

ADULTS

ARTS - PERFORMING

All About Social Ballroom, Swing & Hot Latin Salsa

Instructor: Anna Magid

Have a great time and learn Swing, Foxtrot, Jitterbug, Original Rock N Roll, Hot Latin Salsa, Cha Cha, Tango, Waltz, Wedding Dances, and much more! Smooth flowing, comfortable combinations will prepare you for any dance party or WEDDING! We will change partners to meet new friends. SINGLES and COUPLES are welcome. Fun, Fun, Fun!

Ages 16+ 6 Classes \$75(R/GO)/\$94(N)

Community Center at Central Park

Thu 6/19-7/31* 7:00pm-8:00pm Act #91094

*No class 7/3.

Ballet

Instructor: Studio 8 Dance

An open level class for adults that are new or returning to ballet. Class begins with a classical barre sequence, followed by movement in the center. Participants will focus on developing flexibility, neutral alignment, strength, balance and posture. History and meaning behind ballet terminology will also be explored. A great workout while also developing artistry.

Ages 15+

Dougherty Valley Performing Arts Center

5 Classes \$80(R/GO)/\$100(N)

Thu 6/19-7/24* 7:30pm-8:30pm Act #91100

*No class 7/3

6 Classes \$96(R/GO)/\$120(N)

Thu 8/7-9/11 7:30pm-8:30pm Act #91101

Ballet - Intermediate

Instructor: Debra Saravia

This class is for dancers who want to challenge and inspire themselves through the beauty of Ballet. Class is focused on proper body alignment and technique and is taught in a comfortable environment by the Co-Artistic Director of San Ramon's Jumpin' at the Sun Dance Company. Previous dance experience needed.

Ages 16+ 6 Classes \$72(R/GO)/\$90(N)

Dougherty Valley Performing Arts Center

Mon 7/7-8/11 6:30pm-7:30pm Act #91426

Mon 8/18-9/29* 6:30pm-7:30pm Act #91427

*No class 9/1

Alcosta Senior & Community Center

Wed 7/9-8/13 6:30pm-7:30pm Act #91442

Wed 8/20-9/24 6:30pm-7:30pm Act #91443

Belly Dance-Beginning/Intermediate

Instructor: Tatseena

Unleash the goddess in you through belly dance. Add pizzazz to your life while you learn basic techniques, hip movements, traveling steps, simple arm movements, and finger cymbal patterns. Learn the cultural history as well as new traditions currently popular in this expressive dance. Participants gain flexibility, strength, and improved self image all while having fun with this dynamic dance form.

Ages 16+ 7 Classes \$84(R/GO)/\$105(N)

Alcosta Senior & Community Center

Mon 6/16-7/28 6:00pm-7:00pm Act #91104

Mon 8/4-9/22 6:00pm-7:00pm Act #91105

*No class 9/1

Belly Dance - Intermediate/Advanced

Instructor: Tatseena

Continue to dance and build on belly dance basics. Learn more combinations and musical interpretations, prepare for upcoming shows, use your finger cymbals and veils with your dance. Students are required to have taken Beginning Belly Dance prior to enrolling in this class.

Ages 16+ 7 Classes \$84(R/GO)/\$105(N)

Alcosta Senior & Community Center

Mon 6/16-7/28 7:00pm-8:00pm Act #91106

Mon 8/4-9/22 7:00pm-8:00pm Act #91107

*No class 9/1

Jazz Dance - Teen & Adult

Instructor: Christie Tomlinson

Whether you've had dance experience, or none at all, this class is sure to be fun, and a great workout for all levels! Class will begin with a warm-up for coordination and floor work for strength and flexibility. A variety of steps will be learned and combined to make a fun dance routine.

Ages 14+ 10 Classes \$144(R/GO)/\$180(N)

Community Center at Central Park

Wed 6/18-8/20 7:10pm-8:10pm Act #91128

Lyrical & Contemporary Dance

Instructor: Debra Saravia

This class is for dancers who want to challenge and inspire themselves through Lyrical & Contemporary styles of dance in a supportive environment. Class is taught by the Co-Artistic Director of San Ramon's Jumpin' at the Sun Dance Company. Previous dance experience needed.

