

# ACTIVITY GUIDE

WINTER/SPRING 2019

**COLLABORATIONS, PROGRAMS, AND PARKS TO EMPOWER PEOPLE OF ALL ABILITIES!**



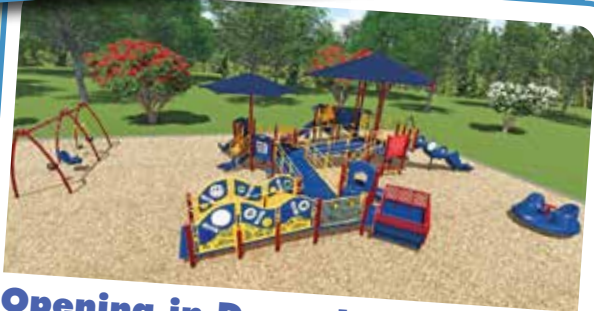
### Wheelchair Rugby

People of all abilities are welcome to come play quad rugby or wheelchair basketball for free. A collaboration with the Center for Independent Living, they provide wheelchairs if needed, so come play! See dates on page 32.



### Friends Connect

An activity based social club for high functioning teens in grades 6 - 12 with moderate developmental disabilities and social challenges. Socialize, build friendships, explore the larger community and have fun!



### Opening in December 2018!

An all-inclusive playground at Littlejohn Park for children and caregivers of all physical, emotional and developmental abilities to play and learn together.

### Even more offerings...

Various specialized swimming lessons and sports camps for youth with developmental disabilities.  
Autistic Movement Therapy Class - Musical movement class for ages 3 - 18 who have physical or developmental disabilities.



### Leisure Club

A fun, twice monthly program designed for adults with developmental disabilities with activities such as a talent show, movies, parties, crafts, ice cream and Prom!



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## EVENTS CALENDAR

December 7	Free Concert by Alameda Sings! Alameda Community Chorus at Veteran's Memorial Building at 7:30PM
December 8	Breakfast with Santa at O'Club
December 8	Mayor's Tree Lighting Celebration - City Hall at 4:30 pm
December 14	Alameda Community Band Concert at Veteran's Memorial Building at 7:00PM
December 15	Jean Sweeney Open Space Park - Grand Opening!
December 21	WEE - Play Holiday Party at Veteran's Memorial Building
December 22 - 23	Santa Home Visits in Alameda
December 26 - 28 & January 2 - 4	Winter Wonderland Camp at Harrison Center
January 4	ELKS/ARPD Hoop Shoot Finals at Alameda Point Gymnasium
January 5	Annual Rose Pruning at Lincoln Park
January 11	"T.G.I.F" Non-School Day Program at Harrison Center
February 8	18th Annual Father and Daughter Out of this World Dance Party at O'Club
Feb 22 - Mar 22	Spring "Egg"stravaganza Coloring Contest
Feb 19 - 22	Days In The Park at Harrison Center
Feb 19 - 22	Winter Adventure Camp for Tweens and Teens
March 11	Get a Job! Workshop for Tweens and Teens
March 12	Free Concert by Alameda Community Band at Veteran's Memorial Building at 7:30PM
March 18	Summer 2019 Registration Begins!
April 1 - 5	Spring Vacation Camp at Harrison Center
April 1 - 5	Junior Warrior Basketball Camp at Alameda Point
April 6 - May 4	Spring Swim Lessons at Emma Hood Swim Center
April 8	Spring Softball League Begins
April 13	Splash into Spring Egg Scramble (Rainout on April 20)
April 20	Earth Day Festival at Washington Park
April 26	Free Concert by Alameda Sings! Alameda Community Chorus at Veteran's Memorial Building at 7:30PM
April 28	Free Concert by Alameda Sings! Alameda Community Chorus at Cardinal Point Lobby, 2431 Mariner Square Drive at 4:00PM
TBA	Friends of the Park Foundation "Play for the Parks" Golf Tournament
May 21	Free Concert by Alameda Community Band at Veteran's Memorial Building at 7:30PM

### ARPD Program Staff

#### Christina Bailey

Pre-K and Youth  
510-747-7554  
cbailey@alamedaca.gov

#### Ed Kallas

Senior Programs, Travel  
510-747-7511  
ekallas@alamedaca.gov

#### Dennis McDaniels

Adult and Youth Athletics,  
Aquatics/Fields  
510-747-7586  
dmcdaniels@alamedaca.gov

#### Katherine Sirota

Picnic & Facility Rentals  
510-747-7576  
ksirota@alamedaca.gov

#### Shawn Smith

Teens, Classes, Special Needs  
510-747-7555  
sdsmith@alamedaca.gov

### ARPD Contacts

#### Web & Online Registration

[www.alamedaca.gov/recreation](http://www.alamedaca.gov/recreation)

#### Email

arpd@alamedaca.gov

#### Facebook

playARPD on Facebook

#### Phone

510-747-PLAY

#### Fax

510-523-4071

#### Hours

Monday - Friday: 8:30am - 5:30pm

#### Park and Facility Issues

After Hours : 510-775-5459

#### Field Condition Hotline

After 2pm: 510-747-7540

#### Mastick Senior Center

510-747-7500

#### Parks & Facilities

See page 8 - 10



### Alameda Youth Committee (AYC)

Meets most 1<sup>ST</sup> and 3<sup>RD</sup> Wednesday at 4:00PM Schedule available for grades 6-12. Veteran's Building, 2203 Central Ave., Rm. 120



## City Council 2019

<b>Marilyn Ezy Ashcraft</b>	Mayor
<b>Tony Daysog</b>	Councilmember
<b>John Knox White</b>	Councilmember
<b>Jim Oddie</b>	Councilmember
<b>Malia Vella</b>	Councilmember

## Recreation and Parks Commission

<b>Ron Limoges</b>	Chair
<b>Adrienne Alexander</b>	Member
<b>Mindi Chen</b>	Member
<b>Chris Pondok</b>	Member
<b>Eric Robbins</b>	Member

## ARPD Staff

<b>Dave Rudat</b>	Interim City Manager
<b>Liz Warmerdam</b>	Assistant City Manager
<b>Amy Wooldridge</b>	ARPD Director
<b>Jackie Krause</b>	Senior Services Manager
<b>John McDonald</b>	Park Manager
<b>Bill Hudson</b>	Park Maintenance Supervisor
<b>Matt Nowlen</b>	Park Maintenance Foreperson
<b>Patrick Russi</b>	Recreation Manager
<b>Christina Bailey</b>	Recreation Supervisor I
<b>Edward Kallas</b>	Recreation Supervisor I
<b>Dennis McDaniels</b>	Recreation Supervisor I
<b>Shawn Smith</b>	Recreation Supervisor I
<b>Nora Pon</b>	Senior Clerk
<b>Katherine Sirota</b>	Administration
<b>Nida Ithipol</b>	Accounting Technician

## Mastick Senior Center Advisory Board

Meets 3<sup>RD</sup> Wednesday at 9:30AM  
Mastick Senior Center  
1155 Santa Clara Ave., Room D

## Golf Commission

Meets 2<sup>ND</sup> Tuesday at 6:30PM every other month (Jan, Mar, May, July, Sept, Nov.)  
at City Hall, 3rd Floor, Room 360,  
2263 Santa Clara Ave., Alameda

## Recreation and Parks Commission

Meets Every 2nd Thursday at 7:00PM  
City Hall Council Chambers  
Everyone welcome.  
Also televised live on Ch. 15

## CITY DEPARTMENT PHONE LIST

Emergency (Life or Property at Risk)	911
City Information	747-7400
City Attorney	747-4750
City Clerk & City Council	747-4800
Mayor's Office	747-4701
City Manager's Office	747-4700
Alameda Municipal Power (AMP)	748-3901
Base Reuse	747-7440
Building (Permits)	747-6800
Community Development	747-6850
Economic Development	747-6890
Finance	747-4881
Fire (Non-Emergency only)	337-2100
Corica Park	747-7800
Housing Authority	747-4300
Human Resources	747-4900
Job Opportunity	<a href="http://www.governmentjobs.com/careers/alamedaca">www.governmentjobs.com/careers/alamedaca</a>
Library	747-7777
Media Contact	747-4714
Police (Non-Emergency only)	337-8340
TEL-A-COP Hotline	835-2267
Animal Shelter (FAAS)	337-8565
Animal Control (After Hours)	337-8340
Public Works	747-7930
Maintenance Services (Streets, Sidewalks, Non-Park Issues)	747-7900



**"PLAY FOR THE PARKS"  
GOLF TOURNAMENT  
DINNER & AUCTION 2019**

**MAY, 2019  
CORICA PARK  
1 Clubhouse Memorial Drive  
Alameda, CA 94502**

View more information at:  
[www.alamedaparks.org](http://www.alamedaparks.org) today!

## COMMUNITY RESOURCES

AC Transit	<a href="http://www.actransit.org">www.actransit.org</a>
Alameda Adult School	<a href="http://www.alameda-adult-school.org">www.alameda-adult-school.org</a>
Alameda Aquatic Masters	<a href="http://www.alamedaaquaticmasters.com">www.alamedaaquaticmasters.com</a>
Alameda Boys and Girls Club	<a href="http://www.alamedabgc.org">www.alamedabgc.org</a>
Alameda Chamber of Commerce	<a href="http://www.alamedachamber.com">www.alamedachamber.com</a>
Alameda Education Foundation	<a href="http://www.alamedaeducationfoundation.org">www.alamedaeducationfoundation.org</a>
Alameda Family Services	<a href="http://www.alamedafs.org">www.alamedafs.org</a>
Alameda Family Services - Head Start	<a href="http://www.alamedafs.org/hs-ehs.html">www.alamedafs.org/hs-ehs.html</a>
Alameda Food Bank	<a href="http://www.alamedafoodbank.org">www.alamedafoodbank.org</a>
Alameda Friends of the Parks Foundation	<a href="http://www.alamedaparks.org">www.alamedaparks.org</a>
Alameda Health System (Alameda Hospital)	<a href="http://www.alamedahealthsystem.org">www.alamedahealthsystem.org</a>
Alameda Historical Museum	<a href="http://www.alamedamuseum.org">www.alamedamuseum.org</a>
Alameda Meals on Wheels	<a href="http://www.alamedamealsonwheels.org">www.alamedamealsonwheels.org</a> 510-865-6131
Alameda One Stop Career Center - COA	<a href="http://www.alameda.peralta.edu/one-stop-career-center">www.alameda.peralta.edu/one-stop-career-center</a>
Alameda Professional Child Care Assoc	<a href="http://www.alamedapcca.org">www.alamedapcca.org</a>
Alameda Unified School District	<a href="http://www.alameda.k12.ca.us">www.alameda.k12.ca.us</a>
Alameda Youth Collaborative	<a href="http://www.alamedayouth.com">www.alamedayouth.com</a>
American Red Cross	<a href="http://www.redcross.org">www.redcross.org</a>
BANANAS	<a href="http://www.bananasbunch.org">www.bananasbunch.org</a>
Building Futures	<a href="http://www.bfwc.org">www.bfwc.org</a>
California State Park Info and Reservations	<a href="http://www.parks.ca.gov">www.parks.ca.gov</a>
Center for Independent Living	<a href="http://www.theCIL.org">www.theCIL.org</a> 510-841-4776 or 510-356-2662
College of Alameda	<a href="http://www.alameda.peralta.edu">www.alameda.peralta.edu</a>
Crab Cove Visitors Center	<a href="http://www.ebparks.org/parks/vc/crab_cove">www.ebparks.org/parks/vc/crab_cove</a>
East Bay Paratransit	<a href="http://www.eastbayparatransit.org">www.eastbayparatransit.org</a>
East Bay Regional Park District	<a href="http://www.ebparks.org">www.ebparks.org</a>
Girls Inc. of the Island City	<a href="http://www.girlsincislandcity.org">www.girlsincislandcity.org</a>
Rhythmix Cultural Center	<a href="http://www.rhythmix.org">www.rhythmix.org</a>
USS Hornet Foundation Museum	<a href="http://www.uss-hornet.org">www.uss-hornet.org</a>

## EVENTS

### 18th Annual "Out of this World" Dance Party Co-sponsored by Girls Inc. of the Island City and Alameda Recreation & Park Department

Friday, February 8, 6:00PM - 8:30PM  
Albert H. DeWitt O'Club, 641 West Redline Ave.

A special party for girls who are currently five to twelve years of age, and their fathers or other significant role model. There will be dancing, arts & crafts, hors d'oeuvres, and lots more fun! Each daughter will receive a special memento at the end of the evening.



**Registration begins on December 3rd  
and ends January 18th or until event sells out,  
so sign-up early!**

\$26 per couple, \$16 each additional daughter, Class #7049  
\$5 per corsage (pre-order only)

## COMMUNITY SPORTS RESOURCES

Aeromaniacs - Aeronuts	<a href="http://www.aeromaniacs.com">www.aeromaniacs.com</a>
Alameda Attack Lacrosse Club	<a href="http://www.alamedalacrosse.com">www.alamedalacrosse.com</a>
Alameda Babe Ruth Baseball	<a href="http://www.alamedababeruth.com">www.alamedababeruth.com</a>
Alameda Dragon Flyers Dragon Boat Team	<a href="http://www.alamedadragonflyers.com">www.alamedadragonflyers.com</a>
Alameda Gators Swim Team	<a href="http://www.alameda-alga.com">www.alameda-alga.com</a>
Alameda Girls Softball Association	<a href="http://www.alamedagsa.com">www.alamedagsa.com</a>
Alameda Little League	<a href="http://www.eteamz.com/alamedalittleleague">www.eteamz.com/alamedalittleleague</a>
Alameda Soccer Club	<a href="http://www.alamedasoccer.org">www.alamedasoccer.org</a>
Alameda Swimming Pool Association	<a href="http://www.alameda-swimming.com">www.alameda-swimming.com</a>
Alameda Vipers Basketball Club	<a href="http://www.alamedavipers.com">www.alamedavipers.com</a>
Alameda Wolverines Football	<a href="http://www.afawolverines.com">www.afawolverines.com</a>
Alameda Youth Basketball	<a href="http://www.alamedayouthbasketball.club">www.alamedayouthbasketball.club</a>
Artemis Rowing	<a href="http://www.artemisrowingclub.org">www.artemisrowingclub.org</a>
California Rowing Club	<a href="http://www.californiarowingclub.com">www.californiarowingclub.com</a>
Corica Park	<a href="http://www.coricapark.com">www.coricapark.com</a>
Special Olympics (Alameda)	<a href="http://www.sonc.org/sports/county/alameda">www.sonc.org/sports/county/alameda</a>

### 37th Annual Spring 'Egg' Stravaganza Coloring Contest Starting February 22 and ends March 22

A coloring contest open to all aspiring young artists currently enrolled in Kindergarten through 5th grade. Entry forms will be available starting February 22nd at local parks, on the ARPD website and Facebook, schools, and libraries. Return your completed entry form to the ARPD office or your local park site. Deadline is March 22nd. Prizes will be awarded for 1st, 2nd, 3rd place winners in the following grade divisions: Kindergarten and 1st grades, 2nd and 3rd grades, 4th and 5th grades.





# COMMUNITY - EVENTS

## Alameda Community Band

Public Performance

Tuesday, March 12, 7:30PM

Veteran's Memorial Building, 2203 Central Avenue



## Splash into Spring Egg Scramble

Saturday, April 13 (Rainout Date is April 20)

10:00AM - 12:00PM

Crab Cove Picnic Area, 1252 McKay Ave.

Parking available at Otis and Westline Parking Lot

**Activities include** the Mobile Fish Exhibit, Lawn Games, Arts & Crafts, and more! Photos with the Easter Bunny (with your camera) will be available for \$3; the photo line will end at 11:30am. Snacks will be available for purchase courtesy of the Alameda Youth Committee (AYC).

**Scrambles take place at staggered times.** Scramble areas will be divided into the following age groups: Walking to 2 and 3-4 year olds (11:25-11:30am), 5-6 year olds, 7-8 year olds, and 9-12 year olds (11:40-11:45am). More event details will follow on the ARPD website, Facebook, and on fliers at ARPD sites.

**Sponsors:** Alameda Recreation and Park Department, Rotary Club of Alameda, East Bay Regional Park District & Alameda Friends of the Parks Foundation.



## Earth Day Festival - Free!

Saturday, April 20, 10:00AM - 3:00PM

Washington Park

Come celebrate the planet with us at Alameda's Earth Day Festival! As part of celebration, it is our goal to present simple lifestyle changes to help the environment. Enjoy free activities for kids, Earth Day games and exhibits. Learn about building a clean, healthy, sustainable world for generations to come. Get involved with the Earth Day Beach Clean-up - Contact Crab Cove Visitor Center at (510) 544-3187.



## Alameda Sings!

Alameda Community Chorus Performance

Friday, April 26, 7:30PM

Veteran's Memorial Building, 2203 Central Avenue



## Alameda Sings!

Alameda Community Chorus performance

Sunday, April 28, 4:00PM

Cardinal Point Lobby, 2431 Mariner Square Drive



## Alameda Community Band

Public Performance

Tuesday, May 21, 7:30PM

Veteran's Memorial Building, 2203 Central Avenue



Alameda Recreation and Park Department  
(510) 747-7529 / arpd@alamedaca.gov

Help Us Select Which Movie  
Will Be Shown At Our

## 2019 STARLIGHT MOVIES IN THE PARK!

The Official Starlight Movie Ballot is available  
on our website: [www.alamedaca.gov/recreation](http://www.alamedaca.gov/recreation)

- Return your Ballot to the ARPD Main Office, 2226 Santa Clara Ave, Alameda, CA 94501
- FAX your Ballot to (510) 523-4071
- E-mail your Ballot to [arpd@alamedaca.gov](mailto:arpd@alamedaca.gov)
- You can also vote on our Facebook page: [www.facebook.com/playarpd](http://www.facebook.com/playarpd)

**Deadline: Friday, January 18, 2019**

Our Winning Movie Titles and Schedule will be announced in our 2019 Summer Activity Guide. See you at the Starlight Movies!

**Vote As  
Many  
Times  
As You  
Want!**

**Stuff  
The  
Ballot  
Box!**

**Parks  
Make  
Life  
Better!**



## Free Play

**ENSURING  
TODAY'S CHILDREN  
EXPERIENCE FREE PLAY**

April 6, 2018,  
Department, by Brian VanDongen, CPRP  
- NRPA Monthly Magazine

Digging in the sand. Pumping your legs on the swing set. Climbing across monkey bars. Playing stickball in the park, street hockey in the cul-de-sac or manhunt in the woods. Many young professionals, like me, have fond memories of these playful activities from our childhood. Those times spent exploring the playground taught us about the neighborhood around us and how our bodies moved, balanced, jumped and ran. Playing pick-up sports with neighbors and friends taught us conflict resolution when an all-but-expected ruling disagreement arose. We also learned about our emotions, how to meet new people and how to interact with a group. The time we spent playing taught our generation a lot of things that can't necessarily be learned in a classroom.

Today's young professionals are unique, in that we were fortunate enough to experience play – and more importantly, free play. However, we also were among the first to be highly scrutinized with standardized testing, to experience an increase in the competitive nature of recreational sports and to have easy access to video games. We lived a childhood that was like the “old days” when it came to play – the only rule was to come home before the street lights came on – but we were also exposed to the changing social and societal norms that children are accustomed to today.

### Perfect Advocates for Play

Instead of being free to play, today's children are immersed in a competitive world from a very early age. Between highly structured and overly competitive youth sports and constant high-stakes standardized testing at schools, children have little time to be kids.

Play built our imaginations and our creativity, helped us make

friends and resolve conflicts and disagreements, gave us exercise and helped our bodies grow. Play made us happy, and we should want today's children to have playful childhood memories like the one we experienced. Every child has a right to play. In today's stressed-out world where childhood anxiety is on the rise, children need downtime to engage in free play... As young professionals, we need to work to increase awareness about the importance of free play to get support from parents, schools and recreation committees (or commissions, advisory boards, etc.), and elected officials. Because we fondly remember our time playing and know how it helped us grow, we need to take the lead in advocating for more time, more space and more opportunity for children to play. Ralph Waldo Emerson said, “It is a happy talent to know how to play.” We need to work to ensure that play, as we know it, does not disappear. Play is a talent every child has. It's our job to have that talent shine in every child.

### ARPD wants to encourage all Alamedans...

**to get out and play on the island. In honor of this request, ARPD has put together a Scavenger Hunt to get people out and about and playing in the parks.** You can find the Hunt at the following link/website: [www.alamedaca.gov/recreation](http://www.alamedaca.gov/recreation). Be sure to tag ARPD as you complete the hunt around Alameda: [#alamedansatplay](https://twitter.com/Alamedansatplay)

Please take a photo of you and/or your family in the variety of ways that you enjoy Alameda Parks. Share your photo by uploading it to: [AlamedaAtPlay@alamedaca.gov](mailto:AlamedaAtPlay@alamedaca.gov). Please note that some photos will be selected to be used in future ARPD promotional activities and you agree with ARPD photo consent.



# FACILITIES & PARKS

ENJOY ALL THAT THE CITY OF ALAMEDA HAS TO OFFER!



**ARPD Main Office**  
 2226 Santa Clara Ave.  
 747-PLAY  
 ARPD@alamedaca.gov  
 www.alamedaca.gov/recreation

CLASS LOCATIONS	
Alameda Ballet Academy	(510) 337-1929 1402 Park Street
Alameda Community Sailing Center	Encinal Boat Ramp (510) 629-9282
Alameda High School	2201 Encinal Ave.
College of Alameda Gym	555 Ralph Appezatto Memorial Parkway
Encinal High School	210 Central Ave.
Kids Elite	1429 High Street (510) 872-0188
Ruby's Tumbling	(510) 337-0846 2333 Clement Avenue

**Online registration:**  
[www.alamedaca.gov/recreation](http://www.alamedaca.gov/recreation)

**Like us on Facebook:**  
[www.facebook.com/playARPD](http://www.facebook.com/playARPD)

**Park and Facility Issues**  
 - after hours (510) 775-5459

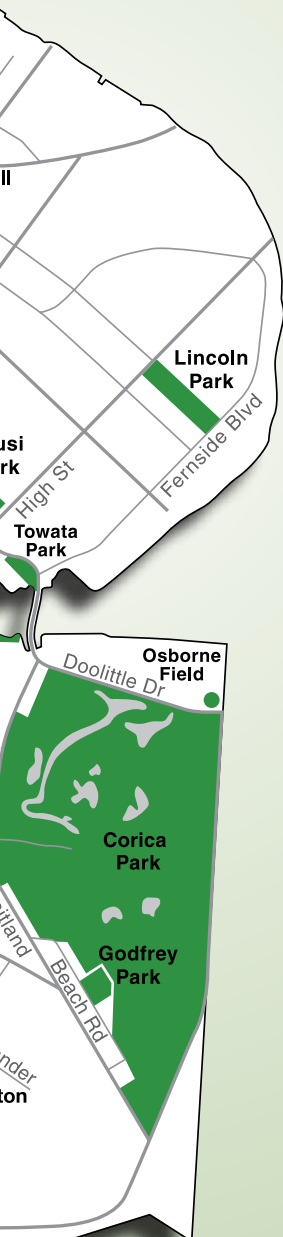
**Field Condition Hotline**  
 - after 2pm (510) 747-7540





## FACILITY & PARK LOCATIONS

<b>Alameda Point Gym &amp; Multi-purpose Field</b>	<b>1101 West Redline Ave.</b>	<b>747-PLAY</b>
<b>Bayport Park</b>	<b>301 Jack London Ave.</b>	<b>263-1428</b>
<b>City View Skate Park (Alameda Point)</b>	<b>1177 West Redline Ave.</b>	
<b>Corica Park</b>	<b>1 Clubhouse Memorial Dr.</b>	<b>747-7800</b>
<b>Dog Park</b> (Robert Crown Memorial Beach)	<b>next to Washington Park Tennis Courts</b>	
<b>Emma Hood Swim Center</b>	<b>2256 Alameda Ave.</b>	<b>522-8107</b>
<b>Encinal Boat Ramp</b>	<b>Central Ave. behind Encinal High</b>	
<b>Encinal Swim Center</b>	<b>230 Central Ave.</b>	<b>522-4590</b>
<b>Estuary Park</b>	<b>200 Mosley Ave</b>	
<b>Franklin Park</b>	<b>1432 San Antonio Ave.</b>	<b>522-3132</b>
<b>Godfrey Park</b>	<b>281 Beach Rd.</b>	<b>521-1551</b>
<b>Grand Street Boat Ramp</b>	<b>North End of Grand St.</b>	
<b>Harrington Field</b>	<b>3400 Oleander Ave.</b>	
<b>Jackson Park</b>	<b>2430 Encinal Ave.</b>	
<b>Jean Sweeney Open Space Park</b>	<b>1925 Sherman St.</b>	
<b>Krusi Park</b>	<b>900 Mound St.</b>	<b>522-4341</b>
<b>Leydecker Park</b>	<b>3225 Mecartney Rd.</b>	<b>521-1266</b>
<b>Lincoln Park/Harrison Center</b>	<b>1450 High St.</b>	<b>523-6222</b>
<b>Littlejohn Park</b>	<b>1401 Pacific Ave.</b>	<b>523-1510</b>
<b>Longfellow Park</b>	<b>520 Lincoln Ave.</b>	<b>522-5262</b>
<b>Main Street Dog Park</b>	<b>Main St. &amp; Navy Wy.</b>	
<b>Main Street Linear Park</b>	<b>Main St.</b>	
<b>Main Street Soccer Field</b>	<b>Main St. &amp; Appezzato Pkwy.</b>	
<b>Marina Cove Waterfront Park</b>	<b>1591 Clement Ave.</b>	
<b>Mastick Senior Center</b>	<b>1155 Santa Clara Ave.</b>	<b>747-7500</b>
<b>McKinley Park</b>	<b>2165 Buena Vista Ave.</b>	<b>522-6161</b>
<b>Neptune Park</b>	<b>2301 Webster St.</b>	
<b>O'Club</b>	<b>641 West Redline Ave.</b>	<b>747-PLAY</b>
<b>Bill Osborne Model Airplane Field</b>	<b>Doolittle Dr. at Harbor Bay Parkway</b>	
<b>Rittler Park</b>	<b>1400 Otis Dr.</b>	
<b>Shoreline Park</b>	<b>2801 Seaview Parkway</b>	
<b>Tillman Park</b>	<b>220 Aughinbaugh Wy.</b>	<b>521-8307</b>
<b>Towata Park</b>	<b>3315 Bridgeway Isle</b>	
<b>Underground Teen Center</b>	<b>Veteran's Building, Rm 170</b>	<b>748-9466</b>
<b>Veteran's Memorial Building</b>	<b>2203 Central Ave.</b>	<b>864-4017</b>
<b>Washington Park</b>	<b>740 Central Ave.</b>	<b>521-0162</b>
<b>Woodstock Park</b>	<b>351 Cypress St.</b>	<b>521-0656</b>



# FACILITIES & PARKS

## FACILITY & PARK RENTALS

### ARPD Main Office

2226 Santa Clara Ave., 747-PLAY, ARPD@alamedaca.gov

### Park & Facility Issues Line

To report an issue in a park or facility after hours, weekday evenings and weekends, call 775-5459.

