

FALL | 2013

LAFAYETTE RECREATION



Children pg. 7

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CITY RECREATION PROGRAMS & SERVICES

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21st Annual
LAFAYETTE
CHAMBER OF COMMERCE
presents
**LAFAYETTE
RESERVOIR
RUN**

Sponsored by **Oakwood**

Printing courtesy of **MPE**

October 27th, 2013
www.lafayettechamber.org



LAMORINDA COMMUNITY PICNIC

Thursday, August 15
Moraga Commons
Family Picnic, 4pm-6:30pm
Zebop!—Santana cover band, 6:30pm

It's a first for Lamorinda—
an old fashioned picnic!

Meet at the Moraga Commons
band shell at 4pm for an afternoon
AND evening of fun.

Bring a picnic or pack your wallet to
purchase food and beverages on site.

Residents from Lamorinda's three
communities will face off in games
like tug-of-war and more.

Stay and enjoy music from
Santana cover band Zebop.

Saturday, Sept. 21st 10–7 PM

Sunday, Sept. 22 10-6 PM

Downtown Lafayette



FREE

- Admission
- Parking at BART
- Shuttle to Event
- Bike Valet Parking



4 LIVE STAGES—2 FULL DAYS

- ZEBOP • THE SUN KINGS • AJA VU
- EAST BAY MUDD • BOB ATHAYDE & FRIENDS
- THE SPAZMATICS • OTHER PEOPLE'S MONEY
- THE VOLTONES • ANNIE SAMPSON • SPIN OUT
- COVER 2 COVER • RED HOUSE ALLSTARS
- JUICE • PETTY THEFT • FLEETWOOD MASK
- MERSEY BEACH • SAVANNAH BLUE
- CHUBBY'S ALLSTARS • DOMINANT 7

www.lafayettechamber.org



www.facebook.ca/lafayettefestival

@friendlychamber#LafFest



Santa's Bag Boutique

A LAFAYETTE TRADITION

Fri: December 6 • 11:00am–7:00pm

Sat: December 7 • 9:00am–5:00pm

Sun: December 8 • 9:00am–5:00pm

Lafayette Community Center

Featuring Handcrafts from 60+ Artists

~Free~

Don't Miss the annual Celebrity Gift Baskets at the Boutique. All sales benefit the Lafayette Community Center Foundation.

Last year's basket donors:

- Peet's Coffee & Tea • Diablo Foods • Trader Joe's
- Storyteller Bookstore • Jeanne Hamlin Cleaners
- Nancy Goldner/Lafayette Jazzercise • Starbucks
- Friends of the Lafayette Library • Cora Bahl • Tot Drop
- JJ Buckley Fine Wines • Powell Candy Shoppe
- Kindergym at Lafayette Staff • Round Table Pizza

For more information, call
Judy Gregerson: (510) 918-2280
santasbag@comcast.net



Lafayette Youth Commission's Annual

HAUNTED HOUSE

Friday, 10/25 & Sunday, 10/27

5:00-7:00pm — Not Too Scary

Parents accompany children 7 & under

7:30-9:30pm — Very Scary
for children 8 & over

Lafayette Community Center,
Live Oak Room

Ages 7 & Under: \$3 • Ages 8 & over: \$5

Please join us for a ghoulishly good time!

Sponsored by the Lafayette Youth Commission
Proceeds benefit Lafayette Youth Commission Projects

Autumn Leaves

JAZZ PIANO CONCERT AT THE LIBRARY

by Contra Costa Performing Arts Society

Come hang out with our swingin' performers and celebrate autumn! Songs from the Great American Songbook may include tunes by Thelonious Monk, Jerome Kern, Duke Ellington and more, as interpreted by members of CCPAS. Refreshments generously provided by Chateau Pleasant Hill Independent and Assisted Living, and Visiting Angels Living Assistance Services.



Please call Lafayette Senior Services to reserve your spot
284-5050

Friday, 10/18, 1:30-2:30

Members: \$3 Non-Members: \$5

Lafayette Library, Community Hall
3491 Mt. Diablo Blvd.

CITY OF LAFAYETTE with SYNERGY THEATER

IMPROV COMEDY!

THIRD WEEKEND OF EVERY MONTH!

Lafayette Community Center, 500 St. Mary's Road, Lafayette

Full length improvised theater based entirely on audience suggestions!

Saturdays @ 8:00 pm—August 17, September 21, October 19, November 16, December 21

Also! KENN ADAMS' ADVENTURE THEATER!

An interactive comedy show for heroes of all ages!

Sundays at 11:00am—September 22, October 20, November 17, December 22



Tickets at www.SynergyTheater.com



Themed Birthday Parties

Kinderdance Parties

3-5 yrs
Ballet, creative movement and acrobatics in a music filled movement and dance party.

Chef de Cuisine's Cooking Parties

5-13 yrs
Notify of any food allergies when reserving dates.

Kindergym Parties

up to 6 yrs



Indoor Sport Parties

4-7 Yrs:
Combo: Soccer, Hockey, Basketball
7-13 Yrs:
Dodge Ball
Nerf Guns
Nerf & Dodge Ball

Dodge Ball Parties

7-12 yrs
"...best party any of our kids have had yet. Crew members were unbelievable."
—Megan Stern

Parties on the Rink

7+ yrs
Sport Combo
Options: Floor Hockey, Scooters, Capture the Flag, Dodge Ball, Flag Football, Soccer, Basketball & more!



PARTY THEME	LOCATION	FEE	TIME	DEPOSIT	MIN/MAX	CONTACT INFO
Kinderdance	Toyon Rm	\$200/12 children \$8/addl. child	1 hrs	50%	--	Kira Lancaster: (415) 385-6501 Michelle McDonagh: (925) 788-1020
Chef de Cuisine	LCC Kitchen	\$250	2 hrs	\$150	10 max	(925) 932-1114
Kindergym	Kindergym	\$195/\$250	1.5/2 hrs	--	15 max	(925) 284-2232
Indoor Sport	Live Oak Rm	\$195/\$260	1.5/2 hrs	--	10/24	Ace: (925) 284-2234
Dodge Ball	Live Oak Rm	\$195/\$260	1.5/2 hrs	--	10/24	Ace: (925) 284-2234
On the Rink	Multi-Sport Rink	\$250/\$333	1.5/2 hrs	--	12/24	Ace: (925) 284-2234



The Bay Area's only PRESCHOOL ON DEMAND!

TOT DROP

Only Come When You Want. Only Pay When You Come.

YOU make your own schedule. 9:00 am-1:00 pm

As little as 1 hour or up to 12 hrs/wk. \$10/hr. **You** set your days and arrival & pick up times. Come occasionally, or weekly spots are available. **FREE** cancellation when your plans change.

Never Tried TOT DROP?

Come and see what you've been missing!



COUPON



1 FREE Hour

\$10 value—New Families Only.
(1 per family)

DIAPER WEARERS WELCOME.
NEW STUDENTS MAY ENROLL AT ANY TIME.

Call to get started

925-284-3999

Open YEAR ROUND!

Lafayette, Walnut Creek, Pleasant Hill
www.totdrop.com



I ♥ TINY TOTS

School Starts
9/3/13

Lafayette Tiny Tots

2013-2014 School Year

Lafayette Tiny Tots offers a variety of classes for your active pre-schooler. Your child will enjoy interacting with other pre-schoolers in a warm and loving environment. Each class offers a comprehensive early childhood program with emphasis on providing activities and experiences for children to work, play and grow according to their own pattern of development. The instructors are experienced and possess degrees in early childhood education. These classes are not parent participation classes, but parents are welcome to stay until their child is comfortable with the environment.



Tuesday/Thursday
Spaces Available

Mon/Wed/Fri

begins 9/4/13

Time

9:00am-1:30pm

Ages

3 1/2-4 1/2

(Must be 3 1/2 by 9/1/13)

Fee

\$765 (paid every 9 weeks)

Tues/Thurs

begins 9/3/13

Time

9:00am-11:45pm

Ages

2 1/2-3 1/2

(Must be 2 1/2 by 9/1/13)

Fee

\$475 (paid every 9 weeks)

ARTS & CRAFTS

Comic Book Illustration

T 12 Yrs & Up

Students will study the essential elements of how to illustrate and create their own comics. Class time includes the study and practice of basic drawing techniques character design, story boarding, scripting and paneling with a variety of tools and techniques students have an excellent opportunity to express their creativity.

DAY/DATE	TIME	LOCATION
Tues: 9/24-11/12	4:00-5:00pm	Arts and Crafts Room
FEE	MIN/MAX	INSTRUCTOR
\$148 (8 Wks)	4/15	Nuskuarts



Kids Carpentry

5-12 Yrs

Since 1982, director Michael Glass has taught thousands of children the safe use of hand tools. Children may choose from a wide variety of projects after first completing their sanding block and top. While building their projects from scratch children are introduced to concepts like applied math, problem solving, fine motor skills and empowered with the opportunity to use a large variety of woodworking tools. www.kidscarpentry.com. \$40 supply fee to be paid to instructor at first class.

DAY/DATE	TIME	LOCATION
Fri: 10/4-11/22	3:00-4:00pm	Arts and Crafts Room
Fri: 10/4-11/22	4:00-5:00pm	Arts and Crafts Room
Fri: 10/4-11/22	5:00-6:00pm	Arts and Crafts Room
FEE	MIN/MAX	INSTRUCTOR
\$119 (8 Wks)	6/9	Michael & Jeab Glass

COOKING

Cooking with Kids

4-12 Yrs

HEY kids we are doing something NEW! We are going to have more fun in our cooking classes by changing our time to 1 1/2 hours. Now we can make TWO recipes per class. We will learn to cook and taste our creations and share them with your whole family. Parents your young chefs will have fun while they learn the Life skill of cooking tasty, healthy and affordable foods. And as a matter of course we will learn proper clean up. \$15 materials fee payable to instructor at first class.

Busy Bees Cooks (4-5 Yrs)

DAY/DATE	TIME	LOCATION
Tues: 10/8-10/22	1:30-3:00pm	Kitchen
FEE	MIN/MAX	INSTRUCTOR
\$162 (3 Wks)	4/8	Cooking with Kids

We Teach Your Kids to Cook (6-12 Yrs)

DAY/DATE	TIME	LOCATION
Tues: 10/8-10/22	4:00-5:30pm	Kitchen
FEE	MIN/MAX	INSTRUCTOR
\$162 (3 Wks)	4/10	Cooking with Kids



Chef de Cuisine's Cooking Parties

5-13 yrs

Your child can have a cooking-themed birthday party in the Lafayette Community Center Kitchen. We provide the chef instructor, the ingredients and the recipes, you provide the guests, favors and cake. For information or to book a party, call (925) 932-1114.

FEE	DEPOSIT	MIN/MAX
\$250 (2 Hrs)	\$150	10 max

Kindergym at Lafayette

All your senses shout "WOW!" when you see our two spacious rooms with their mats, hanging apparatus, tunnels, basketball hoops, balance beam, slides, slopes and more. Visually, we're a colorful wonderland! Kindergym promotes an adult/child one on one situation where the adult provides encouragement and positive reinforcement through play. Each wonderful 45-minute class concludes with a circle time of favorite songs, rhythms and rhymes led by our exceptional and experienced staff.

All children must be accompanied by an adult. Second sibling enrolled in the same class gets a 25% discount! Infant siblings are okay if in back/front packs.

Kindergym will be closed November 25-30.



Kindergym

0-4 Yrs

Come play with us at the Lafayette Kindergym! We provide an exciting environment filled with fun and challenging gymnastic equipment that will excite your child's senses. Our dedicated and friendly staff will enhance your child's playtime experience and conclude each class with a circle time filled with rhythms, rhymes and songs. These classes offer children the opportunity to learn through play and physical exploration. They will jump, hop, climb, and balance on a variety of gymnastics equipment. Come enjoy a special bonding time with your child in a safe and clean environment. Each class closes with music and songs facilitated by our wonderful staff.

