



BEGINNING BIRD WATCHING

(AGE 50+) 1 DAY

Come discover the wide, wonderful world of our avian friends. Spring and summer are exciting times to view **nesting** bird species. Join us for fun and discover your natural world. Be sure to bring binoculars, water, snack and dress comfortably. We will meet by the concession stand at Spring Lake. Directions will be on your confirmation receipt. Min 8 Max 20

Instructor: Dave LaCasse is an avid bird watcher with over 50 years of experience in the field and classroom.

Sat, 5/12

8:30-11:00am

Spring Lake Lagoon

\$32 (S.R. Resident \$22)

#62446



Red Breast Bird



GENERAL PHOTOGRAPHY

(AGE 50+) 2 DAYS

How to Create Your Best Pictures

Learn your camera controls, functions (what do all those dials do?) for both manual & automatic cameras. Learn why your images are not coming out the way you would like them to look. Learn how to improve your images, lens choices, ways of saving some money on your photography and, data transfer. Bring any questions you might have about how to operate your camera and how to improve your images. Please bring paper, pen, camera, laptop computer if you have one.

Min 8 Max 12

Instructor: Owen Scott Shirwo has been a Professional Photographer for over 30 years in Chicago, LA & Northern California. He has worked in Commercial, Product, Portrait, Event, Public Relations, Food and Architecture Photography. His work experience includes film and digital media, black & white, color and all equipment from 35 MM to 8x10 view cameras. He has taught photography in both classroom and location settings.

Sat, 5/5 & 5/12

10:00-12:00pm

Finley/Maple Rm

\$48 (S.R. Resident \$38)

#62485



Improve the Look of Your Image

Sat, 6/16 & 6/23

10:00-12:00pm

Finley/Maple Rm

\$48 (S.R. Resident \$38)

#62486

Active Adults 50 +

Classes

T'AI CHI CH'UAN FOR SENIORS (AGE 50+)

T'ai Chi Ch'uan is an ancient Chinese method of physical and spiritual cultivation. This slow movement, low impact practice is a gentle, enjoyable way for anyone to promote physical and mental health. Benefits can include improved cardio-vascular fitness, healthy blood pressure and management of chronic pain. So join our next T'ai Chi class in your comfortable, loose-fitting clothing and see what it can do for you! Min 12 Max 25

Instructor: Nadine Giovannini, over 4 yrs Tai Chi experience, assistant Tai Chi instructor at the Bennett Valley Senior Center, trained with long time (over 35 yrs) T'ai Chi Ch'uan instructor Steven Rose.



T'ai Chi Ch'uan

FELDENKRAIS/ANAT BANIEL METHOD (SM): TRANSFORMATIONAL MOVEMENT LESSONS (SM) (AGE 18+)

Discover how movement communicates with the brain, builds new brain connections, overcomes aches and pains, increases strength, flexibility and energy; enhances mental clarity and concentration, increasing your sense of vitality. "I always leave this class feeling renewed from the deep relaxation that comes with listening to my body ... gently and without effort, my body learns how to be in the world." Wear warm, loose fitting clothing, bring a towel for extra comfort. Min 12 Max 20
Instructors: Jan Peterson, physical therapist, a Guild Certified Feldenkrais and ABM practitioner. Celest Connor, RN, Anat Baniel Practitioner.



Yoga for Every Body

YOGA FOR EVERY BODY (AGE 18+)

This class adapts practice to suit each person's condition, experience and needs. It incorporates gentle movements, postures, and relaxation techniques to increase strength and flexibility, improve posture, and provide a sense of vitality, well being and deep tranquility. Min 10 Max 20

Instructor: Kathleen Miller

AARP DRIVER SAFETY PROGRAM (AGE 50+)

Driver safety classes conducted by AARP instructors teach safe driving techniques to help drivers 55 and older compensate for the effects of aging. A two-day 8-hour class is offered for drivers who have not taken the class before. A 4 1/2 hour renewal class is available to drivers who have taken the class within the last four years. Auto insurance discounts are available upon completion of the class. To maintain the discount, the class must be repeated every three years. Due to the popularity of these classes, if you sign up and are not able to attend, please let us know. AARP members must bring their membership card to class for proof of lower enrollment. This course includes a \$3 City of Santa Rosa administrative fee. **Class is located at: CHOPS, 509 Adams Street, Santa Rosa.** Min 20 Max 30

BRAIN GAIN

(AGE 16+) 1 DAY

Build the brain with movement games. Forget the hard stuff, we're here to have fun. Designed for all ages to help improve concentration and ability to focus, this class will increase your memory and improve math skills too! As your eye-hand coordination improves so will your self confidence and esteem. Sound impossible? All you have to do is play the games. Brain Power games are done with sand filled bags and racquetballs. A \$15 material fee will be collected by the instructor in class to purchase these items. Exact change would be appreciated. This is really easy and the benefits are astonishing! Min 6 Max 15

Instructor: Cate Thomas is a Movement Educator, specializing in Transformative Somatic Education and Human Development. She is a certified Feldenkrais teacher for 25 yrs & Bones For Life teacher for 14 yrs. She also holds a Masters in Fine Arts and Dance with a Special Education focus.



BONES FOR LIFE

(AGE 18+) 4 WEEKS

Naturally regenerate your bones with easy, enjoyable movement while in a chair. Increase bone density, reduce the risk of osteoporosis, and feel more vital and alive! These dynamic, harmonious exercises work with the principals of pressure and weight-bearing to produce stronger and healthier bones. Learn in this fun, relaxing process to increase your flexibility and stability, while improving your posture. If you are young, this is an investment in your future. If you are mature, this is a must! Min 8 Max 12

Instructor: Cate Thomas is a Movement Educator, specializing in Transformative Somatic Education and Human Development. She is a certified Feldenkrais teacher for 25 yrs & Bones For Life teacher for 14 yrs. She also holds a Masters in Fine Arts and Dance with a Special Education focus.

Active Adults 50 + Classes

Course	Barcode	Location	Age	Day	Date	Time	Instructor
T'ai Chi Ch'uan for Seniors - Class fee is \$38 (S.R. Resident \$28)							Nadine Giovannini
(5 Weeks)	61283	Steele Lane/Dohn Rm	50+	Tue	2/21-3/20	11:00-12:00pm	
(5 Weeks)	61284	Steele Lane/Dohn Rm	50+	Tue	3/27-4/24	11:00-12:00pm	
(5 Weeks)	61285	Steele Lane/Dohn Rm	50+	Tue	5/1-5/29	11:00-12:00pm	
(5 Weeks)	61286	Steele Lane/Dohn Rm	50+	Tue	6/5-7/3	11:00-12:00pm	
(5 Weeks)	61287	Steele Lane/Dohn Rm	50+	Tue	7/10-8/7	11:00-12:00pm	
Feldenkrais/ABM Transformational Movement - Class fee is \$41 (S.R. Resident \$31)							Jan Peterson
(4 Weeks)	61297	Steele Lane/Hub Rm	18+	Fri	2/24-3/16	11:00-12:00pm	
(4 Weeks)	61298	Steele Lane/Hub Rm	18+	Fri	3/30-4/20	11:00-12:00pm	
(4 Weeks)	61299	Steele Lane/Hub Rm	18+	Fri	5/4-5/25	11:00-12:00pm	
(4 Weeks)	61300	Steele Lane/Hub Rm	18+	Fri	6/8-6/29	11:00-12:00pm	
(4 Weeks)	62241	Steele Lane/Hub Rm	18+	Fri	7/13-8/3	11:00-12:00pm	
Yoga For Every Body - Class fee is \$50 (SR. Resident \$40)							Kathleen Miller
(4 Weeks)	61184	Steele Lane/Dohn Rm	18+	Mon	2/27-3/19	9:00-10:15am	
(4 Weeks)	61185	Steele Lane/Dohn Rm	18+	Mon	3/26-4/16	9:00-10:15am	
(4 Weeks)	61186	Steele Lane/Dohn Rm	18+	Mon	4/30-5/21	9:00-10:15am	
(4 Weeks)	61187	Steele Lane/Dohn Rm	18+	Mon	*6/4-7/2	9:00-10:15am	*No 6/25
(4 Weeks)	61188	Steele Lane/Dohn Rm	18+	Mon	7/9-7/30	9:00-10:15am	
(4 Weeks)	61199	Steele Lane/DeMeo Rm	18+	Fri	2/24-3/16	9:30-10:45am	
(4 Weeks)	61200	Steele Lane/DeMeo Rm	18+	Fri	3/30-4/20	9:30-10:45am	
(4 Weeks)	61201	Steele Lane/DeMeo Rm	18+	Fri	5/4-5/25	9:30-10:45am	
(4 Weeks)	61202	Steele Lane/DeMeo Rm	18+	Fri	*6/8-7/6	9:30-10:45am	*No 6/29
(4 Weeks)	61203	Steele Lane/DeMeo Rm	18+	Fri	7/13-8/3	9:30-10:45am	
Brain Gain - Class fee is \$36 (S.R. Resident \$26)							Catherine Thomas
(1 Day)	62415	Finley/Maple Rm	18+	Thu	3/8	6:00-7:30pm	
Bones for Life - Class fee is \$51 (S.R. Resident \$41)							Catherine Thomas
(4 Weeks)	62417	Finley/Maple Rm	18+	Tue	3/27-4/17	3:30-5:00pm	
(4 Weeks)	62418	Finley/Maple Rm	18+	Tue	6/5-6/26	3:30-5:00pm	
AARP Driver Safety Program - ** Class Fee is \$17 (AARP Members \$15)							AARP Volunteer
(1 day)	59737	Senior Ctr - Refresher	55+	Sat	2/11	9:00-1:30pm	
(2 days)	61905	CHOPS	55+	Tu/Th	3/20, 3/22	9:30-2:00pm	
(1 day)	61907	CHOPS - Refresher	55+	Tu	4/10	9:30-2:00pm	
(2 days)	61908	CHOPS	55+	Tu/Th	5/8, 5/10	9:30-2:00pm	
(2 days)	61909	CHOPS	55+	Tu/Th	6/12, 6/14	9:30-2:00pm	
(1 day)	61910	CHOPS - Refresher	55+	Tu	7/10	9:30-2:00pm	
(1 day)	61911	Senior Ctr - Refresher	55+	Sat	4/7	9:00-1:30pm	
(1 day)	61912	Senior Ctr - Refresher	55+	Sat	6/9	9:00-1:30pm	
(1 day)	61913	Senior Ctr - Refresher	55+	Sat	8/4	9:00-1:30pm	

**This course includes a City of Santa Rosa \$3 administrative fee. CHOPS is located at 509 Adams, Santa Rosa
Bennett Valley Senior Center, 704 Bennett Valley Road, Santa Rosa

For "Using Poles to Achieve & Maintain Mobility" class, see page 140.

Active Adults 50 + Classes



USING POLES TO ACHIEVE & MAINTAIN MOBILITY (AGE 50+) 1 DAY

Improve your balance, endurance, posture, walking gait & strength ... and feel taller! Easy-to-learn techniques & gentle movements help you move confidently and navigate everyday obstacles to enhance your mobility experience. This class is for those with mild to moderate mobility challenges and Jayah will help you find the poles that fit you best. People with MS, Parkinson's, arthritis or aging joints find these skills invaluable for maintaining their quality of life and this class is ideal for someone facing or recovering from a joint replacement. Top-quality poles are provided. [People using a walker, please contact the instructor before registering:](#) Seminar@AdventureBuddies.net or (415) 699-3333. Min 8 Max 15

Instructor: Jayah Faye Paley, ACE & AFAA Certified Personal Trainer, Educator & Mobility Coach creator of the only comprehensive training available on how to use poles to achieve, maintain, even regain mobility. Her company, AdventureBuddies, founded in 1995, focuses on helping people learn how to more completely enjoy the outdoors.

Thu, 3/22
1:00-4:00pm
Bennett Valley Senior Center/Rm 19
\$39 (S.R. Resident \$29)
#62495

Thu, 7/19
1:00-4:00pm
Bennett Valley Senior Center/Rm 19
\$39 (S.R. Resident \$29)
#62496



Achieve Mobility with Poles!

LIVE YOUR SENIOR MOMENT ...

Archery		Soccer
Basketball		Softball
Bocce Ball		Square Dancing
Cycling		Tennis
Golf		Swimming
Pickle Ball		Table Tennis
10 K Run		5 K Walk

SPORTING EVENTS FOR ATHLETES 50+

SONOMA WINE COUNTRY Senior Games
Feel the moment

May 31—June 10, 2012

A wellness and lifestyle program brought to you by:

REGISTER JANUARY 1—MAY 1
winecountrygames.com
(707) 525-0143 x 146

ACTIVE ADULTS, 50 OR BETTER

Whether you're a quintagenarian or a centenarian, or somewhere in between, you're more than welcome to enjoy the wide variety of activities we offer our Active Adults, 50 or Better! These programs are generally "drop-in" by nature, meaning you're welcome any time. We have activities designed to stimulate your body, mind and soul. As well as scheduled activities, there are special events and timely seminars throughout the year. You can keep on top of the latest news by becoming a Member. MEMBERSHIP isn't required to attend any of our activities, but DOES HAVE IT'S REWARDS! For \$24/year (Individual) \$40/yr (Couples) per year, you receive a photo ID card, monthly newsletter mailed directly to your home and discounts on a variety of activities throughout the year! When you sign up, give us your birthdate, and you'll be a Flighty 50, Sexy 60, Sassy 70, Awesome 80, or Nifty 90! (By the way, membership is FREE to all Nifty 90s!) Drop by either of our two community centers and see for yourself.

Recreation - The Benefits Are Ageless!

