



COMMUNITY SERVICES DEPARTMENT

EVENTS

Guide



Parks
Make
Life
Better!™

2016 FALL

www.cityofvacaville.com

707-469-4000

A new sizzling season!



The Time Jumpers

Sunday, October 2

Roberta Flack

Saturday, November 5

Peter White

Christmas 2016

Sunday, December 18

DRUMLine Live

Friday, January 13

*Season tickets
on sale in August*



1010 Ulatis Drive
Vacaville, CA 95687
(707) 469-4013

... and there's more to come!

Sponsored by:



Online at www.vpat.net

Creating Community through People, Parks and Programs

Dog Costume Contest at Noon 🐾 Prizes 🐾 Vendors 🐾 Treats



City of Vacaville

Second Annual

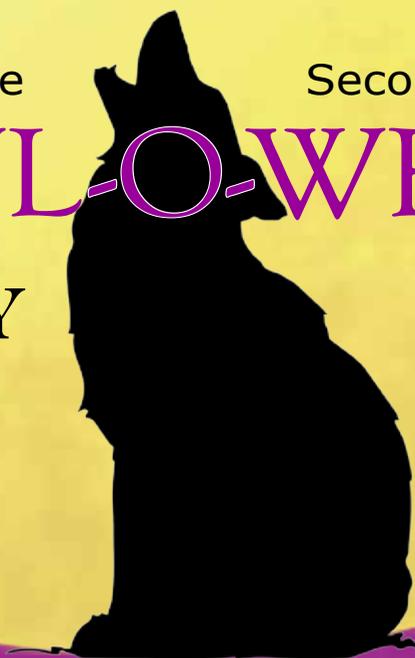
HOWL-O-WEEN EVENT

SATURDAY

10.29.16

11am to 1pm

Andrews Park



Dogs must be friendly, licensed, vaccinated, and leashed

www.creekwalkevents.com



Contents



Director's Message

Fall is right around the corner and we challenge you and your family to try a new activity, join a sports league, or explore a park you've never been to.

Adults – grab your friends, family and co-workers and put together a softball, basketball or volleyball team. Get out from behind the screen and get moving! It's an excellent way to improve your health and fitness – and it's fun too!

As the kids go back to school, we have options for before and after-school care with our TGIFun program which operates at Alamo, Browns Valley, Cambridge, Cooper, Foxboro, Meadowlands, and now Sierra Vista schools. We also offer the After School Education & Safety program (ASES) at Fairmont, Padan, Markham, and Hemlock elementary schools. ASES is a free after school program that provides homework assistance, physical activities and outdoor play, and enrichment classes.

Get your calendars out because we are also excited to host a number of fun family events! Need a pumpkin? Pick one up at our Floating Pumpkin Patch at October 15 at the Graham Aquatic Center. Enjoy arts, crafts, games, and of course, the waterslides.

The Season of Shows at the Vacaville Performing Arts Theatre will kick off with the Time Jumpers on October 2 featuring Vice Gill, Kenny Sears, Ranger Doug Green and Paul Franklin. Roberta Flack will grace the stage on November 2. Great shows without having to leave town!

Dogs are part of the family and we have events for them too! Our hugely popular Pups in the Pool event will take place on October 22 at the Graham Aquatic Center. The dogs will love taking a dip and owners can enjoy the fun, visit pet vendors, and contests. The 2nd annual Howl-0-Ween event will take place at Andrews Park on October 29. There will be a costume contest, vendors, treats and more!

I'm sure you'll find even more events and activities as you turn through the pages of guide. Don't forget, we challenge you to try something new!

Fall 2016 EVENTS Guide

(707) 469-4000 or 469-4020

**Registration for Vacaville residents is
now open**

**Registration for non-residents is
now open**



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Vacaville Performing Arts Theatre

1010 Ulatis Drive * Vacaville, California 95687* Box Office Telephone 707.469.4013



TICKET SALES

Tickets can be purchased by any of the following methods: By Telephone: Call the Theatre Box Office at 707.469.4013 In Person at the Box Office. The Box Office window is located outside the Theatre just to the right of the front entrance. Box Office hours are: Tuesday through Friday, 12:00-6:00pm and one hour before each ticketed event.

The City of Vacaville & On Stage Vacaville presents

The Time Jumpers featuring Vince Gill, Kenny Sears, Ranger Doug Green & Paul Franklin

October 2 7:00pm
Price: \$76

Vacaville High School presents

Evening of Excellence Concert

October 12 7:00pm
Price: Free

Solano Symphony Orchestra presents

Opening Night

Come celebrate the Symphony's 30th Season!
October 16 3:00pm
Price: \$30

Chapkis Dance presents

Halloween Show!

October 29 2:00pm & 7:00pm
Price: \$21 - \$36

The City of Vacaville & On Stage Vacaville presents

Roberta Flack

Four-time Grammy Award-winning artist Robert Flack, the unparalleled musician who effortlessly inhabits the worlds of pop, soul, R&B, jazz and folk.

November 5 8:00pm
Price: \$76

Vacaville Christian Schools presents

Fall Concert featuring Elementary Band, Middle School Explorer & Radio Symphony LIVE.

November 8 6:30pm & 7:30pm
Price: \$10

On Stage Vacaville presents

Air Force Band of the Golden West Holiday Concert on December 2 and December 3.

Ticket pick up will be November 12 at 10am. Limit 4 tickets per family.
Price: Free

Solano Youth Theatre, a division of Young Artists Conservatory of Music, presents

Lion King, Jr.

November 18 7:00pm
November 19 1:30pm & 7:00pm
Price: \$15

Todd Productions presents

Christmas in my Hometown

Come enjoy the holiday tunes with special guests from Cooper Elementary & Alamo Elementary.
November 26 3:00pm & 7:00pm
Price: \$14

Vacaville High School presents

Winter Concert

November 30 7:00pm
Price: Free



Holiday Connection



Please consider becoming a sponsor for this holiday season. There are many seniors living alone or in nursing homes or board and care facilities who have little or no contact with family members or friends who can brighten up their holidays.

Individuals, families, groups or organizations can be sponsors to provide items requested by a senior. Consider shopping, wrapping and delivering items or making a donation in the form of a check to "Friends of Seniors." Put "holiday" on the memo line on the check and mail to Friends of Seniors, 91 Town Square Place, Vacaville, CA 95688.

Please note that Friends of Seniors will distribute forms in September. For more information, call Alisa Cromer at 707/644-6612.



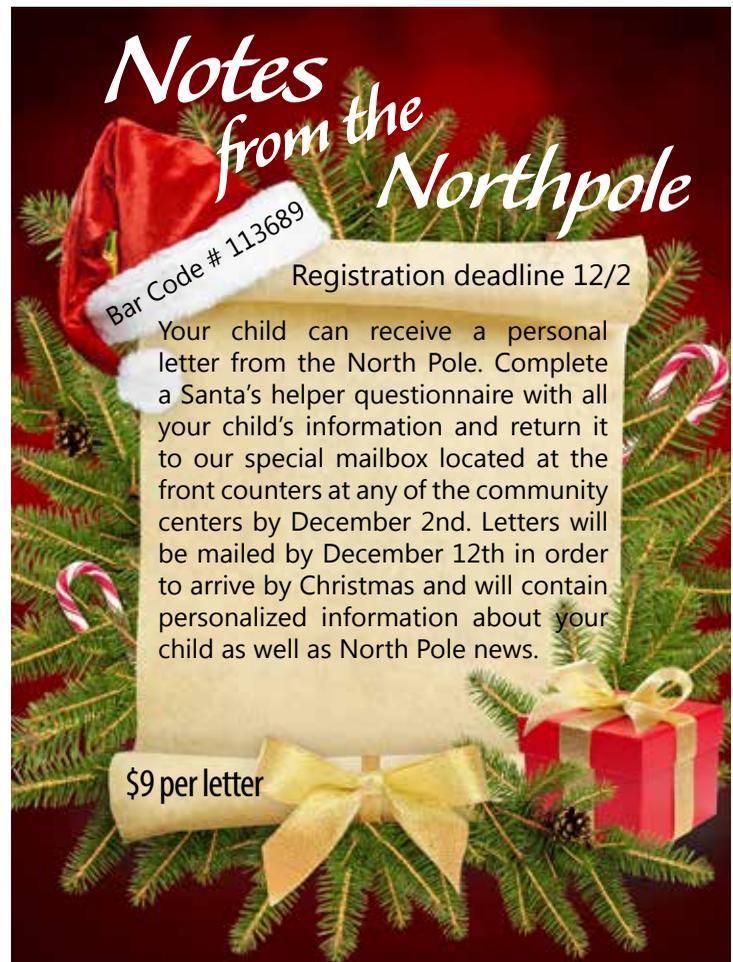
Notes from the North Pole

Bar Code # 113689

Registration deadline 12/2

Your child can receive a personal letter from the North Pole. Complete a Santa's helper questionnaire with all your child's information and return it to our special mailbox located at the front counters at any of the community centers by December 2nd. Letters will be mailed by December 12th in order to arrive by Christmas and will contain personalized information about your child as well as North Pole news.

\$9 per letter



Food TRUCK MaNIA

2nd Wednesday of the month through November

4:00 - 8:00 p.m. at the CreekWalk Plaza

Vacaville is hosting Food Truck Mania so get ready to feast on mouth-watering fare from the area's finest mobile kitchens such as Drewski's, Gameday Grill, Bacon Mania, Buckhorn Grill, Happy Cow and more! The event will also feature music and activities for children so grab your family and come hungry! The event is co-sponsored by Sacto MoFo (Sacramento Mobile Food). General admission is free; individual food vendor and activity prices may vary.

For more information visit creekwalkevents.com or call 469-6674



Enrichment Activities

Children's Corner Preschool

FALL 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.**

113116	TTh	Browns Valley	9/6-9/29	9:00-11:30am	\$163
113121	TTh	Browns Valley	10/4-10/27	9:00-11:30am	\$163
113110	TTh	Browns Valley	11/1-11/29	9:00-11:30am	\$163
113117	TTh	Foxboro	9/6-9/29	9:00-11:30am	\$163
113111	TTh	Foxboro	10/4-10/27	9:00-11:30am	\$163
113113	TTh	Foxboro	11/1-11/29	9:00-11:30am	\$163
113118	TTh	Meadowlands	9/6-9/29	9:00-11:30am	\$163
113114	TTh	Meadowlands	10/4-10/27	9:00-11:30am	\$163
113115	TTh	Meadowlands	11/1-11/29	9:00-11:30am	\$163
113112	TTh	Three Oaks	9/6-9/29	9:00-11:30am	\$163
113120	TTh	Three Oaks	10/4-10/27	9:00-11:30am	\$163
113123	TTh	Three Oaks	11/1-11/29	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.**

113071	MWF	Browns Valley	9/7-9/30	9:00am-12:00pm	\$248
113080	MWF	Browns Valley	10/3-10/31	9:00am-12:00pm	\$248
113079	MWF	Browns Valley	11/2-11/30	9:00am-12:00pm	\$248
113085	TTh	Cooper	9/6-9/29	9:00am-12:00pm	\$176
113086	TTh	Cooper	10/4-10/27	9:00am-12:00pm	\$176
113087	TTh	Cooper	11/1-11/29	9:00am-12:00pm	\$176
113081	MWF	Cooper	9/7-9/30	9:00am-12:00pm	\$248
113078	MWF	Cooper	10/3-10/31	9:00am-12:00pm	\$248
113077	MWF	Cooper	11/2-11/30	9:00am-12:00pm	\$248
113082	MWF	Foxboro	9/7-9/30	9:00am-12:00pm	\$248
113076	MWF	Foxboro	10/3-10/31	9:00am-12:00pm	\$248
113075	MWF	Foxboro	11/2-11/30	9:00am-12:00pm	\$248
113084	MWF	Meadowlands	9/7-9/30	9:00am-12:00pm	\$248
113073	MWF	Meadowlands	10/3-10/31	9:00am-12:00pm	\$248
113072	MWF	Meadowlands	11/2-11/30	9:00am-12:00pm	\$248
113083	MWF	Three Oaks	9/7-9/30	9:00am-12:00pm	\$248
113088	MWF	Three Oaks	10/3-10/31	9:00am-12:00pm	\$248
113074	MWF	Three Oaks	11/2-11/30	9:00am-12:00pm	\$248
New! - AFTERNOON CLASSES					
113693	T/Th	Three Oaks	9/6-9/29	12:30-3:30pm	\$176
113126	T/Th	Three Oaks	10/4-10/27	12:30-3:30pm	\$176
113127	T/Th	Three Oaks	11/1-11/29	12:30-3:30pm	\$176
113128	MWF	Three Oaks	9/7-9/30	12:30-3:30pm	\$248
113129	MWF	Three Oaks	10/3-10/31	12:30-3:30pm	\$248
113130	MWF	Three Oaks	11/2-11/29	12:30-3:30pm	\$248

Enrichment Activities



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 on-line. For information call 469-4033.

113819	T	9/6-9/27	9:30-11:30am	\$52
113820	T	10/4-10/25	9:30-11:30am	\$52
113821	T	11/1-11/29	9:30-11:30am	\$52

Location: Padan Recreation Center



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.

113822	M	9/12-9/26	9:30am-12:30pm	\$81
113823	M	10/3-10/31	9:30am-12:30pm	\$135
113824	M	11/7-11/28	9:30am-12:30pm	\$81
113831	MWF	9/7-9/30	9:30am-12:30pm	\$297
113832	MWF	10/3-10/31	9:30am-12:30pm	\$351
113833	MWF	11/2-11/30	9:30am-12:30pm	\$270
113825	WF	9/7-9/30	9:30am-12:30pm	\$216
113826	WF	10/5-10/28	9:30am-12:30pm	\$216
113827	WF	11/2-11/30	9:30am-12:30pm	\$189
113828	Th	9/1-9/29	9:30am-12:30pm	\$135
113829	Th	10/6-10/27	9:30am-12:30pm	\$108
113830	Th	11/3-11/17	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. 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.

