

SPRING | 2014

LAFAYETTE RECREATION

Children pg. 7

Youth/Adult pg. 18

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CITY RECREATION PROGRAMS & SERVICES

Did you know . . .

Lafayette Recreation staff process 10,000 program enrollments and 400 rental permits per year?

To accomplish this monumental feat, we use specialized software that allows us to securely accept online and in-person registrations and reservations. The information entered into our software allows us to quickly determine if a class has met its minimum enrollment; it produces accurate rosters for our 150 instructors; creates calendars that show facility reservations and prevents double-booking of facilities.

Like everyone else, we've become a victim of technological advancement and are now in a position where we have to replace the specialized recreation software we've been using for the past 8 years.

After researching all the available software options and weighing the pros and cons, we've selected eTrak-Plus. This product has all the functionality we need and allows us to maintain the same reasonable pricing for our recreation customers.

There might be some growing pains as we switch from our outdated software to the new software but staff will do our best to give our customers the best service possible during the transition.

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THE LAFAYETTE COMMUNITY CENTER FOUNDATION'S Bunny Brunch

Join us for a
Complete Pancake Brunch,
Live Show, Egg Hunt
& More!

WHEN:
Saturday, April 19
11:00am to 12:30pm

WHERE:
Lafayette Community Center,
Live Oak Room

Visit with Bunny
Anytime!



TICKETS: \$7 per person
by 3/18 \$9 per person on day
of event (unless sold out)

Online ticket sales accepted until

Friday 4/18 at

www.LafayetteRec.org

Proceeds Benefit the Lafayette Community Center
Facilities and Programs



For more information call:
925-284-2232

Spring Programs at the Lafayette Library & Learning Center

Lamorinda Reads!**Gulp: Adventures on the Alimentary Canal**

This year's selection for Lamorinda Reads is Mary Roach's latest book *Gulp*, a book worth reading and sharing with others. Join us to hear Mary Roach speak on March 27 at 7pm at the Lafayette Veterans Memorial Building, 3780 Mt. Diablo Blvd, Lafayette. First come, first seated. Pick up a copy of the book or borrow the audiobook by visiting any of the Lamorinda Libraries.

This program is made possible with the generous financial support of the Friends of the Lafayette, Moraga, and Orinda Libraries. For more information please call Vickie Sciacca, Senior Community Library Manager, Lafayette Library at (925) 385-2280 or email vsciacca@ccclib.org

Family Science Night: Electricity!

Wednesday, April 30, 6:00–8:00pm

Lafayette Library Community Hall

The Lawrence Hall of Science is bringing a science program to Lafayette so electrifying it will make your hair stand on end! Through demonstrations and hands-on experiments at numerous workstations, children will learn about the “shock-tacular” world of electricity. No registration is required; for the whole family.

Lafayette Library Storytimes

Spring Session through April 19

Summer Session: May 27 through August 16

Mondays:

10:15 Preschool Time

10:55 Toddler Time

11:25 Stay and Play

Tuesdays:

10:15 Spanish Storytime

10:50 Stay and Play

Thursdays:

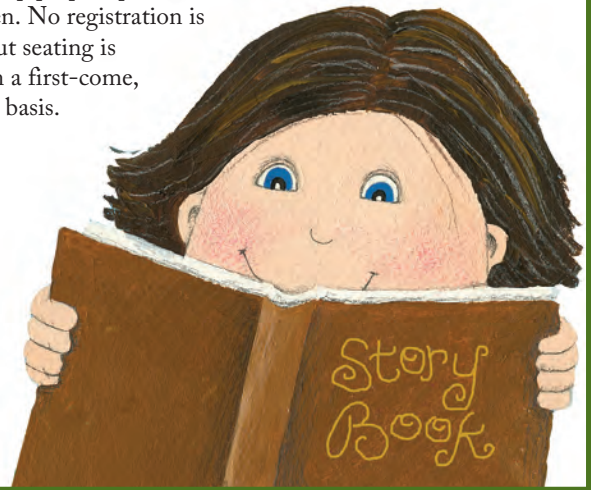
10:15 Book Babies

10:55 Toddler Time

11:25 Stay and Play

Saturdays: 10:15 Spanish Storytime (in Children's Area)

Storytimes are for children and their caregivers. Join us for books, songs, and fingerplays that foster a love of reading, build literacy skills and help prepare pre-readers for kindergarten. No registration is required, but seating is available on a first-come, first-served basis.



CITY OF LAFAYETTE with SYNERGY THEATER

IMPROV COMEDY

THIRD WEEKEND OF EVERY MONTH!

Full length improvised theater based entirely on audience suggestions!

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

SHOW DATES:

Saturday at 8:00pm

Jan 18, Feb 15, Mar 15, Apr 19, May 17 and Jun 21

Sunday at 2:00pm

Jan 19, Feb 16, Mar 16, Apr 27, May 18 and Jun 22



Tickets at www.SynergyTheater.com



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.

| AGES | DAY/DATE | TIME | MIN/MAX |
|---------------|--------------------|-----------------|---------|
| 3-4 Yrs | Mon-Fri: 3/31-4/4 | 9:00-11:00am | 8/12 |
| 5-7 Yrs | Mon-Fri: 3/31-4/4 | 9:00am-12:00pm | 10/16 |
| FEE | LOCATION | INSTRUCTOR | |
| \$162 (5 Wks) | Roller Hockey Rink | Skyhawks Sports | |

Multi-Sport (Kickball, Dodgeball, Ultimate Frisbee)

6-12 Yrs

Skyhawks has taken your favorite games from the playground and combined them into an action packed camp! Each day your young athlete will play variations of Kickball, Dodgeball, Ultimate Frisbee 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. All participants receive a t-shirt and a merit award. Participant-to-coach ratio is 14:1.

| DAY/DATE | TIME | LOCATION |
|-------------------|--------------|--------------------|
| Mon-Fri: 3/31-4/4 | 9:00-12:00pm | Roller Hockey Rink |
| FEE | MIN/MAX | INSTRUCTOR |
| \$162 (5 Wks) | 10/12 | Skyhawks Sports |

Camp Awesome

Spring Break by the Day

4-14 Yrs

Camp Awesome by the day! Price for this class is by the day. Choose the days you want, change the quantity to the number of days, and let us know what days you plan to attend in the custom questions. Enjoy Spring Break at Camp Awesome doing arts and crafts, sports and games, Games2U, 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!

| DAY/DATE | TIME | FEE |
|---|-------------|-----------------|
| Mon: 3/31, Tues: 4/1, Wed: 4/2, Thurs: 4/3, or Fri: 4/4 | 9:00-2:00pm | \$35 (1 Day) |
| Early Care | 7:30-9:00am | \$10 (1 Day) |
| After Care | 2:00-5:00pm | \$25 (1 Day) |
| LOCATION | MIN/MAX | INSTRUCTOR |
| Manzanita Rm | 20/75 | Lafayette Staff |



Camp Awesome

Coming Summer 2014

Camp Awesome 9:00am to 2:00pm

Early Care 7:30am to 9:00am

Afternoon Care/Camp 2:00pm to 5:00pm

This camp is awesome for kids because it has cool activities like dodge ball, crafts, tie dying and Games2U (laser tag, video games, boogar wars and the giant Angry Bird launcher, G2U twice a week!). Awesome for parents, because our camp is flexible and affordable. Camp runs *all 10 weeks* of summer plus with Early Care beginning at 7:30am, and After Care Camp until 5:00pm or the drop in punch cards that allow you to pick and choose your days of summer, we have you covered whenever you want to have fun. Our trained, professional counselors will keep each week fresh and exciting by offering surprise themed days like crazy hair day, dinosaur day, relay day and nature adventure day throughout the summer. Campers must bring lunch. Snack will be provided.



Camp Awesome Session Dates

| SESSION | DATES |
|----------|-------------------------|
| Week 1: | June 16–June 20 |
| Week 2: | June 23–June 27 |
| Week 3: | June 30–July 3 (4 days) |
| Week 4: | July 7–July 11 |
| Week 5: | July 14–July 18 |
| Week 6: | July 21–July 25 |
| Week 7: | July 28–August 1 |
| Week 8: | August 4–August 8 |
| Week 9: | August 11–August 15 |
| Week 10: | August 18–August 22 |



Weekly Activities:

Games2U twice a week, summer shows (jugglers, magicians, clowns), movie on our giant inflatable screen, water play for the hot After Care afternoons and surprise theme days (performers, movies, themes and activities vary each week so, no two weeks are the same!)

The Awesome Game Room:

Between activities campers will enjoy basketball, foosball, board games, toys, LEGO®s, coloring and Wii® with Just Dance™.

For the Small & Awesome:

Four to six year old morning campers have their own group with toys and activities geared toward younger campers and their own basketball hoop.

WAYS TO PLAY

June 16 to August 22

MORNING CAMP: 9:00am to 2:00pm

By Week \$158
Five Day Punch Card* \$175

AFTERNOON CAMP: 2:00pm to 5:00pm

By Week \$93
Five Day Punch Card* \$105

BEFORE CARE: 7:30am to 9:00am

By Week \$38
Drop in at Door \$10/day

*Card may be shared among friends/siblings.
Each user must have a waiver on file.
Card will expire Aug. 22, 2014



