

ACTIVITY GUIDE

SUMMER 2019



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EVENTS CALENDAR

March 18	Summer 2019 Registration Begins at ARPD!
April 1 - 5	Spring Vacation Camp at Harrison Center
April 1 - 5	Junior Warrior Basketball Camp at Alameda Point
April 6 - May 4	Spring Swim Lessons at Emma Hood Swim Center
April 8	Spring Softball League Begins
April 13	Splash into Spring Egg Scramble (Rainout April 20)
April 20	Earth Day Festival at Washington Park
May 6	Free Concert by Alameda Community Chorus at Kofman Auditorium - 7:30PM
May 19	Alameda Bike Festival and Rodeo at Otis School
May 31	Free Concert by Alameda Community Band at Veteran's Building - 7:30PM
May 31	Friends of the Park Foundation "Play for the Parks" Golf Tournament
June 8	53rd Annual Sand Castle and Sand Sculpture Contest at Crown Memorial State Beach Park
June 17	Official Start to "ARPD Reality TV - Summer 2019
June 21	Starlight Movies in the Park, Multi-Purpose Field at Alameda Point
July 24	PARK Special Events - Godfrey WOW, Lincoln, & Tillman Parks
July 26	Starlight Movies in the Park, Multi-Purpose Field at Alameda Point
July 31	PARK Special Events - Washington WOW & Park, Bayport, Franklin Parks
August 2-4	65th Annual Alameda City Swim Championships at Encinal Swim Center
August 5-7	WOW Family Nights (8/7) and End of Summer Parks & Teen Program Celebration
September 6	Starlight Movies in the Park at Leydecker Park
September 6-8	106th Annual City of Alameda Tennis Tournament at Fairfield Tennis Complex at Lower Washington Park

ARPD Program Staff

Christina Bailey

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

Ed Kallas

Senior Programs, Travel
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ekallas@alamedaca.gov

Dennis McDaniels

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

Shawn Smith

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

Coming Soon!

Reservation Availability Calendar for Bocce Courts, Picnic Tables & Recreation Centers

Check the following website
address for availability, rental
guidelines and permit forms:
www.alamedaca.gov/recreation

ARPD Contacts

Web & Online Registration

www.alamedaca.gov/recreation

Email

arpd@alamedaca.gov

Facebook

playARPD on Facebook

Phone

510-747-PLAY (7529)

Fax

510-523-4071

Hours

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

Park and Facility Issues

After Hours : 510-775-5459

Field Condition Hotline

After 2pm: 510-747-7540

Mastick Senior Center

510-747-7500

Parks & Facilities

See page 44 - 46



COMMUNITY - CITY DIRECTORY

City Council 2019

Marilyn Ezzy Ashcraft	Mayor
John Knox White	Vice Mayor
Tony Daysog	Councilmember
Jim Oddie	Councilmember
Malia Vella	Councilmember

Recreation and Parks Commission

Ron Limoges	Chair
Adrienne Alexander	Member
Mindi Chen	Member
Eric Robbins	Member

ARPD Staff

Eric J. Levitt	City Manager
Amy Wooldridge	ARPD Director
Jackie Krause	Recreation Manager
John McDonald	Park Manager
Bill Hudson	Park Maintenance Supervisor
Matt Nowlen	Park Maintenance Foreperson
Patrick Russi	Recreation Manager
Christina Bailey	Recreation Supervisor I
Edward Kallas	Recreation Supervisor I
Dennis McDaniels	Recreation Supervisor I
Shawn Smith	Recreation Supervisor I
Nora Pon	Senior Clerk
Katherine Sirota	Administration
Nida Ithipol	Accounting Technician

Mastick Senior Center Advisory Board

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

Golf Commission

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

Recreation and Parks Commission

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

CITY DEPARTMENT PHONE LIST

Emergency – Life or Property at Risk

911

Animal Services	510-337-8565
Animal Control – After Hours	510-337-8340
City Information	510-747-7400
City Attorney	510-747-4750
City Clerk & City Council	510-747-4800
Mayor's Office	510-747-4701
City Manager's Office	510-747-4700
Alameda Municipal Power (AMP)	510-748-3901
Base Reuse – Alameda Point	510-747-7440
Economic Development & Community Development	510-747-6890
Finance	510-747-4881
Fire – Non-Emergency only	510-337-2100
Corica Park	510-747-7800
Housing Authority	510-747-4300
Human Resources	510-747-4900
Job Opportunity	www.governmentjobs.com/careers/alamedaca
Information Technology – IT	510-747-7412
Library	510-747-7777
Media Contact	510-747-4714
Planning, Building and Transportation	510-747-6800
Police – Non-Emergency only	510-337-8340
Police – Anonymous Tip Line	510-835-2267
Public Works	510-747-7930
Public Works – Maintenance Services (Streets, Sidewalks, Non-Park Issues)	510-747-7900



COMMUNITY RESOURCES

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

COMMUNITY SPORTS RESOURCES

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

EVENTS

Earth Day Festival

Saturday, April 20, 10:00am – 3:00pm
Washington Park

FREE

Come celebrate the planet with us at Alameda's 20th annual Earth Day Festival! As part of celebration, it is our goal to present simple lifestyle changes to help the environment. This year's theme is **"Acts for Our Island"**.

Learn ways you can improve your world you live in. Come enjoy the children's entertainment, live music, and vendor exhibits, Play Earth Day games and learn about building a clean, healthy, sustainable world for generations to come.

Get involved with the Earth Day Beach Clean-Up – Registration is required: Visit us at https://apm.activecommunities.com/ebparks/Activity_Search/alameda-earth-day-coastal-clean-up/24326 or EBRPD Crab Cove Website.

Alameda Community Chorus Performance

Friday, May 6, 7:30pm
Kofman Auditorium, 2200 Central Avenue

FREE

Alameda Community Band Performance

Friday, May 31, 7:30pm
Kofman Auditorium, 2200 Central Avenue

FREE

53rd Annual Sand Castle & Sand Sculpture Contest

Saturday, June 8, 9:00am - 1:00pm
Robert Crown Memorial State Beach Park

FREE

Registration 9:00am to 11:00 a.m

Judging begins at 12:00pm

Awards Ceremony at 1:00pm

Start your creative juices flowing and get ready to bring your shovel and buckets to the beach to create a unique piece of art at the Sand Castle Contest. This FREE event is a fabulous family fun activity to either participate in or just come down to watch all of the action. The Contest is co-sponsored by the Bayview Women's Club, East Bay Regional Park District, Alameda Youth Committee, and ARPD.



COMMUNITY - EVENTS

Starlight Movies in the Park

FREE

Free Starlight Movies in the Park will again take place this summer for families to enjoy. The event starts at 6:30pm with pre-show festivities of games and crafts for kids. The featured movie begins at approximately 8:15pm, depending on darkness. Snacks and food are available and proceeds support the Alameda Youth Committee and Teen Programs. Bring your own chairs and blankets, and enjoy a film under the stars.

Trolls

Friday, June 21, Multi-Purpose Field

Zootopia

Friday, July 26, Multi-Purpose Field

Ralph Breaks the Internet

Friday, September 6, Leydecker Field



65th Annual Swim Championships

Friday - Sunday, August 2 - 4

Encinal Swim Center, 230 Central Avenue at 3rd St.

The 2019 City of Alameda Swim Championships is sponsored by ARPD in cooperation with the Alameda Gators Swim Team. This Meet is organized and run by dedicated volunteers, parents, coaches and friends for the sole enjoyment of their children and to foster their continued interest in swimming. All participants must be Alameda residents to participate. All swimmers except those in the novice division must have their current USS Swimming registration. Masters swimming events are held Friday evening. Entries are available at Emma Hood and Encinal Swim Centers starting July 8. Entries close July 19.

106th Annual Alameda City Tennis Tournament

Friday, Sept. 6 through Sunday, Sept. 8

Fairfield Tennis Courts at Lower Washington Park

The tradition continues as the Alameda Recreation and Park Department presents the oldest continuous sporting event in the city. The tournament is open to all adults. Men's and women's divisions as well as doubles and mixed doubles in the following classes: 3.5, 4.0, and 4.5. Entries are available at Fairfield, Krusi, and Leydecker tennis courts, online and in the ARPD office, and at the Harbor Bay Club starting July 8. Entries close August 26th. \$25 singles; \$40 doubles.



Friday, May 31, 2019

at Corica Park South Course

\$125 per player

(Includes golf, auction and dinner)
Dinner only \$40 per person

Shotgun starts at 1:00 PM

Go to
www.alamedaparks.org
for information, registration and payment

It's a fun day for everyone! Support Alameda Parks!

ALAMEDA WALKS

2019 Schedule

All walks begin at 9am and last approximately one hour. Where walks are longer, it will be noted and new walks are indicated. Look for the red Alameda Walks hats! While we love the furry pets, we prefer that they wait for you at home.

May 11

North Shore Walk

Revisited – Meet at Grand Street Boat Ramp, north end of Grand Street. This walk will explore what is new about the north shore of the island starting at the base of Grand, following along the north shore around to Marina Cove Park and then cross over the Elector Littlejohn's Park and check out new all-inclusive playground.

May 4

Mysterious Medians Walk

New – Meet at corner of High Street and Encinal Market next to side entrance of Encinal Market and in front of the International Headquarters of Alameda Sun. This walk will look at the history of the street medians and their past purpose in the area. In addition the host will examine other local history of the area. Dennis Evanosky and Eric Kos will lead this walk. Note: walk lasts 1 hour 15 minutes

June 1

Uplands of Bay Farm Walk

Updated – Meet at Godfrey Park, 281 Beach Road BFI (94502) in front of recreation building. This revised walk will focus on the farm lands that once dominated Bay Farm Island and its history. Dennis Evanosky and Eric Kos will lead this walk. Note: walk lasts 1 hour 15 minutes

June 8 Webster St/Crab Cove/Sand Castle Contest

Meet at the tennis courts, Lower Washington Park (entrance on 8th Street). The walk will end with the opportunity to check out the building of the sand castle and sand sculptures and to celebrate the 52nd Anniversary of the Contest.

July 6

Estuary Park, Ploughshares & Ferry Terminal Walk

Meet at Estuary Park, 200 Mosley Ave. This walk will explore the first synthetic turf lighted field, the nearby Ploughshares Nursery & the Ferry. In addition the public art near to Bay Ship & Yacht area will also be explored.

July 13 Crab Cove to Grand Street Shoreline Tour

EBRPD Led Tour – Meet at Crab Cove Visitor Center, 1231 McKay Ave. Explore the Alameda shoreline, Crown State Beach Park and local wildlife. Then observe fish at the Bath House, part of the East Bay Regional Park District's Mobile Fish Exhibit. This walk is led by EBRPD Interpretive staff, Susan Ramos. Note: walk lasts 1 hour 15 minutes

August 3

Alameda Point South

Revisited – Meet at Encinal Boat Ramp, Central Ave behind Encinal High School. This walk will explore the varied history of this part of the island. It will examine the past and present activity on the former Naval base and much more. Meet at Dennis Evanosky and Eric Kos will lead this walk. Note: walk lasts 1 hour 15 minutes

August 10 Jean Sweeney to Marina Village Walk

Meet at Jean Sweeney Open Space Park, 1925 Sherman Street. This walk will highlight the Jean Sweeney Open Space Park and then cross over to explore the Marina Park Village and shore line and fountains.

Free!

Open To All

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

ROUTES:

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

ALL ROUTES INCLUDE:

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

View all route stops and shuttle times at www.AlamedaLoopShuttle.com.

Call (510) 747-7513, or email AlamedaLoopShuttle@alamedaca.gov

Funded by Measures B/BB.



INFANTS & TOTS - PROGRAMS

INFANT PLAYGROUP

Alameda Wee Play

Ages 6 Month - 3 Years

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

M W F	10:00AM - 1:00PM
\$6 Drop-in per day per child	\$60 Drop-in Card for 12 visits
Alameda Veteran's Memorial Building, 2203 Central Avenue	
Closed on May 27, June 10-14, July 19, September 2	
Volunteer to set-up or clean-up, limited number per day, and receive free entrance for that day!	



TOTS PROGRAMS

For 3 - 5 years (Pre-Kindergarten)

In order to be enrolled, your child must:

- Be ready to separate from parent (and parent from child)
- Be willing to participate in the program without parent being present
- Be out of diapers/pull ups
- Able to tend to their personal needs
- Meet the age requirement by the first day of class

Small Fry - 6 week program

Ages 3 Years - 3 Years 11 Months

This class is designed to help your child develop his/her social, emotional and self-help skills through play base activities. Other activities include arts and crafts, motor fitness, and outdoor games.

Class #7406	Jun 17 - Jul 26 No class on 7/5	M W F	9AM - 12PM
\$432	Littlejohn Center		

Tiny Tot - 6 week program

Ages 4 - 5 Years

The class is designed to help the pre-school student, about to enter Kindergarten, who is still struggling with his/her letters and numbers. They will learn songs, stories, and rhymes all to help their phonetic awareness. Other activities include arts and crafts, motor fitness, and outdoor games.

Class #7407	Jun 17 - Jul 26 No class on 7/5	M W F	9AM - 12PM
\$432	Leydecker Center		

Small Fry Rembrandts Art Camp

Ages 3 Years - 3 Years 11 Months

Come and Experience the fun of working with your hands and imagination. You will be using various different mediums to create your own one of a kind master piece. All art projects are age appropriate.

Class #7415	Jul 2 - Aug 1 No class on 7/4	Tu Th	9AM - 12PM
\$216	Littlejohn Center		

Exploring Art Camp

Ages 4 - 5 Years, Pre-Kindergarten

This camp allows your child to work with a variety of different mediums while developing his/her own creativity. In the camp we will look at several famous artist and explore their techniques. All art projects are age appropriate and introduces your child to how creative they are. We will have an art show on the last day to display are creativity.

Class #7416	Jul 2 - Aug 1 No class on 7/4	Tu Th	9AM - 12PM
\$216	Leydecker Center		

Tot Chef

Ages 4 - 5 Years, Pre-Kindergarten

Learn basic math, science and social skills through the world of Tot Chef. Children will learn the proper use and safety skills needed for working in the kitchen. A cookbook will go home at the end of the week with all the recipes plus a few extra to try on your own. This class is not recommended for children with severe food allergies.

Class #7417	Jul 8 - Jul 12	M Tu W Th F	1:30PM - 3:00PM
\$65 per person (This incl \$5 for food)		Woodstock Park	

ARPD CAMPS

For 3 - 5 Years (Pre-Kindergarten)

In order to be enrolled, your child must:

- Be ready to separate from parent (and parent from child)
- Be willing to participate in the program without parent being present
- Be out of diapers/pull ups
- Able to tend to their personal needs
- Meet the age requirement by the first day of class

Tadpole Camp

Ages 3 - 5 Years, Pre-Kindergarten

Tadpole Camp combines regular day camp activities with a 45-minute swim session. The swim session are and introduction to swimming. The campers will meet at Woodstock Park in the morning for a traditional day camp (crafts, songs and snack.) They will then walk down to Encinal Swim Center for a swim lesson at 11 a.m. Pick up will be at Encinal Swim Center at 12 noon. Friday's are non-swim day but it is BBQ day for the campers at Woodstock Park. Campers will be taking home a camp shirt along with the crafts they have made all week. (Snack & drink provided during the week. If your child has a food allergies, please send your child to camp with their own snack.)

Class #7408	Session 1	Jun 17 - Jun 21	9AM - 12PM
Class #7409	Session 2	Jun 24 - Jun 28	9AM - 12PM
Class #7410	Session 3	Jul 1st - Jul 3* No class on 7/4, 7/5	9AM - 12PM
\$175/\$105*		Drop off: Woodstock Park Pick up: Encinal Swim Center	

Jumping Frog Camp

Ages 3 - 5 Years, Pre-Kindergarten

Beginning camp experience for children age 3 to 5. Learn camp song, storytelling, and games as well as make a daily camp craft relating to the theme of the week. Campers will also have a BBQ on Friday.

(Snack & drink provided during the week. If your child has a food allergies, please send your child to camp with their own snack.)

Class #7411	Session I	Jul 8 - Jul 12	9AM - 12PM
Class #7412	Session II	Jul 15 - Jul 19	9AM - 12PM
\$120		Woodstock Park	



Tenderfoot Camp

Ages 4 - 5 Years, Pre-Kindergarten

A camp experience for children, 4-5 years old (pre-kindergarten). Join us for a one day exploration of Crab Cove, a walking field trip to the Farmers Market as well as a day of play at Crown Beach. A BBQ lunch will be prepared on Thursday for all the campers. Activities include camp crafts, storytelling, games, songs, with the campers taking home a daily craft and camp shirt and song book at the end of the week. Please bring a bag lunch to camp daily (except on Thursday). If your child has a food allergies, please be sure to inform the camp leaders. We will provide a drink for all campers.

Class #7413	Session 1	Jul 22 - Jul 26	9:30AM - 12:30PM
Class #7414	Session 2	Jul 29 - Aug 2	9:30AM - 12:30PM
\$120		Lower Washington Park (by the tennis courts)	

DANCE

Dance with Me Ballet

Ages 3 - 5 Years, Pre-Kindergarten

You and your child will dance together in this fun class which introduces your child to the basic positions and steps of ballet! Upon registration, please email admin@alamedaballet.com for dress code information.

Class #7726	Jun 15 - Aug 31	Sa	9:45AM - 10:30AM
\$232		Abra Rudisill Alameda Ballet Academy, 1402 Park Street	

Pre-Ballet

Ages 4 - 5 Years

Learn the basic positions, rhythms and movements of ballet in a fun and creative environment! Upon registration, please email admin@alamedaballet.com for dress code information.

Class #7727	Jun 15 - Aug 31	Sa	10:45AM - 11:30AM
\$232		Abra Rudisill Alameda Ballet Academy, 1402 Park Street	

FITNESS

Kids Gymnastics

Ages 1 - 5 Years

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

Ages 1 - 2 Years			
Class #7373	Jun 13 - Jul 25 *	Th	9:15AM - 10:00AM
\$145	Ruby's Tumbling	Ruby's Tumbling, 2333 ClementAve	
Ages 2 - 3 Years			
Class #7472	Jun 13 - Jul 25 *	Th	10:15AM - 11:00AM
\$145	Ruby's Tumbling	Ruby's Tumbling, 2333 ClementAve	
Ages 3 - 5 Years			
Class #7474	Jun 13 - Jul 25 *	Th	11:15AM - 12:00PM
\$155	Ruby's Tumbling	Ruby's Tumbling, 2333 ClementAve	
Class #7476	Jun 13 - Jul 25 *	Th	5:45PM - 6:30PM
\$155	Ruby's Tumbling	Ruby's Tumbling, 2333 ClementAve	
*No class on 7/4			

SPORTS

Kidz Love Soccer

Ages 2 - 5

Since 1979, Kidz Love Soccer has been dedicated to teaching children the world's most popular sport within a nurturing, recreational environment. A typical session experience includes age appropriate activities: skill demonstrations, fun games and instructional scrimmages. Young soccer enthusiasts experience soccer fun in a safe, non-competitive environment. Kidz Love Soccer... "Where the score is always FUN to FUN!" All children will receive a Kidz Love Soccer jersey! Please bring shin guards and a water bottle (shin guards are not required for Mommy/Daddy & Me Soccer). PRE-REGISTRATION IS REQUIRED. KLS Class Status Hotline: (888-372-5803). For cancellation notifications on your smartphone, download the free Kidz Love Soccer app.

Pre Soccer, Ages 4 - 5 Years, Pre-K			
Class # 7376	Jun 29 - Aug 24 No class on 7/6	Sa	10:10AM - 10:45AM
\$124	Kidz Love Soccer	Grass Area (UW) at Washington Park	
Pre Soccer, Ages 3 - 4 Years			
Class #7375	Jun 29 - Aug 24 No class on 7/6	Sa	9:40AM - 10:10AM
\$124	Kidz Love Soccer	Grass Area (UW) at Washington Park	
Mommy/Daddy & Me Soccer, Ages 2 - 3 Years			
Class #7374	Jun 29 - Aug 24 No class on 7/6	Sa	9:00AM - 9:30AM
\$124	Kidz Love Soccer	Grass Area (UW) at Washington Park	

Skyhawks Tot Multi-Sports Camp

Ages 2.5 - 4 Years

This program includes Parent Participation, and features Soccer, Baseball, and Track & Field. Primary development objectives include running, jumping, throwing, catching, hitting, passing, shooting, body movement, hand/foot-eye coordination, self-esteem and teamwork!

Programs are generated toward youth looking for a sport introduction. Please wear appropriate clothing, athletic shoes, and bring a water bottle.

Class #7435	Jun 19 - Aug 7	W	4:15PM - 5:15PM
	No class on 7/3		
\$129	Skyhawks	Longfellow Park, 520 Lincoln Avenue	

Skyhawks Mini Hawk Multi-Sports Camp

Ages 5 - 6 Years

This program provides young athletes an opportunity to discover a passion for a variety of sports in one fun-filled setting. Soccer, Baseball, and Track & Field will be featured; participants will learn the fundamentals of each sport, through age-appropriate drills. Programs are generated toward youth looking for a sport introduction. Please wear appropriate clothing, athletic shoes, and bring a water bottle.

Class #7638	Jun 19 - Aug 7	W	3:00PM - 4:00PM
	No class on 7/3		
\$129	Skyhawks	Longfellow Park, 520 Lincoln Avenue	



ARPD DAY CAMPS

ALAMEDA SUMMER DAY CAMP - 66 Years of Fun!

Registration starts Monday, March 18, 2019. Camp fills quickly – sign up soon!

You may request to be grouped with one other camper per session; include the friend's name and be sure that he/she is registered for the same camp session. We cannot guarantee grouping requests in all cases due to group size/grade level. All requests made after the initial registration, will be charged a \$15 service fee if we are able to accommodate. A big part of the camp experience is to make new friends!

Our Camp Variety Show is incorporated at the end of the traditional camp day on Thursday. Please note Thursday's end time.

Most correspondence will be sent via email, so please provide a current email upon registration.

Hidden Cove Camp

Ages 5 - 7 (Must have completed all-day K or 1 Grade)

Explore and enjoy the exciting adventures of the outdoors with hiking, archery, camp skills, cooking, nature crafts, and an out-of-town field trip on Friday. Parents/Guardians are responsible for transportation. Sign in/out is required and is located on the grass field, adjacent to the parking lot at the Otis/Westline entrance to Robert Crown Memorial State Beach Park. A week before your camp session, you will be sent a letter and instructions via e-mail for parking which must be presented to gain access to the parking lot. Only campers registered in the WOW Extended Care program at either Godfrey or Washington Parks will be transported to and from camp daily.

Session 1			
Class #7460	Jun 17 - Jun 21	M - F	9:00AM - 3:00PM *
Resident \$196 Non-res \$215	ARPD Staff	Robert Crown Beach (Otis & Westline Dr)	
Session 2			
Class #7464	Jun 24 - Jun 28	M - F	9:00AM - 3:00PM *
Resident \$196 Non-res \$215	ARPD Staff	Robert Crown Beach (Otis & Westline Dr)	
Session 3			
Class #7466	Jul 1 - Jul 5 No camp on 7/4	M Tu W F	9:00AM - 3:00PM *
Resident \$159 Non-res \$175	ARPD Staff	Robert Crown Beach (Otis & Westline Dr)	
*Ending time is 4:00PM on 6/20, 6/27, 7/3			

Trails End

Ages 8 - 12 (Must have completed 2 - 5 Grade)

Redwood Regional Park in the Oakland Hills provides the natural setting for the outdoor fun of hiking, camp skills (i.e., orienteering), nature crafts and cooking. An out-of-town field trip takes place each Friday.

Campers are bussed to and from camp daily. Bus pick-up and drop-off points for Trails End camps are at the following parks: Franklin, Godfrey**, Krusi, Lincoln and Washington**. (**WOW Extended Care site, pre-registration and additional fee required)

Session 1			
Class #7485	Jul 8 - Jul 12	M - F	8:30AM - 4:30PM *
Resident \$266 Non-res \$287	ARPD Staff	Redwood Regional Park (Oakland Hills)	
Session 2			
Class #7487	Jul 15 - Jul 19	M - F	8:30AM - 4:30PM *
Resident \$266 Non-res \$287	ARPD Staff	Redwood Regional Park (Oakland Hills)	
Session 3			
Class #7488	Jul 22 - Jul 26	M - F	8:30AM - 4:30PM *
Resident \$266 Non-res \$287	ARPD Staff	Redwood Regional Park (Oakland Hills)	
Session 4			
Class #7489	Jul 29 - Aug 2	M - F	8:30AM - 4:30PM *
Resident \$266 Non-res \$287	ARPD Staff	Redwood Regional Park (Oakland Hills)	
*Thursday's camp hours are 8:30AM - 5:30PM.			

