Love Your Park, Six Feet Apart.
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.

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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.

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

Hello year 2021,
As we enter this New Year, our hopes for changes are greater than ever. We hope for health, a vaccine, and a return to some kind of new normal. As a reminder, we have been here serving the community by keeping our parks open. We have tried to create recreational opportunities, but have suffered the openings and closings at a moment’s notice of our programs. I hope you look forward to outdoor movies, new events, and we are particularly excited about all of the grants we have been working on. We are pursuing over $30 million dollars in grants to improve our parks. Hopefully we can get a few of them. We are also working with the school district to have GVRD manage the sports fields, gym, and other buildings at the Franklin Middle School to create a Recreational Complex. I wish you a better 2021, and look forward to positive change.
Stay in good health,
Gabe Lanusse
General Manager of GVRD

IN MEMORIAM
Karen J. Sims
Director, Greater Vallejo Recreation District
Board of Directors

With heavy hearts, we mark the passing of Karen Sims, who left us on December 11, 2020. Since retiring to Vallejo, Karen had been involved with Better Vallejo, the Participatory Budgeting Committee, hosting students from Cal Maritime and various other community organizations and initiatives.

Karen was appointed to the GVRD Board of Directors by the Vallejo City Council and began her term on January 1, 2020. We greatly appreciate her commitment and passion to improve parks and recreational opportunities for Vallejoans. She will be missed.

Mensaje del gerente general

Hola año 2021,
Al entrar en este Año Nuevo, nuestras esperanzas de cambios son mayores que nunca. Esperamos salud, una vacuna y un regreso a algún tipo de nueva normalidad. Como recordatorio, hemos estado aquí sirviendo a la comunidad manteniendo abiertos nuestros parques. Hemos tratado de crear oportunidades recreativas, pero hemos sufrido las aperturas y cierres en un momento de nuestros programas. Espero que estén ansiosos por ver películas al aire libre, nuevos eventos y estamos particularmente entusiasmados con todas las subvenciones en las que hemos estado trabajando. Estamos buscando más de $ 30 millones de dólares en subvenciones para mejorar nuestros parques. Ojalá podamos conseguir algunos de ellos. También estamos trabajando con el distrito escolar para que GVRD administre los campos deportivos, el gimnasio y otros edificios en la Escuela Intermedia Franklin para crear un Complejo Recreativo. Les deseo un mejor 2021 y espero un cambio positivo.
Mantente en buena salud,
Gabe Lanusse
Gerente General de GVRD

10 Year Master Plan

Thank you to everyone who attended a focus group, public forum, or answered a survey to provide input towards the formulation of our upcoming 10 Year Master Plan! All your input is being compiled, along with assessments of parks and facilities, into a roadmap for GVRD’s next ten years. Keep an eye out, we’ll be sure to announce the draft plan in 2021!

Prop 68

Have you heard of Prop 68? The CA Parks & Water Bond passed in 2018 and makes available $4 billion in funding through various programs. GVRD is currently preparing competitive applications for Round 4 of the Statewide Park Program with $395.3 million to be split among winners. One way to improve our odds is to solicit public input about the specific projects we’re proposing so please keep the thoughts and ideas coming!
For more information please visit www.gvrd.org/prop68.
Cunningham Aquatic Complex
Our heated Olympic-size pool (50 meters x 25 yards.) is located at 801 Heartwood Ave. This year-round facility is a GVRD operated complex and the home of the Vallejo Aquatic Club swim team, Jesse Bethel High School / Vallejo High School / St. Patrick’s-St. Vincent’s High School water polo and swim teams. The facility hosts a variety of on-going programs for the greater Vallejo community including swim lessons, lap swimming, recreational swimming, aquatic youth camps and water exercise.

OFFICE HOURS
Mon / Wed / Fri 10am – 1pm
Mon – Fri 4 – 8pm
Office Phone: 707-648-4635

LAP SWIMMING AT CUNNINGHAM POOL • AGES 14+ only
Lap swimming is available through our reservation system, please check out our website www.GVRD.org for the most current schedule and COVID program changes.

COVID-19 Lap Swim Program Adjustments
• Lanes will be reserved by the hour for a 45 minute swim session, this allows one session to leave prior to another arriving and additional disinfecting to be conducted.
• Changing rooms will not be available, customers are asked to change at home before and after their swim.
• Equipment will not be available for use. Lap swimmers will be asked to bring any equipment they wish to use from home.
• Lane space is limited to only one swimmer per lane.
• Masks are to be worn up to the edge of the pool and immediately replaced upon exiting the water.
• All customers are to practice social distancing at all times while at the facility.

