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
<table>
<thead>
<tr>
<th>Preschool Age (up to 6 years)</th>
<th>Teens (13-17)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Art</td>
<td>Dance &amp; Music</td>
</tr>
<tr>
<td>Dance &amp; Music</td>
<td>Marital Arts</td>
</tr>
<tr>
<td>Gymnastics</td>
<td></td>
</tr>
<tr>
<td>Nature</td>
<td></td>
</tr>
<tr>
<td>Pre-K Programs</td>
<td></td>
</tr>
<tr>
<td>Sports</td>
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<table>
<thead>
<tr>
<th>School Age (7-12 years)</th>
<th>Adults (18 years &amp; up)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Art</td>
<td>Dance &amp; Music</td>
</tr>
<tr>
<td>Dance &amp; Music</td>
<td>Golf</td>
</tr>
<tr>
<td>Distance Learning Hubs</td>
<td>Health &amp; Fitness</td>
</tr>
<tr>
<td>Gymnastics</td>
<td>Martial Arts</td>
</tr>
<tr>
<td>Martial Arts</td>
<td>Nature</td>
</tr>
<tr>
<td>Nature</td>
<td></td>
</tr>
<tr>
<td>Special Interest</td>
<td></td>
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<tr>
<td>Science &amp; Technology</td>
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<td>Sports</td>
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<table>
<thead>
<tr>
<th>All Ages</th>
<th>Seniors/Active Adults (50 years &amp; up)</th>
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<tbody>
<tr>
<td>Nature</td>
<td>Dance &amp; Music</td>
</tr>
<tr>
<td>Martial Arts</td>
<td>Foreign Language</td>
</tr>
<tr>
<td></td>
<td>Health &amp; Fitness</td>
</tr>
<tr>
<td></td>
<td>Social Services</td>
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<td>Special Events</td>
</tr>
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<td></td>
<td>Special Interest &amp; Hobbies</td>
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<table>
<thead>
<tr>
<th>Aquatics</th>
<th>Community Garden</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lap Swim &amp; Water Walking</td>
<td>Community Garden Information</td>
</tr>
<tr>
<td>Swim Lessons</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>General Information</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Foundation News</td>
<td>3</td>
</tr>
<tr>
<td>Bond Updates</td>
<td>3</td>
</tr>
<tr>
<td>Contact Directory</td>
<td>34</td>
</tr>
<tr>
<td>Registration &amp; Cancellation Policies</td>
<td>32-33</td>
</tr>
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</table>

<table>
<thead>
<tr>
<th>Special Events</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Outdoor Spring Flea Market</td>
<td>35</td>
</tr>
</tbody>
</table>
Foundation News: #BeTheFoundation of our Community

Did you know that H.A.R.D. has a nonprofit foundation that provides scholarships to youth and supplies to the programs that you love? The H.A.R.D. Foundation was organized in 1983 by a group of community members who believed in the strength of giving back to the community. We still believe in that strength. If you have given in the past, we’d like to thank you for your support. Because you have “Given HARD”, we’ve been able to support families with scholarships and programs with materials. This year has been a challenging one for many of our residents. The Foundation would like to continue to make a meaningful impact to others and ask you to join them to “Be the Foundation” in our community. So many of you have a place in your heart for summer camp, Sulphur Creek, seniors, theater, the Sorensdale Recreation Center and youth scholarships amongst other programs. H.A.R.D. brings memories of the past and hope for future opportunities, and the Foundation wants that to continue.

As H.A.R.D. prepares for the return of programs and reopening facilities, the Foundation wants to prepare for your return so you can make more memories. This community has always lent a hand when someone needed help, so let’s #BeTheFoundation in our community and help others when more and more of our neighbors need it.

Thank you for your generosity,
The H.A.R.D. Foundation Board

Measure F1 - Bond Update

On November 8, 2016 the District voters overwhelmingly approved Measure F1, a $250 million bond that is improving and enhancing H.A.R.D. parks and facilities. Below are some recent updates to projects we can’t wait for you to enjoy!

We want to hear from you!!! The Sulphur Creek Nature Center Master Plan is underway! Check out the project website for details of how to participate!
https://www.haywardrec.org/1944/Sulphur-Creek-Nature-Center-Master-Plan

Construction Completed:
- East Avenue Park Renovations
- Tennis Court Renovations at Castro Valley Community Park and Southgate Park

Construction Continues on:
- Kennedy Park and Via Toledo Park – To Be Completed Soon
- Hayward Area Senior Center Renovations
- Upgrading the District-Wide Irrigation System to a Centrally Controlled System to Conserve Water

Construction to Begin in 2021:
- Fairmont Terrace Park Renovation and Expansion
- San Lorenzo Community Park – Phase 2
- San Lorenzo Community Center Renovation
- Ashland Common
- Sunset Futsal Courts

In Design:
- Ashland – Mateo Street Park
- Trails & Open Space Master Plan
- Foothill Trail Master Plan
- San Lorenzo Creekway Trail Master Plan

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

### Lap Swim & Water Walking

Come enjoy lap swimming or Water Walk at the Arroyo Swim Center, 15701 Lorenzo Avenue, San Lorenzo, CA 94580. Please register in advance. Reserve your spot today at [www.HaywardRec.org/register](http://www.HaywardRec.org/register)

Fee: $5 drop-in rate (Credit Card or Current Lap Pass)

- **Monday-Friday**
  - 8:30 am-12:15 pm
- **Monday-Thursday**
  - 4:00 pm-5:30 pm
- **Saturday**
  - 7:30 am-10:45 am

### Parent Tot Swimming (1-3 yrs) at the Hayward Plunge

An adult must accompany each tot into the pool each class meeting. The course is designed to develop in young children a comfort level in and around the water.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Age Group</th>
<th>Location</th>
<th>Days</th>
<th>Time</th>
<th>Fee</th>
<th>Start Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>17423</td>
<td>1-3 yrs</td>
<td>Hayward Plunge</td>
<td>M/W</td>
<td>6:00pm-6:30pm</td>
<td>$68</td>
<td>Apr 12-May 5</td>
</tr>
<tr>
<td>17425</td>
<td>1-3 yrs</td>
<td>Hayward Plunge</td>
<td>M/W</td>
<td>6:00pm-6:30pm</td>
<td>$60</td>
<td>May 10-Jun 2</td>
</tr>
<tr>
<td>17424</td>
<td>1-3 yrs</td>
<td>Hayward Plunge</td>
<td>Sa</td>
<td>11:45am-12:15pm</td>
<td>$68</td>
<td>Apr 17-Jun 5</td>
</tr>
</tbody>
</table>

### Tiny Tot (3-5 yrs) at the Hayward Plunge

An adult must accompany each tot into the pool each class meeting. The course is designed to develop in young children a comfort level in and around the water and a readiness to swim. This course does not teach children to be accomplished swimmers or to survive in the water.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Age Group</th>
<th>Location</th>
<th>Days</th>
<th>Time</th>
<th>Fee</th>
<th>Start Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>17426</td>
<td>3-6 yrs</td>
<td>Hayward Plunge</td>
<td>M/W</td>
<td>4:30pm-5:00pm</td>
<td>$80</td>
<td>Apr 12-May 5</td>
</tr>
<tr>
<td>17428</td>
<td>3-6 yrs</td>
<td>Hayward Plunge</td>
<td>M/W</td>
<td>6:00pm-6:30pm</td>
<td>$80</td>
<td>Apr 12-May 5</td>
</tr>
<tr>
<td>17430</td>
<td>3-6 yrs</td>
<td>Hayward Plunge</td>
<td>M/W</td>
<td>6:45pm-7:15pm</td>
<td>$80</td>
<td>Apr 12-May 5</td>
</tr>
<tr>
<td>17427</td>
<td>3-6 yrs</td>
<td>Hayward Plunge</td>
<td>M/W</td>
<td>4:30pm-5:00pm</td>
<td>$70</td>
<td>May 10-Jun 2</td>
</tr>
<tr>
<td>17429</td>
<td>3-6 yrs</td>
<td>Hayward Plunge</td>
<td>M/W</td>
<td>6:00pm-6:30pm</td>
<td>$70</td>
<td>May 10-Jun 2</td>
</tr>
<tr>
<td>17431</td>
<td>3-6 yrs</td>
<td>Hayward Plunge</td>
<td>M/W</td>
<td>6:45pm-7:15pm</td>
<td>$70</td>
<td>May 10-Jun 2</td>
</tr>
<tr>
<td>17432</td>
<td>3-6 yrs</td>
<td>Hayward Plunge</td>
<td>Sa</td>
<td>10:15am-10:45am</td>
<td>$80</td>
<td>Apr 17-Jun 5</td>
</tr>
<tr>
<td>17433</td>
<td>3-6 yrs</td>
<td>Hayward Plunge</td>
<td>Sa</td>
<td>11:45am-12:15pm</td>
<td>$80</td>
<td>Apr 17-Jun 5</td>
</tr>
<tr>
<td>17434</td>
<td>3-6 yrs</td>
<td>Hayward Plunge</td>
<td>Sa</td>
<td>12:30pm-1:00pm</td>
<td>$80</td>
<td>Apr 17-Jun 5</td>
</tr>
</tbody>
</table>
## Aquatics