Trailblazers

Ages 9 - 12 (Must have completed 3 - 5 Grade)

This three-day adventure will include hiking, camp skills (i.e., orienteering), cookouts, swimming; an overnight and just plain fun in the untamed outdoors of Redwood Regional Park in the Oakland Hills. Campers need to bring a bag lunch on Monday and Tuesday; Tuesday dinner, Wednesday breakfast and lunch will be provided! Campers are bussed to and from Camp from either Franklin or Lincoln Parks. Most correspondence will be sent via e-mail, so please provide a current e-mail address upon registration. Specific requirements for what to bring will be e-mailed closer to the camp start date.

Class #7490	Aug 5 - Aug 7	M Tu W	8:30AM - 5:30PM
Resident \$254 Non-res \$275	ARPD Staff	Redwood Regional Park (Oakland Hills)	

**DUE TO INCREASED COST OF TRANSPORTATION
ALL DAY CAMP FEES HAVE INCREASED.**

Reach 40,000 residences

Have You Considered Advertising in the ARPD Activity Guide? 40,000 Alameda Recreation and Park Department Activity Guides are produced three times per year and mailed to all Alameda residents.
For more information, contact (510) 747-7529.

YOUTH - CAMPS

World of Wonder (WOW)

Ages 5 - 11 Years (Completed K - 4 Grade)

Join us as we celebrate "ARPD Reality TV – Summer 2019." The World of Wonder (WOW) program has been the favorite way for kids to spend their summer vacation, and for parents to be assured of the security of a supervised recreational care program. All activities are geared toward a weekly theme. Activities include, but are not limited to, the following: cooking, crafts, games, drama, nature, swimming (Fridays, TBD), walking excursions, and much, much more!

Godfrey Park	Jun 12 – Aug 9	7:15AM - 5:30PM
Washington Park	Jun 12 – Aug 9	7:15AM - 5:30PM

Weekly Session (M-F)	\$213 R	\$235 NR
4th of July Week (7/1-7/5; no camp 7/4)	\$174 R	\$193 NR
Reduced Week Session (6/12-6/14)	\$145 R	\$161 NR
R – Resident; NR – Non-resident		

WOW Aquatic Enrichment

We are excited to bring back the option of an aquatic experience for WOW participants! Whether you're a beginner, or want to refresh your aquatic skills, this is the opportunity for you. Only WOW participants, enrolled for that week, may register for this add-on enrichment activity. This timeslot, during these weeks, is exclusive to WOW participants. Participants will be transported to and from Encinal Swim Center. Lessons take place Monday through Thursday, 2:30-3:15 p.m.

Dates	WOW Pickup Location	Fees
July 8 - 11	Godfrey & Washington	\$77 R / \$87 NR
July 15 - 18	Godfrey & Washington	\$77 R / \$87 NR
July 22 - 25	Godfrey & Washington	\$77 R / \$87 NR
July 29 - Aug 1	Washington only	\$77 R / \$87 NR
August 5 - 8	Washington only	\$77 R / \$87 NR
R – Resident; NR – Non-resident		



World of Wonder Extended Care Program (WOW-X)

Ages 5 - 11 Years (Completed K - 4 Grade)

Children participating in specialty classes, sports programs & Day Camp can now take advantage of pairing these programs with WOW Extended Care. The WOW-X program is designed to allow participants to sign up for special classes, sports camps & Day Camp.

Participants will be transported back and forth from their respective WOW sites and additional program(s). Cost varies depending on the additional program's time frame. Each WOW site services different programs, depending on proximity. (Please see list below) **Participants must be at their WOW Site 30 minutes prior to start of the specialty program.** ARPD reserves the right to cancel WOW-X due to low enrollment numbers.

If registered for Day Camp, or other specialty camps/programs, participants cannot stay at the WOW site during the specialty program timeframe. Also, participants should not sign up for a local walking excursion or activities, if they are already registered for another program.

Day Camp

Hidden Cove Week 1 or 2	Godfrey or Washington	\$85 R / \$95 NR
Hidden Cove Week 3	Godfrey or Washington	\$68 R / \$78 NR
Trails End Week 1, 2, 3 or 4	Godfrey or Washington	\$73 R / \$83 NR

R – Resident; NR – Non-resident

Godfrey WOW-X Special Interest Classes & Sports

WOW-X fees will depend on program, but will range from \$68 - \$153 per week for Residents, \$80 - \$164 per week for Non-Residents

Alameda Bricks 4 Kidz, Circus of Smiles, Cooking Round the World, Mad Science, Skyhawks Tennis, and UK International Soccer Camp.

Washington WOW-X Special Interest Classes & Sports

WOW-X fees will depend on program, but will range from \$68 - \$153 per week for Residents, \$80 - \$164 per week for Non-Residents

ACSC, Acting with Confidence, All Sorts of Sports, Art Camp with Amy, Chess Wizards, E-Sports Summer Camp, IncrediFlix, Jordan Richter's Skate Camp, Jr. Warriors Camp, Play-Well TEK, Skyhawks Camp (Flag Football, All Girls Multisport), Table Tennis Camp, Techsplosion Camp, VB Match Volleyball and Young Rembrandts.



CAMPS & PROGRAMS - YOUTH



ARPD Summer Weekly Themes Reality TV – Summer 2019

June 12-14	Season Premiere – Meet the Cast!
June 17-21	Episode 1 – Making It (DIY)
June 24-28	Episode 2 – Amazing Race
July 1-5 (No camp 7/4)	Episode 3 – 4th of July Program Special
July 8-12	Episode 4 – Master Chef Jr.
July 15-19	Episode 5 – Ninja Warrior & Titan Games
July 22-26	Episode 6 – Survivor: Island Challenge
July 29 – Aug 2	Episode 7 – Alameda's Got Talent
August 5-9	Season Finale – Game Show Final Round

Summer Youth Field Trips

Ages 5 - 11 Years (Completed K - 4 Grade)

These optional field trips are geared for participants to learn, move, and have fun! Snacks are included, and lunch will be provided.

WOW Participant Fee / Non-WOW Participant Fee		
June 19	Adventure Playground (Berkeley)	\$30/\$40
June 26	Chabot Space and Science Center (Oakland)	\$35/\$45
July 3	Americana Day at Lake Anza (Berkeley)	\$30/\$40
July 10	Aqua Adventure (Fremont)	\$38/\$48
July 17	Oakland A's vs. Seattle Mariners Game (Oakland)	\$35/\$45
July 26	Survivor Splash Bash (Alameda, ESC Pool Party)	\$10/\$15

Park Program Special Events

Godfrey WOW, Lincoln & Tillman Parks and Playgrounds	July 24
Washington WOW & P&P, Bayport & Franklin Parks and Playgrounds	July 31
End of Summer Parks & Playgrounds Celebrations	Wk of August 5
WOW Family Nights	August 7

PLAYGROUND PROGRAMS

Parks and Playground Program

2019 Summer FREE drop-in activities for children in kindergarten through 5th grades.

These programs are the perfect opportunity for your child to participate in fun, safe, and cooperative activities where they can be creative, develop skills and make friends in an outdoor setting. Activities include arts and crafts, cooking, drama, games, nature and special events. A nominal fee may be charged to directly cover activity supply costs. Weekly activity calendars are available upon request. Parks & Playgrounds Program is not a childcare service! Parents: leave your child alone at the park at your own risk.

Jun 12 - Aug 9 Closed July 4th	M - F	12:00PM - 5:00PM
Park sites include: Bayport, Franklin, Lincoln, Tillman, and Washington		

Free Park League Baseball

...will again be offered this summer. The program will be sponsored by the Elks Lodge #1015. (For more details see Park League Baseball on page 24)

AFTER SCHOOL PROGRAMS

Recreation Afterschool Program (RAP) Registration 2019 - 2020

Lottery Registration Period: May 20-31, 2019

In an effort to provide excellent customer service and to give everyone an opportunity to participate in our very popular program, ARPD will conduct a LOTTERY for potential RAP participants (1st through 5th grades) for school year 2019 - 2020. **ALL NEW AND RETURNING PARTICIPANTS** may fax, e-mail, mail, or drop off a completed registration form with payment to ARPD's main office only between May 20-31, 2019. Incomplete registration forms will not be processed. Incomplete payment will delay the processing.

Lottery draw will take place during the week of June 3rd. Registrations drawn, and complete, will be processed and receipts emailed by July 12th. All remaining spaces will be open for registration starting on July 15th.

***ONLY THOSE PEOPLE WHO ARE PLACED ON A WAITING LIST, ONCE THE LOTTERY PULL IS COMPLETED, WILL BE NOTIFIED BY ARPD VIA EMAIL.**

Otherwise, you will receive your RAP registration receipt via email (see above)*

Further information, including fees, will be available at RAP sites and on the ARPD website after April 1st.

Parks Hotline 510-747-7542

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

ARTS & CRAFTS

Art Camp With Amy

Ages 6 - 10

Art Camp with Amy incorporates painting, printing, crafting, coloring and sculpting in a fun, relaxed and creative environment. Kids will be inspired to reach far into their imagination and create art that is unique to them! Please send your child with a packed lunch and two snacks. There is a \$6 materials fee payable to the Instructor on the first day of camp.

Class #7553	Jun 17 - Jun 21	M - F	9:00AM - 2:30PM
Class #7554	Jun 24 - Jun 28	M - F	9:00AM - 2:30PM
\$258	Amy Seefeldt	Center at Longfellow Park	

Young Rembrandts Camp: Anime & Manga Drawing

Ages 7 - 12

Why sit in front of the TV and watch cartoons when you can draw amazing characters and awesome scenes of your very own? Join us for five, action-packed days as Young Rembrandts hosts a wonderful Anime and Drawing camp. Our students will create dazzling illustrations that are influenced by popular Japanese anime and manga themes. Colorful characters with expressive personalities jump off of the page.

Class #7636	Jul 15 - Jul 19	M - F	9:00AM - 12:00PM
\$217	Kavita Parekh	Room 120 at Veteran's Memorial Building	

Young Rembrandts Camp: Bits of Summer Fun!

Ages 6 - 12

This is the MOST POPULAR Young Rembrandts program. Children will be exposed to three different media all in one camp! We will emphasize drawing skills while completing a roller coaster drawing with markers. Students will learn cartooning techniques while being introduced to some fun new characters enjoying summer fun. We will learn pastel techniques as we complete a 12x18 pastel piece with the beach in mind.

Class #7592	Jul 1 - Jul 5	M Tu W F	9:00AM - 12:00PM
	No camp on 7/4		
\$196	Kavita Parekh	Room 120 at Veteran's Memorial Building	

Young Rembrandts Camp: Magnificent Masters

Ages 7 - 12

This Young Rembrandts' Pastel Art camp will focus on five different artists. Each day we will create a large original pastel drawing replicating a famous artists masterpiece. We will draw a colorful goldfish bowl as Henri Matisse did in his goldfish painting. We will recreate Vincent Van Gogh's famous Starry Night, complete with swirls followed by Paul Cezanne, Andre Derrain and Thiebold's masterpieces.

Class #7637	Jul 29 - Aug 2	M - F	9:00AM - 12:00PM
\$258	Kavita Parekh	Room 120 at Veteran's Memorial Building	

ARTS & ENTERTAINMENT

Acting With Confidence Camp

Ages 5 - 12

Children will learn theatre skills while working on an abbreviated version of a show. They will gain self-confidence, make friends, learn memorization and projection skills all while playing theatre games. All children will have a role but for a larger part they must come to the first class prepared to sing a short song without music. Short performance on the last day of camp with invited audience.

Cinderella Workshop			
Class #7555	Jul 8 - Jul 12	M - F	9:00AM - 12:00PM
\$217	Bonnie Lafer	Center at Longfellow Park	
Moana Workshop			
Class #7556	Jul 15 - Jul 19	M - F	9:00AM - 12:00PM
\$217	Bonnie Lafer	Center at Longfellow Park	
Annie Workshop			
Class #7557	Jul 22 - Jul 26	M - F	9:00AM - 12:00PM
\$217	Bonnie Lafer	Center at Longfellow Park	
Sound of Music			
Class #7558	Jul 29 - Aug 2	M - F	9:00AM - 12:00PM
\$217	Bonnie Lafer	Center at Longfellow Park	

E-Sports Summer Camp

Ages 10 - 17

This is a sports camp designed around electronic sports. Each day kids will learn & experience different aspects of sports, game theory, communication, relationships, cyber safety, physical education and more! Kids will play video games during this camp but sessions will be limited/ short and spread out throughout the day, with emphasis placed on cooperative play. This is a brand new style of day camp, please contact stackedadventures@gmail.com with any questions, or for a detailed schedule.

Class #7559	Jun 17 - Jun 21	M - F	9:00AM - 3:30PM
\$438	Joe Stack	Room 390 at Veteran's Memorial Building	
Class #7560	Jun 24 - Jun 28	M - F	9:00AM - 3:30PM
\$438	Joe Stack	Room 390 at Veteran's Memorial Building	
Class #7562	Jul 8 - Jul 12	M - F	9:00AM - 3:30PM
\$438	Joe Stack	Room 390 at Veteran's Memorial Building	





Techsplosion: Minecraft Challenge!

Ages 7 - 12

Spawn into the curious world of Minecraft! Learn the fundamentals of video game design as you create epic worlds with the help of your fellow campers and command-line coding in WorldEdit, make awesome screencasts like your favorite YouTuber's and during free time, compete in Minecraft Hunger Games, Sky Wars, and more! This is the Minecraft summer camp you have been waiting for. This 3 day camp is from 7/1-7/3, Monday - Weds.

Class #7564	Jul 1 - Jul 3	M Tu W	9:00AM - 4:00PM
\$361	Techsplosion Inc.	Room 390 at Veteran's Memorial Building	

Techsplosion: Stop-Motion Minecraft Animation!

Ages 7 - 12

Get ready to use camera's and Minecraft characters to create amazing stop-motion animation movies! Whether your story is about fighting the wither, going on an adventure, or building the coolest pixel art in the overworld, you'll have an opportunity to tell it at Stop-Motion Minecraft Animation! We'll create real-life sets as we learn about stop-motion animation (think Wallace and Gromit!), then film and upload our creations to YouTube.

Class #7566	Jul 15 - Jul 19	M - F	9:00AM - 12:00PM
\$258	Techsplosion Inc.	Room 390 at Veteran's Memorial Building	

Techsplosion: Live Action YouTube Stars!

Ages 7 - 12

Do you get excited about trick shots, game reviews, vlogs, or something even cooler? At YouTube Stars, we'll work together to plan, film, edit, upload, and promote our own videos on YouTube! We'll learn how to use Android smartphones and readily available software to go from start to finish without using a computer. PARENT ACTION REQUIRED: Visit techsplosion.org/youtube to configure your child's YouTube channel and learn about how we keep your kids safe online.

Class #7567	Jul 15 - Jul 19	M - F	1:00PM - 4:00PM
\$301	Techsplosion Inc.	Room 390 at Veteran's Memorial Building	

COOKING

Cooking Round the World! Camp

Ages 6 - 13

We are Cooking Round the World and we give boys and girls the opportunity to learn about countries around the world by cooking...AND eating! A typical class includes cooking, eating, perhaps an international/ historical folktale, fun language acquisition, brief map education and sometimes even a trivia game show. The program is 100% hands on. All children peel, chop, dice, mince etc. We cook whole foods and are a nut free company. As we cook, we will talk about the country of the day or our culinary experiences.

International Delights			
Class #7461	Jun 17 - Jun 21	M - F	10:30AM - 5:00PM
\$330	Cooking Round The World	Harrison Center at Lincoln Park	
There is a \$150 materials fee payable to the Instructor on the first day			
USA			
Class #7462	Jun 24 - Jun 28	M - F	10:30AM - 5:00PM
\$330	Cooking Round The World	Harrison Center at Lincoln Park	
There is a \$150 materials fee payable to the Instructor on the first day			
Regions of Italy			
Class #7463	Jul 1 - Jul 5	M Tu W F	10:30AM - 5:00PM
	No camp on 7/4		
\$264	Cooking Round The World	Harrison Center at Lincoln Park	
There is a \$120 materials fee payable to the Instructor on the first day			
Regions of China			
Class #7465	Jul 8 - Jul 12	M - F	10:30AM - 5:00PM
\$330	Cooking Round The World	Harrison Center at Lincoln Park	
There is a \$150 materials fee payable to the Instructor on the first day			
Plate of Pixar			
Class #7467	Jul 15 - Jul 19	M - F	10:30AM - 5:00PM
\$330	Cooking Round The World	Harrison Center at Lincoln Park	
There is a \$150 materials fee payable to the Instructor on the first day			
International Delights			
Class #7468	Jul 22 - Jul 26	M - F	10:30AM - 5:00PM
\$330	Cooking Round The World	Harrison Center at Lincoln Park	
There is a \$150 materials fee payable to the Instructor on the first day			
Celebrity Chefs			
Class #7469	Jul 29 - Aug 2	M - F	10:30AM - 5:00PM
\$330	Cooking Round The World	Harrison Center at Lincoln Park	
There is a \$150 materials fee payable to the Instructor on the first day			
USA			
Class #7470	Aug 5 - Aug 9	M - F	10:30AM - 5:00PM
\$330	Cooking Round The World	Harrison Center at Lincoln Park	
There is a \$150 materials fee payable to the Instructor on the first day			

DANCE

ABA: Beginning Ballet Camp

Ages 4 - 12

No experience necessary! Includes daily dance class, study of anatomy, nutrition, dance history, vocabulary and a different classical ballet each week! Campers take home their own Ballet Camp Scrapbook. Please provide daily snack and contact admin@alamedaballet.com about dress code and/or to request before and after care available which is available 8am - 9am & 12pm - 1pm.

Sleeping Beauty, Ages 4 - 6			
Class #7720	Jul 15 - Jul 19	M - F	9:00AM - 12:00PM
\$196	Abra Rudisill	Alameda Ballet Academy, 1402 Park St.	
Cinderella, Ages 4 - 6			
Class #7721	Jul 22 - Jul 26	M - F	9:00AM - 12:00PM
\$196	Abra Rudisill	Alameda Ballet Academy, 1402 Park St.	
La Fille Mal Gardée, Ages 4 - 6			
Class #7722	Jul 29 - Aug 2	M - F	9:00AM - 12:00PM
\$196	Abra Rudisill	Alameda Ballet Academy, 1402 Park St.	
Sleeping Beauty, Ages 7 - 12			
Class #7723	Jul 15 - Jul 19	M - F	9:00AM - 12:00PM
\$196	Abra Rudisill	Alameda Ballet Academy, 1402 Park St.	
Cinderella, Ages 7 - 12			
Class #7724	Jul 22 - Jul 26	M - F	9:00AM - 12:00PM
\$196	Abra Rudisill	Alameda Ballet Academy, 1402 Park St.	
La Fille Mal Gardée, Ages 7 - 12			
Class #7725	Jul 29 - Aug 2	M - F	9:00AM - 12:00PM
\$196	Abra Rudisill	Alameda Ballet Academy, 1402 Park St.	



ABA: Ballet I

Ages 6 - 7

To achieve a dancer's grace and posture, students focus on stretching and strengthening, first and second positions, barre and center. Upon registration, please email admin@alamedaballet.com for dress code information.

Class # 7728	Jun 15 - Aug 31	Sa	11:45 AM - 12:45 PM
\$232	Abra Rudisill	Alameda Ballet Academy, 1402 Park st.	

Dance/10: Charlie and the Chocolate Factory Camp

Ages 8 - 18

This camp/workshop is run like a summer stock program and is a fantastic intro into musical theater. This year's show will be a mini version of Charlie and the Chocolate Factory. Performance on Sat. June 15th at Dance/10 at 7:00pm. Jazz or Ballet shoes encouraged.

Class #7730	Jun 10 - Jun 14	M - F	9:00AM - 3:00PM
\$423	Dance 10	Dance/10 Performing Arts Center, 900 Santa Clara Ave.	

Dance/10: School of Rock Camp

Ages 8 - 18

This camp/workshop is run like a summer stock program and is a fantastic intro into musical theater. This year's show will be a mini version of School of Rock. Performance on Fri. June 21st at Dance/10 at 1:00pm. Jazz or Ballet shoes encouraged.

Class #7733	Jun 17 - Jun 21	M - F	11:00AM - 3:00PM
\$284	Dance 10	Dance/10 Performing Arts Center, 900 Santa Clara Ave.	

Dance/10: Ballerina Camp

Ages 3 - 6

Campers will be twirling with grace & poise around the room. And learning about a new ballet each day. Every day will include an arts & craft project. Students should wear leotard and ballet skirt with tights & ballet shoes. Items are available at Dance/10.

Class #7732	Jun 24 - Jun 28	M - F	9:30AM - 11:30AM
\$196	Dance 10	Dance/10 Performing Arts Center, 900 Santa Clara Ave.	

Dance/10: Princess Camp

Ages 3 - 6

Campers will be twirling with grace & poise around the room and learn about a new princess each day. Every day will include an arts & craft project. Students should wear leotard & ballet skirt with tights & ballet shoes. Items are available at Dance/10.

Class #7729	Jun 24 - Jun 28	M - F	12:00PM - 2:00PM
\$196	Dance 10	Dance/10 Performing Arts Center, 900 Santa Clara Ave.	

Dance/10: Flying High Acrobatics Camp

Ages 7 - 14

Flip over to our acrobatics camp. Each day is filled with fun activities that improve strength and flexibility while introducing acrobatics and tumbling skills. Students need to wear a leotard to each class. No shoes needed, students will be barefoot.

Class #7731	Jul 1 - Jul 5 No class on 7/4	M Tu W F	12:00PM - 2:00PM
\$181	Dance 10	Dance/10 Performing Arts Center, 900 Santa Clara Ave.	

ENRICHMENT

Bricks 4 Kidz: Everything is Awesome!

Ages 4 - 11

LEGO building camp, inspired by LEGO movies 1 & 2! Come be a master builder with Emmet, Lucy and Unikitty!

Class #7471	Jun 24 - Jun 28	M - F	1:00PM - 5:00PM
\$217	Stacey Foley	Lodge at Lincoln Park	
There is a \$20 materials fee payable to the Instructor on the first day			

Bricks 4 Kidz: Arts, Crafts & Bricks

Ages 4 - 11

Come build and create with us while we explore how art, creativity and engineering all go together. We will build, design, paint and sculpt using LEGO's and more.

Class #7473	Jul 8 - Jul 12	M - F	1:00PM - 5:00PM
\$217	Stacey Foley	Lodge at Lincoln Park	
There is a \$20 materials fee payable to the Instructor on the first day			

Bricks 4 Kidz: Video Gamer's Love LEGOs

Ages 4 - 11

Calling all gamers! Do you love Minecraft, Pokémon, Mario & Tetris? Come play with us while we turn our LEGO world into a video game collaboration.

Class #7475	Jul 15 - Jul 19	M - F	1:00PM - 5:00PM
\$217	Stacey Foley	Lodge at Lincoln Park	
There is a \$20 materials fee payable to the Instructor on the first day			

Bricks 4 Kidz: Movie Mash-Up

Ages 4 - 11

Join us to create builds of all of your favorite movies. Our projects will be inspired by Harry Potter, Star Wars, Toy Story, How to Train Your Pet Dragon, Jurassic Park & more!

Class #7477	Jul 22 - Jul 26	M - F	1:00PM - 5:00PM
\$217	Stacey Foley	Lodge at Lincoln Park	
There is a \$20 materials fee payable to the Instructor on the first day			



Bricks 4 Kidz: Pokemon

Ages 4 - 11

Gotta catch 'em all! Join us as we create your favorite Pokémon, make Pokémon card art, and more.

