

City of Placerville Recreation and Parks Department

Activity Guide

Fall 2011



Creating community through people, parks and programs!



549 Main Street, Placerville, CA 95667 (530) 642-5232

www.cityofplacerville.org



CITY OF PLACERVILLE RECREATION & PARKS DEPARTMENT

549 Main Street • Placerville, CA 95667

RECREATION & PARKS DEPARTMENT OFFICE HOURS & PHONE NUMBERS

Monday-Thursday: 8 AM-5:30 PM
Closed: Friday, Saturday & Sunday
Phone: (530) 642-5232
Fax: (530) 642-5236

HOLIDAYS CLOSED

Labor Day on September 5
Veteran's Day on November 10
Thanksgiving on November 23-25
Christmas on December 26

RECREATION STAFF

Director of Community Services: Steve Youel
Recreation Superintendent: Matt Lishman
Recreation Supervisor: Kimberly Stewart
Recreation Coordinator: Monique Plubell
Administrative Secretary: Candace Bernardi

PARKS STAFF

Maintenance Superintendent: Bob Pyne
Parks Crew: David Robinson, Frank Jacobi,
and Jim Lane

RECREATION COMMISSION

Frank Hainley, Andrew Mathews,
Peter Nolan, Jackie Neau, Richard Zito
and High School representative, Ryan Gray

CITY COUNCIL

City Manager: Cleve Morris
City Attorney: John Driscoll
Mayor: Dave Machado
Vice Mayor: Mark Acuna
Council Members: Patricia Borelli,
Carl Hagen, and Wendy Mattson

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Parks Make Life Better!



Mighty Mites Sports Camps Ages 3-5

A fun and fundamental approach to prepare young children for recreational sports! These camps are designed for beginning players and introduce skills needed for the sport while developing sportsmanship and a positive attitude. Every player will have a chance to hit that first home run, score his or her first goal or make a basket during games the last two weeks of camp.

Soccer

9592 • W • 9/7-9/28 • 5:30-6:15 PM

T-Shirt reg. deadline: 8/30

Location: Lions Park-Upper Field

T-Ball

9593 • W • 10/12-11/2 • 5:30-6:15 PM

T-Shirt reg. deadline: 10/4

Location: Lions Park-Upper Field

Basketball

9594 • W • 1/4-1/25 • 5:30-6:15 PM

T-Shirt reg. deadline: 12/27

Location: Markham School Gym

Fee: \$39

T-Shirt: \$7 (optional)

Tennis Camp Ages 7 and up

Learn the basics of the great game of tennis to last a lifetime. Students will receive instruction on forehand, backhand stroke mechanic, strategy and serves. Please bring water, athletic shoes, a can of unopened tennis balls and wear sunscreen. Racquets provided, if needed.

Ages 7-12 Beginner

9601 • Sat • 10/15 & 10/22 • 8:30-10 AM

Ages 7-12 Beginner/Intermediate

9602 • Sat • 10/15 & 10/22 • 10:05-11:35 AM

Ages 13 and up Beginner/Intermediate

9603 • Sat • 10/15 & 10/22 • 11:40 AM-1:15 PM

Location: Lions Park Tennis Courts

Instructor: Jill Mitchell

Fee: \$38

Tiny Treasures

Ages 18 mos-3 yrs. with adult

In this participation class, children will increase motor skills through obstacles and communication skills through music. Your tiny treasure will also enjoy some quality time with you while building social skills, self-esteem, and cognitive development. Children will also get an opportunity to interact with other children, learn to follow directions, and share and take turns all while having fun. After all children learn through play!

Note: Children must be walking in order to participate.

9438 • Tu • 9/13-10/4 • 10-10:45 AM

9439 • Tu • 10/11-11/1 • 10-10:45 AM

9440 • Tu • 11/8-11/29 • 10-10:45 AM

Instructor: Lisa Jones

Location: Cameron Park Taekwondo

Fee: \$50

Kinderkicks/Taekwondo Ages 4-6

Come and join this fun Martial Arts class designed for 4 to 6 year olds. In this 30 minute class, children will work on exercises, balance, coordination, attention, self-control, and Taekwondo blocks and kicks. Class includes a FREE uniform. Now with two locations to serve you! **Foothill Taekwondo:** 1319 Broadway, Placerville and **Cameron Park Taekwondo:** 3181 Cameron Park Dr. #103, Cameron Park. **No class will be held on 10/31.**

Foothill Taekwondo-Placerville

9441 • M/W • 9/12-11/2 • 5-5:30 PM

9442 • M/W • 10/24-12/14 • 5-5:30 PM

Cameron Park Taekwondo

9443 • M/W • 9/12-11/2 • 5:30-6 PM

9444 • M/W • 10/24-12/14 • 5:30-6 PM

Instructors: Bob & Connie Westphal,

Lisa Jones & Laurie Fox

Fee: \$99

Karate/Taekwondo Self Defense

Ages 7 and up

Designed for ages 7 and up, this class is great for anyone who wants to work on hand/foot and eye coordination development. Students will work on strikes, kicks, blocks, focus, and self-discipline. Class includes a FREE uniform. Now with two locations to serve you! **Foothill Taekwondo:** 1319 Broadway, Placerville and **Cameron Park Taekwondo:** 3181 Cameron Park Dr. #103, Cameron Park. **No class will be held on 10/31 and 11/24.**

Foothill Taekwondo- Placerville

Ages 7-12

9445 • T/Th • 9/13-11/3 • 6:45-7:30 PM

9446 • T/Th • 10/25-12/15 • 6:45-7:30 PM

Ages 13 and up

9447 • M/W • 9/12-11/2 • 7-7:45 PM

9448 • M/W • 10/24-12/14 • 7-7:45 PM

Ages 18 and up

9452 • T/Th • 9/13-11/3 • 10-10:45 AM

9449 • T/Th • 10/25-12/15 • 10-10:45 AM

Cameron Park Taekwondo

Ages 7-12

9450 • M/W • 9/12-11/2 • 6-6:45 PM

9451 • M/W • 10/24-12/14 • 6-6:45 PM

Ages 13 and up

9453 • M/W • 9/12-11/2 • 6:45-7:30 PM

9454 • M/W • 10/24-12/14 • 6:45-7:30 PM

Instructors: Bob & Connie Westphal

Fee: \$119

2012 Youth Basketball League

See registration information
on the back cover for details.

Creative Dance Classes for Children

Ages 4-6

This creative dance class is a fun introductory class exploring the art of dance in a playful, stimulating and supportive environment. Children develop creativity, physical fitness, and movement intelligence, while building their classroom etiquette and interpersonal skills. Lessons include movement games, exciting music, and fun props. This class is also a pre-readiness Tap class. Tap dancing has been shown to stimulate brain activity, helping to improve hand eye coordination, math skills and response time. It's fun, lively and teaches rhythm skills. **No class will be held on 10/31.**

9558 • M • 9/12-10/3 • 4:30-5 PM

9559 • M • 10/10-11/7 • 4:30-5 PM

Location: Jammin Dance & Fitness

6090 Enterprise Dr., Suite A

Instructor: Kay Lenhart

Fee: \$37

Beginning Children's Tap Dance

Ages 6-11

This is a class for children who are always tapping their toes! The class will consist of accurate Tap dance technique, with the opportunity to perform rather quickly. Tap dancing has been shown to stimulate brain activity, helping to improve hand eye coordination, math skills and response time. It's fun, lively and teaches rhythm skills. The class uses syllabus from Dance Masters of America. **No class will be held on 10/31.**

9556 • M • 9/12-10/3 • 5-5:30 PM

9557 • M • 10/10-11/7 • 5-5:30 PM

Location: Jammin Dance & Fitness

6090 Enterprise Dr., Suite A

Instructor: Kay Lenhart

Fee: \$37

Polynesian Dance for Children Ages 7-14

Come have fun learning the basic steps and hand movements to the story telling of Hula. We will also touch on the basics of Tahitian with its exciting hip movements. Rosalie Stearns is a certified 'Kumu Hula' teacher with an extensive background in the Polynesian culture. Dancers will get a free sarong! **No class will be held on 10/31.**

9550 • M • 9/12-10/3 • 3:30-4:30 PM

9551 • M • 10/10-11/7 • 3:30-4:30 PM

Location: Jammin Dance & Fitness

6090 Enterprise Dr., Suite A

Instructor: Rosalie Stearns

Fee: \$45

Youth/Teen Classes

Middle East/Belly Dance for Children

Ages 8-15

Learn traditional Egyptian, Turkish and Lebanon belly dance moves, taught in an easy to follow format. Class will cover core movements, use of the veil, with age appropriate dance moves. Wear comfortable clothing to stretch and dance in and plan to be barefoot or wear dance shoes. You do not have to show your belly. Materials fee includes use of veil for class and a coin hip scarf to keep.