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<th>Resident</th>
<th>Non-Resident</th>
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<td>Adult 14 - 54</td>
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<td>$6</td>
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<tr>
<td>Senior 55+</td>
<td>$4</td>
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Activities that don't meet minimum registration requirements, may be cancelled 5 business days in advance of the start date.
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, first aid, preventing disease transmission, and emergency oxygen. Course fee includes all materials and two year certifications. Advanced registration is required. For more information please contact Dustin Stene 707-648-4663.
Cunningham Pool Portables, 709 Heartwood Ave.
Class #1: Mar 29 – Apr 2
Mon - Fri, 9am-3pm
Class #2: Apr 5 – Apr 9
Mon - Fri, 9am-3pm
(Attendance at all class sessions is mandatory)
$165/R, $175/NR

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 two year 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
Please check out our website www.GVRD.org for the latest schedule regarding safety classes

PRIVATE SWIM LESSONS
Coming Spring 2021 sign up for one-on-one 30 minute private swim lessons. Each class provides instruction by dedicated swim instructors at the Cunningham Aquatic Complex. Participants can register for a series of lessons or individually. For more info please contact 707-648-4635.
For lesson schedule, types of lessons, and COVID guidelines please visit the Cunningham Aquatic Complex web page at https://www.gvrd.org/classes/cunningham-aquatic-complex/
Cunningham Aquatic Complex, 801 Heartwood Ave.
$25 per lesson/R
$30 per lesson/NR

COVID-19 PROGRAM INFORMATION
and additional participant FAQ located on the Cunningham Aquatic Complex page
www.gvrd.org/classes/cunningham-aquatic-complex/
PLAYWRITING • AGES 8-17
Do you have dreams of becoming a play writer? Bring your ideas to our *NEW* play writing class here at FRESH Academy. In this class you will be able to understand and be creative about life situations, true or make believe. You’ll learn to how to express your thoughts in your own signature way. We will give you the opportunity to write openly and freely with little influence. And at the end of the class you’ll be part of a family of writers all in the same boat, supportive, learning, and ready to tell a story unique of your own.
Every Tuesday and Thursday in January from 4:30-5:30pm • $150

MVP • AGES 12-17
This class is to develop skills with the serious performer. We will work on professional technique in all aspects of theatre, audition prep, CIT training for upcoming productions, and much more!
Every Wednesday and Friday in January from 4:30-5:30pm • $150

SPRING BREAK CAMP • AGES 5-12
Spring Break Camp has been designed to safely watch over kids and provide recreational activities throughout the day. Kids will have the opportunity to build team skills and learn how to lead. We will explore new activities and games each week while maintaining CDC guidelines and recommendations for a safe recreational experience. Make sure to pack your child a big lunch, sunscreen, and 2 bottles of water. Child must wear closed toe shoes. For more information please contact the Youth Department at 707-648-4483.
Vallejo Community Center, 225 Amador St.
Mar 29 – Apr 9
7am-6pm
$310/R; $320/NR, 2 week camp

ZOOM PRODUCTION • AGES 10-17
Are you still itching for a FRESH Production? We have a virtual production coming your way! Join us for singing and dancing, acting and improvisation, and much more as we put together our first virtual production! This will give our artists a chance to showcase their talents, build their confidence, and a chance to connect with new and old friends! Everything that you use in a typical production will be brought to you via Zoom!
Every Tuesday and Thursday in March and April from 4:30-5:30pm • $200

FRESH JR (FRESH BEGINNER’S CLASS) AGES 7-12
Join this beginner’s class to learn all the basic needs to be successful in Performing Arts. Students will begin developing understandings, skills, and enjoyment of the performing arts. Students will be introduced to basic theatre vocabulary, stage locations, movements, and terminology. This course will help the beginning actor and non-theater student create believable characters using improvisation, imagination, and observation in non-scripted scenes. Exercises using the body and voice as a means of communication will be used in order to create subtext, create character objectives, discover character motivation, and create truthful relationships during scene work.
Every Tuesday and Thursday in February from 4:30-5:30pm • $150

Activities that don’t meet minimum registration requirements, may be cancelled 5 business days in advance of the start date.
**Mommy/Daddy & Me • Ages 2-3.5**
The fun happens together, 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. Each week the coach introduces and demonstrates several soccer-themed games over Zoom. Adult participation is required.