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

<table>
<thead>
<tr>
<th>Course</th>
<th>Age</th>
<th>Days</th>
<th>Time</th>
<th>Location</th>
<th>Fees</th>
<th>Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>17468</td>
<td>6-17 years</td>
<td>M/W</td>
<td>3:30pm-4:15pm</td>
<td>Hayward Plunge</td>
<td>$65</td>
<td>Mar 8-Mar 31</td>
</tr>
<tr>
<td>17469</td>
<td>6-17 years</td>
<td>M/W</td>
<td>3:30pm-4:15pm</td>
<td>Hayward Plunge</td>
<td>$65</td>
<td>Apr 12-May 5</td>
</tr>
<tr>
<td>17470</td>
<td>6-17 years</td>
<td>M/W</td>
<td>3:30pm-4:15pm</td>
<td>Hayward Plunge</td>
<td>$57</td>
<td>May 10-Jun 2</td>
</tr>
<tr>
<td>17483</td>
<td>6-17 years</td>
<td>M/W</td>
<td>6:45pm-7:30pm</td>
<td>Hayward Plunge</td>
<td>$65</td>
<td>Apr 12-May 5</td>
</tr>
<tr>
<td>17484</td>
<td>6-17 years</td>
<td>M/W</td>
<td>6:45pm-7:30pm</td>
<td>Arroyo Swim Center</td>
<td>$57</td>
<td>May 10-Jun 2</td>
</tr>
<tr>
<td>17477</td>
<td>6-17 years</td>
<td>Sa</td>
<td>11:30am-12:15pm</td>
<td>Arroyo Swim Center</td>
<td>$57</td>
<td>Mar 6-Apr 24</td>
</tr>
<tr>
<td>17479</td>
<td>6-17 years</td>
<td>Sa</td>
<td>11:30am-12:15pm</td>
<td>Arroyo Swim Center</td>
<td>$51</td>
<td>May 1-Jun 5</td>
</tr>
<tr>
<td>17478</td>
<td>6-17 years</td>
<td>Sa</td>
<td>12:30pm-1:15pm</td>
<td>Arroyo Swim Center</td>
<td>$57</td>
<td>Mar 6-Apr 24</td>
</tr>
<tr>
<td>17480</td>
<td>6-17 years</td>
<td>Sa</td>
<td>12:30pm-1:15pm</td>
<td>Arroyo Swim Center</td>
<td>$51</td>
<td>May 1-Jun 5</td>
</tr>
</tbody>
</table>

### Level 1 - 3 Group Swim Lessons (6-13 yrs) at the Hayward Plunge
An adult must accompany each child into the pool each class meeting. Register for this class if your child can not swim the front crawl and backstroke across the pool (at least 20 yards) without stopping. Course is designed to develop in young children a comfort level in and around the water focusing on a child's basic development from floating to crawl stroke and backstroke.

<table>
<thead>
<tr>
<th>Course</th>
<th>Age</th>
<th>Days</th>
<th>Time</th>
<th>Location</th>
<th>Fees</th>
<th>Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>17438</td>
<td>6-14 years</td>
<td>M/W</td>
<td>3:45pm-4:15pm</td>
<td>Hayward Plunge</td>
<td>$68</td>
<td>Apr 12-May 5</td>
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<tr>
<td>17440</td>
<td>6-14 years</td>
<td>M/W</td>
<td>5:15pm-5:45pm</td>
<td>Hayward Plunge</td>
<td>$68</td>
<td>Apr 12-May 5</td>
</tr>
<tr>
<td>17439</td>
<td>6-14 years</td>
<td>M/W</td>
<td>3:45pm-4:15pm</td>
<td>Hayward Plunge</td>
<td>$60</td>
<td>May 10-Jun 2</td>
</tr>
<tr>
<td>17441</td>
<td>6-14 years</td>
<td>M/W</td>
<td>5:15pm-5:45pm</td>
<td>Hayward Plunge</td>
<td>$60</td>
<td>May 10-Jun 2</td>
</tr>
<tr>
<td>17442</td>
<td>6-14 years</td>
<td>Sa</td>
<td>9:30am-10:00am</td>
<td>Hayward Plunge</td>
<td>$68</td>
<td>Apr 17-Jun 5</td>
</tr>
<tr>
<td>17443</td>
<td>6-14 years</td>
<td>Sa</td>
<td>11:00am-11:30am</td>
<td>Hayward Plunge</td>
<td>$68</td>
<td>Apr 17-Jun 5</td>
</tr>
</tbody>
</table>
Aquatics

Level 4-6 Group Swim Lessons (6 - 13 yrs) at the Hayward Plunge

ONLY register for this class if your child can swim coordinated front crawl and backstroke (at least 20 yards) across the pool without stopping.

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Age Group</th>
<th>Days/Time</th>
<th>Location</th>
<th>Dates</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>17444</td>
<td>6-14 yrs</td>
<td>M/W</td>
<td>Hayward Plunge</td>
<td>Apr 12-May 5</td>
<td>$68</td>
</tr>
<tr>
<td>17446</td>
<td>6-14 yrs</td>
<td>M/W</td>
<td>Hayward Plunge</td>
<td>Apr 12-May 5</td>
<td>$68</td>
</tr>
<tr>
<td>17447</td>
<td>6-14 yrs</td>
<td>M/W</td>
<td>Hayward Plunge</td>
<td>May 10-Jun 2</td>
<td>$60</td>
</tr>
<tr>
<td>17448</td>
<td>6-14 yrs</td>
<td>Sa</td>
<td>Hayward Plunge</td>
<td>Apr 17-Jun 5</td>
<td>$68</td>
</tr>
<tr>
<td>17449</td>
<td>6-14 yrs</td>
<td>Sa</td>
<td>Hayward Plunge</td>
<td>Apr 17-Jun 5</td>
<td>$68</td>
</tr>
</tbody>
</table>

Private Lesson Aquatics (6 & up) at the Hayward Plunge

Individualized instruction will be available with a Certified Red Cross Instructor. Please call the Swim Center for further information.

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Age Group</th>
<th>Days/Time</th>
<th>Location</th>
<th>Dates</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>17450</td>
<td>6 and up</td>
<td>M/W</td>
<td>Hayward Plunge</td>
<td>Apr 12-May 5</td>
<td>$260</td>
</tr>
<tr>
<td>17452</td>
<td>6 and up</td>
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<td>Apr 12-May 5</td>
<td>$260</td>
</tr>
<tr>
<td>17454</td>
<td>6 and up</td>
<td>M/W</td>
<td>Hayward Plunge</td>
<td>Apr 12-May 5</td>
<td>$260</td>
</tr>
<tr>
<td>17456</td>
<td>6 and up</td>
<td>M/W</td>
<td>Hayward Plunge</td>
<td>Apr 12-May 5</td>
<td>$260</td>
</tr>
<tr>
<td>17458</td>
<td>6 and up</td>
<td>M/W</td>
<td>Hayward Plunge</td>
<td>Apr 12-May 5</td>
<td>$260</td>
</tr>
<tr>
<td>17451</td>
<td>6 and up</td>
<td>M/W</td>
<td>Hayward Plunge</td>
<td>May 10-Jun 2</td>
<td>$228</td>
</tr>
<tr>
<td>17453</td>
<td>6 and up</td>
<td>M/W</td>
<td>Hayward Plunge</td>
<td>May 10-Jun 2</td>
<td>$228</td>
</tr>
<tr>
<td>17455</td>
<td>6 and up</td>
<td>M/W</td>
<td>Hayward Plunge</td>
<td>May 10-Jun 2</td>
<td>$228</td>
</tr>
<tr>
<td>17457</td>
<td>6 and up</td>
<td>M/W</td>
<td>Hayward Plunge</td>
<td>May 10-Jun 2</td>
<td>$228</td>
</tr>
<tr>
<td>17459</td>
<td>6 and up</td>
<td>M/W</td>
<td>Hayward Plunge</td>
<td>May 10-Jun 2</td>
<td>$228</td>
</tr>
<tr>
<td>17460</td>
<td>6 and up</td>
<td>Sa</td>
<td>Hayward Plunge</td>
<td>Apr 17-Jun 5</td>
<td>$260</td>
</tr>
<tr>
<td>17461</td>
<td>6 and up</td>
<td>Sa</td>
<td>Hayward Plunge</td>
<td>Apr 17-Jun 5</td>
<td>$260</td>
</tr>
<tr>
<td>17462</td>
<td>6 and up</td>
<td>Sa</td>
<td>Hayward Plunge</td>
<td>Apr 17-Jun 5</td>
<td>$260</td>
</tr>
<tr>
<td>17463</td>
<td>6 and up</td>
<td>Sa</td>
<td>Hayward Plunge</td>
<td>Apr 17-Jun 5</td>
<td>$260</td>
</tr>
<tr>
<td>17464</td>
<td>6 and up</td>
<td>Sa</td>
<td>Hayward Plunge</td>
<td>Apr 17-Jun 5</td>
<td>$260</td>
</tr>
</tbody>
</table>
**Aquatics**

**Adult/Teen Learn to Swim at the Hayward Plunge (13 yrs+)**

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

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Age Group</th>
<th>Days</th>
<th>Time</th>
<th>Dates</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>17435</td>
<td>13 and up</td>
<td>M/W</td>
<td>6:45pm-7:15pm</td>
<td>Apr 12-May 5</td>
<td>$68</td>
</tr>
<tr>
<td>17436</td>
<td>13 and up</td>
<td>M/W</td>
<td>6:45pm-7:15pm</td>
<td>May 10-Jun 2</td>
<td>$60</td>
</tr>
<tr>
<td>17437</td>
<td>13 and up</td>
<td>Sa</td>
<td>12:30pm-1:00pm</td>
<td>Apr 17-Jun 5</td>
<td>$68</td>
</tr>
</tbody>
</table>

**Swim/Tennis Camp**

Join the week-long swim/tennis camp in April! Work on forehand, backhand, breaststroke, and back stroke. Activities will include basic tennis skills and strategy, water safety skills and games. Camp will begin with tennis activities and conclude with swimming. Bring a bag lunch, your own tennis racquet and a can of new tennis balls to the first class.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Age Group</th>
<th>Days</th>
<th>Time</th>
<th>Dates</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>17376</td>
<td>8-12 years</td>
<td>M-F</td>
<td>9:30am-3:30pm</td>
<td>Apr 5-Apr 9</td>
<td>$225</td>
</tr>
</tbody>
</table>

**Lifeguard Training**

Prerequisites: The candidate must be 15 years old on or before the final scheduled session. They must be able to tread water for 2 minutes without using hands; swim 300 yards continuously, using front crawl or breaststroke with rhythmic breathing; swim 20 yards using front crawl or breaststroke, surface dive to a depth of 7-10 feet, retrieve a 10 pound object, return to the surface, and swim 20 yards back within 1 minute 45 seconds. (Prerequisite's will be done as soon as possible on the first day)

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Age Group</th>
<th>Days</th>
<th>Time</th>
<th>Dates</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>17380</td>
<td>15 and up</td>
<td>M-Th</td>
<td>9:00am-2pm</td>
<td>Apr 5-Apr 8</td>
<td>$236</td>
</tr>
<tr>
<td>17391</td>
<td>15 and up</td>
<td>Sa</td>
<td>9:00am-4pm</td>
<td>Feb 27-Mar 13</td>
<td>$236</td>
</tr>
<tr>
<td>17377</td>
<td>15 and up</td>
<td>Sa</td>
<td>9:00am-4pm</td>
<td>Mar 20-Apr 3</td>
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</tr>
<tr>
<td>17378</td>
<td>15 and up</td>
<td>Sa</td>
<td>9:00am-4pm</td>
<td>Apr 10-Apr 24</td>
<td>$236</td>
</tr>
<tr>
<td>17379</td>
<td>15 and up</td>
<td>Sa</td>
<td>9:00am-4pm</td>
<td>May 1-May 15</td>
<td>$236</td>
</tr>
</tbody>
</table>

**Preschool Art**

**Young Rembrandts - FUNdamental Drawing LIVE Online**

Spring is the perfect season for your preschooler's talent to blossom. In Young Rembrandts LIVE online classes, we explore many fun subjects Wonderful drawings of adventurous astronauts and friendly monsters will excite the imagination. We reach new heights with our hot air balloon and many nature-inspired drawings like our bees and flower baskets. Enroll your student in our LIVE online classes!