### Albert H. DeWitt O'Club

641 West Redline Ave., Alameda Point

A beautiful, historic facility available for parties, weddings, special events and family functions. The facility features wood paneling, crystal chandeliers, and a parquet dance floor. The O'Club is an ideal venue for wedding receptions, banquets, social gathering and conferences. Rental fee includes room set-up, janitorial service and staff supervision. Seats up to 250 people. Reservations must be made at least 21 working days in advance.

Resident Private Rental Fees (4 hour minimum)	
Main Dining Room (250 max)	\$185/hour
Trident Room (120 max)	\$155/hour
Terrace Room (90 max)	\$125/hour
Squadron Room (50 max)	\$62/hour
Security deposit applies to all rentals	\$750 to \$1000
<i>Other fees may apply</i>	



### Recreation Centers at Bayport, Leydecker & Lincoln Parks

Recreation Centers are available to individuals and organizations and are ideal for private parties, birthdays, showers, dinners and other social functions. Reservations must be made at least 7 working days in advance.

<b>Resident Private Rental Fee</b> (3 hour min)	\$93 to \$124/hour
Security deposit	\$300 to \$500
Additional fee structure and other fees may apply.	



### Picnic Areas

These are available to individuals and organizations. Alcohol is not permitted. Picnic tables available at the following parks: Franklin, Godfrey, Krusi, Leydecker, Lincoln, Littlejohn, Shoreline, Sweeney, Tillman and Washington. Picnic areas may be reserved from 9:00am – 8:00pm. Reservations must be made at least 7 working days in advance.

<b>Resident Private Rental Fee</b> (3 hour min)	\$31 to 82/hour depending on number of tables
<i>Other fees may apply</i>	

**Contact Katherine at (510) 747-7576  
for facility rental information.**

**Contact Dennis at (510) 747-7586  
for fields, sports & aquatics rentals.**

**Reservations accepted in the ARPD Office  
(2226 Santa Clara Ave., Alameda)  
or e-mail your facility use permit  
with payment to arpd@alamedaca.gov.**

## ADDITIONAL FACILITIES AVAILABLE TO THE PUBLIC

### Encinal & Grand Street Boat Ramps

ARPD maintains two free public boat launching ramps. Both Boat Ramps include a launching ramp, restrooms, and automobile and trailer parking. The Grand Street Boat Ramp also includes a fishing pier and fish cleaning facilities.

### Bill Osborne Model Airplane Field

Free flying lessons are held from 8:30am – 11:30am Sundays by appointment only, weather permitting. Equipment provided by Aer-o-nuts. For more info, visit [www.aero-manics.com](http://www.aero-manics.com). Fees are not required for flying model airplanes but proof of personal liability insurance is required.



## 2019 SUMMER YOUTH PROGRAM PREVIEW

Summer will be here before you know it, and ARPD will be offering a wide array of programs, camps, and classes to make sure that your kids have a blast! Below, you will get a taste of what you will find.

Our Summer Activity Guide will be available mid-March, with specific details of all programs offered (i.e. aquatics, special interest classes, field trips, sports, etc.). Registrations will begin March 18th.

### Ages 3 to Pre-Kindergarten

- Introduction to Small Fry
- Pre-Kindergarten Readiness
- Tenderfoot Camp
- Tadpole Camp
- Jumping Frog Sports
- Tot Chef
- Art Camp ...and MORE!!

### Completed Grades K - 4

#### Ages 5-10

- **ARPD Summer Park Baseball Program** will be offered FREE again this summer. Make sure your kindergartener thru fifth grade child is ready to play ball! There will be one practice (Tuesday) and one game per week (Thursday/Friday). The summer will conclude with a baseball jamboree celebration!
- **Parks & Playgrounds Summer Program** is a FREE DROP-IN PROGRAM at five park sites, starting June 12th from 12:00-5:00 p.m. Monday through Friday. Park sites will include Bayport, Franklin, Lincoln, Tillman, and Washington.
- **World of Wonder (WOW)** is an all-day summer recreational program at Godfrey and Washington Park sites from 7:15 a.m. – 5:30 p.m., starting June 12th. A variety of recreational activities include games, sports, cooking, nature, drama, in-town field trips, and special events.

### Completed 5-8 Grades

- **Tween Summer Adventure Camp** includes week-long sessions that are FUN, engaging, educational, and recreational. Each week of this affordable and well-supervised program includes AWESOME trips, plus local walking excursions, arts & crafts, sports, outdoor physical games, special events and much more!



### Alameda Day Camp 66 Years of Happy Campers!

#### • Hidden Cove Day Camp

Ages 5 - 7 (Completed kindergarten through 1st Grade)  
 June 17 - July 5 (Three individual weeks; closed July 4th)  
 Robert Crown Memorial State Beach and Crab Cove provides the natural setting for an introductory camp experience. Each week includes camp skills, outdoor cooking, nature crafts, and an out-of-town field trip on Friday.

#### • Trails End

Ages 7 - 11 (Completed 2nd - 5th Grades)  
 July 8 - August 2 (Four individual weeks)  
 Redwood Regional Park in the Oakland Hills provides the natural setting for the outdoor fun of orienteering games (using compasses), hiking, camp skills, nature crafts and cooking. Each week includes an out-of-town swimming trip on Friday.

#### • Trailblazers

Ages 8 - 11 (Completed 3rd - 5th Grades)  
 August 5 - 7, Monday through Wednesday  
 This three-day adventure includes hiking, nature crafts, camp building skills, orienteering games (using compasses), cookouts, and swimming. An overnight takes place at the end of the second day in the untamed outdoors of Redwood Regional Park in the Oakland Hills. Campers are bussed to and from Camp from Franklin and Lincoln Parks.

# INFANT/TOTS - PLAYGROUPS & PRESCHOOL

## PLAYGROUPS

### Infant Interaction Time

#### 6 Weeks - 6 Months

Parents are Baby's first leader. Our program allows Baby to freely unfold his/her self-awareness in a peaceful environment. Using the RIE Educaring® approach, the Instructor provides a safe and nurturing exploration space for Baby, Parent/Caregiver.

<b>Class #7190</b>	<b>Jan 8 - Feb 12</b>	<b>12:30 - 2:00PM</b>
<b>Class #7191</b>	<b>Feb 19 - Mar 26</b>	<b>12:30 - 2:00PM</b>
Tu	No. of classes 6	Fee \$186
<b>Class #7192</b>	<b>Jan 12 - Feb 23</b>	<b>12:30 - 2:00PM</b>
Sat	No. of classes 6	Fee \$186
<b>Class #7193</b>	<b>Mar 2 - 30</b>	<b>12:30 - 2:00PM</b>
<b>Class #7196</b>	<b>Apr 13 - May 18</b>	<b>12:30 - 2:00PM</b>
Sat	No. of classes 5	Fee \$155
Peggy Herring	Veteran's Memorial Building, Room 250	

### Alameda Wee Play

#### Ages 6 month - 3 years

Come and experience Alameda's play center for infants and toddlers ages 6 month to 3 years! Activities include arts and crafts, music time, and developmental and exploratory play. Activities are minimally structured allowing children to enjoy and explore on their own terms. **Children must be accompanied and supervised by a parent or caregiver at all times.**

<b>Mon, Wed and Fri</b>	<b>10:00AM - 1:00PM</b>
Cost: \$6 Drop-in per day per child	\$60 Drop-in Card for 12 visits
Location: Alameda Veteran's Memorial Building, 2203 Central Avenue	
Closed - December 24, 31, January 21, February 19 & May 27	
Volunteer to set-up or clean-up and receive free entrance for that day! Limited number available.	

## PRESCHOOL

### Tiny Tots & Small Fry Classes - Winter & Spring 2019

#### Ages 3 - 5

The Alameda Recreation and Parks Preschool offers a play-based recreational program for children ages 3 to 5 years old (pre-kindergarten). Activities include arts and crafts, story time, cooking, games, music, motor fitness and park play time.

#### Required:

- Children must be the correct age on the first day of class
- Children must be completely potty-trained and able to attend to their own personal needs to the best of their ability.
- Children must also be able to separate from their parents.
- **PROOF OF AGE IS REQUIRED AT REGISTRATION - NO EXCEPTIONS**

### Registration for Winter 2019

- NEW students may register for the Winter Session on Thursday, December 6, 2018 at 8:30 a.m. at the ARPD office, 2226 Santa Clara Ave., Alameda, for any remaining spots.
- Current enrolled students have priority in registering. Some classes may be full.

<b>WINTER SESSION (11 weeks)</b>	<b>January 7 - March 29</b> No classes Jan 21 and Feb 18 - 22 (Fees subject to change)	
Days	Full Payment	Two Payments*
Mon-Wed-Fri	\$736	\$383 each
Tues - Thurs	\$491	\$260.50 each
Mon - Friday (5 days)	\$1227	\$643.50 each
1st due on enrolling, 2nd due 1/15/19		

### SMALL FRY CLASSES (3 - 3 yrs, 11 mos.)

All classes are from 9:00AM - 12:00PM

Day	Location	Winter #
Monday, Wednesday & Friday	Godfrey, Bay Farm Is.	<b>6945</b>
Monday, Wednesday & Friday	Littlejohn Park	<b>6946</b>
Tuesday & Thursday	McKinley Park	<b>6947</b>
Tuesday & Thursday	Washington Park	<b>6948</b>
Tues & Thurs: Bilingual	Woodstock Park	<b>6954</b>

### TINY TOT CLASSES (4 - 5 years)

All classes are from 9:00AM - 12:00PM (unless noted)

Day	Location	Winter #
Monday, Wednesday & Friday	Leydecker, Bay Farm Is.	<b>6949</b>
Tuesday & Thursday	Leydecker, Bay Farm Is.	<b>6950</b>
Monday, Wednesday & Friday	McKinley Park	<b>6951</b>
Monday, Wednesday & Friday <b>PM Session:</b> 12:00 - 3:00pm	McKinley Park	<b>6952</b>
Monday, Wednesday & Friday	Washington Park	<b>6953</b>
Tues & Thurs: Bilingual	Woodstock Park	<b>6954</b>

### Registration for Spring 2019

- NEW students may register for the Spring Session Monday, March 25, 2019, at 8:30 a.m. at the ARPD office, 2226 Santa Clara Ave., Alameda, for any remaining spots.
- Current enrolled students have priority in registering. Some classes may be full.

<b>SPRING SESSION (8 weeks)</b>	<b>April 8 - May 31</b> No classes May 27 (Fees subject to change)	
Days	Full Payment	Two Payments*
Mon-Wed-Fri	\$578	\$304 each
Tues - Thurs	\$384	\$207 each
Mon - Friday (5 days)	\$960	\$511 each
1st due on enrolling, 2nd due 4/26/19		



## AQUATICS

### Aquatics - Spring Swim Lessons Ages 3 - 15 • See page 18

### Aquatics - Tiny Tot/Parent Swim Ages 0 - 5

A great way to get your young child familiarized with the pool and prepares them for future swim lessons. Aquatic staff assists parents with introducing techniques to help their children become comfortable in the water. Parent or guardian must be at least 16 years of age and accompany each child. Swim diapers are required for children who are not potty trained. Discount rate cards available at Swim Center.

<b>Class #7058</b>	<b>Apr 6 - May 4</b>	<b>1:30PM - 2:30PM</b>
Sa	# Classes 5	\$10 per day payable @ Encinal Swim Center
ARPD Staff	Encinal Swim Center	

## ARTS & CRAFTS

### Messy Makers Ages 3 - 5

Messy Makers is a unique art class for young children that values the process of creating art over product. Each week brings new themes and adventures with age-appropriate creativity stations, a group art project and story time. Children will learn how to use different age-appropriate art materials and create different forms of art (painting, sculpture, collage) while learning about the world through creative sensory experiences. Story-time and snack-time included. There is a \$12 materials fee payable to the Instructor on the first day.

<b>Class #7077</b>	<b>Jan 7 - Feb 25</b>	<b>3:30PM - 4:15PM</b>
M	# Classes 6	\$124
Amy Seefeldt	Ruby's Tumbling, 2333 Clement St., Alameda	



## DANCE

### Dance With Me Ballet Ages 3 - 4

You and your child will dance together in this fun class, which introduces your child to the basic positions and steps of ballet! ABA has a dress code for your young dancer - once you have registered, please email [admin@alamedaballet.com](mailto:admin@alamedaballet.com) for details.

<b>Class #7083</b>	<b>Jan 19 - Mar 30</b>	<b>9:45AM - 10:30AM</b>
Sa	# Classes 10	\$191
<b>Class #7084</b>	<b>Jan 23 - Mar 27</b>	<b>2:15PM - 3:00PM</b>
W	# Classes 10	\$191
Abra Rudisill	Alameda Ballet Academy, 1402 Park Street	

### Pre-Ballet Ages 4 - 5

Learn the basic positions, rhythms and movements of ballet in a fun creative environment! ABA has a dress code for your young dancer - once you have registered, please email [admin@alamedaballet.com](mailto:admin@alamedaballet.com) for details.



<b>Class #7079</b>	<b>Jan 7 - Mar 25</b>	<b>3:45PM - 4:30PM</b>
M	# Classes 10	\$191
<b>Class #7080</b>	<b>Jan 23 - Mar 27</b>	<b>3:45PM - 4:30PM</b>
W	# Classes 10	\$191
Abra Rudisill	Alameda Ballet Academy, 1402 Park St.	

## ENRICHMENT

### Mandarin For Us (Child and Caregiver) Ages 2 - 5

You and your child will learn Mandarin together in a fun way through songs, games, music, stories and more. Children experience learning a new language at an early age. For questions, please email: [info@kidseliteclub.com](mailto:info@kidseliteclub.com). There is a \$10 lab fee payable to instructor at first class.

<b>Class #7100</b>	<b>Jan 12 - Mar 30</b>	<b>11:30AM - 12:15PM</b>
Sa	# Classes 12	\$272
<b>Class #7101</b>	<b>Apr 13 - Jun 1</b>	<b>11:30AM - 12:15PM</b>
Sa	# Classes 8	\$182
Elite Kids	Kids Elite, 1429 High Street, Alameda	

# INFANT/TOTS - CLASSES

## FITNESS

### Kids Gymnastics

#### Ages 1 - 9

Ruby's Tumbling is a family owned business for more than 30 years. A fun classroom setting for future gymnasts designed to teach them the early stages of balance, coordination, flexibility and strength. Watch them build confidence with every step!

Ages 1 - 2		
<b>Class #7065</b>	<b>Jan 10 - Mar 14</b>	<b>9:15AM - 10:00AM</b>
Th	# Classes 10	\$206
<b>Class #7066</b>	<b>Apr 11 - May 16</b>	<b>9:15AM - 10:00AM</b>
Th	# Classes 6	\$124
Ages 2 - 3		
<b>Class #7067</b>	<b>Jan 10 - Mar 14</b>	<b>10:15AM - 11:00AM</b>
Th	# Classes 10	\$206
<b>Class #7068</b>	<b>Apr 11 - May 16</b>	<b>10:15AM - 11:00AM</b>
Th	# Classes 6	\$124
Ages 3 - 5		
<b>Class #7069</b>	<b>Jan 10 - Mar 14</b>	<b>11:15AM - 12:00PM</b>
Th	# Classes 10	\$227
<b>Class #7070</b>	<b>Apr 11 - May 16</b>	<b>11:15AM - 12:00PM</b>
Th	# Classes 6	\$136
<b>Class #7071</b>	<b>Jan 10 - Mar 14</b>	<b>5:45PM - 6:30PM</b>
Th	# Classes 10	\$227
<b>Class #7072</b>	<b>Apr 11 - May 16</b>	<b>5:45PM - 6:30PM</b>
Th	# Classes 6	\$227
Ages 6 - 9		
<b>Class #7073</b>	<b>Jan 10 - Mar 14</b>	<b>4:30PM - 5:30PM</b>
Th	# Classes 10	\$237
<b>Class #7074</b>	<b>Apr 11 - May 16</b>	<b>4:30PM - 5:30PM</b>
Th	# Classes 6	\$143
Ruby's Tumbling	Ruby's Tumbling, 2333 Clement Ave	

## PEOPLE WITH DISABILITIES

### Autistic Movement Therapy **NEW**

#### Ages 3 - 18

Musical movement class for ages 3 - 18 who have physical or developmental disabilities. Through simple patterns, sequencing and repetition, students will learn basic movements, rhythm, creativity and expression - all while having fun and making friends!

<b>Class #7212</b>	<b>Jan 5 - Mar 30</b>	<b>10:30AM - 11:30AM</b>
Sa	# Classes 12	\$210
<b>Class #7213</b>	<b>Apr 13 - May 25</b>	<b>10:30AM - 11:30AM</b>
Sa	# Classes 7	\$123
Melissa Abadia	Veteran's Memorial Building, Room 250	

## MUSIC

### Music For Young Children

#### Ages 2.5 - 4

SUNRISE is a preschool music program unlike any other. Children ages 2.5 to 4 years will learn to sing, move, listen and read rhythm through stories, songs, games and crafts. Parent or caregiver participation required. Families must have completed Level 1 to attend Level 2. There is a \$40 materials fee payable to the Instructor at the first class. Book, CD, finger puppet, instrument and craft materials provided.

Sunrise 1		
<b>Class #6592</b>	<b>Jan 12 - Mar 16</b>	<b>10:00AM - 10:45AM</b>
Sa	# Classes 10	\$155
Sunrise 2		
<b>Class #7087</b>	<b>Mar 23 - May 25</b>	<b>10:00AM - 10:45AM</b>
Sa	# Classes 7	\$109
<b>Sunrise 1 - #7088</b>	<b>Jan 8 - Mar 19</b>	<b>10:00AM - 10:45AM</b>
Tu	# Classes 10	\$155
Sunrise 3		
<b>Class #7089</b>	<b>Apr 23 - May 28</b>	<b>10:00AM - 10:45AM</b>
Tu	# Classes 6	\$93
Yvonne Ho-Massey	228 Stanbridge Ct., Alameda, 94502	

## SPORTS

### Kidz Love Soccer

#### Ages 2 - 5

Since 1979, Kidz Love Soccer has been dedicated to teaching children the world's most popular sport within a nurturing, recreational environment. A typical session experience includes age appropriate activities: skill demonstrations, fun games and instructional scrimmages. Young soccer enthusiasts experience soccer fun in a safe, non-competitive environment. Kidz Love Soccer... "Where the score is always FUN to FUN!"

All children will receive a Kidz Love Soccer jersey! Please bring shin guards and a water bottle (shin guards are not required for Mommy/Daddy & Me Soccer). PRE-REGISTRATION IS REQUIRED. KLS Class Status Hotline: (888-372-5803). For cancellation notifications on your smartphone, download the free Kidz Love Soccer app.

Mommy/Daddy & Me Soccer, Ages 2 - 3.5yrs		
<b>Class #6984</b>	<b>Jan 26 - Mar 16</b>	<b>9:00AM - 9:30AM</b>
<b>Class #7011</b>	<b>Apr 13 - Jun 8</b>	<b>9:00AM - 9:30AM</b>
Sa	# of classes 8	\$124
Tot/Pre Soccer, Ages 3.5 - 5yrs		
<b>Class #6986</b>	<b>Jan 26 - Mar 16</b>	<b>9:40AM - 10:15AM</b>
<b>Class #7012</b>	<b>Apr 13 - Jun 8</b>	<b>9:40AM - 10:15AM</b>
Sa	# of classes 8	\$124



## CAMPS

### Winter Wonderland Camps

#### Winter Break • Grades K-5

Make this holiday season special by registering your children for one or both sessions of ARPD's Winter Wonderland Camp. Arts and crafts, games and cooking, which follow a theme, are just part of the excitement. Walking excursions may also be scheduled, dependent on weather. Please bring a bag lunch; snacks will be provided.

Camp Session I	
December 26 – 28	9:00AM - 3:00PM
Class #6653	\$101 Resident/\$111 Non-Resident
Session I - Extended Care	
December 26 – 28	7:30 - 9:00AM & 3:00 - 5:30PM
Class #6661	\$45 Resident/\$75 Non-resident
Camp Session II	
January 2-4	9:00AM - 3:00PM
Class #6654	\$101 Resident/\$111 Non-Resident
Session II - Extended Care	
January 2-4	7:30 - 9:00AM & 3:00 - 5:30PM
Class #6662	\$45 Resident/\$75 Non-Resident
Harrison Center, Lincoln Park, 1450 High Street	

### "T.G.I.F."

#### January Non-School Day Program • Grades K – 5

There's no school... so come hang out with ARPD! Activities will include group games, arts & crafts, and passive activities! Snacks and lunch will be provided; please note any food allergies upon registration. Group may take one local excursion; excursion sites will be determined upon weather. Wear comfortable shoes, socks, and play clothes.

Class #7034	Jan 11	7:30AM - 5:30PM
F	# Classes 1	\$70 Res/\$78 Non-Resident
ARPD Staff	Harrison Center at Lincoln Park	
If you cancel, there will be a \$15 withdraw fee		
*We must meet our minimum of 10 participants to hold this program; registration deadline is Friday, the week prior*		



## YEAR ROUND SPORTS FOR ALL AGES!

JOIN NOW! CLASSES ARE PRORATED.



#### LIL' SLUGGERS

A child development program created to introduce children to the game of baseball. Ages 2 to 6 years.



#### LIL' KICKERS

A child development program for beginner soccer players. Ages 18 months to 9 years.