**Tot-Soccer • Ages 3.5-4**
Learn core skills and develop a soccer foundation, while playing at home with an adult while we coach over Zoom. Our time-tested, age-specific curriculum builds confidence and promotes physical development in a safe, supportive and fun environment. Tot-Soccer focuses on helping kids develop their large motor skills through demonstrations and entertaining games like Rainbow Quest! Adult participation is required.

**Pre-Soccer • Ages 4-5**
Learn core skills and develop a soccer foundation, while playing at home with an adult while we coach over Zoom. Pre-Soccer helps youngsters develop a lifelong love of soccer while we introduce concepts of playing on a team. Our curriculum includes energetic, all-inclusive games that teach young kids the basics about playing with a group. In addition to building their soccer skills, Pre-Soccer kids begin learning the fundamentals of good sportsmanship through sharing and being aware of other players. Adult participation is required.

**Soccer 1 • Ages 5-6**
Players will learn dribbling, passing, defense and shooting goals! Fun skill games are played at every session, working with our coaches online over Zoom. Concepts of small-sided soccer matches will be introduced gradually. Perfect for first-time players while being fun and engaging for kids with some experience. Parents are invited to play along.

**Soccer 2 • Ages 7-10**
Soccer 2 teaches skill building such as dribbling, passing and shooting in a team format, as well as an introduction to goalkeeping. Kids learn concepts necessary to play together as a team. From defense and midfield to forward and goalie...kids get exposure to every position and have a blast doing it. Appropriate for players of varying skill levels. Kids attend from home; classes are taught online over Zoom. Parents are invited to play along.

**General Information**
Kidz Love Soccer virtual programs are 30-minute classes presented over the Internet. Participants join class using the ZOOM meeting client and connect through any web browser.

Every effort's been made to keep the price down for these classes. No equipment is provided or required to participate. To ensure the security of the class, each week families are emailed a secure code they need to log into the class. In the security email they'll also receive a list of common household items they'll use in class.

**Minimum/Maximum Class Size**
8 min — 12 max

**Optional Starter Kits Available at:**
https://kidzlovesoccer.scoresports.com/
For families that want sporting equipment, we have arranged for an optional starter kit available from Score Sports. There is an additional cost for this optional kit and it's shipping. It is not required to participate in our virtual classes.

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<thead>
<tr>
<th>Kit Type</th>
<th>Price</th>
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<tbody>
<tr>
<td>Basic Starter Kit</td>
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<tr>
<td>Deluxe Starter Kit</td>
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<tr>
<td>Birthday Kit</td>
<td>$69.02</td>
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Class status updates are available through the free Kidz Love Soccer app on iPhone and Android. KLS class status hotline (888) 372-5803
## Class Schedule for Virtual Classes

<table>
<thead>
<tr>
<th>Class Title</th>
<th>Age</th>
<th>Weekday</th>
<th>Start Date</th>
<th>End Date</th>
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<th>Week(s)</th>
<th>Start Time</th>
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<tr>
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All of our youth sports are non-competitive.

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NATURE JOURNALISTS • AGES 7-12
This program is perfect for kids who love art, science, and nature! Nature journaling blends art with scientific observation and note-taking. Students will take short walks through local Vallejo parks and learn to observe an element of nature closely and make notes, measurements, and drawings/paintings of their subjects. Journals and art materials all included in price. While this program is designed for 2nd-5th grades, an older sibling is welcome to sign up for this class too. Parent supervision is not required. Instructor: Jules McKnight. For more information please contact Taya at 707-648-4609.