Class #7479	Jul 29 - Aug 2	M - F	1:00PM - 5:00PM
\$217	Stacey Foley	Lodge at Lincoln Park	
There is a \$20 materials fee payable to the Instructor on the first day			

Chess Wizards Camp

Ages 6 - 12

Join us this summer for tons of challenging chess lessons, exciting games, and cool prizes. You'll improve your chess skills, meet new friends and work out your most powerful muscle - your brain! Camp includes fun team chess games (like bughouse), recess time (of course), snacks, tournaments and puzzles. Each camper receives a t-shirt, trophy, and puzzle folder. Unleash your brain power with Chess Wizards!

Class #7568	Jun 17 - Jun 21	M - F	9:00AM - 3:00PM
\$361	Chess Wizards	Room 120 at Veteran's Memorial Building	
Class #7570	Jun 17 - Jun 21	M - F	12:00PM - 3:00PM
\$231	Chess Wizards	Room 120 at Veteran's Memorial Building	
Class #7571	Jul 8 - Jul 12	M - F	9:00AM - 3:00PM
\$361	Chess Wizards	Room 120 at Veteran's Memorial Building	
Class #7572	Jul 8 - Jul 12	M - F	12:00PM - 3:00PM
\$231	Chess Wizards	Room 120 at Veteran's Memorial Building	
Class #7573	Aug 5 - Aug 9	M - F	9:00AM - 3:00PM
\$361	Chess Wizards	Room 120 at Veteran's Memorial Building	

YOUTH - CAMPS

How To Be an Engineer

Ages 5 - 9

Did you know you can turn popsicle sticks, rubber bands, and construction paper into a helicopter? How about a straw into a rocket? Join our team of junior engineers as we turn everyday items like cardboard, duct tape, and hot glue into cars, catapults, and more in this project-based engineering class. Specially crafted for those who like to build, design, and create.

Class #7525	Jun 17 - Jun 21	M - F	9:00AM - 12:00PM
\$201	Circus of Smiles	Center at Leydecker Park	
There is a \$15 material fee payable to the Instructor at the first class			
Class #7526	Jun 24 - Jun 28	M - F	1:00PM - 4:00PM
\$201	Circus of Smiles	Center at Leydecker Park	
There is a \$15 material fee payable to the Instructor at the first class			
Class #7527	Jul 15 - Jul 19	M - F	1:00PM - 4:00PM
\$201	Circus of Smiles	Center at Leydecker Park	
There is a \$15 material fee payable to the Instructor at the first class			

How To Be A Ninja Camp

Ages 5 - 9

Everyone wants to be a ninja, and this is the camp that will teach you how. Build your strength, sharpen your focus, and learn ancient secrets of stealth and surprise. Camp includes active games, collaborative challenges, and crafts that support the ninja's DIY nature. Specially designed for those with an inner ninja waiting to sneak out.

Class #7522	Jun 17 - Jun 21	M - F	1:00PM - 4:00PM
\$201	Circus of Smiles	Center at Leydecker Park	
There is a \$15 material fee payable to the Instructor at the first class.			
Class #7523	Jun 24 - Jun 28	M - F	9:00AM - 12:00PM
\$201	Circus of Smiles	Center at Leydecker Park	
There is a \$15 material fee payable to the Instructor at the first class.			
Class #7524	Jul 15 - Jul 19	M - F	9:00AM - 12:00PM
\$201	Circus of Smiles	Center at Leydecker Park	
There is a \$15 material fee payable to the Instructor at the first class.			

IncrediFlix: Action Movie Flix Camp

Ages 7 - 12

The favorite from 2018 is back! Students use a green screen, camera tricks & FX to create their own live-action adventure movie. They'll collaborate to write & direct in this action packed movie where kids will be taught action choreography to thrill the audience. Movies will be available for download 1 month after program ends.

Class #7641	Jul 22 - Jul 26	M - F	9:00AM - 12:00PM
\$232	IncrediFlix	Room 390 at Veteran's Memorial Building	
There is a \$35 materials fee payable to the Instructor on the first day			

IncrediFlix: Minecraft Movie Flix Camp

Ages 7 - 12

Kids love Minecraft! New for 2019 - more set design features like lava rivers and torches! Using stop-motion animation students will bring Steve, Alex and more to life in movies they'll storyboard, shoot and voice-over in age appropriate groups. Movies will be available for download 1 month after program ends.

Class #7644	Jul 22 - Jul 26	M - F	1:00PM - 4:00PM
\$232	IncrediFlix	Room 390 at Veteran's Memorial Building	
There is a \$35 materials fee payable to the Instructor on the first day			

IncrediFlix: Action Minecraft Movie Combo - Full Day

Ages 7 - 12

Registration discount and lunch supervision provided to those who register for a full day of IncrediFlix camps! Discount is included in price of camp. Bring your own bagged lunch everyday. See individual camp descriptions.

Class #7646	Jul 22 - Jul 26	M - F	9:00AM - 4:00PM
\$454	IncrediFlix	Room 390 at Veteran's Memorial Building	
There is a \$70 materials fee payable to the Instructor on the first day			

Kids Elite Language STEAM Camps

Ages 5 - 12

Our camp utilizes fun, exciting and challenging activities to feed your child's interest in science, technology, engineering, arts, mathematics, and languages (Mandarin & Spanish). Topics include engineering, mathematics, computers, architecture, chemistry, biology, art, 3D printing, cooking and more.

Class #7314	Jun 17 - Jun 21	M - F	8:30AM - 3:00PM
\$366	Kids Elite	Kids Elite, 1429 High Street	
There is a \$20 materials fee payable to the Instructor at the first class			
Class #7353	Jun 24 - Jun 28	M - F	8:30AM - 3:00PM
\$366	Kids Elite	Kids Elite, 1429 High Street	
There is a \$20 materials fee payable to the Instructor at the first class			
Class #7357	Jul 1 - Jul 5	M Tu W F	8:30AM - 3:00PM
\$294	No camp on 7/4	Kids Elite, 1429 High Street	
There is a \$20 materials fee payable to the Instructor at the first class			
Class #7363	Jul 8 - Jul 12	M - F	8:30AM - 3:00PM
\$366	Kids Elite	Kids Elite, 1429 High Street	
There is a \$20 materials fee payable to the Instructor at the first class			
Class #7369	Jul 15 - Jul 19	M - F	8:30AM - 3:00PM
\$366	Kids Elite	Kids Elite, 1429 High Street	
There is a \$20 materials fee payable to the Instructor at the first class			
Class #7370	Jul 22 - Jul 26	M - F	8:30AM - 3:00PM
\$366	Kids Elite	Kids Elite, 1429 High Street	
There is a \$20 materials fee payable to the Instructor at the first class			

Continued in next column

Class #7371	Jul 29 - Aug 2	M - F	8:30AM - 3:00PM
\$366	Kids Elite	Kids Elite, 1429 High Street	
There is a \$20 materials fee payable to the Instructor at the first class			
Class #7372	Aug 5 - Aug 9	M - F	8:30AM - 3:00PM
\$366	Kids Elite	Kids Elite, 1429 High Street	
There is a \$20 materials fee payable to the Instructor at the first class			

Mad Science: Crazy Chemistry

Ages 6 - 12

Hop on board the chemistry express this summer for a high-speed science experience! Camp day themes include Scene of the Crime, Crazy Chemistry, Radical Reactions, Chemical Counting, Chem Finale.

Class #7528	Jul 22 - Jul 26	M - F	9:00AM - 12:00PM
\$268	Mad Science	Center at Leydecker Park	
There is a \$30 materials fee payable to the Instructor on the first day.			

Mad Science: Secret Agent Lab

Ages 6 - 12

Look out 007 - the Mad Science Spy Academy is here! Suspects, schematics, and sleuths! Connect the dots using science to help solve a crime in this hands-on investigation of the science of sleuthing.

Class #7529	Jul 22 - Jul 26	M - F	1:00PM - 4:00PM
\$268	Mad Science	Center at Leydecker Park	
There is a \$30 materials fee payable to the Instructor on the first day.			

Mad Science: 3, 2, 1...Blast Off!

Ages 6 - 12

Yes, we are Rocket Scientists - and you can be too! Blast to the top of the class with an in-depth look at all things ROCKET! Campers will be divided into three groups: altitude trackers, launch preparation, and launchers. Every camper will have an opportunity to try all three.

Class #7530	Jul 29 - Aug 2	M - F	9:00AM - 12:00PM
\$268	Mad Science	Center at Leydecker Park	
There is a \$30 materials fee payable to the Instructor on the first day.			

Mad Science: Eureka - The Inventor's Camp

Ages 6 - 12

Inventing means curiosity, practicality, necessity, cooperating and dreaming! Join us as we take students on a historical journey with a hands-on approach learning about some of the worlds' greatest inventors. There is a \$30 materials fee payable to the Instructor on the first day.

Class #7531	Jul 29 - Aug 2	M - F	1:00PM - 4:00PM
\$268	Mad Science	Center at Leydecker Park	
There is a \$30 materials fee payable to the Instructor on the first day.			

Mad Science: Red Hot Robots Camp

Ages 6 - 12

Join Mad Science and our Radical Robots for a scientific journey through circuitry and sensors. Explore several different types of Robots. Camp day themes include: Robot Concepts, Robot Basics, Robot Building, Red Hot Robots, Robotic Science.

Class #7532	Aug 5 - Aug 9	M - F	9:00AM - 12:00PM
\$268	Mad Science	Center at Leydecker Park	
There is a \$30 materials fee payable to the Instructor on the first day.			

Mad Science: Rockin Rockets & Aerodynamics

Ages 6 - 12

Let your imagination take flight as we join Sir Isaac Newton and prepare for aerospace adventures with his laws of motion. Design, build, and test fantastic flying creations including kites, planes, rockets, hovercrafts and more. There is a \$30 materials fee payable to the Instructor on the first day.

Class #7533	Aug 5 - Aug 9	M - F	1:00PM - 4:00PM
\$268	Mad Science	Center at Leydecker Park	
There is a \$30 materials fee payable to the Instructor on the first day.			

Play-Well TEK: Minecraft Engineering using LEGO

Ages 5 - 8

Bring Minecraft to life using LEGO! Build engineer-designed projects like motorized Creepers, portals to the Nether, and Minecarts! Whether you are new to Minecraft and LEGO - or veteran, you'll be hooked on the endless possibilities.

Class #7576	Jun 24 - Jun 28	M - F	9:00AM - 12:00PM
\$216	Play-Well TEKologies	Room 120 at Veteran's Memorial Building	

Play-Well TEK: Minecraft Master Engineering using LEGO

Ages 8 - 12

Bring Minecraft to life using LEGO! Build engineer-designed projects like a terrifying Ghast, a walking Creeper, or a motorized minecart! Students will have a blast, even without any prior experience with Minecraft or LEGO.

Class #7578	Jun 24 - Jun 28	M - F	1:00PM - 4:00PM
\$216	Play-Well TEKologies	Room 120 at Veteran's Memorial Building	

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

YOUTH - CAMPS

Play-Well TEK: Harry Potter Engineering using LEGO

Ages 5 - 8

Explore the magic of Harry Potter using LEGO! Find platform 9 3/4, build Hogwarts Express, construct the Hogwarts Castle, and soar on the wings of a dragon. Travel to a world of wizardry, while learning about STEM concepts.

Class #7579	Jul 22 - Jul 26	M - F	9:00AM - 12:00PM
\$216	Play-Well TEKnologies	Room 120 at Veteran's Memorial Building	

Play-Well TEK: Harry Potter Master Engineering using LEGO

Ages 8 - 12

Master the magic of Harry Potter using LEGO! Build Diagon Alley, hop on your broomstick and play Quidditch, challenge the Basilisk and face Voldemort. Hone your magical skills while learning about advanced Muggle (STEM) concepts.

Class #7580	Jul 22 - Jul 26	M - F	1:00PM - 4:00PM
\$216	Play-Well TEKnologies	Room 120 at Veteran's Memorial Building	

STAR Camp @ YYLC

Ages 4 Years 9 Months - 12 Years

Science, theater, arts & recreation! Daily rotation of fun activities to spark your child's interest. Kids decide their own schedule. Subjects covered: LEGO, robotics, coding, fine arts, Shakespeare, musical theater, photography, filmmaking, piano, math, sports and more FUN!

Class #7781	Jun 17 - Jun 21	M - F	9:00AM - 12:00PM
\$222	Yu Ying Learning Center	Yu Ying Learning Center, 2121 Central Ave.	
There is a \$15 materials fee payable to the Instructor on the first day			
Class #7777	Jun 17 - Jun 21	M - F	12:00PM - 3:00PM
\$222	Yu Ying Learning Center	Yu Ying Learning Center, 2121 Central Ave.	
There is a \$15 materials fee payable to the Instructor on the first day			
Class #7734	Jun 17 - Jun 21	M - F	9:00AM - 3:00PM
\$304	Yu Ying Learning Center	Yu Ying Learning Center, 2121 Central Ave.	
There is a \$15 materials fee payable to the Instructor on the first day			
Class #7783	Jun 24 - Jun 28	M Tu W Th F	9:00AM - 12:00PM
\$222	Yu Ying Learning Center	Yu Ying Learning Center, 2121 Central Ave.	
There is a \$15 materials fee payable to the Instructor on the first day			
Class #7778	Jun 24 - Jun 28	M - F	12:00PM - 3:00PM
\$222	Yu Ying Learning Center	Yu Ying Learning Center, 2121 Central Ave.	
There is a \$15 materials fee payable to the Instructor on the first day			

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Class #7772	Jun 24 - Jun 28	M - F	9:00AM - 3:00PM
\$304	Yu Ying Learning Center	Yu Ying Learning Center, 2121 Central Ave.	
There is a \$15 materials fee payable to the Instructor on the first day			
Class #7784	Jul 1 - Jul 5 No camp on 7/4	M Tu W F	9:00AM - 12:00PM
\$181	Yu Ying Learning Center	Yu Ying Learning Center, 2121 Central Ave.	
There is a \$15 materials fee payable to the Instructor on the first day			
Class #7779	Jul 1 - Jul 5 No camp on 7/4	M Tu W F	12:00PM - 3:00PM
\$181	Yu Ying Learning Center	Yu Ying Learning Center, 2121 Central Ave.	
There is a \$15 materials fee payable to the Instructor on the first day			
Class #7773	Jul 1 - Jul 5 No camp on 7/4	M Tu W F	9:00AM - 3:00PM
\$248	Yu Ying Learning Center	Yu Ying Learning Center, 2121 Central Ave.	
There is a \$15 materials fee payable to the Instructor on the first day			
Class #7787	Jul 8 - Jul 12	M - F	9:00AM - 12:00PM
\$222	Yu Ying Learning Center	Yu Ying Learning Center, 2121 Central Ave.	
There is a \$15 materials fee payable to the Instructor on the first day			
Class #7780	Jul 8 - Jul 12	M - F	12:00PM - 3:00PM
\$222	Yu Ying Learning Center	Yu Ying Learning Center, 2121 Central Ave.	
There is a \$15 materials fee payable to the Instructor on the first day			
Class #7775	Jul 8 - Jul 12	M - F	9:00AM - 3:00PM
\$304	Yu Ying Learning Center	Yu Ying Learning Center, 2121 Central Ave.	
There is a \$15 materials fee payable to the Instructor on the first day			

FITNESS

Gymnastics, Mixed Martial Arts & Creative Dance

Ages 4 - 9

Ruby's Tumbling is a family owned business for more than 30 years. This summer we have a fantastic camp! First, gymnasts will learn early stages of balance, coordination, flexibility and strength - involving uneven bars, beams, floor, rings and rope. Next, Mixed Martial Arts teaches fighting techniques; striking, kicking and grappling. Your child will learn focus, self discipline, self defense, socialization skills and fitness confidences. Lastly, Creative Dance teaches dance fundamentals while improving motor skills. self expression, confidence, imagination and social development.

Class #7480	Jul 15 - Jul 19	M - F	12:30PM - 3:30PM
\$294	Ruby's Tumbling	Ruby's Tumbling, 2333 Clement Ave	
Class #7481	Jul 22 - Jul 26	M - F	12:30PM - 3:30PM
\$294	Ruby's Tumbling	Ruby's Tumbling, 2333 Clement Ave	

Kids Gymnastics

Ages 6 - 9

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

Class # 7478	Jun 13 - Jul 25	Th	4:30PM - 5:30 PM
	No camp 7/4		
\$165	Ruby's Tumbling	Ruby's Tumbling, 2333 Clement Ave	



OUTDOOR ACTIVITIES

ACSC: Discover Sailing Camp

Ages 7 - 12

Learn to skipper a dinghy in this two-week camp! Children develop confidence, self reliance, wind awareness & competence. We combine STEM activities with maneuvers, sail trim, reading wind, teamwork, communication & problem solving skills.

Class #7563	Jul 22 - Aug 2	M - F	9:00AM - 4:00PM
\$716	Alameda Community Sailing Center	Alameda Community Sailing Center, Encinal Boat Ramp	

EYC: Beginning Sailing Camp

Ages 8 - 18

Beginning Sailing class is for sailors with little or no previous sailing experience. this class offers instruction in basic skills enabling a child to feel confident sailing a single handed dinghy. Concepts include: capsized recovery, sail trim, boat terminology, points of sail, upwind sailing, tacking, jibing and safety with an overall emphasis on FUN and becoming comfortable on the water.

Class #7569	Jun 10 - Jun 27	M Tu W Th	8:30AM - 12:00PM
\$598	Encinal Yacht Club	Encinal Yacht Club, 1251 Pacific Marina	
Class #7574	Jun 10 - Jun 27	M Tu W Th	1:00PM - 4:30PM
\$598	Encinal Yacht Club	Encinal Yacht Club, 1251 Pacific Marina	
Class #7575	Jun 10 - Jun 27	M Tu W Th	8:30AM - 4:30PM
\$1236	Encinal Yacht Club	Encinal Yacht Club, 1251 Pacific Marina	
Class #7640	Jul 1 - Jul 18	M Tu W Th	8:30AM - 4:30PM
\$1236	Encinal Yacht Club	Encinal Yacht Club, 1251 Pacific Marina	
No class on July 4, make up class on July 5			
Class #7577	Jul 1 - Jul 18	M Tu W Th	8:30AM - 12:00PM
\$598	Encinal Yacht Club	Encinal Yacht Club, 1251 Pacific Marina	
No class on July 4, make up class on July 5			
Class #7639	Jul 1 - Jul 18	M Tu W Th	1:00PM - 4:30PM
\$598	Encinal Yacht Club	Encinal Yacht Club, 1251 Pacific Marina	
No class on July 4, make up class on July 5			
Class #7643	Jul 22 - Aug 8	M Tu W Th	8:30AM - 12:00PM
\$598	Encinal Yacht Club	Encinal Yacht Club, 1251 Pacific Marina	
Class #7645	Jul 22 - Aug 8	M Tu W Th	1:00PM - 4:30PM
\$598	Encinal Yacht Club	Encinal Yacht Club, 1251 Pacific Marina	
Class #7647	Jul 22 - Aug 8	M Tu W Th	8:30AM - 4:30PM
\$1236	Encinal Yacht Club	Encinal Yacht Club, 1251 Pacific Marina	

EYC: Green Guppies Sailing Camp

Ages 6 - 7

This is a class for young prospective sailors who are looking to have fun on and around the water. This is not a "learn to sail" class but rather a program designed to improve your child's comfort and confidence around the water, as well as develop respect for our marine environment. Guppies will enjoy a variety of sailing related activities each day including games, arts & crafts, boat rides and swim time.

Class #7642	Jun 10 - Jun 27	M Tu W Th	8:30AM - 12:00PM
\$598	Encinal Yacht Club	Encinal Yacht Club, 1251 Pacific Marina	
Class #7648	Jul 1 - Jul 18	M Tu W Th	8:30AM - 12:00PM
\$598	Encinal Yacht Club	Encinal Yacht Club, 1251 Pacific Marina	
No class on July 4, make up class on July 5			
Class #7649	Jul 22 - Aug 8	M Tu W Th	8:30AM - 12:00PM
\$598	Encinal Yacht Club	Encinal Yacht Club, 1251 Pacific Marina	

SPORTS

All Sorts Of Sports Camp

Grades K - 5

A great way to introduce your youngsters to the world of sports, teamwork and athletics! This camp will help to build your child's motor control, hand-eye coordination, agility and many other sports related skills. Your child will have a blast playing games with the other children including: T-ball, basketball, soccer, flag football, capture the flag, relay & obstacle races and a whole lot more. This camp will feature different activities so that by the end of the week your child will be familiar with a variety of athletic activities!

Class #7323	Jul 29 - Aug 2	M - F	9:00AM - 12:00PM
\$165	National Academy of Sports Staff	Alameda Point Gym	



ATTC Ping-Pong Camp

Ages 6 - 16

Did you know Table Tennis is an Olympic sport, and ATTC has produced multiple National champions? Come to Alameda Table Tennis Club and learn from certified coaches at one of the top table tennis facilities in the U.S.

Class #7650	Jun 10 - Jun 14	M - F	9:30AM - 12:30PM
\$154	Alameda Table Tennis Club	Alameda Table Tennis Club, 2050 Lincoln Ave.	
Class #7651	Jun 17 - Jun 21	M - F	9:30AM - 12:30PM
\$154	Alameda Table Tennis Club	Alameda Table Tennis Club, 2050 Lincoln Ave.	
Class #7652	Jun 24 - Jun 28	M - F	9:30AM - 12:30PM
\$154	Alameda Table Tennis Club	Alameda Table Tennis Club, 2050 Lincoln Ave.	
Class #7701	Jul 15 - Jul 19	M - F	9:30AM - 12:30PM
\$154	Alameda Table Tennis Club	Alameda Table Tennis Club, 2050 Lincoln Ave.	
Class #7703	Jul 22 - Jul 26	M - F	9:30AM - 12:30PM
\$154	Alameda Table Tennis Club	Alameda Table Tennis Club, 2050 Lincoln Ave.	
Class #7706	Jul 29 - Aug 2	M - F	9:30AM - 12:30PM
\$154	Alameda Table Tennis Club	Alameda Table Tennis Club, 2050 Lincoln Ave.	
Class #7700	Jul 8 - Jul 12	M - F	9:30AM - 12:30PM
\$154	Alameda Table Tennis Club	Alameda Table Tennis Club, 2050 Lincoln Ave.	
Class #7710	Aug 5 - Aug 9	M - F	9:30AM - 12:30PM
\$154	Alameda Table Tennis Club	Alameda Table Tennis Club, 2050 Lincoln Ave.	

Jordan Richter Create a Skate

Ages 6 - 12

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

Class #7339	Jun 24 - Jun 28	M - F	9:00AM - 10:00AM
\$174	Jordan Richter	Bayport Recreation Center	
Class #7340	Jul 22 - Jul 26	M - F	9:00AM - 10:00AM
\$174	Jordan Richter	Bayport Recreation Center	



Jordan Richter Skateboard Camp Ages 6 - 12

Designed by professional skateboarder Jordan Richter, JRSA camps focus on skill building, goal setting, fun, and camaraderie. Students work through a list of fun and challenging activities, earn badges and move up the levels as their skills and confidence grow. All levels welcomed with no prior experience needed. All instructors are CPR and First Aid certified and trained to teach safe skateboarding. Skateboard and helmets required.

