

BENICIA

Activity Guide

Spring 2017



**Parks
Make
Life
Better!**

CITY OF BENICIA PARKS AND COMMUNITY SERVICES

HELP WANTED



The City of Benicia Parks & Community Services Department is Hiring
Apply online at www.ci.benicia.ca.us

RECREATION LEADERS

APPLY ONLINE APRIL 10 – 21, 2017

Enthusiastic & creative leadership position working with ages 5–12 years in a Summer Camp setting.

Ideal qualities in a candidate:

- Possess strong leadership skills
- CPR and First Aid Certified
- Experience working with children
- Open schedule Mon–Fri beginning June 12, 2017



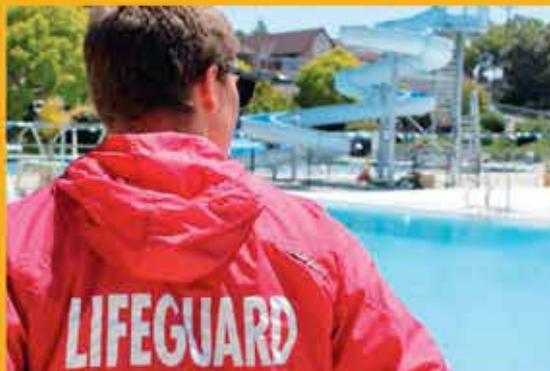
LIFEGUARDS

APPLY ONLINE APRIL 10 – 21, 2017

Exciting position as a lifeguard/swim instructor. Utilizes strong swimming skills, rescue work and CPR & First Aid training

Ideal qualities in a candidate:

- Ability to react calmly and effectively in emergency situations
- Certified in American Red Cross Lifeguarding, CPR & First Aid
- Open schedule beginning June 12, 2017 and ideally into Fall 2017



POOL CASHIERS

Visit www.ci.benicia.ca.us for information on openings
Customer service position and opportunity to advance computer and basic accounting practices.

Ideal qualities in a candidate:

- Professional
- Friendly
- Able to handle money accounting and cash flow
- Open schedule beginning June 12, 2017

Tips for Success:

Apply early, be professional, dress to impress, practice interviewing with friends & family, be confident, and show us you WANT the JOB!

BENICIA PARKS & COMMUNITY SERVICES

370 East L Street, Benicia 94510

Phone: (707) 746-4285, Fax: (707) 747-8118

Hours: Monday–Friday, 8:30am – 5:00pm



This label indicates classes or programs that are being offered for the first time. The classes and programs will be evaluated on a quarterly basis. If they are successful, we will offer them as part of our regular programming.

ADA - In compliance with the American With Disabilities Act, the City of Benicia Parks and Community Services welcomes those with disabilities to participate in recreation programs & classes. If you have a special need, please call us at 746-4285.

The City of Benicia reserves the right to photograph facilities, activities and program participants for potential future use in advertising, brochures and the City's webpage. All photos will remain the property of the City of Benicia.

RESOURCE PHONE NUMBERS

City Hall.....	746-4200
Benicia Family Resource Center	746-4352
Finance Department	746-4225
Fire Department.....	746-4275
James Lemos Swim Center.....	746-4286
Kids Kaleidoscope/K2	746-4390
Library	746-4343
Main Street Program.....	745-9791
Park and Community Service Department	746-4285
Police Department.....	745-3411
Public Works Department.....	746-4240
Emergency (Fire, Police Ambulance).....	911

SPORTS PHONE NUMBERS

Benicia Youth Football & Cheer.....	www.byfpanthers.com
Little League Baseball.....	www.benicialittleleague.com
Old Timers Baseball.....	747-9712
Benicia Fastpitch Girl Softball	www.beniciafastpitch.com
Benicia Youth Soccer	www.beniciasoccer.org
Stingrays Swim Team	www.bsrswim.org
PAL Roller Hockey.....	748-5666
Benicia Bocce League.....	www.benicibocce.org

ADMINISTRATION

BENICIA CITY COUNCIL

- Elizabeth Patterson, *Mayor*
- Stephen Young, *Vice Mayor*
- Tom Campbell
- Mark Hughes
- Alan Schwartzman
- Steve Salomon, *Interim City Manager*



The City Council meets the 1st and 3rd Tuesdays of each month at 7:00pm, City Council Chambers, City Hall.

PARKS, RECREATION, CEMETERY COMMISSION

- Alison Fleck, *Chairperson*
- Ann Brooner, *Vice-Chairperson*
- Michael Boyle
- Kimberley Funk
- Ernest Gutierrez
- John McGuire
- Rich Payne
- Madison Morgan, *Youth Commissioner*

The Parks, Recreation & Cemetery Commission meets the second Wednesday every other month, 1/11/17, 3/8/17, 5/10/17, 7/10/17, 9/13/17 & 11/8/17 at 6:30pm, Benicia Community Center, 370 East L Street, Room 2.

PARKS & COMMUNITY SERVICES DEPARTMENT ADMINISTRATION DIVISION

- Mike Dotson, *Director*
- Megan Beemon, *Account Clerk*
- Debbi Bray, *Administrative Clerk*
- Victor Randall, *Management Analyst*

COMMUNITY SERVICES & FACILITIES DIVISION

- Ann Dunleavy, *Superintendent,*
Parks and Community Services
- Jill Wynn, *Recreation Supervisor*
- Lindsay Dion, *Recreation Supervisor*
- Wendy Stratton-Monahan, *Recreation Supervisor*

PARKS & BUILDING MAINTENANCE DIVISION

- Rick Knight, *Superintendent,*
Parks and Community Services
- Brent Everett, *Building Maintenance Supervisor*
- Theron Jones, *Parks Supervisor*

The Benicia Parks & Community Services Department reserves the right to change, delete or modify programs, fees and policies if necessary.



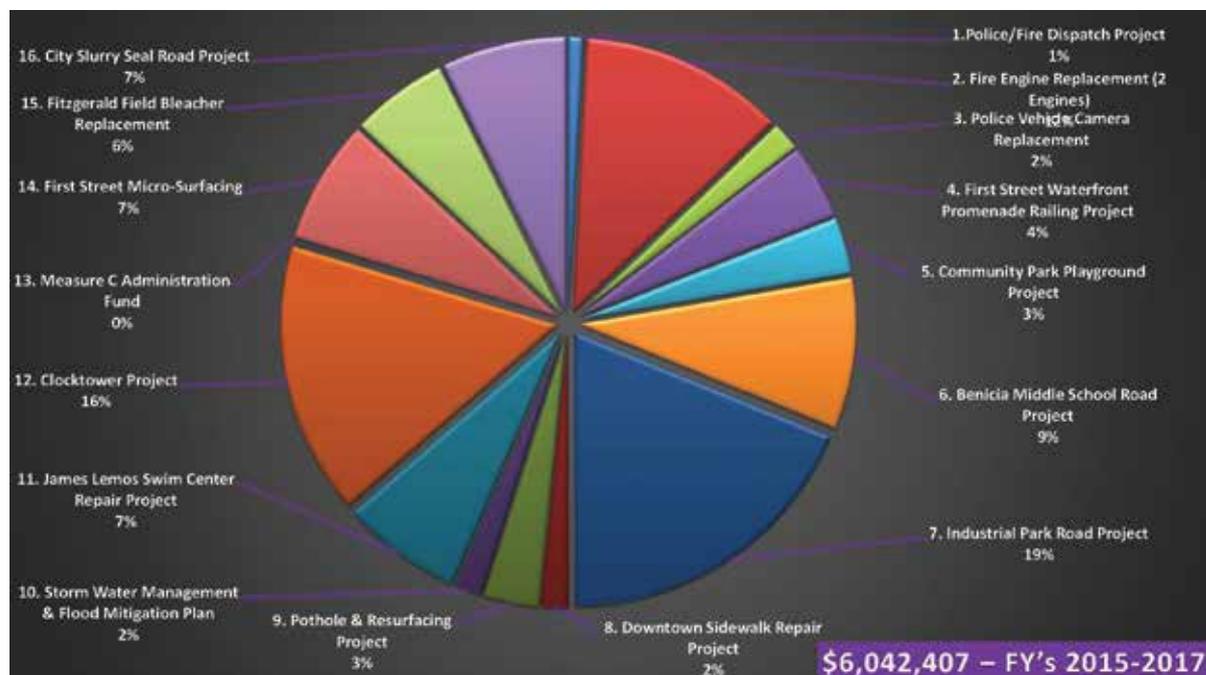
City News for Benicia Residents

A Message About Measure C

Dear Benicia Residents,

A little over two years ago Benicia voters approved Measure C: Benicia's Quality of Life Measure. This measure was a local 1 cent on the dollar sales tax. Measure C was crucial to the City of Benicia being able to continue to maintain City services that residents have prioritized. Without the passage of Measure C the City would have had to cut \$1.7 million out of our operating budget. Because of your support of Measure C the City was able to maintain its service levels in, among other things, police, fire and recreation. In addition to maintaining key services, Measure C allowed the City to address equipment and infrastructure needs in roads, parks and public safety. It can never be said too much, THANK YOU voters!

Measure C is projected to generate \$10,277,579 in its first two years; of which \$6,042,407 is being invested in equipment and infrastructure projects. See the chart below to view the current 16 Measure C projects and their associated cost. For more information, please visit: BeniciaMeasureC.org





Social Media and the City of Benicia

The City of Benicia's tourism effort highlights Benicia's key attractions; our rich history and historic assets, our vibrant arts community, our unique shopping and dining, and our gorgeous waterfront. VisitBenicia.org is just one way we reach out to provide information to our visitors and residents alike. You can sign up for email alerts at www.ci.benicia.ca.us or check out the social media links managed by City of Benicia staff (www. = websites, Facebook, Twitter, YouTube, Pinterest, Instagram and Flickr). Look them up, then bookmark, subscribe, friend or follow to stay up to date on what's going on in Benicia for fun or in an emergency.

VISITOR AND TOURISM SERVICES:

www.VisitBenicia.org VisitBenicia visit_benicia VisitBenicia VisitBenicia visitbenicia

CITY GOVERNMENT:

Including elections, boards and commissions, departmental and City Council information, newsletter/alert subscription and emergency information:

www.ci.benicia.ca.us City of Benicia cityofbenicia

ECONOMIC DEVELOPMENT: www.BeniciaBusiness.com economic.development.71

BENICIA PUBLIC LIBRARY:

www.BeniciaLibrary.org Benicia Public Library BeniciaLibrary photos/benicialibrary benicialibrary
Teens: teenzonebenicia TeenZoneBenicia TeenZoneBenicia

BENICIA FIRE DEPARTMENT: Benicia Fire Department BeniciaFire

BENICIA POLICE DEPARTMENT: Benicia Police Department BeniciaPD

BENICIA'S SUSTAINABILITY EFFORT: www.SustainableBenicia.org sustainablebenicia

PARKS & COMMUNITY SERVICES: BeniciaPCS

WATER CONSERVATION: www.BeniciaSavesWater.org

Check out the UisitBenicia.org Events Calendar along with events sponsored by the Parks & Community Services Dept. & Library.



TINY TOTS PRESCHOOL

Tiny Tots provides a wide variety of fun-filled activities carefully planned to meet the needs of the whole child. Our program goal is to provide an enriching, hands-on environment for your preschool child. We offer a variety of activities to promote social, emotional, physical, intellectual and creative growth, in a warm and supportive setting. Our curriculum is planned around monthly themes and emphasizes the importance of learning through play and self-discovery. Children must be potty trained and instructors shall determine the readiness of child to participate in the program.

The program begins **August 2016** and runs through **May 2017**, with four sessions; Mon.-Wed.-Fri. mornings or afternoons and Tues.-Thurs mornings or afternoons..

SPACE IS LIMITED (PER CLASS) AND THERE MAY CURRENTLY BE A WAIT LIST. PLEASE CALL LINDSAY DION AT 746-4771 FOR MORE INFO.

Instructors: Jill Lowell & Kathleen Lugliani (M/W/F)
Debbie Hoppe & Debra Rossi (T/Th)

Ages: 3 – 5 years **Children must be potty trained**

Days:	Times:
M-W-F	9:00am – 11:30am
M-W-F	12:30pm – 3:00pm
T-Th	9:00am – 11:30am
T-Th	12:30pm – 3:00pm

Reg. Fee

Per Month: M/W/F – \$147 res (\$133 sibling)
\$200 non-res (\$180 sibling)
T/TH – \$107 res (\$97 sibling)
\$134 non-res (\$121 sibling)

Due Dates: *Monthly payments are due on the 20th of each month.*
Late fees are strictly enforced!

Class Size: Min. 8 / Max. 18 children

Location: Tiny Tots Room - Community Center

FALL REGISTRATION

Reserve a space for the 2017-2018
Tiny Tots Preschool Program beginning
WEDNESDAY, APRIL 12 at the Community Center

\$50 non-refundable deposit is due
when reserving a space.

Deposit is applied to the first month tuition fee.

New and returning students are welcome,
but space is limited and registration is
accepted on a first-come, first serve basis.

DON'T WAIT!



AFTER SCHOOL RECREATION PROGRAMS



CHECK OUT OUR
KIDS K & K2
AFTER SCHOOL PROGRAMS
TODAY!



For more information
please call 746-4771



KIDS K (ELEMENTARY)

Ages: 1st – 5th grade

Participants of the Kids Kaleidoscope program are met by Recreation Leaders at all four elementary schools and transported to the Community Center where they are given a snack and choose from activities such as arts & crafts, indoor/outdoor games, sports, cooking or a place to work on homework and receive assistance if needed. As a “recreational program” our goal is to bring a variety of recreational experiences to our participants. We look forward to seeing your student this school year!

- Dates:** 2016-2017 B.U.S.D School Year
Times: School dismissal – 6:30pm
Monthly Fee: \$254 first child /\$228 each additional child. Due by the 20th of the preceding month.
Drop in: \$23 per day

NOTE:
April is prorated: \$191 first child / \$172 each addition child
Kids K will be open all day Monday, April 17.

K2 (MIDDLE SCHOOL)

Ages: 6th – 8th Grade

Need a fun and safe place for your middle school student to hang out after school? Register them for the K2 Program! This program is designed for middle school aged participants. Students are met by a Recreation Leaders at the “Benicia Breeze” bus stop in front of BMS and transported to the Community Center. Participants will hang out in the teen area. Activities include; arts & crafts, cooking, sports, as well as a designated homework & studying time daily. Walking trips are taken on Fridays so bring cash!! We look forward to seeing your middle school student this year!

- Fees are paid on a monthly basis and are due by the 20th of the preceding month. Late fees are strictly enforced.**
Fee includes all minimum days and school in-service days.
Kids K & K2 programs are closed on all school holidays.
Location: Benicia Community Center, 370 East L Street

NO MAIL IN or PHONE REGISTRATION. Special forms required. Space is limited.

For more information please call Lindsay Dion, Recreation Supervisor @ 707-746-4771.

SPRING BREAK CAMPS



SPRING BREAK CAMP

Kids K (1st-5th grade)

The kids are out of school, but you still have to work? Send them to us! The week will include activities, games, arts and crafts, cooking, sports, and lots of fun! Keep your child safe and entertained during spring break!

K2 (6th-8th grade)

Don't want your Middle School student to get "bored"? Let us help you avoid that by sending your tween to us at the Community Center. Our staff is ready to make this spring break a fun and safe one! Activities are driven by the participants and may include arts & crafts, cooking, sports and walking trips.

Two snacks a day are provided. Please send your child with a bagged lunch daily.

Can't attend every day? We accept drop-ins too

- Dates:** April 10 – 17
- Times:** 7:00am – 6:30pm
- Reg. Fees:** \$144 res
\$129 each additional child res (full week)
- Drop-in Fee:** \$36 res / \$46 non-res (each day)
- Location:** Kids K Room & Middle School Rooms
Benicia Community Center
- Registration:** Register at the Community Center in person. Additional forms are required.

For more information please call 746-4771



SPRING BREAK SKATE CAMP

This is a fun camp for beginning skateboard riders. Emphasis is on safety and skateboard basics. Learn proper foot placement, pushing, riding, turns, and safe approaches to ramps. Includes an introduction to ollies, dropping in, and how to avoid injuries. Learn skate vocabulary and skate park etiquette.

- Ages:** 7 – 18 years
- Course #** **Mon – Fri** **9:00am – 12:00pm**
- 5472 Apr 10 – Apr 14
- Reg. Fee:** \$120 res / \$150 non-res
- Class Size:** Min. 4 / Max. 20
- Location:** Benicia X-Park
Benicia Community Park, Dempsey Drive

Required equipment: skateboard, skateboard helmet, knee and elbow pads, water & snack. Purchase your equipment from Wheels in Motion & receive discounts: Boards-5% & Pads-10%

Instructor: Chase Andrada of Wheels in Motion. Staff is here to instruct & make sure each participant is supervised while they learn & have a great time.

Our skate camp is fun, educational, and well supervised! Lessons are clearly outlined for participants & parents. Lesson plans are formatted based on: skill demonstration, breaking skill into learning parts, answering questions, practice & critique. Parents are welcome to bring chairs and enjoy the class and X Park.



735 First Street, Benicia
(707) 746-8856



CHECK OUT SPRING BREAK SEAL TEAM SCUBA CAMP on page 41, for kids 8 & up



GYMNASTICS

California Gymnastics Services' TINY TUMBLERS

Ages 3 – 5 years

This class is designed to enhance your child's motor development, balance, coordination, and confidence. Emphasis is placed on developing beginning gymnastic skills in a fun and social environment. Equipment incorporated into the class includes gymnastic mats, single bars, double bars, balance beams, vaulting blocks, incline and barrel mats, ladders, bouncers and spring board, parachutes, rhythm sticks, tunnels, and various other equipment. Music games and group activities are incorporated into the class.

Course #	Wednesdays	11:30am – 12:15pm
5468	Jan 4 – Feb 8 (6 classes)	
5469	Feb 15 – Mar 22 (6 classes)	
5470	Mar 29 – Apr 26 (5 classes)	
5471	May 3 – May 31 (5 classes)	

Reg. Fee: \$79 res / \$99 non-res (5 classes)
\$95 res / \$119 non-res (6 classes)

Class Size: Min. 6 / Max. 8

Location: Multipurpose Room - Community Center

Jo Nash's GYMNASTICS

Ages 5 1/2 – 10 years

During these weekly sessions, students learn basic gymnastics skills on the floor, beam, and trampoline in a positive group environment. The skills are taught with emphasis on good form and proper technique so the child will have knowledge of how to perform each skill safely. After the skills are mastered, students are encouraged to move ahead to the next level.

Course #	Mondays	4:00pm – 5:00pm
5463	Jan 9 – Feb 6 (4 classes, no class 1/16)	
5464	Feb 27 – Apr 3 (6 classes)	
5465	Apr 24 – May 22 (4 classes, no class 5/15)	

Reg. Fee: \$55 res / \$69 non-res (4 classes)
\$82 res / \$103 non-res (6 classes)

Class Size: Min. 4 / Max. 18 children

Location: City Gym, Kindercove (behind the stage)
180 East L Street



SPRING BREAK SPORTS CAMP

National Academy of Athletics' All Sorts of Sports



Ages 6 – 13

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 playing games with the other children that may include: baseball, basketball, soccer, flag football, capture the flag, relay & obstacle races and a whole lot more.

NEW FEATURES: Personal Player Video, RSBQ Workouts, Confidence Builders Program, Daily Chalk Talks and Skill of the Day.

HALF DAY:

Course #	Monday – Friday	9:00am – 12:00pm
5460	April 10 – 14	

FULL DAY:

Course #	Monday – Friday	9:00am – 3:00pm
5459	April 10 – 14	

Reg. Fee: \$119 res / \$149 non-res (half day)
\$159 res / \$199 non-res (full day)

Class Size: Min. 10 / Max. 20

Location: Jack London Park, Hastings Dr. at Fuchsia Dr.



5 YEARS & UNDER AT THE GYM

Location: City Gym, 180 East L Street • **Staff:** Denise Larkin

KINDERGYM

Walking infants to 4 years old with adult supervision

Come see and enjoy the Kindercove located behind the stage at the City Gym. The Kindercove and the City Gym are used for this movement exploration and physical coordination program. The site is outfitted with mats, hanging and climbing equipment, and much more. This is a place where parents and children play together! Adults assist their children in activities that promote confidence and social skills while having fun. An instructor is there to serve as a guide and conduct the closing circle time activity.