MON • 3-5PM
$35/R per class; $42/NR per class • Siblings $30/R per class; $37/NR per class • 4 classes $120 R/$150 NR
Jan 11 ............ Glen Cove Waterfront Park- S. Regatta/Whitesides Dr.
Jan 25 ............ Blue Rock Springs Park-650 Columbus Pkwy.
Feb 8 ............. Glen Cove Waterfront Park- S. Regatta/Whitesides Dr.
Feb 15 ............ Wardlaw Park-1968 Oakwood Ave.
Feb 22 ............ Blue Rock Springs Park- 650 Columbus Pkwy.
Mar 1 ............... Crescent Park- 501 Poplar Ave.
Mar 8 ............. Glen Cove Waterfront Park- S. Regatta/Whitesides Dr.
Mar 1 ............... Wardlaw Park- 1968 Oakwood Ave.
Mar 22 ............ Blue Rock Springs Park- 650 Columbus Pkwy.
Mar 29 ............ Crescent Park- 501 Poplar Ave.
Apr 5 ............. Glen Cove Waterfront Park- 650 Columbus Pkwy
Apr 12 ............ Wardlaw Park- 1968 Oakwood Ave.
Apr 19 ............ Blue Rock Springs Park- 650 Columbus Pkwy.
Apr 26 ............ Crescent Park- 501 Poplar Ave.

OUTDOOR EXPLORERS • AGES 6-14
Outdoor Explorers is a program designed for students who love the outdoors and nature. Students will go on nature walks in various Vallejo parks and learn about local plants, birds, bugs, mammals, trees, history, geology, and anything else that is discovered along the way! Students will be provided with binoculars, magnifying glasses, and bird, bug, and plant guides to help them identify their discoveries. This program follows student interest and is subject to environmental changes, so each program will be unique and different. Parent supervision is not required. Instructor: Jules McKnight. For more information please contact Taya at 707-648-4609.

FRI • 3-5PM
$30 per class/R; $36 per class/NR • Siblings $25 per class/R; $31 per class/NR • 4 classes $100/R; $125/NR
Jan 15 ............ Glen Cove Waterfront Park-S. Regatta/Whitesides Dr.
Jan 22 ............ Wardlaw Park-1968 Oakwood Ave.
Jan 29 ............ Blue Rock Springs Park-650 Columbus Pkwy.
Feb 5 ............... Crescent Park-501 Poplar Ave.
Feb 12 ............ Glen Cove Waterfront Park-S. Regatta/Whitesides Dr.
Feb 19 ............ Wardlaw Park-1968 Oakwood Ave.
Feb 26 ............ Blue Rock Springs Park-650 Columbus Pkwy.
Mar 5 ............... Crescent Park-501 Poplar Ave.
Mar 12 ............ Glen Cove Waterfront Park-S. Regatta/Whitesides Dr.
Mar 19 ............ Wardlaw Park-1968 Oakwood Ave.
Mar 26 ............ Blue Rock Springs Park-650 Columbus Pkwy
Apr 2 ............... Crescent Park-501 Poplar Ave.
Apr 9 ............. Glen Cove Waterfront Park-S. Regatta/Whitesides Dr.
Apr 16 ............ Wardlaw Park-1968 Oakwood Ave.
Apr 23 ............ Blue Rock Springs Park-650 Columbus Pkwy.
Apr 30 ............ Crescent Park-501 Poplar Ave.
TOTS ON TRAILS • AGES 2-5
Get outside with your little ones and explore nature! Tots on Trails use all of their senses to explore the outdoors through nature walks, stories, and activities. This program is designed to promote greater confidence in the outdoors, physical and social development, and an interest in the natural world. A parent or guardian is required to participate with the registered child, younger siblings are welcome. Instructor: Jules McKnight. For more information please contact 707-648-4609.

Wed 10-11am
$15 per class/R;$20 per class/NR
4 classes $50 R/$65 NR
Jan 13 . . . . . . . Glen Cove Waterfront Park - S. Regatta/Whitesides Dr.
Jan 20 . . . . . . . Wardlaw Park-1968 Oakwood Ave.
Jan 27 . . . . . . . Blue Rock Springs Park-650 Columbus Pkwy.
Feb 10 . . . . . . . Glen Cove Waterfront Park-S. Regatta/Whitesides Dr.
Feb 17 . . . . . . . Wardlaw Park-1968 Oakwood Ave.
Feb 24 . . . . . . . Blue Rock Springs Park-650 Columbus Pkwy.
Mar 10 . . . . . . . Glen Cove Waterfront Park-S.Regatta/Whitesides Dr.
Mar 17 . . . . . . . Wardlaw Park-1968 Oakwood Ave.
Mar 24 . . . . . . . Blue Rock Springs Park-650 Columbus Pkwy.
Apr 7 . . . . . . . Glen Cove Waterfront Park-S. Regatta/Whitesides Dr.
Apr 21 . . . . . . . Blue Rock Springs Park-650 Columbus Pkwy.

