

# *summer* **ACTIVITIES**

**2019**



**El Cerrito Recreation Department**



NEWS 2



YOUTH 8



ADULTS 10



AQUATICS 20



FACILITIES 25



REGISTRATION 27



## COMMUNITY CENTER & SWIM CENTER

7007 Moeser Lane  
(510) 559-7000 Community Center  
(510) 559-7011 Swim Center

### Office Hours

- Mon Wed and alternate Fri: 8am to 4pm
- Tue and Thu: 8am to 6pm
- The office is closed:
  - May 3, 17, 27, 31
  - June 14, 28
  - July 4, 5, 12, 26
  - August 9, 23
- Friday programs and services are not affected by the alternate Friday office schedule and will take place as scheduled.

## MIDTOWN ACTIVITY CENTER

10940 San Pablo Avenue  
(510) 559-7677

### Office Hours

- Mon-Thu: 8:30am to 5pm
- Fri: 8:30am to 4pm

## MISSION

The City of El Cerrito serves, leads and supports our diverse and transit-rich community by providing exemplary and innovative services, public places and infrastructure, ensuring public safety and creating an economically and environmentally sustainable future.

## VISION

The City of El Cerrito is a safe, connected, transit-oriented and environmentally focused destination with welcoming neighborhoods, thriving businesses, vibrant public spaces, and diverse cultural, educational and recreational opportunities for people of all ages.

## VALUES

- Ethics and Integrity
- Fiscal Responsibility
- Inclusiveness
- Innovation and Creativity
- Professional Excellence
- Responsiveness
- Transparency & Open Communication



# CITY DIRECTORIES

## EL CERRITO CITY COUNCIL

|                         |               |
|-------------------------|---------------|
| Rochelle Pardue-Okimoto | Mayor         |
| Greg Lyman              | Mayor Pro Tem |
| Janet Abelson           | Councilmember |
| Paul Fadelli            | Councilmember |
| Gabriel Quinto          | Councilmember |

## PARK & RECREATION COMMISSION

|                                                        |            |
|--------------------------------------------------------|------------|
| David Zuckermann                                       | Chair      |
| Tara McIntire                                          | Vice Chair |
| Ben Chuaqui, Norman La Force, Art Machado, Jun Sunseri |            |

## CITY OF EL CERRITO STAFF

|                                              |                |
|----------------------------------------------|----------------|
| Karen Pinkos, City Manager                   | (510) 215-4300 |
| Alexandra Orologas, Assistant City Manager   | (510) 215-4302 |
| Holly Chartley, City Clerk                   | (510) 215-4305 |
| Maya Williams, Assistant to the City Manager | (510) 215-4318 |

## DEPARTMENT DIRECTORS

|                                      |                |
|--------------------------------------|----------------|
| Christopher Jones, Recreation        | (510) 559-7005 |
| Paul Keith, Police Chief             | (510) 215-4400 |
| Melanie Mintz, Community Development | (510) 215-4360 |
| Yvetteh Ortiz, Public Works          | (510) 215-4382 |
| Michael Piloni, Fire Chief           | (510) 215-4450 |
| Mark Rasiah, Finance Department      | (510) 215-4312 |

## RECREATION DEPARTMENT

### ADMINISTRATIVE & BUSINESS SERVICES (510) 559-7000

|                                             |                |
|---------------------------------------------|----------------|
| Sarah DiBenedetto, Rec Management Analyst   | (510) 559-7001 |
| Management Assistant                        | (510) 559-7007 |
| Jessica Palacios, Administrative Specialist | (510) 559-7017 |
| Susan Ortega, Administrative Specialist     | (510) 559-7006 |

### CHILDCARE PROGRAMS (510) 559-7006

|                                                  |                |
|--------------------------------------------------|----------------|
| Eden O'Brien-Brenner, Recreation Supervisor      | (510) 559-7003 |
| Lila Bañuelos, Coordinator, Harding Childcare    | (510) 559-7030 |
| Anthony Billups, Coordinator, Fairmont Childcare | (510) 559-7031 |
| Sheryl Shute, Coordinator, Madera Childcare      | (510) 215-4392 |
| Melanie West, Teacher, Casa Cerrito Preschool    | (510) 559-7032 |

### YOUTH PROGRAMS & SPORTS (510) 559-7000

|                                      |                |
|--------------------------------------|----------------|
| Taylor Melton, Recreation Supervisor | (510) 559-7004 |
| Coordinator, Youth Programs & Sports | (510) 559-7000 |

### ADULT PROGRAMS & SERVICES (510) 559-7677

|                                          |                |
|------------------------------------------|----------------|
| Bridget Cooney, Recreation Supervisor    | (510) 559-7678 |
| Mark Deleon, Coordinator, Adult Programs | (510) 559-7677 |

### AQUATICS & FACILITIES (510) 559-7011

|                                               |                |
|-----------------------------------------------|----------------|
| Beth Frazer, Aquatics & Facilities Supervisor | (510) 559-7015 |
| Stephen Dunkle, Asst. Programs Supervisor     | (510) 559-7008 |
| El Cerrito Swim Center                        | (510) 559-7011 |

### FACILITY RENTALS (510) 559-7017

### TO REACH STAFF BY EMAIL

Use first initial and last name: [@ci.el-cerrito.ca.us](mailto:@ci.el-cerrito.ca.us)

Example: Taylor Melton = [tmelton@ci.el-cerrito.ca.us](mailto:tmelton@ci.el-cerrito.ca.us)

## CITY DIRECTORY

### CITY HALL (510) 215-4300

10890 San Pablo Avenue, El Cerrito, CA 94530

### CITY CLERK (510) 215-4305

Contact the City Clerk's Office with questions regarding City Council meetings, voter registration and City elections.

### COMMUNITY DEVELOPMENT

10890 San Pablo Avenue, El Cerrito, CA 94530

Building Inspection & Permits (510) 215-4360

Planning Division (510) 215-4330

Sustainability, Housing, Economic Development (510) 215-4361

### FIRE (510) 215-4450

10900 San Pablo Avenue, El Cerrito, CA 94530

Emergency 911

Fire/Medical (non-emergency) Dispatch (925) 941-3330

### LIBRARY- EL CERRITO BRANCH (510) 524-9132

6510 Stockton Avenue, El Cerrito, CA 94530

### LOCAL HEALTH AND SOCIAL SERVICES 211

24-Hour Info (Toll-Free)

### HUMAN RESOURCES (510) 215-4315

Job Hotline (510) 466-5005

### POLICE (510) 215-4400

10900 San Pablo Avenue, El Cerrito, CA 94530

Emergency 911

Dispatch (non-emergency) (510) 233-1214

### PUBLIC WORKS

10890 San Pablo Avenue, El Cerrito, CA 94530

Engineering/Street Paving (510) 215-4382

Maintenance (510) 215-4369

Operations + Environmental Services (510) 215-4350

Recycling & Environmental Resource Center (510) 215-4350

7501 Schmidt Lane, El Cerrito, CA 94530



Facebook  
[@ecrecreation](https://www.facebook.com/ecrecreation)



Instagram  
[@ecrecreation](https://www.instagram.com/ecrecreation)



Twitter  
[@ElCerritoREC](https://twitter.com/ElCerritoREC)



In compliance with the Americans with Disabilities Act (ADA), the City of El Cerrito encourages persons with disabilities to participate in our programs. If you have any special needs that require specific accommodations so you can fully enjoy our classes and programs, call the El Cerrito Recreation Department at (510) 559-7000 or email [recreation@ci.el-cerrito.ca.us](mailto:recreation@ci.el-cerrito.ca.us). Please contact us as far in advance as possible but no later than 72 hours before the program start date. TTD Relay (for the hearing impaired) 711 or (800) 735-2922

# CITY MEETINGS

- All meetings take place at City Hall, 10890 San Pablo Ave.
- For more information about City Council, Commission or Committee meetings, please call (510) 215-4305.
- Agendas are posted at City Hall, El Cerrito Community Center and Library, as well as on the City's website.

| GROUPS                              | MEETING TIME      |
|-------------------------------------|-------------------|
| City Council                        | 1st/3rd Tue, 7pm  |
| Arts and Culture Commission         | 4th Mon, 7pm      |
| Citizens Street Oversight Committee | Semi-annually     |
| Civil Service Commission            | On-call           |
| Committee on Aging                  | 3rd Wed, 3pm      |
| Crime Prevention Committee          | 2nd Wed, 7pm      |
| Design Review Board                 | 1st Wed, 7:30pm   |
| Economic Development Committee      | 1st Thurs, 6:30pm |
| Environmental Quality Committee     | 2nd Tues, 7pm     |
| Financial Advisory Board            | 2nd Tues, 7pm     |
| Human Relations Commission          | 1st Wed, 7pm      |
| Park and Recreation Commission      | 4th Wed, 7pm      |
| Planning Commission                 | 3rd Wed, 7:30pm   |
| Urban Forest Committee              | 2nd Mon, 7pm      |

# LOCAL RESOURCES

| ORGANIZATION                                     | WEB                                                                        | PHONE          |
|--------------------------------------------------|----------------------------------------------------------------------------|----------------|
| AC Transit                                       | <a href="http://www.actransit.org">www.actransit.org</a>                   | (510) 891-4777 |
| BART                                             | <a href="http://www.bart.gov">www.bart.gov</a>                             | (510) 236-2278 |
| Chamber of Commerce                              |                                                                            | (510) 705-1202 |
|                                                  | 10296 San Pablo Avenue El Cerrito, CA 94530                                |                |
| Contra Costa Civic Theatre                       |                                                                            | (510) 524-9132 |
|                                                  | 951 Pomona Street, El Cerrito, CA 94530                                    |                |
| Contra Costa Public Library                      |                                                                            | (510) 526-7512 |
|                                                  | El Cerrito Branch, 6510 Stockton Avenue, El Cerrito, CA 94530              |                |
| East Bay Municipal Utility District              |                                                                            |                |
| EBMUD                                            | <a href="http://www.ebmud.com">www.ebmud.com</a>                           | (866) 403-2683 |
| East Bay Paratransit                             | <a href="http://www.eastbayparatransit.org">www.eastbayparatransit.org</a> | (510) 287-5000 |
| East Bay Regional Park District                  |                                                                            |                |
| EBRPD                                            | <a href="http://www.ebparks.org">www.ebparks.org</a>                       | (888) 327-2757 |
| East Bay Sanitary                                | <a href="http://www.ebsan.com">www.ebsan.com</a>                           | (510) 237-4321 |
| KECG Radio (88.1 FM)                             | <a href="http://www.worldonradio.org">www.worldonradio.org</a>             | (510) 525-4472 |
| Marin Clean Energy                               | <a href="http://www.mcecleanenergy.org">www.mcecleanenergy.org</a>         | (888) 632-3674 |
| Pacific Gas & Electric                           | <a href="http://www.pge.com">www.pge.com</a>                               | (800) 743-5000 |
| Steger Sanitary District                         | <a href="http://www.steges.com">www.steges.com</a>                         | (510) 524-4667 |
| West County Resources/Contra Costa Crisis Center | <a href="http://www.211.database.org">www.211.database.org</a>             | 211            |

# COMMUNITY GROUPS/ORGANIZATIONS

| ORGANIZATION                                                   | WEB                                                                                | EMAIL                                                                          | CONTACT           | PHONE          |
|----------------------------------------------------------------|------------------------------------------------------------------------------------|--------------------------------------------------------------------------------|-------------------|----------------|
| Albany/El Cerrito Kiwanis Club                                 |                                                                                    | <a href="mailto:jarkiwanis@gmail.com">jarkiwanis@gmail.com</a>                 | Jack Rosano       | (510) 527-3249 |
| American Legion Veterans Hall                                  |                                                                                    |                                                                                | Joe Pickell       | (510) 528-4381 |
| Bayview Aerie #2323 Fraternal Order of Eagles                  |                                                                                    | <a href="mailto:bayvieweagles@gmail.com">bayvieweagles@gmail.com</a>           | Steve Gaeta       | (510) 525-0444 |
| El Cerrito/Albany Access Group                                 |                                                                                    | <a href="mailto:abeljanet@aol.com">abeljanet@aol.com</a>                       | Janet Abelson     | (510) 525-7709 |
| El Cerrito Art Association                                     |                                                                                    | <a href="mailto:ecartassociation@gmail.com">ecartassociation@gmail.com</a>     | Eileen Libby      | (510) 237-8181 |
| El Cerrito Chamber of Commerce                                 | <a href="http://elcerritochamber.org">elcerritochamber.org</a>                     | <a href="mailto:info@elcerritochamber.org">info@elcerritochamber.org</a>       | Lisa Martinengo   | (510) 705-1202 |
| El Cerrito Community Garden Network                            |                                                                                    | <a href="mailto:Eccommunitygarden@gmail.com">Eccommunitygarden@gmail.com</a>   | Robin Mitchell    |                |
| El Cerrito Garden Club                                         | <a href="http://elcerritogardenclub.org">elcerritogardenclub.org</a>               | <a href="mailto:joannapearlman@comcast.net">joannapearlman@comcast.net</a>     | Joanna Pearlman   | (510) 734-5461 |
| El Cerrito High School Archiving Project                       | <a href="http://elcerritoarchivingproject.com">elcerritoarchivingproject.com</a>   | <a href="mailto:j_fonken@hotmail.com">j_fonken@hotmail.com</a>                 | Jackie Fonken     | (510) 232-9149 |
| El Cerrito Historical Society                                  | <a href="http://elcerritohistoricalsociety.org">elcerritohistoricalsociety.org</a> | <a href="mailto:davidswinstein@yahoo.com">davidswinstein@yahoo.com</a>         |                   | (510) 524-1737 |
| El Cerrito Library Foundation                                  | <a href="http://eclibraryfoundation.org">eclibraryfoundation.org</a>               | <a href="mailto:info@eclibraryfoundation.org">info@eclibraryfoundation.org</a> |                   |                |
| El Cerrito Tennis Club                                         | <a href="http://ectennis.org">ectennis.org</a>                                     | <a href="mailto:info@ectennis.org">info@ectennis.org</a>                       | Terry Cort        | (510) 332-9618 |
| El Cerrito Toastmasters                                        |                                                                                    | <a href="mailto:Andrew_Gi@yahoo.com">Andrew_Gi@yahoo.com</a>                   | Andrew Gi         | (510) 703-2928 |
| El Cerrito Trail Trekkers                                      | <a href="http://ectrailtrekkers.org">ectrailtrekkers.org</a>                       | <a href="mailto:ectrailtrekkers@gmail.com">ectrailtrekkers@gmail.com</a>       | David Weinstein   | (510) 524-1737 |
| El Cerrito Youth Baseball                                      | <a href="http://ECYB.LeagueToolBox.com">ECYB.LeagueToolBox.com</a>                 | <a href="mailto:elliesportspage@gmail.com">elliesportspage@gmail.com</a>       | Ellie Blue        | (510) 236-2300 |
| El Cerrito Youth Futbol Soccer Club/Tottenham East Bay Hotspur |                                                                                    | <a href="http://www.spurssoccer.com">www.spurssoccer.com</a>                   |                   |                |
| Friends of the Cerrito Theater                                 | <a href="http://cerritoteater.org">cerritoteater.org</a>                           | <a href="mailto:davidswinstein@yahoo.com">davidswinstein@yahoo.com</a>         | David Weinstein   | (510) 524-1737 |
| Friends of the El Cerrito Library                              | <a href="http://friendseclibrary.wordpress.com">friendseclibrary.wordpress.com</a> | <a href="mailto:gmacneill@att.net">gmacneill@att.net</a>                       | Grace MacNeill    | (510) 525-9518 |
| Friends of Five Creeks                                         | <a href="http://fivecreeks.org">fivecreeks.org</a>                                 | <a href="mailto:f5creeks@gmail.com">f5creeks@gmail.com</a>                     | Susan Schwartz    | (510) 848-9358 |
| Heritage Roses Group                                           | <a href="http://celebrationofoldroses.org">celebrationofoldroses.org</a>           | <a href="mailto:kmosborn@earthlink.net">kmosborn@earthlink.net</a>             | Kristina Osborn   | (510) 527-3815 |
| League of Women Voters                                         |                                                                                    | <a href="mailto:abeljanet@aol.com">abeljanet@aol.com</a>                       | Janet Abelson     | (510) 693-8115 |
| NAACP                                                          |                                                                                    | <a href="mailto:headeng@sbcglobal.net">headeng@sbcglobal.net</a>               | Horacio Avelino   | (510) 237-5275 |
| Rotary Club of El Cerrito                                      | <a href="http://elcerritorotary.org">elcerritorotary.org</a>                       | <a href="mailto:jackfreethy@gmail.com">jackfreethy@gmail.com</a>               | Jack Freethy      | (925) 283-6419 |
| Shadi Holiday Display                                          | <a href="http://shadiholidaydisplay.com">shadiholidaydisplay.com</a>               | <a href="mailto:jsbayat1@comcast.net">jsbayat1@comcast.net</a>                 | Joann Steck-Bayat | (510) 524-9468 |
| Soroptimists International of El Cerrito                       |                                                                                    |                                                                                | Jane Bartke       | (510) 235-1315 |
| Wildcat 4-H Club                                               | <a href="http://www.wildcat4h.org">www.wildcat4h.org</a>                           | <a href="mailto:contact@wildcat4h.org">contact@wildcat4h.org</a>               | Kevin O'Neal      |                |