Ongoing	Mondays	9:30am – 10:30am
Ongoing	Wednesdays	9:30am – 10:30am
Ongoing	Wednesdays	11:00am – 12:00pm
Ongoing	Fridays	9:30am – 10:30am
Ongoing	Fridays	11:00am – 12:00pm

No class 1/2, 1/16, 2/13, 2/20, 5/29

Drop-In: \$8.00 res / \$10.00 non-res

Reg. Fee: \$80 res / \$100 non-res (10 visits)*
\$40 res / \$50 non-res (5 visits)

**Coupon books can be purchased at the City Gym or at the Community Center*



SEE ADULT GYM INFO
ON PAGE 22-23

WIGGLE ROOM

Ages 5 years & under with adult supervision. (Limit 3 per adult)

The City Gym is open for children ages 5 and younger and their parents/caregivers. We fill the gym with all sorts of fun, colorful, and engaging equipment to entertain your kiddo: bikes, cars, blocks, balls, and so much more! This is the place to bring your little ones to get the wiggles out.

Staff: Denise Larkin

Ongoing **Tues & Thurs** **9:30am – 11:00am**

No class on City Holidays

Drop-In: \$1.25 res / \$1.50 non-res

Coupon book for 10 visits: \$11 res / \$14.00 non-res

It is the parent/caregiver's responsibility to supervise their child(ren).

LET'S PLAY BALL

Ages 3 – 5

This is a 45 minute class designed to teach young children the basics of popular ball games such as, basketball, baseball and soccer. Our goal is to learn in a fun relaxed environment suited for young children.

Course #	Sport	Thursdays	1:30pm – 2:15pm
5426	Baseball	Jan 5 – Jan 26 (4 classes)	
5427	Basketball	Feb 2 – Feb 23 (4 classes)	
5428	Soccer	Mar 2 – Mar 30 (5 classes)	
5429	Baseball	Apr 6 – Apr 27 (4 classes)	
5430	Basketball	May 4 – May 25 (4 classes)	

Reg. Fee: \$39 res / \$49 non-res (4 classes)
\$49 res / \$62 non-res (5 classes)

Class Size: Min. 4 / Max 10

Must pre-register at the Community Center.

No parent participation.

Please send a water bottle with your child.



LET US PROVIDE THE FUN FOR YOUR CHILD'S SPECIAL DAY

Birthday parties are held at the City Gym in 2.5-hour time slots. The first 30 minutes are for you to decorate the gym lobby and prepare for your guests to arrive. The second hour is full of FUN! We will entertain the guest of honor and all the birthday guests!! The last hour is for cake, ice cream, presents and clean up. You bring the decorations, and munchies, we supply the tables, chairs and FUN!

Kindergym Party

Ages 2-5 years

Have fun through movement exploration. The Gym is set up with mats, hanging and swinging equipment and much more for play. Adults assist their kiddos during activities that promote confidence and social skills, all while having FUN! 30 minute set up, 1 hour play, 1 hour party and clean up.

Gymnastics Party

Ages 6-9 years

Your child and friends will go through a basic gymnastics class. The party will start with stretching and then move on to tumbling on the mat, and various activities on the trampoline and balance beam. If your kiddo likes to do cartwheels and rolls, or they've always wanted to learn, then this is a great party option! 30 minute set up, 30 minute instruction, 30 minute free movement on equipment, 1 hour party and clean up.

For each birthday party...

\$126 res / \$157 non-res for 10 children + \$60 deposit

Note: up to 10 additional children are \$6 each. All children 12 years and younger must be paid for.



NEW

KIDS' CLUBHOUSE!

Ages 3 – 6 years

What's the #1 rule for any kids' clubhouse: No Parents Allowed! This is great news for Mom and Dad! This exciting new program gives parents/caretakers the chance to attend to some chores, or have a little time to relax before the evening starts. The program is designed to allow you to drop off your kiddos, and allow us to keep them busy while you get some time to yourself. We will do fun games, parachute activities, story time, and interactive activities with the kids while you are away. The best part of the class is that parents aren't required to stay... in fact, we want you to drop them off and go! Advanced registration is required.

Staff: Denise Larkin

Course #	Thursdays	3:30pm – 5:00pm
5431	Jan 5 – Jan 26 (4 classes)	
5432	Feb 2 – Feb 23 (4 classes)	
5433	Mar 2 – Mar 30 (5 classes)	
5434	Apr 6 – Apr 27 (4 classes)	
5435	May 4 – May 25 (4 classes)	

Reg. Fee: \$20 res / \$25 non-res (4 classes)
\$25 res / \$31 non-res (4 classes)

Class Size: Min. 4 / Max. 10

Location: Room 4 - Community Center

DANCE



Miss Renee Day-Roa's PRINCESS DIVAS

Ages 2 – 5

Come join us for a magical journey as your child learns ballet/lyrical movements and uses their imagination to become a princess. Your child will dance to princess music and wear princess costumes. Students can dance in ballet slippers or bare feet.

Course #	Wednesdays	10:00am – 10:45am
5403	Feb 1 – Feb 22	
5404	Mar 8 – Mar 29	
5405	Apr 5 – May 3 (no class 4/12)	
5443	May 10 – May 31	

Reg. Fee: \$70 res / \$88 non-res

Class Size: Min. 4 / Max. 18

Location: Room 5 - Community Center

There will be a performance held on the last day of class.

Miss Renee Day-Roa's PRESCHOOL HIP HOP

Ages 2 – 5 years

Wow! A Hip Hop class just for preschool kids. Your kids will learn basic Hip Hop moves and style and will complete and perform a Hip Hop routine at the end of the session. Kids will have lots of fun dancing and listening to great Hip Hop music. Children should dress in comfortable clothes & tennis shoes (no ballet skirts please).

Course #	Wednesdays	11:00am – 11:45am
5398	Feb 1 – Feb 22	
5399	Mar 8 – Mar 29	
5400	Apr 5 – May 3 (no class 4/12)	
5401	May 10 – May 31	

Reg. Fee: \$78 res / \$98 non-res

Class Size: Min. 4 / Max. 18

Location: Room 5 - Community Center

There will be a performance held on the last day of class.



Miss Renee Day-Roa's TIPPY TWO TWOS

Ages 2 years

It's here – a dance class just for 2 year olds! What a great way to introduce and instill the love of music and dance in your little one's life. While having fun your child will enjoy music, games, props, gain socialization skills and self-confidence. Please dress your child in comfortable clothing.

Parent participation required.

Course #	Wednesdays	12:00pm – 12:45pm
5615	Feb 1 – Feb 22	
5616	Apr 5 – May 3 (no class 4/12)	

Reg. Fee: \$81 res / \$101 non-res

Class Size: Min. 4 / Max. 18

Location: Room 5 - Community Center

There will be a performance held on the last day of class.



RETURNING THIS SPRING...

**Jo Nash's
BALLET / TAP / JAZZ COMBO**

Ages 6 – 12 years

Learn the basics and much, much more of both forms of dance. A younger child may take this class if that child has already participated in Little One's Tap/Ballet and has been given permission by the instructor.

Course #	Thursdays	5:00pm – 5:55pm
5453	Jan 12 – Feb 23 (6 classes, no class 1/19)	
5454	Mar 2 – Apr 6 (6 classes)	
5455	Apr 20 – May 4 (3 classes)	

Course #	Saturdays	9:45am – 10:40am
5456	Jan 14 – Mar 4 (7 classes, no class 1/21)	
5457	Mar 11 – May 6 (7 classes, no class 4/15, 4/22)	

Reg. Fee: \$54 res / \$68 non-res (3 classes)
\$108 res / \$135 non-res (6 classes)
\$125 res / \$156 non-res (7 classes)

Class Size: Min. 4 / Max.18

Location: Room 5 - Community Center

There will be a performance Sunday, May 7 at the Community Center

**Jo Nash's
LITTLE ONES TAP / BALLET**

Ages 3 – 6 years

Have fun and learn classical ballet at the same time. This class covers the basic five positions, technical steps, stretches, and exercise. Students will learn many different tap steps and combinations plus routines to songs.

Course #	Thursdays	4:15pm – 5:00pm
5447	Jan 12 – Feb 23 (6 classes, no class 1/19)	
5448	Mar 2 – Apr 6 (6 classes)	
5449	Apr 20 – May 4 (3 classes)	

Course #	Saturdays	9:00am – 9:45am
5450	Jan 14 – Mar 4 (7 classes, no class 1/21)	
5451	Mar 11 – May 6 (7 classes, no class 4/15, 4/22)	

Reg. Fee: \$38 res / \$48 non-res (3 classes)
\$76 res / \$95 non-res (6 classes)
\$89 res / \$111 non-res (7 classes)

Class Size: Min. 4 / Max.18

Location: Room 5 - Community Center

There will be a performance Sunday, May 7 at the Community Center

Our programs & classes are open to participants of all ability levels. If you or your child has special needs, please contact us to find out what accommodations can be made.

Parks & Community Services
Department
(707) 746-4285

MUSIC & THEATER

Rem Djemilev's BENICIA YOUTH ORCHESTRA

Ages 7 – 18 years

Calling all young musicians! Join our new Benicia Youth Orchestra for a fun, exciting and energizing music making experience! This orchestra will provide camaraderie, teamwork and ensemble playing skills working towards musical excellence! Young musicians of all ages and levels welcome! Benicia Youth Orchestra is conducted by Music Director and Conductor Rem Djemilev, reknown in Bay Area for his superior musicianship and wonderful positive work with young children.

**Help us build a strong Youth orchestra in Benicia!
Sign up today!**

Course #	Mondays	3:30pm – 4:30pm
5473	Jan 9 – May 15 (no class 1/16, 2/13 & 2/20)	

Concert Performance on Monday, December 12 at 4:00pm

Reg. Fee: \$174 res / \$218 non-res (8 classes)
Class Size: Min. 15 / Max. 70
Location: Clock Tower, 1189 Washington Street



ABOUT REM: He received a BA/MA from prestigious Moscow conservatory, Russia and performed in the Bolshoi Theatre orchestra and Moscow Chamber orchestra. He is currently a violinist and violist with the Arlekin String Quartet and Music Director and conductor of the Young People's Chamber orchestra in Berkeley and Diablo Regional Youth orchestra in Walnut Creek. Rem also teaches at the Crowden School and Black Pine Circle school in Berkeley.

Jo Nash's YOUNG PEOPLE'S AND ADULT PERFORMING ARTS

Come join Young People's Performing Arts and Adult Performing Arts of Benicia! Performers will train in acting, singing and dancing. The musical that will be performed is chosen the first day of class to ensure all actors get a lead or featured roll. Students will audition, as a part of the training, for the roll or rolls they would like to perform. Training in each class results in a polished performance with costumes, scenery, props to make a complete show that will be performed and enjoyed at the end of the session by parents, friends and relatives. Adults are especially encouraged to participate, as there are few venues to perform.

Ages 6 & up

Course #	Wed & Fridays	4:30pm – 6:30pm
5474	Jan 11 – Mar 17	

Performances March 17, 18 & 19

5475	Mar 22 – May 31 (no class 4/12 & 4/14)	
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Performances June 2, 3 & 4

Reg. Fee: \$168 res / \$210 non-res
Materials: \$40 non-refundable fee payable to instructor on first day of class.
Class Size: Min. 5 / Max. 25
Location: Room 5 - Community Center



Photo by April Bautista

All performances at the Clock Tower.

Loa Kirkbride's BEGINNING SEWING FOR CHILDREN

Ages 9 & up

Discover the fun and creativity of sewing. This is the perfect class for beginners and those with some sewing experience. Learn basic hand and machine sewing techniques through projects you can make and take home. Techniques include seam finishes, installing a zipper, sewing a project from a pattern and re-purposing an old favorite item into something new.

Students will apply the basic sewing techniques to their class projects. Projects are selected by student interest and may include pillows, aprons, pajama bottoms, handbags, and/or pet accessories.

Course #	Mondays	4:00pm – 5:30pm
5483	Jan 9 – Feb 6 (no class 1/16)	
5484	Feb 27 – Mar 20	
5485	Mar 27 – Apr 24 (no class 4/10)	
5486	May 1 – May 22	

Course #	Thursdays	4:00pm – 5:30pm
5487	Jan 12 - Feb 2	
5488	Feb 9 - Mar 2	
5489	Mar 9 - Mar 30	
5490	Apr 6 - Apr 27	
5491	May 4 - May 25	

Loa Kirkbride's GETTING TO KNOW YOUR SEWING MACHINE

Ages 8 & up

Getting familiar with a sewing machine is the first step in learning to sew. Learn how to care for a machine, thread it, fill and change a bobbin, use a seam guide, use attachments and more. Students will learn about fabrics and how to choose the right fabric for the right project.

Course #	Wednesdays	3:30pm – 5:00pm
5478	Jan 4 – Jan 25	
5479	Mar 1 – Mar 22	
5480	Mar 29 – Apr 26 (no class 4/12)	
5481	May 3 – May 24	

For each sewing class...

Reg. Fee: \$40 res / \$50 non-res

Drop In*: \$12 res / \$15 non-res

**must have instructor approval to register*

Material Fee: \$5 paid to Instructor

Class Size: Max. 5 children

Location: Arts & Crafts Room - Community Center

Session fees are based on 4 classes regardless of class dates. Instructor uses extra days for makeup classes & for students to finish projects.

Seandale Turner's ANIMATION/COMIC DRAWING & CHARACTER BUILDING

NEW

Ages 7-17

Explore the world of 2D & 3D cartoon animation, comic drawing and character building. Learn to develop a scene, characters with movements/gestures and finally build a story based on your characters. Then turn it all into a full color comic strip.

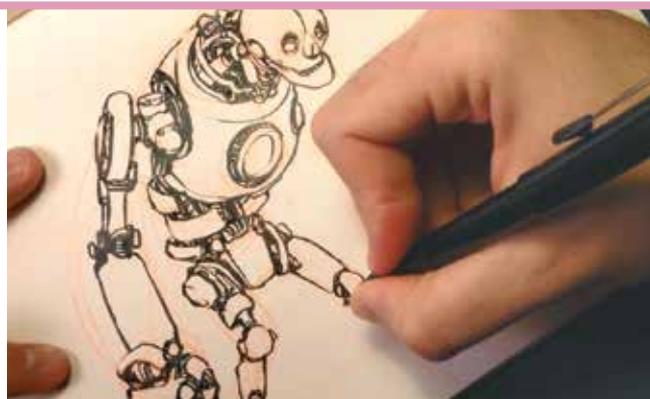
Course #	Wednesdays	5:00pm – 6:30pm
	Saturdays	10:30am – 12:00pm
5619	Jan 11 – Feb 4	
5620	Feb 8 – Mar 4	

Reg. Fee: \$167 res / \$209 non-res

Materials: \$20 paid to instructor

Class Size: Min. 6 / Max. 20

Location: Room 1 - Community Center



EVER THOUGHT ABOUT PAINTING?

See page 28 for Oil-Acrylic Painting classes
for ages 15 and up.

YOUTH TENNIS

Programs run year-round, except during winter.

Join Coach Jeff Wong & Raf Rovira

Location: Civic Center Courts - Across from the Youth Center, 150 East K Street

Jeff is a USPTR certified tennis professional and a 5.0 USTA tennis player with over 17 years of on-court and teaching experience. He enjoys coaching and developing youth and adults through collaboration, discipline, mentorship, and, most importantly having fun! Jeff is also a local insurance broker in downtown Benicia, serving the needs of auto, home, life.

Raf is a USPTR Certified Instructor and a tennis enthusiast. He believes providing the opportunity for players to play tennis, is the best way for them to learn and promote it. His hope is to instill a love for a sport that could last a lifetime and support a healthy and active lifestyle based on respect, effort, dedication and enjoyment. Contact Raf at finartmaps@mac.com and phone 707-246-0990

For tennis related questions, contact Jeff through email at jeffreybrianwong@gmail.com. You can view the schedule at www.jeffwonginsurance.com/about/benicia-tennis-program.

For private lessons contact Jeff Wong at 707-688-3795.

 FIND JEFF'S ADULT TENNIS CLASS ON PAGE 25



U10 QUICK START PROGRAM

Ages 6 – 10 years

This class is designed for the beginning/intermediate level tennis players who are ages 10 and under. Players will learn and/or improve all their strokes, as well as learn and develop singles and doubles strategies. The coaches will utilize an interactive method of working in pairs and/or teams. In addition, they will use low compression balls as well individualized court sizes!

Course # **Mon & Wed** **4:30pm – 5:25pm**

5492 Feb 27 – Mar 29

Reg. Fee: \$158 res / \$198 non-res (10 classes)

Class Size: Min. 4 / Max. 20

Equipment: Tennis racket and tennis/sport shoes

JUNIOR TENNIS

Ages 11 – 17 years

Learn how to play tennis! Classes cover the basics – to advanced levels of tennis from start to play. This class covers the basic mechanics of forehand, backhand, overhead, serve and volley. By the end of this class, players will know how to play matches and keep score.

Course # **Mon & Wed** **5:30pm – 6:25pm**

5493 Feb 27 – Mar 29

Reg. Fee: \$158 res / \$198 non-res (10 classes)

Class Size: Min. 4 / Max. 20

Equipment: Tennis racket and tennis/sport shoes

PROGRESSION TENNIS

Ages 7 – 14 years

This class is designed to improve tennis skill and technique through game play in a ‘drop-in and play’ format. Utilizing smaller nets, courts & rackets along with lower compression balls, the class is meant for players of all ages and skill level to improve ball handling and control. Structured skill development, activities and goals will be catered to individual level of player.

Course # **Mon & Wed** **3:30pm – 6:00pm**

5494 Apr 17 – May 17

Reg. Fee: \$146 res / \$182 non-res

Class Size: Min. 4 / Max. 30

Equipment: Tennis racket and tennis/sport shoes

YOUTH SPORTS

NEW

National Academy of Athletics' MONDAY NIGHT LIGHTS - YOUTH FLAG FOOTBALL DEVELOPMENTAL LEAGUE

Ages 3rd-4th grade & 5th -6th grade

Let's play some Football! Our non-contact, non-competitive Flag Football League is a great way to introduce your young athletes, to the fun and excitement of playing football, without the contact. All players will participate in a series of combine like, football skills and drills. Players will be taught the fundamentals of the sport including footwork, positioning, passing and receiving skills and Flag Football rules and regulations. All players get the opportunity to play each position. Teams will be chosen by the National Academy of Athletics staff. Parent volunteers will have the opportunity to coach teams. (Fee includes t shirt, handbook, practice, drills and games)

Course #	Mondays	5:30pm – 7:30pm
5441	Mar 27 – May 8 (no class 4/10)	
Reg. Fee:	\$119 res / \$149 non-res	
Class Size:	Min. 10 / Max. 50	
Location:	Benicia Community Park - Field 4	



NEW

Skyhawks' YOUTH VOLLEYBALL PROGRAM

Ages 7 – 14 years

Skyhawks volleyball takes the energy and excitement of this great team sport and puts it together into one fun-filled after school program. All aspects of the game are taught through drills and exercises that focus on passing, setting, hitting, and serving. This co-ed program is designed for the beginning and intermediate player and will incorporate essential life lessons, such as teamwork and sportsmanship. Our volleyball staff will assist each athlete in developing fundamental skills of the game through game-speed drills and daily scrimmages aimed at developing the whole player. All participants receive a Skyhawks T-shirt and Merit Award. Program takes place on Mondays for a total of 10 weeks.

AGES 7-9:

Course #	Mondays	4:15pm – 5:15pm
5418	Mar 6 – May 15 (no class 4/17)	

AGES 10-14:

Course #	Mondays	5:15pm – 6:15pm
5419	Mar 6 – May 15 (no class 4/17)	

Reg. Fee:	\$149 res / \$186 non-res	
Class Size:	Min. 10 / Max. 20	
Location:	City Gym, 180 East L Street	

MARTIAL ARTS



NORTHERN CALIFORNIA JUDO CLUB

Ages 4 & over

PRE-JUDO

Ages 4 – 7

This program is designed to introduce young children to the sport of Judo. The program will focus on building the required skills necessary to progress to the beginner Judo program. A friendly atmosphere will be the foundation of the class. Your child will develop basic motor skills, social skills, self-awareness and awareness of others. The practice of Judo not only builds one's physical abilities, but also their mental. With Judo your child will build confidence and character.

Course #	Wednesdays	4:30pm – 5:15pm
5496	Jan 4 – Jan 25	
5497	Feb 1 – Feb 22	
5498	Mar 1 – Mar 29	
5499	Apr 5 – Apr 26	
5500	May 3 – May 31	

Reg. Fee: Per month: \$32 res / \$40 non-res
Sibling: \$16 res / \$20 non-res

Uniform

Material Fee: \$45 for size 0-3 / \$60 for size 4-8

Class Size: Min. 5 / Max. 40

Location: Clock Tower, 1189 Washington St.



Judo membership is required for all classes; please ask instructor for details.

BEGINNERS, INTERMEDIATE & ADVANCED

Ages 8 years & up

Reg. Fee: Per month: \$40 res / \$50 non-res
Sibling: \$20 res / \$25 non-res

Classes focus on sound basic judo principles. We stress proper etiquette, good sportsmanship, respect for others, and humility. Students will learn the basic forward and backward throws, foot techniques, pins and submissions. The class emphasis is building skillful judo techniques while improving the physical and mental aspects of the student. We strive for the growth of personal character, increased self-confidence, self-discipline and enhanced sportsmanship. The physical training aspect of the judo program improves strength, coordination, balance, speed, agility and endurance. This can be applied in competition and in everyday life. For more information visit www.norcaljudo.com Instructor: Cynthia Loayza (408) 841-1671.