UPCOMING SUMMER CAMPS SCHEDULE

| Camps | Ages | 6/16 | 6/23 | 6/30 | 7/7 | 7/14 | 7/21 | 7/28 | 8/4 | 8/11 | 8/18 |
|---|-----------|------|------|------|-----|------|------|------|-----|------|------|
| Pre-Engineering | 5-7 | ✗ | | | | | | | | | |
| Mind, Craft, Build with LEGO | 8-12 | ✗ | | | | | | | | | |
| Jedi Engineering | 5-7, 8-12 | | | | | | ✗ | | | | |
| Ninjaneering | 5-12 | | | | | | | | ✗ | | |
| Kids Carpentry | 5-12 | | ✗ | | | ✗ | | | ✗ | | |
| Mini-Hawk Multi-Sports | 4-7 | | ✗ | | | | | | | | |
| Tiny Hawks Basketball Baseball Soccer | 3-4 | | | ✗ | | | | | | | |
| Skyhawks Basketball | 5-7, 8-12 | | | | | ✗ | | | | | |
| Skyhawks Multi-Sport | 5-7, 8-14 | | | | | | ✗ | | | | |
| Skyhawks Flag Football | 5-7, 8-12 | | | | | | | ✗ | | | |
| Skyhawks Cheerleading | 5-10 | | | | | | | ✗ | | | |
| Skyhawks Beginning Golf | 5-9 | | | | | | | | ✗ | | |
| AWESOMEngineering | 6-12 | | | ✗ | | | | | | | |
| Imagination Flix Green Screen Flix | 7-13 | | | | ✗ | | | | | | |
| Lego Flix Creature Flix | 7-13 | | | | | | | | | ✗ | |
| Critters and Clay | 4-10 | | | | ✗ | | | ✗ | | | |
| Fencing | 8-12 | | | | ✗ | ✗ | | | | | |
| Spanish | 3-6, 5-10 | | | | 3-6 | 5-10 | | | | | |
| British Soccer | 3-5, 6-16 | | ✗ | | | | | | ✗ | | |
| Eurosoccer Skills Camp | 5-10 | ✗ | | | ✗ | | ✗ | | | ✗ | ✗ |
| Eurosoccer Goal Keeper Camp | 7-15 | | | | | | ✗ | | | | ✗ |
| Eurosoccer Player Development | 11-15 | | | | ✗ | | ✗ | | | ✗ | ✗ |
| Lacrosse | 5-14 | ✗ | | | | | | ✗ | | | |
| Robot Mania Mysterious Techno Detectives | 5-11 | | | | | | | ✗ | | | |
| Rocking Gizmos & Rolling Gadgets | 5-11 | | | | | | | | ✗ | | |
| Busy Bee French Dinner Camp | 4-5 | | | | | ✗ | | | | | |
| French Dinner Camp | 6-10 | | | | | ✗ | | | | | |
| Harry Potter—Join Our Magical Tour | 6-11 | | | | | | | | | ✗ | |
| Magnetic Levitation For Future Transportation | 7-12 | | | | | | | | | ✗ | |
| American Food Tour Camp | 6-12 | | ✗ | | | | | | | | |
| Gourmet Bakeshop | 6-12 | | | | | | | | ✗ | | |
| Around the World in 5 Days | 6-12 | | | | | | | | ✗ | | |
| Restaurant Challenge | 6-12 | | ✗ | | | | | | | | |
| Painting Without a Brush/Art Exploration | 5-10 | ✗ | | | | | | | | | |
| Beginner Illustrator Fun Photoshop Fun | 10-17 | | ✗ | | | | | | | | |
| Mad Science: My First Lab | 4-6 | | ✗ | | | | | | | | |
| Mad Science: World Scientists | 6-10 | ✗ | | | | | | | | | |
| Secret Agent Lab | 6-10 | ✗ | | | | | | | | | |
| Inventors' Academy Flight Academy | 7-11 | | | ✗ | | | | | | | |
| Future Genisues | 4-5.5 | | | | ✗ | | | | | | |
| Crazy Chemistry | 6-11 | | | | | | | ✗ | | | |
| Chess Camp | 6-11 | | ✗ | | | ✗ | | | | ✗ | |
| Babysitting | 10-14 | | ✗ | | | | | | | | |
| Tennis | 6-14 | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ |
| Mini Theater Camp | 5-7 | | | | ✗ | | | | | | |
| Kinderdance Camps | 3-5 | | | | | | | | ✗ | ✗ | |
| Stir it up With Heather | 4.5-6.5 | | | | | ✗ | | | | | |
| Games, Games, Games! | 4.5-6.5 | | | | | | | | ✗ | | |
| Fun in the Sun at Alphabet Beach! | 4.5-6.5 | | | | | | ✗ | | | | |
| Blast Off to Outer Space Alphabet Fun | 4.5-6.5 | | | | ✗ | | | | | | |
| Gymnastics | 4-7 | | ✗ | | | | | ✗ | | | |
| My Little Pony Dance Camp | 4-7 | | | | ✗ | | | | | | |
| Barbie Dance Fashion Show | 5-9 | | | | | | | ✗ | | | |
| Sofia The Princess Dance | 3.5-6 | | | | | | | | | | ✗ |
| Chi Challenge | 6-13 | | | | | ✗ | | | | | |
| Angry Birdies | 6-13 | | | ✗ | | | | | | | |
| Comic Creator | 8-13 | | | | | | | ✗ | | | |
| Minecraft | 6-13 | | | | | | | ✗ | | ✗ | |
| RC Car Racing (Radio Control Cars) | 10-17 | | ✗ | | | | | | | | |
| Dodge Ball | 7-13 | ✗ | ✗ | | | | ✗ | ✗ | ✗ | ✗ | |
| MMAP Basketball | 4-12 | | | | | | | ✗ | | ✗ | |
| MMAP Cheerleading | 4-12 | | | | | | | | | ✗ | |
| MMAP Flag Football | 5-12 | | | | | | | | | | ✗ |

*Ages vary per week



Lafayette Tiny Tots

2014-2015 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.

School Starts
9/2/14



Mon/Wed/Fri

begins 9/3/14

Time

9:00am-1:30pm

Ages

3½-4½

(Must be 3½ by 9/1/14)

Fee

\$765 (paid every 9 weeks)

Tues/Thurs

begins 9/2/14

Time

9:00am-11:45pm

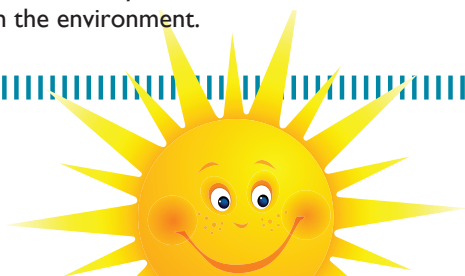
Ages

2 years 4 mos-3½

(Must be 2 years 4 mos by 9/1/14)

Fee

\$475 (paid every 9 weeks)



Summer Tiny Tots

Session Dates

Weeks

June 23rd-27th

June 30th-July 3rd (4 days)

July 7th-11th

July 14th-18th

July 21st-25th

July 28th-August 1st

Lunch Bunch

Add an extra hour and stay for lunch

T-Th \$18 per week

MWF \$27 per week

Week 1: All Aboard!

Hop on a train, plane, bus for a fun week at Tiny Tots. Let's take the train or a jet or a plane, we'll explore far off places like Hawaii and Spain. We'll jump on a ship and the high Seas, and explore many places with a relative ease.

Week 2: Surfs Up!

Sand art, shell critters, beach balls, and more. Let's head to the beach so we can explore!

Week 3: Under the Big Top

Come join the circus—with animals, acrobats, face painting, fun. We'll practice our parts then the circus is on!

Week 4: Buzz and Woody

To infinity and beyond! With Woody and Lightning as puppets we'll make. We'll travel with Buzz to explore outer space.

Week 5: Going to the Zoo, Zoo, Zoo!

Monkeys, Giraffes, and Elephants too. Let's see all that's here at the Tiny Tots zoo!

Week 6: Castles and Fairytales

Come dream and play in a land far, far away. Be kings and Queens and all royal things...

Themes

Mon/Wed/Fri

3½-4½ years (must be 3½ by start date)

9:00am-12:30pm

\$110 per week (\$75 week of June 30)

Our 3½-4½ yr old program takes pre-school to the next level. Your child will interact with other preschoolers as they learn. Messy art? Building towers? Puppet shows? Cooking projects? We have them all and more! Your child will learn and play all summer long!

Tues/Thurs

2 years 4 mos-3½ years

9:00am-11:45 am

\$65 per week

Our 2 years 4 mos-3½ year old program is about learning healthy separation and socialization while having fun! We will explore a new theme each week as we build skills in a warm and nurturing environment.

Programs



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)

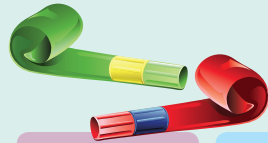
DIAPER WEARERS WELCOME. NEW STUDENTS MAY ENROLL AT ANY TIME.

Call to get started

925-284-3999

Open YEAR ROUND!

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



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 |
| Chef de Cuisine | LCC Kitchen | \$260 | 2 hrs | \$130 | 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 |

ARTS & CRAFTS

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. (Director Michael Glass and his talented wife, Jeab, returned from Thailand to teach Spring and Summer...Can't wait to come back and teach!) *\$30 supply fee to be paid to instructor at first class.*

| DAY/DATE | TIME | LOCATION |
|----------------|-------------|----------------------|
| Fri: 4/25-5/30 | 3:00-4:00pm | Arts and Crafts Room |
| Fri: 4/25-5/30 | 4:00-5:00pm | Arts and Crafts Room |
| Fri: 4/25-5/30 | 5:00-6:00pm | Arts and Crafts Room |

| FEE | MIN/MAX | INSTRUCTOR |
|--------------|---------|----------------------|
| \$91 (6 Wks) | 5/8 | 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: 5/6-5/20 | 1:30-3:00pm | Kitchen |

| FEE | MIN/MAX | INSTRUCTOR |
|---------------|---------|-------------------|
| \$163 (3 Wks) | 4/8 | Cooking with Kids |

We Teach Your Kids to Cook (6-10 Yrs)

| DAY/DATE | TIME | LOCATION |
|----------------|-------------|----------|
| Tues: 5/6-5/20 | 4:00-6:00pm | Kitchen |

| FEE | MIN/MAX | INSTRUCTOR |
|---------------|---------|-------------------|
| \$163 (3 Wks) | 4/10 | Cooking with Kids |

Comic Book Illustration

7-12 Yrs

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 |
|------------------|-------------|----------------------|
| Thurs: 4/17-5/22 | 4:00-5:00pm | Arts and Crafts Room |

| FEE | MIN/MAX | INSTRUCTOR |
|---------------|---------|------------|
| \$111 (6 Wks) | 4/15 | Nuskuarts |

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 |
|---------------|---------|---------|
| \$260 (2 Hrs) | \$150 | 10 max |

Kindergym

CHILDREN

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 setting 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

