2023 Summer rECguide
Summer 2023
June - August programs
Join El Cerrito Recreation for a new season of classes, activities, and services for all ages!

Registration Opens Online at 9am:
- Tuesday, 5/2 for El Cerrito Residents
- Wednesday, 5/3 for Non-Residents
All programs require advance online registration including payment of fees (except for drop-in programs). To register for a program, visit www.el-cerrito.org/onlinereg or visit the El Cerrito Community Center for assistance during office hours.

City Holidays
Memorial Day: Monday, 5/29
Juneteenth: Monday, 6/19
Independence Day: Tuesday, 7/4
Join us for the 4th of July Festival at Cerrito Vista Park!

Mission
The City of El Cerrito serves, leads and supports our diverse and transit-rich community by providing exemplary and innovative services, public places and infrastructure, ensuring public safety, and creating an economically and environmentally sustainable future.

Vision
The City of El Cerrito is a safe, connected, transit-oriented and environmentally focused destination with welcoming neighborhoods, thriving businesses and vibrant public spaces, as well as diverse cultural, educational and recreational opportunities for people of all ages.

Values
- Ethics and Integrity
- Fiscal Responsibility
- Inclusiveness
- Innovation and Creativity
- Professional Excellence
- Responsiveness
- Transparency
- Open Communication
General Information

- Directories & Contact Information 03
- Events & Community News 05

Aquatics

- Fitness Swim & Swim Teams 07
- Family Swim 08
- Youth & Adult Lessons 10

Youth

- Childcare Programs 12
- Specialty Classes 13

Adult

- Online Classes 14
- Arts 14
- Enrichment Activities 15
- Martial Arts 15
- Fitness Classes 17

Seniors (Age 60+)

- Support Services 18
- 60+ Activities 20
- Day Trips & Travel 22

Parks & Facilities

- Location Map 23
- Picnic & Clubhouse Rentals 24
- Facility Rentals 25

Registration Help 27

@ecrecreation
@ecrecreation
@ElCerritoREC
www.el-cerrito.org/recreation
el-cerrito.org/Get-Informed

www.el-cerrito.org/recreation

STAY UP TO DATE ON MORE CITY NEWS!

NEW UPDATES:
- City Manager’s Update
- rECnews (Recreation Department Monthly Newsletter)
- A Greener El Cerrito
- Community Development E-News

www.el-cerrito.org/rECnews

WE’RE LOOKING FOR VOLUNTEERS
JOIN OUR TEAM

OPENINGS
- Respite Program (Immediate Need)
- 60+ Day Trip Leader (rECtreks)
- Volun-teens (13 and older)
- 4th of July Festival

CONTACT
recreation@ci.el-cerrito.ca.us

Summer 2023
EL CERRITO CITY COUNCIL
Lisa Motoyama, Mayor
Tessa Rudnick, Mayor Pro Tem
Paul Fadelli, Council member
Gabe Quinto, Council member
Carolyn Wysinger, Council member

CITY HALL (510) 215-4300
Contact the City Clerk’s Office with questions regarding City Council meetings, voter registration and City elections.

CITY CLERK (510) 215-4305

CITY OF EL CERRITO STAFF
Karen Pinkos, City Manager (510) 215-4300
Alexandra Orologas, Asst. City Manager (510) 215-4300
Holly Charléty, City Clerk (510) 215-4305

CORPORATION YARD/MAINTENANCE (510) 215-4369

COMMUNITY DEVELOPMENT (510) 215-4360
Building Inspection & Permits
Planning Division (510) 215-4330
Economic Development (510) 215-4361

FIRE Emergency (510) 215-4450
Fire/Medical Dispatch (non-emergency) 911 (925) 941-3330

HUMAN RESOURCES (510) 215-4315
Job Hotline (510) 466-5005

POLICE Emergency (510) 215-4400
Dispatch (non-emergency) 911

PUBLIC WORKS (510) 233-1214
Engineering/Street Paving Maintenance (510) 215-4382
Operations + Environmental Services (510) 215-4369
Recycling Center (510) 215-4350
(510) 215-4350

RECREATION DEPARTMENT Administration & General Information (510) 559-7000
Swim Center (510) 559-7011
Beth Frazer, Supervisor (510) 559-7015
Jessica Palacios, Administrative Specialist (510) 559-7017
Susan Ortega, Administrative Specialist (510) 559-7006

Childcare & Camps
Childcare, Teeter Tots, Camp Everything (510) 559-7003
Andrea Dwyer, Childcare Supervisor (510) 559-7030
Lila Bañuelos, Harding Coordinator (510) 559-7031
Anthony Billups, Fairmont Coordinator (510) 559-7031
Sheryl Shute, Madera Coordinator (510) 215-4392

Community Services
Youth Activities, After-School Enrichment Programs, Specialty Summer Camps, Play Field & Court Rentals (510) 559-7004
Taylor Melton, Supervisor (510) 559-7001
Jenya Jawad, Coordinator

Adult Programs & Services
Adult & Senior Programs, Paratransit, Facility Rentals (510) 559-7008
Bridget Cooney, Supervisor (510) 559-7007
Mark Deleon, Coordinator (510) 559-7012
Blanca Martinez-Campos, Admin. Specialist (510) 559-7012

To reach staff by email
Use first initial and last name @ci.el-cerrito.ca.us
Example: Taylor Melton = tmelton@ci.el-cerrito.ca.us

www.el-cerrito.org/recreation

Summer 2023
General Info

Carinne Brody, Commissioner
Jennifer Kaczor, Vice Chair
Norman La Force, Commissioner
4 Vacancies

Interested in serving on the Park & Recreation Commission? Visit www.el-cerrito.org/Park-Recreation-Commission to learn more.

Co-Sponsored Groups
Contra Costa Civic Theater
El Cerrito Art Association
El Cerrito Community Garden Network
El Cerrito Garden Club
El Cerrito HS Archiving Project
El Cerrito Historical Society
El Cerrito Library Foundation
El Cerrito Branch - NAACP
El Cerrito Tennis Club
El Cerrito Toastmaster
El Cerrito Trail Trekkers
El Cerrito Youth Baseball
El Cerrito Youth Soccer Club/Spurs FC
Friends of the El Cerrito Library
Friends of Ravencliff
KARO-ECHO (Kensington/EC HAM Radios)

Community Resources
AC Transit www.actransit.org (510) 891-4777
BART www.bart.gov (510) 236-2278
El Cerrito Library ccclib.org/locations/11/ (510) 526-7512
East Bay Muni. Utilities District www.ebmud.com (866) 403-2683
East Bay Paratransit www.eastbayparatransit.org (510) 287-5000
East Bay Regional Park District www.ebparks.org (888) 327-2757
Marin Clean Energy www.mcecleanenergy.org (888) 632-3674
PG&E www.pge.com (800) 743-5000
Stege Sanitary District www.stegesan.org (510) 524-4667
Transportation Hotline www.211.database.org 211
West County Resources www.511.org 511
Aging and Disabled Helpline www.ehsd.org (800) 510-2020

Community Groups/Organizations
Albany/El Cerrito Kiwanis Club (510) 527-3249
American Legion Veterans Hall (510) 528-4381
Bayview Aerie #2323 Frat. Order of Eagles join2323@comcast.net
Community Emergency Response Team www.el-cerrito.org/897/Learn-More-About-CERT
El Cerrito Chamber of Commerce www.elcerritochamber.org
Friends of the Cerrito Theater www.cerritotheater.org
Friends of Five Creeks www.fivecreeks.org
League of Women Voters my.lwv.org/california/west-contra-costa-county
Rotary Club of El Cerrito (925) 283-6419
Shadi Holiday Display shadiholidaydisplay.com
Soroptimists International of El Cerrito sielcerrito.org
Wildcat 4-H Club wildcat4h.org
worldOne www.worldoneradio.org

www.el-cerrito.org/recreation
Available Now!

Summer Camp 2023
rECguide
www.el-cerrito.org/summercamp

Now Hiring!

FUN PART TIME JOBS:
Summer Camp Staff
Gymnastics Coaches
Lifeguards
Swim Instructors
Water Aerobics Instructors

www.el-cerrito.org/jobs

SAVE THE DATE
4th of July
FESTIVAL IN THE PARK

The annual City of El Cerrito/worldOne July 4th Festival provides the chance to celebrate amongst high-flying banners, world-class music, food, friends, rides, bounce houses, community groups, vendors and more.

The City is currently seeking proud sponsorship from businesses and organizations, as well as individual donations for our 2023 festival. Our goal is to raise enough funds to allow the event to continue to be admission free, support high quality musical performances and family entertainment, and keep costs low for participating non-profits and civic organizations.

Tuesday, July 4, 2023
Cerrito Vista Park
www.el-cerrito.org/july4

www.el-cerrito.org/recreation
Update from the City of El Cerrito Recycling Desk

This summer, the City of El Cerrito will be changing cart colors for garbage and recycling containers, to make it easier for customers to sort materials, and in compliance with State Law (Senate Bill 1383).

Old containers should be set out on your collection day and will be recycled. The City will be providing detailed information ahead of the planned rollout, and information can also be found on the City’s website at www.el-cerrito.org/curbside.

For more information, please contact El Cerrito Operations + Environmental Services at: (510) 215-4350 or green@ci.el-cerrito.ca.us.

---

Want to get CPR certified or get your certification renewed?

The El Cerrito-Kensington Fire Department is offering classes!

