

ANTIOCH RECREATION DEPARTMENT & YOUTH SERVICES NETWORK

# RECREATION

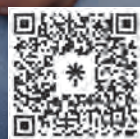
Spring 2025

*guide*



**ANTIOCH**  
CALIFORNIA  
OPPORTUNITY LIVES HERE

FOLLOW US ON SOCIAL MEDIA:



February-May | Registration begins: January 13, 2025



ANTIOCH WATER PARK PRESENTS  
OUR 4TH ANNUAL

# EGGSTRAVAGANZA & REC EXPO



**APRIL 12TH, 2025 | 11AM-3PM**

Enjoy photos with the Easter Bunny, Land & Water  
Egg Hunts, Activity Demonstrations, Games & Crafts

**TICKETS**  
**\$8 PRE-SALE & \$12 DAY OF**

**PURCHASE TICKETS AT [ANTIOCHWATERPARK.COM](http://ANTIOCHWATERPARK.COM)**



Teen Events Page 12



Gentle Yoga Page 27



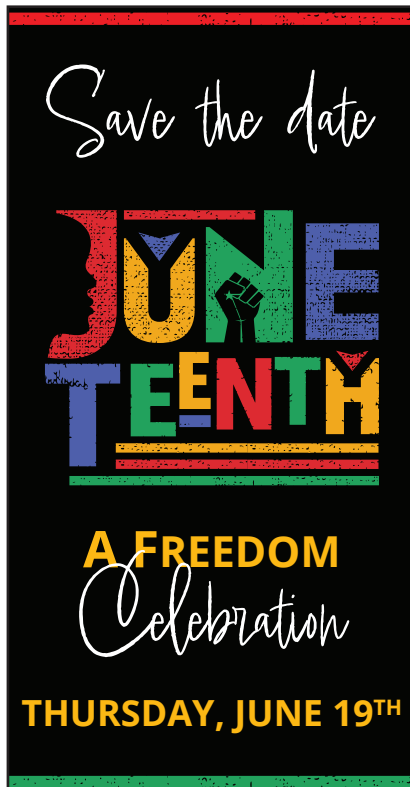
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## Class Fees:

R = Resident NR = Non-Resident

## Class Locations:

**Antioch Community Center**  
 4703 Lone Tree Way

**Antioch Community Park**  
 801 James Donlon Boulevard

**Antioch Marina**  
 5 Marina Plaza

**Antioch Senior Center**  
 415 W. 2nd Street

**Antioch Water Park**  
 4701 Lone Tree Way

**Chichibu Park**  
 G Street & Acorn Drive

**City Park**  
 Corner of 10th and A Streets

**Diablo West Park**  
 2000 Prewett Ranch Drive

**Prosserville Park**  
 W. 6th Street & M Street

## Information on Disabilities

The City of Antioch Recreation Department encourages individuals of all abilities to participate in the offerings in this brochure. To aid in these programs, we request two weeks advance notice prior to the first class. We are committed to accommodating programs to meet individual needs. For further information, call 776-3050.

*In Antioch, our mission is to deliver quality services with integrity, excellence, and innovation.*



## Instructor Highlight

### Manuel Garcia

Manuel Garcia was born in Madera, raised in Oakland and settled in Antioch, but his love of Aztec dancing started when he was a youth.

"The class I teach was taught to me at an early age, and passed down from generation to generation," Garcia said.

The class, which meets Tuesdays and Thursdays for two hours at the Nick Rodriguez

Community Center, is more than just a dance class. The sessions include "teaching our culture and many other cultures through dance, art, and music. We focus on youth and families to learn what the dances mean, where they come from and how they relate to our daily life and community. This is also something the whole family can do together," Garcia said.

Garcia was first exposed to Aztec dancing while a student at Hartnell College in Salinas. "I was trying to find an identity, looking to keep focus away from the trouble that can happen when you put yourself in the wrong situations."

Ultimately, his knowledge of teaching these classes comes from Gerardo Salinas, a fifth-generation teacher from San Jose. Salinas pushed him into teaching his own classes, which he started in 2012. He is in his sixth year of teaching in Antioch.

—Written by: Dan Wall



## CITY OF ANTIOCH CALIFORNIA OPPORTUNITY LIVES HERE

### CITY COUNCIL

Ron Bernal, Mayor  
Monica E. Wilson Don Freitas  
Louie Rocha Tamisha Torres-Walker

### PARKS & RECREATION COMMISSION

Dominique King, Chair  
Dorothy Ellis, Vice Chair  
Shan Hunt Alexander Broom Lesley Eubanks  
Mariah Williams Lemuel Del Castillo

Commission meetings are open to the public and held on the third Thursday of the month at 7:00p.m..

### RECREATION DEPARTMENT

Brad Helfenberger, Parks & Recreation Director  
Shahad Wright, Recreation Manager  
Jaylyn Valenzuela, Recreation Supervisor  
Emily Reinard, Administrative Analyst  
La'Nae Jackson, Programs Coordinator  
Stephanie Simmons, Facility Coordinator  
Karen Alsaker, Administrative Assistant

### ANTIOCH WATER PARK

Bree Pires, Recreation Supervisor  
Victoria Alvarado, Programs Coordinator  
Dustin Daroy, Aquatics Maintenance Worker

### ANTIOCH SENIOR CENTER NICK RODRIGUEZ COMMUNITY CENTER

Jun Gandia, Recreation Supervisor  
Frida Ortiz, Programs Coordinator

### ANTIOCH MARINA PARK/FACILITY MAINTENANCE

Derek Traya, Operations Supervisor

**Antioch Recreation is looking for new contract class instructors.** We provide wellness opportunities for all ages, with a focus on lifelong learning and fostering a healthy mind, body, and soul. For more information, please visit Recreation Department—City of Antioch, California ([antiochca.gov](http://antiochca.gov)) and look under join our team.

Join  
Our  
Team

### City of Antioch Recreation Offices will be closed for the following holidays:

Monday, January 20 — MLK, Jr. Day  
Wednesday, February 12 — Lincoln's Birthday  
Monday, February 17 — President's Day  
Monday, May 26 — Memorial Day  
No drop-in sports Sunday, February 9, April 20, May 11, and May 25



**"Life's most persistent and urgent question is,  
"What are you doing for others?"**

—Dr. Martin Luther King, Jr.



# MLK DAY OF SERVICE

**MON, JAN 20, 2025**  
ALL EVENTS: 9:00AM-1:00PM



**ANTIOCH**  
CALIFORNIA  
OPPORTUNITY LIVES HERE

Space is limited.

Please register for a project at:  
[antiochca.gov/register](http://antiochca.gov/register) using a  
number listed below.

Antioch Senior Center  
Day of Engagement: ..... #11792

Antioch Community Park  
Revitalization Project: ..... #11791

Fremont Elementary School  
Community Project: ..... #11790

For more details, please visit [antiochca.gov/mlk-day](http://antiochca.gov/mlk-day)

THE **FOODIE CREW** PRESENTS:

# **FOOD TRUCK** ANTIOCH 2025 **THURSDAYS!**

**GREAT FOOD • CRAFT BEER & WINE • MUSIC • FAMILY FUN**



Every Thursday from **FEBRUARY 6TH** thru **OCTOBER 30TH**

For Food Truck Lineups & To Follow Us:   @FOODIECREWSF  
[FOODIECREW.COM](http://FOODIECREW.COM)

**5-9PM** @ **ANTIOCH COMMUNITY CENTER & WATER PARK (LOT)**  
4703 Lone Tree Way • Antioch

*Sponsored in part by The City of Antioch Recreation Department*







THIS ARBOR DAY  
**KEEP ANTIOCH  
BEAUTIFUL**  
**APRIL 26, 2025**



**Check-In: 9AM Cleanup: 9:30-11:30AM**  
Free Lunch for Volunteers: 12-1pm  
**For more information visit**  
[antiochca.gov/keep-antioch-beautiful](http://antiochca.gov/keep-antioch-beautiful)



**SCAN TO  
REGISTER**

THIS YEAR'S  
**Services**



Planting  
Trees #11793  
ON ARBOR DAY  
APRIL 25TH



Trash  
Cleanup #11794  
AT NICK RODRIGUEZ  
COMMUNITY CENTER



Planting  
Flowers #11795  
ANTIOCH COMMUNITY  
CENTER

**ANTIOCH**  
OPPORTUNITY LIVES HERE



**The 9TH ANNUAL BUNNY HOP 5K**

CITY OF ANTIOCH CALIFORNIA

ANTIOCH ROTARY CLUB

**Saturday, April 19, 2025**

**9:00am**

**Scenic Corteva Wetlands**

SPONSORS:

 Sutter Health  
Sutter Delta  
Medical Center  
We Plus You

 CORTEVA  
agriculture



[runsignup.com/Race/CA/Antioch/AntiochBunnyHop5K](https://runsignup.com/Race/CA/Antioch/AntiochBunnyHop5K)

CELEBRATE ANTIOCH FOUNDATION 2025

ENJOY THE RIVERTOWN EXPERIENCE

**Antioch's Rivertown**

SHOPS • RESTAURANTS • SERVICES • EVENTS

**APR 20**  
EASTER EGG-STRAVAGANZA  
12PM-4PM

**MAY 10**  
RIVERTOWN WINE WALK & ARTISAN FAIR | 12PM-4PM

**JUN 15**  
FATHER'S DAY CAR SHOW  
10AM-2PM





[celebrateantioch.org](https://celebrateantioch.org)

**COYOTE HILLS SUMMER CAMPS 2025**

**6 Weeks of Summer Day Camp Fun!**

REGISTRATION BEGINS MAY 5!

Week 1	6/23-6/27
Week 2	6/30-7/3*
Week 3	7/7-7/11
Week 4	7/14-7/18
Week 5	7/21-7/25
Week 6	7/28-8/1

\*no camp 7/4

More details to come! Summer Recreation Guides will be available in late April.











## PARDON OUR MUD

While we work to improve upon your experience, Prewett Peak including Rattler's Run and Canyon Cooler will be closed during the Summer 2025 season. In the meantime, the rest of our attractions are ready for you to dive into and make a splash!



COME SPLASH WITH US AT  
**THE ANTIOCH WATER PARK**  
FOR OPENING DAY!

ANTIOCH

Water park

**ONLINE STORE  
OPENS MAY 1ST**

Enjoy all we have to offer  
Purchase Tickets  
Birthday Packages  
Rentable Luxury Loungers  
& Season Passes

FOR SPECIAL EVENTS SEE OUR  
WEBSITE AND OUR SUMMER REC GUIDE

**MAY 24TH, 2025**

[WWW.ANTIOCHWATERPARK.COM](http://WWW.ANTIOCHWATERPARK.COM)





## AQUATIC TRAININGS

### 15 YEARS & UP

## American Red Cross Lifeguard Certification

Take the first step in joining the Antioch Water Park lifeguard team! Become a certified lifeguard. Successful completion of the course will result in Lifeguard, CPR/AED, First Aid and Title 22 certifications. All courses will be fully in person during 2025. **Must attend** recruitment clinic to register for lifeguard certification. See information below.



### Antioch Water Park Lap Pool - Instructor: Aquatics Staff

MARCH	3/20-23	TH-FR	4:00PM-8:00PM	\$150R/\$162NR
	3/27-30	SA-SU	9:00AM-5:00PM	
APRIL	4/3-4, 4/10-11	TH/FR	4:00PM-8:00AM	\$150R/\$162NR
	4/5-6, 4/13	SA/SU	8:00AM-6:00PM	
MAY	5/1-2, 5/8-9	TH/FR	4:00PM-8:00AM	\$150R/\$162NR
	5/3-4, 5/10	SA/SU	8:00AM-6:00PM	

### 15 YEARS & UP

## Lifeguard Recruitment Clinics

Are you considering joining the Antioch Water Park lifeguard team? Come to our Lifeguard Recruitment Clinics to learn what it takes to become a lifeguard! In these free clinics you can practice and improve the prerequisite skills required to register for the certification course. During these clinics, candidates will complete the lifeguard course prerequisite test, complete hiring paperwork, sign up for the lifeguard class, and ask lifeguard staff any questions you may have.

Lifeguard candidates can attend as many clinics as they would like prior to classes starting. They **must attend** one of the clinics to complete the prerequisite test and register for the lifeguard class.

Contact Antioch Water Park staff for additional information/questions.

