



## PERFORMING ARTS

### Improv

Instructor: Venessa Sanchez

Whether you are interested in performing arts, sharpening your creative edge, or simply becoming more comfortable in front of new people, this class is for you! **Improv Basics** is a fun, relaxed, and supportive introduction to the fundamentals of improv. No experience required! If you have improv experience, and understand the basics, **Improv Next Level** may be for you. All classes culminate with an optional performance.

Ages 18+

9 Classes \$60(R)/\$75(N)

**Dougherty Station Community Center**

### Improv Basics

Tue 9/20-11/15 7:00-9:00pm Act# 75556

### Improv Next Level – Audition Required\*

Wed 9/21-11/16 6:30-9:30pm Act# 75557

\*Improv Next Level auditions September 10, 11:00am-1:00pm

### All About Social Ballroom, Swing & Hot Latin Salsa

Instructor: Anna Magid

Have a great time and learn Swing, Foxtrot, Jitterbug, Original Rock N Roll, Hot Latin Salsa, Cha Cha, Tango, Waltz, Wedding Dances, and much more! Smooth flowing, comfortable combinations will prepare you for any dance party or WEDDING! We will change partners to meet new friends. SINGLES and COUPLES are welcome. Fun, Fun, Fun!

Ages 16+

6 Classes \$75(R)/\$94(N)

**San Ramon Community Center at Central Park**

Thu 9/22-10/27 8:00-9:00pm Act# 75472



### Salsa Dance

Instructor: Tomaj Trenda

Salsa music and dancing is HOT and featured in clubs everywhere. Discover the fun of Club-Style Salsa in these playful and energetic dance classes! You'll get a great workout while having fun dancing to the hottest Latin music. It's a great way to connect with your current partner-or meet a new one!

Ages 16+

**Dougherty Station Community Center**

### Beginning

No experience necessary, for the total beginner. You'll learn the steps and cool partnering patterns to impress everyone!

12 Classes

Singles: \$120(R)/\$150(N)

Couples: \$200(R)/\$250(N)

Fri 9/16-12/16\* 7:00-8:00pm Act #75536

\*no class 11/11 & 11/25

### Intermediate/Advanced

This challenging and rewarding class is packed with hot moves and cool styling. Includes a half hour of OPEN DANCING after each class. NO PARTNER REQUIRED. Prerequisite: Beginning Salsa or experience partner dancing.

12 Classes

Singles: \$120(R)/\$150(N)

Couples: \$200(R)/\$250(N)

Fri 9/16-12/16\* 8:00-9:30pm Act #75537

\*no class 11/11 & 11/25

### Ballet:

### Beginning II & Intermediate

Instructor: Studio 8 Dance

Rediscover your love of dance & movement while improving your skill level! Warm-ups at the barre, center floor work and across the floor progressions that include Grande Allegro will develop your long, lean, toned dancer's body. Taught in comfortable yet challenging environment by a professional choreographer and experienced dancer. Previous dance or ballet experience needed.

Ages 15+

6 Classes \$102(R)/\$128(N)

**Dougherty Valley Performing Arts Center**

Thu 9/22-10/27 6:30-7:30pm Act #75482

Thu 11/3-12/15\* 6:30-7:30pm Act #75483

\*no class 11/24



# ADULTS

## Lyrical Modern & Jazz

Instructor: Studio 8 Dance

A great class for experienced dancers looking for a serious dance class (whether coming back to dance after a break or still dancing). Warm up and choreography are Horton, Graham and Limon based. Class will challenge students technically, building strength and confidence in a supportive environment.

Ages 18+

6 Classes \$102(R)/\$128(N)

**Dougherty Valley Performing Arts Center**

Thu 9/22-10/27 7:30-8:30pm Act #75519

Thu 11/3-12/15\* 7:30-8:30pm Act #75520

\*no class 11/24

## Belly Dance:

### Beginning/Intermediate

Instructor: Tatseena

Unleash the goddess in you through belly dance. Add pizzazz to your life while you learn basic techniques, hip movements, traveling steps, simple arm movements, and finger cymbal patterns. Participants gain flexibility, strength, and improved self image all while having fun with this dynamic dance form.