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 | INSTRUCTOR |
|------------------|---------------|------------------|
| Tues: 4/8-6/10 | 9:15-10:00am | Jan Wong |
| Tues: 4/8-6/10 | 10:05-10:50am | Jan Wong |
| Wed: 4/9-6/11 | 9:15-10:00am | Elaine Cable |
| Wed: 4/9-6/11 | 10:05-10:50am | Elaine Cable |
| Wed: 4/9-6/11 | 10:55-11:45am | Nelita Inzerillo |
| Thurs: 4/10-6/12 | 10:05-10:50am | Elaine Cable |
| Thurs: 4/10-6/12 | 10:55-11:45am | Nelita Inzerillo |
| Fri: 4/11-6/13 | 9:15-10:00am | Elaine Cable |
| Fri: 4/11-6/13 | 10:05-10:50am | Elaine Cable |
| Sat: 4/12-6/14 | 9:30-10:15am | Sydney Bricker |
| FEE | MIN/MAX | LOCATION |
| \$110 (10 Wks) | 4/12 | Kindergym |

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.

| DAY/DATE | TIME | LOCATION |
|----------------|-------------|----------------|
| Fri: 4/11-6/13 | 4:30-5:20pm | Kindergym |
| Fri: 4/11-6/13 | 5:30-6:20pm | Kindergym |
| FEE | MIN/MAX | INSTRUCTOR |
| \$110 (10 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.

| DAY/DATE | TIME | LOCATION |
|------------------|---------------|--------------|
| Tues: 4/8-6/10 | 10:55-11:40am | Kindergym |
| FEE | MIN/MAX | INSTRUCTOR |
| \$110 (10 Wks) | 4/12 | Jan Wong |
| DAY/DATE | TIME | LOCATION |
| Thurs: 4/10-6/12 | 9:15-10:00am | Kindergym |
| FEE | MIN/MAX | INSTRUCTOR |
| \$110 (10 Wks) | 4/12 | Elaine Cable |

GYMNASTICS

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. Emphasis is placed on movement, rolling, climbing, handing and jumping. 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. Music games and group activities are incorporated into the class. Children learn in a fun and social environment. Parent Participation is required. **Skip 5/26**

| DAY/DATE | TIME | LOCATION |
|--------------|-------------|------------|
| Mon: 4/7-5/5 | 9:15-9:55am | Kinder Gym |

| FEE | MIN/MAX | INSTRUCTOR |
|--------------|---------|-----------------------|
| \$80 (5 Wks) | 6/10 | California Gymnastics |

| DAY/DATE | TIME | LOCATION |
|---------------|-------------|------------|
| Mon: 5/12-6/9 | 9:15-9:55am | Kinder Gym |

| FEE | MIN/MAX | INSTRUCTOR |
|--------------|---------|-----------------------|
| \$64 (4 Wks) | 6/10 | California Gymnastics |

Tiny Tumblers

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. 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. Music games and group activities are incorporated into the class. **Skip 5/26**

| DAY/DATE | TIME | LOCATION |
|--------------|---------------|------------|
| Mon: 4/7-5/5 | 10:00-10:40am | Kinder Gym |

| FEE | MIN/MAX | INSTRUCTOR |
|--------------|---------|-----------------------|
| \$80 (5 Wks) | 6/8 | California Gymnastics |

| DAY/DATE | TIME | LOCATION |
|---------------|---------------|------------|
| Mon: 5/12-6/9 | 10:00-10:40am | Kinder Gym |

| FEE | MIN/MAX | INSTRUCTOR |
|--------------|---------|-----------------------|
| \$64 (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 5/26**

| DAY/DATE | TIME | LOCATION |
|--------------|-------------|------------|
| Mon: 4/7-5/5 | 3:30-4:10pm | Kinder Gym |

| FEE | MIN/MAX | INSTRUCTOR |
|--------------|---------|-----------------------|
| \$80 (5 Wks) | 6/9 | California Gymnastics |

| DAY/DATE | TIME | LOCATION |
|---------------|-------------|------------|
| Mon: 5/12-6/9 | 3:30-4:10pm | Kinder Gym |

| FEE | MIN/MAX | INSTRUCTOR |
|--------------|---------|-----------------------|
| \$64 (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 5/26**



| DAY/DATE | TIME | LOCATION |
|--------------|-------------|------------|
| Mon: 4/7-5/5 | 4:15-5:10pm | Kinder Gym |

| FEE | MIN/MAX | INSTRUCTOR |
|--------------|---------|-----------------------|
| \$92 (5 Wks) | 6/10 | California Gymnastics |

| DAY/DATE | TIME | LOCATION |
|---------------|-------------|------------|
| Mon: 5/12-6/9 | 4:15-5:10pm | Kinder Gym |

| FEE | MIN/MAX | INSTRUCTOR |
|--------------|---------|-----------------------|
| \$74 (4 Wks) | 6/10 | California Gymnastics |

MUSIC & DANCE

Kindermusik Village: Cockadoodle-Moo!

Up to 17 Months

Hop on the hayride—it's time to head for the farm! In this class, you will sing songs about the farm, including "Old MacDonald" and "Clever Cows." You will engage in rituals and playful activities with your baby, including infant messages, lap bounces, exercise and quiet time. *\$35.00 supply fee payable to instructor at first class.* **Skip 5/26**

| DAY/DATE | TIME | LOCATION |
|---------------|---------------|-----------------|
| Mon: 4/7-6/2 | 10:15-11:00am | Elderberry Room |
| FEE | MIN/MAX | INSTRUCTOR |
| \$147 (8 Wks) | 5/12 | Miss Paige |

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* 2000-2013 and *Parents' Press*: Best Music Class. Price of class includes CD set songbook, parent guide DVD, Musical Growth Chart and two makeup classes. Second child discount for siblings over 6 months—\$125.

| DAY/DATE | TIME | LOCATION |
|------------------|---------------|-----------------|
| Wed: 4/9-6/11 | 9:30-10:15am | Elderberry Room |
| Wed: 4/9-6/11 | 10:30-11:15am | Elderberry Room |
| FEE | MIN/MAX | INSTRUCTOR |
| \$218 (10 Wks) | 6/12 | Riki Juster |
| DAY/DATE | TIME | LOCATION |
| Thurs: 4/10-6/12 | 9:30-10:15am | Elderberry Room |
| Thurs: 4/10-6/12 | 10:30-11:15am | Elderberry Room |
| FEE | MIN/MAX | INSTRUCTOR |
| \$218 (10 Wks) | 6/12 | Julia McLeod |

CHILDREN



Kindermusik Wiggle & Grow: In My Garden

1.5-3 Yrs

Kindermusik Wiggle and Grow: In My Garden and Down on the Ground This music filled class celebrates the unique joys of your growing child. This session, we'll discover the hidden delights of our backyard through listening, singing, and movement. Come along—it's a beautiful day In My Garden! Then we'll get right Down on the Ground, as we hop like bunnies and scurry like squirrels. *\$22 supply fee payable to instructor at first class.* **Skip 5/26**

| DAY/DATE | TIME | LOCATION |
|---------------|---------------|-----------------|
| Mon: 4/7-6/2 | 11:15-12:00pm | Elderberry Room |
| FEE | MIN/MAX | INSTRUCTOR |
| \$147 (8 Wks) | 5/12 | Miss Paige |

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 4/17**

| DAY/DATE | TIME | LOCATION |
|------------------|-------------|----------------|
| Thurs: 4/10-6/12 | 3:30-4:30pm | Toyon Room |
| FEE | MIN/MAX | INSTRUCTOR |
| \$147 (9 Wks) | 7/14 | Studio 8 Dance |

Hip Hop Dance Jr.

6-9 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 4/17**

| DAY/DATE | TIME | LOCATION |
|------------------|-------------|----------------|
| Thurs: 4/10-6/12 | 4:30-5:30pm | Toyon Room |
| FEE | MIN/MAX | INSTRUCTOR |
| \$147 (9 Wks) | 7/20 | Studio 8 Dance |

Beginning Irish Step Dancing

 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.

| DAY/DATE | TIME | LOCATION |
|----------------|-------------|----------------|
| Wed: 4/9-6/11 | 3:30-4:15pm | Toyon Room |
| FEE | MIN/MAX | INSTRUCTOR |
| \$153 (10 Wks) | 3/10 | McBride School |

Intermediate & Advanced Irish Step Dancing

 5-16 Yrs

This class is offered for children ages 5-16 who have had experience Irish dancing or are continuing their dancing with us. This class will focus on more refined movements, technique, and progression to more difficult moves. 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.

| LEVEL | DAY/DATE | TIME | LOCATION |
|----------------|---------------|----------------|------------|
| Intermed. | Wed: 4/9-6/11 | 4:15-5:00pm | Toyon Room |
| Advanced | Wed: 4/9-6/11 | 5:00-6:30pm | Toyon Room |
| FEE | MIN/MAX | INSTRUCTOR | |
| \$153 (10 Wks) | 3/10 | McBride School | |

Kids Sing!

5-9 Yrs

Does your little one love singing? This is a fun age to begin learning the very basics of singing technique and music. Students will work on kid-friendly songs together in preparation for a performance at the end of 5 weeks. *\$10 supply fee payable to instructor at first class.*

| DAY/DATE | TIME | LOCATION |
|-----------------|-------------|----------------|
| Tues: 4/8-5/6 | 3:30-4:30pm | Manzanita Room |
| Tues: 5/13-6/10 | 3:30-4:30pm | Manzanita Room |
| FEE | MIN/MAX | INSTRUCTOR |
| \$102 (5 Wks) | 4/12 | Gina Latimerlo |

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: 4/16-6/4 | 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: 4/16-6/4 | 4:00-5:00pm | Sequoia Room |
| FEE | MIN/MAX | INSTRUCTOR |
| \$123 (8 Wks) | 8/15 | Nuskuarts |

Private Singing Lessons

 9 Yrs & Up

Private singing lessons are the key to singing with a beautiful, powerful voice. Let the amazing teachers at The Latimerlo Studio take you to the next level. Be sure to impress at your next audition, performance or karaoke night. *\$20 supply fee payable to instructor at first class.*

| DAY/DATE | TIME | LOCATION |
|----------------|-------------|----------------|
| Tues: 4/8-4/29 | 4:45-5:30pm | Manzanita Room |
| Tues: 4/8-4/29 | 5:30-6:15pm | Manzanita Room |
| Tues: 4/8-4/29 | 6:15-7:00pm | Manzanita Room |
| Tues: 5/6-5/27 | 4:45-5:30pm | Manzanita Room |
| Tues: 5/6-5/27 | 5:30-6:15pm | Manzanita Room |
| Tues: 5/6-5/27 | 6:15-7:00pm | Manzanita Room |
| FEE | MIN/MAX | INSTRUCTOR |
| \$213 (4 Wks) | 1/1 | Gina Latimerlo |

