



LIVERMORE AREA RECREATION AND PARK DISTRICT

PARKS & PLAY

AN INDEPENDENT SPECIAL DISTRICT



FALL 2019

RECREATION ACTIVITY GUIDE

SEE PAGE 30 FOR SENIOR PROGRAMS AND MORE!



@larpd_livermore



@livermorelarpd

• LARPD.ORG



Applefest

SUN. AUGUST 25
12-4PM

Join us for cider making, apple picking, old-time games and docent tours.

AGES 18+: \$5 • AGES 2-17: \$1 • UNDER 2: FREE

Ravenswood Historic Site

2647 ARROYO ROAD, LIVERMORE

FEES PAYABLE AT EVENT OR PRE-PAY AT LARPD.ORG



5TH ANNUAL

DOGTOBERFEST

SUNDAY, OCTOBER 13, 2019 • 11AM-3PM

Robert Livermore Park • 491 Loyola Way • Sports Fields

Dog Demos, Festivities, Food & Drink,

Dog Vendors/Rescues, Pet Costume Contest Festivities,

Pet Trick Contest, Pet/Owner Look-A-Like Contest, Ugliest Dog Contest



LARPD.ORG • 925.373.5700



LIVERMORE AREA RECREATION AND PARK DISTRICT

PARKS & PLAY

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Message from the General Manager FALL 2019

Comparable to public safety and water, parks and recreation services are crucial when it comes to maintaining a healthy quality of life in a community. Parks and recreation programs have tremendous value in communities providing health and wellness opportunities, a sense of public pride and togetherness, as well as places and spaces for people of all ages and abilities to learn, grow, interact, and connect with one another. We at the Livermore Area Recreation and Park District take great pride in providing you a tremendous system of parks, open space, and trails and numerous recreational opportunities that promote enjoyment, lifelong learning, and healthy active lifestyles. From open spaces to neighborhood and dog parks, summer camps, and senior trips, preschool, programs in the arts, sports, and more. LARPD provides an exceptional variety of programs for people of all interests to be active and involved. LARPD helps maintain the quality of life that Livermore residents have come to know and enjoy. As you head into the fall season, I urge you to continue to look to Livermore Area Recreation and Park District as your place in Livermore to find community, activity, and joy as you explore all that we have to offer through our parks and programs. We are here to bring fun and enjoyment to your day and we are here to serve you.

Livermore is unique in the sense that we have a strong and diverse Recreation and Park Special District that is funded and run independent of the city and the challenges of competing interests within the critical needs of the city. We also serve a larger geographic area surrounding the city. Livermore Area Recreation and Park District was brought about by the thoughtful foresight of the people of this area and founded in 1947 with this special arrangement in mind to guarantee the continuation of the quality of life that we deserve and expect.

Mat Fuzie General Manager

Livermore Area Recreation and Park District an Independent Special District

Robert Livermore Community Center District Offices

4444 East Avenue, Livermore, CA 94550 • 925.373.5700

Email: info@larpd.org

Website: www.larpd.org

Like us on Facebook: Livermore Area Recreation and Park District

Follow us on Instagram: @larpd_livermore

Administrative Office Hours: M-Th-8:00am-6:00pm;

F-8:00am-5:00pm; SAT - 9am-1pm

General Manager: Mat Fuzie

Board of Directors: Maryalice Summers Faltings, David Furst, Jan Palajac, Philip Pierpont and Beth Wilson.

Mission To provide the people of the Livermore area with outstanding recreation programs and a system of parks, trails, recreation areas and facilities that promote enjoyment, lifelong learning and healthy active lifestyles.

Board Meetings and Communicating with LARPD The public is invited to attend the Board of Directors meetings, held the second and last Wednesdays of the month at 7pm at the Robert Livermore Community Center, 4444 East Avenue in Livermore, and comment on any topic concerning local parks and recreation services and facilities. In addition, if the public has a concern or question about District services or facilities, it can be addressed to the General Manager, at info@larpd.org. Board meetings are recorded and broadcast on Cable TV Channel 29 the evening following each Board meeting.

Activity Guides The LARPD Activity Guide is published three times per year: Summer, Fall and Winter/Spring. Readers can also view the LARPD Activity Guide online at www.larpd.org. Any changes that take place after the print guide is published can be found in the online guide edition.

Photo Policy LARPD reserves the right to use photos taken of visitors while they are visiting LARPD facilities or special events or participants in any department programs. Such photographs may be used by Livermore Area Recreation and Park District for publicity purposes.

Holiday Closures The District Offices are closed on:
9/2, 11/11, 11/28, 11/29, 12/24, 12/25, 12/31

Robert Livermore Aquatic Center

4448 Loyola Way, Livermore, CA • 925-373-5750

August 24th - September 21st

Activity Pool & Main Pool	
Saturday	12pm-6pm
Holiday Hours: Labor Day 9/2	
Recreation Swim	12pm-6pm
Fees	Single Admission
Under 48"	Resident \$5.00 Non-Resident \$6.00
Over 48"	Resident \$7.00 Non-Resident \$8.00
Senior/Military	Resident \$6.00 Non-Resident \$7.00
Children 24 months & younger FREE with paying adult	



Adult/Toddler Time

Monday-Thursday August 5-29 9:15-11:15am

Per person: 6mo-5yrs and adult	
Resident	\$3.00
Non-Resident	\$4.00

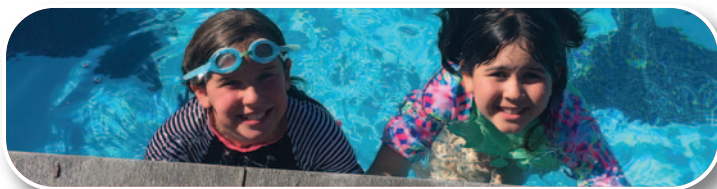
Lap Swim (12+yrs)

Robert Livermore Aquatic Center - August 19th - December 21

Days	Times
M-F	6am-1:30pm
M/W	5:30-8:30pm
SAT	8-11am

Holiday Hours: Labor Day - September 2nd: 8-11am

Fees	Single Admission	Swim Pass
Adult	Resident \$4.00	15 for \$57, 50 for \$175, Annual \$550
Adult	Non-Resident \$5.00	15 for \$72, 50 for \$225, Annual \$605
Youth/Senior	Resident \$3.50	15 for \$50, 50 for \$150, Annual \$475
Youth/Senior	Non-Resident \$4.50	15 for \$55, 50 for \$165, Annual \$500



Water Exercise

This non-impact, intense aerobic exercise class will challenge your cardiovascular endurance, as well as develop muscle strength, stamina, and flexibility. Equipment is provided.

**Robert Livermore Aquatic Center - August 19th - December 21st
NO CLASS 9/2**

Days	Times
M/W/F	7:30-8:25am
M-F	9-9:55am
M/W	5:30-6:30pm
SAT	8:15-9:10am

Fees	Drop-In	Swim Pass
Resident	\$10.00	10 for \$80, 20 for \$140, 30 for \$180
Non-Resident	\$11.00	10 for \$88, 20 for \$154, 30 for \$198

Swim Conditioning

Stay in shape with LARPD's Swim Conditioning Program! Along with general workouts, there will be instruction on stroke techniques. Prerequisite: Ability to swim 25 yards comfortably and 30 seconds of treading water OR passed Learn-to-Swim Level 3.

Class #	Age	Day	Date	Time	RES/NR
6981	9-12	M/W	9/9-10/30	4-5pm	\$179/\$197
6982	13-18	M/W	9/9-10/30	5-6pm	\$179/\$197

Private Swim Lessons

Class #	Day	Date	Time	RES/NR
6301	M-W	9/9-9/25	4-4:25pm	\$168/\$185
6302	M-W	9/9-9/25	4:30-4:55pm	\$168/\$185
6303	M-W	9/9-9/25	5-5:25pm	\$168/\$185
6307	M-W	9/30-10/16	4-4:25pm	\$168/\$185
6308	M-W	9/30-10/16	4:30-4:55pm	\$168/\$185
6309	M-W	9/30-10/16	5-5:25pm	\$168/\$185



Splashball

Splashball is a "T-ball" version of water polo designed to introduce the sport of water polo to kids 6-10 years. Learn basic skills and understanding of water polo in a fun and supportive atmosphere, while providing social development through participation in a team sport.

#	Age	Day	Date	Time	RES/NR
6989	6-10	W	9/13-11/22	4:15-5:15pm	\$99/\$109

Adult 18 & Up Water Polo

A perfect opportunity for swimmers to learn the popular game of water polo and former players to get back into the game! Participants will learn the basic skills and rules of water polo in a fun and supportive atmosphere. This is also a perfect time for high school athletes to hone their skills with more experienced players. High school athletes must have a USA Water Polo Membership. For more information call (925) 373-5750.

September 9th - December 18th	
Mondays and Wednesdays	7-8:30pm
\$10 Drop-in Fee • \$5 with 18U Polo Membership 10 Class Pass: \$50 RES/\$55 NR 20 Class Pass: \$80 RES/\$88 NR	

Synchronized Swimming Lessons and Development Program

Santa Clara Aquamaids

Our synchronized swimming lessons offer training in flexibility, strength, basic swimming skills, basic synchronized swimming skills and performance techniques. Each session culminates in an end-of-session demonstration giving the participants an opportunity to perform their newly acquired skills. **No practice 12/22, 12/29.**

#	Age	Day	Date	Time	RES/NR
6989	6-11	SUN	9/15-11/24	10am-12pm	\$168/\$185
6990	6-11	SUN	12/8-2/23	10am-12pm	\$168/\$185



USWP - Lazars Water Polo Team

LARPD has a United States Water Polo (USWP) team, governed by USWP, which encourages high standards of play and good sportsmanship. As a USWP Club team, all practices and competitions will be sanctioned, requiring all participants to be currently registered with USWP. Depending on registration boys and girls will be separated, or we will have a traditional co-ed team. Become a member at usawaterpolo.org. TeamSnap is used as the main communication and an account will be set up for those who are new. Fee does not include tournament fees. Parents are required to volunteer during home tournaments Swim Evaluation: Timed 100 Freestyle swim, and treading water for 2 minutes. No practice 12/23-1/3.

14 & Under Water Polo - Coed (USWP Bronze Required)

Class	Gender	Ages	Day	Date	Time	RES/NR
6983	Girls	11-14	M/W	9/9-11/20	4-5:15pm	\$220/\$242
6984	Boys	11-14	M/W	9/9-11/20	4-5:15pm	\$220/\$242
6985	Girls	11-14	M/W	12/3-2/13	4-5:15pm	\$220/\$242
6986	Boys	11-14	M/W	12/3-2/13	4-5:15pm	\$220/\$242

18 & Under Water Polo - Girls (USWP Silver Required)

Class	Ages	Day	Date	Time	RES/NR
6987	14-18	T/TH	12/3-2/13	4:30-6pm	\$250/\$272

18 & Under Water Polo - Boys (USWP Silver Required)

Class	Ages	Day	Date	Time	RES/NR
6988	14-18	T/TH	12/3-2/13	6-7:30pm	\$180/\$198



2019/20 LARPD Preschool Programs

This schedule and rates are based on the 2018/19 Preschool Program and are subject to change. Open registration for the 2019/2020 preschool year began Monday, March 4, 2019. Online registration is not available for these classes. Please call 925-960-2486 to register or visit our offices at 71 Tverano Road. Operates on a month-to-month basis and follows on the LVJUSD calendar. Programs rely on parent volunteers to assist in the class. Space is limited.

Little Learners (2.5yrs by September 1, 2019)

Little Learners develop social and cognitive skills, mature emotionally, and gain self-confidence through play based activities. Adult participation is required until the child is able to use the restroom independently and one day per month thereafter.

Preschool (3yrs by September 1, 2019)

Play-based learning offers social experiences and opportunities for preschoolers to make choices. Our goal is to channel 3 year olds into the world of learning. Parents/guardians participate at least one day per month. Children must be able to use the restroom independently.

Pre-K (4yrs by September 1, 2019)

When engaged in thoughtful, age appropriate play, children gain confidence for Kindergarten readiness, build relationships, problem-solve, practice conflict resolution, expand language, understand limits, and spark creativity. Parents/guardians participate at least one day per month. Children must be able to use the restroom independently.

Christensen School 5611 Bridgeport Circle

Type	Day	Time	Fee (Monthly)
Preschool	T/TH	9-11:30am	\$145
Pre-K	M/W/F	8:45-11:45am	\$245

Croce School 5650 Scenic Ave. Rm #35

Type	Day	Time	Fee (Monthly)
Preschool	T/TH	9-11:30am	\$145
Pre-K	M/W/F	8:45-11:45am	\$245

Robert Livermore Community Center Poppy Room

Type	Day	Time	Fee (Monthly)
Preschool	T/TH	9-11:30am	\$145
Pre-K	M/W/F	9am-12pm	\$245

Jane Addams 1310 Murdell Lane

Type	Day	Time	Fee (Monthly)
Little Learners Preschool	T/TH	9-11:30am	\$145
	T/TH	9-11:30am	\$145
	T/TH	12:15-2:15pm	\$125
Pre-K	M/W/F	8:45-11:45am	\$245
	M/W/F	12:30-2:30pm	\$185

May Nissen 685 Rincon Avenue

Type	Day	Time	Fee (Monthly)
Preschool	T/TH	9-11:30am	\$145
Pre-K	M/W/F	9-11:30am	\$195



LARPD Toddler & Parent Programs

Open registration began July 8, 2019.

LARPD Preschool Programs offer the following parent participation classes for children 1-3 years of age. Online registration is not available for these classes. Please call 925-960-2486 to register or visit us at 71 Trevarno Road.



Wonderful Ones

Little House, 85 Trevarno Road

Healthy, engaged parents or caregivers are the best brain supports a child can have. Circle time fun, finger plays, sensory experiences, and motor development opportunities help young children make sense of the world they live in. There will also be time to discuss normal development and common concerns about child rearing in a relaxed environment. **No class 10/4 & 11/29.**

Age	Day	Date	Time	RES/NR
12-17mo	F	9/6-10/18	11:30am-12:30pm	\$48/\$53
12-17mo	F	10/25-12/13	11:30am-12:30pm	\$56/\$62
12-17mo	F	9/6-12/13	11:30am-12:30pm	\$94/\$103

Toddler Time

Little House, 85 Trevarno Road

Toddlers want to experience the world. This class provides an opportunity for parents and their toddler to socialize and play while working on developing language and cognitive skills through fun activities based on art, music, story time, and other sensory activities. **No class 11/27, 11/28.**

Age	Day	Date	Time	RES/NR
18-24mo	W	9/4-10/16	11:30am-12:45pm	\$56/\$62
18-24mo	W	10/23-12/11	11:30am-12:45pm	\$56/\$62
18-24mo	W	9/4-12/11	11:30am-12:45pm	\$101/\$111
18-24mo	TH	9/5-10/17	11:30am-12:45pm	\$56/\$62
18-24mo	TH	10/24-12/12	11:30am-12:45pm	\$56/\$62
18-24mo	TH	9/5-12/12	11:30am-12:45pm	\$101/\$111



Little Explorers

Little House, 85 Trevarno Road

Positive early experiences have a huge effect on children's achievement, success, and happiness. Little Explorers: Where your child can explore the routines of pre-school with the comfort of a parent or guardian. Parents enjoy being with their child as they experience circle time, music and movement, art, and outside play. Pack a healthy snack each day. **No class 10/4, 11/11, & 11/25-11/29.**

Age	Day	Date	Time	RES/NR
2-3yrs	M	9/9-10/14	9-11am	\$96/\$103
2-3yrs	M	10/21-12/9	9-11am	\$96/\$106
2-3yrs	M	9/9-12/9	9-11am	\$173/\$190
2-3yrs	T	9/3-10/15	9-11am	\$112/\$123
2-3yrs	T	10/22-12/10	9-11am	\$112/\$123
2-3yrs	T	9/3-12/10	9-11am	\$202/\$220
2-3yrs	W	9/4-10/16	9-11am	\$112/\$123
2-3yrs	W	10/23-12/11	9-11am	\$112/\$123
2-3yrs	W	9/4-12/11	9-11am	\$202/\$220
2-3yrs	TH	9/5-10/17	9-11am	\$112/\$123
2-3yrs	TH	10/24-12/12	9-11am	\$112/\$123
2-3yrs	TH	9/5-12/12	9-11am	\$202/\$220
2-3yrs	F	9/6-10/18	9-11am	\$96/\$106
2-3yrs	F	10/25-12/13	9-11am	\$112/\$123
2-3yrs	F	9/6-12/13	9-11am	\$187/\$205

PRESCHOOL



Messy Art

Heather Cass

RLCC Fiesta Room

These classes are for the parent and child to experience art aimed at increasing creativity, dexterity, fine motor skills, imagination, and vocabulary. You will assist your child as they explore a range of materials. Wear "ready for mess" clothes. Price is for both parent and child and includes materials.

Mommy & Me Art

Sue Vincent

Springtown Art Center, 931 Larkspur Dr.

Tots and parents use their imaginations to create all kinds of fun projects. We will use clay, paper, found objects, and more. You are the artist and there is no limit to what you can create. Come ready to get creative and have fun!

#	Age	Day	Date	Time	RES/NR
2595	1.5-5.5	T	9/3-9/24	4-4:45pm	\$103/\$113
2595	1.5-5.5	T	10/1-10/22	4-4:45pm	\$103/\$113
2595	1.5-5.5	T	10/29-11/19	4-4:45pm	\$103/\$113
2595	1.5-5.5	T	11/26-12/17	4-4:45pm	\$103/\$113

Music Together Family Classes

MTTracy LLC Unitarian Universalist Church, 1893 N. Vasco Rd.

For 30+ years Music Together® has helped families bond by joyfully making music through song, rhythmic rhymes, movement, and instrument play. Includes ten weekly classes, song collection CD, digital downloads, and songbook, extending the music into your home. Siblings \$135. Siblings under 8 months FREE! Find out more at mtracy.com

#	Age	Day	Date	Time	RES/NR
1320	0-5	M	9/16-11/18	9:15-10am	\$238/\$262
1322	0-5	T	9/17-11/19	10:15-11am	\$238/\$262
1321	0-5	W	9/18-11/20	5-5:45pm	\$238/\$262

Things that Go Bump in the Night

Shivering ghosts, silly goblins, jolly jack-o-lanterns. Together mix, mash, and smooch projects for Halloween.

