

Winter/Spring ACTIVITIES

2020



El Cerrito Recreation Department



NEWS 2



YOUTH 10



ADULTS 19



AQUATICS 35



FACILITIES 40



REGISTRATION 43



COMMUNITY CENTER & SWIM CENTER

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

Office Hours

- Mon, Wed and alternate Fri: 8am to 4pm
- Tue and Thu: 8am to 6pm
- The office is closed:
 - December 13, 24 - Jan 1
 - January 1, 10, 20, 24
 - February 7, 17, 21
 - March 6, 20
 - April 3, 17
 - May 1, 15, 25, 29
- Friday programs and services are not affected by the alternate Friday office closure & will take place as scheduled.

MIDTOWN ACTIVITY CENTER

**10940 San Pablo Avenue
(510) 559-7677**

Office Hours

- Mon-Thu: 8:30am to 4:30pm
- Fri: 8:30am to 4pm
- The office is closed:
 - December 24 - Jan 1
 - January 1, 20
 - February 17
 - May 25

MISSION

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

VISION

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

VALUES

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

CITY DIRECTORIES

EL CERRITO CITY COUNCIL

Janet Abelson	Councilmember
Paul Fadelli	Councilmember
Greg Lyman	Councilmember
Rochelle Pardue-Okimoto	Councilmember
Gabriel Quinto	Councilmember

PARK & RECREATION COMMISSION

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

CITY OF EL CERRITO STAFF

Karen Pinkos, City Manager	(510) 215-4301
Alexandra Orologas, Assistant City Manager	(510) 215-4302
Holly Charl��ty, City Clerk	(510) 215-4305
Maya Williams, Assistant to the City Manager	(510) 215-4318

DEPARTMENT DIRECTORS

Christopher Jones, Recreation	(510) 559-7005
Paul Keith, Police Chief	(510) 215-4425
Melanie Mintz, Community Development	(510) 215-4339
Yvetteh Ortiz, Public Works	(510) 215-4345
Michael Pigoni, Fire Chief	(510) 215-4455
Mark Rasiah, Finance	(510) 215-4312

RECREATION DEPARTMENT

ADMINISTRATIVE & BUSINESS SERVICES (510) 559-7000

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

CHILDCARE PROGRAMS (510) 559-7006

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

YOUTH PROGRAMS & SPORTS (510) 559-7000

Taylor Melton, Recreation Supervisor	(510) 559-7004
Jenya Jawad, Coordinator	(510) 559-7012

ADULT PROGRAMS & SERVICES (510) 559-7677

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

AQUATICS & FACILITIES (510) 559-7011

Beth Frazer, Recreation Supervisor	(510) 559-7015
Stephen Dunkle, Assistant Supervisor	(510) 559-7008
El Cerrito Swim Center	(510) 559-7011

FACILITY RENTALS (510) 559-7017

TO REACH STAFF BY EMAIL

Use first initial and last name: @ci.el-cerrito.ca.us

Example: Taylor Melton = tmelton@ci.el-cerrito.ca.us

CITY DIRECTORY

CITY HALL (510) 215-4300

10890 San Pablo Avenue, El Cerrito, CA 94530

CITY CLERK (510) 215-4305

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

COMMUNITY DEVELOPMENT

10890 San Pablo Avenue, El Cerrito, CA 94530

Building Inspection & Permits (510) 215-4360

Planning Division (510) 215-4330

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

FIRE (510) 215-4450

10900 San Pablo Avenue, El Cerrito, CA 94530

Emergency 911

Fire/Medical (non-emergency) Dispatch (925) 933-1313

LIBRARY- EL CERRITO BRANCH (510) 524-9132

6510 Stockton Avenue, El Cerrito, CA 94530

LOCAL HEALTH AND SOCIAL SERVICES 211

24-Hour Info (Toll-Free)

HUMAN RESOURCES (510) 215-4315

Job Hotline (510) 466-5005

POLICE (510) 215-4400

10900 San Pablo Avenue, El Cerrito, CA 94530

Emergency 911

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

PUBLIC WORKS

10890 San Pablo Avenue, El Cerrito, CA 94530

Engineering/Street Paving (510) 215-4382

Maintenance (510) 215-4369

Operations + Environmental Services (510) 525-7601

Recycling & Environmental Resource Center (510) 215-4350

7501 Schmidt Lane, El Cerrito, CA 94530



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



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



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



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

CITY MEETINGS

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

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

LOCAL RESOURCES

ORGANIZATION	WEB	PHONE
AC Transit	www.actransit.org	(510) 891-4777
BART	www.bart.gov	(510) 236-2278
Chamber of Commerce		(510) 705-1202
10895 San Pablo Avenue El Cerrito, CA 94530		
Contra Costa Civic Theatre		(510) 524-9132
951 Pomona Street, El Cerrito, CA 94530		
Contra Costa Public Library		(510) 526-7512
El Cerrito Branch, 6510 Stockton Avenue, El Cerrito, CA 94530		
East Bay Municipal Utility District		
EBMUD	www.ebmud.com	(866) 403-2683
East Bay Paratransit	www.eastbayparatransit.org	(510) 287-5000
East Bay Regional Park District		
EBRPD	www.ebparks.org	(888) 327-2757
East Bay Sanitary	www.ebsan.com	(510) 237-4321
KECG Radio (88.1 FM)	www.worldonradio.org	(510) 525-4472
Marin Clean Energy	www.mccleanenergy.org	(888) 632-3674
Pacific Gas & Electric	www.pge.com	(800) 743-5000
Steger Sanitary District	www.stegesand.org	(510) 524-4667
West County Resources/Contra Costa Crisis Center	www.211.database.org	211

COMMUNITY GROUPS & ORGANIZATIONS

ORGANIZATION	WEB	EMAIL	CONTACT	PHONE
Albany/El Cerrito Kiwanis Club		jarkiwanis@gmail.com	Jack Rosano	(510) 527-3249
American Legion Veterans Hall			Joe Pickell	(510) 528-4381
Bayview Aerie #2323 Fraternal Order of Eagles		bayvieweagles@gmail.com	Steve Gaeta	(510) 525-0444
El Cerrito/Albany Access Group		abeljanet@aol.com	Janet Abelson	(510) 525-7709
El Cerrito Art Association		ecartassociation@gmail.com	Eileen Libby	(510) 237-8181
El Cerrito Chamber of Commerce	elcerritochamber.org	info@elcerritochamber.org	Lisa Martinengo	(510) 705-1202
El Cerrito Community Garden Network		Eccommunitygarden@gmail.com	Robin Mitchell	
El Cerrito Garden Club	elcerritogardenclub.org	joannapearlman@comcast.net	Joanna Pearlman	(510) 734-5461
El Cerrito High School Archiving Project	wccusd.net/domain/2678	ecarchproject@aol.com		
El Cerrito Historical Society	elcerritohistoricalsociety.org	davidsw Weinstein@yahoo.com		(510) 524-1737
El Cerrito Library Foundation	eclibraryfoundation.org	info@eclibraryfoundation.org		
El Cerrito Tennis Club	ectennis.org	info@ectennis.org	Terry Cort	(510) 332-9618
El Cerrito Toastmasters		Andrew_Gi@yahoo.com	Andrew Gi	(510) 703-2928
El Cerrito Trail Trekkers	ectrailtrekkers.org	ectrailtrekkers@gmail.com	David Weinstein	(510) 524-1737
El Cerrito Youth Baseball	ECYB.LeagueToolBox.com	elliesportspage@gmail.com	Ellie Blue	(510) 236-2300
El Cerrito Youth Soccer Club/Spurs FC	www.spurssoccer.com			
Friends of the Cerrito Theater	cerritetheater.org	davidsw Weinstein@yahoo.com	David Weinstein	(510) 524-1737
Friends of the El Cerrito Library	friendsofthecerritolibrary.wordpress.com	gmacneill@att.net	Grace MacNeill	(510) 525-9518
Friends of Five Creeks	fivecreeks.org	f5creeks@gmail.com	Susan Schwartz	(510) 848-9358
Heritage Roses Group	celebrationofoldroses.org	kmosborn@earthlink.net	Kristina Osborn	(510) 527-3815
League of Women Voters		abeljanet@aol.com	Janet Abelson	(510) 693-8115
NAACP		headeng@sbcglobal.net	Horacio Avelino	(510) 237-5275
Rotary Club of El Cerrito	elcerritorotary.org	jackfreethy@gmail.com	Jack Freethy	(925) 283-6419
Shadi Holiday Display	shadiholidaydisplay.com	jsbayat1@comcast.net	Joann Steck-Bayat	(510) 524-9468
Soroptimists International of El Cerrito			Jane Bartke	(510) 235-1315
Wildcat 4-H Club	www.wildcat4h.org	contact@wildcat4h.org	Kevin O'Neal	

SCHOOL DIRECTORIES

PUBLIC SCHOOLS

SCHOOL	PHONE
El Cerrito High School 540 Ashbury Avenue, El Cerrito, CA 94530	(510) 231-1437
Fairmont Elementary School 724 Kearney Street, El Cerrito, CA 94530	(510) 525-5235
Harding Elementary School 7230 Fairmount Avenue, El Cerrito, CA 94530	(510) 231-1413
Kensington Elementary School 90 Highland Blvd., Kensington, CA 94707	(510) 231-1415
Korematsu Middle School 7125 Donal Avenue, El Cerrito, CA 94530	(510) 524-0405
Madera Elementary School 8500 Madera Drive, El Cerrito, CA 94530	(510) 231-1412
Mira Vista School, K-8 6397 Hazel Avenue, Richmond, CA 94805	(510) 231-1416
Stege Elementary School 4949 Cypress Avenue, Richmond, CA 94804	(510) 231-1425
Summit K2 Charter School 1800 Elm Street, El Cerrito, CA 94530	(510) 697-2843
West Contra Costa Unified School District Main Office, 1108 Bissell Avenue, Richmond, CA 94802	(510) 231-1100
West County Mandarin School 6028 Ralston Avenue, Richmond, CA 94805	(510) 307-4523
Wilson Elementary School (Temporary Campus) 7150 Portola Drive, El Cerrito, CA 94530	(510) 231-1456

PRIVATE SCHOOLS

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

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



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

EVENTS

BE THE LIFELINE PATIENTS NEED.
Give blood.

Blood Drive
City of El Cerrito

Garden Room/ El Cerrito Community Center
7007 Moeser Lane
El Cerrito, CA 94530

Thursday, December 19, 2019
12:00 p.m. to 5:00 p.m.

To schedule your appointment
or for more information visit redcrossblood.org
and enter sponsor code: ELCERRITO
or call 1-800 RED CROSS (1-800-733-2767)
APPOINTMENTS REQUESTED.

If you have questions regarding your eligibility to donate blood, please call 1-866-236-3276.

Give a gift, get a gift. Come to give Dec. 19-Jan. 5 for an exclusive Red Cross long-sleeved T-shirt, while supplies last!

Give Something that Means Something® | RedCrossBlood.org | 1-800-RED CROSS

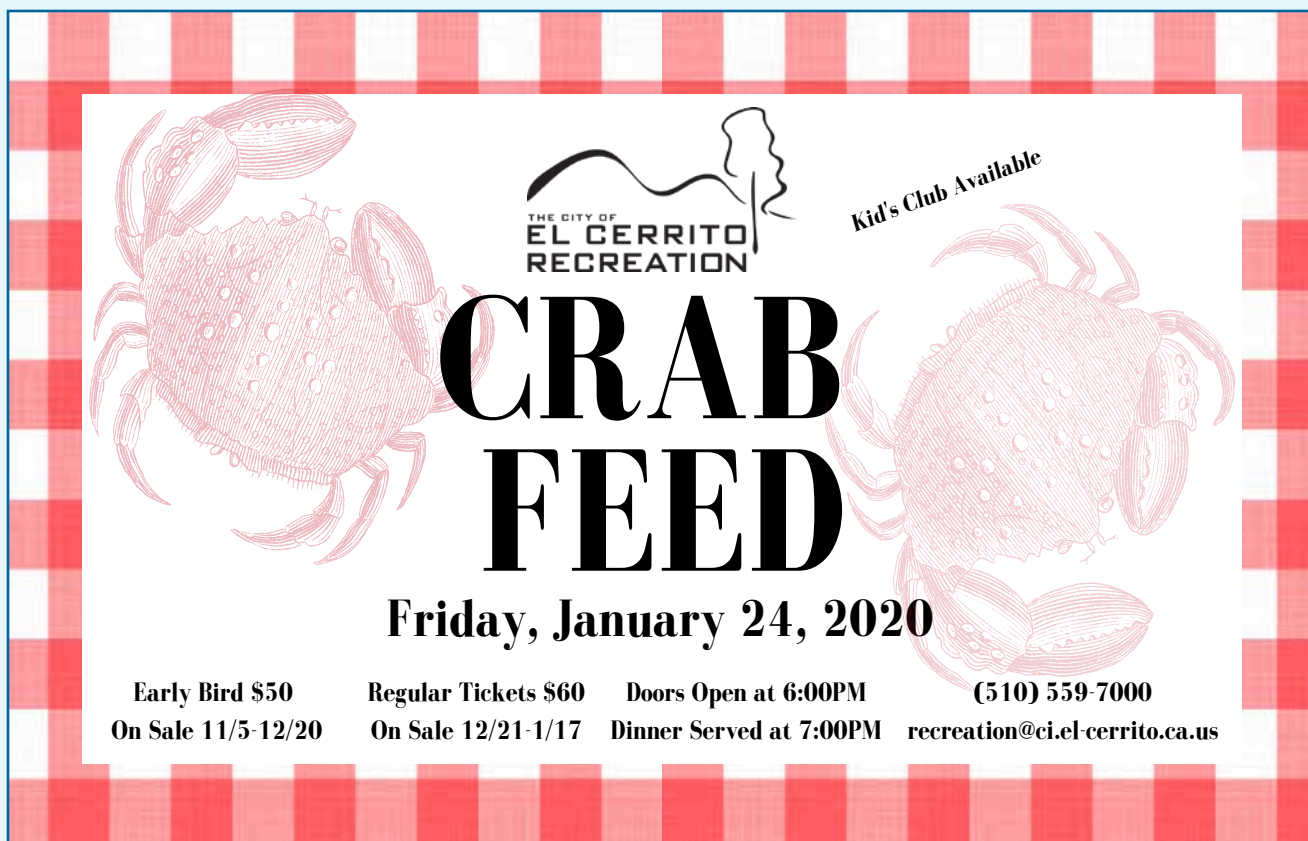
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EL CERRITO
RESTAURANT WEEK

Jan. 16-26, 2020

www.el-cerrito.org/RestaurantWeek

EVENTS CONTINUED



The poster for the Crab Feed event features a red and white checkered border. In the center, the text "CRAB FEED" is written in large, bold, black letters. Above this text is the logo for "THE CITY OF EL CERRITO RECREATION", which includes a silhouette of a person's head and shoulders. To the right of the logo, the text "Kid's Club Available" is written in a cursive font. Below the main title, the date "Friday, January 24, 2020" is displayed. At the bottom, ticket information is provided: "Early Bird \$50", "Regular Tickets \$60", "Doors Open at 6:00PM", and "Dinner Served at 7:00PM". The contact information "(510) 559-7000" and "recreation@ci.el-cerrito.ca.us" is also listed. Two detailed line drawings of crabs are positioned on either side of the central text.

CRAB FEED

Friday, January 24, 2020

Early Bird \$50 Regular Tickets \$60 Doors Open at 6:00PM (510) 559-7000
On Sale 11/5-12/20 On Sale 12/21-1/17 Dinner Served at 7:00PM recreation@ci.el-cerrito.ca.us



The poster for the Family Sweetheart Dance event has a pink background. On the left, the "THE CITY OF EL CERRITO RECREATION" logo is visible. The title "Family Sweetheart Dance" is written in large, bold, black letters. To the right of the title is a white heart icon with a black outline. Below the title, the text "Put on your dancing shoes and bring your little someone special to the Family Sweetheart Dance! Dancing, refreshments, and photo booth included." is displayed. The date and time "Saturday, February 1st 6 PM to 8 PM" are listed, followed by the location "El Cerrito Community Center 7007 Moeser Lane". The ticket price "\$20 Family of Four | \$7 Per Person" and the website "www.el-cerrito.org/onlinereg" are provided, along with the phone number "510-559-7000" and the phrase "Open to All Ages!". On the right side of the poster, there are four small photographs of families posing in a photo booth, wearing colorful face paint and holding props.

Family Sweetheart Dance

Put on your dancing shoes and bring your little someone special to the Family Sweetheart Dance! Dancing, refreshments, and photo booth included.

Saturday, February 1st
6 PM to 8 PM

El Cerrito Community Center
7007 Moeser Lane

\$20 Family of Four | \$7 Per Person
www.el-cerrito.org/onlinereg
510-559-7000
Open to All Ages!



Showcase

COME GET A SNEAK PEEK OF THE 2020 SUMMER CAMPS OFFERED BY THE RECREATION DEPARTMENT.

RAFFLE PRIZES INCLUDE A FREE WEEK OF SUMMER CAMP!

Discount Day

SUMMER CAMP REGISTRATION WILL KICK-OFF ON WED, 2/5 AT 8AM ONLINE ONLY!

ONLINE REGISTRATIONS TAKING PLACE ON THIS DAY ONLY WILL BE 10% OFF!



Summer Camp Showcase
Monday, February 3, 2020
6PM-8PM

Summer Camp Discount Day!
Wednesday, February 5, 2020
8AM-6PM



EL CERRITO RECREATION DEPARTMENT PRESENTS OUR...

