

Happy Autumn 2023!

We hope you are all doing well. If you thought, "I miss reading this in print" we have

good news for you! Please let us know and we can put you on the mailing list to receive it at home. Parks and Recreation enriches our lives. Parks. programs, and enjoying time outdoors adds quality to our lives. You might have noticed we have updated our logo. Actually, it is a combination of our design from the 1980s, and the tree from the last logo. We believe in looking at our rich history and taking the best of it. In moving forward and making life better, we are very happy to sign a lease with the School District to maintain the outdoor fields at

:Feliz Otoño 2023!

speramos que estéis todos bien. Si pensó: "Extraño leer esto impreso", ¡tenemos buenas noticias para usted! Por favor, háganoslo saber y podemos ponerlo en la lista de correo para recibirlo en su casa. Parques y Recreación enriquece nuestras vidas. Los parques, los programas y disfrutar del tiempo al aire libre agregan calidad a nuestras vidas. Es posible que haya notado que hemos actualizado nuestro logotipo. En realidad, es una combinación de nuestro diseño de la década de 1980 y el árbol del último logotipo. Creemos en mirar nuestra rica historia y tomar lo mejor de ella. Para avanzar y mejorar la vida, estamos muy contentos de firmar un contrato de arrendamiento con el distrito escolar para mantener los campos al aire libre en Franklin y administrar el gimnasio para ofrecer programas en el interior. Se avecinan otras mejoras en los centros comunitarios. La piscina

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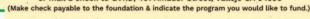


# GREATER VALLEJO PARK, RECREATION & OPEN SPACE FOUNDATION

Thanks to donations to the foundation, GVRD has been able to fund free community events such as Thumper's Egg-stravaganza, Parks N' Rex Day, Nightmare on Glenn Street, Turkey Kit Drive-N-Go, Holiday Toy Drive, and more!

### We are counting on your support!

Visit <a href="www.gvrd.org/greater-vallejo-park-recreation-open-space-foundation">www.gvrd.org/greater-vallejo-park-recreation-open-space-foundation</a> to donate by PayPal, or mail a check to GVRD, 401 Amador Street, Vallejo CA 94590









Donations made to a 501(c)(3) charity may be tax deductible, please seek advice from your tax professions

### **FALL 2023**

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# **OBSERVED HOLIDAYS**

Labor Day Sep 4, 2023
Indigenous People's Day Oct 9, 2023
Veteran's Day Nov 10, 2023
Thanksgiving Day Nov 23, 2023
Day after Thanksgiving Nov 24, 2023
1/2 day Christmas Eve Dec 22, 2023
Christmas Day Dec 25, 2023
New Year's Day Jan 1, 2024
Martin Luther King Jr. Day Jan 15, 2024



Activities that don't meet minimum registration requirements, may be cancelled 5 business days in advance of the start date.

KEY: R Resident, NR Non Resident

### Greater Vallejo Recreation District

801 Heartwood Avenue, Vallejo, CA (TEMP) (707) 648-4600 • FAX (707) 648-4616 www.gvrd.org

Office Hours: Monday-Friday, 8 am to 5 pm

### **Board of Directors**

Robert Briseño – Chair Wendell Quigley – Vice Chair Rizal Aliga – Secretary Stacey Kennington - Director

### **Board Meetings**

The Greater Vallejo Recreation District holds regular Board meetings at 6:30 pm on the second and fourth Thursday of every month. The public is invited. Please check our website as meeting information may change.

GREATER VALLEJO RECREATION DISTRICT ACTIVITY GUIDE

FALL ISSUE • SEPTEMBER-JANUARY PUBLISHED 3 TIMES A YEAR

### **District Staff**

Gabriel Lanusse (He/Him) . General Manager
Antony Ryans ....... Recreation Director
Salvador Nuño ..... Parks & Maintenance
Director
Sandy Tawaratsumida ...... Recreation
Supervisor
Julie Myers ..... Recreation Supervisor
Chris Andrade ..... Facilities Supervisor
Joseph Gatmen ... Recreation Coordinator
(Children's Wonderland &
Community Outreach)

Roslynn Brown . . . . Recreation Coordinator (Aquatics)

Ryan Allen ..... Recreation Coordinator (Community Centers Rentals)

Marina Cruise ..... Recreation Coordinator (Special Interest Classes & Sports)

Courtney Collier ... Recreation Coordinator (ExLP/Teens)

Emily Mendez .... Recreation Coordinator (Community Events/AR)

Shaunteé Edwards .Recreation Coordinator (Kids Club/Break Camps)

Franklin and manage the gym to provide indoor programs. Other improvements to community centers are coming. The pool will also see updates to the bathrooms. We are also slowly adding more classes and offerings. We are looking at what we offer, what works, what people want, and what is not working. We are focused on providing safe events and classes. We are also diversifying our focus to provide to all different age groups. As I said last year, I want to thank my family and friends for getting through this past year. I also want to thank staff who are doing a great job. Of course, I want to thank the community for supporting GVRD and hope that you continue to make donations with food, toys, and money that has gone to families who need it most. It has made an impact and improved people's lives. Parks and Recreation are here to enrich the community, and we appreciate all that you have done to help us. We will continue to build memories for the community.

Best Wishes.



también verá actualizaciones en los baños. También estamos agregando lentamente más clases y ofertas. Estamos analizando lo que ofrecemos, lo que funciona, lo que la gente quiere y lo que no funciona. Estamos enfocados en proporcionar eventos y clases seguras. También estamos diversificando nuestro enfoque para proporcionar a todos los diferentes grupos de edad. Como dije el año pasado, quiero agradecer a mi familia y amigos por superar este año pasado. También quiero agradecer al personal que está haciendo un gran trabajo. Por supuesto, quiero agradecer a la comunidad por apoyar a GVRD y espero que continúen haciendo donaciones con alimentos, juguetes y dinero que se ha destinado a las familias que lo necesitan. Ha tenido un impacto y ha mejorado la vida de las personas. El Departamento de Parques y Recreación está aquí para enriquecer a la comunidad y apreciamos todo lo que ha hecho para ayudarnos. Continuaremos construyendo memorias para nuestra comunidad

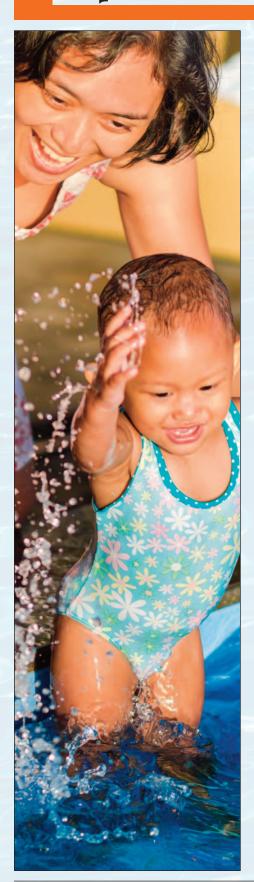
Los mejores deseos

City

### **AMERICANS WITH DISABILITIES**

It is the intent of the Greater Vallejo Recreation District to fully comply with the Americans with Disabilities Act of 1990. Every attempt will be made to hold meetings, hearings, conferences, classes and other events in accessible locations and auxiliary aids will be provided upon request whenever possible to participants with disabilities. Complaints regarding department compliance with ADA should be directed to the General Manager of the Greater Vallejo Recreation District, 395 Amador Street, Vallejo, CA 94590, (707) 648-4600.





Dive in and enjoy our Olympic sized pool (50 meters x 25 yards) located at 801 Heartwood Ave. We keep our pool heated yearround and offer a wide variety of programming for all aquatic experiences. On-site dressing rooms and outdoor showers are available. Check out our website at www.gvrd.org to plan your next visit to the pool.

> **OFFICE HOURS** Monday-Friday, 4:00-7:30pm Call to confirm hours, 707-648-4663.

### LAP SWIMMING AT **CUNNINGHAM AQUATIC COMPLEX** • 14+ only

\*all lap swim hours are subject to change based on attendance and availability\*

> Adults 18+ Seniors 55+ **Vets**

> > \$4

**Daily Fee** 

**Lap Pass** 

(20 swims) \$95

\$75 \*Lap swim passes are now digital! \*

### **RECREATION SWIM**

9/2-9/23 Sat 1:30-3:30pm Cunningham Aquatic Complex, 801 Heartwood Ave. Vallejo 94591 \$4/Ages 4 & under, \$5/Ages 5-55, \$2/Seniors 55+

Rec Swim Passes (10 visits): \$35/Ages 4 & under, \$40/Ages 5-55, \$15/Seniors 55+.

Fun for all ages. An adult must swim one-on-one with children under age 7 or under 48" tall.

# FOR ADULTS

WATER EXERCISE

Multiple Sessions: 9/29/-10/06 Mon-Fri, 6:50-7:30 pm • Ages 18+ **Cunningham Aquatic Complex**, 801 Heartwood Ave. Vallejo 94591 Drop-in \$5/Ages 18-54, \$4/Ages 55+

Water Ex Pass (10 visits): \$45/ Ages 18-54, \$35/Ages 55+

This drop-in class is conducted entirely in the water. Muscle and joint stress are reduced by using the natural resistance of movement through the water. It's an ideal exercise for improving muscle tone and cardiovascular fitness. Exercise equipment helps to vary the workouts. No swimming skills necessary.





# **Aquatic Complex**

### **AFTER SCHOOL @ THE POOL • GRADES 1-8**

Mon - Fri, Dismissal until 6 pm

**Cunningham Aquatic Complex, 707 Heartwood Ave.** 

Join us for an exciting swimming adventure at Cunningham Pool, where kids can have a fun and safe afterschool outlet to work on homework AND learn to swim. Our lifeguard camp leaders will assist with homework and teach daily swimming lessons to all participants. Swimming is a life skill that used to be in the school curriculum but has been taken out; and now YOU can put it back in! Early Bird registration \$10 off. Pay by the 1st day of each monthly program. MUST REGISTER IN ADVANCE! For more info call 707-648-4663.

### **Participant options:**

Guided walk over from Pennycook. Transportation pickuip from Vallejo Charter, Steffan Manor and Cave schools

MONTHLY SESSION	FEES
August	
Days in session: 14	After School: \$196
September	
Days in session: 20	After School: \$280
October	
Days in session: 21	After School: \$294
November	
Days in session: 16	After School: \$224
December	
Days in session: 15	After School: \$210
January	
Days in session: 16	After School: \$224
Early Bird Disc	count - \$10 off
Pay by the 1st day of e	ach monthly program.



# RED CROSS ADULT & PEDIATRIC FIRST AID/CPR/AED COURSE • AGES 9+

Multiple Sessions: 10/14, 11/18, 12/6, Sat, 9 am-3 pm
Cunningham Aquatic Complex
Portable,

709 Heartwood Ave. \$85/R, \$95/NR (1 class)

This course teaches participants how to respond to emergencies for adults, children and infants and includes certifications for First aid, CPR, and AED. Great for parents, teachers, or daycare providers. The course fee includes all materials and certifications. For more information, please contact Roslynn Brown at 707-648-4663.

