Opportunity celebrates here

Online Registration begins
December 3, 2018
Martin Luther King, Jr. Day of Service

Monday, January 21, 2019
9:00am–Noon

Bring work gloves; other tools provided!
Uplift Antioch and join your friends & family for a day of service. Three volunteer opportunities to choose from:

1 | Graffiti Removal & Mural Preparation
   Sunset Drive & A Street
   Register in advance: #5959

2 | Dead Tree Removal & Landscape Improvements
   Nick Rodriguez Community Center/
   Antioch Senior Center
   3rd & F Streets
   Register in advance: #5960

3 | Litter Pick-Up
   Prewett Community Park
   Drop-in, no registration required
   Kid, Family & Youth Group Friendly

“Everybody can be great...because anybody can serve.” — Martin Luther King, Jr.

COMMUNITY OUTREACH PRESENTS
THE 8TH ANNUAL BLACK HISTORY ART & ARTIFACTS EXHIBIT
FEBRUARY 2–9, 2019 | 12PM–5PM
LOCATION
NICK RODRIGUEZ COMMUNITY CENTER
213 F ST, ANTIOCH, CA 94509

OPENING RECEPTION
FEBRUARY 2, 2019 | 2PM–5PM
EXHIBIT DATES
FEBRUARY 4–9, 2019 | 12PM–5PM

The 8th Annual Black History Exhibit provides a historical time-line of the African American experience. It highlights historical events, features art, artifacts and literature that reflect the Black experience from Africa to the present.

This event promotes African American dignity and pride, while providing a cross cultural educational experience for our community.

Don’t miss your chance to attend this one of a kind event.

A COMMUNITY PARTNERSHIP
Ruáh Community Outreach, Inc. • Parent Partners Providing for the Education of Young Children • JTS Art Gallery • City of Antioch

For more information, visit us at www.ruahoutreach.com
DEAR FRIENDS,

The days are shorter and the air is cooler, but that doesn't mean we have to stop enjoying our parks and recreation activities. Winter may be in Antioch but so is opportunity!

Opportunity is all around us this season. It's on the menu in our cooking classes, along with Roasted Butternut Squash Soup and Spicy Stir-fried Beef with Mushrooms. It's kickboxing or strength training in our fitness programs (where you can work off the stir-fried beef!). Opportunity is playing on our courts, reading in our library and ringing in the New Year. The Recreation Department offers Spring Break Camp for school-age kids, driver’s education for teens & adults, afterschool enrichment classes, services and programs for older adults and a lot more. And of course, warm weather is just around the corner, complete with opportunities to spring clean our city, splash into the water park, and walk along the trails. Mark your calendar for the Recreation & Health Expo on May 11, 2019—back by popular demand is the one day 15% discount on registration.

So take a look through this Guide and find what moves you to play, to learn, to explore our town and to strengthen this community where opportunity lives.

See you in parks and programs,

Nancy Kaiser
Parks and Recreation Director
NEW CLASSES THIS SEASON

NEW CLASSES THIS SEASON:
Wine Glass Paint Night
Valentine’s Dance Classes
Pregnancy & Parenting

CLASS LOCATIONS:
Antioch Community Center
4703 Lone Tree Way

Antioch Community Park
James Donlon Blvd. & Blythe Drive

Antioch High School Tennis Courts
14th Street

Antioch Senior Citizens Center
415 W. 2nd Street

City Park
Corner of 10th and A Streets

Nick Rodriguez Community Center
213 “F” Street

Antioch Water Park & Center
4701 Lone Tree Way

Turf Fields, James Donlon Boulevard

CLASS FEES:
R = Resident  N = Non-Resident

DISC GOLF IS HERE!
Disc golf is the most exciting new sport in Antioch! And Prewett Community Park is the place to enjoy this family friendly game. If you can fling a frisbee, you can play disc golf. Whether you’re a disc golf enthusiast or novice, you will love this active, outdoor sport.

MIDDLE SCHOOL 3-ON-3 BASKETBALL TOURNAMENT SAT 3/23

See page 22

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INFORMATION ON DISABILITIES
The City of Antioch Recreation Department encourages all individuals with disabilities to participate in any of the offerings in this brochure. In order to provide assistance in these programs, we request two weeks advanced notice for such service prior to the first meeting. We are also interested in assisting to accommodate all programs to meet individual needs.
For further information, call 776-3050.

NEW!!
Antioch Marina
DISC GOLF IS HERE!
Disc golf is the most exciting new sport in Antioch! And Prewett Community Park is the place to enjoy this family friendly game. If you can fling a frisbee, you can play disc golf. Whether you’re a disc golf enthusiast or novice, you will love this active, outdoor sport.
Employers will be on site ready to hire YOU!
- Multiple Jobs Available!
- Career Coaching
- Application and Resume Writing
- Nailing the Interview
- HOT TIPS — Bring Resume & Dress to IMPRESS!

