Inside are Programs for All Ages

Classes are either virtual or in person and include:

ART
DANCE
FITNESS
MARTIAL ARTS
NATURE
SPECIAL INTEREST
SPORTS
SENIORS
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Foundation News

The H.A.R.D. Board of Directors and staff wish to thank Pam Russo for her six years of outstanding service as the executive director of the H.A.R.D. Foundation. Pam retired in August and leaves the Foundation in great shape resulting from her guidance. The Foundation is the non-profit arm of H.A.R.D. that supports programs and activities to benefit the residents in the District including scholarships for youth, support to Sorensdale and programs for seniors and Sulphur Creek, amongst other H.A.R.D. programs. Since 2014 she was able to triple the revenue from the annual golf tournament; helped to spearhead the successful 2016 $250 million bond measure F1; and was instrumental with securing funding for Mia’s Dream Come True playground – an all-abilities playground set to open in the future. A big THANK YOU to the entire Foundation Board who continue to provide generously to our residents, and a special THANK YOU to Pam for her many contributions. All the best in the future, Pam!

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.

Construction Completed:
- East Avenue Park Renovations

Construction Continues on:
- Kennedy Park and Via Toledo Park – To Be Completed This Fall
- Upgrading the District-Wide Irrigation System to a Centrally Controlled System to Conserve Water

Construction to Begin Soon:
- Tennis Court Renovations at Castro Valley Community Park and Southgate Park
- Hayward Area Senior Center Renovations - Begin this Fall

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
PreK

Art

Monsters, Creatures and Creeps!
Laugh-out-loud funny! Mind-bendingly-creepy! Eerie-but-exciting! These are just some of the words that best describe our Monsters, Creatures and Creeps lessons. If your child is a fan of creepy, crawly monsters, these lessons are a perfect fit. Students will learn to draw and cartoon a variety of characters. They will learn to draw monsters of all shapes, sizes and colors. There are big monsters…and little monsters…and furry monsters and scaly monsters! If we can imagine a monster, we’ll draw it! They will learn how to draw amazing cartoon characters with humorous expressions and animated poses. Be a part of something fun and special. Enroll your budding artist today!
15034 4-6 years W 4:00pm-5:00pm Sep 9-Oct 28
8 classes Virtual Class Young Rembrandts $120

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 observational 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. No class 11/11.
15035 4-6 years W 4:00pm-5:00pm Nov 4-Dec 16
6 classes Virtual Class Young Rembrandts $90

Dance & Music

Advanced Beginner Tap & Ballet – Virtual
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. Ballet- Learn fundamental ballet foot and arm positions, coordination, musicality, rhythm and discipline. Please wear leotards, tights, and ballet slippers. Ballet slippers or jazz shoes are required.
15169 4-6 years Th 3:00pm-3:45pm Sep 10-Oct 29
8 classes Virtual Class CVPA Staff $84
15179 4-6 years F 5:30pm-6:15pm Sep 11-Oct 30
8 classes Virtual Class CVPA Staff $84
15181 4-6 years Sa 9:45am-10:30am Sep 12-Nov 7
8 classes Virtual Class CVPA Staff $84
15152 4-6 years M 3:00pm-3:45pm Sep 14-Nov 2
8 classes Virtual Class CVPA Staff $84
15159 4-6 years T 4:30pm-5:15pm Sep 15-Nov 3
8 classes Virtual Class CVPA Staff $84

Boogie with Your Baby – Virtual
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. 1 parent per child; parent participation required.
15149 9m-2 ½ years M 9:45am-10:30am Oct 5-Nov 23
8 classes Virtual Class CVPA Staff $84
15150 9m-2 ½ years M 10:30am-11:15am Oct 5-Nov 23
8 classes Virtual Class CVPA Staff $84
## Preschool

### Dance & Music

#### Dance Like a Pop Star – Virtual
Have you ever wished that you could dance like a hip hop or pop star? Have you always wanted to learn moves like the Moonwalk? The moves of many iconic music stars have become part of the hip hop dance world. If you’re interested in learning the best pop moves, step by step, then register for this program. No class 9/7 and 11/23.

<table>
<thead>
<tr>
<th>Program Code</th>
<th>Age Range</th>
<th>Days</th>
<th>Time</th>
<th>Instructor</th>
<th>Cost</th>
<th>Registration Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>15185</td>
<td>3-5 years</td>
<td>M</td>
<td>11:00am-11:45am</td>
<td>DLDC Staff</td>
<td>$108</td>
<td>Aug 31-Oct 26</td>
</tr>
<tr>
<td>15186</td>
<td>3-5 years</td>
<td>M</td>
<td>11:00am-11:45am</td>
<td>DLDC Staff</td>
<td>$82</td>
<td>Nov 2-Dec 14</td>
</tr>
</tbody>
</table>

#### Frozen-themed Ballet Princess – Virtual
It’s a Frozen-themed ballet lesson with creative dance to all your princess favorites. This class is perfect for kids who dream of being Elsa, Anna, or even Olaf. Each little darling will be welcome to dress up as their favorite princess character and ballet slippers. Let your child’s imagination soar. Please wear ballet shoes and bring a water bottle. No class 11/29.

<table>
<thead>
<tr>
<th>Program Code</th>
<th>Age Range</th>
<th>Days</th>
<th>Time</th>
<th>Instructor</th>
<th>Cost</th>
<th>Registration Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>15215</td>
<td>3-5 years</td>
<td>S</td>
<td>10:15am-11:00am</td>
<td>DLDC Staff</td>
<td>$95</td>
<td>Sep 13-Oct 25</td>
</tr>
<tr>
<td>15216</td>
<td>3-5 years</td>
<td>S</td>
<td>10:15am-11:00am</td>
<td>DLDC Staff</td>
<td>$82</td>
<td>Nov 1-Dec 13</td>
</tr>
</tbody>
</table>

#### Hip Hop - Preschool – Virtual
Beginning hip hop moves taught to upbeat and popular music. Your dancer will gain rhythm and have fun. All music and movement are age appropriate. Please wear comfortable street shoes, preferably athletic shoes.

<table>
<thead>
<tr>
<th>Program Code</th>
<th>Age Range</th>
<th>Days</th>
<th>Time</th>
<th>Instructor</th>
<th>Cost</th>
<th>Registration Dates</th>
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</thead>
<tbody>
<tr>
<td>15154</td>
<td>5-7 years</td>
<td>M</td>
<td>5:15pm-6:00pm</td>
<td>CVPA Staff</td>
<td>$84</td>
<td>Sep 28-Nov 16</td>
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<tr>
<td>15171</td>
<td>4-7 years</td>
<td>Th</td>
<td>5:00pm-5:45pm</td>
<td>CVPA Staff</td>
<td>$84</td>
<td>Oct 1-Nov 19</td>
</tr>
<tr>
<td>15153</td>
<td>4-6 years</td>
<td>M</td>
<td>4:00pm-5:00pm</td>
<td>CVPA Staff</td>
<td>$104</td>
<td>Oct 12-Dec 14</td>
</tr>
</tbody>
</table>
## Preschool

### Dance & Music

#### Intro to Dance – Virtual

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. Shoes are 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 10/31.

##### Tap & Ballet – Virtual

<table>
<thead>
<tr>
<th>Code</th>
<th>Age Range</th>
<th>Type</th>
<th>Days</th>
<th>Time</th>
<th>Instructor</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>15156</td>
<td>3-5 years</td>
<td>Virtual Class</td>
<td>T</td>
<td>10:30am-11:15am</td>
<td>CVPA Staff</td>
<td>$84</td>
</tr>
<tr>
<td>15158</td>
<td>3-5 years</td>
<td>Virtual Class</td>
<td>T</td>
<td>3:00pm-3:45pm</td>
<td>CVPA Staff</td>
<td>$84</td>
</tr>
<tr>
<td>15174</td>
<td>3-5 years</td>
<td>Virtual Class</td>
<td>F</td>
<td>10:30am-11:15am</td>
<td>CVPA Staff</td>
<td>$84</td>
</tr>
<tr>
<td>15176</td>
<td>3-5 years</td>
<td>Virtual Class</td>
<td>F</td>
<td>3:00pm-3:45pm</td>
<td>CVPA Staff</td>
<td>$84</td>
</tr>
<tr>
<td>15180</td>
<td>3-5 years</td>
<td>Virtual Class</td>
<td>Sa</td>
<td>9:00am-9:45am</td>
<td>CVPA Staff</td>
<td>$84</td>
</tr>
<tr>
<td>15167</td>
<td>3-5 years</td>
<td>Virtual Class</td>
<td>Th</td>
<td>10:00am-10:45am</td>
<td>CVPA Staff</td>
<td>$84</td>
</tr>
</tbody>
</table>

##### Tap & Hip Hop – Virtual

<table>
<thead>
<tr>
<th>Code</th>
<th>Age Range</th>
<th>Type</th>
<th>Days</th>
<th>Time</th>
<th>Instructor</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>15182</td>
<td>3-5 years</td>
<td>Virtual Class</td>
<td>Sa</td>
<td>10:30am-11:15am</td>
<td>CVPA Staff</td>
<td>$84</td>
</tr>
</tbody>
</table>

##### Tap & Jazz – Virtual

<table>
<thead>
<tr>
<th>Code</th>
<th>Age Range</th>
<th>Type</th>
<th>Days</th>
<th>Time</th>
<th>Instructor</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>15164</td>
<td>3-5 years</td>
<td>Virtual Class</td>
<td>W</td>
<td>4:30pm-5:15pm</td>
<td>CVPA Staff</td>
<td>$84</td>
</tr>
</tbody>
</table>

##### Music & Rhythm – Virtual

Enjoy high energy playtime 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.

<table>
<thead>
<tr>
<th>Code</th>
<th>Age Range</th>
<th>Type</th>
<th>Days</th>
<th>Time</th>
<th>Instructor</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>15173</td>
<td>2-3 years</td>
<td>Virtual Class</td>
<td>F</td>
<td>9:30am-10:15am</td>
<td>CVPA Staff</td>
<td>$84</td>
</tr>
<tr>
<td>15155</td>
<td>2-3 years</td>
<td>Virtual Class</td>
<td>T</td>
<td>9:30am-10:15am</td>
<td>CVPA Staff</td>
<td>$84</td>
</tr>
</tbody>
</table>

##### Princess and Prince Creative Dance – Virtual

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 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 11/26.

<table>
<thead>
<tr>
<th>Code</th>
<th>Age Range</th>
<th>Type</th>
<th>Days</th>
<th>Time</th>
<th>Instructor</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>15207</td>
<td>3-6 years</td>
<td>Virtual Class</td>
<td>Th</td>
<td>5:30pm-6:15pm</td>
<td>DLDC Staff</td>
<td>$123</td>
</tr>
<tr>
<td>15208</td>
<td>3-6 years</td>
<td>Virtual Class</td>
<td>Th</td>
<td>5:30pm-6:15pm</td>
<td>DLDC Staff</td>
<td>$82</td>
</tr>
</tbody>
</table>
### Preschool

#### Toddler Ballet – Virtual
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 imaginary pictures through your own choreography while incorporating basic dance technique. Ballet slippers required. No class 10/31.

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Age Range</th>
<th>Day</th>
<th>Time</th>
<th>Instructors</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>15157</td>
<td>3-5 years</td>
<td>T</td>
<td>11:30am-12:15pm</td>
<td>Virtual Class CVPA Staff</td>
<td>$84</td>
</tr>
<tr>
<td>15168</td>
<td>3-5 years</td>
<td>Th</td>
<td>11:00am-11:45am</td>
<td>Virtual Class CVPA Staff</td>
<td>$84</td>
</tr>
<tr>
<td>15170</td>
<td>3-5 years</td>
<td>Th</td>
<td>4:15pm-5:00pm</td>
<td>Virtual Class CVPA Staff</td>
<td>$84</td>
</tr>
<tr>
<td>15178</td>
<td>3-5 years</td>
<td>F</td>
<td>4:45pm-5:30pm</td>
<td>Virtual Class CVPA Staff</td>
<td>$84</td>
</tr>
<tr>
<td>15183</td>
<td>3-5 years</td>
<td>Sa</td>
<td>11:15am-12:00pm</td>
<td>Virtual Class CVPA Staff</td>
<td>$84</td>
</tr>
<tr>
<td>15151</td>
<td>3-5 years</td>
<td>M</td>
<td>11:30am-12:15pm</td>
<td>Virtual Class CVPA Staff</td>
<td>$84</td>
</tr>
<tr>
<td>15175</td>
<td>3-5 years</td>
<td>F</td>
<td>11:30am-12:15pm</td>
<td>Virtual Class CVPA Staff</td>
<td>$84</td>
</tr>
</tbody>
</table>

#### Mini Jazz/Tap/Ballet Virtual
Calling all littles! If your little one is between the ages of 4-6 come join us for an hour of fun. We will be teaching beginning: tap, jazz, and ballet moves with some fun music. Let's build our motor skills in an exciting way. No class 11/26.