<table>
<thead>
<tr>
<th>Courses Being Offered</th>
<th>Fees:</th>
<th>2023 Class Schedule</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adult CPR with AED</td>
<td>CPR</td>
<td>June 24, 2023</td>
</tr>
<tr>
<td>Child CPR</td>
<td>$55 RES/ $65 NRES</td>
<td>September 2, 2023</td>
</tr>
<tr>
<td>Infant CPR</td>
<td>CPR/First Aid</td>
<td>October 28, 2023</td>
</tr>
<tr>
<td>Basic First Aid</td>
<td>$110 RES/ $130 NRES</td>
<td>December 9, 2023</td>
</tr>
</tbody>
</table>

CPR begins at 8:30am. There is a break from 12pm-1pm for lunch on your own. First Aid resumes from 1pm-4:30pm.

Registration is required and space is limited! Priority registration is available for Kensington and El Cerrito residents. All participants must show ID and proof of vaccination.

All classes are held on Saturdays in El Cerrito. Fees subject to increase on July 1, 2023.

For more information and to register, please call the El Cerrito-Kensington Fire Department at (510) 215-4450 or email fire@ci.el-cerrito.ca.us

www.el-cerrito.org/recreation
## Aquatics

### WE’RE HIRING! Ages 15+
Looking for a great job this spring or summer? Join the team at the El Cerrito Swim Center! We are now hiring for Lifeguards and Swim Instructors. Visit www.el-cerrito.org/swimjobs. Lifeguard Training provided once hired.

### SWIM TEAMS
#### Masters Swim Team
**Ages 19+**
El Cerrito Aquatic Masters (ECAM) is for adults ages 19+ interested in swimming competitively or just getting in shape. Coached workouts focus on endurance, techniques, and overall fitness. ECAM swimmers must register with United States Masters Swimming (USMS). Passes (15-Punch, 30-Day and Annual) are not valid on City Holidays.

**Annual Pass is divided into 12 equal payments that are automatically billed on the 1st of the month. Registering for the Annual Pass is a 8% discount compared to the 30-Day Pass. Cancelling this pass results in a $23 cancellation fee.**

<table>
<thead>
<tr>
<th>Pass Type</th>
<th>RES</th>
<th>NRES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Drop-In</td>
<td>$12</td>
<td>$12</td>
</tr>
<tr>
<td>30-Day Pass</td>
<td>$96</td>
<td>$119</td>
</tr>
<tr>
<td>Annual Pass (monthly payments)</td>
<td>$88</td>
<td>$110</td>
</tr>
<tr>
<td>15-Punch Pass</td>
<td>$96</td>
<td>$119</td>
</tr>
</tbody>
</table>

### FITNESS SWIM
**Beginns Tuesday, June 13, 2023**

**Fitness Swim**
**Ages 14+**
Lap Swim | Water Walking | Independent Exercise
Get in shape in our heated pool! Swimming is a great workout that can improve cardiovascular health, tone muscle and help maintain a healthy weight. Visit www.el-cerrito.org/fitnessswim for times and details.

<table>
<thead>
<tr>
<th>Plan Type</th>
<th>RES</th>
<th>NRES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Drop-In</td>
<td>$8</td>
<td>$8</td>
</tr>
<tr>
<td>30-Day Pass</td>
<td>$96</td>
<td>$119</td>
</tr>
<tr>
<td><strong>Annual Pass (monthly payments)</strong></td>
<td>$88</td>
<td>$110</td>
</tr>
<tr>
<td>15-Punch Pass</td>
<td>$96</td>
<td>$119</td>
</tr>
</tbody>
</table>

**Annual Pass is divided into 12 equal payments that are automatically billed on the first of the month. Registering for the Annual Pass gives an 8% discount compared to the 30-Day Pass price. Cancelling the annual pass results in a $23 cancellation fee. 15% Senior Discount automatically given for swimmers over 60 years old on passes (not applicable for drop-in).**

### Water Aerobics
**Ages 14+**
Water Aerobics is a fun way to improve fitness while enjoying the pool. This low to no-impact exercise focuses on aerobic endurance, using water as resistance, and creating an enjoyable atmosphere amongst community. Independent Exercise is offered at times when an instructor is not available. Space is available for everyone to come and do their own work out. When there is no instructor, the Fitness Swim fee is charged during Independent Exercise times. For instructors, times, and details visit www.el-cerrito.org/wateraerobics.

<table>
<thead>
<tr>
<th>Plan Type</th>
<th>RES</th>
<th>NRES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Drop-In</td>
<td>$12</td>
<td>$12</td>
</tr>
<tr>
<td>10-Punch Pass</td>
<td>$87</td>
<td>$109</td>
</tr>
</tbody>
</table>

### Aqua Zumba
**Ages 14+**
Join Bonnie, a licensed Aqua Zumba instructor, in a high intensity but low-impact water exercise course designed to improve muscular strength, flexibility, balance, and cardiovascular fitness. Non-swimming exercises will involve Latin-based dance steps and variations using Aqua Zumba dance vocabulary and music.

Pre-registration required at least 30 minutes prior to the start of class. To register, visit www.el-cerrito.org/onlinereg or register at the Community Center. **Aqua Aerobics Passes (or other passes) cannot be used for this class.**

<table>
<thead>
<tr>
<th>DAY</th>
<th>TIME</th>
<th>RES</th>
<th>NRES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesday</td>
<td>11:30am – 12:15pm</td>
<td>$12</td>
<td>$14</td>
</tr>
</tbody>
</table>

### Parks & Facilities
**www.el-cerrito.org/SwimCenter**

Summer 2023

**7**
**FAMILY SWIM**

**Splash Park**
7 years old and under with parents
Family fun at the Splash Park is a great way to get wet and enjoy playing in the water. An assortment of spray features creates hours of fun. This is a non-lifeguarded area with no pool access. For more information visit [www.el-cerrito.org/splashpark](http://www.el-cerrito.org/splashpark).

<table>
<thead>
<tr>
<th></th>
<th>RES</th>
<th>NRES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Drop-In</td>
<td>$5</td>
<td>$5</td>
</tr>
<tr>
<td>10-Punch Pass</td>
<td>$31</td>
<td>$39</td>
</tr>
</tbody>
</table>

**7 & Under Swim**
7 years old and under with parents
For parents with children 7 years and under. Evening 7 & Under Swim shares space with swim lessons and takes place in the back half of the Activity Pool near the slide. Visit [www.el-cerrito.org/FamilySwim](http://www.el-cerrito.org/FamilySwim) for times and more information.

<table>
<thead>
<tr>
<th></th>
<th>RES</th>
<th>NRES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Drop-In</td>
<td>$5</td>
<td>$5</td>
</tr>
<tr>
<td>10-Punch Pass</td>
<td>$31</td>
<td>$39</td>
</tr>
</tbody>
</table>

**rECswim**
All Ages
rECswim is for families with children of all ages. rECswim takes place in the Activity Pool which includes the slide, the Emery G. Weed III Lap Pool including diving boards, and Splash Park. For more information visit [www.el-cerrito.org/FamilySwim](http://www.el-cerrito.org/FamilySwim).

**Begins Tuesday 6/14/23**
Mon-Fri: 12:30pm-3pm
Sat & Sun: 12:30pm-4pm

<table>
<thead>
<tr>
<th></th>
<th>RES</th>
<th>NRES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adult Drop-In (18+ years)</td>
<td>$8</td>
<td></td>
</tr>
<tr>
<td>Youth Drop-In (1-17 years)</td>
<td>$5</td>
<td></td>
</tr>
<tr>
<td>1 year and under</td>
<td>Free</td>
<td></td>
</tr>
<tr>
<td>Adult 15-Punch Pass</td>
<td>$96</td>
<td>$119</td>
</tr>
<tr>
<td>Youth 15-Punch Pass</td>
<td>$58</td>
<td>$73</td>
</tr>
<tr>
<td>Adult 30-Day Pass</td>
<td>$96</td>
<td>$119</td>
</tr>
<tr>
<td>Youth 30-Day Pass</td>
<td>$58</td>
<td>$73</td>
</tr>
</tbody>
</table>
SWIM LESSONS

Please note: Swim Lessons are extremely popular and will sell out quickly. If you do not get into the day and time of your choice, have back up selections ready and make sure to get on the waitlist for any classes that are full. In the event that space opens up, we will process waitlist enrollments accordingly.

Waitlists: We are not able to see waitlist positions. If a spot opens up with very little time before the start of class, the entire waitlist may be contacted on a first come, first serve basis. Please check your emails as that is the main method of contact for waitlists.

SWIM LESSON LEVELS: All Youth Lessons are 25 minutes long

Parent & Tot Lesson (ages 6 months-3 years): Teaches parents/guardians basic water safety while introducing tots to new skills and fun. Songs, water safety, entering and exiting the water, and holding techniques are some of the topics covered in this lesson. Infant or toddler is accompanied in the water by their parent/caregiver.

Preschool Lesson (ages 2.5-4 years): An introduction to swim lessons, this level focuses on building comfort and enjoyment in the water using songs, games and play. Children ages 3 and under as well as children who are not potty-trained are required to wear swim diapers while in the pool.

Youth Level 1: Introduction to Water (ages 4-9 years): This introductory level focuses on helping participants adjust to being in the water while learning basic swimming skills. A great level for children who have never participated in swim lessons before or are not comfortable in the water. To pass into Level 2, participants must be able to float unsupported on their front and back, and glide for 5 yards unsupported on their front.

Youth Level 2: Beginning Aquatic Skills (ages 4-10 years): For children who feel comfortable in the water, especially on their back, and with their face fully submerged in the water. This level emphasizes floating by yourself and learning some beginning strokes. To pass into Level 3, participants must be able to swim on their front for 10 yards, plus kick on their back unsupported for 10 yards.

Youth Level 3: Fundamental Aquatic Skills (ages 5-11 years): For children who can swim unsupported freestyle and backstroke for at least 10 yards. This level focuses on developing freestyle, backstroke, and elementary backstroke. Breaststroke and treading water are introduced. To pass into Level 4, participants must be able to do Freestyle with side breathing for 15 yards, Backstroke for 15 yards and jump into deep water and recover to the wall.

