

A sunset scene with palm trees and a couple on a pier. The sun is low on the horizon, casting a warm orange glow over the water. The silhouettes of palm trees are visible in the foreground, and a couple is standing on a pier in the background, looking out at the water.

BENICIA

Activity Guide

Fall/Winter 2016

**Parks
Make
Life
Better!**

CITY OF BENICIA PARKS AND COMMUNITY SERVICES

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 746-4283.

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..... | 745-6297 |

Cover photo by Justin Laugen, www.justinlaugenphotography.com

ADMINISTRATION

BENICIA CITY COUNCIL

Elizabeth Patterson, *Mayor*

Mark Hughes, *Vice Mayor*

Tom Campbell

Alan Schwartzman

Christina Strawbridge

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

Rich Payne, *Chairperson*

Alison Fleck, *Vice-Chairperson*

Michael Boyle

Ann Brooner

Kimberley Funk

Ernest Gutierrez

John McGuire

The Parks, Recreation & Cemetery Commission meets Wednesdays, September 14th & November 9th 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.



Always a Great Day by the Bay in Benicia!

The City of Benicia's tourism effort highlights Benicia's key attractions; our vibrant arts community, our rich history and historic assets, our unique shopping and dining, and our gorgeous waterfront. Whether you're exploring what's new to you, rediscovering Benicia, or showing it off to visiting friends or family, we want to call your attention to all Benicia has to offer. Our website, VisitBenicia.org, will point you in the right direction for A Great Day by the Bay in Benicia!

Through December 31: Show off your great shots of Benicia in our Annual Digital Photo Contest. We are looking for striking digital images to celebrate your Benicia experience! Enter images highlighting the beauty, fun, history, arts, shopping, and dining in Benicia and you could win Downtown Dollar that spend like cash at more than 70 Benicia locations! Winner will be announced after the first of the new year.

VisitBenicia.org has visitor information and links to our blogs, newsletters, Facebook & Twitter feeds, photo contest, and our YouTube channel. You'll find information on the Arts tab that includes visual arts, glass art, performing arts, public art, and Benicia Art Walk 2016. On the History tab, you'll find an overview of Benicia history and info on museums and historical sites. The Waterfront tab has info on our scenic waterfront, marina, and outdoor recreation. Check out the Shopping-Dining-Spa tab and the Lodging tab to stay and play. The Events tab features a handy events calendar to help you get the most out of what Benicia has to offer. Here are just some of the upcoming events:

| | | | |
|--------------------|--|-----------------|--------------------------------------|
| Sept. 1 | Farmers Market continues | Oct. 8 | Benicia Art Walk |
| Sept. 2 | Ghost Walk continues | Oct. 15 | Zombie Brew Crawl |
| Sept. 2-4 | Benicia Film Festival | Oct. 21 | Haunted Depot opens |
| Sept. 10 | Benicia Art Walk 2016 | Oct. 22 | Halloween Costume Contest |
| Sept. 14 | Expanding Experiences Art & Wine | Oct. 27 | Farmers Market ends |
| Sept. 16-17 | Benicia Fashion Runway Weekend | Nov. 1 | Downtown Holiday Shopping Spree |
| Sept. 17 | Fine Arts & Craft Fair | Nov. 26 | Small Business Saturday |
| Sept. 17 | Coastal Cleanup Day | Nov. 27 | Teddy Bear Tea Party begins |
| Sept. 24 | Arts Benicia Annual Art Auction & Gala | Dec. 2 | Holiday Open House & Tree Lighting |
| Sept. 24 | Fall Wine Walk | Dec. 3-4 | Benicia Arsenal Artists Open Studios |
| Oct. 1 | Scarecrow Contest begins | Dec. 10 | Christmas Parade & Holiday Market |
| Oct. 1 | Oktoberfest! | January | Crab Feeds begin |

Check out the VisitBenicia.org Events Calendar along with events sponsored by the Parks & Community Services Department and the Benicia Public Library featured in this Benicia Guide to help you plan your Great Fall Day by the Bay in Benicia!

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..

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

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



Photo courtesy of Meilene Photography

AFTER SCHOOL RECREATION PROGRAMS



RESERVE A SPOT
IN OUR KIDS K PROGRAM
WITH A \$50 NON-REFUNDABLE
DEPOSIT BEGINNING
MONDAY, JULY 25TH



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!

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!

Dates: 2016-2017 B.U.S.D School Year

Times: School dismissal – 6:30pm

Monthly

Fee: \$254 first child /\$230 each additional child.
Due by the 20th of the preceding month.

Drop in: \$23 per day

NOTE: Aug/Sept is a combined payment.
\$318.00 first child / \$292.00 each additional child.
Payment must be paid in full.

IN-SERVICE DAYS:

Date: August 22

Time: 7:00am – 6:30pm

Fee: Included in Aug/Sept payment or \$37 drop-in

Fees are paid on a monthly basis and are due by the 20th of each 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.

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 on City Holidays

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)

LETS 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 |
|-----------------|--------------|------------------------------|------------------------|
| 21550 | Soccer | Sept 1 – Sept 29 (5 classes) | |
| 21549 | Baseball | Oct 6 – Oct 27 (4 classes) | |
| 21551 | Basketball | Nov 3 – Nov 17 (3 classes) | |
| 21552 | Soccer | Dec 1 – Dec 22 (4 classes) | |

Reg. Fee: \$29 res / \$37 non-res (3 classes)
\$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.



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

WIGGLE ROOM (Formerly 5 & Under Gym)

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).

 SEE ADULT GYM INFO ON PAGE 21

GYMNASTICS



CALIFORNIA GYMNASTIC 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 | 12:15am – 1:00pm |
|-----------------|-------------------|-------------------------|
| 21636 | Sept 7 – Oct 5 | |
| 21637 | Oct 12 – Nov 9 | |
| 21638 | Nov 16 – Dec 14 | |

Reg. Fee: \$75 res / \$94 non-res (5 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 |
|-----------------|-----------------------------------|------------------------|
| 21605 | Sept 12 – Oct 24 (no class 10/10) | |
| 21606 | Nov 7 – Dec 12 | |

Reg. Fee: \$80 res / \$100 non-res (6 classes)

Class Size: Min. 4 / Max. 18 children

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

 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

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 |
|----------|------------------|-------------------|
| 21591 | Sept 7 – Sept 28 | |
| 21590 | Oct 5 – Oct 26 | |
| 21592 | Nov 2 – Nov 23 | |

Reg. Fee: \$69 res / \$86 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 |
|----------|------------------|-------------------|
| 21588 | Sept 7 – Sept 28 | |
| 21587 | Oct 5 – Oct 26 | |
| 21589 | Nov 2 – Nov 23 | |

Reg. Fee: \$75 res / \$94 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 |
|----------|----------------|-------------------|
| 21639 | Nov 2 – Nov 23 | |

Reg. Fee: \$80 res / \$100 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.

NEW

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 |
|----------|-----------------------------|-----------------|
| 21607 | Sept 8 – Oct 20 (7 classes) | |
| 21608 | Oct 27 – Dec 15 (7 classes) | |

Reg. Fee: \$86 res / \$107 non-res (7 classes)

Class Size: Min. 4 / Max.18

Location: Room 5 - Community Center

| Course # | Saturdays | 9:00am – 9:45am |
|----------|---|-----------------|
| 21609 | Sept 3 – Oct 1 (5 classes) | |
| 21610 | Oct 8 – Nov 5 (5 classes) | |
| 21611 | Nov 12 – Dec 17 (5 classes, no class 11/26) | |

Reg. Fee: \$62 res / \$77 non-res (5 classes)

Class Size: Min. 4 / Max.18

Location: Room 5 - Community Center

There will be a performance Sunday, December 18 at the Community Center

Jessi Wallace's ZUMBA KIDS



Ages 5 – 8 years

A fun fitness class for boys and girls. Kids are introduced to Latin rhythms with age appropriate music and movements. Classes incorporate key childhood development elements like leadership, confidence and cultural awareness.

| Course # | Tuesdays | 3:45pm – 4:30pm |
|----------|-----------------|-----------------|
| Ongoing | Sept 6 – Dec 13 | |

Reg. Fee: \$45 res / \$56 non-res (5 class punch card)

Class Size: Min. 6 / Max.20 children

Location: Room 4 - Community Center

Ke Aolani O Kamaile HULA DANCE

Instructor: Shawna Bresler

Halau Hula Ke Aolani O Kamaile embraces the ancient and modern art of Hula, Hawaiian music and chanting, and Hawaiian history and language. Dancers learn physical grace and strength as well as strengthening of spirit and mind in order to fully emote their story in their performance. We will prepare throughout the 2016/2017 year for our Hula concert at the end of 2017.

These classes are at the intermediate and advanced level.