Ages 16+

6 Classes \$65(R)/\$82(N)

**San Ramon Community Center at Central Park**

Mon 9/26-11/7\* 6:45-7:45pm Act# 75488

Mon 11/14-12/19 6:45-7:45pm Act# 76885

\*no class 10/31

## Belly Dance: Intermediate

Instructor: Tatseena

Continue to dance and build on belly dance basics. Learn more combinations and musical interpretations, prepare for upcoming shows, use your finger cymbals and veils with your dance. Students are required to have taken Beginning Belly Dance prior to enrolling in this class.

Ages 16+

6 Classes \$65(R)/\$82(N)

**San Ramon Community Center at Central Park**

Mon 9/26-11/7\* 8:00-9:00pm Act# 75488

Mon 11/14-12/19 8:00-9:00pm Act# 76886

\*no class 10/31

**See page 8 for information on SRCT auditions.**



## San Ramon Community Chorus

Instructor: Colleen Vitalis

The Community Chorus is open to those who enjoy recreational singing in a friendly, stress-free atmosphere. Enjoy singing familiar tunes from Broadway classics and folk. No experience or auditions are required. \$6 supply fee payable to instructor at first class. Performance December 18.

Ages 13+

14 Classes \$31(R)/\$39(N)

**San Ramon Community Center at Central Park**

Tue 9/20-12/20 8:00-9:30pm Act# 75562

## VISUAL ARTS

### Beginning Knitting & Beyond

Instructor: Gwen Larriega

Have you always wanted to learn to knit or do you know the basics & are ready for more? Then this is the class for you! New knitters will learn the basics. Experienced knitters will learn new techniques, pattern reading, and get help with current knitting projects. \$20 materials fee for new knitters.

Ages 17+

6 Classes \$59(R)/\$74(N)

**San Ramon Community Center at Central Park**

Wed 9/21-10/26 7:00-8:30pm Act #75486

Wed 11/9-12/14 7:00-8:30pm Act #75487

## Become a City Lights Volunteer

### Why Volunteer?

*City Lights Volunteers can:*

Earn school credit, Meet new people  
Learn a skill, Help others in need

**Volunteer Opportunities for:**

Special Events, Ushers, Senior Center  
Therapeutic Recreation, Coaches  
Forest Home Farms, Library



For more information contact Bonnie Mertz, [bmertz@sanramon.ca.gov](mailto:bmertz@sanramon.ca.gov), or (925) 973-3222

## Ceramics

Instructor: Hilary Ford

Discover your own style and talent while learning the basic principles of wheel throwing, hand-building, sculpting and glazing. You'll be amazed at your own creativity! No previous experience is required. Continuing students are encouraged to progress at their own pace. A \$40 supply fee is payable to the instructor on the first day of class.

Ages 18+

8 Classes \$170(R)/\$213(N)

**San Ramon Community Center at Central Park**

Wed 9/21-11/9 6:30-8:30pm Act# 75491



## Acrylic Painting Intermediate & Advanced

Instructor: Lynne Shephard

Return to the classroom for more acrylic painting! Meet up with past classmates for more advanced techniques of acrylic painting. All new projects will inspire you to paint again.

Ages 18+

8 Classes \$120(R)/\$150(N)

**San Ramon Community Center at Central Park**

Mon 9/19-11/7 7:00-9:30pm Act# 75471

## Everyone Can Draw

Instructor: David Hill

Drawing isn't magic, it's practice and seeing. In this class, you will learn techniques to help you see and then accurately draw what you see. Topics will include: line, contour, tone and shading, proportion, composition, perspective and choosing materials. Continuing participants may use the medium of their choice. For beginners thru advanced. See confirmation receipt for materials needed.

Ages 18+

10 Classes \$129(R)/\$161(N)

**San Ramon Community Center at Central Park**

Thu 9/22-12/1\* 9:30am-12:00pm Act# 75494

\*no class 11/24

## Life Drawing

Instructor: David Hill

Drawing the human body is the best way to improve your drawing skills. Work from quick gesture to long poses, training the eye to observe and draw what is seen. We will work from live undraped models. All levels welcome. \$85 live model fee.