Youth Level 4: Stroke Development (ages 6-13 years): Children must be able to swim freestyle and backstroke for 15 yards with side breathing. This level emphasizes developing techniques of different strokes with an introduction to turns. To pass into Level 5, participants must be able to swim Freestyle and Backstroke for 25 yards, and Elementary Backstroke and Breaststroke for 15 yards.

Youth Level 5: Stroke Refinement (ages 6-13 years): Children must be able to swim at least 25 yards of freestyle, backstroke, elementary backstroke, and breaststroke. This level refines all strokes, including butterfly, while working on endurance and flip turns. The level after this is Gators Pre-Team, please visit www.el-cerrito.org/gators to view their prerequisites.

Teen/Adult Beginning (ages 12+): This beginning swimming class is designed for adults with little or no experience in the water. Participants learn water adjustment skills, floating on both the front and back, front crawl with side breathing, and back crawl. Participants also become familiar with deeper water and will learn basic safety skills. Teen/Adult Lessons are 55 minutes in length.

Teen/Adult Intermediate (ages 12+): Designed for participants who can swim a minimum of 15 yards of freestyle and backstroke, this class will work on developing endurance and further refine strokes. Elementary backstroke, breaststroke, sidestroke, and butterfly will be introduced. Teen/Adult Lessons are 55 minutes in length. Teen/Adult Lessons are 55 minutes in length.

Teen/Adult Fitness (ages 12+): This class keeps participants swimming while helping with endurance and stroke refinement. Participants must be able to swim a minimum of 50 yards of freestyle and backstroke. Teen/Adult Lessons are 55 minutes in length.

Youth Private Swim Lessons (ages 3.5-12.5 years): A 25-minute lesson with one-on-one instructor that meets the needs of the young participant. All skill levels and abilities are welcome.

Teen/Adult Private Swim Lessons (ages 12+): A 25-minute lesson with one-on-one instructor that meets the needs of the participant. All skill levels and abilities are welcome.

Interested in Semi-Private Lessons? Semi-Private lessons offer two participants with similar swimming abilities a lesson with one instructor. If interested in semi-private lessons, please enroll one of your members for a Private lesson on our website and then email recreation@ci.el-cerrito.ca.us for a staff member to assist you with making it a Semi-Private lesson for your second swimmer.

www.el-cerrito.org/SwimCenter
### Monday/Wednesday Morning

<table>
<thead>
<tr>
<th>Level/Time</th>
<th>9:00am</th>
<th>9:30am</th>
</tr>
</thead>
<tbody>
<tr>
<td>Parent-Tot</td>
<td></td>
<td>●</td>
</tr>
<tr>
<td>Preschool</td>
<td>●</td>
<td></td>
</tr>
<tr>
<td>Level 1</td>
<td>●</td>
<td>●</td>
</tr>
<tr>
<td>Level 2</td>
<td>●</td>
<td>●</td>
</tr>
</tbody>
</table>

### Tuesday/Thursday Morning

<table>
<thead>
<tr>
<th>Level/Time</th>
<th>9:00am</th>
<th>9:30am</th>
<th>10:00am</th>
</tr>
</thead>
<tbody>
<tr>
<td>Parent-Tot</td>
<td></td>
<td>●</td>
<td></td>
</tr>
<tr>
<td>Preschool</td>
<td>●</td>
<td>●</td>
<td>●</td>
</tr>
<tr>
<td>Level 1</td>
<td>●</td>
<td>●</td>
<td>●</td>
</tr>
<tr>
<td>Level 2</td>
<td>●</td>
<td>●</td>
<td>●</td>
</tr>
<tr>
<td>Level 3</td>
<td>●</td>
<td>●</td>
<td></td>
</tr>
</tbody>
</table>

### Saturday Morning

<table>
<thead>
<tr>
<th>Level/Time</th>
<th>8:30am</th>
<th>9:00am</th>
<th>9:30am</th>
<th>10:00am</th>
<th>10:30am</th>
<th>11:00am</th>
<th>11:30am</th>
</tr>
</thead>
<tbody>
<tr>
<td>Parent-Tot</td>
<td></td>
<td>●</td>
<td>●</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Preschool</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
</tr>
<tr>
<td>Level 1</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
</tr>
<tr>
<td>Level 2</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
</tr>
<tr>
<td>Level 3</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Level 4</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Private</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Teen/Adult</td>
<td>Private</td>
<td>Fitness</td>
<td>Intermediate</td>
<td>Fitness</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Monday - Thursday Evening

<table>
<thead>
<tr>
<th>Level/Time</th>
<th>4:00pm</th>
<th>4:30pm</th>
<th>5:00pm</th>
<th>5:30pm</th>
<th>6:00pm</th>
<th>6:30pm</th>
</tr>
</thead>
<tbody>
<tr>
<td>Parent-Tot</td>
<td></td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
</tr>
<tr>
<td>Preschool</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
</tr>
<tr>
<td>Level 1</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
</tr>
<tr>
<td>Level 2</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
</tr>
<tr>
<td>Level 3</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
</tr>
</tbody>
</table>

### Youth Swim Lesson Morning Dates

**Session 1:** M/W 6/21-6/28* Tu/Th 6/20-6/29
**Session 2:** M/W 7/3-7/12 Tu/Th 7/6-7/13
**Session 3:** M/W 7/17-7/26 Tu/Th 7/18-7/27
**Session 4:** M/W 7/31-8/9 Tu/Th 8/1-8/10

*No class 6/19, 7-day lesson only
**No class 7/4, 7-day lesson only

### Youth Swim Lesson Morning Prices

M/W & Tu/Th $42 RES/$51 NRes (3-day)
M/W & Tu/Th $56 RES/$68 NRes (4-day)

### Youth Swim Lesson Sunday Dates

**Session 1:** M/W 6/21-6/28* Tu/Th 6/20-6/29
**Session 2:** M/W 7/3-7/12 Tu/Th 7/6-7/13
**Session 3:** M/W 7/17-7/26 Tu/Th 7/18-7/27
**Session 4:** M/W 7/31-8/9 Tu/Th 8/1-8/10

*No class 6/19, 7-day lesson only
**No class 7/4, 7-day lesson only

### Youth Swim Lesson Sunday Prices

M/W & Tu/Th $42 RES/$51 NRes (3-day)
M/W & Tu/Th $56 RES/$68 NRes (4-day)

### Youth Swim Lesson Saturday Dates

**Session 1:** Sat 6/17-6/24 *2-day lesson only
**Session 2:** Sat 7/8-7/22
**Session 3:** Sat 7/29-8/12

**Youth Swim Lesson Saturday Prices**

Sat Group: $28 RES/$34 NRes (Session 1)
Sat Group: $42 RES/$51 NRes (Session 2-3)

**Youth, Teen & Adult Swim Lesson Saturday Prices**

Sat Private: $70 RES/$88 NRes (Session 1)
Sat Private: $105 RES/$132 NRes (Session 2-3)

**Teen & Adult Swim Lesson Saturday Prices**

Sat Group: $38 RES/$48 NRes (Session 1)
Sat Group: $57 RES/$72 NRes (Session 2-3)
Beginner Judo
Ages 5-14
Judo is a Japanese Martial Art and Olympic sport. Students will learn the basics of Kodokan Judo including to roll and fall safely. They will practice basic Judo standing throws (Tachi Waza), ground techniques (Ne Waza), and some self-defense techniques, all in a fun and safe environment. Students will additionally learn about Japanese traditions and terms related to the practice of Judo. Each class will start with short games or activities to teach important Judo values such as respect, discipline, and mutual welfare. Instructors are advanced degree black belts and accomplished national & international champions. Join us to discover this great sport and international community!

Instructor: Griffin Performance Judo
Location: Griffin Performance Judo - 10520 San Pablo Ave

Teeter Tots
Ages 2-4.5 years
Location: Portola Clubhouse - 6927 Portola Drive
Monday–Thursday from 9am-12pm
Teeter Tots focuses on social skills including sharing, taking turns, following directions, empathy, and using words. This year-round program emphasizes a nurturing first experience in a play-based learning environment that will prepare your child for a preschool or TK setting. Staff are experienced in working through separation anxiety. Children are required to bring a nut-free snack. Toilet training not necessary. Registration is continuous throughout the year is processed on a first come, first served basis. A visit is required before registration. Visit www.el-cerrito.org/preschool for details.

Capoeira
Ages 5-13
Come try the art of capoeira! An Afro-Brazilian art form, capoeira combines martial art with elements of dance, music, and acrobatics. Students work on flexibility, reflexes, agility, rhythm, basic acrobatic skill, music and self-defense. Classes are designed for all fitness levels. Participants may sign up to come once per week (Thursday OR Sunday), or twice per week.

Instructor: Jadson Souza
Location: Thursdays: Skylight Room, Sundays: Garden Room - 7007 Moeser Lane
Karate
Ages 7-18
This class teaches a traditional form of Japanese Karate called Wado. Students will work on basic martial arts techniques including guarding, punching, and kicking. Stretching and strengthening work will help develop a better sense of balance, focus, confidence, and self-discipline. Karate classes are by instructor invitation only. New students must contact instructor at lcbaltz@gmail.com prior to registration.
Instructor: Leonard Baltz
Location: Community Center Social Hall - 7007 Moeser Ln

DATE     DAY    TIME     MEETS     RES     NRES     ACTIVITY
6/1-6/29  Tu,Th   5-6pm    9x       $56     $70     222522-01
7/6-7/27  Tu,Th   5-6pm    7x       $43     $54     222522-02
No Class: August

Karate Advanced
Advance classes are by instructor invitation only.