FREE MONTHLY CLINICS at the Bennett Valley Center

Allergy Screening
Blood Pressure
Hearing/Hearing Aid Screening
Legal Aid Clinic

We have a new (free) clinic.
Kaiser Senior Advantage
1st & 3rd Wednesdays
9:30am-11:30am / Room 11

FREE – No appt. necessary

Bennett Valley Senior Center LEISURE ROOM

A great place to socialize, pick up a game of cards, a game of 8 or 9-ball (three tables), enjoy coffee and conversation or simply people watch! Open 9:00am to 5:00pm daily.

Minimal charge for playing pool.

NEED A SPACE?

Planning a party, meeting
or gathering?
The Bennett Valley Center
has rooms available for rent.

Call 545-8608
for more information

**We are now
a safe
medicine
drop-off site!**



Bennett Valley Senior Center

704 Bennett Valley Road
545-8608; FAX 545-8622
Mon-Fri, 8:30am-5pm

Bus Route #5, #18

Finley Community Center

2060 W College Ave
543-3737; FAX 543-3736
Mon - Fri, 8am - 7pm
Sat, 9am - 1pm

Bus Route #3, #6, #15

California Cafe Open

Bennett Valley Senior Center - California Room / 5 Days a week / Lunch served at 11:30am

Lunch is served 5 days at the Bennett Valley Senior Center, courtesy of the Council on Aging Congregate Meal Program. Enjoy a hot, delicious and nutritious meal with your friends or meet new friends. After lunch, stay for your favorite afternoon activity. Reservations are required at least 24 hours in advance. Call (707) 545-8608 to schedule your luncheon. Review the monthly calendar in your monthly newsletter or on the bulletin boards at the community centers. A \$4.00 donation is suggested. Adults 60 or better are welcome.

BRUNCH on Fridays is freshly prepared

All Community Centers closed: New Years Day, Martin Luther King Day,
Presidents' Day, Memorial Day, Independence Day, Labor Day, Veterans Day,
Thanksgiving Day, day after Thanksgiving and Christmas Day.

Active Adults 50 +

Drop-In Programs

Indulge Your Passion

Bingo

Mon & Fri, 12:30pm - 3:30pm, \$2.00
(Social time: 11:30am - 12:30pm)
Sr. Center, Rm 19

Pinochle

Mon, 12pm - 4pm, \$2.00
Finley Center, Maple Rm

Wed, 12:30pm - 4pm, \$2.00
Senior Center, Rm 18

Fri, 12:30pm - 4pm, \$2.00
Senior Center, Rm 18

Bridge, Beginning

Bidding, Play of the Hand, & Defense
Tue, 10am - 1pm, \$2.00
Senior Center, Rm 16

Bridge, Duplicate

Mon, 12:30pm - 4:00pm, \$4.00
Finley, Cypress Rm

Bridge, Experienced

Tue, Fri, 12:30pm - 4pm, \$2.00
Senior Center, Tue, Rm 18 / Fri, Rm 17

Senior Bridge

Thu, 12:30pm - 4pm, \$2.00
Senior Center, Rm 18

Party Bridge

Mon, 1pm - 4pm, \$2.00
Senior Center, Rm 16

Whist

Thur, 1pm - 4pm, \$2.00
Senior Center, Rm 18A

Pedro

Tue, 1pm - 3pm, \$2.00
Senior Center, Rm 17

Pocket Billiards

Ladies Beginning Pool
Wed, 9am - 12pm, \$2.00
Senior Center, Rm 13

Stimulate Your Mind

History

Mon, 10:30am - 12pm, \$2.00
Senior Center, Rm 18

Scrabble

Wed, 1pm - 4pm, \$2.00
Senior Center

Stimulate Your Mind

Senior Discussion Group

Wed, 10am - 11:30am, \$2.00
Senior Center, Rm 18

Chinese Mah Jong

Wed, 12:45pm-3:30pm, \$2.00
Senior Center, Calif. Rm

Thursday Morning Motivations

2nd Thu, 10:30am - 11:30am
Senior Center, Rm 16

Exercise Your Body

Better Balance

Tues, 10:30am to 11:30am, \$4.00
Senior Center, Rm 18

Tai Chi

Mon, 8:45am - 9:50am, \$4.00
Senior Center, Calif. Rm

Rosen Method of Movement

Wed, \$7.00
8:30am - 9:30am, Senior Ctr., Rm 18

Morning Exercise

Mon, Wed & Fri, \$2.00
10am - 11am, Senior Ctr.
Mon & Fri, Calif. Rm. / Wed, Rm 19

Zumba (Gold) (For all Ages!)

Tue & Thu, 2pm-3pm, \$7.00
Senior Center, Rm 19

Stretch & Bend

Tue & Thu, 10am - 11am, \$3.00
Senior Center, Rm 18

Beginning Line Dancing

Mon, 9:30am-10am, \$2.00
Senior Center, Rm 19

Line Dancing

Mon, 10am-11am, \$2.00
Senior Center, Rm 19

Line Dancing

Fri, 9:30am-10:30am, \$2.00
Senior Center, Rm 19
Wed, 11:15am-12:15pm, \$2.00
Senior Center, Rm 19

Ballroom Dances

Fri, 1:00-4:00pm, \$7.00
Finley Center, E. Person Aud.

Ping Pong

Wed, 1:30pm-4:30pm, \$2.00
Senior Center, Rm 19

Wii Games

Thu, 8:30am-11:00am, \$2.00
Senior Center, Calif. Rm

Hatha Yoga

Fri, 10:30am-11:30am, \$4.00
Senior Center, Rm 18

New!

Enlighten Your Spirit

Beginning Conversational Spanish

Tue, 9:30am-11:00am, \$2.00
Senior Center, Calif. Rm

Intermediate

Conversational Spanish

Tue, 9:30am-11:00am, \$2.00
Senior Center, Rm 17

Advanced

Beginning Spanish

Tue, 11:00am-12:30pm, \$2.00
Senior Center, Rm 17

Advanced

Conversational Spanish

Tue, 11:00am-12:30pm, \$2.00
Senior Center, Rm 11

Choral Group - Silver Singers

Thu, 10am - 11:30am, \$2.00
Senior Center, Rm 19

Express Your Creativity

Needlecraft

Mon, 1pm-2:30pm, \$2.00
Senior Center, Calif. Rm

Photography

1st & 2nd Tue of the month
2pm - 4pm, \$2.00
Field Trip - 4th week
Senior Center, Rm 18

Painting/Watercolor*

Wed & Thu, 1:30pm - 4:30pm, \$2.00
Senior Center, Rm 16

Creative Writing/Autobiography

Fri, 9am - 12pm, \$2.00
Senior Center, Rm 16

Painting/Watercolor*

Fri, 12:15pm - 3pm, \$2.00
Senior Center, Rm 16

Painting/Watercolor II*

Fri, 3:15pm - 5pm, \$2.00
Senior Center, Rm 16

Ukulele

Wed, 1pm-2:30pm, \$2.00
Senior Center, Rm 17

New!

*Plus additional fee to instructor

Active Adults 50+ Special Events

Learn to Ride the Bus!

Learn all about **Santa Rosa CityBus**
Trip Planning, Fares & Routes!

April 9	Barcode #59311
May 14	Barcode #59312
June 11	Barcode #59314
July 9	Barcode #59315
Aug 13	Barcode #59317
Sept 10	Barcode #59328
Oct 8	Barcode #59329

Classes take place at the
Bennett Valley Senior Center
704 Bennett Valley Road, Santa Rosa

Sign up for this fun class today!
707-545-8608



DROP-IN WEIGHT ROOM Bennett Valley Senior Center

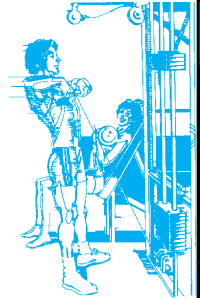
Monday through Friday: 9:00am - 5:00pm
Monday, Wednesday and Friday: 5:00pm - 7:00pm

Adults 18+ (13-17years old with adult supervision)

\$18.00 — 6 Visit Pass
\$30.00 — 12 Visit Pass
\$45.00 — 20 Visit Pass

Adults 50+ with current membership:

\$12.00 — 6 Visit Pass
\$18.00 — 12 Visit Pass
\$25.00 — 20 Visit Pass



Please buy passes at the front desk of the Senior Center before participating in the drop-in program.

ANNUAL HEALTH & WELLNESS FAIR

After enjoying our hearty pancake breakfast, tour the rest of the Bennett Valley Senior Center and visit the 50+ groups such as Council on Aging, Mobility Masters, etc. who will be displaying their information. There will be health screenings for hearing, blood pressure, and fall prevention information as well as several demonstrations and presentations from 9am to 12pm. Admission to the health fair is FREE and open to the public. There is ample FREE parking. For vendor information, call Jan at 543-4624.

Sat, May 5, 2012
9:00am-12:00pm
FREE Admission
*B.V. Senior Center
Vendor Barcode: #58930

Early Bird Registraion, before March 31st:
Non-profits: \$75 / For-profits: \$125

Registraion after March 31st:
Non-profits: \$95 / For-profits: \$175

ANNUAL MEMBERSHIP APPRECIATION BREAKFAST



Co-sponsored by the Sunrise Rotary Club of Santa Rosa, and in appreciation of our members, a hearty and hot breakfast prepared and served by the Rotarians. Menu includes pancakes, scrambled eggs, sausage, vegan sausage, fresh fruit, juice and coffee.

Sat, May 5, 2012
Two seatings, 9:00 & 10:00am
Non-members \$5.00 (all welcome)
Free to Members
*B.V. Senior Center
#58927 9:00am
#58929 10:00am



TAX TIME AGAIN - 2011 AARP INCOME TAX PREP SERVICE

Mon & Wed, 9:00am-3:00pm
Feb. 6 through April 16

Bennett Valley Senior Center
704 Bennett Valley Road
545-8608

~ Donations greatly appreciated ~

Tue & Thu, 9:00am-2:00pm
Feb. 2 through April 12

Finley Community Center
2060 W. College Ave.
543-3737

Free!



Active Adults 50 +

Special Events

Annual Senior Picnic



Celebrate the holiday at our annual senior picnic at the Howarth Park Gazebo. Festivities begin at 11am, so bring your cards, music and dancing shoes. **Full BBQ lunch served at Noon**, followed at 1pm by the sounds of a dixie land band.

No tickets sold at the park.

Date: Wednesday, July 11
 Time: 11:00am - 3:00pm
 Cost: \$5 Members / \$10 Non-Members
 Location: Howarth Park Gazebo
 Barcode: #58941



Co-sponsored by
 Santa Rosa Sunrise Rotary Club

ALL senior activities and classes are CANCELLED on Wed, July 11, due to the picnic. See you there!

9th Annual! Summer Neighborhood Flea Market

Saturday, August 11
8am to 1pm
704 Bennett Valley Road,
Parking Lot

Barcode #58939

50 Booths of Treats & Treasures
Hot Dog BBQ and Beverages

ONLY \$20 For Vendor Space
 Call 545-8608 for information

FIRST ANNUAL CRAB FEED

The Bennett Valley Senior Center Fundraising Committee is co-sponsoring our First Annual Crab Feed fundraiser dinner, which will be held at the Finley Community Center's spacious Person Auditorium. Along with a fabulous dinner of Dungeness Crab, pasta, salad, French bread, wine and dessert, there will be a silent auction in the Sequoia Lobby full of wonderful items to entice you! All proceeds will go to the Senior Center's Trust Fund for the benefit of the Bennett Valley Senior Center's programs and activities!

Sat, February 25
 6:00pm
 Finley Community Center
 \$40 per person
#58926



BIG BUCK\$ BINGO

\$10 Admission includes 18 game sheets and Hot Dog BBQ lunch. We have Daubers!
Pre-registration is Required. Additional Bingo Packs (9 games) \$5.00 each, available at game.

Sat, March 24
 10:00am - 2:00pm
 \$10.00 members / \$20.00 non-members
 Bennett Valley Sr. Center, Rm 19
#58928

AARP THANK YOU BBQ

Special BBQ thanking our AARP Tax Volunteers for their service!

Wed, April 11
 11:30am - 1:30pm
 \$2.00 members / \$5.00 non-members
 Bennett Valley Sr. Center Patio
#58938

Father's Day BBQ

Not to be forgotten, a special acknowledgment to those guys in our lives! Polish sausages and all the fixings!

Mon, June 18
 11:30am - 1:30pm
 \$2.00 Member Dads / \$5.00 non-members
 Bennett Valley Sr. Center Patio
#58940

POOL TOURNAMENTS

Generally, these are 9-Ball tournaments, mens, womens or mixed doubles. Watch the Senior Activities newsletter for special intra-center competitions!



10:00am - 2:00pm
\$3 per entrant
*Bennett Valley Sr. Center, Rm 13

Barcode 5922 2/16/12
Barcode 59110 3/15/12
Barcode 59111 4/19/12
Barcode 59112 5/17/12
Barcode 59113 6/21/12
Barcode 59114 7/17/12
Barcode 59115 8/16/12

ST. PATRICK'S DAY LUNCH

Prepared by the Council on Aging's kitchen, this traditional meal will include corned beef, cabbage, carrots and all the trimmings. Seating is limited, so pre-registration is required. However, one pays at the door, \$4.00 suggested donation.

Thu, March 15
11:30am
\$4.00 suggested donation
*Bennett Valley Senior Center
#58931

CINCO DE MAYO LUNCH

Prepared by the Council on Aging's Kitchen.
Check our monthly newsletter for the special menu!



Fri, May 4
11:30am
\$4.00 suggested donation
*Bennett Valley Senior Center
#58932

BALLROOM DANCE THEMES

Enjoy all your favorite ballroom dance steps, from Polka to the Waltz, Cha Cha to Tango, and an afternoon of fun and wonderful music. Refreshments will be served. Check the Newsletter for special dance themes.



