Hayward Area Recreation and Park District Foundation

Lowell Hickey, President

H.A.R.D. Board of Directors
Paul W. Hodges, Jr., President | Minane Jameson, Vice President | Louis M. Andrade, Secretary
Rick J. Hatcher, Director | Carol A. Pereira, Director

HaywardRec.org

Online Registration begins February 12 at 6:01am. See page 64 for details.

See the Summer Camps guide inside!
Register for camps today!
Measure F1
Bond Update

On November 8, 2016 the District voters overwhelmingly approved Measure F1 a $250 million bond that will improve and enhance H.A.R.D. parks and facilities.

We have so much good news to share!

Completed and Open to the Public:
- Edendale Park Renovation
- Hayward Community Gardens – Phase 1
- Alden E. Oliver Sports Park Soccer Fields
- Mission Hills Driving Range with Top Tracer

Under Construction:
- Kennedy Park Renovation
- Mia’s Dream Come True Playground
- National Fitness Campaign (new free-to-the-public outdoor fitness courts at Tennyson Park, Oliver Sports Park, and Eden Greenway near Southgate Park)
- Via Toledo Park (new 2-acre neighborhood park)
- East Avenue Park Renovation

Construction to Start in 2020:
- Fairmont Terrace Park Renovation and Expansion
- Hayward Area Senior Center Renovation
- San Lorenzo Community Center Renovation
- San Lorenzo Community Park – Phase 2
- Tennyson Park Renovation
- Tennis Court Renovations
- Meek Mansion Painting

In Design:
- Ashland Common – new park and plaza!
- Bidwell and El Rancho Verde Park Master Plans
- Earl Warren Park Renovation
- Sunset Futsal Courts
- Trails and Open Space Master Plan
- Foothill Trail Master Plan
- San Lorenzo Creek Trail Master Plan

H.A.R.D. will continue to provide updates on Measure F1.
For up to date information, visit our website at www.HaywardRec.org/HARDatWork.

Summer Camps 2020
PLAY.
LEARN.
GROW.

See the center section of this recreation guide for the Summer Camps Guide pull-out!

Register for Camps Today!

HAYWARD AREA RECREATION AND PARK DISTRICT FOUNDATION | (510) 881-6700
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It’s important to participate in the 2020 Census collection. Alameda County and the City of Hayward are encouraging families to register in California’s 2020 Census.

Alameda County is home to many historically undercounted populations, which has led to underrepresentation of the count and true diversity of our community. By participating in Census 2020, needed resources can be provided in the future.

The Hayward Public Library is serving as a Question Assistance Center in order to help individuals learn more about the census process. They are also looking for volunteers to help at the Center. To learn more, visit www.hayward-ca.gov/public-library.

H.A.R.D. is proud to serve the highly diverse populations that call Alameda County home and supports both Alameda County and the City of Hayward’s efforts to help count those who are least likely to be counted. Please visit www.acgov.org/census2020 to get more information on the 2020 Census.

Foundation News
Lowell Hickey, President | Pamela Russo, Executive Director

We are looking forward to another a positive and productive year with the HARD Foundation! The HARD Foundation has been actively working on funding Mia’s Dream All-Inclusive Playground. Soon to open, Mia’s Dream will be a specialized park in South Hayward that will allow for “play for all,” accommodating the needs and abilities of all children, adults, and seniors.

The playground will have so many fun elements, including a specialized swing sponsored by Kaiser Permanente. It’s not too late to donate to Mia’s Dream by sponsoring a “book” in her library recognizing a loved one, yourself or your organization.

To become a part of Mia’s story and sponsor a “book,” please contact the H.A.R.D. Foundation at (510)888-0111 or visit haywardrec.org/bookmark.
BIG Indoor Spring Flea Market
Saturday, March 7 8:00am-1:00pm
Kenneth C. Aitken Senior & Community Center 17800 Redwood Road, Castro Valley
It is our annual BIG Spring Flea Market – come out and find yourself a unique treasure or wonderful bargain from over 55 vendors. There will also be a snack bar with delicious goodies. For more information, call (510) 881-6738.

75th Annual Egg Hunt & Bonnet Parade!
Saturday, April 11 9:00am
NEW LOCATION!
Alden E. Oliver Sports Park 2580 Eden Park Place, Hayward Details on back cover!

Spring Eggheads
Sunday, April 12 1:00pm-2:30pm
Hayward Shoreline Interpretive Center 4901 Breakwater Avenue, Hayward
Geek out at the shoreline this Easter! Explore our extensive egg collection, paint your own model egg like a professional scientific illustrator, and of course, search our Center and the trails on an egg hunt. Please preregister for this family friendly event. Fee: $10 per child (ages 5-12 years). Course #13635

14th Annual Senior Health & Wellness Resource Fair
Thursday, May 7 9:00am-12:00pm
Kenneth C. Aitken Senior & Community Center 17800 Redwood Road, Castro Valley
We are hosting our Senior Health and Wellness Resource Fair to celebrate Older Americans Month. Participants can collect information and freebies from over 55 vendors from the healthcare, transportation, housing, home care and recreational fields all in one location! The fair also features health screenings, wellness demonstrations and informational seminars. This is a free all-ages event. The first 100 people through the door receive a special gift! For more information or Vendor inquires please call (510) 881-6738.

Heritage & Diversity and Pride Festival
Friday, June 12 1:00pm-3:00pm
Hayward Area Senior Center 22325 North Third Street, Hayward
Come and enjoy delicious food from around the world, music, dance and more! Let’s celebrate our heritage and culture! Call (510) 881-6766 for more information or to reserve your spot for this FREE event!

Run or walk along the Bay Trail and enjoy breathtaking views of the San Francisco Bay-Estuary. Participate in a 5K or 10K. Proceeds from this event help to maintain and enhance the educational programs, exhibits, and facilities of the Hayward Shoreline Interpretive Center. To register or for more information visit 10Konthabay.org. Day-of event registration: 7:30am.
Hayward Shoreline Interpretive Center
4901 Breakwater Avenue, Hayward | (510) 670-7270 | shoreline@haywardrec.org

The Invisible
Brie Janae Blue
May 2 through July 19
Reception: Saturday, May 2, 2:00pm-4:00pm
The Invisible is a visual exploration into the beautiful, but dangerous nature of harmful algae blooms. While phytoplankton is essential to all of Earth’s ecosystems, they have the uncanny ability to become visible warnings of destruction. Breathtaking in their appearance, these clusters can be deceptive to all life with deadly consequences.

Brie Janae Blue is a San Jose based painter with a Bachelor’s Degree in Fine Art from San Jose State University. Brie is a process-based painter, whose work doesn’t always contain a central theme or narrative; however, her work has the essence of portraying internal poetry using labyrinths and bright color. The painter comes to life the moment she touches her tools as if an invisible force takes over leading her through creative meditation.

PhotoCentral Art Gallery
1099 “E” Street, Hayward | (510) 881-6721 | photocentral@HaywardRec.org | www.photocentral.org

Gallery Hours
Upstairs Gallery: Monday-Friday, 9:00am-5:00pm; Downstairs Gallery: Monday 5:00pm-10:00pm; Tuesday and Thursday, 10:00am-1:00pm; and by appointment

The 2020 Annual Spring Exhibition
March 28 through May 16
Reception: Saturday, March 28, 2:00pm-5:00pm
Hayward Area Recreation District’s PhotoCentral presents the Annual PhotoCentral Spring Exhibition. This eclectic group show is an annual event for PhotoCentral and features a wide variety of works from over 50 artists. Come see over 150 inspiring works! Vote on your favorite pictures. Awards, prizes, fun and gorgeous photography. Celebrate this annual PhotoCentral exhibition with us and take home some great art and memories. The Reception is free and the public is invited.

PhotoCentral offers quality artwork in its gallery and outstanding facilities for the dedicated photographic artist with classes, workshops, darkrooms and a matting facility. Expand your creativity in a supportive community! Visit PhotoCentral today.
### Rec Innovation Camp
This innovative program creates an unforgettable experience with S.T.E.A.M. based programming and recreation activities that your child will love! Through guided peer interaction our staff will provide a great atmosphere, filled with fun and understanding.

- **8872** 6-12 yr M-F 7:30am-5:30pm Apr 13-Apr 17
  - 5 classes SLCC Staff $135
- **7838** 6-17 yr M-F 7:30am-5:30pm Apr 13-Apr 17
  - 5 classes MJcc Staff $135
- **8871** 6-12 yr M-F 7:30am-5:30pm Apr 13-Apr 17
  - 5 classes SFcc Staff $135

### Chess Wizards Camp
Join us for tons of challenging chess lessons, exciting games, and cool prizes. Improve your chess skills, meet new friends, and work out your most powerful muscle – Your Brain! Camp includes fun chess games (like bughouse), recess time, tournaments, and puzzles. Each camper receives a Chess Wizards T-shirt, trophy, and a folder of puzzles. Bring lunch and a water bottle.

- **13360** 6-12 yr M-F 9:00am-3:00pm Apr 13-Apr 17
  - 5 classes SFcc Staff $400

### National Academy of Athletics
Features: personal player video, RSBQ workouts, confidence builders program, daily chalk talks, and skill of the day. www.Nationalacademyofathletics.com

### Hoop It Up Basketball Club
This camp, packed with skills, drills and daily competitions, is designed to make your child a better basketball player. Learn footwork, passing, ball-handling and defense.

- **13493** 7-12 yr M-F 9:00am-12:00pm Apr 13-Apr 17
  - 5 classes Bohannon School NAofA Staff $198
- **13558** 7-12 yr M-F 9:00am-3:00pm Apr 13-Apr 17
  - 5 classes Bohannon School NAofA Staff $250

### All Sorts of Sports
Introduce your youngsters to the world of sports, teamwork and athletics! This camp will help to build motor skills, hand-eye coordination, agility and many sports specific skills. Campers will have a blast playing games which may include: baseball, basketball, soccer, flag football, capture the flag, relay and obstacle races, and more.

- **13556** 7-12 yr M-F 9:00am-12:00pm Apr 13-Apr 17
  - 5 classes Bohannon School NAofA Staff $198
- **13560** 7-12 yr M-F 9:00am-3:00pm Apr 13-Apr 17
  - 5 classes Bohannon School NAofA Staff $250

### Spring Fishing Camp
Come out and catch (and release) fish at the Hayward shoreline! Learn the basics of fishing (knot tying, casting, landing a catch) and about the diversity of life in the Bay and off our coast through crafts, hands-on exploration, and much more. Bring a zero-waste lunch and be prepared to get a little muddy. All activities provided.

- **13899** 8-13 yr M-F 9:30am-2:30pm Apr 6-Apr 10
  - 5 classes Cardosi HSIc $210

### Play-Well Engineering
#### Jedi Engineering Using LEGO®
The Force Awakens in this introductory engineering course for young Jedi! Explore engineering principles by designing and building projects such as LEGO® X-Wings, R2 Units, Energy Catapults, Defense Turrets, and Settlements from a galaxy far, far away. Create motorized and architectural projects with imagination and engineering to defeat the Empire!

- **13889** 5-10 yr M-F 9:00am-12:00pm Apr 13-Apr 17
  - 5 classes SFcc Play-Well Staff $209

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**See pages 54-56 for the Guide to Class Locations and Facilities.**
Aquatics

Hayward Plunge
Swim Center
24176 Mission Blvd., Hayward
(510) 881-6703

Aquatics
General Information

Spring Season Aquatics are held at the Hayward Plunge Swim Center.

Holiday – NO CLASSES: May 25

Mon/Wed Tue/Thu Wed Sat Sun
Session 1.....Mar 30-Apr 8.....Mar 31-Apr 9.........Apr 1-May 13 .......Apr 4-May 16 ......Apr 5-May 10
Session 2........Apr 20-May 6.......Apr 21-May 7
Session 3.....May 11-May 27.....May 12-May 28

Aquatics Drop-In Programs

Lap Swim/Water Walking
(Ages 13 yrs +)
Lap Swim and Water Walking lanes may be limited during certain times due to other programs.
Fee: $5 drop-in
$60 Adult Lap Swim Pass (15 swims)
$45 Senior Lap Swim Pass (15 swims)
Monday-Friday ...............6:00am-1:00pm*
Monday-Thursday ............5:00pm-7:00pm
Saturday ......................6:00am-9:30am
Sunday .......................6:00am-10:30am
*M/W, 8:30am-11:30am, only the deep end is open. T/Th, 8:30am-11:30am, only the shallow end is open.

Public Swimming (All Ages)
All children 7 years and under must be accompanied one-on-one by an adult in the water at all times.
Fee: $3 per person or Public Swim Pass
Saturday ......................1:30pm-3:30pm

Aquatics General Information
All swim classes are 30 minutes long. Instructional classes are taught by Certified Water Safety Instructors and or aides.

Register Now Classes fill quickly!
Private groups may reserve the Hayward Plunge for their use by calling (510) 881-6703.
The Hayward Plunge is equipped with a pool lift, locker room, shower and facility access ramp for those with special needs to enjoy the facility. For information please call (510) 888-0123.

Aquatics Spring 2020 Session Dates

Spring Season Aquatics are held at the Hayward Plunge Swim Center.
Preschool Swim Lessons

Spring Season Aquatics are held at the Hayward Plunge Swim Center.
Holiday – NO CLASSES: May 25

Parent Tot Swim Lessons (Ages 1-3 yrs)
Adult/Student – An adult must accompany each tot into the pool. Course is designed to develop in young children a comfort level in and around the water.

<table>
<thead>
<tr>
<th>Days</th>
<th>Time (MM-DD  MM:SS-MM:SS)</th>
<th>Start/End Date</th>
<th>Weeks</th>
<th>Times</th>
<th>Cost</th>
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</thead>
<tbody>
<tr>
<td>Monday/Wed</td>
<td>6:40pm-7:10pm</td>
<td>Mar 30-Apr 8</td>
<td>4 classes</td>
<td>$37</td>
<td></td>
</tr>
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<td>6:40pm-7:10pm</td>
<td>Apr 20-May 6</td>
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<td>May 11-May 27</td>
<td>5 classes</td>
<td>$37</td>
<td></td>
</tr>
<tr>
<td>Tuesday/Th</td>
<td>10:10am-10:40am</td>
<td>Mar 31-Apr 9</td>
<td>4 classes</td>
<td>$29</td>
<td></td>
</tr>
<tr>
<td></td>
<td>10:10am-10:40am</td>
<td>Apr 21-May 7</td>
<td>6 classes</td>
<td>$44</td>
<td></td>
</tr>
<tr>
<td></td>
<td>10:10am-10:40am</td>
<td>May 12-May 28</td>
<td>6 classes</td>
<td>$44</td>
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</tr>
<tr>
<td>Saturday</td>
<td>10:15am-10:45am</td>
<td>Apr 4-May 30</td>
<td>8 classes</td>
<td>$59</td>
<td></td>
</tr>
<tr>
<td></td>
<td>11:35am-12:05pm</td>
<td>Apr 4-May 30</td>
<td>8 classes</td>
<td>$59</td>
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</tr>
</tbody>
</table>

Tiny Tot Swim Lessons (Ages 3-5 yrs)
Course is designed to develop in young children a comfort level in and around the water and a readiness to swim. This course does not teach children to be accomplished swimmers or to survive alone in the water. Maximum of 4 students per instructor.

<table>
<thead>
<tr>
<th>Days</th>
<th>Time (MM-DD  MM:SS-MM:SS)</th>
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<tr>
<td></td>
<td>9:00am-9:30am</td>
<td>Apr 20-May 6</td>
<td>6 classes</td>
<td>$56</td>
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<td></td>
<td>9:35am-10:05am</td>
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<td>6 classes</td>
<td>$56</td>
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<td>9:35am-10:05am</td>
<td>May 11-May 27</td>
<td>5 classes</td>
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<td>$37</td>
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<td></td>
<td>10:10am-10:40am</td>
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<td>Apr 20-May 6</td>
<td>6 classes</td>
<td>$56</td>
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<td></td>
<td>10:15am-10:40am</td>
<td>May 11-May 27</td>
<td>5 classes</td>
<td>$47</td>
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<tr>
<td></td>
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<td>5 classes</td>
<td>$47</td>
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<td></td>
<td>10:45am-11:15am</td>
<td>Mar 30-Apr 8</td>
<td>4 classes</td>
<td>$37</td>
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<td></td>
<td>10:45am-11:15am</td>
<td>Apr 20-May 6</td>
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<td>5 classes</td>
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<td>Apr 20-May 6</td>
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<tr>
<td></td>
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<td>Apr 1-May 13</td>
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<td>Apr 4-May 16</td>
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<td>11:35am-12:05pm</td>
<td>Apr 4-May 16</td>
<td>6 classes</td>
<td>$56</td>
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</table>
Group Swim Lessons (Ages 6-13 yrs)
Beginning Levels 1, 2 and 3 focus on a child’s basic development from floating to crawl stroke and backstroke. Levels 4 and 5, crawl stroke with rhythmic breathing, elementary backstroke, and the introduction to breaststroke are the main focuses. Advanced Level 6 is designed to fine tune a child’s stroke and introduce swimmers to the competitive atmosphere. Maximum of 8 students per instructor.

<table>
<thead>
<tr>
<th>Date Range</th>
<th>Day(s)</th>
<th>Time</th>
<th>Cost</th>
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<td>Mar 30-Apr 8</td>
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<tr>
<td>May 11-May 27</td>
<td>Wednesday</td>
<td>7:20pm-7:50pm</td>
<td>$35</td>
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Semi-Private Swim Lessons (Ages 6-13 yrs)
A 30-minute lesson designed for students needing more individual attention. Maximum of 4 students per instructor.

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<th>Day(s)</th>
<th>Time</th>
<th>Cost</th>
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<td>Mar 31-Apr 9</td>
<td>Tuesday/Th</td>
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<tr>
<td>Apr 21-May 7</td>
<td>Tuesday/Th</td>
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<td>$84</td>
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<tr>
<td>May 12-May 28</td>
<td>Tuesday/Th</td>
<td>2:15pm-2:45pm</td>
<td>$84</td>
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Private Swim Lessons (Ages 6 yrs+)
Individualized instruction will be available with a Certified Red Cross Instructor.

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<th>Day(s)</th>
<th>Time</th>
<th>Cost</th>
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<td>Monday/Wed</td>
<td>3:45pm-4:15pm</td>
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<td>Apr 20-May 6</td>
<td>Monday/Wed</td>
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<td>$180</td>
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<td>May 11-May 27</td>
<td>Monday/Wed</td>
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<td>Mar 30-Apr 8</td>
<td>Tuesday/Th</td>
<td>5:00pm-5:30pm</td>
<td>$120</td>
</tr>
<tr>
<td>Apr 20-May 6</td>
<td>Tuesday/Th</td>
<td>5:00pm-5:30pm</td>
<td>$180</td>
</tr>
<tr>
<td>May 11-May 27</td>
<td>Tuesday/Th</td>
<td>5:00pm-5:30pm</td>
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<td>Wednesday</td>
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</tr>
<tr>
<td>Apr 20-May 6</td>
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<td>May 11-May 27</td>
<td>Wednesday</td>
<td>6:00pm-6:30pm</td>
<td>$150</td>
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</table>

School Age Swim Lessons
Spring Season Aquatics are held at the Hayward Plunge Swim Center.
Holiday – NO CLASSES: May 25
Competitive Stroke Development (Ages 6-13 yrs)

Prerequisites: Intermediate (Level 5) and/or ability to perform 80 yards of coordinated crawl stroke, backstroke and breaststroke. Teaches racing dives and turns, butterfly, freestyle, backstroke and breaststroke in a competitive swim environment. Child will be tested the first day of class.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Time</th>
<th>Dates</th>
<th>Classes</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
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<td>Mar 30-Apr 8</td>
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<td>Apr 20-May 6</td>
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<tr>
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<td>3:30pm-4:15pm</td>
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<td>Mar 30-Apr 8</td>
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<tr>
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<td>$48</td>
</tr>
<tr>
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<td>6:25pm-7:10pm</td>
<td>May 11-May 27</td>
<td>5</td>
<td>$40</td>
</tr>
</tbody>
</table>

Swim/Tennis Camp
See the Summer Camps insert.

Adult/Teen Swim Lessons

Spring Season Aquatics are held at the Hayward Plunge Swim Center.

Holiday – NO CLASSES: May 25

Adult/Teen Learn to Swim (Ages 13 yrs+)

Adult/Teen lessons are offered for all skill levels, very beginner to advanced. Course emphasis is on improvement and endurance.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Time</th>
<th>Dates</th>
<th>Classes</th>
<th>Fee</th>
</tr>
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</table>

Lifeguard Training

American Red Cross
(Ages 15 yrs+)

Must bring supplies for class, swim suit, towels, and a bag lunch. Cost includes certification fee and books.

<table>
<thead>
<tr>
<th>Course Code</th>
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<th>Dates</th>
<th>Classes</th>
<th>Fee</th>
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<tbody>
<tr>
<td>12382</td>
<td>12:00pm-6:00pm</td>
<td>Mar 14-Apr 11</td>
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<tr>
<td>12383</td>
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<td>May 2-Jun 30</td>
<td>5</td>
<td>HP $236</td>
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</table>

Water Safety Instructor

American Red Cross
(Ages 16 yrs+)

Cost includes certification fee and books.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Time</th>
<th>Dates</th>
<th>Classes</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>12379</td>
<td>6:30pm-9:30pm</td>
<td>May 5-May 28</td>
<td>8</td>
<td>HP $236</td>
</tr>
</tbody>
</table>
Water Fitness classes run on a continual basis. Classes are open to men and women 16 years and older. Classes are on a first-come, first served basis, space permitting. All classes are one hour. Equipment is provided. Temperature of the pool is 82 degrees. Call (510) 881-6703 for more information.

**Daily Drop-In Fee**  
$10 per class

**Water Fitness Pass**  
Adult $75 / Senior $55  
10 Visits  
*Good for any Water Fitness class below (except TriFit – Aqua Circuit classes).*

**Aqua-Robix (Ages 16 yrs +)**  
Aqua-Robix is a moderate paced shallow water exercise class featuring aerobics and toning in an invigorating workout.  
**Monday/Wednesday/Friday**  
9:00am-10:00am

**Fit Club (Ages 16 yrs +)**  
Shallow water class designed to improve joint movement and mobility and reduce pain and stiffness. This class has the option for registration, drop-in fee or fitness pass.  
**Tuesday/Thursday**  
12:30pm-1:30pm

**Guts and Butts (Ages 16 yrs +)**  
This moderate to high intensity deep-water interval program focus on core strength and conditioning. Participants must be able to swim in deep water and comfortable in deep water. Prior water exercise participation is recommended. This class has the option for registration, drop-in fee or fitness pass.  
**Saturday**  
9:30am-10:30am

**H2O Flow (Ages 16 yrs +)**  
Easy-paced shallow water exercise class focusing on endurance and improved joint flexibility in a relaxed environment. This class has the option for registration, drop-in fee or fitness pass.  
**Monday/Wednesday/Friday**  
10:15am-11:15am

**Move It and Lose It (Ages 16 yrs +)**  
Fast-paced shallow water exercise class focusing on cardio and strength in a challenging water gym. This class has the option for registration, drop-in fee or fitness pass.  
**Tuesday/Thursday**  
6:00pm-7:00pm  
**Saturday**  
8:15am-9:15am

**N2 Deep Water (Ages 16 yrs +)**  
Deep water aerobics and toning class in a resistive yet non-impact environment. Flotation provided. Must be comfortable in deep water. This class has the option for registration, drop-in fee or fitness pass.  
**Tuesday/Thursday**  
6:30pm-7:30pm

**TriFit – Aqua Circuit (Ages 16 yrs +)**  
A unique water workout utilizing aqua cycling, aqua treadmills, hydrodynamic movements and swimming. **Low impact, high intensity!** This class has the option for monthly registration for 8-visits a month for $84. Visits do not carry over from month to month. Classes are on a first-come, first-served basis for drop-ins, space permitting. Equipment is provided.  
**Tuesday/Thursday**  
*Registration required!*  
13802  
7:15pm-8:15pm  
Apr 7-Apr 30  
8 classes  
$84  
13803  
7:15pm-8:15pm  
May 5-May 28  
8 classes  
$84
Young Rembrandts
FUNdamental Drawing
We teach children the skills necessary to draw complex images. As they learn to draw with our step-by-step method, children develop observations skills, increase their fine motor skills, handwriting readiness and attention to detail. Children learn to follow directions, hold and use a pencil, increase their attention span and grow their self-confidence so they will be successful in kindergarten. All materials provided. New lessons taught each class and session.

13220  4-6 yr  W  4:00pm-5:30pm   Mar 11-Apr 15
    6 classes  KASCC  Rani  $98

13221  4-6 yr  W  4:00pm-5:30pm   Apr 22-Jun 3
    7 classes  KASCC  Rani  $114

Partners in Creativity
This is a fun, stimulating, self-directed class designed to encourage both you and your child’s creativity. Explore and experiment using various materials and tools with playdough, painting, collage and other exciting things. Please wear clothes that can get messy and bring a box to take your art home in.

13228  2½-6 yr  F  9:30am-10:30am   Mar 13-Apr 17
    6 classes  adobe  Egan  $89*

*$25 supply fee due at first class.

Art of All Kinds
Give your child the opportunity to explore and experiment in different art media such as playdough, collage sculpture, paint and drawing in this self-directed art class. Parent participation is optional. Please wear clothes that can get messy and bring a box to take your art home in.

13229  3-6 yr  F  11:00am-12:00pm   Mar 13-Apr 17
    6 classes  adobe  Egan  $89*

13230  3-8 yr  F  12:30pm-1:30pm   Mar 13-Apr 17
    6 classes  adobe  Egan  $89*

13231  4-10 yr  F  2:30pm-3:30pm   Mar 13-Apr 17
    6 classes  adobe  Egan  $89*

*$25 supply fee due at first class.

Boogie with Your Baby
You and your baby will “boogie” to your favorite nursery songs. Hop, jump, and dance with scarves, beanbags, parachutes and more. We encourage imagination, creativity and fun for everyone. One parent per child; parent participation required. No class 4/13.

13660  9 mo-2½ yr  M  9:45am-10:30am   Mar 16-May 18
    9 classes  CVCC  CVPA Staff  $92

13661  9 mo-2½ yr  M  10:30am-11:15am   Mar 16-May 18
    9 classes  CVCC  CVPA Staff  $92

Pre-School Dance
These classes are for dancers with little or no experience. Learn basic dance techniques while having fun loosening up, gaining rhythm and learning to dance. All music and movement is age-appropriate. No class 5/25.

12692  2½-4 yr  M  4:30pm-5:00pm   Mar 16-Jun 1
    11 classes  Dance Co  Feder  $83

Music and Rhythm
Enjoy high energy play-time with music and a variety of rhythmic equipment. This program is designed to enhance basic motor skills and introduce students to the classroom environment. Parent and/or caregiver interaction required. Siblings cannot be accommodated in classroom. No class 4/14, 4/17.