DATE     DAY    TIME     MEETS     RES     NRES     ACTIVITY
6/2-6/30  F      5-6pm    5x       $31     $39     222523-01
7/7-7/28  F      5-6pm    4x       $25     $31     222523-02
No Class: August

Lil' Ninja Tots
Ages 3-4
Would you like your child to be the next Ninja Warrior? X-Fit Lil' Ninja Tots is designed for toddlers and provides a non-competitive environment to help your child develop gross motor skills, core strength, balance, and control of their body in an athletic atmosphere. Your Lil’ Ninja will be getting fit while overcoming obstacle courses. This is a PARENT PARTICIPATION class. Missed classes or rain outs can be made up within 2 months.
Instructor: X-Fit Training
Location: Portola Clubhouse - 6927 Portola Drive

DATE     DAY    TIME     MEETS     RES     NRES     ACTIVITY
6/3-6/24  Sat    1-1:35pm  7x       $78     $97     222555-01
7/1-7/29  Sat    1-1:35pm  7x       $78     $97     222555-02
No Class: August

Lil' Ninja Warrior by X-Fit Training
Ages 5-10
Would you like your child to be the next American Ninja Warrior? This class is designed for all athletic levels and abilities. This is a non-competitive program that helps develop motor skills, core strength, balance, and techniques for body control in an athletic atmosphere. Lil’ Ninja will improve physical fitness through creative training, games, and obstacles. Missed classes or rain outs can be made up within 2 months.
Instructor: X-Fit Training
Location: Portola Clubhouse - 6927 Portola Drive

DATE     DAY    TIME     MEETS     RES     NRES     ACTIVITY
6/3-6/24  Sat    2-2:45pm  8x       $88     $109    222554-01
7/1-7/29  Sat    2-2:45pm  8x       $88     $109    222554-02

ARTS
Clay for Kids
Ages 6-9
In this mixed media arts class, children will make ceramic projects and experiment with other art mediums. Clay projects will be painted, glazed, and/or fired. All work will go home on the last day of class. A materials fee of $45 is due directly to the instructor, KIKI Rostad, on the first day of class for project supplies.
Instructor: Kiki Rostad
Location: Tassajara Pottery Studio - 2575 Tassajara Ave.

DATE     DAY    TIME     MEETS     RES     NRES     ACTIVITY
6/15-8/3  Th     3:45-5pm  7x       $155    $193    222572-01
No Class: 7/6

Teen/Adult Programs
Many of our Adult classes are open to teenage participants! Check out:

Class               Page  Class               Page
Pottery (16+)       13     Naginata (16+)       15
Judo (14+)          14     Aikido (16+)          15
Capoeira (14+)      14     Boot Camp (13+)       17
Karate (16+)        14

www.el-cerrito.org/Youth
Art & Wellness
Ages 18+
Are you interested in developing an artistic practice for your own well-being? Explore your creative side and combine intuitive artmaking with thoughtful writing, reflection, and optional sharing. Participants are invited to create, process, heal, and learn more about themselves. All are welcome to join in this safe space where we are all equally artists. The workshop is free from comment or critique, allowing you to access your inner wisdom and expand your intuition.

Each workshop will focus on a different medium - we will draw, paint, sculpt, collage, etc. No artistic experience is needed--just bring an open mind!

Sign up for all 3 workshops and receive a discount!
Instructor: Kristen Brown-Nalwaya
Location: Tassajara Studio - 2575 Tassajara Ave.

Virtual Classes with ed2go
Ed2go offers a wide range of online courses curated by expert instructors, many of whom are nationally known authors. Classes can be done at your own pace over the course of 3 months and are affordable, convenient, and geared just for you. Browse the online catalog with over 300 courses at www.ed2go.com/elcerritocomsvc including Spanish, accounting, medical terminology, investing and more!

How it Works:
- View the Course Catalog to see what is offered. Click on the class you would like to enroll in and "Add to Cart."
- Follow the instructions to create an ed2go account.
- You will not be charged any fees by ed2go, but this account is your course portal for accessing course materials.
- To complete your registration, pay the course fee at www.el-cerrito.org/onlinerreg. Once completed, you will be able to access your course through ed2go.

www.el-cerrito.org/Adult
**ENRICHMENT ACTIVITIES**

**Bridge: Beginner Lessons**
Ages 50+
Learn the basics of Bridge by playing with other beginners and an instructor and discover how stimulating this game can be. Limited seating, please register in advance.

**Instructor:** Kathryne Ann Kinsey  
**Location:** Garden Room - 7007 Moeser Lane

<table>
<thead>
<tr>
<th>DATE</th>
<th>DAY</th>
<th>TIME</th>
<th>MEETS</th>
<th>RES</th>
<th>NRES</th>
</tr>
</thead>
<tbody>
<tr>
<td>6/1-6/29</td>
<td>Th</td>
<td>1:15-3:45pm</td>
<td>4x</td>
<td>$31</td>
<td>$36</td>
</tr>
<tr>
<td>7/6-7/27</td>
<td>Th</td>
<td>1:15-3:45pm</td>
<td>4x</td>
<td>$31</td>
<td>$36</td>
</tr>
<tr>
<td>8/3-8/31</td>
<td>Th</td>
<td>1:15-3:45pm</td>
<td>5x</td>
<td>$38</td>
<td>$45</td>
</tr>
</tbody>
</table>

*No Class: 6/15*

**Bridge: Experienced Player**
Ages 50+
Participants play Chicago-style Bridge, a form of duplicate where four games are played in 30-minutes and then one pair moves to the next table. **Partner required to play.** Experienced players may enroll by the month or purchase a 12-visit card (non-refundable, non-transferable; no replacement if lost).

**Instructor:** Kathryne Ann Kinsey  
**Location:** Patio Room - 7007 Moeser Lane

<table>
<thead>
<tr>
<th>DATE</th>
<th>DAY</th>
<th>TIME</th>
<th>MEETS</th>
<th>RES</th>
<th>NRES</th>
</tr>
</thead>
<tbody>
<tr>
<td>6/1-6/29</td>
<td>Th</td>
<td>1:15-3:45pm</td>
<td>4x</td>
<td>$22</td>
<td>$27</td>
</tr>
<tr>
<td>7/6-7/27</td>
<td>Th</td>
<td>1:15-3:45pm</td>
<td>4x</td>
<td>$22</td>
<td>$27</td>
</tr>
<tr>
<td>8/3-8/31</td>
<td>Th</td>
<td>1:15-3:45pm</td>
<td>5x</td>
<td>$27</td>
<td>$33</td>
</tr>
</tbody>
</table>

*No Class: 6/15*

**Karate**
Ages 14+
This class teaches a style of Japanese Karate known as Wado. Students will learn basic guarding, punching, and kicking combined with exercises to develop a sense of balance and focus. **New students must contact the instructor before enrollment.**

(email: lcbaltz@gmail.com)  
**Instructor:** Leonard Baltz  
**Location:** Garden Room - 7007 Moeser Lane

<table>
<thead>
<tr>
<th>DATE</th>
<th>DAY</th>
<th>TIME</th>
<th>MEETS</th>
<th>RES</th>
<th>NRES</th>
</tr>
</thead>
<tbody>
<tr>
<td>6/4-6/25</td>
<td>Sun</td>
<td>11am-12pm</td>
<td></td>
<td>$62</td>
<td>$77</td>
</tr>
<tr>
<td>7/2-7/30</td>
<td>Sun</td>
<td>11am-12pm</td>
<td></td>
<td>$62</td>
<td>$77</td>
</tr>
<tr>
<td>8/6-8/27</td>
<td>Sun</td>
<td>11am-12pm</td>
<td></td>
<td>$62</td>
<td>$77</td>
</tr>
</tbody>
</table>

Drop-In  
Sun 11am-12pm | $26 | $32 |

www.el-cerrito.org/Adult
Tai Chi: Chen-Style 34 Competition Form, Part 1

Ages 18+

Chen-Style Tai Chi 34-Form is an international competition routine widely used in competitions and exchange activities abroad. Chen-Style Tai Chi is characterized by low, powerful stances, body coiling, foot stomping, alternating fast and slow motions, and explosive release of power. Chen-Style Tai Chi is beautiful to watch when performed well. In this session, students will learn the first half of the Chen-Style Tai Chi 34 Form. This class is suitable for intermediate-level students interested in a more lively and dynamic form of Tai Chi Chuan.

Instructor: George Chiu

Location: Community Center Hall - 7007 Moeser Lane

DATE DAY TIME MEETS RES NRES ACTIVITY
6/6-8/29 Tu 7:45-8:45pm 12x $61 $76 244501-01

No Class: 7/4

Part 2 will be offered in the fall.

Tai Chi: Wu-Style 24 Form, Part 1A

Ages 18+

Wu-Style Tai Chi is characterized by small circle techniques mixed with large frame circular movements that are good for improving balance to prevent falls. This is an extension of the Fundamental 13 Form Tai Chi. Students will learn the step-by-step fundamental movements and techniques of Wu-Style Tai Chi.

Instructor: George Chiu

Location: Community Center Patio Room - 7007 Moeser Lane

DATE DAY TIME MEETS RES NRES ACTIVITY
6/29-7/27 Th 7:45-8:45pm 5x $31 $39 244504-01

Part 1A 8/2-8/30 W 6-8pm 5x $26 $32 244503-01

Wu-Style 24 Form, Part 1A and Part 2 will be offered in the fall.