ANNUAL SPRING EGG HUNT

SATURDAY, APRIL 11, 2020
10:00 AM SHARP AT ARLINGTON PARK
1120 ARLINGTON BLVD., EL CERRITO
FREE EVENT FOR AGES 0-12 YR. OLDS

Treats, sponsor tables and visit with a very special bunny

*To sponsor or inquire about Volun-teen opportunities, email us at recreation@ci.el-cerrito.ca.us

EL CERRITO RECREATION

7th Annual Hillside Festival

Friday May 1st- Sunday May 3rd



The seventh annual Hillside Festival returns with even more family-oriented and eye-opening events than before. Attend hikes, view insects, birds, and beautiful native wildflowers. Learn about fire safety and the rocks beneath our feet. Read poetry in the wilderness, learn about local history, and meditate at sunset. Hikes range from easy strolls to energetic workouts. Enjoy El Cerrito's very special Hillside Natural Area, our own little 100-acre wilderness. Sponsored by El Cerrito Trail Trekkers and El Cerrito's Environmental Quality Committee.

Events will take place Friday evening, May 1st, and all-day Saturday, May 2nd and Sunday, May 3rd. All events are free. Check the Trekkers website for updates and schedule at www.ectrailtrekkers.org.

CITY NEWS

CITY MINIMUM WAGE INCREASES

January 1, 2020

In November 2015, the City Council established a minimum wage in El Cerrito by creating the City Minimum Wage Standards. The Standards require all employers to pay their employees no less than the new minimum wage for all hours worked in the City of El Cerrito, regardless of where the business is headquartered. (Employees who work less than 2 hours a week within El Cerrito are exempt.)

As of January 1, 2020, and each year thereafter, the wage will increase based on changes in the local Consumer Price Index. Starting January 1, 2020, the City's minimum wage will go from \$15 per hour to \$15.37 per hour.

For more information about the El Cerrito Minimum Wage Ordinance can visit www.el-cerrito.org/wages or contact Maya Williams, Assistant to the City Manager, at mwilliams@ci.el-cerrito.ca.us or (510) 215-4318.

EL CERRITO/KENSINGTON CERT



10900 San Pablo Avenue, El Cerrito, CA 94530
(510) 215-4450, FAX (510) 232-4917

www.el-cerrito.org/fire/cert

The CERT curriculum is a 20-hour program designed to assist residents of El Cerrito and Kensington to be self-sufficient in the event of a disaster. Classes are free of charge.

For enrollment, go to www.el-cerrito.org/cert
email: fire@ci.el-cerrito.ca.us or call us at (510) 215-4450

Session 1 6:30pm-9pm

Arlington Community Church, 52 Arlington Ave. Kensington

January 7	Introduction to CERT / DSW
January 14	CERT Organization
January 21	Fire Suppression/Utility Control
January 28	Disaster Medical Part 1
February 4	Disaster Medical Part 2
February 11	Search and Rescue
February 18	Disaster Psychology
February 25	Terrorism and CERT
May 9	Simulation/Drill (8am to 5pm), Richmond Training Facility

Session 2 6:30pm-9pm

Arlington Park Clubhouse, 1120 Arlington Blvd. El Cerrito

March 3	Introduction to CERT / DSW
March 10	CERT Organization
*March 16 (Mon)	Fire Suppression/Utility Control
March 24	Disaster Medical Part 1
March 31	Disaster Medical Part 2
April 7	Search and Rescue
April 14	Disaster Psychology
April 21	Terrorism and CERT
May 9	Simulation/Drill (8am to 5pm), Richmond Training Facility

STAY INVOLVED

Sign Up for Monthly Email Updates

The Operations + Environmental Services Division sends out a periodic email about volunteer opportunities and environmental activities in El Cerrito. Be among the first to hear about new programs and activities such as the Citywide Garage Sale, Earth Day Celebration, Bike to Work Day and more! You will have complete control over your subscription; we treat your information as confidential and commit to sending you only pertinent information at particular times. Sign up today and get your neighbors to join too! Join online at el-cerrito.org/greenhappenings or by emailing wprovost@ci.el-cerrito.ca.us.



WET WEATHER TIPS

- If you see a blocked or clogged storm drain, please report the problem right away to the Public Works Maintenance Division, or after business hours, call the after-hours dispatch number (510) 233-1214.
- El Cerrito and Kensington residents experiencing flooding or are concerned about flooding can receive up to 10 sandbags from the Recycling + Environmental Resource Center during regular business hours, (see page 9) 7 days a week, except during major holidays. Please bring proof of residency. If the flooding is not caused by high flows in the public right-of-way, residents should obtain sandbags from a local store. Call the Recycling Center for more details.

MCE RENEWABLE ENERGY

In partnership with MCE Clean Energy and the Environmental Quality Committee (EQC), the City of El Cerrito is encouraging our community to opt-up to Deep Green 100% renewable energy through our local electricity provider, MCE. Deep Green costs just a penny more per kilowatt-hour, when compared with MCE's standard energy option. That extra cost equates to less than \$5/month for the average household.

It's easy to sign up at: www.mcecleanenergy.org/optup.

For more information visit MCE at mcecleanenergy.org, or contact City staff (510) 525-7622.

CHANGES IN THE RECYCLING MARKETS

Due to poor market conditions in the recycling industry, the City will be making periodic changes to its recycling programs. The City will provide the latest information on changes to both the Curbside Recycling Program and the offerings at the Recycling + Environmental Resource Center (Recycling Center) at www.el-cerrito.org/recyclingupdates. For more information, contact staff at (510) 215-4350 or by email at green@ci.el-cerrito.ca.us.



REPORT SPILLS AND DISCHARGES TO STORM DRAINS AND CREEKS

Help the City of El Cerrito protect water quality and our environment by keeping pollutants out of our waterways. Trash, oil, soaps, chemicals and other pollutants on El Cerrito's sidewalks and gutters can get flushed into storm drains, eventually ending up in our creeks and the San Francisco Bay. During the Winter, leaf litter entering the storm drain can also cause significant water pollution, as well as localized flooding. In short, the only thing flowing into gutters and storm drains should be storm water. Because tap water contains chloramine, even water from a hose can be harmful to waterways. You can help keep our waterways clean and healthy by reporting any potential pollution on sidewalks, streets, gutters, and creeks by calling El Cerrito's Maintenance Division at (510) 215-4369. Visit www.el-cerrito.org/maintenance for more information.

GO GREEN CALENDAR

For more information about Going Green in El Cerrito, visit elcerrito.org/green or contact the Operations + Environmental Services Division at (510) 215-4350. For the latest information about these events and other green happenings in El Cerrito, visit www.el-cerrito.org/newgreen.

RECYCLING CENTER HOURS

- The Recycling Center is currently open from 8am to 4:45pm on weekdays and 9am to 4:45pm on weekends through February 1.
- Beginning on Saturday, February 2, 2020, the Recycling Center will be open from 8am to 5:45pm on weekdays and 9am to 4:45pm on weekends.

UPCOMING EVENTS & WORKSHOPS

Friday, January 10th

Last Day for Free Christmas Tree Pick-Up

Christmas trees will be picked up free of charge through January 10th by East Bay Sanitary. Flocked trees will be taken for a \$20 fee. Please call (510) 237-4321 for more information or to schedule a pick-up.

March 14 - 20th, 9am-4:30pm

Free Compost Giveaway

Free compost made from your yard waste and food scraps. El Cerrito residents and businesses only. Must bring proof of residency and containers. Limit of 5 cubic feet per household. Available while supplies last. Recycling Center, 7501 Schmidt Lane. Questions? Contact (510) 215-4350.

Saturday, April 18th, 9am-1:30pm

2020 Earth Day Work Parties

The City celebrates Earth Day with a morning of volunteerism and work parties followed by our Volunteer Appreciation lunch. Register your work party online at www.el-cerrito.org/earthday. For more information contact earth-day@ci.el-cerrito.ca.us or call (510) 559-7686.

Sunday, May 3rd

Bringing Back the Natives Garden Tour

The Annual Bringing Back the Natives Garden Tour will take place on the first Sunday in May. Visit more than 35 beautiful native plant gardens and nurseries in the area. Find more information at www.bringingbackthenatives.net.

Saturday, May 16th, 9am - 3pm

Spring Citywide Garage Sale

Keep waste out of the landfill while discovering your community and finding great deals. To register to host a sale, complete the Registration Form online. Registration due by 4pm on April 20, 2020. Visit www.el-cerrito.org/garagesale for more information or to register your garage sale.

ONGOING – EVERY MONTH

El Cerrito Green Teams

Join the Green Teams for a bi-monthly clean-up at locations throughout the City. For more information, please contact the Operations + Environmental Services Division at (510) 215-4350 or green@ci.el-cerrito.ca.us.



First Wednesday

of the Month, 3pm

Free Tour of the Recycling + Environmental Resource Center

Join the City for a behind-the-scenes look at the LEED Platinum Certified Recycling Center. Tours at an alternative time can also be scheduled for a fee. For more information call City staff at (510) 559-7686.

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

Baxter Creek Gateway Work Parties

Join volunteers and City staff in removing invasive species and restoring native habitat in this jewel on the Ohlone Greenway. Questions? Contact staff at (510) 559-7685 or by email at spre@ci.el-cerrito.ca.us.



YOUTH PROGRAMS



CHILDCARE

PRESCHOOL – AGED PROGRAMS

The Recreation Department offers two programs for children 22 months-5 years of age. They are designed to offer parents the opportunity to have their young children in a safe and nurturing environment while learning school readiness skills. Registration is continuous throughout the year and forms are processed on a first come, first serve basis. Prior to submitting your registration form, parents are required to visit the program. Both programs operate year-round.

TEETER TOTS

Age 22 Months-3.5 Years

Location: Community Center – Teeter Tot Room, 7007 Moeser Lane

Program Hours: Monday-Friday, 8:30am-12:30pm

Children who participate in the Teeter Tots program learn social skills such as sharing, taking turns and using words. The program emphasizes a nurturing first experience for your toddler in a play-based learning environment that will prepare your child for a preschool setting. Staff are experienced in assisting both children and families in working through separation anxiety. Children are required to bring a lunch that is nut-free and easy for children to eat without any heating or preparation. Toilet training is not necessary. Maximum 3 days per week.

CASA CERRITO PRESCHOOL

Ages 3-5 Years

Location: Casa Cerrito, 6927 Portola Drive

Program Hours: Monday-Thursday, 8:30am-1pm

Experienced and passionate staff lead a highly enriching program full of art, science, pre-reading and pre-math skills. Children practice Kindergarten readiness activities in an exciting age-appropriate setting. Casa Cerrito has a huge backyard, and outdoor environmental education is a large focus in the program. Special activities at the Community Center are included at times – including gymnastics! Toilet training is required. Minimum 2 day enrollment; enrollment available for up to 4 days per week.

SCHOOL AGE CHILDCARE

Grades TK-6

The Recreation Department provides afterschool programs at Fairmont, Harding and Madera Elementary schools. Children in the younger grades participate in a licensed childcare program located in one of the City's Clubhouses. Children in older grades have the opportunity to join a school-based recreation program located on school grounds, often in the multi-purpose room. If your child attends another school in the El Cerrito area, care may be available to you as well (transportation not provided).

Exciting activities including STEM projects, organized outdoor games, art and music are provided by licensed and trained staff. Time is set aside for homework or quiet reading on a daily basis. Children are provided with an afternoon snack. Both programs offer a safe, challenging and creative before and afterschool option.



PRESIDENT'S WEEK CAMP

Grades K-6

Come celebrate President's Week as we delve into activities such as arts & crafts, bubble and water play, sports games, cooking and science. There will be on-site special guest appearances for our K-1st Harding camp location and an off-site field trip for our 2nd-6th Fairmont camp location.

DATES	TIME	FEE
2/18-2/21	7am-6pm	\$225

GRADES K-1

Harding Clubhouse - 7115 C Street Activity: 421332-01

GRADES 2-6

Fairmont Clubhouse - 715 Lexington Avenue Activity: 421338-01

SPRING BREAK CAMP

Grades K-6

Sign up for Spring Break camp and get a taste of what summer will be like at El Cerrito camps! Staff will provide enriching activities and special events throughout the week. The K-1st camp will be held at the Harding Clubhouse and will include guest instructors. The 2-6th grade camp will be held at the Fairmont Clubhouse and will include field trips. Enrollment is prioritized for full-week participants.

DATES	TIME	FEE
4/6-4/10	7am-6pm	\$290

GRADES K-1

Harding Clubhouse - 7115 C Street Activity: 121333-01

GRADES 2-6

Fairmont Clubhouse - 715 Lexington Avenue Activity: 121330-01



TOT ACTIVITIES

ONLINE REGISTRATION: 12/03/2019 • OFFICE REGISTRATION: 12/10/2019

CREATIVE MOVEMENT

Ages 3-5

Creative Movement is designed to get your little one moving and grooving! This class will introduce basic dance movements and choreography with a focus on jazz and ballet techniques.

Instructor: Faith Wineman

Location: Skylight Room - 7007 Moeser Lane

DATE	DAY	TIME	MEETS	RES	NRES	ACTIVITY
1/8-2/26	W	4:30-5pm	7x	\$95	\$118	412516-01
3/4-4/29	W	4:30-5pm	8x	\$108	\$134	412516-02
5/6-6/3	W	4:30-5pm	5x	\$68	\$84	412516-03

No Class: 2/19, 4/8

NEW! PROCESS ART

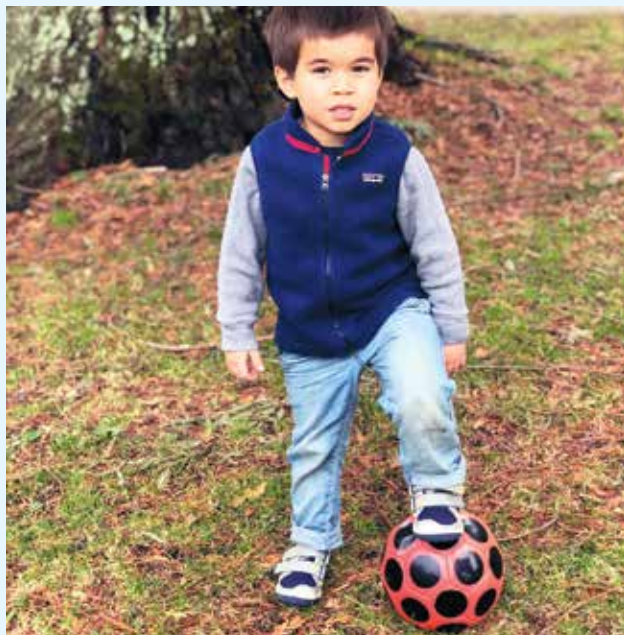
Ages 3-5

Process art is about the magic of creating, not the final product. This style of art making promotes social and emotional health as it engages the senses and provides a coping tool when bored, stressed or in need of a new perspective. It also builds cognitive skills such as planning, prediction and problem-solving. Best of all, process art is fun, messy and leads to cool discoveries. Each piece will be as unique as the maker. Projects may include painting with unusual tools like balloons, pom poms, combs and Q-tips, using tinker trays to create collages, sculpting with found objects, printing with buttons and vegetables as well as making sensory boxes.

Instructor: Lori Thompson

Location: Carpentry/Craft Room - 7007 Moeser Lane

DATE	DAY	TIME	MEETS	RES	NRES	ACTIVITY
1/30-3/19	Th	10-11am	8x	\$125	\$150	412512-01



SKYHAWKS SUNDAY SPORTS

Ages 2.5-6

Skyhawks multi-sport programs provide a positive first step into athletics. Participants explore balance, body movement, coordination and skill development at their own pace as instructors use positive encouragement and a big focus on fun! The fundamentals of basketball, baseball, soccer, track & field, golf and more will be explored. Development objectives include running, jumping, throwing, catching, hitting, dribbling, passing, shooting, hand-eye coordination, self-esteem and teamwork. All participants receive a Skyhawks T-Shirt and Merit Award.

Instructor: Skyhawks Sports

Location: Arlington Park Field - 1120 Arlington Avenue

MOMMY/DADDY & ME SPORTS

Ages 2.5-3

Parent participation is required in this program.

DATE	DAY	TIME	MEETS	RES	NRES	ACTIVITY
1/5-3/8	Sun	10-10:30am	8x	\$141	\$175	412552-01
3/15-5/17	Sun	10-10:30am	8x	\$141	\$175	412552-02

No Class: 1/19, 2/16, 4/5, 4/12

SKYHAWKS TOTS SPORTS

Ages 3-4

DATE	DAY	TIME	MEETS	RES	NRES	ACTIVITY
1/5-3/8	Sun	10:40-11:20am	8x	\$158	\$196	412553-01
3/15-5/17	Sun	10:40-11:20am	8x	\$158	\$196	412553-02

No Class: 1/19, 2/16, 4/5, 4/12

SKYHAWKS MINI HAWK SPORTS

Ages 4-6

DATE	DAY	TIME	MEETS	RES	NRES	ACTIVITY
1/5-3/8	Sun	11:30am-12:15pm	8x	\$158	\$196	422550-01
3/15-5/17	Sun	11:30am-12:15pm	8x	\$158	\$196	422550-02

No Class: 2/16, 1/19, 2/16, 4/5, 4/12

TOT ACTIVITIES CONTINUED

STORY-TIME FOR THE AGES

Ages 1-4

Join us for a unique, intergenerational story and activity time experience! In this seasons-themed program, volunteers from the El Cerrito Midtown Activity Center will share their favorite books, rhymes, songs, games and more to an audience of tots and their caretakers. Children are encouraged to bring their own books and toys to share as well. This special activity seeks to bring older adults and youth together in a meaningful activity for the mutual benefit of both age groups. This event is free and pre-registration is encouraged but not required.