## SCHOOL YEAR DAY CAMPS

Camp Bladium offers Fall, Winter & Spring Break Camps for children throughout the school year.



Rock Climbing • Inflatables • Basketball  
Dodgeball • Kickball • Arts and Crafts  
NERF® • Laser Tag • Lego®  
Inflatable Waterslides (in warm weather).  
Ages 5-14 years.



#### SKILLS INSTITUTE

Soccer development for intermediate players. Ages 5 to 12 years.



#### BLADIUM INTERNATIONAL SOCCER ACADEMY

World-class soccer classes & camps for advanced players. Ages 6 to 17 years.



#### YOUTH SOCCER LEAGUES

Unbeatable selection of indoor and outdoor leagues for youth at all levels.

**P** 510.814.4999 • **E** AlamedaSales@Bladium.com  
800 West Tower Ave., Alameda, CA 94501  
**BLADIUMALAMEDA.COM**



**BLADIUM**  
SPORTS & FITNESS CLUB

# YOUTH - CAMPS

## Days in the Park

### February Non-School Day Program • Grades K – 5

Come spend your non-school days with ARPD! We'll be making special arts & crafts, playing great games, and many more surprises. On Friday, we will take an in-town field trip (TBD). Bring your own bag lunch; morning and afternoon snack will be provided.

<b>Class #7047</b>	<b>Tu W Th F</b>	<b>Feb 19 - 22</b>
9:00AM - 3:00PM	\$139 Res/\$155 Non-Resident	
<b>Extended Care</b>	<b>7:30 - 9:00AM &amp; 3:00 - 5:30PM</b>	
Class # 7048	\$60 Res/\$100 Non-Resident	
Harrison Center, Lincoln Park, 1450 High Street		
If you cancel, there will be a \$15 withdraw fee		
*We must meet our minimum of 10 participants to hold this program; registration deadline is Tuesday, the week prior*		

## Spring Vacation Camp

### Spring Break • Grades K-5

It's Spring Break! Come and hang out with your friends at our week-long adventure camp! Arts and crafts, games and cooking, which follow a theme, are just part of the excitement. Walking excursions may also be scheduled, dependent on weather. Please bring a bag lunch each day, unless notified differently. Wear comfortable walking shoes, socks, and play clothes.



<b>Class #7032</b>	<b>Apr 1 - Apr 5</b>	<b>9:00AM - 3:00PM</b>
M Tu W Th F	# Classes 5	\$174 Res/\$194 Non-Resident
ARPD Staff	Harrison Center at Lincoln Park	
<b>Spring Vacation Camp Extended Care</b>		
Class #7033	Apr 1 - Apr 5	7:30AM - 8:59AM
M Tu W Th F	# Classes 5	\$75 Res/\$100 Non-Resident
ARPD Staff	Harrison Center at Lincoln Park	

## Kids Elite Language STEAM Camps

### February and Spring Break • Ages 5 - 11

Campers will learn Mandarin/ Spanish through cooking, science, engineering, technology, chemistry, art projects and building robots. There is a \$15 materials fee payable to the Instructor at the first class.

<b>Class #7102</b>	<b>Feb 19 - Feb 21</b>	<b>8:30AM - 12:30PM</b>
Tu W Th	# Classes 3	\$186
<b>Class #7103</b>	<b>Apr 1 - Apr 5</b>	<b>8:30AM - 12:30PM</b>
M Tu W Th F	# Classes 5	\$232
Elite Kids	Kids Elite, 1429 High Street, Alameda	

## Jordan Richter Skateboard Camp

### Spring Break • Ages 5 - 13

Designed by professional skateboarder Jordan Richter, our camp curriculum focuses on skill building, goal setting, fun, and camaraderie. Every day, students will work through a list of fun and challenging activities, earn badges and move up the levels as their skills grow and confidence soars. All levels welcomed with no prior experience needed. We strongly advise you to bring your own skateboard, helmet, and pads. Loaner boards and helmets are provided on request but are limited. \*Student/instructor ratio is 7:1 Please visit jrjsa.us for more information.



<b>Class #7055</b>	<b>Apr 1 - Apr 5</b>	<b>9:00AM - 12:00PM</b>
M Tu W Th F	# Classes 5	\$174
Jordan Richter	City View Skate Park	

## Jr Warriors Basketball Camp

### Spring Break • Grades K - 5

This exciting and innovative program has been specifically designed to offer youngsters in Kindergarten to 5th Grades an opportunity to participate in an organized program of balanced competition and skill development. The program philosophy will stress a positive attitude, teamwork, good sportsmanship, and self-confidence. Staffed by National Academy of Athletics coaches along with ARPD Staff. Each participant will also receive a Junior Warriors Jersey and Shooting Sleeve.

<b>Grades K - 1, Ages 5 - 8</b>		
<b>Class #7009</b>	<b>Apr 1 - Apr 5</b>	<b>9:00AM - 12:00PM</b>
M Tu W Th F	# Classes 5	\$155
National Academy of Athletics Staff	Alameda Point Gym , Court #1	
<b>Grades 2 - 3, Ages 7 - 10</b>		
<b>Class #7010</b>	<b>Apr 1 - Apr 5</b>	<b>9:00AM - 12:00PM</b>
M Tu W Th F	# Classes 5	\$155
National Academy of Athletics Staff	Alameda Point Gym , Court #2	
<b>Grades 4 - 5, Ages 7 - 11</b>		
<b>Class #7008</b>	<b>Apr 1 - Apr 5</b>	<b>9:00AM - 12:00PM</b>
M Tu W Th F	# Classes 5	\$155
National Academy of Athletics Staff	Alameda Point Gym , Court #3	



## CHILD CARE

### Parks & Playground Program 2018-2019 School Year Grades K-5

**FREE**

The perfect opportunity for your child to participate in fun, safe, and cooperative activities where they can be creative, develop skills and make friends in an outdoor setting. Although leaders encourage participation, children are not required to participate in scheduled programs. Activities may include arts and crafts, cooking, drama, games, nature and special events. A nominal fee may be charged to help cover program supply costs. Monthly activity calendar for each site are available upon request. This program is FREE and there is no obligation to attend every day. This is not a childcare service – Parents may leave their child alone at the park at their own risk.

<b>FREE Drop-in Afterschool Activities</b>	<b>Monday - Friday</b>	<b>3:00 - 5:00PM</b>
Bayport, Franklin, Lincoln, Longfellow, Tillman, and Washington Parks		
All Sites Closed on Holidays Christmas Day Observance ~ December 25, 2018 New Year's Day Observance ~ January 1, 2019 MLK Jr. Holiday ~ January 21, 2019 President's Day ~ February 18, 2019		



### Recreation Afterschool Program - RAP 2018-2019 School Year Grades K-5

A supervised afterschool program for elementary-aged children with activities including games/sports, cooking, arts and crafts, and a daily snack. RAP leaders meet the students at AUSD schools at dismissal and walk them to the park, where they can stay until 5:30 p.m. (Students must dress appropriately for cold and rainy weather). Participants may register to attend 2, 3 or 5 days a week. RAP does not meet on public school holidays, legal holidays, or AUSD staff development days. RAP includes early Wednesdays and modified days. Children may be picked up by a designated person, or may walk or bike home with permission from their parents.

#### RAP for all-day Kindergarten through 5th graders is offered at the following sites\*:

Franklin & Haight Schools – Franklin Park	(FULL, waitlist only)
Earhart School – Leydecker Park	(FULL, waitlist only)
Edison & Otis Schools – Lincoln Park	(FULL, waitlist only)
Paden School – Longfellow Park	
Bayfarm School – Tillman Park	(FULL, waitlist only)
Maya Lin School – Washington Park	(FULL, waitlist only)

\*A minimum of 10 students must be registered at a school in order to be a RAP Pick-Up Site.

### Parks & Playgrounds OPEN DURING WINTER BREAK!

**FREE**

During your Winter Break, come down to your local park and participate in fun activities with your ARPD Leaders. Bayport, Franklin, Lincoln, Tillman, and Washington Parks **will be open 10:00a.m. to 4:00p.m., December 26 – 28 and January 2-4** (closed December 24, 25, 31, and January 1).



WINTER Session	November 26, 2018 – March 15, 2019	
	1-5th grades	Kindergarten**
5 days/week		
Full Payment	\$709	\$744
Two Payments	\$385 each	\$417 each
3 days/week		
Full Payment	\$468	\$518
Two Payments	\$264 each	\$289 each
2 days/week		
Full Payment	\$333	\$373
Two Payments	\$197 each	\$217 each
1st payment due when enrolling; 2nd payment due by 10/5/18		
SPRING Session	March 18 to June 7, 2019	
1st payment due by 3/15/19, 2nd payment due by 5/3/19		
**Kindergarten fees are higher based on the number of 11:40 a.m. dismissal days.		
A limited number of reduced fees are available for students. To qualify, please complete a fee assistance request form from ARPD.		



## AQUATICS

### Aquatics - Spring Swim Lessons

#### Ages 3 - 15

We are excited to offer group swim lessons during the Spring season. This 5-week session is a great way to give you and your family a taste of what's to come this summer. Proof of age is required for children ages 3 to 5 years (i.e., birth certificate, passport, insurance card, etc.). Please provide a copy if registration is mailed, e-mailed or faxed. Swim diapers are the only type of diapers allowed in the pool.



Ages 3 - 5		
<b>Class #7004</b>	<b>Apr 6 - May 4</b>	<b>11:15AM - 11:45AM</b>
Sa	# Classes 5	\$43 Residents/\$54 Non-Residents
<b>Class #7005</b>	<b>Apr 6 - May 4</b>	<b>1:00PM - 1:30PM</b>
Sa	# Classes 5	\$43 Residents/\$54 Non-Residents
ARPD Staff	Encinal Swim Center	
Ages 6 - 15		
<b>Class #7006</b>	<b>Apr 6 - May 4</b>	<b>10:15AM - 11:00AM</b>
Sa	# Classes 5	\$65 Residents/\$76 Non-Residents
<b>Class #7007</b>	<b>Apr 6 - May 4</b>	<b>12:00PM - 12:45PM</b>
Sa	# Classes 5	\$65 Residents/\$76 Non-Residents
ARPD Staff	Encinal Swim Center	

## ARTS & CRAFTS

### Fundamentals of Drawing and Cartooning

#### Ages 6 - 11

Your child will learn about basic design, illustration, personifying characters, and composition as they learn to draw varied lessons each week. Besides strengthening your child's drawing and coloring skills, they will also learn about art history as we present lessons featuring master artists like Leonardo Da Vinci and Franz Marc and many more.

Ages 6 - 11		
<b>Class #7210</b>	<b>Jan 15 - Feb 19</b>	<b>4:00PM - 5:00PM</b>
Tu	# Classes 6	\$98
Kavita Parekh	Veteran's Memorial Building, Room 120	
Ages 6 - 11		
<b>Class #7211</b>	<b>Apr 16 - May 21</b>	<b>4:00PM - 5:00PM</b>
Tu	# Classes 6	\$98
Kavita Parekh	Veteran's Memorial Building, Room 120	

### Jordan Richter Create a Skate

#### Ages 6 - 12

Presented by Jordan Richter Skateboard Academy, Create A Skate is a hands-on creative arts learning experience that allows students to apply abstract concepts to a real-life object – a skateboard. Following a structured curriculum, campers learn how skateboard creation applies to mathematics, science, language skills, design and engineering opportunities. All this wrapped up into an immersive creative arts experience that meets S.T.E.A.M standards. Each day is filled with games, quizzes, and educational fun while students create and build their very own unique skateboard that goes home with them at the end of the class. \$35 materials fee paid directly to instructor on first day of class gets all materials needed to complete a skateboard deck, participant can add components on their own. \$85 materials fee paid directly to instructor on first day of class gets all materials needed to complete a skateboard with all components ready to ride!

<b>Class #7052</b>	<b>Mar 5 - Apr 9</b>	<b>4:00PM - 5:00PM</b>
Tu	# Classes 6	\$157
<b>Class #7053</b>	<b>Apr 16 - May 21</b>	<b>4:00PM - 5:00PM</b>
Tu	# Classes 6	\$157
John Richter	Bayport Recreation Center	

### Young Rembrandts: Pastel Drawing

#### Ages 8 - 13

This class will focus on five different artists like Van Gogh, Henri Matisse, Paul Cezanne, Andre Derain and Thiebald. Each week students create a large, original pastel drawing replicating a famous artist's masterpiece. Students will be challenged weekly with the pastel medium and stroke techniques. In the end, they'll become Masters themselves! No experience necessary.

<b>Class #7209</b>	<b>Feb 26 - Mar 26</b>	<b>4:00PM - 5:30PM</b>
Tu	# Classes 5	\$98
Kavita Parekh	Veteran's Memorial Building, Room 120	

## DANCE

### Ballet I

#### Ages 6 - 7

To achieve a dancer's grace and posture, students focus on stretching and strengthening, first and second positions, barre & center. ABA has a dress code for your young dancer – once you have registered, please email [admin@alamedaballet.com](mailto:admin@alamedaballet.com) for details.

<b>Class #7081</b>	<b>Jan 22 - Mar 26</b>	<b>3:45PM - 4:45PM</b>
Tu	# Classes 10	\$248
<b>Class #7082</b>	<b>Jan 24 - Mar 28</b>	<b>3:45PM - 4:45PM</b>
Th	# Classes 10	\$248
Abra Rudisill	Alameda Ballet Academy, 1402 Park Street	

## ENRICHMENT

### Kids Elite Spanish

**Ages 5 - 11**

We teach Spanish based on frequently used daily conversations. The children will use the material they learned by having conversations with each other in Spanish. This helps children practice and strive while learning the material. There is materials fee of \$25 payable to the Instructor on the first day of class.

<b>Class #7105</b>	<b>Jan 10 - Mar 28</b>	<b>4:00PM - 4:40PM</b>
Th	# Classes 12	\$248
<b>Class #7104</b>	<b>Jan 7 - Mar 25</b>	<b>3:30PM - 4:10PM</b>
M	# Classes 10	\$206
<b>Class #7107</b>	<b>Apr 11 - May 30</b>	<b>4:00PM - 4:40PM</b>
Th	# Classes 8	\$165
<b>Class #7106</b>	<b>Apr 8 - May 20</b>	<b>3:30PM - 4:10PM</b>
M	# Classes 7	\$145
Elite Kids	Kids Elite, 1429 High Street, Alameda	

**People with Disabilities  
Autistic Movement Therapy**  
Ages 3 - 18 • See page 14

**NEW**

### Techsplosion: Stop-Motion Minecraft Animation!

**Ages 8 - 12**

Whether your story is about fighting the wither, going on an adventure, or building the coolest pixel art in the overworld, you'll have an opportunity to tell it at Stop-Motion Minecraft Animation!

<b>Class #7188</b>	<b>Jan 8 - Mar 26</b>	<b>4:15PM - 5:15PM</b>
Tu	# Classes 12	\$309
<b>Class #7189</b>	<b>Apr 9 - May 28</b>	<b>4:15PM - 5:15PM</b>
Tu	# Classes 8	\$206
Techsplosion Inc.	Veteran's Memorial Building, Room 390	

## FITNESS

### Kids Gymnastics

**Ages 1 - 9 • See page 14**

### ALAMEDA FREE LIBRARY

510-747-7777

Check us out at [www.alamedafree.org](http://www.alamedafree.org),  
on Facebook at [www.facebook.com/alamedafreelibrary](https://www.facebook.com/alamedafreelibrary),  
on Tumblr at [alamedafree.tumblr.com](https://alamedafree.tumblr.com),  
or on Twitter at [@alamedafree](https://twitter.com/alamedafree).

## MARTIAL ARTS

### Omega Martial Arts

**Ages 5+**

A mixed martial arts class for fitness, self-defense, and personal development. Students will learn striking and grappling. Classes are for all abilities and experience levels. Parents/guardians are welcome to enroll with their children. Children are also welcome to enroll without a parent.

<b>Class #7197</b>	<b>Jan 7 - Mar 27</b>	<b>5:00PM - 6:00PM</b>
M W	# Classes 22	\$250
<b>Class #7198</b>	<b>Apr 8 - May 22</b>	<b>5:00PM - 6:00PM</b>
M W	# Classes 14	\$159
Carlo Valero	Veteran's Memorial Building, Room 250	

## SPORTS

### Kidz Love Soccer

**Ages 5 - 10**

Since 1979, Kidz Love Soccer has been dedicated to teaching children the world's most popular sport within a nurturing, recreational environment. A typical session experience includes age appropriate activities: skill demonstrations, fun



games and instructional scrimmages. Young soccer enthusiasts experience soccer fun in a safe, non-competitive environment. Kidz Love Soccer... "Where the score is always FUN to FUN!" All children will receive a Kidz Love Soccer jersey! Please bring shin guards and a water bottle (shin guards are not required for Mommy/Daddy & Me Soccer). PRE-REGISTRATION IS REQUIRED. KLS Class Status Hotline: (888-372-5803). For cancellation notifications on your smartphone, download the free Kidz Love Soccer app.

#### Soccer I - Techniques & Teamwork Sat, Ages 5 - 6

<b>Class #6989</b>	<b>Jan 26 - Mar 16</b>	<b>10:15AM - 11:00AM</b>
Sa	# Classes 8	\$124
<b>Class #7015</b>	<b>Apr 13 - Jun 8</b>	<b>10:15AM - 11:00AM</b>
Sa	# Classes 8	\$124
Kidz Love Soccer	Grass Area at Washington Park	

#### Soccer II - Skillz & Scrimmages Sat, Ages 7 - 10

<b>Class #6988</b>	<b>Jan 26 - Mar 16</b>	<b>11:00AM - 11:45AM</b>
Sa	# Classes 8	\$124
<b>Class #7014</b>	<b>Apr 13 - Jun 8</b>	<b>11:00AM - 11:45AM</b>
Sa	# Classes 8	\$124
Kidz Love Soccer	Grass Area at Washington Park	

# YOUTH - CLASSES

## Jordan Richter Skateboard Lessons

### Ages 5 - 13

Designed by professional skateboarder Jordan Richter, our curriculum focuses on skill building, goal setting, fun, and camaraderie. Every day, students will work through a list of fun and challenging activities, earn badges and move up the levels as their skills grow and confidence soars. All levels welcomed with no prior experience needed. We strongly advise you to bring your own skateboard, helmet, and pads. Loaner boards and helmets are provided on request but are limited. \*Student/instructor ratio is 7:1 Please visit [jrjsa.us](http://jrjsa.us) for more information.

<b>Class #7056</b>	<b>Apr 11 - May 16</b>	<b>4:00PM - 5:00PM</b>
Th	# Classes 6	\$157
Jordan Richter	City View Skate Park	

## Tennis Lessons - 10 & Under

### Ages 5 - 10

This class is designed to bring kids into the game by utilizing specialized equipment, shorter court dimensions, and modified scoring, all tailored to age and size. Class registration entitles participants to any 6 classes during the session. Participants can also try a class for \$20 drop in fee.

<b>Ages 5 - 6</b>		
<b>Class #7059</b>	<b>Dec 8 - Feb 23</b>	<b>11:00AM - 12:00PM</b>
Sa	# Classes 24	\$103
ARPD Staff	Krusi Park Tennis Courts	
<b>Class #7062</b>	<b>Mar 2 - May 18</b>	<b>11:00AM - 12:00PM</b>
Sa	# Classes 24	\$103
ARPD Staff	Krusi Park Tennis Courts	
<b>Ages 7 - 8</b>		
<b>Class #7060</b>	<b>Dec 8 - Feb 23</b>	<b>9:00AM - 10:00AM</b>
Sa	# Classes 24	\$103
ARPD Staff	Tennis Court #1 at Krusi Park	
<b>Class #7063</b>	<b>Mar 2 - May 18</b>	<b>9:00AM - 10:00AM</b>
Sa	# Classes 24	\$103
ARPD Staff	Tennis Court #2 at Krusi Park	
<b>Ages 9 - 10</b>		
<b>Class #7061</b>	<b>Dec 8 - Feb 23</b>	<b>10:00AM - 11:00AM</b>
Sa	# Classes 24	\$103
ARPD Staff	Tennis Court #2 at Krusi Park	
<b>Class #7064</b>	<b>Mar 2 - May 18</b>	<b>10:00AM - 11:00AM</b>
Sa	# Classes 24	\$103
ARPD Staff	Tennis Court #1 at Krusi Park	

## Tennis - Private Lessons

### Ages 6+

Alameda Recreation and Park Department Tennis Instructors are available for private and semi-private instruction year round. Time and location of the lessons are flexible and arranged upon request. Our Instructors are experienced tennis teachers, many of whom are certified professionals. Contact [arpd@alamedaca.gov](mailto:arpd@alamedaca.gov) for scheduling.

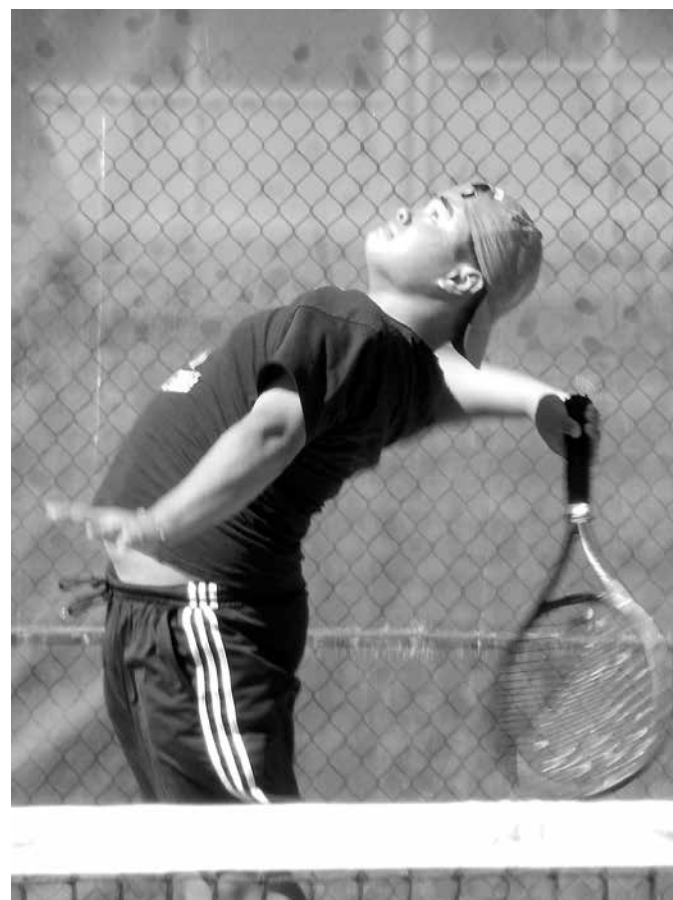
<b>Class #6999</b>	<b>Dec 4 - Mar 30</b>	<b>\$45/lesson</b>
<b>Class #7024</b>	<b>Apr 1 - May 31</b>	<b>\$45/lesson</b>
ARPD Staff	Tennis Courts	

## Tennis - Semi-Private Lessons

### Ages 6+

Alameda Recreation and Park Department Tennis Instructors are available for private and semi-private instruction year round. Time and location of the lessons are flexible and arranged upon request. Our Instructors are experienced tennis teachers, many of whom are certified professionals. Contact [arpd@alamedaca.gov](mailto:arpd@alamedaca.gov) for scheduling.

<b>Class #7000</b>	<b>Dec 4 - Mar 30</b>	<b>\$30/lesson</b>
<b>Class #7025</b>	<b>Apr 1 - May 31</b>	<b>\$30/lesson</b>
ARPD Staff	Tennis Courts	



### Parks Hotline 510-747-7542

Call to report a maintenance issue or call on weekends to talk to ARPD Park Monitors for any park-related concern



# AFTER-SCHOOL CARE & CAMPS - TWEENS/TEENS

## AFTER-SCHOOL CARE

### Underground Teen Center - Drop In Grades 6 - 12

The Underground Teen Center (UTC) provides a safe place for tweens and teens to have fun, socialize with friends, and participate in active, fun and enriching activities with adult supervision. The UTC has a big screen TV, pool table, video games, ping pong/shuffleboard, board games, music, and a snack bar. There is no charge to visit The Underground, however some activities may require a small materials fee. Participants need to register at the Center and must sign-in and sign-out on a daily basis.



