



Rohnert Park



ROHNERT PARK COMMUNITY SERVICES



Summer 2019 RECREATION GUIDE



To sign up for classes, create an account in our registration system at cityofrohnertpark.perfectmind.com

MISSION STATEMENT

Through excellence in community services, we enhance Rohnert Park's high quality of life and nurture the health and well-being of our people, our community and our economy.

City Council*

Gina Belforte, Mayor
Joseph T. Callinan, Vice Mayor
Susan Hollingsworth Adams
Jake Mackenzie
Pam Stafford

Bi-Monthly Public Meetings:

2nd and 4th Tuesday of the month, 5pm
City Hall, 130 Avram Avenue
The public is invited to attend.

Parks and Recreation Commission*

Linda Canterbury, Chair
Mike Bird, Vice-Chair
Chris Borr
Edward Chasco
Jerry Griffin

Monthly Public Meetings:

1st Monday of the month, 5:30pm
City Hall, 130 Avram Avenue
The public is invited to attend.

**As of the printing of this guide, March, 2019.*

Please go to www.rpcity.org for complete schedule and agendas for all public City meetings.

REGISTRATION & PAYMENT

 **Online:** cityofrohnertpark.perfectmind.com Pay by credit card.

 **Walk-In:** Community Center, Rohnert Park Community Services Department. Pay by cash, check or credit card.

 **Cash:** In-person only

 **Cards:** Debit, Visa or MasterCard

Cancellations & Refunds: Submit requests during normal business hours:

 **Mail:** 5401 Snyder Ave., Rohnert Park, CA 94928. Please do not mail cash.

 **Phone:** Call (707) 588-3456. Pay by credit card.

 **Checks & Money Orders:** Payable to City of Rohnert Park

Full refunds, minus a \$5 processing fee will be granted 1 business day prior to the beginning of a class. No refunds will be granted less than 24 hours prior to the start of the class.

INSCRIPCIÓN Y PAGO

 **En línea:** cityofrohnertpark.perfectmind.com Pago con tarjeta de crédito.

 **En persona:** Community Center, Rohnert Park Community Services Department. Pago en efectivo, cheque o tarjeta de crédito.

 **Dinero en efectivo:** Solo en persona

 **Tarjetas:** Débito, Visa o MasterCard

Cancelaciones y reembolsos: Entregar solicitud durante horas regulares de negocios.

 **Por correo:** 5401 Snyder Ave., Rohnert Park, CA 94928. ¡No enviar dinero en efectivo!

 **Por teléfono:** Call (707) 588-3456. Pago con tarjeta de crédito.

 **Cheques y giros postales pagaderos a:** City of Rohnert Park

Los reembolsos completos, menos tarifa de procesamiento de \$5, se concederán con 1 día laboral de antelación al comienzo de la clase. No se concederán reembolsos con menos de 24 horas de antelación al comienzo de la clase.

Americans with Disabilities Act of 1990 (ADA):

Recreation & Parks is committed to compliance with the ADA. For accommodation requests or inquiries about accessibility, please call 707-588-3456. (M-F, 8am-5pm), at least 72 hours prior to the event. Accessible parking is available at all City facilities. For more information regarding the closest accessible public transportation and bus lines, please call 707-585-7516. Complaints regarding department compliance with ADA should be directed to the ADA Coordinator, 130 Avram Ave., Rohnert Park, CA, 94928, or 707-588-2221.

The City of Rohnert Park reserves the right to photograph facilities, activities and program participants for potential future use in advertising, brochures and the City's webpage. All photos will remain the property of the City of Rohnert Park.

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ON THE COVER: Farm fresh produce at the Farmers' Market

BAGLEY'S BLOG

We Create Community Through People, Parks and Programs – Part 3 of 3

I have had the pleasure of introducing our Community Services and Performing Arts Center teams over the last two guides, and am thrilled to finish out this series with our parks and facilities team from Public Works. They constantly come to our rescue when something is broken, leaking, damaged or out of order so that there is a limited gap in service. Without this team of individuals, we couldn't provide the services, programs and special events that we do. Without further ado, our Public Works key staff in parks and facilities:

John McArthur: Director of Public Works and Community Services has been with the City of Rohnert Park for 11 years and serves as our fearless leader. John began his career in water and wastewater after serving in the U.S. Navy. With a strong background in Public Works, John graciously took on the direction and oversight of Community Services (recreation) and has worn multiple hats managing both departments over the years. John is married and has two grown daughters. He enjoys watching the Warriors dominate, traveling, outdoor adventures, and exercising. John's Fun Fact: John comes up with many of his brilliant ideas while putting on his socks and chatting with his dog, Junior, in the morning. We are grateful for Junior's contributions to our accomplishments.

Tom Kelley: General Services Operations Manager has been with the City for 30 fun-filled years and started his career at the age of 19 while also attending the SRJC. As Tom began to see his efforts positively impact the residents of Rohnert Park, he realized his passion was in making a difference. And after 30 years of service the City of Rohnert Park, he has done just that. Tom has two Daughters and one Son as well as two beautiful Grandchildren. Tom enjoys the great outdoors and spending time with his wife. Tom's Fun fact: Did you know it officially takes 364 licks to get to the center of a Tootsie Roll Tootsie Pop?

Brian Jones: Parks and Landscape Supervisor is married with three children. Brian has been with the City of Rohnert Park for 7 Months. You can already see the impact Brian has had on our parks and greenways throughout the

City in just a short period of time. We look forward to what he and his team are going to be doing in all our parks in the future. Brian enjoys riding his bicycle, playing soccer on weekends, and driving and racing RC cars. Brian's Fun Fact: One hour of weeding burns 300 calories (the same as walking or bicycling at a moderate pace), and manual push mowing of the lawn burns 500 calories per hour (the same rate as playing tennis).

Peter Grindle: Supervising Maintenance Worker (Facilities) is married with two children and one on the way. Pete has been with the City now for almost 3 months and has jumped right in already ensuring many of the facilities our residents enjoy are up to par. Pete enjoys working on old or classic cars (which he has), enjoys riding motorcycles, and loves the great outdoors. When asked for a fun fact, Pete stated "I don't know, let me ask my Wife"

Bill Feeny has been with the City of Rohnert Park for 10 years working in many divisions of Public Works. Currently he is working in Building Maintenance at the Community Center and Sports Center complex. Bill also maintains our three community pools. Bill has a Wife and two kids. He loves coaching soccer, helping developing the skills of the game as well life. Bill also has a passion for air soft. Bill's Fun Fact: airsoft helps build teamwork, critical thinking, leadership, mechanical skills, respect, sportsmanship, respect of firearms, and firearms safety.

Amongst these key staff in our Public Works Department are the many full-time employees that maintain our parks and our buildings so that everyone has a safe, enjoyable place to recreate, experience nature and engage in our community. These men and women work tirelessly day in and day out, often times behind the scenes, and we are deeply thankful for their public service.

Cindy Bagley
**DEPUTY DIRECTOR OF
 COMMUNITY SERVICES**



CALLINAN SPORTS AND FITNESS CENTER

Celebrating Over 30 years as your one-stop shop for community fitness and fun!

Located at 5405 Snyder Lane next to the Community Center and Spreckels Performing Arts Center, the Callinan Sports and Fitness Center offers over 4,600 sq. ft. of space to meet your health and fitness needs. Features include:

Cardio & Weight Training Center Equipped with elliptical machines, treadmills, stair climbers, recumbent and upright bicycles, and selectable weight training machines. Many machines include personal televisions and web access while three additional 60" flat screens are available for communal use. And yes, we have Wi-Fi! Have questions about the machines? Members can sign up for a free orientation on all cardio and weight training equipment - just ask about it at the front desk.

Free Weight Room Equipped with over 3,000 lbs. of Olympic style barbells, dumbbells, squat racks, leg press, a Smith machine and a variety of work benches. A great place for members 14 and older to work on their form and increase strength!

Myles Ahead® Olympic Weight Room In partnership with Myles Ahead® Fitness we offer an excellent Olympic weightlifting facility. Access to the facility during non-class time is included with your membership. (Teen and above) please inquire for more information. Olympic weightlifting classes and personal training available for an additional fee.

Gymnasium The collegiate size gym is home to daily open gym sessions including volleyball, basketball, pickleball and youth sports programs. Latest schedule available online at www.rpcity.org/sportscenter.

2 Racquetball Courts Both drop-in and court reservations available. Players of all ages and abilities are always welcome. No equipment, no problem, rental equipment available. Daily challenge courts available for both racquetball and handball, for complete schedule please visit www.rpcity.org/sportscenter.

Child Care We will take care of your child while you work out! The child care room is open from 9-11am and 6-8pm Monday through Friday for just \$2 per visit, per child.

Locker Rooms and Sauna Modern locker rooms complete with saunas, individual shower stalls, filtered water fountains with water bottle fill stations and lockers available for day use or rental.

Personal Training The Sports and Fitness Center offers personal training packages with one of our two fantastic personal trainers who offer training for both general fitness and serious athletics. For more information and pricing please contact the Sports Center front desk at 707-588-3488.

Lap Swimming Lap swimming at one of our three local pools is included with your membership (except Junior). For more information and a schedule of available times please turn to our aquatics section on page

MEMBERSHIP As your community facility, we aim to offer a clean and comfortable experience at an affordable rate. Membership can be purchased by the month or by the year. For more information, visit our website at www.rpcity.org/sportscenter and call the Callinan Sports and Fitness Center at 707-588-3488. **NEW MEMBERS CAN ENJOY A 2 WEEK TRIAL FREE TRIAL WITH NO COMMITMENT. Just ask us how!**

	Monthly Option	Annual Option	Punch Card (10/20 visits)
Junior (8-13)	N/A	\$30	N/A
Teens (14-17)	\$16	\$192	\$50/\$90
Adult (18-59)	\$27	\$324	\$50/\$90
Senior (60+)	\$16	\$192	\$50/\$90
Disabled (any age)	\$16	\$192	\$50/\$90
Family (6 members*)	\$60	\$720	N/A

*2 adults, and up to 4 juniors/teens

HOURS Mon-Fri 6am-10pm | Sat & Sun 8am-7pm

Closed New Year's Day, Easter Sunday, Memorial Day, Independence Day, Labor Day, Thanksgiving Day, and Christmas Day. *Reduced hours are observed on Christmas Eve and New Year's Eve. Please note that throughout the year certain special events and rentals may alter the gym hours or availability of certain amenities.*

SUMMER DAY CAMPS CAMPAMENTOS DIURNOS DE VERANO

COOKING & ART SUMMER CAMPS



CREATIVE COOKING CLASS FOR KIDS CLASE DE COCINA CREATIVA PARA NIÑOS

Come and discover the joys of cooking! Each day we will prepare a vegetarian, child-friendly meal beginning with an appetizer and ending with dessert. Chefs will learn basic food preparation techniques, food safety, and how to read a recipe. At the end of the day, campers will be able to enjoy their hard work by tasting their creations. Chefs will decorate their own cloth apron and create a cookbook to bring home. On the final day of camp, each chef will invite two guests to join the family luncheon. *Instructor: Lori Cleveland.*

Ages: 7-12

Dates: Monday–Thursday, Jun 3–6
(Family Luncheon on Jun 6 at 11:30am)

Time: 9am–Noon

Location: Community Center Kitchen

Fee: \$140 Resident | \$147 Non-Resident; plus \$40 materials fee due to instructor at first class.

CULINARY COURSE FOR TEENAGERS CURSO CULINARIO PARA ADOLESCENTES

If you are interested in developing culinary skills and impressing your friends/family with delicious meals, this course is for you! Each day chefs will design a menu containing nutritious and easy to prepare meals, starting with an appetizer and ending with a dessert. The first menu will be designed by the instructor and the remaining menus will be created by the student chefs. On the final day of camp, each chef will invite two guests to join the family dinner. *Instructor: Lori Cleveland.*

Ages: 15-18

Dates: Monday–Thursday, Jun 3–6
(Family Dinner on Jun 6 at 5:30pm)

Time: 3pm–6pm

Location: Community Center Kitchen

Fee: \$140 Resident | \$147 Non-Resident; plus \$40 materials fee due to instructor at first class.

NEW | MIXED MEDIA ART CAMP

ARTE DE MEDIOS MIXTOS

Did you know that you can mix salt and watercolor to create beautiful art? In this camp we will explore different art media like watercolors, oil pastels, chalk, ink, salt, sand and more to create some amazing art. *Instructor: Barbara Golden.*

Ages: 6-12

Dates: Monday–Friday, Jun 3–6

Time: 9am–Noon

Location: Community Center Craft Room #1

Fee: \$100 Resident | \$107 Non-Resident; plus \$10 materials fee due to instructor on first day of camp.



NEW | COMIC WORKSHOP CAMP: FANTASY CREATURES & LANDSCAPES

TALLER DE COMICS

Do you like to draw dragons, fairies, gnomes, trolls or your own fantasy creatures? This is the right camp for you! Let's create our own world filled with fantasy creatures and landscapes. *Instructor: Barbara Golden.*

Ages: 6+

Dates: Monday–Friday, Jun 17–21

Time: 9am–Noon

Location: Community Center Craft Room #1

Fee: \$100 Resident | \$107 Non-Resident; plus \$10 materials fee due to instructor on first day of camp.

NEW | COMIC WORKSHOP CAMP: BEAUTIFUL ANIMALS & LANDSCAPES

TALLER DE COMICS

Let's draw and paint our beautiful world on paper. We will explore landscapes and animals in our world and learn how to create them with pencils, chalk pastels, markers and paint on paper. *Instructor: Barbara Golden.*

Ages: 6+

Dates: Monday–Friday, Jul 22–26

Time: 9am–Noon

Location: Community Center Craft Room

Fee: \$100 Resident | \$107 Non-Resident; plus \$10 materials fee due to instructor on first day of camp.

PLAY-WELL TEKNOLOGIES SUMMER CAMPS

For information, please call 510-289-9909

JEDI CRAFT ADVENTURE GAME USING LEGO®

JUEGO DE AVENTURA DE JEDI CRAFT UTILIZANDO LEGO®

Mine, craft, and build the Star Wars universe using LEGO® bricks! Roll the dice to gather Jedi resources. Then build a Pod Racer, craft a Droid, or create the Treehouse Village of Endor! This novice Play-Well game is inspired by the Minecraft tablet game and the Star Wars fantasy setting. *Instructor: Play-Well TEKologies.*

Ages: 5-7

Dates: Monday–Friday, Jun 24-28

Time: 9am-Noon

Location: Community Center Lounge

Fee: \$179 Resident | \$186 Non-Resident

JEDI CRAFT SURVIVAL GAME USING LEGO®

JUEGO DE SUPERVIVENCIA DE JEDI CRAFT USANDO LEGO®

Mine, craft, and build the Star Wars universe using LEGO® bricks! Roll the dice to gather Jedi resources. Then build a Starship, craft Light Sabers, and use the Force to survive Empire attacks. This advanced Play-Well game is inspired by the Minecraft tablet game and the Star Wars fantasy setting. *Instructor: Play-Well TEKologies.*

Ages: 8-12

Dates: Monday–Friday, Jun 24-28

Time: 1pm-4pm

Location: Community Center Lounge

Fee: \$179 Resident | \$186 Non-Resident

HARRY POTTER MAGICAL ENGINEERING USING LEGO®

HARRY POTTER INGENIERÍA MÁGICA USANDO LEGO®

Explore the magic of Harry Potter using LEGO®! Find platform 9 3/4, build Hogwarts Express Train, work cooperatively to construct the mysterious Hogwarts Castle, and challenge the Hungarian Horntail Dragon. Travel the world of wizardry and hone your magical skills while learning about Muggle (STEM) concepts. *Instructor: Play-Well TEKologies.*

Ages: 5-6

Dates: Monday–Friday, Jul 8-12

Time: 9am-Noon

Location: Community Center Lounge

Fee: \$179 Resident | \$186 Non-Resident

HARRY POTTER MASTER ENGINEERING USING LEGO®

HARRY POTTER MASTER INGENIERÍA USANDO LEGO®

Master the magic of Harry Potter using LEGO®! Build Diagon Alley in preparation for your trip to Hogwarts School of Witchcraft and Wizardry. Hop on your Broomstick and play Quidditch, duel the evil Lord Voldemort, and hone your magical skills while learning about advanced Muggle (STEM) concepts. *Instructor: Play-Well TEKologies.*

Ages: 7-12

Dates: Monday–Friday, Jul 8-12

Time: 1pm-4pm

Location: Community Center Lounge

Fee: \$179 Resident | \$186 Non-Resident

SKYHAWKS SPORTS CAMPS

MULTI-SPORT CAMP

CAMPAMENTO MULTIDEPORTIVO

Skyhawks has taken your favorite games from the playground and combined them into an action packed camp! Each day participants will learn sportsmanship, teamwork and strategy in addition to the rules of the game. Bring your friends or come make new ones. Each participant will receive a Skyhawks T-Shirt and merit award at the conclusion of camp.