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Age Range</th>
<th>Day</th>
<th>Time</th>
<th>Instructors</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>15230</td>
<td>4-6 years</td>
<td>Th</td>
<td>5:00pm-5:30pm</td>
<td>Virtual Class Dance Co Staff</td>
<td>$94</td>
</tr>
<tr>
<td>15231</td>
<td>4-6 years</td>
<td>Th</td>
<td>5:00pm-5:30pm</td>
<td>Virtual Class Dance Co Staff</td>
<td>$83</td>
</tr>
</tbody>
</table>

#### Gymnastics

#### Gymnastics Tot & Me Movement Virtual Class
This class is a virtual one and will walk your tot through basic movements to get them accustomed to tumbling. Age appropriate exercises and movements will be utilized. A clear 8’ x 8’ open space is recommended with participant wearing comfortable athletic clothes.

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Age Range</th>
<th>Day</th>
<th>Time</th>
<th>Instructors</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>15439</td>
<td>2-3 ½ years</td>
<td>T</td>
<td>10:00am-10:25am</td>
<td>Virtual Class</td>
<td>$60</td>
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</table>

#### Gymnastics-Virtual Class
This class is a virtual one and will walk your child through beginning drills and exercises. Age appropriate exercises and movements will be utilized. A clear 8’ x 8’ open space is recommended with participant wearing comfortable athletic clothes.

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Age Range</th>
<th>Day</th>
<th>Time</th>
<th>Instructors</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>15442</td>
<td>3-4 years</td>
<td>T</td>
<td>10:40am-11:10am</td>
<td>Virtual Class</td>
<td>$70</td>
</tr>
<tr>
<td>15441</td>
<td>5-6 years</td>
<td>T</td>
<td>11:20am-11:50am</td>
<td>Virtual Class</td>
<td>$70</td>
</tr>
</tbody>
</table>
Preschool

Nature

Toddler and Pre-K Virtual Ramble
The naturalists have really missed our little ones here at the shoreline. Let's get together and share some animals and activities together again! Each week there’s a downloadable activity to accompany your online visit with the naturalist. You can join us from home or from the trail!

<table>
<thead>
<tr>
<th>Code</th>
<th>Age Range</th>
<th>Gender</th>
<th>Date Range</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>15405</td>
<td>2-5 years</td>
<td>F</td>
<td>Sep 25-Oct 30</td>
<td>10:30am-11:00am</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>$50</td>
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</table>

Sulphur Creek Virtual Toddler Time

Virtual Toddler Time: October - Peek-a-Boo!
Play peek-a-boo with the mouse, guinea pig, and chicken, and make your own peek-a-boo friend. Virtual Toddler Time information: See your animal friends and join us for a story and songs. We will send you the Zoom link, a craft design, and supply list prior to class, so that we can do a fun craft project together. $6 per family.

<table>
<thead>
<tr>
<th>Code</th>
<th>Age Range</th>
<th>Gender</th>
<th>Date</th>
<th>Time</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>14884</td>
<td>1-5 years</td>
<td>Sa</td>
<td>Oct 10</td>
<td>10:00am-10:30am</td>
<td>$6</td>
</tr>
<tr>
<td>14885</td>
<td>1-5 years</td>
<td>Sa</td>
<td>Oct 10</td>
<td>11:00am-11:30am</td>
<td>$6</td>
</tr>
</tbody>
</table>

Virtual Toddler Time: November - Walk like the Animals
Observe the frog, snake, and dove, then try to move like they do. Color critters to hop, slither, and crawl with you too. Virtual Toddler Time information: See your animal friends and join us for a story and songs. We will send you the Zoom link, a craft design, and supply list prior to class, so that we can do a fun craft project together. $6 per family.

<table>
<thead>
<tr>
<th>Code</th>
<th>Age Range</th>
<th>Gender</th>
<th>Date</th>
<th>Time</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>14886</td>
<td>1-5 years</td>
<td>Sa</td>
<td>Nov 7</td>
<td>10:00am-10:30am</td>
<td>$6</td>
</tr>
<tr>
<td>14887</td>
<td>1-5 years</td>
<td>Sa</td>
<td>Nov 7</td>
<td>11:00am-11:30am</td>
<td>$6</td>
</tr>
</tbody>
</table>

Virtual Toddler Time: December - Some Like it Wet
Discover why some animals like it wet as we meet the toad, duck, and slug. Color a splashing duck too. Virtual Toddler Time information: See your animal friends and join us for a story and songs. We will send you the Zoom link, a craft design, and supply list prior to class, so that we can do a fun craft project together. $6 per family.

<table>
<thead>
<tr>
<th>Code</th>
<th>Age Range</th>
<th>Gender</th>
<th>Date</th>
<th>Time</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>14888</td>
<td>1-5 years</td>
<td>Sa</td>
<td>Dec 5</td>
<td>10:00am-10:30am</td>
<td>$6</td>
</tr>
<tr>
<td>14889</td>
<td>1-5 years</td>
<td>Sa</td>
<td>Dec 5</td>
<td>11:00am-11:30am</td>
<td>$6</td>
</tr>
</tbody>
</table>
These specialized preschool 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. Your child will develop basic social, developmental, and educational skills in an ideal environment for them to learn and grow. The learning curriculum focuses on language, socialization, creativity, art, music, imagination, life skills, and motor skills. Prerequisites Child must have reached minimum age by first day of class and must be toilet trained. A copy of immunizations records is required prior to participation in preschool. No class 11/11.

**Ashland**

- 15245 Monthly 3.5-5 years M-Th 8:30am-11:30am Oct 5-Oct 29
- 15246 Monthly 3.5-5 years M-Th 8:30am-11:30am Nov 2-Nov 25
- 15244 Monthly 3.5-5 years M-Th 8:30am-11:30am Dec 7-Dec 23

**Castro Valley**

- 15242 Monthly 3.5-5 years M-Th 8:30am-11:30am Oct 5-Oct 29
- 15243 Monthly 3.5-5 years M-Th 8:30am-11:30am Nov 2-Nov 25
- 15241 Monthly 3.5-5 years M-Th 8:30am-11:30am Dec 7-Dec 23

**Fairview Hills Preschool**

- 15253 Monthly 3.5-5 years M-Th 8:30am-11:30am Sep 8-Oct 1
- 15254 Monthly 3.5-5 years M-Th 8:30am-11:30am Oct 5-Oct 29
- 15255 Monthly 3.5-5 years M-Th 8:30am-11:30am Nov 2-Nov 25

**Kenneth C. Aitken Senior & Community Center**

- 15248 Monthly 3.5-5 years M-Th 8:30am-11:30am Oct 5-Oct 29
- 15249 Monthly 3.5-5 years M-Th 8:30am-11:30am Nov 2-Nov 25
- 15247 Monthly 3.5-5 years M-Th 8:30am-11:30am Dec 7-Dec 23

**San Lorenzo**

- 15239 Monthly 3.5-5 years M-Th 8:30am-11:30am Oct 5-Oct 29
- 15240 Monthly 3.5-5 years M-Th 8:30am-11:30am Nov 2-Nov 25
- 15238 Monthly 3.5-5 years M-Th 8:30am-11:30am Dec 7-Dec 23

**Southgate**

- 15251 Monthly 3.5-5 years M-Th 8:30am-11:30am Oct 5-Oct 29
- 15252 Monthly 3.5-5 years M-Th 8:30am-11:30am Nov 2-Nov 25
- 15250 Monthly 3.5-5 years M-Th 8:30am-11:30am Dec 7-Dec 23
Preschool

Sports

Kidz Love Soccer - Mommy/Daddy & Me 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. 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!
Kidz Love Soccer - Class Status Hotline (888) 372-5803 http://www.kidzlovesoccer.com/

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Age Group</th>
<th>Location</th>
<th>Instructor</th>
<th>Dates</th>
<th>Times</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>15428</td>
<td>2-3 ½ years</td>
<td>W</td>
<td>Palomares Hills Park</td>
<td>KLS Staff</td>
<td>6:00pm-6:30pm</td>
<td>Sep 9-Oct 21</td>
</tr>
<tr>
<td>15435</td>
<td>2-3 ½ years</td>
<td>Sa</td>
<td>Ruus Park</td>
<td>KLS Staff</td>
<td>4:30pm-5:00pm</td>
<td>Sep 12-Oct 24</td>
</tr>
<tr>
<td>15256</td>
<td>2-3 ½ years</td>
<td>Sa</td>
<td>Virtual Class</td>
<td>KLS Staff</td>
<td>9:00am-9:30am</td>
<td>Sep 12-Oct 3</td>
</tr>
<tr>
<td>15257</td>
<td>2-3 ½ years</td>
<td>Sa</td>
<td>Virtual Class</td>
<td>KLS Staff</td>
<td>9:00am-9:30am</td>
<td>Oct 10-Oct 31</td>
</tr>
<tr>
<td>15258</td>
<td>2-3 ½ years</td>
<td>Sa</td>
<td>Virtual Class</td>
<td>KLS Staff</td>
<td>9:00am-9:30am</td>
<td>Nov 14-Dec 12</td>
</tr>
</tbody>
</table>

Kidz Love Soccer-Tot/Pre-Soccer
Learn core skills and develop a soccer foundation, while playing at home with an adult while we coach over Zoom. Our time-tested, age specific curriculum builds confidence and promotes physical development. Adult participation is required. Kidz Love Soccer online programs are 30-minute classes presented over the Internet. Participants join class using the Zoom meeting client and connect through any web browser. Kids will need to have a ball to play with, no other equipment is provided or required to participate. To ensure the security of the class, each week families are emailed a secure code they need to log into the class. In the security email they'll also receive a list of common household items they'll use in class. No class November 28th.

Tot Soccer

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Age Group</th>
<th>Location</th>
<th>Instructor</th>
<th>Dates</th>
<th>Times</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>15259</td>
<td>3 1/2-4 years</td>
<td>Sa</td>
<td>Virtual Class</td>
<td>KLS Staff</td>
<td>9:40am-10:10am</td>
<td>Sep 12-Oct 3</td>
</tr>
<tr>
<td>15260</td>
<td>3 1/2-4 years</td>
<td>Sa</td>
<td>Virtual Class</td>
<td>KLS Staff</td>
<td>9:40am-10:10am</td>
<td>Oct 10-Oct 31</td>
</tr>
<tr>
<td>15261</td>
<td>3 1/2-4 years</td>
<td>Sa</td>
<td>Virtual Class</td>
<td>KLS Staff</td>
<td>9:40am-10:10am</td>
<td>Nov 14-Dec 12</td>
</tr>
<tr>
<td>15429</td>
<td>3 ½-4 ½ years</td>
<td>W</td>
<td>Virtual Class</td>
<td>KLS Staff</td>
<td>5:15pm-5:50pm</td>
<td>Sep 9-Oct 21</td>
</tr>
<tr>
<td>15434</td>
<td>3 ½-4 ½ years</td>
<td>Sa</td>
<td>Virtual Class</td>
<td>KLS Staff</td>
<td>3:45pm-4:20pm</td>
<td>Sep 12-Oct 24</td>
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</table>

Pre-Soccer

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Age Group</th>
<th>Location</th>
<th>Instructor</th>
<th>Dates</th>
<th>Times</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>15262</td>
<td>4-5 years</td>
<td>Sa</td>
<td>Virtual Class</td>
<td>KLS Staff</td>
<td>10:20am-10:50am</td>
<td>Sep 12-Oct 3</td>
</tr>
<tr>
<td>15263</td>
<td>4-5 years</td>
<td>Sa</td>
<td>Virtual Class</td>
<td>KLS Staff</td>
<td>10:20am-10:50am</td>
<td>Oct 10-Oct 31</td>
</tr>
<tr>
<td>15264</td>
<td>4-5 years</td>
<td>Sa</td>
<td>Virtual Class</td>
<td>KLS Staff</td>
<td>10:20am-10:50am</td>
<td>Nov 14-Dec 12</td>
</tr>
</tbody>
</table>
Preschool

Sports

Soccer Stars @ Home
Virtual classes will take learning to the next level, with fully interactive sessions using Zoom screen share. We literally bring our physical location classes straight to your computer or smart device! Through our digital classroom, children can see their teammates and work directly with their coach. You will have the ability to ask direct questions and screen share with the coach for individual instruction. Parent Participation required for 1-3-year-old class. No class 11/26.