9548 • Th • 9/8-9/29 • 6-7 PM
9549 • Th • 10/6-10/27 • 6-7 PM

Location: Jammin Dance & Fitness
6090 Enterprise Dr., Suite A
Instructor: Valerie Baker
Fee: \$45
Materials fee: \$15 (paid to instructor)

Children's One Stroke Painting-Harvest Picture Frame

Ages 7-13

Children will learn basic One Stroke painting techniques while painting an Autumn scene on a wooden picture frame. One Stroke Certified Instructor, Laura Boyster, will teach children to paint a barn, an apple tree, and pumpkins while painting this fun design. The picture frame, paint, and supplies are included in the cost of the class. All you need to bring is a paint apron.

9457 • M • 10/3 • 6-8 PM
9458 • Th • 10/6 • 4-6 PM

Location: Town Hall-Main Hall
Instructor: Laura Boyster
Fee: \$20

Children's One Stroke Painting-Ceramic Ornaments

Ages 7-13

Certified One Stroke Instructor, Laura Boyster, will teach students how to paint two beautiful Christmas ornaments using Donna Dewberry's easy painting method. You will treasure these ornaments for years to come. One is a Christmas tree and one is a snowman. The ornaments, paint, and supplies are included in the cost of the class. All you need to bring is a paint apron.

9459 • M • 11/7 • 6-8 PM
9460 • Th • 11/17 • 4-6 PM

Location: Town Hall-Main Hall
Instructor: Laura Boyster
Fee: \$20

Beginners Sewing 101

Ages 9 and up

Have you always wanted to learn how to sew? Join this easy peasy pillow case class for children and adults. Make a set of pillow cases with no seams showing. Bring fabric of your choice as well as sewing scissors and begin making those gifts for the holidays or just keep it for yourself. A handout with material measurements will be provided at the time of registration. No sewing experience needed for this class. Materials fee includes a pillow case pattern for you to keep.

9527 • Tu • 11/22 • 9 AM-12 PM
9528 • W • 11/23 • 9 AM-12 PM

Location: Town Hall-Main Hall
Instructor: Nadine Johnson
Fee: \$20
Materials fee: \$5 (paid to instructor)

Creative Workshop for Children

Ages 10-13

It's time to express your creative side! Join us for this fun workshop where children can express their creative side while making and creating a button and charm necklace. Using vintage buttons and pretty little charms and bright ribbons, children will have a creation all their own. Children will also have an opportunity to make a button ring and a little felt hair pin. All supplies will be provided and are included in the materials fee.

9520 • Sat • 10/1 • 1-4 PM
9521 • Sat • 11/19 • 1-4 PM
9522 • Sat • 12/17 • 1-4 PM

Location: Town Hall-Upstairs Small
Instructor: Nadine Johnson
Fee: \$20
Materials fee: \$5 (paid to instructor)

Make It Yours

Ages 10-13

Make your own 6" x 12" wall art by creating one of my Lollie Girls onto canvas or wood. Both texture and layering styles will be taught. You will be using rubber stamps, tissue paper and collage paper for your backgrounds and her clothing. Embellish her with ribbons, buttons and cutout flowers that you will be making with my Big Shot machine. So join us and let's create! All supplies will be provided and are included in the materials fee.

9523 • Sat • 10/15 • 12-4 PM
9524 • Sat • 11/5 • 12-4 PM

Location: Town Hall-Upstairs Small
Instructor: Nadine Johnson
Fee: \$20
Materials fee: \$5 (paid to instructor)

Paper Crafts

Ages 10 and up

Make your own funky wrapping paper out of paper bags. Doodle, stamp, and sew it. This is a fun class and will save money on gift wrap. In addition to making wrapping paper you will make a paper cone party favor. You will be making these cones out of beautiful Holiday collage papers adding ruffled paper, ribbons and jewels that will adorn these trump trolleys. And we will fill them with goodies.

9525 • Sat • 10/22 • 12-4 PM
9526 • Sat • 11/12 • 12-4 PM

Location: Town Hall-Upstairs Small
Instructor: Nadine Johnson
Fee: \$20

Design Your Own Christmas Card

Ages 10 and up

You will finally have the chance to create a simple, yet successful art statement to bless your friends and family with this year. Using the basic principles of design and color theory, you will be guided through concepts that will aide you in creating a unique, yet well balanced work of seasonal art. Once complete, you will have a master copy that you will be able to reproduce your special gift. Parent and children teams encouraged. Supplies will be provided and are included in the materials fee.

9518 • Th • 11/17 • 6:30-8:30 PM

Location: Town Hall-Main Hall
Instructor: Dana Robbins
Fee: \$18 (adult)
\$10 (child)
Materials fee: \$5/person (paid to instructor)

Thai Cooking for Children

Ages 8-13

Come join instructor, Phonglada Foletta as she shares with you her favorite recipes from her childhood. Together you will prepare and enjoy two popular desserts; Mango and Sticky rice (Kownaew ma Muag) and Tapioca with Black Bean pudding (sakoo Tua Dtam). You will also have fun rolling fresh spring rolls together. Recipes, food and all other supplies will be provided and are included in the materials fee.

9494 • Sat • 10/1 • 11 AM-2 PM
9495 • Sat • 10/15 • 11 AM-2 PM
9496 • Sat • 11/19 • 11 AM-2 PM

Location: Town Hall-Kitchen
Instructor: Phonglada Foletta
Fee: \$35
Materials fee: \$8 (paid to instructor)

Certified Babysitting Ages 11-13

This two-day course will include the information and skills necessary to provide safe and responsible care for children. Participants will develop skills in interviewing, accident prevention, care for medical emergencies and basic child care. An American Safety and Health Institute certificate will be issued upon completion of class. Please bring a snack.

9473 • W/Th • 10/12 & 10/13 • 4-7 PM

Location: Town Hall-Upstairs Small
Instructor: Cathy Statham
Fee: \$45
Materials fee: \$5 (paid to instructor)

CPR for Babysitters Ages 11-13

Babysitters learn CPR, relief of foreign body airway obstruction, the AHA pediatric infant and child Chain of Survival, signs of choking and prevention of the most common injuries in infants and children. Designed for those who have completed the Certified Babysitting course. An American Heart Association participation card is presented upon completion of the course. Book is included. Please bring a snack.

9474 • Th • 10/20 • 4-7 PM

Location: Town Hall-Upstairs Small
Instructor: Cathy Statham
Fee: \$35

Exploring Photography Ages 13 and up

This is the year to make your holiday photos something special! This class will give you tips on how to improve the quality of the photos you take, and will help you achieve better photos in a fun and relaxed environment. Students will learn about balance, perspective, and other tips for taking great pictures. This is a two-part class. In the first class, students will be shown how to create interesting and fun photographs. They will be given a photography assignment to demonstrate what they've learned. In the second class, we will review and provide constructive and positive input on their prints. Students will need a camera (digital or film) and will need to be able to print out their photos and bring them to the next class. Prints can be done on home printers.

9516 • Th • 10/13 & 10/27 • 7-8 PM

Location: Town Hall-Upstairs Small
Instructor: Stephanie Gabler
Fee: \$35
Materials fee: \$10 (paid to instructor)
Discount: \$10 off for members of the same family

One Stroke Painting-Harvest Cornucopia Ages 13 and up

Learn to paint a cornucopia, a pumpkin, apples, pears, and grapes on a canvas floor cloth or table runner. One Stroke Certified Instructor, Laura Boyster, will teach students to paint this harvest design in a two day class. The floor cloth or table runner, paint, and supplies will be provided and are included in the materials fee. You will need to bring your One Stroke brushes for acrylic paint, a brush basin and a paint apron. A complete supplies list will be provided at the time of registration.

9461 • Th • 9/22 & 9/29 • 5:45-8:45 PM
9462 • F • 9/23 & 9/30 • 9 AM-12 PM

Location: Town Hall-Main Hall
Instructor: Laura Boyster
Fee: \$50
Materials fee: \$8 (paid to instructor)
Discount: \$5 discount for returning students

One Stroke Painting-Ribbon and Holly Glass Plate Ages 13 and up

One Stroke Certified Instructor, Laura Boyster, will teach students how to paint holly, berries, pine and red ribbons using the reverse glass painting technique. Students will paint on the back side of a clear glass plate so the plate is useable for serving food. The glass plate, paint and supplies will be provided and are included in the materials fee. You will need to bring your One Stroke brushes for enamel paint, a brush basin, and a paint apron. A complete supplies list will be available at the time of registration.

9463 • Th • 11/10 • 5:45-8:45 PM
9464 • F • 11/4 • 9 AM-12 PM

Location: Town Hall-Main Hall
Instructor: Laura Boyster
Fee: \$25
Materials fee: \$5 (paid to instructor)

Gemstone Trees Ages 14 and up

Feeling creative? Come join this fun class where students will use gemstone chips in colors of their choice, copper wire, and a base stone to construct a beautiful tree that is suitable for gift giving. No prior experience is necessary, just a willingness to have fun. All supplies will be provided and are included in the materials fee. Register two people together and receive a discount. A project sample will be on display at the Recreation Department.