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Age Group</th>
<th>Days</th>
<th>Time</th>
<th>Dates</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>17189</td>
<td>4-6 years</td>
<td>W</td>
<td>4:00pm-5:00pm</td>
<td>Apr 14-May 12</td>
<td>$84</td>
</tr>
<tr>
<td>17188</td>
<td>4-6 years</td>
<td>W</td>
<td>4:00pm-5:00pm</td>
<td>Mar 10-Apr 7</td>
<td>$84</td>
</tr>
</tbody>
</table>
### Preschool

#### Dance & Music

**Advanced Beginner Tap & Ballet**
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.

<table>
<thead>
<tr>
<th>Course</th>
<th>Age</th>
<th>Days</th>
<th>Time</th>
<th>Instructor</th>
<th>Duration</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>17347</td>
<td>4-6 years</td>
<td>M</td>
<td>3:00pm-3:45pm</td>
<td>Mar 22-May 17</td>
<td>$84</td>
<td></td>
</tr>
<tr>
<td>17348</td>
<td>4-6 years</td>
<td>Th</td>
<td>3:00pm-3:45pm</td>
<td>Mar 11-May 6</td>
<td>$84</td>
<td></td>
</tr>
<tr>
<td>17350</td>
<td>4-6 years</td>
<td>Sa</td>
<td>11:15am-12:00pm</td>
<td>Mar 20-May 15</td>
<td>$84</td>
<td></td>
</tr>
</tbody>
</table>

**Boogie with Your Baby**
You and your baby will 'boogie' to your favorite nursery songs. Hop, jump, and dance with scarves, beanbags, parachutes and more. We encourage imagination, creativity and fun for everyone. One parent per child; parent participation required.

<table>
<thead>
<tr>
<th>Course</th>
<th>Age</th>
<th>Days</th>
<th>Time</th>
<th>Instructor</th>
<th>Duration</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>17351</td>
<td>9m-2 ½ years</td>
<td>M</td>
<td>10:30am-11:15am</td>
<td>Mar 22-May 17</td>
<td>$84</td>
<td></td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Course</th>
<th>Age</th>
<th>Days</th>
<th>Time</th>
<th>Instructor</th>
<th>Duration</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>17352</td>
<td>4-8 years</td>
<td>M</td>
<td>4:00pm-5:00pm</td>
<td>Mar 22-May 17</td>
<td>$84</td>
<td></td>
</tr>
<tr>
<td>17353</td>
<td>4-8 years</td>
<td>Th</td>
<td>5:00pm-6:00pm</td>
<td>Mar 11-May 6</td>
<td>$84</td>
<td></td>
</tr>
</tbody>
</table>

**Frozen-Themed Ballet**
It's a FROZEN themed jazz/ballet lesson with creative dance to all your favorite frozen songs. This class is perfect for kids who dream of being Elsa, Anna, or even Olaf. Each little darling will be welcome to dress up in their favorite character and ballet slippers. Let your child's imagination soar. Please wear ballet shoes and bring a water bottle.

<table>
<thead>
<tr>
<th>Course</th>
<th>Age</th>
<th>Days</th>
<th>Time</th>
<th>Instructor</th>
<th>Duration</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>17339</td>
<td>3-5 years</td>
<td>S</td>
<td>10:15am-11:00am</td>
<td>Mar 14-Apr 25</td>
<td>$82</td>
<td></td>
</tr>
<tr>
<td>17388</td>
<td>3-5 years</td>
<td>S</td>
<td>10:15am-11:00am</td>
<td>May 2-Jun 6</td>
<td>$82</td>
<td></td>
</tr>
</tbody>
</table>
Preschool

Dance & Music

Intro to Dance
These classes are for dancers with little or no experience. Classes are divided into two disciplines each class and by age group. Tap: Learn basic tap technique and a just-for-fun dance to perform on the last day of class. Tap shoes required. Ballet: Learn fundamental ballet foot and arm positions, coordination, musicality, rhythm and discipline. Please wear leotards, tights, and ballet slippers.

Tap & Ballet
17355 3-5 years  T  3:00pm-3:45pm  Mar 9-May 4
8 classes Virtual Class CVPA Staff $84
17357 3-5 years  F  3:00pm-3:45pm  Mar 12-May 7
8 classes Virtual Class CVPA Staff $84
17358 3-5 years  Sa  9:00am-9:45am  Mar 20-May 15
8 classes Virtual Class CVPA Staff $84
17356 3-5 years  Th  10:00am-10:45am  Mar 11-May 6
8 classes Virtual Class CVPA Staff $84

Tap & Hip Hop
17359 3-5 years  Sa  10:30am-11:15am  Mar 20-May 15
8 classes Virtual Class CVPA Staff $84

Music & Rhythm
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.

17364 2-3 years  F  9:30am-10:15am  Mar 12-May 7
8 classes Virtual Class CVPA Staff $84
17363 2-3 years  T  9:30am-10:15am  Mar 9-May 4
8 classes Virtual Class CVPA Staff $84

Princess and Prince Creative Dance
Do you have little ones who love to dance around the house and listen to fairytales? This class is perfect for kids who dream of being a princess or prince. We incorporate 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.

17390 3-6 years  Th  5:30pm-6:15pm  Mar 11-Apr 29
7 classes Virtual Class DLDC Staff $95
17413 3-6 years  Th  5:30pm-6:15pm  May 6-Jun 10
6 classes Virtual Class DLDC Staff $82

Hayward Area Recreation and Park District  Spring 2021 Guide  HaywardRec.org
Preschool

Dance & Music

**Toddler Ballet**
Whirl and twirl to the music from "Frozen", "Aladdin" and many of your favorite movies. We use scarves, wands and ribbons while learning basic ballet and creative movement. Paint imaginary pictures through your own choreography while incorporating basic dance technique. Ballet slippers required.

- **17367**
  - Age: 3-5 years
  - Days: M
  - Time: 11:30am-12:15pm
  - Registration: Virtual Class
  - Fee: CVPA Staff
  - Dates: Mar 22-May 17
  - Classes: 8

- **17368**
  - Age: 3-5 years
  - Days: T
  - Time: 11:30am-12:15pm
  - Registration: Virtual Class
  - Fee: CVPA Staff
  - Dates: Mar 9-May 4
  - Classes: 8

- **17369**
  - Age: 3-5 years
  - Days: Th
  - Time: 11:00am-11:45am
  - Registration: Virtual Class
  - Fee: CVPA Staff
  - Dates: Mar 11-May 6
  - Classes: 8

- **17370**
  - Age: 3-5 years
  - Days: Th
  - Time: 4:15pm-5:00pm
  - Registration: Virtual Class
  - Fee: CVPA Staff
  - Dates: Mar 11-May 6
  - Classes: 8

- **17371**
  - Age: 3-5 years
  - Days: F
  - Time: 11:30am-12:15pm
  - Registration: Virtual Class
  - Fee: CVPA Staff
  - Dates: Mar 12-May 7
  - Classes: 8

- **17372**
  - Age: 3-5 years
  - Days: F
  - Time: 4:45pm-5:30pm
  - Registration: Virtual Class
  - Fee: CVPA Staff
  - Dates: Mar 12-May 7
  - Classes: 8

- **17373**
  - Age: 3-5 years
  - Days: Sa
  - Time: 9:45am-10:30am
  - Registration: Virtual Class
  - Fee: CVPA Staff
  - Dates: Mar 20-May 15
  - Classes: 8

---

**Gymnastics**

**Gymnastics Parent Assist**
This is a fun time for parent and toddlers to play via this virtual class. Our experienced staff will show you the proper techniques to spot your child as you lead them through basic gymnastics activities. Age appropriate exercises and movements will be utilized. A clear 8’ x 8’ open space is recommended with participant wearing comfortable athletic clothes. This is a virtual class. A link to the class will be sent to you prior to the first day of class.

- **17224**
  - Age: 1 ½ - 3 ½ years
  - Days: T
  - Time: 10:00am-10:30am
  - Registration: Virtual Class
  - Fee: Gymnastics Staff
  - Dates: Mar 23-Apr 27
  - Classes: 6

- **17225**
  - Age: 1 ½ - 3 ½ years
  - Days: T
  - Time: 10:40am-11:10am
  - Registration: Virtual Class
  - Fee: Gymnastics Staff
  - Dates: Mar 23-Apr 27
  - Classes: 6

---

**Nature**

**Sulphur Creek Virtual Toddler Time: Terrific Tails**
Inspect all sorts of tails as we visit the rabbit, mouse, and lizard, and craft a bunny with a fluffy tail ($6 per family, sibling registration not required).

