

FALL | 2015

LAFAYETTE RECREATION



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CITY RECREATION PROGRAMS & SERVICES

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**

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Cover photos provided by Stu Selland

28th Annual
LAFAYETTE CHAMBER OF COMMERCE
presents
LAFAYETTE RESERVOIR RUN

Sponsored by **Oakwood**
Printing courtesy of **MP**

Sunday, October 25, 2015
www.lafayettechamber.org

Presented By: Lafayette Chamber of Commerce & City of Lafayette

Lafayette Reservoir Run

The Lafayette Reservoir Run is the city's most popular "family affair", involving kids, parents, grandparents, and hundreds of serious runners from throughout the Bay Area. 2200-2500 participants compete in a 10k or 5k Certified Runs and a 2 mile run/walk for fun through the heart of the downtown, around the reservoir and back. Sprinters, walkers, the "stroller brigade" and many of Lafayette's top four legged residents share the streets on that festive Sunday morning.

Sunday, October 25, 2015

Start Location: Mt. Diablo Blvd. between First St. & Moraga Rd.

Registration Opens: 6:30am

Registration:

- Adult registration fee: \$30; Day of Race fee: \$35
- Elementary school fee: \$22; Day of Race fee: \$27



Santa's Bag Boutique

.....
A LAFAYETTE TRADITION
FOR 25 YEARS

Fri, December 4 • 11:00am–7:00pm

Sat, December 5 • 9:00am–5:00pm

Sun, December 6 • 9:00am–5:00pm

Lafayette Community Center

Featuring Handcrafts
from 60+ Artists

~Free~

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

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



Saturday, Sept. 19th 10–7 PM

Sunday, Sept. 20th 10–6 PM

Downtown Lafayette

Take
BART
Just 1 block away

— FREE —

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

The Lafayette Art & Wine Festival, held each year on the third weekend in September, is the largest event in Lamorinda and one of the five biggest outdoor festivals in Contra Costa County. Over 50,000 attended in 2013, strolling among stalls of art, handmade crafts, sampling foods from top local restaurants, and enjoying quality wines and microbrews. We are a four time winner of the *Diablo Magazine* Best of the East Bay's Best Festival— including winning in 2013.



www.lafayettechamber.org
www.facebook.ca/lafayettefestival
[@friendlychamber#Laffest](https://twitter.com/friendlychamber#Laffest)



A Halloween-themed poster for a haunted house event. The background is a dark, spooky landscape with a large, glowing orange moon, silhouettes of a haunted castle, bare trees, and flying bats. In the foreground, there are several jack-o'-lanterns and tombstones. The text is overlaid on the right side of the poster.

Please join us
for a ghoulishly
good time!

Lafayette Youth Commission's Annual
HAUNTED HOUSE

Friday, 10/23 & Sunday, 10/25
5:00-7:00pm — Not Too Scary
Parents accompany children 7 & under

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

Lafayette Community Center
500 St. Mary's Rd.
Ages 7 & Under: \$3 • Ages 8 & over: \$5

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



Have Your Next Event At The Lafayette Community Center

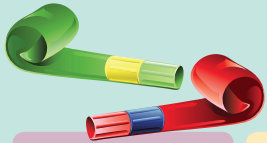
Located in beautiful Burton Valley, the Lafayette Community Center has rooms available for wedding receptions, fundraisers, reunions, anniversaries, special events, business meetings and public forums. A fully equipped commercial kitchen offers caterers a stress-free food preparation experience and parking is plentiful for guests. To find out about availability, room capacities and rental rates, call 925.284.2232 or email us at recreation@ci.lafayette.ca.us

4th Annual Lafayette Creek Day

Come join us for the 4th annual Lafayette Creek Day! Help care for Las Trampas Creek, learn about the importance of creeks and how they are affected by drought, and enjoy the creek and Community Park.

Sunday, September 27
10am–2pm at the
Lafayette Community Park

Please visit the City's website for more information.
www.lovelafayette.org/CreekDay



Themed Birthday Parties

Kinderdance Parties

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

Cooking Parties

5-13 yrs
 Notify of any food allergies when reserving dates. We do scout badge cooking classes

Kindergym Parties



Indoor Sport Parties

5-7 Yrs:
 Combo: Soccer, Hockey, Basketball, Dodge Ball

Dodge Ball Parties

7-13 yrs
 "...best party any of our kids have had yet. Crew members were unbelievable."
 —Megan Stern



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
Cooking Parties	LCC Kitchen	\$330	2 hrs	\$163	10 max	(925) 932-1114
Kindergym	Kindergym	\$195/\$260	1.5/2 hrs	--	15 max	(925) 284-2232
Indoor Sport*	Manzanita Rm	\$195	1.5 hrs	--	10/24	Ace: (925) 284-2234
Dodge Ball*	Manzanita Rm	\$195	1.5 hrs	--	10/24	Ace: (925) 284-2234

*Indoor Sport & Dodge Ball Parties are sold as specific packages. We cannot make changes to games or the length of the party. Parties include 1 hour of play and 30 minutes for food and cake. Food, decorations and paper products not included.



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 (\$11/hr effective Sept. 1st). **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



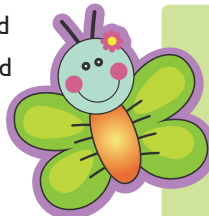
I ♥ TINY TOTS

School Starts
9/8/15

Lafayette Tiny Tots Preschool

2015-2016 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.



Mon/Wed/Fri

begins 9/9/15

Time

9:00am-1:30pm

Ages

3 1/2-4 1/2

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

Fee

\$855 (paid every 9 weeks)



Tuesday/Thursday
Spaces Available

Tues/Thurs

begins 9/8/15

Time

9:00am-11:45pm

Ages

2 yrs 4 mos-3 1/2

(Must be 2 yrs 4 mos by 9/1/15)

Fee

\$505 (paid every 9 weeks)
Optional Lunch Bunch extends the day

ARTS & CRAFTS



Kids' Carpentry Class

5-12 Yrs

Since 1982 Michael Glass, the director of Kids' Carpentry, and his wife Jeab have 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 super-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. Our motto: Building confidence and teaching with respect and humor in a safe and happy environment. This program can be taken year-round with new projects to build for the veteran carpenters! *\$42 supply fee payable to instructor at first class.*

DAY/DATE	TIME	LOCATION
Fri: 9/18-11/6	3:00-4:00pm	Arts and Crafts Room
Fri: 9/18-11/6	4:00-5:00pm	Arts and Crafts Room
Fri: 9/18-11/6	5:00-6:00pm	Arts and Crafts Room
FEE	MIN/MAX	INSTRUCTOR
\$126 (8 Wks)	6/9	Kids Carpentry



COOKING

Cooking with Kids

4-10 Yrs

New 5 week session. Cooking with Kids, inspires kids to enjoy healthy food. Kids eat what they cook. Our goal is to make your children fall in love with healthy eating. Young chefs have fun while learning a valuable life skill. The class includes how to grocery shop, understand food labels, work safely in the kitchen, work in a team proper clean up and more. *\$17 materials fee payable to instructor at first class.*

Busy Bees Cooks (4-5 Yrs)

DAY/DATE	TIME	LOCATION
Tue: 10/13-11/10	1:30-3:00pm	Kitchen
FEE	MIN/MAX	INSTRUCTOR
\$241 (5 Wks)	5/8	Cooking with Kids

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

DAY/DATE	TIME	LOCATION
Tue: 10/13-11/10	4:00-5:30pm	Kitchen
FEE	MIN/MAX	INSTRUCTOR
\$241 (5 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
\$330 (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 November 23rd-28th.

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.

DAY/DATE	TIME	INSTRUCTOR
Mon: 9/14-12/14	10:05-10:50am	Sossan Mahdavian
Mon: 9/14-12/14	10:55-11:40am	Sossan Mahdavian
Tue: 9/15-12/15	9:15-10:00am	Jan Wong
Tue: 9/15-12/15	10:05-10:50am	Jan Wong
Wed: 9/16-12/16	9:15-10:00am	Laurie Crudele
Wed: 9/16-12/16	10:05-10:50am	Elaine Cable
Wed: 9/16-12/16	10:55-11:40am	Elaine Cable
Wed: 9/16-12/16	3:00-3:50pm	Stacey Mullins
Wed: 9/16-12/16	4:00-4:50pm	Stacey Mullins
Thur: 9/17-12/17	10:05-10:50am	Elaine Cable
Fri: 9/18-12/18	9:15-10:00am	Elaine Cable
Fri: 9/18-12/18	10:05-10:50am	Elaine Cable
Sat: 9/19-12/19	9:30-10:15am	Stacey Mullins
Sat: 9/19-12/19	10:30-11:15am	Stacey Mullins
FEE	MIN/MAX	LOCATION
\$143 (13 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: 9/18-12/18	4:30-5:20pm	Stacey Mullins
Fri: 9/18-12/18	5:30-6:20pm	Stacey Mullins
FEE	MIN/MAX	LOCATION
\$143 (13 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.

DAY/DATE	TIME	INSTRUCTOR
Mon: 9/14-12/14	9:15-10:00am	Sossan Mahdavian
Tue: 9/15-12/15	10:55-11:40am	Jan Wong
Thur: 9/17-12/17	9:15-10:00am	Laurie Crudele
FEE	MIN/MAX	LOCATION
\$143 (13 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.