Ages: 6-12

Dates: Monday-Friday, Jun 10-14

Time: 9am-Noon

Location: Sunrise Park

Fee: \$139 Resident | \$146 Non-Resident

SOCCER CAMP

CAMPAMENTO DE FÚTBOL

This fun, skill-intensive program is designed for beginning to intermediate players. Using our progressive curriculum, campers will gain the technical skills, strategy and sports knowledge to take their next step into soccer. Participants will receive a soccer ball, Skyhawks T-Shirt, and player evaluation award at the conclusion of camp.

Ages: 6-12

Dates: Monday-Friday, Jul 15-19

Time: 9am-Noon

Location: Sunrise Park

Fee: \$139 Resident | \$146 Non-Resident

LACROSSE CAMP

CAMPAMENTO DE LACROSSE

Lacrosse combines basic skills used in soccer, basketball and hockey into one fast-paced game. Boys and girls will learn the fundamentals of stick handling, cradling, passing and shooting in a fun, non-checking environment.

Ages: 6-12

Dates: Monday-Friday, Jul 8-12

Time: 9am-Noon

Location: Sunrise Park

Fee: \$139 Resident | \$146 Non-Resident

BASKETBALL CAMP

CAMPAMENTO DE BALONCESTO

This fun, skill-intensive program is designed for beginning to intermediate players. An active week of passing, shooting, dribbling, defense and rebounding makes this one of our most popular programs. Participants will receive a basketball, Skyhawks T-Shirt, and player evaluation award at the conclusion of camp.

Ages: 6-12

Dates: Monday-Friday, Jun 17-21

Time: 9am-3pm

Location: Callinan Sports and Fitness Center Gym

Fee: \$209 Resident | \$216 Non-Resident

MINI-HAWK CAMP

CAMPAMENTO DE HALCONES PEQUEÑOS

Baseball, basketball and soccer are taught in a safe, structured environment filled with lots of encouragement and a big focus on fun! Through games and activities, campers explore balance, hand/eye coordination, and skill development at their own pace. Participants will receive a basketball, Skyhawks T-Shirt, and merit award at the conclusion of camp.

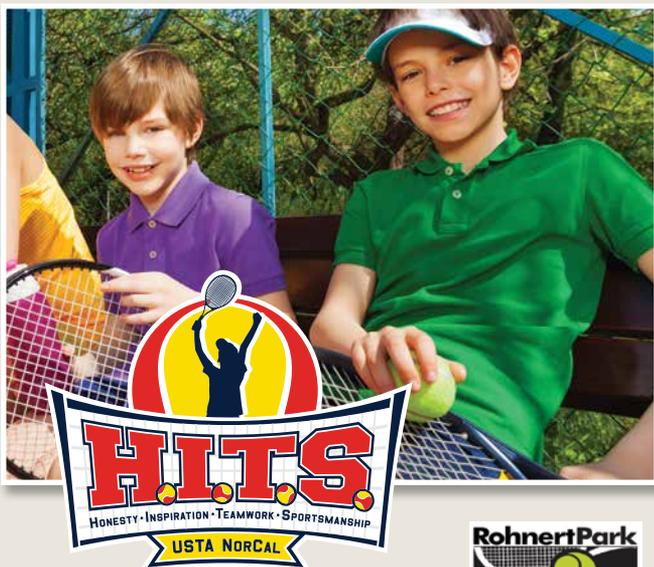
Ages: 4-7

Dates: Monday-Friday, Jul 29-Aug 2

Time: 9am-Noon

Location: Sunrise Park

Fee: \$139 Resident | \$146 Non-Resident



H.I.T.S. SUMMER TENNIS CAMP

CAMPAMENTO DE TENIS DE VERANO

FREE COMMUNITY TENNIS CAMP FOR KIDS: PERFECT FOR BEGINNERS! Are you interested in learning how to play tennis this summer? Join us for a special one-week free tennis camp sponsored by the Rohnert Park Tennis Club and The United States Tennis Association. All local kids are welcome and encouraged to attend a full week of tennis classes. Each participant receives a t-shirt, handbook and goodies. Loaner equipment provided. Please wear closed toed shoes and bring your smile and happy attitude. We will have fun!

This FREE tennis camp concludes on Saturday June 29th with a Red Ball Team Challenge where players can test out their new skills in games and match play. Pizza and beverages provided for all players who participate in the Red Ball Team Challenge.

Age: 5-15

Day/Time: Mon-Fri 5-6pm | Sat - TBD

Dates: Jun 24-29

Location: Magnolia Park Tennis Courts

Fee: FREE

NEW | EMPIRE JUNIORS VOLLEYBALL

VOLEIBOL DE JUNIORES DEL IMPERIO

This four day camp be a combination of technical skill work and small group play. The first half of each day will have an emphasis on serving, passing, and attacking. The second half of each day will incorporate small group competitions with doubles and triples play. The camp is designed to give each camper an extreme amount of technical training, along with direct application of skills. The mission will be to learn and to more importantly have fun.

Players need to bring water bottle, snacks, athletic shoes/apparel.

Instructor: Daryl Kapis, Empire Volleyball Club Technical Coordinator, Assistant Club Director and Assistant Coach at Sonoma State University.

Ages: 8-13

Dates: Tuesday-Friday, Jun 11-14

Time: 9am-Noon

Location: Lawrence Jones Middle School Gymnasium

Fee: \$175 Resident | \$182 Non-Resident



FENCING ADVENTURE FOR KIDS

AVENTURA DE ESCRIMA PARA NIÑOS

For hundreds of years fencing has captured the imagination of generations of young people. Who hasn't imagined themselves with sword in hand, fending off hordes of enemies with a quick and daring blade? At Fencing Adventure Camp, students learn the rules of the sport, the amazing history of fencing, and play games that help develop skills learned during footwork and drills. Camps are designed with the beginning fencer in mind, so no prior experience is necessary. Students get a fencing t-shirt when they start the camp! Bring a bag lunch and dress in tennis shoes and shorts or sweats. *Instructor: Jim Liebich, En Garde Fencing.*

Ages: 7-12

Dates: Monday-Friday, Jul 8-12

Time: 9am-Noon

Location: Community Center Multi-Use Room

Fee: \$200 Resident | \$207 Non-Resident

YOUTH TENNIS CAMP

TENIS JUVENIL

All tennis classes held at Magnolia Park Tennis Courts with instructor Tony Delario.

ROOKIES

This camp focuses on beginning technique through game play as well as building general athleticism and proper footwork. Students will learn the different grips for each stroke as well as the four point system of stroke development.

Age: 6-9

Day: Tuesday-Thursday

Time: 9-10am

Fee: \$15/day or \$40/week Resident
\$17/day or \$47/week Non-Resident

Session 1: Jun 4-6

Session 2: Jun 11-13

Session 3: Jul 9-11

Session 4: Jul 16-18

Session 5: Jul 23-25

JR DEVELOPMENT

In this camp students will learn and perfect the stroke points for all strokes as well as learn scoring in early/ modified match play. Children will get a great workout while having a blast in this fast paced, athletically driven camp. All levels are welcome.

Age: 10+

Day: Tuesday-Thursday

Time: 10:15am-1:15pm

Fee: \$50/day or \$135/week Resident
\$57/day or \$142/week Non-Resident

Session 1: Jun 4-6

Session 2: Jun 11-13

Session 3: Jul 9-11

Session 4: Jul 16-18

Session 5: Jul 23-25

WATER POLO CAMP

CAMPAMENTO DE POLO ACUATICO

This camp is designed for kids who are interested in water polo! This is a fun recreational camp introducing the basics to the sport of water polo. Skills will include instruction on "egg beater" kicking, passing, shooting the ball, and defense techniques, as well as learning game strategies. Participants will be provided with the opportunity to learn water polo skills from competitive water polo athletes. **Prerequisite: Student must be able to swim one length of the pool (25 yards) and tread water for 1 minute without stopping.**

Ages: 8-12

Dates: Monday-Friday, July 22-26

Time: 9am-Noon

Location: Benicia Pool

Fee: \$63 Resident | \$70 Non-Resident

SPRECKELS PERFORMING ARTS CENTER ARTS EDUCATION SUMMER DAY CAMPS SHINE ONSTAGE!

LEGALLY BLONDE-THE MUSICAL, JR.

Based on the award-winning Broadway musical and the smash hit motion picture, Legally Blonde-The Musical, JR. follows the transformation of Elle Woods as she tackles stereotypes, snobbery and scandal in pursuit of her dreams. When Elle's boyfriend, Warner, dumps her and heads to Harvard, claiming she's not "serious" enough, Elle takes matters into her own hands, charming her way into law school. As Elle begins outsmarting her peers, she realizes that law may be her natural calling after all.

Participants will receive acting, dancing, and vocal training from theater professionals during this camp. At the end of the session, participants will have five performances of Legally Blonde- The Musical Jr. in the Codding Theatre.

Ages: 13-17

Days: Monday-Friday

Date: Jul 1-25

Time: 1:30pm-5:30pm

Performances: Jul 26-28

Location: Spreckels Performing arts Center

Fee: \$450

DEAR EDWINA JR.

Dear Edwina JR. is a heartwarming musical about the joys of growing up and follows the adventures of plucky young advice-giver-extraordinaire, Edwina Spoonapple, as she directs the neighborhood kids in a series of buoyant production numbers for the latest edition of her weekly "Advice-a-Palooza." Edwina and her friends share wisdom on everything, from trying new foods to making new friends, through clever, catchy and poignant songs.

Participants will receive acting, dancing, and vocal training from theater professionals during this camp. At the end of the session, participants will have five performances of Dear Edwina Jr. in the Bette Condiotti Experimental Theatre.

Ages: 7-12

Days: Monday-Friday

Date: Jul 8-Aug 1

Time: 9am-1pm

Performances: Aug 2-4

Location: Spreckels Performing arts Center

Fee: \$450

CAMP BURTON / CAMPAMENTO BURTON

Ages: 5 1/2-10 | 5-day sessions | Staff: Community Services Staff | Hours: 9am-3:30pm

Camp Burton returns for another fantastic summer! Each week will be full of exciting activities including themed arts, crafts and games. Swim Days are on Tuesdays and Thursdays. Wear layered play clothes and closed-toe shoes. Bring a snack, a lunch, sun screen and bottle of water each day. Completed emergency forms are required on the first day of camp.

Full Day 9am-3:30pm	AM Extended 7:30-9am	PM Extended 3:30-5:30pm	Morning Half Day 9am-Noon	Afternoon Half Day 12:30-3:30pm	Swim Lesson Extended Care 4:30-5pm	Swim Days T/Th
\$125/\$132	\$15	\$25	\$63/\$70	\$63/\$70	\$55	\$20

DEFERRED PAYMENT OPTION

You can hold your spot for \$10 per week, per child. Final payment of the remainder of camp fees will be due by the Wednesday prior to the session you will be attending. This deposit is non-refundable should you decide to not attend camp. Please come by our office to hold your spot today! (*Deferred payment not available for online registration*)

REFUND POLICY:

- Withdrawals made before 5pm on the Wednesday prior to camp will be charged a \$10 withdrawal fee (*per session, per child*)
- Withdrawals made after the Wednesday before but prior to camp starting will be charged a 50% cancellation fee

EXTENDED CARE

Do you need a few more hours of supervised care? In extended care campers will enjoy regular camp activities, such as arts & crafts, board games, and outdoor activities, but at a more leisurely pace. Parents can choose from AM only, PM only, or both. AM care is 7:30-9am. PM care is 3:30-5:30pm. To register for extended care you must preregister for the week of camp and then register separately for your extended care options. Online registration is now available for extended care.

SWIM LESSON EXTENDED CARE

Swim Lesson Extended Care includes the hours of normal PM extended care at the camp site and a semi-private swim lesson. This program includes a 30 minute swim lesson Monday through Thursday from 4:30-5pm. This course is a "semi-private" lesson for 4 students from camp and can be modified for any level, from beginners to more advanced swimmers. This option must be signed up at least 1 week prior to the start of camp. Participants will be escorted by camp staff to their lesson and may be picked up either at Benicia Pool or after the lesson at the camp site.

HALF DAYS

Does your child love Camp Burton but has other priorities for the first or second half of the day? Then sign them up for Camp Burton Half Days! Choose between 9am-Noon or 12:30-3:30pm! Don't forget to sign up for Tuesday/Thursday Swim Days if registered for AM Half Days!

SWIM ADD-ON DAYS

Does your AM Half Day camper want to attend swim days on Tuesday and Thursday afternoons? Sign them up for the Swim Add-On feature! On Tuesday and Thursday your AM camper will stay with camp and swim at Benicia Pool until pick up at 3:30 pm.

WEEK 1 | Jun 10-14 Camp Extravaganza

It's the first week of camp, and Burton can't wait to start! Jump into a fun filled summer with games, sports, crafts and more! Get ready for a fantastic week!

WEEK 2 | Jun 17-21 Out At Sea

Ahoy Campers! Come join us as we turn camp into a beachy oasis and explore the big blue ocean, from fishy games to nautical crafts! It'll be a swimmingly good time.

WEEK 3 | Jun 24-28 Crazy Carnival

Step right up! Step right up! Come and join us in a week of good old fashion carnival games, from skeeball to ring toss! Campers will get to experience photo booths and shave ice, and more, just like a real carnival!

WEEK 4 | Jul 1-5 Road Trip Across America

Join us on the road! From camping in The Grand Canyon to walking around the Statue of Liberty. Campers will celebrate the Fourth of July with Patriotic decorations and crafts, and play all American games while we wrap the week up with a special BBQ. (*No Camp on 7/4*)

WEEK 5 | Jul 8-12 Summer Olympics

Go for the gold this summer! Campers will have a blast while using teamwork to complete challenges and create the world's best awards for Camp Burton's finest athletes.

WEEK 6 | Jul 15-19 Wacky Water

Water is one of the most important elements we have; get ready to get wacky with it! Campers will learn why water is so important but mostly they'll be having fun getting soaked in outrageous water games!

WEEK 7 | Jul 22-26 Super Space

Space, the final frontier! Campers will join us in an expedition to outer space in a fun week full of alien encounters and exploration of our solar system. To infinity and beyond!

WEEK 8 | Jul 29-Aug 2 Superhero Rescue

This camp needs you! Come save the summer while campers bring out their inner powers and help beat the evil that is boredom! We will create super crafts and participate in action-filled games.

WEEK 9 | Aug 5-9 A Walk Down Memory Lane

We saved the best for last! We're bringing back all of Camp Burton's favorites! All the best and most exciting activities to wrap up all the fun we had over the 9 amazing weeks of camp!

CAMP 101 - TEEN CAMP

CAMPAMENTO TEEN

PARA ADOLESCENTES

Teens have all the fun they want while learning how to be responsible for themselves and others. Teens may go off with a buddy at each location and must come back to the pre-determined location on time. Teen's tickets and transportation costs are all included in the price. Spending money for souvenirs and food is recommended. Each week you will receive an itinerary with suggestions for clothing and extra items you may want to bring. Every day begins and ends at the Rohnert Park Community Center. Arrive no later than 9:30am and pick up is 4pm unless otherwise notified.