13667  2-3 yr  T  9:30am-10:15am   Mar 10-May 12
    9 classes  CVCC  CVPA Staff  $92

13688  2-3 yr  F  9:30am-10:15am   Mar 13-May 15
    9 classes  CVCC  CVPA Staff  $92

See pages 56-58 for the Guide to Class Locations and Facilities.
Pre-K Toddler and Me
Parent and child attend their first preschool class together and are introduced to the preschool schedule. The class encourages your child to be creative with art projects and includes an interactive playtime. Parents enjoy being with their child as they experience circle times, movement and art as well as time to play outside on the playground and have a snack. Registered participant with parent only allowed in class. All forms and immunizations need to be completed and uploaded to ePACT prior to the first day of class.

<table>
<thead>
<tr>
<th>Code</th>
<th>Age Range</th>
<th>Days</th>
<th>Time</th>
<th>Start Date</th>
<th>End Date</th>
<th>Session Length</th>
<th>Community Center</th>
<th>Instructor</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
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<td>2-3 yr</td>
<td>M/W</td>
<td>1:00pm-2:30pm</td>
<td>Mar 30-Jun 10</td>
<td>21 classes</td>
<td>SLCC</td>
<td>Ms. Susan McGarry</td>
<td>$240</td>
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<tr>
<td>13214</td>
<td>2-3 yr</td>
<td>T/Th</td>
<td>1:00pm-2:30pm</td>
<td>Mar 31-Jun 11</td>
<td>22 classes</td>
<td>SLCC</td>
<td>Ms. Susan McGarry</td>
<td>$255</td>
<td></td>
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</tbody>
</table>

Pre-K Learn and Play
These specialized Pre-K Learn and Play programs are activity-oriented programs that foster social, physical, and intellectual development as well as promote health and wellness through quality recreational and educational experiences. Children are provided with opportunities to improve health and wellness through play, learn and be creative through hands-on projects—all in a space specifically designed for preschoolers.

Online registration is strongly recommended. Child must have reached minimum age by first day of class; have required immunizations; and must be toilet trained/self-toileting. Each parent or guardian is required to assist two or three times during the session and will be asked to provide a snack or drinks. All forms and immunizations need to be completed and uploaded to ePACT prior to the first day of class.

<table>
<thead>
<tr>
<th>Code</th>
<th>Age Range</th>
<th>Days</th>
<th>Time</th>
<th>Start Date</th>
<th>End Date</th>
<th>Session Length</th>
<th>Community Center</th>
<th>Instructor</th>
<th>Fee</th>
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<tr>
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<td>M/W</td>
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<td>Mar 30-Jun 10</td>
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<td>Ms. Karen Crane</td>
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<tr>
<td>13205</td>
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<td>T/Th</td>
<td>8:30am-11:30am</td>
<td>Mar 31-Jun 11</td>
<td>22 classes</td>
<td>CVCC</td>
<td>Ms. Karen Crane</td>
<td>$352</td>
<td></td>
</tr>
<tr>
<td>13206</td>
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<td>T/Th</td>
<td>12:30pm-3:30pm</td>
<td>Mar 31-Jun 11</td>
<td>22 classes</td>
<td>CVCC</td>
<td>Ms. Karen Crane</td>
<td>$352</td>
<td></td>
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</tbody>
</table>

Fairview Hills Preschool
This is a preschool program will teach your child both basic social, developmental, and educational skills in an ideal environment for them to learn and grow. All forms and immunizations need to be completed and uploaded to ePACT prior to the first day of class.

<table>
<thead>
<tr>
<th>Code</th>
<th>Age Range</th>
<th>Days</th>
<th>Time</th>
<th>Start Date</th>
<th>End Date</th>
<th>Session Length</th>
<th>Community Center</th>
<th>Instructor</th>
<th>Fee</th>
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<td>SLCC</td>
<td>Ms. Susan McGarry</td>
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</tr>
<tr>
<td>13208</td>
<td>5-5 yr</td>
<td>T/Th</td>
<td>9:00am-12:00pm</td>
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<td>22 classes</td>
<td>SLCC</td>
<td>Ms. Susan McGarry</td>
<td>$352</td>
<td></td>
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</table>

Ashland Bilingual Pre-K-Learn and Play
This program is targeted for residents of Ashland and Cherryland. It is a bilingual (Spanish/English) program, with an emphasis on incorporating more English dialogue. Daily parent participation is required. Please contact the District Office for more information. Este programa es dirigido a los residentes de Ashland y Cherryland. Es un programa bilingüe (español/inglés), con énfasis en la inclusión de más diálogos en inglés. Se requiere la participación diaria de los padres. Por favor, póngase en contacto con la Oficina del Distrito para obtener más información.

<table>
<thead>
<tr>
<th>Code</th>
<th>Age Range</th>
<th>Days</th>
<th>Time</th>
<th>Start Date</th>
<th>End Date</th>
<th>Session Length</th>
<th>Community Center</th>
<th>Instructor</th>
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<td>Mar 30-Jun 10</td>
<td>21 classes</td>
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<td>Ms. Mary Feria</td>
<td>$265</td>
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<td>13203</td>
<td>5-5 yr</td>
<td>T/Th</td>
<td>9:00am-12:00pm</td>
<td>Mar 31-Jun 11</td>
<td>22 classes</td>
<td>ACC</td>
<td>Ms. Mary Feria</td>
<td>$265</td>
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</tbody>
</table>

See pages 56-58 for the Guide to Class Locations and Facilities.
Dance Like a Pop Star
Have you ever wished that you could dance like a hip hop or pop star? Have you always wanted to learn moves like the moon walk? The moves of many iconic music stars have become part of hip hop dancing world. If you’re interested in learning the best pop moves, step by step, then register for this new program. No class 4/11, 4/13, 4/15, 5/23, 5/25.

Dance-A-Lot
Introduce your child to ballet, jazz and acrobatic techniques in a fun and exciting way. Advanced classes will continue with technique. Students will create their own dances and develop their own unique dance style.

Dance-A-Lot Advanced Instructor permission required to register.

Hip Hop
Beginning hip-hop moves taught to upbeat and popular music. Your dancer will gain rhythm and have fun. All music and movement is age-appropriate. Please wear comfortable street shoes, preferably athletic shoes. No class 4/11, 4/13, 4/14, 4/16.

Introduction to Dance
These classes are for dancers with little or no experience. Classes are divided into two disciplines each class and by age group. Tap: Learn basic tap technique and a just-for-fun dance to perform on the last day of class. Tap shoes required. Hip Hop: Have fun loosening up, gaining rhythm and learning to dance. All music and movement is age-appropriate. Tennis shoes required. Ballet: Learn fundamental ballet foot and arm positions, coordination, musicality, rhythm and discipline. Please wear leotards, tights, and ballet slippers. Jazz: This energetic class features stretching, isolations and basic jazz steps. Simple coordination, musicality and rhythm are emphasized. Ballet slippers or jazz shoes are required. No class 4/11.

See pages 56-58 for the Guide to Class Locations and Facilities.

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Disney Tap/Ballet
A perfect class for introducing dance to your little one. It is filled with exciting music and activities that provide your growing child with positive development and also builds their confidence. With ballet and tap as the foundation, familiar music from all your Disney favorites brings the imagination and fun to life! Tap and ballet shoes are required. No class 4/6, 4/11, 5/23, 5/25.

<table>
<thead>
<tr>
<th>Code</th>
<th>Age Group</th>
<th>Day(s)</th>
<th>Start Time</th>
<th>End Time</th>
<th>Dates</th>
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<th>Fee</th>
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<tr>
<td>33032</td>
<td>3-5 yr</td>
<td>M</td>
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<tr>
<td>13252</td>
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<td>Sa</td>
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<tr>
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<td>DLDC</td>
<td>DLDC Staff</td>
<td>$149</td>
<td></td>
<td></td>
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</tbody>
</table>

Princess and Prince Creative Dance
Do you have little ones who love to dance around the house and listen to fairytales? This class is perfect for kids who dream of being a princess or prince. We incorporate fairytale storybooks with ballet and creative dance. Each little darling will be welcome to dress up in his/her favorite fairytale attire and ballet slippers. Let your child’s imagination soar with this special class! Please wear ballet shoes. No class 4/9.

<table>
<thead>
<tr>
<th>Code</th>
<th>Age Group</th>
<th>Day(s)</th>
<th>Start Time</th>
<th>End Time</th>
<th>Dates</th>
<th>Staff</th>
<th>Fee</th>
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<tbody>
<tr>
<td>13248</td>
<td>3-6 yr</td>
<td>Th</td>
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<td>Mar 12-Jun 4</td>
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<td></td>
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<tr>
<td>12 classes</td>
<td>DLDC</td>
<td>DLDC Staff</td>
<td>$163</td>
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Toddler Ballet
Whirl and twirl to the music from “Frozen”, “Aladdin” and many of your favorite movies. We use scarves, wands and ribbons while learning basic ballet and creative movement. Paint imaginative pictures thru your own choreography while incorporating basic dance technique. Ballet slippers required. No class 4/11, 4/13, 4/14, 4/15, 4/16, 4/17.

<table>
<thead>
<tr>
<th>Code</th>
<th>Age Group</th>
<th>Day(s)</th>
<th>Start Time</th>
<th>End Time</th>
<th>Dates</th>
<th>Staff</th>
<th>Fee</th>
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<tbody>
<tr>
<td>10817</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>11 classes</td>
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<td>DLDC Staff</td>
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<tr>
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<td>CVC Staff</td>
<td>$156</td>
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</table>

Gymnastics

Gymnastics Parent Assist
This is fun time for parent and toddlers to play, socialize and try new skills. Our experienced staff will show you the proper techniques to spot your child as you lead them through basic gymnastics activities, structured warm up and circle time. One adult per child. Siblings cannot be accommodated. No class 4/13-4/18, 5/25.

<table>
<thead>
<tr>
<th>Code</th>
<th>Age Group</th>
<th>Days(s)</th>
<th>Start Time</th>
<th>End Time</th>
<th>Dates</th>
<th>Staff</th>
<th>Fee</th>
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<tbody>
<tr>
<td>12987</td>
<td>1½-3 yr</td>
<td>M</td>
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<tr>
<td>12986</td>
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<td>M</td>
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<td>Mar 16-Jun 1</td>
<td></td>
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<tr>
<td>12988</td>
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<tr>
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<tr>
<td>12991</td>
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<td>SLC Staff</td>
<td>$156</td>
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</table>

Tot & Me Movement Gymnastics
This class is non-stop action. We will guide you and your toddler on a circuit of bars, beam and floor exercises on both scaled down and regular size gymnastics equipment in a fast-paced, exciting environment. Skills differ each week and toddlers can experience at their own pace. Class starts with directed circle time. Help your child improve coordination and balance, develop body awareness and most of all, have FUN! One adult per child. Siblings cannot be accommodated. No class 4/13-4/18, 5/25.

<table>
<thead>
<tr>
<th>Code</th>
<th>Age Group</th>
<th>Days(s)</th>
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<tr>
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<td></td>
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<tr>
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<td>CVC Staff</td>
<td>$105</td>
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</table>
**Gymnastics Small Fry**
Introduces boys and girls to tumbling and apparatus skills. We emphasize conditioning for strength, balance, and spatial awareness. Themes, music, and animal shapes help to motivate and foster cooperation, concentration, and social skills. No class 4/13-4/18, 5/25.

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Age Range</th>
<th>Days</th>
<th>Time</th>
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<td>10:10am-10:40am</td>
<td>Mar 21-Jun 6</td>
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**Small Fry Gymnastics – Advanced**
Advanced classes continue to build on the basic skills. **Prerequisite skills:** gymnastics terminology, all rolls, teddy bear, cartwheel and unassisted bars and high beam basics. Requires instructor’s approval to register. No class 4/14.

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Age Range</th>
<th>Days</th>
<th>Time</th>
<th>Start Date</th>
<th>End Date</th>
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<td>Mar 17-Jun 2</td>
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</table>

**Health & Fitness**

**Yoga Tots Ages 3-5 Years**
Jump like frogs, stretch like cats, and roar like lions. Become stronger, balance better, stretch, breathe, have lots of fun, and relax a little too. In a non-competitive, adventurous and validating environment, we’ll use our bodies and imaginations to practice yoga poses, breathing, gratitude, and self-love. Great for strengthening muscles, improve balance and flexibility, increase self-confidence, and learn ways to calm and center the mind. No experience or skill necessary. Bring water and a favorite blanket for our final relaxation time if you like, mats will be provided.

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Age Range</th>
<th>Days</th>
<th>Time</th>
<th>Start Date</th>
<th>End Date</th>
<th>Cost</th>
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<td>3:15pm-3:45pm</td>
<td>Apr 23-May 21</td>
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**Martial Arts**

**EAAB’s Self-Defense**
Learn a multi-cultural art of self-defense focusing on promoting a healthier and safer lifestyle with the added benefit of being effectively protect yourself. The program includes body stretching (conditioning and breathing techniques); blocking; punching; and kicking in specific target areas; breaking away from grasps, falling, joint locking, throwing and more.

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Age Range</th>
<th>Days</th>
<th>Time</th>
<th>Start Date</th>
<th>End Date</th>
<th>Cost</th>
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<tr>
<td>13405</td>
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<td>13371</td>
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<tr>
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<td>Th</td>
<td>3:45pm-4:25pm</td>
<td>Mar 19-May 21</td>
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**Kids Jiu Jitsu**
Kids Jiu-Jitsu benefits include building muscle and increasing flexibility, improving mental strength, memory and brain function, development of problem-solving skills, reducing stress and teaching patience, self-confidence booster, promoting healthy competition. No class 5/25.

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Age Range</th>
<th>Days</th>
<th>Time</th>
<th>Start Date</th>
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</table>

*Uniforms and safety equipment required — cost not included and must be purchased through EAAB’s at a one-time cost of $30.*
Olympic Style Tae Kwon Do
Tae Kwon Do is a Korean martial art that has evolved by combining many different styles such as the linear movements of Karate, the flowing, circular patterns of Kung-fu, native kicking techniques along with influences from Judo and Kung-fu. Your child will learn the values of confidence, friendship, self-awareness, respect and dedication in a fun, educational and motivating environment. No class 5/25.

*Uniforms are available for purchase for $30.

Nature

Nature Detectives Nature Program at Hayward Shoreline Interpretive Center

April: Adventures at West Winton
Today we meet at the West Winton Trailhead to wander around a new area! Make sure to pack your sunscreen and water bottle as we will be spending the whole day outside. Bring a sense of adventure and get ready to explore!

May: Feathered Friends
It’s all about birds this month as we investigate beaks, nests, and feathers, and of course, hit the trail to see our flying friends.

June: Science Sleuths
Let’s put our senses and those scientific brains to use as we conduct science experiments at the salt marsh this month!

Toddler Rambler Nature Program at Hayward Shoreline Interpretive Center

March: Mad Scientist
Each week this month we will do an experiment or two and become mad scientists. Color mixing, dry ice bubbles, and dancing raisins are just the beginning! Activities change every week and relate to the theme of the month.

April: Birds and Nests and Eggs
Spring is in full swing, so it’s a great time to explore the uniqueness of birds and how they live. We’ll make some nests of our own, look for feathers and find out how special their eggs are.

May: Messiness
It’s that time of year to get messy again. All month long we will play with sensory materials that will require us to wash up a bit afterwards. May 8 and 22 we will explore the mud swing, so it’s a great time to explore the uniqueness of their own, look for feathers and find out how special their eggs are.

Animal Adventures Nature Program at Sulphur Creek Nature Center

April: Excellent Eggs
Find out about all sorts of eggs and where creatures hide them as we visit the walking stick, toad and dove. Create some egg art, and search for nests in the park.

May: Fantastic Flowers
Discover why animals love flowers as we visit the tortoise, rat, and guinea pig, create beautiful flowers, and search for special flowers on the trail.

June: Tadpole Search Field Trip
Meet us and an East Bay Regional Park District Naturalist at Dry Creek in Union City to search for tadpoles and wonderful water creatures. Use nets to help you get an up-close look at these unusual creatures. Bring a picnic to enjoy on the way back. Directions to the meeting location will be sent by an adult. Child must be accompanied by an adult.

See pages 56-58 for the Guide to Class Locations and Facilities.
Toddler Time Nature Program
at Sulphur Creek Nature Center

April: Terrific Tails Inspect all sorts of tails as we visit the rabbit, dove, and bat, and design a tail for yourself too!

12662 1-3 yr  Sa 10:00am-10:45am  Apr 4
1 class  SCNC  Wolf  $9
12663 1-3 yr  T 10:00am-10:45am  Apr 7
1 class  SCNC  Wolf  $9
12664 1-3 yr  T 11:15am-12:00pm  Apr 7
1 class  SCNC  Walke $9
12665 1-3 yr  M 10:00am-10:45am  Apr 20
1 class  SCNC  Wolf  $9
12666 1-3 yr  M 11:15am-12:00pm  Apr 20
1 class  SCNC  Wolf  $9
12660 1-3 yr  W 10:00am-10:45am  Apr 22
1 class  SCNC  Walke $9
12661 1-3 yr  W 11:15am-12:00pm  Apr 22
1 class  SCNC  Walke $9

May: Super Swimmers Discover how different animals swim as we visit the frog, turtle, and snake, and explore the creek.

12667 1-3 yr  W 10:00am-10:45am  May 6
1 class  SCNC  Walke $9
12668 1-3 yr  W 11:15am-12:00pm  May 6
1 class  SCNC  Walke $9
12669 1-3 yr  Sa 10:00am-10:45am  May 9
1 class  SCNC  Wolf $9
12670 1-3 yr  T 10:00am-10:45am  May 12
1 class  SCNC  Wolf $9
12671 1-3 yr  T 11:15am-12:00pm  May 12
1 class  SCNC  Walke $9
12672 1-3 yr  M 10:00am-10:45am  May 18
1 class  SCNC  Wolf $9
12673 1-3 yr  M 11:15am-12:00pm  May 18
1 class  SCNC  Wolf $9

June: Pocket Pals Find out about different kinds of pockets as we visit the opossum, hamster, and mouse. Create your own pocket pal too.

12674 1-3 yr  W 10:00am-10:45am  Jun 3
1 class  SCNC  Walke $9
12675 1-3 yr  W 11:15am-12:00pm  Jun 3
1 class  SCNC  Walke $9
12676 1-3 yr  M 10:00am-10:45am  Jun 8
1 class  SCNC  Wolf $9
12677 1-3 yr  M 11:15am-12:00pm  Jun 8
1 class  SCNC  Wolf $9
12678 1-3 yr  Sa 10:00am-10:45am  Jun 13
1 class  SCNC  Wolf $9
12679 1-3 yr  T 10:00am-10:45am  Jun 23
1 class  SCNC  Walke $9
12680 1-3 yr  T 11:15am-12:00pm  Jun 23
1 class  SCNC  Walke $9

Special Interest & Hobbies

Take 1 Academy – S.T.E.A.M. for Tykes
Expose your child to exciting topics in Science, Technology, Engineering, Art, and Math. Parent and child will have fun in this hands-on, interactive class as we build, create and play. Parent participation is required.

13316 3-5 yr  T 9:45am-10:35am  Mar 17-Apr 7
4 classes  CCCC  TIA Staff  $108

Sports

WeeHoop
The one-time material fee for a basketball is $8, due to instructor at the first class.

Dribblers
This parent-child class focuses on gross motor skills like throwing and making baskets on a 1½ foot hoop. It involves lots of repetition so that children can experience the sheer joy of mastering a skill. Activities include catching bubbles, parachute games, and singing.

Jump Shooters
At this level children are introduced to basketball skills based upon their increased coordination. Parents are encouraged to take on a supportive role with high-fives and praise from the sideline.

Hot Shots
This class places more of an emphasis on developing basketball skills, one-on-one drills, and learning basic rules of the game. The activities in this class will encourage teamwork and new friendships.

Baller
The goal of this class is to introduce team dynamics and incorporate game play. Prior basketball experience is required.

See pages 56-58 for the Guide to Class Locations and Facilities.
Super Soccer Stars

Super Soccer Stars Parent & Me This is a parent/child pre-soccer and movement program specifically designed for toddlers. Individual attention, positive reinforcement, and engaging original music help to develop pre-soccer skills that will have your toddler learning to balance, run, kick, and play. Parent participation required. No class 5/23.

13419 1-2 yr Sa 9:50am-10:30am Apr 4-Jun 13
10 classes ADOBE SSS Staff $261
13420 1-2 yr T 9:50am-10:30am Mar 24-Apr 28
6 classes ADOBE SSS Staff $163
13770 1-2 yr T 9:50am-10:30am May 5-Jun 2
5 classes ADOBE SSS Staff $139

Super Soccer Stars 2-3 Years Each class includes an introduction to physical activities, rich language exposure, and movements such as running, hopping, jumping and changing directions. The focal point at this age group is to improve your child’s natural development. No class 5/23.

13417 2-3 yr Sa 9:00am-9:40am Apr 4-Jun 13
10 classes ADOBE SSS Staff $261
13418 2-3 yr T 9:00am-9:40am Mar 24-Apr 28
6 classes ADOBE SSS Staff $163
13586 2-3 yr T 9:00am-9:40am May 5-Jun 2
5 classes ADOBE SSS Staff $139

Super Soccer Stars 3 to 4 Years The focal point at this age group is for your child to be comfortable with the ball by developing soccer skills such as dribbling, shooting and the introduction of passing. Each class includes partner activities to promote sharing listening, respect and cooperating. Physical activities include dynamic movements like running, skipping and jumping. No class 5/23.

13421 3-4 yr Sa 10:40am-11:25am Apr 4-Jun 13
10 classes ADOBE SSS Staff $261
13422 3-4 yr T 10:40am-11:25am Mar 24-Apr 28
6 classes ADOBE SSS Staff $163
13771 3-4 yr T 10:40am-11:25am May 5-Jun 2
5 classes ADOBE SSS Staff $139

Super Soccer Stars 4 to 5 Years The focal point at this age group is for your child to be comfortable with the ball by developing soccer skills such as dribbling, shooting, passing, and the introduction of teamwork and small sided games. Each class includes partner activities to promote sharing listening, respect and cooperating. Physical activities include dynamic movements like running, skipping and jumping. No class 5/23.

13423 4-5 yr Sa 11:30am-12:20pm Apr 4-Jun 13
10 classes ADOBE SSS Staff $261

Super Soccer Stars 5 to 7 Years The focal point at this age group is to improve your child’s elementary capacity through fun games, technical skill development and group activities like small-sided games to goals. Each class emphasizes spatial awareness and teammates, encouraging team work. Repetitious ball skill activities are used to promote muscle memory and build confidence. No class 5/23.

13424 5-7 yr Sa 12:25pm-1:25pm Apr 4-Jun 13
10 classes ADOBE SSS Staff $261

Register Online!
HaywardRec.org/OnlineRegistration
See page 65 for details.

See pages 56-58 for the Guide to Class Locations and Facilities.
**Kidz Love Soccer**

Introduce your toddler to the world's most popular sport! As you participate together in our fun age-appropriate activities, your child will be developing their large motor skills and socialization skills. Kidz Love Soccer Class Status Hotline (888) 372-5803 http://www.kidzlovesoccer.com/

**Mommy/Daddy & Me Soccer**
The fun happens on the field, and in Mommy/Daddy & Me Soccer parents are a part of the action! Each child receives a Kidz Love Soccer jersey! No class 5/23.

**Tot/Pre Soccer**
Introduce your toddler to the world's most popular sport! Our new year-round class for all those kids who just want to play the game. We will coach individual players and teams during the game. Please join us and bring your friends. We are having a ball!

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Age</th>
<th>Day</th>
<th>Time</th>
<th>Start Date</th>
<th>End Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>13083</td>
<td>2-3½ yr</td>
<td>T</td>
<td>6:00pm-6:30pm</td>
<td>Apr 7-May 19</td>
<td></td>
</tr>
<tr>
<td>13090</td>
<td>3½-4 yr</td>
<td>T</td>
<td>5:15pm-5:30pm</td>
<td>Apr 7-May 19</td>
<td></td>
</tr>
<tr>
<td>13096</td>
<td>3½-4 yr</td>
<td>W</td>
<td>10:10am-10:45am</td>
<td>Apr 8-May 20</td>
<td></td>
</tr>
<tr>
<td>13091</td>
<td>3½-4 yr</td>
<td>W</td>
<td>5:30pm-6:05pm</td>
<td>Apr 8-May 20</td>
<td></td>
</tr>
<tr>
<td>13092</td>
<td>3½-4 yr</td>
<td>Sa</td>
<td>4:15pm-4:50pm</td>
<td>Apr 18-Jun 6</td>
<td></td>
</tr>
</tbody>
</table>

**Lil’ All-Stars Baseball**

Take 1 Academy

**Rookies** We focus on developing soccer skills such as dribbling, passing, kicking, shooting, and ball control. Repetition and skills progression through age appropriate games and drills will build young soccer player’s confidence and self-esteem.

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Age</th>
<th>Day</th>
<th>Time</th>
<th>Start Date</th>
<th>End Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>13526</td>
<td>3-4 yr</td>
<td>Sa</td>
<td>11:15am-12:15pm</td>
<td>Mar 14-May 16</td>
<td></td>
</tr>
<tr>
<td>13527</td>
<td>4-6 yr</td>
<td>Sa</td>
<td>10:15am-11:10am</td>
<td>Mar 14-May 16</td>
<td></td>
</tr>
<tr>
<td>13529</td>
<td>4-6 yr</td>
<td>W</td>
<td>5:30pm-6:20pm</td>
<td>Mar 18-May 6</td>
<td></td>
</tr>
</tbody>
</table>

**Take 1 Academy**

**Lil’ All-Stars Baseball**

Pee Wees This parent-child class will introduce the game of baseball through fun, age-appropriate activities and games in a noncompetitive and motivating environment. We will focus on the development of motor skills while teaching the basic fundamentals of baseball: hitting, throwing, catching, fielding, and basic-running. Parent participation is required.

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Age</th>
<th>Day</th>
<th>Time</th>
<th>Start Date</th>
<th>End Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>13520</td>
<td>2½-3½ yr</td>
<td>Sa</td>
<td>9:20am-10:15am</td>
<td>Mar 14-May 16</td>
<td></td>
</tr>
<tr>
<td>13521</td>
<td>3-4½ yr</td>
<td>Sa</td>
<td>10:20am-11:15am</td>
<td>Mar 14-May 16</td>
<td></td>
</tr>
</tbody>
</table>

**Rookies** We offer a motivating and non-competitive environment to introduce hitting, throwing, catching, fielding, base-running and basic baseball rules. This fun class will involve a lot of repetition and skills progression as we focus on the baseball fundamentals and motor skills development. Parent participation is recommended.

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Age</th>
<th>Day</th>
<th>Time</th>
<th>Start Date</th>
<th>End Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>13522</td>
<td>4½-6 yr</td>
<td>Sa</td>
<td>11:20am-12:15pm</td>
<td>Mar 14-May 16</td>
<td></td>
</tr>
</tbody>
</table>

**Sluggers** Get ready for Tee ball! This class will focus on the continued development of baseball skills, proper technique as well as baseball specific body positioning. Teamwork and team dynamics are emphasized. Baseball gloves, bat, batting helmet recommended.

