RecGuide

2020 Spring

REGISTRATION BEGINS JANUARY 14
Register online at cityofdavis.org
REGISTRATION

Tuesday, January 14 for General Registration
Tuesday, February 4 for Adults 50+ Registration

HOW TO REGISTER

For online or in-person registration, see page 46.
# Table of Contents

<table>
<thead>
<tr>
<th>Section</th>
<th>Pages</th>
</tr>
</thead>
<tbody>
<tr>
<td>GENERAL INFORMATION</td>
<td>2</td>
</tr>
<tr>
<td>CITYWIDE SPECIAL EVENTS</td>
<td>3</td>
</tr>
<tr>
<td>AQUATICS</td>
<td>4-7</td>
</tr>
<tr>
<td>GYMNASTICS &amp; DANCE</td>
<td>8-11</td>
</tr>
<tr>
<td>PRESCHOOL CLASSES</td>
<td>12-13</td>
</tr>
<tr>
<td>YOUTH CLASSES</td>
<td>14-15</td>
</tr>
<tr>
<td>SPRING CAMPS</td>
<td>16-18</td>
</tr>
<tr>
<td>TEEN CLASSES</td>
<td>20-21</td>
</tr>
<tr>
<td>RECREATION FOR PEOPLE WITH disABILITIES</td>
<td>22-23</td>
</tr>
<tr>
<td>VOLUNTEER</td>
<td>24-25</td>
</tr>
<tr>
<td>ADULTS 50+</td>
<td>30-39</td>
</tr>
<tr>
<td>Support Services</td>
<td>32</td>
</tr>
<tr>
<td>Activity Groups</td>
<td>33</td>
</tr>
<tr>
<td>Music &amp; Dance</td>
<td>34</td>
</tr>
<tr>
<td>Programs</td>
<td>34</td>
</tr>
<tr>
<td>Creative Arts</td>
<td>35</td>
</tr>
<tr>
<td>Fitness</td>
<td>36-38</td>
</tr>
<tr>
<td>FACILITIES</td>
<td>40-43</td>
</tr>
<tr>
<td>CITY MAP</td>
<td>44-45</td>
</tr>
<tr>
<td>WAYS TO REGISTER</td>
<td>46-47</td>
</tr>
<tr>
<td>PROGRAM &amp; REGISTRATION POLICIES</td>
<td>48-49</td>
</tr>
<tr>
<td>REGISTRATION FORM</td>
<td>50</td>
</tr>
<tr>
<td>LIABILITY WAIVER</td>
<td>51-52</td>
</tr>
</tbody>
</table>
BILINGUAL SERVICES
Parks and Community Services offers registration assistance in Spanish. Please call (530) 757-5626 to request assistance. Para asistencia en español, favor de llamar al (530) 757-5626.

GIFT CERTIFICATES AVAILABLE
Do you have a friend or family member who is hard to shop for? Send them something you know they'll love! Gift certificates can be used toward any recreation program, facility, field rental or purchase offered through Parks and Community Services. Gift certificates can be given anytime for any occasion. Some restrictions may apply. For more information or to purchase a gift certificate, visit the Parks and Community Services Office at 23 Russell Blvd. or call (530) 757-5626.

REASONABLE ACCOMMODATIONS
This material can be made available upon request in an alternative format as required by the Americans with Disabilities Act of 1990. Direct your requests to Human Resources: (530) 757-5644, for TDD: (530) 757-5666 or www.cityofdavis.org.

CITY HOLIDAYS
The Parks and Community Services office will be closed on the following dates:
- January 20 (MLK Holiday)
- February 17 (Presidents’ Day)
- May 25 (Memorial Day)

PHOTO DISCLAIMER
The City of Davis may photograph or video record program participants and users of city facilities and use these photographs or videos in its promotional materials. Unless informed otherwise at the time a participant registers for a city program, Parks and Community Services will presume that consent to be photographed or video recorded has been given by program participants and facility users.

FEE SCHOLARSHIPS
Residents who reside within the DJUSD boundaries are eligible to apply for funds to subsidize recreation program fees. Eligibility depends on income and family size. Applications are available at the Parks and Community Services office or on the city’s website at www.cityofdavis.org. Applicants must provide verification of family size and income. Applications are due in February and scholarships are awarded in March. Depending upon availability of funding, additional scholarships may be distributed throughout the year. The scholarship can be used to pay up to 50% of the class or program registration fees. Priority is given to those individuals with the lowest incomes. If you have any questions, please contact the Davis Senior Center at (530) 757-5696.

ON THE COVER
It’s Spring! Check out the variety of camps, programs and activities in this season’s Rec Guide. It is time to get outside and get active. We have activities for all ages!
14TH ANNUAL DAVIS CHILDREN’S SUMMER ACTIVITY FAIR
Tuesday, February 25, 2020
5:30 pm-7:30 pm,
Veterans Memorial Center MPR
We invite you to join us for a FREE event to explore the camps and programs that will be available this summer. You can speak to representatives from different camps and learn about all of the awesome summer camp options in Davis. For more information call the City of Davis Parks and Community Services office at (530) 757-5626 option 2.

42ND ANNUAL ARBOR DAY CELEBRATION
Saturday, April 25, 2020
10:00 am-1:00 pm, Central Park
Join the celebration of the City’s 41st year as a Tree City USA. Activities include the Tree Circus, tree climbing demonstrations, face painting and Arbor Day giveaways! Check out the Urban Forestry website for more information www.cityofdavis.org/city-hall/urban-forestry. Join us for our Arbor Day planting event on Saturday, March 7. To sign up, people can go to: http://www.treedavis.org/volunteer/ or call (530) 758-7337.

UCD PICNIC DAY
Saturday, April 18, 2020
Picnic Day celebrates the best that UC Davis has to offer. There are over 40 events involving animals, eye-catching exhibits and competitions, student organizations, groups and clubs sharing information with the Davis community and the Children’s Discovery Fair that offers activities for the whole family. For more information go to https://picnicday.ucdavis.edu

2ND ANNUAL BATTLE OF THE BADGES
Sunday, April 26, 2020
11:00 am at Playfields Park
Battle of the Badges is a non-profit amateur softball game that features City of Davis police vs. fire. The purpose of the Battle of the Badges event is to have fun through some good old fashion rivalry while raising money for the Davis Police Officers Association. Money raised helps our police officers and the community. Come and show your support for the red and blue! Admission is free, food and drinks available for purchase.
RECREATIONAL SWIM HOURS & FEES

MANOR POOL
1525 Tulip Lane, (530) 758-2000
Beginning Monday, May 18
Monday-Friday 4:00 pm-6:00 pm
Beginning Saturday, May 23
Saturday & Sunday 1:00 pm-6:00 pm

ARROYO POOL
2000 Shasta Drive, (530) 297-5477
Beginning Saturday, June 6
Saturday & Sunday 1:00 pm-6:00 pm

FEES
Recreational Swim Fees:
Ages 0-2 years FREE
Ages 3 and Older $6.00
Fees are valid thru September 7, 2020

Daily Visit Punch Passes:
5 Visit $30.00
10 Visit $60.00

INDIVIDUAL SWIM PASS FEES
Ages 0-2 years FREE
Ages 3 and up $68
Family* (up to 4 members)** $180
Lost/Damaged key fob replacement $5/fob
Nonresident fees apply. Swim passes are non-refundable.
* A family is defined as immediate family members residing at the same residency. Proof of residency may be required.
** $35 for each additional family member

SNACK BAR PUNCH CARDS
Snack bar punch cards are available for purchase in $5 and $10 increments. Use them just like cash to purchase snacks, food and beverages. Snack bar punch cards are available for purchase at Manor and Arroyo Pools or the Parks and Community Services office.

POOL RENTALS
Manor and Arroyo pools are available for private rental during non-scheduled hours. Pool fees range from $158-$301 (including Lifeguard costs); depending on the group size and facility. $100 refundable deposit is required and refundable if cancelled 2 weeks prior to event. Please visit the city website at www.cityofdavis.org and search “pool rental” for more specific information. To make a reservation, please call the Registration office at (530) 757-5626 option 2 beginning March 4, 2020.

SHADE STRUCTURE RENTALS
Weekends only
Reservations for a shade structure are available on weekends at both pools. Book your reservation at the pool in advance and enjoy the guaranteed shade. Throw your own party or just invite your friends to hang out together. One-week cancellation notice is required to receive a full refund. For more information, call Manor Pool (530) 758-2000 or Arroyo Pool (530) 297-5477. One shade structure is available at each facility.

Swim passes purchased online between April 15-May 13, 2020 will be mailed to the household address on file. Passes purchased on or after May 14 can be picked up at the Parks and Community Services Office or at the pool on your first visit with your registration receipt.

5 hours 1:00 pm-6:00 pm $65

AQUATIC SWIM PASSES & RENEWALS
Beginning April 15, 2020
Purchase or renew your Aquatic Swim Pass for use during recreational swim hours at Manor and Arroyo Pools.

SWIM PASSES ARE AVAILABLE
Online at www.cityofdavis.org
Parks and Community Services office
At the pools once they are open for the season

Spring 2020 | Aquatics 5
**SWIM LESSONS AT MANOR POOL**

**1525 TULIP LANE**

Manor Pool is located at Slide Hill Park. Our spring season swim lessons are a great way to prepare for summer fun. Come and discover the life skill of learning to swim with the City of Davis swim lessons program! Classes are affordable and provide instruction to all levels of swimmers at various times. Our swim lesson program is dedicated to helping children and adults learn to swim through the enjoyment of the water in a safe and fun-filled environment. Instruction is reinforced through progression of skills to move from one level to the next. All classes are taught by trained City of Davis instructors. **Due to the Memorial Holiday weekend, lessons scheduled during session 5/18-5/29 are as follows:** week 5/18 lessons are M-Th and week 5/25 lessons are T-Th.

---

### POLLYWOG

**2 to 5 years, Manor Pool**

This is an introduction to water class. No water skills are required to enroll, but participants must be comfortable in the water without a parent or guardian. Participants will learn to enjoy the water through fun and games, getting in/out of the pool safely, blowing bubbles, putting their face in the water, streamlining, floating and kicking... all with assistance! No lessons on 5/22 and 5/25.

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Dates</th>
<th>Days</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>900202 01</td>
<td>5/18-5/29</td>
<td>M-Th/T-F</td>
<td>6:15 pm-6:45 pm</td>
<td>$83</td>
</tr>
<tr>
<td>900202 03</td>
<td>6/1-6/11</td>
<td>M-Th</td>
<td>6:15 pm-6:45 pm</td>
<td>$83</td>
</tr>
<tr>
<td>900202 11</td>
<td>5/18-5/29</td>
<td>M-Th/T-F</td>
<td>6:50 pm-7:20 pm</td>
<td>$83</td>
</tr>
<tr>
<td>900202 13</td>
<td>6/1-6/11</td>
<td>M-Th</td>
<td>6:50 pm-7:20 pm</td>
<td>$83</td>
</tr>
</tbody>
</table>

### TADPOLE

**3 to 5 years, Manor Pool**

Participants should be comfortable in the water and have experience getting their face wet, floating and streamlining. Participants will learn to swim underwater 2 yards, swim freestyle 5 yards with assistance and flutter kick with a kick board 5 yards with assistance. No lessons on 5/22 and 5/25.

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Dates</th>
<th>Days</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>900302 01</td>
<td>5/18-5/29</td>
<td>M-Th/T-F</td>
<td>6:15-6:45 pm</td>
<td>$83</td>
</tr>
<tr>
<td>900302 03</td>
<td>6/1-6/11</td>
<td>M-Th</td>
<td>6:15-6:45 pm</td>
<td>$83</td>
</tr>
<tr>
<td>900302 11</td>
<td>5/18-5/29</td>
<td>M-Th/T-F</td>
<td>6:50-7:20 pm</td>
<td>$83</td>
</tr>
<tr>
<td>900302 13</td>
<td>6/1-6/11</td>
<td>M-Th</td>
<td>6:50-7:20 pm</td>
<td>$83</td>
</tr>
</tbody>
</table>

### TURTLE

**3 to 5 years, Manor Pool**

Swimmers must have passed Tadpole or have the same skills to enroll. Swimmers will continue to learn proper stroke technique for freestyle, backstroke and elementary backstroke. Participants will also learn to tread water with orientation to deep water. Swimmers will be introduced to rotary breathing and the sitting dive. No lessons on 5/22 and 5/25.

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Dates</th>
<th>Days</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>900502 01</td>
<td>5/18-5/29</td>
<td>M-Th/T-F</td>
<td>6:15-6:45 pm</td>
<td>$83</td>
</tr>
<tr>
<td>900502 03</td>
<td>6/1-6/11</td>
<td>M-Th</td>
<td>6:15-6:45 pm</td>
<td>$83</td>
</tr>
<tr>
<td>900502 11</td>
<td>5/18-5/29</td>
<td>M-Th/T-F</td>
<td>6:50-7:20 pm</td>
<td>$83</td>
</tr>
<tr>
<td>900502 13</td>
<td>6/1-6/11</td>
<td>M-Th</td>
<td>6:50-7:20 pm</td>
<td>$83</td>
</tr>
</tbody>
</table>

### OTTER

**3 to 5 years, Manor Pool**

Swimmers must have passed Tadpole or have the same skills to enroll. Participants will be working on correct stroke technique as they swim 5 yards unassisted freestyle. They will be learning to swim backstroke 5 yards, elementary backstroke 5 yards and flutter kick on front and back 5 yards. No lessons on 5/22 and 5/25.

