 payable to instructor at 1st class



Computer Basics 1

Ages 50+

Learn in a fun and enriching atmosphere all about the desktop, icons, basic computer terms, how to navigate while on the computer and mouse skills. No computer skills needed! If space available, 18-49 year olds may register.

115487 M 1/9-1/30 9:30-10:30am \$33

115488 M 2/6-2/27 9:30-10:30am \$33

Instructor: Louise Bucci

Location: McBride Senior Center

Material Fee: \$8 payable to instructor at 1st class

Advanced Computer Class

Ages 50+

Join the computer age and become more technologically competent. Learn the importance of having an anti-virus program on your computer, how to install and uninstall a program, e-mail, search the internet and the use of Facebook, Yelp and YouTube safely and correctly. If space available, 18-49 year olds may register.

115502 M 1/9-1/30 11:00am-12:30pm \$33

115503 M 2/6-2/27 11:00am-12:30pm \$33

Instructor: Louise Bucci

Location: McBride Senior Center

Material Fee: \$8 payable to instructor at 1st class

iPads, Androids & iPhones

Ages 50+

Learn how to access and navigate your device for maximum enjoyment. Find out how to use the camera/photos, internet and set up email. Additionally, participants explore how to download apps, control settings, FaceTime and much more! Talk, laugh and reconnect...it's fun, and it's easy. If space available, 18-49 year olds may register.

Introduction

115513 T 1/10-1/24 9:30-11:30am \$39

115514 T 2/7-2/21 9:30-11:30am \$39

115569 S 1/14-1/28 9:00-11:00am \$49

115570 S 2/4-2/18 9:00-11:00am \$49

Come and learn how to fully utilize more of the great features that your device has to offer. And, if you're ready to take your skills to the next level, learn how to use Siri, calendar and reminders, contacts, listen to music. Make the everyday things you do even more incredible with your device. If space available, 18-49 year olds may register.

Intermediate

115515 T 1/10-1/24 12:00-2:00pm \$39

115516 T 2/7-2/21 12:00-2:00pm \$39

Instructor: Louise Bucci

Location: McBride Senior Center

Material Fee: \$8 payable to instructor at 1st class



Spanish Class

Ages 50+

Enjoy group exercises as you learn basic Spanish and advance at your natural pace. No knowledge of the language is required. No text is required. Handouts are provided the first day of class.

Conversational

113790 F 12/2-2/24 1:00-2:00pm \$33

Be ready to travel to places where the ability to converse will enhance your experience. Participants should have a basic understanding of Spanish. Class activities address a variety of learning styles. No text is required. Handouts are provided the first day of class.

Intermediate

113789 F 12/2-2/24 10:00am-12:00pm \$33

There is a \$5 material fee due to instructor at first class. If space is available, 18-49 year olds may register.

Instructor: Merry Serrano
Location: McBride Senior Center

Notary Service

If you would like to have a document notarized, set up an appointment with our Board Certified notary. Notary Service provided on Fridays. We are not allowed to provide documents, or help you choose, prepare or fill out the document.

To expedite the signing of any document, client needs:

Completed documents (Incomplete or blank documents cannot be accepted).

An acceptable form of ID: Must be current and issued within the past 5 years.

Service provided by Kimberly Bell. One signature free.

F 12/2-2/24 11:00-12:00pm
Location: McBride Senior Center

AARP Smart Driver Course

Ages 50+

AARP presents a refresher course for drivers 50 and over. Learn to handle dangerous situations and compensate for the effects of aging while earning extra discounts on auto insurance. Those who have taken the course in the past four years, may take the one day course. To register, call 469-6660. Members/Non-members \$15/\$20.

M 12/5 9:30am-1:30pm \$15/\$20
M 1/23 9:30am-1:30pm \$15/\$20

Instructor: Bill Colley
Location: McBride Senior Center

Tax - Aide

AARP Volunteer Tax-Aide preparation service will serve low and middle income taxpayers with special attention to seniors. Beginning January, call 469-6660 to schedule an appointment. Service is provided February 2 through April 13.

Location: McBride Senior Center

Legal Consultation

Ages 50+

This service is available to individuals who may not otherwise be able to afford legal counseling. For an appointment, call 469-6660. Service is available on the first Tuesday and Friday of each month.

T 12/6 9:00-11:30am FREE
T 1/3 9:00-11:30am FREE
T 2/7 9:00-11:30am FREE

Facilitator: Yvonne Thrasher, Attorney
Location: McBride Senior Center



Blood Pressure Screening

Ages 50+

Join us as we help to improve the health of our community. Service provided on Mondays. Open to the public. Walk-ins welcome. Service provided by Leigh Reese.

M 12/5-2/27 11:00am-12:00pm FREE
Location: McBride Senior Center

Health Insurance Counseling & Advocacy Program (H.I.C.A.P.)

Ages 50+

HICAP assists individuals and families with Medicare problems and other health insurance concerns. For an appointment or questions call HICAP at 800-434-0222. Service provided on Monday and Friday by appointment only.

