



# 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)/\$94(N)

**Community Center at Central Park**

Thu 1/23 - 2/27 8:00pm- 9:00pm Act #88620

### Ballet- Intermediate

Instructor: Studio 8 Dance

Rediscover your love of dance & movement while improving your skill level! Class includes a 30 minute warm-up followed by center floor work and floor progressions that include short combinations, turn practice and Grande Allegro. Taught in comfortable yet challenging environment by a professional choreographer & experienced dancer. Previous dance or ballet experience needed.

Ages 18+

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

**Dougherty Valley Performing Arts Center**

Thu 1/2 - 2/6 6:30pm- 7:30pm Act #88637

Thu 2/13 - 3/20 6:30pm- 7:30pm Act #88638

Thu 3/27 - 5/1 6:30pm- 7:30pm Act #88639

Thu 5/8 - 6/12 6:30pm- 7:30pm Act #88640

### Belly Dance- Beginning

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 13+

6 Classes \$70(R)/\$88(N)

**Dougherty Station Community Center**

Mon 1/13 - 3/3 6:45pm- 7:45pm Act #88650

No class 1/20 & 2/17

Mon 3/10 - 4/14 6:45pm- 7:45pm Act #88651

Mon 4/28 - 6/9 6:45pm- 7:45pm Act #88652

No class 5/26

### 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 15+

6 Classes \$70(R)/\$88(N)

**Dougherty Station Community Center**

Mon 1/13 - 3/3 8:00pm- 9:00pm Act #88653

No class 1/20 & 2/17

Mon 3/10 - 4/14 8:00pm- 9:00pm Act #88654

Mon 4/28 - 6/9 8:00pm- 9:00pm Act #88655

No class 5/26

### Modern, Jazz, and Contemporary Dance

Instructor: Studio 8 Dance

A great class for experienced dancers looking for a serious dance class (whether coming back to dance after a break or still dancing). Warm up and choreography are Horton, Graham, and Limon based. Participants will be challenged technically, while building strength and confidence in a supportive environment. Class is taught by a professional choreographer & experienced dancer. Previous dance experience needed.

Ages 18+

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

**Dougherty Valley Performing Arts Center**

Thu 1/2 - 2/6 7:30pm- 8:30pm Act #88744

Thu 2/13 - 3/20 7:30pm- 8:30pm Act #88745

Thu 3/27 - 5/1 7:30pm- 8:30pm Act #88746

Thu 5/8 - 6/12 7:30pm- 8:30pm Act #88747

### Community Theater Auditions

The San Ramon Community Theater will be having an open audition for their spring production of Robin Hood on January 13th at 7:30pm. Call backs will be held on January 15. Rehearsals Monday through Thursday 7pm - 9pm. Show dates March 28-April 14th. Check out the Community Theater website at [www.sanramoncommunitytheater.org](http://www.sanramoncommunitytheater.org) for more information.

**Dougherty Station Community Center**

## 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!

Ages 16+

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

### 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.

### 4EverDance Studio

Thu 1/23 - 3/6 7:30pm- 8:30pm Act #89221

Thu 4/3 - 5/15 7:30pm- 8:30pm Act #89223

### 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 1/23 - 3/6 8:30pm- 9:30pm Act #89222

Thu 4/3 - 5/15 8:30pm- 9:30pm Act #89224

## Improv Basics

Instructor: Venessa Sanchez

Whether you are interested in performing arts, sharpening your creative edge, or simply becoming more comfortable in front of new people, this class is for you! Improv Basics is a fun, relaxed, and supportive introduction to the fundamentals of improv. No experience required! Wear comfortable clothing and be ready to have fun!

Ages 18+

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

### Dougherty Station Community Center

Tue 1/14 - 3/18 7:00pm- 9:00pm Act #88705

Tue 4/8 - 6/10 7:00pm- 9:00pm Act #88706

## Improv Next Level

Instructor: Venessa Sanchez

If you have improv training or experience, and understand the basics, Improv Next Level may be for you. This class has a performance date with a live audience. You must have instructor approval prior to joining this class.

Ages 18+

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

### Dougherty Station Community Center

Wed 1/15 - 3/19 6:30pm- 9:30pm Act #88707

Wed 4/9 - 6/11 6:30pm- 9:30pm Act #88708

## San Ramon Community Chorus

Instructors: Colleen & Nick Vitalis

The Community Chorus is open to those who enjoy recreational singing in a friendly, stress-free atmosphere. We sing familiar tunes from Broadway classics and folk. No experience or auditions are required. \$6 materials fee. Performances 3/14 & 6/6.