# SCHOOL DIRECTORIES

# EVENTS

## PUBLIC SCHOOLS

| SCHOOL                                                                                            | PHONE          |
|---------------------------------------------------------------------------------------------------|----------------|
| El Cerrito High School<br>540 Ashbury Avenue, El Cerrito, CA 94530                                | (510) 231-1437 |
| Fairmont Elementary School<br>724 Kearney Street, El Cerrito, CA 94530                            | (510) 525-5235 |
| Harding Elementary School<br>7230 Fairmount Avenue, El Cerrito, CA 94530                          | (510) 231-1413 |
| Kensington Elementary School<br>90 Highland Blvd., Kensington, CA 94707                           | (510) 231-1415 |
| Korematsu Middle School<br>7125 Donal Avenue, El Cerrito, CA 94530                                | (510) 524-0405 |
| Madera Elementary School<br>8500 Madera Drive, El Cerrito, CA 94530                               | (510) 231-1412 |
| Mira Vista School, K-8<br>6397 Hazel Avenue, Richmond, CA 94805                                   | (510) 231-1416 |
| Stege Elementary School<br>4949 Cypress Avenue, Richmond, CA 94804                                | (510) 231-1425 |
| Summit K2 Charter School<br>1800 Elm Street, El Cerrito, CA 94530                                 | (510) 697-2843 |
| West Contra Costa Unified School District<br>Main Office, 1108 Bissell Avenue, Richmond, CA 94802 | (510) 231-1100 |
| Wilson Elementary School (Temporary Campus)<br>7150 Portola Drive, El Cerrito, CA 94530           | (510) 231-1456 |

## PRIVATE SCHOOLS

| SCHOOL                                                                                       | PHONE          |
|----------------------------------------------------------------------------------------------|----------------|
| Montessori Family School<br>7075 Cutting Blvd., El Cerrito, CA 94530                         | (510) 236-8802 |
| Prospect Sierra School (Elementary Campus K-4)<br>2060 Tapscott Avenue, El Cerrito, CA 94530 | (510) 809-9036 |
| Prospect Sierra School (Middle School Campus 5-8)<br>960 Avis Drive, El Cerrito, CA 94530    | (510) 809-9000 |
| St. John the Baptist School (Catholic) K-8<br>11156 San Pablo Avenue, El Cerrito, CA 94530   | (510) 234-2244 |

Join our monthly e-newsletter!  
Go to [www.el-cerrito.org/recreation](http://www.el-cerrito.org/recreation)  
and click on:



...to stay on top of upcoming events,  
new programs and classes  
and other community news.

## Thank You Crab Feed Sponsors & Donors!

Silver Sponsor:

**East Bay Sanitary Company, Inc.**

Bronze Sponsor:

**Aubrey Barrett Orthodontics  
Plaza Auto Service, Inc.  
Two Brothers Pool & Spa**

Raffle Prize Donors:

ACME Bread  
Caroline Escalante  
Orange Theory Solano  
Safeway El Cerrito  
Senior Alternatives  
Trader Joes El Cerrito  
USS Hornet  
Baskin Robbins El Cerrito  
El Cerrito Natural Grocery Company  
Starbucks El Cerrito Plaza

Albany Bowl  
Elevation 66  
Rialto Theater  
Semifreddi's  
The Junket  
Trusted Wine  
Well Grounded  
What a Chicken!



## SAFE SWIM EVENT

Come join the fun  
as we kick off the summer season!

**Free 25-minute  
swim lessons**

for all ages and abilities.  
Lessons offered at  
10am, 10:30am and 11am.



**Free Recreation Swim 12-3pm**

Waterslide & Diving Board Open  
Admittance is subject to pool capacity

Sign up now to reserve your spot!  
[www.el-cerrito.org/onlinereg](http://www.el-cerrito.org/onlinereg)

**Saturday, June 15  
10am-3pm**



El Cerrito Swim Center, 7007 Moeser Lane, (510) 559-7011



**4TH ANNUAL WOMEN'S DIVISION PICKLEBALL RELISH TOURNAMENT**

9 AM SATURDAY, JUNE 22, 2019  
CASTRO PARK TENNIS COURTS  
1420 NORVELL STREET, EL CERRITO

Recreation Division 3.0 and Below  
\$25 per player/per division

MORE INFORMATION: (510) 559-7677  
MIDTOWN@CI.EL-CERRITO.CA.US  
REGISTRATION: WWW.EL-CERRITO.ORG/ONLINEREG  
MIDTOWN, 10940 SAN PABLO AVE, EL CERRITO



**SAVE THE DATE!**

**Summer Splash Pool Party**

**Sunday, July 21**  
**11am-4pm**

El Cerrito Swim Center  
7007 Moeser Lane, (510) 559-7011



## Wednesday, July 3, 2019 from 4-7pm

Spend a relaxing evening in Cerrito Vista Park before America's big birthday bash. Bring your picnic blanket and low backed chairs and enjoy this magical evening featuring Circus Imagination and other fun-filled family entertainment! Sponsored by the El Cerrito Arts and Culture Commission.

## Thursday, July 4, 2019 from 10am-6pm

### Celebrate America's Birthday in El Cerrito!

The long running, award winning 4th of July Festival in El Cerrito has been a home town tradition. Visit community exhibits and booths, play carnival games, enjoy a diverse array of live music and entertainment and eat carnival foods of all sorts. Your family will enjoy the festival with its many rides, inflatables, games and circus!

### Sponsors Needed!

Donations and sponsorships have made the 4th of July Festival in El Cerrito possible for over 25 years. If you as an individual or an organization are interested in donating, please contact Sarah DiBenedetto at (510) 559-7001 or [sdbenedetto@ci.el-cerrito.ca.us](mailto:sdbenedetto@ci.el-cerrito.ca.us)

### Sign-up to be a 4th of July Volunteer

Volunteers are needed to help create a memorable community event. Non-profit 501(c)3 groups may be eligible to earn \$15.00/hr, per worker, towards their organization. Please contact Taylor at (510) 559-7004 or [tmelton@ci.el-cerrito.ca.us](mailto:tmelton@ci.el-cerrito.ca.us) or visit our web site at [www.el-cerrito.org/july4](http://www.el-cerrito.org/july4) for a volunteer application.

### Vendor & Informational Booths

Vendor/Informational booths will be located on Pomona Avenue and in Cerrito Vista Park. The City invites the following categories: non-profit organization, home-based business selling wares, crafts, or services and commercial business selling products and/or promoting services. For more information, please contact Bridget Cooney at (510) 559-7677 or [bcooney@ci.el-cerrito.ca.us](mailto:bcooney@ci.el-cerrito.ca.us) or go online to [www.el-cerrito.org/july4](http://www.el-cerrito.org/july4) for an application.

### Food Vendors

Attendees of our 4th of July Festival have come to expect a wide variety of excellent food. Serving both lunch and dinner to festival goers has been a very successful endeavor for vendors in the past. If you are interested in becoming a food vendor, please contact Bridget Cooney at (510) 559-7677 or [bcooney@ci.el-cerrito.ca.us](mailto:bcooney@ci.el-cerrito.ca.us).

Visit us online at [www.el-cerrito.org/july4](http://www.el-cerrito.org/july4) to check out photos of years past, application forms and more information.



# PUBLIC WORKS

## STAY INVOLVED

### SIGN UP FOR MONTHLY EMAIL UPDATES

The Operations + Environmental Services Division sends out a periodic email about volunteer opportunities and environmental activities in El Cerrito. Be among the first to hear about new programs and activities such as the Citywide Garage Sale, Earth Day, Bike to Work Day and more! Join online at [el-cerrito.org/393/Monthly-Email-Updates](http://el-cerrito.org/393/Monthly-Email-Updates) or by emailing [wprovost@ci.el-cerrito.ca.us](mailto:wprovost@ci.el-cerrito.ca.us).

## MCE LIVING LIGHTLY

### RENEWABLE ENERGY CHALLENGE

In partnership with MCE Clean Energy and the Environmental Quality Committee (EQC), the City of El Cerrito created a "Living Lightly" team to encourage our community to opt-up to Deep Green 100% renewable energy through our local electricity provider, MCE. Deep Green costs just a penny more per kilowatt-hour. That equates to less than \$5/month for the average household. For more information visit MCE's Living Lightly page at [mcecleanenergy.org/LivingLightly/](http://mcecleanenergy.org/LivingLightly/) or contact City staff (510) 525-7622.

## REPORT SPILLS AND DISCHARGES

### TO STORM DRAINS AND CREEKS

Help the City of El Cerrito protect water quality and our environment by keeping pollutants out of our waterways. Trash, oil, soaps, chemicals, and other pollutants on El Cerrito's sidewalks and gutters can get flushed into storm drains, eventually ending up in our creeks and the San Francisco Bay untreated. You can help keep our waterways clean and healthy by reporting any potential pollution on sidewalks, streets, gutters, and creeks by calling El Cerrito's Maintenance Division at (510) 215-4369. Visit [el-cerrito.org/maintenance](http://el-cerrito.org/maintenance) for more information.

## GO GREEN CALENDAR

### UPCOMING EVENTS & WORKSHOPS

<http://www.el-cerrito.org/newgreen>

### 6TH ANNUAL HILLSIDE FESTIVAL

May 3-5, 2019

Visit [www.ectrailltrekkers.org](http://www.ectrailltrekkers.org) for more information.

### BRINGING BACK THE NATIVES TOUR

Sunday, May 5, 2019, 10am-5pm

Visit [www.bringingbackthenatives.net](http://www.bringingbackthenatives.net) for more information.

### BIKE TO WORK DAY

Thursday, May 9, 2019, 7-9am

Call (510) 215-4350 for more information.

### SPRING CITYWIDE GARAGE SALE

Saturday, May 18, 9am-3pm

Register at <http://el-cerrito.org/943/Citywide-Garage-Sale>.

### EL CERRITO GREEN TEAMS

#### VOLUNTEER WORK PARTIES

June 1 and August 17

Visit [el-cerrito.org/newgreen](http://el-cerrito.org/newgreen) for more information or contact City staff at (510) 215-4350 or [green@ci.el-cerrito.ca.us](mailto:green@ci.el-cerrito.ca.us).

### FREE TOUR OF THE RECYCLING +

#### ENVIRONMENTAL RESOURCE CENTER

First Wednesday of the Month, 3pm

Call (510) 215-4350 for more information.

### BAXTER CREEK WORK PARTY

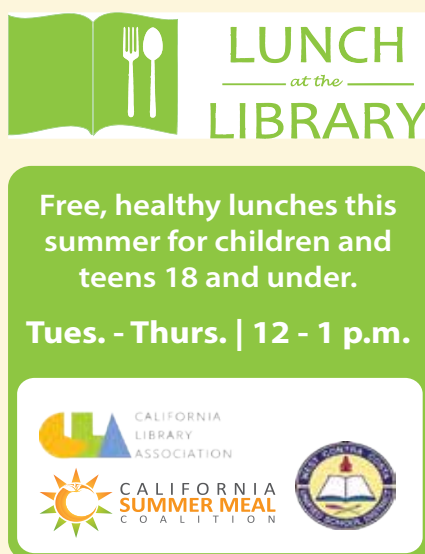
First Saturday of the Month, 10am-12:30pm

### RECYCLING CENTER SPRING/SUMMER HOURS

- Drop-off your recyclables Monday - Friday, from 8am to 5:45pm and 9am to 4:45pm on weekends.
- Household Hazardous Waste: Tuesdays from 9am to 4pm.



CONTRA COSTA COUNTY LIBRARY  
**SUMMER READING**  
JUNE 8 - AUG. 8  
Take Me to Your Reader



**LUNCH**  
— at the —  
**LIBRARY**

Free, healthy lunches this summer for children and teens 18 and under.

Tues. - Thurs. | 12 - 1 p.m.

CALIFORNIA LIBRARY ASSOCIATION  
CALIFORNIA SUMMER MEAL COALITION



**EXPLORATION STATION**  
TUESDAY, JUNE 25 | 12 - 2 p.m.

Explore space science through exhibits, hands-on experiments and demonstrations.  
**Expand your universe!**

### El Cerrito Library

6510 Stockton Avenue 94530 | 510.526.7512  
Mon 12-8 • Tues 12-8 • Wed 10-6 • Thurs 10-6  
Fri 10-5 • Sat 10-5 • Sun 1-5



CONTRA COSTA COUNTY LIBRARY  
Bringing People and Ideas Together  
[cclib.org](http://cclib.org)



## CHILD CARE PROGRAMS

### 5 AND UNDER PROGRAMS

The City of El Cerrito offers two programs designed to provide parents with the opportunity to have their young child in a safe and nurturing environment while learning school readiness skills. Registration is continuous throughout the year and forms are processed on a first come, first serve basis. Both programs operate year-round. A visit is required before registration. For more information please contact Susan Ortega at (510) 559-7006 or [sortega@ci.el-cerrito.ca.us](mailto:sortega@ci.el-cerrito.ca.us).

#### TEETER TOTS

**Ages 24 months–3.5 years**

Teeter Tots provides a first experience for your toddler into a preschool-like environment. Children in the program practice social skills such as sharing, taking turns and using words in a play-based learning environment. Children also learn to follow directions and practice transitions from one activity to another. Knowledgeable staff provide gentle instruction in activities that assist both fine and gross motor development. Staff are experienced in assisting both children and families working through separation anxiety. Children are required to bring a lunch that is nut-free, and easy to eat without any preparation required. Toilet training is not necessary.