Fridays
1:00pm - 4:00pm
\$7.00
Finley Community Center



SUMMER BBQ

Join us on the patio for hot diggity dogs!

Thursday, August 23
11:30am - 1:30pm
\$2.00 members / \$5.00 non-members
*B.V. Senior Center, Patio
#58935

THURSDAY MORNING MOTIVATIONS

Join us the second Thursday of the month for informative, inspirational and motivational seminars with local guest speakers on subjects of health and wellness, both serious and just for fun. Check the Newsletter for current topics.

Pre-registration required.

2nd Thursday of the month
10:30am - 11:30am
TBA in monthly newsletter
*B.V. Senior Center, Rm 16

Active Adults 50+

Computer Classes

BEGINNING COMPUTER CLASSES (AGE 50+)

We offer "beginning" computer classes over a three-week period. The 90-minute sessions focus on learning mouse skills, windows manipulations and basic word processing techniques. NOTE: These classes are for PCs only - no MACs. Min 3 Max 6

EMAIL / INTERNET COMPUTER CLASSES (AGE 50+)

Our e-mail/internet classes give adults the fundamentals to access the Internet and learn to use email. ***You must be proficient in mouse techniques and windows manipulations.** Registration priority given to those who have successfully completed the "Beginning Computer Class." Note: These classes are for PCs only - no MACs. Min 3 Max 6



Course	Barcode	Location	Age	Day	Date	Time
Beginning Computer Classes - Class Fee \$20 Members (\$30 Non-Members)						
(Session I)	Barcode 59154	Senior Center/Rm17	50+	Mon	1/9, 1/23, 1/30	9:00-10:30am
(Session II)	Barcode 59182	Senior Center/Rm17	50+	Mon	2/6, 2/13, 2/27	9:00-10:30am
(Session III)	Barcode 59195	Senior Center/Rm17	50+	Mon	3/5, 3/12, 3/19	9:00-10:30am
(Session IV)	Barcode 59203	Senior Center/Rm17	50+	Mon	4/2, 4/9, 4/16	9:00-10:30am
(Session V)	Barcode 59162	Senior Center/Rm17	50+	Mon	5/7, 5/14, 5/21	9:00-10:30am
(Session VI)	Barcode 59170	Senior Center/Rm17	50+	Mon	6/4, 6/11, 6/18	9:00-10:30am
(Session VII)	Barcode 59369	Senior Center/Rm17	50+	Mon	7/9, 7/16, 7/23	9:00-10:30am
(Session VIII)	Barcode 59377	Senior Center/Rm17	50+	Mon	8/6, 8/13, 8/20	9:00-10:30am
(Session IX)	Barcode 59205	Senior Center/Rm17	50+	Mon	9/10, 9/17, 9/24	9:00-10:30am
Intermediate Computer Basics - Class Fee \$20 Members (\$30 Non-Members)						
(Session I)	Barcode 59155	Senior Center/Rm17	50+	Mon	1/9, 1/23, 1/30	11:00-12:30pm
(Session II)	Barcode 59188	Senior Center/Rm17	50+	Mon	2/6, 2/13, 2/27	11:00-12:30pm
(Session III)	Barcode 59196	Senior Center/Rm17	50+	Mon	3/5, 3/12, 3/19	11:00-12:30pm
(Session IV)	Barcode 59204	Senior Center/Rm17	50+	Mon	4/2, 4/9, 4/16	11:00-12:30pm
(Session V)	Barcode 59163	Senior Center/Rm17	50+	Mon	5/7, 5/14, 5/21	11:00-12:30pm
(Session VI)	Barcode 59171	Senior Center/Rm17	50+	Mon	6/4, 6/11, 6/18	11:00-12:30pm
(Session VII)	Barcode 59370	Senior Center/Rm17	50+	Mon	7/9, 7/16, 7/23	11:00-12:30pm
(Session VIII)	Barcode 59378	Senior Center/Rm17	50+	Mon	8/6, 8/13, 8/20	11:00-12:30pm
(Session IX)	Barcode 59206	Senior Center/Rm17	50+	Mon	9/10, 9/17, 9/24	11:00-12:30pm
Email/Internet Computer Basics - Class Fee \$20 Members (\$30 Non-Members)						
(Session I)	Barcode 59181	Senior Center/Rm17	50+	Mon	1/9, 1/23, 1/30	1:00-2:30pm
(Session II)	Barcode 59189	Senior Center/Rm17	50+	Mon	2/6, 2/13, 2/27	1:00-2:30pm
(Session III)	Barcode 59197	Senior Center/Rm17	50+	Mon	3/5, 3/12, 3/19	1:00-2:30pm
(Session IV)	Barcode 59156	Senior Center/Rm17	50+	Mon	4/2, 4/9, 4/16	1:00-2:30pm
(Session V)	Barcode 59164	Senior Center/Rm17	50+	Mon	5/7, 5/14, 5/21	1:00-2:30pm
(Session VI)	Barcode 59172	Senior Center/Rm17	50+	Mon	6/4, 6/11, 6/18	1:00-2:30pm
(Session VII)	Barcode 59371	Senior Center/Rm17	50+	Mon	7/9, 7/16, 7/23	1:00-2:30pm
(Session VIII)	Barcode 59379	Senior Center/Rm17	50+	Mon	8/6, 8/13, 8/20	1:00-2:30pm
(Session IX)	Barcode 59230	Senior Center/Rm17	50+	Mon	9/10, 9/17, 9/24	1:00-2:30pm

Active Adults 50+

Computer Classes

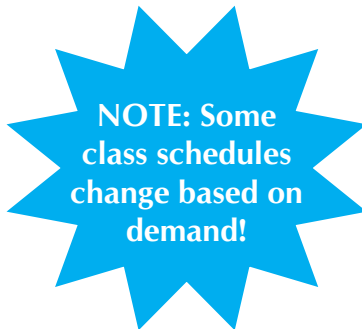
~ Computer Classes continued from previous page ~

Course	Barcode	Location	Age	Day	Date	Time
Advanced or Excel Classes** - Class Fee \$20 Members (\$30 Non-Members)						
(Session I)	Barcode 59183	Senior Center/Rm17	50+	Mon	1/9, 1/23, 1/30	3:00-4:30pm
(Session II)	Barcode 59190	Senior Center/Rm17	50+	Mon	2/6, 2/13, 2/27	3:00-4:30pm
(Session III)	Barcode 59198	Senior Center/Rm17	50+	Mon	3/5, 3/12, 3/19	3:00-4:30pm
(Session IV)	Barcode 59157	Senior Center/Rm17	50+	Mon	4/2, 4/9, 4/16	3:00-4:30pm
(Session V)	Barcode 59165	Senior Center/Rm17	50+	Mon	5/7, 5/14, 5/21	3:00-4:30pm
(Session VI)	Barcode 59173	Senior Center/Rm17	50+	Mon	6/4, 6/11, 6/18	3:00-4:30pm
(Session VII)	Barcode 59372	Senior Center/Rm17	50+	Mon	7/9, 7/16, 7/23	3:00-4:30pm
(Session VIII)	Barcode 59380	Senior Center/Rm17	50+	Mon	8/6, 8/13, 8/20	3:00-4:30pm
(Session IX)	Barcode 59231	Senior Center/Rm17	50+	Mon	9/10, 9/17, 9/24	3:00-4:30pm

** Check monthly newsletter for details

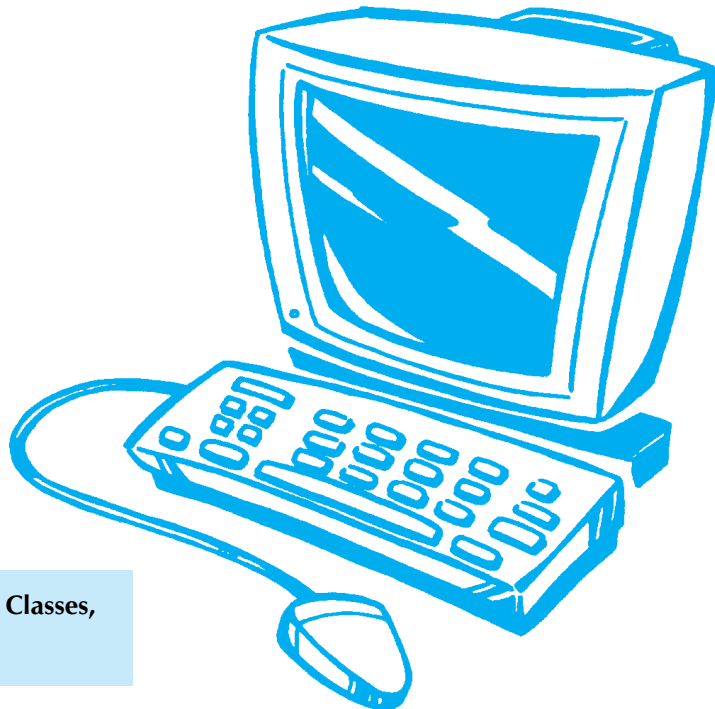
COMPUTER LAB is opened Fridays 9am-11am. Reservations are required, \$1.00/hour.
Instructor available as reservations require.

Refunds will be issued ONLY if the request is received at least 14 days prior to starting date of the class.



All our computers
use Windows 7 and/or Windows XP

For more Adult Computer Classes,
see page 116.



Ridgway Swim Center

Location: 455 Ridgway Avenue
(adjacent to Santa Rosa High)

Phone: 543-3421

Fax: 578-3465

Office Hours: Mon. - Fri., 9:00am-4:30pm
Saturday, 9:00am-1:00pm

The Ridgway Swim Center boasts a 25 yard by 25 yard, 9 lane competition pool; and a 2 - 3 ½ foot deep instructional pool. Ridgway features rim flow gutters, expanded deck space, tumble buckets, 140 ft. water slide as well as revitalized office and locker room areas.

Finley Aquatic Center

Location: 2060 West College Avenue
(Stony Point Road and West College Avenue)

Phone: 543-3760

Fax: 543-3768

Office Hours: Mon.-Fri., 6:00am-8:00pm
Sat., 9:00am -1:00pm
Sun., 10:00am-1:00pm

The Finley Aquatic Center, opened in 1993, is a modern, state of the art facility. The facility has a 25 yard, 10 lane competition pool and a 3 foot deep "L" shaped instructional pool. The facility is fully ADA accessible, with pool ramp and wheelchair lift.

**For Lap Swim information,
please see page 150.**



Pool Rental

POOL RENTAL

Both swim centers are available for rental after regular pool hours. Lifeguards are provided and reservations are needed at least two weeks prior to requested date.

Fee: 1-50 participants	\$120 per hour
51-150 participants	\$140 per hour
151-250 participants	\$160 per hour
250+ participants	\$180 per hour

Ridgway Waterslide: \$30 per hour
additional

For more information on how to reserve a pool and times available, please call Finley Aquatic Center at 543-3760 or Ridgway Swim Center at 543-3421. Times limited to space available.

Public Swim

Public Swim offers a fun time in the water for all ages. All facilities will be open for use during public swim times and lifeguards will be on duty for your protection. Lockers are available for a 50¢ charge at both facilities. A concession stand will be open with various food and drink items for sale. See information below for operating hours. Also, please be aware of the following public swim policies:

• **PLEASE NOTE:** There is a \$5 replacement fee for re-printed passes.

- Flotation devices are not permitted.
- Children under age 8 must be accompanied and supervised by a responsible person age 16 or older.
- Children under age 5 must have an adult in the water with them at all times.
- No jean cut-offs, T-shirts, or street shorts allowed in the water.
- Swimsuits and swimsuit appropriate attire only.
- Only clearly identified service animals are permitted.
- **Children must be 48 inches to ride the Ridgway water slide.**
- **Swimwear with exposed zippers, buckles, or metal rivets are not permitted on the Ridgway water slide.**
- Thong/G-string suits are not permitted in the pool area.
- Children over age 5 are not allowed in opposite-sex locker rooms. We have a family change room available.

Finley Aquatic Center

April 30 - May 25

Mon-Fri: 3:00-4:45pm Public Swim

May 29 - August 17

Mon-Fri: 1:30-4:45pm Public Swim

Sat & Sun: 1:30-6:00pm Public Swim

Ridgway Swim Center

April 28 - May 28

Sat & Sun: 1:15-6:00pm Public Swim

June 2 - August 12

Mon - Fri: 12:00-1:00pm Public Swim (limited space)

1:00-4:00pm Public Swim

Fri: 7:30-9:30pm Late Night Public Swim

Sat & Sun: 1:15-6:00pm Public Swim



ENTRANCE FEES

Adults (18-54):	\$5.00	Youth (2-17):	\$4.00
Seniors (55+):	\$4.00	Disabled:	\$4.00



ALL CUSTOMERS ENTERING THE FACILITY WILL BE CHARGED THE ENTRANCE FEE.

~ Public Swim Passes ~

All swim passes are valid for public swim admission to the Finley Aquatic Center and the Ridgway Swim Center.

Flexipass:

Load your pass with as many public swims as you would like to attend (min 5 swims). This pass has no expiration.

Adult: **\$4.50 per swim**

Youth/Senior/Disabled: **\$3.50 per swim**

All-Season Family Pass: \$250.00

Pass valid from April 28 - October 7

Summer Family Pass: \$200.00

Pass valid from May 29 - August 17
Includes unlimited swims for up to 5 family members, additional family members \$10.00

(Limited to 7 household members)

YOUTH WATER POLO (AGES 6-15)

Practice Times:

Mon, Wed 7:00-8:00pm

Sun 10:00-11:30am

Fees:

Monthly Pass: \$46 (S.R. Resident \$36)

5 Visit Pass: \$17.50

Drop-in Fee: \$4

A safe and fun program for youth to learn the sport of water polo. The focus of this program will be polo skill development and higher level swimming skills.