### **COOKIES WITH SANTA**

ONE DAY: 12/16/23 Sat, 11am-2pm \* 18 and under

Session 1: 11:00am – 12:30pm Session 2: 12:30 – 2pm Cunningham Aquatic Complex, 801 Heartwood Ave. Vallejo 94591 \$10 per family of 4, \$5 additional per little helper /18 and under

Come and join us for crafts, reindeer games and photos with Santa! MUST REGISTER IN ADVANCE!



### SANTA'S WORKSHOP BREAK CAMP

Week 1:

12/26 - 12/29 \*No Camp Christmas Day\*

Week 2:

1/2 - 1/5 \*No Camp New Years Day\* \$144 R / \$173 NR Cunningham Aquatic Complex, 801 Heartwood Ave.

Join us for our winter break camp. Have a fun safe space and while campers partake in crafts, games and more! Please send your camper with a lunch, snack, and water. A completed emergency form is required by the first day of camp. Register today!



### FLOATING PUMPKIN PATCH

ONE DAY: 10/14/23

Session 1: 12:30-1:30pm • All ages Session 2: 2-3 pm • All ages

**Cunningham Aquatic Complex, 801 Heartwood Ave.** 

\$5/18+, \$15/Ages 17 & under

Come and dive in picking your favorite pumpkin! Gear up for Halloween with arts & crafts, and concessions for purchase! MUST REGISTER IN ADVANCE!

### PRIVATE 30 MIN. SWIM LESSONS • ALL AGES **MULTIPLE SESSIONS:**

Aug - Jan

Mon, Wed or Sun, Various

**Cunningham Aquatic Complex, 801 Heartwood Ave.** \$25/R. \$35/NR

Sign up for one-on-one 30-minute private swim lessons. Open to students of all ages and abilities. Each class provides instruction by dedicated swim instructors at the Cunningham Aquatic Complex. Participants can register for a series of lessons or individually. For more info, please contact 707-648-4663.

### **GROUP SWIM LESSONS**

**MULTIPLE SESSIONS:** 

**August - January** 

Sat, Various • All ages

**Cunningham Aquatic Complex, 801 Heartwood Ave.** 

\$30/R. \$35/NR

Sign up for a swim lesson today. Open to students of all ages and abilities. Individualized instruction for basic skill development in all basic strokes. Listed below are the options Student are grouped with other swimmers of equal abilities and follow the Learn-To-Swim guidelines. For more info, please contact 707-648-4663.



### **Group Lesson Options:**

- Parent Tot Students ages 6 months to 3 years and must be accompanied by an adult.
- 4-5 vear-olds -Classes limited to 5 students. Learn-To-Swim guidelines for Levels 1-4
- Ages 6-12 -Learn-To-Swim Levels 1-6
- Adult/Teen Swim Lessons, Ages 13+ - Learn-To-Swim Levels 1 - 6

# **Aquatic Complex**

Fall Monday - Wednesday	Parent/ Tot	4/5 yrs old	Level 1-4	Level 5-6	Adult Teen	Private Lessons
	IV.	IONDAY - V	WEDNESDA	Υ		
4:30 - 5:00						Х
5:10 - 5:40						Х
5:50 - 6:20						Х

Fall Saturdays	Parent/ Tot	4/5 yrs old	Level 1-4	Level 5-6	Adult Teen	Private Lessons
SATURDAY						
10:00 - 10:40				Х		х
10:45 - 11:25			Х			Х
11:30 - 12:10		Х	Х			
12:15 - 12:55	Х				Х	Х

Fall Sundays	Parent/ Tot	4/5 yrs old	Level 1-4	Level 5-6	Adult Teen	Private Lessons
		SUN	IDAY		•	
10:00 - 10:40				Х		Х
10:45 - 11:25			Х			Х
11:30 - 12:10		Х	Х			
12:15 - 12:55	Х				Х	Х

\*Private lessons will be first 30 mins of block. Ex. 2:20-3pm timeblock will have 2:20-2:50pm Private Lesson.

### **LEARN TO SWIM**

### **Level 1 - Intro to Water Skills:**

The objective of this class is to help students feel comfortable in the water. Students will learn elementary water skills, which they will build on as they progress through the LTS program.

# Level 2 – Fundamental Swimming Skills:

The objective of this class is to teach independent movement in the water. Students will begin to learn to float on their front and back without support and to recover to a vertical position. Students will also be introduced to basic swimming stokes.

### **Level 3 – Stroke Development:**

Students begin to learn combining alternating arm and leg actions ontheir front and back, jumping in from the side of the pool, dolphin/breaststroke kicks and additional swim strokes are introduced. Treading and deep water are introduced.

### **Level 4 – Stroke Development:**

The objective for this class is to build on the skills in Level 3 by providing additional guided practice. Students will begin coordinating the front and back crawl strokes. Participants will be introduced to diving from the side of the pool, survival floating, breaststroke and sidestroke.

### **Level 5 - Stroke Development:**

The objective of this class is to develop confidence and endurance in the strokes learned and improve other aquatic skills. Participants will be introduced to swimming underwater, feet-first surface dives, open turns and the importance of streamlining.

### **Level 6 – Fitness Swimmer:**

The objective of this class is to refine the strokes so students swim with ease, efficiency, power and smoothness over greater distances. Students will also be introduced to skills pertaining to personal water safety, lifeguarding readiness, and becoming a fitness swimmer.



SESSION	DATES		
Saturday Group Lessons 2023			
Saturday 1	9/2 & 9/9		
Saturday 2	9/16 & 9/23		
Saturday 3	9/30 & 10/7		

SESSION	DATES	NO CLASS			
Privates (Monday & Wednesday)					
Session 1	8/28 or 8/30	No class 9/4			
		make up class			
		Friday 9/8			
Session 2	9/11 or 9/13				
Session 3	9/18 or 9/20				

SESSION	DATES	NO CLASS
Privates (Sund	ay)	
Week 1	9/2 or 9/3	
Week 2	9/16 or 9/17	
Week 3	9/23 or 9/24	
Week 4	9/30 or 10/1	
Week 5	10/1 or 10/8	

# **Floating Pumpkin Patch**







Free R/NR

# 10 Community Events

### **HISPANIC HERITAGE FIESTA** • ALL AGES 10/14

Sat, 10-2 pm **Blue Rock Springs Park** 

Don't miss this opportunity to immerse yourself in the vibrant rhythms, captivating dances, and rich traditions of Latin America! Come join us for a day filled with music, dance, art, and community as we celebrate the diversity and contributions of the Hispanic community. For more information visit our website at www.gvrd.org or call 707-648-4600

No te pierdas esta oportunidad de sumergirte en los ritmos vibrantes, los bailes cautivadores y las ricas tradiciones de América Latina! Únase con nosotros para un día lleno de música, danza, arte y comunidad mientras celebramos la diversidad y las contribuciones de la comunidad hispana. Para mas información visita www.gvrd.org o llamanos a 707-648-4600.

### **CENTER STAGE** (ADAPTIVE RECREATION) • AGES 12+

09/20

Wed, 12-2 pm Children's Wonderland \$10 R/NR, Free for performers

Join us at Center Stage! This event will be a fundraiser to support our Adaptive Recreation Program. We will have a talent showcase, refreshments, raffles. and a silent auction. All individuals with any disability may reach out to us to perform. Sign up online at www.gvrd.org or call 707-648-4600.

### **MOTHER OF ALL SALES** • AGES 12+

9/16

Sat, 9-2 pm

### **Children's Wonderland Parking lot** \$20 per booth R/NR

Come check out some of our local vendors! Find gifts, update your home decorations, or just indulge in a one-of-a-kind item just for vou. Treasures to be found! Sign up online at www.gvrd.org or call 707-648-4600.

### **HALLOWEEN SPOOKY PARTY** (ADAPTIVE RECREATION) • AGES 10+

10/25

### Wednesday, 11-1 pm **Childrens Wonderland Park** \$5 R/NR

It's Halloween Time for our adaptive community! We're having a bash, wear your best costume to our fun Monster Mash! It's going to be a Spook-tacular party you will not want to miss! Sign up online at www.gvrd.org or call 707-648-4600.

### **NATIONAL BREAST CANCER AWARNESS MONTH** • AGES 10+

10/20

Fri. 12-6 PM

401 Amador St

FREE

### Registration is required.

Breast cancer can impact the important women in your life, GVRD wants to help these women at every step of the breast cancer journey. If you know anyone battling cancer, please call (707) 648-4600 to sign up to receive a free wig. Wigs will be available for pick up or delivery. Delivery times will be from 12:00-6:00 PM.

### **GOBBLE GOBBLE GIVEAWAY**

11/22

Wed, 3-5 pm 401 Amador St

Free R/NR

### Registration required.

The Greater Vallejo Recreation District seeks to provide Thanksgiving dinners to those in need so that no family in our city is left unable to celebrate with friends and family on Turkey Day. With the support of different organizations, this event seeks to bring hope and joy to our families. Register online at www.gvrd.org or call 707-648-4600.

### **CHRISTMAS ON WHEELS** • AGES 12+

12/23

Sat, 9-2 pm 1499 N Camino Alto Free Entrance, \$15 Car **Registration R/NR** 

Showing off some of the best builds in the community. All makes and models from new school to old school are welcome to register. Enjoy this family Friendly event, we will have music. best car contest. Vendors and more! Show Up, Show Off, and Show Out! For more information visit our website at www.gvrd.org or call 707-648-4600

### **BREAKFAST WITH SANTA** ALL AGES

12/9

Sat, 8-12 pm

Vallejo Community Center \$8R - \$11NR

Enjoy a delicious breakfast and share your holiday wish list at The Vallejo Community Centers annual Breakfast with Santa.

Registration is required. Register online at www.gvrd.org or call 707-648-4600.

# **Community Events**

# BRUNCH WITH SANTA (ADAPTIVE RECREATION) • AGES 12+

12/14

Mon, 12-2 pm Vallejo Community Center \$10 R/NR

Enjoy Holiday crafts, live music, and a delicious brunch with Santa! Register online at www.gvrd.org or call 707-648-4600.

