Recreation Guide
Unifying and strengthening our community.

Opportunity lives here.

Fall 2023
In Antioch, our mission is to deliver quality services with integrity, excellence, and innovation.

September–December | Registration begins: August 14, 2023

FOLLOW US ON SOCIAL MEDIA:

facebook: antiochrecreation
instagram: antiochrec_ca
Join us in celebrating Day of the Dead at the Second Annual Día de Los Muertos Celebration at the Nick Rodriguez Community Center. Take part in displaying your own personal ofrenda while you enjoy live performances, youth crafts, and food from local markets & businesses.

To learn more about how to display an ofrenda as part of our event scan here:
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.
Instructor Highlight

Abe Rodriguez

Abe Rodriguez always knew he wanted to be an artist. “My favorite day in school was when it rained, because recess was cancelled and I could stay inside and draw. Art is my passion.”

Schooled in Antioch (Mission, Black Diamond, Deer Valley), Abe also attended LMC, DVC and Expression College For Digital Arts in Oakland (graduating in 2012) before finding his way back to Antioch to teach painting and drawing classes at the Antioch Community Center (the same classes he took as a student). Eventually, he was also hired at the Antioch Charter Academy to teach art to grades K-8.

His experience as a teacher and relationship with the recreation department led to some other interesting assignments. Abe has been commissioned by the city to draw murals on utility boxes around town and had become involved with special events that tap his expertise. He is a very valuable member of the department and one of its most popular instructors.

What does the future hold for Abe? “In five years, I would like to be a credentialed art teacher.” That would require more education and training, which Abe is more than ready to take on. “In the end, I would like to become an even bigger part of this community.”

—Written by: Dan Wall

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

Monday, 9/4 — Labor Day
Friday, 11/10 — Veterans Day
Thursday-Friday, 11/23-11/24 — Thanksgiving
Monday-Tuesday, 12/25-12/26 — Christmas
Monday, 1/1 — New Year’s Day
California Coastal Cleanup Day
SATURDAY, SEPTEMBER 23
ANTIOCH WATER PARK & MARINA
9AM-NOON
Volunteer alongside your families, friends, coworkers, scout troops, school groups, and service clubs. Help us preserve wildlife by taking trash out of the environment and our waterways.

Plan to spend a day outside connecting with your community to celebrate California!

Register at: antiochca.gov/register
Water Park #10627    Marina #10628

To get more information, visit the website at www.antiochca.gov/coastal-clean-up

If your company wishes to register vehicles or large equipment for this event scan the QR Code. Truck/vehicle registration forms open June 12 and close September 1.
35th Annual Kids Fishing Derby

Free

Saturday, October 14 | 9AM-12PM

Waldie Plaza & Public Fishing Pier
(Across from City Hall)

Held in memory of Antioch resident “Compy” Compomizzo who inspired the mission statement: “Get kids hooked on fishing, not drugs or gangs.”

Open to kids ages 4-15 with Parent or Adult Guardian. For more information, contact Mike Hall at (925) 634-6356 or visit antiochca.gov/recreation

Brought to you by: California Striped Bass Association, West Delta Chapter

Multicultural Festival

Food Trucks - Live Performers
Kids Zone - Music - Local Vendors

August 12, 2023
12:00-5:00PM
Williamson Ranch Park

For more information
www.antiochca.gov/multicultural-day

Opportunity lives here.
FOOD TRUCK THURSDAYS!
GREAT FOOD • MUSIC • FAMILY FUN

Every Thursday from FEBRUARY thru OCTOBER 26TH

For Food Truck Lineups & To Follow Us:

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

FOODIECREW.COM

ANTIOCH HISTORICAL SOCIETY MUSEUM PRESENTS:

BINGO THURSDAYS

Enjoy the game of Bingo? Then mark your calendars!
Every Thursday at the Antioch Senior Center, join us for cash bingo with a few special prize games! Doors open at 12:30pm and games go from 1pm-3pm.

EVERY THURSDAY
GAMES FROM 1PM - 3PM
415 W. SECOND STREET
ANTIOCH, CA 94509

BIG PRIZE - GAME - WIN!
Bingo is open to the public for anyone ages 18+

AUSD KIDS SPORTS CAMP

Free Camps 2023-2024
Sign Up Today!

www.antiochschools.net/sportscamps
FALL 2023 | Aquatics

FITNESS

AGES 12 & UP

**Lap Swim**

Lap swim is offered for swimmers 12 years and older. 5 lanes available.

**Antioch Water Park Lap Pool**

Wednesday

8/9-9/27

4:30PM-6:00PM

$4 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. **Passes NOT valid during summer general admission hours.**

**AGES 16 & 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+**

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**Antioch Water Park**

**ESCAPE FROM ALCATRAZ**

**LAP SWIM CHALLENGE**

Swim to freedom in the AWP Lap Pool!

Track your laps as you swim the distance from Alcatraz Island to St. Francis Beach.

Complete the challenge this fall and receive a free sling bag!

*Valid lap swim punch pass or drop in required per visit*

Swim to freedom in the AWP Lap Pool!

Track your laps as you swim the distance from Alcatraz Island to St. Francis Beach.

Complete the challenge this fall and receive a free sling bag!

*Valid lap swim punch pass or drop in required per visit*
AMERICAN RED CROSS SWIMMING AND WATER SAFETY

The American Red Cross 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 or contact our front desk. All classes are 25 minutes in length.

All classes are taught by American Red Cross Water Safety Instructor certified aquatics staff at the Antioch Water Park.

SWIM LESSONS

Parent & Child Swim Lessons
5 MONTHS–3 YEARS

Participants will learn how to work safely and effectively in the water with an infant or toddler. Basic water safety skills will be covered. This program emphasizes fun and enjoyment for both parent and child. An adult must accompany each child in the water. These are group classes with a ratio of 1 instructor for up to 10 pairs.

Preschool Swim Lessons
3-5 YEARS

Geared towards our youngest swimmers! Our preschool swim lessons will teach students swimming basics and prepare them for youth level lessons. 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.

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Availability of all Antioch Water Park programs including swim lessons, water aerobics, general admission, lap swim and special events may be canceled due to weather, mechanical or water conditions. Customer requested refunds/transfer are available up to 5 BUSINESS DAYS PRIOR TO THE FIRST DAY OF CLASS. No refunds or make-ups for missed days. A processing fee of $7 will be charged for all cancellations after a registration has been processed. If minimum class size is not met by Wednesday prior to the start of class, it may be canceled.
SWIM LESSONS

Youth Swim Lessons
6-14 YEARS
This comprehensive and progressive program will take students from beginning to swim to learning different strokes and techniques, while growing confidence in their swim abilities. Participants will hone fundamental water skills before moving on to stroke development and improvement. Students will also gain a deeper understanding of safety around water. These are group classes with a ratio of 1 instructor for up to 6 students. Levels 1, 2, and 3 offered.