ADULT WATER POLO (AGES 16+)

Practice Times:

Mon, Wed, Fri 7:00-8:45pm

Sun 10:00-11:30am

Fees:

Monthly Pass: \$46 (S.R. Resident \$36)

5 Visit Pass: \$25 (w/ student ID \$17.50)

Drop-in Fee: \$6 (w/ student ID \$4)

Join this fun, friendly group of new and experienced players. This group offers both skill development as well as great scrimmages with quality refereeing.

Aquatics

Aquatic Fitness

Lap Swim

A time for lap fitness. Lane lines will be in place with lanes designated according to speed. Kickboards, pullbuoys and hand paddles are available for use during this program. Lockers are available at both facilities for a 50¢ rental charge. Lap swim is a year-round on-going program. See below for available days and times. See below for lap swim pass information. Availability of lanes will vary.

Ridgway Swim Center

Mon-Fri: 9:30am - 1:00pm (Until 6/1)
 9:45am - 1:00pm (6/4-8/10)
 Sat/Sun: 9:30am - 1:00pm

Finley Aquatic Center

Mon-Fri: 6:00 - 8:00am
 9:00 - 11:00am (Until 6/1)
 11:30am - 1:15pm
 M/W/F 6:00 - 7:00pm
 T/Th 6:00 - 8:00pm
 Sat/Sun: 11:30am - 1:15pm
 Sat: 9:00 - 11:00am

**Ridgway Swim
 Hotline:
 543-3421**

**Finley Swim
 Hotline:
 543-3760**

Lap Swim Fees:

\$5.00 General Admission
 \$4.00 Senior 55+/Disabled
 \$55.00 Lap Monthly Pass General Admission
 \$45.00 Senior/Disabled Lap Monthly Pass
 Flexipass: \$4.50 per swim General Admission
 \$3.50 per swim Senior 55+/Disabled
 Minimum 5 swims

SANTA ROSA MASTERS SWIMMING

Masters is a coach-guided aquatic training program for beginning, intermediate and advanced adult swimmers. Correction and development of strokes and techniques will be provided by an on-deck coach.

Fees:

- **Monthly Pass:** Admission to any Masters-coached workout
 - \$65 per month
 - (S.R. Resident \$55 per month)
- **Monthly Plus Pass:** Admission to any Masters-coached workout plus all lap swim hours at Ridgway and Finley
 - \$69.50 per month
- **Drop-in:** \$7.00 per visit

Practice Times:

“Morning Thunder” Workout
 Location: Ridgway Swim Center
 Days: Monday-Friday
 Time: 6:00-7:00am

“Afternoon Delight” Workout
 Location: Ridgway Swim Center
 Days: Tuesday and Thursday
 Time: 11:45am-1:00pm

Private “Adult” Lessons
 with Hermine Terhorst. Her balanced approach to teaching makes learning fun. Become 100% successful regardless of your learning fears or restrictions!
 Contact: (707) 480-0794

Water Fitness & Therapeutic Exercise Class Schedule on next page...

THERAPEUTIC WATER EXERCISE

Therapeutic Water Exercise is designed to accommodate people with various physical problems, physical disabilities, or those recovering from injury or surgery. This class can also be used for **prehabilitation**, (pre-operative exercise for optimal surgery outcome). Individual instruction is provided. Walk-in registration only.

WATER FITNESS

Water fitness is a fun aquatic activity which uses the resistance of water to provide strength training and aerobic conditioning for people of all fitness levels. Water provides smooth and variable resistance through a full range of motion. Improve your strength, endurance, flexibility, and well-being in this exhilarating class. Non-swimmers are welcome.



SANTA ROSA DIVE TEAM

The Santa Rosa Dive Team is a year-round diving program with emphasis on safe recreation and competitive diving. The team works out three to four days per week. All diving levels workout and compete at various times throughout the year. All coaches hold current USA Diving Coaches Certification and are in good standing with USA Diving. This program emphasizes safety, discipline, positive attitude, respect, camaraderie, spatial awareness and control from beginning to advanced. Training sessions also include graduated levels of instruction emphasizing: physical technique (biomechanics), body awareness, physiology and skill development. Also included are opportunities to participate in local, invitational, regional, and national competitions depending on skill level.

This team follows FINA and USA Diving guidelines.

Santa Rosa Diving has four skill levels:

- *Advanced Junior Olympic and Senior
- *Intermediate Junior Olympic
- *Novice and Future Champion
- *Masters - 21 and older divers who wish to continue diving and competing

Minimum Requirements:

- able to swim 50 yds
- able to safely and confidently dive in head first from the low (one meter) springboard
- 8 years of age



Try-outs for the team take place the last Saturday of each month. Please contact the Coach, Nolan Irwin, to schedule a try-out, srdiving@sbcglobal.net.

*Membership in USA Diving and/or AAU Diving is required for all levels

BOTH OUR FACILITIES HAVE OUTDOOR HEATED POOLS

THERAPEUTIC WATER EXERCISE - Instructor Donna Burch Or Rene Bosen (No Drop-Ins)

Barcode	Location	Age	Day	Date	Time	Course Fee
61362	Finley Swim	16 +	M/W/F	3/12-4/6	11:30am-12:15PM	\$55 (S.R. Resident \$45)
61363	Finley Swim	16 +	M/W/F	4/9-5/4	11:30am-12:15PM	\$55 (S.R. Resident \$45)
61364	Finley Swim	16 +	M/W/F	5/7-6/1	11:30am-12:15PM	\$55 (S.R. Resident \$45)
61365	Finley Swim	16 +	M/W/F	6/4-6/29	11:30am-12:15PM	\$55 (S.R. Resident \$45)
61366	Finley Swim	16 +	M/W/F	7/2-7/27	11:30am-12:15PM	\$55 (S.R. Resident \$45)
61367	Finley Swim	16 +	M/W/F	7/30-8/24	11:30am-12:15PM	\$55 (S.R. Resident \$45)
61368	Finley Swim	16 +	M/W/F	8/27-9/21	11:30am-12:15PM	\$55 (S.R. Resident \$45)
61369	Finley Swim	16 +	M/W/F	3/12-4/6	12:15-1:00 PM	\$55 (S.R. Resident \$45)
61370	Finley Swim	16 +	M/W/F	4/9-5/4	12:15-1:00 PM	\$55 (S.R. Resident \$45)
61371	Finley Swim	16 +	M/W/F	5/7-6/1	12:15-1:00 PM	\$55 (S.R. Resident \$45)
61372	Finley Swim	16 +	M/W/F	6/4-6/29	12:15-1:00 PM	\$55 (S.R. Resident \$45)
61373	Finley Swim	16 +	M/W/F	7/2-7/27	12:15-1:00 PM	\$55 (S.R. Resident \$45)
61374	Finley Swim	16 +	M/W/F	7/30-8/24	12:15-1:00 PM	\$55 (S.R. Resident \$45)
61389	Finley Swim	16 +	M/W/F	8/27-9/21	12:15-1:00 PM	\$55 (S.R. Resident \$45)
61375	Finley Swim	16 +	T/Th	3/13-4/5	11:30am-12:15pm	\$40 (S.R. Resident \$30)
61376	Finley Swim	16 +	T/Th	4/10-5/3	11:30am-12:15pm	\$40 (S.R. Resident \$30)
61377	Finley Swim	16 +	T/Th	5/8-5/31	11:30am-12:15pm	\$40 (S.R. Resident \$30)
61378	Finley Swim	16 +	T/Th	6/5-6/28	11:30am-12:15pm	\$40 (S.R. Resident \$30)
61379	Finley Swim	16 +	T/Th	7/3-7/26	11:30am-12:15pm	\$40 (S.R. Resident \$30)
61380	Finley Swim	16 +	T/Th	7/31-8/23	11:30am-12:15pm	\$40 (S.R. Resident \$30)
61381	Finley Swim	16 +	T/Th	8/28-9/20	11:30am-12:15pm	\$40 (S.R. Resident \$30)
61382	Finley Swim	16 +	T/Th/Sat	3/13-4/7	9:00-9:45am	\$55 (S.R. Resident \$45)
61383	Finley Swim	16 +	T/Th/Sat	4/10-5/5	9:00-9:45am	\$55 (S.R. Resident \$45)
61384	Finley Swim	16 +	T/Th/Sat	5/8-6/2	9:00-9:45am	\$55 (S.R. Resident \$45)
61385	Finley Swim	16 +	T/Th/Sat	6/5-6/30	9:00-9:45am	\$55 (S.R. Resident \$45)
61386	Finley Swim	16 +	T/Th/Sat	7/3-7/28	9:00-9:45am	\$55 (S.R. Resident \$45)
61387	Finley Swim	16 +	T/Th/Sat	7/31-8/25	9:00-9:45am	\$55 (S.R. Resident \$45)
*61388	Finley Swim	16 +	T/Th/Sat	8/28-9/20	9:00-9:45am	\$51 (S.R. Resident \$41)

*No class Saturday 9/22 due to Neptune swim meet.

WATER FITNESS
Finley Aquatic Complex
(AGE 16 +)

Times:

9:00am -10:00 am	M/W/F
10:00am -11:00am	M-Sun
5:00pm - 6:00pm	M-F
7:00pm - 8:00pm	T/Th

Fees:

Drop-in: \$6.00



Water Fitness

Flexipass: Load your pass with as many water fitness classes as you would like to attend. This pass has no expiration. **\$5.00/class (min 5 classes).**

Monthly Membership: This pass is valid from the first to the last day of the month in which it is purchased. This pass allows an unlimited number of water fitness classes during any class periods at the Finley Aquatic Complex. **\$75.00**

LIFEGUARD TRAINING & TITLE 22 FIRST AID INSTRUCTOR COURSE (AGE 17+)

In this American Red Cross Course you will learn how to teach the Lifeguard Training Course (including basic first aid, CPR for the Professional Rescuer, AED Essentials, Oxygen Administration for the Professional Rescuer, Preventing Disease Transmission, Community Water Safety, Basic Water Rescue, and Lifeguard Management) and how to teach the First Aid for Public Safety Personnel-Title 22 Course.

Mon, Wed, Fri, 2/20-3/2
5:00-10:00pm
Finley/Birch Rm
\$215 (S.R. Resident \$205)
#61048

Questions regarding meeting dates and times?
Call 543-3760.

AMERICAN RED CROSS LIFEGUARD TRAINING COURSE (AGE 15+)

This course will meet any individual's needs to become a Lifeguard. Upon successful completion of this course, participant will receive the following certification: *Lifeguard Training, CPR for the Professional Rescuer, Standard First Aid, and First Aid for Public Safety (Title 22)*. **Course prerequisites, to be evaluated the first day, are:** Participant must be 15 years old or older and must be able to pass a swim test, consisting of a 300yd. continuous swim (not timed) broken down into three parts – 100yd. front crawl, 100yd. breaststroke, 100yd. choice. Participant(s) must swim 20yds. and retrieve a 10lb. object from a depth of 7+ ft. in less than 1minute and 40 seconds. **Swim goggles are highly recommended.** Note: Swimming is a conditioned sport. If you haven't swum in a while, it's recommended that you re-condition yourself for the prerequisite swimming requirement (see guide for lap swim times). It's important that you be familiar with both the breaststroke and front-crawl stroke prior to taking this course.

Lifeguard Training - Class fee is \$195 (S.R. Resident \$185) - Includes pocket mask

Please Note: The first class is on Thursday for course orientation and prerequisite testing, except for the intensive 1-week course #60995

Barcode	Location	Age	Day	Date	Time	Day	Date	Time
60994	Finley	15+	M-Th	3/1 - 3/15	6:00 - 9:30pm	Sat	3/3, 3/10	9am - 5pm
60995	Finley	15+	M-F	3/19 - 3/23	10:00am-6:00pm	Sat	3/24	10am - 6pm
60996	Finley	15+	M-Th	4/5 - 4/19	6:00 - 9:30pm	Sat	4/7, 4/14	9am - 5pm
60997	Finley	15+	M-Th	5/10 - 5/24	6:00 - 9:30pm	Sat	5/12, 5/19	9am - 5pm
60998	Finley	15+	M-Th	5/31 - 6/14	6:00 - 9:30pm	Sat	6/2, 6/9	9am - 5pm
60999	Finley	15+	M-Th	7/5-7/19	6:00 - 9:30pm	Sat	7/7, 7/14	9am - 5pm

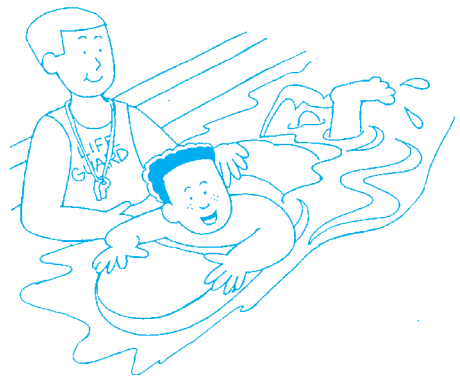
WATER SAFETY INSTRUCTOR COURSE (AGE 16+)

In this American Red Cross course you will learn how to teach the American Red Cross Swimming and Water Safety Program. You will learn how to make a lesson plan for swimming, how to teach different swimming skills, and how to evaluate a swimmers progress. This class is intended for those interested in increasing their knowledge and skills in teaching swim lessons. Note: this course includes FIT (on the first night of class).