#	Age	Day	Date	Time	RES/NR
1300	2-4	W	10/2-10/16	9:30-10:15am	\$58/\$64
1301	2-4	W	10/2-10/16	10:45-11:30am	\$58/\$64
1302	2-4	SAT	10/12-10/19	9:45-10:30am	\$39/\$43
1303	2-4	SAT	10/12-10/19	11-11:45am	\$39/\$43

Under the Sea

Will you find Nemo under the sea? Explore wavy water, flowing fish, and buried treasures in this mixed media art experience. Enjoy, encourage and excite your child about the sea through art.

#	Age	Day	Date	Time	RES/NR
1304	2-4	W	10/30-11/13	9:30-10:15am	\$58/\$64
1309	2-4	W	10/30-11/13	10:45-11:30am	\$58/\$64

Tinsel Time

All that glitter makes the season bright! Together experience the joy of creating colorful, shiny holiday art. Your child will use a variety of materials to make unique 2-D and 3-D creations.

#	Age	Day	Date	Time	RES/NR
1305	2-4	W	12/4-12/18	9:30-10:15am	\$58/\$64
1306	2-4	W	12/4-12/18	10:45-11:30am	\$58/\$64
1307	2-4	W	12/4-12/18	4:00-4:45pm	\$58/\$64
1308	2-4	W	12/4-12/18	5:15-6:00pm	\$58/\$64

Family Music Time

Music Time Academy

2155 Las Positas Ct. Suite R

Give a child the life-long gift of rich musical experiences during their earliest years. Following your enthusiastic guide, caregivers, and little ones will play, move and sing to an exciting variety of music, carefully chosen to engage and captivate your mind, body, heart, and imagination.

#	Age	Day	Date	Time	RES/NR
1312	6mo-6	T	8/20-11/5	11-11:45am	\$199/\$219
1313	6mo-6	W	8/21-11/6	11-11:45am	\$199/\$219

NEW

Preschool Children's Music Class

Galina's Music Studio

1756 First Street

This exciting music class features musical games, rhymes, and stories. The class develops a sense of timing and coordination as the child experiences solo and group playing with percussion instruments such as tambourines, triangles, wooden sticks, maracas, and xylophones. Solo singing games improve listening, pitch matching, and tone quality. It helps children express their feelings productively, develops their imagination and ability to focus, and increases self-confidence. **No class 10/31.**

#	Age	Day	Date	Time	RES/NR
2532	3.5-4.5	TH	9/5-11/14	1-1:45pm	\$241/\$265

Livermore Ballet School (LBS)

April Wagner

RLCC Studio

April Wagner received training with Contra Costa Ballet. She received scholarships to Joffrey Ballet, Pacific Northwest Ballet, and Pennsylvania Ballet. April spent three consecutive summers with School of American Ballet at Lincoln Center in NYC and has taught ballet for 20 years. April has also choreographed numerous full-length ballets. For participation in the Nutcracker performance, students must sign up for 4 sessions Aug-Jan. **No classes 11/26-11/30, 12/24-1/4.**

● Fairy Tale Ballet

Great introduction to ballet. Students learn basic barre work as well as learn dances to Disney songs and nursery rhymes in a fun and energetic atmosphere.

Class #	Age	Day	Date	Time	RES/NR
2111	3-4	T	8/20-9/17	5:15-6pm	\$68/\$75
2111	3-4	T	9/24-10/22	5:15-6pm	\$68/\$75
2111	3-4	T	10/29-12/3	5:15-6pm	\$68/\$75
2111	3-4	T	12/10-1/21	5:15-6pm	\$68/\$75
2112	4-5	W	8/21-9/18	6-6:45pm	\$68/\$75
2112	4-5	W	9/25-10/23	6-6:45pm	\$68/\$75
2112	4-5	W	10/30-12/4	6-6:45pm	\$68/\$75
2112	4-5	W	12/11-1/22	6-6:45pm	\$68/\$75
2122	3-5	SAT	8/24-9/21	9:15-10am	\$68/\$75
2122	3-5	SAT	9/28-10/26	9:15-10am	\$68/\$75
2122	3-5	SAT	11/2-12/7	9:15-10am	\$68/\$75
2122	3-5	SAT	12/14-1/25	9:15-10am	\$68/\$75

● Ballet 1A-1B

Class #	Age	Day	Date	Time	RES/NR
2113	5-7	TH	8/22-9/19	5:45-6:30pm	\$65/\$72
2113	5-7	TH	9/26-10/24	5:45-6:30pm	\$65/\$72
2113	5-7	TH	10/31-12/5	5:45-6:30pm	\$65/\$72
2113	5-7	TH	12/12-1/23	5:45-6:30pm	\$65/\$72

● Ballet 1B-1C

Class #	Age	Day	Date	Time	RES/NR
2110	7-9	TH	8/22-9/19	4-4:45pm	\$65/\$72
2110	7-9	TH	9/26-10/24	4-4:45pm	\$65/\$72
2110	7-9	TH	10/31-12/5	4-4:45pm	\$65/\$72
2110	7-9	TH	12/12-1/23	4-4:45pm	\$65/\$72

**STILL FEELING THE RHYTHM?
MORE DANCE ON PAGE 8!**



● Ballet 2

Class #	Age	Day	Date	Time	RES/NR
2115	8-11	TH	8/22-9/19	4:45-5:45pm	\$65/\$72
2115	8-11	TH	9/26-10/24	4:45-5:45pm	\$65/\$72
2115	8-11	TH	10/31-12/5	4:45-5:45pm	\$65/\$72
2115	8-11	TH	12/12-1/23	4:45-5:45pm	\$65/\$72
2128	8-11	TH	Drop-In		\$16/\$18

● Ballet 3

Class #	Age	Day	Date	Time	RES/NR
2114	9-13	T	8/20-9/17	4:15-5:15pm	\$65/\$72
2114	9-13	T	9/24-10/22	4:15-5:15pm	\$65/\$72
2114	9-13	T	10/29-12/3	4:15-5:15pm	\$65/\$72
2114	9-13	T	12/10-1/21	4:15-5:15pm	\$65/\$72
2126	9-13	T	Drop-In		\$16/\$18

● Ballet 4

Class #	Age	Day	Date	Time	RES/NR
2116	11-18	W	8/21-9/18	4-5pm	\$65/\$72
2116	11-18	W	9/25-10/23	4-5pm	\$65/\$72
2116	11-18	W	10/30-12/4	4-5pm	\$65/\$72
2116	11-18	W	12/11-1/22	4-5pm	\$65/\$72
2127	11-18	W	Drop-In		\$16/\$18
2117	10-18	SAT	8/24-9/21	10-11:30am	\$65/\$72
2117	10-18	SAT	9/28-10/26	10-11:30am	\$65/\$72
2117	10-18	SAT	11/2-12/7	10-11:30am	\$65/\$72
2117	10-18	SAT	12/14-1/25	10-11:30am	\$65/\$72
2129	10-18	SAT	Drop-In		\$16/\$18

**YOUTH
DANCE**

● Pointe (Teacher approval needed)

Class #	Age	Day	Date	Time	RES/NR
2118	12-18	W	8/21-9/18	5-6pm	\$65/\$72
2118	12-18	W	9/25-10/23	5-6pm	\$65/\$72
2118	12-18	W	10/30-12/4	5-6pm	\$65/\$72
2118	12-18	W	12/11-1/22	5-6pm	\$65/\$72
2127	12-18	W	Drop-In		\$19/\$21
2119	12-18	SAT	8/24-9/21	11:30-12:30pm	\$65/\$72
2119	12-18	SAT	9/28-10/26	11:30-12:30pm	\$65/\$72
2119	12-18	SAT	11/2-12/7	11:30-12:30pm	\$65/\$72
2119	12-18	SAT	12/14-1/25	11:30-12:30pm	\$65/\$72
2129	12-18	SAT	Drop-In		\$19/\$21

Tutus & Tap Shoes

Sunshine Dance & Cheer Studio

1569 Olivina Ave. Suite 121

Join this exciting class that is part of the Tutu's & Tap Shoes program. Perfect for any student just getting their start in dance. Students are required to wear tights, leotards, tap shoes, and ballet shoes. Skirts are optional. **No classes 9/2.**

Class #	Age	Day	Date	Time	RES/NR
2100	2-3	M	8/19-10/14	4:30-5pm	\$132/\$145
2100	2-3	M	10/21-12/9	4:30-5pm	\$132/\$145
2103	2-3	W	8/21-10/9	5:15-5:45pm	\$132/\$145
2103	2-3	W	10/16-12/4	5:15-5:45pm	\$132/\$145
2006	2-3	SAT	8/24-10/12	9:30-10am	\$132/\$145
2006	2-3	SAT	10/19-12/7	9:30-10am	\$132/\$145
2107	3.5-4.5	M	8/19-10/14	5:05-5:50pm	\$132/\$145
2107	3.5-4.5	M	10/21-12/9	5:05-5:50pm	\$132/\$145
2106	3.5-4.5	W	8/21-10/9	4:30-5:15pm	\$132/\$145
2106	3.5-4.5	W	10/16-12/4	4:30-5:15pm	\$132/\$145

Tiny Tappers

Sunshine Dance & Cheer Studio 1569 Olivina Ave. Suite 121

Smile as you watch your little one make their first sounds with their feet. Children have one thing in common, they love music. Tap is music with your body. Children of all ages can enjoy it! This class will get your little one started on the right foot.

No class 11/29.

Class #	Age	Day	Date	Time	RES/NR
2108	5-7	W	8/21-10/9	4-4:45pm	\$132/\$145
2108	5-7	W	10/16-12/4	4-4:45pm	\$132/\$145
2009	5-7	F	8/23-10/11	4-4:45pm	\$132/\$145
2009	5-7	F	10/18-12/13	4-4:45pm	\$132/\$145

Irish Step Dancing

McBride School of Irish Dancing

RLCC Palo Verde

Come join us to learn traditional Irish Reels & Jigs! Dancers will get great exercise and learn to proficiently dance to music, full traditional, solo, and team dancing. By the end of the session, dancers will have the basic steps of light shoe dancing, and will have some light shoe dancing performed to music mastered. **No class 11/27-11/29.**

Class #	Age	Day	Date	Time	RES/NR
2180	5-12	TH	9/5-12/12	6-6:45pm	\$128/\$141

Holiday Dance Fantasy

Xtreme Force Dance Company 4555 Las Positas Rd. Unit B

Dancers learn ballet, jazz, tumbling, and tap in this high energy dance class. Dancers learn terminology and technique in the classes and we will work on holiday routines to perform at our Holiday Fantasy Show in December. **No class 11/28.**

Class #	Age	Day	Date	Time	RES/NR
2130	2-3	T	9/10-10/29	9:30-10am	\$105/\$116
2130	2-3	T	11/5-12/17	9:30-10am	\$105/\$116
2131	3-5	M	9/9-10/28	5:30-6:15pm	\$118/\$130
2131	3-5	M	11/4-12/16	5:30-6:15pm	\$118/\$130
2132	4-6	TH	9/12-10/24	4:15-5pm	\$105/\$116
2132	4-6	TH	11/7-12/19	4:15-5pm	\$105/\$116
2133	5-8	T	9/10-10/29	6-6:45pm	\$118/\$130
2133	5-8	T	11/5-12/17	6-6:45pm	\$118/\$130

Hip-Hop Classes

Sunshine Dance & Cheer Studio 1569 Olivina Ave. Suite 121

These classes are a fun and energetic introduction lesson to the hip-hop genre. From the break beats of the early eighties to the sounds of today, these classes offer non-stop funky beats and a fun workout.

● Mini Hip-Hop

Class #	Age	Day	Date	Time	RES/NR
2104	3-5	T	8/20-10/8	4:15-4:45pm	\$132/\$145
2104	3-5	T	10/15-12/3	4:15-4:45pm	\$132/\$145

● Boys Only Hip-Hop

Class #	Age	Day	Date	Time	RES/NR
2102	7-12	W	8/21-10/9	5:30-6:30pm	\$132/\$145
2102	7-12	W	10/16-12/11	5:30-6:30pm	\$132/\$145

● Teen Hip-Hop

Class #	Age	Day	Date	Time	RES/NR
2101	12-18	W	8/21-10/9	5:30-6:30pm	\$132/\$145
2101	12-18	W	10/16-12/11	5:30-6:30pm	\$132/\$145

Cheerleading

Sunshine Dance & Cheer Studio 1569 Olivina Ave. Suite 121

Go Team! This class is perfect for the future cheerleader in your life. Learn all of the cheerleading basics including arm movements, cheers, chants, and choreography to help improve self-confidence, physical health, and teamwork skills all while having a ton of fun! This class will get you ready to try out for your school team or learn what being a cheerleader is all about.

Class #	Age	Day	Date	Time	RES/NR
2105	7-12	M	8/19-10/7	6:30-7:30pm	\$132/\$145
2105	7-12	M	10/14-12/2	6:30-7:30pm	\$132/\$145

Cheerleader Tumbling

Springtime Tumbling & Trampoline Gymnastics

5715 Southfront Rd. #D

State of the art tumbling and trampoline equipment is used to bring athletes up to new levels of tumbling performance. Appropriate for a beginner to advanced tumbler. **No class week of 9/2.**

Class #	Age	Day	Date	Time	RES/NR
2232	9-18	M	8/26-9/16	5:45-6:45pm	\$84/\$92
2232	9-18	M	9/23-10/14	5:45-6:45pm	\$111/\$122
2232	9-18	M	10/21-11/18	5:45-6:45pm	\$138/\$152
2232	9-18	M	12/2-12/16	5:45-6:45pm	\$81/\$89

Parent Tot T&T

Springtime Tumbling & Trampoline Gymnastics

5715 Southfront Rd. #D

Parents assist their children in this class. Tumbling and trampoline fundamentals and class participation skills are the focus. Participants must wear clothing with no buttons, snaps or zippers. Socks are required.

Class #	Age	Day	Date	Time	RES/NR
2219	18m-3	T	8/27-9/17	9:30-10:15am	\$103/ \$113
2219	18m-3	T	9/24-10/15	9:30-10:15am	\$103/ \$113
2219	18m-3	T	10/22-11/19	9:30-10:15am	\$128/\$141
2219	18m-3	T	12/3-12/17	9:30-10:15am	\$78/ \$86
2219	18m-3	F	8/30-9/20	9:30-10:15am	\$103/\$113
2219	18m-3	F	9/27-10/18	9:30-10:15am	\$103/\$113
2219	18m-3	F	10/25-11/22	9:30-10:15am	\$128/\$141
2219	18m-3	F	12/6-12/20	9:30-10:15am	\$78/ \$86

Mini Bouncers T&T

Springtime Tumbling & Trampoline Gymnastics

5715 Southfront Rd. #D

Children who are ready to participate without a parent will enjoy Springtime Mini Bouncers. Tumbling and trampoline fundamentals are introduced and more advanced skills are mastered at your child's own pace.

Class #	Age	Day	Date	Time	RES/NR
2224	3-5	T	8/27-9/17	9:30-10:15am	\$103/ \$113
2224	3-5	T	9/24-10/15	9:30-10:15am	\$103/ \$113
2224	3-5	T	10/22-11/19	9:30-10:15am	\$128/\$141
2224	3-5	T	12/3-12/17	9:30-10:15am	\$78/ \$86
2225	3-5	W	8/28-9/18	9:30-10:15am	\$103/\$113
2225	3-5	W	9/25-10/16	9:30-10:15am	\$103/\$113
2225	3-5	W	10/23-11/20	9:30-10:15am	\$128/\$141
2225	3-5	W	12/4-12/18	9:30-10:15am	\$78/ \$86

Breakfast with Santa
SAT. DECEMBER 7TH • 9-11AM

\$14 per person

Open to ages 12 and under • 2 & under FREE with paying adult

Robert Livermore
Community Center

4444 EAST AVENUE • LIVERMORE, CA

#1525 - Registration opens Nov. 4th





Special Needs T&T

Springtime Tumbling & Trampoline Gymnastics
5715 Southfront Rd. #D

Children will work with a helper to learn basic skills and how to take instructions. **No class week of 10/31.**

Class #	Age	Day	Date	Time	RES/NR
2229	6-15	TH	8/29-9/19	3:45-4:45pm	\$111/\$122
2229	6-15	TH	9/26-10/17	3:45-4:45pm	\$111/\$122
2229	6-15	TH	10/24-11/21	3:45-4:45pm	\$111/\$122
2229	6-15	TH	12/5-12/19	3:45-4:45pm	\$84/\$92

School Age T&T

Springtime Tumbling & Trampoline Gymnastics
5715 Southfront Rd. #D

This class will teach basic to advanced trampoline and tumbling skills at the child's own pace. **No class week of 9/2.**

Class #	Age	Day	Date	Time	RES/NR
2222	5-9	M	8/26-9/16	3:45-4:45pm	\$84/\$92
2222	5-9	M	9/23-10/14	3:45-4:45pm	\$111/\$122
2222	5-9	M	10/21-11/18	3:45-4:45pm	\$138/\$152
2222	5-9	M	12/2-12/16	3:45-4:45pm	\$84/\$92
2238	5-9	W	8/28-9/18	4:45-5:45pm	\$111/\$122
2238	5-9	W	9/25-10/6	4:45-5:45pm	\$111/\$122
2238	5-9	W	10/23-11/20	4:45-5:45pm	\$138/\$152
2238	5-9	W	12/4-12/18	4:45-5:45pm	\$84/\$92
2221	10-16	TH	8/29-9/19	4:45-5:45pm	\$111/\$122
2221	10-16	TH	9/26-10/17	4:45-5:45pm	\$111/\$122
2221	10-16	TH	10/24-11/21	4:45-5:45pm	\$111/\$122
2221	10-16	TH	12/5-12/19	4:45-5:45pm	\$84/\$92
2226	10-16	T	8/27-9/17	5:45-6:45pm	\$111/\$122
2226	10-16	T	9/24-10/15	5:45-6:45pm	\$111/\$122
2226	10-16	T	10/22-11/19	5:45-6:45pm	\$138/\$152
2226	10-16	T	12/3-12/17	5:45-6:45pm	\$84/\$92

Hotdoggers

Livermore Gymnastics Center 4039 First Street

Rings, balance beam, rope ladder, and trapeze are just a few of the apparatus that are introduced to challenge your preschooler. This is an excellent class to learn motor skills needed for kindergarten. **No class 11/30.**

Class #	Age	Day	Date	Time	RES/NR
2242	3-5	M	9/9-9/30	10:30-11:15am	\$95/\$104
2242	3-5	M	10/7-11/4	10:30-11:15am	\$118/\$130
2242	3-5	M	11/11-12/16	10:30-11:15am	\$141/\$155
2246	3-5	T	9/3-10/1	10:30-11:15am	\$118/\$130
2246	3-5	T	10/8-11/5	10:30-11:15am	\$118/\$130
2246	3-5	T	11/12-12/17	10:30-11:15am	\$141/\$155
2247	3-5	SAT	9/7-10/5	9:15-10am	\$118/\$130
2247	3-5	SAT	10/12-11/9	9:15-10am	\$118/\$130
2247	3-5	SAT	11/16-12/21	9:15-10am	\$118/\$130



Tumblers

Livermore Gymnastics Center 4039 First Street

Help your child gain body awareness and confidence by learning the basics of all gymnastic events on scaled equipment designed for their age and ability. **No class 11/30.**

Class #	Age	Day	Date	Time	RES/NR
2248	4-6	M	9/9-9/30	3:45-4:30pm	\$95/\$104
2248	4-6	M	10/7-11/4	3:45-4:30pm	\$118/\$130
2248	4-6	M	11/11-12/16	3:45-4:30pm	\$141/\$155
2243	4-6	T	9/3-10/1	5:15-6pm	\$118/\$130
2243	4-6	T	10/8-11/5	5:15-6pm	\$118/\$130
2243	4-6	T	11/12-12/17	5:15-6pm	\$141/\$155
2252	4-6	SAT	9/7-10/5	10:15-11am	\$118/\$130
2252	4-6	SAT	10/12-11/9	10:15-11am	\$118/\$130
2252	4-6	SAT	11/16-12/21	10:15-11am	\$118/\$130

Kindergym

Livermore Gymnastics Center 4039 First Street

A fun and safe environment for your little one to explore movement and social interaction. Climbing, swinging, jumping, and balancing are just a few of the fun activities offered. This is a parent/child class.