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SESSION 2 | 9/2-9/23 | Level 1 | Level 1 | Level 2 | Level 3 |
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Adult Swim Lessons
15 YEARS & UP
Working with an instructor, teens and adults will learn skills and concepts needed to stay safe in and around water, improve their swimming abilities, and gain water confidence. Students enrolled in this class should be comfortable in chest deep water, however no prior swimming experience is necessary. These are group classes with a ratio of 1 instructor for up to 8 students.

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Private Swim Lessons
3 YEARS & UP
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.

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Come enjoy a spooky good time at the 4th Annual Fall-O-Ween Fest featuring a maze, pumpkin patch on land and in the pool, inflatable jumpers and more. Each child who enters will leave with a pumpkin and bag of candy, while supplies last. This Spooktacular family event is open to all ages.

Thursday & Friday, October 26-27
5:00pm-8:00pm
Antioch Water Park

$5 per person
Register at antiochwaterpark.com
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

Morning Preschool Academy
Antioch Community Center • Instructor: Cindy Pang
Monday-Thursday

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Afternoon Preschool Academy
Antioch Community Center • Instructor: Jacqueline Chen
Monday/Wednesday

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*No class 9/4, 10/2-10/5, 11/20-11/23
PLAYGROUP

AGES 1-3

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

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*No class 11/10, 11/24

ART

AGES 3-6

Caregiver & Me Art
This class is for children and their caregivers, whether you are Mom, Dad, Aunt, Grandparents, or guardian, come along with your little special one and enjoy making precious art together! Learn about child sensory play and make special keepsakes along the way. Memorable fun for you and your little one.

Antioch Community Center • Instructor: This Active Art

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DANCE & TUMBLING

AGES 1-2

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

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*No class 11/25

AGES 1-3

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

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AGES 2-3

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

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*No class 11/25

AGES 3-4

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

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*No class 11/25

AGES 3-5

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

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<tr>
<td>#10515</td>
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<tr>
<td>#10516</td>
<td>10/21-12/2*</td>
<td>10:00AM-10:45AM</td>
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</tbody>
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*No class 11/25
MARTIAL ARTS

4-6 YEARS
Max Academy—Pandas
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

#10613 9/6-9/27 4:30PM-5:00PM $80R/$90NR
#10614 10/4-10/25 4:30PM-5:00PM $80R/$90NR
#10615 11/1-11/29* 4:30PM-5:00PM $80R/$90NR
*No class 11/22

7-12 YEARS
Max Academy—Juniors
Our Junior students learn to enhance their athleticism and protect themselves from danger through the practice of effective self-defense skills and martial arts techniques. Additionally, Max Academy students learn essential character traits like respect, focus, and perseverance. Our juniors love coming to class where they make new friends, participate in fast-paced drills and games, and learn from instructors who genuinely care about them.

Antioch Community Center • Instructor: Nick Rosalez

Wednesday

#10616 9/6-9/27 5:00PM-5:45PM $80R/$90NR
#10617 10/4-10/25 5:00PM-5:45PM $80R/$90NR
#10618 11/1-11/29* 5:00PM-5:45PM $80R/$90NR

DANCE & TUMBLING

AGES 5 & UP
NEW! | Aztec Dance
In Lak’Ech group 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
Tuesday & Thursday

#10629 9/5-12/14 6:00PM-8:00PM FREE

AGES 6-10
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

#10509 9/9-10/14 9:00AM-9:45AM $80R/$90NR
#10510 10/21-12/2* 9:00AM-9:45AM $80R/$90NR
*No class 11/25

AGES 6-10
Beginning Ballet
In this class students will focus on learning basic ballet movements and technique in a fun creative way. Please wear a leotard and ballet shoes.

Antioch Community Center • Instructor: Be Exceptional
Saturday

#10517 9/9-10/14 11:00AM-11:45AM $80R/$90NR
#10518 10/21-12/2* 11:00AM-11:45AM $80R/$90NR
*No class 11/25

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

**AGES 5-12**

**Kid’s 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

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<th>#</th>
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<td>12/1</td>
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**AGES 5-12**

**Parent’s Night Out**
Need a night out? Let your kids spend the night in, with us! Come create arts & crafts, play games, enjoy a movie! Wear pajamas, bring a pillow and blanket! Trained recreation staff will provide all the fun, excitement, and supervision. Pre-registration is required. Make sure to bring your I.D. upon pick-up. We encourage social pods to register together.

Antioch Community Center • Instructor: Recreation Staff

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<th>#</th>
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**AGES 8-14**

**Anime and Manga Drawing**
Practice your sketching skills in a class focused on learning the stylistic features that make this Japanese drawing style so awesome! All skill levels welcome. Bring your favorite art supplies, a sketchbook, and drive to draw!

Antioch Community Center • Instructor: Abraham Rodriguez

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<th>#</th>
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<tr>
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**AGES 8-14**

**Watercolor Cooldown**
Get ready to explore cool watercolor effects with a summertime twist! An afternoon of painting projects using fun techniques and your favorite art styles. Supplies provided by instructor.

Antioch Community Center • Instructor: Abraham Rodriguez

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<th>Dates</th>
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**COOKING**

**AGES 8-12**

**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: Rec Staff

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<th>#</th>
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**AGES 8-12**

**Comic Book Creators**
Challenge yourself to create cool characters and wild stories in a day all about comics! We’ll go through several activities highlighting the creative process and leave with a cool cast of original characters and a comic sketch book of your own creation.

Antioch Community Center • Instructor: Abraham Rodriguez

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**Coyote Hills Camps!**

**AGES: 5-12**
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.

4-6 YEARS

Soccer—Little Kickers
Introduce your child to the sport of soccer. Classes primarily focus on ball handling, getting players comfortable with dribbling, passing, and introducing juggling. Small pug goals will be used for drills and games. Level 2 requires prerequisite of completing Level 1.