Mon, Wed, Fri, 3/26-4/6
5:00-10:00pm
Finley/Birch Rm
\$190 (S.R. Resident \$180)
#61049



Lifeguard Training



Work Experience Classes ~

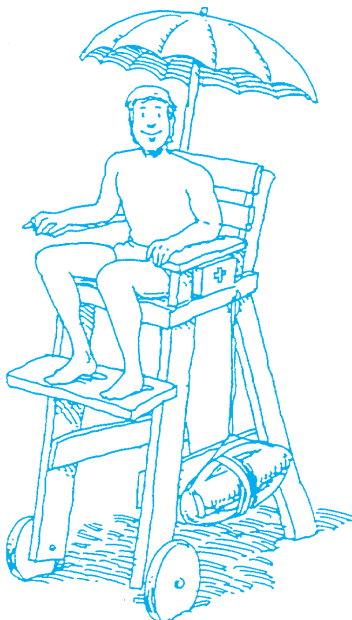
Pre-requisites: Must be 13+ years old with at least a Level 4 swimming ability. This classes are recommended, not required for participation in the Work Experience Program. Please see pages 72 -73 for more information on the Work Experience Program.

JUNIOR LIFEGUARDING (AGE 13-15)

This is a training program that is designed for juniors age 13-15, who are interested in learning how to respond in an aquatic emergency, and will serve as a sound foundation for further training in Lifeguarding and Aquatics. Basic swimming, rescue skills and techniques will also be taught. Participants will learn about the basic operations of an aquatic facility including the mechanics, programming, and training aspects. Those who pass the course will receive a Junior Lifeguarding certificate through the City of Santa Rosa.

NOTE: Please be prepared to get in the water each day.

Mon-Thurs, 4/16-4/19
4:00-6:00pm
Finley Pool/Birch Rm
\$30 (S.R. Resident \$20)
#61050



SWIM INSTRUCTOR AIDE (AGE 13-15)

A class focused on teaching students how to assist swim instructors during swim lessons. Students will learn about the swim lessons program and how to teach beginning skills. Students will be taught the teaching techniques and skills necessary to assist instructors and teach small groups of children from pre-school through Level 4. **NOTE:** Please be prepared to get in the water each day.

Mon-Thurs, 4/9-4/12
4:00-6:00pm
Finley Pool/ Birch Rm
\$30 (S.R. Resident \$20)
#61516

OPEN WATER JUNIOR LIFEGUARD CAMP (AGE 9-16)

In partnership with Sonoma County Regional Parks, this 1-week program, campers age 9-16 years will have fun while building skills and confidence in and around the water. This program is designed to provide campers with the knowledge and respect for the open water environment at lakes, rivers and beaches as well as lifesaving skills. Skills taught include: swimming rescues, paddling rescues, boating safety, basic first aid and CPR. The instructors will work to build a positive relationship fostering an inquiring attitude while emphasizing the importance of safety, respect, healthy habits and camaraderie.

Mon-Fri
8:30am-4:00pm
Spring Lake Park Swimming Lagoon (Enter from Channel Drive)
\$185 (S.R. Resident \$175)

Session 1 6/11-6/15 First Aid and CPR Focused **#61517**
Session 2 7/16-7/20 First Aid and CPR Focused **#61519**



Junior Lifeguard Camp

Aquatics

Lesson Descriptions

8 Day Summer Lessons! M-Th both weeks.
Fee: \$58 (S.R. Resident \$48)

Beginning Swim Program (Level 1)

Our beginning swim program is designed to allow children of all ages to gain basic water skills. The focus of these courses is water adjustment and fun in the aquatic environment.

Parent Child

Ages: 6 months - 3 years

This is a FUN introduction to the water. Participants will work on a variety of skills in a casual setting, including singing songs and playing games. Water adjustment and beginner skills such as blowing bubbles, going underwater, floating, kicking and scooping will be introduced to students as well as parents. The program is designed to teach you to work with your child on water adjustment and introductory skills. Parent participation in the water is required.

Tadpoles

Ages: 3-5 years

No previous water experience is required for this class. Students will work on being comfortable and enjoying their time in the water. Fun, games, and imagination will be used to teach swimming skills including: blowing bubbles, going underwater, floating, kicking, and alternating arms.

Waterfrogs

Ages: 4-5 years

Students must be able to swim basic front crawl unassisted with their face in the water and back float with assistance. Students will work on introductory front crawl, back floats, back crawl and elementary backstroke.

Sea Stars

Ages: 6-9 years

No previous water or swimming experience is required for this class. Students will work on a variety of skills including water adjustment, submerging, front and back floats, kicking, front crawl, back crawl and elementary backstroke.

Dolphins

Ages: 10-15 years

No previous water experience is required for this class. Students will work on skills including: water adjustment, floats, front and back crawl, and elementary backstroke. The pace of the course will be based on student progress and needs. More advanced skills may also be taught including: breaststroke, sidestroke, treading water, and kneeling and standing dives. This class is taught in 3 1/2 feet of water.

Adult Beginner

Ages: 16 years and up

No previous water experience is required for this class. Students will work on skills ranging from water adjustment and floating to front crawl, back crawl, and elementary backstroke. The pace of the course will be based on student progress and needs. This class is taught in 3 1/2 feet of water.

Intermediate Swim Program (Level 2-5)

Our intermediate swim program is designed to build swimming proficiency, technique and endurance. The focus of these courses is skill development.

Level 2

Ages: 5-9 years

Prerequisite: Swim front crawl and back crawl 5 yards. Students will work on side-breathing for front crawl, improving their back crawl and elementary backstroke arms. Attention will be placed on skill proficiency and technique.

Level 3

Ages: 6 and up

Prerequisite: Front crawl with side-breathing and back crawl for 15 yards, and elementary backstroke arms for 5 yards. Teaching will emphasize improving side-breathing and endurance for front crawl. Students will be introduced to elementary backstroke kick, breaststroke kick, butterfly kick and sitting and kneeling dives. This course will be taught in deeper water.

Level 4

Ages: 6 and up

Prerequisite: 25 yards of front crawl with excellent side-breathing, 25 yards of back crawl, 15 yards of elementary backstroke, breaststroke kick, and dolphin kick. Students will learn to coordinate breaststroke arms and kick and be introduced to butterfly. Students will work on treading water and learning to do a standing dive from the side of the pool.

Level 5

Ages: 6 and up

Prerequisite: 50 yards of front crawl and back crawl, 25 yards of the elementary backstroke, 15 yards of breaststroke and butterfly. Students will improve technique and endurance on the front crawl, back crawl, elementary backstroke, and breaststroke. Students will work on proficiency in butterfly and the sidestroke treading water, diving, and flip turns.

Advanced Swim Program (Level 6)

Our advanced swim program is designed for proficient swimmers to build specialized swimming skills.

Level 6 - Fitness Swimmer

Ages: 6 and up

Prerequisite: 50 yards front crawl, 50 yards back crawl, 25 yards breaststroke, 25 yards butterfly. The focus of this class is swimming as a lifelong fitness activity. Swimmers will continue to refine technique in all strokes and improve endurance while learning how to create their own workouts. Students will work on learning how to use fins, pull-buoys, and kickboards in their workout and how to use a pace clock, flip turns, open turns, and lap swim etiquette.

Level 6 - Lifeguard Preparedness (LGT)

Ages: 6 and up

Prerequisite: 50 yards front crawl, 50 yards back crawl, 25 yards breaststroke, 25 yards butterfly. The focus of this class is on the use of swimming in lifeguarding and lifeguard skills and preparing for the Junior Lifeguard or Lifeguard programs. Swimmers will continue to refine technique in all strokes and improve endurance while learning lifeguard skills. Students will work on water entries, swimming with a rescue tube, and rescues for distressed swimmer, active drowning and passive drowning victims.

Level 6 - Diving

Ages: 8 and up

Prerequisite: Students must be able to swim 50 yards continuously combining front and back crawl. Beginning divers are recommended to take this class prior to joining the Santa Rosa Dive Team. Intermediate and advanced divers are welcome too! All students will have equal board time and instruction from our diving instructor, Savy Moen. Skills include, but are not limited to: approach, hurdle, take off, diving positions (tuck, pike, straight), forward dive, back dive, forward dive 1/2 twist, inward dive, forward somersault, and diving safety.

MORE AQUATIC FUN!

Don't miss our other opportunities for intermediate and advanced swimmers:

Santa Rosa Dive Team p.150, Neptune Swim Team p.162, Youth/Adult Water Polo p.149, Masters Swimming p.150, Lifeguard Class p.152, Lap Swim p.150, the Spring Lake Junior Lifeguard Camp p.153 and more!

Spring Monday/Wednesday Swim Lessons

		Age	<u>Session 1</u> 3/26-4/4	<u>Session 2</u> 4/9-4/18	<u>Session 3</u> 4/23-5/2	<u>Session 4</u> 5/7-5/16
4:00pm	Tadpoles	3-5 yrs	61411	61412	61413	61414
	Waterfrogs	4-5 yrs	61451	61452	61453	61454
	Sea Stars	6-9 yrs	61475	61476	61477	61478
	Level 2	5-9 yrs	61549	61550	61551	61552
4:30pm	Tadpoles	3-5 yrs	61415	61416	61417	61418
	Waterfrogs	4-5 yrs	61455	61456	61457	61458
	Sea Stars	6-9 yrs	61479	61480	61481	61482
	Level 2	5-9 yrs	61553	61554	61555	61556
5:00pm	Parent Child	6m-3yrs	61395	61396	61397	61398
	Tadpoles	3-5 yrs	61419	61420	61421	61422
	Level 4	6+ yrs	61585	61586	61587	61588
	Level 5	6+ yrs	61597	61598	61599	61600
5:30pm	Parent Child	6m-3yrs	61399	61400	61401	61402
	Tadpoles	3-5 yrs	61423	61424	61425	61426
	Level 3	6+ yrs	61573	61574	61575	61576
	Level 4	6+ yrs	61589	61590	61591	61592
6:00pm	Tadpoles	3-5 yrs	61427	61428	61429	61430
	Waterfrogs	4-5 yrs	61459	61460	61461	61462
	Level 2	5-9 yrs	61557	61558	61559	61560
	Level 3	6+ yrs	61577	61578	61579	61580

Spring Tuesday/Thursday Swim Lessons

		Age	<u>Session 1</u> 3/27-4/5	<u>Session 2</u> 4/10-4/19	<u>Session 3</u> 4/24-5/3	<u>Session 4</u> 5/8-5/17
4:00pm	Tadpoles	3-5 yrs	61431	61432	61433	61434
	Waterfrogs	4-5 yrs	61463	61464	61465	61466
	Sea Stars	6-9 yrs	61483	61484	61485	61486
	Level 2	5-9 yrs	61561	61562	61563	61564
4:30pm	Tadpoles	3-5 yrs	61435	61436	61437	61438
	Waterfrogs	4-5 yrs	61467	61468	61469	61470
	Sea Stars	6-9 yrs	61487	61488	61489	61490
	Level 2	5-9 yrs	61565	61566	61567	61568
5:00pm	Parent Child	6m-3yrs	61403	61404	61405	61406
	Tadpoles	3-5 yrs	61439	61440	61441	61442
	Sea Stars	6-9 yrs	61491	61492	61493	61494
5:30pm	Parent Child	3m-5yrs	61407	61408	61409	61410
	Tadpoles	3-5 yrs	61443	61444	61445	61446
	Level 3	6+ yrs	61581	61582	61583	61584
	Level 4	6+ yrs	61593	61594	61595	61596
6:00pm	Tadpoles	3-5 yrs	61447	61448	61449	61450
	Waterfrogs	4-5 yrs	61471	61472	61473	61474
	Level 2	5-9 yrs	61569	61570	61571	61572
	Adult Beginner	16+ yrs	61601	61602	61603	61604

~ **SPRING Private Swim Lessons at Finley Aquatic Center** ~

Private Lessons Monday/Wednesday

	<u>Session 1</u> 3/26-4/4	<u>Session 2</u> 4/9-4/18	<u>Session 3</u> 4/23-5/2	<u>Session 4</u> 5/7-5/16
4:00pm*	61605	61606	61607	61608
4:30pm*	61609	61610	61611	61612
5:00pm	61613	61614	61615	61616
5:30pm	61617	61618	61619	61620
6:00pm	61621	61622	61623	61624

Private Lessons Tuesday/Thursday

	<u>Session 1</u> 3/27-4/5	<u>Session 2</u> 4/10-4/19	<u>Session 3</u> 4/24-5/3	<u>Session 4</u> 5/8-5/17
4:00pm*	61625	61626	61627	61628
4:30pm*	61629	61630	61631	61632
5:00pm	61633	61634	61635	61636
5:30pm	61637	61638	61639	61640
6:00pm	61641	61642	61643	61644

* Shallow Pool Space Only. Recommended for ages 3-5

Summer Swim Lesson Fees & Information

All Summer lessons are \$48 for residents and \$58 for non-residents, unless otherwise noted

(Non-resident fees apply if you live outside Santa Rosa City limits. Addresses are subject to verification.)

• **All summer lessons run Monday through Thursday for two weeks.**

• Age level indicates that the participant **must** be that age by the first day of class.

• Participants may not make-up classes which have been missed. If your child is sick the first few days of class, they are encouraged to take the remaining days.

• In the natural progression of children in swim lessons, it is not uncommon to expect your child to take and re-take a particular level before progressing to the next level.

• To remedy supervision concerns, please do not send children too early for classes and please pick up children on time.

• Persons will not be admitted to any fee program without being registered.

• **Register early as classes fill up quickly.**

• Save the registration receipt for presentation to the Swim Center front desk at the first class.

• Children registered for a class which they are not qualified for will be placed in the correct class only if there is a vacancy. If there is no vacancy, your money will be refunded. Please read the class descriptions carefully to insure you child is enrolled in the correct class. See page 154 for more information.

• If your child graduates to a higher level than you have them registered for, we will make every effort to accommodate a transfer, subject to availability. However, there may be instances where a refund is necessary.

Ridgway Swim Center - 455 Ridgway Ave.