<table>
<thead>
<tr>
<th>Course</th>
<th>Age</th>
<th>Days</th>
<th>Time</th>
<th>Instructor</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>15277</td>
<td>1-3 years</td>
<td>Th</td>
<td>1:30pm-2:00pm</td>
<td>SS Staff</td>
<td>$175</td>
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<tr>
<td></td>
<td>Virtual Class</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>15278</td>
<td>4-7 years</td>
<td>Th</td>
<td>2:15pm-2:55pm</td>
<td>SS Staff</td>
<td>$175</td>
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<tr>
<td></td>
<td>Virtual Class</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Aquatics
Please like us on Facebook and look out for our weekly “Water Wednesday’s” this Fall. We will be sharing a variety of things from educational videos to home exercises and workouts to things to do with your child at home to get them ready for a Learn to Swim program. Each Wednesday we will provide you with a great “Water” related post.

How to Register Online
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.
School Age

Distance Learning Hubs

Rec Innovation Distance Learning Hubs
Join in on an interactive learning opportunity that will enhance your child's virtual school experience through socialization, guidance with school provided curriculum, and activities in a secure, safe, and supervised environment. Students must bring all distance learning equipment and materials including laptop computers, pens, pencils, notebooks, etc., as well as the specific links and passwords required to access their schoolwork. Students must also bring their own lunch, snacks, and beverages. No food will be provided due to COVID-19 protocols. Participants will receive priority registration for program extensions and programming changes.

Castro Valley
15286 6-12 years M-F 8:00am-4:00pm Sep 8-Oct 2
  19 classes Castro Valley Community Center and Park $800
15287 6-12 years M-F 8:00am-4:00pm Oct 5-Oct 30
  20 classes Castro Valley Community Center and Park $800
15288 6-12 years M-F 8:00am-4:00pm Nov 2-Nov 25
  17 classes Castro Valley Community Center and Park $800

Kenneth C. Aitken Community Center
15295 6-12 years M-F 8:00am-4:00pm Sep 8-Oct 2
  19 classes Kenneth C. Aitken Senior & Comm Ctr $800
15296 6-12 years M-F 8:00am-4:00pm Oct 5-Oct 30
  20 classes Kenneth C. Aitken Senior & Comm Ctr $800
15297 6-12 years M-F 8:00am-4:00pm Nov 2-Nov 25
  17 classes Kenneth C. Aitken Senior & Comm Ctr $800

San Lorenzo
15283 6-12 years M-F 8:00am-4:00pm Sep 8-Oct 2
  19 classes San Lorenzo Community Center and Park $800
15284 6-12 years M-F 8:00am-4:00pm Oct 5-Oct 30
  20 classes San Lorenzo Community Center and Park $800
15285 6-12 years M-F 8:00am-4:00pm Nov 2-Nov 25
  17 classes San Lorenzo Community Center and Park $800

Southgate
15292 6-12 years M-F 8:00am-4:00pm Sep 8-Oct 2
  19 classes Southgate Community Center and Park $800
15293 6-12 years M-F 8:00am-4:00pm Oct 5-Oct 30
  20 classes Southgate Community Center and Park $800
15294 6-12 years M-F 8:00am-4:00pm Nov 2-Nov 25
  17 classes Southgate Community Center and Park $800
School Age

Art

Animals Around the Bay
This class will explore the diverse range of animals that live around the Bay Area. We will look at artworks of animals, discover fun facts, and learn how to depict them through drawing and painting. There will be an emphasis on the principles and elements of art. Each participant will receive an Activity Supply Kit before the first class begins. No class 11/27.

<table>
<thead>
<tr>
<th>Course</th>
<th>Age</th>
<th>Gender</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>15301</td>
<td>7-9</td>
<td>F</td>
<td>3:30pm-4:30pm</td>
<td>$90</td>
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<td>6 classes</td>
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</tr>
<tr>
<td>15303</td>
<td>7-9</td>
<td>F</td>
<td>3:30pm-4:30pm</td>
<td>$90</td>
</tr>
<tr>
<td>6 classes</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Art Exploration
Learn how to make art from looking at the work of various artists. We will look at art history as well as contemporary art as inspiration to make our own masterpieces using drawing, painting, and mixed media. There will be an emphasis on the principles and elements of art. Each participant will receive an Activity Supply Kit before the first class. No class 11/27.

<table>
<thead>
<tr>
<th>Course</th>
<th>Age</th>
<th>Gender</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>15302</td>
<td>7-9</td>
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<td>$90</td>
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<tr>
<td>15304</td>
<td>7-9</td>
<td>F</td>
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<td>$90</td>
</tr>
<tr>
<td>6 classes</td>
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<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Dance & Music

"Thriller" - themed Halloween – Virtual
Grab your mask or your broom because Halloween is coming! Come dressed as yourself, a witch or a ghost and have some fun as we teach you the "Thriller" dance!

<table>
<thead>
<tr>
<th>Course</th>
<th>Age</th>
<th>Gender</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>15203</td>
<td>5-11</td>
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<td>6:30pm-7:15pm</td>
<td>$54</td>
</tr>
<tr>
<td>4 classes</td>
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<td></td>
</tr>
</tbody>
</table>

All Boyz - Hip Hop/Tumbling – Virtual
Geared toward a young boy’s active and physical nature, this class introduces young male dancers to hip hop and tumbling moves. Learn fundamental acrobatic techniques like handstands, cartwheels, round-offs, back bends and walkovers. Then put them together with hip hop basics for a fun and exciting routine. Wear jazz shoes or sneakers. No class 11/25.

<table>
<thead>
<tr>
<th>Course</th>
<th>Age</th>
<th>Gender</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>15195</td>
<td>5-10</td>
<td>W</td>
<td>3:30pm-4:15pm</td>
<td>$123</td>
</tr>
<tr>
<td>9 classes</td>
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<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>15196</td>
<td>5-10</td>
<td>W</td>
<td>3:30pm-4:15pm</td>
<td>$82</td>
</tr>
<tr>
<td>6 classes</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Combination Dance - Tap & Jazz – Virtual
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. Jazz: Features stretching, isolations and basic jazz steps. Simple coordination, musicality and rhythm are emphasized. Ballet slippers or jazz shoes required.

<table>
<thead>
<tr>
<th>Course</th>
<th>Age</th>
<th>Gender</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>15177</td>
<td>6-8</td>
<td>F</td>
<td>3:45pm-4:45pm</td>
<td>$84</td>
</tr>
<tr>
<td>8 classes</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
School Age

Dance & Music

Ballet – Virtual
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 11/27.

15209 5-7 years F 6:30pm-7:15pm Sep 4-Oct 30
  9 classes Virtual Class DLDC Staff $123

15210 5-7 years F 6:30am-7:15am Nov 6-Dec 18
  6 classes Virtual Class DLDC Staff $82

15211 8-13 years F 7:15pm-8:15pm Sep 4-Oct 30
  9 classes Virtual Class DLDC Staff $123

15212 8-13 years F 7:15pm-8:15pm Nov 6-Dec 18
  6 classes Virtual Class DLDC Staff $82

Cheer & Dance – Virtual
Improve your self-confidence, physical health, and teamwork skills all while having a ton of fun! Learn and perfect arm movements, cheers, chants, 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 11/24.

15189 8-12 years T 4:45pm-5:30pm Sep 1-Oct 27
  9 classes Virtual Class DLDC Staff $123

15190 8-12 years T 4:45pm-5:30pm Nov 3-Dec 15
  6 classes Virtual Class DLDC Staff $82

Combination Dance - Jazz, Ballet, Hip Hop-Virtual
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 is age-appropriate. Shoes required. No class 11/25.

15201 7-11 years W 5:45pm-6:30pm Sep 2-Oct 28
  9 classes Virtual Class DLDC Staff $123

15202 7-11 years W 5:45pm-6:30pm Nov 4-Dec 16
  6 classes Virtual Class DLDC Staff $82

15213 5-10 years Sa 9:15am-10:00am Sep 12-Oct 24
  7 classes Virtual Class DLDC Staff $95

15214 5-10 years Sa 9:15am-10:00am Nov 7-Dec 19
  6 classes Virtual Class DLDC Staff $82

Combination Dance - Tap & Ballet – Virtual
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. Ballet: Learn fundamental ballet foot and arm positions. Coordination, musicality, rhythm and discipline are emphasized. Wear leotards, tights, and ballet slippers.

15165 6-8 years W 5:15pm-6:15pm Sep 16-Nov 4
  8 classes Virtual Class CVPA Staff $84
School Age

Dance & Music

Give Me A "C" Cheerleading – Virtual
Learn the fundamentals of cheerleading while having a blast! Learn sideline cheers, jumps, kicks, turns and dance routines. We'll choose class colors, a class mascot, make t-shirts and use pom poms. Invite your friends and family as you cheer for our last class team performance. No class 10/31.

15184 6-8 years Sa 12:00pm-1:00pm Sep 12-Nov 7
8 classes Virtual Class CVPA Staff $84

Hip Hop and Tumbling – Virtual
Hip Hop - Have fun loosening up, gaining rhythm and controlling isolated movements while learning short combinations. All music and movement are age appropriate. Please wear comfortable street shoes, preferably athletic shoes. Tumbling - Learn fundamental acrobatic techniques like handstands, cartwheels, round-offs, back bends, and walkovers. Athletic shoes required. No class 9/7 and 11/23.

15187 4-6 years M 4:45pm-5:30pm Aug 31-Oct 26
8 classes Virtual Class DLDC Staff $108
15188 4-6 years M 4:45pm-5:30pm Nov 2-Dec 14
6 classes Virtual Class DLDC Staff $82

Hip Hop Dance - School Age – Virtual
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 11/11 and 11/25.

15166 7-12 years W 7:15pm-8:15pm Sep 30-Dec 9
9 classes Virtual Class CVPA Staff $94
15172 7-12 years Th 5:45pm-6:45pm Oct 1-Nov 19
8 classes Virtual Class CVPA Staff $84

Jazz/Lyrical - Adult – Virtual
This energetic class features stretching, isolations and basic jazz steps. Move across the floor working on coordination, agility, and basic dance techniques through 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.

15191 10-16 years T 7:00pm-8:00pm Sep 1-Oct 27
9 classes Virtual Class DLDC Staff $123
15192 10-16 years T 7:00pm-8:00pm Nov 3-Dec 15
6 classes Virtual Class DLDC Staff $82

Jazz/Tap – Virtual
Each class is divided into two disciplines. Jazz: Features stretching, isolations and basic jazz steps. Simple coordination, musicality and rhythm are emphasized. Ballet slippers or jazz shoes required. Tap: Learn basic tap technique and a just-for-fun dance to perform on the last day of class. Tap shoes required. No class 11/25.

15199 7-11 years W 5:00pm-5:45pm Sep 2-Oct 28
9 classes Virtual Class DLDC Staff $123
15200 7-11 years W 5:00pm-5:45pm Nov 4-Dec 16
6 classes Virtual Class DLDC Staff $82
Dance & Music

Tap/Tumbling – Virtual
Tap: 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. Tumbling: Learn fundamental acrobatic techniques such as handstands, cartwheels, round-offs, back bends and walkovers. Please wear athletic shoes. No class 11/25.

- **Tap/Tumbling – Virtual**
  - **15197**
    - Age: 5-10 years
    - Days: W
    - Times: 4:15pm-5:00pm
    - Dates: Sep 2-Oct 28
    - Classes: 9
    - Instructor: DLDC Staff
    - Fee: $123
  - **15198**
    - Age: 5-10 years
    - Days: W
    - Times: 4:15pm-5:00pm
    - Dates: Nov 4-Dec 16
    - Classes: 6
    - Instructor: DLDC Staff
    - Fee: $82

Theatrical Dance – Virtual
For dancers who like the theater, drama, singing, and telling a story through dance. Exercises focus on increasing flexibility, strength, confidence, and performance. No class 11/25.

- **Theatrical Dance – Virtual**
  - **15204**
    - Age: 6-8 years
    - Days: W
    - Times: 6:30pm-7:15pm
    - Dates: Nov 4-Dec 16
    - Classes: 6
    - Instructor: DLDC Staff
    - Fee: $82

Gymnastics

Gymnastics - Virtual Class
This class is a virtual one and will walk your child through beginning drills and exercises. Age appropriate exercises and movements will be utilized. A clear 8’ x 8’ open space is recommended with participant wearing comfortable athletic clothes.