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#### March Clinics • Monday/Wednesday

3/10, 3/12, 3/17, 3/19, 3/24, 3/26, 3/31	4:00PM-6:00PM	FREE
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#### April Clinics • Monday/Wednesday

4/2, 4/7, 4/9, 4/14, 4/16, 4/21, 4/23, 4/28, 4/30	4:00PM-6:00PM	FREE
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### 16 YEARS & UP

## Antioch Water Park Swim Instructor Training

Dive into our comprehensive Swim Instructor training program! This hands-on training will equip those interested in teaching swim lessons with the essential skills and knowledge to teach swimming effectively and safely. Get ready to make a splash in our community and create a lasting impact as you take the first step toward becoming a Swim Instructor at the Antioch Water Park. **Must attend** recruitment clinic to register for swim instructor training course. See information below.

### Antioch Water Park Lap Pool - Instructor: Aquatics Staff

MARCH	3/27-3/28	TH-FR	4:00PM-8:00PM
	3/29	SA	9:00AM-1:00PM
APRIL	4/17-18	TH/FR	4:00PM-8:00AM
	4/19	SA	9:00AM-1:00PM
MAY	5/5-5/7	MO-WE	4:00PM-8:00PM

### 16 YEARS & UP

## Swim Instructor Recruitment Clinics

Are you interested in becoming a Swim Instructor at the Antioch Water Park? Come to our Swim Instructor Recruitment Clinics to learn more about this fun job opportunity! In these free clinics you can practice and improve the prerequisite skills required to register for the training course. During these clinics, candidates will complete the swim instructor training prerequisites, complete hiring paperwork, sign up for the training class, and ask swim lesson staff any questions you may have.

Swim Instructor candidates can attend as many clinics as they would like prior to classes starting. They **must attend** one of the clinics to complete the prerequisites and register for the swim instructor training class.

### Contact Antioch Water Park staff for additional information/questions.

#### March Clinics • Monday/Wednesday

3/10, 3/12, 3/17, 3/19, 3/24, 3/26, 3/31	4:00PM-6:00PM	FREE
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#### April Clinics • Monday/Wednesday

4/2, 4/7, 4/9, 4/14, 4/16, 4/21, 4/23, 4/28, 4/30	4:00PM-6:00PM	FREE
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FITNESS

16 YEARS & UP  
Water Aerobics

The ultimate in low impact aerobics. Classes accommodate all fitness levels with emphasis on cardio, muscle toning and fun. No swimming skills required. *\$10 drop in per visit available.*

Antioch Water Park Lap Pool • Instructor Cindy Pang				
Tuesday/Thursday			Adults 50+	
#11620	4/15-5/8	6:30PM-7:30PM	\$76R/\$86NR	\$50R/\$60NR
#11621	5/13-6/5	6:30PM-7:30PM	\$76R/\$86NR	\$50R/\$60NR
Saturday				
#11618	4/19-5/3*	9:30AM-10:30AM	\$29R/\$39NR	\$19R/\$29NR
#11619	5/10-5/31	9:30AM-10:30AM	\$38R/\$48NR	\$25R/\$35NR

\*3 class session

12 YEARS & UP  
Lap Swim

Lap swim is offered for swimmers 12 years and older.

Antioch Water Park Lap Pool		
Tuesday/Thursday		
4/15-5/29	4:30PM-6:00PM	\$4 drop in per visit
Lap Swim Punch Pass		\$35R/\$45NR
Purchase an Antioch Water Park Lap Swim Punch Pass! These passes come with 10 visits each that are valid during any designated lap swim time slot. These visits do not expire until all 10 are used. <i>Passes NOT valid during summer general admission hours.</i>		

SWIM LESSONS AT THE ANTIOCH WATER PARK

The Antioch Water Park offers a comprehensive and developmentally appropriate swim program that teaches participants of all ages how to swim safely and skillfully. For detailed information regarding level placement, please visit [www.antiochwaterpark.com](http://www.antiochwaterpark.com) or contact our front desk. All classes are 25 minutes in length. **All classes are taught by certified aquatic staff at the Antioch Water Park.**

5 MONTHS TO 3 YEARS  
Parent and Child

Introduce your little ones to the water with our Parent and Child swim lessons! Two levels will be offered: Parent/Child 1 will be focused on those who are just getting comfortable in the water and will teach basic water safety, Parent/Child 2 will be focused on getting comfortable with an instructor and preparing them for preschool lessons. Only one adult can accompany each child in the water. These group classes have a ratio of 1 instructor for up to 6 pairs.

SATURDAY	LEVEL 1	LEVEL 2
5/10-5/31 \$54R/\$64NR	9:00AM #11626	11:30AM #11627

3-5 YEARS  
Preschool Swim Lessons

Geared towards our youngest swimmers! Our preschool swim lessons will teach students basic swimming skills ranging from beginning to swim to learning different strokes and techniques, while growing confidence in their swim abilities and learning water safety. Adults are not permitted to accompany children in the water. These are group classes with a ratio of 1 instructor for up to 4 students. Levels 1, 2, and 3 offered.

SATURDAY	LEVEL 1	LEVEL 2	LEVEL 3
5/10-5/31 \$54R/\$64NR	9:30AM #11628 11:30AM #11629	9:30AM #11630	10:30AM #11631



Photo by: Jodie Hltosis



## 6-14 YEARS

**Youth Swim Lessons**

Our youth swim lessons will teach students basic swimming skills ranging from beginning to swim to learning different strokes and techniques, while growing confidence in their swim abilities and learning water safety. These are group classes with a ratio of 1 instructor for up to 6 students. Levels 1, 2, and 3 offered.

SATURDAY	LEVEL 1	LEVEL 2	LEVEL 3
5/10-5/31 \$54R/\$64NR	10:00AM #11632 11:00AM #11633	10:00AM #11634	10:30AM #11635

## 15 YEARS &amp; UP

**Adult Swim Lessons**

Working with an instructor, teens and adults will learn swimming skills, water safety, improve their swimming abilities, and gain water confidence. Two levels will be offered: Learning the Basics focuses on those with little or no comfort in the water and will cover basic skills ranging from floating to freestyle and backstroke, Stroke Improvement focuses on those who can swim basic strokes but want to improve their skills and endurance as well as learn additional skills. These are group classes with a ratio of 1 instructor for up to 6 students.

SATURDAY	Learning the Basics	Stroke Improvement
5/10-5/31 \$54R/\$64NR	9:00AM #11624	11:00AM #11625

## 3 YEARS &amp; UP

**Private Swim Lessons**

Private Lessons are 25 minutes of one-on-one instruction. Lessons are customized to meet the specific needs of each student to grow their confidence around water and/or improve upon swimming technique. Available to swimmers of all levels and abilities.

SATURDAY	9:00AM	9:30AM	10:00AM	10:30AM	11:00AM	11:30AM
5/10-5/31 \$109R/\$120NR	#11636 #11637	#11638 #11639	#11640 #11641	#11642 #11643	#11644 #11645	#11646 #11647





# TEEN POTTERY NIGHT

**FEBRUARY 6TH**

6.00 PM - 8.00 PM

Antioch Water Park  
4701 Lone Tree Way, Antioch, 94531



Register by: February 5th



Free for Ages: 12-18 and one  
parent/guardian



## BACK 2 SCHOOL BOWLING

JAN 9TH  
DELTA BOWL



AGES 12-15:  
4:30PM-6:00PM

AGES 16-18  
6:15PM-7:45PM



REGISTER  
BY: 01/07



**FREE!**



## TEEN MOVIE NIGHT

MARCH 26  
MAYA  
CINEMAS

AGES 12-15  
4:30PM-  
6:00PM

REGISTER BY  
MARCH 25

AGES 16-18  
6:15PM-  
7:45PM



## TEEN HIKE



April 12, 2025 |  
Black Diamond Hills  
12-18 Year Olds | 9:30AM

REGISTER BY:  
APRIL 10TH



## TEEN SKATE NIGHT



AGES 12-15:  
4:30PM-6:00PM

**MAY 9TH**

AGES 16-18:  
6:15PM-7:45PM

PARADISE SKATE



REGISTER BY: MAY 7TH

**FREE!**







# SPRINGBOARD

## INTERNSHIP

### A PAID SUMMER INTERNSHIP PROGRAM FOR YOUTH

✓ DEVELOP  
HANDS ON EXPERIENCE

✓ EXPOSURE TO  
CAREER PATHS

✓ CONNECT WITH  
LOCAL GOVERNMENT

## OPEN TO HIGH SCHOOL JUNIORS & SENIORS

THROUGH THIS INTERNSHIP, YOUTH WILL:

- GET PAID
- MEET OTHER YOUTH
- GAIN VALUABLE WORK EXPERIENCE
- DEVELOP AND REFINE UNIQUE SKILLS
- AND MORE!



APPLICATIONS ARE AVAILABLE ON A  
FIRST-COME, FIRST-SERVED BASIS AT:

[ANTIOCHCA.GOV/SPRINGBOARD](https://antiochca.gov/springboard)

**DEADLINE TO APPLY:  
FEBRUARY 1, 2025**



FOR MORE INFORMATION:  
[YOUTH@ANTIOCHCA.GOV](mailto:youth@antiochca.gov)







# MAYOR'S APPRENTICESHIP PROGRAM

*Are you currently or formerly justice involved? Do you need training and a part-time job?*



**M.A.P.** IS A **PAID PROGRAM**  
FOR YOUNG ADULTS **AGES 18-26**,  
WHO MAY BE JUSTICE INVOLVED,  
UNHOUSED, FOSTER YOUTH OR  
HAVE BARRIERS TO EMPLOYMENT.

**APPLY TODAY AT:**  
[antiochca.gov/MAP](http://antiochca.gov/MAP)



**DEADLINE:**  
**3/1/2025**

## PROGRAM OFFERS:



60 HOURS OF  
PAID WORKFORCE  
DEVELOPMENT TRAINING



ONGOING PROFESSIONAL  
DEVELOPMENT



PART TIME POSITION IN  
A CITY OF ANTIOCH  
DEPARTMENT

**FOR MORE INFORMATION,  
CALL:**  
**925-779-7082**

BUILD

ARCHITECTURE INTERNSHIP

Promoting job development skills and expanding opportunities!

This PAID (VIRTUAL) internship is a unique and fun immersion into the world of architecture and design for young adults ages 18-24.

**Deadline to apply is Feb. 15**

**July 7-August 15**

Visit [antiochca.gov/BUILD](http://antiochca.gov/BUILD) for more information or email [youth@antiochca.gov](mailto:youth@antiochca.gov).

APPLY HERE



THE YOCH PROGRAM



VOLUNTEERS

Open to teens ages 12-15 years\*.  
Flexible schedule from Monday-Friday.

Teens aged 12-15 have the opportunity to develop practical job skills and receive valuable support while participating in our program. Participation requires completion of at least one community service project.

REGISTER HERE



*\*Priority given to Antioch residents and/or AUSD students.*

SPRING

Teen Camp

**MARCH 24-28**  
9:00-3:00PM | #11774\*  
at the Antioch Community Center

College Tour

Hiking

Fun!

For more information, call 951-941-9070  
*\*FOR AUSD OR ANTIOCH RESIDENTS ONLY.*



Ages 13-16



Linked in



HOT LUNCH & SNACKS SERVED

YOUTH SERVICES NETWORK: (925) 779-7082 | 15



## ANTIOCH RECREATION PRESCHOOL ACADEMY



### 3.25-5 YEARS

Welcome to our Preschool Academy where your child will be encouraged to use their imagination and develop an early love of school and learning while building self-confidence and self-esteem. We will work on mastering pre-writing, pre-math, colors, shapes, numbers, and letters. Accommodating the uniqueness of young children using a developmentally appropriate curriculum, all in a nurturing and loving environment. Preschoolers each get their own Academy Kit filled with materials for projects, art, and play. Children must be fully potty trained. Registration must be completed no later than noon, the Friday before each session begins.