Summer 2012 Morning Lessons

\$58 (S.R. Residents \$48)

Aquatics

Summer Lessons - Ridgway Pool

28 Minute Group Lessons

8 Day Lessons M-Th for 2 weeks

Session 3* No Class 4th of July

Fee \$52 (S.R. Resident \$42)

		Age	<u>Session 1</u> 6/4-6/14	<u>Session 2</u> 6/18-6/28	<u>Session 3*</u> 7/02-7/12	<u>Session 4</u> 7/16-7/26	<u>Session 5</u> 7/30-8/9
9:45am	Tadpoles	3-5 yrs	60899	60900	60901	60902	60903
	Waterfrogs	4-5 yrs	60949	60950	60951	60952	60953
	Sea Stars	6-9 yrs	61000	61001	61002	61003	61004
	Level 2	5-9 yrs	61099	61100	61101	61102	61103
	Level 3	6+ yrs	61069	61070	61075	61076	61077
	Level 4	6+yrs	61144	61145	61146	61147	61148
	Level 5	6+ yrs	61159	61160	61161	61162	61163
10:15am	Tadpoles	3-5 yrs	60904	60905	60906	60907	60908
	Waterfrogs	4-5 yrs	60954	60955	60956	60957	60958
	Seas Stars	6-9 yrs	61005	61006	61007	61008	61009
	Level 2	5-9 yrs	61104	61105	61106	61107	61108
	Level 3	6+ yrs	61078	61079	61080	61081	61082
	Level 4	6+yrs	61149	61150	61151	61152	61153
	Level 5	6+ yrs	61164	61165	61166	61167	61168
10:45am	Tapdoles	3-5 yrs	60909	60910	60911	60912	60913
	Waterfrogs	4-5 yrs	60959	60960	60961	60962	60963
	Sea Stars	6-9 yrs	61010	61011	61012	61013	61014
	Level 2	5-9 yrs	61109	61110	61111	61112	61113
	Level 3	6+ yrs	61083	61084	61085	61086	61087
	Level 6 Fitness	6+ yrs	N/A	61056	N/A	61057	N/A
	Dolphin	10-16 yrs	61061	N/A	61062	N/A	61063
Adult	16+ yrs	61064	61065	61066	61067	61068	
11:15am	Parent/Child	6m-3 yrs	60797	60798	60799	60800	60801
	Tadpoles	3-5 yrs	60914	60915	60916	60917	60918
	Waterfrogs	4-5 yrs	60964	60965	60966	60967	60968
	Sea Stars	6-9 yrs	61015	61016	61017	61018	61019
	Level 2	5-9 yrs	61114	61115	61116	61117	61118
	Level 3	6+ yrs	61088	61089	61090	61091	61092
	Level 4	6+yrs	61154	61155	61156	61157	61158
Level 6 LGT	6+ yrs	61051	61052	61053	61054	61055	

Ridgway Swim Center
Summer Evening Swim Lessons
 on page 158.

Aquatics

Summer Lessons - Ridgway Pool

Ridgway Swim Center - 455 Ridgway Ave.

Summer 2012 Evening Lessons

\$58 (S.R. Residents \$48)

**Session 3* No Class 4th of July
Fee \$52 (S.R. Resident \$42)**

28 Minute Group Lessons

8 Day Lessons M-Th for 2 weeks

			<u>Session 1</u>	<u>Session 2</u>	<u>Session 3*</u>	<u>Session 4</u>	<u>Session 5</u>
			6/4-6/14	6/18-6/28	7/02-7/12	7/16-7/26	7/30-8/9
		Age					
4:15pm	Tadpoles	3-5 yrs	60919	60920	60921	60922	60923
	Waterfrogs	4-5 yrs	60969	60970	60971	60972	60973
	Sea Stars	6-9 yrs	61020	61021	61022	61023	61024
	Level 2	5-9 yrs	61119	61120	61121	61122	61123
4:45pm	Parent/Child	6 m-3 yrs	60802	60803	60804	60805	60806
	Tadpoles	3-5 yrs	60924	60925	60926	60927	60928
	Waterfrogs	4-5 yrs	60974	60975	60976	60977	60978
	Seas Stars	6-9 yrs	61025	61026	61027	61028	61029
	Level 2	6+ yrs	61124	61125	61126	61127	61128
5:15pm	Tapdoles	3-5 yrs	60929	60930	60931	60932	60933
	Waterfrogs	4-5 yrs	60979	60980	60981	60982	60983
	Sea Stars	6-9 yrs	61030	61031	61032	61033	61034
	Level 2	5-9 yrs	61129	61130	61131	61132	61133
5:45pm	Parent/Child	6 m-3 yrs	60807	60808	60809	60810	60811
	Tadpoles	3-5 yrs	60934	60935	60936	60937	60938
	Sea Stars	6-9 yrs	61035	61036	61037	61038	61039
	Level 2	5-9 yrs	61134	61135	61136	61137	61138
6:15pm	Tadpoles	3-5 yrs	60939	60940	60941	60942	60943
	Waterfrogs	4-5 yrs	60984	60985	60986	60987	60988
	Level 2	5-9 yrs	61139	61140	61141	61142	61143
	Level 3	6+ yrs	61093	61094	61095	61096	61097
6:45pm	Tadpoles	3-5 yrs	60944	60945	60946	60947	60848
	Waterfrogs	4-5 yrs	60989	60990	60991	60992	60993
	Sea Stars	6-9 yrs	61390	61391	61392	61393	61394
	Level 3	6+ yrs	61098	61071	61072	61073	61074

**For Finley or Ridgway Swim Center
private swim lessons schedule,
please see page 161.**

Finley Aquatic Center

Summer Morning Lessons M-TH for 2 weeks

\$58 (S.R. Resident \$48)

Aquatics

Summer Lessons - Finley

Session 3* No Class 4th of July Fee \$52 (S.R. Resident \$42)			Session 1 6/4-6/14	Session 2 6/18-6/28	Session 3* 7/02-7/12	Session 4 7/16-7/26	Session 5 7/30-8/9
		Age					
9:30am	Tadpoles	3-5 yrs	61663	61664	61665	61666	61667
	Waterfrogs	4-5 yrs	61698	61699	61700	61701	61702
	Sea Stars	6-9 yrs	61728	61729	61730	61731	61732
	Level 2	5-9 yrs	61769	61770	61771	61772	61773
	Level 3	6+ yrs	61804	61805	61806	61807	61808
	Level 4	6+ yrs	61829	61830	61831	61832	61833
	Diving	6+ yrs	61884	61885	61886	61887	61888
10:00am	Tadpoles	3-5 yrs	61668	61669	61670	61671	61672
	Waterfrogs	4-5 yrs	61703	61704	61705	61706	61707
	Sea Stars	6-9 yrs	61733	61734	61735	61736	61737
	Level 2	5-9 yrs	61774	61775	61776	61777	61778
	Level 4	6+ yrs	61834	61835	61836	61837	61838
	Level 5	6+ yrs	61849	61850	61851	61852	61853
	Level 6 LGT	6+ yrs	61874	61875	61876	61877	61878
Diving	6+ yrs	61889	61890	61891	61892	61893	
10:30am	Parent Child	6m-3yrs	61648	61649	61650	61651	61652
	Tadpoles	3-5 yrs	61673	61674	61675	61676	61677
	Waterfrogs	4-5 yrs	61708	61709	61710	61711	61712
	Sea Stars	6-9 yrs	61738	61739	61740	61741	61742
	Level 2	5-9 yrs	61779	61780	61781	61782	61783
	Level 4	6+ yrs	61839	61840	61841	61842	61843
	Dolphins	10-16 yrs	61894	61895	61896	61897	61898
11:00am	Parent Child	6m-3yrs	61653	61654	61655	61656	61657
	Tadpoles	3-5 yrs	61678	61679	61680	61681	61682
	Sea Stars	6-9 yrs	61743	61744	61745	61746	61747
	Level 2	5-9 yrs	61784	61785	61786	61787	61788
	Level 3	6+ yrs	61809	61810	61811	61812	61813
	Level 4	6+ yrs	61844	61845	61846	61847	61848
	Level 5	6+ yrs	61854	61855	61856	61857	61858
Level 6 Fitness	6+ yrs	61869	61870	61871	61872	61873	
11:30am	Parent Child	6m-3yrs	61658	61659	61660	61661	61662
	Tadpoles	3-5 yrs	61683	61684	61685	61686	61687
	Waterfrogs	4-5 yrs	61713	61714	61715	61716	61717
	Sea Stars	6-9 yrs	61748	61749	61750	61751	61752
	Level 2	5-9 yrs	61789	61790	61791	61792	61793
	Level 3	6+ yrs	61814	61815	61816	61817	61818
	Level 5	6+ yrs	61859	61860	61861	61862	61863
12:00pm	Tadpoles	3-5 yrs	61688	61689	61690	61691	61692
	Waterfrogs	4-5 yrs	61718	61719	61720	61721	61722
	Sea Stars	6-9 yrs	61753	61754	61755	61756	61757
	Level 2	5-9 yrs	61794	61795	61796	61797	61798
	Level 3	6+ yrs	61819	61820	61821	61822	61823
	Level 6 LGT	6+ yrs	61879	61880	61881	61882	61883
12:30pm	Tadpoles	3-5 yrs	61693	61694	61695	61696	61697
	Waterfrogs	4-5 yrs	61723	61724	61725	61726	61727
	Sea Stars	6-9 yrs	61758	61759	61760	61761	61762
	Level 2	5-9 yrs	61799	61800	61801	61802	61803
	Level 3	6+ yrs	61824	61825	61826	61827	61828
Level 5	6+ yrs	61864	61865	61866	61867	61868	

Aquatics

Summer Lessons - Finley

Finley Aquatic Center - 2060 W. College Ave
Summer Evening Lessons
\$58 (S.R. Residents \$48)

		Age	<u>Session 1</u> 6/4-6/14	<u>Session 2</u> 6/18-6/28	<u>Session 3*</u> 7/02-7/12	<u>Session 4</u> 7/16-7/26	<u>Session 5</u> 7/30-8/9	<u>Session 6</u> 8/13-8/23
4:30pm	Tadpoles	3-5 yrs	62271	62272	62273	62274	62275	62276
	Sea Stars	6-9 yrs	62338	62339	62340	62341	62342	62343
	Level 2	5-9 yrs	62720	62721	62722	62723	62724	62725
5:00pm	Parent Child	6m-3yrs	62258	62259	62260	62261	62262	62263
	Tadpoles	3-5 yrs	62277	62278	62279	62280	62281	62282
	Waterfrogs	4-5 yrs	62307	62308	62309	62310	62311	62312
	Sea Stars	6-9 yrs	62344	62345	62346	62347	62348	62349
	Level 2	5-9 yrs	62726	62727	62728	62729	62730	62731
	Level 4	6+ yrs	62763	62764	62765	62766	62767	62768
	Level 5	6+ yrs	62775	62776	62777	62778	62779	62780
Level 6 Fitness	6+ yrs	62787	62788	62789	62790	62791	62792	
5:30pm	Parent Child	6m-3yrs	62264	62265	62266	62267	62268	62269
	Tadpoles	3-5 yrs	62283	62284	62285	62286	62287	62288
	Waterfrogs	4-5 yrs	62313	62314	62315	62316	62317	62318
	Sea Stars	6-9 yrs	62350	62351	62352	62353	62354	62355
	Level 2	5-9 yrs	62732	62733	62734	62735	62736	62737
	Level 3	6+ yrs	62757	62758	62759	62760	62761	62762
	Level 4	6+ yrs	62769	62770	62771	62772	62773	62774
Level 5	6+ yrs	62781	62782	62783	62784	62785	62786	
6:00pm	Tadpoles	3-5 yrs	62289	62290	62291	62292	62293	62294
	Waterfrogs	4-5 yrs	62319	62320	62321	62322	62323	62324
	Sea Stars	6-9 yrs	62356	62357	62358	62359	62360	62361
	Level 2	5-9 yrs	62738	62739	62740	62741	62742	62743
	Level 6 LGT	6+ yrs	62793	62794	62795	62796	62797	62798
	Dolphins	10-16 yrs	62799	62800	62801	62802	62803	62804
6:30pm	Tadpoles	3-5 yrs	62295	62296	62297	62298	62299	62300
	Waterfrogs	4-5 yrs	62325	62326	62327	62328	62329	62330
	Sea Stars	6-9 yrs	62362	62363	62364	62365	62366	62367
	Level 2	5-9 yrs	62744	62745	62746	62747	62748	62749
	Adult Beg.	16+ yrs	62805	62806	62807	62808	62809	62810
7:00pm	Tadpoles	3-5 yrs	62301	62302	62303	62304	62305	62306
	Waterfrogs	4-5 yrs	62331	62332	62333	62334	62335	62336
	Sea Stars	6-9 yrs	62368	62369	62370	62371	62372	62373
	Level 2	5-9 yrs	62751	62752	62753	62754	62755	62756

Session 3* No Class 4th of July
Fee \$52 (S.R. Resident \$42)

We offer these classes to meet several needs:

- * Provide 1 on 1 attention to you or your child
- * Work on specific skills
- * Accommodate a special need you or your child may have