### SENIOR LOTERIA & BINGO NIGHT • AGES 50+ 1/12/2024

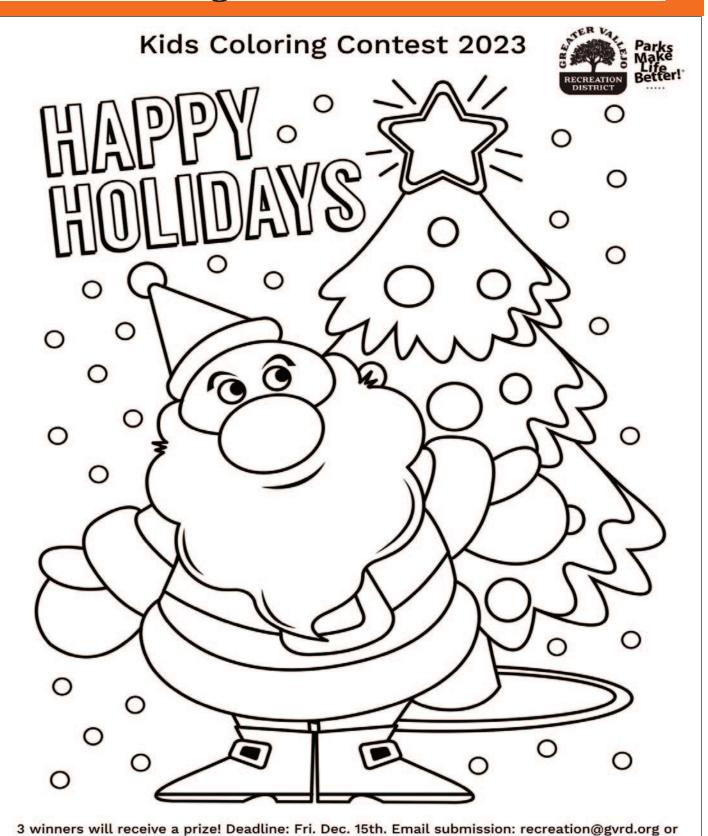
Fri, 5-7 pm North Vallejo Community Center \$5 R/NR

Come test your luck, and it's totally free! We will have Bingo & Loteria offering prizes for winners. For those unfamiliar with Loteria, it is very similar to Bingo, but with pictures. The game is in Spanish, so you can learn a new language as well! For more information visit our website at www.gvrd.org or call 707-648-4600









deliver to main office (801 Heartwood Ave). Include: Name, email address, and age. Good luck!

# 14 School-Age Programs



The GVRD Kid's Club programs provide meaningful learning opportunities that promote lifelong skills for youth. Through the Kid's Club STEAM Wheel (Science, Technology, Engineering, Arts and Mathematics), we encourage students to explore, learn and grow. Homework support will be provided by our trained GVRD Youth Staff before each STEAM enrichment session. For more information regarding Kid's Club Before and After School programs, please contact 707-648-4600.

# BEFORE & AFTER SCHOOL KINDER PROGRAMS

Our Kinder programs are offered at each participating school site. GVRD Youth Staff pick up your Kinder from their classroom door and walk them to our extended leaning classroom. Kinders will receive homework help, a snack and supper, and will engage in fun STEAM based projects and crafts. Naptime optional. For more information regarding Kid's Club Kinder Before and After School programs, please contact 707-648-4600.

PROGRAM HOURS
Before School Programs:

6:30-8:30am

**After School Program:** Dismissal-6:30pm

Kinder Club After School Program:

Dismissal-6:30pm

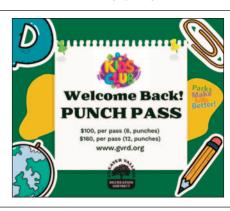
### PROGRAM FEE SCHEDULE

All registrations and payments can be taken at GVRD's main office, temporarily located at the Cunningham Aquatic Complex: 801 Heartwood Ave; online at www.gvrd.org, at the Youth Dept. located at the Vallejo Community Center: 225 Amador St. or over the phone at 707-648-4600. Pay by the 1st day of each monthly program to receive the \$10 Early Bird discount! Prices are based on one month session. We currently accept Solano Family & Children Services, subsidized childcare.

MONTHLY SESSION	FEES
August	Before School: \$140
August Days in session: 14	After School: \$196
Days III session. 14	Kinder Club After School: \$238
Cantambar	Before School: \$200
September	After School: \$280
Days in session: 20	Kinder Club After School: \$340
October	Before School: \$210
	After School: \$294
Days in session: 21	Kinder Club After School: \$357
November	Before School: \$160
	After School: \$224
Days in session: 16	Kinder Club After School: \$272
	Before School: \$150
December	After School: \$210
Days in session: 15	Kinder Club After School: \$255
January Days in session: 16	Before School: \$160
	After School: \$224
	Kinder Club After School: \$272

Early Bird Discount - \$10 off
Pay by the 1st day of each monthly program.





# **Break Camps**

### **PARTICIPATING SCHOOLS**

**Cave Elementary School** 770 Tregaskis Avenue (707) 556-8921 x59239

**Glen Cove Elementary** 501 Glen Cove Pkwy (707) 556-8921 x55916

**Pennycook Elementary** 3620 Fernwood Avenue (707) 556-8921 x59842

**Wardlaw Elementary** 1698 Oakwood Avenue (707) 556-8921 x53461 (707) 556-8921 x53463

Vallejo Charter School **2833 Tennessee Street** (707) 556-8921 x 52250

Don't get stuck at home during Non-School Days. Sign up now to be a part of GVRD's exciting single day Fun on the Run Camp! Advanced registration is required.

Please send your camper with a lunch, snack, and water. A completed emergency form is required. For more information, please contact the Youth Department at 707-648-4483. Multiple Sessions: 11/10, 1/16 7am-6pm

Vallejo Community Center, 225 Amador St.

\$85/R, \$102/NR (per day)

### **BREAK CAMPS**

Our Kid's Club Break Camps are designed to provide a safe space to meet new friends and explore new interests. Campers will participate in STEAM based arts and crafts, group games, exciting activities, and more!

Please send your camper with a lunch, snack, and water. A completed emergency form is required by the first day of camp. For more information, please contact the Youth Department at 707-648-4483.

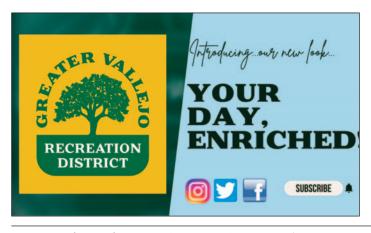
**THANKSGIVING BREAK CAMP**  GRADES 1-6 11/20-11/22 Mon-Wed, 7am-6pm Vallejo Community Center, 225 Amador St. \$110/R, \$132/NR

WINTER WONDERLAND • GRADES K-6

**Multiple Sessions:** 12/26-12/29, 1/2-1/5 Tue-Fri, 7am-6pm Vallejo Community Center, 225 Amador St. \$144/R, \$173/NR

**NEW!** Break Camp Drop-in fee: \$45/R, \$54/NR (per day)









BALLET FOLKLORICO
TINY TOTS • AGES 3-5
Multiple Sessions: 9/11-1/29
No class 9/4, 10/9, 10/16, 12/18,
12/25, 1/1, 1/15
Mon, 4-4:30pm
Foley Cultural Center,
1499 N Camino Alto
\$45/R, \$54/NR (per month)
Introduction includes counting,

Introduction includes counting, in both Spanish and English, and learning dance routines that teach about choreography elements such as moving in circles and straight lines. The class teaches steps, posture, musicality, social and motor/cognitive skills, and memorization while learning about traditional and contemporary folklorico dances. Comfortable clothing required and shoes with a strong heel (dance shoes preferred). Sign up today, space is limited. Instructor: Abigail Hernandez.

**BALLET FOLKLORICO BEGINNERS • AGES 6-14** Multiple Sessions: 9/11-1/29 No class 9/4, 10/9, 10/16, 12/18, 12/25, 1/1, 1/15 Mon, 4:35-5:30pm Foley Cultural Center, 1499 N. Camino Alto \$60/R (per month), sibling \$50/R \$72/NR (per month), sibling \$62/NR Instruction includes learning folklorico techniques while building confidence, improving focus and coordination, developing social skills, and working in physical endurance and motor skills. Comfortable clothing required and shoes with

a strong heel (dance shoes preferred). Instructor: Abigail

Hernandez

BALLET FOLKLORICO
INTERMEDIATE • AGES 6-14
Multiple Sessions: 9/11-1/29
No class 9/4, 10/9, 10/16, 12/18, 12/25, 1/1, 1/15
Mon, 5:35-6:30pm
Foley Cultural Center, 1499 N. Camino Alto
\$60/R (per month), sibling \$50/R
\$72/NR (per month), sibling \$62/NR

Students continue to develop folklorico techniques while learning fun dance routines of various regions. Skills such as concentration and collaboration are built upon previous level. Comfortable clothing required and shoes with a strong heel (dance shoes preferred). Requires instructor's approval. Instructor: Abigail Hernandez

BALLET FOLKLORICO
ADVANCED • AGES 6-14
Multiple Sessions: 9/11-1/29
No class 9/4, 10/9, 10/16, 12/18,
12/25, 1/1, 1/15
Mon, 6:35-7:30pm
Foley Cultural Center,
1499 N. Camino Alto
\$60/R (per month), sibling \$50/R
\$72/NR (per month), sibling \$62/NR
This class is a continuation of

This class is a continuation of skills learned in Intermediate Folklorico Dance. A greater emphasis will be given to style, performing skills and endurance. Comfortable clothing required and shoes with a strong heel (dance shoes preferred). Requires instructor's approval. Instructor: Abigail Hernandez

"There are shortcuts to happiness, and dancing is one of them."

Vicki Baum

Dance 1

# BREAK IT DOWN SOUL LINE DANCE BEGINNERS • AGES 21+

Multiple Sessions: 9/1-1/26 No class 19/29, 1/24, 12/22, 12/29 Fri. 10-11am

North Vallejo Community Center, 1121 Whitney Ave.

\$30/R, \$36/NR (per month)

Drop-in: \$10/R, \$12/NR (per class) Seniors (60+): \$20/R, \$24/NR (per month) Drop-in: \$5 seniors (per class), \$6/NR

Come one, come all, to a Soul Line dance class designed especially for beginners...no dance experience needed! Get your body moving in new ways for health and fitness! Learn dance steps, drills, terminology, and rhythmic counting designed for the beginners! Where your instructor Dawnita truly breaks down every move just for you! Instructor: Dawnita Perryman

# BREAK IT DOWN SOUL LINE DANCE • AGES 13+

Multiple Sessions: 9/6-1/31
No class 9/27, 11/22, 12/27
Wed, 6-7:30pm
North Vallejo Community Center,
1121 Whitney Ave.
\$30/R, \$36/NR (per month)
Drop-in: \$10/R, \$12/NR (per class)
Seniors (60+): \$20/R, \$24/NR
(per month)

Drop-in: \$5 seniors (per class), \$6/NR

Join Dawnita Perryman in this fun Soul Line Dance class and get your body moving in new ways for health and fitness. Learn dance steps, drills, terminology, and rhythmic counting to enhance your experience. Learn some of the most popular soul line dances being done today! Instructor: Dawnita Perryman

# BALLROOM, LATIN & SALSA DANCING • AGES 15+

Multiple Sessions: 9/12-1/30 No class 9/5, 11/14, 12/26, 1/2

Sep (Beg: Waltz,

Int: Argentine Tango)

Oct (Beg: American Tango,

Int: Waltz)

Nov (Beg: Cha Cha,

Int: American Tango)

Dec (Beg: Rumba, Int: Cha Cha)
Jan (Beg: Bachata, Int: Rumba)