For additional information, visit: [antiochca.gov/preschool](http://antiochca.gov/preschool)

### Morning Preschool Academy

Antioch Community Center • Instructor: Cindy Pang  
Monday–Thursday

#11668	2/3-2/27*	8:30AM-11:30AM	\$441R/\$485NR
#11669	3/3-3/20	8:30AM-11:30AM	\$378R/\$416NR
#11670	3/31-5/1*	8:30AM-11:30AM	\$598R/\$658NR
#11671	5/5-5/29	8:30AM-11:30AM	\$473R/\$518NR

\*No class 2/12, 2/17, 4/21, 5/26

Antioch Community Center • Instructor: Jacqueline Chen  
Tuesday & Thursday

#11672	2/4-2/27	8:30AM-11:30AM	\$252R/\$277NR
#11673	3/4-3/20	8:30AM-11:30AM	\$189R/\$208NR
#11674	4/1-5/1	8:30AM-11:30AM	\$315R/\$347NR
#11675	5/6-5/29	8:30AM-11:30AM	\$252R/\$277NR

### Afternoon Preschool Academy

Antioch Community Center • Instructor: Ariana & Kaitlyn  
Monday & Wednesday

#11676	2/3-2/26*	1:00PM-4:00PM	\$189R/\$208NR
#11677	3/3-3/19	1:00PM-4:00PM	\$189R/\$208NR
#11678	3/31-4/30*	1:00PM-4:00PM	\$284R/\$312NR
#11679	5/5-5/28*	1:00PM-4:00PM	\$221R/\$243NR

\*No class 2/12, 2/17, 4/21, 5/26

Antioch Community Center • Instructor: Jacqueline Chen  
Tuesday & Thursday

#11680	2/4-2/27	1:00PM-4:00PM	\$252R/\$277NR
#11681	3/4-3/20	1:00PM-4:00PM	\$189R/\$208NR
#11682	4/1-5/1	1:00PM-4:00PM	\$315R/\$347NR
#11683	5/6-5/29	1:00PM-4:00PM	\$252R/\$277NR



Scan the QR Code  
for more information  
about Antioch  
Recreation Preschool  
Academy





**Adaptive Recreation & Inclusion Programs**  
Be Exceptional provides recreational classes and social events for individuals facing developmental, physical, and emotional challenges.

## PLAYGROUP

1-3 YEARS

### Shining Stars Playgroup

Little ones and their caretakers can join us in this fun filled playgroup where we will explore gymnastics, creative movement, music, and art. *(Parent/guardian participation is required.)*

**Antioch Community Center • Instructor: Be Exceptional**

**Friday**

#11685	2/14-3/21	10:30 AM-11:30 AM	\$80R/\$90NR
#11686	4/4-5/16*	10:30 AM-11:30 AM	\$80R/\$90NR

\*No class 4/18

## DANCE & TUMBLING

1-3 YEARS

### Mini and Me Ballet

Little ones and their caretakers can join us in this fun filled creative ballet and basic yoga class. *(Parent/guardian participation is required.)*

**Antioch Community Center • Instructor: Be Exceptional**

**Friday**

#11687	2/14-3/21	9:30 AM-10:15 AM	\$80R/\$90NR
#11688	4/4-5/16*	9:30 AM-10:15 AM	\$80R/\$90NR

\*No class 4/18

1-3 YEARS

### Tiny Steps

You and your little one can join us in this all-abilities class while we explore creative movement games and activities and learn basic dance and tumbling skills. *(Parent/guardian participation is required.)*

**Antioch Community Center • Instructor: Be Exceptional**

**Saturday**

#11689	2/15-3/22	9:00 AM-9:45 AM	\$80R/\$90NR
#11690	4/5-5/17*	9:00 AM-9:45 AM	\$80R/\$90NR

\*No class 4/19

2-3 YEARS

### Tumblebugs

Let your little bug have fun while learning basic tumbling skills. This class incorporates tumbling activities to enhance motor skills, balance, swinging, jumping, flexibility and strength. Please wear comfortable clothes and bare feet.

**Antioch Community Center • Instructor: Be Exceptional**

**Saturday**

#11691	2/15-3/22	10:00AM-10:45AM	\$80R/\$90NR
#11692	4/5-5/17*	10:00AM-10:45AM	\$80R/\$90NR

\*No class 4/19

3-4 YEARS

### Tumble Tots

Join us in this all-abilities class while we learn the basics of gymnastics and tumbling skills. Workout/dance attire and bare feet required.

**Antioch Community Center • Instructor: Be Exceptional**

**Saturday**

#11693	2/15-3/22	11:00AM-11:45AM	\$80R/\$90NR
#11694	4/5-5/17*	11:00AM-11:45AM	\$80R/\$90NR

\*No class 4/19

3-5 YEARS

### Storybook Ballet

Join us for a creative ballet class where we dance our way through popular children's ballet stories. Please wear a leotard and ballet shoes.

**Antioch Community Center • Instructor: Be Exceptional**

**Saturday**

#11695	2/15-3/22	10:00AM-10:45AM	\$80R/\$90NR
#11696	4/5-5/17*	10:00AM-10:45AM	\$80R/\$90NR

\*No class 4/19





## DANCE & TUMBLING



4-6 YEARS

### Boogie to the Beat

This upbeat creative dance class will help teach the basics of body movement, musicality, and dance skills

Antioch Community Center • Instructor: Be Exceptional

Saturday

#11705	2/15-3/22	9:00AM-9:45AM	\$80R/\$90NR
#11706	4/5-5/17*	9:00AM-9:45AM	\$80R/\$90NR

\*No class 4/19

5-7 YEARS

### Intro to Gymnastics and Tumbling

This fun introductory class will have your gymnast balancing on the beam, bouncing on the trampoline, and tumbling across the floor. Workout/dance attire and bare feet required.

Antioch Community Center • Instructor: Be Exceptional

Saturday

#11707	2/15-3/22	9:00AM-9:45AM	\$80R/\$90NR
#11708	4/5-5/17*	9:00AM-9:45AM	\$80R/\$90NR

\*No class 4/19

6-10 YEARS

### NEW! | Fun With Cheer

Learn all the fundamentals of cheerleading. Cheers, Motions, Dance, Jumps, Kicks, Voice projection and beginning tumbling. Please wear comfortable clothing and cheer shoes or tennis shoes.

Antioch Community Center • Instructor: Be Exceptional

Saturday

#11709	2/15-3/22	11:00AM-11:45AM	\$80R/\$90NR
#11710	4/5-5/17*	11:00AM-11:45AM	\$80R/\$90NR

\*No class 4/19

8-12 YEARS

### Beginning Gymnastics & Tumbling

This fun introductory class will have your gymnast balancing on the beam, bouncing on the trampoline, and tumbling across the floor. Workout/dance attire and bare feet required.

Antioch Community Center • Instructor: Be Exceptional

Saturday

#11731	2/15-3/22	10:00AM-10:45AM	\$80R/\$90NR
#11732	4/5-5/17*	10:00AM-10:45AM	\$80R/\$90NR

\*No class 4/19

## CHESS

5-14 YEARS

### Chess Classes

Chess starters class is designed for participants with no experience and provides for a strong foundation in the rules and strategies needed to play the game. Chess Advanced class is designed for participants who were in a previous Intermediate class or with knowledge and is the opportunity to keep learning and to play in a higher level. In addition to learning the fundamentals, these classes will promote the growth and development of skills concentration, logic, decision making, planning, and self-discipline. All classes' participants can also participate in training games with other participants. Fee includes a Chess RBA Ribbon Award.

Antioch Community Center • Instructor: Manuel Minzer

Starters • Sunday

#11733	2/2-3/23*	10:05AM-11:00AM	\$105R/\$116NR
#11734	4/6-5/18	10:05AM-11:00AM	\$105R/\$116NR

Advanced • Sunday

#11735	2/2-3/23*	11:05AM-12:00PM	\$105R/\$116NR
#11736	4/6-5/18	11:05AM-12:00PM	\$105R/\$116NR

\*No class 2/16



## MARTIAL ARTS

4-6 YEARS

### Max Academy—Panda

The Panda class is a physical and mental developmental program that helps young students enhance their coordination, locomotor skills, and balance. Simultaneously, students will learn important character skills like respect, focus, and perseverance. Max Academy Pandas love our classes, the chance to be with their friends, and the time they spend with their instructors.

**Antioch Community Center • Instructor: Nick Rosalez**  
**Wednesday**

#11701	2/5-2/26*	4:15PM-4:45PM	\$60R/\$70NR
#11702	3/5-3/26	4:15PM-4:45PM	\$80R/\$90NR
#11703	4/2-4/23	4:15 PM-4:45PM	\$80R/\$90NR
#11704	5/7-5/28	4:15PM-4:45PM	\$80R/\$90NR

\*No class 2/12



7-12 YEARS

### Max Academy—Juniors

The Max Academy Junior program is an award-winning self-defense and character development program taught by the certified instructors of the Max Academy. We teach kids how to protect themselves from common attacks, enhance their physical fitness, and learn how to be disciplined and focused people. Our instructors care about their students and teach them with both patience and structure so that we can guide students to become the best version of themselves.

**Antioch Community Center • Instructor: Nick Rosalez**  
**Wednesday**

#11697	2/5-2/26*	5:00PM-5:45PM	\$60R/\$70NR
#11698	3/5-3/26	5:00PM-5:45PM	\$80R/\$90NR
#11699	4/2-4/23	5:00PM-5:45PM	\$80R/\$90NR
#11700	5/7-5/28	5:00PM-5:45PM	\$80R/\$90NR

\*No class 2/12

5-12 YEARS

### Kids' Paint Night

Drop the phone, ditch the tablet, step away from the T.V.! Join Friday Paint Night and create a masterpiece to take home in our fun step-by-step painting class. Children will learn by watching demonstrations and then apply these techniques learned to their painting. Supplies will be provided.

**Antioch Community Center • Instructor: Recreation Staff**  
**5-8 Years | Friday Night**

#11711	2/14	4:15PM-5:00PM	\$17R/\$27NR
#11712	3/14	4:15PM-5:00PM	\$17R/\$27NR
#11713	4/11	4:15PM-5:00PM	\$17R/\$27NR
#11714	5/9	4:15PM-5:00PM	\$17R/\$27NR

**9-12 Years | Friday Night**

#11715	2/14	5:30PM-6:30PM	\$17R/\$27NR
#11716	3/14	5:30PM-6:30PM	\$17R/\$27NR
#11717	4/11	5:30PM-6:30PM	\$17R/\$27NR
#11718	5/9	5:30PM-6:30PM	\$17R/\$27NR

## COYOTE HILLS CAMPS



5-12 YEARS

### Spring Break Camp

Got spring fever? Join us for a fun-filled 5-day adventure where play is the name of the game! Our Spring Break Camp is the perfect way to keep kids ages 5-12 active and entertained. From exciting games and sports to creative arts and crafts, performing arts, and even cupcake decorating, there's something for everyone. Make new friends, have a blast, and create lasting memories during this action-packed week!

**Antioch Community Center • Instructor: Recreation Staff**  
**Monday-Friday**

#11747	3/24-3/28	9:00AM-4:00PM	\$231R/\$254NR
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## YOUNG ARTISAN WORKSHOPS

6-9 YEARS

### Slime Lab

Welcome to our Slime Class, where imagination meets science! In this exciting workshop, children will embark on a journey of creativity and discovery as they explore the fascinating world of slime-making. From glittery galaxies to gooey monsters, the possibilities are endless! Join us for a messy adventure filled with laughter, learning, and lots of slimey fun!

**Antioch Community Center • Instructor: Recreation Staff**  
1st Wednesday of the month

#11723	2/5	6:00PM-6:45PM	\$17R/\$27NR
#11724	3/5	6:00PM-6:45PM	\$17R/\$27NR
#11725	4/2	6:00PM-6:45PM	\$17R/\$27NR
#11726	5/7	6:00PM-6:45PM	\$17R/\$27NR

8-12 YEARS

### Jewelry Lab

Whether it's crafting a personalized necklace, designing intricate bracelets and earrings, or experimenting with color combinations, this workshop provides the perfect canvas for young minds to express their individual style.

**Antioch Community Center • Instructor: Recreation Staff**  
Wednesday

#11727	2/5-2/26	4:30PM-5:30PM	\$42R/\$52NR
#11728	3/5-3/26	4:30PM-5:30PM	\$56R/\$66NR
#11729	4/2-4/23	4:30PM-5:30PM	\$56R/\$66NR
#11730	5/7-5/28	4:30PM-5:30PM	\$56R/\$66NR

\*No class 2/12

8-12 YEARS

### Clay Makers

This fun introduction to the basics of clay and sculpting techniques is crafted to unleash one's imagination and foster artistic expression through the versatile medium of clay. From cups to figurines & statues, this workshop explores the dynamic nature of creating with clay.

