CITY OF VALLEJO
RECYCLE & DISPOSAL SERVICES

Bulky Item Pickup
(Couches, Refrigerators, Extra Trash, Mattresses, Washers, Dryers & Etc.....)

Did you know that you are entitled to Two FREE bulky Item Pickups (2 cubic yards each pickup) call Recology Vallejo (707) 552-3110 to schedule your FREE pickup!
Apartment Complex Managers or Home Owners Associations must make arrangements for tenants.

Electronic Waste
(Computers & parts, Fans, ALL TV’s, DVD Players, Stereos, Lamps, Vacuums, Radios, Microwaves)
&
Anything with a plug...

Recycle Electronic Waste (Anything With A Plug) at Recology Vallejo, 2021 Broadway, Vallejo CA,
EVERY Thursday, Friday & Saturday from 8 a.m. to 4 p.m.

Recology Drop Off
Batteries (Household & Car), Oil & Oil Filters, Latex Paint, Antifreeze, ALL Fluorescent Bulbs, Cooking Oil & Mattresses

Recycle All the items above at Recology Vallejo, 2021 Broadway, Vallejo CA,
EVERY Thursday, Friday & Saturday from 8 a.m. to 4 p.m.
Greater Vallejo Recreation District
395 Amador Street, Vallejo, California 94590
(707) 648-4600 • FAX (707) 648-4616 • www.gvrd.org
Office Hours: Monday-Friday, 8 am to 5 pm

Board of Directors
Ron C. Bowen-Chair
Sheryl Pannell Lea-Vice Chair
Robert Briseno
Gary Salvadori
Karen Sims

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.

GREATER VALLEJO RECREATION DISTRICT ACTIVITY GUIDE
SPRING ISSUE • JANUARY-MAY, PUBLISHED 3 TIMES A YEAR

District Staff
Gabriel Lanusse . General Manager
Phillip McCoy . Recreation Superintendent
Penny Harman . Interim Finance Director
Salvador Nuno . Park Superintendent
Tom McNair . Facilities Supervisor
Eliot Palmer
Recreation Supervisor
Sandy Tawaratsumida
Recreation Supervisor
Antony Ryans
Recreation Supervisor
TBA
Recreation Coordinator (Norman C. King & North Vallejo Community Center)
Andrea Salvador
Recreation Coordinator (Mare Island Sports Center)
Crystal Stephan
Recreation Coordinator (Foley Cultural Center)
TBA
Recreation Coordinator (Vallejo Community Center)
Roslynn Brown
Recreation Coordinator (Youth, Teens & Break Camp)
Dominguez Dickerson
Recreation Coordinator (Youth & Break Camp)
Dustin Stene
Recreation Coordinator (Aquatics)
Taya de Alba
Recreation Coordinator (Sports)

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Providing sports, parks and recreation for a good foundation.

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.

Activities that don’t meet minimum registration requirements, may be cancelled 5 business days in advance of the start date.
Welcome to 2020. I would like to give a “Thanks” to staff and everyone out there who helped and enjoyed our various celebrations during 2019 to celebrate our 75th anniversary serving Vallejo. Winter time is an interesting time because we usually do not think about summer camps, swim lessons, and having a picnic with family and friends. Here at GVRD we are busy during the winter to prepare for spring and summer. Our biggest priority right now is fixing Cunningham Pool. Other priorities are filling full time jobs, and we are always hiring for various part time jobs in Parks and Recreation. In 2020 we will be working on a ten year master plan, so please look for surveys that will be coming out asking for your opinions on recreation programs and upgrades to our parks. Thanks again for your continued support, and using our parks, facilities, and classes.

Good Luck in 2020
Gabe

Bienvenidos a 2020. Me gustaría dar las “gracias” al personal y a todos los que ayudaron y disfrutaron de nuestras diversas celebraciones durante el 2019 para celebrar nuestro 75° aniversario sirviendo a Vallejo. El invierno es un momento interesante porque por lo general no pensamos en campamentos de verano, clases de natación, y tener un picnic con la familia y amigos. Aquí en GVRD estamos ocupados durante el invierno preparándonos para la primavera y el verano. Nuestra mayor prioridad en este momento es arreglar Cunningham Pool. Otras prioridades son llenar puestos de trabajos de tiempo completo, y siempre estamos contratando para varios trabajos de medio tiempo en parques y recreación. En el 2020 estaremos trabajando en un plan maestro de diez años, así que por favor busque las encuestas que saldrán pidiendo sus opiniones sobre programas de recreación y mejoras a nuestros parques. Gracias de nuevo por su continuo apoyo, y el uso de nuestros parques, instalaciones y clases.

Buena Suerte en el 2020
Gabe
Celebrate Vallejo’s rich sports history by attending the

The 17th Annual

Vallejo

SPORTS HALL OF FAME

Saturday, March 14, 2020 • 3:30-9:00pm
Foley Cultural Center, 1499 N. Camino Alto

Athletes of the past raising money for athletes of the future!

Vallejo Sports Hall of Fame is in its 17th year!
We have inducted well over 200 Vallejo athletes
and coaches from local Vallejo schools and colleges.
We host this event annually at the Foley Cultural
Center. It is a great evening for our Vallejo legends
to come together and talk about the good old days.

We begin with a cocktail and social hour at 3:30,
followed by the induction ceremony and dinner.
The night ends at 9pm. This exciting event is a
fundraiser for our Vallejo Youth Sports Program.

All proceeds go right back
into our community.

Tickets purchased before 2/1/20 are only
$50 each for adults and $30 for ages 5 to 17,
free for children under 5.

Adult tickets purchased from
Feb 1 on will be $60 per adult.
The evening also includes a silent auction and
sports exhibit to visit and learn about our past.

For more information call(707) 648-5389.

2020 List of Inductees

Individuals
Richie Anderson
Ronnie Anderson
Willie Anderson
Joanie Bennencourt
Bobby Gonzalez Jr.
Tony Longmire
Everett Robinson

Coach
Ann Talamantes-Ristow

Special Achievement
PAL German Soccer Exchange Program
with Mike Kollar

Team
1987 Vallejo High Girls Basketball Team

Thank you to our 2019 Sponsors

[Logos of sponsors]

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

At Children’s Wonderland
360 Glenn Street
Register for 1 of 3 sessions
Saturday, April 11:

• First Session – 9am
• Second Session – 11:30am
• Third Session – 2pm

Bring your own basket to gather your eggs.
This event will include a visit from the Easter bunny, snacks, games & more! $5 per person, ages 2 & up.

Tickets must be purchased prior to event at 395 Amador St. or by calling (707) 648-4600. Space will be limited.
To ensure a positive experience, please purchase tickets in advance.
Anyone 2 years old and over must be pre-registered to enter the park.

Adults must be accompanied by a child.
Digital photos with the Easter Bunny available for a nominal fee.

* A rain or shine event
Activities that don’t meet minimum registration requirements, may be cancelled 5 business days in advance of the start date.

FISHING IN THE CITY
Lake Chabot at Dan Foley Park, 1461 N. Camino Alto
Saturday, April 4, 8-11am • Ages 7-16

Do your kids love fishing or maybe they’ve never been and really want to try it? Then come on down to this year’s Fishing in the City event at Lake Chabot - next to the Dan Foley Cultural Center. Here, they will learn the fundamentals of fishing, with demonstrations and instructional programs. Once they’ve learned the basics, it’s time to see if they can catch that really big fish! That’s right, and we’ll also clean it and wrap it up for your child to bring home to cook. This is a FREE event & lunch is provided, so register your kids today - space is limited. Participants will use the gear provided and every child gets their very own tackle box to keep! Participant must be accompanied by an adult and must be pre-registered. This event fills up fast so register now!

RAIN OR SHINE
(707) 648-5317 or (707) 648-4600

JOIN US FOR AN OLD FASHIONED CAMP OUT!

Bring your tent, bed rolls and sense of adventure to this beautiful hidden gem of a location! Pitch your tent, enjoy camping activities, dinner and roast marshmallows with a hot breakfast the next morning. Our professional recreation staff will make your camping experience an enjoyable one.

McIntyre Ranch, St. John’s Road • $25/person
Begins at 3pm May 16 & ends at 10am May 17
Limit of 30 participants.
Children must be accompanied by a responsible adult over 21 years of age.
You must preregister at 395 Amador Street.
(707) 648-5317 or (707) 648-4600

*A rain or shine event
SPRING BREAK SPORTS CAMP  
• Ages 6-13  
Your child will have fun while learning various sports, like basketball, volleyball, football, hockey, and soccer. Sports will vary each day and have a different theme. Week one of sports camp will be college based; we will expose young children to the opportunities that college has to offer. Week two of sports camp will be Pro team based. They will also enjoy science, arts and crafts, food crafts and more. Your child will experience things like customizing their very own t-shirt and turning it into a jersey. Make sure to pack your child a big lunch, sunscreen and 2 bottles of water. Must wear closed-toe shoes. 
For more information, contact the Sports Department at (707) 648-4609 or check out our website at www.gvrd.org

Mare Island Sports Complex, 785 Walnut Ave.  
Week 1: College week-Mar 30-Apr 3  
Week 2: Pro Team Week-Apr 6-Apr 10  
7am-6pm $150/R; $160/NR- per week

LEGO UNIVERSITY • Grades 1-5  
Give your imagination a boost with thousands of LEGO® pieces! Build engineer-designed projects such as: cities, cars, gadgets, and much more! Design and build as never before, and explore your craziest ideas in a supportive setting of trained staff. Campers will also participate in recreation, arts and craft projects, and a field trip each week of camp. Please pack a snack, lunch and water. For more information, please call the Youth Department at (707) 648-4483.

Vallejo Community Center, 225 Amador St.  
Week 1: Mar 30- Apr 3  
Week 2: Apr 6- Apr 10  
6:30am-6:30pm
$150/R, $160/NR per week  
Field Trips: TBD

KINDER CAMP • Grades TK-K  
Kinder Kids Camp is designed to give the youngest campers a boost as they transition from preschool and home to the camp environment. Children entering Kindergarten, or 4 years old by their first day of camp, have their own team of Kinder Kids Camp employees who help them with all aspects of camp life and participate in the activities alongside them. They facilitate introductions with other children, guide them in choosing activities, and serve as a resource for them all day long. Kinder Kids Camp employees also make sure that children get their lunch, snacks, visits to the bathroom and anything else they need. Please pack a snack, lunch and water.
For more information, please call the Youth Department at (707) 648-4483.

Vallejo Community Center, 225 Amador St.  
Week 1: Mar 30- Apr 3  
Week 2: Apr 6- Apr 10  
6:30am-6:30pm
$160/R, $170/NR per week

FRESH • Grades 3-7  
When school is out - Drama is in! Sing, dance, and act your heart out in musical theater camp! This camp promises to have students singing in the shower, dancing in the grocery store, and winning at any game of charades. Each day of camp includes dance, acting techniques while learning songs, choreography, and lines for a special musical performance the last day of camp. Campers will also participate in recreation, arts and craft projects. Please pack a snack, lunch and water. For more information, please call the Youth Department at (707) 648-4483.