**Location: CC Tot Room - 7007 Moeser Lane**

#### MONDAY-FRIDAY

Half Day only 8:30am–12:30pm

Maximum 3 days and/or 12 hrs per Week

#### CASA CERRITO PRESCHOOL

**Ages 3–5 years**

Enroll in this licensed preschool for the whole day or just half! Experienced and passionate teachers lead a highly enriching program full of art, science, pre-reading and pre-math skills. Children practice kindergarten readiness activities in an exciting age-appropriate setting. Casa Cerrito has a huge backyard, and outdoor environmental education is a large focus in the program. Gymnastics and sports are included in the school-year program. Students are required to be toilet trained.

**Location: Casa Cerrito, 6927 Portola Drive**

#### MONDAY-FRIDAY

Full Day 8:30am–5:30pm

Half Day Options 8:30am–1pm or 1pm–5:30pm

### SCHOOL AGE

#### BEFORE & AFTER SCHOOL CHILD CARE

**Grades TK–6**

**Registration is now open!**

The City of El Cerrito provides school-age, state licensed childcare facilities throughout the City for children attending Fairmont, Harding and Madera Schools. If your child attends another school in the El Cerrito area, care may be available to you as well (transportation not provided). Non-licensed school-based recreation programs are also available to provide after school care for older grades.

Exciting enrichment activities including STEM projects, organized outdoor games, art and music are provided by licensed and trained staff. Time is set aside for homework or quiet reading on a daily basis. Children are given an afternoon snack. Our childcare programs provide a safe, challenging and creative before and after school option. For more information visit [el-cerrito.org/childcare](http://el-cerrito.org/childcare).

#### MONDAY - FRIDAY

|               |                    |
|---------------|--------------------|
| Before School | 7am - 8:30am       |
| After School  | Dismissal - 6:00pm |





# ENRICHMENT CLASSES

## KARATE

**Ages 7-18**

This class teaches a traditional form of Japanese karate known as Wado. Students will learn basic techniques including guarding, punching and kicking. Different exercises are combined with stretching and strengthening work to develop a better sense of balance, focus, self-discipline and confidence. New students must contact instructor prior to registering. Please email [lcbaltz@gmail.com](mailto:lcbaltz@gmail.com).

**Instructor: Leonard Baltz**

**Location: CC Main Hall - 7007 Moeser Lane**

| DATE     | DAY   | TIME     | MEETS | RES  | NRES | ACTIVITY  |
|----------|-------|----------|-------|------|------|-----------|
| 6/4-6/27 | Tu,Th | 4:50-6pm | 8x    | \$42 | \$52 | 222522-01 |
| 7/2-7/25 | Tu,Th | 4:50-6pm | 7x    | \$36 | \$45 | 222522-02 |

*No Class: 7/4, 7/30*

*No August classes. Karate will resume in September.*

## KARATE ADVANCED

Advanced Karate is for advanced students. By instructor invitation only.

| DATE     | DAY | TIME     | MEETS | RES  | NRES | ACTIVITY  |
|----------|-----|----------|-------|------|------|-----------|
| 6/7-6/28 | F   | 4:50-6pm | 4x    | \$21 | \$26 | 222523-02 |
| 7/5-7/26 | F   | 4:50-6pm | 3x    | \$16 | \$20 | 222523-03 |

*No August classes. Karate will resume in September.*



## SUMMER CAMPS

Many of your favorite instructors and staff from school year programs are leading summer camps in El Cerrito!

For the full summer camp schedule as well as descriptions, locations and prices please refer to the **2019 Summer Camp Guide** which can be found online or at the El Cerrito Community Center.

[www.el-cerrito.org/summercamp](http://www.el-cerrito.org/summercamp)



## X-FIT LIL' NINJA WARRIOR TRAINING

**Ages 5-14**

Would you like your child to be the next American Ninja Warrior? X-Fit Lil' Ninja Warrior is designed for all levels. This is a non-competitive program that helps your child develop gross motor skills, core strength, balance and control of their body in an athletic atmosphere. Your Lil' Ninjas will be getting fit while overcoming obstacle courses. For more information contact X-Fit Training at: [XFit.JR@gmail.com](mailto:XFit.JR@gmail.com) or (510) 289-4200.

Check us out at: [www.XFitTrainingEastBay.com](http://www.XFitTrainingEastBay.com)

**Location: Castro Clubhouse, 1420 Norvell Street**

| X-FIT FEES           | RES           | NRES  |
|----------------------|---------------|-------|
| 4 classes per month  | \$60          | \$75  |
| 8 classes per month  | \$99          | \$124 |
| 12 classes per month | \$119         | \$148 |
| Unlimited per month  | \$139         | \$173 |
| First time workouts  | \$10 one time |       |

*\*Onsite payment by check only or call (510) 559-7000 to place a credit card on file.*

### CASTRO CLUBHOUSE, 1420 NORVELL ST

| TIME   | TUES | THUR   | SAT    |
|--------|------|--------|--------|
| 9am    | --   | --     | Javier |
| 10am   | --   | --     | Jody   |
| 4:30pm | Joe  | Javier | --     |

*Each class is 50 min. No Class: 7/4*



## SHARE YOUR TALENTS TEACH A CLASS

The El Cerrito Recreation Department is looking to add new classes to the After School Enrichment Program (ASEP) calendars. We are currently seeking contract instructors to lead after school classes in areas such as yoga, photography, drama, music, creative writing, tennis and more!

Those interested and who have experience working with youth may inquire with Taylor Melton by email [tmelton@ci.el-cerrito.ca.us](mailto:tmelton@ci.el-cerrito.ca.us) or (510) 559-7004.



## ARTS

### ACRYLIC & WATERCOLOR ARTS

Students with all skill levels work together, discuss their paintings and learn from each other. As students need instruction or help with individual interests, the instructor will demonstrate painting techniques, materials, textures, color theory and composition.

**Instructor:** Mei Yu Black

**Location:** Castro Clubhouse Side A - 1420 Norvell Street

| DATE    | DAY | TIME            | RES  | NRES    | ACTIVITY  |
|---------|-----|-----------------|------|---------|-----------|
| Drop-In | Th  | 10:30am-12:30pm | \$11 | \$13.50 | 244568-01 |
|         | F   | 10:30am-2pm     |      |         |           |

No Class: 7/4

### IKEBANA

Instructor provides lessons in the classical Enshu style of Japanese flower arranging, from basic through advanced. Students should bring shears, a shallow container with a pin frog, flowers and/or branches that they would like to arrange. Optional Material Fee: \$5 or \$10 for branches and flowers. Class meets on the second and fourth Tuesday each month.

**Instructor:** Rayko Kurosaki

**Location:** Midtown Classroom Rm 1 - 10940 San Pablo Ave

| DATE    | DAY          | TIME  | RES  | NRES    | ACTIVITY  |
|---------|--------------|-------|------|---------|-----------|
| Drop-In | 2nd & 4th Tu | 2-4pm | \$11 | \$13.50 | 244565-01 |



### POTTERY

Students can work on projects at their own pace with an instructor available to provide assistance. Make sculptures, hand-built utilitarian pieces, art pieces, or wheel-thrown pots. Use of tools, glazes and firings are included in class cost. Clay is available for purchase at \$12 per 25lb bag.

**Location:** Tassajara Pottery Studio - 2575 Tassajara Ave

#### Monday Afternoon Workshop

**Instructor:** Kathryn Rile

| DATE    | DAY | TIME  | RES  | NRES    | ACTIVITY  |
|---------|-----|-------|------|---------|-----------|
| Drop-In | M   | 1-4pm | \$11 | \$13.50 | 244564-01 |

#### Monday Night Open Studio

**Instructor:** Patty Fujiwara

| DATE    | DAY | TIME     | RES  | NRES    | ACTIVITY  |
|---------|-----|----------|------|---------|-----------|
| Drop-In | M   | 7-9:30pm | \$11 | \$13.50 | 244562-01 |

#### Wednesday Evening Workshop

**Instructor:** Chris Lack

| DATE    | DAY | TIME     | RES  | NRES    | ACTIVITY  |
|---------|-----|----------|------|---------|-----------|
| Drop-In | W   | 7-9:30pm | \$11 | \$13.50 | 244563-06 |

## ANNUAL GIVING CAMPAIGN

The El Cerrito Midtown Activity Center Annual Giving Campaign raises funds to cover the cost of many of its programs and activities through generous donations. Your annual donation helps to keep program costs down for activities and services available to adults 50+ and allows the center to continue to expand and improve program offerings. Donations are tax deductible.

**Donations can be made** by check, cash or credit card and can be made in person or by mail at the City of El Cerrito Midtown Activity Center, 10940 San Pablo Ave or online at [www.el-cerrito.org/onlinereg](http://www.el-cerrito.org/onlinereg) (Activity #255112-01).

For more information call (510) 559-7677 or email [midtown@ci.el-cerrito.ca.us](mailto:midtown@ci.el-cerrito.ca.us).



## BALANCE TRAINING & FALL PREVENTION

This class is a great supplement to any other exercise class and recreation endeavor and helps participants experience greater confidence, control and safety in their activities. Class is designed to reduce the risk of falling by improving balance, building strength, increasing agility and enhancing posture. Participants must be able to walk across a room without an assisted device.

**Instructor: Lindsay Wheeler**

**Location: Midtown Activity Center - 10940 San Pablo Ave**

| DATE    | DAY | TIME     | RES | NRES | ACTIVITY  |
|---------|-----|----------|-----|------|-----------|
| Drop-In | M   | 2-2:45pm | \$5 | \$6  | 255502-01 |

## BOLLYX

BollyX is a Bollywood-inspired dance fitness program that combines choreography from Indian dance forms and workout sets to cheerful music from around the world. BollyX choreography includes dance steps in Bhangra, Western Folk and Bollywood set to both Western and Eastern songs. The class aims toward energizing your body by experiencing the joy of fitness, while delivering a total body workout. In addition, each class will focus on an inner sense of expression encouraging participants to bring out their inner rock star!

**Instructor: Sri**

**Location: Hana Gardens Room B - 10870 San Pablo Ave**

| DATE      | DAY | TIME  | MEETS | RES     | NRES    | ACTIVITY  |
|-----------|-----|-------|-------|---------|---------|-----------|
| 6/6-6/20  | Th  | 7-8pm | 3x    | \$31    | \$38    | 244523-02 |
| 7/11-7/25 | Th  | 7-8pm | 3x    | \$31    | \$38    | 244523-03 |
| 8/1-8/29  | Th  | 7-8pm | 5x    | \$52    | \$59    | 244523-04 |
| Drop-In:  |     |       |       | \$11.50 | \$14.50 | 244523-01 |

No Class: 6/27, 7/4

## NEW! CHAIR FITNESS

Chair Fitness offer exercises that strengthen arms and legs while seated. Movements help to develop flexibility and endurance and increase lung capacity. Wear comfortable clothing and shoes.

**Instructor: Judy Katz**

**Location: Hana Gardens Room B - 10870 San Pablo Avenue**

| DATE    | DAY | TIME          | RES | NRES | ACTIVITY  |
|---------|-----|---------------|-----|------|-----------|
| Drop-In | W   | 10:30-11:15am | \$5 | \$6  | 255505-01 |

## SHARE YOUR TALENTS

### TEACH A CLASS

The Adult Programs & Services Division is looking to add new classes to our schedule. We are currently seeking contract instructors to teach classes such as exercise, photography, cooking and more!

Those interested and who have experience working with adults may inquire with Bridget Cooney by email [bcooney@ci.el-cerrito.ca.us](mailto:bcooney@ci.el-cerrito.ca.us) or phone (510) 559-7677.

## FELDENKRAIS AWARENESS THROUGH MOVEMENT

Feldenkrais Method® classes involve easy, gentle movements that help you make distinctions about your habitual movement patterns. As you learn to increase your sensitivity and awareness, options for graceful, efficient and spontaneous movement become available. Learn breathing techniques, how to increase co-ordination, flexibility, ease of posture, decrease stress, strain and pain. Develop skills to maintain comfort and improve self-image. Wear loose, comfortable clothing. Mats are provided.



**Instructor: Jane Neilson**

**Location: Midtown Activity Center - 10940 San Pablo Ave**

**Monday: Floor Work on Mats**

| DATE    | DAY | TIME    | RES | NRES | ACTIVITY  |
|---------|-----|---------|-----|------|-----------|
| Drop-In | M   | 10-11am | \$5 | \$6  | 255503-01 |

**Wednesday: Seated Chair Work**

| DATE    | DAY | TIME    | RES | NRES | ACTIVITY  |
|---------|-----|---------|-----|------|-----------|
| Drop-In | W   | 10-11am | \$5 | \$6  | 255503-02 |

## FITNESS/MAT WORKOUT

Have fun, get in shape, tone your muscles and increase your flexibility, range of motion, endurance and stamina. Resistance bands and toning balls are used while working on mats in the first half of the class, moving to chair exercises and finally low-impact aerobics. Free trial class! Instructor has 20 plus years of fitness teaching experience, working with all ages.

**Instructor: Judy Katz**

**Location: Midtown Activity Center - 10940 San Pablo Ave**

| DATE    | DAY | TIME         | RES | NRES | ACTIVITY  |
|---------|-----|--------------|-----|------|-----------|
| Drop-In | Tu  | 9:30-10:30am | \$5 | \$6  | 255504-01 |
| Drop-In | Th  | 9:30-10:30am | \$5 | \$6  | 255504-02 |

No class: 7/4

## HATHA YOGA FOR ALL LEVELS

**Ages 16+**

Yoga is a great physical exercise to release tension, increase flexibility and improve posture. It also helps to calm the mind through deep breathing (Pranayama). Students learn basic understanding of proper alignment, relaxation techniques, and yoga breathing. The instructor is 200 hour Yoga Alliance registered and has practiced and taught for 15 plus years.

**Instructor: Hiromi Aoki Jones**

**Location: Hana Gardens Room B - 10870 San Pablo Ave**

| DATE      | DAY | TIME            | MEETS | RES  | NRES    | ACTIVITY  |
|-----------|-----|-----------------|-------|------|---------|-----------|
| 6/4-6/25  | Tu  | 11:15am-12:15pm | 4x    | \$34 | \$42    | 244528-01 |
| 6/5-6/26  | W   | 9-10:15am       | 4x    | \$34 | \$42    | 244528-02 |
| 6/6-6/27  | Th  | 12-1pm          | 4x    | \$34 | \$42    | 244528-03 |
| 7/2-7/30  | Tu  | 11:15am-12:15pm | 4x    | \$34 | \$42    | 244528-04 |
| 7/3-7/31  | W   | 9-10:15am       | 4x    | \$34 | \$42    | 244528-05 |
| 7/18-7/25 | Th  | 12-1pm          | 2x    | \$17 | \$21    | 244528-06 |
| Drop-In   |     |                 |       | \$11 | \$13.50 | 244528-07 |

No class: 7/4, 7/9, 7/10, 7/11

## DANCE & FITNESS CONTINUED



### HIKING

**Ages 50+**

Hiking trips range from moderate to strenuous and are graded by the type of terrain. Hiking footwear, plenty of water, a lunch, medications, sunscreen and a backpack are essential. Dressing in layers is required as many locations change temperatures rapidly. Hikers are welcome to bring a camera and binoculars. Reservations and advance payment are required.