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Age</th>
<th>Day</th>
<th>Time</th>
<th>Start Date</th>
<th>End Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>13543</td>
<td>2½-4 yr</td>
<td>Sa</td>
<td>9:00am-9:30am</td>
<td>May 2-Jun 6</td>
<td></td>
</tr>
<tr>
<td>13537</td>
<td>4-5 yr</td>
<td>M</td>
<td>6:00pm-6:35pm</td>
<td>Mar 16-Apr 27</td>
<td></td>
</tr>
<tr>
<td>13551</td>
<td>4-5 yr</td>
<td>M</td>
<td>6:00pm-6:35pm</td>
<td>May 4-Jun 15</td>
<td></td>
</tr>
<tr>
<td>13544</td>
<td>4-5 yr</td>
<td>Sa</td>
<td>9:35am-10:20am</td>
<td>May 2-Jun 6</td>
<td></td>
</tr>
</tbody>
</table>

See pages 56-58 for the Guide to Class Locations and Facilities.
Take 1 Academy
Lil’ All-Stars Basketball

**Pee Wees** This parent-child class will introduce the game of basketball through fun, age-appropriate activities and games. We introduce dribbling, passing, catching, shooting and the basic rules of the game while emphasizing teamwork and a positive attitude. Parent assistance required.

<table>
<thead>
<tr>
<th>Class ID</th>
<th>Age</th>
<th>Day</th>
<th>Time</th>
<th>Start Date</th>
<th>End Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>13515</td>
<td>3-4 yr</td>
<td>Sa</td>
<td>9:15am-10:00am</td>
<td>Mar 14</td>
<td>May 16</td>
</tr>
</tbody>
</table>

**Rookies I** We introduce dribbling, passing, catching, shooting, and the basic rules of the game. Repetition and skills progression through age appropriate games and drills will build young basketball players’ confidence and self-esteem.

<table>
<thead>
<tr>
<th>Class ID</th>
<th>Age</th>
<th>Day</th>
<th>Time</th>
<th>Start Date</th>
<th>End Date</th>
</tr>
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<tbody>
<tr>
<td>13524</td>
<td>4-5½ yr</td>
<td>Sa</td>
<td>10:05am-10:55am</td>
<td>Mar 14</td>
<td>May 16</td>
</tr>
</tbody>
</table>

**Rookies II** We introduce dribbling, passing, catching, shooting, and the basic rules of the game while emphasizing teamwork and a positive attitude. Repetition and skills progression through age appropriate games and drills will build young basketball players’ confidence and self-esteem.

<table>
<thead>
<tr>
<th>Class ID</th>
<th>Age</th>
<th>Day</th>
<th>Time</th>
<th>Start Date</th>
<th>End Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>13525</td>
<td>5½-8 yr</td>
<td>Sa</td>
<td>11:00am-11:50am</td>
<td>Mar 14</td>
<td>May 16</td>
</tr>
</tbody>
</table>

Tennis

**Little Buddies Tennis** A great program especially designed for 4-6 years old. The class will provide the children with simple basic coordination skills, racket swinging, footwork, as well as tennis games. Wear tennis shoes and bring a small tennis racket and a new can of balls to first class.

<table>
<thead>
<tr>
<th>Class ID</th>
<th>Age</th>
<th>Day</th>
<th>Time</th>
<th>Start Date</th>
<th>End Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>13504</td>
<td>4-6 yr</td>
<td>Sa</td>
<td>11:15am-12:00pm</td>
<td>Mar 28</td>
<td>Jun 6</td>
</tr>
</tbody>
</table>

**Fabulous Fishing Fun** The tide today is opportune for fishing; hike out to the bay and learn the basics of rigging, casting, and possibly catching! Ideal for friends and family groups. No previous experience needed. Gear provided. Participants ages 16 years+ must have a fishing license, available online by visiting ca.gov. Feel free to bring a zero waste (all reusable or compostable) lunch or snack.

<table>
<thead>
<tr>
<th>Class ID</th>
<th>Age</th>
<th>Day</th>
<th>Time</th>
<th>Start Date</th>
<th>End Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>13601</td>
<td>6 yr+</td>
<td>Sa</td>
<td>11:00am-2:00pm</td>
<td>Mar 21</td>
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</tr>
<tr>
<td>13602</td>
<td>6 yr+</td>
<td>Sa</td>
<td>10:00am-1:00pm</td>
<td>Apr 18</td>
<td></td>
</tr>
<tr>
<td>13603</td>
<td>6 yr+</td>
<td>Su</td>
<td>9:30am-12:30pm</td>
<td>May 17</td>
<td></td>
</tr>
</tbody>
</table>

**Feeding Frenzy** Help a Naturalist feed our resident aquatic and land animals while learning about these amazing creatures. Join us in our beloved Janice & Frank Delfino Habitat Room. Who will get to the food first?

<table>
<thead>
<tr>
<th>Class ID</th>
<th>Age</th>
<th>Day</th>
<th>Time</th>
<th>Start Date</th>
<th>End Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>13598</td>
<td>All Ages</td>
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<td>2:00pm-3:00pm</td>
<td>Mar 29</td>
<td></td>
</tr>
<tr>
<td>13599</td>
<td>All Ages</td>
<td>Su</td>
<td>2:00pm-3:00pm</td>
<td>Apr 26</td>
<td></td>
</tr>
<tr>
<td>13600</td>
<td>All Ages</td>
<td>Su</td>
<td>2:00pm-3:00pm</td>
<td>May 10</td>
<td></td>
</tr>
</tbody>
</table>

See pages 56-58 for the Guide to Class Locations and Facilities.
Afterschool Programs

After School Programs
A safe and fun environment where staff blends intentional programming with recreational games and activities to promote positive social interaction.

<table>
<thead>
<tr>
<th>Code</th>
<th>Age</th>
<th>Days</th>
<th>Time</th>
<th>Start Date</th>
<th>End Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>12714</td>
<td>6-12 yr</td>
<td>M/T/Th/F</td>
<td>3:00pm-6:30pm</td>
<td>Mar 16</td>
<td>Jun 5</td>
</tr>
<tr>
<td>12716</td>
<td>6-12 yr</td>
<td>M/T/Th/F</td>
<td>3:00pm-6:30pm</td>
<td>Mar 16</td>
<td>Jun 5</td>
</tr>
</tbody>
</table>

MJCC | Staff | $75
SLCC | Staff | $75

Art

Drawers’ Studios
Develop drawing skills through observations and practices. Using pencil, graphite, charcoal and ink, learn drawing techniques such as thick to thin lines, creating texture, dry and wet brushing and tones of ink wash. Wear clothes that can get messy. Students must attend the first class for orientation.

<table>
<thead>
<tr>
<th>Code</th>
<th>Age</th>
<th>Days</th>
<th>Time</th>
<th>Start Date</th>
<th>End Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>13846</td>
<td>7-11 yr</td>
<td>Th</td>
<td>3:30pm-5:00pm</td>
<td>Apr 2</td>
<td>Jun 4</td>
</tr>
<tr>
<td>13847</td>
<td>7-15 yr</td>
<td>Sa</td>
<td>11:00am-12:30pm</td>
<td>Apr 4</td>
<td>Jun 6</td>
</tr>
</tbody>
</table>

10 classes ADOBE McPherson $150*

*$40 material fee due at first class.

Little Drawers’ Studio
Learn to draw real animals like dogs, cats, horses and even hippopotamus while creating unique fantasy animals...maybe even a dragon. Studio techniques incorporate how to use fine lines and shapes in drawings. Use graphite drawing and colored pencils, charcoal and oil pastels for your creations. Bring an art shirt to wear.

<table>
<thead>
<tr>
<th>Code</th>
<th>Age</th>
<th>Days</th>
<th>Time</th>
<th>Start Date</th>
<th>End Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>13227</td>
<td>5-7 yr</td>
<td>F</td>
<td>3:30pm-4:30pm</td>
<td>Apr 3</td>
<td>Jun 5</td>
</tr>
</tbody>
</table>

10 classes ADOBE McPherson $145*

*$40 material fee due at first class.

Jacob Lawrence Painters’ Studio
This studio class is like no other. Learn to use your natural talent to practice painting while learning related art techniques and developing a personal style of expression. Focus areas include color theory, composition, perspective and subject. Please wear clothes they can get messy in. We will be using acrylic paints. Students must attend the first class for orientation. If you are unable to do so please contact the instructor at kmcp@lmi.net.

<table>
<thead>
<tr>
<th>Code</th>
<th>Age</th>
<th>Days</th>
<th>Time</th>
<th>Start Date</th>
<th>End Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>13848</td>
<td>7-14 yr</td>
<td>M</td>
<td>3:30pm-5:00pm</td>
<td>Mar 30</td>
<td>Jun 8</td>
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<tr>
<td>13849</td>
<td>7-16 yr</td>
<td>Sa</td>
<td>9:00am-10:30am</td>
<td>Apr 4</td>
<td>Jun 6</td>
</tr>
</tbody>
</table>

10 classes ADOBE McPherson $150*

*$40 material fee due at first class.

Art of All Kinds
Give your child the opportunity to explore and experiment in different art media such as playdough, collage sculpture, paint and drawing in this self-directed art class. Parent participation is optional. Please wear clothes that can get messy and bring a box to take your art home in.

<table>
<thead>
<tr>
<th>Code</th>
<th>Age</th>
<th>Days</th>
<th>Time</th>
<th>Start Date</th>
<th>End Date</th>
</tr>
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<tbody>
<tr>
<td>13229</td>
<td>3-6 yr</td>
<td>F</td>
<td>11:00am-12:00pm</td>
<td>Mar 13</td>
<td>Apr 17</td>
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<tr>
<td>13230</td>
<td>3-8 yr</td>
<td>F</td>
<td>12:30pm-1:30pm</td>
<td>Mar 13</td>
<td>Apr 17</td>
</tr>
<tr>
<td>13231</td>
<td>4-10 yr</td>
<td>F</td>
<td>2:30pm-3:30pm</td>
<td>Mar 13</td>
<td>Apr 17</td>
</tr>
<tr>
<td>13232</td>
<td>6-10 yr</td>
<td>F</td>
<td>4:00pm-5:00pm</td>
<td>Mar 13</td>
<td>Apr 17</td>
</tr>
</tbody>
</table>

6 classes ADOBE Egan $89*
6 classes ADOBE Egan $89*
6 classes ADOBE Egan $89*
6 classes ADOBE Egan $89*

*$25 supply fee due at first class.

See pages 56-58 for the Guide to Class Locations and Facilities.

HaywardRec.org | HAYWARD AREA RECREATION AND PARK DISTRICT FOUNDATION SPRING 2020 | 23
Ceramics
A safe and fun studio environment for children to develop hand skills and learn to trust their own artistic judgment while making expressive pottery or sculpture. These classes give you a chance to share in your child’s talent. Fees include glazes and firing.

Parent/Child Hand and Wheel
13233  5-17 yr  Sa  9:00am-10:30am  Mar 14-Apr 18
6 classes  ADOBE  Egan  $136*

*$25 supply fee payable to instructor on the first day of class.

Beginning Wheel
13234  5-17 yr  Sa  11:00am-12:30pm  Mar 14-Apr 18
6 classes  ADOBE  Egan  $136*

*$25 supply fee payable to instructor on the first day of class.

Dance & Music

Ballet
Ballet is not only a beautiful art form – it is the basis for all forms of dance. We will emphasize technical skills at the barre and center floor as well as vocabulary. Learn simple coordination, musicality, rhythm, concentration and discipline. No class 5/25.

Beginning
13472  5-7 yr  M  5:00pm-5:55pm  Mar 23-Jun 1
10 classes  SGcc  Freitas  $115

Intermediate  Instructor approval needed for registration. No class 5/25.
13474  8-14 yr  M  6:00pm-6:55pm  Mar 23-Jun 1
10 classes  SGcc  Freitas  $115

Bollywood Dance
Learn the trendy Bollywood dance style while getting a great workout and having fun! Bollywood is a fusion of Indian classical, folk, Hip-Hop, contemporary, Arabic, and Latin dance styles. Class begins with a warm up, stretching exercises, and followed by choreographed step-by-step routine to Bollywood music. Wear breathable exercise clothes. No class 4/8.

13245  6-8 yr  W  6:30pm-7:30pm  Mar 11-Jun 3
12 classes  DLDC  DLDC Staff  $149

Jazz, Ballet, Hip Hop
Jazz: Features stretching, isolations and basic jazz steps. Simple coordination, musicality and rhythm are emphasized. Ballet slippers or jazz shoes required. Hip Hop: Have fun loosening up, gaining rhythm and learning to dance. All music and movement are age-appropriate. Tennis shoes required. No class 4/7, 4/8.

Introduction to Dance – Intro II Tap and Ballet
These classes are for dancers with little or no experience. Tap: Learn basic tap technique and a just-for-fun dance to perform on the last day of class. Tap shoes required. Ballet: Learn fundamental ballet foot and arm positions, coordination, musicality, rhythm and discipline. Please wear leotards, tights, and ballet slippers. No class 4/11, 5/23.

13253  6-8 yr  W  5:45pm-6:30pm  Mar 11-Jun 3
12 classes  DLDC  DLDC Staff  $163

Combination Dance
Jazz, Ballet, Hip Hop
Jazz: Features stretching, isolations and basic jazz steps. Simple coordination, musicality and rhythm are emphasized. Ballet slippers or jazz shoes required. Ballet: Learn fundamental ballet foot and arm positions. Coordination, musicality, rhythm and discipline are emphasized. Wear leotards, tights, and ballet slippers. Hip Hop: Have fun loosening up, gaining rhythm and learning to dance. All music and movement are age-appropriate. Tennis shoes required. No class 4/7, 4/8.

13199  4-6 yr  T  5:30pm-6:15pm  Mar 10-Jun 2
12 classes  DLDC  DLDC Staff  $163

13200  10-16 yr  T  7:00pm-8:00pm  Mar 10-Jun 2
12 classes  DLDC  DLDC Staff  $163

Cheer and Dance
Improve your self-confidence, physical health, and teamwork skills all while having a ton of fun! Learn and perfect arm movements, cheers, and choreography that are full of excitement and energy. Wear cheer shoes or white soled shoes, comfy athletic clothes and bring a water bottle. No class 4/7.

13198  9-12 yr  T  4:45pm-5:30pm  Mar 10-Jun 2
12 classes  DLDC  DLDC Staff  $163

See pages 56-58 for the Guide to Class Locations and Facilities.
Combination Dance – Tap, Ballet, Jazz

Each class is divided into two disciplines. **Tap:** Learn basic tap technique and a just-for-fun dance to perform on the last day of class. Tap shoes required. **Hip Hop:** Have fun loosening up, gaining rhythm and learning to dance. All music and movement is age-appropriate. Tennis shoes required. **Ballet:** Learn fundamental ballet foot and arm positions. Coordination, musicality, rhythm and discipline are emphasized. Wear leotards, tights, and ballet slippers. **Jazz:** Features stretching, isolations and basic jazz steps. Simple coordination, musicality and rhythm are emphasized. Ballet slippers or jazz shoes required. No class 4/14, 4/15, 4/17.

### Tap & Ballet
- **13561** 6-10 yr T 5:30pm-6:15pm Mar 10-May 5
- **13563** 6-10 yr W 4:45pm-5:30pm Mar 11-May 6
- **13677** 6-8 yr W 5:15pm-6:15pm Mar 11-May 13

### Tap & Jazz
- **13691** 6-8 yr F 3:45pm-4:45pm Mar 13-May 15

### Give Me A “C” Cheerleading
Learn the fundamentals of cheerleading while having a blast! Learn sideline cheers, jumps, kicks, turns and fun and exciting routines. Please wear jazz shoes and comfortable street shoes, preferably athletic shoes. No class 4/11.

### Junior Latin/Ballroom
Do you want to dance like your favorites on “So You Think You Can Dance”? Here’s your chance!! Join the fun as we make t-shirts and use pom poms. Invite your friends and family as you cheer for our last class team performance. No class 4/4/11.

### Tap Dance – Beginning
Calling all aspiring young Shirley Temples and Gene Kellys – put on your tap shoes! Learn fundamentals such as shuffles, flaps, cramp rolls, buffalos and time-steps then progress through tap steps and combinations. Classes will emphasize footwork and the expression of rhythm through sound. Please wear tap shoes. No class 4/9.

### Hip Hop Dance – Beginning
Do you want to dance like your favorite ‘hip-hop’ stars? Learn to loosen up, gain rhythm and have controlled isolated movements while learning short combinations. Have some serious fun learning the latest moves. All music and movement are age appropriate. Please wear comfortable street shoes, preferably athletic shoes. No class 4/6, 4/15, 4/16, 5/25.

### Jazz and Acro
Learn fundamental acrobatic techniques such as handstands, cartwheels, round-offs, back bends and walkovers. Then put them together with Jazz basics for fun and exciting routines. Please wear jazz shoes and footless tights. No class 4/11, 5/23.

### Junior Latin/Ballroom
This energetic class features stretching, isolations and basic jazz steps. Move across the floor working on coordination, agility, and basic dance technique through progressions of runs, turns, and leaps. You will also learn short combinations emphasizing musicality and rhythm, athleticism and style. A great class for active boys and girls! Please wear jazz shoes or ballet slippers. No class 4/15.

### Jazz Dance
Urban Dance
Urban, contemporary dance is a mixture of hip-hop, modern and jazz styles. In this exciting course, students will learn basic dance technique and be able to put their own personality and individualism into the steps. Self-confidence, attitude, as well as teamwork will be stressed as the students and teacher work together to create a piece to show parents at the end of the session. No class 5/25.
Drums I – Beginning
Learn snare and bass drum technique, fundamental music reading skills and rhythm work to get you started playing with a solid drumming foundation. Please bring drumsticks or you may purchase a set at the studio. No class 5/25.

13020 6-12 yr M 5:00pm-5:30pm Mar 9-Mar 30
4 classes Music Depot Schaaphok $100
13021 6-12 yr M 5:00pm-5:30pm Apr 6-Apr 27
4 classes Music Depot Schaaphok $100
13022 6-12 yr M 5:00pm-5:30pm May 4-Jun 1
4 classes Music Depot Schaaphok $100

Guitar I – Beginning
Get started by learning fundamental music reading skills, strumming technique, notes and chords. All the basics covered including starting to play simple songs. Please bring your guitar or you may purchase at the studio first day of lessons.

13026 8-12 yr M 6:00pm-6:30pm Mar 9-Mar 30
4 classes Music Depot Schaaphok $100
13027 8-12 yr M 6:00pm-6:30pm Apr 6-Apr 27
4 classes Music Depot Schaaphok $100
13028 8-12 yr M 6:00pm-6:30pm May 4-Jun 1
4 classes Music Depot Schaaphok $100

Gymnastics
Parents are requested to attend the first class for orientation. Please wear soft, comfortable clothing (T-shirt and shorts). No jeans or shoes allowed in the gym. Placement and advancement cards will be issued at the end of every session. Parents and siblings must wait outside the gym. This entry level class covers basic skills in floor exercise, uneven bars, balance beam and vault. General conditioning and strength exercises are emphasized. No class 4/13-4/18, 5/25.

Beginning
12976 6-10 yr M 7:10pm-8:05pm Mar 16-Jun 1
11 classes CVCC Staff $187
12978 6-10 yr Sa 1:30pm-2:25pm Mar 21-Jun 6
11 classes CVCC Staff $205
12979 6-10 yr Sa 2:30pm-3:25pm Mar 21-Jun 6
11 classes CVCC Staff $205
12980 6-10 yr W 4:50pm-5:45pm Mar 18-Jun 3
11 classes CVCC Staff $205
12981 6-10 yr W 3:45pm-4:40pm Mar 18-Jun 3
11 classes CVCC Staff $205
12982 6-10 yr Th 6:15pm-7:10pm Mar 19-Jun 4
11 classes CVCC Staff $205
12983 6-10 yr Th 5:15pm-6:10pm Mar 19-Jun 4
11 classes CVCC Staff $205
12977 6-10 yr F 7:00pm-7:55pm Mar 20-Jun 5
11 classes CVCC Staff $205

Advanced Beginning
Must have completed at least two sessions of beginner and receive instructor approval.

12973 6-10 yr W 5:55pm-6:50pm Mar 18-Jun 3
11 classes CVCC Staff $205
12974 6-10 yr W 7:00pm-7:55pm Mar 18-Jun 3
11 classes CVCC Staff $205
12975 6-10 yr F 5:00pm-5:55pm Mar 17-Jun 2
11 classes CVCC Staff $205

Intermediate
Must complete the beginner level and be given an advancement card or have instructor approval. Prerequisite skills: all rolls, handstand, cartwheel, bridge, unassisted high beam basics and unassisted pullover on bars.

12984 6-10 yr T 6:00pm-6:55pm Mar 17-Jun 2
11 classes CVCC Staff $205
12985 6-10 yr Th 7:15pm-8:10pm Mar 19-Jun 4
11 classes CVCC Staff $205

Advanced
Requires instructor's approval to register. Students must complete beginner and intermediate levels and be given an advancement card.

12972 6-10 yr T 7:00pm-7:55pm Mar 17-Jun 2
11 classes CVCC Staff $205

See pages 56-58 for the Guide to Class Locations and Facilities.
Little Yogis Yoga Ages 6-8
Jump like frogs, stretch like cats, and roar like lions. Become stronger, balance better, stretch, breathe, have lots of fun, and relax a little too. In a non-competitive, adventurous and validating environment, we’ll use our bodies and imaginations to practice yoga poses, breathing, gratitude, and self-love. Great for strengthening muscles, improve balance and flexibility, increase self-confidence, and learn ways to calm and center the mind. No experience or skill necessary. Bring water and a favorite blanket for our final relaxation time if you like, mats will be provided. 

| 13149 | 6-8 yr | Th | 4:00pm-4:45pm | Mar 12-Apr 9 | 5 classes | KASCC | Green | $53 |
| 13150 | 6-8 yr | Th | 4:00pm-4:45pm | Apr 23-May 21 | 5 classes | KASCC | Green | $53 |

Martial Arts

Kids Jiu Jitsu
Kids Jiu-Jitsu benefits include building muscle and increasing flexibility, improving mental strength, memory and brain function, development of problem-solving skills, reducing stress and teaching patience, self-confidence booster, promoting healthy competition. No class 5/25.

| 13784 | 8-15 yr | M/W/F | 5:00pm-6:00pm | Mar 9-Mar 20 | 6 classes | Spark Martial Arts | Rocha | $100 |
| 13785 | 8-15 yr | M/W/F | 5:00pm-6:00pm | Mar 23-Apr 3 | 6 classes | Spark Martial Arts | Rocha | $100 |
| 13798 | 8-15 yr | M/W/F | 5:00pm-6:00pm | Apr 6-Apr 17 | 6 classes | Spark Martial Arts | Rocha | $100 |
| 13799 | 8-15 yr | M/W/F | 5:00pm-6:00pm | Apr 20-May 1 | 6 classes | Spark Martial Arts | Rocha | $100 |
| 13800 | 8-15 yr | M/W/F | 5:00pm-6:00pm | May 4-May 15 | 6 classes | Spark Martial Arts | Rocha | $100 |
| 13801 | 8-15 yr | M/W/F | 5:00pm-6:00pm | May 18-May 29 | 5 classes | Spark Martial Arts | Rocha | $84 |

Gung Fu
Gung Fu is a total concept of mind, body and action where the body is used as a vehicle to train and develop the facilities of the mind. The basic principles of Gung Fu are health, general ideas of self-defense and the art of movement. Beginners start with basic stance and forms of the Sil-Lum and Black Tiger styles. Advanced students continue training and learn forms from the Tiger-Claw, Sai-Pai and Tai-Chi and Gung Fu weapon forms. No class 5/25.

Beginning
| 13492 | 7 yr + | M/W | 6:00pm-7:30pm | Mar 30-Jun 8 | 20 classes | WPCC | Martinez | $94 |

Advanced
| 13491 | 7 yr + | M/W | 7:30pm-9:00pm | Mar 30-Jun 8 | 20 classes | WPCC | Martinez | $94 |

EAAB’s
Learn a multi-cultural art of self-defense focusing on promoting a healthier and safer lifestyle with the added benefit of being able to effectively protect yourself. The program includes body stretching (conditioning and breathing techniques); blocking; punching; and kicking in specific target areas; breaking away from grabs, falling, joint locking, throwing and more.

| 13373 | 8 yr + | T | 4:30pm-5:25pm | Mar 17-May 19 | 10 classes | EAAB’s | Untalan | $173* |
| 13376 | 8 yr + | W | 4:30pm-5:25pm | Mar 18-May 20 | 10 classes | EAAB’s | Untalan | $173* |
| 13397 | 8 yr + | Th | 4:30pm-5:25pm | Mar 19-May 21 | 10 classes | EAAB’s | Untalan | $173* |
| 13408 | 8 yr + | F | 4:30pm-5:25pm | Mar 20-May 22 | 10 classes | EAAB’s | Untalan | $173* |
| 13377 | 8-12 yr | Sa | 10:00am-10:55am | Mar 21-May 23 | 10 classes | EAAB’s | Untalan | $173* |

*Uniforms and safety equipment required — cost not included and must be purchased through EAAB’s at a one-time cost of $30.

Kid Safe
This program provides your child the opportunity to gain skills and knowledge that may be used to protect themselves and enhance their self-esteem. At the end of each session students will be tested and advanced appropriately ($10 advancement fee). Parent orientation at the first-class meeting. There will be uniforms and other equipment available for purchase from the instructor. All items are optional.

Orange Belt

| 13488 | 5-15 yr | W | 6:45pm-7:25pm | Apr 1-Jun 10 | 11 classes | SGCC | Gotthard | $115 |

White Belt

| 13489 | 5-15 yr | W | 5:15pm-5:55pm | Apr 1-Jun 10 | 11 classes | SGCC | Gotthard | $115 |

Yellow Belt

| 13490 | 5-15 yr | W | 6:00pm-6:40pm | Apr 1-Jun 10 | 11 classes | SGCC | Gotthard | $115 |

Leaping Leopard – Beginner to Brown Belt
Leaping Leopard Shaolin Kenpo, the incredible Power of self-defense, is a comprehensive system of martial arts developed to meet the self-defense needs of individuals in today’s society. This art addresses self-defense situations against multiple attackers including attackers with weapons. You will also improve in areas of concentration, self-discipline, self-confidence, motivation and physical fitness. No class 4/13-4/18, 5/25.

| 13079 | 6-13 yr | M/Tu/Th/F | 6:30pm-7:35pm | Mar 23-Jun 6 | 49 classes | SGCC | Santiago | $245* |
| 13080 | 6-13 yr | M | 6:30pm-7:35pm | Mar 23-Jun 1 | 9 classes | SLCC | Munoz | $131* |

*Uniform Gi required at cost of $30, due to instructor at first class.

See pages 56-58 for the Guide to Class Locations and Facilities.
Olympic Style Tae Kwon Do
Tae Kwon Do is a Korean martial art that has evolved by combining many different styles such as the linear movements of Karate, the flowing, circular patterns of Kung-fu, native kicking techniques along with influences from Judo and Kung-fu. Your child will learn the values of confidence, friendship, self-awareness, respect and dedication in a fun, educational and motivating environment. No class 5/25.

13364 7 yr + W 4:00pm-6:00pm Mar 30-May 8
10 classes CVCC Brown $141*

*Uniforms are available for purchase for $30.