Ages 19+

10 Classes \$129(R)/\$161(N)

**San Ramon Library**

Mon 9/19-11/21 6:30-9:30pm Act# 75518

## Watercolor Painting Magic: Beginning & Intermediate

Instructor: Lynne Shephard

All the colors of Fall will be the inspiration for watercolor painting. Participants will experience beginning and intermediate exercises and discover new techniques for different styles of watercolor. Returning students welcome. See confirmation receipt for supply list.

Ages 18+

8 Classes \$112(R)/\$140(N)

**San Ramon Community Center at Central Park**

Tue 9/20-11/8 7:00-9:30pm Act# 75546

## ENRICHMENT

### CPR & First Aid

Ages 12+

**San Ramon Olympic Pool**

### CPR Adult/Child/Infant

This course teaches participants how to respond to respiration and cardiac emergencies for adults, children, and infants. This class is great for parents, teachers, or day-care providers. This course will be taught using the American Red Cross certification standards.

1 Class \$40(R)/\$50(N)

Sat 9/24 8:00am-12:00pm Act #76344

Sat 10/22 8:00am-12:00pm Act #76346

Sat 11/12 8:00am-12:00pm Act #76348

### First Aid

This course teaches participants how to recognize and provide care for emergency situations and life threatening conditions requiring basic first-aid. This class is great for parents, teachers, and day-care providers. This course will be taught using the American Red Cross Certification standards.

1 Class \$35(R)/\$44(N)

Sat 9/24 1:00-4:00pm Act #76345

Sat 10/22 1:00-4:00pm Act #76347

Sat 11/12 1:00-4:00pm Act #76358

## POLICE PROGRAMS

### Police Services: Parent Project

Having trouble with your teenager? Do you have a strong willed child? The Parent Project may have the answers for you. The Parent Project helps parents reduce family conflict, improve school performance/attendance, identify and intervene with drug and alcohol abuse, intercede in negative peer associations and set more effective limits. This focuses on changing destructive adolescent behavior and gives parents the necessary skills to do so. The Parent Project offers concrete no nonsense solutions. The straight forward, step by step action plans presented in the curriculum allows parents to take immediate steps towards preventing or intervening in their child's negative choices. This program focuses on middle school and high school aged children. Whether there are problems with your children or not, the Parent Project class is a great way to learn valuable parenting tips. For more information, please visit [www.parentproject.com](http://www.parentproject.com) or [www.sanramon.ca.gov/police/parent.html](http://www.sanramon.ca.gov/police/parent.html), or call (925) 973-2700 and ask for either Officer Hollis Tong or Officer Phil Gonzales.

Ages 18+

10 Classes \$30

**San Ramon Police Department**

(NEW LOCATION-2401 Crow Canyon Rd)

Thu 10/6-12/15\* 6:30pm-9:30pm Act# 76928

\*no class 11/24

# ADULTS

## ONLINE CLASSES

If you would like the freedom to take classes on your own time and at home then online classes are for you. Full descriptions of courses and a syllabus can be accessed online, go to [www.ed2go.com/sanramonpcs](http://www.ed2go.com/sanramonpcs). If you would like to take a class that you do not see, many other classes are listed at the [www.ed2go.com](http://www.ed2go.com) online catalog. The Parks and Community Services representative can be contacted at 973-3213 to add any class for you. You should have a computer and a connection to the Internet. Some classes require you to have the software being taught installed on your computer.

**September 21** Activity #76080

**October 19** Activity #76081

**November 9** Activity #76082

**December 14** Activity #76083

*\$99 for each class*

### **Introduction to Power Point 2007**

Learn how to use Microsoft PowerPoint 2007 to create impressive, professional-looking slide presentations.

### **Introduction to Microsoft Outlook 2007**

Become a productive and confident Microsoft Outlook 2007 user.

### **Introduction Microsoft Excel 2007**

Work with numbers? You need to know Excel. Learn the secrets of this powerful application.

### **Intermediate Microsoft Excel 2007**

Master advanced features of Microsoft Excel 2007, including charting and PivotTables, and discover how this powerful MS Office program can boost your productivity.

### **Advanced Microsoft Excel 2007**

Discover the advanced features and functions of Microsoft Excel 2007 and find out everything this powerful program can do for you.

### **Introduction to Microsoft Excel 2010**

Become proficient in using Microsoft Excel 2010 and discover dozens of shortcuts and tricks for setting up fully formatted worksheets quickly and efficiently.

