

ACTIVITY GUIDE



***START THE
NEW YEAR
OFF BY
SIGNING UP
FOR ARPD
CLASSES!***

***LEARN A
NEW SKILL!***

GET MOVING!



WINTER/SPRING 2024



**Parks
Make
Life
Better!**



***Explore Our Newest Park—
Bohol Circle Immigrant Park!***

Alameda Recreation And Park Department
(510) 747-PLAY • www.alamedaca.gov/recreation
Camps • Classes • Events • Parks • Services • Sports • more

CONTENTS



Alameda City Council

Marilyn Ezzy Ashcraft	Mayor
Tony Daysog	Vice Mayor
Trish Herrera Spencer	Council Member
Tracy Jensen	Council Member
Malia Vella	Council Member

Alameda City Manager

Jennifer Ott	City Manager
Amy Wooldridge	Assistant City Manager

Rec and Parks Commission

Adrienne Alexander	Chair
Drew Swartz	Vice Chair
Kareem Burney	
Wesley Radez	
Eric Robbins	

Golf Commission

Ed Downing	Chair
Andrew Dewey	
Lynn Jones	
John Kim	
Robert Lattimore	

Commission Meetings

Golf Commission – on Zoom

Meets 2nd Tuesday at 6:30pm,
every other month
(Jan, Mar, May, July, Sept, Nov)

Mastick Senior Center Advisory Board

Meets 3rd Wednesday at 9:30am
Mastick Senior Center,
1155 Santa Clara Ave, Room D

Recreation & Parks Commission

Meets 2nd Thursday at 7:00pm
City Hall Council Chambers
Everyone welcome.
Also televised live on Ch. 15

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MESSAGE FROM THE DIRECTOR

It is an honor and pleasure to serve as the Director of Recreation and Parks for the City of Alameda. I am passionate about the field of parks and recreation and will strive to create meaningful and equitable experiences for all community members. It is with immense pleasure and gratitude that I write to express my heartfelt thanks to the dedicated team of individuals who make up our Recreation and Park Department. I have been astounded by the unwavering commitment and passion that each staff member brings to our mission.



We have many exciting opportunities for all age groups and new parks for everyone to get out and experience. Enjoy the many trails and bike paths from Bay Farm Island to Alameda Point, stop by Mastick Senior Center, Bohol Immigrant Circle Park, Whale Park, and Seaplane Lagoon Park.

As we continue our journey of service to the community, I would like to take this time to remind everyone to please abide by park rules and respect fellow park visitors. I kindly remind dog owners to keep their dogs on a leash when in the park, not only for their safety but also for the safety of others. These small actions can go a long way in ensuring that our parks remain safe, clean, and enjoyable for everyone.

Come join us and enjoy the great programs and parks throughout Alameda!

Justin Long
Director, Alameda Recreation and Park Department

ADAPTATIONS & ACCESSIBILITY

Should you need support accessing Recreation & Parks facilities or programs, or would like to request special accommodations for those with a disability and/or special needs, please contact Morace McKay, Recreation Manager at 510-747-7510.

FINANCIAL ASSISTANCE AVAILABLE

Financial Assistance is available for families who qualify.
Up to 75% in assistance is available for Youth Programs, Camps and Classes.
To learn more, or to apply, visit the ARPD website: www.alamedaca.gov/recreation.
Printed copies of our Financial Assistance Program Procedures and Application are available at the ARPD office during regular business hours.

ARPD Staff

Justin Long	Director
510-747-7570 jlong@alamedaca.gov	
Matt Nowlen	Park Manager
510-747-7587 mnowlen@alamedaca.gov	
Patrick Russi	Recreation Manager
510-747-7550 prussi@alamedaca.gov	
Morace McKay	Recreation Manager
510-747-7510 mmckay@alamedaca.gov	
Eric Vlnar	Park Maintenance Supervisor
510-747-7587 evlnar@alamedaca.gov	
Christina Bailey	Recreation Supervisor I
– Pre K & Youth5	
510-747-7554 cbailey@alamedaca.gov	
Ed Kallas	Recreation Supervisor I
– Senior Programs	
510-747-7511 ekallas@alamedaca.gov	
Stacy Thomas	Recreation Supervisor I
– Sports & Aquatics	
510-747-7586 stthomas@alamedaca.gov	
Ashley Cendejas	Recreation Assistant
510-747-7575 acendejas@alamedaca.gov	

Contact Us!

Website & Online Registration	www.alamedaca.gov/recreation
Email	arpd@alamedaca.gov
Facebook	www.facebook.com/playARPD
Phone	510-747-PLAY (7529)
Fax	510-523-4071
Hours	Monday - Friday: 8:30am - 5:30pm
Park and Facility Issues	After Hours 510-775-5459
Field Condition Hotline	After 2pm 510-747-7540
Mastick Senior Center	510-747-7500
Parks & Facilities	See page 39

Online Reservation

Availability Calendar for:

- Bocceball
- Picnic Tables
- Recreation Centers

www.alamedaca.gov/recreation

CITY DEPARTMENT DIRECTORY

Emergency (Life or Property at Risk)	911
City Information	510-747-7400
City Attorney	510-747-4750
City Clerk & City Council	510-747-4800
Mayor's Office	510-747-4701
City Manager's Office	510-747-4700
Alameda Municipal Power (amP)	510-748-3900
Base Reuse – Alameda Point	510-747-7440
Economic Development Division	510-747-6890
Finance	510-747-4881
Fire (Non-Emergency Only)	510-337-2100
Corica Park	510-747-7800
Housing Authority	510-747-4300
Human Resources	510-747-4900
Job Opportunities	www.governmentjobs.com/careers/alamedaca
Information Technology (IT)	510-747-7490
Library	510-747-7777
Media Contact	510-747-4714
Planning, Building and Transportation	510-747-6850
Building Division	510-747-6800
Police (Non-Emergency Only)	510-337-8340
Anonymous Tip Line	510-337-8450
Animal Services	510-337-8565
Animal Control (After Hours)	510-337-8340
Public Works	510-747-7930
Maintenance Services (Streets, Sidewalks, Non-Park Issues)	510-747-7900

HOTLINES

Transportation Hotline www.511.org or call 511

511 is a one-stop phone and web source for up-to-the-minute Bay Area traffic, transit, rideshare, and bicycling information. It's FREE and available whenever you need it – 24 hours a day, 7 days a week – from anywhere in the nine-county Bay Area.

Information & Referral Assistance Hotline – 211

Need Help? Get answers by simply dialing 211. 211 is a free, non-emergency, confidential, three-digit phone number and service (www.211alamedacounty.org) that provides easy access to housing information and critical health and human services. 211 operates 24 hours a day, seven days a week with multi-lingual capabilities.

COMMUNITY DIRECTORY

AC Transit	www.actransit.org
Alameda Adult School	www.adult.alamedaunified.org
Alameda Boys and Girls Club	www.alamedabgc.org
Alameda Chamber & Economic Alliance	www.alamedachamber.com
Alameda Education Foundation	www.alamedaeducationfoundation.org
Alameda Family Services	www.alamedafs.org
Alameda Family Services – Head Start	www.alamedafs.org/support-main.html
Alameda Food Bank	www.alamedafoodbank.org
Alameda Friends of the Parks Foundation	www.alamedaparks.org
Alameda Health System (Alameda Hospital)	www.alamedahealthsystem.org
Alameda Historical Museum	www.alamedamuseum.org
Alameda Holiday Boutique	www.alamedaholidayboutique.org
Alameda Meals on Wheels	www.alamedamealsonwheels.org (510-865-6131)
Alameda One Stop Career Center – COA	www.alameda.edu/students/college-of-alameda-career-and-employment-center
Alameda Point Collaborative	www.apcollaborative.org
Alameda Professional Child Care Assoc	www.alamedapcca.org
Alameda Unified School District	www.alamedaunified.org
American Red Cross	www.redcross.org
BANANAS	www.bananasbunch.org
Building Futures	www.bfwc.org
California State Park Info and Reservations	www.parks.ca.gov
Center for Independent Living	www.centerforindependentliving.org (510-841-4776/510-356-2662)
College of Alameda	www.alameda.edu
Doug Siden Visitor Center at Crab Cove	www.ebparks.org/parks/visitor-centers/crab-cove
East Bay Paratransit	www.eastbayparatransit.org
East Bay Regional Park District	www.ebparks.org
Girls Inc. of the Island City	www.girlsincislandcity.org
Rhythmix Cultural Center	www.rhythmix.org
USS Hornet Foundation Museum	www.uss-hornet.org

COMMUNITY SPORTS

Aeronautics – Tethered Model Airplane Flying	rbush88@juno.com
Alameda Attack Lacrosse Club	www.alamedalacrosse.sportngin.com
Alameda Babe Ruth Baseball	www.alamedababeruth.com
Alameda Dragon Flyers Dragon Boat Team	www.alamedadragonflyers.com
Alameda Gators Swim Team	www.teamunify.com/team/alga/page/home
Alameda Girls Softball Association	www.alamedagsa.com
Alameda Little League	www.alamedalittleleague.org
Alameda Soccer Club	www.alamedasoccer.org
Alameda Swimming Pool Association	www.teamunify.com/Home.jsp?_tabid_ =0&team=psaspa
Alameda Vipers Basketball Club	www.alamedavipers.com
Alameda Wolverines Football	www.afawolverines.com
Alameda Youth Basketball	www.alamedayouthbasketball.club
Artemis Rowing	www.artemisrowingclub.org
Corica Park	www.coricapark.com
Special Olympics (Alameda)	www.sonc.org/programs/community-sports-programs/county/alameda

COMMUNITY EVENTS

Breakfast with Santa

Saturday, December 9, 10:00am – 12:00pm

Location: Albert H. DeWitt O'Club, 641 West Redline Ave.

Cost: \$21 Res / \$24 Non-Res (13 years and older);

\$11 Res / \$13 Non-Res (2 – 12 years); FREE (under 2);

Class # 22666

You better watch out, you better not cry, you better not pout, I'm telling you why – Santa's BACK here in Alameda! Join Santa for breakfast, arts & crafts, and take a photo with the big guy. All attendees must pre-register regardless of age. All children must be accompanied by an adult and pre-registration is required. Space is limited. Register by December 1st. No refunds or credits will be issued.

Santa's Home Visits

Saturday, December 16, Class # 22667

Sunday, December 17, Class # 22668

5:00pm to 8:05pm, \$45 for one 10-minute Home visit

Ho! Ho! Ho! Santa, Rudolph and the gang are happy to be back in Alameda. Santa, and his elf, will make a special ten-minute visit to your child at home. Arrangements can be made for Santa to bring a gift. Please note that Santa may not be able to speak to every child, if he visits a large party. Registration will begin on November 6.

Santa's Virtual Visits

Thursday, December 21,

Class # 22676, 6:00pm - 8:00pm

\$28 for one 10-minute Zoom visit

Ho! Ho! Ho! Santa decided to give us options this holiday season, so he plans to spread some holiday cheer through Zoom. Santa's Elves will be busy dropping off treats to the homes (Alameda Only) registered on the night of your visit.

You will choose your preferred window of time on your choice of night. Once Santa schedules your time within your preferred window, you will receive a questionnaire that will help Santa personalize your visit with your child(ren). Your receipt will be emailed to you, which will confirm the hour and day you chose. You will receive a Zoom link 24-48 hours prior to your visit.

Registration will begin on November 6. Once registration begins, and depending on enrollment numbers, Santa's Elves may need to contact you for an alternative day and/or time.



Snowman Family Pool Party

Pool games, winter crafts, contests, hot coco plus much more

Saturday
January 13, 2024
12 pm-2 pm
Emma Hood Swim Center

Space Limited
Registration opens 12/1/23

\$15per person

ARPD

Storytelling and Drumming Festival

Saturday, February 3, 12:00 – 3:30pm

Located at Mastick Senior Center (1155 Santa Clara Ave.)

Free and Open to Everyone

This festival will feature storytelling, drumming, poetry and puppetry from many diverse cultures and communities. Plus, interactive workshops featuring learning how to drum and write/recite poetry. For additional information contact Ed Kallas, Recreation Supervisor I at ekallas@alamedaca.gov





FAMILY SNOWBALL DANCE PARTY

Friday, February 9th, 6:00pm - 8:30pm

Albert H. DeWitt O'Club, 641 West Redline Avenue

\$35 per couple (1 child & 1 adult), Class #23987

\$25 each additional family member (child or adult)

\$5 per wrist corsage (pre-order only)

It's almost time for ARPD's 2nd Annual Family Snowball Dance Party. This is a special party for all children who are currently five to twelve years of age, and their favorite adult. There will be dancing, arts & crafts, heavy hors d'oeuvres, and lots more fun!

Registration begins on December 4th (9:00 am) and ends January 19th or until event sells out, so sign-up early! When registering the couple, please register under the child's name.

If you are registering an additional family member, please make sure a charge of \$25.00 is assigned to that person. If you are registering two additional family members, please register as another couple. Please contact ARPD, for any questions or issues with registration.



Alameda's Spring Shindig

Saturday, April 20, 12:00pm - 3:00pm

Alameda Point Gym & Multipurpose Field (1101 W. Redline Ave)

Come celebrate spring with us! There will be community organizations/vendors/demonstrations, games, crafts, jumpers, music, food, and much more. You will also have an opportunity to register for any remaining spots in ARPD summer programs.



12:30 PM Shotgun Start	Monday, May 20, 2024 at Corica Park South Course <small>1 Clubhouse Memorial Rd, Alameda, CA 94502</small> \$150 per player <small>(Includes golf, auction, hosted wine/beer bar & dinner)</small> Dinner only \$40 per person Go to www.alamedaparks.org <small>for information, registration and payment</small> SCAN HERE	6:00 PM Dinner & Auction at the Harrison Recreation Center in Lincoln Park 1450 High St. Alameda, CA 94501
4 - Person Team Scramble Format	SUPPORT ALAMEDA PARKS & ENJOY A FUN DAY ON THE GOLF COURSE!	

YOUTH GROUP & PARK MAINTENANCE - COMMUNITY

ALAMEDA COLLABORATIVE FOR CHILDREN, YOUTH, AND THEIR FAMILIES (ACCYF)

The Alameda Collaborative for Children, Youth, and their Families (ACCYF) is a partnership between the City of Alameda, the County of Alameda, Alameda Unified School District (AUSD), Alameda's non-profit agencies, and community members interested in addressing the needs of local youth. Founded in 1996 by the late Alameda County Supervisor Wilma Chan. ACCYF currently has three subcommittees that are recruiting members: ACCYF Youth Advocacy Committee, ACCYF Mental Health Work Group, and ACCYF Safety Committee.

ACCYF Youth Advocacy Committee (YAC)

The ACCYF Youth Advocacy Committee (YAC) is an opportunity for youth in Alameda to speak about community issues, develop an advocacy plan to communicate youth needs to persons in positions of influence and power, and generate an open environment for youth of all genders, races, religions, sexual orientations, and socioeconomic backgrounds to participate. YAC meets Wednesdays regularly from 3:30 to 4:30pm on Zoom. YAC hours count towards school community service requirements. Youth must be at least 14 years old or entering 8th grade. If you are interested in participating, please contact Yasamin Obaidy, Management Analyst, at yobaidy@alamedaca.gov.

ACCYF Mental Health Work Group

The ACCYF Mental Health Work Group is focused on increasing the understanding of the local mental health systems and how to easily access their services for youth and families. One of the work group's current projects is to create a peer-to-peer education curriculum to support the wellness of middle school and high students. The group meets once a month via Zoom and is looking for youth interested in joining the mental health work group. If you are interested in participating, please

contact the Mental Health Work Group Chairperson, Kyle Sinkoff, School-Based Services Program Director at Alameda Family Services, at ksinkoff@alamedaafs.org.

ACCYF Safety Committee

The ACCYF Safety Committee is focused on developing safety programs in coordination with Alameda's public and private school systems and existing youth organizations. The committee's mission is to ensure safety programs are accessible to all families in Alameda. The group meets every second Monday of the month from 4:00 to 4:30pm on Zoom. If you are in participating, please contact the Safety Committee Chairperson, Chris Tam, Executive Director of All Good Living Foundation, at livelallgood@gmail.com

To learn more information about ACCYF and the three subcommittees, please visit www.accyf.org.



PARK MAINTENANCE

Sports fields will be closed for maintenance starting on November 3 and re-open again in March if weather permits.

These closures are necessary to give the fields a rest period to re-grow roots in heavily worn areas. Fields are also aerated, top dressed, and over-seeded as part of a regular maintenance practice. In addition, Leydecker Field was shut down in early September and underwent a major overhaul of its irrigation system both in the infield and the outfield.

AQUATIC CLASSES

Adult Winter Lifeguard Class

Love the water, Just retired or looking to retire? Want a second flexible job? Train to be a lifeguard! This course is a 3-day intensive, in-person learning opportunity that allows students to learn and train to be a lifeguard. This class includes in-person water, first aid, and CPR/AED skills training.

Students should be prepared to be in and out of the water multiple times daily. Please bring athletic swimwear, which will stay in place during water activities, towel(s), sunscreen, sack lunch, water, hat, swim cap, and anything else you may need during class.

Successful completion of the class and passage of all tests will result in an American Red Cross Lifeguard/First Aid/CPR Certification good for 2 years and a job opportunity with ARPD.

December 15-17, 2023	Emma Hood Swim Center
Res \$250 , NRes \$270	Ages 30 and Over Only
F, Dec 15: 6pm - 8pm, Sa, Dec 16: 9am-5pm, Su, Dec 17: 9am-5pm	
Lifeguard Training Prerequisites	
Prerequisite swimming skills will be done at the beginning of the first class.	
<ul style="list-style-type: none"> Swim 300 yards continuously, demonstrating breath control and rhythmic breathing (freestyle and breaststroke only) Tread water for two minutes using only the legs Swim 20 yards, retrieve a 10-pound object from 7 to 10 feet of water, swim 20-yards on the back to the starting point with both hands holding the object and exit the water without using a ladder or steps within 1 minute 40 seconds 	
Certification Requirements for Lifeguard Training Courses	
To receive American Red Cross certification, participants must:	
<ol style="list-style-type: none"> Pass all course prerequisites, Complete the required online learning (online learning not required for review courses), Attend all class sessions in their entirety, Participant in all class activities*, Demonstrate competency in all required skills and activities*, Demonstrate competency in the final skills scenarios, and Correctly answer 80% of the questions on the final written exam. Failure to meet the course prerequisites, attend all classes in their entirety, demonstrate competency in skills, or failure of the written test will result in forfeiture of class fees, and certification will not be granted. 	
PHYSICAL CONTACT: The City of Alameda is committed to providing a safe and respectful environment for all. Students should be aware that they will come into physical contact with each other during class activities. Every effort must be made to avoid physical contact that may be perceived as offensive and/or unwelcome. If you have any questions, please speak to a course instructor.	