Tai Chi: Chen-Style 34 Competition Form, Part 1 (陳式太極拳 34 式競賽套路)

Ages 18+

Chen-Style Tai Chi 34-Form is an international competition routine widely used in competitions and exchange activities abroad. Chen-Style Tai Chi is characterized by low, powerful stances, body coiling, foot stomping, alternating fast and slow motions, and explosive release of power. Chen-Style Tai Chi is beautiful to watch when performed well. In this session, students will learn the first half of the Chen-Style Tai Chi 34 Form. This class is suitable for intermediate-level students interested in a more lively and dynamic form of Tai Chi Chuan.

Instructor: George Chiu

Location: Community Center Hall - 7007 Moeser Lane

DATE DAY TIME MEETS RES NRES ACTIVITY
6/6-8/29 Tu 7:45-8:45pm 12x $61 $76 244501-01

No Class: 7/4

Part 2 will be offered in the fall.

Tendo Ryu Naginata

Ages 16+

Established over 400 years ago in Japan, Tendo-Ryu is one of the classical schools of Japanese martial arts that employ the Naginata (a long weapon). Our practice Naginata is wooden and represents a 6-ft staff with an 18-inch curved blade on the end. Initially, practice is solo, but eventually all the kata are performed with a partner who has a wooden sword. Since this is a partnered martial art, you will learn focus, etiquette, and concentration. Beginners welcome. No prior martial arts experience necessary. Price is based on a monthly fee.

Instructor: Eric Montes

Location: Community Center Hall - 7007 Moeser Lane

DATE DAY TIME MEETS RES NRES ACTIVITY
6/5-6/12 M 8-10:15pm 2x $21 $26 244502-01
7/3-7/31 M 8-10:15pm 5x $33 $41 244502-02
8/7-8/28 M 8-10:15pm 4x $33 $41 244502-03

Shinshin Toitsu Aikido

Ages 16+

Meditation, breath coordination exercises, and Aikido techniques will be used to teach students how “not to fight”. Class is taught by Maida sensei, 7th dan, senior personal student of Koichi Tohei 10th dan. This class utilizes traditional martial arts and Zen monastic methods including awareness to detail and instruction. The goal is to clearly identify potential conflict and change reactions to such conflict. All are welcome! Participants have the option to register monthly for 1 to 3 classes per week. First hour of class is geared toward beginning students, second hour of class for more advanced students. Monday and Friday evening class are for advanced students and are by invitation only.

Instructor: Ki Research Institute

Location: Madera Clubhouse - 1500 Devonshire or Castro Clubhouse – 1420 Norvell St (please check your receipt)

DATE DAY TIME MEETS RES NRES ACTIVITY
6/1-6/30 Tu, Th, Sa 9-11am 244505-01
M, W, F 6-8pm
7/1-7/31 Tu, Th, Sa 9-11am 244505-04
M, W, F 6-8pm
8/1-8/31 Tu, Th, Sa 9-11am 244505-07
M, W, F

No Class: 6/5-6/10, 6/19, 7/4, 8/11-8/18

MONTHLY FEES: RES NRES
1x Weekly $42 $52
2x Weekly $62 $77
3x Weekly $80 $103

www.el-cerrito.org/Adult

Summer 2023
Tai Chi: Sun-Style 73 Competition Form, Part 1A

Ages 18+
Sun-Style Tai Chi 73 Form is an international competition routine widely used in China and abroad. Sun-Style combines traditional Tai Chi with influences from Xing Yi Quan and Bagua Zhang. Its fluid movements help improve joint health and arthritis symptoms. Practicing regularly can improve blood circulation, strengthen muscles, and loosen joints throughout the body. Students will learn the fundamental postures and stances of Sun-Style Tai Chi and receive detailed instruction on the first half of the Sun-Style Tai Chi 73 Form.

Instructor: George Chiu
Location: Community Center Hall - 7007 Moeser Ln

<table>
<thead>
<tr>
<th>DATE</th>
<th>DAY TIME</th>
<th>MEETS RES NRES ACTIVITY</th>
</tr>
</thead>
<tbody>
<tr>
<td>8/3-8/31</td>
<td>Th 7:45-8:45pm</td>
<td>$26 $33 244530-01</td>
</tr>
</tbody>
</table>

Part 1B and Part 2 will be offered in the fall.

FITNESS CLASSES

Ballet (Beginning/Intermediate)

Ages 25+
Ballet is not only an art form but provides a thorough workout for the brain and body. Ballet exercises increase strength, balance, and feel-good endorphins. Students with no prior dance experience should start with one class per week on Thursdays. Students can wear leotards and tights, or yoga pants with a fitted top, and ballet slippers.

Instructor: Barbara Gabriel
Location: Garden Room - 7007 Moeser Ln

<p>| Once Weekly (Thursday) - Beginning |</p>
<table>
<thead>
<tr>
<th>DATE</th>
<th>DAY TIME</th>
<th>MEETS RES NRES ACTIVITY</th>
</tr>
</thead>
<tbody>
<tr>
<td>6/22-7/27</td>
<td>Th 4:30-5:45pm</td>
<td>6x $87 $108 244536-02</td>
</tr>
<tr>
<td>8/3-8/24</td>
<td>Th 4:30-5:45pm</td>
<td>4x $58 $72 244536-05</td>
</tr>
</tbody>
</table>

<p>| Once Weekly (Tuesday) - Intermediate |</p>
<table>
<thead>
<tr>
<th>DATE</th>
<th>DAY TIME</th>
<th>MEETS RES NRES ACTIVITY</th>
</tr>
</thead>
<tbody>
<tr>
<td>6/20-7/25</td>
<td>Tu 3:45-5pm</td>
<td>5x $73 $91 244536-01</td>
</tr>
<tr>
<td>8/1-8/22</td>
<td>Tu 3:45-5pm</td>
<td>4x $58 $72 244536-04</td>
</tr>
</tbody>
</table>

<p>| Twice Weekly (Tuesday &amp; Thursday) - Intermediate |</p>
<table>
<thead>
<tr>
<th>DATE</th>
<th>DAY TIME</th>
<th>MEETS RES NRES ACTIVITY</th>
</tr>
</thead>
<tbody>
<tr>
<td>6/20-7/27</td>
<td>TuTh 4:30-5:45pm</td>
<td>11x $114 $142 244536-03</td>
</tr>
<tr>
<td>8/1-8/24</td>
<td>TuTh 4:30-5:45pm</td>
<td>8x $83 $103 244536-06</td>
</tr>
</tbody>
</table>

Feldenkrais Method® Awareness-through-Movement

Ages 18+
Learn to pay attention to how you move. Improve flexibility, balance, and peace-of-mind through gentle, voice-led, movement lessons. Whatever your fitness level or activity, you can learn to do what you do with more ease and freedom!

Instructor: Marianne Constable
Location: Garden Room - 7007 Moeser Ln

<table>
<thead>
<tr>
<th>DATE</th>
<th>DAY TIME</th>
<th>MEETS RES NRES ACTIVITY</th>
</tr>
</thead>
<tbody>
<tr>
<td>7/11-7/25</td>
<td>Tu 2:30-3pm</td>
<td>3x $31 $39 255503-01</td>
</tr>
<tr>
<td>8/1-8/15</td>
<td>Tu 2:30-3pm</td>
<td>3x $31 $39 255503-02</td>
</tr>
</tbody>
</table>

Hatha Yoga

Ages 18+
Learn about alignment and fundamentals of yoga. This class teaches classical Hatha Yoga postures with slight variations to accommodate all levels. Strengthen muscles not normally used, improve posture, train your mind to focus, and stretch your body with deep breathing. Yoga can help with pain management, mood regulation, and overall well-being. Yoga props are often used for safe practice and to allow the body to achieve each position comfortably.

Instructor: Hiromi Aoki Jones
Location: Hana Gardens - 10870 San Pablo Ave

<table>
<thead>
<tr>
<th>DATE</th>
<th>DAY TIME</th>
<th>MEETS RES NRES ACTIVITY</th>
</tr>
</thead>
<tbody>
<tr>
<td>6/6-6/27</td>
<td>Tu 11:45am-1pm</td>
<td>4x $42 $52 244528-01</td>
</tr>
<tr>
<td>6/7-6/28</td>
<td>W 9:30-10:45am</td>
<td>4x $42 $52 244528-02</td>
</tr>
<tr>
<td>7/5-7/19</td>
<td>W 9:30-10:45am</td>
<td>3x $31 $39 244528-03</td>
</tr>
<tr>
<td>7/11-7/18</td>
<td>Tu 11:45am-1pm</td>
<td>2x $21 $26 244528-04</td>
</tr>
<tr>
<td>8/15-8/29</td>
<td>Tu 11:45am-1pm</td>
<td>3x $31 $39 244528-05</td>
</tr>
<tr>
<td>8/16-8/30</td>
<td>W 9:30-10:45am</td>
<td>3x $31 $39 244528-06</td>
</tr>
</tbody>
</table>

Pickleball Beginner: Learn to Play

Ages 18+
This class is designed for beginners and for first time players. Scoring, court positioning, and basic strategy will be taught. You will learn basic shots like the dink, volley, serve, and return of serve. This is the fastest growing sport in the country.

Instructor: Michele McGeoy
Location: Castro Courts - Lawrence St.

<table>
<thead>
<tr>
<th>DATE</th>
<th>DAY TIME</th>
<th>MEETS RES NRES ACTIVITY</th>
</tr>
</thead>
<tbody>
<tr>
<td>6/1-6/29</td>
<td>Th 9:30-11am</td>
<td>4x $104 $129 244529-01</td>
</tr>
<tr>
<td>7/6-7/27</td>
<td>Th 9:30-11am</td>
<td>4x $104 $129 244529-02</td>
</tr>
<tr>
<td>8/10-8/31</td>
<td>Th 9:30-11am</td>
<td>4x $104 $129 244529-03</td>
</tr>
</tbody>
</table>

No Class: 6/8
Pickleball Intermediate/Advanced: Beyond Basics

**Ages 18+**
Improve your game and sharpen your skills! Do drills designed to benefit the advanced beginner/intermediate player. Learn more effective dinking, volleying, transitioning to the net, and ‘the 3rd shot’ drop.