M 12/5-2/27 9:30-11:00am FREE
Location: McBride Senior Center

Taking Off Pounds Sensibly

Ages 50+

We offer a healthy, caring approach to the extra pounds you may be struggling with. Group meets every Thursday. \$32 annual organizational fee.

Th 12/1-12/29 6:00-8:00pm FREE
Th 1/5-1/26 6:00-8:00pm FREE
Th 2/2-2/23 6:00-8:00pm FREE

Instructor: Ann Cooper
Location: McBride Senior Center



Handling the Holidays

As the holiday season approaches, we acknowledge how difficult this time of year can be when you have experienced the loss of a family member or friend. Many people find that seeking some support and learning strategies to utilize in coping with the holidays can be very beneficial. Please join us for a workshop on coping with grief and loss during the holidays. RSVP Required. Call Rhea McCormack, Sutter Care at Home Bereavement Program at 925-363-4126

W 12/7 1:00-2:30pm FREE

Coping with Life

Ages 50+

Are you overwhelmed by day-to-day activities? You are not alone. Share your concerns with others in a comfortable, supportive and informal setting. This group is ongoing; join any time. For information or to reserve your space, call 469-6620.

F 12/2-12/30 9:30-10:30am FREE

F 1/6-1/27 9:30-10:30am FREE

F 2/3-2/24 9:30-10:30am FREE

Facilitators: Paula LeDoux, LMFT & Patricia Dawes, M.S.

Location: McBride Senior Center



Grief Support Group

Ages 50+

Join this group and learn how to access the support of friends and family. Also, gain greater understanding of the grief process, share your feelings and experiences, and learn strategies for coping through these difficult times. To reserve your space, please call Rhea McCormack from Sutter VNA Hospice at 925-363-4126.

W 11/2-12/7 1:00-2:30pm FREE

W 2/8-3/15 1:00-2:30pm FREE

Location: McBride Senior Center

Life Stories Writing Group

Ages 50+

Here's an opportunity to leave a legacy of personal information for your descendants. Participants read their stories to the group and a friendly discussion follows. You don't need to be an accomplished writer, just bring your enthusiasm and a willingness to share and listen. This group meets on the second and fourth Thursday of each month.

Th 6/9-8/25 2:00-4:00pm FREE

Facilitator: Thurlie Fish

Support Group - Alzheimer's/ Dementia

Ages 50+

Caring for a loved one with Alzheimer's, dementia, or another related disorder can be challenging. Learn more about this disease, including the symptoms of early, middle or late onset Alzheimer's. Meets the 4th Wednesday from 9:30 to 10:30 a.m. or 6:00 to 7:00 p.m. Caregivers are encouraged to share feelings, give and receive support, and learn effective ways for coping with the responsibilities of caring for someone with memory issues. To register, call Annette Vance at (925) 286-0133.

W 1/25 9:30-10:30am FREE

W 1/25 6:00-7:00pm FREE

W 2/22 9:30-10:30am FREE

W 2/22 6:00-7:00pm FREE

Location: McBride Senior Center

Discussion Group

Ages 50+

Embrace the keys to a long life by exercising your brain, exchanging ideas and meeting new people. Participants discuss a variety of topics on current events. The group meets on the second and fourth Fridays only.

F 12/9-1/27 9:30-11:30am FREE

F 2/3-4/21 9:30-11:30am FREE

Facilitator: Dawn Brown

Location: McBride Senior Center

Book Group

Ages 50+

Do you enjoy reading books? This is the perfect forum to discuss what you are reading or looking forward to reading. Also, hear about books others have read that you may want to add to your list of 'must reads'. Ages 18+ may register if space is available.

F 12/2-2/24 11:00am-12:00pm FREE

Facilitator: Mary Jean Knowles

Location: McBride Senior Center



Day Trips

TICKETS ARE NON-REFUNDABLE



Miracle on 34th Street

December 13-15, 2016, Silver Legacy Reno, NV
\$300 double occupancy & \$355 single occupancy
 When: T-Th 10:30am-6:00pm

This show is filled with humor, spectacle, and such beloved songs as "Pinecones and Holly berries," "It's Beginning to Look A Lot like Christmas" and "My State, My Kansas," this joyous, heart-warming musical is pure family entertainment. Price includes 2 nights deluxe accommodation, performance of Miracle on 34th Street, motorcoach transportation, meals and much more!
Deadline to purchase tickets is 11/1.

Earth Day Getaway

Thursday and Friday April 20 and 21 2017, Guerneville,
\$425 double occupancy or \$575 single occupancy
 Head north to wine country and enjoy the beautiful gardens of Korbel while sipping wine or champagne. Spend the night at Dawn Ranch for a night with dinner at Agriculture, A Public House. Finish off the trip with a visit to the Sonoma Cheese Factory. Eat lunch, shop, and stroll in downtown Sonoma before heading home.
Deadline to purchase tickets is 4/1.

Trips/Tours Presentation

Extended Trips: 2/1
Time: 10:30am-12:00pm
Place: McBride Senior Center

Our trips are designed to immerse you in fascinating cultures while creating unforgettable memories! Join us for coffee, snacks and an informative presentation on several delightful destinations! Your trip includes complimentary round-trip airport service on all air-inclusive trips, round-trip airfare, meals and much more. Open to the public. No membership required or age restrictions! Deposits are encouraged.