Karate/Aikido
Learn the techniques of both Karate and Aikido. Okinawan Karate will teach basic physical training, strikes, blocks, kicks, self-defense and sparring. Aikido teaches footwork, balance, falls, rolls, and controlling techniques. Learn how to use the power of your opponent to your advantage while developing self-discipline and confidence. Instructed by a certified black belt. No class 5/25.

10 classes SFCC Brown $141*

Animal Adventures Nature Program at Sulphur Creek Nature Center
May: Excellent Eggs Find out about all sorts of eggs and where creatures hide them as we visit the walking stick, toad and dove. Create some egg art, and search for nests in the park.

12684 5-9 yr W 3:30pm-5:00pm Apr 1
1 class SCNC Walke $12

April: Bug Hike Come explore the trails with Miss Christine in search of all sorts of bugs and other little creatures hidden under cover. Hear a story, create your own twirling bug, and eat a special bug treat. Child must be accompanied by an adult.

12685 4-11 yr Sa 6:00pm-8:00pm Apr 25
1 class SCNC Wolf $15

June: Animal Playtime Explore how and why animals play. Help design fun activities for our hamster, snake, and chicken. Create a toy to give to the coyotes and foxes too!

12687 5-9 yr W 3:30pm-5:00pm Jun 3
1 class SCNC Walke $12

Crafty Critters Nature Program at Hayward Shoreline Interpretive Center
Crafty Critters is a program for children age 5-7 and their caregivers, to explore nature and use it to inspire sustainable crafts!

April: Celebrate spring with flowers! We’ll go for a short wildflower hike through the marsh, and create our own seed bomb to spread the beauty of native flowers everywhere.

13636 5-7 yr Su 11:00am-12:00pm Apr 26
1 class HSIC Brown $8

May: As we get closer to summer we’ll explore the salt ponds from afar, examine salt samples, and use salt to make our own salt-based craft.

13639 5-7 yr Su 11:00am-12:00pm May 3
1 class HSIC Brown $8

June: Today we’ll try to make it close to the open bay to feel the wind on our faces. We’ll also create and decorate our own wind inspired crafts.

13641 5-7 yr Su 11:00am-12:00pm Jun 7
1 class HSIC Brown $8

Nifty Nests
The barn swallows have returned from their migration to nest at the shoreline. Learn how birds build their nests and what they use to create them. We will look for nests around the building and on the trail. Make your own nest to take home!

13644 5-12 yr SU 11:00am-12:00pm Apr 5
1 class HSIC Borowski $8

See pages 56-58 for the Guide to Class Locations and Facilities.
Incredible Insects
With spring flowers come their pollinator friends - bees, flies, beetles, butterflies and moths! Join a naturalist as we look for caterpillars and chrysalises near the Interpretive Center and continue on the trail looking for other creatures of the marsh! We'll also learn about the butterfly lifecycle and other interesting insect facts!

Sewing – Kids Workshop
Are you interested in sewing and design? Express your fashion ideas and understand the design process in this exciting class! Students will create a variety of small projects of their choice while learning sewing! Please email ksewdio@gmail.com for supply list after registration. Required: Sewing machine with manual and accessories.

Baking Round the World
Breads, cookies, cakes, cupcakes, buns, tarts, brownies, flatbreads, and more... with an international spin! each around the world that you visit? Street food! This class will teach kids exciting new ingredients and flavors by cooking fun, bright finger foods from around the globe!

Cooking Round the World – Street Foods
What's one thing you see in every and any country around the world that you visit? Street food! This class will celebrate and focus on the global origins of what children will be introduced to the global origins of street foods that are offered around the world, by street vendors. Street Foods are the ultimate authentic taste of a country because they are always based on seasonal, available and true-to-the-country ingredients! This class will teach kids exciting new ingredients and flavors by cooking fun, bright finger foods from around the globe!

Take 1 Academy – T1 Tech and Design Club
Today a Learner, Tomorrow a Leader! Join us at our Youth Maker Space workshop to discuss, learn and gain valuable hands-on experience using technology. Students will learn foundational technical skills such as programming, robotics, electronics, engineering, and architecture. Students will also apply design thinking and 21st Century skills to become a modern-day innovator.

Land of Fairy Tales

We Love the Planet

Sports

Kidz Love Soccer
All participants receive a soccer jersey! Shin guards are required after first meeting. Kidz Love Soccer class status Hotline (888) 372-5803 www.kidzlovesoccer.com/

Soccer 1: Techniques & Teamwork Learn dribbling, passing, defense and shooting goals! Fun skill games are played at every session, and every participant will have a ball at his or her feet. Small-sided soccer matches will be introduced gradually. Perfect for first time players while being fun and engaging for kids with some experience.

Soccer 2: Skillz & Scrimmages Have a great time while developing core soccer skills like dribbling, passing and shooting in a team play format. Each class will include individual skill building and scrimmages to develop teamwork and positional play. All levels are welcome to come enjoy the world's most popular game!

Youth Basketball Clinic
This is an individual sign up basketball clinic. Each session will consist of basic fundamentals training for the beginners and skills training for the more advanced. For the second half of each session, the players will form into teams and scrimmage. The camp instructors will help assist by coaching and officiating the games. All skill levels are welcome and each participant will receive a Certificate of Participation.
Make Me a Pro Sports
Through the use of sports training and education, Make Me a Pro Sports strives to instill a positive attitude within children that carries over every aspect of their life. We offer fun and educational sports camps and classes that are taught by successful players and coaches who are specialists in each of the sports we offer. Make Me a Pro’s philosophy is “To play like a Pro, learn from a Pro.” Does this mean we only teach advanced players? No, not at all! Our goal is to hire the most talented coaches, many with professional playing experience, who express their joy of the sport and enable kids to be the best they can be, regardless of skill level. No class 4/13, 5/24.

Basketball 102
13538 5-7 yr  M 6:40pm-7:25pm  Mar 16-Apr 27
6 classes  STONE  MMaPS Staff  $114
13555 5-7 yr  M 6:40pm-7:25pm  May 4-Jun 15
6 classes  STONE  MMaPS Staff  $114

Basketball 103
13539 8-12 yr  M 7:30pm-8:15pm  Mar 16-Apr 27
6 classes  STONE  MMaPS Staff  $114
13553 8-12 yr  M 7:30pm-8:15pm  May 4-Jun 15
6 classes  STONE  MMaPS Staff  $114

Soccer Magic
13545 5-7 yr  S 10:25am-11:10am  May 2-Jun 6
6 classes  PALHP  MMaPS Staff  $114

Soccer Techniques
13546 8-12 yr  S 11:15am-12:00pm  May 2-Jun 6
6 classes  PALHP  MMaPS Staff  $114

Make Me a Pro Sports Indoor Soccer
Our new year-round class for all those kids who just want to play the game. Please join us and bring your friends. We are having a ball!

Indoor Soccer 101 We will coach by catching by instruction. Individual players and teams during the game.
13541 5-7 yr  T 6:40pm-7:25pm  Mar 17-Apr 21
6 classes  STONE  MMaPS Staff  $114
13548 5-7 yr  T 6:40pm-7:25pm  Apr 28-Jun 2
6 classes  STONE  MMaPS Staff  $114

Indoor Soccer 102 This class allows soccer players to improve soccer skills, while learning to compete and play in an indoor soccer league. A softer ball is used for safety and it’s a lot of fun.
13542 8-12 yr  T 7:30pm-8:15pm  Mar 17-Apr 21
6 classes  STONE  MMaPS Staff  $114
13550 8-12 yr  T 7:30pm-8:15pm  Apr 28-Jun 2
6 classes  STONE  MMaPS Staff  $114

Take 1 Academy

Li’ All-Stars Baseball – Sluggers II
This intermediate class will emphasize the continued progression and refinement of baseball skills. The clinic will focus on proper technique and baseball-specific body positioning in the areas of hitting, fielding, and base running. Students will build their confidence and self-esteem in a motivating environment. Gloves, bat, batting helmet required.
13523 5½-8 yr  S 11:20am-12:15pm  Mar 14-May 16
8 classes  CANP  T1A Staff  $158

Take 1 Academy

Li’ All-Stars Basketball
Rookies II We focus on dribbling, passing, catching, shooting, and the basic rules of the game while emphasizing teamwork and a positive attitude. Repetition and skills progression through age appropriate games and drills will build young basketball players’ confidence and self-esteem.
13530 5½-8 yr  S 11:00am-11:50am  Mar 14-May 16
8 classes  CVCC  T1A Staff  $158

MVPs We continue to emphasize dribbling, passing, catching, shooting, and the basic rules of the game while practicing skills in mini scrimmages. Repetition and skills progression through age appropriate games and drills will build young basket players’ confidence and self-esteem.
13528 7-8 yr  S 11:55am-12:45pm  Mar 14-May 16
8 classes  CVCC  T1A Staff  $158

Jr. Warriors Basketball League
The Hayward Area Recreation and Park District is pleased to announce that Junior Warriors Basketball will be kicking off its inaugural season this Spring. This program is open to boys and girls 6-14 years of age. The program offers a non-competitive environment where beginners and veterans alike can improve their skills through weekly games and instruction. All participants will receive a Jr. Warriors jersey, instruction and game play. This program is co-sponsored by the Golden State Warriors, the NBA, and the WNBA. This is an 8-week program with 2 weeks of fundamental instruction and 6 weeks of game play. Volunteer Coaches are needed. If interested, please contact Michael Maine at Maim@HaywardRec.org or (510) 888-0211.
13549 6-7 yr  S 8:30am-9:30am  Mar 21-May 9
8 classes  EMS  Staff  $125
13552 8-10 yr  S 9:40am-10:40am  Mar 21-May 9
8 classes  EMS  Staff  $125
13554 11-14 yr  S 10:50am-11:00am  Mar 21-May 9
8 classes  EMS  Staff  $125

See pages 56-58 for the Guide to Class Locations and Facilities.
Recreational Soccer League
The Hayward Area Recreation and Park Districts in collaboration with the Union City Community Recreation Services, and Make Me a Pro Sports, will be teaming up for a fast paced small-side recreational based soccer league for ages 4-12! This league will cater to recreational players both girls and boys and will focus on fun and fundamentals. The small-sided game will promise lots of touches, which will help with skill development. The league will consist of 2-weeks dedicated to skill development clinics, and then 6-weeks of league play. Each participant will receive a reversible t-shirt but will need to provide their own white shorts and white socks. Volunteers Coached are needed. If interested, please contact Michael Maine at MailM@HaywardRec.org or (510) 888-0211.

Weekday Junior Tennis Clinic
Designed to make tennis fun and sociable, and still get great tennis training for your Junior tennis player. This will be a weekday after school punch card system designed to fit with your family’s busy schedule. Two punch cards are available, a 5-hour card and a 10-hour card. Come out to the Castro Valley Community Center Tennis Courts any weekday from 6:30pm-7:30pm, during the whole Spring season. When your punch card is full, you may purchase another card. Tennis racket and tennis shoes are required.  

5-Hour Card
13512 7-17 yr M/T/Th/F 6:30pm-7:30pm Mar 16-Jun 5  
47 classes CVCC Hill $73

10-Hour Card
13513 7-17 yr M/T/Th/F 6:30pm-7:30pm Mar 16-Jun 5  
47 classes CVCC Hill $131

Special Needs Tennis Program
This class is designed to bring the special needs community and the tennis community together. We’ll provide our tennis student with physical stimulation on the tennis courts while promoting the sociability aspect of tennis. All ages and levels are welcome to join. Tennis racquets will be provided. Athletic apparel and tennis shoes required. All levels. Parent/guardian must remain on site.

13506 7-17 yr Sa 2:40pm-3:40pm Mar 28-Jun 6  
10 classes CVCC Hill $50

Tennis
Wear tennis shoes bring a tennis racket and bring a new can of tennis balls to the first class. No class 5/23. 

Beginner Tennis NTRP rating of 1.0 Little or no previous experience or limited tennis playing experience. Students will learn basic grips and strokes (forehand, backhand, volley, serve, scoring and elements of game play).

Advanced Beginner NTRP rating of 2.0 Some previous experience or those who can carry on a short rally. Emphasis on improving basic strokes, footwork, and serving. Note: Beginner tennis class is recommended before taking this class.

Intermediate Competitive Junior players looking to improve their game for either a USTA junior tournament or middle/high school team. Students will learn different strategies for winning tennis, extensive stroke/footwork drills and competitive game play.

See pages 56-58 for the Guide to Class Locations and Facilities.
Afterschool Programs

The Zone
MJCC is a safe and fun environment that offers a variety of programming, including recreational activities, special events, resources, drop-in activities such as videogames, sports, homework help, cooking classes, and much more!

<table>
<thead>
<tr>
<th>12715</th>
<th>13-17 yr</th>
<th>M-F</th>
<th>3:00pm-6:30pm</th>
<th>Mar 16-Jun 5</th>
</tr>
</thead>
</table>

Dance & Music

Ballet – Beginning
Ballet is not only a beautiful art form it is the basis for all dance forms. We will emphasize technical skills at the barre and center floor as well as vocabulary. Learn simple coordination, musicality, rhythm, concentration and discipline. No class 4/8.

<table>
<thead>
<tr>
<th>13243</th>
<th>12-17 yr</th>
<th>W</th>
<th>4:45pm-5:45pm</th>
<th>Mar 11-Jun 3</th>
</tr>
</thead>
</table>

Teen Latin/ Ballroom Dance
Would you like to dance like your favorites on “So You Think You Can Dance”? This is your time to learn! Join the fun as we do 5 weeks of basic Latin and 4 weeks of basic Ballroom. No partner needed. This class will cover the basics of the Cha Cha, Samba, Salsa, Waltz, Quickstep and more! No class 4/14.

<table>
<thead>
<tr>
<th>13672</th>
<th>13-18 yr</th>
<th>T</th>
<th>5:15pm-6:15pm</th>
<th>Mar 10-May 12</th>
</tr>
</thead>
</table>

Teen Tap – Beginning
Calling all aspiring young Shirley Temples and Gene Kellys – put on your tap shoes! Learn fundamentals such as shuffles, flaps, cramp rolls, buffalos and time-steps then progress through tap steps and combinations. Classes will emphasize footwork and the expression of rhythm through sounds. Please wear tap shoes.

<table>
<thead>
<tr>
<th>13751</th>
<th>13-15 yr</th>
<th>M</th>
<th>6:30pm-7:00pm</th>
<th>Mar 16-May 4</th>
</tr>
</thead>
</table>

Guitar II – Beginning
Get started by learning fundamental music reading skills, strumming technique, notes and chords. All the basics covered including starting to play simple songs. Please bring your guitar or you may purchase at the studio first day of lessons. No class 5/25.

<table>
<thead>
<tr>
<th>13029</th>
<th>13-17 yr</th>
<th>M</th>
<th>6:30pm-7:00pm</th>
<th>Mar 9-Mar 30</th>
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<table>
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<th>13030</th>
<th>13-17 yr</th>
<th>M</th>
<th>6:30pm-7:00pm</th>
<th>Apr 6-Apr 27</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>13031</th>
<th>13-17 yr</th>
<th>M</th>
<th>6:30pm-7:00pm</th>
<th>May 4-Jun 1</th>
</tr>
</thead>
</table>

Additional classes for Teens can be found in the School Age and Adult sections!

Also check out more Dance classes for Teens: Bollywood Dance and Jazz, Ballet & Hip Hop on pages 24 and 25.
Drums II – Beginning
Learn snare and bass drum technique, fundamental music reading skills and rhythm work to get you started playing with a solid drumming foundation. Please bring drumsticks or you may purchase a set at the studio.

<table>
<thead>
<tr>
<th>Code</th>
<th>Age</th>
<th>Days</th>
<th>Time</th>
<th>Location</th>
<th>Instructor</th>
<th>Fees</th>
</tr>
</thead>
<tbody>
<tr>
<td>13023</td>
<td>12-17 yr</td>
<td>M</td>
<td>5:30pm-6:00pm</td>
<td>Mar 9-Mar 30</td>
<td>Music Depot Schaaphok</td>
<td>$100</td>
</tr>
<tr>
<td>13024</td>
<td>13-17 yr</td>
<td>M</td>
<td>5:30pm-6:00pm</td>
<td>Apr 6-Apr 27</td>
<td>Music Depot Schaaphok</td>
<td>$100</td>
</tr>
</tbody>
</table>

Health & Fitness

Yoga for Tweens & Teens Ages 9-13
Bring your heart, imagination, and lots of energy to Yoga for Kids 9-13 for an hour of non-competitive fun in a supportive and validating environment. We’ll practice yoga poses, play games, learn new ways to breathe and relax and explore gratitude, compassion, self-love and more! Great for strengthening muscles, improving balance, increasing self-confidence, and learning ways to calm the mind. No experience necessary. Bring water and a mat if you like, mats will be provided.

<table>
<thead>
<tr>
<th>Code</th>
<th>Age</th>
<th>Days</th>
<th>Time</th>
<th>Location</th>
<th>Instructor</th>
<th>Fees</th>
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<td>9-13 yr</td>
<td>Th</td>
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<td>KASCC Green</td>
<td>$58</td>
</tr>
<tr>
<td>13191</td>
<td>9-13 yr</td>
<td>Th</td>
<td>5:00pm-6:00pm</td>
<td>Apr 23-May 21</td>
<td>KASCC Green</td>
<td>$58</td>
</tr>
</tbody>
</table>

Martial Arts

EAAB’s Self-Defense
Learn a multi-cultural art of self-defense focusing on promoting a healthier and safer lifestyle with the added benefit of being able to effectively protect yourself. The program includes body stretching; blocking; punching; and kicking in specific target areas; breaking away from grabs, falling, joint locking, throwing and grappling defense techniques and defense against weapon attacks.

<table>
<thead>
<tr>
<th>Code</th>
<th>Age</th>
<th>Days</th>
<th>Time</th>
<th>Location</th>
<th>Instructor</th>
<th>Fees</th>
</tr>
</thead>
<tbody>
<tr>
<td>13374</td>
<td>12 yr +</td>
<td>T</td>
<td>5:30pm-6:25pm</td>
<td>Mar 17-May 19</td>
<td>Untalan</td>
<td>$173*</td>
</tr>
<tr>
<td>13385</td>
<td>15 yr +</td>
<td>T</td>
<td>6:30pm-7:25pm</td>
<td>Mar 17-May 19</td>
<td>Untalan</td>
<td>$173*</td>
</tr>
<tr>
<td>13369</td>
<td>12 yr +</td>
<td>W</td>
<td>5:30pm-6:25pm</td>
<td>Mar 18-May 20</td>
<td>EAAB’s</td>
<td>$173*</td>
</tr>
<tr>
<td>13370</td>
<td>15 yr +</td>
<td>W</td>
<td>6:30pm-7:25pm</td>
<td>Mar 18-May 20</td>
<td>EAAB’s</td>
<td>$173*</td>
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<tr>
<td>13399</td>
<td>12 yr +</td>
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<td>5:30pm-6:25pm</td>
<td>Mar 19-May 21</td>
<td>EAAB’s</td>
<td>$173*</td>
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<tr>
<td>13401</td>
<td>15 yr +</td>
<td>Th</td>
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<td>Mar 19-May 21</td>
<td>EAAB’s</td>
<td>$173*</td>
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<tr>
<td>13411</td>
<td>14 yr +</td>
<td>Sa</td>
<td>11:00am-12:15pm</td>
<td>Mar 21-May 23</td>
<td>EAAB’s</td>
<td>$173*</td>
</tr>
</tbody>
</table>

EAAB’s Filipino/Indonesian Martial Arts
Learn Filipino/Indonesian martial arts of self-defense, particularly those that focus on short stick/cane and blade. This also includes applying empty-handed striking methods, joint locking, disarming, and take down maneuvers.

<table>
<thead>
<tr>
<th>Code</th>
<th>Age</th>
<th>Days</th>
<th>Time</th>
<th>Location</th>
<th>Instructor</th>
<th>Fees</th>
</tr>
</thead>
<tbody>
<tr>
<td>13366</td>
<td>12 yr +</td>
<td>Sa</td>
<td>12:00pm-12:55pm</td>
<td>Mar 21-May 23</td>
<td>EAAB’s Untalan</td>
<td>$193*</td>
</tr>
</tbody>
</table>

*Uniforms and safety equipment required – cost not included and must be purchased through EAAB’s at a one-time cost of $65.

Gung Fu
Gung Fu is a total concept of mind, body and action where the body is used as a vehicle to train and develop the facilities of the mind. The basic principles of Gung Fu are health, general ideas of self-defense and the art of movement. Beginners start with basic stance and forms of the Sil-Lum and Black Tiger styles. Advanced students continue training and learn forms from the Tiger-Claw, Sai-Pai and Tai-Chi and Gung Fu weapon forms. No class 5/25.

**Beginning**

<table>
<thead>
<tr>
<th>Code</th>
<th>Age</th>
<th>Days</th>
<th>Time</th>
<th>Location</th>
<th>Instructor</th>
<th>Fees</th>
</tr>
</thead>
<tbody>
<tr>
<td>13492</td>
<td>7 yr +</td>
<td>M/W</td>
<td>6:00pm-7:30pm</td>
<td>Mar 30-Jun 8</td>
<td>WPCC Martinez</td>
<td>$94</td>
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</table>

**Advanced**

<table>
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<tr>
<th>Code</th>
<th>Age</th>
<th>Days</th>
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<th>Location</th>
<th>Instructor</th>
<th>Fees</th>
</tr>
</thead>
<tbody>
<tr>
<td>13491</td>
<td>7 yr +</td>
<td>M/W</td>
<td>7:30pm-9:00pm</td>
<td>Mar 30-Jun 8</td>
<td>WPCC Martinez</td>
<td>$94</td>
</tr>
</tbody>
</table>

Karate/Aikido
Learn the techniques of both Karate and Aikido. Okinawan Karate will teach basic physical training, strikes, blocks, kicks, self-defense and sparring. Aikido teaches footwork, balance, falls, rolls, and controlling techniques. Learn how to use the power of your opponent to your advantage while developing self-discipline and confidence. Instructed by a certified black belt. No class 5/25.

<table>
<thead>
<tr>
<th>Code</th>
<th>Age</th>
<th>Days</th>
<th>Time</th>
<th>Location</th>
<th>Instructor</th>
<th>Fees</th>
</tr>
</thead>
<tbody>
<tr>
<td>13364</td>
<td>7 yr +</td>
<td>M</td>
<td>4:00pm-6:00pm</td>
<td>Mar 30-Jun 8</td>
<td>CVCC Brown</td>
<td>$141*</td>
</tr>
<tr>
<td>13365</td>
<td>7 yr +</td>
<td>W</td>
<td>6:00pm-8:00pm</td>
<td>Mar 25-May 27</td>
<td>SFCC Brown</td>
<td>$141*</td>
</tr>
</tbody>
</table>

*Uniform cost: $30, due to instructor at first class.

See pages 56-58 for the Guide to Class Locations and Facilities.
Kid Safe
This program provides your child the opportunity to gain skills and knowledge that may be used to protect themselves and enhance their self-esteem. At the end of each session students will be tested and advanced appropriately ($10 advancement fee). Parent orientation at the first-class meeting. There will be uniforms and other equipment available for purchase from the instructor. All items are optional.

Orange Belt
13488  5-15 yr  W  6:45pm-7:25pm  Apr 1-Jun 10  11 classes  SGCC  Gothard  $115

White Belt
13489  5-15 yr  W  5:15pm-5:55pm  Apr 1-Jun 10  11 classes  SGCC  Gothard  $115

Yellow Belt
13490  5-15 yr  W  6:00pm-6:40pm  Apr 1-Jun 10  11 classes  SGCC  Gothard  $115

Leaping Leopard – Beginner to Brown Belt
Leaping Leopard Shaolin Kenpo, the incredible Power of self-defense, is a comprehensive system of martial arts developed to meet the self-defense needs of individuals in today’s society. This art addresses self-defense situations against multiple attackers including attackers with weapons. You will also improve in areas of concentration, self-discipline, self-confidence, motivation and physical fitness. No class on 4/13–4/18, 5/25.

13079  6-13 yr  M/T/H/F  6:30pm-7:35pm  Mar 23-Jun 6  49 classes  SGCC  Santiago  $245
13080  6-13 yr  M  6:30pm-7:35pm  Mar 23-Jun 1  9 classes  SLCC  Munoz  $131

*Uniform Gi required at cost of $30, due to instructor at first class.

Kids Jiu Jitsu
Kids Jiu-Jitsu benefits include building muscle and increasing flexibility, improving mental strength, memory and brain function, development of problem-solving skills, reducing stress and teaching patience, self-confidence booster, promoting healthy competition. No class 5/25.

13784  8-15 yr  M/W/F  5:00pm-6:00pm  Mar 9-Mar 20  6 classes  Spark Martial Arts  Rocha  $100
13785  8-15 yr  M/W/F  5:00pm-6:00pm  Mar 23-Apr 3  6 classes  Spark Martial Arts  Rocha  $100
13798  8-15 yr  M/W/F  5:00pm-6:00pm  Apr 6-Apr 17  6 classes  Spark Martial Arts  Rocha  $100
13799  8-15 yr  M/W/F  5:00pm-6:00pm  Apr 20-May 1  6 classes  Spark Martial Arts  Rocha  $100
13800  8-15 yr  M/W/F  5:00pm-6:00pm  May 4-May 15  6 classes  Spark Martial Arts  Rocha  $100
13801  8-15 yr  M/W/F  5:00pm-6:00pm  May 18-May 29  5 classes  Spark Martial Arts  Rocha  $84

Community Service Nature Programs
Come out with family and friends and pitch-in with a helping hand! These free programs are a great way to complete community service hours while enjoying the outdoors and helping your environment. Programs are for all ages.

Weekend Weed Warriors
Join us in this community service activity to “pull together” and remove invasive plant species found in the salt marshes around the Interpretive Center. Bring your own gloves and trowel or borrow ours. Please RSVP online.

13647  12 yr +  Su  1:00pm-4:00pm  Mar 8  1 class  HSIC  Staff  FREE
13648  12 yr +  Su  1:00pm-4:00pm  Apr 19  1 class  HSIC  Staff  FREE

Shoreline Trash Takers
Grab your gloves and your goodwill! The Hayward shoreline is a vital part of the San Francisco Bay-Estuary ecosystem and we need your help to maintain this important habitat. The salt marsh needs a little TLC to get rid of litter that has accumulated since our last clean-up. We will provide trash bags and have gloves to loan. This is a great way to complete community service hours while enjoying the outdoors and helping your environment. For groups larger than 10 please contact Interpretive Center staff at (510) 670-7270 or email shoreline@haywardrec.org to confirm your participation. Please register online.

13646  12 yr +  Su  10:30am-12:00pm  May 24  1 class  HSIC  Staff  FREE

See pages 56-58 for the Guide to Class Locations and Facilities.
Art

Acrylic and Oil Painting
Discover the qualities and versatility of acrylic and oil paints as you create your own unique works of art. Learn techniques to create strong compositions while practicing the elements and principles of design. Enjoy discovering the possibilities of acrylic and oil paint using a variety of gels and solvents. Realize and discover your inner talent and feel free to create personal art pieces. No previous experience is necessary. Wear clothes you can get messy in. Supply list will be discussed at first class. www.azarvaghefi.com.