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.

Kindermusik - Wiggle & Grow

113722	M	9/12-9/26	9:30-10:15am	\$36
113723	M	10/3-10/31	9:30-10:15am	\$60
113724	M	11/7-11/28	9:30-10:15am	\$36

Location: Three Oaks Community Center



Pee Wee Open Play Time

Ages 6/under

Looking for things to do with your child? This supervised, non-instructional play time is the answer. Activities will include baby area, tricycles, tumbling mats, tunnels and hoppy balls. Parents are required to stay and participate. \$4 per child, \$1 per adult. Punch Card available for purchase at Three Oaks Community Center for \$40 (\$50 value).

113834	M	9/12-9/26	10:00am-12:00pm	\$4
113835	M	10/3-10/31	10:00am-12:00pm	\$4
113836	M	11/7-11/28	10:00am-12:00pm	\$4

Location: Three Oaks Community Center

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
114639	\$74	Alamo	8/18-8/31	114611	\$138
114645	\$155	Alamo	9/1-9/30	114616	\$299
114651	\$155	Alamo	10/3-10/31	114621	\$289
114657	\$118	Alamo	11/1-11/30	114901	\$288
114640	\$74	Browns Valley	8/18-8/31	115172	\$138
114646	\$155	Browns Valley	9/1-9/30	115173	\$299
114652	\$155	Browns Valley	10/3-10/31	115175	\$289
114658	\$118	Browns Valley	11/1-11/30	115176	\$288
114641	\$81	Cambridge	8/17-8/31	114612	\$151
114647	\$155	Cambridge	9/1-9/30	114617	\$289
114653	\$148	Cambridge	10/3-10/31	114622	\$275
114659	\$118	Cambridge	11/1-11/30	114627	\$220
114642	\$74	Cooper	8/18-8/31	114613	\$138
114648	\$155	Cooper	9/1-9/30	114618	\$299
114654	\$155	Cooper	10/3-10/31	114623	\$289
114660	\$118	Cooper	11/1-11/30	114628	\$288
114643	\$81	Foxboro	8/17-8/31	114614	\$151
114649	\$155	Foxboro	9/1-9/30	114619	\$289
114655	\$148	Foxboro	10/3-10/31	114624	\$275
114661	\$118	Foxboro	11/1-11/30	114629	\$220
114644	\$74	Meadowlands	8/18-8/31	114615	\$138
114650	\$155	Meadowlands	9/1-9/30	114620	\$299
114656	\$155	Meadowlands	10/3-10/31	114625	\$289
114662	\$118	Meadowlands	11/1-11/30	114630	\$288
115119	\$74	Sierra Vista	8/18-8/31	114898	\$138
115120	\$155	Sierra Vista	9/1-9/30	114899	\$299
115121	\$155	Sierra Vista	10/3-10/31	114900	\$289
115122	\$118	Sierra Vista	11/1-11/30	114626	\$288

BS=Before School and AS=After School

Enrichment Activities



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!

115178 M 10/10 6:30am-6:00pm \$45

115179 M 10/10 9:00am-4:00pm \$27

Location: Cambridge Recreation Center

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.

Camp VACation

Grades 1-6

New memories await when you spend your Thanksgiving 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. Activities include games, projects and more. Please send your child with a sack lunch, we'll provide a morning and afternoon snack. Space is limited, so sign up early!

TGIF: Thank Goodness It's Food, Celebrate Thanksgiving! - Alamo Recreation Center

114605	M-W	11/21-11/23	6:30am-6:00pm	\$135
114606	M-W	11/21-11/23	9:00am-4:00pm	\$81



Register NOW

Register Online for Fall Programs

There are only a few steps between you and another unforgettable class.

CityofVacaville.com/RecWeb Online Registration

It's easy!

1. Log on to our website and select RecWeb Online Registration or type <https://recweb.cityofvacaville.com> in your browser
2. Select LOGIN (top right of your screen) and enter client barcode and account PIN, press enter key
3. Under the Start Menu, enter course barcode
4. Click Add button
5. You are now in the cart window, **select a client**
6. Select Go to Checkout to make payment or Continue shopping

To register online, you must have a client barcode and account PIN. If you do not, please call 469-6660

Youth Sports

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. 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!**

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!

110043	T	10/4-10/25	4:00-4:45pm	\$59
110045	T	11/1-11/22	4:00-4:45pm	\$59

Tiny Tot Olympics

T-ball, soccer, football and more. A great class for kids who love sports of all sorts!

110042	T	9/6-9/27	6:00-6:45pm	\$59
110044	T	10/4-10/25	5:00-5:45pm	\$59
110046	T	11/1-11/22	5:00-5:45pm	\$59

Tiny Tot Football

Hut, hut, HIKE! Run, pass, kick and pull flags. All drills and games are designed just for little ones.

110041	T	9/6-9/27	5:00-5:45pm	\$59
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Instructor: Community Services Staff
Location: Arlington Park-September
Vacaville Recreation Center
(October & November)



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.

115159	S	9/10-9/24	1:00-3:00pm	\$130
115160	S	10/8-10/29	1:00-3:00pm	\$130
115161	S	11/5-11/19	1:00-3:00pm	\$130

Location: Christiane Noelting Dressage Center
No Class: 10/15



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 & 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!

115196	S	9/10-10/1	10:45-11:45am	\$60
115197	S	10/8-10/29	10:45-11:45am	\$60
115198	S	11/5-11/26	10:45-11:45am	\$60
115193	T	9/6-9/27	5:30-6:30pm	\$60
115194	T	10/4-10/25	5:30-6:30pm	\$60
115195	T	11/1-11/22	5:30-6:30pm	\$60

Instructor: Donnarae Tulsy
Location: Vacaville Ice Sports

Follow City of Vacaville



@vacavillesports
For pictures and videos of Vacaville
Sports programs and leagues.



@vv_sports
For program and league reminders,
updates, schedule changes and more!

Youth Sports



New! Archery

Ages 8+

Junior Olympic Archery Development (JOAD) is a program of USA Archery that teaches archery to young people and beginners. 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

115180	M	9/12-10/3	3:45-4:45pm	\$49
115181	W	9/7-9/28	3:45-4:45pm	\$49
115184	M	10/10-10/31	3:45-4:45pm	\$49
115185	W	10/5-10/26	3:45-4:45pm	\$49
115188	M	11/7-11/28	3:45-4:45pm	\$49
115189	W	11/2-11/23	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+

115182	M	9/12-10/3	5:00-6:00pm	\$59
115186	M	10/10-10/31	5:00-6:00pm	\$59
115190	M	11/7-11/28	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	9/12-10/3	6:30-7:30pm	\$59
115187	M	10/10-10/31	6:30-7:30pm	\$59
115191	M	11/7-11/28	6:30-7:30pm	\$59

Instructor: Kevin Yost, USA Archery

Kajukenbo Kenpo Karate & Junior Self Defense Classes

Ages 5-14

A City of Vacaville Program since 1967! Youth will gain confidence, stamina, strength, positive self image, and respect for others and self. Mental discipline, self respect and physical health 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 and kicks.

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

Junior Self Defense - Beginning - 5 -14 yrs

112003	T	9/27-12/20	5:00-6:00pm	\$71
112004	Th	9/29-12/22	5:00-6:00pm	\$71
112005	TTh	9/27-12/22	5:00-6:00pm	\$131

Junior Self Defense - Advanced - 5 -14 yrs

112006	T	9/27-12/20	6:00-7:30pm	\$71
112007	W	9/28-12/21	5:00-6:00pm	\$71
112008	T	9/27-12/21	6:00-7:30pm	\$131
	W		5:00-6:00pm	

Junior Karate – Beginning & Advanced - 8-14yrs

112009	M	9/26-12/19	5:00-6:00pm	\$71
112010	Th	9/29-12/22	6:00-7:30pm	\$71
112011	M	9/19-12/15	5:00-6:00pm	\$131
	Th		6:00-7:30pm	

Instructor: Professor Alan Reyes
 Location: Three Oaks Community Center
 No Class: 11/21-11/24

Zoomerangs - Kids Running Program

Ages 5-10

Fleet Feet Sports Vacaville has been active in the community with running and walking classes since 2004. Our Zoomerangs class is geared for kids age 5-10 years old. We will be training for the Turkey Trot. Drop-in available.

111976	M	10/24-11/28	3:45-4:45pm	\$60
Instructor:	Elizabeth Roehrs			
Location:	Al Patch Park - Track			
Drop in fee:	\$15			

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

113764	TTh	9/1-9/29	5:15-5:45pm	\$100
113765	TTh	10/4-10/27	5:15-5:45pm	\$100
113766	TTh	11/1-11/29	5:15-5:45pm	\$100

Intermediate/Advanced

113761	MW	9/7-9/28	5:15-5:45pm	\$100
113762	MW	10/3-10/31	5:15-5:45pm	\$100
113763	MW	11/2-11/30	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 students physical and mental coordination improves and they discover self-value and pride with the attitude of "I can do it". Experiencing achievement through the progression of our belt system, students learn to pursue goals. No experience necessary as students learn at their own pace. Individuals with previous experience are also welcome.

Beginner

113767	TTh	9/1-9/29	6:00-7:00pm	\$100
113768	TTh	10/4-10/27	6:00-7:00pm	\$100
113769	TTh	11/1-11/29	6:00-7:00pm	\$100

Intermediate/Advanced

113758	MW	9/7-9/28	6:00-7:00pm	\$100
113759	MW	10/3-10/31	6:00-7:00pm	\$100
113760	MW	11/2-11/30	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: 11/24

Youth Sports

Flag Football League

Grades 1-6

The ultimate team sport! This introductory program is offered in both a safe and fun environment. Players gain knowledge of valuable football skills including catching, passing and flag pulling. Choose your grade and get ready to have some fun!

Registration Deadline: 8/28

Coaches Meeting: 9/28, 6:15pm at Three Oaks

Tentative start date: Week of 10/3

110023	Grades 1-2	\$104
110024	Grades 3-4	\$104
110025	Grades 5-6	\$104
Location:	Al Patch & Keating Parks	
Add'l Cost:	\$20 late fee after deadline	
Material Cost:	\$20 mandatory jersey	

Youth Ballin'! Basketball Development

Ages 7-15

Ballin'! Is for basketball players that are serious about improving their skills. Each session will focus equally on development and competition. The development portion will focus on the fundamentals of the game. The competition portion will emphasize teamwork and sportsmanship while challenging them mentally and physically.

109948	T	10/4-11/22	5:00-7:00pm	\$90
Location:	Georgie Duke Sports Center			

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.

Mini Muscles Basketball

Grades K-1

Introduce your child to Basketball with Mini Muscles. This 8 week league is set up for efficient learning. The first half of each session is a programmed practice, and the second half is game time! Participants must be in Kindergarten or First Grade. The success of this program depends on parent volunteers, so give us a call at 469-4035 if you are interested. Friend requests must be reciprocal. Mini Muscles Basketball is a prerequisite for first graders wanting to play Winter Basketball.

Registration Deadline: 9/11

Manager's Meeting: 9/28, 5:30pm at Three Oaks

Tentative start date: 10/1

109942	S	10/1-11/19	\$90
Location:	Georgie Duke		
Add'l Cost:	\$20 late fee after deadline		
Material Cost:	\$20 mandatory jersey		

Youth Basketball Fun-Damentals Clinic

Grades K-1

This FUNdamental clinic is designed to instill a love of basketball and encourage good sportsmanship. Children will be introduced to the fundamentals of dribbling, passing, shooting, and rebounding in a fun and positive atmosphere. Note: This clinic is mandatory for 1st graders who wish to participate in the winter basketball league who have not participated in the Mini Muscles Basketball program.

109944	M	10/17-11/21	5:30-6:30pm	\$67
Location:	Georgie Duke Sports Center			

Youth Basketball Camp

Grades 1-8

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.

109943	M-W	11/21-11/23	9:00am-12:00pm	\$51
Location:	Georgie Duke Sports Center			



Winter 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 begins January 2nd.

Mandatory Player Evaluation: 11/19- Duke Center

Registration Deadline 11/17

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

Tentative start date: week of 12/5

109933	Coed	Grades 1-2	Coed	
109934	Boys	Grades 3	Girls	109935
109936	Boys	Grades 4	Girls	109937
109938	Boys	Grades 5	Girls	109939
109940	Boys	Grades 6	Girls	109941
Location:	Georgie Duke Sports Center Vacaville Recreation Center			
Cost:	\$104			
Add'l Cost:	\$20 late fee after deadline			
Material Cost:	\$20 mandatory jersey			

Youth Sports



Youth Volleyball Camp

Grades 3-12

Can you Dig IT?! 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.

109980 M-W 11/21-11/23 9:00am-12:00pm \$51
Location: Vacaville Recreation Center

Fall Volleyball League

Grades 3-12

Bump, Set and Spike your way to fitness! You'll have so much fun; you won't even notice you're getting a workout. All skill levels are welcome, from the beginner wanting to learn a new skill to the experienced player wishing to keep his/her skills sharp. Our Fall league will conclude with a double elimination tournament. All teams will participate in this fun way to end the season!