For information on any of our trips below or our unpublished trips, call 469-6673.

Trip Excursions

Discover Cuba

(Several departure dates)
Jan/Feb \$5695 double occupancy
March \$5795 double occupancy
Apr/May \$5295 double occupancy

Discover the home of the largest collections of Spanish-Colonial architecture, historical landmarks and delicious cuisine.

Tour Includes: 1 night Miami, Melia Varaadero all-inclusive resort, Cigar factory, Havana, La Cabaña Castle, Guanabacoa, Ernest Hemingway Farm, Havana and Museum of the Revolution, Havana Club Rum Museum, meals and much more are included!

Panama Canal Cruise Aboard the Norwegian Jewel

February 5-20, 2017
Cost: \$2,599

After departing Los Angeles, arrive in Cabo San Lucas which features unearthly rock formations, cantinas owned by rock stars and hundreds of ways to enjoy the water. Next ports of call include Acapulco, Puerto Quetzal, Guatemala, Corinto, Nicaragua, Puntarenas, Costa Rica, Panama Canal and Cartagena, Colombia. **Tour Includes:** Roundtrip air, roundtrip airport service and transfers, freestyle dining, 10 bars & lounges, casino, theatre, jogging/walking track, sports court, spa & fitness center, swimming pools & hot tubs, meals and much more are included!

Mysteries of India

February 9-23, 2017

\$5,699 double occupancy

Explore New and Old Delhi, visiting the tallest brick minaret in the world and Humayun's tomb. Next, fly into Udaipur where you'll experience relaxing yoga classes and take in views of palaces. Ride an elephant, learn about turban and sari tying, and enjoy a henna and bindi demonstration. Travel to Ranthambore National Park and learn about the conservation efforts. Finally, arrive in Agra and visit the Taj Mahal aboard a tonga, or horse carriage. **Tour Includes:** Old Delhi, yoga class, Lake Pichola cruise, Hawa Mahal, Amber Fort, home-hosted dinner, game drives, Taj Mahal, Chandel Temple Complex, Ganga Aarti Ceremony, Sarnath, roundtrip airport service, airfare and transfers on all air-inclusive trips, meals and much more are included!

Arizona Spring Training Getaway

March 19-24, 2017

\$1,795 for double occupancy

Baseball fan? Come and experience spring training in Phoenix! Trip begins with a city tour followed by a spring training baseball game. Travel south for sightseeing in Tucson. Finish trip with a visit to the Heard Museum of Native American Culture and another baseball game. **Tour Includes:** Roundtrip air, roundtrip airport service and transfers, Hall of Flame Fire Museum, Old Town Scottsdale, Tucson area, Mission San Xavier, Arizona-Sonora Desert Museum, Sabino Canyon Rec. Area Tram Tour, Old West farewell dinner, meals and much more are included!

Yellowstone & the Wild West

June 23-30, 2017

\$2,375 double occupancy

Grab your bag let's explore Salt Lake City, State Capitol, Temple Square and the Place Monument followed by the Great Salt Lake where millions of migratory birds flock each year. Travel north into Jackson, WY and visit the National Museum of Wildlife Art which overlooks the National Elk Refuge. Take in spectacular views of the Grand Tetons, Yellowstone and Utah Olympic Park before heading home. **Tour Includes:** Roundtrip airport service and transfers, Tabernacle Organ Recital, Jenny Lake Cruise, Bar J Chuckwagon dinner, Old Faithful Geyser, Park City (UT), meals and much more are included!

Fall Colors & Lighthouses of the Great Lakes

September 28-October 6, 2017

\$2,650 double occupancy

Arrive in Chicago and enjoy a city tour, featuring famous landmarks such as Sears Tower, Wrigley Building and more! Travel to Grand Rapids and visit the Gerald R. Ford Museum before heading north to Mackinac Island where the charm of a bygone era is preserved. Head to Michigan's Upper Peninsula and arrive in Green Bay to visit famous Lambeau Field and Eagle Bluff Lighthouse. **Tour Includes:** Roundtrip air, roundtrip airport transfers, Mackinac Island Carriage Tour, Old Mackinac Point Lighthouse, Door County, fish boil dinner, Wisconsin Upper Dells Boat Cruise, meals and much more are included!

Wonders of China & the Yangtze River

September 19-3 October, 2017

\$5,199 double occupancy

Join us on a tour of one of the world's most fascinating countries and discover the treasures of Shanghai Museum, spanning China's rich history at an amazing value for a trip of a lifetime! **Tour Includes:** Beijing, Great Wall, Tiananmen Square, Forbidden City, Rickshaw, Xian Terra Cotta Warriors, Shanghai Acrobatic Show, Zhujiajiao, Shanghai Museum. Meals and much more

Niagara Falls to New York City

October 13-20, 2017

\$3,599 double occupancy

"Start spreading the news," because you will see the mighty Niagara Falls up close then on to America's most exciting metropolis for a getaway filled with shopping and sightseeing. **Tour Includes:** Cooperstown historic Sonnenberg Gardens and Mansion National Baseball Hall of Fame and Museum, West Point Greenwich Village, Wall Street, Empire State Building, World Trade Center site, Meals and much more!