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 10/12**

DATE	TIME	LOCATION
Mon: 9/14-10/26	3:30-4:10pm	Kindergym
Mon: 11/2-12/14	3:30-4:10pm	Kindergym
FEE	MIN/MAX	INSTRUCTOR
\$93 (6 Wks)/\$108 (7 Wks)	6/14	California Gymnastics

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 10/12**

DATE	TIME	LOCATION
Mon: 9/14-10/26	2:45-3:25pm	Kindergym
Mon: 11/2-12/14	2:45-3:25pm	Kindergym
FEE	MIN/MAX	INSTRUCTOR
\$93 (6 Wks)/\$108 (7 Wks)	6/14	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 more. **Skip 10/12**

DAY/DATE	TIME	LOCATION
Mon: 9/14-10/26	4:15-5:10pm	Kindergym
Mon: 11/2-12/14	4:15-5:10pm	Kindergym
FEE	MIN/MAX	INSTRUCTOR
\$99 (6 Wks)/\$115 (7 Wks)	6/14	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*, Best Gold Medal, 2000-2015. Price of class includes CD set song book, parent guide DVD, Musical Growth Chart and two makeup classes.

DAY/DATE	TIME	LOCATION	INSTRUCTOR
Wed: 9/16-11/18	9:30-10:15am	Elderberry Rm	Riki Juster
Wed: 9/16-11/18	10:30-11:15am	Elderberry Rm	Riki Juster
Thur: 9/17-11/19	9:30-10:15am	Sequoia Rm	Julia McLeod
Thur: 9/17-11/19	10:30-11:15am	Sequoia Rm	Julia McLeod
Sat: 9/19-11/21	9:30-10:15am	Elderberry Rm	Megan Dey Toth
Sat: 9/19-11/21	10:30-11:15am	Elderberry Rm	Megan Dey Toth

FEE	MIN/MAX
\$225 (10 Wks)	6/13



Child's Musical Play

2-3 Yrs

This class, for mommy or daddy and toddlers, is designed to stimulate young minds by exploring music through singing, moving, listening and using percussion instruments. The curriculum utilizes traditional and folk songs, chanting rhymes and singing games that encourage and intellectual development of the children, while maintaining the playful character of the activity. Child's Musical Play activities provide children with important experiences that help them develop physical coordination timing, memory, and visual and language skills. Our musical games provide a safe and uncritical place for parents and their children to play roles and begin to explore their musical skills. **Skip 10/16**

DAY/DATE	TIME	LOCATION
Fri: 9/11-11/20	9:30-10:20am	Elderberry Room
Fri: 9/11-11/20	10:30-11:20am	Elderberry Room

FEE	MIN/MAX	INSTRUCTOR
\$253 (10 Wks)	6/13	Xiomara Di Maio

Mini Hip Hoppers

3-5 Yrs

Designed for young boys and girls, they'll learn fun and funky moves to age appropriate hip hop music that will keep them moving. Encourages creativity, imagination, coordination and rhythm. Students will learn basic techniques as well as creative movement. Young dancers will perform a hip hop routine for friends and family on the last day of class. **Skip 11/26**

DAY/DATE	TIME	LOCATION
Thur: 9/10-12/17	3:30-4:30pm	Toyon Room

FEE	MIN/MAX	INSTRUCTOR
\$227 (14 Wks)	7/13	Studio 8 Dance

Princess Dance

4-6 Yrs

Come dressed up like your favorite princess: Elsa, Anna, Cinderella, Sleeping Beauty, Tinkerbell and Snow White! This class will teach basic Ballet technique and increase motor skills through creative dance. Fun props like wands, scarfs, and dress up will be incorporated into the curriculum to help engage the young dancers. Young dancers will use their imagination and dance to their favorite Disney songs. Friends and family are invited to the last 20 minutes of the last day of class to watch the Princess Ball Dance Performance! Dress code for class: leotard and tights of any color, ballet skirt is optional, ballet shoes and hair up and away from face. **Skip 11/26**

DAY/DATE	TIME	LOCATION
Thur: 9/10-12/17	4:30-5:30pm	Toyon Room

FEE	MIN/MAX	INSTRUCTOR
\$227 (14 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 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. **Skip 11/18, 11/25**

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.

LEVEL	DAY/DATE	TIME	LOCATION
I	Wed: 9/9-12/16	3:15-4:00pm	Toyon Room
II	Wed: 9/9-12/16	4:00-5:00pm	Toyon Room
III	Wed: 9/9-12/16	5:00-6:00pm	Toyon Room

FEE	MIN/MAX	INSTRUCTOR
\$198 (13 Wks)	3/10	Annie McBride

Beginning Keyboard

 **10 yrs to 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! *\$10 materials fee for the textbook payable to the instructor at first class.* Bring your keyboard to class. **Skip 10/12**

DAY/DATE	TIME	LOCATION
Mon: 9/14-11/23	4:00-4:45pm	Elderberry Room
FEE	MIN/MAX	INSTRUCTOR
\$153 (10 Wks)	3/6	Ted Crowley

Guitar

 **10 yrs to 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. *\$5 supply fee payable to instructor at first class.* **Skip 10/12**

LEVEL	DAY/DATE	TIME	LOCATION
Begin.	Mon: 9/14-11/23	4:45-5:30pm	Elderberry Room
Interm.	Mon: 9/14-11/23	5:30-6:15pm	Elderberry Room
FEE	MIN/MAX	INSTRUCTOR	
\$153 (10 Wks)	3/8	Ted Crowley	

SPECIAL INTEREST

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 lunch and a water bottle and dress to play outside.

DAY/DATE	TIME	LOCATION
Sun: 11/15	9:00-2:30pm	Elderberry Room
FEE	MIN/MAX	INSTRUCTOR
\$51 (1 Day)	8/30	Suzy McCreary



www.LafayetteRec.org | (925) 284-2232



CHILDREN

Mad Science—Creatures Big and Small

4-6 Yrs

Giant guys and small fries, creatures come in every size! We'll meet and learn all about the amazing animals we share the planet with. We'll get down and dirty with squiggly-wiggly squirmly worms, take flight with our feathered friends, and go on fossil digs to see what we can discover about that famous Giganta-Saur T-Rex! Kids will get a fun project to keep them thinking about science all the way home.

DAY/DATE	TIME	FEE
Wed: 10/7-11/11	4:00-5:00pm	Arts and Crafts Room
LOCATION	MIN/MAX	INSTRUCTOR
\$110 (6 Wks)	8/16	Mad Science

Mad Science—Secret Agent Lab

6-10 Yrs

The Mad Science Secret Agent Camp is a fun journey into the world of detection, spy science, and forensics. Campers will examine the science behind the spy tools made famous by the world's greatest spies. We will reconstruct activities using scientific methods and use the science of cryptology to send and decode secret messages. Kids will get a chance to see what can't be seen by the naked eye and will follow in Sherlock's steps to learn what tracks can tell us! Join the Mad Science Bureau of Investigations to help foil a burglary using state-of-the-art security techniques!

DAY/DATE	TIME	LOCATION
Mon-Wed: 11/23-11/25	9:00am-12:00pm	Cedar Room
LOCATION	MIN/MAX	INSTRUCTOR
\$129 (3 Days)	10/20	Mad Science

SPORTS

Tot Baseball

3-5 Yrs

Skyhawks Tot Baseball was designed to give children a positive first step into America's Pastime. Using our progressional curriculum and modified equipment, participants learn baseball fundamentals and social skills through a series of fast-paced instructional circuits and developmental games. Our primary development objectives include throwing, catching, hitting, base-running, balance, body movement, hand/eye coordination, self esteem, teamwork and sportsmanship! **Skip 11/24**



DAY/DATE	TIME	LOCATION
Tue: 9/8-10/20	10:45-11:30am	Rink
Tue: 10/27-12/15	10:45-11:30am	Rink
FEE	MIN/MAX	INSTRUCTOR
\$99 (7 Wks)	5/10	Skyhawks Sports

Tot Basketball

3-5 Yrs

Skyhawks Tot Basketball was designed to give children a positive first step to the exciting game of basketball. Using our progressional curriculum and modified equipment, tots learn basketball fundamentals and social skills through fast-paced instructional circuits and developmental games. Our primary development objectives include dribbling, passing, shooting, rebounding, balance, body movement, hand/eye coordination, self esteem, teamwork and sportsmanship! **Skip 11/24**

DAY/DATE	TIME	LOCATION
Tue: 9/8-10/20	11:45-12:30pm	Rink
Tue: 10/27-12/15	11:45-12:30pm	Rink
FEE	MIN/MAX	INSTRUCTOR
\$99 (7 Wks)	5/10	Skyhawks Sports

MMA P Basketball

5-12 Yrs

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

AGE	DAY/DATE	TIME	LOCATION
5-7 Yrs	Tue: 9/15-10/20	4:20-5:05pm	Roller Hockey Rink
5-7 Yrs	Tue: 11/3-12/8	4:20-5:05pm	Roller Hockey Rink
8-12 Yrs	Tue: 9/15-10/20	5:05-5:50pm	Roller Hockey Rink
8-12 Yrs	Tue: 11/3-12/8	5:05-5:50pm	Roller Hockey Rink
FEE	MIN/MAX	INSTRUCTOR	
\$88 (6 Wks)	8/25	MMA P Sports	

Tot Sports

3-6 Yrs

This Multi-Sport Tot program includes 3-weeks of Soccer, 3-weeks of Baseball, 3-weeks of Basketball, and 3-weeks of Track & Field; allowing young athletes to discover a passion for a variety of sports in one fun-filled setting. Participants learn balance, body movement, coordination, self-esteem, teamwork, sportsmanship, and sport specific skill development through a series of fast-paced instructional circuits and games. Our progressional curriculum, modified equipment and highly trained staff provide a safe environment where kids can develop at their own pace with lots of encouragement. **Skip 11/28**