Class #	Age	Day	Date	Time	RES/NR
2240	18mo-3	T	9/3-10/1	9:30-10:15am	\$118/\$130
2240	18mo-3	T	10/8-11/5	9:30-10:15am	\$118/\$130
2240	18mo-3	T	11/12-12/17	9:30-10:15am	\$141/\$155

Beginning Boys

Livermore Gymnastics Center 4039 First Street

Designed for boys just starting out in gymnastics. Instruction covers cartwheels, forward and backward rolls, as well as parallel bars and ring work. **No Class 11/27.**

Class #	Age	Day	Date	Time	RES/NR
2253	6-10	W	9/4-10/2	4:45-5:30pm	\$128/\$141
2253	6-10	W	10/9-11/6	4:45-5:30pm	\$128/\$141
2253	6-10	W	11/13-12/18	4:45-5:30pm	\$128/\$141



Springtime Flexible T&T Camp

Springtime Tumbling & Trampoline Gymnastics 5715 Southfront Road, #D

T&T Camp is a fun way to learn about tumbling and trampoline. Each day includes safety and skill building instruction, plus some practice time. Bring a snack.

Class #	Age	Day	Date	Time	RES/NR
2233	5-14	F	10/4	10am-12:30pm	\$44/\$48
2233	5-14	M	11/11	10am-12:30pm	\$44/\$48
2233	5-14	F	12/20	10am-12:30pm	\$44/\$48

Coed Gymnastics

Livermore Gymnastics Center 4039 First Street

Teaches beginning gymnastics and tumbling skills. Gymnasts use the four event apparatus as well as the tumble track, mini trampoline, rings, and parallel bars in a fun, nurturing environment.

Class #	Age	Day	Date	Time	RES/NR
2255	6-12	T	9/3-10/1	6-7pm	\$128/\$141
2255	6-12	T	10/8-11/5	6-7pm	\$128/\$141
2255	6-12	T	11/12-12/17	6-7pm	\$153/\$168

Beginning Girls Gymnastics

Livermore Gymnastics Center 4039 First Street

Teaches beginning gymnastics and tumbling skills. Gymnasts use the four-event apparatus as well as the tumble track, and mini trampoline in a fun, nurturing environment. **No class 11/27, 11/30.**

Class #	Age	Day	Date	Time	RES/NR
2256	6-12	M	9/9-9/30	6:30-7:30pm	\$103/\$113
2256	6-12	M	10/7-11/4	6:30-7:30pm	\$128/\$141
2256	6-12	M	11/11-12/16	6:30-7:30pm	\$128/\$141
2254	6-12	W	9/4-10/2	5:30-6:30pm	\$103/\$113
2254	6-12	W	10/9-11/6	5:30-6:30pm	\$128/\$141
2254	6-12	W	11/13-12/18	5:30-6:30pm	\$128/\$141
2257	6-12	SAT	9/7-10/5	11am-12pm	\$103/\$113
2257	6-12	SAT	10/12-11/9	11am-12pm	\$128/\$141
2257	6-12	SAT	11/16-12/21	11am-12pm	\$128/\$141

Ravenswood Historic Site

Victorian Yuletide

Sunday, December 8

12pm - 4pm

2647 Arroyo Road

Beautiful Victorian decorations
Musical entertainment
Holiday Gift Shop
Hot drinks and desserts for sale
Docent Historical Information Tours
are offered the 2nd and 4th Sunday
of each month from 12-4pm

FREE ADMISSION





MOTHER & DAUGHTER PAINT NIGHT

- HALLOWEEN THEME -

FRIDAY • OCTOBER 4, 2019
7:00-9:00PM

#1521 \$23 PER COUPLE

#1522 \$8 ADDITIONAL DAUGHTER

Robert Livermore Community Center
4444 East Avenue, Livermore

PRE-SALE ONLY
REGISTRATION CLOSING 9/27

925.373.5700 • LARPD.ORG

Martial Arts for Kids

Aikido of Livermore/Shinrei Dojo 3985 First Street, Suite C

Receive careful instruction in the technical and philosophical aspects of the martial arts in a fun learning environment. Children practice rolling, falling and coordination skills to foster awareness and concentration. The goal is to teach martial arts principles that offer alternatives to conflict resolution.

Class #	Age	Day	Session 1	Session 2	Session 3	Session 4	Time	RES/NR
2300	7-9	W	9/4-9/25	10/2-10/30	11/6-11/27	12/4-12/18	6-7pm	\$63/\$69
2301	10-15	SAT	9/7-9/28	10/5-10-26	11/2-11/30	12/7-12/28	10-11am	\$63/\$69

Karate/Martial Arts for Self-Defense & Life Skills

Livermore Martial Arts Academy

4070 East Ave

LMMA proudly offers the SKILLZ program, an international evolution of martial art training that targets the age-specific needs in children. For more information go to www.myskillzschool.com

Class #	Age	Day	Date	Time	RES/NR
2311	3-4	W	9/18-10/9	3:30-4pm	\$69/\$76
2313	5-6	W	9/18-10/9	4-4:45pm	\$69/\$76
2314	7-9	W	9/18-10/9	4:45-5:30pm	\$69/\$76
2315	7-12	W	9/18-10/9	2:30-3:15pm	\$69/\$76
2323	10-14	W	9/18-10/9	4:45-5:30pm	\$69/\$76

Anti-Bully, Anti-Abduction & Child Safety Seminar

Livermore Martial Arts Academy

4070 East Ave

Teach your children about bullying, how it affects people around us, and what to do if you experience or see bullying take place. Become educated by our instructor who served over 18 years within law enforcement.

Class #	Age	Day	Date	Time	RES/NR
2310	7-12	F	10/4	5:30-7pm	\$23/\$25



Kidz Love Soccer

Kidz Love Soccer Staff

9/13-11/2: Hagemann Park • 12/7-1/25: RLCC Gym - Indoors

Kidz Love Soccer... "Where the score is always FUN to FUN!" Visit www.kidzlovesoccer.com for more information. Class status hotline: 1-888-372-5803 - receive cancellation (rain out) notifications on your smartphone with the Kidz Love Soccer mobile app for iPhone and Android.

● Mommy/Daddy & Me Soccer

Introduce your toddler to soccer! As you participate in our fun, age appropriate activities together, your child will be developing their large motor skills and socialization skills. Come be a part of the fun! Includes a youth jersey.

Class #	Age	Day	Date	Time	RES/NR
2790	2-3.5	SAT	9/14-11/2	8:30-9am	\$100/\$131
2790	2-3.5	SAT	9/14-11/2	9:05-9:35am	\$122/\$134
2790	2-3.5	SAT	12/7-1/25	8:30-9am	\$85/\$93
2790	2-3.5	SAT	12/7-1/25	9:05-9:35am	\$85/\$93

● Tot Soccer

Enjoy running and kicking just like the big kids! Encourages large motor skill development through fun soccer games and introduces small children to the group setting. Shin guards are required after the first meeting. Includes a youth jersey.

Class #	Age	Day	Date	Time	RES/NR
2791	3.5-4	SAT	9/14-11/2	9:45-10:15am	\$122/\$134
2791	3.5-4	SAT	12/7-1/25	9:45-10:15am	\$85/\$93

● Pre-Soccer

Teaches the basic techniques of the game and builds self-esteem through participation and fun soccer activities. Children learn to follow instructions in a nurturing, age appropriate environment. Shin guards are required after the first meeting. Includes a youth jersey.

Class #	Age	Day	Date	Time	RES/NR
2792	4-5	SAT	9/14-11/2	10:15-10:50am	\$122/\$134
2792	4-5	SAT	12/7-1/25	10:15-10:50am	\$85/\$93



● Soccer 1: Techniques & Teamwork

Learn dribbling, passing, defense, and shooting goals! Play age appropriate games that teach the sport of soccer. Perfect for first time players while being fun and engaging for kids with some experience. Shin guards are required after the first meeting. Includes a youth jersey.

Class #	Age	Day	Date	Time	RES/NR
2793	5-6	SAT	9/14-11/2	10:50-11:35am	\$122/\$134
2793	5-6	SAT	12/7-1/25	10:50-11:35am	\$85/\$93

● Soccer 2: Skillz & Scrimmages

Enjoy advanced skill building: dribbling, passing, and shooting in a team play format. Each class will focus on scrimmages that emphasize application of finer technical points. All levels are welcome. Shin guards are required. Includes a youth jersey.

Class #	Age	Day	Date	Time	RES/NR
2794	7-10	SAT	9/14-11/2	11:35am-12:20pm	\$122/\$134
2794	7-10	SAT	12/7-1/25	11:35am-12:20pm	\$85/\$93

RLCC Gym Rental

4444 East Ave, Livermore, CA 94550

For gym rentals, contact: **Taylor Cameron**
at 925-373-5733.

Make an appointment to stop in or email
sports@larpd.org

LARPD gym rental application can be
downloaded at www.larpd.org





LARPD Youth Basketball League

LARPD Staff

RLCC Gym

Looking to play some hoops in a fun and recreational environment? Come join LARPD staff in our popular LARPD Youth Basketball League! Coaches will teach beginners to advanced levels the basics of the game while showing participants how to enjoy the game and promote good sportsmanship! Please wear non-scutt athletic shoes and bring a water bottle. Jerseys are included with registration. Practice/game schedules will be sent out

after player evaluations. For more information: Brian Spiller at bspiller@larpd.org 925-373-5731. **No games 11/30.**

● 5-8yrs

Registration: 10/1 deadline or until filled

Fee: RES \$155 per player/NR \$170

Date: 10/10-12/14

Evaluation: 10/10 (specific times will be emailed out)

Practices: Thursdays 4pm, 5pm, or 6pm

Games: Saturday mornings 9am, 10am, or 11am

WANT TO BE A BASKETBALL COACH?

LARPD is looking for individuals who have a passion for youth sports and the Livermore community. Please contact Brian Spiller bspiller@larpd.org for more information about the joining our team.

LARPD Basketball Academy

LARPD Staff

RLCC Gym

Have fun learning the game of basketball through dribbling, passing, shooting, and defense using drills and fun activities! Please wear non-scutt athletic shoes and bring a water bottle.

Class #	Age	Day	Date	Time	RES/NR
2723	5-7	W	9/11-10/9	3:15-4pm	\$82/\$90
2723	5-7	W	10/23-11/20	3:15-4pm	\$82/\$90
2724	8-10	W	9/11-10/9	4:05-4:50pm	\$82/\$90
2724	8-10	W	10/23-11/20	4:05-4:50pm	\$82/\$90
2725	11-13	W	9/11-10/9	5-5:45pm	\$82/\$90
2725	11-13	W	10/23-11/20	5-5:45pm	\$82/\$90

Little Dribblers Youth Basketball

LARPD Staff

RLCC Gym

Introduce your child to the sport of basketball! Our experienced staff uses a variety of skill building drills and activities that gives each athlete a complete understanding and overview of the sport. **No class 11/11.**

Class #	Age	Day	Date	Time	RES/NR
2720	3-5	M	9/9-10/7	9-9:45am	\$79/\$87
2720	3-5	M	10/21-11/25	9-9:45am	\$79/\$87
2721	3-5	F	9/13-10/11	4-4:50pm	\$79/\$87
2721	3-5	F	10/25-11/22	4-4:50pm	\$79/\$87

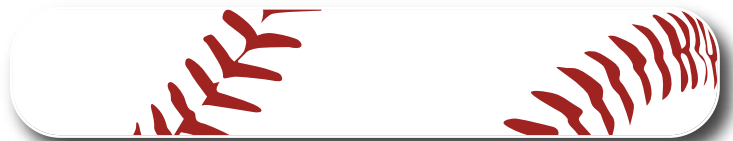
Pee Wee Sports Stars

LARPD Staff

RLCC Gym

This class will introduce your child to Basketball, Baseball, Hockey, and Soccer. The class will visit 1 sport each day with drills and fun games. Your little sport star will acquire skills and knowledge to enjoy these sports. All equipment provided. Wear non-scutt athletic shoes. **No class 11/11.**

Class #	Age	Day	Date	Time	RES/NR
2730	3-5	M	9/9-9/30	3:15pm-4pm	\$79/\$87
2730	3-5	M	10/7-10/28	3:15pm-4pm	\$79/\$87
2730	3-5	M	11/4-12/2	3:15pm-4pm	\$79/\$87



Little Sluggers Youth Baseball

LARPD Staff

RLCC Gym

Participants are introduced to the world of baseball using drills and fun activities. Bats and balls will be provided. Bring a glove and a water bottle. Wear athletic non-scutt shoes. *Advanced: Have completed two sessions of beginner class.

● Beginners

Class #	Age	Day	Date	Time	RES/NR
2700	3-5	T	9/10-10/8	9:15-10am	\$79/\$87
2700	3-5	T	10/22-11/19	9:15-10am	\$79/\$87
2701	3-5	W	9/11-10/9	9:15-10am	\$79/\$87
2701	3-5	W	10/23-11/20	9:15-10am	\$79/\$87

● Advanced

Class #	Age	Day	Date	Time	RES/NR
2702	4-5	T	9/10-10/8	10:15-11am	\$79/\$87
2702	4-5	T	10/22-11/19	10:15-11am	\$79/\$87
2703	4-5	W	9/11-10/9	10:15-11am	\$79/\$87
2704	4-5	W	10/23-11/20	10:15-11am	\$79/\$87

Horseback Riding: 1-on-1 Lessons

Creek Hill Farm 6969 Collier Canyon Rd. Livermore

Beginning to advanced private horseback riding lessons. Learn how to ride and handle a horse, basic horsemanship skills, and fundamental riding techniques. Intermediate to advanced riders will learn more in-depth riding techniques and handling.

Class #	Age	Day	Date	Time	RES/NR
2846	7+	M	9/9-9/30	4-4:50pm	\$263/\$289
2846	7+	M	10/14-11/4	4-4:50pm	\$263/\$289
2846	7+	M	11/18-12/9	4-4:50pm	\$263/\$289
2848	7+	T	9/10-10/1	4-4:50pm	\$263/\$289
2848	7+	T	10/15-11/5	4-4:50pm	\$263/\$289
2848	7+	T	11/19-12/10	4-4:50pm	\$263/\$289
2849	7+	SAT	9/7-9/28	10-10:50am	\$263/\$289
2849	7+	SAT	10/12-11/2	10-10:50am	\$263/\$289
2849	7+	SAT	11/16-12/7	10-10:50am	\$263/\$289



Fencing

Delta Fencing Staff RLCC Larkspur Room/Studio

Learn Olympic fencing with us! Fencing is an excellent anaerobic exercise, and a great way to improve agility, endurance, and coordination. We teach everything from basic steps to the moves of champions. Come in sneakers, crew socks, sweat pants, and T-shirt. All equipment provided. **No class 10/17, 10/18, 11/28, 11/29.**

Class #	Age	Day	Date	Time	RES/NR
2738	6-12	TH	9/5-9/26	5:30-6:45pm	\$112/\$123
2738	6-12	TH	10/3-10/31	5:30-6:45pm	\$112/\$123
2738	6-12	TH	11/7-11/21	5:30-6:45pm	\$85/\$93
2738	6-12	TH	12/12-12/19	5:30-6:45pm	\$55/\$60
2741	6-12	F	9/6-9/27	4-5:15pm	\$112/\$123
2741	6-12	F	10/4-10/25	4-5:15pm	\$85/\$93
2741	6-12	F	11/1-11/22	4-5:15pm	\$112/\$123
2741	6-12	F	12/13-12/20	4-5:15pm	\$55/\$60
2736	6-12	F	9/6-9/27	5:30-6:45pm	\$112/\$123
2736	6-12	F	10/4-10/25	5:30-6:45pm	\$85/\$93
2736	6-12	F	11/1-11/22	5:30-6:45pm	\$112/\$123
2736	6-12	F	12/13-12/20	5:30-6:45pm	\$55/\$60

Beginning Learn to Skate

TriValley Ice 6611 Preston Ave, Suite D

Learn to skate recreationally or professionally for figure skating and hockey. Come learn the basics to become a skilled skater. Rental skates are included with the fees.

Class #	Age	Day	Date	Time	RES/NR
2836	3-14	T	9/3-10/22	4:45-5:30pm	\$145/\$160
2837	3-14	TH	9/5-10/24	4:45-5:30pm	\$145/\$160
2838	3-14	SAT	9/7-10/26	10:30-11:15am	\$145/\$160
2839	3-14	SUN	9/8-10/27	10:30-11:15am	\$145/\$160

Give Hockey a Try

TriValley Ice 6611 Preston Ave, Suite D

TriValley Ice is offering a "Give Hockey a Try" program designed for the 1st time to the rink players. No experience necessary. We provide all the gear and instruction in skating and the sport of hockey.