DAY/DATE	TIME	LOCATION
Tues: 9/24-12/10	9:15-10:00am	Kinder Gym
Tues: 9/24-12/10	10:05-10:50am	Kinder Gym
FEE	MIN/MAX	INSTRUCTOR
\$121 (11 Wks)	4/12	Jan Wong

DAY/DATE	TIME	LOCATION
Wed: 9/25-12/11	9:15-10:00am	Kinder Gym
Wed: 9/25-12/11	10:05-10:50am	Kinder Gym
Wed: 9/25-12/11	10:55-11:45am	Kinder Gym
Thurs: 9/26-12/12	10:05-10:50am	Kinder Gym
Fri: 9/27-12/13	9:15-10:00am	Kinder Gym
Fri: 9/27-12/13	10:05-10:50am	Kinder Gym

FEE	MIN/MAX	INSTRUCTOR
\$121 (11 Wks)	4/12	Elaine Cable

DAY/DATE	TIME	LOCATION
Sat: 9/28-12/14	9:30-10:15am	Kinder Gym
Sat: 9/28-12/14	10:30-11:15am	Kinder Gym

FEE	MIN/MAX	INSTRUCTOR
\$121 (11 Wks)	4/12	Nelita Inzerillo

Kindergym Plus

1-5 Yrs

All the fun of the traditional Kindergym class PLUS a different theme each week to stimulate children's imagination and learning. **Skip 11/29**

DAY/DATE	AGES	TIME	LOCATION
Fri: 9/27-12/13	4:15-5:00pm		Kinder Gym
FEE	MIN/MAX	INSTRUCTOR	
\$121 (11 Wks)	4/12	Stacey Mullins	



Pre-Kindergym

Crawlers and Beginning Walkers

This class gives babies the opportunity to explore and develop their physical skills (readiness for rolling, crawling, walking and learning) in a fun and safe environment. A brief closing circle with music ends each class. **Skip 11/26, 11/28**

DAY/DATE	TIME	LOCATION
Tues: 9/24-12/10	10:55-11:40am	Kinder Gym

FEE	MIN/MAX	INSTRUCTOR
\$121 (11 Wks)	4/12	Jan Wong

DAY/DATE	TIME	LOCATION
Thurs: 9/26-12/12	9:15-10:00am	Kinder Gym

FEE	MIN/MAX	INSTRUCTOR
\$121 (11 Wks)	4/12	Elaine Cable

Parent and Me Gymnastics

1 1/2-3 Yrs

This popular class, designed for parents and toddlers, will enhance your child's motor development and confidence in a fun and social environment. Emphasis is placed on movement, rolling, climbing, handing and jumping. Incorporated into the class are gymnastic, incline and barrel mats, single and double bars, balance beams, vaulting blocks, ladders, bouncers and spring board, parachutes, rhythm sticks, tunnels, and more. Music games and group activities are incorporated into the class. Parent participation is required. **Skip 11/11**

DAY/DATE	TIME	LOCATION
Mon: 9/9-10/7	9:15-9:55am	Kinder Gym
Mon: 10/14-11/18	9:15-9:55am	Kinder Gym
FEE	MIN/MAX	INSTRUCTOR
\$73 (5 Wks)	6/10	California Gymnastics
DAY/DATE	TIME	LOCATION
Mon: 11/25-12/16	9:15-9:55am	Kinder Gym
FEE	MIN/MAX	INSTRUCTOR
\$59 (4 Wks)	6/10	California Gymnastics

Tiny Tumblers Gymnastics

3 Yrs

This class is designed to enhance your child's motor development skills, balance, coordination, and confidence. Emphasis is placed on developing beginning gymnastic skills in a fun and social environment and also introducing children to learn to participate in a structured class without their parents. Incorporated into the class are gymnastic mats, single bars, double bars, balance beams, vaulting blocks, incline and barrel mats, ladders, bouncers and spring board, parachutes, rhythm sticks, tunnels, and various other equipment as well as music games and group activities. **Skip 11/11**

Date	Time	Location
Mon: 9/9-10/7	10:00-10:40am	Kinder Gym
Mon: 10/14-11/18	10:00-10:40am	Kinder Gym
Fee	Min/Max	Instructor
\$73 (5 Wks)	6/8	California Gymnastics
Date	Time	Location
Mon: 11/25-12/16	10:00-10:40am	Kinder Gym
Fee	Min/Max	Instructor
\$59 (4 Wks)	6/8	California Gymnastics

Preschool Gymnastics

4-5 Yrs

This class teaches beginning gymnastics and tumbling skills. Students will flip over the opportunity to learn the basics of all gymnastic events, as well as additional skills to enhance strength, coordination, agility, and confidence. Equipment incorporated into the class includes gymnastic mats, single bars, double bars, balance beams, vaulting blocks, incline and barrel mats, ladders, bouncers and spring board, parachutes, rhythm sticks, tunnels, and various other equipment. **Skip 11/11**

DAY/DATE	TIME	LOCATION
Mon: 9/9-10/7	3:30-4:10pm	Kinder Gym
Mon: 10/14-11/18	3:30-4:10pm	Kinder Gym
FEE	MIN/MAX	INSTRUCTOR
\$73 (5 Wks)	6/9	California Gymnastics
DAY/DATE	TIME	LOCATION
Mon: 11/25-12/16	3:30-4:10pm	Kinder Gym
FEE	MIN/MAX	INSTRUCTOR
\$59 (4 Wks)	6/9	California Gymnastics

Youth Gymnastics

5-9 Yrs

This class teaches beginning and intermediate gymnastics and tumbling skills and is designed to develop strength, flexibility, agility, and confidence in a fun, non-competitive environment. Students learn the basics of all gymnastic events including tumbling, vaulting skills, single bars and balance beams. Students are also introduced to strength and flexibility exercises with fun and challenging games. Equipment incorporated into the class includes gymnastic mats, single bars, double bars, balance beams, vaulting blocks, incline and barrel mats, ladders, bouncers and spring board, parachutes, and various other equipment. **Skip 11/11**

DAY/DATE	TIME	LOCATION
Mon: 9/9-10/7	4:15-5:10pm	Kinder Gym
Mon: 10/14-11/18	4:15-5:10pm	Kinder Gym
FEE	MIN/MAX	INSTRUCTOR
\$88 (5 Wks)	6/10	California Gymnastics
DAY/DATE	TIME	LOCATION
Mon: 11/25-12/16	4:15-5:10pm	Kinder Gym
FEE	MIN/MAX	INSTRUCTOR
\$71 (4 Wks)	6/10	California Gymnastics

Jump & Play!

MUSIC & DANCE



Kindermusik Village for Babies

Up to 18 Months

Village is for lap babies, crawlers, and walkers. It incorporates the most current research on early childhood development and provides families a special place for learning and connecting with other parents and babies through music and movement. This semester, pick up your baby and dance as we explore dances from around the world in "Do-Si-Do." *\$35 materials fee payable to instructor at first class. Skip 10/14*

DAY/DATE	TIME	LOCATION
Mon: 9/9-11/4	10:15-11:00am	Elderberry Room
FEE	MIN/MAX	INSTRUCTOR
\$147 (8 Wks)	5/12	Kindermusik Miss Kat



Kindermusik Wiggle & Grow

1.5-3 Yrs

This music-filled class celebrates the unique joys of your growing child. Each week your child will love singing, dancing, and playing instruments with you and her new friends and you'll love helping her practice a wide variety of abilities such as gross and fine motor skills, turn-taking, social skills, and active listening. In class, we'll also share tips and ideas for using music throughout the week. Plus, the fun (and learning!) continue with the Kindermusik@Home digital home materials, including music from class, musical activities, and each month's story. *\$22 materials fee payable to instructor at first class. Skip 10/14*

DAY/DATE	TIME	LOCATION
Mon: 9/9-11/4	11:15am-12:00pm	Elderberry Room
FEE	MIN/MAX	INSTRUCTOR
\$147 (8 Wks)	5/10	Kindermusik Miss Kat

Music Together

Newborn to 5 Yrs

Celebrating 25 years of family music fun, and 15 years with over 35,000 East Bay families. Songs, dance, instruments and rhythmic chants. The award winning music program for newborns through 5 years with the adults who love them. The internationally recognized program was created by the groundbreaking researchers who pioneered parent participation, developmental early childhood music education. Lamorinda Moms, *Bay Area Parent* and *Parents' Press*: Best Music Class. Price of class includes 2 CDs, set song book, parent guide DVD, Musical Growth Chart and two makeup classes.

DAY/DATE	TIME	LOCATION
Wed: 9/18-11/20	10:30-11:15am	Elderberry Room
Wed: 9/18-11/20	9:30-10:15am	Elderberry Room

FEE	MIN/MAX	INSTRUCTOR
\$218 (10 Wks)	6/12	Riki Juster

DAY/DATE	TIME	LOCATION
Thurs: 9/19-11/21	10:30-11:15am	Elderberry Room
Thurs: 9/19-11/21	9:30-10:15am	Elderberry Room

FEE	MIN/MAX	INSTRUCTOR
\$218 (10 Wks)	6/12	Julia McLeod

Mini Hip Hoppers

3-5 Yrs

Designed for young boys and girls, they'll learn fun and funky moves to age appropriate hip hop music that will keep them moving. Encourages creativity, imagination, coordination and rhythm. Students will learn basic techniques as well as creative movement. Young dancers will perform a hip hop routine for friends and family on the last day of class. **Skip 11/28**

DAY/DATE	TIME	LOCATION
Thurs: 9/19-12/19	3:30-4:30pm	Toyon Room

FEE	MIN/MAX	INSTRUCTOR
\$211 (13 Wks)	7/14	Studio 8 Dance

Hip Hop Dance Jr.

6-8 Yrs

Designed for young boys and girls, they'll learn fun and funky moves to age appropriate hip hop music that will keep them moving. Encourages creativity, imagination, coordination and rhythm. Students will learn basic techniques as well as creative movement. Young dancers will perform a hip hop routine for friends and family on the last day of class. **Skip 11/28**

DAY/DATE	TIME	LOCATION
Thurs: 9/19-12/19	4:30-5:30pm	Toyon Room

FEE	MIN/MAX	INSTRUCTOR
\$211 (13 Wks)	7/20	Studio 8 Dance

Beginning Irish Step Dancing

T 5-16 Yrs

The McBride School of Irish Dance is now offering classes in Lafayette! For those who have never Irish danced before, this is the class for you! Our mission is to offer quality Irish Dance instruction, while providing a safe, supportive and positive learning environment that lends itself to developing well-rounded and confident dancers. **Skip 11/27**

DAY/DATE	TIME	LOCATION
Wed: 9/11-12/18	3:30-4:15pm	Toyon Room
FEE	MIN/MAX	INSTRUCTOR
\$213 (14 Wks)	3/10	Elizabeth Brennan

Advanced Irish Step Dancing

T 5-16 Yrs

Welcome to the McBride School of Irish Dance! This class is offered for children ages 5-16 who have had experience Irish dancing or are continuing their dancing with us. Our mission is to offer quality Irish Dance instruction, while providing a safe, supportive and positive learning environment that lends itself to developing well-rounded and confident dancers. **Skip 11/27**

DAY/DATE	TIME	LOCATION
Wed: 9/11-12/18	4:15-5:30pm	Toyon Room
FEE	MIN/MAX	INSTRUCTOR
\$213 (14 Wks)	3/15	Elizabeth Brennan



Guitar

10 Yrs & Up

Most pop songs use only 3 or 4 simple chords, so you will be playing real songs in just a few weeks. It's easy, and small class size allows for individual attention from instructor. Instructor has BA and MA in music and over 20 years of teaching experience. **Skip 10/14**

LEVEL	DAY/DATE	TIME	LOCATION
Beginning	Mon: 9/9-11/18	4:45-5:30	Elderberry Room
Advanced	Mon: 9/9-11/18	6:45-7:30	Elderberry Room
FEE	MIN/MAX	INSTRUCTOR	
\$153 (10 Wks)	3/6	Ted Crowley	

Club Jam—Singing Percussion

5-6 Yrs

Club Jam is an introductory music course for grades K-1 incorporating both singing and percussion. Students will participate in simple and engaging music games and activities as well as singing songs as a class. Class will also include an introduction to rhythm where students will sing, clap and play fun percussive beats. All in all this is FUN class that will build a strong musical foundation to sharpen student's minds (Fusing creative and analytical thought development) paving the way for further academic study whether it be music or not. (Hand drums and percussive instruments provided)

DAY/DATE	TIME	LOCATION
Wed: 9/18-11/6	3:00-4:00pm	Sequoia Room
FEE	MIN/MAX	INSTRUCTOR
\$131 (8 Wks)	8/15	Nuskuarts

Hit The Note—Singing Program

7-13 Yrs

Do you aspire to be a singer? Do you want to learn how to sing and let your voice shine? Now is your opportunity to hop into class, tune your vocal chords, and hit the note. In this class students will learn how to sing contemporary music in a fun and engaging setting. Starting with practice through intervals, scales, and rhythms; then moving on to practice and perform popular songs. All students are welcome from absolute beginners to experienced singers. This class will benefit all and give you the leg up on your vocal performance.

DAY/DATE	TIME	LOCATION
Wed: 9/18-11/6	4:00-5:00pm	Sequoia Room
FEE	MIN/MAX	INSTRUCTOR
\$123 (8 Wks)	8/15	Nuskuarts

SPECIAL INTEREST

Spanish Class

3-5 Yrs

Hola amigos, vamos a divertirnos aprendiendo Español con maestra Miriam. Hello friends let's have fun learning Spanish with teacher Miriam. Join in this hands on-interactive and stimulating environment. In this class your child will develop social skills, fine and gross motor skills while learning Spanish. Students will explore Spanish through singing, creating art, and many other fun activities. *\$5 supply fee payable to instructor at first class.* **Skip 11/26**

DAY/DATE	TIME	LOCATION
Tues: 9/10-10/15	9:30-12:00pm	Toyon Room
Tues: 10/22-12/3	9:30-12:00pm	Toyon Room
FEE	MIN/MAX	INSTRUCTOR
\$153 (6 Wks)	5/12	Miriam Lattanzi



The Friend Tree Autism Center, started by a mother with a child on the Autism Spectrum, felt there needed to be more opportunities for children to have a place of their own, guided by play staff that understand, and play with peers that are just like them. While The Friend Tree is still in it's fundraising stages, they hope to provide a safe and sensory-friendly environment, drop-off play time and respite, plus enrichment classes and camps at their own facility. Through their new Pilot Playgroup and Social Time programs, they can start offering some of these services at the Lafayette Community Center to bring children on the Autism Spectrum together and give parents real support that they need now. More information about The Friend Tree can be found at www.TheFriendTree.org

The Friend Tree—Autism Play Time

2-5 Yrs

This Play Time Class is great for parents with a newly diagnosed child on the spectrum, or if you suspect your child might be and you are looking for other parents to meet and talk to. Parents' stay and participate with their child, to sign, music time, crafts and play with other children like them. Facilitated by trained ABA, social skills Autism Staff. **Skip 11/26**

DAY/DATE	TIME	LOCATION
Tues: 9/10-10/22	2:00-2:50pm	Kinder Gym
Tues: 10/29-12/17	2:00-2:50pm	Kinder Gym
FEE	MIN/MAX	INSTRUCTOR
\$108 (7 Wks)	3/8	The Friend Tree

The Friend Tree—Autism Social Time

6-14 Yrs

Drop-off classes where kids can explore and play with other kids like them. Games & activities will encourage involvement, social and behavioral thinking and problem-solving skills; all while making friends and encouraging engagement & inclusion. Kids will learn some signing and can participate in music, arts, crafts and cooking. Snacks provided. **Skip 11/26**

AGES	DAY/DATE	TIME	LOCATION
6-10	Tues: 9/10-10/22	3:30-5:00	Elderberry Room
11-14	Tues: 10/29-12/17	3:30-5:00	Elderberry Room
FEE	MIN/MAX	INSTRUCTOR	
\$108 (7 Wks)	3/10	The Friend Tree	

Babysitting for Beginners

10-14 Yrs

Learn the skills needed to be a trusted and responsible babysitter. Learn all about child development, bedtime strategies, discipline, how to get jobs, and ways to make babysitting fun for you and the kids. Basic first aid, general safety, and what to do in an emergency will also be covered. Students should bring a lunch and dress to play outside.