THANKSGIVING TURKEY DIP

Move your feet before you eat!
Nov 23, 2023

First swim starts at 7:30am, 30 min swim time. Cost \$3.00
Registration starts Nov 20 @ 9:00am

Winter/Spring Swim Lessons

PRIVATE SWIM LESSONS 1 on 1	SEMI-PRIVATE SWIM LESSONS 2-3 per Instructor	GROUP LESSONS 5-12 per Instructor (depends on LVL)
4-Day Sessions Res \$128, NRes \$148	4-Day Sessions Res \$104, NRes \$128	4-Day Sessions Res \$44, NRes \$52
3-Day Sessions Res \$96, NRes \$111	3-Day Sessions Res \$78, NRes \$96	3-Day Sessions Res \$33, NRes \$39
PLEASE SEE WEBSITE FOR TIMES AND LEVELS All Times and Locations Are subject to change		

WEEKDAY LESSONS - 4 DAY SESSION		
Dec 26 - Dec 29	Jan 2 - Jan 5	Registration opens Dec 1
WEEKEND LESSONS - 4 DAY SESSION		
Saturdays	Sundays	
Jan 20 - Feb 10	Jan 21 - Feb 11	Registration opens Jan 7
-	Mar 2 - Mar 23	Registration opens Feb 18
Apr 27 - May 25 (no class May 11)	April 28 - May 26 (no class May 12)	Registration opens Apr 1
WEEKEND LESSONS - 3 DAY SESSION		
Saturdays	Sundays	
Dec 2 - Dec 16	Dec 3 - Dec 17	Registration opens Nov 18
Summer Schedule will be out on April 1, and you will be able to register for lessons on April 20 at Spring Shindig or online		

Summer Swim Lessons

Summer Schedule will be out on April 1, and you will be able to register for lessons on April 20 at Spring Shindig or online



AQUATICS DAYS **Free**

COME JOIN IN THE FUN

April 6 and 7, 13 and 14 and June 1 and 2

Evaluations for Swim Programs, Q&A for Aquatic Programs, and Register for Summer Swim Lessons

Registration Opens for Evaluation on April 1

Encinal Swim Center and Emma Hood



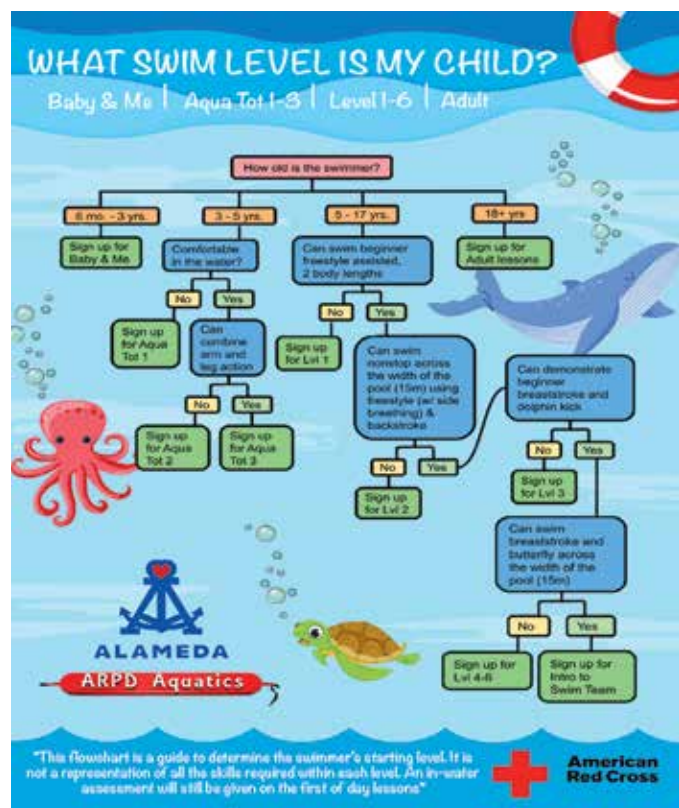
AQUATICS WINTER BREAK

SWIM LESSONS DEC 26-29 AND JAN 2-5

INTRO TO WATER POLO JAN 2-5

INTRO TO DIVE CAMP DEC 26-29

Registration Opens December 1

CORICA GOLF COURSE

Corica Park

Corica Park is located in the City of Alameda and within five minutes of the Oakland Airport. In addition to a large driving range and extensive practice facility, the three golf courses are suitable for players of all skill levels. Fast greens and swirling winds challenge seasoned golfers, while wide fairways and rolling hills welcome those newer to the game. Onsite instructors offer top quality instruction for all skill levels.

Visit our website at www.coricapark.com or contact the Pro Shop at 510-747-7800 for information about rates and hours.

On The Green at Corica Park

There is a lot happening at the course! Our On The Green initiative seeks to integrate Corica Park into the wider community. We're reimagining space use with inclusive programming for golfers and non-golfers alike. Come visit or contact us to learn more: Tamara Sabella, Director of Community Engagement, tamara@greenwaygolf.com

Youth On The Green

Free Golf:

- Free walk-up play on all three courses after 3:00pm during the fall and winter months and 4:00pm in the spring and summer months for all youth under 18.
- Wednesday walk-up play for golf and footgolf is free all day, year-round on the Mif unless the course is closed for other programming.

School Outings:

- Recreational opportunities in footgolf and golf for field trips and after school programs.

On the Green Golf & Play Summer Camps:

- Week-long summer camps offered at no cost including transportation and meals to underserved East Bay youth.

Sundays On The Green:

- Small group lessons and mentorship offered at no cost to Alameda youth. Led by Alameda High School Golf Coach Nick Wolf.

Preferred High-School and Collegiate Team Access:

- Free practice use for local teams.

FREE YOUTH PLAY

OCT 1, 23 - MAR 31, 24

After 3 PM on all 3 Courses

APR 1, 23 - SEPT 30, 23

After 4 PM on all 3 Courses

WEDNESDAYS, YEAR-ROUND

All Day, Mif-Par 3 Course

(Except when closed for special programming)

Connect with Us on Social Media:

Facebook: Corica Park Golf Course

Instagram: @coricapark

Twitter: @coricapark



Groups On The Green

Tournaments:

- Full-service tournament planning & execution, including food and beverage offerings for fundraisers, company events, golf clubs, competitive leagues, special occasions and other group events.

Corporate & Industry Mixers:

- Full-service team-building and networking event planning and execution for local businesses and industry groups. *Special packages available for mission-aligned nonprofit organizations.

Community On The Green

Our newest initiatives include a number of programs designed to diversify space use and increase access to Corica Park for broader community benefit. Some examples:

- Space use for activities such as yoga and martial arts classes to promote healthy living and other forms of recreation.
- Free classroom, meeting room and event space access for local nonprofits and other community groups to support organizations in forwarding their own missions.
- Small business gift fairs in partnership with Alameda Chamber of Commerce to support local businesses.
- School supply and holiday gift drives to support families participating in our programs.

ALAMEDA FREE LIBRARY

Library Locations

Main Library: 1550 Oak Street
Bay Farm Island Library: 3221 Mecartney Road
West End Library: 788 Santa Clara Ave

New special events are scheduled monthly!

For current dates, times, and locations, see the online calendar
www.alamedafree.org/Events-directory/Calendar.

Children

Online programs can be found on the Children's Activities page of our website: www.alamedafree.org/PROGRamS-SERVICES/Childrens-Services/Childrens-Activities

Free Online Programs

- Tutor.com and Brainfuse: online tutoring for all grade levels
- Beanstack: a portal to all of our reading challenges
- Maker Monday: STEM and craft tutorials
- Storybook Crafts: crafts for kids inspired by some of our favorite books
- First Chapter Friday: the first chapter of books we think you'll love
- Mother Goose on the Loose: a 20-session storytime designed for the very young

In Person Storytimes:

- **Mother Goose on the Loose (0-2yrs):**
a 20-session storytime designed for the very young
Thursdays 10:30am at Main Library
- **Toddler Storytime (2-4yrs):**
Age-appropriate stories, songs, and fingerplays
Tuesdays 10:30am at West End Library
Thursdays 10:30am at Bay Farm Island Library
Fridays 10:30am at Main Library
Saturdays 10:30am at Main Library
- **Preschool Storytime (3-5yrs):**
Age-appropriate stories, songs, and fingerplays
Mondays 10:30am at Bay Farm Island
Tuesday 10:30am at Main Library
- **School-Age Storytime:**
Songs and stories perfect for children with longer attention spans
Wednesdays 3:30pm at Main Library
- **Family Storytime (all ages):**
Songs and stories the whole family will enjoy
Mondays 7:00pm at West End Library
Tuesdays 7:00pm at Bay Farm Island Library

Follow Us on Social Media!

Instagram: @AlamedaFreeLibrary
 Facebook: @AlamedaFreeLibrary
 Twitter: @AlamedaFree
 YouTube: youtube.com/AlamedaFreeLibrary

Teens

Got questions about Teen programs?

Email Aireana McDade at amcdade@alamedalibrary.org for more information.

- **Teen Advisory Board (TAB):** Ages 13-18 only
1st Tuesday of the month, 4:30 - 5:30pm
Join TAB to let the library know your interests.
Plan community events, get experience, and earn volunteer hours!
- **Teen Book Club:**
1st Wednesday of the month 4:00 - 4:40pm.
Teen book club members choose what we read each month.
Free copies on a first-come, first-served basis. Please register to join.
- **Game Break:**
2nd Wednesday of the month, 3:30pm - 5:00pm.
Don't forget to take a break... A GAME BREAK! Try out our new games and/or watch others play.
- **Dungeons & Dragons:**
2nd Monday of the month, 6:00 - 7:30pm.
Are you looking to get into Dungeons & Dragons?
Come to our Teen Meetup!
No experience is needed. Registration encouraged.

Adults

Library programs may be online or in-person.

Book Groups:

- **A Novel Idea Book Club:**
1st Monday of the month 6:30-7:00pm
- **Great Reads Book Club:**
2nd Tuesday of the month 6:30 - 8:00 p.m.
- **A Cup of Coffee and a Good Book Club:**
3rd Wednesday of the month 1:00 - 3:00 pm, Islandia Clubhouse
- **Mystery Book Club:**
4th Monday of the month 6:00-7:00pm (West End Library)
4th Tuesday of the month 5:30-6:30pm (Bay Farm Library)

Recurring Programs:

- **Lawyers in the Library:**
By phone, advanced registration is required.
1st Thursday of the month 5:00 - 7:00pm
2nd Tuesday of the month 5:00 - 7:00pm
3rd Wednesday 10:00am - 12:00pm
4th Wednesday of the month 4:00-7:00pm
- **Make-It: Fiber Arts Craft Circle:**
1st and 3rd Tuesday of the month 4:30-6:00pm
- **AFL Writers Group:**
2nd Saturday of the month, 12:30 - 4:30pm

Open Computer Lab:

- Sundays: 1 - 5pm
- Mondays: 2 - 5pm
- Tuesdays: 3 - 8pm (3-5pm if class or event scheduled)
- Wednesdays: 2 - 5pm
- Thursdays: 10 - 2pm

E-Resources

Our e-resources are available 24/7 with your library card!

- Get ebooks & e-audiobooks:
www.alamedafree.org/books-movies-more/e-books
- Stream movies:
www.alamedafree.org/books-movies-more/streaming-media
- Read magazines & newspapers:
www.alamedafree.org/books-movies-more/magazinesnewspapers

ALL AGES - TENNIS

TENNIS LESSONS

The lesson is approximately 50 minutes of instruction and practice, with the remaining clean-up time. Within that time, we will demonstrate the proper footwork and techniques to help make playing easier, more efficient, and more enjoyable.

Younger players (under ten years old) are best suited for 30-minute lessons, approximately 20 minutes of instruction and practice, with the remaining time for cleanup. If a child or teen, we encourage a parent or guardian to stay for at least the first lesson while we evaluate attitude and willingness to follow instructions.

Rude, disrespectful, or dangerous behavior will not be tolerated and immediately dismissed without a refund.

*Any no-shows or late cancellations incur a full charge for that lesson.



Tennis Lesson Schedule

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Youth Ages 6-7	-	-	-	-	-	G/B: 9am-9:30am, Krusi G/B: 9:30am-10am, Krusi	
Youth Ages 8-9	-	-	-	-	-	G/B: 10am-10:30am, Krusi G/B: 10:30am-11am, Krusi	
Tweens Ages 10-12	-	G/B: Franklin, 5:30-6:30pm	-	G/B: Franklin, 5:30-6:30pm	-	G/B: 11:30am-12:30pm, Krusi G/AVB: 12:30pm-1:30pm, Krusi	
High School Ages 13-17	G/B : 4:30-5:30pm, Washington Park, Court 5 & 6					-	-
Adults 18-54	G/B : 6:00-7:00pm, Washington Park, Court 5 & 6 G/AVB : 6:00-7:00pm, Washington Park, Court 5 & 6		G/AVB : 6:00-7:00pm, Washington Park, Court 5 & 6	G/B : 6:00- 7:00pm, Washington Park, Court 5 & 6	G/AVB : 6:00-7:00pm, Washington Park, Court 5 & 6	-	-
Seniors 55+	G/B: 9-10am, , Washington Park, Court 5 & 6					-	-
G: Group Min 4-Max 6, Semi: Semi-Group Min 2-Max 4, Private: 1				B: Beginners, AVB: Advance Beginners, I: Intermediate			

Fees and Session Dates

Lesson Type	4 Lessons per month	8 lessons per month	Sessions		
Group	Res \$92 NRes \$104	Res \$184 NRes \$208	M/W: Session 4: Jan 9-31 Session 5: Feb 5-28 Session 6: Mar 4-27 Session 7: April 1-24	Tu/Th: Session 4: Jan 10-31 Session 5: Feb 6-29 Session 6: Mar 5-28 Session 7: April 2-25	Saturday: Session 4: Jan 6-27 Session 5: Feb 3-24 Session 6: Mar 2-23 Session 7: April 6-27
Semi-Private Online only	Res \$136 NRes \$156	Res \$272 NRes \$312	Registration Opens on the 3rd Saturday of the month before.		
Private Online only	Res \$200 NRes \$232	Res \$400 NRes \$464			

- Please make sure to schedule your lesson or lessons with a coach first.
- Anyone who pays first may not be guaranteed a lesson.
- To schedule a lesson please contact coaches. If new and not currently taking lessons please contact arpd@alamedaca.gov.

- When registering for more than one lesson per month please add them all on one receipt.
- Participants = number of lessons
- Please take receipt to tennis coach on day of your lesson. no one will receive a lesson without your confirmation receipt.

PRESCHOOL

Small Fry & Tiny Tots Classes

Ages 3 - 5

Register online, email or by mail

The Alameda Recreation and Parks Preschool offers a recreation based program for children ages 3 to 5 years old (pre-Kindergartners entering Kindergarten the following fall). We follow the 4 basic building blocks of school readiness: Self-Care & Motor Skills, Self-Regulation & Social Expression and finally K-Academics. Our other activities include storytelling, games, arts and crafts, cooking, music, motor fitness. Combination classes at Woodstock Park for 3 to 5 year olds. Siblings may attend class together.

REQUIRED:

- Children must be the correct age on the first day of class
- Children must be completely potty-trained and able to attend to their own personal needs to the best of their ability.
- Children must also be able to separate from their parents, and parents from child.
- Your child will need to bring a water bottle to class. **NO LARGE BACKPACKS!**
- **PROOF OF AGE IS REQUIRED – NO EXCEPTIONS**
EMAIL PROOF TO: ahope@alamedaca.gov

WINTER & SPRING SCHEDULE

Day	Time	Location	Winter #	Spring #
SMALL FRY CLASSES (3 - 3 YEARS, 11 MOS.)				
Mon/Wed/Fri	9:00am – 12:00pm	Godfrey Park	23826	23834
Tue/Thu	9:00am – 12:00pm	Godfrey Park	23825	23833
Tue/Thu	9:00am – 12:00pm	McKinley Park	23824	23832

Can register for 5 days by combine the MWF class with TTH class

TINY TOT CLASSES (4 - PRE-K)

Mon/Wed/Fri	9:00am – 12:00pm	McKinley Park	23827	23835
Mon/Wed/Fri	9:00am – 12:00pm	Leydecker Park	23828	23836
Tue/Thu	9:00am – 12:00pm	Leydecker Park	23829	23837

Can register for 5 days by combine the MWF class with TTH class

COMBO SITE (3 YEARS TO PRE-K)

Mon/Wed/Fri	9:00am – 12:00pm	Woodstock Park	23830	23838
Tue/Thu	9:00am – 12:00pm	Woodstock Park	23831	23839

Can register for 5 days by combine the MWF class with TTH class



WINTER DATES & REGISTRATION – 12 weeks

January 8 - April 5, 2024	No classes Jan 15 and Feb 19-23
Registration will begin Dec 7, 2023	Please Note-Students enrolled in the Fall 2023 Session have priority registration for Winter 2024.

Online registration can only accept Credit Card payments in the Full Payment amount. **To set up a payment plan** (2 or 4 payments) email registration form to arpd@alamedaca.gov.

SPRING DATES & REGISTRATION – 7 weeks

April 15 - May 31, 2024	No class May 27
Registration will begin March 28, 2024	Please Note-Students enrolled in the Winter 2024 Session have priority registration for Spring 2024.

Online registration can only accept Credit Card payments in the Full Payment amount. **To set up a payment plan** (2 or 3 payments) email registration form to arpd@alamedaca.gov.

WINTER PAYMENTS

Days	Full Payment	2 Payments*	3 Payments**
Mon, Wed & Fri	\$891	\$460.50 each	\$307 each
Tue & Thu	\$594	\$312 each	\$208 each

* 1st due on enrolling, 2nd due Jan 15, 2024

** You can make 3 payments by paying through auto-pay.

SPRING PAYMENTS

Days	Full Payment	2 Payments*
Mon, Wed & Fri	\$546	\$288 each
Tue & Thu	\$364	\$197 each

* 1st due on enrolling, 2nd due Apr 15, 2024

** You can make 2 payments by paying through auto-pay.

Fees subject to change

Alameda Wee Play

Ages 6 month – 3 years

Alameda's play center for infants and toddlers includes activities that include arts and crafts, music time, and developmental and exploratory play. Activities are minimally structured, allowing children to enjoy and explore on their own terms.



Nov 27 - Jun 5, 2024	M/W/F	10:00AM - 1:00PM
(Closed on Nov 20-24, Dec 25, 27, 29, Jan 1, 3, 5, 15, Feb 19, Apr 8-12, May 27)		
\$6 Drop-in per day per child or		\$60 Drop-in Card for 12 visits
Volunteer to clean up and receive free entrance for that day - limited number available		
Children must be accompanied and supervised by a parent or caregiver at all times		
Alameda Veteran's Memorial Building, 2203 Central Ave, Room 120 (Enter from ramp, in front of building)		

TOTS - ARTS, DANCE, MARTIAL ARTS & MUSIC CLASSES

ARTS

Art 4 Tots & Kindergarteners

Ages 4 - 6

Does your child love arts and crafts but you don't want the mess in your house? Come and join the ARPD Tiny Tots Staff on Monday & Wednesday afternoons for a chance to be messy and just have fun being creative. A great class for homeschooled Pre-K and Kindergarteners. We'll explore different mediums while having an exciting time creating unique masterpieces. All work is progressive. Projects will go home when completed. No class on Feb 9, 21, Apr 8 & 10

# 23980	Jan 22 - Mar 6	M & W	1:00pm - 2:30pm
\$200 (12 classes)	Min. 8 students, Max 16 students		McKinley Park
# 23981	Mar 18 - May 1	M & W	1:00pm - 2:30pm
\$200 (12 classes)	Min. 8 students, Max 16 students		McKinley Park



DANCE

Dance With Me Ballet

Ages 3 - 5

Students and one caregiver are exposed to the basic concepts, rhythms, and positions of ballet. They also learn proper classroom etiquette in a fun, creative and focused environment. No class on Feb 24.

