

IntelliBricks LEGO® Robotics & Engineering

IntelliBricks lessons has been carefully crafted to catch the curiosity of elementary school students, suit their interests and needs, and allow them to act as scientists themselves. At IntelliBricks Lego camps, in conjunction with the simple and intuitive WeDo coding platform, students use the types of Legos® they already play with at home in addition to hard-to-find pieces to build working models of real life machines. At our JavaScript Coding Camp, students are able to build their first simple circuits and code them to accomplish a variety of tasks. Instructor: Org IntelliBricks

Fee: \$150

Course# Location Times Dates Day Age

183170 Coloma CC 9-12pm 7/9-7/13 M-F 9-12yrs

Mighty Machines - Aren't we all fascinated with the mighty construction machines? Join us for a fun week to build Lego models of construction machines like crane and excavator. Use the intuitive WeDo platform to program the models and bring your creations to life! With a colorful, drag-and-drop interface being used alongside child-friendly theme like mighty machines, this class is bound to excite children who will bring their everyday Legos® to life by exploring and adding new technology! IntelliBricks will provide all LEGO® and touch screen computers for the camp. Children cannot take home any of their creations or LEGO® products. LEGO® group of companies does not sponsor, authorize or endorse any of our programs.

183169 Coloma CC 9-12pm 7/23-7/27 M-F 6-8yrs

Galaxy Bots - Travel through space, launch a satellite, traverse the surface of Mars and meet the Martians! Our hands-on Lego Robotics classes provides an excellent platform for learning STEM concepts. In this space themed camp, children will build Lego models like flying saucers, satellites, space ports and program them with the intuitive WeDo platform, letting students bring their creations to life while sharpening their skills like logical reasoning, pattern recognition and modeling simulations. The software also features a colorful drag and drop interface that is easy for students to use and understand. IntelliBricks will provide all LEGO® and touch screen computers for the camp. Children cannot take home any of their creations or LEGO® products. LEGO® group of companies does not sponsor, authorize or endorse any of our programs.

185674 Coloma CC 1-4pm 7/23-7/27 M-F 9-12yrs

JavaScript Coding & Electronics - These classes will introduce the students to the basics of JavaScript and electronic components from the resistors, LEDs to servo motors and sensors. The lessons are based on a new comic book series that will engage your child in learning not just the technology but other fun facts about the components and their function in today's devices. Join us

for some fun learning and experimenting. No prior coding experience needed. At the end of the camp children will take home an entire PodPi Kit with Arduino board, a bread board, LEDs, sensors, servos, potentiometers, buttons, wires and PodPi magazines with entire contents for using the kit. Material Fee: 69.00 paid directly to instructor

Skyhawks Basketball Camp

Basketball breaks down into a action-packed team sport that's full of thrills. The focus of Skyhawks Sports basketball camps is on ball handling, passing, shooting, defense, and rebounding. Your young athletes will put their newly found skills to the test in an end-of-the-week tournament!

Instructor: Skyhawks Sports, Inc

Fee: \$189

185773	Genevieve Didion ES	9am-3pm	6/18-6/22	M-F	6-12yrs
185774	Genevieve Didion ES	9am-3pm	7/2-7/6	M-F	6-12yrs
185775	Genevieve Didion ES	9am-3pm	7/23-7/27	M-F	6-12yrs
185776	Genevieve Didion ES	9am-3pm	8/6-8/10	M-F	6-12yrs

Skyhawks Flag Football Camp

This is the perfect introduction to America's Game. Campers will learn skills on both sides of the football including the core components of passing, catching, and defense - all presented in a fun & positive environment. The week ends with the Skyhawks Sports Bowl!

Participants should wear appropriate clothing and running shoes; bring two snacks, a water bottle, and sunscreen.

Instructor: Skyhawks Sports, Inc

Fee: \$139

185778	North Natomas Regional	9-12pm	7/9-7/13	M-F	6-12yrs
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Skyhawks Golf Camp

One of our most popular programs, Skyhawks Golf focuses on building the confidence of young athletes through proper technique and refining the essential skills of the game. As we know, golf is a challenging and lifelong sport, so young athletes need proper focus on the fundamentals of form, swinging, putting and body positioning. To assist in this training, Skyhawks has adopted the SNAG (Starting New At Golf) system which uses modified equipment to its curriculum developed by PGA professionals, SNAG is specifically designed for the entry-level player; SNAG simplifies instruction so that young players can make an easy & effective transition onto the golf course.

No need to bring your own clubs, all equipment is provided. For safety reasons we keep the instructor to camper ratio for this program very low, resulting in limited ability. As a result, these programs fill up quickly.

Instructor: Skyhawks Sports, Inc

Fee: \$139

185777	North Natomas Regional	9-12pm	7/30-8/2	M-Th	5-9yrs
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Skyhawks Mini-Hawk Camp

This multi-sport program was developed to give 4 to 6 year-olds a positive first step into athletics. Baseball, basketball and soccer are taught in a safe, structured environment filled with encouragement & fun. Through games and activities campers will explore balance, hand/eye coordination and skill development at their own pace.

Sport Specific Requirements:

Participants should wear appropriate clothing and running shoes; bring two snacks, a water bottle, and sunscreen.

Instructor: Skyhawks Sports, Inc

Fee: \$139

185779 Genevieve Didion ES 9-12pm 6/25-6/29 M-F 4-7yrs

Skyhawks Volleyball Camp

Skyhawks Volleyball takes the energy and excitement of this great team sport and puts it all together into one fun-filled camp. All aspects of the game are taught through drills and exercises that focus on passing, setting, hitting and serving. This co-ed program is designed for the beginner to intermediate player and will incorporate essential life-lessons such as teamwork and sportsmanship. Our volleyball staff will assist each athlete in developing the fundamental skills of the game through game-based drills and daily scrimmages aimed at developing the whole player.

Instructor: Skyhawks Sports, Inc

Fee: \$139

184186 Genevieve Didion ES 9-12pm 7/30-8/3 M-F 7-13yrs

Art & Special Interest Classes

Ikebana (Japanese Flower Arrangement)

This beginners level class provides an introduction to Ikebana, the art of Japanese flower arranging. Using both traditional and contemporary styles, students will learn essential principles and techniques of Ikebana and create their own arrangement each class. Kengan (Pin frog), Ikebana scissors, and Ikebana vase are required to bring each class. If you don't have these items, they can be purchased for \$60 from the instructor. Cash only please.