### **Introduction to Java Programming**

An experienced Java programmer introduces important Java topics with clear, step-by-step instructions.

### **Introduction to C++ Programming**

Learn to program in C++, even if you have no prior programming experience!

### **Introduction to SQL**

Gain a solid working knowledge of the most powerful and widely used database programming language.

### **Introduction to QuickBooks 2010**

Learn how to quickly and efficiently gain control over the financial aspects of your business.

### **Introduction to Adobe Acrobat 9**

Create PDF documents and more with Adobe Acrobat 9 Pro, and learn to use many of the software's time- and cost-saving features.

### **Web 2.0: Blogs, Wikis, and Podcasts**

In this course, you'll join the Web 2.0 world as you learn how to create and maintain your own blog, wiki, and podcast.

### **Creating Web Pages**

Learn the basics of HTML so you can design, create, and post your very own site on the Web.

### **Computer Skills for the Workplace**

Gain a working knowledge of the computer skills you'll need to succeed in today's job market.

### **Fundamentals of Supervision and Management**

Learn the people skills required to motivate and delegate, and learn tools for solving problems and resolving conflicts.

### **Accounting Fundamentals**

Gain a marketable new skill by learning the basics of double-entry bookkeeping, financial reporting, and more.

### **Accounting Fundamentals 2**

Give yourself skills that are in high demand by exploring corporate accounting with a veteran instructor.

### **Writing Effective Grant Proposals**

Learn to prepare grant proposals that get solid results for your favorite organization or charity.

### **Effective Business Writing**

Improve your career prospects by learning how to develop powerful written documents that draw readers in and keep them motivated to continue to the end.

### **Resume Writing Workshop**

Discover the secret to transforming your tired, boring resume into a powerful tool that will get you interviews.

### **Grammar Refresher**

Gain confidence in your ability to produce clean, grammatically correct documents and speeches.

### **Creating a Successful Business Plan**

Turn your business ideas into a solid plan for financing and long-term success.

### **Marketing Your Business on the Internet**

E-commerce expert helps you develop an Internet marketing plan for your business.

### **Discover Digital Photography**

An informative introduction to the fascinating world of digital photography equipment.

### **Genealogy Basics**

Learn where to look, who to contact, and how to use research tools to begin an exciting and fascinating exploration of your roots.

### **Medical Terminology: A Word Association Approach**

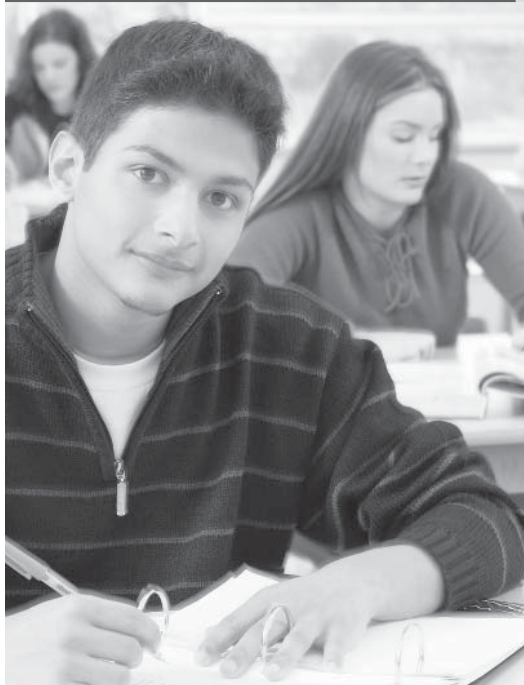
Prepare for a career in the health services industry by learning medical terminology in a memorable and enjoyable fashion.

### **Speed Spanish**

Learn six easy recipes to glue Spanish words together into sentences, and you'll be engaging in conversational Spanish in no time.

### **Homeschool with Success**

Discover how to home school your children in a way that ensures they get what they need both academically and socially.



### GED Preparation

Want to pass the GED? This course will help you develop the skills you'll need to succeed.

### SAT/ACT Preparation - Part 1

Master the reading, writing, English, and science questions on the ACT and new SAT.

### SAT/ACT Preparation - Part 2

Master the math questions on the ACT and new SAT.