Tue, Beg: 7-7:50pm, Int: 8-8:50pm

10-minute practice session

following each class

Vallejo Community Center,

225 Amador St.

**Beginner: \$32/R, \$38/NR** 

(per month)\*

Intermediate: \$33/R, \$40/NR

(per month)\*

Both Levels: \$50/R, \$60/NR

(per month)\*

Drop-in: \$10/R, \$12/NR (per class) Drop-in both levels: \$15/R,

\$18/NR (per class)

### \*Prices may vary per month

This class will take you from the passionate Tango to the sizzling Salsa and everywhere in between. You'll learn basic moves as well as lead and follow techniques. Each session will feature one Latin, Ballroom, or Salsa dance - no partner required. Beginning class - no experience required. Intermediate class - students must have prior knowledge of basic beginner steps to be eligible. Join our fun and friendly dancing group. Instructor: Ted Rocha







### NEW! CREATIVE MOVEMENT DANCE • AGES 4-12

Multiple Sessions: 10/4-1/31 No class 12/25, 1/1 Wed, 4:30-5:30pm North Vallejo Community Center, 1121 Whitney Ave. \$15/R 17/NR drop-in \$60/R, \$72/NR (per month)

Get ready to move and groove! Students will experience different styles of interactive movement and dance (hip hop, creative movement, rhythm-based movement and more). Students learn how to express themselves through movement. This class uplifts, unites, and empowers children— providing children with an opportunity to express their individuality while working on gross motor skills and developing cognitive and social skills. The teacher will guide participants through a choreographed routine

and provide them with the tools to individualize the movements. Participants must wear comfortable clothes to move freely. Instructor: Serenity Beth Holzman



Multiple Sessions: 9/4-1/31 No class 11/23, 12/28 Thu, 7:30-9:30pm Vallejo Community Center, 225 Amador St. \$50/R, \$60/NR (per month) **Drop-in: \$15/R, \$18/NR (per class)** Get ready for social dancing in the art of Chicago Style Steppin! You will learn dance combinations, individual foot work, music appreciation, mind-body connection, and achieve memorization. Would you like better muscle tone, much healthier lifestyle, fun and enjoyment? Register now! Instructors: Karen Silas & Antoinette Edwards















**TEACHER KAY'S ALPHAPALS® PRESCHOOL PROGRAM • AGES 3-5** Multiple Sessions: 9/5-1/26 No class 10/9, 11/10, 11/20-11/24, 12/18-1/1, 1/15 9-11:30am Foley Cultural Center, 1499 N. Camino Alto 2-day option (T/TH), \$195/R, \$234/NR (4-week session) 3-day option (M/W/F), \$285/R, \$342/NR (4-week session) 5-day option (M-F), \$450/R, \$540/NR (4-week session) One-time material fee, \$25 paid to instructor.

Teacher Kay's Alphapals® is a fun preschool program that empowers young children to believe and feel good about themselves by nurturing positive thinking through positive affirmations. Children will learn fascinating factual animal stories, sign language, their ABC's and 123's with lots of interactive activities for the letter of the week. Your child will love all the animals from A to Z and will learn positive "I" messages in the process. Preschool program starts in September and is ongoing until the end of May. Children must be potty trained. Instructor: Kay Johnson and Alphapals® Team.

# Teacher ★ Kay

# TEACHER KAY'S MINI ALPHAPALS®

Multiple Sessions: 9/6-1/24 No class 11/22, 12/20-12/27 Wed, 12:30-1:30pm Ages 2 ½-4 Foley Cultural Center, 1499 N. Camino Alto \$60/R, \$72/NR (4-week session)

Teacher Kay's Mini Alphapals® class for kid's ages 2 1/2 to 4 is a perfect introduction to the Alphapals preschool program. Each week your child will have fun with the animal and letter of the week, art activities, story time and circle time. This is an excellent way to introduce your child to a positive and nurturing classroom setting and prepare them to transition into Teacher Kay's Preschool program. Children potty training and in pullups may attend this class. This is an ongoing class and children may join at any time. Instructors: Teacher Kay's Alphapals ®Team



Teens

# NEW! YOUTH RISE: TEEN ADVANCEMENT

The Youth Department is offering new programs to help assist in the overall advancement and support of teens! These programs will provide teens with a safe space to interact with and meet new friends. All of the activities are available under the teen monthly pass! For more information, please call 707-648-4600 or visit www.gvrd.org.

# NEW! COLLEGE & CAREER EXPLORATION

• AGES 15-17 9/18-11/13 Mon, 4:30-6pm Vallejo Community Center, 225 Amador St. \$30/R. \$36/NR

This is a professional development series designed to help youth learn more about being the ultimate professional! We meet weekly to explore different skills, updating and creating resumes and crafting unique cover letters for portfolios. We will also explore skills and how they translate into a future career!

# NEW! GIRL'S RUN THE WORLD! • AGES 14-16

9/19-11/14 Tue, 4:30-6pm Vallejo Community Center, 225 Amador St. \$30/R, \$36/NR

This activity is meant to foster a sense of sisterhood. Youth will participate in workshops centered around creating safe and trusting relationships with themselves and others. Participants will engage in activities that push them to try new things and take risks.

# NEW! COMMUNITY ACTIVISM

• AGES 13-14

9/20-11/15

Wed, 4:30-6pm Vallejo Community Center,

225 Amador St. \$30/R. \$36/NR

This series is designed to help youth learn more about their place in the community and what steps we can take to improve it. Youth will participate in workshops that explore community initiatives and form a council to support and suggest changes they would like to see in their community. The youth will work together to plan and organize a community event at the end of

# NEW! COLLEGE PREP • AGES 15-17

the series.

9/21-11/16 Thu, 4:30-6pm Vallejo Community Center, 225 Amador St \$30/R, \$36/NR

This series will support high school scholars as they begin to prep and apply for college. Personal statement assistance will be provided as well as a "how to guide" to completing college applications by the given deadlines.







### **EARLY RISE & EXERCISE** • AGES 50+

Multiple Sessions: 9/13-1/31 No class 9/4-9/11, 12/25/ 1/1 Mon, Wed, Fri, 8-9am Vallejo Community Center, 225 Amador St. \$25/R, \$30/NR (per month) Drop-in: \$3/class (limited space/day)

Early Rise & Exercise is a nonaerobic stretch and exercise class. Participants should bring a water bottle. Class meets three times a week. Space is limited. Instructor: Karen Houston

### YOGA: MOVEMENT **& MINDFULNESS**

• AGES 4-12

Multiple Sessions: 10/4-1/31 No class 12/25, 1/1 Wed, 3:30-4:30pm North Vallejo Community Center, 1121 Whitney Ave. \$60/R, \$72/NR (per month), \$15/R, \$18?NR drop-in

Moving & shaking, doing stretches, or enjoying Kids Yoga games in the classes we combine physical movement, yoga, music and fun. Each class focuses on fundamental movement and motor skills. Through movement, children will work on coordination, balance, flexibility, and strength. The program also helps children discover their creativity, uniqueness, strengths, mental and physical health, and connect their mind and body. Participants must bring a yoga mat and wear comfortable clothes to move freely. Instructor: Serenity Beth Holzman

**ZUMBA FUN • AGES 13+ Multiple Sessions: 9/1-1/31** No class 9/4, 10/23, 10/25. 11/6-11/20, 11/24, 12/25, 1/1 Mon, Wed, Fri, 10:30-11:30am Vallejo Community Center, 225 Amador St. \$20/R, \$24/NR (1 x per wk, per month) \$25/R, \$30/NR

(2 x per wk, per month) \$30/R, \$36/NR

(3 x per wk, per month) Drop-in: \$7/R, \$9/NR (per class) \$10/off to people in same household The Zumba program is a dance fitness-party with contiguous blend of Latin and World rhythms that provides fun and effective dance workout to a global community. From Cumbia and Salsa to Pop rhythms, we take the "work" out of workout by mixing low intensity and medium intensity moves for an interval style, calorie burning for a fun dance fitness party. Once the Latin and World rhythms take over, you'll see why these classes are often disguised as workouts. Instructor: Lorna Mandap



# **Health and Wellness**

ZUMBA FITNESS • AGES 13+
Multiple Sessions: 9/6-1/31
No class 9/4, 10/9, 11/20, 11/22,
12/25, 1/1, 1/15
Mon, Wed, 6:30-7:30pm
Vallejo Community Center,
225 Amador St.
\$30/R, \$36/NR (per month)
Drop-in: \$10/R, \$12/NR (per class)
Zumba Fitness is perfect for

Zumba Fitness is perfect for everybody and every body! It is a form of fitness class in which you burn off calories by dancing. It is designed to bring people together to have fun while working out! It is a total body workout combining all the elements of fitness-cardio, muscle conditioning, balance, flexibility and boosted energy. The class includes Latin based movements such as salsa, merengue, cumbia, cha-cha, and modern music like hip-hop and Bollywood. Invite your friends and family and join the party! Instructor: Lyn Luciano

# NEW! • AGES 18+

Multiple Sessions: 9/4-1/29 No class 12/25, 1/1 Mon, 7-8pm North Vallejo Community Center, 1121 Whitney Ave. \$54/R, \$65/NR (per month)

Drop-in: \$15/R, \$18/NR (per class) Kurvaceous Beauties Academy (KBA) has been around since 2019, founded by Reinsha Clay. She Started KBA to shed light on the Plus Size community in the Bay Area to the Central Valley. KBA is about giving women empowerment, body positivity, and confidence building through modeling and dance. Kurvy fitness is for people who seek asylum from everyday life to burn the stress away, and for people who want to make a healthier lifestyle change. You will be learning perfect form and workout routines to rhythmic music in a body positive space. Instructor: Rennisha Clay

HIIT FOR KIDS • AGES 6-12
Multiple Sessions: 1/5-1/26
Fri, 4:30-5:30pm
Norman C. King South Vallejo
Community Center,
545 Magazine St.
\$30/R, \$36/NR (per month)
Optimal Body Fitness LLC (OBF),
coaches ages 6 to 12 on fun,
fitness, health, and wellness! OBF
coaches planning on becoming an
athlete or currently in an athletic
program; how to perform proper
exercises, improve endurance,

# HIIT FOR ADULT & SENIORS • AGES 18+

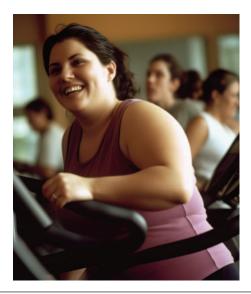
how to be more agile, muscle

Instructor: Mary Brown

strength, and how to run faster.