**Trips depart from the Contra Costa Civic Theater parking lot located at 951 Pomona Ave**

| TRIP LOCATION      | DATE | DAY | TIME          | FEES | ACTIVITY  |
|--------------------|------|-----|---------------|------|-----------|
| UC Berkeley Campus | 6/21 | F   | 8:30am-2:30pm | \$12 | 255804-01 |
| Coyote Hills       | 7/19 | F   | 8:30am-2:30pm | \$12 | 255804-02 |
| Golden Gate Bridge | 8/16 | F   | 8:30am-2:30pm | \$12 | 255804-03 |

### NEW! LET'S GET MOVING

Maintain or improve your balance, flexibility and strength through exercises led by a certified Arthritis Foundation Instructor.

**Instructor: Carol Kehoe**

**Location: Hana Gardens Room B - 10870 San Pablo Avenue**

| DATE    | DAY   | TIME  | RES | NRES | ACTIVITY  |
|---------|-------|-------|-----|------|-----------|
| Drop-In | Tu,Th | 3-4pm | \$5 | \$6  | 255507-01 |

*No class: 7/4*

### PICKLEBALL

Pickleball is a paddle sport created for all ages and skill levels. It's a fun sport that combines many elements of tennis, badminton and ping pong. The rules are simple, and the game is easy for beginners to learn, but can develop into a quick, fast-paced and competitive game for experienced players. Adults and seniors enjoy the social aspects and the ability to stay active. We will have loaner paddles and offer lessons for beginners. If you have an extra paddle that you're willing to lend to a beginner for the session, please bring it.

**Instructor: Bell**

**Location: Castro Tennis Courts - 1420 Norvell Ave**

| DATE    | DAY      | TIME            | FEE | ACTIVITY  |
|---------|----------|-----------------|-----|-----------|
| Drop-In | Th<br>Sa | 3-5pm<br>9-11am | \$5 | 255117-01 |

*No Class: 7/4*

### POLYNESIAN DANCE

**Ages 14+**

Learn the ancient and modern dances of Hawai'i, Samoa, Tahiti and Aotearoa (New Zealand) coupled with their cultural background. Kumu (teacher) leads the dance troupe "Hui Hula o na Pu'u i ka Noe."

**Instructor: Kalena Gregory**

**Location: Skylight Room - 7007 Moeser Lane**

| DATE     | DAY | TIME        | MEETS | RES  | NRES | ACTIVITY  |
|----------|-----|-------------|-------|------|------|-----------|
| 6/4-6/25 | Tu  | 6:30-7:30pm | 4x    | \$37 | \$46 | 244531-01 |
| 7/9-7/30 | Tu  | 6:30-7:30pm | 4x    | \$37 | \$46 | 244531-02 |

### POLYNESIAN DANCE ADVANCED

**Ages 14+**

This class is for wahine dancers who have had at least 2 years of ancient and modern hula, Samoan Tahitian dance. Kumu (teacher) leads the dance troupe "Hui Hula o na Pu'u i ka Noe."

**Instructor: Kalena Gregory**

**Location: Skylight Room - 7007 Moeser Lane**

| DATE     | DAY | TIME        | MEETS | RES  | NRES | ACTIVITY  |
|----------|-----|-------------|-------|------|------|-----------|
| 6/4-6/25 | Tu  | 7:30-8:30pm | 4x    | \$37 | \$46 | 244537-01 |
| 7/9-7/30 | Tu  | 7:30-8:30pm | 4x    | \$37 | \$46 | 244537-02 |

### NEW! QIGONG

Learn to promote relaxation and increase circulation through acupressure and movement. QiGong (pronounced Chee Gong) will improve your balance, release tension and develop your strength. In this class, students will learn traditional Asian methods for balancing energy related to chronic pain and other health issues, promoting well-being and vitality at both the physical and emotional levels.

**Instructor: Debbie Sarnoff**

**Location: Hana Gardens Room B - 10870 San Pablo Avenue**

| DATE    | DAY | TIME  | RES | NRES | ACTIVITY  |
|---------|-----|-------|-----|------|-----------|
| Drop-In | F   | 1-2pm | \$5 | \$6  | 255511-01 |

### SHINSHIN TOITSU AIKIDO

**Ages 16+**

Aikido teaches how "not to fight" using meditation, breathing coordination exercises and Aikido techniques. Classes are taught by Maida sensei, 7th dan, senior personal student of Koichi Tohei 10th dan. The goal is to clearly envision potential conflicts and change reactions to those conflicts. All are welcome. Price is based on a fee which allows for two classes per week. Free trial class available.

**Instructor: Ki Research Institute**

**Location: Castro Clubhouse B - 1420 Norvell Avenue**

| DATE     | DAY            | TIME               | RES  | NRES | ACTIVITY  |
|----------|----------------|--------------------|------|------|-----------|
| 6/3-6/27 | M, W<br>Tu, Th | 6:30-8pm<br>9-10am | \$42 | \$52 | 244505-01 |
| 7/1-7/31 | M, W<br>Tu, Th | 6:30-8pm<br>9-10am | \$42 | \$52 | 244505-02 |
| 8/1-8/29 | M, W<br>Tu, Th | 6:30-8pm<br>9-10am | \$42 | \$52 | 244505-03 |



## DANCE & FITNESS CONTINUED

### T'AI CHI CHIH

T'ai Chi Chih was developed into an exercise meant for relaxation and reduction of stress. Exercises aligned with balance, meditation and wellness. Experience relaxation, balance, renewed energy, a feeling of well-being and serenity. The movements are relaxed, effortless, flowing and take simple coordination so that people of any age can easily do them. Chairs are available.

**Instructor:** Ian Huebsch

**Location:** Midtown Activity Center - 10940 San Pablo Ave

| DATE    | DAY | TIME    | RES | NRES | ACTIVITY  |
|---------|-----|---------|-----|------|-----------|
| Drop-In | M   | 10-11am | \$5 | \$6  | 255501-01 |

### TAIJI QUAN YANG STYLE - LONG FORM

This class provides an introduction to the basic forms in classical long-form style of the Yang tradition. Through a combination of meditative movements, participants will work toward achieving harmony of the mind, body and spirit. Taiji Quan consists of a series of gentle, meditative movements, that work to improve circulation, deepen breathing, relieve stress and strengthen one's balance. Benefits of Taiji Quan include both a relaxed sense of well-being and a heightened sense of renewed energy.

**Instructor:** Jody Ellsworth

**Location:** Arlington Clubhouse - 1120 Arlington Avenue

| DATE     | DAY | TIME    | MEETS | RES  | NRES | ACTIVITY  |
|----------|-----|---------|-------|------|------|-----------|
| 6/4-6/25 | Tu  | 10-11am | 4x    | \$42 | \$52 | 264520-01 |
| 7/2-7/30 | Tu  | 10-11am | 5x    | \$52 | \$65 | 264520-02 |
| 8/6-8/27 | Tu  | 10-11am | 4x    | \$42 | \$52 | 264520-03 |
| Drop-In  |     |         |       | \$12 | \$15 | 264520-04 |

### TENDO RYU NAGINATA

**Ages 16+**

Tendo Ryu was established over 400 years ago in Japan and is one of many classical schools of Japanese martial arts that employ the Naginata. Naginata means long weapon. Our practice naginata is wooden, but represents a 6 ft staff with an 18 inch curved blade on the end. Initially, practice is solo, but all the kata are eventually performed with a partner who has a wooden sword. Because this is a partnered martial art, you will learn focus, concentration and etiquette. No prior martial arts experience necessary, beginners are always welcome. Price is based on a monthly fee.

**Instructor:** Eric Montes

**Location:** CC Main Hall - 7007 Moeser Lane

| DATE     | DAY | TIME         | MEETS | RES  | NRES | ACTIVITY  |
|----------|-----|--------------|-------|------|------|-----------|
| 6/3-6/24 | M   | 8:15-10:15pm | 4x    | \$33 | \$41 | 244502-01 |
| 7/1-7/29 | M   | 8:15-10:15pm | 5x    | \$42 | \$52 | 244502-02 |
| 8/5-8/26 | M   | 8:15-10:15pm | 4x    | \$33 | \$41 | 244502-03 |

### WALKING TRIPS

**Ages 50+**

Join us for monthly walking trips to explore new locations in the area. Spend the day exploring new places and meeting new people. Walking trips range from easy to moderate and are graded by type of terrain. Pre-registration required.

**Trips depart from the Contra Costa Civic Theater Parking lot located at 951 Pomona Ave.**

| TRIP LOCATION                  | DATE | DAY | TIME          | FEE  | ACTIVITY  |
|--------------------------------|------|-----|---------------|------|-----------|
| Miller Knox Regional Shoreline | 6/7  | F   | 8:30am-2:30pm | \$12 | 255803-01 |
| Marina Park San Leandro        | 8/2  | F   | 8:30am-2:30pm | \$12 | 255803-02 |

### WORLD FOLK DANCE

Folk dancing is a wonderful way to express yourself and enjoy people. No partners needed! Come and join Mary Ellen Harte, a popular Bay Area folkdance teacher who will set your feet dancing with clearly taught lessons. Dancing helps improve our balance, memory and physical well-being. Please come and enjoy the beautiful international music and dancing while having fun with us! First session is free.

**Instructor:** Mel Harte

**Location:** Midtown Activity Center - 10940 San Pablo Ave.

| DATE    | DAY | TIME   | RES | NRES | ACTIVITY  |
|---------|-----|--------|-----|------|-----------|
| Drop-In | F   | 9-11am | \$5 | \$6  | 255508-01 |

### YOGA: FOR HEALTH & WELL BEING

**Ages 16+**

This yoga class will harmonize your body, mind and spirit to create a sense of inner well-being. It integrates various styles of Yoga including: Hatha, Iyengar, Ashtangai, Vinyasa and Power Yoga. The class includes Yoga postures, body movement pranayama (breathing techniques), relaxation, visualization and self-massage. The instructor has practiced and taught yoga for over 25 years. Drop-ins are welcome. Note: The floor is hard; please bring a thick mat to class (or two regular mats).

**Instructor:** Bruce Guterman

**Location:** Hana Gardens Room B - 10870 San Pablo Ave

| DATE     | DAY | TIME     | MEETS | RES  | NRES    | ACTIVITY  |
|----------|-----|----------|-------|------|---------|-----------|
| 6/3-6/24 | M   | 7:30-9pm | 4x    | \$42 | \$52    | 244524-01 |
| 7/1-7/29 | M   | 7:30-9pm | 5x    | \$52 | \$65    | 244524-02 |
| 8/5-8/26 | M   | 7:30-9pm | 4x    | \$42 | \$52    | 244524-03 |
| Drop-In  |     |          |       | \$11 | \$13.50 | 244524-04 |



## DANCE & FITNESS CONTINUED

### X-FIT BOOT CAMP

X-Fit Boot Camp is an inspiring, fun and challenging group fitness class designed to benefit everyone from a first-timer to a seasoned athlete. Bringing together elements of athletic conditioning, strength training, core and functional training, body weight exercise, stretching and plyometric training, the X-Fit Boot Camp is scalable to individual needs and is designed to improve your quality of life.

**For more information** and to RSVP to a class contact X-Fit Training at: XFit.JR@gmail.com or (510) 289-4200

Check us out at: [www.XFitTrainingEastBay.com](http://www.XFitTrainingEastBay.com)



| X-FIT FEES           | RES                                         | NRES  |
|----------------------|---------------------------------------------|-------|
| 8 classes per month  | \$99                                        | \$124 |
| 12 classes per month | \$119                                       | \$148 |
| Unlimited per month  | \$139                                       | \$175 |
| First time workouts  | \$10 one time drop-in<br>\$30 for 3 classes |       |
| Drop-In Fee          | \$20 per class                              |       |

*\*Onsite payment by check only or call the El Cerrito Community Center to place a credit card on file.*

#### EL CERRITO COMMUNITY CENTER, 7007 MOESER LANE

| TIME   | MON     | TUES | WED   | THUR  | FRI     | SAT     |
|--------|---------|------|-------|-------|---------|---------|
| 5:30am | Derrick | Joe  | Becky | Sandi | Derrick | --      |
| 7am    | --      | --   | --    | --    | --      | Kersten |

#### CASTRO CLUBHOUSE, 1420 NORVELL ST

| TIME | MON     | TUES    | WED   | THUR | FRI | SAT |
|------|---------|---------|-------|------|-----|-----|
| 7pm  | Derrick | Kersten | Becky | Joe  | --  | --  |

No Class: 7/4

## ZUMBA® @ the El Cerrito Community Center

SUMMER 2019

### Summer Schedule Class Locations

**Weekday 9 am & Gold** — Class location TBA — check [goo.gl/tppHic](http://goo.gl/tppHic) for updates.  
**Saturday, Sunday and 7 pm** — Classes will be at the El Cerrito Community Center

| CLASSES                                                                                       | SUN         | MON               | TUE                                                  | WED             | THURS       | FRI                   | SAT               |
|-----------------------------------------------------------------------------------------------|-------------|-------------------|------------------------------------------------------|-----------------|-------------|-----------------------|-------------------|
| <b>Zumba*</b><br>Dance, sweat and have lots of fun.<br>10 classes—all with great instructors. | 9 am<br>Kae | 9 am<br>Stephanie | 9 am<br>Stephanie                                    | 9 am<br>Leigh   | 9 am<br>Pam | 9 am<br>Stephanie     | 9 am<br>Stephanie |
|                                                                                               |             | 7 pm<br>Norah     |                                                      | 7 pm<br>Kae     |             | 7 pm<br>Kae           |                   |
| <b>Zumba Gold*</b><br>A low impact cardio class. Great class for seniors and beginners.       |             | 10:10 am<br>Pam   | 10:10 am<br>Stephanie<br><i>w/ a Touch of Toning</i> | 10:10 am<br>Pam |             | 10:10 am<br>Stephanie |                   |

\*Instructor schedule and location are subject to change. All Zumba classes are 60 minutes.

| ZUMBA + GOLD               | MONTHLY | 5-PACK | 10-PACK | DROP-IN |
|----------------------------|---------|--------|---------|---------|
| <b>El Cerrito Resident</b> | \$90    | \$45   | \$80    | \$10    |
| <b>Non Resident</b>        | \$112   |        |         |         |

Join our email list to receive **ECCC Zumba News**.  
For information, contact Stephanie Ramos at  
(415) 225-5661 or [stephanie4zumba@gmail.com](mailto:stephanie4zumba@gmail.com)



GO TO [goo.gl/tppHic](http://goo.gl/tppHic) FOR ECCC ZUMBA'S LATEST CLASS AND INSTRUCTOR SCHEDULES.



## BEGINNER GUITAR

Have you ever been interested in learning to play acoustic guitar? The class is designed for the beginner guitar player that has little or no musical experience. Learn basic open positions, chords and strumming.

**Instructor: Terry Lee**

**Location: Midtown Activity Center - 10940 San Pablo Ave.**

| DATE    | DAY | TIME    | RES | NRES | ACTIVITY  |
|---------|-----|---------|-----|------|-----------|
| Drop-In | F   | 10-11am | \$5 | \$6  | 255509-01 |

## NEW! BRAIN BOOST

Want to think faster? Focus better? Remember more? Join us for a stimulating class full of tips and tricks to boost your brain power!

