

# AWESOME WINTER BREAK CAMP

4-11 YRS

Enjoy break at Camp Awesome doing arts and crafts, sports and games, hikes and a ton of Awesome fun.

Wear sporty clothing, bring a water bottle, lunch and be ready for fun! Campers will be divided into groups based on age for portions of the day.

## DAY CAMPS

**LOCATION:** Madrone Room

Weekly enrollment

**FEE:** \$60

**DAYS/DATE:** M-F | 12/23 & 12/27  
M, Tu, Th, F | 12/30, 12/31, 1/2, 1/3

**TIME:** 9:00am-2:00pm

**REGISTER NOW  
FOR WINTER  
BREAK FUN!**

AT THE CITY OF  
LAFAYETTE

# KIDS LEGO BIRTHDAY PARTIES!

## LEGO® PARTIES!

Have an awesome child who deserves something better than the average birthday party? Then let us throw a Bricks 4 Kidz® LEGO® party! From Star Wars to Ninjago and Chima to Super Heroes, we have dozens of different models and themes we can incorporate to make your son or daughter's birthday a memorable one.

5 Yrs & Up | \$425/2 hrs.\* | \*Up to 10 guests, \$15 per add'l. child | Contact: (415) 518-7583



# Lafayette Tiny Tots Preschool

Lafayette Tiny Tots offers a variety of classes for your active pre-schooler. Your child will enjoy interacting with other preschoolers 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.*



## Flexible Day Options!

School Year: August 18, 2025–May 29, 2026

**Ages 2.4-3.7—Red Room**

Choose 2, 3, 4, or 5 days  
9am-12pm or 9am-1:30pm

**Ages 3.7-5.5—Yellow Room**

Choose 3, 4, or 5 days  
9am-1:30pm



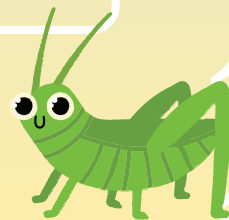
### To Apply

Fill out form: <https://www.Lovelafayette.org/TinyTots>

>> Select your child's age and desired days

You will be notified no later than January 31 if accepted and at that time the \$50 non-refundable registration fee is due, payable online. The first month tuition will be due no later than May 1st 2025 (payable online) in order to secure your child's space.

*Tuition is paid monthly, one month in advance and non-refundable once paid.*



# MUSIC

## UP TO 5 YRS MUSIC TOGETHER

Fun. Fabulous. Uplifting. Magical. These are just a few of the ways that parents describe Music Together. Each week in Music Together Classrooms worldwide, babies, toddlers, preschoolers, big kids and the grownups who love them gather to make music as a community. Song. Dance. Play Learn. Your class includes a Songbook, CD/MP3 download of the current song collection, makeup classes, Parent Guide and Musical Growth Chart, Family Music Zone online. Bay Area Parent Magazine Hall of Fame 2000-2022, Parents' Press Best Music Class 2022. Space is limited so register early! Playful, rich and engaging, our kids' music and movement classes also offer other important benefits. It turns out that music for children also supports overall early childhood development. We help families get in touch with their inner musician and connect with other families. We're on a mission to make the world a better place by making it musical.

| FEE   | INSTRUCTOR              |              | NO. WKS.        |
|-------|-------------------------|--------------|-----------------|
| \$304 | East Bay Music Together |              | 10              |
| DAY   | DATE                    | LOCATION     | TIME            |
| M     | 1/6-3/10                | Buckeye Room | 4:00pm-4:45pm   |
| M     | 1/6-3/10                | Buckeye Room | 5:00pm-5:45pm   |
| Th    | 1/9-3/13                | Buckeye Room | 9:30am-10:15am  |
| Th    | 1/9-3/13                | Buckeye Room | 10:30am-11:15am |
| M     | 4/7-6/9                 | Buckeye Room | 4:00pm-4:45pm   |
| M     | 4/7-6/9                 | Buckeye Room | 5:00pm-5:45pm   |
| Th    | 4/10-6/12               | Buckeye Room | 9:30am-10:15am  |
| Th    | 4/10-6/12               | Buckeye Room | 10:30am-11:15am |

# SPORTS

## 3-5Y SKYHAWKS BASEBALLTOTS

Developing your child's passion for baseball is a HOME RUN with Skyhawks BaseballTots. Through a series of age-appropriate games, participants gain the skills, confidence, and passion, to take the next step in their baseball careers. Skyhawks coaches provide a positive environment where kids of all abilities can develop at their own pace with lots of encouragement and a big focus on fun! Our development objectives include base-running, hitting, catching/fielding, throwing, coordination, balance, body movement, teamwork, sportsmanship, and self-esteem. Your child will leave with new skills, new friends, and a new love for baseball!

| FEE   | INSTRUCTOR      |                       | NO. WKS.      |
|-------|-----------------|-----------------------|---------------|
| \$374 | Skyhawks Sports |                       | 12            |
| DAY   | DATE            | LOCATION              | TIME          |
| Tu    | 1/7-3/25        | Jennifer Russell Bldg | 4:30pm-5:15pm |

| FEE   | INSTRUCTOR      |                       | NO. WKS.      |
|-------|-----------------|-----------------------|---------------|
| \$219 | Skyhawks Sports |                       | 7             |
| DAY   | DATE            | LOCATION              | TIME          |
| Tu    | 4/8-5/20        | Jennifer Russell Bldg | 4:30pm-5:15pm |

## 3-5Y SKYHAWKS HOOPSTERTOTS

Developing your child's passion for basketball is a SLAM DUNK with Skyhawks HoopsterTots. Through a series of age-appropriate games, participants gain the skills, confidence, and passion, to take the game to the next step in their basketball careers. Skyhawks coaches provide a positive environment where kids of all abilities can develop at their own pace with lots of encouragement and a big focus on fun! Our development objectives include ball control, dribbling, passing, shooting, coordination, balance, body movement, teamwork, sportsmanship, and self-esteem.

| FEE   | INSTRUCTOR      |                       | NO. WKS.      |
|-------|-----------------|-----------------------|---------------|
| \$374 | Skyhawks Sports |                       | 12            |
| DAY   | DATE            | LOCATION              | TIME          |
| W     | 1/8-3/26        | Jennifer Russell Bldg | 4:15pm-5:00pm |

| FEE   | INSTRUCTOR      |                       | NO. WKS.      |
|-------|-----------------|-----------------------|---------------|
| \$219 | Skyhawks Sports |                       | 7             |
| DAY   | DATE            | LOCATION              | TIME          |
| W     | 4/9-5/21        | Jennifer Russell Bldg | 4:15pm-5:00pm |



## 2-3 YRS SKYHAWKS PARENTS & ME SPORTS MEDLEY

This multi-sport tot program was designed to introduce kids to Baseball, Basketball, Soccer, and Track & Field in one fun-filled setting. Skyhawks coaches introduce young athletes to a variety of different sports through PLAY! Our age-appropriate curriculum, modified equipment, and highly trained staff provide a positive environment where players of all abilities can develop at their own pace with lots of encouragement and a big focus on FUN! This program involves Parent Participation. *Skip 1/18 & 2/15*

| FEE   | INSTRUCTOR      |                       | NO. WKS.       |
|-------|-----------------|-----------------------|----------------|
| \$312 | Skyhawks Sports |                       | 10             |
| DAY   | DATE            | LOCATION              | TIME           |
| Sa    | 1/11-3/29       | Jennifer Russell Bldg | 9:30am-10:00am |

| FEE   | INSTRUCTOR      |                       | NO. WKS.       |
|-------|-----------------|-----------------------|----------------|
| \$189 | Skyhawks Sports |                       | 6              |
| DAY   | DATE            | LOCATION              | TIME           |
| Sa    | 4/12-5/17       | Jennifer Russell Bldg | 9:30am-10:00am |

# SPORTS (CONTINUED)

3-4 YRS

## SKYHAWKS SUPERTOTS SPORTS MEDLEY

This multi-sport tot program was designed to introduce kids to Baseball, Basketball, Soccer, and Track & Field in one fun-filled setting. Skyhawks coaches introduce young athletes to a variety of different sports through PLAY! Our age-appropriate curriculum, modified equipment, and highly trained staff provide a positive environment where players of all abilities can develop at their own pace with lots of encouragement and a big focus on FUN! *Skip 1/18, 2/15*

| FEE   | INSTRUCTOR      |                       | NO. WKS.        |
|-------|-----------------|-----------------------|-----------------|
| \$312 | Skyhawks Sports |                       | 10              |
| DAY   | DATE            | LOCATION              | TIME            |
| Sa    | 1/11-3/29       | Jennifer Russell Bldg | 10:15am-11:00am |
| Sa    | 1/11-3/29       | Jennifer Russell Bldg | 11:15am-12:00pm |

| FEE   | INSTRUCTOR      |                       | NO. WKS.        |
|-------|-----------------|-----------------------|-----------------|
| \$189 | Skyhawks Sports |                       | 6               |
| DAY   | DATE            | LOCATION              | TIME            |
| Sa    | 4/12-5/17       | Jennifer Russell Bldg | 10:15am-11:00am |

4-5 YRS

## SKYHAWKS SUPERTOTS SPORTS MEDLEY

This multi-sport tot program was designed to introduce kids to Baseball, Basketball, Soccer, and Track & Field in one fun-filled setting. Skyhawks coaches introduce young athletes to a variety of different sports through PLAY! Our age-appropriate curriculum, modified equipment, and highly trained staff provide a positive environment where players of all abilities can develop at their own pace with lots of encouragement and a big focus on FUN!

| FEE   | INSTRUCTOR      |                       | NO. WKS.        |
|-------|-----------------|-----------------------|-----------------|
| \$189 | Skyhawks Sports |                       | 6               |
| DAY   | DATE            | LOCATION              | TIME            |
| Sa    | 4/12-5/17       | Jennifer Russell Bldg | 11:15am-12:00pm |

3-5 YRS

## TUMBLING

Through fun tumbling activities like rolls, jumps, and balance games, students will build strength, coordination, and confidence in a playful, supportive environment. Perfect for energetic kids ready to explore their abilities, make friends, and spark a lifelong love of movement. *Skip 1/20, 2/17, 3/31*

| FEE   | INSTRUCTOR  |                       | NO. WKS.      |
|-------|-------------|-----------------------|---------------|
| \$329 | Erin Kriese |                       | 8             |
| DAY   | DATE        | LOCATION              | TIME          |
| M     | 1/13-3/17   | Jennifer Russell Bldg | 3:00pm-3:45pm |
| M     | 3/24-5/19   | Jennifer Russell Bldg | 3:00pm-3:45pm |

See page 9 for 6-10 year old tumbling



1-2Y

## PARENT & ME PRE-SOCCER MOVEMENT CLASS

Our experienced Super Soccer Stars coaches and puppet friends, Mimi & Pepe, take toddlers through a world of exciting physical activity. Play-based activities and engaging original music are used to develop pre-soccer skills in a fun and nurturing environment. Individual attention and positive reinforcement also help your toddler develop balance & coordination to help them run, kick and play—all while having a blast! **Supply fee of \$25 due to instructor at first class. Skip 2/14, 2/15**

| FEE   | INSTRUCTOR   |                       | NO. WKS.       |
|-------|--------------|-----------------------|----------------|
| \$214 | Soccer Stars |                       | 6              |
| DAY   | DATE         | LOCATION              | TIME           |
| F     | 1/10-2/21    | Jennifer Russell Bldg | 9:30am-10:10am |

| FEE   | INSTRUCTOR   |                 | NO. WKS.       |
|-------|--------------|-----------------|----------------|
| \$249 | Soccer Stars |                 | 8              |
| DAY   | DATE         | LOCATION        | TIME           |
| Sa    | 2/1-3/29     | Plaza Park Lawn | 9:30am-10:10am |

| FEE   | INSTRUCTOR   |                       | NO. WKS.       |
|-------|--------------|-----------------------|----------------|
| \$179 | Soccer Stars |                       | 5              |
| DAY   | DATE         | LOCATION              | TIME           |
| F     | 2/28-3/28    | Jennifer Russell Bldg | 9:30am-10:10am |

| FEE   | INSTRUCTOR   |                       | NO. WKS.       |
|-------|--------------|-----------------------|----------------|
| \$284 | Soccer Stars |                       | 8              |
| DAY   | DATE         | LOCATION              | TIME           |
| F     | 4/11-5/30    | Jennifer Russell Bldg | 9:30am-10:10am |

| FEE   | INSTRUCTOR   |                 | NO. WKS.       |
|-------|--------------|-----------------|----------------|
| \$284 | Soccer Stars |                 | 8              |
| DAY   | DATE         | LOCATION        | TIME           |
| Sa    | 4/12-5/31    | Plaza Park Lawn | 9:30am-10:10am |

# SPORTS

## 2-3Y SUPER SOCCER STARS TOTS

Our 2-3s program provides an exciting introduction to physical activities, where your little ones will engage in rich language exposure and develop essential movements like running, hopping, jumping, and changing directions. Our expert instructors will also teach basic soccer skills, enhancing coordination and building stability. But it's not all serious training! Our curriculum includes fun dribbling and shooting activities tied to a specific theme (i.e. Outer space) that promote positive social interaction and lays the foundation for mastering the basic skills of soccer. **Supply fee of \$25 due to instructor at first class. Skip 2/14, 2/15**

| FEE   | INSTRUCTOR      | NO. WKS.              |
|-------|-----------------|-----------------------|
| \$214 | Soccer Stars    | 6                     |
| DAY   | DATE            | LOCATION              |
| F     | 1/10-2/21       | Jennifer Russell Bldg |
| TIME  | 10:20am-11:00am |                       |

| FEE   | INSTRUCTOR      | NO. WKS.        |
|-------|-----------------|-----------------|
| \$284 | Soccer Stars    | 8               |
| DAY   | DATE            | LOCATION        |
| Sa    | 2/1-3/29        | Plaza Park Lawn |
| Sa    | 4/12-5/31       | Plaza Park Lawn |
| TIME  | 10:20am-11:00am |                 |

| FEE   | INSTRUCTOR      | NO. WKS.              |
|-------|-----------------|-----------------------|
| \$179 | Soccer Stars    | 5                     |
| DAY   | DATE            | LOCATION              |
| F     | 2/28-3/28       | Jennifer Russell Bldg |
| TIME  | 10:20am-11:00am |                       |

| FEE   | INSTRUCTOR      | NO. WKS.              |
|-------|-----------------|-----------------------|
| \$284 | Soccer Stars    | 8                     |
| DAY   | DATE            | LOCATION              |
| F     | 4/11-5/30       | Jennifer Russell Bldg |
| TIME  | 10:20am-11:00am |                       |

## 3-5Y SKYHAWKS SOCCERTOTS

This program was designed to give kids a positive first step into soccer. Using our age-appropriate curriculum and modified equipment, participants learn soccer fundamentals and social skills through a series of fast-paced instructional circuits and developmental games. Our primary development objectives include dribbling, passing, shooting, ball control, balance, body movement, foot/eye coordination, self-esteem, teamwork, and sportsmanship!

| FEE   | INSTRUCTOR      | NO. WKS.              |
|-------|-----------------|-----------------------|
| \$374 | Skyhawks Sports | 12                    |
| DAY   | DATE            | LOCATION              |
| W     | 1/8-3/26        | Jennifer Russell Bldg |
| TIME  | 5:15pm-6:00pm   |                       |

| FEE   | INSTRUCTOR      | NO. WKS.              |
|-------|-----------------|-----------------------|
| \$219 | Skyhawks Sports | 7                     |
| DAY   | DATE            | LOCATION              |
| W     | 4/9-5/21        | Jennifer Russell Bldg |
| TIME  | 5:15pm-6:00pm   |                       |

## 3-4Y SUPER SOCCER STARS

Our experienced Super Soccer Stars coaches and puppet friends, Mimi & Pepe, take toddlers through a world of exciting physical activity. Play-based activities and engaging original music are used to develop pre-soccer skills in a fun and nurturing environment. Individual attention and positive reinforcement also help your toddler develop balance and coordination to help them run, kick and play—all while having a blast! **Supply fee of \$25 due to instructor at first class. Skip 2/15**

| FEE   | INSTRUCTOR      | NO. WKS.        |
|-------|-----------------|-----------------|
| \$284 | Soccer Stars    | 8               |
| DAY   | DATE            | LOCATION        |
| Sa    | 2/1-3/29        | Plaza Park Lawn |
| Sa    | 4/12-5/31       | Plaza Park Lawn |
| TIME  | 11:10am-11:50am |                 |

# ARTS & CRAFTS

## 5-12 YRS KIDS CARPENTRY

Kids' Carpentry, has taught thousands of children the safe use of hand tools. Children may choose from a wide variety of projects after first completing their sanding block and supertop. 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. **A \$60 supply fee due to instructor on first day. Skip 2/19, 4/2**

| FEE   | INSTRUCTOR          | NO. WKS.             |
|-------|---------------------|----------------------|
| \$244 | Christopher Beasley | 7                    |
| DAY   | DATE                | LOCATION             |
| W     | 1/15-3/5            | Arts and Crafts Room |
| W     | 1/15-3/5            | Arts and Crafts Room |
| W     | 1/15-3/5            | Arts and Crafts Room |
| W     | 3/19-5/7            | Arts and Crafts Room |
| W     | 3/19-5/7            | Arts and Crafts Room |
| W     | 3/19-5/7            | Arts and Crafts Room |
| TIME  | 2:15pm-3:25pm       |                      |
|       | 3:30pm-4:40pm       |                      |
|       | 4:45pm-5:55pm       |                      |
|       | 2:15pm-3:25pm       |                      |
|       | 3:30pm-4:40pm       |                      |
|       | 4:45pm-5:55pm       |                      |



# ARTS & CRAFTS

9-16 YRS

## FASHION SEWING CAMP—DESIGN A QUILT (BEGINNER/INTERMEDIATE)

Sew a custom hooded sweatshirt for the winter season! (Intermediate level, prior class with Ms. Julia required.) Students will learn to sew with ribbing and fleece fabrics and learn to safely operate a professional sewing machine and iron, read a sewing pattern, and illustrate their designs. All of the materials will be provided including high quality fabrics, threads, and personalized embroidery. **\$65**

**Supply fee paid to instructor at first class.**

| FEE   | INSTRUCTOR  | NO. WKS.   |                |
|-------|-------------|------------|----------------|
| \$404 | Julia Husch | 1          |                |
| DAY   | DATE        | LOCATION   | TIME           |
| M-F   | 3/31-4/4    | Cedar Room | 9:00am-12:00pm |



# COOKING

6-7 YRS

## BUSY BEE COOKS

Hey you young chefs it's time to cook again. Kids eat what they create. We will be learning to make breads, soups, salads, veggies main courses and of course dessert. Food, cooking equipment safety and nutrition are taught in every class. And we even learn to wash the dishes too! **\$50 supply fee due to the instructor at the first class.**

| FEE   | INSTRUCTOR    | NO. WKS. |               |
|-------|---------------|----------|---------------|
| \$314 | Lynda Rexroat | 5        |               |
| DAY   | DATE          | LOCATION | TIME          |
| Th    | 1/9-2/6       | Kitchen  | 1:00pm-3:00pm |
| Th    | 2/13-3/13     | Kitchen  | 1:00pm-3:00pm |
| Th    | 4/10-5/8      | Kitchen  | 1:00pm-3:00pm |

8-12 YRS

## WE TEACH YOUR KIDS TO COOK

Hey you young chefs it's time to cook again. Kids eat what they create. We will be learning to make breads, soups, salads, veggies main courses and of course dessert. Food, cooking equipment safety and nutrition are taught in every class. And we even learn to wash the dishes too! **\$50 supply fee due to the instructor at the first class.**

| FEE   | INSTRUCTOR    | NO. WKS. |               |
|-------|---------------|----------|---------------|
| \$314 | Lynda Rexroat | 5        |               |
| DAY   | DATE          | LOCATION | TIME          |
| Th    | 1/9-2/6       | Kitchen  | 4:00pm-6:00pm |
| Th    | 2/13-3/13     | Kitchen  | 4:00pm-6:00pm |
| Th    | 4/10-5/8      | Kitchen  | 4:00pm-6:00pm |

# DANCE

4-16 YRS 

## IRISH DANCE

The McBride School offers quality Irish Dance classes while providing safe, supportive and positive learning environment with a family oriented school. Classes include New Beginner (Introduction to Irish dance); Intermediate/Advanced (Continued instruction of soft and hard shoe dances); and Novice, Prizewinner and Championship level dances.