Multiple Sessions: 1/8-1/29 Mon, 10-11am Norman C. King South Vallejo Community Center, 545 Magazine St. \$30/R, \$36/NR (per month)

Optimal Body Fitness LLC (OBF), coaches High Intensity Interval Training for ages 18+ on fun, fitness, health, and wellness! OBF coaches on how to perform proper exercises, improve endurance, how to be more agile, muscle strength, and how to run faster. Instructor: Mary Brown





### NEW! OVERFLOW CARDIO DRUMMING • AGES 13+

Multiple Sessions: 9/1-1/26 No class 11/3, 12/8 Fri, 7-7:45pm Vallejo Community Center, 225 Amador St. \$30/R, \$36/NR (per month)

Drop-in: \$10/R, \$12/NR (per class)
Seniors (60+): \$20/R,

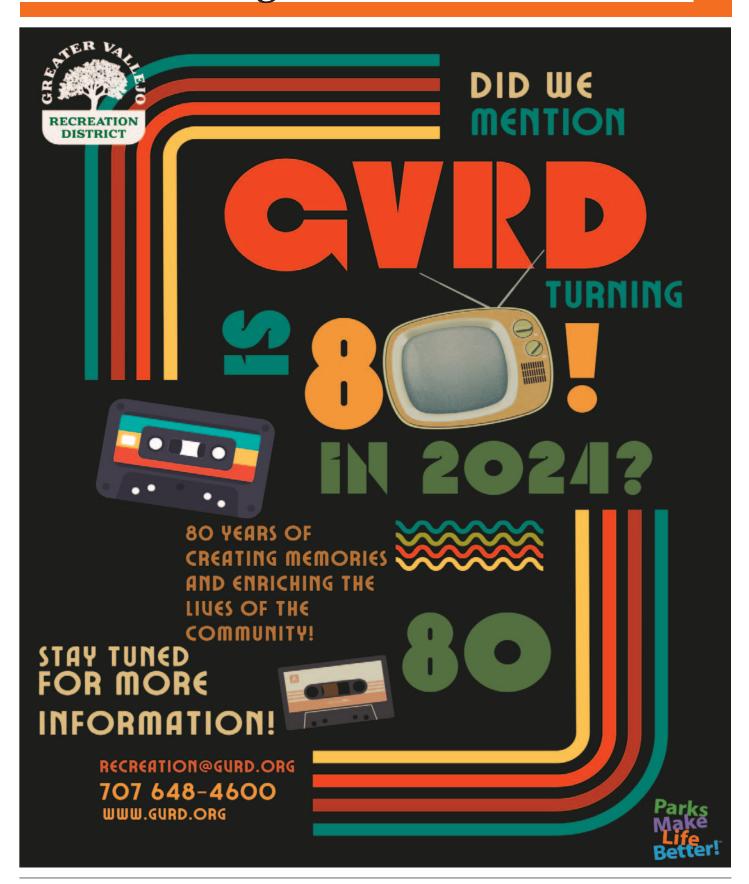
\$24/NR (per month)

Drop-in: \$5/R, \$6/NR (per class) Cardio drumming incorporates aerobic fitness, coordination, and rhythm. Class not only gets the heart pumping, it also stimulates many areas of the brain! Cardio drumming isn't just another cardio workout, it's a brain workout! It's great for teens, adults and seniors. Participants must bring their own 65cm yoga ball, 17 gallon utility tub or sturdy laundry basket and a set of drumsticks. The instructor has access to online or local shopping sites for the equipment. Instructor: Sanyade Baruti



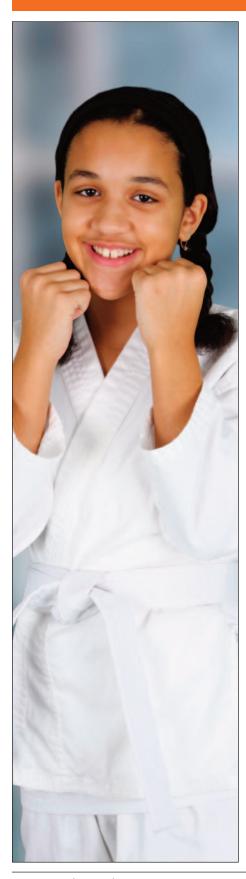












### **CLAUDIO'S MARTIAL ARTS** INTRODUCTORY/NOVICE • AGES 7 1/2+

Multiple Sessions: 9/5-1/30 No class 9/28, 10/31, 11/21, 11/23, 12/26, 12/28, 1/2, 1/4 Tue & Thu, 5:30-6:30pm Foley Cultural Center, 1499 N. Camino Alto \$50/R (per month), sibling \$40/R \$60/NR (per month), sibling \$50/NR

This introductory class will begin building a foundation for becoming a martial artist. Our instructors will stress proper technique & form through repetition and various drills. Students will also learn the value of respect, loyalty, and discipline. Students will begin their journey into leadership and developing confidence, through communication & encouragement. Each student is evaluated on their individual improvement, attendance, participation, focus, while meeting minimum requirements. All NEWLY enrolled students under the age of 16, will begin in this class. Max 50 students. Head

Instructor: Sigung Angelito

"Geli" Claudio

Claudio, Administrator/ Instructor:

Si-Pau Loana Rapacon-Claudio, Assistant Instructor: Miss Angelica



### **CLAUDIO'S MARTIAL ARTS BEG & INT JUNIORS/ TEENS/ADULTS**

• AGES 7 1/2+

Multiple Sessions: 9/5-1/30 No class 9/28, 10/31, 11/21, 11/23, 12/26, 12/28, 1/2, 1/4 Tue & Thu, 6:30-7:35 pm Foley Cultural Center, 1499 N. Camino Alto \$50/R (per month), sibling \$40/R \$60/NR (per month), sibling \$50/NR

Students in this class must have the approval of the instructor and have shown focus, discipline, and the interest in becoming a martial artist. Students in this program will continue their journey in becoming a martial artist through loyalty, discipline, and respect. Students in this class are of various skill levels, ages, and physical abilities, but all understand the focus and effort needed to participate in such program. This program focuses on selfdiscipline, intense physical training, effective self-defense techniques, competition sparring and forms. Students will begin to learn a balance between mind, body, and spirit, through a solid martial arts foundation. Students will need to meet mental and physical standards for promotion. Max 50 students. Head instructor: Sigung Angelito Claudio, Instructor/Administrator: Si-Pau Loana Rapacon-Claudio, Assistant Instructor: Miss Angelica "Geli" Claudio.

"The goal of martial arts is to affect the mind and spirit, not just the body." -

Gichin Funakoshi

# **Martial Arts**

### LET'S ROLL-JIU JITSU AND WRESTLING CLUB -LITTLE ROLLERS • AGES 3-7

Multiple Sessions: 9/5-1/30 No class 9/1, 10/13, 11/10, 11/23, 11/24, 12/26-12/29, 1/2-1/5, 1/12 Tue, Thu, Fri, 5-5:45pm North Vallejo Community Center, 1121 Whitney Ave.

\$60/R (per month), sibling \$40/R \$72/NR (per month), sibling \$52/NR

Brazilian Jiu Jitsu is a ground based martial art that does not involve any striking. It is considered to be one of the most practical and defensive forms of martial arts today especially since most altercations and attacks end up on the ground. In this class, young participants will learn the basics of Jiu Jitsu, all while having fun! Instructor: Jason Jones, Assistant: Jessica McIntosh-Jones

### LET'S ROLL-JIU JITSU AND WRESTLING CLUB -FUNDAMENTALS AND BEYOND • AGES 7+

Multiple Sessions: 9/5-1/30 10 Class 9/1, 10/13, 11/10, 11/23, 11/24, 12/26-12/29, 1/2-1/5, 1/12 Tue, Thu, Fri, 6-7:15pm North Vallejo Community Center, 1121 Whitney Ave. \$100/R (per month), sibling \$80/1

\$100/R (per month), sibling \$80/R \$120/NR (per month), sibling \$100/NR

Brazilian Jiu Jitsu is a ground based martial art that does not involve any striking. It is considered to be one of the most practical and defensive forms of martial arts today especially since most altercations and attacks end up on the ground. Children and adults will learn the essentials of Jiu Jitsu and wrestling. Outside competitions are optional. Instructor: Jason Jones, Assistant: Jessica McIntosh-Jones

# LET'S ROLL-JIU JITSU AND WRESTLING CLUB - WOMEN'S SELF DEFENSE SEMINAR • AGES 13+

Multiple Sessions: 9/7, 10/5, 11/2, 12/7

Thu, 7:30-8:30pm

North Vallejo Community Center, 1121 Whitney Ave. \$25/R, \$30/NR (per class)

In this 1 hour seminar, women and teen girls will learn potentially lifesaving self-defense tactics that can be used in realistic, dangerous situations. Try to invite a partner, although it is not necessary. Instructor: Jason Jones, Assistant: Jessica McIntosh-Jones





# **30 Martial Arts**

JUDO KIDS FIT • AGES 5-7 Multiple Sessions: 9/6-1/31 No class 9/4, 10/9, 11/20, 11/22, 12/18-12/27, 1/15 Mon & Wed, 5-5:45pm Norman C. King South Vallejo Community Center, 545 Magazine St. \$45/R (per month), sibling \$35/R \$54/NR (per month), sibling \$44/NR

This kid fit program is taught in a fun-filled way and is geared towards the physical development and attention spans of our youngest students. Classes are designed so that focus, communication skills, and respect for others come from the lesson plans and interactions between the instructor and the students, rather than acting on impulse. And did we mention we laugh, smile, and have lots of fun! Running, jumping, tumbling, and playing games develops balance, coordination, and flexibility, practicing basic judo techniques develops physical conditioning, agility, speed, and body control, and learning how to safely fall, throw and pin each other builds confidence and teamwork. Uniforms must be purchased by the 2<sup>nd</sup> week of class through the Vallejo Judo Club. Instructor: Frankie Valentine-Flores and Acazah Goodman.



# JUDO BEGINNER • AGES 7+ Multiple Sessions: 9/5-1/31 No class 9/4, 10/9, 10/31, 11/2011/22, 12/18-12/27, 1/15 Mon, Tue, Wed, 6-6:45pm Norman C. King South Vallejo Community Center, 545 Magazine St. \$45/R (per month), sibling \$35/R \$54/NR (per month), sibling \$44/NR

Judo is a sport, a recreational activity, a means of self-defense, and a way of life. Judo training can improve an individual's aerobic capacity, speed, power, strength, agility, and flexibility. This class is taught in a fun filled way and is a blend of beginning to advanced judo, including the fundamental techniques of falling, throwing, grappling, and advanced submission techniques. Belt rank testing is available. Uniforms must be purchased by the 2<sup>nd</sup> week of class through the Vallejo Judo Club. USJF membership recommended, ask instructor for details. Instructor: Frankie Valentine-Flores and Acazah Goodman.

JUDO ADULTS &
COMPETITORS • AGES 7+
Multiple Sessions: 9/5-1/31
No class 9/4, 10/9, 10/31,
11/20-11/22, 12/18-12/27, 1/15
Mon, Tue, Wed, 7-8pm
Adults ages 18+ and Competitors
Norman C. King South Vallejo
Community Center,
545 Magazine St.
\$45/R (per month), sibling \$35/R
\$54/NR (per month),
sibling \$44/NR

Our competitive judo program builds upon our Judo Beginner and Experienced class and is for students who would like to become more serious in their study and practice of judo, compete at tournaments, earn higher belt ranks, and participate in camps or other educational training activities. This dual and competitor class is more intense and comes with higher expectations of attendance, conditioning, focus, energy, and dedication. Students who are competing in tournaments are required to be registered with USA Judo and USJF/Hokka. Instructor: Frankie Valentine-Flores and Acazah Goodman.