<b>Open Monday through Friday</b>	<b>3:00 - 5:30PM</b>
Closed on school Holidays	Class #6689
Closed during AUSD February Break <b>(see Tween Winter Adventure Camp! on this page)</b> Open during AUSD Spring Break, April 1- 5, 12:00PM 4:00PM	

### CLUB Underground - Transportation Grades 6 - 12

CLUB Underground is after school transportation from AUSD Middle schools in ARPD vehicles to The Underground Teen Center program. Transportation is not available on public school Holidays, AUSD staff development days, or unscheduled early release days. Participants must be registered in the Underground Teen Center program before they are permitted to use CLUB Underground Transportation. **\$2 per ride.**

<b>Monday, Tuesday, Thursday, and Friday</b>	<b>2:30 - 3:25PM</b> (varies by school dismissal times)
<b>Wednesday</b>	<b>Pick-up varies</b> by school dismissal times
Academy of Alameda	Class #6691
Alameda Community Learning Center	Class #6692
Bay Farm School	Class #6693
Junior Jets	Class #6694
Lincoln Middle School	Class #6695
NEA	Class #6697
Wood Middle School	Class #6698

## CAMPS

### Winter Adventure Camp February Break • Grades: 6 - 12



Why wait until summer for an ARPD Adventure Camp, when you can join us for the FUN this winter? Our four day Winter Adventure Camp for Tweens and Teens is Tuesday - Friday during the AUSD break in February. This affordable and well-supervised camp will feature two field-trip days, and two days at the Underground Teen Center jam-packed with engaging enrichment and recreational activities. Your teen/tween is sure to make new friends, try new and exciting activities and leave with lasting memories! Registration is available for the four day session only (no single day/ trip registration allowed). Full payment is required at time of registration. Please send your child with a packed lunch, unless noted otherwise. Pick-up and drop-off at the Underground Teen Center 2203 Central Avenue at Walnut Street. Drop-off is as early as 7:30 a.m. and pick-up is no later than 5:30 p.m. Trip times are subject to change and may vary on field trip days.

**Winter Adventure Camp pricing and field trip details will be available online at [alamedaca.gov/recreation](http://alamedaca.gov/recreation) on December 3, 2018.** Please call Shawn Smith, Recreation Supervisor I at 510-747-7555 with any questions.

Class #7215	Feb 19 - Feb 22	Fee \$295 R/\$315 NR
Location: Underground Teen Center, Vets. Bldg., 2203 Central Ave.		
<b>Please note: The Underground Teen Center will be closed to drop-in participants during the Winter Adventure Camp for Tweens and Teens.</b>		
<b>Tuesday, Feb 19:</b> Field Trip to Lost Worlds		
<b>Wednesday, Feb 20:</b> Underground Teen Center, as early as 7:30AM - late as 5:30PM		
<b>*Thursday, Feb 21:</b> Field Trip, Leland Snowplay, Strawberry, CA. Times TBD. Lunch provided.		
<b>Friday, Feb 22:</b> Underground Teen Center, as early as 7:30AM - late as 5:30PM		
*Indicates that a waiver is required. Please see registration page.		

**Go to [www.alamedaca.gov/recreation](http://www.alamedaca.gov/recreation) for more info and to register**

# TWEENS/TEENS - CLASSES

## AQUATICS

### Aquatics - Adult Lap Swim

Ages 16 • See page 28

### Aquatics - Spring Swim Lessons

Ages 3 - 15 • See page 18

### Lifeguard Training

Ages 15+

The American Red Cross Lifeguard Training course is to teach lifeguard candidates the skills and knowledge needed to prevent and respond to aquatic emergencies. The course content and activities prepare candidates to recognize and respond quickly and effectively to emergencies and prevent drowning and injuries. Participants must pass pre-course swim requirements. For ages 15 years and older. To register please contact Dennis McDaniels, Recreation Supervisor, dmcdaniels@alamedaca.gov, or call 510 747-7586.

<b>Class #7003</b>	<b>Mar 31 - May 5</b>	<b>10:00AM - 4:00PM</b>
Su	# Classes 6	\$191
ARPD Staff	Encinal Swim Center, Competitive Pool	

### Water Safety Instructor Training

Ages 16+

This American Red Cross course will train individuals to teach others how to swim. Future instructors will learn how to use course materials, develop lesson plans, conduct classes, evaluate students and complete course records. Participants must pass a swim and water safety skills test. Contact Dennis McDaniels, Recreation Supervisor to register; dmcdaniels@alamedaca.gov, or call 510 747-7586. Bring swim suit and towel to all class dates.

<b>Class #6983</b>	<b>Feb 25 - Apr 27</b>	<b>7:30PM - 4:00PM</b>
Su M Sa	# Classes 26	\$242
ARPD Staff	Encinal Swim Center, Competitive Pool	



## ARTS & CRAFTS

### Landscape Painting in Soft Pastels

Ages 12+ • See page 28

## DANCE

### Belly Dance

Ages 12+

Learn basic belly dance including movements and skill drills. Belly dancing is great for all ages and body types as a way to keep moving and healthy. We'll play with some simple props as well. No dance experience required.

<b>Class #7199</b>	<b>Mar 7 - Mar 28</b>	<b>6:00PM - 6:55PM</b>
Th	# Classes 4	\$78
<b>Class #7200</b>	<b>May 9 - May 30</b>	<b>6:00PM - 6:55PM</b>
Th	# Classes 4	\$78
Danielle Pence	Veteran's Building, Room 120	

### Salsa Dance Class - Basic

Ages 12+

This class covers the basic moves of Salsa Dancing including cross body, lead, lady and guy turns and some basic patterns for social dancing.

<b>Class #7157</b>	<b>Jan 16 - Feb 13</b>	<b>7:00PM - 8:00PM</b>
W	# Classes 5	\$103
<b>Class #7158</b>	<b>Feb 20 - Mar 27</b>	<b>7:00PM - 8:00PM</b>
W	# Classes 5	\$103
<b>Class #7159</b>	<b>Apr 17 - May 22</b>	<b>7:00PM - 8:00PM</b>
W	# Classes 6	\$124
Ivette Nazario	Leydecker - Center at Leydecker Park	

### Salsa Dance Class - Intermediate

Ages 12+

This will be a fast paced class where a new pattern will be taught each week. Participants must dominate all the Basic Salsa moves. Come to have fun!

<b>Class #7160</b>	<b>Jan 16 - Feb 13</b>	<b>8:00PM - 9:00PM</b>
W	# Classes 5	\$103
<b>Class #7161</b>	<b>Feb 20 - Mar 27</b>	<b>8:00PM - 9:00PM</b>
W	# Classes 6	\$103
<b>Class #7162</b>	<b>Apr 17 - May 22</b>	<b>8:00PM - 9:00PM</b>
W	# Classes 6	\$124
Ivette Nazario	Leydecker - Center at Leydecker Park	

## ENRICHMENT

### Babysitter's Training

**Spring Break • Ages 11 - 15**

Learn the basics of being a responsible babysitter and be certified through the American Red Cross. Class includes basic care of infants and toddlers from feeding to changing. Teens learn age-appropriate activities, first-aid awareness, how to prevent accidents, and how to handle emergencies. The Child/Infant CPR section will train the babysitter to act in emergency situations, to recognize and care for life threatening respiratory or cardiac emergencies in infants and children. Upon completion of both class dates and satisfactory passing an exam, each participant will receive: 1) American Red Cross Babysitter's Training Card and 2) Child/Infant CPR card. Students must attend both dates in their entirety. This popular class has limited space, sign-up early!

<b>Class #7130</b>	<b>Apr 3 - Apr 4</b>	<b>10:00AM - 5:00PM</b>
W Th	# Classes 2	\$145
ARPD Staff	Veteran's Memorial Building, Room 120	

### Online Safety Drivers Ed

**Ages 15+**

Online Driver's Ed - Ages 15 & UP. DMV allows teens to receive their Learner's Permit at age 15½ and a license at age 16. This class is the FIRST required step that must be completed. This is an online course with videos, animated driving scenarios and sample test questions. Learn the rules of the road, major causes of traffic collisions, DMV procedures and much more. A licensed instructor is available to answer any questions. Receive DMV-approved certificate of completion. Registration is ongoing. Sign up anytime and take the online course at your own pace.

**Upon registration, please email Shawn Smith, Recreation Supervisor I, at [sdsmith@alamedaca.gov](mailto:sdsmith@alamedaca.gov) to notify him of your registration.**

<b>Class #7075</b>	<b>Jan 7 - Mar 30</b>	<b>\$41</b>
<b>Class #7076</b>	<b>Apr 8 - May 31</b>	<b>\$41</b>
Drivers Ed Safety	Online Course - Take At Your Own Pace	



## KAYAKING

### Kayaking Tours

**Ages 12+ • See page 26-27**

## MARTIAL ARTS

### Omega Martial Arts

**Ages 5+ • See page 19**

### Wado Kai Karate

**Ages 10+**

Wado Kai is a traditional Japanese karate style that emphasizes natural movements, precision, timing, and is suitable for all ages. Improve your flexibility and stamina, develop inner strength and calmness of character while learning how to react to any situation intuitively.

<b>Class #7184</b>	<b>Jan 8 - Mar 28</b>	<b>6:00PM - 7:30PM</b>
Tu Th	# Classes 24	\$155
<b>Class #7185</b>	<b>Apr 9 - May 30</b>	<b>6:00PM - 7:30PM</b>
Tu Th	# Classes 16	\$103
Mikhail Faiguenblat	Veteran's Memorial Building, Room 250	

## MUSIC

### Taiko Drums - Intermediate

**Ages 10+ • See page 31**

### Taiko Drums - Beginners

**Ages 10+ • See page 31**



# TWEENS/TEENS - CLASSES & VOLUNTEER

## PEOPLE WITH DISABILITIES

**Autistic Movement Therapy** **NEW**  
Ages 3 - 18 • See page 14

**Friends Connect** **FREE**  
Ages 11 - 18

Friends Connect is an activity based social club for high functioning tweens and teens in grades 6 - 12 with moderate developmental disabilities and moderate social challenges. The group provides participants with the opportunity to socialize, build friendships, explore the larger community and most importantly... have fun! Friends Connect meets at the Underground Teen Center (2203 Central Ave.) to engage in activities such as arts and crafts, recreational and social games, cooking and more. Participants also go on exciting local field trips for activities like bowling, miniature golf, going out to eat or to the movies, and to the arcade. Applications for Friends Connect are available in the ARPD office and online at [alamedaca.gov/recreation](http://alamedaca.gov/recreation). All applicants must fulfill program requirements to be considered for enrollment. There is a required teacher recommendation form and teen questionnaire that must accompany participant applications. New applicants and their parent/guardian will meet with ARPD staff prior to enrollment. Returning applicants must complete an ARPD registration form only (please designate Friends Connect in the Activity Title box). This program is for Alameda residents only. Completing an application does not guarantee enrollment. Friends Connect has a limited number of spaces. Priority for enrollment is given to returning participants who have met attendance requirements in the previous session. Once the program is full, applicants will be added to a waiting list. **Applications for winter/ spring session are due by Friday, January 11, 2019.** For more information, please call (510) 747-7529.

Class #7135	Jan 27 - May 5	3:00PM - 5:00PM
Su	# Classes 8	Free
Jan 27	Underground Teen Center, Vef's Bldg.	
Feb 10	Field Trip TBD	
Feb 24	Underground Teen Center, Vef's Bldg.	
Mar 10	Picnic & Park Games, Franklin Park, Alameda	
Mar 24	Underground Teen Center, Vef's Bldg.	
Apr 14	Field Trip TBD	
Apr 28	Underground Teen Center, Vef's Bldg.	
May 5	Field Trip TBD	
No registration fee. Participants will be responsible for cost of activities on field trips.		
ARPD Staff	Veteran's Memorial Building, Underground Teen Center	

## SPORTS

**Tennis - Private & Semi-Private Lessons**  
Ages 6+ • See page 20

## VOLUNTEER & LEADERSHIP

**Alameda Youth Committee (AYC)**  
Grades 6 - 12

Alameda Youth Committee (AYC) is currently recruiting members for the 2018-19 School Year. We are seeking responsible and motivated teens who would like to get hands-on experience with volunteerism, leadership, and event planning. Plan activities for teens such as the Teen Haunted House, Talent Show, AYC Food Booths, social events, community projects, fundraising and beyond! Use your creativity and initiative to make a difference in Alameda. Members are required to attend meetings regularly. AYC hours count towards school community service requirements. Hours include some weekends for community events. September and October are mostly dedicated to the Teen Haunted House. Applications are available at The Underground Teen Center and on our website at [www.alamedaca.gov/recreation](http://www.alamedaca.gov/recreation). For more information, please call Shawn Smith, Recreation Supervisor I at (510) 747-7555 or e-mail him at [sdsmith@alamedaca.gov](mailto:sdsmith@alamedaca.gov).

Class # 6674	2018 - 2019 School Year (registrations are on-going)	
4:00 - 5:00PM	Most 1st & 3rd W of the month	Free
ARPD Staff	Veteran's Memorial Building, Room 120	

**Operation Green Sweep**  
Ages 11 - 18

Green Sweep is looking for teens who want to earn community service hours by helping to maintain and beautify our City parks and community centers. Teens will meet ARPD Teen Staff at the Veteran's Memorial Building on scheduled days to work on various park projects. Duties include but are not limited to park clean-up, light trash removal, weeding, etc. Equipment will be provided to participants for different projects. Transportation will be provided to and from parks. Program will be held weather permitting. For more information, please call Shawn Smith, Recreation Supervisor I at (510) 747-7555 or e-mail him at [sdsmith@alamedaca.gov](mailto:sdsmith@alamedaca.gov).



Class #5686	Apr 12 - May 24	3:30PM - 5:00PM
F	\$47	ARPD Staff
Veteran's Memorial Building, Underground Teen Center		

# VOLUNTEER & WORKSHOP - TWEENS/TEENS

## Teens Teaching Technology

**Ages 11 - 17**

**FREE**

This program is a collaboration between the Mastick Senior Center and the ARPD Teen Programs. Teens will meet at the Mastick Senior Center (1155 Santa Clara Ave, Alameda) and assist Mastick members with their electronic devices. Devices can include, but are not limited to, iPhones, Android smartphones, assorted cell phones, tablets (iPads & Android), and laptops. Program hours count towards required community service. Transportation to Mastick is available from The Underground Teen Center, but must be coordinated in advance. Please contact Shawn Smith, Recreation Supervisor I, at (510) 747-7555, or e-mail him at sdsmith@alamedaca.gov at least 24 hours before your scheduled Teens Teaching Technology date in order to arrange transportation from the Teen Center. Teen must be a registered member of The Underground Teen Center for transportation.

<b>Class #7132</b>	<b>Jan 17</b>	<b>4:00PM - 5:00PM</b>
Th	# Classes 1	FREE
<b>Class #7134</b>	<b>Mar 21</b>	<b>4:00PM - 5:00PM</b>
Th	# Classes 1	FREE
<b>Class #7133</b>	<b>Apr 18</b>	<b>4:00PM - 5:00PM</b>
Th	# Classes 1	FREE
<b>Registration required</b>		
ARPD Staff	Mastick Senior Center, Room C	

## Volunteer Program

**Ages 11 - 18**

This program is for tweens/teens who are interested in volunteering to work with youth at ARPD Parks and Playgrounds or RAP Programs during the 2019 Spring Session. The Teen Volunteer Program is a great opportunity to gain valuable job experience and satisfy school community service requirements. Online registration is not available for this program.

- **Tweens/Teens must complete an application form.** Applications are available at the ARPD office, or in the teen section of our website at [alamedaca.gov/recreation](http://alamedaca.gov/recreation). Submit your completed application with payment to Alameda Recreation and Park Department no later than Thursday, March 14, 2019.
- **All applicants must participate in a group interview** scheduled for Monday, March 18, 2019 from 4:00PM to 4:30PM in the Alameda Recreation and Park Department office. Teens will not receive a confirmation or reminder for the interview. Interviews do not guarantee acceptance into the Teen Volunteer Program. It is the Tween/Teen's responsibility show up to the interview, and to show up on time.
- **Upon selection, all volunteers must attend a mandatory training** on Thursday, March 21 from 4:00PM to 5:30PM in the Alameda Recreation and Park Department.

**For more information**, please call Shawn Smith, Recreation Supervisor I, at (510) 747-7555 or email him at sdsmith@alamedaca.gov.

<b>Training Date</b>		
<b>Class #7131</b>	<b>Mar 21</b>	<b>4:00PM - 5:30PM</b>
Th	# Classes 1	\$50
ARPD Staff	Recreation and Parks Office	

## WORKSHOP

**FREE**

### Get a Job!

#### How to Successfully Enter the World of the Workplace Grades 6 - 12

This interactive workshop is designed to help tweens/ teens put their best foot forward when trying to land a job or volunteer opportunity. Topics will include approaching and introducing yourself to prospective employers, being professional, how to best present yourself, and how to interview successfully. This workshop aims to answer the question; what are employers looking for? Furthermore, this workshop will offer tips to set you up for success once you begin your new job. Get a Job! is co-led by Shawn Smith and Hallie Fields. Shawn manages the Tween/ Teen Programs and Special Interest Programs for ARPD; including the Underground Teen Center, Teen Volunteer Programs, Tween Summer Adventure Camp, Friends Connect and Alameda Youth Committee. Hallie is the Teen Services Librarian at Alameda Free Library. She leads the Teen Advisory Board, supervises teen volunteers, and manages homework coaches. Questions? Please have your tween/teen contact Shawn Smith at 510-747-7555, or sdsmith@alamedaca.gov. **Participants must register to participate.** Space is limited.

<b>Class #7214</b>	<b>March 11</b>	<b>4:00PM - 5:30PM</b>
Tu	FREE	Alameda Free Library, Stafford Room



# FAMILY - KAYAKING

## KAYAKING

All minors need to be accompanied by a parent or guardian. No experience necessary; however some courses provide more instruction than others. Upon registering, please email instructor at [stackedadventures@gmail.com](mailto:stackedadventures@gmail.com) for information specific to your class.

### Birder's Tour Kayaking

#### Ages 12+

This course is a birder's delight. Tour the area in search of a wide variety of shoreline birds. Expect to see local marine life, scenic views and more! Bring your camera! Great tour for folks of all abilities.

<b>Class #7110</b>	<b>Mar 3</b>	<b>9:00AM - 12:00PM</b>
Su	# Classes 1	\$67
<b>Class #7111</b>	<b>Apr 7</b>	<b>9:00AM - 12:00PM</b>
Su	# Classes 1	\$67
Joe Stack	Encinal Boat Ramp	

### Family Kayaking

#### Ages 4+

Join us for a special kayak tour of Bay Farm Island - perfect for the "little ones". Kayak in calm shallow waters with a stop at the playground, using very stable kayaks. Fun for the whole family! Fee covers 1 participant. Separate registration is required for all family members.

<b>Class #7092</b>	<b>Mar 17</b>	<b>10:00AM - 11:30AM</b>
Su	# Classes 1	\$37
<b>Class #7093</b>	<b>Apr 14</b>	<b>10:00AM - 11:30AM</b>
Su	# Classes 1	\$37
Joe Stack	Bay Farm Lagoon, 41 Cole Port Landing	

### Family Sea Kayaking Tour

#### Ages 10+

This tour is the perfect introduction to sea kayaking for kids and families. Travel in very safe double sea kayaks and check out the local harbor seals and US Navy ships. Have fun and learn a bit of sea kayaking on this short and sweet trip. Fee covers 1 participant. Separate registration is required for all family members.

<b>Class #7094</b>	<b>Mar 31</b>	<b>8:30AM - 10:00AM</b>
Su	# Classes 1	\$52
<b>Class #7095</b>	<b>Apr 28</b>	<b>8:30AM - 10:00AM</b>
Su	# Classes 1	\$52
<b>Class #7096</b>	<b>May 26</b>	<b>8:30AM - 10:00AM</b>
Su	# Classes 1	\$52
Joe Stack	Encinal Boat Ramp	

### Introduction to Kayaking

#### Ages 12+

Course will cover equipment, paddle techniques, trip planning, on land transporting, maintenance and safety. Develop boat control as you paddle around the area and practice your new skills.

<b>Class #7114</b>	<b>Mar 2</b>	<b>8:00AM - 12:00PM</b>
Sa	# Classes 1	\$83
<b>Class #7116</b>	<b>Apr 20</b>	<b>8:00AM - 12:00PM</b>
Sa	# Classes 1	\$83
<b>Class #7115</b>	<b>Apr 6</b>	<b>8:00AM - 12:00PM</b>
Sa	# Classes 1	\$83
<b>Class #7118</b>	<b>May 18</b>	<b>8:00AM - 12:00PM</b>
Sa	# Classes 1	\$83
<b>Class #7117</b>	<b>May 4</b>	<b>8:00AM - 12:00PM</b>
Sa	# Classes 1	\$83
Joe Stack	Encinal Boat Ramp	

### Kayak & Dine Tour

#### Ages 12+

Spend your afternoon touring the local waterways with a break for a meal at a local waterfront restaurant - a perfect afternoon! Enjoy the sea breeze, sunshine and local cuisines. Great for all abilities.

<b>Class #7120</b>	<b>Apr 13</b>	<b>6:00PM - 9:30PM</b>
Sa	# Classes 1	\$67
<b>Class #7121</b>	<b>May 11</b>	<b>6:00PM - 9:30PM</b>
Sa	# Classes 1	\$67
Joe Stack	Encinal Boat Ramp	

### Kayak Fishing Workshop

#### Ages 12+

Spend the day learning about fishing via kayak. We will cover a variety of topics including gear, skills, safety, and more. Then, we'll paddle out to find the fish and hopefully bring a few back! Prior kayak and/or fishing experience is recommended. Single sit on-top fishing kayaks will be used. There is a materials fee of \$10 payable to the Instructor on the day of fishing tackle and fishing bait. Must arrive with valid fishing license.

<b>Class #7097</b>	<b>Mar 30</b>	<b>8:00AM - 1:00PM</b>
Sa	# Classes 1	\$52
<b>Class #7098</b>	<b>May 19</b>	<b>8:00AM - 1:00PM</b>
Su	# Classes 1	\$52
Joe Stack	Encinal Boat Ramp	

Go to [www.alamedaca.gov/recreation](http://www.alamedaca.gov/recreation) for more info and to register



# KAYAKING/MIND & BODY - FAMILY



## Mother's Day Kayaking Tour

**Ages 10+**

Join us for a special tour designed just for mothers. We will tour the area in a relaxed pace in safe double sea kayaks, enjoying the marine life, sea breeze and sunshine. This tour is perfect for all levels and abilities. Fee is per person, separate registration required for each participant.

<b>Class #7113</b>	<b>May 12</b>	<b>9:30AM - 12:00PM</b>
Su	# Classes 1	\$62
Joe Stack	Encinal Boat Ramp	

## Oakland Estuary Kayaking Tour

**Ages 12+**

Cruise the channel towards Jack London Square, passing by Coast Guard Island, local marinas, and much more! Expect to see a variety of marine life, and scenic views. Perfect for all abilities.

<b>Class #7112</b>	<b>May 5</b>	<b>9:30AM - 12:00PM</b>
Su	# Classes 1	\$67
Joe Stack	Encinal Boat Ramp	

## Sea Plane Lagoon Kayaking Tour

**Ages 12+**

Join us for our most popular kayak tour. You'll paddle inside the Sea Plane Lagoon learning about the local marine life and upcoming Alameda Point development projects, the USS Hornet and US Navy's MARAD fleet, enjoy scenic views of SF, and more! Great for all abilities.

<b>Class #7122</b>	<b>Mar 16</b>	<b>9:00AM - 11:00AM</b>
Sa	# Classes 1	\$52
<b>Class #7123</b>	<b>Apr 13</b>	<b>9:00AM - 11:00AM</b>
Sa	# Classes 1	\$52
<b>Class #7124</b>	<b>Apr 27</b>	<b>9:00AM - 11:00AM</b>
Sa	# Classes 1	\$52
<b>Class #7125</b>	<b>May 11</b>	<b>9:00AM - 11:00AM</b>
Sa	# Classes 1	\$52
<b>Class #7126</b>	<b>May 25</b>	<b>9:00AM - 11:00AM</b>
Sa	# Classes 1	\$52
Joe Stack	Encinal Boat Ramp	

## Self Rescue Kayaking Workshop

**Ages 12+**

We will focus on edging your boat, brace strokes, incorporating your lower body into your paddle techniques, and assist and self-rescue techniques using closed cockpit sea touring kayaks. This class will bring your kayak confidence to a new level!