### NEW BEGINNER

| FEE   | INSTRUCTOR            | NO. WKS.   |               |
|-------|-----------------------|------------|---------------|
| \$279 | McBride Irish Dancers | 13         |               |
| DAY   | DATE                  | LOCATION   | TIME          |
| W     | 1/8-4/2               | Toyon Room | 3:30pm-4:15pm |

| FEE   | INSTRUCTOR            | NO. WKS.   |               |
|-------|-----------------------|------------|---------------|
| \$184 | McBride Irish Dancers | 8          |               |
| DAY   | DATE                  | LOCATION   | TIME          |
| W     | 4/9-5/28              | Toyon Room | 3:30pm-4:15pm |

### INTERMEDIATE/ADVANCED

| FEE   | INSTRUCTOR            | NO. WKS.   |               |
|-------|-----------------------|------------|---------------|
| \$279 | McBride Irish Dancers | 13         |               |
| DAY   | DATE                  | LOCATION   | TIME          |
| W     | 1/8-4/2               | Toyon Room | 4:00pm-5:00pm |

| FEE   | INSTRUCTOR            | NO. WKS.   |               |
|-------|-----------------------|------------|---------------|
| \$184 | McBride Irish Dancers | 8          |               |
| DAY   | DATE                  | LOCATION   | TIME          |
| W     | 4/9-5/28              | Toyon Room | 4:00pm-5:00pm |

### NOVICE/PRIZEWINNER/CHAMPIONSHIP

| FEE   | INSTRUCTOR            | NO. WKS.   |               |
|-------|-----------------------|------------|---------------|
| \$279 | McBride Irish Dancers | 13         |               |
| DAY   | DATE                  | LOCATION   | TIME          |
| W     | 1/8-4/2               | Toyon Room | 5:00pm-6:15pm |

| FEE   | INSTRUCTOR            | NO. WKS.   |               |
|-------|-----------------------|------------|---------------|
| \$184 | McBride Irish Dancers | 8          |               |
| DAY   | DATE                  | LOCATION   | TIME          |
| W     | 4/9-5/28              | Toyon Room | 5:00pm-6:15pm |

## 5-12 YRS TAP/JAZZ BASIC

This class is a great start for any newcomer or returning dancer who has danced in the past and want to get those Dance Shoes back on! Come in and enjoy an entertaining class that works on flexibility, strength, and technique along with the true vocabulary of each movement. Ending with an amazing choreography by Mr. AJ Rogers in an unbelievably fun environment! Keeping up with popular top 40 music brings the clubby environment to Lafayette rec. this class brings sheer joy in a classy clean and cool studio. *Skip 2/18*

| FEE   | INSTRUCTOR           |            | NO. WKS.      |
|-------|----------------------|------------|---------------|
| \$213 | New You Dance Center |            | 11            |
| DAY   | DATE                 | LOCATION   | TIME          |
| Tu    | 1/7-3/25             | Toyon Room | 5:00pm-5:45pm |

| FEE   | INSTRUCTOR           |            | NO. WKS.      |
|-------|----------------------|------------|---------------|
| \$156 | New You Dance Center |            | 8             |
| DAY   | DATE                 | LOCATION   | TIME          |
| Tu    | 4/8-5/27             | Toyon Room | 5:00pm-5:45pm |

## 6-10 YRS TUMBLING

This high energy tumbling class will explore movement, balance and coordination in a safe, fun environment. We'll focus on building solid fundamentals like handstands and cartwheels, while progressing to more advanced skills like roundoffs and handsprings. Perfect for active kids who are eager to move and play. *Skip 1/20, 2/17, 3/31*

| FEE   | INSTRUCTOR  |                       | NO. WKS.      |
|-------|-------------|-----------------------|---------------|
| \$329 | Erin Kriese |                       | 8             |
| DAY   | DATE        | LOCATION              | TIME          |
| M     | 1/13-3/17   | Jennifer Russell Bldg | 4:00pm-5:00pm |
| M     | 3/24-5/19   | Jennifer Russell Bldg | 4:00pm-5:00pm |

## 7-14 YRS SPARK CHEER & TUMBLING

Spark Cheer & Tumbling classes are designed to establish cheerleading fundamentals such as motions, jumps, tumbling and stunts. In between drills and skills, we'll play team games, build confidence, and make new friends. This class will operate as a team, working up to a performance on the final day of class. *Skip 1/20, 2/17, 3/31*



| FEE   | INSTRUCTOR  |                       | NO. WKS.      |
|-------|-------------|-----------------------|---------------|
| \$329 | Erin Kriese |                       | 8             |
| DAY   | DATE        | LOCATION              | TIME          |
| M     | 1/13-3/17   | Jennifer Russell Bldg | 5:00pm-6:00pm |
| M     | 3/24-5/19   | Jennifer Russell Bldg | 5:00pm-6:00pm |

## 5-11 YRS NEW YOU DANCE COMBO

"Mr Ajs Dance Combo" takes your little one through a vast series of different styles of body movement. POPPING, LOCKING, GLIDING, and WAVING are the courses your child/children will learn in this outstandingly epic environment. Starting with a warm up that focuses on flexibility, balance and core strength. Evolving into lead and follows that break down each movement that kids love to show off at any event! Concluding with a one of a kind Dance Choreography by Mr AJ that your child will remember for years to come! So get your dance shoes on and see what all the fuss is about, your New You starts right here! *Skip 2/18*

| FEE   | INSTRUCTOR           |            | NO. WKS.      |
|-------|----------------------|------------|---------------|
| \$213 | New You Dance Center |            | 11            |
| DAY   | DATE                 | LOCATION   | TIME          |
| Tu    | 1/7-3/25             | Toyon Room | 4:15pm-5:00pm |

| FEE   | INSTRUCTOR           |            | NO. WKS.      |
|-------|----------------------|------------|---------------|
| \$156 | New You Dance Center |            | 8             |
| DAY   | DATE                 | LOCATION   | TIME          |
| Tu    | 4/8-5/27             | Toyon Room | 4:15pm-5:00pm |

## 7-11 YRS

| FEE   | INSTRUCTOR           |            | NO. WKS.      |
|-------|----------------------|------------|---------------|
| \$213 | New You Dance Center |            | 11            |
| DAY   | DATE                 | LOCATION   | TIME          |
| Tu    | 1/7-3/25             | Toyon Room | 5:45pm-6:30pm |

| FEE   | INSTRUCTOR           |            | NO. WKS.      |
|-------|----------------------|------------|---------------|
| \$156 | New You Dance Center |            | 8             |
| DAY   | DATE                 | LOCATION   | TIME          |
| Tu    | 4/8-5/27             | Toyon Room | 5:45pm-6:30pm |

# SCIENCE & TECHNOLOGY

## 5-10 YRS WATER AND MARINE SCIENCE FOR KIDS!

In this course, students will perform hands-on water and marine science activities! Beat the heat with water balloon and squirt gun games, learn about how sharks and whales swim differently, and make a clay coral reef that changes colors with heat—just like real ones do! Register now and join us for one of the COOLEST camps around! **\$85 materials fee due to instructor on first day of camp.**

| FEE   | INSTRUCTOR    |                      | NO. WKS.       |
|-------|---------------|----------------------|----------------|
| \$369 | Nicole Beedle |                      | 1              |
| DAY   | DATE          | LOCATION             | TIME           |
| M-F   | 3/31-4/4      | Arts and Crafts Room | 9:00am-11:00am |

See page 9 for 3-5 year old tumbling

## SPORTS

### 5-12 YRS

#### VOLLEYBALL CLINIC

Skyhawks Volleyball Clinics are a fun and positive introduction to the exciting game of Volleyball. Using our age-appropriate curriculum and modified equipment, participants learn Volleyball fundamentals and social skills through a series of fast-paced instructional circuits and developmental games. Participants explore balance, body movement, coordination, self-esteem, teamwork, sportsmanship, and skill development, with lots of encouragement and a big focus on fun! Skyhawks coaches create a safe and interactive setting that develops skills while building confidence. Our primary development objectives include passing/bumping, setting, hitting/spiking, and serving. Your child will leave with new friends, new skills, and a new love for Volleyball.

### 5-7 YRS

| FEE   | INSTRUCTOR      | NO. WKS.              |               |
|-------|-----------------|-----------------------|---------------|
| \$374 | Skyhawks Sports | 12                    |               |
| DAY   | DATE            | LOCATION              | TIME          |
| Tu    | 1/7-3/25        | Jennifer Russell Bldg | 3:15pm-4:15pm |

| FEE   | INSTRUCTOR      | NO. WKS.              |               |
|-------|-----------------|-----------------------|---------------|
| \$219 | Skyhawks Sports | 7                     |               |
| DAY   | DATE            | LOCATION              | TIME          |
| Tu    | 4/8-5/20        | Jennifer Russell Bldg | 3:15pm-4:15pm |

### 8-12 YRS

| FEE   | INSTRUCTOR      | NO. WKS.              |               |
|-------|-----------------|-----------------------|---------------|
| \$374 | Skyhawks Sports | 12                    |               |
| DAY   | DATE            | LOCATION              | TIME          |
| Tu    | 1/7-3/25        | Jennifer Russell Bldg | 3:15pm-4:15pm |

| FEE   | INSTRUCTOR      | NO. WKS.              |               |
|-------|-----------------|-----------------------|---------------|
| \$219 | Skyhawks Sports | 7                     |               |
| DAY   | DATE            | LOCATION              | TIME          |
| Tu    | 4/8-5/20        | Jennifer Russell Bldg | 3:15pm-4:15pm |

### 10-14 YRS

#### BOYS FLAG FOOTBALL CAMP

In this boys only program, campers will work with i9 Sports instructors to learn the basics of one of the fastest growing sports in the country! Whether your child is looking to learn the basics, prepare for a league or a High School program, campers are going to learn techniques for throwing, catching, the running game and basic offense and defense. In addition campers can expect to work on movement fundamentals required to be successful in any sport. And as always, i9 Sports puts fun in first place and celebrates sportsmanship values on the field!

| FEE   | INSTRUCTOR  | NO. WKS.        |                |
|-------|-------------|-----------------|----------------|
| \$152 | i9 Sports   | 1               |                |
| DAY   | DATE        | LOCATION        | TIME           |
| Th-F  | 12/26-12/27 | LCP-Lower Field | 9:00am-12:00pm |

### 10-14 YRS

#### GIRLS FLAG FOOTBALL CAMP

Focusing on girls only allows for girls to develop their flag football skills in a safe and supportive environment. In this girls only program, campers will work with i9 Sports instructors to learn the basics of one of the fastest growing sports for girls in the country! Whether your child is looking to learn the basics or prepare for a league or High School girls flag football, campers are going to learn techniques for throwing, catching, the running game and basic offense and defense. In addition campers can expect to work on movement fundamentals required to be successful in any sport. And as always, i9 Sports put fun in first place and celebrates sportsmanship values on the field!

| FEE   | INSTRUCTOR  | NO. WKS.        |                |
|-------|-------------|-----------------|----------------|
| \$152 | i9 Sports   | 1               |                |
| DAY   | DATE        | LOCATION        | TIME           |
| Th-F  | 12/26-12/27 | LCP-Lower Field | 9:00am-12:00pm |

### 5-10Y

#### TAP BASKETBALL ACADEMY

TAP basketball academy focuses on progressive skill development for beginner to intermediate players. Led by a former professional basketball player with a background in sports performance and teaching, our program puts an emphasis on fundamentals, skills, and teamwork, while building confidence, and a love for the game in a safe and enriching learning environment! *Skip 1/30, 3/6, 5/6, 5/8*

### 5-7 YRS

| FEE    | INSTRUCTOR | NO. WKS.          |               |
|--------|------------|-------------------|---------------|
| \$403  | Rob Hood   | 8                 |               |
| DAY    | DATE       | LOCATION          | TIME          |
| Tu, Th | 1/21-3/13  | Rink North Courts | 3:30pm-4:30pm |

| FEE    | INSTRUCTOR | NO. WKS.          |               |
|--------|------------|-------------------|---------------|
| \$352  | Rob Hood   | 6                 |               |
| DAY    | DATE       | LOCATION          | TIME          |
| Tu, Th | 4/8-5/22   | Rink North Courts | 3:30pm-4:30pm |

### 8-10 YRS

| FEE    | INSTRUCTOR | NO. WKS.          |               |
|--------|------------|-------------------|---------------|
| \$403  | Rob Hood   | 8                 |               |
| DAY    | DATE       | LOCATION          | TIME          |
| Tu, Th | 1/21-3/13  | Rink North Courts | 4:30pm-5:30pm |

| FEE    | INSTRUCTOR | NO. WKS.          |               |
|--------|------------|-------------------|---------------|
| \$352  | Rob Hood   | 6                 |               |
| DAY    | DATE       | LOCATION          | TIME          |
| Tu, Th | 4/8-5/22   | Rink North Courts | 4:30pm-5:30pm |





## 7-12 YRS

### SPRING BREAK MULTI-SPORT CAMP

i9 Sports camps are built upon the concept of having fun while learning and developing skills that can be applied to all sports. Skills will be worked on through stations and game play. In this 5 day camp kids will work on developing overall athletic ability and movement fundamentals while participating in soccer, flag football and kickball. As always i9 Sports puts fun in first place while teaching and celebrating sportsmanship values.

| FEE   | INSTRUCTOR | NO. WKS.        |                |
|-------|------------|-----------------|----------------|
| \$279 | i9 Sports  | 1               |                |
| DAY   | DATE       | LOCATION        | TIME           |
| M-F   | 3/31-4/4   | LCP-Lower Field | 9:00am-12:00pm |

## 6-11 YRS

### SPRING OLYMPICS CAMP

This action-packed camp combines all your favorite Skyhawks Games into one fun-filled week. Participants will learn and play fun Skyhawks variations of Baseball, Basketball, Capture the Flag, Dodgeball, Flag Football, Kickball, Soccer, Track & Field and Volleyball. By adding just the right amount of friendly competition, this program teaches boys and girls teamwork, sportsmanship, leadership, and strategy. Bring your friends or come make new ones.

| FEE   | INSTRUCTOR      | NO. WKS.       |               |
|-------|-----------------|----------------|---------------|
| \$329 | Skyhawks Sports | 1              |               |
| DAY   | DATE            | LOCATION       | TIME          |
| M-F   | 3/31-4/4        | Lafayette Elem | 9:00am-3:00pm |

# MARTIAL ARTS

## 7-17 YRS KARATE

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 tournament, as well as Open Karate tournaments. *Annual AAU insurance—\$14-Youth—is required. Belt ranking fees also apply, please inquire in class. Start any time. Register at class.[www.kyokushinkarate-lafayette.com](http://www.kyokushinkarate-lafayette.com)*

| CLASSES PER WEEK       | INSTRUCTOR     |               |               |
|------------------------|----------------|---------------|---------------|
| 2 classes/week \$60/mo | Danielle Jolin |               |               |
| LEVEL                  | DAY/DATE       | LOCATION      | TIME          |
| Open                   | Mo/We—Ongoing  | Live Oak Room | 7:00pm-8:00pm |

# PICKLEBALL

## 7-13 YRS

### PARAGON JR. PICKLEBALL CAMP

It's time for the NEXT GENERATION of pickleball players! It's time for the NEXT GEN! The Paragon Pickleball coaching staff are excited to be offering this new and amazing camp to kids! Campers will learn the rules of the game, singles and doubles scoring, and how to hit all the shots they'll need in order to play. For questions, please email Drew Diefenbach at [ParagonPickleball@gmail.com](mailto:ParagonPickleball@gmail.com). Please bring your own paddle (we do have loners), water, snack, sunglasses, hat, and anything else you may need. See you on the pickleball court!

| FEE   | INSTRUCTOR        | NO. WKS. |               |
|-------|-------------------|----------|---------------|
| \$279 | Andrew Diefenbach | 1        |               |
| DAY   | DATE              | LOCATION | TIME          |
| M-F   | 3/31-4/4          | Rink     | 1:00pm-4:00pm |