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

**Tuesday • Level 1**

- #10570  9/5-9/26  4:00PM-4:45PM  $30R/$40NR
- #10573  10/10-11/7*  4:00PM-4:45PM  $30R/$40NR
- #10576  11/28-12/12  4:00PM-4:45PM  $23R/$33NR

**Saturday • Level 1**

- #10601  9/9-9/30  11:20AM-12:05PM  $30R/$40NR
- #10602  10/7-10/28  11:20AM-12:05PM  $30R/$40NR

**Tuesday • Level 2**

- #10571  9/5-9/26  4:50PM-5:35PM  $30R/$40NR
- #10574  10/10-11/7*  4:50PM-5:35PM  $30R/$40NR
- #10577  11/28-12/12  4:50PM-5:35PM  $23R/$33NR

**Tuesday • Level 3**

- #10572  9/5-9/26  5:40PM-6:25PM  $30R/$40NR
- #10575  10/10-11/7*  5:40PM-6:25PM  $30R/$40NR
- #10578  11/28-12/12  5:40PM-6:25PM  $23R/$33NR

*No class 10/31

**Nick Rodriguez Community Center • Instructor: Antioch Youth Sports Staff**

**Wednesday • Level 1**

- #10579  9/6-9/27  5:40PM-6:25PM  $30R/$40NR
- #10580  10/11-11/18*  5:40PM-6:25PM  $30R/$40NR
- #10581  11/29-12/13  5:40PM-6:25PM  $23R/$33NR

*No class 11/1

7-9 YEARS

**Soccer—Sweepers**
In this class players will continue to develop their ball skills. Defensive skills and tactics will be added for each young athlete to grow as all around soccer players. Level 2 requires prerequisite of completing Level 1.

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

**Saturday • Level 1**

- #10586  9/9-9/30  9:35AM-10:20AM  $30R/$40NR
- #10589  10/7-10/28  9:35AM-10:20AM  $30R/$40NR

**Thursday • Level 1**

- #10582  9/14-9/28  4:45PM-5:30PM  $23R/$33NR
- #10585  10/12-11/2  4:45PM-5:30PM  $30R/$40NR

**Saturday • Level 2**

- #10587  9/9-9/30  9:35AM-10:20AM  $30R/$40NR
- #10588  10/7-10/28  9:35AM-10:20AM  $30R/$40NR

**Thursday • Level 2**

- #10583  9/14-9/28  4:45PM-5:30PM  $23R/$33NR
- #10584  10/12-11/2  4:45PM-5:30PM  $30R/$40NR

*No class 10/31
**AGES 4-6**

**Little Dribblers**

Introduce your child to the sport of basketball. Classes primarily focus on ballhandling, getting players comfortable with dribbling, passing, catching and using pivots. Adjustable hoops will be used with level 1 playing on 6 foot rims and the upper levels progressing in height, as needed. Level 2 requires prerequisite of completing Level 1.

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

**Saturday • Level 1**

- #10537 9/9-9/30 10:30AM-11:15AM $30R/$40NR
- #10541 10/7-10/28 10:30AM-11:15AM $30R/$40NR

**Monday • Level 1**

- #10538 9/11-9/25 4:00PM-4:45PM $23R/$33NR
- #10542 10/9-10/30 4:00PM-4:45PM $20R/$40NR
- #10545 11/27-12/11 4:00PM-4:45PM $23R/$33NR

**Monday • Level 2**

- #10539 9/11-9/25 4:50PM-5:35PM $23R/$33NR
- #10543 10/9-10/30 4:50PM-5:35PM $30R/$40NR
- #10546 11/27-12/11 4:50PM-5:35PM $23R/$33NR

**Monday • Level 3**

- #10540 9/11-9/25 5:40PM-6:25PM $23R/$33NR
- #10544 10/9-10/30 5:40PM-6:25PM $30R/$40NR
- #10547 11/27-12/11 5:40PM-6:25PM $23R/$33NR

**Nick Rodriguez Community Center • Instructor: Antioch Youth Sports Staff**

**Wednesday • Level 1**

- #10549 9/6-9/27 4:00PM-4:45PM $23R/$33NR
- #10551 10/11-11/8* 4:00PM-4:45PM $30R/$40NR
- #10553 11/29-12/13 4:00PM-4:45PM $23R/$33NR

**Wednesday • Level 1**

- #10550 9/6-9/27 4:50PM-5:35PM $20R/$40NR
- #10552 10/11-11/8* 4:50PM-5:35PM $30R/$40NR
- #10554 11/29-12/13 4:50PM-5:35PM $23R/$33NR

*No class 11/1

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**7-9 YEARS**

**Basketball—Jump Shooters**

There is only one way to win a game; score more points than the other team! Ballhandling skills are covered but with an added focus on layups, pull ups, and jump shots. Level 2 requires prerequisite of completing Level 1.

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

**Saturday • Level 1**

- #10566 9/9-9/30 8:45AM-9:30AM $30R/$40NR
- #10568 10/7-10/28 8:45AM-9:30AM $30R/$40NR

**Thursday • Level 1**

- #10562 9/14-9/28 3:55PM-4:40PM $23R/$33NR
- #10564 10/12-11/2 3:55PM-4:40PM $30R/$40NR

**Saturday • Level 2**

- #10567 9/9-9/30 8:45AM-9:30AM $30R/$40NR
- #10569 10/7-10/28 8:45AM-9:30AM $30R/$40NR

**Thursday • Level 2**

- #10563 9/14-9/28 3:55PM-4:40PM $23R/$33NR
- #10565 10/12-11/2 3:55PM-4:40PM $30R/$40NR

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**INFORMATION:** (925) 776–3050 | 17
The Antioch Junior Warriors Basketball League encourages skill development through fundamental instruction, sportsmanship, physical fitness and fun. Each week consists of a one-hour practice and a game on Saturdays for grades 1-8. The Kindergarten League will consist of a 30-minute practice followed by a 30-minute scrimmage on Saturday mornings. This league is non-competitive, teams are coached by volunteers and games are officiated by Recreation Staff members. All divisions are Co-ed and are offered for children in grades K-8. Each child receives a Golden State Warriors reversible jersey.

Mandatory Evaluation: November 4  
Practices Begin: Week of December 4  
Games Begin: January 6  
Final Day of Games: February 24  

Volunteer coaches are needed, each coach receives a 50% discount on one player registration. For more information contact Recreation Supervisor Troy Faulk at tfaulk@antiochca.gov.