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 5/26**

| LEVEL | DAY/DATE | TIME | LOCATION |
|----------------|---------------|-------------|-----------------|
| Beginning | Mon: 4/7-6/16 | 4:45-5:30pm | Elderberry Room |
| Advanced | Mon: 4/7-6/16 | 6:45-7:30pm | Elderberry Room |
| FEE | MIN/MAX | INSTRUCTOR | |
| \$153 (10 Wks) | 3/6 | Ted Crowley | |

Beginning Piano for Teens

T 10-17 Yrs

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 everyone will get the help they need. No prior experience is required. It's easy and fun! 10 classes. Student provides own instrument. **Skip 5/26**

| DAY/DATE | TIME | LOCATION |
|----------------|-------------|-----------------|
| Mon: 4/7-6/16 | 4:00-4:45pm | Elderberry Room |
| FEE | MIN/MAX | INSTRUCTOR |
| \$153 (10 Wks) | 3/6 | Ted Crowley |

SPECIAL INTEREST

Spanish Class

3-5.5 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.*

| DAY/DATE | TIME | LOCATION |
|-----------------|----------------|-----------------|
| Tues: 4/8-5/6 | 9:30am-12:00pm | Toyon Room |
| Tues: 5/13-6/10 | 9:30am-12:00pm | Toyon Room |
| FEE | MIN/MAX | INSTRUCTOR |
| \$153 (5 Wks) | 5/12 | Miriam Lattanzi |

Babysitting for Beginners

10-14 Yrs

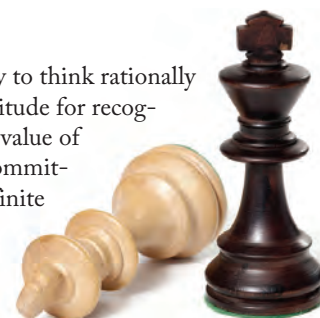
Learn the skills needed to be a trusted and responsible babysitter. Learn all about child development, bedtime strategies, discipline, how to get jobs, and ways to make babysitting fun for you and the kids. Basic first aid, general safety, and what to do in an emergency will also be covered. Students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

| DAY/DATE | TIME | LOCATION |
|--------------|-------------|-----------------|
| Sun: 5/18 | 9:00-2:30pm | Elderberry Room |
| FEE | MIN/MAX | INSTRUCTOR |
| \$51 (1 Day) | 8/25 | 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 chess is fun!



| DAY/DATE | TIME | LOCATION |
|------------------|-------------|-----------------|
| Thurs: 4/10-5/8 | 4:00-5:00pm | Elderberry Room |
| Thurs: 5/15-6/12 | 4:00-5:00pm | Elderberry Room |
| FEE | MIN/MAX | INSTRUCTOR |
| \$94 (5 Wks) | 10/20 | Chess Berkeley |

SCIENCE & TECHNOLOGY

2D Video Game Design

T 7-17 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: 4/4-4/25 | 5:00-6:00pm | Cedar Room |
| Fri: 5/2-5/23 | 5:00-6:00pm | Cedar Room |
| Fri: 5/30-6/20 | 5:00-6:00pm | Cedar Room |
| FEE | MIN/MAX | INSTRUCTOR |
| \$148 (4 Wks) | 3/6 | Bobby Mazaheri |

Mad Science Creatures of the Earth

4-5 Yrs

Uncover what human and animal bodies have in common and explore the chemistry that happens in your kitchen with a Digestor Inspector. Watch a marshmallow burn its calories before your eyes and take home a pedometer to measure your steps to health! Dive into our dissection of the ocean and sea life by making a model ocean. Learn all about animals by investigating their tracks and unique adaptations. Learn how to take a cast of an animal track and take home your own experiment set! Learn about camouflage and explore the amazing sounds animals make to communicate. Get down to earth and learn about the difference between insects and bugs, view the world like an insect, and discover insect defenses!

| DAY/DATE | TIME | LOCATION |
|----------------|-------------|-----------------|
| Wed: 4/16-5/21 | 4:00-4:45pm | Elderberry Room |
| FEE | MIN/MAX | INSTRUCTOR |
| \$111 (6 Wks) | 8/16 | Mad Science |



Mad Science Academy of Future Space Explorers

6-11 Yrs

Mad Science and NASA have teamed up to bring you the excitement of space in this after-school program! We take children on a voyage of discovery through the solar system and out into the stars! Students will investigate the life cycles of stars and planets, create galaxies out of bubbles and take home their own shimmering star constellation viewers. Make a model comet and learn about other space phenomenon we can spot in the night sky. Take a crash course on the technology of space travel and flight and explore how lasers help us navigate the great open outer space. Learn about rocket flight and how NASA gets people from our little planet all the way into outer space. Take home a model rocket that your child builds in class to launch at home!

| DAY/DATE | TIME | LOCATION |
|---------------|-------------|-------------|
| Wed: 4/9-5/28 | 4:00-5:00pm | Cedar Room |
| FEE | MIN/MAX | INSTRUCTOR |
| \$139 (8 Wks) | 8/20 | Mad Science |

SPORTS

Little Kickers Indoor Soccer



Indoor
Sports—No
Rainouts!

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'll 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: 4/15-5/27 | 4:00-5:30pm | Live Oak Room |
| Rotating game times (4:00pm or 4:45pm). One game per week. | | |
| FEE | MIN/MAX | INSTRUCTOR |
| \$80 (7 Wks) | 20/40 | 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!

| DAY/DATE | TIME | LOCATION |
|----------------|-------------|-----------------|
| Wed: 4/16-5/28 | 3:45-4:30pm | Live Oak Room |
| FEE | MIN/MAX | INSTRUCTOR |
| \$80 (7 Wks) | 10/20 | Lafayette Staff |

Dodge Ball



7-13 Yrs

Big or small it doesn't matter . . . some throw hard . . . some are hard to hit . . . Dodge Ball is for anyone that wants to have fun! Our expert 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 |
|----------------|-------------|-----------------|
| Wed: 4/16-5/28 | 4:30-5:30pm | Live Oak Room |
| LOCATION | MIN/MAX | INSTRUCTOR |
| \$80 (7 Wks) | 10/26 | Lafayette Staff |

MMAP Parent and Tots Soccer

3-4 Yrs

This class is lots of fun and will teach toddlers the basic techniques of the great game of soccer. Learn kicking, passing, and trapping through fun age appropriate games and drills. This class will be a blast for both parents and tots! Players are required to bring a ball, shin guards, and water.

| DAY/DATE | TIME | LOCATION |
|---------------|---------------|-----------------|
| Wed: 4/9-5/28 | 10:00-10:30am | LCP—Field LOWER |
| FEE | MIN/MAX | INSTRUCTOR |
| \$111 (8 Wks) | 10/20 | MMAP Sports |

MMAP PeeWee Soccer

4-5 Yrs

Pee Wee Soccer will teach the basic techniques of the great game of soccer. Learn kicking, passing, trapping and other age-specific skills through fun games and drills. This class will be a blast! Players are required to bring a ball, shin guards, and water.

| DAY/DATE | TIME | LOCATION |
|---------------|---------------|-----------------|
| Wed: 4/9-5/28 | 10:30-11:10am | LCP—Field LOWER |
| FEE | MIN/MAX | INSTRUCTOR |
| \$111 (8 Wks) | 10/20 | MMAP Sports |

Kidz Love Soccer

KLS class status hotline: 1 (888) 372-5803

Each participant receives a soccer jersey. Shin guards are required after the first meeting except Mommy/Daddy & Me Soccer.

Mommy/Daddy & Me Soccer

2-3.5 Yrs

Introduce your toddler to the world's most popular game! As you and your child participate in our fun age-appropriate activities, your child will be developing large motor skills and socialization skills. The fun happens on the field, and parents are part of the action—not watching from the sidelines!

| DAY/DATE | TIME | LOCATION |
|----------------|-------------|--------------------|
| Fri: 4/11-5/30 | 5:10-5:40pm | Roller Hockey Rink |
| FEE | MIN/MAX | INSTRUCTOR |
| \$109 (8 Wks) | 5/20 | Kidz Love Soccer |

Tot Soccer

3.5-4 Yrs

Little tykes will enjoy running and kicking just like the big kids! Encourages large motor skill development through fun games and introduces small children to group settings.

| DAY/DATE | TIME | LOCATION |
|----------------|-------------|--------------------|
| Fri: 4/11-5/30 | 5:50-6:20pm | Roller Hockey Rink |
| FEE | MIN/MAX | INSTRUCTOR |
| \$109 (8 Wks) | 5/24 | Kidz Love Soccer |

Pre-Soccer

4-5 Yrs

Teaches the basic techniques of the game and builds self-esteem through participation and fun activities. Children learn to follow instructions in a nurturing, age-appropriate setting.

| DAY/DATE | TIME | LOCATION |
|----------------|-------------|--------------------|
| Fri: 4/11-5/30 | 6:20-6:55pm | Roller Hockey Rink |
| FEE | MIN/MAX | INSTRUCTOR |
| \$109 (8 Wks) | 5/24 | Kidz Love Soccer |

Soccer I

5-6 Yrs

Players will learn dribbling, passing, receiving, shooting, age-specific defense, etc. Fun skill games are played at every session, and every participant will have a ball at his or her feet. Small-sided soccer matches will be introduced gradually.

