

WINTER | 2015

LAFAYETTE RECREATION

Children pg. 7

Youth/Adult pg. 18

Senior Services pg. 29

See page 32 for cover story



**CITY RECREATION
PROGRAMS & SERVICES**

Special Events

Table of Contents

Special Events	2-3
Tiny Tots Registration	5
Birthday Parties/Tot Drop	6
Children's Classes	7-17
Trail Map	18
Tennis Classes	19
Youth Adult Classes	20-27
Event Venue Rentals	28
Adults 55+ Classes	29-33
General Information	34
Registration Form	35
Fitness Programs	36

Cover photo by Stu Selland



LAFAYETTE YOUTH COMMISSION

Tri-City Dance CALENDAR

January 16th
7th Grade Dance
\$5

February 20th
8th Grade Dance
\$5

TBD
7th & 8th Grade Dance featuring Inflatables
\$12

Sign Up at www.LafayetteRec.org

JM, OIS & Stanley students welcome. Strict dress code enforced. Participants will be asked to bring a canned food donation to each dance. These safe, drug- and alcohol-free events are put on by the Lafayette Youth Commission. Proceeds will benefit LYC projects. Past projects include donations to the American Cancer Society, Lafayette Library, Lamorinda Skate Park, Child Abuse Prevention, Toys for Tots and more!

Father Daughter DANCE

This is a special way to create wonderful childhood memories. Girls get to spend the evening with the most important man in their lives. This year's dance will have a luau theme. Dads are welcome to wear Hawaiian print shirts, and daughters can come dressed in their favorite island attire! The evening includes a DJ (playing age-appropriate music), dancing, cake and punch, arts and crafts, and a special memento of the evening for each young lady.

Friday, March 6th ~ 7:00-9:00pm
\$20 per couple ~ Live Oak Room





WINTER CAMPS ARE AWESOME

Camp Awesome

4-14yrs

Enjoy winter break at CAMP AWESOME doing arts & crafts, sports, games, hikes and more—have a ton of Awesome fun!

Monday 12/22 • Tuesday 12/23

Monday 12/29 • Tuesday 12/30

9:00am-2:00pm | \$35/day

Early Care and Aftercare available!

See page 17 for more details

Mini-Hawk Camp

4-6 Yrs

Baseball, basketball and soccer are taught iwth lots of encouragement and a big focus on fun!

Monday–Wednesday, 12/29-12/31

9:00am-12:00pm | \$102 per camp

See page 11 for more details

Skyhawks Multi-Sport Camp

6-12 Yrs

Young athletes will play variations of kick-ball, dodgeball, Ultimate Frisbee and capture the flag.

Monday–Wednesday, 12/29-12/31

9:00am-12:00pm | \$102 per camp

See page 11 for more details

Super Hero Academy with LEGO®

6-11 Yrs

Explore all the caped crusaders, discover their super powers, and create a fantasy world with LEGO® bricks.

Monday-Tuesday, 12/29-12/30

9:00am-12:00pm | \$79

See page 16 for more details

Extreme Expedition with LEGO®

6-11 Yrs

From avalanches and tornados to earthquakes, campers will construct base camps and escape crafts with LEGOs.

Monday-Tuesday, 12/29-12/30

9:00am-12:00pm | \$79

See page 16 for more details

Mining and Crafting I with LEGO®

6-11 Yrs

Using LEGO® bricks, campers will craft shelters, mobs, critters, models, tools and other key elements from the popular Minecraft™ game and face new challenges.

Monday-Tuesday, 12/22-12/23

1:00-4:00pm | \$79

See page 16 for more details

Mining and Crafting 2 with LEGO®

6-11 Yrs

Even if your child didn't attended our first camp, this new camp challenges kids to bring their virtual designs to life by building new mob figures, mosaics and custom models incorporating LEGO® Bricks.

Monday-Tuesday, 12/29-12/30

1:00-4:00pm | \$79

See page 16 for more details

Lamorinda Spirit Van Expansion



By the time you receive this publication, the Lamorinda Spirit Senior Van Program will have received a new 12-passenger, wheelchair-accessible vehicle through the 5310 Federal Grant Program. This will give us a total of three reasonably new vehicles of varying sizes and one older vehicle as a back-up.

We continue to look for additional volunteer drivers so that we can operate two vehicles during peak times, increasing our service hours from 60 to 80 per week.

We love to say, "Yes!" when passengers call us for a ride. Please consider providing this valuable gift of service to your community by calling **284-5546** to inquire. Training is provided, and a regular Class C driver's license is sufficient for our 9-passenger and 4-passenger vehicles. You will be joining a great group of people. **See page 33 for more information about the Lamorinda Senior Transportation providers.**

Tax deductible donations are greatly appreciated. You may make your check payable to the City of Lafayette. Please write: Lamorinda Spirit on the memo line, and mail to Lamorinda Spirit, Lafayette Community Center, 500 Saint Mary's Road, Lafayette, CA 94549.

Lamorinda Senior Transportation
Lamorinda Spirit Van: 283-3534



Thank You

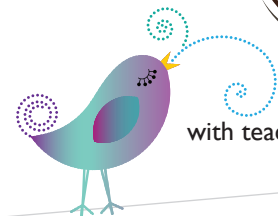
On behalf of the Lafayette Community Center Foundation, please accept our heart-felt thanks for all the beautiful *Local Celebrity* gift basket donations. Thanks to these donations, the Community Center Foundation will continue to improve the facilities and programs at the Lafayette Community Center where people of all ages and abilities benefit from wonderful programs and special events.

Members:

Anne Wondolowski, *Chair*,
Susan Callister, Sue Cross,
Judy Gregerson, Ruth Kaiser,
Steve Robinson, Julie Taylor,
Sheri Woodruff

Lafayette Tiny Tots

Kids Holiday Camp



with teacher Anna



Monday, December 22nd
9:00am-1:30pm

Ages 3-7
Cost \$45



Location:

Lafayette Community Center, Yellow Room
Snack provided, please bring a lunch!

Children will make their own snack and a take home treat, go caroling and make hot chocolate. We will play board games, visit the Lafayette Kindergym and end the day with a piñata! Ole!



To register for camp please call 284-2232 or return payment to the Tiny Tots classroom.

~Spaces are limited~

Lafayette Tiny Tots

2015-2016 School Year

First day of school 9/8/15

Lafayette Tiny Tots offers parents 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.



Registration Procedure for NEW Students

Complete and return the form below, with a copy of your child's birth certificate, by Friday, January 30, 2015 at 5:00pm. On Friday, February 6th, all forms will be placed in a box and randomly chosen by the program director until programs are full. We will continue to randomly select any remaining forms to create waiting lists. All people will be notified of their status by Friday, February 13th. (2014-15 waiting list people do not carry over to the 2015-16 program.)

***Tuition is non-refundable • Costs are for each 9-week session • Session 1 payment is due May 1, 2015**

Registration Fee: \$25 annually (non-refundable) due 3/6/15



Check the Appropriate Program

MON/WED/FRI

AGES

9 wks, begins 9/9/15

3 1/2-4 1/2 (Must be 3 1/2 by 9/1/15)

TIME
9:00am-1:30pm

FEE
\$795
\$25

Bring a lunch to enjoy at school
Annual Registration Fee

TUES/THURS

AGES

9 wks, begins 9/8/15

2 years, 4 months-3 1/2 years

TIME
9:00-11:45am*

FEE
\$505
\$25

*optional Lunch Bunch until 12:30
Annual Registration Fee

CHILD'S FIRST AND LAST NAME _____

BIRTHDATE (copy of birth certificate must be attached) _____

NAME (Adult) _____ RELATIONSHIP TO CHILD _____

PHONE(S) Day _____ Night _____ Email _____

STREET _____ CITY _____ ZIP _____



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. \$11/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

\$11 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!
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, Dodge Ball
7-13 Yrs:
Dodge Ball, Nerf Guns Shooting Range

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, Capture the Flag, Dodge Ball, Flag Football, Soccer, Basketball & more!



PARTY THEME	LOCATION	FEE	TIME	DEPOSIT	MIN/MAX	CONTACT INFO
Kinderdance	Toyon Rm	\$200/12 children \$8/addl. child	1 hrs	50%	--	Kira Lancaster: (415) 385-6501 Michelle McDonagh: (925) 788-1020
Chef de Cuisine	LCC Kitchen	\$300	2 hrs	\$150	10 max	(925) 932-1114
Kindergym	Kindergym	\$195/\$250	1.5/2 hrs	--	15 max	(925) 284-2232
Indoor Sport	Live Oak Rm	\$195/\$260	1.5/2 hrs	--	10/24	Ace: (925) 284-2234
Dodge Ball	Live Oak Rm	\$195/\$260	1.5/2 hrs	--	10/24	Ace: (925) 284-2234
On the Rink	Multi-Sport Rink	\$250/\$333	1.5/2 hrs	--	12/24	Ace: (925) 284-2234

ARTS & CRAFTS



Kids' Carpentry is taking the Winter session off. We'll be back in the Spring with more Kids' Carpentry classes.

Reading Fun One-on-One

K-2nd Grade

Primary grades are the beginning building blocks for reading and literacy. Young children learn about language and literacy through exploration. Supplementing activities to reinforce their knowledge and vocabulary, in addition to reading books, will help to develop a better understanding of concepts, confidence and motivation for reading and writing. We are offering one-on-one activity sessions here at Tiny Tots! Each session will use visual, tactile and auditory aides/activities to enhance semantics, phonics, syntax and word recognition. Meets weekly for 45-minute sessions with the instructor.

Tuesday or Wednesday afternoons available—contact instructor to reserve your space: mmdonner5@aol.com

Session 1 begins 1/13 and 1/14 • Session 2 begins 2/24 and 2/25

Tiny Tots Red Room, Lafayette Community Center

\$210 per 6 week session



COOKING

Cooking with Kids

4-10 Yrs

HEY kids, we are doing something NEW! We are going to have more fun—our sessions are now 4 weeks. 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. *\$16 materials fee payable to instructor at first class.*

Busy Bees Cooks (4-5 Yrs)

DAY/DATE	TIME	LOCATION
Tue: 1/6-1/27	1:30-3:00pm	Kitchen
FEE	MIN/MAX	INSTRUCTOR
\$191 (4 Wks)	5/8	Cooking with Kids

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

DAY/DATE	TIME	LOCATION
Tue: 1/6-1/27	4:00-5:30pm	Kitchen
FEE	MIN/MAX	INSTRUCTOR
\$191 (4 Wks)	5/10	Cooking with Kids



Chef de Cuisine's Cooking Parties

5-13 yrs

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

FEE	DEPOSIT	MIN/MAX
\$300 (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 situation where the adult provides encouragement and positive reinforcement through play. Each wonderful 45-minute class concludes with a circle time of favorite songs, rhythms and rhymes led by our exceptional and experienced staff.

