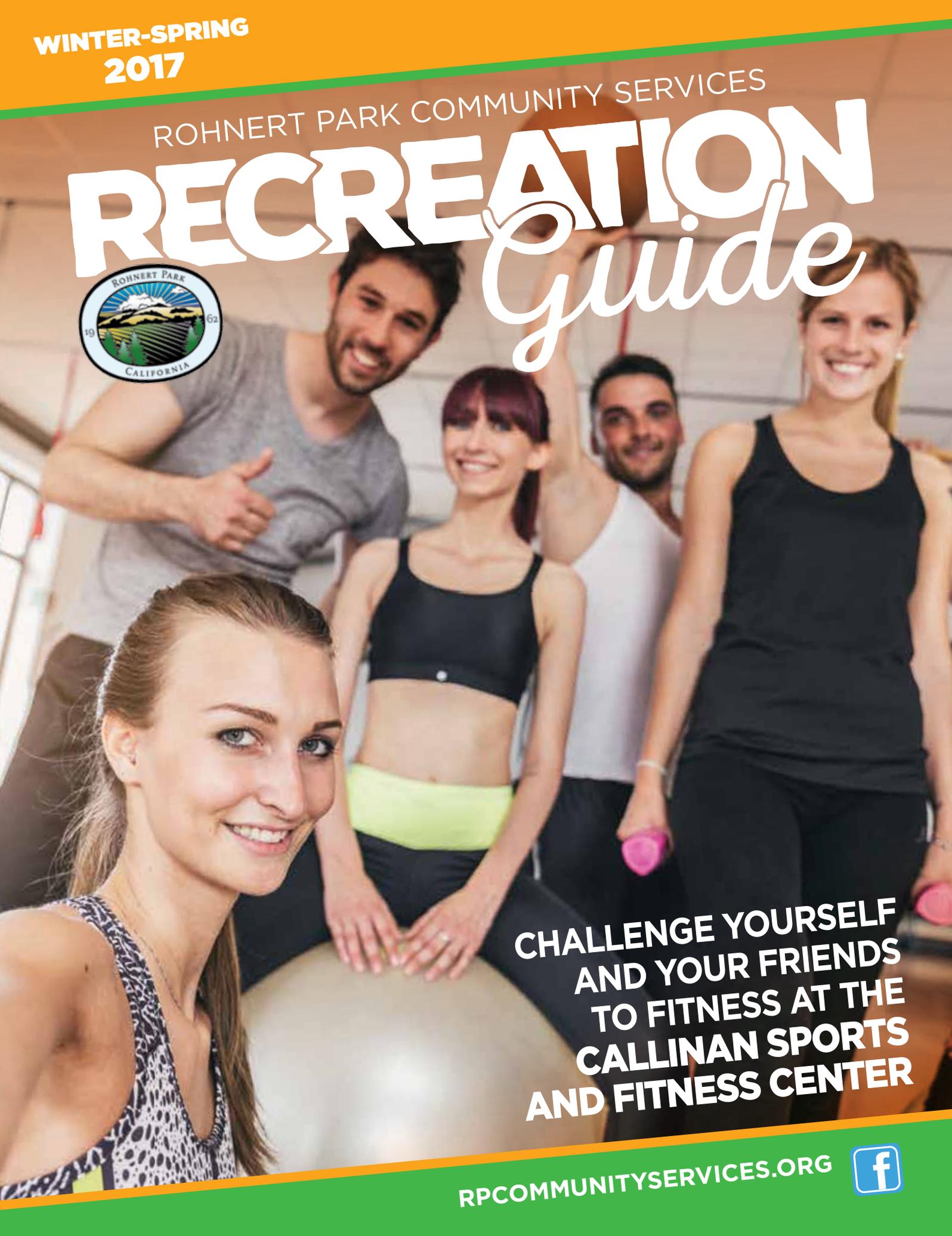


WINTER-SPRING  
2017

ROHNERT PARK COMMUNITY SERVICES

# RECREATION *Guide*



**CHALLENGE YOURSELF  
AND YOUR FRIENDS  
TO FITNESS AT THE  
CALLINAN SPORTS  
AND FITNESS CENTER**

[RPCOMMUNITYSERVICES.ORG](http://RPCOMMUNITYSERVICES.ORG)



# MISSION *Statement*

Through provision of community services, we enhance Rohnert Park's high quality of life and nurture the health and well-being of our people, our community and our economy.

### City Council

Gina Belforte, Mayor  
 Jake Mackenzie, Vice Mayor  
 Amy Ahanotu  
 Joseph T. Callinan  
 Pam Stafford

### Parks and Recreation Commission

Chris Borr, Chair  
 Jerry Griffin, Vice Chair  
 Mike Bird  
 Bonnie Black  
 Linda Canterbury

### Bi-Monthly Public Meetings:

2nd and 4th Tuesday of the month, 5pm  
 City Hall, 130 Avram Avenue  
*The public is invited to attend.*

### Monthly Public Meetings:

3rd Thursday of the month, 6pm  
 City Hall, 130 Avram Avenue  
*The public is invited to attend.*

Please go to [www.rpcity.org](http://www.rpcity.org) for complete schedule and agendas for all public City meetings.

## REGISTRATION & Payment

 **Online:** <https://secure.rpcity.org/> Select "Click Here to Register Now" Pay by credit card.

 **Walk-In:** Community Center, Rohnert Park Community Services Department. Pay by cash, check or credit card.

 **Mail:** 5401 Snyder Ave., Rohnert Park, CA 94928. Do not mail cash!

 **Phone:** Call (707) 588-3456. Pay by credit card.

 **Fax:** Send to (707) 588-3444. Pay by credit card.

Receipts are emailed to you for phone, fax and mail registrations.

 **Checks & Money Orders:** Payable to City of Rohnert Park

 **Cash:** In-person only

 **Cards:** Debit, Visa or Mastercard

 **Scholarships & Gift Certificates:** Ask us about available options!

**Cancellations & Refunds:** Submit requests during normal business hours:

*Full refunds, minus a \$5 processing fee will be granted 1 business day prior to the beginning of a class. No refunds will be granted less than 24 hours prior to the start of the class.*

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# AT A GLANCE *Calendar*

## DECEMBER

|               |           |                                |
|---------------|-----------|--------------------------------|
| Friday        | Dec 9     | Sports Center 30th Anniversary |
| Wednesday     | Dec 21    | Senior Center Holiday Luncheon |
| Monday-Friday | Dec 26-30 | Winter Break Camp              |

## JANUARY

|               |         |                            |
|---------------|---------|----------------------------|
| Monday-Friday | Jan 2-6 | Winter Break Camp          |
| Monday        | Jan 16  | Martin Luther King Jr. Day |

## FEBRUARY

|         |        |  |
|---------|--------|--|
| Tuesday | Feb 14 | Senior Center Valentine's Day Luncheon |
| Monday  | Feb 20 | Presidents Day                         |

## MARCH

|               |           |  |
|---------------|-----------|--|
| Sunday        | Mar 12    | Daylight Savings                         |
| Friday        | Mar 17    | Senior Center St. Patrick's Day Luncheon |
| Monday-Friday | Mar 13-17 | Sonoma State Spring Break                |
| Monday-Friday | Mar 20-24 | SRJC and CPRUSD Spring Break             |

## APRIL

|          |        |   |
|----------|--------|---|
| Saturday | Apr 1  | Summer Rec Guide Published/<br>Summer Program Registration Begins |
| Saturday | Apr 8  | April Pool's Day  |
| Tuesday  | Apr 11 | Senior Center Spring Has Sprung Luncheon                          |



*A great place to live,  
work and play.*

## DATES TO *Remember*

**JAN  
01**

**NEW YEAR**

**MAR  
12**

**DAYLIGHT  
SAVINGS TIME**

**MAR  
17**

**ST PATRICK'S DAY**

**APR  
16**

**EASTER**



## CALLINAN SPORTS AND FITNESS CENTER

*Celebrating 30 years as your one-stop shop for community fitness and fun!*

Located at 5405 Snyder Lane next to the Community Center and Spreckels Performing Arts Center, the Callinan Sports and Fitness Center offers over 4,600 sq. ft. of space to meet your health and fitness needs. Features include:

**Cardio Center** - Equipped with elliptical machines, treadmills, stair climbers, recumbent and upright bicycles. Many machines include personal televisions and web access while three additional 60" flat screens are available for communal use. And yes, we have Wi-Fi!

**Free Weight Room** - Equipped with over 3,000 lbs. of Olympic style barbells, dumbbells, a Smith machine and a variety of work benches. A great place for members 14 and older to work on their form and increase strength!

**Myles Ahead® Olympic Weight Room** - In partnership with Myles Ahead Fitness we offer an all new Olympic weight lifting facility. Access to the facility during non-class time

is included with your membership, (teen and above) please inquire for more information. Olympic weight lifting classes and personal training available for an additional fee.

**Gymnasium** - The collegiate size gym is home to daily open Gym sessions as well as our volleyball, basketball, pickleball and youth sports programs. Latest schedule available online at [www.callinansports.org](http://www.callinansports.org).

**2 Racquetball Courts** - Both drop in and court reservations available. Players of all ages and abilities are always welcome. No equipment, no problem, rental equipment available.

**Child Care and Indoor Playground** - Drop your child off at our child care center from 9-11am Monday through Friday for \$2.

**Locker Rooms and Sauna** - Brand new after a complete renovation in winter 2016!

## MEMBERSHIP

As your community facility, we aim to offer a clean and comfortable experience at an affordable rate. Membership can be purchased by the month or by the year.

|                    | Monthly Option | Annual Option | Punch Card (10/20 visits) |
|--------------------|----------------|---------------|---------------------------|
| Junior (8-13)      | N/A            | \$30          | N/A                       |
| Teens (14-17)      | \$16           | \$192         | \$50/\$90                 |
| Adult (18-59)      | \$27           | \$324         | \$50/\$90                 |
| Senior (60+)       | \$16           | \$192         | \$50/\$90                 |
| Disabled (any age) | \$16           | \$192         | \$50/\$90                 |
| Family (6 members) | \$60           | \$720         | N/A                       |

For more information, visit our website at [www.callinansports.org](http://www.callinansports.org) and call the Callinan Sports and Fitness Center at (707) 588-3488.