Class #	Age	Day	Date	Time	RES/NR
2835	0-13	W	9/4-9/25	4:30-5:15pm	\$25/\$28
2835	0-13	W	10/2-10/23	4:30-5:15pm	\$25/\$28
2835	0-13	W	10/30-11/20	4:30-5:15pm	\$25/\$28
2835	0-13	W	11/27-12/18	4:30-5:15pm	\$25/\$28

Gym Sports Party

Treat your child to a sports-packed birthday party at the Robert Livermore Community Center Gymnasium! Reservations include the exclusive use of one of our rooms as well as the entire gym and our equipment for sports or other fun activities! LARPD staff is present to assist with game set up.

\$300 (\$100 refundable deposit) • 2 hours
Brian Spiller: bspiller@larpd.org • 925-373-5731



Rob Skate Skateboard Academy Camp

Rob Skate Academy *Livermore Skate Park-Sunken Gardens*
Come learn how to skateboard safely and properly with professionally trained staff from the Rob Skate Academy. Please be advised you must provide your own skateboard and helmet. We do have rentals but you must book with us in advance.

Class #	Age	Day	Date	Time	RES/NR
2720	6-12	SAT	9/7	12pm-1pm	\$38/\$42
2720	6-12	SAT	9/21	12pm-1pm	\$38/\$42
2720	6-12	SAT	10/5	12pm-1pm	\$38/\$42
2720	6-12	SAT	10/19	12pm-1pm	\$38/\$42



Club V.I.P. Fall Girl's Rec Volleyball League

Club VIP Staff

RLCC Gym

The purpose of the Club V.I.P. League is to give young athletes in the local area the opportunity to learn, play, and enjoy the sport of volleyball. The matches will be held on weekdays, different days of the week. Schedule for matches will be posted on www.clubviprec.com.

Class #	Age	Day	Date	Time	RES/NR
2801	12-14	TH	10/10-11/7	7-9pm	\$202/\$242

Kids Night Out - SLIME!

LARPD Staff

RLCC Elbow Room

Bringing back a kid pleaser for this fun Halloween themed Kids Night Out! Join our staff as we get messy making 5 different types of ooey, ghouliey slime and have lots of Halloween fun. Dinner is provided.

Class #	Age	Day	Date	Time	RES/NR
1520	5-11	F	10/18	6-9pm	\$35/\$39



Festive Clay Art

Angel Houze Clay Art

RLCC Fiesta Room

Explore the colorful world of air dry clay art in fall themes and bring beautiful art projects home at the end of the session. Participants will have fun learning new skills such as hand sculpting, making miniature animal figurines, and more from clay!

Class #	Age	Day	Date	Time	RES/NR
2598	6-12	T	10/1-12/10	6-7pm	\$233/\$256
2599	6-12	T	Drop-In		\$25/\$28

Art of Henna

Art by Kaur

RLCC TBA

Where you can learn to prepare and create traditional patterns with Henna. During the course, you will practice the patterns on paper if desired you will be able to do it on your hand. \$40 material fee is due at first class.

Class #	Age	Day	Date	Time	RES/NR
2591	10+	M-F	9/16-9/20	6:30-8pm	\$103/\$113

Tennis *Bay Cities Tennis*

490 Loyola Way

Classes held at Dorothy Svets Tennis Complex. Designed for beginner through advanced students. Lessons taught in a positive atmosphere covering: grips, modern stroke development, foot work, shot selection, strategy, scoring, and point play. Please bring water and your own tennis racquet. Tennis balls are provided. Please wear non-marking tennis shoes. Classes cancelled due to weather, etc. will be prorated: Make up classes will not be held. During inclement weather please call 925-577-8807 for class status.

● Heavy Hitters

Beginner/Advanced Beginners using USTA orange, red and green dot balls.

Class #	Age	Day	Date	Time	RES/NR
2764	7-10	T/F	9/3-9/27	4-5pm	\$118/\$130
2764	7-10	T/F	10/1-10/25	4-5pm	\$118/\$130
2764	7-10	T/F	11/1-11/26	4-5pm	\$118/\$130
2763	7-10	SAT	9/7-9/28	10-11am	\$62/\$68
2763	7-10	SAT	10/5-10/26	10-11am	\$62/\$68
2763	7-10	SAT	11/2-11/23	10-11am	\$62/\$68

● Pre-Academy

Intermediate to Advanced Intermediates ages 11-14 using green dot or regular low-pressure yellow tennis balls.

Class #	Age	Day	Date	Time	RES/NR
2764	11-14	T/F	9/3-9/27	5-6pm	\$118/\$130
2764	11-14	T/F	10/1-10/25	5-6pm	\$118/\$130
2764	11-14	T/F	11/1-11/26	5-6pm	\$118/\$130
2763	11-14	SAT	9/7-9/28	11am-12pm	\$62/\$68
2763	11-14	SAT	10/5-10/26	11am-12pm	\$62/\$68
2763	11-14	SAT	11/2-11/23	11am-12pm	\$62/\$68

*Younger advanced players must be approved by instructor

Chess After School

Eagle Claw Chess

RLCC Elbow Room

Chess is an art, science, and sport. The class will include individual and group instruction, as well as supervised play among the students. All ability levels are welcomed. Previous students are encouraged to continue. All materials provided. End of session prizes given to all students.

Class #	Age	Day	Date	Time	RES/NR
2560	5-15	T	9/17-10/29	4:30-5:30pm	\$138/\$152

Kid's on Guitar

Galina's Music Studio

1756 First Street

Learn to play songs right away. This beginning class introduces kids to chords, rhythms, and simple melodies on the guitar through folk tunes and contemporary melodies. A guitar is required. Instruments are available for purchase at Galina's Music Studio. **No class 10/31.**

Class #	Age	Day	Date	Time	RES/NR
2540	7-9	TH	8/29-10/3	5:45-6:30pm	\$146/\$161
2540	7-9	TH	10/10-11/14	5:45-6:30pm	\$146/\$161

Tweens on Guitar

Galina's Music Studio

1756 First Street

Learn to play one of the most popular instruments in the world – the acoustic guitar. This introduction class will take you from beginning chords as you learn to play popular songs. Students must have their own guitar for the class.

Class #	Age	Day	Date	Time	RES/NR
2541	10-12	W	8/21-9/25	6:45-7:30pm	\$146/\$161
2541	10-12	W	10/2-11/6	6:45-7:30pm	\$146/\$161



Ukulele

Galina's Music Studio

1756 First Street

Want to play an instrument that can't help but bring a smile to your face? Then learn to play the oh-so-hip ukulele! In this beginning course you will learn the basics: the most commonly used chords, tuning, and simple strumming techniques. By the end, you'll be a player! Bring a ukulele in working order and start having fun. **No class 10/31.**

Class #	Age	Day	Date	Time	RES/NR
2542	7-9	SAT	8/24-9/28	1-1:45pm	\$146/\$161
2542	7-9	SAT	10/5-11/9	1-1:45pm	\$146/\$161
2543	10-12	TH	8/22-9/26	5-5:45pm	\$146/\$161
2543	10-12	TH	10/3-11/7	5-5:45pm	\$146/\$161

Group Vocal Lessons

Galina's Music Studio

1756 First Street

This fun, exciting and informative class covers songs ranging from folk to popular music, Broadway and musical theatre favorites. Lessons include ear training, breathing exercises, vocal technique, and harmonizing with others.

Class #	Age	Day	Date	Time	RES/NR
2546	8-12	T	8/27-10/1	3:45-4:30pm	\$146/\$161
2546	8-12	T	10/8-11/12	3:45-4:30pm	\$146/\$161

Piano for Beginners

Galina's Music Studio

1756 First Street

Learn easy step-by-step piano instruction for beginners. Students will be able to play satisfying and entertaining pieces from the first lesson. These lessons will be taught in a fun and supportive environment, while learning the fundamentals of music notation, music theory, and rhythm.

Class #	Age	Day	Date	Time	RES/NR
2547	5-7	W	9/11 - 10/16	3:30-4:15 pm	\$146/\$161
2544	5-7	SAT	9/14-10/19	9-9:45am	\$146/\$161
2550	8-12	SAT	9/14-10/19	10-10:45am	\$146/\$161

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Call us at 925.373.5703
or visit LARPD.org
for more information



Movie Making

Silicon Valley4u

RLCC Fiesta Room

Students will be introduced to technology concepts and strive to build love for the programming language. Working in teams, students will work on technologies such as scratch, 3D printing and java and python to build a program. \$35 material fee payable to the instructor.

Class #	Age	Day	Date	Time	RES/NR
9721	5+	T	9/17-10/22	4:30-5:30pm	\$225/\$248

Basics of 3D Printing

Silicon Valley4u

RLCC Fiesta Room

Students will learn the basics of 3D modeling, printing, converting images to 3D models and basic concepts in computer aided design (CAD). The course will uncover the core processes behind 3D printing revolution. \$45 material fee payable to the instructor.

Class #	Age	Day	Date	Time	RES/NR
9725	5+	W	9/18-10-23	4:30-5:50pm	\$225/\$248

Coding4Kids

Silicon Valley4u

RLCC Fiesta Room

Students will be exposed to creating, innovating, and building something they like using scratch or python basics. They'll learn various levels in scratch and basic programming using python. This will be a great start on the roadmap that can lead to becoming a data scientist. \$35 material fee payable to the instructor.

Class #	Age	Day	Date	Time	RES/NR
9710	5+	TH	9/19-10/24	4:30-5:30pm	\$225/\$248

3D Character Animation

Bits, Bytes & Pixels

1911 Second Street

Discover the secrets behind your favorite animated movies with this course. Learn the tools and techniques in 3D Animation and Visual Storytelling from animation professionals and bring your imagination to life. Develop your own character and animate them using professional animation software. \$50 material fee payable to the instructor. **No class 11/1.**

Class #	Age	Day	Date	Time	RES/NR
2565	10-18	F	9/13-11/8	5:30-6:30pm	\$243/\$267

Game Animation

Bits, Bytes & Pixels

1911 Second Street

Students will design and build interactive animation for an original 2D game. Projects will involve designing gameplay, animation sequences, and writing codes. At the end of the course, students will create an interactive mini game of their own. \$50 material fee payable to the instructor. **No class 11/1.**

Class #	Age	Day	Date	Time	RES/NR
2566	10-18	F	9/13-11/8	6:30-7:30pm	\$243/\$267

Thanksgiving Break Camps Little Green Thumbs

Mad Science of Mt. Diablo

RLCC Fiesta Room

Flowers and minds can't blossom without STEMs. This camp is specially designed for inquisitive pre-K or Kinder-"Gardeners." Kids discover how to paint with wind, build a bug model, start their own garden, and learn what nature needs to make plants grow! Non-stop activities keep your little Mad Scientists engaged and focused! Kids give it two Green Thumbs up!

Class #	Age	Day	Date	Time	RES/NR
9707	6-11	M/T/W	11/25-11/27	9am-12pm	\$283/\$311

NASA

Mad Science of Mt. Diablo

RLCC Fiesta Room

Mad Science and NASA have teamed up to bring you the excitement and wonder of space in this new voyage of discovery. From the Earth's atmosphere to the outer reaches of our solar system, join us and discover the mysteries of space, planets, stars, and more!

Class #	Age	Day	Date	Time	RES/NR
9708	6-11	M/T/W	11/25-11/27	1-4pm	\$283/\$311





Happily Ever After Starts Here...

Call 925.373.5703 to book your event today



Photography Credit: Danielle Park

Masters of Public Speaking and Debate

Gurus Education East Bay 2

RLCC Elbow Room

In this advanced class, students will learn to write a well-structured and engaging speech, learn different styles, improve general knowledge on various current affairs topics, debate both sides of the topic, work on fun projects including creating stories from pictures, writing rhyming poems, presidential debates, and town hall meetings. By using topics of students own interest, we make learning exciting and effective!

Class #	Age	Day	Date	Time	RES/NR
2556	7-14	TH	9/5-10/17	5:30-6:30pm	\$146/\$161

Life Skills: Public Speaking and Personal Finance

Gurus Education East Bay 2

RLCC Elbow Room

Confidence breeds success! Our combo course teaches students to be a great public speaker and money management skills. This class introduces students to money management doing activities like comparative shopping, budgeting a trip, and wants and needs planning. They'll study entrepreneurship, loans, taxation, and more.

No class 11/27.

Class #	Age	Day	Date	Time	RES/NR
2558	9-14	W	10/23-12/11	5:30-6:30pm	\$146/\$161

ALOHA Driving School

ALOHA

1857 First Street

Learn to drive with educational and behind the wheel training. Dates scheduled are the lecture portion of this class. Behind the wheel training will be privately scheduled per student once they turn 15.5, complete driver's education portion, and pass the DMV permit test. For more information, aloha@alohadrivingschool.com.

Class #	Age	Day	Date	Time	RES/NR
3202	15+	SAT-M	8/31-9/2	8am-3pm	\$450/\$495
3202	15+	F-SUN	10/4-10/6	8am-3pm	\$450/\$495
3202	15+	SAT-T	11/23-11/26	8am-3pm	\$450/\$495
3202	15+	F-M	12/27-12/30	8am-3pm	\$450/\$495



Guitar For Teens

Galina's Music Studio

1756 First Street

Learn the basic fundamentals of a guitar and how to play one from note reading, tablature, and chord diagrams. The instructor will provide participants with supplementary notes and materials.

Class #	Age	Day	Date	Time	RES/NR
2535	13-17	T	8/27-10/1	5-5:45pm	\$146/\$161
2535	13-17	T	10/8-11/12	5-5:45pm	\$146/\$161



Childcare & Babysitting Safety

Adams Safety Training

RLCC TBA

Learn what it takes to become an experienced babysitter. Go through safety and emergency response situations and how to respond, learn how to diaper a child, incorporate playtime, and interact with adults. Please wear comfortable clothing to class. Student will receive a manual with this course.

Class #	Age	Day	Date	Time	RES/NR
2559	12-18	M	9/16	4-8pm	\$73/\$80
2554	12-18	F	10/4	12-4pm	\$73/\$80
2554	12-18	F	11/22	4-8pm	\$73/\$80
2559	12-18	F	12/20	12-4pm	\$73/\$80

Electric Guitar

Galina's Music Studio

1756 First Street

This introductory course will take you from beginning chords to power shapes and will have you playing in no time. Students are expected to have a functional electric guitar, guitar picks, and a power lead to plug your guitar into amplification. Additional material provided by the instructor.

Class #	Age	Day	Date	Time	RES/NR
2538	13-17	TH	8/29-10/3	6:30-7:15pm	\$146/\$161
2538	13-17	TH	10/10-11/14	6:30-7:15pm	\$146/\$161

Piano for Beginners

Galina's Music Studio

1756 First Street

Learn easy step-by-step piano instruction for beginners. Students will be able to play satisfying and entertaining pieces from the very first lesson. These lessons will be taught in a fun and supportive environment while learning the fundamentals of music notation, music theory, and rhythm.

Class #	Age	Day	Date	Time	RES/NR
2549	13-17	W	8/21-9/25	7:15-8pm	\$146/\$161
2549	13-17	W	10/2-11/6	7:15-8pm	\$146/\$161

Musical Theatre for Teens

Galina's Music Studio

1756 First Street

Learn how to command the stage with selections from various musical productions. Students will learn vocal technique, acting and character development, movement and stage presence, all culminating in a final performance. This class provides a great opportunity for students of all levels of experience.

Class #	Age	Day	Date	Time	RES/NR
2530	13-17	SAT	8/24-11/16	2:30-3:15pm	\$313/\$344



Ukulele for Teens

Galina's Music Studio

1756 First Street

Want to play an instrument that can't help but bring a smile to your face? Then learn to play the oh-so-hip ukulele! In this beginning course you will learn the basics: the most commonly used chords, tuning, and simple strumming techniques. By the end, you'll be a player! Bring a ukulele in working order and start having fun.

Class #	Age	Day	Date	Time	RES/NR
2531	13-16	T	8/27-10/1	7:45-8:30pm	\$146/\$161
2531	13-16	T	10/8-11/12	7:45-8:30pm	\$146/\$161

Aikido

Aikido of Livermore/Shinrei Dojo

3985 First Street, Suite C

Aikido requires very little physical strength to effectively use non-aggressive techniques against an attack by blending with the attack and redirecting its energy back to the source. Training promotes controlled relaxation, improved movement skills, flexibility, physical coordination, good posture, balance, and safe falling skills.

Class #	Age	Day	Date	Time	RES/NR
5301	15+	TH	9/5-10/17	6:30-7:30pm	\$78/\$86



Samurai Swordsmanship

Aikido of Livermore/Shinrei Dojo

3985 First Street, Suite C

Introduction to the sword training samurai undertook in ancient Japan. Training emphasizes traditional and effective swordsmanship, which leads to both practical ability as well as an understanding of classical martial arts. This class will cover etiquette, basics sword drills, and combative sword drawing forms.

Class #	Age	Day	Date	Time	RES/NR
5300	15+	TH	9/12-10/17	7:30-8:30pm	\$78/\$85

Fencing: Teens & Adults

Delta Fencing Center

RLCC Larkspur Room/Studio

Learn Olympic fencing with us! Fencing is an excellent anaerobic exercise, and a great way to improve agility, endurance, and coordination. We teach everything from basic steps to the moves of champions. Come in sneakers, crew socks, sweat pants and T-shirt. All equipment provided. **No class 10/17, 10/18, 11/28, 11/29.**

Class #	Age	Day	Date	Time	RES/NR
2737	12+	TH	9/5-9/26	7-8:15pm	\$112/\$123
2737	12+	TH	10/3-10/31	7-8:15pm	\$112/\$123
2737	12+	TH	11/7-11/21	7-8:15pm	\$85/\$93
2737	12+	TH	12/12-12/19	7-8:15pm	\$55/\$60
2740	12+	F	9/6-9/27	7-8:15 pm	\$112/\$123
2740	12+	F	10/4-10/25	7-8:15 pm	\$112/\$123
2740	12+	F	11/1-11/22	7-8:15 pm	\$112/\$123
2740	12+	F	12/13-12/20	7-8:15 pm	\$55/\$60

Brushy Peak Adventure

Explore the magical Brushy Peak Regional Preserve. This strenuous hike covers approximately 4-miles over dirt and rocky trails, with an elevation gain of 800+ feet. The hike includes exploration of unique sandstone rock formations, introduction to the Native cultures associated with the site, and an opportunity to view plants and animals that live and visit this area. Participants must stay with the group. Children under 18 must be accompanied by an adult. For more information call the Ranger office (925) 960-2400. 5-hour trip.