All children must be accompanied by an adult. Second sibling enrolled in the same class gets a 25% discount! Infant siblings are okay if in back/front packs. Each student may make-up one missed class each session providing space is available.



Kindergym will be closed January 19th and February 16th

Kindergym

0-4 Yrs

Come play with us at the Lafayette Kindergym! We have an exciting environment filled with fun 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. **Skip 1/19 & 2/16**

DAY/DATE	TIME	INSTRUCTOR
Tue: 1/20-3/24	9:15-10:00am	Jan Wong
Tue: 1/20-3/24	10:05-10:50am	Jan Wong
Wed: 1/21-3/25	9:15-10:00am	Elaine Cable
Wed: 1/21-3/25	10:05-10:50am	Elaine Cable
Wed: 1/21-3/25	10:55-11:40am	Nelita Inzerello
Thur: 1/22-3/26	10:05-10:50am	Elaine Cable
Fri: 1/23-3/27	9:15-10:00am	Elaine Cable
Fri: 1/23-3/27	10:05-10:50am	Elaine Cable
Sat: 1/24-3/28	9:30-10:15am	Kindergym Staff
FEE	MIN/MAX	LOCATION
\$110 (10 Wks)	4/12	Kindergym

DAY/DATE	TIME	INSTRUCTOR
Mon: 1/26-3/23	10:05-10:50am	Nelita Inzerello
Mon: 1/26-3/23	10:55-11:40am	Nelita Inzerello
FEE	MIN/MAX	LOCATION
\$88 (8 Wks)	4/12	Kindergym

Kindergym Plus

1-4 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	INSTRUCTOR
Fri: 1/23-3/27	5:00-5:50pm	Stacey Mullins
FEE	MIN/MAX	LOCATION
\$110 (10 Wks)	4/12	Kindergym



Pre-Kindergym

Crawlers and Beginning Walkers

This class gives babies the opportunity to explore and develop their physical skills (readiness for rolling, crawling, walking and learning) in a fun and safe environment. A brief closing circle with music ends each class. **Skip 1/19 & 2/16**

DAY/DATE	TIME	INSTRUCTOR
Tue: 1/20-3/24	10:55-11:40am	Jan Wong
Thur: 1/22-3/26	9:15-10:00am	Elaine Cable
FEE	MIN/MAX	LOCATION
\$110 (10 Wks)	4/12	Kindergym

DAY/DATE	TIME	INSTRUCTOR
Mon: 1/26-3/23	9:15-10:00am	Nelita Inzerello
FEE	MIN/MAX	LOCATION
\$88 (8 Wks)	4/12	Kindergym

To check availability for drop-in classes, please call (925) 284-2232. Drop-ins are \$12 per class and subject to availability.



Kindergym Birthday Party

Up to 6 Yrs

Invite up to 14 of your friends and come play with us on your next birthday at the Lafayette Kindergym! We have an exciting environment filled with fun equipment that will excite your child's senses and make any birthday party a day to remember. We provide the Kindergym staff, the equipment and the music, you provide the guests, favors and cake. For more information or to book a party, call (925) 284-2232.

FEE	TIME	MIN/MAX
\$195/\$250	1.5/2 hrs	15 max

Tiny Tumblers Gymnastics

3 Yrs

This class is designed to enhance your child's motor development skills, balance, coordination, and confidence. Emphasis is placed on developing beginning gymnastic skills in a fun and social environment and also introducing children to learn to participate in a structured class without their parents. 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 1/19**

DATE	TIME	LOCATION
Mon: 1/12-2/9	2:45-3:25pm	Kindergym
Mon: 2/23-3/23	2:45-3:25pm	Kindergym

FEE	MIN/MAX	INSTRUCTOR
\$63 (4 Wks)/\$78 (5 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 1/19**

DATE	TIME	LOCATION
Mon: 1/12-2/9	3:30-4:10pm	Kindergym
Mon: 2/23-3/23	3:30-4:10pm	Kindergym

FEE	MIN/MAX	INSTRUCTOR
\$63 (4 Wks)/\$78 (5 Wks)	6/9	California Gymnastics



Youth Gymnastics

5.5-9 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 1/19**

DAY/DATE	TIME	LOCATION
Mon: 1/12-2/9	4:15-5:10pm	Kindergym
Mon: 2/23-3/23	4:15-5:10pm	Kindergym

FEE	MIN/MAX	INSTRUCTOR
\$67 (4 Wks)/\$83 (5 Wks)	6/9	California Gymnastics

MUSIC & DANCE

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 song book, parent guide DVD, Musical Growth Chart and two makeup classes. If multiple children from the same family are attending the same class, there is a sibling rate of \$133.

DAY/DATE	TIME	INSTRUCTOR
Wed: 1/14-3/18	9:30-10:15am	Riki Juster
Wed: 1/14-3/18	10:30-11:15am	Riki Juster
Thur: 1/15-3/19	9:30-10:15am	Julia McLeod
Thur: 1/15-3/19	10:30-11:15am	Julia McLeod

FEE	MIN/MAX	LOCATION
\$223 (10 wks)	6/12	Sequoia Room

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.

DAY/DATE	TIME	LOCATION
Thur: 1/8-3/12	3:30-4:30pm	Toyon Room

FEE	MIN/MAX	INSTRUCTOR
\$163 (10 wks)	7/13	Studio 8 Dance

Frozen Princess Dance

4-6 Yrs

Take a frozen journey with Anna and Elsa and sing and dance to the music from the hit movie *Frozen*! The frozen princesses will learn elements of creative dance and ballet. Dancers will do obstacle courses through snowflakes and jump over frozen ponds! On the last day of class, there will be a frozen princess dance performance for friends and family! Please wear a princess dress or leotard, tights and skirt. Ballet shoes required and hair up.

DAY/DATE	TIME	LOCATION
Thur: 1/8-3/12	4:30-5:30pm	Toyon Room

FEE	MIN/MAX	INSTRUCTOR
\$163 (10 wks)	7/15	Studio 8 Dance

Irish Step Dancing

T 5-16 Yrs

The McBride School of Irish Dance is now offering classes in the Lafayette area! For children 5 to 16, who want to learn how to cross their feet and treble their toes like the famous dancers in Riverdance. 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 I: Intro to Irish Dance (soft shoes)
 Level II: Continuing students. Soft shoes, learning beginning hard shoe.
 Level III: Int/Adv higher level of progression.

Location: Toyon Room
Instructor: Annie McBride

LEVEL	DAY/DATE	TIME
Level I:	Wed: 1/7-3/25	3:15-4:00pm
Level II:	Wed: 1/7-3/25	4:00-5:00pm
Level III:	Wed: 1/7-3/25	4:30-5:30pm

FEE	MIN/MAX
\$183 (12 wks)	3/10



Beginning Keyboard

T 10 Yrs-Adult

Most popular songs use only 3 or 4 simple chords. You can learn to play your favorites on the piano in just a few weeks. Only 6 students per class so you will get the help you need. No prior experience is required. It's easy and fun! *There is a \$10 materials fee for the textbook.* Bring your keyboard to class. **Skip 2/16**

DAY/DATE	TIME	LOCATION
Mon: 1/12-3/23	4:00-4:45pm	Elderberry Room

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



Guitar

10 Yrs–Adult

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 the instructor. Instructor has BA and MA in music and over 20 years of teaching experience. *A \$10 supply fee is payable to the instructor at first class.* **Skip 2/16**

Beginning

DAY/DATE	TIME	LOCATION
Mon: 1/12-3/23	4:45-5:30pm	Elderberry Room

FEE	MIN/MAX	INSTRUCTOR
\$153 (10 Wks)	3/8	Ted Crowley

Intermediate

DAY/DATE	TIME	LOCATION
Mon: 1/12-3/23	5:30-6:15pm	Elderberry Room

FEE	MIN/MAX	INSTRUCTOR
\$153 (10 Wks)	3/8	Ted Crowley

SPECIAL INTEREST

Babysitting for Beginners

T 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 lunch and a water bottle and dress to play outside.

DAY/DATE	TIME	LOCATION
Sun: 2/8	9:00-2:30pm	Elderberry Room

FEE	MIN/MAX	INSTRUCTOR
\$51	8/25	Suzy McCreary



Dodge Ball

7-13 Yrs

Bring fun to your Thursdays with Dodge Ball! 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
Thur: 1/15-2/26	4:45-5:35pm	Live Oak Room

FEE	MIN/MAX	INSTRUCTOR
\$80 (7 Wks)	12/20	Lafayette Staff

SPORTS WINTER CAMPS

Mini-Hawk Camp

4-6 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 lots of encouragement and a big focus on fun! Through games and activities, campers explore balance, hand/eye coordination, and skill development at their own pace. All participants receive a t-shirt and merit award. Participant-to-coach ratio is 8:1.

DAY/DATE	TIME	LOCATION
Mo/Tu/W/We: 12/29-12/31	9:00am-12:00pm	Rink

FEE	MIN/MAX	INSTRUCTOR
\$102 per camp	10/24	Skyhawks Sports

Skyhawks Multi-Sport Camp

6-12 Yrs

Skyhawks has taken your favorite games from the playground and combined them into an action packed camp! Young athletes 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. Participant-to-coach ratio is 14:1. Campers should wear sports-appropriate clothing, and bring water bottle, running shoes, sunscreen and two snacks. All participants receive a t-shirt and merit award.

DAY/DATE	TIME	LOCATION
Mo/Tu/W/We: 12/29-12/31	9:00am-12:00pm	Rink

FEE	MIN/MAX	INSTRUCTOR
\$102 per camp	10/24	Skyhawks Sports



SPORTS

Little Hoopsters Basketball

5-6 Yrs

Dribble, pass and shoot your way to a great time in our basketball class for 5 to 6 years olds. Your little hoopster(s) will learn the basics of basketball, be part of a team and play a game every week. This introduction to the sport puts the focus on fun and learning.

DAY/DATE	TIME	LOCATION
Thu: 1/15-2/26	4:00-4:45pm	Live Oak
FEE	MIN/MAX	INSTRUCTOR
\$80 (7 Wks)	8/20	Lafayette Staff

Indoor Floor Hockey

4-5 Yrs

Learn the game of hockey in your sneakers (no skates) indoors at the Lafayette Community Center. All equipment is provide. Players will participate in drills to learn hockey and play in a game each week.