Class #7333	Jun 17 - Jun 21	M - F	9:00AM - 12:00PM
\$174	Jordan Richter	City View Skate Park, 1177 West Redline Ave	
Class #7334	Jun 24 - Jun 28	M - F	9:00AM - 12:00PM
\$174	Jordan Richter	City View Skate Park, 1177 West Redline Ave	
Class #7335	Jul 8 - Jul 12	M - F	9:00AM - 12:00PM
\$174	Jordan Richter	City View Skate Park, 1177 West Redline Ave	
Class #7336	Jul 15 - Jul 19	M - F	9:00AM - 12:00PM
\$174	Jordan Richter	City View Skate Park, 1177 West Redline Ave	
Class #7337	Jul 22 - Jul 26	M - F	9:00AM - 12:00PM
\$174	Jordan Richter	City View Skate Park, 1177 West Redline Ave	
Class #7338	Jul 29 - Aug 2	M - F	9:00AM - 12:00PM
\$174	Jordan Richter	City View Skate Park, 1177 West Redline Ave	

Jr. Warriors Summer Camp Grade 1 - 5, Ages 5.5 - 11

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

Grades K - 1, Ages 5.5 - 7

Class #7330	Jun 17 - Jun 21	M - F	9:00AM - 12:00PM
\$165	National Academy of Sports Staff	Court #1 at Alameda Point Gym	
Class #7331	Jul 15 - Jul 19	M - F	9:00AM - 12:00PM
\$165	National Academy of Sports Staff	Court #1 at Alameda Point Gym	
Class #7332	Aug 5 - Aug 9	M - F	9:00AM - 12:00PM
\$165	National Academy of Sports Staff	Court #1 at Alameda Point Gym	

Grades 2 - 3, Ages 7 - 9

Class #7344	Jun 17 - Jun 21	M - F	9:00AM - 12:00PM
\$165	National Academy of Sports Staff	Court #1 at Alameda Point Gym	
Class #7325	Jul 15 - Jul 19	M - F	9:00AM - 12:00PM
\$165	National Academy of Sports Staff	Court #1 at Alameda Point Gym	
Class #7326	Aug 5 - Aug 9	M - F	9:00AM - 12:00PM
\$165	National Academy of Sports Staff	Court #1 at Alameda Point Gym	

Grades 4 - 5, Ages 9 - 11

Class #7327	Jun 17 - Jun 21	M - F	9:00AM - 12:00PM
\$165	National Academy of Sports Staff	Court #1 at Alameda Point Gym	
Class #7328	Jul 15 - Jul 19	M - F	9:00AM - 12:00PM
\$165	National Academy of Sports Staff	Court #1 at Alameda Point Gym	
Class #7329	Aug 5 - Aug 9	M - F	9:00AM - 12:00PM
\$165	National Academy of Sports Staff	Court #1 at Alameda Point Gym	



Kidz Love Soccer

Ages 7 - 10

Since 1979, Kidz Love Soccer has been dedicated to teaching children the world's most popular sport within a nurturing, recreational environment. A typical session experience includes age appropriate activities: skill demonstrations, fun games and instructional scrimmages. Young soccer enthusiasts experience soccer fun in a safe, non-competitive environment. Kidz Love Soccer... "Where the score is always FUN to FUN!" All children will receive a Kidz Love Soccer jersey! Please bring shin guards and a water bottle (shin guards are not required for Mommy/Daddy & Me Soccer). PRE-REGISTRATION IS REQUIRED. KLS Class Status Hotline: (888-372-5803). For cancellation notifications on your smartphone, download the free Kidz Love Soccer app.

Soccer 1 - Techniques & Teamwork, Ages 5 - 6			
Class #7377	Jun 29 - Aug 24 No class on 7/6	Sa	10:45AM - 11:30AM
\$124	Kidz Love Soccer,	Upper Washington Park	
Soccer 2 - Skillz & Scrimmages, Ages 7 - 10			
Class #7378	Jun 29 - Aug 24 No class on 7/6	Sa	11:30AM - 12:15PM
\$124	Kidz Love Soccer,	Upper Washington Park	
Summer Camp Level 1, Ages 4.5 - 6			
Class #7379	Jun 17 - Jun 21	M - F	9:00AM - 12:00PM
\$175	Kidz Love Soccer	Upper Washington Park	
Summer Camp Level 2, Ages 7 - 10			
Class #7380	Jun 17 - Jun 21	M - F	9:00AM - 12:00PM
\$175	Kidz Love Soccer	Upper Washington Park	



Park Baseball League

Grades K - 5

The Alameda Recreation and Park Department is proud to team up with the Alameda Elk's Lodge #1015 to present our FREE Summer Youth Recreational Baseball Program. A non-competitive baseball program for girls and boys who will complete kindergarten to 5th grades as of Summer 2018. All grade levels will have practices and game play. The focus of this program is on leadership, integrity, confidence, team work, learning the game of baseball, and most importantly having a good time! Each participant receives a vintage style t-shirt representing his/her park team. Teams will be forming at Bayport, Franklin, Lincoln, Tillman, and Washington Parks.

Grades K - 2			
Class #7342	Jun 18 - Aug 9	Tu F	1:30PM - 4:30PM
Free	ARPD Staff	Bayport Baseball Field	
Practices on Tuesday afternoons and games on Friday afternoons			
Class #7344	Jun 18 - Aug 9	Tu F	3:00PM - 4:00PM
Free	ARPD Staff	Franklin Baseball Field	
Practices on Tuesday afternoons and games on Friday afternoons			
Class #7346	Jun 18 - Aug 9	Tu F	1:30PM - 4:30PM
Free	ARPD Staff	Lincoln Baseball Field	
Practices on Tuesday afternoons and games on Friday afternoons			
Class #7348	Jun 18 - Aug 9	Tu F	1:30PM - 4:30PM
Free	ARPD Staff	Tillman Baseball Field	
Practices on Tuesday afternoons and games on Friday afternoons			
Class #7350	Jun 18 - Aug 9	Tu F	1:30PM - 4:30PM
Free	ARPD Staff	Upper Washington Park Baseball Field	
Practices on Tuesday afternoons and games on Friday afternoons			
Grades 3 - 5			
Class #7341	Jun 18 - Aug 8	Tu Th	1:30PM - 4:30PM
Free	ARPD Staff	Bayport Baseball Field	
Practices on Tuesday afternoons and games on Thursday afternoons			
Class #7343	Jun 18 - Aug 8	Tu Th	1:00PM - 2:00PM
Free	ARPD Staff	Franklin Baseball Field	
Practices on Tuesday afternoons and games on Thursday afternoons			
Class #7345	Jun 18 - Aug 8	Tu Th	1:30PM - 4:30PM
Free	ARPD Staff	Lincoln Baseball Field	
Practices on Tuesday afternoons and games on Thursday afternoons			
Class #7347	Jun 18 - Aug 8	Tu Th	1:30PM - 4:30PM
Free	ARPD Staff	Tillman Baseball Field	
Practices on Tuesday afternoons and games on Thursday afternoons			
Class #7349	Jun 18 - Aug 8	Tu Th	1:30PM - 4:30PM
Free	ARPD Staff	Washington Park Baseball Field	
Practices on Tuesday afternoons and games on Thursday afternoons			



Skyhawks All Girls Multisport Camp Ages 6 - 12

No boys allowed!!! We combine softball, soccer, basketball and Volleyball into one fun-filled week, allowing young female athletes to discover and develop a passion for a variety of sports in one setting. Participants will learn the essential rules, strategies and skills of each sport, along with vital life lessons such as teamwork and sportsmanship. Program is instructed by Skyhawks highly trained local female coaches. All participants receive a t-shirt, ball and a merit award. Participant-to-coach ratio is 10:1.

Jr. All Girls Multisport Camp – Ages 6 - 8			
Class #7351	Jun 24 - Jun 28	M - F	9:00AM - 12:00PM
\$165	Skyhawks Youth Sports Staff	Lower Washington Park	
Sr. All Girls Multisport Camp – Ages 9 - 12			
Class #7352	Jun 24 - Jun 28	M - F	9:00AM - 12:00PM
\$165	Skyhawks Youth Sports Staff	Lower Washington Park	

Skyhawks Flag Football Camp Ages 6 - 12

Flag Football is a fun and safe introduction to America's Game! Participants learn the fundamentals of passing, rushing, receiving and defense along with the rules, strategy and play-calls of the game. Camp ends with the Skyhawks Super Bowl! Participants receive a t-shirt, football, and player evaluation. Participant-to-coach ratio is 12:1.

Jr. Flag Football Camp – Ages 6 - 8			
Class #7354	Jun 24 - Jun 28	M - F	9:00AM - 12:00PM
\$165	Skyhawks Youth Sports Staff	Lower Washington Park	
Class #7356	Jul 15 - Jul 19	M - F	9:00AM - 12:00PM
\$165	Skyhawks Youth Sports Staff	Lower Washington Park	
Sr. Flag Football Camp – Ages 9 - 12			
Class #7355	Jun 24 - Jun 28	M - F	9:00AM - 12:00PM
\$165	Skyhawks Youth Sports Staff	Lower Wahington Park	
Class #7358	Jul 15 - Jul 19	M - F	9:00AM - 12:00PM
\$165	Skyhawks Youth Sports Staff	Lower Wahington Park	

Skyhawks Tennis Camp

Ages 5 - 14

In Skyhawks tennis programs, players learn proper grips, footwork, strokes, volleys and serves, as well as the rules and etiquette that make tennis an exciting game. Programs fill quickly due to limited court space. All participants receive a t-shirt and player evaluation. Focal points of teaching: 1. Introduce fundamentals and technique with the use of fun games and progressions benefiting eye-hand coordination and ball-racket skills (promoting fine and gross motor skills). 2. Encourage team building and sportsmanship through activities benefiting and promoting positive social skills possibly through structured team activities, such as short friendly competitions. 3. Ignite the light of exercise for life. Student should bring a tennis racquet, tennis shoes and water bottle. The participant-to-coach ratio is approximately 8:1.

Jr. Tennis Camp – Ages 5 - 7			
Class #7359	Jul 8 - Jul 12	M - F	9:00AM - 12:00PM
\$165	Skyhawks Youth Sports Staff		Krusi Park Tennis Courts
Class #7361	Jul 22 - Jul 26	M - F	9:00AM - 12:00PM
\$165	Skyhawks Youth Sports Staff		Krusi Park Tennis Courts
Class #7362	Aug 5 - Aug 9	M - F	9:00AM - 12:00PM
\$165	Skyhawks Youth Sports Staff		Krusi Park Tennis Courts
Sr. Tennis Camp – Ages 8 - 14			
Class #7360	Jul 8 - Jul 12	M - F	9:00AM - 12:00PM
\$165	Skyhawks Youth Sports Staff		Krusi Park Tennis Courts
Class #7364	Jul 22 - Jul 26	M - F	9:00AM - 12:00PM
\$165	Skyhawks Youth Sports Staff		Krusi Park Tennis Courts
Class #7365	Aug 5 - Aug 9	M - F	9:00AM - 12:00PM
\$165	Skyhawks Youth Sports Staff		Krusi Park Tennis Courts

UK International Jr Soccer Camp

Ages 4 - 6

UK Internationals objective is to create the optimal environment in our community in which children can learn and develop under the guidance of their Ultimate Soccer Educators. Coaches, primarily from Great Britain, are selected not only for their knowledge, but also their commitment to creating a fun, positive learning environment. All camp sessions are based on individual ball skills as well as fun games to put those skills into practice and develop teamwork.

Class #7366	Jul 15 - Jul 19	M - F	9:00AM - 10:30AM
\$113	International Soccer, UK	Lincoln Park field	

UK International Soccer Sr. Summer Camp

Ages 7 - 15 • See page 28

VB Match Summer Volleyball Camp

Ages 7 - 13 • See page 28

TWEENS/TEENS - CAMPS

ARPD SUMMER CAMPS

Tween Summer Adventure Camp

Completed Grade 5 - 8

Monday - Friday from 7:30AM - 5:30PM (trip times vary)

The 2019 Tween Summer Adventure Camp is almost HERE!! Our week long sessions are FUN, engaging, educational and recreational. Each week of this affordable and well-supervised program includes an AWESOME field trip, plus local walking excursions, arts and crafts, sports, outdoor physical games, special events and much more! Your tween will make new friends, try new and exciting activities and leave with amazing memories. Registration is available per week (no single days allowed). Full payment is required at time of registration and due prior to start of each week. Trip times are subject to change. Please send your child with a packed lunch, unless notified otherwise. **Pick-up and drop-off for trips takes place at the Underground Teen Center, unless noted otherwise (2203 Central Avenue at Walnut Street).** On non-trip days, Camp is located at McKinley Park (2165 Buena Vista Avenue at Walnut Street). Drop-off is as early as 7:30AM and pick-up no later than 5:30PM

Enroll early and take advantage of the Early Bird Rate! If you enroll by June 1 you will receive \$20.00 off of the regular rate for the week session!

Withdrawal Fee	\$40
Must be made by the Friday prior to the first day of camp by 12 noon. No refunds issued thereafter.	
Late pick-ups	\$1 per minute, per child
Payable to ARPD staff that day.	

Parents must indicate:

- Whether their tween must remain with a leader on the trips, or if he/she has permission to stay with a buddy and check-in with leaders at designated times; and,
- Whether or not their tween may sign-in and sign-out each day.

Parent/guardian email address must be provided at registration. ARPD Teen Staff will send important information via email to parents/guardians prior to each camp week (what to bring, drop-off times, waiver information, etc.).

Week 1	Jun 17 - Jun 21	Class #7535
Early Bird Rate	\$244 Resident / \$264 Non-Resident	
Regular Rate	\$254 Resident / \$274 Non-Resident	
M Tu W F	McKinley Park	7:30AM - 5:30PM
Th	Six Flags, Vallejo	8:30AM 7:00PM
Week 2	Jun 24 - Jun 28	Class #7536
Early Bird Rate	\$282 Resident / \$292 Non-Resident	
Regular Rate	\$302 Resident / \$312 Non-Resident	
M Tu W F	McKinley Park	7:30AM - 5:30PM
Th	Whitewater Excitement, Lotus**	7:00AM - 8:00PM

Week 3	Jul 1 - Jul 5 (No camp 7/4)	Class #7537
Early Bird Rate	\$154 Resident / \$164 Non-Resident	
Regular Rate	\$174 Resident / \$184 Non-Resident	
M W F	McKinley Park	7:30AM - 5:30PM
Tu	Lost Worlds Adventures, Livermore (Laser Tag, Mini-Golf, Arcade)	9:00AM - 5:30PM
Th	CLOSED FOR 4th of July Holiday	
Week 4	Jul 8 - Jul 12	Class #7540
Early Bird Rate	\$234 Resident / \$244 Non-Resident	
Regular Rate	\$254 Resident / \$264 Non-Resident	
M Tu W F	McKinley Park	7:30AM - 5:30PM
Th	Santa Cruz Beach Boardwalk	9:00AM - 7:30PM
Week 5	Jul 15 - Jul 19	Class #7541
Early Bird Rate	\$247 Resident / \$257 Non-Resident	
Regular Rate	\$267 Resident / \$277 Non-Resident	
M Tu W F	McKinley Park	7:30AM - 5:30PM
Th	Playland Paintball, Petaluma**	8:30AM - 5:30PM
Week 6	Jul 22 - Jul 26	Class #7542
Early Bird Rate	\$260 Resident / \$270 Non-Resident	
Regular Rate	\$280 Resident / \$290 Non-Resident	
M	McKinley Park	7:30AM - 5:30PM
Mandatory camping trip orientation for parent/guardian and teen, McKinley Park		5:30PM - 6:15PM
Tu	Camping at Lake Del Valle, Livermore – Overnight 1	9:00AM
W	Overnight 2	
Th	McKinley Park	Return by 4:00PM
F	McKinley Park	7:30AM - 5:30PM
Week 7	Jul 29 - Aug 2	Class #7543
Early Bird Rate	\$226 Resident / \$236 Non-Resident	
Regular Rate	\$246 Resident / \$256 Non-Resident	
M Tu W F	McKinley Park	7:30AM - 5:30PM
Th	Hurricane Harbor, Concord (Previously Waterworld)	9:00AM - 7:00PM
Week 8	Aug 5 - Aug 9	Class #7544
Early Bird Rate	\$235 Resident / \$245 Non-Resident	
Regular Rate	\$255 Resident / \$265 Non-Resident	
M Tu W F	McKinley Park	7:30AM - 5:30PM
Th	Great America, Santa Clara	8:30AM - 7:00PM
**Trips require an additional Release of Liability form from our vendors		
Early Bird Rate until June 1; Regular Rate after June 1		
Visit ARPD or our website for more information. All details subject to change.		

DAY TRIPS - TWEENS/TEENS



Summer Day Trips

Completed Grades 5 - 11

Join ARPD for an exciting and affordable Summer Day Trip! With a wide variety of trips, we've got something for everybody! Join your friends, or make new ones. Register soon, space is extremely limited! **Pick-up and drop-off is at the Underground Teen Center (2203 Central Avenue at Walnut Street) unless noted otherwise.** If you have questions, please call (510) 747-7529. See "Tween Summer Adventure Camp" section for trip times. *Trip times are subject to change. A \$25 fee is assessed to withdraw your tween/teen from a trip, and must be requested no later than 24 hours prior to trip start time. No refunds will be issued for withdrawals made within 24 hours of trip start time. **Late pick-ups are \$1 per minute, per child; payable that day.**

June 20	Six Flags Discovery Kingdom, Vallejo
Class #7545	\$109 Resident / \$119 Non-Resident
June 27	Whitewater Excitement, Lotus**
Class #7546	\$147 Resident / \$157 Non-Resident
July 2	Lost Worlds Adventures, Livermore (Laser Tag, Mini-Golf, Arcade)
Class #7547	\$58 Resident / \$68 Non-Resident
July 11	Santa Cruz Beach Boardwalk
Class #7548	\$99 Resident / \$109 Non-Resident
July 18	Playland Paintball, Petaluma**
Class #7549	\$112 Resident / \$122 Non-Resident
July 23 - 25	Camping at Lake Del Valle, Livermore
Class #7550	\$202 Resident / \$212 Non-Resident
2 night Camping Trip	Mandatory orientation for parent/guardian and child on Monday, July 22nd from 5:30PM - 6:15PM at McKinley Park
August 1	Waterworld California, Concord
Class #7551	\$91 Resident / \$101 Non-Resident
August 8	Great America, Santa Clara
Class #7552	\$100 Resident / \$110 Non-Resident
**Trips require an additional Release of Liability form from our vendors	
Visit ARPD or our website for more information. All details subject to change.	

PROGRAMS FOR PEOPLE WITH DEVELOPMENTAL DISABILITIES



Friends Connect

Incoming Grades 6 - 12

Friends Connect is an activity based social club for high functioning tweens and teens in grades 6 - 12 with moderate developmental disabilities and moderate social challenges. The group provides participants with the opportunity to socialize, build friendships, explore the larger community and most importantly... have fun! Friends Connect meets at the Underground Teen Center (2203 Central Ave.) to engage in activities such as arts and crafts, recreational and social games, cooking and more. Participants also go on exciting local field trips like bowling, miniature golf, going out to eat, to the movies, arcade, etc.

Applications for Friends Connect are available in the ARPD office and online at alamedaca.gov/recreation. All applicants must fulfill program requirements to be considered for enrollment. There is a required teacher recommendation form and teen questionnaire that must accompany participant applications. New applicants and their parent/guardian will meet with ARPD staff prior to enrollment. Returning applicants must complete an ARPD registration form only (please designate "Friends Connect" in the "Activity Title" box). This program is for Alameda residents only. Completing an application does not guarantee enrollment. Friends Connect has a limited number of spaces. Priority for enrollment is given to returning participants who have met attendance requirements in the previous session. Once the program is full, applicants will be added to a waiting list. **Applications for summer 2019 sessions are due by Friday, June 7.** For more information, please contact Recreation Supervisor I, Shawn Smith at (510) 747-7555, or sdsmith@alamedaca.gov.

Sundays	Free*	Instructor: ARPD Staff
June 23	3:00PM - 5:00PM	Underground Teen Center, Vet's Bldg.
July 7	3:00PM - 5:00PM	Field Trip, location TBD
July 21	3:00PM - 5:00PM	Underground Teen Center, Vet's Bldg.
August 4	Times TBD	Theme park field trip, location TBD
*Fee: No registration fee. Participants are responsible for cost of activities on field trips.		

TWEENS/TEENS - PROGRAMS & CAMPS

DROP-IN

Underground Teen Center - Drop-In

Ages 11 - 18

The Underground Teen Center (UTC) provides a safe place for tweens and teens to have fun, socialize with friends, and participate in active, fun and enriching activities with adult supervision. The UTC has a big screen TV, pool table, video games, ping pong/shuffleboard, board games, music, and a snack bar. There is no charge to visit The Underground, however, some activities may require a small materials fee. Participants need to register at the Center and must sign-in and sign-out on a daily basis. The Teen Center is closed on July 4.

Class #7299	Jun 17 - Aug 9	M - F	12:00PM - 5:00PM
Free	ARPD Staff	Underground Teen Center at Veteran's Memorial Building	

ENRICHMENT

Babysitter's Training

Ages 11 - 16

Learn the basics of being a responsible babysitter and be certified through the American Red Cross. Class includes basic care of infants and toddlers from feeding to changing. Teens learn age-appropriate activities, first-aid awareness, how to prevent accidents, and how to handle emergencies. The Child/Infant CPR section will train the babysitter to act in emergency situations, to recognize and care for life threatening respiratory or cardiac emergencies in infants and children. Upon completion of the classes and satisfactory passing an exam, each participant will receive: 1) American Red Cross Babysitter's Training Card and 2) Child/Infant CPR card. This popular class is limited to 20 students so sign up early!

Class #7298	Jul 24 - Jul 25	W Th	10:00AM - 5:00PM
\$150	ARPD Staff	Center at McKinley Park	

MORE FUN ACTIVITIES

E-Sports Summer Camp
Ages 10-17 • See page 15

Dance/10
Ages 8-18 • See page 16

EYC Sailing Camp
Ages 8-18 • See page 21

ATTC Ping-Pong Camp
Ages 6-16 • See page 22

Seahawk Tennis Camp
Ages 50-14 • See page 25

Also see Teen/Adult classes on page 31

SPORTS CAMPS

UK International Soccer Sr. Summer Camp

Ages 7 - 15

UK International's objective is to create the optimal environment in our community in which children can learn and develop under the guidance of their Ultimate Soccer Educators. Coaches, primarily from Great Britain, are selected not only for their knowledge, but also their commitment to creating a fun, positive learning environment. All camp sessions are based on individual ball skills as well as fun games to put those skills into practice and develop teamwork.

Class #7367	Jul 15 - Jul 19	M - F	9:00AM - 12:00PM
\$180	UK International Soccer		Lincoln Park field

VB Match Summer Volleyball Camp

Ages 7 - 13

ARPD and VB match have partnered to offer the Youth Volleyball Camp. The camp will provide fundamental skill instruction coupled with drills to help reinforce the new skills learned. At the end of the week students will progress to playing simulated games. For more information please visit vbmatch.com

Class #7368	Jul 22-26	M - F	10:00AM - 1:00 PM
\$180	Ernest Chen	Alameda Point Gym	



VOLUNTEERS - TWEENS/TEENS

VOLUNTEER PROGRAMS

Summer Teen Volunteer Programs

Incoming Grades 7 - 12

Incoming Grades 6 - 12 for Operation Green Sweep only

If you're looking for an opportunity to give back to your community, gain valuable leadership experience, prepare for a future job AND have lots of fun...then look no further! The Summer Teen Volunteer Programs with Alameda Recreation and Park Department offer a wide variety of volunteer opportunities. Teen volunteer applicants may choose the program where they would like to volunteer depending on their interest and availability (all choices listed below). Volunteer hours may be used to fulfill school community service requirements.

All applicants must sign-up for, and participate in a group interview (with the exception of Operation Green Sweep applicants). Available interview dates are listed below. Interviews do not guarantee acceptance into the Summer Teen Volunteer Programs. Applicants are charged upon acceptance. Applicants who are not selected will not be charged. Volunteers must attend a mandatory training (except Operation Green Sweep volunteers). Make-up training date not available. Applications are available in the ARPD office, and in the "Teens & Tweens" section of our website at alamedaca.gov/recreation. Applications must be submitted to Alameda Recreation and Park Department, 2226 Santa Clara Ave. **Applications are due by Wednesday, May 1. Space is limited.**

Parents/Guardians:

Your tween/teen is responsible for all correspondence regarding the Summer Teen Volunteer Programs; beginning with the application process and continuing throughout their volunteer service. This program strives to prepare your child for his/her first job. The more responsibility that your tween/teen volunteer has in the successful execution of completing their service, the better prepared they will be to apply for jobs and enter the workplace. Please ask your teen/tween to call, email, organize, and initiate! Your cooperation is greatly appreciated. Questions? Please direct your teen/tween to contact with Shawn Smith, Recreation Supervisor I: email: sdsmith@alamedaca.gov, phone: 510-747-7555.

Group Interview Dates

*All teens must sign-up for one interview date to attend. Interviews are not confirmed after application is submitted. If teen does not attend the interview that they sign-up for, he/she must attend one of the other scheduled interview dates. **If teen does not attend one of the three scheduled interview dates, his/her application will be rejected (no exceptions).** Interview is for candidates only, no parents please.