DAY/DATE	TIME	LOCATION
Sun: 11/17	9:00am-2:30pm	Elderberry Room
FEE	MIN/MAX	INSTRUCTOR
\$51 (1 Day)	8/30	Suzy McCreary



Chess

6-11 Yrs

Chess improves children's ability to think rationally and critically, increases their aptitude for recognizing patterns, and teaches the value of hard work, concentration and commitment. Chess is an exercise of infinite possibilities for the mind, one which develops mental abilities used throughout life. And it is fun! **Skip 11/26**



DAY/DATE	TIME	LOCATION
Tues: 9/10-10/22	4:00-5:00pm	Cedar Room
Tues: 10/29-12/17	4:00-5:00pm	Cedar Room
FEE	MIN/MAX	INSTRUCTOR
\$120 (7 Wks)	10/20	Chess Berkeley

SCIENCE & TECHNOLOGY

Mad Science—Extraordinary Earth

4-6 Yrs

See how plants turn sunshine into power and their role in the air we breathe. Discover the importance of weather and how it affects us. Learn how to protect yourself from UV rays and take home your own UV detector keychain. Investigate the power of the force, magnetic force! Students learn about magnetic fields and test their strength against an electro-magnet. Uncover how rocks and gems are formed and peek beneath the earth's crust. Find out how fossils are made and take home your own "fossilized" shark tooth. Our system of earth wouldn't be complete without a class on earthquakes and volcanoes. Students will test their earthquake knowledge with a shake table and experiment and then erupt their very own volcanoes in class!

DAY/DATE	TIME	LOCATION
Wed: 10/2-11/6	4:00-4:45pm	Cedar Room
FEE	MIN/MAX	INSTRUCTOR
\$110 (6 Wks)	8/16	Mad Science

Mad Science—Phenomenal Physics!

6-11 Yrs

Gravity...inertia...centripetal force...who could ever imagine that an introduction to physics could be so much fun? We'll experience these awesome forces, learn about the atoms and molecules and build some cool devices! Use a vortex generator to create air pockets with a punch, and levitate ping-pong balls in defiance of gravity. Learn how combinations of shapes like triangles, cylinders, and arches make sturdy homes, bridges, and skyscrapers. And then explore the science of light. Take home something at the end of each class such as a skyhawk plan, silly putty and a drag racer. **Skip 11/27**

DAY/DATE	TIME	LOCATION
Wed: 10/16-12/11	4:00-5:00pm	Elderberry Room
FEE	MIN/MAX	INSTRUCTOR
\$142 (8 Wks)	8/20	Mad Science

Pre-Engineering With LEGO®

5-7 Yrs

Have your child become a Play-Well Engineer! Build cities, bridges, motorized cars, and planes. With access to over 100,000 pieces of LEGO, students build what they have only dreamed of with the support of an experienced Play-Well instructor.

DAY/DATE	TIME	LOCATION
11/25-11/27	9:00-12:00pm	Cedar Room
FEE	MIN/MAX	INSTRUCTOR
\$125 (3 Days)	11/18	Play Well

2D Video Game Design

 7-18 Yrs

This class will give students hands-on learning in video game development. Students will create their own platformer video game including developing and animating characters, enemies and levels. We use cutting edge industry technologies designed to provide a valuable and pertinent experience. We teach the same industry technologies that are used in Facebook, iPhone and Android games. *\$40 supply fee to be paid to instructor on first day of class.*

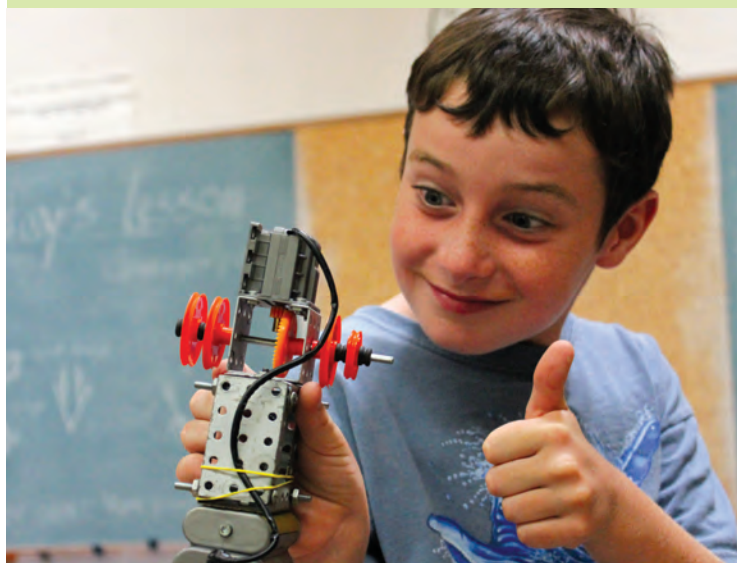
DAY/DATE	TIME	LOCATION
Fri: 9/13-10/4	5:00-6:00pm	Cedar Room
Fri: 10/11-11/1	5:00-6:00pm	Cedar Room
Fri: 11/8-11/29	5:00-6:00pm	Cedar Room
Fri: 12/6-12/27	5:00-6:00pm	Cedar Room
FEE	MIN/MAX	INSTRUCTOR
\$145 (4 Wks)	2/6	Bobby Mazaheri

Robotics with LEGO®

8-12 Yrs

Get ready to program robots using LEGO! Learn about building and programming robots using the LEGO Mindstorms system, laptop computers, and Play-Well's 100,000 piece LEGO kit! Explore the many uses of touch, light, and ultrasonic sensors with a robotic project of your own unique design. Build and program your robot with a partner to avoid obstacles, manipulate objects, communicate with other robots, and much more. Solve problems and have fun in an open-ended, exploratory environment.

DAY/DATE	TIME	LOCATION
Mon-Wed: 11/25-11/27	1:00-4:00pm	Cedar Room
FEE	MIN/MAX	INSTRUCTOR
\$136 (3 Days)	11/16	Play Well



SPORTS

Mini Kickers

2-5 Yrs

Mini Kickers, a year-round introductory soccer program, includes a Mini Kicker skill ball with the registration fee. The program teaches basic soccer skills while developing strength, balance, coordination, listening skills, cooperation and teamwork in children 2-5 years old. Cubs Soccer (2-3 year olds) offers a variety of songs and games to engage participants—maximizing participation! Lions Soccer (4-5 year olds) focuses on the development of simple ball skills such as kicking, stopping the ball and dribbling. Parental participation is requested.

DAY/DATE	AGE/TIME	LOCATION
Tues: 9/10-10/29	2-3 yrs: 9:00-10:00am	LCP: Lower Field
Tues: 9/10-10/29	4-5 yrs: 10:15-11:15am	LCP: Lower Field
FEE	MIN/MAX	INSTRUCTOR
\$115 (8 Wks)	6/12	Challenger Sports

Little Kickers Indoor Soccer

4-5 Yrs

This 7-week soccer league will help players learn the game and give them a chance to play on a team as they run, kick and score their way to a good time. Participants will play games on teams that will be made after the first week of class. Participants will play a 45 min. game each week. Game times will rotate with starting times at 4:00 and 4:45. For the first kickers class: Last name A-J: 4:00 to 4:45; K-Z: 4:45 to 5:30. (If you have a friend that is not in your time slot, that you NEED to be with for the first day, then come at the time that works best for you.) We will take team requests at the first meeting. After the first week you will receive a schedule and roster the will tell you your game times for the rest of the season.

DAY/DATE	TIME	LOCATION
Tues: 9/24-11/5	4:00-5:30pm	Live Oak Room
FEE	MIN/MAX	INSTRUCTOR
\$80 (7 Wks)	14/40	Lafayette Staff

Little Sportsters

4-6 Yrs

Stay active and never worry about rain with the Little Sportsters class. This class will feature two days of floor hockey, two days of hoopsters basketball, two days of kickers soccer and one sportsters day with all three sports. This is a great way to try out the sports you have not played or just have fun playing a variety of sports! *Game dates and times subject to change.

Skip 10/23

DAY/DATE	TIME	LOCATION
Wed: 9/25-11/13	4:00-4:45pm	Live Oak Room
Wed: 9/25-11/13	4:45-5:30pm	Live Oak Room
FEE	MIN/MAX	INSTRUCTOR
\$80 (7 Wks)	8/20	Lafayette Staff

Multi-Sport Games

6-12 Yrs

Skyhawks has taken your favorite games from the playground and combined them into an action packed program! Each day your young athlete will play variations of Kickball, Dodgeball and Capture the Flag. Participants will learn sportsmanship, teamwork and strategy in addition to the rules of the game. Bring your friends or come make new ones. The participant-to-coach ratio is approximately 14:1. **Skip 11/30**

DAY/DATE	TIME	LOCATION
Sat: 9/14-10/26	3:30-5:00pm	Roller Hockey Rink
Sat: 11/2-12/21	3:30-5:00pm	Roller Hockey Rink
FEE	MIN/MAX	INSTRUCTOR
\$132 (7 Wks)	10/28	Skyhawks Sports

Tiny Hawk Sports

3-5 Yrs

This program was designed to give children a positive first step into athletics. Participants learn balance, body movement, hand/eye coordination, and skill development through a series of sports-specific games tailored to their attention spans. Our trained staff and progressive curriculum allows kids to develop at their own pace in a fun and safe environment with lots of encouragement. The participant-to-coach ratio is approximately 8:1. **Skip 11/28**

DAY/DATE	TIME	LOCATION
Thurs: 9/12-10/24	9:00-10:15am	Roller Hockey Rink
Thurs: 9/12-10/24	10:30-11:45am	Roller Hockey Rink
Thurs: 10/31-12/19	9:00-10:15am	Roller Hockey Rink
Thurs: 10/31-12/19	10:30-11:45am	Roller Hockey Rink
Sat: 9/14-10/26	2:00-3:15pm	Roller Hockey Rink
Sat: 11/2-12/21	2:00-3:15pm	Roller Hockey Rink
FEE	MIN/MAX	INSTRUCTOR
\$132 (7 Wks)	8/12	Skyhawks Sports

Mini-Hawk Camp

4-7 Yrs

This multi-sport program was developed to give children a positive first step into athletics. Baseball, basketball and soccer are taught in a safe, structured environment filled with encouragement and fun. Through games and activities, campers explore balance, hand/eye coordination, and skill development at their own pace. The participant-to-coach ratio is approximately 8:1.

Skip 11/28

DAY/DATE	TIME	LOCATION
M,Tu,W,F: 11/25-11/29	9:00-12:00pm	Roller Hockey Rink
FEE	MIN/MAX	INSTRUCTOR
\$142 (4 Days)	15/24	Skyhawks Sports

Mommy/Daddy & Me Golf

3-4 Yrs

Using the SNAG (Starting New At Golf) System, this class provides the first step to a long-lasting bonding activity between you and your young athlete. Our progressive curriculum and modified equipment simplifies instruction so kids and their parents can make an effective transition onto the golf course together. Adult experience is not required but participation is. All equipment is provided. Participant (child)-to-coach ratio is 8:1. **Skip 11/30**

DAY/DATE	TIME	LOCATION
Sat: 9/14-10/26	9:00-10:15am	Roller Hockey Rink
Sat: 11/2-12/21	9:00-10:15am	Roller Hockey Rink
FEE	MIN/MAX	INSTRUCTOR
\$132 (7 Wks)	8/12	Skyhawks Sports

Beginning Golf

5-9 Yrs

Using the SNAG (Starting New At Golf) system, participants learn the fundamentals of putting, chipping, pitching and driving in addition to the rules, etiquette and strategy of the game. Our progressive curriculum and modified equipment has simplified instruction so that young players can make an effective transition onto the golf course. All equipment is provided. Participant-to-coach ratio is 8:1. **Skip 11/30**

DAY/DATE	TIME	LOCATION
Sat: 9/14-10/26	10:30-11:45am	Roller Hockey Rink
Sat: 11/2-12/21	10:30-11:45am	Roller Hockey Rink
FEE	MIN/MAX	INSTRUCTOR
\$132 (7 Wks)	8/12	Skyhawks Sports

Flag Football

7-12 Yrs

Kick-off your Thanksgiving Break with 4 fun-filled days of Flag Football. Flag Football is a fun and safe introduction to "America's Game." Participants learn the fundamentals of passing, rushing, receiving and defense along with the rules, strategy and play-calls of the game. The camp ends with the Turkey-Bowl, where campers show-off their new skills with their new friends. Participant-to-Coach ratio is 12:1. Sign up for "Awesome Camp Connection" if you just need an extra hour or need to bridge a full day camp experience for your child. **Skip 11/28**

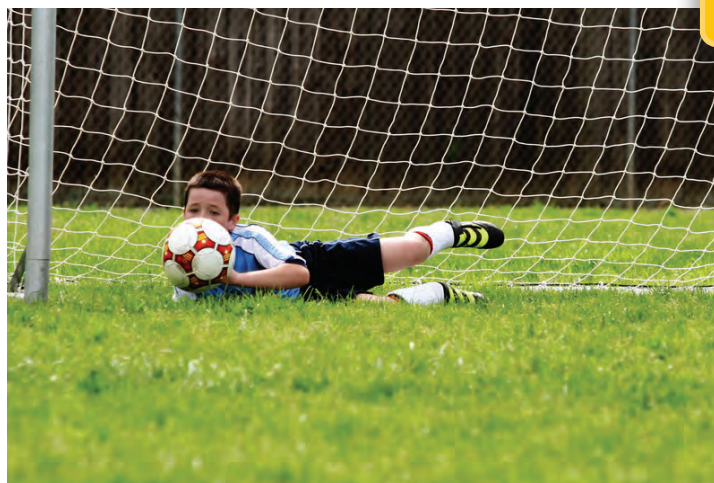
DAY/DATE	TIME	LOCATION
M,Tu,W,F: 11/25-11/29	9:00am-12:00pm	LCP, Upper Field
FEE	MIN/MAX	INSTRUCTOR
\$142 (4 Days)	15/24	Skyhawks Sports