DAY/DATE	TIME	LOCATION
Thu: 1/15-2/26	3:15-4:00pm	Live Oak
FEE	MIN/MAX	INSTRUCTOR
\$80 (7 Wks)	8/20	Lafayette Staff

Little Kickers Soccer

4-5 Yrs

This 7-week soccer league will help players learn the game and give them a chance to play on a team as they run, kick, and score their way to a good time. Participants will play games on teams that will be made after the first week of class. This is a perfect, low pressure, introduction to league sports. Participants will have one 45 min. game each week. Game times will rotate with starting times at 4:00 or 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 that will list your game times for the rest of the season.

DAY/DATE	TIME	LOCATION
Tue: 1/13-2/24	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)	12/40	Lafayette Staff

Tot Sports

2.5-5 Yrs

This Tot Sports program includes 3 weeks of Soccer, 3 weeks of Basketball and 3 weeks of Baseball. Participants learn balance, body movement, coordination, teamwork, sportsmanship and skill development through a series of sport-specific games and activities tailored to their attention spans. Our trained staff and progressive curriculum allows kids to develop at their own pace in a fun and safe environment with lots of encouragement. All participants receive a t-shirt and merit award. Participant-to-coach ratio is 6:1

AGE	DAY/DATE	TIME	LOCATION
2.5-3 Yrs	Tue: 1/27-3/24	9:30-10:00am	Rink
3-4 Yrs	Tue: 1/27-3/24	10:00-10:45am	Rink
4-5 Yrs	Tue: 1/27-3/24	10:45-11:30am	Rink
FEE	MIN/MAX	INSTRUCTOR	
\$92 (9 Wks)	5/12	Skyhawks Sports	

Mommy/Daddy and Me 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. Participant (child)-to-Coach ratio is 6:1

AGE	DAY/DATE	TIME	LOCATION
3 Yrs	Sat: 2/21-3/28	9:30-10:00am	Rink
4 Yrs	Sat: 2/21-3/28	10:00-10:45am	Rink
5-6 Yrs	Sat: 2/21-3/28	10:45-11:30am	Rink
FEE	MIN/MAX	INSTRUCTOR	
\$92 (6 Wks)	5/12	Skyhawks Sports	

Little Sportsters

4-6.5 Yrs

Stay active and never worry about rain with the Little Sportsters class. This class will feature one day of floor hockey, one day of hoopsters basketball, one day 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!

AGE	DAY/DATE	TIME	LOCATION
Tue: 3/3-3/24		4:00-4:45pm	Live Oak
Tue: 3/3-3/24		4:45-5:30pm	Live Oak
FEE	MIN/MAX	INSTRUCTOR	
\$43 (4 Wks)	10/20		

MMAP Basketball

5-12 Yrs

This class is lots of fun and will teach the basic techniques of the great game of basketball. Learn techniques of passing, dribbling and shooting through fun games and drills. This class will be a blast! Please bring water. For more information, visit www.mmapsports.com **Skip 2/17**

AGE	DAY/DATE	TIME	LOCATION
5-7 Yrs	Tue: 1/13-3/10	4:20-5:05pm	Rink
8-12 Yrs	Tue: 1/13-3/10	5:05-5:50pm	Rink
FEE	MIN/MAX	INSTRUCTOR	
\$115 (8 Wks)	8/25	MMAP Sports	



MMAP Parent and Tot Soccer

2-3.5 Yrs

Share the first experience of sports with your tot, in this fun and interactive class that teaches the game of soccer. Both parent and tot will participate in lots of fun activities while learning. Come join us, we're having a ball! For more information, visit www.mmapsports.com **Skip 2/18**

DAY/DATE	TIME	LOCATION
Wed: 1/14-3/11	10:00-10:30am	LCP Lower Field
FEE	MIN/MAX	INSTRUCTOR
\$115 (8 Wks)	8/25	MMAP Sports

MMAP Pee Wee Soccer

3-5.5 Yrs

This great class teaches the basic skills of soccer through fun games and drills. Learn techniques of kicking and dribbling. Come join us, we're having a ball. For more information, visit www.mmapsports.com **Skip 2/18**

DAY/DATE	TIME	LOCATION
Wed: 1/14-3/11	10:30-11:10am	LCP Lower Field
FEE	MIN/MAX	INSTRUCTOR
\$115 (8 Wks)	8/25	MMAP Sports

Mommy/Daddy and 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 their large motor skills and socialization skills. The fun happens on the field, and in Mommy/Daddy and Me Soccer, parents are part of the action, not watching from the sidelines! All kids receive a soccer jersey. **Skip 2/13**

DAY/DATE	TIME	LOCATION
Fri: 1/23-3/20	5:10-5:40pm	Rink
FEE	MIN/MAX	INSTRUCTOR
\$111 (8 Wks)	5/20	Kidz Love Soccer

Tot Soccer & Pre Soccer

3.5-5 Yrs

Little tykes will enjoy running and kicking just like the big kids! Encourages large motor skill development through fun soccer games and introduces small children to the group setting. Each participant receives a soccer jersey. Shin guards are required after the first meeting. **Skip 2/13**

DAY/DATE	TIME	LOCATION
Fri: 1/23-3/20	5:50-6:25pm	Rink
FEE	MIN/MAX	INSTRUCTOR
\$111 (8 Wks)	5/20	Kidz Love Soccer

Soccer I: Techniques & Teamwork

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. Each participant receives a soccer jersey. Shin guards are required after the first meeting. **Skip 2/13**

DAY/DATE	TIME	LOCATION
Fri: 1/23-3/20	4:15-5:00pm	Rink
FEE	MIN/MAX	INSTRUCTOR
\$111 (8 Wks)	5/20	Kidz Love Soccer

Soccer 2: Skillz and Scrimmages

7-10 Yrs

Kidz 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. Each participant receives a soccer jersey. Shin guards are required. **Skip 2/13**

DAY/DATE	TIME	LOCATION
Fri: 1/23-3/20	3:30-4:15pm	Rink
FEE	MIN/MAX	INSTRUCTOR
\$111 (8 Wks)	5/20	Kidz Love Soccer



Keys to Piano

1st-5th Grade

First time piano students will learn songs that are not only popular and fun to play, but that help with sight-reading, rhythm, theory and many other musical fundamentals. Our patient instructors encourage students to learn and experience the language of music while building self-esteem and confidence. Home practice and workbook study required.

DAY/DATE	TIME	LOCATION
Thur: 1/15-3/26	2:45-3:45pm	Lafayette Elem. Rm. 23A
FEE	MIN/MAX	INSTRUCTOR
\$245 (11 Wks)	6/15	Village Center for Arts

Musical Theatre Workshop

1st-5th Grade

Musical Theatre Workshop provides a stage of fun for everyone to sing, dance, act and team build while they improve their voice, stage presence and confidence. Students are introduced to basic vocal techniques, harmony, dance steps and choreography that foster success and camaraderie. They will also learn about plot and character development. There will be a performance for family and friends at the final class. **Skip 1/19, 2/16**

DAY/DATE	TIME	LOCATION
Mon: 1/12-3/23	2:45-3:45pm	Lafayette Elem. Rm. 23A
Wed: 1/14-3/18*	1:45-2:45pm	Springhill MPR
FEE	MIN/MAX	INSTRUCTOR
\$201 (9 Wks)/*\$223 (10 Wks)	8/25	Village Center for Arts

Winnie The Poodle | *New!*

6-13 Yrs

Do you like dogs? If so, you'll simply LOVE the story of Winnie the Poodle! She's an All-American Canine who helps save the world with her high-pitched bark. Barrett and his staff teach students about dance, singing, and acting while inspiring self-confidence and building self-esteem in a warm, nurturing, and fun environment. The class culminates in a fully staged musical production. **Skip 2/13, 4/3**

DAY/DATE	TIME	LOCATION
Fri: 1/16-5/10	3:00-5:30pm	Happy Valley MPR
Performances: May 9th & 10th		Performance at Las Lomas
FEE	MIN/MAX	INSTRUCTOR
\$428	40/60	Barrett Lindsay-Steiner Standing Ovation

Drama Club!

1st-5th Grade

A fun-filled, action-packed introduction to theater and the art of acting. Using theater games, acting exercises, storytelling, improvisation and scene-work, this class teaches true theater skills, builds self-confidence, and inspires the imagination! Class culminates with a free performance of scenes and monologues for friends, fans and family members!

DAY/DATE	TIME	LOCATION
Tue: 1/13-2/10	2:45-3:45pm	Lafayette Elem. Rm. 23A
Tue: 2/17-3/24	2:45-3:45pm	Lafayette Elem. Rm. 23A
FEE	MIN/MAX	INSTRUCTOR
\$153 (5 Wks)/\$183 (6 Wks)	10/20	Kenn Adams

French

1st-5th Grade

This fun and engaging class follows the natural language acquisition process of hearing, imitating and repeating, speaking and comprehending, then reading and writing. Through games, music, poetry and songs learners will discover many aspects of French life and culture and learn strategies for life long language learning.

DAY/DATE	TIME	LOCATION
Wed: 1/14-3/25	1:45-2:45pm	Lafayette Elem. Sci. Rm.
FEE	MIN/MAX	INSTRUCTOR
\$235 (11 Wks)	4/15	Leah Demathieu

FUNKMODE Hip Hop and Breakdance

K-5th grade

Does your child love to dance? Can't sit still when music comes on? Then they are ready for FUNKMODE Hip Hop and Breakdance! Students will build their confidence while learning various Hip Hop dance styles in a positive, encouraging atmosphere. We have developed a unique curriculum to ensure they will learn musicality, choreography and performance skills each week, while using their own creativity and personal expression. This empowering dance style is great for girls and boys because Hip Hop is for everyone! (Show day on last day of class) www.FUNKMODE.com. **Skip 2/13, 3/20**

DAY/DATE	TIME	LOCATION
Thur: 1/15-3/26	2:45-3:45pm	Burton Valley MPR
Fri: 1/16-3/27*	2:45-3:45pm	Lafayette Elem. Rm. 23A
FEE	MIN/MAX	INSTRUCTOR
\$179 (11 Wks)/*\$147 (9 Wks)	8/25	FUNKMODE

Pacific Chess Academy

Ist-5th Grade

Each lesson lasts 60 minutes and consists of instructions, analysis and tournament games during which students play against each other. Our lessons are fun and easy to follow, and include individual written instructions to practice at home. We provide our students with necessary chess equipment (board, pieces, and demonstration tools). ALL participants receive trophies at the end of the school year.