## 7-13 YRS

### PARAGON JR. PICKLERS

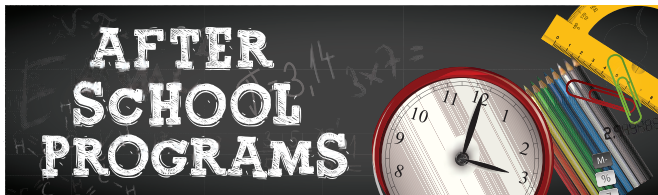
This class is a great way to get your kids started in the fastest growing sport in America. Students will learn how to dink, drop, drive, volley, and serve. All the basics will be covered. Invite your friends and come out to the rink with Paragon Pickleball. Paddles are available to borrow. *Skip Date 4/1*

| FEE   | INSTRUCTOR        | NO. WKS.          |               |
|-------|-------------------|-------------------|---------------|
| \$267 | Andrew Diefenbach | 7                 |               |
| DAY   | DATE              | LOCATION          | TIME          |
| Tu    | 1/14-2/25         | Rink South Courts | 3:30pm-4:45pm |

| FEE   | INSTRUCTOR        | NO. WKS.          |               |
|-------|-------------------|-------------------|---------------|
| \$303 | Andrew Diefenbach | 8                 |               |
| DAY   | DATE              | LOCATION          | TIME          |
| Tu    | 3/4-4/29          | Rink South Courts | 3:30pm-4:45pm |

| FEE   | INSTRUCTOR        | NO. WKS.          |               |
|-------|-------------------|-------------------|---------------|
| \$154 | Andrew Diefenbach | 4                 |               |
| DAY   | DATE              | LOCATION          | TIME          |
| Tu    | 5/6-5/27          | Rink South Courts | 3:30pm-4:45pm |





## 5-6 YRS

### ALOHA MIND MATH-KINDER

Kids find learning math on the abacus FUN! Hands-on learning inspires confidence while learning mental math techniques. Students will develop agility with numbers and acquire visualization and problem solving skills. Your child will broaden their understanding of math and realize that they too can be MATH ROCK STARS! *Skip 1/20, 2/14, 2/17, 3/17, 3/31-4/4*

| FEE   | INSTRUCTOR    | NO. WKS.   |               |
|-------|---------------|------------|---------------|
| \$109 | Hali Hausmann | 5          |               |
| DAY   | DATE          | LOCATION   | TIME          |
| F     | 1/10-2/7      | Cedar Room | 2:00pm-3:00pm |

| FEE   | INSTRUCTOR    | NO. WKS.   |               |
|-------|---------------|------------|---------------|
| \$130 | Hali Hausmann | 6          |               |
| DAY   | DATE          | LOCATION   | TIME          |
| F     | 2/21-3/28     | Cedar Room | 2:00pm-3:00pm |

| FEE   | INSTRUCTOR    | NO. WKS.   |               |
|-------|---------------|------------|---------------|
| \$151 | Hali Hausmann | 7          |               |
| DAY   | DATE          | LOCATION   | TIME          |
| F     | 4/11-5/23     | Cedar Room | 2:00pm-3:00pm |

## 5-7Y

### i9 SPORTS—MULTI SPORT AFTER SCHOOL

Kids take a fun first journey through sports to discover the sport that they like most! This program introduces kids to today's most popular sports. This is a great starter program to get kids comfortable with team sports and teaches the sports fundamentals. As always, i9 Sports teaches and celebrates sportsmanship values. Primary sports include basketball, flag football and soccer! Come join the fun! *Skip 4/3*

| FEE   | INSTRUCTOR | NO. WKS.              |               |
|-------|------------|-----------------------|---------------|
| \$211 | i9 Sports  | 6                     |               |
| DAY   | DATE       | LOCATION              | TIME          |
| Th    | 1/9-2/13   | Jennifer Russell Bldg | 3:15pm-4:45pm |

| FEE   | INSTRUCTOR | NO. WKS.              |               |
|-------|------------|-----------------------|---------------|
| \$211 | i9 Sports  | 6                     |               |
| DAY   | DATE       | LOCATION              | TIME          |
| Th    | 3/6-4/17   | Jennifer Russell Bldg | 3:15pm-4:45pm |

Happy Valley Elementary

Springhill Elementary

Community Ctr (Burton Valley)

Lafayette Elementary

## 5-10 YRS

### EXPERIMENTS FOR KIDS

Students will have the opportunity to learn through hands-on experiments. Learning can and should be fun, and this class has been developed based on that premise. Create fantastic fizzy solutions, grow beautiful crystals, “dissect” a stuffed animal, and more! All in a supportive environment that encourages questions, curiosity, and personal growth. **\$85 supply fee due to the instructor at the start of class.**

| FEE   | INSTRUCTOR    | NO. WKS.     |               |
|-------|---------------|--------------|---------------|
| \$369 | Nicole Beedle | 5            |               |
| DAY   | DATE          | LOCATION     | TIME          |
| W     | 1/15-2/12     | Buckeye Room | 3:30pm-5:30pm |

## 5-10 YRS

### WORLD CUP SOCCER SKILLS CLINIC

World Cup Soccer Skill Clinics are customized to create many touches on the ball, improve dribbling, passing, receiving and shooting. We form small groups to ensure a focused and personal practice. We make it instructional and fun. Every practice includes a scrimmage. Fee includes a World Cup Soccer T-shirt. Please bring to each class: Soccer ball, shin guards, soccer cleats or tennis shoes and water. *Skip 1/20, 2/14, 2/17, 3/17, 3/31-4/4*

| FEE   | INSTRUCTOR       | NO. WKS.        |               |
|-------|------------------|-----------------|---------------|
| \$301 | World Cup Soccer | 9               |               |
| DAY   | DATE             | LOCATION        | TIME          |
| Tu    | 1/21-3/25        | Springhill Elem | 2:45pm-3:45pm |
| W     | 1/22-3/26        | Lafayette Elem  | 1:45pm-2:45pm |

| FEE   | INSTRUCTOR       | NO. WKS.          |               |
|-------|------------------|-------------------|---------------|
| \$268 | World Cup Soccer | 8                 |               |
| DAY   | DATE             | LOCATION          | TIME          |
| F     | 1/24-3/28        | Happy Valley Elem | 2:45pm-3:45pm |

| FEE   | INSTRUCTOR       | NO. WKS.          |               |
|-------|------------------|-------------------|---------------|
| \$235 | World Cup Soccer | 7                 |               |
| DAY   | DATE             | LOCATION          | TIME          |
| Tu    | 4/8-5/20         | Springhill Elem   | 2:45pm-3:45pm |
| W     | 4/9-5/21         | Lafayette Elem    | 1:45pm-2:45pm |
| F     | 4/11-5/23        | Happy Valley Elem | 2:45pm-3:45pm |

## 5-11 YRS

### WORLD ENGINEERING WITH LEGO®

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!! *Skip 1/20, 2/14, 2/17, 3/17*

| FEE   | INSTRUCTOR    | NO. WKS.       |               |
|-------|---------------|----------------|---------------|
| \$214 | Bricks 4 Kidz | 7              |               |
| DAY   | DATE          | LOCATION       | TIME          |
| M     | 4/7-5/19      | Lafayette Elem | 2:45pm-3:45pm |

## 5-11 YRS

### FUNKMODE HIP HOP

Does your child love to dance? Can't sit still when music comes on? Then they are ready for FUNKMODE Hip Hop+. 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. And the + means that we're taking this show beyond our Hip Hop roots to include all of the music and movement that's currently tearing up the dance floors. Your kids wanna move? THIS is the place to be! *Skip 1/20, 2/14, 2/17, 3/17, 3/31-4/4*

| FEE   | INSTRUCTOR     | NO. WKS.        |               |
|-------|----------------|-----------------|---------------|
| \$247 | FUNKMODE Staff | 9               |               |
| DAY   | DATE           | LOCATION        | TIME          |
| M     | 1/6-3/24       | Springhill Elem | 2:45pm-3:45pm |

| FEE   | INSTRUCTOR     | NO. WKS.      |               |
|-------|----------------|---------------|---------------|
| \$328 | FUNKMODE Staff | 12            |               |
| DAY   | DATE           | LOCATION      | TIME          |
| W     | 1/8-3/26       | Live Oak Room | 3:30pm-4:30pm |

| FEE   | INSTRUCTOR     | NO. WKS.       |               |
|-------|----------------|----------------|---------------|
| \$274 | FUNKMODE Staff | 10             |               |
| DAY   | DATE           | LOCATION       | TIME          |
| F     | 1/10-3/21      | Lafayette Elem | 2:45pm-3:45pm |

| FEE   | INSTRUCTOR     | NO. WKS.        |               |
|-------|----------------|-----------------|---------------|
| \$193 | FUNKMODE Staff | 7               |               |
| DAY   | DATE           | LOCATION        | TIME          |
| M     | 4/7-5/19       | Springhill Elem | 2:45pm-3:45pm |
| W     | 4/9-5/21       | Live Oak Room   | 3:30pm-4:30pm |
| F     | 4/11-5/23      | Lafayette Elem  | 2:45pm-3:45pm |

## 5-11 YRS

### GADGETS, GIZMOS AND OTHER INTERESTING INVENTIONS

This class is all about the fun of doing something with what you've built. From a spinning top to a spin art model, from a hand mixer to a conveyor belt, kids will love playing with their LEGO® creations! But don't worry, we sneak in lots of learning too! Like understanding probability in the "3-in-a-row" game model and learning about friction and symmetry with the spinning top. Each lesson reinforces the S.T.E.M. curriculum and encourages students to think of what they could invent or improvements they could make to an existing object to solve a problem. Introduce your student to the world of ideas, creativity, inventions, gadgets and gizmos all while learning with LEGO®. *Skip 1/20, 2/14, 2/17, 3/17*

| FEE   | INSTRUCTOR    | NO. WKS.          |               |
|-------|---------------|-------------------|---------------|
| \$214 | Bricks 4 Kidz | 7                 |               |
| DAY   | DATE          | LOCATION          | TIME          |
| M     | 4/7-5/19      | Happy Valley Elem | 2:45pm-3:45pm |

## 5-11 YRS

### GLEE CLUB KIDZ

It's Gonna Be The Best Day Of Your Life in Glee Club Kidz—Glee Club with a twist! In Glee Club Kidz, you will have the unique opportunity to be the creators and stars of your own Glee Club! You will collaborate with Clubmates to choose songs, create your show-stopping choreography, choose the props you want to make to accompany the songs, and prepare for a live Showcase at the end of the session. K-Pop, Tay Swift, Musical Theater, Contemporary Pop songs—whatever the musical trend is—you decide! If you Can't Stop the Feeling! Join Glee Club Kidz and see where your creativity and talent take you! *Skip 1/20, 2/14, 2/17, 3/17, 3/31-4/4*

| FEE   | INSTRUCTOR                   | NO. WKS.        |               |
|-------|------------------------------|-----------------|---------------|
| \$256 | Myeve Capozzi Vocal Training | 9               |               |
| DAY   | DATE                         | LOCATION        | TIME          |
| M     | 1/6-3/24                     | Elderberry Room | 3:15pm-4:15pm |

| FEE   | INSTRUCTOR                   | NO. WKS.          |               |
|-------|------------------------------|-------------------|---------------|
| \$340 | Myeve Capozzi Vocal Training | 12                |               |
| DAY   | DATE                         | LOCATION          | TIME          |
| W     | 1/8-3/26                     | Happy Valley Elem | 1:45pm-2:45pm |

| FEE   | INSTRUCTOR                   | NO. WKS.        |               |
|-------|------------------------------|-----------------|---------------|
| \$312 | Myeve Capozzi Vocal Training | 12              |               |
| DAY   | DATE                         | LOCATION        | TIME          |
| F     | 1/10-3/28                    | Lafayette Elem  | 2:45pm-3:45pm |
| F     | 1/10-3/28                    | Springhill Elem | 2:45pm-3:45pm |

| FEE   | INSTRUCTOR                   | NO. WKS.          |               |
|-------|------------------------------|-------------------|---------------|
| \$200 | Myeve Capozzi Vocal Training | 7                 |               |
| DAY   | DATE                         | LOCATION          | TIME          |
| M     | 4/7-5/19                     | Elderberry Room   | 3:15pm-4:15pm |
| W     | 4/9-5/21                     | Happy Valley Elem | 1:45pm-2:45pm |
| F     | 4/11-5/23                    | Lafayette Elem    | 2:45pm-3:45pm |
| F     | 4/11-5/23                    | Springhill Elem   | 2:45pm-3:45pm |

## 5-11 YRS

### LOGAN & ZOE'S INTERGALACTIC QUEST WITH LEGO®

Logan and Zoe travel to the space station and learn more about STEM in space. They have a lot of questions about how to get to other planets, where the lightsabers are, what kind of animals have been in space, and a million more. Each week we'll learn about and build a different aspect of STEM, how it relates to space, and what aspects are science fiction versus science fact. Come build with us! *Skip 1/20, 2/14, 2/17, 3/17*

| FEE   | INSTRUCTOR    | NO. WKS.        |               |
|-------|---------------|-----------------|---------------|
| \$364 | Bricks 4 Kidz | 12              |               |
| DAY   | DATE          | LOCATION        | TIME          |
| Tu    | 1/7-3/25      | Springhill Elem | 2:45pm-3:45pm |

| FEE   | INSTRUCTOR    | NO. WKS.   |               |
|-------|---------------|------------|---------------|
| \$214 | Bricks 4 Kidz | 7          |               |
| DAY   | DATE          | LOCATION   | TIME          |
| Th    | 4/10-5/22     | Cedar Room | 3:15pm-4:15pm |

Bus from Burton Valley available—\$8/ride.

## 5-12 YRS ART ART ART

Fun drawing and painting classes. Developing line drawing will be the focus of this course. Students will have different themes each week from figure drawings, portraiture, still life, and photomontage to contemporary abstract paintings. They will have a great opportunity to work with a variety of materials and unconventional approaches to develop the body of work on paper. **\$20 supply fee due to instructor at first class. Skip Monday 1/20, 2/14, 2/17,3/17**

| FEE   | INSTRUCTOR | NO. WKS.                    |               |
|-------|------------|-----------------------------|---------------|
| \$264 | Yana Verba | 9                           |               |
| DAY   | DATE       | LOCATION                    | TIME          |
| M     | 1/6-3/24   | <b>C</b> Arts and Crafts Rm | 3:15pm-4:15pm |

| FEE   | INSTRUCTOR | NO. WKS.                    |               |
|-------|------------|-----------------------------|---------------|
| \$324 | Yana Verba | 11                          |               |
| DAY   | DATE       | LOCATION                    | TIME          |
| F     | 1/10-3/28  | <b>C</b> Arts and Crafts Rm | 3:15pm-4:15pm |

| FEE   | INSTRUCTOR | NO. WKS.                    |               |
|-------|------------|-----------------------------|---------------|
| \$206 | Yana Verba | 7                           |               |
| DAY   | DATE       | LOCATION                    | TIME          |
| M     | 4/7-5/19   | <b>C</b> Arts and Crafts Rm | 3:15pm-4:15pm |
| F     | 4/11-5/23  | <b>C</b> Arts and Crafts Rm | 3:15pm-4:15pm |

## 6-11 YRS ALOHA MIND MATH

Kids find learning math on the abacus FUN! Hands-on learning inspires confidence while learning mental math techniques. Students will develop agility with numbers and acquire visualization and problem solving skills. Your child will broaden their understanding of math and realize that they too can be MATH ROCK STARS! **Skip 1/20, 2/14, 2/17, 3/17, 3/31-4/4**

| FEE   | INSTRUCTOR    | NO. WKS.                 |               |
|-------|---------------|--------------------------|---------------|
| \$130 | Hali Hausmann | 6                        |               |
| DAY   | DATE          | LOCATION                 | TIME          |
| Th    | 1/9-2/13      | <b>S</b> Springhill Elem | 2:45pm-3:45pm |
| Th    | 2/20-3/27     | <b>S</b> Springhill Elem | 2:45pm-3:45pm |
| F     | 2/21-3/28     | <b>C</b> Cedar Room      | 3:15pm-4:15pm |

| FEE   | INSTRUCTOR    | NO. WKS.            |               |
|-------|---------------|---------------------|---------------|
| \$109 | Hali Hausmann | 5                   |               |
| DAY   | DATE          | LOCATION            | TIME          |
| F     | 1/10-2/7      | <b>C</b> Cedar Room | 3:15pm-4:15pm |

| FEE   | INSTRUCTOR    | NO. WKS.                 |               |
|-------|---------------|--------------------------|---------------|
| \$151 | Hali Hausmann | 7                        |               |
| DAY   | DATE          | LOCATION                 | TIME          |
| Th    | 4/10-5/22     | <b>S</b> Springhill Elem | 2:45pm-3:45pm |
| F     | 4/11-5/23     | <b>C</b> Cedar Room      | 3:15pm-4:15pm |

|  |                                      |  |                                     |
|--|--------------------------------------|--|-------------------------------------|
| <b>H</b><br>Happy Valley<br>Elementary | <b>S</b><br>Springhill<br>Elementary | <b>C</b><br>Community Ctr<br>(Burton Valley) | <b>L</b><br>Lafayette<br>Elementary |
|--|--------------------------------------|--|-------------------------------------|

## 6-11 YRS CHESS ACADEMY FOR KIDS

Offered to all levels (Beginners, Intermediate, Advanced) this class is a great opportunity to learn chess or significantly improve your knowledge of the game. Interactive instructions are followed by casual and tournament games as well as simultaneous games against the coach. Students are offered chess workouts and individual recommendations from their teachers.