**Instructor:** Michele McGeoy
**Location:** Castro Courts - Lawrence St.

<table>
<thead>
<tr>
<th>DATE</th>
<th>DAY</th>
<th>TIME</th>
<th>MEETS</th>
<th>RES</th>
<th>NRES</th>
<th>ACTIVITY</th>
</tr>
</thead>
<tbody>
<tr>
<td>6/1-6/29</td>
<td>Th</td>
<td>11am-12:30pm</td>
<td>4x</td>
<td>$104</td>
<td>$129</td>
<td>244520-01</td>
</tr>
<tr>
<td>7/6-7/27</td>
<td>Th</td>
<td>11am-12:30pm</td>
<td>4x</td>
<td>$104</td>
<td>$129</td>
<td>244520-02</td>
</tr>
<tr>
<td>8/10-8/31</td>
<td>Th</td>
<td>11am-12:30pm</td>
<td>4x</td>
<td>$104</td>
<td>$129</td>
<td>244520-03</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td><strong>No Class: 6/8</strong></td>
</tr>
</tbody>
</table>

Women's Community Workout in the Park

**Free Class Demos**
Summer is a great time to get outdoors and get some exercise. Join the **FREE** Women’s Community Workout in the Park for a full body workout tailored to all levels. Let’s have a summer filled with health, outdoors, and fun!

**Location:** Arlington Park (Lower Grass Field) - 1120 Arlington Blvd.

<table>
<thead>
<tr>
<th>DATE</th>
<th>DAY</th>
<th>TIME</th>
<th>ACTIVITY</th>
</tr>
</thead>
<tbody>
<tr>
<td>6/14</td>
<td>W</td>
<td>6-6:45PM</td>
<td>244525-01</td>
</tr>
<tr>
<td>6/21</td>
<td>W</td>
<td>6-6:45PM</td>
<td>244525-01</td>
</tr>
<tr>
<td>6/28</td>
<td>W</td>
<td>6-6:45PM</td>
<td>244525-01</td>
</tr>
</tbody>
</table>

X-Fit Boot Camp

**Ages 13+**
X-Fit Boot Camp is an inspiring, fun, and challenging group fitness class designed to benefit all levels. Bringing together elements of athletic conditioning, strength training, core/functional training, body weight exercise, stretching, and poly metric training, classes can be scaled to individual needs and are designed to improve quality of life. RSVP to individual classes through app (to get set-up with the app, email Joe Ruiz at X-Fit Training at XFit.jr@gmail.com).

**Instructor:** Joe Ruiz
**Location:** Community Center Hall - 7007 Moeser Ln

<table>
<thead>
<tr>
<th>DATE</th>
<th>DAY</th>
<th>TIME</th>
<th>ACTIVITY</th>
</tr>
</thead>
<tbody>
<tr>
<td>6/1-6/30</td>
<td>M-Sa</td>
<td>7-7:50am</td>
<td>244527-01, 244527-02, 244527-03</td>
</tr>
<tr>
<td>7/1-7/31</td>
<td>M-Sa</td>
<td>7-7:50am</td>
<td>244527-04, 244527-05, 244527-06</td>
</tr>
<tr>
<td>8/1-8/31</td>
<td>M-Sa</td>
<td>7-7:50am</td>
<td>244527-07, 244527-08, 244527-09</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td><strong>No Class: 6/19, 7/4</strong></td>
</tr>
</tbody>
</table>

**MONTHLY FEES**

- **5 Workouts:** RES $90 NRES: $112
- **10 Workouts:** RES $135 NRES: $168
- **Unlimited:** RES $166 NRES: $206

---

**Zumba Summer Schedule**

We are dancing at El Cerrito High School (ECHS) and El Cerrito Community Center (ECCC) this summer. Check [eczumfit.com](http://eczumfit.com) for our current schedule and locations. See you on the dance floor!

**Class Times**

- **Zumba**: 9:00 am M, Tu, W, Th, F, Sa, Sun
- **Zumba Gold**: 10:15 am M, W, F
- **Zumba Gold Toning**: 10:15 am Tu, Th
- **Body Sculpting**: 10:15 am Saturday Only

**Pass Prices**

- **Standard**
  - EC Res: $11
  - Non-Res: $14

- **Senior 60+**
  - EC Res: $125
  - Non-Res: $155

- **Monthly (unlimited)**
  - $106.25
  - $131.75

- **10-class pak**
  - $94
  - $116

- **5-class pak**
  - $52
  - $64

**Questions? Email [eczumfit@gmail.com](mailto:eczumfit@gmail.com)**

* Classes and locations are subject to change.

**Passes are good for all classes: Zumba, Zumba Gold, Zumba Gold Toning and Body Sculpting.**

---

[Scan me](http://www.ec recreation) Buy passes at EC Recreation

[Scan me](http://www.ec recreation) Reserve on Punchpass

[Scan me](http://www.ec recreation) Class info at eczumfit.com
SUPPORT SERVICES

Café Costa Senior Lunch Program • Ages 60+
Café Costa Senior Lunch Program offers nutritious meals for seniors ages 60+. In person dining is a great way to get out and meet new people! Meals are available by reservation only on Tuesdays and Wednesdays. Doors open at 11:30am and lunch is served at 12pm. All reservations must be made before 12pm one business day prior. Suggested contribution is $3/meal. FREE rides to/from lunch are available for El Cerrito residents by advance reservation. Call (510) 559-7000 or email recreation@ci.el-cerrito.ca.us for application or to make reservations.

Blind & Low-Vision Support Group • Ages 60+
The Lion’s Center for the Visually Impaired sponsors this FREE monthly support group at the Community Center on the first Tuesday of each month from 1-2pm. Drop-ins welcome. Call (925) 664-8212 for more information.

Respite Program • Ages 60+
Designed for individuals with dementia or Alzheimer’s, this program offers supervision and activities including art, music and more. Respite care is held at the Community Center on Tuesdays from 10am-3pm and is run in partnership with the WCCUSD Older Adult Programs and Beacon Home Care. To learn more about this program or to get information about volunteer opportunities with the program, call (510) 559-7000 or email recreation@ci.el-cerrito.ca.us.

Meals on Wheels Home Delivered Meals • Ages 60+
Meals on Wheels serves nutritionally at-risk seniors who have challenges that prevent them from preparing daily meals for themselves. You may qualify for this home-delivered meal program if you are: 60 years old or older, home-bound or have a disability. To find out more or for information on volunteering, call (866) 669-6967 or email wccmow@gmail.com

Information & Assistance Helpline • Ages 55+
Seniors, adults with disabilities, and caregivers may call the Contra Costa County Information & Assistance Helpline to speak with knowledgeable social workers to get information, referrals to other services, and assistance with solving problems. Monday-Friday, 8am-5pm. Call (800) 510-2020 or email infoandassist@ehst.cccounty.us.

Staying Up To Date

60+ Bulletin
The City of El Cerrito Recreation Department’s 60+ Bulletin is a digital newsletter published monthly. It is a great way to stay informed about upcoming senior classes, programs, services and special events. To receive a 60+ Bulletin by email, contact recreation@ci.el-cerrito.ca.us. Bulletins are also available online at www.el-cerrito.org/60plus.
60+ FITNESS CLASSES

Beginner Line Dance
Learn to line dance with ease. No partner or dance experience needed. Dancers line up in a row without partners and follow a choreographed pattern of steps to music. **Fees are per class.**
**Instructor:** Leonard Plummer
**Location:** ECHS Gym Small - 540 Ashbury Ave or El Cerrito Community Center – 7007 Moeser Ln

<table>
<thead>
<tr>
<th>DATE</th>
<th>DAY</th>
<th>TIME</th>
<th>RES</th>
<th>NRES</th>
<th>ACTIVITY</th>
</tr>
</thead>
<tbody>
<tr>
<td>6/7-8/30</td>
<td>W</td>
<td>12:1-30pm</td>
<td>$5</td>
<td>$6</td>
<td>244453-01</td>
</tr>
</tbody>
</table>

No Class: 6/14

Senior Fitness: Chair Exercises
Sit and get fit with Senior Chair Fitness! The instructor leads exercises that strengthen arms, legs, and core while seated. Movements help to develop flexibility and endurance and increase lung capacity. All levels of fitness are welcome. This is a great class for those recovering from an injury and want to regain their strength and balance. Wear comfortable clothing and shoes. **Fees are per class.**
**Instructor:** Judy Katz
**Location:** Garden Room - 7007 Moeser Ln

<table>
<thead>
<tr>
<th>DATE</th>
<th>DAY</th>
<th>TIME</th>
<th>RES</th>
<th>NRES</th>
<th>ACTIVITY</th>
</tr>
</thead>
<tbody>
<tr>
<td>6/1-8/31</td>
<td>Th</td>
<td>10:30-11:15am</td>
<td>$7</td>
<td>$9</td>
<td>255505-01</td>
</tr>
</tbody>
</table>

No Class: 6/15, 7/4

Senior Fitness: Floor Exercises
Have fun and get in shape by toning your muscles and increasing your flexibility and range of motion. Improve your overall endurance and stamina. The instructor has 20 plus years of fitness teaching experience, working with all ages. Note: students should bring a thick fitness mat, not a yoga mat. Many of the exercises will be positioned sitting and lying on the floor. **Fees are per class.**
**Instructor:** Judy Katz
**Location:** Garden Room - 7007 Moeser Ln