## HOURS

**Mon-Fri 6am-10pm | Sat & Sun 8am-7pm**

Closed New Year's Day, Easter Sunday, Memorial Day, Independence Day, Labor Day, Thanksgiving Day, and Christmas Day. *Reduced hours are observed on Christmas eve and New Year's eve. Please note that throughout the year certain special events and rentals may alter the gym hours or availability of certain amenities.*

*Please Join us for our 30th anniversary celebration on December 9th from 5-7pm!*

# PRESCHOOL & YOUTH Programs



## COMMUNITY CENTER TOT TIME

This preschool based program helps toddlers gain social skills and increased self-confidence by learning and playing together in a stimulating classroom environment. Early childhood learning concepts are introduced in fun fashion through music, math games, art, stories, drama, and cooking. As an on-going class, priority registration is given to returning participants and remaining spots are enrolled on a first come, first served basis. *Instructor: Bettyjane Hotaling.*

Location: Community Center Preschool Room

## TWO DAY PROGRAM

**Ages: 2½-3**

Days: Tuesday & Thursday

Time: 9:30-11:30am

**Session 1:** Jan 10-Feb 16 | Code: 18147

\$180 Resident | \$187 Non-Resident; *plus \$15 materials fee*

**Session 2:** Feb 21-Mar 23 | Code: 18148

\$150 Resident | \$157 Non-Resident; *plus \$15 materials fee*

**Session 3:** Mar 28-May 11 | Code: 18149 (no class 4/18-20)

\$180 Resident | \$187 Non-Resident; *plus \$15 materials fee*

**Session 4:** May 16-Jun 9 | Code: 18155

\$120 Resident | \$127 Non-Resident; *plus \$15 materials fee*

## THREE DAY PROGRAM

**Ages: 4-5**

Days: Monday/Wednesday/Friday

Time: 9am- Noon

**Session 1:** Jan 9-Feb 17 | Code: 18144

\$324 Resident | \$331 Non-Resident; *plus \$15 materials fee*

**Session 2:** Feb 22-Mar 24 | Code: 18145 (no class Feb 20)

\$252 Resident | \$259 Non-Resident; *plus \$15 materials fee*

**Session 3:** Mar 27-May 12 | Code: 18146 (no class 4/17-4/21)

\$324 Resident | \$331 Non-Resident; *plus \$15 materials fee*

**Session 4:** May 15-Jun 9 | Code: 18150 (no class 5/29)

\$198 Resident | \$205 Non-Resident; *plus \$15 materials fee*

## KINDER KICKZ SOCCER

Kinder Kickz Soccer uses non-competitive, activity based play to teach the game of soccer while promoting the development of motor skills such as balance & coordination and social skills like listening & teamwork. Along the way, participants will learn basic soccer skills including kicking, dribbling and passing. Fees include a uniform for each participant. For more information on additional classes for 3-6 year olds in April please visit [www.kinderkickz.com](http://www.kinderkickz.com). *Instructor: Renee Ziemer.*

Days: Fridays

Location: Community Center Multi Use Room

Fee: \$126 Resident | \$133 Non-Resident

*plus one time \$30 membership fee, payable to Kinder Kickz Soccer on the first day for all new players.*

**Ages: 18-36mo. (w/parent)**

Time: 9:30-10:30am

**Session 1:** Jan 27-Mar 31 | Code: 18170 (no class 3/24)

**Session 2:** Apr 7-Jun 2 | Code: 18171

**Ages: 3-5yrs old**

Time: 10:30-11:30am

**Session 1:** Jan 27-Mar 31 | Code: 18172 (no class 3/24)



**OUR GOAL IS  
A FUN TIME**  
*Register Today*



## CHILDREN'S PRE-BALLET

Develop a love of dance by trained dancers who have studied at the San Francisco Ballet, Pacific Northwest Ballet, Berkeley Ballet Theatre, and Ballet West with over 15 years of teaching experience. Children are taught basic ballet and tap movement through song and storytelling. We use a variety of music to enhance musical rhythms by clapping and listening, using stretching and improvisation while having lots of fun. *Instructor: Petaluma School of Ballet.*

**Dress Code Ages 3-4:** Girls: pink short-sleeved leotard (no attached skirts), pink tights, pink leather ballet shoes & black patent tap shoes. Boys: white T-shirt, shorts, socks, black leather ballet shoes & black tap shoes.

**Dress Code Ages 5-6:** Girls: blue short-sleeved leotard (no attached skirts), pink tights, pink leather ballet shoes & black patent tap shoes. Boys: white T-shirt, shorts, socks, black leather ballet shoes & black tap shoes.

**For all classes:** Long hair should be pulled back into a ballet bun with a hair tie. Children with short hair should wear a headband to keep hair off face.

Fee: \$48 Resident | \$55 Non-Resident

## WEDNESDAY CLASSES

### Ages: 3-4

Time: 10:30-11:15am

Location: Community Center Meeting Room #3

**Session 1:** Jan 11-Feb 1 | Code: 18046

**Session 2:** Feb 8-Mar 1 | Code: 18047

**Session 3:** Mar 8-Apr 5 | Code: 18048 (no class 3/22)

**Session 4:** Apr 12-May 10 | Code: 18049 (no class 5/3)

### Ages: 5-6

Time: 11:30-12:15pm

Location: Community Center Meeting Room #3

**Session 1:** Jan 11-Feb 1 | Code: 18050

**Session 2:** Feb 8-Mar 1 | Code: 18058

**Session 3:** Mar 8-Apr 5 | Code: 18059 (no class 3/22)

**Session 4:** Apr 12-May 10 | Code: 18060 (no class 5/3)

## THURSDAY CLASSES

### Ages: 3-4

Time: 3:45-4:30pm

Location: Community Center Meeting Room #3

**Session 1:** Jan 12-Feb 2 | Code: 18051

**Session 2:** Feb 9-Mar 2 | Code: 18052

**Session 3:** Mar 9-Apr 6 | Code: 18053 (no class 3/23)

**Session 4:** Apr 13-May 11 | Code: 18054 (no class 5/4)

### Ages: 5-6

Time: 4:30-5:15pm

Location: Community Center Meeting Room #3

**Session 1:** Jan 12-Feb 2 | Code: 18055

**Session 2:** Feb 9-Mar 2 | Code: 18056

**Session 3:** Mar 9-Apr 6 | Code: 18057 (no class 3/23)

**Session 4:** Apr 13-May 11 | Code: 18061 (no class 5/4)

## BEGINNING BALLET

Children are taught basic ballet movement. They will dance and pretend as they act out stories using dance movement. We use a variety of music to enhance musical rhythms by clapping and listening, using stretching and improvisation while having lots of fun. Let us share our love of dance with your youngster! *Instructor: Petaluma School of Ballet.*

**Dress Code:** Girls: should wear a lavender colored leotard, pink tights, and pink ballet shoes. Boys: should wear a white t-shirt, shorts, socks and black ballet slippers.

Ages: 7-12

Days: Thursday

Time: 5:15-6:15pm

Location: Community Center Meeting Room #3

Fee: \$56 Resident | \$63 Non-Resident

**Session 1:** Jan 12-Feb 2 | Code: 18090

**Session 2:** Feb 9-Mar 2 | Code: 18091

**Session 3:** Mar 9-Apr 6 | Code: 18092 (no class 3/23)

**Session 4:** Apr 13-May 11 | Code: 18093 (no class 5/4)

## COMIC BOOK DRAWING | Code: 18074

Students will learn the ins and outs of character design, panel flow, and world construction. We will work on how to tell stories in the comic medium and discuss our favorite comics and characters and why they are successful. *Instructor: Claire Tiwald.*

Ages: 10-18

Days: Wednesday

Dates: Mar 1-29

Time: 4-5:30pm

Location: Community Center

Crafts Room #1

Fee: \$75 Resident | \$82 Non-Resident; plus \$20 supply fee payable to the instructor on the first day of class.



## BASIC GYMNASTICS

Basic Gymnastics is a course designed to learn beginning level skills including tumbling, bars, balance beam, vaulting board, and other fun activities. This program is a fun way for your child to develop their balance, concentration, and love for physical activity. *Instructor: Gary Friedman.*

Ages: 3-11

Fee: \$40 Resident | \$47 Non-Resident; \$10 sibling discount for each additional child (not available online)

### Tuesday Class

Time: 4:15-5pm

Location: Community Center Garden Room

**Session 1:** Jan 3-24 | Code: 18119

**Session 2:** Jan 31-Feb 21 | Code: 18120

**Session 3:** Feb 28-March 28 | Code: 18121 (no class 3/21)

**Session 4:** Apr 4-25 | Code: 18122

### Wednesday Classes

Time: 9:45-10:30am

Location: Community Center Garden Room

**Session 1:** Jan 4-25 | Code: 18107

**Session 2:** Feb 1-22 | Code: 18108

**Session 3:** Mar 1-29 | Code: 18109 (no class 3/22)

**Session 4:** Apr 5-26 | Code: 18110

Time: 4:15-5pm

Location: Community Center Garden Room

**Session 1:** Jan 4-25 | Code: 18111

**Session 2:** Feb 1-22 | Code: 18112

**Session 3:** Mar 1-29 | Code: 18113 (no class 3/22)

**Session 4:** Apr 5-26 | Code: 18114

### Thursday Classes

Time: 9:45-10:30am

Location: Community Center Lounge

**Session 1:** Jan 5-26 | Code: 18115

**Session 2:** Feb 2-23 | Code: 18116

**Session 3:** Mar 2-30 | Code: 18117 (no class 3/23)

**Session 4:** Apr 6-27 | Code: 18118

Time: 3:30-4:15pm

Location: Community Center Garden Room

**Session 1:** Jan 5-26 | Code: 18123

**Session 2:** Feb 2-23 | Code: 18124

**Session 3:** Mar 2-30 | Code: 18125 (no class 3/23)

**Session 4:** Apr 6-27 | Code: 18126



## BASIC GYMNASTICS 2

Basic Gymnastics 2 is a course designed to continue the progression of skills for Basic Gymnastics with greater difficulty. This course requires instructor approval and online registration is not available. *Instructor: Gary Friedman.*

Ages: 3-11

Days: Thursdays

Time: 4:30-5:15pm

Location: Community Center Garden Room

Fee: \$40 Resident | \$47 Non-Resident; \$10 sibling discount for each additional child

**Session 1:** Jan 5-26 | Code: 18127

**Session 2:** Feb 2-23 | Code: 18128

**Session 3:** Mar 2-30 | Code: 18129 (no class 3/23)

**Session 4:** Apr 6-27 | Code: 18130

## SKYHAWKS BASKETBALL CLINIC

This fun, skill-intensive program is designed for beginning to intermediate players. An active 6-week clinic of passing, shooting, dribbling, defense and rebounding makes this one of our most popular programs.