BEGINNERS

Course #	Mon & Wed	5:30pm – 6:45pm
5502	Jan 4 – Jan 30 (no class 1/16)	
5503	Feb 1 – Feb 27 (no class 2/13 & 2/20)	
5504	Mar 1 – Mar 29	
5505	Apr 3 – Apr 26	
5506	May 1 – May 31 (no class 5/29)	

INTERMEDIATE / ADVANCED

Course #	Mon & Wed	7:00pm – 8:15pm
5508	Jan 4 – Jan 30 (no class 1/16)	
5509	Feb 1 – Feb 27 (no class 2/13 & 2/20)	
5510	Mar 1 – Mar 29	
5511	Apr 3 – Apr 26	
5512	May 1 – May 31 (no class 5/29)	

Reg. Fee: Per month: \$40 res / \$50 non-res
Sibling: \$20 res / \$25 non-res

Uniform

Material Fee: \$45 for size 0-3 / \$60 for size 4-8

Class Size: Min. 5 / Max. 40

Location: Clock Tower, 1189 Washington St.

SKATEBOARDING

City of Benicia X-PARK

Benicia Community Park,
Dempsey Drive

**ALL USERS MUST WEAR A HELMET, KNEE PADS,
AND ELBOW PADS AT ALL TIMES**

The Benicia X-Park is designed for skateboards, scooters, roller & in-line skates, and bicycles.

PARK HOURS: Open daily 9:00am-dusk

BICYCLES ONLY: Tuesdays & Thursdays 3:00pm-dusk*

SLOW SKATE: Sundays 9:00am – Noon*

In order to provide safe access to less experienced users, the park is open to only inexperienced users under age twelve during Slow Skate. Bicycles are not allowed inside the park during this time.

COST: Park is FREE to all recreational users

NOTE: The City may close the park whenever it determines that such closure is necessary, such as during inclement weather or following vandalism, graffiti, or gross violations of the rules and regulations.

**Please note designated times & days for bicycles only & slow skate.*



Sensei Rex Reade's KARATE / TAE-KWON-DO SELF DEFENSE

Ages 8 years & up

Children and Teens can learn traditional Karate and Tae-Kwon-Do as well as practical self-defense skills. Additional benefits are improved physical agility and balance, self-control, mental discipline, confidence, courtesy, and personal integrity. Classes are taught in a friendly, yet structured environment designed specifically for children and teens.

Beginners	Mon & Wed	4:00pm – 5:00pm
Intermediate	Mon & Wed	5:00pm – 6:00pm
Advanced	Mon & Wed	6:00pm – 7:00pm

Ongoing: No class 1/16, 2/13, 2/20 & 5/29
Reg. Fee: Per month: \$40 res / \$50 non-res
 Sibling: \$20 res / \$25 non-res

Location: Multipurpose Room - Community Center

Rex Reade is a 3rd Degree Black Belt, Sensei of the Benicia Martial Arts Club - Classes for the City of Benicia since 1989.

**New students should call the Sensei before first class.
 Rex: (925) 212-1960**



YOUTH SOCCER

JUST FOR KICKS YOUTH SOCCER FOR AGES 2½ - 9 YEARS



The City of Benicia in conjunction with Just 4 Kicks, inc. will be offering youth soccer classes for Spring 2017. The focus of classes is fun and skills development! Each activity varies according to age and ability, and is structured to provide every child the opportunity to express themselves and grow at their own rate. The emphasis is on learning and having fun, not winning. Most sessions end with a soccer game (scrimmage).

Registration at the Community Center, online at www.ci.benicia.ca.us/pcs or www.j4kbenicia.com

WINTER SESSION

Date: Jan 31 – Mar 7
Days: 6-week session held on **Tuesdays**

Course #	Title	Age	Time
5520	Pre-K Soccer	3.5 – 4	10:00 – 10:30am
5521	Parent & Me	2.5 – 3.5	10:30 – 11:00am
5522	Soccer K-1	5 – 6	3:50 – 4:40pm
5523	K Soccer	4 – 5	4:40 – 5:20pm

Reg. Fee: \$71 res / \$89 non-res
Reg. Fee: Min. 8 / Max. 12
Location: Waters End Park, 500 McCallister

SPRING SESSION

Date: Apr 3 – June 5
Days: 8-week session held on **Mondays**
 (no class 4/10 & 5/29)

Course#	Title	Age	Time
5529	Parent & Me	2.5 – 3.5	9:30 – 10:00am
5528	Pre-K Soccer	3.5 – 4	10:00 – 10:40am
5525	Soccer K-1	5 – 6	4:00 – 4:40pm
5526	K Soccer	4 – 5	4:50 – 5:30pm
5527	Pre-K Soccer	3.5 – 4	5:30 – 6:10pm

Reg. Fee: \$93 res / \$116 non-res
Class Size: Min. 8 / Max. 12
Location: Waters End Park, 500 McCallister

Questions? Visit J4K at www.j4ksoccer.com

SPECIAL INTEREST

LEADERSHIP

AllGood Driving School's DRIVER EDUCATION ON THE INTERNET



Ages 14 – 18 years

Driver education is a California-required course for teens to receive a driver's license. It is the first step that must be taken so the teen can receive a driver's permit. The course includes much parental involvement, is fun, interactive, and educational. Coursework can be completed at anytime of day or night. DMV-accepted completion certificates are issued upon successful completion of the course. Class does not include behind-the-wheel driving. The course is offered online only.

Reg Fee: \$42 res / \$52 non-res

Must register at the Community Center



Jo Nash's BABYSITTING CLASSES

Ages 11 – 16 years

Calling all teens that are interested in becoming a great babysitter for younger siblings or as a paid job, this class is for you! Topics include: leadership, safety, understanding & caring for kids 0 to 10, what to do in an emergency, activities to keep kids busy, safety information, dealing with discipline issues and how to go that extra step to impress parents.

Course #	Saturday	12:15pm – 2:00pm
	Sunday	12:15pm – 4:00pm
5531	Feb 4 & Feb 5	
5532	Apr 1 & Apr 2	

Reg. Fee: \$42 res / \$53 non-res

Materials: \$16 paid to Instructor for American Red Cross Course Book & CD

Note: Please bring a snack

Class Size: Min. 4 / Max. 20 participants

Location: Room 1 - Community Center

STAFF IN TRAINING (SIT) PROGRAM 2016-2017 BUSD School Year

Teenagers in 8th grade or higher have an opportunity to take part in the **Kids Kaleidoscope Program** while learning job skills that will help them for future employment opportunities in many fields. The Staff in Training Program provides participants with much more than an after school volunteer opportunity. Each participant receives instruction on leadership skills, professional development, and the value of teamwork.

Training Sessions: Orientation meeting & monthly meetings with staff. Each SIT volunteer is expected to attend the orientation meeting on the first day of the session and attend monthly meetings. Meetings will be announced at the orientation meeting.

Staff In Training are expected to attend all training meetings & to volunteer 4-12 hours per week. Hours are earned not guaranteed.

Volunteer Hours: 4:00pm – 6:00pm, Mon. – Fri.

Jan 16 – June 2

Applications due Dec 23

Hours are earned, not guaranteed. A limited number of volunteers are scheduled per day to maximize learning opportunities and to ensure the success of both the SIT and Kids K Programs.

Reg. Fee: \$71 res / \$89 non-res

GREAT YOUTH VOLUNTEER OPPORTUNITY FOR THE SCHOOL YEAR!

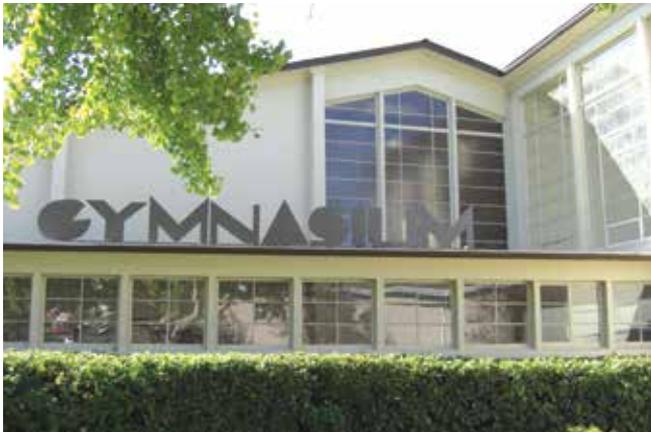
How Can I Participate?

1. Submit a completed application
2. Invited to interview
3. Short Interview at the Community Center
4. Selected volunteers will be notified and invited to register for the program.

Limited positions are available.

Questions about these programs? Please contact Lindsay Dion at 746-4771 or ldion@ci.benicia.ca.us

DROP-IN SPORTS



ADAPTED ADULT RECREATION

**Programs for adults
with developmental disabilities.**

Classes are held at the Benicia City Gym, 180 East L St.

SPORTS & WARM-UP EXERCISE

Adults 18 & up

Join Staff in this exercise and adapted sport program. Class Starts with a basic warm-up and then a sport adapted to the needs of the class.

Mondays **10:30am – 11:30am**

Ongoing Jan 2 – May 29
(no class 1/2, 1/16, 2/13, 2/20 & 5/29)

Reg Fee: \$26 coupon book good for any 10 classes.

Classes do not have staff to monitor or control behavior. If participant needs assistance, please have them bring a caregiver. **Staff:** Denise Larkin

Contact the Parks & Community Services Dept. for more info on Adapted Adult Programs at 746-4285.

DROP-IN GYM PROGRAM

Basketball • Volleyball • Badminton

City Gym is open for drop-in sports on a regular basis. Players of any playing ability are welcome. Players should bring their own equipment and balls. Loaner equipment available for badminton.

Ages:

8 & under must have adult supervision

Youth, 9 - 12 years / Teen, 13 - 17

Adults 18 years & older (ID required)

Cost:

17 & under: \$1

Adults 18 years & older: \$3 res / \$4 non-res

Dates / Times:

Adult Volleyball

Tuesday nights

Youth/Teen Basketball

Wednesday and Friday afternoons

Badminton

For all ages – Wednesday nights

Adult Basketball

(half court) – Thursday nights

Teen/Adult Volleyball

Friday nights (gym shared w/ basketball)

Adult Basketball

Ages 35+ – Friday nights (gym shared w/ volleyball)

A monthly schedule is posted at the City Gym and on the City's website at www.ci.benicia.ca.us/sports and is subject to change. No open gym on City holidays.

Our programs & classes are open to participants of all ability levels. If you or your child has special needs, please contact us to find out what accommodations can be made.

Parks & Community Services Department
(707) 746-4285

ADULT DANCE

PICKLEBALL DROP-IN

Adults

Pickleball combines elements of tennis, badminton and ping pong. It is played on a badminton-sized court, using a modified tennis net, and players use a paddle and plastic ball. It appeals to people of all ages and ability levels, but is one of the fastest growing sports for ages 50+ for its social aspects and the ability to stay active in a fun sport.

Ongoing

Mon	11:00am – 2:00pm	Open Play	Comm. Center
Tues	12:00pm – 2:00pm	Int. & Adv. only (skill rating 2.5 & up)	Comm. Center
	11:45am – 1:15pm	Open Play	City Gym
Wed	12:30pm – 3:00pm	Open Play	City Gym
	2:00pm – 3:00pm	Beg. Instruction*	City Gym
Fri	11:00am – 1:00pm	Open Play	Comm. Center

Drop-In Fee: \$1 per visit

Days and times subject to change.

Call the Parks & Community Services Department at 746-4285 for the most up to date schedule.

* New players are encouraged to come to Wednesday open play to watch a few games. Instruction during the last hour of Wednesday play time is subject to instructor availability.



Susan Dodge's LINE DANCING

Adults

Join the growing Line Dance movement and learn dances enjoyed around the world in a relaxed and fun-filled atmosphere. Line dancing is a low-impact activity that will help keep you fit while dancing to popular country tunes. Be sure to bring a water bottle.

Beginners Tuesdays 11:00am – 12:00pm

Jan 17 – Mar 7 Room 5 - Community Center

Intermediate Tues & Thurs 7:00pm – 9:00pm

Jan 17 – Feb 23 Clock Tower - 1189 Washington St.
Mar 2 – May 30 Multipurpose Room - Community Center

Drop-in Fee: \$6 res / \$7 non-res

ASH SUSAN ABOUT SUNDAY DANCE SOCIALS



Loa Kirkbride's BELLY DANCE WORKSHOP

Ages 16 & up

This class is designed for the dancer who already has some skills and wants to add more. Dancers will work on adding more steps and moves, layering, working on stage presence, creating a solo routine, zill work, shimmies and more advanced veil work.

Course # Thursdays 7:15pm – 8:45pm

5537	Jan 5
5538	Feb 2
5539	Mar 2
5540	Apr 6
5541	May 4

Reg. Fee: \$20 res / \$25 non-res

Class Size: Min. 4 / Max.12

Location: Room 5 - Community Center

SPORT LEAGUES & CO-ED TEAM SPORTS

ATTENTION ALL ADULT SPORTS PLAYERS

ONLINE REGISTRATION IS NOW AVAILABLE

Rosters and waivers **MUST** be given to staff the first night of play, or they can be given to Wendy Stratton Monahan prior to the start of the season via email at wmonahan@ci.benicia.ca.us or dropped off at the office.

Rosters will be audited for non-residents to ensure the appropriate non-resident fees have been paid. Unpaid non-resident fees will be added to your customer account as an outstanding balance.

Scores and standings for adult volleyball and softball are available online at www.ci.benicia.ca.us/adultsports

You will also find up to date schedules, league rules and registration information for the next season. Scores are updated weekly, usually on Tuesdays, for each sport (when in season).

ADULT SOFTBALL LEAGUE

Ages: 18 years and out of high school

It is softball time again in the City of Benicia. The league follows Amateur Softball Association of America (ASA) rules. Leagues will include Men's (Wednesday), and Coed (Friday). If you have any questions please call 746-4306.

Day: Wednesdays & Fridays

Time: Wed: 6:30pm – 10:30pm
Fri: 6:45pm – 10:45pm

Cost: \$420 per team
(plus \$15 per player non-res fee, \$90 max)

Location: Benicia Community Park / Benicia Middle School Field 4

SPRING SEASON: Approx. **Mar 22** – Approx. **May 12**

Start date dependent on weather/field conditions

Resident Reg.: Feb 20 – Mar 3 (Special forms req.)
Non-Res Reg.*: Feb 27 – Mar 3 (Special forms req.)

See note regarding new online registration

SUMMER SEASON: Approx. **Jun 7** – Approx. **Jul 28**

Start date dependent on Spring end date

Resident Reg.: May 8 – May 19 (Special forms req.)
Non-Res Reg.*: May 15 – May 19 (Special forms req.)

See note regarding new online registration

****75% or more of your team must be Benicia residents for your team to be considered a Resident team***



ADULT TENNIS

ADULT VOLLEYBALL

Ages: 18 years and out of high school

Coed Volleyball Leagues are offered on Monday evenings for all men and women who are interested in playing volleyball. We offer divisions for beginning and low intermediate players or “just wanted to have fun” players as well as a division for teams with low intermediate or experienced players. Teams will play a minimum of six games.

- Days:** Mondays
Time: 6:45pm – 9:45pm
Cost: \$210 per team
 (plus \$15 per player non-res fee, \$90 max)
Location: City Gym, 180 East L Street

CO-ED VOLLEYBALL

WINTER SEASON : Jan 23 – Approx. Mar 20

Resident Reg.: Dec 18 – Jan 6 (Special forms req.)

Non-Res Reg.*: Dec 26 – Jan 6 (Special forms req.)

See note regarding new online registration

NEW

MEN'S & WOMEN'S SEPARATE LEAGUES

SPRING SEASON : Apr 10 – Approx. June 5

Resident Reg.: Mar 13 – Mar 31 (Special forms req.)

Non-Res Reg.*: Mar 20 – Mar 31 (Special forms req.)

See note regarding new online registration

**75% or more of your team must be Benicia residents for your team to be considered a Resident team*



Special forms are required
when registering teams.

Please drop off waivers and rosters on first
night of play or email to Wendy at
wmonahan@ci.benicia.ca.us.

Jeff Wong's ADULT TENNIS (BEGINNER TO INTERMEDIATE LEVEL)

Adults

This class is designed for the beginning/intermediate level adult tennis player. Players will learn and/or improve all their strokes, as well as learn and develop singles and doubles strategy.

Course #	Fridays	5:00pm – 6:15pm
5545	Mar 3 – Mar 31	
Reg. Fee:	\$105 res / \$131 non-res (5 classes)	
Class Size:	Min. 4 / Max. 20	
Equipment:	Players should bring a tennis racket and wear tennis/sport shoes.	



FIND JEFF'S YOUTH TENNIS CLASSES
ON PAGE 16



SPORT & FITNESS

Jennifer Barlow, DPM BARE® WORKOUT

Adults



Created by renowned New York City podiatrist and author of Barefoot Strong, Dr. Emily Splichal. BARE® is a unique evidence-based barefoot training workout designed to strengthen the feet, hips, pelvic floor, and abdominals to improve posture, gait and balance.

It is ideal for injury prevention in runners, rehabilitation for unstable ankles, flat feet, total body strength, and for those who spend a lot of time sitting with resulting weak gluteal muscles.

Incorporating Pilates and yoga but with a focus on single leg standing exercises, BARE® is training from the ground up! Are you barefoot strong?

A yoga mat is recommended for class.
Barefoot training mats can be purchased at
www.nabosotechnology.com

Course #	Mondays	7:00pm – 7:45pm
5547	Jan 9 – Mar 6 (no class 1/16, 2/13 & 2/20)	
5548	Mar 13 – Apr 17	
5549	Apr 24 – Jun 5 (no class 5/29)	
Reg. Fee:	\$32 res / \$40 non-res	
Class Size:	Min. 2 / Max. 10	
Location:	Room 5 - Community Center	



HAVE AN IDEA FOR A GREAT CLASS?

HAVE AN AWESOME INSTRUCTOR TO REFER?

We're always looking to expand
our classes and programs.

Contact 746-4285
for class and instructor requirements.

Melanie Wicklow's H.I.I.T. RELEASE (High Intensity Interval Training)

Ages: 16 years & up *All fitness levels welcome*

H.I.I.T. brings more results in less time with short bursts of intense cardio and strength interspersed with rests or active recovery. Get the motivation to push and you'll fire up your fat burning metabolism!

With the efficiency of HIIT, there's time to tone your core AND improve flexibility while reducing aches with a combo of foam rolling and deep stretching at the end.

Bring yoga mat, foam roll, stretching strap, towel, and water.

Option to purchase stretching strap (\$12) or 6" x 36" foam roll (\$20) from the instructor

Course #	Mondays	9:15am – 10:15am
5551	Jan 9 – May 22 (16 classes) (no class 1/16, 2/13, 2/20, 4/3 & 4/17)	
Reg. Fee:	\$96 res / \$120 non-res 6 class punch card: \$40 res / \$50 non-res	
Drop In:	\$8 res / \$10 non-res (paid to instructor at class) FIRST TIME? TRY IT FREE	
Class Size:	Min. 6 / Max. 15	
Location:	Room 4 - Community Center	

Melanie Wicklow's U-JAM FITNESS



Ages: 16 years & up

All fitness levels welcome

U-Jam Fitness is an athletic urban dance fitness workout for everyone—No dance experience needed! It's easy-to-follow, yet seriously fun and unique with enough repetition to catch on quickly. Within 3-5 classes, "muscle memory" will allow you to add nuances and hit the moves harder, adding to the fun (and calorie burn!). Set to the hottest world beats, this exhilarating experience will make you forget you're working out!

Please bring a towel and water.

Course #	Wednesdays	5:30pm – 6:30pm
5553	Jan 11 – May 31 (no class 2/1, 3/29, 4/12)	
Reg. Fee:	\$108 res / \$135 non-res (18 classes) 6 class punch card: \$40 res / \$50 non-res	
Drop In:	\$8 res / \$10 non-res FIRST TIME? TRY IT FREE	
Class Size:	Min. 6 / Max. 15	
Location:	Room 4 - Community Center	

Karen Tusting's PILATES FUSION WORKOUT

Adults

Pilates Fusion Workout combines standing and mat exercises to strengthen hips, shoulders and core while improving your posture. A mind-body workout that emphasizes the Pilates principles of – Alignment, Connection, Control, and Breath.

Classes are designed for both beginners and intermediate fitness enthusiast looking to become stronger, leaner, and balanced. Bring a yoga mat and yoga block.

Karen Tusting has been teaching and personal training for over 18 years, her goal is to help you improve your fitness and body awareness.