Contact Chieko for any questions (916) 548-7880

Instructor: Chieko Hirai-Brim

Fee: \$40

Ages: 18+

186188	B. Cooledge CC	10:30-12pm	4/4	W
186189	B. Cooledge CC	10:30-12pm	4/11	W
186190	B. Cooledge CC	10:30-12pm	4/18	W
186191	B. Cooledge CC	10:30-12pm	4/25	W
186192	B. Cooledge CC	10:30-12pm	5/2	W
186193	B. Cooledge CC	10:30-12pm	5/9	W
186194	B. Cooledge CC	10:30-12pm	5/16	W
186195	B. Cooledge CC	10:30-12pm	5/23	W

186196 B. Cooleage CC 10:30-12pm 5/30 W

Dance

Advanced Social Ballroom Dance

Advanced Ballroom dance instruction for those who have completed Beginning/Intermediate Ballroom dance or with instructor's approval. Dances will include Fox Trot, Waltz, Swing, Cha Cha and many more. Partners not required. Dance Instructor since 1955 currently teaching at American River College

Instructor: Eddie Lovato

Fee: \$15

Tuesday's

182675	B. Cooleage CC	7-8pm	4/3-4/24
182678	B. Cooleage CC	7-8pm	5/1-5/29
182681	B. Cooleage CC	7-8pm	6/5-6/26
182684	B. Cooleage CC	7-8pm	7/3-7/24
182687	B. Cooleage CC	7-8pm	8/7-8/28
182690	B. Cooleage CC	7-8pm	9/4-9/25

Thursday's

182676	B. Cooleage CC	7-8pm	4/5-4/26
182679	B. Cooleage CC	7-8pm	5/3-5/24
182682	B. Cooleage CC	7-8pm	6/7-6/28
182685	B. Cooleage CC	7-8pm	7/5-7/26
182688	B. Cooleage CC	7-8pm	8/9-8/30
182691	B. Cooleage CC	7-8pm	9/6-9/27

Friday's

182677	B. Cooleage CC	6:30-7:30pm	4/6-4/27
182680	B. Cooleage CC	6:30-7:30pm	5/4-5/25
182683	B. Cooleage CC	6:30-7:30pm	6/1-6/22
182686	B. Cooleage CC	6:30-7:30pm	7/6-7/27
182689	B. Cooleage CC	6:30-7:30pm	8/3-8/24
182692	B. Cooleage CC	6:30-7:30pm	9/7-9/28

Beginning & Intermediate Ballroom Dance

This class will give you confidence on the dance floor and in everyday life. Students will learn lead and follow along with popular dances such as the Fox trot, Waltz, Cha Cha, Salsa, Night Club Two Step and many more. Partners not required.

Instructor: Eddie Lovato

Fee: \$25

Tuesday's

182699	B. Cooleage CC	8-9pm	4/3-4/24
182700	B. Cooleage CC	8-9pm	5/1-5/29
182701	B. Cooleage CC	8-9pm	6/5-6/26

182702	B. Cooledge CC	8-9pm	7/3-7/24
182703	B. Cooledge CC	8-9pm	8/7-8/28
182704	B. Cooledge CC	8-9pm	9/4-9/25

Thursday's

182705	B. Cooledge CC	8-9pm	4/5-4/26
182706	B. Cooledge CC	8-9pm	5/3-5/24
182707	B. Cooledge CC	8-9pm	6/7-6/28
182708	B. Cooledge CC	8-9pm	7/5-7/26
182709	B. Cooledge CC	8-9pm	8/2-8/23
182710	B. Cooledge CC	8-9pm	9/6-9/27

Friday's

182711	B. Cooledge CC	7:30-8:30pm	4/6-4/27
182712	B. Cooledge CC	7:30-8:30pm	5/4-5/25
182713	B. Cooledge CC	7:30-8:30pm	6/1-6/22
182714	B. Cooledge CC	7:30-8:30pm	7/6-7/27
182715	B. Cooledge CC	7:30-8:30pm	8/3-8/24
182716	B. Cooledge CC	7:30-8:30pm	9/7-9/28

Belly Dancing with Selayma

Tone up with isolations and undulations while learning the oldest dance style known! Taught in a noncompetitive atmosphere, Belly Dancing can help increase your awareness of self and your self-confidence. Wear comfortable clothes. Props and performance opportunities will be discussed at first class.

Instructor: Pauline Marie

Fee: \$45

Ages: 16+

Wednesday's

6:30

182735	Coloma CC	6:30-7:30pm	4/4-4/25
182736	Coloma CC	6:30-7:30pm	5/2-5/23
182737	Coloma CC	6:30-7:30pm	6/6-6/27
182738	Coloma CC	6:30-7:30pm	7/11-7/25
182739	Coloma CC	6:30-7:30pm	8/15-9/12
182740	Coloma CC	6:30-7:30pm	9/5-9/26

7:30

182767	Coloma CC	7:30-8:30pm	4/4-4/25
182768	Coloma CC	7:30-8:30pm	5/2-5/30
182769	Coloma CC	7:30-8:30pm	6/6-6/27
182770	Coloma CC	7:30-8:30pm	7/11-7/25
182771	Coloma CC	7:30-8:30pm	8/1-8/29
182772	Coloma CC	7:30-8:30pm	9/5-9/26

International Choreographed Ballroom Dance

Choreographed ballroom dancing is many rhythms including Waltz, Foxtrot, Tango, Jive, West Coast Swing, Paso Doble, Rumba, Cha Cha, Slow Two-Step, Bolero and others. This class is ONLY for advanced level Roundalab Phase 4,5 and 6 dancers.

Instructor: Win Robinson

Fee: \$24

Ages: 18+

Wednesdays

183178	Coloma CC	6:30-9pm	4/4-4/25
183179	Coloma CC	6:30-9pm	5/2-5/30
183180	Coloma CC	6:30-9pm	6/6-6/27
183181	Coloma CC	6:30-9pm	7/11-7/25
183182	Coloma CC	6:30-9pm	8/1-8/29
183183	Coloma CC	6:30-9pm	9/5-9/26

Line Dancing With Liz

Dancing to R&B, southern soul, and smooth jazz music, this line dance class will teach you to actually move your body, improve your balance, help you find the beat, teach you basic footwork, improve your confidence, provide you with a dance outlet whether you have a partner or not, and provide you a way to practice. Wear dance shoes or sneakers for support and ease of spins. Feel a sense of pride and accomplishment and improve your coordination. But most of all, have fun!

Instructor: Elizabeth Bourrage

Ages: 18+

Fee: \$20

Wednesday's

185325	Pannell/Mdvw CC	4:45-5:45pm	4/4-4/25
185823	Pannell/Mdvw CC	4:45-5:45pm	5/2-5/30
185824	Pannell/Mdvw CC	4:45-5:45pm	6/6-6/27
185825	Pannell/Mdvw CC	4:45-5:45pm	7/11-7/25
185826	Pannell/Mdvw CC	4:45-5:45pm	8/1-8/22
185827	Pannell/Mdvw CC	4:45-5:45pm	9/5-9/26

Scandinavian Dance

Many people around the U.S. enjoy the enchanting movement and music of the traditional folk dances of the Scandinavian countries (Denmark, Finland, Greenland, Iceland, Norway, Sweden, & the Faroe Islands). Although these dances originated in specific geographic areas populated by specific ethnic groups, today they are enjoyed by people of diverse ethnic groups, and there is no expectation that one's ancestors came from Scandinavia. All that is required is an appreciation of the beautiful and moving music and dance from this part of the world.

Instructor: Barry Moore

Fee: \$48

Ages: 13+

Monday's

184090	Coloma CC	7-9pm	4/2-5/21
184089	Coloma CC	7-9pm	6/11-7/23
184105	Coloma CC	7-9pm	7/30-9/17

Baton Twirling

Learn basic baton twirling and dance techniques at this four-week clinic taught by a two-time World Baton Twirling Champion. Children will improve their coordination, rhythm and dance moves. You may purchase a baton for \$25 from the instructor on the first day of class. Please visit www.revolutiontwirlclub.com to learn more about the class and Twirl Club.