Registration Deadline 9/18

Coaches Meeting 10/5 5:30pm at Three Oaks

Tentative start date week of 10/10

109972	Grades 3-4	\$99
109973	Grades 5-6	\$99
109974	Grades 7-8	\$99
109975	Grades 9-10	\$99
109976	Grades 11-12	\$99

Location: Vacaville Recreation Center

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

Material Cost: \$20 mandatory jersey



Youth Tennis

Age 4-13

Participants will develop hand-eye coordination, racquet control, and basic hitting skills in a fun-filled environment. Participants must wear comfortable clothes, tennis shoes and bring water.

Pee Wee's - 4-7

115106	TTh	9/27-10/13	3:15-4:00pm	\$85
115107	TTh	10/18-11/3	3:15-4:00pm	\$85

Beginner - Ages 8-13

115108	TTh	9/27-10/13	4:00-5:00pm	\$90
115109	TTh	10/18-11/3	4:00-5:00pm	\$90

Intermediate - Ages 8-13

115110	TTh	9/27-10/13	5:00-6:00pm	\$90
115111	TTh	10/18-11/3	5:00-6:00pm	\$90

Instructor: Brian Rust

Location: Three Oaks Tennis Courts

Just4Kicks 5v5 League

Ages 7-12

The development league is the best way to learn and further develop soccer skills. Touches on the ball are abundant and we create an environment enjoyable to all participants and spectators. First day is orientation where we introduce teams, hand out schedules, pass out gear, and explain the 5v5 rules. Every child receives a league jersey. For more info visit www.vacasoccer.com.

Fall League

For Ages 7-8

111321	MWS	9/14-10/31	5:00-7:00pm	\$144
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For Ages 9-10

111322	WThS	9/14-10/29	5:00-7:00pm	\$144
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For Ages 11-12

111323	WThS	9/14-10/29	5:00-7:00pm	\$144
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Instructor: Just4Kicks, Inc.

Location: Arlington Park Field

Just4Kicks Soccer Development

Ages 3.5-6

Soccer development in a class format. Come join the fun and develop gross motor and group dynamic 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

115139	T	8/30-10/18	10:40-11:10am	\$93
115153	Th	9/1-10/20	10:40-11:10am	\$93

For Ages 3.5-4

115140	T	8/30-10/18	10:00-10:40am	\$93
115141	Th	9/1-10/20	10:00-10:40am	\$93
115135	S	9/3-10/22	9:00-9:40am	\$93
115136	S	9/3-10/22	9:40-10:20am	\$93

For Ages 4-5

115142	M	8/29-10/17	4:40-5:20pm	\$93
115143	Th	9/1-10/20	4:40-5:20pm	\$93
115137	S	9/3-10/22	9:00-9:40am	\$93
115138	S	9/3-10/22	9:40-10:20am	\$93

For Ages 5-6

115144	M	8/29-10/17	5:20-6:10pm	\$93
115146	Th	9/1-10/20	5:20-6:10pm	\$93
115147	S	9/3-10/22	9:00-9:50am	\$93
115148	S	9/3-10/22	9:50-10:40am	\$93

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

Instructor: Just4Kicks, Inc.

No Class: 9/5

Sports League Coaches

Ages 16+

The City of Vacaville is seeking positive, committed, friendly and energetic volunteers to coach youth sports teams. Volunteers receive registration discounts for their service. All volunteer coaches will be scheduled for fingerprinting. Register today or call 469-4035 for more information.

113640	Fall Baseball
113641	Flag Football
113642	Mini Muscles



PAL (Police Activities League)

"Building the Bond between Cops and Kids"



About

The 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

Effective January 1, 2017, all PAL members must meet the minimum requirements that includes but not limited to any of the following areas to be admitted into the PAL membership:

- Must meet the financial standard for low income housing (income level determined by the housing agency) or participates in a Section 8 program (verification required).
- Must be referred by Vacaville Police Department, local clergy, social services, academic advisor or community services administration.
- Must receive an invitation from the Recreation Supervisor, Recreation Coordinator or community services administration.

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.

115100 W 9/13-12/6 4:15-5:15pm

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



Join

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

Return completed applications and the \$30 registration fee 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

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

PAL (Police Activities League)



PAL Art

Ages 7-12

Do you have a creative side? Join us once a month to explore different Art techniques with Ms. Alicia. Classes held on the first Wednesday of the month.

PAL Members

115057 W 9/7 4:00-5:00pm \$10
 115165 W 10/5 4:00-5:00pm \$10
 115167 W 11/2 4:00-5:00pm \$10

PAL Scholarship

115058 W 9/7 4:00-5:00pm
 115168 W 10/5 4:00-5:00pm
 115166 W 11/2 4:00-5:00pm

Location: Fairmont Recreation Center

PAL Judo

Ages 7-18

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.

PAL Members

115075 TTh 9/6-11/17 5:30-7:00pm \$35

PAL Scholarship

115076 TTh 9/6-11/17 5:30-7:00pm

Location: McBride Senior Center

Georgie Duke Boxing

Ages 8-18

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

Beginner

PAL Members

115017 MWF 9/7-11/18 4:00-5:15pm \$45

PAL Scholarship

115018 MWF 9/7-11/18 4:00-5:15pm

Intermediate

PAL Members

115043 M-F 9/6-11/18 4:00-7:00pm \$55

PAL Scholarship

115044 M-F 9/6-11/18 4:00-7:00pm

Location: Georgie Duke Sports Center

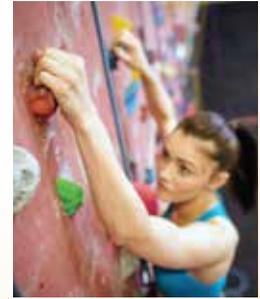
PAL Fall Fieldtrips!



Sept

Diablo Rock Gym

an additional liability waiver is required



Oct

Great America



Nov

Tech Museum

an additional liability waiver is required



Dec

Holiday in the Park

at 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.

PAL Members

115046 W 9/21 2:00-4:00pm \$10
 115048 W 10/19 2:00-4:00pm \$10
 115048 W 11/16 2:00-4:00pm \$10

PAL Scholarship

115047 W 9/21 2:00-4:00pm
 115049 W 10/19 2:00-4:00pm
 115049 W 11/16 2:00-4:00pm

Location: Vacaville Brenden Theatre



PAL Teen Late Night

Ages 13-17

Pizza, pool, movies, and games with mentors and friends!

PAL Members

115094 F 9/23 6:00-8:00pm \$10
 115096 F 10/14 6:00-8:00pm \$10

PAL Scholarship

115095 F 9/23 6:00-8:00pm
 115097 F 10/14 6:00-8:00pm

Location: TBA

PAL Feast with the Finest

Ages 7-18

Come take a tour of Vacaville's Police Department and then and enjoy a snack after the tour. Pickup at RoundTable Pizza at 880 Alamo Drive.

115066 W 9/28 3:00-5:00pm FREE

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. Refreshments available at a nominal cost. Parent chaperones/volunteers needed. Please call 469-4000.

Staycation Paradise

Registration Deadline 9/9

114865 F 9/16 7:00-9:30pm \$10

Fright Night Folly

Registration Deadline 10/14

114866 F 10/21 7:00-9:30pm \$10

80s Bash

Registration Deadline 11/10

114867 F 11/18 7:00-9:30pm \$10

Location: Ulatis Community Center

Late Fee: \$5 after registration deadline

New! Street Smarts Self-Defense

Ages 12-17

Students will learn self-defense, situational and crime awareness, as well as crime prevention while in public, school, home, work and on vacation. A t-shirt can be purchased from instructor on the first day of class for \$15.

115162 M 9/19-9/26 6:00-7:00pm \$46

115163 M 10/3-10/24 6:00-7:00pm \$46

115164 M 11/7-11/28 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.

114884 F 9/16-10/14 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.

114876 Continuous \$49

Instructor: Safety Driver's Ed

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

Gymnastics



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.

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+

115328	T	9/13-10/18	5:30-7:00pm	\$78
115329	T	10/25-11/29	5:30-7:00pm	\$65
115332	S	9/17-10/22	10:00-11:30am	\$78
115333	S	10/29-11/19	10:00-11:30am	\$52

Intermediate Ages 7+

115330	Th	9/15-10/20	5:30-7:00pm	\$85
115331	Th	10/27-11/17	5:30-7:00pm	\$57

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.

114306	T	9/13-10/18	5:30-6:30pm	\$72
114512	T	10/25-11/22	5:30-6:30pm	\$60
114307	W	9/14-10/19	6:00-7:00pm	\$72
114513	W	10/26-11/16	6:00-7:00pm	\$48

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.

114384	M	9/12-10/17	7:00-8:15pm	\$79
114590	M	10/24-11/21	7:00-8:15pm	\$66
114385	W	9/14-10/19	7:00-8:15pm	\$79
114591	W	10/26-11/16	7:00-8:15pm	\$53

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

114393	W	9/14-10/19	4:00-4:55pm	\$73
114599	W	10/26-11/16	4:00-4:55pm	\$49
114394	Th	9/15-10/20	5:30-6:25pm	\$73
114600	Th	10/27-11/17	5:30-6:25pm	\$49

American Super Ninja

Come and train like a ninja at Vacaville Gymnastics. This class includes obstacle courses, flips, runs and spins, vaults, beam jumps, rope climbing, rings, and tumble track.

Ages 5-7

114302	T	9/13-10/18	4:30-5:25pm	\$73
114508	T	10/25-11/22	4:30-5:25pm	\$61
114300	W	9/14-10/19	5:00-5:55pm	\$73
114506	W	10/26-11/16	5:00-5:55pm	\$49
114301	Th	9/15-10/20	3:30-4:25pm	\$73
114507	Th	10/27-11/17	3:30-4:25pm	\$49

Ages 8-12

114305	T	9/13-10/18	5:30-6:25pm	\$73
114511	T	10/25-11/22	5:30-6:25pm	\$61
114303	W	9/14-10/19	6:00-6:55pm	\$73
114509	W	10/28-11/16	6:00-6:55pm	\$49
114304	Th	9/15-10/20	4:30-5:25pm	\$73
114510	Th	10/27-11/17	4:30-5:25pm	\$49

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.

114365	MW	9/12-10/19	11:00am-12:00pm	\$100
114571	MW	10/24-11/23	11:00am-12:00pm	\$75
114364	TTh	9/13-10/20	11:00am-12:00pm	\$100
114570	TTh	10/25-11/17	11:00am-12:00pm	\$75

Gymnastics

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 9/12-10/22	Session II 10/24-11/23
Rolly Pollies - Ages 1-2		
M 9:00-9:45am	114387-\$63	114593-\$53
T 10:00-10:45am	114388-\$63	114594-\$53
Th 2:30-3:15pm	114389-\$63	114595-\$42
F 9:00-9:45am	114390-\$53	114596-\$32
S 9:00-9:45am	114855-\$53	114856-\$42

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 9/12-10/22	Session II 10/24-11/23
Climbing Caterpillars - Ages 2-3		
M 10:00-10:45am	114335-\$63	114541-\$53
T 11:00-11:45am	114336-\$63	114542-\$53
W 10:00-10:45am	114337-\$63	114543-\$53
Th 9:00-9:45am	114338-\$63	114544-\$42
Th 3:30-4:15pm	114339-\$63	114545-\$42
F 10:00-10:45am	114340-\$53	114546-\$32
S 10:00-10:45am	114845-\$53	114846-\$42

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 9/12-10/22	Session II 10/24-11/23
BOUNCING BEARS - AGES 3-5		
M 11:00-11:45am	114308-\$63	114514-\$53
M 4:00-4:45pm	114309-\$63	114515-\$53
M 5:00-5:45pm	114310-\$63	114516-\$53
T 9:00-9:45am	114311-\$63	114517-\$53
T 3:30-4:15pm	114312-\$63	114518-\$53
W 9:00-9:45am	114313-\$63	114519-\$53
W 3:00-3:45pm	114314-\$63	114520-\$42
Th 4:30-5:15pm	114315-\$63	114521-\$42
Th 5:30-6:15pm	114316-\$63	114522-\$42
F 11:00-11:45am	114317-\$53	114523-\$32
S 10:00-10:45am	114842-\$53	114840-\$42
S 11:00-11:45am	114843-\$53	114841-\$42
LEAPING LEOPARDS - AGES 3-5		
M 9:00-9:45am	114373-\$63	114579-\$53
M 5:00-5:45pm	114374-\$63	114580-\$53
M 6:00-6:45pm	114375-\$63	114581-\$53
T 10:00-10:45am	114376-\$63	114582-\$53
T 4:30-5:15pm	114377-\$63	114583-\$53
W 4:00-4:45pm	114378-\$63	114584-\$42
W 5:00-5:45pm	114379-\$63	114585-\$42
Th 10:00-10:45am	114380-\$63	114586-\$42
S 9:00-9:45am	114853-\$53	114854-\$42
JUMPING JAGUARS - AGES 3-6		
M 10:00-10:55am	114366-\$85	114572-\$71
M 6:00-6:55pm	114372-\$85	114578-\$71
T 3:30-4:25pm	114367-\$85	114573-\$71
W 5:00-5:55pm	114368-\$85	114574-\$57
W 6:00-6:55pm	114369-\$85	114575-\$57
Th 4:30-5:25pm	114370-\$85	114576-\$57
F 10:00-10:55am	114371-\$71	114577-\$43
S 9:00-9:55am	114851-\$71	114852-\$57

Preschool Series Continued

Preschool Series

Preschool Series			
Class Title		Session I	Session II
Day/Times		9/12-10/22	10/24-11/23
TUMBLING TIGERS - AGES 3-5/6			
M	3:00-3:55pm	114395-\$85	114601-\$71
T	4:30-5:25pm	114397-\$85	114603-\$71
W	5:00-5:55pm	114396-\$85	114602-\$57
Th	11:00-11:55am	114398-\$85	114604-\$57
S	10:00-10:55am	114857-\$71	114858-\$57