<table>
<thead>
<tr>
<th>DATE</th>
<th>DAY</th>
<th>TIME</th>
<th>RES</th>
<th>NRES</th>
<th>ACTIVITY</th>
</tr>
</thead>
<tbody>
<tr>
<td>6/5-8/31</td>
<td>Tu, Th</td>
<td>11:30am-12:15pm</td>
<td>$7</td>
<td>$9</td>
<td>255504-01</td>
</tr>
</tbody>
</table>

No Class: 6/13, 6/15, 7/4

Tai Chi Chih
Tai Chi Chih was developed to promote relaxation and stress reduction. Exercises are aligned with balance, meditation, and wellness. Movements are relaxed, flowing movements that require simple coordination so that those of any age can easily perform them. Chairs are available for use during the class. Join the class and experience renewed energy and a sense of serenity. **Fees are per class.**
**Instructor:** Recreation Volunteer
**Location:** Garden Room - 7007 Moeser Ln

<table>
<thead>
<tr>
<th>DATE</th>
<th>DAY</th>
<th>TIME</th>
<th>RES</th>
<th>NRES</th>
<th>ACTIVITY</th>
</tr>
</thead>
<tbody>
<tr>
<td>6/5-8/28</td>
<td>M</td>
<td>10-11am</td>
<td>$5</td>
<td>$6</td>
<td>255501-01</td>
</tr>
</tbody>
</table>

No Class: 6/12, 6/19

Strength and Balance
This is an exercise class designed to reduce the risk of falling by improving balance, building strength, increasing agility, and enhancing posture. Experience greater confidence, control, and safety in your activities. Wear comfortable clothing and closed-toe tennis shoes. There are 1lb, 2lb and 3lb weights available.
**Instructor:** Mehran Shahkar
**Location:** Garden Room - 7007 Moeser Ln

<table>
<thead>
<tr>
<th>DATE</th>
<th>DAY</th>
<th>TIME</th>
<th>RES</th>
<th>NRES</th>
<th>ACTIVITY</th>
</tr>
</thead>
<tbody>
<tr>
<td>6/5-6/28</td>
<td>M, W</td>
<td>11:30am-12:30pm</td>
<td>$55</td>
<td>$70</td>
<td>255502-01</td>
</tr>
<tr>
<td>7/3-7/31</td>
<td>M, W</td>
<td>11:30am-12:30pm</td>
<td>$99</td>
<td>$126</td>
<td>255502-02</td>
</tr>
<tr>
<td>8/2-8/30</td>
<td>M, W</td>
<td>11:30am-12:30pm</td>
<td>$99</td>
<td>$126</td>
<td>255502-03</td>
</tr>
</tbody>
</table>

No Class: 6/12, 6/14, 6/19, 6/26, 6/28, 7/3, 7/5
Drop-in: $11 RES $14 NRES

Zumba Gold
Zumba Gold is a lower impact Zumba experience great for beginners, anyone recovering from injury, and those looking for a great workout at a slower speed. Tuesday & Thursday Gold classes use light toning sticks to tone your muscles while you dance. See page 17 for schedule.
### 60+ ENRICHMENT ACTIVITIES

**Age-Well Drive Smart Seminar (FREE!)**
California Highway Patrol (CHP) presents Age-Well Drive Smart Seminars for older adult drivers to help improve driver safety, maintain insurance rates, and to provide an opportunity to learn about new laws that have gone into effect. Topics covered include safe driving tips, myths about older drivers, transportation alternatives, and more. Certificate of completion awarded at end of seminar. Space is limited! For more information email recreation@ci.el-cerrito.ca.us or call (510) 559-7000.

**Location:** Hana Gardens Senior Center – 10870 San Pablo Ave

<table>
<thead>
<tr>
<th>DATE</th>
<th>DAY</th>
<th>TIME</th>
<th>ACTIVITY</th>
</tr>
</thead>
<tbody>
<tr>
<td>8/24</td>
<td>Th</td>
<td>9am-12pm</td>
<td>255204-03</td>
</tr>
</tbody>
</table>

**Senior Presentation Series (FREE)**
Join us for our FREE monthly Senior Presentation Series. Presenters share information on a variety of topics. RSVP to save your spot! Presentations are held on Wednesdays from 1-2pm unless otherwise noted. Email recreation@ci.el-cerrito.ca.us or call (510) 559-7000 for more information or if you have a topic, you would like us to cover.

**Location:** Patio Room - 7007 Moeser Ln

<table>
<thead>
<tr>
<th>PRESENTATION</th>
<th>DATE</th>
<th>DAY</th>
<th>TIME</th>
<th>ACTIVITY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Trail Trekkers: Hiking</td>
<td>6/28</td>
<td>W</td>
<td>1-2pm</td>
<td>255204-01</td>
</tr>
<tr>
<td>Library Programs &amp; Resources for Seniors</td>
<td>7/26</td>
<td>W</td>
<td>1-2pm</td>
<td>255204-02</td>
</tr>
<tr>
<td>Tai Chi Chih Demo Class</td>
<td>8/30</td>
<td>W</td>
<td>1-2pm</td>
<td>255204-04</td>
</tr>
</tbody>
</table>

### DAY TRIPS & TRAVEL

**rEC Treks: Senior Day Trips**
Join us as we explore new locations and meet new people. Cost of trip includes transportation, trip leader and entrance fees. Lunch is on your own. Fees vary by trip. All rEC Treks leave from the Contra Costa Civic Theatre parking lot located at 951 Pomona Ave. **Pre-registration is required:** www.el-cerrito.org/onlinereg

<table>
<thead>
<tr>
<th>LOCATION</th>
<th>DATE</th>
<th>DAY</th>
<th>TIME</th>
<th>RES</th>
<th>NRES</th>
<th>ACTIVITY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Marine Mammal Center</td>
<td>6/16</td>
<td>F</td>
<td>10am-3pm</td>
<td>$53</td>
<td>$66</td>
<td>255801-01</td>
</tr>
<tr>
<td>Animal Rescue Foundation (ARF)</td>
<td>TBD</td>
<td>TH</td>
<td>TBD</td>
<td>$45</td>
<td>$56</td>
<td>255801-02</td>
</tr>
<tr>
<td>Filoli Gardens</td>
<td>8/24</td>
<td>TH</td>
<td>9am-4pm</td>
<td>$65</td>
<td>$81</td>
<td>255801-03</td>
</tr>
</tbody>
</table>

**Now accepting applications for volunteers...**
Interested in taking day trips? Comfortable leading a group? We are accepting applications for volunteer Tour Leaders for our rEC Trek Senior Day Trips. Interested? Email: recreation@ci.el-cerrito.ca.us
LONG DISTANCE TRIPS

Check out what’s happening at the El Cerrito Library this summer!

Youth

**Read to a Dog (In-Person)** 4pm-4:45pm  
Every other Tues.: 6/6, 6/20, 7/18, 8/1, 8/15, 8/29  
This program is designed for young folks who can read by themselves but enjoy the comfort of a dog to help with some of those pesky new words. Registration is required for 15 minutes reading sessions. You may sign up on the library’s website or by calling the El Cerrito Library at (510) 526-7512.

**Storytime (Babies, Toddlers, Preschoolers) (In-Person)**  
10:15am-10:30am 4th Thursday of the month  
Best suited for children ages 0-5 with a caregiver. All ages and abilities welcome. Music, finger plays, flannels, and book-centered fun for little ones.

Adults/Seniors

**ESL Conversation Group (In-Person)** 5pm-6pm  
Wednesdays  
Practice your English conversation skills with other adult English language learners in an informal and friendly setting. No registration required. All abilities are welcome, for special accommodations, please call the library with 72 hours’ notice.

**Mystery Book Club (Online)** 11am-12pm  
3rd Saturday of the month  
The El Cerrito Library welcomes mystery book lovers to join us in discussing the intricacies of suspense, thrillers, the cozies, and more. The monthly activity will begin online. Please call (510) 526-7512 or email anasa.tatum@library.cccounty.us to join.

**Online Rainbow Book Club (Online)** 6pm-7pm  
Last Thursday of the month  
The Online Rainbow Book Club is for all readers ages 18 and over who enjoy thoughtful and supportive discussions centering on LGBTQ+ titles, characters, and themes. By joining, you agree to respect your fellow participants. You may sign up on the library’s website. If you have questions, please call the El Cerrito Library at (510) 526-7512 or email chelsea.maradiaga@library.cccounty.us
<table>
<thead>
<tr>
<th></th>
<th>Restrooms</th>
<th>Picnic Tables</th>
<th>Reservable Picnic Sites</th>
<th>Reservable Indoor Space</th>
<th>BBQ's Playground</th>
<th>Grass Area</th>
<th>Creek View/Access</th>
<th>Trails</th>
<th>Basketball Court</th>
<th>Tennis Courts**</th>
<th>Sport Field</th>
<th>Other</th>
</tr>
</thead>
<tbody>
<tr>
<td>Arlington Park</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1120 Arlington Blvd.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Baxter Creek Gateway Park</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Key Blvd. &amp; Conlon Ave.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bruce King Memorial Dog Park</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Enclosed Dog Park</td>
</tr>
<tr>
<td>1600 Lexington Ave.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Community &amp; Swim Center</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7007 Moeser Lane</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Canyon Trail Park</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6757 Gatto Ave.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Castro Park</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Pickleball Lines</td>
</tr>
<tr>
<td>1420 Norvell St.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Centennial Park</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Liberty St. &amp; Eureka Ave.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Central Park</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5701 Central Ave.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cerrito Vista Park</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>950 Pomona Ave.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Creekside Park</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3499 Santa Clara Ave.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fairmont Park</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>715 Lexington Ave.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hana Garden Senior Center</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10860 San Pablo Ave.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Harding Park</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7115 C Street</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hillside Natural Area</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>East Schmidt Ln., North Potrero Ave., King Ct.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Huber Park</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7711 Terrace Dr.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ohlone Greenway</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Runs length of El Cerrito from East of Kearny St. thru El Cerrito Plaza</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Poinsett Park</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5611 Poinsett Ave.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tassajara Park</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2575 Tassajara Ave.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Tennis Courts**