| FEE   | INSTRUCTOR            | NO. WKS.                 |               |
|-------|-----------------------|--------------------------|---------------|
| \$292 | Pacific Chess Academy | 12                       |               |
| DAY   | DATE                  | LOCATION                 | TIME          |
| Tu    | 1/7-3/25              | <b>C</b> Elderberry Room | 3:15pm-4:15pm |
| Th    | 1/9-3/27              | <b>S</b> Springhill Elem | 2:45pm-3:45pm |

| FEE   | INSTRUCTOR            | NO. WKS.                 |               |
|-------|-----------------------|--------------------------|---------------|
| \$172 | Pacific Chess Academy | 7                        |               |
| DAY   | DATE                  | LOCATION                 | TIME          |
| Tu    | 4/8-5/20              | <b>C</b> Elderberry Room | 3:15pm-4:15pm |

| FEE   | INSTRUCTOR            | NO. WKS.                 |               |
|-------|-----------------------|--------------------------|---------------|
| \$148 | Pacific Chess Academy | 6                        |               |
| DAY   | DATE                  | LOCATION                 | TIME          |
| Th    | 4/10-5/15             | <b>S</b> Springhill Elem | 2:45pm-3:45pm |

## 7-11 YRS EDIBLE SCIENCE

This tasty class uses food to help teach kids about science!! Join us as we use cereal to understand atoms! Or, see how we learn about outer space and other planets with the help of cookies!! By combining science with tasty treats, kids get more involved and excited to learn. The best part is your budding scientist gets to taste their experiments after the class is over! Students will be given a small amount of the foods used in each class at the end of the day. **Skip 1/20, 2/14, 2/17, 3/17**

| FEE   | INSTRUCTOR    | NO. WKS.                |               |
|-------|---------------|-------------------------|---------------|
| \$310 | Bricks 4 Kidz | 9                       |               |
| DAY   | DATE          | LOCATION                | TIME          |
| M     | 1/6-3/24      | <b>L</b> Lafayette Elem | 2:45pm-3:45pm |



## 7-11 YRS

### CSI: LAFAYETTE

In this STEM based class, kids will work on a new clue every week to help solve the case of the stolen bike! From using microscopes and studying DNA, to lifting fingerprints and identifying different substances, students will use various science techniques to collect clues and ultimately solve the crime! Turn your student into a real CSI: Crime Scene Investigator. Price includes materials fee. *Skip 1/20, 2/14, 2/17, 3/17, 3/31-4/4*

| FEE   | INSTRUCTOR    | NO. WKS.                   |               |
|-------|---------------|----------------------------|---------------|
| \$310 | Bricks 4 Kidz | 9                          |               |
| DAY   | DATE          | LOCATION                   | TIME          |
| M     | 1/6-3/24      | <b>H</b> Happy Valley Elem | 2:45pm-3:45pm |

| FEE   | INSTRUCTOR    | NO. WKS.                 |               |
|-------|---------------|--------------------------|---------------|
| \$242 | Bricks 4 Kidz | 7                        |               |
| DAY   | DATE          | LOCATION                 | TIME          |
| Tu    | 4/8-5/20      | <b>S</b> Springhill Elem | 2:45pm-3:45pm |

## 6-11 YRS

### EVOLUTION OF CHESS

The class is one hour long, split into two segments. In the first half hour, a coach gives a lesson on a theme, idea, motif, or classical game. Students participate by debating and attempting to find the best move in certain positions. We follow a curriculum that is tailored to the level of the class. In the beginner class, our primary focus is tactics, endgames, and identifying checkmating patterns. Homework is given to supplement the topics covered in class and reviewed the following week. We also review classical chess games to learn from the successes and failures of masters from previous eras. The class will cover basic pieces: Pawns, Knights, Bishops, Rooks, The Queens, and The King. In addition, the basic concepts such as Check, Checkmate, Castling, En Passant, and Draws. We cover these concepts using practical examples from the history of chess. *Skip 1/20, 2/14, 2/17, 3/17, 3/31-4/4*

| FEE   | INSTRUCTOR   | NO. WKS.                |               |
|-------|--------------|-------------------------|---------------|
| \$184 | Castle Chess | 9                       |               |
| DAY   | DATE         | LOCATION                | TIME          |
| M     | 1/6-3/24     | <b>L</b> Lafayette Elem | 2:45pm-3:45pm |

| FEE   | INSTRUCTOR   | NO. WKS.                   |               |
|-------|--------------|----------------------------|---------------|
| \$244 | Castle Chess | 12                         |               |
| DAY   | DATE         | LOCATION                   | TIME          |
| Th    | 1/9-3/27     | <b>H</b> Happy Valley Elem | 2:45pm-3:45pm |

| FEE   | INSTRUCTOR   | NO. WKS.                   |               |
|-------|--------------|----------------------------|---------------|
| \$144 | Castle Chess | 7                          |               |
| DAY   | DATE         | LOCATION                   | TIME          |
| M     | 4/7-5/19     | <b>L</b> Lafayette Elem    | 2:45pm-3:45pm |
| Th    | 4/10-5/22    | <b>H</b> Happy Valley Elem | 2:45pm-3:45pm |

## 7-9 YRS

### CHILDREN'S ART WORKSHOP!

Come have fun making art!! We will play with line, shape, color, pattern, and texture: painting, collage, printmaking, drawing, and sculpture. Our focus will be experimentation and the joy of creating. Inspiration prompts will be various artists, such as Frida Kahlo, Vincent van Gogh, Motherwell, and Louise Nevelson. **\$10 supply fee due to instructor.**

| FEE   | INSTRUCTOR   | NO. WKS.                    |               |
|-------|--------------|-----------------------------|---------------|
| \$104 | Susan Fuller | 4                           |               |
| DAY   | DATE         | LOCATION                    | TIME          |
| Th    | 1/9-1/30     | <b>G</b> Arts and Crafts Rm | 3:15pm-4:15pm |
| Th    | 4/10-5/1     | <b>G</b> Arts and Crafts Rm | 3:15pm-4:15pm |

## GRADES 1-5 | 6-11 YRS

### YOGA

Move, breathe, stretch and play! Our kids yoga classes challenge children physically and mentally to inspire growth in areas such as physical coordination and strength, self regulation, executive function, and stress reduction. Through a variety of mindful and engaging songs, games, and stories, we keep kids moving, breathing and learning while being creative and having fun! Please wear clothing that is easy to move in, with shorts under skirts or dresses if applicable. *Skip 1/20, 2/14, 2/17, 3/17, 3/31-4/4*

| FEE   | INSTRUCTOR    | NO. WKS.                   |               |
|-------|---------------|----------------------------|---------------|
| \$274 | Valorie Moore | 9                          |               |
| DAY   | DATE          | LOCATION                   | TIME          |
| Tu    | 1/7-3/4       | <b>H</b> Happy Valley Elem | 2:45pm-3:45pm |
| W     | 1/8-3/5       | <b>S</b> Springhill Elem   | 1:45pm-2:45pm |
| Th    | 1/9-3/6       | <b>G</b> Toyon Room        | 3:15pm-4:15pm |
| Tu    | 3/11-5/13     | <b>H</b> Happy Valley Elem | 2:45pm-3:45pm |
| W     | 3/12-5/14     | <b>S</b> Springhill Elem   | 1:45pm-2:45pm |
| Th    | 3/13-5/15     | <b>G</b> Toyon Room        | 3:15pm-4:15pm |

## 7-11 YRS

### THE 5 SENSES SCIENCE CLASS

Explore your 5 senses in this fun, hands-on class! From moving things with sound and using chemical reactions to create hot and cold, to using taste to learn about the layers of the Earth, your student will be fascinated with what they can learn about by using their 5 senses in this STEAM based class. Price includes materials fee. *Skip 1/20, 2/14, 2/17, 3/17*

| FEE   | INSTRUCTOR    | NO. WKS.            |               |
|-------|---------------|---------------------|---------------|
| \$346 | Bricks 4 Kidz | 10                  |               |
| DAY   | DATE          | LOCATION            | TIME          |
| Th    | 1/9-3/13      | <b>G</b> Cedar Room | 3:15pm-4:15pm |

See page 26 for the  
**SKYHAWKS**  
**School & Sports Club**  
 AT LAFAYETTE ELEMENTARY

Bus from Burton Valley available—\$8/ride.

## 8-11 YRS

### ADVENTURE AWAITS!- TABLETOP GAMING QUEST

Face to face tabletop role-playing games like Dungeons & Dragons are more popular now than ever! They are a blast to play and have been shown to strengthen critical thinking, promote social/emotional learning, build confidence, and help kids express themselves. Still, it can be a challenge to assemble a group and learn how to play. Let Gamemaster Charles Picard be your guide! In this class your kids will participate in weekly improvisations and play an ongoing campaign of the Dungeon World role-playing game. (A digital copy of the rules will be provided after sign-up.) Whether your kid is a beginner, or they've already played RPGs with their buddies, they'll pick up new tips and tricks while forging friendships in a welcoming environment far from phones and screens. Start their quest today! (Course can be taken multiple times for continued enrichment. Returning kids can watch their characters become more and more powerful as their adventures continue!)

| FEE   | INSTRUCTOR     | NO. WKS.       |
|-------|----------------|----------------|
| \$304 | Charles Picard | 12             |
| DAY   | DATE           | LOCATION       |
| W     | 1/8-3/26       | Lafayette Elem |
| TIME  | 1:45pm-2:45pm  |                |

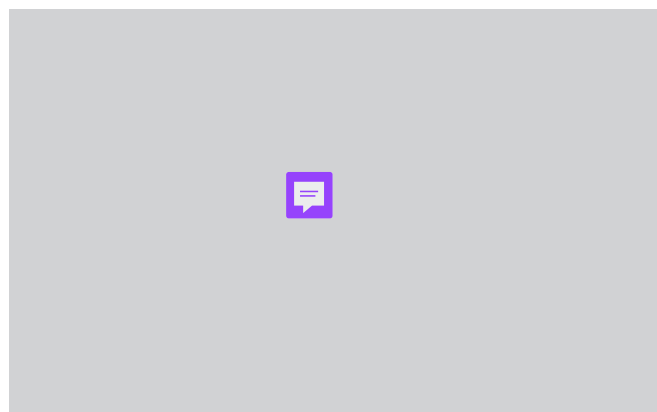
| FEE   | INSTRUCTOR     | NO. WKS.       |
|-------|----------------|----------------|
| \$179 | Charles Picard | 7              |
| DAY   | DATE           | LOCATION       |
| W     | 4/9-5/21       | Lafayette Elem |
| TIME  | 1:45pm-2:45pm  |                |

## 8-11Y

### i9 SPORTS—MULTI SPORT AFTER SCHOOL

Kids take a fun first journey through sports to discover the sport that they like most! This program introduces kids to today's most popular sports. This is a great starter program to get kids comfortable with team sports and teaches the sports fundamentals. As always i9 Sports teaches and celebrates sportsmanship values. Primary sports include basketball, flag football and soccer! Come join the fun!  
*Skip 4/3*

| FEE   | INSTRUCTOR    | NO. WKS.              |
|-------|---------------|-----------------------|
| \$211 | i9 Sports     | 6                     |
| DAY   | DATE          | LOCATION              |
| Th    | 1/9-2/13      | Jennifer Russell Bldg |
| Th    | 3/6-4/17      | Jennifer Russell Bldg |
| TIME  | 5:00pm-6:30pm |                       |



## 9-14 YRS

### FASHION SEWING—PJ ROBE (BEGINNER/ INTERMEDIATE)

Sew a cozy flannel or silky satin Robe! (No experience needed, intermediate welcome.) Students will learn to safely operate a professional sewing machine and iron, read a sewing pattern and illustrate their designs. All of the materials will be provided including high quality fabrics, threads, and personalized embroidery. **\$50 supply fee paid to instructor at first class.**

| FEE   | INSTRUCTOR    | NO. WKS.   |
|-------|---------------|------------|
| \$204 | Julia Husch   | 5          |
| DAY   | DATE          | LOCATION   |
| Tu    | 2/25-3/25     | Cedar Room |
| Tu    | 2/25-3/25     | Cedar Room |
| Tu    | 2/25-3/25     | Cedar Room |
| TIME  | 3:15pm-4:45pm |            |
| TIME  | 5:00pm-6:30pm |            |
| TIME  | 7:00pm-8:30pm |            |

## 9-14 YRS

### FASHION SEWING—STRETCHY T-SHIRT AND PANTS (BEGINNER/INTERMEDIATE)

Sew with stretchy fabrics to create a t-shirt and pants set! Customize the t-shirt length/fit and choose from a variety of pant styles including leggings, flares, and lounge or sweatpants. (No experience needed, intermediate welcome.) Students will learn to safely operate a professional sewing machine and iron, and illustrate their designs. All of the materials will be provided including high quality fabrics, threads, and personalized embroidery. **\$65 supply fee paid to instructor at first class.**

| FEE   | INSTRUCTOR    | NO. WKS.   |
|-------|---------------|------------|
| \$284 | Julia Husch   | 7          |
| DAY   | DATE          | LOCATION   |
| Tu    | 1/7-2/18      | Cedar Room |
| TIME  | 3:15pm-4:45pm |            |

## 9-14 YRS

### FASHION SEWING—DRESS (INTERMEDIATE/ ADVANCED)

Sew a custom dress for any occasion! (Int/Adv level class, prior classes with Ms. Julia required.) Students can customize their dress design to any skirt length and style from sleek and classic to ruffles galore. A variety of fabrics are available from casual cottons/linens to fancy special occasion fabrics so students can express their personal style! They will also learn how to perform fittings on a dress bodice and make pattern adjustments. All of the materials will be provided including high quality fabrics, threads, and personalized embroidery. **\$65 supply fee paid to instructor at first class.**

| FEE   | INSTRUCTOR    | NO. WKS.   |
|-------|---------------|------------|
| \$284 | Julia Husch   | 7          |
| DAY   | DATE          | LOCATION   |
| W     | 1/15-2/26     | Cedar Room |
| W     | 1/15-2/26     | Cedar Room |
| TIME  | 2:15pm-3:15pm |            |
| TIME  | 4:00pm-5:00pm |            |

## 9-14 YRS

### FASHION SEWING—SWEATSHIRT (INTERMEDIATE)



Sew a custom hooded sweatshirt for the winter season! (Intermediate level, prior class with Ms. Julia required.) Students will learn to sew with ribbing and fleece fabrics and learn to safely operate a professional sewing machine and iron, read a sewing pattern, and illustrate their designs. All of the materials will be provided including high quality fabrics, threads, and personalized embroidery. **\$65 supply fee paid to instructor at first class.**

| FEE   | INSTRUCTOR  | NO. WKS.   |               |
|-------|-------------|--|---------------|
| \$284 | Julia Husch | 7  |               |
| DAY   | DATE        | LOCATION   | TIME          |
| Tu    | 1/7-2/18    |  Cedar Room | 5:00pm-6:30pm |

## 9-14 YRS

### FASHION SEWING—PJ PANTS (INTERMEDIATE)



Sew a pair of comfy PJ pants! (Intermediate level, prior class with Ms. Julia required.) Students will learn to safely operate a professional sewing machine and iron, and illustrate their designs. All of the materials will be provided including high quality fabrics, threads, and personalized embroidery. **\$45 supply fee paid to instructor at first class.**

| FEE   | INSTRUCTOR  | NO. WKS.   |               |
|-------|-------------|--|---------------|
| \$164 | Julia Husch | 3  |               |
| DAY   | DATE        | LOCATION   | TIME          |
| Tu    | 5/6-5/20    |  Cedar Room  | 3:15pm-5:15pm |
| Tu    | 5/6-5/20    |  Cedar Room | 5:30pm-7:30pm |

## 9-14 YRS

### FASHION SEWING—SKIRT (INTERMEDIATE)

Sew an A-line style skirt with pockets! (Intermediate level, prior class with Ms. Julia required.) Pick from many beautifully printed fabrics to customize the design. Students will learn to safely operate a professional sewing machine and iron, and illustrate their designs. All of the materials will be provided including high quality fabrics, threads, and personalized embroidery. **\$45 supply fee paid to instructor at first class.**

| FEE   | INSTRUCTOR  | NO. WKS.   |               |
|-------|-------------|--|---------------|
| \$164 | Julia Husch | 3  |               |
| DAY   | DATE        | LOCATION   | TIME          |
| M     | 5/5-5/19    |  Cedar Room | 4:30pm-6:30pm |
| W     | 5/7-5/21    |  Cedar Room | 2:15pm-4:15pm |



Happy Valley Elementary



Springhill Elementary



Community Ctr (Burton Valley)



Lafayette Elementary

Bus from Burton Valley available—\$6/ride.