Class #24145	Jan 20 - Mar 30	Sa	9:30am - 10:15am
\$232	ABA Staff		Alameda Ballet Academy, 1402 Park Street

MARTIAL ARTS

Hanabi - Fireworks!: Chibi, Pre-Judo

Ages 3 - 6

In Chibi (little) judo, we jump, run, roll-developing balance, coordination and confidence. We say our names and sing in Japanese; we learn to fall safely. In our positive environment respect comes as naturally as smiling. There is an \$111 fee for uniform payable to the Instructor at the first class. No class on Feb 16, 23, Apr 12.

Class #24128	Jan 12 - Mar 29	F	4:00pm - 4:45pm
\$372	Hanabi Judo		Veteran's - Auditorium Room 250 at Veteran's Memorial Building
Class #24131	Apr 5 - May 24	F	4:00pm - 4:45pm
\$260	Hanabi Judo		Veteran's - Auditorium Room 250 at Veteran's Memorial Building

MUSIC

Zumbini Music and Movement Class

Ages 0 - 5

Zumbini is a fun and energetic music and movement class for children ages 0-4 and their caregivers. Created by Zumba & BabyFirst, Zumbini combines music even the adults will like, dance from around the world and instrument play for 45 mins. per week of bonding, learning and fun!



See schedule below for class locations.

NO CLASS ON JAN 20, 27, FEB 14, 15, 17, 21, 22, 24, APR 10, 11, 13, 2024

Class #24100	Jan 13 - Mar 30	Sa	9:30am - 10:15am
\$165	Melanie Snell		Mastick Senior Center, Dining Room 1 1155 Santa Clara Ave, Alameda
Class #24103	Apr 6 - Jun 1	Sa	9:30am - 10:15am
\$165	Melanie Snell		Mastick Senior Center, Dining Room 1 1155 Santa Clara Ave, Alameda
Class #24101	Jan 25 - Mar 28	Th	9:30am - 10:15am
\$165	Melanie Snell		Longfellow Center 520 Lincoln Ave, Alameda
Class #24321	Apr 4 - May 30	Th	9:30am - 10:15am
\$165	Melanie Snell		Longfellow Center 520 Lincoln Ave, Alameda
Class #24102	Jan 17 - Mar 13	W	5:00pm - 5:45pm
\$165	Melanie Snell		Busy Bee Activity Center, South Shore Center (next to Daiso)

Class #24104	Mar 27 - May	W	5:00pm - 5:45pm
\$165	Melanie Snell		Busy Bee Activity Center, South Shore Center (next to Daiso)

SPORTS

Sporty Tots

Ages 3-5

Sporty tots camp introduces toddlers to recreational activities where they can improve their socialization and coordination while surrounded by our positive and encouraging staff. They will experience different activities such as obstacle courses, tag games, and an introduction to sports such as soccer and basketball. The Camp takes place at Alameda Point Gym which features both indoor and outdoor facilities. Packing a snack and water bottle is encouraged.

Class #23846	Nov 14 & Nov 16	Tu Th	9:00am - Noon
\$30	Alameda Point Gym		
Class #23857	Nov 21	Tu	9:00am - Noon
\$30	Alameda Point Gym		
Class #23848	Nov 28 & Nov 30	Tu Th	9:00am - Noon
\$30	Alameda Point Gym		
Class #23849	Dec 5 & Dec 7	Tu Th	9:00am - Noon
\$30	Alameda Point Gym		
Class #23850	Dec 12 & Dec 14	Tu Th	9:00am - Noon
\$30	Alameda Point Gym		

STEM

Tiny Tot Winter STEM

Ages 3-5

Our program is filled with hands-on activities that allow children to explore their sensory awareness through various experiences following a STEM curriculum. The curriculum is based on the idea of educating children in four main academic disciplines- technology, engineering, mathematics, and science with a fun recreational twist.

Week 1- Winter Food STEM

Example Activities: color changing juice, Sweet sculptures, liquid spheres

Class #23865	Dec 26 & Dec 28	Tu Th	12:00pm - 3:00pm
Res \$69, NRes \$79		Leydecker Park	

Week 2- Winter STEAM

Example Activities: Winter-topia, Snowflake Crystals, DIY Snow, resin necklaces

Class #23865	Jan 2 & Jan 4	Tu Th	12:00pm - 3:00pm
Res \$69, NRes \$79		Leydecker Park	



AGES 3-5 YEARS

SPORTY TOTS

**OCTOBER 3RD 2023-
DECEMBER 14TH 2023**

TUESDAYS AND THURSDAYS

9AM-NOON

\$30 PER WEEK

AT ALAMEDA POINT GYM

ACTIVITIES

**SOCCER
OBSTACLE COURSES
TAG GAMES
YOGA
and more!**

DROP IN AND PASSES AVAILABLE

FOR MORE INFORMATION

[HTTPS://TINYURL.COM/3BYC4Z6V](https://tinyurl.com/3BYC4Z6V)





Alameda Recreation and Park Department
(510) 747-7529 / arpd@alamedaca.gov

Infant Play & Learn Class (0-6 months)

Led by a certified Montessori teacher, Classes seamlessly blend parent education and supportive resources for families with interactive music and play, fostering gross motor skills, socialization, and mindful parenting. Celebrate the day with guided music, dance, and play! Developmentally appropriate activities for babies and their parents/caregivers following Montessori Education principles. Special focus on mindfulness, sensory play, and building community. No class on 1/13, 2/17 & 4/27

Class #24262	Jan 6—Feb 24	Sat	9:00 am—10:00 am
\$103	Rebecca Haga	Longfellow Center, 520 Lincoln Avenue	
Class #24263	Apr 6—May 18	Sat	9:00 am—10:00 am
\$103	Rebecca Haga	Longfellow Center, 520 Lincoln Avenue	

Crawlers Play & Learn (6-14 months)

Led by a certified Montessori teacher. Classes seamlessly blend parent education and supportive resources for families with interactive music and play, fostering gross motor skills, socialization, and mindful parenting. Rolling, cruising, crawling, sitting, and ready to explore? Celebrate the day with guided music, dance, and play! Focusing on gross motor development, socialization, and mindful parenting, this class is for newly mobile babies and their parents/caregivers. No class on 1/13, 2/17 & 4/27

Class #24264	Jan 6—Feb 24	Sat	10:30 am—11:30 am
\$103	Rebecca Haga	Longfellow Center, 520 Lincoln Avenue	
Class #24306	Apr 6—May 18	Sat	10:30 am—11:30 am
\$103	Rebecca Haga	Longfellow Center, 520 Lincoln Avenue	

Toddlers Play & Learn (9-24 months)

Led by a certified Montessori teacher. Classes seamlessly blend parent education and supportive resources for families with interactive music and play, fostering gross motor skills, socialization, and mindful parenting. Up on your feet and taking steps? Come celebrate the day with guided music, dance, and play! Following the principles of Montessori Education, this class focuses on activities that support language and gross motor development, socialization, and mindful parenting. No class on 1/13, 2/17 & 4/27

Class #24266	Jan 6—Feb 24	Sat	12:00 pm—1:00 pm
\$103	Rebecca Haga	Longfellow Center, 520 Lincoln Avenue	
Class #24307	Apr 6—May 18	Sat	12:00 pm—1:00 pm
\$103	Rebecca Haga	Longfellow Center, 520 Lincoln Avenue	

AFTERSCHOOL CARE

Recreation Afterschool Program - RAP

November 27, 2023 to June 6, 2024

A supervised afterschool program for elementary-aged children with activities including games/sports, cooking, arts and crafts, and a daily snack. RAP leaders meet the students at dismissal and walk them to the park, where they can stay until 5:30 p.m. Students must dress appropriately for cold and rainy weather. Participants may register to attend 3 or 5 days a week. RAP does not meet on public school holidays, legal holidays, or AUSD staff development days. RAP includes early Wednesdays and modified days. Children may be picked up by a designated person, or may walk or bike home with permission from their parents.

WINTER Session	Nov 27 - Mar 15, 2024
SPRING Session	Mar 18 - Jun 6, 2024

RAP FOR GRADES 1 - 5 ARE OFFERED AT THE FOLLOWING SITES:

- Bayport Park - Ruby Bridges School
- Franklin Park - Franklin & Love Schools
- Krusi Park - Otis School
- Leydecker Park - Earhart School
- Lincoln Park - Edison School
- Tillman Park - Bayfarm School
- Washington Park - Maya Lin School & Paden Elementary

**A minimum of 8 students must be registered at a school in order to be a RAP Pick-Up Site.*

Do you have a KINDERGARTNER attending one of these schools? ARPD will pick up your student onsite if your child is enrolled in a Bridge Program (i.e., AIK). Kindergartners will pay the same amount as the 1st to 5th Graders, since ARPD will pick them up just prior to the 1st to 5th Grade dismissal time.

A limited number of partial scholarships are available for Alameda residents only. To apply, you will need to complete a Fee Assistance Request Form. Supporting documents will need to be submitted along with the application. To request an application, please email ARPD: arpd@alamedaca.gov

For more information about our RAP Program and Online Registration, please visit www.alamedaca.gov/Departments/Recreation-Parks/Recreation-Afterschool-Program-RAP



ARPD CAMPS

Winter Wonderland Camp

Grades K - 5

Make this holiday season special by registering your child (or children) for ARPD's Winter Wonderland Camp. Arts and crafts, games and cooking which follow a theme are just part of the excitement. A special surprise activity will be included each week (TBD - field trip, outside contractor, jumper, lunch/treat, etc). Details will be firmed up after Activity Guide printing. Camp programming will take place between 9:00am - 3:00pm. Walking excursions may also be scheduled, dependent on weather. Drop-off and pick-up will take place outside the Recreation Center doors. Please bring a bag lunch; morning & afternoon snacks will be provided. Child must wear closed-toed shoes, socks and play clothes as some activities may be messy. Bring a jacket as some activities will take place outdoors, weather permitting. Do not bring any electronic or items of sentimental value as ARPD is not responsible for any lost or damaged items. No camp on Dec 25 & Jan 1.

Class #22664	Dec 26 - Dec 29	Tu W Th F	8:00am - 5:30pm
Res \$230, Non-Res \$260		ARPD Staff	Harrison Center at Lincoln Park
Class #22665	Jan 2 - Jan 5	Tu W Th F	8:00am - 5:30pm
Res \$230, Non-Res \$260		ARPD Staff	Harrison Center at Lincoln Park

President's Week Camp

Grades K - 5

Did you know that AUSD schools are out for President's Week? Arts and crafts, games and cooking, which follow a theme, are just part of the fun. Walking excursions may also be scheduled, dependent on weather. Please bring a bag lunch each day, unless notified differently. Wear comfortable walking shoes, socks and play clothes. Drop-off and pick-up will take place at the gate, near the front doors, at Harrison Center. If spaces are full, please register for the waitlist, because additional spaces or sites may be added, given demand. ARPD programs follow all State and County Health protocols. No camp Feb 19.

Class #23988	Feb 20 - Feb 23	Tu W Th F	8:00am - 5:30pm
Res \$230, NRes \$260		ARPD Staff	Harrison Center at Lincoln Park

Spring Vacation Camp

Grades K - 5

Spring Break will be here before we know it... so come and hang out with your friends at our week-long camp! Arts and crafts, games and cooking, which follow a theme, are just part of the fun. Walking excursions may also be scheduled, dependent on weather. Please bring a bag lunch each day, unless notified differently. Wear comfortable walking shoes, socks and play clothes. If spaces are full, please register for the waitlist, because additional spaces or sites may be added, given demand. Drop-off and pick-up will take place at the gate near the front doors at Harrison Center. ARPD programs follow all State and County Health protocols.

Class #23989	Apr 8 - Apr 12	M Tu W Th F	8:00am - 5:30pm
Res \$288, NRes \$325		ARPD Staff	Harrison Center at Lincoln Park

SPORTS CAMPS

All Sports Day Camp

Ages 5 - 14

Our All-Sports Camp has quickly become one of our most popular specialty camps. This camp is perfect for the athlete who enjoys a variety of sports and recreational games. Campers are taught skills and given the opportunity to compete in a variety of sports such as soccer, basketball, flag football and more, while also enjoying some favorite recreational games like dodgeball, capture the flag, and kickball and the like. Our highly qualified staff makes sure our All-Sports Camp is high paced and nonstop fun for every camper! Extended care available

Fall Basketball Camp: Ages 7-14			
Class #23772	Nov 20 - Nov 22	9:00am - Noon	Res \$90, NRes \$105
Extended Care	Class #23773	7-9am	Res \$15, NRes \$18
Fall Sports Camp: Ages 5-14			
Class #23551	Nov 20 - Nov 22	9:00am - 4:00pm	Res \$180, NRes \$225
Extended Care	Class #23552	7-9am & 4-6pm	Res \$30, NRes \$36
Dec 26 - Dec 29: See ad on this page		Res \$150, NRes \$175	
Jan 2 - Jan 5: See ad on this page		Res \$150, NRes \$175	
Feb 20 - Feb 23: See ad on this page		Res \$240, NRes \$300	
Apr 8 - Apr 12: See ad on this page		Res \$300, NRes \$375	

FALL SPORTS CAMPS
GAMES, SPORTS, FUN, AND MORE.
ALAMEDA POINT GYM
1101 WEST RED LINE

FALL BREAK SPORTS WEEK
NOVEMBER 20, 21, 22TH, 2023

9AM-4PM
RES \$180/ NR \$225
EXT CARE 7-9AM, 4-6PM
RES \$30/NR \$36

HALF DAY ADD ON
NOVEMBER 20, 21, 22TH, 2023
12PM-4PM
RES \$90/ NR \$105
EXT CARE 4-6PM
RES \$15/NR \$18

FALL BREAK BASKETBALL
NOVEMBER 20, 21, 22TH, 2023
9AM-12PM
RES \$90/ NR \$105
EXT CARE 7-9AM
RES \$15/NR \$18

Register Now at:
<https://tinyurl.com/ARPDFallSports>

Sports Camps
Ages 6-14
WINTER BREAK
WEEK 1 DEC 26TH-29TH
WEEK 2 JAN 2ND-5TH
ALL DAY SPORTS

INTRO TO SPORTS
DESIGNED FOR THOSE NEW TO THE SPORT OR WHO WANT TO LEARN A NEW SPORT. COACHES WILL FOCUS ON TEACHING THE BASICS OF THE SPORT, AND PARTICIPANTS WILL ALSO BE INTRODUCED TO SPORTS TERMINOLOGY, GAMEPLAY/SCORING, AND RULES.

INTRO TO BASKETBALL
9AM-12PM
RES \$150 NR \$175
ADDED EXTENDED CARE RES \$10 NR \$15
FOR 7-9 AM ONLY

INTRO TO VOLLEYBALL
1PM-4PM
RES \$150 NR \$175
ADDED EXTENDED CARE RES \$10 NR \$15
FOR 4-6 AM ONLY

THIS CAMP IS PERFECT FOR THE YOUTH WHO ENJOYS VARIOUS SPORTS AND RECREATIONAL GAMES OR WANTS TO TRY A NEW ONE.

9AM-4PM
RES \$240/ NR \$300
EXT CARE 7-9AM, 4-6PM
RES \$35/NR \$40

For More information email
stthomas@alamedaca.gov

ALAMEDA POINT GYM-1101 W RED LINE

Sports Camps
ALL DAY SPORTS
SESSION 1 TUESDAY,
FEB 20- FRIDAY, FEB 23
Ages 5-14

THIS CAMP IS PERFECT FOR THE YOUTH WHO ENJOYS VARIOUS SPORTS AND RECREATIONAL GAMES OR WANTS TO TRY A NEW ONE.

9AM-4PM
RES \$240/ NR \$300
EXT CARE 7-9AM AND 4-6PM
RES \$40/NR \$50

For More information email
stthomas@alamedaca.gov

ALAMEDA POINT GYM-1101 W RED LINE

Sports Camps
ALL DAY SPORTS
Ages 5-14
**MONDAY, APRIL 8-
FRIDAY, APRIL 12**

THIS CAMP IS PERFECT FOR THE YOUTH WHO ENJOYS VARIOUS SPORTS AND RECREATIONAL GAMES OR WANTS TO TRY A NEW ONE.

9AM-4PM
RES \$300/ NR \$375
EXT CARE 7-9AM AND 4-6PM
RES \$50/NR \$70

For More information email
stthomas@alamedaca.gov

ALAMEDA POINT GYM-1101 W RED LINE



Alameda Recreation and Park Department
(510) 747-7529 / arpd@alamedaca.gov

NAofA Soccer Jr Academy Soccer Club

For Ages 3-4 Years

Our Jr. Academy Soccer Club will introduce young children to the fundamentals of soccer with fun games focused on kicking, passing, stopping the ball with their foot and not using their hands.

Class #24359	Mar 16-Apr 6	Sat	9:30 am—10:20 am
\$64	National Academy of Athletics	Harrington Field, 3400 Oleander Ave, BFI	

NAofA Soccer Club

For Ages 7-9 Years

The drills taught during this club will improve a child's passing accuracy, touch and ball control, dribbling, and shooting. Scrimmages and challenges will introduce kids to healthy competition and to win and lose with dignity.

Class #24366	Mar 16-Apr 6	Sat	10:30 am—11:20 am
\$64	National Academy of Athletics	Harrington Field, 3400 Oleander Ave, BFI	

English as a Second Language (ESL) Book Club

For those 12 Years & Older

This is a virtual class. *Instructor will provide zoom link prior to start of class.*

Improve your reading, writing, vocabulary and verbal communication skills through a guided reading program led by a certified and experienced English as a Second Language Teacher. We will carefully read and analyze young adult fiction. **No class 1/15, 2/19 & 4/29.**

Class #24267	Jan 8—Feb 26	Mon	8:00 pm—8:50 pm
\$62	Rebecca Haga	Virtual Class	
Class #24308	Apr 1—May 13	Mon	8:00 pm—8:50 pm
\$62	Rebecca Haga	Virtual Class	

STEM CAMPS



FALL STEM CAMPS

NOVEMBER 20-22, 2023 LEYDECKER PARK

Join us for STEM Camp with a Fall twist. In this camp, we will be learning about Dehydration, how the wind works, tracking natural Disasters, making homemade essential oil, and more.

Youth (Age 6-11)	Teen (Age 12-14)
9am-4pm	9am-4pm
RES \$210/ NR \$216	RES \$210/ NR \$216
Ext Care 7-9am, 4-6pm	Ext Care 7-9am, 4-6pm
RES \$10/NR \$12	RES \$10/NR \$12

Register Now at:
<https://tinyurl.com/ARPDFallStem>



STEAM Camp

FEB 20-23, 2024

Ages 6-14

9 am-4pm
RES \$280/ NR \$300
Ext Care 7-9am,* 4-6pm
RES \$60/NR \$80

STEAM focuses on sparking imagination and creativity through the arts in ways that naturally align with STEM learning. Focuses for Environmental STEAM Camp include: Mini Greenhouse Terrariums, Earthquake STEM (Engineering & Mapping), Nature Drawings (Grid Art Method), and Filtration systems

Leydecker Park - 3225 Mecartney



Winter STEM

Ages 6-14

WEEK 1 DEC 26TH-29TH
WEEK 2 JAN 2ND-5TH

9 am-4pm
RES \$280/ NR \$300
Ext Care 7-9am,* 4-6pm
RES \$35/NR \$40

To Register for either camp, go to
www.alamedaca.gov/recreation

For More information email
stthomas@alamedaca.gov



Spring STEM

APRIL 8-12, 2024

Ages 6-14

9 am-4pm
RES \$280/ NR \$300
Ext Care 7-9am,* 4-6pm
RES \$35/NR \$40

Camp is intended to show campers how STEM shapes their world, including their hobbies and interests. Although each camp takes a very different approach to STEM, some themes remain the same.