Aquatics

Finley & Ridgway Private Lessons

~ Private Swim Lessons at Finley Aquatic Center ~

28 Minute Lessons (4 Day Lessons Monday-Thursday for 1 week) \$90, AGE 3 + FOR ALL CLASSES

Note: *Week 5 No Class Wednesday July 4th. 3 Private Lesson M/Tu/Th \$67

Time	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12
	6/4 to 6/7	6/11 to 6/14	6/18 to 6/21	6/25 to 6/28	7/2 to 7/5*	7/9 to 7/12	7/16 to 7/19	7/23 to 7/26	7/30 to 8/2	8/6 to 8/9	8/13 to 8/16	8/20 to 8/23
9:30am	61918	61919	61920	61921	61922	61923	61924	61925	61926	61927	x	x
10:00am	61928	61929	61930	61931	61932	61933	61934	61935	61936	61937	x	x
10:30am	61938	61939	61940	61941	61942	61943	61944	61945	61946	61947	x	x
11:00am	61948	61949	61950	61951	61952	61953	61954	61955	61956	61957	x	x
11:30am	61958	61959	61960	61961	61962	61963	61964	61965	61966	61967	x	x
12:00pm	61968	61969	61970	61971	61972	61973	61974	61975	61976	61977	x	x
12:30pm	61978	61979	61980	61981	61982	61983	61984	61985	61986	61987	x	x
4:30pm	62007	62008	62009	62010	62011	62012	62013	62014	62015	62016	62017	62018
5:00pm	62019	62020	62021	62022	62023	62024	62025	62026	62027	62028	62029	62030
5:30pm	62031	62032	62033	62034	62035	62036	62037	62038	62039	62040	62041	62042
6:00pm	62043	62044	62045	62046	62047	62048	62049	62050	62051	62052	62053	62054
6:30pm	62055	62056	62057	62058	62059	62060	62061	62062	62063	62064	62065	62066
7:00pm	62067	62068	62069	62070	62071	62072	62073	62074	62075	62076	62077	62078

~ Private Swim Lessons at Ridgway Swim Center ~

28 Minute Lessons (4 Day Lessons Monday-Thursday for 1 week) \$90, AGE 3 + FOR ALL CLASSES

Note: *Week 5 No Class Wednesday July 4th. 3 Private Lesson M/Tu/Th \$67

Time	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10
	6/4 to 6/7	6/11 to 6/14	6/18 to 6/21	6/25 to 6/28	7/2 to 7/5*	7/9 to 7/12	7/16 to 7/19	7/23 to 7/26	7/30 to 8/2	8/6 to 8/9
9:45am	60812	60813	60814	60815	60816	60817	60818	60819	60820	60861
10:15am	60822	60823	60824	60825	60826	60827	60828	60829	60830	60831
10:45am	60832	60833	60834	60835	60836	60837	60838	60839	60840	60841
11:15am	60842	60843	60844	60845	60846	60847	60848	60849	60850	60851
4:45pm	60852	60853	60854	60855	60856	60857	60858	60859	60860	60861
5:15pm	60862	60863	60864	60865	60866	60867	60868	60869	60870	60871
6:15pm	60872	60873	60874	60875	60876	60877	60878	60879	60880	60881
6:45pm	60882	60883	60884	60885	60886	60887	60888	60889	60890	60891

INTRODUCTION

TO SCUBA DIVING (AGE 12+)

Learn to scuba dive through the P.A.D.I. Certification Program taught by Pinnacles Dive Center. A PADI International Open Water Scuba Certification course consists of **3 parts. Part 1 is Academics, and completed at home prior to Part 2. Part 2 is a weekend day at the pool and consists of in-water skills and classroom study.** Students provide mask, snorkel, fins, booties, gloves, swimsuit, towel and PADI International training packet. Must have basic swimming ability. **Part 3** of your certification is completed with 4 ocean dives (not included). For an ocean dive schedule and further information, contact Pinnacles Dive Center at 542-3100.

Saturday

9:00am-6:00pm

Finley Aquatic Center

\$259 (S.R. Resident \$249)

Sat, 3/17 # 61763

Sat, 4/21 # 61764

Sat, 5/19 # 61765

Sat, 8/18 # 61768

KAYAKING PRACTICE

This weekly practice session is co-sponsored by the City of Santa Rosa and the Sequoia Paddle Club for river/sea kayakers and canoeists. Wet suits are suggested. Bring your own boat (boats must be clean). Register at the swim center during the time of the activity. Sequoia Paddle Club information line: 887-0303.

Thursdays

7:00-9:00pm

\$5 per boater

\$2 Paddle Club member

Ridgway Swim Center



NEPTUNE SWIM TEAM ~

Established in 1955, the Neptune Swim Team is organized to teach and enhance competitive swimming abilities through the basic principles and fundamentals of training and competitive swimming. Visit us at www.santarosanepunes.com



BIRTHDAY PARTIES AT THE POOL

What could be more fun than having a **SWIM PARTY** for your child's birthday?! The Birch Room or under the awning at the Finley Aquatic Complex and under the awning at the Ridgway Swim Center can be reserved for birthday parties. For \$9 per child, your party package includes: public swim for that day and a reservable area. For more information call Finley (543-3760) or Ridgway (543-3421). **Minimum party size is ten.**

Detailed birthday party information is also available at www.srcity.org/aquatics

¡La salud es lo máximo!

TALLERES DE FINANZAS

El Programa de Revitalización Vecindario está ofreciendo Talleres De Finanzas instruidos por expertos de finanzas. Ofrecerán información y asistencia sobre **Como Tener Buen Crédito, Como Comprar Una Casa en el Mercado Presente y Como Empezar un Negocio Pequeño. UD. puede llamar a Malinalli López para pedir el horario de los talleres y para más información, 543-4332.**

Si usted tiene un evento.... ¡Puede contar con el lugar!

¡Nuestros centros sociales son de multi-propósito y están disponibles para alquilarse para sus reuniones o eventos especiales!

- ◆ Tasas sin interés
- ◆ Recaudación de Fondos
- ◆ Conferencias
- ◆ Reuniones de Negocios
- ◆ Cumpleaños
- ◆ Bautizos
- ◆ Quinceañeras
- ◆ Bodas Y Recepciones
- ◆ Aniversarios
- ◆ Reuniones de la Iglesia
- ◆ Reuniones del Club de Servicio

(707) 543-3737

Regístrese ahora para tomar clases de cocina o ejercicio para usted o para su niño en una de nuestras diversas clases para adultos o los más pequeños. Tenemos algo para todas las edades desde los niños que empiezan a caminar como en Tiny Tots o Wee Play hasta adultos.

Tenemos clases de:

- **Empleos de Verano para jóvenes:** Ayude a su hijo adolescente a desarrollarse en el mundo del trabajo. Tenemos puestos temporales en el Departamento de Parques y Recreación para jóvenes que empiezan a trabajar. **Páginas 72-73.**
- **Kindergym:** Su niño aumentará sus capacidades sociales y físicas por medio de convivir con otros pequeños y hacer actividades como correr, brincar y gatear. Haremos actividades de cantar y juegos con paracaídas. **Páginas 23-25.**
- **Natación:** Nade o tome clases de natación en los centros acuáticos de Ridgeway o Finley. (El horario de estas actividades depende de la temporada o clima.). **Páginas 148-162.**
- **Como montar en pony para niños:** Esta clase es para las edades de 3-5 para aprender a montar en pony. **Páginas 14-15.**
- **Programas de Campamento para el Verano:** Ofrecemos varios programas de campamento en el verano desde campamentos de ciencia, de actividades recreacionales y muchos más. **Páginas 68-71.**
- **Samurai Sprouts:** Esta clase ofrece los mismos beneficios del arte de Aikido- la- arte marcial de la armonía-igual como el beneficio del rigor técnico. **Páginas 20-21.**
- **Yoga Para Todos.** Disfrute de más tranquilidad de mente y flexibilidad física en nuestras clases de yoga. **Páginas 130-131.**

También puede rentar un espacio para su próximo evento o disfrute de nuestros parques:

Howarth Park: Venga al parque de Howarth y súbase al tren, el carrusel, o los ponis. Los niños pueden jugar en el equipo de patio de recreo, en la nueva fuente de agua instalado en el patio o escale la pared de piedras. Rente un barco de pedales p pesque en el Lago Ralphine. (El horario de estas actividades depende de la temporada o clima.)

Finley Park: Recoga un paquete de información en el Centro Comunitario Finley si quiere planear su boda, fiesta familiar o quinceañera. También puede rentar un espacio en nuestros parques en las áreas de picnic o informarse más sobre nuestras clases. **Llame al 543-3737.**

Hay becas disponibles



Para obtener más información llame al
543-3737



Para información para personas discapacitadas, llame al 543-3737 / TDD 543-3289 (Lunes a Viernes 8am-5pm)

Facility Information

Parks & Special Facilities

Swim Facilities

Finley Community Center

Located at 2060 W. College Ave. (enter off of W. College at Stony Point Road), a 28,000-square foot modern, multi-purpose facility available for rental. Includes meeting rooms, banquet and conference facilities, commercial kitchen. Rental guide is available with detailed information. Reservations: 543-3733.

Steele Lane Community Center

Located at 415 Steele Lane, a 23,000 square foot community center. Rental facilities available include meeting rooms/classrooms, auditorium with stage, cooking facilities. Rental guide available with detailed information. Reservations: 543-3733.



Steele Lane Community Center:
Front desk open
M-F, 8:30am to 12:30pm ONLY

See page 2 for Comm. Ctr. phone numbers.

Bennett Valley Senior Center

Located at 704 Bennett Valley Road, rental facilities available include meeting rooms, classrooms and small auditorium with stage. Reservations: 545-8608.

Ridgway Swim Center

455 Ridgway Ave. 543-3421

Bennett Valley Golf Course

at 3328 Yulupa Avenue. 528-3673

Bocce Courts at DeMeo and Juilliard Parks. Bring your own equipment.

Franklin Computer Training Center at Franklin Park. 543-3733.

Fenced Dog Parks at Galvin, Rincon Valley, DeTurk, Doyle and Northwest Parks. Off leash play allowed at: Franklin, Southwest, Youth Parks (6-8am) and Doyle Park (6-8:30am). In all other parks, dogs must be on a leash not exceeding 6 feet in length. Please pick up after your dogs.



Flycasting Pond at Galvin Park.

Horseshoe Facilities at Doyle, Finley and Bicentennial Parks. Bring your own equipment.

Finley Aquatic Center

2060 W. College Ave. 543-3760

Special Facilities

Park Amphitheater with reservable campfire area in Howarth and Youth Parks. Reservations: 543-3737 or 543-3282.

Santa Rosa Rural Cemetery at Franklin & Monroe Streets. Self-guided walking tours. Call 543-3292 for special events schedule.

Skateboard & Blading Park in Youth Park. Bring your own equipment. Safety equipment required.

Softball, baseball and soccer fields are available (weather conditions allowing) for informal recreational use and league play. Call the Sports Desk, 543-3281, (Mon-Thu, 3-7pm; Fri, 3-5pm) for permit use and schedules. The field condition information line, 543-3474, is updated at 3pm, Monday through Friday.

Community Parks

Group picnic reservations available. For a detailed list of neighborhood parks, go to srcity.org/parks.

Doyle Community Park

700 Doyle Park Drive off of Sonoma Avenue. 22 acres. **Family/group picnic, BBQ's, play equipment, baseball, horseshoes, restrooms, clubhouse, dog park,** Doyle Day Camp. **Off leash dog area, 6-8:30am.**

Finley Community Park

2060 W. College Ave (entrance on Stony Point Road). 22 acres. **Play equipment, tennis courts, basketball court,** sand volleyball, horseshoe pits, **restrooms, group and family picnic, BBQ's, gazebo, Ropes Course, community center and swim complex.**



Franklin Park

2095 Franklin Avenue. 13 acres. Lighted softball, **playground,** soccer field, parking. Picnic area. Off leash dog area, 6-8am.

Boldface type indicates easy accessibility for the disabled.

Galvin Community Park

3330 Yulupa Avenue. 22 acres. **Family/group picnic, BBQ's, play equipment, tennis, softball, soccer, restrooms,** exercise court, fly casting pond, dog park.



Howarth Community Park

630 Summerfield Road. 152 acres. Lake Ralphine (25 acres) offers boat rentals (seasonal), launch ramp and fishing. Amusement area (seasonal) offers miniature train ride, carousel, pony rides, snack bar. **Small & large group picnic facilities,** gazebo and children's birthday party packages are available. **Hiking, jogging, biking trails, BBQ's, picnic tables, play areas, restrooms,** 6 lighted tennis courts, **softball field,** Camp Wa-Tam, **Land of Imagination playground, climbing wall.** See Page 3 for Howarth Park attractions.



★ **Wireless access** is provided by sonic.net. Cost is \$3.50 for 24 hours and free to sonic.net users.

Northwest Community Park

2620 West Steele Lane. 25 acres. Lighted sports fields, restrooms, **playground, softball, BBQ's, parking, dog park.** No reservable picnic areas.

Rincon Valley Community Park

5108 Badger Road. 25 acres. **Family/group picnic, BBQ's play equipment, softball, soccer, restrooms, dog park for large and small dogs.**

Southwest Community Park

1698 Hearn Avenue at Burbank. 19 acres. **Family/group picnic, BBQ's, play equipment, basketball, softball, soccer, restrooms,** off leash dog area, 6-8am.

Youth Community and Skate Park

1725 Fulton Road. 72 acres. **Picnic areas, BBQ's, gazebo, play equipment, restrooms, skatepark** for skateboarders and in-line skaters, **Camp Yu-Chi, Youth Memorial,** off leash dog area, 6-8am.

Scholarships: Thanks to generous donors, Recreation, Parks & Community Services offers a number of scholarships to enable families in need to participate in programs and activities offered by the Department. Applications are available at the Steele Lane Community Center. For eligibility information, please call 543-3737. See pages 166 and 167 for information on how to donate to the program.

Language Interpretation Services are available to help non-English speaking residents. If you are interested in registering for any program listed in our *Activity Guide* or renting one of our many facilities for a social event or picnic, please call 543-3737 Monday through Friday, 8:00 am - 5:00pm.

Tenemos servicios de interpretación para ayudar a quien que no habla inglés. Si quiere alquilar uno de las facilidades para una fiesta o un picnic, o tiene preguntas sobre uno de los programas, no llame a 543-3737 lunes hasta viernes, 8:00am - 5:00pm.