**Instructor: Carol Kehoe**

**Location: Hana Gardens Room A - 10870 San Pablo Avenue**

| DATE    | DAY | TIME  | RES | NRES | ACTIVITY  |
|---------|-----|-------|-----|------|-----------|
| Drop-In | Th  | 1-3pm | \$5 | \$6  | 255510-01 |

No class: 7/4

## BIRDING TRIP

**Ages 50+**

Join us for monthly Birding trips to look for birds and explore new locations in the area. Wear sturdy footwear and comfortable, outdoor clothing (dress in layers as temperatures change rapidly in many areas). Bring water, a lunch, medications, sunscreen and a backpack to carry essentials. Birders are encouraged to bring binoculars, bird book and camera. Pre-registration required.

**Trips depart from the Contra Costa Civic Theater Parking lot located at 951 Pomona Ave.**

| TRIP LOCATION               | DATE | DAY | TIME    | FEE  | ACTIVITY  |
|-----------------------------|------|-----|---------|------|-----------|
| Rodeo Lagoon/Rodeo Beach    | 6/14 | F   | 8am-2pm | \$12 | 255805-01 |
| Chain of Lakes/Stow Lake    | 6/28 | F   | 8am-2pm | \$12 | 255805-02 |
| Miller Knox Lagoon          | 7/12 | F   | 8am-2pm | \$12 | 255805-03 |
| Quarry Lakes                | 7/26 | F   | 8am-2pm | \$12 | 255805-04 |
| Hérons Head                 | 8/9  | F   | 8am-2pm | \$12 | 255805-05 |
| Waterbird Regional Preserve | 8/23 | F   | 8am-2pm | \$12 | 255805-06 |



## BRIDGE

Want to find out how much fun playing bridge can be? Come join Kathryn Ann Kinsey every Thursday afternoon for a class. Learn the basics by playing with other beginners and find out how stimulating this card game can be.

**Instructor: Kathryn Ann Kinsey**

**Location: Midtown Activity Center - 10940 San Pablo Ave.**

### Beginner Bridge Lessons

| DATE      | DAY | TIME  | MEETS | RES  | NRES | ACTIVITY  |
|-----------|-----|-------|-------|------|------|-----------|
| 6/6-6/20  | Th  | 1-3pm | 3x    | \$15 | \$20 | 255100-01 |
| 7/11-7/25 | Th  | 1-3pm | 3x    | \$15 | \$20 | 255100-02 |
| 8/1-8/29  | Th  | 1-3pm | 5x    | \$25 | \$30 | 255100-03 |
| Drop-In   |     |       |       | \$6  | \$8  |           |

No Class: 7/4

### Experienced Bridge Players

| DATE    | DAY               | TIME  | FEE |
|---------|-------------------|-------|-----|
| Drop-In | Th                | 1-3pm | \$2 |
| Drop-In | 1st, 2nd & 4th Sa | 2-5pm | \$5 |

No Class: 7/4



## CANASTA

Canasta is a game of the Rummy family and was the most popular American game in the early 1950s. Come learn the game and join the fun! Four players needed per game. Canasta players gather Monday mornings and pay a drop-in fee.

**Instructor: Joan Aiken**

**Location: Midtown Activity Center - 10940 San Pablo Ave.**

| DATE    | DAY | TIME     | FEE |
|---------|-----|----------|-----|
| Drop-In | M   | 10a-12pm | \$2 |

## CURRENT EVENTS SEMINAR

Join us for roundtable discussions on subjects of your choice. Discussion topics include domestic and world affairs, politics and economics. The group has a facilitator and discussion topics are chosen on an ad hoc basis by participants. Bring your topics, opinions and ideas to share. All views and opinions welcome.

**Facilitator: Buddy Akacich**

**Location: Hana Gardens Room A - 10870 San Pablo Ave.**

| DATE    | DAY | TIME  | FEE |
|---------|-----|-------|-----|
| Drop-In | W   | 2-4pm | \$2 |

## INTRODUCTION TO COMPUTERS

**Ages 50+**

Class is designed for those with little or no experience using a computer. Topics covered include starting and powering down your computer, parts of the computer, computer terminology, using a mouse and keyboard, working with disk drives, word processing, and managing data. Call 510-559-7677 or email [mdeleon@ci.el-cerrito.ca.us](mailto:mdeleon@ci.el-cerrito.ca.us) for more information.

**Instructor: Richard Stellina**

**Location: Midtown Activity Center - 10940 San Pablo Ave**

| DATE      | DAY | TIME      | MEETS | FEE  | ACTIVITY  |
|-----------|-----|-----------|-------|------|-----------|
| 6/5-6/21  | W,F | 10am-12pm | 6x    | \$30 | 255301-01 |
| 7/10-7/26 | W,F | 10am-12pm | 6x    | \$30 | 255301-02 |
| 8/7-8/23  | W,F | 10am-12pm | 6x    | \$30 | 255301-03 |

## IPAD CLASS

**Ages 50+**

Do you have an iPad or are thinking about buying? This class will help you decide if you need one, where to buy one and which one to buy. You will also learn how to load music, photos and apps, use the camera and more. The best part is that you don't need an iPad to join the class.

**Instructor: Julian Kaye**

**Location: Midtown Activity Center - 10940 San Pablo Ave.**

| DATE     | DAY | TIME    | MEETS | FEE  | ACTIVITY  |
|----------|-----|---------|-------|------|-----------|
| 7/15-8/5 | M   | 10-12pm | 4x    | \$20 | 255308-02 |

## IPHONE CLASS

**Ages 50+**

This class starts with the basics and covers how to buy and use an iPhone. It teaches all the aspects of iPhone use including the built-in camera, storing and sharing photos, using your phone for music, video, emails, apps and just having fun. The class runs once a week for four weeks. You do not need to have an iPhone to take this class.

**Instructor: Julian Kaye**

**Location: Midtown Activity Center - 10940 San Pablo Ave.**

| DATE     | DAY | TIME      | MEETS | FEE  | ACTIVITY  |
|----------|-----|-----------|-------|------|-----------|
| 6/17-7/8 | M   | 10am-12pm | 4x    | \$20 | 255308-01 |
| 8/12-9/9 | M   | 10am-12pm | 4x    | \$20 | 255308-03 |

*No class: 9/2*

## MAHJONG

We offer ongoing, drop-in groups who enjoy getting together to play friendly games of Mahjong. Come join the fun! Note: Mahjong instruction available on Thursdays.

**Location: Midtown Activity Center - 10940 San Pablo Ave**

| DATE    | DAY  | TIME         | FEE |
|---------|------|--------------|-----|
| Drop-In | M, W | 12:30-4pm    | \$2 |
| Drop-In | Th   | 9:30am-12pm  | \$2 |
| Drop-In | F    | 12:30-3:30pm | \$2 |

*No Class: 7/4, 7/5*

## ADVANCED CAREER TRAINING ONLINE

ANYTIME, ANYWHERE...  
JUST A CLICK AWAY!

Prepare for employment in some of today's hottest careers with a comprehensive, affordable, and self-paced Advanced Career Training course.

You can begin these courses at any time and learn at your own pace. Upon successful completion of all required coursework, you will receive a Certificate of Completion.

### Features:

- Facilitators and mentors are available to answer questions and help you through your studies
- Career Counselors will help you prepare for the transition from the classroom to the workplace
- Courses are all open-enrollment and self paced
- No additional charges - all materials, workbooks, and software are included in the course fee
- Payment plans available

### Freight Broker/Agent Training

Learn the skills to be a successful Freight - Load Broker Agent. Tutorials and projects will teach you the practical application of Freight Broker skills.

### Medical Coding and Billing

Upon successful completion of the Medical Billing and Coding course, students will be prepared for an entry-level position doing medical billing or coding in a medical office setting.

### Medical Transcription

This nationally recognized medical transcription online course prepares you to start a new career as a medical transcriptionist.

### Paralegal

This course will prepare you to be successful in the fast growing paralegal career field. The paralegal course includes free access to the official NALA Campus certification exam prep and Westlaw.

### Pharmacy Technician

This nationally recognized Pharmacy Technician online course teaches the skills needed to gain employment as a Pharmacy Tech in either the hospital or retail setting.

### Project Management

This course will provide you with a solid introduction to the understanding of project management and help you comply with the minimum 35 hours of training as required by the Project Management Institute (PMI) before you take the Project Management Professional (PM) exam.

### Six Sigma Black Belt

Course material provides an in-depth look at the Six Sigma Black Belt DMAIC problem-solving methodology, as well as deployment and project development approaches.

### Veterinary Assistant

Students in this course learn about the care of animals as well as how to recognize signs of illness and disease. This online course also covers interpersonal communication, interaction with clients and their animals, as well as how to assist the veterinarian during examinations. And much more!

### More courses are available in the following areas:

- Business and Professional
- Healthcare and Fitness
- Management and Corporate
- Media and Design
- Hospitality and Gaming
- Skilled Trades and Industrial
- IT and Software Development

VISIT OUR SITE  
TO LEARN MORE!

[www.ed2go.com/elcerritocomsvc](http://www.ed2go.com/elcerritocomsvc)

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## ENRICHMENT CONTINUED

### MEMOIR WRITING

A weekly group where the focus is you – your life experiences remembered, written and shared. The group process sets the stage, encourages, supports, offers editing feedback and a warm response. Brief class exercises will tweak your unique "voice." Good for beginning to advanced writers.

**Instructor:** Margaret Irvin

**Location:** Midtown Activity Center - 10940 San Pablo Ave.

| DATE    | DAY | TIME        | RES | NRES |
|---------|-----|-------------|-----|------|
| Drop-In | Th  | 9:30am-12pm | \$5 | \$6  |

No Class: 7/4

### THE COMMUNITY MAKES MUSIC!

**SPONSORED BY THE EL CERRITO ARTS AND CULTURE COMMISSION**

The California Sound Collective invites beginning and advanced amateur musicians to participate in two new orchestras: Beginning Orchestra and Advanced Amateur Orchestra.

**Beginning Orchestra** is led by conductor Andrew Lewis and assisted by professional coaches and mentors. Repertoire will be chosen to suit the participants and no experience is necessary. This ensemble is designed to bring in a wide array of community members.



**Advanced Amateur Orchestra** is for players who can demonstrate some proficiency on an instrument. Advanced Amateur Orchestra is led by conductor David Ramadanoff and assisted by professional coaches and mentors. Repertoire will be standard orchestra repertoire as determined by the enrollment. Interested players will receive a playing level questionnaire, which will be evaluated by the conductor.

**Both orchestras will be featured in a special concert event on Saturday, August 24, 2019 at the El Cerrito Community Center.** They will be joined by the California Sound Collective's outstanding professional ensemble, some of whom are the coaches and mentors. Join us for this unique musical experience!

**If you need financial assistance**, please contact Maya Williams at [mwilliams@ci.el-cerrito.ca.us](mailto:mwilliams@ci.el-cerrito.ca.us) or (510) 215-4318 as soon as possible. Limited financial assistance is available on a first come, first served basis.

**Instructors:** California Sound Collective conductors David Ramadanoff and Andrew Lewis

**Location:** Midtown Activity Center - 10940 San Pablo Ave.

#### Beginning Orchestra

| DATES    | DAY | TIME         | MEETS | FEE   | ACTIVITY  |
|----------|-----|--------------|-------|-------|-----------|
| 6/4-8/20 | Tu  | 7:00-9:00 pm | 12x   | \$195 | 244506-01 |
| Drop-In  |     |              |       | \$18  |           |

#### Advanced Orchestra

| DATES     | DAY | TIME         | MEETS | FEE   | ACTIVITY  |
|-----------|-----|--------------|-------|-------|-----------|
| 7/15-8/19 | M   | 7:00-9:00 pm | 6x    | \$105 | 244507-01 |
| Drop-In   |     |              |       | \$18  |           |

### NEW! SENIOR ENSEMBLE

Do you have good pitch? A joy of singing acapella? Join the new Senior Ensemble and learn to sing popular songs in four-part harmony. We will sing both with and without accompaniment.

**Instructor:** Terry Lee

**Location:** Hana Gardens Room A - 10870 San Pablo Ave

| DATE    | DAY | TIME       | FEE |
|---------|-----|------------|-----|
| Drop-In | Th  | 10-11:30am | \$2 |

No class: 7/4

### SING-A-LONG

Join a fun group of people who are passionate about old "Broadway Play" songs. Lively and enthusiastic atmosphere invites you to listen and learn the tune.

**Location:** Midtown Activity Center - 10940 San Pablo Ave

| DATE    | DAY | TIME         | FEE |
|---------|-----|--------------|-----|
| Drop-In | F   | 11:15am-12pm | \$2 |

No class: 7/5

### SPANISH CLASS: INTERMEDIATE

Students must know basic Spanish. Come join the fun, enjoy speaking, reading and writing in Spanish.

**Instructor:** Connie Sutton

**Location:** Midtown Activity Center - 10940 San Pablo Ave

| DATE    | DAY | TIME      | RES | NRES | ACTIVITY  |
|---------|-----|-----------|-----|------|-----------|
| Drop-In | Tu  | 9-10:30am | \$3 | \$4  | 255506-01 |



JOB OPPORTUNITIES

## JOIN OUR TEAM!




Are you looking for a fun and rewarding job opportunity?

The City of El Cerrito Recreation Department is the place for you! We are currently hiring:

**Summer & Swim Camp Counselors**  
**Lifeguards & Swim Instructors**  
**Childcare & Preschool Teachers & Aides**  
**Class B Van Drivers and more!**

APPLY ONLINE AT

[WWW.GOVERNMENTJOBS.COM/CAREERS/ELCERRITO](http://WWW.GOVERNMENTJOBS.COM/CAREERS/ELCERRITO)



# TRAVEL: DAY & EXTENDED TRIPS

## INQUIRIES & REGISTRATION

Midtown Activity Center – 10940 San Pablo Ave  
Phone: (510) 559-7677  
Email: [midtown@ci.el-cerrito.ca.us](mailto:midtown@ci.el-cerrito.ca.us)

All trips depart from the  
Contra Costa Civic Theater Parking lot  
located at 951 Pomona Avenue, El Cerrito.

## DAY TRIPS

### JUNE

#### LUCILLE'S SMOKEHOUSE BAR-B-QUE

Concord, Wednesday, June 12, 2019

Cost: \$40, Activity 255801-01

Enjoy "the best bar-b-que in the county!" Just like Granny said all those years ago, the real secret to authentic Southern Barbecue is all in how it's cooked—low and slow—piles of award winning, lip-smacking, fall-off-the-bone goodness smoked in house with hickory wood for hours and hours on end.

#### CHARLES M. SCHULZ MUSEUM

Santa Rosa, Thursday, June 20, 2019

Cost: \$60, Activity 255801-02

View the largest collection of original Peanuts art work in the world at the Charles M. Schulz Museum. The museum is a nonprofit organization that is dedicated to giving depth to the funny pages through the preservation, display, and interpretation of the life and art of Peanuts comic strip creator, Charles M. Schulz. Visitors will laugh at Schulz's original comic strips, learn about the art of cartooning and Schulz's role in its development, view a re-creation of Schulz's art studio, watch animated Peanuts specials and documentaries, draw cartoons in our hands-on Education Room and more. Enjoy a docent-led tour of the museum and exhibits followed by a sit-down luncheon in Santa Rosa.