Instructor: ECMAC Volunteers

Location: CC Main Hall - 7007 Moeser Lane

Interested in volunteering at Story-Time?

Email: midtown@ci.el-cerrito.ca.us

DATES	DAY	TIME	ACTIVITY
1/15	W	12:45-1:30pm	412518-01
4/15	W	12:45-1:30pm	412518-02



YOUTH ACTIVITIES

CLAY WITH KIKI

Ages 5-10

Each week participants will be introduced to a new art project with a focus on clay, sculpey, glaze, paint and/or other mixed media art materials. Clay projects will be fired in the onsite kiln and all projects will go home on the last day of class. Families are also invited to a finger food potluck and art showcase on the last day of each session. Materials Fee of \$35 due on the first day of class along with empty 64oz juice or milk carton.

Instructor: KIKI

Location: Tassajara Pottery Studio – 2575 Tassajara Ave.

WINTER WONDERLAND

Projects include clay animals & animal houses, puppets and lanterns.

DATE	DAY	TIME	MEETS	RES	NRES	ACTIVITY
2/13-4/2	Th	4:30-5pm	6x	\$94	\$117	422572-01

No Class: 2/20

SPRING FORWARD

Projects include bird nest & bird house, beehive with bees and other nature themed projects.

DATE	DAY	TIME	MEETS	RES	NRES	ACTIVITY
4/23-5/28	Th	4:30-5pm	6x	\$94	\$117	422572-02



KARATE

Ages 7-18

This class teaches a traditional form of Japanese Karate known as Wado. Students will learn basic techniques including guarding, punching and kicking. Different exercises are combined with stretching and strengthening work to develop a better sense of balance, focus, self-discipline and confidence. New students must contact the instructor prior to registration. Please email lcbaltz@gmail.com. Participants are now enrolled with auto-debit!

Instructor: Leonard Baltz

Location: CC Main Hall or Skylight Room - 7007 Moeser Ln



DATE	DAY	TIME	MEETS	RES	NRES	ACTIVITY
1/14-1/30	Tu,Th	4:50-6pm	7x	\$44	\$55	422522-01
2/4-2/27	Tu,Th	4:50-6pm	8x	\$50	\$62	422522-02
3/3-3/31	Tu,Th	4:50-6pm	9x	\$56	\$70	422522-03
4/2-4/30	Tu,Th	4:50-6pm	9x	\$56	\$70	422522-04
5/5-5/28	Tu,Th	4:50-6pm	8x	\$50	\$62	422522-05

No Class: 1/2, 1/7

KARATE ADVANCED

By instructor invitation only.

DATE	DAY	TIME	MEETS	RES	NRES	ACTIVITY
1/10-1/31	F	4:50-6pm	3x	\$19	\$24	422523-01
2/7-2/28	F	4:50-6pm	4x	\$25	\$31	422523-02
3/6-3/27	F	4:50-6pm	4x	\$25	\$31	422523-03
4/3-4/24	F	4:50-6pm	4x	\$25	\$31	422523-04
5/1-5/29	F	4:50-6pm	5x	\$31	\$39	422523-05

No Class: 1/3, 1/24

YOUTH ACTIVITIES CONTINUED

MANDARIN FOR BEGINNERS

Ages 7-14

Participants will learn Chinese through books, songs, poems and games. They will learn the skills of speaking, listening, reading and writing in Chinese. The goal is to increase student interest in learning Chinese and using it in their daily life.

Instructor: Li Zhong

Location: Teeter Tot Room - 7007 Moeser Lane

DATE	DAY	TIME	MEETS	RES	NRES	ACTIVITY
1/21-4/2	Tu,Th	3-4pm	20x	\$408	\$508	422500-01
4/14-6/4	Tu,Th	3-4pm	16x	\$328	\$408	422500-02

No Class: 2/18, 2/20



OYC WEST COUNTY CHORUS

Ages 10-15

From music of the world to Motown, rounds to rock and roll, OYC singers sing it all and share their voices in celebrating the East Bay! Oakland Youth Chorus is a professional, award-winning multicultural music education program connecting singers from over 30 schools each year. Each week in class, OYC singers build vocal and musical skills including melody, rhythm, harmony and music theory in a creative and encouraging environment. Through performance opportunities at OYC concerts and throughout the Bay Area at venues like the Oakland Zoo and Chabot Space and Science, OYC members make new friends, explore and celebrate different cultures and styles of music and create harmony in our community.

Instructor: Oakland Youth Chorus

Location: Garden Room - 7007 Moeser Lane

DATE	DAY	TIME	MEETS	RES	NRES	ACTIVITY
1/14-5/26	Tu	5:30-6:30pm	16x	\$248	\$311	412531-01

No Class: 2/11, 2/18, 4/7, 5/19

NEW! SNAP THE GAP™: GIRLS IN STEM

Ages 10-12

Disney, littleBits and UC Davis launched Snap the Gap, a fully grant-funded initiative aimed at closing the opportunity gap in STEM for girls. It uses a hands-on approach to STEM learning and engagement with inventor kits, which is enhanced through mentorship and an online learning platform. Their mission is to reach 15,000 10-12-year old's in California and instill the courage, confidence, and tools needed to become tomorrow's STEM leaders.

Instructor: Mentors from California Million Women Mentors

Location: Garden Room - 7007 Moeser Lane

DATE	DAY	TIME	MEETS	RES	NRES	ACTIVITY
2/22-5/2	Sat	10am-12pm	10x	\$50	\$60	444542-01

No Class 4/11

NEW! READING COMPREHENSION

Ages 10-13

Improve your reading comprehension with our new course designed to prep you for high school and beyond. Expect to learn active reading strategies and techniques to boost your comprehension. By the end of the class, you should feel comfortable identifying the main idea of a passage, defining words in context, and identifying evidence used to support key ideas.

Instructor: Alpha College Prep Staff

Location: Garden Room - 7007 Moeser Lane

DATE	DAY	TIME	MEETS	RES	NRES	ACTIVITY
2/6-4/2	Th	6-7pm	9x	\$228	\$283	432501-01
4/15-6/4	Th	6-7pm	8x	\$211	\$262	432501-02
Drop-In				\$25	\$31	432501-03

No Class: 4/9



AFTER-SCHOOL ENRICHMENT PROGRAMS

In addition to the youth enrichment classes offered at the El Cerrito Community Center and Clubhouses, After School Enrichment Programs (ASEP's) are offered onsite at Harding, Fairmont and Madera elementary schools. Together with each school, we coordinate with professional instructors and coaches to host a variety of classes held conveniently on the elementary school campuses. After school enrichment classes allow students to discover and develop their passions in academics, visual arts, athletics, performing arts and more!

For more information, visit www.el-cerrito.org/ASEP.



BABYSITTING BASICS

Ages 11-14

Want to earn some extra money babysitting? Here is your chance to learn basic care such as how to feed, change a diaper and hold babies. Plus, you will learn basic first aid for cuts, scrapes and bumps and how to choose safe and age-appropriate toys and games.

Location: Carpentry/Craft Room - 7007 Moeser Lane

DATE	DAY	TIME	RES	NRES	ACTIVITY
2/8	Sat	9am-1:30pm	\$57	\$71	433502-01

NEW! ENGLISH GRAMMAR WORKSHOP

Ages 14-18

What's the difference between a colon and a semicolon? How do you figure out if a word needs an apostrophe? If grammar rules make your head spin, then this is the class for you. Our workshop is designed to review grammar that is tested in high school English classes and on standardized tests. By the end of the class, you should expect to have confidence in your ability to write grammatically flawless sentences.

Instructor: Alpha College Prep Staff

Location: Carpentry/Craft Room - 7007 Moeser Lane

DATE	DAY	TIME	MEETS	RES	NRES	ACTIVITY
2/3-3/30	M	6:30-7:30pm	8x	\$211	\$262	432502-01
4/13-6/22	M	6:30-7:30pm	8x	\$211	\$262	432502-02
Drop-In				\$25	\$31	432502-03

No Class: 2/17, 5/25

NEW! FESTIVAL OF COLORS

Ages 12-17

Join us on Sunday March 8, 2020 for a festival celebrating spring in a vibrant and spirited way! This event is open for youth and teens in grades 8-12. There will be music, backyard games, a food truck and colored Holi powder (think Color Run)! Make sure to wear clothes that you don't mind getting dirty as Holi powder may stain. Color can be washed off skin with soap and water but may take a couple of tries. Grab a friend and come enjoy this Festival of Colors!

Location: Cerrito Vista Park - 950 Pomona Avenue

DATE	DAY	TIME	FEE	ACTIVITY
3/8	Sun	11am-12:30pm	\$5	421339-01

NEW! VOLUN-TEEN OPPORTUNITIES

Ages 13-17

The City of El Cerrito Recreation Department offers volunteer opportunities for teens (grades 8-12). We will facilitate a tracking log of the hours each teen works and provide letters of recommendation or completion upon request. Teens need to complete the online application and meet, review, and sign the Teen Volunteer Contract. Schedules are flexible and will be agreed on by teen and City staff member. Teens will have an opportunity to develop new skills, perform a vital service to the community and meet new people.

DATE	DAY	TIME	ACTIVITY
Ongoing	Tu/Th	2:30-4:30pm	Midtown Activity Center
1/24	Fri	5-9pm	Crab Feed
2/1	Sat	5:30-8:30pm	Sweetheart Dance
2/27, 5/2	Th, Sat	Varying	Letter Writing Workshop
4/11	Sat	9-10:30am	Egg Hunt

MORE PROGRAMS FOR TEENS

Polynesian Dance - [see page 22](#)
 Shinshin Toitsu Aikido - [see page 22](#)
 Ukulele - [see page 27](#)
 Madarin - [see page 28](#)
 Aquatics - [see page 35-39](#)



SHARE YOUR TALENTS TEACH A CLASS

The El Cerrito Recreation Department is looking to add new classes to the activity schedule. We are currently seeking contract instructors to lead programs such as music, science, gardening and more for tots, school-age children and teens. More information can be found at www.el-cerrito.org/independentcontractors.

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



DRILLS & SKILLS: GIRLS VOLLEYBALL

Grades 4-8

Drills & Skills is a great way for beginners and more experienced players alike to improve their volleyball skills and get ready for league play. Coaches will lead drills and game simulations with a focus on serving and passing.

Instructor: City of El Cerrito Staff

Location: Korematsu Middle School Gym - 7125 Donal Ave

GRADES 4-5

DATE	DAY	TIME	MEETS	RES	NRES	ACTIVITY
4/21-5/26	Tu	5:30-6:30pm	6x	\$60	\$75	428254-01
Drop-In				\$12	\$15	

GRADES 6-8

DATE	DAY	TIME	MEETS	RES	NRES	ACTIVITY
4/21-5/26	Tu	6:45-7:45pm	6x	\$60	\$75	428254-02
Drop-In				\$12	\$15	

FOR THE LOVE OF BASKETBALL: GIRLS GROUP TRAINING

Ages 7-14

This skill training series is an opportunity for girls to work in a small group setting to take their game to the next level. Players focus on individual improvement at a high-intensity level in areas including shooting, ball handling, footwork, balancing athletic and school commitments, and general basketball knowledge.

Beginner level is for players starting out at the game and who want to work on developing basic skills. **Intermediate/Advance** is for players with some experience, such as recreation teams or leagues.

Instructor: For the Love of Basketball

Location: Korematsu Middle School Gym - 7125 Donal Ave

BEGINNER

DATE	DAY	TIME	MEETS	RES	NRES	ACTIVITY
4/21-5/28	Tu,Th	5:30-6:30pm	12x	\$224	\$278	412521-01

INTERMEDIATE/ADVANCED

DATE	DAY	TIME	MEETS	RES	NRES	ACTIVITY
4/21-5/28	Tu,Th	6:45-7:45pm	12x	\$224	\$278	412521-02

GYMNASTICS

Ages 1.5-16

Instructor: Coach Bindy & El Cerrito Gymnastics Staff

Location: CC Main Hall - 7007 Moeser Lane

TINY TOTS OPEN GYM

Ages 1.5-5

Tiny Tots Open Gym is the perfect opportunity to spend time with your child and have fun outside of a structured class. Children must be accompanied by a parent/caretaker who is required to participate at all times. Join us for a great time exploring different stations that include balance beams, single bars, obstacles courses, trampoline, tunnels, hula hoops, cones and more.

DATE	DAY	TIME	MEETS	RES	NRES	ACTIVITY
1/14-2/25	Tu	12:30-1:15pm	6x	\$66	\$84	412585-01
3/3-4/28	Tu	12:30-1:15pm	8x	\$88	\$112	412585-02
5/5-6/2	Tu	12:30-1:15pm	5x	\$55	\$70	412585-03

No Class: 2/18, 4/7

GYMNASTICS PRESCHOOL

Ages 3-6

This level focuses on body movement through introductory gymnastics exercises and stations.

DATE	DAY	TIME	MEETS	RES	NRES	ACTIVITY
1/13-2/24	M	2:30-3:15pm	4x	\$56	\$72	412581-01
1/13-2/24	M	6-6:35pm	4x	\$52	\$64	412581-02
1/14-2/25	Tu	1:45-2:20pm	6x	\$78	\$96	412581-03
1/15-2/26	W	3:15-4pm	6x	\$84	\$108	412581-04
1/15-2/26	W	6:15-6:45pm	7x	\$91	\$112	412581-05
1/9-2/27	Th	3:15-4pm	7x	\$98	\$126	412581-06
3/2-4/27	M	2:30-3:15pm	8x	\$112	\$144	412581-07
3/2-4/27	M	6-6:35pm	8x	\$104	\$128	412581-08
3/3-4/28	Tu	1:45-2:20pm	8x	\$104	\$128	412581-09
3/4-4/29	W	3:15-4pm	8x	\$112	\$144	412581-10
3/4-4/29	W	6:15-6:45pm	8x	\$104	\$128	412581-11
3/5-4/30	Th	3:15-4pm	8x	\$112	\$144	412581-12
5/4-6/1	M	2:30-3:15pm	4x	\$56	\$72	412581-13
5/4-6/1	M	6-6:35pm	4x	\$52	\$64	412581-14
5/5-6/2	Tu	1:45-2:20pm	5x	\$65	\$80	412581-15
5/6-6/3	W	3:15-4pm	5x	\$70	\$90	412581-16
5/6-6/3	W	6:15-6:45pm	5x	\$65	\$80	412581-17
5/7-6/4	Th	3:15-4pm	5x	\$70	\$90	412581-18

No Class: 1/20, 2/3, 2/17, 2/18, 2/19, 2/20, 4/6, 4/7, 4/8, 4/9, 5/25



YOUTH SPORTS CONTINUED



GYMNASTICS BEGINNING

Ages 5-10

Class provides an introduction to gymnastics with a focus on flexibility, strength and basic skills such as cartwheels, handstands and bridge kickovers, as well as basic bar, beam and vault technique.

DATE	DAY	TIME	MEETS	RES	NRES	ACTIVITY
1/13-2/24	M	3:20-4:05pm	4x	\$60	\$76	412582-01
1/13-2/24	M	4:10-4:55pm	4x	\$60	\$76	412582-02
1/15-2/26	W	4:10-5pm	6x	\$90	\$114	412582-03
1/15-2/26	W	6:50-7:30pm	6x	\$90	\$114	412582-04
1/9-2/27	Th	4:10-5pm	7x	\$105	\$133	412582-05
1/9-2/27	Th	6-6:50pm	7x	\$105	\$133	412582-06
3/2-4/27	M	3:20-4:05pm	8x	\$120	\$152	412582-07
3/2-4/27	M	4:10-4:55pm	8x	\$120	\$152	412582-08
3/4-4/29	W	4:10-5pm	8x	\$120	\$152	412582-09
3/4-4/29	W	6:50-7:30pm	8x	\$120	\$152	412582-10
3/5-4/30	Th	4:10-5pm	8x	\$120	\$152	412582-11
3/5-4/30	Th	6-6:50pm	8x	\$120	\$152	412582-12
5/4-6/1	M	3:20-4:05pm	4x	\$60	\$76	412582-13
5/4-6/1	M	4:10-4:55pm	4x	\$60	\$76	412582-14
5/6-6/3	W	4:10-5pm	5x	\$75	\$95	412582-15
5/6-6/3	W	6:50-7:30pm	5x	\$75	\$95	412582-16
5/7-6/4	Th	4:10-5pm	5x	\$75	\$95	412582-17
5/7-6/4	Th	6-6:50pm	5x	\$75	\$95	412582-18

No Class: 1/20, 2/3, 2/17, 2/19, 2/20, 4/6, 4/8, 4/9, 5/25

GYMNASTICS GOLD

Ages 9-16

Class is designed for older students with varying levels of gymnastics experience.

DATE	DAY	TIME	MEETS	RES	NRES	ACTIVITY
1/9-2/27	Th	6:50-7:40pm	7x	\$105	\$133	412586-01
3/5-4/30	Th	6:50-7:40pm	8x	\$120	\$152	412586-02
5/7-6/4	Th	6:50-7:40pm	5x	\$75	\$95	412586-03

No Class: 2/20, 4/9

GYMNASTICS INTERMEDIATE I

Ages 6-15

Intermediate I is for gymnasts who are ready to transition from the beginner class and begin working on intermediate skills such as round offs, back walkovers, and front hand springs. By Head Coach invitation only.