# 32 Sports

# HIGH PERFORMANCE JUNIOR TENNIS TRAINING • AGES 7-15

Multiple Sessions: 9/3-1/28 No class: 9/13, 9/21 Sun, 10-11am Glen Cove Tennis Courts \$120/R, \$164/NR (4 classes)

In our youth tennis classes, we cover more than just basic training. Over this course you will learn technique, footwork, speed and agility, power, endurance, strategy and develop a team concept versus individual play. Childrens should bring their own tennis racquet, towel, water bottle, and tennis shoes. Instructor: Phil Graham

# TENNIS JUNIOR DEVELOPMENT PROGRAM • AGES 5-12

Multiple Sessions: 9/8-11/10 Fri, 4-5pm Amador Tennis Courts \$135/R (4 classes), sibling \$108/R \$162/NR (4 classes), sibling \$129/NR

This program emphasizes proper fundamentals, good sportsmanship, and proper tennis etiquette in a fun and safe environment. Children should bring their own tennis racquet, water bottle, and wear sunscreen. Bathrooms are not available. Instructor: Calvin McCullough

# TENNIS JUNIOR EXCELLENCE PROGRAM • AGES 8-15

Multiple Sessions: 9/8-11/10 Fri, 5-6:30pm Amador Tennis Courts

\$195/R (4 classes), sibling \$156/R \$234/NR (4 classes), sibling \$187/NR

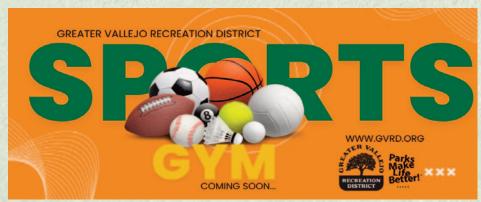
Much more rigorous than the Junior Development Program, the Junior Excellence Program requires students to have enough strength and ability to play from the baseline. Conditioning, refining strokes, and competitive games are emphasized. Children should bring their own tennis racquet, water bottle, and wear sunscreen. Instructor: Calvin McCullough

# NEW! INTRO TO PICKLEBALL • AGES 18+

Multiple Sessions: 9/5-1/30 Tue, 10-11:30am, or Thu, 6-7:30pm No class: 10/3-10/31, 11/20, 11/23, 12/26, 1/2

# Multiple Locations \$65/R, \$78/NR (per month)

This outdoor class is designed for first-time players or anyone interested in learning the fun and popular sport of Pickleball! You will learn all aspects of the game from equipment sed, techniques, rules, and strategy. Come out and have fun learning a new sport and making new friends. Instructor: Frank Silveira.



# NEW! ADULT BEGINNER PICKLEBALL 101

• AGES 18+

Multiple Sessions: 10/4-1/31 No class 11/22, 12/6-12/27 Wed, 10-11am

Glen Cove Pickleball Courts \$149/R, \$179/NR

This is for players who have never played before or have just played a few times. You will learn the basic fundamentals of Pickleball: Game Overview, How to "Dink", Basic Court Skills, Basic Shot Techniques, How To Keep Score, Serving & Returning The Ball. You'll put that all into action and play real games in the last session. The 101 is the first Clinic of a series of Clinics. We will next offer Clinic 102 and 103 so you can progress in your game. Note: Important to attend all 4 sessions, skills build weekly and there are NO make up classes. Learn and connect as a group and build community around this exciting and fun sport! All equipment provided, including paddles and balls. Instructor: Ryan Diaz

# NEW! ADULT BEGINNER PICKLEBALL 102\*

• AGES 18+

11/1-12/13, No class 11/22 Wed, 12:30-1:30pm Glen Cove Pickleball Courts \$149/R, \$179/NR

102 will dig deeper into the concepts you learned in 101 and further advance your consistency and strategy of the game. We'll cover Drop Shots, Volleying, Resetting the Ball and Putaways. Note: Important to attend all 4 sessions, skills build weekly and there are NO make up classes. Learn and connect as a group and build community around this exciting and fun sport! All equipment provided, including paddles and balls. \*Prerequisite: Beginner Pickleball 101 Instructor: Ryan Diaz

# NEW! ADULT BEGINNER PICKLEBALL 103\* • AGES 18+

Multiple Sessions: 12/4-1/31 No class 12/13-12/31 Mon, Wed, 10-11am Glen Cove Pickleball Courts \$169/R, \$203/NR

103 will dig deeper into the concepts you learned in 102 and further advance your consistency and strategy of the game. We will work on Forehand & Backhand Drives, Lobs & Overheads, Foot Work and Court Movement and finally, Cross Court Control and Defending at the Kitchen. Note: Important to attend all 4 sessions, skills build weekly and there are NO make up classes. Learn and connect as a group and build community around this exciting and fun sport! All equipment provided, including paddles and balls. \*Prerequisite: Beginner Pickleball 102 Instructor: Ryan Diaz

# ADULT INTERMEDIATE PICKLEBALL 201 • AGES 18+ Multiple Sessions: 10/4-1/31 No class 11/22, 12/6-12/27 Wed, 11-12pm Glen Cove Pickleball Courts \$169/R, \$203/NR

This is for players who have been playing for a minimum of 4 months, can keep a rally and see themselves as a 2.0/2.5 level player. In this 4 session Clinic you will learn: Better Dinking Techniques, Concept of Resetting the Ball, Transitioning with a Purpose and Game Strategy. We will next offer Clinic 202 and 203 so you can progress in your game. Note: Important to attend all 4 sessions, skills build weekly and there are NO make up classes. All equipment provided, including paddles and balls. Instructor: Ryan Diaz

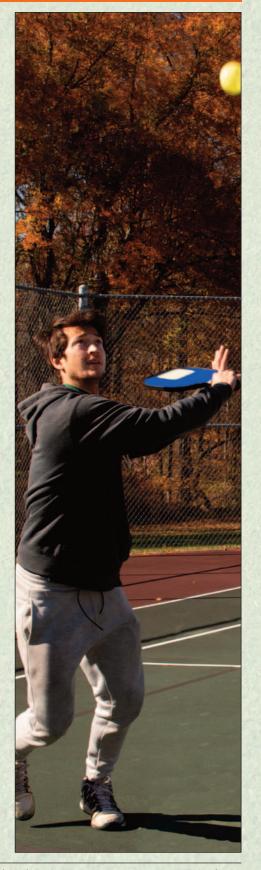
# ADULT INTERMEDIATE PICKLEBALL 202\* • AGES 18+

Multiple Sessions: 11/1-12/13 No class 11/22 Wed, 1:30-2:30pm Glen Cove Pickleball Courts \$169/R, \$203/NR

202 will dig deeper into the concepts you learned in 201 and further advance your consistency and strategy of the game. Things we will cover are, Advanced Drop Shots, Advanced Volleying, Resetting the Ball and Putaways and defending them. Note: Important to attend all 4 sessions, skills build weekly and there are NO make up classes. Learn and connect as a group and build community around this exciting and fun sport! All equipment provided, including paddles and balls. \*Prerequisite: Beginner Pickleball 201. Instructor: Ryan Diaz

# ADULT INTERMEDIATE PICKLEBALL 203\*• AGES 18+ Multiple Sessions: 12/4-1/31 No class 12/13-12/31 Mon, Wed, 11-12pm Glen Cove Pickleball Courts \$169/R, \$203/NR

203 will dig deeper into the concepts you learned in 202 and further advance your consistency and strategy of the game. We will work on advanced Forehand & Backhand Drives, Lobs & Overheads, Foot Work and Court Movement and finally, Cross Court Control and Defending at the Kitchen. Note: Important to attend all 4 sessions, skills build weekly and there are NO make up classes. Learn and connect as a group and build community around this exciting and fun sport! All equipment provided, including paddles and balls. \*Prerequisite: Beginner Pickleball 202. Instructor: Ryan Diaz





## 🦈 NATIONAL ACADEMY OF ATHLETICS 🏰



### **NAofA JR ACADEMY** SOCCER CLUB

Multiple Sessions: 9/9-10/28 Ages 3-4: Sat, 9:30-10:20am Ages 5-6: Sat, 10:30-11:50am **Multiple locations** \$74/R, \$89/NR (per month)

The NAofA Jr. Academy Soccer Club by the National Academy of Athletics is packed with fun. Whether your child is a beginner or more advanced player, the drills taught at this camp will help them fall in love with the game. Our soccer camps are the perfect place to learn about the game and fitness while having a blast and making new friends.

### **NAofA SOCCER CLUB** • AGES 7-8

Multiple Sessions: 9/9-10/28 Sat, 11:30-12:20pm Dan Foley Turf Field, 1461 N Camino Alto \$74/R, \$89/NR (per month)

The Soccer Club by the National Academy of Athletics is packed

with fun. Whether your child is a beginner or more advanced player, the drills taught at this camp will help them fall in love with the game. Our soccer camps are the perfect place to learn about the game and fitness while having a blast and making new friends.

### NAofA THANKSGIVING **BREAK BASKETBALL CAMP** • AGES 7-12

11/20-11/22

Mon-Wed, 9am-3pm (Full Day) Mon-Wed, 9am-12pm (Half Day) North Vallejo Basketball Courts, Whitney Ave.

### \$134/R, \$161/NR (Full Day) \$102/R, \$123/NR (Half Day)

This 3 day ball handling and shooting basketball camp by National Academy of Athletics is designed to make kids more confident with the basketball. Ball handling drills, shooting fundamentals, passing, team concepts, fun challenges, games and daily competitions in a positive and energetic environment. Many skill based instructional programs will be combined with games and other small sided competitions. Come join our experienced staff & walk away a better player! Includes t-shirt, instruction, challenges and competitions.



PT Summer Opportunities



We invite you to join our team





# **Sports**

### NAofA WINTER BREAK BASKETBALL CAMP • AGES 7-12

WEEK 1: 12/27-12/29

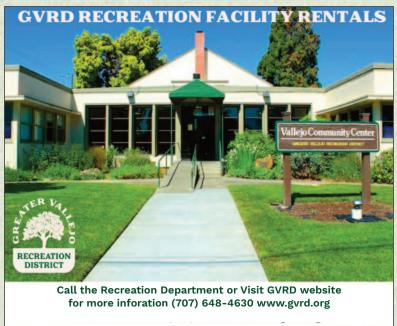
Wed-Fri, 9am-3pm (Full Day) Wed-Fri, 9am-12pm (Half Day) \$134/R, \$161/NR (Full Day) \$102/R, \$123/NR (Half Day)

WEEK 2: 1/2-1/5

Tue-Fri, 9am-3pm (Full Day) Tue-Fri, 9am-12pm (Half Day) \$178/R, \$214/NR (Full Day) \$134/R, \$161/NR (Half Day) North Vallejo Basketball Courts, Whitney Ave.