Days: Tuesdays

Location: Gold Ridge Recreation Center

Fee: \$89 Resident | \$96 Non-Resident

**Ages: 6-12**

Time: 4-5pm

Jan 10-Mar 7 | Code: 18166

**Ages: 6-9**

Time: 4-5pm

Mar 21-May 9 | Code: 18167

**Ages: 10-13**

Time: 5:15-6pm

Mar 21-May 9 | Code: 18169



**BALANCE  
HEALTH AND FUN**  
*Register Today*

## YOUTH TENNIS

Learn to play tennis and have fun over four weeks of classes with exercises, unique drills, and games that will keep you moving and smiling. Basic strokes for beginners are forehand, backhand, volley and serve (for most ages). More advanced strokes and games are added for intermediates. We include some form of game play in most classes. No experience necessary for beginner classes. Loaner racquets are available during class. Rain-outs (if any) will be made up. *Instructor: Harvey Bell.*

### Beginners & Early Learners

#### Ages: 5-8

Days: Tuesdays

Time: 4-4:30pm

Location: Magnolia Park Tennis Courts

Fee: \$40 Resident | \$47 Non-Resident

Date: Apr 4-25 | Code: 18097

#### Ages: 9-13

Days: Tuesdays

Time: 4:35-5:30pm

Location: Magnolia Park Tennis Courts

Fee: \$60 Resident | \$67 Non-Resident

Date: Apr 4-25 | Code: 18098

#### Ages: 14-17

Days: Tuesdays

Time: 5:35-6:30pm

Location: Magnolia Park Tennis Courts

Fee: \$60 Resident | \$67 Non-Resident

Date: Apr 4-25 | Code: 18099

### Intermediate/Experienced

#### Ages: 5-8

Days: Thursdays

Time: 6-6:30pm

Location: Magnolia Park Tennis Courts

Fee: \$40 Resident | \$47 Non-Resident

Date: Apr 6-27 | Code: 18100

#### Ages: 9-13

Days: Thursdays

Time: 5-5:55pm

Location: Magnolia Park Tennis Courts

Fee: \$60 Resident | \$67 Non-Resident

Date: Apr 6-27 | Code: 18101

#### Ages: 14-17

Days: Thursdays

Time: 4-4:55pm

Location: Magnolia Park Tennis Courts

Fee: \$60 Resident | \$67 Non-Resident

Date: Apr 6-27 | Code: 18102

**SERVE UP  
SOME FUN**  
*Register Today*



## MARTIAL ARTS ACADEMY BUJUTSU GAKUIN WUSHU XUEYUAN

Martial Arts Academy Bujutsu Gakuin Wushu Xueyuan proudly offers a family friendly class for all ages to train together on **Monday and Thursday from 5:30pm to 7pm at the Burton Avenue Rec Center at 7421 Burton Ave.**, centrally located in Rohnert Park. Now your whole family can be together in one class! You can come and go as your schedule permits during classtime, and we have no contracts or long term obligations. The class will be about 30 minutes of conditioning, basics, and padwork, 30 minutes of empty hand forms, and 30 minutes of weapons. The facility is large, allowing plenty of room to break into groups and work on Karate, Kung Fu, Swordsmanship, and Qigong/Tai Chi all at the same time!

We are proud to be a 501c3 non-profit corporation serving our community. For more info, please contact us at 707-364-6478, or check our website: [www.martialartsacademy.online](http://www.martialartsacademy.online)

As a special introductory offer, sign up through the Community Services department and join us for an all-inclusive month of martial arts, uniform included. For returning students or students wishing to continue after the first month (*including pricing*) please contact the school at (707) 364-6478 for more details.

**Promotional Introductory Rate:** 1 month | \$100  
(includes uniform)

Promotional rate valid for 1st month of participation only. After the first month please contact the school at (707) 364-6478 for more details including pricing. Please note there are no refunds for this course once you have attended your 1st class.

**Registration codes:** (*sign up for month in which you will attend your 1st class, registration valid for 30 days after attending 1st class*)

January: 18131 | February: 18132 | March: 18133 | April: 18134

# WINTER BREAK CAMPS

## CITY OF ROHNERT PARK WINTER CAMPS

Community Services Staff

Don't miss winter break camp at the Community Center. During this week long camp, children will complete themed crafty projects, participate in crazy games and play all sorts of sports. Wear layered play clothes and closed-toe shoes. Bring a snack, a lunch, sun screen and water each day. Completed emergency forms required on the first day of camp.

Ages: 6-12

Days: Monday-Friday

Time: 9am-3:30pm

Location: Community Center

Fee: \$100 Resident | \$107 Non-Resident

**Session 1:** Dec 26-30 | Code: 18018

**Session 2:** Jan 2-6 | Code: 18019

## EXTENDED CARE

Does your child want to attend camp, but you need a few more hours of supervised care? Campers will enjoy regular camp activities, such as arts & crafts, board games, and outdoor activities, but at a more leisurely pace. Parents can choose from AM only, PM only, or both. To register you must pre-register for each week of camp and then register separately for your extended care options with the appropriate bar codes. Online registration is now available for extended care.

AM Care: 7:30-9am | \$15

PM Care: 3:30-6pm | \$25

**Session 1: AM Care:** Dec 26-30 | Code: 18020

**Session 1: PM Care:** Dec 26-30 | Code: 18021

**Session 2: AM Care:** Jan 2-6 | Code: 18022

**Session 2: PM Care:** Jan 2-6 | Code: 18023



## PLAY-WELL TEKNOLOGIES ENGINEERING FUNDAMENTALS MINE, CRAFT, BUILD | Code: 17966

Bring Minecraft to life using LEGO®! Build a motorized walking Creeper, a terrifying Ghost, and a motorized Minecart! This project-based camp, designed by Play-Well instructors, combines the basic format of our core engineering-themed programs based on the world of Minecraft. Students will explore real-world concepts in physics, engineering, and architecture while building their favorite Minecraft objects. Students will have a blast, even without any prior experience with Minecraft or LEGO. *Instructor: Play-Well TEKnologies.*

Ages: 5-7

Days: Monday-Friday

Dates: Jan 2-6

Time: 9am-Noon

Location: Community Center Lounge

Fee: \$185 Resident | \$192 Non-Resident

**HAVE FUN ALL  
BREAK LONG**  
*Register Today*

## SKYHAWKS HOLIDAY BASKETBALL CLINIC | Code: 18029

This fun, skill-intensive program is designed for beginning to intermediate players. An active week clinic of passing, shooting, dribbling, defense and rebounding makes this one of our most popular programs.

Ages: 6-12

Days: Monday-Friday

Dates: Dec 26 - 30

Time: 9am - 12pm

Location: Sports and Fitness Center Gymnasium

Fee: \$189 Resident | \$196 Non-Resident



# TEENS & ADULTS *Programs*

## FLORISTRY CLASSES

### VALENTINE'S DAY ARRANGEMENT | Code: 18085

Learn to make a fresh flower arrangement in a holiday container. Give to you sweetheart, mom or grandma as a reminder you love them. Bring a sharp pair of scissors. All other materials provided. Sign up no later than Friday Feb 10th. *Instructor: Lorrie Abbott.*

Ages: 18+  
Date: Mon, Feb 13  
Time: 6-7:30pm  
Location: Community Center, Meeting Room #2  
Fee: \$20 Resident | \$27 Non-Resident; *plus \$15 materials fee*

### EASTER HOLIDAY ARRANGEMENT | Code: 18086

Learn how to make a fresh flower arrangement in an Easter container. Bunnies and Easter eggs will decorate this festive arrangement. Bring a sharp pair of scissors. All other materials will be provided. Sign up no later than Sunday April 9th. *Instructor: Lorrie Abbott.*

Ages: 18+  
Date: Tue, Apr 11  
Time: 6-7:30pm  
Location: Community Center, Craft Room #1  
Fee: \$20 Resident | \$27 Non-Resident; *plus \$15 materials fee*

### MOTHER'S DAY ARRANGEMENT | Code: 18087

Learn how to make a fresh flower arrangement in a coffee mug especially for mom. After the flowers are gone, mom will think of you when she has her coffee or tea. Bring a sharp pair of scissors. All other materials provided. Sign up no later Thursday May 4th. *Instructor: Lorrie Abbott.*

Ages: 18+  
Date: Tue, May 9  
Time: 6-7:30pm  
Location: Community Center, Craft Room #1  
Fee: \$20 Resident | \$27 Non-Resident; *plus \$15 materials fee*



### POTTERY CLASS FOR THE NEW YEAR | Code: 18094

Come play with Clay! This class will focus on the potter's wheel learning to wedge, center, and pull the clay to create bowls, cups, and vases. Other techniques like pinch, slab, and coil will also be covered. We will glaze and high fire our finished projects. Great for beginning and seasoned potters trying to bring it to the next level. *Instructor: Randy Snyder.*

Ages: 14+  
Days: Tuesdays  
Dates: Jan 17 - Feb 21  
Time: 6:30-9pm  
Location: Community Center Clay Studio  
Fee: \$140 Resident | \$147 Non-Resident; *plus \$30 materials and firing fee*



### POTTERY AND THE POTTERS WHEEL | Code: 18095

We will use the potter's wheel and learn to center and raise the clay, then shape to make plates, cups, jars and other functional pieces that we will glaze and fire for you to cherish at home. Other techniques like pinch, slab, and coil will also be covered. This class is perfect for beginners and beyond. *Instructor: Randy Snyder.*

Ages: 14+  
Days: Tuesdays  
Dates: Feb 28-Apr 4  
Time: 6:30-9pm  
Location: Community Center Clay Studio  
Fee: \$140 Resident | \$147 Non-Resident; *plus \$30 materials and firing fee.*

### SPRING INTO POTTERY | Code 18096

This class will focus on the potter's wheel learning to wedge, center, and pull the clay to create bowls, cups, and vases. Other techniques like pinch, slab, and coil will also be covered. We will glaze and high fire our finished projects. Great for beginning and seasoned potters trying to bring it to the next level. Sign up early space is limited. *Instructor: Randy Snyder.*

Ages: 14+  
Days: Tuesdays  
Dates: Apr 11-May 16  
Time: 6:30-9pm  
Fee: \$140 Resident | \$147 Non-Resident; *plus \$30 material and firing fee*

## OPEN POTTERY STUDIO

Once you have some experience in clay, join us at Open Studio where you can put your new talents to work! No sign-ups are necessary, just drop by! We have a spacious clay studio, potters wheels and some tools are provided. Clay can be purchased in the studio. A nominal firing fee will be charged for your work. Children age 5 and over are welcome with an adult. Please pay the instructor in the studio. Some experience with clay is helpful.