### JULY

#### FENTON'S CREAMERY ARCTIC TOUR

Vacaville, Wednesday, July 17, 2019

Cost: \$50; Activity 255801-03

Satisfy your sweet tooth with a docent led tour and lunch at Fenton's Creamery. Fenton's Vacaville location opened in 2007 and continues to be family-owned and operated. Fenton's has been featured on the Travel channel, History channel, Food Network and USA Today. The Arctic Tour will focus on the history of the creamery and how their famous ice cream is made. The tour will be followed by lunch and ice cream at the creamery.



#### TREASURE ISLAND INSTITUTE OF FINE DINING

Treasure Island, Thursday, July 25, 2019

Cost: \$35, Activity 255801-04

Enjoy a three-course meal and interaction with culinary students at the Treasure Island American Job Corps Fine Dining Restaurant located on Treasure Island.

## AUGUST

#### LINDSAY WILDLIFE EXPERIENCE

Walnut Creek, Wednesday, August 14, 2019

Cost: \$65, Activity 255801-05

The Lindsay Wildlife Experience teaches and inspires all ages through up-close encounters with live wild animals. Their mission is to strengthen connections between people and the natural world. Explore the Lindsay Wildlife Experience Center at your own pace while engaging with live animals and educational displays. Participants will have 2-hours to explore the exhibits. Lunch will be held at Lazy Dog in Concord.

#### QUINN'S LIGHTHOUSE RESTAURANT & PUB

Oakland, Wednesday,

August 21, 2019

Cost: \$40, Activity 255801-06

Situated in an historic landmark lighthouse built in 1890, Quinn's serves an eclectic mix of traditional American cuisine, ethnic specialties and award-winning seafood specials from both coasts.



## EXTENDED TRIPS

### CANADIAN ROCKIES & GLACIER NATIONAL PARK

June 19, 2019 (7 Days)

**Highlights/Experiences:** Three Nights in Banff, Head-Smashed-In Buffalo Jump, Waterton Lakes National Park, Glacier National Park, 1930's Red Jammer Touring Cars, Going-to-the-Sun Highway, Kootenay National Park, Banff Area Tour, Moraine Lake & Valley of Ten Peaks, Lake Louise & Victoria Glacier, Peyto Lake, Icefields Parkway, Athabasca Glacier Ice Explorer.

**Includes:** Roundtrip Airfare – SFO, Roundtrip Transfers – SFO, 6 Nights Hotel Accommodations, 9 Meals: 6-Breakfasts & 3-Dinners, Professional Tour Director, Motorcoach Transportation, Admissions per Itinerary, Comprehensive Sightseeing, Baggage Handling, Hotel Transfers.

**Fee:** \$3175 per person double; +\$925 single supplement

### FALL COLORS & LIGHTHOUSES OF GREAT LAKES

September 26, 2019 (9 Days)

**Highlights/Experiences:** Chicago City Tour, 2 Nights in Chicago, Gerald R. Ford Museum, 2 Nights on Mackinac Island, Mackinac Island Carriage Tour, Grand Hotel Lunch, Old Mackinac Point Lighthouse, Green Bay & Lambeau Field Tour, Michigan's Upper Peninsula, Door County, Fish Boil Dinner, Eagle Bluff Lighthouse, Wisconsin Upper Dells Boat Cruise.

**Includes:** Roundtrip Airfare – OAK, Roundtrip Transfers – OAK, 13 Meals: 8-Breakfasts, 1-Lunch & 4 Dinners, Deluxe Motorcoach, Professional Tour Director, Baggage Handling, Daily Sightseeing, Admissions per Itinerary, Hotel Transfers.

**Fee:** \$2995 per person double; +\$850 single supplement

# TRAVEL: EXTENDED TRIPS

## NIAGARA FALLS & HERITAGE HIGHLIGHTS

October 15, 2019 (9 Days)

**Highlights/Experiences:** Niagara Falls City Tour, Niagara Falls Boat Tour, Amish Farm & House, Amish Family Style Dinner, Gettysburg Military Park, Philadelphia, Independence Hall, Washington DC Tour, Arlington Nat'l Cemetery, Twilight Illumination Tour, Smithsonian Institution, Mount Vernon, Colonial Williamsburg, Colonial Dinner, 4 - Two Night Stays.

**Includes:** Roundtrip Airfare – SFO, Roundtrip Transfers – SFO, 12 Meals: 8 - Breakfasts & 4 – Dinners, Professional Tour Director, Sightseeing per Itinerary, Admissions per Itinerary, Baggage Handling, Hotel Transfers, Deluxe Motorcoach.

**Fee:** \$3125 per person double; +\$950 single supplement



## VENICE & THE ITALIAN LAKES

October 29, 2019 (9 Days)

**Highlights/Experiences:** 3 Nights - Venice-Mestre, 4 Nights - Lake Como, Verona, Verona Arena, Venice, Venice Gondola Ride, St. Marks Basilica, Milan City Tour, Duomo di Milano, Lake Como Cruise, Bellagio, Lugano, Switzerland, Monte Bre Cable Car.

**Includes:** Roundtrip Airfare – SFO, Roundtrip Transfers – SFO, Int'l Air Departure Taxes/Fuel Surcharges, 10 Meals: 7 - Breakfasts & 3 – Dinners, Professional Tour Director, Motorcoach Transportation, Admissions per Itinerary, Comprehensive Sightseeing, Baggage Handling.

**Fee:** \$3695 per person double; +\$750 single supplement

## 50+ SERVICES

| Services                                                          | Monday       | Tuesday         | Wednesday      | Thursday | Friday         | RES/NRES                                     |
|-------------------------------------------------------------------|--------------|-----------------|----------------|----------|----------------|----------------------------------------------|
| Alzheimer's Respite Program                                       |              | 10am-3pm        |                |          |                | \$101 / \$128 monthly + daily lunch donation |
| Bread Give Away (drop-in)                                         | 9:30-11:30am |                 |                |          |                | Free                                         |
| Easy Ride Paratransit Service (ERPS)<br>El Cerrito Residents Only | 9am-4pm      | 9am-4pm         | 9am-4pm        | 9am-4pm  | 9am-3:30pm     | \$2 each way                                 |
| Hairdresser                                                       |              |                 | 9:30am-1pm     |          |                | \$10                                         |
| HICAP Medicare & Medicaid<br>Advising (1st, 3rd, 4th Tuesday)     |              | 1-3pm           |                |          |                | Free                                         |
| Visually Impaired Support Group<br>(2nd Tuesday)                  |              | 1-2:30pm        |                |          |                | Free                                         |
| CoCo Café Lunch Program                                           | Noon         | Noon            | Noon           | Noon     | Noon           | \$3 donation ages 60+<br>\$5 fee under 60yrs |
| Massage                                                           |              | 10:15am-12:30pm | 9:15am-12:15pm |          |                | \$14 for 15 minutes                          |
| Meals on Wheels<br>(Home Delivered Meals)                         | Noon         | Noon            | Noon           | Noon     | Noon           | Free                                         |
| Podiatrist (1st Friday)                                           |              |                 |                |          | 8:30am-12:30pm | \$30                                         |
| Senior Peer Counseling                                            | 2-4pm        |                 |                |          |                | Free                                         |
| Shopping Trip (ERPS) (1st Wed)<br>El Cerrito Residents Only       |              |                 | 9am-12pm       |          |                | \$5 round trip                               |
| Women's Support Group                                             |              |                 |                | 1:30-3pm |                | \$12 / \$14                                  |

**Many 50+ services require an appointment. For more information or to make an appointment for one of our services contact us at (510) 559-7677 or email [midtown@ci.el-cerrito.ca.us](mailto:midtown@ci.el-cerrito.ca.us)**





# AQUATICS

## SWIM TIMES

### LAP SWIM

**Ages 14+**

Lap Swim is a time for you to work out independently. All levels, beginners to experts are welcome. Lanes may be assigned by speed and circle swimming is required. Kickboards and pull buoys are available for use.

|          |             |          |              |          |
|----------|-------------|----------|--------------|----------|
| Monday   | 6-8am       | 9am-12pm | 1:15-3:15pm* | 6-7:30pm |
| Tu/We/Th | 6am-12pm    |          | 1:15-3:15pm* | 6-7:30pm |
| Friday   | 6am-12pm    |          | 1:15-3:15pm* | 5-7pm*   |
| Saturday | 10am-12pm   |          | 1-4:00pm*    |          |
| Sunday   | 8:30am-12pm |          | 1-4:00pm*    |          |

\*Shares spaces with Recreation Swim  
Closed: 7/4

### WATER WALKING

**Ages 14+**

Water Walking is a time for non-lap swim independent aquatic exercise activities in shallow water.

|                   |             |               |
|-------------------|-------------|---------------|
| Monday            | 6-8am       | 10:30-11:30am |
| Tuesday/ Thursday | 6-11:30am   |               |
| Wednesday/Friday  | 6-9am       | 10:30-11:30am |
| Sunday            | 8:30am-12pm |               |

Closed: 7/4

### INDEPENDENT EXERCISE

**Ages 16+**

Independent Exercise is a time for non-lap swim independent aquatic exercise activities. Independent Exercise takes place in one deep lane and share shallow lane with water walking.

|                 |        |
|-----------------|--------|
| Monday-Thursday | 9-10am |
|-----------------|--------|

Closed: 7/4

#### LAP SWIM/WATER WALKING/INDEPENDENT EXERCISE FEES

|              |                                                |
|--------------|------------------------------------------------|
| Drop-In      | \$6                                            |
| 10-Swim Pass | \$47 RES/\$59 NRES – \$38 SR RES/\$47 SR NRES  |
| 30-Day Pass  | \$88 RES/\$110 NRES – \$70 SR RES/\$88 SR NRES |

### RECREATION SWIM

**All Ages**

Recreation Swim is a non-structured swim time for people of all ages to have fun in the water. Recreation Swim takes place in our Recreation Pool, Splash Park and shares space in the Lap Pool. Basic rules of water safety and behavior will be enforced. Please consult pool rules before participating.

|                   |              |         |
|-------------------|--------------|---------|
| Monday - Thursday | 1:15-3:15pm* |         |
| Friday            | 1:15-3:15pm* | 4-7pm** |
| Saturday          | 1-4pm***     |         |
| Sunday            | 1-4pm*       |         |

Closed: 7/4

\*Low Diving board (1 meter) open

\*\*Low Diving board (1 meter) open at 5:30pm

\*\*\*High diving board (3 meter) open

### MINI-RECREATION SWIM

**Ages 12 and under**

**Shared Space in Recreation Pool & Splash Park ONLY  
(no access to water slide or toddler area)**

Mini-Recreation Swim is designed for families with children 12 years and younger. All children must be accompanied in the water by a swimming adult. Lifejackets may be checked out at the facility. Pool space is shared with swim lesson program. Please consult pool rules before participating.

|                    |             |
|--------------------|-------------|
| Tuesday - Thursday | 6:30-7:30pm |
|--------------------|-------------|

Closed: 7/4





## SWIM TIMES CONTINUED



### TOT SPLASH

**Ages 6 and younger**

Tot Splash is a playtime in the Recreation Pool and Splash Park for families with children 6 years and younger looking for a calm time to play in the pool. All children must be accompanied in the water by a swimming adult. One adult can accompany up to two children. Swim Diapers are required for all children ages 3 and under. Lifejackets may be checked out at the facility (please speak with a lifeguard).

Sunday 10am-12pm

### SPLASH PARK ONLY

**Ages 6 and younger**

Family fun at the Splash Park is a great way to get wet and have fun playing with water. All children must be accompanied by an adult. This is a non-lifeguarded program. Also open during Tot Splash times (see above).

|                   |           |       |
|-------------------|-----------|-------|
| Monday - Thursday | 9-11:30am | 4-7pm |
| Friday            | 9-11:30am |       |
| Saturday/Sunday   | 10am-12pm |       |

Closed: 7/4

#### RECREATION SWIM/MINI-RECREATION SWIM FEES

**Seasonal: Valid April-October**

|                    |              |                    |
|--------------------|--------------|--------------------|
| Child (1-6 years)  | Drop-In      | \$3                |
| Youth (7-17 years) | Drop-In      | \$4                |
| Adult (18+ years)  | Drop-In      | \$6                |
| Non-Swimmer        | Drop-In      | \$3                |
| Child              | 10-Swim Pass | \$25 RES/\$30 NRES |
| Youth              | 10-Swim Pass | \$35 RES/\$40 NRES |
| Child              | 30-Day Pass  | \$43 RES/\$52 NRES |
| Youth              | 30-Day Pass  | \$48 RES/\$56 NRES |

#### FAMILY SEASON PASS

**Valid June-October**

Valid during Recreation Swim, Splash Park and Tot Splash for 2 adults and up to 3 children living at the same address. Not valid during Lap Swim, Masters or Water Aerobics.

|              |       |
|--------------|-------|
| Resident     | \$363 |
| Non-Resident | \$410 |

#### TOT SPLASH / SPLASH PARK ONLY FEES

|                                    |                    |
|------------------------------------|--------------------|
| Drop-In                            | \$3 per person     |
| 10-Visit Pass (valid April – Oct.) | \$21 RES/\$26 NRES |

## SPECIALTY CLASSES

### EL CERRITO AQUATIC MASTERS (ECAM)

**Ages 19+**

The ECAM program is designed for adults interested in swimming competitively or just getting in shape. Coached workouts focus on endurance, technique and overall fitness. Swimmers participating in the ECAM program must register with United States Masters Swimming (USMS) at [www.usms.org](http://www.usms.org).

|                 |       |       |           |
|-----------------|-------|-------|-----------|
| Monday - Friday | 6-7am | 7-8am |           |
| Saturday        |       |       | 8-9:30am  |
| Sunday          |       |       | 8:30-10am |
| Closed: 7/4     |       |       |           |

|                             |                                                   |
|-----------------------------|---------------------------------------------------|
| Drop-In                     | \$10                                              |
| 10-Workout Pass             | \$90 RES/\$100 NRES – \$72 SR RES/\$80 SR NRES    |
| 30-Day Pass (valid 30 days) | \$74 RES/\$87 NRES – \$59 SR RES/\$70 SR NRES     |
| 90-Day Pass (valid 90 days) | \$198 RES/\$237 NRES – \$158 SR RES/\$186 SR NRES |

### WATER AEROBICS

**Ages 16+**

Water Aerobics is a drop-in exercise class using water as resistance which minimizes stress on joints. Each 60-minute class incorporates an aerobic workout set to music with conditioning, strength training and flexibility. Workouts are designed to accommodate all fitness levels.



|                                                                 |             |                   |
|-----------------------------------------------------------------|-------------|-------------------|
| Monday                                                          | 12-1pm (D)  | 6:30-7:30pm (D)   |
| Wednesday                                                       |             | 6:30-7:30pm (D)   |
| Friday                                                          | 9-10am (S)  | 12-1pm (D)        |
| Saturday                                                        | 8-9am (S/D) |                   |
| Sunday (select dates only)                                      |             | 10:30-11:30 (S/D) |
| (S)=shallow water, (D)=deep water, (S/D)=shallow and deep water |             |                   |
| Closed: 7/4                                                     |             |                   |

|               |                                                |
|---------------|------------------------------------------------|
| Drop-In       | \$10                                           |
| 4-Class Pass  | \$30 RES/\$36 NRES – \$25 SR RES/\$28 SR NRES  |
| 10-Class Pass | \$68 RES/\$85 NRES – \$55 SR RES/\$68 SR NRES  |
| 15-Class Pass | \$92 RES/\$115 NRES – \$74 SR RES/\$92 SR NRES |

### YOUTH PRE-TEAM

**Ages 7-13**

Youth Pre-Team is a year-round program with a focus on the transition from our swim lessons to Swim Team. Swimmers are introduced to the concepts and techniques of competitive swimming. Must meet minimum swimming skills to join the include the ability to swim a minimum of 50-yards front crawl with rhythmic breathing and proper body positioning, 25-yards back stroke and 25-yards breast stroke. Please call (510) 559-7011 or email [recreation@ci.el-cerrito.ca.us](mailto:recreation@ci.el-cerrito.ca.us) for more information or to arrange a tryout. Registration for the program will be accepted on an ongoing basis.