Staff: Community Services Leaders
Ages: 11-14
Days: Tuesday, Wednesday, Thursday
Time: 9am-4pm
Location: Community Center Lobby
Fee: \$165 Resident | \$172 Non-Resident

Week 1 | Jun 11, 12, 13
 Scandia/Honeybee Pool
 Jelly Belly Factory & IMAX Theater
 Escape Room/Double Decker Lanes

Week 2 | Jun 18, 19, 20
 Bodega Bay
 Six Flags Discovery Kingdom
 Epicenter

Week 3 | Jun 25, 26, 27
 Spring Lake Water Park
 California Academy of Science
 Vertex Climbing/Movie

Week 4 | Jul 9, 10, 11
 Armstrong Woods
 Sonoma Canopy Tours
 Scandia/Honeybee Pool

Week 5 | Jul 16, 17, 18
 Stinson Beach
 A's Game
 Rebounderz

Week 6 | Jul 23, 24, 25
 Hurricane Harbor
 Giant's Game
 Rockin Jump/Laser Tag

Week 7 | Jul 30, 31, Aug 1
 Johnson's Beach
 River's Edge Canoe
 Double Decker Lanes/Honeybee Pool

Week 8 | Aug 6, 7, 8
 Windsor Bowling Center/Escape Room
 Alcatraz/Golden Gate Park
 Sonoma County Fair

For information on Miss Betty's Tot Time Summer program, please see pg.17



PRESCHOOL CAMP

CAMPAMENTO PREESCOLAR

It's never too early to have a fun summer filled with camp memories! Children as young as 3 years old now have a chance to enjoy a half-day of summertime fun! Each week will be based on a different theme with crafts, games and activities to entertain your camper while learning the importance of sharing and caring. Snacks will be provided each day. Children must be potty trained and must pack an extra set of clothes. Pre-school camp begins at 9:00am and goes until Noon. Bring sun screen and water each day. Completed emergency forms required on the first day of camp.

Ages: 3-5
Days: Monday/Wednesday/Friday
Time: 9am-Noon
Location: Community Center Meeting Room #1
Staff: Community Services Leaders
Fee: \$69 Resident | \$76 Non-Resident

Week 1 | World of Color: Jul 22-26
Week 2 | Nature Adventure: Jul 29-Aug 2
Week 3 | Water Fun: Aug 5-9

LEADER-IN-TRAINING

LÍDER-EN-ENTRENAMIENTO

Is your teen looking for something to stay busy this summer but doesn't have quite enough experience for their first job? Our Leader In Training (LIT) program is a great opportunity to gain valuable work experience AND have a blast this summer! Basic job training will be provided to work as a volunteer at Camp Burton, our summer day camp. Topics covered will include appropriate job behavior and skills and there will even be a mock interview for all program participants. For more information contact the Community Center, 707-588-3456 and **sign up fast as space is very limited.**

Ages: 12-16
Staff: Community Services Staff
Location: Community Center Meeting Room #2
Volunteer Hours: TBD following training & availability
Training Hours: Jun 7: Noon-3:30pm
Location: Community Center
Fee: \$50 resident | \$57 Non-Resident

CITY OF ROHNERT PARK COMMUNITY SERVICES PRESENTS



PARTY ON THE PLAZA & FARMERS' MARKET



FAMILY | FOOD | FARMERS | MUSIC

KICK-OFF
EVENT!

JUN 7 | 5-10PM

JOIN US FOR AN EXTENDED EVENING OF MUSIC, FOOD AND FUN!
FAMILY GAMES | FARM FRESH FOODS | CRAFTERS | LIVE MUSIC | FOOD TRUCKS | & MORE

Featuring Live Music & Entertainment: 5-6p Local Youth Talent
6:15-7:45p Jami Jameson: *Female led Jazz & Blues* • 8:15-10p AquaNett: *80's Tribute*



CHECK OUT OUR ENTIRE SUMMER SCHEDULE!

- Jun 14 Blues Mothers: *All Female Blues Brothers Tribute*
- Jun 21 HOTS: *Driving Rock*
- Jun 28 Choppin Broccoli: *80's Tribute*
- Jul 5 **NO MARKET** | *Independence Day Weekend*
- Jul 12 Soul Section: *Rock & Soul Horn Band*
- Jul 19 Dirty Cello: *Female led rock/blues/bluegrass Cello*
- Jul 26 Rock & Roll Rhythm Review: *Female led Rock, Jump Blues & Rockabilly*
- Aug 2 Levi Lloyd & Friends: *Rockin Blues*
- Aug 9 Country Night | Third Rail: *Female led New & Old Country*
- Aug 16 Igniters: *Classic Rock*
- Aug 23 Reggae Night | Un Amour Band: *Positive Reggae*
- Aug 30 Poyntlyss Sistars: *Female Led 50's-90's Dance Music*

**Parks
Make
Life
Better!**

City Center Plaza | 500 City Center Dr., Rohnert Park, CA 94928 | 707-588-3456

AQUATICS POOL SCHEDULE

DEPORTES ACUÁTICOS HORARIO DE PISCINA

BENICIA POOL | 7469 Bernice Ave. | 707-795-7582 | **Starts June 10–August 11**
(These recreation swim hours will continue on the weekends through Labor Day)

SUN	MON	TUE	WED	THURS	FRI	SAT
Lap Swim 10:30am-12:15pm						
Recreation Swim 12:30–5:30pm	Recreation Swim 1-4:15pm	Recreation Swim Noon-4pm				
	Swim School 4:30-7pm	Swim School 4:30-7pm	Swim School 4:30-7pm	Recreation Swim 4:30-7pm		

HONEYBEE POOL | 1170 Golf Course Dr. | 707-586-1413 | **Starts June 10–August 11**
(these recreation swim hours will continue on the weekends through Labor Day)

MON	TUE	WED	THURS	FRI	SAT
Lap Swim 6–8am		Lap Swim 6–8am		Lap Swim 6–8am	
Swim School 9–11:30am	Swim School 9–11:30am	Swim School 9–11:30am	Swim School 9–11:30am		
Lap Swim 11:45-1:15 pm	Lap Swim 11:45-1:15 pm	Lap Swim 11:45-1:15 pm	Lap Swim 11:45-1:15 pm	Lap Swim 11:15-1:15 pm	Lap Swim 11:15-1:15 pm
Recreation Swim 1:30–4:15pm	Recreation Swim 1:30–5:30pm				
Swim School 4:30-6:30pm	Swim School 4:30-6:30pm	Swim School 4:30-6:30pm	Swim School 4:30-6:30pm		
Swim Team 6:30-8pm	Swim Team 6:30-8pm	Swim Team 6:30-8pm	Swim Team 6:30-8pm	Swim Team 4:30-7:30pm	

MAGNOLIA POOL | 1501 Middlebrook Way | 707-795-8619 | **Starts June 10–August 11**
(These recreation swim hours will continue on the weekends through Labor Day)

MON	TUE	WED	THURS	FRI	SAT
Lap Swim Noon-1pm		Lap Swim Noon-1pm			Swim School 9am-Noon
Recreation Swim 1–4:15pm		Recreation Swim 1–4:15pm		Recreation Swim 1–4:15pm	Recreation Swim Noon–4pm
Swim Team 4:30-6:30pm	Swim Team 4:30-6:30pm	Swim Team 4:30-6:30pm	Swim Team 4:30-6:30pm		Pool Rentals Start at 4:15pm
PM Lap Swim 6:45-8pm <i>(Limited Lanes)</i>					
Adult and Teen Swimming 7:15-8pm	Swimming Endurance/ Technique 7:15-8pm	Adult and Teen Swimming 7:15-8pm	Swimming Endurance/ Technique 7:15-8pm		

GENERAL ADMISSION

Adult (18-59).....	\$5.00
Youth (2-17)	\$4.00
Senior (60+)/Disabled.....	\$4.00
Child (0-2).....	Free

DISCOUNT SWIM PASSES

Available at any pool.....	10 swims
Adult (18-59).....	\$40.00
Youth (2-17)	\$30.00
Senior (60+)/Disabled.....	\$30.00
Family (Summer season, up to five family members).....	\$270.00

POOL PARTY PACKAGE

Spanish

- 30 people maximum
- \$90 flat fee
- Monday-Sunday
- Honeybee & Benicia Pool Only
- June 10 through September 3, 2019

For more information on pool parties call 707-588-3456. To book your pool party, please visit the Community Center at 5401 Snyder Lane.

SWIM SCHOOL

ESCUELA DE NATACIÓN

SWIM SCHOOL FEES | TARIFAS ESCUELA DE NATACIÓN:

Residents \$60 | Non-Residents \$67

SATURDAY SWIM SCHOOL FEES

Residents \$45 | Non-Residents \$52

CHOOSE YOUR SWIM CLASS

Please register early, as spaces fill up quickly.

Participant must be the required age by the first day of class. Swim school registration may be done at the Community Center, by calling 707-588-3456 (if you have an account) or by going online to our website at cityofrohnertpark.perfectmind.com.

Summer sessions (unless otherwise noted) will last for 8 days (2 weeks) and will run approximately 25 minutes each day Monday-Thursday.

- **Saturday Lessons at Magnolia Pool** These sessions will be offered during the summer months and each session will meet 4 times. Each Saturday Swim lesson will be 40 minutes long (except private swim lessons.)
- Please note, there will be no swim school on July 4, 2019
- Participants may not make up classes, which have been missed. If your child is sick the first few days of class, they are encouraged to take remaining days.
- We recommend that you arrive fifteen minutes before class to check in. Parents must check in the first 2 days of class.
- Children registered for a class that they are not qualified for will be placed in the correct class only if there is a vacancy. If there is no vacancy, your money will be refunded. Please read the class descriptions carefully to ensure your child is enrolled in the correct class. Any questions, please call us at 707-588-3456
- If your child graduates to a higher level, you must register them for the next level. We will make every effort to accommodate a transfer, subject to availability. However, there may be instances where a refund is necessary.
- Persons will not be admitted to any fee program without being registered.
- Community Services Staff has the right to cancel or change any class at their discretion.
- Semi-Private swim lessons available upon request if both swimmers are of the same age and skill level. Please call 707-588-3456.

WATER BABIES (WB) | NIVEL BEBÉS

Ages: 6 months-3 years

This is a FUN introduction to the water. Participants will work on a variety of skills in a casual setting. Water adjustment and beginner skills such as blowing bubbles, going underwater, floating, kicking and scooping will be introduced to students as well as parents. The program is designed to teach you to work with your child on water adjustment and introductory skills. **Parent participation in the water is required.**

GUPPIES (GUP) | NIVEL PECECITOS

Ages: 3-5

Beginning skills, no prior swimming knowledge necessary. Working on being comfortable in the water through games, skills, and imagination. Skills covered include supported floating, kicking, blowing bubbles, and going underwater. Students will also learn how to enter and exit the pool safely.

SEA OTTERS (SEA) | NIVEL NUTRIA MARINA

Ages: 3-5

Students will start to learn how to glide on their own and float unsupported. Elementary back stroke and front crawl will be introduced. **Prerequisite: Students must be able to go underwater unsupported.**

DOLPHINS | NIVEL DELFINES

Ages: 3-5

Students will learn to swim farther distances, side breathe, swim underwater, and be introduced to back crawl. **Prerequisite: Students must be able to float on front and back unsupported.**

LEVEL 1 | NIVEL 1

Ages: 6-12

Beginning skill, no prior swimming knowledge necessary. Classes will be focused around water adjustment learning to float on their front and back, kicking, front crawl, back crawl, and elementary backstroke. Students will also learn how to enter and exit the pool safely.

LEVEL 2 | NIVEL 2

Ages: 6-12

Classes will focus on side breathing as well as the technique for front crawl, back crawl, and elementary backstroke. **Prerequisite: Students must be able to swim 10 yards on their front and back unsupported.**

LEVEL 3 | NIVEL 3

Ages: 6-12

Students will focus on refining side breathing, as well as back crawl. Students will also begin to learn the breaststroke kick and dolphin kick. Introduction to diving as space permits. **Prerequisite: Students must be able to swim front and back crawl 15 yards.**

LEVEL 4 | NIVEL 4

Ages: 6-12

Students will learn breaststroke arms and how to coordinate with the kick, as well as an introduction to butterfly. They will learn how to tread water as well as how to do a standing dive, all while focusing on technique for front crawl and back crawl. **Prerequisite: Students must be able to swim 25 yards of front crawl with side breathing and back crawl.**

SWIM SCHOOL CONTINUED

LEVEL 5 | NIVEL 5

Ages: 6-12

Class will emphasize technique and endurance of front crawl, back crawl, and breaststroke. Students will improve upon their butterfly, dives, treading water and flip turns. **Prerequisite: Students must be able to swim 50 yards of front crawl and back crawl, 25 yards of elementary backstroke, breaststroke and 15 yards of butterfly.**

PRIVATE SWIM LESSONS

CLASES DE NATACIÓN PRIVADAS

Set of four 25 minute private lessons.

Ages: 3+

Fee: \$120 resident | \$127 Non-Resident

SWIMMING ENDURANCE & TECHNIQUE

RESISTENCIA Y TÉCNICAS DE NATACIÓN

These classes are designed to increase the effectiveness and efficiency of competitive swimming strokes. Swimmers will participate in drills and games that focus on the details of each stroke. Sessions run every two weeks! Sign up early as space is limited.

Prerequisite: Students must be able to swim 25 yards using any two competitive strokes.

Ages: 8-18

Days: Tuesdays & Thursdays

Time: 7:15-8pm

Location: Magnolia Pool

Fee: \$45 Resident | \$52 Non-Resident

Session 1: Jun 11-20

Session 2: Jun 25-Jul 2* (No Class on 7/4)

Fee: \$33.75 Resident | \$39 Non-Resident

Session 3: Jul 9-18

Session 4: Jul 23-Aug 1

ADULT & TEEN

ADULTOS Y ADOLESCENTES

No previous water experience required. This program is designed for older teens and adults. Beginners can learn basic swimming strokes and skills needed to stay safe in and around the water, while more advanced swimmers can gain proficiency in basic aquatic skills and mastering of competitive swimming strokes. Sessions run every two weeks! Sign up early as space is limited.

Days: Mondays & Wednesdays

Time: 7:15-8pm

Location: Magnolia Pool

Fee: \$45 Resident | \$52 Non-Resident

Session 1: Jun 10-19

Session 2: Jun 24-Jul 3

Session 3: Jul 8-17

Session 4: Jul 22-31



FREE SWIM LESSON @ STAFF TRAINING

LECCIÓN DE NATACIÓN DURANTE ENTRENAMIENTO DEL PERSONAL

Complementary lesson in exchange for helping our aquatics staff practice their teaching techniques! Space is limited. Please pre-register online at cityofrohnertpark.perfectmind.com.

Ages: 3-12

Date: Friday, Jun 7

Time: 5:30pm

Location: Honeybee Pool

JUNIOR LIFEGUARD/SWIM AIDE

SALVAVIDAS/AYUDANTE JUNIOR

Does your teen love swimming, enjoys kids and needs to stay busy this summer? Sign them up to be a JUNIOR LIFEGUARD / SWIM AIDE! The first phase of this program will be in combination with our day camp leaders in training where they will be taught job skills, resume writing and will participate in a mock interview! Then, Junior Lifeguards/Swim Aides will participate in a separate training with lifeguards and swim instructors to learn basic life saving techniques around, the pool. In their capacity as a Swim Aide, participants will assist swim instructors in the water during two week sessions of swim lessons. In their capacity as a Junior Lifeguard, participants will be given several opportunities throughout the summer to attend guided trainings with our certified Lifeguard staff. All participants will take a mandatory 50 yard swim test utilizing either front crawl or breaststroke on the first day of water training. Space is limited and on a first-come, first-served registration basis!

Ages: 12-16

Location: Community Center Meeting Room #2

Dates: June 7, Noon-3:30pm

June 14, June 28, July 12 & 26 from 10:30am-Noon

Volunteer Hours: Swim Aides must be available for all days within one swim lesson session, which is Monday through Thursday for 2 weeks at a time. Assigned volunteer hours will vary.

Fee: \$50 resident | \$57 Non-Resident

RECREATION SWIM PASSES

CLASES DE NATACIÓN PÚBLICAS

All swim passes are valid for Recreation Swim admission to Honeybee, Benicia and Magnolia Pools. If you are interested in Lap Swim ONLY, please look into Sports Center memberships on page 3.