Instructor: Kellie Perelman

Fee: \$40

Tuesday's (NO class in July or August)

Beginning:

179652	Coloma CC	3:45-4:30pm	4/3-4/24	4-10yrs
185796	Coloma CC	3:45-4:30pm	5/1-5/22	4-10yrs
185797	Coloma CC	3:45-4:30pm	6/12-6/26	4-10yrs
185798	Coloma CC	3:45-4:30pm	9/4-9/25	4-10yrs

Advanced:

179653	Coloma CC	4:30-5:30pm	4/3-4/24	10yrs+
185799	Coloma CC	4:30-5:30pm	5/1-5/22	10yrs+
185800	Coloma CC	4:30-5:30pm	6/12-6/26	10yrs+
185801	Coloma CC	4:30-5:30pm	9/4-9/25	10yrs+

Intermediate:

179646	Coloma CC	5:30-6:30pm	4/3-4/24	10yrs+
185793	Coloma CC	5:30-6:30pm	5/1-5/22	10yrs+
185794	Coloma CC	5:30-6:30pm	6/12-6/26	10yrs+
185795	Coloma CC	5:30-6:30pm	9/4-9/25	10yrs+

Kids R It

Introduction to dance curriculum includes, 5 ballet positions, ballet terminology, and the fundamentals of tap dancing. Jazz dance will be introduced upon achieving advanced beginner skills. The small classes insure individualized challenging curriculum based on individual ability, in a fun positive environment, while dancers develop coordination, good posture, and body awareness. Classes provide a fun, positive environment. All are invited to perform in our annual recital.

For additional information call Kids R It at 331-0554. An annual registration fee of \$25/1 student, \$40/2 students, or \$55/3+ students will be collected at first class. Must register directly with the instructor.

Instructor: Joanna Mcvay

BELLE COOLEIDGE CC

Thursday's

Preschool Dance: Ballet, Tap, & Jazz

3:30-4:30PM 2-5 years

Ballet, Tap & Jazz

4:30-5:30PM 6+ years

Floor Exercise Gymnastics

3:30-4:30PM 5+ years

Inter/Adv Floor Gymnastics

4:30-5:30PM Instructor Placement

Preschool Gymnastics

2:30-3:30PM 2-5 years

Inter/Adv Ballet, Tap & Jazz

5:30-6:30PM Instructor Placement

SOUTH NATOMAS CC

Preschool Dance: Ballet, Tap & Jazz

11am-12PM Tu 2-5 years

2:40-3:40PM Fri 2-5 years

12:15-1:15PM Sat 2-5 years

6:00-7:00PM Fri 2-5 years

Ballet, Tap & Jazz

12:15-1:15PM Tu 5+ years

3:40-4:40PM Fri 7-10 years

1:30-2:30PM Sat 6+ years

4:40-5:40PM Fri 12+ years

Inter/Adv Ballet, Tap & Jazz

4:30-5:30PM Mon Instructor Placement

3:45-4:45PM Tu Instructor Placement

2:30-3:30PM Sat 12+ years

Preschool Gymnastics

3:40-4:40PM Fri 2-5 years

Floor Exercise Gymnastics

4:40-5:40PM Fri 6+ years

5:40-6:40PM Fri Instructor Placement

11AM-12PM Sat 6+ years

Showbiz Coloma Classes

Sac Showbiz offers classes in jazz, tap, hip-hop, breakdancing, ballet, tumbling and musical theater. Our dance program provides two biannual dance recitals which feature each one of our regular students. 20% discount for 2nd child in the same household. For more information on current class schedules, please contact Showbiz at (916) 722-8225 or visit

www.sacshowbiz.com

Instructor: Showbiz Productions Sac

Fee: \$40

COLOMA CC:

Monday

5:00-6:00pm Little Jazz/ Acrobats

6:00-7:00pm Hip Hop I

7:00-8:00pm Tap I

Tuesday

5:00-6:00pm Intro to Ballet

6:00-7:00pm Musical Theater

7:00-8:00pm Tap II

Thursday

5:00-6:00pm Ballet & Acrobats

6:00-7:00pm Tap/ Hip Hop I&II

6:00-7:00pm Ballet I&II

7:00-8:00pm Adult Hip Hop

7:00-8:00pm Tap III

Saturday

10:00-11:00am Pre-School Tap/Hip Hop

11:00-12:00pm Hip Hop I

12:00-1:00pm Little Jazz

12:00-1:00pm Hip Hop I

S. Natomas CC

Tuesday

5:00-6:00pm Tap/Hip Hop I&II

6:00-7:00pm Hip Hop I

7:00-8:00pm Hip Hop II&III

Wednesday

4:00-5:00pm Pre-School Tap/ Hip Hop

5:00-6:00pm Hip Hop I&II

7:00-8:00pm Jazz

Dog Obedience

Beginning Dog Obedience with Alan and Renee Miller

Designed to help you learn to communicate with your dog. Traditional exercises including heeling, auto sit, sit stay, down, down-stay and come when called. Dog must be at least 4 months old. Bring dog to all four classes. Additional time will be scheduled for pets with special problems.

Instructor: Alan & Renee Miller

Fee: \$160

Tahoe Park

182717	4/3-4/24	Tu	6:00-7:00PM
182720	5/8-5/29	Tu	6:00-7:00PM
182722	6/5-6/26	Tu	6:00-7:00PM
182723	7/10-7/31	Tu	6:00-7:00PM
182726	8/7-8/28	Tu	6:00-7:00PM
182729	9/4-9/25	Tu	6:00-7:00PM

182718	4/4-4/25	Wed	7:00-8:00PM
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182721	5/9-5/30	Wed	7:00-8:00PM
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William Land Park

182724	6/6-6/27	Wed	7:00-8:00PM
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182727	7/11-8/1	Wed	7:00-8:00PM
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Tahoe Park

182733	9/5-9/26	Wed	7:00-8:00PM
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182719	4/5-4/26	Thu	11:00AM-12:00PM
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182725	5/10-5/31	Thu	11:00AM-12:00PM
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182728	6/7-6/28	Thu	11:00AM-12:00PM
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182731	7/12-8/2	Thu	11:00AM-12:00PM
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182732	8/9-8/30	Thu	11:00AM-12:00PM
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182734	9/6-9/27	Thu	11:00AM-12:00PM
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Intermediate/Advanced Dog Obedience w/Alan and Renee Miller

This class is designed for those who wish to compete their dogs. We prepare for AKC Obedience Trial Work CD-CDX-UD. Class will cover heeling, recall, delayed retrieving, signal work, jumping and scent discriminations. All dogs must have competed a basic dog obedience class to attend.

Instructor: Alan & Renee Miller

Fee: \$80

Tuesday's

183171	Tahoe Pk	7-8pm	4/3-4/24
183172	Tahoe Pk	7-8pm	5/8-5/29
183173	Tahoe Pk	7-8pm	6/5-6/26
183174	Tahoe Pk	7-8pm	7/10-7/31
183175	Tahoe Pk	7-8pm	8/7-8/28
183176	Tahoe Pk	7-8pm	9/4-9/25

Thursday's

185477	Tahoe Pk	10-11am	4/5-4/26
186201	Tahoe Pk	10-11am	5/10-5/31
186202	Tahoe Pk	10-11am	6/7-6/28
186203	Tahoe Pk	10-11am	7/12-8/2
186204	Tahoe Pk	10-11am	8/9-8/30
186205	Tahoe Pk	10-11am	9/6-9/27

Drama & Music

Singing for Beginners

While it may be true that 'everyone can sing', not everyone feels that they know how to do it. This class will provide a supportive environment to enable the release of the voice into tuneful singing. We will explore pathways to the singing voice through group exercises, games, 'tone play' and simple songs. This is a safe and fun way to explore singing.