# TENNIS

## 3-14 YRS

### BEGINNER TENNIS

This class is for beginners or students that are continuing on with lessons. Introduction to basic groundstroke, volley and serve technique. Fun games, drills and live ball rallying are part of this class. *Skip 2/14, 2/17, 3/17, 3/31-4/3*

### PEEWEE TENNIS | 3-5 YRS

| FEE   | INSTRUCTOR            | NO. WKS.              |               |
|-------|-----------------------|-----------------------|---------------|
| \$196 | Lafayette Tennis Club | 12                    |               |
| DAY   | DATE                  | LOCATION              | TIME          |
| M     | 1/27-5/5              | Lafayette Tennis Club | 3:00pm-3:30pm |

| FEE   | INSTRUCTOR            | NO. WKS.              |               |
|-------|-----------------------|-----------------------|---------------|
| \$228 | Lafayette Tennis Club | 14                    |               |
| DAY   | DATE                  | LOCATION              | TIME          |
| Tu    | 1/28-5/6              | Lafayette Tennis Club | 3:00pm-3:30pm |
| W     | 1/29-5/7              | Lafayette Tennis Club | 3:00pm-3:30pm |
| Th    | 1/30-5/8              | Lafayette Tennis Club | 3:00pm-3:30pm |

### HOTSHOTS | 6-9 YRS

| FEE   | INSTRUCTOR            | NO. WKS.              |               |
|-------|-----------------------|-----------------------|---------------|
| \$328 | Lafayette Tennis Club | 12                    |               |
| DAY   | DATE                  | LOCATION              | TIME          |
| M     | 1/27-5/5              | Lafayette Tennis Club | 3:30pm-4:30pm |

| FEE   | INSTRUCTOR            | NO. WKS.              |               |
|-------|-----------------------|-----------------------|---------------|
| \$382 | Lafayette Tennis Club | 14                    |               |
| DAY   | DATE                  | LOCATION              | TIME          |
| Tu    | 1/28-5/6              | Lafayette Tennis Club | 3:30pm-4:30pm |
| W     | 1/29-5/7              | Lafayette Tennis Club | 3:30pm-4:30pm |
| Th    | 1/30-5/8              | Lafayette Tennis Club | 3:30pm-4:30pm |

### JUNIORS | 10-14 YRS (T Suitable for teens)

| FEE   | INSTRUCTOR            | NO. WKS.              |               |
|-------|-----------------------|-----------------------|---------------|
| \$328 | Lafayette Tennis Club | 12                    |               |
| DAY   | DATE                  | LOCATION              | TIME          |
| M     | 1/27-5/5              | Lafayette Tennis Club | 4:30pm-5:30pm |

| FEE   | INSTRUCTOR            | NO. WKS.              |               |
|-------|-----------------------|-----------------------|---------------|
| \$382 | Lafayette Tennis Club | 14                    |               |
| DAY   | DATE                  | LOCATION              | TIME          |
| Tu    | 1/28-5/6              | Lafayette Tennis Club | 4:30pm-5:30pm |
| W     | 1/29-5/7              | Lafayette Tennis Club | 4:30pm-5:30pm |
| Th    | 1/30-5/8              | Lafayette Tennis Club | 4:30pm-5:30pm |



## ARTS & CRAFTS

### 18 YRS & UP

#### "PETRYKIVKA" UKRAINIAN PAINTING

What to try something new?! Join us for Petrykivka painting class. It is a traditional Ukrainian decorative painting style. We will learn different brush techniques and will create art folk compositions of flower and birds. It is fun and simple! Anyone can do it! **\$20 supply fee due to instructor at first class. Skip 1/20, 2/17**

| FEE   | INSTRUCTOR |                      | NO. WKS.        |
|-------|------------|----------------------|-----------------|
| \$206 | Yana Verba |                      | 8               |
| DAY   | DATE       | LOCATION             | TIME            |
| M     | 1/13-3/17  | Arts and Crafts Room | 10:00am-11:30am |
| M     | 4/7-5/26   | Arts and Crafts Room | 10:00am-11:30am |

### 18 YRS & UP

#### LANDSCAPE AND PORTRAIT PAINTING WITH OILS OR ACRYLICS

This class is designed to expand your creativity and art education while having fun. Learn design elements and methods to attain accurate color, values, and representation through demonstrations and individual instruction. Achieve a greater visual awareness and the skills to interpret and execute any subject of interest. For beginning and intermediate levels.

| FEE   | INSTRUCTOR   |                      | NO. WKS.        |
|-------|--------------|----------------------|-----------------|
| \$104 | Gary Bergren |                      | 4               |
| DAY   | DATE         | LOCATION             | TIME            |
| Tu    | 1/7-1/28     | Arts and Crafts Room | 10:00am-12:30pm |
| Tu    | 2/4-2/25     | Arts and Crafts Room | 10:00am-12:30pm |
| Tu    | 3/4-3/25     | Arts and Crafts Room | 10:00am-12:30pm |
| Tu    | 4/8-4/29     | Arts and Crafts Room | 10:00am-12:30pm |
| Tu    | 5/6-5/27     | Arts and Crafts Room | 10:00am-12:30pm |

## DANCE

### 18 YRS & UP

#### ADULT BALLET BASICS

"Adult Ballet Basics" is a great start for any newcomers or adults who have danced in the past and want to get those slippers back on! Come in and enjoy an entertaining class that works on flexibility, strength, and technique along with the true vocabulary of each movement. Ending with amazing choreography by Mr. AJ Rogers in an unbelievably fun environment! **Skip 1/20, 2/17**

| FEE   | INSTRUCTOR           |            | NO. WKS.       |
|-------|----------------------|------------|----------------|
| \$175 | New You Dance Center |            | 10             |
| DAY   | DATE                 | LOCATION   | TIME           |
| M     | 1/6-3/24             | Toyon Room | 9:15am-10:15am |

| FEE   | INSTRUCTOR           |            | NO. WKS.       |
|-------|----------------------|------------|----------------|
| \$137 | New You Dance Center |            | 7              |
| DAY   | DATE                 | LOCATION   | TIME           |
| M     | 4/7-5/19             | Toyon Room | 9:15am-10:15am |

### 18 YRS & UP

#### ADULT TAP BASICS

"Adult Tap Basics" is a great start for any newcomers or adults who have danced in the past and want to get those Tappers back on! Come in and enjoy an entertaining class that works on flexibility, strength, and technique along with the true vocabulary of each movement. Ending with an amazing choreography by Mr. AJ Rogers in an unbelievably fun environment! **Lafayette Recreation/New You Dance Center does not supply shoes. Skip 1/20, 2/17**

| FEE   | INSTRUCTOR           |            | NO. WKS.        |
|-------|----------------------|------------|-----------------|
| \$175 | New You Dance Center |            | 10              |
| DAY   | DATE                 | LOCATION   | TIME            |
| M     | 1/6-3/24             | Toyon Room | 10:15am-11:15am |

| FEE   | INSTRUCTOR           |            | NO. WKS.        |
|-------|----------------------|------------|-----------------|
| \$137 | New You Dance Center |            | 7               |
| DAY   | DATE                 | LOCATION   | TIME            |
| M     | 4/7-5/19             | Toyon Room | 10:15am-11:15am |



### 18 YRS & UP

#### ADULT TAP INTERMEDIATE

Do you remember your time steps and basic movements when you throw on those tap shoes? Then "Tap Intermediate" is your next step! This class is for anyone who has a basic tap background and wants a little more of a push on the technical level of tap rhythm and movements. This class is just as fun-filled as tap basics but with the motivation to earn those next steps to cleaner sounding taps. Mr. AJ is excited to make this class open to any tap dancers of adult ages! **Skip 1/20, 2/17**

| FEE   | INSTRUCTOR           |            | NO. WKS.        |
|-------|----------------------|------------|-----------------|
| \$175 | New You Dance Center |            | 10              |
| DAY   | DATE                 | LOCATION   | TIME            |
| M     | 1/6-3/24             | Toyon Room | 11:15am-12:15pm |

| FEE   | INSTRUCTOR           |            | NO. WKS.        |
|-------|----------------------|------------|-----------------|
| \$137 | New You Dance Center |            | 7               |
| DAY   | DATE                 | LOCATION   | TIME            |
| M     | 4/7-5/19             | Toyon Room | 11:15am-12:15pm |



## 18 YRS & UP LINE DANCE

This class is designed for both newcomers and returning students who want to continue building their line dancing skills. Whether you're stepping onto the dance floor for the first time or coming back for more, you'll learn fundamental line dance steps and patterns, as well as explore new and traditional line dances. Our class offers a comfortable and welcoming environment filled with fun.

If you're an improving or experienced dancer, the intermediate class is tailored to help you further enhance your skills. Line dancing has evolved beyond just country western styles; it now incorporates a rich blend of music and dance genres, including Latin, popular, and swing. This class provides enjoyable exercises that will help you unleash the dancer within, and the best part is, no partners are required. Please refrain from using perfume or fragrances during class to ensure a pleasant experience for everyone.

### BEGINNING/RETURNING

| FEE  | INSTRUCTOR       | NO. WKS.      |                 |
|------|------------------|---------------|-----------------|
| \$39 | John Trentacosti | 5             |                 |
| DAY  | DATE             | LOCATION      | TIME            |
| M    | 1/6-2/3          | Live Oak Room | 10:45am-11:45am |
| M    | 2/10-3/10        | Live Oak Room | 10:45am-11:45am |
| M    | 3/17-4/14        | Live Oak Room | 10:45am-11:45am |
| M    | 4/21-5/19        | Live Oak Room | 10:45am-11:45am |
| Tu   | 1/7-2/4          | Live Oak Room | 6:00pm-7:00pm   |
| Tu   | 2/11-3/11        | Live Oak Room | 6:00pm-7:00pm   |
| Tu   | 3/18-4/15        | Live Oak Room | 6:00pm-7:00pm   |
| Tu   | 4/22-5/20        | Live Oak Room | 6:00pm-7:00pm   |

### INTERMEDIATE

| FEE  | INSTRUCTOR       | NO. WKS.      |                |
|------|------------------|---------------|----------------|
| \$39 | John Trentacosti | 5             |                |
| DAY  | DATE             | LOCATION      | TIME           |
| M    | 1/6-2/3          | Live Oak Room | 12:30pm-2:00pm |
| M    | 2/10-3/10        | Live Oak Room | 12:30pm-2:00pm |
| M    | 3/17-4/14        | Live Oak Room | 12:30pm-2:00pm |
| M    | 4/21-5/19        | Live Oak Room | 12:30pm-2:00pm |
| Tu   | 1/7-2/4          | Live Oak Room | 7:30pm-9:00pm  |
| Tu   | 2/11-3/11        | Live Oak Room | 7:30pm-9:00pm  |
| Tu   | 3/18-4/15        | Live Oak Room | 7:30pm-9:00pm  |
| Tu   | 4/22-5/20        | Live Oak Room | 7:30pm-9:00pm  |

## 21 YRS & UP SALSA BASICS

Grab your partner and hit the floor anywhere with confidence. This class is such a great way for any newcomers or adults who have danced in the past and want to get those dance shoes back on! Come in and enjoy an entertaining class that works on flexibility, strength, and technique along with the true vocabulary of each movement. Ending with an amazing choreography by Mr. AJ Rogers in an unbelievably fun environment! Giving you all the tools, you need to feel comfortable in a party environment or even when you take the stage! Working as a team you and your partner will learn from the basics to some intermediate moves to shine sheer joy on the dance floor. Great way to bring smiles into you and your partners beautiful faces! *Skip 2/18*

| FEE   | INSTRUCTOR           | NO. WKS.   |               |
|-------|----------------------|------------|---------------|
| \$213 | New You Dance Center | 11         |               |
| DAY   | DATE                 | LOCATION   | TIME          |
| Tu    | 1/7-3/25             | Toyon Room | 6:30pm-7:30pm |

| FEE   | INSTRUCTOR           | NO. WKS.   |               |
|-------|----------------------|------------|---------------|
| \$156 | New You Dance Center | 8          |               |
| DAY   | DATE                 | LOCATION   | TIME          |
| Tu    | 4/8-5/27             | Toyon Room | 6:30pm-7:30pm |

## 21 YRS & UP SALSA INTERMEDIATE

Salsa Intermediate is the next step into your New You Salsa experience! Once you and your partner have mastered the moves and combos in our fun filled "Adult Salsa Basics" class you two are ready for intermediate level. Come in prepared to learn new combos, foot work, and overall style in the very same room you learned the basics along with Mr AJ and his bucket list of moves. *Skip 2/18*

| FEE   | INSTRUCTOR           | NO. WKS.   |               |
|-------|----------------------|------------|---------------|
| \$213 | New You Dance Center | 11         |               |
| DAY   | DATE                 | LOCATION   | TIME          |
| Tu    | 1/7-3/25             | Toyon Room | 7:30pm-8:30pm |

| FEE   | INSTRUCTOR           | NO. WKS.   |               |
|-------|----------------------|------------|---------------|
| \$156 | New You Dance Center | 8          |               |
| DAY   | DATE                 | LOCATION   | TIME          |
| Tu    | 4/8-5/27             | Toyon Room | 7:30pm-8:30pm |



## FITNESS

### 55 YRS & UP FOREVER YOUNG

Exercise your body and your mind. It's an effective combination of low-impact exercise, weight training and stretching. Each 55 minute session is designed to increase strength, cardiovascular endurance, flexibility and balance. ALL fitness levels are welcome! Bring a mat, a pair of 2-3 lb hand weights and come exercise with GREAT people.

| FEE   | INSTRUCTOR    |               | NO. WKS.        |
|-------|---------------|---------------|-----------------|
| \$124 | Megan Ramirez |               | 12              |
| DAY   | DATE          | LOCATION      | TIME            |
| Tu    | 1/7-3/25      | Live Oak Room | 10:00am-11:00am |
| Th    | 1/9-3/27      | Live Oak Room | 10:00am-11:00am |

| FEE  | INSTRUCTOR    |               | NO. WKS.        |
|------|---------------|---------------|-----------------|
| \$84 | Megan Ramirez |               | 8               |
| DAY  | DATE          | LOCATION      | TIME            |
| Tu   | 4/8-5/27      | Live Oak Room | 10:00am-11:00am |
| Th   | 4/10-5/29     | Live Oak Room | 10:00am-11:00am |



### 18 YRS & UP JAZZERCISE



Workout includes warm up, cardio, muscle toning, strength training with weights and stretching. Wear aerobic shoes and bring a mat. [www.jazzercise.com](http://www.jazzercise.com). *On-going. Sign-up anytime. Register at class.*

**LOCATION:** Live Oak Room

**CONTACTS:** Nancy G. 937-6768; [envgold@aol.com](mailto:envgold@aol.com)  
Cyndi B. 528-9836; [cyndibrisbo@gmail.com](mailto:cyndibrisbo@gmail.com)

| WALK-IN | EFT CLASS PASS*    | *EFT=Electronic Fund Transfer, month-to-month plan. |            |
|---------|--------------------|---|------------|
| \$15    | \$65/mo. unlimited |   |            |
| DAY     | TIME               | TYPE  | INSTRUCTOR |
| M/W/F   | 9:10am             | Dance Mix LO**                                      | Nancy      |
| M/Th    | 6:00pm             | Dance Mix   | Cyndi      |
| Sa      | 9:00am             | Dance Mix LO**                                      | Nancy      |
| Su      | 9:00am             | Dance Mix   | Cyndi      |

\*\*LO = Dance mix, no jump.

## ENRICHMENT

### 18 YRS & UP ADULT CPR/AED AND FIRST AID

Learn to administer high-quality CPR (adult, child and infant) and AED use. Learn to identify and provide first aid according to many scenarios, including bleeding, allergic reaction, falls, sprains, joints, head, neck, spinal injuries and more. This limited, personal class consists of hands-on practice methods, video and discussion. Certification through HSI, Health & Safety Institute is valid for two years. Class to be taught by ASHI instructor, Cyndi Brisbo, BA, RDA, Jazzercise Instructor.

| FEE   | INSTRUCTOR   |              | NO. WKS.       |
|-------|--------------|--------------|----------------|
| \$102 | Cyndi Brisbo |              | 1              |
| DAY   | DATE         | LOCATION     | TIME           |
| Sa    | 1/25         | Sequoia Room | 9:00am-12:00pm |
| Sa    | 3/1          | Sequoia Room | 9:00am-12:00pm |
| Sa    | 5/3          | Sequoia Room | 9:00am-12:00pm |

### 18 YRS & UP BRIDGE: DIAMOND SERIES, PLAY OF THE HAND

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 (by finessing, promotion and length) eliminating losers, managing the trump suit, and considering Entries. A brief review of intermediate bidding issues will be discussed with each lesson. There are four pre-dealt hands to play each session.

| FEE   | INSTRUCTOR    |              | NO. WKS.        |
|-------|---------------|--------------|-----------------|
| \$124 | Carol Griffin |              | 10              |
| DAY   | DATE          | LOCATION     | TIME            |
| Th    | 1/16-3/20     | Sequoia Room | 10:00am-12:00pm |

18 YRS+ | JOIN US...

# BRIDGE

## DROP-IN PUNCH CARD

Drop-in bridge is a relaxed, friendly, social environment for newer players to practice what they learned from their bridge classes. Just shuffle and play. No partner is needed. There is a mini lesson each week. Carol or Debbie is available for help with the bidding, opening lead, or how to play the contract or even defeat it!

\$96 | 8-Pass Punch Card  
Every Wednesday | Sequoia Room | 10:00am-Noon

## 18 YRS & UP

### BRIDGE: DEFENSE HEART PART I ♥

This is an ACBL course on making a defensive plan. Part I is a 9 week course that covers lead against NT, leads against suit contracts, 2nd hand play, third hand play and defensive signals. Each class gives the student the opportunity to defend against 4 predealt hands. The course book can be purchased from Amazon.

| FEE   | INSTRUCTOR    | NO. WKS.     |               |
|-------|---------------|--------------|---------------|
| \$124 | Carol Griffin | 10           |               |
| DAY   | DATE          | LOCATION     | TIME          |
| Th    | 1/16-3/20     | Sequoia Room | 1:00pm-3:00pm |

## 18 YRS & UP

### BRIDGE: DEFENSE HEART PART II ♥

This is an ACBL course on making a defensive course. The topics include signals, how to develop defensive tricks, how to interfere with declares plan and how to make a defensive plan. There will be 4-8 practice hands each week that demonstrate that week's topic.

| FEE   | INSTRUCTOR    | NO. WKS.     |               |
|-------|---------------|--------------|---------------|
| \$100 | Carol Griffin | 8            |               |
| DAY   | DATE          | LOCATION     | TIME          |
| Th    | 4/10-5/29     | Sequoia Room | 1:00pm-3:00pm |

## 18 YRS & UP

### BRIDGE DIAMOND SUPERVISED ♦

This course is designed to provide reinforcement of one's bridge skills. Each week, 8 pre-dealt hands are played while Carol is available for advice on bidding, declarer's plan, or defensive strategy. Time permitting, there will also be randomly dealt hands for further exploration and fun. All hands will be discussed

| FEE   | INSTRUCTOR    | NO. WKS.     |                 |
|-------|---------------|--------------|-----------------|
| \$100 | Carol Griffin | 8            |                 |
| DAY   | DATE          | LOCATION     | TIME            |
| Th    | 4/10-5/29     | Sequoia Room | 10:00am-12:00pm |

## 18 YRS & UP

### PUPPY HEAD START

Get a head start on socialization and puppy manners by enrolling your pup in this fun and safe interactive class. We cover housebreaking, how to safely socialize your pup, manners, and rudimentary obedience. The course emphasizes relationship building between you and your puppy through engagement exercises designed to enhance communication. All puppies must be accompanied by a handler who is 18 years or older. Puppies must have proof of veterinarian care. Contact the instructor if your pup is younger or older than 12-20 weeks of age. The first class is virtual and mandatory for attending the remaining five in-person classes.

| FEE   | INSTRUCTOR   | NO. WKS.              |               |
|-------|--------------|-----------------------|---------------|
| \$220 | Dog Dynamics | 6                     |               |
| DAY   | DATE         | LOCATION              | TIME          |
| Tu    | 1/14-2/18    | Jennifer Russell Bldg | 6:15pm-7:00pm |
| Tu    | 3/4-4/8      | Jennifer Russell Bldg | 6:15pm-7:00pm |
| Tu    | 4/22-5/27    | Jennifer Russell Bldg | 6:15pm-7:00pm |