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Dates</th>
<th>Days</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>900402 01</td>
<td>5/18-5/29</td>
<td>M-Th/T-F</td>
<td>6:15-6:45 pm</td>
<td>$83</td>
</tr>
<tr>
<td>900402 03</td>
<td>6/1-6/11</td>
<td>M-Th</td>
<td>6:15-6:45 pm</td>
<td>$83</td>
</tr>
<tr>
<td>900402 11</td>
<td>5/18-5/29</td>
<td>M-Th/T-F</td>
<td>6:50-7:20 pm</td>
<td>$83</td>
</tr>
<tr>
<td>900402 13</td>
<td>6/1-6/11</td>
<td>M-Th</td>
<td>6:50-7:20 pm</td>
<td>$83</td>
</tr>
</tbody>
</table>

---

SWIM LESSONS AT MANOR POOL

1525 TULIP LANE

Manor Pool is located at Slide Hill Park. Our spring season swim lessons are a great way to prepare for summer fun. Come and discover the life skill of learning to swim with the City of Davis swim lessons program! Classes are affordable and provide instruction to all levels of swimmers at various times. Our swim lesson program is dedicated to helping children and adults learn to swim through the enjoyment of the water in a safe and fun-filled environment. Instruction is reinforced through progression of skills to move from one level to the next. All classes are taught by trained City of Davis instructors. **Due to the Memorial Holiday weekend, lessons scheduled during session 5/18-5/29 are as follows:** week 5/18 lessons are M-Th and week 5/25 lessons are T-Th.
**STARFISH/MINNOW**  
6 to 14 years, Manor Pool  
No water skills required. Participants will learn to use a kick board, do front and back floats, swim underwater 10 yards, streamline from the wall and swim freestyle and backstroke with assistance 5-10 yards. Participants will also learn to tread water and about pool safety. No lessons on 5/22 and 5/25.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Start Date</th>
<th>End Date</th>
<th>Days</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>900702 01</td>
<td>5/18-5/29</td>
<td>M-Th/T-F</td>
<td>6:15-6:45 pm</td>
<td>$83</td>
<td></td>
</tr>
<tr>
<td>900702 03</td>
<td>6/1-6/11</td>
<td>M-Th</td>
<td>6:15-6:45 pm</td>
<td>$83</td>
<td></td>
</tr>
<tr>
<td>900702 11</td>
<td>5/18-5/29</td>
<td>M-Th/T-F</td>
<td>6:50-7:20 pm</td>
<td>$83</td>
<td></td>
</tr>
<tr>
<td>900702 13</td>
<td>6/1-6/11</td>
<td>M-Th</td>
<td>6:50-7:20 pm</td>
<td>$83</td>
<td></td>
</tr>
</tbody>
</table>

**GUPPY/MANTA RAY**  
6 to 14 years, Manor Pool  
Swimmers must have passed Starfish or Minnow or have equal skills to enroll. Participants will learn to tread water for 30 seconds, swim freestyle and backstroke unassisted for 15 yards, swim underwater, float on front and back, and flutter kick with a kick board 25 yards. Participants will also be introduced to the sitting dive and safety skills. No lessons on 5/22 and 5/25.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Start Date</th>
<th>End Date</th>
<th>Days</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>900802 01</td>
<td>5/18-5/29</td>
<td>M-Th/T-F</td>
<td>6:15-6:45 pm</td>
<td>$83</td>
<td></td>
</tr>
<tr>
<td>900802 03</td>
<td>6/1-6/11</td>
<td>M-Th</td>
<td>6:15-6:45 pm</td>
<td>$83</td>
<td></td>
</tr>
<tr>
<td>900802 11</td>
<td>5/18-5/29</td>
<td>M-Th/T-F</td>
<td>6:50-7:20 pm</td>
<td>$83</td>
<td></td>
</tr>
<tr>
<td>900802 13</td>
<td>6/1-6/11</td>
<td>M-Th</td>
<td>6:50-7:20 pm</td>
<td>$83</td>
<td></td>
</tr>
</tbody>
</table>

**STINGRAY/MARLIN**  
6 to 14 years, Manor Pool  
Swimmers must have passed Guppy or Manta Ray or be able to swim at least 15 yards unassisted freestyle and backstroke to enroll. Participants will learn to tread water for 1 minute and swim freestyle with rotary breathing for 25 yards. They will be working on endurance and kicking 50 yards, sitting dive, and the survival float. They will be learning the standing dive. No lessons on 5/22 and 5/25.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Start Date</th>
<th>End Date</th>
<th>Days</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>900902 01</td>
<td>5/18-5/29</td>
<td>M-Th/T-F</td>
<td>6:15-6:45 pm</td>
<td>$83</td>
<td></td>
</tr>
<tr>
<td>900902 11</td>
<td>5/18-5/29</td>
<td>M-Th/T-F</td>
<td>6:50-7:20 pm</td>
<td>$83</td>
<td></td>
</tr>
</tbody>
</table>

**PRIVATE SWIMMING LESSONS (ADULTS TOO!)**  
3 years and up, Manor Pool  
One-on-one instruction. Great for introducing the water to shy or beginning swimmers or to improve stroke work, technique or other areas as requested for the moderate or advanced swimmers. No lessons on 5/22 and 5/25.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Start Date</th>
<th>End Date</th>
<th>Days</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>900002 01</td>
<td>5/18-5/21</td>
<td>M-Th</td>
<td>6:15-6:45 pm</td>
<td>$93</td>
<td></td>
</tr>
<tr>
<td>900002 02</td>
<td>5/26-5/29</td>
<td>T-F</td>
<td>6:15-6:45 pm</td>
<td>$93</td>
<td></td>
</tr>
<tr>
<td>900002 03</td>
<td>6/1-6/4</td>
<td>M-Th</td>
<td>6:15-6:45 pm</td>
<td>$93</td>
<td></td>
</tr>
<tr>
<td>900002 04</td>
<td>6/8-6/11</td>
<td>M-Th</td>
<td>6:15-6:45 pm</td>
<td>$93</td>
<td></td>
</tr>
<tr>
<td>900002 11</td>
<td>5/18-5/21</td>
<td>M-Th</td>
<td>6:50-7:20 pm</td>
<td>$93</td>
<td></td>
</tr>
<tr>
<td>900002 12</td>
<td>5/26-5/29</td>
<td>T-F</td>
<td>6:50-7:20 pm</td>
<td>$93</td>
<td></td>
</tr>
<tr>
<td>900002 13</td>
<td>6/1-6/4</td>
<td>M-Th</td>
<td>6:50-7:20 pm</td>
<td>$93</td>
<td></td>
</tr>
<tr>
<td>900002 14</td>
<td>6/8-6/11</td>
<td>M-Th</td>
<td>6:50-7:20 pm</td>
<td>$93</td>
<td></td>
</tr>
</tbody>
</table>

**AQUATICS CLASSES**

**LIFEGUARD TRAINING**  
15 years and up, Community Pool Building  
The purpose of this course is to provide students with the knowledge and skills to prevent, recognize and respond to aquatic emergencies and to provide care for breathing and cardiac emergencies, injuries and sudden illnesses until emergency medical services (EMS) personnel take over. Participants must attend all scheduled sessions and pass the skills/written tests in order to receive certifications. Payment of the course fee is not a guarantee of certification.

**Prerequisites:**  
- Minimum age of 15  
- Swim 300 yards using the front crawl and breaststroke  
- Tread water for 2 minutes using only the legs  
- Swim 20 yards & retrieve a brick 7-10 feet deep (timed)

The prerequisite skills evaluation will occur on the first day of the course. If you do not pass the skills evaluation, you will not be able to continue with the course.

Upon successful completion of course requirements, participants will receive the following certifications:  
- Lifeguarding/First Aid/CPR/AED: 2 years  
- First Aid for Public Safety Personnel: 2 years

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Start Date</th>
<th>End Date</th>
<th>Days</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>902002 01</td>
<td>2/29-3/28</td>
<td>Saterday</td>
<td>9:00 am-5:00 pm</td>
<td>$255</td>
<td></td>
</tr>
<tr>
<td>902002 02</td>
<td>4/6-4/10</td>
<td>M-F</td>
<td>9:00 am-5:00 pm</td>
<td>$255</td>
<td></td>
</tr>
<tr>
<td>902002 03</td>
<td>4/3-4/5 &amp; 4/17-4/19</td>
<td>F-Su</td>
<td>9:00 am-5:00 pm</td>
<td>$255</td>
<td></td>
</tr>
</tbody>
</table>
Tumble, Flip & Spring Over to the New City of Davis Gymnastics Center!

New Location
Gymnastics Center
2795 2nd Street, Suite 200

Come and check out our new City of Davis Gymnastics location! This is our temporary location while the Civic Gym is under construction. Our programming will vary from the Civic Gym location as the space is configured a little differently, and we cannot fit all of our current equipment. Check out our toddler and preschool parent participation classes and some beginning youth gymnastics classes, and we are open for parties! Please use the rear entrance of the Gymnastics Center.

TODDLER GYMNASTICS

Small & Tall
10 months to 3 years, Gymnastics Center

During this 40-minute class small humans and their tall humans will explore the gym. Participants will improve their motor skills as they crawl, walk and run up and down mats, through tunnels and find equipment that interests them. A coach will be present for supervision. Adult participation is required. No classes on 4/6, 4/7, 4/8, 4/9, 4/10, 4/11, 4/18, 5/23 and 5/25.

For more information on parties at the Gymnastics Center, see page 53.

MINI MOVERS
1 to 2.5 years, Gymnastics Center

This 45-minute class is great for walking toddlers (and their parent) who want to learn a bit more about gymnastics. Participants will learn the very beginning of gymnastics basics through incorporating colors, numbers and games while enhancing their fine and gross motor skills. Adult participation is required. No classes on 4/6, 4/7, 4/8, 4/9, 4/10, 4/11, 4/18, 5/23 and 5/25.

WIGGLE WORMS
2 to 3.5 years, Gymnastics Center

This 45-minute class is great for toddlers who are starting to get the hang of a structured class and are working towards participating in a class without their parent. Participants will continue to learn basic gymnastics skills while incorporating games and activities that will improve their fine and gross motor skills and core strength. Adult participation is required. No classes on 4/6, 4/7, 4/8, 4/9, 4/10, 4/11, 4/18, 5/23 and 5/25.

Spring 2020 | Gymnastics
## PRESCHOOL GYMNASTICS

### TWISTING TOTS
3 to 5 years, Gymnastics Center

This 45-minute class is great for preschoolers who are ready to be in a class without their parent. Participants will have fun working on progressive gymnastics skills while increasing their strength, balance and coordination through games, activities and various gymnastics equipment. No classes on 4/6, 4/7, 4/8, 4/9, 4/10, 4/11, 4/18, 5/23 and 5/25.

<table>
<thead>
<tr>
<th>Class ID</th>
<th>Dates</th>
<th>Days</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>910200 01</td>
<td>3/23-6/1</td>
<td>M</td>
<td>9:00-9:45 am</td>
<td>$98</td>
</tr>
<tr>
<td>910200 02</td>
<td>3/23-6/1</td>
<td>M</td>
<td>10:00-10:45 am</td>
<td>$98</td>
</tr>
<tr>
<td>910200 11</td>
<td>3/24-6/2</td>
<td>T</td>
<td>9:00-9:45 am</td>
<td>$108</td>
</tr>
<tr>
<td>910200 21</td>
<td>3/25-6/3</td>
<td>W</td>
<td>9:00-9:45 am</td>
<td>$108</td>
</tr>
<tr>
<td>910200 22</td>
<td>3/25-6/3</td>
<td>W</td>
<td>10:00-10:45 am</td>
<td>$108</td>
</tr>
<tr>
<td>910200 31</td>
<td>3/26-6/4</td>
<td>Th</td>
<td>9:00-9:45 am</td>
<td>$108</td>
</tr>
<tr>
<td>910200 32</td>
<td>3/26-6/4</td>
<td>Th</td>
<td>5:00-5:45 pm</td>
<td>$108</td>
</tr>
<tr>
<td>910200 41</td>
<td>3/27-6/5</td>
<td>F</td>
<td>9:00-9:45 am</td>
<td>$108</td>
</tr>
<tr>
<td>910200 51</td>
<td>3/28-6/6</td>
<td>Sa</td>
<td>9:00-9:45 am</td>
<td>$87</td>
</tr>
<tr>
<td>910200 52</td>
<td>3/28-6/6</td>
<td>Sa</td>
<td>11:00-11:45 am</td>
<td>$87</td>
</tr>
</tbody>
</table>

### KINDER KIDDOS
3.5 to 5 years, Gymnastics Center

This 45-minute class is great for preschool and kindergarten students who have experience following direction from an instructor. Participants will continue to improve their gymnastics skills along with strength, balance and coordination through games, activities and various gymnastics equipment. No classes on 4/6, 4/7, 4/8, 4/9, 4/10, 4/11, 4/18, 5/23 and 5/25.

<table>
<thead>
<tr>
<th>Class ID</th>
<th>Dates</th>
<th>Days</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>910210 01</td>
<td>3/23-6/1</td>
<td>M</td>
<td>4:00-4:45 pm</td>
<td>$98</td>
</tr>
<tr>
<td>910210 02</td>
<td>3/23-6/1</td>
<td>M</td>
<td>5:30 pm-6:30 pm</td>
<td>$98</td>
</tr>
<tr>
<td>910210 11</td>
<td>3/24-6/2</td>
<td>T</td>
<td>4:15 pm-5:15 pm</td>
<td>$118</td>
</tr>
<tr>
<td>910210 12</td>
<td>3/24-6/2</td>
<td>T</td>
<td>5:30 pm-6:30 pm</td>
<td>$118</td>
</tr>
<tr>
<td>910210 21</td>
<td>3/25-6/3</td>
<td>W</td>
<td>4:15 pm-5:15 pm</td>
<td>$131</td>
</tr>
<tr>
<td>910210 22</td>
<td>3/25-6/3</td>
<td>W</td>
<td>5:30 pm-6:30 pm</td>
<td>$131</td>
</tr>
<tr>
<td>910210 31</td>
<td>3/26-6/4</td>
<td>Th</td>
<td>4:15 pm-5:15 pm</td>
<td>$131</td>
</tr>
</tbody>
</table>

---

## YOUTH & TEEN GYMNASTICS

### GIRLS BEGINNING GYMNASICS
6 to 12 years, Gymnastics Center

This 60-minute class is great for young girls interested in gymnastics. Participants will follow USA Gymnastics Level 1 guidelines while improving their strength, flexibility and coordination. Participants should expect to spend multiple sessions in this class before receiving consent for Intermediate Gymnastics. Some skills include a correct cartwheel, vault tuck on, pull over on bars and high beam jump dismount. No classes on 4/6, 4/7, 4/8, 4/9, 4/10, 4/11, 4/18, 5/23 and 5/25.