JUNIOR TENNIS FOR BEGINNERS • AGES 5-12
The Greater Vallejo Recreation District is partnering with New Frontier Tennis to offer tennis lessons to the children of Vallejo. Instructor is C. McCullough, PTA/PTR/NTA certified 401 Amador St. Tennis Courts Fri, 4-5pm
Session 1...Jan 8 to Feb 12
Session 2...Feb 26 to Apr 2
Session 3...Apr 16 to May 21
$97 per session
Memo: Children should bring their own tennis racquet, water bottle(s), and wear sunscreen. Water fountains and bathrooms are not available.

NATIONAL ACADEMY OF ATHLETICS

PRESIDENT’S DAY ALL SORTS OF SPORTS CLINIC • AGES 7-12
The All Sorts of Sports coed Clinic by National Academy of Athletics is packed with fun. Whether your child is a beginner or more advanced player, this multi-sport camp is a perfect place for kids to be introduced to the world of sports, teamwork and athletics! Games we play include, baseball, basketball, dodge ball, soccer, flag football, capture the flag, ultimate Frisbee & obstacle races and a whole lot more. Your children will learn new skills while having a blast and making new friends.

Dan Foley Turf Field 1461 N Camino Alto,
Vallejo, CA 94589
Mon, Feb 15
Times: 9am – 3pm
$44

PRESIDENT’S DAY ALL SORTS OF SPORTS JR. ACADEMY • AGES 4-6
All Sorts of Sports Jr. Academy gives children ages 4 to 6 years, a fun, active and educational experience tailored to the abilities of their age group. Our program uses FUN to teach problem solving skills and the beginning fundamentals for sports including: throwing, catching, kicking, running and teamwork. Jr. Sports Academy provides structured simple activities, individual and team building challenges along with simple, small-sided competitions to develop and engage young athletes.

Dan Foley Turf Field 1461 N Camino Alto,
Vallejo, CA 94589
Mon, Feb 15
9am – 12pm
$32

HOOP GROUP BASKETBALL CLUB • GRADES 3-5
This 5-week basketball club by the National Academy of Athletics is perfect for player who are interested in developing individual and team concepts. The program is designed to make you more confident with basketball in your hands. Ball handling drills, shooting fundamentals and many other skill-based instructional programs will be combined with games and other small sided competitions.

Lake Dalwigk Park, Basketball Courts 457 5th St.
Mon and Wed; Feb 22 – March 24
4:30 – 5:45pm
$138

Activities that don't meet minimum registration requirements, may be cancelled 5 business days in advance of the start date.
HOOP GROUP BASKETBALL CLUB • GRADES 6-8
This 5-week basketball club by the National Academy of Athletics is perfect for players who are interested in developing individual and team concepts. The program is designed to make you more confident with basketball in your hands. Ball handling drills, shooting fundamentals and many other skill-based instructional programs will be combined with games and other small sided competitions.
Lake Dalwigk Park, Basketball Courts 457 5th St.
Mon and Wed; Feb 22 – Mar 24
6 – 7:15pm, $138

IN THE NET SOCCER AFTER SCHOOL CLUB • GRADES 1-3
This 5-week soccer club helps Players improve skills and tactical awareness. Each day is filled with fundamental skill progression drills, clear instruction, games & competitions, group drills, and individual skill work. Great place to develop soccer skills and confidence! Our soccer camps are the perfect place to learn about the game and fitness while having a blast and making new friends.
Wardlaw Elementary School, Soccer Field 1968 Oakwood Ave.
Tues and Thurs; Apr 6 – May 13 (5 weeks)
3:30 – 4:45pm
$138

IN THE NET SOCCER AFTER SCHOOL CLUB • GRADES 4-5
This 5-week soccer club helps Players improve skills and tactical awareness. Each day is filled with fundamental skill progression drills, clear instruction, games & competitions, group drills, and individual skill work. Great place to develop soccer skills and confidence! Our soccer camps are the perfect place to learn about the game and fitness while having a blast and making new friends.
Wardlaw Elementary School, Soccer Field 1968 Oakwood Ave.
Tues and Thurs; Apr 6 – May 13
5 – 6:15pm
$138