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		9/12-10/22	10/24-11/23
GIRLS BEGINNER - AGES 6-17			
M	4:00-4:55pm	114346-\$85	114552-\$71
M	6:00-6:55pm	114347-\$85	114553-\$71
T	3:30-4:25pm	114348-\$85	114554-\$71
W	4:00-4:55pm	114349-\$85	114555-\$57
W	6:00-6:55pm	114350-\$85	114556-\$57
Th	4:30-5:25pm	114351-\$85	114557-\$57
Th	5:30-6:25pm	114352-\$85	114558-\$57
S	11:00-11:55am	114849-\$71	114850-\$57
BOYS BEGINNER - AGES 6-17			
M	4:00-4:55pm	114321-\$85	114527-\$71
T	4:30-5:25pm	114322-\$85	114528-\$71
W	5:00-5:55pm	114323-\$85	114529-\$57
GIRLS ADVANCED BEGINNER - AGES 6-17			
M	5:00-5:55pm	114345-\$85	114551-\$71
T	4:30-5:25pm	114341-\$85	114547-\$71
W	4:00-4:55pm	114342-\$85	114548-\$57
Th	3:30-4:25pm	114343-\$85	114549-\$57
Th	6:30-7:45pm	114344-\$85	114550-\$57
S	11:00-11:55am	114847-\$71	114848-\$57

School Age Series Con't

School Age Series Con't			
Class Title		Session I	Session II
Day/Times		9/12-10/22	10/24-11/23
BOYS ADVANCED BEGINNER - AGES 6-17			
M	6:00-6:55pm	114320-\$85	114526-\$71
W	4:00-4:55pm	114318-\$85	114524-\$57
Th	4:30-5:25pm	114319-\$85	114525-\$57
GIRLS INTERMEDIATE - AGES 6-17			
T	5:30-7:00pm	114353-\$118	114559-\$99
W	6:00-7:30PM	114354-\$118	114560-\$79
Th	5:30-7:00pm	114355-\$118	114561-\$79
BOYS INTERMEDIATE - AGES 6-17			
Th	5:30-7:00pm	114324-\$118	114530-\$79
GIRLS INTERMEDIATE ADVANCED - AGES 6-17			
MW	6:00-7:30pm	114356-\$163	114562-\$123
TTh	5:30-7:00pm	114357-\$163	114563-\$123
BOYS INTERMEDIATE ADVANCED - AGES 6-17			
TTh	5:30-7:00pm	114325-\$163	114531-\$123



Gymnastics

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 for children over age six that 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 \$6 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 chaperon out on the floor. This is a family event, parents and guardians are required to be present at all times.

- F 9/2 6:00-8:00pm
- F 9/16 6:00-8:00pm
- F 10/21 6:00-8:00pm
- F 11/4 6:00-8:00pm
- F 11/18 6:00-8:00pm

\$6 per person

*No Family Fun Night 10/7/16

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 are for 20 kids. 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 Vacaville 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

Just the basics with the bronze package. Table and chair set up and helpful birthday party hosts.

Please note the Vacaville Gymnastics closure dates:

Home Meet
Friday, October 7th
Saturday, October 8th

Veterans Day
Friday, November 11th

Thanksgiving & Festival of Trees
starts Wednesday evening
November 23rd - December 4th

For information call 449-6101.

Gymnastics



Cheerleading

Vacaville Gymnastics is excited to introduce our new cheerleading classes! 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.

Beginner I - Ages 5-8

114331	M	9/12-10/17	5:00-5:55pm	\$85
114537	M	10/24-11/21	5:00-5:55pm	\$71

Beginner II - Ages 9-14

114332	M	9/12-10/17	6:00-6:55pm	\$85
114538	M	10/24-11/21	6:00-6:55pm	\$71

Intermediate I - Ages 5-8

114333	W	9/14-10/19	5:00-6:25pm	\$118
114539	W	10/26-11/16	5:00-6:25pm	\$79

Intermediate II - Ages 9-14

114334	W	9/14-10/19	6:30-8:00pm	\$118
114540	W	10/26-11/16	6:30-8:00pm	\$79



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

114386	9/12-10/22	\$158
114592	10/24-11/23	\$158

Semi-Private Lessons

114391	9/12-10/22	\$79
114597	10/24-11/23	\$79



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 much of their time gaining strength, flexibility and learning the skills necessary to compete with confidence.

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

114381	M	9/12-10/17	6:00-6:45pm	\$63
114587	M	10/24-11/21	6:00-6:45pm	\$53

Girls Pre-Team A - Ages 3-5

114361	TTh	9/13-10/20	3:30-4:30pm	\$142
114567	TTh	10/25-11/17	3:30-4:30pm	\$107

Girls Pre-Team B - Ages 5-6

114362	TTh	9/13-10/20	4:30-6:00pm	\$170
114568	TTh	10/25-11/17	4:30-6:00pm	\$128

Girls Pre-Team C - Ages 7-12

114363	TTh	9/13-10/20	6:00-7:30pm	\$170
114569	TTh	10/25-11/17	6:00-7:30pm	\$128

Boys Pre-Team A - Ages 3+

114328	TTh	9/13-10/20	3:30-4:30pm	\$142
114534	TTh	10/25-11/17	3:30-4:30pm	\$107

Boys Pre-Team B - Ages 4+

114329	TTh	9/13-10/20	4:30-6:00pm	\$170
114535	TTh	10/25-11/17	4:30-6:00pm	\$128

Boys Pre-Team C - Ages 5+

114330	TTh	9/13-10/21	6:00-7:30pm	\$220
	F		3:45-5:45pm	
114536	TTh	10/25-11/18	6:00-7:30pm	\$143
	F		3:45-5:45pm	

Location: Vacaville Recreation Center

Walter V. Graham Aquatic Center

Splash Party Packages

Aquatic Parties are guaranteed FUN! Let us host your next celebration with a SPLASH! Choose from one of the following packages to fit your needs. Splash Party Packages are available weekends only from May 28th to September 18th. All attendees must follow the pool rules. Set up for reserved pool parties starts at 1pm on the day of the reservation.

Registration for any Splash Party Package must be done in person at the Three Oaks Community Center at least two weeks in advance.

To register, call 469-4020.

Splash Zone **\$185**

This package is the perfect aquatic party for children ages 1-5, and includes admission to the Activity Area for the Guest of Honor and 30 guests. The Activity Area includes a shaded area with picnic tables and a Spray Play Ground. Parties are scheduled on Saturdays and Sundays from 10:00 a.m. - 12:00 p.m.

Splash Bash – Mini **\$220**

This package is located in the shaded BBQ area at the Graham Aquatic Center. It includes admission for the Guest of Honor and 30 guests. Picnic tables and a charcoal BBQ pit are located within the area. Parties are scheduled during Open Swim on Saturdays and Sundays from 1:30 – 4:30pm.

Splash Bash – Deluxe **\$295**

This package is located in the shaded BBQ area at the Graham Aquatic Center. It includes admission for the Guest of Honor plus 30 guests, 4 large pizzas, 30 cupcakes and drinks. Parties are scheduled during Open Swim on Saturdays and Sundays from 1:30 – 4:30pm.



Floating Pumpkin Patch

Dive in, find the perfect pumpkin at the City of Vacaville's Floating Pumpkin Patch! We'll have arts and crafts, and games and prizes so bring your swimsuit, towel and friends! The water slides and children's activity area will be open for an October afternoon of pumpkin splashing fun! Entry fee includes 1 regular size pumpkin. Cost is \$10 with a pumpkin and \$5 for attendees who do not want a pumpkin. Pre-registration is required by October 13.

113965 Saturday 10/15 2:00 – 5:00pm \$10 w/pumpkin and \$5 w/o pumpkin

Pups in the Pool

Graham Aquatic Center

SATURDAY

October 22
1:00-2:30pm (114150)
3:00-4:30pm (114151)
or

\$6 per dog & 1 owner
\$3 per each additional person
****Cost is per session****

Pet contests * Treats * Pet Friendly Vendors & More!

PLEASE NOTE: For health and safety, people are not allowed in the pool during this event. Dogs must be licensed and vaccinated and owners must be prepared for clean-up duty. Pre-registration is required by October 20th, first 20 pre-registered pups receive a treat.



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.

Adult Fitness Pass

Our water fitness opportunities provide an excellent aerobic workout in a gravity free environment that is easy on the joints, and promotes strength and flexibility. 5, 10, or 30, visit passes available for purchase at Three Oaks and Ulatis Community Centers and McBride Senior Center. Passes are non-refundable if lost or stolen.

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	13-54: 10 visits \$55 30 visits \$125
55/up	\$5.25	55/up: 10 visits \$42 30 visits \$95



Deep Water Exercise

M-F
8:00-8:55am

Deep Water Aerobics is a full body workout to challenge all participants in an invigorating 55 minute class. Water Aerobics is a perfect solution for keeping fit if you're pregnant, have arthritis, or suffer from knee or joint problems. 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 10/3, M-Th 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 served basis. Bring your own fins, goggles and pull buoys. Circle swimming may be required depending on the lane availability.

Open Swim Schedule

The Graham Aquatic Center is the perfect place to cool off. Come take a trip down the water slides or swim in one of the many pools. Concession stand is open daily.

* Lifejackets Coast Guard Approved Type II and III are permitted. No glass, alcohol or smoking allowed in the facility.

Day	Date	Time
Sa,Su	8/13-9/18	1:00-4:45pm
OPEN MONDAY, SEPTEMBER 5th, 1:00-4:45pm		

Age	Price
Ages 0 - 2	\$1.00
Ages 3 - 12	\$5.00
Ages 13 - 54	\$6.00
Ages 55/up	\$5.00
Entrance Fee	\$5.00



POOL CLOSED

October 1, 2, 15, 22

November 24, 25

December 24, 25, 26, 31

Aquatics - Swim Descriptions

Swim Lesson Descriptions

Swim lessons are broken down by Levels 1 - 6 and age groups that vary from 6 months to adults. If you have any questions regarding what level your child should enroll in, please call 707-469-4030. For registration, please call 469-4020.

Parent Child Level 1

Ages: 6 - 36mo. (Water Exploration)

This class provides orientation to the water, teaches parents water safety techniques to support their child in the water. Children learn to blow bubbles, and discover the underwater world through toys and songs. Parents are required to be in the water with their child. Swim attire: a swim suit and swim diapers - NO DISPOSABLE DIAPERS.

Sea Turtle Level 1

Ages: 3 - 6 (Water Exploration)

This class is an introduction to the water. Participants will learn to blow bubbles, put their face in the water, float and kick on their front and back with assistance. They will be introduced to swimming freestyle and backstroke, kicking on a kickboard, streamlines and safety skills.

Jelly Fish Level 1

Ages: 7 - 12 (Water Exploration)

This class is an introduction to the water. Participants will learn to blow bubbles, put their face in the water, float and kick on their front and back with assistance. They will be introduced to swimming freestyle and backstroke, kicking on a kickboard, streamlines and safety skills.

Star Fish Level 2

Ages: 3 - 6 (Primary Skills)

Must have passed Level 1 or skills are equivalent. Participants will learn to independently float, kick with a kickboard and swim freestyle with rotary breathing and backstroke 5 yards. Participants will be introduced to elementary backstroke, streamlines, treading water and safety skills.

Sea Horse Level 2

Ages: 7 - 12 (Primary Skills)

Must have passed Level 1 or skills are equivalent. Participants will learn to independently float, kick with a kickboard and swim freestyle with rotary breathing and backstroke 10 yards. Participants will be introduced to elementary backstroke, streamlines, treading water and safety skills.

Minnow Level 3

Ages: 5 - 8 (Stroke Readiness)

Must have passed Level 2 or skills are equivalent. Participants will learn to swim 15 yards of freestyle with rotary breathing, backstroke and elementary backstroke; and implement the beginning stages of breaststroke for 10 yards. Participants will be introduced to the breaststroke pull down, flip turns, sitting dives and safety skills.

Marlin Level 3

Ages: 9 - 12 (Stroke Readiness)

Must have passed Level 2 or skills are equivalent. Participants will learn to swim 20 yards of freestyle with rotary breathing, backstroke and elementary backstroke; and implement the beginning stages of breaststroke for 10 yards. Participants will be introduced to the breaststroke pull down, flip turns, sitting dives and safety skills.

Otter Level 4

Ages: 7 - 12 (Stroke Development)

Must have passed Level 3 or skills are equivalent. Participants will learn to swim 25 yards of freestyle, backstroke, elementary backstroke and breaststroke; and implement the beginning stages of butterfly for 15 yards. Participants will be introduced to standing dives, wall turns and safety skills.

Dolphin Level 5

Ages: 7 - 18 (Stroke Refinement)

Must have passed Level 4 or skills are equivalent. Participants will work on stroke refinement and swim 50 yards of freestyle, backstroke and breaststroke. Participants will develop their butterfly technique to swim 25 yards and the 100 IM. Participants will be introduced to IM turns and more advanced safety skills.

Shark Level 6

Ages: 9 & up (Stroke Proficiency)

Must have passed Level 5 or skills are equivalent. Participants will work on stroke refinement and swim 100 yards of freestyle, backstroke, breaststroke and butterfly. Participants will work on 200 IM, 300 freestyle, more advanced turns, treading water, dives and safety skills.

Weekday Swim Lessons

\$70

Weekday Swim Lessons are \$69 per session. A session runs for 2 weeks, Monday - Thursday. Each class is 30 minutes long. At the end of each session a report card will be provided to the participant showing the skills accomplished, areas for improvement, and level placement.