13755 16 yr + Th 3:00pm-5:30pm Mar 26-May 28
10 classes ADOBE Vaghefi $160*
13753 16 yr + Th 6:30pm-9:00pm Mar 26-May 28
10 classes ADOBE Vaghefi $160*
13754 16 yr + F 10:00am-12:30pm Mar 27-May 29
10 classes ADOBE Vaghefi $160*

* $10 fee due at first class.

Artist’s Open Studio
Workshop for painters and those interested in exploring mixed media projects. Sessions facilitated by Art Program staff. Begin something new or work on an unfinished project. Pre-registration or punch card required (no drop-in). Tables, chairs and easels provided.

Ashland
14169 16 yr + Th 10:00am-2:00pm Mar 19-Apr 30
5 classes ACC Denst $20

San Lorenzo
12617 16 yr + M 10:00am-12:30pm Apr 27-Jun 1
5 classes SLCC Zanger $20
12618 16 yr + M 10:00am-12:30pm Apr 27-Jun 1
5 classes SLCC Zanger $20

Artist’s Open Studio Punch Card
Register for this activity to purchase a 5-visit punch card for an open studio drop-in at either the San Lorenzo or Ashland Community Center studios. Punch cards must be pre-purchased and can be picked up at the District Office, 1099 E Street, Hayward or you may call and request one be mailed to you, (510) 881-6700. The card is good for two quarters, starting with the quarter you purchased it, at both the Monday and Thursday class.

Book as Vessel
In this course, you will learn simple book structures and fill them with meaningful personal content. We’ll start with the pamphlet stitch, the accordion, and move on to advanced ways of binding single sheets. Use and develop a variety of ways to fill your books using collage, embroidery, drawing, and collaboration. This course includes demonstrations, exercises, handouts, and inspirational contemporary artist and slideshows. An interest in precision is helpful.

Watercolor Painting
Beginning students learn the basics of water media painting with an emphasis on drawing, perspective, color theory and problem solving. Intermediate students focus on original compositions based on a given theme (i.e., motion, light, flight, etc.). Emphasis is on fundamental elements of design derived from value sketches, going beyond the mere copying of photographs. Individual/group critiques. You must provide your own supplies which will be discussed at the first class.

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See pages 56-58 for the Guide to Class Locations and Facilities.
**Life Drawing**

A cooperative drawing class for all levels of proficiency. Each session involves gesture poses, 20-minute studies and one hour-long pose. There is a three hour pose at the end of each month. All medias are included. Odorless thinners only. No cameras. This is a drop-in program. Please pay at the door.

12621 18 yr + Th 7:00pm-10:00pm Mar 12-Jun 4
13 classes ADOBE Gunn $20

**Portrait Painting**

This class is for beginners or those who want to learn about portraiture. Learn the basic principles of portrait painting using shapes, color, tone and measurements to form a likeness. Demonstration and critiques will be part of class. Supply list will be provided at first class.

13634 18 yr + M 6:30pm-9:00pm Mar 16-May 18
10 classes ADOBE Krause $151

**On the Road – Travel Sketching and Watercoloring**

Travel memories are stronger and stay longer when you sketch them! Learn and practice capturing your experiences by sketching and watercoloring on the spot. Whether it be hiking nearby or traveling to distant lands, you can add this valuable tool to your travel kit! In four sessions we will cover materials, recognizing inspiration, basic sketching and composition, water coloring tips and techniques with field trip sketching. Some sketching/drawing experience helpful, but not required. Watercolor travel set, drawing pencil, eraser, and a small sketch pad included for those who register at least ten days prior to the first class. No class 5/23.

13235 18 yr + Sa 9:00am-10:30am May 2-May 30
4 classes SFCC Koney $80*

*$25 supply fee payable to instructor at first class.

**Jewelry Design**

Create a bold, modern design from an existing piece of jewelry or create a new piece using drawings, clippings and photos as inspiration. This is a great class for jewelry repairs, ring sizing or necklace stringing. Create jewelry by metal fabrication and/or lost wax castings. The studio will remain open for one hour after class if you would like to work on your pieces.

13919 18 yr + T 7:00pm-8:30pm Mar 31-May 19
8 classes WPPC Wright $58

13920 18 yr + Th 11:00am-12:30pm Apr 2-May 21
8 classes WPPC Wright $58

**Floral Workshops**

These workshops are designed for all levels from novice to advance. View the instructor’s website for pictures and details at ashapoovaiah.blogspot.com.

**Table Centerpiece** Design a spring themed table centerpiece using fresh flowers and candles. All materials provided.

13642 18 yr + Sa 10:00am-12:00pm Apr 11
1 class KASCC Poovaiah $15*

*$50 materials fee due at first class.

**Triangle and Round Arrangements** Design triangle and round shaped arrangements with fresh flowers in less than three hours! All levels welcome. All materials provided.

13643 16 yr + Sa 10:00am-1:00pm May 9
1 class KASCC Poovaiah $15*

*$90 material fee due at class.

**Pottery**

Learn and practice pottery as an art form in our peaceful classroom environments. We offer gas high temperature glaze (cone 10) reduction firings as well as alternatives for firing. Beginners learn the techniques of wheel throwing, hand building, sculpture and high-fire glazing. Intermediate students continue instruction in basic techniques and are encouraged to bring ideas for individual projects. There is also advanced instruction in extended throwing, lidded forms, and altered pieces. Each class can accommodate all levels. Choose the time and day that is convenient for you. Fees include glazes and firing. Participants must pre-purchase clay at class. No class 5/25.

12841 16 yr + M 6:30pm-9:30pm Mar 30-Jun 1
9 classes WPPC Russell $158

12843 16 yr + T 12:00pm-3:00pm Mar 31-Jun 2
10 classes WPPC Rollins $173

12844 16 yr + T 4:00pm-7:00pm Mar 31-Jun 2
10 classes WPPC Epperson $173

12840 16 yr + T 6:30pm-9:30pm Mar 31-Jun 2
10 classes ADOBE Shapiro $173

12845 16 yr + W 10:00am-1:00pm Apr 1-Jun 3
10 classes WPPC Woofer $173

12846 16 yr + W 6:30pm-9:30pm Apr 1-Jun 3
10 classes ADOBE Olson $173

12847 16 yr + W 6:30pm-9:30pm Apr 1-Jun 3
10 classes WPPC Mielke $173

12848 16 yr + Th 10:00am-1:00pm Apr 2-Jun 4
10 classes WPPC Woofer $173

12849 16 yr + Th 6:30pm-9:30pm Apr 2-Jun 4
10 classes WPPC Russell $173

12850 16 yr + Th 6:30pm-9:30pm Apr 2-Jun 4
10 classes ADOBE Storm $173

**Pottery and Raku Firing** No class 5/25.

See pages 56-58 for the Guide to Class Locations and Facilities.
Pottery – Drop-in
This class is designed for current or previous student drop-ins or class make-ups. Workshops are overseen by volunteers providing informal instruction. Only items produced during session/class time will be fired. You may provide a make-up slip, pay the drop-in fee at the door, or pre-purchase a 15-hour punch card ($5 full drop-in days) for $75. Punch cards can be picked up at the District Office, 1099 E Street, Hayward, or you may call and request one be mailed to you ($10) 881-6700. You must provide a receipt for all card pick-ups. Punch cards are transferable. No class 5/23.

12851 15 yr + T 9:30am-12:30pm Mar 31-Jun 2
10 classes ADOBE $75

12852 15 yr + W 1:00pm-4:00pm Apr 1-Jun 3
10 classes WPCC $75

12853 15 yr + Th 1:00pm-4:00pm Apr 2-Jun 4
10 classes WPCC $75

12854 15 yr + F 9:30am-3:30pm Apr 3-Jun 5
10 classes WPCC $75

12855 15 yr + Sa 9:30am-3:30pm Apr 4-Jun 6
9 classes WPCC $75

12856 15 yr + Sa 1:00pm-4:00pm Apr 4-Jun 6
9 classes ADOBE $75

Quilting – Beginning and Intermediate
Beginners start with a generic quilt and continue with a sampler, either traditional or modern. Intermediate students work on individual projects and/or class projects, using various techniques, such as appliqué, piecing, embellishment, strip piecing, and more.

13219 18 yr + Th 6:30pm-8:30pm Mar 19-May 21
10 classes KAFOURE Steinhoff $65

Quilting – Intermediate
Intermediate students work on individual projects and/or class projects, using various techniques, such as appliqué, piecing, embellishment, strip piecing, and more.

13222 18 yr + M 9:30am-12:30pm Mar 30-May 18
8 classes ADOBE Kafoure $56

13223 18 yr + T 9:30am-12:30pm Mar 31-May 19
8 classes ADOBE Kafoure $56

Leathercraft for Beginners
Learn about leather, tools and traditional stitching techniques. Make beautiful purses, wallets, pen cases etc. Over the four lessons, you may make two or three items depending on your pace. All tools will be provided. This class is for beginners, as well as a refresher for returning leathercrafters.

13637 18 yr + 4 classes ADOBE Tang $100*

13638 18 yr + 4 classes ADOBE Tang $100*
*$35 materials fee due to instructor at the first class.

Casting Jewelry and Small Objects
An exciting way to learn the basics as we explore wax work, organic materials, incorporating gemstones, all the way through the final process of polishing. The class can apply to small sculptures as well as any piece of jewelry. We use base metals like copper and bronze, as well as casting precious metals. Please bring any metal and gemstones you already own along with sketches, designs, drawings and tools to class with you. This is set up for beginners as well as returning students.

13224 12 yr + W 7:00pm-9:30pm May 13-Jun 3
4 classes ADOBE Donivan $45

Dance & Music

Adult Tap – Beginning
Learn the basics of tap dancing in a fun environment, beginner to intermediate levels welcome. Classes will highlight various tap warm-ups, technique and combinations of sounds, steps and rhythm. Tap shoes are required, and not provided. Please bring with you by the second class.

13752 16 yr + M 7:00pm-7:45pm Mar 16-May 4
8 classes SFCC Mamone $41

Ballet Basics for Adults
Ballet is the foundation upon which all other dance movements are built. This class is for beginners and experienced dancers alike. Warm up at the ballet barre then move to the floor for simple combinations. Wear ballet shoes and close-fitting clothing or tights and leotard and bring an exercise mat. Visit the instructor's website for more information at www.hopstepstep.com.

13721 16 yr + Th 6:30pm-7:30pm Mar 12-Jun 4
13 classes SFCC Delike $132

Tap Dance – Beginning
Learn the fundamentals of Tap Dance then progress through steps and combinations. This is a fun and energizing form of exercise. Please wear tap shoes. No class 4/9, 4/15.

13681 18 yr + W 8:15pm-9:15pm Mar 11-May 13
9 classes CVPA1 CVPA Staff $92

13250 16 yr + Th 7:00pm-8:00pm Mar 12-Jun 4
12 classes DLDC DLDC Staff $163

See pages 56-58 for the Guide to Class Locations and Facilities.
**Belly Dance — Beginning**
Remove the daily stress with a yoga warm-up, enjoy a low impact dance workout and learn belly dance moves with some basic choreography. Wear loose fitting clothes or aerobic gear. All are welcome to join. No experience is necessary. No class 2/6.

**Belly Dance Troupe**
Instructor Approval Needed to register. Shows and performances are scheduled throughout the year. All activities scheduled outside of class are optional.

**Bollywood Dance**
Learn the trendy Bollywood dance style while getting a great workout and having fun! Bollywood is a fusion of Indian classical, folk, hip-hop, contemporary, Arabic, and Latin dance styles. Class begins with a warm up, stretching exercises, and followed by choreographed step-by-step routines to Bollywood music. Wear breathable exercise clothes. No class 4/8.

**Jazz/Lyrical Dance**
This energetic class features stretching, isolations and basic jazz steps. Move across the floor working on progressions of runs, turns, and leaps. Lyrical dancing is performed to music whose lyrics inspire strong, emotional movements the choreographer feels from the lyrics of the chosen song. Improve your strength and agility while exercising your mind and body. No class 4/7.

**Tango and Latin Dance**
These fun and energetic classes are for individuals and couples. Perfect for those who have little to no dance experience. Explore the hip work of Latin dances such as Rumba, Cha-Cha, Samba, Salsa, Merengue and the passion of Tango. Come to class and we will send you out a dancer.

**Swing and Ballroom Basics**
Get up and dance! Emphasis is on having fun while developing an engaging social hobby. You will learn comfortable steps in East Coast Swing and smooth dances such as Fox Trot, Waltz and nightclub Two Step.

**Swing and Only Swing**
Have fun and exercise at the same time. Learn to dance to tunes from Glen Miller ('30s) to the Cherry Poppin’ Daddies ('90s). We will start with the basics and then move to the West Coast Swing and Lindy. If you have two left feet or even danced a little, we are waiting for you.

**Dance and the Philosophy of Partnering**
Learn more about who you are and how to improve partnerships through a deeper self-awareness and better balance. Drawing from 14+ years of teaching Ballroom Dancing, Jessica will share techniques to help you improve partnering skills on and off the dance floor. No partner required, no dance experience necessary! Learn how to build trust, take the lead, and surrender safely.

**Intro to Dance and Improving Communication**
An Introductory class to learn more about who you are and how to improve partnerships through a deeper self-awareness and better balance. Drawing from 14+ years of teaching Ballroom Dancing, Jessica will share techniques to help you improve partnering skills on and off the dance floor. No partner required, no dance experience necessary! Learn how to build trust, take the lead, and surrender safely.

**Guitar – Beginner**
Release your inner musician! Learn basic chords, strumming and picking and end up playing simple songs by the end of the session! No need to read music; bring your own guitar and guitar tuner.

**Guitar – Beginner/Intermediate**
Learn more advanced chords, picking, and how to read chord charts. Play and sing songs of your choice and experience how much fun guitar playing can be! Must know basic chords. No need to read music; bring your own guitar and guitar tuner.

**Ukulele – Beginner**
Release your inner musician! Learn basic chords, strumming and end up playing simple songs by the end of the session! No need to read music; bring your own ukulele and ukulele tuner.
**Booty and Core Bootcamp**

Have you ever wanted a class that was all about getting your booty and core into fantastic shape? If so, this is the class for you! This class is taught in a bootcamp style format focusing on targeting butt and overall core strength! By using a blend of Pilates, Yoga and general core/gluteal focused exercises you will achieve a stronger, more toned body in just one hour! Have fun while getting into shape and learning simple exercises you can do every day on your own to maintain your core and gluteal strength! Please bring a mat, towel and water.

13736 17 yr+ W 6:30pm-7:30pm Apr 29-May 27

5 classes SFCC Odutuyan $89

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**Body Sculpting**

Classes run continually, year-round and co-ed. Registration is taken at class. A range of free weights (2-15 lbs.), exercise bands, straps, foam rollers, and chi balls are used to tone and strengthen all major muscle movements. Bands and dumbbells provided to get you started. All levels. Fee: $45 for 8 classes/$60 for 16 classes/$8 single class. Tickets have no expiration date. Put ENERGY into your life while you burn fat, build muscle, increase metabolism, improve cardiovascular fitness and relieve stress. Contact Stacey.bristow@comcast.net for further information. **New Students: Receive 4 FREE CLASSES with the purchase of a $60 ticket – 20 classes for $60.**

**Cardio Kickboxing**

Cardio, circuit, resistance training. Walking, running, heavy bags, medicine balls and jump rope. Core, gluts, arms, legs. You name it, we target it. Men are especially welcome! If you want to change up your fitness routine this is definitely the class for you!

13819 16 yr+ 10 classes M/W 7:00pm-7:55pm Mar 2-Apr 1

Dance Co $63

13820 16 yr+ 15 classes M/W 7:00pm-7:55pm Apr 6-May 27

Dance Co $99

13821 16 yr+ 10 classes T 7:00pm-7:55pm Mar 3-Apr 2

Dance Co $63

13822 16 yr+ 16 classes T 7:00pm-7:55pm Apr 7-May 28

Dance Co $109

**Cardio Kickboxing – One Day Per Week**

The one day per week choice (Monday-Thursday) is agreed upon with the instructor at the first class.

13823 16 yr+ 16 classes M-Th 7:00pm-7:55pm Mar 2-May 28

Dance Co $99

**Fit-N-Trim**

Come and enjoy routines designed to assist you in attaining and maintaining good muscle tone, weight loss and improved cardiovascular fitness. A variety of class formats for all ages and fitness levels.

13828 18 yr+ 13 classes M/W 6:00pm-7:00pm Apr 1-May 13

CVCC Farar $71

13829 18 yr+ 12 classes M/W 6:00pm-7:00pm May 18-Jun 29

CVCC Farar $65

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**Ukulele – Beginner/Intermediate**

Learn more advanced chords, picking, and how to read chord charts. Play and sing songs of your choice and experience how much fun ukulele playing can be! Must know basic chords. No need to read music; bring your own ukulele and tuner.

13328 13 yr+ 4 classes Sa 10:00am-11:00am Apr 4-Apr 25

MHDR Staff $115

13329 13 yr+ 4 classes Sa 10:00am-11:00am May 2-May 23

MHDR Staff $115

13332 13 yr+ 4 classes T 6:00pm-7:00pm Apr 7-Apr 28

MHDR Staff $115

13333 13 yr+ 4 classes T 6:00pm-7:00pm May 5-May 26

MHDR Staff $115

**Intermediate**

13334 13 yr+ 4 classes Sa 11:15am-12:15pm Apr 4-Apr 25

MHDR Staff $115

13335 13 yr+ 4 classes Sa 11:15am-12:15pm May 2-May 23

MHDR Staff $115

13337 13 yr+ 4 classes T 7:00pm-8:00pm Apr 7-Apr 28

MHDR Staff $115

13338 13 yr+ 4 classes T 7:00pm-8:00pm May 5-May 26

MHDR Staff $115

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**Golf**

Our programs include instruction on the golf swing, short game, club fitting, course management, practice techniques, rules and etiquette. We work with each student to help design a personal improvement program based on the individual’s goals.

**Beginner**

13820 16 yr+ 15 classes M/W/F 6:30pm-7:30pm Mar 2-May 28

SFCC $63

13821 16 yr+ 10 classes T 6:30pm-7:30pm Mar 3-Apr 2

SFCC $63

**Health & Fitness**

**See pages 56-58 for the Guide to Class Locations and Facilities.**

HaywardRec.org | HAYWARD AREA RECREATION AND PARK DISTRICT FOUNDATION SPRING 2020 | 39
Sunday Morning Boot Camp
Cardio, circuit, resistance training. Walking, running, heavy bags, medicine balls and jump rope. Core, gluts, arms, legs. You name it, we target it. Men are especially welcome! If you want to change up your fitness routine; this is the class for you!

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Age</th>
<th>Day</th>
<th>Start Time</th>
<th>End Time</th>
<th>Instructor</th>
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<tbody>
<tr>
<td>13824</td>
<td>16+</td>
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<td>Mar 1-Mar 29</td>
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<td>Apr 5-May 31</td>
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</table>

Jazzercise
Jazzercise is the original dance party workout. Blending dance with Pilates, yoga, kickboxing and strength training, one 55-minute session can burn up to 800 calories. The results? Long, lean muscles and an undeniable mood boost.

Jazzercise Instructors
Celeste Cook cjazzprincess@aol.com (510) 761-1201
Jan Hennefer www.jazzwithjan.com (510) 502-6644

Cardio-Exp
18 yr + F 4:30pm-5:30pm CVCC Hennefer

Dance Mixx
Format Torch fat, sculpt lean muscle and crush calories with this high intensity workout that mixes dance-based cardio with strength training!

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<tr>
<th>Class Code</th>
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<tr>
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<td>KASCC Hennefer</td>
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<td>CVCC Hennefer</td>
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<tr>
<td>13826</td>
<td>16+</td>
<td>M/W</td>
<td>7:00pm-8:10pm</td>
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<td>CVCC Hennefer</td>
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</table>

LO Dance Mixx
Use muscles not momentum to get a total-body workout, without the impact on your joints. Perfect for all fitness levels. We offer LO versions of Dance Mixx, Interval and Fusion formats.

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<thead>
<tr>
<th>Class Code</th>
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<th>Instructor</th>
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<td>9:00am-9:55am</td>
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<td>CVCC Cook</td>
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LO Express
Cut to the chase with this 30-minute blast of dance-based cardio plus strength training.

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<tr>
<th>Class Code</th>
<th>Age</th>
<th>Day</th>
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<th>Instructor</th>
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<td>7:00pm-7:30pm</td>
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<td>CVCC Cook</td>
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Strength 45
Sculpt lean muscle through weight resistance training for a toned physique in 45 minutes.

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<th>Class Code</th>
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<th>End Time</th>
<th>Instructor</th>
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<td>8:00am-8:45am</td>
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<td>CVCC Cook</td>
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<tr>
<td>13825</td>
<td>16+</td>
<td>M/W</td>
<td>5:45pm-6:30pm</td>
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<td>KASCC Hennefer</td>
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Strength 60
Sculpt lean muscle through weight resistance training for a toned physique in 60 minutes.

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Age</th>
<th>Day</th>
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<th>End Time</th>
<th>Instructor</th>
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<tr>
<td>13824</td>
<td>16+</td>
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<td>9:00am-10:00am</td>
<td></td>
<td>CVCC Cook</td>
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</table>

Sleep Yoga
Yoga nidra is an ancient practice and art of yogic sleep, it is a systematic method of inducing completed physical, mental and emotional relaxation. In this unique class, one will be guided through a five-stage detailed sleep meditation done in corpse pose that will allow the mind and body to slip into the deepest state of relaxation. The brain will switch from beta to alpha waves, signaling the transition from activity to meditation. Receive deep rest, fight stress, and gain ultimate restoration in this one of a king extremely healing practice. The whole session is done in corpse pose, blankets, eye pillows and bolster pillows are provided.

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<thead>
<tr>
<th>Class Code</th>
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<th>Day</th>
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<td>12792</td>
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<td>Mar 24-Apr 14</td>
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<td>12793</td>
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<td>T</td>
<td>6:00pm-7:00pm</td>
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<td>May 19-Jun 9</td>
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</table>

Pilates and Yoga Rotational
This is an 8-week class which gives you the variety of 4 different classes all rolled into one! If you’ve ever wanted to be able to do a different Pilates/Yoga based workout each week but pay one flat fee, then this is the class for you! Class schedule is as follows: Week 1: Mat Pilates Week 2: Pilates with Weights Week 3: Yogalates. Week 4: Ball Pilates the schedule repeats for the next 4 weeks. Please bring a yoga mat, water and get ready for an amazing flexibility enhancing and core strengthening experience!

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Age</th>
<th>Day</th>
<th>Start Time</th>
<th>End Time</th>
<th>Instructor</th>
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<td>13154</td>
<td>16+</td>
<td>Th</td>
<td>5:00pm-6:00pm</td>
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<td>Mar 12-Apr 30</td>
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<tr>
<td>13153</td>
<td>16+</td>
<td>Th</td>
<td>5:30pm-6:30pm</td>
<td></td>
<td>Mar 17-May 5</td>
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</table>

Tai Chi
Tai chi, which originated in China as a martial art, is a mind-body practice in complementary and alternative medicine (CAM). Tai chi is sometimes referred to as ‘moving meditation’-practitioners move their bodies slowly, gently, and with awareness, while breathing deeply. This class will help with your both the physical and emotional health.

<table>
<thead>
<tr>
<th>Class Code</th>
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<th>Instructor</th>
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<tr>
<td>13830</td>
<td>16+</td>
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<td>9:00am-11:00am</td>
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<td>Apr 5-Apr 26</td>
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<tr>
<td>13831</td>
<td>16+</td>
<td>Su</td>
<td>9:00am-11:00am</td>
<td></td>
<td>May 3-May 31</td>
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</table>

Check out page 12 for water fitness classes!

See pages 56-58 for the Guide to Class Locations and Facilities.
Heal Yourself with Food Workshop
The free presentation will give you tools to begin a new, healthier you, followed by a 5-week workshop that will change your life! You will be guided through a healthy, whole foods-based program that will stabilize blood sugar, reduce gut inflammation, improve sleep, lift brain fog and leave you feeling amazing. Our Certified Health Coach is committed to empower you with extra guidance, accountability, and additional coaching expertise to make this powerful program smooth and effective for you!

**Free Presentation**
13139 14 yr + 1 class KASCC Mann FREE
13140 14 yr + 1 class KASCC Mann FREE

**5-week Workshop**
13137 14 yr + 5 classes KASCC Mann $146
13138 14 yr + 5 classes KASCC Mann $146

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**Language**

**German Language Instruction**
Learn to speak German for basic conversation or just to keep your mind sharp.

**Intermediate**
13133 18 yr + 12 classes KASCC Warren $20

**Advanced**
13132 18 yr + 12 classes KASCC Warren $20

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**Martial Arts**

**EAAB’s Self-Defense**
Learn a multi-cultural art of self-defense focusing on promoting a healthier and safer lifestyle with the added benefit of being able to effectively protect yourself. The program includes body stretching (conditioning and breathing techniques); blocking; punching; and kicking in specific target areas; breaking away from grabs, Summering, joint locking, throwing and grappling defense techniques and defense against weapon attacks.

13387 18 yr + 10 classes EAAB’s Untalan $173*
13390 18 yr + 10 classes EAAB’s Untalan $173*
13403 18 yr + 10 classes EAAB’S Untalan $173*
13367 25 yr + 10 classes EAAB’S Untalan $173*
13368 25 yr + 10 classes EAAB’S Untalan $173*

*Uniforms and safety equipment required — cost not included and must be purchased through EAAB’s at a one-time cost of $30.

**EAAB’s Filipino/Indonesian Martial Arts**
Learn Filipino/Indonesian martial arts of self-defense, particularly those that focus on short stick/cane and blade. This also includes applying empty-handed striking methods, joint locking, disarming, and take down maneuvers.

13366 12 yr + 10 classes EAAB’S Untalan $193*

*Uniforms and safety equipment required — cost not included and must be purchased through EAAB’s at a one-time cost of $65.

**Kickboxing**
Come have some fun kicking and punching while improving your cardio and learning how to defend yourself. Our kickboxing classes are dynamic with a mix of drills and technical aspects all with a soundtrack that keeps you pumped! No class 5/25.

13780 16 yr + 6 classes M/W/F 7:00pm-8:00pm $100
13781 16 yr + 6 classes M/W/F 7:00pm-8:00pm $100
13790 16 yr + 6 classes M/W/F 7:00pm-8:00pm $100
13791 16 yr + 6 classes M/W/F 7:00pm-8:00pm $100
13792 16 yr + 6 classes M/W/F 7:00pm-8:00pm $100
13793 16 yr + 5 classes M/W/F 7:00pm-8:00pm $84

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See pages 56-58 for the Guide to Class Locations and Facilities.
Leaping Leopard – Beginner to Brown Belt

Leaping Leopard Shaolin Kenpo, the incredible Power of self-defense, is a comprehensive system of martial arts developed to meet the self-defense needs of individuals in today’s society. This art addresses self-defense situations against multiple attackers including attackers with weapons. You will also improve in areas of concentration, self-discipline, self-confidence, motivation and physical fitness. No class 4/13-4/18, 5/25.