- **Gymnastics - Virtual Class**
  - **15440**
    - Age: 6-10 years
    - Days: T
    - Times: 12:00pm-12:30pm
    - Dates: Sep 22-Oct 27
    - Classes: 6
    - Instructor: DLDC Staff
    - Fee: $70
  - **15442**
    - Age: 3-4 years
    - Days: T
    - Times: 10:40am-11:10am
    - Dates: Sep 22-Oct 27
    - Classes: 6
    - Instructor: DLDC Staff
    - Fee: $70
  - **15441**
    - Age: 5-6 years
    - Days: T
    - Times: 11:20am-11:50am
    - Dates: Sep 22-Oct 27
    - Classes: 6
    - Instructor: DLDC Staff
    - Fee: $70

Martial Arts

EAAB’s Fitness & Self-Defense Virtual Class
EAAB’s Fitness and Self-Defense offers virtual group martial arts/self-defense lessons for men, women, and children. This program is designed to improve self-confidence and 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, joint locking, throwing and grappling defense techniques and defense against weapon attacks.

- **EAAB’s Fitness & Self-Defense Virtual Class**
  - **15415**
    - Age: 5-7 years
    - Days: W
    - Times: 3:30pm-4:15pm
    - Dates: Sep 9-Nov 4
    - Classes: 9
    - Instructor: EAABs Staff
    - Fee: $155
  - **15416**
    - Age: 8 years & up
    - Days: W
    - Times: 4:30pm-5:15pm
    - Dates: Sep 9-Nov 4
    - Classes: 9
    - Instructor: EAABs Staff
    - Fee: $155
School Age

Martial Arts

Kid Safe Virtual Classes
This program provides your child the opportunity to gain skills and knowledge that may be used to protect themselves and enhance their self-esteem. This is a virtual class. No Class on 11/25.

**Orange Belt**
- Code: 15449
- Age: 5-15 years
- Days: W
- Time: 6:45pm-7:25pm
- Dates: Sep 16-Dec 9
- Classes: 11
- Staff: Kids Safe Staff
- Cost: $126

**White Belt-Beginner**
- Code: 15450
- Age: 5-15 years
- Days: W
- Time: 5:15pm-5:55pm
- Dates: Sep 16-Dec 9
- Classes: 11
- Staff: Kids Safe Staff
- Cost: $126

**Yellow Belt**
- Code: 15451
- Age: 5-15 years
- Days: W
- Time: 6:00pm-6:40pm
- Dates: Sep 16-Dec 9
- Classes: 11
- Staff: Kids Safe Staff
- Cost: $126

Nature

**Mystery Nature Box Club**
What's in the box? Join the Mystery Nature Box Club to find out! Each week you'll be sent a box with a special nature artifact, but don't open it until we're all together. We'll look at our treasure as the naturalist shares wildlife facts and fun stories about what is in the box!
- Code: 15410
- Age: 5-12 years
- Days: Sa
- Time: 10:30am-11:15am
- Dates: Oct 3-Oct 24
- Classes: 4
- Staff: Virtual Class
- Cost: $45

**Sulphur Creek Virtual Animal Adventures**

**Virtual Animal Adventures: October - Harvest Time**
Visit the opossum, mouse, and chinchilla, and discover what the wild critters are harvesting in our neighborhoods. Hear a story, play a game, and create a squirrel to go on a harvest hunt with you. Virtual Animal Adventures information: Learn about animals and nature in your home. See your favorite animals and bring your stuffed friends to join the fun in Sulphur Creek's Virtual Animal Adventures. We will send you the Zoom link, a craft design, and supply list prior to class, so that we can do a fun craft project together. $9 per family.
- Code: 14890
- Age: 4-10 years
- Days: Sa
- Time: 10:00am-10:40am
- Dates: Oct 17
- Classes: 1
- Staff: Virtual Class
- Cost: $9

**Virtual Animal Adventures: November - Super Shedders**
Learn all about shedding as we visit the rabbit, tarantula, and duck. Make a deer hand puppet, and discover what creatures are shedding nearby. Virtual Animal Adventures information: Learn about animals and nature in your home. See your favorite animals and bring your stuffed friends to join the fun in Sulphur Creek's Virtual Animal Adventures. We will send you the Zoom link, a craft design, and supply list prior to class, so that we can do a fun craft project together. $9 per family.
- Code: 14891
- Age: 4-10 years
- Days: Sa
- Time: 10:00am-10:40am
- Dates: Nov 14
- Classes: 1
- Staff: Virtual Class
- Cost: $9
School Age

Nature

Sulphur Creek Virtual Animal Adventures

Virtual Animal Adventures: December – Hibernators
Learn about hibernation as we visit the snake, turtle, and lizard. Create your own turtle and find out where creatures may be hibernating in our midst. Virtual Animal Adventures information: Learn about animals and nature in your home. See your favorite animals and bring your stuffed friends to join the fun in Sulphur Creek’s Virtual Animal Adventures. We will send you the Zoom link, a craft design, and supply list prior to class, so that we can do a fun craft project together. $9 per family.

<table>
<thead>
<tr>
<th>Class Code</th>
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<th>Drop-In</th>
<th>Time</th>
<th>Date</th>
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<tr>
<td>14892</td>
<td>4-10 years</td>
<td>Sa</td>
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<td>Dec 12</td>
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<tr>
<td>1 class</td>
<td>Virtual Class</td>
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<td>$9</td>
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</table>

Walk with Me Wednesdays
Every Wednesday, staff naturalist will hit the trail to show you who’s flying, crawling, swimming, hiding, and hanging out in the salt marsh. Watch her videos each Wednesday or anytime. There will be hands-on activities, trail challenges, and wonderful wildlife content. You’ll be sent a Salt Marsh Activity Packet filled with crafts and an activity guide for additional hours of engagement.

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Age Group</th>
<th>Drop-In</th>
<th>Time</th>
<th>Date</th>
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<tbody>
<tr>
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Special Interest & Hobbies

Chess Wizards
Prior to registering for a Chess Wizards Class please have your child take this online assessment so you can place your child in the appropriate level class. [https://drive.google.com/file/d/1U5CzlHbt_bobBE2BZE7-dr4yKdV-YAsf/view?usp=sharing](https://drive.google.com/file/d/1U5CzlHbt_bobBE2BZE7-dr4yKdV-YAsf/view?usp=sharing) Enter into the magical and exciting world of chess with Chess Wizards! You will participate in epic chess games, fun and interactive lessons, tournaments, team matches, trivia, and more! Our specialized classes are a blast for everyone. Whether you have been playing chess for your entire life and want to improve, are brand new to the game, or you just want to have a fun experience with your friends - Chess Wizards Online is the place for you! You must have a computer or tablet with internet/microphone to log into classes.

<table>
<thead>
<tr>
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<td>Virtual Class</td>
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</table>
School Age

Special Interest & Hobbies

Cooking Round the World: A Dish of Disney! – Virtual
Students will cook, eat and have fun with Disney characters and movies: Anastasia, Princess and the Frog, Emperor’s New Groove, Beauty and the Beast, and Popeye. Each class includes a cooking demonstration, a trivia game, and a Disney story. Students will need a computer or tablet, with a camera/microphone and a valid email address to access Zoom classes. They should join each session on time. After registration, a Zoom invitation will be sent to the student. A recipe book with recipes and cookware needed will also be sent to families so ingredients can be bought before class begins. No class 11/27.

15391 6-13 years F 3:30pm-5:00pm Nov 13-Dec 18
5 classes Virtual Class $125

Cooking Round the World: Superheroes/Super Food! - Virtual
Your child will not need superhuman powers to cook delicious dishes featured in Marvel and DC comics from Hulk to Green Lantern to Teenage Mutant Ninja Turtles and more! Each class includes a cooking demonstration, a trivia game, and a comic book story. After registration, a Zoom invitation will be sent to the student. A recipe book with recipes and cookware needed will also be sent to families so ingredients can be bought before class begins. Students will need a computer or tablet, with a camera/microphone and a valid email address to access Zoom classes. They should join each session on time.

15389 6-13 years F 3:30pm-5:00pm Sep 4-Oct 2
5 classes Virtual Class $125

Cooking Round World: Harry Potter Taste the Magic! -Virtual
From Oreo owl cookies, to bat blood with worms’ soup, to immortal pizza mummies, students will enjoy Hogwarts culinary delights! Each class includes a cooking demonstration, trivia game, and a Harry Potter recap story. Students will need a computer or tablet, with a camera/microphone and a valid email address to access Zoom classes. They should join each session on time. After registration, a Zoom invitation will be sent to the student. A recipe book with recipes and cookware needed will also be sent to families so ingredients can be bought before class begins.

15390 6-13 years T 3:30pm-5:00pm Oct 6-Nov 3
5 classes Virtual Class $125

Cooking Round World: Everything but the Turkey- Virtual Camp
Everything but the turkey! Delicious sides, fantastic stuffing, mouthwatering desserts, the best cranberry sauce you’ll ever have! Each day will have 3 recipes and fun activities including a cooking demonstration, Thanksgiving themed stories, and trivia game shows! Students will need a computer or tablet, with a camera/microphone and a valid email address to access Zoom classes. They should join each session on time. After registration, a Zoom invitation will be sent to the student. A recipe book with recipes and cookware needed will also be sent to families so ingredients can be bought before class begins.

15392 6-13 years M-W 9:00am-12:00pm Nov 23-Nov 25
3 classes Virtual Class $162
School Age

Special Interest & Hobbies

Engineering for Kids: 3D Printing Minecraft Creations-Virtual
3D printing and Minecraft both represent boundless opportunity for creating even our wildest of ideas! In 3D Printing: Minecraft Creations, students will explore the basic concepts of 3D printing and computer-aided design, or CAD, to bring their most awesome Minecraft creation to life! Students will take their Minecraft design out of the world of Minecraft and learn how to extrude it into a 3D model that can then be modified to be printed in 3D. *Their prints will be printed by the instructor, live in class via Zoom, and can be picked up after the session ends* *Material Fee of $50 payable to the instructor via Venmo before materials can be picked up. No class 10/31.*

15446 8-13 years Sa 10:30am-11:30am Sep 12- Nov 7
8 classes Virtual Class $210

Engineering for Kids: BioMedical Engineering-Virtual
In a world where we are more connected than ever, diseases can spread rapidly! Students will become Biomedical Engineers as they explore how to prepare for outbreaks of highly contagious diseases. They will use the Engineering Design Process to design an antiviral to stop a newly discovered virus from infecting a model cell and much more! *Please note, we take the safety of our students very seriously. Our supplies are packed by staff whose temperature is checked daily and who are tested bi-weekly. They also wear masks and gloves at all times.* *Material Fee of $50 payable to the instructor via Venmo before materials can be picked up.*

15447 8-13 years W 4:30pm-5:30pm Sep 16- Nov 4
8 classes Virtual Class $210

Engineering for Kids- Mechanical Engineering Virtual
During the Mechanical Engineering classes, students use the Engineering Design Process to design, create, test, and refine a variety of machines and mechanical systems. Students learn basics of fluid mechanics, simple machines, and other design and engineering concepts while constructing roller coasters, a variety of vehicles, and machines! *Please note, we take the safety of our students very seriously. Our supplies are packed by staff whose temperature is checked daily and who are tested bi-weekly. They also wear masks and gloves at all times.* *Material Fee of $50 payable to the instructor via Venmo before materials can be picked up.*

15448 8-13 years M 4:30pm-5:30pm Sep 14- Nov 2
8 classes Virtual Class $210

Gurus Education: Public Speaking & Debate Skills – Virtual
Bring out confidence in your children and kick it up a notch with this public speaking and debate class. We use fun projects, including creating stories from pictures, writing rhyming poems, presidential debates, and town hall meetings. Kids learn various writing and debating strategies. You must have a computer or tablet with a camera/microphone and a valid email address to log into these Zoom classes. Class will not meet on Wednesday, November 11.

15377 8-14 years W 4:30pm-5:30pm Sep 9-Nov 18
10 classes Virtual Class $155
School Age

Special Interest & Hobbies

Lollypop Homework Help - Virtual
Semi-private (3 students/1 tutor) homework support, live on Zoom. Ideal for students needing academic support; Tutors will keep students accountable and on track with their schoolwork. Participating children will be in the same grade. After registration, a Zoom invitation will be sent to the family. Students will need a computer or iPad, and a camera linked to their computer. They should join the session on time, come to tutoring sessions with their assignments, books and paper and pen. A Good Job Lollypop certificate mailed at the end of each month to the student. No class 11/11.