<table>
<thead>
<tr>
<th>Grades 1-2</th>
<th>Grades 3-4</th>
<th>Grades 5-6</th>
<th>Grades 7-8</th>
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Mandatory Evaluation Schedule:

Kindergarten: #10600  
1st/2nd Grade: #10596  
3rd/4th Grade: #10597  
5th/6th Grade: #10598  
7th/8th Grade: #10599

Deadline to register: Monday, October 23

Applications are available at: antiochca.gov/RecFinancialAssistance and at the Antioch Community Center for residents of Antioch and residences within the Antioch Unified School District.

Apply today!
Youth Classes | FALL 2023

**TENNIS**

6 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.

Chichibu Park Tennis Courts • Zonia Alston  
Ages 6-12—Tuesday

| #10590 | 9/5-9/26 | 6:00PM-6:50PM | $74R/$84NR |
| #10593 | 10/10-11/7* | 6:00PM-6:50PM | $74R/$84NR |

Ages 13+—Tuesday

| #10591 | 9/5-9/26 | 7:00PM-7:50PM | $74R/$84NR |
| #10592 | 10/10-11/7* | 7:00PM-7:50PM | $74R/$84NR |

*No class 10/31

**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

| #10521 | 9/9-10/14 | 10:00AM-11:00AM | $80R/$90NR |
| #10522 | 10/21-12/2* | 10:00AM-11:00AM | $80R/$90NR |

*No class 11/25

**KAYAKING**

10 YEARS & UP  
**Kayak Corteva Wetlands**
Join us as we explore these amazing wetlands right in our backyard just off the San Joaquin River in a tandem kayak. We may spot River otter, beaver, mink, sea lions and many waterfowl. This tour is great for beginners and experts. (All minors must be accompanied by an adult. Separate registrations for each participant required.)

Antioch Marina • Delta Kayak Adventures  
Tuesday

| #10526 | 9/19 | 5:00PM-7:00PM | $75R/$85NR |

**13 YEARS & UP**  
**Tennis Mixer-Intermediate/Advanced**
Class sessions include games, strategy and matches for intermediate to advanced players.

Tuesday

| #10594 | 9/5-9/26 | 8:00PM-9:00PM | $74R/$84NR |
| #10595 | 10/10-11/7* | 8:00PM-9:00PM | $74R/$84NR |

*No class 10/31

REGISTER ONLINE: www.antiochca.gov/register | 19
FITNESS

13 YEARS & UP
Health & Wellness Essentials
In this course we will be focusing on learning or refreshing the principles of basic nutrition delivered in a simple, manageable, AND actionable way so you can get some clarity about the What, When, Where, Why and How’s of nourishing your body with a whole wellness approach that focuses on a sustainable, healthy way of living instead of fads, diets, or deprivation practices.

Antioch Community Center • Instructor: Karina Dugand
Mondays
#10610 9/11-10/30 5:30PM-6:45PM $160R/$176NR

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
Mondays
#10471 9/11-10/2 7:00PM-8:00PM $55R/$65NR
#10472 10/9-10/30 7:00PM-8:00PM $55R/$65NR
#10473 11/6-12/11 7:00PM-8:00PM $83R/$93NR

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
Thursdays
#10469 9/14-10/12 9:00AM-10:00AM $50R/$60NR
#10470 10/19-11/16 9:00AM-10:00AM $50R/$60NR

17 YEARS & UP
Hula Hoop Fitness
Ready, set, go!! Join a 50-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
Mondays
#10619 9/11-10/9 6:00PM-6:50PM $63R/$73NR
#10620 10/16-11/13 6:00PM-6:50PM $63R/$73NR

OUTDOOR RECREATION

16 YEARS & UP
Introduction to Kayaking
Our intro class will introduce you to basic paddling skills on calm, flat water. We’ll go over different types of kayaks and their best uses, necessary equipment and basic strokes and maneuvers, safety, and touch on trip planning. (All minors must be accompanied by an adult. Separate registrations for each participant required.)

Antioch Marina • Instructor: Delta Kayak Adventures
Thursday
#10527 9/7 12:30PM-2:30PM $75R/$85NR

16 YEARS & UP
Introduction to Stand Up Paddleboarding
Class will introduce students to basic paddling and safety skills and will take place on calm flat water. After an overview of equipment, students will learn basic strokes and maneuvers and how to self-rescue. Students should plan on getting wet and bring a towel and change of clothes.

Antioch Marina • Instructor: Delta Kayak Adventures
Mondays
#10528 9/18 5:00PM-7:00PM $75R/$85NR
**DRIVERS ED**

**AGES 15 & 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**

- **#10529**
  - 9/2-12/31
  - Ongoing Registration
  - $50R/$60NR

**AGES 15 & 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**

- **#10530**
  - 9/16-10/7
  - 9:00AM-12:00PM
  - $205R/$225NR

- **#10531**
  - 11/20-11/24
  - 9:00AM-12:00PM
  - $205R/$225NR

- **#10532**
  - 12/26-12/29
  - 9:00AM-12:00PM
  - $205R/$225NR

*No class 11/23

**AGES 18 & UP**

**Adult Driver’s Education Online**

This is an online program—all students must have access to the internet! Learn the rules of the road and all you need to know to pass the DMV written test. The course includes multiple practice tests, videos and much more. This is a self-paced course and a great refresher of current and new laws. A licensed driving instructor is available to answer questions.

**Online Class • Instructor: Bay Area Driving School**

- **#10533**
  - 9/2-12/31
  - Ongoing Registration
  - $46R/$56NR

**PERSONAL GROWTH**

**AGES 15 & UP**

**Emergency Preparedness**

Our personal homes much like our country, face a wide range of threats and potential hazards ranging from acts of pandemics, internal hazards, and natural disasters. The ability to effectively respond in an emergency relies on risk assessment, situational awareness, planning and preparedness. This course will be a brief overview to assist students with developing a foundation of practical competencies needed for emergency preparedness and crisis response to protect their family.

**Antioch Water Park • Instructor: Definitive Safety Group**

- **#10536**
  - 10/7
  - 8:00AM-5:00PM
  - $100R/$110NR

**AGES 15 & 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 (NFSP). It is accepted throughout the United States and meets regulatory requirements. An e-book and online access will be provided as part of your purchase.

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

- **#10534**
  - 9/9
  - 8:00AM-5:00PM
  - $100R/$110NR

- **#10535**
  - 11/4
  - 8:00AM-5:00PM
  - $100R/$110NR

INFORMATION: (925) 776-3050 | 21
PERSONAL GROWTH

18 YEARS & UP

Floral Design Class
Are you interested in learning how to make flower arrangements? Do you want to do it for fun or a career? In this class you will be taught how to make Basic, Advanced, and Modern arrangements. Each session is 6 weeks. Come join the wonderful world of flowers arrangements. Bring garden shears to each class. Other supplies and supply list will be provided the first day of class.