Children’s Wonderland, 360 Glenn St.  
Week 1: Mar 30- Apr 3  
Week 2: Apr 6- Apr 10  
6:30am-6:30pm
$150/R, $160/NR per week

FRESH ELITE • Grades 8-12  
FRESH Elite is created for teens to participate in theatre arts. Arts education is extremely beneficial to human capacity and development. FRESH was originally created for grades 3-7. Now we’ll offer programming for our advanced performers. FRESH Elite will take everything from FRESH camp and then some. Adding in more technique and theatre history, in hopes of creating a bigger, more professional production. While theatre is our main focus for the class, we use these rules and techniques to encourage students to pursue whatever they choose, confidence, and self expression. Please pack a snack, lunch and water. For more information, please call the Youth Department at (707) 648-4483.

Children’s Wonderland, 360 Glenn St.  
Week 1: Mar 30- Apr 3  
Week 2: Apr 6- Apr 10  
6:30am-6:30pm
$150/R, $160/ NR per week
*drop off before 9am and pick up after 4pm will be at the Vallejo Community Center, 225 Amador St.*
Thank you to all the contributors and co-sponsors of our year long 75th Anniversary Celebration!

Donations by: RUBIO’S RESTAURANTS LLC, SAN JOSE SHARKS, BREAK IT DOWN SOUL LINE DANCE, IN-N-OUT BURGER, COSTCO WHOLESALE, SIX FLAGS DISCOVERY KINGDOM, JELLY BELLY CANDY COMPANY, SACRAMENTO RIVER CATS, FOOD BANK OF CONTRA COSTA & SOLANO, PANERA, ZUMBA INSTRUCTORS, VALLEJO JUDO CLUB.

Activities that don’t meet minimum registration requirements, may be cancelled 5 business days in advance of the start date.
Cunningham Aquatic Complex is available for school field trips. All reservations must be made at least 3 days prior to reservation date and must be paid in advance. Reservations will be taken at Cunningham Pool beginning Feb 3. For more information please contact Dustin Stene @ dstene@gvrd.org (707) 648-4663.

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

**Jan 6-31:** 1-5 Grade: Early Bird $220, Reg. Price $230 (No Class 1/20)

**Feb 3-28:** 1-5 Grade: Early Bird $220, Reg. Price $230 (No Class 2/17 & 2/18)

**Mar 2-27:** 1-5 Grade: Early Bird $220, Reg. Price $230

**Apr 14-30:** 1-5 Grade: Early Bird $160, Reg. Price $170

**May 1-29:** 1-5 Grade: Early Bird $220, Reg. Price $230 (No Class 5/22 & 5/25)

**Jun 1-9:** 1-5 Grade: Early Bird $70, Reg. Price $80

**AFTER SCHOOL AT THE POOL • Grades 1-5**

After School until 6pm.

**UST REGISTER IN ADVANCE!**

Join us for an exciting adventure at Cunningham Pool, where kids can have a fun and safe after school outlet to work on homework and have fun. Our lifeguard camp leaders will assist with homework and teach daily activities to all participants. For more info call 648-4663.

Participant options:

**No swim lesson will be taught spring 2020**

- Guided walk over from Pennycook
- Van pick up from Glen Cove/Vallejo Charter/ CAVE
- Parent drop off at pool
- More locations upon request

**Cunningham Pool Portable, 707 Heartwood Ave**

**Jan 6-31:** 1-5 Grade: Early Bird $220, Reg. Price $230 (No Class 1/20)

**Feb 3-28:** 1-5 Grade: Early Bird $220, Reg. Price $230 (No Class 2/17 & 2/18)

**Mar 2-27:** 1-5 Grade: Early Bird $220, Reg. Price $230

**Apr 14-30:** 1-5 Grade: Early Bird $160, Reg. Price $170

**May 1-29:** 1-5 Grade: Early Bird $220, Reg. Price $230 (No Class 5/22 & 5/25)

**Jun 1-9:** 1-5 Grade: Early Bird $70, Reg. Price $80
NEW! CUNNINGHAM ONE DAY HOLIDAY CAMPS • Ages 5 - 11

Need a fun, engaging, and exciting program for youth during holiday days? Then come join us for organized games, team building, and fun activities at Castlewood Park. Our certified staff will provide supervision, safety, and organization for all activities. A snack is provided but you will need to bring lunch and comfy clothes for field activities. For more information contact Dustin Stene by email dstene@gvrd.org or call 707-648-4663.

Cunningham Pool Portable 707 Heartwood Ave
Jan 20, Feb 17, Feb 18, Apr 13, May 22, May 25
7am-6pm
$35/R per day, $45/NR per day

RED CROSS LIFEGUARD TRAINING
• Ages 15+

Want to work as a lifeguard? This course provides you with everything you need. Course includes lifeguard training, CPR/AED for the professional rescuer, and first aid. Course fee includes all materials and certifications. Attendance to all classes is mandatory. Advanced registration is required, so sign up today! For more information please contact Dustin Stene 648-4663.

Cunningham Pool Portable, 709 Heartwood Ave.
*Attendance to ALL class times is mandatory for certification*

May 27 – Jun 7: Mon, Wed, Fri 6-9pm and Sat and Sun 9am-3pm
Jun 8 – 12: Mon - Fri 9am-3pm
$160/resident, $165/nonresident

RED CROSS LIFEGUARD TRAINING
• Ages 15+

Want to work as a lifeguard? This course provides you with everything you need. Course includes lifeguard training, CPR/AED for the professional rescuer, and first aid. Course fee includes all materials and certifications. Attendance to all classes is mandatory. Advanced registration is required, so sign up today! For more information please contact Dustin Stene 648-4663.

Cunningham Pool Portable, 707 Heartwood Ave.

May 27 – Jun 7:
Mon, Wed, Fri 6-9pm
Sat and Sun 9am-3pm
Jun 8 – 12:
Mon - Fri 9am-3pm
$160/resident, $165/nonresident

RED CROSS ADULT & PEDIATRIC FIRST AID / CPR / AED COURSE • All Ages

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. Course fee includes all materials and certifications. For more information please contact Dustin Stene at (707) 648-4663.

Cunningham Pool Portable, 707 Heartwood Ave.
$70/R, $75/NR
Thurs: Feb 20, Mar 19, Apr 16, May 21
5:30pm – 9:30pm
Sat: Jan 11, Feb 8, Mar 21, Apr 25, May 30
10am - 3pm

CUNNINGHAM SPRING BREAK CAMP
• AGES 5 - 11

Come to the pool for an exciting spring break! Experience playing group games, sports, and plenty of fun guided activities. Our camp leaders are fully certified lifeguards and swim instructors. Campers are asked to bring a lunch, snack, and extra drinks every day. Advance registration is required, so sign up today! For more information please contact (707) 648-4663.

** No swim lesson will be taught spring 2020**

Cunningham Aquatic Complex, 707 Heartwood Ave
Week 1: Mar 30 – Apr 3
Week 2: Apr 6 – Apr 10
7am – 6pm $150/R. $160/NR per week
GVRD FOUNDATION

Did you know that there is a foundation to help with Parks, Programs for Youth, Recreation, Sports, Shakespeare, and improvement projects for Vallejo? There is, and it has been around for over a decade to work with GVRD in order to provide funding, and pursue grants. Anyone can make a donation, of any amount, to assist in general projects such as planting trees, to making a specific donation to youth sports and Shakespeare in the Park.

Please support the GREATER VALLEJO PARKS, RECREATION, AND OPEN SPACE FOUNDATION. Your tax deductible donation will help make improvements to the land, youth, and citizens of Vallejo. To find out more information, please contact us at 707-648-4600.

Checks can also be made out to Greater Vallejo Parks, Recreation, and Open Space Foundation. If you would like to fund a specific project, or general improvements, please attach a note with the Donation. Thanks!

We are recognized as a 501C3.

New Program Registration System

GVRD has upgraded to a new registration program that will require existing users to update their account password. If you do not have an account please follow the prompts to set up an account. You must have an account to register for our programs.
NEW Playground Features at Children’s Wonderland

See pages 20-21 for information and activities.
NEW! TINO’S SCHOOL OF SELF DEFENSE

• Ages 7-14

Tino’s School Of Self Defense teaches you the basics of the Hamzy Ketsu-Ka and Karate™ style trademarked by Grandmaster Harry Hamzy with over 75 years’ experience and 1500 students nationwide. Master Tino a 6th Degree Black Belt (Rokudan) teaches you the basics of self-defense with a class that starts with heavy stretching, then moves on to kicks and punches as well as kick/punch combos and then the rest of the class involves self-defense for a variety of attacks. Blocks, counters, joint locks (Akido), throws and takedowns (Jiu-Jitsu). As we progress the class gets harder and your confidence and abilities grow. Learn about “situational awareness”. Learn how to protect yourself against bullies and abusive people. Optional sparring will be offered also as you progress. Finally, we have FUN! Because life needs to be fun at times also. For more information or to register please contact the Coordinator at (707) 648-4640. Instructor: Dave Tino.

Vallejo Community Center, 225 Amador St.
$30 month/R $35 month/NR
Drop-in: $10
Wed, 6-7pm
Jan 8-29, Feb 12-26, March 4-25, April 1-29, May 6-27

JUDO BEGINNER & EXPERIENCED

• Ages 7+

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 2nd week of class through the Vallejo Judo Club. USJF membership recommended, ask instructor for details. For more information contact the Coordinator at (707) 648-4620. Instructor: Frankie Valentine-Flores and Acazah Goodman.

Norman C. King South Vallejo Community Center, 545 Magazine St.
$45 month/R, 2nd family member $35 month
$54 month/NR, 2nd family member $44 month
Mon, Wed, Fri, 5:45-7pm
Jan 6-31, Feb 3-28, Mar 2-30, Apr 1-29, May 1-29
No class Jan 20, Feb 17, May 25

(Participants registering without the Judo Beginner & Experienced class must have instructor’s approval and register onsite at $45)

JUDO FOR COMPETITORS • Ages 5+

Our competitive judo program builds upon our Judo Beginner & 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 class is more intense and comes with higher expectations of attendance, conditioning, focus, energy and dedication. This class requires that students be enrolled in our Judo Beginner & Experienced class, are competing in tournaments, and registered with USA Judo and USJF/Hokka. For more information contact the Coordinator at 648-4620. Instructor: Frankie Valentine-Flores and Acazah Goodman.

Norman C. King South Vallejo Community Center, 545 Magazine St.
$25 month/R, $30 month/NR
Mon, Wed, Fri, 7-8pm
Jan 6-31, Feb 3-28, Mar 2-30, Apr 1-29, May 1-29
No class Jan 20, Feb 17, May 25

JUDO FOR KIDS • Ages 5-7

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 2nd week of class through the Vallejo Judo Club. For more information contact the Coordinator at (707) 648-4620. Instructor: Frankie Valentine-Flores and Acazah Goodman.

