



ADULTS

ARTS - PERFORMING

A Cappella Group Singing

Instructor: Liz Graham (Contra Costa Harmony)

Come sing a cappella music from contemporary to barbershop to madrigal with a group of your singing peers! Practice breathing techniques and warm-ups. Perform for your friends and family at the last class and also at optional community events. Be part of the fun of a cappella singing! All levels of experience welcome! \$10 supply fee.

Ages 18+ 11 Classes \$50(R)/\$63(N)

Community Center at Central Park

Thu 1/14 - 3/25 7:30-9:30pm Act #64481
Thu 4/1 - 6/10 7:00-8:30pm Act #64940

San Ramon Community Chorus

Instructor: Nick & Colleen Vitalis

The Community Chorus is open to those who enjoy recreational singing in a friendly, stress-free atmosphere. They sing familiar tunes from Broadway classics and folk. No experience or auditions are required. \$6.00 supply fee payable to instructor at first class meeting. Performance 12/18 & 6/4.

Ages 13+

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

Alcosta Senior & Community Center

Tue 1/5 - 3/16 8:00-9:30pm Act #63130
Tue 3/23 - 6/1 8:00-9:30pm Act #64948



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. If you have improv experience, sign up for **Improv Next Level**. All classes culminate with an optional performance the last week of class!

Ages 18+

9 Classes \$50(R)/\$62(N)

Dougherty Station Community Center

Improv Basics

Tue 1/19 - 3/16 7:00-9:00pm Act #65101

Improv Next Level

Wed 1/20 - 3/17 6:30-8:30pm Act #65103

Improv Troupe - Audition Required

Wed 1/20 - 3/17 8:00-9:30pm Act #65104



Hip Hop – Wildstyles

Instructor: Neil Yuzon

Learn various forms of urban dance, which include hip-hop choreography, popping, locking, and krumping. Moves and steps will be taught step by step, along with brief history of where the dance styles originate from.

Ages 16+

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

Dougherty Valley Performing Arts Center

Wed 1/20 - 2/24 6:30-7:30pm Act #65382
Wed 4/14 - 5/19 6:30-7:30pm Act #65384

All About Social Ballroom, Swing & Hot Latin Salsa

Instructor: Anna Magid

Have a great time and learn Swing, Foxtrot, Jitterbug, Regional Rock n Roll, Cha Cha, Hot Latin Salsa, Tango, 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)

Community Center at Central Park

Thu 1/21 - 2/25 8:00-9:00pm Act #64080
Thu 4/15 - 5/20 8:00-9:00pm Act #64857



Beginning Salsa Dance – Club Style

Instructor: Tomaj Trenda

Learn to look great and have fun dancing to the hottest Latin music...fast! It's a great way to connect with your current partner, or meet a new one! NO PARTNER REQUIRED and no experience necessary. This is a fun and lively class!

Ages 16+

Dougherty Station Community Center

10 Classes

Singles: \$100(R)/\$125(N) Couples: \$150(R)/\$188(N)

Fri 1/22 - 3/26 7:00-8:30pm Act #64170

Fri 4/9 - 6/11 7:00-8:30pm Act #64872

Intermediate Salsa Dance – Club Style

Instructor: Tomaj Trenda

Radically improve your salsa dancing and watch your confidence soar in this fun and energetic class! Good technique and a variety of moves are taught. Includes a ½ hour of OPEN DANCING after each class. NO PARTNER REQUIRED. Prerequisite: Beginning Salsa or a solid understanding of partner dancing.

Ages 16+

Dougherty Station Community Center

10 Classes

Singles: \$100(R)/\$125(N) Couples: \$150(R)/\$188(N)

Fri 1/22 - 3/26 8:00-9:30pm Act #64171

Fri 4/9 - 6/11 8:00-9:30pm Act #64904

Beginning & Intermediate Ballet Workout

Instructor: Vanessa Medve

Rediscover your love of dance and movement while improving your skill level! Warm-ups at the barre, ballet technique and floor progressions will develop your long, lean, toned dancer's body. Taught in comfortable yet challenging environment by a professional choreographer/experienced dancer.

Ages 18+

Dougherty Valley Performing Arts Center

6 Classes \$96(R)/\$120(N)

Thu 1/7 - 2/11 6:30-7:30pm Act #64517

Thu 2/18 - 4/1* 6:30-7:30pm Act #64868

*no class 3/4

Thu 4/8 - 5/13 6:30-7:30pm Act #65779

5 Classes \$80(R)/\$100(N)

Thu 5/20 - 6/17 6:30-7:30pm Act #65786

Belly Dance – Beginning/ Intermediate

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 as while having fun with this dynamic dance form.