DAY/DATE	TIME	LOCATION
Thur: 1/15-3/19	2:45-3:45pm	Springhill MPR
FEE	MIN/MAX	INSTRUCTOR
\$167 (10 Wks)	10/30	Pacific Chess Academy

Berkeley Chess

Ist-5th Grade

Immerse yourself in the exciting world of chess! Chess is fun and can be learned quickly and easily! If you are new to chess or just polishing your skills, come develop your understanding and enjoyment of the king of games. The Berkeley Chess School is a nonprofit organization offering chess instruction from kindergarten through high school since 1982. We are an affiliate of the U.S. Chess Federation. **Mon: Skip 1/19, 2/16, 3/2**

DAY/DATE	TIME	LOCATION
Mon: 1/12-3/23	2:45-3:45pm	Burton Valley Library
Thur: 1/15-3/26*	2:45-3:45pm	Lafayette Elem. Science Rm.
FEE	MIN/MAX	INSTRUCTOR
\$139 (8 Wks)/*\$190 (11 Wks)	10/20	Berkeley Chess School

Ticket to Ride | *New!*

Ist-5th grade

Delve into the history and mechanics of favorite amusement park rides as students construct various popular rides with LEGO® bricks. Lessons incorporate principles of physics and engineering, such as “G-force,” inertia and momentum, all described in a way children can understand. Students will also be introduced to math concepts such as “there are 360 degrees in a circle.” These engaging lessons will give students an understanding of the physical forces they experience every day all while reinforcing the S.T.E.M. and CORE concepts and playing with the world’s most popular toy—LEGO®.

Skip 1/19, 2/16

DAY/DATE	TIME	LOCATION
Mon: 1/12-3/23	2:45-3:45pm	Lafayette Elem. Sci. Rm.
FEE	MIN/MAX	INSTRUCTOR
\$174 (9 Wks)	10/20	Bricks 4 Kids

Mission to Space with LEGO® | *New!*

Ist-5th grade

Get inspired to blast off and explore the solar system in this fun and educational class. From blasting off from the Kennedy Space Center to exploring the moon and Mars, each lesson will challenge students to use their imaginations as they learn about space exploration all while creating with the world’s most popular toy—LEGO®. Each lesson reinforces the S.T.E.M. and CORE concepts.

DAY/DATE	TIME	LOCATION
Tue: 1/13-3/24	2:45-3:45pm	Springhill MPR
FEE	MIN/MAX	INSTRUCTOR
\$212 (11 Wks)	10/20	Bricks 4 Kids

Fit Kids Broom Hockey

Ist-5th grade

New and exciting—Broom Hockey is fast pace and we will work on passing and shooting on goal. Just like the big boys. Brooms and wiffle balls are all part of the fun. **Skip 1/19, 2/16**

DAY/DATE	TIME	LOCATION
Mon: 1/12-3/9	2:45-3:45pm	Springhill MPR
FEE	MIN/MAX	INSTRUCTOR
\$91 (7 Wks)	8/25	Fit Kids America



Fit Kids Lacrosse | *New!*

Ist-5th grade

Come learn the basic techniques and rules for one of the fastest growing sports in the nation. This is not a full contact class and there will be NO CHECKING. The kids will have a blast learning how to catch, cradle, shoot on goal and scoop the ball. They will learn the proper way to hold and run with the fiddle stick.

DAY/DATE	TIME	LOCATION
Thur: 1/15-3/12	2:45-3:45pm	Springhill Fields
FEE	MIN/MAX	INSTRUCTOR
\$113 (9 Wks)	8/25	Fit Kids America

AFTER SCHOOL PROGRAMS

Fun with Science and Engineering

1st-5th grade

Students have fun building hands-on projects and performing science experiments! They will engage in projects such as building a Catapult, Rubberband-Powered Car, Bridge, Air-Powered Rocket, or Electronic Gameboard. They will run lab experiments such as The Bubble Lab, The Density Lab, The Eruption Lab, or The Taste Lab. All project and lab materials will be provided and each student will be able to take home completed projects. The main goals of the class are to give students a fun after school activity, while increasing their exposure to STEM (Science, Technology, Engineering, Math) and the methodologies and rigors of the scientific method, planning and prioritizing, time management, completing projects from start to finish, and organization. Students will gain a better understanding and appreciation for how the way things around them work and behave, and will learn how to break down and analyze problems. Fun with Science and Engineering is a class taught by Pon Academics, who has run this class for close to a decade. For more information, visit <http://ponacademics.com>

DAY/DATE	TIME	LOCATION
Tues: 1/13-2/10	2:45-3:45pm	Lafayette Elem. Sci. Rm.
Tues: 2/17-3/17	2:45-3:45pm	Lafayette Elem. Sci. Rm.
FEE	MIN/MAX	INSTRUCTOR
\$175 (5 Wks)	10/20	Pon Academics

WINTER BREAK CAMPS

Extreme Expedition with LEGO®

6-11 Yrs

Face the challenge of our extreme expedition camp as we explore the world and fight to survive the forces of nature. From avalanches and tornados to earthquakes, campers will construct base camps and escape crafts with LEGOs to survive the harsh environments. Each child will take home a LEGO model. *A \$7 materials fee is payable to the instructor at the first class.*

DAY/DATE	TIME	LOCATION
Mon/Tue: 12/29-12/30	9:00am-12:00pm	Cedar Room
FEE	MIN/MAX	INSTRUCTOR
\$79 (2 days)	10/24	Bricks 4 Kids

Mining and Crafting 1 with LEGO®

6-11 Yrs

Experience the world of Minecraft™ with LEGO® bricks in this fun winter camp! Kids will start by crafting shelters and some of the mobs, critters and tools from Minecraft™ using LEGO® bricks. Kids will face new challenges each day, building models and crafting key elements from the popular Minecraft™ game. Fun for all kids regardless of experience with Minecraft™.

DAY/DATE	TIME	LOCATION
Mon/Tue: 12/22-12/23	1:00-4:00pm	Cedar Room
FEE	MIN/MAX	INSTRUCTOR
\$79 (2 days)	12/24	Bricks 4 Kids

Mining and Crafting 2 with LEGO®

6-11 Yrs

Steve is jumping for joy as he introduces the newest members of his Minecraft™ world. Whether or not your child has attended our first camp, reward them with the creativity and excitement this new camp has to offer. Campers will be challenged to bring their virtual designs to life by building new mob figures, mosaics and custom models, incorporating LEGO® Bricks. So, are you ready for the challenge?

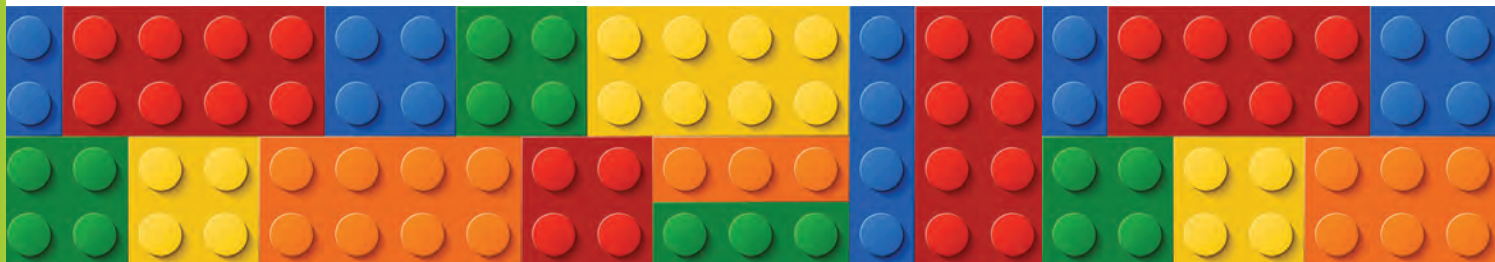
DAY/DATE	TIME	LOCATION
Mon/Tue: 12/29-12/30	1:00-4:00pm	Cedar Room
FEE	MIN/MAX	INSTRUCTOR
\$79 (2 days)	12/24	Bricks 4 Kids

Super Hero Academy with LEGO®

6-11 Yrs

Explore all the caped crusaders and discover their super powers with LEGO® bricks. Come create a fantasy world and protect it from the evil, arch enemies. Bring your cape! Each child will take home a LEGO® model. *A \$7 materials fee is payable to the instructor at the first class.*

DAY/DATE	TIME	LOCATION
Mon/Tue: 12/22-12/23	9:00am-12:00pm	Cedar Room
FEE	MIN/MAX	INSTRUCTOR
\$79 (2 days)	12/24	Bricks 4 Kids



Camp Awesome Winter Break by the Day

4-14 Yrs

Enjoy school breaks at Camp Awesome doing arts & crafts, sports and games (soccer, hockey, capture the flag, dodge ball and more), hikes and a ton of Awesome fun. Snack will be provided, wear sporty clothing, bring a water bottle, lunch and be ready for fun! Campers will be divided into groups based on age.

Early Care and Aftercare available!

DAY/DATE	TIME	FEE
Mon: 12/22	9:00-2:00pm	\$35 (1 Day)
Tues: 12/23	9:00-2:00pm	\$35 (1 Day)
Mon: 12/29	9:00-2:00pm	\$35 (1 Day)
Tues: 12/30	9:00-2:00pm	\$35 (1 Day)
Early Care	7:30-9:00am	\$10 (1 Day)
After Care	2:00-5:00pm	\$20 (1 Day)

LOCATION	MIN/MAX	INSTRUCTOR
Sequoia Room	20/50	Lafayette Staff

FITNESS

Karate

T 7-17 Yrs

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—\$14-Youth—is required. Belt ranking fees also apply, please inquire in class.*

Start any time. Register at class. The Open class is for 5 Yrs & up. The Inter/Adv class is for 7 Yrs & up.
www.kyokushinkarate-lafayette.com. Fees depend on how many days a week they come:

- 2 classes a week: \$50/month
- 3 classes a week: \$65/month
- 4 classes a week: \$75/month

LEVEL	DAY/DATE	TIME
Open	Mo/We—Ongoing	7:00-8:00pm

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

LEVEL/DAY/DATE	TIME
Tues: Adv./Thur: Inter.—Ongoing	4:00-5:30pm

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



CHILDREN

Blue Angels Youth Ski & Snowboard Program

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

2015 Program Dates: 5 Saturdays, 1/24-2/28

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



Lafayette Recreational Trails

Lafayette-Moraga Regional Trail

This 7.65-mile trail parallels St. Mary's Road through Lafayette and Moraga along a historic railroad route. It accommodates hiking, bicycling, and equestrian use. There are opportunities for restroom stops at the Lafayette Community Center and Park. Please call 1-888-EBPARKS (1-888-327-2757) or visit www.ebparks.org for more information.