Instructor: Christiana Quick- Cleveland

Fee: \$75

Ages: 16+

Wednesday's and Saturday's

185274	Coloma CC	6-7pm	5/16-6/9
185275	Coloma CC	6-7pm	9/5-9/29

Piano Lessons

Beginning and intermediate students can learn to play the piano using the Glover Method. Private lessons run 30 minutes and meet once a week. Students should have access to a practice instrument (portable keyboard or organ is okay). Sign-ups are taken on a monthly basis. Class is continuous and can sign up at any time. Call 808-5641 for an appointment before registering. There will be an additional fee for books once class has started.

Instructor: Dianne Siagian

Fee: \$80

On Stage for Children

Have a child with an active imagination and a need to shine? OnStage theatre arts classes provide a place for imagination, confidence building and teamwork while improving reading and verbal skills. Students create characters from a box full of costumes, then collaborate to create a story which becomes the play that they will rehearse for the rest of the session. Young actors learn to support each other in the story and work as an ensemble as they also create set and prop pieces. Playing theatre games, practicing lines, exploring the basics of theatre arts prepares them for the performance and develops an appreciation of the many facets of theatre. It is wonderful to see the children confidently perform their creation for family and friends on the final day of classes.

Instructor: Cynthia Speakman

Fee: \$195

183862	Coloma CC	1-5pm	6/25-6/29	M-F 5-10yrs
183863	Coloma CC	1-5pm	7/9-7/13	M-F 5-10yrs
183864	Coloma CC	1-5pm	7/16-7/20	M-F 5-10yrs
183865	Coloma CC	1-5pm	7/30-8/3	M-F 5-10yrs
183866	Coloma CC	1-5pm	8/6-8/10	M-F 5-10yrs
183867	Coloma CC	1-5pm	8/13-8/17	M-F 5-10yrs

On Stage Improv

Are you that funny kid? Want to be the funny kid? Now is your chance! OnStage Improv will be having weekly improvisation classes this summer! This class provides a safe space for total beginners. Participants will hone in on individual strengths, break through the fear of the unknown, improve critical and abstract thinking, become better speakers, listeners and thinkers, all while having tons of fun! We perform at the end of every week for family and friends to show off what we've been working on. Don't think you can do this? YOU CAN! All types of people find improv fun and rewarding! Don't be shy!

Instructor: Rachel Berelson

Fee: \$185

183858	Coloma CC	9-12pm	6/18-6/22	M-F 10-14yrs
183859	Coloma CC	9-12pm	6/25-6/29	M-F 8-11yrs
183860	Coloma CC	9-12pm	7/9-7/13	M-F 8-11yrs
183861	Coloma CC	9-12pm	7/16-7/20	M-F 8-11yrs
185023	Coloma CC	9-12pm	7/23-7/27	M-F 9-15yrs
185789	Coloma CC	9-12pm	7/30-8/3	M-F 9-15yrs
185790	Coloma CC	9-12pm	8/6-8/10	M-F 9-15yrs
185791	Coloma CC	9-12pm	8/13-8/17	M-F 9-15yrs
185792	Coloma CC	9-12pm	8/20-8/24	M-F 9-15yrs

Stepping Stones Arts Immersion

Stepping Stones Arts Immersion is a Theatre Class that focuses on social and creative thinking; while giving the students an opportunity to experience theatre in a fun setting. This is a one-hour class, once a week. Students will experience a variety of theatre games, as well as learn about expression in movement and music in theatre. My goal is to build confidence in my students so they will be able to speak to a group and direct others to make their ideas come to life.

Instructor: Andrea Gunther

Fee: \$60

Ages: 6-10 years

185126	South Natomas CC	3:30-4:30pm	4/2-4/30	M
185127	South Natomas CC	3:30-4:30pm	5/7-5/21	M
185128	South Natomas CC	3:30-4:30pm	6/4-6/25	M

Fitness

Senior Dance and Fitness

If you like to dance, then you will love this class! It's low-impact, non-competitive and FUN! We start each class with stretches, followed by strengthening with light weights and balance work; emphasizing our developing a strong upper-body and core. Then we move into some dance cardio using short choreographies, pulling dance movement from various genres and closing out with a nice cool down. Please bring a mat or towel, water bottle and wear comfortable shoes. If you don't have weights, we will discuss options at first class. Walk-Ins welcome...First class is Free!

Instructor: Pauline Marie

Ages: 50+ years

Fee: \$35

Monday's and Friday's

184137	Coloma CC	9:30-10:30am	4/2-5/4
184138	Coloma CC	9:30-10:30am	5/4-5/25
184139	Coloma CC	9:30-10:30am	6/1-6/29
184140	Coloma CC	9:30-10:30am	7/2-7/30
184141	Coloma CC	9:30-10:30am	8/3-8/31
184142	Coloma CC	9:30-10:30am	9/7-9/28

Authentic Yang Taichi

Comes from the Yang style of Tai Chi Quan, adopted signature techniques from the Chen, Wu and Sun style as well combining the different features of each of these four styles. It is a form in order to standardize and meet the needs of international Wushu competitions by the Chinese Association.

Instructor: Xiaohong Wu

Fee: \$55

Ages: 12+ years

182693	Pannell/Mdvw CC	9-11:30am	4/14-4/28	Sa
182694	Pannell/Mdvw CC	9-11:30am	5/5-5/26	Sa

182695	Pannell/Mdvw CC	9-11:30am	6/16-6/23	Sa
182696	Pannell/Mdvw CC	9-11:30am	7/7-7/28	Sa
182697	Pannell/Mdvw CC	9-11:30am	8/4-8/25	Sa
182698	Pannell/Mdvw CC	9-11:30am	9/1-9/22	Sa

Healthy Tai Chi & Chi Kung beginning

Tai Chi class for beginners.

Instructor: Xiaohong Wu

Fee: \$20

Ages: 18+ years

183157	Pannell/Mdvw CC	9:30-10:30am	4/4-4/25	W
183158	Pannell/Mdvw CC	9:30-10:30am	5/2-5/23	W
183159	Pannell/Mdvw CC	9:30-10:30am	6/6-6/27	W
183160	Pannell/Mdvw CC	9:30-10:30am	7/11-8/1	W

Healthy Tai Chi & Chi Kung Exercise

Low impact exercise, helps improve balance and reduce risk of falls.

Instructor: Sabitre Rodriguez

Fee: \$20

All ages

Thursday's

183163	South Natomas CC	9:30-10:30am	4/5-4/26
183164	South Natomas CC	9:30-10:30am	5/3-5/24
183165	South Natomas CC	9:30-10:30am	6/7-6/28
183166	South Natomas CC	9:30-10:30am	7/5-7/26
183167	South Natomas CC	9:30-10:30am	8/2-8/30
183168	South Natomas CC	9:30-10:30am	9/6-9/27

Mixed Level Yoga

Start your Monday and Wednesday mornings with a yoga practice designed to increase strength and flexibility, improve balance, and enhance the ability to relax. A mixed level class with optional modifications for poses to help you find your own personal zones of comfort and challenge. Beginners welcome.

Instructor: Ofer Levy

Fee: \$35 Drop In: \$6

Ages: 18+ years

Monday's and Wednesday's

183524	South Natomas CC	9-10am	4/2-4/25
183525	South Natomas CC	9-10am	5/2-5/30
183526	South Natomas CC	9-10am	6/4-6/27
183527	South Natomas CC	9-10am	7/2-7/30
183528	South Natomas CC	9-10am	8/1-8/29
183529	South Natomas CC	9-10am	9/5-9/26

Multi-Level Aerobics

Multi-Level Aerobics is a professionally designed aerobic dance/exercise program choreographed to 80's retro music that provides training for both aerobic and muscular fitness. Bring a mat or towel for the floor routines.