Ages: 15+

Days: Wednesday 6:30-9pm | Saturday 10am-1pm

Dates: Ongoing

Location: Community Center Clay Studio

Adults: \$13 Resident | \$14 Non-Resident

Youth/Seniors: \$11 Resident | \$12 Non-Resident

## FUSED & KILN FORMED GLASS WITH KATHLEEN

Experience the thrill of creating your own masterpiece in glass for gifts or personal use! Receive one-on-one instruction on the proper glass cutting and design techniques while receiving technical and creative advice to help you achieve your masterpiece. You'll have a large assortment of molds including: serving bowls & platters; dinner & salad plates & bowls; candle sconces, vases & more. All skill levels are welcome. Now offered on Mondays as well! *Instructor: Kathleen Robinson.*

Ages: 18+

Time: 5:30-8:30pm

Location: Community Center Crafts Room #1

### Day: Monday

**Session 1:** Jan 9-30 | Code: 18070 (no class 1/16)

**Session 2:** Feb 6-27 | Code: 18071 (no class 2/20)

**Session 3:** Mar 6-27 | Code: 18072 (no class 3/20)

**Session 4:** Apr 3-24 | Code: 18073

Fees (Session 1, 2, 3): \$60 Resident | \$67 Non-Resident; *plus \$20 materials and firing fee*

Fees (Session 4): \$80 Resident | \$87 Non-Resident; *plus \$20 materials and firing fee*

\$28 Resident | \$30 Non-Resident one-time drop-in fee

### Day: Thursday

**Session 1:** Jan 5-26 | Code: 18066

**Session 2:** Feb 2-23 | Code: 18067

**Session 3:** Mar 2-30 | Code: 18068 (no class 3/23)

**Session 4:** Apr 6- 27 | Code: 18069

Fees (Session 1-4) \$80 Resident | \$87 Non-Resident; *Plus \$20 materials and firing fee*

\$28 Resident | \$30 Non-Resident one-time drop-in fee

**MOLD YOUR  
MIND**  
*Register Today*



## DOG PUPPY TRAINING 101

You and your puppy will be learning how to communicate, teach, socialize, and modify behaviors. We will utilize fun positive exercises with American Kennel Club® S.T.A.R. foundations working with housetraining, jumping, pulling, teething and more. *Instructor: Kathy Sidjakov.*

Puppies must be at least 3 months old (approved by vet) and no older than 1 year. No dogs for the 1st class and you must bring proof of vaccinations before your dog can participate.

Ages: 18+

Days: Tuesdays

Time: 6-6:45pm

Location: Community Center Meeting Room #2

Fee: \$149 Resident | \$156 Non-Resident

**Session 1:** Jan 10-Feb 14 | Code: 18064

**Session 2:** Mar 21-Apr 25 | Code: 18065

## ADULT DOGS 101

A polite pet is a happy pet. Learn how to shape your dog's behavior with fun positive exercises. Have a dog that can walk and not pull on leash, not jump on other people and much more. Aggressive Dog? Call trainer direct for a free evaluation at 280-3327. *Instructor: Kathy Sidjakov.*

Dogs must be at least 7 months old (no maximum age). No dogs for the 1st class and you must bring proof of vaccinations before your dog can participate. No aggressive dogs.

Ages: 18+

Days: Tuesdays

Time: 7-7:45pm

Location: Community Center Meeting Room #2

Fee: \$149 Resident | \$156 Non-Resident

**Session 1:** Jan 10-Feb 14 | Code: 18062

**Session 2:** Mar 21-Apr 25 | Code: 18063

## BEGINNING REIKI 1 | Code: 18083

Reiki helps to reduce pain and stress in the body. Reiki is a hands on healing technique from Japan. Come learn the Reiki principles, hand positions, and receive the Reiki one attunement. Learn grounding techniques, meditation for before, during and after Reiki and once you have the Reiki attunement you will be able to give yourself a Reiki healing. Dress comfortably and bring water and a pen. *Instructor: Katy Zincavage.*

Ages: 18+

Days: Thursdays

Date: Jan 12-Feb 16

Time: 7-9pm

Location: Community Center Garden Room

Fee: \$72 Resident | \$79 Non-Resident; *Plus \$10 materials*

## REIKI 2 | Code: 18084

This second degree Reiki class will teach the Reiki symbols, long-distance Reiki healings and upon completion each student will receive Reiki 2 attunement. Dress comfortably and bring water and a pen. *Instructor: Katy Zincavage*

Ages: 18+

Days: Thursdays

Date: Mar 2-Apr 6

Time: 7- 9pm

Location: Community Center Garden Room

Fee: \$72 Resident | \$79 Non-Resident; *Plus \$10 materials*



**STRETCH YOUR  
MIND & BODY**  
*Register Today*



## IMPROV TRIBAL STYLE BELLY DANCE

Learn the art of belly dancing through a series of classes taught by professional dancers. With classes designed for all levels of experience, there is something right for you! *Instructed by: Seba and Wild Card Belly Dance.*

**Level 1:** Learn to dance by drilling the basic foundational moves. Using both slow and fast steps we will have you dancing in your first class!

**Level 2:** Learn new moves and refine technique. This class focuses on learning how to lead others improvisational and dancing together in small groups. Talk to the instructor before moving up.

**Level 3:** This class focuses on technique for advanced moves and dancing together in different formations. May include floor work and balancing, Instructor permission required.

**Level 4:** This is a performance intensive class. *By invitation only.*

Ages: 12+

Location: Community Center Meeting Room 3

\$54 Resident | \$61 Non-Resident (1x week)

\$81 Resident | \$88 Non-Resident (2x week)

\$108 Resident | \$115 Non-Resident (Unlimited)

### Level 1

Day: Monday

Time: 6-7pm

**Session 1:** Jan 2 - Feb 6 | Code: 18075

**Session 2:** Feb 27 - Apr 3 | Code: 18079

### Level 2

Day: Monday

Time: 7:15-8:15pm

**Session 1:** Jan 2 - Feb 6 | Code: 18076

**Session 2:** Feb 27 - Apr 3 | Code: 18080

### Level 3 (Instructor Permission Required)

Day: Wednesday

Time: 6-7pm

**Session 1:** Jan 4-Feb 8 | Code: 18077

**Session 2:** Mar 1-Apr 5 | Code: 18081

### Level 4 (By Invitation Only)

Day: Wednesday

Time: 7:15-8:15pm

**Session 1:** Jan 4-Feb 8 | Code: 18078

**Session 2:** Mar 1-Apr 5 | Code: 18082



### **IMPROV FOR BEGINNERS** | Code: 18045

Let's play make believe again like we did as children, only this time no one will be the boss and everyone will create reality together. We'll focus on basic improv techniques in a safe, respectful environment. *Instructor: Jason Hader.*

Ages: 18+  
Days: Thursday  
Dates: Jan 5–Mar 30  
Time: 7-9pm  
Location: Community Center Meeting Room #3  
Fee: \$100 Resident | \$107 Non-Resident

### **TAMING YOUR INNER CRITIC** | Code: 18164

Tired of your inner critic running the show? In just a couple hours learn about your inner critic type, how it positively and negatively impacts your life and tools to move past your critic with ease. *Instructor: Mitch Austin.*

Ages: 18+  
Days: Saturday  
Dates: Jan 28  
Time: 10am-Noon  
Location: Community Center Meeting Room #2  
Fee: \$22 Resident | \$29 Non-Resident; *plus \$35 optional workbook*

### **SPEAKING FROM THE HEART OF THE MATTER** | Code: 18165

Learn how to harness speaking from the heart of the matter or subject to deliver powerful and impactful presentations and talks. This method will help you shift from your fear to your message and provide you with great ease and confidence when speaking in public. *Instructor: Mitch Austin.*

Ages: 18+  
Days: Saturday  
Dates: Feb 25  
Time: 1:30–3:30pm  
Location: Community Center Meeting Room #2  
Fee: \$35 Resident | \$42 Non-Resident; *plus \$35 materials fee*

### **ZENTANGLE 101** | Code: 18163

Zentangle is an easy-to-learn, relaxing and fun way of creating beautiful images through structured patterns. No artistic talent required! If you can draw a line and a circle, you can zentangle! Taught by a certified zentangle teacher, this class teaches the basics of zentangling. *Instructor: Susan Berry.*

Ages: 18+  
Days: Wednesday  
Dates: Feb 1–Mar 22  
Time: 6:30–8:30pm  
Location: Community Center Meeting Room #2  
Fee: \$80 Resident | \$87 Non-Resident; *plus \$10 materials fee*

### **RUN/WALK 5K TRAINING PROGRAM** | Code: 18105

The group starts with running 1 minute and walking 2 minutes. It changes a little each week. The last weeks you will be running 2 minutes and walking 1 minute and covering the 5K distance which is 3.1 miles. At the end of the run on Monday and Wednesday events, we will stretch together as a group and complete some floor exercises such as squats, planks, and sit ups.

Along the way, we'll keep you moving with guidance and advice on topics such as proper nutrition, choosing the right gear, and avoiding injury. You will also receive a training shirt. The group meets near the fountain just outside of the Rohnert Park Community Center. The group will run together on the creek trail or sidewalks depending on the weather and conditions. *Instructor: Kathleen A. Daly, Fleet Fee Sports, Santa Rosa.*

Ages: 18+  
Days: Monday & Wednesday  
Dates: Jan 16–Mar 8  
Time: 5:30–6:30pm  
Location: Meet at Community Center Square  
Fee: \$79 Resident | \$86 Non-Resident



## MARTIAL ARTS ACADEMY BUJUTSU GAKUIN WUSHU XUEYUAN

Martial Arts Academy Bujutsu Gakuin Wushu Xueyuan proudly offers a family friendly class for all ages to train together on **Monday and Thursday from 5:30pm to 7pm at the Burton Avenue Rec Center at 7421 Burton Ave.**, centrally located in Rohnert Park. Now your whole family can be together in one class! You can come and go as your schedule permits during classtime, and we have no contracts or long term obligations. The class will be about 30 minutes of conditioning, basics, and padwork, 30 minutes of empty hand forms, and 30 minutes of weapons. The facility is large, allowing plenty of room to break into groups and work on Karate, Kung Fu, Swordsmanship, and Qigong/Tai Chi all at the same time!

We are proud to be a 501c3 non-profit corporation serving our community. For more info, please contact us at 707-364-6478, or check our website: [www.martialartsacademy.online](http://www.martialartsacademy.online)

As a special introductory offer, sign up through the Community Services department and join us for an all-inclusive month of martial arts, uniform included. For returning students or students wishing to continue after the first month (*including pricing*) please contact the school at (707) 364-6478 for more details.

**Promotional Introductory Rate:** 1 month | \$100  
(includes uniform)

Promotional rate valid for 1st month of participation only. After the first month please contact the school at (707) 364-6478 for more details including pricing. Please note there are no refunds for this course once you have attended your 1st class.

Registration codes: (*sign up for month in which you will attend your 1st class, registration valid for 30 days after attending 1st class*)

January: 18131 | February: 18132 | March: 18133 | April: 18134



## DANCERCISE

Dancercise, Rohnert Park's longest running, award winning original aerobic dance and fitness class offers easy to follow cardio routines, core strengthening, all over toning for abs, back, arms and legs, and will help you see improvement in balance and flexibility. Dancercise is challenging and adaptable for all levels of fitness. There are lots of days and times to choose from with trained instructors to guide you. There is also flexibility with the instructors – miss a class and make it up at any other class! Please bring a mat or towel for floor exercises.