Class #	Day	Date	Time	RES/NR
7124	SAT	9/21	9am-2pm	\$40/\$45

For those who have explored Brushy Peak, this will focus more on the rock formations and will not include the peak.

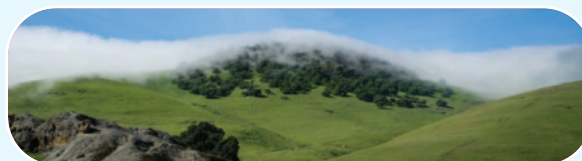
Class #	Day	Date	Time	RES/NR
7125	SAT	10/19	9am-2pm	\$40/\$45

Escape the city and enjoy the sights and sounds at Brushy Peak Regional Preserve or Sycamore Grove Park. For more information on Open Space programs, contact the rangers at (925)960-2400.

Brushy Peak Group Adventure

Do you have a group that wants to explore Brushy Peak Regional Preserve? We can accommodate up to 10 people on a group tour of Brushy Peak (see description above). Please call the LARPD ranger office at (925)960-2400 for information and availability. 5-hour trip.

Class #	Day	Date	Time	RES/NR
7126	TBD	TBD	9am	\$400/\$440



About Sycamore Grove Park

Sycamore Grove Park is an 847-acre open space park in south Livermore. The park provides opportunities to experience the great outdoors. Take a family outing, hike, ride a horse, bike, or enjoy a picnic.

Hoot Owl Night Hike

This program is perfect for scout and community groups. A ranger will lead your group of up to 20 participants on a special after-hours hike in Sycamore Grove. We'll look for nocturnal creatures and use all our senses to experience the night! Visit larpd.org or call (925) 373-5700 for available dates. Hike is normally on dirt trails, ADA route available upon request. Ages 5 and up. No restrooms at standard meeting location. See dates on website calendar, times vary according to sunset.

Class #	Age	RES/NR
5852/5858	5+	\$205/\$225



Introductory Mountain Bike Skills Clinic

Practice quick stops, tight turns, riding over logs, and more on a fun obstacle course with help and tips from experienced mountain bikers. After the skills drills, take your new techniques and practice on a nearby trail. Children under 18 must be accompanied by an adult. This is a two-hour program. Cancelled if raining. Sycamore Grove Park Reservable Picnic Area. Led by Naturalist Heather and volunteers.

Class #	Age	Day	Date	Time	RES/NR
7122	7+	SUN	11/03	2pm	\$10/\$11

Autumn Junior Rangers

Join Junior Rangers for hiking, camping, games, nature exploration, outdoor skills educations and tons of fun! Junior rangers meet for 7 Saturdays from September through December, including overnight camping and two day trips. Meetings held at Sycamore Grove Park Reservable Picnic Area. Meetings last 5 hours.

Class #	Age	Day	Date	Time	RES/NR
7121	9-12	SAT	9/7	9am	\$305/\$335

2020 Sycamore Grove Annual Parking Pass available in December! A parking pass represents significant savings over the daily parking fee. Senior discount offered.

Weekend Nature Programs

Join a ranger to explore and experience the wild in your backyard-- your local open space parks. Night hikes, star gazing, nature discovery hikes and many more outdoor adventures await you and your family on these ranger-led programs. Get all the news about these great walks and hikes in the Valley Wilds newsletter. Please RSVP for ranger-led programs by calling the ranger office at (925) 960 2400 or emailing valleywilds@larpd.org. Programs are subject to cancellation if there are not enough RSVPs. Listed fees will be collected at the start of the program. Payment by credit card, check or cash. Exact change appreciated. There may be a \$7 parking fee for those without an annual pass at Sycamore Grove Park. Children must be accompanied by an adult.

• Evening Hill Hike

Sycamore Grove *Reservable Picnic Area*
Join Ranger Amy for a short hike to a hilltop with a beautiful view! The trail is steep but short (less than one mile round trip). Bring water, a jacket, and an optional snack. Children under 18 must be accompanied by a registered adult.

Age	Day	Date	Time	RES/NR
4-17	SUN	9/8	7pm	\$1/\$2
18+	SUN	9/8	7pm	\$5/\$6

• Symbols of the State

Sycamore Grove *Reservable Picnic Area*
Most know the state bird and flower, however, the state has many other official symbols. From fish to flag and museum to dance there are a surprising number of symbols for California. Join us today to learn what they are and a little about their history.

Age	Day	Date	Time	RES/NR
8-17	SUN	9/15	10am	\$1/\$2
18+	SUN	9/15	10am	\$5/\$6

• Pumpkin Carving Campfire

Sycamore Grove *Reservable Picnic Area*
Join Ranger Dawn for a fun-filled evening of pumpkin carving, hot chocolate and s'mores around a campfire. We will have Halloween sing-a-longs and learn about the history of Halloween. The BBQ will be hot if you want to cook dinner. This program is BYOP - Bring Your Own Pumpkin. Sign up early - space is limited!

Age	Day	Date	Time	RES/NR
5-17	SUN	10/13	4:30pm	\$1/\$2
18+	SUN	10/13	4:30pm	\$5/\$6

• Storytelling Campfire

Sycamore Grove *Reservable Picnic Area*
Join Ranger Dawn to enjoy the warmth of a campfire while enjoying some stories. Bring your own hot dogs and fixins' if you wish. Bring something to sit on - there are no seats in the campfire area. Feel free to bring a story to share with the group. Canceled if raining.

Age	Day	Date	Time	RES/NR
5-17	SUN	11/17	3:30pm	\$1/\$2
18+	SUN	11/17	3:30pm	\$5/\$6

• Oaks and Acorns

Sycamore Grove *Reservable Picnic Area*
Join Ranger Amy to learn about different oaks that grow in Livermore. We will discuss how California Indians made these nuts edible and taste acorn porridge! Children under 18 must be accompanied by a registered adult. No fee for those under age 2.

Age	Day	Date	Time	RES/NR
2-17	SUN	10/27	2pm	\$1/\$2
18+	SUN	10/27	2pm	\$5/\$6

• Turkey Time

Sycamore Grove *Reservable Picnic Area*
Join Ranger Amy to learn about wild turkeys and take a short walk (less than ½ mile) in search of them. After the hike create a turkey themed craft too. Children under 18 must be accompanied by a registered adult. No fee for those under age 2.

Age	Day	Date	Time	RES/NR
2-17	SUN	11/24	2pm	\$1/\$2
18+	SUN	11/24	2pm	\$5/\$6

• Mistletoe Mission

Sycamore Grove *Reservable Picnic Area*
Join Ranger Amy for a four-mile walk in search of mistletoe! Learn about the biology, legends, and lore associated with this plant. Children under 18 must be accompanied by a registered adult.

Age	Day	Date	Time	RES/NR
4-17	SUN	12/15	2pm	\$1/\$2
18+	SUN	12/15	2pm	\$5/\$6

• Happy Holidays Campfire

Sycamore Grove *Reservable Picnic Area*
Join Ranger Dawn at a campfire to drink some hot cocoa (provided), sing holiday carols and enjoy the good company of neighbors. Bring some hot dogs and/or marshmallows to roast if you wish. Canceled if raining.

Age	Day	Date	Time	RES/NR
5-17	SUN	12/15	3:30pm	\$1/\$2
18+	SUN	12/15	3:30pm	\$5/\$6

Ballroom and Social Dance

Joallyn Bohn

Veteran's Memorial Hall, 522 South L St.

Beg Waltz: a romantic, turning, slow dance done to $\frac{3}{4}$ time music.

Beg Cha Cha: an upbeat Latin dance with its unique syncopation.

Beg. Viennese Waltz: a fast paced, swirling Waltz, very romantic. **No class 11/28.**

Class #	Day	Type	Date	Time	RES/NR
5100	TH	Waltz	9/5-9/26	7:15-8:15pm	\$48/\$53
5100	TH	Cha Cha	10/3-10/24	7:15-8:15pm	\$48/\$53
5100	TH	Viennese Waltz	11/7-12/5	7:15-8:15pm	\$48/\$53

Level 2 & Above

Continuation of the prior month's beginner classes with additional patterns and techniques to have more and more fun and look great on the dance floor. **No class 11/28.**

East Coast Swing, Waltz, Cha Cha (No class 11/28), Combination Level 1 and 2 (No class 11/28)

Class #	Day	Type	Date	Time	RES/NR
5101	TH	East Coast Swing	9/5-9/26	8:15-9:15pm	\$48/\$53
5101	TH	Waltz	10/3-10/24	8:15-9:15pm	\$48/\$53
5101	TH	Cha Cha	11/7-12/5	8:15-9:15pm	\$48/\$53
5102	TH	Comb Level 1 & 2	9/5-9/26	7:15-9:15pm	\$93/\$102
5102	TH	Comb Level 1 & 2	10/3-10/24	7:15-9:15pm	\$93/\$102
5102	TH	Comb Level 1 & 2	11/7-12/5	7:15-9:15pm	\$93/\$102

Line Dance

Gary Clayton

RLCC Larkspur

• Line Dance Beginner

Exercising has never been more fun! Line dancing is a great way to exercise. Improve coordination, flexibility, and balance while learning a variety of exciting dances. Class covers the easier step patterns to help familiarize dancers with the basic techniques of line dancing.

Class #	Age	Day	Date	Time	RES/NR
5105	14+	T	9/3-10/1	6:30-7:30pm	\$43/\$47
5105	14+	T	10/15-11/12	6:30-7:30pm	\$43/\$47
5105	14+	T	11/26-12/17	6:30-7:30pm	\$43/\$47
5110	14+	T	Drop-In		\$10/\$11

• Advanced Beginner

Class is designed for dancers who have attended five or six beginner sessions and are ready to progress. Learn additional step patterns and more advanced dances.

Class #	Age	Day	Date	Time	RES/NR
5106	14+	T	9/3-10/1	7:30-8:30pm	\$43/\$47
5106	14+	T	10/15-11/12	7:30-8:30pm	\$43/\$47
5106	14+	T	11/26-12/17	7:30-8:30pm	\$43/\$47
5110	14+	T	Drop-In		\$10/\$11

Line Dance

Gary Clayton

RLCC Larkspur

• Combination

Class is a combination of the two above classes. Beginner and Advanced Beginner classes.

Class #	Age	Day	Date	Time	RES/NR
5107	14+	T	9/3-10/1	6:30-8:30pm	\$55/\$61
5107	14+	T	10/15-11/12	6:30-8:30pm	\$55/\$61
5107	14+	T	11/26-12/17	6:30-8:30pm	\$55/\$61
5110	14+	T	Drop-In		\$10/\$11



Irish Step Dancing

McBride School of Irish Dancing

RLCC Palo Verde Room

Come join us to learn traditional Irish Reels & Jigs!

Dancers will get great exercise and learn to proficiently dance to music, full traditional, solo, and team dancing. By the end of the session, dancers will have the basic steps of light shoe dancing, and will have some light shoe dancing performed to music mastered.

No class 11/27-11/29.

Class #	Age	Day	Date	Time	RES/NR
2181	14+	TH	9/5-12/12	6:45-7:30pm	\$128/\$141

East Coast Swing

Lois Hilton

RLCC Studio

Learn patterns and movements taught to a variety of tempos emphasizing how to lead and follow partners. If you have never danced, think you have two left feet or if you've danced a little but still are not feeling confident, then this class is for you. All the basics needed to establish a solid foundation for becoming a swing dancer. Partners not necessary.

Class #	Age	Day	Date	Time	RES/NR
5104	18+	W	10/2-11/20	7:45-8:45pm	\$96/\$106

Tango & Latin Dance

Lois Hilton

RLCC Studio

Learn the seductive moves of Tango and other Latin dances such as Rumba, Cha-cha, Samba, Salsa, and Merengue. BURN THE FLOOR with these action-packed energetic dances. Express your inner self and look like a pro at nightclubs, weddings, cruises, and other social gatherings.

Class #	Age	Day	Date	Time	RES/NR
5103	18+	W	10/2-11/20	6:45-7:45pm	\$96/\$106

Stretch & Tone

Ayn Wieskamp

RLCC Larkspur Room

Enjoy floor exercises to improve body tone, flexibility, and attitude. Leg and arm weights may be used to increase workout.

No class 9/2, 11/11, 11/29, 12/23, 12/25, 12/30.

Class #	Day	Month	Time	RES/NR
5210	W/F	September	8:30-9:30am	\$33/\$42
5211	M/W/F	September	8:30-9:30am	\$36/\$40
5210	W/F	October	8:30-9:30am	\$33/\$36
5211	M/W/F	October	8:30-9:30am	\$45/\$49
5210	W/F	November	8:30-9:30am	\$30/\$33
5211	M/W/F	November	8:30-9:30am	\$36/\$40
5210	W/F	December	8:30-9:30am	\$21/\$23
5211	M/W/F	December	8:30-9:30am	\$30/\$33

Samurai Swordsmanship, Shinkendo

Aikido of Livermore/Shinrei Dojo 3985 First Street, Suite C

Introduction to the sword training samurai undertook in ancient Japan. Training emphasizes traditional and effective swordsmanship, which leads to both practical ability as well as an understanding of classical martial arts. This class will cover etiquette, basic sword drills, and combative sword drawing forms.

Class #	Age	Day	Date	Time	RES/NR
5300	15+	TH	9/12-10/17	7:30-8:30pm	\$78/\$85

Fencing

Delta Fencing Center

RLCC Larkspur Room/Studio

Learn Olympic fencing with us! Fencing is an excellent anaerobic exercise, and a great way to improve agility, endurance, and coordination. We teach everything from basic steps to the moves of champions. Come in sneakers, crew socks, sweat pants, and T-shirt. All equipment provided. **No class 10/17, 10/18, 11/28, 11/29.**

Class #	Age	Day	Date	Time	RES/NR
2737	12+	TH	9/5-9/26	7-8:15pm	\$112/\$123
2737	12+	TH	10/3-10/31	7-8:15pm	\$112/\$123
2737	12+	TH	11/7-11/21	7-8:15pm	\$85/\$93
2737	12+	TH	12/12-12/19	7-8:15pm	\$55/\$60
2740	12+	F	9/6-9/27	7-8:15 pm	\$112/\$123
2740	12+	F	10/4-10/25	7-8:15 pm	\$112/\$123
2740	12+	F	11/1-11/22	7-8:15 pm	\$85/\$93
2740	12+	F	12/13-12/20	7-8:15 pm	\$55/\$60

Girls/Women's Self Defense & Personal Violence Prevention Seminar

Livermore Martial Arts Academy

4070 East Avenue

Learn the basic strategies and techniques to protect yourself by a former police officer with over 18 years of experience in law enforcement.

Class #	Age	Day	Date	Time	RES/NR
2317	12+	F	10/4	7:30-9:30pm	\$23/\$25



Aikido

Aikido of Livermore/Shinrei Dojo

3985 First Street, Suite C

Aikido requires very little physical strength to effectively use non-aggressive techniques against an attack by blending with the attack and redirecting its energy back to the source. Training promotes controlled relaxation, improved movement skills, flexibility, physical coordination, good posture, balance, and safe falling skills.

Class #	Age	Day	Date	Time	RES/NR
5301	15+	TH	9/5-10/17	6:30-7:30pm	\$78/\$86

Karate

Bob and Kathy Berger

RLCC Palo Verde Room

Learn Tang Soo Do, a Korean martial art similar to Japanese karate. Learn self-discipline while advancing through the colored belt ranks on your way to black belt. Learn the basics of self-defense and become proficient in the five foundations of the art: forms, basics, drills, sparring, and breaking. Drop-in fee \$10 per class. **No class 11/27.**

Class #	Day	Date	Time	RES/NR
5302	W	9/4-12/18	6:30-8:30pm	\$116/\$127

Krav Maga for Self Defense

Livermore Martial Arts Academy

4070 East Avenue

Learn an easy and effective system of self-defense against the most common threats and attacks. This class is taught by a former police officer with over 18 years of experience in law enforcement.

Class #	Age	Day	Date	Time	RES/NR
2321	15+	T	9/17-10/8	7:45-8:30pm	\$69/\$76



Barbara Van Trease Veterans Memorial Hall, 522 South L St.

Dance Mixx, Interval, Fusion, Core, Strike, and Strength will burn calories, tone and have you coming back for more. For new student specials, cost, and class format schedule visit jazzercise.com or call 925 447-8890. Sign up at class or online.

Monday - Saturday	9am
Monday	5:30pm
Tuesday - Thursday	6pm

Beginning Yoga

Dagmar Emperger-Landel, Yoga Certified RLCC Studio

Learn the art and science of the basic yoga practice taught in the tradition of BKS Iyengar. Benefits include flexibility, balance, strength, stress-reduction, and a sense of well-being. Consistent practice leads to refined awareness of one's physical, mental, and spiritual potentials. Visit yogadelvalle.com for more information.

Drop-In fee \$17 per class. **No class 9/2, 11/11.**

Class #	Day	Date	Time	RES/NR
5220	M	8/19-10/14	5:45-7:15pm	\$123/\$135
5220	M	10/21-12/16	5:45-7:15pm	\$123/\$135

Continuing Yoga

Tricia Moore, MSW, Certified Iyengar Yoga Teacher

RLCC Studio

Deepen your yoga practice with greater connection to body, mind, and spirit. Additional inversions, backbends, and forward bends will be introduced, as well as breathing practices. Class is suitable for new students with prior Iyengar yoga experience. Visit yogadelvalle.com for more information. Drop in Fee \$17 per class. **No class 11/29.**

Class #	Day	Date	Time	RES/NR
5221	T	8/20-10/15	6:45-8:30pm	\$138/\$152
5221	T	10/22-12/17	6:45-8:25pm	\$138/\$152
5222	F	8/23-10/18	9:30-11:30am	\$147/\$161
5222	F	10/25-12/20	9:30-11:30am	\$147/\$161

Gentle Yoga

Dagmar Emperger-Landel, Yoga Certified

RLCC Studio

Make every day your best day by adding energy and focus to your life through a gentle yoga practice. The yoga poses are low-impact and promote overall fitness, muscle relaxation, and flexibility. This is a good entry level class for those who want a slower approach to a traditional yoga practice. Visit yogadelvalle.com for more information. **No class 11/27.**

Class #	Day	Date	Time	RES/NR
5224	W	8/21-10/16	10:45am-12pm	\$138/\$153
5224	W	10/23-12/18	10:45am-12pm	\$123/\$135

HOMERUN
FOR YOUR BUSINESS

LARPD is now offering an advertisement opportunity for your business or company. This opportunity provides you with a **5'x8' BANNER** that will be displayed at the Ernie Rodrigues Sports Complex, as well as a spot on our league website. Great for connecting with local & area neighborhoods!