<table>
<thead>
<tr>
<th>Class ID</th>
<th>Dates</th>
<th>Days</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>910500 01</td>
<td>3/23-6/1</td>
<td>M</td>
<td>4:15 pm-5:15 pm</td>
<td>$118</td>
</tr>
<tr>
<td>910500 02</td>
<td>3/23-6/1</td>
<td>M</td>
<td>5:30 pm-6:30 pm</td>
<td>$118</td>
</tr>
<tr>
<td>910500 11</td>
<td>3/24-6/2</td>
<td>T</td>
<td>4:15 pm-5:15 pm</td>
<td>$131</td>
</tr>
<tr>
<td>910500 12</td>
<td>3/24-6/2</td>
<td>T</td>
<td>5:30 pm-6:30 pm</td>
<td>$131</td>
</tr>
<tr>
<td>910500 21</td>
<td>3/25-6/3</td>
<td>W</td>
<td>4:15 pm-5:15 pm</td>
<td>$131</td>
</tr>
<tr>
<td>910500 22</td>
<td>3/25-6/3</td>
<td>W</td>
<td>5:30 pm-6:30 pm</td>
<td>$131</td>
</tr>
<tr>
<td>910500 31</td>
<td>3/26-6/4</td>
<td>Th</td>
<td>4:15 pm-5:15 pm</td>
<td>$131</td>
</tr>
</tbody>
</table>

### GIRLS INTERMEDIATE GYMNASICS
6 to 12 years, Gymnastics Center

This 60-minute class is designed to build upon skills gained in Girls Beginning Gymnastics. The skills taught in this class will follow USA Gymnastics Guidelines for level 2 and more advanced skills from level 1. Some skills include handstand forward roll, power hurdle round off, glide swings on bars, bridge kick over and small splits with square hips. Participants in this class must receive consent before enrolling. No classes on 4/6, 4/7, 4/8, 4/9, 4/10, 4/11, 4/18, 5/23 and 5/25.

<table>
<thead>
<tr>
<th>Class ID</th>
<th>Dates</th>
<th>Days</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>910600 01</td>
<td>3/23-6/1</td>
<td>M</td>
<td>5:30 pm-6:30 pm</td>
<td>$118</td>
</tr>
<tr>
<td>910600 11</td>
<td>3/24-6/2</td>
<td>T</td>
<td>4:15 pm-5:15 pm</td>
<td>$131</td>
</tr>
<tr>
<td>910600 31</td>
<td>3/26-6/4</td>
<td>Th</td>
<td>5:30 pm-6:30 pm</td>
<td>$131</td>
</tr>
</tbody>
</table>
BOYS GYMNASTICS
6 to 12 years, Gymnastics Center
This 60-minute class is great for young boys who
are looking to improve their all-around strength
and flexibility through the sport of gymnastics.
Participants will focus on learning gymnastics skills
on floor, vault, high bar and rings. Some skills include
backward roll to stand, handstand forward roll, 10
push-ups and ring support. No classes on 4/6, 4/7,

910800 01 3/23-6/1 M 4:15 pm-5:15 pm $118
910800 21 3/25-6/3 W 4:15 pm-5:15 pm $131
910800 31 3/26-6/4 Th 4:15 pm-5:15 pm $131

TEEN TUMBLING, STRENGTH
& CONDITIONING
12 to 17 years, Gymnastics Center
This 60-minute class is great for teens who
are interested in improving their tumbling, strength and/
or conditioning. Teens will work on floor skills along
with various strength and flexibility activities to
meet the needs of each participant. Participants with
beginning to advanced skills are welcome. Please
bring a water bottle and come ready for a great
workout. No classes on 4/6, 4/7, 4/8, 4/9, 4/10,

910900 11 3/24-6/2 T 6:00 pm-7:00 pm $131
910900 21 3/25-6/3 W 5:45 pm-6:45 pm $131

SPECIAL EVENTS
AT THE GYM
OPEN GYM
10 months to 17 years, Gymnastics Center
Open Gym is an opportunity for Gymnastics
participants to make up a missed class. Open Gym is
also open to all children ages 10 months to 17 years
who want to try out gymnastics for the first time or
just to have fun! Children under the age of 4 years
must be accompanied by an adult on the gym floor.
Gymnastics and Dance Staff will be available for
supervision and fun!

3/20 F 5:30-6:30 pm $6* at the door
6/5 F 5:30-6:30 pm $6* at the door

*Event is free if a participant is currently enrolled and
using Open Gym as a make-up class.

DROP-IN GYM PLAYTIME
1 to 17 years, Gymnastics Center
This will give your child the opportunity to have indoor
gym time. Whether they want to work on gymnastics
skills or jump on the trampoline, it is a great
opportunity to have fun! Children under the age of 4
must be accompanied by an adult on the gym floor.
Please note this does not serve as a make-up class.

4/7 T 10:00-11:00 am $6 at the door
6/9 T 9:30-10:30 am $6 at the door

GYMABILITIES
6 to 12 years, Gymnastics Center
This playtime is designed to help children with
disABILITIES develop gross motor skills, strength,
balance and falling safely, jumping and landing using
basic gymnastics skills and equipment. This playtime
is designed to stimulate both cognitive and motor
development and is scheduled at a time when the
gym is calm to help our students. This playtime
requires active parent or caregiver participation,
which will assist our gymnastics staff in teaching
your child how to follow gymnastics instruction. Our
goal is to help children with disABILITIES learn how
to work in and with a group using a gymnastics class
as a medium. Registration will be accepted at the
door, however, please register in advance.

812110 01 3/4 W 6:45-7:45 pm $10
812110 01 4/27 M 6:45-7:45 pm $10

PARENTS’ NIGHT OUT
6 to 11 years, Gymnastics Center
Parents’ night out or kids’ night in?! Participants
will enjoy a pizza dinner, popcorn and some treats
throughout the night as they watch a current favorite
PG movie, play on the gymnastics equipment, make
crafts and enjoy games. Registration is limited.

812100 01 2/14 6:30-9:30 pm $25
(Registration is $30 day of/at the door)
912100 01 5/8 6:30-9:30 pm $25
(Registration is $30 day of/at the door)
### EARLY EXPLORERS
1.5 to 3 years, Chestnut Park Roundhouse

Early Explorers is an updated version of Creative Playtime. Participants will explore through tactile and sensory play while improving their fine and gross motor skills. Parent participation is required in each class. All siblings must be registered for the class. No class on 3/3.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Start Date</th>
<th>End Date</th>
<th>Day</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>920000 11</td>
<td>2/25-3/31</td>
<td>T</td>
<td>9:30-11:30 am</td>
<td>$100</td>
<td></td>
</tr>
<tr>
<td>920000 12</td>
<td>4/21-6/2</td>
<td>T</td>
<td>9:30-11:30 am</td>
<td>$140</td>
<td></td>
</tr>
<tr>
<td>920000 31</td>
<td>2/27-4/2</td>
<td>Th</td>
<td>9:30-11:30 am</td>
<td>$120</td>
<td></td>
</tr>
<tr>
<td>920000 32</td>
<td>4/23-6/4</td>
<td>Th</td>
<td>9:30-11:30 am</td>
<td>$140</td>
<td></td>
</tr>
<tr>
<td>920000 51</td>
<td>2/29-4/4</td>
<td>Sa</td>
<td>9:30-11:30 am</td>
<td>$120</td>
<td></td>
</tr>
<tr>
<td>920000 52</td>
<td>4/25-6/6</td>
<td>Sa</td>
<td>9:30-11:30 am</td>
<td>$140</td>
<td></td>
</tr>
</tbody>
</table>

### PAINT AND SING PLAYTIME
2.5 to 4 years, Chestnut Park Roundhouse

A fun-filled time for young children and their parents with added special emphasis on an extended musical circle time. Parent participation required. All siblings must be registered for this class.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Start Date</th>
<th>End Date</th>
<th>Day</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>920400 21</td>
<td>2/26-4/1</td>
<td>W</td>
<td>9:30-11:30 am</td>
<td>$126</td>
<td></td>
</tr>
<tr>
<td>920400 22</td>
<td>4/22-6/3</td>
<td>W</td>
<td>9:30-11:30 am</td>
<td>$147</td>
<td></td>
</tr>
</tbody>
</table>

### KIDZ LOVE SOCCER

#### MOMMY/DADDY & ME SOCCER
2 to 3.5 years, Harvest Park

Introduce yourself and your toddler to the world’s most popular sport. As you and your child participate in our fun age-appropriate activities, your child will be developing their large motor skills and socialization skills. The fun happens on the field and in Mommy/Daddy & Me Soccer, parents are part of the action. No class on 5/25.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Start Date</th>
<th>End Date</th>
<th>Day</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>920500 01</td>
<td>2/24-3/30</td>
<td>M</td>
<td>5:30-6:00 pm</td>
<td>$90</td>
<td></td>
</tr>
<tr>
<td>920500 02</td>
<td>4/20-6/1</td>
<td>M</td>
<td>6:00-6:30 pm</td>
<td>$90</td>
<td></td>
</tr>
</tbody>
</table>

#### TOT/PRE SOCCER
3.5 to 5 years, Harvest Park

Little tykes will enjoy running and kicking just like the big kids! Children will have fun and learn the basic techniques of soccer; all while building self-esteem and learning to follow instructions in a nurturing teaching environment. Shin guards are required after the first meeting. No class on 5/25.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Start Date</th>
<th>End Date</th>
<th>Day</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>920501 01</td>
<td>2/24-3/30</td>
<td>M</td>
<td>4:50-5:25 pm</td>
<td>$90</td>
<td></td>
</tr>
<tr>
<td>920501 02</td>
<td>4/20-6/1</td>
<td>M</td>
<td>5:20-5:55 pm</td>
<td>$90</td>
<td></td>
</tr>
</tbody>
</table>

#### SOCCER 1: TECHNIQUES & TEAMWORK
5 to 6 years, Harvest Park

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. Perfect for first-time players while being fun and engaging for kids with some experience. Shin guards are required after the first meeting. No class on 5/25.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Start Date</th>
<th>End Date</th>
<th>Day</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>920502 01</td>
<td>2/24-3/30</td>
<td>M</td>
<td>4:00-4:45 pm</td>
<td>$90</td>
<td></td>
</tr>
<tr>
<td>920502 02</td>
<td>4/20-6/1</td>
<td>M</td>
<td>4:30-5:15 pm</td>
<td>$90</td>
<td></td>
</tr>
</tbody>
</table>
EQUINE STUDIES AFTERSCHOOL
7 to 12 years, Pine Trails Ranch
Does your child enjoy horses and animal science? This beginner class teaches safety around horses, basic horse anatomy, placement and fit of the saddle for the horse and rider and safe mounting and dismounting of the horse while riding. Students will then go on to learn gaits of the horse and how to communicate with the horse through signals to ask for walk, trotting and the basic needs of the horse. The facility has a covered arena. For more information, please visit www.ptranch.com. Transportation is not included.

OPEN GYM PROGRAM
Davis High School - North Gym
Saturdays, 4:00 – 7:00pm
Badminton/Basketball (All ages)
Adults $5.00
17 and under $2.00
Saturdays, 7:00 – 9:00pm
Various activities
Grades 9-12 ONLY $2.00
Sundays, 1:30 – 3:30pm
Badminton Only (All ages)
Adults $5.00
17 and under $2.00
Under 10 years needs to be accompanied by a paying adult. BYOE, bring your own equipment.

BATTING CAGES
The batting cages are located behind field 2 at Playfields Park in South Davis. Tokens are $1 for 15 pitches. Bats and helmets are available at no additional cost. Hours are subject to change due to extreme heat or rain. For up to date weather closures, please call the Playfields Hotline at (530) 757-5628. The cages will reopen late-February, depending on weather conditions. Please check online for current hours.

Hours of Operation Effective Upon Opening
Monday-Friday 5:00-9:30 pm
Saturday-Sunday 11:00 am-5:00 pm

BATTING CAGE RENTALS
The batting cages are available for private rental by request during normal hours of operation. Use the time to reserve specific cages for practice, host a team building activity or birthday party! Fees are $15 per 30 minutes per cage. To make a reservation please contact the Program Coordinator, Michael Cirelli at mcirelli@cityofdavis.org.

SKATE PARK
The Skate Park, located at Community Park, is available for use by BMX bikers, skateboarders and in-line skaters. All users are expected to respect other users; especially those with less advanced abilities. Proper safety gear (helmets, elbow pads and knee pads) must be worn by all users. In additional all in-line skaters must wear wrist guards.

JAPANESE TAIKO DRUMMING
This is an energetic class that introduces participants to the fundamentals of playing Taiko, including the basic skill, form, movement and rhythm patterns. In addition, participants will explore the rich history and traditions of this ancient Japanese art form. A $20 material for drumsticks (bachi) and earplugs are due on the first day of class.

LEVEL II TAIKO
8 years and up, Chestnut Park Roundhouse
Level II is a continuation of the Introduction class. Students will learn new techniques, forms and songs. No class on 4/10.

INTERMEDIATE TAIKO
8 years and up, Chestnut Park Roundhouse
This class will review the basics of Taiko and progress to more challenging concepts. Open to students with instructor consent. No class on 4/10.
SPRING BREAK SAFARI
6 to 12 years, Redwood Community Bldg
Looking for some fun and excitement during Spring Break? Problem solved! We’re offering a week-long camp that includes organized games, arts and crafts, cooking, outdoor and indoor games and a trip to Sky High in Sacramento. Fee includes all activities and field trips.
930200 01 4/6-4/10 M-F 8:00 am-6:00 pm $185

PINE TRAILS RANCH HORSE CAMP
7 to 13 years, Pine Trails Ranch
This 5-day camp includes learning about riding horses, horse care, and fun. Each day campers will learn to prepare their horses for riding and care of their horses including bathing, markings and identification, colors, saddle care and safety checks. Half the day is spent riding, and the other half is horse care such as first aid, what horses eat, and one-day riders will also ride bareback!

There are two levels: a Beginners course (which requires little to no riding experience) riders will start with just walking and an Advanced Beginners’ course (which requires previous experience posting trot or trotting patterns) riders will go over posting at the trot and steering patterns.

Participants need to wear sturdy shoes and long pants. Pine Trails Ranch will provide boots and helmets to those who do not have their own. The facility has a covered arena. For more information, please visit www.ptranch.com. Transportation is not included.