Instructor: Janis Paular

Fee: \$30

Ages: 13+ years

Tuesday's & Thursday's 6-7pm / Saturday's 7:30-8:30am

183536	B. Cooledge CC	4/3-4/28
183537	B. Cooledge CC	5/1-5/29
183538	B. Cooledge CC	6/2-6/30
183539	B. Cooledge CC	7/3-7/31
183540	B. Cooledge CC	8/2-8/30
183541	B. Cooledge CC	9/1-9/29

Music and Motion

Exercise for Seniors with music using a combination of Yoga, Zumba, Taichi, and some sitting exercises. NO dress requirements.

Instructor: Rowena Alberto

Fee: \$20

Ages: 50+ years

185476	B. Cooledge CC	8:15-9:15am	4/4-4/25	W
186197	B. Cooledge CC	8:15-9:15am	5/2-5/30	W
186198	B. Cooledge CC	8:15-9:15am	6/6-6/27	W

Tai Chi 4 U

The practice of Tai Chi has become very popular as a way to achieve physical and mental health. Recent studies have found that long term practice shows favorable effects on enhancing balance, flexibility and cardiovascular fitness. Come and join us on a Tai Chi health journey in a nurturing environment. Yang Family Style Tai Chi hand and weapon forms are offered to all levels. Guang Ping Yang Style Tai Chi may be offered if there is enough interest. Visitors are welcome. For more information, please visit my website at www.sactc4u.com

Instructor: Denny Fong

Fee: \$35

Ages: 15+ years

184271	B. Cooledge CC	7-9pm	4/3-4/24	Tu
184272	B. Cooledge CC	7-9pm	5/1-5/29	Tu
184273	B. Cooledge CC	7-9pm	6/5-6/26	Tu
184274	B. Cooledge CC	7-9pm	7/3-7/31	Tu
184275	B. Cooledge CC	7-9pm	8/7-8/28	Tu
184276	B. Cooledge CC	7-9pm	9/4-9/25	Tu

Zumba Fitness with Fran

Zumba is a dance fitness program that provides an exciting party atmosphere full of Latin, Hip Hop, and international music. Zumba is fun, effective, easy to do, and promotes the perfect balance of cardio and toning. You can burn anywhere from a few hundred calories to 1000 calories in 1 hour! You'll have so much fun you'll forget you're exercising! If you don't believe us, come see for yourself and let's party our way into fitness! Be sure to dress in breathable, light clothing, sneakers, bring water, and a towel.

Instructor: Fran Jones

Fee: \$20

Ages: 13yrs+

184401	Pannell/Mdvw CC	5:45-6:45pm	4/2-4/30	M
184403	Pannell/Mdvw CC	5:45-6:45pm	5/7-5/21	M
184405	Pannell/Mdvw CC	5:45-6:45pm	6/4-6/25	M
184406	Pannell/Mdvw CC	5:45-6:45pm	7/2-7/30	M
184407	Pannell/Mdvw CC	5:45-6:45pm	8/6-8/27	M
184409	Pannell/Mdvw CC	5:45-6:45pm	9/10-9/24	M

Zumba

Take the 'work' out of 'workout'! An exciting dance party full of Latin and international music. Class participants at any level can start Zumba right away. It's fun and effective, using interval training, combining fast and slow rhythms for an aerobic workout.

Instructor: Theresa McGarry

Fee: \$5

Any Tuesday 6:45-7:45pm

Just Breathe Yoga and Pilates

Mindful Movement Classes in Yoga, Pilates, & Fit for Life -Movement for all Stages of Life! Classes designed to go at your own pace with modifications given, focusing on increasing mindfulness & relaxation, strength and stability, challenge the core and increase range of motion while toning and creating lean muscle. No Class 4/7

Instructor: JoShanna Giannini

Fee: \$25

All Ages

Saturday's

Mat Barre Fusion:

185423	Pannell/Mdvw CC	9-9:50am	4/7-4/28
186178	Pannell/Mdvw CC	9-9:50am	5/5-5/26
186179	Pannell/Mdvw CC	9-9:50am	6/2-6/30
186180	Pannell/Mdvw CC	9-9:50am	7/7-7/28
186181	Pannell/Mdvw CC	9-9:50am	8/4-8/25
186182	Pannell/Mdvw CC	9-9:50am	9/1-9/29

Embody Yoga:

185424	Pannell/Mdvw CC	10:15-11:15am	4/7-4/28
186183	Pannell/Mdvw CC	10:15-11:15am	5/5-5/26
186184	Pannell/Mdvw CC	10:15-11:15am	6/2-6/30
186185	Pannell/Mdvw CC	10:15-11:15am	7/7-7/28
186186	Pannell/Mdvw CC	10:15-11:15am	8/4-8/25
186187	Pannell/Mdvw CC	10:15-11:15am	9/1-9/29

Martial Arts

Martial Arts for Adults

The martial arts are one of Okinawa's greatest secrets and are one of the ingredients as to why their people are among the longest lived and healthiest in the world. Our instructors teach the ancient art of self-defense and with it, how to bring harmony to their mind and body in a friendly environment. Questions, call 916-678-0565 or visit www.ZenMartial.com T/Th 11:45am- 12:35 pm Learn awareness strategies, using your environment to your advantage, and how to get away from an abuser or attacker. A fun program of fitness, empowerment and self-defense for women ages 13 and up. All are welcome! For more information, visit safeinsacramento.com

Instructor: Michael Oliver

Fee: \$139

Mon/Wed 7:10-8:00PM

Tue/Thu 6:10-7:00PM

Sat 11:10AM-12:00PM

Tai Chi & Qi Gong for Adults

Enjoy slow, low impact exercise that both strengthens your body and energizes the mind and spirit. Learn movements of the Original Yang Tai Chi form and Sin Tien Wu Ji Chi Kung exercises as taught by Grandmaster David Chin. Class includes push hand practice, applications, and more. No special equipment or uniform required. For any questions, please contact instructor Henry Gardiner at 916-502-3117.

Instructor: Henry Gardiner

Fee: \$60

Ages: 17+ years

Monday's, Wednesday's, and Thursday's

179704	Coloma CC	7-8:30pm	4/2-4/30
179705	Coloma CC	7-8:30pm	5/2-5/31
179706	Coloma CC	7-8:30pm	6/4-6/28
179707	Coloma CC	7-8:30pm	7/2-7/30
179708	Coloma CC	7-8:30pm	8/1-8/30
179709	Coloma CC	7-8:30pm	9/5-9/27

Yang Tai Chi

George Bonilla is a senior student of wushu master Xiaohong Wu, and a teacher within the Tong Xin Tai Chi Association. Tai Chi is an internal martial art which uses the body's own energy to protect and heal itself. It is taught in slow, highly effective movements which are accessible to many different people and ages.

Instructor: George Bonilla

Fee: \$30

184391	Mims/Hagginwood Comm	10-11:30am	4/3-4/26	Tu/Th
184392	Mims/Hagginwood Comm	10-11:30am	5/1-5/24	Tu/Th
184393	Mims/Hagginwood Comm	10-11:30am	6/7-6/28	Tu/Th
184394	Mims/Hagginwood Comm	10-11:30am	7/3-7/26	Tu/Th
184395	Mims/Hagginwood Comm	10-11:30am	8/2-8/28	Tu/Th
184396	Mims/Hagginwood Comm	10-11:30am	9/4-9/27	Tu/Th

Dragon Fire Martial Arts

Join us for a fun-filled hour of martial arts. You will be learning a variety of martial arts such as Tae Kwon Do, Yudo, Jiu Jitsu, and our Street Defense program. Martial Arts will help you build self-confidence, fight obesity, control stress, and increase leadership skills. Beginning and advanced students welcome. Material fee of \$48 due to instructor for uniform.