Gung Fu

Gung Fu is a total concept of mind, body and action. The basic principles of Gung Fu are health, general ideas of self-defense and the art of movement. Beginners start with basic stance and forms of the Sil-Lum and Black Tiger styles. Advanced students continue training and learn forms from the Tiger-Claw, Sai-Pai and Tai-Chi and Gung-Fu weapon forms. No class 5/25.

Jiu Jitsu

Learn from experienced Sensei Carlos Rocha classic and modern Jiu Jitsu techniques in a friendly and fun environment. Classes start with a warm-up routine followed by drills, then techniques and rolling. Classes mix both gi and nogi aspects of the game, competition training, self-defense, conditioning and strength training for BJJ and more. New students already graduated to a color belt are welcome to try two free classes before signing up. No class 5/25.

Gung Fu

*uniform Gi required at cost of $30, due to instructor at first class.

13081 12 yr + M/W/F 7:40pm-8:45pm Mar 23-Jun 6
49 classes SGCC
9 classes MC San Jose $245*
13082 12 yr + M 7:40pm-8:45pm Mar 23-Jun 1
9 classes SLCC Munoz $131*
13083 14+ yr M 7:40pm-8:45pm Mar 23-Jun 1
3 classes SGCC
*Uniform Gi required at cost of $30, due to instructor at first class.

Karate/Aikido

Learn the techniques of both Karate and Aikido. Okinawan Karate will teach basic physical training, strikes, blocks, kicks, self-defense and sparring. Aikido teaches footwork, balance, falls, rolls, and controlling techniques. Learn how to use the power of your opponent to your advantage while developing self-discipline and confidence. Instructed by a certified black belt. No class 5/25.

Beginning

13492 7 yr + M/W 6:00pm-7:30pm Mar 30-Jun 8
20 classes WPCC Martinez $94
Advanced

13491 7 yr + M/W 7:30pm-9:00pm Mar 30-Jun 8
20 classes WPCC Martinez $94

Olympic Style Tae Kwon Do

Tae Kwon Do is a Korean martial art that has evolved by combining many different styles such as the linear movements of Karate, the flowing, circular patterns of Kung-fu, native kicking techniques along with influences from Judo and Kung-fu. Your child will learn the values of confidence, friendship, self-awareness, respect and dedication in a fun, educational and motivating environment. Uniforms are available for purchase for $30. No class 5/25.

13364 7 yr + M 4:00pm-6:00pm Mar 30-Jun 8
10 classes CVCC Brown $141*
13365 7 yr + M 6:00pm-8:00pm Mar 19-May 27
10 classes SFCC Brown $141*
13903 9+ yr M 5:30pm-6:15pm Apr 27-Jul 6
10 classes SFCC Staff $146

See pages 56-58 for the Guide to Class Locations and Facilities.

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Bird Walks at Hayward Shoreline Interpretive Center

Jump Off the Deep End We go on the hunt for birds often seen on bridges as they stick out their wings to dry feathers from a swim. Double-crested cormorants are known for regularly diving as deep as 40 feet! Meet at the Eden Landing Ecological Reserve parking lot at the corner of Arden and Eden Landing Rd., and we will look for these neat gargoyles-like birds.

What is in A Name? Meet at the second parking lot at Coyote Hills Regional Park where we hope to see lots of birds. A perennial favorite is a small black and white song bird called a black phoebe. Its song is a soft question and answer, “Phoebe? Phoebe.”

You Poor Thing As we loop from the Interpretive Center today, we try and find killdeer. They protect their young by pretending to have a broken wing, so that a predator might go for the bigger, easier meal, and leave the chick behind. For us, we might feel pity for the hurt bird, if we didn’t know their sly trick.

On the Spot Birds of the marsh are looking snazzy in their breeding plumage. For example, dunlin are easy to identify now that they have a big, black rectangle right in the middle of their chest. Join us at the Grant Ave trailhead, and we’ll go look for this distinctive sandpiper with the droopy bill.

Leg Up! Some birds have names that are a challenge to remember, but the sandpiper we seek is easy to recall because it’s named after its bright, yellow legs. Yes, today we are looking for yellowlegs. It’s that simple, unless it is wading in water too deep to actually see its legs!

Bundles of Joy Chicks of many species have been around for weeks this spring, and today we hope to see some young stilt chicks. Their spots and tiny, long legs are lovely to behold. We will meet at the West Winton trail head, and head north to our seasonal wetland area.

Who Knows? Today we explore what used to be our fresh water marsh. This is the first summer where it has become a seasonal wetland with brackish water in it. The colony of terns should be nesting on some islands, but who knows what else we might see.

Photography

Getting Started: Photography
Learn how to use your camera, whether digital, phone or even film! Kate Jordahl will share her insights into making your photographs tell the story and information on how to make great pictures. Bring your camera or brochures for camera purchase to the first class. Open up the world of photography!

Art of Lumens
Join us once more to explore the magical world of Lumens. We will explore the mystery of Lumen prints. Part photogram part chemical magic, the Lumen prints record amazing colors on commons paper photo. Lumen printing is an extraordinary way to capture the life of plants. In lumen printing the silver halide components of the photographic paper react with organic materials to create the unexpected. Bring flowers and plants; chemistry and materials for 10 lumen prints will be provided. Also bring a thumb drive; we will scan the prints and collages in process to give additional options for realizing the final image. Kate Jordahl is a professor of photography at Foothill College, cofounder and director of PhotoCentral and dedicated alternative processes photographer as well as an Adobe Campus Leader. An abundance of materials will be available for participants to use and a list of suggested supplies to bring will be sent.

PhotoCentral Sunday Photo Group
Gather with fellow photographers to share work and ideas in the New PhotoCentral Sunday Photo Group. This free event is a chance to share your photographs, experiences and build community with fellow photographers. The program meets the last Sunday of the month. Email Joe Decker at joedecker@gmail.com to get on the list and join this informal but highly informative gathering, and to verify meeting dates.

See pages 56-58 for the Guide to Class Locations and Facilities.

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Job Seeking Drop-In Clinic
A drop-in job clinic to help you find a job. Write effective resumes and cover letters, practice your interview skills, search and complete job applications online, improve your reading, writing and spelling skills, and update your basic computer skills. Free career coaching and library resources. Please bring a draft resume and USB drive to class.

Fee: $10 per hour
Digital Lab Room Usage Includes computers, scanners, and printers. Several Mac stations with Photoshop and Lightroom imaging software. Nikon and Epson high resolution film and flatbed scanners. Epson and Canon large scale printers up to 40” wide. Bring your own flash drive or hard drive! Ink and paper charges apply.
Fee: $20 per hour
Private Lessons Call (510) 881-6721 or email photocentral@HaywardRec.org to arrange.
Large Scale Printing and Scanning Training with Phillip Garbutt Phillip's specialty is Nikon and flatbed scanning, Lightroom image processing, alternative darkroom processes, and our new Canon large scale printer. Email info@photocentral.org to arrange.
Fee: $150 for 3 hours
Printing and Image Development with Allen McKinney Allen has worked with renowned artists as a printmaker for 40 years. He specializes in optimal print output and image realization for the visual artist. Allen’s specialties are the large-scale Epson printer, platinum printing, and the digital negative. Email info@photocentral.org to arrange.
Introductory Special Fee: $150 for 3 hours
Individual Work Sessions for Photo Artists with Allen McKinney An opportunity to work with an experienced professional using professional grade equipment and work flow. Two- and three-hour appointments available six days per week.
Fee: $99 per hour/$4 per square foot for paper
Printing with an Operator Create your print statement with the help of a Photocentral expert. Includes printing with an operator and over-the-shoulder photo retouching.
Fee: $99 per hour/$5 per square foot for ink and equipment usage only/$9 per square foot for paper, ink and equipment usage.

Basic Computer Skills Lab
Learn basic computer skills including keyboarding, sending and receiving email, internet job skills, word processing and finding free and useful library resources. Computer access for the Online High School Diploma at the Library.

| 18 yr + | M   | 10:30am-12:30pm | Mar 16-Jun 1 |
|         | Th   | 6:00pm-8:00pm   | Mar 19-Jun 4 |

Hayward 750 Bridge Club
Drop-in Bridge. Join in this small, friendly ACBL Sanctioned Duplicate Bridge game designed for players with fewer than 750 Master-points. A review lesson is offered at 11:00am and the game begins at 11:30am. Our purpose is to promote interest and develop the skills of those new to bridge. Snacks provided.

| 18 yr + | Th   | 11:00am-3:30pm  | Ongoing |
|         | WPCC | Duchscherer     | $8*    |

*$8 due at the door for game and $1 ACBL fees/supplies.
Lake Chabot Bridge Club
Drop-in bridge. All welcome! Join the fun!
18 yr + Th 9:00am-12:00pm Ongoing KASCC $3 drop-in

Redwood Bridge Club
ACBL-sanctioned Duplicate Bridge. Drop-In basis, master points awarded. Instructor Is an ACBL Gold Life Master and Accredited Teacher.
18 yr + M 11:30am-3:30pm Ongoing KASCC Conrad $9*
18 yr + W 11:30am-3:30pm Ongoing KASCC Conrad $9*
*$1 collected at door to Instructor for ACBL fee.

Adult Sports Leagues
New teams interested in playing any of the sports leagues below may request more information by calling (510) 317-2314 or email the request to adultsports@HaywardRec.org. New teams should pick up their registration packet or request one be emailed to you. Sports League registration packets can be downloaded at www.teamsideline.com/hayward. Teams that played during the previous season will receive their information automatically by email.

Adult Softball Leagues Offered in Men's, women's and co-ed slow-pitch. League games are played at the Alden E. Oliver sports Park in Hayward.

Adult Soccer Leagues Year-round soccer leagues at the Alden E. Oliver sports Park of Hayward are available. Tuesday women's 30+ league will be offered.

Adult Volleyball Leagues Offered in Men's, women's and co-ed divisions. Matches are played at the sunset adult school Gymnasium.

Sports Field and Gym Rentals see page 59.

Tennis
Adult Social Tennis League
These leagues are designed to allow community members like you to find hitting partners and competitive play without joining a competitive team. Women and men of all levels of play are welcome.

13593 18 yr + W 7:00pm-9:00pm Mar 18-May 20 10 classes Bttc Lim $75

Tennis
Bring a tennis racket and a can of new tennis balls to first class.

Beginner NTRP 1.0 Little or no previous experience or limited tennis playing experience. Students will learn basic grips and strokes (forehand, backhand, volley, serve, scoring and elements of game play).

13595 18 yr + Sa 9:00am-10:00am Mar 14-May 16 10 classes Bttc Lim $162
13594 18 yr + Su 9:00am-10:00am Mar 15-May 17 10 classes Bttc Lim $162

Advanced Beginner NTRP 2.0 Some previous experience or those who can carry on a short rally. Emphasis on improving basic strokes, footwork and serving.

13596 18 yr + Sa 10:00am-11:00am Mar 14-May 16 10 classes Bttc Lim $162

Intermediate Level 3

13597 18 yr + Su 10:00am-11:00am Mar 15-May 17 10 classes Bttc Lim $162
13576 18 yr + Su 11:15am-12:15pm Mar 22-May 31 10 classes CVCV Savich $162

Theatre

Morrisson Theatre Chorus
The Chorus is open to all singers ages 18 and older. No audition is required. The Chorus is limited to 25 sopranos, 25 altos, 25 tenors and 25 basses

Soprano

12772 18 yr + Sa 10:00am-1:00pm May 2-Jul 18 DMT Cancino $40

Alto

12773 18 yr + Sa 10:00am-1:00pm May 2-Jul 18 DMT Cancino $40

Tenor

12774 18 yr + Sa 10:00am-1:00pm May 2-Jul 18 DMT Cancino $40

Bass

12775 18 yr + Sa 10:00am-1:00pm May 2-Jul 18 DMT Cancino $40

See pages 56-58 for the Guide to Class Locations and Facilities.
**Senior Active Adult Classes**
Ages 50+ Years

Hayward Area Senior Center (HASC)
22325 North Third Street, Hayward, (510) 881-6766
Center Hours: Monday–Friday, 8:30am–4:00pm

Kenneth C. Aitken Senior and Community Center (KASCC)
17800 Redwood Road, Castro Valley, (510) 881-6738
Center Hours: Monday–Friday, 8:30am–4:00pm

Ashland Community Center (ACC)
1530 167th Avenue, San Leandro, (510) 881-6700

Matt Jimenez Community Center (MJUCC)
28200 Ruus Road, Hayward, (510) 881-6700

San Lorenzo Community Center (SLCC)
1970 via Buena Vista, San Lorenzo, (510) 881-6700

Weekees Park Community Center (WPCC)
27182 Patrick Avenue, Hayward, (510) 881-6700

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**Art**

**Art and Painting**

All art media explored: watercolor, oil and acrylic. You will need to buy some supplies.

- 12726: 50 yr +
  - W: HASC
  - 9:30am–12:00pm
  - Apr 1–Apr 29
  - Gun
  - $30
- 12727: 50 yr +
  - W: HASC
  - 9:30am–12:00pm
  - May 6–May 27
  - Gun
  - $24
- 12728: 50 yr +
  - W: HASC
  - 9:30am–12:00pm
  - Jun 3–Jun 24
  - Gun
  - $24

**Art of Drawing and Painting**

All art media is explored. A one-on-one, self-paced class that is geared to the student’s own personal level of ability. All levels are welcome. Register at the Castro Valley Adult School.

- 50 yr +
  - T: HASC
  - 9:00am–11:30am
  - TBA
- 50 yr +
  - W: KASCC
  - 9:00am–11:30am
  - TBA

**Ceramics Low Fire**

Learn how to form ceramic materials into a desired shape by using your hands, molds or casting then firing them to produce a finished product.

- 12747: 50 yr +
  - Th: HASC
  - 12:15pm–2:15pm
  - Apr 2–Apr 30
  - Shaw
  - $30*
- 12748: 50 yr +
  - Th: HASC
  - 12:15pm–2:15pm
  - May 7–May 28
  - Shaw
  - $24*
- 12749: 50 yr +
  - Th: HASC
  - 12:15pm–2:15pm
  - Jun 4–Jun 25
  - Shaw
  - $24*

*Material fee $5–$10 due to instructor.

**Chinese Brush Painting**

Drop-in fee $7 payable on site. This is an ongoing class.

- 50 yr +
  - F: HASC
  - 9:00am–11:00am
  - Ongoing
  - $7 drop-in

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**Crochet and Knitting**

Learn the basics of crochet and knitting. Learn to read a pattern, make a scarf and more in a fun atmosphere.

- 50 yr +
  - T: HASC
  - 11:00am–12:45pm
  - Ongoing
  - $2 drop-in
- 50 yr +
  - W: KASCC
  - 12:30pm–3:00pm
  - Ongoing
  - $2 drop-in

**Decorative Painting – Easy to Learn**

Learn techniques such as One Stroke, Canal Boat Painting, Stroke Work and other techniques that, with a little practice, are easily learned. Each month you will have the opportunity to complete a project. We use a non-toxic, odor-free, water-based acrylic paint.

- 12753: 50 yr +
  - T: HASC
  - 9:30am–11:00am
  - Apr 7–Apr 28
  - Underwood
  - $24*
- 12754: 50 yr +
  - T: HASC
  - 9:30am–11:00am
  - May 5–May 26
  - Underwood
  - $24*
- 12755: 50 yr +
  - T: HASC
  - 9:30am–11:00am
  - Jun 2–Jun 30
  - Underwood
  - $30*

*Material fee of $7–$12 payable to instructor at first class.

**Mosaic Tile Art**

Mosaic Tile projects for beginners. Planter pots, garden stepping stones and garden art decoration.

- 12776: 50 yr +
  - M: HASC
  - 9:30am–12:00pm
  - Apr 6–Apr 27
  - Kliest
  - $24*
- 12777: 50 yr +
  - M: HASC
  - 9:30am–12:00pm
  - May 4–May 18
  - Kliest
  - $18*
- 12778: 50 yr +
  - M: HASC
  - 9:30am–12:00pm
  - Jun 1–Jun 29
  - Kliest
  - $30*
- 12779: 50 yr +
  - M: HASC
  - 12:30pm–3:00pm
  - Apr 6–Apr 27
  - Kliest
  - $24*
- 12780: 50 yr +
  - M: HASC
  - 12:30pm–3:00pm
  - May 4–May 18
  - Kliest
  - $18*
- 12781: 50 yr +
  - M: HASC
  - 12:30pm–3:00pm
  - Jun 1–Jun 29
  - Kliest
  - $30*

*Material fee of $8–$15 due to instructor.

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The Hayward Area Recreation and Park District Senior/Active Adult classes and programs are geared to all adults 50 years of age and older. The following H.A.R.D. facilities offer recreational, social and educational programs and activities that enhance the lives of Senior/Active Adults by helping older adults remain healthy, be active and stay independent. Programs and special events are announced in the “Expanding Horizons”, a newsletter for Senior/Active Adults, available at Centers listed below.

See pages 56-58 for the Guide to Class Locations and Facilities.
**Needle Arts**
This is a friendly, informal group that meets to do mostly needlepoint, count stitch and crewel, but any kind of needle work is welcome.

50 yr + F 9:00am-12:00pm Ongoing
KASCC $2 drop-in

**Quilting**
Learn the basics of quilting to create a most beautiful quilt. Be your own boss and work at your own speed.

50 yr + Th 9:00am-12:00pm Ongoing
HASC $3 drop-in

**Woodworking**
Begin with a piece of wood and using special tools, learn how to chisel and carve it into something beautiful. Work at your own pace and ability. **Note:** Mandatory Woodshop Safety Course must be taken prior to participation. Sign up for the course at the Hayward Senior Center or call (510) 881-6766. Shop normally closed for lunch from 12:00pm-1:00pm.

**Woodworking and Crafts**

50 yr + W-Th 9:00am-3:00pm Ongoing
HASC $2 drop-in

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**Dance & Music**

**3-Piece Band – Live Band Dance**
Dance to oldies and Big Band Music.

50 yr + Th 10:00am-11:30am Ongoing
HASC Leu & Rich Band FREE

**5th Saturday Dance**
Dance to recorded music with others. Dance on a wood floor, where you can get your excuse and have fun too!

50 yr + Sa 7:00pm-10:00pm May 30
1 dance 10:00am-12:00pm Rocha $10 drop-in

**5th Sunday Line Dance**
Come and enjoy dancing your favorite line dances with Mary Ann, our wonderful Line Dance instructor.

50 yr + Su 1:00pm-4:00pm May 31
1 dance 1:00pm-3:00pm Niclaus $10 drop-in

**Ballroom Dance**
Learn the basic dance steps, build a strong foundation of techniques, and you'll be dancing in no time. No class 5/19.

**Beginning**

12733 50 yr + 4 classes T 7:15pm-8:10pm Apr 7-Apr 28
HASC Rocha $28
12734 50 yr + 3 classes T 7:15pm-8:10pm May 5-May 26
HASC Rocha $21
12735 50 yr + 2 classes T 7:15pm-8:10pm Jun 2-Jun 30
HASC Rocha $35

**Ballroom Dance — Intermediate**

12736 50 yr + 4 classes T 8:15pm-9:10pm Apr 7-Apr 28
HASC Rocha $36
12737 50 yr + 3 classes T 8:15pm-9:10pm May 5-May 26
HASC Rocha $27
12738 50 yr + 2 classes T 8:15pm-9:10pm Jun 2-Jun 30
HASC Rocha $45

**Belly Dance – Beginner/Intermediate**
Come learn one of the oldest dances currently known. Traditional belly dance is a low-impact, weight-bearing exercise that is suitable for all ages and is a great way to tone your body and keep it limber. No experience necessary, all are welcome. Wear comfortable clothes that are easy to move in and Leather-soled shoes.

12739 50 yr + 4 classes Th 6:30pm-7:30pm Apr 2-Apr 23
HASC Price $28
12740 50 yr + 4 classes Th 6:30pm-7:30pm May 7-May 28
HASC Price $28
12741 50 yr + 4 classes Th 6:30pm-7:30pm Jun 4-Jun 25
HASC Price $28

**Beginning Piano with Theory**
Learn lead sheet playing on the piano or keyboard in this beginning level class. Register at Castro Valley Adult School.

50 yr + Th 9:30am-11:00am Ongoing
KASCC Wedemeyer TBA

**Guitar Jam for Seniors**
Bring your guitar and come jam with us! Advance beginner-intermediate knowledge required. No instruction given.

50 yr + M (1st, 3rd, 5th) 1:00pm-3:55pm Ongoing
KASCC $2 drop-in

**Hawaiian Hula Dance**
Learn to move those hips Hawaiian Style while listening to warm and tropical music in this fun and exciting class. No class 5/7.

50 yr + Th 11:15am-12:30pm Ongoing
KASCC Hanan $4 drop-in

**Lap Harp Music Ensemble**
Students learn to play a lap zither that provides beautiful, soothing music. Seniors with arthritis or limited mobility are encouraged to attend.

13143 50 yr + 5 classes Th 1:00pm-2:00pm Apr 2-Apr 30
KASCC Lynaugh $30*
13144 50 yr + 3 classes Th 1:00pm-2:00pm May 14-May 28
KASCC Lynaugh $18*
13145 50 yr + 4 classes Th 1:00pm-2:00pm Jun 4-Jun 25
KASCC Lynaugh $24*

*Material fee or $10 per student to be paid on first class for use of zithers/music book.

**Line Dance**
Keep fit while exercising the Line Dance way. Class explores a variety of music, including country western, cha-cha, and disco. A partner is not necessary.

**Line Dance – All Levels**

50 yr + T 10:00am-12:00pm Ongoing
KASCC Nicoera $5 drop-in

**Line Dance – Intro to Beginner**

50 yr + M 5:00pm-6:30pm Ongoing
HASC Sutcliffe $5 drop-in

**Line Dance – Beginning**

50 yr + M 10:00am-11:30am Ongoing
HASC Niclaus $5 drop-in
50 yr + W 10:00am-11:30am Ongoing
MCC Walker $5 drop-in

(Continued on next page.)

See pages 56-58 for the Guide to Class Locations and Facilities.
Line Dance Improver  
For Line Dancers who are experienced beginners, but not quite ready to tackle intermediate dances.  
- 50 yr +  
  | Th | 10:30am-12:00pm | SLCC | Okada | Ongoing | $5 drop-in |
- 50 yr +  
  | F | 12:00pm-1:30pm | KASC | Okada | Ongoing | $5 drop-in |

Line Dance – Advanced Beginning  
- 50 yr +  
  | M | 7:00pm-8:30pm | HASC | Clayton | Ongoing | $5 drop-in |
- 50 yr +  
  | F | 10:00am-11:30am | HASC | Nicolaus | Ongoing | $5 drop-in |

Line Dance – Intermediate/Advanced  
- 12yr+  
  | F | 10:00am-11:30am | Mar 20-Jun 5 | $5 |

Line Dance – Advanced Beginning/Intermediate  
- 50 yr +  
  | W (2nd&4th) | 7:00pm-8:30pm | Ongoing | $5 drop-in |

Line Dance – Soul line Dance  
- 50 yr +  
  | F (2nd&4th) | 6:00pm-7:15pm | Ongoing | $5 drop-in |

Line Dance Party  
Join us for some fun. Come and dance your favorite dances to some great country and R&B soul music.  
- 16 yr +  
  | Sa | 5:00pm-8:30pm | Jun 13 | $7 drop-in |

Tap Dance  
Learn the age-old art of tap dance with styles ranging from Fred Astaire, Gene Kelly and Savion Glover. Classes will emphasize footwork and the expression of rhythm through sound. Great exercise. Tap shoes are required.  
- 12 week  
  | M | 1:15pm-2:10pm | Mar 16-Apr 6 | $24 |
  | W | 1:15pm-2:10pm | Apr 20-May 11 | $24 |
  | Th | 1:15pm-2:10pm | May 18-Jun 15 | $24 |

Tap I  
Prior tap dance experience necessary. No class 4/16.  
- 12 week  
  | Th | 1:15pm-2:10pm | Mar 16-Apr 6 | $24 |
  | W | 1:15pm-2:10pm | Apr 20-May 11 | $24 |

Tap II  
Learn a basic strumming technique and an overview of specific cords per class. Participant must be able to progress with the structure of each class as well as sing-along. Beginner class repeats every other month (May, Jul, Sep, Nov). Student may re-register for the next Beginners session to further develop playing skills.  
- 50 yr +  
  | Th | 6:00pm-7:15pm | May 6-May 20 | $24 |

Ukulele – Advanced  
Participant must know ukulele chords and be eager to participate and sing-along. This class hosts the Northern California Ukulele Festival in April and sometimes participates in local public events and social functions.  
- 12 week  
  | W | 6:15pm-7:30pm | Apr 8-Apr 22 | $24 |

Ukulele – Practice  
Come join us as we share the Hawaiian culture with songs and the strumming of the ukulele.  
- 50 yr +  
  | T (1st, 3rd, 5th) | 2:00pm-4:00pm | Ongoing | $2 drop-in |

World Dance – Performance Ensemble  
This is a performance ensemble of song, dance and character. All levels welcome, beginning through seasoned performers. Participation in performance not required. HopStepStep.com  
- 12 week  
  | T | 5:00pm-6:45pm | Apr 7-Apr 28 | $28 |

Health & Fitness  
10 Minute Massage  
By appointment only.  
- 50 yr +  
  | By Appointment | Ongoing | FREE |

Back Strength and Stretch (KASC)  
Cultivate awareness of how to stand properly and manage discomfort with slow, gentle breath work and elements of myofascial stretch and strengthening exercises.  
- 12 week  
  | T | 1:45pm-2:45pm | Apr 7-Apr 28 | $24 |

Check out page 12 for water fitness classes!
Back Strength and Stretch (HASC)
A slow, gentle movement class designed to reduce pain, instill good postural habits and build strength. You will learn exercises for pain relief and re-posturing. Includes elements of myofascial stretching.

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Age</th>
<th>Time</th>
<th>Instructor</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>12729</td>
<td>50+</td>
<td>10:00am-11:00am</td>
<td>Apr 6-Apr 27</td>
<td>DeNiko</td>
</tr>
<tr>
<td>12730</td>
<td>50+</td>
<td>10:00am-11:00am</td>
<td>May 4-May 18</td>
<td>DeNiko</td>
</tr>
<tr>
<td>12731</td>
<td>50+</td>
<td>10:00am-11:00am</td>
<td>Jun 1-Jun 21</td>
<td>DeNiko</td>
</tr>
</tbody>
</table>

Fitness for Active Adults
Come have fun while improving your flexibility, cardiovascular health, bone density, and muscle strength. Lots of stretching, low impact aerobic dancing, strength training with light weights and floor exercises. Bring hand weights and a mat. No class 6/5.

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Age</th>
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<th>Instructor</th>
<th>Fee</th>
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<td>KASC</td>
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<tr>
<td>13127</td>
<td>50+</td>
<td>8:00am-10:00am</td>
<td>Jun 1-Jun 29</td>
<td>KASC</td>
</tr>
</tbody>
</table>

Golden Years Walkers
Walk safe, walk more, prevent falls by staying in shape, improve safety and walkability to promote pedestrian safety. Group meets on 168th Avenue- south side of Ashland Community Center. Sponsored by United Seniors of Oakland/Alameda County.