Ages: 12+

### AM CLASS

Days: Monday/Wednesday/Friday

Location: Callinan Sports and Fitness Center Gymnasium

Time: 9-10am

Instructor: Pam Stafford

Fee: \$115 Resident | \$122 Non-Resident or \$5 drop-in

**Session 1:** Jan 2–Mar 17 | Code: 18151

**Session 2:** Apr 3–Jun 16 | Code: 18156 (*no class 5/29*)

### PM CLASS

Days: Monday and Wednesday

Location: Community Center Multi Use Room

Time: 6-7pm

Instructor: Amanda Keaney

Fee: \$75 Resident | \$82 Non-Resident or \$5 drop-in

**Session 1:** Jan 2–Mar 15 | Code: 18152

**Session 2:** Apr 3–Jun 14 | Code: 18157 (*no class 5/29*)

Days: Tuesday and Thursday

Location: Community Center Multi Use Room

Time: 6-7pm

Instructor: Pam Stafford

Fee: \$75 Resident | \$82 Non-Resident or \$5 drop-in

**Session 1:** Jan 3–Mar 16 | Code: 18153

**Session 2:** Apr 4–Jun 15 | Code: 18158

### SATURDAY CLASS

Location: Callinan Sports & Fitness Center Gymnasium

Time: 9-10am

Instructor: Amanda Keaney

Fee: \$38 Resident | \$45 Non-Resident or \$5 drop-in

**Session 1:** Jan 7–Mar 18 | Code: 18154

**Session 2:** Apr 8–Jun 17 | Code: 18159

### CHILD CARE IS AVAILABLE FOR A.M. DANCERCISE!

Ages: 1+

Days: Monday/Wednesday/Friday

Time: 9-10am

Location: Sports Center Child Care Room

Fee: \$2 per child drop in fee

## WAR ON SAGS AND BULGES FOR MEN AND WOMEN

This class is all-out war on sags and bulges, with you as the victor! This war has been fought successfully since 1974. The class consists of no-impact, high repetition exercise using light weights. A set of ankle weights with Velcro, 5 pound (2 1/2 pounds each) for women, 10 pound (5 pounds each) for men, are required as well as a mat or pad. *Instructor: Sue Stubblebine.*

Ages: 18+

Days: Monday-Thursday

Time: 6-7pm

Location: Community Center Preschool Room

\$55 Resident | \$62 Non-Resident (Session 1,2)

\$65 Resident | \$72 Non-Resident (Session 3)

**Session 1:** Jan 2-26 | Code: 18160

**Session 2:** Jan 30-Feb 23 | Code: 18161

**Session 3:** Mar 20-Apr 27 | Code: 18162

## CROSS TRAINING

Cross Training class will jump start your metabolism and fat burning abilities, while providing an energetic and exciting atmosphere. This class offers a progression of strength building exercises to increase muscular and cardiovascular endurance, using a variety of different weight and cardio combinations. Attendees can work at their own pace while receiving expert guidance by the instructor. Come and experience the class everyone is talking about and leave feeling energized and ready to conquer your day and life. *Instructor: Renee Robinson.*

Ages: 18+

Days: Monday & Wednesday 6-7pm | Friday 5:30-6:30pm

Location: Gold Ridge Recreation Center

Fee: \$50 month payable by reoccurring EFT direct debit

Signup must be done through the Community Center please call for more details 588-3456



## TEEN AND ADULT TENNIS

Learn to play tennis and have fun over four weeks of classes with exercises, unique drills, and games that will keep you moving and smiling. Basic strokes for beginners are forehand, backhand, volley and serve (for most ages). More advanced strokes and games are added for intermediates. We include some form of game play in most classes. No experience necessary for beginner classes. Loaner racquets are available during class. Rain-outs (if any) will be made up. *Instructor: Harvey Bell.*

### Beginner & Early Learner

**Ages: 14-17**

Days: Tuesdays

Time: 5:35-6:30pm

Location: Magnolia Park Tennis Courts

Fee: \$60 Resident | \$67 Non-Resident

Dates: Apr 4-25 | Code: 18099

**Age: 18+**

Days: Tuesday

Time: 6:35-7:30pm

Location: Magnolia Park Tennis Courts

Fee: \$60 Resident | \$67 Non-Resident

Dates: Apr 4-25 | Code: 18103

### Intermediate/Experienced

**Ages: 14-17**

Days: Thursdays

Time: 4-4:55pm

Location: Magnolia Park Tennis Courts

Fee: \$60 Resident | \$67 Non-Resident

Dates: Apr 6-27 | Code: 18102

**Age: 18+**

Days: Thursday

Time: 6:35-7:30pm

Location: Magnolia Park Tennis Courts

Fee: \$60 Resident | \$67 Non-Resident

Dates: Apr 6-27 | Code: 18104

## GENTLE YOGA

Adaptive yoga for those with movement challenges. In this class you will be guided through very gentle yoga poses drawn from the somatic and hatha traditions. You will be given ample guidance and time for modifying poses in order to accommodate more fragile areas of the body. Class will include such practices as movement, breath, self-massage and meditation practice. Prerequisite: students must be able to lie on the floor, sit and stand (can use chair for support in any of these positions). *Instructor: Gaya Shelton-Ostadi.*

Ages: 18+

Days: Thursdays

Time: 9-10:15am

Location: Community Center Garden Room

Fee: \$66 Resident | \$73 Non-Resident

**Session 1:** Jan 12-Feb 16 | Code: 18137

**Session 2:** Feb 23-Mar 30 | Code: 18138



## BEGINNING HATHA YOGA

Learn the basics of yoga poses and try out simple practices of yoga including movement, breathing and meditation. Each meeting you will learn a few poses in depth including how to enter and exit the poses safely, the purpose of the poses and how to modify the pose if called for. You will also learn other basics of yoga including how to use the breath for influencing the nervous system, and how to strengthen, stretch the body and focus and calm the mind. If you have never tried yoga, this is a great place to begin as you will become familiar with the basics. In Series A, B, C and D I cover different poses, so you are able to repeat the class and learn new poses each time. In the Moon, Sun and Forgiveness Series, I teach you a short movement sequence. *Instructor: Gaya Shelton-Ostadi.*

Ages: 18+

Days: Wednesdays

Time: 6:50-8pm

Location: Community Center Garden Room

Fee: \$66 Resident | \$73 Non-Resident

**Session 1:** Jan 11-Feb 15 (Series A) | Code: 18139

**Session 2:** Feb 22-Mar 29 (Series B) | Code: 18141

## LEVEL 1 HATHA YOGA

Enjoy being guided through a flowing practice of yoga. This class will include all the poses learned in the Beginning Class (plus a few more) and simple breath practices and meditation. The class is crafted to give a unifying experience of mind and body which is the essence of yoga. Although the classes have a basic footprint of centering, movement and then seated mediation, each class will be a unique sequence of poses & practices. *Instructor: Gaya Shelton-Ostadi.*

Ages: 18+

Days: Wednesdays

Time: 5:30-6:40pm

Location: Community Center Garden Room

Fee: \$66 Resident | \$73 Non-Resident (Session 1)

**Session 1:** Jan 11-Feb 15 | Code: 18136

**Session 2:** Feb 22-Mar 29 | Code: 18142

## ROYAL FORM TAI CHI | Code: 18106

This exercise is practiced worldwide for health. Stepping, turning, sinking and expanding combine in a sequence which flows like a river. Two-person practice teaches yinyang, receiving and returning. Beginners and returning students welcome. Join us! *Instructor: Robert Flannery.*

Age: 18+

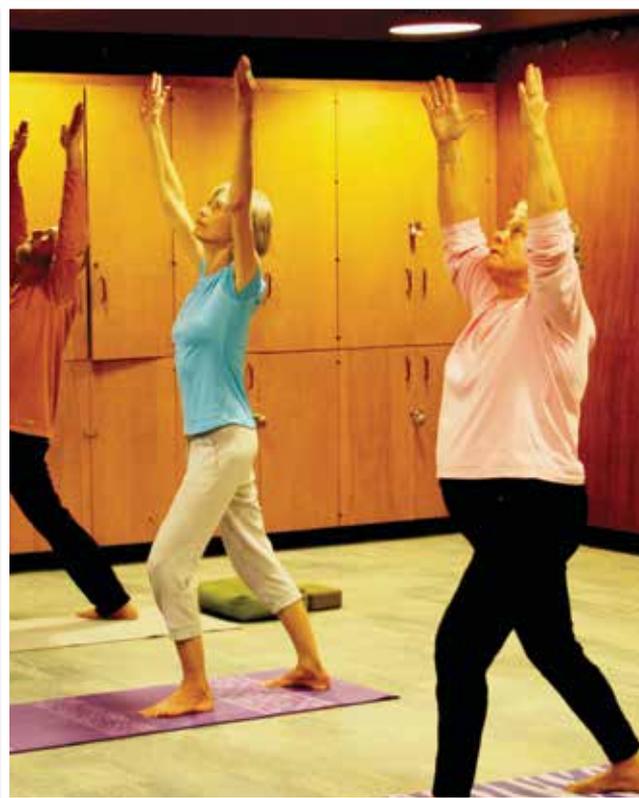
Days: Tuesdays

Date: Feb 7-Apr 25

Time: 7-8pm

Location: Community Center Garden Room

Fee: \$32 Resident | \$39 Non-Resident



# ROHNERT PARK *Adult Sports*

The Community Services Department offers a variety of Adult Sports. For detailed information on additional sports leagues in Rohnert Park please go to [www.rohnertparksports.com](http://www.rohnertparksports.com) (basketball, flag football and dodgeball) or [www.rpcommunityservices.org](http://www.rpcommunityservices.org) (softball).

Here is a list of the leagues that you can look forward to this winter-spring.

## **Basketball | 5 on 5 Flag Football | Softball (summer) | Volleyball**

Registration information will be available by late February for spring and summer sports please see our website above for details.

Registrations for all leagues are accepted at the Callinan Sports and Fitness Center front desk during normal business hours. Registration forms must be completed with a full roster and payment to be accepted and hold your place in the league. Registration forms are available on-line (by sport, see above) or at the Sports Center front desk.

### **FLAG FOOTBALL**

Are you ready for some football? Our 5 on 5 flag football league returns this spring, offering a fun way for players of all abilities to enjoy this fast paced game. As this league continues to grow in popularity, we recommend signing up early to guarantee your spot!

### **SOFTBALL**

This summer join us for Men's and Coed adult softball. Nights of play and leagues will be announced by late February with registration opening April 1st.

### **BASKETBALL**

We offer a variety of basketball leagues to fit your level of play! Men's Competitive, Men's Recreational & Women's Recreation. As this league continues to grow in popularity, we recommend signing up early to guarantee your spot!



## **ADULT SPORTS AT THE CALLINAN SPORTS AND FITNESS CENTER**

### **BASKETBALL**

Come on down for a pickup game! Drop in basketball is available at the Sports and Fitness Center Gymnasium on a daily basis for \$8 per visit or free for Sports and Fitness Center Members. Please call the front desk first at 588-3488 to check the open gym schedule.

### **RACQUETBALL**

Come enjoy one of the Sports and Fitness Center's 2 racquetball courts open daily. Drop in for \$8 per visit or free for Sports and Fitness Center Members. To reserve your court please call 588-3488. Rental equipment is available.

### **VOLLEYBALL**

On Wednesday night from 7-10 pm the Sports and Fitness Center Gymnasium is reserved for open Volleyball play for \$4 per visit or free for Sports and Fitness Center Members.