Hula 1: Ages 7 – 11

| Course # | Tuesdays | 5:30pm – 6:30pm |
|----------|---------------------------------|-----------------|
| 21796 | Sept 6 – Sept 27 | |
| 21797 | Oct 4 – Oct 25 | |
| 21798 | Nov 1 – Nov 29 (no class 11/22) | |
| 21799 | Sept 6 – Nov 29 (FULL SESSION) | |

Hula 2: Ages 12 – 49

| Course # | Tuesdays | 6:30pm – 7:30pm |
|----------|---------------------------------|-----------------|
| 21800 | Sept 6 – Sept 27 | |
| 21801 | Oct 4 – Oct 25 | |
| 21802 | Nov 1 – Nov 29 (no class 11/22) | |
| 21803 | Sept 6 – Nov 29 (FULL SESSION) | |

Reg. Fee: One month: \$45 res / \$56 non-res
Full session: \$121 res / \$151 non-res

Class Size: Min. 6 / Max. 20

Location: Room 5 - Community Center



OVER 50 HULA CLASSES
on page 25.

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 |
|----------|-----------------------------------|-----------------|
| 21593 | Sept 12 – Dec 12 (no class 10/10) | |

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

Reg. Fee: \$162 res / \$202 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 – 6:15pm |
|----------|-----------------|-----------------|
| 21641 | Sept 7 – Nov 18 | |

Performances November 18, 19 & 20 at the Clock Tower.

Reg. Fee: \$160 res / \$200 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



Loa Kirkbride's COSTUME MAKING

Ages 9 & up

Here's your chance to make your own costume. Choose to make a Halloween, Steampunk, belly dancer, pirate, children's costume or come in with your own ideas/designs. Bring your patterns, or choose from a limited number of patterns in class. It's recommended that you have some prior sewing experience.

NOTE: Prior sewing experience required

| Course # | Fridays | 6:00pm – 8:00pm |
|----------------------|---------------------------------------|-----------------|
| 21654 | Sept 2 – Sept 30 | |
| Reg. Fee: | \$45 res / \$56 non-res | |
| Material Fee: | \$10 paid to Instructor | |
| Class Size: | Min. 3 / Max. 5 | |
| Location: | Arts & Crafts Room - Community Center | |



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 |
|----------|--|-----------------|
| 21646 | Aug 29 – Sept 26 (4 classes) | |
| 21648 | Oct 3 – Oct 31 (4 classes, no class 10/10) | |
| 21647 | Nov 7 – Nov 28 (4 classes) | |
| 21652 | Dec 5 – Dec 19 (3 classes) | |

| Course # | Thursdays | 4:00pm – 5:30pm |
|----------|------------------------------|-----------------|
| 21649 | Sept 1 – Sept 22 (4 classes) | |
| 21650 | Oct 6 – Oct 27 (4 classes) | |
| 21651 | Nov 3 – Nov 17 (3 classes) | |
| 21653 | Dec 1 – Dec 22 (4 classes) | |

Reg. Fee: \$30 res / \$38 non-res (3 classes)
\$40 res / \$50 non-res (4 classes)

Material Fee: \$5 paid to Instructor

Class Size: Min. 3 / Max. 5

Location: Arts & Crafts Room - Community Center

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

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 |
|----------|------------------|-----------------|
| 21642 | Sept 7 – Sept 28 | |
| 21643 | Oct 5 – Oct 26 | |
| 21644 | Nov 2 – Nov 23 | |
| 21645 | Nov 30 – Dec 21 | |

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

Material Fee: \$5 paid to Instructor

Class Size: Min. 3 / Max. 5

Location: Arts & Crafts Room - Community Center

SPECIAL INTEREST

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 |
| 21616 | Oct 29 & 30 | |
| Reg. Fee: | \$42 res / \$53 non-res | |
| Materials: | \$16 paid to Instructor for American Red Cross Course Book & CD | |
| Class Size: | Min. 4 / Max. 20 | |
| Location: | Room 1 - Community Center | |

Note: Please bring a snack



THANKSGIVING CAMP

Elementary (1st–5th grade)

Can't take the whole week off or busy preparing for a BIG Thanksgiving feast? Well send them to us!

These three days include tons of activities, games, and our "Annual Thanksgiving Dessert Fest". We celebrate Thanksgiving together sharing yummy treats made by the children and staff at Camp!

Middle School (6th–8th grade)

During these three days your Middle School student will hang out in the K2 Room, watch movies, play sports, do arts & crafts & go on walking trips in town. We will also participate in the Annual "Thanksgiving Dessert Fest" where we celebrate Thanksgiving together sharing yummy treats made by the children and staff at Camp!



- Dates:** November 21, 22, 23
- Times:** 7:00am – 6:30pm
- Reg. Fees:** \$85 res / \$106 non-res (3 days)
- Drop-in Fee:** \$37 res / \$46 non-res (each day)
- Location:** Community Center

 Sign up for all three days
or just drop in for a day!

***Must register at the Community Center.
No mail in as special forms are required.***

For more information please call 746-4771



GREAT JOB EVERYONE!

BENICIA YOUTH COMMISSION



The Benicia Youth Commission serves as an advisory body to the Parks, Recreation and Cemetery Commission and other groups on matters relating to youth in Benicia. The Commission acts as a voice for young people in the community as well as initiator of activities for the welfare of Benicia youth. The Benicia Youth Commission is involved in recreation events & programs, combating juvenile delinquency, environmental concerns, and community service projects.

BYC meets twice a month September – May and is run by a Chair and elected Board. Throughout the school year, commissioners promote a positive image of youth in the committee through their involvement in:

- **Small and Large City Events** – Tree Lighting, Benicia Education Foundation Run
- **Clock Tower Dances & BYC Events**
- **Community Service Drives and Activities** – Placing flags at the City Cemetery, Park & Coastal Beautification Days, Coat and Blanket drives and collecting cans for the CAC.



All Benicia middle & high school students are invited to attend our Commission meetings

WANT TO KNOW MORE?

Check out our page on the city website, ci.benicia.ca.us/byc, ask a commissioner or contact Lindsay Dion, Recreation Supervisor at 746-4771 or ldion@benicia.ca.us

Applications for the 2016-2017 Commission are due on August 19th

Pick one up at the Community Center
or contact Lindsay Dion at 746-4771 or ldion@ci.benicia.ca.us.

LEADERSHIP

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.

September 6 – December 16

Applications due Aug 12

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: \$68 res / \$85 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

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.*



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 |
|----------|---------------------------------|-----------------|
| 21597 | Sept 7 – Sept 28 | |
| 21598 | Oct 5 – Oct 26 | |
| 21599 | Nov 2 – Nov 30 (no class 11/16) | |
| 21603 | Dec 7 – Dec 21 | |

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 |
|----------|---------------------------------|-----------------|
| 21600 | Sept 7 – Sept 28 | |
| 21601 | Oct 5 – Oct 26 | |
| 21602 | Nov 2 – Nov 30 (no class 11/16) | |
| 21604 | Dec 7 – Dec 21 | |

INTERMEDIATE / ADVANCED

| Course # | Mon & Wed | 7:00pm – 8:30pm |
|----------|---------------------------------|-----------------|
| 21600 | Sept 7 – Sept 28 | |
| 21601 | Oct 5 – Oct 26 | |
| 21602 | Nov 2 – Nov 30 (no class 11/16) | |
| 21604 | Dec 7 – Dec 21 | |

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.

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: Sept 7 – Dec 21 (no class 9/5 & 10/10)

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



HAVE AN IDEA FOR A
SPRING BREAK CAMP?
CONTACT 746-4285

YOUTH BASKETBALL

YOUTH BASKETBALL LEAGUE 1ST – 8TH GRADE DIVISIONS

For the 2014/15 season the City of Benicia will offer a boys and girls Youth Basketball Program. Both programs will be for children in the First through Eighth grades and is divided into five divisions for the boys (1st/2nd, 3rd/4th, 5th/6th, and 7th/8th) and three divisions for the girls (1st/2nd, 3rd/4th/5th, and 6th/7th/8th). If one program does not have enough participants to create adequate teams, the programs will be combined to form a coed program. This will ensure that all children are guaranteed a program to play in. Players are placed on teams coached by volunteers and play eight games. The program is designed so that equal participation is given to all participants. The emphasis is on recreational play, exposure to fundamental basketball skills, rules and regulations, and most importantly having FUN!! Each team will have one practice a week and Games will be played on Saturdays.

- Ages:** First through eighth grades
- Cost:** \$100 res / \$125 non-res
- Dates:** Saturdays: January 7 – February 25
- Clinic:** December 17
- Times:** Games begin at 8:00am.
Schedules will be sent to each player.
- Location:** City Gym, 180 East L Street
- Registration:** October 3 – November 11

PARENT VOLUNTEER COACHES ARE NEEDED!

If you are interested please call the Parks & Community Services office at 746-4285



KINDERGARTEN BASKETBALL DIVISION

The City of Benicia will once again offer a coed basketball program specifically for Kindergarteners. Players are placed on teams coached by volunteers and will play for 50 minutes each Saturday (total of eight Saturdays). The first 25 minutes will be used for practicing and the last 25 minutes teams will play a game. The emphasis of this program is on learning the game of basketball and having fun.

- Ages:** Kindergarten Boys & Girls (4–5 years old)
- Cost:** \$67 res / \$84 non-res
- Dates:** Saturdays: January 7 – February 25
- Times:** Games begin at 9:00am.
Schedules will be sent to each player.
- Location:** Benicia Community Center, 370 East L St.
- Registration:** October 3 – November 11



ADAPTED BASKETBALL DIVISION

Players are placed on teams coached by volunteers and will play for 50 minutes each Saturday (total of eight Saturdays). The first 25 minutes will be used for practicing and the last 25 minutes teams will play a game. The emphasis of this program is on learning the game of basketball and having fun.