City of Lafayette Neighborhood Trails

Neighborhood trails provide connections to regional trails and other recreational facilities or make loops within a neighborhood. Maps and detailed descriptions of the trails are available at the Lafayette Parks, Trails & Rec. Office at 500 St. Mary's Road or at www.ci.lafayette.ca.us.

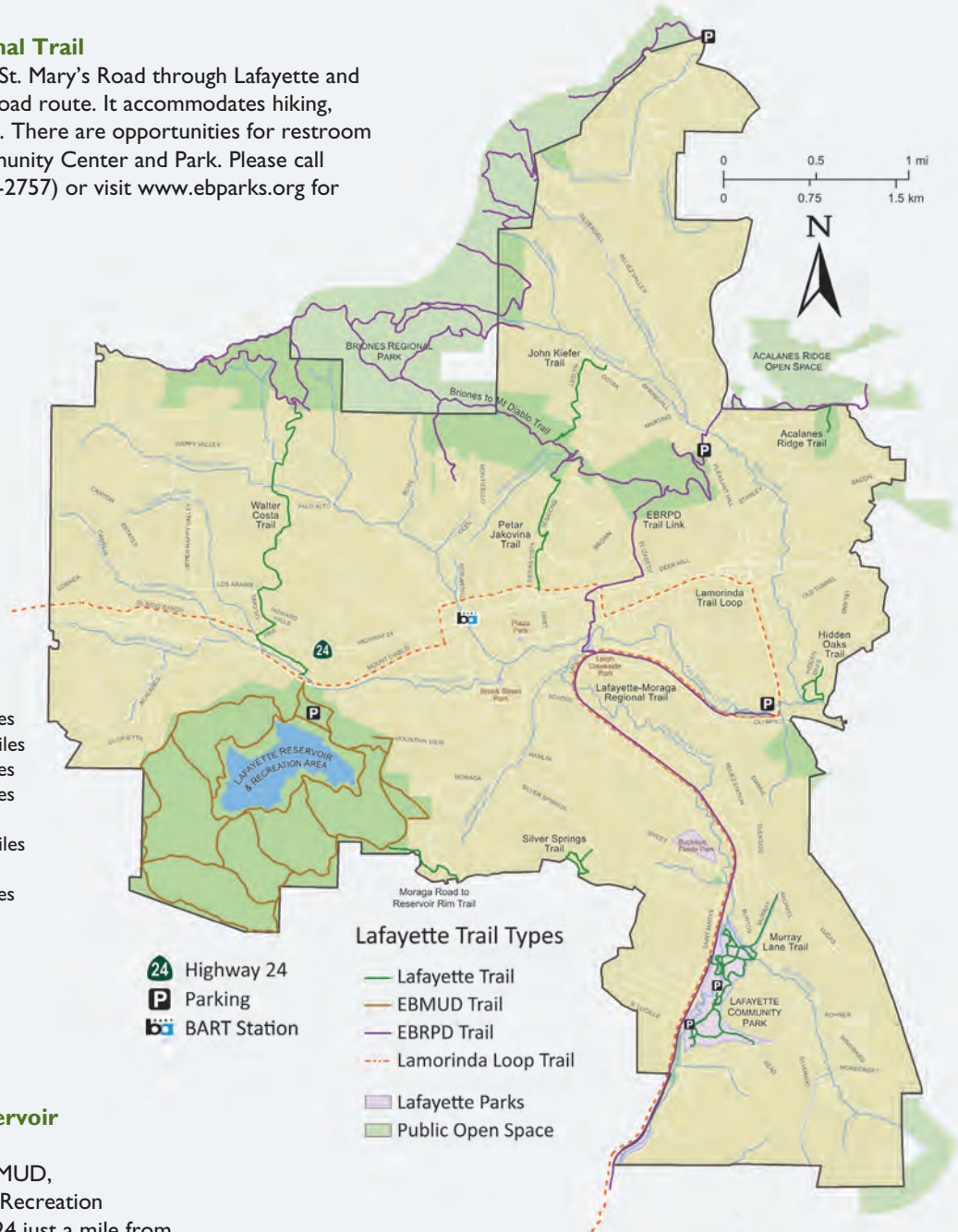
Walter Costa Trail	2.2 miles
Springhill Valley Trail	0.75 miles
Hidden Oaks Trail	0.5 miles
Murray Lane Trail	0.3 miles
Petar Jakovina Trail	1 mile
John Kiefer Trail	0.78 miles
Moraga Rd. to Reservoir Rim Trail	0.5 miles

Lafayette Community Park Trails

3 miles of multi-use trails.

EBMUD's Lafayette Reservoir and Recreation Area

Owned and operated by EBUD, the Lafayette Reservoir and Recreation area is located off Highway 24 just a mile from Lafayette BART. This all-year, day-use area is ideal for hiking, jogging, fishing, boating and picnicking. Hikers will love the 2.8-mile paved Shore Trail that completely encircles the Reservoir. The Rim Trail is a more challenging 4.3-mile dirt trail that traverses the ridge tops surrounding the Reservoir. Please call 284-9669 or go to www.ebmud.com for more information.





TENNIS

Tennis Club at 937-2582 for specific program questions.

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

Beginning Pee Wee Tennis

4-5 Yrs

This class is for beginners or students that are continuing on with lessons. Instruction on all basics plus rally contests, mini matches and strategy. **Skip 2/14, 2/15, 2/16**

DAY/DATE	TIME	LOCATION
Sun: 1/25-3/22	9:00-9:30am	Lafayette Tennis Club
Mon: 1/26-3/23	3:00-3:30pm	Lafayette Tennis Club
Wed: 1/28-3/18	3:00-3:30pm	Lafayette Tennis Club
Sat: 1/24-3/21	9:00-9:30am	Lafayette Tennis Club
FEE	MIN/MAX	INSTRUCTOR
\$68 (8 Wks)	4/10	Lafayette Tennis Club

Beginning Junior Tennis

6-9 Yrs

This class is for beginners or students that are continuing on with lessons. Instruction on all basics plus rally contests, mini matches and strategy. **Skip 2/14, 2/15, 2/16**

DAY/DATE	TIME	LOCATION
Sun: 1/25-3/22	9:30-10:30am	Lafayette Tennis Club
Mon: 1/26-3/23	3:30-4:30pm	Lafayette Tennis Club
Wed: 1/28-3/18	3:30-4:30pm	Lafayette Tennis Club
Sat: 1/24-3/21	9:30-10:30am	Lafayette Tennis Club
FEE	MIN/MAX	INSTRUCTOR
\$133 (8 Wks)	4/20	Lafayette Tennis Club

Beginning Youth Tennis

10-14 Yrs

This class is for beginners or students that are continuing on with lessons. Instruction on all basics plus rally contests, mini matches and strategy. **Skip 2/14, 2/15, 2/16**

DAY/DATE	TIME	LOCATION
Sun: 1/25-3/22	10:30-11:30am	Lafayette Tennis Club
Mon: 1/26-3/23	4:30-5:30pm	Lafayette Tennis Club
Wed: 1/28-3/18	4:30-5:30pm	Lafayette Tennis Club
Sat: 1/24-3/21	10:30-11:30am	Lafayette Tennis Club
FEE	MIN/MAX	INSTRUCTOR
\$133 (8 Wks)	4/20	Lafayette Tennis Club

Tennis

18 Yrs & Up

This class is for beginners or students that are continuing on with lessons. Instruction on all basics plus rally contests, mini matches and strategy. **Skip 2/14, 2/15, 2/16**

DAY/DATE	TIME	LOCATION
Mon: 1/26-3/23	6:30-7:30pm	Lafayette Tennis Club
Wed: 1/28-3/18	6:30-7:30pm	Lafayette Tennis Club
FEE	MIN/MAX	INSTRUCTOR
\$133 (8 Wks)	6/14	Lafayette Tennis Club

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

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



FITNESS

Yoga

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.

DAY/DATE	TIME	LOCATION
Tue: 1/6-3/24	6:00-7:15pm	Toyon Room
FEE	MIN/MAX	INSTRUCTOR
\$159 (12 Wks)	8/15	Elizabeth McIntyre

Tong Ren Qi Gong | *New!*

18 Yrs & Up

In this class you will learn Tong Ren Qi Gong which is a very simple but effective form of energy enhancing meditation. In addition to the weekly class you only need to practice for 15 minutes each day to realize its benefits. These benefits typically include an increase in energy, reduction in stress and improvement in chronic health conditions. **Skip 2/20**

DAY/DATE	TIME	LOCATION
Fri: 1/9-3/27	10:00-11:00am	Toyon Room
FEE	MIN/MAX	INSTRUCTOR
\$58 (11 wks)	8/15	Henry Yu

Zumba for Beginners

50 Yrs and Up

Join the fun with Zumba designed for seniors or all levels. This class focuses on many of the rhythms like meringue, salsa, chacha, cumbia and much, much more! **Skip 1/23, 2/20**

DAY/DATE	TIME	LOCATION
Fri: 1/9-3/27	12:30-1:15pm	Live Oak
FEE:	MIN/MAX	INSTRUCTOR
\$63 (10 Wks)	10/60	Jo Nash

Yoga Workout

T 16 Yrs & Up

This class teaches a mix of exercises (asanas) for strengthening, stretching and relaxing the body while also focusing on body alignment—a holistic approach. Students are introduced to the therapeutic aspects of yoga and yoga philosophy in a friendly, gentle atmosphere. Classes end with relaxation and breathing techniques. 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 1/19, 2/16**

DAY/DATE	TIME	LOCATION
Mon: 1/5-3/23	9:00-10:15am	Elderberry Room
Thur: 1/8-3/26	6:00-7:15pm	Toyon Room
FEE	MIN/MAX	INSTRUCTOR
\$133 (10 Wks)/\$159 (12 Wks)	8/15	Silloo Tarapore

Re-Balance the Body-Mind-Spirit Connection

18 Yrs & Up

In this class, an integral approach to rebuilding the union between the body, mind and spirit is explored; they each have a meaning and cannot be separated. The 3-part class includes: Part 1: targeted stretching and a systematic series of slow graceful movements that help release physical tension and enhance awareness of the body and mind. Part 2: exercises to increase memory and focus; meditation will be taught. Part 3: hand-eye coordination and integrative balance movements.