<table>
<thead>
<tr>
<th>Class Code</th>
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<th>Time</th>
<th>Instructor</th>
<th>Fee</th>
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<tbody>
<tr>
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<td>Apr 2-Apr 30</td>
<td>McAlister</td>
</tr>
<tr>
<td>12801</td>
<td>50+</td>
<td>9:00am-10:00am</td>
<td>May 7-May 28</td>
<td>McAlister</td>
</tr>
<tr>
<td>12804</td>
<td>50+</td>
<td>9:00am-10:00am</td>
<td>Jun 4-Jun 25</td>
<td>McAlister</td>
</tr>
<tr>
<td>12802</td>
<td>50+</td>
<td>9:30am-10:30am</td>
<td>Apr 3-Apr 24</td>
<td>Triggs</td>
</tr>
<tr>
<td>12803</td>
<td>50+</td>
<td>9:30am-10:30am</td>
<td>May 1-May 29</td>
<td>Triggs</td>
</tr>
<tr>
<td>12805</td>
<td>50+</td>
<td>9:30am-10:30am</td>
<td>Jun 5-Jun 26</td>
<td>Triggs</td>
</tr>
</tbody>
</table>

QiGong (Practice)
Simple practice sessions lead by students. This practice consists of 64 simple movements that flow from one movement into the next.

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Age</th>
<th>Time</th>
<th>Instructor</th>
<th>Fee</th>
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</thead>
<tbody>
<tr>
<td>50+</td>
<td>T</td>
<td>10:00am-11:00am</td>
<td>Ongoing</td>
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<tr>
<td>50+</td>
<td>F</td>
<td>10:00am-11:00am</td>
<td>Ongoing</td>
<td>$2 drop-in</td>
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</tbody>
</table>

Spectrum Fall Prevention Program
Spectrum Community Services exercise class designed to strengthen and tone muscles to prevent future falls. Health education and health assessments provided on a regular basis. Register at class.

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Age</th>
<th>Time</th>
<th>Instructor</th>
<th>Fee</th>
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</thead>
<tbody>
<tr>
<td>60+</td>
<td>M/W/F</td>
<td>9:45am-10:45am</td>
<td>Mar 11-Jun 8</td>
<td>ACC</td>
</tr>
<tr>
<td>60+</td>
<td>M/W/F</td>
<td>11:15am-12:15pm</td>
<td>Mar 11-Jun 8</td>
<td>ACC</td>
</tr>
<tr>
<td>60+</td>
<td>M/W/F</td>
<td>3:30pm-4:30pm</td>
<td>Mar 11-Jun 8</td>
<td>WPCC</td>
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</table>

Tai Chi Chih – All levels
Learn how T’ai Chi Chih will improve healing, reduce stress and improve coordination.

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Age</th>
<th>Time</th>
<th>Instructor</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>12800</td>
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<td>9:00am-10:00am</td>
<td>Apr 2-Apr 30</td>
<td>McAlister</td>
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<tr>
<td>12801</td>
<td>50+</td>
<td>9:00am-10:00am</td>
<td>May 7-May 28</td>
<td>McAlister</td>
</tr>
<tr>
<td>12804</td>
<td>50+</td>
<td>9:00am-10:00am</td>
<td>Jun 4-Jun 25</td>
<td>McAlister</td>
</tr>
<tr>
<td>12802</td>
<td>50+</td>
<td>9:30am-10:30am</td>
<td>Apr 3-Apr 24</td>
<td>Triggs</td>
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<tr>
<td>12803</td>
<td>50+</td>
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<td>May 1-May 29</td>
<td>Triggs</td>
</tr>
<tr>
<td>12805</td>
<td>50+</td>
<td>9:30am-10:30am</td>
<td>Jun 5-Jun 26</td>
<td>Triggs</td>
</tr>
</tbody>
</table>

Tai Chi Chuan – Advanced
Open to all Advanced Tai Chi Chuan students. Join the fun! No class 5/7.

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Age</th>
<th>Time</th>
<th>Instructor</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>50+</td>
<td>Th</td>
<td>10:00am-11:00am</td>
<td>Ongoing</td>
<td>$2 drop-in</td>
</tr>
</tbody>
</table>

Tai Chi Practice
Tai Chi is a series of forms that moves the body slowly and gently, while breathing deeply. Participants should know at least Tai Chi 8 form. The session starts with stretching and goes into Tai Chi practice. This is not a place to begin learning Tai Chi but for practice purpose.

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Age</th>
<th>Time</th>
<th>Instructor</th>
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</tr>
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<tbody>
<tr>
<td>50+</td>
<td>W</td>
<td>8:30am-9:30am</td>
<td>Ongoing</td>
<td>$2 drop-in</td>
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See pages 56-58 for the Guide to Class Locations and Facilities.
Yoga
Emphasis on breath, correct alignment, balance, flexibility and most of all having fun! Both seated and standing poses will be practiced.

<table>
<thead>
<tr>
<th>Class</th>
<th>Age</th>
<th>Days</th>
<th>Time</th>
<th>Location</th>
<th>Instructor</th>
<th>Fee</th>
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<tr>
<td>12819</td>
<td>50yr+</td>
<td>Mon</td>
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<td>Koren</td>
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<tr>
<td>12820</td>
<td>50yr+</td>
<td>Wed</td>
<td>8:35am-9:35am</td>
<td>Apr 4-May 18</td>
<td>Koren</td>
<td>$18</td>
</tr>
<tr>
<td>12821</td>
<td>50yr+</td>
<td>Thu</td>
<td>8:35am-9:35am</td>
<td>Jan 1-Jun 29</td>
<td>Koren</td>
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<tr>
<td>13184</td>
<td>Th</td>
<td>Tue</td>
<td>9:30am-10:30am</td>
<td>Apr 2-Apr 30</td>
<td>Petigara</td>
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<td>13185</td>
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<td>Tue</td>
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<td>May 14-May 28</td>
<td>Petigara</td>
<td>$18</td>
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<tr>
<td>13186</td>
<td>Th</td>
<td>Tue</td>
<td>9:30am-10:30am</td>
<td>Jun 4-Jun 25</td>
<td>Petigara</td>
<td>$24</td>
</tr>
</tbody>
</table>

Yoga for Everybody
Emphasis on breath, correct alignment, balance, flexibility and most of all having fun! Both seated and standing poses will be practiced.

<table>
<thead>
<tr>
<th>Class</th>
<th>Age</th>
<th>Days</th>
<th>Time</th>
<th>Location</th>
<th>Instructor</th>
<th>Fee</th>
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<tr>
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<tr>
<td>13188</td>
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<td>Sapena</td>
<td>$24</td>
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<tr>
<td>13189</td>
<td>50yr+</td>
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<td>9:30am-10:30am</td>
<td>Jun 2-Jun 30</td>
<td>Sapena</td>
<td>$30</td>
</tr>
</tbody>
</table>

Yoga – Gentle
Build strength, flexibility, balance, and stability. Connect the mind and body through breathing techniques and relaxation exercises. All levels – poses modified accordingly for each individual. Bring yoga mat and water.

<table>
<thead>
<tr>
<th>Class</th>
<th>Age</th>
<th>Days</th>
<th>Time</th>
<th>Location</th>
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<th>Fee</th>
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<tr>
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<td>Apr 1-Apr 29</td>
<td>Marquez</td>
<td>$30</td>
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<td>Marquez</td>
<td>$24</td>
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<tr>
<td>12704</td>
<td>50yr+</td>
<td>Wed</td>
<td>9:00am-10:00am</td>
<td>Jun 3-Jun 24</td>
<td>Marquez</td>
<td>$24</td>
</tr>
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</table>

Zumba Gold
Latin and international dance rhythms designed for active older adults.

<table>
<thead>
<tr>
<th>Class</th>
<th>Age</th>
<th>Days</th>
<th>Time</th>
<th>Location</th>
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<tr>
<td>12826</td>
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<td>Apr 4-May 18</td>
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<td>$21</td>
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<tr>
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<td>50yr+</td>
<td>Fri</td>
<td>8:45am-9:45am</td>
<td>May 5-May 26</td>
<td>Alcantar</td>
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<tr>
<td>12830</td>
<td>50yr+</td>
<td>Fri</td>
<td>8:45am-9:45am</td>
<td>Jun 2-Jun 30</td>
<td>Alcantar</td>
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</tbody>
</table>

Zumba Gold Toning
Redefining total body workout using toning sticks to shake up those muscles!

<table>
<thead>
<tr>
<th>Class</th>
<th>Age</th>
<th>Days</th>
<th>Time</th>
<th>Location</th>
<th>Instructor</th>
<th>Fee</th>
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<td>Mon</td>
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<tr>
<td>12833</td>
<td>50yr+</td>
<td>Fri</td>
<td>2:50pm-3:50pm</td>
<td>Jun 5-Jun 26</td>
<td>Alcantar</td>
<td>$24</td>
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</table>

Language

French – Intermediate
Join us to brush up on your French language skills and learn more about French culture through a variety of media.

<table>
<thead>
<tr>
<th>Class</th>
<th>Age</th>
<th>Days</th>
<th>Time</th>
<th>Location</th>
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<tbody>
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<td>12759</td>
<td>50yr+</td>
<td>Mon</td>
<td>10:00am-11:30am</td>
<td>Apr 1-Apr 29</td>
<td>Benjumea</td>
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<td>12760</td>
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<td>10:00am-11:30am</td>
<td>May 6-May 27</td>
<td>Benjumea</td>
<td>$24</td>
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</table>

German – Conversational
Learn to speak German for basic conversation or just to keep your mind sharp.

<table>
<thead>
<tr>
<th>Class</th>
<th>Age</th>
<th>Days</th>
<th>Time</th>
<th>Location</th>
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<td>12762</td>
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<tr>
<td>12763</td>
<td>50yr+</td>
<td>Mon</td>
<td>2:00pm-3:00pm</td>
<td>Apr 7-Jun 30</td>
<td>$15</td>
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</table>

Special Interest & Hobbies

Books and Conversation
Discuss books covering a wide variety of topics. Talk about points of interest and importance, thoughts and feelings.

<table>
<thead>
<tr>
<th>Class</th>
<th>Age</th>
<th>Days</th>
<th>Time</th>
<th>Location</th>
<th>Instructor</th>
<th>Fee</th>
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<tbody>
<tr>
<td>13</td>
<td>50yr+</td>
<td>Mon</td>
<td>10:30am-11:30am</td>
<td>Ongoing</td>
<td>Marquez</td>
<td>$2 drop-in</td>
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</table>

Conscious Living, Conscious Aging
A meaningful conversation exploring the issues and adventures of aging.

<table>
<thead>
<tr>
<th>Class</th>
<th>Age</th>
<th>Days</th>
<th>Time</th>
<th>Location</th>
<th>Instructor</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>50yr+</td>
<td>Mon</td>
<td>1:00pm-2:30pm</td>
<td>Ongoing</td>
<td>Foote</td>
<td>$23</td>
<td></td>
</tr>
</tbody>
</table>

Digital Photography – Beginning/Intermediate
Lecture and practical hands-on instruction to digital photography and help with your personal digital camera. Please bring camera instruction booklet or CD that came with camera.

<table>
<thead>
<tr>
<th>Class</th>
<th>Age</th>
<th>Days</th>
<th>Time</th>
<th>Location</th>
<th>Instructor</th>
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<td>Apr 7</td>
<td>Foote</td>
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<td>Mon</td>
<td>9:00am-12:00pm</td>
<td>May 5</td>
<td>Foote</td>
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<tr>
<td>12758</td>
<td>50yr+</td>
<td>Mon</td>
<td>9:00am-12:00pm</td>
<td>Jun 2</td>
<td>Foote</td>
<td>$23</td>
</tr>
</tbody>
</table>

See pages 56-58 for the Guide to Class Locations and Facilities.
Senior Satellite — Ashland
This free program for older adults provides an array of activities and speakers designed to promote health and well-being. Activities include: health and wellness speakers, themed bingo, exercises, hot topics and social service presentations. Registration is on-site.

- **Senior Scribes — Write to Exercise Your Brain**
  Write a memoir, fiction, short story or poetry and share this free program for older adults provides an array of works of literature. Prospective students must call the sure on how or where to start? This class covers the basics of how to begin your research to discover your family history.

**Shakespeare/Cultural Literacy**
View Shakespeare’s plays and related subjects on video. Read some scenes. Discuss the writing, the times and the themes.

- **Starting Your Genealogy Research**
  Do you have an interest in researching your past, but not sure on how or where to start? This class covers the basics of how to begin your research to discover your family history. $18

**Write to Read Reading Club**
Second language learners who can speak English and want to improve their listening, conversation, reading and communication skills can join the Reading Club. Practice your English and get acquainted with great works of literature. Prospective students must call the Write to Read Program at (510) 745-1480 to schedule an assessment and to register for a Reading Club. English language level must be low intermediate ESL or higher.

- **Sports**
  **Badminton**
  Badminton delivers fitness health and fun. Get an aerobic workout while socializing with friends.

**Bridge**
Come play drop-in bridge with other adults in a fun setting.

- **Duplicate at KASCC**
  50 yr +
  F
  10:30am-3:00pm
  KASCC
  Ongoing
  $3 drop-in

- **Party Style at KASCC**
  50 yr +
  M-T
  9:00am-12:00pm
  KASCC
  Ongoing
  $2 drop-in

- **Chess**
  50 yr +
  F
  12:30pm-4:00pm
  HASC
  Ongoing
  $2 drop-in

- **Hand and Foot (Canasta)**
  50 yr +
  W/F
  10:00am-3:30pm
  KASCC
  Ongoing
  $2 drop-in

- **Mahjong (Chinese Style)**
  Enjoy this popular game and exercise your brain.
  50 yr +
  T
  10:00am-4:00pm
  HASC
  Ongoing
  $2 drop-in

- **Pickleball**
  This exciting game is a combination of ping-pong, tennis and badminton and is played with a smaller racquet/paddle and a wiffle ball.
  18 yr +
  T/Th
  10:00am-1:00pm
  MTC
  Mar 17-Jun 4
  $3 drop-in

- **Pinocle**
  50 yr +
  T/F
  10:00am-3:55pm
  KASCC
  Ongoing
  $2 drop-in

- **Rummy**
  50 yr +
  Th
  12:00pm-3:55pm
  KASCC
  Ongoing
  $2 drop-in

- **Table Tennis**
  Table tennis delivers fitness health and fun. Get an aerobic workout while socializing with friends.
  50 yr +
  T/W
  F
  1:00am-3:55pm
  HASC
  $3 drop-in

  50 yr +
  Th
  12:30pm-3:55pm
  M
  KASCC
  $3 drop-in

  50 yr +
  T/F
  SLCC
  9:00am-12:00pm
  Mar 10-Jun 9
  $3 drop-in

See pages 56-58 for the Guide to Class Locations and Facilities.
Senior Social Tennis
These leagues are designed to allow community members like you to find hitting partners and competitive play without joining a competitive team. Women and men of all levels of play are welcome.

13571 55 yr + W/F 9:30am-11:30am Mar 25-May 29 20 classes BITC Savich $100
13572 55 yr + W 9:30am-11:30am Mar 25-May 27 10 classes BITC Savich $47
13570 55 yr + F 9:30am-11:30am Mar 27-May 29 10 classes BITC Savich $47

Social Services
Mercy Brown Bag
Mercy Retirement and Care Center distributes a bag of nutritional food to low-income seniors. Participants must pre-qualify.

60 yr + F (2nd & 4th) 8:30am-9:15am ongoing Register on site. HaSc FREE
60 yr + M (2nd & 4th) 8:00am-9:00am ongoing to register call (510) 534-8540, ext. 369. ACC FREE

Health Insurance and Counseling Advocacy Program (HI-CAP)
HI-CAP provides assistance with Medicare and other Health Insurance coverage concerns. Assistance is available at the Ashland Community Center on the 1st and 3rd Tuesday by appointment; Kenneth Aitken Senior Center on the 2nd and 4th Monday by appointment; and, Hayward Area Senior Center on the 1st & 3rd Tuesdays by appointment. Call the Center for assistance.

Spectrum Luncheon
Spectrum's Senior Nutrition Program is a healthy and convenient alternative to cooking and offers freshly prepared nutritious meals. The dining sites ease the burden of cooking and provide seniors with the opportunity to enjoy tasty food, meet new people and participate in a variety of activities. Reservations must be made at least 24 business hours in advance.

60 yr + M-W 12:00pm-12:45pm Mar 27-May 29 4 days per week HaSc FREE
60 yr + M-F 12:00pm-12:45pm May 20-June 30 4 days per week KASCC FREE

Out Standing Seniors
Out Standing Seniors is a confidential space for LGBTQ seniors 50+ to safely be yourself and share thoughts, feelings, resources and support one another.

50 yr + T 12:30pm-2:00pm ongoing HASC FREE

Older & Out
Therapeutic support groups for local LGBTQ Older Adult community.

50 yr + M 1:00pm-3:00pm ongoing HASC FREE

Trips and Tours
Day Trips
Local day trips are taken on a regular basis from the Hayward and Kenneth C. Aitken Senior Centers. Trip destinations include San Francisco, Monterey, local gardens, museums and more. Please contact the Senior Centers directly for more information or to sign up.

Extended Travel Opportunities
Tours offered in partnership with Premier World Travel. Come to a free, no pressure tour presentation on April 2, 2020 from 10:30am-12:15pm at the Hayward Area Senior Center, 22325 North Third Street in Hayward.

Canadian Rockies & Glacier National Park 7 days, departs July 15, 2020. Tour rates begin at $3,345.

Italy and Amalfi Coast 8 days, departs October 20, 2020. Tour rates begin at $2,999.

Iceland’s Magical Northern Lights Discovery 7 days, November 6-12, 2020. Tour rates begin at $2,999. This tour is sponsored by Collette Vacations.

Sedona Holiday 5 days, departs December 2, 2020. Tour rates begin at $1,795.

For more Trips and Tours information, call (510) 881-6768 or visit www.HaywardRec.org/seniors/travel
The Sorensdale Recreation Center is a facility and program of the Hayward Area Recreation and Park District. The primary purpose of the program is to provide opportunities for people with an intellectual disability (i.e., developmental disabilities) to achieve greater independence. Programming focuses on abilities rather than disabilities and on a positive sense of self-worth. Individuals are encouraged to make choices and to take more control over their lives. A variety of educational, recreational, life skills, and community skills are offered. Program activities include functional math and literacy, computer skills, vocational training, communication skills, personal health and wellness, gardening, arts and crafts, woodshop, performing arts and music. Life skills learned in the classroom are practiced in the community.

Criteria for program participants include Vendorization through the Regional Center of the East Bay (RCEB), being 22 years old or older or being between the ages of 18 and 22 and possessing a high school diploma, having the ability to independently feed oneself and to independently toilet oneself, and having no recent history of physical aggression. An interview and application process must be completed before entry into the program. Please call for more information if interested in attending program.

**Special Needs Program**

**Sorensdale Recreation Center**, Room 9
275 Goodwin Street, Hayward
Open Tuesdays and Fridays
10:00am-3:30pm
Find great bargains while helping reuse, reduce, recycle and support our local Special Needs Program.
We also accept donations Monday-Friday, 9:00am-3:00pm.
Call (510) 881-6778 for more information or directions.

**Black & White Ball**
Saturday, April 25 • 4:00pm-8:00pm
This event is a formal dinner and dance for local special needs youth and adults.
Call (510) 881-6778 for more information. A limited number of tickets available.
Tickets must be purchased in advance. Tickets $20.

**Summer Sock Hop**
Saturday, June 20 • 1:00pm-4:00pm
Enjoy an afternoon of fun, music, and dancing with friends.
DJ and light refreshments provided.
Tickets $6 when purchased in advance or $7 at the door.
Please see facility details on pages 56-58 of this guide and online at www.HaywardRec.org.
<table>
<thead>
<tr>
<th>Facility</th>
<th>Address</th>
<th>MARATHON NUMBER</th>
<th>FOOTBALL</th>
<th>FIELD HOCKEY</th>
<th>VOLLEYBALL</th>
<th>RUGBY</th>
<th>TRACK &amp; FIELD</th>
<th>FIELD BASEBALL</th>
<th>FIELD HOCKEY</th>
<th>VOLLEYBALL</th>
<th>OTHER REMARKS</th>
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<td>Adobe Park</td>
<td>20395 San Miguel, CV</td>
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<td></td>
<td>Art Studios/Gallery, Bocce Ball</td>
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<td>Alden E. Oliver Sports Park</td>
<td>2580 Eder Park Pl., Hay</td>
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<td>Harry R. Francis Skateboard Park</td>
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<td>Arroyo Swim Center</td>
<td>15701 Lorenzo, SLz</td>
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<td>Sports Complex</td>
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<td>Ashland Community Center</td>
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<td>Summer Swimming Only</td>
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<td>Bay Trees Tennis Park</td>
<td>19855 Cull Canyon, CV</td>
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<td>175 Fairway, Hay</td>
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<td>Santa Clara &amp; Winton, Hay</td>
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<td>Bohannon School</td>
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<td>Bret Harte School</td>
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<td>Amphitheater/Creek View</td>
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<td>Castro Valley Creek Park</td>
<td>3600 Norbridge, CV</td>
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<td>Castro Valley High School</td>
<td>19400 Santa Maria, CV</td>
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<td>Castro Valley Library</td>
<td>3600 Norbridge, CV</td>
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<td>353 “B” St., Hay</td>
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<td>Splash Park, Skate Area</td>
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<td>Canyon View Park</td>
<td>Farm Hill &amp; Daisy, Hay</td>
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<td>Carlos Bee Park</td>
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<td>Castro Valley Park</td>
<td>230 Grove</td>
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<td>Castro Valley Park Community Center</td>
<td>18988 Lake Chabot, CV</td>
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<td>Chanticleer’s Theatre, Splash Park</td>
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<tr>
<td>Castlerock Park</td>
<td>24000 Amador, Hay</td>
<td>14</td>
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<tr>
<td>Center for the Dance</td>
<td>20391 Anita, CV</td>
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<td>Cheryland Park</td>
<td>198 Grove</td>
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<td>Skate Area</td>
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<td>Children’s Park at Giuliano Plaza</td>
<td>1430 Mission Blvd. &amp; &quot;D&quot; St., Hay</td>
<td>16</td>
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<td>Christian Penke Park</td>
<td>Tahoe &amp; Morningside, Hay</td>
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<tr>
<td>College Heights Park</td>
<td>27020 Fielding, Hay</td>
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<td>Dance Co</td>
<td>1585 “B” St., Hay</td>
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<td></td>
<td>Dance/Fitness Studio</td>
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<tr>
<td>Dance Live Dream Ctr</td>
<td>20391 Anita Ave., CV</td>
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<td>Dance/Fitness Studio</td>
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<tr>
<td>Deerview Park</td>
<td>5700 Thousand Oaks, CV</td>
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<tr>
<td>Del Rey Park</td>
<td>Bockman &amp; Channel, SLz</td>
<td>20</td>
<td>*</td>
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<tr>
<td>Douglas Morrisson Theatre</td>
<td>22311 North Third St., Hay</td>
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<td>Earl Warren Park</td>
<td>4660 Crow Canyon, CV</td>
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Facility Directory

Parks, Playgrounds & Open Space
Sports Fields & Gymnasiums | Swimming Pools
Event Venues | Nature Facilities
Hiking Trails | Community Theater

Come out and play!
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<td>Stonybrook Park 2620 Woodland, Hay</td>
<td>80 * * * * * * * * Pro Shop, Restaurant, Driving Range</td>
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<td>81</td>
<td>Via Toledo Park SLZ</td>
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<td>82</td>
<td>WPTC Weekes Park Tennis Courts</td>
<td>82 * * * * * * * * * * * * * *</td>
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<tr>
<td>83</td>
<td>WPCC Weekes Park Community Center 27182 Patrick, Hay</td>
<td>83 * * * * * * * * * * * * * * Art Studio, Bouncers allowed</td>
<td></td>
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</table>

See the facilities map on pages 54 and 55!
Community Parks & Facilities
Community Parks and Facilities are available for private use for wedding receptions, parties, meetings, exhibits, socials, and other rentals. Priorities for use and fees are based upon the type of group, organization or individual requesting the reservation. A minimum of 30 days advance notice is required when requesting a rental. In addition to community centers, rentals are available for swim centers, barbeque picnic areas, Rowell Ranch Rodeo Grounds, and birthday party areas. Meek Estate West Terrace provides a beautiful venue for a small wedding or event in an historic setting. For all rental information please call the Recreation District Office at (510) 881-6700 or visit HaywardRec.org.

Picnic Site Reservations
The vast majority of our parks feature picnic sites which are available on a first come-first served basis (see pages 56-58). To better accommodate group picnic use we also will reserve sites at 13 of our parks. The parks are: Alden E. Oliver Sports Park of Hayward, Memorial Park (picnic site), Cannery Park, Mt. Eden Park, Carlos Bee Park, Rowell Ranch, Castro Valley Community Park, San Felipe Community Park, East Avenue Park, San Lorenzo Community Park, Kennedy Park, Weekes Community Park, and Meek Park. No bouncers allowed except at selected sites (see Bouncer information below). Fee charges vary according to area. Non-resident fees may be applicable. For reservation information please call the Recreation District Office at (510) 881-6700.

Picnic Rainout Policy:
In the case of heavy rain at the park and your picnic is rained out, please call the District Office, (510) 881-6700 within three business days after the date of the scheduled picnic to request a client credit or refund. You may reschedule your picnic reservation for another available date. Should you prefer a refund and the original payment was made by cash or check, a check will be issued by our Accounting Department within 2-3 weeks. If the original payment was made by credit card, a credit will be issued to the card. Sorry, no cash refunds.

Bouncers Permitted at Select Parks
Bouncers are allowed by permit at Palomares Hills Park in Castro Valley and Weekes Park in Hayward. Permittees will need to complete an application and provide the name and valid general liability insurance for the Commercial Bouncer Company. A Certificate of Insurance and Additional insured endorsement is required. Reserved picnic sites at these parks will include the following amenities: one BBQ pit, four tables, additional trash cans, and a signage holder for permits. Fee: $108 per day

Tennis Court Reservations
All tennis courts are available at no charge on a first come, first served basis unless reserved (see pages 56-58 for locations). Fees for tennis court reservations are $11 per hour per court for residents. Court reservations can be made by phone at (510) 881-6700 or online at www.HaywardRec.org/Facilities. A $2 fee will be charged for each change/cancellation.

Sports Field & Gym Rentals
Practices, Leagues and Tournaments – Groups interested in reserving an indoor gym for basketball or volleyball use, or an outdoor sports field for practices, leagues or tournament play, can contact the Adult Sports Office at (510) 317-2314 by email at park@HaywardRec.org or download a rental application at www.teamsideline.com/hayward for additional information. The District has a wide range of facilities capable of accommodating a variety of special sporting events, leagues and tournaments. The Field Rainout Line is (510) 888-0103.
Nature Centers

H.A.R.D. has two amazing nature centers where you can walk on the wild side and discover Bay Area wildlife: the Hayward Shoreline Interpretive Center and Sulphur Creek Nature Center. Both centers are free to the public and offer educational programs, fun activities, classes for all ages and distinctive special events.