- Ages:** Kindergarten – High School
- Cost:** \$67 res / \$84 non-res
- Dates:** Saturdays: January 7 – February 25
- Times:** 1:00pm – 2:00pm
- Location:** Benicia Community Center, 370 East L St.
- Registration:** October 3 – November 11

YOUTH SOCCER

Just For Kicks' YOUTH SOCCER PROGRAM



The City of Benicia in conjunction with Just 4 Kicks, inc. will be offering youth soccer classes for Fall 2016. 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).

**ALL REGISTRATION IS TAKEN ONLINE AT
WWW.J4KBENICIA.COM**

**Registration will not be accepted at the
Parks & Community Services Department**

FALL SESSION

Date: August 29 – October 24

Days: 8-week session held on **Mondays** (no class 9/5)

| Title | Age | Time |
|---------------|-----------|-----------------|
| Parent & Me | 2.5 – 3.5 | 9:30 – 10:00am |
| Pre-K Soccer* | 3.5 – 4 | 10:00 – 10:40am |
| K Soccer | 4 – 5 | 10:40 – 11:20am |
| Soccer K-1 | 5 – 6 | 3:50 – 4:40pm |
| Soccer 4-5 | 10 – 11 | 4:40 – 5:30pm |
| Pre-K Soccer* | 3.5 – 4 | 5:30 – 6:10pm |

**Child needs to have turned 3 by February 29, 2016 for Pre K Class*

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

YOUTH VOLLEYBALL

NEW

Skyhawks' YOUTH VOLLEYBALL PROGRAM

Ages 7 – 14 years

New for Fall 2016: Youth Volleyball with Skyhawks. 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 Tuesdays for a total of 10 weeks.

| Course # | Tues Ages 7 – 10 yrs | 4:00pm – 5:00pm |
|----------|--|-----------------|
| 21553 | Sept 27 – Dec 13 (no class 11/8 & 11/22) | |

| Course # | Tues Ages 11 – 14 yrs | 5:00pm – 6:00pm |
|----------|--|-----------------|
| 21554 | Sept 27 – Dec 13 (no class 11/8 & 11/22) | |

Reg. Fee: \$149 res / \$186 non-res

Class Size: Min. 10 / Max. 20 children

Location: City Gym, 150 East L Street



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.

MUNCHKIN TENNIS

Ages 4 – 5 years

This 40-minute class is designed for beginners looking to have fun while they learn. Aspiring Wimbledon Champs will work on forehands and backhands, eye-hand coordination, balance, and focus. 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 # | Wednesdays | 3:45pm – 4:25pm |
|----------|----------------|-----------------|
| 21595 | Sept 7 – Oct 4 | |

Reg. Fee: \$80 res / \$100 non-res (5 classes)

Class Size: Min. 4 / Max. 20

Equipment: Players should bring a junior size tennis racket (17 to 21 inches works best) and wear tennis/sport shoes.



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 |
|----------|-----------------|-----------------|
| 21596 | Sept 7 – Oct 10 | |

Reg. Fee: \$139 res / \$174 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 |
|----------|-----------------|-----------------|
| 21954 | Sept 7 – Oct 10 | |

Reg. Fee: \$139 res / \$174 non-res (10 classes)

Class Size: Min. 4 / Max. 20

Equipment: Tennis racket and tennis/sport shoes

PROGRESSION TENNIS

Ages 4 – 18 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 |
|----------|----------------|-----------------|
| 21814 | Oct 12 – Nov 2 | |
| 21818 | Nov 7 – Nov 28 | |

Reg. Fee: \$98 res / \$123 non-res

Class Size: Min. 4 / Max. 30

Equipment: Tennis racket and tennis/sport shoes

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 Aug 22 – Dec 19 (no class 9/5, 10/10 & 12/26)

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 information on Adapted Adult Programs
at 746-4285.

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 Aug 20 – Dec 30

| | | | |
|------|------------------|---|--------------|
| Mon | 11:00am – 1:00pm | Open Play | Comm. Center |
| | 1:00pm – 2:00pm | Beg. Instruction | 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.



DROP-IN BASKETBALL & VOLLEYBALL AT THE CITY GYM

Adult drop-in sports are available weekly at the Benicia City Gym. To view the monthly gym schedule visit the Parks & Community Services page on the City of Benicia's website www.ci.benicia.ca.us/sports.

DROP-IN GYM PROGRAM

City Gym is open for drop-in basketball and volleyball for both adult, teen and youth on a regular basis. Players of any playing ability are welcome. Games will be organized and courts assigned by the gym attendant according to age and ability. Players should bring their own equipment and balls.

Ages:

8 & under must have adult supervision
Youth, 9 - 12 years / Teen, 13 - 17
Adults 18 years & older

Cost:

17 & under: \$1
Adults 18 years & older: \$3 res / \$4 non-res

Dates / Times:

A monthly schedule is posted at the City Gym and on the City's website at www.ci.benicia.ca.us/sports

SPORT LEAGUES & CO-ED TEAM SPORTS

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: 6:30pm – 10:30pm

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

Location: Benicia Middle School & Benicia Community Park

FALL SEASON: Approx. wk. of Aug 17–Oct 21

Resident Reg.: July 18 – July 29 (Special forms req.)

Non-Res Reg.*: July 25 – July 29 (Special forms req.)

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

SOFTBALL MANAGER MEETING

All managers of Men's and Coed teams are encouraged to attend this meeting. Important information regarding league rules and regulations will be discussed. Your opinion is important to us.

Date: TBA

Time: 6:30pm

Location: Benicia Community Center Conference Room
370 East L Street



ATTENTION ALL ADULT SPORTS PLAYERS

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

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

Special forms are required when registering teams. Please call the Parks & Community Services Department at 746-4306 for more information.

ADULT COED 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 – 10:00pm

Cost: \$210 per team*
(plus \$15 per player non-res fee, \$90 max)

Location: City Gym, 180 East L Street

FALL SEASON: Sept 12 – Approx. Nov 14

Resident Reg.: Aug 22 – Sept 2 (Special forms req.)

Non-Res Reg.*: Aug 29 – Sept 2 (Special forms req.)

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

We are looking at expanding our Adult Volleyball offerings. Keep an eye out for some fun new ways to get a little time on the court. New programs will be announced on our website, Facebook, and informational flyers at the gym.

HOLIDAY VOLLEYBALL TOURNAMENT

Ages: 18 years and out of high school

Coed 4s indoor tournament! One full day of fun and games. Spend your Saturday sharing the court with friends and playing in some friendly 4 on 4 coed volleyball. Tournament play will consist of round robin pool play, with top teams heading into a single elimination tournament bracket. The number of teams going to playoffs will depend on the number of teams registered for tournament. Games will be officiated/scored by other teams; every team will be required to officiate/score during pool play. Every player will be entered into raffle for prizes. Prize for Champion team: \$100 gift certificate toward any 2017 volleyball league with City of Benicia; 2nd place team: \$50 gift certificate toward any 2017 volleyball league with Benicia. Tournament is open to the first 12 teams that register.

- Date:** Saturday, December 3
Time: 9:00am – whenever championship bracket is done. Estimated 5:00pm
Cost: \$50 per team res* / \$62 per team non-res (must have a minimum of 2 men and 2 women)
Location: City Gym, 180 East L Street

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



Why play?
 Fun, food, good ball and a great way to spend a Saturday!

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 followed by rest or active recovery. Fire up your fat burning metabolism by getting the motivation to push yourself at a level that's intense for you. With the efficiency of HIIT, we'll have time to tone the all-important core AND vastly improve flexibility while reducing aches and pains with a combo of foam rolling and active isolated stretching at the end.

Bring yoga mat, foam roll (6" x 36" or 6" x 18") 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 |
|----------|--|------------------|
| 21793 | Sept 12 – Oct 31 (no class 9/19 & 10/10) | |
| 21794 | Nov 7 – Dec 12 | |

- Reg. Fee:** \$40 res / \$50 non-res (5 classes)
Drop In: \$8 res / \$10 non-res
 Session must meet minimum in order for drop-ins to be accepted.

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 hip-hop dance fitness workout for everyone - you choose your level of difficulty. It's approachable with easy-to-follow, yet seriously fun, unique, moves with urban flavor, set to the hottest world beats. More than just a workout, this exhilarating experience will leave you dripping with sweat and glowing with smiles!

Please bring a towel and water.

| Course # | Wednesdays | 5:30pm – 6:30pm |
|----------|-----------------|-----------------|
| 21656 | Sept 7 – Oct 5 | |
| 21657 | Oct 12 – Nov 9 | |
| 21658 | Nov 16 – Dec 14 | |

- Reg. Fee:** \$34 res / \$43 non-res
Drop In: \$8 res / \$10 non-res
Class Size: Min. 6 / Max. 15
Location: Room 4 - Community Center

SPORT & FITNESS

ADULTS

Jessi Wallace's ZUMBA



Ages 16 & up

Zumba® it's a very exciting dance party full of Latin and International music. You'll forget you're working out dancing rhythms like Cha Cha, Salsa, Bollywood, Merengue, Dancehall, Tango, Samba and much more. Best of all, you don't need any previous dance experience!