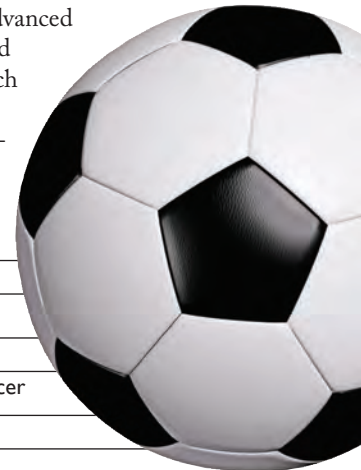
| DAY/DATE | TIME | LOCATION |
|----------------|-------------|--------------------|
| Fri: 4/11-5/30 | 4:15-5:00pm | Roller Hockey Rink |
| FEE | MIN/MAX | INSTRUCTOR |
| \$109 (8 Wks) | 5/24 | Kidz Love Soccer |

Soccer Skillz & Scrimmages

7-10 Yrs

Kidz 7-10 years of age will enjoy advanced skill building: dribbling, passing and shooting in a team play format. Each class will focus on scrimmages that emphasize application of finer technical points. All levels are welcome to come enjoy the world's most popular game!

| DAY/DATE | TIME |
|--------------------|------------------|
| Fri: 4/11-5/30 | 3:30-4:15pm |
| LOCATION | INSTRUCTOR |
| Roller Hockey Rink | Kidz Love Soccer |
| FEE | MIN/MAX |
| \$109 (8 Wks) | 5/24 |



Indoor Sport Parties

4-13 yrs

Your child can have an indoor sport themed birthday party in the Lafayette Live Oak Room, perfect for winter birthdays. Kids 4-7 years will enjoy combo soccer, hockey and basketball fun, while 7-13 year olds will revel in dodge ball and Nerf guns. For information or to book a party, call "Ace" at (925) 284-2234.

MMAP 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.

| AGE | DAY/DATE | TIME | LOCATION |
|---------------|----------------|-------------|--------------------|
| 5-7 | Tues: 4/8-5/27 | 4:00-4:45pm | Roller Hockey Rink |
| 8-12 | Tues: 4/8-5/27 | 4:45-5:30pm | Roller Hockey Rink |
| FEE | MIN/MAX | INSTRUCTOR | |
| \$111 (8 Wks) | 10/20 | MMAP Sports | |

Youth Floor Hockey on the RINK

6-10 Yrs

Come play hockey on the RINK with out skates. Have all the fun of playing hockey with out having to worry about all the equipment and skates. Floor hockey is played in tennis shoes.

| DAY/DATE | TIME | LOCATION |
|------------------|-------------|--------------------|
| Thurs: 4/17-5/29 | 4:30-5:30pm | Roller Hockey Rink |
| FEE | MIN/MAX | INSTRUCTOR |
| \$80 (7 Wks) | 10/20 | Lafayette Staff |

Learn LAX (Lacrosse)

7-10 Yrs

Learn the basics of lacrosse in the Lafayette Little LAX clinic series. Play Lacrosse in the Lafayette Community Center Hockey rink. Learn LAX will provide sticks. Include clinics, instruction and games. This is great for a first time or beginning player.

| DAY/DATE | TIME | LOCATION |
|------------------|-------------|--------------------|
| Thurs: 4/17-5/29 | 3:30-4:30pm | Roller Hockey Rink |
| FEE | MIN/MAX | INSTRUCTOR |
| \$80 (7 Wks) | 10/20 | Lafayette Staff |

Capture the Flag

7-13 Yrs

Infiltrate enemy lines and bring their flag back to your team's base for victory! Players will wear flag football style flags (provided) that they must protect if they want to stay out of jail as they attempt to capture base flags from their opponents. Players will compete in capture the flag and capture the flag dodge ball.

| DAY/DATE | TIME | LOCATION |
|------------------|-------------|--------------------|
| Thurs: 4/17-5/29 | 5:30-6:30pm | Roller Hockey Rink |
| FEE | MIN/MAX | INSTRUCTOR |
| \$80 (7 Wks) | 8/30 | Lafayette Staff |

Mommy/Daddy & Me Beginning Golf

3-6 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. Child-to-coach ratio is 6:1.

| AGE | DAY/DATE | TIME | LOCATION |
|--------------|----------------|-----------------|--------------------|
| 3 Yrs | Sat: 4/12-5/17 | 9:00-9:45am | Roller Hockey Rink |
| 4 Yrs | Sat: 4/12-5/17 | 10:00-10:45am | Roller Hockey Rink |
| 5-6 Yrs | Sat: 4/12-5/17 | 11:00-11:45am | Roller Hockey Rink |
| FEE | MIN/MAX | INSTRUCTOR | |
| \$89 (6 Wks) | 8/16 | Skyhawks Sports | |

Karate

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—register at class. www.kyokushinkarate-lafayette.com.*

| LEVEL | DAY/DATE | TIME |
|-------------------|----------------|--------------|
| Open: Ages 5 & up | Mo/We: Ongoing | 7:00-8:00 pm |

| FEE | MIN/MAX | INSTRUCTOR | LOCATION |
|---------|---------|----------------|---------------|
| \$45/mo | 5/30 | Danielle Jolin | Live Oak Room |

| LEVEL | DAY/DATE | TIME |
|------------------------|----------------|--------------|
| Inter/Adv: Ages 7 & up | Tu/Th: Ongoing | 4:00-5:30 pm |

| FEE | MIN/MAX | INSTRUCTOR | LOCATION |
|---------|---------|----------------|----------------------------------|
| \$50/mo | 5/12 | Danielle Jolin | Tu: Toyon Room Th: Cedar Room |





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.

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. **Players will not be allowed to enter courts without white soled, non-marking shoes. No running shoes, no jeans, and no gum allowed.**

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.

Beginning Pee Wee Tennis

4-5 Yrs

This class is for beginners or students who are continuing on with lessons. Instruction on all basics plus rally contests, mini matches and strategy. **Skip 5/24, 5/25 & 5/26**

| DAY/DATE | TIME | LOCATION |
|----------------|-------------|-----------------------|
| Mon: 4/14-6/9 | 3:00-3:30pm | Lafayette Tennis Club |
| Wed: 4/16-6/4 | 3:00-3:30pm | Lafayette Tennis Club |
| Sat: 4/19-6/14 | 9:00-9:30am | Lafayette Tennis Club |
| Sun: 4/20-6/15 | 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 who are continuing on with lessons. Instruction on all basics plus rally contests, mini matches and strategy. **Skip 5/24, 5/25, 5/26**

| DAY/DATE | TIME | LOCATION |
|----------------|--------------|-----------------------|
| Mon: 4/14-6/9 | 3:30-4:30pm | Lafayette Tennis Club |
| Wed: 4/16-6/4 | 3:30-4:30pm | Lafayette Tennis Club |
| Sat: 4/19-6/14 | 9:30-10:30am | Lafayette Tennis Club |
| Sun: 4/20-6/15 | 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 who are continuing on with lessons. Instruction on all basics plus rally contests, mini matches and strategy. **Skip 5/24, 5/25 & 5/26**

| DAY/DATE | TIME | LOCATION |
|----------------|---------------|-----------------------|
| Mon: 4/14-6/9 | 4:30-5:30pm | Lafayette Tennis Club |
| Wed: 4/16-6/4 | 4:30-5:30pm | Lafayette Tennis Club |
| Sat: 4/19-6/14 | 10:30-11:30am | Lafayette Tennis Club |
| Sun: 4/20-6/15 | 10:30-11:30am | Lafayette Tennis Club |
| FEE | MIN/MAX | INSTRUCTOR |
| \$133 (8 Wks) | 4/10 | Lafayette Tennis Club |

Intermediate/Advanced Youth Tennis

9-14 Yrs

This class is for players who are able to serve overhead full court and keep a 20 ball full court rally. Players will need to already understand match play scoring. Must have taken at least 5 weeks of summer camp or 3 beginner tennis classes through the Lafayette Tennis Club.

| DAY/DATE | TIME | LOCATION |
|-----------------|-------------|-----------------------|
| Tues: 4/15-6/3 | 4:00-5:30pm | Lafayette Tennis Club |
| Thurs: 4/17-6/5 | 4:00-5:30pm | Lafayette Tennis Club |
| FEE | MIN/MAX | INSTRUCTOR |
| \$198 (8 Wks) | 4/10 | Lafayette Tennis Club |

Adult Tennis

18 Yrs & Up

This class is for beginners or students who are continuing on with lessons. Instruction on all basics plus rally contests, mini matches and strategy. **Skip 5/26**

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

FITNESS

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.

| DAY/DATE | TIME | LOCATION |
|----------------|---------------|---------------|
| Sun: 4/6-6/15 | 10:30-11:45am | Sequoia Room |
| FEE | MIN/MAX | INSTRUCTOR |
| \$146 (11 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.

| DAY/DATE | TIME | LOCATION |
|------------------|--------------|-----------------|
| Tues: 4/1-6/10 | 7:15-8:30pm | Sequoia Room |
| Skip 4/22 | | |
| FEE | MIN/MAX | INSTRUCTOR |
| \$133 (10 Wks) | 8/20 | Ronda Cuddeback |
| DAY/DATE | TIME | LOCATION |
| Tues: 4/1-6/10 | 9:15-10:30am | Sequoia Room |
| Fri: 4/4-6/13 | 9:15-10:30am | Sequoia Room |
| FEE | MIN/MAX | INSTRUCTOR |
| \$146 (11 Wks) | 10/25 | Howard Van Es |

Yoga

T 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. Bring blanket or yoga mat, blocks and strap.

| DAY/DATE | TIME | LOCATION |
|----------------|--------------|--------------------|
| Fri: 4/4-6/13 | 4:00-5:15pm | Toyon Room |
| FEE | MIN/MAX | INSTRUCTOR |
| \$146 (11 Wks) | 8/15 | Angela Moreira |
| DAY/DATE | TIME | LOCATION |
| Tues: 4/8-6/10 | 6:00-7:15pm | Toyon Room |
| FEE | MIN/MAX | INSTRUCTOR |
| \$133 (10 Wks) | 5/15 | Elizabeth McIntyre |
| DAY/DATE | TIME | LOCATION |
| Wed: 4/9-6/11 | 9:15-10:30am | Sequoia Room |
| FEE | MIN/MAX | INSTRUCTOR |
| \$133 (10 Wks) | 5/15 | Jenn Stedman |

Yoga Workout

T 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. Each class ends 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 April 24–May 15**

| DAY/DATE | TIME | LOCATION |
|-----------------|--------------|-----------------|
| Mon: 3/31-6/9 | 9:00-10:15am | Sequoia Room |
| FEE | MIN/MAX | INSTRUCTOR |
| \$107 (8 Wks) | 5/14 | Silloo Tarapore |
| DAY/DATE | TIME | LOCATION |
| Thurs: 4/3-6/12 | 6:00-7:15pm | Toyon Room |
| FEE | MIN/MAX | INSTRUCTOR |
| \$94 (7 Wks) | 5/20 | Silloo Tarapore |

jazzercise®

Enjoy Jazzercise Everyday!