Ages 13+

10 Classes \$31(R)/\$39(N)

### Community Center at Central Park

Tue 1/7 - 3/11 8:00pm- 9:30pm Act #88772

Tue 3/18 - 6/3 8:00pm- 9:30pm Act #88773

## Ukulele Jam -Level 1 Beginner

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+

8 Classes \$120(R)/\$150(N)

### Community Center at Central Park

Wed 1/22 - 3/12 7:00pm- 8:30pm Act #88791

## Ukulele Jam -Level 2 Adv. Beginner/Intermediate

Instructor: Steve Kritzer

Take your ukulele playing up another notch! More complex strums and rhythms, finger picking, bar chords, melody playing, and explore singing and playing songs from early Tin Pan Alley, Hawaiian, swing and jazz, Reggae, to more modern pop and rock songs will be covered. Must have taken level 1 or have knowledge of most open chords and simple strumming.

Ages 15+

8 Classes \$120(R)/\$150(N)

### Community Center at Central Park

Wed 4/2 - 5/21 7:00pm- 8:30pm Act #89217

## ARTS - VISUAL

### Acrylic Painting- Beginning & Intermediate

Instructor: Lynne Shephard

Discover the wonderful world of acrylic painting with this beginning class. Learn basic methods of using this versatile, water-based material to create still lifes and landscapes on canvas. See registration confirmation for supply list of items to first day of class.

Ages 18+

8 Classes \$118(R)/\$148(N)

### Alcosta Senior and Community Center

Wed 1/15 - 3/5 1:00pm- 3:30pm Act #88616

Wed 4/23 - 6/11 1:00pm- 3:30pm Act #88617

### Acrylic Painting- Intermediate & Advanced

Instructor: Lynne Shephard

Return to the classroom for more acrylic painting! Meet up with past classmates for more advanced techniques in acrylic painting. All new projects will inspire you to paint again.

Ages 18+

8 Classes \$125(R)/\$156(N)

### Dougherty Station Community Center

Mon 1/13 - 3/17 6:45pm- 9:15pm Act #88618

No class 1/20 & 2/17

Mon 4/21 - 6/16 6:45pm- 9:15pm Act #88619

No class 5/26

# ADULTS

## Artistic Sculpting for Everyone

Instructor: Eric Haggin

Explore your artistic side while creating sculptures in clay. Discover the principles, simple tools, and basic sculpting techniques needed to create sculptures worth keeping forever. Together we will create some seriously good art in a fun, relaxing class environment. All levels are welcome and no experience is necessary. \$30 materials fee.

Ages 13+

**Community Center at Central Park**

**8 Classes \$160(R)/\$200(N)**

Wed 1/22 - 3/12 6:30pm- 8:30pm Act #88621

**7 Classes \$140(R)/\$175(N)**

Wed 4/23 - 6/4 6:30pm- 8:30pm Act #88622

## 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 17+ 6 Classes \$59(R)/\$74(N)

**Community Center at Central Park**

Wed 1/8 - 2/12 7:00pm- 8:30pm Act #88644

Wed 2/26 - 4/2 7:00pm- 8:30pm Act #88645

Wed 4/9 - 5/14 7:00pm- 8:30pm Act #88646

Wed 5/21 - 6/25 7:00pm- 8:30pm Act #88647

## 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+ 10 Classes \$129(R)/\$161(N)

**Alcosta Senior and Community Center**

Mon 1/13 - 3/31 9:30am-12:00pm Act #88677

No class 1/20 & 2/17

Mon 4/7 - 6/16 9:30am-12:00pm Act #88678

No class 5/26

## Visual Arts • Enrichment

## 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 \$85 model fee is collected at the first class.

Ages 18+

10 Classes \$129(R)/\$161(N)

**San Ramon Library**

Mon 1/13 - 3/31 6:30pm- 9:30pm Act #88739

No class 1/20 & 2/17

Mon 4/7 - 6/16 6:30pm- 9:30pm Act #88740

No class 5/26

## Watercolor Painting Magic - Beginning & Intermediate

Instructor: Lynne Shephard

All the colors of Spring will be the inspiration for watercolor painting. Participants will experience beginning and intermediate exercises and discover new techniques for different styles of watercolor. Returning students welcome. See confirmation receipt for supply list.