9563 • Sat • 12/3 • 9 AM-12:30 PM

Location: Town Hall-Main Hall
Instructors: Jeanne Falkenstein & Sue Rickard
Fee: \$25
Materials fee: \$10 (paid to instructor)
Discount: \$40/two people

Beginning Jewelry Making Ages 14 and up

Have you always wanted to learn how to make your own jewelry? Then this is the class for you. Students will design, string and complete up to three projects consisting of a necklace, bracelet and set of pierced earrings. Students will learn how to apply findings (clasps, crimp beads, crimp covers) and use of appropriate jewelry making tools. No prior experience is necessary, just a willingness to have fun. All supplies will be provided and are included in the materials fee. Register two people together and receive a discount. Project samples will be on display at the Recreation Department.

9562 • Sat • 10/29 • 9 AM-12:30 PM

Location: Town Hall-Main Hall
Instructors: Jeanne Falkenstein & Sue Rickard
Fee: \$25
Materials fee: \$15 (paid to instructor)
Discount: \$40/two people

Halloween/Thanksgiving Holiday Gifts from the Kitchen Ages 16 and up

Come and join this fun class where you will make and package all new recipes for Halloween/Thanksgiving such as: spiced white chocolate drink mix, chocolate chip muffins in a jar, cranberry pear chutney, snack mix in a decorated pot, barley soup mix, two varieties of basic bread mix, and a spiced pumpkin and pecan butter. The above items will be packaged in class. All supplies will be provided and are included in the materials fee.

9455 • Th • 10/20 • 6-9 PM

Location: Town Hall-Kitchen
Instructor: JoAnn Gamette
Fee: \$20
Materials fee: \$7 (paid to instructor)

Christmas Gifts from the Kitchen Ages 16 and up

Come and join this fun class where you will make and package holiday gifts such as: Merry mochocinno mix, triple chip cookie mix, a truffle recipe, sugar and spice nuts, cranberry pistachio bark, caramel crunch ice cream sauce, a dip mix or a mustard, and lemon curd. The above items will be packaged in class. All supplies will be provided and are included in the materials fee.

9456 • Th • 12/1 • 6-9 PM

Location: Town Hall-Kitchen
Instructor: JoAnn Gamette
Fee: \$20
Materials fee: \$7 (paid to instructor)

Teen/Adult Classes

Indoor Garden Painting

Ages 16 and up

No painting experience required for this fun and easy class where we'll paint flowers on watercolor paper. You will learn the Layering Method developed by Colleen Jorgensen, a local artist, who has taught painting for over 10 years. Even if you can't draw a stick figure, you'll be able to complete a beautiful floral painting in two hours. Choose one day or all three. In October, we will be learning to paint grapes; in November, pumpkin and fall leaves; and December, poinsettias. Samples will be on display at the Recreation Department. Brushes, paints and paper will be supplied and are included in the materials fee.

9487 • M • 10/3 • 6:30-8:30 PM
9488 • M • 11/7 • 6:30-8:30 PM
9489 • M • 12/5 • 6:30-8:30 PM

Location: Town Hall-Main Hall
Instructor: Colleen Jorgensen
Fee: \$20
Materials fee: \$3 (paid to instructor)

Painted Harvest Platter

Ages 18 and up

Paint your very own Harvest themed platter and unveil it during this upcoming harvest season! You will be provided with a large platter and the dishwasher safe paints at the class. You will take it home and bake the paints on in your own oven, sealing them for the fun and festive events you'll host in the not so far off future. Supplies will be provided and are included in the materials fee.

9517 • Tu • 11/8 • 10 AM-12:30 PM

Location: Town Hall-Main Hall
Instructor: Dana Robbins
Fee: \$19
Materials fee: \$20 (paid to instructor)

Spectacular Sierras

Watercolor Landscape

Ages 18 and up

Working from photographs, you will be guided through painting the composition you choose of a Sierra landscape. Professional artist, Dana Robbins will demonstrate as well as gently guide each painter to the degree they desire through the process of painting in either watercolor or acrylic on paper or canvas. Students are required to bring their own supplies. A supply list will be available at the time of registration.

9519 • Tu/W • 9/20, 9/21, 9/27 & 9/28

Location: Town Hall-Main Hall
Instructor: Dana Robbins
Time: 9:30 AM-12 PM
Fee: \$99

Stained Glass Lamp

Ages 18 and up

Decorate your living space and add character to your home with the beauty of stained glass lamps. In this copper foil class you can choose from two lamp patterns to cut and assemble. You must have taken a beginners class or have previous experience working in stained glass. Make one or both of the lamps depending on the amount of homework you want to do... Class will teach: patterns, foiling of project, tips for soldering three dimensional pieces, and working with lamp parts. Add this dimension of experience to your stained glass skills! Purchase materials BEFORE first class, with materials list available at class sign up. **No class will be held on 11/23.**

9478 • Wed • 11/2-11/30 • 5:30-8:30 PM

Location: Town Hall-Main Hall
Instructor: Doris Wilson
Fee: \$80
Materials fee: \$50-60 glass
\$45 base

Stained Glass Lead

Ages 18 and up

Learn the art of leading stained glass windows in this class. (Not copper foil). You must have taken a beginner's class or have previous experience working with stained glass. Choose from four patterns with a bevel cluster center. Class will cover leading your glass, assembly, soldering, and cementing. Supply list available at time of registration. Please purchase BEFORE first class. Must have your own basic tools. **No class will be held on 9/21.**

9479 • Wed • 9/14-10/12 • 5:30-8:30 PM

Location: Town Hall-Main Hall
Instructor: Doris Wilson
Fee: \$75
Materials fee: \$55-60
Tool Kit: \$32.50 (incl. 10% discount)

American Heart Association

Heartsaver® CPR

Ages 16 and up

The Heartsaver CPR course is intended for individuals who have a duty to respond to a cardiac emergency because of job responsibilities or for workplace training where having trained lay responders may prove invaluable for the safety of customers as well as employees. Topics covered include adult, child, infant CPR, and relief of choking. A 2-year certification card will be sent upon completion of course. Material fee includes course book.

9475 • W • 11/2 • 6-9 PM

Location: Town Hall-Upstairs Small
Instructor: Cathy Statham
Fee: \$45
Materials fee: \$9 (paid to instructor)

American Heart Association BLS for Healthcare Providers

Ages 16 and up

The BLS (Basic Life Support) for Healthcare Providers is intended for certified or non-certified, licensed or non-licensed, healthcare providers. Topics covered include adult and pediatric CPR, two-rescuer CPR, bag-valve mask training, foreign-body airway obstruction, Automated External Defibrillation training, special resuscitation situations, and other cardiopulmonary emergencies. A 2-year certification card will be sent upon completion of course. Materials fee covers course book.

9476 • W/Th • 11/2 & 11/3 • 6-9 PM

Location: Town Hall-Main Hall
Instructor: Cathy Statham
Fee: \$60
Materials fee: \$12 (paid to instructor)

Baby Signs® Parent Workshop

Ages 18 and up

With the Baby Signs® program, babies can use simple signs to let you know what they see, need and how they feel. Research shows that using signs decreases frustration and helps babies learn to talk sooner. Learn how to get started, effective ways to teach signs, and what to expect as your baby transitions from signs to speech. Expectant parents, new parents, caregivers and professionals are welcome! A parent workshop kit will be provided and is included in the materials fee.

9513 • Sat • 10/15 • 10-11:30 AM

9514 • Sat • 11/5 • 3-4:30 PM

9515 • W • 11/30 • 10-11:30 AM

Location: Town Hall-Upstairs Small
Instructor: Angie Crow
Fee: \$30
Materials fee: \$25 (paid to instructor)

Dog Training Good Manners- Basic Obedience

Ages 12-17 with parent and 18 & up

Teach your dog good manners while meeting people, waiting at gates and doors, and walking on leash. Learn how to gain your dog's respect and be a kind and firm leader. Good for adult dogs as well as young dogs who have gone through their puppy training. It's never too late to have a polite dog! Please do not bring your dog to the first class meeting. **No class will be held on 10/1 and 10/8.**

Requirements: Dogs must be at least 6 months with rabies vaccination date and last 2 dates of DHLPP or the last DHLPP if dog is over 1 yr old.

9512 • Sat • 9/10-10/22 • 8:30-9:30 AM

Location: Scout Hall & Lions Park
Instructor: Cherie Maitland
Fee: \$99

Pick a Partner: How to Avoid Falling For a Jerk or Jerkette Ages 18 and up

This class will teach you what it takes to form a loving, lasting relationship and how to recognize it in others. At the end of the day, you will be able to predict what a partner will be like in marriage, keep balance in a growing relationship and master the five dynamics that create attachment in relationships. This fun filled class helps you overcome biology, nerves, and awkward situations to develop a dating approach to find the right person for you. Materials fee covers a workbook that will be used throughout class.