DAY/DATE	TIME	LOCATION
Mon: 1/12-2/23	10:30-11:45am	Toyon Room
Mon: 3/2-4/13	10:30-11:45am	Toyon Room
FEE	MIN/MAX	INSTRUCTOR
\$45 (7 Wks)	8/15	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, 50s and 60s! **Skip 1/19, 2/16**

DAY/DATE	TIME	LOCATION
Mon: 1/5-3/23	10:30-11:30am	Live Oak
Tue: 1/6-3/24	10:30-11:30am	Live Oak
Wed: 1/7-3/25	10:30-11:30am	Live Oak
Thur: 1/8-3/26	10:30-11:30am	Live Oak
FEE	MIN/MAX	INSTRUCTOR
Mon \$53 (10 Wks)/\$63 (12 Wks)	10/45	Sue Funkhouser

Yoga, Beginning/Advanced

18 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
Tue: 1/6-3/24	9:45-11:00am	Elderberry Room
Fri: 1/9-3/27	9:15-10:30am	Elderberry Room
FEE	MIN/MAX	INSTRUCTOR
\$159 (12 Wks)	10/22	Howard Van Es

Intro to Yoga

18 Yrs & Up

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

Skip 2/15

DAY/DATE	TIME	LOCATION
Sun: 1/11-3/29	10:30-11:45am	Sequoia Room
FEE	MIN/MAX	INSTRUCTOR
\$146 (11 Wks)	10/22	Howard Van Es

Hatha Yoga

18 Yrs and Up

This class emphasizes principles that are essential for a safe, well-rounded lifelong yoga practice. Importance is placed on teaching students to open and strengthen their bodies while bringing awareness to the mind, body, breath relationship. Cultivating this mindful awareness brings a deep inner peace where students can experience the profound and unexpected effects of calming the mind and nervous system as they learn to become more centered, present and still. All levels welcome.

DAY/DATE	TIME	LOCATION
Wed: 1/7-3/25	9:15-10:30am	Elderberry Room
FEE	MIN/MAX	INSTRUCTOR
\$159 (12 Wks)	8/15	Jenn Steadmann



Evening Yoga

T 16 Yrs & Up

This beginning/advanced beginning class promotes proper alignment, strength building, flexibility, and relaxation techniques through asanas (postures) and breathing practices. Poses are adjusted to suit different ages and body types. Bring yoga mat and thick blanket. **Skip 2/3, 3/10**

DAY/DATE	TIME	LOCATION
Tue: 1/6-3/24	7:15-8:30pm	Sequoia Room
FEE	MIN/MAX	INSTRUCTOR
\$138 (10 Wks)	8/15	Nancy Anderson

jazzercise®

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

On-going. Sign-up anytime.

Register at class.

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



Enjoy
Jazzercise
Everyday!

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

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

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

DANCE & MUSIC

Line Dancing

18 Yrs & Up

Picture rows of people dancing a set of choreography as an ensemble. Learn new and traditional line dances in a comfortable, welcoming, fun filled class. Line dancing isn't just country western anymore. It's also a rich blend of other music and dance styles including latin, popular and swing. Enjoyable exercise that will free the dancer in you. No partners needed. Beginners and intermediates welcome. No perfume or fragrances please. **Skip 1/19, 2/16**

LEVEL	DAY/DATE	TIME	LOCATION
Beginning	Mon: 1/5-2/9	12:30-1:30pm	Live Oak Room
Beg/Intermed	Mon: 1/5-2/9	1:30-3:00pm	Live Oak Room
Beginning	Mon: 2/23-3/23	12:30-1:30pm	Live Oak Room
Beg/Intermed	Mon: 2/23-3/23	1:30-3:00pm	Live Oak Room

FEE	MIN/MAX	INSTRUCTOR
\$38 (5 Wks)	10/40	John Trentacosti

LEVEL	DAY/DATE	TIME	LOCATION
Beg/Intermed	Tue: 1/6-2/10	7:30-9:00pm	Live Oak Room
Beg/Intermed	Tue: 2/17-3/24	7:30-9:00pm	Live Oak Room

FEE	MIN/MAX	INSTRUCTOR
\$45 (6 Wks)	10/40	John Trentacosti

Beginning Keyboard

T 10 Yrs-Adult

Most popular songs use only 3 or 4 simple chords. You can learn to play your favorites on the piano in just a few weeks. Only 6 students per class so you will get the help you need. No prior experience is required. It's easy and fun! *There is a \$10 materials fee for the textbook.* Bring your keyboard to class. **Skip 2/16**

DAY/DATE	TIME	LOCATION
Mon: 1/12-3/23	4:00-4:45pm	Elderberry Room

FEE	MIN/MAX	INSTRUCTOR
\$153	3/6	Ted Crowley

Guitar

T 10 Yrs-Adult

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. *A \$10 supply fee is payable to the instructor at the first class.* **Skip 2/16**

Beginning

DAY/DATE	TIME	LOCATION
Mon: 1/12-3/23	4:45-5:30pm	Elderberry Room

FEE	MIN/MAX	INSTRUCTOR
\$153 (10 wks)	3/8	Ted Crowley

Intermediate

DAY/DATE	TIME	LOCATION
Mon: 1/12-3/23	5:30-6:15pm	Elderberry Room

FEE	MIN/MAX	INSTRUCTOR
\$153 (10 wks)	3/8	Ted Crowley

ARTS

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
Thur: 1/8-2/12	9:30-12:30pm	Arts and Crafts Room
Thur: 2/19-3/26	9:30-12:30pm	Arts and Crafts Room

FEE	MIN/MAX	INSTRUCTOR
\$129 (6 Wks)	6/16	Mark Jezierny

Landscape and 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
Tue: 1/6-2/10	9:30-12:00pm	Arts and Crafts Room
Tue: 2/17-3/24	9:30-12:00pm	Arts and Crafts Room

FEE	MIN/MAX	INSTRUCTOR
\$93 (6 Wks)	6/16	Gary Bergren



COOKING

Thai Cooking

18 Yrs & Up

Recently returned from Thailand with new trends and his cookbook, *Easy Thai*, Chat invites you to get into Thai by learning Thai culinary philosophy and how to recognize Thai tastes and flavors by preparing a hands-on, 5-dish Thai meal. Learn to use herbs and spices, such as galangal and kaffir lime that are unique to Thai cuisine and transform fresh ingredients into delicious dishes. Bring your sharp chef knife or cleaver, cutting board, hand towel, and your own beverage.

DAY/DATE	TIME	LOCATION
Wed: 1/21	6:30-9:30pm	Kitchen
FEE	MIN/MAX	INSTRUCTOR
\$65 (1 day)	5/15	Chat Mingkwan



Healthy Stir Fries

18 Yrs and Up

Chinese invented wok and stir-fry cooking techniques and all Asian Cuisines adapted and modified this technique to call their own. Stir-frying is a fresh, quick, and easy food preparation technique, using the freshest ingredients, taking little time to cook, and employing the simplest technique. Let's make delicious and popular Asian stir-fried dishes from Chinese, Japanese, Thai, and Vietnamese cuisine and, make them healthier and more personalized by adding your own twists. We'll make dishes such as Beef and Broccoli, Spicy eggplant and Thai basil, Chow Main, Peppered Shrimp, Sweet and Sour and more. Bring your favorite wok, chef's knife, and beverage.

DAY/DATE	TIME	LOCATION
Wed: 2/4	6:30-9:30pm	Kitchen
FEE	MIN/MAX	INSTRUCTOR
\$65 (1 Day)	5/12	Chat Mingkwan

Chinese Regional Cooking

18 Yrs and Up

Learn to make popular Chinese dishes with simple and easy cooking techniques. Learn to use Chinese seasonings, herbs, and spices from four regions of Hearty North, Sweet East, Spicy West and Tropical South. In this hands-on class, let's use all Chinese cooking techniques of stir-frying, deep-frying, steaming, poaching, etc. We'll make Chicken Salad, Wonton Soup, Steamed Fish, Stir-fried Noodles, Kungpow, and more. Most dishes can be made in big batches that last for several meals. Bring your sharp chef's knife or cleaver, cutting board, hand towel and beverage.

DAY/DATE	TIME	LOCATION
Wed: 2/25	6:30-9:30pm	Kitchen
FEE	MIN/MAX	INSTRUCTOR
\$65 (1 Day)	5/15	Chat Mingkwan

Fried Rice Workshop

18 Yrs and Up

Why eat just plain rice when there are so many great recipes from all over Asia that utilize this basic staple to make delicious dishes? Fried rice includes all necessary components in one meal: carbohydrate, protein, vegetables, and unique seasonings, herbs and spices from different Asian countries. In this hands-on class, we will make fried rice from China—Yangchow, Indonesia—nasi goreng, Singapore—bami goreng, Thailand—pad krapow, and Vietnam—crab and pineapple. Bring your chef's knife, cutting board, hand towel and beverage.

DAY/DATE	TIME	LOCATION
Wed: 3/11	6:30-9:30pm	Kitchen
FEE	MIN/MAX	INSTRUCTOR
\$65 (1 Day)	5/15	Chat Mingkwan



COOKING

Chicken Tikka Masala | *New!*

18 Yrs and Up

In this course you will learn the necessary skills to successfully prepare a popular dish known as Chicken Tikka Masala. You will not only learn the proper techniques and skills but you will also learn about different East Indian spices and their uses.

DAY/DATE	TIME	LOCATION
Fri: 1/16	10:00-1:00pm	Kitchen
FEE	MIN/MAX	INSTRUCTOR
\$63 (1 Day)	5/15	Rosemary Davidson

Tea Time Snacks | *New!*

18 Yrs and Up

Learn to make quick and easy snacks that will be a source of pride and joy for any host or hostess. We'll make delicious dishes like samosas with any vegetable or meat filling, deep fried potatoes or spinach pakoras and also learn how to prepare a sweet and tasty snack which could be served as a dessert.

DAY/DATE	TIME	LOCATION
Fri: 1/30	10:00-1:00pm	Kitchen
FEE	MIN/MAX	INSTRUCTOR
\$63 (1 Day)	5/15	Rosemary Davidson

Another Wonder of Peru: Its Cuisine | *New!*

 **16 Yrs & Up**

In these hands-on workshops, you will discover the Italian influence on Peruvian cuisine. Peruvian cooking has been in creation for 7,000 years, with the cultural influences that arrived to 'generous Peru' throughout its history. Each workshop will be a new experience as we explore different dishes and techniques.

Jan. 22nd Workshop Menu: Dungeness Crab "a la Parmesana"; a creamy quinoa risotto flavored with bacon and mushrooms called Quinotto; and peach tres leches with Italian merengue.

Feb 26th Workshop Menu: Peruvian olive canapes; shrimp and crab fettucini; and a apricot-coconut torta for dessert.

March 26th Workshop Menu: Artichoke and portobello mushroom ceviche; and a shrimp and scallop risotto. For dessert, we'll make an amazing fresh mango pie.