#### MONTHLY FEES

|                   |             |                    |
|-------------------|-------------|--------------------|
| Monday - Thursday | 5:40-6:30pm | \$59 RES/\$71 NRES |
|-------------------|-------------|--------------------|

## SPECIALTY CLASSES CONT.

### GATORS SWIM CLUB

**Ages 7-18**

The El Cerrito Gators Swim Club is a year-round program. Our mission is to provide a well-rounded program that emphasizes individual fitness, teamwork and fun. The Gators Swim Club is broken down into three levels: Stroke Development, Junior Group and Senior Group. Swimmers are evaluated by coaches and placed according to skill level. Gators swimmers have opportunities to compete in swim meets throughout the year. Participation in swim meets is encouraged but is not required. Parent participation is required of all swimmers participating in swim meets. All club members are required to register with USA Swimming. Please call (510) 559-7008 or email [recreation@ci.el-cerrito.ca.us](mailto:recreation@ci.el-cerrito.ca.us) for more information or to arrange a tryout. Registration for the program will be accepted on an ongoing basis.

| GROUP         | MON-THUR    | FRIDAY      | MONTHLY**            |
|---------------|-------------|-------------|----------------------|
| Stroke Devel. | 4:30-5:30pm | 4-5pm       | \$85 RES/\$100 NRES  |
| Junior*       | 3:15-4:45pm | 3:15-4:45pm | \$105 RES/\$115 NRES |
| Senior*       | 8-9:30am    | 8-9:30am    | \$110 RES/\$123 NRES |

\*Dryland on Monday & Thursday

\*\*Sibling discount (each additional) 20%

### LIFEGUARD TRAINING

**Ages 15+**

Pre-requisites for participants: Must be 15 years old by last class date. Must swim 300 yards non-stop demonstrating proficient front crawl or breast stroke, tread water using legs only for 2 minutes, swim 20 yards, retrieve 10lb brick from 7ft depth, swim back to start with brick and climb out of pool in under 1 minute 40 seconds.

| DATE      | DAY      | TIME     | MEETS | RES   | NRES  | ACTIVITY  |
|-----------|----------|----------|-------|-------|-------|-----------|
| 6/10-6/14 | M-F      | 9am-3pm  | 5x    | \$160 | \$192 | 243504-01 |
| 6/17-6/21 | M-F      | 1-6:30pm | 5x    | \$160 | \$192 | 243504-02 |
| 7/25-7/28 | Th, F    | 4-8pm    | 4x    | \$160 | \$192 | 243504-03 |
|           | Sat, Sun | 9am-3pm  |       |       |       |           |



## YOUTH LESSONS

### POLICIES

- **Youth Swim Lesson Parents:** We politely ask all parents to observe lessons from the bleacher area. Swimming lessons are not a time for parents to drop children off unattended.
- No make-up lessons or credits for missed classes.
- Pre-registration for all classes is required.
- We reserve the right to hold lessons in either pool.
- Swimming is for participants during their lesson/class only. Participants must exit the facility when class ends.

### PARENT & TOT SWIM

**Activity 223101 • Ages 6 months-3 years**

Parent & Tot Water Safety class is an orientation to the aquatic environment designed with both the child and parent in mind. Songs, water safety, entering and exiting the water, cueing and holding techniques are some of the topics covered in this class. Infants and toddlers are accompanied in the water by their parent/guardian.

### PRESCHOOL SWIM

**Activity 223102 • Ages 2.5-4**

Preschool swim lessons are an introduction to swim lessons. The lessons focus on building comfort and enjoyment in the water using songs, games and play. Classes are taught in the shallow section, in small groups without the parent. All children ages 3 and under are required to wear swim diapers while in the pool.

### YOUTH LEVEL 1

**Introduction to Water**

**Activity 223103 • Ages 4-9**

Prerequisite: Participants must be 4 years old by the first day of the session. Level 1 is a water adjustment class with a focus on basic swimming skills.

### YOUTH LEVEL 2

**Beginning Aquatic Skills**

**Activity 223104 • Ages 4-10**

Prerequisite: Participants must be able to enter and exit the water and travel at least 3 yards independently. They must be able to bob 3 times (fully submerging), float on front with face in the water for 10 seconds, recover and float unsupported on back 5-seconds and recover.

### YOUTH LEVEL 3

**Fundamental Aquatic Skills**

**Activity 223105 • Ages 5-11**

Prerequisite: Participants must be able to jump into chest deep water, move into a front float for 5 seconds, roll to a back float for 5 seconds and recover. They must be able to push off the side and swim on front using combined arm stroke and flutter kick for 10 yards; push off and swim back float and kick for 10 yards.



## YOUTH SWIM LESSONS CONT.



### YOUTH LEVEL 4

#### Stroke Development

#### Activity 223106 • Ages 6-13

Prerequisite: Participants must be able to jump into deep water, swim front crawl for 25 yards with face in water and rhythmic breathing, maintain position by treading water for 30 seconds and swim backstroke for 20 yards.

### YOUTH LEVEL 5

#### Stroke Refinement

#### Activity 223107 • Ages 6-13

Prerequisite: Participants must be able to perform a feet-first entry into deep water, tread water for one minute, swim front crawl and backstroke for 50 yards and elementary backstroke and breaststroke for 50 yards. All strokes must include rhythmic breathing, neutral body alignment and good stroke mechanics.

### YOUTH PRIVATE SWIM LESSONS

#### Activity 223108 • Ages 3.5-13

30-minute lesson of one-on-one instruction to meet the personal needs of students of all abilities.

### SPECIAL ARRANGEMENT GROUP SWIM LESSONS

#### Ages 2.5-10

Do you have a preschool, school age or home school group that would like swimming lessons? We offer summer special arrangement swim lessons in our recreation pool for groups of 10-25 swimmers. Lessons are 30 minutes and are available Monday-Friday morning at 10:30am June 10-August 16. For more information please email [bfrazier@ci.el-cerrito.ca.us](mailto:bfrazier@ci.el-cerrito.ca.us) or call (510) 559-7015.

| PARENT & TOT SWIM      |              |                                          |       |      |      |
|------------------------|--------------|------------------------------------------|-------|------|------|
| DATE                   | CLASS        | TIME                                     | MEETS | RES  | NRES |
| <b>MONDAY</b>          |              |                                          |       |      |      |
| 6/10-7/15<br>7/22-8/26 | Parent & Tot | 5:30-6pm                                 | 6x    | \$60 | \$78 |
| <b>WEDNESDAY</b>       |              |                                          |       |      |      |
| 6/12-7/17<br>7/24-8/28 | Parent & Tot | 5:30-6pm                                 | 6x    | \$60 | \$78 |
| <b>SATURDAY</b>        |              |                                          |       |      |      |
| 6/22-7/20<br>7/27-8/24 | Parent & Tot | 10:30-11am<br>11-11:30am<br>11:30am-12pm | 5x    | \$50 | \$65 |

| YOUTH GROUP LESSONS: PRESCHOOL - LEVEL 3                                |                                                                        |                                                                                                                                                                             |       |      |       |
|-------------------------------------------------------------------------|------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------|------|-------|
| DATE                                                                    | CLASS                                                                  | TIME                                                                                                                                                                        | MEETS | RES  | NRES  |
| <b>MONDAY &amp; WEDNESDAY</b>                                           |                                                                        |                                                                                                                                                                             |       |      |       |
| 6/10-6/19<br>6/24-7/3<br>7/8-7/17<br>7/22-7/31<br>8/5-8/14<br>8/19-8/28 | Preschool<br><br><br><br><br><br>Level 1<br><br><br>Level 2<br>Level 3 | 3:30-3:55pm<br>4-4:25pm<br>5-5:25pm<br>5:30-5:55pm<br>6-6:25pm<br><br>5-5:25pm<br>5:30-5:55pm<br>6-6:25pm<br><br>5:30-5:55pm<br>6-6:25pm                                    | 4x    | \$40 | \$52  |
| <b>MONDAY/WEDNESDAY/FRIDAY</b>                                          |                                                                        |                                                                                                                                                                             |       |      |       |
| 6/10-6/14<br>7/1-7/3*<br>8/12-8/16                                      | Preschool<br>Level 1<br>Level 2                                        | 10-10:25am                                                                                                                                                                  | 3x    | \$30 | \$39  |
| *No Class: 7/5: Meets 2x, RES \$20, NRES \$26                           |                                                                        |                                                                                                                                                                             |       |      |       |
| <b>MONDAY - THURSDAY</b>                                                |                                                                        |                                                                                                                                                                             |       |      |       |
| 6/10-6/20<br>6/24-7/3*<br>7/8-7/18<br>7/22-8/1<br>8/5-8/15              | Level 1<br><br><br>Level 2<br><br><br>Level 3                          | 4-4:25pm<br>4:30-4:55pm<br><br>4-4:25pm<br>4:30-4:55pm<br>5-5:25pm<br><br>4:30-4:55pm<br>5-5:25pm                                                                           | 8x    | \$80 | \$104 |
| *No Class: 7/4: Meets 7x, RES \$70, NRES \$91                           |                                                                        |                                                                                                                                                                             |       |      |       |
| <b>TUESDAY &amp; THURSDAY</b>                                           |                                                                        |                                                                                                                                                                             |       |      |       |
| 6/11-6/20<br>6/25-7/2*<br>7/9-7/18<br>7/23-8/1<br>8/6-8/15<br>8/20-8/29 | Preschool<br><br><br><br><br><br>Level 1<br><br><br>Level 2<br>Level 3 | 4-4:25pm<br>5-5:25pm<br>5:30-5:55pm<br>6-6:25pm<br><br>5-5:25pm<br>5:30-5:55pm<br>6-6:25pm<br><br>5:30-5:55pm<br>6-6:25pm                                                   | 4x    | \$40 | \$52  |
| *No class 7/4: Meets 3x, RES \$84, NRES \$99                            |                                                                        |                                                                                                                                                                             |       |      |       |
| <b>THURSDAY</b>                                                         |                                                                        |                                                                                                                                                                             |       |      |       |
| 6/13-6/27<br>7/11-7/25<br>8/1-8/15                                      | Preschool<br>Level 1<br>Level 2                                        | 10-10:25am                                                                                                                                                                  | 3x    | \$30 | \$39  |
| <b>SATURDAY</b>                                                         |                                                                        |                                                                                                                                                                             |       |      |       |
| 6/22-7/20<br>7/27-8/24                                                  | Preschool<br>Level 1<br><br><br>Level 2<br><br><br>Level 3             | 9:30-9:55am<br>10-10:25am<br>10:30-10:55am<br>11-11:25am<br>11:30-11:55am<br><br>10-10:25am<br>10:30-10:55am<br>11-11:25am<br>11:30-11:55am<br><br>10-10:25am<br>11-11:25am | 5x    | \$50 | \$65  |



## YOUTH SWIM LESSONS CONT.

| YOUTH GROUP LESSONS: LEVEL 4 - 5                                       |         |                      |       |      |       |
|------------------------------------------------------------------------|---------|----------------------|-------|------|-------|
| DATE                                                                   | CLASS   | TIME                 | MEETS | RES  | NRES  |
| MONDAY - THURSDAY                                                      |         |                      |       |      |       |
| 6/10-6/20<br>6/24-7/3*<br>7/8-7/18<br>7/22-8/1<br>8/5-8/15             | Level 4 | 4-4:25pm<br>5-5:25pm | 8x    | \$80 | \$104 |
|                                                                        | Level 5 | 5:30-5:55pm          |       |      |       |
| *No Class: 7/4: Meets 7x, RES \$126, NRES \$164.50                     |         |                      |       |      |       |
| TUESDAY & THURSDAY                                                     |         |                      |       |      |       |
| 6/11-6/20<br>6/25-7/2<br>7/9-7/18<br>7/23-8/1<br>8/6-8/15<br>8/20-8/29 | Level 4 | 6-6:25pm             | 4x    | \$40 | \$52  |
| SATURDAY                                                               |         |                      |       |      |       |
| 6/22-7/20<br>7/27-8/24                                                 | Level 4 | 10:30-11:15am        | 5x    | \$90 | \$118 |

| YOUTH PRIVATE SWIM LESSONS                                           |         |                                                                                  |       |      |      |
|----------------------------------------------------------------------|---------|----------------------------------------------------------------------------------|-------|------|------|
| DATE                                                                 | CLASS   | TIME                                                                             | MEETS | RES  | NRES |
| <b>MONDAY &amp; WEDNESDAY</b>                                        |         |                                                                                  |       |      |      |
| Weekly:<br>from 6/10<br>until 8/28                                   | Private | 3:30-4pm<br>4-4:30pm<br>4:30-5pm<br>5-5:30pm<br>5:30-6pm<br>6-6:30pm<br>6:30-7pm | 2x    | \$56 | \$66 |
| <b>MONDAY/WEDNESDAY/FRIDAY</b>                                       |         |                                                                                  |       |      |      |
| Weekly:<br>from 6/10<br>until 8/16*                                  | Private | 9:30-10am<br>10-10:30am                                                          | 3x    | \$84 | \$99 |
| *No class 7/5: Meets 2x, RES \$56, NRES \$66                         |         |                                                                                  |       |      |      |
| <b>TUESDAY &amp; THURSDAY</b>                                        |         |                                                                                  |       |      |      |
| Weekly:<br>from 6/11<br>until 8/29*                                  | Private | 9:30-10am<br>3:30-4pm<br>4-4:30pm<br>4:30-5pm<br>5:30-6pm<br>6:30-7pm            | 2x    | \$56 | \$66 |
| *7/2-7/4 no classes at all; 8/20-8/22 & 8/27-8/29 no 9:30-10am class |         |                                                                                  |       |      |      |
| <b>TUESDAY</b>                                                       |         |                                                                                  |       |      |      |
| 6/11-6/25<br>7/9-7/23<br>7/30-8/13                                   | Private | 3:30-4pm<br>4-4:30pm<br>4:30-5pm<br>5:30-6pm<br>6:30-7pm                         | 3x    | \$84 | \$99 |
| <b>WEDNESDAY</b>                                                     |         |                                                                                  |       |      |      |
| 6/12-6/26<br>7/10-7/24<br>7/31-8/14                                  | Private | 3:30-4pm<br>4-4:30pm<br>4:30-5pm<br>5:30-6pm<br>6:30-7pm                         | 3x    | \$84 | \$99 |
| <b>SATURDAY</b>                                                      |         |                                                                                  |       |      |      |
| 6/22-6/29<br>7/6-7/13<br>7/20-7/27<br>8/3-8/10<br>8/17-8/24          | Private | 9-9:30am<br>9:30-10am<br>11:30am-12pm<br>12-12:30pm                              | 2x    | \$56 | \$66 |

## ADULT LESSONS

### ADULT/TEEN BEGINNING

#### Fundamentals

#### Activity 243201 • Ages 12+

This beginning swimming class is designed for adults with little or no experience in the water. Participants learn water adjustment skills, floating on both the front and back, front crawl with side breathing, and back crawl. Participants also become familiar with deeper water and will learn basic safety skills.