Leydecker Park

For More information email
stthomas@alamedaca.gov

To Register for either camp, go to
www.alamedaca.gov/recreation

DANCE & ENRICHMENT CLASSES & CAMPS - YOUTH

DANCE

Ballet 1

Ages 6 - 9

Students learn the concepts of abdominal control and "turnout from the hip" as well as stretching, strengthening, and coordination. Please see website for dresscode. No class on Feb 21 & Apr 104.

Class #24144	Jan 17 - Apr 24	W	3:45pm - 4:45pm
\$366	ABA Staff	Alameda Ballet Academy, 1402 Park Street	

Kids Dance Fitness

Ages 5 - 11

This fun dance class is sure to keep kids positive, focused and fit! Move to music the entire time (similar to a Zumba class) while learning the foundational steps and movements from various dances and genres. No class on Feb 10, 17, 24, Apr 13.

Class #24079	Jan 13 - Mar 16	Sa	10:00am - 10:50am
\$116	Kate Barnes	Veteran's - Auditorium Room 250 at Veteran's Memorial Building	
Class #24080	Mar 30 - May 25	Sa	10:00am - 10:50am
\$132	Kate Barnes	Veteran's - Auditorium Room 250 at Veteran's Memorial Building	

Pre-Ballet

Ages 4 - 6

Students are exposed to the basic concepts, rhythms and positions of ballet. They also learn proper classroom etiquette in a fun, creative and focused environment. No class Feb 19, 21, Apr 8, 10.

Class #24148	Jan 17 - Apr 24	W	3:45pm - 4:30pm
\$335	ABA Staff	Alameda Ballet Academy, 1402 Park Street	
Class #24146	Jan 22 - Apr 29	M	3:45pm - 4:30pm
\$335	ABA Staff	Alameda Ballet Academy, 1402 Park Street	



ENRICHMENT

Chess Wizards Camp

Ages 6 - 12

Chess Wizards is a fun way to have kids experience the excitement of chess. Kids will play in mini tournaments, have interactive lessons with chess pros and play cool chess variants like bug house. Instructors (who are called "wizards") provide all the materials necessary for your child to participate. All students will receive a trophy, puzzle folder and wizards t-shirt. Come join the fun!

Class #24054	Feb 20 - Feb 23	Tu W Th F	9:00am - 12:00pm
\$300	Chess Wizards	Veteran's - Room 390 at Veteran's Memorial Building	
Class #24053	Feb 20 - Feb 23	Tu W Th F	12:00pm - 3:00pm
\$300	Chess Wizards	Veteran's - Room 390 at Veteran's Memorial Building	

Chess Wizards

Ages 6 - 12

Join Chess Wizards this winter for tons of challenging chess lessons, exciting games and cool prizes. You'll improve your chess skills and work out your most powerful muscle - your brain! Our classes are geared to suit children of all skill levels. No class on Feb 16, 23, Apr 12.

Class #24055	Jan 12 - Mar 15	F	4:00pm - 5:00pm
\$294	Chess Wizards	Veteran's - Room 390 at Veteran's Memorial Building	
Class #24056	Mar 29 - May 24	F	4:00pm - 5:00pm
\$294	Chess Wizards	Veteran's - Room 390 at Veteran's Memorial Building	

Play-Well: Minecraft Engineering w/LEGO

Ages 5 - 8

Venture into the world of Minecraft in our unique LEGO experience. Get ready to build your base, craft your tools, use your Minecraft to harvest raw resources, and battle to stop the Ender Dragon from ending the world!

Class #24098	Jan 2 - Jan 5	Tu W Th F	9:00am - 12:00pm
\$128	Play-Well TEKologies	Veteran's - Room 390 at Veteran's Memorial Building	
Class #24099	Apr 2 - Apr 5	Tu W Th F	1:00pm - 4:00pm
\$128	Play-Well TEKologies	Veteran's - Room 390 at Veteran's Memorial Building	

YOUTH - MARTIAL ARTS & SPORTS CLASSES & CAMPS

MARTIAL ARTS

Aikido for Kids

Ages 5 - 15

Our kids aikido program involves various exercises catered to children in order to promote their mental awareness, physical capabilities & coordination skills which builds healthy values, character & self esteem. There is a \$30 fee for gi/ uniform, payable to Instructor on first day.

Class #24121	Jan 8 - Feb 14	M & W	4:30pm - 5:10pm
\$88	Aikikai, Alameda	2429 Clement Ave., Alameda, CA	
Class #24124	Jan 8 - Feb 14	M & W	5:15pm - 5:55pm
\$88	Aikikai, Alameda	2429 Clement Ave., Alameda, CA	
Class #24122	Feb 26 - Apr 3	M & W	4:30pm - 5:10pm
\$88	Aikikai, Alameda	2429 Clement Ave., Alameda, CA	
Class #24305	Feb 26 - Apr 3	M & W	5:15pm - 5:55pm
\$88	Aikikai, Alameda	2429 Clement Ave., Alameda, CA	
Class #24125	Apr 15 - May 22	M & W	4:30pm - 5:10pm
\$88	Aikikai, Alameda	2429 Clement Ave., Alameda, CA	
Class #24123	Apr 15 - May 22	M & W	5:15pm - 5:55 pm
\$88	Aikikai, Alameda	2429 Clement Ave., Alameda, CA	

Hanabi - Fireworks!:

Hajime' Beginning Judo

Ages 5+

Hajime! (Begin!) Fun tumbling and jumping exercises precede our learning to fall effortlessly. We can hold a person down, even if they are bigger, and throw someone upside down safely. Respect, discipline; sweating and smiling. There is an \$111 fee for uniform payable to the Instructor at the first class. No class on Feb 16, 23 & Apr 12.

Class #24129	Jan 12 - Mar 29	F	4:55pm - 5:55pm
\$377	Hanabi Judo	Veteran's - Auditorium Room 250 at Veteran's Memorial Building	
Class #24132	Apr 5 - May 24	F	4:55pm - 5:55pm
\$264	Hanabi Judo	Veteran's - Auditorium Room 250 at Veteran's Memorial Building	

Hanabi - Fireworks!:

Family - All Ages

Honto (Intermediate) - More advanced judo techniques for experienced judoka. Training is intense but our smiles are wide. Senseis carefully and supportively watch for effort, efficiency and safety. The environment... great! There is an \$111 fee for uniform payable to the Instructor at the first class. No class on Feb 16, 23 & Apr 12/2024.

Class #24130	Jan 12 - Mar 29	F	6:00pm - 7:30pm
\$385	Hanabi Judo	Veteran's - Auditorium Room 250 at Veteran's Memorial Building	
Class #24133	Apr 5 - May 24	F	6:00pm - 7:30pm
\$270	Hanabi Judo	Veteran's - Auditorium Room 250 at Veteran's Memorial Building	

Youth Iaido

Ages 10 - 17

Muso Jikiden Eishin Ryu is a classical Japanese sword art that is over 450 years old. The purpose of Iaido practice is to develop awareness, calm mind, mental and physical harmony, and to achieve victory without having to unsheathe the sword. Beginners welcome! For more info: alameda-iaido.org. No class on Feb 22.



Class #23905	Jan 11 - Mar 14	Th	4:50pm - 5:50pm
\$112	Mikhail Faiguenblat	Veteran's - Auditorium Room 250 at Veteran's Memorial Building	
Class #23924	Mar 21 - May 23	Th	4:50pm - 5:50pm
\$112	Mikhail Faiguenblat	Veteran's - Auditorium Room 250 at Veteran's Memorial Building	

SPORTS

KSB Skate Dojo Camps

Ages 5 - 17

KSB Skate Dojo will provide the basics and fundamentals of skateboarding. Skateboarding is a great art form that is fun, confidence building and very active. There is a rental fee for a skateboard (\$50), pads (\$50), and helmet (\$35) payable to the instructor on the first day.

FEBRUARY SKATEBOARDING CAMP

Class #24059	Feb 20 - Feb 23	Tu W Th F	9:00am - 3:00pm
\$240	Skate Dojo, KSB	City View - Skate Park at City View Skate Park	

SPRING BREAK SKATEBOARDING CAMP

Class #24058	Apr 8 - Apr 12	M Tu W Th F	9:00am - 3:00pm
\$300	Skate Dojo, KSB	City View - Skate Park at City View Skate Park	

KSB Skate Dojo

Ages 5 - 17

KSB Skate Dojo will teach the basics and fundamentals of Skateboarding. Skateboarding helps build confidence and is a fun, creative art form. There is a rental fee for a skateboard (\$10/day), helmet (\$10/day) and/or pads (\$10/ day), or all three for \$25 a day, payable to the instructor on the first day.

Class #24060	Jan 24 - Mar 13	W	4:00pm - 5:30pm
\$103	Skate Dojo, KSB	City View - Skate Park at City View Skate Park	

Homeschool PE

Grade K - 5

ARPD is offering weekday supervised morning sports program for elementary aged children (grades K-5th). This program is perfect for home schooled children looking to be active and have fun. Children will be taught games such as basketball, soccer, dodgeball, pickleball, capture the flag, and many other fun activities. The three main points of the program will be to promote physical fitness, learn fun sports, and make new friends. Participants are welcome to show up at any time during the camp, but going the full three hours is encouraged to get a full experience. Packing a snack is encouraged but not required, snack break will typically happen around the midpoint of camp. The camp will be led by ARPD staff with experience in creating a safe, fun environment for kids to play and learn new sports. No previous sports experience is needed to participate, this camp welcomes children of all athletic levels. The program takes place at Alameda point gym. This facility has 4 full basketball courts, and an outdoor baseball field for outdoor activities. This provides a perfect place for learning both indoor and outdoor games, and allows this camp to take place regardless of weather!

Class #23857	Nov 15 & Nov 17	W F	9:00am - Noon
\$30	Alameda Point Gym		
Class #23858	Nov 22	W	9:00am - Noon
\$30	Alameda Point Gym		
Class #23859	Nov 29 & Dec 1	W F	9:00am - Noon
\$30	Alameda Point Gym		
Class #23860	Dec 6 & Dec 8	W F	9:00am - Noon
\$30	Alameda Point Gym		
Class #23861	Dec 13 & Dec 15	W F	9:00am - Noon
\$30	Alameda Point Gym		
SPRING SESSION STARTS IN JAN 2024			

NAofA Dodgeball Camp

Ages 7 - 12

Duck, Dodge, Dip & Dive Your favorite P.E. game is now a camp! Kids love this camp. It is more than just a game, kids learn throwing, catching techniques and of course, they learn how to dip, duck, dive and DODGE a ball. They will participate in a variety of skills, challenges, competition and games.

FEBRUARY CAMP			
Class #24094	Feb 20 - Feb 23	Tu W Th F	9:00am - 12:00pm
\$145	Aaron Locks	Harrington - Field at Harrington Field	
SPRING BREAK CAMP			
Class #24095	Apr 8 - Apr 12	M Tu W Th F	9:00am - 12:00pm
\$188	Aaron Locks	Harrington - Field at Harrington Field	



JR WARRIORS YOUTH BASKETBALL GAMES AND CLINICS

GRADES/TIMES:
K-1ST 9 AM-10 AM
2ND-3RD 10:10AM-11:10 AM
4TH-5TH 11:20AM-12:20 PM
6TH-8TH GRADE 12:30PM-2PM

PRACTICE ONLY DAYS
1/13 AND 1/20

PRACTICE/GAMES DAYS
1/27-4/6
NO GAMES ON 2/24

\$175 RES \$195 NR
UNIFORM INCLUDED
TEAMS ARE COED

ALAMEDA POINT GYM
1101 W RED LINE AVE // **REGISTER ONLINE NOW**



Elks National Hoop Shoot Contest 2023

.....

Alameda Point Gym
December 15th 2023
Must be registered by 12/14 at 5pm

**ELKS NATIONAL
"HOOP SHOOT"
FREE THROW CONTEST**



Register online



AFTERSCHOOL & ARPD CAMPS - TWEENS & TEENS

AFTERSCHOOL

Underground Teen Center (Drop In)

Grades 6 - 12

The Underground Teen Center (UTC) provides a safe place for tweens and teens to have fun, socialize with friends, and participate in active, fun and enriching activities with adult supervision. The UTC has a big screen TV, pool table, video games, ping pong, basketball, board games, music, and a snack bar. There is no charge to visit The Underground, however some activities may require a small materials fee. Participants must register online or can register at the Teen Center and must sign-in and sign-out on a daily basis. Transportation to the Underground is available using the Teen Shuttle.

Class #22728	Aug 14 - Jun 6	M Tu W Th F	2:30pm - 5:30pm
Free	ARPD Staff	Veteran's Memorial Building, Underground Teen Center	
In addition the Underground Teen Center will be open on the following AUSD Non-School Days from 11:30am - 4:30pm			
<ul style="list-style-type: none">- November 20-21: Friendsgiving Day (Free - Drop In)- December 26-29: Winter Break Out: Week 1 (\$150)- January 2-5: Winter Break Out: Week 2 (\$175)- February 20-23: Spring is on the Way (\$175)- April 8-12: Extreme Break Out (\$175)			

Underground Teen Shuttle

Grades 6 - 12

Take the Teen Shuttle to the Underground Teen Center. Transportation is from AUSD middle schools in ARPD vehicles to The Underground Teen Center. Transportation is not available on public school holidays, AUSD staff development days or unscheduled early release days. Participants must be registered in the Underground Teen Center program before they are permitted to use Teen Shuttle Transportation.

Mon - Fri	Pick up times varies by School scheduled dismissal
Fee: \$2 per one-way trip OR \$20 ride pass available (10 rides)	
Academy of Alameda	Class #22721
Alameda Community Learning Center	Class #22722
Bay Farm School	Class #22723
Encinal/ Junior Jets	Class #22724
Lincoln Middle School	Class #22725
NEA	Class #22726
Wood Middle School	Class #22727

ARPD ADVENTURE CAMPS

New! Tween/Teen Adventure: Non-School Day

Join ARPD for an exciting and affordable non-school day Tween/Teen Adventure. With a wide variety of fun and trips, we've got something for everybody! Join your friends, or make new ones. Register soon, space is limited! Pick-up and drop off is at the Underground Teen Center (2203 Central Avenue at Walnut Street) unless noted otherwise. If you have questions, please contact Ashley Cendejas, Recreation Assistant at acendejas@alamedaca.gov (510) 747-7575.

Friendsgiving

Grades 6-12

Happy Friendsgiving! We can't wait to celebrate alongside you this year! Bring your friends gather with us at the Underground Teen Center, Monday and Tuesday, November 20th -21st for great treats such as mini pies and candy apples. Create some board games, or join the fun at our crafty station. Enjoy a nice local walk in Alameda for some fall air. For any questions please contact Ashley Cendejas at acendejas@alamedaca.gov

Class # 24038	Nov 20 - Nov 21	M Tu	11:30am - 4:30pm
Free - Drop - In	Teen Center (Veteran's Memorial Building, 2203 Central Ave)		

Winter Break Out: Week 1

Grades 6-12

Come join us as we embark on an adventure during this winter of fun so grab your friends. On our first day we'll be creative with resin, making phone accessories and being active playing sports and interactive games. Our second day we'll take a trip to Walnut Creek and enjoy some ice skating and hot chocolate. Our third day we'll take a walking trip down to High Scores for some arcade fun. On our final day come relax in your pajamas and we'll end the year with a holiday movie marathon. Throughout the week there will be cooking projects, board games and other fun activities. Registration fee includes transportation, supervision, and all trip prices. For any questions please contact Ashley Cendejas at acendejas@alamedaca.gov

Class # 24039	Dec 26 - Dec 29	Tu W Thu F	11:30am - 4:30pm
\$150	Teen Center (Veteran's Memorial Building, 2203 Central Ave)		



TWEENS & TEENS - CAMPS, DANCE & MARTIAL ARTS CLASSES

Winter Break Out: Week 2

Grades 6-12

Come start the new year with an adventure and bring your friends along. On our first day, we'll have some fun with interactive challenges, such as a basketball shoot, charades and board games. Our second day, we'll take a trip to Subpar for some local fun and be creative and make our own ceramics figure. Our third day, get ready to cook! We'll head to a Recreation Center and make a feast. Our last day, let's go to Six Flags in Vallejo. We'll head out at 12pm from the Teen Center and arrive back no later than 7pm. All prices for trips have been included in the registration fee. For any questions please contact Ashley Cendejas at acendejas@alamedaca.gov

Class # 24040	Jan 2 - Jan 5	Tu W Thu F	11:30am - 4:30pm
\$175	Teen Center (Veteran's Memorial Building, 2203 Central Ave)		

Spring Is On The Way

Grades 6-12

Enjoy your school days off with a week of fun activities. Come start your week at the Underground Teen Center, enjoys board games, arts and crafts along with some cooking projects. Bring your friends and enjoy some local trips too. Spend your last day of camp on the slopes with friends at Seeland Snowplay on Friday, February 23, 2024. Time for trip on Friday is TBD. A email will be sent out no later than a week prior to camp starting. Cost includes fees for trips transportation, supervision and breakfast and late day BBQ (Friday only). For any questions please contact Ashley Cendejas at acendejas@alamedaca.gov

Class # 24041	Feb 20 - Feb 23	Tu W Thu F	11:30am - 4:30pm
\$175	Teen Center (Veteran's Memorial Building, 2203 Central Ave)		

Extreme Break Out

Grades 6-12

Experience an action-packed week with on-site activities and local field trips. Enjoy some spring cooking projects and scavenger hunts and active games, along with some arts and crafts. Enjoy local trips around the bay. Spend your last day of camp on the slopes with friends at Seeland Snowplay on Friday, April 12, 2024. Time of the trip on Friday is TBD. A email will be sent out no later than a week prior to camp starting. Cost includes fees for trips transportation, supervision and breakfast and late day BBQ (Friday only). For any questions please contact Ashley Cendejas at acendejas@alamedaca.gov

Class # 24042	Apr 8 - Apr 12	M Tu W Thu F	11:30am - 4:30pm
\$175	Teen Center (Veteran's Memorial Building, 2203 Central Ave)		



DANCE

Beginning Teen Ballet

Grades 6 - 12

This class is geared towards our returning beginning teens, or for teens who have past dance experience and are looking to make a return to ballet. Grab a friend and give it a try! If nothing else, it's a great workout. See website for dress code.

Class #24147	Jan 20 - Apr 20	Sa	10:30am - 11:15am
\$448	ABA Staff	Alameda Ballet Academy, 1402 Park Street	

MARTIAL ARTS

Aikido for Teens and Adults

Ages 15+

Aikido is a powerful system of self-defense that blends with the energy of your opponent to render their attacks harmless. Through regular practice, adults may use Aikido as a means to enhance and maintain their health and flexibility. There is a \$45 fee for gi/uniform, payable to Instructor on first day.