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



LOSING POUNDS
and gaining
confidence

| 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. |

YOUTH & ADULTS

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: 4/21-6/9 | 10:30-11:45am | Toyon Room |

| FEE | MIN/MAX | INSTRUCTOR |
|--------------|---------|--------------|
| \$45 (8 Wks) | 2/15 | Ken McNamara |

FREE CLASS

| DAY/DATE | TIME | LOCATION |
|----------|---------------|------------|
| 4/19 | 10:30-11:45am | Toyon Room |

| FEE | MIN/MAX | INSTRUCTOR |
|--------------|---------|--------------|
| FREE (1 Day) | 2/12 | Ken McNamara |

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 5/26**

Location: Live Oak Room
Instructor: Susan Funkhouser

| DAY/DATE | FEE |
|-----------------|---------------|
| Mon: 3/31-6/9 | \$53 (10 Wks) |
| Tues: 4/1-6/10 | \$58 (11 Wks) |
| Wed: 4/2-6/11 | \$58 (11 Wks) |
| Thurs: 4/3-6/12 | \$58 (11 Wks) |

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



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: 4/8-5/27 | 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: 5/17 | 2:00-4:00pm | Toyon Room |
| FEE | MIN/MAX | INSTRUCTOR |
| \$75 per couple | 8/25 | Doris Bergman |

Ballroom Dance

16 Yrs & Up

This session we will be offering salsa and the lively Swing to get you moving. Get ready of fast footwork, and sultry moves. Class is friendly and relaxed; 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 |
|------------------|-------------|---------------|
| Thurs: 4/10-5/29 | 7:30-8:30pm | Toyon Room |
| FEE | MIN/MAX | INSTRUCTOR |
| \$103 (8 Wks) | 8/25 | 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 concurrently 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: 4/7-5/12 | 6:30-7:30pm | Toyon Room |
| FEE | MIN/MAX | INSTRUCTOR |
| \$85 (6 Wks) | 3/15 | Surreyya Beth Hada |
| DAY/DATE | TIME | LOCATION |
| Mon: 5/19-6/16 | 6:30-7:30pm | Toyon Room |
| FEE | MIN/MAX | INSTRUCTOR |
| \$71 (5 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. Beginning and intermediate dancers welcome. No perfume or fragrances please. **Skip 5/26 & 5/27**

| LEVEL | DAY/DATE | TIME | LOCATION |
|---------------|----------------|------------------|---------------|
| Beginning | Mon: 3/31-4/28 | 12:30-1:30pm | Live Oak Room |
| Beg/Intermed. | Mon: 3/31-4/28 | 1:30-3:00pm | Live Oak Room |
| Beg/Intermed. | Tues: 4/1-4/29 | 7:30-9:00pm | Live Oak Room |
| FEE | MIN/MAX | INSTRUCTOR | |
| \$38 (5 Wks) | 10/40 | John Trentacosti | |
| LEVEL | DAY/DATE | TIME | LOCATION |
| Beginning | Mon: 5/5-6/9 | 12:30-1:30pm | Live Oak Room |
| Beg/Intermed. | Mon: 5/5-6/9 | 1:30-3:00pm | Live Oak Room |
| Beg/Intermed. | Tues: 5/6-6/10 | 7:30-9:00pm | Live Oak Room |
| FEE | MIN/MAX | INSTRUCTOR | |
| \$35 (5 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 5/26**

Beginning

| DAY/DATE | TIME | LOCATION |
|---------------|-------------|-----------------|
| Mon: 4/7-6/16 | 4:45-5:30pm | Elderberry Room |

| FEE | MIN/MAX | INSTRUCTOR |
|----------------|---------|-------------|
| \$153 (10 Wks) | 3/6 | Ted Crowley |

Advanced

| DAY/DATE | TIME | LOCATION |
|---------------|-------------|-----------------|
| Mon: 4/7-6/16 | 6:45-7:30pm | Elderberry Room |

| FEE | MIN/MAX | INSTRUCTOR |
|----------------|---------|-------------|
| \$153 (10 Wks) | 3/6 | Ted Crowley |

Beginning Piano for Adults

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. It's easy and fun! No prior experience is required. Student provides own instrument. **Skip 5/26**

| DAY/DATE | TIME | LOCATION |
|---------------|-------------|-----------------|
| Mon: 4/7-6/16 | 6:00-6:45pm | Elderberry Room |

| FEE | MIN/MAX | INSTRUCTOR |
|----------------|---------|-------------|
| \$153 (10 Wks) | 3/6 | Ted Crowley |

Singin' the Classics

60 Yrs & Up

Love the music of Frank Sinatra, Nat King Cole, and the rest of the crooners? Come sing those songs with us while you learn healthy vocal technique. Our instructor will begin by teaching you the basics of great singing, and then lead you through the hits of 30's, 40's and 50's.

| DAY/DATE | TIME | LOCATION |
|-----------------|-------------|----------------|
| Tues: 4/8-5/6 | 2:00-3:00pm | Manzanita Room |
| Tues: 5/13-6/10 | 2:00-3:00pm | Manzanita Room |

| FEE | MIN/MAX | INSTRUCTOR |
|---------------|---------|----------------|
| \$102 (5 Wks) | 4/12 | Gina Latimerlo |

COOKING

Another Wonder of Peru: Its Cuisine

T 16 Yrs & Up

In this hands-on class, you will learn about native Peruvian ingredients preparing three classic dishes of its varied gastronomy. Peruvian cooking has been in creation for 7000 years, with the cultural influences that arrived to 'generous Peru' throughout its history. Criollo Salad, a different, delicious combination of ingredients and flavors including golden grilled potatoes and the typical onion Criollo sauce used extensively all over Peru, will be your appetizer. Aji de Gallina, your entree was eaten by the Incas since pre-Columbian times. It gradually fused in the Creole culture taking the best of two worlds. The addition of cheese, nuts and bread to this native dish seasoned with 'Aji Amarillo (chili pepper) the soul of Peruvian food, gently blend into a delicious sauce fusing Spanish and Quechua ingredients. For dessert? Quinoa Pudding—Quinoa can be sweet! \$16.00 supply fee due at class. <http://norafrazier.wix.com/peruvianscuisine>

| DAY/DATE | TIME | LOCATION |
|----------|-------------|----------|
| Fri: 4/4 | 6:30-9:30pm | Kitchen |

| FEE | MIN/MAX | INSTRUCTOR |
|--------------|---------|--------------|
| \$51 (1 Day) | 4/12 | Nora Frazier |



Peru's Amazing and Varied Cuisine

16 Yrs & Up

Creativity in the kitchen has produced over 400 national dishes that have evolved from local and immigrant traditions. Ingredients used by ancient civilizations are still enjoyed today: *ji Amarillo*, the soul of Peruvian food used by several pre-Inca cultures not only as food but as an iconic emblem in their art and religion, is a star ingredient in the delicious sauce of the Huancaína Potatoes entree we will prepare in this hands-on class. The special presentation of the seasoned potatoes combines exceptionally well with the cheese sauce from Huancaayo, a city in the Andes of Peru. Typical Peruvian dishes also benefit from European, African and Asian influences. Parmesan Shrimp, the appetizer, is not directly from the “boot” as it includes six drops of Pisco, the national Peruvian brandy, on each individual shell as presented at the table. The dessert will be Pisco Sour and Coconut Tart, enhanced by our national brandy. *\$16.00 supply fee due at class.* <http://norafrazier.wix.com/peruviancuisine>

| DAY/DATE | TIME | LOCATION |
|--------------|-------------|--------------|
| Fri: 6/6 | 6:30-9:30pm | Kitchen |
| FEE | MIN/MAX | INSTRUCTOR |
| \$51 (1 Day) | 4/12 | Nora Frazier |

Cuzco, Machu Picchu and Peruvian Gastronomy. . .Three Reasons to Love Peru!

16 Yrs & Up

Savor an array of delicious flavors in this hands-on class. This menu has Shrimp Cocktail au Cognac as an appetizer with an out-of-the-ordinary taste. Your entree stars Quinoa the Andean Way, seasoned with native ingredients, with the delicious combination of flavors this ancient ‘mother grain’ of the native Peruvians is eaten in the highlands of Peru. Held sacred by the Incas, it was crucial to life in the pre-historic Andes. Dessert will be Mango Pie, a new combination. You will enjoy the historical background of the dishes along the way and learn about ‘generous Peru.’ *\$16.00 supply fee due at class.* <http://norafrazier.wix.com/peruviancuisine>

| DAY/DATE | TIME | LOCATION |
|--------------|-------------|--------------|
| Fri: 5/16 | 6:30-9:30pm | Kitchen |
| FEE | MIN/MAX | INSTRUCTOR |
| \$51 (1 Day) | 4/12 | Nora Frazier |

Wine Tasting 101—Italy Uncorked

21 Yrs & Up

The wines of Italy have something for everyone! Take a tour with us to a few favorite regions of Italy; Tuscany, Piedmont, Southern Italy, Veneto. The sheer diversity of styles, regions, and varieties offered up from Italy is amazing. From the tip of the boot to the northern Alps: tasty and unique wines in a range of prices and styles. Come join us for an informative evening discovering the best Italy has to offer in wine & food. This class includes wine and food tasting, take-home materials and 2 hours of instruction. Please bring 5 wine glasses. *\$15 supply fee payable night of the class.*

| DAY/DATE | TIME | LOCATION |
|--------------|-------------|-----------------|
| Fri: 4/25 | 6:30-8:30pm | Sequoia Room |
| FEE | MIN/MAX | INSTRUCTOR |
| \$28 (1 Day) | 8/20 | Monica Chappell |



YOUTH & ADULTS

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: 4/7 | 6:30-9:30pm | Kitchen |
| FEE | MIN/MAX | INSTRUCTOR |
| \$65 (1 Day) | 5/15 | Chat MingKwan |

Korean Cooking

18 Yrs & Up

Tasty and simple are Korean characteristics when it comes to food, not to mention the amount of chilies used—spicy! Join us and cook up some popular Korean dishes and small side dishes, a signature of Korean meals. Learn to make Pa Jon (pancake), Kimchee, Chup Chae (bean noodles), BBQ ribs, etc. Bring your sharp chef's knife, cutting board, hand towel, apron, and beverage.