- Bring a yoga mat and yoga block.

Course #	Mondays	12:30pm – 1:30pm
5555	Jan 9 – Feb 6 (4 classes, no class 1/16)	
5556	Feb 27 – Apr 3 (6 classes)	
5557	Apr 24 – May 15 (4 classes)	
Reg. Fee:	\$40 res / \$50 non-res (4 classes) \$60 res / \$75 non-res (6 classes)	
Class Size:	Min. 8 / Max. 15	
Location:	Room 4 - Community Center	



Sandra Foster's YOGA CLASSES

4 classes: \$35 res / \$44 non-res

3 classes: \$30 res / \$38 non-res

Drop in*: \$12 res / \$15 non-res

Location: Community Center, 370 East L Street

- Bring a yoga mat.
- Ongoing monthly classes.
No class: 1/16, 2/13, 2/20 & 5/29

YOGA STRETCH 101

Adults

Introduction to Yoga for the beginning and returning student. Class is designed for those who are new to Yoga or who have not exercised for a length of time. The instructor will teach a modified version of Yoga postures. Emphasis is on correcting and adapting postures to meet individual needs. Through stretching and relaxation techniques; the yoga stretches will strengthen the body and improve mental clarity.

Thursdays 6:00pm – 7:00pm Room 5

YOGA STRETCH

Adults

Shape up your body and mind. Yoga Stretch is designed to relieve stress, increase flexibility through stretching exercises, and improve endurance, strength and balance. Classes are ongoing & you may register in class.

Mondays 5:15pm – 6:15pm Room 4

Wednesdays 7:15pm – 8:15pm Room 4



SPORT & FITNESS

Earl Hinds', L.Ac. TA'I CHI FOR HEALTH

Teens & Adults

Earl has studied and practiced Ta'i Chi for 40 years and taught Ta'i Chi since 1993.

BEGINNING

Learn to meditate in motion, have fun, and relax! Ta'i Chi calms your mind and develops physical flexibility. No prior experience necessary.

Course #	Tues & Thurs	5:30pm – 6:30pm
5560	Jan 3 – Jan 31	
5561	Feb 2 – Feb 28	
5562	Mar 2 – Mar 30	
5563	Apr 4 – Apr 27	
5564	May 2 – May 30	
5559	Jan 3 – Apr 27 (ENTIRE SESSION Jan-Apr)	

INTERMEDIATE

This class expands the beginning form.

Prerequisite: Beginning class or instructor permission

Course #	Tues & Thurs	6:30pm – 7:30pm
5567	Jan 3 – Jan 31	
5568	Feb 2 – Feb 28	
5569	Mar 2 – Mar 30	
5570	Apr 4 – Apr 27	
5571	May 2 – May 30	
5566	Jan 3 – Apr 27 (ENTIRE SESSION Jan-Apr)	

Reg. Fee: Per month: \$71 res / \$89 non-res
Entire session: \$259 res / \$284 non-res

Location: Room 4 - Community Center



 TA'I CHI for SENIORS on page 50

BENICIA DAY HIKERS



The Benicia Parks and Community Services Department sponsors Saturday hikes twice a month (weather permitting). The fee for each hike is \$3 collected by the trip leader. You may also pay for the year: \$10 res / \$12 non-res.

Meeting Location: Meet in the parking lot behind City Hall on K Street. We meet on the scheduled Saturdays at 8:15am and carpool to share the cost of parking fees & bridge tolls, and to SPARE THE AIR.

Trip Information: Always have lunch, water, wear sturdy shoes and dress in layers. Bring rain gear during "rainy season." Real rain cancels the trip, but showers or light rain may allow the hike to take place if you are prepared. Trips and hikes vary from easy to difficult. Dogs are not allowed.

Trip Leader: Suzanne Elias is the volunteer Trip Leader for most hikes. For hike conditions or other information about a specific hike contact Suzanne at either (707) 745-1413 or suzanne_elias@yahoo.com.

Spring 2016 Hikes:

- Mar 11** Black Diamond Mines Regional Preserve – Antioch
- Mar 25-26** Pinnacles National Monument near Hollister
Camping Saturday Night
- Apr 8** Mount Diablo State Park / Rock City to Summit
- Apr 22** Jack London State Park
- May 6** Cataract Trail / Mount Tamalpais
- May 20** Angel Island State Park

For more information check our Web site
www.groups.yahoo.com/group/wrchike.

SPECIAL INTEREST



Kerry Lee Laird's ESSENTIAL OILS NATURAL SOLUTIONS "101"

Ages 16 & up

Lifestyle education utilizing pure essential oils and products will teach you how to be a healer in your own home, and in your own body. Learn about more about essential oils, "gifts of the earth"; how they work to protect us and create peace of mind and the many ways you can use oils year round to increase a naturally healthy way of living for yourself and the people you love.

Enjoy a delicious snack made with essential oils and a sample bottle of Wild Orange as your gift.

Course #	Tuesday	6:30pm – 8:00pm
5442	Jan 24	
Reg. Fee:	\$12 res / \$15 non-res	
Materials:	\$10 paid to the instructor at the start of class	
Class Size:	Min. 4 / Max. 20	
Location:	Room 1 - Community Center	

NOTE: Please bring your own metal or glass bottle filled with flat or sparkling water to enhance with essential oils.



Gretchen Filer's LET'S PLAY BRIDGE! CLUB

Looking for a good game of Bridge?

Our Wednesday night club is a great place to make new Bridge friends and play a fun game of "low pressure" Duplicate Bridge. Snacks, prizes, and special theme party nights add up to a fun night out!

If your game is "rusty", we'll help you update and improve!

If you've never played Duplicate, we'll teach you!

If you've never played Bridge at all, we have beginner lessons!

Ages: Teens & Adults

Ongoing **Wednesday** **7:00pm – 10:00pm**

Reg. Fee: 10 play punch card - \$80 res / \$100 non-res

Drop-in: \$9 res / \$11 non-res

Location: Senior Center, 1201 East 2nd Street



You don't need a partner. All ages are welcome and we offer ongoing lessons. Come try us out. Your first night is FREE!

For more information about the Club
or Beginner / Intermediate lessons contact:
Gretchen Filer, Instructor
745-5581 or filerjohnson@gmail.com

SPECIAL INTEREST

NEW

Sustainable Solano's SUSTAINABLE LANDSCAPING FOR YOUR HOUSE

Teens & Adults

Instructors: Local Sustainable Landscapers

Winter is a good time to start dreaming and planning about our garden renewal.

This is the perfect class for homeowners who are thinking about replacing a lawn or who would like to make their current landscapes resource-wise.

You will learn about sustainable landscaping: beautiful, productive, life-supporting ecosystem featuring trees and a variety of perennials fed by "secondary" water (greywater and rainwater). We'll discuss edible landscaping, examine a few simple design plans, look into current turf replacement rebates and tell you about sustainable landscapers in our area.

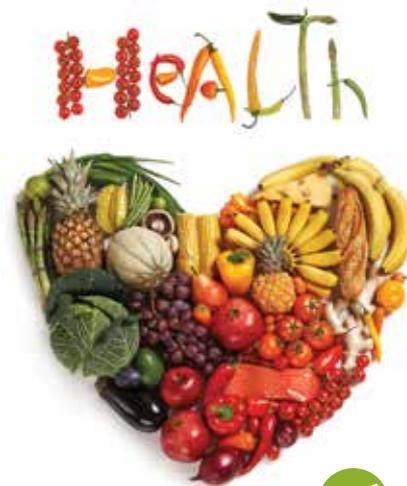
Course #	Thursday	6:30pm – 8:30pm
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5573	Feb 2	
5574	Mar 2	

Reg. Fee: \$5 res / \$6 non-res

Class Size: Min. 5 / Max. 20

Location: Room 1 - Community Center



NEW

Sustainable Solano's COOKING WITH SEASONAL INGREDIENTS

Ages 16 & up

Sustainable Solano (formerly Benicia Community Gardens) is hosting a series of hands-on classes to celebrate its 6th season of "What's for Dinner"/Benicia Community Table. This popular monthly gathering focuses on good food and conversation about how to create meals that are practical and nutrient dense while using local, sustainable ingredients as much as possible. Local chefs collaborating with Sustainable Solano will lead the classes, focusing on seasonal ingredients commonly found in Benicia's CSA/CSF boxes. Each class features recipe packets, food prep technique, nutritional information, and of course the opportunity to taste flavorful dishes made from area produce, meat, dairy & fish.

Course #	Wednesday	6:00pm – 8:00pm
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5576	Jan 11	Quick Winter Salads & Soups Chef Stephanie Oelsligle
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5577	Feb 8	Vegan Cooking: Infusing Flavor without Meat or Dairy Chef Veronica Bearce
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5578	Mar 8	Delicious Fish! Cooking local fish from Siren Fish Co. Chef Stephanie Oelsligle
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5579	Apr 19	Handmade Pasta with Seasonal Sauces Chef Stephanie Oelsligle
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5580	May 10	Suer Spring Party Appetizers Chef Stephanie Oelsligle
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Reg. Fee: \$40 res / \$50 non-res

Class Size: Min. 3 / Max. 10

Materials: \$20 paid to instructor (\$25 for March class)

Location: Kitchen - Community Center

Please bring your own chef knife and apron.

Maria Teresa Matthews' SPANISH LANGUAGE CLASSES

Adults

Have you ever wanted to learn another language? Have a lifelong goal to speak Spanish? Volunteer instructor Maria Teresa Matthews will help you achieve your goals. Classes begin January 12 and are ongoing.

BEGINNING:

Students will learn phrases and vocabulary of daily use, numbers and metric system for money. In addition they will learn pronunciation and separation of syllables to be able to read correctly.

**Beginning students will only be accepted January.*

Ongoing Tuesdays 9:00am – 11:45am

New students begin Jan 10

INTERMEDIATE:

Students will learn to introduce themselves, initiate conversation using new vocabulary phrases of daily use, learn numbers and use them for math. Learn to write, read and speak basic vocabulary at a beginner level.

Ongoing Tuesdays 1:00pm – 3:45pm

Classes begin Jan 10

ADVANCED:

Students will build on their current level by practicing pronunciation and speaking skills through open topic conversation. Students will learn how to conjugate verbs in five simple tenses, recognize verbal forms, and understand/transfer an idea in writing to verbal forms or viseverse.

Ongoing Wednesdays 1:00pm – 3:00pm

Classes begin Jan 11

Reg. Fee: FREE

Class Size: Min. 4 / Max. 15

Location: Room 1 - Community Center

Loa Kirkbride's ENGLISH AS A SECOND LANGUAGE (ESL)

Teens & Adults

Increase your vocabulary, improve your conversational English, and learn Rapid English. Study more advanced level reading, writing and grammar. Writing exercises may include subjects such as food memories or how we met stories. Classroom conversation is a part of every class and may include topics such as current events, health issues and much more

Course # Wednesdays 10:00am – 12:30pm

5582	Jan 4 – Jan 25
5583	Feb 1 – Feb 22
5584	Mar 1 – Mar 29
5585	Apr 5 – Apr 26
5586	May 3 – May 31

Reg. Fee: \$20 res / \$25 non-res

Class Size: Max. 5 students

Location: Room 1 - Community Center



Randall Thompson's WILLS, TRUSTS & ESTATE PLANNING

Adults

Estate planning is crucial. Everyone needs this information for themselves, their parents and their children. This class covers wills, living trusts, joint tenancies and tax planning. Determine when your existing estate planning documents need to be updated. Learn how to avoid estate taxes and probate fees. This instructor is an experienced attorney and college professor.

Course # Wednesday 7:00pm – 8:30pm

5588	Feb 1
5589	May 10

Reg. Fee: \$12 res / \$15 non-res

Class Size: Min. 5 / Max. 25

Location: Room 1 - Community Center

DRAWING & PAINTING

ADULTS

NEW

Karen Karlsson's DRAWING FOR THE MEDITATIVE MIND

Adults

Karen will teach you to draw anything in a very peaceful and supportive environment. Learn secrets of a New York City Illustrator! Become aware of basic design while drawing in pencil, charcoal, pen & ink, markers and pastels. Shading and other drawing techniques will be shared as we view some of the earliest cave drawings, sketches from the old masters, our favorite botanical art, nature drawings and the very exciting comic book drawings of today. Or, you may choose to work on your own personal drawing projects, as well.

Course #	Tuesdays	2:00pm – 5:00pm
5590	Feb 7 – Mar 28	

Karen Karlsson's PAINTING FOR THE MEDITATIVE MIND

Adults

Whether you love the earth tone colors in ancient art, the dramatic colors in classical art or the brilliant colors in contemporary art, we will be inspired to peacefully create magical paintings in watercolor, gouache, traditional pastels, oil pastels, colored pencils and tempera paints. We can choose to paint sunsets, clouds, flowers, fruit, vegetables, plants, trees and more. You may even decide to paint your favorite pet. Bring any photos from home or that are on your cell phones, that you wish to create from. The color wheel will reveal stunning hues that help us create our own personal color palette. This is, also the wvclass, where we can discover our favorite medium. Feel free to work on any personal art projects, if you wish.

Course #	Tuesdays	2:00pm – 5:00pm
5591	Apr 11 – May 30	

For each class...

Reg. Fee: \$152 res / \$190 non-res (8 classes)

Class Size: Min. 6 / Max. 14

Location: Room 2 - Community Center

Instructor will provide Supplies for the first class along with a Supply List needed for classes 2 - 8. Materials average \$40.

No experience necessary. All levels are welcome in these peaceful, pleasant, fun and very educational 8-week classes. Discover the ART inside of YOU!

Seandale Turner's OIL/ACRYLIC: SCENIC, STILL LIFE, ABSTRACT PAINTING

Ages 15 & up

Explore the world of art with oil and acrylic paint. This class will provide you with the skills to create paintings from scenic photos, portraits and abstract designs. You will learn a variety of color schemes including black & white, sepia and full color. Discover how to add shade and texture for a more realistic outcome, using different paint brush and knife techniques. Come and explore with us, it's fun!

Course #	Mondays Saturdays	6:00pm – 7:30pm 12:30pm – 2:00pm
5623	Jan 9 – Feb 6 (no class 1/16)	
5624	Feb 27 – Mar 25	

Reg. Fee: \$147 res / \$184 non-res

Class Size: Min. 8 / Max. 22

Materials: \$25 paid to instructor

Location: Room 1 - Community Center



NEW

Zoya Parkansky's EASY LACE

Adult

Do you know basic knit and pearl stitches, but have always admired and wanted to learn how to knit more intricate lacy patterns? Let Zoya teach you to accomplish intricate patterns without the stress of counting stitches with help from her invention, the Easy Lace Board. This simple to use tool will allow you to focus on the enjoyment of knitting and allow you to take your craft to the next level. We will review knitting symbols, learn the language of lace, introduce you to the Easy Lace Board and practice working on 3 – 4 lacy patterns.

Course # **Tuesdays** **3:00pm – 5:00pm**

5611 Feb 7 – Feb 28
5612 Apr 25 – May 16

Reg. Fee: \$50 res / \$63 non-res

Class Size: Min. 3 / Max. 6

Materials: Single ply, worsted weight solid colors yarn and wood-bamboo needles with pointed tip, #5 or #6 suggested. (Plastic or metal needles of the same size would suffice.)

Location: Arts & Crafts Room - Community Center

BACK

Robert Harris' WATERCOLOR THE EZ WAY

Adults

Learn to paint with watercolors. Startle your viewers with outstanding paintings. Instructor, Robert Harris, guides you through basics. Learn about brushes, papers and mixing colors. Learn to push colors and value contrast to the extreme. It is EASY. All levels welcome. Lets have some fun!

Let's have some fun!

Course # **Wednesdays** **11:00am – 1:00pm**

5599 Jan 4 – Jan 25
5600 Feb 1 – Feb 22
5601 Mar 1 – Mar 29
5602 Apr 5 – Apr 26
5603 May 3 – May 31

Reg. Fee: \$52 res / \$65 non-res

Class Size: Min. 4 / Max. 15

Location: Arts & Crafts Room - Community Center

Instructor will provide materials for the first class along with a list of materials needed for classes 2-4. Materials average \$45.



Loa Kirkbride's ADULT BEGINNING SEWING

Adults

Discover the fun and creativity of sewing. This is the perfect class for beginners and those with some sewing experience. Learn basic hand and machine sewing techniques through projects you can make and take home. Techniques include seam finishes, installing a zipper, sewing a project from a pattern and re-purposing an old favorite clothing item into something new.

Students will apply the basic sewing techniques to their class projects. Projects are selected by student interest and may include pillows, aprons, pajama bottoms, handbags, pet accessories or infinity scarves and more.

Course # **Tuesdays** **6:00pm – 8:00pm**

5605 Jan 10 – Jan 31
5606 Feb 7 – Feb 28
5607 Mar 7 – Mar 28
5608 Apr 4 – Apr 25
5609 May 2 – May 23

Reg. Fee: \$40 res / \$50 non-res

Class Size: Max. 12

Materials: \$5 paid to instructor

Location: Arts & Crafts Room - Community Center

* Session fees are based on 4 classes regardless of class dates. Instructor uses extra days for make up classes & for students to finish projects.

 YOUTH SEWING CLASSES
on Page 15

PARENTING CLASSES



Benicia Family Resource Center's NURTURING PARENTING PROGRAM

www.nurturingparenting.com

For parents/caregivers of children 0–5 years old

1-1 ½ hour weekly classes for 7- 12 weeks to strengthen parent/child relationship, increase bonding and attachment, learn appropriate expectations, increase understanding of your child's development and its connection to successful early learning. Parent and child(ren) participate in the classes.

Call (707) 746-4352 to register.

Registration is on-going and you can start anytime!

Reg. Fee: FREE - materials provided

Class Size: One-on-one or small group instruction

Location: In home or at FRC office, 150 E. K St.
By appointment only

NEW

Benicia Family Resource Center's PARENT PROJECT SR.

www.parentproject.com

For parents/caregivers of children 11–18 years old

Parent Project Sr. is a 10-week class series offered twice a year (Fall and Spring) on Tuesday evenings from 6-9 pm at the Benicia Family Resource Center. These classes help parents add new tools to the skills they may already have:

- Learn how to not argue with your child
- Prevent or intervene in destructive behaviors; including drugs and alcohol
- Improve school attendance and performance
- Find helpful support resources for yourself and your child

These classes are intended for parents, grandparents, and parental caregivers and are for adults only. No childcare is provided.

Call (707) 746-4352 to register.

Date and time for Spring classes TBD

Classes begin Tuesday, March 7

Reg. Fee: FREE

Materials: \$20 for manual

Class Size: Group format, 10-20 parents/caregivers

Location: FRC office, 150 E. K St.

NEW

NEW

Fruits of my Labor's CHILDBIRTH REBOZO EDUCATION

Teens & Adults

Instructors: Nadine Quintero & Vanessa Craviotto-Guzman

Don't just have a birth, have a rebozo birth! A rebozo is a long shawl that has been used for centuries in traditional Mexican births. This multifunction tool is made especially for mom and can be used by dads or support persons during labor to provide relaxation, aid in labor positions, and enhance the special connection made during the birthing experience. The class includes a review of anatomy, a detailed explanation of the birthing process, do's and don'ts of creating a birthing plan, relaxation techniques, pain management options, labor positions, postpartum for men and women and instruction on how to use a rebozo to assist you through your labor. Celebrate your pregnancy, set a positive mindset for a successful labor!

Bring a partner with you.

Course #	Mon & Wed	6:30pm – 8:30pm
5613	Apr 3, 5 & 10	

Reg. Fee: \$45 res / \$57 non-res

Class Size: Min. 4 / Max. 12 couples

Location: Room 1 - Community Center

NOTE: Bring a 6-foot or longer shawl, pillow, yoga mat, pen & notepad. Please wear comfortable clothing. Recommended book – "Prepared Childbirth: The Family Way", by Debby Amis & Jeanne Green.



NEW

Fruits of my Labor's BREASTFEEDING & BEYOND

Teens & Adults

Instructors: Nadine Quintero & Vanessa Craviotto-Guzman

Curious about the milestones or an extended breastfeeding relationship? This class will cover anatomy, latching, increasing milk supply, overcoming breastfeeding challenges along the way and give you information on what to expect as your little one continues to grow.

Course #	Mon & Wed	6:30pm – 8:30pm
5614	Apr 24 & 26	

Reg. Fee: \$37 res / \$47 non-res

Class Size: Min. 4 / Max. 12 couples

Location: Room 1 - Community Center

NOTE: Bring a pillow, pen & notepad and a 20" stuffed animal or doll.



James Lemos Swim Center

181 East J Street • (707) 746-4286



INDIVIDUAL SWIM PASSES

If your family loves to swim, you'll appreciate the convenience of our recreation/lap swim passes. Individual swim passes may be purchased at the James Lemos Swim Center. Passes can be used for lap swim and/or recreation swim including use of the waterslide.