Norman C. King South Vallejo Community Center, 545 Magazine St.
$45 month/R, 2nd family member $35 month
$54 month/NR, 2nd family member $44 month
Mon, Wed, Fri, 5-5:45pm
Jan 6-31, Feb 3-28, Mar 2-30, Apr 1-29, May 1-29
No class Jan 20, Feb 17, May 25
Activities that don’t meet minimum registration requirements, may be cancelled 5 business days in advance of the start date.
CLAUDIO’S MARTIAL ARTS TEENS/ADULTS
• Ages 13+
This program is based on traditional martial arts training. Students in this class are of various skill levels, ages, & physical abilities. This program focuses on self-discipline, intense physical training, effective self-defense techniques, competition sparring and forms. Students will 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. Teens will continue to promote through the Junior ranks, until they show they are focused on their goal to becoming a black belt. Adults will promote through the traditional ranks, when requirements are met.
Head instructor: Sigung Angelito Claudio
Instructor/Administrator: Si-Pau Loana Rapacon-Claudio
Foley Cultural Center, 1499 N. Camino Alto
$50 month/R, 2nd family member $40 month
$60 month/NR, 2nd family member $50 month
Tues. & Thurs. 6:30-8pm
Sessions include 6+ classes per month
Jan 7-30; Feb 4-27; Mar 3-31; Apr 2-30; May 5-28
KIDS ‘N FILM CAMP • AGES 8-15
Students practice on-camera acting techniques designed to spark imagination, enhance self-esteem and build confidence. Students will get hands-on experience by rotating positions in front of the camera, behind the camera, and as the director. Will be introduced to improvising techniques, working with short scripts, and creating characters. Space is limited, must pre-register. For more information contact the Coordinator at (707) 648-4650. Instructor: Jacalyn Evone
North Vallejo Community Center, 1121 Whitney Ave. $35 class/R, $42 class/NR Sat, 10am-1:30pm Jan 25, Feb 22, Mar 28, Apr 25, May 16

KIDS ‘N FILM SCREENING
Students will show and share their on-screen talents and creativity. Completed projects will be screened the following month for students, their parents and friends. For more information, contact the Coordinator at (707) 648-4650. Instructor: Jacalyn Evone
North Vallejo Community Center, 121 Whitney Ave. $10 DVD must be paid in advanced Sat, 1:30-2pm Jan 25, Feb 22, Mar 28, Apr 25, May 23

GRADES 6TH – 12TH
Learn babysitting skills, infant and child CPR!
This course teaches you the skills you need to become a responsible baby sitter! Course includes a safe sitter workbook and CPR certification. All registrations and payments can be taken at GVRD’s main office, 395 Amador Street; at the Youth Department 401 Amador Street, online at www.gvrd.org. Participants will need to bring a bag lunch. For more information, please call the Youth Department at (707) 648-5267.
401 Amador St. Auditorium $100/R, $120/NR Sat, Feb 8, Mar 14, Apr 11, May 9, 8am—3:30pm

Activities that don’t meet minimum registration requirements, may be cancelled 5 business days in advance of the start date.
TEACHER KAY’S MINI ALPHAPALS®
• AGES 2 ½ TO 5
Teacher Kay’s Mini Alphapals® class for kid’s ages 2 ½ to 5 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 Jr. or Preschool program. This is an ongoing class and children may join at any time. For more information, contact Foley Cultural Center at (707) 648-4630. Instructors: Teacher Kay’s Alphapals® Team
Foley Cultural Center, 1499 N. Camino Alto
4-week session $48/R, $52/NR
Wed, 10-11am
Jan 8-29; Feb 5-26; Mar 4-25; Apr 1-29; May 6-27
No Class: Jan 1; Apr 8

TEACHER KAY’S ALPHAPALS®
PRESCHOOL PROGRAM • AGES 3-5.
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 the use of positive affirmations. Children will learn fascinating factual animal stories, sign language, positive affirmations, lots of interactive activities for the letter of the week and outdoor education. It’s an effective way for children to learn their alphabet, phonics, expand vocabulary, letter recognition and writing. Plus your child will love all the animals from A to Z and will learn positive “I” messages in the process. For more information, contact the Foley Cultural Center at (707) 648-4630. Instructor: Kay Johnson and Alphapals® Team. Preschool program starts in September and is ongoing until the beginning of June. Note: Parents have an option of a 5, 4, 3, or 2 day session. Children must be potty trained. Teacher Kay was nominated for best Preschool teacher of the year for her contribution in the field of early childhood education by the Habitat Museum in Berkeley and runner up for Best Preschool in Solano County.
Foley Cultural Center, 1499 N. Camino Alto
Mon-Fri
MORNING PRESCHOOL 9am-12pm, AFTERNOON PRESCHOOL 12:30-3:30pm
4-WEEK SESSION, 5 DAY OPTION $420/R, $500/NR
(Offered for only Morning Preschool)
4-WEEK SESSION, 4 DAY OPTION $350/R, $420/NR
4-WEEK SESSION, 3 DAY OPTION $265/R, $320/NR
4-WEEK SESSION, 2 DAY OPTION $185/R, $225/NR
One-time material fee, $25 paid to instructor.
Jan 6-31; Feb 3-28; Mar 2-27; Mar 30-May 1; May 4-29.
No Class: Jan 1-3; Feb 17; Apr 6-10; May 25

TEACHER KAY’S PARENT AND ME!
• AGES 2 ½ TO 5
This is a perfect class to explore, play, and grow with your child while preparing them for one of the Alphapals® programs. This is a parent participation class and is ideal to help your child transition into a classroom setting. Only one parent per child or family may attend. Space is very limited so register early! For more information, contact the Foley Cultural Center at (707) 648-4630. Instructor: Teacher Kay’s Alphapals® Team
Foley Cultural Center, 1499 N. Camino Alto
4 WEEK SESSION, $48/R, $52/NR
Additional siblings: $24/R, $26/NR
Fri, 11am-12pm
Jan 10-31; Feb 7-28; Mar 6-27; Apr 3-May 1;
May 8-29
No Class: Apr 10
TEACHER KAY’S JUNIOR ALPHAPALS®
• AGES 3 TO 5
Teacher Kay's Jr. Alphapals® class for children ages 3 to 5 is a perfect introduction to Teacher Kay's Preschool Alphapals® program. Each week, your child will be introduced to a new Alphapal® animal and letter with lots of fun and interactive activities. The Jr. Alphapals® class is a fun and effective way for your child to learn about different animals, the alphabet, affirmations, phonics, American Sign Language (ASL), expand their vocabulary, letter recognition, and writing activities. This is an ongoing class that continues to grow each month. Children may begin at any time. For more information, contact the Foley Cultural Center at (707) 648-4630. Instructor: Teacher Kay's Alphapals ® Team Foley Cultural Center, 1499 N. Camino Alto 4 WEEK SESSION, $90/R, $108/NR Tues and Thurs, 12:30-2pm Jan 7-30; Feb 4-27; Mar 3-26; Mar 31-Apr 30; May 5-28 No Class: Apr 7 & 9

NEW! ZUMBINI WITH PATRICE
• AGES 0-4.
Zumbini was created by Zumba® and BabyFirst for children ages 0-4 and their caregivers. The Zumbini® program combines music, dance and instruments for 45 minutes of bonding, learning, and fun! This program gives children the freedom and confidence to grow as they develop social, motor, language and cognitive skills. Each family receives a Zumbini Bundle consisting of 20 songs on the Zumbini app, CD with all original music, songbook and plush toy. The songbook contains the words to the songs, a story to read, and some activity ideas for you and your child. For more information, contact the Foley Cultural Center at (707) 648-4630. Instructor: Patrice Rogers Foley Cultural Center, 1499 N. Camino Alto 4 classes + a Zumbini Bundle $95 month/R, $105 month/NR Additional siblings: $40/R, $44/NR Tues, 3:15-4pm Jan 7-28; Feb 4-25; Mar 3-24; Apr 7-28; May 5-26

OUTDOOR FUN
AT MCINTYRE RANCH
COYOTE CLUB • AGES 4-14
Explore nature through activities and a hike.
$5 class/R, $6 class/NR Jan 11, Feb 8, Mar 14, Apr 11, May 9 Sat, 9-11am

HORSE DAY AT
MCINTYRE RANCH
AGES 10-17
Learn about the daily care of horses.
$25 class/R, $30 class/NR Jan 18, Feb 15, Mar 21, Apr 18, May 16 Sat, 10am-1pm

Must pre-register at 395 Amador St. or www.gvrd.org
McIntyre Ranch is off St. John’s Mine Rd For information, contact us at (707) 648-4620

Activities that don’t meet minimum registration requirements, may be cancelled 5 business days in advance of the start date.
PROGRAM FEE SCHEDULE
All registrations and payments can be taken at either GVRD’s main office, 395 Amador Street; at the Youth Department 401 Amador Street, online at www.gvrd.org or at each of the schools sited. Please note: school sites only accept payments in the form of checks or money orders. Pay by the due dates and receive the Early Bird rate! Prices are based on one month sessions. We currently accept Solano Family & Children Services, ask about it.

KID’S CLUB BEFORE & AFTER SCHOOL PROGRAMS
• GRADES 1-5
(Cave Language Academy & Vallejo Charter Grades 1st – 8th)
The GVRD Kids Club programs are committed to providing quality before and after school programming for youth by building nurturing relationships and offering meaningful learning opportunities that promote lifelong skills. Your child will enjoy a safe and structured environment supervised by trained GVRD staff while participating in many recreational and enrichment activities. For more information regarding either of the Kids Club Before or After School Programs, please contact Youth Coordinator at (707) 648-4483.