**ANTIOCH YOUTH EMPLOYMENT FAIR**
Saturday February 23, 2019
10:00 AM to 2:00 PM
Nick Rodriguez Community Center
213 F St, Antioch, CA 94509

Open to the Public | Ages 15-24
Opportunities and Resources Available

Antioch Water Park has several openings:
- Lifeguard
- Swim Instructor
- Cashiers
- Concessions
- Deck Crew

**The 4TH ANNUAL BUNNY HOP 5K**
ANTIOCH ROTARY CLUB
Saturday, April 20, 2019
9:00am
Scenic Dow Wetlands
SPONSORS:
- Dow
- Sutter Delta Medical Center

www.antiochbunnyhop5k.com

**Spring is A Bug’s Life**
Open your wings to a day full of family-friendly hands on activities and explore the world of insects and bugs.
Saturday, April 13, 2019
Antioch Community Center
10:00am–3:00pm

It’s Bug Day in Antioch, come join us!

**REGISTER ONLINE:** active.net.active.com/antiochrecreation
Opportunity lives here

They say, “opportunity knocks.” But in Antioch, that’s not what opportunity sounds like.

In Antioch, opportunity sounds like seagulls during Coastal Clean-Up. It sounds like voices on the Council of Teens. It sounds like crunching into a taco at Food Truck Thursday.

Opportunity sounds like plunging off the Canyon Cooler. Like BART. Like Friday night football.

Opportunity sounds like Antioch police nailing a lip-synching contest. Like gospel on Sundays. Like crickets at Black Diamond Mines.

Opportunity sounds like construction and trains. It sounds like a pop-up beer garden in Rivertown. It sounds like neighbors introducing themselves. Like community meetings. Like saying “yes.”

In Antioch, opportunity doesn’t have to knock. Because opportunity already lives here.
Opportunity starts here

In Antioch, opportunity is everywhere—if you get out and discover it.

This recreation guide is a trailhead, the start of your adventures in Antioch: all the classes, events, programs, facilities, camps and parks waiting for you in this community we call home.

We hope you’ll make the most of it.
Preschools

3-4 Years

**RISING STAR PRESCHOOL**
Our Rising Star program offers a nurturing environment for learning and individual development. We accommodate the uniqueness of young children using a developmentally appropriate curriculum. Experiences include creative dramatics, art, music, science, math, motor skill development and more. A $6 lab fee is payable to instructor at first class.

**Antioch Community Center • Instructor Traci Martin**

<table>
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<tr>
<th>Tuesdays/Thursdays</th>
<th>1/8-2/7</th>
<th>1:00pm-3:30pm</th>
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3.2–4 ½ Years

**SUNNY SKIES PRESCHOOL**
Watch your child's confidence and self-esteem grow in this outstanding preschool program. Incorporating traditional and Montessori methods of teaching in a well prepared and nurturing environment. Activities include Language, Math, Science, Music, Art and more that develop coordination and independence. A $6 lab fee is payable to instructor at first class.

**Antioch Community Center • Instructor Susan McCormack**

<table>
<thead>
<tr>
<th>Tuesdays/Thursdays</th>
<th>1/7-2/8*</th>
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<td>4/1-5/3</td>
<td>9:00am-12:00pm</td>
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</table>

4-5 ½ Years

**BRIGHT RAINBOWS ACADEMY**
Our goal is to promote learning through the joy of discovery! This developmental model includes language through Letter of the Week, fine motor i.e. (pre-writing) and cognitive skills, colors/shapes, pre-math, music & movement, developed to coordinate with weekly themes and topics. An $8 lab fee for M/W/F and $6 for T/Th class is payable to instructor at first class.

**Antioch Community Center • Instructor Traci Martin**

<table>
<thead>
<tr>
<th>Mondays/Wednesdays/Fridays</th>
<th>1/7-2/8*</th>
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<td>$335 R/$347 N</td>
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**Tuesday/Thursday**

| #5888                     | 1/8-2/7          | 8:30am-11:30am | $219 R/$231 N |
| #5891                     | 2/12-3/21        | 8:30am-11:30am | $262 R/$274 N |
| #5889                     | 4/2-5/2          | 8:30am-11:30am | $219 R/$231 N |

*No class 1/21, 2/18

4–5 ½ Years

** BUILDING BLOCKS PRESCHOOL**
Within a fun, loving and well-prepared environment, children develop independence and fine motor skills in preparation for kindergarten. Activities include: letters, writing, math, science, music, art and more. The curriculum is based on traditional and Montessori methods of teaching. An $8 lab fee is payable to the instructor at first class.

**Antioch Community Center • Instructor Susan McCormack**

<table>
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<tr>
<th>Mondays/Wednesdays/Fridays</th>
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<td>4/1-5/3</td>
<td>9:00am-12:00pm</td>
<td>$335 R/$347 N</td>
</tr>
</tbody>
</table>

*No class 1/21, 2/18

Children should wear washable clothing to all classes. Parents are required to provide a healthy snack alternately. Children should be toilet trained (no pull-ups) for all preschool classes. Please mention food allergies to teacher at first class. Please, no siblings unless enrolled in class. Fee for late pick up: Parents agree to pick up their children by or before the scheduled release time. A Late Fee of $5 per 5-minute interval PER CHILD will be charged. Late fees are to be paid directly to the City of Antioch Recreation Department.
4-5 Years
LEAP INTO LEARNING
This theme based preschool curriculum creates enthusiasm as children advance skills in core pre-academic areas such as literacy, math, and science, as well as in other essential areas such as art, social and emotional well-being. This is a great kindergarten readiness class! A $8 lab fee is payable to the instructor at first class.