The workout is basically watch and follow. The moves are repeated often enough for you to catch on and you can pick your own level. The routines are repeated week after week with additions every now and then to spice things up even more!

Please bring towel and water to class.

| Course # | Wednesdays | 7:30pm – 8:30pm |
|---------------------|--------------------------------------|-----------------|
| 21668 | Sept 7 – Sept 28 (4 classes) | |
| 21670 | Oct 5 – Oct 26 (4 classes) | |
| 21669 | Nov 2 – Nov 30 (5 classes) | |
| Reg. Fee: | \$30 res / \$38 non-res (4 classes) | |
| | \$37 res / \$46 non-res (5 classes) | |
| Drop-In Fee: | \$10 res / \$12 non-res | |
| Class Size: | Min. 6 / Max. 20 participants | |
| Location: | Multipurpose Room - Community Center | |

Jessi Wallace's PILOXING



Ages 16 & up

PILOXING™ is a high-energy interval workout that uniquely blends the power, speed and agility of boxing with the targeted sculpting and flexibility of pilates. These techniques are also supplemented by the use of weighted gloves, further toning the arms and maximizing cardiovascular health. Add to that fun dance moves and you have a workout that will tone muscle, burn fat and empower you both physically and mentally.

Piloxing gloves are available for purchasing with the instructor and cost \$22.00, there are recommended for the workout but optional.

Bring towel, water and grip socks if you choose not to go bare foot.

| Course # | Mondays | 7:30pm – 8:30pm |
|---------------------|--|-----------------|
| 21672 | Sept 12 – Sept 26 (3 classes) | |
| 21674 | Oct 3 – Oct 24 (3 classes, no class 10/10) | |
| 21673 | Nov 7 – Nov 28 (4 classes) | |
| Reg. Fee: | \$23 res / \$29 non-res (3 classes) | |
| | \$30 res / \$38 non-res (4 classes) | |
| Drop-In Fee: | \$10 res / \$12 non-res | |
| Class Size: | Min. 6 / Max. 15 participants | |
| Location: | Room 5 - Community Center | |

NEW

Karen Tusting's PILATES 50/50

Adults

Get the best of both standing and floor exercises in this class that fuses lower body standing moves with mat exercises. We begin with standing exercises to warm up the body, improve balance, and integrate core muscles with lower body strength. We then move to Pilates and yoga based mat exercises utilizing the power of the core in all planes of motion to increase total body strength and range of motion.

Experience a true mind-body workout that emphasizes the Pilates principles of – Alignment, Concentration, Control, Precision and Breath. Learn how to effectively strengthen hips, shoulders and core while improving the foundation of your posture – your feet.

Classes are designed for both beginners and intermediate fitness enthusiast looking to become stronger, leaner, more energetic and balanced.

Bring a yoga mat and yoga block.

Karen Tusting has been teaching and training for over 18 years, her goal is to guide you to find the body you have always wanted while improving your posture and body awareness.

| Course # | Mondays | 12:30pm – 1:30pm |
|--------------------|---|------------------|
| 21808 | Sept 12 – Oct 3 | |
| 21809 | Oct 17 – Nov 7 | |
| 21810 | Nov 14 – Dec 5 | |
| Course # | Wednesdays | 8:30pm – 9:30pm |
| 21811 | Sept 7 – Sept 28 | |
| 21812 | Oct 5 – Oct 26 | |
| 21813 | Nov 2 – Nov 23 | |
| Reg. Fee: | \$40 res / \$50 non-res (4 classes) | |
| Class Size: | Min. 8 / Max. 15 | |
| Location: | Monday: Room 4 - Community Center Wednesday: Room 5 - Community Center | |

Diane Fontaine's FELDENKRAIS METHOD AWARENESS THROUGH MOVEMENT

All ages welcome

Learn how to improve posture, balance and breathing while reducing stress, tension, fatigue and easing pain. Lessons will teach you to move with minimal effort by becoming aware of the unconscious habits which compromise how your body moves. Each lesson is based on a functional theme.

Diane studied directly with Moshe Feldenkrais and has been in private practice for 38 years.

Wear loose comfortable clothes and bring a small mat & pillow

BEGINNING:

Ongoing **Wednesday** **11:00am – 12:00pm**

INTERMEDIATE:

Ongoing **Wednesday** **12:00pm – 1:00pm**

Punch Cards: \$50 res / \$63 non-res for 5 classes
\$100 res / \$125 non-res for 10 classes

Drop In: \$10 res / \$12.50 non-res
Drop-in punch cards can be purchased at the front desk

Class Size: Min. 4

Location: Room 4 - Community Center



Ke Aolani O Kamaile HULA DANCE

NEW

Instructor: Shawna Bresler

Halau Hula Ke Aolani O Kamaile embraces the ancient and modern art of Hula, Hawaiian music and chanting, and Hawaiian history and language. Dancers learn physical grace and strength as well as strengthening of spirit and mind in order to fully emote their story in their performance. We will prepare throughout the 2016/2017 year for our Hula concert at the end of 2017.

These classes are at the intermediate and advanced level.

Hula 3: Ages 50 & up

| Course # | Tuesdays | 7:30pm – 8:30pm |
|----------|---------------------------------|-----------------|
| 21804 | Sept 6 – Sept 27 | |
| 21805 | Oct 4 – Oct 25 | |
| 21806 | Nov 1 – Nov 29 (no class 11/22) | |
| 21807 | Sept 6 – Nov 29 (FULL SESSION) | |

Reg. Fee: One month: \$45 res / \$56 non-res
Full session: \$121 res / \$151 non-res

Class Size: Min. 6 / Max. 20

Location: Room 5 - Community Center

 FIND UNDER 49 HULA ON PAGE 9

Jeff Wong's ADULT TENNIS (BEGINNER TO ADVANCED 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 # | Tuesdays | 5:15pm – 6:30pm |
|----------|----------------|-----------------|
| 21667 | Sept 6 – Oct 4 | |

Reg. Fee: \$99 res / \$124 non-res (5 classes)

Class Size: Min. 4 / Max. 12

Equipment: Players should bring a tennis racket and wear tennis/sport shoes.

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

 FIND YOUTH TENNIS ON PAGE 20

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.

Fall Session: September 1 – December 23

BEGINNING **Tues & Thurs** **5:30pm – 6:30pm**

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

INTERMEDIATE **Tues & Thurs** **6:30pm – 8:00pm**

This class expands the beginning form.

Prerequisite: Beginning class or instructor permission

Reg. Fee: Per month: \$65 res / \$81 non-res
 Entire session: \$235 res / \$294 non-res

Location: Room 4 - Community Center



 TA'I CHI for SENIORS on page 44



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.

Fall 2016 Hikes:

| | |
|----------------|--|
| Sept 10 | Bothe Napa Valley State Park |
| Sept 24 | Tilden Regional Park |
| Oct 8 | Bootjack to West Point Inn – Mount Tamalpais |
| Oct 22 | Sugarloaf Ridge State Park - Sonoma |
| Nov 5 | Skyline Wilderness Park - Napa |
| Nov 19 | Mission Peak East Bay Regional Park |
| Dec 3 | Crocket to Port Costa |

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

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.

| Course # | Mondays | 7:00pm – 7:45pm |
|----------|----------------------------------|-----------------|
| 21688 | Sept 12 – Oct 24 (no class 9/10) | |
| 21689 | Nov 7 – Dec 12 | |

21688 Sept 12 – Oct 24 (no class 9/10)

21689 Nov 7 – Dec 12

Reg. Fee: \$32 res / \$40 non-res (6 classes)

Class Size: Min. 2 / Max. 10

Location: Room 4 - Community Center

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.

Thursdays 6:00pm – 7:00pm (beginning)

Tues. & Thurs. 7:00pm – 9:00pm (intermediate)
(no class 9/27, 9/29, 10/4 & 10/6)

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

Location: Multipurpose Room, Community Center



ASK SUSAN ABOUT
SUNDAY DANCE SOCIALS



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.

ESSENTIAL OILS WELLNESS LIFESTYLE



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. We can take responsibility for our own lives, help our families, and empower others to do the same. Join in for one or all evenings of learning, food, and fun! These are the perfect classes if you have been interested in learning more about "gifts of the earth", plant essential oils and would like to increase a naturally healthy way of living for yourself and the people you love.

Visit kerryleeart.com

For each class...

- Ages:** 16 & up
Reg. Fee: \$12 res / \$15 non-res
 + material fee paid to instructor at first class
Class Size: Min. 4 / Max. 20
Location: Room 2 - Community Center

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



Kerry Lee Laird's NATURAL SOLUTIONS "101"

- Why essential oils are the "Gifts of the Earth".
- How they work to protect us, assist healing, and create peace of mind.
- And, many ways you can use them for health and serenity year 'round, great for babies, kids and all members of the family. Pets too.

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

| Course # | Tuesday | 6:30pm – 8:00pm |
|----------|---------|-----------------|
| 21620 | Sept 13 | |

Materials: \$10

Kerry Lee Laird's GREEN CLEANING

- How essential oils are a naturally antiviral, antibacterial, disinfectant while aromatically beneficial to humans. No warnings or dangers of inhalation – in fact, you are encouraged to breathe deeply!
- How to save money making your own simple cleaning products.
- Recipes to keep your home sparkling clean and smelling good.