SESSION FEES & DEADLINES

<table>
<thead>
<tr>
<th>SESSION</th>
<th>FEES &amp; DEADLINES</th>
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</thead>
<tbody>
<tr>
<td>Before School Monthly M-F 6:30am – 8:30am</td>
<td>BEFORE SCHOOL FEE: $152 EARLY BIRD $162 REGULAR PRICE</td>
</tr>
<tr>
<td>After School Monthly M-F Dismissal–6:30pm</td>
<td>AFTER SCHOOL FEE: $220 EARLY BIRD $230 REGULAR PRICE</td>
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<tr>
<td>Kinder Club Monthly M-F Dismissal– 6:30pm</td>
<td>KINDER CLUB AFTER SCHOOL FEE: $278 EARLY BIRD $288 REGULAR PRICE</td>
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August and June are prorated months

| BEFORE SCHOOL FEE: $71 EARLY BIRD $81 REGULAR PRICE |
| AFTER SCHOOL FEE: $105 EARLY BIRD $115 REGULAR PRICE |
| KINDER CLUB AFTER SCHOOL FEE: $134 EARLY BIRD $144 REGULAR PRICE |

Fees are paid on a monthly basis and are due by the first school day of the month. Late fees are strictly enforced. $5 a day up to $25

Before and After School Kinder Programs
This program is designed to give a boost to Transitional Kinder and Kindergarten families as they transition from school to home. Our programs are offered at each participating school sites each day after school when school is in session. Our trained kinder staff will pick up your Kinder from their classrooms and walk them to our extended learning day Kinder Program. Your child will receive homework help, a snack, supper, and engage in crafts / projects based around project based learning and recreational games. Students will have the opportunity to take a nice nap after a long day, sing songs, read, and learn while having fun!
REACH

REACH Programs are designed for adults and teens age 13 and up living with developmental disabilities. The Greater Vallejo Recreation District is dedicated to providing recreation and leisure activities for all of Vallejo. Our Therapeutic Recreation Programs were developed to help those living with developmental disabilities enjoy a full range of leisure opportunities. Classes and social events are supervised by GVRD recreation staff members. Staff can assist with enrollment prior to the start of programs. Each client is required to have a caregiver onsite during every activity. You may obtain a waiver and registration form at the REACH office in the Vallejo Community Center, 225 Amador St. For further information or assistance please call (707) 648-5317

SPORTS & GAMES - Ages 13+
Join our fun and friendly REACH staff for skill building with non-competitive sports and games. Play basketball, kickball, soccer, volleyball and more.
Mare Island Sports Complex, 785 Walnut Ave
$10/session, no fee for caregivers
Mon 11:30am-12:15pm
Session 1: Jan 6 – Mar 2
Session 2: Mar 9 – Apr 20
Session 3: May 4 – Jun 22
No class Jan 20, Feb 17, May 25

EXPRESSION ARTS - Ages 13+
Get creative! Each week we get together to express ourselves through art using a variety of materials and techniques while listening to music with friends.
Vallejo Community Center, 225 Amador St
$17/session, no fee for caregivers
Tues 10:30-11:15am
Session 1: Jan 7 – Feb 18
Session 2: Mar 10 – Apr 21
Session 3: May 5 – Jun 16

REACH Special Events

MOVIE DAYS • Ages 13+
Come join us for a movie and snack the 3rd Thursday of each month. Movie showing is in the Club Room.
Vallejo Community Center, 225 Amador St
$3/movie, no fee for caregivers.
Thurs 10:30am
Jan 16, Feb 20, Mar 19, Apr 16, May 21

CINCO DE MAYO • Ages 13+
Come join us for our first Cinco de Mayo fiesta! Enjoy a live DJ, dancing, and snacks!
Vallejo Community Center, 225 Amador St
$7, no fee for caregivers
Thurs, May 7 • 11 am to 1 pm

MARDI GRAS • Ages 13+
Join the fun and let the good times roll! Dance to a live DJ, eat snacks, and wear colorful beads! It’s a party you won’t want to miss!!
Vallejo Community Center, 225 Amador St
$7, no fee for caregivers
Thurs, Feb 27 • 11 am to 1 pm

NEW! REACH Horse Day
• Ages 13+
Learn about the handling and care of these magnificent creatures. Bring lunch for a picnic.
McIntyre Ranch, St. John’s Mine Road
$5, no fee for caregivers
Wed 10:30am-12:00pm
Apr 1, June 3
Space is very limited, only 6 participants per session, you must pre-register by calling (707) 648-5317

Inclusion Statement: The Greater Vallejo Recreation District is committed to providing recreation opportunities for all citizens of Vallejo. Our REACH program was developed to help people with disabilities enjoy a full range of leisure activities. We welcome people with disabilities into all our programs. Please allow 3-4 weeks if you or your child need special accommodations to participate. Call (707) 648-4600 during regular office hours with any questions.

Activities that don’t meet minimum registration requirements, may be cancelled 5 business days in advance of the start date.
CHILDREN’S WONDERLAND PARK HOURS
FEBRUARY & MARCH - FRI-SUN, 11AM-4:30PM
APRIL-SEPTEMBER - MON-SUN
(CLOSED ON TUES), 11AM-5:30PM
OCTOBER & NOVEMBER - MON-SUN
(CLOSED ON TUES), 11AM-4:30PM
DECEMBER & JANUARY - SATURDAY & SUNDAY, 11AM-4:30PM
DAILY OPERATION IS CONTINGENT ON WEATHER.

EARTH DAY CELEBRATION
Children’s Wonderland, 360 Glenn St
Apr 25 11:30am – 4:30pm

PRIVATE PARTY RENTALS
Looking for that one-of-a-kind place to hold your child’s next birthday party? Our birthday party package includes admission to the park for the birthday kid and a parent plus 15 guests, and ice cream cups for 15 kids; plus a T-shirt and balloons for the birthday child. Choose from: Humpty Dumpty’s Place, Galaxy Picnic Area, Alice’s Enchanted Garden and Train Station Stop. To book your party, contact the Main Office at (707) 648-4600 or (707) 648-5317. 11:30am-1:30pm or 2-4pm
Birthday package: $110/R, $125/NR.

DISCOUNT PASSES
A savings of $10! Passes sell for $50 and are good for 20 visits.
Discount Passes are available at our Main Office, 395 Amador St. and at Children’s Wonderland. Multiple people can use one pass. Passes do not expire.

GROUP 8 & 9
The picnic area and Something includes entrance. For reservations, call 395 Amador St. 11:00am-1:00pm
Something includes entrance. Rent both: 15 guests $90/R, $105/NR. (707) 648-4600 • www.gvrd.org
Children’s Wonderland

Come celebrate the season with us at Children’s Wonderland!
Learn about conservation and the importance of caring for Mother Earth.
Play some games and do some crafts!

All these fun activities are included with the price of admission!

& FAMILY RENTALS
areas available are Something Big (5 tables)
& Something Small (2 tables)
reservations, please visit our Main Office at 360 Glenn St., Vallejo - (707) 980-8004
Now accepting credit/debit cards.
For more information or to make a reservation,
contact us at (707) 648-5317

TEACHERS, GROUP LEADERS & CHAPERONES!
Bring your imagination for a wonderful field trip and have a picnic lunch at the park.
Groups must be a minimum of 10 children with a ratio of 1 adult per 10 children. To receive the discount price you must pre-register at our Main Office, 395 Amador Street or call (707) 648-5317 with a Visa or Mastercard ready.
Apr-Sep, Nov: Mon/Thur/Fri, 10am-2pm
$2.00/resident; $2.50/nonresident
$90/R, $105/NRt, includes entrance for Dinoland cannot be reserved; it is available first-come, first-served basis (3 tables).

Activities that don't meet minimum registration requirements, may be cancelled 5 business days in advance of the start date.
NEW! TINY TOTS BALLET FOLKLORICO  
• Ages 2-4
Students will learn Mexican folklore dance techniques while having fun and working as a team. Dancers will learn to control their movements through rhythm. Multiple classes are available for young dancers of all skill levels. Comfortable clothing required and shoes with a strong heel (dance shoes preferred.) Sign up today, space is limited. For more information, contact the Foley Cultural Center at (707) 648-4630. Instructor: Abigail Hernandez.
Foley Cultural Center, 1499 N Camino Alto
$40 month/R, $45 month/NR
Mon, 4-4:45pm
Feb 3-24; Mar 2-23; Apr 6-27; May 4-18

BEGINNING BALLET FOLKLORICO  
• Ages 5-13
Students will learn Mexican folklore dance techniques while having fun and working as a team. Dancers will learn to control their movements through rhythm. Multiple classes are available for young dancers of all skill levels. Comfortable clothing required and shoes with a strong heel (dance shoes preferred.) Sign up today, space is limited. For more information, contact the Foley Cultural Center at (707) 648-4630. Instructor: Abigail Hernandez.
Foley Cultural Center, 1499 N Camino Alto
$40 month/R, $45 month/NR
Wed, Ages 5-8, 4-4:45pm
Wed, Ages 9-13, 4:45-5:30pm
Feb 5-26; Mar 4-25; Apr 8-29; May 6-27

INTERMEDIATE BALLET FOLKLORICO  
• Ages 8-18
Students will learn Mexican folklore dance techniques while having fun and working as a team. Dancers will learn to control their movements through rhythm. Multiple classes are available for young dancers of all skill levels. Comfortable clothing required and shoes with a strong heel (dance shoes preferred.) Intermediate Level Class with Instructor Approval only. Register in person with the instructor. For more information, contact the Foley Cultural Center at (707) 648-4630. Instructor: Abigail Hernandez.
Foley Cultural Center, 1499 N Camino Alto
$40 month/R, $45 month/NR
Intermediate Level 1: Mon 4:45-5:45pm
Intermediate Level 2: Mon, 5:45-6:45pm
Feb 3-24; Mar 2-23; Apr 6-27; May 4-18.

NEW! PASO A PASITO FOLKLORICO  
• Ages 55+
No experience needed! Class is for inexperienced adult dancers who wish to exercise or to learn about Mexican dance. Class focuses on stretching, body awareness, easy footwork and skirt work. Comfortable clothing required and shoes with a strong heel (dance shoes preferred.) Register in person with the instructor. For more information, contact the Foley Cultural Center at (707) 648-4630. Instructor: Abigail Hernandez.
Foley Cultural Center, 1499 N. Camino Alto
$40 month/R, $45 month/NR
Wed, 3:15-4pm
Feb 5-26; Mar 4-25; Apr 8-29; May 6-27

BALLROOM, LATIN & SALSA DANCING  
• Ages 15+
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. For more information contact the Coordinator at (707) 648-4640. Instructor: Ted Rocha
Vallejo Community Center, 225 Amador St.
$32 month/R, $38 month/NR
For Both Levels (both classes):
$48 month/R, $58 month/NR
Drop In: $10/class/R, $12/class/NR
(Beginner) 7:30-8:20pm and
(Intermediate) 8:30-9:20pm
Participants of both classes are invited to a free supervised practice session from 8:20-8:30pm and 9:20-9:30pm each week.
Jan Session – 6,12,13, 27
(Beg: Argentine Tango, Int: Samba)
Feb Session – 3, 4, 9,10
(Beg: Bachata, Int: Argentine Tango)
Mar Session – 2, 9,16, 23
(Beg: NightClub 2-Step, Int: Bachata)
Apr Session – 6, 19, 20, 27
(Beg: Salsa, Int: Night Club 2-Step)
May Session – 4,11,17,18
(Beg: Waltz, Int: Salsa)
DANCE PARTY FRIDAYS • Ages 21+
Dance the night away to all the latest ballroom, Latin, salsa, and swing music. On the first Friday of the month, a one hour dance lesson will be provided followed by open dancing with beverages and snacks. Bring your friends and join the party! For more information contact the Coordinator at (707) 648-4640. Instructor: Ted Rocha Vallejo Community Center, 225 Amador St.
$10 per person
Fri, 8-11pm
Jan 3, Feb 7, Mar 6, Apr 3, May 1