MMAF Basketball

5-12 Yrs

This class is lots of fun and will teach the basic techniques of the great game of basketball. Learn passing, dribbling and shooting through fun games and drills. This class will be a blast! Please bring water. **Skip 11/26**

AGE	DAY/DATE	TIME	LOCATION
5-7 Yrs	Tues: 9/17-10/22	4:00-4:45pm	Roller Hockey Rink
5-7 Yrs	Tues: 11/5-12/17	4:00-4:45pm	Roller Hockey Rink
8-12 Yrs	Tues: 9/17-10/22	4:45-5:30pm	Roller Hockey Rink
8-12 Yrs	Tues: 11/5-12/17	4:45-5:30pm	Roller Hockey Rink
FEE	MIN/MAX	INSTRUCTOR	
\$82 (6 Wks)	10/20	MMAF Sports	



MMAF Soccer Magic

5-7 Yrs

Students will be put into age and skill appropriate groups where they are taught correct techniques of kicking, trapping, heading, and passing. Advanced players will learn advanced skills and techniques. This program was designed by Kevin Broomfield former Professional player and current Professional coach. End the day with a fun filled soccer game. Players are required to bring a ball, shin guards, and water. **Skip 11/29**

5-7 Yrs

DAY/DATE	TIME	LOCATION
Fri: 9/20-10/25	4:00-4:45pm	Roller Hockey Rink
Fri: 11/1-12/13	4:00-4:45pm	Roller Hockey Rink
FEE	MIN/MAX	INSTRUCTOR
\$82 (6 Wks)	10/20	MMAF Sports

8-12 Yrs

DAY/DATE	TIME	LOCATION
Fri: 9/20-10/25	4:45-5:30pm	Roller Hockey Rink
Fri: 11/1-12/13	4:45-5:30pm	Roller Hockey Rink
FEE	MIN/MAX	INSTRUCTOR
\$82 (6 Wks)	10/20	MMAF Sports



Fall Ball

5-12 Yrs

Big League Fundamentals for Little League Players—All the Training, without the Travel! Lafayette Recreation is teaming up with Lafayette Little League and reputed pitching coach Jeff Pick of The Baseball Academy and his well-trained team of coaches to offer a fall baseball program designed to improve the abilities of players at ALL skill levels. Learn the mechanics, get the repetitions, and see improvements that will make the game more fun. From the basics of catching, hitting and fielding to the complexities of team defense base running, this program will break it down to simple steps that can be worked on at home. Hard work in the fall will pay dividends in the spring season.

For field conditions, call 925-299-3258.

AGE	DAY/DATE	TIME	LOCATION
5-6 Yrs	Mon/Wed: 9/9-10/2	3:30-4:30pm	Buckeye Fields
5-6 Yrs	Mon/Wed: 10/7-10/30	3:30-4:30pm	Buckeye Fields
7-8 Yrs	Mon/Wed: 9/9-10/2	4:30-5:30pm	Buckeye Fields
7-8 Yrs	Mon/Wed: 10/7-10/30	4:30-5:30pm	Buckeye Fields
9-10 Yrs	Mon/Wed: 9/9-10/2	5:30-6:30pm	Buckeye Fields
9-10 Yrs	Mon/Wed: 10/7-10/30	5:30-6:30pm	Buckeye Fields
11-12 Yrs	Thurs: 9/12-10/3	3:30-5:30pm	Buckeye Fields
11-12 Yrs	Thurs: 10/10-10/31	3:30-5:30pm	Buckeye Fields

FEE	MIN/MAX	INSTRUCTOR
\$203 (4 Wks)	10/25	Jeff Pick

Karate

T 5 Yrs & Up

Classes are divided by and catered toward different skill levels. Open class is offered for all skill levels and is designed to build self-confidence while learning how to throw, strike, block and fall without hurting oneself. Intermediate/Advanced class is available to current students who rank above 8th kyu and is designed to build upon the basics, learn more advanced techniques, and cultivate a higher understanding of karate. All students will be given the opportunity to compete in AAU sanctioned tournaments, as well as Open Karate tournaments. *Annual AAU insurance—\$12-Youth, \$35-Adult—is required. Belt ranking fees also apply, please inquire in class.*

Start any time. The Open class is for 5 Yrs & up. The Inter/Adv class is for 7 Yrs & up. Register At class. www.kyokushinkarate-lafayette.com.

LEVEL	FEE	DAY/DATE	TIME
Open	\$45/mo	Mo/We: Ongoing	7:00-8:00 pm

MIN/MAX	INSTRUCTOR	LOCATION
5/30	Danielle Jolin	Live Oak Room

LEVEL	FEE	DAY/DATE	TIME
Inter/Adv	\$50/mo	Tu/Th: Ongoing	4:00-5:30 pm

MIN/MAX	INSTRUCTOR	LOCATION
5/12	Danielle Jolin	Tu: Toyon Room/Th: Cedar Room



Dodge Ball

7-13 Yrs

Bring fun to your Mondays with Dodge Ball! Our experts coaches have years of experience and more than 10 games in their arsenal. Traditional dodge balls are a thing of the past, use our softer, easy to grab dodge balls for a rockin' time.

DAY/DATE	TIME	LOCATION
Mon: 9/23-11/4	4:00-5:00pm	Offsite Location
FEE	MIN/MAX	INSTRUCTOR
\$80 (7 Wks)	8/22	Lafayette Staff



Awesome Day

4-14 Yrs

Schools are taking the day off, so spend the day at Camp Awesome! Campers will enjoy doing an art project, playing in our game room and playing games like dodgeball and soccer. Campers must bring a lunch. Early care and after care are available. After care campers will watch a movie, enjoy the game room and eat popcorn.

DAY/DATE	TIME	FEE
Mon: 11/1	9:00-2:00pm	\$43 (1 Day)
Early Care	7:30-9:00am	\$13 (1 Day)
After Care Movie Club	2:00-5:00pm	\$23 (1 Day)
LOCATION	MIN/MAX	INSTRUCTOR
Manzanita Room	10/50	Lafayette Staff

Camp Awesome Fall— Thanksgiving Break

4-14 Yrs

Enjoy Thanksgiving Break at Camp Awesome doing arts & crafts, sports and games (soccer, hockey, capture the flag, medic ball and more), hikes and a ton of Awesome fun. Snack will be provided, wear sporty clothing, bring a water bottle, lunch and be ready for fun! Campers will be divided into groups based on age. Early Care and after care available. Camp Awesome Day After Care features movies and popcorn!

DAY/DATE	TIME	FEE
11/25-11/27	9:00-2:00pm	\$98 (3 Days)
Early Care	7:30-9:00am	\$33 (3 Days)
After Care Movie Club	2:00-5:00pm	\$48 (3 Days)
LOCATION	MIN/MAX	INSTRUCTOR
Manzanita Room	20/75	Lafayette Staff

Blue Angels Youth Ski & Snowboard Program

The Blue Angels program gives children and teens the opportunity to ski or snowboard the Sierra's with friends and other snow sport enthusiasts in a fun, yet structured environment. Open to all ability levels, from first-timers to experts, the program consists of 5 full Saturday's of professional coaching taught by resort instructors, lift tickets, luxury bus transportation to Sierra-at-Tahoe Resort, constant adult supervision, lunch and snacks, Pro-Tec snow helmet, sponsor goodie bag and equipment rental/leasing discounts. The Blue Angels program provides a learning environment that fosters independence, builds self-esteem and boosts athletic skills. Please visit www.BlueAngelSnow.com or call (925) 939-7669 for more information.
Skip 1/18/14, 2/15/14

2014 Program Dates: 5 Saturdays, 1/11-2/22

Pick up Location: Please visit www.BlueAngelSnow.com for locations and times
Program Fee: \$899



CHILDREN



YOUTH & ADULTS



TENNIS

Tennis Club at 937-2582 for specific program questions.

Tennis classes are for beginners or students who are continuing on with lessons. Instruction on all basics plus rally contests, mini matches and strategy. *Players will not be allowed to enter courts without white soled, non-marking shoes. No running shoes, no jeans, and no gum allowed.*

Beginning Pee Wee Tennis

4-5 Yrs

This class is for beginners or students that are continuing on with lessons. Instruction on all basics plus rally contests, mini matches and strategy.

DAY/DATE	TIME	LOCATION
Mon: 9/16-11/4	3:00-3:30pm	Lafayette Tennis Club
Wed: 9/18-11/6	3:00-3:30pm	Lafayette Tennis Club
Sat: 9/21-11/9	9:00-9:30am	Lafayette Tennis Club
Sun: 9/22-11/10	9:00-9:30am	Lafayette Tennis Club
FEE	MIN/MAX	INSTRUCTOR
\$68 (8 Wks)	4/20	Lafayette Tennis Club

Beginning Junior Tennis

6-9 Yrs

This class is for beginners or students that are continuing on with lessons. Instruction on all basics plus rally contests, mini matches and strategy.

DAY/DATE	TIME	LOCATION
Mon: 9/16-11/4	3:30-4:30pm	Lafayette Tennis Club
Wed: 9/18-11/6	3:30-4:30pm	Lafayette Tennis Club
Sat: 9/21-11/9	9:30-10:30am	Lafayette Tennis Club
Sun: 9/22-11/10	9:30-10:30am	Lafayette Tennis Club
FEE	MIN/MAX	INSTRUCTOR
\$133 (8 Wks)	4/20	Lafayette Tennis Club

Beginning Youth Tennis

10-14 Yrs

This class is for beginners or students that are continuing on with lessons. Instruction on all basics plus rally contests, mini matches and strategy.

DAY/DATE	TIME	LOCATION
Mon: 9/16-11/4	4:30-5:30pm	Lafayette Tennis Club
Wed: 9/18-11/6	4:30-5:30pm	Lafayette Tennis Club
Sat: 9/21-11/9	10:30-11:30am	Lafayette Tennis Club
Sun: 9/22-11/10	10:30-11:30am	Lafayette Tennis Club
FEE	MIN/MAX	INSTRUCTOR
\$133 (8 Wks)	4/10	Lafayette Tennis Club

Tennis

18 Yrs & Up

This class is for beginners or students that are continuing on with lessons. Instruction on all basics plus rally contests, mini matches and strategy.

DAY/DATE	TIME	LOCATION
Mon: 9/16-11/4	6:30-7:30pm	Lafayette Tennis Club
Wed: 9/18-11/6	6:30-7:30pm	Lafayette Tennis Club
FEE	MIN/MAX	INSTRUCTOR
\$133 (8 Wks)	6/14	Lafayette Tennis Club

Classes are subject to change based on enrollment numbers. If your class is cancelled, you will be notified four days prior to the first class and offered options.

Rainouts: Call Lafayette Tennis Club at 937-2582; the hotline is updated at 8:00 am and 2:00 pm daily. All rainouts will be made up the following week(s) after the end of the session on the same day.



FITNESS

Yoga Workout

16 Yrs & Up

This Yoga class teaches a mix of exercises (asanas) for strengthening, stretching and relaxing the body while also focusing on body alignment—a holistic approach. You are introduced to the therapeutic aspects of Yoga and Yoga philosophy. Classes end with relaxation and breathing techniques. It's a friendly, gentle atmosphere. Silloo has trained with the internationally renowned B.K.S. Iyengar for 8 years and has taught Yoga for more than 30 years. Printed handouts are available. Bring a blanket. You may try one class for free. All levels are welcome. **Skip 10/31, 11/28**

DAY/DATE	TIME	LOCATION
Thurs: 9/12-12/19	6:00-7:15pm	Toyon Room

FEE	MIN/MAX	INSTRUCTOR
\$172 (13 Wks)	5/16	Silloo Tarapore

DAY/DATE	TIME	LOCATION
Mon: 9/16-12/16	9:00-10:15am	Sequoia Room

FEE	MIN/MAX	INSTRUCTOR
\$185 (14 Wks)	5/14	Silloo Tarapore

Yoga

16 Yrs & Up

This class provides a solid foundation of yoga through postures, movement, breathing and relaxation. Appropriate for beginners or those with yoga experience. **Skip 10/15**

DAY/DATE	TIME	LOCATION
Wed: 9/4-12/18	9:15-10:30am	Sequoia Room

FEE	MIN/MAX	INSTRUCTOR
\$211 (16 Wks)	5/20	Jenn Stedman

DAY/DATE	TIME	LOCATION
Tues: 9/10-12/17	6:00-7:15pm	Toyon Room

FEE	MIN/MAX	INSTRUCTOR
\$185 (14 Wks)	8/15	Elizabeth McIntyre

Re-Balance the Body-Mind-Spirit Connection

18 Yrs & Up

An integral approach to rebuilding the union between the body, mind and spirit. They each have a meaning and cannot be separated. The first part of the class will include targeted stretching and a systematic series of slow graceful movements that help release physical tension and enhance awareness of the body and mind. The second part of the class will include exercises to increase memory and focus. A meditation will be taught. The third part of the class will include hand-eye coordination and integrative balance movements.