AGE	DAY/DATE	TIME	LOCATION
3-4 Yrs	Sat: 9/19-12/12	10:15-11:00am	Rink
4-6 Yrs	Sat: 9/19-12/12	11:15-12:00pm	Rink
FEE	MIN/MAX	INSTRUCTOR	
\$169 (12 Wks)	5/12	Skyhawks Sports	

Play-Hawk Sports

2-3 Yrs

This parent participation class provides a safe and positive environment where future athletes can take their first step towards an active and healthy lifestyle. Using our progressional curriculum and modified equipment, participants learn athletic fundamentals and social skills through a series of fast-paced games and activities. Our primary development objectives include running, jumping, throwing, kicking, catching, balance, body movement, hand/eye coordination, self esteem, teamwork and sportsmanship! **Skip 11/28, 11/24**

DAY/DATE	TIME	LOCATION
Tue: 9/15-10/20	10:00-10:30am	Rink
Tue: 10/27-12/8	10:00-10:30am	Rink
Sat: 9/19-10/24	9:30-10:00am	Rink
Sat: 10/31-12/12	9:30-10:00am	Rink
FEE	MIN/MAX	INSTRUCTOR
\$77 (6 Wks)	5/10	Skyhawks Sports

MMA P Parent and Tot Soccer

2.5-4 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.mmmapsports.com

DAY/DATE	TIME	LOCATION
Wed: 9/16-10/21	10:00-10:30am	LCP Lower Field
Wed: 11/4-12/9	10:00-10:30am	LCP Lower Field
FEE	MIN/MAX	INSTRUCTOR
\$87 (6 Wks)	8/25	MMA P 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 12/25, 1/1**

DAY/DATE	TIME	LOCATION
Fri: 9/18-11/6	5:10-5:40pm	Rink
Fri: 12/11-1/15	5:10-5:40pm	Rink
FEE	MIN/MAX	INSTRUCTOR
\$111 (8 Wks)/\$66 (4 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 12/25, 1/1**

DAY/DATE	TIME	LOCATION
Fri: 9/18-11/6	5:50-6:25pm	Rink
Fri: 12/11-1/15	5:50-6:25pm	Rink
FEE	MIN/MAX	INSTRUCTOR
\$111 (8 Wks)/\$66 (4 Wks)	5/20	Kidz Love Soccer



MMAP Pee Wee Soccer

4.5-5 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. Visit www.mmappoints.com, for more information.

DAY/DATE	TIME	LOCATION
Wed: 9/16-10/21	10:30-11:10am	LCP Lower Field
Wed: 11/4-12/9	10:30-11:10am	LCP Lower Field
FEE	MIN/MAX	INSTRUCTOR
\$87 (6 Wks)	8/25	MMAP Sports

Soccer 1: 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 12/25, 1/1**

DAY/DATE	TIME	LOCATION
Fri: 9/18-11/6	4:15-5:00pm	Rink
Fri: 12/11-1/15	4:15-5:00pm	Rink
FEE	MIN/MAX	INSTRUCTOR
\$111 (8 Wks)/\$66 (4 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 12/25, 1/1**

DAY/DATE	TIME	LOCATION
Fri: 9/18-11/6	3:30-4:15pm	Rink
Fri: 12/11-1/15	3:30-4:15pm	Rink
FEE	MIN/MAX	INSTRUCTOR
\$111 (8 Wks)/\$66 (4 Wks)	5/20	Kidz Love Soccer

MMAP Soccer

5-7 Yrs

Great class that 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.

DAY/DATE	TIME	LOCATION
Tue: 9/15-10/20	3:30-4:15pm	Rink
Tue: 11/3-12/8	3:30-4:15pm	Rink
FEE	MIN/MAX	INSTRUCTOR
\$88 (6 Wks)	8/25	MMAP Sports

Little Kickers

4-5 Yrs

Learn the basics of soccer. 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 & score their way to a good time. Participants will play games on teams that will be made the first week of class. This is a perfect, low pressure, introduction to league sports. Participants will have one 45 min. class (game) each week. If we receive over 20 players class (game) times will rotate with starting times at 4:00 or 4:45. Under 20 players will result in a 4:00pm start time for all players.

For the first kickers class:

All players will come at 4:00pm. We will give a brief introduction to soccer and take team requests at the first meeting.

After the first week you will receive a schedule and roster the will tell you your game times for the rest of the season.

DAY/DATE	TIME	LOCATION
Tues: 9/22-11/3	4:00-4:45pm	Manzanita Room
FEE	MIN/MAX	INSTRUCTOR
\$80 (7 Wks)	12/40	City Staff

Dodge Ball

7-12 Yrs

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

DAY/DATE	TIME	LOCATION
Mon: 9/14-11/16	3:15-4:15pm	Live Oak Room
FEE	MIN/MAX	INSTRUCTOR
\$113 (10 Wks)	8/22	Lafayette Staff

CAMPS

Camp Awesome Fall— Thanksgiving Break

4-14 Yrs

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

DAY/DATE	TIME	FEE
Mon-Wed: 11/23-11/25	9:00-2:00pm	\$40/Day
Early Care	7:30-9:00am	\$10/Day
After Care Movie Club	2:00-5:00pm	\$25/Day
LOCATION	MIN/MAX	INSTRUCTOR
Manzanita Room	20/75	Lafayette Staff



Mad Science—Future Space Explorers **L**

1st-5th grade

Join us 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! **Skip 9/29**

DAY/DATE	TIME	LOCATION
Tue: 9/15-10/27	2:45-3:45pm	Lafayette Elem. Sci. Rm.
FEE	MIN/MAX	INSTRUCTOR
\$111 (6 Wks)	10/20	Mad Science

Mad Science—Earth Trek **L**

1st-5th grade

In our exploration of the earth we will discover the importance of weather and how it affects us. We will investigate the power of the force, magnetic force! Students learn about magnetic fields and test their strength against an electro-magnet. Uncover how rocks and gems are formed and peek beneath the earth's crust. Our system on earth wouldn't be complete without a class on Earthquakes and Volcanoes. Students will test their earthquake knowledge with a shake table experiment and then erupt their very own volcanoes in class! What do humans and animals have in common? We all call planet earth home! Also uncover what human and animal bodies have in common and explore the chemistry that happens in your kitchen with a Digestor Inspector. Dive into our discussion of the ocean and sea life by bringing 3-D sea creatures home with you. Get down to earth and learn about the difference between insects and bugs, view the world like an insect, and discover insect defenses! **Skip 11/24**

DAY/DATE	TIME	LOCATION
Tue: 11/3-12/15	2:45-3:45pm	Lafayette Elem. Sci. Rm.
FEE	MIN/MAX	INSTRUCTOR
\$111 (6 Wks)	10/20	Mad Science

Bus from Burton Valley!

This year Lafayette Recreation will be offering onsite after school programs at Lafayette Elementary, Happy Valley and Spring Hill. We will also be offering after school programs (ASP) for everyone at the Lafayette Community Center. The Community Center ASP classes will start at 3:15 so participants can carpool from any school. Burton Valley students also have the option to take the Lamorinda School Bus (Route 25 and 28) from Burton Valley to the new stop at the Lafayette Community Center!

Upon arrival at the center, students will be picked up by City staff and escorted to their ASP class. *If you already have an annual bus pass you may use your pass or you can add a Burton ASP Bus pass to your purchase when you sign up for your ASP class. ASP Bus Passes are good for everyday of the class you sign up for and average \$3 a ride. Annual Bus passes can be purchased at www.LamorindaSchoolbus.org

Fun with Science & 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. **Skip 10/1**

DAY/DATE	TIME	LOCATION
Thurs: 9/17-10/22	3:15pm-4:15pm	Arts & Crafts Rm
FEE	MIN/MAX	INSTRUCTOR
\$175 (5 Wks)	10/21	Pon Academics

Bus from Burton Valley Elementary: \$15


**Springhill
Elementary**


**Lafayette
Elementary**


**Happy Valley
Elementary**


**Community Center
(Burton Valley)**

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 10/1-10/2, 11/26-11/27**

DAY/DATE	TIME	LOCATION
Thur: 9/17-12/10*	3:15-4:15pm	Live Oak/Manzanita
Fri: 9/18-12/11	2:45-3:45pm	Lafayette Elem. Rm. 23A

FEE	MIN/MAX	INSTRUCTOR
\$185 (11 Wks)	10/30	FUNKMODE

***Bus from Burton Valley Elementary: \$33**

Little Medical School

1st-5th grade

Kids love to dress up and play doctor. Our after school program encourages children to explore the exciting and inspiring world of medicine. Using interactive demonstrations and games, kids learn how the body and organs work, how to use instruments that real doctors use, administer first aid, and even tie knots like a real surgeon. Each child gets their own stethoscope that really works. *Note: Session 1 and 2 offer different courses.* **Skip 9/29, 11/24**

SESSION	DAY/DATE	TIME	LOCATION
1	Tue: 9/15-10/27	2:45-3:45pm	Springhill MPR
2	Tue: 11/3-12/15	2:45-3:45pm	Springhill MPR

FEE	MIN/MAX	INSTRUCTOR
\$153 (6 Wks)	6/12	Little Medical School

Showtime Acting and Creative Dynamics

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 will teach true theater skills, build self-confidence, and inspire the imagination! **Skip 9/28, 10/12**