SPRING BREAK ALL SORTS OF SPORTS CAMP • AGES 7-13
The All Sorts of Sports coed camp by National Academy of Athletics is packed with fun. Whether your child is a beginner or more advanced player, this multi-sport camp is a perfect place for kids to be introduced to the world of sports, teamwork and athletics! Games we play include, baseball, basketball, dodge ball, soccer, flag football, capture the flag, ultimate Frisbee & obstacle races and a whole lot more. Your children will learn new skills while having a blast and making new friends.
Dan Foley Turf Field 1461 N Camino Alto, Vallejo, CA 94589
Mar 29 – Apr 2
Mon – Fri; 9am-12pm
$138
Mon – Fri; 9am-3pm
$188

SPRING BREAK ALL SORTS OF SPORTS JR. ACADEMY • AGES 4-6
All Sorts of Sports Jr. Academy gives children ages 4 to 6 years, a fun, active and educational experience tailored to the abilities of their age group. Our program uses FUN to teach problem solving skills and the beginning fundamentals for sports including: throwing, catching, kicking, running and teamwork. Jr. Sports Academy provides structured simple activities, individual and team building challenges along with simple, small-sided competitions to develop and engage young athletes.
Dan Foley Turf Field 1461 N Camino Alto, Vallejo, CA 94589
March 29 – April 2
Mon – Fri; 9am-12pm
$138
GET TAHT STEPPIN
WITH JAY • AGES 10+
Xtreme Hip Hop with Jay aka Get Tah Steppin with Jay is a fun energetic hip hop driven step aerobics program designed to get people of all ages moving and get healthy. Our mission is to help save lives by encouraging fitness and making it fun and not a chore! Whether you are new to the step aerobics world or ready to test your skills this program leaves you with anything BUT regret! For more information please contact the Sports Department at 707-648-4609 or visit gvrd.org
Dan Foley Synthetic Turf Field, 1461 N. Camino Alto Wed & every 2nd and 4th Sat of each month Wed 5:30pm-6:30pm; Sat 9-10am Jan 6-27, Feb 3-27, Mar 3-27, Apr 7-24 May 5-26 $50/Month, $13 Drop-in (Pre-Registration Only) *30 Spots Available for People without Steps/ 30 Spots Available for People with Steps

SPORTS • DANCE

OPTIMAL BODY FITNESS LLC (OBF) • AGES 18+
Professional body shaping fitness instructors develops and meet the needs of our client’s specific health and fitness goals. Strengthening sessions, minor rehabilitation sessions and nutrition/meal planning. OBF is conscientious of how the stay-in-place practices have prevented many individuals from obtaining their fitness and wellness goals. Let OBF experts help you meet and exceed your needs. OBF instructors are elite trainers: personal fitness trainer, exercise therapist, nutritionist, life coach, and elite trainers. OBF offers group toning and Body Shaping Fitness and Wellness goal! OBF's mantra: Humility, Clarity and Wisdom! To achieve-Humility, To understand-Clarity and To do both-Wisdom!

AS COVID-19 REQUIREMENTS PERMIT
INTERMEDIATE BALLET FOLKLORICO • AGES 10+
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 $50 month/R, $55 month/NR Intermediate Level 1: Mon 4-5pm Intermediate Level 2: Mon, 5:15-6:15pm Jan 4-25; Feb 1-22; Mar 1-29; Apr 12-26; May 3-24. No Class: April 5; May 31.

For more information on Sports programs/classes, please contact 707-648-4609.

Activities that don't meet minimum registration requirements, may be cancelled 5 business days in advance of the start date.
Welcome to MCE! The City of Vallejo is partnering with MCE — a not-for-profit, public agency — to provide you with a choice of cleaner, locally-controlled, and competitively priced electricity options starting with your April 2021 billing cycle. As an MCE customer, you’ll benefit from our comprehensive local energy programs and help green our communities at the same time.