Enjoy a delicious snack made with essential oils and make-and-take bottle of natural air freshener in a reusable glass spray bottle.

| Course # | Thursday | 6:30pm – 8:00pm |
|----------|----------|-----------------|
| 21624 | Sept 29 | |

Materials: \$10

Kerry Lee Laird's PET CARE

- Pure therapeutic grade essential oils are safe for cats, dogs, bunnies and horses, with no side effects.
- Natural ways to take control of your pet's and family's health
- Which oils are safe for pets and dilution suggestions.
- Knowledge on how to support sleep and stress, the intestinal track, joints and muscles, pests and more.

Enjoy a delicious snack made with essential oils and make-and-take roller bottle for irritated skin and to calm an anxious pet.

| Course # | Thursday | 6:30pm – 8:00pm |
|----------|----------|-----------------|
| 21631 | Oct 13 | |

Materials: \$10

Kerry Lee Laird's EMOTIONAL AROMATHERAPY

- How essential oils can be used to help to aromatically or topically help balance and brighten changing moods to let go of burdens, find comfort and encouragement or inspire you to dream with passion again.
- The science of how our emotions impact energy levels, behavior and mood.

Enjoy a delicious snack made with essential oils and a make-and-take bottle of the essential oil blend that is right for you.

| Course # | Tuesday | 6:30pm – 8:00pm |
|----------|---------|-----------------|
| 21626 | Nov 15 | |

Materials: \$10



Kerry Lee Laird's THE HOLIDAYS

- Natural, inexpensive DIY gift ideas
- Diffuser blend recipes for peace & joy
- Learn how essential oils can help reduce stress and increase wellness during the holiday season

Enjoy a delicious holiday snacks and a cranberry lime spritzer made with essential oils, plus we will have two make-and-take gifts, Fizzy Bath Balls & Candy Cane Sugar Scrub.

| Course # | Thursday | 6:30pm – 8:00pm |
|----------|----------|-----------------|
| 21630 | Dec 1 | |

Materials: \$10

Sandra Foster's YOGA CLASSES

4 classes: \$30 res / \$37 non-res

3 classes: \$25 res / \$31 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: Mon. 9/5 & 10/10

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



DRAWING & PAINTING

ADULTS



Karen is an Art & Design Instructor, a Fine Artist and an Illustrator who has taught at The Academy of Art, Parson's, Portland CC and Solano CC. She is also an Information Graphics Specialist who has created for Time, Newsweek and The New York Times. Karen was Art Director at the San Jose Mercury News and at The Washington Times. She studied at The Tyler School of Art, Temple University. Karen is also a mother who loves teaching, color, nature, animals and children. She enjoys providing an open-minded peaceful and pleasant classroom assisting students as they create. Karen is accepting, exuberant, patient and

encouraging as her students evolve with their Art. These classes are also an opportunity for the students to create 'Gifts of Art' for the December holidays, for your family, friends and co-workers.

NEW

Karen Karlsson's ILLUSTRATION FOR THE MEDITATIVE MIND

Adults

Have you ever wondered about the world of Illustration in New York City? Karen, a NYC Illustrator, will teach you the secrets of how to create professional looking illustrations. As we look at the History of Illustration, we soon will realize how the Art of Illustration not only provides interesting visuals that enhance our everyday life, but we will also see how Fine Art & Basic Design is the foundation for all wonderful, fun and effective Illustration. After practicing some basic exercises, we will create in pen & ink, watercolor, gouache, markers and charcoal. An illustration, not only tells a story, it illuminates, explains, clarifies, and educates. Our projects will include choices of creating illustrations as greeting card designs, botanical illustration, stamp designs, illustrations for posters, comic book art, anime, etc. Bring your dreams and curious ideas and create, never before seen...stunning illustrations! This class will be full of exciting surprises. Join us. You can do it!

| Course # | Wednesdays | 2:00pm – 5:00pm |
|----------|------------------|-----------------|
| 21692 | Sept 28 – Nov 16 | |



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

For each class...

Reg. Fee: \$146 res / \$183 non-res (8 classes)
Class Size: Min. 6 / Max. 14
Location: TBA - Community Center

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

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 |
|----------|------------------|-----------------|
| 21690 | Sept 27 – Nov 15 | |

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 abstracts of ironed crayons. 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 class, where we can discover our favorite medium. Feel free to work on any personal art projects, if you wish.

| Course # | Thursdays | 2:00pm – 5:00pm |
|----------|------------------|-----------------|
| 21691 | Sept 29 – Nov 17 | |

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.

Let's have some fun!

| Course # | Wednesdays | 11:00am – 1:00pm |
|----------|------------------|------------------|
| 21567 | Sept 7 – Sept 28 | |
| 21568 | Oct 5 – Oct 26 | |
| 21569 | Nov 2 – Nov 23 | |
| 21570 | Nov 30 – Dec 21 | |

Reg. Fee: \$51 res / \$64 non-res *per month*

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.

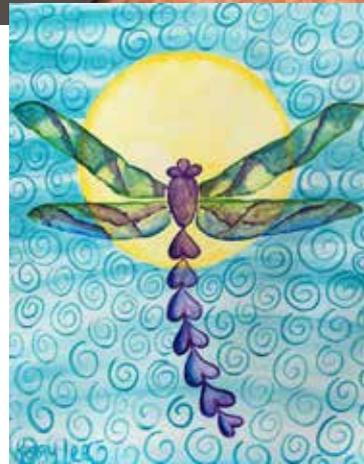


Kerry Lee Laird's PAINTING PARTY

NEW

Adults

Are you ready for some fun with old friends and new friends? Want to express yourself with paint but not sure where to start? Benicia Artist & Certified Intentional Creativity™ Teacher Kerry Lee will lead everyone in simple step by step painting on canvas that anyone can do. Check out Kerry's website, KerryLeeArt.com



DRAGONFLY PAINTING PARTY

Paint a dragonfly with symbolism to honor a beloved who has passed on or another life transition. The wings are iridescent and glitter is optional too!

| Course # | Saturday | 2:00pm – 5:00pm |
|----------|----------|-----------------|
| 21618 | Oct 22 | |

21618 Oct 22

Reg. Fee: \$25 res / \$31

Class Size: Min. 10 / Max. 20

Materials: \$20 paid to the instructor (includes canvas)

Location: Arts & Crafts Room - Community Center

Please bring a blow dryer and an old t-shirt to protect your clothes.

PARENTING

Benicia Family Resource Center's NURTURING PARENTING PROGRAM

www.nurturingparenting.com

For parents of children 0 - 5 years

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.

For class schedule & to register Call (707) 746-4352.

- Reg. Fee:** FREE
- Materials:** Provided by instructor
- Class Size:** One-on-one or small group instruction
- Location:** In-home or at FRC Office, 150 E. K St.
By appointment only

PARENT PROJECT SR.

www.parentproject.com

For parents, grandparents & caregivers of children 11-18

Parent Project Sr. is a 10-week class series offered twice a year (Fall and Spring) on Thursday evenings from 6-9 p.m. at the Family Resource Center. These classes help parents add new tools to the skills they may already have. Learn how to stop arguing with your child; prevent or intervene in destructive behaviors including drugs and alcohol; improve school attendance and performance; find helpful support resources for you and your child.

To register Call (707) 746-4352.

- Day/Dates:** Tuesdays, Sept 13 – Nov 15
- Reg. Fee:** FREE
- Material Fee:** \$20 for manual
- Class Size:** Group format, 10-20 participants
(parents only, childcare not provided)
- Location:** FRC Office, 150 E. K St.



Julie Waters' ONE DAY PARENTING WORKSHOP (STEP)

Adults

Systematic Training for Effective Parenting is a respected nationwide program to provide adults with hands-on tools to assist them in refining, enhancing and developing effective parenting skills. Meeting with other parents in an atmosphere of mutual support, you'll learn how to increase your enjoyment and effectiveness as a parent. Receive a certificate at the end of the workshop. For more information, visit www.focusonfamilies.net

TOPICS INCLUDE:

- Secrets to Successful Parenting
- Positive Ways to Get Children to Listen
- Developing Responsible, Respectful, and Self-Reliant Children
- Managing Misbehaviors in Children
- Winning Cooperation
- Discipline: Setting Respectful Limits & Consequences

Childcare available, please contact Focus on Families to register your child (707) 746-5939

| Course # | Saturday | 9:30am – 5:30pm |
|------------------|--|-----------------|
| 21586 | Sept 10 | |
| Reg. Fee: | \$90 res / \$113 non-res (\$20 STEP textbook recommended) | |
| Location: | Youth Center, 150 East K Street | |

FOREIGN LANGUAGE

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 in January.*

Ongoing Tuesdays 9:00am – 11:45am

Returning students beginning August 16
New students begin Jan 2017

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

Returning students beginning August 16

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

Returning students beginning August 17

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

21580 Sept 7 – Sept 28

21581 Oct 5 – Oct 26

21582 Nov 2 – Nov 23

21583 Nov 30 – Dec 28

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

Class Size: Max. 5 students

Location: Room 1 - 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

SPECIAL INTEREST

Christine Cooley's AMERICAN HEART ASSOCIATION BLS FOR THE HEALTHCARE PROVIDER

Ages 18 & up



This class is recommend for the healthcare provider such as EMT, Paramedic, Doctor, Nurse, and any person in the healthcare profession. Receive hands on training with life like manikins, AED training, Bag Mask equipment and more. Upon completing the class you will receive a 2 year certification from American Heart Association.