PIRANHA SWIMMING

Make a splash and be part of a team. PiranhaSwimming of Rohnert Park offers year-round instruction and training in competitive swimming for boys and girls age 5-18. Swimming promotes fitness and is a healthy lifetime activity; teaches goal orientation and self-improvement; and cultivates high self-esteem. Visit our website at www.PiranhaSwimming.com or call us at 707-524-4363

NEW | LEARN HOW TO SCUBA DIVE – 1, 2, 3!

APRENDER A BUCEAR -1,2,3!

This is the 2nd part out of 3, completed in the swimming pool. Before the pool portion you will complete the academic portion (Part 1) online. Your pool day then is a hands-on scuba experience developing the necessary underwater skills under the guidance of a certified PADI Scuba Instructor. To complete your course, you will finish with part 3 and do four scuba dives at the location of your choice, local or tropical.

You will need your own personal Mask, Snorkel, and Fins (as well as Boots and Gloves if finishing in California). Participation in this class qualifies you for equipment purchase discounts with your host, SEALS Watersports.

Part 1 and 3 not included and sold separately. For more information and to sign up, please go to SealsWatersports.com, or call 707-542-3100

WEEKDAY SWIM SCHOOL – BENICIA POOL & HONEYBEE POOL

There will be five sessions of swim school this year with weekday lessons at Benicia and Honeybee Pool, and Saturday lessons at Magnolia Pool! Please see pages __-__ for full descriptions of our class levels

B=Benicia Pool H=Honeybee Pool M=Magnolia Pool

		WB	GUP	SEA	DOLP	LEV 1	LEV 2	LEV 3	LEV 4	LEV 5	PRIVATE
Session 1: Jun 10-20	9:00am		H			H	H	H		H	H
	9:30am		H	H		H	H	H			H
	10:00am		H	H	H	H			H		H
	10:30am	H	H	H		H	H				H
Session 2*: Jun 24-Jul 3	11:00am	H	H	H	H		H				H
	4:30pm	H	H, B	H		H, B	B		H		H, B
	5:00pm	H	H, B	B	H	H, B	H	B	B		H, B
	5:30pm	B	H, B	H	B	H, B	H, B				H, B
	6:00pm		H, B	H, B		B	H, B	H, B	H		H, B
	6:30pm				B	B			B	B	B

*** Classes in Session 2 prorated due to shortened sessions – there will be no class 7/4**

		WB	GUP	SEA	DOLP	LEV 1	LEV 2	LEV 3	LEV 4	LEV 5	PRIVATE
Session 3: July 8-18	9:00am			H		H		H	H	H	H
	9:30am		H	H		H	H	H			H
	10:00am		H	H	H	H			H		H
Session 4: July 22-Aug 1	10:30am	H	H	H			H	H			H
	11:00am	H		H	H	H	H				H
Session 5*: Aug 5-8	4:30pm	H	H, B	H, B		H, B	B		H		H, B
	5:00pm	H	H, B	B	H	H, B	H	B	B		H, B
	5:30pm	B	H, B	H	B	H, B	H, B	H			H, B
	6:00pm		H, B	H, B		B	B	H, B	H	H	H, B
	6:30pm				B		B		B	B	B

*** Classes in Session 5 prorated due to shortened session (one week long)**

SATURDAY SWIM SCHOOL – MAGNOLIA POOL

		WB	GUP	SEA	DOLP	LEV 1	LEV 2	LEV 3	LEV 4	LEV 5	PRIVATE
Session 1: June 8-29	9:00am		M	M		M	M		M		M
	9:45am		M		M	M		M			M
Session 2: July 6-27	10:30am	M	M	M		M	M				M
	11:15am	M	M								M



Bank of America

JUNIOR GIANTS FREE YOUTH BASEBALL LEAGUE

LIGA DE BALONCESTO JUVENIL, GRATIS

Play Ball! The Rohnert Park Community Services department is proud to partner with the Giants Community Fund to bring their flagship program Junior Giants to Rohnert Park.

Junior Giants is a **FREE** non-competitive co-ed baseball league for children. This innovative program is designed by the Giants Community Fund in cooperation with the San Francisco Giants to use baseball as a forum to encourage and educate our youth to live healthy and productive lives. Each week participants are not only instructed on the fundamentals of the game of baseball but also participate in a discussion on the "word of the week" including the "4 bases of character development" Confidence, Teamwork, Leadership and Integrity. For completion of each week's discussions and challenges participants have an opportunity to earn a number of fantastic San Francisco Giants themed rewards.

No experience or equipment necessary. Equipment is generously provided by the Giants Community Fund.

Three divisions available in Rohnert Park

- 5-6yr old T-ball division
- 7-9yr old Minors division
- 10-13yr old Majors division

*6 or 9 year old participants wishing to play in a higher division will be considered if space allows. For details please contact Chris Morgan at 707-588-3451 or cmorgan@rpcity.org



Registration begins April 1st. Registration is done through the online service Sports Engine. Register online at www.rpcity.org/jrgiants. Registration is also available in person at the Rohnert Park Community Center Monday through Friday, 8am-5pm.

First Pitch mandatory meeting: May 24th 6:00-7:00pm at the Callinan Sports and Fitness Center. **Makeup meeting:** June 4th 6:00-7:00pm at the Callinan Sports and Fitness Center. **Opening Day:** June 10th

Each team will have 1 game and 1 practice per week (first two weeks will be just 2 practices). Times and locations are subject to change based upon league registration and field availability.

- T-Ball Division will practice on Tuesday nights and play games on Thursday nights
- Minors Division will practice on Monday nights and play games on Wednesday and Thursday nights
- Majors Division will practice on Tuesday nights and play games on Thursday nights

League will run for 8 weeks, ending on August 1st

-NEW- PRESEASON FUNDAMENTALS CLINIC This season we will be offering an all new preseason fundamentals clinic. This clinic will be an opportunity for registered players and coaches to come out and learn from experienced coaches in preparation for the Junior Giants season. All equipment will be provided. All coaches are highly encouraged to attend as we will be going over how to use the pitching machine, how to create and utilize practice plans, and much more!

Date: Saturday, June 1st

Time: Coaches please arrive 9:30am,
Players 10am-Noon

Location: Twin Creeks Park, 5530 Kerry Road

HIGH SCHOOL STUDENT IN NEED OF COMMUNITY SERVICE HOURS? If you are a high school student who enjoys working with kids then we want you! We are looking for a number of high school student volunteers to help us coach and setup our Junior Giants games. Coaching is a great opportunity in particular for athletes to give back to the sport and to reinforce their own knowledge of the fundamentals. There will be a special training for student coaches and league assistants at a date TBD. Please contact Chris Morgan for more information at 707-588-3451.

WE NEED VOLUNTEERS! This league is only possible with the help of generous volunteers. We are looking for volunteers to serve as coaches and team parents. Great with kids but don't know much about baseball? No problem! We will be holding a coaches' clinic prior to the season and provide you with everything you need, including practice plans.

To show appreciation for our wonderful coaches, sign up to coach by May 20th to be entered to win some fantastic Giants themed goodies. Prizes will be given out at the first pitch meeting.

For more information please go online to www.rpcity.org/jrgiants, or contact Chris Morgan, Community Services Program Coordinator and Junior Giants Commissioner by phone at 707-588-3451 or by e-mail at cmorgan@rpcity.org.



PRESCHOOL & YOUTH PROGRAMS PROGRAMAS PREESCOLARES Y JUVENILES



COMMUNITY CENTER TOT TIME PROGRAMA PREESCOLAR TOT TIME

This preschool based program helps toddlers gain social skills and increased self-confidence by learning and playing together in a stimulating classroom environment. Early childhood learning concepts are introduced in fun fashion through music, math games, art, stories, drama, and cooking. As an on-going class, priority registration is given to returning participants and remaining spots are enrolled on a first come, first served basis. *Instructor: Bettyjane Hotaling.*

TWO DAY PROGRAM

Ages: 34 months-3 years old
Location: Community Center Preschool Room
Days: Tuesdays & Thursdays
Time: 9:30-11:30am
Session 1: Apr 23-May 16
Session 2: May 21-Jun 13
Fee: \$120 Resident | \$127 Non-Resident; *Materials fee to be announced by teacher.*



THREE DAY PROGRAM

Ages: 4-5 years old
Location: Community Center Preschool Room
Days: Mondays/Wednesdays/Fridays
Time: 9-Noon
Session 1: Apr 22-May 17
Fee: \$216 Resident | \$223 Non-Resident; *plus \$10 materials fee*
Session 2: May 20-Jun 14 (No Class on 5/27)
Fee: \$198 Resident | \$205 Non-Resident; *Materials fee to be announced by teacher.*



SUMMER PROGRAM

Ages: 3-5
Location: Community Center Preschool Room
Days: Mondays/Tuesdays/Wednesdays
Time: 9-11:30am
Fee: \$195 Resident | \$202 Non-Resident; *Materials fee to be announced by teacher.*
Session 1: Jun 24-Jul 17



CHILDREN'S PRE-BALLET PRE-BALLET PARA NIÑOS

Develop a love of dance by trained dancers from Petaluma School of Ballet with over 20 years of teaching experience. Children are taught basic ballet and tap movement through song and storytelling. We use a variety of music to enhance musical rhythms by clapping and listening, using stretching and improvisation while having lots of fun. *Instructor: Petaluma School of Ballet.*

Dress Code Ages 3-4: Girls should wear pink short sleeved leotard (no attached skirts), pink tights and pink leather ballet shoes and black patent tap shoes. Boys should wear white T-shirt, shorts, socks and black leather ballet shoes and black patent tap shoes.

Dress Code Ages 5-6: Girls should wear blue short sleeved leotard, pink tights and pink leather ballet shoes and black patent tap shoes. Boys should wear a white t-shirt, shorts, socks, and black leather ballet shoes.

For all classes: Long hair should be pulled back into a ballet bun with a hair tie. Children with short hair should wear a headband to keep hair off face.

WEDNESDAY CLASSES

Ages: 3-4 | **Time:** 10:30-11:15am
Location: Community Center Meeting Room #3
Session 1: May 15-Jun 5
Session 2: Aug 14-Sep 4
Fee: \$48 Resident | \$55 Non-Resident

Ages: 4-5 | **Time:** 11:30am-12:15pm
Location: Community Center Meeting Room #3
Session 1: May 15-Jun 5
Session 2: Aug 14-Sep 4
Fee: \$48 Resident | \$55 Non-Resident

THURSDAY CLASSES

Ages: 3-4 | **Time:** 3:45-4:30pm
Location: Community Center Meeting Room #3
Session 1: May 16-Jun 6
Session 2: Jun 27-Jul 25 (No Class on 7/4)
Session 3: Aug 15-Sep 5
Fee: \$48 Resident | \$55 Non-Resident



Ages: 5-6 | **Time:** 4:30-5:15pm
Location: Community Center Meeting Room #3
Session 1: May 16-Jun 6
Session 2: Jun 27-Jul 25 (No Class on 7/4)
Session 3: Aug 15-Sep 5
Fee: \$48 Resident | \$55 Non-Resident

BEGINNING BALLET

BALLET - PRINCIPIANTES

Children are taught basic ballet movement. They will dance and pretend as they act out stories using dance movement. We use a variety of music to enhance musical rhythms by clapping and listening, using stretching and improvisation while having lots of fun. Let us share our love of dance with your youngster! *Instructor: Petaluma School of Ballet.*

Dress Code: Girls should wear a lavender colored leotard, pink tights, and pink ballet shoes. Boys should wear a white t-shirt, shorts, socks and black ballet shoes.

Ages: 7-12

Days: Thursdays

Time: 5:15-6:15pm

Location: Community Center Meeting Room #3

Session 1: May 16-Jun 6

Session 2: Jun 27-Jul 25 (No Class on 7/4)

Session 3: Aug 15-Sep 5

Fee: \$56 Resident | \$63 Non-Resident

LIVING HEALTHY ISN'T A STRETCH

Register Today

BASIC GYMNASTICS

GIMNÁSTICA BÁSICA

Basic Gymnastics is a course designed to learn beginning level skills including tumbling, bars, balance beam, vaulting board, and other fun activities. This program is a fun way for your child to develop their balance, concentration, and love for physical activity. Students please wear appropriate comfortable clothing including tennis shoes and long hair should be tied back. *Instructor: Gary Friedman*

Ages: 3-11

Fee: \$40 Resident | \$47 Non-Resident;
\$10 sibling discount for each additional child or for a single child's second day (*discount not available online*)

MONDAY CLASS

Time: 4:15-5pm

Location: Community Center Garden Room

Session 1: May 6-27

Session 2: Jun 3-24

Session 3: Jul 8-29

Session 4: Aug 5-26

TUESDAY CLASS

Time: 4:15-5pm

Location: Community Center Garden Room

Session 1: May 7-28

Session 2: Jun 4-25

Session 3: Jul 9-30

Session 4: Aug 6-27

WEDNESDAY CLASSES

Time: 9:45-10:30am

Location: Community Center Garden Room

Session 1: May 8-29

Session 2: Jun 5-26

Session 3: Jul 10-31

Session 4: Aug 7-28

Time: 4:15-5pm

Location: Community Center Garden Room

Session 1: May 8-29

Session 2: Jun 5-26

Session 3: Jul 10-31

Session 4: Aug 7-28

THURSDAY CLASSES

Time: 9:45-10:30am

Location: Community Center Lounge

Session 1: May 9-30

Session 2: Jun 6-27

Session 3: Jul 11-Aug 1

Session 4: Aug 8-29

Time: 3:30-4:15pm

Location: Community Center Garden Room

Session 1: May 9-30

Session 2: Jun 6-27

Session 3: Jul 11-Aug 1

Session 4: Aug 8-29



BASIC GYMNASTICS 2

GIMNÁSTICA BÁSICA 2

Basic Gymnastics 2 is a course designed to continue the progression of skills for Basic Gymnastics with greater difficulty. This course requires instructor approval and online registration is not available. *Instructor: Gary Friedman.*

Ages: 3-11

Days: Thursdays

Time: 4:30-5:15pm

Location: Community Center Garden Room

Fee: \$40 Resident | \$47 Non-Resident;

\$10 sibling discount for each additional child or for a single child's second day (*discount not available online*)

Session 1: May 9-30

Session 2: Jun 6-27

Session 3: Jul 11-Aug 1

Session 4: Aug 8-29

BEGINNING WRESTLING

PRINCIPIOS DE LA LUCHA

This class balances skill and conditioning to fully prepare young athletes for a successful athletic career. This class is a great opportunity to learn the fundamentals of wrestling early. Wrestling is a great middle and high school sport that teaches determination and hard work, while gaining several qualities of fitness. It is also a great opportunity to work with top quality coaches, Blaise Spratt and Bud Guinn, directly involved with middle and high school programs, as well as Freddie Myles, international level USA weightlifting coach. Participants will gain so much with this 3-day program: 2 days wrestling, one day strength and conditioning.

Ages: 8-13

Days: Mondays and Thursdays | **Time:** 6-8pm

Location: Community Center, Meeting Room #2

Strength and Conditioning:

Days: Tuesdays | **Time:** 6-7pm

Location: Callinan Sports and Fitness Center

To join: Freddie@mylesaheadfitness.com

Information and class schedule:

www.mylesaheadfitness.com

Fees:

1 day Wrestling \$65 per month

2 day Wrestling \$90 per month

1 day Wrestling with 1 day of strength training \$115 per month

2 day Wrestling with 1 day of strength training \$130 per month

YOUTH OLYMPIC WEIGHTLIFTING

LEVANTAMIENTO OLÍMPICO DE PESAS - JUVENIL

Our youth weightlifting program is specially designed for ages 8-13. Weightlifting is a fun physical activity and sport with so many benefits. Here, your child will learn proper lifting form through a series of exercises, starting from the most fundamental of movements. This can be a sport on its own, or a supplement to another sport. The style of weightlifting we teach is commonly used to develop strength, power, speed, flexibility and resilience. *Every session is individualized and taught by Freddie Myles, a USAW international level coach who is passionate, highly experienced and highly knowledgeable about the sport and the body.*

Ages: 8-13

Location: The Myles Ahead Olympic Weightlifting Room in the Callinan Sports and Fitness Center

To join: Freddie@mylesaheadfitness.com

Information and class schedule:

www.mylesaheadfitness.com

Prices:

1 day/week is \$75.00/month

2 days/week is \$110.00/month

3 days/week is \$130.00/month

4 days/week is \$150.00/month

Participants must also purchase a Callinan Sports and Fitness Center Membership for \$30 per year. For information please see page 3.