### GRE Preparation - Part 1 (Verbal and Analytical)

Discover powerful strategies for success in the verbal reasoning and analytical writing sections of the GRE® revised General Test (course 1 of 2).

### GRE Preparation - Part 2 (Quantitative)

Learn a variety of useful techniques for tackling the quantitative reasoning sections of the computerized GRE® revised General Test (Course 2 of 2).

### GMAT Preparation

Discover powerful test-taking techniques and methods for improving your score on the GMAT.

## FITNESS

### Jazzercise®

Instructor: Laura Salmonson  
Jazzercise® combines cardio moves to enhance endurance and burn calories, strength training to define muscles, and stretching to increase flexibility. We've taken moves from jazz dance, salsa, hip-hop, yoga, Pilates, kickboxing, and strength training, and bundled them into one hour. Call (925) 683-6329 for more information.

Ages 13+

#### Dougherty Station Community Center

Mon-Thu & Sat, 9:00-10:00am

Tue/Thu, 6:00-7:00pm

#### Pine Valley Gym

Mon/Wed, 6:00-7:00pm

**October** Act# 75432

\$45(R)/\$57(N)

**November\*** Act# 75433

\$40(R)/\$50(N)

\*no class 11/21-11/27

**December\*** Act# 75431

\$35(R)/\$44(N)

\*no class 12/19-12/31



### Mambo Muscle Matness!

Instructor: Judith Connaughton  
Latin rhythms will wake you up with easy to follow basic steps that will get your heart pumping. Interval training with light weights and standing leg work combine with Pilates conditioning to give you a fun, sassy, energetic workout. Please bring light weights and a mat.

Ages 18+

6 Classes \$72(R)/\$90(N)

#### San Ramon Community Center at Central Park

Sat 9/24-10/29 9:15-10:15am Act#76094

Sat 11/5-12/17\* 9:15-10:15am Act#76095

\*no class 11/26

Mon 9/19-10/24 10:00-11:00am Act#76098

Mon 10/31-12/12\* 10:00-11:00am Act#76099

\*no class 11/21

### Nia: Mind, Body, Fitness

Instructor: Danielle Woermann

Nia is a movement practice that integrates Eastern and Western wisdom, including inspiration from the Dance, Martial and Healing Arts. Gain strength, balance and focus. Practiced barefoot, Nia's eclectic mix of music and movement offers a great cardio workout and a joyful atmosphere to develop self-healing and awareness of mind and body.

Ages 18+

12 Classes \$120(R)/\$150(N)

#### San Ramon Community Center at Central Park

Thu 9/22-12/15\* 9:30-10:30am Act#75437

\*no class 11/24

### Pilates on the Ball

Instructor: Judith Connaughton

A core specific total workout to strengthen the entire body using the stability ball. Whatever your level of fitness, you can build superb abdominal strength, optimal posture, and a healthy back while having a ball! Participant must provide an inflated exercise ball 55-65 cm.

Ages 18+

6 Classes \$72(R)/\$90(N)

#### Alcosta Senior & Community Center

Thu 9/22-10/27\* 6:00-7:00pm Act#75441

\*no class 11/24

Thu 11/3-12/15 6:00-7:00pm Act#75442



Online Classes • Fitness

# ADULTS

## Pilates

Instructor: Judith Connaughton

Judith Connaughton is a certified Pilates instructor with over 25 years of experience in the fitness industry. As a former professional dancer and massage therapist, she has extensive knowledge of the body, movement, and can adapt exercise to suit the individual needs of her students.

Ages 18+

### San Ramon Community Center at Central Park

6 Classes \$72(R)/\$90(N)

Tue 9/20-10/25 6:00-7:00pm Act# 75391

Tue 11/1-12/13\* 6:00-7:00pm Act# 75392

\* no class 11/22

### Dougherty Station Community Center

6 Classes \$72(R)/\$90(N)

Fri 9/23-10/28 12:15-1:15pm Act# 75395

5 Classes \$60(R)/\$75(N)

Fri 11/4-12/16\* 12:15-1:15pm Act# 75396

\* no class 11/11 & 11/25

## Pilates Morning

Instructor: Judith Connaughton

Pilates mat exercises develop a strong, lithe body and increase mind and body coordination. It also enhances a sense of being centered. Pilates increases flexibility, reduces back pain, flattens your tummy, and strengthens your immune system. Classes are open to all fitness levels.