Antioch Community Center • Instructor: Kristie LuVisi
Tuesday Mornings
#10493  9/5-10/10  9:30AM-12:30PM  $100R/$110NR
#10494  10/17-11/21  9:30AM-12:30PM  $100R/$110NR
#10495  11/28-12/19  9:30AM-12:30PM  $66R/$76NR

DROP-IN PROGRAMS

AGES 15+

Drop-In Volleyball
Antioch Community Center
Tuesday Evenings*  |  7:30PM-9:30PM
Sunday Evenings*  |  5:30PM-7:30PM
Ages 18+: must present ID and pay $5 each visit at the ACC front desk. Ages 15-17: must register by the month. Registration can be completed at the ACC front desk or online at antiochca.gov/recreation/.

AGES 18+ (ID REQUIRED)

Adult Drop-In Basketball
Antioch Community Center
Wednesday
#10468  11/1  7:00PM-8:30PM  $30R/$40NR

AGES 18 & 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
Wednesday
#10468  11/1  7:00PM-8:30PM  $30R/$40NR

*No open gym on 9/3, 10/31, 11/26, & 12/17-12/31.
THE ANTIJOCH SENIOR CENTER
The Antioch Senior Center is offering quality and engaging programs to the community! We are open to adults aged 50+ 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 is open to adults 50+. 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 Trio Community Meals.

ADDITIONAL RESOURCES

Tri-Delta Transit—ADA Paratransit transportation is for individuals with disabilities who cannot independently use fixed route Tri Delta Transit bus service some of the time or all the time. Trips must be prearranged. All Tri Delta Transit buses are accessible, and many individuals with disabilities can use the fixed route bus service. However, if you are unable to use fixed route transportation for some or all of your trips, you may be eligible for ADA Paratransit transportation. If you’re not sure whether you’re able to use the fixed route bus, call Tri Delta Transit at (925) 754-6622. Tri Delta Transit’s Paratransit transportation includes two programs. ADA Paratransit transportation and Senior (age 65+) Paratransit transportation. To book a ride, call (925) 754-3060.

50 YEARS & UP

Care Management—Care managers are experienced professionals who work closely with older adults and their families to assess needs and provide solutions to a myriad of issues. Care Manager’s priority is to solve problems and empower clients to become self-sufficient. Call (925) 779-7074 for more information.
Drop-in, Mondays | 9:00am-11:00am | MNO Dining Hall

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. Confidential individual counseling is provided on the phone, by email, and in person at the Antioch Senior Center and other locations in Contra Costa County. HICAP also offers many “Welcome to Medicare” classes. Call the HICAP number 925-655-1393 to talk to a counselor or make an appointment.
3rd Tuesday of every month, by appointment only | 1:00PM-4:00PM

Legal Assistance—Free legal services to improve the quality of life for clients by assisting with the preservation of housing, prevention of abused, and planning for incapacity. Appointments must be made in advance. Wills: To utilize this free service you must be 60 years or older. You also cannot own a home or have an existing will or trust.
2nd Monday of each month, by appointment only 9:00AM-12:00PM
3rd Monday of each month, by appointment only 10:00AM-12:00PM

Financial Aid for Programs/Activities. Apply TODAY!
Applications are available at www.antiochca.gov/recreation/senior-center and at the Antioch Senior Center for residents of Antioch.
Activity Fee Assistance for adults 50+.

FEE ASSISTANCE FOR OLDER ADULTS AND SENIORS COORDINATED BY THE ANTIJOCH RECREATION DEPARTMENT. FUNDING PROVIDED BY THE ANTIJOCH COMMUNITY FOUNDATION. FUNDS ARE LIMITED, PLEASE APPLY EARLY.
<table>
<thead>
<tr>
<th>Activity</th>
<th>Description</th>
<th>Class Days</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Inner Work of Age</td>
<td>Discuss and share your lifelong journey, find meaning to life and dive into different aspects of aging.</td>
<td>Mondays</td>
<td>9:30AM-10:30AM</td>
</tr>
<tr>
<td>Beginner Exercise</td>
<td>Low-impact exercise that includes movement, standing, and sitting.</td>
<td>Mondays, Wednesdays, Fridays</td>
<td>10:30AM-11:15AM</td>
</tr>
<tr>
<td>Cane-do</td>
<td>Train your brain and body with tactics to protect yourself, while improving your physical capabilities like balance, coordination, and strength.</td>
<td>Mondays</td>
<td>9:00AM-10:00AM</td>
</tr>
<tr>
<td>Kani Ka Pila (Let’s Play Music)</td>
<td>Bring your guitars, ukuleles, or any instruments that you play and sing along to songs for a great time!</td>
<td>Mondays</td>
<td>10:00AM-11:30AM</td>
</tr>
<tr>
<td>Tech Assistance</td>
<td>Technology is constantly advancing, and we want to help our older adults understand their devices better.</td>
<td>Mondays</td>
<td>10:00AM-11:00AM</td>
</tr>
<tr>
<td>Painting Club</td>
<td>If you enjoy painting or being creative, you know the benefits the creative process has therapeutically. Must bring own supplies.</td>
<td>Mondays, Wednesdays</td>
<td>12:00PM-3:00PM</td>
</tr>
<tr>
<td>Game Room</td>
<td>Enjoy open to play activities. Billiards, corn hole, ping-pong, chess, puzzles and more!</td>
<td>Tuesdays, Thursdays</td>
<td>9:00AM-11:30PM</td>
</tr>
<tr>
<td>Beginner Sewing</td>
<td>Learn basic sewing skills! Volunteer instructors are available to make alterations. Bring your own supplies.</td>
<td>Tuesdays</td>
<td>9:30AM-11:30PM</td>
</tr>
<tr>
<td>Bridge</td>
<td>Come join our bridge group! Bridge is a four-player partnership trick-talking game with thirteen tricks per deal.</td>
<td>Tuesdays</td>
<td>12:00PM-2:00PM</td>
</tr>
<tr>
<td>Knitting &amp; Crocheting</td>
<td>The group loves to teach each other new techniques and share tips amongst each other.</td>
<td>Tuesdays</td>
<td>12:30PM-3:00PM</td>
</tr>
<tr>
<td>Wellness Education</td>
<td>Learn better eating habits, how nutrition affects the mind, body, and spirit. Including ways to keep inflammation down and how stress destroys the immune system.</td>
<td>Tuesdays</td>
<td>10:00AM-11:00AM</td>
</tr>
<tr>
<td>Beginner Salsa</td>
<td>Come join us in learning how to dance salsa!</td>
<td>Wednesdays</td>
<td>10:00AM-11:00AM</td>
</tr>
<tr>
<td>Ukulele</td>
<td>Bring along your ukulele and strum along with friends to new and classic songs.</td>
<td>Wednesdays</td>
<td>10:00AM-11:00AM</td>
</tr>
<tr>
<td>Hula Dance</td>
<td>Practice traditional Hawaiian dance that continues to share the story, history, and culture of Hawaii.</td>
<td>Thursdays</td>
<td>10:00AM-11:00AM</td>
</tr>
<tr>
<td>Line Dancing</td>
<td>Get in line and dance along to your favorite line dancing songs.</td>
<td>Thursdays</td>
<td>10:00AM-11:00AM</td>
</tr>
<tr>
<td>Bingo</td>
<td>Play the classic game of bingo with us!</td>
<td>Thursdays</td>
<td>1:00PM-3:00PM</td>
</tr>
<tr>
<td>Arts &amp; Crafts</td>
<td>Start hands-on creative activities with us. Improve motor, social, and cognitive skills with arts &amp; crafts. Supplies provided while they last.</td>
<td>Fridays</td>
<td>9:30AM-10:30AM</td>
</tr>
<tr>
<td>Movies</td>
<td>Join us every Friday and enjoy complimentary popcorn and drinks alongside a captivating movie.</td>
<td>Fridays</td>
<td>12:15AM (movie duration between 1hr 45min to 2hr)</td>
</tr>
</tbody>
</table>
**FITNESS**