\$16.00 supply fee due at class. <http://norafrazier.wix.com/peru-ancuisine>

DAY/DATE	TIME	LOCATION
Thur: 1/22	6:30-9:30pm	Kitchen
Thur: 2/26	6:30-9:30pm	Kitchen
Thur: 3/26	6:30-9:30pm	Kitchen
FEE	MIN/MAX	INSTRUCTOR
\$52 (1 Day)	5/15	Nora Frazier



SPECIAL INTEREST

Bridge Workshop—Diamond Plus

18 Yrs and Up

This course is designed to provide reinforcement of one's bridge skills. 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 2/16**

DAY/DATE	TIME	LOCATION
Mon: 1/12-3/23	3:15-5:15pm	Sequoia Room
FEE	MIN/MAX	INSTRUCTOR
\$103 (10 Wks)	8/24	Carol Griffin

Bridge Workshop—Diamond Series

18 Yrs and Up

The Diamond Series is the ACBL intermediate course focusing on the play of the hand. We will cover as much as possible in Part I and finish the book in Part II. 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. *There is a required textbook for \$20 available from the instructor.* **Skip 2/16**

DAY/DATE	TIME	LOCATION
Mon: 1/12-3/23	1:00-3:00pm	Cedar Room
FEE	MIN/MAX	INSTRUCTOR
\$103 (10 wks)	8/24	Carol Griffin

Mandarin—Conversational Chinese

18 Yrs and Up

To teach conversational Chinese and enable students start learning Mandarin Chinese. Through conversation, games, cultural introduction, students learn phonic skill, greetings, numbers, family member titles, date/time, basic grammar and character writing knowledge. Knowledge learned in the class can be easily applied to travel, business, academic needs or personal interest. *\$10 supply fee payable to instructor on first day of class.* **Skip 1/19, 2/16**

LEVEL	DAY/DATE	TIME	LOCATION
Level 1	Mon: 1/5-3/23	9:00-10:15am	Arts & Crafts Room
Level 3	Mon: 1/5-3/23	10:30-11:45am	Arts & Crafts Room
Level 2	Mon: 1/5-3/23	12:00-1:15pm	Arts & Crafts Room
FEE	MIN/MAX	INSTRUCTOR	
\$173 (10 Wks)	2/6	Walnut Creek Chinese School	

Italian for Beginners and Travellers

18 Yrs and Up

In this eight week session, students will actively participate in speaking the Italian language with the instructor and peers. We will engage in role-playing, games, music, presentations, grammar and written exercises that will foster a fun and dynamic acquisition of the language. The instructor will use a variety of tools to make sure that the participants are fully benefiting from the class.

DAY/DATE	TIME	LOCATION
Tue: 1/20-3/10	7:00-8:30pm	Elderberry Room
FEE	MIN/MAX	INSTRUCTOR
\$123 (8 Wks)	6/20	Dario Ciarlantini



Adult CPR

11 Yrs and 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 LAB FEE WILL BE COLLECTED AT THE BEGINNING OF CLASS.**

DAY/DATE	TIME	LOCATION
Tue: 2/24	7:00-10:00pm	Elderberry Room
FEE	MIN/MAX	INSTRUCTOR
\$38 (1 Class)	4/10	Adele Christensen

Basic First Aid

11 Yrs and Up

A 3 hour Acute Care Training (ACT) course teaching students the causes, prevention and care of first aid emergencies. Instruction includes treatment of head and bleeding injuries, fractures, wounds, burns, poisonings, and more. Certification is good for 2 years. **A \$10 LAB FEE WILL BE COLLECTED AT THE BEGINNING OF CLASS.**

DAY/DATE	TIME	LOCATION
Thur: 2/26	7:00-10:00pm	Elderberry Room
FEE	MIN/MAX	INSTRUCTOR
\$38 (1 Class)	4/20	Adele Christensen

Dog Obedience Classes

T All Ages; Children must be accompanied by a parent

Beginning Dog Obedience

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

Basic obedience instruction for puppy owners and their puppies. Puppies will learn sit, down, come, stay, stand and heel. Solutions for puppy behavior problems including jumping, biting, etc. Bring proof of vaccinations to 1st class. Equipment required: 6 foot leather leash, martingale collar. Attendance is mandatory at the first week of class. No dogs at first class.

DAY/DATE	TIME	LOCATION
Wed: 1/14-3/4	6:00-7:00pm	Cedar Room
FEE	MIN/MAX	INSTRUCTOR
\$183 (8 Wks)	6/8	Barb Peppin

Intermediate Dog Obedience

T All Ages

Intermediate Dog Obedience Prereq: Completion of LCC Beg. Obedience or instructors permission. Develop skills to pass the AKC Canine Good Citizen Class. Introduction to Agility.

DAY/DATE	TIME	LOCATION
Wed: 1/14-3/4	7:15-8:30pm	Rink
FEE	MIN/MAX	INSTRUCTOR
\$173 (8 Wks)	6/10	Barb Peppin

Advanced Dog Obedience

T All Ages

Prereq: Completion of LCC Intermediate Obedience Class or instructor permission. Develop skills to compete in AKC obedience trials.

DAY/DATE	TIME	LOCATION
Thur: 1/15-3/5	8:30-9:30am	Rink
FEE	MIN/MAX	INSTRUCTOR
\$103 (8 Wks)	6/12	Barb Peppin





Passport to Retirement

50 Yrs & Up

Passport to Retirement is a comprehensive retirement system that educates and helps attendees overcome the roadblocks to a successful retirement. Learn how to:

- Define and create your retirement;
- Assess the costs of retirement;
- Evaluate sources of income;
- Invest for the future;
- Protect your health and wealth;
- Manage your estate distribution . . . and more.

The system is filled with compelling statistics, case studies, and the workbook includes a wealth of self-analysis quizzes.

DAY/DATE	TIME	LOCATION
Wed: 3/11-3/18	6:30-9:30pm	Elderberry Room
Thur: 3/5-3/12	6:30-9:30pm	Cedar Room
FEE	MIN/MAX	INSTRUCTOR
\$49 (2 Wks)	6/20	Bob Stafford, CFP

American Mah Jongg Refresher

18 Yrs & Up

This class is for those who have played Mah Jongg a little and would like to enhance their skills in a friendly, non competitive environment.

DAY/DATE	TIME	LOCATION
Fri: 3/6-3/20	1:00-3:00pm	Elderberry Room
FEE	MIN/MAX	INSTRUCTOR
\$33 (3 Wks)	6/12	Alice Stern

Intro to Improv!

18 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: 1/7-2/11	7:00-9:00pm	Elderberry Room
Wed: 2/18-3/25	7:00-9:00pm	Elderberry Room
FEE	MIN/MAX	INSTRUCTOR
\$153 (6 Wks)	10/20	Kenn Adams



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 will be closed for renovation this season but will feature many upgrades upon reopening in the fall.



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. See page 6 for party information.



Register for classes: (925) 284-5050

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

Membership Fees and Benefits

Members of Lafayette Senior Services pay no fee, or the discounted fee, for programs and services listed below. Additionally, the quarterly Activity Guide is mailed to each member. Your membership pays for itself after just 1 1/2 classes! You need not be a Lafayette resident to join.

ANNUAL FEE: January 1-December 31, 2015

\$15 per person

Reservoir Walking Group

Led by Jim Scala, Lafayette Today's "Walking the Reservoir" Columnist

Join us every Thursday for camaraderie, fresh air and enjoyable exercise, all in magnificent surroundings. Optional bonus: at the end of the walk, Jim will lead you through easy yoga poses and breathing exercises in the most beautiful outdoor yoga studio: the band stage overlooking the water. Increase your balance and fitness—both physical and mental—and leave feeling uplifted and radiating with that overall sense of well-being! Jim is an author; nutritional expert; former Air Force pilot and consultant to the U.S. Olympic Ski Team and Mt. Everest expeditions. Please call 284-5050 to add your name to the email notification list. Bring quarters or credit card for parking meter. Annual senior (62+) parking passes may be purchased at the reservoir visitor center.

DAY/DATE	TIME	LOCATION
Every Tuesday	10:00-11:30pm	Meet at Res: Center Bench on the Dam
FEE:	MEMBERS	NON-MEMBERS
	Free	Free



Apple Basics

Facilitated by Sharon Beck, Owner of Mac-Senior

This ongoing series covers topics such as the technology needed for wireless communication, your Apple ID, iTunes, iCloud and the basics of iPad and iPhone usage. Topics for future sessions are based on 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 1/15, 2/5, 2/19, 3/5, 3/19	10:30am-Noon	Cedar Room
FEE:	MEMBERS	NON-MEMBERS
Per class	Free	\$10

'As the Page Turns' Book Club

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

Looking for a good book to discuss with others? Join this informal group of booklovers and enjoy enrichment, lively discussion, fellowship and refreshments. Please call Lafayette Senior Services for the book titles or to add your name to the email notification list: 284-5050.

DAY/DATE	TIME	LOCATION
3rd Tuesdays 1/20, 2/17, 3/17	1:00-2:30pm	Elderberry Room
FEE:	MEMBERS	NON-MEMBERS
Per meeting	Free	\$10

Origami

Instruction by Julia Lam

Learn the ancient art of origami: Japanese paper folding to create works of art. Although there are very intricate designs, beginning paper folders will start with a basic design. Julia will accommodate those who would also like to learn slightly more difficult, but still easily mastered, designs. Please bring one crisp, new one-dollar bill with which to make a special creation. Paper for all other projects will be provided.



DAY/DATE	TIME	LOCATION
Wed: 1/28	2:00-4:00pm	Elderberry Room
FEE:	MEMBERS	NON-MEMBERS
	Free	\$10



Men's Slow Pitch Softball

68 Yrs and Up

This Lamorinda team for players with varying levels of experience focuses on fun, camaraderie and safety. Games in this recreational league will be played Wednesdays, 9:30-11:30am, with practices Mondays, 9:00-10:30am. First-year start-up fees are estimated at \$55/player plus the annual Lafayette Senior Services membership fee. Fees in subsequent years will be lower. A waiting list will be started when the team is full. For more information, please contact Alan at (925) 876-9974 or alkanije@aol.com. Please write "Softball" in subject line of email.

Drop-In Mah Jongg

Calling all Mah Jongg players! Bring your card and mah jongg set, and join us every Tuesday afternoon. This ongoing, drop-in group is for all levels.

DAY/DATE	TIME	LOCATION
Every Tue Starting 1/6	Noon-3:00pm	Cedar Room
FEE:	MEMBERS	NON-MEMBERS
Per meeting	Free	\$10

Free Peer Counseling

Contra Costa Health Services offers free one-to-one counseling with senior (55+) counselors who use their life experiences to help 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 1/13, 2/10, 3/10	10:00 or 11:00am Appointment	Alder Room
FEE:	MEMBERS	NON-MEMBERS
	Free	Free

Cultivating Your Creativity

Facilitated by Ted Fuller, Lafayette Author and Editor

This 5-week course will include exercises and challenges that generate ideas; creations of innovative, even quirky, individuals; and problem-solving guidelines. Field trip(s), a guest speaker or two and myriad resources are all part of this innovative class. Limited to 15 participants.