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Age</th>
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<th>Time</th>
<th>Dates</th>
<th>Fee</th>
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<tr>
<td>15397</td>
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<td>T-Th</td>
<td>3:30pm-5:00pm</td>
<td>Dec 1-Dec 17</td>
<td>$360</td>
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</table>

Mad Science Classes
*For the Mad Science classes below a $25 materials fee is due to Mad Science by Cash or Check when material box is picked up. Material boxes will be distributed on Friday, September 11 from 1:00pm-4:00pm at the Kenneth Aitken Senior & Community Center, 17800 Redwood Rd in Castro Valley.

Mad Science: Earth, Wind & Inspire – Virtual
Neither rain, nor sleet, nor snow will stop us from having a great time in this 8-week session of Mad Science via Zoom! We’ll explore how weather works and investigate how our planet was formed! We’ll discover how science is used to solve crimes, and even take home our own I.D. kit! We’ll learn all about pulleys, levers and catapults and you’ll make your own Rocket Racer! We’ll discover how movie special effects are created! You’ll learn about the chemical reactions - that take place in the kitchen! Explore the science behind your favorite toys? Maybe even ones that you’ve never seen! You won’t want to miss a minute of this exciting series! You must have a computer or tablet with a camera/microphone and a valid email address to log into these Zoom classes.

<table>
<thead>
<tr>
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<th>Age</th>
<th>Days</th>
<th>Time</th>
<th>Dates</th>
<th>Fee</th>
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<tbody>
<tr>
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<td>6-11 years</td>
<td>Th</td>
<td>3:00pm-4:00pm</td>
<td>Sep 17-Nov 5</td>
<td>$225*</td>
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</table>

Mad Science: Light, Sight & Sound – Virtual
Mad Science doesn’t get much better than this- a series of eight classes via Zoom! See what makes white light and see beautiful rainbows in Lights, Color...Action! Discover some amazing and funny sound effects and learn about sound in Sonic Sounds! Use your energy as you learn all about heat, and then use your own body heat to make things disappear! Learn how nutrition and fitness can be fun and take home a great fitness tool to count your steps! Make your hair stand up as you learn about static electricity in Watts-Up! Test to see if you have a magnetic personality in Magnetic Magic! Finally, you’ll see it, but you might not believe it, in Optical Illusions!

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Age</th>
<th>Days</th>
<th>Time</th>
<th>Dates</th>
<th>Fee</th>
</tr>
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<tr>
<td>15325</td>
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<td>M</td>
<td>3:00pm-4:00pm</td>
<td>Sep 14-Nov 2</td>
<td>$225*</td>
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Sports

Soccer Stars @ Home
Virtual classes will take learning to the next level, with fully interactive sessions using Zoom screen share. Through our digital classroom, children can see their teammates and work directly with their coach. You will have the ability to ask direct questions and screen share with the coach for individual instruction. No class 11/26.

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Age</th>
<th>Days</th>
<th>Time</th>
<th>Dates</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
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<td>15279</td>
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<td>Sep 17-Dec 10</td>
<td>$175</td>
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</tbody>
</table>
School Age

Sports

Kidz Love Soccer - Soccer 1: Techniques & Teamwork
Learn dribbling, passing, defense, and shooting goals! Fun skill games are played at every session, small-sided soccer matches will be introduced gradually. Perfect for the first-time players while being fun and engaging for kids with some experience. Each participant receives a Kidz Love Soccer jersey! Shin guards are required after the first meeting. Kidz Love Soccer - Class Status Hotline (888) 372 - 5803 http://www.kidzlovesoccer.com/

15430
7 classes
5 ½ -6 ½ years
W
4:30pm-5:15pm
Sep 9-Oct 21
15433
7 classes
5 ½ -6 ½ years
Sa
3:00pm-3:45pm
Sep 12-Oct 24

Kidz Love Soccer - 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! Each participant receives a Kidz Love Soccer jersey! Shin guards are required after the first meeting. Kidz Love Soccer - Class Status Hotline (888) 372 - 5803 http://www.kidzlovesoccer.com/

15431
7 classes
7 ½-11 ½ years
W
3:45pm-4:30pm
Sep 9-Oct 21
15432
7 classes
7 ½-10 years
Sa
2:15pm-3:00pm
Sep 12-Oct 24

National Academy of Athletics (NAofA) In-Person After-School Sports Class
Whether your child is a beginner or a more advanced player, the drills taught at these clinics will help them fall in love with the sport. Our sport specific classes are the perfect place to learn about the game and fitness while having a blast making new friends. This 6 weeklong set of clinics is using our expanded curriculum to include social and emotional learning (SEL) and meets the National Standards & Grade Level Outcomes to produce a quality PE program that creates confidence, optimism, and growth.

15424
12 classes
6 ½ -11 years
M/W
3:00pm-4:30pm
Sep 14-Oct 21
15425
12 classes
6 ½ -11 years
T/Th
3:00pm-4:30pm
Sep 15-Oct 22
15426
12 classes
11 ½ -15 years
T/Th
3:00pm-4:30pm
Sep 15-Oct 22
15427
12 classes
11 ½ -15 years
M/W
3:00pm-4:30pm
Sep 14-Oct 21

Weekend Sports Class

15421
6 classes
4-8 ½ years
Sa
9:00am-10:30am
Sep 12-Oct 17
15422
6 classes
8-11 ½ years
Sa
10:45am-12:15pm
Sep 12-Oct 17
15423
6 classes
11-14 years
Sa
12:30pm-2:00pm
Sep 12-Oct 17
## School Age

### Sports

**National Academy of Athletics (NAofA) - Online After School Sports Club**

National Academy of Athletics (NAofA) has successfully transitioned our highly recommended All Sorts of Sports After School Club program to deliver a virtual solution for families who enjoy sports and exercise but are not comfortable with in-person instruction. Our curriculum is derived from social and emotional learning (SEL), National Standards & Grade Level Outcomes to produce a quality sports program that creates confidence, optimism, and growth, while experiencing new sports.

### 4-8 ½ years

<table>
<thead>
<tr>
<th>Code</th>
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<th>Start Date</th>
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<td>15343</td>
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<td>11 classes</td>
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### 4-8 years

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### 7-11½ years

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### 7-11 years

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</table>
School Age

Sports

National Academy of Athletics (NAofA) On Demand Sports Class
National Academy of Athletics (NAofA) is able to offer sport specific, pre-recorded 5-day sport units focusing on a daily warm up, three skills sessions per day, practice challenges, and a daily review. Kids have the opportunity to learn the fundamental skills in easy to understand drills that can be done at home or in small spaces. **Registration is on-demand and is for one session (5 classes).** Sport Options: Basketball, Baseball/Softball, Soccer, Volleyball, Multi-Sport, Football, and Martial Arts. No class 11/11, 11/26, 11/27.

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Age</th>
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<th>Time</th>
<th>Dates</th>
</tr>
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</table>

Soccer 2 Kidz Love Soccer
Learn dribbling, passing, defense and shooting goals! Fun skill games are played at every session, working with our coaches online over Zoom. Concepts of soccer matches will be introduced. Perfect for first time players while being fun and engaging for kids with some experience. Parents are invited to play along. Kidz Love Soccer online programs are 30-minute classes presented over the Internet. Participants join class using the Zoom meeting client and connect through any web browser. Kids will need to have a ball to play with, no other equipment is provided or required to participate. To ensure the security of the class, each week families are emailed a secure code they need to log into the class. In the security email they’ll also receive a list of common household items they’ll use in class.

<table>
<thead>
<tr>
<th>Class Code</th>
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<th>Days</th>
<th>Time</th>
<th>Dates</th>
</tr>
</thead>
<tbody>
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<td>Sep 12-Oct 3</td>
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<td>4 classes</td>
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<td>Virtual Class</td>
<td>KLS Staff</td>
</tr>
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<td></td>
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<tr>
<td>15266</td>
<td>5-6</td>
<td>Sa</td>
<td>11:00am-11:30am</td>
<td>Oct 10-Oct 31</td>
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<tr>
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<td>5-6</td>
<td>Sa</td>
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<td>Nov 14-Dec 12</td>
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<tr>
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</tr>
<tr>
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</table>

Wee Hoop with a Twist
This is a fun, interactive online class that utilizes games involving collaboration, creativity, and competition. It will also include basketball drills. Classes will be once a week for 40 minutes. Some homework may be assigned to prepare for the following class, but the class is designed for kids to participate independently. Each child needs a basketball, space and if possible, basketball hoop.

<table>
<thead>
<tr>
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<th>Time</th>
<th>Dates</th>
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</table>
Dance & Music

Hip Hop Dance - Virtual
This is a 1 hour per week upbeat workout for Preteens and Teens who would like to enjoy the benefits of great exercise and Dance. We will be working on our cardio and muscles along with learning some great hip hop routines.

- **15228**: 11-17 years M 7:00pm-7:30pm Sep 14-Oct 26
  - 7 classes Virtual Dance Co Staff $94
- **15229**: 11-17 years M 7:00pm-7:30pm Nov 2-Dec 14
  - 7 classes Virtual Dance Co Staff $94

Jazz/Lyrical - Adult – Virtual
This energetic class features stretching, isolations and basic jazz steps. Move across the floor working on coordination, agility, and basic dance techniques through 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.

- **15193**: 16 years & up T 8:00pm-9:00pm Sep 1-Oct 27
  - 9 classes Virtual Class DLDC Staff $123
- **15194**: 16 years & up T 8:00pm-9:00pm Nov 3-Dec 15
  - 6 classes Virtual Class DLDC Staff $82

Sports

National Academy of Athletics (NAofA) Online After School Sports Club
National Academy of Athletics (NAofA) has successfully transitioned our highly recommended All Sorts of Sports After School Club program to deliver a virtual solution for families who enjoy sports and exercise but are not comfortable with in-person instruction. Our curriculum is derived from social and emotional learning (SEL), National Standards & Grade Level Outcomes to produce a quality sports program that creates confidence, optimism, and growth, while experiencing new sports.

**11-15 years**

- **15376**: T/Th 1:00pm-1:45pm Sep 8-Oct 15 12 classes $139
- **15377**: T/Th 1:00pm-1:45pm Oct 20-Nov 24 11 classes $127
- **15379**: T/Th 2:15pm-3:00pm Sep 8-Oct 15 12 classes $139
- **15380**: T/Th 2:15pm-3:00pm Oct 20-Nov 24 11 classes $127
- **15381**: T/Th 3:15pm-4:00pm Sep 8-Oct 15 12 classes $139
- **15382**: T/Th 3:15pm-4:00pm Oct 20-Nov 24 11 classes $127
- **15383**: W/F 1:00pm-1:45pm Sep 9-Oct 16 12 classes $139
- **15384**: W/F 1:00pm-1:45pm Oct 21-Nov 25 10 classes $127
- **15385**: W/F 2:15pm-3:00pm Sep 9-Oct 16 12 classes $139
- **15386**: W/F 2:15pm-3:00pm Oct 21-Nov 25 10 classes $127
- **15387**: W/F 3:15pm-4:00pm Sep 9-Oct 16 12 classes $139
- **15388**: W/F 3:15pm-4:00pm Oct 21-Nov 25 10 classes $127
Teens

Martial Arts

EAAB's Fitness & Self-Defense Virtual Class
EAAB's Fitness and Self-Defense offers virtual group martial arts/self-defense lessons for men, women, and children. This program is designed to improve self-confidence and the 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, joint locking, throwing and grappling defense techniques and defense against weapon attacks.

<table>
<thead>
<tr>
<th>Code</th>
<th>Age</th>
<th>Type</th>
<th>Instructors</th>
<th>Time</th>
<th>Dates</th>
<th>Fee</th>
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Adult

Art

Off the Road – Hike, Sketch, and Watercolor
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 trails or in 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, watercoloring 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 10 days prior to the first class. $35 supply fee payable to instructor at first class.

<table>
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<th>Code</th>
<th>Age</th>
<th>Type</th>
<th>Instructors</th>
<th>Time</th>
<th>Dates</th>
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</table>

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 before the first class.

<table>
<thead>
<tr>
<th>Code</th>
<th>Age</th>
<th>Type</th>
<th>Instructors</th>
<th>Time</th>
<th>Dates</th>
<th>Fee</th>
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<td>6 classes</td>
<td>Virtual Class</td>
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</table>

Steampunked Jewelry
This class will take the place of Casting until we are back in the studio classroom. For this session, we will take assorted items that can be reconfigured into a brooch or a pair of earrings steampunk style! You will be supplied with a Supply Kit that includes basic hand tools, small parts and "gems" along with glue. We will be assembling without heat, which is often required. You can add any hand tools and items that you want to use in creating and building your own steampunked wearable art piece!