Individual Swim Pass Fees (for 30 swims):

Adult	\$101 res / \$186 non-res
Youth	\$57 res / \$119 non-res
Senior	\$57 res / \$119 non-res

RECREATION SWIM

Recreation Swim is open to patrons of all ages. Children 8 years and under will only be admitted under the supervision of a paying adult, 18 years of age or older. Please be prepared to show identification to prove residency. The pool will close in the event of lightning.

Spring Season May 6 – June 12

Fridays	3:30pm – 5:00pm
Saturday & Sunday	1:00pm – 4:45pm

THE POOL MAY BE CLOSED TO THE PUBLIC FOR SWIM MEETS. DATES TO BE ANNOUNCED.

Ages

0-2	FREE / res	FREE / non-res
3-17	\$2.25 / res	\$3.75 / non-res
18 & up	\$3.75 / res	\$4.75 / non-res
Senior (55+)	\$2.00 / res	\$3.75 / non-res

LAP SWIM

Ages 8 & up

Swimming is one of the best overall workouts to tone muscles, ease tension, reduce stress and lose weight. Lap lanes are available during all Recreation Swim times. Lap swim is available for swimmers ages 8 and up. Please be prepared to show an identification card to prove residency.

Saturday, Sunday & Holidays

Feb 4 – Mar 26	10:00am – 3:00pm
Apr 1 – Apr 30	9:00am – 3:00pm
May 6 – June 11	9:00am – 12:30pm & 1:00pm – 4:45pm

Monday – Friday

Feb 1 – Feb 24	3:30pm – 5:30pm
Feb 27 – Mar 10	3:30pm – 6:00pm
Mar 13 – Mar 24	3:30pm – 7:00pm
Mar 27 – June 9	3:30pm – 7:30pm

Entrance Fee

8 – 54	\$3.75 res / \$4.75 non-res
Senior (55+)	\$2.00 res / \$3.75 non-res

Lap swim hours will shorten as the sun sets earlier throughout the fall. Current hours will be updated at the pool. All times subject to change.

LAP SWIM POLICY

Lifeguards may make lane assignments. Lap swimmers may need to share lanes.

Please split the lane for two swimmers, or circle swim for three or more swimmers.

Please allow lifeguards to resolve problems by bringing problems to their attention.

No diving allowed.

Lap swimmers will be sharing the pool with other programs.

Lap swim lanes are to be used for swimming laps, running, walking or rehabilitation only.

Child lap swimmers must be at least 8 years old and must swim laps **unassisted** by parents.



John Lathrop's YOUTH WATER POLO

If you want to try something fun in the water, Water Polo is for you!! You will learn the basics of the game along with how to handle a water polo ball, how to swim heads-up freestyle and much more. If you have never played water polo or just want to improve your game, this is the class for you. The goal is for each student to feel comfortable with the basic skills of the game and more importantly, to have FUN! Students must be able to swim 25 yards freestyle non-stop and tread water for 2 minutes.



SESSION 1:

Course#	Tues/Thurs	Time	Ages
5645	Apr 18 – May 11	5:00–5:45pm	8–10 yrs
5648	Apr 18 – May 11	5:45–6:30pm	11–13 yrs

SESSION 2:

Course#	Tues/Thurs	Time	Ages
5647	May 16 – Jun 8	5:00–5:45pm	8–10 yrs
5649	May 16 – Jun 8	5:45–6:30pm	11–13 yrs

Reg. Fee: \$60 res / \$76 non-res

PRIVATE POOL PARTIES



Trying to figure out where to hold a birthday party, family reunion or special event?

Have a party at the pool!

Pool parties have exclusive use of the L-shaped pool and wading pool (depending on your reservation).

Fees include lifeguards.

Please book at least 3 weeks in advance.

INSURANCE REQUIRED

For reservations call Benicia Parks & Community Services at (707) 746-4285.

HOW TO REGISTER FOR AQUATICS CLASSES

To register for aquatics classes, please fill out the registration form found in the back of this brochure and choose one of the following registration methods:

- 1) You may register in person at the James Lemos Swim Center or Community Center during hours of operation.
- 2) Mail your cash or check registration payment to:
Benicia Parks & Community Services
250 East L Street, Benicia, CA 94510
- 3) Online at: <http://online.activenetwork.com/benicia>
Must create an account in person at the pool or community center before your first online registration.

Registration for all aquatics classes is done on a first-come, first-served basis. Department refund policies, late fee charges, etc., apply to all aquatics classes. Please check the Satisfaction Guarantee Policy for information on refunds for aquatics classes.

LEARN TO SWIM PROGRAMS

LEARN TO SWIM AT THE JAMES LEMOS SWIM CENTER!

The City of Benicia is pleased to offer several different swimming lesson options. You pick what meets your needs. We offer classes for all ages and abilities; group lessons or private lessons; classes for beginner, intermediate and advanced swimmers; swimmers who love the water and swimmers who are overcoming a life-long fear. We have something for everyone!

LEARN TO SWIM PROGRAM

Looking for swimming instruction for your children and/or yourself? Our Learn-to-Swim Program offers swimming lessons for all ages and swimming abilities. The fall session consists of eight, 25-minute swim classes. Classes are held on Mondays & Wednesdays and in most cases enrollment is limited to a minimum of four and a maximum of seven swimmers per instructor. When necessary students may be moved to an earlier or later class time. If a class you selected is full you may ask to be placed on a waiting list and you will be contacted if there are any openings.

ENROLLMENT

To enroll in a Learn-to-Swim class, please fill out the registration form found in the back of this brochure. Referring to the chart below, indicate on the form the desired session, class time and anticipated swim level for you or your child. Available times for each class are marked with a dot. If you are unsure of the appropriate level, please refer to the Skill Level/Class Description section for more information.

SPRING 2017 GROUP LESSONS

Monday & Wednesday for four weeks

May 1 – May 24

Time:	Level:	1	2	3	4	5	6	S/N	P/T	A/T
4:00pm		*	*	*					*	
4:30pm		*	*		*	*	*			
5:00pm		*	*	*				*		
5:30pm		*	*	*	*	*				
6:00pm		*	*	*				*		*

S/N = Special needs, 3 years & up
 P/T = Parent/tot, 6 months – 3 years
 A/T = Adult/Teen, 12 years & up

Reg. Fee: \$60 res / \$76 non-res

ADULT & TEEN LESSONS

For a swimmer who wants to overcome a life-long fear of the water or just wants to improve on techniques, this class can help. It is ideal for teens that have not learned to swim and may not feel comfortable in the regular lesson program

Monday & Wednesday for four weeks

Ages: 12 years & up
Dates: May 1 – May 24
Time: 6:00pm – 6:25pm
Reg. Fee: \$60 res / \$76 non-res

WEEKEND PRIVATE LESSONS

Take advantage of this program to get your children off to a strong swimming start for the “Learn to Swim” program. Private lessons can assist the timid student in adapting to the aquatic environment or provide additional instruction for students who are more responsive to a one-on-one lesson format. Lessons are twenty-five minutes long and instructors are assigned on an “as available” basis.

Ages: 3 years & up
Days: Saturdays & Sundays
Dates: May 6 – June 11
Times: 10:00am, 10:30am, 11:00am, 11:30am or 12:00pm
Reg. Fee: \$34 res / \$43 non-res (per lesson)



SKILL LEVEL DESCRIPTIONS

Must have certificate for previous level or demonstrate required skills to pass the previous level.

LEVEL I (Turtles), Water Exploration: Beginners skills; submerge face; float on front; float on back; supported kicking; beginning arms; basic water safety.

LEVEL II (Frogs), Primary Skills: Rhythmic breathing; full submersion; unsupported front and back glides; kicking; beginning combined strokes; orientation to deep water.

LEVEL III (Minnows), Stroke Readiness: Retrieval of underwater objects; beginning diving from side of pool; coordination of breathing with arm stroke; back crawl; elementary backstroke kick.

LEVEL IV (Sharks), Stroke Development: Standing front dive; elementary backstroke; breaststroke kick; scissor kick; endurance; turns; treading water; CPR/Rescue breathing technique awareness.

LEVEL V (Seals), Stroke Refinement: Standing dive from board; breaststroke; sidestroke; underwater swimming; dolphin kick; endurance; open turns and awareness of spinal injury management.

LEVEL VI (Octopuses), Intermediate Skills: Approach and hurdle on diving board; jump tuck from board; butterfly; approach stroke; flip turn for front crawl; surface dives.

Special Needs: For students who are physically or mentally challenged that would like individualized instruction. Otherwise participants with special needs can participate in any aquatics activity at the pool. The department will provide reasonable accommodations to those who request assistance.

Parent Tot: Suggested age 6 months & up. Water adjustment for parent & child. Fun is emphasized through games and songs so children learn to enjoy the water.



SWIM LESSON TIPS

- If your child does not pass to the next level right away, don't be discouraged! It is not uncommon for a child to remain in the same class for multiple sessions before graduating to the next level.
- Registration deadline for all aquatics programs is the Thursday prior to the first class meeting.
- Please read the course description carefully. It is important to register your child for the proper class. Take the time to read the prerequisites. Placing your child in the correct class is crucial for his or her development. We always test on the first day for all levels. If your child is not in the correct level, we will try and move your child to the appropriate level depending on availability.
- Some classes fill up quickly; if the classes are full please ask to be placed on the wait list. You will be contacted if space becomes available.
- Registration is accepted in person at the pool and at the Community Center or online.
- Registration for all aquatics classes is done on a first-come, first-served basis. Department refund policies, late fee charges, etc., apply to all aquatics classes. Please check the Satisfaction Guarantee Policy for information on refunds for aquatics classes.

FREQUENTLY ASKED QUESTIONS

Is the pool heated?

The pools are maintained between 78° – 82° F

Will classes be held in the rain?

Generally, classes will be held during inclement weather. However, the pool will be closed and classes cancelled if there is lightning.

What happens if my child passed the level but I already registered him for the same level next session?

The Assistant Coordinators record and make changes to your child's records so that we can keep track of students' progress. If the instructor passes your child, we will automatically transfer your child to the correct level.

Is it possible to make up a class that my child missed due to illness or vacation?

Unfortunately, we are not able to accommodate class make-ups.

Can I request a specific teacher?

You can make a request for a specific instructor but please take note that our swim instructors rotate among different class levels and times. Due to the large number of classes we offer, there isn't a guarantee we can meet your request, but we will try our best.

DEBBIE'S SWIM SCHOOL

Swim Lessons for
Children & Adults
Specializing in students with Aquaphobia

707-200-SWIM
(707-200-7946)
www.debbiesswimschool.com

Debbie's Swim School (DSS) offers premier quality swim lessons for children 6 months to seniors – our oldest student is 95! We specialize in helping individuals overcome aquaphobia. We are passionate about teaching all students regardless of varying physical or learning abilities. All DSS instructors are certified and highly trained in the latest techniques, teaching methods and hydrodynamics of swimming. Our instructors understand that no two students are the same and customize each lesson to meet each individual student's needs and personal swim goals.

Must register & pay online at debbiesswimschool.com.



Private Lessons

OVERCOMING AQUAPHOBIA FOR CHILDREN AND ADULTS

Debbie's Swim School specializes in helping students of all ages overcome aquaphobia. The one-on-one instruction is one of the fastest ways for you or your child to achieve your swimming goals. If you or your child have had difficulty learning swimming in the past this is the class for you.

ADAPTIVE AQUATICS

Swimming and aquatic therapy is a great choice for children and adults with disabilities as it can address many of their body's sensory and motor needs. Swim students will make progress not only in learning a skill that could potentially save their lives but it provides good exercise, provides a fun challenge, improves endurance, confidence, enhances hand/eye coordination and provides a fun and positive learning environment.

Ages: All ages welcome

Dates: Classes are available now and can be customized to fit your schedule

Private Lesson Registration Fee for 30 Minute class:

1 class: \$39 res / \$49 non-res

5 classes: \$184 res / \$230 non-res

10 classes: \$336 res / \$420 non-res

Private Lesson Registration Fee for 1 Hour class:

1 class: \$53 res / \$66 non-res

5 classes: \$237 res / \$296 non-res

10 classes: \$420 res / \$525 non-res

REGISTERING IS EASY!

Register and pay online by visiting www.debbiesswimschool.com, click "Booking," select "Benicia"

Call (707) 200-SWIM (7946) if you have any questions.

Debbie's Swim School's AMERICAN RED CROSS WATER SAFETY INSTRUCTOR TRAINING (WSI)

Ages 16 & up

Must turn 16 on or before the last scheduled day of the course

This class is designed to train individuals to teach the American Red Cross Swimming courses. Future instructors will learn how to use course materials, develop lesson plans, conduct classes and evaluate students. The class will include Fundamentals of Instructor Training (FIT). The City of Benicia, along with many other Red Cross agencies will pay a lifeguard with WSI certification a higher wage.

Prerequisites: Demonstrate Level 4 swimming ability in all strokes for the water skills test.

Course #	Sat/Sun	12:00pm – 4:00pm
5653	May 13, 14, 20 & 21	
Reg. Fee:	\$273 res / \$341 non-res Must register by April 25th	
Material Fee:	\$35 (paid to instructor on first day of class)	
Class Size:	Min. 7 / Max. 16	
Location:	James Lemos Swim Center, 181 East J St.	

Debbie's Swim School's AMERICAN RED CROSS SAFETY TRAINING for COACHES

Ages 16 & up

Must turn 16 on or before the last scheduled day of the course

The American Red Cross Safety Training for Coaches course was developed in collaboration with USA Swimming to educate aquatic professionals how to prevent and respond to emergencies while on the pool deck. This course is ideal for swim coaches, athletic trainers, aquatic exercise instructors and officials.

Instructor: Debbie Koenig

Course #	Sun	12:00pm – 4:00pm
5654	Mar 5	
Reg. Fee:	\$126 res / \$158 non-res	
Class Size:	Min. 7 / Max. 16	
Location:	Room 1 - Benicia Community Center	

AMERICAN RED CROSS LIFEGUARD TRAINING

This course provides participants with the knowledge and skills to prevent, recognize and respond to aquatic emergencies and to provide care for breathing and cardiac emergencies, injuries and sudden illnesses. Students who complete this course successfully will be certified in American Red Cross Lifeguard Training/First Aid and CPR/AED for Lifeguards (valid for 2 years). If you have questions regarding this class please call 746-4772.

Ages 15 & up

Must turn 15 on or before the last scheduled day of the course

Prerequisite Swimming Skills Evaluation will be tested at the start of class on day 1:

- Swim 300 yards continuously (freestyle or breaststroke) demonstrating rhythmic breathing
- Tread water for 2 minutes using only the legs
- Complete a timed event within 1 minute, 40 seconds
 - Starting in the water, swim 20 yards
 - Surface dive, feet or head first to a depth of 7-10 feet to retrieve a 10-pound object
 - Surface and swim 20 yards on back with both hands holding the object
- Exit the water without using ladder or steps

Certification Requirements:

- Students must attend all classes.
- Demonstrate competency in all required skills/activities and final rescue skill scenarios.
- Pass written exams with minimum grades of 80%.

Course #	Monday - Friday	9:00am – 5:00pm
5652	Spring Break: Apr 10 – Apr 14	
Reg. Fee:	\$210 res / \$263 non-res Books, materials and certification fees are included in registration fee.	
Class Size:	Min. 8 / Max. 16	
Location:	James Lemos Swim Center, 181 East J Street	

JOB OPPORTUNITIES!

Summer Lifeguarding Positions Available
See the inside front cover for more information

SOLANO DIVERS' SCUBA COURSES



All instructors are certified Professional Association of Diving Instructors (PADI).

All classes taught at the James Lemos Swim Center

BUBBLEMAKER

Ages 8 & up

Bubblemaker is as fun as it sounds – a chance for kids to blow bubbles by scuba diving. Children can use scuba gear to breathe underwater and swim around in shallow water. Learn about the use of scuba diving equipment made just for kids. Kids must be comfortable in the water, no previous scuba experience necessary.

Course #	Saturday	10:00am – 1:00pm
5678	Feb 11	
5679	Apr 8	

Reg. Fee: \$37 res / \$47 non-res

Materials: \$65 (\$25 gear rental* & \$40 crew pack**)

Class Size: Min. 6

DISCOVER SCUBA DIVING

Ages 10 & up

Have you always wondered what it is like to breathe underwater? If you want to try scuba diving, but aren't quite ready to take the plunge into a certification course, Discover Scuba Diving is for you. While not a scuba certification course, Discover Scuba Diving is a quick and easy introduction to what it takes to explore the underwater world.

You learn the basic safety guidelines and skills needed to dive under the direct supervision of a PADI Professional.

- Go over the scuba equipment you use to dive and how easy it is to move around underwater with your gear.
- Find out what it's like to breathe underwater.
- Learn key skills that you'll use during every scuba dive.
- Have fun swimming around and exploring.
- Hear about becoming a certified diver through the PADI Open Water Diver Course.

Course #	Saturday	Time
5681	Feb 11	10:00am – 12:00pm
5682	Apr 8	10:00am – 12:00pm

Reg. Fee: \$27 res / \$34 non-res

Materials: \$25 gear rental*

Class Size: Min. 6

SKIN DIVING & SNORKELING

Ages 8 & up

Skin diving is snorkeling while making breath-hold dives to observe aquatic life, up close and personal. It's a great way to explore the underwater world when you're not able to scuba dive or if scuba diving just isn't your thing. The PADI Skin Diver course teaches you how to enjoy watching life below the surface and comfortably venture underwater for short visits, whether you dive in a local freshwater lake or the big blue ocean, at home or on a holiday at a dive destination. Learn how to choose, adjust and use skin diving equipment; basic safety guideline for being in and around the water; techniques such as checkings buoyancy, surface swimming, clearing water from your snorkel and performing effortless surface dives. An optional skin dive to a local dive site may be arranged directly through Solano Divers.

Course #	M/W/F Saturday	4:00pm – 5:30pm 10:00am – 1:00pm
5691	Feb 20 – Feb 25	
5692	Mar 13 – Mar 18	

Reg. Fee: \$27 res / \$34 non-res

Materials: \$25 gear rental*

Class Size: Min. 6





RESCUE DIVING

Ages 12 & up

Described as the most challenging, yet most rewarding course. Why? Because you learn to prevent and manage problems in the water, and become more confident in your skills as a diver, knowing that you can help others if needed. During the course, you learn to become a better buddy by practicing problem solving skills until they become second nature. Plus, the course is just fun – serious, but still allows for lots of laughter in between the focused learning.

The PADI Rescue Diver course prepares you to deal with dive emergencies, minor and major, using a variety of techniques. Through knowledge development and rescue exercises, you learn what to look for and how to respond. During rescue scenarios, you put into practice your knowledge and skills. Topics include:

- Self-rescue
- Recognizing and managing stress in other divers
- Emergency management and equipment
- Rescuing panicked divers
- Rescuing unresponsive divers

Course #	M/W/F Saturday	5:00pm – 7:30pm 10:00am – 1:00pm
5685	Apr 17 – Apr 22	
5687	May 22 – May 27	
Reg. Fee:	\$326 res / \$408 non-res	
Materials:	\$340 (\$100 gear rental*, \$240 Open Water Diver crew pack***)	
Class Size:	Min. 6 / Max.20	

* *Scuba Gear – provided by Solano Divers: Mask, fins, scuba cylinder and buoyancy control dive with low-pressure inflator, regulator and submersible pressure gauge.*

** *Bubblemaker Crew Pack: kid-sized beach towel, logbook, certificate, temporary tattoo, decal and water toy.*

Seal Team Crew Pack: DVD, activity book, logbook, certificate, decal and member card application.

*** *Online Learning*



SPRING BREAK SEAL TEAM SCUBA CAMP

Ages 8 & up

Have you wondered what it's like to dive with flashlights, take digital pictures underwater or float effortlessly like an astronaut? Beyond learning basic scuba skills, there are specialty "Aqua Missions", such as wreck diving, navigation, buoyancy, environmental awareness and more. PADI Seal Team includes doing some cool stuff in the pool, meeting friends and sharing in the adventure of the underwater world. Kids must be comfortable in the water, no previous scuba experience necessary.

PADI Seal Team program teaches responsibility and respect for the aqua realm. It's broken into two parts:

- Part one, Aqua Mission 1 – 5, covers basic scuba diving skills, such as breathing underwater, clearing a mask of water, recovering a regulator and swimming around experiencing the sensation of being weightless. Complete these Aqua Missions and become a recognized PADI Seal Team Member. Your experience may also count toward the PADI Open Water Diver course when you're old enough to participate in the course.
- Part two, 10 specialty Aqua Missions, includes adventures like creature identification, search and recovery diving, and skin diving. Complete all of these and you'll become a PADI Master Seal Team Member – joining an elite group of young scuba divers.