DAY/DATE	TIME	LOCATION
Mon: 9/16-10/28	10:30-11:45am	Toyon Room
Mon: 11/4-12/16	10:30-11:45am	Toyon Room

FEE	MIN/MAX	INSTRUCTOR
\$45 (7 Wks)	2/12	Ken McNamara

FREE Trial Class | Sat: 9/14
Time: 10:30-11:45am | Location: Toyon Room

Seniorcise

55 Yrs & Up

This fun class exercises your body and your mind. It's an effective combination of low-impact exercise, weight training and stretching. Each one-hour session is designed to increase strength, cardiovascular endurance, flexibility and balance. ALL fitness levels are welcome! Bring a mat, a pair of 3 lb hand weights and come exercise with GREAT people to the BEST music from the 40s and 50s! **Skip 11/11, 11/28 & 11/29**

Location: Live Oak Room
Instructor: Susan Funkhouser

First Session

DAY/DATE	FEE
Tues: 9/3-10/22	\$43 (8 Wks)
Wed: 9/4-10/23	\$43 (8 Wks)
Thurs: 9/5-10/24	\$43 (8 Wks)
Fri: 9/6-10/25	\$43 (8 Wks)
Mon: 9/9-10/21	\$38 (7 Wks)

Second Session

DAY/DATE	TIME
Mon: 10/28-12/16	\$38 (7 Wks)
Tues: 10/29-12/17	\$43 (8 Wks)
Wed: 10/30-12/18	\$43 (8 Wks)
Thurs: 10/31-12/19	\$38 (7 Wks)
Fri: 11/1-12/20	\$38 (7 Wks)



YOUTH & ADULTS

All Seniorcise classes meet from 10:30-11:30am. Min/Max: 10/45

FREE Introductory Yoga Class

16 Yrs & Up

Join us for this FREE introductory yoga class and find out why yoga has become so popular. No prior experience is needed. Learn about the many health benefits of yoga, a little about yoga philosophy, experience yoga postures, breathing practices and more. Wear comfortable clothing and bring a yoga mat and blanket if you have one. Your instructor will be Howard VanEs who has over 16 years of teaching yoga and is the author of 3 yoga related books. Space is limited so register for this free class today.

DAY/DATE	TIME	LOCATION
Sat: 9/7	10:00-11:15am	Sequoia Room
FEE	MIN/MAX	INSTRUCTOR
FREE (1 Day)	10/25	Howard Van Es

Intro to Yoga

T 16 Yrs & Up

If you have been thinking about trying yoga or have very little experience this is the class for you! Introduces basic yoga postures, breathing and yoga philosophy. Improve flexibility, reduces stress, and build energy. Bring a yoga mat and blanket.

Skip 10/13

SESSION 1: DAY/DATE	TIME	LOCATION
Sun: 9/8-11/24	10:30-11:45am	Sequoia Room
FEE	MIN/MAX	INSTRUCTOR
\$146 (11 Wks)	10/24	Howard Van Es
SESSION 2: DAY/DATE	TIME	LOCATION
Sun: 12/8-12/22	10:30-11:45am	Sequoia Room
FEE	MIN/MAX	INSTRUCTOR
\$42 (3 Wks)	10/24	Howard Van Es

Yoga, Beginning/Advanced

T 16 Yrs & Up

This class is for those with some yoga experience or athletic beginners. Deepen your experience of basic postures, learn more challenging postures, posture flow and breathing practices. Please bring a yoga mat and thick blanket.

Session 1

DAY/DATE	TIME	LOCATION
Tues: 9/3-11/19	9:15-10:30am	Sequoia Room
Fri: 9/6-11/22	9:15-10:30am	Sequoia Room

FEE	MIN/MAX	INSTRUCTOR
\$159 (12 Wks)	10/25	Howard Van Es

DAY/DATE	TIME	LOCATION
Tues: 9/3-10/22	7:15-8:30pm	Sequoia Room

FEE	MIN/MAX	INSTRUCTOR
\$94 (7 Wks), Skip 10/8	10/25	Ronda Cuddeback

Session 2

DAY/DATE	TIME	LOCATION
Tues: 10/29-12/17	7:15-8:30pm	Sequoia Room

FEE	MIN/MAX	INSTRUCTOR
\$94 (7 Wks), Skip 11/26	10/25	Ronda Cuddeback

DAY/DATE	TIME	LOCATION
Tues: 11/26-12/24	9:15-10:30am	Sequoia Room

FEE	MIN/MAX	INSTRUCTOR
\$68 (5 weeks)	10/25	Howard Van Es

DAY/DATE	TIME	LOCATION
Fri: 12/6-12/20	9:15-10:30am	Sequoia Room

FEE	MIN/MAX	INSTRUCTOR
\$42 (3 Wks)	10/25	Howard Van Es

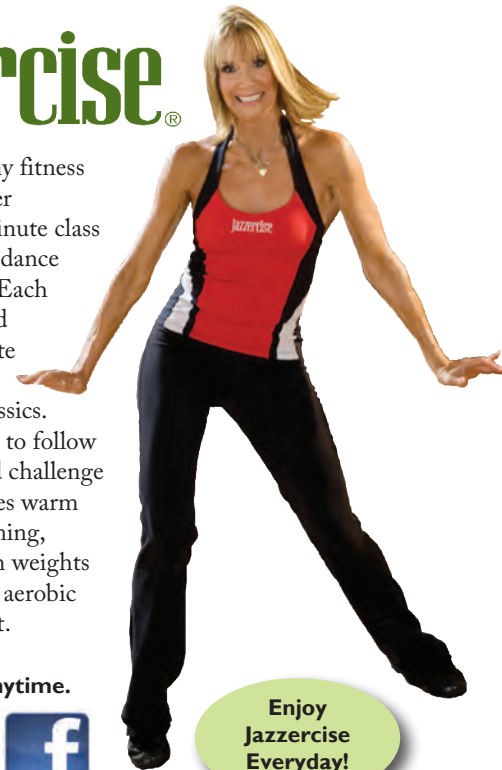
jazzercise®

Jazzercise is unlike any fitness program you have ever experienced. A 60-minute class offers a blend of Jazz dance and exercise science. Each class is choreographed and set to your favorite music—Top 40, jazz, funk, country and classics. Choreography is easy to follow and will motivate and challenge you. Workout includes warm up, cardio, muscle toning, strength training with weights and stretching. Wear aerobic shoes and bring a mat.

www.jazzercise.com.

On-going. Sign-up anytime. Register at class.

Contacts:
Nancy G. 937-6768
Cyndi B. 528-9836



Enjoy Jazzercise Everyday!

FEE	EFT FEE	LOCATION
\$12 Walk-in	\$50/mo EFT Unlimited Class Pass	LCC, Live Oak Rm
Weekend Rate Available		

*EFT = Electronic Fund Transfer, month to month payment plan

DAY	START TIME	INSTRUCTOR
Mon/Wed/Fri	6:00 am	Nancy G.
Mon/Tue/Wed/Thu/Fri	9:10 am	Nancy G.
Mon/Wed	5:45 pm	Cyndi B.
Tue/Thu	6:00 pm	Cyndi B.
Sat	9:00 am	Nancy G.
Sun	9:00 am	Cyndi B.

DANCE & MUSIC

Introduction to Ballroom

16 Yrs & Up

Introduction to Ballroom will get you ready for fast footwork and graceful movements. This class is an overview of the most popular social dances including swing, cha cha, tango, waltz, foxtrot, rumba and salsa. We work on 2 or 3 dances per evening with lots of follow up and review; this is the civilized way to exercise. Great for beginners and our returning students who want to refresh their skills and learn new moves and practice technique. Wear comfortable leather shoes that stay on your feet to increase your dancing pleasure.

DAY/DATE	TIME	LOCATION
Tues: 9/3-10/22	7:30-8:30pm	Toyon Room
FEE	MIN/MAX	INSTRUCTOR
\$103 (8 Wks)	8/25	Doris Bergman

Ballroom Dance Beg/Int.

16 Yrs & Up

We will learn to dance some Latin dances this session; cha-cha, ramba and a little salsa to keep you moving. Practice your moves with your favorite partner and get a little exercise as an added benefit. For your dancing enjoyment wear comfortable shoes that stay on your feet (ladies, a small heel in advisable), leather soles if possible. Class is friendly and relaxed, this is a civilized way to exercise. Classes are small with lots of personal attention. Great for our returning students who want to freshen skills and learn new moves and practice technique.

DAY/DATE	TIME	LOCATION
Tues: 9/5-10/24	7:30-8:30pm	Toyon Room
FEE	MIN/MAX	INSTRUCTOR
\$103 (8 Wks)	8/25	Doris Bergman

Wedding Dance seminar

16 Yrs & Up

Bring your partner and learn a few steps in the Waltz or Foxtrot; entrance, picture ending, and tips for a first dance you will always remember. For your dancing enjoyment wear comfortable shoes that stay on your feet and bring your petticoat or a long skirt (ladies, a small heel is advisable), leather soles if possible. Classes are small with lots of personal attention. Fee is per couple.

DAY/DATE	TIME	LOCATION
Sat: 9/28	2:00-4:00pm	Toyon Room
FEE	MIN/MAX	INSTRUCTOR
\$60 (1 Day)	4/25	Doris Bergman

Belly Dancing

16 Yrs & Up

Belly dance your way to increased fitness and joy! Learn basic steps and dance isolations of Raks Sharki, also known as belly dance! Learn to play finger cymbals and dance with a veil. Optional student performance parties every quarter. Pre-registration advised. (Under 16 years OK if enrolled currently with parent). Optional dance supplies (CDs, finger cymbals, and silk veils) available for purchase in class. Soft leather soled shoes recommended—hermes sandals, jazz or ballet practice shoes. Thick socks okay but no rubber soles or bare feet please.

DAY/DATE	TIME	LOCATION
Mon: 9/16-10/21	6:30-7:30pm	Toyon Room
Mon: 10/28-12/2	6:30-7:30pm	Toyon Room
FEE	MIN/MAX	INSTRUCTOR
\$85 (6 Wks)	3/15	Surreyya Beth Hada

Line Dancing

18 Yrs & Up

Picture rows of people dancing a set of choreography as an ensemble. Learn new and traditional line dances in a comfortable, welcoming, fun filled class. Line dancing isn't just country western anymore. It's also a rich blend of other music and dance styles including latin, popular and swing. Enjoyable exercise that will free the dancer in you. No partners needed. Beginners and intermediates welcome. No perfume or fragrances please. **Skip 11/11**

Beginning

DAY/DATE	TIME	LOCATION
Mon: 9/9-10/14	12:30-1:30pm	Live Oak Room
Mon: 11/4-12/16	12:30-1:30pm	Live Oak Room
FEE	MIN/MAX	INSTRUCTOR
\$45 (6 Wks)	10/40	John Trentacosti

Beginning/Intermediate

DAY/DATE	TIME	LOCATION
Tues: 9/3-10/15	7:30-9:00pm	Live Oak Room
Tues: 11/5-12/17	7:30-9:00pm	Live Oak Room
FEE	MIN/MAX	INSTRUCTOR
\$52 (7 Wks)	10/40	John Trentacosti

DAY/DATE	TIME	LOCATION
Mon: 9/9-10/14	1:30-3:00pm	Live Oak Room
Mon: 11/4-12/16	1:30-3:00pm	Live Oak Room
FEE	MIN/MAX	INSTRUCTOR
\$45 (6 Wks)	10/40	John Trentacosti



Guitar

T 10 Yrs & Up

Most pop songs use only 3 or 4 simple chords, so you will be playing real songs in just a few weeks. It's easy, and small class size allows for individual attention from instructor. Instructor has BA and MA in music and over 20 years of teaching experience. **Skip 10/14**

Beginning

DAY/DATE	TIME	LOCATION
Mon: 9/9-11/18	4:45-5:30pm	Elderberry Room
FEE	MIN/MAX	INSTRUCTOR
\$153 (10 Wks)	3/6	Ted Crowley

Advanced

DAY/DATE	TIME	LOCATION
Mon: 9/9-11/18	6:45-7:30pm	Elderberry Room
FEE	MIN/MAX	INSTRUCTOR
\$153 (10 Wks)	3/6	Ted Crowley

Beginning Piano

T 10 Yrs & Up

Most popular songs use only 3 or 4 simple chords. You can learn to play your favorites on the piano in just a few weeks. Only 6 students per class so you will get the help you need. No prior experience is required. It's easy and fun! 10 classes. **Skip 10/14**

Teens

DAY/DATE	TIME	LOCATION
Mon: 9/9-11/18	4:00-4:45pm	Elderberry Room
FEE	MIN/MAX	INSTRUCTOR
\$153 (10 Wks)	3/6	Ted Crowley

Adults

DAY/DATE	TIME	LOCATION
Mon: 9/9-11/18	6:00-6:45pm	Elderberry Room
FEE	MIN/MAX	INSTRUCTOR
\$153 (10 Wks)	3/6	Ted Crowley

COOKING

Sushi and Nigiri

T 16 Yrs & Up

Winter is a perfect time for certain fish with maximum fat and sweet flavor. Let's make our sushi fresh, light, and clean with a variety of seasonal and local offerings. Learn to prepare fresh ingredients for various toppings and learn simple techniques in making your perfect sushi. With a hands-on approach, we will make Nigiri (finger rolls) and Maki Nori (seaweed rolls) with the freshest fish and vegetables for your luncheon, such as Nigiri: ebi, hamachi, inari, maguro, tamago, unagi, Gunkan Nigiri: ikura, tobiko, Hosomaki: cucumber roll, spicy roll, Uramaki: California roll, Philadelphia roll. Bring your pointed-tip chef knife, bamboo mat, cutting board, beverage, and a to-go box.

DAY/DATE	TIME	LOCATION
Mon: 10/14	6:30-9:30pm	Kitchen
FEE	MIN/MAX	INSTRUCTOR
\$65 (1 Day)	5/12	Chat Mingkwan

Thai Cooking

18 Yrs & Up

Get into Thai cooking by preparing an "Easy Thai" meal with chef and author Chat. Learn Thai culinary philosophy and learn to recognize Thai tastes and flavors by preparing 5 dishes hands-on for your dinner. Learn to use herbs and spices, such as lemongrass, galangal and kaffir lime that are unique to Thai cuisine and transform fresh ingredients into delicious dishes. Bring your sharp chef knife or cleaver, cutting board, hand towel, and your own beverage.