CITY COUNCIL

- Len Augustine, Mayor
- Ron Rowlett, Vice Mayor
- Dilenna Harris, Council Member
- Curtis Hunt, Council Member
- Mitch Mashburn, Council Member

COMMUNITY SERVICES COMMISSION

- Alex Henthorn, Chair
- Kathleen Ramos, Vice Chair
- Christina Baird, Commissioner
- Paul Cheng, Commissioner
- Jonathan Godinez, Commissioner
- Pamela Greaves, Commissioner
- Shannon Navarra-Lujan, Commissioner

ARTS ADVISORY COMMITTEE

- Judy Neal, Chair
- Bob Vollmer, Vice Chair
- Dan Fowler, Committee Member
- Lori Hartley, Committee Member
- Janet Manalo, Committee Member

City Offices and Registration Facilities are CLOSED

- Christmas Day Monday, December 26
- New Year's Day Monday, January 2
- Martin Luther King Jr Day Monday, January 16
- Presidents Day Monday, February 20

Meeting Dates

The City Council meets on the second and fourth Tuesday of each month at 6:00 p.m. in the City Council Chambers at 650 Merchant Street.

The Community Services Commission meets on the first Wednesday of each month at 7:00 p.m. in the City Council Chambers at 650 Merchant Street.

The Arts Advisory Committee meets on the second Wednesday in the months of January, April, July, and October at 6:00 p.m. in the City Council Chambers at 650 Merchant Street.

TTY (TeleTypewriter) NUMBERS

- ADA Office 449-5162
- City Coach 469-6537
- City Hall 449-5162
- Housing & Redevelopment..... 449-5680
- Performing Arts Theatre 449-6112
- Senior Center 469-6697
- Three Oaks Community Center 449-3550*

* use the California Relay System CRS 711.

Policy of Non-Discrimination on the Basis of Disability:

In accordance with the requirements of Title II of the Americans with Disabilities Act of 1990, the City of Vacaville ("City") does not discriminate against qualified individuals with disabilities on the basis of disability in the City's services, programs, activities or employment. Information, comments, requests for accommodation or barrier removal, and/or complaints concerning the accessibility of City programs, services or activities to persons with disabilities should be directed to the City's ADA Title II / Section 504 Brian McLean – brian.mclean@cityofvacaville.com 449-5162 (TTY), ada@cityofvacaville.

WHO'S WHO IN COMMUNITY SERVICES**ADMINISTRATION**

40 Eldridge Ave, Ste. 14 **449-5658**

Kerry Walker, Director

Reggie Hubbard, Recreation Manager

GeorgeAnne Meggers-Smith, Management Analyst II

Hew Hesterman, Park Planner

Benjamin Boren, Senior Administrative Clerk

Tracy Flancia-Reyes, Administrative Technician II

40 Eldridge Ave, Ste. 11 **449-5652**

Zandreal White, Administrative Technician II

Amber Schueler, Recreation Specialist II

GEORGIE DUKE CENTER

720 E. Monte Vista Ave **449-6285**

Jim Hicks, Program Site Coordinator

MC BRIDE SENIOR CENTER

91 Town Square Place **469-6660**

Elizabeth Crisante, Recreation Supervisor

Jason Schneider, Facility Maintenance Coordinator

Audrey Calder, Recreation Coordinator -Senior Activities

Christian Economon, Recreation Coordinator - Youth Services & Special Events

Vacant, Recreation Coordinator -ASES

Antony Ryans, Recreation Coordinator - PAL & Teens

THREE OAKS COMMUNITY CENTER

1100 Alamo Drive **469-4020**

Vacant, Recreation Supervisor

Linda Johnson, Senior Administrative Clerk

Tim Abu, Facility Maintenance Coordinator

Courtney Gray, Recreation Coordinator - Aquatics

Penny Hernandez, Recreation Coordinator - Gymnastics & ECE

Ryan Olsen, Recreation Coordinator - Adult & Youth Sports

ULATIS COMMUNITY CENTER

1000 Ulatis Drive **469-4000**

Hugo Ochoa, Senior Administrative Clerk

Mary Torres, Recreation Coordinator - Cultural Arts & Special Interest

PUBLIC WORKS PARK MAINTENANCE

1001 Allison Drive **469-6500**

On Stage Vacaville

On Stage Vacaville is proud to be the leading sponsor of the Vacaville Performing Arts Theatre's (VPAT) "Season of Shows". On Stage also sponsors the USAF Band of the Golden West Christmas concerts. On Stage also grants financial support to new programs that stimulate, develop, and expand performing arts at VPAT. You can help by becoming a member! Membership brochures are available in VPAT lobby and you can learn more by going to www.vpat.net/onstage. Donations may be sent to:

Vacaville Performing Arts Theatre
On Stage Vacaville
1010 Ulatis Drive
Vacaville, CA 95687