Course #	Monday – Friday	9:00am – 5:00pm
5689	Apr 10 – 14	
Reg. Fee:	\$163 res / \$204 non-res	
Materials:	\$145 (\$75 gear rental*, \$70 Seal Team crew pack**)	
Class Size:	Min. 6	

Bring lunch, drink, sunscreen and towel.

OPEN WATER COURSES

Open Water & Advanced Open Water Scuba courses include classroom & pool portions only. Open water dive requirements will be arranged directly through Solano Divers.

OPEN WATER SCUBA DIVING

Ages 10 & up

If you've always wanted to take scuba diving lessons, experience unparalleled adventure and see the world beneath the waves, this is where it starts. Get your certification with the PADI Open Water Diver course – the world's most popular and widely recognized scuba course. Millions of people have learned to scuba dive and gone on to discover the wonders of the aquatic world through this course. You need adequate swimming skills and need to be in good physical health. No prior experience with scuba diving is required.

The PADI Open Water Diver course consists of three main phases:

- Knowledge Development (online, independent study or in a classroom) to understand basic principles of scuba diving.
- Confined Water Dives

Course #	M/W/F Saturday	5:00pm – 7:30pm 10:00am – 1:00pm
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5684	Apr 17 – Apr 21	
5686	May 22 – May 27	

Reg. Fee: \$210 res / \$263 non-res
Materials: \$275 (\$100 gear rental*, \$175 Open Water Diver crew pack***)
Class Size: Min. 6 / Max.20

ADVANCED OPEN WATER SCUBA DIVING

Ages 10 & up

Exploration, Excitement, Experiences. That's what the PADI Advanced Open Water Diver course is all about. You don't have to be "advanced" to take it – it's designed to advance your diving, so you can start right after earning you PADI Open Water Diver Certification. This course helps build confidence and expand your scuba skills through different Adventure Dives. You try out different specialties while gaining experience under the supervision of your PADI Instructor. You log dives and develop capabilities as you find new ways to have fun scuba diving.

Beyond using basic scuba equipment, you'll need a compass and dive knife or dive tool. You'll also use specialized gear depending on the Adventure Dives.

Prerequisites: Must be 10 years or older, have adequate swimming skills, be in good physical health & must have completed the Open Water Diver course.

Course #	M/W/F Saturday	5:00pm – 7:30pm 10:00am – 1:00pm
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5694	Apr 17 – Apr 22	
5695	May 22 – May 27	

Reg. Fee: \$210 res / \$263 non-res
Materials: \$275 (\$100 gear rental*, \$175 Open Water Diver crew pack***)
Class Size: Min. 6 / Max.20



BENICIA SENIOR CENTER

187 East L Street • (707) 745-1202

Hours: Monday – Friday, 9:00am – 3:00pm

GAMES & CLUBS

BINGO

Mondays 12:00 – 3:00pm & Fridays 1:00 – 4:00pm.
Coffee and treats provided.

PUZZLE TABLE

Ongoing puzzle table is available in the lunch room
Monday – Friday 9:00am – 3:00pm.

CONTACT BRIDGE

Mondays 12:30pm – 4:00pm, must know how to play.
Contact: Mary Anne Lovelace 707-751-0388.

DUPLICATE BRIDGE

Tuesdays 9:00am – 1:00pm. Contact: Fred Warren
(707) 552-7261.

BOOK CLUB

1st Tuesday of each month 12:30pm – 2:00pm.
Read, talk & make friends while enjoying good books.

2016 Book Club Titles:

Dec *Murder with Peacocks* by Donna Anderson

Beginning 2017

Jan *When Breath Becomes Air*
by Paul Kalanithi

Feb *The Burning Room* by Michael Connelly

Mar *An Officer and a Spy* by Robert Harris

CHICKEN FOOT DOMINOS

Wednesdays 9:30am – 11:30am during the café.

LIBRARY

Open Monday – Friday 9:00am – 3:00pm.
Enjoy reading a book in our comfortable seating
area or check out a book to take home.



HEALTH SERVICES

HICAP

Health Insurance counseling and Advocacy Program, funded by the California Department on Aging. Volunteer counselors provide FREE counselling services for those who are eligible or have MEDICARE. Services are available by appointment by calling HICAP at (800) 434-0222.

TELECARE

Tele-care calls a list of shut-ins or those who live alone to check in on them. Call the Senior Center to set up this service.

MEALS ON WHEELS

Offers on site lunches to any person age 60 or older. Monday – Friday, 11:30am – 12:45pm (except on holiday closures or luncheon days). Suggested contribution is \$3 per meal to help support the program. To register or make a reservation call 1-800-788-5114 or 707-426-3079.

ARTS & CRAFTS CLASSES

CRAFT CLASS

Thursdays, 9:30am – 11:30am
Instructor: Betty Qually

SOLANO QUILTERS GUILD

Mondays 9:00am – 11:30am.
Contact: Lorraine Patten 745-3095



WATERCOLOR CLASS

Painters of all levels are invited to attend Watercolor class on Thursdays, 11:30am – 2:30pm. Instructor Pat Ryll leads class the 3rd Thursday of the month. Other classes are self-led.

LANGUAGE CLASSES

SPANISH CLASSES

At the Benicia Community Center, 370 East L St.

Instructor: Maria Teresa Matthews

Beginning Level: Tuesdays 9:00am – 11:45am

Intermediate Level: Tuesdays 1:00pm – 3:45pm

Advanced Level: Wednesdays 1:00pm – 3:00pm

See page 31 for full description & dates

ITALIAN II CLASSES

Learn Italian at the Benicia Community Center for FREE! Thursdays 12:30pm – 2:30pm. Instructor: Anna Ruberto. Call the Senior Center to sign up.

SOCIALS

Sign up at the senior center in advance.

SENIOR CAFÉ

Wednesday Mornings • 9:30am – 11:30am

Join us at the Senior Center for coffee & treats. Spend the morning socializing with friends, catching up on the morning news, or reading in our library with a cup of coffee & breakfast treats.

Cost: \$2 donation appreciated

CHINESE NEW YEAR LUNCHEON

Wednesday, January 25 • 12:00pm

Lunch catered by Szechwan House

\$10 per person

VALENTINE'S SONG & SANDWICHES

Wednesday, February 15 • 12:00pm

\$5 per person

ST. PATRICK'S DAY LUNCHEON

Wednesday, March 15 • 12:00pm

Lunch catered by 907 Grill

\$10 per person

SPRING TIME SONGS & SANDWICHES

Wednesday, April 19 • 12:00pm

\$5 per person



SENIOR TRIPS & TOURS

LOCAL DAY TRIPS WITH AMERICAN STAGE TOURS



All trips leave from the Sr. Center parking lot. Advanced registration required. Register at the Senior Center or the Community Center. Fliers with more information available at the Senior Center and Community Center.

Thunder Valley Casino

Wednesday, January 18

Cost: \$29 per person

Time: 8:30am – 4:30pm



Valentines Tea & Telephone Museum

Tuesday, February 7

Cost: \$87 per person
High tea at A Dash of Panache

Time: 10:30am – 5:00pm



Red Hawk Casino

Friday, March 24

Cost: \$28 per person

Time: 8:30am – 4:30pm

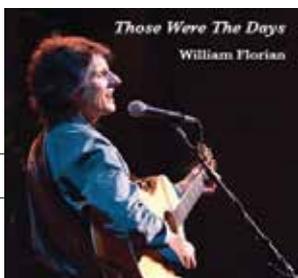


El Campanil Theater The William Florian Show: *The Spirit & Songs of the 60's*

Sunday, April 30

Cost: \$92 per person

Time: 12:30pm – 6:00pm



OVERNIGHT TRIPS BY PREMIER WORLD DISCOVERY

Premier World Discovery offers both domestic and international trips. Detailed fliers are available at the Senior Center and the Community Center. **Learn more about the below trips by attending an informational presentation Thurs., March 9 at 10:00am in Room 1 of the Benicia Community Center.**

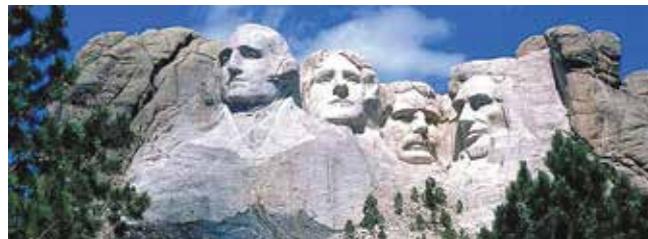


Western Frontiers

featuring Mt. Rushmore, Yellowstone & the Badlands

July 11, 2017 – 9 days

Highlights: Yellowstone National Park, Mount Rushmore, Crazy Horse Memorial, Fort Hays, Badlands National Park, Grand Teton National Park, Jackson Hole Valley, Buffalo Bill Historical Center, Devils Tower, Deadwood, Salt Lake City Tour & 3 Night Stay in Rapid City.



Heritage Highlights

featuring Niagara Falls, Amish Country, Washington DC & Williamsburg

September 26, 2017 – 9 days

Highlights: Niagara Falls City Tour, Amish Farm & House, Amish Family Style Dinner, Gettysburg Military Park, Philadelphia, Independence Hall, Washington DC Tour, Arlington Nat'l Cemetery, Smithsonian Institution, Mount Vernon, 4 – two night stays.

Branson, Memphis & Nashville

America's Musical Heritage

October 25, 2017 – 9 days

Highlights: St. Louis tour, 3 night stay in Branson, Shoji Tabuchi Show, The Dutton's Show, Showboat Branson Belle, Stone Hill Winery, Silver Dollar City, Clinton Presidential Library, Graceland, Beale Street Dinner, Memphis City Tour, national Civil Rights Museum, Grand Ole Opry, Country Music Hall of Fame, Nashville Nightlife Dinner theater.

SPECIAL INTEREST

Jo Nash's SENIOR TAP

Were you ever in a tap class as a child or have always wished you could tap dance? Well, this class is for you! You will have fun in this new class learning steps and choreographed dances, while getting fit. Experienced dancers and non-experienced dancers welcome. Bring a friend!

Ages: Seniors & Adults 30+

Course #	Fridays	8:00am – 9:00pm
5651	Feb 3 – Feb 24	
5655	Mar 3 – Mar 24	
5656	Mar 31 – Apr 28	

Reg. Fee: \$34 res / \$43 non-res

Class Size: Min. 4 / Max. 12

Location: Room 5 - Community Center

Krystle Dilley's TECH HELP

Want to learn how to use an iPad, iPhone, or other types of small electronics? Whether you own one or are thinking about purchasing one this class is perfect for you. We will go over the different types of products and find what's best for you. Bring in your electronics for help with basic functions or to get it started.

Ages: Seniors & Adults 18 & up

Course #	Tuesdays	1:00pm – 2:00pm
5658	Jan 10	
5659	Feb 7	
5660	Mar 7	
5661	Apr 11	
5662	May 9	

Reg. Fee: \$8 res / \$10 non-res

Class Size: Min. 4 / Max. 8

Location: Room TBA - Community Center

HAVE YOU HEARD OF PICKLEBALL?

Pickleball combines elements of tennis, badminton and ping pong. It is played on a badminton-sized court, using a modified tennis net, and players use a paddle and plastic ball. It appeals to people of all ages and ability levels, but is one of the fastest growing sports for ages 50+ for its social aspects and the ability to stay active in a fun sport.

Drop-in games held
Monday, Tuesday, Wednesday & Friday
@ the Comm. Center & City Gym

More information on page 23



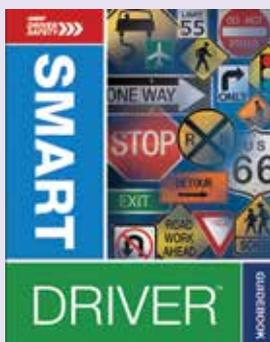
AARP DRIVER SAFETY CLASSES

Ages 50+

The American Association of Retired Persons (AARP) offers this 8-hour class designed for people 50 years of age or older. It is designed to help individuals improve their driving skills.

By taking this course, those over 55 can save money on car insurance premiums and become a better driver! The course takes place in a classroom and includes video, workbook and discussion – **NO DRIVING AND NO TESTS!**

You must take the class every three years to stay current. Before you hit the 3-year mark take the 5 hour refresher class to renew.



Cost: \$15 AARP members / \$20 non-members
Fee paid to instructor on the first day of class.

Location: Room 2 - Community Center

8-Hour Class (2 day class) 9:00am – 1:00pm

Session 1: Feb 8 & Feb 9

Session 2: Apr 12 & Apr 13

5-Hour Refresher Class (1 day) 9:00am – 2:00pm

Session 1: Feb 10

Session 2: Apr 14

Register in advance by visiting the Benicia Community Center or by calling the Parks & Community Services Department at 707-746-4285.

Space is limited to 25 people, so sign up early.

Please make checks payable to AARP.

A MATTER OF BALANCE

Come find out why seniors are saying, "Matter of Balance is one of the best classes I have ever attended".

This class is a 4-week fall prevention workshop that meets for 2 hours twice each week to learn how deeply a fall can change the way we think about ourselves and our activities, both consciously and subconsciously. This workshop is designed to help you change the way you think about falls. We will be doing some journaling as well as low impact exercises for fall prevention. This is an evidence based program proven to reduce the fear of falling and is a grant funded workshop FREE to those who will commit to attending 5 out of the 8 sessions.

For more information and to register, contact Dale Alexander at the Area Agency on Aging (707) 643-1797.

Must sign up in advance by calling (707) 643-1797.

Ages: Seniors 60+

Wednesdays 12:30pm – 2:30pm

Jan 18 – Mar 8

Reg. Fee: FREE

Location: Benicia Senior Center



SENIOR EXERCISE CLASSES



Jo Nash's ZUMBA GOLD & PILATES

Designed for seniors of all levels. Come dance, move and have a good time while staying healthy.

Days: Tuesday / Thursday

Times: 9:00am – 9:45am

Location: Room 5 - Community Center

Krystle Dilley's FIT FOR LIFE 1

This class is for those who are just starting to work out using resistance bands. This class focuses on proper and effective strengthening techniques. All levels are welcome to join.

Day: Monday – Friday

Time: 9:15am – 10:00am

Location: Multipurpose Room - Community Center

Sandra Foster's YOGA STRETCH 101

Introduction to Yoga for the beginning a returning student. Class is designed for those who are new to Yoga or who have not exercised for a length of time. The instructor will teach a modified version of Yoga postures. Emphasis is on correcting and adapting postures to meet individual needs. Through stretching and relaxation techniques; the yoga stretches will strengthen the body and improve mental clarity.

Days: Thursdays

Times: 10:30am – 11:30am

Location: Room 4 - Community Center

Earl S. Hinds, L.Ac. TA'I CHI FOR SENIORS

Learn to meditate in motion and have fun and relax! Develop mental and physical flexibility. Reduce your stress with Ta'i Chi. Ta'i Chi strengthens your immune system. It improves your balance. This wonderful, 700 year-old art from Chinese physical culture calms your mind. No prior experience necessary.

Day	Time	Level
Tuesday	9:00am – 10:00am	Intermediate
Wednesday	9:00am – 10:00am	Beginning
Thursday	9:00am – 10:00am	Intermediate
Friday	9:00am – 10:15am	Beginning

Location: Room 4 - Community Center

REGISTRATION FEE FOR:

Zumba Gold & Pilates, Fit for Life 1 Yoga Stretch 101 & Ta'i Chi for Seniors

10-class punch card: \$13 res / \$16 non-res

20-class punch card: \$24 res / \$30 non-res

Purchase your card at the Community Center
or pay drop in fee: \$2.00 res / \$2.50 non-res

KRYSTLE DILLEY'S SENIOR FITNESS

WALK FIT

Ages Seniors 55+

Join Krystle and others as we walk our way to fitness! This will be a fun class that will lead to walking an entire mile in 45-minutes while stopping for intervals of strength training. Escape the summer heat and enjoy the air conditioning. All levels are welcome and you are encouraged to go at your own pace.

Ongoing **Tues / Thurs** **11:15am – 12:00pm**
5626 No class on City Holidays

Location: Multipurpose Room - Community Center



FIT FOR LIFE 2

Ages Seniors 55+

This class is designed for those who have prior experience using a resistance band or free weights. Primary focus is muscle strengthening. Resistance band and free weights are used while focusing on breathing techniques, proper alignment, and core training.

Ongoing **Mon / Wed / Fri** **10:15am – 11:00am**
5626 No class 1/16, 2/13, 2/20 & 5/29

Location: Multipurpose Room - Community Center

FIT AEROBICS

Ages Seniors 55+

This class is designed to get your heart rate up to a moderate level. Fit Aerobics will improve your heart, stretch muscles, and get the body moving.

Ongoing **Tues / Thurs** **10:15am – 11:00am**
5626 No class on City Holidays

Location: Multipurpose Room - Community Center

REGISTRATION FEE FOR:

Fit Aerobics, Fit for Life 2 & Walk Fit

6-class punch card: \$22 res / \$28 non-res

1 month unlimited pass: \$37 res / \$46 non-res

Purchase your card at the Community Center

Or pay the per class drop-in fee:

\$3.75 res / \$4.75 non-res

Punch passes are valid for 3 months after purchase date.

BEGINNING BALANCE

Ages Seniors 55+

This is a 6-week class meets twice a week for 45-minutes of focus on proper balance and strengthening exercises – low impact exercise with huge results. It is for someone with no experience. It will start from the most modified exercises but by week six you will see a dramatic difference. You will work to improve balance, strengthen the hips, gluteus and thighs. We will chart our results from start to finish.

Course #	Mon & Fri	11:15am – 12:00pm
5642	Jan 9 – Feb 27 (no class 1/16, 2/13 & 2/20)	
5643	Mar 6 – Apr 14	
5644	Apr 17 – May 26	

Reg. Fee: \$47 res / \$59 non-res

Class Size: Min 6 / Max. 24

Location: Room 4 - Community Center

WEEKLY CALENDAR OF ONGOING CLASSES

Please check class listings on the pages of the Senior Section to find class locations and other helpful information.

DAY	TIME	CLASS	LOCATION
DAILY	9:00am – 3:00pm	Puzzle Table	SR
	9:00am – 3:00pm	Open Library	SR
MONDAYS	9:00am – 11:30am	Solano Quilters	SR
	9:15am – 10:00am	Fit For Life 1	BCC
	10:15am – 11:00am	Fit For Life 2	BCC
	11:00am – 2:00pm	Pickleball (Open play)	BCC
	12:00pm – 3:00pm	BINGO	SR
	12:00pm – 12:45pm	Zumba Gold/Pilates	BCC
	12:30pm – 4:00pm	Contact Bridge	SR
TUESDAYS	9:00am – 10:00am	Ta'i Chi (Beg.)	BCC
	9:00am – 1:00pm	Duplicate Bridge	SR
	9:00am – 11:45am	Spanish (Beg.)	BCC
	9:15am – 10:00am	Fit For Life 1	BCC
	10:15am – 11:00am	Fit Aerobics	BCC
	11:15am – 12:00pm	Walk To Be Fit	BCC
	11:45am – 1:15pm	Pickleball (Open play)	CG
	12:00pm – 2:00pm	Pickleball (Int. & Adv.)	BCC
	1:00pm – 3:45pm	Spanish (Int.)	BCC
WEDNESDAYS	9:00am – 10:00am	Ta'i Chi (Int.)	BCC
	9:15am – 10:00am	Fit For Life 1	BCC
	9:30am – 11:30am	Chickenfoot Dominos/Café	SR
	10:15am – 11:00am	Fit For Life 2	BCC
	12:30pm – 3:00pm	Pickleball (Open play)	CG
	1:00pm – 3:00pm	Spanish (Adv.)	BCC
	2:00pm – 3:00pm	Pickleball (Beg. Instruction)	CG
THURSDAYS	9:00am – 10:00am	Ta'i Chi (Beg.)	BCC
	9:15am – 10:00am	Fit For Life 1	BCC
	9:30am – 11:30am	Craft Class	SR
	10:15am – 11:00am	Fit Aerobics	BCC
	10:30am – 11:30am	Yoga Stretch 101	BCC
	11:15am – 12:00pm	Walk To Be Fit	BCC
	11:30am – 2:30pm	Watercolor Class	SR
	1:00pm – 2:30pm	Italian Class	SR
FRIDAYS	9:00am – 10:15am	Ta'i Chi (Int.)	BCC
	9:00am – 3:00pm	BINGO	SR
	9:15am – 10:00am	Fit For Life 1	BCC
	10:15am – 11:00am	Fit For Life 2	BCC
	11:00am – 1:00pm	Pickleball (Open play)	BCC
	12:00pm – 12:45pm	Zumba Gold/Pilates	BCC

Location Code: SR = Senior Center BCC = Benicia Community Center CG = City Gym

BENICIA PUBLIC LIBRARY

150 East L Street • www.benicialibrary.org • (707) 746-4343
Monday – Thursday, 10:00am – 9:00pm • Friday – Sunday, 12:00pm – 6:00pm

All events
are FREE
and open to
the public

POETRY @ THE LIBRARY

First Tuesday of each month • 6:30pm

Read your poetry and listen to others with Benicia's sixth Poet Laureate, Johanna Ely. Refreshments will be served. For up-to-date information on other poetry events go to www.BeniciaLibrary.org/Poet

LAWYERS IN THE LIBRARY

First Thursday of each month • 6:00pm

Sign ups begin at 5:30pm in the Art Gallery hallway. This program is on a first come, first served basis. Up to 14 people can be seen in an evening. Volunteer attorneys are available for up to a 20-minute consultation.