To learn more about your service options or to attend a virtual event, visit mceCleanEnergy.org/Vallejo

mceCleanEnergy.org/Vallejo
1 (888) 632-3674 Monday - Friday: 8 am-5 pm
SCAVENGER HUNT
It's time to highlight some of our hidden gems here at GVRD. Join us for our Scavenger Hunt as we take an adventure through the city. Will there be treasure at the “X” or will it just be another clue? There’s only one way to find out! Join our contactless Scavenger Hunt on January 15th, where the winner takes home a grand prize. Our first hunt will start on January 15th. Interested participants must reserve your spot by January 14th. For more information, please contact Dominguez Dickerson at 707.674.5423, by email ddickerson@gvrd.org, or visit our website www.gvrd.org

CRAFT BOXES
Bring an Arts & Crafts Box to your home! Inside your box you will find all the supplies and instructions needed to make 2 crafts. Every 3rd Monday of the month beginning in February, there will be a new themed box! Register now because boxes will be limited. Call 707-648-4483 or register on our website www.gvrd.org $12/R; $15/NR per box

PAINT NIGHT
Looking for a great activity to do with your kids while at home? Our Virtual Paint Nights are sure to be a popular family activity this spring! Through this option, families will come together in their own home and have their very own virtual Paint Night. The best part is that no art experience is required for this totally fun adventure! Once you’re registered, we will set up a time that you can pick up your materials that includes paint brushes, canvas, palette and paint for each individual participant. Easels are not included in the art kit unless you add them to your order. Each kit is $35/R, $44/NR and includes all the materials to complete your painting, virtual access. Our Paint Night fun begins in March. Call 707-648-4483 or register on our website www.gvrd.org

AS COVID-19 REQUIREMENTS PERMIT

CLAUDIO’S MARTIAL ARTS YOUTH NOVICE/BEGINNER CLASS • AGES 7-11
Students in this class have shown focus, discipline, and the interest in becoming a martial artist. The Novice/Beginners class will begin building a foundation for becoming a martial artist. Our instructors will stress proper technique and form through repetition and various drills. Students will also learn the value of respect, loyalty, and discipline. Students will begin their journey into leadership; through communication and encouragement. Each student is evaluated on their individual improvement, attendance, participation, focus, while meeting minimum requirements. Head instructor: Sigung Angelito Claudio Instructor/Administrator: Si-Pau Loana Rapacon-Claudio
Maximum 20 students
Foley Cultural Center, 1499 N. Camino Alto
$50 month/R; $60 month/NR
2nd family member $40 month/R; $48 month/NR
Tues & Thurs 6-7:30pm
Sessions include 6+ classes per month
Jan 5-28; Feb 2-25; Mar 2-30; Apr 1-29; May 4-27

CLAUDIO’S MARTIAL ARTS JUNIOR INT/TEENS/ADULTS • AGES 10+
This program is based on traditional martial arts training. Students in this class are of various skill levels, ages, and 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. Juniors/Teens will promote through the Junior ranks. Teens must show they are focused on their goal to earn a black belt, in order to promote into the traditional ranks. Adults will promote through the traditional ranks, when requirements are met. Head instructor: Sigung Angelito Claudio. Instructor/Administrator: Si-Pau Loana Rapacon-Claudio
Maximum 20 students
Foley Cultural Center, 1499 N. Camino Alto
$50/month/ R; $60 month/NR
2nd family member $40 month/R; $48 month/NR
Tues. & Thurs. 6-7:30pm
Sessions include 6+ classes per month
Jan 5-28; Feb 2-25; Mar 2-30; Apr 1-29; May 4-27
ONLINE TEACHER KAY’S ALPHAPALS® PRESCHOOL
• AGES 3-5
Teacher Kay takes her Alphapals Preschool program online with weekly instructional Zoom classes. In this interactive program, your child will learn their ABC’s, 123’s, positive affirmations and participate in fun and engaging activities that we will do together on Zoom. Students that are registered for the online program will have first priority for the in-person classes when it becomes available. There is a one-time $25 materials fee payable to Kay Johnson. This material fee covers: a dry erase paddle board, Alphapals workbook, tote and t-shirt plus a pencil box filled with markers, crayons, glue stick and a stamper. Alphapals kits will be available for pick up on your child’s first week of school.

4 WEEK SESSION
MORNING PRESCHOOL
Mon, Wed, Fri, 10-11am, 3 DAY OPTION $125
Tues, Thurs, 11am-12pm, 2 DAY OPTION $90
AFTERNOON PRESCHOOL
Tues, Thurs, 1-2pm, 2 Day OPTION $90
One-time material fee, $25 paid to the instructor
Jan 4-29; Feb 1-26; Mar 1-26; Apr 5-30; May 3-28
No Class: Jan 18; Feb 15; Mar 29-Apr 2

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: Bay Area Driving School.
$39 month/R, $47 month/NR
Jan 1-31; Feb 1-28; Mar 1-31; Apr 1-30; May 1-31.
Online 24/7