Thursday	May 2	4:00PM - 4:45PM
Tuesday	May 7	4:00PM - 4:45PM
Thursday	May 16	4:00PM - 4:45PM
Room 250 at Veterans Memorial Building		

Mandatory Training Date for Selected Volunteers

Thursday	May 23 (no make-up training offered)	4:00PM - 5:30PM
\$50 (includes t-shirt)	Room 250 at Veterans Memorial Building	

The following programs are available for summer teen volunteers:

Operation Green Sweep		
Help to maintain and beautify our city parks and community centers! Duties include (but are not limited to) park clean-up, light trash removal, weeding, planting etc. Equipment provided. Transportation is provided to and from park sites from the Underground Teen Center at the Veteran's Memorial Building (2203 Central Ave.) Registrations taken until program is full. Program will be held weather-permitting.		
Wednesdays	July 3, 10, 17, 31 (no program on Weds. July 24)	10:00AM - 1:00PM
Veteran's Memorial Building, 2203 Central Avenue		
*No interview or training required for Operation Green Sweep volunteers. Incoming 6th graders are welcome to participate!		

World of Wonder (WOW)	
Volunteer to assist ARPD staff lead activities with WOW campers, Ages 5 - 11. WOW volunteers get hands-on experience working with youth. Activities include cooking, crafts, games, drama, nature, swimming, walking excursions, and much more! Volunteers report to ARPD staff, and act as positive role models for youth participants. Volunteers sign-up for 1 week long session minimum, and 3 week long sessions maximum. Volunteer must choose one shift per week long session; morning OR afternoon. Limit of 4 volunteers per shift, assigned on first come first served basis. See shift times, session dates and locations below.	
SHIFT: Choose ONE shift ONLY	
Morning Shift	10:00AM - 1:00PM
OR (not and) Afternoon Shift	2:00PM - 5:00PM
SESSIONS: Choose ONE session MINIMUM, THREE sessions MAXIMUM	
Session 1	June 17 - June 21
Session 2	June 24 - June 28
Session 3	July 1 - July 5 (no program on Thurs. July 4)
Session 4	July 8 - July 12
Session 5	July 15 - July 19
Session 6	July 22 - July 26
Session 7	July 29 - August 2
Session 8	August 5 - August 9
LOCATIONS: Choose ONE location OR the other (combinations NOT permitted)	
Godfrey Park WOW or	Washington Park WOW

Continued on next page

TWEENS/TEENS - VOLUNTEERS

Aquatics at Encinal Swim Center

Are you a swimmer and an aspiring Lifeguard? If so, volunteering with the ARPD Aquatics program may be for you! Volunteers in the Aquatics programs will spend their time in the pool assisting ARPD staff with youth swim lessons at Encinal Swim Center. Volunteers may choose which session they would like to volunteer. See times and session dates below.

Mon - Thu	2:30PM - 6:30PM	Encinal Swim Center
Session 1	June 17 - July 3 (no program on 7/4)	No of Dates: 11
Session 2	July 8 - July 25	No. of Dates: 12
Session 3	July 29 - August 8	No. of Dates: 8

Summer Park Baseball

Calling all baseball players and baseball enthusiasts! Help boys and girls in grades K - 5 learn the game of baseball while focusing on leadership, integrity, confidence and team work. Volunteers are asked to volunteer at as many practices and games as possible. Volunteers may choose which Park that they would like to volunteer.

June 18 - August 8

Practices: Tuesday Afternoons	Games: Thursday Afternoons
All times TBD. Baseball volunteers will be contacted by ARPD with park site baseball schedules during the week of June 10.	
Park Sites (choose one): Bayport, Franklin, Lincoln, Tillman, Washington	

LEADERSHIP

BE A LEADER IN YOUR COMMUNITY! Alameda Youth Committee

Grades 6 - 12

The Alameda Youth Committee (AYC) is currently recruiting members for the 2019 - 2020 school year! ARPD is seeking motivated and responsible 6 - 12th graders to help coordinate activities for teens, assist with community events, take action on community issues, and help with fundraising. AYC provides youth with a great opportunity to gain valuable leadership skills, make new friends and have a lot of fun! Use your creativity, experience, initiative and community spirit to make a difference in Alameda. Members are required to attend meetings regularly. AYC hours count towards school community service requirements. Applications are available at The Underground Teen Center and on our website at alamedaca.gov/recreation

Meetings are most 1st and 3rd Wednesdays,
schedule provided in the fall

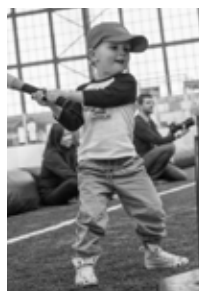
First 2019/2020 meeting on September 4, 2019

4:00PM - 5:00PM

Room 120 AT Veteran's Memorial Building, 2203 Central Avenue

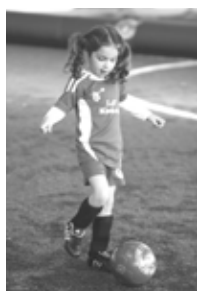
SUMMER SPORTS FOR ALL AGES!

JOIN NOW! CLASSES ARE PRORATED.



LIL' SLUGGERS

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



LIL' KICKERS

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



CAMP BLADIUM SUMMER CAMPS

Camp Bladium now offers more fun, active and healthy Summer Camp activities than ever before. for children ages 5-14 years.



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



SKILLS INSTITUTE

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



BLADIUM INTERNATIONAL SOCCER ACADEMY

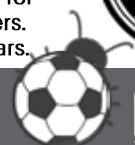
World-class soccer classes & camps for advanced players. Ages 6 to 17 years.



YOUTH SOCCER LEAGUES

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

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BLADIUM
SPORTS & FITNESS CLUB

CLASSES - TEEN/ADULTS

DANCE

Salsa Dance Class

Ages 12+

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

Basic			
Class #7534	Jun 26 - Aug 7	W	7:00PM - 8:00PM
\$103	Ivette Nazario	Center at Bayport Park	
No class on July 3 or 17			
Intermediate			
Class #7445	Jun 26 - Aug 7	W	8:00PM - 9:00PM
\$103	Ivette Nazario	Center at Bayport Park	
No class on July 3 or 17			

Belly Dance

Ages 12+

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

Class #7429	Jul 8 - Jul 29	M	6:00PM - 6:45PM
\$62	Danielle Pence	Room 390 at Veteran's Memorial Building	

KAYAKING

Kayak & Dine Tour

Ages 12+

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

Class #7502	Jun 8	Sa	6:00PM - 9:30PM
\$67	Joe Stack	Encinal Boat Ramp	
Class #7503	Jul 13	Sa	10:30AM - 2:30PM
\$67	Joe Stack	Encinal Boat Ramp	
Class #7504	Jul 13	Sa	6:00PM - 9:30PM
\$67	Joe Stack	Encinal Boat Ramp	

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

Oakland Estuary Kayaking Tour

Ages 12+

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

Class #7499	Jul 7	Su	9:30AM - 12:00PM
\$67	Joe Stack	Encinal Boat Ramp	

MARTIAL ARTS

Wado Kai Karate

Ages 10+

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



Class #7434	Jun 18 - Aug 8	Tu Th	6:00PM - 7:30PM
\$101	Mikhail Faiguenblat	Auditorium Room 250 at Veteran's Memorial Building	

MUSIC

Taiko Drums - Beginner

Ages 12+

This is a fun class at the beginner level. The class covers simple rhythms and basic form. It provides light exercise for students of all ages.

Class #7422	Jun 18 - Aug 6	Tu	6:30PM - 7:30PM
\$83	Jeff Davidson	Terrace Room at Albert H. DeWitt Officers' Club	
There is a \$5 materials fee for drum sticks payable to the Instructor at the first class.			

Taiko Drums - Intermediate

Ages 12+

This class teaches more complex Taiko skills, rhythms and form. We discuss "staging", form, and dance movement. This class involves moderate exercise.

Class #7421	Jun 18 - Aug 6	Tu	7:30PM - 8:30PM
\$83	Jeff Davidson	Terrace Room at Albert H. DeWitt Officers' Club	
There is a \$5 materials fee payable to the Instructor at the first class			

ADULTS - CLASSES

ENRICHMENT

Edward Jones: Outlook & Opportunities

FREE

Separate the signal from the noise. In this seminar we'll examine the economy, interest rates and our outlook, current market trends, and ways to prepare for volatility.

Class #7424	Jun 18	Tu	5:30PM - 7:00PM
Free	Judy Ho	Room 120 at Veteran's Memorial Building	
Class #7425	Jul 16	Tu	5:30PM - 7:00PM
Free	Judy Ho	Room 120 at Veteran's Memorial Building	



SPECIALS NEEDS

Leisure Club

FREE

The Leisure Club is a fun, activity based program specifically designed to meet the specialized recreational needs of person with developmental disabilities in our community. This program is geared toward individuals 18 years of age and older and meets twice a month on the second and fourth Thursday of the month from 7:00 p.m. to 9:00 p.m. For more information, call (510) 747-7529. Please note there is a wait list for this popular program.

FITNESS

Gentle Yoga Stretch

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

Class #7442	Jun 17 - Jul 10	M W	9:00AM - 10:00AM
Up to 49 years old \$58 50 and up \$56		Toya Alexander	Harrison Center at Lincoln Park
Class #7443	Jul 15 - Aug 7	M W	9:00AM - 10:00AM
Up to 49 years old \$58 50 and up \$56		Toya Alexander	Harrison Center at Lincoln Park

Kayaking for Fitness

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

Class #7510	Jun 7 - Jun 21	F	9:00AM - 11:00AM
\$98	Joe Stack		Encinal Boat Ramp
Class #7511	Jul 5 - Jul 19	F	9:00AM - 11:00AM
\$98	Joe Stack		Encinal Boat Ramp
Class #7512	Aug 2 - Aug 16	F	9:00AM - 11:00AM
\$98	Joe Stack		Encinal Boat Ramp

Low Impact Cardio

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

Class #7436	Jun 18 - Jul 11	Tu Th	9:00AM - 10:00AM
	No class on 7/4		
Up to 49 years old \$51 50 and up \$49		Toya Alexander	Harrison Center at Lincoln Park
Class #7437	Jul 16 - Aug 8	Tu Th	9:00AM - 10:00AM
Up to 49 years old \$58 50 and up \$56		Toya Alexander	Harrison Center at Lincoln Park

Yoga Body & Mind

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

Class #7438	Jun 18 - Jul 9	Tu	6:30PM - 7:30PM
\$40	Toya Alexander		Harrison Center at Lincoln Park
Class #7440	Jun 18 - Jul 9	Tu	7:40PM - 8:40PM
\$40	Toya Alexander		Harrison Center at Lincoln Park
Class #7439	Jul 16 - Aug 6	Tu	6:30PM - 7:30PM
\$40	Toya Alexander		Harrison Center at Lincoln Park
Class #7441	Jul 16 - Aug 6	Tu	7:40PM - 8:40PM
\$40	Toya Alexander		Harrison Center at Lincoln Park

MARTIAL ARTS

Aikido with Tom Reed

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

Class #7430	Jun 17 - Jul 8	M W	7:30PM - 8:30PM
\$51	Tom Reed	Auditorium Room 250 at Veteran's Memorial Building	
Class #7431	Jul 15 - Jul 31	M W	7:30PM - 8:30PM
\$44	Tom Reed	Auditorium Room 250 at Veteran's Memorial Building	
Class #7432	Aug 5 - Aug 7	M W	7:30PM - 8:30PM
\$15	Tom Reed	Auditorium Room 250 at Veteran's Memorial Building	

Muso Jikiden Eishin Ryu Iaido

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



Class #7433	Jun 18 - Aug 8	Tu Th	7:45PM - 9:15PM
\$101	Mikhail Faiguenblat	Auditorium Room 250 at Veteran's Memorial Building	

Drop-In Pickleball - FREE Reserved for 50 + Crowd!

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

Drop-In	W Sa	10:30AM - 12:00PM
Free	Reserved for 50 + Crowd!	Lincoln Park (1450 High Street)

MIND & BODY

The Meditation of Awakening Wisdom

Ages 10+

This Bodhi Meditation guided meditation method helps to improve memory, increase productivity, strength, body, mind health, and delay the brain's aging process.

Class #7427	Jul 6	Sa	10:00AM - 11:00AM
\$21	Katherine Chen, Bodhi Meditation	Room 390 at Veteran's Memorial Building	

Bodhi Energy Bagua Walking Meditation

Ages 10+

Bodhi Energy Bagua is great for maintaining good health. The gentle movements fit for all ages. It helps to get energy replenished quickly, and improve the general health of body & mind.

Class #7426	Aug 8	Th	7:00PM - 8:00PM
\$21	Katherine Chen, Bodhi Meditation	Room 390 at Veteran's Memorial Building	

Bradley Method Of Natural Childbirth

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

Class #7428	Jun 17 - Aug 26	M	7:00PM - 9:00PM
\$510	Danielle Pence	Room 390 at Veteran's Memorial Building	

OUTDOOR ACTIVITIES

Sailing - Adult Basic Dinghy

This weekend course provides adults with basic skills to safely sail dinghies with supervision. Safety gear provided. Course graduates gain access to Alameda Community Sailing Center Open Sailing days to independently practice their skills! The cost of this course is \$284 for the first member of your party, and \$129 for each subsequent member.

Class #7561	Aug 31 - Sep 1	Su Sa	9:00AM - 4:00PM
First \$284; 2-5 participants \$129.00	Alameda Community Sailing Center	Alameda Community Sailing Center, Encinal Boat Ramp	

ADULTS - PROGRAMS

SPORTS

Golf

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

Class #7312	Jun 21 - Jul 26	F	9:30AM - 10:30AM
\$53	Randy Herzberg	Field at Godfrey Park	
Class #7313	Jun 21 - Jul 26	F	10:30AM - 11:30AM
\$53	Randy Herzberg	Field at Godfrey Park	

Open Gym - Basketball & Volleyball

ARPD Adult Open Gym is a year round Sunday night event. We have Volleyball and Basketball for all to enjoy.

Sundays	6:00PM - 9:00PM (excluding holidays and holiday weekends)
\$8 drop in fee	Alameda Point Gym, 1101 West Redline Ave.

Softball Summer League

Coed, Women's, and Men's Softball D leagues. Season starts week of August 19th Games played 6:30p.m., 7:40 p.m., and 8:50 p.m. Leagues play nights Monday - Friday Coed six team league \$670 resident / \$773 non-resident. Men's six team league \$736 resident / \$788 non-resident. All team applications available online and at ARPD office. Application and fees due July 26th. 10 game season plus playoffs Field Locations: Leydecker Park, Arnerich Field at Upper Washington Park, and Toby Chavez Field at Lower Washington Park

Class #7321	Aug 18 - Nov 8	M - F	6:30PM - 10:30 PM
Resident \$736 Non-resident \$788	ARPD Staff	Leydecker, Upper and Lower Washington	

Volleyball

ARPD partners with VBmatch.com to host volleyball leagues and tournaments for community members. The League offers a high level of competition for players who previously competed at the high school varsity level or higher. We also host single-day volleyball tournaments on weekends. Volleyball activities are fun, social and competitive. We hope to see you on the court soon!

Mondays	6:00PM - 10:00PM
Alameda Point Gym, 1101 West Redline Ave	
For league start dates, fees and information on specific events, please visit http://vbmatch.com	

Parks Hotline 510-747-7542

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

BIKE SAFETY CLASSES

Bicycle Safety Education Classes for all Ages and Abilities!

Learn how to safely ride your bicycle, be more comfortable bicycling with your whole family, or learn how to ride a bicycle no matter what your age. Bike East Bay is providing additional bicycle safety education classes in Alameda through a City grant, supplementing the classes they offer throughout the East Bay. **Classes are free and offered year round.**

Register online and find more upcoming classes in Alameda and the East Bay here:
www.BikeEastBay.org/AlamedaBikeEd.
Or call 510-845-7433, ext 2 for info.

Urban Cycling 101 Classroom Workshops

Indoor classes with info on rules of the road, equipping your bike, and having fun on every ride.

- Wednesday, April 17, 5:30 - 7:30PM
Alameda Main Library, 1550 Oak Street, Community Rm

Urban Cycling 101 Road Classes

On-the-bike practice sessions covering bike handling, hazard avoidance, and biking confidently on any street.

- Saturday, April 27, 9AM - 2PM
Godfrey Park, 281 Beach Road

1-Hour Workshops

In-depth classroom sessions on topics like riding after dark and commuting basics. Both held at: Mastick Senior Center, 1155 Santa Clara Ave.

- Bike Theft Prevention Workshop
Tuesday, March 19, 1:30 - 2:30PM
- Biking After Dark Workshop
Wednesday, July 10, 1 - 2PM

Learn to Ride for Adults

For adults or teens who have either not yet learned to ride a bike, or need a refresher.

- Saturdays on June 22 and July 27, 9AM - 12PM
Godfrey Park, 281 Beach Road

Family Cycling Workshops

A day of fun games, drills, and skills building for kids (grades 2-6) who are able to ride a bike and ready to take to the paths and roadways with their parents. Minors must be accompanied by an adult, both with their own bikes and helmets.

- Part of the 6th Annual Alameda Bike Fest
Sunday, May 19, 9:30AM - 12PM (Bike Fest to follow)
Otis Elementary, 3010 Fillmore Street



Alameda Recreation and Park Department



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

Creating Web Pages

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

Effective Business Writing

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

Fundamentals of Supervision and Management

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

Grammar Refresher

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

Intermediate Microsoft Excel

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

Introduction to CSS3 and HTML5

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

Introduction to Final Cut Pro X

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

Introduction to Google Analytics

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

Introduction to Microsoft Excel

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

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

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

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

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0718-01

ALL AGES - AQUATICS DROP-IN

AQUATICS DROP-IN

Encinal Swim Center
230 Central Avenue at 3rd St.
(510) 522-4590

Recreational Swim

All Ages

This is an open swim program designed for recreational swimmers of all ages and abilities. Children under 7 years of age and those under 50 inches tall must be accompanied in the water by someone who possesses a level 4 swim card and/or is 13 years of age. Participants over 18 years of age can have two children in the water simultaneously. Children under 7 years may not be left unattended at any time. Drop in cards available at the swim center. Please note that swim hours may be reduced due to low attendance or poor weather.

Jun 21 - Jul 28 (closed 7/26 for special event)	F Sa Su	1:00PM - 4:30PM
Youth (17 and under) or Senior (50+)	\$3 Resident / \$4 Non-Resident 10 visit pass \$27	
Adult	\$5 Resident/ \$6 Non-Resident 10 visit pass \$45	

Tiny Tot / Parent Swim

Ages 12 Months - 3 Years

A great way to get your young child familiarized with the pool and prepare them for future swim lessons. Parent or guardian at least 16 years of age must accompany each child in the pool. Swim diapers required for children who are not potty trained. Discount rate drop in cards are available at the swim center.

Jun 21 - Jul 28 (closed 7/26 for special event)	F Sa Su	11:00AM - 12:45PM
\$5 Resident / \$6 Non-Resident / 10-Visit Pass \$45		



Lap Swim

Ages 16+

Swim at your own pace. Kick boards provided. Discount rate drop-in cards are available at the swim center.

Jun 18 - Aug 8 (closed 7/4, 7/26, 8/2, 8/3, 8/4)	M Tu W Th	9:00AM - 12:30PM
	F Sa Sun	11:00AM - 12:45PM
Adults (16 - 49)	\$5 Resident / \$6 Non-Resident / 10-Visit Pass \$45	
Seniors (50+)	\$3 Resident / \$4 Non-Resident / 10-Visit Pass \$27	

Water Walking - Beginner Shallow Water Exercise

Ages 16+

Aquatic exercise is a great low impact activity that takes the pressure off joints, bones and muscles. Water provides natural resistance, which can help strengthen muscles. Class will take place in waist high heated water. Participants may bring water shoes, hand webs or other resistance items. Discount rate drop in cards are available at the swim center. Must be at least 16 years old.

Jun 17 - Aug 8 (no class 7/4)	M Tu W Th	9:00AM - 9:30AM
Adults (16 - 49)	\$6 Resident / \$7 Non-Resident / 10-Visit Pass \$54	
Seniors (50+)	\$4 Resident/ \$5 Non-Resident / 10-Visit Pass \$45	



AQUATICS GROUP LESSONS - ALL AGES

AQUATICS GROUP LESSONS

Tots Group Swim Lessons

Ages 3 - 5 Years

All swim classes follow the American Red Cross Level system. Visit www.redcross.org for level requirements. Each student will be tested by staff and placed in classes according to Red Cross standards.

Session 1			
Class #7782	Jun 17 - Jul 3	M Tu W Th	1:45PM - 2:15PM
Class #7785	Jun 17 - Jul 3	M Tu W Th	3:30PM - 4:00PM
Class #7786	Jun 17 - Jul 3	M Tu W Th	5:15PM - 5:45PM
Resident \$88 Non-Resident \$108		ARPD Staff	Tiny Tot Pool at Encinal Swim Center
Session 2			
Class #7791	Jul 8 - Jul 25	M Tu W Th	1:45PM - 2:15PM
Class #7792	Jul 8 - Jul 25	M Tu W Th	3:30PM - 4:00PM
Class #7793	Jul 8 - Jul 25	M Tu W Th	5:15PM - 5:45PM
Resident \$96 Non-Resident \$118		ARPD Staff	Tiny Tot Pool at Encinal Swim Center
Session 3			
Class #7797	Jul 29 - Aug 8	M Tu W Th	1:45PM - 2:15PM
Class #7798	Jul 29 - Aug 8	M Tu W Th	3:30PM - 4:00PM
Class #7799	Jul 29 - Aug 8	M Tu W Th	5:15PM - 5:45PM
Resident \$64 Non-Resident \$79		ARPD Staff	Tiny Tot Pool at Encinal Swim Center

Youth Group Swim Lessons

Ages 6 - 15 Years

All swim classes follow the American Red Cross Level system. Visit www.redcross.org for level requirements. Each student will be tested by staff and placed in classes according to Red Cross standards.

Session 1			
Class #7788	Jun 17 - Jul 3	M Tu W Th	12:45PM - 1:30PM
Class #7789	Jun 17 - Jul 3	M Tu W Th	2:30PM - 3:15PM
Class #7790	Jun 17 - Jul 3	M Tu W Th	4:15PM - 5:00PM
Resident \$134 Non-Res \$157	ARPD Staff	Competitive Pool at Encinal Swim Center	
Session 2			
Class #7794	Jul 8 - Jul 25	M Tu W Th	12:45PM - 1:30PM
Class #7795	Jul 8 - Jul 25	M Tu W Th	2:30PM - 3:15PM
Class #7796	Jul 8 - Jul 25	M Tu W Th	4:15PM - 5:00PM
Resident \$146 Non-Res \$171	ARPD Staff	Competitive Pool at Encinal Swim Center	
Session 3			
Class #7800	Jul 29 - Aug 8	M Tu W Th	12:45PM - 1:30PM
Class #7801	Jul 29 - Aug 8	M Tu W Th	2:30PM - 3:15PM
Class #7802	Jul 29 - Aug 8	M Tu W Th	4:14PM - 5:00PM
Resident \$97 Non-Res \$114	ARPD Staff	Competitive Pool at Encinal Swim Center	

Adult Swim Workouts ALL Year-round!!

- 11 workouts a week!!
- Certified Coach provides workout and instruction
- Novice to Advanced swimmers: Ages 18+
- Improve your stroke technique, endurance and speed
- Great for triathlon training
- Weekdays AM: 5:30-6:30 / PM: 6:00-7:00, Saturday AM 7:30-9:00



Emma Hood Swim Center (located at AHS)

Visit us at: www.alamedaquaticmasters.com
Email us at: aamaquatics@gmail.com



ALL AGES - AQUATICS PRIVATE LESSONS

AQUATICS PRIVATE LESSONS

Private Swim Lessons

All Ages

Swim Tutor Private Lessons are 30 minutes in length and tailored to fit the participant's skill level. Lessons taught by Certified Water Safety Instructors. Each time slot has 3-4 spots available.