9561 • Tu • 10/11-11/1 • 6:30-8:30 PM

Location: Town Hall-Upstairs Small
Instructor: Meredith Koch
Fee: \$50/person
Materials fee: \$10 (paid to instructor)

Beginning Feng Shui Ages 16 and up

Learn all the basics of Feng Shui and how to apply them to your home or workplace. Bring a "footprint" floor plan of your home and/or photographs of problem areas. We'll go through the basics of the Bagua, Elements and how they correspond to western homes. Colleen Jorgensen has taught Feng Shui for over 15 years. She created and authors a daily blog, Feng Shui Savy. Materials fee covers, How to Apply Feng Shui to the Home workbook.

9493 • Sat • 10/8 • 9:30 AM-12 PM

Location: Town Hall-Upstairs Small
Instructor: Colleen Jorgensen
Fee: \$30
Materials fee: \$5 (paid to instructor)

Blogging Basics Ages 16 and up

Learn how to create and design a blog to promote your business, share your favorite recipes and crafts, or any other information you want to share with the world. We'll cover all of the basics of Blogger including blog design, writing, search engine optimization and keywords, and how to gain followers. Basics of social networking (Facebook and Twitter) will also be covered. Colleen Jorgensen is the author of three niche blogs. She also designs, writes and markets blogs for other people. Materials fee covers a Blogging for beginners workbook.

9485 • Wed • 9/28 • 6:30-9:30 PM

Location: Town Hall-Upstairs Small
Instructor: Colleen Jorgensen
Fee: \$40
Materials fee: \$7 (paid to instructor)

Introduction to Personal Computers for Beginners Ages 18 and up

If you think a mouse is something that a cat chases, this course is for you. This class is designed for the beginning computer user with an emphasis on setting up and navigating a personal computer, which includes information needed for purchasing a new computer. Computers will be available for use or you may bring your own. Please bring a pen and paper to take notes. No previous experience is required. **Pre-registration is required.**

9568 • Tu/W/Th • 9/13-9/15 • 1-3 PM
9569 • Tu/W/Th • 10/18-10/20 • 1-3 PM
9570 • Tu/W/Th • 11/15-11/17 • 1-3 PM
9571 • Tu/W/Th • 12/13-12/15 • 1-3 PM

Location: Town Hall-Upstairs Small
Instructor: Leslie Bybee
Fee: \$65
Discount: \$5 off for seniors 55+

Introduction to the Internet Ages 18 and up

Want to surf the internet without wiping out? This is the class for you. This course covers navigating the internet, sending and receiving email, type of internet connections, and protecting your computer. Computers are available for use or you may bring your own. Some computer experience is helpful, but not required. **Pre-registration is required.**

9584 • W/F • 9/28 & 9/30 • 10 AM-12 PM
9585 • W/F • 10/12 & 10/14 • 10 AM-12 PM
9586 • W/F • 11/2 & 11/4 • 1-3 PM
9587 • W/F • 12/7 & 12/9 • 1-3 PM

Location: Town Hall-Upstairs Small
Instructor: Leslie Bybee
Fee: \$55
Discount: \$5 off for seniors 55+

Beginning Word Ages 18 and up

This class covers Word basics including built in templates, editing, basic formatting, and some of Word's special tools. You will create letterhead, memos, and fax cover sheets. Computers will be available for use or you may bring your own. Please bring a pen and paper to take notes. No previous experience is required, but basic computer knowledge is highly recommended. **Pre-registration is required.**

9580 • Tu/Th • 9/20 & 9/22 • 1-3 PM
9581 • W/F • 10/19 & 10/21 • 10 AM-12 PM
9582 • W/F • 11/2 & 11/4 • 10 AM-12 PM
9583 • W/F • 12/14 & 12/16 • 10 AM-12 PM

Location: Town Hall-Upstairs Small
Instructor: Leslie Bybee
Fee: \$55
Discount: \$5 off for seniors 55+

Windows Operating Systems-Intermediate Level Ages 18 and up

If you have some computer knowledge and/or are in the process of making the "jump" from XP or Vista to Windows 7, this will help with the ease of transition. The main course of study will cover Operating Systems and is designed to show the tips and tricks for getting around and maintaining personal computers. Computers will be available for use or you may bring your own. Please bring a pen and paper to take notes. Previous computer experience is required. **Pre-registration is required.**

9572 • W/F • 9/14 & 9/16 • 10 AM-12 PM
9573 • W/F • 10/12 & 10/14 • 1-3 PM
9574 • W/F • 11/16 & 11/18 • 10 AM-12 PM
9575 • Tu/Th • 12/20 & 12/22 • 1-3 PM

Location: Town Hall-Upstairs Small
Instructor: Leslie Bybee
Fee: \$55
Discount: \$5 off for seniors 55+

Optimizing Your PC Ages 18 and up

Designed to help the user clean up their PC and avoid PC disaster, mishaps, and blunders, you will also learn numerous tips and tricks for optimizing your computer. XP, Vista, and Windows 7 Operating Systems will be used. This is a lecture class only; please bring a pen and paper to take notes. Previous computer experience is required. **Pre-registration is required.**

9576 • W • 9/21 • 1-4 PM
9577 • Tu • 10/11 • 1-4 PM
9578 • W • 11/9 • 1-4 PM
9579 • Tu • 12/6 • 1-4 PM

Location: Town Hall-Upstairs Small
Instructor: Leslie Bybee
Fee: \$35
Discount: \$5 off for seniors 55+

Managing your Computer Devices and Files Ages 18 and up

This class is designed to teach you how to manage and manipulate groups of files such as photos, music, documents, cell phones, or anything else that can be stored on a computer. The Windows Photo Editor software will also be discussed. Computers will be available for use or you may bring your own. Please bring your digital camera. **Pre-registration is required.**

9588 • Tu/Th • 9/27 & 9/29 • 1-3 PM
9589 • Tu/Th • 10/25 & 10/27 • 1-3 PM
9590 • Tu/Th • 11/8 & 11/10 • 1-3 PM
9591 • W/F • 12/7 & 12/9 • 10 AM-12 PM

Location: Town Hall-Upstairs Small
Instructor: Leslie Bybee
Fee: \$55
Discount: \$5 off for seniors 55+

Teen/Adult Classes

Thai Cooking Traditional Course A

Ages 14 and up

Join instructor, Phonglada Foletta as she teaches you how to prepare a traditional Thai dinner. Learn about common ingredients and how to combine them to develop the desired flavors. Our menu includes; Thai chicken soup in coconut milk (Tom Kha Gai), Thai seafood salad (Yum talay), stir fried chicken with basil (Pad holapa Gai), and sticky rice with mango (kownaew ma mugg). Come hungry as we will be able to enjoy the meal we have prepared during the final hour of class. All supplies will be provided and are included in the materials fee.

9497 • Sat • 10/8 • 3-7 PM

9498 • Sat • 11/12 • 3-7 PM

Location: Town Hall-Kitchen
Instructor: Phonglada Foletta
Fee: \$40
Materials fee: \$10 (paid to instructor)

Thai Cooking Traditional Course B

Ages 14 and up

Join instructor, Phonglada Foletta as she teaches you how to prepare a traditional Thai dinner. Learn about common ingredients and how to combine them to develop the desired flavors. Our menu includes; Pad Thai, vegetable stir fry (pad pag Kab nom man hoy, Panang curry with chicken (Panang Gai), tapioca black bean pudding (sakoo Tua DTam). Come hungry as we will be able to enjoy the meal we have prepared during the final hour of class. All supplies will be provided and are included in the materials fee.

9499 • Sat • 9/24 • 3-7 PM

Location: Town Hall-Kitchen
Instructor: Phonglada Foletta
Fee: \$40
Materials fee: \$10 (paid to instructor)

Thai Cooking Traditional Course C

Ages 14 and up

Join instructor, Phonglada Foletta as she teaches you how to prepare a traditional Thai dinner. Learn about common ingredients and how to combine them to develop the desired flavors. Our menu includes; Thai prawn soup with lemongrass (Tom yum goong), soy sauce noodle (Pad Silo), massaman curry (Kang massaman), sticky rice in banana leaf (Khao dtome). Come hungry as we will be able to enjoy the meal we have prepared during the final hour of class. All supplies will be provided and are included in the materials fee.

9500 • Sat • 10/1 • 3-7 PM

Location: Town Hall-Kitchen
Instructor: Phonglada Foletta
Fee: \$40
Materials fee: \$10 (paid to instructor)

Thai Cooking Traditional Course D

Ages 14 and up

Come join instructor, Phonglada Foletta as she teaches you how to prepare a traditional Thai dinner. You will learn about common ingredients and how to combine them to develop the desired flavors. Our menu includes; Seafood noodle soup (Kuey Tiaw), Thai Basil Eggplant, (pad Makua Yow), Chicken Salad (Larb), and Thai Pumpkin custard (sankaya). Come hungry as we will be able to enjoy the meal we have prepared during the final hour of class. All supplies will be provided and are included in the materials fee.