Ages 18+

8 Classes \$112(R)/\$140(N)

**Community Center at Central Park**

Tue 1/14 - 3/4 7:00pm- 9:30pm Act #88794

Tue 4/22 - 6/10 7:00pm- 9:30pm Act #89364

## Citizen's Police Academy

Instructors: Tami Williams/ Mark Gunning/ Phil Gonzales

Have you ever wanted to know more about police work? The Citizen's Police Academy is a thirteen week program designed to provide San Ramon residents with firsthand information and experience about how the San Ramon Police Department operates. The Citizen's Police Academy is taught by police officers and department personnel in their own area of expertise. Weekly three hour sessions cover a range of topics including patrol, criminal investigations, traffic stops, crime scenes, narcotics, DUI enforcement, officer use of force, officer safety, community policing, and defensive tactics. The Citizen's Police Academy will take fieldtrips to the County Jail and to the shooting range. Citizens will have the opportunity to shoot a variety of firearms used by police and SWAT. Citizens will have to pass a background check before being accepted into the Citizen's Police Academy. Please go to the San Ramon Police Department website to download an application and return to San Ramon Police Department attention Officer P. Gonzales.

Ages 18+

Thu 1/9 - 4/3

6:30 - 9:30pm

13 Classes

Free

## Writing Poetry

Instructor: Teresa Brandt

Discover your creative side through poetry! Participants will learn several techniques of poetry, such as rhythm, imagery, and metaphors and enjoy opportunities and guidance in writing their own poems. The last class will include a poetry reading. \$3 materials fee.

Ages 18+

8 Classes \$72(R)/\$90(N)

**Alcosta Senior and Community Center**

Fri 1/24 - 3/14 9:45am-11:45am Act #89215

## ENRICHMENT

### CPR/AED & First Aid

Ages 12+

**San Ramon Olympic Pool**

### CPR /AED Adult, Infant, Child

This course teaches participants how to respond to respiration and cardiac emergencies for adults, children, and infants. This class is great for parents, teachers, or day-care providers. This course will be taught using the American Red Cross certification standards.

1 Class \$40 (R/GO) /\$50 (N)

Tue 1/28 5:00pm - 9:00pm Act#89297

Sat 3/8 8:00am - 12:00pm Act#89291

### First Aid

1 Class \$35 (R/GO) /\$44(N)

Thu 1/30 6:00pm - 9:00pm Act#89298

Sat 3/8 1:00pm - 4:00pm Act#89292

## Online Classes

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](http://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](http://www.ed2go.com) online catalog. The Parks and Community Services representative can be contacted at 973-3325 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.

January 15	Act #88605
February 19	Act #88606
March 19	Act #88607
April 16	Act #88608
May 21	Act #88609

\$99 for each class

- A to Z Grant Writing
- Accounting Fundamentals
- Achieving Top Search Engine Positions
- Beginner's Guide to Getting Published
- Beginning Writer's 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
- Intro to Microsoft Publisher 2010
- Introduction Microsoft Word 2010
- Intermediate Microsoft Excel 2010
- Intermediate Microsoft Word 2010
- Introduction to QuickBooks 2012
- Introduction to SQL
- Introduction to Windows 7
- Learn to Buy and Sell on eBay
- Nonprofit Fundraising Essentials

## FITNESS

### Aqua Zumba

Instructor: Judy 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 13+  
6 Classes \$60(R)/\$75(N)

**San Ramon Olympic Pool**  
Sat 4/26 - 5/31 9:30am-10:30am Act #88120

### Pilates

Instructor: Judy 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 should/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 begin that will enhance your everyday function. Pilates is suitable for all levels of fitness.

Ages 18+  
7 Classes \$84(R)/\$105(N)

**Community Center at Central Park**  
Tue 1/7 - 2/18 6:00pm- 7:00pm Act #87464  
Tue 2/25 - 4/8 6:00pm- 7:00pm Act #87465  
Tue 4/15 - 5/27 6:00pm- 7:00pm Act #87466

### Pilates Barre Sculpt

Instructor: Judy 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.

Ages 16+

#### Community Center at Central Park

4 Classes \$48(R)/\$60(N)  
Mon 1/13 - 2/10 10:00am-11:00am Act #88611  
No class 1/20

7 Classes \$84(R)/\$105(N)  
Mon 2/24 - 4/7 10:00am-11:00am Act #88612

6 Classes \$72(R)/\$90(N)  
Mon 4/14 - 5/19 10:00am-11:00am Act #88613

**Dougherty Station Community Center**  
6 Classes \$72(R)/\$90(N)  
Wed 1/15 - 2/19 6:30pm- 7:30pm Act #89425

7 Classes \$84(R)/\$105(N)  
Wed 2/26 - 4/9 6:30pm- 7:30pm Act #89426  
Wed 4/16 - 5/28 6:30pm- 7:30pm Act #89427

**Dougherty Valley Performing Arts Center**  
4 Classes \$48(R)/\$60(N)  
Sat 2/1 - 2/22 9:30am-10:30am Act #88614

5 Classes \$60(R)/\$75(N)  
Sat 3/1 - 4/5 9:30am-10:30am Act #88615  
No Class 3/29

### Pilates Morning

Instructor: Judy 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. This is a great workout and lots of fun. Classes are open to all fitness levels. Bring a mat and towel to class.