DAY/DATE	TIME	LOCATION
Mon: 9/14-11/16	2:45-3:45pm	Lafayette Elem Rm 23A

FEE	MIN/MAX	INSTRUCTOR
\$153 (8 Wks)	10/20	Kenn Adams

Toyology: Science Through Toys

1st-5th grade

In this class, students get to make and take home a different science project in each class. While children are having a blast making toys, they are learning major scientific concepts such as: electricity, energy, gravity, motion, light, magnetism, friction and simple machines. When parents arrive for pick-up, our students are eager to show off the toys they made, and explain the science behind how they work. The class includes all materials needed for the students to make and take home the science project in each class, as well as a science notebook and a snack. Our unique project kits, designed by our fabulous engineering team, are filled with many engaging hand-on materials such as: solar panels, LEDs, motors, magnets, batteries and battery cases, switches, custom wooden pieces, and more. All new projects and lessons for the Spring session! **Skip 11/26**

DAY/DATE	TIME	LOCATION
Thurs: 11/5-12/17	3:15pm-4:15pm	Arts & Crafts Rm
FEE	MIN/MAX	INSTRUCTOR
\$156 (6 Wks)	10/24	Sarah's Science

Bus from Burton Valley Elementary: \$18

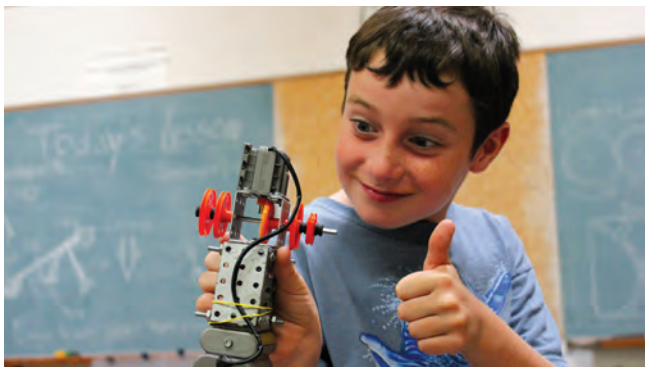
Ticket to Ride with LEGO®

1st-5th grade

Delve into the history and mechanics of amusement park rides as we construct various popular rides with LEGO® bricks. Lessons incorporate principles of physics and engineering, described in a way children can understand, such as G-force, inertia and momentum, as well as 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 9/29, 11/25**

DAY/DATE	TIME	LOCATION
Tue: 9/15-12/15	3:15-4:15pm	Cedar Room
FEE	MIN/MAX	INSTRUCTOR
\$231 (12 Wks)	10/20	Bricks 4 Kids

Bus from Burton Valley Elementary: \$36



Standing Ovations Presents Sitar Wars!

7-12 Yrs

Get your Masala on with Luke, Princes Leia, R2D2, Han, Chewbacca, C3PO, Darth Vader and Yoda! Follow their adventures Bollywood style as they sing and dance in a galaxy far, far, away. No experience required; everyone is guaranteed a speaking role. Class culminates in a fully staged and costumed production. An out-of-this-world premiere! **Skip 11/26**

DAY/DATE	TIME	LOCATION
Fri: 9/11-12/18	3:00-5:30pm	Happy Valley MPR
FEE	MIN/MAX	INSTRUCTOR
\$428	40/60	Standing Ovations

World Engineering with LEGO®

1st-5th grade

See how the world around us works and looks through the eyes of LEGO®. From animals and energy to construction equipment, race cars and space travel, we'll explore our world by learning about and building some of the engineering marvels that we encounter every day. Each motorized lesson introduces key terminology related to each build as well as reinforces the S.T.E.M. and CORE concepts. So come build with us! We Learn, We Build, We Play...with LEGO® bricks. **Skip 9/28, 10/12, 11/23**

DAY/DATE	TIME	LOCATION
Mon: 9/14-12/14	2:45-3:45pm	Springhill MPR
FEE	MIN/MAX	INSTRUCTOR
\$214 (11 wks)	10/20	Bricks 4 Kids

Dodge Ball

7-12 Yrs


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

DAY/DATE	TIME	LOCATION
Mon: 9/14-11/16	3:15-4:15pm	Live Oak Room
FEE	MIN/MAX	INSTRUCTOR
\$113 (10 Wks)	8/22	Lafayette Staff

Bus from Burton Valley Elementary: \$30




**Springhill
Elementary**



**Lafayette
Elementary**



**Happy Valley
Elementary**



**Community Center
(Burton Valley)**

Pacific Chess Academy **S**

1st-5th grade

Our lessons are an after school program. 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. **Skip 10/1, 11/26**

DAY/DATE	TIME	LOCATION
Thur: 9/17-12/17	2:45-3:45pm	Springhill Elem. MPR
FEE	MIN/MAX	INSTRUCTOR
\$195 (12 Wks)	10/30	Pacific Chess

French **L**

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." **Skip 9/30, 11/11, 11/25**

DAY/DATE	TIME	LOCATION
Wed: 9/16-12/16	1:45-2:45pm	Lafayette Elem. Sci. Rm.
FEE	MIN/MAX	INSTRUCTOR
\$223 (11 Wks)	4/10	Audrey Collec

Engineering FUNDamentals: Mine, Craft, Build **L**

1st-5th grade

Bring Minecraft to life using LEGO®! Build a motorized walking Creeper, a terrifying Ghast, and a motorized Minecart! This project-based class, designed by Play-Well instructors, combines the basic format of our core engineering-themed programs based on the world of Minecraft. Students will explore real-world concepts in physics, engineering, and architecture while building their favorite Minecraft objects. Students will have a blast, even without any prior experience with Minecraft or LEGO. **Skip 11/23**

DAY/DATE	TIME	LOCATION
Mon: 11/9-12/14	2:45-3:45PM	Lafayette Elem. Sci. Rm.
FEE	MIN/MAX	INSTRUCTOR
\$123 (5 Wks)	11/16	Play Well

Berkeley Chess School **C L**

1st-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. **Monday: Skip 9/28, 10/12, 11/23; Thursday: Skip 10/1, 11/26**

DAY/DATE	TIME	LOCATION
Mon: 9/14-12/14*	3:15-4:15pm	Cedar Room
Thur: 9/17-12/17	2:45-3:45pm	Lafayette Elem. Sci. Rm
FEE	MIN/MAX	INSTRUCTOR
\$201 (11 Wks)/\$219 (12 Wks)	10/20	Berkeley Chess School
*Bus from Burton Valley Elementary: \$33		

Keys to Piano **C L**

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. **Skip 9/29, 10/1, 11/24, 11/26**

DAY/DATE	TIME	LOCATION
Tues: 9/15-12/15	3:15-4:15pm	Sequoia Room
Thurs: 9/17-12/17	2:45-3:45pm	Lafayette Elem. Rm. 23A
FEE	MIN/MAX	INSTRUCTOR
\$280 (12 Wks)	6/15	Village Center for the Arts
Bus from Burton Valley Elementary: \$36		

Jedi Master **L**

1st-5th grade

The Force is strong in this class. Build complex machines and structures based on the best designs from a galaxy far, far away. Projects include X-Wings, AT-AT walkers, Pod Racers, Star Destroyers, Cloud Cities, settlements and fortresses. Play-Well's Jedi instructors reinforce key engineering concepts such as gear trains, worm drives, pneumatics, eccentric motion and more as students tap into the powerful forces of imagination and engineering. **Skip 9/28, 10/12**

DAY/DATE	TIME	LOCATION
Mon: 9/14-11/2	2:45-3:45PM	Lafayette Elem. Sci. Rm.
FEE	MIN/MAX	INSTRUCTOR
\$147 (6 Wks)	11/16	Play Well



Fit Kids America Flag Football **S**

1st-5th grade

Ready for some football! Learn football basics through drills, obstacle courses and strength training with an emphasis on team work. Increase agility, speed and self-esteem. Intramural games will be played each class. No tackling, just fun! Super Bowl will be played on the last day of the session. Group will be split by age and ability. **Skip 9/28, 10/12, 11/23**

DAY/DATE	TIME	LOCATION
Mon: 9/14-12/14	2:45-3:45pm	Springhill Elem. Fields
FEE	MIN/MAX	INSTRUCTOR
\$149 (11 Wks)	8/25	Fit Kids America

Fit Kids America Lacrosse **S**

1st-5th grade

Come learn the basic in technique and rules of 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. **Skip 10/1, 11/26**

DAY/DATE	TIME	LOCATION
Thur: 9/17-12/17	2:45-3:45pm	Springhill Elem. Fields
FEE	MIN/MAX	INSTRUCTOR
\$159 (12 Wks)	8/25	Fit Kids America

Soccer 2: Skillz and Scrimmages **C**

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 12/25, 1/1**

DAY/DATE	TIME	LOCATION
Fri: 9/18-11/6*	3:30-4:15pm	Rink
Fri: 12/11-1/15	3:30-4:15pm	Rink
FEE	MIN/MAX	INSTRUCTOR
\$111 (8 Wks)/\$66 (4 Wks)	5/20	Kidz Love Soccer

Bus from Burton Valley Elementary: \$21*/\$12

*Burton Valley bus not available on 10/2 for Community Center drop off.