DATE	DAY	TIME	MEETS	RES	NRES	ACTIVITY
1/13-2/24	M	5-5:50pm	4x	\$64	\$80	412583-01
3/2-4/27	M	5-5:50pm	8x	\$128	\$160	412583-02
5/4-6/1	M	5-5:50pm	4x	\$64	\$80	412583-03

No Class: 1/20, 2/3, 2/17, 4/6, 5/25

GYMNASTICS INTERMEDIATE II

Ages 7-15

Intermediate II is for gymnasts who have mastered basic skills and have some experience with intermediate skills such as round offs, back walkovers and front hand springs. By Head Coach invitation only.

DATE	DAY	TIME	MEETS	RES	NRES	ACTIVITY
1/13-2/24	M	5:50-6:40pm	4x	\$64	\$80	412588-01
1/9-2/27	Th	5:05-6pm	7x	\$112	\$140	412588-02
3/2-4/27	M	5:50-6:40pm	8x	\$128	\$160	412588-03
3/5-4/30	Th	5:05-6pm	8x	\$128	\$160	412588-04
5/4-6/1	M	5:50-6:40pm	4x	\$64	\$80	412588-05
5/7-6/4	Th	5:05-6pm	5x	\$80	\$100	412588-06

No Class: 1/20, 2/3, 2/17, 2/20, 4/6, 4/9, 5/25

GYMNASTICS ADVANCED

Ages 7-16

The advance level is for the serious gymnast that is ready to learn advanced skills. Form and technique will be given a greater emphasis. By Head Coach invitation only.

DATE	DAY	TIME	MEETS	RES	NRES	ACTIVITY
1/15-2/26	W	5:05-6:15pm	6x	\$96	\$120	412584-01
3/4-4/29	W	5:05-6:15pm	8x	\$128	\$160	412584-02
5/6-6/3	W	5:05-6:15pm	5x	\$80	\$100	412584-03

No Class: 2/19, 4/8

NEW! BEGINNING ACROBATIC GYMNASTICS

Ages 7-11

This beginner acrobatics class combines elements of ballet, gymnastics and dance. Participants will be introduced to acrobatic movements and gymnastics floor work including leaps, balances, pirouettes, pivots and execution. The instructor will help participants to improve their strength, flexibility and technique.

Instructor: Faith Wineman

Location: Skylight Room - 7007 Moeser Lane

DATE	DAY	TIME	MEETS	RES	NRES	ACTIVITY
1/8-2/26	W	5:15-6pm	7x	\$95	\$118	422517-01
3/4-4/29	W	5:15-6pm	8x	\$108	\$134	422517-02
5/6-6/3	W	5:15-6pm	5x	\$68	\$84	422517-03

No Class: 2/19, 4/8

DANCE FOR GYMNASTS

Ages 7-16

This class is for the experienced gymnast looking to improve dance abilities as well as competition skills such as turns, leaps, floor, beam and more. Open to current Intermediate and/or Advance gymnastics participants, those with competitive gymnastics or dance experience, or by instructor invitation.

Instructor: Faith Wineman

Location: Skylight Room - 7007 Moeser Lane

DATE	DAY	TIME	MEETS	RES	NRES	ACTIVITY
1/8-2/26	W	6:15-7:15pm	7x	\$102	\$127	422518-01
3/4-4/29	W	6:15-7:15pm	8x	\$116	\$144	422518-02
5/6-6/3	W	6:15-7:15pm	5x	\$116	\$144	422518-03

No Class: 2/19, 4/8

YOUTH SPORTS CONTINUED



WINSLOW TENNIS ACADEMY

Ages 6-14

El Cerrito based Winslow Tennis Academy is for players of all ages and levels. Classes focus on developing excellent technique, movement and having fun. Head Coach Alexander Winslow is a U.S.P.T.A. certified teaching professional and member of the Wilson USPTA Gold Staff Advisory Program. His goal is to develop stronger young players and more confident competitors, young kids and older kids, beginners and high school varsity and tournament players. For more information contact alexander@winslowtennisacademy.com.

Instructor: Alexander Winslow

Location: Harding Tennis Courts – 7115 C Street

YOUNGEST HITTERS: AGES 6-8

DATE	DAY	TIME	MEETS	RES	NRES	ACTIVITY
1/11-2/29	Sat	1-2pm	8x	\$200	\$248	422544-01

BRAND NEW BEGINNERS: AGES 8-11

DATE	DAY	TIME	MEETS	RES	NRES	ACTIVITY
1/12-3/1	Sun	1-2pm	8x	\$200	\$248	422544-02

ADVANCED BEGINNERS: AGES 10-14

DATE	DAY	TIME	MEETS	RES	NRES	ACTIVITY
1/13-3/2	M	3:10-4:10pm	8x	\$200	\$248	422544-03

X-FIT LIL' NINJA WARRIOR TRAINING

Ages 5-15

Would you like your child to be the next "American Ninja Warrior"? Lil' Ninja Warrior is designed for all athletic levels. This is a non-competitive program that helps develop gross motor skills, core strength, balance and body control in an athletic atmosphere. Lil' Ninjas will get fit while overcoming obstacle courses, playing games, and being introduced to sport fundamentals. Each class is 50 minutes.

For more information visit www.XFitTrainingEastBay.com or contact XFit.JR@gmail.com or (510) 289-4200

Instructor: X-Fit Training

Location: Castro Clubhouse, Side A – 1420 Norvell Street

QUANTITY	RES	NRES
5 workouts per month	\$75	\$94
10 workouts per month	\$120	\$150
Unlimited per month	\$140	\$175
Drop-In Fee	\$20 per class	\$20 per class

TIME	TUES	THUR	SAT
9am	–	–	Javier
4:30pm	Javier	Skylere	–

No Class: 1/2, 1/4, 2/17, 5/23

PROGRAMS & EVENTS FOR ALL AGES

EL CERRITO SPRING TEA!

Ages 6+

You are cordially invited to an afternoon tea! Afternoon tea is the perfect occasion to dress up with your friends and family to enjoy an afternoon of exceptional charm. Our Spring Tea event will have homemade savory and sweet items alongside a variety of tea options. Please note that we can accommodate vegetarians but no other dietary needs, though we will keep a peanut-free kitchen. Attend our gathering with a friend, Mommy/Daddy & Me, or participate solo and enjoy springtime with other members of our community. Dressing up is encouraged but optional. Youth 12 and younger must be accompanied by an adult.

Instructor: Lady Gray Kitchen

Location: El Cerrito Community Center - 7007 Moeser Ln

DATE	DAY	TIME	YOUTH/SENIOR	ADULT	ACTIVITY
4/4	Sat	11:30am-1:30pm	\$20	\$30	462510-01

DIY STUDIO: MONTHLY CRAFTS

Ages 5+

If you enjoy "do it yourself" arts & crafts, then this is the class for you! Once a month we will come together to work on 2-3 DIY projects that are relevant to that month's holidays, festivities, seasons, etc. Come alone to meet new people, attend as a "Mommy/Daddy and Me" pairing or bring a group of friends. Projects will range from beginning to intermediate level. No experience needed; everyone is welcome. Youth 12 and younger must be accompanied by an adult.

Instructor: Michele Jawad

Location: Tassajara Pottery Studio – 2575 Tassajara Ave

DATE	DAY	TIME	RES	NRES	ACTIVITY
Drop-In	Tu	6-7:30pm	\$32	\$40	422332-01
Meeting Dates: 1/14, 2/11, 3/10, 4/7, 5/5					

LETTER WRITING SERIES

Ages 5+

This letter writing series will be an open house style, family friendly gathering with the purpose of writing letters, decorating cards, and/or writing postcards to Firefighters, Police Officers, EMT's & First Responders, Veterans, Seniors, and more. All supplies will be provided, or you can bring your own. Join us in sharing a little happiness and connectivity through "snail mail". Optional cash donation request of \$3 per participant day of.

Instructor: Recreation Staff

Location: El Cerrito Community Center - 7007 Moeser Ln

DATE	DAY	TIME	ACTIVITY
2/27	Th	4-6pm	422322-01
5/2	Sat	10am-12pm	422322-01

ADULT ACTIVITIES

ONLINE REGISTRATION: 12/03/2019 • OFFICE REGISTRATION: 12/10/2019

ARTS

ACRYLIC & WATERCOLOR ARTS

Ages 18+

Students of all skill levels work together, discuss their paintings and learn from each other. Accomplished painters as well as beginners are welcome. The instructor will demonstrate painting techniques, use of materials, textures, color theory and composition, and will help students as they explore their individual interests.

Instructor: Mei Yu Black

Location: Castro Clubhouse A - 1420 Norvell Ave

DATE	DAY	TIME	RES	NRES	ACTIVITY
Drop-In	Th F	11am-1:30pm 11am-2:30pm	\$11	\$14	444568-01

No Class: 1/2, 1/3

IKEBANA

Ages 18+

Lessons are taught in the classical Enshu style of Japanese flower arranging (basic through advanced levels). We ask students to bring shears, a shallow container with a pin frog, and flowers or branches that they would like to arrange. Optional \$10 material fee for flowers and branches should be paid directly to the instructor.

Instructor: Rayko Kurosaki

Location: Midtown Classroom - 10940 San Pablo Ave

DATE	DAY	TIME	RES	NRES	ACTIVITY
Drop-In	2nd & 4th Tu	2-4pm	\$11	\$14	444565-01



POTTERY

Ages 18+

Make sculptures, hand-built pieces and wheel-blown pots. Students work on projects at their own pace. Instruction available upon request. All levels welcome. Use of tools, glazes and firings are included in cost. Clay is available for purchase at \$15 per bag. Sign up in advance at www.el-cerrito.org/onlineereg or pay fees onsite by credit card (must register credit card with the City prior to first class) or by check made payable to "City of El Cerrito".

Location: Tassajara Pottery Studio - 2575 Tassajara Ave

MONDAY AFTERNOON CERAMICS

Instructor: Kathryn Rile

DATE	DAY	TIME	RES	NRES	ACTIVITY
Drop-In	M	1-4pm	\$11	\$14	444564-01

No Class: 1/20, 2/17, 5/25

MONDAY NIGHT OPEN STUDIO

Instructor: Patty Fujiwara

DATE	DAY	TIME	RES	NRES	ACTIVITY
Drop-In	M	7-9:30pm	\$11	\$14	444562-01

No Class: 1/20, 2/17, 5/25

WEDNESDAY EVENING CLAY WORKSHOP

Instructor: Chris Lack

DATE	DAY	TIME	RES	NRES	ACTIVITY
Drop-In	W	7-9:30pm	\$11	\$14	444563-01

No Class: 1/1

Midtown Activity Center

Monday-Thursday 8:30am-4:30pm, Friday 8:30am-4pm

(510) 559-7677 or (510) 559-7678

midtown@ci.el-cerrito.ca.us

DANCE & FITNESS

ALIGNMENT BASED YOGA

Ages 16+

Yoga is a great physical exercise to release tension, increase flexibility and improve posture. It also helps to calm the mind through deep breathing (Pranayama). Students learn basic understanding of proper alignment, relaxation techniques, and yoga breathing. This class allows you to take time to connect with yourself and it helps you feel balance, tranquility and calmness through the remainder of your day. The instructor is 200-hour Yoga Alliance registered, has trained in Vinyasa, Hatha, Iyengar and Anusara Yoga methods, and has over 15 years of experience. She is fluent in Japanese.

Instructor: Hiromi Aoki Jones

DATE	RES	NRES	ACTIVITY
Drop-In	\$11	\$14	444528-16

Location: Garden Room - 7007 Moeser Lane

DATE	DAY	TIME	MEETS	RES	NRES	ACTIVITY
1/7-1/28	Tu	11:30am-12:30pm	4x	\$34	\$42	444528-01
2/4-2/25	Tu	11:30am-12:30pm	3x	\$26	\$32	444528-04
3/3-3/31	Tu	11:30am-12:30pm	5x	\$44	\$55	444528-07
4/14-4/28	Tu	11:30am-12:30pm	3x	\$26	\$32	444528-10
5/5-5/26	Tu	11:30am-12:30pm	4x	\$34	\$42	444528-13

No Class: 2/18, 4/7

Location: Senior Center at Hana Gardens – 10870 San Pablo Ave

DATE	DAY	TIME	MEETS	RES	NRES	ACTIVITY
1/8-1/29	W	9-10:15am	4x	\$34	\$42	444528-02
1/9-1/30	Th	12-1pm	4x	\$34	\$42	444528-03
2/5-2/26	W	9-10:15am	3x	\$26	\$32	444528-05
2/6-2/27	Th	12-1pm	3x	\$26	\$32	444528-06
3/4-3/25	W	9-10:15am	4x	\$34	\$42	444528-08
3/5-3/26	Th	12-1pm	4x	\$34	\$42	444528-09
4/1-4/29	W	9-10:15am	4x	\$34	\$42	444528-11
4/2-4/30	Th	12-1pm	4x	\$34	\$42	444528-12
5/6-5/27	W	9-10:15am	4x	\$34	\$42	444528-14
5/7-5/28	Th	12-1pm	4x	\$34	\$42	444528-15

No Class: 2/19, 2/20, 4/8, 4/9

BALANCE TRAINING & FALL PREVENTION

Ages 50+

Designed to reduce the risk of falling by improving balance, building strength, increasing agility and enhancing posture. Experience greater confidence, control and safety in your activities. This class is a great supplement to any other exercise class or recreation endeavor. This class is designed for participants who are comfortable walking across a room without assistance.

Instructor: Lindsay Wheeler

Location: Midtown Multi Room - 10940 San Pablo Ave

DATE	DAY	TIME	RES	NRES	ACTIVITY
Drop-In	M	2-2:45pm	\$5	\$6	455502-01

No Class: 1/20, 2/17, 5/25

NEW! CHAIR FITNESS: SIT & GET FIT!

Ages 50+

Sit & Get Fit! teaches exercises that strengthen arms and legs while seated. Movements help to develop flexibility and endurance and increase lung capacity. Wear comfortable clothing and shoes.

Instructor: Judy Katz

Location: Senior Center at Hana Gardens – 10870 San Pablo Ave

DATE	DAY	TIME	RES	NRES	ACTIVITY
Drop-In	Tu	11:00-11:45am	\$5	\$6	455505-01

NEW! ESSETRICS® WITH JULIE

Ages 16+

As seen on PBS with Miranda Esmond-White! ESSETRICS® is a full-body conditioning program that combines Pilates with elements of ancient traditions such as Tai Chi, and modern insights from kinesiology and neuroscience to:

- improve strength and mobility
- promote connective tissue and fascial health,
- develop balance, strong posture, body awareness/control
- stimulate the brain through mindful, expansive, cross-body and circular movement patterns, and
- dramatically relieve aches and pain in the body.

Workouts are comprised of flow sequences made up of natural human movement patterns, each designed to teach and prepare us to move with strength, ease, and for injury-prevention, throughout daily life.

Instructor: Julie Loder

Location: Garden Room - 7007 Moeser Lane

DATE	DAY	TIME	MEETS	RES	NRES	ACTIVITY
1/8-1/29	W	1-2pm	4x	\$42	\$52	444520-01
2/5-2/26	W	1-2pm	4x	\$42	\$52	444520-02
3/4-3/25	W	1-2pm	4x	\$42	\$52	444520-03
4/1-4/29	W	1-2pm	5x	\$52	\$65	444520-04
5/6-5/27	W	1-2pm	4x	\$42	\$52	444520-05
Drop-In				\$13	\$16	444520-06

SHARE YOUR TALENTS

TEACH A CLASS

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

Those interested may inquire with Bridget Cooney by email bcooney@ci.el-cerrito.ca.us or phone (510) 559-7677.

DANCE & FITNESS CONTINUED

FELDENKRAIS AWARENESS THROUGH MOVEMENT

Ages 50+

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

Instructor: Jane Neilson

Location: Midtown Classroom - 10940 San Pablo Ave

DATE	DAY	TIME	RES	NRES	ACTIVITY
Drop-In	M, W	10-11am	\$5	\$6	455503-01

No Class: 1/20, 2/17, 5/25

FITNESS/MAT WORKOUT

Ages 50+

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

Instructor: Judy Katz

Location: Midtown Multi Room - 10940 San Pablo Ave

DATE	DAY	TIME	RES	NRES	ACTIVITY
Drop-In	Tu, Th	9:30-10:30am	\$5	\$6	455504-01

No Class: 1/2

FOLK DANCE

Ages 50+

Come enjoy beautiful international music and dancing. Folk dancing is a wonderful way to express yourself and enjoy people. No partners needed. Join Mel Harte, a popular Bay Area Folk Dance teacher who will set your feet dancing with clearly taught lessons. Dancing helps improve balance, memory and physical well-being.

Instructor: Mary Ellen Harte

Location: Midtown Multi Room - 10940 San Pablo Ave

DATE	DAY	TIME	RES	NRES	ACTIVITY
Drop-In	F	9-11am	\$5	\$6	455508-01

No Class: 1/3

Midtown Activity Center

Monday-Thursday 8:30am-4:30pm

Friday 8:30am-4pm

(510) 559-7677 or (510) 559-7678

midtown@ci.el-cerrito.ca.us

HIKING & WALKING TRIPS

Ages 50+

Hiking/Walking Trips range from moderate to strenuous and are graded by the type of terrain. Hiking footwear, plenty of water, a lunch, medications, sunscreen and a backpack are essential. Dressing in layers is recommended as many locations change temperatures rapidly. Hikers are welcome to bring a camera and binoculars. Reservations are required (space is limited). Hikes may be canceled or rescheduled due to inclement weather.