Hayward Shoreline Interpretive Center
4901 Breakwater Avenue, Hayward  (510) 670-7270  shoreline@HaywardRec.org
Open Fridays, Saturdays and Sundays: 10:00am-5:00pm
Perched on stilts above a salt marsh, the Hayward Shoreline Interpretive Center is your introduction to the ecology of the San Francisco Bay-Estuary. The Interpretive Center features exhibits, programs and activities designed to inspire a sense of appreciation, respect and stewardship for the Bay, its inhabitants and the services they provide. After getting an overview of the park and its features, join a naturalist on one of the many weekend programs offered. Naturalists are on-hand during weekend hours to answer any of your wildlife questions! Come and see what’s new at the Hayward Shoreline Interpretive Center.

Sulphur Creek Nature Center
1801 “D” Street, Hayward  (510) 881-6747  nature@HaywardRec.org
Open Daily: 10:00am-5:00pm
Sulphur Creek Nature Center is a native wildlife rehabilitation and educational facility dedicated to bringing people and animals closer together. There are live animal displays throughout the park featuring local species, a Discovery Center, pet rental program, school and group educational programs, wildlife rehabilitation, special events, nature study classes, volunteer opportunities, and outreach activities. Be sure to visit the Discovery Center, 10:00am-4:30pm, and learn about Biodiversity while meeting wildlife that can live right in your own backyard! On the weekends, check in with the naturalist to find out if some of the center’s animals will be brought out for up close encounters. The park also provides picnic facilities, a nature trail, and a creek; so stop by and visit one of the best of “Hayward’s Hidden Gems.”

Birthday Parties at Hayward Shoreline Interpretive Center
The Hayward Shoreline Interpretive Center is a great place to have a birthday party, rain or shine! We have a large private indoor party room available and lots of activities to make your child’s birthday a true adventure. Your rental includes one hour of naturalist-led activities; choose from popular choices such as feeding our aquarium residents or dipnetting, or design your own activity. The party room is furnished with tables and chairs for an additional three hours, with plenty of counter space for food and gifts. A $50 Green Deposit is required with payment. Upon proper sorting of party waste, the full deposit will be returned to you. For more details, call (510) 670-7270.
Fee: $240 Residents/$300 Non-Residents

Wild Things Birthday Parties at Sulphur Creek
Sulphur Creek Nature Center is a great place for a birthday party. The party includes a customized one-hour presentation designed to suit your needs. Choose from a variety of activities, including a presentation of live animals, puppet shows, crafts, and a nature walk. A room or picnic site will be reserved for an additional two hours for you to serve refreshments and do your own activities. Or, looking for an alternative way to celebrate? Sponsor a school program. Call Christine at (510) 881-6747 for details. Reservations are recommended at least eight weeks in advance.
Fee: $235 Residents/$295 Non-Residents

Birthday Bash at the Hayward Plunge
During our Public Swim Hours (1:30pm-3:30pm) on Saturdays at the Hayward Plunge, you can have a party at the pool! We’ll provide lifeguards, the tables and chairs, and of course the pool. Parties are for children ages 8 years and older. The Hayward Plunge is also available for private rentals. For more information, please inquire at the pool or call (510) 881-6703.
Douglas Morrisson Theatre

22311 N. Third Street, Hayward
(510) 881-6777

In continuous operation since 1979, the Douglas Morrisson Theatre offers year-round entertainment for the entire family through a season of plays, musicals, and choral concerts. We also offer numerous opportunities to get involved with your local theater as a performer or part of a production crew.

For season calendars, schedules, directions, sneak peeks backstage, volunteer opportunities, and more, please visit www.dmtonline.org.

Order Tickets online at www.dmtonline.org or by phone at (510) 881-6777.

Special discounts available for groups of 10 or more! For information about group sales, please call the theatre box office at (510) 881-6777.

Order Tickets online at www.dmtonline.org or by phone at (510) 881-6777.

Special discounts available for groups of 10 or more! For information about group sales, please call the theatre box office at (510) 881-6777.

The Morrisson Theatre Chorus under the direction of Cesar Cancino

presents

A Concert of American Music

March 27 and 28 at 8:00pm
March 29 at 2:00pm

Ticket Prices for the 2020 Season

<table>
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<tr>
<th></th>
<th>Previews</th>
<th>Theater Shows</th>
<th>Chorus Concerts</th>
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<tr>
<td>Adult</td>
<td>$10</td>
<td>$29/$26</td>
<td>$18</td>
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<tr>
<td>Adult under 30/over 60/H.A.R.D. Res.</td>
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<td>$25/$22</td>
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<td>Youth/Student with ID</td>
<td>$10</td>
<td>$15</td>
<td>$12</td>
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</table>
Golf Course Policies

- All players are expected to keep up with the group in front of them. Our golf course Marshals will enforce our Pace of Play Policy with all groups.
- No children under 6 years of age allowed on golf course unless they are players.
- No ice chests allowed.
- Only non-metal spikes are allowed.
- Shirt and shoes required.

Tee Time Reservation Book online!
Skywest Golf Course: www.skywestgc.com
Mission Hills of Hayward: www.missionhillsgc.com
Please call the golf course to book your tee time.

Golf Tournaments Please call the golf course to inquire about tournaments.

Family Golf Course Family Forward Tees is a course within a course scaled setup to help young golfers and beginners have more fun, and score lower.

Golf Instructional Staff Head Golf Professionals, James Calceta and Darin Lee, have a combined 30+ years’ experience in golf instruction and operations. Certified Club Fitter for all major golf club manufacturers (Titleist, Cobra, Mizuno, Callaway, Ping, Cleveland). Our Mission is to increase the skill level of our students for their enjoyment of the game of golf. Our programs include instruction on the golf swing, short game, club fitting, course management, practice techniques, rules and etiquette. We work with each student to help design a personal improvement program based on the individual’s goals.

Come Visit the Finest Driving Range in the Bay Area!
Mission Hills of Hayward Driving Range
(510) 881-6730
Double Deck 50-Stall Driving Range  Golf Lessons
Driving Range Fees  Range Cards
Small  $7  40 balls  $50 ($60 value)
Medium  $12  100 balls  $100 ($125 value)
Large  $14  150 balls
Jumbo  $20  230 balls

NEW! 10 Hitting Bays of Top Tracer Virtual Golf!
Top Tracer Fees
$10 per hour (range balls sold separately)

For more golf course information, monthly specials, and discount Tee Time rates, please visit our website.
<table>
<thead>
<tr>
<th>General Information</th>
<th>Phone</th>
<th>Email/Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>Customer Service</td>
<td>(510) 881-6700</td>
<td><a href="mailto:info@HaywardRec.org">info@HaywardRec.org</a></td>
</tr>
<tr>
<td>Parks Department</td>
<td>(510) 881-6715</td>
<td><a href="mailto:parkdept@HaywardRec.org">parkdept@HaywardRec.org</a></td>
</tr>
<tr>
<td>Park Rangers</td>
<td>(510) 881-6700</td>
<td><a href="mailto:ParkRangers@HaywardRec.org">ParkRangers@HaywardRec.org</a></td>
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<tr>
<th>Program Information</th>
<th>Phone</th>
<th>Email/Website</th>
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<tbody>
<tr>
<td>Aquatics/Swimming</td>
<td>(510) 881-6703</td>
<td><a href="mailto:geoc@HaywardRec.org">geoc@HaywardRec.org</a></td>
</tr>
<tr>
<td>Art Programs</td>
<td>(510) 881-6700</td>
<td><a href="mailto:AdobeArtGallery@HaywardRec.org">AdobeArtGallery@HaywardRec.org</a></td>
</tr>
<tr>
<td>Ashland Community Center</td>
<td>(510) 881-6700</td>
<td></td>
</tr>
<tr>
<td>Douglas Morrison Theatre</td>
<td>(510) 881-6777</td>
<td><a href="http://www.dmtonline.org">www.dmtonline.org</a></td>
</tr>
<tr>
<td>East Avenue Camps</td>
<td>(510) 887-0400</td>
<td><a href="mailto:EastAveCamps@HaywardRec.org">EastAveCamps@HaywardRec.org</a></td>
</tr>
<tr>
<td>Facility Rentals</td>
<td>(510) 881-6700</td>
<td><a href="mailto:facilityrentals@HaywardRec.org">facilityrentals@HaywardRec.org</a></td>
</tr>
<tr>
<td>Golf</td>
<td>(510) 888-0200</td>
<td><a href="mailto:lead@HaywardRec.org">lead@HaywardRec.org</a></td>
</tr>
<tr>
<td>Gymnastics</td>
<td>(510) 317-2316</td>
<td><a href="mailto:calji@HaywardRec.org">calji@HaywardRec.org</a></td>
</tr>
<tr>
<td>Matt Jimenez Community Center</td>
<td>(510) 887-0400</td>
<td><a href="mailto:mjcc@HaywardRec.org">mjcc@HaywardRec.org</a></td>
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<tr>
<td>Nature Programs</td>
<td>(510) 670-7270</td>
<td><a href="mailto:shoreline@HaywardRec.org">shoreline@HaywardRec.org</a></td>
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<tr>
<td>Photography</td>
<td>(510) 881-6721</td>
<td><a href="mailto:photocentral@HaywardRec.org">photocentral@HaywardRec.org</a></td>
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<tr>
<td>Pre-K</td>
<td>(510) 881-6700</td>
<td><a href="mailto:preschool@HaywardRec.org">preschool@HaywardRec.org</a></td>
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<tr>
<td>Rec Innovation</td>
<td>(510) 887-0400</td>
<td><a href="mailto:RecInnovation@HaywardRec.org">RecInnovation@HaywardRec.org</a></td>
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<tr>
<td>Senior Centers</td>
<td>(510) 881-6766</td>
<td><a href="mailto:seniors@HaywardRec.org">seniors@HaywardRec.org</a></td>
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<tr>
<td>Special Needs</td>
<td>(510) 881-6787</td>
<td><a href="mailto:sors@HaywardRec.org">sors@HaywardRec.org</a></td>
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<tr>
<td>Special Events</td>
<td>(510) 881-6766</td>
<td><a href="mailto:mart@HaywardRec.org">mart@HaywardRec.org</a></td>
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<tr>
<td>Sports - Youth and Adults</td>
<td>(510) 881-7642</td>
<td><a href="mailto:adultsports@HaywardRec.org">adultsports@HaywardRec.org</a></td>
</tr>
<tr>
<td>Volunteer Hayward</td>
<td>(510) 670-7280</td>
<td><a href="mailto:ebaz@HaywardRec.org">ebaz@HaywardRec.org</a></td>
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<tr>
<th>Recreation Coordinators</th>
<th>Phone</th>
<th>Email/Website</th>
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<tbody>
<tr>
<td>James Calceta</td>
<td>(510) 317-2322</td>
<td><a href="mailto:calji@HaywardRec.org">calji@HaywardRec.org</a></td>
</tr>
<tr>
<td>Adrienne De Ponte</td>
<td>(510) 670-7270</td>
<td><a href="mailto:depa@HaywardRec.org">depa@HaywardRec.org</a></td>
</tr>
<tr>
<td>Zachary Ehabi</td>
<td>(510) 670-7280</td>
<td><a href="mailto:ebaz@HaywardRec.org">ebaz@HaywardRec.org</a></td>
</tr>
<tr>
<td>Darin Lee</td>
<td>(510) 888-0207</td>
<td><a href="mailto:lead@HaywardRec.org">lead@HaywardRec.org</a></td>
</tr>
<tr>
<td>Shelly Luchini</td>
<td>(510) 881-6778</td>
<td><a href="mailto:lucs@HaywardRec.org">lucs@HaywardRec.org</a></td>
</tr>
<tr>
<td>Michael Maine</td>
<td>(510) 888-0211</td>
<td><a href="mailto:main@HaywardRec.org">main@HaywardRec.org</a></td>
</tr>
<tr>
<td>Tera Maroney</td>
<td>(510) 881-6766</td>
<td><a href="mailto:mart@HaywardRec.org">mart@HaywardRec.org</a></td>
</tr>
<tr>
<td>Terry Sullivan</td>
<td>(510) 888-5750</td>
<td><a href="mailto:sult@HaywardRec.org">sult@HaywardRec.org</a></td>
</tr>
<tr>
<td>Jen Tibbetts</td>
<td>(510) 881-6742</td>
<td><a href="mailto:tibj@HaywardRec.org">tibj@HaywardRec.org</a></td>
</tr>
<tr>
<td>Wendy Winsted</td>
<td>(510) 881-6747</td>
<td><a href="mailto:winw@HaywardRec.org">winw@HaywardRec.org</a></td>
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<tr>
<th>Supervisors</th>
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<tbody>
<tr>
<td>Cody George</td>
<td>(510) 888-0123</td>
<td><a href="mailto:geoc@HaywardRec.org">geoc@HaywardRec.org</a></td>
</tr>
<tr>
<td>Deborah Hernandez</td>
<td>(510) 881-6755</td>
<td><a href="mailto:herdi@HaywardRec.org">herdi@HaywardRec.org</a></td>
</tr>
<tr>
<td>Daniela Keiffer</td>
<td>(510) 881-6768</td>
<td><a href="mailto:keidi@HaywardRec.org">keidi@HaywardRec.org</a></td>
</tr>
<tr>
<td>Noel Munivez</td>
<td>(510) 317-2303</td>
<td><a href="mailto:munni@HaywardRec.org">munni@HaywardRec.org</a></td>
</tr>
<tr>
<td>Mary Jo Price</td>
<td>(510) 881-6733</td>
<td><a href="mailto:prim@HaywardRec.org">prim@HaywardRec.org</a></td>
</tr>
<tr>
<td>Nicole Espinoza Roa</td>
<td>(510) 881-6723</td>
<td><a href="mailto:roani@HaywardRec.org">roani@HaywardRec.org</a></td>
</tr>
<tr>
<td>Lori Ryan</td>
<td>(510) 881-6705</td>
<td><a href="mailto:odk@HaywardRec.org">odk@HaywardRec.org</a></td>
</tr>
<tr>
<td>Vicente Zuniga</td>
<td>(510) 887-0400</td>
<td><a href="mailto:zunvi@HaywardRec.org">zunvi@HaywardRec.org</a></td>
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<tr>
<th>Director of Recreation, Arts and Community Service</th>
<th>Phone</th>
<th>Email/Website</th>
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</thead>
<tbody>
<tr>
<td>James Wheeler</td>
<td>(510) 881-6700</td>
<td><a href="mailto:whej@HaywardRec.org">whej@HaywardRec.org</a></td>
</tr>
</tbody>
</table>
**Registration Policies**

**Registration Guidelines**
Correctly completed registrations will have priority. Registration with unsigned Liability Agreement will not be processed until signed. Class spaces will not be held. Only one form is needed for each household. Registrants from separate households wishing to register for the same class should mail separate registration forms in the same envelope.

Please, no mail-in or District Office walk-in registration for swim classes. For Aquatics registration and program information, see page 8.

**Register early . . . classes fill quickly!**

**Online-Mail-In Resident Registration Processing Begins February 12 at 6:01am**

Resident mail-in or fax registration forms received prior to February 12 will be held by the registration staff. On February 12 at 8:30am, random processing of these forms will begin and will continue until all classes have been filled. Forms received after this date will be processed in the order received. Make checks payable to H.A.R.D. Read, sign and date the Liability Agreement. Fill in the name of any applicants under the age of 18 on the line provided in the text of the agreement. Mail your completed Registration Form and Liability Release, fees and a self-addressed stamped envelope to: H.A.R.D. Registration, 1099 E Street, Hayward, CA 94541.

**Fax Resident Registration Processing Begins February 19**

The Registration Form on page 66 may be faxed to (510) 881-6763. Please remember to check Visa, MasterCard or American Express and include the number and expiration date and sign the form. Visa, MasterCard and American Express are the only methods of payment accepted by fax. To confirm that we have received your fax call (510) 881-6700 immediately after faxing. Please do not mail after faxing.

**Walk-In and Non-Resident Registration Processing Begins February 19**

Walk-in and non-resident registration begins on February 19. For walk-in registration locations, look for specific registration information with your class information in this brochure or call the District Office at (510) 881-6700. Check for specific locations in the class information of this brochure or drop registration off at the Hayward Area Recreation and Park District Office, 1099 E Street, Hayward. Non-resident mail-in or fax registration forms received prior to February 19 will be held by the registration staff. On February 19 random processing of these forms will begin on a space available basis. Non-resident fee is $10 in addition to resident fees and applies to each class for which you register.

**Scholarships**

Some partial scholarships may be available based on need and funds available. Please call (510) 881-6700 or visit info@HaywardRec.org. These scholarships are made possible by generous funding from the H.A.R.D. Foundation.

**Spring 2020 District Holidays**

**Class Fee Policy**
Class fees will not be pro-rated for participants joining after the first class. There is a Senior Discount for Residents that are 60 years and older. In order to receive the 25% discount for classes (excluding Senior Programs, Golf Programs, Adult Tennis Leagues, and Chorus), registration must be done in person at the District Office.

**Email Address Updates**
Please be sure to call (510) 881-6700 to confirm that your email address on record with H.A.R.D. is current.

**Some Common Registration Questions . . .**

**Did I get my class?** If you sent your self-addressed stamped envelope, a copy of your registration confirmation will be returned. Bring it to your first class. If you have not received confirmation by February 19, please call (510) 881-6700. No places will be held by telephone. No confirmation will be returned without your self-addressed stamped envelope.

**Can I visit my child's class?** Attendance is limited to registered participants only. The Recreation District has no personnel available to supervise children before or after scheduled classes. Sorry, no parents in children's classes either.

**What about full or cancelled classes?** The District sets minimum and maximum numbers of participants for classes. We will take a waiting list for any class and will attempt to schedule a new class when a sufficient number has signed up. Classes will be cancelled if the minimum registrations are not received. It is helpful to include a second choice if possible.

**Are there any age limits?** Where “Age Level” is indicated, your child must be that age on the starting day of the program unless otherwise noted.

**Cancellation Policies**

**Program Cancellation and Refund Policy**
Full refunds will be issued for any class or program cancelled by H.A.R.D.

Program refunds of $100 or more will be automatically made as refunds, not credits and returned in the form of the original payment. Customers can opt for a credit for program withdrawal or cancellation for amounts less than $100. However, this credit will be kept on your ACTIVE account through the end of the calendar year only. If not used, a refund of that credit amount will be issued.

Cash payments are refunded by District check and can take up to 30 days. Refund checks will be made to the primary account contact and will be mailed to the home address on file. Please be sure your account information is up to date.

**Processing Fees:** All transfers and withdrawals will incur a processing fee of $5 for each activity/class that you withdraw or transfer from.

(continued on next page)
7 Days/1 Week Prior Notice to District: For a full refund, (minus the $5 processing fee), you must notify the District online, in person or over the phone at least 7 calendar days (one week) before the program begins or the registration deadline. For example, for activities and programs that start on a Monday, you must notify us by 5:00pm the Monday prior. The last day to withdraw from a Saturday or Sunday program is the prior Monday.

Less than 7 Days Notice or After the Program Begins: Refund requests made less than 7 days notice or after the program begins are not guaranteed. Each case will be reviewed on an individual basis. If approved, the refund will incur a 50% processing fee or be prorated based on the number of classes attended or that have passed. Failure to attend a program (no shows) will not be granted a refund. Refunds will not be issued for requests received after the program is finished.

Facility Rental Cancellation and Refund Policy

Buildings, picnic areas, theater, fields, gyms: Any changes to the rental contract/permit regarding date, location or cancellation are subject to a forfeiture of the $50 non-refundable deposit and must be made before twenty one (21) calendar days prior to the event. The original permit must be returned to obtain a revised permit. Refunds are not issued for unused hours.

For field rentals in the case of rainy, wet or muddy conditions, a refund will be issued if the District is notified in writing within 72 hours after the scheduled date of use or if the District closes fields due to weather. Any cancellation and/or changes must be submitted in writing by the applicant a minimum of thirty (30) calendar days prior to the permit date.

Cancellation fewer than thirty (30) calendar days before scheduled permit date will include forfeiture of the equivalent to 50% of the rental fees owed and/or collected to date. If fees have already been paid, the forfeiture will come out of the fees. If the fees have not been paid as of the cancellation, the forfeiture will come out of the deposit.

Refundable security and/or cleaning deposits will be refunded based on the following conditions: request to cancel falls within the allowed period; facility is left in the condition it was found, no damage done to the facility based on rental usage; garbage and recycling are stowed in the proper containers or removed; equipment and materials removed; renters abide by the facility rules and regulations and the ordinances governing H.A.R.D. Occasionally, the District may find it necessary to reschedule, relocate or cancel a previously approved permit. In that event, the District will give as much notice as possible. In the event of a cancellation, the entire permit fee (including all deposits) will be refunded.

Access for All

Our District wants to ensure that individuals with disabilities or special needs are encouraged to register and participate. If you have specific access needs in order to participate in a program, please call (510) 881-6700. The Park District is committed to providing program access in terms of modifications to policies and procedures, accessible locations, and effective communication for program participants unless they constitute a fundamental alteration or an undue financial and administrative burden. Please visit HaywardRec.org/AccessforAll for additional information. Please note that a two-week notice (10 business days) and a completed “Access for All” request form is required.

How to Register Online

Online Registration opens February 12 at 6:01am.

To register online, you must use the Active Network registration website.

Go online to HaywardRec.org/OnlineRegistration. This will take you to the Active Network Registration website.

Step 1 Create an Account

If you have not yet created an account, go online to the Active Network registration website at HaywardRec.org/OnlineRegistration for direct access and to create an account.

Step 2 Login

After online registration opens, visit the Active Network registration website at HaywardRec.org/OnlineRegistration. Use your email address and password to login to your account to register, add family members, or make any changes to your account.

Step 3 Register!

Register all your participants in their desired classes and activities.
MAIN ACCOUNT CONTACT INFORMATION (Participant, or if Participant is under 18, Participant’s parent or guardian)

FIRST NAME ___________________________  LAST NAME ___________________________  BIRTHDATE ________

GENDER M F

STREET ADDRESS ___________________________  APARTMENT # __________  CITY ___________________________  ZIP __________

PRIMARY PHONE ___________________________  SECONDARY PHONE ___________________________  TEXT ALERT PHONE ___________________________  EMAIL ___________________________

EMERGENCY CONTACT #1 / RELATIONSHIP ___________________________  PHONE ___________________________

EMERGENCY CONTACT #2 / RELATIONSHIP ___________________________  PHONE ___________________________

FIRST CHOICE

Activity Name ___________________________  Activity Number ___________________________

SECOND CHOICE

Activity Name ___________________________  Activity Number ___________________________

FEES $____

PAYMENT METHOD: □ Cash □ Check □ MasterCard □ American Express □ Visa □ Debit □ Gift Card □ Other

Card Number ___________________________

3-Digit Security Code ___________________________

Credit Card Expiration Date ___________________________

IMPORTANT NOTE: Registration will not be processed unless ALL of the information is completely filled out and the liability agreement (below) has been signed.

LIABILITY AGREEMENT, WAIVER, AND RELEASE

I have carefully read description of class(es) for which I/we are registering and in consideration for being permitted by the Hayward Area Recreation and Park District to participate in the above activity [described in this brochure], I hereby waive, release and discharge any and all claims for damages for personal injury, death, or property damage which I may have, or which may hereafter accrue to me, as a result of participation in said activity. This release is intended to discharge in advance the Hayward Area Recreation and Park District (its officers, employees, and agents) from any and all liability arising out of or connected in any way with my participation in said activity, even though that liability may arise out of negligence or carelessness on the part of the persons or entities mentioned above. It is understood that this activity involves an element of risk and danger of accidents and knowing those risks I hereby assume those risks. It is further agreed that this waiver, release and assumption of risk is to be binding on my heirs and assigns. I agree to indemnify and to hold the above persons or entities free and harmless from any loss, liability, damage, cost, or expense which they may incur as the result of my death or injury or property damage that I may sustain while participating in said activity.

PARENTAL CONSENT: (To be completed and signed by parent/guardian if applicant is under 18 years of age.)

I hereby consent that my son/daughter, ___________________________, participate in the [above] activity [described in this brochure], and I hereby execute the above Agreement, Waiver, and Release on his/her behalf. I state that said minor is physically able to participate in said activity. I hereby agree to indemnify and hold the persons and entities mentioned above free and harmless from any loss, liability, damage, cost, or expense which they may incur as a result of the death or injury or property damage that said minor may sustain while participating in said activity.

E-MARKETING SIGN-UP AND PHOTO RELEASE: I understand that by providing my email address I am giving the District permission to sign me up for e-news alerts including District related Constant Contact, Facebook, and District and program alerts. I understand I may unsubscribe at any time. I understand my email address will not be sold. By signing this registration form, I hereby authorize the District to use photographs and/or video of the above named participants for the purpose of District Marketing including print, email marketing, and web based content.

I HAVE CAREFULLY READ THIS AGREEMENT, WAIVER AND RELEASE AND FULLY UNDERSTAND ITS CONTENTS.

I AM AWARE THAT THIS IS A RELEASE OF LIABILITY AND A CONTRACT BETWEEN MYSELF AND THE HAYWARD AREA RECREATION AND PARK DISTRICT AND I SIGN IT OF MY FREE WILL.

Signature ___________________________  □ Parent  □ Guardian  □ Participant  Date ___________________________

HAYWARD AREA RECREATION AND PARK DISTRICT
REGISTRATION FORM

Make check payable to: H.A.R.D.

Mail to: 1099 “E” Street, Hayward, CA 94541
Fax to: (510) 881-6763

HaywardRec.org

PLEASE NOTE: Our registration software system will charge a non-refundable $2 per transaction fee for online registration.

$___

Additional $10 per class Non-Resident Fee, if applicable

TOTAL FEES $____
Looking for part-time staff in areas of sports, lifeguards, facility rentals, day camps, tennis, afterschool programs, nature, rangers, theater, and more!

Join Our HARD Team!
from minimum wage to $21.88 per hour

For additional information call (510) 881-6700.
Equal Opportunity Employer.

Follow us!

HaywardRec.org

Search @HaywardRec for our sites and follow us on social media.

- Hayward Area Senior Center
- Aquatics (H.A.R.D. Aquatics)
- Sulphur Creek Nature Center
- Douglas Morrison Theatre
- Hayward Shoreline Interpretive Center
- Kenneth C. Aitken Senior & Community Center

Keep Hayward Clean and Green Task Force will host two neighborhood cleanups in Hayward this Spring!
March 28, 2020 • St. Joachim Catholic Church
April 25, 2020 • Citywide Cleanup • Weekes Park
75th Annual Egg Hunt & Bonnet Parade!
Saturday, April 11, 9:00am

New Location:
Alden E. Oliver Sports Park • 2580 Eden Park Place, Hayward

The Hayward Area Recreation and Park District’s will be hosting the 75th Annual Egg Hunt and Bonnet Parade. Bonnet Parade Registration will begin promptly at 9:00am. The Bonnet Parade, led by the Bunny, will begin at 9:30am. Bonnet Parade participants must be 6 years and under and all bonnets must be homemade and be worn by the participants during the parade to qualify. Participants will have their homemade bonnets judged in the following categories: the prettiest, most unusual, and most colorful. The egg hunt will immediately follow the Bonnet Parade. There are four egg hunt age categories: Ages 1-2-years, Ages 3-4 years, Ages 5-6-years, and Ages 7-9-years. The event will take place rain or shine.