Ages 15+

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

Community Center at Central Park

Instructor: Tatseena

Mon 1/11 - 3/22* 8:00-9:00pm Act #64161

*no class 1/18, 2/15, 2/22

Mon 3/29 - 5/24* 8:00-9:00pm Act #64873

*no class 4/5

Dougherty Station Community Center

Instructor: Amazar

Wed 1/20 - 3/10 7:35-8:35pm Act #64162

Wed 4/14 - 6/2 7:35-8:35pm Act #64874

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. No class 1/18, 2/15, 2/22 & 4/5.

Ages 18+

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

Community Center at Central Park

Mon 1/11 - 3/22* 6:45-7:45pm Act #64163

*no class 1/18, 2/15, 2/22

Mon 3/29 - 5/24* 6:45-7:45pm Act #64875

*no class 4/5



Lyrical Modern & Jazz

Instructor: Vanessa Medve

A fusion of jazz and modern dance for beginning to intermediate dancers. Learn combinations and accompanying floor work in the style of modern, jazz, and blues. Class includes modern style warmup, lyrical and modern floor progressions. Class culminates with a choreography in a combination of lyrical styles.

Ages 18+

Dougherty Valley Performing Arts Center

6 Classes \$96(R)/\$120(N)

Thu 1/7 - 2/11 7:30-8:30pm Act #65195

Thu 2/18 - 4/1* 7:30-8:30pm Act #65196

*no class 3/4

Thu 4/8 - 5/13 7:30-8:30pm Act #65788

5 Classes \$80(R)/\$100(N)

Thu 5/20 - 6/17 7:30-8:30pm Act #65789

ARTS - VISUAL

Ceramic Jewelry Making

Instructor: Sabine Brunner

Discover how to design and create handmade ceramic beads, pendants, brooches, earrings and more! Open to anyone interested in getting their hands in clay and a fun opportunity to make something for yourself or as gifts for others. \$20 supply fee.

Ages 15+

6 Classes \$49(R)/\$62(N)

Community Center at Central Park

Tue 1/19 - 2/23 5:00-6:30pm Act #64524

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. No class 2/15 & 5/31.

Ages 18+

Community Center at Central Park

8 Classes \$97(R)/\$122(N)

Mon 1/25 - 3/29 7:00-9:30pm Act #64856

8 Classes \$96(R)/\$120(N)

Mon 4/12 - 6/7 7:00-9:30pm Act #64097

ADULTS

Oil and Acrylic Painting

Instructor: Charles White

Learn the basic principles to improve your drawing and painting. The class is taught in a casual, and relaxed atmosphere. Charles will share his expertise and experience gained in over 50 years of painting in oils and acrylics with one-on-one, hands on instruction.

Ages 18+

Community Center at Central Park

4 Classes \$89(R)/\$112(N)

Tue 1/12 - 2/2 10:00am-12:00pm Act #64093

Tue 2/9 - 3/2 10:00am-12:00pm Act #64094

Tue 3/9 - 3/30 10:00am-12:00pm Act #64096

Tue 5/11 - 6/1 10:00am-12:00pm Act #64923

Tue 4/13 - 5/4 10:00am-12:00pm Act #64922

Watercolor Painting Magic – Beginning & Intermediate

Instructor: Lynne Shephard

All the colors of Spring 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 \$97(R)/\$122(N)

Community Center at Central Park

Tue 4/13 - 6/8* 7:00-9:30pm Act #64932

*no class 6/1

Drawing and Sketching

Instructor: Lynne Shephard

Here is your second chance to take that drawing and sketching class you've always wanted to or improve your skills! This is a beginning class in drawing skills, that include detecting values, line drawing, shading, perspective, and composition. We will use pencil, charcoal, chalk and crayon. See confirmation receipt for supply list.

Ages 18+

8 Classes \$99(R)/\$124(N)

Community Center at Central Park

Tue 1/26 - 3/30* 7:00-9:30pm Act #64100

*no class 2/16



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: materials (charcoal, papers, etc.), line, contour, tone and shading, proportion, composition, perspective and more. All levels welcome—beginners to advanced.