ADULT COLORING

Every Monday (when open) from 12:00pm – 1:00pm

Coloring pages from books designed especially for adults as well as color pencils and crayons will be provided. Grownups only.

TRIVIA EVENT

March (TBA)

On a Saturday in March 2017. A fun event trivia for all ages. For more information call 707-746-4354.

MARCH IS NATIONAL QUILTING MONTH

Enjoy quilts by the Carquinez Strait Stitchers for the entire month of March.



AARP FOUNDATION TAX-AIDE TAX PREPARATION

Fridays, February 3 – April 14 • 12:00 – 4:00pm

Through a cadre of trained volunteers, the AARP Foundation Tax-Aide, an AARP Foundation program, helps low to moderate- income taxpayers have more discretionary income for everyday essentials. Free to taxpayers with low to moderate income, with special attention to 60 and older, the service is offered in cooperation with the IRS. Call the Library to make an appointment: (707)746-4343.

HOUSE BLEND

Friday, March 31 • 7:00pm

Enjoy this award-winning a cappella male quartet performing its own pop, jazz, seasonal, folk, country, gospel and other assorted musical genres with an abundance of rhythm and humor.

ADULT BOOK CLUBS

Each month we discuss a book and pass out a new one. Come share your thoughts! To find out what the Book Clubs are reading or to pick up a copy, check at the Customer Service Desk or on the Library's website: www.benicialibrary.org

For more information, contact Helaine Bowles at 746-4358.

Biography Book Club

First Monday each month • 7:00 pm

Bestseller Book Club

First Tuesday each month • 7:00 pm

Kids' Books for Adults Book Club

Third Tuesday each month • 7:00 pm

Noon Book Club

First Wednesday each month • 12:00 pm

Evening Book Club

Third Wednesday each month • 7:00 pm

Mystery Book Club

Fourth Thursday each month • 7:00 pm

BOARD GAME EVENINGS

For all ages

First Friday of every month* - 6:00 - 8:30pm

**Note: February will be the second Friday, 2/10*

Come play! We'll provide the games and snacks!

VOLUNTEER OPPORTUNITIES

The Library needs volunteers who are willing to work two hours per week on a regular basis. This is a wonderful way to give back to your community. For more information, contact Amber Kelly, Volunteer Coordinator, at 746-4354.

EVENTS FOR CHILDREN AT THE LIBRARY

Events & programs are open to everyone of the intended age. All are free of charge and do not require registration (except by groups). Most events are sponsored by the Friends of the Library.

SNOW DAY!

For kids from 6 to 13

Wednesday, January 25 • 4:00 – 5:00pm

It's not real snow, but it's really fun! Come play with us.

FAMILY YOGA

For kids ages 4 and up and their caregivers

Thursday, February 16 • 3:30pm

Join us for fun yoga poses, stretches and movement activities!.

SING A STORY WITH SAN FRANCISCO OPERA!

For kids ages 5 and up

Saturday, March 25 • 2:30pm

This interactive program presented by a member of the San Francisco Opera Guild will feature scenes from *Hansel and Gretel*. Come prepared to sing!

ESCAPE ROOM

For grades 5 and up

Wednesday, April 12 • 6:00 – 7:30pm

Drop in and see whether you can figure out our clues and get out of the Room.

ART AND WORDS

For grades 3 – 5

Wednesdays: April 19, April 23 & May 3 • 4:00 – 6:00pm

Collaborate with teen volunteers and explore the creative world of art and writing with hands-on projects. Presented in partnership with Arts Benicia and Benicia's Poet Laureate.

April 19: Hand Maps

April 26: Story Stones and Haiku Poetry

May 3: Postcard Colage

FREE COMIC BOOK DAY

For ages 5 – 13

Saturday, May 6 • Time TBA

We'll be celebrating Free Comic Book Day with activities and, of course, free comic books!

FAMILY READING NIGHT

For grades K – 5

Wednesday, May 24 • 6:00 – 8:00pm

Join us for a free dinner, games and activities, and more family reading fun!

AFTER-SCHOOL ZONE: A Place for Homework

For kids from 8 to 19

Mondays – Thursdays • 3:15 – 5:00pm

Looking for somewhere to go after school? Try the After-School Zone at the Library! Drop in to study, eat, talk with friends, and play games. It's free. We're open every day that the Benicia public schools are open, except 1/25, 4/19, 4/26, 5/3 and 5/24. On the first and third Thursdays of each month, we'll have Lego and board games in the After-School Zone, instead of video games.

WEEKLY STORYTIMES

Baby Storytime

For a caregiver and a baby from 6 to 18 months

Every Wednesday • 1:00pm

Toddler Storytime

For families with kids from 2 to 3

Every Wednesday • 10:30am

Preschool Storytime

For families with kids from 4 to 5

Every Tuesday • 10:30am

Saturday Storytime

For families with kids of all ages

Every Saturday • 10:30am

Hear great books and have a good time at the Library with your child. Each week a children's librarian shares stories, songs, fingerplays, and more! These storytimes are FREE and held every single week at the Library – just drop in and join the fun.

DIAL-A-STORY – 746-4339

For kids from 3 ½ to 10

Make a free local call and listen to a short story recorded by our children's librarian. There's a new story every week.

CHILDREN'S BOOK CLUBS



Pick up a copy of the next meeting's book at the Information Desk. Read the book ahead of time on your own, then come to the Book Club to talk about the book and eat snacks.

MIDDLE SCHOOL BOOK CLUB

For kids in 6th, 7th and 8th grades

Tuesdays • 6:00 – 7:00pm

Visit our website to find out which books we'll be discussing each month!

January 17, February 21, March 21, April 18, May 16

KIDS' BOOK CLUB

For kids in 4th and 5th grades

Tuesdays • 3:30 – 4:30pm

- Jan 10: *The Westing Game* by Ellen Raskin
Feb 7: *Crossing Bok Chitto* by Tim Tingle
Mar 7: *Regarding the Fountain* by Kate Klise
Apr 4: *Locomotion* by Jacqueline Woodson
May 2: *Mr. Popper's Penguins*
by Richard and Florence Atwater

JUNIOR KIDS' BOOK CLUB

For kids in 2nd and 3rd grades

Tuesdays • 3:30 – 4:30pm

- Jan 24: *Clementine* by Sara Pennypacker
Feb 28: *John Henry* by Julius Lester
Mar 28: *Mirror* by Jeannie Baker
Apr 25: *Shredderman: Secret Identity*
by Wendelin Van Draanen
May 23: *The True Story of the Three Little Pigs*
by Jon Scieszka

ADULT LITERACY & ESL

(707) 746-4341

All services offered at the Library

ADULT LITERACY TUTORING

Free one-on-one tutoring to anyone who:

- lives or works in Benicia
- is over 16 and out of school
- wants to improve their basic reading and writing skills

Meet with your tutor for 2 hours each week, at the library, at a time that is convenient for you. All tutoring is done by trained volunteers.

GED CLASSES

For dates and times call the Adult Literacy program.

Free GED preparation class for anyone who:

- lives in Solano County
- is 18 or older
- wants to prepare to take the GED test to achieve high school equivalency.

Meet with a credentialed GED instructor at the Library. Provided by a partnership with the Benicia Unified School District Adult Education Program and the Benicia Public Library and funded by a Solano Adult Education Block Grant.

LEARNER COMPUTER LAB

Monday & Thursday mornings • 10:00am – 12:00pm

Using the Mango, Rosetta Stone and USA Learns programs you can improve your English speaking, reading and writing skills. Also learn to type or surf the Internet. Look for employment online and prepare your resume! Use online programs to help prepare for the GED, HISET, or TASC, and occupational tests or job skills. Hands-on support and volunteer tutors are available to help you. Free! Held at the Library.

ESL (English as a Second Language) CONVERSATION GROUP

Tuesday & Wednesday mornings • 10:00 – 11:30am

Adults are invited to join our free ESL Conversation Groups to build, strengthen and practice English language skills. Improve your conversational English and make new friends! Also work on writing skills every other week. Held at the library.

ESL CLASSES

MULTI-LEVEL

Tuesday & Thursday afternoons • 1:00pm- 2:30pm

Build your skills in reading, writing and speaking English as a Second Language. Study grammar and vocabulary for the use of English in everyday living. Study pronunciation, everyday English and workplace skills with Burlington English. Class, workbook and dictionary are free. Held at the library.

FUN FOR TEENS AT THE LIBRARY

All events & programs are FREE. Funded by the Friends of the Library.



SPECIAL EVENTS

BHS IMPROV SHOW

Friday, January 13 • 6:00pm

Join in the fun and watch this hilarious gang of slapstick superheroes perform at the Library for FREE! Bring all your friends! This event is open to all ages.

MUSIC AS POETRY

Check website for date and time

Bring the lyrics to your favorite songs! Read Hamilton out loud. Play some trivia.

T-SHIRT DESIGN CONTEST

DEADLINE: Sunday, Feb. 26 @ 5:00pm

Want to win \$100? Come up with the best design for this year's teen volunteer t-shirt. **You do not have to be a teen volunteer to enter this contest.** Entry forms and complete details are available at the Library. The winner will be announced at the beginning of March.

APRIL FOOL'S: an Un-Prom Event

Saturday, April 1 @ 6:00pm

Stay tuned for more details!

THE HUNTING GROUND:

Documentary and Discussion

Check website for date and time • For teens and adults

This is a must-see film for every student heading off to college this fall. This documentary addresses rape on American college campuses and how students are fighting back. Join us for a FREE screening of the film followed by a discussion. *This film has been rated PG-13.*

FREE COMIC BOOK DAY

Saturday, May 6 • Check website for time

Celebrate Free Comic Book Day by coming down to the Library to pick out your favorite comics for FREE. Stick around for some reconstructive comic crafting. We'll take old, worn-out comics and turn them into something new! Check out www.pinterest.com/TeenZoneBenicia/ for ideas.

MONTHLY EVENTS

TEEN ADVISORY BOARD

Mondays • 6:00 – 7:00pm

January 30, February 27, March 27, April 24 & May 22

Join us once a month for a free dinner to help plan our teen events. Please call (707) 746-4345 to let us know if you are coming. New teens & ideas are always welcome!

TEEN BOOK CLUB

For teens 13–19 years old

Visit our website to find out which books we'll be discussing each month!

Mondays • 6:00 – 7:00pm

January 9, February 6, March 13, April 17, May 8

MIDDLE SCHOOL BOOK CLUB

For students in 6th–8th grades

Visit our website to find out which books we'll be discussing each month!

Tuesdays • 6:00 – 7:00pm

January 17, February 21, March 21, April 18, May 16

TEEN VOLUNTEER OPPORTUNITIES

Applications for summer: Available on May 1 • due by June 1
Summer volunteering begins the week of June 19.

Applications for 2017-18: Available on June 1 • due by Aug 1

For more information on events for teens check us out online:

www.BeniciaLibrary.org/Teens

www.Facebook.com/TeenZoneBenicia

Contact a Teen Librarian:
teenzone@ci.benicia.ca.us

Looking for a place to host a BBQ, wedding reception, company event or birthday party?
 Need a facility for basketball practice or a volleyball game?
 We have a variety of affordable indoor and outdoor facilities available to rent.

RESERVATIONS

Reservations are completed in person through the Parks & Community Services Department at the Benicia Community Center, 370 East L Street. Rental applicants must be 21 years of age and show a valid driver's license.

Reservations may be submitted 1 year in advanced for the Clock Tower and picnic areas and 3 months prior for the Community Center, Senior Center and City Gym. Benicia non-profit groups may submit applications 13 months in advanced for the Clock Tower. Reservations are accepted on a first come, first serve basis. Interested clients are encouraged to contact the office for more information and to check available rental dates.

NOTE: *You can view availability of picnic areas and Clock Tower on our online registration page.*

OUTDOOR FACILITIES

Community Park, Jack London Park, City Park & Gazebo, Civic Center Park, and the Marina Green Lawn & Marina Pavilion

INDOOR FACILITIES

Clock Tower, Community Center, Senior Center and City Gym

FOR MORE INFORMATION, CALL THE PARKS & COMMUNITY SERVICES DEPARTMENT OFFICE AT 746-4285

OUTDOOR FACILITY RENTALS

Community Park	540 Rose Drive
Fees Per Use:	\$40 per section / res \$118 per section / non-res

The group picnic area is located in the eastern part of the park near the children's play structures. There are eight sections available to rent. Seating capacity for each section is 46, with a combination of adults and children, and includes one section of the double barbecue, one service table and seven picnic tables.

NOTE: *Only two jumpers are permitted per day and they must be approved in advance by Parks & Community Services. They must be placed on the grass between the bocce courts & playground. See "Additional Picnic Area Rules & Regulations" for more info.*



Civic Center Park	151 East "K" Street
Fees Per Use:	\$40 per section / res \$118 per section / non-res

Group size is limited to 50 and the reserved space is located on the northern side of the park, outside the fencing. Reservations do not include the bocce ball courts or surrounding tables and are considered first come, first serve.



Jack London Park:	596 Rose Drive
Group size is limited to 60 and the reserved space is located on the eastern side of the park near the public parking lot.	
NOTE: <i>Only one jumper is permitted per day and it must be approved in advance by Parks & Community Services.</i>	
Fees Per Use:	\$40 per section / res \$118 per section / non-res





CITY GYM 180 East L Street

This facility is available to rent for sporting activities only during non-business hours to sports related groups and individuals. Available days and hours vary seasonally and may not be available during certain times of the year. There is one three-fourth regulation size basketball court and two full size volleyball courts available. Max. capacity is 400. (2 hour minimum.)

- Fees per hour:** \$40/hr resident • \$55/hr non-res
\$19/hr Local Non-Profit
- Deposit:** \$200 - *Additional insurance required*



SENIOR CENTER 1201 East 2nd Street

A great place for a birthday party, small bridal shower or family gathering! (2 hour minimum)

Rental Hours:	Everyday, 8:00am – 10:00pm	
	Mon - Thurs	Fri / Sat /Sun
Resident	\$32/hour	\$49/hour
Non-Resident	\$65/hour	\$87/hour
Local Non-Profit Daily:	\$19/hour	
Clean-up/ Damage Deposit:	\$200 - <i>Additional insurance req.</i>	

City Park & Gazebo First Street at Military West

CITY PARK

Five picnic tables and two barbecues are available at the southern end of City Park adjacent to West K Street. Designated tables are situated in the area of crushed granite and signage is posted indicating that the tables are in a reservable area. Only this specified section of the park can be reserved and is recommended for groups of 40 or less.

NOTE: *Only one jumper is permitted per day and it must be approved in advance by Parks & Community Services.*

- Fees Per Use:** \$40 per section / res
\$118 per section / non-res



CITY PARK GAZEBO

Rental of this facility is limited to the Gazebo and the concrete section adjacent to it. This area is recommended for groups of 75 or less.

- Fees Per 6-hr. period:** \$241 res / \$313 non-res
Deposit: \$250 - *Additional insurance req.*



CLOCK TOWER 1189 Washington Street

The Clock Tower is the largest facility with a maximum capacity of 750 people (536 seating capacity). The Clock Tower serves as a multiple use facility for dances, private parties, receptions, and community functions. A facility attendant is scheduled for the duration of the rental and additional security may be required by.

Hours/Fees:	Mon - Thurs	Fri / Sat / Sun
	8:00am – 11:00pm	8:00am – 1:00am
	\$49/hr resident	\$82/hr resident
	\$102/hr non-res	\$118/hr non-res
	Local Non-Profit: \$19/hr daily	
Clean-up/ Damage Deposit:	\$1,000 -private rentals /\$200 -local non-profit <i>Additional insurance is required.</i>	



BENICIA COMMUNITY CENTER 370 East L St.

Formerly the “Mills Elementary School” the Community Center is now home to the Parks & Community Services Department offices & is used for a variety of activities and classes daily. The facility has meeting rooms, classrooms, and a large multi-purpose room that may be reserved for meetings, seminars and private parties. The smaller rooms have seating capacity of 20 people and the multipurpose room can seat up to 120 people.

Rental Hours:	Mon - Fri , 7:00am – 9:00pm	
	Saturday, 10:00am – 6:00pm	
	Sunday, 11:00am – 5:00pm	
Hourly Fees:	Mon - Fri	Sat - Sun
Resident	\$32	\$49
Non-Resident	\$71	\$87
Local Non-Profit	\$19	\$19

Prices subject to change

Clean-up/ Damage Deposit:	Private Groups \$500
	Local non-profit \$200

*NOTE: Facility does not permit alcohol at rentals.
Insurance is required. Fees depend on type of event.*



Marina Green Lawn Area & Marina Pavilion

The Marina Green Lawn & the Marina Pavilion are ideal locations for weddings. The reserved space is located at the Marina, adjacent to the Benicia Yacht Club and homes. An additional Park Attendant and special event permit may be required if event requires electrical access or use of amplified sound. Please inquire when reserving either area.

Rental Hours:	6 hour max.
Fees Per Use:	\$241 res / \$392 non-res (each)
Deposit:	\$250 - <i>Additional insurance required</i>



FACILITIES

(N) Designates Neighborhood Park

	Name of Facility	Location	<i>Picnic Area</i>	<i>Playground</i>	<i>Restroom</i>	<i>Turf Areas</i>	<i>Ball Field</i>	<i>Basketball</i>	<i>Scenic View</i>	<i>Fishing</i>	<i>Reserve Facility</i>	<i>Tennis Courts</i>	<i>Bar-B-Que</i>	<i>Bocce Ball</i>	<i>X-Park</i>
1	Alvarez 9th St. Park/Boat Launch	Foot of West 9th Street	X	X	X	X			X	X			X		
2	Benicia Community Center	370 East L Street	X		X	X		X			X				
3	Benicia Comm Park/Phoenix Dog Park	Dempsey Drive	X	X	X	X	X				X		X		X
4	Benicia High School	1101 Military West				X	X	X				X			
5	Benicia Marina Green/Pavillion	Benicia Marina			X	X					X				
6	Benicia Middle School	1100 Southampton Road			X	X	X	X	X			X			
7	Benicia Point Pier	End of First Street			X				X	X					
8	Bridgeview Park (N)	Shirley Drive	X	X		X		X	X						
9	Channing Circle Park (N)	800 Channing Circle		X		X			X						
10	City Cemetary	100 Riverhill Drive							X						
11	City Gym	190 East L Street			X			X			X				
12	City Park	First Street at Military West	X	X	X	X					X		X		
13	Civic Center Park	Across from 150 East K Street	X		X						X	X	X	X	
14	Clock Tower	1189 Washington Street			X				X		X				
15	D Street Square	D Street			X				X		X				
16	Duncan Graham Park (N)	Hillcrest Avenue at Vista Grande		X		X		X							
17	Ethelree Saraiva Park (N)	East 6th Street at East L Street	X	X		X		X							
18	First Street Green	First & B Streets				X			X						
19	Fitzgerald Field	2nd Street at East H Street			X		X				X				
20	Francesca Terrace Park	Foot of Hillcrest Avenue	X	X	X	X		X					X		
21	Frank Skillman Park (N)	Rose Drive at Gallager	X	X		X		X	X				X		
22	Gateway Park (N)	Barton Way		X		X									
23	Jack London Park	Rose Drive at Hastings	X	X	X	X	X	X			X		X		
24	James Lemos Swim Center	181 East J Street			X	X					X				
25	Joe Henderson Elementary	650 Hastings Drive		X		X	X	X							
26	Lake Herman	Lake Herman Road	X	X	X	X			X	X			X		
27	Liberty High School	350 East K Street		X		X	X	X							
28	Little League Fields	East 3rd at East H Street			X		X				X				
29	Matthew Turner Park	Foot of West 12th Street	X			X			X	X					
30	Mary Farnar Elementary	901 Military West		X		X	X	X							
31	Overlook Park (N)	Seaview Drive	X	X		X			X				X		
32	Park Solano (N)	Hastings & Solano Drives	X	X		X							X		
33	Robert Semple Elementary	2015 East 3rd Street		X		X	X	X							
34	Senior Center	1201 East 2nd Street			X						X				
35	Southampton Park (N)	Chelsea Hills at Panorama	X	X		X		X					X		
36	Turnbull Park	Benicia Marina	X		X	X			X						
37	Waters End (N)	500 McCallister	X	X	X	X		X							
38	Willow Glen Park	West K Street at West 7th Street		X	X	X									
39	Youth Center	150 East K Street			X						X				

VISIT A CITY PARK TODAY!