Class #24120	Jan 9 - Feb 15	Tu Th	6:00pm - 7:15pm
\$88	Aikikai, Alameda	2429 Clement Ave., Alameda, CA	
Class #24126	Feb 27 - Apr 4	Tu Th	6:00pm - 7:15pm
\$88	Aikikai, Alameda	2429 Clement Ave., Alameda, CA	
Class #24127	Apr 16 - May 23	Tu Th	6:00pm - 7:15pm
\$88	Aikikai, Alameda	2429 Clement Ave., Alameda, CA	

Muso Jikiden Eishin Ryu Iaido

Ages 16+

Classical Japanese sword art that is over 450 years old. The purpose of Iaido practice is to develop awareness, calm mind, mental and physical harmony, and to achieve victory without having to unsheathe the sword. Beginners welcome! 2 class per week option! Students may attend both Th. and Sat. classes. No class Feb 17, 22, 24, Apr 11 & 13.

Class #24149	Jan 11 - Mar 16	Th Sa	6:00pm - 4:30pm
\$149	Mikhail Faiguenblat	Veteran's - Auditorium Room 250 at Veteran's Memorial Building	
Class #24150	Jan 11 - Mar 16	Th Sa	6:00pm - 4:30pm
\$111	Mikhail Faiguenblat	Veteran's - Auditorium Room 250 at Veteran's Memorial Building	
Class #24153	Mar 21 - May 25	Th Sa	6:00pm - 4:30pm
\$158	Mikhail Faiguenblat	Veteran's - Auditorium Room 250 at Veteran's Memorial Building	
Class #24152	Mar 21 - May 25	Th Sa	6:00pm - 4:30pm
\$111	Mikhail Faiguenblat	Veteran's - Auditorium Room 250 at Veteran's Memorial Building	

MARTIAL ARTS, MUSIC & VIRTUAL CLASSES - TWEENS & TEENS

Wado Kai Karate

Traditional Japanese karate style that emphasizes natural movements, precision, timing, and is suitable for all ages. Improve your flexibility and stamina, develop inner strength and calmness of character while learning how to react to any situation. 2 class per week option; students may attend Tu. AND Sat. No class on Feb 17, 20, 24, Apr 9, 13.

Class #24154	Jan 9 - Mar 16	Tu Sa	5:00pm - 2:30pm
\$149	Mikhail Faiguenblat	Veteran's - Auditorium Room 250 at Veteran's Memorial Building	
Class #24155	Jan 9 - Mar 16	Tu Sa	5:00pm - 2:30pm
\$111	Mikhail Faiguenblat	Veteran's - Auditorium Room 250 at Veteran's Memorial Building	
Class #24156	Mar 19 - May 25	Tu Sa	5:00pm - 2:30pm
\$158	Mikhail Faiguenblat	Veteran's - Auditorium Room 250 at Veteran's Memorial Building	
Class #24157	Mar 19 - May 25	Tu Sa	5:00pm - 2:30pm
\$111	Mikhail Faiguenblat	Veteran's - Auditorium Room 250 at Veteran's Memorial Building	



Tuesday Night Music Club

Each Tuesday night, we'll gather to talk about and play songs. Songwriters seeking feedback and advice will receive it; those starting from scratch will find practical techniques and support; and theorists who enjoy analyzing music are encouraged to attend. No class on 2/20 & 4/9/2024.

Class #24082	Jan 9 - May 21	Tu	7:00pm - 8:15pm
\$371	Greg Wishnev	Veteran's - Room 390 at Veteran's Memorial Building	

MUSIC

Beginning Guitar

Ages 15+

For music lovers who want to become music makers. We focus on songs you choose, not drills and exercises. Music moves us, and we use the guitar to transform those intuitive, physical reactions into joyful noise. No class on Feb 20 & Apr 9.

Class #24081	Jan 9 - May 21	Tu	6:00pm - 7:00pm
\$371	Greg Wishnev	Veteran's - Room 390 at Veteran's Memorial Building	

Taiko Drums - Beginner

Ages 10+

Introduction to Taiko Drums. Basic rhythm's and form. There is a \$10 materials fee for "Bachi": Drum Sticks, payable at the first session. There is no class on Feb 20 & Apr 9.

Class #24052	Jan 9 - May 21	Tu	6:30pm - 7:30pm
\$198	Jeff Davidson	O'Club - Garden at Albert H. DeWitt Officers' Club	

Taiko Drums - Intermediate

More advanced rhythms and movements than beginner class. There is a \$10 materials fee for "Bachi": Drum Sticks, payable at the first session. There is no class on Feb 20 & Apr 9.

Class #24051	Jan 9 - May 21	Tu	7:30pm - 8:30pm
\$198	Jeff Davidson	O'Club - Garden at Albert H. DeWitt Officers' Club	

VIRTUAL

Online Driver's Ed Course

Ages 15+

DMV allows teens to receive their Learner's Permit at age 15 1/2 and a license at age 16. This class is the FIRST required step that must be completed. This is an online course with videos, animated driving scenarios and sample test questions. Learn the rules of the road, major causes of traffic collisions, DMV procedures and much more. A licensed instructor is available to answer any questions. Receive DMV-approved Certificate of Completion. Registration is on-going.

Class #24046	May 31	Ongoing
\$52	Bay Area Driving School	Online Course - Take At Your Own Pace

Virtual Driver's Ed

Ages 15+

This is a virtual Driver's Education class with a live instructor. Students will enjoy a series of Driver's Education lectures, including understanding the responsibilities of having a driver's license, learning the rules of the road and accident avoidance procedures. Independent assignments will also be completed during the week. Course also includes practice questions, defensive driving movies and written test prep. Upon successful completion, students will receive a certificate of completion.

Class #24043	Feb 3 - Feb 24	Sa	9:00am - 12:00pm
\$212	Bay Area Driving School	Virtual Class	
Class #24044	Mar 2 - Mar 23	Sa	9:00am - 12:00pm
\$212	Bay Area Driving School	Virtual Class	
Class #24045	May 4 - May 25	Sa	9:00am - 12:00pm
\$212	Bay Area Driving School	Virtual Class	

SPORTS

3 on 3 Basketball Tournament

Grades 6-7 & 8-9 & 10-12

IMPORTANT: ALL PARTICIPANTS MUST SIGN UP AS A TEAM OF 3 OR 4. NO INDIVIDUAL SIGN UPS ARE ALLOWED. ONLY ONE SIGNUP (done by one parent) FOR THE ENTIRE TEAm. THE 60\$ FEE COVERS THE COST OF THE ENTIRE TEAm. NAMES OF ALL PLAYERS, AS WELL AS A TEAm NAME MUST BE LISTED WHEN SIGNING UP.

Come for a Saturday of fun at the Alameda Point Gym! This special event offers youth to participate in fun, supervised, competitive 3 on 3 basketball tournament. The gym will open at 11 and participants will be allowed to warm up as necessary. Athletic attire is required, NO JEANS. There will be three age divisions, the 6th-7th grade division, 8th-9th grade division, and 10th-12th grade division (COED DIVISION NOTE: teams are not required to have a certain number of boys, girls, or other gender identity on their team. EXAmPLE: Teams of all boys or all girls are okay.). The tournament will be double elimination, the winning team of each division will receive a special prize (TBA). A bracket will be made for both divisions once sign-ups are complete. Each age division will have 8 teams. All participants need parental approval to sign up. This tournament aims to be inclusive of all, teams can be coed, but are not required to be. Teams are allowed to have up to 4 players, however only 3 players will be allowed to play at once. If applicable, the fourth player will serve as a substitute, and teams will be responsible for substitutions. All participants will be expected to play safe and respectfully, failure to do so will result in disqualification.

Tournament Rules:

- Teams will play 2 games per hour. Games will be played until 21. Each game has a maximum time of 30 minutes.
- A team must win by 4 points.
- If time runs out after 30 minutes, the game is over.
- There are no free throws. E. All balls must be cleared past the 3 point line.
- All out of bounds balls are put into play at the top of the court.
- Jump balls shall be brought in alternatively by one team and then the other.
- No timeouts will be allowed.

XI. FOULS:

- Fouls are called by players with honesty and integrity serving as best policy.
- Once a foul is committed, the opposite team takes the ball out at the top of the key.
- There is no limit on the number of fouls per player or team.
- Each team will call their own 3 seconds in the key violations.
- There are no free throws.
- After a basket has been scored, it will be the opposing team's ball at the top of the court.
- No flagrant or abusive conduct will be tolerated. Any striking or kicking will result in ejection from the game and the league. Please see the Player Code of Conduct.

Mar 2	Sa	Noon-4pm
Registration will open February 1st		Alameda Point Gym

Teen After School Sports Camp

Grade 6 - 8

The attendees are expected to be dropped off by the start of camp by 4 pm, and picked up from camp at 6 pm. Children may be picked up by a designated person, or may walk or bike home with permission from their parents. If after school transportation is needed, ARPD staff will pick up your child from the Underground Teen Center after the Teen Shuttle Pick Ups at each middle school. The program will take place at the Alameda Point Gym, as well as the outdoor field right next to it. This gives the participants the opportunity to play both indoor and outdoor games. Some of the sports that will be played are basketball, flag football, wiffle ball, pickleball, volleyball, and capture the flag! This program does not meet on public school holidays or AUSD staff development days. This program aims to create a safe, encouraging, and fun environment for middle school age kids to learn and play sports. The program welcomes kids of all athletic abilities and will ensure all kids are included in the fun. Participants will play in engaging drills, and also scrimmages. It's strongly suggested that all participants pack a snack and a water bottle.

Session 2	Jan 8 - Apr 15	M Tu Th F: 4pm - 6pm, W 2pm-6pm
\$710	No class Jan 15, Feb 16, Feb 19-23	Alameda Point Gym
Session 3	April 16-June 6	M Tu Th F: 4pm - 6pm, W 2pm-6pm
\$450	No class May 24, May 27	Alameda Point Gym

TEEN AFTER SCHOOL SPORTS CAMP

M, T, TH, F 4PM-6PM
W 2PM-6PM

JANUARY 8 - APRIL 5, 2024
(NO 1/15, 2/16, 2/19-2/23)

\$710 FOR 12 WEEK SESSION.

APRIL 16-JUNE 6, 2024
(NO 5/24, 5/27)

\$450 FOR 8 WEEK SESSION.

Payment Plans Available
ALAMEDA POINT GYM AND
OTHER CITY SPORTS FACILITIES

[HTTPS://TINYURL.COM/39D2BVSS](https://tinyurl.com/39D2BVSS) TO REGISTER

Need Transportation?
Staff will pick up at the
Underground Teen Center
after Teen Shuttle Picks
ups at each Middle School

VOLUNTEERING

Alameda Youth Committee (AYC)

Grades 6 - 12

Alameda Youth Committee (AYC) is currently recruiting members for the 2023 - 2024 School Year. We are seeking responsible and motivated teens who would like to get hands-on experience with volunteerism, leadership, and event planning. Your creativity, past experience, social ability, and community spirit are needed to plan fun activities for teens such as; the Teen Haunted House, Talent Show, dances and fundraising or the Spring Carnival. Work in the AYC Food Booth at various community events. Take on meaningful community projects, fundraising and beyond! Use your creativity and initiative to make a positive difference in Alameda.

NEW! AYC has brought back Elected Board Members. Participants will now be able to run for leadership office and use their skill to run the committee with their fellow elected peers and members of AYC. Members are required to attend meetings regularly. AYC hours count towards school community service requirements. Hours include some weekends for community events. For more information, please call Ashley Cendejas at 510-747-7575 or email at acendejas@alamedaca.gov



Alameda Youth Committee

Class #22731	Sep 20 - May 22	W	4:00pm - 5:00pm
FREE	ARPD Staff	Veteran's Memorial Building, 2203 Central Ave	
Registration is ongoing, space permitting. Regularly scheduled meetings most 1st and 3rd Wednesday of the month.			

Operation Green Sweep

Grade 6 - 12

Green Sweep is looking for teens who want to earn community service hours by helping to beautify our city parks and community centers. Teens will meet ARPD Teen Staff at the Veteran's Memorial Building on Fridays to work on various park projects. Duties include but are not limited to park clean-up, light trash removal, weeding, planting, etc. Equipment will be provided to participants for various projects. Transportation will be provided to and from the parks. Registrations will be taken until program is full. Program will be held weather-permitting.

Class # 24022	Apr 19 - May 17	F	3:45pm - 5:15pm
\$45 (Incl. t-shirt)	TeenCenter(Veteran's Memorial Building, 2203 Central Ave)		



Spring Teen Volunteer Program

Are you looking for an opportunity to give back to the Alameda community while learning valuable leadership & job skills and a strong work ethic? Then look no further! The Spring Teen Volunteer Program provides an opportunity for teens and tweens to learn while working with K - 5 youth in ARPD RAP Programs and earning community service hours on Wednesdays after school from 3:00pm to 5:30 pm. Spring Teen Volunteers are responsible for assisting ARPD Program Leaders facilitate RAP program activities such as sports, games and enrichment activities. Volunteers help with program set-up, break down, clean-up, preparation and various other duties assigned by ARPD staff. Volunteer applicants are interviewed to determine program acceptance. Volunteers must attend a mandatory training (details below) responsible for tracking and submitting their own timesheet to earn community service hours.

How to be a teen Volunteer! Closely follow these steps:

- Complete an Application: Applications are available at the ARPD Office or at the Underground Teen Center. Submit your application with payment to Alameda Recreation and Park Department no later than Thursday, March 7, 2024.
- Attend the mandatory interview from 4:00pm - 4:45pm in room 390 at the Veteran's Memorial Bldg, 2203 Central Ave. at Walnut on Monday March 11, 2024. Please note, you will not receive an email reminder for your interview.
- If accepted, attend the mandatory Teen Volunteer Program Training on Friday, March 15, 2024 from 4:00pm - 5:00pm in room 390 at the Veteran's Memorial Bldg., 2203 Central Ave.

Parents/ Guardians:

Your tween/teen is responsible for all correspondence regarding the Spring Teen Volunteer Program. Questions, concerns, emails, and phone calls regarding this program should come directly from your teen/ tween to Ashley Cendejas, Recreation Assistant at acendejas@alamedaca.gov, or 510-747-7575. Thanks for your cooperation!

Class # 24023	Mar 20 - May 29	W	3:00pm - 5:30pm
\$45 (Volunteer T-Shirt is included)		10 Weeks	No Volunteer on Apr 10
Interview & training at Veterans Building, 2203 Central Ave. Room 390			

Teens Teaching Technology

Grades 6 - 12

This program is a collaboration between the Mastick Senior Center and the Underground Teen Center. Teens will meet at Mastick Senior Center and assist Mastick members with their electronic devices. Devices can include, but are not limited to, iPhones, Android smartphones, assorted cell phones, tablets (iPads & Android), and laptops.

# 24024	Jan 18	Th	4:00pm - 5:00pm
# 24025	Feb 15	Th	4:00pm - 5:00pm
# 24026	Mar 14	Th	4:00pm - 5:00pm
# 24027	Apr 18	Th	4:00pm - 5:00pm
# 24028	May 16	Th	4:00pm - 5:00pm
Mastick Senior Center, 1155 Santa Clara Avenue, Room C			

ADULTS - DANCE, FITNESS, MIND & BODY & MUSIC

DANCE

Ballroom Dancing - Beginner

Learn the fundamental steps of Latin American Ballroom dancing with the cha cha, rumba, samba and jive! You do not need to register with a partner and no experience is necessary. No class on Feb 14, 21 & Apr 10.

Class #24073	Jan 10 - Mar 13	W	6:30pm - 7:25pm
\$148	Kate Barnes	Veteran's - Auditorium Room 250 at Veteran's Memorial Building	
Class #24076	Mar 27 - May 22	W	6:30pm - 7:25pm
\$148	Kate Barnes	Veteran's - Auditorium Room 250 at Veteran's Memorial Building	

Salsa & Bachata Shines - Beginner

Learn to dance Salsa and Bachata! Be part of a positive and uplifting dance class while learning the basics of both dances to get you moving on the dance floor in no time. This course focuses on shines (dancing individually rather than with a partner). As this is a beginner course, no experience is necessary. No class on Feb 14, 21 & Apr 4.

Class #24077	Jan 10 - Mar 13	W	7:30pm - 8:25pm
\$148	Kate Barnes	Veteran's - Auditorium Room 250 at Veteran's Memorial Building	
Class #24078	Mar 27 - May 22	W	7:30pm - 8:25pm
\$148	Kate Barnes	Veteran's - Auditorium Room 250 at Veteran's Memorial Building	

FITNESS

Fitness w/ Harrison, CPT: Resistance Training & Fundamentals

This is an introduction to fitness class with a focus on functional exercises. The purpose is to build a base of strength, stability, and endurance that will add to one's quality of life.

Class #24070	Jan 9 - Feb 27	Tu Th	6:00pm - 7:00pm
\$232	Harrison Roth	Harrison Center at Lincoln Park at Lincoln Park	
Class #24071	Feb 29 - Apr 18	Tu Th	6:00pm - 7:00pm
\$232	Harrison Roth	Harrison Center at Lincoln Park at Lincoln Park	
Class #24072	Apr 23 - May 23	Tu Th	6:00pm - 7:00pm
\$155	Harrison Roth	Harrison Center at Lincoln Park at Lincoln Park	

MIND & BODY

Wild Goose Qigong

Wild Goose Qigong is an ancient Chinese healing system inspired by the graceful, flowing, dynamic movements of wild geese. It aims to enhance the flow of Qi through the body's meridians, reduce stress, and nourish our sense of well-being. No class on Feb 21, Mar 27 & Apr 10.

Class #24074	Jan 10 - Feb 28	W	10:30am - 11:30am
\$109	Nicole Stone	Harrison Center at Lincoln Park at Lincoln Park	
Class #24075	Mar 6 - May 22	W	10:30am - 11:30am
\$155	Nicole Stone	Harrison Center at Lincoln Park at Lincoln Park	

MUSIC

Alameda Community Band

This band is made up of woodwind, brass, and percussion instrumentalists. Some ability on your instrument is required. There are weekly rehearsals leading to a series of concerts. Rehearsals are at Alameda High School in the Band Room. No class on Feb 20.

Class #24093	Jan 1 - Apr 2	Tu	7:00pm - 10:00pm
\$78.00	Michael Wirgler	Alameda High School Band Room	

Alameda Sings! (Alameda Community Chorus - ACC)

Alameda Sings! (Alameda Community Chorus) is a community chorus open to all singers ages 16 and up. No auditions. Rehearsals at Mastick Senior Center at 7:00 pm on Mondays. Two concerts per year, Spring and Autumn. Spring performance will be on April 27, 2024... venue to be determined. No meeting on 2/19

Class #24108	Jan 22 - May 6	M	7:00pm - 9:00pm
\$158	Barbara Acosta	Dining Room 2 at Mastick Senior Center	



SPORT

Adult Basketball League

ARPD's Adult Basketball program offers three levels of 3 v 3 play.
Jan 7- Mar 10 (no games 2/11, 2/18) \$150
Online at www.teamsideline.com/arpd starting Dec 1, 2023.

Adult Softball

ARPD's Adult Softball program offers Men's, Women's, and Coed teams. Team applications open online at www.teamsideline.com/arpd starting Feb 1 2024.

Men's Flag Football

\$70 or \$560 per team of 8

Alameda Men's Flag Football is back! Winter 2024 season (Jan 12 - Mar 1) Friday night games under the lights at Estuary Park in Alameda between 6:30 pm and 10 pm. The format of this flag football league is 5 v 5 Non-Contact. Please note registration is for teams and or individuals. We will distribute players to teams who don't have one. Check www.teamsideline.com/arpd for more information, sign-ups starting Dec 1, 2023.