INTRO TO DANCE • Age 3
This class focuses on basic ballet skills, creative movement, learning to follow directions, and class participation. Children will improve motor skills and coordination through fun and engaging activities. Parents are required to sit outside of the classroom during class session. Socks or ballet slippers required; leotard & tights recommended. Classes are held only 3 Mondays out of the month. For more information contact the Coordinator at (707) 648-4640.
Instructor: Chon Renee
Vallejo Community Center, 225 Amador St.
$35 month/R, $40 month/NR
Mon, 5-5:30pm
Jan 13, 27; Feb 3, 10, 24; Mar 2, 9, 16; Apr 13, 20, 27;
May 4, 11, 18*
*May 18 class will be a “Class Showcase” for students to display what they’ve learned from the dance program for their parents. Instructor will have more information

CREATIVE MOVEMENT • Ages 3-4
This class focuses on basic ballet skills, creative movement, learning to follow directions, and class participation in greater detail than the Intro to Dance class. Children will improve motor skills and coordination through fun and engaging activities, and will explore choreography with more depth. Parents are required to sit outside of the classroom during class session. Socks or ballet slippers required; leotard & tights recommended. Classes are held only 3 Mondays out of the month. For more information contact the Coordinator at (707) 648-4640.
Instructor: Chon Renee
Vallejo Community Center, 225 Amador St.
$35 month/R, $40 month/NR
Mon, 5:30-6pm
Jan 13, 27; Feb 3, 10, 24; Mar 2, 9, 16; Apr 13, 20, 27;
May 4, 11, 18*
*May 18 class will be a “Class Showcase” for students to display what they’ve learned from the dance program for their parents. Instructor will have more information

INTRO TO BALLET & JAZZ • Ages 4-6
Children will embark on learning basic ballet and jazz skills, allowing them to experience each style of dance while improving their flexibility, sense of rhythm and overall coordination. Parents are required to sit outside of the classroom during class session. Socks or ballet slippers required; leotard and tights recommended. Classes are held only 3 Mondays out of the month. For more information contact the Coordinator at (707) 648-4640.
Instructor: Chon Renee
Vallejo Community Center, 225 Amador St.
$35 month/R, $40 month/NR
Mon, 6-6:30pm
Jan 13, 27; Feb 3, 10, 24; Mar 2, 9, 16; Apr 13, 20, 27;
May 4, 11, 18*
*May 18 class will be a “Class Showcase” for students to display what they’ve learned from the dance program for their parents. Instructor will have more information

BALLET & JAZZ COMBO • Ages 5-8
This class is an extension of Intro to Ballet & Jazz, and will challenge dancers to show greater detail, discipline, and focus. This class further prepares dancers for additional classes in the future. Parents are required to sit outside of the classroom during class session. Socks or ballet slippers required; leotard & tights recommended. Classes are held only 3 Mondays out of the month. For more information contact the Coordinator at (707) 648-4640.
Instructor: Chon Renee
Vallejo Community Center, 225 Amador St.
$35 month/R, $40 month/NR
Mon, 6:30-7pm
Jan 13, 27; Feb 3, 10, 24; Mar 2, 9, 16; Apr 13, 20, 27;
May 4, 11, 18*
*May 18 class will be a “Class Showcase” for students to display what they’ve learned from the dance program for their parents. Instructor will have more information

Activities that don’t meet minimum registration requirements, may be cancelled 5 business days in advance of the start date.
BREAK IT DOWN SOUL LINE DANCE
BEGINNERS • Ages 21+

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! For more information contact the Coordinator at (707) 648-4650.

North Vallejo Community Center, 1121 Whitney Ave.
$30 month/R, $36 month/NR
Drop-in: $10/R, $12/NR
Drop-in: $5 seniors (ages 60+)
Wed, 10-11am
Jan 8-29, Feb 5-26, Mar 4-25, Apr 1-29, May 6-27

BREAK IT DOWN SOUL LINE DANCE
• Ages 13+

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 dances like “I’m Blessed,” “Honor,” “24K Magic Cali Style” and more! For more information contact the Coordinator at (707) 648-4650. Instructor: Dawnita Perryman & assistant Cole Jackson

North Vallejo Community Center, 1121 Whitney Ave.
$30 month/R, $36 month/NR
Drop in: $10/R, $12/NR
Drop-in: $5 seniors (ages 60+)
Mon, 6-7:30pm
Jan 6-27, Feb 3-24, Mar 2-30, Apr 6-27, May 4-18
No Class Feb. 17, May 25

Mobile Recreation Unit

Looking for something fun to do at your local park for free? Come out and join the GVRD sports staff for free organized sports at a park near you. Staff will be driving our Mobile Recreation unit out to different parks from 1-3pm every other Saturday in April and May.

The program will be canceled due to inclement weather. Please check our website at www.gvrd.org for updates. More park locations coming this Summer!

April 4 – Wardlaw Field
April 18 – North Vallejo Community Park
May 2 – Wilson Park
May 16 – Crest Ranch Park
May 30 – Terrace Park

Thank you to our Sponsors!

Poodle Parlor, The Humane Society, and Communications and Reiki for Animals with Laura
5TH GRADE EVENT
Come party with us! Dance win prizes and play games! Purchase snacks at the concession stand and have a blast with friends! This is a formal event! For more information contact the Youth Department at (707) 648-5267.

May 2 5:30 – 8pm
Foley Cultural Center 1499 N. Camino Alto
$20 Pre-Registration Required.
Must show student ID or proof of grade at time of registration.
Skyview Memorial Lawn

Champions of healthy living and active lifestyles

Boxing
Boys & Girls; Ages 8-18
917 Marin St.
(707) 980-9179

Soccer
Boys & Girls; Ages 4-16
Sign-ups: April-May
301 Wallace Ave.
(707) 551-4551

Police Explorers
Boys & Girls: Ages 15-18
Cpl. Jessie Hicks
(707) 567-4171

Track
Fast Forward Track Club
Boys & Girls: Ages 7-18
www/fastforwardtc.com
(707) 217-2533

Wrestling
Boys & Girls: Ages 6-18
(707) 552-1573

Tee Ball
Boys & Girls: Ages 5-7
(707) 654-4725

Pal Gal Softball
Girls: Ages 6-12
(707) 654-4725

Competition Softball
Joe Silva
(707) 704-5611

Pal Golf Tournament
June 2020

When a Pal Needs a P.A.L.
Vallejo Police Activities League, 301 Wallace Ave.
(707) 552-1573

Executive Director, Mike Kollar
Email: vjopal@aol.com • Hours: MONDAY - THURSDAY 11 am-4 pm

49th Anniversary
1971-2020

Pal Golf Tournament
June 2020

Visit www.GVRD.org for information on current job openings and how to apply!

The perfect family day is only a bay away.

Catch the Ferry to San Francisco

Explore the Exploratorium. Feast at Fisherman’s Wharf. Dive into the Aquarium of the Bay. Play at Pier 39. It’s the perfect family day, and it’s only a Bay away.

Daily and weekend service from Vallejo:
www.SanFranciscoBayFerry.com

San Francisco Bay Ferry
A Service of WETR

(707) 648-4600 • www.gvrd.org
BEGINNING PIANO • Ages 16+
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 are encouraged to bring their own headphones for this class. **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 locally at Consumer Music, 1017 Tennessee St. Vallejo, or online at www.amazon.com. ISBN: 0-88284-931-X. Call the center for information (707) 648-4640. Instructor: Steven Logoteta. 
Vallejo Community Center, 225 Amador St. 
$25 month/R, $30 month/NR, 
Wed, 4-5pm 
Jan 8-29, Feb 5-26, Mar 4-25, Apr 1-29, May 6-27

INTERMEDIATE PIANO • Ages 16+
This is an intermediate level class designed for adults who have basic fundamentals down. 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 are encouraged to bring their own headphones for this class. **Class size is limited.** *Adult All-In-One Course Level 2 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 locally at Consumer Music, 1017 Tennessee St. Vallejo, or online at www.amazon.com. ISBN: 0882849948. Call the center for information (707) 648-4640. Instructor: Steven Logoteta. 
Vallejo Community Center, 225 Amador St. 
$25 month/R, $30 month/NR, 
Wed, 5-6pm 
Jan 8-29, 
Feb 5-26, 
March 4-25, 
April 1-29, 
May 6-27

JAZZ BAND • Ages 16+
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, be-bop, and fusion. The fine points of improvisation will be demonstrated. Sight reading skills will also be developed. Instructor: Steven Logoteta; Assistant Instructor: Pat Martin 
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. 
Benicia High School Music Room, 1101 Military West, Benicia, 94510 
$10 per month 
Mon, 7-9:30pm 
Jan 6-27, Feb 3-24, Mar 2-30, Apr 6-27, May 4-18 
No Class: Jan 20, Feb 17

SYMPHONIC BAND • Ages 16+
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 audition with instructor. **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, and percussion. Instructor: Steven Logoteta, Assistant Instructor: Pat Martin 
Benicia High School Music Room, 1101 Military West, Benicia, 94510 
$10 per month 
Wed, 7-9:30pm 
Jan 6-27, Feb 3-24, Mar 2-30, Apr 6-27, May 4-18 
No Class: Jan 20, Feb 17

Activities that don’t meet minimum registration requirements, may be cancelled 5 business days in advance of the start date.
FREE! EARLY RISE & EXERCISE
• Ages 50+
Early Rise & Exercise is a non-aerobic stretch and exercise class. Participants should bring a water bottle. Class meets three times a week. Space is limited. Call the center for information (707) 648-4640. Instructor: Karen Houston
Vallejo Community Center, 225 Amador St.
Mon, Wed, Fri, 8-9:am
Jan 3-31, Feb 3-28, Mar 2-30, Apr 1-29, May 1-29
No Class: May 25

CORE CHI LLC – SENIOR FITNESS TRAINING • Ages 50+
Core-Chi wellness total mind and body fitness system combines meditation, core, boxing, MMA and hand eye coordination into one low-impact workout. Anyone over 50 or with limited mobility can join. Our workout will help improve balance and reduce stress to promote healing. Classes are held every Friday of the month unless stated below. For more information contact the Coordinator at (707) 648-4640. Instructor: Tom Ho & Shim Louie
Vallejo Community Center, 225 Amador St.
$20 month/R, $25 month/NR
Drop-in: $5
Fri, 11:30am-12:30pm
Jan 3-31; Feb 7-28; Mar 6-27; Apr 3-24; May 1-29