## 18 YRS & UP

### BEGINNING DOG OBEDIENCE

Build a solid relationship with your dog and put your dog on the road to obedience success. This class will teach you how to motivate your dog to want to learn the basics of "heel," "sit," and "place." We also cover safety commands such as "leave it," "come," and "wait," with the built-in distractions of other people and dogs. To help prepare you and your dog, the first class is virtual and mandatory for attending the remaining five in-person classes. Dogs must have proof of veterinarian care. The minimum age limit for the handler is 18.

| FEE   | INSTRUCTOR   | NO. WKS.              |               |
|-------|--------------|-----------------------|---------------|
| \$220 | Dog Dynamics | 6                     |               |
| DAY   | DATE         | LOCATION              | TIME          |
| Tu    | 1/14-2/18    | Jennifer Russell Bldg | 7:15pm-8:00pm |
| Tu    | 3/4-4/8      | Jennifer Russell Bldg | 7:15pm-8:00pm |
| Tu    | 4/22-5/27    | Jennifer Russell Bldg | 7:15pm-8:00pm |

## 18 YRS & UP

### HELP FOR REACTIVE DOGS

Dogs are reactive for a variety of reasons, and the various behaviors can be complex issues to address. Let us help you. In this six-week class, we will address lunging and barking, leash reactivity, and dog-to-human and dog-to-dog arousal behavior. We focus on confidence building for both you and your dog, setting clear expectations, and establishing leadership. We will help you learn to recognize your dog's body language before they react, teach skills to counter the behavior, and redirect the energy into more positive social behavior. The first class is virtual and mandatory for attending the remaining five in-person classes. Dogs must have proof of veterinarian care and must be at least 6 months of age or older. The minimum age limit for the handler is 21.

| FEE   | INSTRUCTOR   | NO. WKS.              |               |
|-------|--------------|-----------------------|---------------|
| \$220 | Dog Dynamics | 6                     |               |
| DAY   | DATE         | LOCATION              | TIME          |
| W     | 1/15-2/19    | Jennifer Russell Bldg | 7:15pm-8:00pm |
| W     | 3/5-4/9      | Jennifer Russell Bldg | 7:15pm-8:00pm |
| W     | 4/23-5/28    | Jennifer Russell Bldg | 7:15pm-8:00pm |



## ENRICHMENT, CONTINUED

### 18 YRS & UP

#### MAH JONGG

Mah-Jongg is a fascinating rummy-like game played with tiles rather than cards. American Mah-Jongg uses a card of standard hands against which all games are played. It requires a very small amount of time to learn but results in hours of enjoyment laced with a lot of mental stimulation. For a fun experience come and enjoy a supportive environment where you will learn to play one step at a time. **\$15 supply fee due at first class. Skip 1/20, 2/17, 6/2**

| FEE   | INSTRUCTOR  |              | NO. WKS.       |
|-------|-------------|--------------|----------------|
| \$100 | Betty Fraga |              | 4              |
| DAY   | DATE        | LOCATION     | TIME           |
| M     | 1/6-2/3     | Sequoia Room | 12:30pm-3:30pm |
| M     | 2/10-3/10   | Sequoia Room | 12:30pm-3:30pm |
| M     | 3/17-4/7    | Sequoia Room | 12:30pm-3:30pm |
| M     | 4/14-5/5    | Sequoia Room | 12:30pm-3:30pm |
| M     | 5/12-6/9    | Sequoia Room | 12:30pm-3:30pm |



### 18 YRS & UP

#### MANDARIN CONVERSATIONAL CHINESE

Elevate your language skills with our engaging conversational Chinese course, designed to empower students to dive into the beauty of Mandarin Chinese effortlessly. Using interactive conversations, immersive games, and intriguing cultural insights, students will master essential phonetic skills, greetings, numbers, family titles, date and time expressions, fundamental grammar, and basic character writing. This comprehensive learning experience equips you with practical knowledge applicable to various aspects of life, whether it's for travel, business, academics, or personal interests.

**\$15 supply fee is payable to the instructor on the first day of class.**

**Skip 1/20, 2/17, 3/17**

| FEE   | INSTRUCTOR                  |            | NO. WKS.  |                 |
|-------|-----------------------------|------------|-----------|-----------------|
| \$274 | Walnut Creek Chinese School |            | 11        |                 |
| DAY   | DATE                        | LOCATION   | LEVEL     | TIME            |
| M     | 1/6-3/31                    | Cedar Room | Level II  | 9:00am-10:00am  |
| M     | 1/6-3/31                    | Cedar Room | Level III | 10:30am-11:30am |
| M     | 1/6-3/31                    | Cedar Room | Level I   | 12:00pm-1:00pm  |

| FEE   | INSTRUCTOR                  |            | NO. WKS.  |                 |
|-------|-----------------------------|------------|-----------|-----------------|
| \$193 | Walnut Creek Chinese School |            | 7         |                 |
| DAY   | DATE                        | LOCATION   | LEVEL     | TIME            |
| M     | 4/7-5/19                    | Cedar Room | Level II  | 9:00am-10:00am  |
| M     | 4/7-5/19                    | Cedar Room | Level III | 10:30am-11:30am |
| M     | 4/7-5/19                    | Cedar Room | Level I   | 12:00pm-1:00pm  |

## HEALTH & WELLNESS

### 18 YRS & UP

#### THE POWER OF POSSIBILITY: UNLOCKING POTENTIAL

This transformative experience will show you how to break free from limiting beliefs, embrace innovative thinking, and turn challenges into opportunities. Whether you're looking to spark new ideas in your work, solve personal problems in fresh ways, or simply unleash your creative spirit, this class will equip you with the tools and mindset to overcome limitations. Through innovative techniques and hands-on exercises, you'll learn to think outside the box and solve problems creatively. Discover:

- New options for old problems and challenges
- Common obstacles to creative thinking and how to overcome them
- How to get unstuck and tap into what's next
- Several ways to be more resourceful and creative on demand
- The secrets of successful brainstorming.

| FEE  | INSTRUCTOR   |            | NO. WKS.      |
|------|--------------|------------|---------------|
| \$79 | Howard VanEs |            | 1             |
| DAY  | DATE         | LOCATION   | TIME          |
| Sa   | 2/1          | Cedar Room | 9:00am-5:00pm |

### 18 YRS & UP

#### COMMUNICATING EFFECTIVELY

Good communication skills are at the foundation of all our relationships, whether they are family related, with friends, or in business. In this workshop, you'll gain the skills needed for clear and confident communication as you master the art of effective dialogue to boost your personal or business success and resolve or eliminate conflicts. Discover:

- how to easily gain rapport with anyone;
- how to deal with difficult people and reduce conflict while building trust;
- why your communication sometimes falls flat and how to make sure it is being heard;
- how to craft clear and convincing messages both verbally and in written communication;
- how to gain cooperation and get your point across.

Your instructor for this training is Howard VanEs, who is the former owner of an award-winning ad agency, former psychotherapist, and executive coach.

| FEE  | INSTRUCTOR   |            | NO. WKS.      |
|------|--------------|------------|---------------|
| \$79 | Howard VanEs |            | 1             |
| DAY  | DATE         | LOCATION   | TIME          |
| Sa   | 2/22         | Cedar Room | 9:00am-5:00pm |



## PICKLEBALL

### 18 YRS & UP

### PICKLEBALL-BEGINNERS W/PARAGON

This class is specifically for NEWBIES, TOTAL BEGINNERS, or people with little to no experience. Students will go over every shot you'll need to learn in order to play, including how to score, the different areas of the court, and basic court position. If it's your first time playing, we welcome you to the amazing world of pickleball! A total beginner rating would most likely fall between 1.0-2.0. *Skip 3/31, 4/1*

| FEE   | INSTRUCTOR        | NO. WKS.          |
|-------|-------------------|-------------------|
| \$214 | Andrew Diefenbach | 7                 |
| DAY   | DATE              | LOCATION          |
| M     | 1/13-2/24         | Rink South Courts |
| TIME  | 9:00am-10:00am    |                   |

| FEE   | INSTRUCTOR        | NO. WKS.          |
|-------|-------------------|-------------------|
| \$267 | Andrew Diefenbach | 7                 |
| DAY   | DATE              | LOCATION          |
| Tu    | 1/14-2/25         | Rink South Courts |
| TIME  | 4:45pm-6:00pm     |                   |

| FEE   | INSTRUCTOR        | NO. WKS.          |
|-------|-------------------|-------------------|
| \$244 | Andrew Diefenbach | 8                 |
| DAY   | DATE              | LOCATION          |
| M     | 3/3-4/28          | Rink South Courts |
| TIME  | 9:00am-10:00am    |                   |

| FEE   | INSTRUCTOR        | NO. WKS.          |
|-------|-------------------|-------------------|
| \$303 | Andrew Diefenbach | 8                 |
| DAY   | DATE              | LOCATION          |
| Tu    | 3/4-4/29          | Rink South Courts |
| TIME  | 4:45pm-6:00pm     |                   |

| FEE   | INSTRUCTOR        | NO. WKS.          |
|-------|-------------------|-------------------|
| \$124 | Andrew Diefenbach | 4                 |
| DAY   | DATE              | LOCATION          |
| M     | 5/5-5/26          | Rink South Courts |
| TIME  | 9:00am-10:00am    |                   |

| FEE   | INSTRUCTOR        | NO. WKS.          |
|-------|-------------------|-------------------|
| \$154 | Andrew Diefenbach | 4                 |
| DAY   | DATE              | LOCATION          |
| Tu    | 5/6-5/27          | Rink South Courts |
| TIME  | 4:45pm-6:00pm     |                   |

### 18 YRS & UP

### PICKLEBALL-ADV. BEGINNERS W/PARAGON

This clinic is for students who have limited experience but can sustain a short rally with players of equal ability. In this class players will master the primary rules of the game, learn how to hit a forehand and backhand with direction, accurately place serves, and improve proper court positioning. An advanced beginner's rating would be around a 2.5. *Skip 3/31*

| FEE   | INSTRUCTOR        | NO. WKS.          |
|-------|-------------------|-------------------|
| \$267 | Andrew Diefenbach | 7                 |
| DAY   | DATE              | LOCATION          |
| M     | 1/13-2/24         | Rink South Courts |
| TIME  | 10:00am-11:15am   |                   |

| FEE   | INSTRUCTOR        | NO. WKS.          |
|-------|-------------------|-------------------|
| \$303 | Andrew Diefenbach | 8                 |
| DAY   | DATE              | LOCATION          |
| M     | 3/3-4/28          | Rink South Courts |
| TIME  | 10:00am-11:15am   |                   |

| FEE   | INSTRUCTOR        | NO. WKS.          |
|-------|-------------------|-------------------|
| \$154 | Andrew Diefenbach | 4                 |
| DAY   | DATE              | LOCATION          |
| M     | 5/5-5/26          | Rink South Courts |
| TIME  | 10:00am-11:15am   |                   |

### 18 YRS & UP

### PICKLEBALL-ADVANCED INTERMEDIATE W/PARAGON

This clinic is for the 3.5 level player who has a moderate level of shot control on their forehand and backhand side and has developed consistent serves and returns. In this class players will improve their 3rd shot drops and drives, volley control, overhands, improve their ability to hit more advanced lobs, and develop a basic knowledge of stacking. *Skip 4/1*



| FEE   | INSTRUCTOR        | NO. WKS.          |
|-------|-------------------|-------------------|
| \$267 | Andrew Diefenbach | 7                 |
| DAY   | DATE              | LOCATION          |
| Tu    | 1/14-2/25         | Rink South Courts |
| TIME  | 11:00am-12:15pm   |                   |

| FEE   | INSTRUCTOR        | NO. WKS.          |
|-------|-------------------|-------------------|
| \$303 | Andrew Diefenbach | 8                 |
| DAY   | DATE              | LOCATION          |
| Tu    | 3/4-4/29          | Rink South Courts |
| TIME  | 11:00am-12:15pm   |                   |

| FEE   | INSTRUCTOR        | NO. WKS.          |
|-------|-------------------|-------------------|
| \$154 | Andrew Diefenbach | 4                 |
| DAY   | DATE              | LOCATION          |
| Tu    | 5/6-5/27          | Rink South Courts |
| TIME  | 11:00am-12:15pm   |                   |

### 18 YRS & UP

### PICKLEBALL-ADVANCED W/PARAGON

This Advanced class is for 4.0+ level players who may have tournament experience. Advanced players can often anticipate opponents' shots, finish points when there's an opening, consistently hit 3rd shot drops, and play fairly well at the non-volley line. Players may be moved out of the class if the level is too high. *Skip 4/1*

| FEE   | INSTRUCTOR        | NO. WKS.          |
|-------|-------------------|-------------------|
| \$267 | Andrew Diefenbach | 7                 |
| DAY   | DATE              | LOCATION          |
| Tu    | 1/14-2/25         | Rink South Courts |
| TIME  | 12:15pm-1:30pm    |                   |

| FEE   | INSTRUCTOR        | NO. WKS.          |
|-------|-------------------|-------------------|
| \$303 | Andrew Diefenbach | 8                 |
| DAY   | DATE              | LOCATION          |
| Tu    | 3/4-4/29          | Rink South Courts |
| TIME  | 12:15pm-1:30pm    |                   |

| FEE   | INSTRUCTOR        | NO. WKS.          |
|-------|-------------------|-------------------|
| \$154 | Andrew Diefenbach | 4                 |
| DAY   | DATE              | LOCATION          |
| Tu    | 5/6-5/27          | Rink South Courts |
| TIME  | 12:15pm-1:30pm    |                   |

## PICKLEBALL, CONTINUED

### 18 YRS & UP PICKLEBALL LEVEL 1

Are you ready to learn how to play the fastest growing sport in America? If so come and join this fun class where you will learn the rules of the game, basic shot techniques, court positioning, scoring, strategy and how to develop a good mindset to make progress.

| FEE   | INSTRUCTOR  | NO. WKS.          |                |
|-------|-------------|-------------------|----------------|
| \$214 | Carmen Sanz | 6                 |                |
| DAY   | DATE        | LOCATION          | TIME           |
| W     | 1/8-2/12    | Rink South Courts | 9:00am-10:00am |
| W     | 2/26-4/2    | Rink South Courts | 9:00am-10:00am |
| W     | 4/16-5/21   | Rink South Courts | 9:00am-10:00am |

### 18 YRS & UP PICKLEBALL LEVEL 2

Level 2 Pickleball: have you taken a beginners class and feel like you want to keep learning the game? Come and join Level 2 Pickleball. You will find the confidence you need to keep advancing in the game.

| FEE   | INSTRUCTOR  | NO. WKS.          |                 |
|-------|-------------|-------------------|-----------------|
| \$214 | Carmen Sanz | 6                 |                 |
| DAY   | DATE        | LOCATION          | TIME            |
| W     | 1/8-2/12    | Rink South Courts | 10:00am-11:00am |
| W     | 2/26-4/2    | Rink South Courts | 10:00am-11:00am |
| W     | 4/16-5/21   | Rink South Courts | 10:00am-11:00am |

### 18 YRS & UP PICKLEBALL LEVEL 3

For advanced beginners that have taken Level 2 and are looking to level up their game.

| FEE   | INSTRUCTOR  | NO. WKS.          |                 |
|-------|-------------|-------------------|-----------------|
| \$202 | Carmen Sanz | 6                 |                 |
| DAY   | DATE        | LOCATION          | TIME            |
| W     | 1/8-2/12    | Rink South Courts | 11:00am-12:00pm |
| W     | 2/26-4/2    | Rink South Courts | 11:00am-12:00pm |
| W     | 4/16-5/21   | Rink South Courts | 11:00am-12:00pm |

### 18 YRS & UP ADULT PICKLEBALL BEGINNER

Scoring, stroke fundamentals. Serving, point construction and the basics of approaching and playing around and in the kitchen. Bring a bag of 3 pickle balls. *Skip 1/20, 2/14, 2/17, 3/17, 3/31-4/3*

| FEE   | INSTRUCTOR            | NO. WKS.              |               |
|-------|-----------------------|-----------------------|---------------|
| \$328 | Lafayette Tennis Club | 12                    |               |
| DAY   | DATE                  | LOCATION              | TIME          |
| M     | 1/27-5/5              | Lafayette Tennis Club | 6:30pm-7:30pm |

| FEE   | INSTRUCTOR            | NO. WKS.              |               |
|-------|-----------------------|-----------------------|---------------|
| \$382 | Lafayette Tennis Club | 14                    |               |
| DAY   | DATE                  | LOCATION              | TIME          |
| W     | 1/29-5/7              | Lafayette Tennis Club | 6:30pm-7:30pm |

## TENNIS

### 18 YRS & UP BEGINNING ADULT TENNIS

This class is for beginners or students that are continuing on with lessons. Introduction to basic groundstroke, volley and serve technique. Fun games, drills and live ball rallying are part of this class. *Skip 1/20, 2/14, 2/17, 3/17, 3/31-4/3*

| FEE   | INSTRUCTOR            | NO. WKS.              |               |
|-------|-----------------------|-----------------------|---------------|
| \$328 | Lafayette Tennis Club | 12                    |               |
| DAY   | DATE                  | LOCATION              | TIME          |
| M     | 1/27-5/5              | Lafayette Tennis Club | 5:30pm-6:30pm |

| FEE   | INSTRUCTOR            | NO. WKS.              |               |
|-------|-----------------------|-----------------------|---------------|
| \$382 | Lafayette Tennis Club | 14                    |               |
| DAY   | DATE                  | LOCATION              | TIME          |
| W     | 1/29-5/7              | Lafayette Tennis Club | 5:30pm-6:30pm |

## PILATES & YOGA

### 18 YRS & UP BEGINNER-INTERMEDIATE PILATES

Pilates has been proven to alleviate back and joint pain by improving core strength, posture, and healthy body mechanics. This class is great for those that want to take their Pilates practices to the next level. If you have completed my Chair and Mat course, have taken Pilates before, and/or have no major limitations then you will be perfect for this class. Bring Yoga mat and ProBody Small Pilates Ball (Found on Amazon).