HAVE A BLAST @ RED, ORANGE, GREEN AND YELLOW BALL JUNIOR TEAM TENNIS!

Come out and join the supportive environment of a team and play in fun and informal matches.

Jose Hilla, Head Coach of Sonoma State's Men's team AND his players will teach your kids, bringing an exceptional level of instruction and energy to the program. Kids will learn the fundamentals of a team sport using progression equipment, helping young players to learn and play more effectively in a safe environment. Each week has a different "theme" where kids learn about honesty, healthy eating, education, leadership and more, in a fun activity.

Beginners are welcome! USTA Jr. Membership required to participate in this program. League is for ages 5-15 years old.

SESSION 1: MAY 7-JUN 13

SESSION 2: JUL 9-AUG 15

TUESDAYS & THURSDAYS | 5:30-6:30PM

Magnolia Park Tennis Courts

\$60 Resident | \$67 Non-Resident

YOUTH TENNIS

TENIS JUVENIL

All tennis classes held at Magnolia Park Tennis Courts with instructor Tony Delario. *Participants may and are encouraged to sign up for both days for maximum benefit.*

ROOKIES

This class focuses on beginning technique through game play as well as building general athleticism and proper footwork. Students will learn the different grips for each stroke as well as the four point system of stroke development.

Age: 6-9

Day: Monday and/or Wednesday

Time: 3:30-4:30pm

Fee: \$60 Resident | \$67 Non-Resident

Session 1: Mondays: Apr 29-May 20

Session 2: Wednesdays: May 1-22

JR DEVELOPMENT

In this class students will learn and perfect the stroke points for all strokes as well as learn scoring in early/modified match play. Children will get a great workout while having a blast in this fast paced, athletically driven class. All levels are welcome.

Age: 10+

Day: Monday and/or Wednesday

Time: 4:30-6pm

Fee: \$90 Resident | \$97 Non-Resident

Session 1: Mondays: Apr 29-May 20

Session 2: Wednesdays: May 1-22



KINDER KICKZ SOCCER
FÚTBOL KÍNDER KICKZ

Kinder Kickz Soccer uses non-competitive, activity based play to teach the game of soccer while promoting the development of motor skills such as balance & coordination and social skills like listening & teamwork. Along the way, participants will learn basic soccer skills including kicking, dribbling and passing. For more information on additional classes for 3-6 year olds in April please visit kinderkickz.com.
Instructor: Renee Ziemer.

Ages: 18-36mo. (w/parent participation)
Days: Fridays
Time: 9:30-10:30am
Location: Community Center Multi Use Room

Session 1: Apr 5-May 31

Fee: \$126 Resident | \$133 Non-Resident plus one time \$35 membership fee, payable to Kinder Kickz Soccer on the first day for all new players. Membership Fee includes uniform top.

SOCCER STARS
ESTRELLAS DE FÚTBOL

Coach Riccardo's goal is to teach the beautiful game of soccer to your child through carefully planned drills, practice and scrimmage. He will impart his knowledge, in a fun and lively format, about the sport to encourage improvement. Your child will be engaged and enjoy playing soccer in a supportive team atmosphere. Boys and girls of all levels are welcome. Join Coach Riccardo for afternoons of soccer delight and watch them as they become soccer stars. *Instructor: Coach Riccardo Oliva.*

Summer Session

Ages: 5-7
Days: Monday & Wednesday
Time: 5:30-6:30pm
Location: Eagle Park Grove
Session 1: Apr 1-May 8
Session 2: May 13-Jun 19 (no class 5/27)
Session 3: Jun 24-Jul 31
Fee: \$30 Resident | \$37 Non Resident; *Optional \$10 Soccer Stars T-shirt payable to instructor at first class.*



Ages: 8-10
Days: Tuesday & Thursdays
Time: 5:30-6:30pm
Location: Eagle Park Grove
Session 1: Apr 2-May 9
Session 2: May 14-Jun 20
Session 3: Jun 25-Aug 1 (no class 7/4)
Fee: \$30 Resident | \$37 Non Resident; *Optional \$10 Soccer Stars T-shirt payable to instructor at first class.*

TEAM SPORTS
ARE A KICK
Register Today

NEW | COMIC WORKSHOP:
MANGA & POKÉMON
TALLER DE COMICS

Learn how to draw, color, paint and invent Pokémon and Manga characters! We will sketch with pencil first, use inkers to outline the characters like professional cartoonists. For coloring we will use colored pencils, soft pastels, watercolors and markers. *Instructor: Barbara Golden.*

Time: 4pm-5:30pm
Days: Tuesdays
Fee: \$60 Resident | \$67 Non-Resident; plus \$5 materials fee
Location: Community Center Crafts Room #1

Session 1: May 7-28
Session 2: Aug 6-27



NEW | YOUTH CREATIVE CLAY HANDBUILDING
JOVENES CREATIVOS DE ARCILLA DE CONSTRUCCION
MANUAL

Six weeks of fun, expressions, exploration while learning basic processes of hand building. With the guidance and inspiration from a skilled professional, students will learn methods of coil, pinch, slab, and sculpture and surface techniques. Plus plenty of opportunity to follow their own creative inspirations and ideas along with presented projects. Children under the age of 10 must be accompanied by a registered parent/guardian (20% discount for adult & child when both are registered). *Instructor: Jewel Shield.*

Age: 6-13
Days: Tuesdays
Time: 3:30pm-5:30pm
Fee: \$170 Resident | \$177 Non-Resident; plus \$30 materials and firing fee
Location: Community Center Clay Studio

Session 1: May 7-Jun 4
Session 2: Jun 11-Jul 16
Session 3: Aug 5-Sep 10

TEEN & ADULTS PROGRAMS

PROGRAMAS PARA ADULTOS Y ADOLESCENTES

LEARN POTTERY

APRENDER CERÁMICA

Come play with clay! This class will focus on the potter's wheel, learning to wedge, center, and pull the clay to create bowls, cups, and vases. Other techniques like pinch, slab, and coil will also be covered. We will glaze and high fire our finished projects. Great for beginning and seasoned potters trying to bring it to the next level. Sign up early. Space is limited. *Instructor: Randy Snyder.*

Age: 14+

Days: Tuesdays

Dates: Jul 23-Aug 27

Time: 6:30-9pm

Location: Community Center Clay Studio

Fee: \$150 Resident | \$157 Non-Resident;
plus \$30 materials and firing fee



OPEN POTTERY STUDIO

TALLER ABIERTO DE CERÁMICA

Once you have some experience in clay, join us at Open Studio where you can put your new talents to work! No sign-ups are necessary, just drop by! We have a spacious clay studio, potter's wheels and some tools are provided. Clay can be purchased in the studio. Children age 5 and over are welcome with an adult. Please pay the instructor in the studio. Some experience with clay is helpful. *Instructor: Randy Snyder.*

Age: 15+

Days: Wednesdays 6:30-9pm | Saturdays 10am-1pm

Dates: Ongoing

Location: Community Center Clay Studio

Fee: Adults: \$13 Resident | \$14 Non-Resident
Youth/Seniors: \$11 Resident | \$12 Non-Resident

FUSED & KILN FORMED GLASS WITH KATHLEEN

CRISTAL FUNDIDO/FORMADO CON KATHLEEN

Experience the thrill of creating your own masterpiece in glass for gifts or personal use! Receive one-on-one instruction on the proper glass cutting and design techniques while receiving technical and creative advice to help you achieve your masterpiece. You'll have a large assortment of molds including: serving bowls & platters; dinner & salad plates & bowls; candle sconces, vases & more. Some glass is available for purchase. All skill levels are welcome. *Instructor: Kathleen Robinson.*

Age: 18+

Days: Thursdays

Time: 5:30-8:30pm

Fee: \$80 Resident | \$87 Non-Resident;
plus \$20 materials and firing fee

Location: Community Center Crafts Room #1

Session 1: May 2-30 (No Class on 5/23)

Session 2: Jun 6-27

Session 3: Aug 1-22

NEW | CHRISTMAS IN JULY WITH KATHLEEN

NAVIDAD EN JULIO CON KATHLEEN

Let's get together and make some glass ornaments using alcohol inks. We will paint the inside of a glass ornament with acrylic paint and then we will have fun painting the outside with alcohol inks. At the end of this class, you will have six stunning ornaments to take home. *Instructor: Kathleen Robinson.*

Age: 18+

Days: July 20

Time: 10am-1pm

Fee: \$25 Resident | \$32 Non-Resident;
plus \$10 materials fee

Location: Community Center Crafts Room #1

NEW | ALCOHOL INK CARDS

TARJETAS DE TINTA DE ALCOHOL

Learn how to use alcohol inks on yupo paper to make cards or unique artwork. Create wonderful cards for all occasions and celebrations to give to your loved ones or keep as artwork. You will create and bring home two or three finished cards. *Instructor: Kim Murphey.*

Age: 18+

Date: June 8

Time: 10am-1pm

Fee: \$25 Resident | \$32 Non-Resident;
plus \$10 materials fee

Location: Community Center Crafts Room #1



SPORTNITE

SPORTNITE

NOCHE DE DEPORTE

Drop in open gym basketball and dodgeball organized by our recreation leaders for middle school students aged 11-13 (or currently in 6th-8th grade) at the Callinan Sports and Fitness Center.

Ages: 11-13

Cost: \$8 per person; Sports Center Junior members FREE *Best deal, membership is only \$30 per year and includes access year-round to daily open gym basketball and racquetball*

Important: Attendees must bring valid Middle School ID plus parent waiver, no exceptions.

Parent waivers are available at the Sports Center or online at rpcommunityservices.org

Events are held Friday nights from 7-10pm

SPRING EVENTS: April 19 | May 17

**SPORTNITE WILL RETURN IN SEPTEMBER
FOR 2019-2020 SCHOOL YEAR**



PICKLEBALL CLASSES

PICKLEBALL

Come learn one of the fastest growing sports in America with our instructor Adam MacKinnon. Classes offered in different levels. Please contact Adam before registering at adammackinnon@gmail.com, in order to check in and see which is the right class for your level. Adam can arrange to see you play ahead of time to help find the best fit!

Ages: 18+

Days: Mondays (5 week sessions)

Location: Callinan Sports and Fitness Center Gym

Fee: \$70 Resident | \$77 Non-Resident

BEGINNER CLASS—LEARN TO PLAY

CLASE PRINCIPIANTE- APRENDE A JUGAR

This class is designed for first-time players or anyone interested in learning what this funny-named sport is all about. Learn the fundamentals of the game properly to set you on the best path. We'll cover basic shot techniques, movement to the ball, the rules, court positioning, equipment and simple strategy. Start your lifelong enjoyment of the game now!

Time: 10:30-11:30am

Session 1: May 6–Jun 3

BEYOND THE BASICS—DEVELOPING ESSENTIAL SKILLS

MÁS DE LO BÁSICO: DESARROLLAR HABILIDADES ESENCIALES

This 'beyond the basics' class will help sharpen your skills. This class is designed for those who already know how to play but want to improve with purpose. We'll work on controlled dinking, volleying, serves and returns, the 3rd shot drop and the fundamentals of the soft game, safe overheads, and more. And we'll learn fun and helpful practice drills that will hone your skills.

Time: 11:45am-12:45pm

Session 1: May 6–Jun 3

OLYMPIC WEIGHTLIFTING

LEVANTAMIENTO OLÍMPICO DE PESAS

Weightlifting is a fun physical activity and sport with so many benefits. You will learn proper lifting form through a series of exercises, starting from the most fundamental of movements. This can be a sport on its own, or a supplement to another sport. The style of weightlifting we teach is commonly used to develop strength, power, speed, flexibility and resilience. Every session is individualized and taught by Freddie Myles, a USAW international level coach who is passionate, highly experienced and highly knowledgeable about the sport and the body.

Ages: 14+

Location: The Myles Ahead Olympic Weightlifting Room in the Callinan Sports and Fitness Center

To join: Freddie@mylesaheadfitness.com

Information and class schedule:
mylesaheadfitness.com

Prices:

1 day/week \$90.00/month

2 days/week \$135.00/month

3 days/week \$145.00/month

4 days/week \$165.00/month

Participants must also purchase a Callinan Sports and Fitness Center Membership for \$30 per year. For information please see page 3.

CHILD CARE FOR FITNESS PROGRAMS!
¡CUIDADO DE NIÑOS PARA PROGRAMAS DE EJERCICIO!

The Callinan Sports and Fitness Center offers childcare for fitness programs both at the Community Center and Sports and Fitness Center. *Please visit the Callinan Sports and Fitness Center Front Desk for more information, or call 707-588-3488*

Ages: 6 mo–10yr | **Days:** Monday through Friday | **Time:** 9–11am and 6–8pm (8:30pm on Wednesdays)
Location: Sports Center Child Care Room | **Fee:** \$2 per child drop in fee per visit



DANCERCISE
BAILE-EJERCICIO

Want to incorporate everything you need into one great hour of exercise? This class combines core strengthening floor routines with cardio dance fitness. Improve your balance, flexibility and stamina while moving to a variety of rhythms in an upbeat atmosphere. Dancercise includes elements of Pilates, Zumba and kickboxing through original, easy to follow dance routines. You don't have to be a good dancer to love this class! Please bring a mat for floor exercises.

Ages: 12+

AM CLASS

Days: Mondays/Wednesdays/Fridays
Location: Callinan Sports and Fitness Center Gymnasium
Time: 9–10am
Instructor: Pam Stafford
Fee: \$115 Resident | \$122 Non-Resident or \$5 drop-in
Sports & Fitness Center Members Fee: \$75
Session 1: Apr 1–Jun 14 (No Class on 5/27)
Session 2: Jul 1–Sep 13 (No Class on 9/2)

PM CLASS

Days: Mondays and Wednesdays
Location: Community Center Multi Use Room
Time: 6–7pm
Instructor: Amanda Keaney
Fee: \$75 Resident | \$82 Non-Resident or \$5 drop-in
Session 1: Apr 1–Jun 12 (No Class on 5/27)
Session 2: Jul 1–Sep 11 (No Class on 9/2)

Days: Tuesdays and Thursdays
Location: Community Center Multi Use Room
Time: 6–7pm
Instructor: Pam Stafford
Fee: \$75 Resident | \$82 Non-Resident or \$5 drop-in
Session 1: Apr 2–Jun 13
Session 2: Jul 2–Sep 12 (No Class on 7/4)

SATURDAY CLASS

Location: Callinan Sports & Fitness Center Gymnasium
Time: 9–10am
Instructor: Amanda Keaney
Fee: \$38 Resident | \$45 Non-Resident or \$5 drop-in
Sports & Fitness Center Members Fee: \$25
Session 1: Apr 16–Jun 15
Session 2: Jul 6–Sep 14

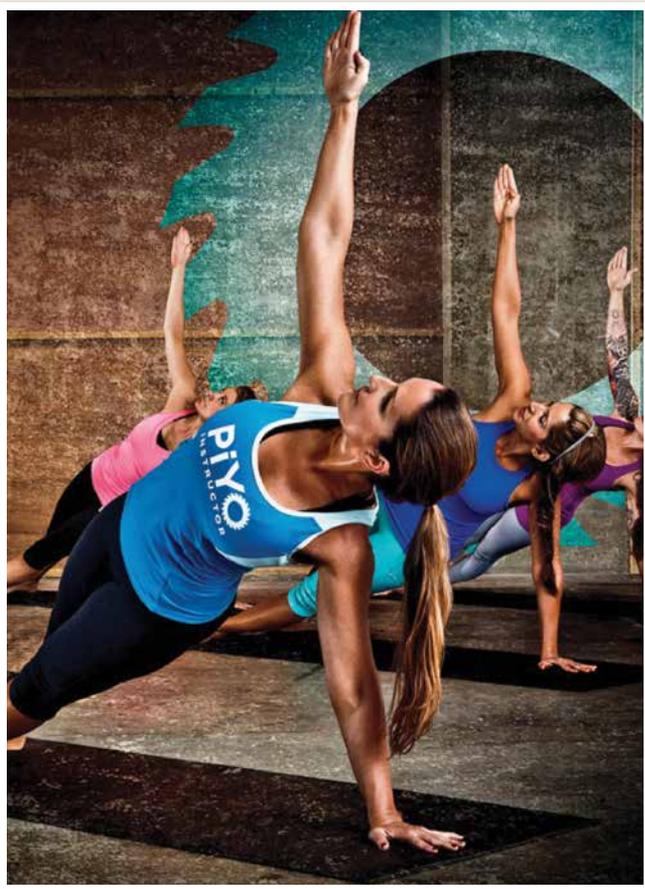
REGISTER ONLINE AT
CITYOFROHNERTPARK.PERFECTMIND.COM

WAR ON SAGS AND BULGES FOR MEN AND WOMEN
GUERRA CONTRA LA GORDURA PARA HOMBRES Y MUJERES

This class is all-out war on sags and bulges, with you as the victor! This war has been fought successfully since 1974. The class consists of no-impact, high repetition exercise using light weights. A set of ankle weights with Velcro, 5 pounds (2 ½ pounds each) for women, 10 pounds (5 pounds each) for men, are required as well as a mat or pad. *Instructor: Sue Stubblebine.*