5:30-6pm 4&5 year old's

6-6:45pm 6+

6:45-7:30pm Advanced Belts

Instructor: Dragon Fire Martial Arts

Fee: \$55

Location: South Natomas CC

Monday's and Thursday's

182981	4/2-4/26
182982	5/3-5/24
182983	6/4-6/27
182984	7/2-7/30
182985	8/2-8/30
182986	9/6-9/27

Budo Bootcamp

Friday, April 20th - Budo Bootcamp/Parent Night Out

5:00pm to 9:00pm - \$79 / per student (ages 8+)

In this four hours of training students will participate in an in-depth study of Seisan kata, its history, and its self-defense applications. Bento (chicken) dinner and tea is included. We will also watch historical films of Seisan kata as well as practice a traditional Japanese craft.

We have limited space for this, so please reserve your spot and enroll now!

Instructor: Mike Oliver

Fee: \$79

185673	Coloma CC	5-9pm	4/20	F	8yrs+
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Karate for Kids

This program teaches your child the traditional values and skills of the martial arts in a fun, safe, and friendly environment. When your child uses the discipline of karate to conquer his/her fears, you will be amazed at the power he/she has to transfer that discipline to all areas of his/her life. Watch as your child increases in confidence, energy, and spirit. Questions, call 916-678-0565 or visit www.ZenMartial.com

Instructor: Michael Oliver

Fee: \$139

Chibi & Me (ages 3-4)

Monday 10:30-11:30AM

Tiny Tigers (ages 4-5)

Mon/Wed 4:50-5:20PM

Tue/Thu 3:50-4:20PM

Fri 4:50-5:20PM

Sat 1 0:00-10:30AM

Little Dragons (ages 6-7)

Mon/Wed 5:30-6:00PM

Tue/Thu 4:30-5:00PM

Fri 5:30-6:00PM

Sat 10:30-11:00AM

Juniors (ages 8-10)

Mon/Wed 3:50-4:40PM

Tue/Thu 5:10-6:00PM

Sat 11:10AM-12:00PM

Young Adults (ages 11-14)

Mon/Wed 6:10-7:00PM

Sat 11:10AM-12:00PM

Tae Kwon Do

Join us for a journey of self-discovery! Tae Kwon Do develops confidence, discipline, and decisiveness while promoting a healthy lifestyle. This class is open to ages five and up, and parents are welcome to participate. Wear comfortable clothing without metallic buckles or snaps. Uniforms are available for purchase.

Instructor: Daniel Moore

Fee: \$40

Tuesday's Beginner

184263	B. Cooledge CC	6-7pm	4/3-4/24
184264	B. Cooledge CC	6-7pm	5/1-5/29
184265	B. Cooledge CC	6-7pm	6/5-6/26
184266	B. Cooledge CC	6-7pm	7/3-7/31
184267	B. Cooledge CC	6-7pm	8/7-8/28
184268	B. Cooledge CC	6-7pm	9/4-9/25

Thursday's Intermediate

184269	B. Cooledge CC	6:45-7:45pm	4/5-4/26
184270	B. Cooledge CC	6:45-7:45pm	5/3-5/31
186073	B. Cooledge CC	6:45-7:45pm	6/7-6/28
186074	B. Cooledge CC	6:45-7:45pm	7/5-7/26
186075	B. Cooledge CC	6:45-7:45pm	8/2-8/30
186076	B. Cooledge CC	6:45-7:45pm	9/6-9/27

Tang Soo Do Karate

This Korean and Chinese martial art is offered to men, women and children. Through traditional training, students will learn stances, strikes, kicks, blocks, traditional forms and self-defense techniques. Students will also learn and demonstrate the discipline, respect, etiquette and terminology that this 'classical' martial art requires. (Physically challenged encouraged).

Instructor: Rabon Tadena

Fee: \$60 Family Fee: \$140 3+

Monday's, Wednesday's, and Thursday's

7-13years old:

184279	Genevieve Didion ES	6:45-7:45pm	4/2-4/26
184280	Genevieve Didion ES	6:45-7:45pm	5/2-5/28
184281	Genevieve Didion ES	6:45-7:45pm	6/4-6/28
184282	Genevieve Didion ES	6:45-7:45pm	7/2-7/26
184283	Genevieve Didion ES	6:45-7:45pm	8/1-8/27
184284	Genevieve Didion ES	6:45-7:45pm	9/3-9/27

13+ years:

184285	Genevieve Didion ES	7:45-8:45pm	4/2-4/26
184286	Genevieve Didion ES	7:45-8:45pm	5/2-5/28
184287	Genevieve Didion ES	7:45-8:45pm	6/4-6/28
184288	Genevieve Didion ES	7:45-8:45pm	7/2-7/26
184289	Genevieve Didion ES	7:45-8:45pm	8/2-8/29
184290	Genevieve Didion ES	7:45-8:45pm	9/3-9/27

Sports

Soccer

Just 4 Kicks'

Where soccer season never ends!' Children get to learn, understand, and enjoy the 'beautiful game' of soccer. Our methods are fun, educational, and inspire kids to become lifelong fans. Shin guards are required by second class meeting. Weather Hotline 359-6681.

Instructor: Sacramento Just 4 Kicks

Fee: \$92

185583	B. Cooledge Pk	10:05-10:50am	4/3-5/22	Tu	5-6yrs
185585	B. Cooledge Pk	11:10-11:40am	4/3-5/22	Tu	1-4yrs
185581	B. Cooledge Pk	11:40am-12:15pm	4/3-5/22	Tu	3.5-4yrs

185582	B. Cooleage Pk	5:30-6:05pm	4/3-5/22	Tu	4-5yrs
185584	B. Cooleage Pk	6:05-7:05pm	4/3-5/22	Tu	7-12yrs
185586	Marriot Pk	9:20-9:50am	4/4-5/23	W	1-4yrs
185587	Marriot Pk	9:50-10:25am	4/4-5/23	W	2-4yrs
185589	Marriot Pk	4:45-5:30pm	4/4-5/23	W	4-7yrs
185588	Marriot Pk	5:30-6:05pm	4/4-5/23	W	3-6yrs
185590	Marriot Pk	6:05-7:05pm	4/4-5/23	W	5-8yrs
185577	South Natomas CC	9-9:30am	4/7-5/26	Sa	42-4yrs
185578	South Natomas CC	9:30-10:05am	4/7-5/26	Sa	4-5yrs
185579	South Natomas CC	10:05-10:50am	4/7-5/26	Sa	5-6yrs
185580	South Natomas CC	10:50-11:50am	4/7-5/26	Sa	7-12yrs

Kidz Love Soccer

Taught in a recreational setting for children to learn and play. Children experience soccer fun in a safe, noncompetitive environment. All participants will receive a soccer jersey! Shin guards are required by the second class. Please call KLS Status Hotline 30 minutes prior to class for latest information at 1-888-372-5803