Public Art Trust Fund

The purpose of this fund is to promote and develop the arts and strengthen resources making Vacaville the cultural arts center of Solano County. Donations may be sent to:

City of Vacaville, Public Art Trust Fund
40 Eldridge Ave, Suite 11
Vacaville, CA 95688

Vacaville Recreation Foundation

"Creating the spirit of community through recreation and parks". The goal of the Vacaville Recreation Foundation is to provide financial and volunteer support to the facilities, programs, and activities of the Vacaville Community Services Department. For information call 449-5657. Donations may be made to Vacaville Recreation Foundation and mailed to:

Vacaville Recreation Foundation
91 Town Square Place
Vacaville, CA 95688

Vacaville Cares Fund

This fund supports Community Services programs which address the following issues:

At-Risk Youth
Assistance to Low Income Youth
Teen Programming

How can you participate? There is a donation form on the reverse side of your Municipal Services Bill. This form allows you to make your donation in two ways. You can add a donation amount to your bimonthly bill, or you can include a one-time donation with your payment. Questions? Call 469-4004. This is an easy, convenient way to make a positive difference in the lives of many Vacaville youth.

Parks & Amenities

CITY OF VACAVILLE NEIGHBORHOOD PARKS	Acres	Baseball/Softball Fields - w/o lights	Basketball (full courts)	Bar-be-que (grill or pit)	Bocce Ball Court	Community Youth Building	Concession Building	Electrical Outlets	Fitness Circuit	Horseshoe Pits	Natural Area (w/pathways)	Picnic Tables (no shelter)	Picnic Tables (sheltered)	Play Equipment (Tot or Elementary)	Soccer/Football Fields	Tennis Courts (w/o lights)	Turfed Area (open play field)	Volleyball Courts	Restroom Building
Alamo Creek Park	9.52		0.5						1	1		9		2		2	1		
Arbor Oaks Park	2.52			2								5		2					
Browns Valley Park	4.43	1		1		1					1	3		2			1		
Cambridge School Park	3.40	2				1			1			3		1			1		
Cannon Station Park	6.56	1	2									4		2	1	1	1		
City Hall Park	1.63			2	1				1			6					1		
Cooper School Park	6.63	3	1			1						3		2	1				
Fairmont/Beelard Park	5.23	2	1											2			1		
Hawkins Park	3.13	1	0.5	1					1	1		4		2	1	2			
Larsen School Park	4.32	2					1												
Little Oak Park	1.06												3	2					
Magnolia Park	5.89	1	1	7								6	14	2			1		1
Meadowlands Park	8.09	4	1			1		2					5	2	4		1		1
Normandy Meadows	0.33																1		
North Orchard Park	7.79	1	0.5									2		2		4	1		
Padan Park	6.48	2	1	4		1						7		2	1				
Patwin Park	4.71		1									1		1			1	1	
Pheasant Country Park	6.99	1	1	6					1			6		2	1		1		
Pocket Park (wellsite)	1.01																1		
Ridgeview Park	7.33	1	1	3					1				7	2	1				
Sierra Vista School Park	4.18																1		
Southwood Park	3.82		1	2					1			4		2			1		
Stonegate Park	6.00	1	1											2	1		1		
Trower Park	4.04		1	2										2					
Willows Park	2.00		1									3		1					

OPEN: One half hour after sunrise CLOSE: One half hour after sunset

Our spacious and beautiful venues create the perfect setting for any event and memorable experience for you and your guests. With everything you need at your fingertips, the hardest decision will be whether to host during the daytime or the evening.

For Facility **RESERVATIONS** call

McBride Senior Center 707-469-6660

Three Oaks Community Center 707-469-4024

Ulatis Community Center 707-469-4000



McBride Senior Center

Located in historic downtown Vacaville, this is an ideal location for birthday parties, receptions, company trainings or meetings.

Three Oaks Community Center

An ideal location for conferences, weddings, receptions, corporate meetings, and other community functions. This facility has a main Assembly Hall complete with stage (64'x58'), Activity Room (36'x36'), Multi-Purpose Room (52'x52'), two meeting rooms and ample parking.

Ulatis Community Center

An ideal location for conferences, weddings, receptions, corporate meetings, and other community functions. This facility has rooms which can be re-configured based upon your needs, a large kitchen, and ample parking.

Program and Fees are subject to change.

***These parks have reservable picnic areas,
please call 469-4002.***



Andrews Park

720 E. Monte Vista Avenue and School Street

Surrounded by beautiful trees, this 17 acre park is perfect for birthday parties, company picnics, and family reunions. Located within the park is Great Wonders playground, complete with tot lot and swings. There are 2 picnic areas with seating for up to 100 and has 5 barbecues. Permanent rest rooms are available.

Arlington Park

Foxboro Parkway and Peabody Road

This 18 acre park features two sheltered picnic areas with seating for 72, barbecues, a playground, 4 softball /baseball fields, 2 turf fields and off street parking.