Ages 16+ 6 Classes \$72(R/GO)/\$90(N)

Dougherty Valley Performing Arts Center

Mon 7/7-8/11 7:30pm-8:30pm Act #91428

Mon 8/18-9/29* 7:30pm-8:30pm Act #91429

*No class 9/1

Alcosta Senior & Community Center

Wed 7/9-8/13 7:30pm-8:30pm Act #91444

Wed 8/20-9/24 7:30pm-8:30pm Act #91445

Modern Dance

Instructor: Studio 8 Dance

An open level class for adults that are new or returning to dance. Modern Dance is a unique class that highlights movement patterns, body awareness, source of movement, breath and a range of technical styles. Participants will focus on a variety of Modern dance styles including Graham and Limon. This class will incorporate lyrical dance to help the dancer connect the movement to music. Participants will focus on enhancing alignment, strength and flexibility while also developing a sense of artistry.

Ages 15+

Dougherty Valley Performing Arts Center

5 Classes \$80(R/GO)/\$100(N)

Thu 6/19-7/24* 7:30pm-8:30pm Act #91130

*No class 7/3

6 Classes \$96(R/GO)/\$120(N)

Thu 8/7-9/11 7:30pm-8:30pm Act #91131

Salsa Dance

Instructor: 4Ever Dance

Want to dance like the dancers on the 'Dancing with the Stars'? Then grab your dancing shoes and come join us!

Salsa Dance - Beginning

Participants will learn basic Salsa, technique, footwork, movement and choreography. Salsa dancing is very popular in today's dance venues. Dancing is fun and is a great way to stay in shape and keep your mind active. No partner required.

Ages 16+

7 Classes \$91(R/GO)/\$114(N)

4EverDance

Thu 6/19-7/31 7:30pm-8:30pm Act #91305

Thu 8/7-9/18 7:30pm-8:30pm Act #91307

Salsa Dance - Intermediate

This challenging and rewarding class is packed with hot moves and cool styling. NO PARTNER REQUIRED. Prerequisite: Beginning Salsa or experience partner dancing.

Thu 6/19-7/31 8:30pm-9:30pm Act #91306

Thu 8/7-9/18 8:30pm-9:30pm Act #91308

Ukulele

Instructor: Steve Kritzer

If you've never played ukulele before, this is the class for you. Anyone can do it! Start with simple chords and strums, and learn to play basic melodies. Next we'll move on to play some fun, simple and popular songs. Everything from Hawaiian to Tin Pan Alley to Jason Mraz, and beyond. Emphasis on learning to play and sing together. Participants must provide their own ukulele. \$10 materials fee.

Ages 15+ 6 Classes \$69(R/GO)/\$86(N)

Community Center at Central Park

Level 1

Participants must provide their own ukulele.

Wed 6/4-7/9 7:30pm-9:00pm Act #91151

Level 2 - Beginner/ Intermediate

Participants must provide their own ukulele. Pre-requisite - Level 1.

Wed 7/23-9/3 7:30pm-9:00pm Act #91152

*No class 8/6.

ARTS - VISUAL

Beginning Knitting & Beyond

Instructor: Gwen Larriega

Have you always wanted to learn to knit or do you know the basics & are ready for more? Then this is the class for you! New knitters will learn the basics. Experienced knitters will learn new techniques, pattern reading, and get help with current knitting projects. \$20 materials fee for new knitters.

Ages 18+ 6 Classes \$59(R/GO)/\$74(N)

Community Center at Central Park

Wed 7/9-8/13 7:00pm-8:30pm Act #91102

Everyone Can Draw

Instructor: David Hill

Drawing to be a better painter. Beginners will be taught the basics - contour, perspective, shading and tone, etc. But this class is also for students who enjoy painting and mediums other than traditional drawing materials. Many painters are frustrated by a lack of drawing skills. All can benefit from an ability to draw - I can help you! Students may choose from charcoal, pencil, pastel, water color or acrylics.

Ages 18+ 5 Classes \$70(R/GO)/\$88(N)

Alcosta Senior & Community Center

Mon 6/23-7/21 9:30am-12:00pm Act #91118

Life Drawing

Instructor: David Hill

Drawing from the model. There is no better way to maintain or improve your skills. From beginner to accomplished painter - all levels welcome! The length of poses varies. We start with gesture and usually end with an extended pose. The models are both undraped and clothed. An \$45 model fee is collected at the first class.