Ages 18+  
7 Classes \$84(R)/\$105(N)

**Community Center at Central Park**  
Wed 1/8 - 2/19 10:00am-11:00am Act #87467

**Dougherty Station Community Center**  
Wed 2/26 - 4/9 10:00am-11:00am Act #87468  
Wed 4/16 - 5/28 10:00am-11:00am Act #87469

# ADULTS

## Yoga: Hatha Vinyasa Flow

Instructor: Lisa Jang

'Vinyasa' in Sanskrit means 'breath-synchronized movement.' We will connect breath with movement through various yoga postures in a smooth, almost dance-like flow. In this class, you will learn the foundational poses, integration breath and sun salutations. All levels welcomed. Yoga mat required. Yoga blocks and straps highly recommended. Bring water and a towel.

Ages 18+

### Community Center at Central Park

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

Mon 1/27 - 3/3 5:45pm- 6:45pm Act #88123

No Class 2/17

Mon 3/10 - 4/7 5:45pm- 6:45pm Act #88124

Mon 4/21 - 5/19 5:45pm- 6:45pm Act #88126

6 Classes \$72(R)/\$90(N)

Thu 1/23 - 2/27 6:00pm- 7:00pm Act #88121

Thu 3/6 - 4/10 6:00pm- 7:00pm Act #88122

Thu 4/24 - 6/5 6:00pm- 7:00pm Act #88125

No Class 5/1

## Yoga

Instructor: Roberta Wilson

The ancient system of yoga integrates body, mind and breath for total performance and health. Regular practice develops, strength, flexibility and balance. This is a 75 minute yoga class which 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.

Ages 16+

6 Classes \$66(R)/\$83(N)

### Community Center at Central Park

Wed 1/22 - 2/26 6:00pm- 7:15pm Act #88034

Wed 3/5 - 4/9 6:00pm- 7:15pm Act #88035

Wed 4/23 - 5/28 6:00pm- 7:15pm Act #88036

## U-JAM Fitness

Instructor: Elizabeth Fichtner

U-JAM Fitness is an athletic hip-hop dance fitness workout that combines dance and high energy music for a workout that is bound to get your heart rate up, your body moving and make you work up a sweat - All while having FUN! The choreography is easy to follow, fun and creative. No dance experience is necessary - All fitness level are welcome. Come and experience the craze - United we JAM!

Ages 13+

6 Classes \$72(R)/\$90(N)

### Dougherty Station Community Center

Tue 1/21 - 2/25 6:30pm- 7:30pm Act #87998

Tue 3/11 - 4/15 6:30pm- 7:30pm Act #87999

Tue 4/29 - 6/3 6:30pm- 7:30pm Act #88037

## 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. Students will also be eligible to participate in seminars held by Master Tung Kai Ying.

Ages 18+

### Dougherty Station Community Center

12 Classes \$144(R/GO)/\$180(N)

Mon 1/6 - 4/7 7:30pm- 8:45pm Act #87405

No class 1/20; 2/17

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

Mon 4/14 - 6/9 7:30pm- 8:45pm Act #87450

No Class 5/26

## Zumba®

Instructor: Roberta Wilson

Zumba®, the high energy aerobic exercise, fuses hypnotic latin rhythms and easy to follow moves creating a dynamic fitness program that will blow you away. The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to burn fat while toning and sculpting your body.

Ages 18+

### Alcosta Senior and Community Center

6 Classes \$66(R)/\$83(N)

Mon 1/27 - 3/10 5:45pm- 6:45pm Act #88013

No class 2/17

Mon 3/17 - 4/28 5:45pm- 6:45pm Act #88014

No Class 4/14

Sat 1/25 - 3/8 9:30am-10:30am Act #88019

No Class 2/15

Sat 3/15 - 4/26 9:30am-10:30am Act #88020

No class 4/19

5 Classes \$55(R)/\$69(N)

Mon 5/5 - 6/9 5:45pm- 6:45pm Act #88015

No Class 5/26

Sat 5/3 - 6/14 9:30am-10:30am Act #88021

No class 5/17, 5/24

### Community Center at Central Park

6 Classes \$66(R)/\$83(N)

Tue 1/21 - 2/25 10:15am-11:15am Act #88016

Tue 3/11 - 4/22 10:15am-11:15am Act #88017

No Class 4/15

Tue 5/6 - 6/10 10:15am-11:15am Act #88018

## Zumba!® Join the Party!

Instructor: Judy 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, Reggaton, Samba & Bollywood. Suitable for all levels, no experience necessary.