**AGES 50 & UP**

**Musicise**
Music and exercise with a fun twist! Enjoy a fitness journey the fun way—release stress, gain stamina, and focus on improving overall health. Combine music & exercise as you create your own maestro moves. Share the joy in moving together to the rhythm of the beat.

**Antioch Senior Center • Instructor: Linda Dunn**

**Monday/Wednesday**

#10557  9/12-12/19  10:15AM-11:15AM  $38R/$48NR

See page 14 for Water Aerobics with reduced rates for adults 50 and older!

**EVENTS & GATHERINGS**

**September–December 2023**

**Senior Resource Fair | Friday, September 15, 11AM-1:30PM.** Come down to the Antioch Senior Center to learn about the many resources available for our older adults around the community!

**Halloween Costume Party | Friday, October 27, 9AM-11:30AM.** Calling all ghosts and goblins! Dress up in your most outrageous Halloween costumes and participate in a crowd-favorite contest.

**Thanksgiving Meal and Show | Thursday, November 16, 9AM-12PM.** Come together and give thanks as we enjoy a traditional Thanksgiving dinner.

**Winterfest | Thursday, December 14, 9AM-11AM.** Join your friends and neighbors to kick off this year’s inspiring winter festival! Enjoy delicious appetizers and beverages under the lights.
SENIOR EXCURSIONS

SEPTEMBER-DECEMBER 2023

We have many great trips planned as we wind down the year! Register in-person at the Antioch Senior Center from 9am-1pm. 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.

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**September 10: San Francisco Giants vs Colorado Rockies**
**Level 2:** #10548
Come join us on a trip to our lovely San Francisco Oracle Park to support the Giants!

**September 26: Ultimate Horse Experience**
**Level 3:** #10555
Explore the Mount Diablo foothills and take a trip to a local horse ranch to learn about horses, grooming, feeding, and even some horseback riding.

**October 14: Sky River Casino**
**Level 1:** #10560
Hop on a bus with us to Sky River Casino to enjoy incredible dining options, thousands of exclusive slot machines, and hundreds of table games!

**October 23: Delta Kayak Adventures**
**Level 3:** #10556
Come join us and paddle the river that flows beside our beautiful city. Life jackets and other equipment will be provided along with helpful paddling training. Explore for 1 or 2 hours!

**November: San Francisco 49ers Game**
**Level 3:** #10559
Head down with us to Santa Clara’s Levi Stadium for a 49ers game! Enjoy the game at the lower bowl, behind the end zone.

**December 9: Niles Canyon Railway**
**Level 1:** #10561
Take an enchanting holiday excursion on the train. This isn't just any train ride, but rather the 2-hour Holiday Train of Lights Tour through Niles Canyon! Dress warm.

**December: Nutcracker**
**Level 1:** #10558
Experience the magical winter wonderland of toy soldiers, King of the Mice, Sugar Plum Fairy, and so much more. Create everlasting memories with loved ones.
OUTDOOR SPECIAL EVENTS

Additional information may be found at: antiochca.gov/recreation/special-event-application

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.

Expand your skills online.

The City of Antioch offers numerous online education classes. Sign up today at www.ed2go.com/antiochrec

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

**How to get started:** 1) Visit our Online Instruction Center at www.ed2go.com/antiochrec; 2) Click the Courses link, choose department and course title that you are interested in and select the Enroll Now button. Follow instructions to enroll and pay for your course and to create a login.
REGISTER EARLY!—SPACES GO QUICKLY!

Afterschool Tutoring

All Subjects • Grades 6th-10th
Mondays and Wednesdays
Aug. 21–Dec. 20 • 4–6 PM • #10634*
• Nick Rodriguez Community Center
  213 F Street

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

For information, call (925) 779-7082

TEEN JAZZ & HIP HOP

Join the fun and come dance with the latest music to jazz and hip hop.

3:30-5:30PM | Mo, We | 12-14 YRS | #10632*
3:30-5:30PM | Tu, Th | 15-18 YRS | #10633*
September 11–November 16
FREE!

*Priority given to Antioch residents and/or AUSD students.
Antioch Council of Teens (ACT) is made up of youth & teens (6th through 12th grade) who want to cultivate change through community service, engaging activities, and civic leadership opportunities—all while having FUN and working together!!

*Meetings are the 2nd and 4th Wednesday of the month and runs all year.*

ACT members:
- Serve as representatives for teens in the community.
- Create fun events for teens.
- Participate in leadership opportunities.

Email youth@antiochca.gov for more information.
antiochca.gov/ACT

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**GIVE THE GIFT OF WARMTH**

**COAT DRIVE**

SEP 6 THRU NOV 6

Collecting gently used scarves, gloves, boots, & coats (no holes or stains).