This 4-hour class is a 2-year certification from the American Heart Association.

| Course # | Saturday | 9:00am – 1:00pm |
|--------------------|---|-----------------|
| 21575 | Sept 10 | |
| 21576 | Oct 22 | |
| 21577 | Nov 19 | |
| 21578 | Dec 17 | |
| Reg. Fee: | \$32 res / \$40 non-res | |
| Materials: | \$20 paid to instructor for course book & certification card. | |
| Class Size: | Min. 2 / Max. 10 students | |
| Location: | Room 1- Community Center | |



Randall Thompson's WILLS, TRUSTS & ESTATE PLANNING

Adults

Estate planning can be 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 |
|--------------------|---------------------------|-----------------|
| 21579 | Nov 2 | |
| Reg. Fee: | \$12 res / \$15 non-res | |
| Class Size: | Min. 5 / Max. 25 | |
| Location: | Room 1 - Community Center | |



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 \$75 res / \$93 non-res

Drop-in: \$8 res / \$10 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

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 |
|----------|------------------|-----------------|
| 21571 | Sept 6 – Sept 27 | |
| 21572 | Oct 4 – Oct 25 | |
| 21573 | Nov 1 – Nov 22 | |
| 21574 | Nov 29 – Dec 20 | |

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

Class Size: Max. 8 students

Materials: \$5 paid to instructor

Location: Arts & Crafts Room - Community Center



James Lemos Swim Center

181 East J Street • (707) 746-4286



SWIM PASSES

Purchase swim passes at the James Lemos Swim Center.

INDIVIDUAL Swim Pass Fees: (for 30 swims)

| | |
|--------|--------------------------|
| Adult | \$97 res / \$161 non-res |
| Youth | \$55 res / \$105 non-res |
| Senior | \$55 res / \$105 non-res |

Individual Passes can be used for lap swim **and/or** recreation swim including use of the waterslide.

FAMILY Swim Pass Fees: (for 2016 recreational swim times, excluding special events)

\$177 res / \$222 non-res

Family Swim Passes can be used **only** during recreational swim times. (NOT VALID DURING LAP SWIM TIMES.) A family pass is for up to five immediate family members living at your address. Each additional member will be charged \$10.00. Family must show proper ID.

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 lightening.

Fall Season Aug 22 – Sept 25

| | |
|-----------|-----------------|
| Friday | 3:30pm – 5:00pm |
| Sat & Sun | 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 | \$5.75 / non-res |
| Senior (55+) | \$2.00 / res | \$3.75 / non-res |

LAP SWIM

Swimming is one of the best “overall” workouts you can do to tone muscles, ease tension, reduce stress and lose weight. Lap lanes are also available during all Recreation Swim times. Lap swim is available for swimmers age 8 and up. Please be prepared to show I.D. to prove residency.

Saturday & Sunday

| | |
|------------------|------------------------------------|
| Aug 27 – Sept 25 | 9:00am – 12:30pm & 1:00pm – 4:45pm |
| Oct 1 – Oct 30 | 10:00am – 3:00pm |

Monday – Friday

| | |
|-----------------|-----------------|
| Aug 22 – Oct 31 | 3:30pm – 7:30pm |
|-----------------|-----------------|

Ages

| | |
|--------------|-----------------------------|
| 8 – 55 | \$3.75 res / \$5.75 non-res |
| Senior (55+) | \$2.00 res / \$3.25 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

1. Lifeguards may make lane assignments. Lap swimmers may need to share lanes.
2. Please circle swim.
3. Please allow lifeguards to resolve problems by bringing problems to their attention.
4. No diving allowed.
5. Lap swimmers will be sharing the pool with other programs.
6. Lap swim lanes are to be used for swimming laps, running, walking or rehabilitation only.
7. Child lap swimmers must be at least 8 years old and must swim laps unassisted by parents.
8. Adults and children must swim in their designated lanes, which will be posted.



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.

FALL 2016 GROUP LESSONS

Monday & Wednesday for four weeks

Session I: Aug 22 – Sept 14
(7 classes, no class 9/5)

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

Reg. Fee: \$50 res / \$62 non-res (7 classes)

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

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: Aug 22 – Sept 14 (no class 9/5)
Time: 6:00pm – 6:25pm
Reg. Fee: \$50 res / \$62 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: Aug 20 – Sept 25
Times: 10:00am, 10:30am, 11:00am, 11:30am or 12:00pm
Reg. Fee: \$33 res / \$41 non-res (per lesson)



SKILL LEVEL CLASS DESCRIPTIONS

1. **LEVEL I (Turtles), Water Exploration:** For first timers and children still uncomfortable in water. Must be at least three years old. Will learn to submerge face; float on front; float on back; supported kicking; beginning arms; basic water safety.

2. **LEVEL II (Frogs), Primary Skills:** Must have Level I certificate/demonstrate requirements. Will learn rhythmic breathing; full submersion; unsupported front and back glides; kicking; beginning combined strokes; orientation to deep water; continued personal skills.

3. **LEVEL III (Minnows), Stroke Readiness:** Must have Level II certificate/demonstrate requirements. Will learn retrieval of underwater objects; beginning diving from side of pool; coordination of breathing with arm stroke; back crawl; elementary backstroke kick.

4. **LEVEL IV (Sharks), Stroke Development:** Must have Level III certificate/demonstrate requirements. Will learn standing front dive; elementary backstroke; breaststroke kick; scissor kick; endurance; turns; treading water; CPR/Rescue breathing technique awareness.

5. **LEVEL V (Seals), Stroke Refinement:** Must have Level IV certificate/demonstrate requirements. Will learn standing dive from board; breaststroke; sidestroke; underwater swimming; dolphin kick; endurance; open turns and awareness of spinal injury management.

6. **LEVEL VI (Octopuses), Intermediate Skills:** Must have Level V certificate/demonstrate requirements. Will learn approach and hurdle on diving board; jump tuck from board; butterfly; approach stroke; flip turn for front crawl; surface dives.

s/n **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.

p/T **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.
- If you do not hear from a member of the aquatics staff via phone you can assume you received your first choice for lessons.
- Please do not call to confirm lesson registration.
- Registration deadline for all aquatics programs is one week prior to the first class meeting.
- Swim lesson registration received after the deadline will not be accepted or processed until after the first day of the session, and then, only if there are still openings available for the session.
- Please read the course description carefully. It is important to register you 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.
- Please know that it may take your child more than one class session to graduate to the next level.
- 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.



FREQUENTLY ASKED QUESTIONS

Is the pool heated?

The pools are maintained between 78° – 82° F

How do I know which class to register my child for?

Read the class descriptions in the order listed. Register your child for the first class that describes skills that your child has not yet mastered.

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?

Sorry, 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.



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) Drop off your registration form and payment in the Community Center drop box (located in the driveway next to the deck).
- 3) Mail your registration payment to:
Benicia Parks & Community Services
250 East L Street, Benicia, CA 94510

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.

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 two minutes.

Staff: John Lathrop

| Course# | Tues & Thurs | Time | Ages |
|---------|------------------|-------------|-----------|
| 21106 | Aug 23 – Sept 15 | 5:00–5:45pm | 8–10 yrs |
| 21149 | Aug 23 – Sept 15 | 5:45–6:30pm | 11–13 yrs |

Reg. Fee: \$58 res / \$73 non-res (6 classes)



BENICIA SENIOR CENTER

187 East L Street • (707) 745-1202

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

GAMES & CLUBS

BINGO

Mondays 12:00pm – 3:00pm & Fridays 1:00pm – 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:

- | | |
|------|--|
| Aug | <i>Extremely Loud and Incredibly Close</i> by Jonathan Foer Safron |
| Sept | <i>My Brilliant Friend</i> by Elena Ferrante |
| Oct | <i>Dancing at the Rascal Fair</i> by Ivan Doig |
| Nov | <i>Cry the Beloved Country</i> by Alan Paton |
| Dec | <i>Murder with Peacocks</i> by Donna Anderson |

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:

*At the Senior Center the 2nd and 3rd Tuesday of each month. Call the Senior Center to make an appointment at 745-1202.