**Pickleball: Indoor Drop In**

Enjoy indoor Pickleball during the wet and cold months at the Alameda Point Gym which features a newly renovated floor. Portable nets and balls provided. No refunds for missed dates. Contact Ed Kallas at ekallas@alamedaca.gov for Information. No meeting Jan 3

Class #24118	Jan 10 - Jan 31	W	8:00am- 11:15am
\$16	ARPD Staff	Court #1	at Alameda Point Gym
Class #24067	Jan 12 - Jan 26	F	9:30am- 12:30pm
\$16	ARPD Staff	Court #1	at Alameda Point Gym
Class #24068	Feb 2 - Feb 23	F	9:30am- 12:30pm
\$21	ARPD Staff	Court #1	at Alameda Point Gym
Class #24119	Feb 7 - Feb 28	W	8:00am- 11:15am
\$16	ARPD Staff	Court #1	at Alameda Point Gym

Pickleball:**"The 4th Shot" Most Ignored Weapon; Clinic**

Learn how to attack your opponets on the 4th shot. Designed and run by Marcia Neishi, skilled tournament player and certified instructor through the International Pickleball Teaching Professional Association.

Class #24138	Jan 8	M	12:30pm- 2:00pm
\$29	Marcia Neishi	Pickleball Courts at Lincoln Park	

Pickleball: Advanced Drills

Improve your game and sharpen your skills! Enjoy drills designed to benefit the advanced level player. Designed and run by Marcia Neishi, skilled tournament player and certified instructor through the International Pickleball Teaching Professional Association.

Class #24137	Jan 4 - Jan 25	Th	2:00pm- 3:00pm
\$85	Marcia Neishi	Pickleball Courts at Lincoln Park	
Class #24143	Feb 15 - Mar 7	Th	2:00pm- 3:00pm
\$85	Marcia Neishi	Pickleball Courts at Lincoln Park	

Pickleball: Beyond the Basics

Improve your game and sharpen your skills! Enjoy drills designed to benefit the advanced beginner/intermediate player. Learn more effective dinking, volleying and 'the 3rd shot'. Designed and run by Marcia Neishi, skilled tournament player and certified instructor through the International Pickleball Teaching Professional Association.

Class #24141	Feb 15 - Mar 7	Th	11:00am- 12:30pm
\$113	Marcia Neishi	Pickleball Courts at Lincoln Park	

ADULTS – SPORTS, THERAPEUTIC RECREATION & VIRTUAL

Pickleball: Intermediate Drills

Improve your game and sharpen your skills! Enjoy drills designed to benefit the intermediate level player. Designed and run by Marcia Neishi, skilled tournament player and certified instructor through the International Pickleball Teaching Professional Association.

Class #24136	Jan 4 - Jan 25	Th	1:00pm- 2:00pm
\$85	Marcia Neishi	Pickleball Courts at Lincoln Park	
Class #24142	Feb 15 - Mar 7	Th	1:00pm- 2:00pm
\$85	Marcia Neishi	Pickleball Courts at Lincoln Park	

Pickleball: Learn to Play

This class is designed for beginners and for first time players! You will learn basic shots like the dink, volley, serve and return of serve. Court positioning and basic strategy will be discussed. Start your lifelong enjoyment of this fastest growing sport! Taught by Marcia Neishi who is both a skilled tournament player as well as a certified instructor through the International Pickleball Teaching Professional Association.

Class #24135	Jan 4 - Jan 25	Th	11:00am- 12:30pm
\$113	Marcia Neishi	Pickleball Courts at Lincoln Park	

Pickleball: The “Bangers” are Back! How to Deal with ‘em!

Learn how to deal with opponents who only know one strategy...“Hard and Fast”.Designed and run by Marcia Neishi, skilled tournament player and certified instructor through the International Pickleball Teaching Professional Association.

Class #24140	Feb 5 - Feb 5	M	12:30pm- 2:00pm
\$29	Marcia Neishi	Pickleball Courts at Lincoln Park	

Pickleball: When to Attack & When to Defend; Clinic

Learn when to attack and when to defend.Designed and run by Marcia Neishi, skilled tournament player and certified instructor through the International Pickleball Teaching Professional Association.

Class #24139	Jan 22 - Jan 29	M	12:30pm- 2:00pm
\$58	Marcia Neishi	Pickleball Courts at Lincoln Park	

Women’s Flag Football

\$70 Individual only

Alameda Women’s Flag Football is back! Our winter 2024 season (Jan 11- Feb 29) has Thursday night games under the lights at Estuary Park in Alameda between 630pm and 10pm. The format of this flag football league is 5 v 5 Women’s Non-Contact. Please note registration is for individuals. We will distribute players on teams as this is a fun social league. We are open to all women, womxn, trans, non-binary folx over age 18 – everyone is welcome! Check www.teamsideline.com/arpd for more information, sign-ups starting at Dec 1, 2023.

THERAPEUTIC RECREATION

Leisure Club

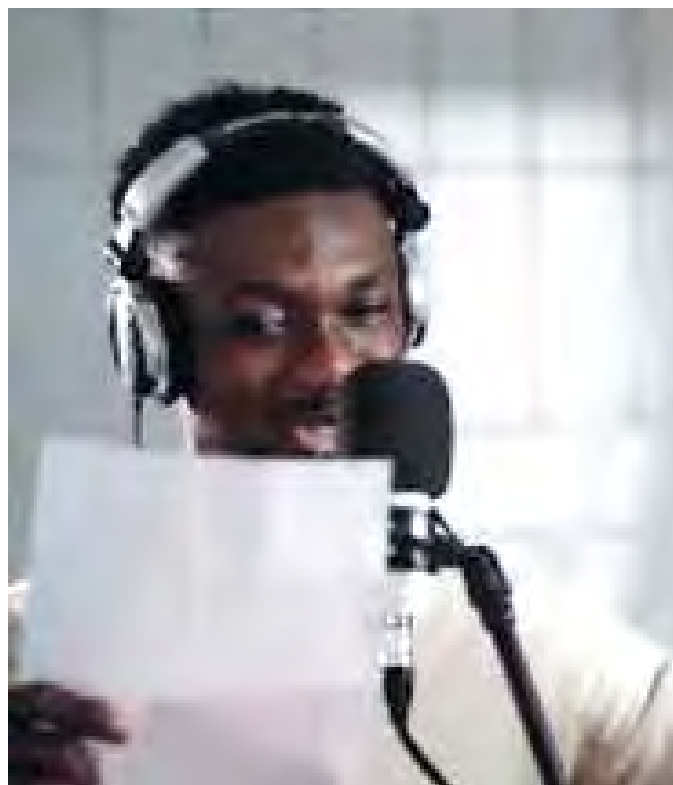
The Leisure Club is a fun, activity based program specifically designed to meet the specialized recreational needs of people with developmental disabilities in our community. This program is geared toward individuals 18 and older and meets twice a month on the second and fourth Thursday of the month from 7:00 p.m. to 9:00 p.m. For more information, call (510) 747-7500 or email Morace McKay at mmckay@alamedaca.gov. Currently, there is a waitlist for this program.

VIRTUAL

Voice Overs... Now is Your Time! Virtual Class

In what could be the most enlightening webinar you’ve ever taken, our Instructor and professional voice coach will show you how you can actually begin using your speaking voice for commercials, films, videos and more. This class will be presented via Zoom, you will receive a link to the class 24 hours in advance.

Class #24057	Mar 11 - Mar 11	M	6:30pm - 8:30pm
\$25	Such A Voice, LLC		Virtual Class





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Creating Web Pages

Learn the basics of HTML so you can design, create, and post your very own site on the Web.

Effective Business Writing

Improve your career prospects by learning how to develop powerful written documents that draw readers in and keep them motivated to continue to the end.

Fundamentals of Supervision and Management

Learn the people skills required to motivate and delegate, and learn tools for solving problems and resolving conflicts.

Grammar Refresher

Gain confidence in your ability to produce clean, grammatically correct documents and speeches.

Intermediate Microsoft Excel

Take your Microsoft Excel skills to the next level as you master charts, PivotTables, Slicers, Sparklines, and other advanced Excel features.

Introduction to CSS3 and HTML5

Learn to create state-of-the-art Web sites using modern CSS3 and HTML5 techniques.

Introduction to Final Cut Pro X

Make the leap from home video enthusiast to professional video editor using Apple's revolutionary Final Cut Pro X editing software.

Introduction to Google Analytics

Learn how to track and generate traffic to your website, create reports, and analyze data with Google's free, state-of-the-art Web analytics tools.

Introduction to Microsoft Excel

Become proficient in Microsoft Excel and discover countless shortcuts, tricks, and features for creating and formatting worksheets quickly and efficiently.

Introduction to SQL

Gain a solid working knowledge of the most powerful and widely used database programming language.

Leadership

Gain the respect and admiration of others, exert more control over your destiny, and enjoy success in your professional and personal life.

Performing Payroll in QuickBooks

Learn how to use QuickBooks 2013 to create paychecks, pay tax liabilities, and produce forms and reports.

Writing Essentials

Master the essentials of writing so you can excel at business communications, express yourself clearly online, and take your creative literary talents to a new level.

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Making Connections • Staying Active • Living Well

Programs and Services for Adults age 50 and older

1155 Santa Clara Ave, Alameda, CA
(510) 747-7500

Website: www.alamedaca.gov/mastick
Suggestion Box, masticksuggestion@alamedaca.gov

Hours

Program Hours: Mon-Fri 9:00am - 3:00pm
Office Hours: 9:00am - 4:00pm (Administrative ONLY)
Mastick Thrift Shop: Tue & Sat: 10:00am - 2:00pm

Staff

Morace McKay, Recreation Manager
mmckay@alamedaca.gov, (510) 747-7510

Ed Kallas, Recreation Supervisor I
ekallas@alamedaca.gov, (510) 747-7511

Justin Long, Alameda Recreation and Parks Director
jlong@alamedaca.gov, (510) 747-7570

MASTICK SENIOR CENTER ADVISORY BOARD (MSCAB)

The MSCAB is the active administrative advisory committee providing advice and counsel on all matters connected with accomplishing the Center's mission.

MSCAB Monthly Meetings

The MSCAB meets on the third Wednesday of the month at 9:30am in Room D. All are welcome! For more info, call (510) 747-7500.

Mastick Thrift Shop

Tue & Sat (Shopping): 10:00am - 2:00pm, Open to the public
Thu (Donations accepted): 9:30am - 1:00pm
Proceeds support Mastick Senior Center programs.
For details, call (510) 747-7500.

MSCAB Scholarship Program for Low Income Members

The MSCAB provides assistance four times per year to members meeting low-income limits set by HUD to offset the cost of Mastick programs and trips. Scholarships fund 50% of the program cost not to exceed \$50. To apply, visit the Mastick Lobby.
Application must be submitted at time of registration.

MASTICK MEMBERSHIP

Become a Mastick Member

Are you a member or thinking about becoming one? Do you simply need to renew your membership? Membership is FREE, extended to individuals, age 50+, and REQUIRED to participate in our programs. **To receive a registration form, call (510) 747-7500.**

New Member Orientation

The New Member Orientation offers a guided tour to introduce you to the Center, an information packet outlining the various programs and services and a coupon for a complimentary lunch!

Join us on Thursdays, Jan 11, Feb 8, Mar 14, Apr 11, May 9 & Jun 13, at 10:30am in the Media Room.

Registration required, call (510) 747-7500.

VOLUNTEERS WANTED!

Volunteers are the backbone of Mastick Senior Center!

Join our team and experience the many benefits of volunteerism including new friendships, assisting others, and the opportunity to share skills or learn new ones! Training provided to ensure success in your new endeavor. **To complete a volunteer application, visit the Mastick Lobby, or contact Morace McKay, Recreation Manager, at mmckay@alamedaca.gov or (510) 747-7510.**

BIRTHDAY CELEBRATIONS

Celebrate Your Birthday with Us!

**Join us on Thursdays,
Jan 25, Feb 22, Mar 28, Apr 25, May 23 & Jun 27
at 12:30pm in Dining Room 2
for sweet treats and happy birthday wishes!**



CLASSES & PROGRAMS

For class and program information, refer to the current schedule available in the Mastick Lobby and online at www.alameda.gov/mastick

- Classes and programs are offered at Mastick Senior Center unless otherwise specified.
- Registration required! A minimum of five enrolled participants are required for the class to be offered!
- Arrive/Depart 10 minutes before and after the programs' scheduled starting and ending time.
- The Alameda Recreation and Park Department programs follow Alameda County Health protocols.

We hope these tips will help us serve you better!

ARTS & CRAFTS

Ceramics for Beginning & Continuing Students

This session recommended for those with no ceramics experience. Some demonstrations, potential projects and classroom support provided. Students are asked to participate in daily clean up and maintenance of tools, materials and the classroom. On both Tuesdays and Thursdays from 12:30 - 2:45pm, up to 16 registered students may use the facility to work on projects. This is first come, first served. Availability of the lab may vary depending on the availability of volunteer monitors.

Class #23906	Jan 9 - Feb 27	Tu	10:00am - 12:00pm
\$80	Skill Center at Mastick Senior Center		
Class #23910	Mar 12 - Apr 30	Tu	10:00am - 12:00pm
\$80	Skill Center at Mastick Senior Center		
Class #23911	May 14 - Jul 2	Tu	10:00am - 12:00pm
\$80	Skill Center at Mastick Senior Center		

Ceramics for Continuing & Intermediate Students

Ceramics for continuing students and those working on projects. Some demonstrations, potential projects and classroom support provided. Students are asked to participate in daily clean up and maintenance of tools, materials and the classroom. On both Tuesdays and Thursdays from 12:30 - 2:45pm, up to 16 registered students may use the facility to work on projects. This is first come, first served. Availability of the lab may vary depending on the availability of volunteer monitors.

Class #23907	Jan 11 - Feb 29	Th	10:00am - 12:00pm
\$80	Skill Center at Mastick Senior Center		
Class #23908	Mar 14 - May 2	Th	10:00am - 12:00pm
\$80	Skill Center at Mastick Senior Center		
Class #23909	May 9 - Jun 27	Th	10:00am - 12:00pm
\$80	Skill Center at Mastick Senior Center		

Chinese Ink Painting

This course teaches Chinese ink freehand flower and bird painting, involving a variety of flower and bird painting methods. It is similar to watercolor painting, but there are many differences, both in terms of painting materials and ideas. Students must bring their own supplies. Note that the first meeting of this class will take place in Room E

Class #23943	Oct 10 - Dec 5	Tu	10:30am - 12:00pm
Free	Room D at Mastick Senior Center		

Chinese New Year Origami Envelope

Volunteer Nora Yee will teach you how to make a decorative fish origami money holder. Bring a pair of scissors, tacky glue and yarn or string. Instructor will provide all other materials. Registration is required!

Class #23990	Jan 24	W	1:00pm - 3:00pm
Free	Dining Room 2 at Mastick Senior Center		

Drawing and Painting

Explore techniques in a variety of mediums such as watercolor, acrylic, pastel, graphite and colored pencil. Students work in the medium(s) of their choice. (No oil paints or products that emit strong odors). An understanding of basic art techniques is strongly recommended, but all levels of experience are welcome. No class on Jan 15, Feb 19 & 23.

Class #24014	Jan 8 - Mar 11	M	12:30pm - 3:00pm
\$80	Mi'Chelle Fredrick	Skill Center at Mastick Senior Center	
Class #24015	Jan 12 - Mar 8	F	10:00am - 12:30pm
\$80	Mi'Chelle Fredrick	Skill Center at Mastick Senior Center	
Class #24017	Apr 1 - May 20	M	12:30pm - 3:00pm
\$80	Mi'Chelle Fredrick	Skill Center at Mastick Senior Center	
Class #24016	Apr 5 - May 24	F	10:00am - 12:30pm
\$80	Mi'Chelle Fredrick	Skill Center at Mastick Senior Center	



Quilting

This class is designed for all levels - learn basic quilting skills or receive assistance with existing or new projects. Bring your projects with you and we'll muddle through. Quilting/Sewing Lab is equipped with two large cutting tables, rulers, mats, and six Janome sewing machines. Basic sewing notions, fabric, and instructions for your project required. Personal sewing machines welcome. No class on Jan 15, 18, Feb 19, 22, Mar 18, 21, Apr 1, 4, May 6 & 9.

Class #23983	Jan 8 - May 20	M	9:30am - 11:30am
\$78	Kathleen Fennelly	Room B at Mastick Senior Center	
Class #23984	Jan 8 - May 20	M	1:00pm - 3:00pm
\$78	Kathleen Fennelly	Room B at Mastick Senior Center	
Class #23985	Jan 11 - May 23	Th	9:30am - 11:30am
\$78	Kathleen Fennelly	Room B at Mastick Senior Center	
Class #23986	Jan 11 - May 23	Th	1:00pm - 3:00pm
\$78	Kathleen Fennelly	Room B at Mastick Senior Center	

Stained Glass & Mosaics for Beginners & Intermediate

Designed for beginners to intermediate skill levels in glass art seeking to refresh, sharpen, and share their knowledge with fellow class members. Must be able to work independently to design, construct, and complete projects. No class on Jan 15 & Feb 19.



Class #23915	Jan 8 - Feb 26	M	9:30am - 12:00pm
\$68	Colene Leong	Skill Center at Mastick Senior Center	
Class #23917	Jan 10 - Feb 14	W	9:30am - 12:00pm
\$68	Colene Leong	Skill Center at Mastick Senior Center	
Class #23919	Jan 10 - Feb 14	W	12:30pm - 3:00pm
\$68	Colene Leong	Skill Center at Mastick Senior Center	
Class #23918	Feb 28 - Apr 3	W	9:30am - 12:30pm
\$68	Colene Leong	Skill Center at Mastick Senior Center	
Class #23920	Feb 28 - Apr 3	W	12:30pm - 3:00pm
\$68	Colene Leong	Skill Center at Mastick Senior Center	
Class #23916	Mar 4 - Apr 8	M	9:30am - 12:30pm
\$68	Colene Leong	Skill Center at Mastick Senior Center	
Class #23921	Apr 15 - May 20	M	9:30am - 12:30pm
\$68	Colene Leong	Skill Center at Mastick Senior Center	
Class #23922	Apr 17 - May 22	W	9:30am - 12:30pm
\$68	Colene Leong	Skill Center at Mastick Senior Center	
Class #23923	Apr 17 - May 22	W	12:30pm - 3:00pm
\$68	Colene Leong	Skill Center at Mastick Senior Center	

DANCE

Line Dancing for Absolute Beginners - Level 1

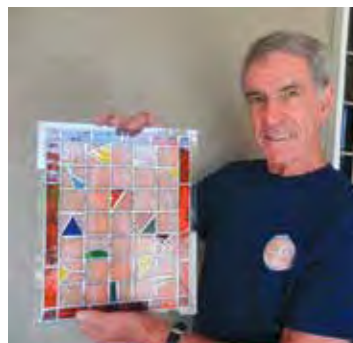
For those who are brand new to line dancing. You will learn basic steps, sequencing and terminology for your foot movements and step - by - step instruction for each dance. Come join us in activating your body and mind with music.