Ages: 18+
Days: Monday-Thursday
Time: 5:45–6:45pm (Tuesdays 5:30–6:30pm)
Location: Burton Avenue Recreation Center
Session 1: May 6–Jun 13 (no class 5/27)
Fee: \$65 Resident | \$72 Non-Resident
Session 2: Jun 17 – Jul 25 (no class 7/4)
Fee: \$65 Resident | \$72 Non-Resident
Session 3: Jul 29–Aug 29
Fee: \$60 Resident | \$67 Non-Resident

**STAY HEALTHY,
STAY ACTIVE!**
Register Today



PIYO® LIVE

Take Pilates and Yoga to a new quicker paced level with PiYo! Inspired by both Pilates and Yoga, PiYo is a high intensity, low impact full body workout designed to help strengthen and tone muscles, increase flexibility, and burn calories! This class features small sections of strength, cardio, and flow: incorporating balance with dance inspired movement for all over body conditioning, using your own body weight and continuous movement. Pre-requisites: Ability to move from floor to standing fluidly, ability to put pressure on wrists for short time, ability to perform squats and lunges. Bring your yoga mat, water, towel, and get ready to sweat, stretch, strengthen and glow with PiYo Live! *Instructor: Shayna Overly.*

Ages: 18+ | **Time:** 7:15-8:15pm
Location: Community Center Multi Use Room

Mondays only
Fee: \$80 Resident | \$87 Non-Resident
Session 1: May 6–Jul 1 (*no class 5/27*)
Session 2: Jul 7–Aug 28

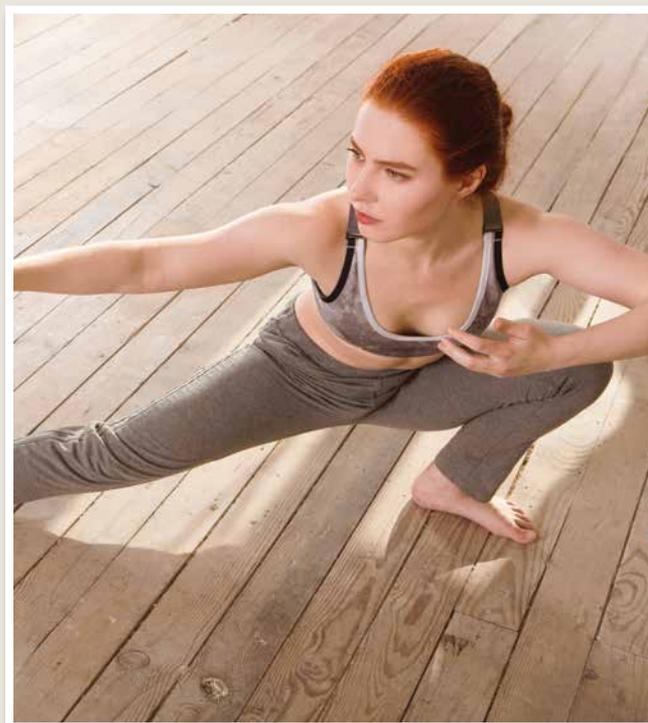
Wednesdays Only
Fee: \$80 Resident | \$87 Non-Resident
Session 1: May 8–Jun 26
Session 2: Jul 10–Aug 28

Mondays and Wednesday (best value)
Fee: \$128 Resident | \$135 Non-Resident
Session 1: May 6–Jul 1 (*no class 5/27*)
Session 2: Jul 8–Aug 28

ZUMBA®

For everybody and every body! Each Zumba® class is designed to bring people together to sweat it on. We take the “work” out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you’ll see why Zumba® Fitness classes are often called exercise in disguise. Super effective? Check. Super fun? Check and check. *Instructor: Susana Villanueva.*

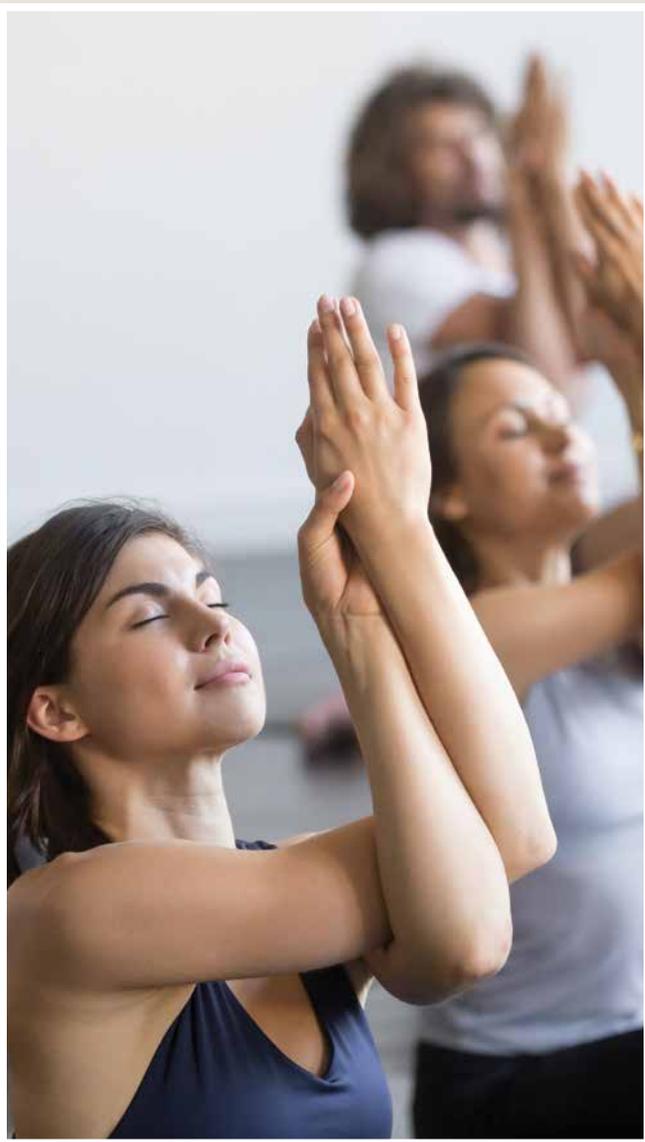
Ages: 18+
Days: Monday & Wednesday
Time: 7:15-8:15pm
Location: Senior Center Activity Room
Fee: \$45 Resident | \$52 Non-Resident or \$5 drop-in
Session 1: May 6–June 10 (*no class 5/27*)
Session 2: Jun 12–July 15
Session 3: Jul 17–Aug 19
Session 4: Aug 21– Sep 25 (*no class 9/2*)



ROYAL FORM TAI CHI
FORMA ROYAL DE TAI CHI

Tai Chi is a flowing, soft dance. It is practiced worldwide to promote good health, especially balance and coordination. Besides a solo set, we will study exercises for energy and two-person forms. Beginners welcome. Join us! *Instructor: Robert Flannery.*

Age: 18+
Days: Tuesdays
Date: May 7–Jul 30
Time: 7-8pm
Location: Community Center Garden Room
Fee: \$32 Resident | \$39 Non-Resident



GENTLE YOGA **YOGA SUAVES**

A slow-paced, gentle yoga practice designed for those dealing with movement challenges, recovering from injuries, living in a well-seasoned body and for those just wanting a mindful, gentle practice. This class will include breath practices, gentle movement (supported with props as necessary), relaxation and meditation. We will focus our attention on alignment, joint health, building foundational strength and flexibility, quieting the mind and finding balance in the body. A great class for rejuvenation, recovery and stress relief. Prerequisite: students must be able to lie on the floor, sit and stand (can use a chair for support in any of these positions) *Instructor: Shanti Devi E-RYT500, Certified Yoga Therapist.*

Ages: 18+

Days: Thursdays

Time: 9-10:15am

Location: Community Center Garden Room

Session 1: May 2–Jun 20

Session 2: Jun 27–Aug 29 (no class 7/4, 8/8)

Fee: \$88 Resident | \$95 Non-Resident

YOGA BASICS

FUNDAMENTOS DE YOGA

Yoga Basics is designed for those new to yoga, as well as more seasoned students wanting to refine their practice. This class will acquaint students with the basic practices and principles of Ashtanga Yoga (8-Limbed Path). Slower paced than an all-levels class, Yoga Basics focuses on developing clear and safe alignment in foundational poses, as well as how to safely transition into and out of postures to prevent injury. Classes include breath practices, asanas (postures), concentration/meditation practices, mudras and a sprinkling of yoga philosophy to liven things up. Leaning strongly on the TriYoga tradition, each class will emphasize the breath, posture and inner focus to deepen and expand the individual's experience while balancing the nervous system, calming the mind and strengthening the body. *Instructor: Shanti Devi E-RYT500, Certified Yoga Therapist.*

Ages: 18+

Days: Wednesdays

Time: 6:30-7:40pm

Location: Community Center Garden Room

Session 1: May 1–Jun 19

Fee: \$88 Resident | \$95 Non-Resident

Session 2: Jun 26–Aug 28 (no class 7/3, 8/7)

Fee: \$88 Resident | \$95 Non-Resident

BEYOND YOGA BASICS

CONCEPTOS BÁSICOS DE BEYOND YOGA

Expand your yoga practice in Beyond Yoga Basics. Following the foundations of TriYoga Basics (Breath, Posture and Inner Focus), we begin to weave in some principles of TriYoga Level 1. As we continue to unite the breath, posture and inner focus we will learn to flow into Level 1 sequences, playing with the 5 Elements and the 4 Seasons, refining our alignment and exploring a deeper connection with our Self. This class is suitable for those who have studied Yoga Basics and are ready for a little more challenge, as well as for those with previous yoga experience. *Instructor: Shanti Devi E-RYT500, Certified Yoga Therapist.*

Ages: 18+

Days: Mondays

Time: 7-8:10pm

Location: Community Center Garden Room

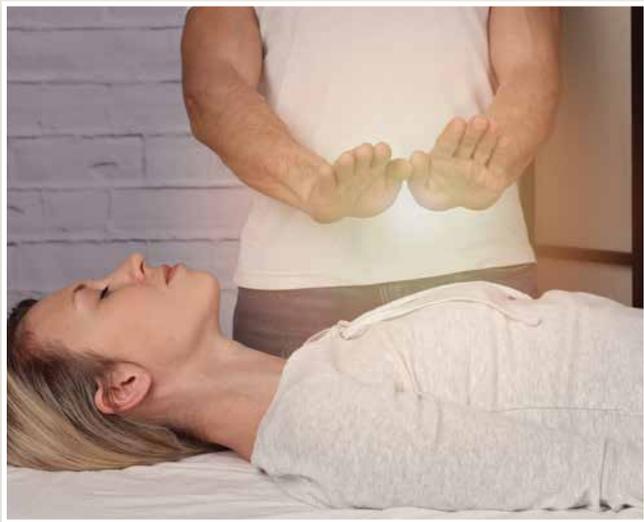
Session 1: May 6–Jul 1 (no class 5/27)

Fee: \$88 Resident | \$95 Non-Resident

Session 2: July 8–Aug 26 (no class 8/5)

Fee: \$77 Resident | \$84 Non-Resident

**LIVING HEALTHY
ISN'T A STRETCH**
Register Today



NEW | INTRO TO REIKI
INTRODUCCIÓN A REIKI

Self-healing, relaxation chakra clearing and hands on workshop to enhance personal health. Addressing each individuals need to support the energetic body and its natural healing process. Mikao usui method of palm healing to encourage emotional and physical health. *Instructor Pamela Johnson.*

Age: 16+

Days: Thursday

Date: May 16–Jun 27

Time: 7:15-9:00pm

Location: Community Center Garden Room

Fee: \$84 Resident | \$91 Non-Resident

CROSS-TRAINING

ENTRENAMIENTO CRUZADO

Cross Training class will jump-start your metabolism and fat burning abilities, while providing an energetic and exciting atmosphere. This class offers a progression of strength building exercises to increase muscular and cardiovascular endurance, using a variety of different weight and cardio combinations. Attendees can work at their own pace while receiving expert guidance by the instructor. Come and experience the class everyone is talking about and leave feeling energized and ready to conquer your day and life. *Instructor: Renee Robinson.*

Signup must be done in person through the Community Center. Please call for more details: 707-588-3456.

Ages: 18+

Days/Times: Mondays & Wednesdays: 6-7pm |

Fridays: 5:30-6:30pm

Location: Gold Ridge Recreation Center

Fee: \$50 per month ongoing



IMPROV TRIBAL STYLE BELLY DANCE

DANZA DEL VIENTRE- ESTILO TRIBAL IMPROVISADO

Learn the art of belly dancing through a series of classes taught by professional dancers. With classes designed for all levels of experience, there is something right for you! *Instructed by: Seba and Wild Card Belly Dance.*

Level 1: Learn to dance by drilling the basic foundational moves. Using both slow and fast steps we will have you dancing in your first class!

Level 2: Learn new moves and refine technique. This class focuses on learning how to lead others, improvisational and dancing together in small groups. Talk to the instructor before moving up.

Level 3: This class focuses on technique for advanced moves and dancing together in different formations. May include floor work and balancing. Instructor permission required.

Level 4: This is a performance intensive class. By invitation only.

Ages: 12+

Location: Community Center Meeting Room #3

\$66 Resident | \$73 Non-Resident (1x week)

\$99 Resident | \$106 Non-Resident (2x week)

\$132 Resident | \$139 Non-Resident (Unlimited)

LEVEL 1

Days: Mondays

Time: 6–7pm

Session 1: Apr 29-Jun 10 (*No Class on 5/27*)

Session 2: Jul 1-Aug 5

LEVEL 2

Days: Mondays

Time: 7:15pm-8:15pm

Session 1: Apr 29-Jun 10 (*No Class on 5/27*)

Session 2: Jul 1-Aug 5

LEVEL 3 (Instructor Permission Required)

Days: Wednesdays

Time: 6–7pm

Session 1: May 1-Jun 5

Session 2: Jul 3-Aug 7

Level 4 (By Invitation Only)

Days: Wednesdays

Time: 7:15–8:15pm

Session 1: May 1-Jun 5

Session 2: Jul 3-Aug 7



NEW | BASIC COMPUTER LITERACY-WINDOWS
COMPUTACION BASICA ALFABETISMO-WINDOWS

This class will introduce complete novices to the basics of their computers. It will cover such topics as what an operating system is and how to determine what yours is, basic e-mail and internet etiquette and safety, and proper use of the flash and other external drives and peripherals. *Instructor: Brandan Merrick.*

Age: 13+
Days: Fridays/Saturdays
Time: 1pm-3pm
Fee: Free (*MUST register online/in-person to secure spot*)
Location: Senior Center-Computer Lab

Session 1: May 10
Session 2: Jun 8
Session 3: Jul 12
Session 4: Aug 10

Spreckels Education Program
presents

Dear **edwina** JR.

Youth ages 7-12 years

Camp runs July 8 - August 2, 2019
 9:00am - 1:00pm

Performances August 2 - 4, 2019
 in the Bette Condiotti Experimental Theatre

Cost \$450

Registration begins March 29, 2019
www.spreckelsonline.com
 Space is limited!