This ball handling and shooting basketball camp by National Academy of Athletics is designed to make kids more confident with the basketball. Ball handling drills, shooting fundamentals, passing, team concepts, fun challenges, games, and daily competitions in a positive and energetic environment. Many skills based instructional programs will be combined with games and other small sided competitions. Come join our experienced staff and walk away a better player! Includes t shirt, instruction, challenges & competitions.





Facility tour by appointment only!



### Create Memories at GVRD!







Reunions Anniversaries



Meetings Exhibitions Recitals

GVRD HAS THE PERFECT PLACE FOR YOUR NEXT EVENT AND IT'S RIGHT IN YOUR VERY OWN COMMUNITY!





### **ONLINE DRIVERS ED** • AGES 15+

Multiple Sessions: 9/1-1/31 Online 24/7

\$49.99/R, \$59.99/NR (per month)

Attention TEENS who WANT TO DRIVE: DMV allows teens to receive their Learner's Permit at age 15 1/2 and a license at age 16. This class is the FIRST, required step that must be completed. This is an online course with videos, animated driving scenarios and sample test questions. Learn the rules of the road, major causes of traffic collisions, DMV procedures, etc. A licensed instructor is available to answer any questions. Receive DMVapproved certificate of completion Sign up any time. Registration is ongoing.

### **VIRTUAL DRIVER'S EDUCATION • AGES 15+**

Multiple Sessions: 9/16-12/29

No class 11/23

Sept & Oct: Sat 9am-12pm Nov: Mon-Wed, & Fri 9am-12pm

Dec: Tue-Fri 9am-12pm **ZOOM & Online 24/7** 

(Hybrid Instruction) \$205/R, \$246/NR (per session)

Virtual Driver's Education with a live instructor. Students will enjoy a series of Driver's Education lectures, the responsibilities of having a driver's license, learning the rules of the road, and accidentavoidance procedures. Assignments will also be completed during the week. Students will receive a DMV-approved certificate of completion.

### **CAMPANELLI YOUTH CHORUS BEGINNING & INTERMEDIATE • AGES 7-17**

Multiple Sessions: 9/12-12/5

No class 11/21 Tue, 5-6:30pm

Vallejo Community Center,

225 Amador St.

\$145/R (per session) Drop-in: \$12 (per class)

The youth chorus class offers an enriching choral education and performance experience to school-age children. A welcoming and encouraging learning environment empowers students to find their voice and enjoy expressing themselves and making music together. Students gain a foundation in the choral arts, including musicianship, sight singing, and pitch and vocal training. The class concludes with a recital and performance with the Vallejo Choral Society, which sponsors the class. The class is open to children ages 7 through 17 throughout Vallejo and surrounding communities, and no audition or previous music experience is required. Instructor: Colleen McAdams

kids! The holidays are almost and you are invited to send a er to Santa Claus at the North Santa has promised to answer Ithe letters received. Letters can be mailed or dropped off at the special holiday mailbox at the Aquatic Complex. Be sure to include a self addressed envelope and stamp. Letters must be received no later than 5pm. Friday December 8th Mailing Address & Drop-off Location GVRD Aquatic Complex 801 Heartwood Ave.

## **Special Interest**

PIANO BEGINNING & INTERMEDIATE • AGES 16+ Multiple Sessions: 9/6-1/31 No class 11/22, 12/27 Wed, 4:15-5:15pm Vallejo Community Center, 225 Amador St. \$25/R-\$30/NR (per month)

This is an introductory class designed for adults who have never played piano or haven't played for many years. Students will learn to read music, develop an understanding of music theory, rhythm, chords, and learn how to play songs, all in a fun group setting. Students must bring their own headphones (1/4-inch plug). Class size is limited. Adult All-In-One Course Level 1 Alfred's Basic Adult Piano Course (w/CD optional but recommended) by Willard A. Palmer, M. Manus & A. Vick Lethco must be purchased in advance of taking this class. Books may be purchased at Consumer Music, 1017 Tennessee St. Vallejo, or online at www.amazon.com. ISBN-10: 0-88284-931-X. Instructor: Steven Logoteta



Multiple Sessions: 9/5-12/12 No class 10/31, 11/21 Tue, 7-8:30pm North Vallejo Community Center, 1121 Whitney Ave. \$175/R (per session) Drop-in: \$15/R (drop-in)

Flutists of the area, unite! Flute choir uses the family of flutes from bass to piccolo. This ensemble has a rich repertoire of many different styles of music from near and far. Flutists must submit an audition video that showcases their playing skills. Student(s) must bring their flute(s), assigned music and music stand to each rehearsal. The rehearsals will culminate in an end-of-course performance. Instructor: Melissa Bowman

JAZZ BAND • AGES 16+ Multiple Sessions: 9/11-1/29 No class 9/4, 11/20, 12/25, 1/1, 1/15 Mon, 7-9:30pm St. Paul's Church, 120 E J St., Benicia \$10 (per month)

A course designed to engage students in the refinement and mastery of "big band" jazz skills: The class will include performance/ production techniques. Students will engage in activities which promote their understanding of instrumental jazz for lifelong involvement, including the potential for careers. All styles of "big band" jazz will be taught including traditional, swing, bebop, and fusion. The fine points of improvisation will be demonstrated. Sight reading skills will also be developed. Instructor: Steven Logoteta; Assistant Instructor: Aki Ross.

Class size is limited.
Requirement: Intermediate level of performance on saxophone, trumpet, trombone, and rhythm section (guitar, piano, bass, and drums). All musicians must read music. All members must audition with instructor.

SYMHONIC BAND • AGES 16+ Multiple Sessions: 9/6-1/31 No class 11/22, 12/27 Wed, 7-9:30pm St. Paul's Church, 120 E J St., Benicia \$10 (per month)

A course designed to engage students in activities directed toward the refinement and mastery of symphonic skills, both individually and in a group, with performance/production techniques. Students are engaging in activities which promote their understanding of the arts for lifelong involvement, including the potential for careers. Intermediate Level. All musicians must read music. All members must

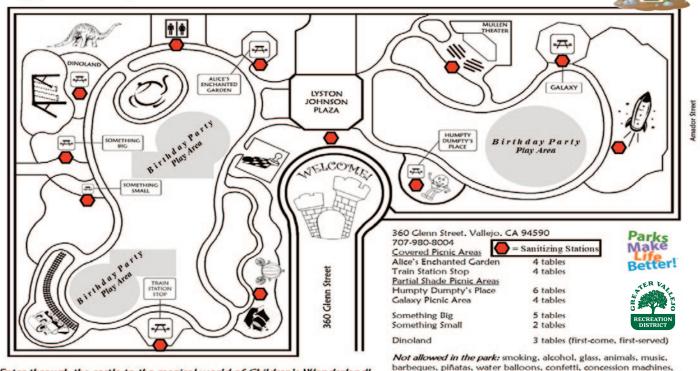
Instruments that may be included are: Piccolo, flute, oboe, bassoon, clarinet, alto clarinet, bass clarinet, alto saxophone, tenor saxophone, baritone saxophone, French horn, trumpet, cornet, baritone, trombone, tuba, string bass, percussion. Instructor: Steven Logoteta, Assistant Instructor: Aki Ross

audition with instructor.





# \* Children's Wonderland Park



Enter through the castle to the magical world of Children's Wonderland!

ENTRANCE FEE: FREE Mon & Wed for Vallejo residents \$5 NR

Thu - Sun \$3/R \$5/NR. Free 2 and under, SR (55+), and Vets. Closed Tue.

### GENERAL INFORMATION: 360 Glenn Street, Vallejo

- General Park questions/information, call (707) 980-8001
- Birthday Party Reservations/Special Events, call (707) 648-4600 or email recreation@gvrd.org

**Not allowed in Park:** animals, smoking, alcohol, glass, music, pinatas, confetti, water balloons, barbeques, concession machines, stakes in grass/mulch areas, recreational items such as jumpers, skateboards, bikes, etc.

### **PARK HOURS:** Daily operation is contingent on weather.

- MAY AUG ..... Wed Mon 11am-7pm (Park closed on Tue)
- SEP NOV ..... Wed Mon 11am-4pm (Park closed on Tue)
- DEC JAN . . . . . . Fri Sun 11am-4pm (Park closed Mon Thu)
- MAR APR ...... Wed Mon 11am-5pm (Park closed on Tue)

#### **FIELD TRIPS**

- Bring your imagination for a wonderful field trip and have a picnic lunch at the park!
- \$4/R and \$6/NR
- Weekdays from 10am-2pm
- Groups must be a minimum of 10 children with a ratio of 1 adult per 10 children.

PRE-register to choose your picnic area by calling (707) 648-4600 or visit our Main Office at 801 Heartwood Avenue.

Payment is due at time of reservation!

#### **GROUP & FAMILY RENTALS**

Want to book a picnic area to have lunch with a small group of friends and family?! We have you covered!!

#### Something Small (2 tables)

• \$35/R and \$45/NR Includes entrance for **5 guests** 

### **Something Big** (5 tables)

 \$70/R and \$80/NR Includes entrance for 10 guests

## Rent BOTH Something Big and Small

• \$90/R and \$105/NR
Includes entry for 15 guests

Dinoland (3 tables) cannot be reserved and is available on a first come, first serve basis only!

To make a reservation, call (707) 648-4600 or visit our Main Office at 801 Heartwood Avenue.



### NIGHTMARE ON GLENN STREET • AGES 2-13

10/31

Tue, 5-8 pm Children's Wonderland Park Free R – Free NR

Enjoy our spooky Halloween event at Children's Wonderland Park. This is a free to register and includes: Trick-or-treating, a Haunted house, concessions, games, and glow in the dark sticks! Take a picture in your costume for a chance to win a prize. Don't forget to tag GVRD: @g.v.r.d

## WINTER AT WONDERLAND • ALL AGES

12/1

Fri, 5:00 – 7 pm Children's Wonderland Park Free R – Free NR

It's the most wonderful time of the year! You're invited to kick-off the winter season with our annual tree lighting in the park! Each person will receive a free cup of hot cocoa upon entry. Walk around, take pictures of the lights and decorations. Special guest appearance by the one and only SANTA CLAUS!

#### **HARVEST PARTY**

Wed. 10/4, 11:30am – 3pm Children's Wonderland Free R – Free NR

Come celebrate the season with us at Children's Wonderland! Check out our hay maze, play some games and do some crafts! There will be plenty of pumpkins available for purchase and decorating as we welcome autumn! All these fun activities are included with the price of admission!

### **HOLIDAY TOY DRIVE • AGES 2-13**

12/15

Fri, 5-7 pm

**Children's Wonderland Park** 

Free R - Free NR

Tis the season to give back! Register your child/children for a free present from GVRD! All children must be registered for this event to receive a gift (There will be **scheduled pickup times** as participants will be grouped by pickup time. Parents may **ONLY** pick-up their own registered children's gifts. If gifts are not picked up upon designated time the gifts will not be guaranteed. Please have **PROOF OF REGISTRATION READY** upon pickup).