| FEE   | INSTRUCTOR  | NO. WKS.   |                |
|-------|-------------|------------|----------------|
| \$137 | Ashley Bush | 7          |                |
| DAY   | DATE        | LOCATION   | TIME           |
| Tu    | 2/11-3/25   | Toyon Room | 9:30am-10:30am |
| Th    | 2/13-3/27   | Toyon Room | 9:30am-10:30am |
| Tu    | 4/8-5/20    | Toyon Room | 9:30am-10:30am |
| Th    | 4/10-5/22   | Toyon Room | 9:30am-10:30am |

### 18 YRS & UP PILATES BARRE FUSION

Pilates Barre Fusion classes take the basic foundations of Pilates and combine them with ballet-inspired moves as well as incorporating strength training. Emphasis is on correct spinal alignment, a neutral pelvic placement and constant awareness of the core as a stabilizer. Classic Pilates will also be performed on the mat.

| FEE   | INSTRUCTOR  | NO. WKS.   |                 |
|-------|-------------|------------|-----------------|
| \$137 | Ashley Bush | 7          |                 |
| DAY   | DATE        | LOCATION   | TIME            |
| Tu    | 2/11-3/25   | Toyon Room | 10:45am-11:45am |
| Th    | 2/13-3/27   | Toyon Room | 10:45am-11:45am |
| Tu    | 4/8-5/20    | Toyon Room | 10:45am-11:45am |
| Th    | 4/10-5/22   | Toyon Room | 10:45am-11:45am |

## 18 YRS & UP GENTLE YOGA

Come and experience the therapeutic benefits of a yoga practice. Taught by an experienced yoga therapist, this class teaches a mix of poses (asanas) for strengthening, stretching, and relaxing the body and mind. The therapeutic benefits of a yoga practice are explored in a positive and inclusive environment. Accommodations are made for all levels. Please bring a blanket and a yoga mat. A limited number of props will be provided. Instructor Teri Cooper, Certified Yoga Therapist. *Skip 1/20, 2/17, 4/2*

| FEE   | INSTRUCTOR  | NO. WKS.     |
|-------|-------------|--------------|
| \$157 | Teri Cooper | 9            |
| DAY   | DATE        | LOCATION     |
| M     | 1/6-3/17    | Sequoia Room |
| M     | 3/24-5/19   | Sequoia Room |
| W     | 3/19-5/21   | Sequoia Room |

| FEE   | INSTRUCTOR  | NO. WKS.        |
|-------|-------------|-----------------|
| \$174 | Teri Cooper | 10              |
| DAY   | DATE        | LOCATION        |
| W     | 1/8-3/12    | Elderberry Room |
| W     | 1/8-3/12    | Sequoia Room    |

| FEE   | INSTRUCTOR  | NO. WKS.        |
|-------|-------------|-----------------|
| \$157 | Teri Cooper | 9               |
| DAY   | DATE        | LOCATION        |
| W     | 3/19-5/21   | Elderberry Room |

## 18 YRS & UP VINYASA FLOW YOGA

This all-level class promotes strength building and flexibility through proper physical alignment of asanas(postures).Vinyasa Flow yoga emphasizes the sequential movement between postures, coordinated with and guided by deliberate breath. The Vinyasa practice becomes a moving meditation that creates strength, freedom and fluidity in the body and mind.

| FEE   | INSTRUCTOR      | NO. WKS.              |
|-------|-----------------|-----------------------|
| \$104 | Tatiana Ryzhova | 6                     |
| DAY   | DATE            | LOCATION              |
| W     | 1/8-2/12        | Jennifer Russell Bldg |
| Sa    | 1/12-2/16       | Jennifer Russell Bldg |
| W     | 2/19-3/26       | Jennifer Russell Bldg |
| Sa    | 2/23-3/30       | Jennifer Russell Bldg |

| FEE   | INSTRUCTOR      | NO. WKS.              |
|-------|-----------------|-----------------------|
| \$119 | Tatiana Ryzhova | 7                     |
| DAY   | DATE            | LOCATION              |
| Sa    | 4/6-5/18        | Jennifer Russell Bldg |
| W     | 4/9-5/21        | Jennifer Russell Bldg |

## 18 YRS & UP YOGA BEGINNING/ADVANCED BEGINNING

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. Yoga improves flexibility, reduces stress and builds energy. Please bring a yoga mat, yoga strap, 2 yoga blocks and thick blanket.

| FEE   | INSTRUCTOR   | NO. WKS.      |
|-------|--------------|---------------|
| \$140 | Howard VanEs | 8             |
| DAY   | DATE         | LOCATION      |
| Tu    | 1/7-2/25     | Virtual Class |
| Tu    | 3/11-4/29    | Virtual Class |

## 18 YRS & UP YOGA ON SUNDAYS WITH HOWARD

This in-person one and a half hour 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. Yoga improves flexibility, reduces stress and builds energy. Please bring a yoga mat, yoga strap, 2 yoga blocks and thick blanket.

| FEE   | INSTRUCTOR   | NO. WKS.              |
|-------|--------------|-----------------------|
| \$156 | Howard VanEs | 8                     |
| DAY   | DATE         | LOCATION              |
| Su    | 1/12-3/2     | Jennifer Russell Bldg |
| Su    | 3/16-5/4     | Jennifer Russell Bldg |



# 18 YRS & UP Drop-in Pickleball



For more information, please visit  
[www.LoveLafayette.org/rink](http://www.LoveLafayette.org/rink)

## SKYHAWKS

## School & Sports Club

@ LAFAYETTE ELEMENTARY

Bus available  
from Burton Valley  
Elementary!



### Pick your days!

Monday, Tuesday, Thursday, & Friday: 2:45PM-5:30PM

Wednesday: 1:45PM-5:30PM

### APPLICATION OPENS APRIL 7 FOR 2025-26 SCHOOL YEAR!

Skyhawks School & Sports Club offers interactive childcare and learning support to children, grades 1-5. Campers will go straight from school to their Skyhawks Director to work on Schoolwork, Physical Education, Sports Development, Arts and Crafts, & Social Skills. Parents can pick their kids up after work knowing their schoolwork has been completed, they received plenty of exercise and played with their friends.



Time for some quality family time.

Visit [www.loveLafayette.org/SkyhawksAftercare](http://www.loveLafayette.org/SkyhawksAftercare)



**MEMBERSHIP & REGISTRATION**

**How to Pay Your Membership Fee and Register for Classes:**

*Membership: \$15/ person per calendar year (January 1–December 31, 2025). Free to age 90+*

Members of Lafayette Senior Services pay no fee, or the discounted fee, for most programs and services listed below. Additionally, the quarterly Activity Guide is mailed to each member. Your membership pays for itself after just 1 1/2 classes! You may pay for your membership and register for classes using any one of the methods below. Accepted credit cards are Visa, MasterCard, Discover and American Express.

- **ONLINE 24/7:** www.LafayetteRec.org
- **PHONE:** 925-284-5050
- **WALK-IN:** Lafayette Community Center Office, 500 St. Mary's Rd. Mon-Thursday 9:00-4:00
- **MAIL-IN:** Print out a membership form: go to the City of Lafayette website www.LoveLafayette.org and click on the Senior Services tab, then Senior Services Membership Form. Make checks payable to City of Lafayette and mail to Lafayette Senior Services, 500 St. Mary's Road, Lafayette, CA 94549.

If you need transportation to and from our programs, contact the Lamorinda Spirit Van: (925) 283-3534. For pricing and additional information, see page 32.

Are you a Lafayette resident interested in joining Lamorinda Village? You may qualify for a city sponsored membership. To find out more about the Village visit <https://lamorindavillage.org> or call Lamorinda Village at (925) 283-3500.

**AARP SMART DRIVER 4-HOUR REFRESHER COURSE**

This abbreviated refresher course is for those who have taken either an AARP eight- hour or a refresher driving course within the last three years. Refine your driving skills, develop safe, defensive techniques, and possibly lower your insurance premium. Max: 25 prepaid registrants. To reserve your spot, send your name, phone number and email address along with a check, **made payable to AARP**, to Lafayette Senior Services, 500 St. Mary's Rd., Lafayette, CA 94549.



| LOCATION     | AARP MEMBERS | AARP NON-MEMBERS |
|--------------|--------------|------------------|
| Buckeye Room | \$20         | \$25             |
| DAY          | DATES        | TIME             |
| Wed          | 1/15         | 10:00am–2:00pm   |

**AARP SMART DRIVER 8-HOUR COURSE**

Refine your driving skills, develop safe, defensive techniques, and possibly lower your insurance premium. Max: 25 paid registrants. To reserve your spot, send your name, phone number and email address along with a check, **made payable to AARP**, to Lafayette Senior Services, 500 St. Mary's Rd., Lafayette, CA 94549.

| LOCATION     | AARP MEMBERS | AARP NON-MEMBERS |
|--------------|--------------|------------------|
| Buckeye Room | \$20         | \$25             |
| DAY          | DATES        | TIME             |
| Wed & Thu    | 5/7 & 5/8    | 10:00am-2:00pm   |

**APPLE MOBILE DEVICES**

*With Mike Dickerson*

This ongoing class covers many topics such as Apple IDs, iCloud, apps and general iPad and iPhone usage. Topics for upcoming sessions are based on participants' input and needs. There is always time for Q&A. *Please note: this class deals with Apple devices only.* You may join the class at any time.



| LOCATION                                  | FEE: MEMBERS                                  | NON-MEMBERS      |
|---|---|------------------|
| Elderberry Room                           | No Charge                                     | \$10 per meeting |
| DAY                                       | DATES   | TIME             |
| 1st & 3rd Thu monthly*<br>*skip 1/2, 3/20 | 1/16, 2/6, 2/20, 3/6,<br>4/3, 4/17, 5/1, 5/15 | 10:30am–Noon     |

**Tuesdays at the Swell Center**

The SWELL (Senior Wellness) Center at the Lafayette Library and Learning Center will be open to anyone 65 and older. Games (cards, backgammon, bingo, etc.), coffee, and pastries will be provided. Drop in and join us—no registration required. In partnership with the Lamorinda Village.

**AT THE LAFAYETTE LIBRARY LEARNING CENTER**

3491 MT DIABLO BLVD, LAFAYETTE  
TUESDAYS • 10:00AM-NOON

**FREE!**

## Lamorinda Nature Walk & Bird Watching

EVERY WEDNESDAY | 8:30AM-NOON  
LOCATIONS VARY | FREE

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. Meet at the Alder Room at the Community Center at 8:30am.

For more information or to place your name on the email notification list, contact Lafayette Seniors Services: [Seniors@LoveLafayette.org](mailto:Seniors@LoveLafayette.org) or (925) 284-5050. You may join this group at any time.



## Lamorinda Tea Dance

Lafayette Senior Services

**Members: FREE!**  
Membership: \$15/year  
Non-Members: \$10/mtg

**Wednesdays\***  
**11:30am to 1:30pm**

The Live Oak Room  
Lafayette Community Center  
500 St. Mary's Road

\*Skip 1/1, 3/19

A weekly Community Dance Social of over 30 years with afternoon tea & light refreshments.

*Come for great music and good company!*



## RESERVOIR WALKING GROUP

Led by Richard Stanton

Here's a walking group that offers camaraderie, fresh air and enjoyable exercise, all in magnificent surroundings. Choose the distance you want to go by joining the group that walks the entire circuit, or the group that goes a shorter distance which avoids the large hills, yet yields sufficient moderate exercise. Increase your balance and fitness—both physical and mental—and leave each week uplifted and radiant with that overall feeling of well-being! To add your name to the email notification list: [Seniors@LoveLafayette.org](mailto:Seniors@LoveLafayette.org) or (925) 284-5050. Bring quarters or credit card for parking meter. Annual senior (62+) passes may be purchased at the Visitor Center at the reservoir. You may join this group at any time. | **FREE**



EVERY TUE, THU, SAT | 9:00AM  
Meet at 8:50am at the Reservoir, center bench on the Dam.

## BEGINNER PICKLEBALL

*Instructors: Budd MacKenzie*

This class is for beginners and newcomers, who need help with their strokes, more practice, and advice on game strategy. It's important that participants come to every class. If you already know you can't make all the classes please don't sign up for this one. You'll need all the classes to learn the game, techniques and strategies. Please sign up for only one session. Minimum of 4/ Maximum of 10 people per session.

| LOCATION | DATE     | FEE:          |
|----------|----------|---------------|
| Rink     |          | \$30          |
| DAY      | DATE     | TIME          |
| Tuesdays | 2/4-2/25 | 7:00pm-8:30pm |
| Tuesdays | 3/4-3/25 | 7:00pm-8:30pm |
| Tuesdays | 4/8-4/29 | 7:00pm-8:30pm |
| Tuesdays | 5/6-5/27 | 7:00pm-8:30pm |

## DISCOVERING OPERA: BARTOK'S BLUEBEARD'S CASTLE

*Presented by Bradford Wade, opera lover for over 45 years*

This short but powerful one-act opera follows the newly wed Judith as she abandons a peaceful existence to marry the mysterious Duke Bluebeard. Unlocking the doors to seven rooms in her eerie new home, she discovers her new husband's dark past, delving into the frightening corners of his troubled imagination. Lecturer Bradford Wade will give a guided tour of Bartok's only opera, with a description of the plot interspersed with musical examples. This lecture is given in conjunction with Opera San Jose's production of *Bluebeard's Castle*, February 15-March 2.

| LOCATION                                  | FEE: MEMBERS | NON-MEMBERS   |
|---|--------------|---------------|
| Arts & Science Room,<br>Lafayette Library | Free         | Free          |
| DAY                                       | DATE         | TIME          |
| Tuesday                                   | 2/11         | 1:00pm-2:30pm |

## DISCOVERING OPERA: HECTOR ARMIENTA'S ZORRO

*Presented by Bradford Wade, opera lover for over 45 years*

The famed masked vigilante comes alive in this swashbuckling opera filled with romance, humor, and suspense. Set in the early 1800s in el pueblo de Los Angeles, still a colony of Spain, this thrilling new work follows the adventures of the Spanish nobleman who hides his true identity behind a black mask to become Zorro, the dashing defender of the poor and enslaved. Lecturer Bradford Wade will give a guided tour of *Zorro*, with a description of the plot interspersed with musical examples. This lecture is given in conjunction with Opera San Jose's production of *Zorro*, April 19-May 4.

| LOCATION                                  | FEE: MEMBERS | NON-MEMBERS   |
|---|--------------|---------------|
| Arts & Science Room,<br>Lafayette Library | Free         | Free          |
| DAY                                       | DATE         | TIME          |
| Tuesday                                   | 4/15         | 1:00pm-2:30pm |

## DROP-IN INTERMEDIATE AMERICAN MAH JONGG

Bring your card and mah jongg set, and join other intermediate-level players every Tuesday afternoon.\* **Skip 12/24, 12/31**

| LOCATION       | FEE: MEMBERS | NON-MEMBERS      |
|----------------|--------------|------------------|
| Sequoia Room   | No Charge    | \$10 per meeting |
| DAY            | DATES        | TIME             |
| Every Tuesday* | On-going     | 12:30pm-3:30pm   |

## 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 (55+) cope with life changes, problems, crises, and challenges. Confidentiality is strictly observed. **Appointment required.** Please contact CC Health Services Senior Peer Counseling at (925) 521-5653 to find out more and request an appointment.

## AS THE PAGE TURNS

*Facilitated by JoAnne Schaarschmidt*

Looking for a good book to discuss with others? Join this informal group of book lovers and enjoy enrichment, lively discussion and camaraderie. The group is made up of both men and women, and everyone gets to participate in the selection and discussion of the books. Contact Lafayette Senior Services for the book of the month title: seniors@lovelafayette.org or 925-284-5050. You can join this group at any time. The Zoom link will be emailed out the day before each meeting.



| LOCATION         | FEE: MEMBERS                 | NON-MEMBERS      |
|------------------|------------------------------|------------------|
| Virtual via Zoom | No Charge                    | \$10 per meeting |
| DAY              | DATES                        | TIME             |
| 3rd Tues Monthly | 1/21, 2/18, 3/18, 4/15, 5/20 | 1:00pm-2:30pm    |

## 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!

| LOCATION        | FEE: MEMBERS               | NON-MEMBERS  |
|-----------------|----------------------------|--------------|
| Elderberry Room | Free                       | \$10         |
| DAY             | DATE                       | TIME         |
| 2nd Thu monthly | 1/9, 2/13, 3/13, 4/10, 5/8 | 10:30am-Noon |

## TACKLE YOUR TECHNOLOGY TROUBLES!

Schedule a 30-min one-on-one appointment with a Tech Helper at the Lafayette Library. Feel free to bring your own device (tablet, phone, or laptop) or use a library PC. Please call the Lafayette Library (925-385-2280) or stop by the library info desk to schedule an appointment.

## EMERGENCY PREPAREDNESS WORKSHOPS

Presented by Noell Crosse with Contra Costa County Fire Protection District

Space is limited—to reserve your spot contact Lafayette Senior Services: Seniors@LoveLafayette.org or 925-284-5050.

### • EMERGENCY PREPAREDNESS

If the big quake hits tomorrow, do you have adequate supplies to sustain you or your family for at least 72 hours? In this presentation, your group will learn what they can do ahead of time to prepare for an emergency or disaster. We'll cover the steps you take to make sure you are safe, before, during and after an emergency or natural disaster. These plans are important for your safety in both natural disasters and man-made disasters.

| LOCATION   | FEE: MEMBERS | NON-MEMBERS  |
|------------|--------------|--------------|
| Cedar Room | No Charge    | No Charge    |
| DAY        | DATES        | TIME         |
| Wednesday  | 2/5          | 11:00am-Noon |

### • HOME FIRE SAFETY

Home fires strike suddenly without warning, leaving residents with a matter of minutes to escape. What can you do to protect yourself and your family? Learn how to make your home safer from fire disaster including learning to make a fire escape plan and information on the importance of smoke alarms. Fire prevention tips are offered for the kitchen, electrical, heating, smoking materials and other possible fire risks in the home.



| LOCATION   | FEE: MEMBERS | NON-MEMBERS  |
|------------|--------------|--------------|
| Cedar Room | No Charge    | No Charge    |
| DAY        | DATES        | TIME         |
| Wednesday  | 2/19         | 11:00am-Noon |

### • FIRE EXTINGUISHER USE AND SAFETY

You may have a fire extinguisher at your work, at your apartment complex or even under your kitchen sink, but do you know how to use them? Do you know when using an extinguisher is appropriate and when it isn't? The proper use of a fire extinguisher could save lives and property. Fire extinguisher use & safety training covers more than just how to use a fire extinguisher. It educates participants about existing fire hazards, teaches them how to respond appropriately, and how to keep everyone around them as safe as possible.

| LOCATION   | FEE: MEMBERS | NON-MEMBERS  |
|------------|--------------|--------------|
| Cedar Room | No Charge    | No Charge    |
| DAY        | DATES        | TIME         |
| Wednesday  | 2/26         | 11:00am-Noon |

## LEGAL PRESENTATIONS

by Contra Costa Senior Legal Services

Space is limited—to reserve your spot contact Lafayette Senior Services: Seniors@LoveLafayette.org or 925-284-5050.