ZUMBA FITNESS • Ages 13+
Join the Zumba Party! Zumba is a cardio based workout with easy to follow dance steps that turns exercise into a party. You don’t need to be a dancer to join; your instructor will lead you through a warm up, routine, and cool down. After an hour class you’ll feel energized and like you let yourself go to a party. The class includes Latin based movements which involve interval training and repetitive moves such as salsa, Meringue, Cumbia, Cha-Cha and some dancehall style. Get a chance to win Zumba gear every month; come and take the class for more details. For more information, please contact the Coordinator at (707) 648-4640. Instructor: Tina Erickson
Vallejo Community Center, 225 Amador St.
$15/month (1 class per week)
$20/month (2 classes per week)
$25/month (3 classes per week)
Drop In: $5/class
Tues and Thurs 9-10am
Jan 2-30, Feb 4-27, March 3-31, April 2-30, May 5-28

ZUMBA FUN • Ages 13+
The Zumba program is a fitness-party with contiguous blend of Latin and World rhythms that provides fun and effective workout to a global community. We take the “work” out of workout by mixing low intensity and high intensity moves for an interval style, calorie burning, and dance fitness party. Once the Latin and World rhythms take over, you’ll see why these classes are often disguised workouts. Super effective? Check. Super fun? Check and check. Come sign up and join us in this celebration called Zumba! Call the center for information (707) 648-4640. Instructor: Lorna Mandap
Vallejo Community Center Auditorium, 225 Amador Street
$15/month (1 class per week)
$20/month (2 classes per week)
$25/month (3 classes per week)
Drop in $5/class
Mon, Wed, and Friday 10 – 11am
Jan 3-31, Feb 3-28, Mar 2-30, Apr 1-29, May 1-29
No Class: Jan 20, Feb 17, April 13, May 25

ZUMBA GOLD-BEGINNER • Ages 13+
Fun exercise classes that use Latin Dance music and rhythms to create a dynamic fitness program that is good for flexibility and heart health and easy on the joints. Help control your cardiovascular health in a fun way. Feel healthier and more energized. This class feels more like a party than a workout! Call the center for information (707) 648-4640. Instructor: Cristina Nicolas
Vallejo Community Center, 225 Amador St.
$15/month (1 class per week)
$20/month (2 classes per week)
Drop In: $5/class
Tues and Thurs 9-10am
Jan 2-30, Feb 4-27, March 3-31, April 2-30, May 5-28
ONLINE DRIVERS ED • Ages 15 +
Attention TEENS who WANT TO DRIVE: DMV allows teens to receive their Learner’s Permit at age 15 ½ 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 DMV-approved certificate of completion. Sign up any time. Registration is ongoing.

For more information contact the Foley Cultural Center at (707) 648-4630. Instructor: Erika Vieyra
$39 month/R, $47 month/NR
Jan 1-31; Feb 1-29; Mar 1-31; Apr 1-30; May 1-31.

PRACTICAL SPANISH FOR BEGINNERS • Ages 16+
How long have you been saying to yourself, “I need to learn Spanish”? Spanish is no longer just a nice thing to know; it is quickly becoming a necessity. How long will it be before it’s hard to find employment if you don’t speak some Spanish? In California 38% of the population speaks Spanish and that number keeps growing every year. The U.S. now has more Spanish speakers than Spain. Only Mexico, of the 22 countries where Spanish is the official language, has more Spanish speakers than we do. How many Spanish speakers do you come in contact with on your job and at the stores where you shop? Think how much better those interactions would be if you could understand and speak some Spanish. Give up an hour of TV once a week and make the time to become conversant in Spanish. For more information or to register please call the Coordinator at (707) 648-4640. Instructor: Derrick Leonard.

Vallejo Community Center, 225 Amador St.
$45 month/R; $53 month/NR
Tues, 7-8pm
Jan 7-28, Feb 4-25, Mar 3-24, Apr 7-28, May 5-26

NEW! Women’s Lives Matter Too (WLMT) • Ages 21+
Women’s Lives Matter Too (WLMT) Screenwriting is an introduction to the craft of screenwriting for Women of all nationalities, ages and lifestyles. This course is designed to provide participants with the basic tools for writing a screenplay. Topics that will be covered are: Screenwriting—a visual art, the 3-act structure, genre, story development, creating real characters, and the use of conflict, dialogue, and the industry formatting standard. There will be in-class writing challenges as well as writing assignments to be completed for the following class. Participants are encouraged to bring a Laptop or Notepad for use in the class. Instructor Meja Tyehimba. For more information contact the Coordinator at (707) 648-4650.

North Vallejo Community Center, 1121 Whitney Ave.
$140/R, $160/NR
Wed 6 – 8pm
Jan 8 - Feb 19

NEW! URBAN PAINT PARTY • Ages 6-12
Urban Paint Parties offer young artists everything they need to get their creative wheels turning and start painting with acrylics on canvas right away. In one session students are able to complete their very own masterpiece to take home. We furnish all materials needed (canvases, paints, palettes, brushes, rinsing cups, and a positive creative space. Instructor, Tymn Urban, is a commercial artist, well-trained in making the artistic creation process straightforward and enjoyable with step-by-step instructions at an easy pace. We will paint together within a “theme” rather than trying to make a replica of an existing painting. No prior art experience is needed. Instructor Tymn Urban.

Norman C. King South Vallejo Community Center, 545 Magazine St.
Wed 5:30 – 7:30pm
$25/R; $30/NR per class
Jan 8, Jan 22, Feb 5, Feb 19, Mar 4, Mar 18, Apr 1, Apr 15, Apr 29, May 13, May 27

NEW! Multicultural Art Making • Ages 9-13
Participants will be introduced to a new culture through videos, artifacts, cultural art prints, maps, and demonstrations of basic art techniques. Through art we will be discovering cultures around the world, while creating cultural artworks during studio time. Tibet - mandala sand painting; Ghana – Adinkra printmaking; Aboriginal – dot painting; Huichol – yarn painting. At the end of class, participants will do a class gallery walk viewing art work and group reflections. Instructor Sylvia Thomas.

North Vallejo Community Center, 1121 Whitney Ave.
$45 month/R; $50 month/NR
Mon 3:30pm – 5:30pm
Jan 6-27, Feb 3-24, Mar 2-30, Apr 6-27, May 4-18
No Class Feb 17, May 25

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

30 day Membership - $40 for ages 17 and up; $32 for ages 16 and under/ Military with ID/Seniors

DROP-IN PRICES

- $6 ages 17 and up
- $5 Pickleball customers
- $4 ages 16 and under/Military with ID/Seniors.
- ALL DROP-IN CUSTOMERS MUST PRESENT A PHOTO ID IN ORDER TO PLAY
- ALL Minors under the age of 18, MUST be signed into the complex by an Adult 18 and over.
- There is a (3) hour Drop-In limit for all customers ages 16 and under. No exceptions!

RESERVATIONS

- Volleyball Courts $55/hour
- Basketball Courts $65/hour
- Sport Tile Basketball Court $60/hour
- Soccer Fields $90/hour
- Pickleball Courts $55-65/hour
- Batting Cage Rentals: $15/20 min; $25/30 min; $35/45 min; $45/60 min
- ALL RESERVATION CUSTOMERS MUST PRESENT A PHOTO ID IN ORDER TO PLAY
- Field, court, and cage rentals must be made at least 24 hours in advance and are based on availability.
- Each person must sign in and pay at the front desk BEFORE playing.
- ALL outside organizations MUST provide Proof of Liability Insurance naming GVRD as the Certificate Holder for $1M or more before reserving.
- Cancellations: $15 cancellation fee will be charged for all cancellations.

Batting Cages:

- $2.00 per token for 20 pitches
- $15/20 min; $25/30 min; $35/45 min; $45/60 min
- Four Pitching Machines - 70mph, 60mph, 50mph baseball and 55mph softball

Game Tables:

- Pool table
- Ping Pong table
- Foosball table
- Air Hockey tables
- Skee Bll

Field Trips:

- Book your field trip to the Mare Island Sports Complex today!
- You will get the entire facility to yourselves for the day!
- We are open to schools as early as 8am and as late as 6pm.
- Contact Recreation Coordinator, Andrea Salvador, at 707-980-8001 or asalvador@gvrd.org

BASIC FACILITY RULES

- No outside food, drinks, or alcohol allowed
- No pets/animals allowed
- No cleats on the fields or street shoes on courts.
- No skating inside or outside of the facility
- Park in the lined parking spaces ONLY
- All children must be accompanied/ supervised by an adult at all times
- All GVRD parks and facilities are “Smoke Free” environments. If smoking, you need to be 25 feet away from the facility doors.
- All participants must sign in at the front counter and receive a wristband before entering the facility to play.
Activities that don’t meet minimum registration requirements, may be cancelled 5 business days in advance of the start date.

**ADULT INDOOR SOCCER LEAGUE**

- **AGES 16+**
  - $650/team ($650 for teams paying in FULL before their first game)
  - around the area. Each team is guaranteed 8 regular season games; 9-10 games for the top 4 teams who make the playoffs/championship. The winning team will receive Champion t-shirts and $100 off the next Adult Soccer League.

**SPRING SEASON:**

- **MEN’S** Tue, 7pm-12am: Feb 11 – Apr 14
- **WOMEN’S** Thurs, 7-10pm: Feb 13 – Apr 16
- **COED** Fri, 7pm-12am: Feb 14 – Apr 17

**NEW TEAMS - Mandatory Managers’ Meeting/Registration – Wed Feb 5 OR Thurs Feb 6 from 7-8 pm in our Sports Café. Manager/Coach/team representative MUST attend ONE of these meetings in order to register a team for our soccer league(s).**

**IF YOU CANNOT MAKE THE MANAGERS’ MEETING:**

Contact GVRD Sports Complex Supervisor, Andrea Salvador, (707) 980-8001 or asalvador@gvrd.org to register a team.

**YOUTH INDOOR SOCCER LEAGUE**

- **U8-U18**
  - $450/team ($425 for teams paying in FULL before their first game)
  - Our Youth Indoor soccer leagues are a great way for players to continue their team and individual development during the off-season! U12 and under will play 7v7 and U132 and up will play 6v6. Each team is guaranteed 6 Regular Season games; 7-8 games for the top 4 teams who make Playoffs and Champion-ships. The winning team from each age group will receive Champions t-shirts and $100 off the next youth indoor soccer season.