Trips depart from the Contra Costa Civic Theater (CCCT) Parking Lot – 951 Pomona Ave

TRIP LOCATION	DATE	DAY	TIME	FEES	ACTIVITY
Lake Merritt	1/17	F	8:30am-2:30pm	\$12	455805-01
Lake Chabot	2/7	F	8:30am-2:30pm	\$12	455805-02
Quarry Lakes	3/6	F	8:30am-2:30pm	\$12	455805-03
SF Ferry Building, 4/3 Pier 39 & Transit Center	4/3	F	8:30am-2:30pm	\$12	455805-04
Devil's Slide	5/8	F	8:30am-2:30pm	\$12	455805-05
Stow Lake, Golden Gate Park	5/22	F	8:30am-2:30pm	\$12	455805-06

PICKLEBALL

Ages 18+

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

Instructor: Brandon Bell

Location: Castro Tennis Courts 1 & 2 - 1420 Norvell Ave

DATE	DAY	TIME	FEES	ACTIVITY
Drop-In	Th	3-5pm	\$5	455117-01
Drop-In	Sat	9am-12pm	\$5	455117-01



DANCE & FITNESS CONTINUED



POLYNESIAN DANCE ADULT

Ages 12+

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

Instructor: Kalena Gregory

Location: Skylight Room - 7007 Moeser Lane

DATE	DAY	TIME	MEETS	RES	NRES	ACTIVITY
1/7-1/28	Tu	6:30-7:30pm	4x	\$42	\$52	444531-01
2/4-2/25	Tu	6:30-7:30pm	4x	\$42	\$52	444531-02
3/3-3/24	Tu	6:30-7:30pm	4x	\$42	\$52	444531-03
4/7-4/28	Tu	6:30-7:30pm	4x	\$42	\$52	444531-04
5/5-5/26	Tu	6:30-7:30pm	4x	\$42	\$52	444531-05

POLYNESIAN DANCE ADVANCED

Ages 12+

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

Instructor: Kalena Gregory

Location: Skylight Room - 7007 Moeser Lane

DATE	DAY	TIME	MEETS	RES	NRES	ACTIVITY
1/7-1/28	Tu	7:30-8:30pm	4x	\$42	\$52	444537-01
2/4-2/25	Tu	7:30-8:30pm	4x	\$42	\$52	444537-02
3/3-3/24	Tu	7:30-8:30pm	4x	\$42	\$52	444537-03
4/7-4/28	Tu	7:30-8:30pm	4x	\$42	\$52	444537-04
5/5-5/26	Tu	7:30-8:30pm	4x	\$42	\$52	444537-05

QIGONG

Ages 50+

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

Instructor: Deborah Sarnoff

Location: Midtown Computer Lab - 10940 San Pablo Ave

DATE	DAY	TIME	RES	NRES	ACTIVITY
Drop-In	F	10-11am	\$5	\$6	455511-01

No Class: 1/3

SHINSHIN TOITSU AIKIDO

Ages 14+

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

Instructor: Ki Research Institute

Location: Castro Clubhouse B - 1420 Norvell Avenue

DATE	DAY	TIME	RES	NRES	ACTIVITY
1/2-1/30	M, W Tu, Th	6:30-8pm 9-10am	\$42	\$52	444505-02
2/3-2/27	M, W Tu, Th	6:30-8pm 9-10am	\$42	\$52	444505-03
3/2-3/31	M, W Tu, Th	6:30-8pm 9-10am	\$42	\$52	444505-04
4/1-4/30	M, W Tu, Th	6:30-8pm 9-10am	\$42	\$52	444505-05
5/4-5/28	M, W Tu, Th	6:30-8pm 9-10am	\$42	\$52	444505-06

STRENGTH TRAINING INTO THE GOLDEN AGES

Ages 50+

This once-a-week senior exercise class focuses on increasing range of motion and balancing the muscles surrounding the joints which helps decrease joint pain. Specific, corrective stretches and exercises together with strength training and balance work, help develop a solid physical strength foundation as well as improve mobility and balance. Participants must be able to safely stand and walk independently.

Instructor: All In One Fitness

Location: Hana Gardens - 10870 San Pablo Avenue

DATE	DAY	TIME	MEETS	RES	NRES	ACTIVITY
1/7-1/28	Tu	12:40-1:30pm	4x	\$41	\$51	455507-01
2/4-2/25	Tu	12:40-1:30pm	4x	\$41	\$51	455507-02
3/3-3/24	Tu	12:40-1:30pm	4x	\$41	\$51	455507-03
4/7-4/28	Tu	12:40-1:30pm	4x	\$41	\$51	455507-04
5/5-5/26	Tu	12:40-1:30pm	4x	\$41	\$51	455507-05



DANCE & FITNESS CONTINUED

T'AI CHI CHIH

Ages 50+

T'ai Chi Chih was developed to promote relaxation and stress reduction. Exercises are aligned with balance, meditation and wellness. The movements are relaxed, effortless, flowing and require simple coordination so that people of any age can easily perform them. Chairs are available for use during the class. Join the class and experience renewed energy and a sense of serenity.

Instructor: Ian Huebsch

Location: Hana Gardens - 10870 San Pablo Avenue

DATE	DAY	TIME	RES	NRES	ACTIVITY
Drop-In	M	10-11am	\$5	\$6	455501-01

No Class: 1/20, 2/17, 5/25

TAI CHI: WANG-STYLE

Ages 18+

This is an intermediate class to introduce the latest Wang-Style Chen Tai Chi (created by Master Wang Zhanhoi Grand Master Wang Xian's elder son). Format of the class consists of mind calming and body relaxing Qigong, Silk Reeling warm-up exercises, followed by practicing Wang-style Chen Tai Chi forms and movements. Chen-style Tai Chi is the oldest and parent form of the 5 traditional Tai Chi styles, which are characterized by their low powerful stances, body coiling, foot stomping, alternating fast and slow motion and explosive release of power. This class is suitable for students having some Tai Chi experience.

Instructor: George Chiu

Location: Midtown Multi Room - 10940 San Pablo Ave

DATE	DAY	TIME	RES	NRES	ACTIVITY
1/4-1/25	Sat	9:30-11am	\$20	\$25	444501-01
2/1-2/29	Sat	9:30-11am	\$20	\$25	444501-02
3/7-3/28	Sat	9:30-11am	\$20	\$25	444501-03
4/4-4/25	Sat	9:30-11am	\$20	\$25	444501-04
5/2-5/30	Sat	9:30-11am	\$20	\$25	444501-05

TAI CHI: WU-STYLE LONG FORM

Ages 18+

Wu-style Tai Chi is characterized by small circle techniques mixed with large frame circular movements that are best for improving balance to prevent falls. Students will practice foundation steps and techniques of Wu-style Tai Chi, and refined details. This class is suitable for intermediate and advanced students who have already taken Tai Chi: Wu Style. Instructor approval required to enroll in this class.

Instructor: George Chiu

Location: Midtown Multi Room - 10940 San Pablo Ave

DATE	DAY	TIME	RES	NRES	ACTIVITY
1/9-1/30	Th	7:30-9:30pm	\$20	\$25	444504-01
2/6-2/27	Th	7:30-9:30pm	\$20	\$25	444504-02
3/5-3/26	Th	7:30-9:30pm	\$20	\$25	444504-03
4/2-4/30	Th	7:30-9:30pm	\$20	\$25	444504-04
5/7-5/28	Th	7:30-9:30pm	\$20	\$25	444504-05



TAI CHI: YIJIN EXERCISES

Ages 18+

Yijin Exercises improve conditions of muscles, tendons, and spine, which play an important role in health. You will practice the following exercises in this class: Qigong (Standing meditation combined with breathing), Yijin Methods (Chinese Arts of Stretching) and Brocade Aerobics (A low to medium impact aerobics, to train your body strength and expand your chest and lung capacity). Prior Yijin Exercise experience required.

Instructor: George Chiu

Location: Midtown Multi Room - 10940 San Pablo Ave

DATE	DAY	TIME	RES	NRES	ACTIVITY
1/7-1/28	Tu	7:30-9:30pm	\$20	\$25	444503-01
2/4-2/25	Tu	7:30-9:30pm	\$20	\$25	444503-02
3/3-3/31	Tu	7:30-9:30pm	\$20	\$25	444503-03
4/7-4/28	Tu	7:30-9:30pm	\$20	\$25	444503-04
5/5-5/26	Tu	7:30-9:30pm	\$20	\$25	444503-05

TAIJI QUAN YANG-STYLE LONG FORM

Ages 18+

Taiji Quan Yang-Style Long Form is an introduction to the basic forms in classical long-form style of the Yang tradition. Through a combination of meditative movements, you can work towards achieving harmony of the mind, body and spirit. Emphasis is on body alignment, balance and the awareness of "qi" in the learning of 18 basic forms.

Instructor: Jody Ellsworth

Location: Arlington Clubhouse - 1120 Arlington Ave

DATE	DAY	TIME	MEETS	RES	NRES	ACTIVITY
1/7-1/28	Tu	10-11am	4x	\$42	\$52	464520-01
2/4-2/25	Tu	10-11am	4x	\$42	\$52	464520-02
3/3-3/31	Tu	10-11am	4x	\$42	\$52	464520-03
4/7-4/28	Tu	10-11am	4x	\$42	\$52	464520-04
5/5-5/26	Tu	10-11am	4x	\$42	\$52	464520-05
Drop-In	Tu	10-11am		\$12	\$15	464520-06

No Class: 3/17

DANCE & FITNESS CONTINUED



TENDO RYU NAGINATA

Ages 12+

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

Instructor: Eric Montes

Location: CC Main Hall - 7007 Moeser Lane

DATE	DAY	TIME	RES	NRES	ACTIVITY
1/6-1/27	M	8:15-10:15pm	\$33	\$41	444502-01
2/10-2/24	M	8:15-10:15pm	\$33	\$41	444502-02
3/2-3/30	M	8:15-10:15pm	\$33	\$41	444502-03
4/6-4/27	M	8:15-10:15pm	\$33	\$41	444502-04
5/4-5/18	M	8:15-10:15pm	\$33	\$41	444502-05

No Class: 1/6, 1/20, 2/3, 2/17, 5/25

WINSLOW TENNIS ACADEMY: ADULT BEGINNER

Ages 18+

El Cerrito based Winslow Tennis Academy is for players of all ages and levels. Classes are about having fun while focusing on precision, rigor and gusto. Head Coach Alexander Winslow is a U.S.P.T.A. certified teaching professional and member of the Wilson USPTA Gold Staff Advisory Program. He has years of experience working with adults either learning for the first time, rediscovering their games or playing league matches. He also works with competitive players on singles and doubles match play, point tactics, shot selection and production and mental approaches. For more information contact alexander@winslowtennisacademy.com.

Instructor: Alexander Winslow

Location: Harding Tennis Courts – 7115 C Street

DATE	DAY	TIME	MEETS	RES	NRES	ACTIVITY
1/19-2/23	Sun	12-1pm	6x	\$150	\$184	422545-01

YOGA HEALTH & WELLNESS

Ages 18+

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

Instructor: Bruce Guterman

Location: Midtown Multi Room - 10940 San Pablo Ave

DATE	DAY	TIME	MEETS	RES	NRES	ACTIVITY
1/6-1/27	M	7:30-9pm	3x	\$32	\$40	444524-01
2/3-2/24	M	7:30-9pm	3x	\$32	\$40	444524-02
3/2-3/30	M	7:30-9pm	5x	\$52	\$65	444524-03
4/6-4/27	M	7:30-9pm	4x	\$42	\$52	444524-04
5/4-5/18	M	7:30-9pm	3x	\$32	\$40	444524-05
Drop-In				\$12	\$15	444524-06

No Class: 1/20, 2/17, 5/25

Midtown Activity Center

Monday-Thursday 8:30am-4:30pm, Friday 8:30am-4pm

(510) 559-7677 or (510) 559-7678

midtown@ci.el-cerrito.ca.us



CITY OF EL CERRITO
MIDTOWN ACTIVITY CENTER

Want to Become
a Volunteer?



Volunteer Opportunities:

CoCo Cafe Volunteer (Setup & serve lunch)

Alzheimer Respite Program Volunteer

To download an application please visit www.el-cerrito.org or email midtown@ci.cerrit.ca.us for more information.

DANCE & FITNESS CONTINUED

X-FIT BOOT CAMP

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

For more information or to RSVP to a class contact X-Fit Training at:

XFit.JR@gmail.com or (510) 289-4200.

Check us out at:

www.XFitTrainingEastBay.com

X-FIT FEES	RES	NRES
5 classes per month	\$75	\$92
10 classes per month	\$120	\$144
Unlimited per month	\$140	\$169
First time workouts	\$10 one time drop-in \$30 for 3 classes	
Drop-In Fee	\$20 per class	

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



EL CERRITO COMMUNITY CENTER, 7007 MOESER LANE

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

CASTRO CLUBHOUSE, 1420 NORVELL ST

TIME	MON	TUES	WED	THUR	FRI	SAT
7pm	Kersten	Kersten	Sandy	Joe		

No Class: 1/1, 2/17, 5/23, 5/25

ZUMBA® @ the El Cerrito Community Center

WINTER / SPRING 2020

CLASSES	SUN	MON	TUE	WED	THURS	FRI	SAT
Zumba* Dance, sweat and have fun! 10 classes—each with a great instructor.	9 am Kae	9 am Stephanie	9 am Stephanie	9 am Leigh	9 am Pam	9 am Stephanie	9 am Stephanie
		7 pm Christa		7 pm Elissa <i>Garden Room</i>		7 pm Kae	
Zumba Gold* A low impact cardio class. Great class for seniors and beginners.		10:10 am Pam	10:10 am Stephanie <i>w/ a Touch of Toning</i>	10:10 am Pam		10:10 am Stephanie	
SPECIAL! Zumba Workshop* Starting January 11, 2020	Sign up for our Zumba Workshop. Learn the steps to Merengue, Cumbia, Reggaeton, Salsa and other dances with Stephanie, Pam and Kae. 6 Saturday Sessions: \$63 for EC Residents \$78 for Non-Resident \$15 drop-in Save the Dates: January 11, 18 & 25, February 1, 8 & 15						Zumba Workshop 10:30–11:30

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

GARDEN ROOM

Jan 2 (Thu–9am), Jan 3 (Fri–9am & Gold), Jan 6 (Mon–9am & Gold), Jan 7 (Tue–9am & Gold), Jan 8 (Wed–9am & Gold), Jan 9 (Thu–9am), Jan 10 (Fri–9am & Gold), Feb 13 (Thu–9am), Mar 12 (Thu–9am), Mar 28 (Sat–9am), Apr 4 (Sat–9am), Apr 9 (Thu–9am), Apr 18 (Sat–9am)

CANCELLED CLASSES

Jan 15 (Wed–7pm), Jan 24 (Fri–9am, Gold & 7 pm), Mar 18 (Wed–7pm), Apr 11 (Sat–9am), Apr 12 (Sun–9am)

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

Join our email list to get ECCC Zumba News.

For information, contact
Stephanie Ramos at (415) 225-5661
or stephanie4zumba@gmail.com



GO TO goo.gl/tppHic FOR ECCC ZUMBA'S LATEST CLASS AND INSTRUCTOR SCHEDULES.

NEWS

YOUTH

ADULTS

AQUATICS

FACILITIES



BIRDING TRIPS

Ages 50+

Join us as we search for different types of birds in the area. Birders are encouraged to bring binoculars, bird book and sunscreen. Wear sturdy shoes and dress in layers (weather can suddenly change). Reservations are required (space is limited). Weather permitting.

Trips depart from the Contra Costa Civic Theater Parking Lot – 951 Pomona Ave

TRIP LOCATION	DATE	DAY	TIME	FEES	ACTIVITY
Las Gallinas Wildlife Ponds	1/24	F	8am-2pm	\$12	455805-01
Point Pinole Regional Park	2/21	F	8am-2pm	\$12	455805-02
Hayward Regional Shoreline	3/20	F	8am-2pm	\$12	455805-03
Heron's Head Park	4/10	F	8am-2pm	\$12	455805-04
Martinez Regional Shoreline	4/24	F	8am-2pm	\$12	455805-05
Don Edwards Wildlife Refuge	5/15	F	8am-2pm	\$12	455805-06
McNears Beach	5/29	F	8am-2pm	\$12	455805-07

BOOK CLUB (NON-FICTION)

Ages 50+

Looking for a fun way to enjoy books and meet new people? Join us as we discuss our monthly book selection. Book Club meets the second Wednesday of each month. Books are decided upon as a group with a focus on non-fiction books. Bring your suggestions of books to read throughout the year. Upcoming books for discussion in 2020 include, *Educated* by Tara Westover and *Killers of the Flower Moon*, *The Osage Murders* and *The Birth of the FBI* by David Grann.

Facilitator: Judy Katz

Location: Midtown Computer Lab - 10940 San Pablo Ave

DATE	DAY	TIME	FEE	ACTIVITY
1/8	W	12-1pm	\$2	455513-01
2/12	W	12-1pm	\$2	455513-02
3/11	W	12-1pm	\$2	455513-03
4/8	W	12-1pm	\$2	455513-04
5/13	W	12-1pm	\$2	455513-05

BRIDGE

Ages 18+

Want to find out how much fun playing Bridge can be? Join Kathryn Ann Kinsey on Thursday afternoons to learn how to play. Learn the basics of Bridge by playing with other beginners and find out how stimulating this game can be. There are also opportunities for experienced players on Thursdays and on the 1st, 2nd and 4th Saturday of each month.