**Antioch Community Center • Instructor: Recreation Staff**  
3rd Friday of the month

#11719	2/21	5:00PM-6:30PM	\$20R/\$30NR
#11720	3/21	5:00PM-6:30PM	\$20R/\$30NR
#11721	4/18	5:00PM-6:30PM	\$20R/\$30NR
#11722	5/16	5:00PM-6:30PM	\$20R/\$30NR

8-14 YEARS

### Origami Studio

Flapping cranes! Extreme airplanes! Ninja stars! For those new to folding paper or those wanting to challenge their crafting skills, this class will show you the many kinds of models and toys you can make with just a simple square of paper. Materials provided by instructor.

**Antioch Community Center • Instructor: Abraham Rodriguez**  
Thursday

#11771	2/13	5:00PM-7:00PM	\$20R/\$30NR
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8-14 YEARS

### Anime Draw-a-thon

Welcome to an evening of drawing where we will put our creative skills to the test against different drawing challenges, with an anime theme! Artists of all levels are invited to join and flex their skills. Come equipped with your favorite art supplies, a sketchbook, and your creativity!

**Antioch Community Center • Instructor: Abraham Rodriguez**  
Thursday

#11772	3/27	5:00PM-7:00PM	\$20R/\$30NR
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8-14 YEARS

### Watercolor Workshop

Get ready to explore cool watercolor effects using fun techniques and your favorite art style. Great for experienced artists and newcomers alike! Supplies provided by instructor.

**Antioch Community Center • Instructor: Abraham Rodriguez**  
Thursday

#11773	4/10	5:00PM-7:00PM	\$20R/\$30NR
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## COOKING

8-11 YEARS

### Kidlicious Cooking Class

Embrace your inner chef with this fun cooking class! Learn how to make cuisine from all over the world while building your skills to become a better chef! Learn how to prep, chop, cook and season, while getting to taste these new creations. Make your little chef dreams come true.

Antioch Community Center • Instructor: Recreation Staff

Tuesday

#11739	2/4-2/25	4:30PM-5:30PM	\$55R/\$65NR
#11740	3/4-3/25	4:30PM-5:30PM	\$55R/\$65NR
#11741	4/1-4/22	4:30PM-5:30PM	\$55R/\$65NR
#11742	5/6-5/27	4:30PM-5:30PM	\$55R/\$65NR

12-15 YEARS

### Future Foodies Cooking Class

Calling all aspiring young chefs! Participants will gain confidence in the kitchen while mastering recipes they can recreate at home. Whether you're a beginner or already passionate about cooking, this class is perfect for any teen ready to become a Future Foodie!

Antioch Community Center • Instructor: Recreation Staff

Tuesday

#11743	2/4-2/25	6:00PM-7:00PM	\$55R/\$65NR
#11744	3/4-3/25	6:00PM-7:00PM	\$55R/\$65NR
#11745	4/1-4/22	6:00PM-7:00PM	\$55R/\$65NR
#11746	5/6-5/27	6:00PM-7:00PM	\$55R/\$65NR

## SKATEBOARDING

8 YEARS & UP

### Skateboard Lessons

Skateboarding lessons for all-abilities where beginners to experts can develop and build upon their skateboarding skills. Please bring a helmet and pads. A skateboard can be provided for use during the lesson if needed.

Antioch Skatepark • Be Exceptional

Saturday

#11737	2/15-3/22	10:00AM-11:00AM	\$80R/\$90NR
#11738	4/5-5/17*	10:00AM-11:00AM	\$80R/\$90NR

\*No class 4/19



# Youth Activity Scholarships

Applications are available at:  
[antiochca.gov/RecFinancialAssistance](https://antiochca.gov/RecFinancialAssistance)  
 Program runs July 2024-December 2025  
 Applications accepted on an on-going basis while funds last.

*apply today!*

BALLET FOLKLORICO

7-13 YEARS

Ballet Folklorico de Antioch

The children’s dance class will focus on the fundamentals of Ballet Folklorico, learning about the cultural dances focused on various regions throughout Mexico. No experience is needed. This is a beginner level course. Students will learn various dance steps, work in groups, and prepare several choreographed pieces.

Material Fee: \$150 (shoe and skirt payment paid to Instructor)

Antioch Community Center/Water Park • Instructor: Sarah Phelan

Mondays: Antioch Community Center

Wednesdays: Antioch Water Park

#11812	2/3-5/28*	4:15PM-5:30PM	FREE
*No class 2/12, 2/17, 5/26			

14 YEARS & UP

Ballet Folklorico de Antioch Adult Class

Covering dances across all regions of Mexico, dancers from all levels of experience can expect an intensive cardio 2-hour class. Shoes are provided unless dancers provide them on their own. Stamina Building, Footwork Technique, and Staged Choreography are the main components to each class. The group will work together to prepare a program of dances to present at future community events. Material Fee: \$150 (shoe and skirt payment paid to Instructor)

Antioch Community Center/Water Park • Instructor: Sarah Phelan

Mondays: Antioch Community Center | Wednesdays: Antioch Water Park

Beginners

#11813	2/3-5/28*	5:30PM-6:30PM	FREE
Advanced**			

#11814	2/3-5/28*	6:30PM-8:00PM	FREE
*No class 2/12, 2/17, 5/26			
**Advanced class is audition based and participant must be 17 years & older.			



TENNIS

7 YEARS & UP

Family Tennis—Beginner/Intermediate

Progressive curriculum is designed for the beginning and intermediate tennis players. Family Tennis can include children with their parents or relatives to learn with young players. Learn and develop strokes, skills, movement, eye-hand coordination, racket control and play games. \*Please note each family member signs up and registers to play.

Chichibu Park Tennis Courts • Zonia Alston

7-12 Years—Tuesday

#11796	3/4-3/25	6:00PM-6:50PM	\$74R/\$84NR
#11797	4/1-4/22	6:00PM-6:50PM	\$74R/\$84NR
#11798	5/6-5/27	6:00PM-6:50PM	\$74R/\$84NR

13+ Years—Tuesday

#11799	3/4-3/25	7:00PM-7:50PM	\$74R/\$84NR
#11800	4/1-4/22	7:00PM-7:50PM	\$74R/\$84NR
#11801	5/6-5/27	7:00PM-7:50PM	\$74R/\$84NR

13 YEARS & UP

Tennis Mixer—Intermediate/Advanced

Class sessions include games, strategy, and matches for intermediate to advanced players.

Chichibu Park Tennis Courts • Instructor: Zonia Alston

Tuesday

#11802	3/4-3/25	8:00PM-8:50PM	\$74R/\$84NR
#11803	4/1-4/22	8:00PM-8:50PM	\$74R/\$84NR
#11804	5/6-5/27	8:00PM-8:50PM	\$74R/\$84NR

7-18 YEARS

First Serve Tennis Camp

This camp is designed for the beginner-intermediate player. Players focus on the fundamentals and movements of tennis with instruction given in a fun and positive manner. Students must provide their own size appropriate racquet; tennis balls are provided.

Chichibu Park Tennis Courts • Zonia Alston

7-10 Years • Monday-Friday

#11805	3/24-3/28	8:30AM-10:30AM	\$136R/\$150NR
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11-18 Years • Monday-Friday

#11806	3/24-3/28	10:30AM- 12:30PM	\$136R/\$150NR
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## SPORTS

### ANTIOCH YOUTH SPORTS

The Antioch Youth Sports Program is designed to get local youth introduced to exercise and healthy lifestyles through sports play. Year-round Skills and Drills classes are offered to introduce young athletes to the fundamental skills of each sport while league play is offered to allow these athletes to test their skills through competition while learning teamwork, comradery, and life lessons through sport.

#### Skills and Drills Program

The Skills and Drills program is designed to offer low cost, accessible sports classes with progressive curriculum so that your child can develop their skills as they learn and grow. Each class includes drills and structured play to teach the fundamentals of each sport to young athletes with a focus on getting active while having fun.

4-6 YEARS

#### Multi-Sport Adventures

This program introduces children to a range of sports in a fun, engaging, and supportive environment using child-friendly equipment. During the 6 weeks, participants will learn the basics to 3 different sport activities while focusing on skill development, coordination, body movement, and sportsmanship.

**Antioch Community Center • Instructor: Antioch Youth Sports Staff**  
**Thursday**

#11648	2/6-3/13	5:00PM-5:45PM	\$30R/\$40NR
#11649	3/27-5/1	5:00PM-5:45PM	\$30R/\$40NR



## FREE SUMMER BASEBALL LEAGUE

FOR BOYS & GIRLS AGES 5-13



All jerseys, hats, pants and equipment provided.



#### BATTER UP!

##### Age Divisions:

T-Ball (Boys) 5-7Y  
T-Ball Softball (Girls) 5-7Y  
Minors Baseball (Boys) 8-10Y  
Minors Softball (Girls) 8-10Y  
Majors Baseball (Co-ed) 11-13Y

The Junior Giants Baseball League is co-sponsored by the City of Antioch Recreation Department, Antioch Police Activities League and the San Francisco Giants to bring local youth a no-fee baseball program each summer. This league is non-competitive with a strong focus on character and life-skill development.

#### REGISTRATION BEGINS APRIL 1ST AT GOJRGIANIS.ORG

Make sure to select Antioch as your league location. Weekday practices begin in June. Games take place on Saturdays, July-August.

This league is made possible through the hard work and dedication of the parent volunteers and coaches. Training resources are provided for every volunteer. Interested in coaching?  
Contact Recreation Supervisor, Jaylyn Valenzuela at (925) 779-7075 or [jvalenzuela@antiochca.gov](mailto:jvalenzuela@antiochca.gov)



BASEBALL

5-7 YEARS

Li'l Sluggers

Introduce your child to the thrilling world of baseball and softball! This program emphasizes building fundamental skills in a fun, engaging, and supportive environment, preparing participants for our Jr. Giants league that runs in the summer. Join us for an exciting adventure where your child will develop essential skills, boost their confidence, and a love for the game!

Antioch Community Park • Instructor: Antioch Youth Sports Staff

Tuesday

#11654	3/18-4/8	4:00PM-4:45PM	\$30R/\$40NR
#11655	4/22-5/13	4:00PM-4:45PM	\$30R/\$40NR

Thursday

#11656	3/20-4/10	4:00PM-4:45PM	\$30R/\$40NR
#11657	4/24-5/15	4:00PM-4:45PM	\$30R/\$40NR

8-10 YEARS

Jr. Sluggers

Take your child's game to the next level with our Jr. Sluggers baseball and softball class! This program is designed to refine skills and boost gameplay in a fun, team-focused environment. As participants prepare for the upcoming Jr. Giants season, they'll sharpen their abilities, deepen their love for the sport, and forge lasting friendships!

Antioch Community Park • Instructor: Antioch Youth Sports Staff

Wednesday

#11659	3/19-4/9	4:00PM-4:45PM	\$30R/\$40NR
#11660	4/23-5/14	4:00PM-4:45PM	\$30R/\$40NR

Thursday

#11658	3/20-4/10	5:00PM-5:45PM	\$30R/\$40NR
#11661	4/24-5/15	5:00PM-5:45PM	\$30R/\$40NR



11-13 YEARS

Sluggers

Take your skills to new heights! This program is tailored for young athletes looking to refine their techniques and enhance their understanding of the game. Participants will engage in a variety of drills focused on hitting, pitching, fielding, and base-running, all while promoting teamwork and sportsmanship. Whether your child is preparing for the upcoming Jr. Giants season or simply looking to enhance their love for the game, this class is the perfect fit!

Antioch Community Park • Instructor: Antioch Youth Sports Staff

Tuesday

#11662	3/18-4/8	5:00PM-5:45PM	\$30R/\$40NR
#11663	4/22-5/13	5:00PM-5:45PM	\$30R/\$40NR

Wednesday

#11664	3/19-4/9	5:00PM-5:45PM	\$30R/\$40NR
#11665	4/23-5/14	5:00PM-5:45PM	\$30R/\$40NR

VOLLEYBALL

9-11 YEARS

Beginning Spikers

In this class, players will focus on fundamental skills and team play in a fun supportive environment. Learn basic techniques such as serving, passing, setting, and hitting. Whether your child is new to the sport or has some basic experience, our staff coaches are here to nurture their development and love for the game.

Antioch Community Center • Instructor: Antioch Youth Sports Staff

Tuesday

#11650	3/18-4/8	4:00PM-4:45PM	\$30R/\$40NR
#11652	4/22-5/13	4:00PM-4:45PM	\$30R/\$40NR

11-13 YEARS

Intermediate Spikers

This class is designed for players looking to enhance their skills while having fun! This class is perfect for individuals with some prior experience in volleyball who want to refine their techniques, improve their game strategies, and enjoy friendly competition.