Session 1	Mondays	Jun 17 - Jul 1
Class #7581/7582/7584		9:00AM - 9:30AM
Class #7586/7587/7588		9:45AM - 10:15AM
Class #7589/7590/7591		10:30AM - 11:00AM
Class #7593/7594/7595		12:00PM - 12:30PM
Resident \$81 Non-resident \$90	ARPD Staff	Competitive Pool at Encinal Swim Center
Session 2	Mondays	Jul 8 - Jul 22
Class #7653/7654/7655		9:00AM - 9:30AM
Class #7656/7657/7658		9:45AM - 10:15AM
Class #7659/7660/7661		10:30AM - 11:00AM
Class #7662/7663/7664		11:15AM - 11:45AM
Class #7665/7666/7667		12:00PM - 12:30PM
Resident \$81 Non-resident \$90	ARPD Staff	Competitive Pool at Encinal Swim Center
Session 1	Tuesdays	Jun 18 - Jul 2
Class #7597/7598/7599/7600		9:00AM - 9:30AM
Class #7601/7602/7603		9:45AM - 10:15AM
Class #7605/7606/7607		10:30AM - 11:00AM
Class #7609/7610/7611		12:00PM - 12:30PM
Resident \$81 Non-resident \$90	ARPD Staff	Competitive Pool at Encinal Swim Center
Session 2	Tuesdays	Jul 9 - Jul 23
Class #7668/7669/7670		9:00AM - 9:30AM
Class #7671/7672/7673/7674		9:45AM - 10:15AM
Class #7675/7676/7677		10:30AM - 11:00AM
Class #7678/7679/7680		11:15AM - 11:45AM
Class #7681/7682/7683		12:00PM - 12:30PM
Resident \$81 Non-resident \$90	ARPD Staff	Competitive Pool at Encinal Swim Center

Continued in next column



Session 1	Wednesdays	Jun 19 - Jul 3
Class #7612/7613/7614		9:00AM - 9:30AM
Class #7615/7616/7617		9:45AM - 10:15AM
Class #7618/7619/7620		10:30AM - 11:00AM
Class #7621/7622/7623		12:00PM - 12:30PM
Resident \$81 Non-resident \$90	ARPD Staff	Competitive Pool at Encinal Swim Center
Session 2	Wednesdays	Jul 10 - Jul 24
Class #7684/7685/7690		9:00AM - 9:30AM
Class #7687/7688/7689		9:45AM - 10:15AM
Class #7691/7692/7693		10:30AM - 11:00AM
Class #7694/7695/7696		11:15AM - 11:45AM
Class #7697/7698/7699		12:00PM - 12:30PM
Resident \$81 Non-resident \$90	ARPD Staff	Competitive Pool at Encinal Swim Center
Session 1	Thursdays	Jun 20 - Jun 27
Class #7624/7625/7626		9:00AM - 9:30AM
Class #7627/7628/7629		9:45AM - 10:15AM
Class #7630/7631/7632		10:30AM - 11:00AM
Class #7633/7634/7635		12:00PM - 12:30PM
Resident \$81 Non-resident \$90	ARPD Staff	Competitive Pool at Encinal Swim Center
Session 2	Thursdays	Jul 11 - Jul 25
Class #7702/7704/7705		9:00AM - 9:30AM
Class #7707/7708/7709		9:45AM - 10:15AM
Class #7711/7712/7713		10:30AM - 11:00AM
Class #7714/7715/7716		11:15AM - 11:45AM
Class #7717/7718/7719		12:00PM - 12:30PM
Resident \$81 Non-resident \$90	ARPD Staff	Competitive Pool at Encinal Swim Center



AQUATICS PRIVATE LESSONS - ALL AGES

Special Needs Private Swim Lessons All Ages

Special Needs Swim Tutor Private Lessons are 30 minutes in length and tailored to fit the participant's skill level. All lesson staff are Water Safety Instructor Certified.

Session 1 - Monday			
Class #7735	Jun 17 - Jul 1	M	9:00AM - 9:30AM
Class #7736	Jun 17 - Jul 1	M	9:45AM - 10:15AM
Class #7737	Jun 17 - Jul 1	M	10:30AM - 11:00AM
Class #7738	Jun 17 - Jul 1	M	12:00PM - 12:30PM
Resident \$39 Non-Resident \$45	ARPD Staff	Competitive Pool at Encinal Swim Center	
Session 2 - Monday			
Class #7751	Jul 8 - Jul 22	M	9:00AM - 9:30AM
Class #7752	Jul 8 - Jul 22	M	9:45AM - 10:15AM
Class #7753	Jul 8 - Jul 22	M	10:30AM - 11:00AM
Class #7754	Jul 8 - Jul 22	M	11:15AM - 11:45AM
Class #7755	Jul 8 - Jul 22	M	12:00PM - 12:30PM
Resident \$39 Non-Resident \$45	ARPD Staff	Competitive Pool at Encinal Swim Center	
Session 1 - Tuesday			
Class #7739	Jun 18 - Jul 2	Tu	9:00AM - 9:30AM
Class #7740	Jun 18 - Jul 2	Tu	9:45AM - 10:15AM
Class #7741	Jun 18 - Jul 2	Tu	10:30AM - 11:00AM
Class #7742	Jun 18 - Jul 2	Tu	12:00PM - 12:30PM
Resident \$39 Non-Resident \$45	ARPD Staff	Competitive Pool at Encinal Swim Center	
Session 2 - Tuesday			
Class #7756	Jul 9 - Jul 16	Tu	9:00AM - 9:30AM
Class #7757	Jul 9 - Jul 23	Tu	9:00AM - 9:30AM
Class #7758	Jul 9 - Jul 23	Tu	9:45AM - 10:15AM
Class #7759	Jul 9 - Jul 23	Tu	10:30AM - 11:00AM
Class #7760	Jul 9 - Jul 23	Tu	11:15AM - 11:45AM
Class #7761	Jul 9 - Jul 23	Tu	12:00PM - 12:30PM
Resident \$39 Non-Resident \$45	ARPD Staff	Competitive Pool at Encinal Swim Center	

Continued in next column



Session 1 – Wednesday			
Class #7743	Jun 19 - Jul 3	W	9:00AM - 9:30AM
Class #7744	Jun 19 - Jul 3	W	9:45AM - 10:15AM
Class #7745	Jun 19 - Jul 3	W	10:30AM - 11:00AM
Class #7746	Jun 19 - Jul 3	W	12:00PM - 12:30PM
Resident \$39 Non-Resident \$45	ARPD Staff	Competitive Pool at Encinal Swim Center	
Session 2 – Wednesday			
Class #7762	Jul 10 - Jul 24	W	9:00AM - 9:30AM
Class #7763	Jul 10 - Jul 24	W	9:45AM - 10:15AM
Class #7764	Jul 10 - Jul 24	W	10:30AM - 11:00AM
Class #7765	Jul 10 - Jul 24	W	11:15AM - 11:45AM
Class #7766	Jul 10 - Jul 24	W	12:00PM - 12:30PM
Resident \$39 Non-Resident \$45	ARPD Staff	Competitive Pool at Encinal Swim Center	
Session 1 – Thursday			
Class #7747	Jun 20 - Jun 27	Th	9:00AM - 9:30AM
Class #7748	Jun 20 - Jun 27	Th	9:45AM - 10:15AM
Class #7749	Jun 20 - Jun 27	Th	10:30AM - 11:00AM
Class #7750	Jun 20 - Jun 27	Th	12:00PM - 12:30PM
Class #7767	Jul 11 - Jul 25	Th	9:00AM - 9:30AM
Resident \$26 Non-Resident \$30	ARPD Staff	Competitive Pool at Encinal Swim Center	
Session 2 – Thursday			
Class #7768	Jul 11 - Jul 25	Th	9:45AM - 10:15AM
Class #7769	Jul 11 - Jul 25	Th	10:30AM - 11:00AM
Class #7770	Jul 11 - Jul 25	Th	11:15AM - 11:45AM
Class #7771	Jul 11 - Jul 25	Th	12:00AM - 12:30AM
Resident \$39 Non-Resident \$45	ARPD Staff	Competitive Pool at Encinal Swim Center	



GOLF



Summer Fun at the New Corica Park of Alameda

The Locals' Park for Fun, Golf, Food, Drink, Games & Social

Upcoming Events Include...

New Social Patio and Linksoul Retail Store

Enjoy a good drink or lunch at the new enlarged social patio. Featuring firepits, relaxed atmosphere and great views of the golf course. And, then be sure to check out the all new Linksoul retail store for men's and women's clothing and lifestyle products.

Intro to Golf Free Class...

Join other beginners in learning how to play golf, you don't need golf clubs for the class, they are provided. Classes are hosted on Saturdays beginning in April. Please visit the course website for more info or contact golf shop.

Junior Golf Camps

Designed for all levels of kids, the camps are hosted during the summer 4-days per week and limited in class size to allow for better instruction and more fun. Camps dates and more info are listed on the course website.

FootGolf League

FootGolf is a combination of the popular sports of soccer and golf. Players kick a soccer ball on shortened holes with 21-inch diameter cups in as few shots as possible. No experience required... Is fun for all! Adult and Kids summer leagues available to meet others and enjoy this new game.

Par 3 Golf League

Enjoy fun fast golf playing in this league on one of America's Best Par 3 Courses. League play includes weekly play, competition for all levels, prizes and social all in about 1 ½ hours of time. Doesn't get any better... check out the course website for additional info and to sign up.

Fun Starts Now... Go online today to learn more on this summer's fun programs.

Corica Park: (510) 747-7800, CoricaPark.com

JUNIOR GOLF

ALAMEDA JUNIOR GOLF ASSOCIATION

(AJGA – A separate, Non-profit Corporation)

The AJGA hosts golf tournaments for junior golfers ages 7-18 year olds throughout the summer including the prestigious East Bay Junior Tournament.

Program includes the following:

College scholarship program, fellowship, club meetings and more.

Joining also provides you with membership in the Northern California Golf Association's (NCGA)

"Youth on Course" program.

"Youth on Course" members can play any of Alameda golf courses for a discounted rate, establish an official NCGA handicap and receive the NCGA news magazine.

Cost for 2019 membership is \$50.

Contact at alamedajrgolf@gmail.com or (510) 521-4727



We're Joining the
FOOD WARE REVOLUTION



Call City of Alameda Public Works
(510) 747-7900 • AlamedaRecycles.org



KAYAKING - ALL AGES/FAMILY

KAYAKING

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

Birder's Tour Kayaking

Ages 12+

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

Class #7482	Jun 2	Su	9:00AM - 12:00PM
\$67	Joe Stack	Encinal Boat Ramp	
Class #7483	Aug 4	Su	9:00AM - 12:00PM
\$67	Joe Stack	Encinal Boat Ramp	

Crown Beach/ Ballena Bay Kayaking Tour

Ages 12+

Paddle through Ballena Bay and past Crab Cove enjoying the marine life, scenic views and sunshine! You will see a variety of bird life, harbor seals and more! Good for kayakers of all abilities.

Class #7494	Jun 22	Sa	9:00AM - 11:00AM
\$52	Joe Stack	Encinal Boat Ramp	
Class #7495	Aug 10	Sa	9:00AM - 11:00AM
\$52	Joe Stack	Encinal Boat Ramp	

Family Kayaking

Ages 4+

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

Class #7496	Jun 9	Su	10:00AM - 11:30AM
\$37	Joe Stack	Bay Farm Lagoon, 41 Cole Port Landing	
Class #7497	Jul 14	Su	10:00AM - 11:30AM
\$37	Joe Stack	Bay Farm Lagoon, 41 Cole Port Landing	
Class #7498	Aug 18	Su	10:00AM - 11:30AM
\$37	Joe Stack	Bay Farm Lagoon, 41 Cole Port Landing	



Family SEA Kayaking Tour

Ages 10+

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

Class #7491	Jun 23	Su	8:30AM - 10:00AM
\$52	Joe Stack	Encinal Boat Ramp	
Class #7492	Jul 28	Su	8:30AM - 10:00AM
\$52	Joe Stack	Encinal Boat Ramp	
Class #7493	Aug 25	Su	8:30AM - 10:00AM
\$52	Joe Stack	Encinal Boat Ramp	

Introduction to Kayaking

Ages 12+

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

Class #7505	Jun 1	Sa	8:00AM - 12:00PM
\$83	Joe Stack	Encinal Boat Ramp	
Class #7506	Jun 15	Sa	8:00AM - 12:00PM
\$83	Joe Stack	Encinal Boat Ramp	
Class #7508	Jul 20	Sa	8:00AM - 12:00PM
\$83	Joe Stack	Encinal Boat Ramp	
Class #7507	Jul 6	Sa	8:00AM - 12:00PM
\$83	Joe Stack	Encinal Boat Ramp	
Class #7509	Aug 3	Sa	8:00AM - 12:00PM
\$83	Joe Stack	Encinal Boat Ramp	

ALL AGES/FAMILY - KAYAKING/SAILING

Kayak Fishing Workshop

Ages 12+

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

Class #7500	Jul 21	Su	8:00AM - 1:00PM
\$93	Joe Stack	Encinal Boat Ramp	
Class #7501	Aug 18	Su	8:00AM - 1:00PM
\$93	Joe Stack	Encinal Boat Ramp	

Kayaking - Father's Day Tour

Ages 10+

Join us for a special tour designed just for fathers. We will tour the area at a relaxed pace in comfortable safe double sea kayaks and enjoy marine life, sea breeze and sunshine. This tour is perfect for all levels and abilities.

Class #7486	Jun 16	Su	9:30AM - 12:00PM
\$62	Joe Stack	Encinal Boat Ramp	

Sand Castle Kayak Tour

Ages 10+

Join us for a fun paddle to Crown Beach to check out all of the sand castles at the annual Sand Castle and Sand Sculpture Competition. Enjoy the scenic views as you paddle through Ballena Bay and past Crab Cove - then land at the beach to see all the action. No experience necessary, perfect for all abilities.

Class #7513	Jun 8	Sa	9:00AM - 12:30PM
\$78	Joe Stack	Encinal Boat Ramp	



Sea Plane Lagoon Kayaking Tour

Ages 12+

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

Class #7520	Jul 27	Sa	9:00AM - 11:00AM
\$52	Joe Stack	Encinal Boat Ramp	
Class #7521	Aug 24	Sa	9:00AM - 11:00AM
\$52	Joe Stack	Encinal Boat Ramp	

Self Rescue Kayaking Workshop

Ages 12+

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

Class #7514	Jun 23	Su	11:00AM - 1:00PM
\$62	Joe Stack	Encinal Boat Ramp	
Class #7515	Jul 28	Su	11:00AM - 1:00PM
\$62	Joe Stack	Encinal Boat Ramp	
Class #7516	Aug 25	Su	11:00AM - 1:00PM
\$62	Joe Stack	Encinal Boat Ramp	

Sunset Kayaking Tour

Ages 12+

This tour is perfect for taking photos, with the sun setting over the horizon and fantastic views along the way! Kayakers will travel in safe double sea kayaks. No experience is necessary, good for all abilities.

Class #7517	Jun 22	Sa	7:00PM - 9:30PM
\$67	Joe Stack	Encinal Boat Ramp	
Class #7518	Jul 13	Sa	7:00PM - 9:30PM
\$67	Joe Stack	Encinal Boat Ramp	

SAILING

Family Basic Dinghy Sailing

Ages 7+

This weekend course provides families with basic skills to safely sail a dinghy. Safety gear is provided. Course graduates gain access to Alameda Community Sailing Center Open Sailing days to independently practice their skills. The cost of this course is \$284 for the first member of your party, and \$129 for each subsequent member.

Class #7484	Aug 24 - Aug 25	Su Sa	9:00AM - 4:00PM
Standard fee \$284.00. Fee for 2 - 5 participants: \$129.00			
Alameda Community Sailing Center		Alameda Community Sailing Center, Encinal Boat Ramp	

TENNIS

Monday Morning Tennis Class

Ages 18+

Now is the time to make those changes to your strokes that will raise your game a notch. Each class includes instructor tips, drills, strategy and tactics. RAIN OUTS MADE UP AT END OF SESSION.

Class #7383	Jun 10 - Jul 15	M	9:00AM - 10:00AM
\$103	ARPD Staff	Fairfield Tennis Court #5 at Washington Park	
Class #7384	Jul 22 - Aug 26	M	9:00AM - 10:00AM
\$103	ARPD Staff	Fairfield Tennis Court #5 at Washington Park	

Tennis - Adult Advanced Beginner

Ages 18+

Whether you are a beginner playing for the first time or an experienced player trying to hone your skills, ARPD can help improve your game. RAIN OUTS MADE UP AT END OF SESSION.

Class #7385	Jun 11 - Jun 27	Tu Th	7:30PM - 8:30PM
\$103 \$20 drop-in	ARPD Staff	Fairfield Tennis Court #5 at Washington Park	
Class #7386	Jul 9 - Jul 25	Tu Th	7:30PM - 8:30PM
\$103 \$20 drop-in	ARPD Staff	Fairfield Tennis Court #5 at Washington Park	
Class #7387	Jul 30 - Aug 15	Tu Th	7:30PM - 8:30PM
\$103 \$20 drop-in	ARPD Staff	Fairfield Tennis Court #5 at Washington Park	

Tennis - Adult Beginner

Ages 18+

Whether you are a beginner playing for the first time or an experienced player trying to hone your skills, ARPD can help improve your game. RAIN OUTS MADE UP AT END OF SESSION.

Class #7388	Jun 11 - Jun 27	Tu Th	6:30PM - 7:30PM
\$103 \$20 drop-in	ARPD Staff	Fairfield Tennis Court #5 at Washington Park	
Class #7389	Jul 9 - Jul 25	Tu Th	6:30PM - 7:30PM
\$103 \$20 drop-in	ARPD Staff	Fairfield Tennis Court #5 at Washington Park	
Class #7390	Jul 30 - Aug 15	Tu Th	6:30PM - 7:30PM
\$103 \$20 drop-in	ARPD Staff	Fairfield Tennis Court #5 at Washington Park	

10 & Under Tennis Class

Ages 5 - 10

This class is designed to bring kids into the game by utilizing specialized equipment, shorter court dimensions, and modified scoring, all tailored to age and size.

Ages 5 - 6			
Class #7315	Jun 22 - Jul 27	Sa	11:00AM - 12:00PM
\$103 \$20 drop-in	ARPD Staff	Tennis Court #2 at Krusi Park	
Class #7316	Aug 3 - Sep 7	Sa	11:00AM - 12:00PM
\$103 \$20 drop-in	ARPD Staff	Tennis Court #1 at Krusi Park	
Ages 7 - 8			
Class #7317	Jun 22 - Jul 27	Sa	9:00AM - 10:00AM
\$103 \$20 drop-in	ARPD Staff	Tennis Court #2 at Krusi Park	
Class #7318	Aug 3 - Sep 7	Sa	9:00AM - 10:00AM
\$103 \$20 drop-in	ARPD Staff	Tennis Court #1 at Krusi Park	
Ages 9 - 10			
Class #7319	Jun 22 - Jul 27	Sa	10:00AM - 11:00AM
\$103 \$20 drop-in	ARPD Staff	Tennis Court #2 at Krusi Park	
Class #7320	Aug 3 - Sep 7	Sa	10:00AM - 11:00AM
\$103 \$20 drop-in	ARPD Staff	Tennis Court #1 at Krusi Park	

Tennis - Private & Semi-Private Lessons

Ages 6+

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

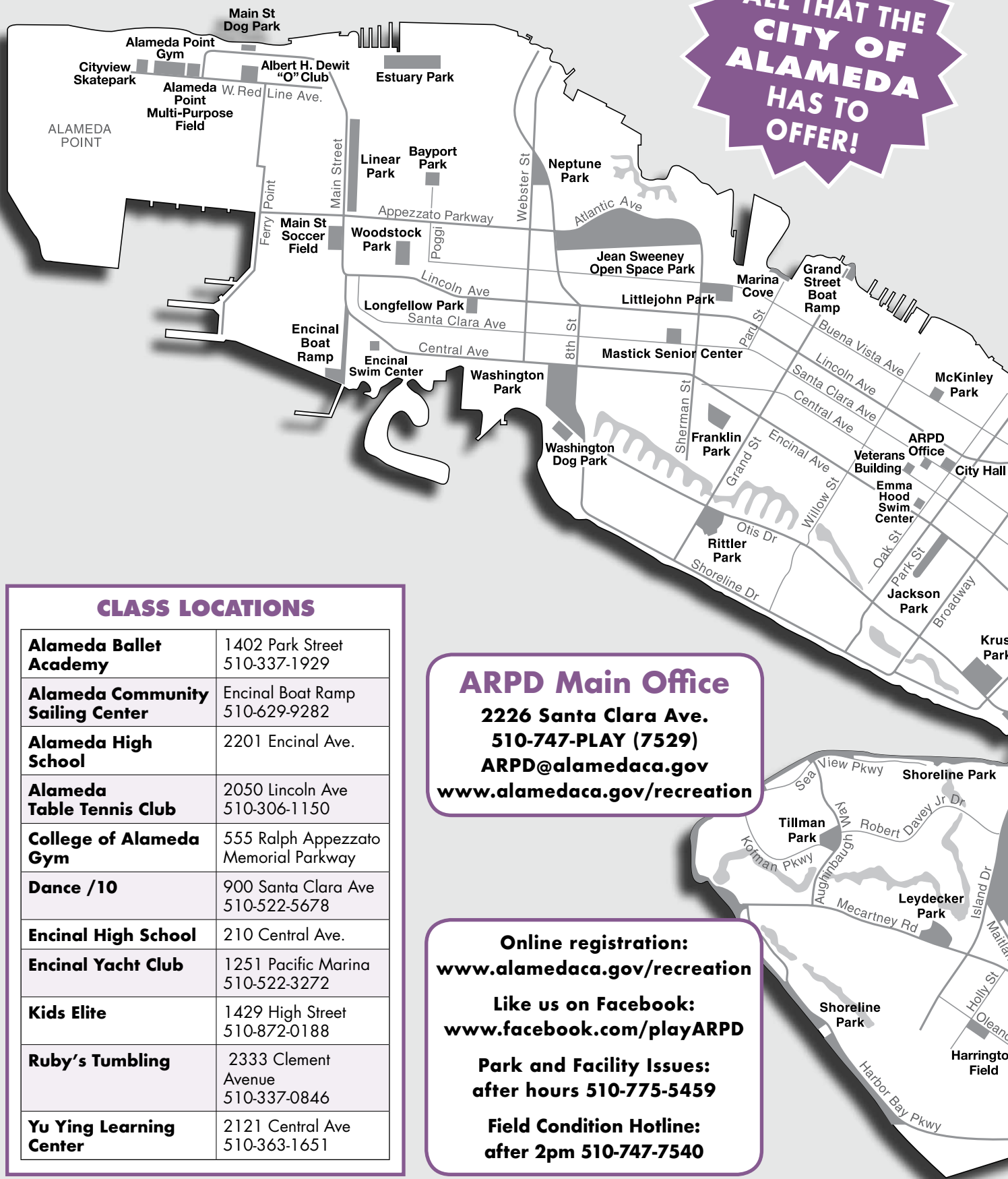
Private Lessons – 1 hour each class			
Class #7381	Jun 1 - Sep 30	Email to book time and date	
\$46 per person \$185 per person for 4 classes		ARPD Staff	Tennis Courts
Semi-Private Lessons – 1 hour each class			
Class #7382	Jun 1 - Sep 30	Email to book time and date	
\$62 per pair \$247 per pair for 4 classes		ARPD Staff	Tennis Courts

Skyhawks Tennis Camp

Ages 5 - 14 • See page 25

FACILITIES & PARKS

ENJOY
ALL THAT THE
**CITY OF
ALAMEDA**
HAS TO
OFFER!