### • SAFEGUARDING ASSETS FROM SCAMS & IDENTITY THEFT

Join us for an insightful seminar on safeguarding against scams and fraud. Gain valuable knowledge on how to identify and prevent various forms of fraud, including identity theft. Learn effective strategies to protect yourself and understand the appropriate channels for reporting scammers. Don't miss this opportunity to empower yourself with crucial information to stay safe and secure.

| LOCATION   | DAY/DATE  | TIME         | FEE  |
|------------|-----------|--------------|------|
| Cedar Room | Wed, 3/12 | 11:00am-Noon | Free |

### • HOME OWNERSHIP PROTECTION FOR SENIORS

Join us for a comprehensive presentation on homeowner protection for elders, covering essential topics such as accessing credit reports to identify debt, errors, and signs of identity theft. We'll also explore eligibility for the tax postponement program, which allows you to postpone property tax payments, and the benefits of filing a homestead declaration to protect your home's equity from creditors. Additionally, learn about safe estate planning, including the risks of adding children to deeds, durable powers of attorney, advance health care directives, and the potential pitfalls of reverse mortgages.

| LOCATION   | DAY/DATE | TIME         | FEE  |
|------------|----------|--------------|------|
| Cedar Room | Wed, 4/9 | 11:00am-Noon | Free |

### • ADVANCE HEALTH CARE DIRECTIVES AND POWERS OF ATTORNEY

This presentation will provide an in-depth overview of Advance Healthcare Directives and Durable Powers of Attorney, focusing on their importance and purpose. Attendees will learn how Advance Healthcare Directives allow individuals to express their healthcare wishes and protect their rights. We will also cover the essential role of Durable Powers of Attorney, outlining what they include and the importance of selecting a trustworthy agent to manage financial and legal matters. Gain valuable insights to ensure your wishes are honored and your affairs are properly managed.

| LOCATION   | DAY/DATE  | TIME         | FEE  |
|------------|-----------|--------------|------|
| Cedar Room | Wed, 5/14 | 11:00am-Noon | Free |



## FRIDAY VILLAGE CONVERSATIONS

Want to know more about retirement finances? Curious about innovations in CPR? Looking to improve your nutrition? Lamorinda Village hosts this drop-in lecture series over Zoom covering a wide array of topics, some related to aging, some simply informative and educational, all presented by experts in their fields. A question-and-answer period follows each presentation. To receive information about upcoming events and Village Conversation topics, visit <https://www.lamorindavillage.org>

| LOCATION     | FEE: MEMBERS | NON-MEMBERS |
|--------------|--------------|-------------|
| Virtual Zoom | No Charge    | No Charge   |
| DAY          | DATES        | TIME        |
| Every Friday | Ongoing      | 10:00am     |

## WHAT IS THE LAMORINDA VILLAGE?

*Presented by Kathryn Ishizu, Executive Director of Lamorinda Village*

How will you live and thrive as you age? Imagine being part of a caring community that provides services to help you remain independent in your own home and offers opportunities to meet new friends and help others. Come learn about what the Lamorinda Village offers and how you can access their wonderful programs and services. If you are a Lafayette resident you may also be eligible for a city sponsored Village annual membership which opens the door to all kinds of terrific supports, speakers, and events.

| LOCATION        | FEE: MEMBERS | NON-MEMBERS  |
|-----------------|--------------|--------------|
| Elderberry Room | No Charge    | No Charge    |
| DAY             | DATES        | TIME         |
| Tuesday         | 1/28         | 11:00am-Noon |



## DON'S GOLDEN HAPPY HOUR

*With Lamorinda Village*

Get together with old friends or come make new ones at Don's Golden Happy Hour hosted by Lamorinda Village in conjunction with Lafayette Social Magazine. Held monthly at different local venues in the Lamorinda area, this event offers an opportunity to enjoy appetizers (provided by Lamorinda Village and a sponsor) and no-host beverages. Once you've signed up, locations will be provided. For more information or to sign-up, please contact Lamorinda Village at [info@lamorindavillage.org](mailto:info@lamorindavillage.org) or call them at (925) 283-3500.

| LOCATION        | FEE: MEMBERS          | NON-MEMBERS |
|-----------------|-----------------------|-------------|
| Locations vary  | Free                  | \$10        |
| DAY             | DATE                  | TIME        |
| 2nd Tue monthly | 1/14, 2/11, 3/11, 4/8 | 4:30pm      |

## HEALTH INSURANCE COUNSELING AND ADVOCACY PROGRAM (HICAP)

Through free, one-to-one, confidential and objective counseling, you will learn how Medicare works in order to make informed decisions about your coverage. HICAP counselors will also help with Medicare claims and appeals; provide information to those needing help with healthcare costs; and when necessary, make referrals for legal assistance with health insurance matters. The counselors are registered with the State of California and do not sell or endorse insurance products.

**APPOINTMENTS:** Contact HICAP: (925) 655-1393

**INFORMATION:** Visit their website at [www.cchicap.org](http://www.cchicap.org)

**LOCATION:** Toyon Room

1st Wed monthly\* 2/5, 3/5, 4/2, 5/7 10am, 11am, Noon

**LOCATION:** Cedar Room

3rd Thu monthly\* 1/16, 2/20, 4/17, 5/15 10am, 11am, Noon

(\*Skip January & March)

## ON THE MOVE FALL PREVENTION EXERCISE CLASS

*With Meals on Wheels Diablo Region*

This 12-week course is an evidence based exercise program, designed to improve walking. This fun class challenges the brain to match the timing and sequence of movements with posture, to improve the smoothness and efficiency with walking. Music, props such as cones and balls, and partner-based activities keep the classes interesting. Classes meet twice a week for one hour each class, for 12 weeks. Materials are provided. Individuals should be mobile enough to sustain walking exercises for the 60-minute duration of classes. Group size for all classes is limited to 14. You must register for the class ahead of time. No drop-ins allowed.

| LOCATION              | FEE: MEMBERS | NON-MEMBERS  |
|-----------------------|--------------|--------------|
| Jennifer Russell Bldg | Free         | Free         |
| DAY                   | DATES        | TIME         |
| Tues/Thurs            | 1/14-4/10    | 10:00am-Noon |

## PROMISE AND PERIL OF ARTIFICIAL INTELLIGENCE

*With Dr. Po Chi Wu in partnership with Lamorinda Village*

What is Artificial Intelligence, specifically Generative Artificial Intelligence (GenAI), and what changes is this technology bringing to society? How can we sort through all the hype in the media? What aspects of the technology are reasons for concern and reasons for hope?

In this talk, which is intended to be highly interactive, Po Chi Wu, Ph.D., will share his perspectives on this important and fascinating topic. He brings over 40 years of engagement with the startup ecosystems in North America and Asia (Greater China and Southeast Asia) as a venture capitalist, entrepreneur and educator. Since the topic is so broad, he encourages the audience to offer questions ahead of time so the talk can address their interests.

| LOCATION   | FEE: MEMBERS | NON-MEMBERS  |
|------------|--------------|--------------|
| Cedar Room | No Charge    | No Charge    |
| DAY        | DATES        | TIME         |
| Wednesday  | 2/12         | 11:00am-Noon |

# Let's All Celebrate and Be Joyous!

For Lamorinda Adults, Age 60+

We at the **Lamorinda Spirit Van** love helping seniors prepare for the holidays. Over the past 18 years, we have provided our beloved older adults with rides to medical appointments, grocery stores, gift shops, hair and nail salons, social events, lunch at Café Costa and anywhere else needed to get their holiday errands done.

Please consider making a year-end tax-deductible donation to Lamorinda Spirit, so that Anastasia (80) can go on her weekly grocery shopping trips, Judy (83) can attend Lamorinda Village's Chair Yoga, and William (92) can go to his physical therapy appointments. These are just a few examples of the many older adults we serve.

They are so appreciative, and many have said they don't know what they would do without us. Please make your donation payable to: City of Lafayette and mail to Lamorinda Spirit, Lafayette Community Center, 500 St. Mary's Road, Lafayette, CA 94549. Please write, "Lamorinda Spirit" on the memo line.



The Lafayette City Council and Staff appreciate your help in supporting the Lamorinda Spirit Van Program so older adults can get out and about, avoid isolation, and continue to live in their own homes for as long as safely possible.

## Lamorinda Senior Transportation Options

### Lamorinda Spirit Van | 925-283-3534

Serving Lamorinda adults, age 60+ with rides to destinations in Lamorinda, Concord, Martinez, Pleasant Hill, and Walnut Creek. Wheelchair and walker accessible. We love to say "Yes" so call early to make your reservation.

| <b>Van Fares/Destination</b>                    | <b>One-way/Round Trip</b> |
|---|---------------------------|
| Within Lamorinda                                | \$5/\$10                  |
| Concord, Martinez, Pleasant Hill, Walnut Creek  | \$10/\$20                 |
| Lunch at Café Costa, Walnut Creek Senior Center | \$2.50/\$5                |
| Low income (throughout service area)            | No Cost*                  |

*\*For the duration of the Lafayette Community Foundation ARPA Grant*



### Orinda Seniors Around Town | 925-402-4506

Volunteer drivers serving Orinda seniors with free rides.

### Mobility Matters Rides for Seniors | 925-284-6161

### Mobility Matters Information & Referral Line | 925-284-6109

Volunteer drivers serving Contra Costa seniors with free rides to medical appointments Monday through Friday and to grocery shopping on Saturdays.

### County Connection LINK Reservation Line | 925-938-7433

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 an additional transportation option.)

### GoGoGrandparent | 925-283-3534

Due to a generous bequest from an appreciative Lafayette passenger, Lafayette residents age 70+ can utilize GoGoGrandparent for an Uber/Lyft ride at 50% of the ride cost up to a maximum subsidy of \$50 a month for as long as there is funding for this program. Call the Lamorinda Spirit at 925-283-3534 to register for this subsidy. People of all ages living anywhere, can use GoGoGrandparent by registering at **855-464-6872**.

# 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](http://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](http://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 (925) 284-9669 or go to [www.ebmud.com](http://www.ebmud.com) for more information.



FAMILY DANCE

# Under the Stars

March 7  
6:30-8:30pm

Jennifer Russell Building  
\$10 per ticket/person

Children must be accompanied by an adult during the event.

## A DAY OF Bunny Fun

Live Show featuring  
Fur, Scales & Tales and Egg Hunt!

Saturday, April 19th

11:00AM to 12:30PM

Lafayette Community Center, Live Oak Room



EVENT SELLS OUT EVERY YEAR! GET YOUR TICKETS EARLY!

Tickets: \$10 per child 2 years and older  
For Tickets Call: 925-284-2232 or visit  
[www.LafayetteRec.org](http://www.LafayetteRec.org)



# Have your next event at the Lafayette Community Center



| Facility                               | Capacity                     | Size    | Hourly Rates  | Food and Drink Allowed | Minimum # of Hours                   | Amenities   |
|--|------------------------------|---------|---|------------------------|--------------------------------------|---|
| <b>Jennifer Russell Building (JRB)</b> | Dining: 240<br>Theater: 325  | 72'x50' | Resident: \$120<br>Non Resident: \$150<br>Resident Non Profit: \$110<br>Non Res Non Profit: \$130 | Yes                    | 4                                    | <ul style="list-style-type: none"> <li>• Adjoining Restrooms</li> <li>• Non Adjoining Kitchen (\$200)</li> <li>• Two 80" Flat Screen TVs</li> <li>• Available Microphone P.A. System</li> <li>• Portable Stage (\$130)</li> <li>• Rear Patio</li> <li>• Side Patio &amp; Deck (\$75)</li> </ul> |
| <b>Live Oak Room (LO)</b>              | Dining: 225<br>Theater: 300  | 64'x55' | Resident: \$100<br>Non Resident: \$130<br>Resident Non Profit: \$90<br>Non Res Non Profit: \$110  | Yes                    | 4                                    | <ul style="list-style-type: none"> <li>• Adjoining Foyer</li> <li>• Adjoining Kitchen (\$200)</li> <li>• Stationary Stage</li> <li>• Available Microphone P.A. System</li> <li>• Large Patio &amp; Deck (\$75)</li> </ul>   |
| <b>Arts &amp; Crafts</b>               | Max: 45                      | 27'x32' | Resident: \$65<br>Non Resident: \$85<br>Resident Non Profit: \$60<br>Non Res Non Profit: \$75     | Yes                    | 2<br>Self Set-Up<br>Optional         | <ul style="list-style-type: none"> <li>• In room sink</li> <li>• Counter Tops</li> <li>• White Board</li> </ul>   |
| <b>Sequoia Room</b>                    | Classroom: 45<br>Theater: 75 | 27'x32' | Resident: \$65<br>Non Resident: \$85<br>Resident Non Profit: \$60<br>Non Res Non Profit: \$75     | No                     | 2<br>Self Set-Up<br>Optional         | <ul style="list-style-type: none"> <li>• Carpeted Floor</li> <li>• Projector Screen (no projector)</li> <li>• Adjoining Foyer</li> </ul>  |
| <b>Kitchen</b>                         |                              |         | \$200 Flat Rate   | Yes                    | <b>Only Available with LO or JRB</b> | <ul style="list-style-type: none"> <li>• Commercial Refrigerator/ Freezer</li> <li>• Icemaker</li> <li>• Coffee Pots</li> <li>• Microwave</li> <li>• Stove/Oven (No cooking or eating utensils available)</li> </ul>  |

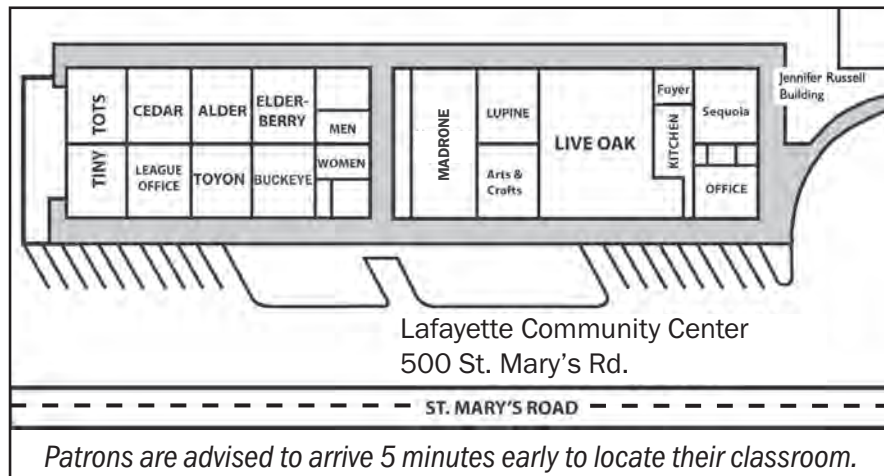
Facility Restrooms/ Drinking Fountain: Centrally Located

Parking Spaces: 117 and 6 Handicap

Times and Days Available: Friday: 6:00pm-11:30pm Saturday: 9:00am-11:30pm Sunday: 9:00am-10:30pm

Please Note: Rental time must include deliveries, decoration, set-up & clean-up. Music/entertainment must stop 1hr. prior to the end of the rental. Security deposit, insurance and other fees not included.

## Lafayette Class Locations



## Off-Site Locations

- Lafayette Community Park  
480 St. Mary's Road, Lafayette
- Lafayette Library & Learning Center  
3491 Mt. Diablo Blvd., Lafayette  
(925) 385-2280

## Schools

- Happy Valley Elementary  
3855 Happy Valley Rd, Lafayette
- Lafayette Elementary  
950 Moraga Rd, Lafayette
- Springhill Elementary  
3301 Springhill Rd, Lafayette
- Burton Valley Elementary  
561 Merriewood Dr, Lafayette

## Community Contacts

- Lafayette Little League | (925) 284-3583
- Lafayette-Moraga Regional Trail (EBRPD)  
(510) 635-0135
- Lafayette-Moraga Youth Association  
(LMYA) | (925) 377-5692
- Lafayette Reservoir & Recreation Area  
(EBMUD) | (925) 284-9669
- Lafayette Chamber | (925) 284-7404
- Lafayette City Offices | (925) 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](http://www.cardonationservices.com)

## Contact Us:

[www.LafayetteRec.org](http://www.LafayetteRec.org)

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**Kira Tannlund** | Asst. Recreation Coordinator  
(925) 310-4101  
[ktannlund@ci.lafayette.ca.us](mailto:ktannlund@ci.lafayette.ca.us)

**Jesus Hernandez** | Maintenance Supervisor  
(925) 310-5033  
[jmhernandez@ci.lafayette.ca.us](mailto:jmhernandez@ci.lafayette.ca.us)

**Lafayette Parks, Trails & Recreation Office:** (925) 284-2232  
Mon-Thurs 9:00am-4:00pm  
Friday 9:00am-1:15pm

**Lafayette Senior Services:**  
(925) 284-5050  
[seniors@ci.lafayette.ca.us](mailto:seniors@ci.lafayette.ca.us)

**Lamorinda Sr. Transportation Program:** (925) 283-3534  
Dispatch: [dispatch@lovelafayette.org](mailto:dispatch@lovelafayette.org)

**Tiny Tots Program:** (925) 299-3266

**Lafayette Jazzercise:** (925) 937-6768