Contact: Brian Spiller
925.373.5731 - bspiller@larpd.org

Yoga Drop-In

Tricia Moore, MSW, Iyengar Yoga Teacher & Dagmar Emperger-Landel Yoga Certified

RLCC Studio

Attend a yoga class above on a per class basis. Contact the instructor to find out which class is suitable for you. \$17 per drop-in class. Visit yogadelvalle.com for more information.

NEW

Yoga for the Lower Back

Tricia Moore, MSW, and Dagmar Emperger-Landel, RYT
RLCC Studio

Do you experience nagging lower back pain? Learn a series of stretches and yoga poses, as well as breathing and relaxation exercises, for a healthy lower back. We will release tight muscles and strengthen weak ones. Not recommended for acute or serious back problems.

Class #	Day	Date	Time	RES/NR
1327	SAT	11/16	2-5:00pm	\$58/\$63

Men's Sunday Night Basketball League

RLCC Gym

Join LARPD's Sunday Night Basketball League played at the Robert Livermore Community Center Gymnasium! Make sure to submit completed registration and league fees by 10/2 to secure a spot in the league! League Information: Brian Spiller 925-373-5731, bspiller@larpd.org

NEW

Divisions added. Divisions will be combined depending on enrollment

Class #	Type	Day	Date	Time	Cost
5800	Novice	SUN	10/13-12/8	6:30, 7:30, 8:30	\$545/Team
5801	Advanced	SUN	10/13-12/8	6:30, 7:30, 8:30	\$545/Team

Winter Adult Coed Soccer League

Robertson Park

Come play under the Friday Night Lights! LARPD's Coed Soccer League is played on our synthetic turf fields at Robertson Park. Registration ends 10/31. **No games 11/15 & 11/29.** League Information: Brian Spiller 925-373-5731, bspiller@larpd.org

Class #	Day	Date	Time	Cost
5820	F	11/8-1/31	7:15 pm, 8:30pm	\$895 per team

Pick-Up Ultimate Frisbee

Robertson Park

Come play under the lights at Robertson Park Synthetic Turf Fields! Play is year-round on Tuesday nights from 8:45pm-9:45pm. For pricing and enrollment information, contact Brian Spiller bspiller@larpd.org

Pickleball Drop-In

RLCC Gym

Drop-in fee is \$5 per person. Drop-in pass available: 5 visits \$23, 10 visits \$45, 20 visits \$88. Wear non-scutt athletic shoes only. Please visit teamsideline.com/sites/larpd/home to view a printable version of this schedule.

T/TH W	11:30am-2:30pm 6-9pm	Pickleball Pickleball
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The RESTART Program

Karie Ploeger

RLCC Classroom Kitchen

Part nutritional education, part sugar detox, part support group; an empowering combination! The RESTART Program is a simple, powerful way to give your body a vacation from sugar and processed foods. With a 3-week sugar detox built right in, the program focuses on how to use REAL FOOD to boost your energy, reduce inflammation and get rid of sugar and carb cravings. Discover how good you can feel! **No class 9/2, 11/11.**

Class #	Age	Day	Date	Time	RES/NR
2633	16+	M	8/19-9/23	6:30-8pm	\$195/\$213
2633	16+	M	9/30-10/28	6:30-8pm	\$195/\$213
2633	16+	M	11/4-12/9	6:30-8pm	\$195/\$213

Adult Mandarin Class

Spanish Academy

RLCC Elbow Room

The class' objective is to develop student's vocabulary, grammatical knowledge, conversational, and reading skills. The Chinese phonetic system "Pinyin" is introduced at the beginning of the course. Each class will be theme-based, including learning the basics in a very fun, tactile, and visual manner. Visual aids will be used and instructional objects to motivate and engage the students in learning the Mandarin language. **No class 11/27.**

Class #	Day	Date	Time	Fee
5603	W	9/18-12/11	10-11:30am	\$392/\$431

Clay 101

Springtown Art Center, 931 Larkspur Dr., Rm 8, Livermore, CA 94551

In this class you will learn about working with clay. You will learn hand building, extruding, pinching, and coil techniques. You will also get an introduction to the wheel. You are the artist and clay is the medium. Come ready to create and have fun!

Class #	Age	Day	Date	Time	RES/NR
2590	16+	T	9/3-10/22	6:30-9:30pm	\$363/\$399
2590	16+	T	10/29-12/17	6:30-9:30pm	\$363/\$399
2592	16+	T	Drop-In		\$50/\$55

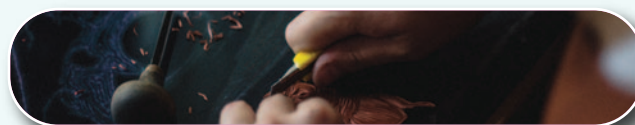
Woodcarving

Ken Morgan

RLCC Fiesta Room

Beginning carvers start with a basic project using a carving knife and progress to a relief project using various chisels and gouges. Students may bring in a project of their choice. Instructor works with each student to develop the skills needed to complete the projects.

Class #	Day	Date	Time	RES/NR
5006	W	9/4-12/18	6-8pm	\$5 Drop-In



Excel & Word (PC & MAC)

Lynn Pesonen

RLCC Sycamore Room

If you are new to Excel & Word, or you just need a refresher, this course is for you. This class will help you immediately. Class fee includes a take home manual.

Class #	Day	Date	Time	RES/NR
5400	T	9/17-9/24	6:30-8:30pm	\$113/\$124

Excel - Next Step (PC & MAC)

Lynn Pesonen

RLCC Sycamore Room

Learn the tricks you need and cut your work time in half and more! You will learn how to auto-fill data, create and use formulas, format print ready spreadsheets, and charts. You'll receive a take-home class manual.

Class #	Day	Date	Time	RES/NR
5401	T	10/1	6:30-8:30pm	\$63/\$69

Essential Oils for Athletes

Wholly Abundant Life – Kat Turnquist

RLCC Classroom Kitchen

Using essential oils as an athlete can support your body to perform at its peak performance. Learn hands-on simple yet effective ways to enhance your athletic experience optimizing your efforts and focus. Contents will cover adult and children athletics.

Class #	Day	Date	Time	RES/NR
2631	T	9/17	6:30-8pm	\$35/\$38

Essential Oils Holiday Solutions

Wholly Abundant Life – Kat Turnquist

RLCC Classroom Kitchen

Holidays bring travel, chaotic schedules, awkward relational dynamics, and compromised immunity. Discover peace, comfort, and joy this season with essential oils. Experience hands-on simple, practical ways to keep your winter season merry and bright.

Class #	Day	Date	Time	RES/NR
2632	T	11/12	6:30-8pm	\$35/\$38

Essential Oils for Everyday Living

Wholly Abundant Life – Kat Turnquist

RLCC TBA

Learn how to use these potent oils safely, effectively, and efficiently. Experience how they work and learn a broad array of practical ways they can be used in your everyday living as a natural alternative reducing toxins and supporting health and wellness.

Class #	Day	Date	Time	RES/NR
2630	T	10/8	6:30-8pm	\$30/\$33
2630	T	12/10	6:30-8pm	\$30/\$33

PowerPoint (PC & MAC)

Lynn Pesonen

RLCC Sycamore Room

Impress your audience! Design, enhance, and conduct dynamic presentations as a powerful means of communication. You'll learn how to work with design formats, bulleted lists, pictures, objects, and apply animation effects to enhance the visual appeal of your presentations. Bring your own laptop otherwise laptops provided with two people per computer.

Class #	Day	Date	Time	RES/NR
5403	T	10/22	6:30-8:30pm	\$63/\$69

Mail Merge - Holiday Mailings for PC & Mac

Lynn Pesonen

RLCC Sycamore Room

Do your holiday mailings in 6 easy steps. You'll create a name and address list and merge the list to print onto letters, labels, and envelopes so each is personalized. You'll receive a take-home class manual.

Class #	Day	Date	Time	Fee
5404	T	10/15	6:30-8:30pm	\$63/\$69



Folk Guitar - Beginning/Advanced Beg

Ray Baird

RLCC Sycamore Room

This class is for those interested in learning to play guitar for fun. We will cover basic guitar chords, simple strums, easy picking patterns, and little bit of music theory. Class pace will be adjusted to accommodate the skill variance of the students. **No class 11/27.**

Class #	Age	Day	Date	Time	RES/NR
5500	14+	W	9/4-10/2	5:30-6:25pm	\$123/\$135
5500	14+	W	10/9-11/6	5:30-6:25pm	\$123/\$135
5500	14+	W	11/13-12/18	5:30-6:25pm	\$123/\$135

Folk Guitar - Intermediate

Ray Baird

RLCC Sycamore Room

Learn a variety of new songs, musical styles, and some basic music theory. Sessions build on previous classes but do not require that background. This class can be considered as a sequel to Beg/Adv class students and will review the intermediate class material. **No class 11/27.**

Class #	Age	Day	Date	Time	RES/NR
5501	14+	W	9/4-10/2	4:30-5:25pm	\$123/\$135
5501	14+	W	10/9-11/6	5:30-6:25pm	\$123/\$135
5501	14+	W	11/13-12/18	5:30-6:25pm	\$123/\$135

Watercolor Painting

Linda Beach Studio

RLCC Palo Verde Room

Using the colors of the season as inspiration, discover the magic of watercolors. Explore techniques, color mixing, and composition with guided projects and personal expression. All levels. Suggested supply list available.

Class #	Day	Date	Time	Fee
5001	T	10/15-11/19	7-9pm	\$153/\$168



Acrylic Painting

Linda Beach Studio

RLCC Larkspur South Room

Find your inspiration using the work of the Impressionists. Loosen up and try your hand at painting using thick brush stroke, color, and acrylic paint with guided projects and personal expression. All Levels. Suggested supply list available.

Class #	Day	Date	Time	Fee
5002	W	10/16-11/20	7-9pm	\$103/\$113

How To Write a Book in 6 Weeks

Barbara Flores

RLCC Sycamore Room

Whether you're dabbling with an idea or have a completed draft, this fast-track class teaches writing secrets and techniques to turn your prose into page-turners. All prose genres: fiction, memoir, and nonfiction. Fee includes professional editing of your work by instructor, an international award-winning four-time author.

Class #	Day	Date	Time	Fee
5616	TH	9/12-10/17	7-9:30pm	\$113/\$124

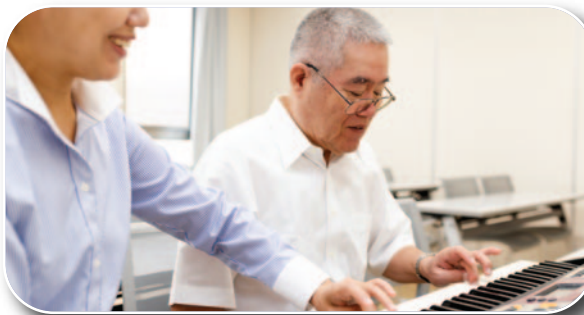
Adult and Pediatric First Aid/CPR/AED

Adams Safety Training

RLCC Sycamore Room

Learn to respond to emergencies and provide proper first aid care. This course is a non-healthcare level CPRS/AED and First Aid training course. Participants will be issued a two-year certification card upon successful completion of the course. Class does not meet EMSA licensed childcare certification requirements.

Class #	Age	Day	Date	Time	RES/NR
5611	12+	M	9/9	4-8pm	\$73/\$80
5611	12+	F	10/4	4-8pm	\$73/\$80
5611	12+	M	11/4	4-8pm	\$73/\$80
5611	12+	F	12/20	4-8pm	\$73/\$80



Piano for Beginners

Galina's Music Studio Inc.

1756 First Street

Step-by-step course guides students through the fundamental of piano playing. Challenging enough to be interesting, yet easy enough to experience a sense of accomplishment.

Class #	Day	Date	Time	RES/NR
5510	F	8/23-9/27	7:30-8:15pm	\$146/\$161
5510	F	10/4-11/8	7:30-8:15pm	\$146/\$161

Ukulele

Galina's Music Studio Inc.

1756 First Street

Have you ever wanted to play an instrument and sing along? If so, the ukulele is the perfect instrument; easy to learn and fun to play! The first lesson teaches basic rhythms and chords to play a simple song. **No class 10/31.**

Class #	Day	Date	Time	RES/NR
5511	TH	9/5-10/10	7:30-8:15pm	\$146/\$161
5511	TH	10/17-11/21	7:30-8:15pm	\$146/\$161

Vocal Lessons

Galina's Music Studio Inc.

1756 First Street

Whether you just want to learn to sing for your own enjoyment or pursue a professional career in music, this course provides a great start! Learn how the human voice works, warm-up exercises, professional hints, tips, and lots of great tunes to sing.

Class #	Day	Date	Time	RES/NR
5512	M	8/26-10/7	7:45-8:30pm	\$146/\$161
5512	M	10/14-11/18	7:45-8:30pm	\$146/\$161

Guitar

Galina's Music Studio Inc.

1756 First Street

Learn the techniques of finger boarding through string bending, barre chords, pentatonic scales to note reading, and tablature. Please bring your own electrical (or acoustic) guitar, pick, and power plug to class.

Class #	Day	Date	Time	RES/NR
5513	M	8/26-10/7	4:45-5:30pm	\$146/\$161
5513	M	10/14-11/18	4:45-5:30pm	\$146/\$161

Helpful Phone Numbers

LARPD Senior Services Center.....	925-373-5760
Senior Trip Office.....	925-373-5763
Wheels Dial-a-Ride.....	925-455-7510
LARPD District Office.....	925-373-5700
Senior Support of the Tri-Valley.....	925-931-5379
Ombudsman.....	510-638-6878
HMO Complaint Hotline.....	800-400-0815
Senior Lunch Program.....	925-500-8241
Senior Hotline.....	925-373-5702 ex 4
Wheels (Bus).....	925-455-7500
Social Security.....	800-772-1213
Alzheimer's Association.....	800-272-3900
Elder Care Locator (www.eldercare.gov).....	800-677-1116
CRIL (Community Resources for Independent Living).....	925-371-1531

Alameda County Senior Programs

Adult Protective Services.....	866-225-5277
Area Agency on Aging.....	800-510-2020
Conservatorship/Public Guardian.....	510-577-3585
LARPD Hotline.....	925-373-5702
Meals on Wheels by Spectrum.....	925-421-4657

Office Hours:

Mon-Thurs 9am-12pm & 12:30-4pm

Holiday Dates: 9/2, 11/11, 11/28-29,
12/24-25, 12/31

Phone: 925-373-5760

Fax: 925-960-2457

Website: larpd.org

Newcomers Welcome *LARPD Staff*

Give us a call at 925-373-5760 to learn about everything we have to offer and for a tour.

Wheels Dial-A-Ride Tickets for Seniors 65+

Para-transit vouchers are available for purchase during office hours. A sheet of 10 tickets cost \$37.50. Cash or checks made payable to Wheels are accepted.

BART Tickets 65+yrs

Paper BART tickets are available in the Senior Services Office Monday-Thursday between 9am-12pm and 12:30-4pm. Tickets are \$9 for a value of \$24. Cash or checks made payable to LARPD-SSC accepted.

Community Support Program (Fee Assistance)

Persons 50+ unable to enjoy LARPD Senior programs due to financial hardship may contact the front counter at 373-5700 for scholarship information. Funded through LARPD Foundation.

Emergency Financial Assistance 60+

The Wiesner Memorial Fund is a special fund for seniors who need financial assistance in the event of an emergency. For additional information call 925-373-5760.

FREE Health Insurance Counseling (HICAP)

If you need help understanding Medicare or other health insurances call the senior office at 925-373-5760 to schedule an appointment with experienced counselors. Counseling on the first and third Wed. of each month.

FREE Legal Assistance for Seniors 60+yrs (LAS)

Receive legal advice and consultation from a lawyer over the phone. For adults 60+ or persons assisting them. No wills. Call 510-832-3040 for information.

FREE Hearing Screening/Hearing Aid Clean and Check

The 2nd Wednesday of each quarter from 10 am - 11:30 pm. Call the Senior Office at 925-373-5760 for an appointment.

Preventative Health Care 60+

Senior Support of the Tri Valley RLCC Consult Room

Nurses provide foot care, blood pressure, and diabetes health screenings on the second and last Tuesday of each month. A suggested donation of \$20 is requested for foot care. Call 925-373-5760 to schedule an appointment.

FREE Consultations

If you have questions or need assistance with issues such as Medicare or Medi-Cal information, legal assistance, health care directive information, financial emergencies or housing information, call 925-373-5760.

Name that Tune at the Good Thyme Café

Vicky Weseloh

RLCC Larkspur Room

Enjoy music classics from the 1940's thru the 60's during lunch time in the Good Thyme Café. Held on the second Thursday of each month from 12:15-12:45pm.

Good Thyme Café - Daily Lunch for 60+

Open Heart Kitchen

RLCC Larkspur Room

Please join us for a healthy lunch served Monday through Friday, 12 pm-12:45 pm. Doors open at 11:30am. The menu is prepared by a registered dietitian. Reservations are highly encouraged by calling 925-500-8241 24 hours in advance. Walk-ins welcome. Funded in part by Alameda County Area on Aging

M-F Noon \$3 Suggested donation for 60+

Volunteers for Good Thyme Café

Bring your smile and volunteer in a friendly atmosphere. Volunteer hours available Monday through Friday. Contact Open Heart Kitchen at 925-580-1619 for more information on how to become a beloved volunteer.

FREE The Savvy Caregiver Express Program

Alzheimer's Association *RLCC Sycamore Room*
Savvy Caregiver provides advanced training for dementia caregivers. Gain skills to assess your loved one's abilities; confidence to set and alter caregiving goals; and strategies to manage daily activities. Registration and phone screening required: Please contact Dori Sproul at 925-284-7942 ext. 1292 or dsproul@alz.org. Registration Deadline: 9/25.