Ages 18+

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

Community Center at Central Park

Thu 1/21 - 3/25 9:30am-12:00pm Act #64085

Thu 4/8 - 6/10 9:30am-12:00pm Act #64894

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. No class 1/18, 2/15 & 5/31.

Ages 19+

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

San Ramon Library

Mon 1/11 - 3/29 6:30-9:30pm Act #62149

Mon 4/5 - 6/14 6:30-9:30pm Act #64914

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. \$35 supply fee.

Ages 18+

8 Classes \$149(R)/\$187(N)

Community Center at Central Park

Wed 1/13 - 3/3 6:30-8:30pm Act #64525

Wed 4/14 - 6/2 6:30-8:30pm Act #64882

Mosaic Arts – Bird Bath

Instructor: Arlita Smith

Master grout techniques and design a beautiful saucer-style bird bath in this one night workshop! Begin by grouting a mosaic brick to be used as a door stop or garden decor. Design and create a small saucer bird bath to be finished and grouted at home. Participants will learn how to select and shape materials, design a layout and grouting techniques. \$10 supply fee.

Ages 18+

1 Class \$24(R)/\$30(N)

Community Center at Central Park

Thu 2/4 7:00-9:15pm Act #64088

Thu 5/13 7:00-9:15pm Act #64921

Beginning Knitting & Beyond

Instructor: Gwen Larriega

Have you always wanted to learn to knit or do you know the basics and 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 supply fee for new knitters.

Ages 17+

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

Community Center at Central Park

Wed 1/6 - 2/10 7:00-8:30pm Act #64090

Wed 2/17 - 3/24 7:00-8:30pm Act #64870

Wed 4/7 - 5/12 7:00-8:30pm Act #64091

Wed 5/19 - 6/23 7:00-8:30pm Act #64871

ENRICHMENT

Foods for Romance

Instructor: Lisa Williams

Try foods with aphrodisiac properties and how to prepare them for that special someone. Cleopatra's Stuffed Carmel Walnuts, a Romance Shake and the Lover's Salad will all be demonstrated for you to taste. Make food that can add spice to your life and how to prepare them for future romantic meals. A \$10 food fee is payable to the instructor.

Ages 18+

1 Class \$39(R)/\$45(N)

Dougherty Station Community Center

Mon 2/8 6:30-8:30pm Act #65736

Be My Veggie Valentine

Instructor: Elaine Schmitz

Mediterranean cooking is touted as the healthiest of cuisines. This class explores both vegetarian and gluten-free recipes guaranteed to satisfy anyone's definition of delicious. Recipes are from the instructor's cookbook, *Recipes & Recollections of My Greek-American Family*. The instructor will collect a \$10 dollar food fee at the first class.

Ages 18+

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

Community Center at Central Park

Thu 2/11 6:00-9:00pm Act #65172

Healthy Cooking

Low Fat/Low Cal Recipes

Instructor: Lisa Williams

Prepare low-fat, low-calorie, high nutrient meals that have zero cholesterol. The menu includes healthy options for breakfasts, lunches, dinners, and desserts – Smoothies, Superior Salads, Oil-Free Dressings, Pita Chips and Omega 3 Brownies. A \$10 food fee is payable to the Instructor during the class.

Ages 18+

1 Class \$39(R)/\$45(N)

Dougherty Station Community Center

Mon 1/11 6:30-8:30pm Act #65746

Diabetes Friendly & Heart Healthy Cooking

Instructor: Cecilia Lam

Stock a diabetic-friendly refrigerator and pantry and make a meal heart-healthy through the art of ingredient substitution. Prepare chicken, meat, and seafood dishes as well as diabetic-friendly desserts like crepes and parfaits. A variety of grains like quinoa, whole wheat, and couscous will be used. A \$30 material fee will be payable to the instructor.

Ages 18+

2 Classes \$64(R)/\$79(N)

Community Center at Central Park

Thu 5/6 - 5/13 6:00-9:00pm Act #64428

Introduction to Living Foods

Instructor: Lisa Williams

Educate yourself about the benefits of these enzyme rich foods and how to prepare simple and basic items that are full of life force. Green smoothies, simple salads and live sushi, spring rolls and tacos will be demonstrated along with an easy cacao coconut pudding for dessert. A \$10 food fee is payable to the instructor at the class.