Circus Arts **C**

1st-5th grade

Run away with the circus to try juggling, clowning, building human pyramids, theatre games, and even walk on a giant rolling globe! Be the star of the show while you perform with friends new and old. Circus offers active play without the competitiveness that comes with traditional sports. Students burn off school day wiggles and get a chance to challenge themselves—all while gaining skills and strength. Why stand on your feet when you can stand on your hands? This is the place where you are celebrated for making others laugh until they fall out of their chairs. **Skip 10/2, 11/127**

DAY/DATE	TIME	LOCATION
Fri: 9/18-12/11	3:15-4:15pm	Manzanita Room
FEE	MIN/MAX	INSTRUCTOR
\$218 (11 Wks)	6/30	Circus of Smiles

Bus from Burton Valley Elementary: \$33

Puppetry **C**

1st-5th grade

This class offers students an exciting mix of the visual and performing arts through the magic of puppetry. Each day will start with both visual and dramatic games to get everyone's creative juices flowing. Students will explore the world around them, using expression, movement, and maybe a little paper and glue to bring ordinary objects to life. Your junior puppeteer will then design and build custom puppets and scenery to tell their stories on the stage. They will finish with a flourish by inviting you to watch them perform in their own Master Puppet Theater! **Skip 10/2, 11/27**

DAY/DATE	TIME	LOCATION
Fri: 9/18-12/11	4:15-5:15pm	Manzanita Room
FEE	MIN/MAX	INSTRUCTOR
\$218 (11 Wks)	6/30	Circus of Smiles

Bus from Burton Valley Elementary: \$33

Yoga for Kids! **L**

1st-5th grade

Fun and engaging classes explore yoga poses, creative songs, cooperative games, breathing and relaxation exercises. Development of self-expression and body-awareness will also be taught in a non-competitive, fun atmosphere. Students will develop strength, flexibility, concentration and confidence! Children are encouraged to enroll in both sessions, session 2 will build upon concepts and postures learned in session 1. **Skip 9/29, 11/24**

DAY/DATE	TIME	LOCATION
Tue: 9/15-10/27	2:45-3:45pm	Lafayette Elem. Rm. 23A
Tue: 11/3-12/15	2:45-3:45pm	Lafayette Elem. Rm. 23A
FEE	MIN/MAX	INSTRUCTOR
\$99 (6 Wks)	8/20	Jenna Mitchell



2015 Fall Ball

5-12 Yrs

Big League Fundamentals for Little League Players—All the Training, without the Travel! Lafayette Recreation is teaming up with Lafayette Little League and reputed pitching coach Jeff Pick of The Baseball Academy and his well-trained team of coaches to offer a fall baseball program designed to improve the abilities of players at ALL skill levels. Learn the mechanics, get the repetitions, and see improvements that will make the game more fun. From the basics of catching, hitting and fielding to the complexities of team defense base running, this program will break it down to simple steps that can be worked on at home. Hard work in the fall will pay dividends in the spring season. **For field conditions, call 925-299-3258.**

5-6 Yrs 3:30 to 4:30

7-8 Yrs FULL* 3:30 to 5:30

9-10 Yrs 5:30 to 6:30

SESSION	DAYS	DATES	LOCATION
Session I	Mon/Wed	9/7 to 9/30	Buckeye Fields
Session II	Mon/Wed	10/5 to 10/28	Buckeye Fields
FEE	MIN/MAX	INSTRUCTOR	
\$223	15/25	Jeff Pick	

*Please join the waitlist. We may expand the class.

Karate

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—\$12-Youth. Belt ranking fees also apply, please inquire in class.*

Classes are ongoing; start any time. The Open class is for 5 Yrs & up. The Inter/Adv class is for 7 Yrs & up. Register At class. www.kyokushinkarate-lafayette.com.

LEVEL: DAYS	TIME	LOCATION
Open: Mo/Wed	7:00-8:00pm	Live Oak Room
Advanced: Tues	4:00-5:30pm	Toyon Room
Intermediate: Thu	4:00-5:30pm	Cedar Room

INSTRUCTOR	FEE
Danielle Jolin	2 Classes/Wk: \$50/month 3 Classes/Wk: \$65/month 4 Classes/Wk: \$75/month

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.



2016 Program Dates: 5 Saturdays, Jan. 23, 30; Feb. 6, 20 & 27

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



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. Fun hand eye coordination games and drills. The forehand and backhand ground-strokes will be introduced and other basic techniques will also be taught. Fun is the focus here!

DAY/DATE	TIME	LOCATION
Mon: 9/14-11/2	3:00-3:30pm	Lafayette Tennis Club
Wed: 9/16-11/4	3:00-3:30pm	Lafayette Tennis Club
Sat: 9/19-11/7	9:00-9:30am	Lafayette Tennis Club
FEE	MIN/MAX	INSTRUCTOR
\$68 (8 Wks)	6/10	Lafayette Tennis Club

Beginning Junior Tennis

6-9 Yrs

This class is for beginners or students that are continuing on with lessons. Introduction to basic ground-stroke, volley and serve technique. Fun games, drills and live ball rallying are part of this class.

DAY/DATE	TIME	LOCATION
Mon: 9/14-11/2	3:30-4:30pm	Lafayette Tennis Club
Wed: 9/16-11/4	3:30-4:30pm	Lafayette Tennis Club
Sat: 9/19-11/7	9:30-10:30am	Lafayette Tennis Club
FEE	MIN/MAX	INSTRUCTOR
\$133 (8 Wks)	4/12	Lafayette Tennis Club

Beginning Youth Tennis

10-14 Yrs

This class is for beginners or students that are continuing on with lessons. Introduction to basic ground-stroke, volley and serve technique. Fun games, drills and live ball rallying are part of this class.

DAY/DATE	TIME	LOCATION
Mon: 9/14-11/2	4:30-5:30pm	Lafayette Tennis Club
Wed: 9/16-11/4	4:30-5:30pm	Lafayette Tennis Club
Sat: 9/19-11/7	10:30-11:30am	Lafayette Tennis Club
FEE	MIN/MAX	INSTRUCTOR
\$133 (8 Wks)	4/14	Lafayette Tennis Club

Tennis

18 Yrs & Up

This class is for beginners or students that are continuing on with lessons. Instructions on all basics including forehand ground-stroke, backhand ground-stroke, serves and volleys. We will also introduce singles and doubles strategy and positioning.

DAY/DATE	TIME	LOCATION
Mon: 9/14-11/2	6:30-7:30pm	Lafayette Tennis Club
Wed: 9/16-11/4	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 8:00am and 2:00pm daily. All rainouts will be made up the following week(s) after the end of the session on the same day.



FITNESS

Yoga Workout

16 Yrs & Up

This Yoga class teaches a mix of exercises (asanas) for strengthening, stretching and relaxing the body while also focusing on body alignment—a holistic approach. You are introduced to the therapeutic aspects of Yoga and Yoga philosophy. Classes end with relaxation and breathing techniques. It's a friendly, gentle atmosphere. Silloo has trained with the internationally renowned B.K.S. Iyengar for 8 years and has taught Yoga for more than 30 years. Printed handouts are available. Bring a blanket. You may try one class for free. All levels are welcome. **Skip Monday, 11/23, 11/30, 12/7, Thursday, 11/26, 12/3**

DAY/DATE	TIME	LOCATION
Mon: 8/31-12/14	9:00-10:15am	Sequoia Room
Thur: 9/3-12/17	6:00-7:15pm	Toyon Room

FEE	MIN/MAX	INSTRUCTOR
\$172 (13 Wks)/\$185 (14 Wks)	8/15	Silloo Tarapore

Yoga

18 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 a blanket.

DAY/DATE	TIME	LOCATION
Tue: 9/1-12/15	6:00-7:15pm	Toyon Room

FEE	MIN/MAX	INSTRUCTOR
\$211 (16 Wks)	8/15	Elizabeth McIntyre

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 9/7, 11/26**

DAY/DATE	TIME	LOCATION
Mon: 8/31-12/14	10:30-11:30am	Live Oak Room
Thur: 9/3-12/17	10:30-11:30am	Live Oak Room

FEE	MIN/MAX	INSTRUCTOR
\$78 (15 Wks)	10/45	Susan Funkhouser

DAY/DATE	TIME	LOCATION
Tue: 9/1-12/15	10:30-11:30am	Live Oak Room
Wed: 9/2-12/16	10:30-11:30am	Live Oak Room

FEE	MIN/MAX	INSTRUCTOR
\$83 (16 Wks)	10/45	Susan Funkhouser



Re-Balance the Body-Mind-Spirit Connection

18 Yrs & Up

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

DAY/DATE	TIME	LOCATION
Mon: 9/14-10/26	10:30-11:45am	Toyon Room
Mon: 11/2-12/21	10:30-11:45am	Toyon Room

FEE	MIN/MAX	INSTRUCTOR
\$45 (7 Wks)/\$51 (8 Wks)	8/15	Ken McNamara

Hatha Yoga

16 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 at the same time bring awareness to the mind, body, breath relationship. Appropriate for both beginners and those with yoga experience. (Level 1 to 1/2). **Skip 11/11, 11/25**

DAY/DATE	TIME	LOCATION
Wed: 9/2-12/16	9:15-10:30am	Sequoia Room

FEE	MIN/MAX	INSTRUCTOR
\$185 (14 Wks)	8/15	Jenn Stedman

Zumba Gold

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, cha-cha, cumbia and much, much more! **Skip 11/27**

DAY/DATE	TIME	LOCATION
Fri: 9/4-10/23	12:30-1:15pm	Live Oak Room
Fri: 10/30-12/18	12:30-1:15pm	Live Oak Room

FEE:	MIN/MAX	INSTRUCTOR
\$59 (8 Wks)/\$51 (7 Wks)	10/30	Jo Nash

Beginning/Advanced Beginning Yoga

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. **Skip 10/6, 10/9, 11/27**

SESSION 1: DAY/DATE	TIME	LOCATION
Tue: 9/8-11/24	9:30-10:45am	Sequoia Room
Fri: 9/11-12/4	9:15-10:30am	Sequoia Room
SESSION 1: FEE	MIN/MAX	INSTRUCTOR
\$146 (11 Wks)	10/22	Howard Van Es
SESSION 2: DAY/DATE	TIME	LOCATION
Tue: 12/1-12/22	9:30-10:45am	Sequoia Room
Fri: 12/11-12/18	9:15-10:30am	Sequoia Room
SESSION 2: FEE	MIN/MAX	INSTRUCTOR
\$55 (4 Wks)/\$29 (2 Wks)	10/22	Howard Van Es

Recovery Yoga for Women

18 Yrs and Up

This class offers a mindful yoga practice and a group sharing circle open to women interested in healing addictive behaviors (alcohol, sugar, drugs, tobacco, gambling, eating disorders, co-dependence, etc.) This class supports those suffering from anxiety, depression, stress, grief or trauma. All levels of yoga experience and all stages of recovery are welcome. Our guided, gentle movement and focused breath awareness combined with the ancient wisdom and teachings of yoga create a platform for exploration and reflection which allow healing to take place. This class is not intended as a substitute for programs, meetings and/or professional help. Please bring your own mat.