**WINTER SEASON #2:**

- **GIRLS (Sat)** Feb 8 – Mar 21
  - 8am-3pm
  - Playoffs & Championships on Mar 21

- **BOYS (Sun)** Feb 9 – Mar 22
  - 8am-6pm
  - Playoffs & Championships on Mar 22

For more information, contact Recreation Coordinator Andrea Salvador at (707) 980-8001 or asalvador@gvrd.org

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**BIRTHDAY PACKAGES**

**Option #1: Sports Package**

*Sport Options: Basketball, Flag Football, Soccer, Volleyball, Kickball, Wiffle Ball, Capture the Flag, Dodgeball*

**Option #2: Nerf War Package:** 20 people or more package option ONLY

**PARTY PACKAGES INCLUDES:**

- 2 hours on the Court/Field & Sports Cafe
- 1 Birthday Staff/Coach
- Balls (Sports Party)
- 25 NERF Launchers, 25 goggles, and 500 NERF Darts (Nerf Party) and several inflatable barriers.
- Pizzas-see quantities below
- Drinks, Snacks, and Candy will be available for purchase

**PRICING:**

- **ALL BIRTHDAY PARTIES MUST BE PAID IN FULL IN ORDER TO BOOK!!**
- $250 for up to 10 people (2 one topping pizzas)
- $265 for up to 15 people (3 one topping pizzas)
- $280 for up to 20 people (4 one topping pizzas)
- Additional hours available to rent: $90/hour for Field and $55-65/hour for Court

**Basic Rules:**

- May bring your decorations but can only hang them on walls using PAINTER’S TAPE!
- Additional food and drinks allowed but MUST keep in the Café
  - ABSOLUTELY NO BEER, ALCOHOL, OR WINE ALLOWED
  - ABSOLUTELY NO BBQ’S OR PROPANE STOVES
- We recommend that you bring (2) rectangular shaped Table Cloths to place on the food/drink counters for faster clean-up
- Refrigerator, small freezer, microwave and sink are available for use.

*For more information, contact: Recreation Coordinator Andrea Salvador at (707) 980-8001 or asalvador@gvrd.org*
10 WORKOUT SECRETS

1. Be Consistent

2. Follow an Effective Exercise Routine
   The American Council on Exercise (ACE) recently surveyed 1,000 ACE-certified personal trainers about the best techniques to get fit. Their top three suggestions:
   - Strength Training
   - Interval Training
   - Cardio/Aerobic Exercise

3. Set Realistic Goals
   “Don’t strive for perfection or an improbable goal that can’t be met,” says Kara Thompson, spokes-person for the International Health Racquet and Sportsclub Association (IHRSA). “Focus instead on increasing healthy behaviors.”

4. Use the Buddy System
   Find a friend or relative whom you like and trust who also wants to establish a healthier lifestyle, suggests Thompson. “Encourage one another. Exercise together. Use this as an opportunity to enjoy one another’s company and to strengthen the relationship.”

5. Make Your Plan Fit Your Life
   Make your plan fit your life, she advises in an article on the AARP web site. “You don’t need fancy exercise gear and gyms to get fit.”

6. Be Happy
   Be sure to pick an activity you actually enjoy doing, suggests Los Angeles celebrity trainer Sebastien Lagree. And choose something that is convenient. Rock climbing may be a great workout, but if you live in a city, it’s not something you’ll be doing every day.

7. Watch the Clock
   Your body clock, that is. Try to work out at the time you have the most energy, suggests Jason Theodosakis, MD, exercise physiologist at the University of Arizona College of Medicine. If you’re a morning person, schedule your fitness activities early in the day; if you perk up as the day goes along, plan your activities in the afternoon or evening. “Working out while you have the most energy will yield the best results,” Theodosakis says.

8. Call in the Pros
   Especially if you’re first getting started, Theodosakis suggests having a professional assessment to determine what types of exercise you need most.

9. Get Inspired
   “Fitness is a state of mind,” says fitness professional and life coach Allan Fine of Calgary, Alberta, Canada. One of Fine’s tricks to get and stay motivated is to read blogs or web sites that show him how others have been successful. “Who inspires you?” he asks.

10. Be Patient
    Finally, remember that even if you follow all these tips, there will be ups and downs, setbacks and victories, advises Navratilova. Just be patient, and don’t give up, she says on the AARP web site: “Hang in there, and you’ll see solid results.”
Enroll now for Middle or High School in Fall, 2020!
Griffin Technology Academies in Vallejo is now accepting applications for all FOUR, free, independent charter schools.

Mare Island Technology ACADEMY
Ready, Set, College!
Middle School: Grades 6-8
High School: Apply for Grades 9-11

Founded in 1999, MIT Academy is a FREE, public, independent charter school open to everyone. We provide a rigorous, technology-based curriculum for 6th-12th graders in a safe, disciplined, nurturing environment.

To Learn More, Attend An Open House Event:
January 9, 25, & 28
February 6 & 10
English & En Español

Applications Accepted Through Feb 14, 2020
Lottery: February 21, 2020

Griffin Technology Academies

Quality Education For All!
Middle School: Grades 6-8
High School: Grand Opening with 9th Grade

Griffin Academy provides a personalized academic curriculum to engage students and allow them to learn skills, build self-esteem, master grade-level content and ultimately become self-directed lifelong learners. The early-college high school opens with 9th grade in August 2020, adding one grade each year.

Apply for one or both schools.
For more info, visit Griffin Technology Academies
2 Positive Place, Vallejo, CA 94589
(707) 552-6482
mitacademy.org | griffinvallejo.org

Activities that don’t meet minimum registration requirements, may be cancelled 5 business days in advance of the start date.
**Champions of healthy living and active lifestyles**

(707) 648-4600 • www.gvrd.org

**Sports**

Thursday, 4/16-5/21
Wardlaw Elementary School, 1968 Oakwood Ave
Weeks: 6 • Resident Fee: $94 Non Resident Fee: $99

<table>
<thead>
<tr>
<th>Class</th>
<th>Age Range</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Soccer 2:</td>
<td>(7-10yrs)</td>
<td>3:45 - 4:30pm</td>
</tr>
<tr>
<td>Soccer 1:</td>
<td>(5-6yrs)</td>
<td>4:30 - 5:15pm</td>
</tr>
<tr>
<td>Tot-Soccer:</td>
<td>(3½-4yrs)</td>
<td>5:15 - 5:50pm</td>
</tr>
<tr>
<td>Mommy/Daddy &amp; Me Soccer:</td>
<td>(2-3½yrs)</td>
<td>6:00 - 6:30pm</td>
</tr>
</tbody>
</table>

**MOMMY/DADDY & ME SOCCER:**
(at least 2 but less than 3 ½ years)
The fun happens on the field, so don’t just watch from the sidelines! Here is your chance to join in your toddler’s introduction to the world’s most popular sport. You’ll participate in fun, age-appropriate activities, and help your child to develop their motor and socialization skills. A variety of soccer activities are played each week. Adult participation is required. All kids receive a soccer jersey!

**TOT-SOCCER:**
(at least 3 ½ but less than 5 years)
Little tykes will enjoy running and kicking just like the big kids! Teaches the basic techniques of the game and builds self-esteem through participation and fun soccer activities. Children learn to follow instructions in a nurturing, age appropriate environment. All participants receive a Kidz Love Soccer jersey! Shin guards are required after the first meeting.

**SOCCER 1: TECHNIQUES & TEAMWORK:**
(at least 5 but less than 7 years)
Players will learn dribbling, passing, defense and shooting goals! Fun skill games are played at every session, and every participant will have a ball at his or her feet. Small-sided soccer matches will be introduced gradually. Perfect for first time players while being fun and engaging for kids with some experience. All participants receive a soccer jersey! Shin guards are required after the first meeting.

**SOCCER 2: SKILLZ & SCRIMMAGES:**
(at least 7 but less than 11 years)
Kidz will have a great time while developing core soccer skills like dribbling, passing and shooting in a team play format. Each class will include individual skill building and scrimmages to develop teamwork and positional play. All levels are welcome to come enjoy the world’s most popular game! All participants receive a soccer jersey! Shin guards are required after the first meeting.

Class status updates are available through the free Kidz Love Soccer app on iPhone and Android. KLS class status hotline 1 (888) 372-5803

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**CUBBIES SOCCER • Ages 3-8**

Is your child interested in soccer, but you don’t know how to go about getting them started? We here at the GVRD sports department would like to have your child join our 8-week soccer program. It has been designed to introduce children to the basics of soccer including foot control, passing, defense, and shooting. We even include mini games in some of our practices. After training and practice for four weeks, players will be placed onto different teams and will play in organized games. This is an amazing opportunity for your child to be exposed to new and exciting things like sports and teamwork! Parents are required to remain at the field to support their Cubby. For more information, contact the Sports Department at (707) 648-4609 or check out our website at www.gvrd.org

Mare Island Sports Complex, 785
Jan 27- Mar 16
$80/R, $85/NR (Ages 3-5), $85/R, $90/NR (Ages 6-8)
Mon, 4:30-5:15pm (Ages 3-5)
Mon, 5:30-6:30pm (Ages 6-8)
CUBBIES FLAG FOOTBALL • Ages 3-8
Capture this spring the right way, with cubbies flag football. This 8-week program is designed to introduce children to the basics of football including running, catching, passing, and defense. After training and practice, players will be placed onto different teams and play in organized games. This is a great opportunity to bring the family out and enjoy watching your child develop. Parents are required to remain at the field to support their Cubby. For more information, contact the Sports Department at (707) 648-4609 or check out our website at www.gvrd.org

Wardlaw Elementary School, Soccer Field, 1968 Oakwood Ave
Apr 11- May 30
$80/R, $85/NR (Ages 3-5)
$85/R, $90/NR (Ages 6-8)
Sat, 9-9:45am (Ages 3-5)
Sat, 10-11am (Ages 6-8)

Activities that don’t meet minimum registration requirements, may be cancelled 5 business days in advance of the start date.
CUBBIES TENNIS • Ages 3-8
Get ready to serve! Is your little one ready to learn about tennis? This 8-week program is designed to introduce children to the basics of tennis including serving, hitting, back-hand, forward-hand, and returning services. The players will play on small courts with small rackets. Cubbies tennis is a great way to show your little one about hand eye coordination and fun! Parents are required to remain at the COURT to support their Cubby. For more information, contact the Sports Department at (707) 648-4609 or check out our website at www.gvrd.org
Amador Tennis Courts, 401 Amador St.
Apr 7-May 26
$80/R, $85/NR (Ages 3-5)
$85/R, $90/NR (Ages 6-8)
Tues, 4:30- 5:15pm (Ages 3-5)
Tues, 5:30-6:30pm (Ages 6-8)

GRIZZLIES COED VOLLEYBALL • Ages 8-14
Grizzlies volleyball is a great way to continue reps during the off-season. This 8-week program is a non-competitive volleyball league for both boys and girls. Our sports developmental leagues are specifically designed to help introduce kids to the game of volleyball. After clinical workouts, the players will be placed on to different teams and play in organized games. For more information, contact the Sports Department at (707) 648-4609 or check out our website at www.gvrd.org
Mare Island Sports Complex, 785 Walnut Ave
Winter: Jan 23-Mar 11
Spring: Apr 8-May 27
$90/resident, $95/nonresident
Wed, 5:45-6:45pm (Ages 8-10)
Wed, 7:00-8:00pm (Ages 11-14)