DAY/DATE	TIME	LOCATION
Mon: 9/9	6:30-9:30pm	Kitchen
FEE	MIN/MAX	INSTRUCTOR
\$65 (1 Day)	5/15	Chat Mingkwan



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COOKING

Wine & Food Pairing 101— Perfect Pairings

21 Yrs & Up

So much has been said about wine and food pairing that many have simply thrown their hands up in bewilderment. There is good news. If you would like the process of searching out perfect pairings to be more hit than miss, come join us for an informative evening and learn to apply a few simple principles to turn your palate into an increasingly confident guide. We'll unlock some pairing secrets and provide tips and insights for everyone from novice to connoisseur. The class includes wine and food tasting, take-home materials and 2 hours of instruction. Please bring 5 wine glasses to class.

\$15 supply fee due to instructor at class.

DAY/DATE	TIME	LOCATION
Fri: 9/20	6:30-8:30pm	Sequoia Room
FEE	MIN/MAX	INSTRUCTOR
\$28 (1 Day)	8/20	Monica Chappell

Vietnamese Cooking

18 Yrs & Up

Vietnamese cuisine has a right East meets West combination of subtle tastes and flavors. Let's explore what make Vietnamese cuisine so popular. Asian food is generally healthy, but Vietnamese is in the forefront. Learn to use fresh herbs, such as Vietnamese mint-Rau Ram, basil-Rau Que, Ngo Gai and simple techniques in preparing popular Vietnamese dishes, such as Lemongrass chicken, Hot and sour seafood soup, Clay pot, Shrimp fresh spring rolls, Green mango salad, and more. Some dishes can be made in big batches that last for several meals. Bring your sharp chef's knife, apron, and beverage.

DAY/DATE	TIME	LOCATION
Mon: 11/18	6:30-9:30pm	Kitchen
FEE	MIN/MAX	INSTRUCTOR
\$65 (1 Day)	5/15	Chat Mingkwan



Intro to Improv!

19 Yrs & Up

Get creative with the art of improvisation! Kenn Adams, veteran improviser and author of the book, *How to Improvise a Full-Length Play: The Art of Spontaneous Theater*, will teach you the three basic rules of the craft—be spontaneous, make your partner look good, and build on your partner's idea—and, in no time flat, you'll be creating outrageous characters, improvising hysterical scenes and stories, and having the time of your life! No experience is necessary and the class ends with a free performance for friends, fans and family members. **Skip 11/27**

DAY/DATE	TIME	LOCATION
Wed: 9/18-10/23	7:00-9:00pm	Cedar Room
Wed: 11/6-12/18	7:00-9:00pm	Cedar Room
FEE	MIN/MAX	INSTRUCTOR
\$153 (6 Wks)	10/20	Kenn Adams

Advanced Improvisation

19 Yrs & Up

Ready to kick it up a notch? This six-week course will briefly review the basics of improvisational theater and then dive into advanced level skills. We'll focus on character development, story structure, advanced-level scene work and, towards the end, introduce a couple of classic long-form improv structures. The class culminates with a free performance for friends, fans and family members. Best for those with at least six months of beginning level improv training. **Skip 11/26**

DAY/DATE	TIME	LOCATION
Tues: 9/17-10/22	7:00-9:00pm	Manzanita Room
Tues: 11/5-12/17	7:00-9:00pm	Manzanita Room
FEE	MIN/MAX	INSTRUCTOR
\$153 (6 Wks)	10/20	Kenn Adams

Painting for Fun and Beauty

18 Yrs & Up

A basic multi-level painting class. Topics include color theory, composition, brush and palette knife techniques, creating atmospheric and textural effects, developing style, use of painting mediums and various other painting applications and techniques. Students may work in any style from abstract to realism and in any paint medium such as acrylic, alkyd, oil or watercolor. **Skip 11/28**

DAY/DATE	TIME	LOCATION
Thurs: 9/5-10/17	9:30-12:30pm	Arts and Crafts Room
Thurs: 10/24-12/12	9:30-12:30pm	Arts and Crafts Room
FEE	MIN/MAX	INSTRUCTOR
\$108 (7 Wks)	6/16	Mark Jezierny

Landscape & Portraiture Painting

18 Yrs & Up

Class is designed to expand your creativity and art education while having fun. Learn to create strong design and attain accurate color, values and representation through demonstrations and individual instruction. www.westernpainter.com Beginners welcome.

DAY/DATE	TIME	LOCATION
Tues: 9/3-10/22	9:30-12:00pm	Arts and Crafts Room
Tues: 10/29-12/17	9:30-12:00pm	Arts and Crafts Room
FEE	MIN/MAX	INSTRUCTOR
\$107 (8 Wks)	7/14	Gary Bergren



Continental Style Knitting Seminar

T 16 Yrs & Up

Join this seminar to learn the faster way to knit with a fluent movement of both hands—you never take your hand off the knitting to wrap the yarn around the needle. Materials: 1 large or 2 small balls of medium weight yarn (light color is easier to see), knitting needles size 9 or above. I will teach you how to cast on and start your scarf with the continental method. Doris Bergman learned to knit at her mother's knee as a young child in Germany and has been teaching continental knitting at the Community Center for several years. Learn a hobby that will keep on giving back.

DAY/DATE	TIME	LOCATION
Sat: 10/5	2:00-4:00pm	Elderberry Room
FEE	MIN/MAX	INSTRUCTOR
\$28 (1 Day)	3/7	Doris Bergman

Crocheting for Beginners

16 Yrs & Up

Join this seminar to learn how to crochet. Many say this is easier to learn than knitting and the project grows in leaps and bounds. We will work on a scarf; you will learn single, double and triple crochets and our project will include a simple hole pattern. Materials: 1 large or 2 medium balls of light weight, soft yarn. Solid, light color is easier to see. Medium to Large crochet hook works best in the beginning. Doris Bergman learned to knit and crochet at her mother's knee as a young child in Germany and has been teaching continental knitting at the Community Center for several years. Learn a hobby that will keep on giving back.

DAY/DATE	TIME	LOCATION
Sat: 11/2	2:00-4:00pm	Elderberry Room
FEE	MIN/MAX	INSTRUCTOR
\$28 (1 Day)	8/25	Doris Bergman

SPECIAL INTEREST

Bridge—Two Over One

18 Yrs & Up

2/1 is an additional bidding system to Standard American (SA) that encompasses Forcing 1 NT, Jacoby Transfers, Jacoby 2 NT, Cue bidding, the theory of fast and slow arrival, 4th Suit Forcing, New Minor Forcing, and inverted Minors. A workbook is available from the instructor at a cost of \$20.

Skip 11/11

DAY/DATE	TIME	LOCATION
Mon: 9/23-11/25	3:15-5:00pm	Sequoia Room
FEE	MIN/MAX	INSTRUCTOR
\$93 (9 Wks)	8/24	Carol Griffin

Rusty Bridge

18 Yrs & Up

RUSTY BRIDGE is specially designed for those who want to update their bidding skills, improve their communication with their partners, and/or revive their "college days" playing skills. It begins with an complete basic bidding review, followed by an introduction to preemptive and slam bidding, the Stayman convention, leads against NT vs. Suit Contracts, bidding in the "balancing seat", and the distinction between forcing and non-forcing bids. Each session will consist of 1/2-hour lecture and 1 1/2 hours supervised play with predealt hands that illustrate the subject of the day. A workbook is available from the instructor at a cost of \$10. **Skip 11/11**

DAY/DATE	TIME	LOCATION
Mon: 9/23-11/25	1:00-3:00pm	Sequoia Room
FEE	MIN/MAX	INSTRUCTOR
\$93 (9 Wks)	8/24	Carol Griffin

Managing Health Care Expenses in Retirement

50 Yrs & Up

What baby boomers need to know about Medicare and long-term care. If you are concerned about health care expenses in retirement, now is the time to start planning. Starting with an overview of Medicare and ending with a discussion of long-term care, this workshop will open your eyes to the way health care works in retirement and what decisions you need to make now to prepare. This workshop is geared to everyone over 60, even if you are already on Medicare. Learn the answers to your questions: • When do I need to sign up for Medicare? • What does Medicare cover? • How much does it cost? • Will I need other insurance? • What about long-term care?

DAY/DATE	TIME	LOCATION
Tues: 10/15	6:30-8:00pm	Cedar Room
FEE	MIN/MAX	INSTRUCTOR
\$28 (1 Day)	5/20	George Noceti, CRPS

Obamacare

50 Yrs & Up

Learn the answers to your questions: • How will Obamacare affect me? • Will my health insurance change under Obamacare? • What if I have a small business? • What if I'm on Medicare? • Will I pay more under Obamacare? The Patient Protection and Affordable Care Act, also known as Obamacare, will usher in sweeping changes beginning in 2014. Do you know how these changes will affect you? Learn the important highlights of this vast new law and which parts will directly affect you, your family, and your business.

DAY/DATE	TIME	LOCATION
Thurs: 9/12	6:30-8:00pm	Cedar Room
FEE	MIN/MAX	INSTRUCTOR
\$28 (1 Day)	5/20	George Noceti, CRPS

Passport to Retirement

50 Yrs & Up

Passport to Retirement is a comprehensive retirement system that educates and helps attendees overcome the roadblocks to a successful retirement. Learn how to: • Define and create your retirement; • Assess the costs of retirement; • Evaluate sources of income; • Invest for the future; • Protect your health and wealth; • Manage your estate distribution . . . and more. The system is filled with compelling statistics, case studies, and the workbook includes a wealth of self-analysis quizzes.

DAY/DATE	TIME	LOCATION
Thurs: 10/17-10/24	6:30-9:30pm	Cedar Room
Tues: 10/22-10/29	6:30-9:30pm	Cedar Room
FEE	MIN/MAX	INSTRUCTOR
\$49 (2 Wks)	5/20	Bob Stafford, CFP

Emergency Preparedness for Individuals & Families

T 16 Yrs & Up

Don't put it off any longer! This quick and easy session will help you prepare yourself and your family for the next earthquake whether you are at home, work, or out and about. Emphasis will be on earthquake preparation, but the information applies to other emergencies as well. Bring pencil and paper. Materials will be provided.

DAY/DATE	TIME	LOCATION
Wed: 10/23	7:00-9:00pm	Elderberry Room
FEE	MIN/MAX	INSTRUCTOR
FREE (1 Day)	15/30	Emergency Prep Commission

CPR, Adult

T 11 Yrs & Up

A 3-hour Acute Care Training (ACT) course covering CPR and choke saving for adults (9 + years). Please wear comfortable clothes. Certification is good for 2 years. *A \$10.00 lab fee will be collected at the beginning of class.*

DAY/DATE	TIME	LOCATION
Tues: 10/22	7:00-10:00pm	Elderberry Room
FEE	MIN/MAX	INSTRUCTOR
\$38 (1 Day)	4/10	Adele Christensen

CPR, Pediatric

T 11 Yrs & Up

A 3-hour Acute Care Training (ACT) course covering: CPR and choke saving for children (1-8 years), and infants (0-1 year). Please wear comfortable clothes. Certification is good for 2 years. *\$10 lab fee payable to instructor at first class. Must have current CPR certification.*

DAY/DATE	TIME	LOCATION
Thurs: 10/24	7:00-10:00pm	Elderberry Room
FEE	MIN/MAX	INSTRUCTOR
\$38 (1 Day)	4/10	Adele Christensen

YOUTH & ADULTS



Neighborhood Captain's Training

T 16 Yrs & Up

Join other Lafayette residents in becoming a neighborhood captain in the Lafayette Emergency Action Response Network (LEARN). This session is designed to help you organize your block or neighborhood in becoming self-sufficient for the first 72 hours following a major disaster. Attendance at a basic preparedness class (as above, CERT or Red Cross class) is recommended, but not required, prior to attending this class. Bring paper and pencil. Written materials will be provided.

DAY/DATE	TIME	LOCATION
Wed: 10/30	7:00-8:30pm	Elderberry Room
FEE	MIN/MAX	INSTRUCTOR
FREE (1 Day)	15/30	Emergency Prep Commission



Conversational Mandarin Chinese

18 Yrs & Up

To teach conversational Chinese and enable students start learning Mandarin Chinese. Through conversation, games, cultural introduction, students learn phonic skill, greetings, numbers, family member titles, date/time, basic grammar and character writing knowledge. Knowledge learned in the class can be easily applied to travel, business, academic needs or personal interest. *\$10 supply fee payable to instructor on first day of class.* **Skip 11/11, 11/25**

LEVEL	DAY/DATE	TIME	LOCATION
I	Mon: 9/9-12/16	9:00-10:15am	Cedar Room

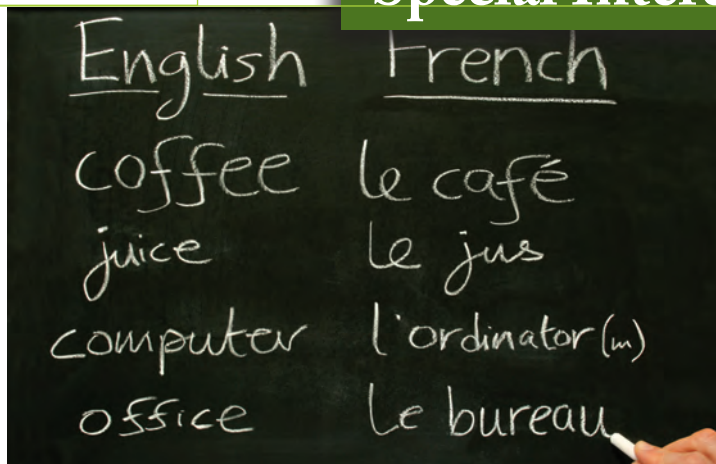
FEE	MIN/MAX	INSTRUCTOR
\$198 (13 Wks)	2/6	Walnut Creek Chinese School

LEVEL	DAY/DATE	TIME	LOCATION
II	Mon: 9/9-12/16	10:30-11:45am	Cedar Room

FEE	MIN/MAX	INSTRUCTOR
\$198 (13 Wks)	2/6	Walnut Creek Chinese School

LEVEL	DAY/DATE	TIME	LOCATION
III	Mon: 9/9-12/16	12:00-1:15pm	Cedar Room

FEE	MIN/MAX	INSTRUCTOR
\$198 (13 Wks)	2/6	Walnut Creek Chinese School



French for Beginners and Travelers

18 Yrs & Up

Have fun learning French for travel, your job or conversation with family and friends. The instructor will take you on a tour of France and other French speaking countries while learning basic French conversation skills, vocabulary and phrases.