DAY/DATE	TIME	LOCATION
Mon: 9/14-12/14	7:30-9:00pm	Sequoia Room
FEE	MIN/MAX	INSTRUCTOR
\$185 (14 Wks)	8/15	Jenn Stedman, Nancy Anderson

Evening Yoga with Nancy

18 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 11/24**

DAY/DATE	TIME	LOCATION
Tue: 9/8-12/15	7:15-8:15pm	Sequoia Room
FEE	MIN/MAX	INSTRUCTOR
\$185 (14 Wks)	8/15	Nancy Anderson

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! Introduces basic yoga postures, breathing and yoga philosophy. Improve flexibility, reduces stress, and build energy. Bring a yoga mat and blanket. **Skip 10/6**

DAY/DATE	TIME	LOCATION
Sun: 9/13-11/29	10:30-11:45am	Sequoia Room
Sun: 12/6-12/20	10:30-11:45am	Sequoia Room
FEE	MIN/MAX	INSTRUCTOR
\$146 (11 Wks)/\$42 (3 Wks)	10/22	Howard Van Es



Jazzercise is a pulse-pounding, bass-dropping fitness program that gets results...fast. It's a calorie-torching, hip-swiveling dance party workout with a hot playlist to distract from the burn. Customers can incinerate up to 800 calories in a 60 minute class. Workout includes warm up, cardio, muscle toning, strength training with weights and stretching. Wear aerobic shoes and bring a mat. www.jazzercise.com.

Enjoy Jazzercise Everyday!

On-going. Sign-up anytime. Register at class.
Contacts: Nancy G. 937-6768 | Cyndi B. 528-9836

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 10/5, 10/6**

LEVEL	DAY/DATE	TIME	LOCATION
Beginning	Mon: 9/14-10/26	12:30-1:30pm	Live Oak Room
Beg/Intermed	Mon: 9/14-10/26	1:30-3:00pm	Live Oak Room
Beg/Intermed	Tue: 9/15-10/27	7:30-9:00pm	Live Oak Room
Beginning	Mon: 11/9-12/14	12:30-1:30pm	Live Oak Room
Beg/Intermed	Mon: 11/9-12/14	1:30-3:00pm	Live Oak Room
Beg/Intermed	Tue: 11/10-12/15	7:30-9:00pm	Live Oak Room

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

Belly Dancing

18 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: 8/31-10/5	6:30-7:30pm	Toyon Room
Mon: 10/12-11/16	6:30-7:30pm	Toyon Room

FEE	MIN/MAX	INSTRUCTOR
\$87 (6 Wks)	10/24	Surreyya Beth Hada

Hawaiian Dance Class

18 Yrs and Up

Learn modern and traditional dances of the island of Hawaii and Tahiti. Warm up on proper execution of hand motion and its footsteps. **Skip 11/27**

DAY/DATE	TIME	LOCATION
Fri: 9/18-10/23	7:00-8:00pm	Toyon Room
Fri: 11/6-12/18	7:00-8:00pm	Toyon Room

FEE	MIN/MAX	INSTRUCTOR
\$51 (6 Wks)	7/15	Celina Hall

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 10/12**

DAY/DATE	TIME	LOCATION
Mon: 9/14-11/23	4:00-4:45pm	Elderberry Room

FEE	MIN/MAX	INSTRUCTOR
\$153 (10 Wks)	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. *\$5 supply fee payable to the instructor at first class.* **Skip 10/12**

LEVEL	DAY/DATE	TIME	LOCATION
Beginning	Mon: 9/14-11/23	4:45-5:30pm	Elderberry Room
Intermediate	Mon: 9/14-11/23	5:30-6:15pm	Elderberry Room

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

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: 9/9-10/14	7:00-9:00pm	Elderberry Room
Wed: 10/28-12/2	7:00-9:00pm	Elderberry Room

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

Long Form Improv: Spontaneous Combustion

18 Yrs and Up

Come unleash your creativity and rediscover your sense of play. This class will teach long form improv techniques based in free play, finding the game, and calling back the good stuff. Students will learn to perform “a run,” the core of countless long form improv formats, where one scene magically leads into another, players’ mutual support is key, and rules are meant to be broken. It’s a spontaneous combustion of fun!

DAY/DATE	TIME	LOCATION
Tue: 9/8-10/13	7:00-9:00pm	Elderberry Room
Tue: 10/27-12/1	7:00-9:00pm	Elderberry Room

FEE	MIN/MAX	INSTRUCTOR
\$153 (6 Wks)	10/20	Michelle Swaney

COOKING

Asian Nibbles and Snacks

18 Yrs and Up

Varieties of delicious morsels are made with an Asian flair. Easy, simple, and attractive are combined to create these cocktail hors d’oeuvres and finger food offerings. Ingredients and techniques of both worlds are infused in hands-on preparing one of a kind snacks, appetizers, and hors d’oeuvres such as Indian Bread, Crunchy Noodles, Yakitori, Prawn Cakes with Sweet Chili Sauce, Lemongrass Chicken Nuggets, Coconut Pockets, etc. Some dishes can be a lot in advance and frozen for several meals. Please bring your sharp chef’s knife or clever, cutting board, hand towel, and beverage.

DAY/DATE	TIME	LOCATION
Tue: 11/24	6:30-9:30pm	Kitchen

FEE	MIN/MAX	INSTRUCTOR
\$65 (1 Day)	5/12	Chat Mingkwan

Curry Workshop

18 Yrs and Up

Asian curries have had much Indian influence with spices such as cumin and coriander. But native have added a number of local ingredients, including fresh and dried chilies, to create a variety of curries and to call their own. Lets make curries from Asian Pacific and make them according to your own preferences. Learn techniques of grinding with mortar and pestle and incorporating into aromatic curry of various spices and coconut milk. We’ll make Burmese fish curry, Indian korma, Indonesian dried curry rub and Thai green curry. Please bring your sharp chef’s knife or clever, cutting board, hand towel, and beverage.

DAY/DATE	TIME	LOCATION
Wed: 11/4	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 technique and all Asian Cuisines adapted and modified this technique to call their own. Stir-frying is a fresh, quick, and easy food preparation, using freshest ingredients, taking little time to cook, and employing simplest technique. Let’s make delicious and popular Asian stir-fried dishes from Chinese, Japanese, Thai, Vietnamese cuisine, etc. and make them healthier and more personalized by adding your own twists, such as Beef and Broccoli, Spicy eggplant and Thai basil, Chow Main, Peppered Shrimp, Sweet and Sour, etc. Please bring your sharp chef’s knife or clever, cutting board, your favorite wok, hand towel, and beverage.

DAY/DATE	TIME	LOCATION
Tue: 10/20	6:30-9:30pm	Kitchen

FEE	MIN/MAX	INSTRUCTOR
\$65 (1 Day)	5/12	Chat Mingkwan

Vietnamese Cooking

18 Yrs and Up

Vietnamese cuisine has a right East meets West combination of subtle tastes and flavors. Let’s explore what make Vietnamese cuisine so popular. 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, Clay pot, Fresh spring rolls, Green mango salad, and more. Please bring your sharp chef’s knife or clever, cutting board, hand towel, and beverage.

DAY/DATE	TIME	LOCATION
Wed: 9/9	6:30-9:30pm	Kitchen

FEE	MIN/MAX	INSTRUCTOR
\$65 (1 Day)	5/12	Chat Mingkwan

COOKING

Vines and Wines

21 Yrs and Up

Join Susan and Sal Captain at Captain Vineyards of Moraga for an intimate look at how grapes are grown and wine is made at a small, family owned vineyard. Participants will learn how a healthy vineyard is developed, and wine processed using green sustainable practices. Barrel tasting and cheese pairing will complete the class. Don't miss this unique outdoor excursion for minds and bodies.