### FIELD TRIPS TO THE PUMPKIN PATCH

Multiple Sessions: Thu & Fri 1 0/5, 10/6, 10/12, 10/13, 10/19, 10/20, 10/26, 10/27 Children's Wonderland 10am – 2pm

\$8/R \$10/NR

Come play in the park, eat lunch, visit the souvenir stand, take a walk through our haunted hallway, get lost in the hay maze, and choose a pumpkin to take home! Fee includes a large pumpkin for the classroom. Reservations must be made in advance at 801 Heartwood Ave. or 707-648-4600

### **PUMPKIN PLAY DAYS**

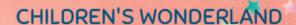
Multiple Sessions: Sat & Sun 10/14, 10/15, 10/21, 10/22 Children's Wonderland

11:30am - 1:30pm & 2 - 4pm

Have a frightening good time

and play around our spooky decorations, hay maze, haunted hallway, and souvenir stand. Small and large pumpkins are available for sale. Activities are included with the price of admission.





## **BIRTHDAY PACKAGES!**

Come and celebrate your next birthday with us!

## HAPP! BIRTHDAY

\$135/R; \$145/NR (2-hour party)

Free entry into the park for birthday child and 30 guests,
2 hours rental of picnic area, and 15 ice cream cups/popsicles or icees.

Birthday Parties must be booked at least 7 business days in advance

### Party Package Add-ons:

Need balloons? We've got you covered!
For \$25, you can add some flare to
your party with our balloon package!
2 balloon bouquets each containing:
3 latex balloons, 1 mylar balloon,
and 1 weight

### **Basic Rules:**

Outside food and drinks allowed but MUST stay in picnic areas. Renter responsible for necessities such as plates, utensils, napkins, cups, cake, etc. Decorations OK but can only hang with painter's tape.

Absolutely no smoking, beer, alcohol, wine, BBQ's or propane stoves allowed.

### Cancellation Policy:

Cancel 5 business days or less
before rental is a
Forfeit 50% of total fees
Cancel 6 business days or more
is Full Refund
Refund checks mailed within 7–14
business days

### Picnic Areas Available:



Humpty Dumpty's 8 tables



Alice's Enchanted Garden
Covered – 7 tables

<u>Time Slots</u>: 11:30am – 1:30pm and/or 2:00 to 4:00pm

Parks Make Life Better!



<u>Train Station Stop</u> Covered – 6 tables



Galaxy 4 tables



Something Big 5 tables

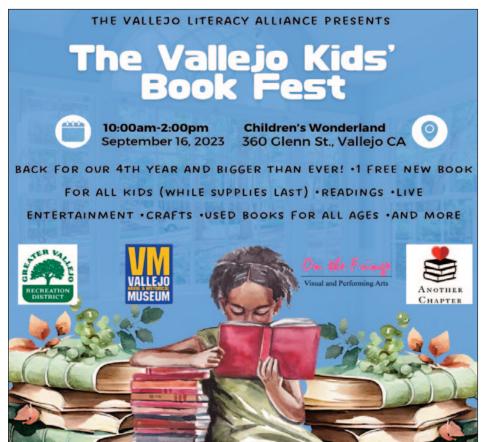
(707) 648–4600 www.gvrd.org recreation@gvrd.org

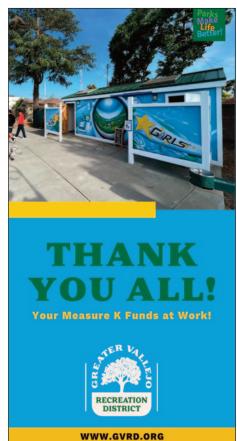
A \$100 Cleaning Fee will be charged at time of checkout. If applicable, fee will be returned within 7–10 business days AFTER your party in the form of a check in the mail.













## YOU COULD USE SOME FRESH AIR.

With new schedules and lower fares, San Francisco Bay Ferry is the best way back—to work, to play, to life.







# North Vallejo Community Center





## **GVRD Park Locations & Amenities**

and Plea	addresses are not exact do not accept mail. ise use for direction over internet only.  Thank You	Acres	ADA Parking	Ball Field	BBQs	Basketball Cts	Bicycle/ Skate Bowl	Boating/Fishing Dogs Allowed	On Leash	Gazebo	Horseshoe Pits	Multi-use Field	Parking	Picnic Tables	Playground (5-12 yrs)	Playground (2-5 yrs)	Reservable Area	Restrooms	Bocce Ball	Rustic Area	Soccer Field	Swimming Pool	Tennis Courts	Walking Trails	Water Access	Water Statioms
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Facilities & Centers	Auditoriums	Banquet Facilites	Bocce Ball	Meeting Rooms	Restrooms	Tennis Courts
Amador Area 300-400 blk Amador Street			•		•	•
Foley Cultural Center 1461 N. Camino Alto (707) 648–4630	•	•		•	•	
Norman C. King South Vallejo Com. Center 545 Magazine Street (707) 648-4620	•	•		•	•	
North Vallejo Community Center 1121 Whitney Avenue (707) 648-4650	•	•		•	•	
Vallejo Community Center 225 Amador Street (707) 648–4640	•	•		•	•	

\*RESERVABLE PARKS: 1st weekend in April-2nd weekend in October.

**PARKING FEES:** \$5 per car. Parking fees apply only April-October.

**JUMP HOUSE PERMITS:** \$30, Permits must be purchased from GVRD district office and issued for only designated parks; only jumpers from approved vendor list may be used.

**ALCOHOL PERMITS:** \$35, Permits must be purchased in advance at the GVRD district office and approved by the General Manager; only beer and/or wine allowed.



# **Registration Form**

#### Registration will not be processed without all information provided.

Adult or Parent/Guardian Name		Home Phone								
Address		City	Zip							
E-Mail		Work Phone	Cell Phone							
Emergency Contact		Relationship	Phone							
<ul> <li>Please check if you have changed your add</li> <li>To assure our programs benefit all who at</li> </ul>		ss from last registration. d, please indicate below if you have any disabilities requiring special accommodations.								
Participant Name		Name of Class/Activity Month and Time	Birth date Under 18	Male/Female Shirt Siz		Fee				
GVRD 395 Amador St. Vallejo, CA 94590  Mail registration form and attach payment. Please make checks payable to GVRD.	When a customer withdraws from a class the following charges will apply to the refund:  More than 5 working days prior to the start of the program No charge  5 or less working days prior to the start of the program Administrative Fee									
To pay by Visa or Master Card, please pre-register during office hours.  Check # Cash Office use only		start of the program	Pro-rated of 50% or	Pro-rated up to a maximum of 50% or change to another program or class						

### AGREEMENT, WAIVER, AND RELEASE - This must be signed before beginning any activity.

In consideration for being permitted by the District to participate in the above-referenced activity, or if signing on behalf of my minor child/children, in consideration for permitting my child to participate, I hereby waive, release, and discharge any and all claims for damages for personal injury, death, or property damage which I or my child(ren) may have, or which may hereafter accrue to me or my child(ren), as a result of participation in said activity. I am aware that serious accidents and injuries occasionally occur during recreational pursuits such as the activity. This release is intended to discharge in advance the District and the City of Vallejo (including their officers, elected officials, employees, volunteers, and agents) from any and all liability arising out of or connected in any way with me or my child(ren)'s participation in said activity, even though that liability may arise out of active or passive negligence or carelessness on the part of the persons or entities mentioned above.

I am aware of the risk the novel coronavirus, COVID-19, presents. COVID-19 is extremely contagious and is believed to spread mainly from person-to-person contact. As a result, federal, state, and local governments and federal and state health agencies recommend social distancing and have, in many locations, prohibited the congregation of groups of people. While COVID-19 can cause mild symptoms in some individuals, it can lead to severe illness and even death in others.

The District has put in place preventative measures to reduce the spread of COVID-19; however, the District cannot guarantee that I or my child(ren) will not become infected with COVID-19. Further, participation in the activity could increase my risk and my child(ren)'s risk of contracting COVID-19. I understand these risks. Additionally, I fully understand that my participation in the above-referenced activity exposes me to the risk of personal injury, death, and/or property damage.

In consideration of participation in the activity, I knowingly and voluntarily assume all risks arising therefrom, including the risk of COVID-19 contraction, death, personal injury, or property damage and on behalf of myself, my heirs and assignees, release the District and the City of Vallejo, and their officers, elected officials, agents, employees and volunteers from any and all claims, liens, damages, lawsuits, or liability for property damage, injury or death, resulting from, and arising out of,

# **Registration Form**

participating in the activity is a minor, I certify that I am his/her parent or legal guardian, and I give my permission for him/her to participate in the activity.

I further agree that this waiver, release and assumption of risk is to be binding on my heirs, administrators, executors, and assigns and that I shall indemnify and hold the District and the City of Vallejo (including their officers, elected officials, employees, volunteers, and agents) free and harmless from any loss, liability, damage, cost, or expense which may arise out of or connected in any way with my participation in said activity.

I hereby acknowledge that I am voluntarily participating in this activity and agree to assume any such risks.

MEDICAL TREATMENT CONSENT: In the event I or said minor requires medical treatment while under the supervision of District staff or agents, I authorize the District or its authorized representatives to provide and/or authorize medical treatment. I expect District staff to contact me immediately in the event of emergency medical treatment for said minor, but this contact is not necessary to administer emergency aid. I will pay for all medical treatment which I or said minor may require.

VIRTUAL CLASS RELEASE: I hereby warrant and agree, that the conditions of my environment are safe, free from obstructions, and are suitable for participation in the above-referenced activity. I further understand and agree that any material downloaded, viewed or otherwise obtained through my participation in said activity is done at my own risk and the District is not responsible for any loss, alteration, corruption or other damage to my personal property, including computers, networks and other property used as part of my participation.

PHOTOGRAPHIC RELEASE: I understand that photographs or video may be taken during this activity and hereby grant the District permission to use any such photo(s) and video(s) of myself or the minor(s) on whose behalf I am signing this waiver for advertising or in promotional materials.

Signature	Name (Printed)	Date
PARENTAL/GUARDIAN CO of age.)	ONSENT: (to be completed and signed by parent/guar	rdian if participant is under 18 years
hereby execute the above Agree participate in said activity. I her elected officials, employees, vo	aughter,, participate in the common	said minor is physically able to y of Vallejo (including their officers, ability, damage, cost, or expense which
CONSENT AND PHOTOGRATHAT THIS IS A RELEASE	D THIS AGREEMENT, WAIVER, AND RELEASE, RAPHIC RELEASE AND FULLY UNDERSTAND IT OF LIABILITY AND A CONTRACT BETWEEN M DISTRICT AND I SIGN IT OF MY FREE WILL.	TS CONTENTS. I AM AWARE
Signature	Name (Printed)	Date