Instructor: Kidz Love Soccer North American Youth Activities

Fee: \$107

185374	E. Portal Pk	9:40-10:10am	4/7-6/9	Sa	3.5-4yrs
185375	E. Portal Pk	10:10-10:45am	4/7-6/9	Sa	4-5yrs
185376	E. Portal Pk	10:45-11:30am	4/7-6/2	Sa	5-6yrs
183416	William Land Reg. Park	9:40-10:15am	4/13-6/8	F	3.5-5yrs
185575	William Land Reg. Park	3:40-4:15pm	4/13-6/8	F	3.5-5yrs
183418	William Land Reg. Park	4:15-5pm	4/13-6/8	F	5-6yrs
185576	William Land Reg. Park	5-5:45pm	4/13-6/8	F	7-10yrs
185573	Cottonwood Park	4-4:45pm	4/16-6/11	M	5-6yrs
185574	Cottonwood Park	4:45-5:20pm	4/16-6/11	M	3.5-5yrs

Kidz Love Soccer-Mommy/Daddy and Me Soccer

The fun happens on the field, so don't just watch from the sidelines! Here is your chance to join in your toddler's introduction to the world's most popular sport. You'll participate in fun, age-appropriate activities, and help your child develop their motor and socialization skills. A variety of soccer activities are played each week. Adult participation is required. All kids receive a soccer jersey! Please call KLS Status Hotline 30 minutes prior to class for latest information 1-888-372-5803.

Instructor: Kidz Love Soccer North American Youth Activities

Fee: \$107

183423	E. Portal Pk	9-9:30am	4/7-6/9	Sa	2-3.5 yrs
183424	E. Portal Pk	11:40am-12:10pm	4/7-6/9	Sa	2-3.5 yrs
183427	William Land Reg. Park	9-9:30am	4/13-6/8	F	2-3.5 yrs
183428	Cottonwood Park	5:30-6pm	4/16-6/4	M	2-3.5 yrs

Tennis

Advanced Beginning Tennis

Designed for students who know tennis basics and/or have successfully completed Adult Beginning

Tennis. Class time will be devoted to the review of the five basic strokes, court movement, footwork, proper body mechanics and consistency in strokes through drills. Please bring your own tennis racket. We will furnish the tennis balls. For more information please call 916-264-8353.

Instructor: Kenneth C Selby

Fee: \$72

Ages: 16+

Location: McKinley Pk

182651	6:30-7:25pm	4/2-4/25	M/W
182652	6:30-7:25pm	4/30-5/23	M/W
182647	6:30-7:25pm	6/4-6/27	M/W
182648	6:30-7:25pm	7/2-7/25	M/W
182649	6:30-7:25pm	7/30-8/22	M/W
182650	6:30-7:25pm	8/27-9/19	M/W
182653	6:30-7:25pm	9/24-10/17	M/W

Adult Beginning Tennis

Designed for students who have little or no knowledge of the game of tennis and would like to learn!

Students will learn the mechanics of five basic strokes, scoring and tennis etiquette. Please bring your own tennis racket. We will furnish the tennis balls. For more information please call 916-264-8353.

Instructor: Kenneth C Selby

Fee: \$72

Ages: 16+

Location: McKinley Pk

182658	5:30-6:25pm	4/2-4/25	M/W
182654	11am-12:30pm	4/7-4/28	Sa
182659	5:30-6:25pm	4/30-5/23	M/W
182655	11am-12:30pm	5/5-5/26	Sa
182660	5:30-6:25pm	6/4-6/27	M/W
182656	11am-12:30pm	6/9-6/30	Sa
182661	5:30-6:25pm	7/2-7/25	M/W
182657	11am-12:30pm	7/7-7/28	Sa
182662	5:30-6:30pm	7/30-8/22	M/W
182664	11am-12:30pm	8/4-8/25	Sa
182663	5:30-6:30pm	8/27-9/19	M/W
182665	8:30-10am	9/8-9/29	Sa

182666 5:30-6:30pm 9/2-10/17 M/W

Adult Intermediate/Advanced Tennis

Consistency is a must in this class. Players must be able to maintain continuous rallies from all positions of the court. Specialty shots will be taught such as drop shots, types of serves, slice and topspin. Please bring your own racket. We will furnish the tennis balls. For more information please call 916-264-8353.

Instructor: Kenneth C Selby

Fee: \$72

Ages: 16+

Location: McKinley Pk

182672	6:30-7:25pm	4/2-4/25	M/W
182673	6:30-7:25pm	4/30-5/23	M/W
182668	6:30-7:25pm	6/4-6/27	M/W
182669	6:30-7:30pm	7/2-7/25	M/W
182670	6:30-7:25pm	7/30-8/22	M/W
182671	6:30-7:25pm	8/27-9/19	M/W
182674	6:30-7:25pm	9/24-10/17	M/W

Family Fun Tennis

A new approach to family members of different ages and skill levels, together at the same time. Introduction of basic stroke mechanics through drills and games to share with your family members, as well as meeting others. Please bring your own tennis rackets. We will furnish the tennis balls. For more information please call 916-264-8353.

Instructor: Kenneth C Selby

Fee: \$40 Per member

Ages: All Ages

Location: McKinley Pk

183003	10-11am	4/7-4/28	Sa All Ages
183004	10-11am	5/5-5/26	Sa All Ages
183005	10-11am	6/9-6/30	Sa All Ages
183000	10-11am	7/7-7/28	Sa All Ages
183001	10-11am	8/4-8/25	Sa All Ages
183002	10-11am	9/15-10/6	Sa All Ages

Junior Beginning Tennis

Designed for the student who has little or no knowledge of the game of tennis and would like to learn.

Students will learn the basic mechanics of strokes, scoring and tennis etiquette. Please bring your tennis racket. We will furnish the tennis balls. For more information please call 916-264-8353.

Instructor: Kenneth C Selby

Fee: \$64

Ages: 8-15 yrs

Location: McKinley Pk

183238	8:30-9:55am	4/7-4/28	Sa
183236	4:30-5:25pm	4/30-5/23	M/W
183239	8:30-9:55am	5/5-5/26	Sa
183228	4:30-5:25pm	6/4-6/27	W/M
183232	8:30-9:55am	6/9-6/30	Sa
183229	4:30-5:25pm	7/2-7/25	W/M
183233	8:30-10am	7/7-7/28	Sa
183230	4:30-5:25pm	7/30-8/22	W/M
183234	8:30-9:55am	8/4-8/25	Sa
183231	4:30-5:25pm	8/27-9/19	W/M
183240	8:30-9:55am	9/8-9/29	Sa
183237	4:30-5:25pm	9/24-10/17	W/M

Junior Intermediate/Advanced Tennis

Designed for the student who knows tennis basics or has successfully completed Junior Beginning Tennis.

Class time will be spent on review of strokes and proper body mechanics. Consistency and repetition will be emphasized and practiced. Please bring your own tennis racket. We will furnish the tennis balls. For more information call 916-264-8353.

Instructor: Kenneth C Selby

Fee: \$64

Ages: 8-15 yrs

Location: McKinley Pk

183246	4:30-6pm	5/1-5/24	Th/Tu
183241	4:30-6pm	6/5-6/28	Th/Tu
183242	4:30-6pm	7/3-7/26	Tu/Th
183243	4:30-6pm	7/31-8/23	Th/Tu
183244	4:30-6pm	8/28-9/20	Th/Tu
183247	4:30-6pm	9/25-10/18	Th/Tu

Junior Tennis Clinic

Through various eye-hand coordination drills and movements, students develop/improve the basic skills and strokes of the game. Please bring your own tennis racket, a pair of sneakers, a big smile and we'll do the rest. We will furnish the tennis balls. For more information please call 264-8353

Instructor: Kenneth C Selby

Fee: \$80

Ages: 8-15 yrs

Location: McKinley Pk

Monday through Friday

183256	9-11am	6/25-6/29
183254	9-11am	7/23-7/27
183255	9-11am	8/6-8/10
183257	9-11am	8/27-8/31

Pee-Wee Junior Tennis I

Through eye-hand activities and games, children can develop a foundation for the basic skills of tennis. An introduction to become acquainted with handling a racquet, seeing balls bounce and having the two actions come together. Fun is the focus and parent participation is encouraged. Tennis balls are provided and racquets available upon request. For more information please call 916-264-8353.