MATTHEW TURNER PARK Foot of West 12th Street



CHANNING CIRCLE PARK 800 Channing Circle



ETHELREE SARAIVA PARK East 6th Street at East L Street



GATEWAY PARK Barton Way



OVERLOOK PARK Seaview Drive



WILLOW GLEN PARK West K Street at West 7th Street



All photos courtesy of Meilene Photography.

Pruning Your Trees

CITY OF BENICIA
CALIFORNIA

City of Benicia
Tree Regulations




RIGHT:
Branches alternate-not attached to trunk at same level. A single strong leader-the tree remains both strong and beautiful.

WRONG:




Unsafe sprouts come up quickly from topped stubs. Soon the topped tree will be taller and more dangerous than to begin with.

If you are planning on pruning or removing a tree you may need a permit. Please call the Parks and Community Services Department at 746-4285. For more information on the City's tree program and rules, you can visit the Parks and Community Services web page at the City web site at www.ci.benicia.ca.us

Anyone can nominate a tree for Heritage designation!

A prospective Heritage Tree must meet 1 of 7 criteria, including historical significance, diameter and aesthetic value. Find out more online or call 707.746.4285



City of Benicia
Heritage Tree Program



Heritage Tree applications and pruning & removal permits can be downloaded at www.ci.benicia.ca.us, Parks & Community Services

City of Benicia

Tree Removal

The following trees are **PROTECTED** by the City

- City property trees over 8" in diameter
- Street trees over 8" in diameter
- Heritage trees
- Designated protected trees (trees on property for new construction)
- All other trees over 12" in diameter; fruit trees 18" in diameter
- California native trees with a trunk diameter of 8" (25" circumference)




Download removal or pruning permits at www.ci.benicia.ca.us
Parks & Community Services,
or call 707.746.4285

Tree Selection

The right tree in the right place




Trees are one of the most important landscape investment decisions.

Please consider

- Function, aesthetics, shade, windbreak & privacy
- Form and size, & space constraints
- Site consideration & soil conditions
- Exposure to sun and wind
- Pest problems

www.ci.benicia.ca.us • www.beniciatrees.org



Benicia's Preferred Choice

Serving Solano County since 2001

YOUR LOCAL TREE EXPERTS 24-HOUR EMERGENCY SERVICE

FULLY INTEGRATED PLANT HEALTH CARE

- Pruning • Drought Stress • Disease • Pest Control • Fertilization • Preservation

TREE RISK ASSESSMENT QUALIFIED

- Hazardous Tree Specialist • Consulting Arborist Available

TREE REMOVAL

- Stump Grinding • On-Site Portable Wood Milling

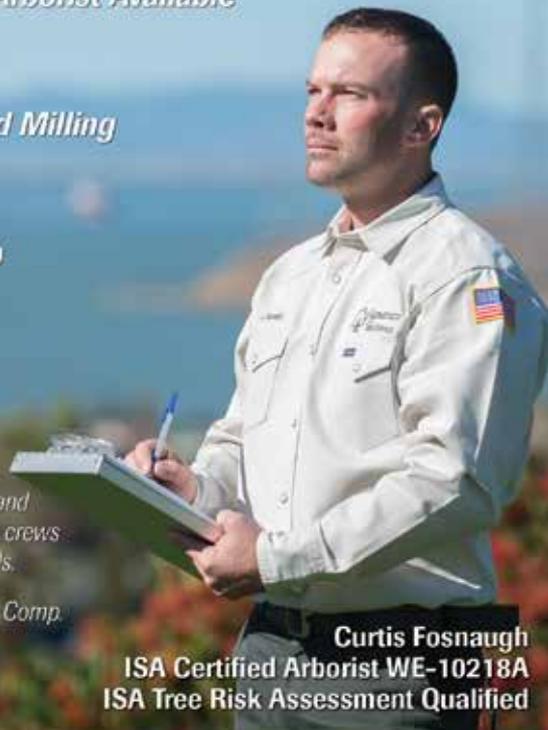
FULL SERVICE

- Handle All Permits • Thorough Clean-Up
- We recycle 100% of our materials



We are proud of our certifications and in-depth employee training. All our crews are career tree service professionals.

*All workers covered by Workman's Comp.
Certified Payroll
Licensed, Bonded & Insured
CA Contractor Lic. #965618*



Curtis Fosnaugh
ISA Certified Arborist WE-10218A
ISA Tree Risk Assessment Qualified



Schedule a consultation today!
707.759.0176 **SignatureTreeService.com**

ADVERTISING

Advertise IN THE ACTIVITY GUIDE

AD SIZE	PRICE PER ISSUE	
Full Page	B/W – \$390	Color – \$507
1/2 Page	B/W – \$200	Color – \$260
1/4 Page	B/W – \$104	Color – \$136
1/8 Page	B/W – \$55	Color – \$72

FULL COLOR INSIDE COVER

1/2 page \$299; Full page \$598

- Front of back inside cover location decided by PCS staff per issue
- Buy 3 savings does NOT apply
- Only two spaces available per issue; first come, first serv basis

EDITIONS

SPRING

Artwork & Payment Due First week of Oct.
 Mailed to Residents..... First week of Dec.
 Effective Dates of Guide..... Jan. 1 – April 30

SUMMER

Artwork & Payment Due First week of Feb.
 Mailed to Residents..... First week of April
 Effective Dates of Guide..... May 1 – Aug. 30

FALL/WINTER

Artwork & Payment Due First week of June
 Mailed to Residents..... First week of Aug.
 Effective Dates of Guide..... Sept 1 – Dec. 31

Contact Parks & Community Services
 to reserve your advertising space:
 (707) 746-4285



JUNIOR FIREFIGHTER PROGRAM for kids ages 15-18

The program is part of the Boy Scouts of America, Explorer Program. The Explorers are given the opportunity to become part of the department and work with the on-duty crews in daily activities.

Application is available on the Fire Department page of the City Web site or picked up at Station #11 on Military.



The Benicia Police Department's EXPLORER PROGRAM

The BPD's Explorer Program is a non-paid, law enforcement organization whose main purpose is to give young adults ages 14-20 a chance to begin training themselves for a career in the field of Law Enforcement.

It also provides the opportunity to volunteer and serve the community, while enhancing character.

For further information on the Benicia Police Explorer Program, contact Sergeant James Laughter, Explorer Advisor, at (707) 746-4333 ext.106. Application is available on the Police Department page of the City Web site.



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STRETCH & BALANCE



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GET FIT NOW!**
50% off your first private session

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Benicia Stingrays

**Join the
Spring Swim Program**

The Benicia Stingrays Swim Team invites you to join our spring & summer swim programs.

Improve your technique, turns, dives and conditioning in all four competitive strokes.

Ages: 5 – 18 years old

For more information visit www.bsrsim.org
or email membership@bsrsim.org

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All ages welcome

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1043 Grant St., Benicia CA 94510



**VALLEJO AQUATIC CLUB
SWIM TEAM**
Celebrating 60 Years
1956 - 2016

- Have you taken swimming lessons and want to continue to improve throughout the year?
- Would you enjoy a family environment of a sport activity?
- Inspired by watching U.S. Olympic swimmers compete in the Olympic Trials and Olympics?
- Are you over the age of 5?

The **Vallejo Aquatic Club**, established in 1956, has provided a competitive swimming for boys & girls of all ages and abilities in the Vallejo community for 60 years. Daily practice is held year round at John F. Cunningham Aquatic Complex, an Olympic sized (50 meter) venue - we recommend at least 3 practices a week minimum. Our coaches work with swimmers from **novice, elite, and masters**. We also offer weekend swim meets and team social activities throughout the year.

Tryouts: 5:00 PM * Call to schedule.

For more information on how to become a Member of the Vallejo Aquatic Club, please Call: **707-553-SWIM (7946)**
Email: **president@vallejoaquatics.org**
Web: **www.vallejoaquatics.org**

Event venues for you at the
BENICIA HISTORICAL MUSEUM
at the Camel Barns

Stone Hall & Spenger Garden



Host your next event at a California historic landmark!

Our venues are perfect for weddings, receptions, birthday parties, corporate events, concerts, celebrations, reunions, and more!

Chairs and tables are available to rent. Caterer's kitchen, wooden dance floor, ample parking, heat and air conditioning.



Please call or email to set-up your rental walk through today!

Benicia Historical Museum ♦ 2060 Camel Road, Benicia, CA 94510
♦ 707-745-5435 ♦ www.beniciahistoricalmuseum.org

BALLOONS

Stress-Free Birthday Party Packages!

HOORAY BALLOONS

Balloon twisting, face painting, magic & balloon workshops for birthday parties. Local entertainer.

www.hoorayballoons.com



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reneeMarie@jordanrealestate.com



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facebook.com/
BeniciaEmergencyResponseTeam

BENICIA EMERGENCY RESPONSE TEAM

When Disaster Strikes, Will You Be Able to Help Yourself and Your Family?

The Benicia Fire Department is coordinating FREE emergency response training for Benicia residents. Learn how to prepare home emergency and first-aid kits, how to quake-proof your home and how and when to safely turn off your utilities. Learn proper search and rescue techniques, emergency first aid and how to use a fire extinguisher. Hundreds of your friends and neighbors have already been trained to help emergency services personnel when the next disaster strikes.

Reserve your space for 2017.

The training is FREE and the expertise you will gain is priceless.

Space is limited.

To be advised of future class dates or to register, go to **www.beniciabert.com**.

Call (707) 746-4275 for more info.





**RIDE
ALONG**

Rides to school & extracurricular activities for Benicia students.
707-771-4940
www.RideAlongBenicia.com
Licensed and Insured



HAVE AN IDEA FOR A GREAT CLASS?
HAVE AN AWESOME INSTRUCTOR TO REFER?

We're always looking to expand our classes and programs.
Contact 746-4285 for class and instructor requirements.

ATHLETICS



GALORE

Complete Team Outfitting

baseball • basketball • softball • soccer • volleyball • football

Letter Jackets • Custom Embroidery • Screen Printing

500 Stone Road, Benicia, CA 94510
707-746-7356
www.athleticsgalore.com



Fisher-Hanlon House

TOUR THE HOUSE AND GROUNDS.
This Gold Rush Era home has trained docent-led tours:
First Sunday of every month at 1:00pm, 2:00pm and 3:00pm
Every other Sunday, tours are 12:00pm – 4:00pm
ADDITIONAL TIMES: Thursdays at 12:30, 1:30 and 2:30pm
and the third Saturday at 12:00, 1:00, 2:00 and 3:00pm
Tour the Victorian Garden during daylight hours 7 days a week.
Many of the plants are 130 years old & were planted by the family.

New docents are always welcomed for training.
Come and join in the fun.
Applications are available in the Capitol office.

California State Capitol

OPEN:
Thursdays from 12:00pm – 4:00pm
Friday–Sunday from 10:00am – 5:00pm
Depending on docent availability, tours are either self-guided or docent-led.



For further information call (707) 745-3385



For more information about Benicia Scouting visit us on the web at: BeniciaScouts.org

Cub Scouts Boy Scouts Girl Scouts Venture Crew Sea Scouts

Join the adventure and see where it takes you!

Benicia Family Resource Center



150 E. K Street
707-746-4352



Provides free or low-cost services to Benicia residents with children 18 or younger in the home, including:

- Information about and linkages to local resources
- Limited Emergency Financial Assistance for Basic Needs
- Parent Education Classes
- Office or Home visits available
- Community building activities to partner with local groups to collaborate support for Benicia Families



Keeping Children Safe and Families Strong



Spring Performance

March 25, 2017

Vacaville Performing Arts Theatre

Auditions January 21, 2017

Evening with Benicia Ballet

4th Annual Spring Gala

April 29, 2017

**Auditions are open
to all ages and dance
experience**



City Park Clean Up Day

On November 5, the Building Maintenance Division & Benicia Youth Commission hosted a community clean-up day to seal & restore the Playground of Dreams. Parks & Community Services staff worked alongside approximately 50 volunteers that represented the Benicia Youth Commission, the Benicia Lutheran Church, & various clubs from the high school and members of the community came out to assist with the clean-up & restoration for the winter season. Thanks to everyone who worked together to help make this project a success!



FOUR EASY WAYS TO REGISTER FOR CLASSES

1. IN PERSON

Visit the Benicia Community Center, 370 East L Street.
Office hours are Mon–Fri from 8:30am–5:00pm.
Payments in person can be made using cash, check, VISA or MasterCard.

2. DROP OFF

Drop off completed registration forms any time using the secure drop box at the Community Center. The drop box is located at the corner of East 4th Street & East L Street by the deck area above the parking lot, next to the yellow poles. Check or cash only.

3. MAIL IN

Mail your completed forms with check or cash to:
Benicia Parks and Community Services
250 East L Street, Benicia, CA 94510

4. ON-LINE

Go to <http://online.activenetwork.com/benicia>. On-line registration requires a PIN #. Please call our office before your first on-line registration. (707) 746-4285

Cancellation Policy

Full credits are given to cancellations received seventy-two (72) hours prior to the first class, unless otherwise noted in the program description. Failure to attend a program or “no show” will not be granted a credit. Trip refunds will only be considered with prior notice of fifteen (15) business days before trip departure. Some exceptions apply and are at the discretion of the program supervisor. If you are not satisfied with any of the programs please contact the program supervisor.

Satisfaction Guarantee Policy

We guarantee that all program descriptions accurately explain what is offered. Please review the desired class details to ensure the program fits your needs. Times, dates and location of classes are subject to change. If you are not satisfied with a recreation class, program or service, or for more information on requesting a refund, please contact us at (707) 746-4285. This guarantee does not apply to youth and adult sports leagues, trips, facility rentals, recreation swim and single day events or activities.

Registration General Information

Classes may be cancelled due to lack of enrollment. Pre-registration helps to avoid unnecessary class cancellations. Benicia Residents pay a discounted fee. Residents must reside within the city limits of Benicia or show proof of employment in Benicia. To show verification of residency, please bring a picture ID and a City of Benicia utility bill or tax receipt.

Registration for Benicia Residents Begins Dec 5, 2016 / Non-Residents, Dec 12

PARTICIPANT'S NAME	D.O.B.	CLASS TITLE	COURSE #	FEE
CREDIT –				
TOTAL				

NAME _____

ADDRESS _____ Street _____ City _____ ZIP _____

HOME PHONE _____ WORK PHONE _____

E-MAIL _____

- Check if new mailing address
- Check if you or your child has a special need or disability
- Enclosed is a check **payable to City of Benicia**
- Check # _____

Questions? Call (707) 746-4285
 Signature required on backside

Waiver and Release from Liability/Assumption of Risk, Medical Treatment Consent and Consent to Photograph Form

I, the undersigned, wish to participate in, or if signing on behalf of my minor child/children, wish my child to participate in, one or more activities (hereinafter collectively referred to as "the Activity") conducted in collaboration with the City of Benicia's Parks and Community Services Department. I am aware that serious accidents and injuries occasionally occur during recreational pursuits such as the Activity. In consideration of participation in the Activity, I knowingly and voluntarily assume all risks arising therefrom, and on behalf of myself, my heirs and assignees, release the City of Benicia, its elected officials, officers, agents, employees and volunteers from any and all claims, liens, damages, lawsuits, or liability for property damage, injury or death, resulting from, and arising out of, or in any way connected with my or my minor child/children's participation in the Activity.

I agree and acknowledge that this Waiver and Release From Liability/Assumption of Risk shall apply even in the event that I or my minor child suffer death, personal injury, or property damage as a result of passive or active negligence on the part of the City of Benicia, its elected officials, officers, agents, employees, or volunteers of the City (with the exception of sole, active negligence or willful misconduct). In the event that the individual participating in the Activity is a minor, I certify that I am his/her parent or legal guardian, and I give my permission for him/her to participate in the Activity. I understand my signature is a legal and binding signature and will be considered original if received by fax or electronic means.

Medical Treatment Consent

In the event I or said minor requires medical treatment while under the supervision of City staff or agents, I authorize the City of Benicia or its authorized representatives to provide and/or authorize medical treatment. I expect City staff to contact me immediately in the event of emergency medical treatment for said minor, but this contact is not necessary to administer emergency aid. I will pay for all medical treatment which I or said minor may require.

Use of Participant Photographs/Video

In addition to the foregoing, I give consent to the City of Benicia Parks and Community Services Department or any other media agency authorized by the City of Benicia, to photograph or video me (or minor on whose behalf I am signing this waiver), and use such photographs/video footage in brochures, newspapers or other forms of media describing City of Benicia activities. I agree to advise the City of Benicia Parks and Community Services Department in writing if I do not agree to the foregoing.

Waiver of Liability: I, the undersigned, in consideration of my participation or my minor child/children's participation in the program(s) listed above, state that I have read the "Waiver and Release From Liability/ Assumption of Risk, Medical Treatment Consent and Consent to Photograph" document on the previous page and agree to the terms and conditions listed in the document.

SIGNATURE

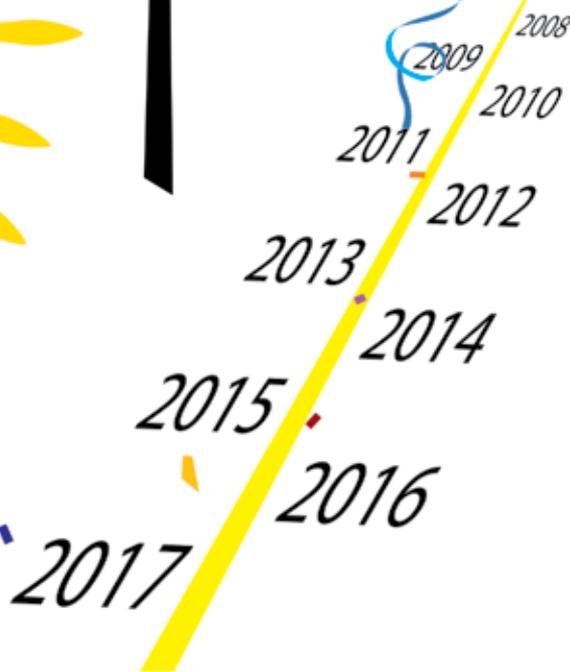
DATE

1th



B. Leane

Anniversary



Benicia Education Foundation

Run For Education

SUNDAY. APRIL. 23. 2017



10K CHIP TIMED RUN
5K CHIP TIMED RUN OR WALK
1-MILE FUN RUN for kids 12 and under
"SHOP & STROLL" for non-runners

**USTAF
CERTIFIED
COURSES**

Registration opens in January with early bird discounts.
Information, registration, and volunteer opportunities at:

www.BeniciaRunForEducation.org

Join experienced runners, novice athletes, students and families in supporting Benicia's public schools!





City of Benicia
250 East L Street
Benicia, CA 94510

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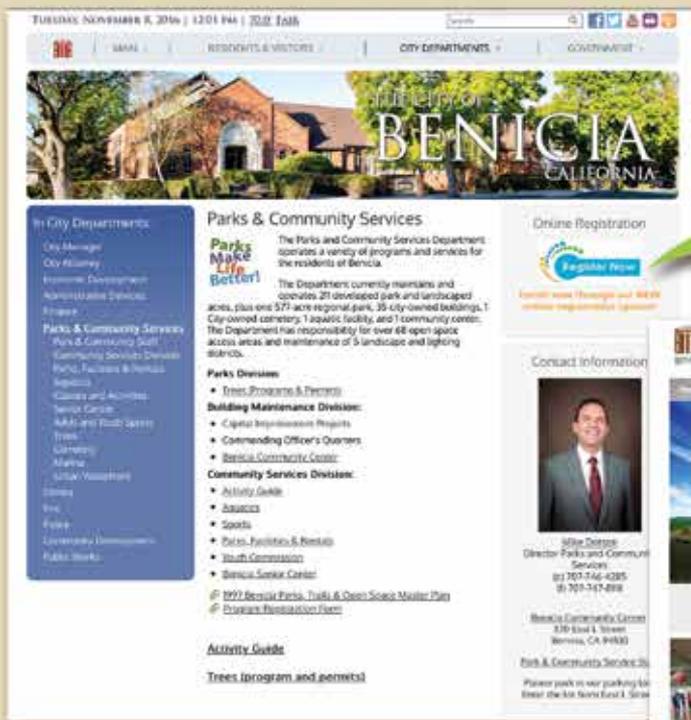
Benicia Parks & Community Services Community Center, 370 East L St., (707) 746-4285

Register for Programs & Classes Online at www.ci.benicia.ca.us/pcs
Registration for residents begins December 5. December 12 for non-res.

NEW Online Registration System!

www.ci.benicia.ca.us/pcs

- Mobile-friendly registration
- Easily search for class details
- Create a Wish List for future classes
- Keep track of your family's activity schedule.
- View facility availability



Visit the Community Center to create your online customer account.