Class #23873	Jan 3 - Jan 31	W	9:30am - 10:30am
\$43	Susie Okada	Social Hall at Mastick Senior Center	
Class #23874	Feb 7 - Feb 28	W	9:30am - 10:30am
\$35	Susie Okada	Social Hall at Mastick Senior Center	
Class #23875	Mar 6 - Mar 20	W	9:30am - 10:30am
\$27	Susie Okada	Social Hall at Mastick Senior Center	
Class #23876	Apr 3 - Apr 24	W	9:30am - 10:30am
\$35	Susie Okada	Social Hall at Mastick Senior Center	
Class #23887	May 1 - May 29	W	9:30am - 10:30am
\$43	Susie Okada	Social Hall at Mastick Senior Center	

Line Dancing for Returning Beginners - Level 2

Designed for beginners and returning beginners who have experience with basic steps and want to continue learning more steps and dances. No class on Jan 15.

Class #23881	Jan 8 - Jan 29	M	12:30pm - 2:00pm
\$27	Susie Okada	Social Hall at Mastick Senior Center	
Class #23882	Feb 5 - Feb 26	M	12:30pm - 2:00pm
\$27	Susie Okada	Social Hall at Mastick Senior Center	
Class #23883	Mar 4 - Mar 18	M	12:30pm - 2:00pm
\$27	Susie Okada	Social Hall at Mastick Senior Center	
Class #23884	Apr 1 - Apr 29	M	12:30pm - 2:00pm
\$43	Susie Okada	Social Hall at Mastick Senior Center	
Class #23886	May 6 - May 20	M	12:30pm - 2:00pm
\$27	Susie Okada	Social Hall at Mastick Senior Center	



Line Dancing for High Beginners – Level 3

Designed for line dancers who have mastered the basic steps and movements. New movements and more complex steps will be added. Additional step patterns, syncopation and various rhythms. High Beginner dances will feature varying degree of challenge.

Class #23877	Jan 3 - Jan 31	W	11:00am - 12:30pm
\$43	Susie Okada	Social Hall at Mastick Senior Center	
Class #23878	Feb 7 - Feb 28	W	11:00am - 12:30pm
\$35	Susie Okada	Social Hall at Mastick Senior Center	
Class #23879	Mar 6 - Mar 20	W	11:00am - 12:30pm
\$27	Susie Okada	Social Hall at Mastick Senior Center	
Class #23880	Apr 3 - Apr 24	W	11:00am - 12:30pm
\$35	Susie Okada	Social Hall at Mastick Senior Center	
Class #23888	May 1 - May 29	W	11:00am - 12:30pm
\$43	Susie Okada	Social Hall at Mastick Senior Center	

Square Dance

Class #24062	Jan 8 - Mar 25	M	1:00pm - 3:00pm
Free	Chuck Clay	Room A at Mastick Senior Center	
Class #24063	Apr 1 - May 20	M	1:00pm - 3:00pm
Free	Chuck Clay	Room A at Mastick Senior Center	

FITNESS

April Walking Club @ Waters Edge Lodge

Go for a walking excursion around the lagoon with a personal trainer and take in the beautiful sights. \$5 for entire class run.

Class #24020	Apr 2 - Apr 30	Tu Th	9:30am - 10:30am
\$5	AES Therapy & Fitness	Water's Edge Lodge 801 Island Dr	

BAM (Balance and Mobility)

Improve balance, stability, mobility, and posture through core strengthening. Increase whole body strength to improve coordination (neuromuscular facilitation) and to assist in fall and injury prevention and recovery.

Class #23982	Jan 2 - Apr 23	Tu	12:15pm - 1:05pm
\$122	Dan Mark	Social Hall at Mastick Senior Center	

Fitness For Life: Personalized Fitness Training

Start the year off with focus on health and fitness. How can you achieve best results with the least amount of time and effort? Good question! Let's answer it together. In this small group session, you will have the opportunity to address your individual issues and goals. Whether it is fall prevention, pain management, joint health, balance, endurance, strength, flexibility or just accomplishing everyday tasks more easily, join us to learn some game-changing strategies for 2024. Physically-distanced, interactive session designed to help your longevity and quality of life. Because movements are catered to each individual, exertion level will be what each participant is comfortable with. If you have a body, you will love this session! This program is FREE for veterans! If you are a veteran you must register with Mastick by calling 510-747-7500 or go to the Lobby between 9:00am - 3:00pm. And, you must also register at: www.sierraclub.org/loma-prieta/military-outdoors

Class #23902	Mar 1	F	8:30am - 11:30am
\$68	Jayah Paley	Social Hall at Mastick Senior Center	

Fitness for Seniors! Balance, Mobility & Stability

Join fellow seniors in a welcoming environment to feel safe when moving from place to place. Practice gentle movements which will help improve your balance, mobility and stability. After taking this class you'll be able to sit and stand easier. This class may also decrease your probability of falling and prevent injury. Exercises for strength and flexibility will be featured. Soft ambient music will be played during the session.

Class #24031	Jan 8 - Feb 26	M	12:15pm - 1:05pm
\$71	Tatiana Stollman	Room D at Mastick Senior Center	

Fitness with Kendra

Full body workout that includes stretching, strength and balance training, and low impact cardio with light weights, and a chair. All moves can be modified for all fitness levels, are completed at your own pace, and are set to fun music. Chairs and weights provided. No class on Apr 11 & 18.



Class #23900	Jan 11 - Jan 25	Th	11:45am - 12:45pm
\$30	Kendra Meuser	Social Hall at Mastick Senior Center	
Class #23901	Feb 1 - Feb 29	Th	11:45am - 12:45pm
\$39	Kendra Meuser	Social Hall at Mastick Senior Center	
Class #24214	Mar 7 - Mar 28	Th	11:45am - 12:45pm
\$39	Kendra Meuser	Social Hall at Mastick Senior Center	
Class #24215	Apr 4 - Apr 25	Th	11:45am - 12:45pm
\$30	Kendra Meuser	Social Hall at Mastick Senior Center	
Class #24216	May 2 - May 30	Th	11:45am - 12:45pm
\$48	Kendra Meuser	Social Hall at Mastick Senior Center	

50+ADULTS - FITNESS

Get Balanced @ Waters Edge Lodge

Created by a team of physical therapists, this class is proven to prevent falls. Participants are tested before and after to track and celebrate changes. Learn exercises for vision and vestibular systems, strength, flexibility, proprioception, and quick reflexes. Practice "After a Fall Recovery Sequence" and progress from mostly seated to mostly standing. No class on Jan 15 & Feb 19

Class #24018	Jan 8 - Apr 3	M W	11:00am - 12:00pm
\$123	AES Therapy & Fitness	WatersEdgeLodge 801 Island Drive	
Class #24019	Jan 8 - Apr 3	M W	2:30pm - 3:30pm
\$123	AES Therapy & Fitness	WatersEdgeLodge 801 Island Drive	

May Walking Club @ Waters Edge Lodge

Go for a walking excursion around the lagoon with a personal trainer and take in the beautiful sights. \$5 for entire class run.

Class #24021	May 2 - May 30	Tu Th	9:30am - 10:30am
\$5	AES Therapy & Fitness	Water's Edge Lodge 801 Island Drive	

Pilates (In Person & via Zoom)

Pilates is designed to develop muscle strength, balance, and tone. Controlled breathing and proper body alignment are key. Session includes standing, sitting, and lying down positions, and covers all core areas, legs, glutes and arms. Yoga-type mat, comfortable clothing, water bottle, dumbbells suggested. No class on Apr 10.

Class #24032	Jan 10 - Feb 28	W	9:00am - 10:00am
\$63	Tatiana Stollman	Room A at Mastick Senior Center	
Class #24033	Mar 6 - Apr 24	W	9:00am - 10:00am
\$63	Tatiana Stollman	Room A at Mastick Senior Center	

Pole Walking for Veterans

Sierra Club Military Outdoors special program enables us to offer Pole Walking for Exercise and Maintaining Mobility training FREE to veterans and their family members. Learn skills to reduce fall risk and improve your balance, endurance, gait, posture, strength, and spine function. Easy-to-learn techniques help navigate everyday obstacles. Quality poles provided for your use. More info and registration (required) at www.sierraclub.org/loma-prieta/military-outdoors. All participants must also register with Alameda Recreation and Parks by calling 510-747-7500.

Class #23903	Mar 15	F	9:00am - 12:00pm
Free	Jayah Paley	Social Hall at Mastick Senior Center	

Pole Walking for Balance & Maintaining Mobility

When Pole Walking, you'll feel taller, more confident and experience profound freedom of movement. Join us to learn skills to reduce fall risk, improve your balance, endurance, walking gait, strength, spine function and longevity. Quality poles for your use. Enjoy the outdoors, connect with buddies and get great exercise!

Class #23904	May 24	F	9:00am - 12:00pm
\$42	Jayah Paley	Social Hall at Mastick Senior Center	

Strength Training and Cardio

Move to music and gain the benefits of resistance training designed to develop bone density, muscle mass, and endurance. Class easily modified for all fitness levels. No class on Feb 21, Apr 10 & 12.

Class #24034	Jan 10 - Feb 28	W	10:30am - 11:30am
\$63	Tatiana Stollman	Room A at Mastick Senior Center	
Class #24036	Jan 12 - Feb 16	F	10:45am - 11:45am
\$54	Tatiana Stollman	Room A at Mastick Senior Center	
Class #24037	Mar 1 - Apr 26	F	10:45am - 11:45am
\$71	Tatiana Stollman	Room A at Mastick Senior Center	
Class #24035	Mar 6 - Apr 24	W	10:30am - 11:30am
\$63	Tatiana Stollman	Room A at Mastick Senior Center	

Zumba Gold

Zumba Gold is a modified Zumba dance class for active older adults that recreates the original moves you love at a lower intensity. The formula is 70% Latin music and 30% of anything else. A typical class will feature merengue, salsa, cha-cha, reggaeton, bachata, samba, soca, hip-hop, bellydance and bhangra. This dance-based class will get you moving and having fun. No dance experience, exercise equipment or running required. No class Apr 18

Class #24083	Jan 12 - Feb 9	F	10:30am - 11:25am
\$53	Anna Gardner	Social Hall at Mastick Senior Center	
Class #24088	Mar 7 - Mar 28	Th	2:00pm - 3:00pm
\$43	Anna Gardner	Social Hall at Mastick Senior Center	
Class #24091	Apr 4 - Apr 25	Th	2:00pm - 3:00pm
\$33	Anna Gardner	Social Hall at Mastick Senior Center	
Class #24092	May 2 - May 30	Th	2:00pm - 3:00pm
\$53	Anna Gardner	Social Hall at Mastick Senior Center	

Zumba Gold - Toning

This class combines Zumba Gold with Zumba Toning. It incorporates lightweight resistance training into the cardio program focusing on building muscle strength, tone and endurance.

Class #24084	Jan 9 - Feb 13	Tu	10:30am - 1:25am
\$63	Melanie Snell	Social Hall at Mastick Senior Center	
Class #24085	Mar 5 - Mar 26	Tu	2:00pm - 3:00pm
\$43	Anna Gardner	Social Hall at Mastick Senior Center	
Class #24086	Apr 2 - Apr 30	Tu	2:00pm - 3:00pm
\$53	Anna Gardner	Social Hall at Mastick Senior Center	
Class #24087	May 7 - May 28	Tu	2:00pm - 3:00pm
\$43	Anna Gardner	Social Hall at Mastick Senior Center	

FOOD PROGRAMS

Lunch Served DAILY

To make a reservation, call (510) 747-7503.

Monday - Friday at 12:00pm	Dining Room opens at 11:45am		
Reservations required	Eligibility Requirement: Age 60+	\$4 Donation	

Mercy Brown Bag Program

For information, call (510) 534-8540.

Thursdays (1st & 3rd) at 9:00am	Eligibility Requirements: 60+/Income limits
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HOT TOPICS

Alameda Development & Architecture

The island of Alameda is home to thousands of official historic buildings, located in delightful neighborhoods blooming with the legacy of vintage buildings. This class makes recognizing architectural details and styles a treat. Enjoy slide shows with talks at Mastick Center. History ranges from the Gold Rush era of the 1850's through the 1930's. Self-guided walking tours are given out during each class. Judith Lynch is an author, educator, ten-year Alameda Historical Advisory Board member and Mastick instructor since 2015.

Class #23997	Apr 24 - Jun 5	W	1:00pm - 3:00pm
Free	Judith Lynch	Room D at Mastick Senior Center	

Billing and Delivery Scams

Join William Smith, retired FBI Agent, to learn about how scammers use fictitious email and text messages and fake shopping websites to deceive people into revealing sensitive information by claiming they owe a debt or did not pay a bill. Also, discuss why seniors are targeted and how to identify such phishing emails.

Class #22640	Apr 24	W	11:00am - 1:00pm
Free	William Smith	Room E at Mastick Senior Center	

Caretaker Fraud: (Family and Non Family)

Join William Smith, retired FBI Agent, to learn about the scope and types of caretaker fraud, factors leading to it, how it is rationalized by the offender, ways to prevent it and what to do if detected.

Class #24004	Jan 31	W	11:00am - 1:00pm
Free	William Smith	Room D at Mastick Senior Center	

Charity Fraud Scams

Join William Smith, retired FBI Agent, to learn the scope and types of charity scams, how scams work, warning signs, ways to determine if legitimate charitable organization and what to do if you become a victim of charity fraud.

Class #24010	May 8	W	11:00am - 1:00pm
Free	William Smith	Room E at Mastick Senior Center	

Internet Fraud

Join William Smith, retired FBI Agent, to learn how scammers provide incorrect information over the internet in order to commit identity theft and trick people out of their money. Learn common types of internet fraud and why seniors and others fall for these scams.

Class #24007	Mar 13	W	11:00am - 1:00pm
Free	William Smith	Room D at Mastick Senior Center	

IRS Fraud

Join William Smith, retired FBI Agent, to learn about IRS imposter scams, types of IRS scams, What the IRS will and won't do, and what to do if you receive a suspicious call or email from the IRS.

Class #24009	Apr 10	W	11:00am - 1:00pm
Free	William Smith	Room D at Mastick Senior Center	

Nursing Homes (What to know and how to select one)

Join William Smith, retired FBI Agent, to learn who goes into nursing homes, about short and long term stays, staffing and its impact on residents and measures to consider when selecting a facility.

Class #24005	Feb 14	W	11:00am - 1:00pm
Free	William Smith	Room D at Mastick Senior Center	

50+ADULTS - HOT TOPICS & LANGUAGE

Online Dating Fraud

Join William Smith, retired FBI Agent, to learn the scope of the problem, why scammers target seniors, types of scams, the techniques used, what to be aware of, how to avoid these scams, and things to consider before meeting or sending money.

Class #23885	May 22	W	11:00am - 1:00pm
Free	William Smith	Room E at Mastick Senior Center	

Shakespeare Discussion Group

Members will receive the Zoom meeting I.D. and passcode information 24 hours before the class begins.

Class #23912	Jan 5 - May 31	F	1:00pm - 3:00pm
Free	Via Zoom		

Smartsizing: A Guide to Efficient Downsizing

This impactful event will guide you through the process of simplifying your belongings through expert decluttering techniques, selling your property in today's real estate world, and ensuring seamless moving transitions. Presented by Alameda Senior Transitions and Sensational Seniors.

Class #24158	Jan 30	Tu	12:30pm - 2:00am
Free	Room D at Mastick Senior Center		
Class #24159	Feb 2	F	10:00am - 11:30am
Free	Room D at Mastick Senior Center		

Social Security Fraud

Join William Smith, retired FBI Agent, to learn the scope of the problem, why seniors are targeted, types of social security email and phone scams, and how they are committed.

Class #24008	Mar 27	W	11:00am - 1:00pm
Free	William Smith	Room D at Mastick Senior Center	

Stay Put, Stay Happy: Thriving While Aging In Place

Discover expert insights on home modifications that enhance safety and accessibility, smart financial planning tailored to Senior's needs, and proactive health strategies for a vibrant, independent lifestyle Presented by Alameda Senior Transitions and Sensational Seniors.

Class #24160	Apr 23	Tu	12:30pm - 2:00am
Free	Room D at Mastick Senior Center		

Texting Scams

Join William Smith, retired FBI Agent, to learn about text messages to get people that respond and provide the information needed to access bank and credit card accounts or instal malware.

Class #24006	Feb 28	W	11:00am - 1:00pm
Free	William Smith	Room D at Mastick Senior Center	

The Last Gift Box

Based on the book, The Last Gift Box, this class offers practical ways to organize the "business" aspects of your life and share with your family and friends your decisions on how you wish to die and be remembered. Using factual information and humor, Tina takes this challenging but essential subject and makes it easy to talk about and act upon. You can fulfill your resolution THIS YEAR! Please consider making a \$5 donation to Mastick in class.

Class #24002	Feb 1	Th	10:00am - 11:30am
Free	Tina Cole Kreitz	Room D at Mastick Senior Center	
Class #24003	Apr 22	M	10:00am - 11:30am
Free	Tina Cole Kreitz	Room E at Mastick Senior Center	

LANGUAGE

Spanish - Beginning

A second language is always an asset and Spanish is one of the best. Full class participation in reading, writing, listening, vocabulary and grammar while learning Spanish. No class on Feb 19

Class #24012	Feb 5 - Apr 1	M	9:00am - 10:00am
\$50	Juanita Palkovic	Room D at Mastick Senior Center	

Spanish - Conversational

Learn reading, writing, listening, grammar and listening while enjoying Spanish as a second language. No class on Feb 19

Class #24013	Feb 5 - Apr 1	M	10:30am - 11:45am
\$50	Juanita Palkovic	Room D at Mastick Senior Center	

Spanish - Practice

Class #23953	Jan 3 - May 29	W	10:30am - 12:00pm
Free	Media Room at Mastick Senior Center		

PICKLEBALL IN ALAMEDA

Lincoln Park (1450 High Street)

Open for play between 8:00am and Dusk

Looking for a fun way to meet new friends and improve your fitness level? If so, play the game that combines Ping Pong and Tennis... Pickleball! This game features small paddles, whiffle balls, low hanging nets and a court quarter the size of tennis. For details, contact Ed Kallas, Recreation Supervisor I, at (510) 747-7511 or ekallas@alamedaca.gov. For more information visit www.youtube.com, ("how to play Pickleball") or www.alamedapickleball.org. Please note, to open the center-gate lock, enter the code 074337*.

SERVICES

Services to Support Everyday Living

For assistance with Case Management, Legal Services, Health Insurance Counseling, Support Groups, Notary Service, Income Tax Preparation, call (510) 747-7500.

Abuse & Legal Assistance

- For legal assistance, contact Legal Assistance for Seniors (LAS) at (510) 832-3040.
- If you need protection from abuse, call the 24 Hour Elder Abuse Hotline 1-866-225-5277.

Alzheimer's Caregiver Support Group

The Alzheimer's Caregiver Support Group meets virtually (via Zoom) from 10:00am to 11:30am on the second and fourth Thursdays of the month. This group is for individuals caring for a loved one with Alzheimer's Disease or dementia. To register, please call 1-800-272-3900 or email Heather Gray at hgray1@alz.org.

Computer Lab

Several computers, which are connected to the internet, are available for use by Mastick Members on Monday – Friday between 9:00am and 3:00pm in Room C. Occasionally, availability may be limited by scheduled classes.

Senior Connections & Resource Information

The Senior Connections Case Manager provides information, resources, and referrals to assist seniors with navigating through life challenges. Meetings are on the third Wednesday of the month from 1:00 to 2:00pm, Room D. This program is provided by Alameda Family Services and funded in part by the Mastick Senior Center Advisory Board. Please join us. For more information call (510) 747-7505.