Ages 18+

5 Classes \$70(R/GO)/\$88(N)

Dougherty Station Community Center

Mon 6/23-7/21 6:30pm-9:30pm Act #91129

Online Classes

On Line Courses If you want to continue to learn but want flexibility here is your chance! Enjoy the freedom to take classes on your own time. Full descriptions of courses and a syllabus can be accessed online, click on the link www.ed2go.com/sanramonpcs. If you would like to take a class you do not see, many other classes are listed at the www.ed2go.com online catalog. The Parks and Community Services representative can be contacted at 973-3272 to add any class for you. You should have a computer and a connection to the Internet. Some classes require you to have the software being taught installed on your computer.

6 Classes \$99 On the computer

Wed 6/18-7/23 Act #91339

Wed 7/16-8/20 Act #91340

Wed 8/20-9/24 Act #91341

A to Z Grant Writing

Accounting Fundamentals

Achieving Top Search Engine Positions

Beginners Guide to Getting Published

Beginning Writers Workshop

Business and Marketing Writing

Computer Skills for the Workplace

Conversational Japanese

Conversational French

Creating a Successful Business Plan

Creating Web Pages

Discover Digital Photography

Instant Italian

Introduction to Adobe Acrobat X

Introduction to C++ Programming

Introduction to Crystal Reports

Introduction to Digital Scrapbooking

Introduction to Java Programming

Introduction to Microsoft Excel 2010

Intro to Microsoft Outlook 2010

Intro to Microsoft PowerPoint 2010

Performing, Visual Arts • Online Classes

ADULTS

FITNESS

Aqua Zumba

Instructor: Judith Connaughton

Aqua Zumba takes the fun of Zumba into the water, without the impact! Aqua Zumba integrates the Zumba formula with aqua fitness techniques and blends it all together into a challenging and water-based workout. Workouts focus on cardio-conditioning, body-toning, muscle strength and endurance building, and increasing flexibility and mobility in a fun and exhilarating way. Splashing, stretching, twisting, even shouting, and laughing, are often heard during an Aqua Zumba class!

Ages 18+

San Ramon Olympic Pool

4 Classes \$40(R/GO)/\$50(N)

Sat 6/7-6/28 9:30am-10:30am Act #91382

5 Classes \$50(R/GO)/\$62(N)

Sat 7/12-8/9 10:00am-11:00am Act #91383

Sat 8/16-9/13 10:00am-11:00am Act #91384

Pilates Barre Sculpt

Instructor: Judith Connaughton

Get ready to transform your body to longer, leaner, and stronger while enhancing flexibility and posture as we redefine our body image inside and out. This class incorporates Pilates & Barre exercises that engage your core while sculpting and lengthening your muscles multi-level class with focus on form and alignment: muscle intensity and calorie burning exercise in a non-impact format. Please bring a mat and light weights to class.

Ages 18+

Alcosta Senior & Community Center

5 Classes \$60(R/GO)/\$75(N)

Mon 6/2-6/30 10:00am-11:00am Act #91386

Mon 7/7-8/4 10:00am-11:00am Act #91387

Dougherty Valley Performing Arts Center

4 Classes \$48(R/GO)/\$60(N)

Wed 6/4-7/2* 6:30pm-7:30pm Act #91389

*No class 6/25

Wed 7/16-8/6 6:30pm-7:30pm Act #91390

5 Classes \$60(R/GO)/\$75(N)

Wed 8/13-9/10 6:30pm-7:30pm Act #91391

Pilates Evenings

Instructor: Judith Connaughton

Pilates is a system of exercises that focuses on the 'powerhouse' muscles; the core muscles of the torso, and the relationship between and abdominal and back muscles. These exercises can help alleviate shoulder and neck stress, and low back and hip issues by adding both strength and flexibility to muscles and joints. You will experience better posture and well being that will enhance your everyday function. Pilates is suitable for all levels of fitness.

Ages 18+ 5 Classes \$60(R/GO)/\$75(N)

Community Center at Central Park

Tue 6/3-7/1 6:00pm-7:00pm Act #91394

Tue 7/8-8/5 6:00pm-7:00pm Act #91395

Tue 8/12-9/9 6:00pm-7:00pm Act #91396

Pilates Morning

Instructor: Judith Connaughton

Pilates mat exercises develop a strong, lithe body and increase mind and body coordination. It also enhances a sense of being centered. Pilates increases flexibility, reduces back pain, flattens your tummy, and strengthens your immune system. Classes are open to all fitness levels.