DAY/DATE	TIME	LOCATION
Fri: 10/4-11/22	11:00-12:30pm	Arts and Crafts Room

FEE	MIN/MAX	INSTRUCTOR
\$113 (8 Wks)	6/20	Suzanne Aldrich

Beginning Dog Obedience

Puppies 3 Mos-1 Yr; No dogs older than 1 Yr

T All Ages; Children must be accompanied by a parent
Basic obedience instruction for puppy owners and their puppies. Puppies will learn sit, down, come, stay, stand and heel. Solutions for puppy behavior problems including jumping, biting, etc. Bring proof of vaccinations to first class. Equipment required: 6 foot leather leash, martingale collar. Attendance is mandatory at the first week of class. No dogs at first class. **Skip 10/23**

DAY/DATE	TIME	LOCATION
Wed: 9/18-11/13	6:30-7:30pm	Manzanita Room

FEE	MIN/MAX	INSTRUCTOR
\$173 (8 Wks)	6/12	Barb Peppin

Intermediate Dog Obedience

T All Ages; Children must be accompanied by a parent
Prereq: Completion of LCC Beg. Obedience or instructors permission. Develop skills to pass the AKC Canine Good Citizen Class. Introduction to Agility. **Skip 10/23**

DAY/DATE	TIME	LOCATION
Wed: 9/18-11/13	7:45-9:00pm	Manzanita Room

FEE	MIN/MAX	INSTRUCTOR
\$153 (8 Wks)	6/12	Barb Peppin

Advanced Dog Obedience

T All Ages; Children must be accompanied by a parent
Prereq: Completion of LCC Intermediate Obedience Class or instructor permission. Develop skills to compete in AKC obedience trials. **Skip 10/24**

DAY/DATE	TIME	LOCATION
Thurs: 9/19-11/14	8:30-9:30am	Manzanita Room

FEE	MIN/MAX	INSTRUCTOR
\$93 (8 Wks)	6/10	Barb Peppin

Canine Good Citizen/Intermediate Dog Obedience

For Dogs over 1 Yr

T All Ages; Children must be accompanied by a parent
Prereq: Basic obedience exercises. Develop skills to pass the AKC Canine Good Citizen Test. Introduction to competitive obedience and off leash obedience exercises. **Skip 10/24**

DAY/DATE	TIME	LOCATION
Thurs: 9/19-11/14	9:45-10:45am	Manzanita Room

FEE	MIN/MAX	INSTRUCTOR
\$153 (8 Wks)	6/12	Barb Peppin

Have Your Next Event At The Lafayette Community Center



The Lafayette Community Center is set in beautiful Burton Valley adjacent to Las Trampas Creek. This natural setting is perfect for indoor/outdoor functions. A spacious patio and lawn area are located behind the Center.



The commercial kitchen is equipped with a 6-burner range plus large griddle area and two ovens, fridge, ice maker, plus stainless steel sinks and countertops offer you and your caterers a stress-free food preparation experience.



The Lafayette Community Center has three rooms available to suit your needs. The Live Oak Room accommodates up to 225 people with an adjacent commercial kitchen. This room is ideal for wedding receptions, fundraisers, reunions, anniversaries or your special event. The Manzanita Room is the next largest room accommodating up to 100 people, perfect for teen events, coaches trainings or dog clubs.



The Sequoia Room holds up to 50 people and includes carpeting and a gas fireplace. Our facilities are available Friday nights, Saturdays and Sundays. Fees range from \$45-\$95 per hour. We also have discounts for 7 hour blocks of time. To find out more, call (925) 284-2232 or email us at recreation@ci.lafayette.ca.us

In addition to our indoor facilities, we also have a large outdoor RINK. This facility can be used for basketball, hockey, skating, scooters, dancing and parties . . . or create your own event.



The Lafayette City Staff will create an Awesome Party on the rink or in our air conditioned Live Oak Room. We offer Dodge Ball, Soccer, Basketball, Floor Hockey, Nerf and Rink parties. Prices start at \$195 for 1 1/2 hours. Call "ACE" to book your Awesome Party today at (925) 595-4847.



PLEASE CALL (925) 284-5050 to sign up for Senior Services events.

Unless noted, all programs, events and services are held at the Lafayette Community Center, 500 St. Mary's Road, Lafayette.

Membership Fees

Programs and membership are open to persons of any age and residency. Members of Lafayette Senior Services receive the discounted rate for all programs and events listed below. Additionally, the quarterly Activity Guide is mailed to each member.

ANNUAL FEE: January 1-December 31, 2013

\$10 per person

Autumn Leaves Jazz Piano Concert at the Library

Presented by Contra Costa Performing Arts Society

Come hang out with our swingin' performers and celebrate autumn! Songs from the Great American Songbook may include tunes by Thelonious Monk, Jerome Kern, Duke Ellington and more, as interpreted by members of CCPAS. Refreshments generously provided by Chateau Pleasant Hill Independent and Assisted Living, and Visiting Angels Living Assistance Services. Please call Lafayette Senior Services to reserve your spot: 284-5050.

DAY/DATE	TIME	LOCATION
Friday, 10/18	1:30-2:30	Lafayette Library, Community Hall, 3491 Mt. Diablo Blvd.

FEE:	MEMBERS	NON-MEMBERS
	Members: \$3	Non-Members: \$5

Discovering Opera: *Hänsel und Gretel*

Presented by Bradford Wade, opera lover for 35 years

Yes, it's the Grimm brothers' fairy tale, translated into operatic form by the "original" Engelbert Humperdinck, not the pop singer of recent fame. With a Wagnerian range of colors and textures applied to music of melodic and rhythmic appeal, but without Wagner's philosophical undertones, his first opera remains highly popular 120 years after its premiere. Lecturer Bradford Wade will describe the background of *Hänsel und Gretel* and discuss its plot, complete with musical examples.

DAY/DATE	TIME	LOCATION
Wednesday: 11/13	1:00-2:30pm	Lafayette Library, Arts & Science Rm.

FEE:	MEMBERS	NON-MEMBERS
	\$1	\$3

Bus Trip: Livermore Winery Tours, Wine Tasting, Lunch, and Bocce Ball

Join us for our first Lamorinda Travelers day trip to Livermore. The Livermore Valley is home to more than 50 wineries and is rich in viticulture history dating back to the 1840's. Taste amazing wines at The Steven Kent Winery, Wente Vineyards and Garré. Enjoy lunch on the Garré patio and challenge a friend to a game of bocce after lunch! The bus departs at 10:00am sharp. Fee includes transportation, admission to wineries, tastings, lunch and bocce. Payment is due by 9/25. No refunds can be given. Please send check, made payable to Lafayette Senior Services, to 500 St. Mary's Road, Lafayette, CA 94549. Space is limited; first come, first served by receipt of payment. For more information, call Lafayette Senior Services (925) 284-5050. Winery destinations are subject to change. Cost is \$69 per person.

DAY/DATE	TIME	MEETING PLACE
Thursday, 10/3	10:00am-4:00pm	Hacienda de las Flores 2001 Donald Drive, Moraga

'As the Page Turns' Book Club

Facilitated by JoAnne Schaarschmidt, Lafayette Library 'Friends Corner Book Shop' Volunteer

Looking for a good book to discuss with others? Join this informal group of booklovers and enjoy enrichment, lively discussion, fellowship and refreshments. *The Shadow of the Wind* by Carlos Zafon will be discussed at the September meeting. October's book is *A Fatal Grace* by Louise Penny. November's book is yet to be determined; please call Lafayette Senior Services for the title or to add your name to the email notification list: 284-5050.

DAY/DATE	TIME	LOCATION
3rd Tuesdays: 9/17, 10/15, 11/19	1:00-2:30	Elderberry Room Skip December

FEE:	MEMBERS	NON-MEMBERS
	\$1	\$3



ADULTS 55+



Driver Safety 8-Hour Course

Offered through AARP

Refine your driving skills, develop safe, defensive techniques, and possibly lower your insurance premium. Max: 25 paid registrants. First come, first served, by date check is received. Send check, made payable to AARP, to Lafayette Senior Services, 500 St. Mary's Rd., Lafayette, CA 94549. Withdrawal or transfer (space permitting) to another class must be made at least 7 days prior to the original class date. No refunds if less than 7 days. Important: Prior to sending check, please call 284-5050 to determine space availability.

DAY/DATE	TIME	LOCATION
Tues 10/22 & Thur 10/24	9:00am-1:00pm	Elderberry Room
FEE:	AARP MEMBERS	NON-MEMBERS
	\$12	\$14

Hearing Aids: Fact vs. False Advertising

Presented by Audiologists from Hearing Science of Walnut Creek/Diablo Valley Ear, Nose and Throat

Have you noticed the recent spike in hearing aid advertisements that seem too good to be true? Consumers are often lured in with 'bait' such as highly-discounted products and false promises, only to be sold more expensive goods. Discover the truth about hearing aids, acceptable price ranges, and what your rights are as a consumer. Plenty of time will be allowed for questions and answers.

DAY/DATE	TIME	LOCATION
Thursday: 9/19	10:30am-Noon	Lafayette Library, Arts & Science Rm.
FEE:	MEMBERS	NON-MEMBERS
	\$1	\$3

Maintain Your Home's Interior

Presented by Mark Shaw, Realtor and Violinist

Interior maintenance tasks are critical to the long-term performance of your home. Regularly-scheduled maintenance can help you avoid serious problems, or at least identify issues early so problems can be addressed in a timely manner with minimal adverse effects. Mark Shaw, 15-year real estate broker, will share his professional knowledge of keeping your home in tip-top shape and maintaining its value.

DAY/DATE	TIME	LOCATION
Thursday: 11/7	10:30am-Noon	Lafayette Library, Arts & Science Room
FEE:	MEMBERS	NON-MEMBERS
	\$1	\$3

Lunch n' Learn: Computers

Lafayette, Orinda and Moraga are pleased to present three technology classes taught by Ed Zeidan, owner and CEO of Nerd4Rent.

Staying in touch with people who matter in your life is made easy with tools such as Facebook and Skype. Learn how simple it is to stay connected! Do you have an iPad?

Gain an understanding of how your device works and all you can do with it. Call Lafayette Senior Services to reserve your spot **at least 3 days prior** to each class: (925) 284-5050.



FEE:	MEMBERS	NON-MEMBERS
Includes Lunch	\$10/class	\$11/class

Facebook

Lunch & refreshments provided by Byron Park Independent and Assisted Living, and Nightingale Nursing Services.

DAY/DATE	TIME	LOCATION
Tuesday: 9/17	10:30am-1:00pm	Lafayette Community Center Manzanita Room

Skype

Lunch & refreshments provided by The Kensington Independent Senior Living, Assisted Living & Memory Care, and Senior Helpers Homecare.

DAY/DATE	TIME	LOCATION
Tuesday: 10/15	10:30am-1:00pm	Orinda Parks & Recreation 28 Orinda Way

iPad

Lunch & refreshments provided by Aegis of Moraga Assisted Living and Memory Care, and BrightStar Homecare.

DAY/DATE	TIME	LOCATION
Tuesday: 11/19	10:30am-1:00pm	Hacienda de las Flores, 2100 Donald Drive, Moraga

Hearing Screening

By Audiologists from Hearing Science of Walnut Creek/ Diablo Valley Ear, Nose, and Throat

Appointment required. Minimum of 2 sign-ups required in order for screenings to take place. Please call Lafayette Senior Services at 284-5050 to sign up for one of the 20-minute appointments.

DAY/DATE	TIME	LOCATION
1st Wednesday Monthly 9/4, 10/2, 11/6, 12/4	1:00-2:20pm	Alder Room

FEE:	MEMBERS	NON-MEMBERS
	\$1	\$3

Words of Wisdom...

From the Philosophical to the Lighthearted

Discussion Group Led by Craig Janke

Take part in this free-wheeling exchange of inspiration, information, and humor. Topics—from soup to nuts—will be explored, examined, and discussed by participants. Stories and photographs will stimulate humorous discoveries regarding the benefits of becoming the 'elders of our tribe'.

DAY/DATE	TIME	LOCATION
3rd Tuesday Monthly 9/17, 10/15, 11/19, 12/17	10:30am-Noon	Elderberry Room

FEE:	MEMBERS	NON-MEMBERS
	\$1	\$3

Free Peer Counseling

Contra Costa Health Services offers free one-on-one counseling with senior (55+) counselors who use their life experiences to help other older adults cope with life changes, problems, crises, and challenges. Confidentiality is strictly observed. Appointment required. Please call Lafayette Senior Services to sign up for one of the 60-minute appointments: 284-5050

DAY/DATE	TIME	LOCATION
3rd Tuesday Monthly 9/17, 10/15, 11/19, 12/17	10:00am-Noon	Alder Room

FEE:	MEMBERS	NON-MEMBERS
	\$1	\$3

Drop-In Mah Jongg

Calling all American Mah Jongg players! Bring your card and mah jongg set, and join us every Tuesday afternoon. This group is for all levels. No need to RSVP—just show up and pay at the door.

DAY/DATE	TIME	LOCATION
Every Tuesday Skip 11/26, 12/24, 12/31	1:00-3:30pm	Cedar Room

FEE:	MEMBERS	NON-MEMBERS
	\$1	\$3

Anne Randolph Physical Therapy Presentations

Anne Randolph, RPT, has been practicing physical therapy for 35 years. She provides outpatient therapy in Lafayette and specializes in the care of those 55 and over.

FEE:	MEMBERS	NON-MEMBERS
Per Presentation:	\$1	\$3

Osteoporosis

What are the risk factors for developing osteoporosis? What are some of the treatment options? Learn how to maintain or possibly increase your bone mass. Get tips on how you can take control and keep your bones in the best shape possible.