Antioch Community Center • Instructor: Antioch Youth Sports Staff

Tuesday

#11651	3/18-4/8	5:00PM-5:45PM	\$30R/\$40NR
#11653	4/22-5/13	5:00PM-5:45PM	\$30R/\$40NR



## DROP-IN PROGRAMS

14 YEARS & UP (ID required, ages 14-17 must have signed waiver on file)

### Teen & Adult Drop-In Volleyball

Antioch Community Center

Tuesday Evenings | 7:30PM-9:30PM

Sunday Evenings\* | 5:30PM-7:30PM\*

\$5 each visit payable at ACC front desk.

\*No drop-in 2/9, 4/20, 5/11, 5/25

18 YEARS & UP (ID REQUIRED)

### Adult Drop-In Basketball

Antioch Community Center

Sunday Evenings\* | 8:00PM-9:30PM

\$5 each visit payable at ACC front desk.

\*No drop-in 2/9, 4/20, 5/11, 5/25

18 YEARS & UP (ID REQUIRED)

### Adult Drop-In Pickleball

Antioch Community Center

Tuesday and Thursday Mornings | 9:00AM-11:00AM

\$5 each visit payable at ACC front desk.







**HAVE FUN & MAKE  
NEW FRIENDS**

**ASSIST WITH RECREATION  
PROGRAMS AND ACTIVITIES**

**GIVE BACK TO YOUR  
COMMUNITY**

# JUNIOR RECREATION LEADERS

**SUMMER 2025  
AGES 13-15**

**Applications Now Available**

VISIT: [ANTIOCHCA.GOV/RECREATION/JUNIOR-RECREATION-LEADER-PROGRAM](https://antiochca.gov/recreation/junior-recreation-leader-program)  
EMAIL: [LJACKSON@ANTIOCHCA.GOV](mailto:LJACKSON@ANTIOCHCA.GOV) AND [FORTIZ@ANTIOCHCA.GOV](mailto:FORTIZ@ANTIOCHCA.GOV)

FITNESS

16 YEARS & UP

Tai Chi & Chi Gong

Ancient Chinese slow meditative and flowing movements with deep breathing designed to reduce stress, relieve pain, improve memory and balance while generating positive energy for all. No experience needed.

Antioch Community Center • Instructor: Rocky Muir  
Thursday

#11759	2/13-3/13	9:00AM-10:00AM	\$50R/\$60NR
#11760	3/27-4/24	9:00AM-10:00AM	\$50R/\$60NR
#11761	5/8-5/29	9:00AM-10:00AM	\$40R/\$50NR

13 YEARS & UP

Zumba with Karina

Zumba with Karina is a very exciting dance fitness party with an atmosphere full of Latin and International music. You'll forget you're working out with its fun and simple moves. Best of all, you don't need any previous dance experience! Drop-in rate is \$15 per class. Registration must be completed by noon on the Friday before session start date.

Antioch Community Center • Instructor: Karina Dugand  
Monday

#11755	2/3-3/3*	7:00PM-8:00PM	\$55R/\$65NR
#11756	3/10-3/31	7:00PM-8:00PM	\$55R/\$65NR
#11757	4/7-4/28	7:00PM-8:00PM	\$55R/\$65NR
#11758	5/5-5/19	7:00PM-8:00PM	\$42R/\$52NR

\*No class 2/17



5 YEARS & UP

Aztec Dance

In Lak'Ech is a traditional Aztec Danza group. We teach part of our culture and many other cultures through dance, art, and music. We focus on youth and families to come learn what the dances mean, where they come from and how they relate to our daily life and community. This is also something the whole family can do together.

Nick Rodriguez Center • Instructor: Manuel Garcia  
Tuesdays & Thursdays

#11684	2/18-5/29	6:00PM-8:00PM	FREE
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17 YEARS & UP

Hula Hoop Fitness

Ready, set, go!! Join a 45-minute exciting hula hoop workout session that will relieve stress and anxiety, build strength, burn calories, train your waist, all while improving your cardio endurance. It is also a great way to learn how to hula hoop, meet people, network, or just get away to have some time to yourself.

Antioch Community Center • Instructor: Emerald Milan  
Wednesday

#11762	2/5-2/26*	7:00PM-7:45PM	\$38R/\$48NR
#11763	3/5-3/26	7:00PM-7:45PM	\$50R/\$60NR
#11764	4/2-4/30	7:00PM-7:45PM	\$63R/\$73NR
#11765	5/7-5/28	7:00PM-7:45PM	\$50R/\$60NR

\*No class 2/12



## FITNESS

17 YEARS & UP

### Gentle Yoga Hybrid Class

Join in person or online to this gentle yoga class that begins with stress relieving relaxation and eases into gentle yoga postures as well as myofascial release. Please bring a yoga mat and towel or a small pillow to each class. A class passcode and link will be emailed the Friday before class starts.

Antioch Water Park • Instructor: Lu Kovalick

Monday

#11766	2/3-2/24*	6:00PM-7:00PM	\$39R/\$49NR
#11767	3/10-3/31	6:00PM-7:00PM	\$52R/\$62NR
#11768	4/7-4/28	6:00PM-7:00PM	\$52R/\$62NR

\*No class 2/17

### Never Tried Yoga?

Now's your chance to give it a try! We're offering FREE Yoga classes, perfect for beginners. No experience needed—just bring your mat and an open mind!



Monday

#11769	3/3	6:00PM-7:00PM	FREE
#11770	5/19	6:00PM-7:00PM	FREE



## DRIVERS ED

15 YEARS & UP

### Online Driver's Education

**This is an online program—all students must have access to the internet!** The DMV allows teens to receive their Learner's Permit at age 15 1/2, and a license at age 16. This class is the FIRST, required step that must be completed. This is an online course with videos, animated driving scenarios, and sample test questions. Learn the rules of the road, major causes of traffic collisions, DMV procedures and much more. A licensed instructor is available to answer any questions. Receive DMV-approved Certificate of Completion. Sign up any time. Once students are registered, they will be contacted by the instructor.

Online Class • Instructor: Bay Area Driving School

Any Day

#11754	2/2-5/31	Ongoing Registration	\$50R/\$60NR
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15 YEARS & UP

### Online Driver's Education—Hybrid Class Instruction

This is a virtual Driver's Education with a live instructor. Students will enjoy a series of Driver's Education lectures including understanding the responsibilities of having a driver's license, learning



the rules of the road and accident-avoidance procedures. Independent assignments will also be completed during the week. Course also includes practice questions, defensive driving movies and written test prep. Upon successful completion, students will receive a certificate of completion. **Please text your name & email address to 510-886-1016 once you've registered so we can send the link and login credentials immediately.**

Online Class • Instructor: Bay Area Driving School

Saturdays Only

#11751	2/1-2/22	9:00AM-12:00PM	\$235R/\$259NR
#11752	3/8-3/29	9:00AM-12:00PM	\$235R/\$259NR
#11753	5/3-5/24	9:00AM-12:00PM	\$235R/\$259NR

## PERSONAL GROWTH

15 YEARS & UP

### Food Manager Training & Certification

Gain the knowledge and skills of entry-level food management. The Food Safety Manager Certification Examination (FSMCE) is accredited under exam standards set by the National Registry Food Safety Professionals (NRFSP). It is accepted throughout the United States and meets regulatory requirements.

**Antioch Community Center • Instructor: Definitive Safety Group**  
**Saturday Only**

#11749	3/1	9:00AM-3:30PM	\$165R/\$181NR
#11750	5/3	9:00AM-3:30PM	\$165R/\$181NR

16 YEARS & UP

### Floral Centerpiece Workshop

Have you ever wanted to create your own beautiful centerpiece for your Holiday tablescape, an elegant gathering, or a cheerful birthday party? Join us in a DIY workshop on building your own centerpiece. You will learn the steps it takes to create a beautiful one-of-a-kind centerpiece that includes greenery, assorted seasonal flowers, candles and embellishments. Each participant will create their own centerpiece to take home at the end of the workshop. Container and flowers will be provided. It is recommended that you bring floral shears to the workshop. **Deadline to register for class is March 1st.**



**Antioch Community Center • Instructor: Traci Martin**  
**Saturday**

#11748	3/8	10:00AM-12:00PM	\$60R/\$70NR
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18 YEARS & UP

### Wills, Trusts, and Estate Planning

It's never too late to plan. Learn all you need to know to make sure your family is safe and financially secure during life changes. Topics: Living Trusts, Wills, Durable Powers of Attorney (Living Will), naming a guardian for minor children, joint tenancies, avoiding estate taxes and probate fees.

**Antioch Community Center • Instructor: Randall Thompson**  
**Tuesday**

#11789	4/23	7:00PM-8:30PM	\$30R/\$40NR
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## ACTING CLASSES

50 YEARS & UP

### Senior Enrichment: Making Connections through Theatre Games and Improv

Are you ready to add a splash of spontaneity and a dash of laughter to your life? Our theatre games and improv class for seniors is designed just for you! No experience necessary, just a sense of adventure and a willingness to explore! Discover the joy of thinking on your feet and seeing the world through a new lens. Meet new friends and enjoy a supportive community where everyone's ideas are valued. Enjoy a good laugh and embrace the freedom of improvisation in a welcoming and relaxed environment.



**Nick Rodriguez Community Theater • Chris Fallows**  
**Fridays**

#11808	3/7-4/11	9:30AM-10:30AM	\$72R/\$82NR
#11809	4/18-5/23	9:30AM-10:30AM	\$72R/\$82NR

50 YEARS & UP

### Senior Acting Class: Take Your Acting to the Next Level

Are you ready to deepen your acting skills? Our beginner/intermediate acting class for seniors is the perfect stage for you to enhance your performance and explore new techniques. Whether you've acted before or just have a desire to try it out, our class offers a supportive and inspiring environment to elevate your performance. Join a community of fellow enthusiasts who share your passion for acting and lifelong learning.

**Nick Rodriguez Community Theater • Chris Fallows**  
**Fridays**

#11810	3/7-4/11	10:30AM-11:50AM	\$90R/\$100NR
#11811	4/18-5/23	10:30AM-11:50AM	\$90R/\$100NR



# Expand your skills online.

The City of Antioch offers a variety of online education classes.

Sign up today at:  
[www.ed2go.com/antiochrec](http://www.ed2go.com/antiochrec)

**How to get started:** 1) Visit our Online Instruction Center at: [www.ed2go.com/antiochrec](http://www.ed2go.com/antiochrec); 2) Search for courses or subjects that you are interested in and click the Enroll Now button; 3) Checkout and pay. Follow online instructions to complete your purchase and sign-in or create a login.

**REQUIREMENTS:** All courses require internet access, e-mail, and web browser. Some courses may have additional requirements.



CITY OF ANTIOCH

## Adult Softball League

**AGES 18 +**

### OPEN SOFTBALL LEAGUE

Adult softball leagues are offered by the City of Antioch. 12 week seasons will run the week of **March 31** through the week of **July 11**. Each division will culminate in a 4-team playoff tournament. Registration packets can be picked up at the Antioch Community Center or sent via email by contacting [sports@antiochca.gov](mailto:sports@antiochca.gov).

### TEAM FEE: \$1,000

All registration packets must be submitted in-person at the Antioch Community Center no later than **March 14 at 5pm**. Must be paid by cash, check or credit card. Only one form of payment will be accepted.

### DIVISIONS:

**Monday: Women's D and E**

**Thursday: Men's D and E**

**Friday: Men's D and E**

CITY OF  
**ANTIOCH**  
CALIFORNIA







**THE ANTIOCH SENIOR CENTER**  
The Antioch Senior Center is offering quality and engaging programs to the community! We are open to adults, 50 years & up, looking for activities, trips, friendships, and hot meals.  
Visit the Antioch Senior Center at 415 W. 2nd Street  
Mondays-Fridays from 8:00AM to 4:00PM  
Front Desk: (925) 779-7074

SENIOR SERVICES

Café Costa

Café Costa (formerly known as CoCo Cafe) is open to adults 50 years & up. Meals served daily at 11:30am. All meals served at the Antioch Senior Center are low-sodium and low-fat. You are required to register prior to starting the nutrition program. Suggested donations: \$3 for 60+. Mandatory: \$6 fee for under 60. For meal reservations call (925) 779-7072. Reservations must be made by 11:15am the business day prior. Hot nutritious lunches provided daily by Contra Costa County.