Courts are located at Arlington, Canyon Trail, Castro, Harding, Tassajara and Cerrito Vista parks. The courts at Castro Park are additionally lined for Pickleball. Each court is available for reservation (one hour minimum) between 8am and sundown. The courts at Cerrito Vista are the only courts with lights for use from sundown to 9:00pm. Players with a reservation receive priority, and players without a reservation must relinquish the courts to those with a reservation. Court reservations are issued by the Recreation Department online only at www.el-cerrito.org/onlinereg.
PICNIC AREAS*

<table>
<thead>
<tr>
<th>Arlington Park</th>
<th>Canyon Trail Park</th>
<th>Huber Park</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Area #1 with BBQ (capacity: 20)</strong></td>
<td><strong>Area #1 No BBQ (capacity: 20)</strong></td>
<td><strong>Area #1 &amp; #2 with BBQ (capacity: 20)</strong></td>
</tr>
<tr>
<td>Resident - $92</td>
<td>Resident - $77</td>
<td>Resident - $96</td>
</tr>
<tr>
<td>Non- Resident - $116</td>
<td>Non- Resident - $96</td>
<td>Non- Resident - $116</td>
</tr>
<tr>
<td><strong>Area #2 with no BBQ (capacity: 20)</strong></td>
<td><strong>Tassajara Park</strong></td>
<td><strong>Castro Park</strong></td>
</tr>
<tr>
<td>Resident - $77</td>
<td>Area #1 with BBQ (capacity: 20)</td>
<td>Resident - $96</td>
</tr>
<tr>
<td>Non- Resident - $96</td>
<td>Area #1 with BBQ (capacity: 20)</td>
<td>Non- Resident - $116</td>
</tr>
<tr>
<td><strong>Area #3 with no BBQ (capacity: 20)</strong></td>
<td><strong>Area #1 with BBQ (capacity: 20)</strong></td>
<td></td>
</tr>
<tr>
<td>Resident - $77</td>
<td>Resident - $96</td>
<td></td>
</tr>
<tr>
<td>Non- Resident - $96</td>
<td>Non- Resident - $116</td>
<td></td>
</tr>
</tbody>
</table>

**Cerrito Vista Park**

| **Area #4 with BBQ (capacity: 20)** | (6) tables & (2) BBQs (capacity: 50) |
| Resident - $92                      | Resident: $230                       |
| Non- Resident - $116                | Non- Resident: $288                  |

| **Area #5 with BBQ (capacity: 20)** | Area #1 with BBQ (capacity: 20)     |
| Resident - $92                      | Resident - $96                      |
| Non- Resident - $116                | Non- Resident - $116                |

**PICNIC AREA DEPOSITS/DISCOUNTS:**

- Picnic Area Deposit: $54
- Restroom Key Deposit: $24 / key, can be used at any park restroom
- Picnic Area Weekday Discount: 15%

*Picnic Areas are available for use during park hours, sunup to sundown

INDOOR FACILITY RENTALS

For more information, visit: [www.el-cerrito.org/Facility-Rental](http://www.el-cerrito.org/Facility-Rental) or contact Jessica Palacios, (510) 559-7017. Reserve online at [www.el-cerrito.org/onlinereg](http://www.el-cerrito.org/onlinereg).

**Clubhouses:** Nestled in City parks, Clubhouses are ideal locations for smaller weekend events. Fees subject to change after 7/1.

**Castro Clubhouse (Capacity 30):** 1420 Norvell St.
**Arlington Clubhouse (Capacity 50):** 1120 Arlington Blvd.

Please note: Arlington Clubhouse and Picnic sites #2, 4, 5 & 6 may be unavailable in the coming months due to the Arlington Park Improvement Project. No dates are set but we anticipate the potential closure to be between July - November 2023. For the latest project information visit: [www.el-cerrito.org/arlingtonpark](http://www.el-cerrito.org/arlingtonpark)

**Arlington or Castro Clubhouse – minimum 3 hours**

- Arlington capacity: 50
- Castro capacity: 30
- Resident: $258, each additional hour $8
- Non-Resident: $321, each additional hour $107
- Weekday Discount**: 15%
- Deposit: $255
- Alcohol Permit: $49

www.el-cerrito.org/parks-facilities
Hana Gardens Senior Center 10870 San Pablo Ave
Hana Gardens is located on San Pablo Ave adjacent to City Hall. The space is ideal for meetings and smaller weekend events and can accommodate up to 60 people. The rental includes a small reception desk, two wall mounted TV sets, Wi-Fi, set-up and break-down of chairs and tables, a sink, countertop space, and refrigerator (no kitchen). Fees subject to change after 7/1.
Reserve online at www.el-cerrito.org/onlinereg.

| Hana Gardens Senior Center – minimum 3 hours (capacity: 50) |
|---------------------------------|-----------------|
| Resident: $321, each additional hour $107 |
| Non-Resident: $402, each additional hour $134 |
| Set up/Clean up per hour: (1 hour max) $67 |
| Deposit: $346 I Weekday Discount*: 15% |
| Alcohol Permit: $201 |

El Cerrito Community Center 7007 Moeser Lane
The Social Hall and Skylight Room provide the ideal spot for your wedding reception, family celebrations and luncheons at the same time providing a perfect location for corporate trainings, fundraisers and more. Fees subject to change after 7/1. Highlights of this 3200sqft. facility:
- Available for rent on weekends
- Accommodates up to 220 people for dining
- Comes with use of a full kitchen
- Main Event Space is 41’ x 80’
- Cathedral style ceiling and refinished hardwood floors
- Access to a beautiful, fenced in, outdoor courtyard
- A five-hour minimum rental time is required

| Community Center – minimum 5 hours of rental time |
|---------------------------------|---------------------------------|
| Social Hall (capacity: 220)     | Skylight, Garden or Patio Rooms (cost per room) |
| (Skylight Room capacity: 66; Garden/Patio Room capacity: 50 each room) |
| Resident: $1,065. Each additional hour: $213 |
| Non-Resident: $1,330. Each additional hour: $266 |
| Set up/Clean up per hour(4 hours max): $86 |
| Non-Profit Rental Fee Discount: 20% |
| City Co-Sponsored Rental Fee Discount: 40% |
| Deposit Private: $674 |
| Deposit Non-Profit: $539.20 |
| Deposit City Co-Sponsored: $404.40 |
| Resident: $81/hour |
| Non-Resident: $100/hour |
| Non-Profit Rental Fee Discount: 20% |
| City Co-Sponsored Rental Fee Discount: 40% |
| Deposit Private: $116 |
| Deposit Non-Profit: 93.80 |
| Deposit City Co-Sponsored: $69.60 |
| Transfer of Date: $54 for all rooms |
| Alcohol Permit: $210 |

www.el-cerrito.org/parks-facilities
NEW! TEXT NOTIFICATIONS

Want to make sure you receive urgent messages from the El Cerrito Recreation Department?

Our registration site now offers the option to opt into text messaging that will be sent only in urgent or emergency situations (such as last-minute closures or program cancellations).

We encourage you to subscribe to alerts at www.el-cerrito.org/onlinereg. Click on “My Account” in the top right corner and select “Text Opt In/Out” (under “Update”) and follow prompts on the screen.

You must “Opt In” online to receive text notifications.

TIPS TO PREPARE FOR REGISTRATION...

Make sure you have an account:

If you are brand-new to our programs and don’t have an existing account, create one at www.el-cerrito.org/onlinereg. Families and individuals who have participated in El Cerrito Recreation programs (anything from swim lessons, to Tai Chi, to past camps) already have an existing account.

Make sure you can log in:

Test your username and password. Utilize the “forgot password” tool if needed. Contact the Recreation Department for assistance accessing your account.

Is your account up-to-date?

Make sure all your account information is up to date. Birthdays are especially important! All of our programs are associate with an age or age group so those looking to be enrolled must have a birthday listed on their account to be eligible for camps.

Parents/Guardians: Make sure it is the child’s birthday under their name and not yours. Incorrect birthday’s will give you an error message when you try to register.

Review our “How To”

Review our “How To” on processing an online registration. For step-by-step registration instructions visit: www.el-cerrito.org/howtoregister

YOUTH (including swim lessons)

Scholarships Available!

Families are eligible to receive up to $300 per child, up to two times per year. More information can be found at www.el-cerrito.org/scholarship.

Please apply prior to registration.

REGISTRATION ’HOW TO’

Need assistance registering online?

We have a step-by-step guide with visual aids available on our website: www.el-cerrito.org/HowToRegister

You'll be able to choose:

1. Logging into WebTrac
2. Classes / Camps / Childcare
3. Enroll-by-Day Programs
4. Passes
5. Facility Rentals
6. Picnic / Tennis Rentals

REMINDER: REGISTRATION FOR 2023-24 AFTERSCHOOL CHILDCARE

opened online only on Tuesday, April 11, 2023, at 9:00am.

Registration is being prioritized based on two criteria:

1. 5-day enrollments
2. Submittal time of JotForm/Registration.

More information can be found online at www.el-cerrito.org/childcare
Don’t miss the event of the season...

For many, the annual City of El Cerrito/worldOne July 4th Festival has been a chance to celebrate amongst high-flying banners, world-class music, food, friends, and more. Scan the codes below to learn more about our 4th of July celebration and opportunities to support and participate!

4th of July Website

Sponsorships

Individual Donations

Vendors

Food Booth/Truck

Car Showcase

www.el-cerrito.org/recreation    (510) 559-7000