Ages 18+

1 Class \$45(R)/\$54(N)

Dougherty Station Community Center

Mon 4/26 6:30-8:30pm Act #65751

Just Desserts

Instructor: Elaine Schmitz

Join in making four luscious desserts, in the continuing study of Greek cuisine. We will be baking custard filled, honey-soaked phyllo pastry, two different cookies, and a fluffy moist cake. Learn about preparation methods from *Recipes & Recollections of My Greek-American Family*. The instructor will collect a \$10 dollar food fee at class.

Ages 18+

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

Community Center at Central Park

Thu 3/11 6:00-9:00pm Act #65173

Mediterranean Winter Warm-Ups

Instructor: Elaine Schmitz

The rich and hearty dishes featured in this class are perfect winter meals for everyday celebrations. Tasty and tangy sauces complement the featured stews and casseroles, which come from the instructor's own cookbook, *Recipes & Recollections of My Greek-American Family*. The instructor will collect a \$10 dollar food fee at class.

Ages 18+

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

Community Center at Central Park

Thu 1/21 6:00-9:00pm Act #65171

Quick Meals From Costco & Trader Joe's

Instructor: Jamie Davidson

Discover products you can simply 'heat and eat', as well as how to use a few ingredients to create delicious, healthy meals in under 15 minutes. Dinner will be served, as participants sample the entrees demonstrated and presented. A \$7 material fee will be payable to the instructor the first night of class.

Ages 18+

1 Class \$38(R)/\$47(N)

Community Center at Central Park

Thu 3/18 7:00-9:30pm Act #64442

Spring Culinary Celebration

Instructor: Elaine Schmitz

Spring is the time for new beginnings, celebration that winter has past, and if you're Greek, lamb. Join the party to learn how to cook delicious Greek dishes suitable for any celebration. Cook two main courses, vegetables, and a salad. The instructor will collect a \$10 dollar food fee at the first class.

Ages 18+

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

Community Center at Central Park

Tue 4/13 6:00-9:00pm Act #65174

Yassas! Greek Recipes to your Health

Instructor: Elaine Schmitz

Join us as we explore further healthy Mediterranean cuisine, preparing Greek poultry, fish, and vegetable dishes that are good tasting and good for you, from the cookbook, *Recipes & Recollections of my Greek-American Family*. The instructor will collect a \$10 dollar food fee at class.

Ages 18+

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

Community Center at Central Park

Thu 5/20 6:00-9:00pm Act #65175



ADULTS

Learn to Play Bridge

Instructor: Sheridan Colbourn, ACBL Certified

Beginner Class

The beginners bridge class is designed for new players and those who have not played in years. Learn all the aspects of modern bridge basics. Players learn as they play pre-dealt hands. Come learn the wonderful mind stimulating game of bridge. A \$10 supply fee will be payable to the instructor on the first day of class. Instructional text books can be purchased from instructor at the first class for beginners.

Ages 18+

Alcosta Senior & Community Center

8 Classes \$29(R)/\$37(N)

Tue 1/12 - 3/2 5:30-7:00pm Act #64437

Tue 3/9 - 4/27 5:30-7:00pm Act #65002

Advanced Bridge

This class is designed for players who have completed the beginner class or who are currently playing bridge and want to improve their skills. New topics include Cue Bids, Preemptive Bids, Guideline 500, Overcalls, Advances, Take Out Doubles, and Competitive Auctions. A \$10 supply fee will be payable to the instructor on the first day of class. Instructional text books can be purchased from instructor at the first class.

Ages 18+

Alcosta Senior & Community Center

8 Classes \$29(R)/\$37(N)

Tue 1/12 - 3/2 7:15-8:45pm Act #64439

Tue 3/9 - 4/27 7:15-8:45pm Act #65004

Topics for Improving your Bridge

This class is designed for Bridge Players who use Stayman, Jacoby Transfers, and Weak Twos. Some of the topics included in this class are the rule of 15, Unusual NT, Reverses, Negative Doubles, Weak Freaks, and Leads and Signals. Some familiar topics will be briefly reviewed and taken to more advanced levels.

Ages 18+

Alcosta Senior & Community Center

8 Classes \$29(R)/\$37(N)

Wed 1/13 - 3/3 5:30-7:00pm Act #64438

Wed 3/10 - 4/28 5:30-7:00pm Act #65003

A Guide to Memoir Writing

Instructor: Patricia Petersen

This class offers a guide to memoir writing. Learn methods of organization and techniques to record your story. Finish with a limited manuscript and the confidence to produce a comprehensive memoir of your life.