CLASS LOCATIONS

Alameda Ballet Academy	1402 Park Street 510-337-1929
Alameda Community Sailing Center	Encinal Boat Ramp 510-629-9282
Alameda High School	2201 Encinal Ave.
Alameda Table Tennis Club	2050 Lincoln Ave 510-306-1150
College of Alameda Gym	555 Ralph Appenzato Memorial Parkway
Dance /10	900 Santa Clara Ave 510-522-5678
Encinal High School	210 Central Ave.
Encinal Yacht Club	1251 Pacific Marina 510-522-3272
Kids Elite	1429 High Street 510-872-0188
Ruby's Tumbling	2333 Clement Avenue 510-337-0846
Yu Ying Learning Center	2121 Central Ave 510-363-1651

ARPD Main Office

**2226 Santa Clara Ave.
510-747-PLAY (7529)
ARPD@alamedaca.gov
www.alamedaca.gov/recreation**

Online registration:

www.alamedaca.gov/recreation

Like us on Facebook:

www.facebook.com/playARPD

**Park and Facility Issues:
after hours 510-775-5459**

**Field Condition Hotline:
after 2pm 510-747-7540**

FACILITY & PARK LOCATIONS

Alameda Point Gym & Multi-purpose Field	1101 West Redline Ave.	510-747-PLAY
Bayport Park	301 Jack London Ave.	510-263-1428
City View Skate Park (Alameda Point)	1177 West Redline Ave.	
Corica Park	1 Clubhouse Memorial Dr.	510-747-7800
Dog Park (Robert Crown Memorial Beach)	next to Washington Park Tennis Courts	
Emma Hood Swim Center	2256 Alameda Ave.	510-522-8107
Encinal Boat Ramp	Central Ave. behind Encinal High	
Encinal Swim Center	230 Central Ave.	510-522-4590
Estuary Park	200 Mosley Ave	
Franklin Park	1432 San Antonio Ave.	510-522-3132
Godfrey Park	281 Beach Rd.	510-521-1551
Grand Street Boat Ramp	North End of Grand St.	
Harrington Field	3400 Oleander Ave.	
Jackson Park	2430 Encinal Ave.	
Jean Sweeney Open Space Park	1925 Sherman St.	
Krusi Park	900 Mound St.	510-522-4341
Leydecker Park	3225 Mecartney Rd.	510-521-1266
Lincoln Park/Harrison Center	1450 High St.	510-523-6222
Littlejohn Park	1401 Pacific Ave.	510-523-1510
Longfellow Park	520 Lincoln Ave.	510-522-5262
Main Street Dog Park	Main St. & Navy Wy.	
Main Street Linear Park	Main St.	
Main Street Soccer Field	Main St. & Appezzato Pkwy.	
Marina Cove Waterfront Park	1591 Clement Ave.	
Mastick Senior Center	1155 Santa Clara Ave.	510-747-7500
McKinley Park	2165 Buena Vista Ave.	510-522-6161
Neptune Park	2301 Webster St.	
O'Club	641 West Redline Ave.	510-747-PLAY
Bill Osborne Model Airplane Field	Doolittle Dr. at Harbor Bay Parkway	
Rittler Park	1400 Otis Dr.	
Shoreline Park	2801 Seaview Parkway	
Tillman Park	220 Aughinbaugh Wy.	510-521-8307
Towata Park	3315 Bridgeway Isle	
Underground Teen Center	Veteran's Building, Rm 170	510-748-9466
Veteran's Memorial Building	2203 Central Ave.	510-864-4017
Washington Park	740 Central Ave.	510-521-0162
Woodstock Park	351 Cypress St.	510-521-0656



FACILITIES & PARKS

FACILITY & PARK RENTALS

ARPD Main Office

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

Park & Facility Issues Line

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

Albert H. DeWitt O'Club

641 West Redline Ave., Alameda Point

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

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



Recreation Centers at Bayport, Leydecker & Lincoln Parks

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

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



Picnic Areas

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

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

To check availability, information or send in a Facility Use Permit:

Picnics, bocceball & recreation centers
email: arpd@alamedaca.gov

Fields, sports & aquatics
email: DMcDaniels@alamedaca.gov

ADDITIONAL FACILITIES AVAILABLE TO THE PUBLIC

Encinal & Grand Street Boat Ramps

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

Bill Osborne Model Airplane Field

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

SENIOR CENTER - ADULTS 50+ / SENIORS



Making Connections • Staying Active • Living Well

Programs and services for adults age 50 and older

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

NEW MEMBER ORIENTATION

The New Member Orientation is a **MUST** and offers a guided-tour to introduce you to the Center, an information packet outlining the various programs and services and a coupon for a complimentary lunch! **Join us on April 18, May 9, June 13, July 11, August 8, and September 12, at 10:30AM** in the Media Room. Registration required, please call (510) 747-7506.

CLASSES & PROGRAMS

Refer to the Activities at a Glance flier available in the Mastick Lobby and online at www.mastickcenter.com.

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

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

MOON DANCE

Moon Dance Wednesday, June 12

1:15 p.m. - 3:15 p.m.
Mastick Social Hall, \$4 per person

Enjoy DJ-led dancing and "best outfit" contest that celebrates the 50th anniversary of the first landing on the moon.

Refreshments included!

MSCAB PROGRAMS

Mastick Senior Center Advisory Board Programs (MSCAB)

• MSCAB Monthly Meetings

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

• Mastick Bingo Program

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

• Mastick Thrift Shop

Tuesdays & Saturdays: 10:00AM - 2:00PM
Open to the public.
Proceeds support Mastick Senior Center programs.
Donations accepted, call 510-747-7506 for details.

• Mastick Senior Center Advisory Board (MSCAB) Scholarship Program for Low Income Members

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

BIRTHDAY PARTIES

Celebrate Your Birthday with Us!

Join us on the fourth Thursday of the month
(May 23, June 27, July 25, August 22, and September 26)
at 12:30PM in Dining Room 2.

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

SENIORS/ADULTS 50+ - PROGRAMS



FOOD PROGRAMS

Lunch Served DAILY

Monday – Friday	12:00
Dining Room opens	11:15AM
Eligibility Requirement	Age 60+
Donation	\$3.75
Reservation required	Call 510-747-7503

Brown Bag Program

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

HOTLINES

511 Transportation Hotline

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

Info & Referral Assistance Hotline

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

MASTICK'S HOT TOPICS

Hot Topics feature relevant topics of interest. A sampling of upcoming programs are outlined below. To learn more, refer to our monthly newsletter which is available online at www.mastickcenter.com and in the Mastick Lobby.

Registration is required for all programs listed. To enroll, call (510) 747-7506 or visit the Mastick Office. Programs are FREE unless otherwise noted.

April 2019

Felix Mendelssohn: Life with Music

Monday, April 8, 1:30PM - 3:00PM, Dining Room 2

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

Alexander Technique: The Art of Balance

Tuesday & Wednesday, April 16 & 17,

1:30PM - 3:00PM, Dining Room 2

Cost: \$33 (Class #6723)

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

Brain Health: Take Action Now!

Wednesday, April 17, 1:00PM, Media Room

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

Disaster Preparedness

Thursday, April 18, 1:30PM, Dining Room 2

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

Diabetes Workshop

Wednesdays, April 24, May 1, 8, 15, 22, 29 & June 5, 10:00AM - 12:00, Room E

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

VA Presentation

Thursday, April 25, 1:00PM, Room E

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

PROGRAMS - ADULTS 50+ / SENIORS

May 2019

Alameda Development and Architecture

Tuesdays & Thursdays, May 7, 14, 16, 23, 30 & June 6, 11:00AM - 12:00, Room TBA (Slide shows)

May 9, 21, 28, June 4, 11 & 13, 11:00AM - 12:00, Mastick (Walks)

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

Estate Planning: Tips, Traps & Solutions

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

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

Maintaining Healthy Feet as We Age

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

Keeping your feet healthy as you age will help keep you on your feet and walking, a major factor in quality of life. Sponsored by Elders Village and AEC Living.

Using Poles for Balance, Mobility & Exercise

Thursday, May 16, 9:00AM - 12:00, Room D

Cost: \$31 new students, \$21 returning students, third-"timers" free (Class #6944)

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

Pickleball Clinics: Intermediate (Class #7217) & Pickleball Skills (Class #7295)

Saturday, May 18, 9:00AM - 11:00AM & 11:00AM - 1:00PM, Lincoln Park

Cost: \$28 per clinic

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

Declutter to Downsize

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

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

Thinking of buying a new car?

Why not go ELECTRIC?

Wednesday, May 22, 1:00PM, Media Room

Get your questions answered about how an Electric Vehicle might be right for you. Compare prices, rebates and driving range of different vehicles. Learn how to shop for an EV, how to decide whether you need a home charger and what you need to do to get one. And most importantly, find out which EVs are rated safest for seniors.

Podcast with Leslie Krongold, Ed.D.

Tuesday, May 28, 1PM, Room D

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

Annual National Senior Health & Fitness Day Fair

Wednesday, May 29, 1:00PM - 3:00PM

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

June 2019

Dollar Bill Folding - T-shirt and Tie

Friday, June 7, 1:00PM - 3:00PM, Room D

Join Nora Yee, Volunteer, and learn how to fold dollar bills into gifts such as t-shirts and ties. They go well with Father's Day cards. Bring crisp dollar bills and clear tape.

"May the Force be with You"

Monday, June 10, 1:30PM - 3:00PM, Dining Room 2

William Garrett, Ph.D., professor emeritus of philosophy & religion, JFKU

The epic film series "Star Wars" is filled with many typical movie myths: evil villains, wise elders, a princess, dashing heroes, and lovable, quirky robots and aliens. But there's more, and it's worth our attention. The series also evokes a sense of deep meaning that is typically identified with the Sacred and proposes an alternative to traditional Western understanding. After all, it's "May the Force be with you," not "May God be with you." This shift of a single word signals a different idea about what it means to be human. Professor Garrett, asks us to examine the implications of this transition and relationship between science and religion. Is the Force with you? This CSUEB Scholar-OLLI program is sponsored by the MSCAB.



SENIORS/ADULTS 50+ - PROGRAMS

Gig Car Share

Tuesday, June 11, 1:00PM - 3:00PM, Room D

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

Assisted Living Options Presentation

Wednesday, June 12, 1:00PM, Room D

Join Christine Sevier, Creating New Hope Senior Living Advocate, to examine alternative care communities such as independent, assisted, and memory care. Learn how to review the facility's licensing, citations, inspections, complaints reviews. Gain an understanding of the resident's rights and best practices.

Alameda Hospital Stroke Risk Assessment

Thursday, June 13, 9:00AM - 12:00, Social Hall

Alameda Hospital will offer the following health screenings: Blood Pressure, Body Mass Index, Cholesterol (finger stick blood test), Blood Glucose Screening, and Quick-look EDG (Atrial Fibrillation). Included is an individual review of your risk for stroke. Health education about the importance of recognizing the signs and symptoms of a stroke will also be provided. Appointments are required and space is limited. For an appointment, call (510) 814-4362 or email relations@alamedahealthsystem.org.

Dream Workshop

Thursdays, June 13, 20, 27, July 11, 18 & 25, 1:00PM - 2:30PM, Room E

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

Expressive Arts for Positive Aging

Wednesday, June 19, 1:00PM, Media Room

Did you know the arts are good for your mind AND your body? Discover the power of music, art, and theater as tools for healthy living. Sponsored by Elders Village and AEC Living.

Basic Housing Rights

Tuesday, June 25, 1:00PM, Room D

The Health Insurance Counseling Advocacy Program (HICAP) and Legal Assistance for Seniors (LAS) will present an introductory workshop that includes an overview of basic CA laws for tenants, as well as various landlord rights and responsibilities.



The Use of Cannabis in Medicine

Wednesday, June 26, 1:00PM, Media Room

Join Calyx Health to better understand the medicinal use of cannabis in reducing anxiety and stress, regulating inflammation, and increasing healthy sleep. Sponsored by Calyx Health.

July 2019

Caregiving 101:

Family Caregivers Support Workshop

Mondays, July 8, 15, 22, 29, August 5, 12, 19 & 26, 1:00PM - 3:00PM, Dining Room 2

Cost: \$29 Special Rate, \$95 Regular Price, \$10 materials fee to instructor.

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

SSA Benefits and More

Tuesday, July 9, 1:00PM, Room D

Join Sarah Kim Lee, SSA Public Affairs Specialist, to learn about the programs Social Security administers, iSSNRC, online services, ID Theft, myRA, Social Security income verification letter, Medicare, and the benefits of creating a "my Social Security" account.

Concerned About Falling?

Wednesdays, July 10, 17, 24, & 31, August 7, 14, 21 & 28, 10:00AM - 12:00, Room E

Matter of Balance is an evidence-based program designed to help seniors prevent falls through exercises and discussion. Class is limited to 12 participants. Sponsored by the Alameda Fire Department Senior Safety & Accessibility Program and Alice Home Care.

The Last Gift Box

Monday, July 15, 1:00PM, Room D

Cost: \$5

Join Tina Cole Kreitz, Author, to explore how to organize your papers, your wishes for your death and plans you want your family to follow after you die. Learn how to talk to your loved ones about these very important issues. The Last Gift Box book and forms will be available for purchase.

What to do with all this Stuff?

Tuesday, July 16, 1:00PM, Room D

Cost: \$5

This workshop will give you tools to talk with your loved ones about all your treasures and where they will go when you downsize or die. Just look around your home and think about that daunting task! Taught by Tina Cole Kreitz, Author of The Last Gift Box, the Stuff Workshop will help you get motivated and organized to create your gift box.

Know Your Housing Rights!

Tuesday, July 16, 1:00 pm, Room E

Join the Fair Housing and Landlord-Tenant staff of ECHO Housing for a free workshop on housing rights.

PROGRAMS - ADULTS 50+/SENIORS

Fall Prevention is Life Extension

Wednesday July 17, 1:00PM, Media Room

Falls are major causes of injury and death among seniors. Learn how to proactively minimize your risk of falling. Sponsored by Elders Village and AEC Living.

Biking After Dark

Tuesday, July 23, 1:30PM, Room D

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

China in Africa

Wednesday, July 24, 1:00PM, Room D

Join Roger Dong, Lecturer, and learn about China's multiple programs conducted in 54 nations of Africa. Most foreign countries have exploited the resources of Africa without leaving benefits to the people, however, China has left valuable benefits rarely mentioned in the Western press.

Learn about Alameda's Climate Action and Resiliency Plan

Tuesday, July 30, 1:00PM, Room D

Alameda's Climate Action and Resiliency Plan is an effort to make Alameda a healthier and more sustainable place to live, work, and play. City staff, Patrick Pelegri-O'Day will give a short presentation, then be available for Q&A.

August 2019

Nature's Healing

Monday, August 5, 1:30PM, Room D

Nature-based healing or "green therapy" is much in the news. Is it a fad or can nature, in fact, play a positive role in our emotional, psychological and physical health? Darlene DeRose, MBA Yale, MA JFK University, UC Certified Master Gardener, will explore the latest insights and theories about this culturally-based movement. Some stem from the idea that we have become disconnected from nature itself, an unhealthy place to be. What are the benefits of staying in tune with the awesome natural world around us and paying attention to its teaching of all life forms, including our own? This CSUEB Scholar-OLLI program is sponsored by the MSCAB.

Coffee Talk with Alameda Police Department

Tuesday, August 6, 1:00PM, Room D

Enjoy a cup of coffee while engaging with Alameda Police Officers. Take advantage of this opportunity to ask questions and voice concerns about crime in the city.

The State of Behavioral Health and Aging in America

Tuesday, August 13, 1:00PM, Room D

1 in 10 seniors is affected by depression or anxiety at any given moment, yet it's often under recognized and underdiagnosed. Join Calyx Health to hear the reasons behind these alarming numbers and their approach to changing these stats. Sponsored by Calyx Health.

Nutrition: You Are What You Eat

Wednesday, August 21, 1:00PM, Media Room

Explore the nutritional challenges common in older age and learn how your diet affects more than just your body. Sponsored by Elders Village and AEC Living.

Alexander Technique: Freedom to Sit, Stand & Move

Tuesday, Wednesday & Thursday, August 27, 28, & 29, 1:00PM - 2:30 pm, Room E

Cost: \$45, Class #7245

The Alexander Technique offers both fundamental concepts and instructions on how to be more aware of your body, and move with greater ease and more freedom. Lenka Fejt, certified Alexander Technique Teacher, B.S. Exercise and Movement Sciences, teaches this informative workshop.

Pigskin 101 and Advanced Pigskin – Professional Football from All Angles

Friday, August 30, Room D, 12:30PM - 1:30PM (101), 2:00PM - 3:30PM (Advanced)

Mastick Staff, Ed Kallas, conducts an interactive and fun review of the history, rules and strategies of the pro game. Learn how the game evolved from a lethal bout of brute strength to a sophisticated chess match that requires sharp minds and athletic prowess.

September 2019

The Art of Experiencing Photographs

Tuesday, September 10, 1:00PM, Room D

Cost: \$5

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

Navigate the Medicare Maze

Wednesday, September 18, 1:00PM, Media Room

Dealing with Medicare can be confusing, but you're not alone! Learn the essentials about the Medicare system and its policies. Sponsored by Elders Village and AEC Living.

How Changes in Medicare Affect Seniors

Tuesday, September 24, 1:00PM, Room D

Join Dr. Gupta of Calyx Advantage to learn how Medicare's business model is changing and what that means for seniors, healthcare, and insurance options. Sponsored by Calyx Advantage.

Please refer to the Activities at a Glance flier available at www.mastickcenter.com or the Mastick Lobby for the latest updates

SENIORS/ADULTS 50+ - PROGRAMS

PICKLEBALL

Drop-In Pickleball - FREE

Looking for a fun way to meet new friends and improve your fitness level? If so, play the game that combines Ping Pong and Tennis...Pickleball! This game features small paddles, whiffle balls, low hanging nets and a court quarter the size of tennis. Loaner paddles available. For details, contact Ed Kallas, Recreation Supervisor I at (510) 747-7511 or ekallas@alamedaca.gov. For more information visit www.youtube.com ("how to play Pickleball") or www.alamedapickleball.org. Please note, to open the gate lock closest to the Bocce Ball Courts, enter the code "RIDER".

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

Need a Quiet Space to Meet?

Mastick Senior Center has many nooks and crannies that can be used as meeting spaces. If you need to meet with a contractor or interview a caregiver and don't want to meet at your home, please take advantage of the comfortable, friendly atmosphere provided here at Mastick Senior Center. To reserve a meeting space, please call (510) 747-7506.

Senior Connections - Case Management Services

Senior Connections is a collaboration between Mastick Senior Center and Alameda Family Services to provide case management assistance for Alameda seniors needing help with health insurance, housing needs, in-home support services, food resources and so much MORE! The Case Manager is available on Tuesdays and Thursdays by appointment. To schedule an appointment, please call (510) 747-7506. This program is funded in part by the Mastick Senior Center Advisory Board (MSCAB).

SPECIAL SERVICES

Services to Support Everyday Living...

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

Alzheimer's Caregiver Support Group

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

Diabetes Support Group

If you or someone you love has diabetes, consider joining the Diabetes Support Group, provided by the Alameda County Public Health Department Diabetes Program. For more information, call (510) 383-5185. No registration required.

Island Pride LGBT Peer Support Group

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

TRANSPORTATION

AARP Smart Driver Course

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

The standard course is offered in two, four-hour sessions over a two-day period from 9:00AM - 1:00PM as follows: Wednesdays, August 7 & 14

The refresher course is offered in one, four and a half-hour session from 9:00AM - 1:30PM and is available to individuals that have taken the standard course within the last three years. The refresher course is offered on the following dates: Wednesdays: June 5 or October 9.

Transportation Assistance

On Tuesdays and Thursdays, from 9:00AM to 3:00PM, Victoria Williams, Paratransit Coordinator, is available in the Mastick Office to assist you with your paratransit and transportation needs. She can be reached at vwilliams@alamedaca.gov or (510) 747-7513.

Transportation 101

Victoria Williams, Paratransit Coordinator, will provide an overview of the various transportation options (East Bay Paratransit, Premium Taxi Program, FREE shuttle service, and MORE) available to Alameda residents. Bring your questions! Join us at 1:00PM in Room D on April 16 or August 20. Registration required, please call (510) 747-7506.

PROGRAMS - ADULTS 50+ / SENIORS

TRAVEL OPPORTUNITIES

Monthly Day Trip Program

A fun adventure awaits YOU! Just sit back and relax while we transport you on a climate-controlled tour bus to an exciting Bay Area location. Do you have a question? Want to suggest a destination? If so, contact Ed Kallas, Recreation Supervisor I, at (510) 747-7511 or ekallas@alamedaca.gov. Travel fliers outlining trip particulars are available in the Mastick Lobby.

Sacramento River Cats Baseball Game

Class #7300	Tuesday, June 18	9:30AM - 4:00PM	\$37
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Minor League baseball features all of the skill of the Major Leagues plus closer sightlines and players working hard to make the "Bigs". Transportation, admission and \$10 credit for lunch at the ballpark is included. Seat locations are the "shadiest" in the stadium. Activity Level: Moderate Movers.

The Dogs of Santa Rosa (Canine Companions and Charles M. Schulz Museum)

Class #7301	Tuesday, July 16	8:00AM - 4:00PM	\$55
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Canine Companions for Independence train dogs to enhance the lives of people with disabilities. We will tour their training center, have lunch then enjoy a docent tour of the Charles M Schulz Museum. Activity Level: Strenuous Striders.

Walt Disney Family Museum

Class #7305	Friday, August 9	8:30AM - 4:00PM	\$65
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Discover the Walt Disney Family Museum which features the life and legacy of Walt Disney. Delicious lunch at Pompei's Grotto Restaurant included. Activity Level: Moderate Movers.

Local Trip & Extended Travel Presentations

Mondays, June 3 & 24, 10:00AM, Media Room
Get two for one... Ed Kallas, Recreation Supervisor I, will review upcoming local trips. Then, **representatives of Collette Tours**, (6/3), and **Premier World Discovery**, (6/24), will provide an overview of extended travel opportunities including Niagara Falls to New York City, Switzerland, France & Christmas Markets on the Rhine (River cruise) and Italian Vistas.

Golden Gate Audubon Society's Traveling Exhibit Comes to Mastick!

We are excited to feature the Golden Gate Audubon Society's traveling exhibit including self-standing panels of colorful beautiful bird images.

Refer to upcoming editions of the Mastick newsletter for more information or simply be surprised when entering the Mastick Lobby! Enjoy...

Extended Travel Program

To register for one of the extended travel trips listed below, contact Ed Kallas, Recreation Supervisor I, at (510) 747-7511 or ekallas@alamedaca.gov.

Niagara Falls to New York City

October 4 - 11, 2019	\$4,599/single, \$3,499/double (refer to flier for single supplements)
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Highlights: Vintage train ride, Erie Canal, View of Niagara Falls from Canada, Cooperstown, West Point, The Big Apple and more!

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

December 3 - 11, 2019	\$3,495/single, \$4,995/double (refer to flier for single supplements)
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Highlights: English speaking chartered ship, Christmas Markets, Lucerne, Basel, Strasbourg, Speyer, Rudesheim - Rhine River Gorge - Koblenz, Germany and more!

Great Trains and Grand Canyons

February 23-28, 2020	\$3,295/single, \$2,545/double Payment due by 12/1/19
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Highlights: Two rail journeys, Grand Canyon National Park, Oak Creek Canyon, Black Bart's Steakhouse, Sedona Trolley Tour, Chapel White of the Holy Cross, Tlaquepaque & Uptown Sedona, Montezuma Castle, Jerome, Chuckwagon Supper & Show, Old Town Scottsdale!

Italian Vistas

March 16-28, 2020	\$5,279/single, \$4,479/double Payment due: 1/16/20
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Highlights: Multiple-night stays in Rome, Florence, Venice, the Sorrento Coast and Stresa in the Lakes District and Pompeii. Take a boat to the enchanting Isle of Capri. See the gems of the Renaissance in Florence's Academy Gallery, including Michelangelo's David. Marvel at the Leaning Tower of Pisa and stroll the streets of Verona that were the backdrop for Shakespeare's Romeo and Juliet. Stop at a Tuscan winery and farm for a lunch of regional specialties and wines and more!



SENIORS/ADULTS 50+ - PROGRAMS

WORKSHOPS - HICAP & LAS

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

HICAP and LAS provide FREE community education presentations to Alameda County residents. Registration is required. Call (510) 747-7506 or visit the Mastick Office.

Tuesday	March 26	The ABCs of Long LTC: An Overview of Long Term Care
Tuesday	April 23	Keeping Elders Safe: An Overview of Elder Abuse and Legal Remedies
Tuesday	May 7	Seniors' Guide to Public Benefits
Tuesday	June 4	Consumer Fraud: Scams Targeting Seniors and Tips for Protection and Prevention
Tuesday	June 25	Basic Housing Rights
Tuesday	October 15	Medicare & the AEP: Changes for 2020 (This is the first day of open enrollment. Let's hit the ground running!)
Presentations are held in Room D at 1:00 p.m.		

ADVERTISE

Have You Considered Advertising in the ARPD Activity Guide?

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

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

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

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

Tenants and Landlords

Learn About Your Rights!