<b>Class #7127</b>	<b>Apr 28</b>	<b>11:00AM - 1:00PM</b>
Su	# Classes 1	\$62
<b>Class #7128</b>	<b>May 26</b>	<b>11:00AM - 1:00PM</b>
Su	# Classes 1	\$62
Joe Stack	Encinal Boat Ramp	

## Valentine's Day Kayaking Tour

**Ages 18+**

Make this Valentine's Day unique with a kayak tour designed just for couples. We will tour the local water ways, enjoying the sea breeze, sunshine, and beautiful views. We will get some cute photos of you all too! Fee is per couple, no experience necessary.

<b>Class #7108</b>	<b>Feb 16</b>	<b>9:30AM - 12:00PM</b>
Sa	# Classes 1	\$134 per couple
<b>Class #7109</b>	<b>Feb 17</b>	<b>9:30AM - 12:00PM</b>
Su	# Classes 1	\$134 per couple
Joe Stack	Encinal Boat Ramp	

## MIND & BODY

### Wisdom Awakening for Kids and Families

**Ages 10+**

A healthy and happy family can't do without the joint efforts of parents and children. Learn meditation together to improve your strength, develop your wisdom, help children build self-confidence and leadership and build stronger parent child relationship. Wear comfortable clothes and shoes, and bring a light jacket.

<b>Class # 7155</b>	<b>Feb 5 - Feb 28</b>	<b>7:00PM - 8:00PM</b>
Tu Th	# Classes 8	\$49
<b>Class # 7156</b>	<b>Apr 9 - Apr 30</b>	<b>7:00PM - 8:00PM</b>
Tu Th	# Classes 7	\$43
Katherine Chen	Leydecker Park, Center	

# ADULTS - CLASSES

## ARTS & CRAFTS

### Landscape Painting in Soft Pastels

**Ages 12+**

Take a class in painting with Mandar and ignite your creativity! No experience necessary. Start your fun adventure in color. Mandar is an award-winning artist based in Alameda who loves to teach pastel painting to adults of all skill levels. There is a \$15 materials fee due to the Instructor on the class date.

<b>Class #7175</b>	<b>Mar 9 - Mar 9</b>	<b>10:00AM - 12:30PM</b>
Sa	# Classes 1	\$62
<b>Class #7176</b>	<b>May 11 - May 11</b>	<b>10:00AM - 12:30PM</b>
Sa	# Classes 1	\$62
Mandar Waghlikar,	Veteran's Memorial Building, Room 390	

## AQUATICS

### Aquatics - Adult Lap Swim

**Ages 16**

Swim at your own pace. Kick boards provided. Must be at least 16 years old. Senior discounts of \$2 off adult price. Reduced rate 10 swim passes available at Swim Center.

<b>Class # 7057</b>	<b>Apr 6 - May 4</b>	<b>9:00AM - 10:00AM</b>
Sa	# Classes 5	Drop-In Fee \$5 Residents/\$6 Non-Residents
ARPD Staff	Encinal Swim Center	

## COOKING

### Meela's Indian Kitchen

Meela Shah's passion and knowledge for this exotic cuisine will delight you as you prepare an amazing Indian feast from appetizers to dessert. A great Valentine's gift for anyone who loves Indian cuisine. There is a \$13 material fee due to instructor on day of class.

<b>Class # 7136</b>	<b>Feb 16 - Feb 16</b>	<b>10:00AM - 1:30PM</b>
Sa	# Classes 1	\$58
Meela Shah	Woodstock - Center at Woodstock Park	



## DANCE

### Belly Dance

**Ages 12+ • See page 22**

### Salsa Dance Class - Basic

**Ages 12+ • See page 22**

### Salsa Dance Class - Intermediate

**Ages 12+ • See page 22**

## ENRICHMENT

### Alexander Technique - Introduction

Would you like to improve your posture, balance, and the way you move? If yes, please join us for an introductory class series on the Alexander Technique, a practical self-care method that has been taught worldwide over 120 years.

<b>Class #7201</b>	<b>Apr 9 - Apr 10</b>	<b>7:00PM - 8:30PM</b>
Tu W	# Classes 2	\$66
Lenka Fejt	Veteran's Building, Underground Teen Center	

### Edward Jones: 5 Money Questions for Women

**FREE**

Women and men have differing considerations when it comes to long-term financial goals. Does your financial strategy fit your lifestyle and needs? Join us and learn more.

<b>Class # 7207</b>	<b>Mar 12 - Mar 12</b>	<b>5:30PM - 7:00PM</b>
Tu	# Classes 1	FREE
<b>Class # 7208</b>	<b>May 14 - May 14</b>	<b>5:30PM - 7:00PM</b>
Tu	# Classes 1	FREE
Judy Ho	Veteran's Memorial Building, Room 120	

### Edward Jones: Foundations of Investing

**FREE**

Building your investor I.Q. starts with understanding the basics. Whether you are new to investing or need a refresher, our Foundations of Investing presentation will help you learn about developing an investment strategy.

<b>Class # 7205</b>	<b>Feb 12 - Feb 12</b>	<b>5:30PM - 7:00PM</b>
Tu	# Classes 1	FREE
<b>Class # 7206</b>	<b>Apr 9 - Apr 9</b>	<b>5:30PM - 7:00PM</b>
Tu	# Classes 1	FREE
Judy Ho	Veteran's Memorial Building, Room 120	

## Goal Setting/Gettings Things Done

Participants learn to get past procrastination and use time management to set goals and complete goals. Additional key areas explored include improving motivation, creating to do lists and increasing productivity. There's a \$10 materials fee due to the Instructor on the first day of class.

<b>Class # 7202</b>	<b>Jan 22 - Jan 22</b>	<b>10:00AM - 2:00PM</b>
Tu	# Classes 1	\$155
<b>Class # 7203</b>	<b>Feb 16 - Feb 16</b>	<b>10:00AM - 2:00PM</b>
Sa	# Classes 1	\$155
<b>Class # 7204</b>	<b>Mar 7 - Mar 14</b>	<b>6:00PM - 8:00PM</b>
Th	# Classes 2	\$155
Joyce Veasley	Veteran's Memorial Building, Room 120	



## Kayaking for Fitness

Start the year off right with a low-impact aerobic workout via kayak, while touring the local scenery. Each class date we visit a new location exploring local wildlife, history, and scenic beauty.

<b>Class # 7090</b>	<b>Jan 11 - Feb 8</b>	<b>9:00AM - 11:00AM</b>
F	# Classes 3	\$98
<b>Class # 7091</b>	<b>Feb 22 - Mar 22</b>	<b>9:00AM - 11:00AM</b>
F	# Classes 3	\$98
Joe Stack	Encinal Boat Ramp	

## FITNESS

### Gentle Yoga Stretch

Start your day with a gentle yoga workout and experience the benefits of gentle stretches and poses that energize your body. Relaxation and guided meditation centers the body and mind. Suitable for all levels. Wear loose clothing and have an empty stomach.

<b>Class # 7141</b>	<b>Jan 7 - Jan 30</b>	<b>9:00AM - 10:00AM</b>
M W	# Classes 7	\$38/Senior \$36
<b>Class # 7144</b>	<b>Jan 7 - Jan 30</b>	<b>10:15AM - 11:15AM</b>
M W	# Classes 7	\$44/Senior \$42
<b>Class # 7142</b>	<b>Feb 4 - Feb 27</b>	<b>9:00AM - 10:00AM</b>
M W	# Classes 6	\$38/Senior \$36
<b>Class # 7145</b>	<b>Feb 4 - Feb 27</b>	<b>10:15AM - 11:15AM</b>
M W	# Classes 6	\$38/Senior \$36
<b>Class # 7143</b>	<b>Mar 4 - Mar 27</b>	<b>9:00AM - 10:00AM</b>
M W	# Classes 8	\$50/Senior \$48
<b>Class # 7146</b>	<b>Mar 4 - Mar 27</b>	<b>10:15AM - 11:15AM</b>
M W	# Classes 8	\$50/Senior \$48
<b>Class # 7167</b>	<b>Apr 8 - May 1</b>	<b>9:00AM - 10:00AM</b>
M W	# Classes 8	\$50/Senior \$48
<b>Class # 7169</b>	<b>Apr 8 - May 1</b>	<b>10:15AM - 11:15AM</b>
M W	# Classes 8	\$50/Senior \$48
<b>Class # 7168</b>	<b>May 6 - May 29</b>	<b>9:00AM - 10:00AM</b>
M W	# Classes 7	\$44/Senior \$42
<b>Class # 7170</b>	<b>May 6 - May 29</b>	<b>10:15AM - 11:15AM</b>
M W	# Classes 7	\$44/Senior \$42
Toya Alexander	Lincoln Park, Harrison Center	

### Low Impact Cardio

Gently firm and stretch to experience an overall conditioning of the body. Suitable for those just starting an exercise program or desiring a lower paced-class.

<b>Class # 7147</b>	<b>Jan 8 - Jan 31</b>	<b>9:00AM - 10:00AM</b>
Tu Th	# Classes 8	\$50/Senior \$48
<b>Class # 7148</b>	<b>Feb 5 - Feb 28</b>	<b>9:00AM - 10:00AM</b>
Tu Th	# Classes 6	\$36/Senior \$34
<b>Class # 7149</b>	<b>Mar 5 - Mar 28</b>	<b>9:00AM - 10:00AM</b>
Tu Th	# Classes 8	\$50/Senior \$48
<b>Class # 7150</b>	<b>Apr 9 - May 2</b>	<b>9:00AM - 10:00AM</b>
Tu Th	# Classes 8	\$50/Senior \$48
<b>Class # 7151</b>	<b>May 7 - May 30</b>	<b>9:00AM - 10:00AM</b>
Tu Th	# Classes 8	\$50/Senior \$48
Toya Alexander	Lincoln - Harrison Center at Lincoln Park	

### Pilates Mat and Stretch

Fulfill your New Year's resolution at ABA! This class works on the 16 Pilates Fundamentals and incorporates yoga, Feldenkrais and Somatic body-mind methods that bring benefits to the body, mind and spirit. Welcome!

<b>Class # 7078</b>	<b>Jan 10 - Mar 28</b>	<b>9:45AM - 11:00AM</b>
Th	# Classes 12	\$238
Abra Rudisill	Alameda Ballet Academy	

**ARPD Office: 510-747-PLAY**  
**Monday - Friday 8:30am - 5:30pm**



# ADULTS - CLASSES

## Yoga Body & Mind

Combine stretching, stillness, and stamina to give your body a well-rounded yoga workout. Enhance your energy, gain flexibility, increase strength, and reduce your aches and pains. Open to all levels. Wear loose clothing and have an empty stomach.



<b>Class # 7163</b>	<b>Jan 8 - Feb 12</b>	<b>6:30PM - 7:30PM</b>
Tu	# Classes 6	\$59
<b>Class # 7165</b>	<b>Jan 8 - Feb 12</b>	<b>7:40PM - 8:40PM</b>
Tu	# Classes 6	\$59
<b>Class # 7164</b>	<b>Feb 19 - Mar 26</b>	<b>6:30PM - 7:30PM</b>
Tu	# Classes 6	\$59
<b>Class # 7166</b>	<b>Feb 19 - Mar 26</b>	<b>7:40PM - 8:40PM</b>
Tu	# Classes 6	\$59
<b>Class # 7171</b>	<b>Apr 9 - Apr 30</b>	<b>6:30PM - 7:30PM</b>
Tu	# Classes 4	\$40
<b>Class # 7173</b>	<b>Apr 9 - Apr 30</b>	<b>7:40PM - 8:40PM</b>
Tu	# Classes 4	\$40
<b>Class # 7172</b>	<b>May 7 - May 28</b>	<b>6:30PM - 7:30PM</b>
Tu	# Classes 4	\$40
<b>Class # 7174</b>	<b>May 7 - May 28</b>	<b>7:40PM - 8:40PM</b>
Tu	# Classes 4	\$40
Toya Alexander	Lincoln Park, Harrison Center	

## MARTIAL ARTS

### Aikido with Tom Reed

Aikido is often thought of as a soft or internal martial art. Technique, timing and efficiency rather than strength are emphasized in the movements.

<b>Class # 7179</b>	<b>Jan 7 - Jan 30</b>	<b>7:30PM - 8:30PM</b>
M W	# Classes 7	\$58
<b>Class # 7180</b>	<b>Feb 4 - Feb 27</b>	<b>7:30PM - 8:30PM</b>
M W	# Classes 7	\$51
<b>Class # 7181</b>	<b>Mar 4 - Mar 27</b>	<b>7:30PM - 8:30PM</b>
M W	# Classes 8	\$58
<b>Class # 7182</b>	<b>Apr 8 - Apr 29</b>	<b>7:30PM - 8:30PM</b>
M W	# Classes 7	\$51
<b>Class # 7183</b>	<b>May 1 - May 29</b>	<b>7:30PM - 8:30PM</b>
M W	# Classes 8	\$58
Tom Reed	Veteran's Memorial Building, Room 250	

## Muso Jikiden Eishin Ryu Iaido

Learn a classical, over 400 years old, martial art of drawing and using the samurai sword. The purpose of Iaido is to develop awareness, calm mind, and mental and physical harmony through the practice of traditional sword techniques.

<b>Class # 7186</b>	<b>Jan 8 - Mar 28</b>	<b>7:45PM - 9:15PM</b>
Tu Th	# Classes 24	\$155
<b>Class # 7187</b>	<b>Apr 9 - May 30</b>	<b>7:45PM - 9:15PM</b>
Tu Th	# Classes 16	\$103
Mikhail Faiguenblat	Veteran's Memorial Building, Room 250	

## MIND & BODY

### Bradley Method Of Natural Childbirth

Learn about natural childbirth, staying healthy and low risk. Each class covers a specific topic along with exercise, nutrition, positive communication, coaching from the coach's perspective, relaxation and labor rehearsal.

<b>Class # 7194</b>	<b>Jan 10 - Mar 28</b>	<b>7:00PM - 9:00PM</b>
Th	# Classes 12	\$500
<b>Class # 7195</b>	<b>Apr 11 - Jun 27</b>	<b>7:00PM - 9:00PM</b>
Th	# Classes 12	\$500
Danielle Pence	Veteran's Memorial Building, Room 390	

### Wisdom Awakening for Kids and Families

**Ages 10+ • See page 27**

## MUSIC

### Alameda Community Band

Enjoy the experience of rehearsing and performing great concert band music from Bach to Sousa to Rock. Some experience required on woodwind, brass or percussion instruments.

<b>Class #6960</b>	<b>Jan 8 - May 21</b>	<b>7:30PM - 9:30PM</b>
Tu	\$78	
Michael Wirgler	Encinal High School, Band Room, 210 Central Avenue	
No class meetings on 2/19 & 4/2		
<b>Concert Dates</b>		
Mar 12 & May 21	7:30PM	Tu
Veteran's Memorial Building, 2203 Central Avenue		

**ARPD Office: 510-747-PLAY**  
**Monday - Friday 8:30am - 5:30pm**

## Alameda Sings!

### Alameda Community Chorus - ACC

Sing a seasonal repertoire in a variety of styles and genres with Alameda Sings! (ACC). 'Bring a Friend Open House' first class session on January 28. For information, call 748-9087. Short vocal evaluation for parts assignment. \$30 music preparation fee due to ACC at first class. For stipend assistance, call 482-4178.

<b>Class #6972</b>	<b>Jan 28 - Apr 22</b>	<b>6:45PM - 9:15PM</b>
M	\$155	
Kathryn Neale Manalo	Alameda High School, Band Room 725, 2nd floor, 2201 Encinal Avenue – enter via ramp off Walnut Street	
No class meetings on 2/18 & 4/1		
<b>Concert Dates</b>		
April 26	7:30PM	F
Veteran's Memorial Building, 2203 Central Avenue		
April 28	4:00PM	Su
Cardinal Point Lobby, 2431 Mariner Square Drive		

## Taiko Drums - Beginners

### Ages 10+

An introduction to the rhythms and movement of Japanese Taiko Drumming. Beginners start playing simple pieces at the first session. This class is fun and provides moderate aerobic exercise for everyone. There is a \$5 materials fee payable to the Instructor at the first class.

<b>Class #7138</b>	<b>Apr 9 - May 28</b>	<b>6:30PM - 7:30PM</b>
Tu	# Classes 8	\$83
<b>Class #7137</b>	<b>Jan 8 - Mar 26</b>	<b>6:30PM - 7:30PM</b>
Tu	# Classes 12	\$124
Jeff Davidson	Albert H. DeWitt Officers' Club, O'Club, Terrace Room	

## Taiko Drums - Intermediate

### Ages 10+

This class teaches more complex and more physically demanding Japanese Taiko Drumming. This class provides moderate-to-vigorous exercise. It is the goal of this class to introduce the students to the full spectrum of skills needed to present a performance; we discuss drumming styles, staging, varieties of equipment, etc. There is a \$5 materials fee, payable to the Instructor at the first class.

<b>Class #7139</b>	<b>Jan 8 - Mar 26</b>	<b>7:30PM - 8:30PM</b>
Tu	# Classes 12	\$124
<b>Class #7140</b>	<b>Apr 9 - May 28</b>	<b>7:30PM - 8:30PM</b>
Tu	# Classes 8	\$83
Jeff Davidson	Albert H. DeWitt Officers' Club, O'Club, Terrace Room	

## SPORTS

### Golf

Learn golf fundamentals including: golf swing, using irons and woods, chipping and putting techniques. Clubs provided as needed. Rubber soled shoes are recommended. Enrollment is limited.

<b>Class #7153</b>	<b>Apr 12 - May 17</b>	<b>9:30AM - 10:30AM</b>
<b>Class #7154</b>	<b>Apr 12 - May 17</b>	<b>10:30AM - 11:30AM</b>
F	# Classes 6	\$53
Location: Godfrey Park		

### Tennis - Beginner

Whether you are a beginner playing for the first time or an experienced player trying to hone your skills, ARPD can help improve your game. RAIN OUTS MADE UP AT END OF SESSION. Participants can also try a class for \$20 drop in fee.

<b>Class # 6994</b>	<b>Jan 8 - Jan 24</b>	<b>6:30PM - 7:30PM</b>
Tu Th	# Classes 6	\$103
<b>Class # 6995</b>	<b>Jan 29 - Feb 14</b>	<b>6:30PM - 7:30PM</b>
Tu Th	# Classes 6	\$103
<b>Class # 6996</b>	<b>Feb 19 - Mar 7</b>	<b>6:30PM - 7:30PM</b>
Tu Th	# Classes 6	\$103
<b>Class # 7020</b>	<b>Mar 19 - Apr 4</b>	<b>6:30PM - 7:30PM</b>
Tu Th	# Classes 6	\$103
<b>Class # 7021</b>	<b>Apr 9 - Apr 25</b>	<b>6:30PM - 7:30PM</b>
Tu Th	# Classes 6	\$103
<b>Class # 7022</b>	<b>Apr 30 - May 16</b>	<b>6:30PM - 7:30PM</b>
Tu Th	# Classes 6	\$103
ARPD Staff	Washington Park, Fairfield Tennis Court #5	

### Tennis - Advanced Beginner

Whether you are a beginner playing for the first time or an experienced player trying to hone your skills, ARPD can help improve your game. RAIN OUTS MADE UP AT END OF SESSION. Participants can also try a class for \$20 drop in fee.

<b>Class # 6991</b>	<b>Jan 8 - Jan 24</b>	<b>7:30PM - 8:30PM</b>
Tu Th	# Classes 6	\$103
<b>Class # 6992</b>	<b>Jan 29 - Feb 14</b>	<b>7:30PM - 8:30PM</b>
Tu Th	# Classes 6	\$103
<b>Class # 6993</b>	<b>Feb 19 - Mar 7</b>	<b>7:30PM - 8:30PM</b>
Tu Th	# Classes 6	\$103
<b>Class # 7017</b>	<b>Mar 19 - Apr 4</b>	<b>7:30PM - 8:30PM</b>
Tu Th	# Classes 6	\$103
<b>Class # 7018</b>	<b>Apr 9 - Apr 25</b>	<b>7:30PM - 8:30PM</b>
Tu Th	# Classes 6	\$103
<b>Class # 7019</b>	<b>Apr 30 - May 16</b>	<b>7:30PM - 8:30PM</b>
Tu Th	# Classes 6	\$103

# ADULTS - CLASSES & SPORT LEAGUES

## Tennis - Morning Tennis Lessons

Now is the time to make those changes to your strokes that will raise your game a notch. Each class includes instructor tips, drills, strategy and tactics. RAIN OUTS MADE UP AT END OF SESSION. Participants can also try a class for \$20 drop in fee.

<b>Class # 6997</b>	<b>Jan 7 - Feb 11</b>	<b>9:00AM - 10:00AM</b>
M	# Classes 6	\$103
<b>Class # 6998</b>	<b>Feb 18 - Mar 25</b>	<b>9:00AM - 10:00AM</b>
M	# Classes 6	\$103
<b>Class # 7023</b>	<b>Apr 1 - May 6</b>	<b>9:00AM - 10:00AM</b>
M	# Classes 6	\$103
ARPD Staff	Washington Park, Fairfield Tennis Court #5	

## Tennis - Private & Semi-Private Lessons Ages 6+ • See page 20

## SPORTS LEAGUE

### Alameda Point Open Gym - Drop In

Alameda Recreation and Park Department Adult Open Gym is year-round every Sunday night excluding holidays and holiday weekends. If you are competitive, want to get some exercise or just getting back into your sport, check this out. We have volleyball and basketball for all to enjoy. For more information, please e-mail Dennis McDaniels at dmcDaniels@alamedaca.gov or call him at (510) 747-7586.

<b>Class # 6981</b>	<b>Jan 6 - Mar 31</b>	<b>12:00AM - 12:00AM</b>
Su	\$8 Drop-In Fee	
<b>Class # 7002</b>	<b>Mar 3 - May 26</b>	<b>6:00PM - 9:00PM</b>
Su	\$8 Drop-In Fee	
ARPD Staff	AP Gym at Alameda Point Gym	

### Basketball League

ARPD's Adult Basketball program offers three levels of 5 on 5 play. Open Competitive League, Open Recreational League, and over 40 Recreational League. Team applications will be available online and in the ARPD office starting January 14, 2019. League games start Sunday February 25, 2019.

Contact Dennis McDaniels, Recreation Supervisor, if you have any questions or if you need more information about our Adult Basketball League by e-mail, dmcDaniels@alamedaca.gov or by phone at (510) 747-7586.

<b>Class # 6979</b>	<b>Jan 14 - May 12</b>	<b>6:00PM - 9:00PM</b>
Su	\$721 Residents/\$733 Non-Residents	
ARPD Staff	AP Gym at Alameda Point Gym	

## Adaptive Sports for All Abilities

The Center for Independent Living provides wheelchairs so people of all abilities can participate.

Dec 15	Quad Rugby & Wheelchair Lacrosse
Jan 5	Quad Rugby & Wheelchair Lacrosse
Mar 16 & 17	Adaptive Sports Experience

## COED Ultimate Frisbee League

Put together a team and join our Coed Ultimate Frisbee League on a new lighted synthetic turf field. League Plays Wednesday nights. Team Applications will be available online or at the ARPD office beginning February 4th. All team applications and fees due March 7th. 10 game season plus playoffs .

<b>Class # 7129</b>	<b>Mar 20 - May 29</b>	<b>6:00PM - 10:00PM</b>
W	# Classes 11	\$721 Residents/ \$775 Non-Residents
ARPD Staff	Estuary Park	

## Softball Spring League

Coed, Women's, and Men's Softball D leagues. Season starts week of April 8 Games played 6:30p.m., 7:40 p.m., and 8:50 p.m. Leagues play nights Monday - Friday Coed six team league \$670 resident / \$773 non-resident. Men's six team league \$736 resident / \$788 non-resident. All team applications available online and at ARPD office. Application and fees due March 8. 10 game season plus playoffs Field Locations: Leydecker Park, Arnerich Field at Upper Washington Park, and Toby Chavez Field at Lower Washington Park For registration information please contact Dennis McDaniels, Recreation Supervisor, dmcDaniels@alamedaca.gov, or call 510 747-7586.