YOUTH
JR WARRIORS BASKETBALL • Ages 3-14
The Junior Warriors program is a non-competitive basketball program for the youth. Your child will get the opportunity to learn how to pass, shoot, rebound, play defense, learn basic fundamentals and teamwork. We will have four weeks of practices for the players. Once we build their confidence, we will then place them on teams to play on for the remainder of the season. Each player will receive a Golden State Warriors jersey, headband and a certificate of completion. This is a great way to introduce your child to the game of basketball, and keep them motivated for years to come. For more information, contact the Sports Department at (707) 648-4609 or check out our website at www.gvrd.org
Mare Island Sports Complex, 785 Walnut Ave
Jan 22-Mar 11
$80/R, $85/NR (Ages 3-5)
$85/R, $90/NR (Ages 6-8)
$90/R, $95/NR (Ages 8-14)
Wed, 4-4:45pm (Ages 3-5)
Wed, 5-6pm (Ages 6-8)
Wed, 6:15-7:15pm (Ages 8-10)
Wed, 7:30-8:30pm (Ages 11-14)

GRIZZLIES BASKETBALL • Ages 8-14
Is your child interested in playing basketball, but think they’re too old to start? No worries! Grizzlies basketball is a great way to introduce your child to the rules and game of basketball. This 8-week program is a non-competitive basketball league for youth. Our sports developmental leagues are specifically designed to help introduce kids to the game of basketball. After clinical workouts, the players will be placed onto different teams and play in organized games. For more information, contact the Sports Department at (707) 648-4609 or check out our website at www.gvrd.org
Mare Island Sports Complex, 785 Walnut Ave
Apr 8-May 27
$90/R, $95/NR
Wed, 6:45-7:45pm (Ages 8-10)
Wed, 8-9pm (Ages 11-14)

GRIZZLIES SOCCER • Ages 8-14
This 8-week program is a recreational soccer league for youth. Our sports developmental leagues are specifically designed to help introduce kids to the game of soccer. Passing, teamwork, and dribbling will be our foundation for weekly practices. After clinical workouts, the players will be placed on to different teams and play in organized games. For more information contact the Sports Department at (707) 648-4609 or check out our website at www.gvrd.org
Mare Island Sports Complex, 785 Walnut Ave FIELD #2
Jan 23-Mar 12
$90/R, $95/NR
Thurs, 4:30-5:30pm (Ages 8-14)
GRIZZLIES FLAG FOOTBALL • Ages 8-14
Get them off the screens and on the field! This 8-week program is a recreational flag football league for youth. Our sports developmental leagues are specifically designed to help introduce kids to the game of football. After clinical workouts, the players will be placed onto different teams and play in organized games. For more information, contact the Sports Department at (707) 648-4609 or check out our website at www.gvrd.org
Wardlaw Elementary School, Soccer Field, 1968 Oakwood Ave
Apr 11-May 30
$90/R, $95/NR
Sat 11am-12pm

GRIZZLIES TENNIS • Ages 8-14
Get ready to serve! Is your child ready to learn about tennis? This 8-week program is designed to introduce children to the basics of tennis including serving, hitting, back-hand, forward-hand, and returning services. The players will play on small courts with small rackets. Grizzlies’ tennis is a great way to introduce your child to hand eye coordination and fun! Parents are required to remain at the COURT to support their child. For more information, contact the Sports Department at (707) 648-4609 or check out our website at www.gvrd.org
Amador Tennis Courts, 401 Amador St.
Apr 7-May 26
$90/R, $95/NR

ADULT SPORTS
MEN’S SOFTBALL • Ages 18+
Men, looking for a way to stay competitive with your buddies? Come out with your friends and play softball! You need a team of ten men to make up a team. League champions will receive t-shirts and a trophy. Each team is guaranteed 6 season games. Managers meeting will be scheduled once all teams are signed up. For more information, contact the Sports Department at (707) 648-4609 or check out our website at www.gvrd.org
Dan Foley Turf Field, 1499 N. Camino Alto
Winter: Jan 27-Mar 16
Spring: Apr 6-June 1*
$400 plus $50 sportsmanship fee per season
Mon, 7-10:30pm
No Games: May 25

CO-ED SOFTBALL • Ages 16+
Take a chance and swing away this spring by joining our coed softball league. Come out with your friends and play softball! All you need is a team of 8 players; 4 boys, and 4 girls. League champions will receive t-shirts and a trophy. Each team is guaranteed 6 season games. Managers meeting will be scheduled once all teams are signed up. For more information, contact the Sports Department at (707) 648-4609 or check out our website at www.gvrd.org
Dan Foley Turf Field
Winter: Feb 7-Mar 20
Spring: Apr 10-Jun 5
$400 plus $50 sportsmanship fee per season
Fri, 7-10:30pm
No Games: May 22
### Parks Information

**Community Parks**

<table>
<thead>
<tr>
<th>Park Name</th>
<th>Acres</th>
<th>ADA Parking</th>
<th>Ball Field</th>
<th>BBQs</th>
<th>Basketball Cts</th>
<th>Bicycle/Skate Bowl</th>
<th>Boating/Fishing</th>
<th>Dogs Allowed On Leash</th>
<th>Gazebo</th>
<th>Horseshoe Pits</th>
<th>Multi-use Field</th>
<th>Parking</th>
<th>Picnic Tables</th>
<th>Playground (5-12 yrs)</th>
<th>Reservable Areas</th>
<th>Restrooms</th>
<th>Bocce Ball</th>
<th>Water Station</th>
<th>Tennis Courts</th>
<th>Swimming Pool</th>
<th>Tot Playground (2-5 yrs)</th>
<th>Walking Trails</th>
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*Thank You

**Park addresses are not exact and do not accept mail. Please use listed address for directions over the internet only.**
Activities that don't meet minimum registration requirements may be cancelled 5 business days in advance of the start date.  

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<th>No.</th>
<th>Park Name</th>
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<th>Restrooms</th>
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Facilities & Centers

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<th>Amador Area</th>
<th>Foley Cultural Center</th>
<th>Norman C. King South Vallejo Com. Center</th>
<th>North Vallejo Community Center</th>
<th>Vallejo Community Center</th>
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<td>Auditoriums</td>
<td>300-400 blk Amador Street</td>
<td>1461 N. Camino Alto (707) 648-4630</td>
<td>545 Magazine Street (707) 648-4620</td>
<td>1121 Whitney Avenue (707) 648-465v0</td>
<td>225 Amador Street (707) 648-4640</td>
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<td>Banquet Facilities</td>
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*RESERVABLE PARKS: 1st weekend in April-2nd weekend in October.  
PARKING FEES: $5 per car. Parking fees apply only April-October.  
JUMP HOUSE PERMITS: $25. 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: $30. Permits must be purchased in advance at the GVRD district office and approved by the General Manager; only beer and/or wine allowed.
Greater Vallejo Recreation District 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 ____________

☐ Please check if you have changed your address from last registration.
☐ To assure our programs benefit all who attend, please indicate below if you have any disabilities requiring special accommodations.

<table>
<thead>
<tr>
<th>Participant Name</th>
<th>Name of Class/Activity</th>
<th>Birth date</th>
<th>Male/Female</th>
<th>Shirt Size</th>
<th>Fee</th>
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GVRD
395 Amador St.
Vallejo, CA 94590

Mail registration form and attach payment. Please make checks payable to GVRD. To pay by Visa or Master Card, please pre-register during office hours.

Check # ______ Cash ______
Office use only ______

REFUND POLICY
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
After the start of the program  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 above district to participate in the above activity, I hereby waive, release, and discharge any and all claims for damages for personal injury, death, or property damage which I may have, or which may hereafter accrue to me, as a result of participation in said activity. This release is intended to discharge in advance the above District and City of Vallejo (its officers, employees, and agents) from any and all liability arising out of or connected in any way with my participation in said activity, even though that liability may arise out of negligence or carelessness on the part of the persons or entities mentioned above. It is understood that this activity involves an element of risk and danger of accidents and knowing those risks, I hereby assume those risks. It is further agreed that this waiver, release and assumption of risk is to be binding on my heirs and assigns. I agree to indemnify and to hold the above person or entities free and harmless from any loss, liability, damage cost, or expense which they may incur as a result of my death or any injury or property damage that I may sustain while participating in said activity.

PARENTAL CONSENT: (to be completed and signed by parent/guardian if applicant is under 18 years of age)
I hereby consent that my son/daughter, ____________________________, participate in the above activity, and I hereby execute the above Agreement, Waiver, and Release on his/her behalf. I state that said minor is physically able to participate in said activity. I hereby agree to indemnify and hold the persons and entities mentioned above free and harmless from any loss liability, damage, cost, or expense, which they may incur as a result of the death or any injury or property damage, that said minor may sustain while participating in said activity.

I HAVE CAREFULLY READ THIS AGREEMENT, WAIVER, AND RELEASE AND FULLY UNDERSTAND ITS CONTENTS. I AM AWARE THAT THIS IS A RELEASE OF LIABILITY AND A CONTRACT BETWEEN THE ABOVE DISTRICT AND MYSELF AND I SIGN IT OF MY FREE WILL.

Participant/Parent/Guardian Signature ___________________________ Date ____________
Participant/Parent/Guardian Signature ___________________________ Date ____________

By signing this release, I hereby waive any right to privacy and unconditionally give my permission to allow my name, likeness or photograph to appear in any GVRD promotional literature which may include, but would not be limited to brochures, flyers, press releases, newspapers, television or any other electronic media.

Participant/Parent/Guardian Signature ___________________________ Date ____________
Be prepared for Elevated Gas Costs...

and start saving money now!

Call today for a FREE no obligation consultation

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A-1 GUARANTEED Heating & Air, Inc.
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First in Electrification!
First in Quality, Best warranty in the business!

DID YOU KNOW?
You Can Follow Us Via Social Media? Check Us Out!

Dr-HGG

Technology is available today to Heat and Cool your home using about the same amount of energy as a hairdryer! This technology keeps your house more comfortable than your Traditional system ever could.

Complete inverter heating and cooling system installed starting at $155 per month combined with solar packages from as little as $300 a month.

Ultimate efficiency electric hot water heater is 3.5 times more efficient than old traditional gas tanks. Energy Cost just $165.00 a year. This is an amazing way to reduce carbon and cut future gas costs. Operation cost can be offset with two additional solar panels.

This is a true opportunity for homeowners. Zero down low monthly investment. Start saving energy today. Call now as some incentives are available to help with cost, but only for a limited time!

Call today for a FREE no obligation consultation

Did You Know?
California has accelerated their clean Air program. The state will be phasing out natural gas over the next two decades. Buying a gas furnace now, could cost you thousands of dollars to heat your home in the future. In fact gas could get so expensive that you may have to sacrifice comfort to pay your high gas bill. GVRD and start saving money now!

Be prepared for Elevated Gas Costs…
The Makery holds scheduled classes and has designated open hours where customers are able to freely use the space and equipment. Open hours are Tuesdays and Thursdays 2:30 p.m. to 5:30 p.m. for customers 13 years and older.

For a schedule of events, please visit solanolibrary.com.