*At the Benicia Community Center, 370 East L Street the 1st and 3rd Wednesday of each month. Call HICAP to make an appointment 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 33 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

ITALIAN LUNCHEON

Wednesday, September 28 • 12:00pm

Lunch catered by Venticello's

\$10 per person

HALLOWEEN

SONGS & SANDWICHES

Wednesday, October 26 • 12:00pm

\$5 per person

THANKSGIVING LUNCHEON

Wednesday, November 16 • 12:00pm

Lunch catered by 907 Grill

\$10 per person

HOLIDAY

SONGS & SANDWICHES

Wednesday, December 14 • 12:00pm

\$5 per person



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 – 1:00pm | 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 |
| | 1:00pm – 2:00pm | Pickleball (Beg. Instruction) | BCC |
| 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 |
| | 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

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 | Intermediate |
| Thursday | 9:00am – 10:00am | Beginning |
| Friday | 9:00am – 10:15am | Beginning |

Location: Room 4 - Community Center

REGISTRATION FEE FOR:

Zumba Gold & Pilates, Fit for Life 1 & 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**

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**

No class on City Holidays

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**

No class on City Holidays

Location: Multipurpose Room - Community Center



REGISTRATION FEE FOR:

Fit Aerobics, Fit for Life 2 & Walk to Fitness

6-class punch card: \$21 res / \$27 non-res

1 month unlimited pass: \$35 res / \$44 non-res

Purchase your card at the Community Center

Or pay the per class drop-in fee:

\$3.50 res / \$4.50 non-res

Punch passes are valid for 3 months after purchase date.

**Classes will be cancelled
on city holidays.**

No class: 9/5, 10/10, 11/11, 11/24, 11/25 & 12/26

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 |
|----------|----------------------------------|-----------------|
| 21778 | Sept 2 – Sept 30 | |
| 21779 | Oct 7 – Nov 4 | |
| 21780 | Nov 18 – Dec 23 (no class 11/25) | |

Reg. Fee: \$41 res / \$51 non-res

Class Size: Min. 4 / Max. 12

Location: Room 5, Benicia 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

| Course # | Wednesdays | 11:15am – 12:15pm |
|----------|------------|-------------------|
| 21786 | Sept 13 | |
| 21784 | Oct 11 | |
| 21785 | Nov 8 | |
| 21787 | Dec 13 | |

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

Class Size: Min. 3 / Max. 8

Location: Conference Room - 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 21



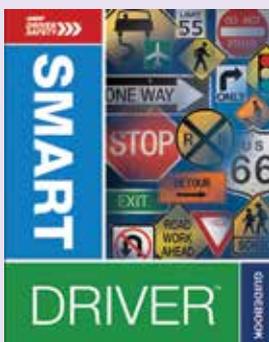
AARP DRIVER SAFETY CLASSES

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: December 7 & 8

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

Session 1: December 9

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+

Tuesday & Wednesday 12:00pm – 2:30pm

August 9 & 10
August 23 & 24
August 30 & 31
September 6 & 7



Reg. Fee: FREE

Location: Benicia Senior Center



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.

Santa Cruz Follies

Friday, September 16

Cost: \$90 per person
Lunch included
at the Crow's Nest

Time: 8:30am – 6:00pm



Apple Hill – High Hill Ranch

Tuesday, October 11

Cost: \$65 per person
Lunch included

Time: 8:30am – 5:00pm



Golden Gate Fields

Thursday, November 10

Cost: \$80 per person
Lunch included

Time: 9:00am – 3:00pm



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 Wed., Sept 21 at 10:00am in Room 1 of the Benicia Community Center.**



Arizona Spring Training Getaway

March 12, 2017 – 6 days

Highlights: Phoenix City Tour, 2 Spring Training Baseball Games, Hall of Flame Fire Museum, Old Town Scottsdale, Tucson Area, Old West Farewell Dinner & 5 Nights at one hotel in the Phoenix Area.



Great Trains & Grand Canyons

May 7, 2017 – 6 days

Highlights: Two rail journey (Grand Canyon Railway, Verde Canyon Railroad), Grand Canyon National Park, Oak Creek Canyon, Sedona Trolley Tour, Chapel of the Holy Cross, Tlaquepaque & Uptown Sedona, Montezuma Castle, Jerome, Chuckwagon Supper & Show & Old Town Scottsdale.



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

DIABLO REGIONAL CONCERT BAND

Friday, December 9 • 7:30pm

The Diablo Regional Band will perform their annual Winter Concert. Cora Martens conducting.

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.

LUNCH BREAK COLORING

Adults Only

Every Monday from 12:00pm – 1:00pm

Come and experience the latest trend in relaxation, adult coloring books! Coloring pages, color pencils and markers will be provided.

FRIENDS MONTHLY BOOK SALE

Second Saturday of each month • 10:00am – 4:00pm

Come to the Library's basement and find paperbacks for 50¢, hardbacks for \$1, children and teen books 3 for \$1; plus magazines, DVDs, CDs, vinyls and more! November is the \$5 Bag Sale! Teachers receive 20% discount. Proceeds benefit the Library. Open to all.

Sponsored by the
Friends of the Benicia Public Library.



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 • 7:00pm

Coffee Book Club

First Tuesday each month • 9:00am

Fads Book Club

First Tuesday each month • 7:00pm

Kids' Books for Adults Book Club

Third Tuesday each month • 7:00pm

Noon Book Club

First Wednesday each month • 12:00pm

Evening Book Club

Third Wednesday each month • 7:00pm

Mystery Book Club

Fourth Thursday each month • 7:00pm

BOARD GAME EVENINGS

For all ages

First Friday: 9/2, 10/7, 11/4 & 12/2 • 6:00 - 8:30pm

Whether you're 5 or 105, board games are lots of fun. Come play: we'll provide the games!



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

These 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.

SING A STORY WITH SF OPERA!

For kids ages 5 and up

Saturday, September 10 • 10:30am

This interactive program presented by a member of the San Francisco Opera will feature scenes from *The Magic Flute*. Come prepared to sing!

FAMILY YOGA

For kids ages 4 and up and their caregivers

Wednesday, September 28 • 3:30 – 4:30pm

Join us for an active program of fun yoga postures, movement activities, songs and stories

CELEBRATE HALLOWEEN AT THE LIBRARY with a Jack-o-Lantern Contest and Scary Stories

For all ages

Wednesday, October 26

Jack-o-Lantern Contest starts 7:00pm
Scary Stories 7:30pm
Contest winners announced 8:00pm

Bring your carved pumpkin to enter the twentieth annual contest, or just come to vote for your favorites. While the judges choose the winners, listen to some scary stories: very scary ones told in the dark for brave children (8 and up), and less scary ones for younger children. The contest is open to everyone, including teens and adults, so show off those carving skills! No flashing lights in the pumpkins, please.

FAMILY STORYTIME AND TEDDY BEAR SLEEPOVER

For kids ages 5–8

Tuesday, November 15 • 4:00 – 6:30pm

Bring a teddy bear or other stuffed animal for a fun storytime at 6:30. Then, leave your stuffed animal here for a sleepover, while you go home to sleep. Pick them up the next morning after we open at 10:00. On Wednesday morning, you'll find out what a bunch of stuffed animals get up to when the Library is closed!

INTERNATIONAL GAMES DAY

For ages 5 – 115

Saturday, November 19 • 1:00 – 5:00pm

Come join us for fun board games! We have games for all ages and skill levels.

GIFT MAKING WORKSHOP

For ages 6 and up

Wednesday, December 14 • 3:30 – 4:30pm

Make cards and gifts for the holiday season! Materials are provided, so just drop in!

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 9/28, 12/14 & 12/22. On the first and third Thursdays of each month, we'll have Lego and a few board games in the After-School Zone, in addition to video games.

WEEKLY STORYTIMES

Baby Storytime

For a caregiver and a baby from 6 to 18 months
 Every Wednesday (except 12/28) • 1:00pm

Toddler Storytime

For families with kids from 2 to 3
 Every Wednesday (except 12/28) • 10:30am

Preschool Storytime

For families with kids from 4 to 5
 Every Tuesday (except 12/27) • 10:30am

Saturday Storytime

For families with kids of all ages
 Every Saturday (except 12/24 & 12/31) • 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 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 – 8th grades
Tuesdays • 6:00 – 7:00pm

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

Sept. 20, Oct. 18, Nov. 15 and Dec. 13

KIDS' BOOK CLUB

For kids in 4th and 5th grades
Tuesdays • 3:30 – 4:30pm

- Sept. 6: *Number the Stars* by Lois Lowry
Oct. 4: *Journey to the River Sea* by Eva Ibbotson
Nov. 8: *Shiloh* by Phyllis Reynolds Naylor
Dec. 6: *Meanwhile* by Jason Shiga

JUNIOR KIDS' BOOK CLUB

For kids in 2nd and 3rd grades
Tuesdays • 3:30 – 4:30pm

- Sept. 27: *The Chocolate Touch*
by Patrick Skene Catling
Oct. 25: *The World According to Humphrey*
by Betty G. Birney
Nov. 29: *Julian, Secret Agent* by Ann Cameron
Dec. 20: *Ramona and Her Father* by Beverly Cleary

CHILDREN'S SERVICES WEB PAGE

Go online to access the Library's catalogue, request items, and find out when your books are due (and then renew them), but there's more! Visit the Library's Web page at <http://www.bencialibrary.org> and click on the link that says *Kids*. There you can find upcoming kids' events, lists of recommended books, and Web sites to help with assignments!

ADULT LITERACY & ESL

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 once or twice a week, for about 2 hours each time, at a time and place that are convenient for you. All tutoring is done by trained volunteers.

GED CLASSES

Wednesday evenings • 7:00 – 9:00pm
Friday mornings • 9:00am – 12:00pm

Take GED test preparation classes at the Benicia Public Library.