9501 • Sat • 10/15 • 3-7 PM

9502 • Sat • 11/19 • 3-7 PM

Location: Town Hall-Kitchen
Instructor: Phonglada Foletta
Fee: \$40
Materials fee: \$10 (paid to instructor)

Thai Cooking Lettuce Wraps and Spring Rolls

Ages 14 and up

Come join instructor, Phonglada Foletta as she teaches you how to prepare and cook some of her specialty Thai recipes. You do not have to have a taste for spicy foods, just a desire to try something new. We will be making Lettuce Wraps with a spicy sauce that each diner can make as spicy as they wish. You will not find this recipe in any restaurant, even in Thailand. We will also be making fresh Spring Rolls that will be served with a sweet peanut sauce. Be prepared to come hungry as we will be able to enjoy both of these amazing recipes in class. All supplies will be provided and are included in the materials fee.

9503 • Sat • 10/22 • 1-5 PM

9504 • Sat • 11/5 • 12-4 PM

Location: Town Hall-Kitchen
Instructor: Phonglada Foletta
Fee: \$40
Materials fee: \$10 (paid to instructor)

Step Aerobics

Ages 16 and up

Aerobic workout using bench steps plus interval training, weight training, body toning, and relaxing stretches. Bring water, towel, and weights (1 to 5 lbs.) Beginners to intermediates welcome. Pre-registration is required for all classes. **No class will be held on 11/11, 11/25 and 12/26.**

9480 • M/W/F • 9/7-9/30 • \$33

9481 • M/W/F • 10/3-10/28 • \$36

9482 • M/W/F • 11/2-11/30 • \$33

9483 • M/W/F • 12/2-12/30 • \$36

Location: Town Hall-Upstairs Large
Time: 9-10 AM
Instructor: Jeannie Jorgensen

Tai Chi

Ages 15 and up

Known as "meditation in motion" because it promotes a peaceful mind through its slow gentle movements, Yang Style Tai Chi is the most popular form of Tai Chi. It is commonly seen in the parks of China and throughout the world. Tai Chi uses intention and energy to do work rather than physical force, and teaches us to harmonize with obstacles rather than fight them. Regular practice of Tai Chi reduces stress, improves balance and coordination and improves overall health. All levels welcome. Master Bruce Boldon is an acupuncturist who has been practicing Tai Chi since 1981 and has recently lived in China for 3 ½ years studying with two high level masters. In the beginning level students will learn the foundation of Tai Chi including basic exercises, Chi Kung, and the beginning of the Tai Chi form. This class provides an important grounding in the philosophy of Tai Chi practice. The intermediate level class will provide a deeper development in the practice of Tai Chi. Continue the study of the Tai Chi form, and learn to put the principles of Tai Chi into practice with two person energy exercises, push hands practice and advanced forms. An optional DVD created by the instructor is available for purchase for \$10.

Beginner

8841 • W • 8/24-9/14 • 6-7 PM • \$40

9465 • W • 9/21-10/12 • 6-7 PM • \$40

9466 • W • 11/16-12/7 • 6-7 PM • \$40

9467 • W • 12/14-1/4 • 6-7 PM • \$40

Intermediate

8846 • W • 8/24-9/14 • 7-8:30 PM • \$50

9469 • W • 9/21-10/12 • 7-8:30 PM • \$50

9470 • W • 11/16-12/7 • 7-8:30 PM • \$50

9471 • W • 12/14-1/4 • 7-8:30 PM • \$50

Location: Town Hall-Upstairs Large
Instructor: Bruce Boldon

Yoga, Hatha

Ages 16 and up

Hatha Yoga strengthens weak areas and stretches stiff parts to realign the entire body. Discover how to release physical tension and psychological resistance through Yoga postures. This class is designed to introduce new students to the basic Yoga postures and challenge the experienced students. Bring a firm blanket, bare feet and an empty stomach. Please wear comfortable clothes. Scent free environment please. **No class will be held on 10/31, 12/26 and 1/2.**

9597 • M • 9/26-11/21 • 10:30 AM-12 PM

9600 • M • 9/26-11/21 • 7- 8:30 PM

9598 • M • 11/28-1/30 • 10:30 AM-12 PM

9599 • M • 11/28-1/30 • 7- 8:30 PM

Location: Town Hall-Upstairs Large
Instructor: Michael Shaw
Fee: \$60

Pilates

Ages 16 and up

Pilates is gentle, but very effective. The exercises are performed lying or seated on a mat and use ones own body for resistance in order to develop control and stability. This method strengthens abdominal and back musculature, joint stability, and increases flexibility. Pilates is known to assist in relieving low back stress. Participants are encouraged to work at their own pace, and the instructor is well versed in modifying exercises to adapt to individual strengths or weaknesses.

9505 • Tu • 9/20-10/25 • 6-7 PM
 9506 • W • 9/21-10/26 • 9-10 AM
 9507 • F • 9/23-10/28 • 9-10 AM

Location: 6090 Enterprise Dr. Suite A
 Diamond Springs
 Instructor: Kristen Meyer
 Fee: \$60

Soaring Crane Chi Kung and Stretching

Ages 18 and up

Come learn this Chinese exercise routine. Chi Kung consists of mild body movements, deep and healthy breathing that promotes the circulation of chi or energy through the body. This set of exercises will help the body reduce stress, heal itself and is easy to learn. Soaring Crane Chi Kung has been proven as a method to help cure disease, restore health and extend your life. The first half hour begins with a Chinese stretching routine that moves all the joints and ligaments. The next hour you will learn the Soaring Crane Chi Kung that is practiced by more than 20 million people in China. The Crane is the symbol of longevity, and these gentle movements attempt to imitate the movements of the crane; expanding and closing its wings; lifting of its wings, dipping in the water, and looking left and right. The practitioner of the Soaring Crane feels a strong chi and calm feeling. This 5 part series is taught one section each week reviewing the previous sections and concluding the class with an invigorating tapping routine. **No class will be held on 10/15.**

9508 • Sat • 9/24-11/5 • 8-9:30 AM

Location: Town Hall-Upstairs Large
 Instructor: Mickey Kaiserman
 Fee: \$60

New Zumba® for Beginners

Ages 14 and up

Have you always wanted to try Zumba®? Well, this is a brand new Zumba® class with the beginner in mind. It is a class designed for those who have wanted to try Zumba®, but were afraid it might be too hard. The instructor has many years of experience teaching both dance and Zumba®, and is able to breakdown steps to make it easier to follow. Before you know it, you will be doing Zumba® with confidence, and will get a great workout in return!

9604 • Th • 9/8-10/13 • 5:10-6 PM

Location: Jammin Dance & Fitness
 6090 Enterprise Dr., Suite A
 Instructor: Kay Lenhart
 Fee: \$45 per session

Zumba®

Ages 16 and up

This dance-based exercise program is sweeping the nation. It fuses hypnotic International rhythms and easy-to-follow moves to create a one-of-a-kind fitness program for anyone at any age and any fitness level. Each Zumba® class will use the traditional Zumba® steps, with subtle dance techniques in Belly Dance, Polynesian and Hip Hop! The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Add some international flavor and zest into the mix and you've got a Zumba® party! Instructors are all Masters of Dance in different styles. No dance experience necessary! Please wear comfortable workout clothing, athletic shoes, and bring a small towel and water.

9529 • W • 9/7-10/12 • 7:30-8:30 PM
 9530 • W • 10/19-11/23 • 7:30-8:30 PM

9531 • F • 9/9-10/14 • 8-9 AM
 9532 • F • 10/21-11/25 • 8-9 AM

9533 • Sat • 9/10-10/15 • 8-9 AM
 9534 • Sat • 10/22-11/26 • 8-9 AM

Location: Jammin Dance & Fitness
 6090 Enterprise Dr., Suite A
 Instructor: Valerie Baker
 Fee: \$45 per session

Zumba® Original and Gold Combo

Ages 16 and up

The Zumba® Original and Gold Fitness program is second to none. It is an innovative, fun and exciting program. It was designed for those who are looking for a less intense class, focusing on dance and toning. It is the perfect class for the active older adult, the true beginner, and/or people who are not used to exercising. The same great Zumba® Latin styles of music and dance are used.

9535 • M • 9/12-10/17 • 6:30-7:30 PM
 9536 • M • 11/14-12/19 • 6:30-7:30 PM

9537 • W • 9/7-10/12 • 6:30-7:30 PM
 9538 • W • 10/19-11/23 • 6:30-7:30 PM

9539 • Sat • 9/10-10/15 • 9-10 AM
 9540 • Sat • 10/22-11/26 • 9-10 AM

Location: Jammin Dance & Fitness
 6090 Enterprise Dr., Suite A
 Instructor: Kay Lenhart
 Fee: \$45 per session

Zumba® Gold

Ages 18 and up

The same great Zumba® Latin styles of music and dance are used in this gentle fitness class. This class includes balance exercises and stretching. The instructors are experienced dance instructors who will break down the dance steps and moves at a gentle pace. The class will also include routines for those who would like to exercise from a chair.