Instructor: Kathryn Ann Kinsey

Location: Midtown Multi Room - 10940 San Pablo Ave

BEGINNER BRIDGE LESSONS

DATE	DAY	TIME	MEETS	RES	NRES	ACTIVITY
1/9-1/30	Th	1-3:30pm	5x	\$25	\$30	455100-01
2/6-2/27	Th	1-3:30pm	4x	\$20	\$25	455100-02
3/5-3/26	Th	1-3:30pm	4x	\$20	\$25	455100-03
4/2-4/30	Th	1-3:30pm	5x	\$25	\$30	455100-04
5/7-5/28	Th	1-3:30pm	4x	\$20	\$25	455100-05
Drop-In		1-3:30pm	\$6	\$8		

EXPERIENCED BRIDGE PLAYERS

	DAY	TIME	FEE
Drop-In	Th	1-3:30pm	\$5
Drop-In	1st, 2nd & 4th Sat	2-5pm	\$8

No Class: 1/2, 1/4

CANASTA

Ages 50+

Canasta is a game of the Rummy family and was the most popular American game in the early 1950s. Come learn the game and join the fun! Four players needed per game.

Instructor: Joan Aiken

Location: Midtown Game Room - 10940 San Pablo Ave

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

No Class: 1/20, 2/17, 5/25

NEW! CHAOS & CLUTTER VS. ORDER IN YOUR HOUSEHOLD

Ages 18+

Do you feel that your home is chaotic or cluttered? Is there useful space in your home that is occupied by useless things? Do you lose things because of the clutter? Do you ever feel anxious or stressed because of the chaos? If you answered yes, this workshop is for you! In this two-part workshop learn strategies to help organize your life and household.

Instructor: Raheela James

Location: Garden Room - 7007 Moeser Lane

DATE	DAY	TIME	MEETS	RES	NRES	ACTIVITY
1/13-1/27	M	6:30-7:30pm	2x	\$52	\$65	444551-01

No Class: 1/20

ENRICHMENT CONTINUED

CURRENT EVENTS

Ages 50+

Join us for roundtable discussions on subjects of your choice. Discussion topics include domestic affairs, politics and economics. A facilitator starts the discussion and topics are chosen on an ad hoc basis by participants. Bring your topics, opinions and ideas to share in an open and supportive setting. All views and opinions welcome.

Facilitator: Buddy Akacic

Location: Hana Gardens - 10870 San Pablo Ave

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

ELDER TECH TUTORING

Ages 50+

Want to learn more about your iPhone, iPad or other mobile device? Need help figuring out how it all works? Sign up for a 30-minute, one-on-one tutoring session at the Midtown Activity Center. In partnership with the El Cerrito High School Information Technology Academy, each session is tailored to your needs. You can focus on something new, gain a better understanding of a function or just learn the basics of this amazing and important technology.

Facilitator: Steve Lipson

Location: Midtown Computer Lab - 10940 San Pablo Ave

DATE	DAY	TIME	FEE	ACTIVITY
On-going	Tu	2-4pm	FREE	455307

GUITAR - BEGINNING

Ages 50+

Interested in learning to play acoustic guitar? This class is designed for the adult beginner guitar player that has little or no musical experience. Learn basic open positions, chords and strumming.

Instructor: Terry Lee

Location: Midtown Game Room - 10940 San Pablo Ave

DATE	DAY	TIME	RES	NRES	ACTIVITY
Drop-In	F	10-11am	\$5	\$6	455509-01

No Class: 1/3

IPAD CLASS

Ages 50+

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

Instructor: Julian Kaye

Location: Midtown Computer Lab - 10940 San Pablo Ave

DATE	DAY	TIME	MEETS	FEE	ACTIVITY
2/10-3/9	M	10am-12pm	4x	\$20	455308-02
5/11-6/8	M	10am-12pm	4x	\$20	455308-05

No Class: 2/17, 5/25

IPHONE CLASS

Ages 50+

This class starts at the beginning and will cover how to buy and use an iPhone. It teaches all the aspects of an iPhone including using the built-in camera, storing and sharing photos, using your phone for music, video, emails, apps and just having fun. The class runs in 4-class sessions.

Instructor: Julian Kaye

Location: Midtown Computer Lab - 10940 San Pablo Ave

DATE	DAY	TIME	MEETS	FEE	ACTIVITY
1/6-2/3	M	10am-12pm	4x	\$20	455308-01
3/16-4/6	M	10am-12pm	4x	\$20	455308-03
4/13-5/4	M	10am-12pm	4x	\$20	455308-04

No Class: 1/20

NEW! INTRODUCTION TO UKULELE

Ages 14+

Learn the fundamentals of playing the ukulele in a fun and supportive environment! This class will take you through all the basics including strumming patterns, right and left-hand techniques, understanding chord diagrams, and reading tablature and musical notation. You will learn common chords that will enable you to play hundreds of songs. You'll also learn melody fingerpicking, experience playing together to create harmony, and you'll gain helpful practice tips and exercises. No musical knowledge or experience is required. Please bring your ukulele, a tuner, and a folding music stand. \$3 material fee should be paid to the instructor on the first day of the session.

Instructor: Lara Markowitz

Location: Garden Room - 7007 Moeser Lane

DATE	DAY	TIME	MEETS	RES	NRES	ACTIVITY
2/4-3/10	Tu	6:45-7:45pm	6x	\$69	\$86	444514-01
4/7-5/12	Tu	6:45-7:45pm	6x	\$69	\$86	444514-02

MAHJONG

Ages 50+

We offer drop-in times for groups and individuals who enjoy getting together to play friendly games of Mahjong. Come join the fun! Mahjong instruction is available on Thursdays.

Location: Midtown Game Room - 10940 San Pablo Ave

DATE	DAY	TIME	FEE
Drop-In	M	12:30-4pm	\$2
Drop-In	W	10:30am-3:30pm	\$2
Drop-In	Th	9:30am-12pm	\$2
Drop-In	F	11am-3:30pm	\$2

No Class: 1/2, 1/3, 1/20, 2/17, 5/25

Midtown Activity Center

Monday-Thursday 8:30am-4:30pm, Friday 8:30am-4pm

(510) 559-7677 or (510) 559-7678

midtown@ci.el-cerrito.ca.us

ENRICHMENT CONTINUED

MANDARIN CLASS: ADULT BEGINNER

Ages 15+

Classes are designed for high school students and adults. Students will learn Chinese through books, songs, poems and games. Participants will learn and practice skills including speaking, listening, reading and writing in Chinese. The goal is to increase interest in learning and using Chinese in daily life.

Instructor: Li Zhong

Location: Teeter Tot Room - 7007 Moeser Lane

DATE	DAY	TIME	MEETS	RES	NRES	ACTIVITY
1/21-4/2	Tu,Th	4-5pm	20x	\$408	\$508	444544-01
4/14-6/4	Tu,Th	4-5pm	16x	\$328	\$408	444544-02

No Class: 2/18, 2/20

MEMOIR WRITING

Ages 50+

A weekly group where the focus is you! Your life experiences remembered, written and shared. The group process sets the stage, encourages, supports and offers editing feedback in a warm and encouraging environment. Class exercises will help you find your unique voice. This class is good for beginning to advanced writers.

Instructor: Margaret Irvin

Location: Midtown Classroom - 10940 San Pablo Ave

DATE	DAY	TIME	RES	NRES	ACTIVITY
Drop-In	Th	9:30am-12pm	\$5	\$6	455512-01

No Class: 1/2

SING-ALONG

Ages 50+

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

Location: Midtown Classroom - 10940 San Pablo Ave

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

No Class: 1/3

SPANISH FOR SENIORS – INTERMEDIATE

Ages 50+

Intermediate Spanish for Seniors is designed for adults who know basic Spanish and want to brush up their skills. Students practice speaking, reading and writing in Spanish.

Instructor: Connie Sutton

Location: Midtown Game Room - 10940 San Pablo Ave

DATE	DAY	TIME	RES	NRES	ACTIVITY
Drop-In	Tu	9-10:30am	\$5	\$6	455506-01

No Class: 1/14



**Interested in volunteering
at Story-Time?**

Email: midtown@ci.el-cerrito.ca.us

NEW! TECH WORKSHOPS: SMARTPHONE 101

Ages 50+

Smartphone 101 helps you make the most of your smartphone or tablet. You'll learn concepts including security, downloading apps, personalizing your device and how to set up connected devices including wearables and personal assistants. Please bring your own Android (Samsung, LG, etc) or iOS (iPhone, iPad, etc) to class.

Instructor: Sam High with Great Call

Location: Midtown Computer Lab - 10940 San Pablo Ave

DATE	DAY	TIME	FES	ACTIVITY
1/7	Tu	11am-12pm	\$2	455301-01
3/3	Tu	11am-12pm	\$2	455301-02
5/5	Tu	11am-12pm	\$2	455301-03

NEW! WORLD AFFAIRS

Ages 50+

World Affairs is an open discussion of world events. The first part of each meeting welcomes comments and questions from everyone in attendance. The second part of the meeting is a presentation on a topic the group selects, with questions and comments welcome. Possible topics of discussion include events in U.S.- Asia relations.

Facilitator: Constance Cole

Location: Hana Gardens - 10870 San Pablo Ave

DATE	DAY	TIME	RES	NRES	ACTIVITY
Drop-In	F	10-11:30am	\$4	\$5	455510-01

No Class: 1/3

Your Real Estate Partner in El Cerrito

Global Outlook, Local Focus

I give back to charities with every sale



Catherine Krueger, Realtor®
510.813.0970
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COMPASS

Past Chair of the Crime Prevention Committee

Earth Day Site Coordinator

El Cerrito Resident

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ONLINE CLASSES

These **high-quality courses** are **taught by industry experts** and designed to quickly deliver specific skills and knowledge that **help to advance personal or professional development**. Our online classroom is informative, convenient and highly interactive.

Accounting Fundamentals

Gain a marketable new skill by learning the basics of double-entry bookkeeping, financial reporting, and more.

Medical Terminology: A Word Association Approach

Prepare for a career in the health services industry by learning medical terminology in a memorable and enjoyable fashion.

Speed Spanish

Learn six easy recipes to glue Spanish words together into sentences, and you'll be engaging in conversational Spanish in no time.

Introduction to SQL

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

Microsoft Excel 2016 Series

Learn to use basic, intermediate, and advanced features of Microsoft Excel 2016.

Accounting Fundamentals Series

If you're interested in increasing your financial awareness while also gaining a marketable skill, this series of courses is perfect for you.

Introduction to Microsoft Excel 2016

Become proficient in using Microsoft Excel 2016 (now available through Office 365) and discover how to create worksheets, workbooks, charts, and graphs quickly and efficiently.

Introduction to Microsoft Excel 2013

Become proficient in using Microsoft Excel 2013 and discover countless shortcuts, tricks, and features for creating and formatting worksheets quickly and efficiently.

SPRING CLASSES

24/7 Access • All classes start new every month • Certificate of completion • 6-week format • Average 24 work hours • Discussion boards • Mobile accessible



Enroll or view all our online courses at: www.ed2go.com/elcerritocomsvc/

50+ SERVICES

NEWS

YOUTH

ADULTS

AQUATICS

FACILITIES

ALZHEIMER RESPITE PROGRAM

Designed for individuals with Dementia, including Alzheimer's disease and other memory losses. This program offers close supervision with an array of activities designed to keep the participant at their highest activity level possible. Activities include exercise, music, art, discussion, games and therapy pet visits. *Lunch from 12-1pm is available for participants. Pre-approval required to enroll in the program. To schedule a visit or get more information about this program, call (510) 559-7677 or email midtown@ci.el-cerrito.ca.us.

Instructor: Carol Kehoe

Location: Midtown Classroom - 10940 San Pablo Ave

DATE	DAY	TIME	RES	NRES	ACTIVITY
Monthly Program	Tu	10am-3pm	\$105	\$132	455301-01
Suggested Lunch Donation			\$3 per lunch		



Lunch is served! COCO CAFÉ

Daily Nutrition Lunch Program
Monday-Friday, 12pm (\$3 Donation ages 60+)
To make reservations:
call (510) 559-7677 or email midtown@ci.el-cerrito.ca.us

No Senior Nutrition Program: 1/20, 2/17, 5/25



EASY RIDE PARATRANSIT SERVICE

(ERPS) Monday-Friday

Ages 65+ and Disabled Residents Ages 18+

Easy Ride Paratransit Service (ERPS) is a transportation service for El Cerrito's senior and disabled residents that helps them perform daily activities within the City of El Cerrito. ERPS operates Monday through Friday between the hours of 9am-4pm and is funded by the City of El Cerrito and Contra Costa County Measure J sales tax revenue.

What is Easy Ride?

Easy Ride is a door-to-door transportation service for El Cerrito residents ages 65 and older and for disabled residents ages 18 and older. Easy Ride provides trips only within El Cerrito city limits. Passengers will share rides with others.

How do I register?

Applications are available at the Midtown Activity Center, 10940 San Pablo Avenue or online at www.elcerrito.org/easyride.

Applications must be completed and approved before scheduling a ride.

No Easy Ride Service: 1/20, 2/14, 5/25

How do I schedule a ride?

Arranging transportation with Easy Ride is fast and simple. El Cerrito residents may schedule rides up to two weeks in advance. We do not offer same day appointments. Contact Midtown Activity Center (510) 559-7677 or midtown@ci.el-cerrito.ca.us for more information.






Midtown Activity Center & El Cerrito Fire Department


Blood Pressure Check



First Thursday of Every Month
11am-12pm
 Walk-In! No Cost! No appointment needed!

10940 San Pablo Ave, El Cerrito, CA
 For more information, call (510) 559-7677
 or email midtown@ci.el-cerrito.ca.us

HAIRDRESSER

Interested in having your hair cut or set? We have a hairdresser on-site by appointment. Come with hair washed and ready to be cut. Call (510) 559-7677 or email midtown@ci.el-cerrito.ca.us for an appointment.

Hairdresser: Angie

Location: Midtown Wellness Rm – 10940 San Pablo Ave

DATE	DAY	TIME	FEE
By Appointment	F	9:30am-1pm	\$10

MASSAGE

A neck, shoulder, back and foot massage done over clothes is designed to enhance general relaxation, improve sleep, increase feeling of well-being and reduce muscular tension and associated discomfort. Linda has worked with clients for over 13 years and customizes each session to address client's needs. Duration of massage is 15-minutes. Call (510) 559-7677 or email midtown@ci.el-cerrito.ca.us for an appointment.

Masseuse: Linda Giddings

Location: Midtown Wellness Rm – 10940 San Pablo Ave

DATE	DAY	TIME	FEE
By Appointment	Tu	9:15am-12pm	\$15
By Appointment	Th	10:30am-12:30pm	\$15

PODIATRIST

A Podiatrist examines and evaluates feet, trims corns, calluses and toenails. This foot clinic is essential for all who desire healthy feet. Call (510) 559-7677 or email midtown@ci.el-cerrito.ca.us for an appointment.

Location: Midtown Wellness Rm – 10940 San Pablo Ave

DATE	DAY	TIME	FEE
By Appointment	W (1x per month)	8:30am-12:30pm	\$30

SENIOR WOMEN'S SUPPORT GROUP

An on-going group for women ages 50+ who are isolated or stressed by life circumstances and could benefit from sharing with other women in a supportive environment. Members listen and share with the aim of creating a group where they can learn from each other and continue to grow and develop. Pre-approval required. Call (510) 220-5043 for more information.

Instructor: Amy Glick

Location: Midtown Computer Lab - 10940 San Pablo Ave

DATE	DAY	TIME	MEETS	RES	NRES	ACTIVITY
1/9-1/30	Th	1:30-2:45pm	4x	\$48	\$56	455202-01
2/6-2/27	Th	1:30-2:45pm	4x	\$48	\$56	455202-02
3/5-3/26	Th	1:30-2:45pm	4x	\$48	\$56	455202-03
4/2-4/30	Th	1:30-2:45pm	5x	\$60	\$70	455202-04
5/7-5/28	Th	1:30-2:45pm	4x	\$48	\$56	455202-05

50+ SERVICES CONTINUED

FREE 50+ SERVICES

ARTISAN BREAD GIVE AWAY

Drop-in, Monday, 9:30am-11:30am

HICAP

The Health Insurance Counseling & Advocacy Program (HICAP) provides free and objective information and counseling about Medicare. 1st, 3rd, 4th, Tuesday, 1-3pm

MEALS ON WHEELS

Home Delivered Meals
Monday - Friday, 12:00pm

VISUALLY IMPAIRED SUPPORT GROUP

The Lion's Center for the Visually Impaired co-sponsors this monthly support group. Monthly meetings allow individuals to discuss issues that are affecting their lives. All issues are open including independent living skills, training in the home and mobility orientation is provided for those who seek it. This group meets the second Tuesday each month, 1-2PM, Activity #455203-01.

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



EASY RIDE SHOPPING TRIPS

Choose your location:

El Cerrito Plaza, Target,
Ranch 99 or Costco

First Wednesday of Every Month

Pick ups start at 9am

Open to El Cerrito Residents

who qualify for Easy Ride
\$5 round-trip

To schedule a ride:

Call (510) 559-7677
or email midtown@ci.el-cerrito.ca.us



Annual Giving Campaign

The City of El Cerrito Midtown Activity Center raises funds to help off-set the cost of many of our senior programs and services. Your generous donation helps keep program costs down and allows our center to continue to expand and improve program offerings.