BEGINNERS
930320 01 4/6-4/10 M-F 8:30 am-3:00 pm $380
ADVANCED BEGINNERS
930320 02 4/6-4/10 M-F 8:30 am-3:00 pm $380

PLAY-WELL LEGO® ENGINEERING
LEGO® INTRO TO STEM
5 to 6 years, Veterans Memorial Center
Let your imagination run wild with tens of thousands of LEGO® parts! Build engineer-designed projects such as trains, helicopters and treehouses. Design and build as never before and explore your craziest ideas with the guidance of a Play-Well instructor.
931400 01 4/6-4/10 M-F 9:00 am-12:00 pm $188

LEGO® STEM CHALLENGE
7 to 12 years, Veterans Memorial Center
Level up your engineering skills with Play-Well TEKnologies and tens of thousands of LEGO® parts! Apply real-world concepts in physics, engineering and architecture through engineer-designed projects such as gondolas, merry-go-rounds and scissor-lifts. Design and build as never before and explore your craziest ideas.
931400 02 4/6-4/10 M-F 1:00-4:00 pm $188
MAD SCIENCE CLASSES

CRAZY CHEMWORKS
6 to 12 years, Veterans Memorial Center
Get ready to lose your mind in the vast and exciting world of chemistry! This camp is full of reactions, observations, concoctions, perplexions, digestions, and reflections. You will challenge your friends in a labware game, combat evaporation, be amazed at the awesome power of glue technology and trigger some shocking chemical reactions.

931600 01  4/6-4/10  M-F  9:00 am-12:00 pm  $179

FLIGHT ACADEMY
6 to 12 years, Veterans Memorial Center
It’s a bird! It’s a plane! No, it’s...everything from the earliest flying machines to the first rocket flights. This hands-on program will let you learn all about aerodynamics and the world above us. Explore the basic principles of flight, build airplanes, test them in wind tunnels, ride a hovercraft and construct balloon-copters. Discover the mysteries of the galaxy, learn about celestial navigation, and take home a rocket that you have built yourself.

931600 02  4/6-4/10  M-F  1:00 pm-4:00 pm  $179

MIRROR IMAGE DANCE COMPANY

DANCE CAMP
5 to 8 years, 2121 2nd Street, Suite A-106
The MIDC spring break dance camp is a fun week full of choreography, acro-dance, games and technique with a final performance on Friday for parents! No experience required and all levels welcome. Dancers should have their hair pulled back, fitted clothing for movement, extra set of clothes, water bottle, lunch and snack.

931700 01  4/6-4/10  M-F  9:00 am-4:00 pm  $250

PAINTBALL PLAYERS WANTED.
NO EXPERIENCE NECESSARY.

At Davis Paintball, we take fun to the next level. Our expert staff are dedicated to providing an adrenaline-filled experience in a safe and friendly environment. We now offer a low-impact paintball, that still provides the same thrills as traditional paintball. Great option for those new to paintball. Paintball is the perfect activity for a birthday party, team building, or just for fun! Check out our party packages and different styles of paintball at www.davispaintball.com. Summer Camp coming in Summer 2020

*This is a paid advertisement
SUMMER REGISTRATION IS AROUND THE CORNER!

OUTDOOR EDUCATION CAMPS: HORSE CAMP, CAMP PUTAH & TREKKERS

Priority registration for Outdoor Education Camps begins on Tuesday, March 3 at 8:00 am:

- Priority registration is for Davis residents ONLY. Children must reside within the DJUSD boundaries.
- Camp enrollment is limited to one week, per program, per eligible child. This includes wait list enrollment.
- Online and in-person registration ONLY.
- Priority registration closes on Friday, March 6 at 5:00 pm.

SUMMER CAMPS: ALL YOUTH SUMMER ACTIVITIES, CAMPS AND CLASSES OPEN

General registration opens Tuesday, March 10 at 8:00 am:

- All youth summer activities and classes open.
- General registration is open to both Davis residents and non-residents.
- Any remaining spaces for Outdoor Education camps will be available on a first-come, first-served basis.
- Online and in-person registration will be accepted. Mail-in registration will not be guaranteed.
- Phone registration will begin on Tuesday, March 24 at 8:00 am. A current liability waiver must be on file.

Tips for a smooth registration:

First off, thank you for registering for our programs! Here are some helpful tips for registering for summer programs.

- Make sure your online registration household information is up to date and works! Email us at Registration@cityofdavis.org if you need to have your password reset.
- Remember that wait list enrollment counts towards enrollment during Outdoor Education registration, be careful what you select!
- Participants cannot be enrolled in a week of camp and on a waiting list enrollment for the same week of camp. Pick your preference!
Teen Classes
Spring 2020
BABYSITTER TRAINING
11 to 16 years, Senior Center
Learn the information and skills necessary to provide safe and responsible care for children in the absence of adults. Participants learn and practice Child & Infant CPR, rescue breathing, choking rescue, preventing disease transmission, and first aid. Participants must be at least 11 years old by the last day of the course. Upon successful completion, participants will receive Babysitter Training, Child/Infant CPR & First Aid Certification.

Participants learn how to:
• Perform basic child-care skills, such as diapering and feeding
• Handle bedtime and discipline issues
• Identify safety hazards and prevent injuries
• Communicate effectively with parents
• Find and interview for babysitting jobs

FLAG FOOTBALL
16 years and up, Playfields Park
The NFL season may be over but you and your friends can still enjoy some football on Sundays with our Spring Adult Flag Football league. This 5-on-5, non-contact league is a 6-game season and will play at Playfields Park on synthetic turf, rain or shine!

UNIVERSITY OF YOU
12 to 18 years, Veterans Memorial Center
There’s so much to know and do as an adult, but how do you learn it before you grow up? Here’s a chance to get a head start and be better prepared for all that life throws at you. This half-day series will provide an overview of those things you need to know to be a successful and responsible “grown-up.” Light refreshments will be provided.

SO-CAL COLLEGE SAFARI
Grades 9-12
Take the hassle and worry away from touring colleges this spring. This college adventure offers participants a first-hand look at some of the best schools that southern California has to offer. Not only do our trip leaders organize college tours, they will guide participants though all aspects of each campus including housing, dining, academics and student life. SoCal Safari helps students get a better sense of what higher education has to offer and hopefully, allows them to narrow down their choices or come up with new ones! Below are a few colleges that have been visited in previous trips:

UC Santa Cruz, Cal Poly, SLO, UC Santa Barbara, UCLA, University of Southern California

INFORMATION NIGHT: Thursday, January 16, 7-8 pm at the Veterans Memorial Center.

New payment option: Secure your spot by paying 50% deposit by 1/31 and pay the remaining balance by 3/2. No refunds after 2/21.

A pre-trip meeting will be held the week before the trip departs. For the purposes of our refund/transfer policy, the first date of this program is considered the pre-trip meeting.
ADAPTIVE RECREATION
ABOUT ADAPTIVE RECREATION (AD REC)
Since 1973, the City of Davis has provided recreational opportunities for children, teens and adults with a wide variety of abilities, disabilities and diagnoses. Year-round outings offer participants the opportunity to hone social skills, broaden recreation interests and develop life-long friendships. Ad Rec also provides support staff to assist participants in a variety of recreation programs.

NEED MORE INFO?
For questions regarding Adaptive Recreation, to find out about the intake process, or to learn about additional activities and events, please contact Program Coordinator Heather Everett at (530) 757-5694 or heverett@cityofdavis.org.

ACTIVITIES & PROGRAMS

AD REC - BOWLING
13 years and up, UC Davis Memorial Union
Bowling takes place at the Games Area in the UCD Memorial Union, 1 Shields Ave., below the UCD Bookstore. Bowlers meet staff in the lobby of the Games Area. Bowlers need to bring $16 in cash for two games and an additional $4 in cash if they need to rent shoes. At the end of bowling, staff escort bowlers to the Tennis Courts (Howard Way) where they meet their transportation arrangements to be taken home (bike, bus, or picked up by parent/care provider).

<table>
<thead>
<tr>
<th>Activity ID</th>
<th>Date/Time</th>
<th>Description</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>960000 01</td>
<td>2/3</td>
<td>M 4:30-6:00 pm</td>
<td>$18</td>
</tr>
<tr>
<td>960000 02</td>
<td>2/10</td>
<td>M 4:30-6:00 pm</td>
<td>$18</td>
</tr>
<tr>
<td>960000 03</td>
<td>2/24</td>
<td>M 4:30-6:00 pm</td>
<td>$18</td>
</tr>
<tr>
<td>960000 11</td>
<td>3/2</td>
<td>M 4:30-6:00 pm</td>
<td>$18</td>
</tr>
<tr>
<td>960000 12</td>
<td>3/9</td>
<td>M 4:30-6:00 pm</td>
<td>$18</td>
</tr>
<tr>
<td>960000 13</td>
<td>3/16</td>
<td>M 4:30-6:00 pm</td>
<td>$18</td>
</tr>
<tr>
<td>960000 14</td>
<td>3/30</td>
<td>M 4:30-6:00 pm</td>
<td>$18</td>
</tr>
<tr>
<td>960000 21</td>
<td>4/13</td>
<td>M 4:30-6:00 pm</td>
<td>$18</td>
</tr>
<tr>
<td>960000 22</td>
<td>4/20</td>
<td>M 4:30-6:00 pm</td>
<td>$18</td>
</tr>
<tr>
<td>960000 23</td>
<td>4/27</td>
<td>M 4:30-6:00 pm</td>
<td>$18</td>
</tr>
<tr>
<td>960000 31</td>
<td>5/4</td>
<td>M 4:30-6:00 pm</td>
<td>$18</td>
</tr>
<tr>
<td>960000 32</td>
<td>5/11</td>
<td>M 4:30-6:00 pm</td>
<td>$18</td>
</tr>
<tr>
<td>960000 33</td>
<td>5/18</td>
<td>M 4:30-6:00 pm</td>
<td>$18</td>
</tr>
</tbody>
</table>

AD REC ADULT GAME NIGHT
18 years and up, Senior Center
This is a casual evening with a mixture of board games, ping pong, Wii, crafts, puzzles and coloring. Our focus is on fun and friendships. Participants take turns providing a light snack for the group. Feel free to leave when you want; participants who stay until 9:30 pm will be transported home (Davis residents only). Have a game or puzzle you want to share? Bring it along!

<table>
<thead>
<tr>
<th>Activity ID</th>
<th>Date/Time</th>
<th>Description</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>960100 11</td>
<td>3/20</td>
<td>F 7:00-9:30 pm</td>
<td>$20</td>
</tr>
<tr>
<td>960100 31</td>
<td>5/29</td>
<td>F 7:00-9:30 pm</td>
<td>$20</td>
</tr>
</tbody>
</table>

AD REC ADULT EVENTS AND TRIPS
18 years and up, Off-Site Facility
This on-the-go group enjoys the movies, going out to eat, dancing and watching sporting events. Every month Ad Rec has something fun planned, check out the monthly calendar for more information about these events.

<table>
<thead>
<tr>
<th>Activity ID</th>
<th>Date/Time</th>
<th>Description</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>960200 01</td>
<td>2/9</td>
<td>Su 5:00-8:00 pm</td>
<td>$18</td>
</tr>
<tr>
<td>960200 13</td>
<td>3/8</td>
<td>Su 12:00-6:00 pm</td>
<td>$35</td>
</tr>
<tr>
<td>960200 12</td>
<td>3/13</td>
<td>F 7:00-9:30 pm</td>
<td>$15</td>
</tr>
<tr>
<td>960200 14</td>
<td>3/21</td>
<td>Sa 5:00-9:00 pm</td>
<td>$35</td>
</tr>
<tr>
<td>960200 15</td>
<td>3/28</td>
<td>Sa 1:00-5:00 pm</td>
<td>$30</td>
</tr>
<tr>
<td>960200 21</td>
<td>4/4</td>
<td>Sa 1:00-4:00 pm</td>
<td>$30</td>
</tr>
<tr>
<td>960200 22</td>
<td>4/19</td>
<td>Su 12:00-6:00 pm</td>
<td>$50</td>
</tr>
<tr>
<td>960200 25</td>
<td>4/24</td>
<td>F 5:00-11:00 pm</td>
<td>$45</td>
</tr>
<tr>
<td>960200 32</td>
<td>5/3</td>
<td>Su 8:00 am-6:00 pm</td>
<td>$50</td>
</tr>
<tr>
<td>960200 33</td>
<td>5/15</td>
<td>F 5:30-8:00 pm</td>
<td>$20</td>
</tr>
</tbody>
</table>

AD REC TEENS’ NIGHT OUT (TNO)
13 to 21 years, Senior Center
Calling all teens-come hang out with your friends on select Friday nights! Dance or play games on the Wii, put a puzzle together, make a craft, learn new leisure skills, have a snack, watch a movie, these are just some of the things we do at TNO. Join our email list to see what we offer. We ALWAYS have fun!

<table>
<thead>
<tr>
<th>Activity ID</th>
<th>Date/Time</th>
<th>Description</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>960400 01</td>
<td>2/7</td>
<td>F 6:30-9:30 pm</td>
<td>$26</td>
</tr>
<tr>
<td>960400 11</td>
<td>3/6</td>
<td>F 6:30-9:30 pm</td>
<td>$26</td>
</tr>
<tr>
<td>960400 21</td>
<td>4/3</td>
<td>F 6:30-9:30 pm</td>
<td>$26</td>
</tr>
<tr>
<td>960400 31</td>
<td>5/8</td>
<td>F 6:30-9:30 pm</td>
<td>$26</td>
</tr>
</tbody>
</table>
The City of Davis welcomes volunteers of all ages and backgrounds to engage in volunteer activities. This is an opportunity for individuals and groups to make an impact in the community. Volunteerism plays an important role in building relationships within the community and makes Davis an even better place to live and play! The city offers a wide variety of volunteer opportunities, from one-time events to on-going activities. Volunteerism is a great way to promote civic responsibility and community pride.

CONTACT

Kellie Vitaich
Volunteer Program Coordinator
(530) 747-5874
KVitaich@cityofdavis.org

VOLUNTEER OPPORTUNITIES

governmentjobs.com/careers/davis/transferjobs

VoLEARNnteer PROGRAMS

ADOPT-A-PARK

Established in July 1998, Adopt-A-Park is an educational and community service program that recruits and trains individuals and groups to assist in the general care and maintenance of neighborhood parks, greenbelts and other public open spaces. Volunteers are asked to provide a minimum of 1-2 hours per week, or 8 hours per month at the adopted area. Groups or individuals are asked for a minimum of one (1) year commitment to the adopted area.

CHIP-IN!

Members of the community volunteer their time to maintain, restore and enhance their neighborhood parks and natural areas on designated dates throughout the year. Parks & Open Space staff pre-select locations needing extra help and solicit volunteers for a variety of tasks. CHIP-IN! service days are typically from 8:00 a.m. to 12:00 p.m., on select Saturdays, February through October.