Meals on Wheels

Meals on Wheels Diablo Region is a full-service organization dedicated to improving all aspects of a senior's life. Meals on Wheels focus on a range of needs from nutrition to social interaction, fall prevention, and health and wellness.



Mondays, Drop-in, Mno Dining Hall 9:00AM-11:00AM

HICAP, the Health Insurance Counseling and Advocacy Program

Provides free, unbiased education, counseling and advocacy about Medicare. HICAP helps people understand how Medicare works and how to make informed choices. Call HICAP at (925) 655-1393 to make an appointment.

3rd Tuesday of every month, by appointment only 1:00PM-4:00PM



Legal Assistance

Contra Costa Senior Legal Services provides free legal advice, assistance, representation, advocacy, and education for Contra Costa County residents aged 60 and older. Please call (925) 609-7900.

2nd Monday of each month, by appointment only 9:00AM-12:00PM  
3rd Monday of each month, by appointment only 10:00AM-12:00PM

Tri-Delta Transit

Tri Delta Transit's paratransit transportation includes two programs. ADA paratransit transportation and Senior (Age 65+) paratransit transportation. ADA Paratransit is limited to individuals who are unable to use fixed route public transportation some or all the time due to a disability or health related condition. Senior (Age 65+) paratransit transportation provides local door-to-door public transportation to individuals who are 65 years of age or older. This transportation is limited to Tri Delta Transit's service area in Eastern Contra Costa County and is subject to ride availability. To book a ride, call (925) 754-3060.



## CLASSES

50 YEARS & UP

### Rivercity Players Ukulele Class

Welcome to the intermediate Ukulele Techniques class. This course is designed for ukulele enthusiast who are eager to take their skills to the next level. You will learn various strumming patterns, chord progression, song interpretation and performance techniques.

**Antioch Senior Center • Instructor: Robbie Myers**  
**Wednesday**

#11779	2/19-3/26	1:00PM-2:30PM	\$27R/\$37NR
#11780	4/2-5/7	1:00PM-2:30PM	\$27R/\$37NR
#11781	5/14-6/18	1:00PM-2:30PM	\$27R/\$37NR

*\*No class 2/12*

50 YEARS & UP—SENIOR CENTER MEMBERS ONLY

### Drop-In Bocce

Looking for some fun and friendly competition? Come play FREE bocce with us! All skill levels are welcome. **Senior Center Members ONLY.**

**Chichibu Park Bocce Courts • Instructor: Shawn Modelo**  
**Mondays**

3/3-5/19	Starting at 9:00AM	FREE FOR MEMBERS
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50 YEARS & UP

### Acting

See page 28 for Acting Classes!

## WORKSHOPS & SERVICES

### Women's Friendship Circle

The Antioch Senior Center Friendship Circle will be a comfortable place for Senior women to gather and discuss challenges and accomplishments as we age. Emphasis will be on problem solving challenges and celebrating accomplishments in a comfortable, nonjudgmental setting. Informal, drop-in attendance is open to women who are comfortable chatting in a group environment which meets at 12:00pm on the 2nd and 4th Tuesday of every month.

### Drop-In Tech Support

**Every Monday from 9:00AM-11:00AM**

Having trouble with your smart phone, tablet or computer? Visit our Drop-In Tech Support at the Antioch Senior Center! Our tech support volunteer is here to help you!

### AARP Driver Safety Course

AARP Driver Safety Course is specifically designed for drivers ages 50+. In many states, drivers may get a discount on their auto insurance after course completion. The class will take place over 2 days. Call ASC Front Desk to register. Must attend both days to receive certification. Minimum 5 participants to host class or is subject to cancellation. Fee payable to AARP day of class.

**Antioch Senior Center • Instructor: AARP Staff**  
**Thursday • 9:30AM-2:00PM • 30-minute lunch break**

7/10 and 7/17      \$20 AARP Members/\$25 Non-AARP Members

**FREE**

## AARP Tax Preparation

The Antioch Senior Center offers FREE tax Preparation every Thursday beginning **February 6th through April 24th**. The program, with AARP, offers free tax assistance to taxpayers who need assistance in preparing tax returns. IRS-certified volunteers provide free basic income tax return preparation with electronic filing to qualified individuals.



# EVENTS & GATHERINGS

## *March–May 2025*

### St Patrick's Day March 17

Join us for a St. Patty's Day Event! Don't forget to wear your GREEN!



### Senior Center Fashion Show April 9

Meet us at the runway! "Spring into Style" fashion show is here.

### Cinco de Mayo May 5

It's Fiesta time! Grab your sombreros and wear green, white or red!



### Mother's Day May 12

Join us to celebrate moms of all kinds. We will provide snacks and beverages and moms will enjoy a take-home craft.

### Senior Prom | May 30

Dress to impress! Whether you choose to take a friend or go solo, come join us for music, fun, and more!

### SAVE THE DATE!

REGISTRATION  
STARTS  
MAY 20, 2025



Friday  
June 20, 2025  
10AM-12PM





## SENIOR EXCURSIONS

### FEBRUARY–MAY 2025

We have many great trips to kick off the new year. Register online or in-person at the Antioch Senior Center from 9am-4pm. Call (925) 779-7074 for trip details and costs. Registration is required.

To help you have an enjoyable trip experience please consider the trip level based on physical activities. Determine if the mobility rating is appropriate for your physical health and exploration interest.

#### Level 1:

At a leisurely pace, this trip involves minimal physical activity, such as light walking (only up to a few city blocks), and short periods of standing. This level would be wheelchair, cane, and walker accessible.

#### Level 2:

This trip may require some periods of standing and light walking along stairs, inclines, and uneven surfaces. This level would be wheelchair, cane, and walker accessible.

#### Level 3:

This trip may require substantial periods of walking and standing, sometimes on uneven terrain or stairs. This trip would likely be more difficult for wheelchairs, canes, or walkers.

### FEBRUARY

#### Sacramento Kings Basketball Game

**Level 2:** 2/24 | #11782 | Enjoy an exciting Sacramento Kings basketball game. Game includes a food and drink voucher.

### MARCH

#### Tina Turner Tribute

**Level 1:** 3/7 | #11784 | Join us for a spectacular evening honoring the legendary Queen of Rock 'n' Roll, Tina Turner! Experience the energy, the music, and the magic of her greatest hits in this dazzling tribute show.

#### Warriors Basketball Game

**Level 1:** 3/9 | #11783 | Steph Curry and Draymond Green try to adjust the Warriors life without Klay Thompson. Enjoy a night of basketball with the Golden State Warriors.

### APRIL

#### Livermore Winery

**Level 1:** 4/4 | #11788 | Experience the essence of California wine country. Livermore wineries offer some of the best and finest wines with picturesque views. Lunch is provided.

#### Delta Bowl

**Level 2:** 4/9 | #11785 | Join us as we head to our local bowling alley for a few games, some good laughs, and plenty of opportunities to connect with friends. We can't wait to see you there!

### MAY

#### Garden Tea Party

**Level 2:** 5/10 | #11786 | Enjoy an enchanting garden tea party with friends, surrounded by blooming flowers and delicate tea sets. Enjoy delicious treats and engaging conversation in a picturesque outdoor setting.

#### Monterey Bay Aquarium

**Level 2:** 5/17 | #11787 | The aquarium provides world class exhibits and breathtaking scenery instilling a love of the ocean to all. With over 200 exhibits and 80,000 plants and animals, the aquarium is a window to the wonders of the ocean.

## Financial Assistance for Programs & Activities Apply TODAY!

*Activity Fee Assistance for adults 50+.*

Applications are available at  
**[www.antiochca.gov/recreation/activity-registration](http://www.antiochca.gov/recreation/activity-registration)**  
and at the Antioch Senior Center  
for residents of Antioch.

FEE ASSISTANCE FOR OLDER  
ADULTS AND SENIORS COORDINATED  
BY THE ANTIOCH RECREATION  
DEPARTMENT. FUNDING PROVIDED BY THE  
CITY OF ANTIOCH. FUNDS ARE LIMITED,  
PLEASE APPLY EARLY.

CITY OF  
**ANTIOCH**  
CALIFORNIA

## WEEKLY DROP-IN ACTIVITIES

50 YEARS & UP

## ANTIOCH SENIOR CENTER

The Antioch Senior Center has various activities, led by volunteers, that take place throughout the week. If you are interested in participating in these drop-in activities, please visit the Antioch Senior Center and complete a membership application packet. For more information, please call (925) 779-7074.

Activity	Description	Class Days	Time
Inner Work of Age	Find meaning to life and dive into different aspects of aging.	Mondays	9:30AM-10:30AM
Beginner Exercise	Low-impact exercise that include movement standing and sitting.	Mon., Wed., Fridays	10:30AM-11:15AM
Cane-do	Train your brain and body with tactics to protect yourself, while improving your physical skills.	Mondays	9:00AM-10:00AM
Intro Kani Ka Pila	Learn ukulele basics!	Mondays	9:00AM-10:00AM
Kani Ka Pila (Let's Play Music)	Bring your guitars, ukuleles, or any instruments that you play, sing along to songs and have a great time!	Mondays	10:00AM-1:00PM
Painting Club	Come paint socially twice a week. Must bring your own supplies!	Mon., Wed., Fridays	12:00PM-3:00PM
Pickleball	Pickleball is a fun and easy-to-learn game! Played as doubles or singles.	Mondays & Wednesdays	1:00PM-3:00PM
Knitting & Crocheting	Get together to knit and crochet! Share your ideas and techniques.	Tuesdays	12:30PM-3:00PM
Beginner Pool	Come join us in learning the basics of billiards!	Tuesdays	1:00PM-3:00PM
Cribbage	Come play a fun card game of cribbage with others.	Tuesdays	12:00PM-2:00PM
Mindful Tuesday	Our Mindfulness Class is a safe space to connect with your own experience through stretches, movements and breathwork.	Tuesdays	9:30AM-10:00AM
Beginner Sewing	Learn basic sewing skills!	Tuesdays	9:30AM-11:15AM
Mobile Farmer's Market	Stop by for fresh produce! <i>*No Market TBD</i>	Tuesdays	11:00AM-2:00PM
Spanish for Beginners	Come learn Intro to Spanish!	Every Other Tuesday	1:00PM-2:00PM
Ukulele	Bring along your ukulele and strum along with friends to new and classic songs.	Wednesdays	10:00AM-11:00AM
Hula Dance	Practice the traditional Hawaiian dance.	Thursdays	8:30AM-10:00AM
Line Dancing	Get in line and dance along.	Thursdays	10:00AM-11:00AM
Ballet Folklorico	Perfect for all skill levels, this class is a great way to stay active.	Thursdays	10:00AM-11:00AM
Bingo	Play the classic game of bingo with us!	Thursdays	1:00PM-3:00PM
Arts & Crafts	We work on a fun weekly craft with friends! Supplies provided while they last.	Fridays	9:30AM-10:30AM
Beginner Piano	Learn the fundamentals of piano with us!	Fridays	9:15AM-10:15AM
Movies	Join us for free movie and popcorn!	Fridays	12:15PM
Guitar Class	Explore basic cords, strumming techniques, and play your favorite songs.	Fridays	1:00PM-3:00PM



## 01 | BULK WASTE EVENTS

Bulk waste collection events are available to Antioch residents throughout the year. You will be notified of a collection date in your neighborhood by postcard from Republic Services one month before your scheduled event.

## 02 | ILLEGAL DUMPING

- If you find illegal dumping on your property and notice any items with addresses on it, please report it to Code Enforcement at **(925) 779-7042**.
- To request a pickup of illegal dumping on city streets or public right of ways, please call customer service at **(925) 685-4711**.

## 03 | SEE CLICK FIX APP

Reporting non-emergency code violations, repairs, or landscaping concerns to the City is easy with SeeClickFix. Improvements have been made to the City of Antioch's SeeClickFix platform. Citizens will now receive an Open, Acknowledged, and Closed response on all submitted requests.

# CITY RESOURCES

AVAILABLE TO ANTIOCH RESIDENTS

VALUABLE INFORMATION YOU'LL WANT TO KNOW

Download the mobile app today!  
Available in the App Store and Google Play. Visit: [antiochca.gov/seeclickfix](http://antiochca.gov/seeclickfix)

## 04 | WATER SERVICES

- To start or stop water service, visit: [www.antiochca.gov/finance-department/water](http://www.antiochca.gov/finance-department/water) to submit an online form.
- For water bill payment options, visit: [www.antiochca.gov/finance-department/water/how-to-pay-your-bill](http://www.antiochca.gov/finance-department/water/how-to-pay-your-bill)
- For questions about your water bill, you may email or call Customer Service at [service@antiochca.gov](mailto:service@antiochca.gov) or (925) 779-7060.