Ages 18+

Dougherty Valley Performing Arts Center

5 Classes \$60(R/GO)/\$75(N)

Wed 6/4-7/2 10:00am-11:00am Act #91397

4 Classes \$48(R/GO)/\$60(N)

Wed 7/16-8/6 10:00am-11:00am Act #91398

5 Classes \$60(R/GO)/\$75(N)

Wed 8/13-9/10 10:00am-11:00am Act #91399

T'ai Chi Ch'uan

Instructor: Bob Kipper

This is a beginning class in part one of the classical, long Yang form. Continuing students can learn the entire long Yang form in addition to a fast form, two person sets and push hands.

Ages 18+9 Classes \$96(R/GO)/\$120(N)

Dougherty Station Community Center

Mon 6/16-9/8* 7:30PM-8:45 PM Act #91327

*No class 6/30, 7/28, 8/25, 9/1.

Zumba!® Join the Party!

Instructor: Judith Connaughton

Zumba* Join the Party! Come join us for this fun friendly fitness celebration that fuses upbeat world rhythms with easy to follow choreography! Zumba* is the ultimate calorie burning, stress busting, total body workout. Judy will have you laughing, smiling and sweating; exercise can be fun! Enjoy moving to upbeat Latin, World, & Pop rhythms including Salsa, Cumbia, Merengue, Reggaeton, Samba & Bollywood. Suitable for all levels, no experience necessary.

Ages 18+ Alcosta Senior & Community Center

4 Classes \$48(R/GO)/\$60(N)

Fri 6/6-6/27 6:00pm-7:00pm Act #91400

5 Classes \$60(R)/\$75(N)

Fri 7/11-8/8 6:00pm-7:00pm Act #91401

Fri 8/15-9/12 6:00pm-7:00pm Act #91402

Cardio X Fitness

Instructor: Elizabeth Fichtner

Cardio X is a combination of hip hop and latin dance, kickboxing and fitness moves set to X-ilerating music! Lose those X-tra pounds, and get in X-traordinary shape with this upbeat cardio program! X-ERCISE NEVER FELT THIS GOOD!

Ages 18+ 6 Classes \$60(R/GO)/\$75(N)

Community Center at Central Park

Mon 6/16-7/21 6:00pm-7:00pm Act #91435

Mon 7/28-9/8* 6:00pm-7:00pm Act #91436

*No class 9/1.

Alcosta Senior & Community Center

Tue 6/3-7/8 6:30pm-7:30pm Act #91317

Tue 7/22-8/26 6:30pm-7:30pm Act #91318

Vinyasa Yoga

Instructor: Lisa Jang

'Vinyasa' in Sanskrit means 'breath in synchronized movement.' We will connect breath with movement through various yoga postures. Expect plenty of movement and some gentle stretches at the end. All levels welcomed. Yoga mat required. Yoga blocks and straps recommended. Bring water and a towel.

Ages 18+

Community Center at Central Park

5 Classes \$50(R/GO)/\$62(N)

Mon 6/2-6/30 5:45pm-6:45pm Act #91313

4 Classes \$40(R)/\$50(N)

Mon 7/21-8/18* 5:45pm-6:45pm Act #91314

*No class 7/28

Yoga Mornings

Instructor: Roberta Wilson

Focus the mind, strengthen the body. Open gateways to your inner self in this Kripalu inspired Yoga class. Using Yoga poses and awareness of the breath you will experience increased flexibility, strength and balance, both on your mat and off. Class will close with deep relaxation. Yoga mat required.

Ages 18+ 6 Classes \$60(R/GO)/\$75(N)

Dougherty Station Community Center

Wed 6/4-7/9 8:30am-9:45am Act #91323

Wed 7/23-8/27 8:30am-9:45am Act #91324

Yoga Evenings

Instructor: Roberta Wilson

The ancient system of yoga integrates body, mind and breath for total performance and health. This yoga class includes a warm up phase, an active work phase and a cool down phase. Each phase incorporates balance postures, breathing technique and moving the body mindfully. Each class ends with deep relaxation. Yoga mat required.

Ages 18+ 6 Classes \$60(R/GO)/\$75(N)

Community Center at Central Park

Wed 6/4-7/9 5:45pm-7:00pm Act #91321

Wed 7/23-8/27 5:45pm-7:00pm Act #91322

Core Strength Training & Body Toning

Instructor: Carolynne Levers

A total core workout to strengthen the entire body using a stability ball, bender balls, light weights and a foam roller. Whatever your level of fitness, you can build superb abdominal strength, optimal posture, and a healthy back while having a blast! Bender balls, light weights and foam roller provided for class. Participants need to provide their own inflated exercise ball or use provided stationary chair.