DAY/DATE	TIME	LOCATION
Fri: 9/27	11:30am-12:30pm	Sequoia Room

Therabands

You've probably seen people using those stretchy, multi-colored exercise bands. Come learn how to use them yourself to easily maintain and increase strength and feel your best!

DAY/DATE	TIME	LOCATION
Fri: 10/25	11:30am-12:30 pm	Sequoia Room



County Connection LINK service

A door-to-door, advance registration, dial-a-ride service in central Contra Costa County for those who qualify under the American with Disabilities Act (ADA). Call (925) 938-7433 for an application or call Lafayette Senior Services at (925) 284-5050 before you come by to pick one up.



Lamorinda Nature Walk and Bird-Watching

Led by Ben Pettersson, Experienced Hiker and Bird-Watcher

Experience nature at its finest along our local trails. Delight in the beauty that unfolds around each bend, all the while learning to identify a variety of birds. Trail maps will be distributed. Bring a water bottle; binoculars are helpful if you have them. Join us every Wednesday or whenever you are able. Meet at Lafayette Senior Services at 9:00am. For more information or to place your name on the route email/phone list call Lafayette Seniors Services, 284-5050.

DAY/DATE	TIME	LOCATION
Every Wednesday	9:00–11:00am	Alder Room
FEE:	MEMBERS	NON-MEMBERS
	No Charge	No Charge

Creative Writing Workshop

Judith Rathbone, Creative Writing and English Instructor

Examine the possibilities of self-expression through writing. This friendly group, with an ever-changing membership but lots of returning participants, will welcome you and any of your writing efforts. Find encouragement and feedback and bring out the writer in you. If you can speak, you can write, and we will show you how! Beginners to established writers welcome.

DAY	TIME	LOCATION
Thursdays 9/12 and 9/26, 10/10 and 10/24, 11/7 and 11/21, 12/5 and 12/19	10:30-Noon	Cedar Room
FEE:	MEMBERS	NON-MEMBERS
Per session	\$1	\$3

Positive Living Forum (“Happiness Club”)

Moderated by Dr. Bob Nozik, MD, Prof. Emeritus UCSF, Author of *Happy 4 Life: Here’s How to Do It*

Brighten your day and take part in this interactive gathering which features speakers on a wide range of topics that guide participants toward a more ideal and positive life experience. Drop-ins welcome!

DAY/DATE	TIME	LOCATION
2nd Thursday Monthly 9/12, 10/10, 11/14, 12/12	10:30am–Noon	Sequoia Room
FEE:	MEMBERS	NON-MEMBERS
	\$1	\$3

Caregiver Support Group

Carol Shenson, MA, Certified Geriatric Care Manager, ResCare HomeCare

If you are a family member helping to care for an older adult, join our support group to find balance and joy as you manage your responsibilities. Drop-ins are welcome.

DAY/DATE	TIME	LOCATION
Mondays: 9/9, 9/23, 10/7, 10/21, 11/4, 11/18, 12/9, 12/16	1:30-2:30pm	Elderberry Room
FEE:	MEMBERS	NON-MEMBERS
Per Session:	No charge	\$1

Lamorinda Dance Social

Enjoy afternoon dancing every Wednesday and learn some great new dance moves. The first Wednesday monthly, professional dancers Karen and Michael will provide a dance lesson and live DJ services, playing your favorites and taking requests.

DAY/DATE	TIME	LOCATION
Wednesdays Skip 10/23, 11/27, 12/25	12:30-3:00pm	Live Oak Room
FEE:	MEMBERS	NON-MEMBERS
	\$2	\$4

Lafayette Senior Services Commission

The Commission typically meets the 4th Thursday of the month, 3:30–5:30pm. Interested citizens may view meeting agendas at the City of Lafayette office or online:

www.ci.lafayette.ca.us.

Fall Quarter Meetings:

Thursday 9/26 Lafayette Library, Arts and Science Room
Thursday 10/24, 12/5 Lafayette Community Center, Elderberry Rm

Health Insurance Counseling and Advocacy Programs (HICAP)

HICAP provides free and objective counseling and advocacy services to Contra Costa Medicare beneficiaries and their families who need assistance with Medicare enrollment and issues involving Medicare and associated insurance programs, including prescription drug coverage.

Long-Term Care Insurance or Health Insurance (HMOs, Medicare, Kaiser, etc.)

First Wednesday Monthly

DATE	APPOINTMENT TIMES	LOCATION
9/4, 10/2, 11/6, 12/4	10:00am, 11:00am, or Noon	Alder Room

Third Tuesday Monthly

DATE	APPOINTMENT TIMES	LOCATION
9/17, 10/15, 11/19, 12/17	10:00am, 11:00am, or Noon	Alder Room

**For appointments:
Lafayette Senior Services 284-5050**

Free Legal Assistance for Older Adults

NOTE: A \$10 deposit, fully-refundable at the time of your appointment, is required to reserve your spot. Refund will be issued if cancellation is made at least 24 hours prior to appointment. Please send check, made payable to Lafayette Senior Services, to Lafayette Senior Services, 500 St. Mary's Road, Lafayette, CA 94549.

- Landlord/Tenant Problems
- Durable Powers of Attorney
- Rights of Nursing Home & Long-term Care Residents
- Medi-Cal Issues
- SSI Overpayment

DAY/DATE	APPOINTMENT TIMES	LOCATION
Fri: 9/6, 10/4, 11/1, 12/6	10:00 or 11:00am	Alder Room

**Appointment required:
Lafayette Senior Services 284-5050**



On the Road Again

The Lamorinda Spirit Van passengers are “on the road again”, going to the Monday through Friday lunch at the C.C. Café, the monthly lunch at a local restaurant, and the warm weather monthly outings to local places of interest. At the Senior Mobility Action Council event, “Out of Isolation, The Mobility Connections”, UCSF’s Dr. Carla Perissinotto reported on her study of older adults. She suggests, “If you ‘sometimes’ feel lonely or isolated, ask yourself: What gives your life meaning? Are there things you used to do that you don’t do now? Staying engaged is good for our health and longevity.” We here at the Lamorinda Spirit Van are passionate about helping you get out and about.



Lamorinda Senior Transportation

An Alliance of Transportation Providers

Lamorinda Spirit Van 283-3534

Transportation for Lamorinda Seniors to medical appointments, errands, grocery shopping, special events, and lunch at the C.C. Café. Make ride reservations as soon as possible, but at least two business days in advance by 1:00 p.m. Wheelchair and walker accessible. Ask about contributing to the Angel Fund. \$10.00 round trip. Rides to lunch are free.

Contra Costa Yellow Cab and DeSoto Company 284-1234

20% discount for Lamorinda seniors.

Orinda Seniors Around Town 402-4506

Volunteer drivers serving Orinda seniors with free rides to appointments and errands.

Senior Helpline Services Rides for Seniors 284-6161

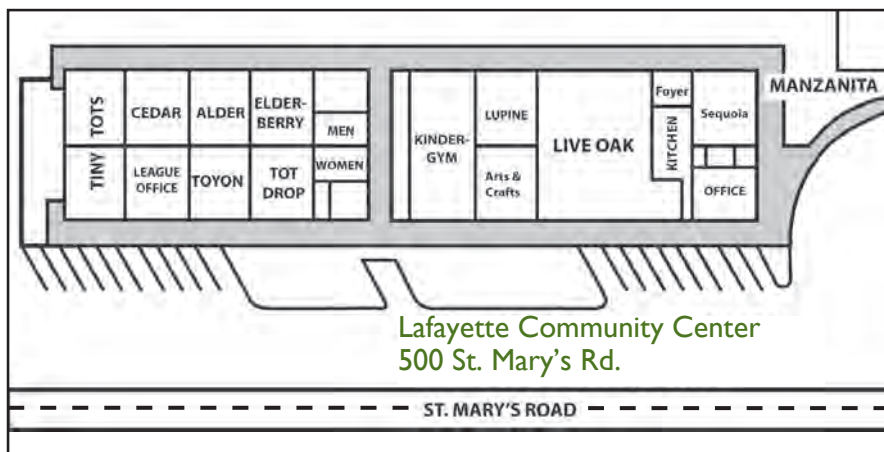
Volunteer drivers serving Contra Costa seniors with rides to doctors' appointments during the week. Grocery shopping on Saturdays.

County Connection LINK Reservation Line 938-7433

For people with disabilities.

Wanted: Volunteer Drivers

Lafayette Class Locations



Patrons are advised to arrive 5 minutes early to locate their classroom.

Off-Site Locations

- Lafayette Community Park
480 St. Mary's Road, Lafayette
- Lafayette Tennis Club
3125 Camino Diablo Road, Lafayette
937-2582
- Buckeye Fields
711 St. Mary's Road, Lafayette

Community Contacts

- Lafayette Library & Learning Center
3491 Mt. Diablo Blvd., Lafayette
385-2280
- Lafayette Little League
284-3583
- Lafayette–Moraga Regional Trail
(EBRPD) | (510) 635-0135
- Lafayette–Moraga Youth Association
(LMYA) | 377-5692
- Lafayette Reservoir & Recreation Area
(EBMUD) | 284-9669
- Lafayette Chamber
284-7404
- Lafayette City Offices
284-1968

Contact Us:

www.LafayetteRec.org

- Jennifer Russell
Director | 299-3251
jrussell@ci.lafayette.ca.us
- John Warshaw
Recreation Supervisor | 284-0830
jwarshaw@ci.lafayette.ca.us
- Jonathan “Ace” Katayanagi
Recreation Supervisor | 284-2234
jkatayanagi@ci.lafayette.ca.us
- Greg Travers
Park Maintenance
gtravers@ci.lafayette.ca.us
- Anne Blodgett | Donica Katayanagi
Administrative Assistants
recreation@ci.lafayette.ca.us

- Lafayette Parks, Trails & Recreation Office:
284-2232 | Mon-Fri, 9:00am-5:00pm
- Lafayette Senior Services:
284-5050 | seniors@ci.lafayette.ca.us
Maureen Callanan Neumann, Molly Cohen
- Lamorinda Sr. Transportation Program:
283-3534
- Tiny Tots Program:
299-3266
- Tot Drop Reservations/Cancellations:
284-3999
- Lafayette Jazzercise:
937-6768

Donate your car, truck, RV or boat to benefit the Lafayette Community Center

The Lafayette Community Center Foundation wishes to thank all those who have donated their vehicles to help support the Lafayette Community Center. Get rid of your unneeded vehicle and get a tax deduction! Call or go online today.

1-888-6TO-GIVE (1-888-686-4483) or www.cardonationservices.com



Register NOW until classes are full using one of the following methods:

Online 24/7

Check out our secure, online registration at:
www.LafayetteRec.org



Phone

Accepted using MasterCard or Visa. Office hours:
 Monday-Friday,
 9:00am-5:00pm
Call: (925) 284-2232

Walk-In

Register in person at our office, 500 St. Mary's Rd., Lafayette. Cash, check, Visa, and MasterCard are accepted. Office hours: Monday-Friday, 9:00am-5:00pm

Mail-In

Use registration form below and attach check, money order or credit card information. Make checks payable to City of Lafayette. Mail to: Lafayette Recreation, 500 St. Mary's Rd., Lafayette, CA 94559

- Pre-registration is required and is on a first-come, first-served basis. Registration will continue as long as spaces are available. Waiting lists will be established when a class reaches its maximum.
- Liability Waivers and Medical Consent Forms may be required for activities that have a higher risk to the participant.
- **Returned check fee:** \$44.50 in addition to any bank fees.
- All Supply/Lab Fees are payable directly to instructors at first class.
- All classes (except classes in Adults 55+ section) include a \$3 administrative fee.

- When registering for classes with discounts, you must contact the office to receive the discount.
- If a class does not reach its minimum, it may be necessary to cancel. Participants will be notified 4 days prior to start date.
- NO REFUNDS will be issued unless the class is cancelled. Please choose your classes carefully.
- If you register by MAIL or PHONE, a receipt will be e-mailed/mailed to confirm your registration. The office will contact you by phone if the class you request is full.
- WITHDRAWAL or TRANSFER to another class must be done **10 days before the first day of class**. If you withdraw from a class 10 days prior, you will be issued a credit to your Lafayette Recreation account for use towards another class.
- Photographs may be taken of the participants during the course of activities or classes and these photographs may be used in City of Lafayette publications.

Registration

Fall 2013 Registration

Name: (Adult) _____ Home Phone: _____
 Relationship: Mother Father Grandparent Guardian Self Work Phone: _____
 Address/City/Zip: _____ Mobile Phone: _____
 Email Address: _____ Emergency: _____

TITLE OF ACTIVITY	DAY/TIME	STUDENT'S FIRST & LAST NAME	AGE	D.O.B.	CLASS FEE
<i>Total Fee</i>					

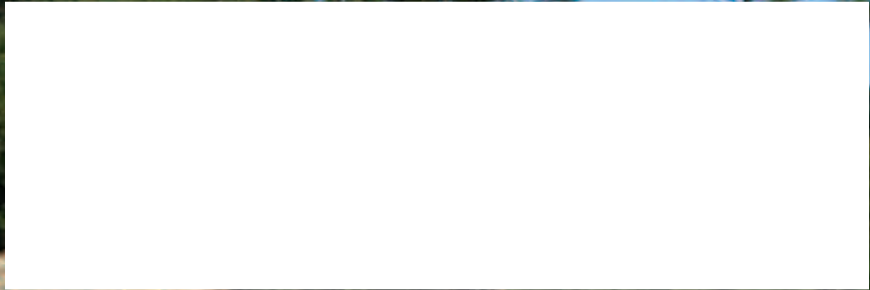
VISA MasterCard #: _____ Exp. Date: _____

Authorized Signature _____

Lafayette Community Center
500 Saint Mary's Road
Lafayette, CA 94549
(925) 284-2232
www.LafayetteRec.org

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FALL BALL 2013



We team up, you win.
See page 16