Donations can be dropped off at the following locations:
- Public Safety & Community Resources Department—4703 Lone Tree Way
- Antioch City Hall—200 H Street

Hosted by Antioch Council of Teens

Scan the QR Code for those who want to donate.
TRUNK or TREAT
SATURDAY, OCTOBER 28
4:00-7:00PM
FREE FOR ALL AGES
SPOOKY FUN!
HOSTED BY ANTIOCH COUNCIL OF TEENS
DELTA BOWL PARKING LOT
3300 Delta Fair Blvd.
Volunteers needed to dress their trunks.

TEEN SKATE NIGHT!
FRI SEP 29th 5-7 PM FREE
HOSTED BY ANTIOCH COUNCIL OF TEENS
@ PARADISE SKATE
1201 W 10th St.
FALL Camp

OCTOBER 2–6
9:00–3:00PM | #10635*
Antioch Community Center | Antioch Water Park—10/3

Crafts     Hiking     Music     Food

For more information, call (925) 779-7082
*Priority given to Antioch residents and/or AUSD students.

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The Yoch Team
Teen Internship Program

Teens, ages 12-15, can earn money while exploring careers and entrepreneurship, obtaining job skills, and receive support. All participants must join the Antioch Council of Teens (ACT), attend upcoming teen events, and complete at least one community service project during the program—registration is required. Space is limited.

To register, email youth@antiochca.gov

This is a PAID internship for a 6-week period! Open to teens ages 12-15 years. Flexible work schedule from Monday-Saturday.

*Priority given to Antioch residents and/or AUSD students.
The Antioch and Prewett libraries continue to offer compelling collections and innovative programming for Antioch residents. This past summer, we offered our annual Summer Reading Program, Lunch in the Library, and a host of storytimes, including regular bilingual storytimes in English and Spanish, live performances such as Jazz in the Library, and popular book clubs. Please check the library’s social media pages and the Contra Costa County Library website for up-to-date listings.

Through the library’s partnership with Antioch Unified School District and the Antioch Department of Parks and Recreation, lunch was also available at the Antioch Community Center, as well as were the special performances of Soul Soup with Amber Hines and a family magic show by Mike the Magician.

A big thank you to the Friends of Antioch Library for their generous support of library programs!

This fall, the Antioch Library on W. 18th street will undergo long awaited physical upgrades and improvements. We look forward to showing off these changes when you visit! Stay tuned for more information.

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

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

Water Bill Assistance

Low Income Household Water Assistance Program (LIHWAP)

Need help to keep the water flowing? The State of California may help pay your water and wastewater bills. Visit csd.ca.gov/waterbill to see if you qualify and to apply.

Living with Less Plastic

- Bring your own shopping bag
- Pack your lunch in reusable containers
- Bring your own cup
- Carry a reusable water bottle
- Slow down and dine in
- Store leftovers in glass jars
- Skip the plastic produce bags
- Use a cloth not a wipe
- Say no to disposable straws and cutlery

SUSTAINABILITY LIVES HERE
www.antiochca.gov/environmental-resources/
**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 THE JENSEN FAMILY PICNIC GROVE**
All yours, all day!

<table>
<thead>
<tr>
<th>Area</th>
<th>Capacity</th>
<th>Full Day Rate (Dawn to Dusk)</th>
</tr>
</thead>
<tbody>
<tr>
<td>#2</td>
<td>70</td>
<td>$90</td>
</tr>
<tr>
<td>#3</td>
<td>50</td>
<td>$65</td>
</tr>
<tr>
<td>#4</td>
<td>40</td>
<td>$50</td>
</tr>
</tbody>
</table>

**AIR JUMPERS/BOUNCE HOUSES**
Air jumpers are allowed in the parks only with a picnic reservation and proof of current liability insurance from the air jumper/bounce house company. Insurance policy must be submitted to the Antioch Recreation Department at the time of reservation. There is no electricity at any of the parks in Antioch. Water jumpers or any other water equipment are not allowed in any of the Antioch City parks. To inquire please call (925) 776-3050. Horses/ponies or any other livestock are not allowed in any of the Antioch parks. There is a noise ordinance in the City of Antioch—no loud music is allowed in the parks.

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

**Discover Disc Golf**
**at Prewett Community Park**

Antioch boasts a disc golf course with the best views and wide-open spaces for all levels of play, whether you are a first-time or seasoned player. The 9-hole disc golf course was designed and installed by a group of dedicated players who wanted to give others the opportunity to play. If you can fling a “frisbee” you can play disc golf. No fee to drop in and play...give it a try!

**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

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

[www.thefirstteecentracosta.org](http://www.thefirstteecentracosta.org)
### Parks, Places, & Spaces to Get Active in Antioch

| PARK NAME | LOCATION | TYPE | SIZE (ACRES) | Baseball/Softball Field(s) | Basketball Court(s) | Exercise Course | Group Picnic Areas | Picnic Tables | Restroom(s) | SkeeBall 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 | Ashburn 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 | • | • | • | • | • | • | • | • | • |
| Prosservile 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
ITALY EASY TO REGISTER!

Registration is required and is on a first-come, first-serve basis. In the event of a full class, your name will be placed on a waiting list. Please note: we do not accept registration or payment over the phone or by fax.

Registration begins:
MONDAY, AUGUST 14, 2023

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.

It's quick, easy and ready when you are!

REFUNDS/TRANSFERS
The City of Antioch will be happy to arrange a transfer to another class/activity or arrange a refund. Customer requested refunds or transfers may be requested in writing NO LATER THAN 5 business days prior to the first day of class. All refunds are subject to a $7 service charge per activity unless class/activity is canceled by the City of Antioch Recreation Department. You will receive an e-mail confirmation if your refund/transfer is approved. 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.

SCHOLARSHIP/FEES ASSISTANCE PROGRAM
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 and at the Antioch Community Center, 4703 Lone Tree Way, Monday-Friday, 8:30AM-5:00PM.

For more information on Youth Scholarships, call (925) 776-3050 and for 50+ Fee Assistance, call (925) 779-7074.

INFORMATION: (925) 776-3050

In-person registration
Mon.-Fri. 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!
Many classes fill early. Fees must be paid in full at the time of registration. Classes are subject to cancellation if participant minimum is not reached.
**Refund Policy—Please Read!**
The City of Antioch will be happy to arrange a transfer to another class/activity or arrange a refund. Customer requested refunds or transfers may be requested in writing NO LATER THAN 5 business days prior to the first day of class. All refunds are subject to a $7 service charge per activity unless class/activity is canceled by the City of Antioch Recreation Department. You will receive an email confirmation if your refund/transfer is approved. Refund policies may be different for swim lessons. Registrations made less than 5 business days prior to the beginning of the first class will not be subject to refunds.