Ages 18+

6 Classes \$72(R)/\$90(N)

### San Ramon Community Center at Central Park

Wed 9/21-10/26 10:00-11:00am Act #75439

Wed 11/2-12/14\* 10:00-11:00am Act #75440

\* no class 11/23

## T'ai Chi Ch'uan

Instructor: Bob Kipper

This is a beginning class in part one of the classical, long Yang form. Continuing students can learn the entire long Yang form in addition to a fast form, two person sets and push hands.

Ages 18+

12 Classes \$144(R)/\$180(N)

### Alcosta Senior & Community Center

Mon 9/19-12/12\* 7:30-8:45pm Act# 75451

\* no class 11/21

## Yoga

Instructor: Carol Wilson

The ancient system of yoga integrates body, mind and breath for total performance and health. This yoga class includes a warm up phase, an active work phase and a cool down phase. Each phase incorporates balance postures, breathing technique and moving the body mindfully. Each class ends with deep relaxation.

Ages 16+

### San Ramon Community Center at Central Park

#### Previous Yoga Experience

7 Classes \$67(R)/\$84(N)

Mon 10/17-12/12\* 7:00-8:15pm Act #75411

\* no class 10/31 & 11/21

#### All Levels

8 Classes \$76(R)/\$95(N)

Wed 10/19-12/14\* 6:00-7:15pm Act #75413

\* no class 11/23

## Yoga – Mornings

Instructor: Roberta Wilson

Focus the mind, strengthen the body. Open gateways to your inner self in this Kripalu inspired Yoga class. Using Yoga poses and awareness of the breath you will experience increased flexibility, strength and balance, both on your mat and off. Class will close with deep relaxation.

Ages 18+

### San Ramon Community Center at Central Park

12 Classes \$132(R)/\$165(N)

Wed 9/21-12/14\* 9:15-10:30am Act #75416

\* no class 11/23

## Yoga/Pilates Fusion

Instructor: Roberta Wilson

Yoga, the union of mind and body, integration of breath and movement, balance of strength and flexibility. Pilates, increasing strength and flexibility by focusing on the Powerhouse, understanding the relationship of the back muscles to the abdominal area.

Ages 18+

### San Ramon Community Center at Central Park

Fri 9/23-12/16\* 10:00-11:15am Act #75418

\* no class 11/11 & 11/25

## Zumba!® Join the Party!

Instructor: Judith Connaughton

Come join us for a Friday night fun, full of great energy, fun, and music. Here's your chance to join in on the Zumba calorie burning, nonstop, unique fun workout that has swept across the world. You will learn the basic steps to Zumba musical rhythms that include Salsa, Merengue, Cumbia, and Reggeton. No previous experience necessary!

Ages 18+

### Alcosta Senior & Community Center

6 Classes \$72(R)/\$90(N)

Fri 9/23-10/28 6:00-7:00pm Act# 76096

5 Classes \$60(R)/\$75(N)

Fri 11/4-12/16\* 6:00-7:00pm Act# 76097

\* no class 11/11 & 11/25

## Zumba®

Instructor: Roberta Wilson

Zumba®, the high energy aerobic exercise, fuses hypnotic latin rhythms and easy to follow moves creating a dynamic fitness program that will blow you away. The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to burn fat while toning and sculpting your body.

Ages 18+

12 Classes \$132(R)/\$165(N)

### Alcosta Senior & Community Center

Sat 9/17-12/17\* 9:30-10:30am Act #75424

\* no class 11/12, 11/26

Mon 9/19-12/12\* 6:00-7:00pm Act #75420

\* no class 11/21

Tue 9/20-12/13\* 10:15-11:15am Act #75422

\* no class 11/22



## Fitness

## SPORTS

### Golf Level 1: Introduction

Instructor: San Ramon Golf Club

Level 1 is an introductory course covering proper golf swing, grip and stance. This course will also cover basic club/equipment design, rules and etiquette.