Weekend Swim Lessons

\$50

Weekend Swim Lessons are \$49 per session. A session runs for 2 weeks, Saturdays and Sundays. Each class is 30 minutes long. At the end of each session a report card will be provided to the participant showing the skills accomplished, areas for improvement, and level placement.

Private Swim Lessons

\$80

Private lessons are an opportunity to work one-on-one with an instructor to help ease the participant into our group lessons. Instructors will work on stroke technique and learning new swimming skills. Private Lessons are offered weekdays and weekends.

Aquatics - Weekday Swim Lessons

Weekday Lessons - \$70

A session runs for 2 weeks, Monday through Thursday. Each class is 30 minutes long. At the end of each session a report card will be provided to the participant showing the skills accomplished, areas for improvement, and level placement.

M - TH (2 weeks)	Session 1	Session 2	Session 3	Session 4
\$70 per session	8/22-9/1	9/6-9/15	9/19-9/29	10/3-10/13
Parent & Child (6 - 36 mo.)				
5:20-5:50pm	114099	114100	114101	114102
Level 1: (3 - 6 yrs) Sea Turtle				
4:45-5:15pm	113966	113969	113972	113975
5:20-5:50pm	113967	113970	113973	113976
6:30-7:00pm	113968	113971	113974	113977
Level 1: (7 - 12 yrs) Jelly Fish				
4:45 - 5:15pm	113987	113989	113991	113993
5:55 - 6:25pm	113988	113990	113992	113994
Level 2: (3 - 6 yrs) Star Fish				
4:45 - 5:15pm	114001	114004	114007	114010
5:55 - 6:25pm	114002	114005	114008	114011
6:30 - 7:00pm	114003	114006	114009	114012
Level 2: (7 - 12 yrs) Sea Horse				
4:45 - 5:15pm	114022	114025	114028	114031
5:20 - 5:50pm	114023	114026	114029	114032
6:30 - 7:00pm	114024	114027	114030	114033



ADAPTIVE SWIM LESSONS

These are private lessons designed for children with mental, physical and/or developmental disabilities. Safety and confidence in the water are the primary goals of these lessons. Swimming skills will be gradually built upon during the length of each lesson. Call 469-4030 for any inquiries.

WEEKDAY ADAPTIVE SWIM LESSONS - MONDAY-THURSDAY

M - TH (2 weeks)	Session 1	Session 2
\$70 per session	8/22-9/1	9/6-9/15
6:30 - 7:00pm	113964	113963

M - TH (2 weeks)	Session 1	Session 2	Session 3	Session 4
\$70 per session	8/22-9/1	9/5-9/15	9/19-9/29	10/3-10/13
Level 3: (5-8yrs) Minnow				
4:45-5:15pm	114043	114045	114047	114049
5:55-6:25pm	114044	114046	114048	114050
Level 3: (9 - 12 yrs) Marlin				
5:20-5:50pm	114057	114059	114061	114063
5:55 - 6:25pm	114058	114060	114062	114064
Level 4: (7 - 12 yrs) Otter				
5:20 - 5:50pm	114071	114073	114075	114077
6:30 - 7:00pm	114072	114074	114076	114078
Level 5: (7 - 18 yrs) Dolphin				
10:45 - 11:15am	114085	114086	114087	114088
Level 6: (9 - 18 yrs) Shark				
6:30 - 7:00pm	114092	114093	114094	114095



Weekday Private Swim Lessons \$80

Weekday Private Lessons are offered Monday through Thursday in the afternoon. Each Session consists of four 30 minute classes for one week. Classes are offered at 4:45pm; 5:20pm; 5:55pm and 6:30pm.

24 Aquatics - Weekend Swim Lessons

Sat & Sun (2 weeks)	Session 1	Session 2	Session 3
\$50 per session	8/20-8/28	9/3-9/11	9/17-9/25
Parent & Child (6 - 36 mo.)			
9:35 - 10:05am	114103	114104	114105
Level 1: (3 - 6 yrs) Sea Turtle			
9:00 - 9:30am	113978	113981	113984
9:35 - 10:05am	113979	113982	113985
10:45 - 11:15am	113980	113983	113986
Level 1: (7 - 12 yrs) Jelly Fish			
9:00-9:30am	113995	113997	113999
10:10-10:40am	113996	113998	114000
Level 2: (3 - 6 yrs) Star Fish			
9:00-9:30am	114013	114016	114019
10:10 - 10:40am	114014	114017	114020
10:45 - 11:15am	114015	114018	114021
Level 2: (7 - 12 yrs) Sea Horse			
9:00 - 9:30am	114034	114037	114040
9:35 - 10:05am	114035	114038	114041
10:45 - 11:15am	114036	114039	114042
Level 3: (5-8 yrs) Minnow			
9:00-9:30am	114051	114053	114055
10:10 - 10:40am	114052	114054	114056
Level 3: (9-12 yrs) Marlin			
9:35 - 10:05am	114065	114067	114069
10:10 - 10:40am	114066	114068	114070
Level 4: (4-12 yrs) Otter			
9:35 - 10:05am	114079	114081	114083
10:45 - 11:15am	114080	114082	114084
Level 5: (7-12 yrs) Dolphin			
10:10 - 10:40am	114089	114090	114091
Level 6: (9-18 yrs) Shark			
10:10 - 10:40am	114096	114097	114098

WEEKEND SWIM LESSONS

Weekend Swim Lessons \$50

Weekend Swim Lessons are \$50 per session. A session runs for 2 weeks, Saturdays and Sundays. Each class is 30 minutes long. At the end of each session a report card will be provided to the participant showing the skills accomplished, areas for improvement, and level placement.

Weekend Private Lessons \$80

Private lessons are an opportunity to work one-on-one with an instructor to help ease the participant into our group lessons. Instructors will work on stroke technique and learning new swimming skills.

Weekend sessions are offered Saturdays and Sundays in the mornings. Each session is two weeks long and 30 minutes a class. Classes are offered at 9:00am; 9:35am; 10:10am; 10:45am.



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

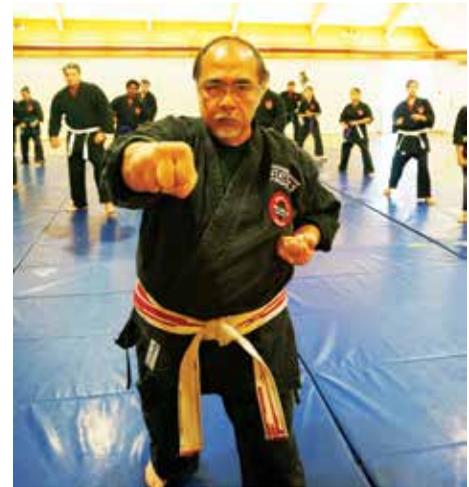
Adult Sports & Fitness

GEORGIE DUKE SPORTS CENTER 720 E. MONTE VISTA AVE

FOR INFORMATION CALL 707-449-6285
DAYS AND TIMES ARE SUBJECT TO CHANGE.

SPORT	AGE	DAY	TIME	COST
BASKETBALL	12-17	M	3:00-5:45pm	\$4 - Adults; \$3 - Youth
		TWTh	3:00-5:00pm	
		F	3:00-5:30pm	
18+	W	12:00-3:00pm		
35+	Su	6:00-9:00pm		
	M	6:00-9:00pm		
BADMINTON	12-Adults	TTh	8:00am-1:00pm	\$4 - Adults; \$3 - Youth
		F	6:00-10:00pm	
	18+	S	5:00-9:00pm	
18+	Su	2:00-5:45pm		
Boxing & Cardio	18+	M-Th	6:30-8:30pm	\$4 - Adults

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



Karate/Self-Defense

Ages 14+

A City of Vacaville Program since 1967! Over 17,000 students have learned the traditional art of Kajukenbo Kenpo Karate from Senior Grand Master Alan Reyes and his family of Black Belt Instructors. Reyes Kenpo Karate, through the teaching of Self Defense, will help you gain confidence, stamina, strength, positive self image, and respect for others and self. Learn proper offensive and defensive Karate maneuvers including blocks, grabs, takedowns and kicks. Co-ed Classes are intermixed with beginning students, senior advance and Black Belts.

Co-ed Karate

111981	M	9/26-12/19	6:00-8:00pm	\$71
111982	W	9/28-12/21	6:00-8:00pm	\$71
111983	MW	9/26-12/21	6:00-8:00pm	\$141

Women's Self Defense

111984	T	9/27-12/20	7:30-8:30pm	\$51
Instructor:	Professor Alan Reyes & Staff			
Location:	Three Oaks Community Center			
No Class:	11/21-11/23			

Hip Hop Dance & Exercise Class available. For details, see page 29.

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.

114859	T	9/6-9/27	6:00-7:00pm	\$34
114860	T	10/4-10/25	6:00-7:00pm	\$34
114861	T	11/1-11/29	6:00-7:00pm	\$42

Instructor: Lewis Allen, Certified Personal Trainer
Location: McBride Senior Center



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.

107975	M	9/12-9/26	6:30-7:30pm	\$37
107976	M	10/3-10/24	6:30-7:30pm	\$49
107977	M	11/7-11/21	6:30-7:30pm	\$37

Instructor: Tina Clay, Registered Yoga Teacher
Location: Ulatis Community Center





Volleyball League

Age 18+

Bump, Spike and Set 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.

Fall League

Registration Deadline 9/6

Late Registration Deadline 9/12

Manager's Meeting - 9/15 - 5:30pm - Three Oaks

111578	M	9/19-11/7	Women
111577	Th	9/22-11/10	Coed

Die Hard League

Registration Deadline 11/14

Late Registration Deadline 11/21

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

111579	M	12/5-1/23	Women
111580	M	12/5-1/23	Coed

Fee: \$275/team

Late Fee: \$25 after registration deadline

Location: Vacaville Recreation Center



Fall Softball League

Age 18+

Want to get some exercise and meet new friends? Come join the best softball league in Northern California. There are several divisions available for all skill levels. Leagues are offered six nights a week. Each team is guaranteed 7 games and possible playoff games. Grab your glove, cleats and bat and join the fun.

Registration Deadline 9/19

Late Registration Deadline 9/26

Manager's Meeting 9/29, 5:30pm Three Oaks

111560	Su	10/2-11/20	Coed
111561	M	10/3-11/21	Men
111562	T	10/4-11/22	Coed
111563	W	10/5-11/23	Women
111564	W	10/5-11/23	Men 50+
111565	W	10/5-11/23	Men Modified
111566	Th	10/5-11/24	Men
111567	F	10/6-11/25	Men

Fee: \$499

Late Fee: \$25 after registration deadline

Location: Al Patch Park & Nelson Park

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 to compete in this league and with smaller rosters than regular football; everyone can be a 'two-way ironman' to get plenty of exercise.

Registration Deadline 10/10

Late Registration Deadline 10/17

Manager's Meeting - 10/20 - 5:30pm - Three Oaks

111583 Sat Afternoon 10/22-12/17

League Fee: \$399/team

Late Fee: \$25 after registration deadline

Location: Al Patch Football Field



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.

Fall League

Registration Deadline 9/6

Late Registration Deadline 9/12

Manager's Meeting - 9/15 - 6:15pm - Three Oaks

111570 W 9/21-11/9 \$385/team

Die Hard League

Registration Deadline 11/14

Late Registration Deadline 11/21

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

111571 Su 11/27-1/29 \$385/team

Late Fee: \$25 after registration deadline

Location: Georgie Duke Sports Center



Adult Sports & Fitness



Tennis Classes

Age 14+

Recreation, It's for life! This class is for the beginning tennis player. All the basics to get you started in 'The sport for a lifetime'. Topics covered will include forehands, backhands, volleys, smashes, serving, scoring, and singles and doubles strategy.

115112	TTh	9/27-10/13	6:00-7:00pm	\$90
115113	TTh	10/18-11/3	6:00-7:00pm	\$90

Instructor: Brian Rust
Location: Three Oaks Tennis Courts

Follow City of Vacaville



@vacavillesports

For pictures and videos of Vacaville Sports programs and leagues.



@vv_sports

For program and league reminders, updates, schedule changes and more!

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	9/12-10/3	5:00-6:00pm	\$59
115186	M	10/10-10/31	5:00-6:00pm	\$59
115190	M	11/7-11/28	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

115183	M	9/12-10/3	6:30-7:30pm	\$59
115187	M	10/10-10/31	6:30-7:30pm	\$59
115191	M	11/7-11/28	6:30-7:30pm	\$59

Instructor: Kevin Yost, USA Archery Level 2 Instructor
Location: Lagoon Valley Park



Archery

Age 18+

When was the last time you tried something new? Come test your skills with a bow and arrow. Participants receive instruction in safety, components of equipment, and proper mechanics of shooting. This fun class will allow for progress as the students get better and have a better understanding of archery.

111639	M	9/12-10/3	5:00-6:00pm	\$49
Instructor:		Kevin Yost		
Location:		Lagoon Valley Park Archery Range		



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!

115125	M	Sep	6:15-7:15pm	\$25
115126	M	Oct	6:15-7:15pm	\$25
115127	M	Nov	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.

115128	W	Sep	6:15-7:15pm	\$25
115129	W	Oct	6:15-7:15pm	\$25
115130	W	Nov	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

115131	MW	Sep	6:15-7:15p	\$40
115132	MW	Oct	6:15-7:15p	\$40
115133	MW	Nov	6:15p-7:15p	\$40

Ballet Classes

Ages 3-18

McBride Senior Center

instructor Oxana Sazonova Marin, Aplomb Ballet

No Classes: 11/21, 11/23, 11/25

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

113893	F	9/2-9/30	4:50-5:25pm	\$51
113899	F	10/7-10/28	4:50-5:25pm	\$41
113900	F	11/4-11/18	4:50-5:25pm	\$31

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 3-8

113894	M	9/12-9/26	4:00-4:35pm	\$31
113901	M	10/3-10/31	4:00-4:35pm	\$51
113902	M	11/7-11/28	4:00-4:35pm	\$31

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 5-8

113895	M	9/12-9/26	4:40-5:25pm	\$39
113903	M	10/3-10/31	4:40-5:25pm	\$64
113904	M	11/7-11/28	4:40-5:25pm	\$39

Ballet 1

Ages 7-11

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.