Ages 18+

### Alcosta Senior and Community Center

6 Classes \$72(R)/\$90(N)

Fri 1/17 - 2/21 6:00pm- 7:00pm Act #88028

Fri 4/25 - 5/30 6:00pm- 7:00pm Act #88030

7 Classes \$84(R)/\$105(N)

Fri 2/28 - 4/11 6:00pm- 7:00pm Act #88029

## 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)/\$107(N)

#### San Ramon Golf Course

Sat 4/5 - 4/26 12:30pm- 1:30pm Act #87458

Tue, Thu 4/22 - 5/1 6:00pm- 7:00pm Act #87460

Tue, Thu 5/6 - 5/15 6:00pm- 7:00pm Act #87459

### 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. Additional \$10 ball fee payable to Golf Course.

Ages 18+

#### San Ramon Golf Course

4 Classes \$85(R)/\$107(N)

Tue, Thu 5/20 - 5/29 6:00pm- 7:00pm Act #87461

2 Classes \$85(R)/\$107(N)

Sat-Sun 5/17 - 5/18 9:00am-11:00am Act #87462

### 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. Additional \$10 ball fee payable to Golf Course.

Ages 18+

2 Classes \$85(R)/\$107(N)

#### San Ramon Golf Course

Sat-Sun 5/31 - 6/1 9:00am-11:00am Act #87463

### Tennis: Adult Level 1

Instructor: Gerald Gular

The program is designed for players who may be new to the sport or returning to tennis. Swings, grips, drills and instruction round out the program leading to singles and doubles play.

Ages 18+

4 Classes \$128(R)/\$160(N)

#### Dougherty Valley High School

Sat 1/18 - 2/8 5:00pm- 6:30pm Act #89012

Sat 2/22 - 3/15 5:00pm- 6:30pm Act #89013

Sat 3/29 - 4/26 5:00pm- 6:30pm Act #89014

No class on 4/19

Sat 5/10 - 6/7 5:00pm- 6:30pm Act #89015

No class on 5/24

### Tennis: Adult Level 2

Instructor: Gerald Gular

Intermediate-Advanced level participants will train in fast-paced drills, develop net skills, serve and work on ground strokes. Singles/doubles strategy and competition is included.

Ages 18+

4 Classes \$128(R)/\$160(N)

#### Dougherty Valley High School

Sat 1/18 - 2/8 7:30am- 9:00am Act #89016

Sat 2/22 - 3/15 7:30am- 9:00am Act #89017

Sat 3/29 - 4/26 7:30am- 9:00am Act #89018

No class 4/19

Sat 5/10 - 6/7 7:30am- 9:00am Act #89019

No class 5/24

### Open Gyms

Join the City of San Ramon for adult open gym. The gym will be open for drop-in basketball play Monday evenings and volleyball play Thursday evenings throughout the year. Both programs play at Iron Horse Community Gym.

#### Basketball

Ages 18+ (ID's may be checked)

\$5 per person at the door

Day	Time	Location
Monday	7:00-10:00pm	Iron Horse Gym

#### Volleyball

Ages 18+ (ID's may be checked)

\$5 per person at the door

Day	Time	Location
Thursday	7:00-10:00pm	Iron Horse Gym

### Family Open Gym Badminton

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

Ages 6+ with adult

\$5 per person at the door

Day	Time	Location
Sunday	9:00-12:00pm	Gale Ranch MS
Tuesday	6:30-9:30pm	Gale Ranch MS

To stay up to date on Open Gym closures, etc. please visit: [www.sanramon.ca.gov/parks/programs/sports/opengyms.htm](http://www.sanramon.ca.gov/parks/programs/sports/opengyms.htm)

### Sports Leagues

The City of San Ramon takes great pride in the variety and quality of adult sports programs offered. 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. During the Winter/Spring season the following leagues will be offered:

#### Men's & Women's Basketball

#### Coed Soccer

#### Men's & Coed Softball

#### Coed Volleyball

#### Coed Kickball

#### 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 up players from this list. In addition, entire teams can be formed from the list. Persons looking for a team are encouraged to call 973-3268. For more information regarding Adult Sports, visit the Sports website at [www.sanramon.ca.gov/sports](http://www.sanramon.ca.gov/sports) or call (925) 973-3268.