Instructor: Kenneth C Selby

Fee: \$40

Ages: 4-7 yrs

Location: McKinley Pk

183981	4-4:30pm	4/30-5/23	M/W
183977	4-4:30pm	6/4-6/27	W/M
183983	4-4:30pm	7/2-7/25	W/M
183978	4-4:30pm	7/30-8/22	W/M
183979	4-4:30pm	8/27-9/19	W/M
183982	4-4:30pm	9/24-10/17	W/M

Pee-Wee Junior Tennis II

Designed for the student who has successfully completed Pee-Wee I Tennis and who are looking to learn more fundamentals and mechanics of tennis. Tennis balls are provided and racquets available upon request. For more information please call 916-264-8353.

Instructor: Kenneth C Selby

Fee: \$40

Ages: 4-7 yrs

Location: McKinley Pk

183985	4-4:30pm	5/1-5/24	Th/Tu
183986	4-4:30pm	6/5-6/28	Th/Tu
183987	4-4:30pm	7/3-7/26	Tu/Th
183988	4-4:30pm	7/31-8/23	Th/Tu

183989	4-4:30pm	8/28-9/20	Th/Tu
183990	4-4:30pm	9/25-10/18	Th/Tu

Private Tennis Lessons with KSelby

Sign-ups are taken on a continuous basis. Call Ken Selby at 916-264-8353 for an appointment before registering. Lessons offered as Private (1 player), Semi-Private (2-3 players), Small Groups (4-6 players). Private lessons are held at McKinley Park Tennis Courts.

Instructor: Kenneth C Selby

Fee: \$40 Private Lesson / \$50 Semi-Private (2-3 players)

Sac-Rec Table Tennis

Come out on Friday Nights for some great instruction and match play! Fun fast paced Monthly sessions for those wanting to improve their level; not for beginners who have never played. 6:45pm: Warm-up/Open Play, 7:15pm: Instruction/Training, 8:15pm: Organized Match Play. Loaner paddles available, and balls provided. Wear athletic work-out type clothing. The gym has 12 tables; program is limited to 24 participants a month. Sign up early and join us for this athletic Olympic sport of strategy and skill!

Ages: Adults as well as Jrs. welcome! However, only those who can already do at least a basic forehand to forehand topspin rally should enroll!

Location: Didion Gym

Instructor: James Therriault (916) 308-3209 if any questions

Fee: Per month varies

184056	Genevieve Didion ES	7-9:30pm	4/6-4/27	F	\$28
184057	Genevieve Didion ES	7-9:30pm	5/4-5/25	F	\$21
184058	Genevieve Didion ES	7-9:30pm	6/1-6/29	F	\$28
186199	Genevieve Didion ES	7-9:30pm	7/6-7/27	F	\$21
186200	Genevieve Didion ES	7-9:30pm	8/3-8/31	F	\$28

Tiny Tot Time

Tiny Tots- Coloma

Tiny Tot Time at Coloma Community Center.

Tiny Tot Time is a recreation program for preschool age children. Activities include indoor and outdoor games, arts and crafts, music, stories and field trips. Enrollment is site specific. Please contact the Tiny Tot Time locations directly for enrollment information, 277-6066. Class openings are filled from a waiting list. Online enrollment is not allowed for new students. Enrollment fee is \$30. Tuition fees vary by class and are due the 1st of each month. After the 10th of the month, a non-negotiable \$20 late fee is charged.

Instructor: Becky Castro

M/W/F ...9:00-11:30am \$195/mo

M/W/F ...12:00-2:30pm \$195/mo

T/TH9:00-11:30am \$170/mo

Tiny Tots- Land Park

Tiny Tot Time at William Land Park.

Tiny Tot Time is a recreation program for preschool age children. Activities include indoor and outdoor games, arts and crafts, music, stories and field trips. Enrollment is site specific. Please contact the Tiny Tot Time locations directly for enrollment information, 264-5211. Enrollment fee is \$30. Class openings are filled from a waiting list. Online enrollment is not allowed for new students.

No classes

May 28

June 25-29

Instructor: Rachael

Fee: \$185

M/W/F.....8:45-11:30am.....\$185/mo

M/W/F.....12:00-2:45pm.....\$175/mo

T/Th.....9:15-11:30am.....\$150/mo

T/Th.....12:00-2:15pm.....\$150/mo

Tiny Tots- McKinley

Tiny Tot Time at McKinley Park.

Tiny Tot Time is a recreation program for preschool age children. Activities include indoor and outdoor games, arts and crafts, music, stories and field trips. Enrollment is site specific. Please contact the Tiny Tot Time locations directly for enrollment information, 448-4273. Enrollment fee is \$30. Class openings are filled from a waiting list. Online enrollment is not allowed for new students.

Instructor: Grace Mattox

Fee: \$195

M/W/F ...9:00am-12:00pm ... \$195/mo

T/Th9:00am-11:30am \$155/mo

Arts, Crafts and More

Tu12:00-2:00pm ... \$120/mo

Mommy/Daddy and Me

M/W12:00-1:30pm\$85/mo

Tiny Tots- South Natomas

Tiny Tot Time at Natomas Community Center.

Tiny Tot Time is a recreation program for preschool age children. Activities include indoor and outdoor games, arts and crafts, music, stories and field trips. Enrollment is site specific. Please contact the Tiny Tot Time locations directly for enrollment information, 566-1578. There is a nonrefundable annual fee- amount depending on class.

Instructor: Ashley Ramsey

M/W/F 9:00-11:30am .. \$195/mo

M/W/F (Full Day) ... 9am-1:00pm ...\$300/mo
 T/Th 9:00-11:30am .. \$170/mo
 EDGE (TK Program)
 T/W/Th 11:30am-2:00pm ...\$210/mo
 T/W/Th (Full Day) ... 10:00am-2:00pm ...\$375/mo

Summer Oasis

Enjoy the fresh outdoors at one of our popular city parks. Hang with your friends while participating in a variety of activities including crafts, sports, physical fitness, and games. A minimum of 100 participants are needed to operate program. Registration begins April 2nd. Program is for 1st-6th graders. Please make sure to enter grade when registering. NO program on July 4th. Campers should bring lunch/snack, water and sunscreen. Camps will be offered in two 4 week sessions. Please register for both if you want all 8 weeks. For more information please call 808-6087.

Fee: \$85 per session

185781	Regency Park	9am-1pm	6/4-6/29
185782	Regency Park	9am-1pm	7/2-7/27
185783	East Portal Park	9am-1pm	6/25-7/20
185784	East Portal Park	9am-1pm	7/23-8/17
185523	Marriot Park	9am-1pm	6/25-7/20
185524	Marriot Park	9am-1pm	7/23-8/17
185785	William Land Park	9am-1pm	6/25-7/20
185786	William Land Park	9am-1pm	7/23-8/17