Lagoon Valley Park

I-80/Peña Adobe Park Exit

This 470 acre scenic park is home to barbecue areas, horseshoe pits, equestrian and bike trails, and excellent hiking in the great outdoors. The park also features a 30,000 square foot fenced in dog park complete with trees and water. The picnic areas are a great location for family reunions and company picnics. The park is also an ideal location for sporting events, such as walkathon and cross country events. This park features the lovely Hume and Hospice Groves.

Peña Adobe Park

Peña Adobe and I-80 Exit South of City

An ideal location for family picnics, birthday parties, corporate events, festivals and school field trips. The park is located on 6.4 acres has 2 rental areas, barbecue grills, large gazebo, 2 horseshoe pits. This location is also home to the historic Peña Adobe and the Mowers-Goheen Museum.

For information call (707)469-4000 or (707)469-4020

Program Locations

Alamo Recreation Center

561 Edgewood Drive
(707) 449-5504

Browns Valley Recreation Center

261 Wrentham Drive
(707) 449-5508

Cambridge Recreation Center

3490 Nut Tree Road
(707) 449-5506

Christiane Nolting Dressage Center

6954 Lewis Road
(707) 454-0565

Cooper Recreation Center

800 Christine Drive
(707) 449-5520

Foxboro Recreation Center

501 Foxboro Pkwy/Arlington
(707) 449-6206

Georgie Duke Sports Center

720 East Monte Vista Avenue
(707) 449-6285

Graham Aquatic Center

Marshall Road/Alamo Drive
(707) 469-4028

Guns, Fishing & Other Stuff

197 Butcher Rd
(707) 451-1199

John A. McBride Senior Center

91 Town Square Place
(707) 469-6660

Keating Park

Marshall Road/Alamo Drive
(707) 469-4028

Meadowlands Recreation Center

6167 Vanden Road
(707) 449-5505

Padan Recreation Center

801 Marshall Road
(707) 449-6067

Three Oaks Community Center

1100 Alamo Drive
(707) 469-4020, Fax: (707) 469-4022

Ulati Community Center

1000 Ulati Drive
(707) 469-4000, Fax: (707) 469-4012

Vacaville Recreation Center

551 Davis St at Porter Way
(707) 449-6101



2016 Health & Wellness Fair

Be part of your community's future, get involved in recreation!

On behalf of the Community Services Department, we would like to THANK our volunteers and sponsors who contributed to our special events and programs. We could not have done it without you!

Always Best Care Senior Services
American Legion Reams Post 182
Antony Ryans
Blize Healthcare
Brookdale Senior Living
Carlton Senior Living, Davis
California Council on
Problem Gambling
California Telephone Access Program
Christian Economon
City Coach
Clear Captions
Community Medical Centers, Inc
Cornerstone Assisted Living
Creekside Hearing Aid Service
Elizabeth Crisante
Faith in Action
Helping Hands
Jason Schneider
Joe Romo
Kimberly Bell
Kindred at Home
Law Office of Kristen A. Pofahl
Law Office of Yvonne F. Thrasher

Lewis Allen
Lifeline of the North Bay
Lydia Campbell
Megan Ray
MLS Mortgage, Corp
North Bay Home Health & Hospice
NorthBay Day Care &
Alzheimer's Services
Pat Clay
Reynolds Law, LLP
Rockville Terrace Senior Living
Senior Helpers-Solano/Yolo
Sams Club
Seeds for Wellness
Social Security Administration
Solano Pride Center
Sutter Care at Home
Tim Abu
Vaca Valley Chiropractic
Vacaville Fire Department
Walgreens Pharmacy
Yolo Hospice
Your Home

Registration Information

Registration is now open! Note: A "resident" is anyone living in the Vacaville City limits. A "non-resident" is a Vacaville PO Box address and anyone living outside the Vacaville City limits. There is a 15% non-resident fee. There is a 10% sibling discount for activities for children 18 and under participating in the same program. The sibling discount is taken off the higher fee. There is a \$25 service charge for all returned checks.



RecWeb (On-Line)

2 Clicks Away!

- www.cityofvacaville.com
- Select Online Recreation Registration
- Select RecWeb



Mail-In

Mail completed registration form and check (no cash) to:
 City of Vacaville Community Services
 Attn.: Registration
 91 Town Square Place
 Vacaville CA 95688



Walk-In

Visit one of the registration locations listed below

The City of Vacaville provides assistance with youth registration fees for income eligible families through our Reduced Fee Program. Youth who meet the criteria will receive a 25% discount which can be applied towards participation in any of the recreation programs we offer at \$16 or over. An application must be completed and approved prior to registration. To apply for our Reduced Fee Program, simply fill out an application at the Three Oaks Community Center, located at 1100 Alamo Drive.

REFUND POLICY

It is the goal of the Vacaville Community Services Department to provide you with the quality and satisfaction you expect.