Ages 18+

4 Classes \$85(R)/\$107(N)

**San Ramon Golf Course**

Tue, Thu 9/20-9/29 6:00-7:00pm Act #75467

Sat 9/24-10/15 12:30-1:30pm Act #75466

### Golf Level 2: Short Game

Instructor: San Ramon Golf Club

This program is designed as an introductory program into the short game skills of putting, chipping and pitching basics. Students should have attended a Golf 101 program or have the basic fundamentals of grip, stance and basic swing concepts.

Ages 18+

**San Ramon Golf Course**

4 Classes \$85(R)/\$107(N)

Tue, Thu 10/4-10/13 6:00-7:00pm Act# 75468

2 Classes \$85(R)/\$107(N)

Sat, Sun 10/8-10/9 9:00-11:00am Act# 75469

### Golf Level 3: Putting

Instructor: San Ramon Golf Club

A focused class totally dedicated to the science and art of putting. A detailed approach to the mechanics of the putting stroke, art of reading the greens and drills to help you develop a better feel for putting control.

Ages 18+

2 Classes \$85(R)/\$107(N)

**San Ramon Golf Course**

Sat, Sun 9/17-9/18 9:00-11:00am Act# 75470



### Tennis: Adult Level 1

Instructor: Kevin Milligan

This class is perfect for those who are coming back to the sport as well as first time players. The basic swings are covered leading to doubles play. Participants are grouped by level of play.

**Central Park**

4 Classes \$108(R)/\$135(N)

Mon 9/19-10/10 6:30-8:00pm Act# 76199

Mon 10/17-11/14\* 6:30-8:00pm Act# 76200

\*no class 10/31

**Dougherty Valley High School**

4 Classes \$108(R)/\$135(N)

Sat 9/24-10/15 1:15-2:45pm Act# 76201

Sat 10/22-11/12 1:15-2:45pm Act# 76202

### Tennis: Adult Level 2

Instructor: Kevin Milligan

Graduates of Level 1 or players of low intermediate-advanced levels. Drills, instruction, strategy and doubles play are included.

**Central Park**

4 Classes \$108(R)/\$135(N)

Wed 9/21-10/12 6:30-8:00pm Act# 76203

Wed 10/19-11/9 6:30-8:00pm Act# 76204

### Sports Leagues

The City of San Ramon takes great pride in the variety and quality of adult sports programs offered. Our mission is to offer comprehensive adult athletic programs designed to meet the recreational, fitness and social needs of adults which emphasize both instructional and competitive level play in both individual and team sports. During the Fall season the following leagues will be offered:

**Men's & Women's Basketball**

**Coed Soccer**

**Men's & Coed Softball**

**Coed Volleyball**

For more details regarding these leagues, please visit the sports website at [www.sanramon.ca.gov/Parks/programs/sports.htm](http://www.sanramon.ca.gov/Parks/programs/sports.htm) or call Stephanie Chu at 973-3268.

### Open Gyms

Join the City of San Ramon for adult open gym. The gym will be open for drop-in basketball play Monday evenings and volleyball play Thursday evenings throughout the year. Both programs play at Iron Horse Community Gym.

**Basketball**

Ages 18+ (ID's may be checked)

\$4 per person at the door

Day	Time	Location
Monday	7:00-10:00pm	Iron Horse Gym

**Volleyball**

Ages 18+ (ID's may be checked)

\$4 per person at the door

Day	Time	Location
Thursday	7:00-10:00pm	Iron Horse Gym

### Family Open Gym Badminton

The gym will be open for drop-in Badminton play Tuesday evenings and Sunday mornings.

Ages 6+ with adult

\$4 per person at the door

Day	Time	Location
Tuesday	6:30-9:30pm*	Gale Ranch MS
Sunday	9:00-12:00pm	Gale Ranch MS

\*Begins September 6.

**To stay up to date on Open Gym closures, etc. please visit [www.sanramon.ca.gov/parks/programs/sports/opengyms.htm](http://www.sanramon.ca.gov/parks/programs/sports/opengyms.htm).**



### Individual Interest List

The Parks and Community Services Department maintains a list of individuals who are looking for a spot on a team. Managers may pick up players from this list. In addition, entire teams can be formed from the list. Persons looking for a team are encouraged to call 973-3268.

**For more information regarding Adult Sports, check out our sports website at [www.sanramon.ca.gov/sports](http://www.sanramon.ca.gov/sports), or our Adult Sports Timeline, or call Stephanie Chu at 973-3268.**