### **PICKLEBALL**

Join us every Tuesday and Thursday from 10am-1pm. Similar to tennis and badminton, pickleball is played on a badminton court with a whiffle like ball and solid paddle. Drop in is just \$4 per visit and free for Sports and Fitness Center Member. Rental equipment is available.

*For information on Sports and Fitness Center Memberships see page 3.*

# SENIOR *Senior Programs*

## SENIOR CENTER MEMBERSHIP

Become a member of the Rohnert Park Senior Center! The annual Senior Membership fee helps offset some of the operating costs of the Rohnert Park Senior Center. Your membership includes our monthly newsletter, The Scan, delivered directly to your home keeping you up-to-date on the events and classes offered and membership prices on our day trips and other events throughout the year. The more members we have means more opportunities we can provide so encourage your friends to join too! If you are interested in becoming a member, please head to the Senior Center front desk or call 707-585-6780 for more information!

**\$20/per person for full year | January-December**  
**\$15/per person | May-December**  
**\$10/per person | September-December**

## AUTOBIOGRAPHICAL WRITING

This course is designed to teach older adults the skills necessary to write personal accounts of their life stories. A supportive learning environment allows students to read their stories and receive feedback in order to bring interest and clarity to their life experiences. Course activities promote or maintain mental, social and emotional well-being and accommodate varying skill levels. *Instructor: Dani Burlison.*

Days: Tuesdays  
Time: 9:30-11am  
Fee: FREE



**ALWAYS KEEP LEARNING**  
*Register Today*

## BEGINNING LINE DANCING

Stay active and have fun while learning how to line dance to an array of songs throughout the year. A great opportunity for new line dancers! *Instructor: Dolly Urganhart.*

Days: Thursdays  
Time: 9-10:30am  
Fee: \$3 donation

## COMPUTER LAB

Whether you are a beginner or familiar with computers, our helpful lab volunteers can assist you in accomplishing whatever task it is you would like to complete. Donations are always appreciated for copies and print-outs!

Days: Daily  
Time: 9am-Noon  
Fee: Free



## DUPLICATE BRIDGE

Looking to play bridge with a great group of people? Join our group at the Senior Center for an afternoon of great company and keep your brain sharp while you're at it!

Days: Thursdays  
Time: 11:45am-4pm  
Fee: \$1 Donation



## EXPERIENCED LINE DANCING

Already know the basic line dancing steps and terminology? Stay active and have fun while improving your line dance skills! A great opportunity for experienced line dancers! *Instructor: Dolly Urganhart.*

Days: Tuesdays & Wednesdays  
Time: 9-10:30am  
Fee: \$3 Donation

## INTERMEDIATE SPANISH

This class is designed for people wanting to learn Spanish in a relaxed atmosphere while simultaneously discovering Spanish art and culture firsthand. A wonderful reminder of the Spanish language and culture!

### Monday Class

Time: 3-4pm  
Fee: Donation  
*Instructor: Luis Salvaga-Toledo*

### Friday Class

Time: 1-2pm  
Fee: Donation  
*Instructor: Armando Rodriguez*

**Hola!**

## MAHJONG

Mahjong is a game of Chinese origin usually played by four persons with 144 domino-like pieces or tiles. This is a great activity to challenge your mind while having fun at the same time.

Days: Wednesdays  
Time: Noon-4pm  
Fee: Donation



### MIXED ART MEDIA WORKSHOP

Explore exciting mixed-media techniques in an encouraging environment for artists of all skill levels. With new projects and techniques throughout the year, you'll continue to learn and enjoy creating.

Days: Mondays  
Time: 1:30-3:30pm  
Fee: FREE

### QIGONG

Qigong is an ancient Chinese system that integrates gentle movement, breathing techniques and focused intention. Each class will include practice of gentle warm-up and flow movements, breathing techniques, visualization and meditation to help cultivate energy for health maintenance, building stamina, connection with one's spirit, calming the mind and enhancing your quality of life. This is an introductory class for those who are new to Qigong as well as those who have some experience. *Instructor: Melanie Vasser.*

Days: Wednesdays  
Time: 2:30-3:30pm  
Fee: FREE

Day: Thursday  
Time: 1-2pm  
Fee: FREE

### SENIOR FITNESS

This low impact class is a fun way to move and promote positive energy while relieving stress. Get moving with a great group of people. *Instructor: Andrea Valmore.*

Days: Tuesdays & Thursdays  
Time: 10:45am-Noon  
Fee: FREE

### TAI CHI

This gentle Chinese exercise promotes physical, emotional, mental, and spiritual health. Learn how to move your body slowly, continuously and gracefully through the 24 positions while improving your breathing, flexibility, and preventing injuries. *Instructor: Joanne Stubblefield.*

#### Monday Class

Time: 2:30-4pm  
Fee: FREE

#### Thursday Classes

Times: 2:30-4pm & 5-6:30pm  
Fee: FREE



### T.O.P.S. (Taking Off Pounds Sensibly)

Are you ready to stop dieting? TOPS can help you reach your weight loss goals by providing you with the tools, information, support, and accountability you need to be successful.

Days: Thursdays  
Time: 9-10am  
Fee: \$32/year

### WATERCOLOR & MIXED MEDIA

Interested in getting in touch with your artistic side? This is a great class for both beginning and experienced artists with a great instructor available to assist your creativity. *Instructor: Judith Selby.*

Days: Thursdays  
Time: 1-3:30pm  
Fee: FREE



### WOMEN'S HEALTH

Topics of discussion in this group include sharing ways to create a balanced lifestyle, identifying habits for healthy living, identifying and working with stress, identifying ways to bring in more joy and a positive outlook, sharing ideas that inspire each other and relaxing and laughing together. *Instructor: Maria Gonzalez-Blue.*

Days: Tuesdays  
Time: 2-3:40pm  
Fee: FREE

### WRITERS WORKSHOP

Creative writing shared in a supportive group setting, including poetry, fiction, non-fiction, spoken memories and stories we want to pass along.

Days: Fridays  
Time: 1-2:30pm  
Fee: \$1 Donation

### ZUMBA GOLD

This invigorating, community oriented dance-fitness class provides low impact moves and easy-to-follow pacing for older adults who love a healthy and active lifestyle. Dance yourself into shape with dance moves inspired by the mambo, cha cha, salsa, belly dance, and more! *Instructor: Gale Davis.*

Days: Wednesdays  
Time: 11-Noon  
Fee: FREE

# FREE SERVICES AT THE SENIOR CENTER

## MONDAY

### SONOMA COUNTY LEGAL AID

Day: 1st & 3rd Mondays | Time: 9:30am-2pm  
Call the Sonoma County Elder Law Hotline @ 707-340-5610 to make an appointment.

### BLOOD PRESSURE CLINIC

Day: 2nd & 4th Mondays | Time: 11am-1pm  
No appointment necessary.

## TUESDAY



### LEGAL ADVICE

Day: 1st Tuesday | Time: 10-11am  
Call the Senior Center front desk @ 707-585-6780 to make an appointment.

## WEDNESDAY

### VETERANS AFFAIRS SERVICES

Day: 2nd Wednesday | Time: 1-3pm  
Call the Senior Center front desk @ 707-585-6780 to make an appointment.

## THURSDAY

### HICAP COUNSELING SERVICES

Day: 4th Thursday | Time: 9:15am-12:15pm  
Call 1-800-434-0222 to make an appointment.

### DISABILITY SERVICES & LEGAL CENTER ASSISTANCE

Day: Thursday, March 16 | Time: 1-3pm  
Call the Senior Center front desk @ 707-585-6780 to make an appointment.

### LEGAL ADVICE

Day: 1st Thursday | Time: 2-3pm  
Call the Senior Center front desk @ 707-585-6780 to make an appointment.

## FRIDAY

### TAX CLINIC

Day: Every Friday from Feb 3-April 14  
Time: Sign-in begins at 8:30am  
*Sign-in closes at Noon*  
*No appointment necessary.*  
Visit or call the Senior Center front desk at 707-585-6780 for more information.



## SENIOR CENTER LUNCHEONS SPONSORED BY THE COUNCIL ON AGING

### HOLIDAY LUNCHEON

Date: Wednesday, December 21  
Time: 11:30am-1pm  
Fee: Suggested ticket price of \$5/each  
*\*Tickets must be purchased by Friday, December 16*

### VALENTINE'S DAY LUNCHEON

Date: Tuesday, February 14  
Time: 11:30am-1pm  
Fee: Suggested ticket price of \$5/each  
*\*Tickets must be purchased by Thursday, February 9*

### ST. PATRICK'S DAY LUNCHEON

Date: Friday, March 17  
Time: Noon-1pm  
Fee: Suggested ticket price of \$5/each

### SPRING HAS SPRUNG LUNCHEON

Date: Tuesday, April 11  
Time: Noon-1pm  
Fee: Suggested ticket price of \$5/each

**ALL TICKETS CAN BE PURCHASED AT  
THE SENIOR CENTER FRONT DESK**

## SENIOR TRANSPORTATION PROGRAM

Our mini-bus transportation service is available in the mornings for seniors residing in Rohnert Park, Cotati, and Penngrove. Monday-Friday the bus is available for medical appointments, shopping, banking, or other personal needs in the Rohnert Park area. On Thursday Mornings, there is also a bus that goes to Santa Rosa for medical, DMV or Social Security appointments only. For an application and information packet please stop by the Senior Center at 6800 Hunter Drive, Rohnert Park, or call 707-585-6780.

Fees: \$7.00 round trip in Rohnert Park  
\$10.00 round trip to Santa Rosa  
\$2.00 surcharge if you're the only passenger going to Santa Rosa.

*\*Payable to the driver upon boarding the bus.*



## SPECIAL COURSES & SEMINARS

### A MATTER OF BALANCE: MANAGING CONCERNS ABOUT FALLS

One in three people 65 and older will fall each year. The Good News: falls are NOT a normal part of aging and the Senior Center is hosting a balance class this winter! This eight session course, two hours each session, is for seniors whose fear of falling limits their social and physical activity and for those who may not have fallen but want to be proactive in addressing the risk of falling.

Days: Tuesday  
Date: Jan 10-Feb 28  
Time: 3-5pm  
Space is limited! No fee required.

To enroll, call A Matter of Balance Coordinator, Dana Jacoby at 707-565-5936.



### AARP DRIVER SAFETY COURSES

AARP offers an 8-hour Driver Safety course given in two 4-hour sessions on two different days. The course is designed for drivers 50 years of age and older. Auto insurance discounts may be available upon completion for those over age 55.

Days: Friday  
Date: April 21 & April 28\*  
Time: 9am-1pm  
Fee: \$15 for AARP Members | \$20 for Non-AARP Members  
*Paid to the instructor on course date.*

Registration is required. To register call the Senior Center front desk at 707-585-6780.

