

**HUNTER'S SAFETY COURSE**

Age: All Ages and Abilities  
 Location: 204 Second St.  
 Instructor: James Scott DFG

The course of study is a fifteen hour, 3 day classroom experience. The culmination of the course is a 100 question, closed book examination. Students must score 80% or more to pass the course. At the successful completion of the course, students are awarded a Department of Fish & Game Certificate which in turn allows them to purchase a State of California Hunting License. Participants will learn: respect for natural resources, respect for the firearm, respect for the law, respect for self and respect for the future of hunting. **\*\*Full attendance is mandatory by the State of California. Late arrivals or early departures will result in students being dropped from the course. No exceptions. Course text can be obtained prior to class for study. The class is limited to 25 students on a first-come, first served basis.**

Fee: \$15 Residents and Non-Residents

- HS001 Apr. 16-Apr. 18 Fri. 6pm-9pm, Sat. 9am-4pm, Sun. 9am-4pm
- HS002 Jul. 16- Jul. 18 Fri. 6pm-9pm, Sat. 9am-4pm, Sun. 9am-4pm
- HS003 Oct. 15- Oct. 17 Fri. 6pm-9pm, Sat. 9am-4pm, Sun. 9am-4pm

**BALLROOM DANCING**

Age: All Ages and Abilities  
 Location: 204 Second St.  
 Instructor: Page Binkley

Learn to dance for pleasure. Introduction to Fox Trot, Waltz, and the East Coast Swing. After three (3) classes You will get on the dance floor with confidence! Couples are recommended, but not required. Fees are per-person.

Fee: \$30 Residents, \$40 Non-Residents

- BR002 Apr. 8- May 13 Thur. 7:30pm-9:00pm
- BR003 May 20- Jun. 24 Thur. 7:30pm-9:00pm

**AIKIDO**

Age: All Ages and Abilities  
 Location: 204 Second St.  
 Instructor: Mike Hawthorne

Aikido is a traditional, non-violent, Japanese martial art discipline that encourages cooperation, respect, and self discipline. Students will increase their self-confidence and personal safety without using violence or aggression.

Fee: \$35 Residents, \$45 Non-Residents

- Aikido002 Apr. 1- May 6 Thur. 6:00pm-7:00pm
- Aikido003 May 13-Jun. 17 Thur. 6:00pm-7:00pm
- Aikido004 Jun. 24-Jul. 29 Thur. 6:00pm-7:00pm

**FENCING**

Age: 13 and up  
 Location: 204 Second St.  
 Instructor: Sword Play Fencing Academy

This class will introduce the sport of Fencing and will focus on movement and correct positioning so that each student will improve their balance and strength while learning how to attack, defend and score in a safe and fun environment. Improve concentration, focus and tactical thinking. This is your chance to master the basics of this age-old sport which is practiced throughout the world.

Fee: \$40 Residents, \$50 Non-Residents

- F001 Mar. 16-Apr. 20 Tue. 5pm-5:45pm
- F002 May 4- Jun. 8 Tue. 5pm-5:45pm
- F003 Jun. 22-Jul. 27 Tue. 5pm-5:45pm



## LEARNING CROCHET

Age: All Ages & Abilities  
Location: 204 Second St  
Instructor: Norma Halley

You will learn about different sized hooks, yarns, and styles. Learn to make gifts, keepsakes, baby blankets and much more. Experienced and beginning students are combined to create diverse class.



Fees: \$20 Residents, \$30 Non-Residents  
LC001 Mar. 16-Apr.20 Tue. 10am-11am  
LC002 Apr. 27-Jun.1 Tue. 10am-11am

## DRAWING- INTRODUCTION & REFRESHER

Age: 18 and up  
Location: 204 Second St.  
Instructor: Nancy Roberts

Discover or rediscover the pleasure of drawing! Projects with a wide variety of themes will focus on linework, value, composition, space, three-dimensional form and texture. You will also learn techniques for working with pencil, pen and charcoal to enhance realism and add creative expression to your work. A list of suggested supplies is available on the instructors website: [www.NancyRobertsStudio.com](http://www.NancyRobertsStudio.com).

Fee: \$72 Residents, \$82 Non-Residents  
DIR001 Mar. 24- Apr. 28 Wed. 1:00pm-2:30pm

## INTRODUCTION TO WATERCOLOR

Age: 18 and up  
Location: 204 Second St.  
Instructor: Nancy Roberts

Come explore the unique personality of this fresh and exciting medium! In this class you will learn about watercolor wash techniques, glazing, working with value, mixing color, understanding light and shadow and designing a strong composition. We will explore a variety of special effects that add texture, drama and creative expression to your work. A list of suggested supplies is available on the instructor's website: [www.NancyRobertsStudio.com](http://www.NancyRobertsStudio.com)

Fee: \$48 Residents, \$58 Non-Residents  
IW001 May 12-Jun 2 Wed. 1:00pm-2:30pm

## BLACK DRAGON KARATE

Age: 14 and up  
Location: 204 Second St.  
Instructor: Grand Master Luis Pande

This class is designed for beginners and returning students. Participants will learn discipline and respect for self and others while learning self-defense techniques.