Ages 18+

8 Classes \$69(R)/\$87(N)

Alcosta Senior & Community Center

Thu 1/7 - 2/25 10:00-11:30am Act #64358

Thu 3/25 - 5/13 10:00-11:30am Act #65007

Beginning Conversational Italian I

Instructor: Ahmad Bina

Are you planning a vacation to Italy? Are you interested in the Italian language and culture? If the answer is yes, join this class to learn basic everyday Italian. A \$10 material fee will be payable to the instructor on first day of class.

Ages 18+

6 Classes \$39(R)/\$49(N)

Alcosta Senior & Community Center

Fri 1/15 - 2/19 10:00am-12:00pm Act #64363

Fri 3/5 - 4/9 10:00am-12:00pm Act #64996

Conversational Italian II

Instructor: Ahmad Bina

If you enjoyed attending the Conversational Italian 1 course, or if you already know a little Italian, join this class. Better your conversational skills and extend your vocabulary through listening to tapes, reading, group activities and games. \$10 material fees payable to the instructor on the first day of class.

Ages 18+

6 Classes \$39(R)/\$49(N)

Alcosta Senior & Community Center

Fri 1/15 - 2/19 1:00-2:00pm Act #64424

Fri 3/5 - 4/9 1:00-2:00pm Act #64997

CPR: Adult/Child/Infant

Participants will learn 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 uses American Red Cross certification standards. Participants must have a First Aid/CPR/AED for School and Community Participant Manual. The book can be purchased for \$17.

Ages 12+

1 Class \$30(R)/\$38(N)

San Ramon Olympic Pool

Mon 1/25 5:00pm-9:00pm Act #65517

Sat 2/27 8:00am-12:00pm Act #65518

Mon 3/8 5:00pm-9:00pm Act #65520

Sat 3/20 8:00am-12:00pm Act #65523

Mon 4/26 5:00pm-9:00pm Act #65526

Mon 5/10 5:00pm-9:00pm Act #65528

Sat 5/22 8:00am-12:00pm Act #65535

Mon 6/7 5:00pm-9:00pm Act #65533

First Aid

Participants will learn to recognize and provide care for situations and conditions requiring first-aid. This class is great for parents, teachers, and day-care providers. This course uses American Red Cross Certification standards. Participants must have a First Aid/CPR/AED for Schools and Community Participant Manual. The book can be purchased for \$17.

Ages 12+

1 Class \$25(R)/\$32(N)

San Ramon Olympic Pool

Wed 1/27 6:00-9:00pm Act #65519

Sat 2/27 1:00-4:00pm Act #65521

Wed 3/10 6:00-9:00pm Act #65522

Sat 3/20 1:00-4:00pm Act #65524

Wed 4/28 6:00-9:00pm Act #65527

Wed 5/12 6:00-9:00pm Act #65532

Sat 5/22 1:00-4:00pm Act #65536

Wed 6/9 6:00-9:00pm Act #65534



Enrichment

ONLINE CLASSES

If you want to continue to learn but want flexibility here is your chance! Enjoy the freedom to take classes on your own time. Full descriptions of courses and a syllabus can be accessed online, visit www.ed2go.com/sanramonpcs. If you would like to take a class you do not see, many other classes are listed at the www.ed2go.com online catalog. The Parks and Community Services representative can be contacted at 973-3253 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.

<i>January 20</i>	<i>Act #65738</i>	<i>\$99</i>
<i>February 17</i>	<i>Act #65739</i>	<i>\$99</i>
<i>March 17</i>	<i>Act #65740</i>	<i>\$99</i>
<i>April 21</i>	<i>Act #65741</i>	<i>\$99</i>
<i>May 19</i>	<i>Act #65742</i>	<i>\$99</i>

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 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 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!

Writing Effective Grant Proposals

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

Computer Skills for the Workplace

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

Marketing Your Business on the Internet

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

Creating Web Pages

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

Resume Writing Workshop

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

Creating a Successful Business Plan

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

Personal Finance

Protect your assets and discover how best to achieve all your financial goals.

Grammar Refresher

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

Discover Digital Photography

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

Travel Photography for the Digital Photographer

Learn the tricks and techniques digital photographers need to capture scenes from around the world and bring them home.

Learn to Buy and Sell on eBay

Auction pros teach you how to work from home or earn extra income by buying and selling goods online.

Instant Italian

Learn Italian from the comfort of your home in this fun and enjoyable online course.

Beginning Conversational French

Discover how easy it can be to learn common words and phrases for both leisure and business.