<b>Class # 7001</b>	<b>Apr 8 - Jun 21</b>	<b>6:30AM - 10:30AM</b>
M Tu W Th F	# Classes 55	\$736
ARPD Staff	Leydecker, Upper and Lower Washington	

## Volleyball League

ARPD partners with VBmatch.com to host volleyball leagues and tournaments for community members. The League offers a high level of competition for players who previously competed at the high school varsity level or higher. We also host single-day volleyball tournaments on weekends. Volleyball activities are fun, social and competitive. We hope to see you on the court soon! For league start dates, fees and information on specific events, please visit <http://vbmatch.com> Alameda Point Gym, 1101 West Redline Ave.

<b>Class # 7085</b>	<b>Dec 15 - Feb 23</b>	<b>8:00AM - 9:00AM</b>
Sa	# Classes 11	Fee Varies
<b>Class # 7086</b>	<b>Mar 2 - May 25</b>	<b>8:00AM - 9:00AM</b>
Sa	# Classes 13	Fee Varies
ARPD Staff	Alameda Point Gym	



# Alameda Recreation and Park Department



Learn from the comfort of home!

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Hundreds of courses to choose from

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Our **instructor-led** online courses are informative, fun, convenient, and highly interactive. We focus on creating warm, supportive communities for our learners. New course sessions begin monthly. Visit our website to view start dates for the courses that interest you.

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## INSTRUCTOR LED NON-CREDIT ONLINE COURSES

### A to Z Grant Writing

Learn how to research and develop relationships with potential funding sources, organize grant writing campaigns, and prepare proposals.

### Accounting Fundamentals

Give yourself skills that are in high demand by exploring corporate

### Computer Skills for the Workplace

Gain a working knowledge of the computer skills you'll need to succeed in today's job market.

### Creating Web Pages

Learn the basics of HTML so you can design, create, and post your very own site on the Web.

### Effective Business Writing

Improve your career prospects by learning how to develop powerful written documents that draw readers in and keep them motivated to continue to the end.

### Fundamentals of Supervision and Management

Learn the people skills required to motivate and delegate, and learn tools for solving problems and resolving conflicts.

### Grammar Refresher

Gain confidence in your ability to produce clean, grammatically correct documents and speeches.

### Intermediate Microsoft Excel

Take your Microsoft Excel skills to the next level as you master charts, PivotTables, Slicers, Sparklines, and other advanced Excel features.

### Introduction to CSS3 and HTML5

Learn to create state-of-the-art Web sites using modern CSS3 and HTML5 techniques.

### Introduction to Final Cut Pro X

Make the leap from home video enthusiast to professional video editor using Apple's revolutionary Final Cut Pro X editing software.

### Introduction to Google Analytics

Learn how to track and generate traffic to your website, create reports, and analyze data with Google's free, state-of-the-art Web analytics tools.

### Introduction to Microsoft Excel

Become proficient in Microsoft Excel and discover countless shortcuts, tricks, and features for creating and formatting worksheets quickly and efficiently.

### Introduction to SQL

Gain a solid working knowledge of the most powerful and widely used database programming language.

### Leadership

Gain the respect and admiration of others, exert more control over your destiny, and enjoy success in your professional and personal life.

### Performing Payroll in QuickBooks

Learn how to use QuickBooks 2013 to create paychecks, pay tax liabilities, and produce forms and reports.

### Writing Essentials

Master the essentials of writing so you can excel at business communications, express yourself clearly online, and take your creative literary talents to a new level.

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0718-01

# SENIORS/ADULTS 50+ - SENIOR CENTER



Making Connections • Staying Active • Living Well

## Programs and services for adults age 50 and older

<b>Location</b>	1155 Santa Clara Ave, Alameda
Phone	(510) 747-7500
Website	www.mastickcenter.com
Weekday Program Hours	8:30AM – 4:00PM
Weekday Office Hours	9:00AM – 3:00PM
Saturday Fundraising Bingo	9:30AM – 2:30PM Play begins at 11:00AM
Mastick Thrift Shop (Tue/Sat)	10:00AM – 2:00PM
<b>Staff</b>	
Jackie Krause Recreation Manager	jkrause@alamedca.gov (510) 747-7510
Ed Kallas Recreation Supervisor I	ekallas@alamedca.gov (510) 747-7511
Mastick Office	(510) 747-7506
Suggestion Box	masticksuggestion@alamedca.gov

## NEW MEMBER ORIENTATION

The New Member Orientation is a **MUST** and offers a guided-tour to introduce you to the Center, an information packet outlining the various programs and services and a coupon for a complimentary lunch!

**Join us on January 10, February 14, March 14, and April 18** (date change), at 10:30AM in the Media Room. Registration required, please call 747-7506.

## CLASSES & PROGRAMS

Refer to the Activities at a Glance flier available in the Mastick Lobby and online at [www.mastickcenter.com](http://www.mastickcenter.com).

All programs are offered at Mastick Senior Center unless otherwise specified.

**ARPD Enrollment Minimum**  
Register early as classes require a minimum enrollment of five participants!

## HOLIDAY SING-ALONG

Thursday, December 6 at 10:00AM  
in the Media Room

Ignite the cheer of the season by singing along with ABC Preschool children, Mastick's ASL students, the Jim Franz Band and Santa!



Free!  
Refreshments served.



## MSCAB PROGRAMS

### Mastick Senior Center Advisory Board Programs (MSCAB)

- **MSCAB Monthly Meetings**

The MSCAB meets on the third Wednesday of the month at 9:30AM in Room D. All are welcome!

- **Mastick Bingo Program**

Mastick Social Hall  
Saturdays: 9:30AM - 2:30PM (First Game: 11:00AM)  
Eligibility: Age 18+  
Proceeds support Mastick Senior Center programs.

- **Mastick Thrift Shop**

Tuesdays & Saturdays: 10:00AM - 2:00PM  
Open to the public.  
Proceeds support Mastick Senior Center programs.  
Donations accepted, call 747-7506 for details.

- **Mastick Senior Center Advisory Board (MSCAB)**

Scholarship Program for Low Income Members  
The MSCAB provides assistance four times per year to members meeting low-income limits set by HUD to offset the cost of Mastick programs and trips. Scholarships fund 50% of the program cost not to exceed \$50. To apply, visit the Mastick Office. Application must be submitted at time of registration.

## BIRTHDAY PARTIES

### Celebrate Your Birthday with Us!

Join us on the fourth Thursday of the month (January 24, February 28, March 28, April 25, and May 23), at 12:30PM in Dining Room 2.

Enjoy cake, punch, and a few giggles!  
Guests welcome, too!

# CLASSES - ADULTS 50+ / SENIORS

## ARTS & CRAFTS

### Bead Jewelry - Making & Repairing

<b>Class #6774</b>	<b>Jan 10 - May 30</b>	<b>Th</b>	<b>1:30PM - 3:30PM</b>
Free	Materials/supplies provided by participant		Mastick - Room D

### Ceramics

<b>Ceramics: Beginning</b>			
<b>Class #6728</b>	<b>Jan 10 - Mar 14</b>	<b>Th</b>	<b>9:30AM - 12:00PM</b>
<b>Class #6813</b>	<b>Apr 4 - Jun 6</b>	<b>Th</b>	<b>9:30AM - 12:00PM</b>
\$114.00*	Mastick - Skill Center		
<b>Ceramics: Intermediate</b>			
<b>Class #6729</b>	<b>Jan 10 - Mar 14</b>	<b>Th</b>	<b>12:30PM - 3:00PM</b>
<b>Class #6815</b>	<b>Apr 4 - Jun 6</b>	<b>Th</b>	<b>12:30PM - 3:00PM</b>
\$114.00*	Mastick - Skill Center		
<b>Lab: for enrolled students only</b>			
Tu	10:00AM - 3:00PM		
*\$30 Supply fee paid to instructor on first day of class			

### Creative Writing

<b>Class #6834</b>	<b>Jan 8 - Jan 29</b>	<b>Tu</b>	<b>10:00AM - 1:00PM</b>
<b>Class #6835</b>	<b>Feb 5 - Feb 26</b>	<b>Tu</b>	<b>10:00AM - 1:00PM</b>
<b>Class #6836</b>	<b>Mar 5 - Mar 26</b>	<b>Tu</b>	<b>10:00AM - 1:00PM</b>
<b>Class #6732</b>	<b>Apr 2 - Apr 30</b>	<b>Tu</b>	<b>10:00AM - 1:00PM</b>
<b>Class #6735</b>	<b>May 7 - May 28</b>	<b>Tu</b>	<b>10:00AM - 1:00PM</b>
\$80 Sliding Scale	Mastick - Media Room		

### Drawing and Painting

<b>Class #6742</b>	<b>Jan 7 - Mar 18</b>	<b>M</b>	<b>12:30PM - 3:30PM</b>
No Class On 1/21 & 2/18			
<b>Class #6743</b>	<b>Jan 11 - Mar 15</b>	<b>F</b>	<b>9:30AM - 12:30PM</b>
No Class On 1/25			
<b>Class #6871</b>	<b>Apr 8 - Jun 10</b>	<b>M</b>	<b>12:30PM - 3:30PM</b>
No Class On 5/27			
<b>Class #6873</b>	<b>Apr 12 - Jun 14</b>	<b>F</b>	<b>9:30AM - 12:30PM</b>
No Class On 5/31			
\$73.00	Mastick - Skill Center		
<b>Lab: for enrolled students only</b>			
F	1:00PM - 3:30PM		

**Mastick Senior Center**  
1155 Santa Clara Ave, Alameda • (510) 747-7500



### Knitting & Crocheting for Beginners

<b>Class #6959</b>	<b>Jan 8 - May 28</b>	<b>Tu</b>	<b>1:15PM - 3:15PM</b>
Free	Mastick - Media Room		

### Knitting Circle

<b>Free</b>	<b>Jan 4 - May 31</b>	<b>F</b>	<b>9:00AM - 12:00PM</b>
<b>Free</b>	<b>Jan 8 - May 28</b>	<b>Tu</b>	<b>1:00PM - 3:00PM</b>
Materials/supplies provided by participant		Mastick - Room B	

### Make a Gold Fish Lantern

<b>Class #6943</b>	<b>Jan 25</b>	<b>F</b>	<b>1:00PM - 3:00PM</b>
Free	Materials/supplies provided by participant		Mastick - Room D

### Needlecraft

<b>Class #6870</b>	<b>Jan 8 - May 28</b>	<b>Tu</b>	<b>9:00AM - 12:00PM</b>
Free	Materials/supplies provided by participant		Mastick - Room D

## ART EXHIBIT

### Multimedia Art Exhibit

Join us in the Mastick Lobby on Thursday, February 21, at 10:30AM for an artists' reception.

Mastick Artists will be exhibiting artwork created in Mastick Senior Center classes (e.g., beading jewelry, ceramics, creative writing, drawing and painting, quilting, stained glass, and more). **Refreshments served.**



# SENIORS/ADULTS 50+ - CLASSES

## Quilting

<b>Class #6744</b>	<b>Jan 7 - May 20</b>	<b>M</b>	<b>9:30AM - 11:30AM</b>
No Class On 1/21, 2/18, 4/1, 5/6			
<b>Class #6745</b>	<b>Jan 7 - May 20</b>	<b>M</b>	<b>1:00PM - 3:00PM</b>
No Class On 1/21, 2/18, 4/1, 5/6			
<b>Class #6746</b>	<b>Jan 10 - May 23</b>	<b>Th</b>	<b>9:30AM - 11:30AM</b>
No Class On 1/24, 2/28, 4/4, 5/2			
<b>Class #6747</b>	<b>Jan 10 - May 23</b>	<b>Th</b>	<b>1:00PM - 3:00PM</b>
No Class On 1/24, 2/28, 4/4, 5/2			
\$83.00	Materials/supplies provided by participant		Mastick - Room B
<b>Lab: for enrolled students only</b>			
F	12:30PM - 3:30PM		

## Sewing & Alteration

<b>Class #6891</b>	<b>Jan 2 - May 29</b>	<b>W</b>	<b>10:00AM - 2:00PM</b>
\$5.00 per class	Materials/supplies provided by participant		Mastick - Room B
<b>Lab: for enrolled students only</b>			
F	12:30PM - 3:30PM		

## Stained Glass

<b>Beginning &amp; Intermediate</b>			
<b>Class #6752</b>	<b>Jan 28 - Mar 25</b>	<b>M</b>	<b>9:00AM - 12:00PM</b>
No Class On 2/18			
<b>Class #6899</b>	<b>Apr 1 - May 20</b>	<b>M</b>	<b>9:00AM - 12:00PM</b>
\$43.00*	Mastick - Skill Center		
<b>Intermediate</b>			
<b>Class #6753</b>	<b>Jan 30 - Mar 27</b>	<b>W</b>	<b>12:00PM - 3:00PM</b>
No Class On 2/20			
<b>Class #6900</b>	<b>Apr 3 - May 22</b>	<b>W</b>	<b>12:00PM - 3:00PM</b>
\$43.00*	Mastick - Skill Center		
<b>Lab: for students who have completed at least one project</b>			
W	9:00AM - 12:00PM		
*\$30 Supply fee paid to instructor on first day of class			



## DANCE

### Ballroom Dance

<b>Class #6790</b>	<b>Jan 2 - May 29</b>	<b>W</b>	<b>1:00PM - 2:00PM</b>
\$5.00 per class	Mastick - Room A		

### Egyptian Folkloric Dance

<b>Class #6962</b>	<b>Jan 4 - May 31</b>	<b>F</b>	<b>9:00AM - 10:30AM</b>
Free	Mastick - Room A		

### Hawaiian Dance

<b>Hawaiian Dance - Hula 1</b>			
<b>Class #7027</b>	<b>Jan 7 - May 31</b>	<b>M F</b>	<b>11:30AM - 12:30PM</b>
<b>Hawaiian Dance - Hula 2</b>			
<b>Class #7028</b>	<b>Jan 7 - May 31</b>	<b>M F</b>	<b>12:30PM - 1:30PM</b>
<b>Hawaiian Dance - Hula 3</b>			
<b>Class #6847</b>	<b>Jan 7 - May 31</b>	<b>M F</b>	<b>1:30PM - 3:00PM</b>
No Class On 1/21, 2/18 & 5/27			
\$5.00 per class	Mastick - Room A		

### Line Dancing

<b>Line Dancing - Beginners</b>			
<b>Class #6864</b>	<b>Jan 2 - May 29</b>	<b>W</b>	<b>12:10PM - 1:10PM</b>
<b>Class #7029</b>	<b>Jan 3 - May 30</b>	<b>Th</b>	<b>12:00PM - 1:00PM</b>
<b>Class #6867</b>	<b>Jan 7 - May 20</b>	<b>M</b>	<b>12:30PM - 2:00PM</b>
<b>Line Dance - Instruction for Advanced</b>			
<b>Class #6865</b>	<b>Jan 2 - May 29</b>	<b>W</b>	<b>1:10PM - 1:40PM</b>
<b>Class #7030</b>	<b>Jan 3 - May 30</b>	<b>Th</b>	<b>1:00PM - 1:30PM</b>
<b>Line Dance - Advanced</b>			
<b>Class #6866</b>	<b>Jan 2 - May 29</b>	<b>W</b>	<b>1:40PM - 2:40PM</b>
<b>Class #7031</b>	<b>Jan 3 - May 30</b>	<b>Th</b>	<b>1:30PM - 2:30PM</b>
No Class On 1/21 & 2/18			
\$3.00 per class	Mastick - Social Hall/Room A – refer to flier		

### Oriental Dance

<b>Class #6963</b>	<b>Jan 7 - May 20</b>	<b>M</b>	<b>9:00AM - 11:00AM</b>
No Class On 1/21 & 2/18			
Free	Mastick - Room A		

### Square Dance

<b>Class #6964</b>	<b>Jan 8 - May 28</b>	<b>Tu</b>	<b>1:00PM - 3:00PM</b>
\$2.00 per class	Mastick - Room A		

# CLASSES - ADULTS 50+ / SENIORS

## FITNESS

### Alexander Technique: Save Your Mobility/Independence

<b>Class #6713</b>	<b>Jan 29 - Jan 30</b>	<b>Tu W</b>	<b>1:30PM - 3:00PM</b>
\$33.00	Mastick - Dining Room 2		

### The Art of Balance

<b>Class #6723</b>	<b>Apr 16 - Apr 17</b>	<b>Tu W</b>	<b>1:30PM - 3:00PM</b>
\$33.00	Mastick - Dining Room 2		

### Bocce Ball

<b>Class #6977</b>	<b>Jan 3 - May 30</b>	<b>Th</b>	<b>1:30PM - 2:30PM</b>
Free	Mastick - Bocce Ball Court		

### Chair Yoga

<b>Class #6730</b>	<b>Jan 23 - Mar 20</b>	<b>W</b>	<b>10:35AM - 11:50AM</b>
\$66.00	Mastick - Social Hall		
<b>Class #6818</b>	<b>Mar 27 - May 29</b>	<b>W</b>	<b>10:35AM - 11:50AM</b>
\$59.00	Mastick - Social Hall	No Class On 4/10 & 4/24	

### Fitness with Julie

Exercise to music while getting a total body workout: warm-up, stretching, chair exercise, low-impact cardio, weight training, floor/mat exercise and cool down. Class easily modified for all fitness levels.



<b>Class #6737</b>	<b>Jan 7 - Apr 22</b>	<b>M F</b>	<b>9:00AM - 10:30AM</b>
\$93.00	Mastick - Social Hall	No Class On 1/21 & 2/18	
<b>Class #6955</b>	<b>Jan 7 - Apr 22</b>	<b>M</b>	<b>9:00AM - 10:30AM</b>
\$63.00	Mastick - Social Hall	No Class On 1/21 & 2/18	
<b>Class #6956</b>	<b>Jan 11 - Apr 19</b>	<b>F</b>	<b>9:00AM - 10:30AM</b>
\$63.00	Mastick - Social Hall		

### Kayaking for 50+ Sea Plane Lagoon

<b>Class #6939</b>	<b>Apr 19</b>	<b>F</b>	<b>9:00AM - 11:30AM</b>
<b>Class #6940</b>	<b>May 17</b>	<b>F</b>	<b>9:00AM - 11:30AM</b>
\$53.00	Launch from Encinal Boat Ramp		

## Pickleball Clinic

<b>Intermediate</b>			
<b>Class #7218</b>	<b>Jan 10</b>	<b>Th</b>	<b>9:00AM - 11:00AM</b>
<b>Class #7219</b>	<b>Mar 9</b>	<b>Sa</b>	<b>9:00AM - 11:00AM</b>
\$28.00	Lincoln Park - Pickleball Courts		
<b>Pickleball Skills</b>			
<b>Class #6968</b>	<b>Jan 10</b>	<b>Th</b>	<b>11:00AM - 1:00PM</b>
<b>Class #6969</b>	<b>Mar 9</b>	<b>Sa</b>	<b>11:00AM - 1:00PM</b>
\$28.00	Lincoln Park - Pickleball Courts		

## Pilates

<b>Class #6875</b>	<b>Jan 2 - May 29</b>	<b>W</b>	<b>10:45AM - 11:45AM</b>
\$5.00 per class	Mastick - Room A		

## Qigong

<b>Class #6710</b>	<b>Jan 8 - Feb 12</b>	<b>Tu</b>	<b>9:00AM - 10:00AM</b>
<b>Class #6711</b>	<b>Feb 19 - Mar 26</b>	<b>Tu</b>	<b>9:00AM - 10:00AM</b>
<b>Class #6712</b>	<b>Apr 2 - May 14</b>	<b>Tu</b>	<b>9:00AM - 10:00AM</b>
<b>Class #6879</b>	<b>May 21 - Jun 25</b>	<b>Tu</b>	<b>9:00AM - 10:00AM</b>
No Class On 4/9			
\$52.00	Mastick - Room A		

## Strength Training and Cardio

Move to music and gain the benefits of resistance (strength-building) training designed to develop bone density, muscle mass and cardiovascular strength. Warm up and cool down included. Class easily modified for all fitness levels.

<b>Class #6771</b>	<b>Jan 9 - May 1</b>	<b>W</b>	<b>9:00AM - 10:00AM</b>
No Class On 2/20 & 4/3			
\$63.00	Mastick - Room A		

## ADVERTISING

### Have You Considered Advertising in the ARPD Activity Guide?

**40,000 Alameda Recreation and Park Department Activity Guides are produced three times per year and mailed to all Alameda residents.**

This community-oriented publication focusing on recreation and cultural activities, as well as, information pertaining to city-based programs is a first-rate marketing opportunity to reach Alameda residents, businesses and beyond!

Advertising space is limited and at the discretion of the ARPD.

**For more information, contact (510) 747-7529.**

# SENIORS/ADULTS 50+ - CLASSES

## Tai Chi 24 Steps

<b>Tai Chi 24 Steps - Beginners</b>			
<b>Class #6903</b>	<b>Jan 3 - May 30</b>	<b>Th</b>	<b>9:10AM - 10:00AM</b>
<b>Tai Chi 24 Steps - Silk Reeling</b>			
<b>Class #6904</b>	<b>Jan 3 - May 30</b>	<b>Th</b>	<b>10:10AM - 10:50AM</b>
<b>Tai Chi 24 Steps - Intermediate</b>			
<b>Class #6905</b>	<b>Jan 3 - May 30</b>	<b>Th</b>	<b>10:50AM - 11:40AM</b>
\$4.00 per class	Mastick - Room A		

## Tai Chi-ercise & Meditation

<b>Class #6914</b>	<b>Jan 8 - May 28</b>	<b>Tu</b>	<b>10:15AM - 11:15AM</b>
\$4.00 per class	Mastick - Room A		

## Using Poles for Balance & Exercise

<b>Class #6944</b>	<b>May 16</b>	<b>Th</b>	<b>9:00AM - 12:30PM</b>
\$31.00	Mastick - Room D		

## Yoga

<b>Class #6758</b>	<b>Jan 8 - Feb 12</b>	<b>Tu</b>	<b>10:30AM - 12:00PM</b>
<b>Class #6759</b>	<b>Feb 26 - Apr 2</b>	<b>Tu</b>	<b>10:30AM - 12:00PM</b>
<b>Class #6924</b>	<b>Apr 9 - May 21</b>	<b>Tu</b>	<b>10:30AM - 12:00PM</b>
<b>Class #6760</b>	<b>Jan 9 - Feb 13</b>	<b>W</b>	<b>9:00AM - 10:25AM</b>
<b>Class #6761</b>	<b>Feb 27 - Apr 3</b>	<b>W</b>	<b>9:00AM - 10:25AM</b>
<b>Class #6926</b>	<b>Apr 10 - May 22</b>	<b>W</b>	<b>9:00AM - 10:25AM</b>
\$45.00	Mastick - Social Hall	No Class On 4/23 & 4/24	



## FITNESS FUN ON BAY FARM ISLAND!

Thanks to Alameda Elders Services, the classes listed below are available at the Water's Edge Lodge Multi-Purpose Room, 801 Island Drive. To register, visit [www.alamedaca.gov/recreation](http://www.alamedaca.gov/recreation) or the Mastick Office. For more information, contact the Mastick Office at 747-7506.

### Chair Yoga

Gentle, slow stretches and poses set to meditative music help relieve chronic pain, improve flexibility and balance. Class is mostly seated with safety bars access.

<b>Class #6763</b>	<b>May 2 - May 30</b>	<b>Th</b>	<b>3:00PM - 4:00PM</b>
\$43.00	Waters Edge Lodge		

### Functional Fitness

This class focuses on strength needed to perform everyday tasks and flexibility to bend and reach.

<b>Class #6764</b>	<b>Apr 17 - May 31</b>	<b>W F</b>	<b>11:00AM - 12:00PM</b>
\$63.00	Water's Edge Lodge		

### Get Balanced

This class centers on fall prevention. Participant improvement is tracked and celebrated. Learn exercises for vision and vestibular systems, strength, flexibility, proprioception, and quick reflexes. Progress from mostly seated to mostly standing.

<b>Class #6762</b>	<b>Jan 14 - Apr 10</b>	<b>M W</b>	<b>3:00PM - 4:00PM</b>
\$123.00	Water's Edge Lodge		

### Silver Salsa

A mixture of seated and standing dance moves designed to improve short-term memory, increase cardiovascular fitness, and make exercise fun!