Fee: \$60 Residents, \$70 Non-Residents  
BDK001 Apr. 5-May 12 Mon. & Wed 6:00pm-7:00pm  
BDK002 May 17-Jun. 23 Mon. & Wed 6:00pm-7:00pm

## PILATES

Age: Adults- All Abilities Welcome  
Location: Lifestyle Fitness  
5351 Neroly Road.  
Instructor: Brenda Peterson

This class will help improve strength, flexibility, core stability and posture. Class experience and curriculum ranges from beginner to advanced. Work at your own pace and set personal goals within a social and friendly atmosphere. Mats provided. Register at City Hall.

Fee: \$40 Residents, \$50 Non-Residents  
P001 Mar. 18- Apr. 22 Thur. 8:30am-9:30am  
P002 Apr. 29- Jun. 3 Thur. 8:30am-9:30am

**BASKETBALL CLASS**

Age: 18 and up  
 Location: O'Hara Park Middle School  
 Instructor: Rick Melgoza

Offers players the opportunity for 3 vs. 3 or 4 vs. 4, half court games without the commitment of a league. Great aerobic workout! Space is limited. Register on site.

Fee: \$40 Residents  
 BB001 Jan. 5- May. 12 Wed. 6:30pm-8:30pm



**CPR AND FIRST AID COMBO FOR CHILDCARE PROVIDERS**

Age: Adults  
 Location: 204 Second St.  
 Instructor: CPR Fast

This course is designed for childcare providers interested in learning CPR and First Aid. This course emphasizes prevention and preparation for medical emergencies for the adult, child and infant and basic first aid skills. Course fee includes a student textbook and a two year certification approved by Emergency Medical Services Authority and OSHA.

Fee: \$70 Residents, \$80 Non-Residents  
 Feb. 27 Sat. 8:30am-4:30pm  
 Mar. 27 Sat. 8:30am-4:30pm

**CPR AND FIRST AID COMBO**

Age: Adults  
 Location: 204 Second St.  
 Instructor: CPR Fast

Perfect for educators, parents, coaches and anyone interested in learning CPR and First Aid. This course emphasizes prevention and preparation for medical emergencies for the adult, child and infant and basic first aid skills. Course fee includes a student textbook and a two year certification approved by OSHA.

Fee: \$70 Residents, \$80 Non-Residents  
 Feb. 27 Sat. 8:30am-3:30pm  
 Mar. 27 Sat. 8:30am-3:30pm  
 Jun. 5 Sat. 8:30am-3:30pm  
 Jun. 19 Sat. 8:30am-3:30pm

**BASIC LIFE SUPPORT FOR HEALTHCARE PROVIDERS**

Age: Adults  
 Location: 204 Second St.  
 Instructor: CPR Fast

This American Heart Association Course is perfect for anyone working in the healthcare industry. The course is designed to teach relief of airway obstructions, CPR skills for the adult, child and infant, and how to use an AED. Course fee included student textbook and a two year certification.

Fee: \$70 Residents, \$80 Non-Residents  
 Apr. 24 Sat. 8:30am-3:30pm  
 May 22 Sat. 8:30am-3:30pm  
 Jun. 26 Sat. 8:30am-3:30pm

**CPR Classes offered by CPR Fast  
 To register for these classes please  
 contact CPR Fast at 925-625-3278  
 or visit [www.cprfast.org](http://www.cprfast.org)**



MT. DIABLO REGION YMCA

We build strong kids, strong families, strong communities



## Parent's Night Out

Ages 3 to 12

Here is your chance to sneak some time for yourself! Let us watch your children while you enjoy a night out "Kids-Free." Each Parent's Night Out includes dinner a movie and activities.

March 13th ; 5:30pm-9:00pm; Delta Family YMCA

## The Walking Club

The Delta Family YMCA has formed Sun Strollers, a walking club. Participants meet at the YMCA for meeting updates and walking assignments. Prize incentives are offered to people who accomplish club goals.

For more information on how to join The Walking Club contact the Delta Family YMCA at 925-625-9333.

## Youth Indoor Soccer

Ages 12 to 18

Show off your skills in the YMCA Co-Ed 6 on 6 Futsol league. This is an eight week season that meets once a week for a game. At the end of the season a playoff will be held to find the winner of the league.

Saturday, March 13

## Youth Outdoor Soccer

Ages 3 to 11

Introduce your child to the game of soccer. Children will learn the fundamentals of dribbling, passing shooting, and defense while developing values of sportsmanship, teamwork and fun. Children will need shin guards and tennis shoes. The YMCA will provide other equipment. The games are coached by parent volunteers. All practices and games are played for one hour on Saturday and are scheduled by the YMCA. There will be no games or practice on May 23rd

Sat. March 13