Conversational Japanese

Whether you want to learn conversational Japanese for travel or just for fun, you'll find this course makes it easy and enjoyable for beginners to master the essentials of the Japanese language.

Speed Spanish

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

Writeriffic: Creativity Training for Writers

Banish writer's block forever with these tricks from the published writer's toolbox.

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.

GED Preparation

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

GMAT Preparation

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

ADULTS

FITNESS

Get on the Ball Exercise

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 55-65cm.

Ages 18+

6 Classes \$54(R)/\$68(N)

Alcosta Senior & Community Center

Thu	1/14 - 2/18	6:00-7:00pm	Act #64253
Thu	2/25 - 4/1	6:00-7:00pm	Act #64254
Thu	4/8 - 5/13	6:00-7:00pm	Act #64737
Thu	5/20 - 6/24	6:00-7:00pm	Act #64738

NEW INSTRUCTOR!

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 hip-hop, yoga, Pilates, jazz dance, kickboxing, and strength training and bundled them into one hour. Everybody's welcome, so come join us today! Call (925) 683-6329 for more information.

Classes meet Monday and Wednesday at the Pine Valley Community Gym and Tuesday and Thursday and Saturday at the Dougherty Station Community Center.

Ages 13+

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

Mon-Thu 6-7pm & Tu, Th & Sat 9-10am

January	Act #64219	
February*	Act #64221	* no class 2/27
March	Act #64222	
April	Act #64717	
May*	Act #64718	* no PM class 5/6
June	Act #64719	

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+

10 Classes \$90(R)/\$113(N)

Community Center at Central Park

Thu	1/14 - 3/18	9:30-10:30am	Act #64255
Thu	4/1 - 6/3	9:30-10:30am	Act #64739

Running Clinics for Women

Instructor: Patricia La Salle

Becoming a runner is as simple as joining our 8-week training program - it will prepare you for any 5K/10K race this Spring/Summer. You'll also learn how to avoid injury, proper stretching, shoe/clothing selection. If you are a beginner to intermediate runner or current walker, this program is for you!

Ages 18+

8 Classes \$80(R)/\$100(N)

Dougherty Station Community Center

Tue	4/13 - 6/1	7:00-8:00pm	Act #64816
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Pilates Morning

Instructor: Mary Margarite Golden

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+

7 Classes \$70(R)/\$88(N)

Community Center at Central Park

Wed	1/13 - 2/24	9:30-10:30am	Act #64825
Wed	3/3 - 4/14	9:30-10:30am	Act #64826
Wed	4/21 - 6/2	9:30-10:30am	Act #64827

Pilates

Instructor: Judith Connaughton

Pilates

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 and movement, and adaptive exercise to suit the individual needs of her students.

Ages 18+

Community Center at Central Park

6 Classes \$54(R)/\$68(N)

Tue	1/12 - 2/16	6:00-7:00pm	Act #64228
Tue	2/23 - 3/30	6:00-7:00pm	Act #64229
Tue	4/6 - 5/11	6:00-7:00pm	Act #64742
Tue	5/18 - 6/22	6:00-7:00pm	Act #64743

Pilates Sculpt Fusion

Dynamic comprehensive total body conditioning designed to burn away fat and leave long, lean muscle. Dancer's barre and floor exercises have been modified to suit the general public to achieve the strength and sculpted look of a dancer. Please bring light weights (1-3 lbs) and a mat.

Ages 18+

Community Center at Central Park

6 Classes \$54(R)/\$68(N)

Wed	1/13 - 2/17	7:30-8:30pm	Act #64230
Sat	1/16 - 2/20	9:15-10:15am	Act #64232
Wed	2/24 - 3/31	7:30-8:30pm	Act #64231
Sat	4/10 - 5/15	9:15-10:15am	Act #64740
Wed	4/7 - 5/12	7:30-8:30pm	Act #64744
Wed	5/19 - 6/23	7:30-8:30pm	Act #64745

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

Sat	2/27 - 3/27	9:15-10:15am	Act #64233
Sat	5/22 - 6/26	9:15-10:15am	Act #64741





Yoga

Instructor: Roberta Wilson

Yoga - Mornings

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+

Community Center at Central Park

10 Classes \$89(R)/\$112(N)

Wed 1/13 - 3/24* 9:00-10:15am Act #63211
*no class 3/3

9 Classes \$80(R)/\$100(N)

Wed 3/31 - 6/2* 9:00-10:15am Act #64753
*no class 4/7

Yoga/Pilates Fusion

In this class we will infuse the Pilates core strengthening techniques with the powerful, introspective practice of Yoga, experiencing and even deeper sense of self awareness, strength, and flexibility. Strong emphasis is placed on breath and alignment. Each class will end with a deep relaxation. This class is suitable for all levels.