- **17179**
  - Age: 1-3 years
  - Days: Sa
  - Time: 10:00am-10:30am
  - Registration: Virtual Class
  - Fee: Wolf
  - Dates: Apr 3
  - Classes: 1

- **17180**
  - Age: 1-3 years
  - Days: Sa
  - Time: 11:00am-11:30am
  - Registration: Virtual Class
  - Fee: Wolf
  - Dates: Apr 3
  - Classes: 1
## Preschool

### Nature

**Sulphur Creek Virtual Toddler Time: Super Swimmers**  
Discover how different animals swim as we visit the frog, newt, and duck. Create a fun frog too. ($6 per family, sibling registration not required).

<table>
<thead>
<tr>
<th>Class</th>
<th>Age</th>
<th>Day</th>
<th>Time</th>
<th>Date</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>17181</td>
<td>1-5 years</td>
<td>Sa</td>
<td>10:00am-10:30am</td>
<td>May 1</td>
<td>$6</td>
</tr>
<tr>
<td>1 class</td>
<td>Virtual Class</td>
<td>Wolf</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>17182</td>
<td>1-5 years</td>
<td>Sa</td>
<td>11:00am-11:30am</td>
<td>May 1</td>
<td>$6</td>
</tr>
<tr>
<td>1 class</td>
<td>Virtual Class</td>
<td>Wolf</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Sulphur Creek Virtual Toddler Time: Desert Dwellers**  
Find out how the tortoise, rosy boa, and chinchilla can live in the dry desert. Color a super snake too. ($6 per family, sibling registration not required)

<table>
<thead>
<tr>
<th>Class</th>
<th>Age</th>
<th>Day</th>
<th>Time</th>
<th>Date</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>17183</td>
<td>1-5 years</td>
<td>Sa</td>
<td>10:00am-10:30am</td>
<td>Jun 5</td>
<td>$6</td>
</tr>
<tr>
<td>1 class</td>
<td>Virtual Class</td>
<td>Wolf</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>17184</td>
<td>1-5 years</td>
<td>Sa</td>
<td>11:00am-11:30am</td>
<td>Jun 5</td>
<td>$6</td>
</tr>
<tr>
<td>1 class</td>
<td>Virtual Class</td>
<td>Wolf</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
**Preschool**

**Pre-K Programs**
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. Child must wear a mask.

<table>
<thead>
<tr>
<th>Center</th>
<th>Age Range</th>
<th>Days</th>
<th>Time</th>
<th>Dates</th>
<th>Fee</th>
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</thead>
<tbody>
<tr>
<td>Castro Valley Community Center</td>
<td>3-5 years</td>
<td>M-Th</td>
<td>8:30am-11:30am</td>
<td>Apr 5-Apr 29</td>
<td>$395</td>
</tr>
<tr>
<td>17202</td>
<td></td>
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<tr>
<td>17206</td>
<td></td>
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<td></td>
<td>May 3-May 27</td>
<td>$395</td>
</tr>
<tr>
<td>17209</td>
<td></td>
<td></td>
<td></td>
<td>Jun 1-Jun 24</td>
<td>$395</td>
</tr>
<tr>
<td>San Felipe Community Center</td>
<td>3-5 years</td>
<td>M-Th</td>
<td>8:30am-11:30am</td>
<td>Apr 5-Apr 29</td>
<td>$395</td>
</tr>
<tr>
<td>17210</td>
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<td>$395</td>
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<td>17213</td>
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<td>Jun 1-Jun 24</td>
<td>$395</td>
</tr>
<tr>
<td>Southgate Community Center</td>
<td>3-5 years</td>
<td>M-Th</td>
<td>8:30am-11:30am</td>
<td>Apr 5-May 27</td>
<td>$395</td>
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<tr>
<td>17216</td>
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<td></td>
<td>May 3-May 27</td>
<td>$395</td>
</tr>
<tr>
<td>17218</td>
<td></td>
<td></td>
<td></td>
<td>Jun 1-Jun 24</td>
<td>$395</td>
</tr>
</tbody>
</table>
Sports

Make Me A Pro Sports
Make Me A Pro Sports is proactively taking action to ensure that our socially distanced, onsite programs are run safely and smoothly while providing fun and meaningful learning experiences for kids. We continue to monitor and research the best practices on how to maintain protection and safe hygiene for our staff, students, and families. Make Me a Pro Sports will continue to stay updated on all the recent policies to assure safety. This fun soccer experience will focus on basic fitness and skills through fun games and drills while following social distancing. Please join us, we’re having a ball! Please bring water and a ball. No class May 31st.

Soccer & Fitness Skillz
17201 4-5 years Sa 9:30am-10:15am May 8-Jun 12
6 classes Palomares Hills Park Broomfield $125
17203 5-7 years Sa 10:25am-11:10am Mar 13-Apr 24
6 classes Palomares Hills Park Broomfield $125
17204 5-7 years Sa 10:25am-11:10am May 8-Jun 12
6 classes Palomares Hills Park Broomfield $125
17200 4-5 years Sa 9:30am-10:15am Mar 13-Apr 24
6 classes Palomares Hills Park Broomfield $125

Sports Basketball
17208 5-7 years M 4:00pm-4:45pm Mar 8-Apr 26
6 classes Castro Valley Community Center and Park Broomfield $125
17211 5-7 years M 4:00pm-4:45pm May 3-Jun 14
6 classes Castro Valley Community Center and Park Broomfield $125
School Age

Distance Learning Hubs

Rec Innovation “Distance Learning Hubs”
Join 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.

San Lorenzo Community Center
17230 6-12 years M-F 8:00am-4:00pm Apr 5-Apr 30
20 classes San Lorenzo Community Center and Park $800
17231 6-12 years M-F 8:00am-4:00pm May 3-May 28
20 classes San Lorenzo Community Center and Park $800
17232 6-12 years 11m M-F 8:00am-4:00pm Jun 1-Jun 11
9 classes San Lorenzo Community Center and Park $400

Art

Crafts at HARDee's Playhouse
Join HARDee staff for fun arts and crafts! This session we will make firework pens, a pen holder, a custom-made sketch book, and characters to draw or write a story! Each week we will create from HARDee's Craft Kit which will be distributed prior to the first class plus a few items around the house.

17166 6-9 years F 4:15pm-5:00pm Apr 9-Apr 30
4 classes Virtual Class TBA $45

Dance & Music

Acrobatic Dance of the Flying Squirrels
Flying Squirrels-This class focuses on learning and strengthening various basic tumbling skills. Walkovers, handstands, cartwheels and round-offs are introduced and broken down into progression. Get ready to do acrobatic moves as if you are flying in the air like a flying squirrel! Please bring a water bottle!

17387 7-11 years Th 4:45pm-5:30pm Mar 11-May 20
10 classes Virtual Class DLDC Staff $136
17393 7-11 years Th 4:45pm-5:30pm May 27-Jun 10
3 classes Virtual Class DLDC Staff $41
Dance & Music

Ballet
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.

17374  6-9 years  Th  4:00pm-5:00pm  Mar 11-May 6
  8 classes Virtual Class  CVPA Staff  $84
17382  8-11 years  F  5:45pm-6:30pm  Mar 12-May 21
  10 classes Virtual Class  DLDC Staff  $136
17383  5-7 years  F  6:30pm-7:15pm  Mar 12-May 21
  10 classes Virtual Class  DLDC Staff  $136
17375  6-9 years  M  5:30pm-6:30pm  Mar 22-May 1
  8 classes Virtual Class  CVPA Staff  $84
17472  8-11 years  F  5:45pm-6:30pm  May 28-Jun 11
  3 classes Virtual Class  DLDC Staff  $41
17473  5-7 years  F  6:30pm-7:15pm  May 28-Jun 11
  3 classes Virtual Class  DLDC Staff  $41

Broadway Star Theatrical Dance
These classes are for dancers who like theatre, drama, singing, and telling a story through dance. Exercises focus on increasing flexibility, strength, confidence, and performance.

17385  7-11 years  Th  6:15pm-7:00pm  Mar 11-May 20
  10 classes Virtual Class  DLDC Staff  $136
17395  7-11 years  Th  6:15pm-7:00pm  May 27-Jun 10
  3 classes Virtual Class  DLDC Staff  $41

Cheer & Dance
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.

17386  5-11 years  T  4:45pm-5:30pm  Mar 9-May 18
  10 classes Virtual Class  DLDC Staff  $136
17394  5-11 years  T  4:45pm-5:30pm  May 25-Jun 15
  4 classes Virtual Class  DLDC Staff  $54

Give Me a "C" Cheerleading
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.

17354  6-8 years  Sa  12:00pm-1:00pm  Mar 20-May 15
  8 classes Virtual Class  CVPA Staff  $84

Junior Hip Hop
Beginning Hip-Hop moves taught to upbeat and popular music. Your dancer will gain rhythm and have fun. All music and movement is age appropriate. Please wear comfortable street shoes, preferably athletic shoes.