### Drought Information:

To report water waste concerns that you encounter, contact any of the following channels:

1. Call the City of Antioch Drought Hotline (925) 779-6140
2. Visit: [antiochca.gov/comment-forms/drought-information](http://antiochca.gov/comment-forms/drought-information)
3. Visit: [www.savewater.ca.gov](http://www.savewater.ca.gov)
4. Use our app: [www.seeclickfix.com/antioch](http://www.seeclickfix.com/antioch)

## 05 | ANIMAL SERVICES

Questions about animals?

Visit the FAQ at: [antiochca.gov/police/animal-services/animal-services-faqs](http://antiochca.gov/police/animal-services/animal-services-faqs)

Rehoming your pets can be a difficult decision. Find more information at:

<https://home-home.org/rehome>



## 211 CONTRA COSTA DATABASE



The Contra Costa Crisis Center is our local 211 directory for services relating to mental health, shelter/housing, food assistance, medical/dental care and more.

[cccc.myresourcedirectory.com](http://cccc.myresourcedirectory.com)  
Dial 2-1-1 or text HOPE to 20121

ANTIOCH LIBRARY  
HOURS

501 W. 18th Street  
925-757-9224  
Sun & Mon Closed | Tues 12:00PM–8:00PM  
Wed & Thur 10:00AM–6:00PM  
Fri & Sat 9:00AM–5:00PM

The Antioch and Prewett Libraries continue to provide up to date collections and innovative programming available to Antioch residents. We welcomed students back in Fall and Winter with programs on such as the art program, Anime your Way and the music program, Village Rhythms by Onye. We also hosted the jazz group Charged Particles to bring free art and entertainment to the community. Antioch Library partnered with nonprofit, Tandem for a series of early learning Saturday Storytimes.

The Antioch and Prewett Libraries will continue to offer a variety of programs and resources throughout the year. Partnerships with various city, county and not-for-profit organizations will bring employment, mental health and digital literacy resources to the library, making it accessible to our community. Both community libraries offer free access to Wi-Fi along with computer and printing access. The Antioch and Prewett Libraries will continue to bring relevant performers, resources and services to the community.

Visit the Contra Costa Library website, [ccclib.org](http://ccclib.org) for information about the library and for information about upcoming events.

Thank you to the Friends of Antioch Library for their generous support of library programs!

CONTRA COSTA  
COUNTY LIBRARY  
[ccclib.org](http://ccclib.org)

PREWETT LIBRARY  
HOURS

4703 Lone Tree Way  
925-776-3060  
Tues 10:00AM–7:00PM  
Wed & Thu 12:00–8:00PM  
Fri & Sat 12:00–5:00PM | Sun & Mon Closed

Regularly Occurring Programs at Antioch Library

Children & Families

- Weekly Storytimes on Thursdays at 11AM including a monthly bilingual Spanish-English Storytime on the 3rd Thursday of the month
- Afterschool programs
- Saturday Scavenger Hunts
- Special performers and speakers scheduled throughout the year

Teens

- Arts and Crafts Programs
- Gaming programs
- Afterschool movies with popcorn

Adults

- Mystery Book Club on the third Friday of the month at 12PM
- Daily Puzzle Station
- Friday Wellness Team



LONE TREE  
GOLF & EVENT CENTER



- 18 Hole Public Golf Course
- Lighted Driving Range
- Champion's Bar & Grill
- Large Patio Area for Outside Seating
- Catering
- First Tee Youth Programs



[firstteecontracosta.org](http://firstteecontracosta.org)

[www.lonetreegolfcourse.com](http://www.lonetreegolfcourse.com)  
4800 Golf Course Rd. Antioch, CA 94531  
(925) 706-4220

Park Highlight  
Diablo West Park



Located directly next to Lone Tree Elementary School, Diablo West Park is a fantastic spot for outdoor fun, offering a well-maintained playground that keeps kids entertained for hours. Its basketball court, spacious fields, and scenic trails are perfect for active recreation, whether you're into sports or just a leisurely walk or run. With public barbecue grills available, it's an ideal destination for family gatherings and picnics.



2000 Prewett Ranch Dr.,  
Antioch, CA 94531





# Make Memories in your community!

**PARK HOURS:** Dawn to Dusk

**RESTROOM HOURS:**

Daily Nov. 17-Feb. 5 8AM-2:30PM

Daily Feb. 16-Nov. 16 8AM-7:30PM  
(including weekends and holidays)

**PICNIC RESERVATIONS  
AT JENSEN FAMILY GROVE**

All yours, all day!

Area	Capacity	Full Day Rate (Dawn to Dusk)
#2	70	\$97
#3	50	\$70
#4	40	\$54

Alcohol Use Permit.....\$26

Bounce House Use Permit...\$26



## RESERVATIONS & GUIDELINES

For more information, park use guidelines, and application, visit: [www.antiochca.gov/recreation/picnic-rentals-permits](http://www.antiochca.gov/recreation/picnic-rentals-permits). Permits are required to consume alcohol or have a bounce house/jumpy in all city parks. Two picnic areas may be reserved: Jensen Family Grove and Prewett Grand Plaza. All other picnic areas are first come, first serve.

For questions regarding picnic reservations, please call (925) 776-3050

# OUTDOOR SPECIAL EVENTS



Events on city streets, in city parks, and at public spaces often require a permit from the Recreation Department. Contact us today with your event details and our staff can guide you on the permit process.

Block Parties are processed by the Antioch Police Department and events on private property are processed by the Community Development Department.

Additional information may be found at: [antiochca.gov/recreation/special-event-application](http://antiochca.gov/recreation/special-event-application)

## Parks, Places, & Spaces to Get Active in Antioch

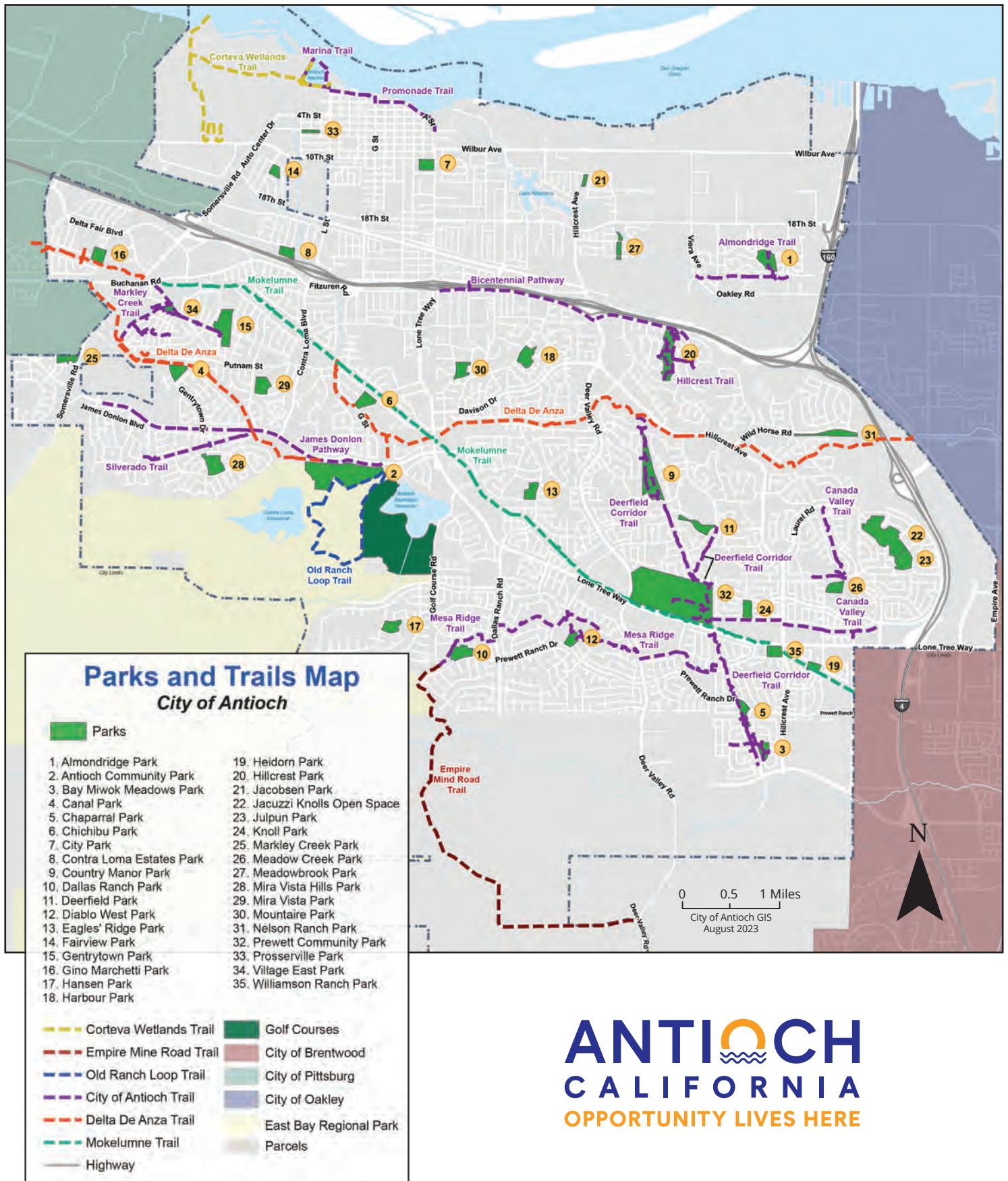
TYPE OF PARK FACILITY  
N = Neighborhood  
C = Community  
UC = Under Construction



PARK NAME	LOCATION	TYPE	SIZE (ACRES)	Barbecue Pits	Baseball/Softball Field(s)	Basketball Court(s)	Exercise Course	Group Picnic Areas	Horseshoes	Picnic Tables	Restroom(s)	Soccer Field(s)	Pickleball Courts	Tennis Courts	Bocce Courts	Volleyball/Sport	Playground	Trails	Dog Park
Almondridge Park	Almondridge Drive & Cashew Street	N	8.6	•	•					•	•	•		•			•		
Antioch Community Park	801 James Donlon Boulevard	C	42.8	•	•			•	•	•	•	•					•	•	
Bay Miwok Meadows Park	San Martino Drive & Hillcrest Avenue	N	4.88	•				•		•					•		•	•	•
Canal Park	Gentrytown Drive & Curtis Drive	N	4.8	•						•	•						•	•	
Chaparral Park	Prewett Ranch Drive & Candlewood Way	N	3.96	•		•				•							•	•	
Chichibu Park	G Street & Acorn Road	N	6.3	•				•	•	•	•	•		•	•		•		
City Park	W 10th Street & A Street	N	5					•		•	•	•					•		
Contra Loma Estates Park	Mahogany Way & Manzanita Way	N	5			•						•					•		
Country Manor Park	Asilomar Drive near Avila Court	N	21	•	•					•	•	•					•		
Dallas Ranch Park	1137 Prewett Ranch Drive	N	5	•		•				•	•					•	•	•	
Deerfield Park	Deerfield Drive & Buckskin Drive	N	3.95	•						•							•	•	
Diablo West Park	Prewett Ranch Drive near Mokelumne Drive	N	4.16	•	•	•				•	•						•	•	
Eagles' Ridge Park	Eagleridge Drive & Greystone Drive	N	5.4	•	•					•	•						•		
Fairview Park	Crestview Drive & Aster Drive	N	3			•		•		•							•		
Gentrytown Park	Monterey Drive near Palo Verde Way	N	14	•	•					•	•						•	•	
Hansen Park	Hansen Drive & Nortonville Way	N	5.55	•		•		•		•	•	•					•	•	
Harbour Park	Ashburton Drive & Lindley Drive	N	7.9	•	•			•		•	•			•			•		
Heidorn Park	Vista Grande Drive & Deerspring Way	N	3	•						•	•	•					•	•	
Hillcrest Park	Larkspur Drive near Violet Court	N	18	•		•				•	•			•			•	•	
Jacobsen Park	Jacobsen Street near Azevedo Street	N	1.3			•				•		•					•		
Jacuzzi Knolls Open Space	Sierra Trail Way & Summit View Way	N	25.51															•	
Julpun Park	Sierra Trail Way & Summit View Way	N	8.22	•	•	•		•		•	•						•	•	•
Knoll Park	Country Hills Drive & Valley Way	N	5	•				•	•	•	•						•		
Marchetti Park	Kendree Street near Carla Court	N	5	•	•					•	•			•			•	•	
Markley Creek Park	Summit Way & Heaton Court	N	4.06	•						•	•	•					•	•	•
Meadowbrook Park	Yellowstone Drive & Geyser Circle	N	2.9	•		•				•						•	•		
Meadow Creek Park	Vista Grande Drive near Canada Valley Road	N	5	•		•				•	•	•					•		
Mira Vista Park	S Francisco Way & Hacienda Way	N	6.8	•	•			•		•	•						•		
Mira Vista Hills Park	Silverado Drive & Glendale Circle	N	9.2	•	•	•			•	•	•	•	•	•			•		
Mountaire Park	Sunset Lane & Danridge Court	N	5.1					•		•	•	•					•		
Nelson Ranch Park	4700 Wild Horse Road	N	9.5	•		•				•	•	•					•	•	
Prewett Community Park	4703 Lone Tree Way	C	99	•				•		•	•						•	•	
Prosserville Park	W 6th Street & M Street	N	1.6	•		•				•							•		
Village East Park	Gentrytown Drive & Johnson Drive	N	3.77	•						•							•	•	
Williamson Ranch Park	Williamson Ranch Drive & Hillcrest Avenue	N	5	•				•		•	•	•					•		
Waldie Plaza	I Street & W 1st Street	C	.89					•										•	
*Memorial Field	Off Putnam Street																		