PARK VOLUNTEER

Whether you’re an avid gardener, a scout looking for a community service project, or a community organization looking for ways to improve the community, we have a volunteer opportunity that is sure to fit what you are looking for. Short or long term projects are available.

SENIOR CENTER VOLUNTEER

Volunteer opportunities include helping with special events, assisting with ongoing programs and activities, and much more. Help us organize a dance or take a walk with us!

URBAN FORESTRY NURSERY VOLUNTEER

Perform a variety of duties in the urban forest nursery including, but not limited to nursery stock watering, nursery irrigation repairs and maintenance, structure pruning of young trees before planting (training required), cleaning and organizing the nursery, tree inventory tracking, receiving bare root trees at the nursery, potting and root pruning bare root trees.

URBAN FORESTRY_MULCHING PROJECT VOLUNTEERS

Tree well mulching and weeding for park trees helps to conserve water and control weeds in the tree well. Volunteers will apply a four–inch to six–inch deep organic mulch around the tree. Work can be performed individually or in groups with event coordination. This is a good project for the Fall & Spring seasons.

DAVIS DAY OF SERVICE

Saturday, April 25, 2020, 8:00 am-12:00 pm

Individuals, families and groups are welcome to participate in volunteer projects that will benefit schools, parks and non-profit organizations in the Davis community. More information will be posted on the City’s website in late February 2020.

GROUP PROJECTS

Many of our volunteer opportunities are good for groups looking to enhance their community. Contact the Volunteer Program Coordinator to join an existing effort or to set up a custom volunteer project.
ADULT SOFTBALL

The Spring Adult Softball League is a nine game season. Games are played at either Playfields or Community Park. All teams play in the evenings. Men's leagues use two umpires each; coed leagues use one. In addition to team fees, teams will pay a $50 non-resident fee if 6 or more players reside outside Davis city limits. All games canceled due to inclement weather will be rescheduled at the end of the season. A $30 fee is charged for USA Softball registration for all teams.

Spring softball registration is on a first come, first-served basis. Teams that wish to register must have a current liability waiver on file before registering in person at the Parks and Community Services office or over the phone by calling (530) 757-5626 (option 2).

USA REGISTRATION

All teams must join the United Softball Association (USA) and pay the annual registration fee.

ADULT BASKETBALL

Community Gym @ Davis High School

Team registration will be accepted until 5:00 pm on Friday, January 24. A lottery will be held if there are more teams than spaces available. Each team will play 6 games, depending on the number of teams that register. There are no refunds on adult sport leagues.

35+ YEARS AND UP
970300 01 3/2-4/6  M  7:00-9:00 pm  $300

18 YEARS AND UP
970300 02 2/18-3/24  T  7:00-9:00 pm  $300

ADULT DROP-IN OPEN GYM

Davis High School, Community Gym

Basketball
Thursday, 7:30-9:30 pm
$5 per person per night

Volleyball
Wednesday, 8:00-11:00 pm
Sunday, 4:00-7:00 pm
$7 per person per night

BATTING CAGE RENTALS

The batting cages are available for private rental by request during normal hours of operation. Use the time to reserve specific cages for practice, host a team building activity or birthday party! Fees are $15 per 30 minutes per cage. To make a reservation please contact the Program Coordinator, Michael Cirelli at mcirelli@cityofdavis.org.

ADULT FLAG FOOTBALL

16 years and up, Playfields Park

The NFL season may be over but you and your friends can still enjoy some football on Sundays with our Spring Adult Flag Football league. This 5-on-5, non-contact league is a 6-game season and will play at Playfields Park on synthetic turf, rain or shine!

ADULT DROP-IN OPEN GYM

Davis High School, Community Gym

Basketball
Thursday, 7:30-9:30 pm
$5 per person per night

Volleyball
Wednesday, 8:00-11:00 pm
Sunday, 4:00-7:00 pm
$7 per person per night

BATTING CAGE RENTALS

The batting cages are available for private rental by request during normal hours of operation. Use the time to reserve specific cages for practice, host a team building activity or birthday party! Fees are $15 per 30 minutes per cage. To make a reservation please contact the Program Coordinator, Michael Cirelli at mcirelli@cityofdavis.org.

ADULT BASKETBALL

Community Gym @ Davis High School

Team registration will be accepted until 5:00 pm on Friday, January 24. A lottery will be held if there are more teams than spaces available. Each team will play 6 games, depending on the number of teams that register. There are no refunds on adult sport leagues.

35+ YEARS AND UP
970300 01 3/2-4/6  M  7:00-9:00 pm  $300

18 YEARS AND UP
970300 02 2/18-3/24  T  7:00-9:00 pm  $300

ADULT DROP-IN OPEN GYM

Davis High School, Community Gym

Basketball
Thursday, 7:30-9:30 pm
$5 per person per night

Volleyball
Wednesday, 8:00-11:00 pm
Sunday, 4:00-7:00 pm
$7 per person per night

BATTING CAGE RENTALS

The batting cages are available for private rental by request during normal hours of operation. Use the time to reserve specific cages for practice, host a team building activity or birthday party! Fees are $15 per 30 minutes per cage. To make a reservation please contact the Program Coordinator, Michael Cirelli at mcirelli@cityofdavis.org.
FITNESS FLEX PASS CLASSES

FITNESS FLEX PASS
18 years and up

The Fitness Flex Pass gives you a drop-in option for some of the fitness classes the City of Davis has to offer. Pick and choose which classes and dates work best with your schedule, try a new class or continue with your favorite!

The Fitness Flex Pass applies to the following classes:

PM Aerobics; Sunrise Step, Tone & Stretch; and Yoga Meditation for Stress Relief. Not all classes are offered every season. No classes on 2/17 and 5/25

$10 for 1 class*, $45 for 5 classes*, $85 for 10 classes*, $155 for 20 classes*

*Non-resident fees apply

- You must bring your Fitness Flex Pass with you to participate in class.
- The Fitness Flex Pass is non-refundable and non-transferable.
- Please arrive 5 minutes early to have your card punched by staff.
- Fitness Flex Pass may be purchased online, at the Parks and Community Services Office and at the Davis Senior Center.
- Fitness Flex Pass may only be used by the individual named on the pass.
- Classes are subject to change based on attendance and instructor availability; updates are sent via email. Be sure your email address is on file.
- Satisfaction Guarantee does not apply.
- Fitness Flex Passes have no expiration!

SPRING FITNESS FLEX PASS CLASS SCHEDULE

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sunrise Step, Tone &amp; Stretch 6:00-7:00am</td>
<td>Sunrise Step, Tone &amp; Stretch 6:00-7:00am</td>
<td>PM Aerobics 6:30-7:30pm</td>
<td>PM Aerobics 6:30-7:30pm</td>
<td>Sunrise Step, Tone &amp; Stretch 6:00-7:00am</td>
</tr>
<tr>
<td>Yoga Meditation 5:30-6:30pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**PM AEROBICS**
Senior Center, TTH 6:30 – 7:30 pm
Enhance your health and wellness. This evening class features stretching, warm-ups and a 25-30 minute cardiovascular aerobic cross-training segment which includes interval training, weight training, step work and low-impact aerobics. Class ends with a cool down and relaxation.

**SUNRISE STEP, TONE & STRETCH**
Senior Center, MWF 6:00 – 7:00 am
A great way to start your day. Class includes a warm-up, stretches, a 30-35 minute aerobic cardiovascular cross-training, cool down and relaxation.

**YOGA & MEDITATION FOR STRESS RELIEF**
Senior Center, M 5:30-6:30 pm
This class explores yoga as a meditation in movement, poses flowing with the breath and awareness centered in the heart, and joins the physical (core strength, deep stretching, precision alignment), with the meditative (conscious breathing, mindfulness, inner body awareness, inquiry into the veracity of stressful thoughts).

The City of Davis reserves the right to cancel and/or modify the Fitness Flex Pass program in future seasons as necessary.
Pioneer Park was honored as an Adult Fitness National Demonstration Site. Pioneer Park follows the four elements of a well-rounded workout, offering equipment to promote:

1. Aerobic fitness
2. Muscle development
3. Core Strength
4. Balance and flexibility

Pioneer Park also promotes the benefits of working out in an outdoor environment, which research has shown to increase the time spent exercising and the frequency exercise sessions.

Pioneer Park received two additional National Demonstration Site designations for NatureGrounds and Play On!

For more information on National Demonstration Sites and the research based best practices, visit: https://www.playcore.com/nds

OUTDOOR FITNESS EXERCISE EQUIPMENT LOCATIONS:

- Arroyo Park
- Harvest Park at the Cannery
- Oxford Circle Park
- Pioneer Park
- Walnut Park
ADULTS 50+
THE DAVIS SENIOR CENTER

A PLACE OF POSSIBILITIES

The Davis Senior Center is a community focal point for recreational, social and supportive services for adults 50+ and their family members. There is no membership fee to participate in the Senior Center activities, and many of our activities are offered for free. Most classes are open to adults 18+.

Stop by and visit us, call or email!
Monday-Friday 9:00 am-4:00 pm (closed on weekends and designated holidays)

Davis Senior Center
646 A Street (on the corner of 7th and A Street)
(530) 757-5696
seniorservices@cityofdavis.org

SIGN UP FOR OUR MONTHLY NEWSLETTER

To subscribe to our online monthly newsletter, The Scene, or for a free monthly calendar of events, drop by the Davis Senior Center during regular office hours or go online at www.cityofdavis.org/seniorservices.

DROP IN PROGRAMS

The senior Center offers a variety of “drop in” programs. To learn more, stop by or call (530) 757-5696.

Bingo
Connections Café
Friday Films
Hem & Haw
Live Music
Mah Jongg
Table Tennis
Sing Along
Watercolor

Chinese Culture Club
Duplicate Bridge
Genealogy
Knit Night
Mac Users Group
Open Art Studio
Project Linus
Social Bridge
Studio Group

REGISTRATION DATES FOR ADULTS 50+

CLASSES

February 4, 2020
for March, April, May, June
May 12, 2020
for July, August, September
August 11, 2020
for October, November, December
November 10, 2020
for January 2021, February 2021, March 2021

DONATE ONLINE

Visit SRCF at www.sacregcf.org, specify your fund preference (Davis Senior Services Endowment Fund and/or Davis Senior Services Improvement Fund) and donate.

DONATE BY MAIL

Send a check and specify which fund:

Yolo Community Foundation
P.O. Box 1264
Woodland, CA 95776
**SUPPORT SERVICES**

**DAVIS COMMUNITY TRANSIT (DCT)**
DCT provides a shared ride origin-to-destination service for eligible customers within Davis city limits. Eligible customers are individuals who have a qualifying disability under the Americans with Disabilities Act of 1990 (ADA). For registration forms or more information call DCT at (530) 747-8240.

**VETERANS SERVICES**
A representative from the Veterans Service office offers resources on a variety of topics. Call the Veterans Service office at (530) 406-4850 for more information.

**DIANNE HINSZ MEMORIAL SCHOLARSHIPS**
Scholarships are available to pay for senior center classes for those who can’t afford it. To be eligible, your annual income must be below $29,150 for an individual or $33,300 for couples.

**FOOD DISTRIBUTION**
3rd Wednesday at 11:00 am
The Yolo County Food Bank offers a Federal Food Distribution program at the Davis Senior Center. This free program provides food items, such as peanut butter, meats, canned goods and seasonal items to qualified families and individuals. Food items vary and supplies are subject to change. For more information on income and eligibility criteria, call Yolo County Food Bank at (530) 668-0690 or (800) 621-3086.

**INFORMATION & ASSISTANCE**
The Davis Senior Center can help guide you through the maze of programs and services available to older adults such as health insurance counseling, legal assistance, tax assistance, caregiver resources and much more. For more information, call (530) 757-5696.

**ONSITE LUNCH & MEALS ON WHEELS**
Monday-Friday at 11:30 am
Meals on Wheels of Yolo County provides an on-site meal at the Davis Senior Center and a delivery service to homebound adults. For more information, call (530) 747-5870. Call no later than 12:00 noon the day before for lunch reservations. Suggested donation is $4.00 for adults 60 years or older, and $7.00 for guests under 60 years, unless accompanied by a senior spouse.

**UNITRANS**
Unitrans provides a fixed-route service and has varying route schedules based upon the UC Davis operating schedule. Free bus passes are available to riders 60 years or older and can be obtained at the Davis Senior Center. For more information on Unitrans routes and schedules call (530) 752-2877.
SUPPORT GROUPS

DEMENTIA CAREGIVERS GROUP
3rd Wednesday of each month at 10:00 am

MEN’S SOCIAL GROUP
4th Wednesday of each month at 10:00 am

PARKINSON’S CARE PARTNERS SUPPORT
2nd Thursday of each month at 1:30 pm

PARKINSON’S SUPPORT
3rd Thursday of each month at 1:30 pm

PERIPHERAL NEUROPATHY
2nd Tuesday of each month at 3:30 pm

ACTIVITY GROUPS

CHINESE CULTURE CLUB
2nd and 4th Fridays at 12:30 pm
This group celebrates Chinese culture through games, film, art and socializing. Everyone is welcome.

DAVIS DYNAMOS WALKERS
1st Tuesday at 6:30 pm, Alternating Months
This group is affiliated with the National Volkssport Association and organizes non-competitive walks primarily in Yolo County. Come for fun and fellowship. All ages and abilities welcome! For more information on walks and meeting dates, contact Jo Ann Pelz at (530) 756-2315 or djpelz@gmail.com.

DAVIS GENEALOGY CLUB
3rd Tuesday at 1:00 pm-General Meeting
This group assists and maintains the Senior Center’s extensive Genealogy Library, as well as hosting monthly lectures and meetings. The library hours are Wednesdays and Fridays from 1:00-4:00 pm. Volunteers are available to assist you with your family tree questions.

FRIDAY FILMS
Fridays at 12:15 pm
From old favorites to new releases, come watch great movies for free!

MAC USERS GROUP
2nd Tuesday at 6:30 pm
The Mac Users discussion group can assist you with learning about the latest technology and gaining advice from others in the community.

TABLE TENNIS
Tuesday/Thursday from 12:00 pm-1:00 pm
Table Tennis is played on meeting tables, and is a drop-in activity. Casual and lots of fun!

SENIOR CITIZEN COMMISSION
2nd Thursday at 2:30 pm
Community Chambers at City Hall
23 Russell Blvd.