### ADULT/TEEN INTERMEDIATE

#### Stroke Development & Refinement

#### Activity 243202 • Ages 12+

Intermediate swim lessons are designed for teens and adults who can swim a minimum of 25 yards of freestyle and backstroke. Students in this class will work on developing endurance and further refining the skills and strokes taught in the teen/adult beginning swim lessons. Elementary backstroke, breaststroke, sidestroke, and butterfly will be introduced. Diving, treading water and other deep-water skills will be introduced.

### ADULT/TEEN PRIVATE SWIM LESSON

#### Activity 243204 • Ages 12+

30-minute lesson of one-on-one instruction to meet the personal needs of students of all abilities.

| ADULT/TEEN GROUP LESSONS                          |                           |                             |       |      |      |
|---------------------------------------------------|---------------------------|-----------------------------|-------|------|------|
| DATE                                              | CLASS                     | TIME                        | MEETS | RES  | NRES |
| <b>MONDAY</b>                                     |                           |                             |       |      |      |
| 6/10-7/1<br>7/8-7/29<br>8/5-8/26                  | Beginning<br>Intermediate | 6:30-7:30pm                 | 4x    | \$44 | \$56 |
| <b>WEDNESDAY</b>                                  |                           |                             |       |      |      |
| 6/12-7/3<br>7/10-7/31<br>8/7-8/28                 | Intermediate              | 6:30-7:30pm                 | 4x    | \$44 | \$56 |
| <b>THURSDAY</b>                                   |                           |                             |       |      |      |
| 6/13-6/27*<br>7/11-8/1<br>8/8-8/29                | Beginning                 | 6:30-7:30pm                 | 4x    | \$44 | \$56 |
| <b>SATURDAY</b>                                   |                           |                             |       |      |      |
| 6/22-7/20<br>7/27-8/24                            | Beginning<br>Intermediate | 8:30-9:30am<br>9:30-10:30am | 5x    | \$55 | \$70 |
| *No class 7/4, Meets 3x, FEES: \$33 RES/\$42 NRES |                           |                             |       |      |      |

| ADULT/TEEN PRIVATE SWIM LESSONS                                         |         |          |       |      |      |
|-------------------------------------------------------------------------|---------|----------|-------|------|------|
| DATE                                                                    | CLASS   | TIME     | MEETS | RES  | NRES |
| <b>MONDAY</b>                                                           |         |          |       |      |      |
| 6/10-6/17<br>6/24-7/1<br>7/8-7/15<br>7/22-7/29<br>8/5-8/12<br>8/19-8/26 | Private | 6-6:30pm | 2x    | \$56 | \$66 |
| <b>THURSDAY</b>                                                         |         |          |       |      |      |
| 6/13-6/20<br>6/27*<br>7/11-7/18<br>7/25-8/1<br>8/8-8/15<br>8/22-8/29    | Private | 6-6:30pm | 2x    | \$56 | \$66 |
| *No class 7/4, Meets 1x, FEES: \$28 RES/\$33 NRES                       |         |          |       |      |      |

# FACILITIES



## RECREATION POOL RENTAL

Rental times include two hours of pool time and a half hour of clean up time. Please note that pool rules will be enforced during rentals. Recreation Pool rentals are allowed to bring food and decorations; no alcoholic beverages, sharp objects or glass permitted. Rental fees due at time of booking.

| DAY               |       | TIME     |
|-------------------|-------|----------|
| Saturday & Sunday |       | 4:30-7pm |
| FEES              |       |          |
| Deposit           |       | \$100    |
| NUMBER OF PEOPLE  | RES   | NRES     |
| 1-50 people       | \$318 | \$397    |
| 51-100 people     | \$341 | \$420    |

## SPLASH PARK RENTAL

Rental includes two hours of Splash Park time (including use of spray ground, covered picnic tables, grass lawn and a barbeque area) and a half hour of clean up time. Splash Park rentals are allowed to bring in their own food and decorations; no alcoholic beverages, sharp objects or glass permitted. Rental fees due at time of booking.

| DAY               |       | TIME     |
|-------------------|-------|----------|
| Saturday & Sunday |       | 4:30-7pm |
| FEES              |       |          |
| Deposit           |       | \$100    |
| NUMBER OF PEOPLE  | RES   | NRES     |
| 1-50 people       | \$277 | \$347    |
| 51-100 people     | \$300 | \$370    |

## SWIM CENTER PICNIC AREA

Two designated picnic areas are available for rent during our summer public Recreation Swims on Fridays (4-7pm), Saturdays (1-4pm) and Sundays (1-4pm). Rental fees include use of designated picnic area and entrance fees for a specified number of people as indicated below. Rental fees due at time of booking. There are no refunds for cancellation.

**AREA #1: SPLASH PARK AREA PICNIC TABLES** consist of three covered picnic tables and barbeque pit in the Splash Park. This area accommodates a maximum of 20 people.

| NUMBER OF PEOPLE | RES   | NRES  |
|------------------|-------|-------|
| Up to 20 people  | \$128 | \$144 |

**AREA #2: LAWN AREA PICNIC TABLES** consist of two covered picnic tables located on the grass area near the Lap Pool. This area accommodates a maximum of 15 people.

| NUMBER OF PEOPLE | RES   | NRES  |
|------------------|-------|-------|
| Up to 15 people  | \$114 | \$130 |



Global Outlook...

...Local Focus!

**Catherine Krueger**, CalBRE 01271748  
Your real estate partner in El Cerrito  
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[www.CatherineKrueger.com](http://www.CatherineKrueger.com)

*I give back  
to charities  
with every  
sale.*



510-813-0970





## EL CERRITO COMMUNITY CENTER

The contemporary look and feel of the Hall and Skylight Room provide the ideal spot for your wedding reception, family celebrations and luncheons at the same time providing a perfect location for corporate trainings, fundraisers and more! The Hall and Skylight Room, which have hardwood floors and a cathedral style ceiling, can together accommodate 250 people. Available Fridays, Saturdays and Sundays. Rentals include:

- Use of a full kitchen including fridge, freezer, oven, sink and ice machine
- Tables (5ft. round, 6ft. rectangular and/or 8ft. rectangular) and 250 black folding chairs
- Table and chair set up and break down
- Use of the fenced in, outdoor courtyard
- One Facility Attendant onsite to provide support during event

**El Cerrito Community Center - 7007 Moeser Lane**

|                                        | RES                 | NRES     |
|----------------------------------------|---------------------|----------|
| Rental Fees                            | \$200/hr            | \$250/hr |
| Five-hour minimum rental time required |                     |          |
| Deposit                                | \$624               |          |
| credit card only, refundable           |                     |          |
| Decoration/Rehearsal Time/Clean-Up     | \$100/hr            |          |
| 2 hrs maximum day of event             |                     |          |
| Optional Clean-Up Service              | \$150               |          |
| 2 hrs of 1 custodian after rental      |                     |          |
| Alcohol Permit                         | \$191               |          |
| Transfer/Reschedule Fee (per date)     | \$45                |          |
| Non-Profit Discount                    | 25% off hourly rate |          |

## CLUBHOUSES

Nestled in our City's parks, clubhouses are ideal locations for smaller events. Available Saturdays and Sundays. Book online at [www.el-cerrito.org/onlineereg](http://www.el-cerrito.org/onlineereg) or complete the Clubhouse Reservation Application.

**Arlington Clubhouse: 1120 Arlington Blvd.** Max 50 people

**Castro Clubhouse, Side B: 1420 Norvell St.** Max 35 people

|                                         | RES                 | NRES    |
|-----------------------------------------|---------------------|---------|
| Clubhouse Fees                          | \$80/hr             | \$98/hr |
| Three-hour minimum rental time required |                     |         |
| Deposit (credit card only, refundable)  | \$305               |         |
| Decoration/Rehearsal/Clean-up           | \$42                |         |
| 1 hr maximum day of event               |                     |         |
| Alcohol Permit                          | \$43                |         |
| Transfer/Reschedule Fee (per date)      | \$45                |         |
| Non-Profit Discount                     | 25% off hourly rate |         |

## PICNIC RENTALS

RESERVE  
ONLINE

Picnic areas are available daily for reservation from dawn until dusk. Picnic sites are located at Arlington, Canyon Trail, Castro, Cerrito Vista, Harding and Tassajara parks. All sites have picnic tables. Sites also include the use of a barbecue pit with the exception of Canyon Trail, Castro and Arlington picnic areas #2 and #3. Book online at [www.el-cerrito.org/onlineereg](http://www.el-cerrito.org/onlineereg) or complete the Picnic Reservation Application (available online).

|                                             | RES                | NRES      |
|---------------------------------------------|--------------------|-----------|
| Cerrito Vista Group Picnic Area             | \$146/day          | \$182/day |
| Cerrito Vista Volleyball Net & Ball Deposit | \$83/day           | \$83/day  |
| Picnic Area w/ Barbecue                     | \$78/day           | \$98/day  |
| Picnic Area w/o Barbecue                    | \$66/day           | \$82/day  |
| Arlington Areas #4 & 5 (2 sites)            | \$146/day          | \$182/day |
| Arlington Areas #4, 5 & 6 (3 sites)         | \$198/day          | \$247/day |
| Transfer/Reschedule Fee                     | \$19               | \$19      |
| Non-Profit Discount                         | 25% off daily rate |           |

*There are no refunds for picnic cancellations.*

## RESTROOM KEYS

For safety and sanitation reasons, the restrooms at City parks are kept locked. Members of the community can purchase a restroom key from the El Cerrito Community Center for a deposit of \$18. Restroom keys be kept for any length of time, and work at all City parks. The full deposit is refunded when the key is returned.

## TENNIS COURTS

RESERVE  
ONLINE

Tennis Courts are located at Arlington, Canyon Trail, Castro, Harding, Tassajara and Cerrito Vista parks. The courts at Cerrito Vista have lights for use from sundown to 10pm.

Tennis court reservations are issued by the El Cerrito Recreation Department by going online to [www.el-cerrito.org/onlineereg](http://www.el-cerrito.org/onlineereg) or at the El Cerrito Community Center. At the time of booking, a reservation receipt will be issued. Please bring reservation receipt with you as proof of priority use of the courts. Proceeds from this program help to resurface and maintain the courts.

|                        | RES    | NRES    | *INSTRUCTORS |
|------------------------|--------|---------|--------------|
| Court Reservation Fee  | \$9/hr | \$11/hr | \$15/hr      |
| Instructor Permit Cost | \$25   | \$25    |              |

*\*Tennis Instructors must reserve tennis courts if charging students for private/group lessons. Instructors must obtain a City of El Cerrito business license, Tennis Instructor Permit, and be a USTA or USPTR teaching professional.*

## READY TO MAKE A RESERVATION?

- **Reserve Online:** Clubhouse, Picnic Area and Tennis Courts only: [www.el-cerrito.org/OnlineReg](http://www.el-cerrito.org/OnlineReg)
- **By Fax:** (510) 528-9413
- **In Person:** 7007 Moeser Lane, El Cerrito, CA 94530
- **To obtain a Facility Application:** [www.el-cerrito.org/FacilityRental](http://www.el-cerrito.org/FacilityRental)
- **Swim Center Rental:** [www.el-cerrito.org/SwimCenter](http://www.el-cerrito.org/SwimCenter)
- **El Cerrito Community Center Rental:** Reservations must be completed in person. Rental application and deposit are required to secure a date.



# REGISTRATION INFORMATION

## REGISTER IN PERSON

- Walk-in registration is accepted at the Community Center office during business hours:  
Mon, Wed and alternate Fri: 8am-4pm  
Tue and Thu: 8am-6pm
- 7007 Moeser Lane, El Cerrito
- Please see page 2 for a list of Department-wide holidays and the alternate Fridays the Community Center is closed.
- Midtown also accepts registration for adult programs and services. See page 2 for location and hours.



## REGISTER BY EMAIL OR FAX

**recreation@ci.el-cerrito.ca.us**  
or **(510) 528-9413**

Email or fax a completed Registration Form or Rental Application, along with credit card authorization. Credit card must be on file. If using a new card please call (510) 559-7000 to make payment. Visa, MasterCard and American Express accepted.



## REGISTER ONLINE

You can register online for your favorite classes and activities anytime, day or night, from a computer. Picnic areas, clubhouses, and Swim Center rental reservations are also available for online registration. There is no additional charge for online registration.



### RETURNING PARTICIPANTS

If you registered for a class, program, pass or rental you have a temporary username and password. The first time you log-in, enter your email address for the username and your zip code for the password. For your security, you will be prompted to change your user information. If you are unable to log-in, please contact us at (510) 559-7000 or recreation@ci.el-cerrito.ca.us.

### NEW PARTICIPANTS

To enroll in programs and pay online, register for an online account by creating a username and password.

**Register online today!**  
**[www.el-cerrito.org/onlinereg](http://www.el-cerrito.org/onlinereg)**

## REGISTER BY MAIL

El Cerrito Recreation Department,  
7007 Moeser Lane, El Cerrito, CA 94530.  
Send a completed Registration Form or Rental Application, along with credit card authorization (credit card must be on file) or by check (payable to City of El Cerrito). A \$25 fee will be charged on all returned checks. Please do not send cash. Your check will be returned if the activity for which you are registering is full. However, you will be placed on a waitlist for that activity.



## FEES AND MATERIAL FEES

Most fees listed are Resident and Non-Resident rates. Fees are subject to change. Material Fees are paid directly to the instructor on the first day of class. If a class does not indicate a Material Fee, a supply list may be discussed at the first meeting.

## WAITLISTS

If you or your child has been placed on a waitlist for a class or program and a space becomes available, we will contact you by phone or email.



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**(510) 237-4321**

**East Bay Sanitary Co., Inc.**  
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## Mark Your Calendar

| DATE      | EVENT                            | PAGE   |
|-----------|----------------------------------|--------|
| April 1-5 | Spring Break Camp                | Online |
| April 20  | Annual Egg Hunt                  | Online |
| April 13  | Earth Day Celebration            | Online |
| May 3-5   | Hillside Natural Area Festival   | 7      |
| May 18    | Spring Citywide Garage Sale      | 7      |
| June 22   | Pickle(Ball) Relish Tournament   | 6      |
| June 15   | Safe Swim Event                  | 5      |
| June 10   | Summer Camp Begins!              | 9      |
| July 4    | 4th of July Festival             | 6      |
| July 21   | Summer Splash Pool Party         | 6      |
| August 19 | 2019 School Age Childcare Starts | 8      |

[www.el-cerrito.org/recreation](http://www.el-cerrito.org/recreation) • (510) 559-7000