| DAY/DATE | TIME | LOCATION |
|--------------|-------------|---------------|
| Mon: 4/21 | 6:30-9:30pm | Kitchen |
| FEE | MIN/MAX | INSTRUCTOR |
| \$65 (1 Day) | 5/15 | Chat MingKwan |

Sushi and Nigiri

16 Yrs & Up

Learn to slice fresh fish and shape into bite-size offerings for Sashimi and Nigiri. Learn to convert plain rice into flavorful sushi rice, wrap, and roll into all sorts of Nigiri and Sushi. Hands-on prepare traditional rolls, Nori Maki and trendy rolls, Uramaki. Learn all the basic of preparing fresh sushi and have fun creating your own delicious and healthy dinner such as hamachi and unagi Nigiri, cucumber roll, spicy roll, California roll and Philadelphia roll. Bring your sharp pointed-tip CHEF'S knife, bamboo matt, cloth hand towel, large cutting board, beverage, and a to-go box.

| DAY/DATE | TIME | LOCATION |
|--------------|-------------|---------------|
| Tues: 5/20 | 6:30-9:30pm | Kitchen |
| FEE | MIN/MAX | INSTRUCTOR |
| \$55 (1 Day) | 5/12 | Chat MingKwan |

Thai Cooking

15 Yrs & Up

Recently returning from Thailand with new trends and his cookbook "Easy Thai," Chat invites you to get into Thai by cooking a Thai meal. 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. (Food fee is included.)

| DAY/DATE | TIME | LOCATION |
|--------------|-------------|---------------|
| Mon: 6/2 | 6:30-9:30pm | Kitchen |
| FEE | MIN/MAX | INSTRUCTOR |
| \$55 (1 Day) | 5/13 | Chat MingKwan |



Painting Workshop

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.

| DAY/DATE | TIME | LOCATION |
|----------------|--------------|----------------------|
| Thurs: 4/3-5/8 | 9:30-12:30pm | Arts and Crafts Room |

| FEE | MIN/MAX | INSTRUCTOR |
|--------------|---------|---------------|
| \$93 (6 Wks) | 6/16 | Mark Jezierny |

| DAY/DATE | TIME | LOCATION |
|------------------|--------------|----------------------|
| Thurs: 5/15-6/12 | 9:30-12:30pm | Arts and Crafts Room |

| FEE | MIN/MAX | INSTRUCTOR |
|--------------|---------|---------------|
| \$78 (5 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: 4/8-5/6 | 9:30-12:00pm | Arts and Crafts Room |
| Tues: 5/13-6/10 | 9:30-12:00pm | Arts and Crafts Room |

| FEE | MIN/MAX | INSTRUCTOR |
|--------------|---------|--------------|
| \$68 (5 Wks) | 7/14 | Gary Bergren |



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.

| DAY/DATE | TIME | LOCATION |
|---------------|-------------|--------------|
| Wed: 4/9-5/14 | 7:00-9:00pm | Sequoia Room |

| FEE | MIN/MAX | INSTRUCTOR |
|---------------|---------|------------|
| \$153 (6 Wks) | 10/20 | Kenn Adams |

Improv II

19 Yrs & Up

Ready to take the next step? For those students who have completed our Intro to Improv! class, or have taken an introductory improv class elsewhere, Improv II will review the basics and then move on to a deeper look at character development, scene work and exciting performance structures.

| DAY/DATE | TIME | LOCATION |
|----------------|-------------|----------------|
| Tues: 4/8-5/13 | 7:00-9:00pm | Manzanita Room |

| FEE | MIN/MAX | INSTRUCTOR |
|---------------|---------|------------|
| \$153 (6 Wks) | 10/20 | Kenn Adams |

SPECIAL INTEREST

American Mah Jongg

18 Yrs & Up

Come and join us and learn Mah Jongg. After 4 classes, you will be able to play with other new players, while building your skills.

| DAY/DATE | TIME | LOCATION |
|-----------------|-------------|--------------|
| Tues: 5/20-6/10 | 1:00-3:30pm | Sequoia Room |
| FEE | MIN/MAX | INSTRUCTOR |
| \$43 (4 Wks) | 8/13 | Alice Stern |

Bridge

Diamond Supervised

18 Yrs & Up

Supervised Play is a series of 9 weeks designed to provide reinforcement of one's bridge skills. Each class will include a short (15 min) lecture on a particular subject of interest. Each week 8 predealt hands are played while Carol is available for advice (help) on bidding, declarer's plan, or defensive strategy. Time permitting, there will also be randomly dealt hands for further exploration and fun. All hands will be discussed. **Skip 5/26**

| DAY/DATE | TIME | LOCATION |
|--------------|-------------|---------------|
| Mon: 4/7-6/9 | 1:00-3:00pm | Sequoia Room |
| FEE | MIN/MAX | INSTRUCTOR |
| \$93 (9 Wks) | 8/36 | Carol Griffin |

Diamond Series

18 Yrs & Up

The Diamond Series is the ACBL intermediate course focusing on the play of the hand. The main objective is to develop a plan by declarer, including the counting of winners or losers, developing tricks, finessing, eliminating losers, managing the trump suit, and considering entries. There are four pre-dealt hands to play each session. **Skip 5/26**

| DAY/DATE | TIME | LOCATION |
|--------------|-------------|---------------|
| Mon: 4/7-6/9 | 3:15-5:15pm | Sequoia Room |
| FEE | MIN/MAX | INSTRUCTOR |
| \$93 (9 Wks) | 8/24 | Carol Griffin |

Conversational Mandarin Chinese

18 Yrs & Up

This class will teach conversational Chinese and enable students to 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 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 5/26**

| LEVEL | DAY/DATE | TIME | LOCATION |
|----------------|---------------|-----------------------------|------------|
| Level I | Mon: 3/31-6/9 | 9:00-10:15am | Cedar Room |
| Level II | Mon: 3/31-6/9 | 10:30-11:45am | Cedar Room |
| Level III | Mon: 3/31-6/9 | 12:00-1:15pm | Cedar Room |
| FEE | MIN/MAX | INSTRUCTOR | |
| \$153 (10 Wks) | 2/6 | Walnut Creek Chinese School | |



Adult CPR

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: 4/29 | 7:00-10:00pm | Elderberry Room |
| FEE | MIN/MAX | INSTRUCTOR |
| \$38 (1 Day) | 4/10 | Adele Christensen |

Pediatric CPR

T 11 Yrs & Up


A 3-hour Acute Care Training (ACT) course covering: CPR and choke saving for children and infants (0-8 years). **MUST HAVE A CURRENT CPR CERTIFICATION.** 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 |
|--------------|--------------|-------------------|
| Thurs: 5/1 | 7:00-10:00pm | Elderberry Room |
| FEE | MIN/MAX | INSTRUCTOR |
| \$38 (1 Day) | 4/10 | Adele Christensen |




Beginning Dog Obedience

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

 **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 as well as 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 5/14**


| DAY/DATE | TIME | LOCATION |
|----------------|-------------|----------------|
| Wed: 4/16-6/11 | 6:30-7:30pm | Manzanita Room |
| FEE | MIN/MAX | INSTRUCTOR |
| \$173 (8 Wks) | 6/12 | Barb Peppin |

Intermediate Dog Obedience

 **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 5/14**

| DAY/DATE | TIME | LOCATION |
|----------------|-------------|----------------|
| Wed: 4/16-6/11 | 7:45-9:00pm | Manzanita Room |
| FEE | MIN/MAX | INSTRUCTOR |
| \$153 (8 Wks) | 6/12 | Barb Peppin |


Advanced Dog Obedience

 **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 5/15**

| DAY/DATE | TIME | LOCATION |
|------------------|-------------|----------------|
| Thurs: 4/17-6/12 | 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

 **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 5/15**

| DAY/DATE | TIME | LOCATION |
|------------------|--------------|----------------|
| Thurs: 4/17-6/12 | 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) 284-2234.



PLEASE CALL (925) 284-5050 to register

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

Annual Membership Fee

Membership, programs and services are open to persons of any age and residency. Members of Lafayette Senior Services receive the discounted fee under each listing below. Additionally, the quarterly Activity Guide is mailed to each member's home.

ANNUAL FEE: January 1–December 31, 2014

\$10 per person

Lafayette Oral History Project

Ryan McKinley, MFA Candidate in Creative Writing, Saint Mary's College

Do you have stories about Lafayette in the days of yore? Allow Ryan to document that history which will then be included in the Lafayette Historical Society archives, preserved for generations to come. All you have to do is tell those stories to Ryan; he'll do the writing. You will receive a copy of the final document at the time of completion. Mutually agreed upon meeting date, time and location will be determined. Call Lafayette Senior Services for details and to be a part of this important project: (925) 284-5050.

| DAY/DATE | TIME | LOCATION |
|----------|------|----------|
| TBD | TBD | TBD |

FEE:

No charge

Document Your Life Story

Yuska Lutfi, MFA Candidate in Creative Writing, Saint Mary's College

If you have wanted to write the stories, memories, and experiences of your life but haven't known where to start, wait no longer. Yuska will guide you through the process of leaving a living history for future generations—what a gift! Included will be an optional outing to Saint Mary's for their creative writing reading series, "Afternoon Craft Conversations."

| WRITING WORKSHOPS: | TIME | LOCATION |
|--|---------------|--|
| 2nd and 4th Thurs 4/10, 4/24, 5/8, 5/22 | 10:00–11:30am | Lafayette Community Center, Cedar Room |

| FEE: | MEMBERS | NON-MEMBERS |
|-------------|---------|-------------|
| Per session | \$1 | \$3 |

| CRAFT CONVERSATION: | TIME | LOCATION |
|---------------------|-------------|---|
| Wednesday, 4/9 | 2:00–3:35pm | Hagerty Lounge, St. Mary's College, 1928 St. Mary's Rd., Moraga |

FEE:

No charge

Fly Me to the Moon Jazz Piano Concert at the Library

Contra Costa Performing Arts Society

Come and hear some jazz standards that are out of this world! Our jazz cats will perform celestial tunes from Frank Sinatra, Bill Evans, Chick Corea, George Shearing and more. Your spirits will be sent to the moon and back during this uplifting afternoon of music. Refreshments generously provided by Byron Park Assisted Living and Hillendale Home Care. Please call Lafayette Senior Services to reserve your spot: 284-5050.