Spreckels Performing Arts Center
 5409 Snyder Lane
 Rohnert Park, CA 94928

TRAVEL IN 2020

with the Rohnert Park Chamber of Commerce
and the City of Rohnert Park

COLORS OF MOROCCO • CANADIAN ROCKIES BY TRAIN •
 SPOTLIGHT ON NEW YORK CITY • COLORS OF NEW ENGLAND •
 IRISH SPLENDOR • CHRISTMAS ON THE DANUBE



FREE TRAVEL PRESENTATIONS

AT THE RP CHAMBER OFFICE 101 GOLF COURSE DR C-7 - 5:30 PM JULY 10 & SEPT 5, 2019	AT OAK VIEW OF SONOMA HILLS 1350 OAK VIEW CIR - 10:30 AM JULY 11, 2019
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QUESTIONS? CONTACT LISA ORLOFF AT (707) 584-1415
 OR VISIT WWW.ROHNERTPARKCHAMBER.ORG/TRAVEL

CST# 2006766-20 UBN# 601220855 Nevada Seller of Travel Registration No. 2003-0279

Spreckels Education Program presents

LEGALLY
BLONDE

The Musical

Youth ages 13 - 17

Camp runs July 1 - July 25, 2019
 1:30pm - 5:30pm

Performances July 26 - July 28, 2019
 in the Coddling Theatre
 Cost \$450

Registration begins March 29, 2019
www.spreckelsonline.com
 Space is limited!

Spreckels Performing Arts Center
 5409 Snyder Lane
 Rohnert Park, CA 94928

ADULT SPORTS DEPORTES PARA ADULTOS

The Community Services Department offers a variety of Adult Sports. For detailed information on additional sports leagues in Rohnert Park please go to www.rohnertparkadultsports.com

Registrations for all leagues are accepted at the Callinan Sports and Fitness Center front desk during normal business hours. Only when your registration form is submitted with payment and a full roster will your place in the league be held. *Registration forms are available online or at the Sports Center front desk.*

SUMMER ADULT SPORTS SCHEDULE

'A' DIVISION COMPETITIVE LEAGUE BASKETBALL – SUMMER TOURNAMENT

Come join the premier competitive league in the North Bay for our annual summer tournament. This tournament will feature a three game guarantee with games played on Tuesday nights starting July 2 at the Callinan Sports and Fitness Center. Registration opens June 3, Cost is \$375 per team. 10 team maximum. Sign your team up early to reserve your spot

'B' DIVISION RECREATIONAL LEAGUE BASKETBALL – SUMMER TOURNAMENT

Three game guarantee tournament with games played on Sundays starting July 28 at the Callinan Sports and Fitness Center. Registration opens July 1. Cost is \$375 per team.

MEN'S AND COED SOFTBALL

Softball season is just around the corner; have you registered your team yet? Registration begins April 3rd and ends May 8th, so act quickly to make sure you and your team can enjoy playing ball on those warm Sonoma County nights this summer!

Ages: 18+

Location: Magnolia Park

All leagues will begin the week of June 5th

Leagues Offered

Wednesday: Coed Recreational | \$550 per team
7 game guarantee (8 team maximum)

Friday: Men's Recreational | \$575 per team
9 game guarantee (10 team maximum)

ROHNERT PARK TENNIS CLUB

CLUB DE TENIS DE ROHNERT PARK

The Rohnert Park Tennis Club offers competitive adult tennis leagues for the beginner to the advanced player: spring, summer and fall.

Visit our website: www.rptennisclub.net or email rptc@comcast.net.

ADULT SPORTS AT THE CALLINAN SPORTS AND FITNESS CENTER

DEPORTES PARA ADULTOS EN EL CENTRO DEPORTIVO CALLINAN



BASKETBALL

Come on down for a pickup game! Drop in basketball is available at the Sports and Fitness Center Gymnasium on a daily basis for \$8 per visit or free for Sports and Fitness Center Members. Please call the front desk first at 707-588-3488 to check the open gym schedule.

VOLLEYBALL

On Wednesday night from 7-10pm the Sports and Fitness Center Gymnasium is reserved for open volleyball play for \$4 per visit or free for Sports and Fitness Center Members.

RACQUETBALL/HANDBALL

Come enjoy one of the Sports and Fitness Center's two racquetball/handball courts open daily. Drop in for \$8 per visit or free for Sports and Fitness Center Members. To reserve your court please call 707-588-3488. Rental equipment is available. Challenge courts available for both racquetball and handball. Racquetball challenge courts are available Tuesdays and Thursdays from 3-6pm, and Saturdays 10am-noon. Handball challenge courts are available Mondays and Wednesdays from 3-6pm and Saturdays 8-10am.

NEW | PICKLEBALL

Join us every Tuesday and Thursday from gam-noon. Similar to tennis and badminton, pickleball is played on a badminton court with a whiffle like ball and solid paddle. Drop in is just \$4 per visit and free for Sports and Fitness Center Members. Rental equipment is available. Classes for beginners and experienced players are also available, see page 22 for more details.

**For information on Sports and Fitness
Center Memberships see page 3**

ACTIVE ADULT 55+ PROGRAMS

PROGRAMAS PARA ADULTOS ACTIVOS 55+

ROHNERT PARK SENIOR CENTER - 6800 HUNTER DRIVE SUITE A

FRIENDS OF THE SENIOR CENTER MEMBERSHIP

MEMBRESÍA AMIGOS DEL CENTRO PAR MAYORES

Become a Friend of the Rohnert Park Senior Center! Your membership includes our monthly newsletter, The Scan, delivered directly to your home keeping you up-to-date on the events and classes offered and membership prices on our day trips and other events throughout the year. The more members we have, the more opportunities we can provide so encourage your friends to join too! If you are interested in becoming a member, please head to the Senior Center front desk or call 707-585-6780 for more information!

\$20/per person for full year Jan-Dec
\$15/per person May-Dec
\$10/per person Sep-Dec

SENIOR CENTER VOLUNTEER OPPORTUNITIES

OPORTUNIDADES DE VOLUNTARISMO, SENIOR CENTER

Interested in giving back to the community? Come volunteer at the Rohnert Park Senior Center! Current volunteer position openings include volunteer drivers for our senior transportation program, computer lab volunteers, coffee bar host/hostesses and Friends of the Rohnert Park Senior Center BINGO volunteers!

For more information please visit or call the Senior Center at 707-585-6780

EXERCISE & DANCE CLASSES

CLASES DE EJERCICIO Y DANZA

BEGINNING LINE DANCING

BAILE EN LÍNEA - PRINCIPIANTES

Stay active and have fun while learning how to line dance to an array of songs throughout the year. A great opportunity for new line dancers! *Instructor: Dolly Urganhart.*

Days: Tuesdays & Thursdays | **Time:** 9-10:30am
Fee: \$3 donation | **Location:** Senior Center Activity Room

EXPERIENCED LINE DANCING

BAILE EN LÍNEA - CON EXPERIENCIA

Already know the basic line dancing steps and terminology? Stay active and have fun while improving your line dance skills! A great opportunity for experienced line dancers! *Instructor: Dolly Urganhart.*

Days: Tuesdays & Wednesdays | **Time:** 9-10:30am
Fee: \$3 donation | **Location:** Senior Center Activity Room

SENIOR FITNESS

FITNESS PARA MAYORES

This low impact class is a fun way to move and promote positive energy while relieving stress. Get moving with a great group of people. *Instructor: Andrea Valmore.*

Days: Tuesdays & Thursdays
Time: 10:45am-Noon | **Fee:** FREE
Location: Senior Center Activity Room

TAI CHI

This gentle Chinese exercise promotes physical, emotional, mental, and spiritual health. Learn how to move your body slowly, continuously and gracefully through the 24 positions while improving your breathing, flexibility, and preventing injuries. *Instructor: Joanne Stubblefield.*

MONDAY CLASS

Time: 2:30-4pm | **Fee:** FREE
Location: Senior Center Activity Room

THURSDAY CLASSES

Times: 2:30-4pm & 5-6:30pm | **Fee:** FREE
Location: Senior Center Activity Room

ZUMBA GOLD

ZUMBA ORO

This invigorating, community oriented dance-fitness class provides low impact moves and easy-to-follow pacing for older adults who love a healthy and active lifestyle. Dance yourself into shape with dance moves inspired by the Merengue, cha cha, salsa, flamenco, and more! *Instructor: Gale Davis.*

Days: Wednesdays
Time: 11-Noon | **Fee:** FREE
Location: Senior Center Activity Room



SIT AND BE FIT

SENTARSE Y PONERSE EN FORMA

Come try the best seated workout you've ever experienced! This low impact class incorporates a combination of light dumbbells and chair yoga. *Instructor: Andrea Valmore.*

Days: Thursdays | **Time:** 1-2pm | **Fee:** FREE
Location: Senior Center Activity Room

SPECIAL INTEREST CLASSES

CLASES DE INTERÉS ESPECIAL

AUTOBIOGRAPHICAL WRITING

ESCRITURA AUTOBIOGRÁFICA

This course is designed to teach older adults the skills necessary to write personal accounts of their life stories. A supportive learning environment allows students to read their stories and receive feedback in order to bring interest and clarity to their life experiences. Course activities promote or maintain mental, social and emotional well-being and accommodate varying skill levels. *Instructor: Dani Burlison.*

Days: Tuesdays | **Time:** 9:30am-Noon

Fee: FREE | **Location:** Senior Center, Suite C

BEGINNING SPANISH

ESPAÑOL PARA PRINCIPIANTES

Beginning Spanish, Mondays from 1-2:30pm! This class is designed for the beginning/intermediate level, however, anyone eager to practice the Spanish language will benefit from it. From the very start the instructor will concentrate on pronunciation exercises to make sure that students will be understood when using the learned material. Beyond that you'll work on particular situations (*traveling, shopping, vacationing, etc.*) to address areas that will interest the group. ¡Hasta pronto! *Instructor: Edna Lefort*

Days: Mondays | **Time:** 1-2:30pm

Fee: Donation | **Location:** Senior Center Computer Lab

GAMES, GROUPS & DROP IN ACTIVITIES

JUEGOS, GRUPOS Y ACTIVIDADES ABIERTAS

FRIDAY NIGHT BINGO | BINGO LOS VIERNES

The Friends of the Rohnert Park Senior Center host BINGO every Friday at the Senior Center! Doors open at 4pm and the first game begins at 6:30pm. Buys-ins are \$35 or \$45 which include all the supplies needed. Payouts are given upon attendance and food is available for purchase. *All proceeds go directly to the Rohnert Park Senior Center!*

BILLIARDS ROOM | SALA DE BILLARES

Our pool table is available for use Mon-Fri, 9am-4pm.

COFFEE BAR | CAFÉ

Come by and have a cup of coffee (*50 cents a cup, unlimited refills*) as well as up to two free pastries/person. Current hours are Monday & Thursdays 9:30am-3:00pm, Tuesdays 9:30-12:30, Wednesdays 9:30am-1:30pm, Friday, 9:30am-12:30pm. *Hours are subject to change based on volunteer availability.*

COMPUTER LAB | LABORATORIO DE COMPUTADORAS

Whether you are a beginner or familiar with computers, our helpful lab volunteers (Mondays, Wednesdays and Thursdays) can assist you in accomplishing whatever task it is you would like to complete. Donations are always appreciated for copies and print-outs!

Days: Daily | **Time:** 9am-Noon

Fee: FREE | **Location:** Senior Center, Suite C

DUPLICATE BRIDGE | PARTIDAS DE 'DUPLICATE BRIDGE'

Days: Thursdays | **Time:** 11:45am-4pm

Fee: \$1 Donation | **Location:** Senior Center, Suite C

KNIT & CROCHET GROUP | GRUPO DE TEJER Y CROCHET

This group enjoys each other's company while working on their own personal knit & crochet projects.

Days: Thursdays | **Time:** Noon-4pm

Fee: FREE. *Please bring your own supplies.*

Location: Senior Center Drop-In

MAHJONG

Days: Wednesdays | **Time:** 1-4pm

Fee: \$2 Donation | **Location:** Senior Center, Suite C

PUZZLE TABLE | MESA DE ROMPECABEZAS

Ongoing puzzle table is available in the Drop-in area

Days: Monday-Friday | **Time:** 9am-4pm

T.O.P.S. (TAKING OFF POUNDS SENSIBLY)

PLAN T.O.P.S. (REBAJANDO PESO DE MANERA SENSATA)

Are you ready to stop dieting? TOPS can help you reach your weight loss goals by providing you with the tools, information, support, and accountability you need to be successful.

Days: Thursdays | **Time:** 9-10am

Fee: \$32/year | **Location:** Senior Center, Suite C

ART CLASSES

CLASES DE ARTE

MIXED ART MEDIA WORKSHOP

TALLER DE ARTE DE TÉCNICA MIXTA

Explore exciting mixed-media techniques in an encouraging environment for artists of all skill levels. With new projects and techniques throughout the year, you'll continue to learn and enjoy creating.

Days: Mondays | **Time:** 1:30-3:30pm

Fee: Free. *Please bring your own supplies.*

Location: Senior Center Dining Room

GET TOGETHER AND HAVE FUN

FREE SERVICES AT THE SENIOR CENTER

SERVICIOS GRATIS EN EL CENTRO PARA MAYORES

MONDAY:

SONOMA COUNTY LEGAL AID

(2nd & 4th Mondays) 10am–2pm. Call the Sonoma County Elder Law Hotline at 707-340-5610 to make an appointment
Location: Senior Center Counseling Office

BLOOD PRESSURE CLINIC

(2nd & 4th Mondays) 11am–1pm. *No appointment necessary.*
Location: Senior Center, Suite C

TUESDAY:

LEGAL ADVICE

(1st Tuesday) 10–11am
(1st Thursday) 2–3pm
Call the Senior Center front desk at 707-585-6780 to make an appointment.
Location: Senior Center Counseling Office

WEDNESDAY:

VETERANS AFFAIRS SERVICES

(2nd Wednesday) 1–3pm. Call the Senior Center front desk at 707-585-6780 to make an appointment.
Location: Senior Center Counseling Office

THURSDAY:

HICAP (Health Insurance Counseling & Advocacy Program) COUNSELING SERVICES

(2nd & 4th Thursday) 12:30–3:30pm.
Call 1-800-434-0222 to make an appointment.
Location: Senior Center Counseling Office

SENIOR TRANSPORTATION PROGRAM PROGRAMA DE TRANSPORTE PARA MAYORES

Our mini-bus transportation service is available in the mornings for seniors residing in Rohnert Park, Cotati, and Penngrove. Monday, Wednesday, Thursday, and Fridays, the bus is available for medical appointments, shopping, banking, or other personal needs in the Rohnert Park area. On Tuesday mornings, there is also a bus that goes to Santa Rosa for medical, DMV or Social Security appointments only. ***Hours & days are subject to change based on volunteer availability.** For an application and information packet please stop by the Senior Center at 6800 Hunter Drive, Rohnert Park, or call 707-585-6780.

Fees: \$7.00 round trip in Rohnert Park | \$10.00 round trip to Santa Rosa | \$2.00 surcharge if you're the only passenger going to Santa Rosa.

**Payable to the driver upon boarding the bus.*

SPECIAL COURSES & SEMINARS SEMINARIOS Y CURSOS ESPECIALES

SENIOR WOMEN'S SUPPORT GROUP

This 12 week group is for women 55 years and older interested in exploring issues of aging and sharing support. Issues explored include self-esteem, relationships, coping skills, empowerment, and living with losses. Facilitated by trained Senior Peer Counselors from West County Community Services. Registration is required.

Days: Wednesdays

Dates: May 22–Aug 7

Time: 1–2:30pm

Location: Senior Center Computer Lab

Fees: No fee required



AARP DRIVER SAFETY COURSES

CURSO DE SEGURIDAD PARA CONDUCTORES

AARP offers an 8-hour Driver Safety course given in two 4 hour sessions on two different days. The course is designed for drivers 50 years of age and older. Auto insurance discounts may be available upon completion for those over age 55.

4 ½ Hour Renewal Courses

Date: Jul 19

Time: 8:30am–1pm

Fee: \$15 for AARP Members. \$20 for Non-members.

**Fee paid to instructor on course date* Registration is required. To register call the Senior Center front desk at 707-585-6780.*

Location: Senior Center Activity Room

8 Hour Course

Date: Aug 16 & Aug 23

Time: 9am–1pm

Fee: \$15 for AARP Members | \$20 for Non-members.