This Commission is appointed by the Davis City Council and serves as an advisory body to Council on policies and programs which serve older adults. Meetings are open to the public. For more information call the Senior Center at (530) 757-5696 or go online at www.cityofdavis.org.
MUSIC & DANCE

INTERNATIONAL FOLK DANCING
18 years and up, Senior Center

The emphasis of this beginning level class is on folk dances to improve balance, motor coordination and social interaction. Consider it “dancing as exercise.” No partner needed.

322000 02 2/4-2/25 T 10:30-11:30 am $21
322000 03 3/3-3/31 T 10:30-11:30 am $27
322000 04 4/7-4/28 T 10:30-11:30 am $21
322000 05 5/5-5/26 T 10:30-11:30 am $21

LIVE MUSIC AND MORE...
1st and 3rd Fridays from 2:15-4:00 pm

This is a great opportunity to listen to our volunteer band “Music from the Back Room.” Enjoy the live music, chat with friends, and meet or dance with UC Davis student groups. This is a free, drop-in activity.

SING-ALONG
1st Wednesday from 4:20–5:20 pm

Do you like to sing? Meet monthly for a 1-hour “Sing-along” led by local pianist, Nadja Garrod. The group sings to a wide array of tunes, including folk songs, popular music and show tunes. No experience needed. Just bring your voice and a desire to have fun. Lyrics are projected on a large screen.

UKULELE
18 years and up, Senior Center

Learn to play this fun instrument in a relaxed setting. The Beginning class will teach strumming, chord formation and simple songs. Those with prior experience are also welcomed in the Advanced Beginning class where expanded skills will be taught. Students should bring a ukulele on the first day. Call for dates and times (530) 757-5696.

ZUMBA
18 years and up, Senior Center

Zumba will get your hips and feet moving through a combination of dance steps such as merengue, reggae tone and salsa. Zumba also incorporates fitness exercises such as bicep curls and knee lifts.

321000 02 2/7-2/28 F 12:30-1:15 pm $22
321000 03 3/6-3/27 F 12:30-1:15 pm $22
321000 04 4/3-4/24 F 12:30-1:15 pm $22
321000 05 5/1-5/29 F 12:30-1:15 pm $28

PROGRAMS

AARP DRIVER SAFETY PROGRAM

Designed for motorists ages 50 years or better. The course provides a chance to refresh the “rules of the road,” in addition to providing tips on how to handle adverse driving conditions, traffic hazards and learning the effects of aging and medications on your driving abilities. The course is offered in two 4-hour sessions and attendance is required on both days in order to receive a DMV certificate which may provide a 3-year deduction in your auto insurance premiums. The class fee is $15 or $20 payable to AARP. Advanced registration is required. A one-day refresher course is also available for those who have completed the initial course within the past three years. Please contact the Senior Center office at (530) 757-5696 for dates and times.

CONNECTIONS CAFÉ
1st and 3rd Mondays, 6:00–8:00 pm

Receive one-on-one tutoring, meet new friends or try out iPads, smart phones, e-readers and netbooks.

DAVIS TRAVELAIRES
Tuesdays, Wednesdays and Thursdays, 10:00 am to 2:00 pm

Davis Travelaires is a non-profit travel organization that provides local, national and international travel opportunities for mature adults. For more information call (530) 753-4159 or go online www.davistravelaires.org.

HOW TO FALL
50 years and up, 2795 Second Street, Suite 200

Falling can pose a serious risk of injury, and the fear of falling can increase our chances of a fall. Learn the right way to fall and create a “fall action plan.” Practice and acquire techniques to help minimize the impact, prevent severe injury and reduce your fear. Participants should wear comfortable clothing and be prepared to squat, roll onto mats and move on the floor. This class will be adventurous and practical.

317000 03 3/19 Th 2:00-4:00 pm $21
317000 04 4/16 Th 2:00-4:00 pm $21
317000 05 5/21 Th 2:00-4:00 pm $21
MEMOIRS
50 years and up, Senior Center
Start a permanent record of the most memorable moments of your life. Group members will learn the how-to’s of selecting, organizing, writing and editing their treasured memoirs into a collection of the times of their lives.

SATURDAY CLUB RESPITE
2nd and 4th Saturdays, 10:00 am–3:00 pm
In partnership with Citizens Who Care, this program provides caregivers a five-hour break while also providing a healthy lunch and stimulating activities for the program participants. For more information, please call Citizens Who Care at (530) 758-3704.

TECHNOLOGY TUTORING
Receive free personalized computer instruction conducted by volunteers. Whether you wish to set up an e-mail account, learn to surf the Web, or simply perfect your ability to generate documents, our computer tutors can help. Call (530) 757-5696 for appointment dates and times.

GAMES
MAH-JONGG
Mondays at 12:00 pm
DUPLICATE BRIDGE
Mondays at 12:15 pm
SOCIAL BRIDGE
Mondays at 6:00 pm
BINGO
Thursdays at 12:30 pm
Hosted by Davis Sunset Rotary. Light refreshments are included.

CREATIVE ARTS
HEM & HAW
Wednesdays, 1:00 pm–3:00 pm
Calling all knitters, sewers and crocheters to this welcoming social group.

KNIT NIGHT
Mondays, 5:00–8:00 pm
Want an evening option to knit or crochet? Bring your knitting supplies and join this lively and diverse group. All ages and abilities welcome.

OPEN ART STUDIO
Mondays, 9:00 am–12:00 noon
Have you been looking for a quiet, comfortable place to paint? The room is open and available; just bring your own painting supplies.

PROJECT LINUS OF YOLO COUNTY
2nd Wednesday at 1:30 pm
Project Linus provides blankets to seriously ill or traumatized children. For more information, contact Diane McGee at dmmyolo@gmail.com or (530) 753-3436.

WATERCOLOR GROUP
Fridays, 9:30-11:00 am
This class includes rotating volunteer instructors each month to assist and challenge you to new levels. Although instruction begins at 9:30 am, students are encouraged to arrive at 9 am for set-up and announcements.

WATERCOLOR PAINTING LESSONS
18 years and up, Senior Center
Participants will paint, experiment with color, explore the nature of pigments and water and apply skills to creating art. Class includes demonstrations, discussion of color theory, composition, critique and some lecture with art history. Materials list provided upon registration. Each session builds on the lessons from the previous classes. No class on 3/25.

<table>
<thead>
<tr>
<th>Level</th>
<th>Code</th>
<th>Dates</th>
<th>Days</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>BEGINNING</td>
<td>330110 03</td>
<td>3/4–4/15</td>
<td>W</td>
<td>10:00 am-12:00 pm</td>
<td>$82</td>
</tr>
<tr>
<td></td>
<td>330110 04</td>
<td>5/6–6/10</td>
<td>W</td>
<td>10:00 am-12:00 pm</td>
<td>$82</td>
</tr>
<tr>
<td>INTERMEDIATE</td>
<td>330120 03</td>
<td>3/4–4/15</td>
<td>W</td>
<td>1:00-3:00 pm</td>
<td>$82</td>
</tr>
<tr>
<td></td>
<td>330120 04</td>
<td>5/6–6/10</td>
<td>W</td>
<td>1:00-3:00 pm</td>
<td>$82</td>
</tr>
</tbody>
</table>
**FITNESS**

**EXPLORING BODY, BREATH & MIND**  
18 years and up, Senior Center

This class aims to improve balance, increase range of movement and prevent injury with awareness and examination of individual muscles for improved function. Each two-hour session will balance attention between upper and lower body work, pointing out instruction of fingers, hands, wrists, shoulders, head, neck, feet, ankles, legs, hips and core to stretch and stabilize the body and breath. Meditation will also be included. Students will gain a deeper understanding of the mind/body connection and sustained yoga asanas.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Dates</th>
<th>Days</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>316010 01</td>
<td>1/7-1/28</td>
<td>T</td>
<td>8:00-10:00 am</td>
<td>$50</td>
</tr>
<tr>
<td>316010 02</td>
<td>2/4-2/25</td>
<td>T</td>
<td>8:00-10:00 am</td>
<td>$50</td>
</tr>
<tr>
<td>316010 03</td>
<td>3/3-3/31</td>
<td>T</td>
<td>8:00-10:00 am</td>
<td>$50</td>
</tr>
<tr>
<td>316010 04</td>
<td>4/7-4/28</td>
<td>T</td>
<td>8:00-10:00 am</td>
<td>$50</td>
</tr>
<tr>
<td>316010 05</td>
<td>5/5-5/26</td>
<td>T</td>
<td>8:00-10:00 am</td>
<td>$50</td>
</tr>
</tbody>
</table>

**DYNA-BANDS®**  
18 years and up, Senior Center

Use resistance bands to increase your flexibility and strengthen muscle tone in a fun, supportive environment. Most exercises are done from a seated position. No classes on 2/17 and 5/25.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Dates</th>
<th>Days</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>312000 02</td>
<td>2/3-2/28</td>
<td>MWF</td>
<td>2:00-3:00 pm</td>
<td>$39</td>
</tr>
<tr>
<td>312000 03</td>
<td>3/2-3/30</td>
<td>MWF</td>
<td>2:00-3:00 pm</td>
<td>$46</td>
</tr>
<tr>
<td>312000 04</td>
<td>4/1-4/29</td>
<td>MWF</td>
<td>2:00-3:00 pm</td>
<td>$46</td>
</tr>
<tr>
<td>312000 05</td>
<td>5/1-5/29</td>
<td>MWF</td>
<td>2:00-3:00 pm</td>
<td>$42</td>
</tr>
</tbody>
</table>

**PILATES**  
18 years and up, Senior Center

This class introduces careful movement control with relaxed concentration, body alignment, position flow and breathing. Each class includes mat and floor activities, a gentle warm-up, flexibility exercises and a warm-down. Set to relaxing music, the peaceful flow of movements aims for steady progress and leaves you feeling energized.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Dates</th>
<th>Days</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>313000 02</td>
<td>2/4-2/27</td>
<td>TTh</td>
<td>2:30-3:30 pm</td>
<td>$50</td>
</tr>
<tr>
<td>313000 03</td>
<td>3/3-3/31</td>
<td>TTh</td>
<td>2:30-3:30 pm</td>
<td>$57</td>
</tr>
<tr>
<td>313000 04</td>
<td>4/2-4/30</td>
<td>TTh</td>
<td>2:30-3:30 pm</td>
<td>$57</td>
</tr>
<tr>
<td>313000 05</td>
<td>5/5-5/28</td>
<td>TTh</td>
<td>2:30-3:30 pm</td>
<td>$50</td>
</tr>
</tbody>
</table>

**FIT FOR LIFE**  
18 years and up, Senior Center

This class includes warm-up exercises performed seated, standing, and occasionally on the floor using hand weights, ankle weights, balls and bands. It is designed to build strength, increase flexibility, improve balance and coordination, enhance your health and lighten your mood. No classes on 2/17 and 5/25. *No 7:45 am and 9:00 am class on 5/27 due to Senior Health & Fitness Day.

**Fit for Life 1**

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Dates</th>
<th>Days</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>310010 02</td>
<td>2/3-2/28</td>
<td>MWF</td>
<td>7:45-8:45 am</td>
<td>$58</td>
</tr>
<tr>
<td>310010 03</td>
<td>3/2-3/30</td>
<td>MWF</td>
<td>7:45-8:45 am</td>
<td>$69</td>
</tr>
<tr>
<td>310010 04</td>
<td>4/1-4/29</td>
<td>MWF</td>
<td>7:45-8:45 am</td>
<td>$69</td>
</tr>
<tr>
<td>310010 05</td>
<td>5/1-5/29</td>
<td>MWF</td>
<td>7:45-8:45 am</td>
<td>$58*</td>
</tr>
</tbody>
</table>

**Fit for Life 2**

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Dates</th>
<th>Days</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>310020 02</td>
<td>2/3-2/28</td>
<td>MWF</td>
<td>9:00-10:00 am</td>
<td>$58</td>
</tr>
<tr>
<td>310020 03</td>
<td>3/2-3/30</td>
<td>MWF</td>
<td>9:00-10:00 am</td>
<td>$69</td>
</tr>
<tr>
<td>310020 04</td>
<td>4/1-4/29</td>
<td>MWF</td>
<td>9:00-10:00 am</td>
<td>$69</td>
</tr>
<tr>
<td>310020 05</td>
<td>5/1-5/29</td>
<td>MWF</td>
<td>9:00-10:00 am</td>
<td>$58*</td>
</tr>
</tbody>
</table>

**Fit for Life 3**

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Dates</th>
<th>Days</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>310030 02</td>
<td>2/3-2/28</td>
<td>MWF</td>
<td>3:15-4:15 pm</td>
<td>$58</td>
</tr>
<tr>
<td>310030 03</td>
<td>3/2-3/30</td>
<td>MWF</td>
<td>3:15-4:15 pm</td>
<td>$69</td>
</tr>
<tr>
<td>310030 04</td>
<td>4/1-4/29</td>
<td>MWF</td>
<td>3:15-4:15 pm</td>
<td>$69</td>
</tr>
<tr>
<td>310030 05</td>
<td>5/1-5/29</td>
<td>MWF</td>
<td>3:15-4:15 pm</td>
<td>$63</td>
</tr>
</tbody>
</table>

**AWARENESS THROUGH MOVEMENT®**  
18 years and up, Senior Center

An ingenious method of movement exploration designed to improve posture and ease of movement, increase flexibility, relieve chronic pain and tension and provide a sense of relaxation and well-being. This class is structured for all abilities. The instructor is a certified Feldenkrais Awareness Through Movement® Practitioner.