17360  9-12 years  M  5:00pm-6:00pm  Mar 22-May 17
  8 classes Virtual Class  CVPA Staff  $84
17362  9-12 years  Th  6:00pm-7:00pm  Mar 11-May 6
  8 classes Virtual Class  CVPA Staff  $84
School Age

Dance & Music

Lyrical Dance
This energetic class features moves across the floor working on coordination, agility, and the basic dance techniques through progressions of runs, turns, and leaps. Lyrical dancing is performed to music whose lyrics inspire strong, emotional movements. Improve your strength and agility exercising your mind and body.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Age</th>
<th>Days</th>
<th>Time</th>
<th>Start Date</th>
<th>End Date</th>
<th>Fees</th>
</tr>
</thead>
<tbody>
<tr>
<td>17487</td>
<td>7-11 years</td>
<td>W</td>
<td>3:45pm-4:30pm</td>
<td>Mar 10</td>
<td>May 19</td>
<td>$136</td>
</tr>
<tr>
<td>17488</td>
<td>7-11 years</td>
<td>W</td>
<td>3:45pm-4:30pm</td>
<td>May 26</td>
<td>Jun 9</td>
<td>$41</td>
</tr>
</tbody>
</table>

Beginning Drums I
Learn snare and bass drum technique, fundamental music reading skills and rhythm work to get you started playing with a solid drumming foundation. A required materials list and login information will be provided by the instructor, in advance of the first meeting.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Age</th>
<th>Days</th>
<th>Time</th>
<th>Start Date</th>
<th>End Date</th>
<th>Fees</th>
</tr>
</thead>
<tbody>
<tr>
<td>17491</td>
<td>6-16 yr</td>
<td>M</td>
<td>5:00pm-5:30pm</td>
<td>Mar 8</td>
<td>Mar 29</td>
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<td>6-16 yr</td>
<td>M</td>
<td>5:00pm-5:30pm</td>
<td>Apr 19</td>
<td>May 10</td>
<td>$100</td>
</tr>
</tbody>
</table>

Beginning Guitar I
Get started by learning fundamental music reading skills, strumming technique, notes and chords. All the basics are covered including starting to play simple songs. A required materials list and login information will be provided by the instructor, in advance of the first meeting.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Age</th>
<th>Days</th>
<th>Time</th>
<th>Start Date</th>
<th>End Date</th>
<th>Fees</th>
</tr>
</thead>
<tbody>
<tr>
<td>17493</td>
<td>8-16 yr</td>
<td>M</td>
<td>6:00pm-6:30pm</td>
<td>Mar 8</td>
<td>Mar 29</td>
<td>$100</td>
</tr>
<tr>
<td>17494</td>
<td>8-16 yr</td>
<td>M</td>
<td>6:00pm-6:30pm</td>
<td>Apr 9</td>
<td>May 10</td>
<td>$100</td>
</tr>
</tbody>
</table>

Gymnastics

Beginning Gymnastics
This class introduces boys and girls to basic skills in floor exercise and balancing. General conditioning and strength exercises are emphasized. Age appropriate tumbling skills will be taught. A clear 8' x 8' open space is recommended with participant wearing comfortable athletic clothes. This is a virtual class. A link to the class will be sent to you prior to the first day of class.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Age</th>
<th>Days</th>
<th>Time</th>
<th>Start Date</th>
<th>End Date</th>
<th>Fees</th>
</tr>
</thead>
<tbody>
<tr>
<td>17220</td>
<td>6-12 years</td>
<td>M</td>
<td>6:45pm-7:15pm</td>
<td>Mar 22</td>
<td>Apr 26</td>
<td>$70</td>
</tr>
<tr>
<td>17221</td>
<td>6-12 years</td>
<td>M</td>
<td>6:00pm-6:30pm</td>
<td>Mar 22</td>
<td>Apr 26</td>
<td>$70</td>
</tr>
</tbody>
</table>
Martial Arts

Kid Safe
These are all 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. At the end of each session students will be tested and advanced appropriately ($10 advancement fee). Parent orientation at the first-class meeting. There will be uniforms and other equipment available for purchase from the instructor. All items are optional.

Orange Belt
17196  5-15 years  W  6:45pm-7:25pm  Apr 7-Jun 9
10 classes Virtual Class Gothard $115

White Belt
17198  5-15 years  W  5:15pm-5:55pm  Apr 7-Jun 9
10 classes Virtual Class Gothard $115

Yellow Belt
17199  5-15 years  W  6:00pm-6:40pm  Apr 7-Jun 9
10 classes Virtual Class Gothard $115

Nature

Mystery Nature Box Club
What's in the box? Join the Mystery Nature Box Club to find out! Each week you'll pick up a box filled with activities and special nature artifacts, but don't open it until we're all together! We'll look at our treasure as our Naturalist shares wildlife facts and fun stories about what is in the box.

Sulphur Creek Virtual Animal Adventures: Excellent Eggs
Find out about all sorts of eggs and where creatures hide them as we visit the box turtle, toad and dove. Create some egg art too ($9 per family, no sibling registration required).

Sulphur Creek Virtual Animal Adventures: Fantastic Flowers
Discover why the animals love flowers as we visit the tortoise, rat, and guinea pig. Then craft your own colorful flowers ($9 per family, no sibling registration required).

Sulphur Creek Virtual Animal Adventures: Flying Friends
Inspect the wings of the duck, dove, and chicken, and find out more about the creatures flying in our yards. Plus, create a flying friend to play with ($9 per family, no sibling registration required).
School Age

Special Interests

Cooking Round the World: Breakfasts Around the World Spring Break Camp
Have a fun-tastic time while at home for Spring Break. Breakfasts Around the World Virtual Spring Break Camp will explore different countries around the world while sampling yummy breakfast fare! Items include Finnish French toast, Norwegian mini quiche, Chilean potato egg tortillas and more. 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 purchased 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.

17195 6-14 years M-F 9:00am-12:00pm Mar 29-Apr 2
5 classes Virtual Class Myers $200
17050 6-14 years M-F 9:00am-12:00pm Apr 5-Apr 9
5 classes Virtual Class Myers $200

Science & Technology

Mad Science Movin' & Groovin' - Virtual Class
Catapult into Newton's three laws of motion! Use toys to learn about potential and kinetic energy! Discover renewable and non-renewable resources for power generation and build your own optical fiber model. Explore the animal kingdom - then hold your breath as we dive into the ocean to study the animals that live under the sea. Take a look at robots and how they make our lives easier and build your own robot hand. You must have a computer or tablet with a camera/microphone and a valid email address to log into these virtual Zoom classes. A $25 materials fee is due to Mad Science by cash or check when material box is picked up.

17056 6-10 years W 4:00pm-5:00pm Apr 14-Jun 2
8 classes Virtual Class $205

Mad Science: Virtual Spy Academy Spring Break Camp
From decoding secret messages to metal detectors and night vision goggles, check out spy tech equipment! View gadgets including a UV Fingerprint Finder. Become an expert detective and learn forensic science techniques used in evidence gathering and analysis. All this and more! You must have a computer or tablet with a camera/microphone and a valid email address to log into these Zoom classes. A $25 materials fee is due to Mad Science by cash or check when material box is picked up.

17057 6-11 years M-F 10:00am-12:00pm Apr 5-Apr 9
5 classes Virtual Class $185
School Age

Sports

National Academy of Athletics: All Sorts of Sports in Person Class
A great way to introduce your youngsters to the world of sports, teamwork and athletics! This will help to build your child’s motor skills, hand-eye coordination, agility and many sports specific skills. Your child will have a blast learning drills and mastering personal challenges for a variety of sports that may include: basketball, soccer, relay & obstacle races and a whole lot more. In response to the unprecedented challenges within communities and economies everywhere affected by the COVID-19 pandemic. As always, our number one commitment is the safety and enjoyment of the children under our care. The National Academy of Athletics is continually monitoring and following protocols set in place by the Center of Disease Control, Aspen Institute, State of California and local County guidelines. As such each participant will be emailed our current safety protocols a week before camp begins. For more information visit www.NationalAcademyofAthletics.com

17229  7-12 years  M-F  9:00am-12:00pm  Apr 5-Apr 9
5 classes  San Lorenzo Community Center and Park  Locks  $142

National Academy of Athletics: Hoop It Up in Person Spring Break Camp
The HOOP IT UP Camp is packed with skills, drills and daily competitions! This camp is designed to make your child a better basketball player. Whether they are a beginner or intermediate player, the drills taught at this camp will help them improve your game. They will learn: footwork, passing, ball-handling and defense. Participants will enjoy fun challenges, games and daily personal challenges in a positive and energetic environment. In response to the unprecedented challenges within communities and economies everywhere affected by the COVID-19 pandemic. As always, our number one commitment is the safety and enjoyment of the children under our care. The National Academy of Athletics is continually monitoring and following protocols set in place by the Center of Disease Control, Aspen Institute, State of California and local County guidelines. As such each participant will be emailed our current safety protocols a week before camp begins. FEATURES: RSBQ Workouts, Confidence Builders Program, Daily Chalk Talks and Skill of the Day
For more information visit www.NationalAcademyofAthletics.com

17228  7-12 years  M-F  9:00am-12:00pm  Apr 5-Apr 9
5 classes  San Lorenzo Community Center and Park  Locks  $142

National Academy of Athletics: In-Person After-School Sports Class
After School sports - Whether your child is a beginner or 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 and making new friends. This 6 week long 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. For more information visit www.NationalAcademyofAthletics.com

17226  5 ½-11 years  M/W  3:00pm-4:30pm  Mar 15-Apr 28
12 classes  San Lorenzo Community Center and Park  Locks  $142

17227  5 ½-11 years  T/Th  3:00pm-4:30pm  Mar 16-Apr 29
14 classes  San Lorenzo Community Center and Park  Locks  $142
Make Me a Pro Sports

Make Me A Pro Sports is vigilantly and proactively taking action to ensure that our socially distanced, onsite programs are run safely and smoothly while providing fun and meaningful learning experiences for kids. We continue to monitor and research the best practices on how to maintain protection and safe hygiene for our staff, students, and families. Make Me a Pro Sports will continue to stay updated on all the recent policies to assure safety. Join us for fun sports and fitness experience from our experienced staff. This class will focus on basic fitness and skills through fun games and drills while following social distancing. Please join us, we’re having a ball! Please bring water and a soccer or basketball. No class May 31st.

