

Babysitting for Beginners

Instructor: Suzy McCreary

The class you have been looking for to develop all the skills needed to be a trusted and responsible babysitter. Learn about child development, meal and bedtime strategies, discipline, how to get jobs, and ways to make babysitting fun for you and the kids. Basic first aid, general safety, and what to do in an emergency will also be covered. Students should bring a snack and water bottle to class.

Ages 10-14 2 Classes \$48(R)/\$60(N)

Dougherty Station Community Center

Mon-Tue 7/14-7/15 1:00 pm-4:00 pm Act #89203

SPORTS

Tennis: All Levels 11-18

Instructor: Kris Milligan/Gerald Gular

Classes provide instruction on tennis fundamentals for beginners and advanced concepts for more advanced players. Rally contests, match play, strategy, advanced spins & movements and strategies for singles and doubles. Participants will be grouped by level of play.

Ages 11-18 4 Classes \$145(R/GO)/\$178(N)

Dougherty Valley High School

Tue 6/17-7/8 10:35 am-12:05 pm Act #91367

Tue 7/15-8/5 10:35 am-12:05 pm Act #91368

Thu 6/19-7/10 10:35 am-12:05 pm Act #91371

Thu 7/17-8/7 10:35 am-12:05 pm Act #91372

*No class 7/4

Sat 6/21-7/19* 10:20 am-11:50 am Act #91447

*No class 7/5

Sat 7/26-8/16 10:20 am-11:50 am Act #91448

Sat 7/26-8/16 12:00 pm-2:00 pm Act #91449

Sat 7/26-8/16 12:30 pm-2:00 pm Act #91450

Athan Downs Park

Sat 6/21-7/19 8:30 am-10:00 am Act #91375

Ages 11-18 3 Classes \$225 (R/GO)/\$270(N)

Dougherty Valley High School

Mon 6/16-6/30 3:00-6:00pm Act # 91373

Mon 7/7-7/21 3:00-6:00pm Act # 91374

Wed 6/18-7/2 3:00-6:00pm Act # 91369

Wed 7/9-7/23 3:00-6:00pm Act # 91371

Fri *6/20-7/11 3:00-6:00pm Act # 91549

*No class 7/4

Ages 11-18 2 Classes \$145(R/GO)/\$178(N)

Fri 7/18-7/25 3:00-6:00pm Act # 91550

THERAPEUTIC RECREATION

Special Olympics Golf

Special Olympics offers an introductory course covering proper golf swing, grip and stance. This course will also cover basic club & equipment design, rules and etiquette. Clubs will be provided if needed.

Ages 8+ 8 Classes Free

San Ramon Golf Course

Mon 7/7-8/25 6:00 pm-7:00 pm Act #91337

Special Olympics Softball

Special Olympics offers an introductory softball course covering proper softball swing, positions and fielding. This course will also cover basic equipment design, rules and etiquette of softball. Bats and softballs will be provided if needed.

Ages 8+ 8 Classes Free

Central Park

Tue 7/8-8/26 5:30 pm-7:30 pm Act #91338

Inclusion Services Program

The Parks and Community Services Department welcomes and encourages the participation of children and adults with disabilities in all of our programs and services. Our goal is to facilitate opportunities for participants with and without disabilities, and to engage in recreational pursuits together.

- Contact the Therapeutic Recreation Office at (925) 973-3325 or email at parks@sanramon.ca.gov, Attn: Therapeutic Recreation Office, and inform them of your registration two weeks in advance.

- Once you contact the office you will be asked to help staff fill out a profile on the participant. After the profile is filled out it will be sent to the supervisor of the program the participant is registered for.

- The TR staff and the supervisor of the program will work together to meet the needs of the participant and assure the best recreational experience possible.

- Services the Therapeutic Recreation (TR) Office provides:

- TR staff will use profile information to help facilitate participation in a program based on the participant's needs

- TR staff will provide an aide based on participant's needs or allow a personal specialist to work within our program if necessary.