Ages 18+

Community Center at Central Park

9 Classes \$80(R)/\$100(N)

Fri 1/15 - 3/19* 10:00-11:15am Act #63212
*no class 3/5

8 Classes \$71(R)/\$89(N)

Fri 4/2 - 6/4* 10:00-11:15am Act #64754
*no class 4/9, 5/28

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+

Previous Experience

Community Center at Central Park

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

Mon 1/11 - 3/29* 7:00-8:15pm Act #64243
*no class 1/18, 2/15

6 Classes \$51(R)/\$64(N)

Mon 4/12 - 5/17 7:00-8:15pm Act #64749

All Levels

Alcosta Senior & Community Center

6 Classes \$51(R)/\$64(N)

Wed 1/13 - 2/17 6:00-7:15pm Act #64245

Sat 1/16 - 2/20 10:00-11:15am Act #64246

Wed 2/24 - 3/31 6:00-7:15pm Act #64748

Sat 2/27 - 4/3 10:00-11:15am Act #64249

Wed 4/14 - 5/19 6:00-7:15pm Act #64751

Sat 4/17 - 5/22 10:00-11:15am Act #64752

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. 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+

Alcosta Senior & Community Center

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

Mon 1/11 - 3/29* 7:30-8:45pm Act #64817
*no class 1/18, 2/15

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

Mon 4/12 - 6/14* 7:30-8:45pm Act #64818
*no class 5/31

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+

Alcosta Senior & Community Center

10 Classes \$99(R)/\$124(N)

Tue 1/12 - 3/16 10:30-11:30am Act #63209

8 Classes \$79(R)/\$99(N)

Mon 1/11 - 3/22* 6:00-7:00pm Act #63208
*no class 1/18, 2/15, 3/8

Sat 1/16 - 3/20* 8:30-9:30am Act #63210

*no class 2/13, 3/6

7 Classes \$70(R)/\$88(N)

Mon 3/29 - 5/24* 6:00-7:00pm Act #64755

*no class 4/5, 4/12

Sat 4/3 - 6/5* 8:30-9:30am Act #64757

*no class 4/10, 5/8, 5/29

9 Classes \$89(R)/\$112(N)

Tue 3/30 - 6/1* 10:30-11:30am Act #64756

*no class 4/6



ADULTS

SPORTS

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)

\$4.00 per person at the door

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

Volleyball

Ages 18+ (ID's may be checked)

\$4.00 per person at the door

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

Family Open Gym Table Tennis & Badminton

The gym will be open for drop-in Badminton and table tennis play Sunday evenings and drop-in Badminton play Tuesday evenings and Sunday mornings throughout the year.

Ages 6+ with adult

\$3.00 per person at the door

Day	Time	Location
Sunday	5:00pm-8:00pm	Iron Horse Gym
Sunday	9:00am -12:00pm	Gale Ranch MS
Tuesday	6:30pm -9:30pm	Gale Ranch MS

Introduction to Ice Skating

Instructor: Dublin Iceland

Designed for beginners as an introduction to the basics of ice skating. Skills taught include the proper way to fall and get up, skating forward and backwards, gliding on two feet, and how to stop. Each class will meet once a week for a half an hour.

Ages 18+

7 Classes \$91(R)/\$114(N)

Dublin Iceland

Thu	1/7 - 2/18	11:15-11:45am	Act #64789
Thu	3/4 - 4/22*	11:15-11:45am	Act #64790
* no class 4/8			
Thu	4/29 - 6/10	11:15-11:45am	Act #64791

Golf - Level 1

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 Royal Vista Golf Club

Sat	4/17 - 5/8	12:30-1:30pm	Act #64760
Tue	5/11 - 6/1	6:00-7:00pm	Act #64761
Thu	4/29 - 5/20	6:00-7:00pm	Act #64762

Golf 101 - Introduction to the Golf Swing

Instructor: System Golf, Inc

This program is designed for the beginning golfer or a returning golfer who needs to develop the basic concepts and fundamentals of the golf swing. Class format will focus on pre-shot fundamentals, equipment usage, and basic core technique in the swing development.