Donations may be tax deductible.

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



AARP TAX-AIDE INCOME TAX PREPARATION

MONDAY, WEDNESDAY
& THURSDAY

February 3rd - April 13, 2020

Trained volunteers available to help low and moderate income seniors with their State and Federal Income Tax forms.
By appointment only! FREE service.

Donations to the City of El Cerrito Adult Programs & Services Division are gratefully accepted.

SENIOR CENTER AT HANA GARDENS
10840 SAN PABLO AVE, EL CERRITO



To make an appointment, call (510) 559-7677
or email midtown@ci.el-cerrito.ca.us

50+ DAY TRIPS

INQUIRIES & REGISTRATION

Midtown Activity Center – 10940 San Pablo Ave

Phone: (510) 559-7677

Email: midtown@ci.el-cerrito.ca.us

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

Ages 50+

JANUARY

OLD SPAGHETTI FACTORY RESTAURANT (CONCORD)

Thursday, January 30, 2020, 11:30am-2pm

Cost: \$35, Activity #455801-01

A luncheon at the Old Spaghetti Factory is an experience. Restaurant is adorned with antique lighting, intricate stained glass displays and an old-fashioned trolley car that doubles as a dining hall.

FEBRUARY

SEMIFREDDI'S BAKERY TOUR (ALAMEDA)

Thursday, February 13, 2020, 9am-2pm

Cost: \$50, Activity #455801-02

Semifreddi's utilizes over 25 different recipes and bakes more than 50 different types of breads and pastries. In a typical week, over 190,000 loaves of bread and 40,000 pastries and cookies are produced at their headquarters in Alameda. The group will enjoy a tour at the Semifreddi's headquarters, followed by a sit-down lunch in Alameda.

AMAZON FULFILLMENT TOUR (SACRAMENTO)

*Thursday, February 20 or 27, 2020 (date/time TBA)

Cost: \$65, Activity #455801-03

Ever wonder how Amazon gets your packages to you so quickly? Take a tour of the Amazon Fulfillment Center in Sacramento and see first-hand how they deliver to you. Tour will be followed by a sit-down lunch in Sacramento.



MARCH

FACULTY CLUB (UC BERKELEY)

Thursday, March 5, 2020, 11:30am-2pm

Cost: \$35, Activity #455801-04

A full-service dining facility, the Faculty Club offers members, the campus community and visitors excellent menu choices in a variety of settings.

TREASURE ISLAND INSTITUTE OF FINE DINING (SAN FRANCISCO)

Thursday, March 12, 2020, 11:30am-2:30pm

Cost: \$35, Activity #455801-05

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

FILOLI HISTORIC HOUSE AND GARDENS (WOODSIDE)

Thursday, March 26, 2020, 9:30am-3pm

Cost: \$40, Activity #455801-06

Enjoy a day exploring the historic Filoli House and Gardens. The house is decorated with an extensive collection of 17th and 18th century English and Irish antiques, while the garden is designed with terraces and landscapes filled with beautiful flowers in the spring. Lunch is on your own (there is a café onsite or bring a bag lunch).

APRIL

SUBPAR MINIATURE GOLF & GHIRADELLI SQUARE (SAN FRANCISCO)

Thursday, April 9, 2020, 10am-3pm

Cost: \$35, Activity #455801-07

Take a quick tour around San Francisco through 18 holes of miniature golf. Each hole showcases a popular landmark of the city by the Bay. After miniature golf, explore Ghiradelli Square and the famous Ghiradelli chocolate store. Lunch is on your own.

KING VALLEY TEA HOUSE, DIM SUM (PINOLE)

Thursday, April 16, 2020, 11:30am-2:30pm

Cost: \$30, Activity #455801-08

King Valley Tea House offers Hong Kong-style Dim Sum with a variety of favorite Chinese recipes and fillings.

BAY MODEL VISITORS CENTER (SAUSALITO)

Thursday, April 23, 2020, 9:30am-2pm

Cost: \$45, Activity #455801-09

The Bay Model Visitor Center is a fully accessible education center administered by the U.S. Army Corps of Engineers. It hosts a working hydraulic model of the San Francisco Bay and Sacramento-San Joaquin River Delta System. The model provides scientists, educators and visitors interested in the San Francisco Bay and the Bay-Delta a unique opportunity to view the complete Bay-Delta system at a glance. Explore the museum on your own, followed by a sit-down lunch in Sausalito.

50+ DAY TRIPS CONTINUED



SAN FRANCISCO SYMPHONY, OPEN REHEARSAL: BEETHOVEN'S 5TH SYMPHONY (SAN FRANCISCO)

Thursday, April 30, 2020, 7:45am-2:30pm

Cost: \$75, Activity #455801-10

Peek behind the scenes and experience a San Francisco Symphony performance in the making. Using only four notes, Beethoven crafted a legendary musical hook which doesn't just open his Fifth Symphony, it permeates nearly every bar for 35 glorious minutes. Come along with the San Francisco Symphony as we celebrate Beethoven250. Trip begins with coffee, doughnuts and an informative talk, then watch as the conductor and musicians collaborate to bring the music to life. Trip ends with a sit-down lunch in San Francisco.

MAY

FERRY BUILDING FARMERS MARKET (SAN FRANCISCO)

Thursday, May 7, 2020, 9:30am-2pm

Cost: \$40, Activity #455801-11

The Ferry Plaza Farmers Market is a California certified farmers market operated by the non-profit Center for Urban Education about Sustainable Agriculture (CUESA). The market is widely acclaimed for both the quality and diversity of its farm fresh products, and artisan prepared foods. Bring your reusable bags and purchase only what you can carry. Lunch will be held at the Treasure Island Culinary Restaurant.

MARINE MAMMAL CENTER (SAUSALITO)

Thursday, May 14, 2020, 9:30am-2pm

Cost: \$55, Activity #455801-12

The Marine Mammal Center is nestled in the Marin Headlands in the beautiful Golden Gate National Recreation Area, just minutes north of the Golden Gate Bridge. The center provides animal care for ill marine life, scientific research, and educational opportunities for the public. Enjoy a docent led tour of the Marine Mammal Center followed by a sit-down lunch in Sausalito.

SAILOR JACK'S WATERFRONT DINING (BENICIA)

Thursday, May 21, 2020, 11:30am-2pm

Cost: \$40, Activity #455801-13

Sailor Jack's is a popular restaurant in Benicia with a unique view of Contra Costa. It is located on the waterfront of the scenic Carquinez Straits.

50+ EXTENDED TRIPS

EXTENDED TRIPS

THROUGH PREMIER WORLD TRAVEL

For more information or to sign up, call

(510) 559-7677 or email mdeleon@ci.el-cerrito.ca.us.

COLORADO ROCKIES, RAILS & WESTERN NATIONAL PARKS

9 days (Booking #133205)

June 14, 2020

Two train experiences (Durango & Silverton Railroad and Royal Gorge Railroad) and visits to four National Parks (Mesa Verde, Arches, Canyonlands and Great Sand Dunes). Round trip airfare, 11 meals, professional tour director and 8 nights accommodations included.

- Booking Discount (save \$200 per couple): \$3095 pp double
- Regular Rate: \$3195 pp double
- Single Supplement: + \$1050

NEW YORK CITY & THE HUDSON RIVER VALLEY

7 days (Booking #133207)

September 25, 2020

New York City tour including Statue of Liberty and Ellis Island, 9/11 Memorial & Museum, Broadway show, One World Trade Center observation deck, Rockefeller Center, Times Square & Central Park, West Point tour, New Paltz & Historic Huguenot St, Hyde Park – FDR historic site, Crown Maple Syrup, Boscobel House & Gardens, Hudson River Cruise, Kingston, Manhattan and Hudson Valley. Roundtrip airfare, 8 meals, professional tour director and 6 nights accommodations included.

- Booking Discount (save \$200 per couple): \$3275 pp double
- Regular Rate: \$3375 pp double
- Single Supplement: + \$1300

HIGHLIGHTS OF ITALY'S AMALFI COAST

8 days (Booking #133204)

October 20, 2020

Trip Highlights include exploring The Amalfi Coast, Pompeii, Sorrento, Ravello, Amalfi, Positano, Limoncello demonstration, cheese factory visit and two optional excursions to the Isle of Capri and Naples. Roundtrip airfare, 10 meals, professional tour director and 6 nights accommodations included.

- Booking Discount (save \$200 per couple): \$2999 pp double
- Regular Rate: \$3099 pp double
- Single Supplement: + \$450

SAN ANTONIO HOLIDAY

5 days (Booking #133208)

December 3, 2020

Trip Highlights include San Antonio City tour, San Jose Mission, El Mercado Marketplace, IMAX theater, Alamo, Riverwalk Cruise, Hill Country, LBJ Ranch, Fredericksburg, Fiesta de las Luminarias and optional trip to Austin. Roundtrip airfare, 6 meals, professional tour director and 4 nights accommodations included.

- Booking Discount (save \$200 per couple): \$2025 pp double
- Regular Rate: \$2125 pp double
- Single Supplement: + \$600

AQUATICS

AQUATICS WINTER/SPRING 2020 BEGINS JANUARY 2020.

Up to date pool closures and modified schedules can be found at www.el-cerrito.org/swimcenter

FITNESS SWIM

LAP SWIM

Ages 14+
Beginning January 2020

Lap Swim is a great workout that improves cardiovascular health, tones muscle and helps maintain a healthy weight. Lanes may be assigned by speed and circle swimming may be required. Kickboards and pull buoys are available. Lap Swim shares space with other programs.

DAYS	TIME	TIME
Monday*/Wednesday	6am-2pm	6:15-8pm
Tuesday/Thursday/Friday	6am-2pm	6:15-7:30pm
Saturday**	9:30am-2pm	
Sunday**	8:30am-2pm	

*Please note every Monday from 8am-9am, yard maintenance will take place.

** Times through March 2020. Please check the website for dates/times in March 2020.

WATER WALKING

Ages 14+
Beginning January 2020

Water Walking is a low-impact exercise taking place in shallow water. This independent exercise is great for all swimming abilities including non-swimmers.

DAYS	TIME	TIME
Monday – Friday	6-8:30am	10:30am-2pm
Sunday	11:30am-12:30pm	



WATER AEROBICS & INDEPENDENT EXERCISE

Ages 14+
Beginning January 2020

Water Aerobics is a drop-in, co-ed, instructor lead exercise class using water as resistance which minimizes stress on joints. Independent Exercise is offered during the same times when no instructor is available to teach Water Aerobics. Please check with the website to see if there is an instructor or not, as different fees apply.

DAYS	TIME	TIME	TIME
Monday	9-10am (S)	12-1pm (D)	6:30-7:30pm (D)
Tuesday	9-10am (D)		
Wednesday	9-10am (S)	12-1pm (D)	6:30-7:30pm (D)
Thursday	9-10am (D)		
Friday	9-10am (S)	12-1pm (D)	
Saturday	8-9am (S/D)		
Sunday	10:30-11:30am (D)		

(S) – shallow water

(D) – deep water

(S/D) – combined shallow and deep water

FITNESS SWIM FEES

LAP SWIM, WATER WALKING & INDEPENDENT EXERCISE	RES	NRES
Drop-In	\$7	\$7
10-Swim Pass	\$49/\$39SR	\$61/\$49SR
30-Day Pass	\$88/\$70SR	\$110/\$88SR
90-Day Pass	\$246/\$197SR	\$312/\$250SR
WATER AEROBICS	RES	NRES
Drop-In	\$10	\$10
4-Workout Pass	\$31/\$25SR	\$38/\$30SR
10-Workout Pass	\$71/\$57SR	\$88/\$70SR
15-Workout Pass	\$95/\$76SR	\$119/\$95SR

FAMILY SWIM

REC SWIM

All Ages

Check website in March 2020 for dates

rECswim is a fun time for the whole family! Enjoy the Activity Pool with the water slide and splash feature, plus the Splash Park. Low diving board access on Saturdays and Sundays.

DAYS	TIME
Friday	4-7:30pm
Saturday & Sunday	1-4pm
Monday 5/25	1-4pm

TOT SPLASH

For families with children ages 8 and under
Beginning 3/2/20

With limited access to the Activity Pool, Tot Splash is a great time for families with younger children to enjoy the water. Pool space is shared with Swim Lessons and does not include water slide, splash feature or lap pool access.

DAYS	TIME
Monday – Thursday	4-5:30pm

SPLASH PARK

For families with children ages 8 and under
Beginning 3/2/20

Family fun at the Splash Park is a great way to get wet and have fun playing with water. All children must be accompanied by an adult. This is a non-lifeguarded area.

DAYS	TIME	TIME
Monday – Thursday	9am-2pm	4-7:30pm
Fridays	9am-2pm	*4-7:30pm
Saturday – Sunday	*9am-2pm	

*Available as Splash Park only through March 2020. Please check the website for rECswim dates/times in March 2020.

FAMILY SWIM FEES

rECswim	RES	NRES
Infant (under 1 year)	Free	Free
Child (1-6 years)	\$3	\$3
Youth (7-17 years)	\$4	\$4
Adult (18+ years)	\$7	\$7
Non-Swimmer	\$3	\$3
Child 10-Swim Pass	\$25	\$30
Youth 10-Swim Pass	\$35	\$40
Child 30-Day Pass	\$45	\$54
Youth 30-Day Pass	\$50	\$58
TOT SPLASH & SPLASH PARK	RES	NRES
Per Person	\$3	\$3
10-Swim Pass	\$22	\$27



CERTIFICATIONS

LIFEGUARD TRAINING

Ages 15+

This course certifies you in American Red Cross Lifeguarding, CPR/AED for the Professional Rescuer, First Aid and Emergency Oxygen Administration for 2 years. Taught in both an online setting and in person setting, the online link will be emailed out at least a week before first day of class and must be completed before the first class.

Prerequisites: Swim 300 yards in freestyle and breaststroke, 10lb brick retrieval in 7 feet of water, 2 minutes treading water with no hands.

DATE	DAYS	TIME	RES	NRES	ACTIVITY
4/6-4/10	M-F	8am-12pm	\$190	\$238	443504-01
4/13-4/16	M-Th	9am-2pm	\$190	\$238	443504-02
4/17-4/19	F Sa-Su	4-8pm 9am-5pm	\$190	\$238	443504-03
5/5-5/9	T/Th/F Sa	4-8pm 9am-5pm	\$190	\$238	443504-04
5/15-5/17	F Sa-Su	4-8pm 9am-5pm	\$190	\$238	443504-05

LIFEGUARD RECERTIFICATION

Ages 16+

This course recertifies you in American Red Cross Lifeguarding, CPR/AED for the Professional Rescuer, First Aid and Emergency Oxygen Administration for 2 years. Taught in both an online setting and in person setting, the online link will be emailed out at least a week before first day of class and must be completed before the first day of class.

Prerequisites: Must have a valid Lifeguard Certification from American Red Cross, swim 300 yards in freestyle and breaststroke, 10lb brick retrieval in 7 feet of water, 2 minutes treading water with no hands.

DATE	DAYS	TIME	RES	NRES	ACTIVITY
5/2	Sa	9am-5pm	\$120	\$140	443504-06
5/30	Sa	9am-5pm	\$120	\$140	443504-07

JUNIOR LIFEGUARD TRAINING

Ages 11-14

This training prepares future lifeguards to meet the prerequisites of the American Red Cross Lifeguard Training program. Learn all the basic skills of the Lifeguarding class in a fun environment.

Prerequisites: Swim 200 yards in deep water in freestyle and breaststroke, tread water for two minutes

DATE	DAYS	TIME	RES	NRES	ACTIVITY
4/6-4/10	M-F	12:30-3:30pm	\$185	\$230	443506-01



SWIM TEAMS



EL CERRITO AQUATIC MASTERS

Ages 19+

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

DAYS	TIME	TIME
Monday – Friday	6-7am	7-8am
Saturday	8-9:30am	
Saturday & Sunday	8:30-10am	

FEES	RES	NRES
Drop In	\$11	\$11
10 Workout Pass	\$93/\$74 SR	\$103/\$82 SR
30 Day Pass	\$77/\$61 SR	\$90/\$72 SR
90 Day Pass	\$207/\$166 SR	\$246/\$197 SR

GATORS PRE-TEAM

Ages 7 – 13

A year-round program focusing on transitioning from our Swim Lesson program to Gators Swim Club. Swimmers are introduced to the concepts and techniques of competitive swimming.

Prerequisites: Swim 50 yards freestyle with rhythmic breathing and proper body position, 25 yards backstroke, 25-yards breaststroke and familiarity with butterfly. Please call (510) 559-7011 or email recreation@ci.el-cerrito.ca.us for more information or to arrange a tryout.

DAYS	TIME	RES	NRES
M/T/Th/F	5:40-6:30pm	\$62	\$74

Fees are monthly.

GATORS SWIM CLUB

Ages 7-18

This year-round club provides a well-rounded program emphasizing individual fitness, teamwork and fun. Gators Swim Club is broken into three levels: Stroke Development, Junior Group and Senior Group. Swimmers are evaluated by coaches and placed according to skill level. Competition in swim meets is encouraged but not required, parent participation is required at swim meets. All participants are required to register with USA Swimming at <https://www.usaswimming.org>. Please call (510) 559-7011 or email recreation@ci.el-cerrito.ca.us for more information or to arrange a tryout.