Ages 18+ 6 Classes \$60(R/GO)/\$75(N)

Alcosta Senior & Community Center

Wed 6/4-7/16* 5:15pm-6:15pm Act #91408

*No class 6/18.

Wed 7/23-8/27 5:15pm-6:15pm Act #91409

SPORTS

Golf Level 1: Introduction

Instructor: San Ramon Golf Club

Level 1 is an introductory course covering proper golf swing, grip and stance. This course will also cover basic club/equipment design, rules and etiquette. Additional \$10 ball fee payable to Golf Course.

Ages 18+ 4 Classes \$85(R/GO)/\$107(N)

San Ramon Golf Course

Tue, Thu 6/10-6/19 6:00pm-7:00pm Act #91271

Sat 6/14-7/12 12:30pm-1:30pm Act #91272

Tue, Thu 6/24-7/3 6:00pm-7:00pm Act #91273

Tue, Thu 7/8-7/17 6:00pm-7:00pm Act #91274

Sat 7/19-8/9 2:30pm-1:30pm Act #91275

Golf Level 2: Short Game

Instructor: San Ramon Golf Club

This program is designed as an introductory program into the short game skills of putting, chipping and pitching basics. Students should have attended a Golf 1 program or have the basic fundamentals of grip, stance and basic swing concepts.

Ages 18+ 2 Classes \$85(R/GO)/\$107(N)

San Ramon Golf Course

Sat-Sun 7/12-7/13 9:00am-11:00am Act #91276

Sat-Sun 8/2-8/3 9:00am-11:00am Act #91277

Tue, Thu 6/17-6/19 6:00pm-8:00pm Act #91278

Golf Level 3: Putting

Instructor: San Ramon Golf Club

A focused class totally dedicated to the science and art of putting. A detailed approach to the mechanics of the putting stroke, art of reading the greens and drills to help you develop a better feel for putting control.

Ages 18+ 2 Classes \$85(R/GO)/\$107(N)

San Ramon Golf Course

Sat-Sun 7/19-7/20 9:00am-11:00am Act #91279

Tennis: Adult Level 1

Instructor: Kris Milligan

Learn all the basic swings plus rally contests and doubles strategy. Participants will be paired for doubles play in the last two classes.

Ages 18+ 4 Classes \$128(R/GO)/\$160(N)

Central Park

Mon 6/16-7/7 6:30pm-8:00pm Act #91403

Mon 7/14-8/4 6:30pm-8:00pm Act #91407

Tennis: Adult Level 2

Instructor: Kris Milligan

Graduates of Level 1 or players of low intermediate-intermediate levels. Drills, instruction, doubles strategy and match play are included.

Ages 18+ 4 Classes \$128(R/GO)/\$160(N)

Central Park

Wed 6/18-7/9 6:30pm-8:00pm Act #91405

Wed 7/16-8/6 6:30pm-8:00pm Act #91406

Sports Leagues

Our mission is to offer comprehensive adult athletic programs designed to meet the recreational, fitness and social needs of adults which emphasize both instructional and competitive level play in both individual and team sports.

Men's and Women's Basketball

Men's and Coed Softball

Coed Volleyball

Coed Kickball

For details regarding these leagues, please contact Ed Kallas at 925-973-3268 or ekallas@sanramon.ca.gov

Individual Interest List

The Parks and Community Services Department maintains a list of individuals who are looking for a spot on a team. Managers may pick players from this list. In addition, entire teams can be formed from the list. Persons looking for a team are encouraged to call 925-973-3268 or email ekallas@sanramon.ca.gov

Open Gyms

The gym will be open for drop-in basketball play Monday evenings and volleyball play Thursday evenings throughout the year.

\$5 per person at the door

Basketball - Ages 18+ (ID's checked)

Mondays 7:00-10:00pm Iron Horse Gym

Volleyball Ages 18+ (ID's checked)

Thursday 7:00-10:00pm Iron Horse Gym

Family Open Gym Badminton

The gym will be open for drop-in Badminton play Sunday mornings.

Ages 6+ with adult

Sunday 9:00am-12:00pm Gale Ranch MS

Tuesday evenings will be offered again beginning 9/2