Friends Program: Invest in Your Community - Here's How You Can Help: The Friends Program offers individuals, businesses, or organizations the opportunity to financially assist or support a variety of Recreation, Parks & Community Services programs. Sponsoring a trip or special event, adopting a park, or donating a memorial bench are just a few ideas! Call 543-3282 for more information or pick up a brochure at the Finley Community Center, Steele Lane Community Center, Bennett Valley Senior Center or go to www.SantaRosaRec.com to download a form. To donate, click on "Friends Program." Please see pages 166 and 167 to learn how to donate to the scholarship program.

Standards of Behavior: For the enjoyment and safety of everyone; Recreation, Parks & Community Services expects all participants to treat the people and facilities connected with the program with respect and abide by all rules and direction from the staff. Recreation, Parks & Community Services reserves the right to refuse service to anyone for failure to abide by these standards.

Americans with Disabilities Act of 1990 (ADA): Recreation, Parks & Community Services is committed to compliance with the ADA. For accommodation requests or inquiries about accessibility, please call 543-3292, or (TDD) 543-3289 (M-F, 8:00am-5:00pm), at least 72 hours prior to the event. Accessible parking is available at all City facilities. For more

information regarding the closest accessible public transportation and bus lines, please call 543-3325. Complaints regarding department compliance with ADA should be directed to the Director of Recreation, Parks & Community Services, 415 Steele Lane, Santa Rosa, CA 95403, 543-3292 or (TDD) 543-3289 (M-F, 8:00am - 5:00pm)

Discrimination: Recreation, Parks & Community Services prohibits discrimination on the basis of race, color, national origin, ancestry, age, disability, marital status or sexual orientation. Should you have any concerns, please contact the Director of Recreation, Parks & Community Services, 415 Steele Lane, Santa Rosa, CA 95403, 543-3292 or (TDD) 543-3289 (M-F, 8:00am -5:00pm)

Photos: Recreation, Parks & Community Services staff reserves the right to photograph facilities, activities and program participants for potential promotional use. All photos will remain the property of Recreation, Parks & Community Services and may be used for publicity or promotion purposes only. If you or anyone in your family should not be photographed, contact Recreation, Parks & Community Services at 543-3737.



Marc Richardson,
Director
Santa Rosa Recreation, Parks
& Community Services

Board of Community Services Members

Scott Bagala
Maria Cañas
Carmel Curiel-Larios
Craig Lawson, Chair
Laura Martell
Barbara Ramsey
Rick Surlow

Satisfaction Guaranteed:

We are confident that you will enjoy the activities and programs planned. If you are not completely satisfied with our programs, please contact us.

Activity Guide Production:

Front Cover Design: Elisa St.Marie
Desktop Publishing: Helen Geary

Editor & Ad Sales:
Adriane Mertens
543-3276

Spunky Drawings:
Christine McNamara

5 WAYS TO SIGN UP!

1. Online Registration

www.santarosarec.com

Follow the instructions on the screen.

To Register, You'll Need:

Client barcode numbers*

Family PIN number*

Course barcode number(s) from Activity Guide

Credit Card number (VISA or MC only)

Available 24 hours a day/7 days a week

*To obtain these numbers, call (707) 543-3737 or you can also create a new account online.

2. Adventure Line

Call our automated "Adventure Line" at 543-3003 anytime, 24 hours a day, seven days a week. **NOTE:** In order to use the Adventure Line, user must have a client barcode number for each participant you wish to register along with a family PIN, and you must pay with a valid VISA or MasterCard.

3. FAX

Fill out the registration form, include a valid VISA/MC number with expiration date & signature; a receipt will be mailed to you. Please use the following FAX phone number: **Center Classes and Trips: (707) 543-3736; Swim classes: (707) 543-3768.**

4. Mail



Mail Registration Form on page 167 to:

Finley Community Center	OR	Steele Lane Center
REGISTRATION		REGISTRATION
2060 West College Ave.		415 Steele Lane
Santa Rosa, Calif. 95401		Santa Rosa, Calif. 95403

For Swim Classes:

Finley Aquatic Center	OR	Ridgway Swim Center
REGISTRATION		REGISTRATION
2060 W. College Avenue		455 Ridgway Avenue
Santa Rosa, Calif. 95401		Santa Rosa, Calif. 95401

*Include check made out to SRRP or include your VISA/MC number and a self-addressed, stamped envelope.

5. Walk-In

For swim classes:

Ridgway or Finley Swim Center

For all other classes:

Finley or Steele Lane Community Center

See page 2 for facility hours.

REGISTRATION INFORMATION

Registration for Spring/Summer classes begins February 9, 2012

- Registration is on a first come, first served basis.
- Registration will not be accepted in class by the instructors.
- Your name will automatically be placed on a waiting list when a class is full. **(Including swim classes.)**
- Register online or by mail/Fax/Adventure Line for only those activities which have a barcode. If no barcode is listed, contact a Community Center or the Swim Center.
- No refunds or changes allowed 24 hours prior to the start of course.
- Please allow at least 10 days to process mailed registration forms. A receipt will be mailed to participants to indicate enrollment status.
- For mail/fax registration, if a class is full at the time of registration, you will be given your alternate class, if available, and automatically placed on a waiting list for your first choice. You will be notified by telephone should an opening become available.
- If you have not received confirmation, for a non-swim class, or wish to confirm your registration, call either Community Center at 543-3737 or 543-3282, after 9:00am, Monday - Friday. For a swim class, call the Swim Centers at 543-3760 or 543-3421.
- Future program fees are subject to change as City Council reviews the 2012-2013 budget.

- City Residents -

Participants living within the Santa Rosa City limits receive a discount on classes and activities.

CLASS REFUND AND TRANSFER INFORMATION

1. Full refunds will be issued if the request is received 7 days prior to the starting date of the class.
2. If a refund is requested less than 7 days prior to the start of a class, a 25% cancellation fee will be charged. If preferred, we will transfer the participant to another class whenever possible.
3. No refunds or changes are allowed 24 hours prior to the start of a class.
4. Refund requests for camps are slightly different. See page 69 / Sr. Ctr. Computer Lab refunds, see page 147.

- Camp Refund Policy -

No refunds allowed for Day Camps (Wa-Tam, Yu-Chi, and Doyle) after 5pm on the Thursday prior to camp.

SCHOLARSHIP DONATIONS

Donating to our scholarship fund can provide recreational activities for financially challenged families. Your donation is tax deductible. You may donate any amount you wish by completing our mail registration form on page 167.

Additional forms available at Community & Swim Centers
 Para formas adicionales visite a un centro comunitario o de natación

Registration Form

Formas de Registración

Trips & Center Classes

ADULT/GUARDIAN CONTACT INFORMATION: **Please sign below

Adulto/Información Personal

Last Name: _____ **First:** _____ **Birthdate:** _____ **M** **F**
Apellido Nombre Fecha de Nacimiento Varon Hembra

Address: _____
Domicilio

City: _____ **State:** _____ **ZIP Code:** _____ **Resident** ***Non-Resident**
Ciudad Estado Código Residente No-residente

Home Phone: _____ **Work Phone:** _____ **Cell Phone:** _____
Teléfono de Casa Teléfono de Trabajo Celular

Emergency Phone: _____ **e-mail Address:** _____
Teléfono de Emergencia E-mail

***Non-Resident is anyone who lives outside the city limits of Santa Rosa**
**Un no residente es alguien quien vive afuera de los limites de la ciudad de Santa Rosa.*

Community, Swim, & Senior Center Classes, Trips, & Activities

Participant's Last Name <i>Apellido del participante</i>	First <i>Nombre</i>	Date of Birth <i>Fecha de Nacimiento</i>	M/F <i>V/F</i>	Course Barcode <i>Clave del Curso</i>	Course Name <i>Nombre del Curso</i>	2nd Choice <i>2da opción</i>	Fee <i>Costo</i>	
							
							
							
If paying by check, please make check payable to: Santa Rosa Recreation, Parks & Community Services							Total Fees:	
Help sponsor a kid for camp or swimming lessons! Add on Scholarship Fund Donation: <i>Ayude a un niño a asistir un programa de campamento o de natación gratis! Agregue su donación aquí:</i>								
VISA/MasterCard Account #: <i>Número de tarjeta VISA/Mastercard#</i>					Expiration Date: _____ / _____ <i>Fecha de Vencimiento mes año</i>			
Cardholder's Signature: <i>Firma de Autorización</i>						Total Paid: \$ _____ <i>Cantidad Total:</i>		

The undersigned in consideration of participation in this program agrees to indemnify and hold the City of Santa Rosa harmless and release the City of Santa Rosa, its officers, employees and agents, from any and all liability for any injury arising out of, or in any way connected with participation in this program. I HAVE READ THE ABOVE APPLICATION AND AGREEMENT, AND FULLY UNDERSTAND THAT I ASSUME ALL RISK FOR ANY INJURIES RECEIVED.

**** Signature:** _____ **Date:** _____
Firma Self Parent Guardian Fecha

Recreational Opportunities for Persons with Disabilities:
 Persons with disabilities are welcome to participate in any class or activity offered by Santa Rosa Recreation, Parks & Community Services. If you have a special need or accommodation request, please contact (via phone, e-mail or in person) our staff at either community center **at least one week prior to the start** of the class or activity. Every effort will be made to reasonably accommodate your request.

Index

AARP Driver Safety Program	138	Pool Parties	34
Active Adults 50+	137-147	Prenatal Fitness	126
Actor's Theater for Children	4	Preschool Summer Camp	57
Aerobic Classes	124, 125	Qigong (Chi gong).....	128, 130, 131
Aikido/Samurai Sprouts (Youth)	20	Rec Dept. info in Spanish	163
Aquatics	148-162	Registration	166, 167
Art Exhibits	9-12	Rentals, Park & Facility.....	2, 164
Arts District	13	Rosie the Trolley Tours	5, 90
Art Camps	32, 33	Rock Climbing	50, 64
Arts & Crafts (Adults)	98-102	SR Children's Theater	52-56
Arts & Crafts (Youth)	31-33	Scholarship Donations	165, 166
Babysitting	44	Scholarship Program	165
Baking (Adult)	103	Scuba	162
Balloon Art	32, 102	Self-Defense	45, 119
Basketball (Youth)	88	Senior Center Activities	141-147
Basketball Parties (Youth)	34	Sewing Camp	32, 59
Bird Watching	132, 137	Soccer (Youth)	87, 88
Birthday Parties.....	34	Softball (Adult).....	82
Boating & Sailing Classes	76-79	Sports	82-88
Bocce.....	82	Spring Break Camps	32, 50, 51
Brick Info	91	Spring Egg Hunt	5
Bridge.....	142	St. Patrick's Day Walk/Run	89
Burbank Home & Gardens.....	8	Swim	148-162
Business	115	Table Tennis	18, 123
Camps (Summer)	62-71	Tai Chi.....	130-131
Camps (Spring)	50	Tai Chi for Seniors.....	138-139
Card Making	100	Teeny Tiny Tots.....	26, 27
Cemetery Tours	6	<u>Tennis:</u>	
Change for Kids	81	Adults	83, 84
Chop's Teen Club	48, 49	Youth	85, 86
Computers (Adult).....	116	Tiny Tots	26-28
Computers (Youth).....	43	Tiny Tots Camp	28, 57
Computers (Seniors)	146, 147	Tree Climbing	46
Cooking (Adults & Teens) ...	103-107	Tumbling (Youth)	17
CPR & First Aid	47, 118	Ukulele Lessons	41, 110-111
Creek Activities	67	Video Camp	64
D.A.A. Activities.....	92	Visionaries (VIP's)	92
<u>Dance Classes -</u>		Waterpolo.....	149
Ballet/Tap (Youth)	36-39	Weight Room	143
Bellydance	96, 97	Wilderness First Aid	47, 133
Bollywood	95	Work Experience Program	72, 73
Flamenco.....	95	Yoga (Adult)	130-131
Line Dance	142	You're On the Air	115
Dance Camps (Youth).....	40, 58	Zumba	124-125
Dances, Social	93		
Differently Abled Program	92		
Dive Team	150		
Dodge Bll Parties	34		
Dog Training	109		
Drama (Youth)	52-56		
Drawing	33, 98		
Engineering Camps	51, 60		
Events, Community.....	4-6		
Facilities Information.....	2, 164		
Feldenkrais.....	129		
Fencing	19, 63, 123		
Fishing	4, 133		
Fitness (Adult)	123-128		
Fitness (Youth)	16-21		
Fitness (Seniors)	138-140, 142		
Flower Crafts	102		
Friends Program.....	165		
Gardening.....	108		
Golf	82		
Gourd Craft	101		
Guitar	41, 110-111		
Gymnastics (Youth)	16, 17, 50, 63		
Harmonica Lessons	111		
Hiking	134		
Horse Camps	66, 135		
Horsemanship	14, 15, 46, 135		
Horseshoes	82		
Howarth Park	3		
Hunter Education	118		
Jewelry	100		
Karate (Adult).....	120		
Karate (Youth).....	20, 21		
Kickboxing (Cardio).....	124, 125		
KidScience Camps	61		
<u>Kindergym</u>	24, 25		
Baby Gym	23		
Family Gym	23		
For "Big Kids"	25		
<u>Language:</u>			
German (Adult)	112		
Spanish (Adult).....	112		
Live at Juilliard Concerts	7		
Martial Arts	17, 120, 121		
Movie in the Park.....	35		
Mountain Bike Races	136		
Neighborhood Services.....	80		
Outdoor Fitness	132-135		
Paintball Camp	65		
Park Locations & Features	164		
Personal Development	113, 114		
Photography	43, 114, 137		
Picnic Site Reservations	22		
Piano	110, 111		
Pilates	126, 127		
Pole Fitness	132, 140		