**New**

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Dates</th>
<th>Days</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>311000 02</td>
<td>2/4-2/25</td>
<td>T</td>
<td>11:30 am-12:30 pm</td>
<td>$25</td>
</tr>
<tr>
<td>311000 03</td>
<td>3/3-3/31</td>
<td>T</td>
<td>11:30 am-12:30 pm</td>
<td>$32</td>
</tr>
<tr>
<td>311000 04</td>
<td>4/7-4/28</td>
<td>T</td>
<td>11:30 am-12:30 pm</td>
<td>$25</td>
</tr>
<tr>
<td>311000 05</td>
<td>5/5-5/26</td>
<td>T</td>
<td>11:30 am-12:30 pm</td>
<td>$25</td>
</tr>
</tbody>
</table>

**Continuing**

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Dates</th>
<th>Days</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>311010 02</td>
<td>2/4-2/25</td>
<td>T</td>
<td>10:15-11:15 am</td>
<td>$25</td>
</tr>
<tr>
<td>311010 03</td>
<td>3/3-3/31</td>
<td>T</td>
<td>10:15-11:15 am</td>
<td>$32</td>
</tr>
<tr>
<td>311010 04</td>
<td>4/7-4/28</td>
<td>T</td>
<td>10:15-11:15 am</td>
<td>$25</td>
</tr>
<tr>
<td>311010 05</td>
<td>5/5-5/26</td>
<td>T</td>
<td>10:15-11:15 am</td>
<td>$25</td>
</tr>
</tbody>
</table>
STRENGTH AND FITNESS
18 years and up, Senior Center
Each class will include a warm-up, cardio, strength training, floor work and a cool down. Led by a certified personal trainer and functional movement specialist, students will increase core stability, stamina, strength and balance using hand weights, resistance bands and your own body weight. Exercises and pace of movements can be modified in order to meet a variety of fitness needs.

310100 02  2/4-2/27  TTh  4:00-5:00 pm  $50
310100 03  3/3-3/31  TTh  4:00-5:00 pm  $57
310100 04  4/2-4/30  TTh  4:00-5:00 pm  $57
310100 05  5/5-5/28  TTh  4:00-5:00 pm  $50

WALKING WITH POLES FOR OUTDOOR EXERCISE
18 years and up, Senior Center
Hikers and avid walkers, extend your life on the trails! Use walking poles to increase your stamina and continued joy in walking. In this two-session workshop you will learn the benefits of walking with poles, what to look for when buying poles, pole features, length adjustments and walking techniques to enhance uprightness, flexibility and power. The class will walk from the Senior Center to Central Park (1 mile round trip). At the park, we will refine techniques for uphill and downhill. Poles will be available during class for those who don’t have them.

318000 04  4/9-4/16  Th  2:00 pm-3:30 pm  $31

WALKING WITH POLES FOR BETTER BALANCE & MOBILITY
18 years and up, Senior Center
Enhance your basic mobility and postpone the use of a walker. Use walking poles to increase your stability, balance, and mobility. In this two-session workshop you will learn the benefits of walking with poles, what to look for when buying poles, length adjustments and walking techniques to enhance uprightness and flexibility. The class will walk around the grounds of the Senior Center on grass and cement, stepping up and down curbs. Poles will be available during class for those who don’t have them.

318000 05  5/7-5/14  Th  2:00 pm-3:30 pm  $31

BALANCE WITH TAI CHI
18 years and up, Senior Center
Practice balance using simple, slow Tai Chi movements. This 11-week class is appropriate for people of any age or ability. The focus is aimed at improving balance, coordination and flexibility, and taught without long sequences of movements to remember. No prior experience with Tai Chi is needed.

315040 04  4/7-6/18  TTh  2:15-3:15 pm  $138

TAI CHI BASIC
18 years and up, Senior Center
Following a brief balancing practice the class is then devoted to Tai Chi, a choreographed sequence of movements coordinated with breathing, which is based upon Chi Gung principles. The principal goal is to maintain and improve health, which may include lower blood pressure, improved balance, relief of muscle tension and reduced stress.

315000 02  2/4-2/25  T  9:00-10:00 am  $25
315000 03  3/3-3/31  T  9:00-10:00 am  $32
315000 04  4/7-4/28  T  9:00-10:00 am  $25
315000 05  5/5-5/26  T  9:00-10:00 am  $25
315010 02  2/6-2/27  Th  9:00-10:00 am  $25
315010 03  3/5-3/26  Th  9:00-10:00 am  $25
315010 04  4/2-4/30  Th  9:00-10:00 am  $32
315010 05  5/7-5/28  Th  9:00-10:00 am  $25

TAI CHI CONTINUING
18 years and up, Senior Center
This class builds on the Tai Chi movements learned in the Basic Tai Chi class and adds more challenging postures. Students will learn 28 movements of Tai Chi plus the classic Qi Gong practice of Eight Pieces of Brocade. Participants should be proficient in the Basic Tai Chi class and/or have prior experience in Yang Style Tai Chi.

315020 02  2/4-2/25  T  7:45-8:45 am  $25
315020 03  3/3-3/31  T  7:45-8:45 am  $32
315020 04  4/7-4/28  T  7:45-8:45 am  $25
315020 05  5/5-5/26  T  7:45-8:45 am  $25
315030 02  2/6-2/27  Th  7:45-8:45 am  $25
315030 03  3/5-3/26  Th  7:45-8:45 am  $25
315030 04  4/2-4/30  Th  7:45-8:45 am  $32
315030 05  5/7-5/28  Th  7:45-8:45 am  $25
YOGA CLASSES

CHAIR YOGA
18 years and up, Senior Center

This is a perfect class for beginning yogis. It is an opportunity to feel the body relax to your deepening breath and to notice your body’s limitations, and safely strengthen and stretch back towards balance, alignment and symmetry. Class is conducted while sitting on and standing next to a chair. Experience increased strength, flexibility and balance. No class on 2/17.

**Beginning**
314010 02 2/6-2/27 Th 1:00-2:00 pm $25
314010 03 3/5-3/26 Th 1:00-2:00 pm $25
314010 04 4/2-4/30 Th 1:00-2:00 pm $32
314010 05 5/7-5/28 Th 1:00-2:00 pm $25

**Intermediate**
314020 02 2/3-2/24 M 10:30-11:30 am $19
314020 03 3/2-3/30 M 10:30-11:30 am $32
314020 04 4/6-4/27 M 10:30-11:30 am $25
314020 05 5/4-5/18 M 10:30-11:30 am $19
314021 02 2/6-2/27 Th 10:30-11:30 am $25
314021 03 3/5-3/26 Th 10:30-11:30 am $25
314021 04 4/2-4/30 Th 10:30-11:30 am $32
314021 05 5/7-5/28 Th 10:30-11:30 am $25

THERAPEUTIC YOGA
18 years and up, Senior Center

Work on loosening and strengthening your body with movement coordinated to your deepening breath. This is Hatha Yoga, which uses traditional standing poses to help with balance as well as floor postures and Pranayama (breathing exercises). Laughter and kindness are also included in each class to ensure relaxation. No class on 2/17.

314030 02 2/3-2/24 M 8:15-9:45 am $29
314030 03 3/2-3/30 M 8:15-9:45 am $47
314030 04 4/6-4/27 M 8:15-9:45 am $38
314030 05 5/4-5/18 M 8:15-9:45 am $29
314040 02 2/6-2/27 Th 8:15-9:45 am $38
314040 03 3/5-3/26 Th 8:15-9:45 am $38
314040 04 4/2-4/30 Th 8:15-9:45 am $47
314040 05 5/7-5/28 Th 8:15-9:45 am $38

SPECIAL EVENTS

EVENING WINE TASTING EVENT

In partnership with local vintners, we invite you to enjoy dinner and sample wines from different varietals in our region.
300000 21 2/13 Th 5:30-7:00 pm $15

NATIONAL SENIOR HEALTH & FITNESS DAY

Join us for the annual senior health and fitness day at the Senior Center. Get outside and get moving at this popular event. Activities include coffee, a one mile fitness walk (optional), light breakfast, and guest speaker on a health and fitness related topic.
300000 51 5/27 W 8:45-11:30 am $6
Cultural food, entertainment and a fundraising raffle will highlight this special event focusing on the country of Mexico.

INTERNATIONAL PARTY

300000 41 4/14 T 11:30 am-2:00 pm $11
The City of Davis has a variety of rental facilities to suit your needs. City staff can assist you with event layout and set up needs. Amenities include tables and chairs, podiums and projection screens. If you would like to schedule a facility tour or need more information, call (530) 757-5626 or visit us online at www.cityofdavis.org.

VETERANS MEMORIAL CENTER
203 E. 14th Street, Davis, CA 95616

The newly renovated Veterans Memorial Center has a large multi-purpose room, 2 meeting rooms, a commercial kitchen and a courtyard.

**Multi-Purpose Room**
- 408 dining capacity,
- 420 lecture style

**Game Room**
- 48 seating capacity,
- 65 lecture style, patio area

**Club Room**
- 72 dining capacity,
- 93 lecture style

**Courtyard**
- 150 seating capacity

VETERANS MEMORIAL THEATER

This intimate 325-seat performing arts theatre is adjacent to the Veterans Memorial Center. This is an ideal location for large speaking engagements or performances. Our friendly and professional staff will help you have a successful production or event. Available amenities with your theatre rental:

- Box Office
- Professional Sound and Lighting

**Activity Room**
- 80 lecture style set-up

**Game Room**
- 25 lecture style set-up

DAVIS SENIOR CENTER
646 A Street, Davis, CA 95616

The Davis Senior center has a large multi-purpose room, the Valente room, 2 meeting rooms and a commercial kitchen.

**Multi-Purpose Room**
- 312 dining capacity,
- 350 lecture style set-up

**Valente Room**
- 72 dining capacity,
- 125 lecture style set-up

**Club Room**
- 72 dining capacity,
- 93 lecture style

**Concession Area**
- Green Room

**Gymnastics Center**
- Gymnastics equipment
- Party space with tables and chairs

**Community Park**
- 1 Lighted softball field
- 2 Unlighted softball fields
- 2 Soccer fields
- Sand volleyball pit
- Skate Park

**Playfields Park**
Playfields Park, awarded the “Fields of Excellence” award, has several amenities to offer the sports enthusiast including:

- 1 Lighted baseball field
- 2 Lighted softball fields
- 1 Lighted synthetic soccer field
- 1 Sand volleyball pit
- 4 Batting cages
## PARKS, POOLS & PLACES IN DAVIS

For more information about park amenities please visit parks.cityofdavis.org

<table>
<thead>
<tr>
<th>Parks &amp; Picnic Areas</th>
</tr>
</thead>
<tbody>
<tr>
<td>Arroyo Park &amp; Pool</td>
</tr>
<tr>
<td>Brady Building &amp; Civic Pool</td>
</tr>
<tr>
<td>Cannery Dog Park</td>
</tr>
<tr>
<td>Cedar Park</td>
</tr>
<tr>
<td>Central Park</td>
</tr>
<tr>
<td>Chestnut Park &amp; The Roundhouse</td>
</tr>
<tr>
<td>Civic Center Park</td>
</tr>
<tr>
<td>College Park</td>
</tr>
<tr>
<td>Community Gardens</td>
</tr>
<tr>
<td>Community Park &amp; Pool</td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td>Covell Park</td>
</tr>
<tr>
<td>Davis Senior Center</td>
</tr>
<tr>
<td>Demonstration Garden</td>
</tr>
<tr>
<td>Gymnastics Center</td>
</tr>
<tr>
<td>Hacienda Park</td>
</tr>
<tr>
<td>Harvest Park</td>
</tr>
<tr>
<td>Hattie Weber Museum</td>
</tr>
<tr>
<td>John Barovetto Park</td>
</tr>
<tr>
<td>La Playa Park</td>
</tr>
<tr>
<td>Mace Ranch Park</td>
</tr>
<tr>
<td>Mace Ranch Mini Park</td>
</tr>
<tr>
<td>Market Park</td>
</tr>
<tr>
<td>Manor Pool</td>
</tr>
<tr>
<td>N Street Park</td>
</tr>
<tr>
<td>Northstar Park</td>
</tr>
<tr>
<td>Northstar Mini Park</td>
</tr>
<tr>
<td>Oak Grove Park</td>
</tr>
<tr>
<td>Oxford Circle Park</td>
</tr>
<tr>
<td>Pioneer Park</td>
</tr>
<tr>
<td>Playfields Sports Park</td>
</tr>
<tr>
<td>Putah Creek Park</td>
</tr>
<tr>
<td>Redwood Park</td>
</tr>
<tr>
<td>Robert Arneson Park</td>
</tr>
<tr>
<td>Sandy Motley Park</td>
</tr>
<tr>
<td>Slide Hill Park</td>
</tr>
<tr>
<td>Sycamore Park</td>
</tr>
<tr>
<td>Village Park</td>
</tr>
<tr>
<td>Toad Hollow Dog Park</td>
</tr>
<tr>
<td>Veterans Memorial Center &amp; Theatre</td>
</tr>
<tr>
<td>Walnut Park</td>
</tr>
<tr>
<td>West Manor Park</td>
</tr>
<tr>
<td>Westwood Park</td>
</tr>
<tr>
<td>Whaleback Park</td>
</tr>
<tr>
<td>Willowcreek Park</td>
</tr>
<tr>
<td>Woodbridge Park</td>
</tr>
</tbody>
</table>

### PARKS & PICNIC AREAS

There are 37 parks (13 of which have a reservable group picnic area) in Davis with a wide range of amenities for your family or company picnic, special event or sporting event.

**Reservations**

For information about reservations, please call the Parks and Community Services Office at (530) 757-5626. Visit www.cityofdavis.org and search “rentals” to check for availability, rental applications and additional information.

---

Reservable Picnic Area
REGISTRATION INFORMATION

Registration begins
Tuesday, January 14, 2020

GENERAL REGISTRATION

All youth Spring activities and classes will open.

General registration is open to both Davis residents and Non-Residents.

Online and in-person registration will be accepted. Phone registration begins on Tuesday, January 21, at 8:00 am.

WAYS TO REGISTER

ONLINE
Tuesday, January 14 at 8:00 am

Visit www.cityofdavis.org for details on how to register online. You must have an activated online account in order to register online. Please call our office one week before registration opens to verify grade and ages are correct; incorrect information may delay registration.

IN PERSON
Tuesday, January 14 at 8:00 am

The City of Davis Parks and Community services office is located at 23 Russell Blvd. The office is open Monday through Friday 8:00 am-5:00 pm, including the noon hour.

BY PHONE
Tuesday, January 21 at 8:00 am

Please call us at (530) 757-5626. Our office is open Monday through Friday 8:00 am-5:00 pm, including the noon hour. You must have a current Liability Waiver Form on file.

ePACT NETWORK

The City of Davis Parks and Community Services Department uses software called ePACT Network to collect emergency and medical information for certain youth programs. This is in addition to the information gathered during registration. If your child’s program requires this information, you will receive an email invitation.
WHAT CAN I DO TO BE READY FOR ONLINE REGISTRATION?

Prior to the first day of registration, follow the steps below to get ready!

RETURNING TO OUR PROGRAMS?