<b>Class #6928</b>	<b>Feb 5 - Feb 28</b>	<b>Tu Th</b>	<b>2:30PM - 3:00PM</b>
<b>Class #6971</b>	<b>Apr 2 - Apr 25</b>	<b>Tu Th</b>	<b>2:30PM - 3:00PM</b>
\$43.00	Water's Edge Lodge		

### Thriving With Parkinson's

A comprehensive approach to combat Parkinson's symptoms based on principles from Physical, Occupational, and Speech Therapy and concepts from LSVT. Address postural changes, mood, cognition, swallowing, speech, and tremors.

<b>Class #6930</b>	<b>Feb 6 - Apr 5</b>	<b>W F</b>	<b>11:00AM - 12:00PM</b>
\$83.00	Water's Edge Lodge		

### Train Your Brain

Using exercises from cognition tests such as the SLUMS, Mini-Mental, and BCAT, this class is designed to challenge memory and address Mild Cognitive Impairment. Strategies will be given for those experiencing memory changes. We will discuss what is a normal part of aging or cause for concern.

<b>Class #6765</b>	<b>Jan 22 - Mar 14</b>	<b>Tu Th</b>	<b>9:00AM - 10:00AM</b>
<b>Class #6931</b>	<b>May 2 - Jun 27</b>	<b>Tu Th</b>	<b>9:00AM - 10:00AM</b>
\$83.00	Water's Edge Lodge		



# CLASSES - ADULTS 50+ / SENIORS

## LANGUAGES

### American Sign Language

<b>American Sign Language - Beginning</b>			
<b>Class #6788</b>	<b>Feb 4 - Apr 1</b>	<b>M</b>	<b>12:15PM - 1:15PM</b>
<b>Class #6787</b>	<b>Apr 8 - Jun 3</b>	<b>M</b>	<b>12:15PM - 1:15PM</b>
<b>American Sign Language - Continuing</b>			
<b>Class #6726</b>	<b>Feb 4 - Apr 1</b>	<b>M</b>	<b>1:15PM - 2:15PM</b>
<b>Class #6727</b>	<b>Apr 8 - Jun 3</b>	<b>M</b>	<b>1:15PM - 2:15PM</b>
No Class On 2/18 & 5/27			
\$35.00	Mastick - Media Room		

### English as a Second Language

<b>Class #6736</b>	<b>Jan 8 - Feb 26</b>	<b>Tu</b>	<b>10:00AM - 12:00PM</b>
<b>Class #6838</b>	<b>Mar 12 - Apr 30</b>	<b>Tu</b>	<b>10:00AM - 12:00PM</b>
\$23.00	Mastick - Room D		

### French

<b>French Literature and Translation</b>			
<b>Class #6976</b>	<b>Jan 4 - May 31</b>	<b>F</b>	<b>9:00AM - 10:00AM</b>
<b>Elementary French</b>			
<b>Class #6975</b>	<b>Jan 4 - May 31</b>	<b>F</b>	<b>10:00AM - 11:00AM</b>
Free	Mastick - Room E		

### German Conversation

<b>Class #6973</b>	<b>Jan 4 - May 31</b>	<b>F</b>	<b>10:00AM - 12:00PM</b>
Free	Mastick - Dining Room 2		

### Italian Conversation

<b>Class #6974</b>	<b>Jan 4 - May 31</b>	<b>F</b>	<b>10:00AM - 12:00PM</b>
Free	Mastick - Room D		

### Spanish

<b>Spanish for Beginners</b>			
<b>Class #6751</b>	<b>Jan 7 - Mar 11</b>	<b>M</b>	<b>9:00AM - 10:00AM</b>
<b>Class #6898</b>	<b>Mar 18 - May 6</b>	<b>M</b>	<b>9:00AM - 10:00AM</b>
\$35.00	Mastick - Room D	No Class On 1/21 & 2/18	
<b>Spanish Conversation: Intermediate</b>			
<b>Class #6750</b>	<b>Jan 14 - Apr 1</b>	<b>M</b>	<b>10:00AM - 12:00PM</b>
\$43.00	Mastick - Dining Rm 2	No Class On 1/21 & 2/18	



## TECHNOLOGY

### Computer Instruction

Registration required at least three days prior to class. Visit [www.alamedaca.gov/recreation](http://www.alamedaca.gov/recreation) or the Mastick Office. Prerequisite: Basic computer skills and/or knowledge of Windows OS for all except Introduction to Computers. Bring a USB External (Flash) Drive.

<b>Introduction to Computers</b>				
Class #6823	Jan 8 - 29	Tu	1:00PM	\$43
<b>Digital Pictures</b>				
Class #6941	Feb 5 - 12	Tu	1:00PM	Free
<b>Windows 10 Operating System</b>				
Class #6833	Mar 5 - 26	Tu	1:00PM	\$43
<b>Google</b>				
Class #6942	Apr 2 - May 7	Tu	1:00PM	Free
<b>Internet Privacy and Security</b>				
Class #6832	May 14 - 28	Tu	1:00PM	\$33
<b>Information Filters</b>				
Class # 6754	May 23 - 30	Th	1:00PM	Free
Mastick - Room C				

### Tech Help with Jiten Patankar

One-on-one assistance with smart phones, iPads/tablets, and laptops. Bring your portable device(s)! To register, call 747-7506.

<b>Mondays</b> (by appointment only)	<b>11:00AM - 12:00PM</b>
Free	Mastick - Office

### Teens Teaching Technology

Teens from the ARPD Underground Teen Center will show you how to get the most out of your portable devices such as tablets, smart phones, and laptops. Bring your portable device(s) with you! Space is limited. To register, call 747-7506.

<b>Jan 17, Mar 21, Apr 18</b>	<b>Th</b>	<b>4:00PM - 5:00PM</b>
Free	Mastick - Room C (Computer Lab)	

# SENIORS/ADULTS 50+ - PROGRAMS



## FITNESS

### Drop-In Pickleball - FREE

Looking for a fun way to meet new friends and improve your fitness level? If so, play the game that combines Ping Pong and Tennis...Pickleball! This game features small paddles, whiffle balls, low hanging nets and a court quarter the size of tennis. Loaner paddles available. For details, contact Ed Kallas, Recreation Supervisor I at 747-7511 or ekallas@alamedaca.gov. For more information visit [www.youtube.com](http://www.youtube.com) ("how to play Pickleball") or [www.alamedapickleball.org](http://www.alamedapickleball.org).

<b>Wednesdays and Saturdays</b>	<b>10:30AM - 12:00PM</b>
Lincoln Park, 1450 High Street	Reserved for 50 + Crowd!

## FOOD PROGRAMS

### Lunch Served DAILY

Monday - Friday	12:00*
*Dining Room opens	11:15AM Reservations required.
Eligibility Requirement	Age 60+
Donation	\$3.75
To make a reservation	call 747-7503

### Brown Bag Program

Thursdays (1st & 3rd)	9:00AM
Eligibility Requirements	60+/Income limits

## HOTLINES

### 511 Transportation Hotline

511 is a one-stop phone and web source for up-to-the-minute Bay Area traffic, transit, rideshare, and bicycling information. It's FREE and available whenever you need it - 24 hours a day, 7 days a week - from anywhere in the nine-county Bay Area. Call 511 or visit [511.org](http://511.org).

### Information & Referral Assistance Hotline

Need Help? Get answers by simply dialing 211. 211 is a free, non-emergency, confidential, three-digit phone number and service ([211.org](http://211.org)) that provides easy access to housing information and critical health and human services. 211 operates 24 hours a day, seven days a week with multi-lingual capabilities.

## MASTICK'S HOT TOPICS

Hot Topics feature relevant topics of interest. A sampling of upcoming programs are outlined below. To learn more, refer to our monthly newsletter which is available online at [www.mastickcenter.com](http://www.mastickcenter.com) and in the Mastick Lobby. Registration is required for all programs listed. To enroll, call 747-7506 or visit the Mastick Office. Programs are FREE unless otherwise noted.

### January 2019

#### Annual Rose Pruning

**Saturday, Jan 5, 10:30AM - 12:30PM, Lincoln Park (1450 High Street)**

East Bay Rose Society members will provide a rose pruning demonstration. Time will be allocated for "Q & A" pertaining to rose care. Learn to prune roses like an expert by practicing your skills on the roses at Lincoln Park.

#### Pickleball Clinics

**Intermediate, 9:00AM - 11:00AM, Class #7218 & Pickleball Skills, 11:00AM - 1:00PM, Class #6968 Thursday, Jan 10, Lincoln Park, \$28 per clinic**

Marcia Neishi, Certified Instructor, will guide you from the very basics to having confidence in a game environment. Enjoy a lifetime of fun on the court with the fastest growing sport among the 50+ crowd.

#### Dream Workshop

**Thursdays, Jan 10 - 31, 1:00PM - 2:30PM, Room E**

Dreaming is a rich universal event with many roads of interpretation. Share your dreams in a group with Dr. Bob Doerr as your guide. He has led dream groups for 30 years. Have some fun and fascination.

#### Travel Tips & Navigation Using Technology

**Friday, Jan 11, 1:00PM, Room E**

Join Center for Independent Living (CIL) staff to learn safe travel tips when using public transit. This class is required to attend the transportation outings on Fridays, January 18 & 25.

# PROGRAMS - ADULTS 50+ / SENIORS

## René Magritte

**Monday, Jan 14, 1:30PM - 3:30PM, Dining Room 2**

Bowler hats, large apples, pipes that aren't pipes - René Magritte's paradoxical images are among the most familiar and fascinating of the 20th century. Magritte began in the Surrealist idiom but experimented with a variety of styles before moving back into his own distinctive, "hypertrophic" style in the 1950s. His creations with their wild shifts of scale and context create a mixture of mystery, illusion and reality. Avril Angevine, Candidate in Philosophy, Comparative Lit., UCB, invites us to learn more about this Belgian Surrealist. Don't miss this chance to discover more about the work of this remarkable artist, who once asserted "Everything we see hides another thing..." See if you agree. This CSUEB Scholar-OLLI program is sponsored by the MSCAB.

## The Art of Experiencing Photographs

**Tuesday, Jan 15, 1:00PM, Room D, \$5**

Jeff Dunn, Lecturer, will discuss what makes great photography. Photos are made not just to be made, but SEEN. How we do this can greatly affect our insight into the meaning and enjoyment of not only others' photography, but our own. Mr. Dunn is president of the Alameda Photographic Society, served as a judge for the Northern California Council of Camera Clubs for many years, and has exhibited his photography at the Frank Bette Center and other local venues. His photography has won accolades at numerous international competitions endorsed by the Photographic Society of America.

## Is There a Digital Assistant (Robot) In Your Plans?

**Thursday, Jan 17, 10:00AM, Room D**

Roger S. Dong, Volunteer, has been researching digital assistants to help with a number of activities including personal assistance, providing reminders, acting as a companion, cooking simple meals and more. This lecture will provide information about the latest developments in the world of digital assistants.

## Biking After Dark

**Tuesday, Jan 22, 1:30PM, Room D**

Biking after dark can be fun, but it is important to plan ahead and make sure you always have the right equipment to be visible every time you get on your bike. Learn how to: see and be seen in all conditions; meet and exceed the legal requirements for lights and reflectors; and choose the right lights for the type of bicycling you'll be doing. This workshop is made possible via a partnership with the City of Alameda. No bike is required in order to participate. Sponsored by Bike East Bay.

## Make a Gold Fish Lantern

**Friday, Jan 25, 1:00PM - 3:00PM, Room D**

Learn to make gold fish with wiggle eyes in time to celebrate the Chinese New Year! Bring the following tools: scissors, stapler, clear tape and two-three decorative beads to be strung into red yarn.

## Caregiving 101: Family Caregivers Support Workshop

**Mondays, Jan 28; Feb 4, 11, 25; Mar 4, 11, 18, & 25,**

**1:00PM - 3:00PM, Dining Room 2,**

**\$29 Special Rate (Regular Price \$95)**

**\$10 materials fee to instructor**

Partake in this eight-week caregiver workshop to gain practical skills and gather useful resources in a supportive group environment. Sponsored by Caregivers Access to Resources, Education & Support (C.A.R.E.S.).

## Mastick Senior Center

1155 Santa Clara Ave, Alameda • (510) 747-7500

**Alameda Loop Shuttle**  
This Is How We Roll!

**Free!**  
Open To All

Three different shuttle routes take passengers to locations throughout Alameda, including:

### ROUTES:

- Tuesdays: West End / Farmers' Market
- Wednesdays: East End / Bay Farm Island
- Thursdays: Central Alameda / Bridgeside

### ALL ROUTES INCLUDE:

- Alameda Hospital
- Alameda Theatre
- Alameda Main Library
- Mastick Senior Center
- South Shore Center

View all route stops and shuttle times at [www.AlamedaLoopShuttle.com](http://www.AlamedaLoopShuttle.com).

Call (510) 747-7513, or email [AlamedaLoopShuttle@alamedaca.gov](mailto:AlamedaLoopShuttle@alamedaca.gov)

Funded by Measures B/BB.





# SENIORS/ADULTS 50+ - PROGRAMS

## Alexander Technique – Save Your Mobility and Your Independence!

**Tuesday & Wednesday, Jan 29 & 30, 1:30PM – 3:00PM,  
Dining Room 2, \$33, Class #6713**

Join Lenka Fejt, certified Alexander Technique Teacher, B.S. Exercise and Movement Sciences, and recognize postural and movement habits that interfere with our functioning. Learn to sit, stand, and move easier by applying principles of the Alexander Technique, a practical self-care method.

## February 2019

### US Healthcare System

**Tuesday, Feb 5, 1:00PM, Room D**

Our healthcare system consists of 30% primary care doctors and 70% specialists, while practically every other country in the world is the opposite (70% primary care, 30% specialists). How did it get this way and how do our clinical outcomes compare – especially for seniors? Sponsored by Calyx Advantage.

### Is Food a Problem for You?

**Tuesday, Feb 12, 1:00PM, Room D**

Join us for a panel discussion with fellow compulsive eaters followed by a “Q & A”. HOW-OA, a subgroup of Overeaters Anonymous, uses a structured approach and food plan to carry a message of hope and recovery to others. H.O.W. stands for “honesty, open-mindedness, and willingness”. All are welcome to share in our 12 Step Recovery Groups - overeaters, under eaters, and people with body self-image issues. We are empowered to use our unique talents that are truly useful to others.

### Healthy Tips for Mature Eyes

**Wednesday, Feb 20, 1:00PM, Media Room**

Learn about the most common vision problems experienced by seniors and steps you can take to maximize your eyes’ health as you age. Sponsored by Elders Village and AEC Living.

### Senior Clipper Card

**Tuesday, Feb 26, 1:00PM – 3:00PM, Room D**

Adults, 65+, are eligible for a free Senior Clipper Card which provides discounts on passes, cash value fares and transfers. Provide one of the following to demonstrate eligibility: birth certificate or passport; state-issued ID card or driver’s license; permanent resident card (“Green Card”), matricula consular/consular identification card; SF City ID Card; military identification card with date of birth; or medical benefit card with date of birth.

### Rent Stabilization Program Overview

**Wednesday, Feb 27, 1:00PM, Media Room**

Rent Stabilization Program staff will provide an overview of the Rent Stabilization Program, Rent Review Advisory Committee (RRAC), and RRAC hearing process.

**Mastick Senior Center**

1155 Santa Clara Ave, Alameda • (510) 747-7500

## March 2019

### Pickleball Clinics

**Intermediate 9:00AM - 11:00AM, Class #7219 &  
Pickleball Skills, 11:00AM – 1:00PM, Class #6969  
Saturday, Mar 9, Lincoln Park, \$28 per clinic**

Marcia Neishi, Certified Instructor, will guide you from the very basics to having confidence in a game environment. Enjoy a lifetime of fun on the court with the fastest growing sport among the 50+ crowd.

### New Benefits for People with Medicare & Medi-Cal Wednesday, Mar 13, 1:00PM, Media Room

Join Dr. Abhas Gupta, Calyx Advantage, to learn about new 2019 benefits available for participants with dual eligibility (Medicare & Medi-Cal). Sponsored by Calyx Advantage.

### Maintain Your Brain

**Tuesday, Mar 19, 1:30PM, Dining Room 2**

Join Jacque Martin, PhD to learn strategies for slowing cognitive decline. Topics will include learning about brain function, what cognitive decline is, how it has increased throughout the world and what you can do to slow its effects in you.

### Bike Theft Prevention

**Tuesday, Mar 19, 1:30PM, Room D**

Learn how to protect your bike from theft! Topics include: locking techniques, secure parking options, bike registration, and tips on how to recover a stolen bike. Every attendee will receive a free starter card for the BikeLink system of secure lockers and rooms with \$5 value pre-loaded. This workshop is made possible via a partnership with the City of Alameda. Sponsored by Bike East Bay.

### Emergency Preparedness

**Wednesday, Mar 20, 1:00PM, Media Room**

Ready for the Big One? Learn about the resources available in a regional disaster and how you can best prepare for the inevitable. Sponsored by Elders Village and AEC Living.

### Discover Baseball All Over Again

**Wednesday, Mar 27, 1:00PM, Room D**

Join Ed Kallas, Recreation Supervisor I, to discover interesting facts about baseball that you did not learn on T.V. Examine unwritten rules that all players, managers and coaches live by. Learn how to “score” a game. Decipher the terms used by T.V. analysts and broadcasters. Share your special baseball memories with the group!



# PROGRAMS - ADULTS 50+ / SENIORS

## April 2019

### Felix Mendelssohn: Life with Music

**Monday, Apr 8, 1:30PM – 3:00PM, Dining Room 2**

Join John Kendall Bailey, Music Director, Conductor, Chorus Master, as he explores the life and music of one of the greatest composers of classical music's Romantic period, Mendelssohn. The presentation includes analysis of Mendelssohn's work and the chance to hear excerpts from his compositions. This CSUEB Scholar-OLLI program is sponsored by the MSCAB.

### Alexander Technique – The Art of Balance

**Tuesday & Wednesday, Apr 16 & 17, 1:30PM – 3:00PM, Dining Room 2, \$33, Class #6723**

Join Lenka Fejt, certified Alexander Technique Teacher, B.S. Exercise and Movement Sciences, and learn how to improve your balance and ultimately increase your stability and mobility. Appropriate for beginners and advanced students.

### Brain Health: Take Action Now!

**Wednesday, Apr 17, 1:00PM, Media Room**

Many Americans are rightly worried about cognitive decline; learn what steps you can take now to optimize your brain's health. Sponsored by Elders Village and AEC Living.

### Disaster Preparedness

**Thursday, Apr 18, 1:30PM, Dining Room 2**

Capt. Sharon Oliver, AFD-Disaster Preparedness Coordinator, will provide an overview of the Emergency Operation Center (EOC), disaster and personal preparedness, CERT Program, and programs specifically offered to the senior community.

### Diabetes Workshop

**Wednesdays, Apr 24, May 1, 8, 15, 22, 29 & June 5, 10:00AM – 12:00, Room E**

Alameda County Public Health Department is offering a six-week workshop designed for individuals with Type 2 Diabetes or who are pre-Diabetic. Learn how to: manage your Diabetes and medication; monitor blood sugar, stress and physical activity; and enjoy foods you love while controlling your Diabetes.

### VA Presentation

**Thursday, Apr 25, 1:00PM, Room E**

An Alameda County Veterans Service Office representative will provide an overview of local, state and federal benefits available to veterans and their dependents. Please bring your questions!



## May 2019

### Alameda Development and Architecture

**May 7, 14, 16, 23, 30 & Jun 6, 11:00AM – 12:00, Room E - Slide shows**

**May 9, 21, 28, Jun 4, 11 & 13, 11:00AM – 12:00, Mastick - Walks**

Join Judith Lynch, Author and Teacher, to explore local-historical architecture through lectures, slide shows and guided tours. Detailed fliers available in the Mastick Lobby.

### Estate Planning: Tips, Traps & Solutions

**Tuesday, May 14, 1:00PM, Dining Room 2**

Join Paul Hunt, Attorney at Law, for an informative presentation that explains the best ways to protect your family's assets, defer or avoid taxes, and leave a lasting, trouble-free legacy.

### Maintaining Healthy Feet as We Age

**Wednesday, May 15, 1:00PM, Media Room**

Keeping your feet healthy as you age will help keep you on your feet and walking, a major factor in quality of life.

Sponsored by Elders Village and AEC Living.

### Using Poles for Balance, Mobility & Exercise

**Thursday, May 16, 9:00AM – 12:00, Room D, \$31 new students; \$21 returning students; third-timers free, Class #6944**

Easy-to-learn techniques enhance independence, reduce risk of falling, restore spine function, and improve posture and endurance. Strengthen muscles that support weight-bearing joints. Top quality poles & balance tips provided. Class size limited.

### Declutter to Downsize

**Tuesday, May 21, 1:00PM, Room D**

Are you overwhelmed by the amount of stuff in your home? Does downsizing what you've collected over the years sound impossible? Join Monique Fauré of Operation Organize for tips and tricks on how to declutter your space and make your downsizing dream a reality!

### Podcasts and More

**Tuesday, May 28, 1:00PM, Room D**

Leslie Krongold, Ed.D., local health & wellness podcast host, demystifies the phenomenon of audio podcasts. You'll learn how to find and access your favorite podcasts on either your desktop computer, tablet, or smart phone. For those interested in a more active role, Leslie can talk about the cost and technology involved with producing a podcast episode.

### Annual National Senior Health & Fitness Day Fair

**Wednesday, May 29, 10:00AM – 12:00, Courtyard**

Join in our celebration at the National Senior Health and Fitness Day Fair. Sponsored by AES Therapy & Fitness in partnership with Mastick Senior Center and the MSCAB.

## June 2019

### Gig Car Share

**Tuesday, Jun 11, 1:00PM – 3:00PM, Room D**

Gig is a car-sharing service created by A3 Ventures. The company operates using only Toyota Prius Hybrid vehicles with roof-top bike racks and features one-way point-to-point rentals.

# SENIORS / ADULTS 50+ - PROGRAMS

## SPECIAL SERVICES

### Services to Support Everyday Living...

Blood Pressure Screening, Case Management, Dental and Podiatry Consultation, Legal Service, Health Insurance Counseling, Support Groups, Notary Service, Income Tax Preparation, and much more. Visit the Mastick Office for a complete list of services.

### Alzheimer's Caregiver Support Group

The Alzheimer's Caregiver Support Group meets from 10:00AM - 11:30AM in Room D on the second and fourth Thursdays of the month. This group, facilitated by the Alzheimer's Association, is for individuals caring for a loved one with Alzheimer's disease or dementia. No registration required.

### Diabetes Support Group

If you or someone you love has diabetes, consider joining the Diabetes Support Group, provided by the Alameda County Public Health Department Diabetes Program. For more information, call 383-5185. No registration required.



### HICAP & LAS Counseling Workshops Health Insurance Counseling Advocacy Program (HICAP) and Legal Assistance for Seniors (LAS)

HICAP and LAS provide FREE community education presentations to Alameda County residents. Registration is required. Call 747-7506 or visit the Mastick Office.

Free	Tu	1:00PM	Mastick, Room D
<b>Jan 29</b>	<b>Create a Secure Future: Advance Health Care Directives</b>		
<b>Feb 19</b>	<b>Medicare Alert: How to Help Prevent Medicare Fraud and Abuse</b>		
<b>Mar 5</b>	<b>Financial Assistance: How to Get Help with Health Care Costs</b>		
<b>Mar 26</b>	<b>The ABCs of LTC: An Overview of Long Term Care</b>		
<b>Apr 23</b>	<b>Keeping Elders Safe: An Overview of Elder Abuse and Legal Remedies</b>		
<b>May 7</b>	<b>Seniors' Guide to Public Benefits</b>		
<b>Jun 4</b>	<b>Consumer Fraud: Scams Targeting Seniors and Tips for Protection and Prevention</b>		
<b>Jun 25</b>	<b>Basic Housing Rights</b>		
<b>Oct 15</b>	<b>Medicare &amp; the AEP: Changes for 2020</b> (This is the first day of open enrollment. Let's hit the ground running!)		

### Island Pride LGBT Peer Support Group

Trained peer facilitators from the Pacific Center for Human Growth offer an LGBT Peer Support Group for individuals age 50+ on the second and fourth Wednesday of the month from 1:30PM - 3:30PM in Dining Room 2. The Pacific Center is a non-profit organization serving the LGBTQ community of the East Bay. All welcome. For more information, visit [www.pacificcenter.org](http://www.pacificcenter.org). No registration required.