113905	W	9/7-9/28	4:30-5:25pm	\$61
113906	W	10/5-10/26	4:30-5:25pm	\$61
113907	W	11/2-11/30	4:30-5:25pm	\$61

Advanced Ballet

Ages 12-18

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.

113892	MWF	9/2-9/30	5:30-7:00pm	\$156
113897	MWF	10/3-10/28	5:30-7:00pm	\$156
113898	MWF	11/2-11/30	5:30-7:00pm	\$117

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.

113916	F	9/9-9/30	9:00-9:45am	\$60
113917	F	10/7-10/28	9:00-9:45am	\$60
113918	F	11/4-12/9	9:00-9:45am	\$60
115104	Sa	10/8-10/29	10:15-11:00am	\$60
115105	Sa	11/5-12/3	10:15-11:00am	\$60
Instructor:	Renee Day-Roa			
Location:	Three Oaks Community Center			
No Class:	11/11, 11/25			

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.

109687	W	9/7-9/28	2:00-3:00pm	\$29
109688	W	10/5-10/26	2:00-3:00pm	\$29
109689	W	11/2-11/30	2:00-3:00pm	\$36

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.

109690	Th	9/1-9/29	1:30-3:00pm	\$36
109691	Th	10/6-10/27	1:30-3:00pm	\$29
109692	Th	11/3-11/17	1:30-3:00pm	\$22
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.

113859	T	9/6-9/27	3:15-4:00pm	\$58
113860	T	10/4-10/25	3:15-4:00pm	\$58
113861	T	11/1-11/29	3:15-4:00pm	\$58
113889	F	9/9-9/30	10:00-10:45am	\$58
113890	F	10/7-10/28	10:00-10:45am	\$58
113921	F	11/4-12/9	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.

113862	T	9/6-9/27	4:15-5:00pm	\$46
113863	S	10/8-10/29	11:15am-12:00pm	\$46
113864	S	11/5-12/3	11:15am-12:00pm	\$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!

113879	S	10/8-10/29	9:00-10:00am	\$39
113880	S	11/5-12/3	9:00-10:00am	\$39
Instructor:	Renee Day Roa			
Location:	Ulatis Community Center (Tuesdays) Three Oaks Community Center (Friday & Saturday)			
No Classes:	11/22, 11/25, 11/26			

New! Broadway Music4Kids Choir - Peter Pan

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, November 13 from 1:00 to 3:00 p.m.

113926	T	10/4-11/8	6:30-8:00pm	\$156
Instructor:	Lone Romagosa, BA Music, MS Education			

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.

Voice Class - Ages 8-11

109591	T	9/6-9/27	5:15-5:55pm	\$57
109592	T	10/4-10/25	5:15-5:55pm	\$57
109593	T	11/1-11/29	5:15-5:55pm	\$71

Voice Class - Ages 12-17

109594	T	9/6-9/27	6:00-6:55pm	\$57
109595	T	10/4-10/25	6:00-6:55pm	\$57
109596	T	11/1-11/29	6:00-6:55pm	\$71

Voice Class - Ages 18+

109597	T	9/6-9/27	7:00-7:55pm	\$57
109598	T	10/4-10/25	7:00-7:55pm	\$57
109599	T	11/1-11/29	7:00-7:55pm	\$71

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	3:30-7:00pm	\$129/4-wk
Instructor:	Anna Combs-Johnson, Masters in Vocal Arts	
Location:	McBride Senior Center	

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. **All classes require a one-time \$15 materials fee at first class meeting and are held at Three Oaks Community Center.**



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

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

113927	Th	9/8-9/29	4:30-5:20pm	\$61
113928	Th	10/6-10/27	4:30-5:20pm	\$61
113929	Th	11/3-11/17	4:30-5:20pm	\$46

Kids/Teens Intermediate, Ages 6-14

113933	Th	9/8-9/29	5:30-6:20pm	\$61
113934	Th	10/6-10/27	5:30-6:20pm	\$61
113935	Th	11/3-11/17	5:30-6:20pm	\$46

Adult/Teens Beginners, Ages 13+

113930	Th	9/8-9/29	6:30-7:20pm	\$61
113931	Th	10/6-10/27	6:30-7:20pm	\$61
113932	Th	11/3-11/17	6:30-7:20pm	\$46

Guitar Rentals: \$25 per session

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+

114194	M	9/12-9/26	5:30-6:20pm	\$46
114195	M	10/3-10/24	5:30-6:20pm	\$61
114196	M	11/7-11/14	5:30-6:20pm	\$31

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

114197	M	9/12-9/26	6:30-7:20pm	\$46
114198	M	10/3-10/24	6:30-7:20pm	\$61
114199	M	11/7-11/14	6:30-7:20pm	\$31

Violin Rental: \$25 - per session

New! MTAC CERTIFICATE OF MERIT

Certificate of Merit® (CM) is a statewide program of graded music education made available to you by music teachers who are members of the Music Teachers' Association of California (MTAC). CM provides a graded standard of student advancement from Preparatory through Advanced Levels. It offers a teacher syllabus, state evaluation certificates of participation and opportunities for performance on regional and state convention programs. Areas of study in the CM program include sight reading, music theory, aural awareness, technique and repertoire. Sign-up for the program by Oct 15, 2016; evaluations are held Feb. 25-26, 2017. Students enrolled in piano and string classes are eligible for this program. Students in the CM program must be enrolled in classes continuously from September through May.

Enrollment fee of \$60 is payable directly to the instructor.



Classes are progressive and repeatable and taught by Lone Romagosa, BA Music, MS Education. **All classes require a one-time \$15 materials fee at first class meeting and are held at Three Oaks Community Center.**

New! Ukulele Class - Beginning

Ages 5+

Ukuleles are the ultimate accessible and inexpensive instrument. This child and family class shows you just what to do with that shiny new instrument! We start with simple 2 and 3-chord songs that will have everyone playing in the first lesson. Have a marvelous time making music with this remarkably easy to play miniature guitar. Children under 8 need to be accompanied by a participating adult.

113910 T 9/6-9/27 6:30-7:20pm \$61

Intro to Keyboard, Guitar or Ukulele - One Day Class

Ages 5+

Kids and adults learn to play in a DAY in this fun and easy class! Come learn songs to get you started and the secrets to playing most any pop and folk song. By the end of the class you will be able to play songs using melody notes and easy chords for accompaniment. Piano students will use in-class keyboards. Guitar and ukulele students bring their instrument to class. Students under 8 years need to be accompanied by participating adult.

Intro to Keyboard

113923 S 9/17 10:00am-12:00pm \$36

Intro to Guitar

113924 S 10/1 10:00am-12:00pm \$36

Intro to Ukulele

113925 S 10/15 10:00am-12:00pm \$36

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 the MTAC Certificate of Merit program and other 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

113936 W 9/7-9/28 3:30-4:20pm \$61

113937 W 10/5-10/26 3:30-4:20pm \$61

113954 W 11/2-11/16 3:30-4:20pm \$46

Keyboard Kids Level 2-6-17yrs

113938 W 9/7-9/28 4:30-5:20pm \$61

113939 W 10/5-10/26 4:30-5:20pm \$61

113955 W 11/2-11/16 4:30-5:20pm \$46

Keyboard Kids Level 3-7-17yrs

113940 W 9/7-9/28 5:30-6:20pm \$61

113941 W 10/5-10/26 5:30-6:20pm \$61

113956 W 11/2-11/16 5:30-6:20pm \$46

Keyboard Kids Level 4-7-17yrs

113942 T 9/6-9/27 3:30-4:20pm \$61

113943 T 10/4-10/25 3:30-4:20pm \$61

113957 T 11/1-11/15 3:30-4:20pm \$46

Keyboard Kids Level 5 ~ 7-17yrs

113947 T 9/6-9/27 4:30-5:20pm \$61

113948 T 10/4-10/25 4:30-5:20pm \$61

113959 T 11/1-11/15 4:30-5:20pm \$46

Intermediate/Advanced Piano ~ 8-17yrs

113950 T 9/6-9/27 5:30-6:20pm \$61

113952 T 10/4-10/25 5:30-6:20pm \$61

113961 T 11/1-11/15 5:30-6:20pm \$46

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

114206 Th 9/8-9/29 11:00-11:50am \$61

114207 Th 10/6-10/27 11:00-11:50am \$61

114208 Th 11/3-11/17 11:00-11:50am \$46

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

114200 M 9/12-9/26 3:30-4:20pm \$46

114201 M 10/3-10/24 3:30-4:20pm \$61

114202 M 11/7-11/14 3:30-4:20pm \$31

Piano Level 2-3 - Ages 4-7

114203 M 9/12-9/26 4:30-5:20pm \$46

114204 M 10/3-10/24 4:30-5:20pm \$61

114205 M 11/7-11/14 4:30-5:20pm \$31

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.

113944 M 9/12-9/26 7:30-8:20pm \$46

113953 M 10/3-10/24 7:30-8:20pm \$61

113958 M 11/7-11/14 7:30-8:20pm \$31

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.

114895	Th	9/1-9/22	4:30-5:30pm	\$60
114896	Th	10/6-10/27	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.

115115	Th	9/8-9/29	6:00-8:00pm	\$71
115116	Th	10/6-10/27	6:00-8:00pm	\$71
115256	Th	11/3-12/1	6:00-8:00pm	\$71
Instructor:	Misuk Goltz			
Location:	McBride Senior 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.

114923	T	9/6-9/27	6:30-9:00pm	\$81
114924	T	10/4-10/25	6:30-9:00pm	\$81
114925	T	11/1-11/22	6:30-9:00pm	\$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.

114920	F	9/9-9/30	4:00-5:30pm	\$46
114921	F	10/7-10/28	4:00-5:30pm	\$46
114922	F	11/4-12/9	4:00-5:30pm	\$46
Instructor:	Holly Liu			
Location:	Ulatis Community Center			
No Class:	11/11, 11/25			

Drawing Classes

Drawing for Everyone

Ages 13+

No talent? No Problem! Have talent? Improve it! Learn the basics of how to draw realistically. Although geared for the beginner, even students with drawing skills can benefit from these innovative drawing concepts. Come on a journey to self-discovery and find a talent you never knew you had.

113838	T	9/13-10/18	3:30-5:30pm	\$101
Instructor:	Karalee Norris			
Material Fee:	\$10 materials fee is due at the first class			

Portrait Drawing

Ages 15+

Ever wondered how to make eyes look alive? How to make hair look real? Learn how to draw every feature of the human face with accurate proportions. Course culminates in the drawing of a self-portrait. Previous drawing experience is recommended, but not required.

113839	W	9/14-10/19	2:30-4:00pm	\$101
Instructor:	Karalee Norris			
Material Fee:	\$15 materials fee is due at the first class			

Drawing with Colored Pencils

Ages 13+

Colored pencils aren't just for kids! Discover the joy of this medium and its amazing qualities. Students learn about colors and how to create layers, plus other special techniques unique to this remarkable medium. Supply list available at time of registration.

113840	W	9/14-10/19	4:30-5:30pm	\$76
Instructor:	Karalee Norris			
Location:	Ulatis Community Center			
Materials Fee:	\$10 payable to instructor at 1st Class			



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.

113806	W	9/7	6:00-9:00pm	\$49
113807	W	10/5	6:00-9:00pm	\$49
113808	W	11/9	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.

113809	W	9/14	6:00-9:00pm	\$39
113810	W	10/12	6:00-9:00pm	\$39
113811	w	11/16	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.

113812	W	9/21	6:00-8:30pm	\$44
113813	W	10/19	6:00-8:30pm	\$44
113814	W	11/30	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.

113815	S	10/1	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.

114938	M	9/12	5:00-6:00pm	\$21
114940	M	10/10	5:00-6:00pm	\$21
114939	W	9/28	6:00-7:00pm	\$21
114941	W	10/26	6:00-7:00pm	\$21
114942	W	11/9	6:00-7:00pm	\$21

Instructor: Tammy Beck
 Location: Three Oaks Community Center



Special Interest

Technology Development

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

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

113844	T	9/13-9/27	6:30-8:30pm	\$79
113845	T	10/4-10/18	6:30-8:30pm	\$79
113846	T	11/1-11/15	6:30-8:30pm	\$79

Students continue to learn more of the 70 word processing commands: implementing mail merge, columns, drop caps, templates, graphics, and preparing for functional projects and more. Prerequisite: Introduction to Word.

Intermediate

113848	M	11/7-11/21	6:30-8:30pm	\$79
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Quickbooks

Ages 15+

This class incorporates comprehensive bookkeeping principals 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.

113850	W	9/14-9/28	6:00-9:00pm	\$89
113851	W	10/5-10/19	6:00-9:00pm	\$89
113852	W	11/2-11/16	6:00-9:00pm	\$89



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

113841	Th	9/15-9/29	6:30-8:30pm	\$79
113842	Th	10/6-10/20	6:30-8:30pm	\$79
113843	Th	11/3-11/17	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

113849	M	10/3-10/17	6:30-8:30pm	\$79
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New! Desktop Publisher - Working with Photos

A great course for novice and experienced photographers or business owners. Students learn how to use pictures from various sources such as phone, pads, flash drives, or portable hard drives. Instruction is provided on incorporating photos in group and individual formats, framing a picture, and printing on photo paper. Course also provides instruction on how to crop, eliminate red eye, lighten or darken an image, and storage options available for photos.