GROUP	DAYS	TIME	RES	RES
Stroke Development	M-F	3:45-4:45pm	\$89	\$104
Junior	M-F	4-5:30pm	\$115	\$128
Senior	M-F	4:45-6:15pm	\$115	\$128

Fees are monthly. Sibling discount 15%

SWIM LESSONS

SWIM LESSONS

All Ages

Swim Lessons are offered for all ages and abilities.

- Youth Group Lessons are 25 minutes long
- Youth Private Lessons are 30 minutes long
- Teen/Adult Group Lessons are one hour long
- Teen/Adult Private Lessons are 30 minutes long

YOUTH LEVELS

Parent & Tot Swim

Activity 423101 – Ages 6 months-3 years

Parents learn basic water safety while introducing tots to fun new skills. Songs, water safety, holding techniques, and entering and exiting the water safely are some of the topics covered in this lesson. Tots are accompanied in the water by their parent/guardian(s).

Preschool Swim

Activity 423102

Ages 2.5-4 years

An introduction to swim lessons, this level focuses on building comfort and enjoyment in the water using songs, games and play. Lessons are taught in small groups without parent participation. Children ages 3 and under are required to wear swim diapers while in the pool.

Youth Level 1: Introduction to Water

Activity 423103

Ages 4-9 years

This introductory level focuses on basic swimming skills while helping participants adjust to being in the water. A great level for children who have never participated in swim lessons before or are not comfortable in the water.

Youth Level 2: Beginning Aquatic Skills

Activity 423104

Ages 4-10 years

For children who feel comfortable in the water, able to submerge their face completely under water and float on their back. This level emphasizes independent floating and basic strokes.

Youth Level 3: Fundamental Aquatic Skills

Activity 423105

Ages 5-11 years

For children who can swim unsupported freestyle and backstroke for at least 10 yards. This level focuses on developing freestyle, backstroke, and elementary backstroke. Breaststroke and treading water are introduced.

Youth Level 4: Stroke Development

Activity 423106

Ages 6-13 years

For children able to swim freestyle with side breathing and backstroke for 15 yards. This level emphasizes developing stroke technique with an introduction to diving and turns.

Youth Level 5: Stroke Refinement

Activity 423107

Ages 6-13 years

For children able to swim at least 25 yards of freestyle, backstroke, elementary backstroke and breaststroke. This level refines all strokes, introduces butterfly and works on endurance and flip turns.

Youth Private & Semi-Private Swim Lessons

Activity 423108

Ages 3.5-13 years

A 30 minute lesson with one-on-one instruction that meets the needs of the participant. All skill levels and abilities are welcome.

ADULT LEVELS

Teen/Adult Beginning Fundamentals

Activity 443201

Ages 12+

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

Teen/Adult Intermediate Stroke Development & Refinement

Activity 443202

Ages 12+

Designed for participants who can swim a minimum of 15 yards of freestyle and backstroke, this class will work on developing endurance and further refine strokes. Elementary backstroke, breaststroke, sidestroke and butterfly will be introduced.

Teen/Adult Fitness & Endurance

Activity 443203

Ages 12+

This class keeps participants swimming while helping with endurance and stroke refinement. Participants must be able to swim a minimum of 50 yards of freestyle and backstroke, plus 25 yards of breaststroke or sidestroke.

Teen/Adult Private Swim Lessons

Activity 443204

Ages 12+

A 30 minute lesson with one-on-one instruction that meets the needs of the participant. All skill levels and abilities are welcome.



SWIM LESSONS CONTINUED

SWIM LESSON DATES

DAY	MEETS	SESSION 1	SESSION 2
Monday	5x	3/2 – 3/30	4/20 – 5/18
Tuesday	5x	3/3 – 3/31	4/21 – 5/19
Wednesday	5x	3/4 – 4/1	4/22 – 5/20
Thursday	5x	3/5 – 4/2	4/23 – 5/21
Saturday	5x	3/7 – 4/4	4/18 – 5/16

SWIM LESSON HOURS

MONDAY, TUESDAY, WEDNESDAY OR THURSDAY								
Lesson Level	4:00pm	4:30pm	5:00pm	5:30pm	6:00pm	6:30pm	7:00pm	
Parent & Tot				●				
Preschool		●	●					
Level 1	●	●	●					
Level 2	●	●	●		●			
Level 3				●				
Level 4				●				
Level 5					●			
Youth Private	●	●	●	●	●			
Teen/Adult Private						Wed ONLY	Wed ONLY	
T/A Beginning						Tue ONLY		
T/A Intermediate						Wed ONLY		
T/A Fitness						Tue ONLY		
SATURDAY								
Lesson Level	9:00am	9:30am	10:00am	10:30am	11:00am	11:30am		
Parent Tot		●	●					
Preschool	●	●		●				
Level 1	●	●	●		●	●		
Level 2	●	●	●	●		●		
Level 3	●		●		●	●		
Level 4				●				
Level 5					●			
Youth Private	●	●	●	●	●	●		
Teen/Adult Private				●	●	●		
T/A Beginning	●							
T/A Intermediate			●					
T/A Fitness					●			
Session 1: only classes highlighted in blue offered								
Session 2: all classes offered								

SWIM LESSON FEES

FEES	RES	NRES
Youth Group Lessons	\$55	\$70
Teen/Adult Group Lessons	\$60	\$75
All Private Lessons	\$155	\$180



HELPFUL HINTS:

- Each lesson is one day per week. Choose the day YOU want!
- The more lessons per week you sign up for, the more the student will learn. We recommend at least two days per week to maximize learning.
- Swimming is complex and levels cover a wide range of skills. It is typical for children to take the same level multiple times before starting the next level.
- Unsure of which level to sign up for? Please ask! Depending on the instructor to participant ratio in each level, there may not be space to move participants to different levels.
- Please do not leave children unattended during swim lessons. Parents may observe lessons from the bleacher area or red bricks. Please leave the concrete perimeter free for instructor and emergency use.
- There are no make-up lessons or credits for missed classes.
- Lessons may be held in either pool.
- Swimming is for participants during their lesson only. Participants must exit the facility when their lesson ends.
- Please visit our website at www.el-cerrito.org/swimcenter for more Helpful Hints and information about swim lessons!

FACILITIES



EL CERRITO COMMUNITY CENTER

7007 Moeser Lane, El Cerrito, CA 94530

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

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

	RES	NRES
Rental Fees	\$200/hr	\$250/hr
Five-hour minimum rental time required		
Deposit	\$624	\$624
Credit card only, refundable		
Decoration/Rehearsal Time/Clean-Up	\$100/hr	\$100/hr
2 hrs maximum day of event		
Optional Clean-Up Service	\$150	\$150
2 hrs of 1 custodian after rental		
Alcohol Permit	\$197	\$197
Transfer/Reschedule Fee (per date)	\$47	\$47
Non-Profit Discount	25% off hourly rate	

READY TO MAKE A RESERVATION?

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

CLUBHOUSES

RESERVE
ONLINE

Nestled in our City's parks, clubhouses are ideal locations for smaller events. Available Saturdays and Sundays.

- Arlington Clubhouse: 1120 Arlington Blvd.
Maximum Capacity 50 people
- Castro Clubhouse, Side B: 1420 Norvell Street
Maximum Capacity 35 people
- Canyon Trail Clubhouse: 6757 Gatto Ave.
Maximum Capacity 35 people

	RES	NRES
Clubhouse Fees	\$80/hr	\$98/hr
Three-hour minimum rental time required		
Deposit (credit card only, refundable)	\$305	\$305
Alcohol Permit	\$43	\$43
Decoration/Rehearsal/Clean-up	\$42	\$42
1 hr maximum day of event		
Transfer/Reschedule Fee (per date)	\$47	\$47
Non-Profit Discount	25% off hourly rate	

HANA GARDENS SENIOR CENTER

Hana Gardens Senior Center is located at 10870 San Pablo Ave in El Cerrito adjacent to City Hall. The facility includes space to reserve for meetings. **For information on availability call El Cerrito Midtown Activity Center at (510) 559-7677 or email midtown@ci.el-cerrito.ca.us.**

The rental includes a sink, countertop space, refrigerator (no kitchen), small reception desk area by the entrance, two 65" wall mounted TV sets available for use, set-up and break-down of chairs and tables and can accommodate up to 60 people with a 3-hour minimum rental time required.

HANA GARDENS SENIOR CENTER	RES	NRES
Hana Gardens Senior Center	\$125/hr	\$156/hr
Decoration/Clean-up/Rehearsal	\$60	\$60
(1 hour max day of event)		
Alcohol Permit	\$183	\$183
Deposit	\$315	\$315

*Rental fees subject to change on July 1st of every year.

FACILITIES CONTINUED

PICNIC RENTALS

**RESERVE
ONLINE**

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

	RES	NRES
Cerrito Vista Group Picnic Area	\$151/day	\$188/day
Cerrito Vista Volleyball Net & Ball Deposit	\$83/day	\$83/day
Picnic Area w/ Barbecue	\$81/day	\$101/day
Picnic Area w/o Barbecue	\$68/day	\$85/day
Arlington Areas #4 & 5 (2 sites)	\$151/day	\$188/day
Arlington Areas #4, 5 & 6 (3 sites)	\$204/day	\$255/day
Picnic Cleaning Deposit	\$40/day/site	\$40/day/site
Transfer/Reschedule Fee	\$20	\$20
Non-Profit Discount	25% off daily rate	

There are no refunds for picnic cancellations.

RESTROOM KEYS

For safety and sanitation reasons, the restrooms at City Parks are kept locked. Members of the community can check out a restroom key from the El Cerrito Community Center for a deposit of \$20. Restroom keys can be kept for any length of time, and work at all City parks. The full deposit is refunded when the key is returned.


**RESERVE
ONLINE**

TENNIS COURTS

Tennis Courts are located at Arlington, Canyon Trail, Castro, Harding, Tassajara and Cerrito Vista parks. The courts at Cerrito Vista have lights for use from sundown to 10pm. Tennis court reservations are issued by the City of El Cerrito Recreation Department by going online to www.el-cerrito.org/onlineereg or at the El Cerrito Community Center. At the time of booking, a reservation receipt will be issued. Please bring reservation receipt with you as proof of priority use of the courts. Proceeds from this program help to resurface and maintain the courts.

	RES	NRES	
*INSTRUCTORS			
Court Reservation Fee	\$9.50/hr	\$11.50/hr	\$15.50/hr
Instructor Permit Cost	\$26	\$26	

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

SWIM CENTER RENTALS

**RESERVE
ONLINE**
Beginning 3/7/20
7007 Moeser Lane, El Cerrito, CA 94530

Enjoy the facility for your special celebration or family gathering. Please call (510) 559-7011 or email recreation@ci.el-cerrito.ca.us for more information.

AFTER HOUR RENTALS

Areas of the facility are available to rent after rECswim. Exclusive use of the specified pool and picnic areas is included, plus shared usage of the facility and locker rooms. Rental times include two hours of pool time from 4:30-6:30pm and a half hour of clean up time from 6:30-7pm. A \$100 deposit and all rental fees are due at time of booking. Deposit will be refunded as long as facility is left clean and undamaged.

DAYS

Saturday & Sunday

TIME

4:30-7pm

ACTIVITY POOL

Rental includes exclusive use of the Activity Pool including water slide and splash feature area, two 6-foot tables, four round tables and chairs, and lounge chairs in the patio area. Parties may bring in their own food and drink; no alcoholic beverages, sharp objects or glass permitted.

FEES

Up to 50 guests

51-100 guests

RES

\$328

\$354

NRES

\$410

\$434

SPLASH PARK

Rental includes exclusive use of Splash Park including use of spray ground, three covered picnic tables and lawn area. Parties may bring in their own food and drink; no alcoholic beverages, sharp objects or glass permitted. This is a non-lifeguarded area.

FEES

Up to 50 guests

51-100 guests

RES

\$288

\$310

NRES

\$360

\$382

PICNIC AREA RENTAL

Two designated picnic areas are available for rent during public rECswim. Rental includes use of designated picnic area and entrance fees up to the specified number of people as indicated below. A list of attendees is due Wednesday prior to the rental date (see attached form). Rental fees due at time of booking.

DAYS

Friday

Saturday & Sunday

TIME

4pm-7:30pm

1pm-4pm

SPLASH PARK PICNIC AREA

Splash Park picnic area has three shaded picnic tables inside the Splash Park. This area accommodates a maximum of 20 people.

ADDITIONAL DAYS

Sunday

TIME

10am-12pm

FEES

Up to 20 guests

RES

\$132

NRES

\$149

LAWN AREA PICNIC TABLES

Lap Pool Lawn Picnic Area consists of two shaded picnic tables located on the grass area near the lap pool. This area accommodates a maximum of 15 people.

FEES

Up to 15 guests

RES

\$118

NRES

\$134

FACILITIES CONTINUED



PARK AMENITIES	Restrooms*	Picnic Tables	Reservable Picnic Sites	Reservable Clubhouse	Barbeques	Playground	Grass Area	Creek View / Access	Trails	Volleyball Court*	Basketball Court	Tennis Courts**	Baseball Field	Kickball Diamond
Parks														
Arlington Park 1120 Arlington Blvd.	•	•	•	•	•	•	•	•			•	•		
Baxter Creek Gateway Park Key Blvd. & Conlon Ave.								•	•					
Bruce King Memorial Dog Park 1600 Lexington Ave.														
Canyon Trail Park 6757 Gatto Ave.	•	•	•	•	•	•	•	•	•			•		
Castro Park 1420 Norvell St.	•	•	•	•		•	•				•	•	•	•
Centennial Park Liberty St. & Eureka Ave.						•	•		•					
Central Park 5701 Central Ave. <i>Construction nearby</i>	••					•	•				•		•	
Cerrito Vista Park 950 Pomona Ave.	•	•	•		•	•	•			•	•	•	•	
Creeside Park 3499 Santa Clara Ave.						•			•					
Fairmont Field 715 Lexington Ave. <i>Open evenings & weekends</i>						•	•				•		•	•
Harding Park 7115 C Street	•	•	•		•	•	•				•	•	•	
Hillside Natural Area East Schmidt Ln., North Potrero Ave., King Ct.									•					
Huber Park 7711 Terrace Dr.	•	•	•		•	•		•	•		•			
Ohlone Greenway Runs length of El Cerrito from East of Kearny St. thru El Cerrito Plaza						•	•		•					
Poinsett Park 5611 Poinsett Ave.	•	•				•	•	•			•			•
Tassajara Park 2575 Tassajara Ave.	•	•	•		•	•	•				•	•		

For more information about reserving a picnic area, please see page 41 or visit www.el-cerrito.org/onlineereg

*Restroom keys and volleyball nets available for rent at El Cerrito Community Center

**Tennis courts available for reservations, please see page 41 for more information

••Portable Restrooms, no key needed

REGISTRATION INFORMATION

REGISTER ONLINE

Register online at your convenience, free of charge! Online registration is available for classes, programs, trips, camps, facilities and more.



RETURNING PARTICIPANTS

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

NEW PARTICIPANTS

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

Register online today!
www.el-cerrito.org/onlinereg

REGISTER BY EMAIL

recreation@ci.el-cerrito.ca.us

Email a completed Registration Form or Rental Application, along with credit card authorization. Credit card must be on file.

If using a new card please call (510) 559-7000 to make payment. Visa, MasterCard and American Express accepted.



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



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

REGISTER IN PERSON

- Walk-in registration is accepted at the Community Center office during business hours:
Mon, Wed and alternate Fri: 8am-4pm
Tue and Thu: 8am-6pm,
7007 Moeser Lane, El Cerrito
- Please see page 2 for a list of Department-wide holidays and the alternate Fridays the Community Center is closed.
- Midtown Activity Center, 10940 San Pablo Ave., El Cerrito, also accepts registration for adult programs and services. [See page 2](#) for hours.



REGISTER BY MAIL

El Cerrito Recreation Department, 7007 Moeser Lane, El Cerrito, CA 94530. Send a completed Registration Form or Rental Application, along with credit card authorization (credit card must be on file) or by check (payable to City of El Cerrito). A \$26 fee will be charged on all returned checks. Please do not send cash. Your check will be returned if the activity for which you are registering is full. However, you will be placed on a waitlist for that activity.



ONLINE REGISTRATION: 12/03/2019
OFFICE REGISTRATION: 12/10/2019

FEES AND MATERIAL FEES

Most fees listed are Resident and Non-Resident rates. To qualify for Resident rates, you must reside in El Cerrito (94530 zip code). Fees are subject to change. Material Fees are paid directly to the instructor on the first day of class. If a class does not indicate a Material Fee, a supply list may be discussed at the first meeting.

WAITLISTS

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



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



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



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



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El Cerrito, CA 94530

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POSTAL CUSTOMER

Mark Your Calendar

DATE	EVENT	PAGE
January 19 & 20	Martin Luther King Jr. Celebration	Online
January 24	Crab Feed	6
February 1	Family Sweetheart Dance	6
February 3	Summer Camp Showcase	7
February 5	Summer Camp Online Discount Day	7
February 6	Summer Camp Registration Opens	Online
February 18-21	President's Week Camp	11
April 6-10	Spring Break Camp	11
April 11	Annual Egg Hunt	7
April 18	Earth Day Celebration	9
May 1-3	Hillside Natural Area Festival	7
May 16	Spring Citywide Garage Sale	9
June 8	Summer Camp Begins!	Online

www.el-cerrito.org/recreation • (510) 559-7000