DAY/DATE	TIME	LOCATION
Sun: 9/20	1:00-3:00pm	Captain Vineyards
Sun: 10/18	1:00-3:00pm	1969 Joseph Dr
Sun: 11/15	1:00-3:00pm	Moraga, CA 94556
Sun: 12/13	1:00-3:00pm	

FEE	MIN/MAX	INSTRUCTOR
\$40 per class	2/24	Captain Vineyards

Holiday Hors D'oeuvres

18 Yrs and Up

Holiday Seasons are here and it's time to offer your best to families, friends, and love ones. Instead of cold cuts and potato chips, let's make your own special hors d'oeuvres, appetizers, and snacks to serve at your holiday party. Varieties of delicious morsels: easy, simple, and attractive are combined to create these cocktail hors d'oeuvres and finger food offerings. Ingredients and techniques of both worlds are infused in hands-on preparing one of a kind snacks, appetizers, and hors d'oeuvres such as Scallop Roulade, Wasabi pancakes, Lemongrass mini burgers, Coconut Pockets, and more. Some dishes can be made in advance and frozen for several meals. Bring your sharp chef knife, cutting board, hand towel and beverage.

DAY/DATE	TIME	LOCATION
Wed: 12/9	6:30-9:30pm	Kitchen

FEE	MIN/MAX	INSTRUCTOR
\$65 (1 Day)	5/12	Chat Mingkwan

ARTS

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: 9/8-10/20	9:30-12:00pm	Arts and Crafts Room
Tue: 11/3-12/15	9:30-12:00pm	Arts and Crafts Room

FEE	MIN/MAX	INSTRUCTOR
\$108 (7 Wks)	6/16	Gary Bergren

www.LafayetteRec.org | (925) 284-2232

Painting Workshop

18 Yrs and Up

This basic, multi-level painting class includes color theory, composition, brush and palette knife techniques, creating atmospheric and textural effects, developing style, use of different painting mediums, and more. Students may work in any style, from abstract to realism, and in any paint medium such as acrylic, alkyd, oil, or watercolor. **Skip 11/26**

DAY/DATE	TIME	LOCATION
Thur: 9/3-10/1	9:30-12:30pm	Arts and Crafts Room
Thur: 10/8-11/5	9:30-12:30pm	Arts and Crafts Room
Thur: 11/12-12/17	9:30-12:30pm	Arts and Crafts Room

FEE	MIN/MAX	INSTRUCTOR
\$108 (5 Wks)	6/16	Mark Jezierny

FALL | 2015

SPECIAL INTEREST

American Mah Jongg

18 Yrs and 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. Attendance to the first class is mandatory. *\$9 paid to the instructor at the first class for the National Mah Jongg League 2015 card.*

DAY/DATE	TIME	LOCATION
Mon: 9/21-10/12	1:00-3:30pm	Toyon Room
FEE	MIN/MAX	INSTRUCTOR
\$43 (4 Wks)	8/12	Alice Stern/Deb Kern

Pediatric CPR

T 11 Yrs and 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: 10/22	7:00-10:00pm	Elderberry Room
FEE	MIN/MAX	INSTRUCTOR
\$38 (1 Day)	4/20	Adele Christensen



Adult CPR

T 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 \$10.00 lab fee will be collected at the beginning of class.*

DAY/DATE	TIME	LOCATION
Tue: 10/20	7:00-10:00pm	Elderberry Room
FEE	MIN/MAX	INSTRUCTOR
\$38 (1 Day)	10/25	Adele Christensen

Tong Ren Qi Gong

18 Yrs and 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 11/27**

DAY/DATE	TIME	LOCATION
Fri: 9/4-12/18	10:00-11:00am	Cedar Room
FEE	MIN/MAX	INSTRUCTOR
\$78 (15 Wks)	8/15	Henry Yu

Passport to Retirement

40 Yrs and Up

Passport to retirement is a comprehensive retirement system that educates attendees and helps them 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: 10/14-10/21	6:30-9:30pm	Cedar Room
Thur: 10/8-10/15	6:30-9:30pm	Cedar Room
FEE	MIN/MAX	INSTRUCTOR
\$49 (2 Wks)	5/20	Bob Stafford, CFP, CLU

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 10/12, 11/23**

LEVEL	DAY/DATE	TIME	LOCATION
Level 1	Mon: 9/14-12/14	12:00-1:15pm	Cedar Room
Level 2	Mon: 9/14-12/14	9:00-10:15am	Cedar Room
Level 3	Mon: 9/14-12/14	10:30-11:45am	Cedar Room
FEE	MIN/MAX	INSTRUCTOR	
\$219 (12 Wks)	2/6	Walnut Creek Chinese School	

Rusty Bridge

18 Yrs and Up

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

DAY/DATE	TIME	LOCATION
Mon: 9/14-11/16	1:00-3:00pm	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. 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.*

DAY/DATE	TIME	LOCATION
Mon: 9/14-11/16	3:15-5:10pm	Sequoia Room
FEE	MIN/MAX	INSTRUCTOR
\$103 (10 Wks)	8/24	Carol Griffin

DOG OBEDIENCE

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. **Skip 10/21**

DAY/DATE	TIME	LOCATION
Wed: 9/16-11/11	6:30-7:30pm	Manzanita
FEE	MIN/MAX	INSTRUCTOR
\$183 (8 Wks)	6/12	Barb Peppin

Intermediate Dog Obedience

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. **Skip 10/21**

DAY/DATE	TIME	LOCATION
Wed: 9/16-11/11	7:45-9:00pm	Manzanita
FEE	MIN/MAX	INSTRUCTOR
\$173 (8 Wks)	6/10	Barb Peppin

Advanced Dog Obedience

Prereq: Completion of LCC Intermediate Obedience Class or instructor permission. Develop skills to compete in AKC obedience trials. **Skip 10/22**

DAY/DATE	TIME	LOCATION
Thur: 9/17-11/12	8:30-9:30am	Manzanita
FEE	MIN/MAX	INSTRUCTOR
\$103 (8 Wks)	6/12	Barb Peppin



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 EBMUD, 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.



-  Highway 24
-  Parking
-  BART Station

Lafayette Trail Types

-  Lafayette Trail
-  EBMUD Trail
-  EBRPD Trail
-  Lamorinda Loop Trail
-  Lafayette Parks
-  Public Open Space



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

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

Membership Fees 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 1½ classes! You need not be a resident of Lafayette to join.

ANNUAL FEE: January 1-December 31, 2015
\$15 per person

Cooking Basics: Sauce Up Your Everyday Cooking

Mike Weller, Byron Park Executive Chef and Former Le Cordon Bleu Director of Education

Sauces are a simple way to add polish and pizzazz to your cooking. Chef Mike will demonstrate easy-to-make sauces that will turn basic ingredients into simply delicious meals—even if you're cooking for just one or two. Nibble on appetizers as you watch and learn, then sample each of the recipes that Chef Mike prepares. Best of all, you'll go home with the recipes so you can recreate them easily at home. Space is limited; reservations required by Thursday, Aug. 27. Call Lafayette Senior Services: 284-5050

DAY/DATE	TIME	LOCATION
Tues: 9/1	2:00-3:00pm	Byron Park, 1700 Tice Valley Blvd, Walnut Creek
FEE:	MEMBERS	NON-MEMBERS
	Free	\$10

Discovering Opera: Puccini's *Tosca*

Presented by Bradford Wade, opera lover for 35 years

Would you believe an opera about an opera singer? *Tosca* is in love with the painter Cavaradossi, who also happens to be a revolutionary. Scarpia, the chief of the Roman police, wants Cavaradossi's head, and he has other designs on *Tosca*. But things get out of hand, and all the principals are dead by the final curtain. Puccini's music heightens the romance and the intensity of this gripping story. Lecturer Bradford Wade will give a guided tour of *Tosca*, with a description of the plot interspersed with musical examples. This lecture is given in conjunction with Opera San Jose's production of *Tosca*, September 12-27.

DAY/DATE	TIME	LOCATION
Wed: 9/9	1:30-3:00pm	Lafayette Library, Arts & Science Room
FEE:	MEMBERS	NON-MEMBERS
	Free	\$10

www.LafayetteRec.org | (925) 284-5050

Apple Basics

Facilitated by Sharon Beck, Owner of Mac-Senior

This ongoing series covers many topics such as Apple IDs, iTunes, iCloud, the technology needed for wireless communication, and the basics of iPad and iPhone usage. Topics for upcoming sessions are based on participants' input and needs. There is always 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 Thu: 9/3, 9/17, 10/1, 10/15, 11/5, 11/19, 12/3, 12/17	11:00am-12:30pm	Cedar Room
FEE:	MEMBERS	NON-MEMBERS
Per session	Free	\$10

Lunch n' Learn: Favorite Apps and How to Use Them

Carlin Longley, GoldCoast Homecare

Learn how to use popular and helpful apps such as Google Maps, Yelp, Pandora music, and texting. Lunch served by Merrill Gardens. When you call to reserve your spot, tell us what other apps you'd like to learn about. Space is limited; reservations required by Thursday, Sept. 17. Call Lafayette Senior Services, 284-5050.

DAY/DATE	TIME	LOCATION
Tues: 9/22	10:30am-Noon	Merrill Gardens, Lafayette Mt. Diablo Blvd. and 2nd Street (underground visitor parking)
FEE:	MEMBERS	NON-MEMBERS
	Free	\$10

Picnic in the Park

Join us for food, fun and music at our Community Park just down the road from the Community Center. The LaDiDa's female quartet will entertain us with perennial favorite tunes—we'll all be singing along! Lunch is generously provided by Atria Park of Lafayette; beverages by Hospice of the East Bay. Space is limited; reservations required by Thursday, Oct. 1. Call Lafayette Senior Services 284-5050.