113853	M	9/12-9/26	6:30-8:30pm	\$79
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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, and Conversational Spanish-Latin America, Mandarin Chinese for Business and Travel.



Fun with Fido Dog Training

Ages 12+

Bring the joy back into dog obedience training! Dog training offers a universal means of communication between dog and handler. Enjoy learning obedience skills together that can lead to future dog sports or to a Canine Good Citizen title.

113869 S 9/17-10/22 9:30-10:15am \$71
 Instructor: Judy Gamet
 Location: City Hall Park

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 your projects.

Ages 13-Adult

114977	Th	9/8-9/29	6:00-8:30pm	\$75
114978	Th	10/6-10/27	6:00-8:30pm	\$75
114979	Th	11/3-12/1	6:00-8:30pm	\$75
114944	F	9/9-9/30	10:30am-1:00pm	\$75
114945	F	10/7-10/28	10:30am-1:00pm	\$75
114946	F	11/4-12/9	10:30am-1:00pm	\$75

Ages 9-12

114971	F	9/9-9/30	1:30-3:00pm	\$70
114972	F	10/7-10/28	1:30-3:00pm	\$70
114973	F	11/4-12/9	1:30-3:00pm	\$70
114974	F	9/9-9/30	4:30-6:00pm	\$70
114975	F	10/7-10/28	4:30-6:00pm	\$70
114976	F	11/4-12/9	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)

No Class: 11/1, 11/24, 11/25



Please join us for

Thanksgiving Dinner

Ages 50+ (4 per party)

Thursday, November 24

12:00 - 1:30 p.m.

Celebrate Thanksgiving with family and friends. Turkey dinner and all the trimmings will be prepared and served by our staff and volunteers. Sign up early, space is limited to four in a party. Deadline to register is 11/8/16. This event is free. For reservations call 469-6660.

Mc Bride Senior Center
91 Town Square Place
Vacaville



Senior Wellness Expo

Monday, October 3rd

8:30am-12noon

McBride Senior Center

Free to general public

Learn ways to improve your health and meet the experts who can make your life healthier and happier. Resources provided by Brookdale Senior Living, HICAP, Kaiser Permanente, Social Security Administration, Vacaville Fire Dept, U.S. Veteran Services, City Coach, Helping Hands Senior Resources, Rockville Terrace Senior Living, Corner Stone Assisted Living, Faith in Action, Prime Time Living (BOOM) Magazine, Your Home Nursing Services, Yolo Hospice, California Access Program, Solano County Department of Veterans Services, Blize Hospice, Smooth Transitions, Sam's Club and Senior Helpers. Free to participants and there will also be free transportation to the fair provided by City Coach (fixed route only), hearing, vision and blood pressure screening, snacks, and much more!

Vendor Fee (109156)

There is a fee to participate as a vendor at our Wellness Expo. Regular - \$60 and Non-Profit - \$30. Interested vendors, please call, 707 469-6673.

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.

111810	T	9/13-9/27	10:00am-12:30pm	\$40
111811	T	10/4-10/25	10:00am-12:30pm	\$53
111812	T	11/1-11/22	10:00am-12:30pm	\$53

Instructor: Sandy Imperatori
Location: McBride Senior Center



Walk to End Alzheimers

Harbor Plaza

558 Solano Street
Suisun City

Join the McBride Senior Center Team on Saturday, October 22, 2016 to help support this important cause!

Last year, a group from the McBride Senior Center participated in the Walk to End Alzheimer's. We walked, shared stories, and gathered momentum and support for this important cause. This year, we want to attract and inspire more people to make a difference in their community by walking to end Alzheimer's.

If you're unable to walk that day, you can still help by donating any amount online to the McBride Team. Enter the zip code, find the McBride Senior Center Team, and sign up!

Registration begins at 8:00 a.m. followed by the ceremony at 9:00 a.m. and the walk at 10:00 a.m. Choose a one or three mile trek! For more information or to register, call 469-6673.

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 9/7-11/16 6:00-9:00pm FREE
Facilitator: Leslie Cloper
Location: McBride Senior Center

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 9/7-11/30 6:30-8:30pm FREE
Instructor: Richard Read
Location: McBride Senior Center

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

114902	T	9/6-9/27	9:30-10:20am	\$61
114903	T	10/4-10/25	9:30-10:20am	\$61
114904	T	11/1-11/15	9:30-10:20am	\$46

Music for Life - Piano Level 2

114905	T	9/6-9/27	10:30-11:20am	\$61
114906	T	10/4-10/25	10:30-11:20am	\$61
114907	T	11/1-11/15	10:30-11:20am	\$46

Music for Life - Piano Level 3/up

114908	T	9/6-9/27	11:30am-12:20pm	\$61
114909	T	10/4-10/25	11:30am-12:20pm	\$61
114910	T	11/1-11/15	11:30am-12:20pm	\$46

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

Spanish Class

Ages 50+

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

Conversational

111831 F 8/26-10/7 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

111830 F 8/26-10/7 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:

1. Completed documents (Incomplete or blank documents cannot be accepted).
2. An acceptable form of ID: Must be current and issued within the past 5 years.

Service provided by Kimberly Bell. One signature free.

F 9/2-1/18 11:00-12:00pm FREE

Location: McBride Senior Center

Presentations For Ages 60+

Stepping On Evidence Based Program

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

To reserve your spot, call Margueriette at (707) 646-4006 or email her at Margueriette.walker@NorthBay.org

F 9/16-10/28 1:00-3:00pm Free

Facilitator: Margueriette Walker, Injury Prevention & Outreach
NorthBay Healthcare Emergency Services Dept

Location: McBride Senior Center

Stay Balanced Presentation

This Injury Prevention class reviews an illustrated pamphlet with an overview of a series of eight exercises and demonstrates how individuals can remain strong, flexible and balanced in order to prevent falls. Join us the 3rd Wednesday of every month. To reserve your spot, call (707) 646-4006.

W 9/21-11/16 9:30-10:30am Free

Presenter: Ashley Barrios & Annette Vance, Q.D.C.P.
NorthBay Healthcare Emergency Services Dept

Location: McBride Senior Center

Matter of Balance

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 is performed to improve flexibility, strength and balance.

Participants are age 60 years or older and ambulatory (ASSISTIVE DEVICES OK). To reserve your spot, call: Kaiser Permanente Medical Center, Vacaville Health Education Department 707-624-2225

MTh 10/24-11/17 9:30-11:30am Free

Presenters: Maggie Johnston, BSN, RN, CEN

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.

114294 T 9/6-9/27 6:30-7:30pm \$29

114295 T 10/4-10/25 6:30-7:30pm \$29

114296 T 11/1-11/29 6:30-7:30pm \$36

Instructor: Sharon Roberts, AFAA Certified Group X

Location: McBride Senior Center



Yoga for Everybody

Ages 50+

This relaxing class accommodates all levels, from beginner to advanced. Learn breath awareness, stretches and stress reduction techniques. Drop in available.

111859	M	9/12-9/26	9:00-10:15am	\$28
111860	M	10/3-10/31	9:00-10:15am	\$41
111861	M	11/7-11/28	9:00-10:15am	\$37
111862	F	9/9-9/30	8:45-10:00am	\$37
111863	F	10/7-10/28	8:45-10:00am	\$37
111864	F	11/4-11/18	8:45-10:00am	\$19
Instructor: Shannon Carter, Registered Yoga Instr				
Location: McBride Senior Center				

Sculpt & Tone for Everyone

Ages 50+

Drop the weights, ditch the sit-ups, and transform your health and fitness efforts! Students exercise to reduce the fear of falling, corrective exercise post rehab, myofacial release, increase strength and balance, learn weight loss techniques, physique measurement, and more. If space available, 18-49 year olds may register.

111824	T	9/6-9/27	10:00-11:00am	\$33
111825	T	10/4-10/25	10:00-11:00am	\$33
111826	T	11/1-11/29	10:00-11:00am	\$41
111827	F	9/2-9/30	10:00-11:00am	\$41
111828	F	10/7-10/28	10:00-11:00am	\$33
111829	F	11/4-11/18	10:00-11:00am	\$17
Instructor: Lewis Allen				
Certified Group Fitness Instructor				
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.

111846	MWF	9/2-9/30	9:00-10:00am	\$61
111847	MWF	10/3-10/31	9:00-10:00am	\$66
111848	MWF	11/2-11/30	9:00-10:00am	\$56
Instructor: William Yeung				
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	9/1-9/29	6:00-8:00pm	FREE
Th	10/6-10/27	6:00-8:00pm	FREE
Th	11/3-11/17	6:00-8:00pm	FREE
Instructor: Ann Cooper			
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.

111813	F	9/2	11:30am-12:30pm	\$50
111814	F	10/7	11:30am-12:30pm	\$50
111815	F	11/4	11:30am-12:30m	\$50
Instructor: Lewis Allen, Certified Personal Trainer				
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.

111793	M	9/12-9/26	9:30-11:00am	\$25
111794	M	10/3-10/31	9:30-11:00am	\$25
111795	M	11/7-11/28	9:30-11:00am	\$25
111796	Th	9/1-9/29	9:30-11:00am	\$25
111797	Th	10/6-10/27	9:30-11:00am	\$25
111798	Th	11/3-11/17	9:30-11:00am	\$25
Instructor: Judy Jordan				
Location: McBride Senior Center				

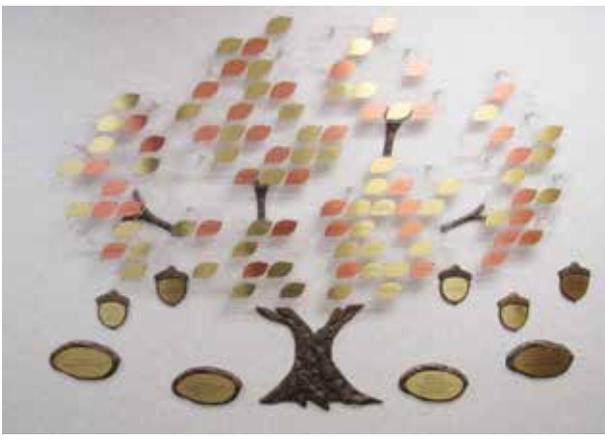
Zumba Gold

Ages 50+

Zumba is a Latin-inspired dance fitness program for all ages and abilities. This fitness program is moving people towards joy and good health. It's an exhilarating, effective way to burn calories. Drop-in available. If space is available, 18-49 year olds may register.

111865	Th	9/1-9/29	10:00-11:00am	\$36
111866	Th	10/6-10/27	10:00-11:00am	\$29
111867	Th	11/3-11/17	10:00-11:00am	\$22
111868	S	9/3-9/24	10:30-11:30am	\$29
111869	S	10/1-10/29	10:30-11:30am	\$36
111870	S	11/5-11/26	10:30-11:30am	\$29
Instructor: Sharon Roberts, Certified Group X Instructor				
Location: McBride Senior Center				

Active Aging



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

New! Computer Workshop - Windows 10

Ages 50+

Bring your device and get an overview of the benefits Windows 10 offers for home or office. You'll learn how to get the most out of new features, and how to personalize your Windows experience. 18-49 year olds may register.

114670	Th	9/22	11:00am-2:00pm	\$49
114671	Th	10/13	11:00am-2:00pm	\$49
114672	Th	11/10	11:00am-2:00pm	\$49

Instructor: Louise Bucci
 Location: McBride Senior Center
 Material Fee: \$8 payable to instructor at 1st class

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.

111785	W	9/14-9/28	12:00-2:00pm	\$49
111786	W	10/5-10/19	12:00-2:00pm	\$49
111787	W	11/2-11/16	12:00-2:00pm	\$49

Instructor: Louise Bucci
 Location: McBride Senior Center
 Material Fee: \$8 payable to instructor at 1st class

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

114668	S	10/1-10/15	9:30-11:30am	\$120
114669	S	11/5-11/19	9:30-11:30am	\$120

Instructor: Shirley Shaw
 Location: McBride Senior Center

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.

111782	W	9/14-9/28	9:30-11:30am	\$39
111783	W	10/5-10/19	9:30-11:30am	\$39
111784	W	11/2-11/16	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.

111771	Th	9/15-9/29	9:30-10:30am	\$33
111772	Th	10/6-10/20	9:30-10:30am	\$33
111773	Th	11/3-11/17	9:30-10:30am	\$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

111800	T	9/13-9/27	9:30-11:30am	\$39
111801	T	10/4-10/18	9:30-11:30am	\$39
111802	T	11/1-11/15	9:30-11:30am	\$39
114191	T	9/13-9/27	6:30-8:30pm	\$49
114192	T	10/4-10/18	6:30-8:30pm	\$49
114193	T	11/1-11/15	6:30-8:30pm	\$49
114297	S	9/10-9/24	9:30-11:30am	\$49
114298	S	10/8-10/22	9:30-11:30am	\$49
114299	S	11/5-11/19	9:30-11:30am	\$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

111803	T	9/13-9/27	12:00-2:00pm	\$39
111804	T	10/4-10/18	12:00-2:00pm	\$39
111805	T	11/1-11/15	12:00-2:00pm	\$39
Instructor:	Louise Buccì			
Location:	McBride Senior Center			
Material Fee:	\$8 payable to instructor at 1st class			

Computer Boot Camp

Ages 50+

This program familiarizes novice computer students with the computer and it's 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!

111774	S	9/10-9/24	12:00-2:00pm	\$79
111775	S	10/8-10/22	12:00-2:00pm	\$79
111776	S	11/5-11/19	12:00-2:00pm	\$79
Instructor:	Louise Buccì			
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.