*\*Must attend both days to complete course.*

## LEARN A THING OR TWO *Register Today*

### SEMINAR: "BLINDING FLASH OF THE OBVIOUS"

This seminar presents an eye-opening look at the latest research on how our brains conform to the messages we give them. When we optimize those messages, our brains will literally rewire themselves again to create new, positive self-images of who we want to be. *Presenter: Steven Campbell.*

Days: Friday  
Date: Jan 6-27  
Time: 11am-Noon  
Fee: \$4/per session Senior Center Member | \$6/per session Non-Member. Can be purchased at the Senior Center front desk.



## AQUATASTIC Pool Schedule

The City of Rohnert Park offers a variety of ways to enjoy the pool including lap swim, recreation swim, swim lessons for all ages, camps, pool parties, and special events. Honeybee Pool is open all year round for lap swim. Enjoy swimming!

*Note: This schedule is subject to change. For the most up-to-date pool schedules go to [www.rpcommunityservices.org](http://www.rpcommunityservices.org)*

**HONEYBEE POOL** | 1170 Golf Course Dr. | 586-1413 | January through May 2017

| MON  | TUE  | WED  | THURS  | FRI  | SAT                        | SUN                        |
|--|--|--|--|--|----------------------------|----------------------------|
| Lap Swim<br>6-8am<br><i>(limited lanes)</i>    |  | Lap Swim<br>6-8am<br><i>(limited lanes)</i>    |  | Lap Swim<br>6-8am<br><i>(limited lanes)</i>    | Swim Team<br>8-10am        |                            |
| Lap Swim<br>11:30am-2:30pm                     | Lap Swim<br>11:30am-1:30pm | Lap Swim<br>11:30am-1:30pm |
| Swim Team<br>4-7:30 pm                         |                            |                            |
| Lap Swim<br><i>(limited lanes)</i><br>6:30-8pm |                            |                            |

### POOL FEES

#### LAP SWIM

Adult .....\$5.00  
 Senior Citizens (60+) ..... \$4.00  
 Disabled ..... \$4.00

### LAP SWIM MEMBERSHIPS!

Unlimited Lap Swimming is included in annual memberships at the Callinan Sports & Fitness Center. For as little as \$27 per month or \$16 per month for seniors you may join our state-of-the-art fitness center and swim laps at any of the city pools (as available). You will not find a better deal on fitness anywhere! For more information visit the Callinan Sports & Fitness Center pages of this guide or go to [www.callinansports.org](http://www.callinansports.org).

### PIRANHA SWIMMING

Make a splash and be part of a team. Piranha Swimming of Rohnert Park offers year-round instruction and training in competitive swimming for boys and girls age 5-18. Swimming promotes fitness and is a healthy lifetime activity; teaches goal orientation and self-improvement, and cultivates high self-esteem. Visit our website at [www.PiranhaSwimming.com](http://www.PiranhaSwimming.com) or call us at 524-4363.



**MAKE SOME WAVES**  
*Register Today*



## ROHNERT PARK *Facility Rental*

The City of Rohnert Park offers reservations for large and small groups at the Community Center, Burton Avenue Recreation Center and the Senior Center. Reservations are accepted up to one year in advance and summer dates book fast so reserve yours today. A rental guide is available with detailed information on each of the rooms, rental policies and procedures and a fee schedule. For information on any of our facilities, please call (707) 588-3456.

### COMMUNITY CENTER

5401 Snyder Lane

Conveniently located just a few blocks from Highway 101, the Community Center has a multitude of facilities that can easily accommodate up to 350 people. With a large commercial kitchen that includes industrial ovens, stove and grill top, complete refrigeration and dishwashing facilities, large counter tops and tables for food preparation as well as a built-in bar, this is an affordable and relaxed area to host your wedding reception, meeting, club function, or seminar.

### SENIOR CENTER

6800 Hunter Drive, Suite A

The Rohnert Park Senior Center accepts applications for use of the facility including a large activity room with built-in P.A. system and a smaller dining room. Rentals are available weekdays after 4pm and on weekends after 1pm.

### BURTON AVENUE RECREATION CENTER

7421 Burton Avenue

Burton Avenue Recreation Center is a great location for weddings, birthday and anniversary parties. The building holds a maximum of 200 people. The center boasts a large main hall, full kitchen, glassed veranda area, and back lawn.

### LADYBUG RECREATION CENTER

5204 Liman Way

The Ladybug Recreation Center offers a single small club room home to many weekly meetings. This space is perfect for a small meeting or gathering of up to 50 people. This space is reserved as an ongoing use facility and could be a perfect space for informal gatherings on a weekly or monthly basis.

### GOLD RIDGE RECREATION CENTER

1455 Golf Course Drive

The Gold Ridge Recreation Center is a small athletic facility available for small athletic events and classes. This space includes a stage, two basketball hoops and a multi-purpose vinyl floor good for a wide variety of uses.





# APRIL POOLS DAY!

Sat, April 8, 2016 | 2-5pm | Honeybee Pool

It's no joke! Kick off the summer in style with onsite registration for swim lessons, recreation summer camps, and fun galore.

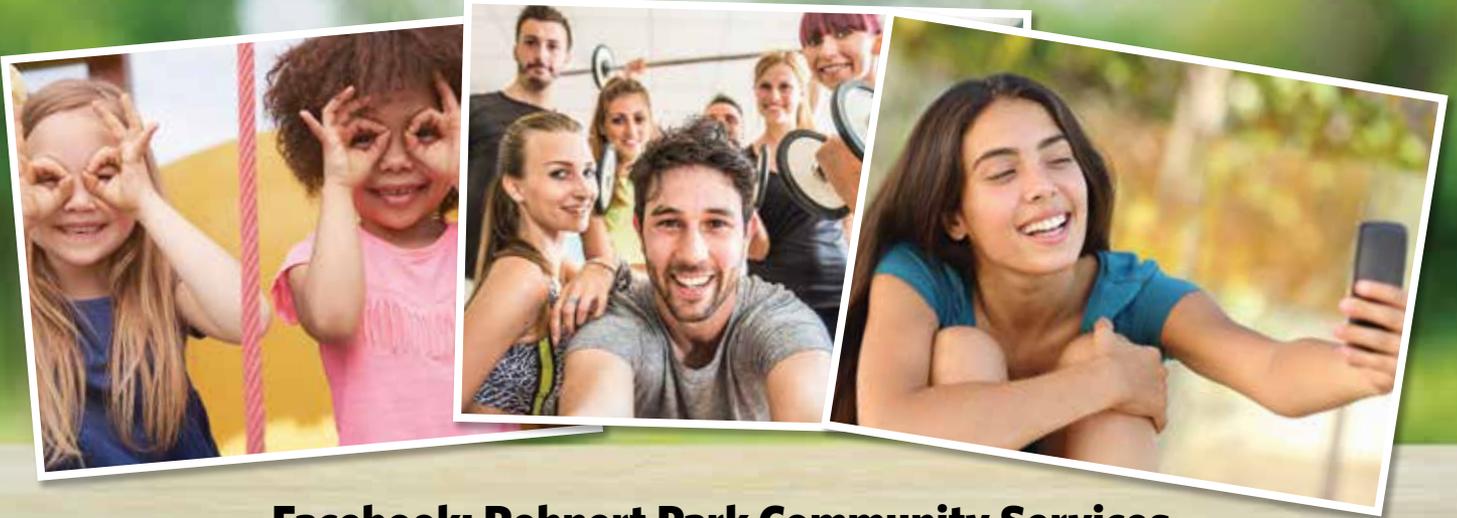
## FREE ACTIVITIES INCLUDE:

Water Safety Demonstrations | Arts & Crafts | Bounce House  
Giveaways | Food & Drinks | Music | *and of course, Swimming!*



## HAVE FUN. POST. REPEAT.

Connect with us via Social Media. Stay current on upcoming events and share your fun park experiences!



**Facebook: Rohnert Park Community Services**  
**Twitter: @RPRec | Instagram: @rp\_communityservices**

*This Summer*  
**HAVE FUN AT WORK**  
**SUMMER**  
*Jobs*

Join the Rohnert Park Community Services Department and help fulfill our mission to provide quality recreational programs and enjoyable use of public recreational facilities.

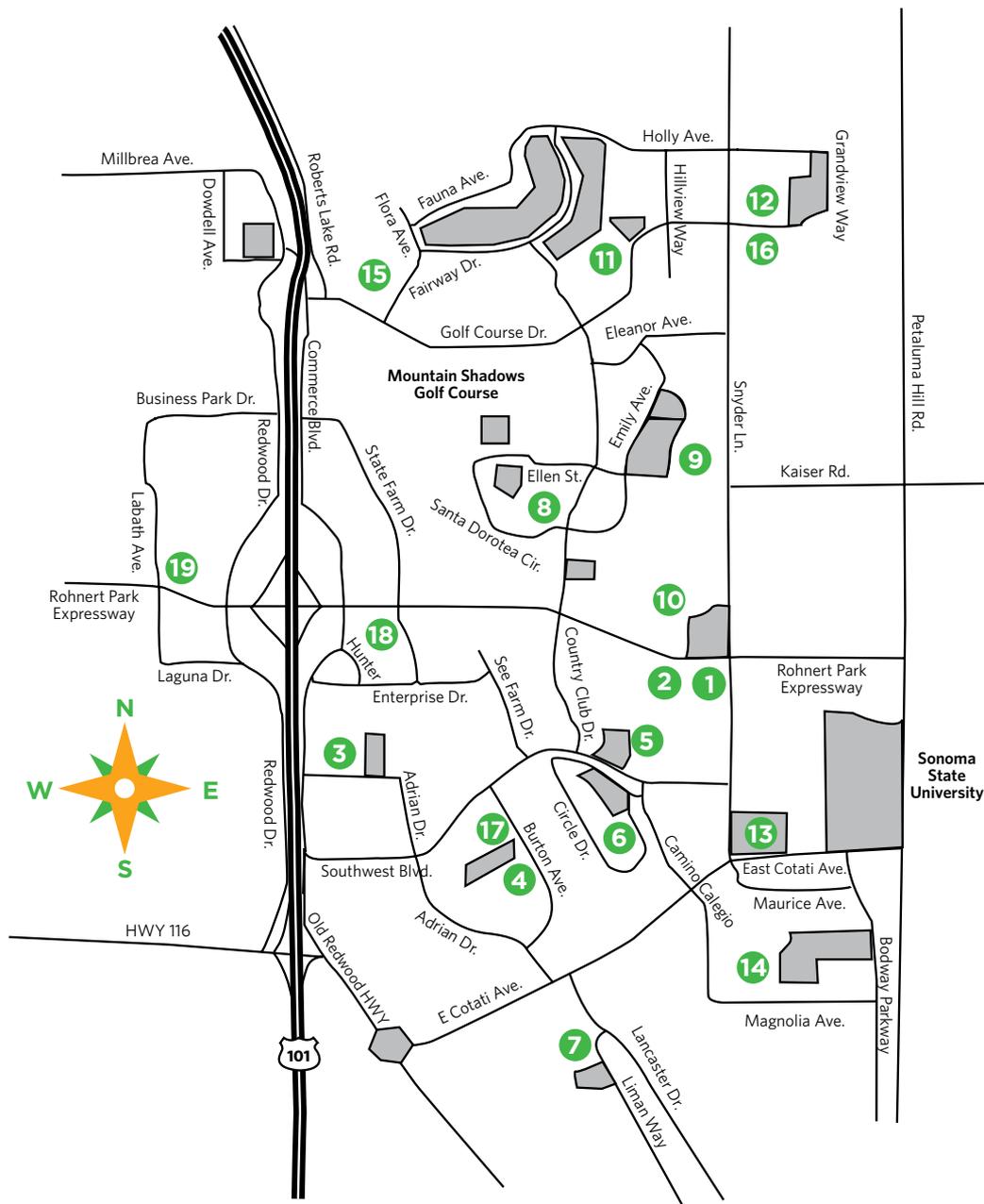
We are now hiring (and training) for the following positions:

**Certified Lifeguards | Swim Lesson Instructors | Summer Day Camp Leaders**



**FOR MORE INFO VISIT: [RPCITY.ORG](http://RPCITY.ORG) OR CALL US AT (707) 588-3456**

# PARKS & FACILITIES *Map*



**1. Community Center**

5401 Snyder Lane

**2. Callinan Sports & Fitness Center**

Sports Center  
5405 Snyder Lane

**3. Alicia Park**

300 Arlen, 5 acres

**4. Benicia Park & Pool**

7469 Bernice, 6 acres

**5. Colegio Vista Park**

Southwest Blvd., 3 acres

**6. Caterpillar Park**

7430 Circle Dr., 3 acres

**7. Ladybug Park**

8517 Liman Way, 5 acres

**8. Dorotea Park**

895 Santa Dorotea Circle, 6 acres

**9. Eagle Park**

1715 Emily, 10 acres

**10. Sunrise Park**

5201 Snyder Lane, 9 acres

**11. Honeybee Park & Pool**

1170 Golf Course Dr., 10.5 acres

**12. Golis Park**

1450 Golf Course Dr., 14 acres

**13. Rainbow Park**

1345 Rosanna, 2.68 acres

**14. Magnolia Park & Pool**

1401 Middlebrook, 13 acres

**15. Roberts Lake & Rohnert Bark Dog Park**

5010 Roberts Lake Road

**16. Gold Ridge Recreation Center**

1455 Golf Course Drive

**17. Burton Ave.  
Recreation Center**

7421 Burton Avenue

**18. Senior Center**

6800 Hunter Drive

**19. Shelter Park Dog Park**

301 J. Rogers Lane

# COMMUNITY *Contact List*

## AQUATICS:

Benicia Pool, 7469 Bernice.....795-7582  
 Honeybee Pool, 1170 Golf Course Drive.....586-1413  
 Magnolia Pool, 1501 Middlebrook Way.....795-8619  
 Rohnert Park Swim Club  
 (*Piranha Swimming*).....prianhaswimming.com

## ADULT SPORTS:

Redwood Empire Baseball (*Over 18*).....rebl.org  
 Rohnert Park Tennis Club and Team Tennis.....rptennisclub.net  
 Softball (*Men's, Co-ed*) Sports & Fitness Center.....588-3488  
 Sonoma County Adult Coed Soccer League.....scacsl.net

Rohnert Park Women's Low Key Softball League  
 wix.com/rpssoftball/rpwlks

Rohnert Park Adult Sports (*basketball, flag football*)  
 rohnertparkadultsports.com

## YOUTH SPORTS:

Cal Ripken/Babe Ruth Baseball (*4½-18*).....calripken.org  
 CYO Basketball.....northbaycyo.org  
 Rohnert Park Warriors Football and Cheer.....rpwarriors.org  
 Rancho Cotati Lacrosse Club.....rancholax.org  
 Rohnert Park Soccer Club (*Youth/Teen*).....rpsoccerclub.org  
 Apache Soccer Club (*Indoor Soccer*).....apachefutsal.com

Rohnert Park Girls Softball Association (*ages 5-18*)  
 www.rpgsa.com

## COMMUNITY GROUPS:

Boys and Girls Club, 7450 Santa Barbara Drive.....795-0139  
 Chess for Kids (*Jolie Cook*).....chessclubforkids.com  
 Community Band.....rohnertparkcommunityband.org  
 Community Chorale (*Karen Ball - Director*).....293-6108  
 Boy Scouts of America Council Office.....redwoodbsa.org  
 Girl Scouts of Northern California.....gsnorcal.org

Community Organic Garden  
 rpcommunityorganicgarden@gmail.com

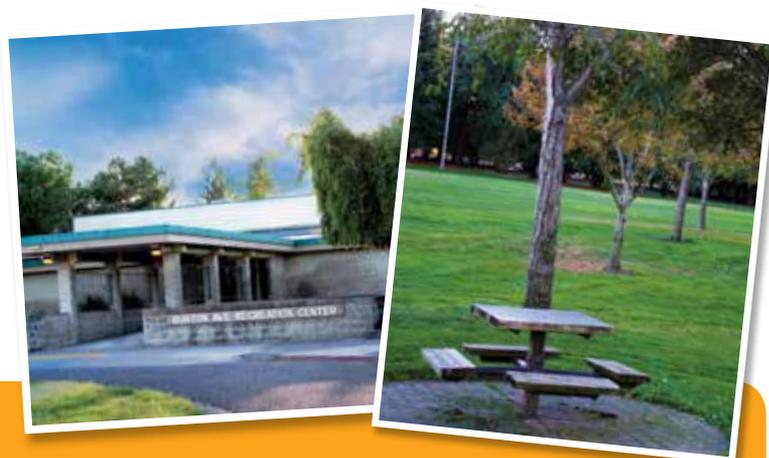
## CITY SERVICES:

CALLINAN SPORTS AND FITNESS CENTER.....588-3488  
 City Field Conditions.....rpcommunityservices.org  
 CITY HALL, 130 Avram Ave. ....rpcity.org | 588-2226  
 GOLF - Foxtail Golf Resort  
 100 Golf Course Dr.....playfoxtail.com  
 Tee Reservations.....584-7766  
 Banquet/Party Information.....238-5318  
 PERFORMING ARTS CENTER  
 5409 Snyder Lane.....spreckelsonline.com  
 Box Office.....588-3400  
 Business Office.....588-3434  
 ROHNERT PARK ANIMAL SHELTER  
 301 J. Rogers Lane.....584-1582  
 ROHNERT PARK COMMUNITY CENTER (*Main Office*)  
 rpcommunityservices.org.....588-3456  
 ROHNERT PARK LIBRARY  
 6250 Lynne Conde Way.....584-9121  
 ROHNERT PARK SENIOR CENTER 6800 Hunter Drive, Suite A  
 .....rpcommunityservices.org | 585-6780  
 Sweet Pea Gift Shoppe.....585-6786  
 Senior Dining Site.....585-6787  
 Senior Transportation Program.....585-6780

## OTHER SERVICES:

Rohnert Park Family Resource Center.....793-9030  
 Redwood Empire Food Bank.....523-7900  
 Neighbors Organized Against Hunger  
 (*NOAH Food Pantry*).....548-6624

Chamber of Commerce, 101 Golf Course Dr., #C-7  
 584-1415 | rohnertparkchamber.org



## COMMUNITY SERVICES STAFF:

John McArthur.....Community Services Director  
 Nelle Herman.....Community Services Supervisor  
 Chris Morgan.....Community Services Coordinator  
 Lindsay Gallardo...Part-Time Community Service Coordinator  
 Hannah Deeter.....Community Services Coordinator  
 Aidan Humrich.....Office Assistant

## COMMUNITY SERVICES DEPARTMENT OFFICE HOURS

8am-5pm | Monday - Friday  
 The Community Center is located at 5401 Snyder Lane

# Spreckels

Performing Arts Center

*Always the Best*

**PETER & THE STARCATCHER**  
**NOVEMBER 25- DECEMBER 18**

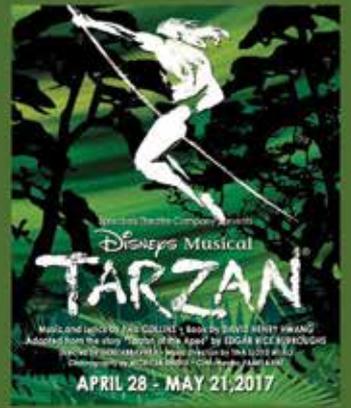
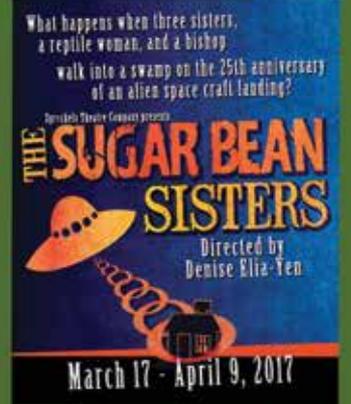
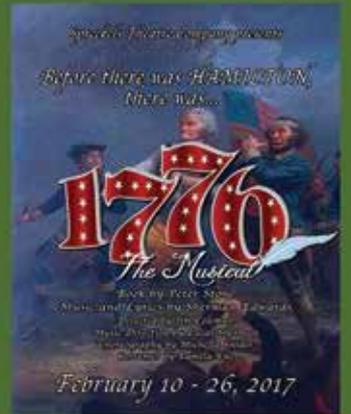
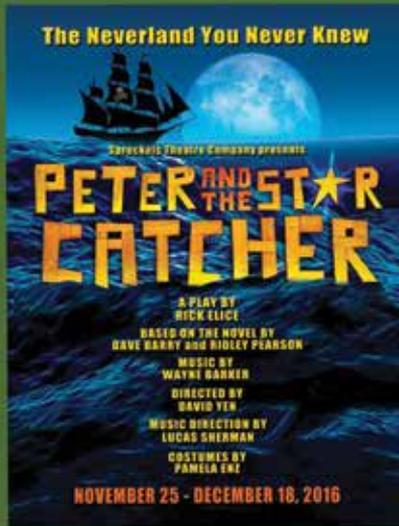
**HOLLY JOLLY HOLIDAY MOVIES**  
**DECEMBER 10TH, 2016**  
**WHITE CHRISTMAS AT 1PM**  
**POLAR EXPRESS AT 4PM**

**1776, THE MUSICAL**  
**FEBRUARY 10 - 26, 2017**

**THE SUGAR BEAN SISTERS**  
**MARCH 17- APRIL 9, 2017**

**TARZAN**  
**APRIL 28 - MAY 21, 2017**

**SPRECKELS PERFORMING ARTS CENTER**  
**5409 SNYDER LANE ROHNERT PARK**  
**BOX OFFICE: 707-588-3400**  
**SPRECKELSONLINE.COM**



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**City of Rohnert Park**  
 Community Services Department  
 5401 Snyder Lane  
 Rohnert Park, CA 94928

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