**Basketball**

<table>
<thead>
<tr>
<th>ID</th>
<th>Age</th>
<th>Days</th>
<th>Time</th>
<th>Location</th>
<th>Fee</th>
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<tbody>
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<td>17214</td>
<td>8-12</td>
<td>M</td>
<td>4:00pm-4:45pm</td>
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<tr>
<td>17215</td>
<td>8-12</td>
<td>M</td>
<td>4:00pm-4:45pm</td>
<td>Castro Valley Community Center and Park</td>
<td>$125</td>
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**Magic Soccer Techniques & Fitness Skillz**

<table>
<thead>
<tr>
<th>ID</th>
<th>Age</th>
<th>Days</th>
<th>Time</th>
<th>Location</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>17205</td>
<td>8-12</td>
<td>Sa</td>
<td>11:20am-12:05pm</td>
<td>Palomares Hills Park</td>
<td>$125</td>
</tr>
<tr>
<td>17207</td>
<td>8-12</td>
<td>Sa</td>
<td>11:20am-12:05pm</td>
<td>Palomares Hills Park</td>
<td>$125</td>
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</table>
Teens

Dance & Music

**Ballet**
Junior/Teen 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.

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Age Range</th>
<th>Gender</th>
<th>Day</th>
<th>Time</th>
<th>Instructor</th>
<th>Start Date</th>
<th>End Date</th>
<th>Class Count</th>
<th>Fee</th>
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</thead>
<tbody>
<tr>
<td>17375</td>
<td>6-9 years</td>
<td>M</td>
<td>5:30pm-6:30pm</td>
<td>CVPA Staff</td>
<td>$84</td>
<td>Mar 22-May 1</td>
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</tr>
<tr>
<td>17384</td>
<td>12-17 years</td>
<td>F</td>
<td>7:30pm-8:30pm</td>
<td>DLDC Staff</td>
<td>$136</td>
<td>Mar 12-May 21</td>
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<tr>
<td>17474</td>
<td>12-17 years</td>
<td>F</td>
<td>7:30pm-8:30pm</td>
<td>DLDC Staff</td>
<td>$41</td>
<td>May 28-Jun 11</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Lyrical Dance**
This energetic class features moves across the floor working on coordination, agility, and the basic dance techniques through progressions of runs, turns, and leaps. Lyrical dancing is performed to music whose lyrics inspire strong, emotional movements. Improve your strength and agility exercising your mind and body.

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Age Range</th>
<th>Gender</th>
<th>Day</th>
<th>Time</th>
<th>Instructor</th>
<th>Start Date</th>
<th>End Date</th>
<th>Class Count</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>17489</td>
<td>12-17 years</td>
<td>W</td>
<td>3:45pm-4:30pm</td>
<td>DLDC Staff</td>
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<td>Mar 10-May 19</td>
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</tr>
<tr>
<td>17490</td>
<td>12-17 years</td>
<td>W</td>
<td>3:45pm-4:30pm</td>
<td>DLDC Staff</td>
<td>$41</td>
<td>May 26-Jun 9</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Teen Hip Hop**
Beginning Hip-Hop moves taught to upbeat and popular music. Your dancer will gain rhythm and have fun. All music and movement is age appropriate. Please wear comfortable street shoes, preferably athletic shoes.

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Age Range</th>
<th>Gender</th>
<th>Day</th>
<th>Time</th>
<th>Instructor</th>
<th>Start Date</th>
<th>End Date</th>
<th>Class Count</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>17365</td>
<td>13-17 years</td>
<td>M</td>
<td>6:00pm-7:00pm</td>
<td>CVPA Staff</td>
<td>$84</td>
<td>Mar 22-May 17</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>17366</td>
<td>13-17 years</td>
<td>Th</td>
<td>7:00pm-8:00pm</td>
<td>CVPA Staff</td>
<td>$84</td>
<td>Mar 11-May 6</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
**Off the Road - Hike, Sketch and Watercolor**

Enjoy short hikes to beautiful local trails and practice newly learned sketch and color techniques together. Capture your experiences and strengthen your memories by sketching and watercoloring on the spot. Whether it be hiking on local trails or in distant lands, you will have this valuable tool to add to your future travels kit. In four sessions we will cover materials, recognizing inspiration, basic sketching and composition, watercoloring tips and techniques with field trip sketching practice. On-the-spot feedback and encouragement generously given. Some sketching/drawing experience is helpful but not required. Complete supply kit for this class is included for those who register at least 10 days prior to the first class. $35 supply fee payable to instructor at the first class. Otherwise, bring your travel sketch and color set, a notepad and pencil, and your curiosity. We will be practicing social distancing and masks are required, no exceptions.

Wear comfortable, layered clothing and sturdy shoes for walking.

**17167** 18 and up  Sa  9:00am-11:00am  May 1-May 22
4 classes  TBA  San Felipe Community Center (1st class)  $105

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**Dance & Music**

**Dance Fitness Workout**

Come get hyped and workout your full body, mind, and soul as we explore new ways to meet our personal goals as we transform ourselves in this fun new way of dance fitness. Step away from the desk and get your easy, effective workout on for an hour. Get ready to break a sweat so bring your water bottle and wear tennis shoes.

**17485** 15 and up  W  7:30pm-8:30pm  Mar 10-Apr 14
6 classes  Virtual Class  DLDC Staff  $59

**17486** 15 and up  W  7:30pm-8:30pm  Apr 28-Jun 9
7 classes  Virtual Class  DLDC Staff  $69

**Adult Jazz/Lyrical Dance**

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.

**17389** 16 and up  T  8:00pm-9:00pm  Mar 9-May 18
10 classes  Virtual Class  DLDC Staff  $136

**17471** 16 and up  T  8:00pm-9:00pm  May 25-Jun 15
4 classes  Virtual Class  DLDC Staff  $54

**Adult Tap I**

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.

**17343** 18 and up  T  6:45pm-7:45pm  Mar 9-May 4
8 classes  Virtual Class  CVPA Staff  $84

**Adult Tap II**

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.

**17346** 18 and up  T  7:45pm-8:45pm  Mar 9-May 4
8 classes  Virtual Class  CVPA Staff  $84
Adult

Dance and Music

**Introduction to the Language of Music**
This class will help you understand the fundamentals of reading and writing music. Just think of this class as learning the ABCs of music! Learn how to read notes on the treble and bass staffs, read and write rhythms, recognize scales and key signatures, and much more. Included will be exercises in listening and ear-training. Participants must have access to a device to use Zoom. Having a piano or keyboard is recommended.

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Age</th>
<th>Day</th>
<th>Time</th>
<th>Dates</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>17059</td>
<td>16+</td>
<td>T</td>
<td>7:00pm-8:00pm</td>
<td>Mar 23-May 25</td>
<td>$156</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>10 classes</td>
<td></td>
</tr>
</tbody>
</table>

**Practical Music Theory 1**
This class will cover the following:
- Recognizing intervals
- Basic chords and chord progressions
- Chord inversions
- Minor Scales
- Harmonizing melodies and some simple transpositions
- Composing a song (or songs)
Participants must have access to a device to use Zoom for the virtual classes and be familiar with musical notation, major scales, and key signatures. Having a piano or keyboard is highly recommended.

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Age</th>
<th>Day</th>
<th>Time</th>
<th>Dates</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>17328</td>
<td>16+</td>
<td>W</td>
<td>5:30pm-6:30pm</td>
<td>Mar 24-May 26</td>
<td>$156</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>10 classes</td>
<td></td>
</tr>
</tbody>
</table>

**Practical Music Theory 2**
This class is the more advanced version of Practical Music Theory 1 and will cover the following:
- Melodic and harmonic studies
- Chords and chord progressions
- Harmonizing melodies – both known as well as original
- Composing a song (or songs)
- Sight-singing and studies in rhythm
- Introduction to musical forms – both classical and popular genres
Participants must have a device to use Zoom and be familiar with musical notation, major and minor scales, key signatures, and basic chords (major, minor, diminished, and augmented). Having a piano or keyboard is highly recommended.

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Age</th>
<th>Day</th>
<th>Time</th>
<th>Dates</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>17329</td>
<td>16+</td>
<td>W</td>
<td>7:00pm-8:00pm</td>
<td>Mar 24-May 26</td>
<td>$156</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>10 classes</td>
<td></td>
</tr>
</tbody>
</table>
Health & Fitness

Beginner HIIT - (High Intensity Interval Training) Outdoors
High Intensity Interval Training is a short, intense burst of exercise, usually carried out over period of times that ranges from one to three minutes with recovery phase between repetition. HIIT brings heart rate, aerobic and cardiovascular performance. Improvement in body fat levels, increased aerobic performance, increased metabolism, lower insulin resistance and improved handling of stress. Please bring yoga/fitness mat, towel, and water bottle.

<table>
<thead>
<tr>
<th>Code</th>
<th>Age</th>
<th>Day(s)</th>
<th>Time</th>
<th>Date Range</th>
<th>Location</th>
<th>Chanl.</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>17475</td>
<td>18+</td>
<td>Sa</td>
<td>11:00am-12:00pm</td>
<td>Mar 20-Apr 24</td>
<td>Memorial Park Tennis Courts</td>
<td>$60</td>
<td></td>
</tr>
<tr>
<td>17476</td>
<td>18+</td>
<td>Sa</td>
<td>11:00am-12:00pm</td>
<td>May 1-Jun 5</td>
<td>Memorial Park Tennis Courts</td>
<td>$60</td>
<td></td>
</tr>
</tbody>
</table>

"Hit To Fit" Aerobic Kickboxing
"Hit to Stay Fit" with these adapted, fitness-oriented, Tae Kwon Do and Boxing techniques, combined with strength and flexibility training that is beginner-friendly, FUN(!), energetic, and intense! You'll sweat, you'll feel energized, but you won't be bruised. *Classes will be conducted through Zoom. Adaptations of movements will be offered, so as to accommodate all fitness levels. Register by March 3 and save $10.