<table>
<thead>
<tr>
<th>Code</th>
<th>Age</th>
<th>Type</th>
<th>Instructors</th>
<th>Time</th>
<th>Dates</th>
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</tbody>
</table>
## Adult

### Art

#### Pottery Firing + Glaze Membership Card

HARD is pleased to offer a membership to fire the projects you have completed at home during quarantine and beyond. Each membership is good for 4 scheduled visits to fire at Weekes Ceramics Studio during the scheduled class dates. Clay must be purchased from HARD for safety and quality reasons. You must make an appointment to ensure social distancing. Masks must be worn during drop off/pick up. Membership card will be provided at first drop off appointment.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Age Group</th>
<th>Days</th>
<th>Start Time</th>
<th>End Time</th>
<th>Dates</th>
<th>Location</th>
<th>Price</th>
</tr>
</thead>
<tbody>
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<td>15 years &amp; up</td>
<td>Th-Sa</td>
<td>9:30am-1:30pm</td>
<td>Sep 24-Oct 10</td>
<td>Weekes Community Center and Park</td>
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</tr>
<tr>
<td>15337</td>
<td>15 years &amp; up</td>
<td>Th-Sa</td>
<td>9:30am-1:30pm</td>
<td>Oct 15-Nov 5</td>
<td>Weekes Community Center and Park</td>
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<tr>
<td>15338</td>
<td>15 years &amp; up</td>
<td>Th-Sa</td>
<td>9:30am-1:30pm</td>
<td>Nov 6-Nov 21</td>
<td>Weekes Community Center and Park</td>
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<td>15339</td>
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<td>Th-Sa</td>
<td>9:30am-1:30pm</td>
<td>Nov 28-Dec 19</td>
<td>Weekes Community Center and Park</td>
<td>$140</td>
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</table>

#### Fire & Glaze

Includes eight 4oz glazes of your choosing.

<table>
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<th>Age Group</th>
<th>Days</th>
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<th>End Time</th>
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<td>$140</td>
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<td>15339</td>
<td>15 years &amp; up</td>
<td>Th-Sa</td>
<td>9:30am-1:30pm</td>
<td>Nov 28-Dec 19</td>
<td>Weekes Community Center and Park</td>
<td>$140</td>
<td></td>
</tr>
</tbody>
</table>

#### Fire & MidFire

For those who need MidFire services this is for you.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Age Group</th>
<th>Days</th>
<th>Start Time</th>
<th>End Time</th>
<th>Dates</th>
<th>Location</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>15332</td>
<td>15 years &amp; up</td>
<td>Th-Sa</td>
<td>9:30am-1:30pm</td>
<td>Sep 24-Oct 10</td>
<td>Weekes Community Center and Park</td>
<td>$110</td>
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</tr>
<tr>
<td>15333</td>
<td>15 years &amp; up</td>
<td>Th-Sa</td>
<td>9:30am-1:30pm</td>
<td>Oct 15-Nov 5</td>
<td>Weekes Community Center and Park</td>
<td>$110</td>
<td></td>
</tr>
<tr>
<td>15334</td>
<td>15 years &amp; up</td>
<td>Th-Sa</td>
<td>9:30am-1:30pm</td>
<td>Nov 6-Nov 21</td>
<td>Weekes Community Center and Park</td>
<td>$110</td>
<td></td>
</tr>
<tr>
<td>15335</td>
<td>15 years &amp; up</td>
<td>Th-Sa</td>
<td>9:30am-1:30pm</td>
<td>Nov 28-Dec 19</td>
<td>Weekes Community Center and Park</td>
<td>$110</td>
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</table>

#### Firing Only

Firing services only.

<table>
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<th>Course Code</th>
<th>Age Group</th>
<th>Days</th>
<th>Start Time</th>
<th>End Time</th>
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<th>Location</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>15328</td>
<td>15 years &amp; up</td>
<td>Th-Sa</td>
<td>9:30am-1:30pm</td>
<td>Sep 24-Oct 10</td>
<td>Weekes Community Center and Park</td>
<td>$80</td>
<td></td>
</tr>
<tr>
<td>15329</td>
<td>15 years &amp; up</td>
<td>Th-Sa</td>
<td>9:30am-1:30pm</td>
<td>Oct 15-Nov 5</td>
<td>Weekes Community Center and Park</td>
<td>$80</td>
<td></td>
</tr>
<tr>
<td>15330</td>
<td>15 years &amp; up</td>
<td>Th-Sa</td>
<td>9:30am-1:30pm</td>
<td>Nov 6-Nov 21</td>
<td>Weekes Community Center and Park</td>
<td>$80</td>
<td></td>
</tr>
<tr>
<td>15331</td>
<td>15 years &amp; up</td>
<td>Th-Sa</td>
<td>9:30am-1:30pm</td>
<td>Nov 28-Dec 19</td>
<td>Weekes Community Center and Park</td>
<td>$80</td>
<td></td>
</tr>
</tbody>
</table>

#### Watercolor-Beginner/Intermediate

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. A supply list will be given prior to the first class. No class 11/25.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Age Group</th>
<th>Days</th>
<th>Start Time</th>
<th>End Time</th>
<th>Dates</th>
<th>Location</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>15307</td>
<td>17 years &amp; up</td>
<td>W</td>
<td>6:00pm-8:00pm</td>
<td>Sep 30-Nov 4</td>
<td>Virtual Class</td>
<td>$90</td>
<td></td>
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<tr>
<td>15462</td>
<td>17 years &amp; up</td>
<td>W</td>
<td>6:00pm-8:00pm</td>
<td>Nov 18-Dec 23</td>
<td>Virtual Class</td>
<td>$90</td>
<td></td>
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</table>
**Adult**

**Dance & Music**

**Adult Tap I – Virtual**
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.

- **15160**
  - Age: 18 years & up
  - Time: 6:45pm-7:45pm
  - Dates: Sep 15-Oct 20
  - Cost: $63

- **15162**
  - Age: 18 years & up
  - Time: 6:45pm-7:45pm
  - Dates: Oct 27-Dec 1
  - Cost: $63

**Adult Tap II – Virtual**
For dancers with some tap experience, this class is for people who have successfully mastered the tap basics taught in Tap I. This is a fun and energizing form of exercise. Please wear tap shoes.

- **15161**
  - Age: 18 years & up
  - Time: 7:45pm-8:45pm
  - Dates: Sep 15-Oct 20
  - Cost: $63

- **15163**
  - Age: 18 years & up
  - Time: 7:45pm-8:45pm
  - Dates: Oct 27-Dec 1
  - Cost: $63

**Golf**

**Golf Lessons**
HARD is now offering 30-minute golf lessons utilizing social distancing. These lessons are for beginners or advanced golfers. Whether you want to have lessons regularly or just a quick 30-minute session, we are here for you. Lessons are Saturdays and can be scheduled with our golf pro.

- **15420**
  - Age: 6 years & up
  - Time: 9:00am-9:30am
  - Dates: Sep 19-Dec 5
  - Cost: $75

**Health & Fitness**

**Body Tone - Virtual Class**
Adults and teens are you ready to tone up using fun exercising and dance? Come join us and learn to tone your body with fun dance choreography and feel happy and healthy again! No class 11/26.

- **15232**
  - Age: 16 years & up
  - Time: 6:00pm-6:30pm
  - Dates: Sep 10-Oct 22
  - Cost: $94

- **15233**
  - Age: 16 years & up
  - Time: 6:00pm-6:30pm
  - Dates: Nov 5-Dec 17
  - Cost: $83

**Pilates & 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: Yogalates; Week 2: Ball Pilates; Week 3: Pilates with Weights; and Week 4: Mat Pilates. The schedule repeats for the next 4 weeks. Please bring a yoga mat, water & get ready for an amazing flexibility enhancing & core strengthening experience!

- **15218**
  - Age: 18 years & up
  - Time: 5:00pm-6:00pm
  - Dates: Sep 10-Oct 29
  - Cost: $73
Adult

Health & Fitness

Castro Valley Yoga-Virtual Classes

Gentle Flow Yoga
Gentle Flow is a style of yoga that syncs the breath to the movement. This class includes a variety of standing, seated, and reclining postures and will typically follow a sequence of centering, warm-up, active poses, cool-down, and concludes with a period of breath-work and meditation. This class will be hosted livestream via Zoom.

15223 18 years & up Sa 10:30am-11:30am Sep 5-Sep 26
4 classes Virtual Class $52

15224 18 years & up Sa 10:30am-11:30am Oct 3-Oct 24
4 classes Virtual Class $52

15225 18 years & up Sa 10:30am-11:30am Nov 7-Nov 28
4 classes Virtual Class $52

15226 18 years & up Sa 10:30am-11:30am Dec 5-Dec 19
3 classes Virtual Class $39

Intro to Yoga
Intro to Yoga is the perfect place for new students to start their journey into yoga and for long-time students to return to the basics. This class breaks down the poses to help students find proper alignment and to examine the fundamentals of yoga. This class will be hosted livestream via Zoom. No class 11/11.

15219 18 years & up W 10:30am-11:30am Sep 9-Sep 30
4 classes Virtual Class $52

15220 18 years & up W 10:30am-11:30am Oct 7-Oct 28
4 classes Virtual Class $52

15221 18 years & up W 10:30am-11:30am Nov 4-Nov 25
3 classes Virtual Class $52

15222 18 years & up W 10:30am-11:30am Dec 2-Dec 30
4 classes Virtual Class $52

Yoga Sampler - Prerecorded Virtual Classes
Yoga Sampler is a mixture of Alignment-based, Hatha, Restorative, Yin, and Flow Yoga taught by a variety of excellent teachers. These are prerecorded classes that you will be able to access anytime, so you can practice yoga in the comfort of your home and at the time most convenient for your schedule. Gentle Flow is the style of yoga that syncs the breath to the movement. This class includes a variety of standing, seated, and reclining postures and will typically follow a sequence of centering, warm-up, active poses, cool-down, and concludes with a period of breath-work and meditation.

15227 18 years & up Anytime Virtual Class Anytime $26

Heal Yourself with Food – Virtual Workshop
Are you sick of feeling sick and just not your best? Do you find it challenging to make healthy choices for you and your family? Do you have joint pain, trouble focusing, poor sleep, low energy or strong cravings? Are you pre-diabetic, have high blood pressure, high cholesterol? If you answered yes to any of these questions, then let me help you break free from this cycle? This comprehensive, 5-week program is here to help give you the tools to begin a new, healthier you and learn how to heal yourself with food. This is not a fad diet. It’s a healthy, whole food-based program that will reduce belly bloat, improve sleep, lift brain fog and leave you feeling amazing inside and out. Our Instructor is a Certified Health Coach, who is committed to empower you with extra guidance, accountability, and additional coaching expertise to make this powerful program smooth and effective for you! Don’t wait any longer to feel your best! Please join us for a FREE presentation on Sept. 23rd.
No Weight Gain Holidays – Virtual Workshop

Would you like to not gain weight through the holidays and maybe even lose some? Are you sick of feeling sick and just not your best? Do you find it challenging to make healthy choices for you and your family? Do you have joint pain, trouble focusing, poor sleep, low energy or strong cravings? Are you pre-diabetic, have high blood pressure, high cholesterol? If you answered yes to any of these questions, then let me help you break free from this cycle! This comprehensive, 5-week program is here to help give you the tools to begin a new, healthier you and learn how to heal yourself with food. This is not a fad diet. It's a healthy, whole food-based program that will reduce belly bloat, improve sleep, lift brain fog and leave you feeling amazing inside and out. Our Instructor is a Certified Health Coach, who is committed to empower you with extra guidance, accountability, and additional coaching expertise to make this powerful program smooth and effective for you! Don't wait any longer to feel your best! Please join us for a FREE presentation on Oct. 26th.

Energy Company Classes

Life Coach – Know Your Truth, Live Powerfully, Achieve Extraordinary Results

It is my destiny to empower others to walk in their own truth and maximize their personal and professional potential through positive change. I have over three decades of highly diverse and specialized trainings and education and have dedicated over 80,000 hours in the various elements of dimensional growth and well-being for myself, teammates, communities, clients, friends and family. A gentle peaceful walk in nature, deep discovery discussions and actionable measurable outcomes await you. Your Journey starts here.

Power Up – Body Sculpting

Welcome to a mix-master, super fun, high energy class with an executive instructor. With a multidisciplinary approach to her teachings, Stacey is a veteran health and wellness leader who brings inspiration, motivation and positive vibes to all her classes. This is full body, dynamic workout offering healthy challenges and goal-based fitness opportunities for all levels and mindsets. A metabolism boosting, strength and endurance building, dexterity and core training class that wraps Yin and Yong movements throughout. You’ll enjoy a mix of core and cardio moves that support agility, coordination, toning and strength. In addition, a sprinkle of Flow, Yin and Power yoga moves that support strengthening your core, increasing balance, mobility and pliability mixed with a dash of Pilates for posture alignment and muscle coordination will also be included in this hybrid power class aimed to improve overall body composition, toning and fitness. No class is the same and every class gives you a boost of energy both physically and mentally. Higher health awaits you!