111777	Th	9/15	11:00am-2:00pm	\$49
111778	Th	10/6	11:00am-2:00pm	\$49
114183	Th	11/3	11:00am-2:00pm	\$49
Instructor:	Louise Buccì			
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.

111768	M	9/12-9/26	9:30-10:30am	\$33
111769	M	10/3-10/17	9:30-10:30am	\$33
111770	M	11/7-11/21	9:30-10:30am	\$33
Instructor:	Louise Buccì			
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.

111779	M	9/12-9/26	11:00am-12:30pm	\$33
111780	M	10/3-10/17	11:00am-12:30pm	\$33
111781	M	11/7-11/21	11:00am-12:30pm	\$33
Instructor:	Louise Buccì			
Location:	McBride Senior Center			
Material Fee:	\$8 payable to instructor at 1st class			

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	9/26	9:30am-1:30pm	\$15/\$20
M	10/17-10/24	9:30am-1:30pm	\$15/\$20

Instructor: Bill Colley

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	9/6	9:00-11:30am	FREE
T	10/4	9:00-11:30am	FREE
T	11/1	9:00-11:30am	FREE

Facilitator: Yvonne Thrasher, Attorney

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	9/12-11/28	9:30-11:00am	FREE
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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	9/12-11/28	11:00am-12:00pm	FREE
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Location: McBride Senior Center



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	9/2-9/30	9:30-10:30am	FREE
F	10/7-10/28	9:30-10:30am	FREE
F	11/4-11/18	9:30-10:30am	FREE

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

Location: McBride Senior Center

Grief Support Group

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	9:30-10:30am	FREE
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Location: McBride Senior Center

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	9/28	9:30-10:30am	FREE
W	9/28	6:00-7:00pm	FREE
W	10/26	9:30-10:30am	FREE
W	10/26	6:00-7:00pm	FREE
W	11/23	9:30-10:30am	FREE
W	11/23	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	9/2-10/28	9:30-11:30am	FREE
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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	9/2-11/18	11:00am-12:00pm	FREE
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Facilitator: Mary Jean Knowles

Location: McBride Senior Center

Day Trips

TICKETS ARE NON-REFUNDABLE

Yosemite & Beyond...with Chukchansi Gold!

(3 days/2 nights)

Wed. and Thurs., Sept. 21 and 23, 2016, Coarsegold, **\$425 double occupancy or \$575 single occupancy**

Yosemite is renowned for its magnificent valley, great granite domes and peaks, waterfalls and giant trees. Arrive Chukchansi Gold Resort and enjoy dinner at one of the delectable in-house restaurants. The following day, the two hour bus tour weaves through Yosemite Valley with many a tale. Relax a bit and eat lunch before heading home. Deadline to purchase tickets is 8/21.

Sausalito & Muir Woods

Saturday, October 1, 2016, Marin

\$50

Escape to Muir Woods and admire the beauty of the ancient redwoods. Let the peacefulness of the trees and scenic ocean views carry your worries away. The park has many trails for all ability levels, including wheelchair-accessible. Come and experience one of the most beautiful places on Earth. Deadline to purchase tickets is 9/15.

S.F. Fleet Week Cruises

Sunday, October 9, 2016, San Francisco

\$150

Come aboard the San Francisco Belle, a yacht steeped in history and romance! Enjoy watching the skyline from one of her three climate-controlled decks while sipping away on champagne. Brunch and musical entertainment indulge the senses while the U.S. Navy's Blue Angels soar overhead, performing thrilling maneuvers as you cruise San Francisco Bay. Deadline to purchase tickets is 9/18.

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!

Trips/Tours Presentation

Extended Trips: September 7 & October 5

Time: 10:30am-12:00pm

Place: McBride Senior Center

Start planning that perfect vacation destination! Join us for coffee, snacks and an informative presentation on several delightful destinations! We provide complimentary round-trip airport service on all air-inclusive trips, round-trip airfare, meals and much more. Open to the public. No membership required! Deposits are encouraged. For information on any of the trips below or our unpublished trips, call 469-6673.

Trip Excursions

Music Cities Christmas

Featuring Branson, Memphis, & Nashville

December 2-7, 2016

Cost: \$2195 double occupancy

Begin with a city tour of Branson. Enjoy Duttons Family Christmas Show and the Shoji Tabuchi Christmas Show. Travel to Little Rock and visit the Presidential Library and Museum. End the trip with Nashville and a tour of Elvis Presley's 14-acre estate, Graceland. **Tour Includes:** Roundtrip air, roundtrip airport service and transfers, Graceland, Beale Street Dinner, Grand Ole Opry, holiday dinner and show at the Gaylord Opryland Resort, professional tour director, meals and much more are included!

Spectacular South Africa

March 9-22, 2017

\$4,999 double occupancy

Journey begins with a tour of Sandton, an area famous for its rich veins of gold and other valuable minerals. Visit Kruger National Park, the largest game reserve in South Africa. Enjoy a full-day of open-air-vehicle safari game drive. Travel to Featherbed Nature Reserve and discover local flora and fauna during a nature walk. **Tour Includes:** Johannesburg, Soweto, Panoramic Route, Kruger National Park, safari game drive, garden route, Knysna, Featherbed Nature Reserve, ostrich farm visit, wine pairing dinner, Cape Town, Table Mountain, roundtrip airport service, airfare and transfers on all air-inclusive trips, meals and much more are included!

Holland Windmills & Rhine River Castles

October 7-17, 2016

\$4,795 double occupancy

Enjoy some of the lovely cobblestone streets, monuments, fountains, and the iconic 14th century Chapel Bridge. Travel through the Dutch countryside and visit Volendam, an old fishing village offering Dutch traditions. Finally, board the 180-passenger Amadeus Silver and capture splendid views of the landscape while enjoying food and wine. **Tour Includes:** Roundtrip airport transfers, airfare, extended port times, Lucerne, Basel, Breisach, Black Forest Tour and Cuckoo Clock Factory, Strasbourg, Speyer, Rhine River Gorge, Koblenz Cologne, Volendam & Windmills, Amsterdam and Canal Cruise. Meals and much more are included!

Gardens and Mansions

Featuring New Orleans and Cajun Country

October 16-22, 2016

\$2,195 double occupancy

Visit the Garden District which features one of the best preserved collections of historic southern mansions in the U.S. Travel to the capital, Baton Rouge, and visit the Louisiana State Museum, featuring thematic exhibits on the diverse aspects of Louisiana's history, industry, and culture. Finally, travel to Avery Island for a Tabasco Factory Tour. **Tour Includes:** Roundtrip airport transfers, airfare, Steamboat Natchez Cruise, Café du Monde, Court of Two Sisters dinner, New Orleans School of Cooking, New Orleans city tour, Longue Vue gardens and house, Baton Rouge, Natchez area tour, Antebellum Mansion, Bayou Cruise, Vermilionville, Jean Lafitte Cultural Center, Avery Island - Tabasco Factory, meals, and much more!

Hawaii by Land & Sea

October 28– November 6, 2016

\$4,699 double occupancy

Aloha! Board a cruise ship and visit the site of the Pearl Harbor attack and the signing of the Japanese surrender. Visit Maui, the Big Island, and Kauai. Take in dramatic mountains and the cool rain forest, Haena. Enjoy days of leisure and rest while surrounded by the beautiful landscape. **Tour Includes:** Roundtrip airport transfers, airfare, port charges, Honolulu, Pearl Harbor, USS Arizona Memorial, Honolulu city tour, Maui, Hilo, Kona, Kauai, the north shore of Oahu, meals, and much more are included!

French Riviera Explorer

November 1-9, 2016

\$2,995 double occupancy

Enjoy a Nice city tour featuring the Chagall Museum. Visit the beautiful Notre Dame Church and flower market which has served as a marketplace since Roman times. Later, explore the Fragonard Perfume Factory and learn the fascinating art of perfume making. **Tour Includes:** Nice city tour, Chagall Museum, Nice flower market, Notre Dame Church, Grasse and the Fragonard Perfume Factory, Ventimiglia, Italy, San Remo, Monte Carlo area tour, Casino Monte Carlo, Monte Carlo Cathedral, Antibes, Cannes, and St. Tropez. Roundtrip airfare and airport transfers on all air-inclusive trips, meals and much more!

Cuba

(Several departure dates)

\$3,500-\$4,399 double occupancy

The delicious cuisine and historical landmarks are sure to make this a memorable vacation!

Tour Inclusions: Trinidad, Pottery Class, Cienfuegos, Bay of Pigs Museum, Havana, La Cabaña Castle, Guanabacoa, Ernest Hemingway Home, Maqueta de la Ciudad de La Habana Museum, Cuban Fine Arts Museum, Casa Fuster. 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!



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

Labor Day Monday, September 5
 Veterans Day Friday, November 11
 Thanksgiving Day Thursday, November 24
 Day after Thanksgiving Friday, November 25

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 Coordinator, Shannon Nelson, 449-5409, 449-5162 (TTY), ada@cityofvacaville.com.

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

Cathy Hudson, 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
Alamo Creek	9.52		0.5						1	1		9		2		2	1	
Arbor Oaks	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											
Meadowlands Park	8.09	4	1			1		2					5	2	4		1	
Normandy Meadows	0.33																1	
North Orchard Park	7.79	1	0.5									2		2		4	1	
Padan (Dos Calles)	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																		

Facility & Park Reservations

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 are reservable, please call 469-4002.

Al Patch Park

California Drive and Peabody Road

This is an ideal location to host your next tournament. The park is equipped with three lighted softball fields, one lighted football field, and an all purpose track. A concession stand and permanent rest rooms are available.

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. The picnic area seats 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 fields, 2 football fields and off street parking. Permanent rest rooms are available.

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 also 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. Permanent rest rooms are available.

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

Acknowledgments & Locations

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

Ulatis Community Center

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

Vacaville Recreation Center

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



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!



7 Flags Car Wash

Alisa Cromer

Alive Music Orchestra

Boys and Girls Club, Vacaville

Brookdale Senior Living

Buckhorn BBQ

Burrito Express

Burrito Palace

Carmen Rodrigues

Chili's Grill & Bar

China House

Chipotle Mexican Grill

County Square Market

Dalal Tarhuni

Delana Beagle Elks Lodge

Digger's Deli

Edwin Markham Folkloric Dancers

El Azteca Mexican Food

El Caracol, Elks Lodge 2638

El Patron Mexican Food

Elaine Busch

Freebirds World Burrito

Friends of Seniors

Fumiko Leach

Fuso

Genevieve Etallaz

Germar The Magician

Guadalupe Phifer

In and Out Burger

Ingrid Forrester

Jack Anthony Industries, Inc.

Jan Curiel

Joe Romo

Journey Coffee

Kay Stough

Kristin Milliken

Los Reyes Restaurant

Lydia Campbell

Maria Hipol

Maria Veluz

Mariachi Mi Tierra

Murillo's

Nadeau Funeral Home

Rubio's Fresh Mexican Grill

Safeway

Shanghai Express

Star's Recreation Center

Starbucks

Stir Fry

Tacos Jalisco

Tahoe Joe's

Taqueria Hecho En Mexico

The Vacaville Troubadours

TOPS members

Vacaville Premium Outlet

Vasquez Mexican Food

Villa Corona

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



Fax-In

Fax completed registration form with credit card information to
 469-6663 or 469-4012 or 469-4022



Phone-In

Phone registration information with credit card information to
 469-6660 or 469-4000 or 469-4020



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



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	
ACTIVITY/PROGRAM	SESSION DATES	COST
	9/1/16-6/30/17	
	9/1/16-6/30/17	
	9/1/16-6/30/17	

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

Credit Card Information must be given over the telephone or in person. We accept Master Card or Visa only.

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+

Pups in the Pool

Graham Aquatic Center

SATURDAY

October 22

1:00-2:30pm (114150)

or
3:00-4:30pm (114151)

\$6 per dog & 1 owner
\$3 per each additional person
Cost is per session



Pet contests * Treats * Pet Friendly Vendors & More!

PLEASE NOTE: For health and safety, people are not allowed in the pool during this event. Dogs must be licensed and vaccinated and owners must be prepared for clean-up duty. Pre-registration is required by October 20th, first 20 pre-registered pups receive a treat.

FASHION *Extravaganza,* Solano County!

Saturday,

OCTOBER 22, 2016

APPETIZERS & WINE 5-6 PM // FASHION SHOW 6-7PM LIVE AUCTION 7-8PM // DANCING 8-10PM

\$45 per person (113619)

Ulatis Community Center 1000 Ulatis Drive, Vacaville

Tickets available at McBride Senior Center. For more information, call 707-469-6660, 707-592-0416 or visit us online at www.fashionextravanzavacaville.com.

Proceeds benefit McBride Senior Center Scholarship Fund, Friends of Seniors, 10-33 Foundation, and Faith in Action.





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

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MUSIC * FOOD * FUN * BEER * WINE

City of Vacaville

COUNTRY at CREEK WALK

Featuring



Jack Ingram

With

Taryn Cross
and

Dave Russell

3:00pm to 9:30pm

**AUGUST
27, 2016**



Tickets
13 & up
\$15
at the
Door
12 &
under
\$5

For more information and to purchase tickets visit

WWW.CREEKWALKEVENTS.COM



Dance to the Big Band Sounds

SATURDAY, OCTOBER 15

6:00-9:00PM

MCBRIDE SENIOR CENTER

\$7 PER PERSON

Reservations required by October 7th

You don't want to miss this annual Dance! Come have fun dancing to the big band sounds of Alive Music Orchestra supported by the non-profit Vaca Jazz Society. Light snacks will be provided. For information call 469-6660, space is limited.