DAY	TIME	LOCATION
Wed, Oct 7	11:30am - 1:00pm	Lafayette Community Park Picnic Tables
FEE PER SESSION:	MEMBERS	NON-MEMBERS
	\$5.00	\$10.00

Too Much ‘Stuff’: Declutter, Downsize, Distribute

Tricia Hoekwater, Personal Archivist and Organizer

With all the stuff we’ve collected over the years, it’s easy to feel burdened and disorganized. Tricia will walk you through the process of decluttering, starting with the use of a home inventory document. Decluttering and taking a home inventory protects you in case of emergency, and protects your heirs from inheriting the burden of a home full of “stuff”. The home inventory document will be yours to take with you so you can get started right away!

DAY/DATE	TIME	LOCATION
Wed: 9/30	1:30-3:00pm	Elderberry Room
FEE:	MEMBERS	NON-MEMBERS
	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. The group is of mixed gender and everyone gets to participate in the discussion and in selecting the books to read. Please call Lafayette Senior Services for the book title of the month: 284-5050. **Skip December**

DAY/DATE	TIME	LOCATION
3rd Tues: 9/15, 10/20, 11/17	1:00-2:30pm	Elderberry Room
FEE:	MEMBERS	NON-MEMBERS
Per meeting	Free	\$10

About Jane Eyre...

Presented by Deborah Janke, M.A.

Charlotte Bronte’s *Jane Eyre* has excited the imagination of readers, film makers, scholars and literary critics for more than one hundred and fifty years. The novel launched an obscure author into worldwide fame and the public’s fascination with her life and work has not diminished in the twenty-first century. This two-part presentation will explore the novel from many perspectives, some of which are quite provocative. We will learn biographical facts which may provide insight into what helped inspire this acclaimed work of fiction. Familiarity with the novel would be helpful but is not required to participate in what will be a lively, thought-provoking gathering.

DAY/DATE	TIME	LOCATION
Mon: 10/19 & 11/2	1:00-2:30pm	Elderberry Room
FEE	MEMBERS	NON-MEMBERS
Per Meeting	Free	\$10

Reservoir Walking Group

Led by Jim Scala, Lafayette Today’s “Walking the Reservoir” Columnist

Join us every Tuesday and 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 each week uplifted and radiant with that overall feeling 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 (925) 284-5050 to add your name to the email list to be notified of cancellations. Bring quarters or credit card for parking meter. Annual senior (62+) passes may be purchased at the Visitor Center at the reservoir.

DAY/DATE	TIME	LOCATION
Every Tues and Thurs	9:00-10:30am	Meet at the Res: Center Bench on the Dam
FEE:	MEMBERS	NON-MEMBERS
	Free	Free



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. **Skip 11/24, 12/22, 12/29**

DAY/DATE	TIME	LOCATION
Every Tue	Noon-3:00pm	Cedar Room

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. There will be optional outings to St. Mary's College for their creative writing reading series, "Afternoon Craft Conversations." To add your name to the interest list, call Lafayette Senior Services, 284-5050.

DAY	TIME	LOCATION
TBD	TBD	Lafayette Community Ctr. and St. Mary's College, 1928 St. Mary's Road, Moraga

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

Hearing Screening and Telephone Distribution

By Audiologists from Hearing Science Audiology/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. Please call Lafayette Senior Services at 284-5050 to make an appointment.

DAY/DATE	TIME	LOCATION
1st Wednesday Monthly 9/2, 10/7, 11/4, 12/2	1:00-2:20pm	Alder Room

FEE:	MEMBERS	NON-MEMBERS
	Free	\$10

Free Peer Counseling

Contra Costa Health Services offers free one-to-one counseling with trained senior 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 9/8, 10/13, 11/10, 12/8	9:00-11:00am	Alder Room

FEE:	MEMBERS	NON-MEMBERS
	Free	Free

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

Osteoporosis/Osteopenia

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

DAY/DATE	TIME	LOCATION
Wed: 9/23	11:30am-12:30pm	Cedar Room

Therabands

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

DAY/DATE	TIME	LOCATION
Wed: 10/28	11:30am-12:30 pm	Cedar 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. **Skip 10/21, 11/11, 11/25, 12/23, 12/30**

DAY/DATE	TIME	LOCATION
Every Wednesday	12:30-3:00pm	Live Oak Room

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





Lamorinda Nature Walk and Bird-Watching

Led by Ben Pettersson, Experienced Hiker and Bird-Watcher

Experience nature at its finest along our local trails. Delight in the beauty that unfolds around each bend, all the while learning to identify a variety of birds. 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 Community Center) at 9:00am. For more information or to place your name on the notification email/phone list, call Lafayette Seniors Services, 284-5050 or seniors@lovelafayette.org. **Skip 12/23, 12/30**

DAY/DATE	TIME	LOCATION
Every Wednesday	9:00am-Noon	Alder Room
FEE:	MEMBERS	NON-MEMBERS
	Free	Free

Words of Wisdom

From the Philosophical to the Lighthearted Discussion Group Led by Craig Janke

Share your opinions with us in a freewheeling exchange of ideas: from current events to philosophy to the inspirational. There may be agreement or there may be different opinions—it's all in the spirit of learning, sharing, enrichment and good humor. Our "elder perspective" frequently sounds a lot like wisdom!

DAY/DATE	TIME	LOCATION
3rd Tuesday Monthly 9/15, 10/20, 11/17, 12/15	10:30am-Noon	Elderberry 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 discussions on a wide range of topics that guide participants toward a more ideal and positive life experience. Drop-ins welcome!

DAY/DATE	TIME	LOCATION
2nd Thursday Monthly 9/10, 10/8, 11/12, 12/10	10:30am-Noon	Elderberry Room
FEE:	MEMBERS	NON-MEMBERS
Per meeting	Free	\$10



Smart Driver 8-Hour Initial Course

Offered through AARP

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 for space availability.

DAY/DATE	TIME	LOCATION
Tue: 11/10 and Thu: 11/12	9:00am-1:00pm 9:00am-1:00pm	Elderberry Room Cedar Room
FEE:	AARP MEMBERS	NON-MEMBERS
	\$15	\$20



Free Lending Library

Stop by the Senior Services office and see the beautiful lending library book cart made for us by Lafayette Girl Scout Troop #32167. Browse through the titles. Take home a book or two at no charge. Return them when you're done; it operates on the honor system. Thank you, Girl Scouts, for this wonderful gift!

Health Insurance Counseling and Advocacy Programs (HICAP)

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

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

Location: Alder Room

DATE	APPOINTMENT TIMES
Tues: 9/15, 10/20, 11/17, 12/15	10:00am, 11:00am, or Noon
Wed: 9/2, 10/7, 11/4, 12/2	10:00am, 11:00am, or Noon



Paying It Forward in the Lamorinda Spirit Senior Transportation Program

The heart of the Spirit Van Program is the drivers who for the most part volunteer four hours a week. They are a committed group, dedicated to making sure older adults can go grocery shopping, run errands, go to the nutrition program, and get to the doctor and personal appointments. Sometimes they have had an older parent who used or needed a service such as this, and they recognize that we may all find ourselves in this boat in the future.

As you look at your schedule, consider the possibility of volunteering four hours a week, taking people who no longer drive to appointments, errands, and shopping. We will work around your schedule and vacations. Our long term drivers have enjoyed getting to know the Elders of our tri-city community, and our passengers are very appreciative for this valuable service. A Class C Driver's License is sufficient, and training is provided. You will be giving an important gift to your community. **Please call 925-283-3534 whether you need a ride or want to volunteer.**

Lamorinda Senior Transportation

An Alliance of Transportation Providers

Volunteer Drivers Needed, Valued and Appreciated

We'll accommodate your schedule, travels, and vacations. You will be helping your friends, family, and community!

Lamorinda Spirit Van 283-3534
Takes Lamorinda older adults to errands, appointments, grocery shopping, special events, and to lunch at the C.C. Café. Call early to reserve your ride. WE LOVE TO SAY "YES!" Wheelchair and walker accessible.

Contra Costa Yellow Cab and DeSoto Company 284-1234
20% discount for Lamorinda seniors.

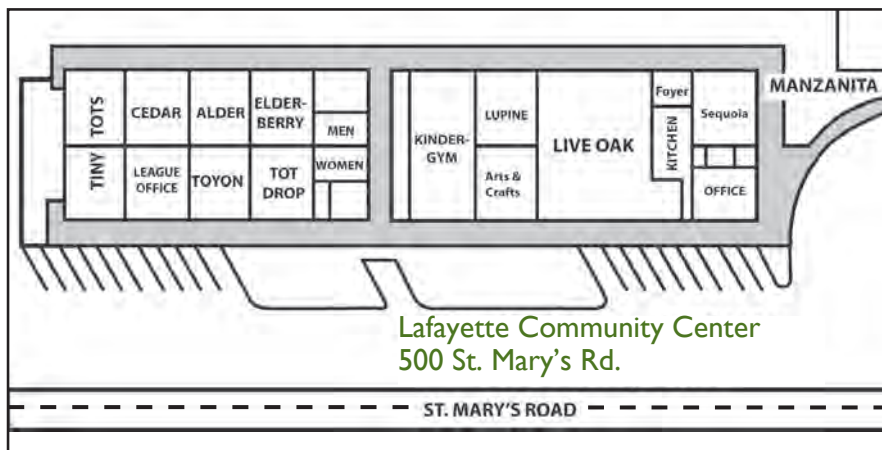
Orinda Seniors Around Town 402-4506
Volunteer drivers serving Orinda seniors with free rides to appointments and errands.

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—providing you with additional transportation options.)

ADULTS 55+

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
- 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's Maintenance Supervisor
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

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