Yin Yoga – Destress-Rebalance-Get Healthy (Mix of Stretch and Meditation)

Find harmony, healing and joyful higher living through fascia body stretching for mobility, pliability and flexibility with mindful meditations, Nidra, essential oils and specialty sounds with a veteran yogi and wellness coach. Please bring towel, water bottle, hat/visor, mask, sunscreen and wear comfortable clothes for movement.
<table>
<thead>
<tr>
<th>Course ID</th>
<th>Age Group</th>
<th>Day</th>
<th>Time</th>
<th>Start Date</th>
<th>End Date</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>15457</td>
<td>18+</td>
<td>Su</td>
<td>9:00am-10:15am</td>
<td>Sept 6</td>
<td>Sept 27</td>
<td>$56</td>
</tr>
</tbody>
</table>

4 classes
SFCC
Energy Co
Health & Fitness
Saturday Morning Bootcamp
This bootcamp takes the latest fitness methods and exercises and combine them for fast-paced classes that burn fat, build strength, and are sure to make you sweat! Classes constantly evolve to meet the needs of the participants so you can count on all of the instruction you need for great form and progressions. Workouts are moderate to high-intensity and have a ton of benefits, including emphasis on functional full-body training and calorie burning. "Please bring your own mat, towel, water, resistance bands and light to medium hand weights."

<table>
<thead>
<tr>
<th>ID</th>
<th>Age</th>
<th>Day</th>
<th>Time</th>
<th>Duration</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>15459</td>
<td>18 yrs</td>
<td>Sa</td>
<td>10:15am-11:15am</td>
<td>Sept 26-Nov 14</td>
<td>$82</td>
</tr>
<tr>
<td>8 classes</td>
<td>CVCC</td>
<td>Mann</td>
<td>$82</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

ZUMBA
Zumba is a very exciting dance party atmosphere full of Latin and international music. You'll forget you're working out by doing fun and simple moves to dance music like Cha Cha, Salsa, reggaeton, rumba and more. Best of all, you don't need any previous dance experience! It's fun and effective, using interval training combining fast and slow rhythms for an effective aerobic workout while at the same time targeting your legs, abs, glutes and arms. Zumba combines high energy and motivating music with unique moves and combinations that allow the Zumba participants to dance away their worries. Zumba is not only great for the body, but it is also great for the mind. It is a 'feel happy' workout."

<table>
<thead>
<tr>
<th>ID</th>
<th>Age</th>
<th>Day</th>
<th>Time</th>
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<tr>
<td>15460</td>
<td>18 yrs</td>
<td>Sa</td>
<td>9:00am-10:00am</td>
<td>Sept 26-Nov 14</td>
<td>$82</td>
</tr>
<tr>
<td>8 classes</td>
<td>CVCC</td>
<td>Mann</td>
<td>$82</td>
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</tbody>
</table>

Martial Arts
EAAB's Fitness & Self-Defense Virtual Class
EAAB's Fitness and Self-Defense offers virtual group martial arts/self-defense lessons for men, women, and children. This program is designed to improve self-confidence and 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, joint locking, throwing and grappling defense techniques and defense against weapon attacks.

<table>
<thead>
<tr>
<th>ID</th>
<th>Age</th>
<th>Day</th>
<th>Time</th>
<th>Duration</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>15418</td>
<td>15 yrs</td>
<td>W</td>
<td>6:30pm-7:15pm</td>
<td>Sep 9-Nov 4</td>
<td>$155</td>
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<tr>
<td>9 classes</td>
<td>Virtual Class</td>
<td>EAABs Staff</td>
<td>$155</td>
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</table>

Leaping Leopard Shaolin Kenpo Virtual
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 individual's 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 classes on 9/4, 11/11, 11/26, 11/27, 11/28. All that is required is an open 8' x 8' area and loose workout clothes.

Beginner-White Belt

<table>
<thead>
<tr>
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<th>Age</th>
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<th>Time</th>
<th>Duration</th>
<th>Fee</th>
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</thead>
<tbody>
<tr>
<td>15436</td>
<td>6 yrs</td>
<td>M,Th</td>
<td>6:30pm-7:30pm</td>
<td>Sep 10-Dec 17</td>
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<tr>
<td>28 classes</td>
<td>Virtual Class</td>
<td>LLSK Staff</td>
<td>$210</td>
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Intermediate

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<th>ID</th>
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<th>Day</th>
<th>Time</th>
<th>Duration</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>15437</td>
<td>6 yrs</td>
<td>M,Th</td>
<td>7:30pm-8:30pm</td>
<td>Sep 10-Dec 17</td>
<td>$210</td>
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<tr>
<td>28 classes</td>
<td>Virtual Class</td>
<td>LLSK Staff</td>
<td>$210</td>
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</table>

Advanced

<table>
<thead>
<tr>
<th>ID</th>
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<th>Day</th>
<th>Time</th>
<th>Duration</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>15438</td>
<td>7 yrs</td>
<td>T/F</td>
<td>7:30pm-8:30pm</td>
<td>Sep 11-Dec 15</td>
<td>$210</td>
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<tr>
<td>27 classes</td>
<td>Virtual Class</td>
<td>LLSK Staff</td>
<td>$210</td>
<td></td>
<td></td>
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</tbody>
</table>
Adult

Nature

Animal Feeding Frenzy Online
Participate in digital learning by observing our resident animals while they have their daily meals! Four snakes and several aquatic animals including a sea star, will feast on shrimp, mussels, and worms right before your eyes. In this virtual class, you'll learn about animals that live in the Bay and what they eat. We'll share downloadable activities after the class to complete at home. Join us from anywhere!

<table>
<thead>
<tr>
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<th>Age</th>
<th>Date</th>
<th>Time</th>
<th>Fee</th>
</tr>
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<tbody>
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<td>All Ages</td>
<td>Su</td>
<td>11:00am-12:00pm</td>
<td>$8</td>
</tr>
<tr>
<td>1 class</td>
<td>Virtual Class</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>15407</td>
<td>All Ages</td>
<td>Su</td>
<td>11:00am-11:45am</td>
<td>$8</td>
</tr>
<tr>
<td>1 class</td>
<td>Virtual Class</td>
<td></td>
<td></td>
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<tr>
<td>15408</td>
<td>All Ages</td>
<td>Su</td>
<td>11:00am-11:45am</td>
<td>$8</td>
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<tr>
<td>1 class</td>
<td>Virtual Class</td>
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</table>

Nature

Tarantula Hike at Mt. Diablo (in person)
Discover Mt. Diablo's Gentle Giants, the California Tarantula. These often maligned and feared spiders are completely harmless to humans. Find out where they live, what they eat, how they survive, and why we only see them in the fall. Take a moderate slow 2-mile hike, (approximately two hours) looking for tarantulas and their burrows. You will also be introduced to some of the flora, fauna, and history of Mt Diablo State Park. Wear comfortable shoes, bring water, a snack if needed, and dress for the weather. Children must be accompanied by a paying adult. Additional $6 parking fee (exact change only) at entry gate. Meet at the Mitchell Canyon visitor center parking lot. Masks required for all participants. Six-foot social distancing required. Individuals will be screened upon arrival.

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Age</th>
<th>Date</th>
<th>Time</th>
<th>Fee</th>
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<tbody>
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<td>14893</td>
<td>6 years &amp; up</td>
<td>Su</td>
<td>4:30pm-6:30pm</td>
<td>$15</td>
</tr>
<tr>
<td>1 class</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>14894</td>
<td>6 years &amp; up</td>
<td>Su</td>
<td>4:30pm-6:30pm</td>
<td>$15</td>
</tr>
<tr>
<td>1 class</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>14895</td>
<td>6 years &amp; up</td>
<td>Su</td>
<td>4:30pm-6:30pm</td>
<td>$15</td>
</tr>
<tr>
<td>1 class</td>
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</tbody>
</table>
Adult

Photography

Camera I - Camera & Lens
Want to be better behind the lens? In this virtual class, learn how to use your camera. We cover the fundamentals of digital and traditional cameras to make great pictures. Know what settings and why! Topics include camera selection, film and digital choices, lens choices, basic flash, filters and more. If you are looking to level up or invest in new gear, this course is a great resource in helping make an informed decision!
15402 15 years & up T 7:00pm-8:30pm Oct 27-Nov 17
4 classes Virtual Class $93

Composition for the Photographer
The art and skill of composing a photograph is key to forwarding your skills as a photographic artist. Join us to expand your compositional talent and get feedback on your best images. This 4-week class will be online using a sharing space for images. You will get feedback from PhotoCentral staff and your fellow students. Online meetings will be scheduled for synchronous discussions and demonstrations. Instructions will be sent to all participants before class.
15403 18 years & up T 7:00pm-9:00pm Sep 29-Oct 20
4 classes Virtual Class $150

Getting Started: Photography
Let's start with the basics. Want to learn how to use your camera, whether digital, film or even your phone? We will share insights into making your photographs tell the story and share important tips on how to make great images. This four-week course will be online. If you're in the market for a camera or lens, share your info or links for the gear you've got your eye on at the first class. Open up to the world of photography! (No camera necessary for this class).
15404 15 years & up W 7:00pm-8:30pm Sep 23-Oct 14
4 classes Virtual Class $89

Sports

Adult Top Tracer Golf League
HARD is offering our first-ever Adult Top Tracer Golf League. Each team consists of 2 golfers. Each week a 2-person team will compete against another 2-person team.
15412 18 years & up W 6:00pm-7:15pm Sep 30-Oct 28
5 classes Mission Hills of Hayward Driving Range $200
15413 18 years & up Th 6:00pm-7:15pm Oct 1-Oct 29
5 classes Mission Hills of Hayward Driving Range $200
15414 18 years & up F 6:00pm-7:15pm Oct 2-Oct 30
5 classes Mission Hills of Hayward Driving Range $200
**All Ages**

**Dance & Music**

**Fun Family Workout – Virtual**
It's family time! Come get hyped and workout your full body, mind, and soul as we explore new ways to meet your personal goals. Transform yourself while you enjoy some fun family time. It's great for all ages - men, women, boys and girls. Dance yourself into a whole new person during this fun family workout class.

- **15205**
  - 5-65 years
  - W
  - 7:30pm-8:30pm
  - Sep 2-Oct 28
  - 9 classes
  - Virtual Class
  - DLDC Staff
  - $92

- **15206**
  - 5-65 years
  - W
  - 7:30pm-8:30pm
  - Nov 4-Dec 16
  - 6 classes
  - Virtual Class
  - DLDC Staff
  - $60

**Sports**

**Learn to Play Bocce**
Ever wanted to learn a new sport? Well now is your chance. All from the comforts of your own home, learn the exciting, fun, challenging game of bocce. You and your guests (at home) can enjoy a tutorial on how to play the game. Your registration fee includes a set of bocce balls that will be delivered to you before the virtual tutorial. Staff will be live and available to ask questions during this 60-75-minute class. Once you obtain the knowledge of this great game, you now have the tools (bocce set included) to now play with family and friends. If allowable, due to County restrictions, a free in-person follow-up tutorial will be offered. In-person session (when able to be done) will be scheduled at a later date.

- **15419**
  - All Ages
  - T
  - 6:00pm-9:00pm
  - Sep 29
  - 1 class
  - Virtual Class
  - $75

**Virtual Sports Trivia Night**
Compete to be crowned the king of sports trivia! Gather your family and engage with your community to see who has the most thorough sports knowledge. Questions will span the Sports landscape and will include questions for young and old. We will be utilizing the KAHOOT app to play this game from the comfort of your own home. A specific password/code will be given to all paid registrants prior to the trivia night. Register and compete!

- **15443**
  - All Ages
  - F
  - 6:30pm-7:30pm
  - Sep 25
  - 1 class
  - Virtual Class
  - $10

- **15444**
  - All Ages
  - F
  - 6:30pm-7:30pm
  - Oct 30
  - 1 class
  - Virtual Class
  - $10

- **15445**
  - All Ages
  - F
  - 6:30pm-7:30pm
  - Nov 20
  - 1 class
  - Virtual Class
  - $10
Seniors

Dance & Music

Virtual SR Adult Tap-I
Learn the age-old art of tap dance with styles ranging from Fred Astaire, Gene Kelly and Svion Glover. Classes will emphasize footwork and the expression of rhythm through sound. Great exercise for the mind and body, Loads of fun! Tap shoes are required for this virtual Tap Dance class. Zoom login will be provided to students prior to class.