DAY/DATE	TIME	LOCATION
Wed: 2/25, 3/4, 3/11, 3/18, 3/25	10:30am-Noon	Toyon Room
FEE:	MEMBERS	NON-MEMBERS
Per meeting	Free	\$10



Digital Cameras

Presented by Fred Winslow

FEE:	MEMBERS	NON-MEMBERS
Per class	Free	\$10

How to Take Photos

There is much more to taking good photos than just clicking the shutter on your digital camera. Learn the basics of composition and lighting, and how to use the many settings and options that ensure the best quality for saving, sending and printing your treasured photographs.

DAY/DATE	TIME	LOCATION
Wed: 1/21	10:30am-Noon	Cedar Room

Q&A Session

Bring your questions to this open forum where Fred will provide as many answers as time will allow. You will learn new tips, tricks and techniques through Fred's answers to participants' questions. Topics may range from the very basic to the more advanced--there will be something for everyone.

DAY/DATE	TIME	LOCATION
Wed: 2/18	10:30am-Noon	Cedar Room

Hearing Screening and Telephone Distribution

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

As a service in addition to your hearing screening, if it is determined that you are eligible for specialized telephone equipment, a representative from the California Telephone Access Program (CTAP) will provide you with a free adaptive telephone at your appointment. Minimum of 2 sign-ups required in order for screenings to take place. Appointment required: 284-5050.

DAY/DATE	TIME	LOCATION
1st Wednesday Monthly 1/7, 2/4, 3/4	1:00-2:20pm	Alder Room
FEE:	MEMBERS	NON-MEMBERS
Free		\$10

Anne Randolph Physical Therapy Presentations

Anne Randolph, RPT, has been practicing physical therapy since 1977. She provides outpatient therapy in Lafayette and specializes in the care of those 55 and over.

FEE:	MEMBERS	NON-MEMBERS
Per class:	Free	\$10

Parkinson's

Living with Parkinson's Disease (PD) can be challenging, but there are things you can do to maintain your quality of life and live well. Learn about the stages of PD and how to optimize your physical ability as long as possible.

DAY/DATE	TIME	LOCATION
Wed: 1/28	11:30am-12:30pm	Elderberry Room

Posture

Poor posture can lead to discomfort, pain and other problems. Discussion, demonstration and exercises will be offered to improve posture, decrease pain and help in the never ending battle against gravity.

DAY/DATE	TIME	LOCATION
Wed: 2/25	11:30am-12:30 pm	Elderberry Room

Art of Balance

If you are worried about falling or are at risk of falling, you should know about activities that improve balance. Learn how to gain increased balance and avoid the risk of falling.

DAY/DATE	TIME	LOCATION
Wed: 3/25	11:30am-12:30 pm	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 provide a dance lesson and live DJ services, playing your favorites and taking requests.

DAY/DATE	TIME	LOCATION
Every Wednesday	12:30-3:00pm	Live Oak Room
FEE:	MEMBERS	NON-MEMBERS
Per meeting	Free	\$10

Document Your Life Story

MFA Candidate in Creative Writing, St. 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. You will be guided through the process of leaving a living history for future generations—what a gift! These are not drop-in classes but are meant to be taken as a complete course. Dates, times and meeting rooms to be determined. Please call Lafayette Senior Services for details: (925)284-5050.

DAY	TIME	LOCATION
TBD	TBD	Lafayette Community Ctr.
FEE	MEMBERS	NON-MEMBERS
Per class	Free	\$10

Smart Driver 4-Hour Refresher Course

Offered through AARP

This abbreviated refresher course is for those who have taken an AARP driving course within the last four years. Refine your driving skills, develop safe, defensive techniques and possibly lower your insurance premium. Max: 25 pre-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
Thu: 2/26	9:00am-1:30pm	Elderberry Room
FEE:	AARP MEMBERS	NON-MEMBERS
	\$15	\$20



ADULTS 55+



Lamorinda Nature Walk and Bird-Watching

Led by Ben Petterson, Experienced Hiker and Bird-Watcher

Experience nature at its finest along our local trails. Delight in the beauty that unfolds around each bend, all the while learning to identify a variety of birds. Bring a water bottle; binoculars are helpful if you have them. Join us every Wednesday or whenever you are able. Meet at Lafayette Senior Services (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 1/7	9:00am-Noon	Alder Room

FEE:	MEMBERS	NON-MEMBERS
	Free	Free

The 'Services' Side of Lafayette Senior Services

It's true that we offer wonderful programs for your enjoyment and enrichment, but did you know we also serve as a resource center for all things related to older adults? Although we don't offer endorsements for resources, we do answer your questions and share resource information regarding:

- Independent Housing
- Transportation
- In-home Care
- Assisted Living
- Memory Care
- Respite Programs
- Geriatric Care Management
- Veterans' Benefits
- California Assistive Technology Program
- Elder Abuse
- Legal/Advocacy Assistance
- ...and much more

Call us at (925) 284-5050, visit us at Lafayette Senior Services located in the Alder Room at Lafayette Community Center, 500 St. Mary's Road, Lafayette, or click on the "Seniors" tab at www.LoveLafayette.org for more information.

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 1/20, 2/17, 3/17	10:30am-Noon	Sequoia Room

FEE:	MEMBERS	NON-MEMBERS
Per meeting	Free	\$10



Positive Living Forum ("Happiness Club")

Moderated by 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 1/8, 2/12, 3/12	10:30am-Noon	Elderberry Room

FEE:	MEMBERS	NON-MEMBERS
Per meeting	Free	\$10

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: 1/12, 1/26, 2/9, 2/23, 3/9, 3/23	1:30-2:30pm	Elderberry Room
FEE:	MEMBERS	NON-MEMBERS
Per meeting	Free	\$10

Health Insurance Counseling and Advocacy Programs (HICAP)

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

HICAP provides free and objective counseling and advocacy services to Contra Costa Medicare beneficiaries and their families who need assistance with Medicare enrollment and issues involving Medicare and associated insurance programs, including prescription drug coverage. For appointments, call Lafayette Senior Services: 284-5050. HICAP does not endorse or sell insurance products.

First Wednesday Monthly

DATE	APPOINTMENT TIMES	LOCATION
1/7, 2/4, 3/4	10:00am, 11:00am, or Noon	Alder Room

Third Tuesday Monthly

DATE	APPOINTMENT TIMES	LOCATION
1/20, 2/17, 3/17	10:00am, 11:00am, or Noon	Alder Room

Free Legal Assistance for Older Adults (60+)

Appointment required. **NOTE: A \$15 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.** In order for legal counseling to take place, both time slots must be filled. Please send check, made payable to Senior Legal Services, to Lafayette Senior Services, 500 St. Mary's Road, Lafayette, CA 94549. Call Lafayette Senior Services for an appointment: 284-5050.

- 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
Thur: 1/15, 2/19, 3/19	10:00 or 11:00am	Alder Room

Lamorinda Spirit Van News

By the time you receive this publication, the Lamorinda Spirit Senior Van Program will have received a new 12-passenger, wheelchair-accessible vehicle through the 5310 Federal Grant Program. This will give us a total of three reasonably new vehicles of varying sizes and one older vehicle as a back-up.

We continue to look for additional volunteer drivers so that we can operate two vehicles during peak times, increasing our service hours from 60 to 80 per week. We love to say, "Yes!" when passengers call us for a ride. Please consider providing this valuable gift of service to your community by calling 284-5546 to inquire. Training is provided, and a regular Class C driver's license is sufficient for our 9-passenger and 4-passenger vehicles. You will be joining a great group of people.

Your tax-deductible donations make this service possible. If you would like to support this program, you may make your check payable to the City of Lafayette. Write Lamorinda Spirit Van on the memo line, and mail to Lamorinda Spirit Program, Lafayette Community Center, 500 St. Mary's Road, Lafayette, CA 94549.

Lamorinda Senior Transportation

An Alliance of Transportation Providers

Lamorinda Spirit Van 283-3534

Transportation for Lamorinda older adults 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.

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

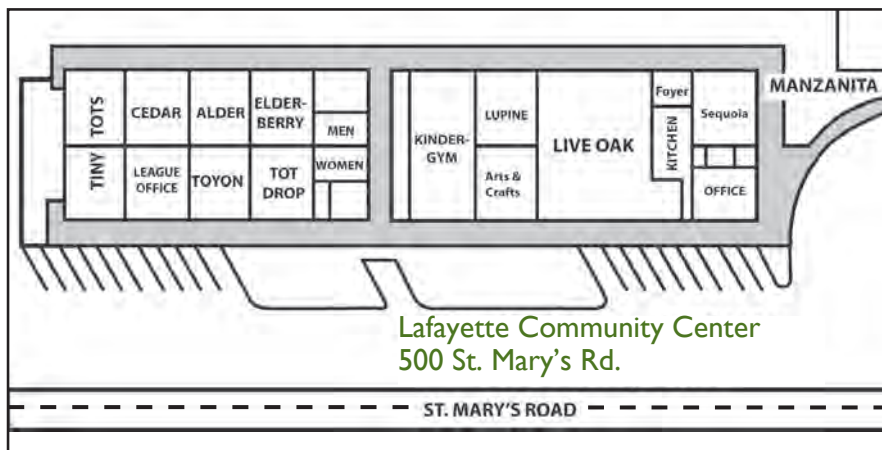
Volunteer drivers serving Contra Costa seniors with rides to doctors' appointments during the week. Grocery shopping on Saturdays.

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.)

Wanted: Volunteer Drivers

Lafayette Class Locations



Lafayette Community Center
500 St. Mary's Rd.

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
- Lafayette Library & Learning Center
3491 Mt. Diablo Blvd., Lafayette
385-2280
- Burton Valley Elementary
561 Merriewood Drive, Lafayette
- Happy Valley Elementary
3855 Happy Valley Road, Lafayette
- Lafayette Elementary
950 Moraga Road, Lafayette
- Springhill Elementary
3301 Springhill Road, Lafayette

Community Contacts

- 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

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

Contact Us:

www.LafayetteRec.org

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

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



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

PRSR STD
US POSTAGE
PAID
Wesco Graphics, Inc.
ECRWSS

RESIDENTIAL CUSTOMER

Start something new—just for YOU!



Jazzercise and other exercise
classes 7 days a week.

» **Lafayette Rec**