### Need a Quiet Space to Meet?

Mastick Senior Center has many nooks and crannies that can be used as meeting spaces. If you need to meet with a contractor or interview a caregiver and don't want to meet at your home, please take advantage of the comfortable, friendly atmosphere provided here at Mastick Senior Center. To reserve a meeting space, please call 747-7506.

### Senior Connections - Case Management Services

Senior Connections is a collaboration between Mastick Senior Center and Alameda Family Services to provide case management assistance for Alameda seniors needing help with health insurance, housing needs, in-home support services, food resources and so much MORE! The Case Manager is available on Tuesdays, Thursdays and Fridays by appointment. To schedule an appointment, please call 747-7506. This program is funded in part by the Mastick Senior Center Advisory Board (MSCAB).



## TRANSPORTATION

### Transportation Assistance

On Tuesdays and Thursdays, from 9:00AM to 3:00PM, Victoria Williams, Paratransit Coordinator, is available in the Mastick Office to assist you with your paratransit and transportation needs. She can be reached at [vwilliams@alamedaca.gov](mailto:vwilliams@alamedaca.gov) or 747-7513.

### Transportation 101

Victoria Williams, Paratransit Coordinator, will provide an overview of the various transportation options (East Bay Paratransit, Premium Taxi Program, FREE shuttle service, and MORE) available to Alameda residents. Bring your questions! Join us at 1:00PM in Room D on February 26 or April 16. Registration required, please call 747-7506.

### AARP Smart Driver Course

This driving course is designed for individuals age 50+. Register and pay in the Mastick Office at least one day prior to class. **Cost:** \$15 AARP members or \$20 non-members (payable by check ONLY).

**The standard course** is offered in two, **four-hour sessions** over a two-day period from 9:00AM – 1:00PM, **Wednesdays, January 9 & 16**

**The refresher course** is offered in one, four and a half-hour session from 9:00AM – 1:30PM and is available to individuals that have taken the standard course within the last three years. The refresher course is offered on **Wednesday, February 6**.

### Local Trip & Extended Travel Presentations

Jan 30 & Feb 13 at 1:00PM, Media Room

Get two for one...

**Ed Kallas, will review upcoming local trips. Then, representatives of Collette Tours (Jan 30), and Premier World Discovery (Feb 13),**

will provide an overview of extended travel opportunities including Discover the Outback, Niagara Falls to NY City, Switzerland, France & Christmas Markets and MORE!



## TRAVEL OPPORTUNITIES

### Monthly Day Trip Program

A fun adventure awaits YOU! Just sit back and relax while we transport you on a climate controlled tour bus to an exciting Bay Area location. Do you have a question? Want to suggest a destination? If so, contact Ed Kallas, Recreation Supervisor I, at 747-7511 or [ekallas@alamedaca.gov](mailto:ekallas@alamedaca.gov). Travel fliers outlining trip particulars are available in the Mastick Lobby.

#### Crocker Art Museum

Class #6938	January 22	8:15AM – 4:15PM	\$60
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Delight in the Crocker Art Museum which includes California art dating from the Gold Rush to the present day, master drawings, European paintings, large ceramics collection, Asian, African and Oceanic art. Lunch at Seasons 52.

#### SF Symphony Open Rehearsal

Class #6970	February 7	8:30AM – 3:30PM	\$68
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Enjoy the sounds of Prokofiev and Tchaikovsky performed at rehearsal by the San Francisco Symphony at Davies Symphony Hall. Gil Shaham is guest violinist. Lunch at Beach Chalet included.

#### San Francisco Flower & Garden Show

Class #7051	March 21	8:30AM – 3:30PM	\$65
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The San Francisco Flower & Garden Show features beautiful floral arrangements, DIY workshops and free seminars. Lunch included.

#### UC Santa Cruz Arboretum

Class #6978	April 5	8:00AM – 5:00PM	\$66
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Enjoy fantastic flora and fauna in a docent tour then on to The Crow's Nest for a delicious meal and view of the water.

### Extended Travel Program

To register for one of the trips listed below, contact Ed Kallas, Recreation Supervisor I, at 747-7511 or [ekallas@alamedaca.gov](mailto:ekallas@alamedaca.gov).

#### Discover the Outback to the Glaciers

September 9 - 29, 2019	\$10,399/single, \$7,999/double
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Highlights: Cairns, Great Barrier Reef, Melbourne, Alice Springs, Mt. Cook National Park and more!

#### Niagara Falls to New York City

October 4 - 11, 2019	\$4,599/single, \$3,499/double
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Highlights: Vintage train ride, Erie Canal, The Falls in Canada, Cooperstown, West Point, The Big Apple and more!

#### Switzerland, France & Christmas Markets on the Rhine (River cruise)

December 3 - 11, 2019	\$3,495 – 4,995 /double. Add \$950 – 2,200 for singles. See flier for specifics.
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Highlights: English speaking chartered ship, Christmas Markets, Lucerne, Basel, Strasbourg, Speyer, Rudesheim – Rhine River Gorge – Koblenz, Germany and more!

# SENIORS/ADULTS 50+ - OVERVIEW

## Mastick Senior Center Programs and Services Schedule

Description	Mon	Tues	Wed	Thurs	Fri	Sat	Price
Billiards	9:00AM	9:00AM	9:00AM	9:00AM	9:00AM		Free
Blood Pressure Screening (2nd & 4th Wednesday)			10:00AM				Free
Bocce Ball (Courtyard)	Daily	Daily	Daily	Daily	Daily		Free
Book Club (1st Tuesday)		12:00					Free
Bridge (Social)			1:00PM				Free
Cards and Games	9:00AM	9:00AM	9:00AM	9:00AM	9:00AM		Free
Case Management Services		9:00AM		9:00AM	9:00AM		By Appoint. Free
Computer Lab	Contact Office for schedule.						
Current Events				9:00AM			Free
Dental Consultation (3rd Thursday)				10:30AM			By Appoint. Free
Exercise Equipment (Courtyard)	Daily	Daily	Daily	Daily	Daily		Free
Great American Songbook (1st Thursday)				1:30PM			Free
HICAP		10:00AM					By Appoint. Free
Legal Assistance for Seniors (3rd Monday)	1:00PM						By Appoint. Free
Lending Library	10:00AM		10:00AM		10:00AM		Free
Mah Jongg (Beginners)	1:00PM	Register in the Mastick Office. Must purchase Mah Jongg playing card					
Mah Jongg (Experienced Players)					1:00PM		Free
Mastick Senior Center Advisory Board Monthly Meeting (3rd Wednesday)			9:30AM				Free
Mastick Volunteer-Led Walking Group	9:30AM						Refer to flier
Movie Matinee				1:00PM			Free
Music Appreciation (4th Thursday)				1:30PM			Free
Mystery Book Discussion Group (3rd Wednesday)			1:00PM				Free
New Member Orientation (2nd Thursday)				10:30AM			By Appoint. Free
Notary Service			1:30PM				By Appoint. Free
Piano & Singing with Keiko					12:30PM		Free
Pickleball (Lincoln Park)			10:30AM			10:30AM	Free
Podiatry Consultation & Blood Pressure Screening (3rd Tuesday)		1:45PM					By Appoint. Free
Putting Green (Courtyard)	Daily	Daily	Daily	Daily	Daily		Free
Scrabble				12:00			Free
Shakespeare Discussion Group				9:30AM			Free
Table Tennis		12:00					Free
Today's World		9:30AM					Free

**Program dates, times, locations and fees are subject to change.  
Please refer to the Activities at a Glance flier available at the Center for program locations.**



**Age in Place with Grace.**

**The City of Alameda Fire Department is here to help.**

**Call 510-337-2133**

### Age in Place with Grace

Call the Alameda Fire Department Safety & accessibility Program for a FREE safety inspection and to learn if you qualify for safety modifications to your home.

This program provides low-to-moderate income seniors and people with disabilities FREE fire and fall prevention improvements. We install smoke detectors, carbon monoxide detectors, external key boxes, grab bars, raised toilets, ramps and railings to qualified applicants.

**As of July 2018  
you qualify for FREE safety modifications  
if you earn less than \$62,750.**

*This program is founded through a partnership with City of Alameda Fire Department and the Alameda Housing Authority using Federal Community Block Grant and general fund resources. The City of Alameda does not discriminate against any person on the grounds of race, color, national origin, religion, sex or age, per Title VI of the Civil Rights Act, Section 209*

**Rethink Your Spring Drink, Go STRAW FREE**

Going straw free is easy in Alameda! Local food vendors have started offering straws only upon request and providing compostable straws and compostable food ware to-go packaging. Goodbye, plastic waste. Hello, green future!

Find out the details at [AlamedaRecycles.org](http://AlamedaRecycles.org).

## CORICA PARK



### Introducing Alameda's New Australian Sandbelt Style Rees Jones Design Golf Course

**Corica Park new South Course is now open** and unlike any other in the Bay Area. World renowned golf architect Rees Jones describes the new design as "minimalist" and more like you would find in the Sandbelt region of Australia - the most famous course in the region being Royal Melbourne - where you can play the ball to the hole by air or ground.

#### New South Course Features

- Professional Tour style course conditioning for great lies
- Climate sustainable grass with natural water wild life habitats
- Wide expansive fairways to help your drives find the short grass
- Fun risk and reward options for imaginative shot making
- Distinct Australian design feel (without traveling down under)
- 5 sets of tees to provide many different playing angles

**Practice Makes Perfect...** Enjoy the 9-Hole Par-Three Course & Expansive Practice Range... Friends, families and fun are a big part of golf at Corica Park, designed for beginners or those wanting to improve their short game, the par-three 9-hole course is a perfect option for those looking for a quick golf fix. Or, maybe a little practice on one of the largest driving ranges is what you need to get started or to lower those scores.

### Footgolf is Now Available on The Mif Albright Par-3 Course

**Footgolf is a combination of the popular sports of soccer and golf.** The game is played with a regulation #5 soccer ball at a golf course facility with shortened holes and 21" diameter cups. The rules largely correspond to the rules of golf.

### Surf the Earth on a GolfBoard

**Take the best from a skateboard, surfboard and a golf cart and what do you get?**

The Golfboard! Strap your bag to the front, put your drink in the cup holder, thumb the throttle and your off! Shift your weight side to side to literally carve the course up.

This is golf like you've never experienced before!

**Fun starts now by visiting [CoricaPark.com](http://CoricaPark.com) or call (510) 747-7800.**

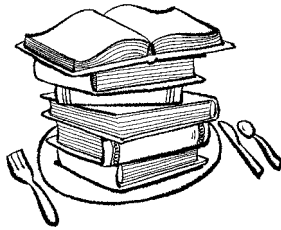


## PUBLIC LIBRARY

### Hours and Locations

#### Main Library

- 1550 Oak Street
- General: 510-747-7777, Reference: 510-747-7713, Children's: 510-747-7705
- www.alamedafree.org
- Mon – Tues: 12:00 noon to 8:00PM
- Wed: 10:00AM to 8:00PM
- Thurs – Sat: 10:00AM to 5:00PM
- Sun: 1:00PM to 5:00PM
- Holidays Closed



#### Bay Farm Island Library

- 3221 Mecartney Road
- 510-747-7787
- Monday: 10:00AM to 6:00PM
- Tuesday: 12:00PM to 8:00PM
- Wednesday: 10:00AM to 6:00PM
- Thursday & Saturday: 10:00AM to 5:00PM
- Closed: Friday & Sunday & Holidays

#### West End Library

- 788 Santa Clara Ave
- 510-747-7767
- Monday: 12:00 noon to 8:00PM
- Tuesday: 10:00AM to 6:00PM
- Wednesday: 10:00AM to 6:00PM
- Thursday & Saturday: 10:00AM to 5:00PM
- Closed: Friday & Sunday & Holidays

#### Alameda Reads Adult Literacy Service

- 2203 Central Ave
- 510-865-2454
- Call for appointment

## SPECIAL EVENTS

#### Children/Teens/Adults:

Special events are scheduled monthly. For more information check our online events calendar at <http://alamedaca.evanced.info/signup/Calendar> or our Facebook page at [facebook.com/alamedafreelibrary](https://www.facebook.com/alamedafreelibrary).

#### Jazz Appreciation with the Dave Rocha Trio

April 7, 2019 at 2PM. Free and open to all ages. No registration required.

#### Social Science

Cutting edge Scientists explain their work in accessible terms. Free, open to all ages. Usually every other month on a Sunday afternoon. Please check calendar for specifics.

#### Libraries Outside

Special events are scheduled throughout the year. Please check our online calendar and our Facebook page for more information.

## Monthly Children Activities

#### Storytimes:

- Mama Goose (for toddlers 18 mos.-3yrs): Saturdays, Main Library, 10AM
- Peter Rabbit (for preschoolers 2-5yrs): Wednesdays, West End Library, 10:30AM
- Thursdays, Main Library, 10AM and 11AM
- School Age (Kindergarten-3rd grade): Wednesdays, Main Library, 3:30PM
- Family (all ages): Tuesdays, Bay Farm Island Library, 7PM



#### We Love LEGOs™

- 2nd Saturday of the month, Main Library, 2-4PM
- 3rd Thursday of the month, Bay Farm Island Library, 3:30PM
- 4th Thursday of the month, West End Library, 3:30PM

#### Thursday Crafts

- 1st Thursday of the month, Bay Farm Island Library, 3:30PM
- 2nd Thursday of the month, West End Library, 3:30PM
- 3rd Saturday of the month, Main Library 2:30PM

#### Playdough Play

- 3rd Thursday of the month, West End Library, 3:30PM

## Monthly Tween/Teens Activities

at the Main Library unless otherwise noted

#### Tween Crafts

- 2nd Thursday of the month, Bay Farm Island Library, 3:30PM

#### Teen Advisory Board

- 1st Wednesday of the month, 5:30 – 6:30PM

#### Teen Book Group

- 1st Wednesday of the month, 6:30 – 7:15PM

## Monthly Adults Activities

at the Main Library unless otherwise noted

#### AFL Writers Group

- 2nd Saturday of the month 12:30-4:30PM

#### Computer Classes

- Most Wednesdays 6-7:30PM (please check library calendar for dates/subject)

#### Cup of Coffee and a Good Book

- 3rd Wednesday of the month 1:15PM Bay Farm Island Library/Islandia Clubhouse

#### Film series

- Usually the 1st Monday of the month, 5:30PM.

#### Knitting and Crochet Group

- 4th Tuesday of the month, 6:00PM

#### Lawyers in the Library

- Main, 1st Wednesday of the month, sign-ups start at 5:30PM
- West End, 3rd Monday of the month, sign-ups start at 5:30PM

#### Open Computer Lab

- Sundays 1-5PM
- Tuesdays 1-4
- Wednesdays 1-4PM
- Fridays 10PM-2PM

## CREATING YOUR ACTIVENET ACCOUNT

### STEP 1:

- Type [www.alamedaca.gov/recreation](http://www.alamedaca.gov/recreation) into your browser
- Click on the "Online Registration" link for the ActiveNet website
- Be sure to bookmark the link

### STEP 2:

- Click **Create an Account**



### STEP 3:

- Fill in your name and address. *Required fields are denoted by a red asterisk (\*)*
- Click **Next**

### STEP 4:

- Fill in your **Contact Information**. *Required fields are denoted by a red asterisk (\*)*
- *Note: To receive text message alerts, including cancellation notifications, please indicate your cell phone carrier.*
- Click **Next**

### STEP 5:

- Enter your **Personal Information**. *Required fields are denoted by a red asterisk (\*)*
- Click **Next**

### STEP 6:

- Enter your **email address** and create a **secure password** for yourself. *All required fields are denoted by a red asterisk (\*)*
- Once you complete all required fields, click the **Create Account** button to finish. If you need to add any other family member(s) to your online account, click **Create Account and Add Family Member** button.

## REGISTRATION INFORMATION

### ENROLLMENT POLICY

The Alameda Recreation and Park Department's programs and activities are open to anyone regardless of residency. Please note that there are some resident and non-resident fees. We offer many different ways to register. Some programs may have limited registration options due to the nature of the activity requirements. Also, some programs may require proof of age for participants.

### PAYMENT INFORMATION

Most programs have an enrollment fee. The full payment for the program is due at the time of registration. No reservations/registrations are held without payment. Payments may be made with **cash, check, money order, American Express, Discover, MasterCard or VISA**. Your payment guarantees you a spot in each class of the session regardless of whether or not you attend. **We do not prorate or credit any missed classes or late registrations.**

**PROGRAM FEES AND DETAILS ARE SUBJECT TO CHANGE. CHECK OUR WEBSITE FOR LATEST INFORMATION: [www.alamedaca.gov/recreation](http://www.alamedaca.gov/recreation)**

### PROGRAM CANCELLATIONS

The Alameda Recreation and Park Department reserves the right to cancel a class if it does not meet minimum enrollment requirements. Participants enrolled in cancelled classes will either receive a full refund OR a full credit on their account to be used toward a future class or program.

### CLIENT WITHDRAWALS AND REFUNDS

- If a client requests a withdrawal and/or transfer from ANY class or program before the start date, there is an automatic \$15 administrative fee.
- The remaining funds will only be applied to your account as a credit to use for a future class or program.
- After a class begins, withdrawal and/or transfer requests are charged an automatic \$15 administrative fee and will be prorated based on the number of classes that have already passed in the session.
- Any remaining funds will be applied to your account as a credit to use for a future enrollment.
- Please note that certain programs have different refund policies. Plan accordingly.
- **THERE ARE NO REFUNDS/CREDITS/MAKE-UPS ALLOWED FOR ANY CLASSES YOU MISS.**

### REGISTRATION OPTIONS

#### REGISTER IN PERSON

ARPD Main Office  
2226 Santa Clara Avenue  
Alameda, CA 94501

(located between  
Walnut and Oak Streets)

#### Office Hours:

Monday to Friday,  
8:30 a.m. to 5:30 p.m.



#### ARPD IS NOW USING A BRAND NEW ONLINE REGISTRATION PROGRAM!

Be sure to bookmark this new link:

**[www.alamedaca.gov/recreation](http://www.alamedaca.gov/recreation)**

Questions?

Need Assistance?

Contact ARPD Staff at:

[arpd@alamedaca.gov](mailto:arpd@alamedaca.gov)



**U.S. MAIL**—Mail completed forms with payment to:  
ARPD, 2226 Santa Clara Ave,  
Alameda, CA 94501  
OR



**E-MAIL** completed forms with payment (American Express, Discover, MasterCard or VISA) to: [arpd@alamedaca.gov](mailto:arpd@alamedaca.gov)

#### REGISTER BY PHONE

during regular business hours

at **(510) 747-7529**. We

accept the following credit cards: **American Express, Discover, MasterCard or VISA.**

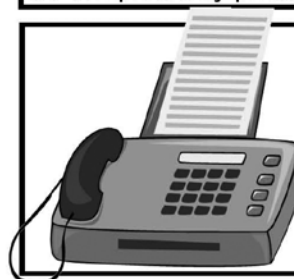
Not all program registrations can be completed by phone.



#### REGISTER BY FAX

**510-523-4071** with the following credit cards:

**American Express, Discover, MasterCard or VISA.** Forms without Payment cannot be entered.



For more information, check out our website at [www.alamedaca.gov/recreation](http://www.alamedaca.gov/recreation)



# FORM - REGISTRATION



Alameda Recreation and Park Department  
 2226 Santa Clara Avenue, Alameda, CA 94501  
 (510) 747-PLAY • FAX (510) 523-4071  
 arpd@alamedaca.gov • www.alamedaca.gov/recreation

## REGISTRATION FORM

### CLASSES & SPORTS

**In Person or Mail:**  
 ARPD Main Office  
 2226 Santa Clara Ave  
 Alameda, CA 94501  
 (510) 747-7529

### SENIOR CENTER ACTIVITIES/CLASSES

**In Person or Mail:**  
 Mastick Senior Center  
 1155 Santa Clara Ave  
 Alameda, CA 94501  
 (510) 747-7506

- **Full payment is due at the time of registration.** Checks payable to ARPD, American Express, Discover, MasterCard or VISA accepted.
- Withdrawals may be made by e-mail, phone or in person with a \$15 processing fee (or otherwise stated). The remainder of fee will be placed as a credit on your account to be used in the future.
- **Parents/Guardians, there is a late fee of \$1 per minute per child for every minute you are late picking up your child/children from programs/classes – payable that day.**

PARTICIPANT'S		BIRTHDATE	M/F	GRADE (IF ANY)	ACTIVITY TITLE	CLASS #	FEE
LAST NAME	FIRST NAME						
<b>TOTAL FEES DUE: \$</b>							

## MAIN CONTACT OR PARENT/GUARDIAN INFORMATION

**LAST NAME** \_\_\_\_\_ **FIRST NAME** \_\_\_\_\_ **BIRTHDATE** \_\_\_\_\_  
 Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_  
 Primary Phone \_\_\_\_\_ Secondary Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_  
 Email Address \_\_\_\_\_  
 Emergency Contact \_\_\_\_\_ Relationship \_\_\_\_\_ Phone \_\_\_\_\_  
 Emergency Contact (Other Than Parent) \_\_\_\_\_ Relationship \_\_\_\_\_ Phone \_\_\_\_\_  
 Participant's Medical Information/Allergies \_\_\_\_\_

### LIABILITY WAIVER

- Undersigned hereby releases, waives and discharges the City of Alameda, its directors, employees, agents, volunteers and independent contractors from all liability to the undersigned and/or his/her personal representatives, assignees, heirs, and next of kin for any loss or damage and any claim or demands accruing or resulting from injury to the person or property or death of the undersigned, whether or not caused by the negligence and/or property of the City of Alameda, its directors, officers, employees, agents, volunteers, and independent contractors.
- Undersigned hereby assumes full responsibility for and risk of bodily injury, death or property damage, whether or not it is due to the negligence of the City of Alameda, its directors, employees, agents, volunteers and independent contractors or otherwise while in, upon or about the premises of the City of Alameda and/or while using the premises or facilities or equipment, including AED machines, or program transportation thereon.

**PHOTO CONSENT:** Undersigned authorizes the City of Alameda to use your (or child's/ward's) photograph in any future educational and/or community informational purposes, (including, but not limited to the website, newsletters, Activity Guide, Mastick Newsletter or social media) produced by the City of Alameda.

Check here if you **do not** give photographic consent.

**CONSENT TO TREAT:** I hereby give my consent for the City of Alameda staff to take me (or my child/ward) to the appropriate medical services and give appropriate medical authorization in the event that I cannot be immediately contacted. It is understood that the cost thereof will be at my expense.

Check here if I **do not** consent to treat and I request that medical or surgical services be withheld.

Undersigned has read and voluntarily signs the release and waiver of liability and indemnity agreement, and further agrees that no oral representation, statements or inducement apart from the foregoing written agreement has been made.

Signature \_\_\_\_\_ Date \_\_\_\_\_  Participant  Parent/Guardian

Check (payable to ARPD)

AMEX /  Discover /  VISA /  MasterCard #: \_\_\_\_\_ CVV \_\_\_\_\_ Exp. Date \_\_\_\_\_

Name on Card \_\_\_\_\_ Signature \_\_\_\_\_

Address on Card \_\_\_\_\_

By signing, I authorize the City of Alameda to charge my credit card for the activity costs listed above.



Alameda Recreation and Park Department  
 2226 Santa Clara Avenue  
 Alameda, CA 94501

PRST STD  
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 OAKLAND, CA  
 PERMIT NO. 7171

\*\*\*\*\*ECRWSEDDM\*\*\*\*\*  
**RESIDENTIAL CUSTOMER**

# Jean Sweeney Open Space Park Grand Opening

**Saturday, December 15**  
**10 am - 12 noon**

**1925 Sherman Street, Alameda**  
*Celebrate this momentous Alameda park!*  
*Ceremonies, music, food and play*

Bring a food donation  
 for our new neighbor—  
 Alameda Food Bank!

This project was funded by the City of Alameda,  
 Land and Water Conservation Fund, Tim Lewis  
 Communities, Rotary Club of Alameda, Jean  
 Sweeney Open Space Park Fund, Alameda  
 Kiwanis Club, and the Alameda Community Fund



# Splash Into Spring Egg Scramble



**Saturday, April 13, 2019**