9541 • W • 9/7-10/12 • 10:30-11 AM
 9542 • W • 10/19-11/23 • 10:30-11 AM

Location: Jammin Dance & Fitness
 6090 Enterprise Dr., Suite A
 Instructor: Kay Lenhart
 Fee: \$25 per session

Polynesian Dance for Teen/Adult

Ages 15 and up

Come have fun in this traditional Polynesian class where students will be working on performance routines that they will use often! The class continues to work on progressive steps and hand movements to the story telling of Hula. We will also add basics of Tahitian with its exciting hip movements. Rosalie Stearns is a certified 'Kumu Hula' teacher with an extensive background in the Polynesian culture. Dancers will get a free sarong!

9552 • Tu • 9/6-9/27 • 7:15-8:15 PM
 9553 • Tu • 10/4-10/25 • 7:15-8:15 PM

Location: Jammin Dance & Fitness
 6090 Enterprise Dr., Suite A
 Instructor: Rosalie Stearns
 Fee: \$45

HELP MAKE A DIFFERENCE

Donate to the Recreation for Youth Fund today!

(See page 13 for details)

Teen/Adult Classes

Middle East/Belly Dance Ages 16 and up

This class is designed for all levels of Belly Dance. Work on traditional belly dance styles from Egypt and Lebanon in a fun and friendly atmosphere. Learn traditional Egyptian, Lebanese, and Turkish moves taught in an easy-to-follow format. Belly dance is a women's dance for every woman and girl. Wear comfortable clothing to stretch and dance in and plan to be barefoot or wear dance shoes. You do not have to show your belly. Materials fee includes use of veil for class and a coin hip scarf to keep.

9546 • Th • 9/8-9/29 • 7-8 PM
9547 • Th • 10/6-10/27 • 7-8 PM

Location: Jammin Dance & Fitness
6090 Enterprise Dr., Suite A
Instructor: Valerie Baker
Fee: \$45
Materials fee: \$15 (paid to instructor)

Gentle Belly Dance Ages 16 and up

This class is designed for the student with little or no belly dance background or for someone just getting back into dance. Learn traditional Egyptian, Lebanese, and Turkish moves taught in an easy-to-follow format. Belly dance is a women's dance for every woman and girl. Wear comfortable clothing to stretch and dance in and plan to be barefoot or wear dance shoes. You do not have to show your belly. Materials fee includes use of veil for class and a coin hip scarf to keep.

9544 • W • 9/7-9/28 • 8:15-9:15 AM
9545 • W • 10/5-10/26 • 8:15-9:15 AM

Location: Jammin Dance & Fitness
6090 Enterprise Dr., Suite A
Instructor: Valerie Baker
Fee: \$45
Materials fee: \$15 (paid to instructor)

Last Chance Dance Ages 16 and up

If you've always wanted to learn how to dance, this jazz class is for you. In each class you will learn basic jazz moves and simple ballet technique as well as a choreographed combination. We will add to the combination each week and by the end of the session, you'll be dancing! You will increase flexibility, improve your poise and posture, but mostly, you'll have fun dancing. Instructor, Colleen Jorgensen has trained in New York at the Broadway Dance Academy and with Pepper Von at Step 1 Dance Academy where she taught all beginning jazz classes. **No class will be held on 11/24.**

9492 • Th • 9/22-10/27 • 7-8 PM
9564 • Th • 11/3-12/15 • 7-8 PM

Location: Town Hall-Upstairs Large
Instructor: Colleen Jorgensen
Fee: \$30

Ballroom Dance-Beginning Ages 16 and up

There is nothing quite like dancing to the sounds of the big bands and contemporary musical groups. Have fun learning the moves of the popular Ballroom dances danced each week by high school, college students and adults of all ages—and more recently popularized and brought to public attention by several television dance shows. Students will be introduced to the East Coast Swing, Fox-Trot and Waltz. Learn how to be a positive and confident leader. Learn how to be an excellent follower. Develop poise, styling, and confidence on the dance floor. Partners are encouraged but not necessary. Please wear leather sole shoes. Absolutely no tennis shoes, flip flops or shoes that stick to the floor. Notebooks suggested. **No class will be held on 12/5, 12/26, 1/2 and 2/6.**

9509 • M • 11/14-2/27 • 7-8 PM

Location: Town Hall-Main Hall
Instructor: Barry Waldron
Fee: \$72
Discount: (register 2 people and receive ½ off the 2nd fee)

Beginning Nightclub Two Step Ages 16 and up

"Nightclub Two Step" is not to be confused with Country-Western "Two Step." Nightclub is one of the most versatile and practical social dances ever created. It is danced primarily to contemporary soft rock or "love song" music. The song "Lady in Red" is one example. The basis for the dance is drawn from a fast Rumba-type tempo. Similarly, it can also be danced to some very quick Latin music such as "Mambo #9." This elegant romantic dance is a great alternative for slow music. It is steadily growing in popularity since it was created in 1965 by Los Angeles dance pro, Buddy Schwimmer. It was developed from a line dance called "Surfer Stomp" and was danced mainly to ballads. "Nightclub Two Step" was specifically designed for a confined Nightclub setting with a relaxed frame and should not look like a ballroom dance. The dance position for "Two Step" is more natural, what people tend to do without lessons, "street dancing" in other words. This introductory six week course will present the basic patterns. Please wear street shoes. Partners are not required. **No class will be held on 12/5, 12/26 and 1/2.**

9510 • M • 11/14-1/9 • 8:15-9:15 PM

Location: Town Hall-Main Hall
Instructor: Barry Waldron
Fee: \$36
Discount: (register 2 people and receive ½ off the 2nd fee)

Swing Dance-East Coast Ages 16 and up

Swing dancing has been popular for decades. The Lindy Hop had Americans excited and uninhibited on the dance floor in the 20's, and people have been hoppin' to the music of the big bands and contemporary musical groups ever since. A number of swing dances have come and gone with each generation, like the Mash Potato, while others have remained popular. The term "Swing" is a category that contains dances like East Coast, West Coast, Shag, Jive, Hustle, Lindy, and others. This class will introduce you to the East Coast Swing dance. Learn how to be a great leader. Learn how to follow and be light on your feet. Learn the basic elements in order to move well and look great. Learn several dance steps in both dances beyond the fundamentals. Develop confidence and styling. This class is for high school students, college students, young adults and the young at heart. Please bring a notebook and wear leather sole shoes. Absolutely no tennis shoes or shoes that stick to the floor. **No class will be held on 2/6.**

9511 • M • 1/16-2/27 • 8:15-9:15 PM

Location: Town Hall-Main Hall
Instructor: Barry Waldron
Fee: \$36
Discount: (register 2 people and receive ½ off)

Swing Dance on Friday Night! Ages 16 and up

Swing into your weekend on Friday Night! Weddings and Holiday Galas are just around the corner. If you want to learn the basics of Swing Dance or brush-up what you know, this Placerville venue is for you! You will learn the basic East Coast steps, a variety of turns, patters, and some special moves. Plus, after each lesson, the class becomes a social/practice session for you to have fun practicing what you just learned. Partners required so if you have a friend who has never danced before, this is the class for you. Sign up two people and receive our discount. **No class will be held on 9/23.**

9560 • F • 9/9-10/7 • 7-8 PM

Location: Jammin Dance & Fitness
6090 Enterprise Dr., Suite A
Instructors: Dan and Sheryl Trainor
Fee: \$40/individual
\$60/couple

ARE YOU ON OUR MAILING LIST?

If you or someone you know is not currently on our Activity Guide mailing list and want to be, please contact the Recreation Department at (530) 642-5232.

Adult Sports Leagues

Adult Coed Volleyball

4 on 4 or 6 on 6 league games are played on Tuesday evenings at the Markham School new gym. 4 on 4 league will have no officials.

Fall League

Start date: Tu, 10/18
Fee: \$140 per team (4 on 4)
\$225 per team (6 on 6)
Reg. deadline: Th, 10/6 @ 4 PM

Winter League

Start date: Tu, 1/17
Fee: \$140 per team (4 on 4)
\$225 per team (6 on 6)
Reg. deadline: Th, 1/5 @ 4 PM

Adult 3 on 3 Basketball

Games are played on Wednesday evenings at the Markham School new gym.

Fall League

Start date: Wed, 10/5
Divisions: Upper/Lower
Fee: \$104 per team
Reg. deadline: Th, 9/22 @ 4 PM

Winter League

Start date: Wed, 12/21
Divisions: Upper/Lower
Fee: \$104 per team
Reg. deadline: Th, 12/8 @ 4 PM

Adult 5 on 5 Basketball

Games are played on Sunday afternoons and evenings at the El Dorado High School large gym.

Fall League

Start date: Sun, 11/13
Divisions: A, B, & C
Fee: \$389 per team
Reg. deadline: Th, 10/22 @ 4 PM

View Schedules & Standings
www.teamsideline.com/placerville

Registrations for our 18 and older adult sports leagues are taken at the Recreation Department during regular office hours: Monday-Thursday 8 AM-5:30 PM. The office is closed Fridays. League fees include seven games minimum. For more information, please contact the Recreation Department at (530) 642-5232 or visit us online at www.teamsideline.com/placerville.