- Classes are taught by a qualified Benicia Unified School District instructor.
- Classroom instruction and online program instruction are included.
- Classes are FREE!

LEARNER COMPUTER LAB

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

Using the Mango and Rosetta Stone 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, civics, and citizenship 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.



BANNED BOOKS WEEK: Celebrate Your Freedom to Read

September 25 – October 1

What do the *American Heritage Dictionary*, *The Giver*, the Harry Potter Series and *Captain Underpants* have in common? They have all been challenged or banned in a school or library somewhere in the world. Celebrate your freedom to read by checking out your favorite banned book. What is a BANNED BOOK? Check our website or come to the Library to find out!

THE HUNTING GROUND: Documentary and Discussion

For adults & teens • Check website for date and time

This film addresses rape on American college campuses. Join us for a screening followed by a discussion.

FREE SAT/ACT PRACTICE TEST

Saturday, October 29 • 9:45am by Kaplan

Get a step ahead by taking a FREE SAT PRACTICE TEST before you take the real thing! Registration is required. Email bsmead@ci.benicia.ca.us for details.

NANOWRIMO (National Novel Writing Month)

November 1 – November 30

What do *Water for Elephants*, *Anna and the French Kiss* and *Fangirl* all have in common? They started as NaNoWriMo projects! National Novel Writing Month (NaNoWriMo) offers a fun approach to creative writing. On November 1, aspiring authors begin working towards the goal of writing a 50,000-word novel by 11:59 PM on November 30. The Benicia Public Library will offer authors a quiet place to create during our regular business hours the entire month of November. Go to nanowrimo.org for more information on NaNoWriMo.

The Benicia Public Library will be hosting a collaborative writing project for all levels of writers. Check our website for details!

FINALS CAFÉ: Caffeine & Cram

Check website for date and time

Here's a chance for you to get some extra study time in. We'll serve snacks and hot cocoa while providing a quiet, relaxing study environment at the library. Study in groups or on your own.

MONTHLY EVENTS

TEEN ADVISORY BOARD (TAB)

Mondays • 6:00 – 7:00pm • Sept. 26, Oct. 24 & Nov. 28

Join us once a month for dinner with friends to talk about what the Library should be doing for teens. *Please email teenzone@ci.benicia.ca.us to let us know you are coming. New teens & ideas are always welcome!*

Thursday, Dec. 22 • 2:00 – 4:00pm

Join us for special TAB meeting followed by a holiday party!

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

Sept. 12, Oct 17, Nov. 14 & Dec. 12

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

Sept. 20, Oct. 18, Nov. 15 & Dec. 13

TEEN VOLUNTEER OPPORTUNITIES

Applications are available at the Customer Service desk for on-call volunteers.

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, City Gym, and Youth Center. 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.

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: | \$39 per section / res \$113 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 2 Jumpers are permitted per day. They must be located on the grass between the bocce courts & the playground. See "Additional Picnic Area Rules & Regulations" for more information.



| | |
|--------------------------|---|
| Civic Center Park | 151 East "K" Street |
| Fees Per Use: | \$39 per section / res \$113 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. | |
| Fees Per Use: | \$39 per section / res \$113 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.

Fees per hour: \$39/hr resident • \$53/hr non-res
 \$19/hr Local Non-Profit
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-Large Room | \$31/hour | \$47/hour |
| Non-Res – Large Room | \$68/hour | \$83/hour |
| Resident – Small Room | \$19/hour | \$27/hour |
| Non-Res – Small Room | \$39/hour | \$45.50/hour |

Local Non-Profit

Daily: \$19/hour large room
 \$11/hour small room

Clean-up/ Damage Deposit: \$200 - *Additional insurance req.*

City Park & Gazebo First Street at Military West

CITY PARK

Five picnic tables and two barbecues are available at the eastern 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. A specified section of this park can be reserved and is recommended for groups of 40 or less.

Fees Per Use: \$39 per section / res
 \$113 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: \$230 res / \$325 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 Benicia PD.

| | | |
|--------------------------------------|---|------------------------|
| Hours/Fees: | Mon - Thurs | Fri / Sat / Sun |
| | 8:00am – 11:00pm | 8:00am – 1:00am |
| | \$47/hr resident | \$79/hr resident |
| | \$98/hr non-res | \$113/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 | \$31 | \$47 |
| Non-Resident | \$68 | \$83 |
| 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: | \$230 res / \$325 non-res |
| Deposit: | \$250 - <i>Additional insurance required</i> |



(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 Farmar 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 | | | | |



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

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

Pruning Your Trees

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

City of Benicia

Heritage Tree Program



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



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

VISIT A CITY PARK TODAY!



CITY PARK 1st Street and Military



1ST STREET GREEN 1st Street at East B Street



MARINA PAVILION



All photos courtesy of Meilene Photography.

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



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**

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YOUR NEXT ADVENTURE.**

BEASCOUT.ORG

Troop 8: Serving Benicia's Youth & Community since 1943. Join us! Contact our Scoutmaster, John Lovett at (925) 216-3772. john@jmlovett.org

The Adventure Starts Here!

Cub Scout Pack 108
Grades K-5th in Elementary Schools
Brian Weaver 206-931-4075

Or visit us on the web at beniciascouts.org

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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 2016. 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.



twitter.com/beniciabert



[facebook.com/
BeniciaEmergencyResponseTeam](https://facebook.com/BeniciaEmergencyResponseTeam)



Join the Fall SWIM Program

The Benicia Stingrays Swim Team invites you to join our fall swim program. Improve your technique, turns, dives and conditioning in all four competitive strokes.

Season: September 6 – October 31

Monday, Tuesday & Wednesday

Ages: 5 – 18 years old **Cost:** \$200

**For more information visit www.bsrs swim.org
or email membership@bsrs swim.org**



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

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.

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

The Nutcracker



26th Annual Performance

November & December

Open Auditions
August 27, 2016

beniciaballet.org

Auditions are open to all ages and dance experience



BENICIA BALLET

707-746-6757

info@beniciaballet.org

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

Contact 746-4285 for class and instructor requirements.

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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



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

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.

3. MAIL IN

Mail your completed forms with payment 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 Aug 8, 2016 / Non-Residents, Aug 15

| PARTICIPANT'S NAME | D.O.B. | CLASS TITLE | COURSE # | FEE |
|--------------------|--------|-------------|----------|-----|
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|---|--|---|--|
| NAME | | CREDIT - | |
| ADDRESS Street City ZIP | | TOTAL | |
| HOME PHONE WORK PHONE | | <input type="checkbox"/> Check if new mailing address <input type="checkbox"/> Check if you or your child has a special need or disability <input type="checkbox"/> Enclosed is a check payable to City of Benicia Check # _____ | |
| E-MAIL | | | |
| CREDIT CARD PAYMENTS <input type="checkbox"/> MasterCard <input type="checkbox"/> VISA Card # _____ Exp. _____ Authorized Signature _____ Verification Code* _____ <small>* The verification code is the 3-digit number on the back of each credit card in the signature box</small> | | | |

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



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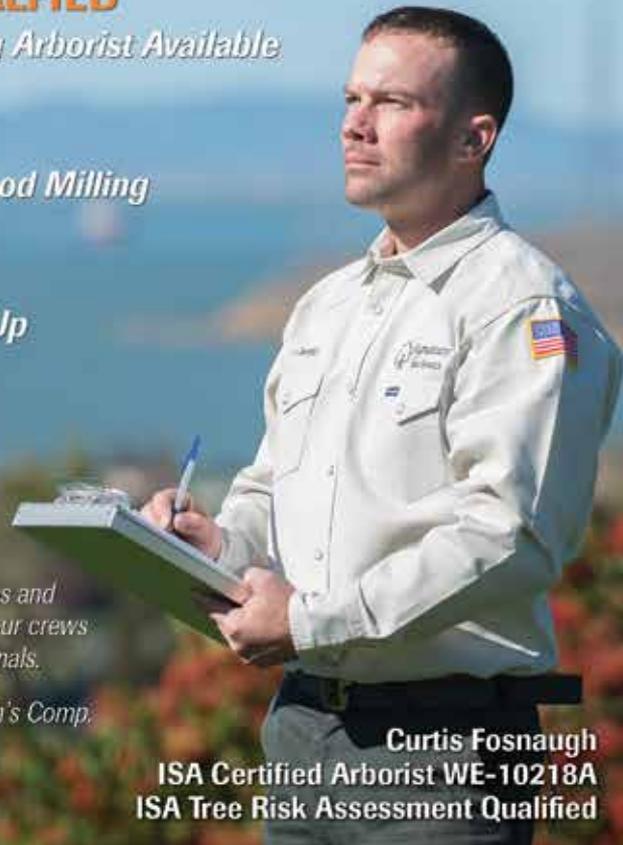
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Benicia, CA 94510

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ECRWSS

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

Register for Programs & Classes using Benicia Rec Online at <http://online.activenetwork.com/benicia>
Registration for residents begins August 8. Aug 15 for non-res.

FREE City of Benicia Tree Lighting Ceremony

Friday, December 2nd

At the end of First Street in front of The Depot

Live Entertainment & Open House
on Main St. from 6:00pm – 8:00pm

Tree Lighting is at 6:30pm



HAPPY
HOLIDAYS

from Benicia Parks & Community Services