<table>
<thead>
<tr>
<th>Code</th>
<th>Age</th>
<th>Day(s)</th>
<th>Time</th>
<th>Date Range</th>
<th>Location</th>
<th>Fee</th>
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</thead>
<tbody>
<tr>
<td>17495</td>
<td>16+</td>
<td>M/W</td>
<td>9:00am-10:00am</td>
<td>Mar 8-Apr 7</td>
<td>Quebec</td>
<td>$100</td>
</tr>
<tr>
<td>17496</td>
<td>16+</td>
<td>M/W</td>
<td>9:00am-10:00am</td>
<td>Apr 12-May 12</td>
<td>Quebec</td>
<td>$100</td>
</tr>
</tbody>
</table>

Free Zumba in the Park
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>Palomares Hill Park</th>
<th>San Lorenzo Park</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mondays 4:45pm – 5:30pm</td>
<td>Fridays 12:00pm – 12:45pm</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Code</th>
<th>Age</th>
<th>Date</th>
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<tr>
<td>17396</td>
<td>Mar 8</td>
<td>Mar 8</td>
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<tr>
<td>17397</td>
<td>Mar 15</td>
<td>Mar 15</td>
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<tr>
<td>17398</td>
<td>Mar 22</td>
<td>Mar 22</td>
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<tr>
<td>17399</td>
<td>Mar 29</td>
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<td>17410</td>
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<td>17411</td>
<td>Mar 19</td>
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<td>17412</td>
<td>Mar 26</td>
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<td>17413</td>
<td>Apr 2</td>
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<td>17414</td>
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<td>17416</td>
<td>Apr 23</td>
<td>Apr 23</td>
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<td>17417</td>
<td>Apr 30</td>
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<td>17418</td>
<td>May 7</td>
<td>May 7</td>
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<td>17419</td>
<td>May 14</td>
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<td>May 21</td>
<td>May 21</td>
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<tr>
<td>17421</td>
<td>May 28</td>
<td>May 28</td>
</tr>
</tbody>
</table>
**Adult**

**Health & Fitness**

**Intro to Yoga - Virtual Class**
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.

- **17333**  
  18 and up  
  W  
  10:30am-11:30am  
  Mar 10-Mar 31  
  4 classes  
  Virtual Class  
  Oquenda  
  $52

- **17334**  
  18 and up  
  W  
  10:30am-11:30am  
  Apr 7-Apr 28  
  4 classes  
  Virtual Class  
  Oquenda  
  $52

- **17335**  
  18 and up  
  W  
  10:30am-11:30am  
  May 5-May 26  
  4 classes  
  Virtual Class  
  Oquenda  
  $52

**Life Coach**
Know Your Truth, Live Powerfully, Achieve Extra. 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. This is a one hour Walk and Talk session, FaceTime or Zoom. Initial 20-minute complementary assessment (new clients). Social distancing and County COVID-19 health regulations apply for outdoors.

- **17342**  
  18 and up  
  Bristow  
  $65

**Pilates & Yoga Rotational - Virtual Class**
This is an 8-week class which gives you the variety of 4 different classes all rolled into one! If you've ever wanted to be able to do a different Pilates/Yoga based workout each week but pay one flat fee, then this is the class for you! Class schedule is as follows: Week 1: Mat Pilates  Week 2: Pilates with Weights  Week 3: Ball Pilates  Week 4: Yogalates  The schedule repeats for the next 4 weeks. This class can be done on sight at the Kenneth Aitken Sr. Center or done virtually via Zoom. Instructor will give secure Zoom link to participants if virtual option is chosen. Please bring a yoga mat, water & get ready for an amazing flexibility enhancing & core strengthening experience!

- **17336**  
  18 and up  
  T  
  5:30pm-6:30pm  
  Mar 9-Apr 27  
  8 classes  
  Virtual Class or Onsite  
  Rowe  
  $73

- **17340**  
  18 and up  
  T  
  5:30pm-6:30pm  
  May 4-May 25  
  4 classes  
  Virtual Class or Onsite  
  Rowe  
  $36

**Pilates & Yoga Rotational EXPRESS- Virtual Class**
This class follows the same schedule as the Tuesday class, but in reverse order. And... it is taught in an express format giving you 45 energizing minutes of core strengthening power! Class schedule is as follows: Week 1: Yogalates  Week 2: Ball Pilates  Week 3: Pilates with Weights  Week 4: Mat Pilates  The schedule repeats for the next 4 weeks. This class can be done on sight at the Kenneth Aitken Sr. Center, or done virtually via Zoom. Instructor will give secure Zoom link to participants if virtual option is chosen. Please bring a yoga mat, water & get ready for an amazing flexibility enhancing & core strengthening experience!

- **17337**  
  18 and up  
  Th  
  5:00pm-5:45pm  
  Mar 11-Apr 29  
  8 classes  
  Virtual Class or Onsite  
  Rowe  
  $46

- **17341**  
  18 and up  
  Th  
  5:00pm-5:45pm  
  May 6-May 27  
  4 classes  
  Virtual Class or Onsite  
  Rowe  
  $36
Adult

Health and Fitness

**Yoga Sampler - Prerecorded 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 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 breathwork and meditation. This class will be hosted livestream via Zoom.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Minimum Age</th>
<th>Day</th>
<th>Time</th>
<th>Date</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>17332</td>
<td>18 and up</td>
<td>Oquenda</td>
<td>$26</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Nature

**Sulphur Creek Virtual Owl Pellet Exploration (Adult)**
Learn about what owls eat as we dissect an owl pellet together, you'll meet an owl prey animal as well. Pellet kits & Zoom link will be distributed to you the week before the program. One owl pellet kit will be distributed per registration.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Minimum Age</th>
<th>Day</th>
<th>Time</th>
<th>Date</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>17185</td>
<td>18 and up</td>
<td>Su</td>
<td>2:00pm-2:45pm</td>
<td>May 16</td>
<td>$18</td>
</tr>
</tbody>
</table>

Golf

**Mission Hills Golf Course**
275 Industrial Parkway
Hayward, CA 94544
(510) 888-0200

**9-Hole Golf Course**
8:00 am - 4:00 pm (Last tee time 3:30 pm)

**Driving Range**
9:00 am - 5:00 pm (Last Balls Sold at 4:30 pm)

**TopTracer Range**
9:00 am - 5:00 pm (Last Balls Sold at 4:30 pm)

Electric golf carts are now available at the Mission Hills Golf Course! We have installed cart divider shields for your safety. Electric golf carts cannot be reserved and will be issued up to 20 minutes prior to your tee time. There is a maximum of two carts per tee time to make sure all golfers have access.
All Ages

Martial Arts

**Leaping Leopard Shaolin Kenpo**
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 May 28, 31. All that is required is an open 8’ x 8’ area and loose workout clothes.

<table>
<thead>
<tr>
<th>White Belt</th>
<th>7 years and up</th>
<th>M/Th</th>
<th>6:30pm-7:30pm</th>
<th>Mar 8-Jun 14</th>
<th>28 classes</th>
<th>Virtual Class</th>
<th>Santiago</th>
<th>$260</th>
</tr>
</thead>
<tbody>
<tr>
<td>17066</td>
<td></td>
<td></td>
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<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>17069</td>
<td>7 years and up</td>
<td>Sa</td>
<td>9:00am-10:30am</td>
<td>Mar 13-Jun 12</td>
<td>14 classes</td>
<td>Virtual Class</td>
<td>Santiago</td>
<td>$210</td>
</tr>
<tr>
<td>15436</td>
<td>7 years and up</td>
<td>T/F</td>
<td>6:30pm-7:30pm</td>
<td>Mar 9-Jun 15</td>
<td>29 classes</td>
<td>Virtual Class</td>
<td>Santiago</td>
<td>$260</td>
</tr>
</tbody>
</table>

**Intermediate Purple to Blue**

| 17067      | 7 years and up | M/Th | 7:35pm-8:35pm  | Mar 8-Jun 14 | 28 classes | Virtual Class | Santiago | $260 |

**Advanced Green to Brown Belt**

| 17068      | 7 years and up | T/F  | 7:35pm-8:35pm  | Mar 9-Jun 15 | 29 classes | Virtual Class | Santiago | $260 |

Nature

**Sulphur Creek Virtual Owl Pellet Exploration (All Ages)**
Learn about what owls eat as we dissect an owl pellet together, you’ll meet an owl prey animal as well. Pellet kits & Zoom link will be distributed to you the week before the program. One owl pellet kit will be distributed per registration.

| 17186      | All Ages       | Su   | 2:00pm-2:45pm  | Apr 18       | 1 class    | Virtual Class | TBA      | $18  |

**Sulphur Creek Virtual Critter Breaktime**
Stretch, Shout, and Jump All About! Join the Naturalists as we discover what excites and stimulates the critters at Sulphur Creek. We will build mazes, explore new places, and try out some fun foods that will keep our animals happy and healthy. Spring 2021 dates (3pm on all dates): April 14, May 12, June 9. Each month will feature different animals and activities. ($20 per family for all three sessions, registrations after start date are pro-rated)

| 17178      | All Ages       | W    | 3:00pm-3:30pm  | Apr 14-Jun 9 | 3 classes  | Virtual Class | TBA      | $20  |
Seniors

Dance & Music

**SR Adult Tap I**
Learn the age-old art of tap dance with styles ranging from Fred Astaire, Gene Kelly and Savion Glover. Classes will emphasize footwork and the expression of rhythm through sound. Great exercise for the mind and body. Loads of fun! Tap shoes are required for this class. This class is outdoors and will be rescheduled if weather does not permit. Students are required to register on COVIDCLEAR App and answer health questions in regard to COVID. Once cleared on the app, you can attend in person class (no exceptions). This requires a one-time annual $5.00 fee per student that is payable to CVPA on the first day of class.

<table>
<thead>
<tr>
<th>Code</th>
<th>Age</th>
<th>Days</th>
<th>Time</th>
<th>Location</th>
<th>Instructor</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>17159</td>
<td>50 and up</td>
<td>Th</td>
<td>12:00pm-12:55pm</td>
<td>Castro Valley Performing Arts 2</td>
<td>CVPA Staff</td>
<td>$36</td>
</tr>
<tr>
<td>17160</td>
<td>50 and up</td>
<td>Th</td>
<td>12:00pm-12:55pm</td>
<td>Castro Valley Performing Arts 2</td>
<td>CVPA Staff</td>
<td>$36</td>
</tr>
<tr>
<td>17161</td>
<td>50 and up</td>
<td>Th</td>
<td>12:00pm-12:55pm</td>
<td>Castro Valley Performing Arts 2</td>
<td>CVPA Staff</td>
<td>$36</td>
</tr>
</tbody>
</table>

Foreign Language

**Virtual Advanced Beginner/Intermediate French**
Learn French phases and read simple stories. This 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.