Sports Contacts

Softball

Placerville Girls Softball,
(530) 303-8130
www.teamsideline.com/pgsasoftball

Placerville Prospectors Senior Softball
Brian Reeves (530) 626-4625

Little League

Snowline Little League,
(530) 644-5590

Gold Rush Little League
(530) 295-9311

Football & Cheer

Ponderosa Jr. Bruins,
www.jrbruins.org

Union Mine Jr. Rattlers Football and Cheer,
(530) 224-8999
www.jrrattlers.org

El Dorado Jr. Cougars Football and Cheer,
Scott Cambridge (530) 363-5002
www.edjc.org

Soccer

Prospector Soccer Club,
(530) 676-4516

High Sierra & Sierra Gold Soccer,
(800) 886-5549
www.sierragoldsoccer.org

Other Sports

Sierra Storm Girl's Basketball Club,
(530) 647-2125

Hangtown Women's Tennis Club,
Melissa Clark (530) 626-7794

Special Olympics,
Shirley Surber (530) 642-0364

Dry Diggins Dolphins Parent Club,
(530) 672-0431
www.drydigginsdolphins.com

AquaSol Swim Team
www.aquasolswimteam.com

Facility and Barbecue Rentals

TOWN HALL & SCOUT HALL RENTALS

Both Town Hall and Scout Hall are available for rental by individuals and community groups. **TOWN HALL**-Bottom floor is ideal for organization banquets, conferences, club meetings, classes, shows, etc. **SCOUT HALL**-This facility located in City Park is ideal for small groups and youth related functions, such as: club meetings, training classes, banquets, youth birthday parties and other related activities. Contact the Recreation Department for fee information.

LIBERTY CLAIM PAVILLION AT GOLD BUG PARK

This facility at Gold Bug Park is ideal for group meetings and picnic use. Located in the picnic area adjacent to the entrance of Gold Bug Mine, gift shop and museum, this covered facility includes picnic tables and is ideal for larger group events. Contact the Recreation Department for fee information.

LIONS PARK GAZEBO

This area at Lions Park has a shade structure, picnic tables, large B.B.Q. and lots of turf and shade areas. Ideal for larger group/company picnic use. **Rental fee:** \$50 per day. **(A \$50 refundable security deposit is also required).**

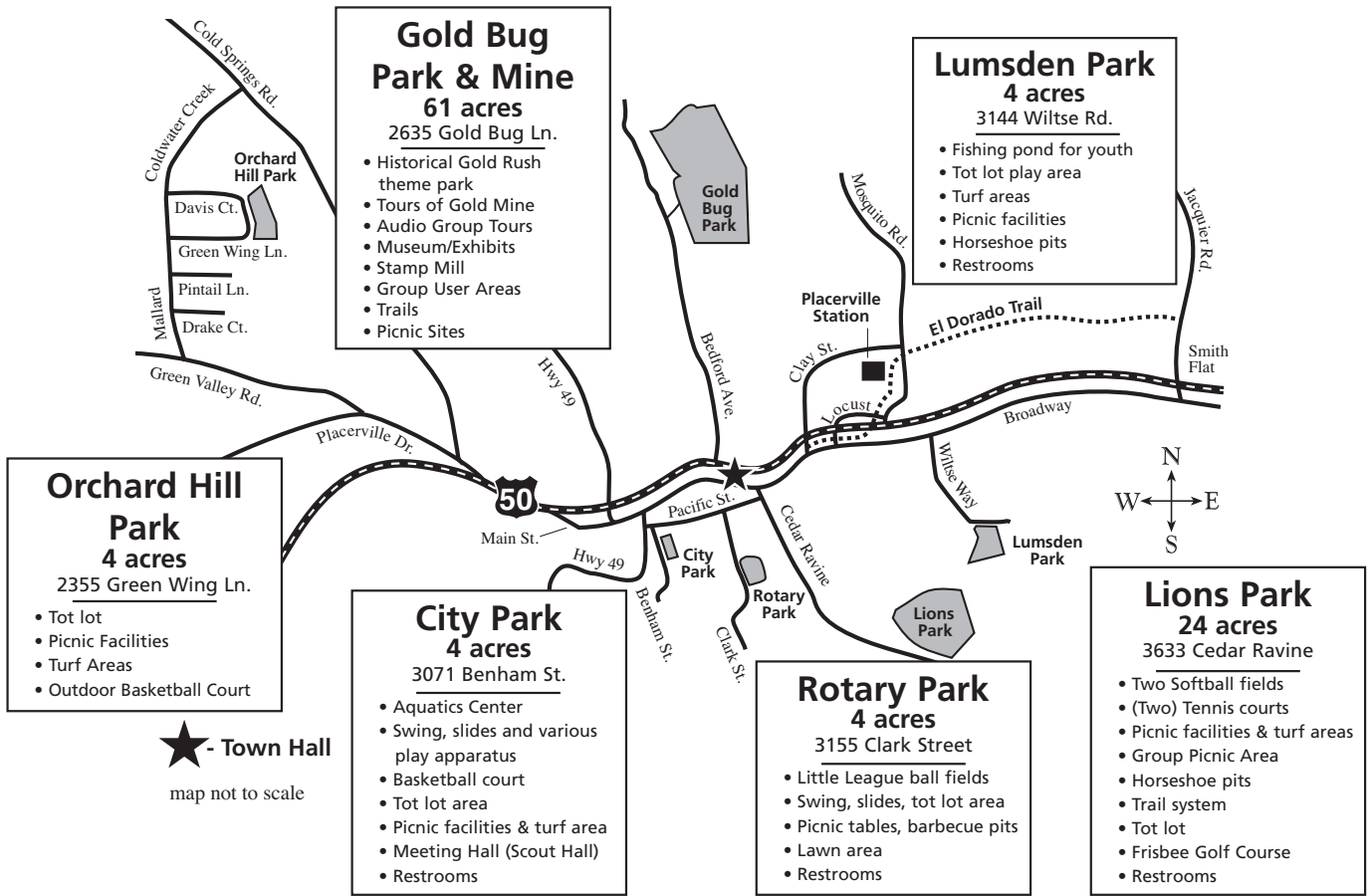
BARBECUE RENTAL

Are you planning a large group B.B.Q. and need a B.B.Q. unit big enough to handle the guests? **WE HAVE THE B.B.Q. UNIT FOR YOU.** **Rental fee:** \$30 per day. **(A \$375 security deposit is also required).**

LIONS PARK TENNIS KEYS

Want to play a little tennis at Lions Park? In order to keep the courts in great condition, the Recreation and Parks Department was forced to lock them up. Keys can be purchased at the Recreation Department for \$20. **(Keys are good from 1/1/11-12/31/11).**

City Parks Map



Hangtown's Gold Bug Park & Mine

2635 Goldbug Lane Placerville, CA 95667 ❖ 1 mile north of Hwy 50 on Bedford Avenue

Enjoy all that the park has to offer!

Hattie's Gift Shop • Hattie's Museum • Gold Bug Mine • Guided Tours • Meagher House
Hendy Stamp Mill • Priest Mine • Liberty Claim Pavilion • Hiking Trails • Gem Panning



Self-Guided Tours of Gold Bug Mine

Admission to Gold Bug Mine includes a self-guided audio tour, a hardhat, and admission to the Hendy Stamp Mill.

| | |
|-------------------|------|
| Adults | \$5 |
| Youth (10-17yrs) | \$3 |
| Kids (3-9 yrs) | \$2 |
| 2 years and under | Free |

All persons under the age of 18 must be accompanied by an adult.
(Prices may change without notice.)

Park Hours

April through October
Daily ~ 10 AM to 4 PM

November through March
Weekends only ~ 12 PM to 4 PM
(weather permitting)

❖
www.goldbugpark.org

❖
(530) 642-5207

Volunteers Needed!

Join the Gold Bug Family. Become a Gift Shop or Tour Guide Volunteer.
Enjoy the feeling of accomplishment and be of value to our community.

For more information call (530) 642-5207 or visit us online at www.goldbugpark.org

Guided Group Tours

Guided tour packages are available of the:

Gold Bug Mine • Hendy Stamp Mill
Priest Mine

Fees

From 1 to 15 people (minimum rate) \$100
Each additional person \$7
65 people maximum

For more information call (530) 642-5207

Recreation for Youth Fund

The City of Placerville "Recreation for Youth Fund" provides financial assistance for children of all ages and abilities to participate in recreation activities conducted by the City of Placerville Recreation and Parks Department. The purpose of the fund is to ensure that no child be denied an opportunity to participate because they are unable to pay.