Ages 18+

2 Classes \$107(R)/\$134(N)

Bridges Golf Club

Tue-Wed	4/20 - 4/21	6:00-8:00pm	Act #64764
Sat-Sun	4/17 - 4/18	9:00-11:00am	Act #64766
Tue-Wed	5/4 - 5/5	6:00-8:00pm	Act #64767

Golf 102 - Intro to the Short Game

Instructor: System Golf, Inc

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+

Bridges Golf Club

4 Classes \$107(R)/\$134(N)			
Tue, Thu	5/18 - 5/27	6:00-7:00pm	Act #64770
2 Classes \$107(R)/\$134(N)			
Sat-Sun	5/8 - 5/9	9:00-11:00am	Act #64771

The Science of Putting

Instructor: System Golf, Inc

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 \$107(R)/\$134(N)

Bridges Golf Club

Sat-Sun	5/15 - 5/16	9:00-11:00am	Act #64819
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Tennis: Adult Level 1

Instructor: Kris 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.

Ages 18+

4 Classes \$84(R)/\$105(N)

Central Park

Mon	1/25 - 2/22*	6:30-8:00pm	Act #65438
* no class 2/15			
Mon	3/8 - 3/29	6:30-8:00pm	Act #65439
Mon	4/12 - 5/3	6:30-8:00pm	Act #65442
Mon	5/10 - 6/7*	6:30-8:00pm	Act #65443
* no class 5/31			

Dougherty Valley High School

Sat	1/23 - 2/13	1:15-2:45pm	Act #65440
Sat	2/27 - 3/20	1:15-2:45pm	Act #65441
Sat	3/27 - 5/1*	1:15-2:45pm	Act #65444
* no class 4/3, 4/10			
Sat	5/8 - 6/5*	1:15-2:45pm	Act #65445
* no class 5/29			

Tennis: Adult Level 2

Instructor: Kris Milligan

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

Ages 18+

4 Classes \$84(R)/\$105(N)

Central Park

Wed	1/20 - 2/10	6:30-8:00pm	Act #65446
Wed	2/24 - 3/17	6:30-8:00pm	Act #65447
Wed	4/14 - 5/5	6:30-8:00pm	Act #65448
Wed	5/12 - 6/2	6:30-8:00pm	Act #65449

For more information regarding Adult Sports, check out our sports website at www.sanramon.ca.gov/sports, or our Adult Sports Timeline, or call Stephanie Chu at 973-3268.

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 Winter/Spring seasons the following leagues will be offer:

Men's & Women's Basketball

Coed Soccer

Men's Flag Football

Coed Kickball

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 or call Stephanie Chu at 973-3268. You can view the Adult Sports Timeline which will give you more information such as dates, times and fees. Also, the Leagues page for current leagues schedules and standings.



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.

VOLUNTEER

Volunteer Opportunities at the David Glass House Museum

The David Glass House, a Victorian Italianate style home built in 1877, is in the final phase of restoration and will open to the public in May 2010. People who are interested in volunteering at the museum are invited to attend an informational meeting on Tuesday, January 12 at 6:30pm at Forest Home Farms. Please call (925) 973-3287 for more information and to RSVP.

Crow Canyon Gardens Spring School Field Trip Tour Docents

If you love the outdoors, children, and have a passion for nature and/or organic gardening, this is the volunteer experience for you. We are looking for fun, energetic, and enthusiastic adults to give tours of our beautiful 7½ acre garden. Tours are for grades K-5. The program will run from March through May. Volunteers should be available weekday mornings—schedules are flexible. No experience is necessary. Training is provided. Come have fun and make new friends! Contact Louise for more information at 973-3219 or lweber@sanramon.ca.gov.



Forest Home Farms Spring Docent Training

Thursday, January 21, 9:00am-12:00pm

If you enjoy working with kids, we're looking for you! Come join us for an informational meeting and training session about becoming a docent for the Forest Home Farms 3rd grade education program! The program runs September through November and February thru June. Volunteers must be available on weekday mornings and be able to lead two tours per month. Four fun roles to play: "grandpa," "grandma," "gardener" and "canner." We train by mentoring you with our other wonderful volunteers, so come to make new friends! We also take volunteers mid-season. Contact Stephanie for more information at 973-3282 or sherscu@sanramon.ca.gov.

Become A City Lights Volunteer

Why Volunteer?

City Lights Volunteers can:

Earn school credit, Meet new people,
Learn a new 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 or (925) 973-3222