\*Collaborated site with Antioch Unified School District, only accessible weekdays after 3pm





Registration begins:  
**MONDAY, JANUARY 13, 2025**  
**INFORMATION: (925) 776-3050**

**ONLINE REGISTRATION:**  
Visit the registration website at  
**antiochca.gov/register**

- 1 Register online for most of our classes and activities.
- 2 Make secure, safe online payments with Visa, MasterCard, Discover or American Express.
- 3 With an online account, you can view family schedules, past receipts, and account credits.

**REFUNDS/TRANSFERS**  
The Antioch Recreation Department is happy to review activity transfer or refund requests. Customers may request a transfer or refund **IN WRITING NO LATER THAN 5 business days** prior to the first day of class. Refund/Transfer Forms are available at the front desk or emails may be sent to [recreation@antiochca.gov](mailto:recreation@antiochca.gov) with the participant name(s), class information, and reason. All refunds are subject to a \$7.00 service charge per activity/class, unless the Recreation Department cancels the class. You will receive email confirmation of your transfer/refund request. Refund policies may be different for swim lessons.

**CANCELLATIONS**  
**The City has the right to cancel classes when enrollments have not reached their minimum. Please register early and help us to prevent class cancellations.**  
We don't like to cancel classes, but sometimes it is necessary before the first meeting when enrollments are low. Your registration might be the one that enables the class to be held.

**FEE FOR LATE PICK-UP**  
Parents agree to pick up their children by or before the scheduled release time. A late fee of \$10 per 5-minute interval **PER CHILD** will be charged. Late fees are payable to the City of Antioch.

**RETURNED CHECKS/DISPUTED CHARGE FEE**  
The City of Antioch charges \$50.00 for any returned or rejected payments. If the Recreation Department is notified that payments have not cleared, a returned item fee will be added to your account.

**IT'S EASY TO REGISTER!**

Registration is required and is on a first come, first-serve basis. Payment is due at the time of registration. In the event that a class is full, you may choose to be placed on a wait list. Pro-rated credits are not provided for late registrations or missed classes. Please note that we do not accept registrations or payments by phone or fax.

**In-person registration**  
**Monday–Friday from 8:30AM–5:00PM**  
**Antioch Community Center**  
4703 Lone Tree Way, Antioch, CA 94531

- 1 In-person registration with over-the-counter confirmation. Cash, check, and credit cards are accepted.
- 2 Drop Box—for your convenience, if paying by check, you can drop your Registration Form at our outdoor drop box located at 4703 Lone Tree Way.
- 3 Checks are made payable to the City of Antioch and must be pre-printed with customer information.

***Please note that we have eliminated online convenience fees!***



**REGISTER EARLY—DON'T MISS OUT!**

**YOUTH SCHOLARSHIP AND ADULT 50+ FEE ASSISTANCE PROGRAMS**  
Financial assistance to participate in Recreation classes and activities is available through our Scholarship and Fee Assistance programs. Information and applications are available at [antiochca.gov/RecFinancialAssistance](http://antiochca.gov/RecFinancialAssistance) and at Antioch Recreation Centers during business hours. For more information on Youth Scholarships, call (925) 776-3050 and for Adult 50+ Fee Assistance, call (925) 779-7074.



# ACTIVITY REGISTRATION FORM

**CITY OF ANTIOCH**  
Recreation Department  
4703 Lone Tree Way  
Antioch, CA 94531  
(925) 776-3050

## Refund Policy—Please Read!

The Antioch Recreation Department is happy to review activity transfer or refund requests. Customers may request a transfer or refund **IN WRITING NO LATER THAN 5 business days** prior to the first day of class. Refund/Transfer Forms are available at the front desk or emails may be sent to [recreation@antiochca.gov](mailto:recreation@antiochca.gov) with the participant name(s), class information, and reason. All refunds are subject to a \$7.00 service charge per activity/class, unless the Recreation Department cancels the class. You will receive email confirmation of your transfer/refund request. Refund policies may be different for swim lessons.

You may also register with your credit card at [activenet.active.com/antiochrecreation](http://activenet.active.com/antiochrecreation)



**No Cash in Drop Box Please**  
**Faxed Registration Forms Are Not Accepted**

## REGISTRATION FORM (Limited to Family Members Only)

Adult Information (Please Print)

☐ Antioch Resident ☐ Non-Resident

First Name \_\_\_\_\_ Last Name \_\_\_\_\_ Date of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

Phone 1 \_\_\_\_\_ Phone 2 \_\_\_\_\_ E-Mail \_\_\_\_\_

Alternate Contact \_\_\_\_\_ Relationship \_\_\_\_\_ Phone \_\_\_\_\_

Participant Name	Date of Birth	Gender	Activity #	Activity Name	Class Start Date	Fee
						\$
Please note: Personal checks being used for payment must be pre-printed with customer information. TOTAL FEES:						\$

☐ Check if participant has Special Needs requiring special accommodations

### ASSUMPTION OF RISK, RELEASE, HOLD HARMLESS AND CONSENT TO MEDICAL TREATMENT AND PHOTOS.

On behalf of myself and any minor child named above, I acknowledge that I am (minor is) in good physical condition to participate in the activity but that accidents and injuries can arise from such participation. Knowing these risks and in consideration of acceptance of my application, I voluntarily desire to participate (have minor participate) in this activity and assume all risks and waive and release City and its officers, employees and agents from any claims or liability for personal injury (including death) or property damage arising from or connected with participation in the activity, even if the liability may arise out of negligence or carelessness of the City or its officers, employees and agents. I further agree to hold harmless, indemnify and defend the City and its officers, employees and agents, who through negligence or carelessness might otherwise be liable to me (or my heirs or assigns). In the event of injury or illness, I consent to and agree to be responsible for costs for transportation to a medical facility and whatever examination, procedure or treatment considered necessary by the medical personnel. This assumption of risk, release and hold harmless is binding on my heirs, dependents, executors, administrators, and assigns. I agree to abide by any rules and regulations for the activity. I give consent to the City of Antioch to photograph or video the participant for any legitimate purpose by the City or sponsors of this activity.

Signature: \_\_\_\_\_ Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

**FORM MUST BE SIGNED TO PROCESS APPLICATION**

## Register Online – It's Easy! [antiochca.gov/register](http://antiochca.gov/register)

- Set up your personal account
- Search for your favorite activities
- Register online with our secure system

### Easy

Three simple steps and you'll be enrolled in the program of your choice.

### Convenient

The flexibility to register and pay at your convenience, anytime, from anywhere.

### Time-Saving

In less than five minutes, you can set-up your account and enroll for your program.

### Eco-Friendly

You don't have to burn gas to drive over to register in person, and it saves paper, too.

## COMMUNITY ORGANIZATIONS

Antioch Bocce Federation	shortant66@sbcglobal.net
Antioch Historical Society	925-757-1326
Antioch Youth Sports Complex	925-478-1464
Big Break Regional Shoreline	510-544-3050
Black Diamond Mines	510-544-2750
Boy Scouts of America	925-674-6100
Chamber of Commerce	925-757-1800
Contra Costa Child Care Council	925-778-5437
Contra Costa Event Park	925-757-4400
Contra Loma Regional Park	888-327-2757
Delta Veterans Group	geraldwilson1971@gmail.com
El Campanil Theatre	925-757-9500
Family Justice Center	925-281-0970
First 5 Contra Costa	925-771-7300
Girl Scouts of America	800-447-4475
Library—Antioch Downtown	925-757-9224
Library—Prewett Branch	925-776-3060
REACH	925-754-3673
Rubicon Programs	925-399-8990
Special Olympics of No. California	925-944-8801
Tri Delta Transit	925-754-6622
Paratransit	925-754-3060
Route Information	925-754-4040

## ELECTED OFFICIALS

Assemblymember District 15	
Anamarie Avila Farias	Number TBA
Congressman Jon Garamendi	510-620-1001
Congressman Mark DeSaulnier	925-933-2660
CCC Supervisor District 3	
Diane Burgis	925-655-2330
CCC Supervisor District 5	
Shanelle Scales-Preston	Number TBA
State Senator District 7	
Jesse Arreguin	Number TBA

## CITY OF ANTIOCH SERVICES & DEPARTMENTS

### Recreation Department

Antioch Community Center	925-776-3050
Antioch Water Park	925-776-3070
Antioch Senior Center	925-779-7074
Senior Nutrition Program	925-779-7072
Nick Rodriguez Center	925-779-7070

### City Attorney

### City Clerk

### City Manager/City Council

### City Treasurer

### Community Development

### Planning

Building Inspection Services	925-779-7065
Code Enforcement	925-779-7042

### Economic Development

### Finance

Business License	925-779-7055
Water Service	925-779-7059
	925-779-7060

### Human Resources

### Police Department

Emergency	9-1-1
Non-Emergency	925-778-2441
Animal Services	925-779-6989

### Public Safety & Community Resources

Office	925-779-7082
Environmental Sustainability	925-779-6137
Housing	925-779-7037
Unhoused Resident Services	925-779-6893
Youth Services Network	925-779-7077

### Public Works

Development Engineering	925-779-6950
Park Maintenance/Landscaping	925-779-6950
Marina	925-779-6957
RV Storage	925-779-6950



Opportunity  
soars here.

**ANTIOCH**  
CALIFORNIA  
OPPORTUNITY LIVES HERE

ANTIOCH  
COMMUNITY  
CENTER



THE PERFECT PLACE FOR YOUR EVENT  
RIGHT IN YOUR OWN COMMUNITY!

# ANTIOCH RECREATION FACILITY RENTALS

*Dedicated to making your event a memorable one*



*Whether your event is large or small,  
indoor or outdoor, elegant or casual,  
there is a venue to fit your needs.*

## ROOM VIEWINGS

*to view rental facilities  
are by appointment.*

Call or email us for more information:  
[IndoorEvents@antiochca.gov](mailto:IndoorEvents@antiochca.gov)  
(925) 776-3050

WEDDINGS - BIRTHDAYS - REUNIONS - MEETINGS  
ANNIVERSARIES - RECITALS - SEMINARS  
CLASSES - CHARITY FUNDRAISERS - EXHIBITIONS

Call the Recreation Department or visit the  
City of Antioch website for more information  
925-776-3050 [www.antiochca.gov/recreation](http://www.antiochca.gov/recreation)

**ANTIOCH**  
CALIFORNIA



**Residential Customer**

FOLLOW US ON SOCIAL MEDIA:



antiochrecreation



antiochrec\_ca

# WE'RE **HIRING**

## OPEN POSITIONS :

- ☒ Recreation Leader 1
- ☒ Recreation Leader 2
- ☒ Lifeguard
- ☒ Swim Instructor

**APPLY NOW** 



**Antioch Community Center**  
4703 Lone Tree Way, Antioch



**antiochca.gov/recreation**



**(925) 776-3050**



rates  
start at  
**\$16<sup>50</sup>**  
per hour