Thank You For Your Support

Up to \$100

Abel's Apple Acres
Art & Muriel Molho
Golden Spoke Bike Shop
Jennifer Swarbrick
Rene Line
Steve & Kathi Lishman

Up to \$500

Barsotti Juice Company
Earl & Marian Washburn
El Dorado Disposal
Fitzpatrick Physical Therapy, Inc.
Placerville Lions Club
Placerville Masonic Lodge #26
Rotary Club of Placerville

Up to \$1000

Active 20/30 Club of Placerville
El Dorado Community Foundation
Hangtown Optimist Club of Placerville
Marshall Foundation for Community Health
Pierre Rivas
Sierra Health Foundation

If you are interested in supporting the Recreation for Youth Fund, please contact the Recreation Department at (530) 642-5232. 100% of your contribution goes directly to the children, City and County residents alike.

Downtown Placerville Spooktacular

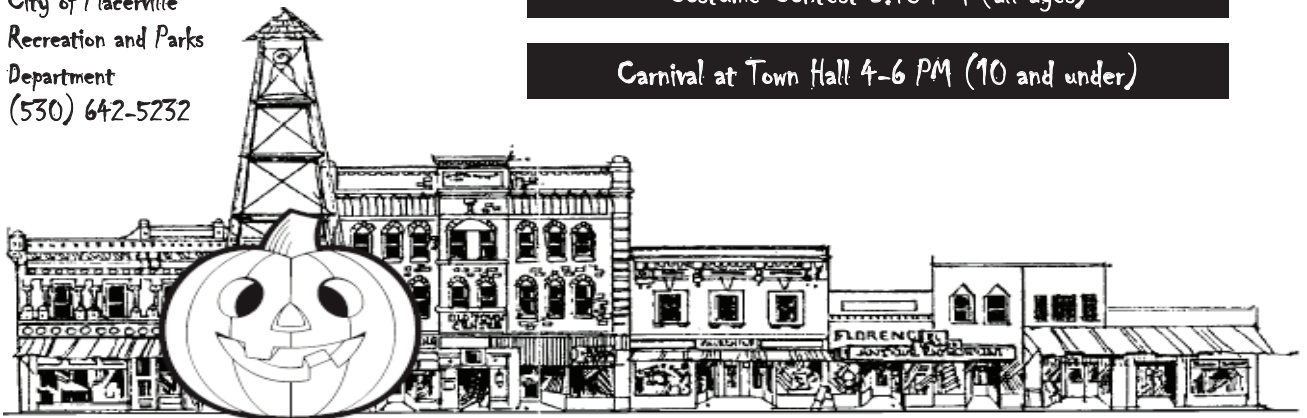
Monday, October 31st

Trick or Treat 4-6 PM

Costume Contest 6:10 PM (all ages)

Carnival at Town Hall 4-6 PM (10 and under)

For more information,
please contact the
City of Placerville
Recreation and Parks
Department
(530) 642-5232



FOUR EASY WAYS TO REGISTER

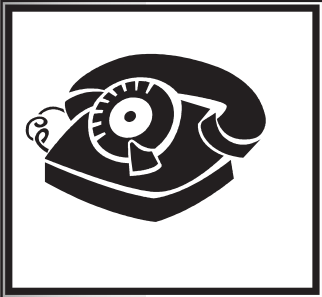
WALK IN



COME AND SEE US TO REGISTER

Recreation Department
549 Main Street
Placerville, CA 95667
Office Hours: Monday-Thursday,
8 AM-5:30 PM. Closed Friday,
Saturday and Sunday

PHONE



PHONE IN YOUR REGISTRATION

Only credit card payments
(Visa and MasterCard) are
accepted. Monday-Thursday,
8 AM-5:30 PM. Closed Friday,
Saturday and Sunday
(530) 642-5232

MAIL



MAIL IN YOUR REGISTRATION

Credit cards and checks are
accepted. Please include your
completed registration form and
mail to:
Recreation Department
549 Main Street
Placerville, CA 95667

FAX



FAX IN YOUR REGISTRATION

Only credit card payments
(Visa and MasterCard) are
accepted. Fax-in completed
and signed registration form
with credit card number and
expiration date to:
(530) 642-5236

INSTRUCTORS NEEDED!

We are always looking to expand our program offerings. If you have a special talent or skill that you would like to share with others, please complete a class proposal form and submit to the Recreation Coordinator at 549 Main St. Placerville, CA 95667.

To download a proposal form online please visit www.cityofplacerville.org and go to our youth or adult special interest classes link.

GUARANTEED FUN!

If you are not satisfied after attending the first program meeting, we will transfer you to another program or give you a full refund.

WE WANT HAPPY CUSTOMERS!

- Full refunds may be processed if requests are submitted to the Recreation and Parks Department prior to the second program meeting. If you are not satisfied with a program, we NEED to know so that we can make improvements. Your comments are important to the success of all our activities.
- Refunds may take 2-4 weeks from date of processing.

Placerville Recreation Program Registration Form

Please submit form with payment to: City of Placerville Recreation Department, 549 Main Street, Placerville, CA 95667. Participant or legal guardian must complete the form in its entirety prior to the first class meeting.

Responsible Party Information: (please sign below)

Receipt No. _____

Name: _____

Mailing Address: _____ City/St: _____ Zip: _____

Day Phone: _____ Eve Phone: _____

E-mail Address: _____

| Participant Name | Birth Date (If under 18) | Class # | Class Name | Start Date | Start Time | Fee |
|------------------|-----------------------------|---------|------------|------------|------------|-----|
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |

T-shirt size if applicable: Youth: ___ S ___ M ___ L Adult: ___ S ___ M ___ L ___ XL

T-shirt Fee (if offered)

Total Fee:

Method of Payment:

Cash Check-Payable to City of Placerville

Visa Mastercard # _____ Exp. Date: _____

I would like to contribute to the Recreation for Youth Fund. Enclosed is my check in the amount of _____

RETURNED CHECKS: THERE IS A \$15 CHARGE FOR ALL RETURNED CHECKS

"I, _____ the undersigned named individual(s) do hereby acknowledge that I have voluntarily agreed to participate in the aforementioned activity(ies). As consideration for my being permitted by the City of Placerville and its Recreation and Parks Department to participate in the aforementioned activity(ies), I hereby agree that I, will not make a claim against or sue the City of Placerville or any of its employees, agents or contractors for injury or damage resulting from the negligence or other acts howsoever caused by the City or its employees, agents or contractors for injury or damage resulting from the negligence or other acts howsoever caused by the City or its employees, agents or contractors as a result of my participation in the above-named activity (ies). I hereby release the City of Placerville, its agents, employees and contractors from all actions, claims or demands that I may now have or hereafter have for injury or damage resulting from my participation in the above-named activity(ies). I have carefully read this agreement and fully understand its contents. I am aware that this is a release of liability and a contract between myself and the City of Placerville and sign it of my own free will. I further acknowledge that the City of Placerville does not provide medical insurance for participants in the above named activity(ies) in the event of any injury incurred as a result of said participation. Cancellations and transfers must be done prior to the second program meeting. There is a \$15 charge for returned checks.

Participant Signature (or parent if under age 18)

Date

Print Name

Classes may be cancelled due to lack of enrollment. Please pre-register so classes are not cancelled unnecessarily.



Placerville Recreation
& Parks Dept.
549 Main Street
Placerville, CA 95667

Prst. Std
US Postage
PAID
Permit No 187
Placerville,
CA 95667

2012 Youth Basketball Season

League Details

GRADES K-2nd

The Placerville Pee Wee Basketball Program is designed for children in K through 2nd grade. In this program, both boys and girls play basketball in a non-competitive, instructional league. Our mission is to provide a fun experience where fundamentals, sportsmanship, and teamwork are emphasized. Games and practices are held once a week, January through March. Teams will play on eight foot baskets. At the end of the season, all participants will be presented with a trophy.

GRADES 3rd-8th

The Placerville Youth Basketball Program is designed to provide students with the opportunity to play basketball in a structured league. The mission of this program is to provide a fun experience where sportsmanship and teamwork are emphasized. League games are held at El Dorado High School and neighboring schools. Participants attend one practice and one game per week, January through mid-March.

Registration Details

Registration begins August 29, 2011 and runs through September 29, 2011 at 5:30 p.m.

Fee: \$87 (includes FREE team shirt)

Late registration begins October 3, 2011 and will continue until teams are full.

Fee: \$97 (includes FREE team shirt)

If a player would like to request a coach, they must do so on the registration form.

Roster requests are not guaranteed, however every effort will be made to accommodate requests received prior to the registration deadline. If you do not request a coach, your child will be placed on a team with others from the same school or the closest available area. Players must reside within El Dorado County. Players who are requesting to be on a team must indicate so on the registration form. Teams are guaranteed eight games.

Spots will be honored until September 29, 2011 at 5:30 p.m. when possible.

Coaches

The City of Placerville is looking for adults to volunteer their time, energy, and talent as coaches. The Recreation Department needs a minimum of 180 coaches and assistants to conduct the 2012 season. Any person interested in coaching should contact the Recreation Department (530) 642-5232. **Free Registration for head coach's child!**



Scorekeepers Needed!

Any person interested in scorekeeping should contact the Recreation Department (530) 642-5232. Application deadline is September 29, 2011.