Class #	Day	Date	Time
8172	W	9/18-10/2	10am-12pm

**FREE Finding Wellness Series 3**

Sponsored by Senior Support of the Tri-Valley through grants Nancy Bennett RDN RLCC Sycamore Room
Each class identifies risk factors associated with a specific chronic disease and explores ways to lower that risk through nutrition and other lifestyle strategies. Topics covered are cancer, stroke, diabetes and inflammatory diseases. 4 week series.

Class #	Day	Date	Time
8028	M	10/7-10/28	10:30-11:30am

Drop-In Programs: Game Day

SSC Staff *RLCC Larkspur North Room*
Bring your friends and spend the afternoon enjoying classic table games. Mexican Train, Scrabble, Yahtzee, Sequence, Boggle, Cribbage, trivia, and more! Games provided, or bring your own to share. Second and fourth Monday of each month. **No games on 11/11, 12/23.**

Month	Day	Date	Time	RES/NR
Sept	M	9/9, 9/23	2-4pm	\$2/\$3
Oct	M	10/14, 10/28	2-4pm	\$2/\$3
Nov	M	11/25	2-4pm	\$2/\$3
Dec	M	12/9	2-4pm	\$2/\$3

NEW Family Game Day

SSC Staff *RLCC Larkspur Room/Sycamore Room*
Grab a grandkid or two and bring them down to the RLCC for an afternoon of board games and family fun! Games provided, or bring your own to share. Spend some quality family time while the kids are on their school holiday break.

Month	Day	Date	Time	RES/NR
Nov	M	11/25	2-4pm	\$2/\$3
Dec	M	12/30	2-4pm	\$2/\$3

FREE Lending Library 50+ *RLCC Vintage Lounge*

Take advantage of the free lending library in the Vintage Lounge. Borrow up to 6 books during operating hours. Enjoy reading your selection in the lounge by the fireplace or take home and return. Call 925-373-5760 to donate paperback books.



FREE presentations and workshops for you to enjoy, learn and get the resources you need from local experts.

Don't Get Scammed: Elder Fraud Awareness

Cheryl Poncini, Deputy DA, Alameda County *RLCC Palo Verde Room*
Roughly 1 in 10 Americans age 60+ are abused. Learn about elder fraud prevention from Deputy District Attorney Cheryl Poncini through a fun and interactive presentation about a serious topic.

Class #	Day	Date	Time
8030	TH	11/7	10:30-11:30am

Genealogy Presentation

Patrick M. Lofft *RLCC Palo Verde Room*
Researching family trees can be fun and satisfying, but a captivating and time-consuming hobby. Learn how to utilize free websites and databases through the Livermore-Amador Genealogical Society's past president, Patrick Lofft. Please bring pen and notepad.

Class #	Day	Date	Time
8033	T	10/8	1-2:30pm

CA Telephone Access Program for Smart Phone Users

Crystal Lin *RLCC Palo Verde Room*
Are you having trouble with your smart phone? Register for this free class for onsite training to teach you how to use your smart phone!
iPhone class on 10/9. Android class on 10/10.

Class #	Day	Date	Time	Phone
8031	W	10/9	10am-12pm	iPhone
8032	TH	10/10	10am-12pm	Android

Age Well, Drive Smart

California Highway Patrol Volunteers *RLCC Elbow Room*
Age Well, Drive Smart is aimed at keeping drivers safe and independent as they age by recognizing factors affected by age and driving alternatives. Please note: this course is not eligible for insurance discounts.

Class #	Day	Date	Time
8036	T	11/12	1-2:30pm

FREE Movie Madness

RLCC Vintage Lounge

Enjoy movies ranging from favorites to recent releases. **Free Holiday Movie Marathon! 1:00 pm daily Monday 12/16 - Friday 12/20/19.**

TH	9/19	1pm	Game Night	R
M	10/7	1pm	Avengers: Infinity War	PG-13
TH	10/17	1pm	Breakfast at Tiffany's	NR
M	11/4	1pm	Age of Adaline	PG-13
TH	11/21	1pm	Forever my Girl	PG-13
M	12/2	1pm	A Bad Moms Christmas	R
TH	12/19	1pm	Home Alone	PG-13

**Coloring Club**

SSC Staff

RLCC Sycamore Room

Come express your creativity, reduce stress, and relax with friends in this social setting! Coloring books provided; gel pens to share. BYO colored pencils.

Day	Weekly Program Time	RES/NR
W	10:30am-12pm	\$2/\$3

FREE Golden Circle Craft Group

RLCC Palo Verde Room

Enjoy working in a social setting on sewing, knitting, crocheting, and other textile projects in an inspiring and friendly environment. Work to benefit local Livermore charities. **No meeting 11/11.**

Class #	Day	Date	Time	RES/NR
8163	M	9/9-12/2	12:30-2:30pm	FREE

Sing For Fun: Music Sing-A-Long

Nancy Marling

RLCC Sycamore Room

Come lift your spirits by singing familiar tunes with other folks with piano accompaniment. The words to the songs will be provided. No musical experience or vocal expertise necessary. **No class 11/11.**

Class #	Day	Date	Time	RES/NR
8100	M	9/9-9/30	11am-12pm	\$12/\$13
8100	M	10/7-10/28	11am-12pm	\$12/\$13
8100	M	11/4-11/25	11am-12pm	\$9/\$10

DROP-IN PROGRAMS

Enjoy these fun, social, stimulating activities year-round. Check Prime Time Newsletter for additional information. Some activities require advance RSVP.

8160	Pinochle	M/W/F	Time varies	RES \$2/NR \$3
8159	Billiards	M-F	Time varies	RES \$2/NR \$3
8161	Bridge	TH/F	1-4pm	RES \$2/NR \$3

**Mahjongg (American Version)**

RLCC Larkspur South Room

Learn the American version of this fun and exciting tile based game that originated from China. Express your competitive spirit while fostering new relationships.

Class #	Day	Date	Time	RES/NR
8164	TH	Weekly	1:30-4pm	\$2/\$3

A Medley of Fun: Spanish, Cooking & Sewing: Taught in Spanish and English

Spanish Academy staff

RLCC Sycamore Room

Students will alternate with learning the Spanish language, cooking Mexican foods and sewing projects by hand. Spanish Class will be conversational, grammar, and verb conjugation. Come join the fun! This is a class you will remember! **\$25 supply fee.**

Class #	Day	Date	Time	RES/NR
8140	F	9/20-12/13	9:30-10:30am	\$111/\$122

Estate Planning: Trust vs. Wills

Jennifer Thaete, Estate Planning and Probate Attorney
RLCC Sycamore Room

Review the primary options of estate planning from trusts, wills, financial, and health care powers of attorney and receive a general overview of probate and estate taxes. Registration for each person is required.

Class #	Day	Date	Time	RES/NR
8121	T	9/10	7-8:30pm	\$15/\$17
8122	W	10/16	7-8:30pm	\$15/\$17
8123	TH	11/14	7-8:30pm	\$15/\$17
8124	T	12/10	7-8:30pm	\$15/\$17

AARP Smart Driver Course

American Assoc. of Retired Persons (AARP)
RLCC Sycamore Room

Participants learn the effects of aging and how it effects our ability to drive safely. Discussions on changing laws, roads, vehicles, and our own bodies, as well as discussions on medications, vision, and hearing. Participants leave with a renewed confidence in driving. **Checks made payable to AARP.**

Class #	Day	Date	Time	Member/Non-member
8165	TH	10/3 & 10/10	1-5pm	\$15/\$20
8165	SAT	12/7	9am-5pm	\$15/\$20

Introduction to Essential Oils for Seniors

Kat Turnquist
RLCC Sycamore Room

Learn how to use these potent oils safely, effectively, and efficiently for your lifestyle. Discover the broad array of ways they can be used in everyday living as a natural alternative reducing toxins and supporting health and wellness. \$10 Materials Fee

Class #	Day	Date	Time	RES/NR
8146	TH	10/10	10:30am -12pm	\$15/\$17
8146	TH	12/12	10:30am -12pm	\$15/\$17

Essential Oils Holiday Solutions for Seniors

Kat Turnquist
RLCC Sycamore Room

The holidays bring visitors, different schedules, awkward relational dynamics and compromised immunity. Discover peace, comfort and joy this season with essential oil solutions for seniors. Discover hands-on, simple, practical ways to keep your winter season merry and bright! \$10 materials fee.

Class #	Day	Date	Time	RES/NR
8146	TH	11/14	10:30am -12pm	\$20/\$22

Essential Oils Blending

Kat Turnquist
RLCC Sycamore Room
Learn ways to blend essential oils. We will cover various aspects to consider in creating a blend for your unique needs or desires. Includes hands-on custom blending activities. \$10 materials fee.

Class #	Day	Date	Time	RES/NR
8146	TH	9/19	10:30am -12pm	\$20/\$22



3D Greeting Cards

Katrin Field
RLCC Sycamore Room

This is a fun class for beginners or experienced paper crafters alike. With the upcoming holidays in mind, you will receive enough supplies to create five unique 3-dimensional greeting cards. Imported European materials. Bring a pair of scissors and tweezers. Supply Fee: \$20, cash only.

Class #	Day	Date	Time	RES/NR
8115	F	9/6	1:30-3:30pm	\$8/\$9
8115	F	10/25	1:30-3:30pm	\$8/\$9
8115	F	11/22	1:30-3:30pm	\$8/\$9
8115	F	12/6	1:30-3:30pm	\$8/\$9

LLNL Discovery Center Tour and Lunch at Poppy Ridge Grill

Discovery Cntr.Staff
Poppy Ridge 4280 Greenville Rd./
Discovery Center 651 Eastgate Dr.

The Discovery Center provides a window into LLNL's exciting cutting edge science. Join us for a FREE guided tour, an overview of LLNL, and hands-on fun with "science experiments." Meet for lunch at Poppy Ridge Grill before the LLNL tour. Fee for lunch only. Call 925 373-5700 to register by 10/4. Registration required. No refunds.

Class #	Day	Date	Time	RES/NR
8193	F	10/11	11am - 3:30pm	\$27/\$30



Halloween Social

LARPD Staff

RLCC Palo Verde Room

Wear your most creative Halloween costumes and come prepared for fun and craziness! Vote on the best costume. Enjoy dessert and refreshments before heading home to trick or treat. Games and door prizes! Don't be afraid of the fun! Call 925-373-5700 to register.

Class #	Day	Date	Time	RES/NR
8263	TH	10/31	2-3:30pm	\$9/\$10

NEW

Fishin' for Fun

Meet in RLCC Vintage Lounge

All aboard the LARPD van bound for Los Vaqueros Reservoir Marina! Try your hand at catching the big one after a brief session in the classroom learning about bait, lures, techniques, and tellin' stories. BYO sack lunch and fishing pole or use a loaner pole with a deposit. 1-day state fishing license required, not included. Transportation included in fee. Call 925-373-5700 to register.

Class #	Day	Date	Time	RES/NR
8265	M	10/7	8:45am-2pm	\$22/\$24

Dutch Oven Cooking at the Grove

Phil Harless

Sycamore Grove Park Group Picnic Area - 5035 Arroyo Rd.

It's time to try cooking roast beef, fried potatoes and bacon in cast iron using charcoal briquettes! Phil Harless presents this workshop that will empower you to DIY at home! Bring a snack, drink, and lawn chair. Sample some hot grub and hike with a Ranger. Call 925-373-5700 to register by 9/13.

Class #	Day	Date	Time	RES/NR
8286	F	9/20	11:45am-3pm	\$17/\$19

Patriotic Rock Painting Social

LARPD Staff

RLCC Palo Verde Room

Show your Red, White, and Blue today! Join the latest craze; painting patriotic rocks for relaxation, gifts, or hiding them to be discovered. Bring your wildest patriotic aprons. Enjoy refreshments, creativity, and good company! Call 925-373-5700 to register by 9/6.

Class #	Day	Date	Time	RES/NR
8262	W	9/11	2-3:30pm	\$9/\$10

Firehouse Arts Matinee 50+: William Clark (of Lewis and Clark)

Ed Kinney Speaker Series

Meet in RLCC Vintage Lounge

The Firehouse Arts Center in Pleasanton brings historical characters to life during an afternoon matinee, with audience interactive Q & A session. Attendees will spend an afternoon with historic character, William Clark, of Lewis & Clark. Inspiring Chatatauqua-style performance. Transportation included. Call 925-373-5700 to register by 9/20.

Class #	Day	Date	Time	RES/NR
8248	T	9/24	12:30-4pm	\$20/\$22

FREE

Historical Walking Tour of Downtown Livermore

Heritage Guild Docent Carnegie Library 2155 Third Street

Join Susan Canfield on an informative walk and learn about the history of local homes and buildings on your one mile tour. Conclude with a no host lunch downtown. Rain or shine. Call 925 373-5700 to register by 10/15.

Class #	Day	Date	Time	RES/NR
8194	F	10/18	10am-12pm	FREE

Historic Duarte Garage & Lincoln Hwy. Museum Lunch Tour

Heritage Guild Docent

Castle Rock/1848 Portola Ave.

Corner of N.L. St. and Portola Ave.

Discover the history of the nostalgic Duarte Garage and Lincoln Highway Museum while admiring the antiques and historic fire trucks restored by History Guild volunteers. View actual Livermore Ohlone artifacts inside the History Mobile on your docent guided tour. Lunch Included at Castle Rock. Call 925 373-5700 to register.

Class #	Day	Date	Time	RES/NR
8197	F	11/8	10:30am-1:30pm	\$20/\$22



Flower Arranging Social

Gayle Thorsen

RLCC Cresta Blanca Ballroom

Arranging fresh flowers is a relaxing and rewarding experience. Join us while we walk you through the process of creating your own fall-themed floral arrangement to take home. Beautiful, yet simple! Delicious refreshments included. Reservations are required. Call 925 373-5700 to register by 11/12. No refunds.

Class #	Day	Date	Time	RES/NR
8266	W	11/20	2-4pm	\$20/\$22

Holiday Luncheon 2019

RLCC Cresta Blanca Ballroom

Enjoy the holiday season by attending our annual catered luncheon! Surround yourself with good friends, food, and holiday fun. Door prizes, festive sweater contest, and live entertainment. Santa will be here, so bring your wish list. Call 925 373-5700 to secure your reservation by 12/4. No refunds. Sign up early, event sells out.

Class #	Day	Date	Time	RES/NR
8200	T	12/10	11:30am -1:30pm	\$14/\$25

Holiday Lights Trolley Tour

Meet in RLCC Sycamore Room

Start your evening with hot cocoa and dessert, then "all aboard" the Livermore Wine Trolley for an adventure through the festive neighborhoods of Livermore to experience the glow of holiday lights. Limited seating. Call 925 373-5700 to register by 11/12. No refunds. Sign up early, event sells out. Price includes driver gratuity.

Class #	Day	Date	Time	RES/NR
8198	F	12/13	5:15-7:15pm	\$45/\$50
8199	F	12/13	6:45-8:45pm	\$45/\$50

Light & Easy Aerobics

Jollene Berghoff

RLCC Studio

Come enjoy a combination of low impact aerobics, strength training, and stretch. Dance to soft, motivating music as you decrease your risk of falling and increase functionality with everyday tasks. Bring light weights and water.

Class #	Day	Date	Time	RES/NR
8052	T	9/3-10/22	9:30-10:30am	\$63/\$70
8052	T	10/29-12/17	9:30-10:30am	\$63/\$70
8906	T	Drop-in	9:30-10:30am	\$9

Tai Chi for Seniors Level 1

Barbara Reynolds

RLCC Elbow Room

Gentle exercise that integrates your mind and body. Proven through scientific study to increase flexibility, muscular strength, and fitness. Promotes correct body posture, improved breathing, blood pressure and balance. **No class 11/29.**

Class #	Day	Date	Time	RES/NR
8061	F	9/13-10/25	10-10:50am	\$70/\$77
8061	F	11/1-12/13	10-10:50am	\$60/\$66



Phyllis Ihle
Senior Office Assistant



Kathy Lake
Recreation Coordinator

SENIOR SERVICES STAFF SPOTLIGHT

Phyllis has been with LARPD for 12 years and is the go-to person for resource, referrals, program information and connecting Livermore's older adults with the resources they need to support their independence

Kathy has been with LARPD for over two years. She has the pleasure of planning the Senior Activities program focused on life-long learning, socialization and enriching the mind, body and soul.

Tai Chi for Seniors Level 2

Barbara Reynolds

RLCC Palo Verde Room

For participants who have already taken Tai Chi Level 1 and are familiar with this modified Sun Style.

Class #	Day	Date	Time	RES/NR
8062	T	9/17-10/29	9-9:50am	\$63/\$69
8062	T	11/5-12/17	9-9:50am	\$63/\$69

Tai Chi for Seniors Level 3

Barbara Reynolds

RLCC Larkspur South Room

For advanced students who have already taken Level 2. Class progresses into Sun Style, 73 forms. **No class 11/11.**

Class #	Day	Date	Time	RES/NR
8064	M	9/16-10/28	10-10:50am	\$52/\$57
8064	M	11/4-12/16	10-10:50am	\$48/\$53

Beginning Line Dancing for Seniors

Sue Kraft

RLCC Palo Verde Room

Come join this beginning Line Dancing class where you can unwind, meet new friends, and exercise. You'll learn the basic steps for each line dance. Steps are taught slowly, easily, and repeated until you feel comfortable. Previously learned dances will be reviewed. No partner necessary.

Class #	Day	Date	Time	RES/NR
8081	F	9/6 - 9/27	10-11am	\$27/\$30
8081	F	10/4-10/25	10-11am	\$27/\$30
8081	F	11/1- 11/22	10-11am	\$27/\$30
8081	F	12/6- 12/20	10-11am	\$21/\$23



Zumba Gold Basic

Alice Johnson *RLCC Palo Verde Room/Studio*

In need of "ME" time? This low-impact fitness class uses easy-to-follow calorie burning moves to improve balance, coordination, flexibility, stamina, cardiovascular function, and boost your mood! Keep yourself fit while having FUN! Beginners welcome. Wear comfortable exercise shoes/attire and bring water.