Diabetes Support Group

If you or someone you love has diabetes, consider joining the Diabetes Support Group provided by the Alameda County Public Health Department Diabetes Program. For more information, contact (510) 383-5185. Meetings are held on the fourth Wednesday of the month, 10:00am - 12:00pm in Room D. Advance registration required. To register, please call (510) 747-7500.

Health Insurance/Medical Bills

For health insurance counseling or assistance with Medicare or medical bills, contact the Health Insurance Counseling & Advocacy Program (HICAP) at (510) 839-0393.

Lending Library

A variety of books are available to borrow. Honor system: Simply borrow the book(s) you want to read and return to container located outside of the Media Room when finished.

Senior Connections – Case Management Services

Senior Connections is a collaboration between Mastick Senior Center and Alameda Family Services to provide case management assistance for Alameda seniors needing help with health insurance, housing needs, in-home support services, food resources and MORE! The Case Manager is available on Tuesdays, Wednesdays, and Thursdays by appointment. To schedule an appointment, call (510) 747-7505. This program is funded in part by the Mastick Senior Center Advisory Board (MSCAB).

SPORTS

Billiards

Jan 2 - May 31	M Tu W Th F	9:00am - 3:00pm
Free	Billiards Room	

Bocce Ball

Volunteers will guide new players through the rules.

Jan 4 - May 30	Th	1:00pm - 3:00pm
Free	Bocceball Court at Mastick Senior Center	

Pickleball

See page 29

Table Tennis

Must be a Mastick Senior Center Member prior to participating. Join us for a friendly game of table tennis and improve your hand-eye coordination, reflexes, balance, brain fitness, while gaining muscle and cardio endurance. This game is easy on the joints, burns calories, and guarantees giggles with friends.

Jan 5 - May 31	M F	9:00am - 3:00pm
Free	Dining Room 2 at Mastick Senior Center	



TRANSPORTATION

AARP Smart Driver Course (Refresher Course)

The AARP Smart Driver Course is the largest classroom driver course specifically designed for motorists age 50 and older. The Refresher Course is available to individuals who have taken the Standard Course within the last three years. Registration and payment must be completed in the Mastick Lobby no later than two days prior to the start date of the class. Cost: \$20 per person for AARP members, AARP ID# required; \$25 for non-AARP members; Free with UnitedHealthcare insurance proof. Must register in person, check only.

Class #23927	Feb 7	W	9:00am - 1:30pm
\$20	Dining Room 2 at Mastick Senior Center		

AARP Smart Driver Course (Standard Course)

The AARP Smart Driver Course is the largest classroom driver course specifically designed for motorists age 50 and older. The Standard Course is a two day, four-hour class (eight hours total). The class is taught by a trained AARP Volunteer Instructor. Registration and payment must be completed in the Mastick Lobby no later than two days prior to the start date of the class. Cost: \$20 per person for AARP members, AARP ID# required; \$25 for non-AARP members; Free with UnitedHealthcare insurance proof. Must register in person, check only.

Class #23926	Jan 3 - Jan 10	W	9:00am - 1:30pm
\$20	Media Room at Mastick Senior Center		

Transportation Assistance

On Tuesdays, Wednesdays and Thursdays, from 9:00am - 2:30pm, Katherine "Kat" Kaldis, Paratransit Coordinator, is available by appointment to assist you with your paratransit and transportation needs. To schedule an appointment, call (510) 747-7513 or email cityparatransit@alamedaca.gov



WELLNESS

Alexander Technique: The Art of Walking Well

Walking is one of the best and least expensive ways to keep your body and mind healthy. Join Ms. Lenka Fejt, Alexander Technique Teacher, B.S. in Kinesiology, and learn to walk with less tension and more enjoyment. Register early for this popular class!

Class #23999	Mar 12 - Mar 14	Tu W Th	10:00am - 11:30am
\$48	Lenka Fejt	Dining Room 2 at Mastick Senior Center	
Class #24000	Apr 30 - May 2	Tu W Th	10:00am - 11:30am
\$48	Lenka Fejt	Dining Room 2 at Mastick Senior Center	

Chair Yoga

This gentle form of yoga is practiced sitting in a chair or standing using the support of a chair. Relax your body and ease stress while building strength and flexibility. No class on Jan 15 & Feb 19

Class #24029	Jan 8 - Feb 26	M	11:00am - 12:00pm
\$54	Tatiana Stollman	Social Hall at Mastick Senior Center	
Class #24030	Mar 4 - Apr 29	M	11:00am - 12:00pm
\$84	Tatiana Stollman	Social Hall at Mastick Senior Center	

Qigong

Qigong is an ancient discipline that includes visualization, mindfulness, and focused breathing. It is practiced to balance emotions, improve health, and enhance the mind, body, and spirit. Class easily modified for all fitness levels.

Class #23937	Jan 16 - Feb 20	Tu	10:00am - 11:00am
\$59	Robert Dorsett	Room A at Mastick Senior Center	
Class #23938	Feb 27 - Apr 2	Tu	10:00am - 11:00am
\$59	Robert Dorsett	Room A at Mastick Senior Center	
Class #23939	Apr 9 - May 14	Tu	10:00am - 11:00am
\$59	Robert Dorsett	Room A at Mastick Senior Center	

Qigong - Seasoned Qigong Students

Designed for more seasoned Qigong students or those who have taken Qigong at Mastick or somewhere else, previously. We will review and practice everything learned in Robert's Tuesday - class, refine those exercises and add more as time permits. Students may join at any time... register in person or over the phone to receive a prorated price.

Class #23940	Jan 18 - Feb 22	Th	10:00am - 11:00am
\$59	Robert Dorsett	Room A at Mastick Senior Center	
Class #23941	Feb 29 - Apr 4	Th	10:00am - 11:00am
\$59	Robert Dorsett	Room A at Mastick Senior Center	

Wellness continued on page 42

Mastick Senior Center Programs and Services Schedule

DESCRIPTION	MON	TUE	WED	THU	FRI	SAT	REQUIREMENTS
Billiards	Daily	Daily	Daily	Daily	Daily		Free
Birthday Celebration (4th Thursday)				12:30pm			Free
Bocce Ball (Courtyard)	Daily	Daily	Daily	Daily	Daily		Free
Book Club (1st Tuesday)		12:15pm					Free ~ Registration required Link provided upon request
Bridge			Noon				Free
Case Management		9:00am	9:00am	9:00am			Office ~ To make an appt., call (510) 747-7505
Computer Lab	Daily	Daily	Daily	Daily	Daily		Free ~ See posted schedule
Diabetes Support Group (4th Wednesday)			10:00am				Free ~ Registration required call (510) 747-7500
Exercise Equipment (Courtyard)	Daily	Daily	Daily	Daily	Daily		Free
Great American Songbook (1st & 3rd Thur)				1:00pm			Free ~ Registration required Link provided upon request
Health Insurance Counseling Advocacy Program (HICAP)							Off-site ~ call (510) 839-0393
Knitting Circle			1:00pm				Free
Legal Assistance for Seniors (LAS)							Off-site ~ call (510) 832-3040
Lending Library	Daily	Daily	Daily	Daily	Daily		Free
Mah Jongg	Noon				Noon		Free
Mastick Movie Club					10:00am		Free ~ Registration required Link provided upon request
Mastick Movie Matinee (1st & 3rd Wed)			12:30pm				Free ~ See posted schedule
Mastick Senior Center Advisory Board Monthly Meeting (3rd Wednesday)			9:30am				Free ~ Members invited to attend!
Mastick Volunteer-Led Walking Group	9:30am						Free ~ Registration required
Music Appreciation (4th Thursday)				1:30pm			Free
Notary Service			1:00pm				Office ~ To make an appt., call (510) 747-7500
Putting Green (Courtyard)	Daily	Daily	Daily	Daily	Daily		Free
Scrabble				Noon			Free
Senior Connections & Resource Information (3rd Wednesday)			1:00pm				Free
Shakespeare Discussion Group					1:00pm		Free ~ Registration required Link provided upon request
Table Tennis	9:00am				9:00am		Free ~ Mastick membership required
Thrift Shop		10:00am				10:00am	
Thrift Shop (Donations)		9:30am		9:30am		9:30am	Donations accepted until full
Transportation Assistance		10:00am	10:00am	10:00am			Office ~ To make an appt., call (510) 747-7513

Program dates, times, locations and fees are subject to change.

50+ADULTS & REGISTRATION

Yoga for Bone Health

Yoga to promote bone health, based on research by Dr. Loren Fishman demonstrating that a targeted yoga practice can slow, stop, and even reverse the progress of osteopenia and osteoporosis, and prevent the development of these conditions in those who do not have them. Suitable for all levels of ability and experience with yoga.

Class #23976	Jan 2 - Feb 20	Tu	5:15pm - 6:30pm
\$67	Leah Orloff	Social Hall at Mastick Senior Center	
Class #23977	Feb 27 - Apr 16	Tu	5:15pm - 6:30pm
\$67	Leah Orloff	Social Hall at Mastick Senior Center	

Yoga with Dina

Alignment-based yoga targets modified poses focusing on strength, flexibility, and balance. Synchronize your mind and body while having fun. Dress in layers, bring a yoga mat, strap, and blanket for relaxation/warmth. No class Feb 20, Apr 18.

Class #23991	Jan 9 - Feb 27	Tu	9:00am - 10:15am
\$73	Dina Hondrogen	Social Hall at Mastick Senior Center	
Class #23992	Mar 5 - Apr 2	Tu	9:00am - 10:15am
\$53	Dina Hondrogen	Social Hall at Mastick Senior Center	
Class #23995	Mar 7 - Apr 4	Th	10:00am - 11:15am
\$53	Dina Hondrogen	Social Hall at Mastick Senior Center	
Class #23993	Apr 23 - May 28	Tu	9:00am - 10:15am
\$63	Dina Hondrogen	Social Hall at Mastick Senior Center	
Class #23996	Apr 25 - May 30	Th	10:00am - 11:15am
\$63	Dina Hondrogen	Social Hall at Mastick Senior Center	



HOW TO REGISTER

Register Online:

- www.alamedaca.gov/recreation
- Enter your email address to sign in.
- If you do not have an account, just follow the instructions on the screen to create one. Be sure to add your family members as well.
- If you have forgotten your password, enter your email address and click on the "Forgot My Password" link to reset your password.
- Contact ARPD Staff during regular business hours if you lock yourself out of your online account.

By Email:

- arpd@alamedaca.gov

By Mail or In Person:

- **Alameda Recreation and Park Department (ARPD)**
2226 Santa Clara Ave, Alameda, CA 94501
- **Mastick Senior Center**
1155 Santa Clara Ave, Alameda, CA 94501

By Phone:

- **ARPD:** (510) 747-7529
- **Mastick:** (510) 747-7500

- **Full payment is due at the time of registration.** Checks payable to ARPD. American Express, Discover, MasterCard or VISA accepted. **No refunds, credits or make-ups for any class you miss.**
- **Withdrawals may be requested** by e-mail or phone with a \$15 processing fee (or otherwise stated). The remainder of the fee may either be refunded or left as a credit on your online account to be used in the future.
- **PARENTS/GUARDIANS** – there is a late fee of \$1 per minute per child for every minute you are late picking up your child/children from programs/classes – payable that day.

FINANCIAL ASSISTANCE

ARPD is providing Financial Assistance for families who qualify.

Up to 75% in assistance is available for Youth Programs, Camps and Classes.

To learn more, or to apply, please visit our website:

www.alamedaca.gov/recreation. Printed copies of our Financial Assistance Program Procedures and Application are available at the ARPD office during regular business hours.

FACILITIES & PARKS

ARPD Main Office

2226 Santa Clara Ave., Alameda, CA 94501

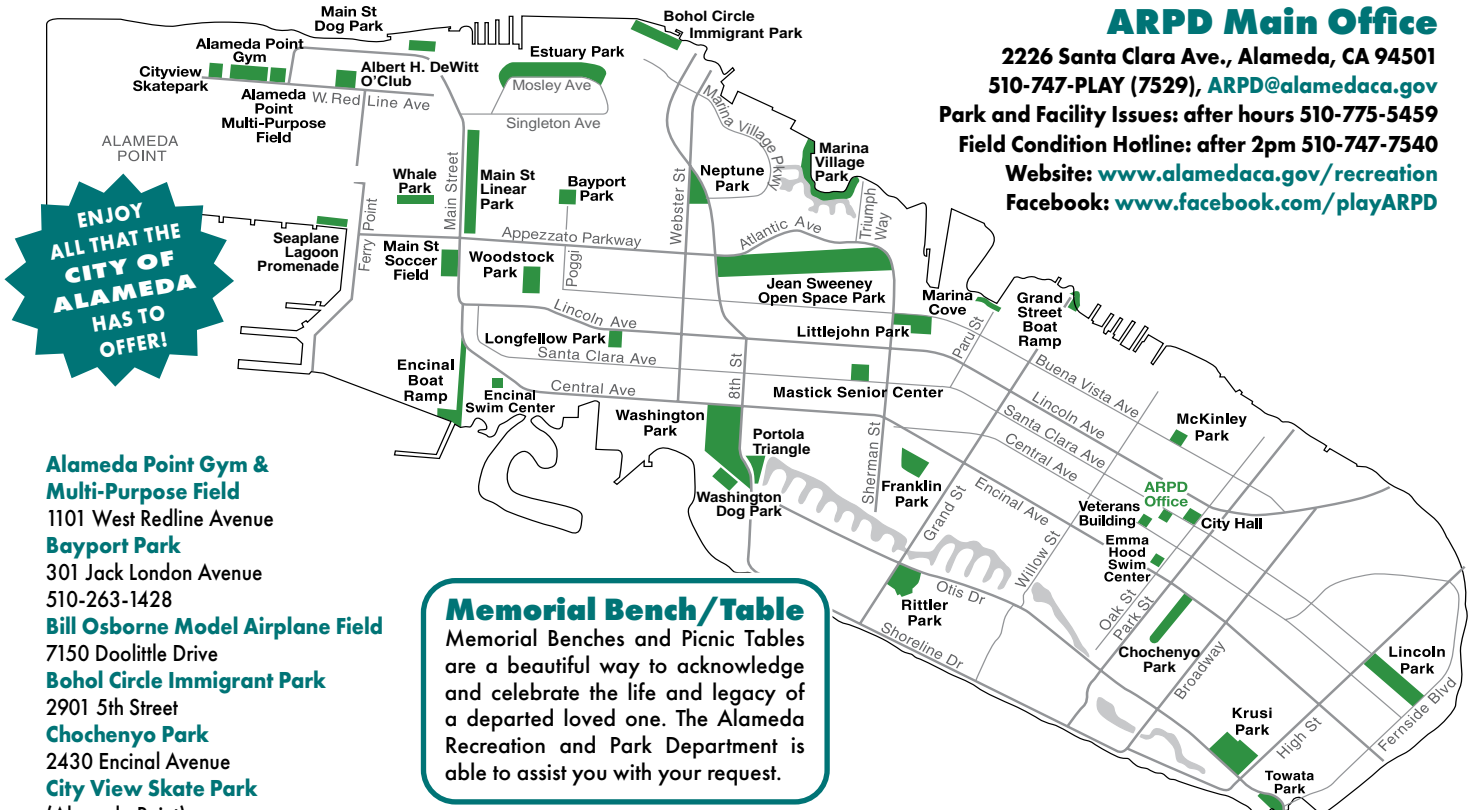
510-747-PLAY (7529), ARPD@alamedaca.gov

Park and Facility Issues: after hours 510-775-5459

Field Condition Hotline: after 2pm 510-747-7540

Website: www.alamedaca.gov/recreation

Facebook: www.facebook.com/playARPD



Alameda Point Gym & Multi-Purpose Field

1101 West Redline Avenue

Bayport Park

301 Jack London Avenue

510-263-1428

Bill Osborne Model Airplane Field

7150 Doolittle Drive

Bohol Circle Immigrant Park

2901 5th Street

Chochenyo Park

2430 Encinal Avenue

City View Skate Park

(Alameda Point)

1101 West Redline Avenue

Corica Park

1 Clubhouse Memorial Drive

510-747-7800

Emma Hood Swim Center

2256 Alameda Avenue

Encinal Boat Ramp

150 Central Avenue

Encinal Swim Center

230 Central Avenue

Estuary Park

201 Mosley Avenue

Franklin Park

1432 San Antonio Avenue

510-522-3132

Godfrey Park

281 Beach Road

510-521-1551

Grand Street Boat Ramp

North End of Grand Street

Harrington Field

3400 Oleander Avenue

Jean Sweeney Open Space Park

1925 Sherman Street

Krusi Park

3001 Otis Drive

510-522-4341

Leydecker Park

3221 Mecartney Road

510-521-1266

Memorial Bench/Table

Memorial Benches and Picnic Tables are a beautiful way to acknowledge and celebrate the life and legacy of a departed loved one. The Alameda Recreation and Park Department is able to assist you with your request.

Lincoln Park/Harrison Center

1450 High Street

510-865-0603

Littlejohn Park

1422 Buena Vista Avenue

Longfellow Park

520 Lincoln Avenue

510-522-5262

Main Street Dog Park

Main Street & Navy Way

Main Street Linear Park

200 Main Street

Main Street Soccer Field

Main Street & Appezato Parkway

Marina Cove Waterfront Park

1591 Clement Avenue

Marina Village Park

1011 Pacific Marina

Mastick Senior Center

1155 Santa Clara Avenue

510-747-7500

McKinley Park

2165 Buena Vista Avenue

510-522-6161

Neptune Park

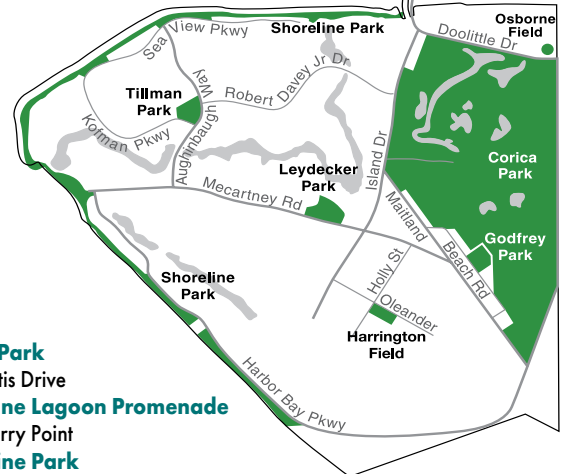
2000 Webster Street

O'Club

641 West Redline Avenue

Portola Triangle Park

800 Portola Avenue



Rittler Park

1700 Otis Drive

Seaplane Lagoon Promenade

1801 Ferry Point

Shoreline Park

198 Packet Landing Road

Tillman Park

220 Aughinbaugh Way

510-521-8307

Towata Park

3315 Bridgeview Isle

Underground Teen Center

Veteran's Memorial Building, Rm 170

510-748-9466

Veteran's Memorial Building

2203 Central Avenue

510-864-4017

Washington Dog Park

Next to Washington Park

Tennis Courts

Washington Park

1228 8th Street

510-521-0162

Whale Park

151 Coronado Avenue

Woodstock Park

355 Cypress Street

510-521-0656



Alameda Recreation and Park Department
2226 Santa Clara Avenue
Alameda, CA 94501

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RESIDENTIAL CUSTOMER

80's Alameda's Spring Shindig

Saturday April 20, 2024
12pm-3pm

Alameda Point Gym and Field
(1101 W Red line Ave)

Games - Crafts
Community Vendors
Bounce Houses - Food
and much more

For more information go to www.alamedaca.gov/recreation