1. Visit our webpage at www.cityofdavis.org and click on “Recreation Online.”
2. Log in to be sure you have your correct username and password. If not, it can be sent to you via e-mail or by calling the registration office at (530) 757-5626.
3. Once logged in, verify your household and family member information. To display each of these, select the My Accounts tab in the upper right.
4. It is important that all registrants are listed with correct birth dates and school grades for the 2019-2020 school year as this information determines program eligibility.
5. If any family member information is incorrect or missing, call the registration office at (530) 757-5626 to update it.
6. You are ready to register!

NEW TO OUR PROGRAMS?

1. Visit our webpage at www.cityofdavis.org and click on “Recreation Online.”
2. Create a new account.
3. When setting up the account, include all immediate family members living in your household.
4. It is important that all registrants are listed with correct birth dates and school grades for the 2019-2020 school year as this information determines program eligibility.
5. Your online account will be validated by our office within 1-2 business days.
6. Once you receive e-mail confirmation of your account, you are ready to register!

FORGOT YOUR PASSWORD OR USERNAME?

No need to create a duplicate account! Just call us at (530) 757-5626 or email us at registration@cityofdavis.org.
CITY PROGRAM BEHAVIOR POLICY
It is the goal of Parks and Community Services to provide safe, positive and fun experiences for all participants in our programs. In order to achieve this goal, the following program policies must be followed. Participants are expected to:
• Be respectful of the feelings and properties of others
• Not interfere with the learning of other participants
• Follow instructions and rules as stated by your instructor or leader
• Not verbally or physically harm another person or property
• Use appropriate language
Consequences for misbehavior are usually progressive and reflect the severity of the unacceptable behavior. Listed below is a progression of discipline. Please note that discipline may not be sequential and one severe act could lead to dismissal from our programs.
1. Warning
2. Time Out
3. Phone call to the parent/guardian
4. Removal of the child for the day or temporary suspension from the program
5. Dismissal from the program
No refund will be given if a participant is dismissed from a program.

ePACT NETWORK
The City of Davis Parks and Community Services Department uses software called ePACT Network to collect emergency and medical information for certain youth programs. This information is required for certain programs and incomplete files will delay program participation. Electronic forms will only be accepted-no paper forms.

LATE PICK-UP POLICY
Parents who are late to pick-up their children after the program is over will be charged the following amounts:
• 1–5 minutes late: No charge
• 6–15 minutes: $5.00
• 16–30 minutes: $15.00
• 31 minutes to 1 hour: $25.00
After 1 hour, $50 and the police will be notified, if parents have not already contacted the program staff. Parents must be prepared to pay upon pick-up of their child, or the child will be unable to participate in the program the following days. After three (3) late pick-ups, the participants may be dropped from the program with no refund.

PROGRAM & REGISTRATION POLICIES QUALITY ASSURANCE
It is our goal to provide our customers with high quality recreation programs, events and activities. We take great pride in helping to make your experience with us an enjoyable one. If we misrepresent the program in any way, please contact us and share your concerns and suggestions for improvement. If you or your family member attends the entire first class or activity and finds the program was misrepresented, you may submit a Quality Assurance form no later than 24 hours after the first class meeting. Upon receiving the completed form, staff may arrange for one of the following:
• Receive a program or activity transfer, at no additional expense, with any remaining balance credited to the customer’s account;
• Receive a full credit of equal value on the customer’s account that can be applied to any other activity in the future;
• Refund to credit card (if payment was made with credit card);
• Refund by direct mail within 4 weeks (if payment was made with cash or check);
Quality Assurance refunds or customer credits are not guaranteed and will not be given after the second class meeting. Quality Assurance refunds are not valid for event ticket sales, excursions, one-day specialty programs, sport leagues, daily or seasonal passes or facility rentals.
REFUND & TRANSFER POLICY

Please note: All cancellation and transfer requests must be submitted by e-mail to registration@cityofdavis.org or in person at the Parks and Community Services office, 23 Russell Blvd. Per our refund policy customers will receive:

- 95% refund if a refund is requested 13 or more business days prior to the start of the class or program.
- 75% refund if a refund is requested 7–12 business days prior to the start of the class or program.
- 50% refund if a refund is requested 2–6 business days prior to the start of the class or program. (If a class begins on a Monday, the refund request must be received by Thursday before the class starts.)

No refunds or credits will be given for refund requests received less than one full business day prior to the class starting date. Refunds will be placed as a household credit and can be refunded via the method paid upon request.

Holidays do not count as business days. Holidays are September 2, November 11, November 28-29, December 24-January 1, January 20 and February 17.

Prorated refunds may be given after a program has begun if written medical verification (from your primary physician) is received for injury or illness. A prorated refund will be based on the number of days left in the class upon receipt of your written medical verification in our office. If we receive medical verification after the end of the class, no refund will be given.

There are no refunds or credits for adult sports leagues, swim passes or special events.

Class fees are not pro-rated for personal vacations and/or missed classes.

Per our transfer policy:

- Customers who wish to transfer from one program to another, that has openings, may do so up to 7 business days in advance of the class or program starting without a fee.
- Transfers requested 1–6 business days prior to the class or program starting will be charged 25% of the total cost of the class, including non-resident fees.
- Programs that you wish to transfer into must fall within the same Rec Guide.
- Transfer requests must be for the same participant.

CANCELLATIONS/CHANGES

We have the right to cancel a class or program due to low enrollment or unexpected problems. We’ll notify you as soon as possible and provide a household credit for the full amount of the class. We have the right to combine or divide courses, to change the time/date/place of courses, to change the instructor and to make other changes which become necessary to ensure a quality experience for our participants.

REASONABLE ACCOMMODATIONS

Participants requesting ADA accommodations need to contact the Inclusive Recreation Coordinator, 3 weeks prior to the start of an enrolled class to discuss individual needs. If notification is received less than 3 weeks prior to the start of a program, the City may not be able to guarantee appropriate accommodations. The City will make all reasonable modifications to policies and procedures to ensure that people with disabilities have an equal opportunity, in accordance with the ADA, to access all City programs, services and activities. For more information, call (530) 757-5694.

FAIR SHARE POLICY (NON-RESIDENT FEES)

A non-resident fee will be charged for all youth living outside of the Davis Joint Unified School District boundaries and all adults living outside the Davis city limits. Generally the non-resident fee is 10%, but some activities may have a lower fee based upon nature of the activity.

WAITLIST POLICY

Once an activity/camp is full, a waitlist will begin. If a space becomes available, registration staff will contact individuals on the waitlist. Participants cannot be on a waitlist and enrolled in an activity/camp of the same type during the same session. Any participant enrolled and on a waitlist for activities of the same type, during the same session will be removed from the waitlist without notice. Be sure your email address is up to date, as email is our primary method of contact. If a wait list participant requires ADA accommodations, the City may not provide support if enrolled at short notice.

INCLEMENT WEATHER

In the event of inclement weather (for example but not limited to): excessive temperature, mosquito spraying and/or poor air quality, the city will attempt to make accommodations to limit exposure but reserve the right to cancel class(es).
All participants must have a current Liability Waiver on file in order to register.

### Registration Form

<table>
<thead>
<tr>
<th>First Name</th>
<th>Last Name</th>
<th>Date of Birth</th>
<th>Activity Number</th>
<th>Fee</th>
<th>ADA assistance needed</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>$</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>$</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>$</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>$</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>$</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>$</td>
<td></td>
</tr>
</tbody>
</table>

**4th of July Donation:** If you would like to help contribute to this year’s 4th of July event, please place your donation amount here.

**Total Fees Due**

**Non-Residents:** A non-resident fee will be charged for all youth living outside of the Davis Joint Unified School District boundaries and all adults living outside the Davis city limits. Generally the non-resident fee is 10%, but some activities may have a lower fee based upon nature of the activity.

**Payment Method:**
- ☐ Cash
- ☐ Check or Money Order (Payable to “City of Davis”)
- ☐ Visa/MasterCard/AmEx

<table>
<thead>
<tr>
<th>Card Number</th>
<th>Expiration Date</th>
<th>Security Code</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Billing Address, City, State and Zip**

**Cardholder Name (Please Print)**

**Cardholder Signature**
Liability Waiver

Effective Dates: September 1, 2019 through August 31, 2020

This liability waiver covers all activities and classes in the Parks & Community Services Recreation Schedules for Fall 2019/Winter 2020, Spring 2020, and Summer 2020. It also covers activities published in the Alternative Recreation activity calendars and the Senior Scene. Additional program/activity permission slips maybe also required.

Each person age 18 and over in the household, listed in the Participant’s Information Section below, must sign and date this form.

<table>
<thead>
<tr>
<th>Participant’s Information</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>First Name</td>
<td>Last Name</td>
<td>M/F</td>
</tr>
<tr>
<td>1.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>5.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Household Information – Primary Contact

<table>
<thead>
<tr>
<th>First Name</th>
<th>Last Name</th>
<th>Email address</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Relationship to Minor-aged Participants in box above

- ☐ Mother
- ☐ Father
- ☐ Guardian
- ☐ Other _________________________

<table>
<thead>
<tr>
<th>Street Address</th>
<th>City</th>
<th>State</th>
<th>Zip</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Home Phone</th>
<th>Work/Cell Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>( )</td>
<td>( )</td>
</tr>
</tbody>
</table>

Hold Harmless and Parent/Guardian Indemnify Agreement

Liability Information

In consideration for myself and my minor children being permitted by the City of Davis Parks & Community Services Department to participate in activities described in Recreation Schedule Fall 2019/Winter 2020, Spring 2020, or Summer 2020, and activities described on the Alternative Recreation activity calendars and the Senior Scene, I hereby waive, release and discharge any and all claims and damages for personal injury, death or property damage which I or my minor children may sustain or which may occur as a result of mine or my minor children’s participation in these activities.

I understand and agree that:

- This release is intended to discharge in advance the city, its officers, employees and agents from and against any and all liability, except for their sole negligence or intentional acts, connected in any way with the participation of myself or my minor children in activities.

- The described activity may be of hazardous, strenuous, and/or physical nature.

- Participation in the described activity may occasionally result in injury, death or property damage.

- Knowing the risk involved, nevertheless, I voluntarily request permission for myself or minor child to participate in the described activity.

Continue to next page
Signature(s) required on next page
This waiver, release and assumption of risk are to be binding on the heirs and assigns.

I will indemnify and hold the city harmless from any loss, liability, damage, cost or expense, including litigation, which they may incur as a result of any injury and/or property damage which myself or my minor children may sustain while participating in said activities.

I will make good any loss or damage or cost the city may have to pay if any litigation arises on account of any claim made by said minors or by anyone on said minor’s behalf.

In the event that said minor requires medical or surgical treatments while under the supervision of said city personnel in connection with the described activity, such supervision may authorize treatment. I will pay all medical, hospital, or other expenses which I or my minor children may incur as a result of such treatment.

I expressly permit said minor child to travel by private automobile to activities and events related to the described activity.

Activities are not child care as defined by the State of California.

I understand city staff may photograph or videotape me and/or my minor children and the city may use such photographs or videotapes to promote city programs and classes. I expressly allow, and hereby waive any objection to, the City’s photographing and/or videotaping of me and/or my minor children when I and/or my minor children are participating in a city recreation program. I understand all photos and videotapes will remain the property of the City of Davis.

I understand the City requires additional online emergency and permission documentation for participants enrolled in recreation programs.

I understand the City has the right to cancel or change programming based on inclement weather, mosquito spraying, poor air quality and/or any other natural factors that may alter outdoor programming.

The City is not responsible for children following the dismissal of a program (except as otherwise noted in specific program areas).

**Refund and Transfer Policy**

Please note: all cancellation and transfer requests must be submitted by e-mail to registration@cityofdavis.org or in person at the Parks & Community Services office, 23 Russell Blvd. No refunds or credits will be given for refund requests received less than one full business day prior to the class starting date. No refunds or credits will be given for adult sports leagues, swim passes, fitness passes or teen special events.

*Per our refund policy customers will receive:*

95% refund if a refund is requested 13 or more business days prior to the start of the class or program.
75% refund if a refund is requested 7-12 business days prior to the start of the class or program.
50% refund if a refund is requested 2-6 business days prior to the start of the class or program. (If a class begins on a Monday, the refund request must be received by Thursday before the class starts.)

**Transfers:**

Customers wanting to transfer from one program to another, that has openings, may do so up to 7 business days in advance of the class or program starting without a fee. Transfers must be for the same participant. Transfers requested 1-6 business days prior to the class or program starting will be charged 25% of the total cost of the class, including non-resident fees. Programs you wish to transfer into must fall within the same recreation schedule.

I certify that I have custody or am the legal guardian of said minors by court order, and that I and my minor children are physically able to participate in the described activities. I have carefully read this Waiver of Liability, Medical Release, and Indemnification Agreement and fully understand its contents. I am aware that this is a release of liability and a contract between myself and the City of Davis, and that I sign it of my own free will. The City may accept future phone-in registrations and these provisions.

I also understand the Refund and Transfer Policy, the Behavior Policy and the potential consequences set forth by the City of Davis and agree to such terms.

___________________________________ ____________________________  ___________________
Printed Name     Signature     Date

_________________________________ _________________________________ ___________________
Printed Name     Signature     Date
Parties at the Gymnastics Center are a great opportunity to celebrate birthday, parent groups, and sports teams. Party guests will enjoy games, a giant obstacle course, tumble track, activities and much more!

**GYM PARTY PACKAGE INCLUDES:**
- 2-hour facility rental
- Tables and chairs for party guests
- Obstacle course and games
- Facilitation by staff members

**PRICES**
- $195 for up to 19 children
- $225 for 20-30 children
- $40 Snack package available

Includes a light snack and juice box for every child along with basic paper products - Must be added at the time of reservation.

**SATURDAY**
- 1:15 - 3:15pm
- 3:45 - 5:45pm

**SUNDAY**
- 10:00am - 12:00pm
- 12:45 - 2:45pm
- 3:15 - 5:15pm

**CONTACT**
- (530) 757-5626
- 2795 2nd Street, Suite 200
- Davis, CA 95618
WORK AT CAMP

Working at camp gives you real world opportunities. Leadership, communication, collaboration, critical thinking, creativity, contribution, networking, training & certification... and a paycheck!

LEADERSHIP

VOLUNTEER

SUPPORT

CERTIFICATION

CHARACTER

TEAMWORK

COME WORK WITH US! GOVERNMENTJOBS.COM/CAREERS/DAVIS