**Registration Form** (Limited to Family Members Only)

<table>
<thead>
<tr>
<th>Adult Information (Please Print)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>First Name</strong></td>
</tr>
<tr>
<td>----------------</td>
</tr>
</tbody>
</table>

**Emergency Contact**

<table>
<thead>
<tr>
<th><strong>Participant Name</strong></th>
<th><strong>Date of Birth</strong></th>
<th><strong>Gender</strong></th>
<th><strong>Activity #</strong></th>
<th><strong>Activity Name</strong></th>
<th><strong>Class Start Date</strong></th>
<th><strong>Fee</strong></th>
</tr>
</thead>
</table>

Donations accepted to support Youth Scholarship and Older Adult Fee Assistance Programs. **MY DONATION AMOUNT IS:** $ 

**Please Note:** Personal checks being used for payment must be preprinted 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 employees, officers 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 employees, officers and agents. I further agree to hold harmless, indemnify and defend the City and its employees, officers 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**

**Online Registration**

[antiochca.gov/register]

You're First In Line—It's Easy!

- 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

<table>
<thead>
<tr>
<th>Organization</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Antioch Bocce Federation</td>
<td>757-4170</td>
</tr>
<tr>
<td>Antioch Delta Skimmers</td>
<td>326-7744</td>
</tr>
<tr>
<td>Antioch Historical Society</td>
<td>757-1326</td>
</tr>
<tr>
<td>Antioch Little League</td>
<td>437-3551</td>
</tr>
<tr>
<td>Antioch Youth Sports Complex</td>
<td>478-1464</td>
</tr>
<tr>
<td>Big Break Regional Shoreline</td>
<td>510-544-3050</td>
</tr>
<tr>
<td>Black Diamond Mines</td>
<td>510-544-2750</td>
</tr>
<tr>
<td>Boy Scouts of America</td>
<td>674-6100</td>
</tr>
<tr>
<td>Chamber of Commerce</td>
<td>757-1800</td>
</tr>
<tr>
<td>Contra Costa Child Care Council</td>
<td>778-5437</td>
</tr>
<tr>
<td>Contra Costa Event Park</td>
<td>757-4400</td>
</tr>
<tr>
<td>Contra Loma Regional Park</td>
<td>888-327-2757</td>
</tr>
<tr>
<td>Delta Youth Soccer League</td>
<td>978-5020</td>
</tr>
<tr>
<td>District III CCC Supervisor</td>
<td>252-4500</td>
</tr>
<tr>
<td>Federal Glover</td>
<td>608-4200</td>
</tr>
<tr>
<td>East County Regional Group</td>
<td>771-7338</td>
</tr>
<tr>
<td>El Campanil Theatre</td>
<td>757-9500</td>
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<tr>
<td>Family Justice Center</td>
<td>281-0970</td>
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<tr>
<td>First 5 Contra Costa</td>
<td>771-7300</td>
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<tr>
<td>Girl Scouts of America</td>
<td>800-448-7248</td>
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<tr>
<td>Library—Antioch Downtown</td>
<td>757-9224</td>
</tr>
<tr>
<td>Library—Antioch Community Center</td>
<td>776-3060</td>
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<tr>
<td>REACH</td>
<td>754-3673</td>
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<tr>
<td>Rubicon Programs</td>
<td>399-8990</td>
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<tr>
<td>Tri Delta Transit</td>
<td>754-3060</td>
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<tr>
<td>Dial-A-Ride</td>
<td>754-4040</td>
</tr>
<tr>
<td>Fixed Routes</td>
<td>754-6622</td>
</tr>
<tr>
<td>Administration</td>
<td>510-286-1400</td>
</tr>
<tr>
<td>Assemblymember Buffy Wicks</td>
<td>933-2660</td>
</tr>
<tr>
<td>Congressman Mark DeSaulnier</td>
<td>258-1176</td>
</tr>
<tr>
<td>The Drama Factory</td>
<td>695-4123</td>
</tr>
</tbody>
</table>

### CITY OF ANTIOCH SERVICES & DEPARTMENTS

#### Recreation Department
- Antioch Community Center: 776-3050
- Nick Rodriguez Community Center: 779-7076
- Antioch Water Park: 776-3070
- Antioch Senior Center: 779-7074
- Nutrition Program: 727-5236

#### City Attorney
- 779-7015

#### City Clerk
- 779-7009

#### City Council
- 779-7010

#### City Manager
- 779-7011

#### City Treasurer
- 779-7005

#### Community Development
- Land Planning: 779-7035
- Building Inspection Services: 779-7065
- Code Enforcement: 779-7042

#### Finance
- Business License: 779-7059
- Water Service: 779-7060

#### Human Resources
- 779-7202

#### Police Department
- Emergency: 9-1-1
- Non-Emergency: 778-2441
- Animal Services: 779-6989

#### Public Safety & Community Resources
- Office: 779-7082
- Environmental Sustainability: 779-6137
- Housing: 779-7037
- Unhoused Resident Services: 779-6893
- Youth Services Network: 779-7077

#### Public Works (Administration)
- Engineering: 779-7035
- Parks/Maintenance: 779-6950
- Marina: 779-6957
- Park Vandalism Hotline: 779-6950
- RV Storage: 779-6950

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Opportunity is magnified here.
HOLIDAY DELITES

Tree Lighting

AND PARADE

Celebrate the season with the City of Antioch. Enjoy holiday songs, a visit from Santa, kids crafts, and the City tree lighting!

*Weather permitting

SATURDAY, DECEMBER 2ND
PARADE STARTS AT 5:00PM

Visit: antiochca.gov/holiday-delites-celebration-parade/
Embark on a cool journey through the Winter Wonderland Day Camp! Enjoy a Pajama Jam, play goofy games and create fun wintery crafts! We will warm-up with Hot Cocoa Bar Creations and enjoy cookie decorating with old and new friends.

December 26-29
9:00AM-4:00PM
#10503 | Tu-F | $185R/$206NR

Extended care package:
Early drop off 7:30-9AM & later pick up 4-6PM
#10502 | M-F | $50R/$60NR

Antioch Community Center
#10501 | M-F
$231R/$254NR