Class #	Day	Date	Time	RES/NR
8065	W	9/4 – 10/23	9-10am	\$43/\$47
8065	W	10/30 – 12/18	9-10am	\$43/\$47
8066	SAT	9/7 - 10/26	9-10am	\$43/\$47
8066	SAT	11/2 – 12/21	9-10am	\$43/\$47

Class #	Day	Date	Drop-In
8901	SAT	9/7-10/26 or 11/2-12/21	\$8
8900	W	9/4-10/23 or 10/30-12/18	\$8

Zumba Gold Basic (30 minutes)

Alice Johnson *RLCC Studio*

Are you looking for a QUICK workout or just starting your fitness program? This 30 minute low-impact fitness class uses easy-to-follow calorie burning moves to improve balance, coordination, flexibility, stamina, and cardiovascular function while having fun! Beginners welcome! Wear comfortable exercise shoes/attire and bring water.

Class #	Day	Date	Time	RES/NR
8068	T/TH	9/3-10/24	8:30-9am	\$43/\$47
8068	T/TH	10/29-12/19	8:30-9am	\$43/\$47

Class #	Day	Date	Drop-In
8903	T/TH	9/3-10/24 or 10/29-12/19	\$5

Zumba Gold Basic

Christina Kim *RLCC Studio*

Come join Zumba Gold where you can follow along to the beat of Latin and international music with low-impact exercise. Beginners welcome and treat yourself to some YOU time! Bring water and wear comfortable shoes. **No class 11/11, 11/28.**

Class #	Day	Date	Time	RES/NR
8069	M	9/9-10/28	9:30-10:20am	\$43/\$47
8069	M	11/4-12/16	9:30-10:20am	\$33/\$37
8070	TH	9/5-10/24	9:30-10:20am	\$43/\$47
8070	TH	10/31-12/19	9:30-10:20am	\$38/\$42

Class #	Day	Date	Drop-In
8904	M	9/9-10/28 or 11/4-12/16	\$8
8905	TH	9/5-10/24 or 10/31-12/19	\$8

Walking with Purpose

Volunteers *RLCC Vintage Lounge*

Join our walking group and experience the beauty of outdoor Livermore for all levels; focused on time and not distance. No meetings 9/2, 11/11, 11/28, 12/24, 12/25, 12/31.

Class #	Day	Date	Time	RES/NR
8079	M-TH	9/3-12/30	10:30am	\$15/\$17

Wellness & Mindful Awareness through Deep Breathing

Sindy Pangali *RLCC Sycamore Room*

Gentle movement with deep breathing creates a space that helps surrender and release through deep awareness. This mind, body, spirit connection helps to balance and allow natural healing to occur in the body. Class also helps to improve circulation, flexibility, mobility, and balance.

Class #	Day	Date	Time	RES/NR
8055	T	9/10-10/8	2:15-3:15pm	\$38/\$42
8055	T	10/22-11/19	2:15-3:15pm	\$38/\$42

Chair Yoga

Sindy Pangali *RLCC Sycamore Room*

Discover how to do yoga poses with a chair to help increase flexibility, balance, and strength while enhancing mind-body awareness and ability to relax. Classes taught in an easy-going, non-competitive atmosphere, and suitable for participants who do not want to get up and down from the floor. Inform instructor of any conditions, injuries or limitations. **No class 11/11.**

Class #	Day	Date	Time	RES/NR
8050	M	9/9-10/7	11:15am-12:15pm	\$45/\$50
8050	M	10/14-11/18	11:15am-12:15pm	\$45/\$50

Yoga for Self-Care

Sindy Pangali *RLCC Studio*

Discover how to use yoga poses and breath-inspired therapeutic techniques to relieve physical and mental stress, increase flexibility, balance, and strength, enhance mind/body awareness and ability to relax. Taught in an easy-going, non-competitive atmosphere. Suitable for all participants able to get to and from the floor. Inform the instructor of any injuries, medical conditions or limitations.

Class #	Day	Date	Time	RES/NR
8051	T	9/10-10/8	11:15am-12:15pm	\$38/\$42
8051	T	10/15-11/12	11:15am-12:15pm	\$38/\$42





Meditation for Beginners

Barbara Reynolds

RLCC Sycamore Room

A meditation class designed for those who have never meditated or who may think they will not enjoy it. This class is secular. Individuals may bring their own meaningful symbols to look at while they meditate. Participants may want to bring a pillow. **No Class 11/28.**

Class #	Day	Date	Time	RES/NR
8175	TH	9/19-10/31	4-4:50pm	\$35/\$39
8175	TH	11/7-12/19	4-4:50pm	\$30/\$33

FREE Dementia Caregiver Support Group

Alzheimer's Association Asbury United Methodist Church 4743 East Ave.

The Alzheimer's Association support group is open for families and caregivers of persons suffering from Alzheimer's or a related disorder. It provides a safe environment for individuals to express feelings, give and receive support, learn about Alzheimer's disease and related dementias, and discover effective ways to cope with and care for Alzheimer's patients. Group meets the first Wednesday of each month at 12pm. For detailed information, contact Heather at 800-272-3900 or by email heather.gray@alz.org.

FREE Diabetes Support Group

Rajinder Singh, Ala. Co. Public Health Dept.

Diabetes Educator RLCC Sycamore Room

Educational updates, maintenance advice, and support for persons with diabetes. This group will meet on Tuesday 9/11 and 11/13 from 10am-12pm. For more details call Rajinder at (510) 383-5191.

FREE Dementia Care Consultations

Dori Sproul of the Alzheimer's Association

RLCC Consultation Room

Caregiving for someone with dementia? If you are stressed, overwhelmed, and need support and information, schedule an appointment on the third Thursday of each month with Dori for advice, education or to develop a plan for the road ahead. Drop-ins accepted. Call 925-284-7942 to schedule appointment.

Day	Date	Time
TH	9/19, 10/17, 11/21, 12/19	10am-2pm

Living Out in Livermore 50+ RLCC Arroyo Room

Join this safe and confidential drop-in peer support group for LGBTQ+ persons 50+. Share thoughts, feelings, resources, and information while providing support for each other. Group meets the first Tuesday of each month and is facilitated by trained peers. For more information contact Anne at 510-548-8283 ext. 126 or anne@pacificcenter.com

Trip Registration

Registration begins on the dates listed below. Online registration is not available. Non-resident fees apply. Registration continues in the Trip Office beginning the Monday after registration. Office hours are Monday-Thursday 9am-1pm. Call 925-373-5763 for more information.

Fall	SAT	8/24/19	8:15-10:15am
Winter/Spring	SAT	1/4/20	8:15-10:15am

Venture Trips

Venture trip participants are transported in LARPD vans. Day trips must be paid for at the time of registration. Cancellations received five (5) business days prior to the day of the trip, will incur a processing fee of \$12 and any other incurred costs pre-cancellation. Overnight trips require a \$25 nonrefundable deposit at the time of registration. Extended trips require a \$100 nonrefundable deposit at the time of registration. No refunds will be issued for overnight and extended trips after final payment has been received. ***Dates are subject to change.**

Venture Trips

8333	W	9/18	"Hamilton" in SF
8326	SUN	9/22	Delta Tour & Brunch
8301	TH	9/26	Pacifica Adventure
8353	SUN	10/13	Fleet Week Brunch Cruise
8308	TH	10/17	Benicia Lunch and Tour
8313	T	10/29	Putting on the Ritz in HMB
8303	SUN	11/3	Beach Blanket Babylon
8312	SAT	11/16	Saturday in the City – SF Movie Tour
8328	T	11/19	Olives & Poinsettias
8359	W	12/4	"Great Amer. Trailer Park Christmas Musical" at Sierra Rep
8335	SAT	12/7	Palace Hotel
8327	W	12/11	Going Nuts in Modesto
8329	SUN	12/15	Grand Island Brunch
8360	W	12/18	"Summer: The Donna Summer Musical" in SF
8311	SUN	12/29	Shen Yun in San Jose

Overnight/Extended Trips

8390	T-SUN	10/1-6	Mackinac Island & Magical Michigan
8371	F-S	10/25-26	Gold Country Theater
8372	T-TH	2/18-20	Sierra Scenic Train- Interest List Only



PARKS & OPEN SPACES

Park Name	Park Address	Neighborhood Parks	Community Parks	Reservable Group Picnic Area	Dog Parks	Sports Fields	Picnic Area	Picnic Tables	Barbecue Pits	Restrooms	Play Structure	Bike Trail	Walking Trail	Horse Trail	Volleyball	Bocci Ball	Pickleball	Basketball Courts	Tennis Courts
Al Caffodio Park	1361 Shawnee Road	•				•	•	•	•		•								
Almond Park	1555 Almond Avenue	•				•	•	•	•		•	•	•						
Altamont Creek Park	6800 Altamont Creek Drive	•				•	•	•	•		•	•	•						
Big Trees Park	5470 Kathy Way	•				•	•	•	•		•								
Bill Clark Park	5451 Hillflower Drive	•				•	•	•	•		•								
Bothwell Park	2466 Eighth Street	•					•	•	•		•					•			
Bruno Canziani Park	5907 Charlotte Way	•			•		•	•			•	•	•	•				•	
Cayetano Park	698 Portola Avenue	•			•	•	•	•	•	•	•		•					•	
Christensen Park	5611 Bridgeport Circle	•				•	•	•	•		•								
El Padro Park	1731 El Padro Drive	•					•	•			•								
Ernie Rodrigues	1717 S. Livermore Avenue		•			•				•									
Hagemann Park	459 Olivina Avenue	•		•		•	•	•	•		•								
Holdener Park	2995 Hansen Road	•										•	•	•					
Ida Holm Park	1106 Crystal Circle	•				•	•	•	•		•								
Independence Park	2798 Holmes Street		•			•	•	•	•	•	•								
Jack Williams Park	2041 Neptune Road	•					•	•	•		•								•
Karl Wente Park	1455 Kingsport Avenue	•					•	•			•								
Lester J. Knott Park	655 N. Mines Road	•					•	•			•							•	
Livermore Downs Park	1655 Paseo Laguna Seco	•				•					•						•	•	
Maitland R. Henry Park	1525 Mendocino Road	•				•	•	•	•		•								
Marlin A. Pound Park	2010 Bluebell Drive	•			•	•	•	•			•	•	•					•	
Max Baer Park	1310 Murdell Lane				•	•		•	•										
May Nissen Park	685 Rincon Avenue		•	•	•	•	•	•	•	•	•							•	•
Mocho Park	1130 Mocho Street	•					•	•			•								
Northfront Park	6315 Almaden Way	•				•	•	•	•		•	•	•						
Pleasure Island Park	280 Pearl Drive	•					•	•			•								
Ralph T. Wattenburger Park	1515 Honeysuckle Road	•				•	•	•	•		•								
Ravenswood Park	2632 Tahoe Drive	•					•	•	•		•								
Robert Livermore Park	491 Loyola Way		•	•		•	•	•	•	•		•	•		•			•	•
Robertson Park	3200 Robertson Park Road	•			•	•	•	•	•	•	•		•	•					
Summit Park	6332 Tioga Pass Court	•					•	•			•								
Sunken Gardens Park	3800 Pacific Avenue	•						•				•	•						
Sunset Park	1055 Geneva Street	•				•	•	•			•								
Sycamore Grove Park	1051 Wetmore Road		•	•			•	•		•			•	•					
Tex Spruiell Park	5411 Felicia Avenue	•					•	•			•							•	
Vista Meadows Park	2450 Westminster Way	•			•		•	•			•	•							
William (Bill) J. Payne Park	5800 Patterson Pass Road	•				•		•	•										

Livermore Area Recreation and Park District Upcoming Events



Applefest

August 25 • 12-4pm

Ravenswood Historic Site
Ages 18+: \$5 • 2-7: \$1
Under 2: FREE



Pool Pumpkin Patch

October 19 • 12-2pm

Robert Livermore
Aquatic Center
RES \$10/NR \$15
(At Door RES \$13/NR \$19)



Children's Fair: Kidchella

**September 14
10am-4pm**

4448 Loyola Way



Harry Potter Movie Night

November 8 • 6-9:30pm

Robert Livermore
Community Center
\$10 per person



Dogtoberfest

October 13 • 11am-3pm

Robert Livermore Park
FREE



Breakfast with Santa

December 7 • 9-11am

Robert Livermore
Community Center
\$14 per person
(Under 2: FREE)



Mother & Daughter Paint

October 4 • 7-9pm

Robert Livermore
Community Center
\$23/Couple
(\$8 per additional child)



Victorian Yuletide

December 8 • 12-4pm

Ravenswood Historic Site
FREE

LARPD Numbers

LARPD Office.....	925-373-5700
Hotlines.....	925-373-5702
Sports Fields/Turf Conditions.....	Press 1
Aquatics/Pool.....	Press 3
Senior Services.....	Press 4
LARPD Foundation.....	925-373-5786
Aquatics.....	925-373-5750
Class Registration.....	925-373-5700
Equestrian Park.....	925-373-5720
Facilities Rentals.....	925-373-5703
Park Maintenance.....	925-960-2440
Preschool Information.....	925-960-2486
Ranger/Nature Staff.....	925-960-2400
Recreation.....	925-373-5700
RL Community Center.....	925-373-5700
Gymnasium.....	925-373-5733
Sports Field Rentals.....	925-373-5709
Volunteers.....	925-373-5765
Youth Services.....	925-960-2480

Other Recently Requested Non-LARPD Contacts

Adult Education.....	925-606-4822
Bankhead Theater.....	925-373-6100

City of Livermore

Animal Control.....	925-371-4848
Library.....	925-373-5500
Planning/Tree Trimming.....	925-960-4000
Police Department.....	925-371-4987
CPR Class (Red Cross).....	800-520-5433
Del Valle Dog Club.....	925-455-4158
Lake Del Valle (EBRPD).....	925-373-0332
Los Vaqueros Reservoir.....	925-688-8225
School District (LVJUSD).....	925-606-3200

**FOR MORE INFO:
925-373-5700**



Like us on Facebook
Livermore Area
Recreation & Park District
Follow us on Instagram
@larpd_livermore



Business Hours

Monday through Thursday: 8am-6pm

Friday: 8am-5pm

Saturday: 9am-1pm

Registration Info

The Livermore Area Recreation and Park District accepts registration online, over the phone, and in person during business hours. Registration is on a first-come, first-serve basis unless otherwise noted in the course description. Participants are encouraged to register at least one week prior to the course start date. Programs, classes, activities, and services may be cancelled or combined due to low enrollment. Proof of residency will be required upon registration. Residents are those who reside within the Livermore Area Recreation and Park District's boundaries. Fees labeled NR in the Activity Guide or on printed materials represent non-residents fees. The Activity Guide is prepared months in advance, the District cannot guarantee all information in the guide is most current. Please contact the Livermore Area Recreation and Park District at 925-373-5700 during business hours or go online to confirm class details if needed.

In Person Registration

Robert Livermore Community Center
4444 East Avenue, Livermore, CA 94550

Phone Registration

925-373-5700

Online Registration

LARPD.ORG

Email Registration

registration@larpd.org

2019-2020 Yearly Liability Waiver

The Livermore Area Recreation and Park District has implemented a Yearly Liability Waiver form that will be effective from March 1, 2019 through February 29, 2020. Our new liability waiver will cover all activities, classes, camps and programs that are provided by the Livermore Area Recreation and Park District. Additional program/activity permission slips may be required. One authorized signature from a legal parent/guardian may sign on a minor's behalf (under 18 years of age). Additional family members who are over the age of 18 will be required to provide their own signature to the form. In person or over the phone registrations will not be accepted unless a Yearly Liability Waiver has been completed with appropriate signatures. The Livermore Area Recreation and Park District accepts online registration through our ActiveNet registration software. Participants are encouraged to register online to avoid the hustle and bustle of over the phone or in-person registrations. Online registrations require an acknowledgment of our electronic Liability Waiver for each registration transaction. Participants will not be allowed to register online, over the phone, or in person without acknowledging our Liability Waiver.

Refund & Transfer Policy

Refunds and/or transfers will be granted up to seven (7) business days prior to the first class meeting. Refund and/or transfer requests made less than (7) business days before the first class meeting will not be granted. There is a \$12 service charge applied to all refunds or transfers initiated by the participant, as well as withholding of any material or class fees paid through LARPD that are associated with the class. Refunds and/or transfers will not be granted 24 hours after the first class meeting unless the request is pertaining to a disability or medical condition. This will be at the discretion of LARPD staff and may require a doctor's note. LARPD reserves the right to cancel any program, class, activity, camp, or service for any reason; participants will have the opportunity to transfer to a similar program or receive a full refund. A \$20 fee will be charged to the participant's household for all returned checks.

Access and Inclusion

The Livermore Area Recreation and Park District supports the Americans with Disabilities Act (ADA). If you or a family member needs assistance or program accommodations, please contact our main office during business hours at (925)373-5700 and we will be more than happy to assist you.

Questions?

925-373-5700 • LARPD.org

4TH ANNUAL

POOL PUMPKIN PATCH

OCT 19 | 12 - 2 PM
ROBERT LIVERMORE AQUATICS CENTER

Choose a floating pumpkin in our pool patch and carve it!
No charge for parents and guardians not participating.
Price per Pumpkin, while supplies last.
Online Pre-Reg #6025: \$10 RES | \$15 NON-RES
At Door: \$13 RES | \$19 NON-RES



MOVIE NIGHT

LIVERMORE AREA RECREATION AND PARK DISTRICT PRESENTS:

Harry Potter

NOVEMBER 8, 2019
6-9:30PM

Avoid the Basilisk and apparate
into the world of Harry Potter!
Enjoy a game of Quidditch, but avoid
the Bludgers, Eat some Canary Creams
or Cribbages Wizarding Crackers,
Charm your friends and family and
watch "Harry Potter and the Sorcerer's
Stone" in the common room!

ALL AGES WELCOME
\$10 PER PERSON / PRE-REGISTRATION REQUIRED
ROBERT LIVERMORE COMMUNITY CENTER
4444 EAST AVENUE

925-373-5700 - larpd.org

PLATFORM 9 $\frac{3}{4}$





**LIVERMORE AREA RECREATION
& PARK DISTRICT FOUNDATION**

Supporting Parks and Community Resources of the Livermore Area

4444 East Avenue, Livermore, CA 94550-5053
925-373-5700

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LIVERMORE AREA RECREATION AND PARK DISTRICT PRESENTS



CHILDREN'S FAIR

KIDCHELLA

Saturday, September 14th

**Robert Livermore Community Center
4448 Loyola Way • 10am-4pm**



**Live Performance by Purple Fox and the Heebie Jeebies
Safety Trailer • Fire Truck • Petting Zoo • Arts & Crafts
Inflatables • LPD K-9 Demonstrations • Train Rides**

THANK YOU TO OUR SPONSORS