1. All refund requests must be submitted in writing using the Refund/Credit Request Form (available at cityofvacaville.com/Community_Services_Department/NEWS and at all City community centers).
2. Full refunds will be issued if, and ONLY if:
 - a. the program is canceled by the Vacaville Community Services Department; or
 - b. the Refund/Credit Request Form is submitted prior to the program refund deadline date.
3. Refund/Credit Request Forms received after the program refund deadline date will be reviewed on a case by case basis. As a general rule, a program refund request will not be granted after the program refund deadline date unless there are extenuating circumstances and will be:
 - a. subject to an administration fee of \$5.00 for each program \$50.00 and under, and 10% of the class fee for each program over \$50.00.
 - b. issued as a credit on customer's family account to be used for future Community Services program registration.
4. **No refunds will be issued after a program ends – no exceptions.**

REGISTRATION LOCATION & HOURS

JOHN A. McBRIDE SENIOR CENTER

91 Town Square Place
 Phone: (707) 469-6660
 FAX: (707) 469-6663
M-F 8:30am - 5:00pm

THREE OAKS COMMUNITY CENTER

1100 Alamo Drive
 Phone: (707) 469-4020
 FAX: (707) 469-4022
M-F 8:00am - 5:00pm
S 9:00am-12:00pm

ULATIS COMMUNITY CENTER

1000 Ulatis Drive
 Phone: (707) 469-4000
 FAX: (707) 469-4012
M-Th 8:00am - 7:00pm
F 8:00am - 5:00pm

Registration/Liability Waiver

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CITY OF VACAVILLE COMMUNITY SERVICES DEPARTMENT

Please complete all applicable sections of this form, read the agreement on the reverse side, initial, and sign your name. A separate form is required for each participant enrolled in activities or programs during this session. This form is to be filled out by the participant or the participant's parent or legal guardian. One form, per person, please.

MAIN CONTACT INFORMATION

LAST NAME: _____ FIRST NAME: _____

PARTICIPANT INFORMATION (Proof of residency required)

LAST NAME: _____ FIRST NAME: _____

DATE OF BIRTH: _____ STREET ADDRESS: _____

APARTMENT NO: _____ CITY: _____ STATE: _____ ZIP: _____

HOME PHONE: _____ DAYTIME PHONE: _____

E-MAIL ADDRESS: _____

Check this box if you would like to be notified by e-mail of Community Services events and activities.

EMERGENCY CONTACT INFORMATION

LAST NAME: _____ FIRST NAME: _____

HOME PHONE: _____ DAYTIME PHONE: _____

RELATIONSHIP: _____

ACTIVITY/PROGRAM REGISTRATION

SCHOOL	GRADE	

Amount: _____ Cash: _____ Check#: _____ Processed By: _____ Processed Date: _____

As part of our commitment to the "Americans with Disabilities Act" and our participants, are there any special accommodations needed for your participation in the above activity or program? ____ Yes ____ No

Policy of Non-Discrimination on the Basis of Disability-The City of Vacaville, in compliance with the Americans with Disabilities Act (ADA) of 1990, does not discriminate on the basis of disability in the admission or access to, or treatment or employment in, its programs, events, or activities. Shannon Nelson, 449-5409, 449-5162 (TTY), ada@cityofvacaville.com, has been designated the ADA Title II Coordinator to coordinate compliance with the non-discrimination requirements contained in the Department of Justice Regulations implementing Title II of ADA. Requests for accommodations and information regarding provisions of the ADA may be requested from the ADA Coordinator.

See reverse side.

Registration/Liability Waiver

LIABILITY AND MEDICAL RELEASE & INDEMNIFICATION AGREEMENT

In consideration for myself and/or each minor child listed in this form being permitted by the City of Vacaville ("City") to participate in the above-described program or activity ("Recreation Program(s)"), I hereby waive, release and discharge any and all claims and damages for personal injury, death, or property damage which I and/or my minor child may sustain or which may occur as a result of my and/or my minor child's participation in said Recreation Program(s).

I understand and agree that:

1. This release is intended to discharge in advance the City and its officers, officials, employees, contractors, agents and volunteers ("City personnel") from and against all liability arising out of or connected in any way with the participation of myself and/or my minor child in said Recreation Program(s);
2. Participation in said Recreation Program(s) may be of a hazardous, strenuous, and/or physical nature;
3. Participation in said Recreation Program(s) may involve risk of serious injury, disability, or death, or property damage and loss, which may result not only from each participant's actions, inactions, or negligence, but also from the actions, inactions or negligence of others, including the actions, inactions or negligence or other legal fault of the City and/or City personnel, or from the conditions of the facilities, equipment, or areas where said Recreation Program(s) is being conducted;
4. Knowing the risks involved, I nevertheless voluntarily request permission for myself and/or my minor child to participate in said Recreation Program(s);
5. I hereby assume any and all risks of injury, death or property damage arising out of or connected in any way with the participation of myself and/or my minor child in said Recreation Program(s);
6. I hereby release, discharge and absolve the City and all City personnel in advance from and against any and all liability, injury, or damage arising out of or in connection with my and/or my minor child's participation in said Recreation Program(s), or the failure on the part of the City and/or City personnel to comply with any obligations related to said Recreation Program(s), even though that liability, injury, or damage may arise out of the negligence or other legal fault of the City and/or City personnel;
7. I will indemnify and hold the City and all City personnel harmless from any loss, liability, damage, cost or expense, including litigation, arising out of or connected in any way with the participation of myself and/or my minor child in said Recreation Program(s);
8. I expressly permit my minor child to travel by private automobile to and from all events and activities related to said Recreation Program(s), and release, discharge and absolve the City and all City personnel from and against any and all liability, injury, or damage arising out of or connected with said transportation;
9. I and/or each minor child listed herein is in good health and has no physical condition which would prevent safe participation in said Recreation Program(s) or activity supervisor any unsafe condition and/or injury incurred by myself and/or my minor child;
10. In the event that my minor child requires medical or surgical treatment while under the supervision of City personnel in connection with such Recreation Program(s), such City personnel may authorize treatment;
11. I understand that the City provides no medical insurance for treatment of such illness or injury and that any cost of treatment will be at my expense. I understand that the location of such Recreation Program(s) or the nature of the injury or illness may require the use of emergency medical services. On behalf of myself and/or my minor child, I therefore release, discharge and absolve the City and all City personnel from and against any and all liability, injury, or damage arising out of or connected with the use of such medical services;
12. I acknowledge that said Recreation Program is not child care as defined by the State of California;
13. I understand that City personnel may photograph or videotape me and/or my minor child and that the City may use such photographs or videotapes to promote City programs and activities. I expressly allow, and hereby waive any objection to, the City's photographing or videotaping of me and/or my minor child when I and/or my minor child am participating in said Recreation Program. I understand that neither I nor my minor child shall receive any compensation or payment for use of such photographs or videotapes and that all photographs and videotapes will remain the sole and exclusive property of the City of Vacaville;
14. I understand and agree that this release is intended to be as broad and inclusive as permitted under California law, and that if any portion of this release is invalid, the balance shall continue in full force and effect;
15. This release shall be effective and binding upon myself and/or my minor child's heirs, next of kin, family, relatives, guardians, conservators, executors, administrators, trustees and assigns.

I HAVE CAREFULLY READ THIS RELEASE AND INDEMNIFICATION AGREEMENT AND FULLY UNDERSTAND ITS CONTENTS. I AM AWARE THAT THIS IS A RELEASE OF LIABILITY AND A CONTRACT BETWEEN MYSELF AND/OR MY MINOR CHILD AND THE CITY OF VACAVILLE. I VOLUNTARILY AGREE TO EACH OF THE TERMS AND PROVISIONS HEREIN AND SIGN THIS RELEASE OF MY OWN FREE WILL.

PARTICIPANT (OR PARENT/GUARDIAN) PRINTED NAME AND SIGNATURE AND DATE

PRINTED: _____ SIGNED: _____ DATE: _____

Select one: _____ Registrant (18 & over) _____ Parent _____ Guardian _____ Senior (60+

Vacaville Ice Sports Annual

Winter Wonderland

ICE SKATING EXPERIENCE



ENJOY A WONDERLAND ON ICE!

A beautifully lit Christmas tree is centered on our "Frozen pond." Festive lights and pine trees surround you while holiday music sets the mood for a skating experience you won't soon forget!

It's the perfect way to relax and recover from a hectic holiday season!

SPECIAL PUBLIC SKATING SESSION! \$15 ALL DAY PASS!

INCLUDES SKATE RENTAL!

FAMILY DISCOUNT: 4 FOR \$45

December 16th - Jan 8th, 10:00am-10:00pm.

Dec 24th, Dec 31st & Jan 8th, 10:00am-4:00pm.

December 25th: CLOSED-Merry Christmas!

New Years Eve Party Dec 31st 9:00pm-1:00am

Vacaville Ice Sports - 551 Davis St, Vacaville CA 95688 • 707-455-0225 • www.vacavilleicesports.com

Celebrating!

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1

7

CHINESE NEW YEAR

MCBRIDE SENIOR CENTER



FRIDAY

JANUARY 27

12:00-2:00PM

\$7 per person (113891)

REGISTRATION DEADLINE 1/13

Chinese New Year is a time for families and friends to celebrate the New Year. Celebration includes annual 'reunion dinner' believed to be the most important meal of the year, with entertainment, prizes, and learn what the year of the Rooster has in store for you! Space is limited! To reserve your spot, call 469-6660 or 469-6673.

City of Vacaville
Community Services Department
(707) 469-4000 or Fax (707) 469-4012

RESIDENTIAL CUSTOMER

Prsrt Standard
U.S. Postage
PAID
Permit No. 118
Vacaville, CA

ECWRSS



PAL 13th ANNUAL



Crab Feed

“Building the bond between Cops & Kids”.

All you can eat crab and pasta with no host bar! There will also be a silent auction, live auction, basket raffle, and music! All proceeds help provide recreational programs for at-risk youth. All proceeds to benefit the Vacaville Police Activities League.



DOORS OPEN
at 6:00 p.m.

To purchase tickets please call:
Danny Over 689-3711
Alex Hall 483-6407
PAL Office 469-6671

SATURDAY
MARCH 11th

TIME: 6:00-11:00 P.M.
Ulatis Community Center
1000 Ulatis Drive



\$55 per person

ALL YOU CAN EAT

\$500 VIP
table of 10