<table>
<thead>
<tr>
<th>Code</th>
<th>Age</th>
<th>Days</th>
<th>Time</th>
<th>Location</th>
<th>Instructor</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>17058</td>
<td>50 and up</td>
<td>W</td>
<td>1:00pm-2:00pm</td>
<td>Virtual Class</td>
<td>Volunteer</td>
<td>Free</td>
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</tbody>
</table>

**Virtual German I - Beginning**
German I-Beginning is a virtual class designed for seniors to learn basic German Language. Class is on Zoom platform. Must pre-register for zoom log information to be sent to you. Volunteer Instructor is Ms. Kiraly.

<table>
<thead>
<tr>
<th>Code</th>
<th>Age</th>
<th>Days</th>
<th>Time</th>
<th>Location</th>
<th>Instructor</th>
<th>Fee</th>
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</thead>
<tbody>
<tr>
<td>17163</td>
<td>50 and up</td>
<td>T</td>
<td>1:00pm-2:00pm</td>
<td>Virtual Class</td>
<td></td>
<td>Free</td>
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</table>

**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.

<table>
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<tr>
<th>Code</th>
<th>Age</th>
<th>Days</th>
<th>Time</th>
<th>Location</th>
<th>Instructor</th>
<th>Fee</th>
</tr>
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<tbody>
<tr>
<td>17164</td>
<td>50 and up</td>
<td>Th</td>
<td>1:00pm-2:00pm</td>
<td>Virtual Class</td>
<td></td>
<td>Free</td>
</tr>
</tbody>
</table>
Seniors

Health & Fitness

Fitness for Active Adults - Virtual
Join us on Zoom for a live fitness class with Diana! Have fun while improving your flexibility, cardiovascular health, bone density, and muscle strength. Lots of stretching, low impact aerobic dancing, strength training with light weights and floor exercises. Students will need a computer, tablet or phone with internet to participate in the Zoom class. Register early as this class is sure to sell out.

17054 50 and up M/W 9:00am-10:00am May 3-May 26
8 classes Virtual Class Nohr $32
17062 50 and up M/W 9:00am-10:00am Jun 2-Jun 30
9 classes Virtual Class Nohr $36
17053 50 and up M/W 9:00am-10:00am Apr 5-Apr 28
8 classes Virtual Class Nohr $32

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. 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.

17060 50 and up T 5:00pm-6:00pm Mar 9-Jun 15
15 classes Virtual Class Sapena Free

Wednesday Walkers (In Person Walking Fitness 50+)
Join Jen at the Kenneth Aitken Senior Center to walk around the parking lot and socialize with new friends. 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.

17061 50 and up W 9:30am-10:30am Mar 10-Jun 9
14 classes Kenneth C. Aitken Senior & Comm Ctr $10

Special Events

St. Patrick's Day Virtual Senior Social
Join staff for a fun hour of Irish tunes and trivia. Don't forget to dress festive and wear green. Sing, dance and have fun with your friends!

17192 50 and up W 3:00pm-4:00pm Mar 17
1 class Virtual Class Volunteer Free
Seniors

Special Events

Tinseltones Virtual Concert: "Ain't No Mountain High Enough"
The Tinseltones are delighted to be back and share their music with us. "Ain't No Mountain High Enough" captures the struggles our nation has faced and how we prevail over challenges. A surprising and uplifting potpourri of music, including a diverse selection of pop, rap, show, American standards, R&B and movie music!

<table>
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<tr>
<th>Date</th>
<th>Age</th>
<th>Day</th>
<th>Time</th>
<th>Instructor</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jun 26</td>
<td>50</td>
<td>Sa</td>
<td>2:00pm-3:30pm</td>
<td>Volunteer</td>
<td>Free</td>
</tr>
</tbody>
</table>

Social Services

Out Standing Seniors
Out Standing Seniors is a safe and confidential space for LGBTQ seniors 50+ to share thoughts, feelings, resources and support one another. The meeting is on the Zoom platform. Please register for Zoom, login information to be sent to you.

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<thead>
<tr>
<th>Date</th>
<th>Age</th>
<th>Day</th>
<th>Time</th>
<th>Instructor</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mar 16-Jun 15</td>
<td>50</td>
<td>T</td>
<td>12:30pm-2:00pm</td>
<td>Thompson</td>
<td>Free</td>
</tr>
</tbody>
</table>

Drive Through Lunch - Kenneth Aitken Sr. Center
Monday-Friday- 12:00-12:30pm
Kenneth Aitken Senior Center-17800 Redwood Road in Castro Valley
Spectrum's Senior Nutrition Program is a healthy and convenient alternative to cooking and offers freshly prepared nutritious meals. The prepared luncheon eases the burden of cooking and provide seniors with the opportunity to enjoy tasty food. Lunch is offered in a drive through/curbside manner, please remain in the vehicle and wear your mask. Reservations must be made in advance and can be made by calling 510-881-6742 or email us at Hardsenior@haywardrec.org

Puzzle & Book Exchange
Kenneth Aitken Senior Center -17800 Redwood Road in Castro Valley
Tables will be set up in front of the Kenneth Aitken Senior Center with a variety of puzzles and books to pick up while the Senior Center remains closed due to Covid. Exchange is on Thursdays from 12:00pm-12:30pm. Please practice safe social distancing and wear your mask. Program will be cancelled in the event of rain.
Seniors

Special Interest & Hobbies

Coffee Conversations
Join Senior Center staff and friends on the 4th Tuesday of the month over a virtual cup of coffee, tea or other beverage of your choice. Say hi to one another and enjoy some lighthearted conversation and fun.

17191  50 and up   T   9:30am-10:00am   Apr 27-Jun 22
3 classes  Virtual Class  Volunteer  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 well-being. You must register for this program so instructors can contact you to set up conference call prior to start date.

17055  50 and up  Th  3:00pm-4:00pm  Mar 11-Jun 10
14 classes  Virtual Class  Free

Senior Creative Writing
This course will focus on creative/expression writing through short stories, poems, news, events, autobiographical memoirs, fiction, non-fiction and other creative forms. Class will be conducted in an open-minded and encouraging environment. Assignments will be given to assist with writers’ block. Sharing of ideas and writings will be the focus! No lectures, techniques, evaluations or judgements. Course is online, Zoom link will be sent to those who register.

17165  50 and up  Th  10:00am-12:00pm  Mar 18-May 27
11 classes  Virtual Class  Volunteer  Free

Tuesday Tunes
Music has shaped defining moments of our lives and influenced us in many ways. Explore different themes in music and present a song within the theme each week for the class to listen to and discuss. Favorite Song Sheet will be emailed after registration and must be submitted prior to the first-class meeting. Theme examples include a song from a movie soundtrack, a song about a place, a song to drive to, etc. Must be able to access Zoom and have working camera/microphone.

17193  50 and up  T  2:00pm-3:30pm  May 4-May 25
4 classes  Virtual Class  Volunteer  $14
17194  50 and up  T  2:00pm-3:30pm  Jun 8-Jun 29
4 classes  Virtual Class  Volunteer  $14

Virtual Bingo for Adults 50+
B-8, G-52? Enjoy bingo the virtual way in the comfort of your home on the 1st and 3rd Thursday of the Month. 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! 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.

17059  50 and up  Th  1:30pm-2:30pm  Mar 4-Jun 3
7 classes  Virtual Class  Free
**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 February 24th at 8:30am**
Resident mail-in or fax registration forms received prior to February 24th will be held by the registration staff and processed on February 24th 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](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 Registration**
For walk-in registration is at the Hayward Area Recreation and Park District Office, 1099 “E” Street, Hayward.

**Non-Resident Registration**
Non-resident mail-in or fax registration forms received prior to March 3rd will be held by the registration staff and will be processed starting on March 3rd, on a space available basis. Non-resident fee is $10 in addition to resident fees and applies to each class for which you register.

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

**Spring 2021 District Holidays**
May 31st

**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), 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 refunds, not credits and returned in the form of the original payment. Customers can opt for a credit for program withdrawal or cancellation for amounts less than $100. However, this credit will be kept on your 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 for which you withdraw or transfer.

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

Recruitment Coordinators
James Calceta  (510) 881-6700 CalJ@HaywardRec.org
Golf, Field and Gym Rentals,
Adrienne De Ponte  (510) 670-7270 DepA@HaywardRec.org
Pre-K, Rec Innovation, Seasonal Camps
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, Martial Arts, Gymnastics, Tennis, Volunteers, Special Events
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 Hayward Shoreline Interpretive Center, 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, Tennis
Nicole Espinoza Roa  (510) 881-6723 RoaN@HaywardRec.org
Website, Customer Service, Facility Rentals, Field and Gym 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

Interim Director of Recreation
Karen McNamara  (510) 881-6700 McnK@HaywardRec.org
SPECIAL EVENTS

Outdoor Spring Flea Market
Have you missed the Flea Market? We sure have! Things will be a bit different, but the same great event. Join us for our Outdoor Spring Flea Market in the parking lot of the Kenneth Aitken Senior Center on Saturday, May 15th from 9:00am-1:00pm. Come out and find yourself a unique treasure or wonderful bargain. Vendors will receive a parking stall, 6 ft table and 2 chairs. Event is weather and COVID restrictions permitting. For more information please call Jen at 510-881-6742. Tables will be assigned by HARD staff. Vendors are able to bring their own Easy ups if they are secured. One table per vendor please.

17065  18 and up  Sa  9:00am-1:00pm May 15
1 class  Kenneth C. Aitken Senior & Comm Ctr  $30

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 offered by the UC Extension Master Gardeners on Facebook and in our Newsletter.

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 Macdonald Theatre
Hayward Shorelines Interpretive Center
Kenneth C. Aitken Senior & Community Center
Stay up to Date with the H.A.R.D. Newsletter!

Do you receive the H.A.R.D. newsletters? If not, please visit the website and click on “Notify Me”. You can sign up to receive our newsletters, updates, and important announcements too!  www.HaywardRec.org

Are You Social?

Make sure to “follow” H.A.R.D. on Facebook and Instagram! We have lots of news to share and adventures of HARDee the Squirrel. This is a great way to find out about classes, park improvements, when facilities are reopening, the Hayward Shoreline and Sulphur Creek! Like us and you’ll hear about all the latest news!