15322 18 years & up  M 1:00pm-1:55pm Sep 14-Oct 5
4 classes Virtual Class CVPA Staff $24
15323 18 years & up  M 1:00pm-1:55pm Oct 12-Nov 2
4 classes Virtual Class CVPA Staff $24
15324 18 years & up  M 1:00pm-1:55pm Nov 9-Dec 7
5 classes Virtual Class CVPA Staff $24

Virtual SR Adult Tap II
Prior tap dance experience necessary for this Virtual Tap Dance class. Zoom login will be provided to students prior to class.

15319 18 years & up  T 1:00pm-1:55pm Sep 15-Oct 6
4 classes Virtual Class CVPA Staff $24
15320 18 years & up  T 1:00pm-1:55pm Oct 13-Nov 3
4 classes Virtual Class CVPA Staff $24
15321 18 years & up  T 1:00pm-1:55pm Nov 10-Dec 8
4 classes Virtual Class CVPA Staff $24

Foreign Language

Virtual Beginning/Intermediate French
Learn basic French phases, grammar and read simple stories. This 8 week class will enable you to be confident enough so that you are not afraid to exchange a few words with a French person, learn French pronunciation so you can understand the French when they speak to you, and be understood by them and handle basic conversations in specific situations. Participants must have a computer, laptop or tablet and a valid email address to log into the Zoom class. You must register for the class and the Zoom link will be sent to you 1 week prior.

15314 50 years & up  W 1:00pm-2:00pm Sep 9-Oct 28
8 classes Virtual Class FREE

Virtual German II - Conversational
German II- Conversational is a virtual class designed for those who already know basics. It is content oriented. Class is on Zoom platform. Must pre-register for Zoom log information to be sent to you. Volunteer Instructor is Ms. Kiraly.

15234 50 years & up  T 1:00pm-2:00pm Sep 8-Dec 15
15 classes Virtual Class FREE
Seniors

Health & Fitness

Fitness for Active Adults (Pre Recorded Videos)
Have access to recorded videos to complete an older adult fitness program in the comfort of your own home. Fitness for Active Adults incorporates stretching, low impact aerobic dancing, floor exercise and light weights. Make sure you have an exercise mat, water bottle and weights prior to starting the videos. Register for the class and links to the online videos will be sent 1 week prior.
15313 50 years & up M/W/F 9:00am-10:00am Sep 9-Dec 18
Virtual Class
FREE

Laugh Yoga by Conference Call
Laughing is very important in these trying times. Join us by phone for a 1-hour session of laughter. Laughter with deep breathing helps lift your mood, relieve stress and can have a profound impact on our health and wellbeing. You must register for this program so instructors can contact you to set up conference call prior to start date.
15315 50 years & up Th 3:00pm-4:00pm Sep 10-Dec 17
14 classes Virtual Class FREE

Virtual Yoga for Seniors
Alignment based Hathaway yoga for beginners and beyond. Increase your ability to focus, remain mentally sharp and create energy. You must register for the class and the Zoom link will be sent to you 1 week prior. Please have a yoga mat, a strap or tie, and an old blanket of some kind in your exercise space prior to logging in to Zoom. Participants must have a computer, laptop or tablet and a valid email address to log into the class.
15318 50 years & up T 5:00pm-6:00pm Sep 8-Dec 15
15 classes Virtual Class FREE

Wednesday Walkers (In Person Walking Fitness 50+)
Join Jen in the parking lot of the Kenneth Aitken Senior Center to log in those steps. Please wear proper walking shoes and a hat, as we will be outside. Also, don't forget your mask! Program will be cancelled in the event of rain. Please park your car by 9:25am, as the parking lot gate will be closed during class. You must register for this program prior as participation maximums are in place. If program is full please put yourself on waitlist so we can add additional classes. September- October’s Goal: Walk the distance of Yosemite’s Half Dome hike- 17 miles November-December’s Goal- Walk the distance of Machu Picchu hike- 25 miles.
15316 50 years & up W 9:30am-10:30am Sep 9-Dec 16
14 classes Kenneth C. Aitken Senior & Comm Ctr FREE

Special Interest & Hobbies

Virtual Bingo for Adults 50+
Enjoy bingo in the virtual way in the comfort of your home. Bingo cards can be picked up from the Senior Center or mailed directly to homebound seniors by request. Join us live on Zoom for bingo fun! We will play 5 games of bingo. Games last approximately 1 hour. Participants must have a computer, laptop or tablet and a valid email address to log into the class. You must register for the class and the Zoom link will be sent to you 1 week prior.
15308 50 years & up Th (2nd & 4th) 2:00pm-3:00pm Sep 24-Dec 10
Virtual Class FREE
## Seniors

### Special Events

#### Drive Thru Ice Cream Social for Adults 50+
Reconnect and Reenergize at the Kenneth Aitken Senior Center’s Drive Thru Ice Cream Social Event! Remain in your car and drive up to the front of the building. Staff will bring your treat to your car. Say hi to Senior Center staff, receive health education and fun giveaways. Please wear something PURPLE to show a united front for well-being during COVID-19. Reserve your ice cream by calling Jen at (510) 881-6742. A special thanks to our event sponsor: Aetna.

<table>
<thead>
<tr>
<th>Event Code</th>
<th>Age</th>
<th>Day</th>
<th>Time</th>
<th>Date</th>
<th>Location</th>
<th>Cost</th>
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</thead>
<tbody>
<tr>
<td>15317</td>
<td>50 years &amp; up</td>
<td>T</td>
<td>11:30am-12:30pm</td>
<td>Oct 13</td>
<td>Kenneth C. Aitken Senior &amp; Comm Ctr</td>
<td>FREE</td>
</tr>
</tbody>
</table>

#### Virtual Concert with The Tinseltones!
The Tinseltones are bringing the music to you! From bebop to big band to boogie - the Tinseltones' Summer Swing program has it all! Join us for upbeat vocal and instrumental music to lift your spirits! Grab some snacks and a drink and enjoy their performance in the comfort of your home. Be sure to leave a space for dancing. You must register for this program and the Zoom link will be sent 1 week prior. Participants must have a computer, laptop or tablet and a valid email address to log into the concert.

<table>
<thead>
<tr>
<th>Event Code</th>
<th>Age</th>
<th>Day</th>
<th>Time</th>
<th>Date</th>
<th>Location</th>
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</thead>
<tbody>
<tr>
<td>15312</td>
<td>50 years &amp; up</td>
<td>Sa</td>
<td>2:00pm-3:30pm</td>
<td>Sep 26</td>
<td>Virtual Class</td>
<td>FREE</td>
</tr>
</tbody>
</table>

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### How to Register Online

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.

<table>
<thead>
<tr>
<th>Step</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Create an Account</td>
</tr>
<tr>
<td></td>
<td>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.</td>
</tr>
<tr>
<td>2</td>
<td>Login</td>
</tr>
<tr>
<td></td>
<td>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.</td>
</tr>
<tr>
<td>3</td>
<td>Register</td>
</tr>
<tr>
<td></td>
<td>Register all your participants in their desired classes and activities.</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. Register early...classes fill quickly!

Online/Mail-In/Walk in Resident Registration Processing Begins August 26 at 8:30am
Resident mail-in or fax registration forms received prior to August 26 will be held by the registration staff and processed on August 26 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
The Registration Form at https://www.haywardrec.org/DocumentCenter/View/48/HARD-Registration-Form 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
For walk-in registration is at the Hayward Area Recreation and Park District Office, 1099 “E” Street, Hayward. Non-resident mail-in or fax registration forms received prior to September 2 will be held by the registration staff and will be processed starting on September 2nd, 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.

Fall 2020 District Holidays
November 11, November 26-27, and December 24-25.

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

Email Address and Account Information Update
Please be sure to call (510) 881-6700 to confirm that your email address, phone numbers, and address on record with H.A.R.D. is up to date and current.
Registration Policies continued

Some Common Registration Questions:
Can I go to my child’s class? Attendance is limited to registered participants only.
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 of possible participants have signed up on the waitlist. Classes will be cancelled if the minimum registrations are not received.
Are there any age limits? Where “age Level” is indicated, your child must be that age on the first day of class.

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 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 ActiveNet 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.

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.

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 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.

Facility Rentals
To view the District’s Facilities, please go to: https://www.haywardrec.org/Facilities

Cancellation and Refund Policy for Facilities
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 nonrefundable 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.
Program Contacts
Hayward Area Recreation and Park District

General Information
Customer Service  (510) 881-6700  info@HaywardRec.org
Parks Department  (510) 881-6715  ParkDept@HaywardRec.org
Park Rangers  (510) 881-6700  ParkRangers@HaywardRec.org

Recreation Coordinators
James Calceta  (510) 881-6700  CalJ@HaywardRec.org
Golf, Martial Arts
Adrienne De Ponte  (510) 670-7270  DepA@HaywardRec.org
Hayward Shoreline Interpretive Center, Art Galleries
Darin Lee  (510) 888-0207  LeeD@HaywardRec.org
Golf, Marketing
Shelly Luchini  (510) 881-6778  LucS@HaywardRec.org
Special Needs, Access for All
Michael Maine  (510) 888-0211  MaiM@HaywardRec.org
Sports, Field and Gym Rentals, Tennis
Terry Sullivan  (510) 888-5750  SulT@HaywardRec.org
Theatre Arts, Dance & Music
Jen Tibbetts  (510) 881-6742  TibJ@HaywardRec.org
Kenneth Aitken Senior Center, Special Interest
Wendy Winsted  (510) 881-6747  WinW@HaywardRec.org
Sulphur Creek Nature Center

Recreation Supervisors
Cody George  (510) 888-0123  GeoC@HaywardRec.org
Aquatics, Aquatics Maintenance, Splash Parks, Fitness
Deborah Hernandez  (510) 888-0117  HerD@HaywardRec.org
Arts, Photography, Nature
Daniela Keiffer  (510) 881-6755  KeiD@HaywardRec.org
Seniors, Special Needs, Senior Satellite, Volunteer Hayward, Special Interest
Noel Munivez  (510) 317-2303  MunN@HaywardRec.org
Sports, Gymnastics, Martial Arts, Golf, Field and Gym Rentals, Tennis
Nicole Espinoza Roa  (510) 881-6723  RoaN@HaywardRec.org
Website, Customer Service, Facility Rentals, Marketing, Theatre, Dance & Music, Special Events
Lori Ryan  (510) 881-6705  OakL@HaywardRec.org
Program & Facility Registration, Customer Service Staff
Vicente Zuniga  (510) 887-0400  ZunV@HaywardRec.org
Ashland Community Center, MJCC, After School, Pre-K, Rec Innovation, Seasonal Camps, East Avenue Park

Director of Recreation
James Wheeler  (510) 881-6700  WheJ@HaywardRec.org
Virtual Stories Under the Oaks
Join Sulphur Creek’s naturalists on Facebook Live as we read stories and meet featured animals. Like Sulphur Creek Nature Center and Hayward Area Recreation & Park District on Facebook for more information.
Monday, October 26 at 3pm
Monday, November 23 at 3pm
Monday, December 14 at 3pm

Virtual 17th Annual 10K on the Bay Race/Walk
Saturday October 3 through Sunday October 11
Join us for our 17th Annual 10K on the Bay Race/Walk. This year we will offer a virtual race that you can run or walk on your own course or for those who love the view, come to the shoreline. All participants will receive a link on the RaceJoy app and an event T-shirt. All proceeds support the Hayward Area Interpretive Center’s educational programs. Register on-line at 10konthebay.org. $20 registration fee. 10 and under free.

Community Gardens
Reserve Your Plot Today at the Hayward Community Gardens
Annual fee with a two-year contract. Plots can be reserved by community groups or individuals. Individuals may request an entire space, or they may share a space with other gardeners. Registration accepted until all sites are filled. If you are reserving a plot for the first time, please email info@HaywardRec.org for plot placement.

- 15147: 10’x10’ (100 Square Feet) Community Garden Plot 10’x10’ (100 square feet) $75 annually
- 15146: 10’x20’ (200 Square Feet) Community Garden Plot 10’x20’ (200 square feet) $150 annually
- 15145: 20’x20’ (400 Square Feet) Community Garden Plot 20’x20’ (400 square feet) $300 annually
- 15148: Elevated Flowerbed Community Garden Elevated Flowerbed $75 annually

Watch for upcoming workshops in September and October offered by the UC Extension Master Gardeners.

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
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.