| DAY/DATE | TIME | LOCATION |
|--------------|-----------|--|
| Friday, 4/18 | 1:30–2:30 | Lafayette Library, Community Hall, 3491 Mt. Diablo Blvd. |

| FEE: | MEMBERS | NON-MEMBERS |
|------|---------|-------------|
| | \$3 | \$5 |

Discovering Opera: Mozart's Don Giovanni

Presented by Bradford Wade, opera lover for 35 years

Yes, it's the story of Don Juan, the seducer whose servant keeps an extensive catalog of his conquests, and who announces his intent to add ten more names to the catalog before the night is over—but winds up getting dragged down to Hell by the come-to-life statue of the man he killed early in the first act. Lecturer Bradford Wade will give a guided tour of the opera, with a description of the plot interspersed with musical examples. This lecture is given in conjunction with Opera San José's production of *Don Giovanni*, April 19–May 4.

| DAY/DATE | TIME | LOCATION |
|----------------|--------------|---------------------------------------|
| Thursday: 4/17 | 10:30am–Noon | Lafayette Library, Arts & Science Rm. |

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



ADULTS 55+



Lamorinda Lunch n' Learn: Gardening

Habitats for Humanity Presented by Linda Mizes, Master Gardener

The Cities of Lafayette and Orinda and the Town of Moraga are partnering to offer a series on backyard habitat gardening. Contra Costa Master Gardener Linda Mizes has managed habitat and organic gardens at Orinda Intermediate and Miramonte High School, and serves as a garden consultant working with other local schools. Linda is also a certified Master Composter and instructor providing workshops throughout the county. A winner of Orinda's William Penn Mott, Jr. Environmental Award, Linda continues to be concerned with sustainable ecosystems and healthy gardens. Lecture begins at 10:30am; lunch begins at noon. Call Lafayette Senior Service 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 |

It's for the Birds (and Bees...)

Learn about providing and protecting habitat resources for the birds, bees and other critters in your garden using native plants, permaculture, organic gardening, and other gardening strategies. Lunch is generously provided by Tiffany Court Assisted Living of Walnut Creek.

| DAY/DATE | TIME | LOCATION |
|----------------|----------------|--|
| Tuesday, May 6 | 10:30am–1:00pm | Orinda Community Center, 28 Orinda Way |

Inside Dirt

Soil composition is one of the most important factors of a flourishing garden. Learn about soil biota and how to keep soil organisms healthy. Composting basics, mulching guidelines and fascinating soil facts will be discussed. Lunch is generously provided by Moraga Royale Assisted Living.

| DAY/DATE | TIME | LOCATION |
|------------------|----------------|--|
| Tuesday, June 10 | 10:30am–1:00pm | Moraga Gardens Farm 1370 Moraga Way |

CHP: Age Well/Drive Smart

Presented by CHP Officer John Fransen and CHP Senior Volunteer Cindy Lima

Discover the keys to driving safer and driving longer. You have the ability to change your driving habits or take other corrective steps that will allow you to stay safe on the roads. Hear about the warning signs and solutions to aging well and driving smart.

| DAY/DATE | TIME | LOCATION |
|----------------|------------|-------------|
| Thursday, 5/29 | 10:00–Noon | Cedar Room |
| FEE: | MEMBERS | NON-MEMBERS |
| | \$1 | \$3 |

AARP Smart Driver 8-Hour Course

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. Important: Prior to sending check, please call 284-5050 to determine space availability.

| DAY/DATE | TIME | LOCATION |
|-------------------------------|---------------|------------------|
| Tues: 4/22 and Thurs: 4/24 | 9:00am–1:00pm | Cedar Room |
| FEE: | AARP MEMBERS | NON-AARP MEMBERS |
| | \$15 | \$20 |

Crime and Fraud Prevention Forum

Presented by Eric Christensen, Lafayette Police Chief, and Cam Burks, Lafayette Crime Prevention Commission

Because seniors are a vulnerable segment of the population, they are often targeted and fall victim to fraudulent schemes. Hear from the experts how you can protect yourself and your loved ones from these scams and schemes.

| DAY/DATE | TIME | LOCATION |
|----------------|------------|--------------|
| Thursday, 5/15 | 10:30–Noon | Sequoia Room |
| FEE: | No Charge | |



Apple Basics

Facilitated by Sharon Beck, Owner of Mac-Senior

This series will start at the very beginning: the technology needed for wireless communication, your Apple ID, iTunes, iCloud and the basics of iPad and iPhone usage. Topics for future sessions will be determined by participants' input and needs. There will be time for Q&A at the end of each class. Please note: this series deals with Apple devices only.

| DAY/DATE | TIME | LOCATION |
|---|------------|-------------|
| 1st & 3rd Thursdays: 4/3, 4/17, 5/1, 5/15, 6/5 | 10:30–Noon | Cedar Room |
| FEE: | MEMBERS | NON-MEMBERS |
| Per class | \$1 | \$3 |

Lamorinda Nature Walk and Bird-Watching

Led by Ben Pettersson, Experienced Hiker/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. Bring a water bottle; binoculars will be helpful if you have them. Join us every Wednesday or whenever you are able. Meet at Lafayette Senior Services (Alder Room at the Community Center) 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 Skip 6/4 and 6/11 | 9:00am–Noon | Alder Room |
| FEE: | No charge | |

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 4/15, 5/20 | 10:30am–Noon | Elderberry Room |
| FEE: | MEMBERS | NON-MEMBERS |
| Per session | \$1 | \$3 |

Drop-In Mah Jongg

Calling all 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 | 12:30–3:00pm | Cedar Room |
| FEE: | MEMBERS | NON-MEMBERS |
| Per session | \$1 | \$3 |

Anne Randolph Physical Therapy Presentations

Anne Randolph, RPT, has been practicing physical therapy for over 36 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 |

Fall Prevention

Falls are a threat to health and independence. Learn how to gain better balance, avoid falls, and remain self-sufficient.

| DAY/DATE | TIME | LOCATION |
|--------------|------------------|-----------------|
| Friday, 4/25 | 11:30am–12:30 pm | Elderberry Room |

Strokes

The effects of a stroke can be devastating. Learn what causes strokes and how to recognize when one is occurring in order to avoid some of the debilitating effects.

| DAY/DATE | TIME | LOCATION |
|--------------|-----------------|-----------------|
| Friday, 5/23 | 11:30am–12:30pm | Elderberry Room |

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 | 12:30–3:00pm | Live Oak Room |
| FEE: | MEMBERS | NON-MEMBERS |
| Per session | \$2 | \$4 |

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 |
|--|--------------|------------|
| 2nd Tuesday Monthly 4/8, 5/13, 6/10 | 10:00am–Noon | Alder Room |
| FEE: | No Charge | |



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 4/10, 5/8, 6/12 | 10:30am–Noon | Sequoia Room |
| FEE: | MEMBERS | NON-MEMBERS |
| Per session | \$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: 4/7, 4/21, 5/5, 5/19, 6/2 | 1:30–2:30pm | Elderberry Room |
| FEE: | MEMBERS | NON-MEMBERS |
| Per session | No charge | \$1 |

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 4/2, 5/7, 6/4 | 1:00–2:20pm | Alder Room |
| FEE: | MEMBERS | NON-MEMBERS |
| | \$1 | \$3 |



Lafayette Senior Services Commission

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

Spring Quarter Meetings:

Thursday 4/24, 5/22 Lafayette Community Center, Alder Room

Health Insurance Counseling and Advocacy Programs (HICAP)

HICAP provides free, objective, one-to-one 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. HICAP does not sell or endorse insurance products.

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

First Wednesday Monthly

| DATE | APPOINTMENT TIMES | LOCATION |
|---------------|---------------------------|------------|
| 4/2, 5/7, 6/4 | 10:00am, 11:00am, or Noon | Alder Room |

Third Tuesday Monthly

| DATE | APPOINTMENT TIMES | LOCATION |
|------------|---------------------------|------------|
| 4/15, 5/20 | 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: 4/4, 5/2, 6/6 | 10:00 or 11:00am | Alder Room |

Appointment required:
Lafayette Senior Services 284-5050



Lamorinda Senior Transportation

An Alliance of Transportation Providers

Lamorinda Spirit Van 283-3534

Transportation is available 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. Call for van fare information. *Tax-deductible donations may be made to support this much-appreciated program by making a check payable to the City of Lafayette. Write Lamorinda Spirit Van on the memo line, and mail to: Lamorinda Spirit Van Program, Lafayette Community Center, 500 Saint Mary's Road, Lafayette, CA 94549.*

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.

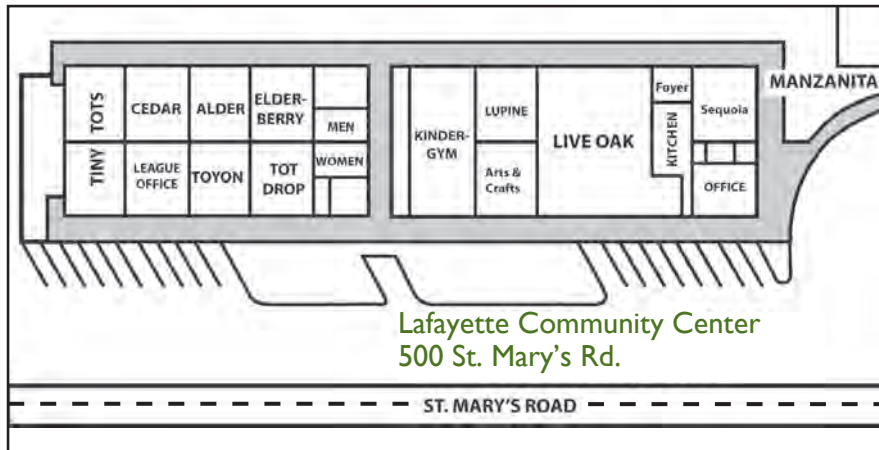
Senior Helpline Services Rides for Seniors 284-6161

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. (Older adults often have "age-based" disabilities. By describing your disability, you can become eligible for this service.)

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 | 284-0832
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:** \$45.00 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

Spring 2014 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 |
|-------------------|----------|-----------------------------|-----|--------|-----------|
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| | | | | | |
| <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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**Summer
Camp
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Inside**

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