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

To the extent we safely can, we are pleased to keep this amenity open as a place for outdoor recreation for our local residents during these challenging times subject to the following protocols:

Plan ahead:
- Face masks over the mouth and nose are required for everyone 2 years of age or older with caregiver supervision at all times to ensure face mask use.
- Do not use the playground when different households are unable to maintain a physical distance of 6 feet or when the capacity limit has been reached.
- Caregivers must monitor to keep adults and children from different households at least 6 feet apart.
- Consider coming on different times or days to avoid wait times and potential crowded times.
- No eating or drinking in playground, to ensure face masks are worn at all times.
- Wash or sanitize hands before and after using the playground. Please bring hand sanitizer and water with you.
- Elderly and persons with underlying medical conditions should avoid playground when others are present.
- Limit visit to 30 min per day when others are present
- A maximum of six (6) participants are allowed at any one time.
- Upon returning home, wash your hands thoroughly.

Please adhere to Social Distancing Measures:
- Maintain a minimum of six feet of physical distancing with people not in your household
- Activities that involve the use of shared equipment, such as balls for retrieval, may only be engaged in by members of the same household

THE GREATER VALLEJO RECREATION DISTRICT CLEAN PARK AMENITIES AS FREQUENTLY AS POSSIBLE. THE PARK DEPARTMENT DOES NOT SANITIZE PARK AMENITIES ON A DAILY BASIS. PLAYGROUND USERS ARE ENCOURAGED TO BRING THEIR OWN HAND SANITIZER AND WASH THEIR HANDS BEFORE ARRIVING AND UPON RETURNING TO THEIR HOMES

- We will continue reserving picnic reservations weekends only for Highlands, BRS, and Dan Foley. 20 people maximum.
- Parking fees will resume the first weekend in March for BRS and Dan Foley.
- Our restrooms and playgrounds are open with social distancing protocols
NOTICE

Restrooms are OPEN

To the extent we safely can, we are pleased to keep this restrooms open for our local residents during these challenging times subject to the following protocols:

Plan ahead and adhere to Social Distancing Measures:
- Face masks over the mouth and nose are required for everyone 2 years of age or older with caregiver supervision at all times to ensure face mask use.
- Do not use the restrooms when different households are using the restrooms.
- Only one household at a time.
- Ensure face masks are worn at all times.
- Wash or sanitize hands after using the restroom.
- Elderly and persons with underlying medical conditions should avoid restrooms when others are present.

THE GREATER VALLEJO RECREATION DISTRICT Cleans Park Restrooms as frequently as possible. Please adhere to above protocols to ensure safety for all park users.
Mare Island Technology ACADEMY

Ready, Set, College!

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.

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.

Earn your AA College degree and save 65k in college tuition!

Enroll now for Middle or High School in Fall, 2021!

Griffin Technology Academies in Vallejo is now accepting applications for all FOUR, free, independent charter schools.

GTA is dedicated to providing:
A safe, welcoming, small school.
Weekly meetings with mentors.
Project-based learning with support & tutoring.
A GTA provided Laptop for the duration of enrollment.

visit griffintechnologyacademies.org and apply today!
THE CHALLENGE
Try 12: Year-Long Reading Challenge asks you to read a book in each of the twelve categories. Make 2021 the most diverse reading year yet and maybe even win a prize!

REGISTER AND LOG YOUR PROGRESS
Designed for teens and adults, readers wanting to participate can register at any time and log during 2021. You can register by coming into the library or visiting solanolibrary.com/try12

QUARTERLY PRIZE DRAWINGS
Those who complete the Challenge will earn a commemorative pin. Participants will automatically be entered into the quarterly drawings (March, June, September, and December) for chances to win great prizes. Prizes include Baylink ferry passes and gift cards.

TRACK YOUR PROGRESS
NEED RECOMMENDATIONS? VISIT SOLANOLIBRARY.COM/TRY12

JANUARY
Life Stories

FEBRUARY
Black History Month

MARCH
Women's History Month

APRIL
Diversity Month

MAY
Asian Pacific Heritage Month

JUNE
LGBT Pride Month

JULY
Disability Pride Month

AUGUST
Romance Awareness Month

SEPTEMBER
National Hispanic Heritage Month

OCTOBER
Read Something Scary Month

NOVEMBER
Native American Heritage Month

DECEMBER
Human Rights Month