**Fee paid to instructor on course date* Registration is required. To register call the Senior Center front desk at 707-585-6780.*

WELLNESS SEMINARS

UNDERSTANDING ALZHEIMER'S AND DEMENTIA

Learn about detection, causes, risk factors, stages and treatment of Alzheimer's disease.

Date: May 31

Time: 10am

Fee: Free

Location: Senior Center Activity Room

FINANCIAL WELLNESS

Learn how to become financially well and how to create a realistic budget. This seminar will focus on retirement income distribution and help seniors understand how to not outlive their money.

Date: Jun 21

Time: 10am

Fee: Free

Location: Senior Center Activity Room

CLEARING CLUTTER

During this one hour seminar you will learn practical ways to reduce clutter and learn tips on how to keep it under control.

Date: Friday, Jul 12

Time: 10am

Fee: Free

Location: Senior Center Activity Room

VINTAGE CHOIR SUMMER CONCERT

Come and feel the cheer at the annual Vintage Choir Summer Concert!

Date: June 15

Time: 2pm

Fee: \$5 Friends of the Rohnert Park Senior Center
\$7 Non-members.

Location: Senior Center Activity Room

SENIOR CENTER SUMMER BBQ

Join us for a summer celebration at the Rohnert Park Senior Center BBQ fundraiser! There will be great food and wonderful company. Tickets can be purchased at the Senior Center front desk, 6800 Hunter Drive, Suite A.

Date: Friday, Aug 9

Time: Seating begins at 11:30am, buffet opens at noon.

Fee: \$5 Friends of the Rohnert Park Senior Center
\$8 Non-members.

Location: Senior Center Activity Room

**STAY YOUNG
AT HEART**
Register Today

ACTIVE ADULT 55+ DAY & EXTENDED TRIPS

TARA FIRMA FARMS

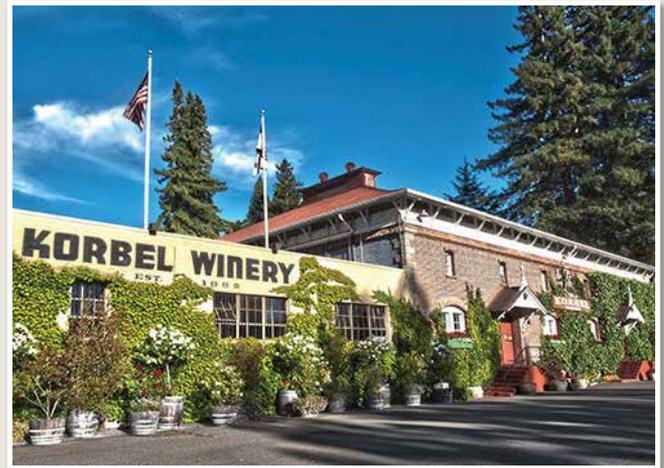
Come learn about Tara Firma Farms on this one hour docent lead walking tour. We will get to visit with pigs, chickens, and goats, and learn about sustainable farming. After the tour, we will enjoy lunch at Topsy's Kitchen in Downtown Petaluma.

Date: Jun 6

Time: 9:30am-2pm

Fee: \$30 Friends of the Rohnert Park Senior Center
\$35 Non-member. *Fee includes transportation, docent lead tour, and lunch at Topsy's Kitchen.*

Registration Deadline: Wednesday, May 22. Register in person at the Senior Center front desk, 6800 Hunter Drive, Suite A.



KORBEL CHAMPAGNE CELLARS

Enjoy a private tasting and tour of the historic champagne cellars led by a Korbel tour guide. After the tour we will have lunch at the winery.

Date: July 11

Time: 9:30am-2:30pm

Fee: \$35 Friends of the Rohnert Park Senior Center
\$40 Non-member. *Fee includes transportation, private winery tour/tasting, and lunch at Korbel Delicatessen.*

Registration Deadline: Wednesday, Jun 26. Register in person at the Senior Center front desk, 6800 Hunter Drive, Suite A.

SONOMA COUNTY FAIR

It's Senior Day at the Sonoma County Fair! Join us for an afternoon full of everything fair!

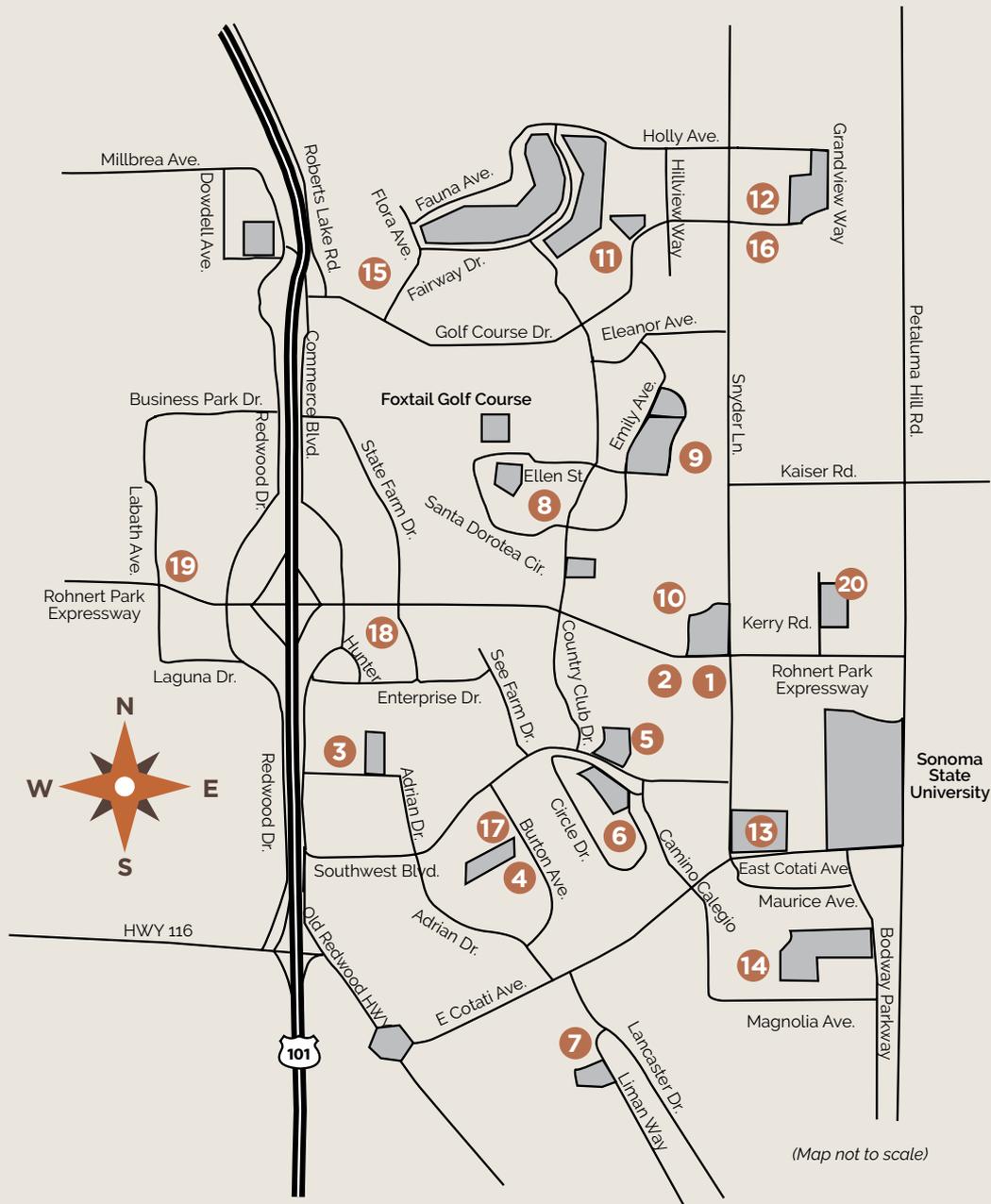
Date: Aug 2

Time: 10:45am-4pm

Fee: \$5 Friends of the Rohnert Park Senior Center
\$7 non-member. *Fee includes transportation to the fairgrounds.*

Registration Deadline: Friday, Jul 26. Register in person at the Senior Center front desk, 6800 Hunter Drive, Suite A.

PARKS & FACILITIES MAP



1. Community Center
5401 Snyder Lane

2. Callinan Sports & Fitness Center
Sports Center
5405 Snyder Lane

3. Alicia Park
300 Arlen, 5 acres

4. Benicia Park & Pool
7469 Bernice, 6 acres

5. Colegio Vista Park
Southwest Blvd., 3 acres

6. Caterpillar Park
7430 Circle Dr., 3 acres

7. Ladybug Park
8517 Liman Way, 5 acres

8. Dorotea Park
895 Santa Dorotea Circle, 6 acres

9. Eagle Park
1715 Emily, 10 acres

10. Sunrise Park
5201 Snyder Lane, 9 acres

11. Honeybee Park & Pool
1170 Golf Course Dr., 10.5 acres

12. Golis Park
1450 Golf Course Dr., 14 acres

13. Rainbow Park
1345 Rosanna, 2.68 acres

14. Magnolia Park & Pool
1401 Middlebrook, 13 acres

15. Roberts Lake & Rohnert Bark Dog Park
5010 Roberts Lake Road

16. Gold Ridge Recreation Center
1455 Golf Course Drive

17. Burton Ave. Recreation Center
7421 Burton Avenue

18. Senior Center
6800 Hunter Drive

19. Shelter Park Dog Park
301 J. Rogers Lane

20. Twin Creeks Park
5530 Kerry Road

COMMUNITY CONTACT LIST

AQUATICS:

Benicia Pool, 7469 Bernice Drive707-795-7582
Honeybee Pool, 1170 Golf Course Drive.....707-586-1413
Magnolia Pool, 1501 Middlebrook Way707-795-8619
Rohnert Park Swim Club
(*Piranha Swimming*).....piranhaswimming.com

ADULT SPORTS:

Redwood Empire Baseball (over 18).....rebl.org
Rohnert Park Tennis Club
and Team Tennis.....rptennisclub.net
Softball (Men's, Co-ed) Sports &
Fitness Center707-588-3488
Sonoma County Adult Coed Soccer Leaguescascl.net
Rohnert Park Women's Low Key Softball
League.....wix.com/rpsoftball/rpwlks
Rohnert Park Adult Sports (*basketball,*
flag football) rohnertparkadultsports.com

YOUTH SPORTS:

Cal Ripken/Babe Ruth Baseball (*4 1/2-18*)calripken.org
CYO Basketball.....northbaycyo.org
Rohnert Park Warriors Football & Cheerrpwarriors.org
Rancho Cotati Lacrosse Club.....rancholax.org
Rohnert Park Soccer Club (*Youth/Teen*).....rpsoccerclub.org
Apache Soccer Club (*Indoor Soccer*).....apachefutsal.com
Rohnert Park Girls Softball Association
(*ages 5-18*).....rpgsa.com

COMMUNITY GROUPS:

Boys and Girls Club, 7450 Santa Barbara Drive.....707-795-0139
Chess for Kids (*Jolie Cook*)chessclubforkids.com
Community Band..... rohnertparkcommunityband.org
Community Chorale (*Karen Ball - Director*).....707-293-6108
Boy Scouts of America Council Office..... redwoodbsa.org
Girl Scouts of Northern California.....gsnorcal.org

COMMUNITY SERVICES STAFF:

John McArthur:Community Services Director
Cindy Bagley:Deputy Director of Community Services
Nelle Herman:Community Services Supervisor
Sheri Lee Miller:Performing Arts Center Supervisor (*Artistic Director*)
Chris Morgan:Community Services Coordinator II (*Sports Center*)
Amanda Foley:Community Services Coordinator II (*Senior Center*)
Aron Sherman:Community Services Coordinator I (*Aquatics*)
Gail Shelton:Community Services Coordinator I (*Box Office*)
Eddy Hansen:Technical Director
Brianna Montelongo:Part-Time Community Services Coordinator
Jennifer Griego:Theater Tech (*Marketing*)

COMMUNITY SERVICES DEPARTMENT OFFICE HOURS

8am-5pm | Monday - Friday
The Community Center is located at 5401 Snyder Lane

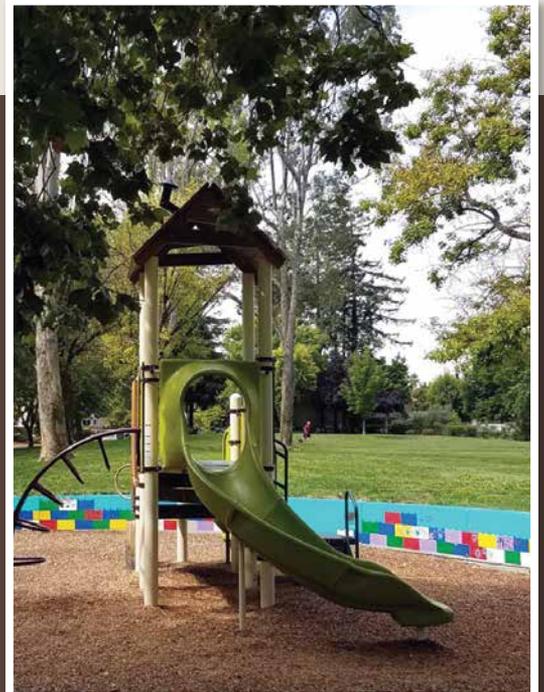
CITY SERVICES:

Callinan Sports and Fitness Center.....707-588-3488
City Field Conditions.....rpcommunityservices.org
City Hall, 130 Avram Ave.....rpcity.org | 707-588-2226
Golf - Foxtail Golf Resort
100 Golf Course Dr.....playfoxtail.com
Tee Reservations.....707-584-7766
Banquet/Party Information.....707-238-5318
Spreckels Performing Arts Center,
5409 Snyder Lanespreckelsonline.com
Box Office.....707-588-3400
Business Office707-588-3434
Rohnert Park Animal Shelter
301 J. Rogers Lane.....707-584-1582
Rohnert Park Community Center (Main Office)
rpcommuntyservices.org707-588-3456
Rohnert Park Library
6250 Lynne Conde Way707-584-9121
Rohnert Park Senior Center
6800 Hunter Drive, Suite A.....707-585-6780
Sweet Pea Gift Shoppe.....707-585-6786
Senior Dining Site707-585-6787
Senior Transportation Program.....707-585-6780
rpcommunityservices.org

OTHER SERVICES:

Rohnert Park Family Resource Center.....707-793-9030
Redwood Empire Food Bank.....707-523-7900
Neighbors Organized Against Hunger
(*NOAH Food Pantry*).....707-548-6624

Chamber of Commerce, 101 Golf Course Dr., #C-7
707-584-1415 | rohnertparkchamber.org





City of Rohnert Park
 Community Services Department
 5401 Snyder Lane
 Rohnert Park, CA 94928

**Parks
 Make
 Life
 Better!**

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 California 94999
 Permit No. 8

ECRWSS

*****ECRWSSDDM*****

RESIDENTIAL CUSTOMER



CITY OF ROHNERT PARK COMMUNITY SERVICES PRESENTS



AQUA DAY *in May*

BRING THE ENTIRE FAMILY FOR OUR **FREE SUMMER KICKOFF BBQ!**

**MAY 4 | NOON-4PM
 HONEYBEE PARK & POOL**

FOAM PARTY POOL PARTY LIVE DJ	LAWN GAMES CRAFTS FREE HOT DOGS <small>(WHILE SUPPLIES LAST)</small>	SUMMER PROGRAM INFORMATION
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ALL ATTENDEES WILL RECEIVE A 10% OFF COUPON VALID FOR ONE PARTICIPATING SUMMER RECREATION CLASS

Parks Make Life Better! 

[HTTP://BIT.LY/AQUADAY](http://bit.ly/aquaday) | 1170 GOLF COURSE DR, ROHNERT PARK, CA 94928 | 707-588-3456

SENIOR CENTER SUMMER BBQ

**FRIDAY, AUG 9
 11:30-1PM
 ROHNERT PARK SENIOR CENTER**

**\$5/Friends of the Rohnert Park Senior Center member
 \$8/non-member**

Tickets can be purchased at the Senior Center front desk.