- Rent Increases
- Relocation Assistance
- Capital Improvements
- Terminations of Tenancy/Evictions
- Changes in Ownership

CONTACT THE
RENT STABILIZATION
PROGRAM FOR INFORMATION



510-747-4346

rrac@alamedahsg.org
www.alamedarentprogram.org

CLASSES - ADULTS 50+/SENIORS

ARTS & CRAFTS

Bead Jewelry Open Studio

Class #7233	Jun 6 - Aug 29 No class on 7/4	Th	1:30PM - 3:30PM
Free	Lee Daguman	Mastick - Room D	
Materials/supplies provided by participant			

Ceramics

Beginning			
Class #7248	Jul 11 - Sep 12	Th	9:30AM - 12:00PM
\$114	Bonnie Boller	Mastick - Skill Center	
\$30 Supply fee paid to instructor on first day of class			
Intermediate			
Class #7249	Jul 11 - Sep 12	Th	12:30PM - 3:00PM
\$114	Bonnie Boller	Mastick - Skill Center	
\$30 Supply fee paid to instructor on first day of class			
Lab – For enrolled students only			
Free	Ongoing	Tu	10:00AM - 3:00PM

Drawing & Painting

Class #7225	Jun 24 - Aug 19	M	12:30PM - 3:30PM
\$78	Mi'Chelle Fredrick	Mastick - Skill Center	
Class #7226	Jun 28 - Aug 23	F	9:30AM - 12:30PM
\$78	Mi'Chelle Fredrick	Mastick - Skill Center	
Lab – For enrolled students only			
Free	Ongoing	F	1:00PM - 3:30PM

Fabric Arts Lab

Class #7258	Jun 7 - Aug 30	F	12:30PM - 3:30PM
Free	Mastick - Room B		

Knitting & Crochet

Knitting and Crochet for Beginners			
Class #7271	Jun 4 - Aug 27	Tu	1:15PM - 3:15PM
Free	Mastick - Media Room		
Knitting Circle			
Class #7272	Jun 4 - Aug 30	Tu	1:00PM - 3:00PM
		F	9:00AM - 12:00PM
Free	Mastick - Room B		
Materials/supplies provided by participant			

ARPD Enrollment Minimum

Register early, as classes require a minimum enrollment of five participants!

Needlecraft

Class #7280	Jun 4 - Aug 27	Tu	9:00AM - 12:00PM
Free	Ongoing	Mastick - Room B	
Materials/supplies provided by participant			

Sewing & Alteration

Class #7283	Jun 5 - Aug 28	W	10:00AM - 2:00PM
\$5 per class	Mary Mitsuda	Mastick - Room B	
Materials/supplies provided by participant			

Stained Glass & Mosaics

Beginners			
Class #7239	Jun 3 - Jul 22	M	9:00AM - 12:00PM
Class #7241	Aug 5 - Sep 30	M	9:00AM - 12:00PM
\$43	Colene Leong	Mastick - Skill Center	
\$30 Supply fee paid to instructor on first day of class			
Intermediate			
Class #7240	Jun 5 - Jul 24	W	12:00PM - 3:00PM
Class #7242	Aug 7 - Sep 25	W	12:00PM - 3:00PM
\$43	Colene Leong	Mastick - Skill Center	
\$30 Supply fee paid to instructor on first day of class			
Lab – For students who have completed at least one project			
Free	Ongoing	W	9:00AM - 12:00PM



SENIORS/ADULTS 50+ - CLASSES

DANCE

Ballroom Dance

Class #6793	Jun 5 - Aug 28	W	1:00PM - 2:00PM
\$5 per class	Sandra Kiyomura	Mastick - Room A	

Egyptian Folkloric Dance

Class #7289	Jun 7 - Aug 30	F	9:00AM - 10:30AM
Free	Roberta Trowbridge	Mastick - Room A	

Hawaiian Dance

Hula 1			
Class #7267	Jun 3 - Aug 30	M F	11:30AM - 12:30PM
\$5 per class	Alberta Jay	Mastick - Room A	
Hula 2			
Class #7268	Jun 3 - Aug 30	M F	12:30PM - 1:30PM
\$5 per class	Alberta Jay	Mastick - Room A	
Hula 3			
Class #7269	Jun 3 - Aug 30	M F	1:30PM - 3:00PM
\$5 per class	Alberta Jay	Mastick - Room A	

Line Dance

Beginning			
Class #7279	Jun 3 - Aug 26	M	12:30PM - 2:00PM
\$3 per class	Susie Okada	Mastick - Social Hall	
Class #7275	Jun 5 - Aug 28	W	12:10PM - 1:10PM
Class #7276	Jun 6 - Aug 29 No class on 7/4	Th	12:00PM - 1:00PM
\$4 per class	Norma Nocera	Mastick - Social Hall	
Instruction for Advanced			
Class #7277	Jun 5 - Aug 28	W	1:10PM - 1:40PM
Class #7278	Jun 6 - Aug 29 No class on 7/4	Th	1:00PM - 1:30PM
\$4 per class	Norma Nocera	Mastick - Social Hall	
Advanced			
Class #7273	Jun 5 - Aug 28	W	1:40PM - 2:40PM
Class #7274	Jun 6 - Aug 29 No class on 7/4	Th	1:30PM - 2:30PM
\$4 per class	Norma Nocera	Mastick - Social Hall	

Oriental Dance

Class #7282	Jun 3 - Aug 26	M	9:00AM - 11:00AM
Free	Mastick - Room A		

Square Dance

Class #7259	Jun 4 - Aug 27	Tu	1:00PM - 3:00PM
\$2 per class	Mastick - Room A		

ENRICHMENT

American Sign Language

Beginning			
Class #7261	Jun 10 - Jul 29	M	12:15PM - 1:15PM
\$35	Sheila Holmes	Mastick - Media Room	
Continuing			
Class #7262	Jun 10 - Jul 29	M	1:15PM - 2:15PM
\$35	Sheila Holmes	Mastick - Media Room	

Creative Writing

Class #7255	Jun 4 - Jun 25	Tu	10:00AM - 1:00PM
Class #7256	Jul 2 - Jul 30	Tu	10:00AM - 1:00PM
Class #7257	Aug 6 - Aug 27	Tu	10:00AM - 1:00PM
\$80 Sliding Scale	Carrie Pickett	Mastick - Media Room	

English as a Second Language

Class #6839	May 14 - Jul 9	Tu	10:00AM - 12:00PM
	No class on 7/2		
Class #7243	Jul 16 - Sep 3	Tu	10:00AM - 12:00PM
\$23	Dolly Fong	Mastick - Room D	

French

Elementary Grammar - Some knowledge of French helpful			
Class #7263	Jun 7 - Aug 30	F	10:00AM - 11:00AM
Free	Mastick - Room E		
Literature and Translation			
Class #7264	Jun 7 - Aug 30	F	9:00AM - 10:00AM
Free	Mastick - Room E		

German Conversation

Class #7265	Jun 7 - Aug 30	F	10:00AM - 12:00PM
Free	Mastick - Dining Room 2		

Mastick Senior Center

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

CLASSES - ADULTS 50+ / SENIORS

Italian Conversation

Class #7270	Jun 7 - Aug 30	F	10:00AM - 12:00PM
Free	Mastick - Room D		

Spanish for Beginners

Class #7253	Jun 3 - Jul 22	M	9:00AM - 10:00AM
\$35	Juanita Palkovic	Mastick - Room D	

FITNESS

Alexander Technique: Freedom To Sit, Stand & Move

Class #7245	Aug 27 - 29	Tu W Th	1:00PM - 2:30PM
\$45	Lenka Fejt	Mastick - Room E	

BaM - Balance and Mobility

Improve balance and stability, mobility, and posture through core strengthening and increase whole body strength to improve coordination (neuromuscular facilitation) and to assist in fall and injury prevention and recovery.

Class #7419	May 30 - Aug 29	Th	1:15PM - 2:15PM
\$78	Dan Mark	Mastick - Room A	

Chair Yoga

Class #7231	Jun 12 - Jul 31	W	10:35AM - 11:50AM
Class #7232	Aug 7 - Sep 25	W	10:35AM - 11:50AM
\$59	Tianna Meriage-Reiter	Mastick - Social Hall	

Fitness with Julie

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

Class #7250	May 6 - Aug 23 No class on 5/27 & 7/5	M F	9:00AM - 10:30AM
\$93	Julie Manown	Mastick - Social Hall	
Class #7251	May 6 - Aug 26 No class on 5/27	M	9:00AM - 10:30AM
\$63	Julie Manown	Mastick - Social Hall	
Class #7252	May 10 - Aug 23 No class on 7/5	F	9:00AM - 10:30AM
\$63	Julie Manown	Mastick - Social Hall	

Pilates

Class #7260	Jun 5 - Aug 28	W	10:45AM - 11:45AM
\$5 per class	Pamela Grande	Mastick - Room A	

Qigong

Class #7246	Jul 2 - Aug 6	Tu	9:00AM - 10:00AM
Class #7247	Aug 13 - Sep 17	Tu	9:00AM - 10:00AM
\$52	Robert Dorsett	Mastick - Room A	

Strength Training & Cardio

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

Class #7235	May 15 - Aug 28	W	9:00AM - 10:00AM
\$63	Tatiana Stollman	Mastick - Room A	

Tai Chi 24 Steps

Beginning			
Class #7285	Jun 6 - Aug 29 No class on 7/4	Th	9:10AM - 10:00AM
\$4 per class	Chunyan Su La	Mastick - Room A	
Intermediate			
Class #7286	Jun 6 - Aug 29 No class on 7/4	Th	10:50AM - 11:40AM
\$4 per class	Chunyan Su La	Mastick - Room A	
Silk Reeling			
Class #7287	Jun 6 - Aug 29 No class on 7/4	Th	10:10AM - 10:50AM
\$4 per class	Chunyan Su La	Mastick - Room A	

Tai Chi-ercise & Meditation

Class #7288	Jun 4 - Aug 27	Tu	10:15AM - 11:15AM
\$4 per class	Helen Calhoun	Mastick - Room A	

Yoga

Class #7227	Jun 4 - Jul 16	Tu	10:30AM - 12:00PM
Class #7228	Jun 5 - Jul 17	W	9:00AM - 10:25AM
Class #7229	Jul 23 - Sep 3	Tu	10:30AM - 12:00PM
Class #7230	Jul 24 - Sep 4	W	9:00AM - 10:25AM
\$53	Dina Hondrogen	Mastick - Social Hall	

SENIORS/ADULTS 50+ - CLASSES

KAYAKING

Kayaking for Boomers

Oakland Estuary Tour

Cruise the channel towards Jack London Square passing by Coast Guard Island, local marinas, and much more! Expect to see a variety of marine life and scenic views. Good for all abilities. No experience necessary.

Class #7234	Jul 11	Th	9:30AM - 12:30PM
\$53	Joe Stack	Launch from Grand Street Marina	

Sea Plane Lagoon

Join us for our most popular kayak tour. You'll paddle inside the Sea Plane Lagoon, learn about local marine life, upcoming Alameda Point development projects, the USS Hornet and US Navy's MARAD fleet, enjoy scenic views of SF and more! Good for all abilities. No experience necessary.

Class #6939	Jun 6	Th	9:30AM - 12:30PM
Class #7292	Aug 1	Th	9:30AM - 12:30PM
\$53	Joe Stack	Launch from Encinal Boat Ramp	

SPORTS

Bocce Ball

Drop-in games with volunteer coaching.

Class #7266	Jun 6 - Aug 29	Th	1:30PM - 2:30PM
	No class on 7/4		
Free	Mastick - Bocceball Court		

Pickleball Clinics for 50 & Better

3rd Shot Drop			
Class #7307	Jun 20	Th	9:00AM - 11:00AM
\$28	Marcia Neishi	Lincoln Pickleball Courts	
Advanced			
Class #7309	Aug 31	Sa	9:00AM - 11:00AM
\$28	Marcia Neishi	Lincoln Pickleball Courts	
Beyond The Basics			
Class #7306	Jun 20	Th	11:00AM - 1:00PM
Class #7310	Jul 20	Sa	11:00AM - 1:00PM
Class #7311	Aug 31	Sa	11:00AM - 1:00PM
\$28	Marcia Neishi	Lincoln Pickleball Courts	
Dinking Strategies			
Class #7308	Jul 20	Sa	9:00AM - 11:00AM
\$28	Marcia Neishi	Lincoln Pickleball Courts	

Table Tennis Drop In

Class #7395	Jun 4 - Aug 27	Tu	12:00PM - 3:00PM
Free	Mastick - Social Hall		
Loaner paddles available			

TECHNOLOGY

Computer Instruction

Computer instruction begins at 1:00PM in Room C (refer to class flier for details). Registration required at least three days prior to class. Visit www.alamedaca.gov/recreation or the Mastick Office. Prerequisite: Basic Computer Skills and/or knowledge of Windows OS for all except Introduction to Computers. Bring a USB External (Flash) Drive.

Google			
Class #6942	Apr 2 - May 7	Tu	Free
Internet Privacy and Security			
Class #6832	May 14 - 28	Tu	\$33
Information Filters			
Class #6754	May 23, 30	Th	Free
How To Find Answers To Your Technology Questions			
Class # 7236	Jun 4, 11	Tu	Free
Cutting The Cord - Living Without Cable and Similar Content Providers			
Class # 7237	Jul 9, 16	Tu	Free
How To Create and Modify PDF Files			
Class # 7238	August 6, 13	Tu	Free

Tech Help with Jiten Patankar

Small group assistance (up to 4) with smart phones, iPads/tablets, and laptops. Bring your portable device(s)! To register, call (510) 747-7506.

FREE

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

ART EXHIBIT

Multimedia Art Exhibit

Join us in the Mastick Lobby on Thursday, August 8, at 10:30AM for an artists' reception.

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

OVERVIEW - ADULTS 50+ / SENIORS

Mastick Senior Center Programs and Services Schedule

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

Program dates, times, locations and fees are subject to change.

Please refer to the Activities at a Glance flier available at www.mastickcenter.com or the Mastick Lobby.



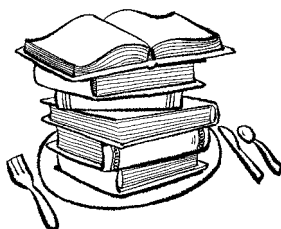
LIBRARY - PROGRAMS

PUBLIC LIBRARY

Hours and Locations

Main Library

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



Bay Farm Island Library

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

West End Library

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

Alameda Reads Adult Literacy Service

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

Monthly Children Activities

Storytimes:

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



We Love LEGOs™

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

Thursday Crafts

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

Playdough Play

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

Monthly Tween/Teens Activities

at the Main Library unless otherwise noted

Teen Advisory Board

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

Teen Book Group

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

Monthly Adults Activities

at the Main Library unless otherwise noted

AFL Writers Group

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

Computer Classes

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

Cup of Coffee and a Good Book

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

Film series

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

Grown Up Gaming

- 3rd Saturday of the month, 1:00 - 4:00PM

Graphic novel book group

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

Knitting and Crochet Group

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

Lawyers in the Library

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

SPECIAL EVENTS

Children/Teens/Adults:

Special events are scheduled monthly. Check our website calendar at www.alamedafree.org, or our Facebook page at facebook.com/alamedafreelibrary for exact dates/times/locations.

Social Science events

- April 28, June (date either 2nd or 16), August (date either 11th or 25), 2:00 - 4:00PM

Local Lore events

- June 11, 6:30 - 7:30PM, "How Railroads Shaped Alameda", presenter Grant Ute
- July 16, 6:30 - 7:30PM, "An Undiscovered Alameda Neighborhood", presenter Robin Seeley
- August 13 6:30 - 7:30PM, "Industry in Alameda", presenter Woody Minor

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

Summer Reading Challenge June 1 - July 31

Children's Summer Reading Challenge events:

The Children's Department will be hosting special events at all three library branches all summer long. Please check our online calendar for more information. www.alamedafree.org.

Family Fun Day

Saturday June 8, 11:00 - 4:00PM

Help us kick off this year's Summer Reading Challenge right! We'll have games, crafts, a special performance by The Dilly Dallies – and of course Summer Reading Sign-ups! Call 747-7705 for more information.

End of Summer Reading Party

Saturday, July 27, 12:00 - 3:00PM

Join members of the Alameda Free Library staff at Jean Sweeney Open Space Park as we celebrate all of our Summer Readers.

Harry Potter Escape Room

Monday, July 29 - Wednesday, July 31, 12:00 - 7:00PM

Fun for families ages 8 and up. Teams of 4-6. All children must be accompanied by a responsible adult. Registration will open on July 10. Call 747-7705 for more information.

Teen Summer Reading Challenge events:

Pride Nail Art, Thursday, June 13 from 3:30 to 4:30, Teens ages 13 to 18 only, Paint your nails to celebrate and show your support for Pride Month! Everyone is welcome.

Book Buzz & Book Swap

Saturday, June 15, 2:00 - 3:00PM

Teens ages 13 to 18 only, Hear about the summer's biggest books before anyone else! We'll talk about new and upcoming YA books, eat snacks, and hang out with friends. Bring a gently used teen book and swap with other readers. All are welcome even if you don't have a book to swap. Everyone will get some new books to take home.

Button Making and Book Swap

Saturday, July 13, 2:00 - 3:00PM

Teens ages 13 to 18 only, Design your own art work to turn into a button for your backpack or jacket! Bring a gently used teen book and swap with other readers. All are welcome even if you don't have a book to swap. Everyone will get some new books and buttons to take home.

Nailed It, Saturday

July 27, 2:00 - 4:00PM

Teens ages 13 to 18 only, Can you decorate a cookie like a pro? Test your decorating skills by attempting to recreate professional designs. Enjoy the cookies you made afterwards! Registration required. To register email Hallie at hfields@alamedaca.gov



Adult Summer Reading Challenge events:

For one of the adult summer events, we are in need of Alameda photographs. Please send copies of your photos of all people/places/things Alameda to the Main Library, 1550 Oak Street beginning March 1st, attention: Reference.

Paint Sample Art

Wednesday, June 12, 6:00 - 8:00PM

Create a beautiful story of your favorite place, using paper paint samples. Expert assistance from Artistic Home, and all other supplies provided. Registration requested. To register, please contact the Reference Desk at 510-747-7713.

Readers Theater & 5 Minute Story Slam

**Saturday, June 29, 1:00 - 3:00PM,
at Rythmix Cultural Works.**

Take part in 3-4 short no-rehearsal readers theater productions, tell your own story in about 5 minutes – on the theme "It Sounded Like a Good Idea At The Time...", and you can also be part of the audience. Registration requested for the 5-minute stories (assistance/guidance will be provided). Register at the Reference Desk at 510-747-7713.

My First American

Sunday, July 7, 2:00 - 4:00PM

Tell the story of the first American in your family through a small work such as an essay, poem, paint, or sculpture. Help will be available. Most supplies provided. You can show your work at the End of Summer Reception on July 31. Registration is requested. Register at the Reference Desk at 510-747-7713.

I Am Alameda Photomosaic

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

Help to cut and assemble a 4' x 4' photomosaic using donated photographs that will show how the "I" becomes the "We" here in Alameda. Lots of help will be required to piece this all together. Trained artists will be on hand to assist, but assembly will be by our community. The photomosaic will be unveiled at the End of Summer Reception on July 31st, and will then go on display in the Library.

End of Summer Reception

Wednesday July 31, 5:30 - 7:00PM

Celebrate all the stories we've told this summer, see the art created and the photomosaic. No registration required. Everyone is welcome.



Alameda Free Library

REGISTRATION - INFORMATION

REGISTRATION INFORMATION

ENROLLMENT POLICY

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

PAYMENT INFORMATION

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

PROGRAM FEES AND DETAILS ARE SUBJECT TO CHANGE. CHECK OUR WEBSITE FOR LATEST INFORMATION: www.alamedaca.gov/recreation

PROGRAM CANCELLATIONS

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

CLIENT WITHDRAWALS AND REFUNDS

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

REGISTRATION OPTIONS

REGISTER IN PERSON

ARPD Main Office
2226 Santa Clara Avenue
Alameda, CA 94501

(located between
Walnut and Oak Streets)

Office Hours:

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



ARPD IS NOW USING A BRAND NEW ONLINE REGISTRATION PROGRAM!

Be sure to bookmark this new link:

www.alamedaca.gov/recreation

Questions?

Need Assistance?

Contact ARPD Staff at:
arpd@alamedaca.gov



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

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

REGISTER BY PHONE

during regular business hours

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

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

Not all program registrations can be completed by phone.



REGISTER BY FAX

510-523-4071 with the following credit cards:

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



For more information, check out our website at www.alamedaca.gov/recreation

FORM - REGISTRATION



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

REGISTRATION FORM

CLASSES & SPORTS

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

SENIOR CENTER ACTIVITIES/CLASSES

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

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

PARTICIPANT'S

LAST NAME	FIRST NAME	BIRTHDATE	M/F	GRADE (IF ANY)	ACTIVITY TITLE	CLASS #	FEE
TOTAL FEES DUE: \$							

MAIN CONTACT OR PARENT/GUARDIAN INFORMATION

LAST NAME _____ **FIRST NAME** _____ **BIRTHDATE** _____

Address _____ City _____ Zip _____

Primary Phone _____ Secondary Phone _____ Cell Phone _____

Email Address _____

Emergency Contact _____ Relationship _____ Phone _____

Emergency Contact (Other Than Parent) _____ Relationship _____ Phone _____

Participant's Medical Information/Allergies _____

LIABILITY WAIVER

1. Undersigned hereby releases, waives and discharges the City of Alameda, its directors, employees, agents, volunteers and independent contractors from all liability to the undersigned and/or his/her personal representatives, assignees, heirs, and next of kin for any loss or damage and any claim or demands accruing or resulting from injury to the person or property or death of the undersigned, whether or not caused by the negligence and/or property of the City of Alameda, its directors, officers, employees, agents, volunteers, and independent contractors.

2. Undersigned hereby assumes full responsibility for and risk of bodily injury, death or property damage, whether or not it is due to the negligence of the City of Alameda, its directors, employees, agents, volunteers and independent contractors or otherwise while in, upon or about the premises of the City of Alameda and/or while using the premises or facilities or equipment, including AED machines, or program transportation thereon.

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

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

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

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

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

Signature _____ Date _____ ☐ Participant ☐ Parent/Guardian

☐ Check (payable to ARPD)

☐ AMEX / ☐ Discover / ☐ VISA / ☐ MasterCard #: _____ CVV _____ Exp. Date _____

Name on Card _____ Signature _____

Address on Card _____

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



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

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RESIDENTIAL CUSTOMER

ARPD wants to encourage all Alamedans to
GET OUT AND PLAY ON THE ISLAND



ARPD KEEP PLAY ALIVE **SCAVENGER HUNT**

In honor of this request, ARPD has put together a **Scavenger Hunt** to get people out and about and playing in the parks.

You can find our **Scavenger Hunt** on our website:

www.alamedaca.gov/recreation
(look under "Recreation Programs")

Be sure to tag ARPD as you complete the Hunt around Alameda:

#alamedansatplay

TAKE A PHOTO OF YOU AND/OR YOUR FAMILY IN THE VARIETY OF WAYS THAT YOU ENJOY ALAMEDA PARKS

Share your photo by uploading it to:
AlamedaAtPlay@alamedaca.gov.

Please note that some photos will be selected to be used in future ARPD promotional activities and you agree with the ARPD photo consent.

EARTH DAY FESTIVAL
SATURDAY, APRIL 20TH
WASHINGTON PARK
10:00 AM—3:00 PM

**Parks
Make
Life
Better!**

**7TH ANNUAL
PLAY FOR THE PARKS
GOLF TOURNAMENT**
FRIDAY, MAY 31ST
SOUTH COURSE/CORICA PARK
1:00 PM SHOTGUN

**53RD ANNUAL
SAND CASTLE AND
SCULPTURE CONTEST**
SATURDAY, JUNE 8TH
**ROBERT CROWN MEMORIAL
STATE BEACH PARK**

- **REGISTRATION—9:00-11:00 AM**
- **JUDGING BEGINS AT 12:00 NOON**
- **AWARDS CEREMONY AT 1:00 PM**

STARLIGHT MOVIES IN THE PARK
ALAMEDA PT MULTI-PURPOSE FIELD

- **FRIDAY, JUNE 21ST—"TROLLS"**
- **FRIDAY, JULY 26TH—"ZOOTOPIA"**

**65TH ANNUAL
CITY SWIM CHAMPIONSHIPS**
FRIDAY-SUNDAY, AUGUST 2ND-4TH
ENCINAL SWIM CENTER