Antioch Community Center • Instructor Traci Martin
Mondays/Wednesdays/Fridays
#5882 1/7-2/8 1:00pm-4:00pm $313 R/$325 N
#5883 2/11-3/22 1:00pm-4:00pm $380 R/$392 N
#5884 4/1-5/3 1:00pm-4:00pm $335 R/$347 N
*No class 1/21, 2/18

3-4 Years
EVERYTHING SPORTS FOR TOTS
JB Sports’ “Everything Sports for Tots” classes are designed to introduce children at a young age to different sports using child friendly equipment in a fun atmosphere. We incorporate music with exercise and introduce a different sport every week, while working on their gross motor skills and eye to hand coordination. Please have your child wear tennis shoes and comfortable clothing to class.

Antioch Community Center • Instructor JB Sports
Mondays
#5914 1/7-2/4 3:30pm-4:00pm $50 R/$62 N
#5915 3/4-4/8 3:30pm-4:00pm $76 R/$88 N
*No class 1/21

4-5 Years
LITTLE DUNKERS INTRO TO BASKETBALL
Young children will be introduced to the fundamentals of basketball such as dribbling, shooting, passing and footwork. Basic warm up exercises will be incorporated into the program as well. Please have your child wear tennis shoes and comfortable clothing to class.

Antioch Community Center • Instructor JB Sports
Mondays
#5916 1/7-2/4 4:30pm-5:00pm $50 R/$62 N
#5917 3/4-4/8 4:30pm-5:00pm $76 R/$88 N
*No class 1/21

3 ½-5 Years
INDOOR TOT/PRE-SOCCER
Encourages large motor skill development through soccer fun games and introduces small children to the group setting. Little tykes will enjoy running and kicking just like the big kids! Shin guards are required after the first meeting.

Antioch Community Center • Instructor Kidz Love Soccer
Mondays
#5847 1/28-3/11 5:15pm–5:50pm $103 R/$115 N
*No class 2/18

All participants will receive a Kidz Love Soccer jersey! (Only the kids in the Mommy/Daddy & Me classes receive a jersey, not the parents.)

Kidz Love Soccer Hotline: (888) 372-5803

REGISTER ONLINE: activenet.active.com/antiochrecreation
**Martial Arts**

**4-6 Years**

**PANDA CUB MARTIAL ARTS**

The Panda Program seeks to teach children the fundamentals of martial arts and self-defense while improving coordination, motor skills, spatial awareness, focus and discipline. MAX impresses the value of respect, the power of self-discipline and determination, and the importance of physical and mental fitness.

**Antioch Community Center • Instructor MAX Martial Arts**

**Wednesdays**

<table>
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<th>#5924</th>
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<tr>
<td>#5926</td>
<td>4/3-5/8</td>
<td>5:00pm-5:45pm</td>
<td>$66 R/$78 N</td>
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**Dance & Music**

**3-5 Years**

**TWINKLE STARS MAGIC**

Let’s travel to magical lands and pretend to be dancing things like fairies, mermaids, beautiful flowers and more. Bang, shake, wiggle and stomp to a variety of music! Each week is based on an enchanting theme like Mermaid Adventure or Fairy Garden!

**Antioch Community Center • Instructor Bunny Bagneschi**

**Mondays**

<table>
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<th>#5918</th>
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<td>3:30pm-4:15pm</td>
<td>$63 R/$75 N</td>
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</table>

*No class 1/21

**3-6 Years**

**DANCING DIVAS**

If you’ve got a child that can’t stop tapping to the beat of the music, this is the class for them. Students will focus on dance technique sometimes using musical instruments or props while enjoying various dance styles used from Disney to Broadway.

**Antioch Community Center • Instructor Bunny Bagneschi**

**Mondays**

<table>
<thead>
<tr>
<th>#5921</th>
<th>1/14-2/11*</th>
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<td>4:15pm-5:00pm</td>
<td>$63 R/$75 N</td>
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*No class 1/21

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**Youth Dance Information:** No siblings unless enrolled in class. Please note: children must be potty trained (except Tippy Twos) to attend class. Hair should be worn up and away from face. Listed instructors are subject to change. A dance recital will be held at the end of the session. Further information will be provided by your child’s instructor.

**Parent Observations—Dance Classes:** Parents are welcome to observe class on the final meeting of each session. For all other class meetings, parents are encouraged to wait in the lobby, particularly if they are concerned that their child may experience separation anxiety. Except for parent participation classes and private lessons, parents are not permitted in the room during class.
2 Years

LOVELY TWOS
This exciting Valentine’s dance class involves ballet, tumbling, musicality and motor skills enhancement, that will have your two-year-old showing their true talent. Please wear comfortable clothes/leotard and ballet shoes/bare feet. Parent participation is required.

Antioch Community Center • Instructor Dance Staff
Fridays
#5918 1/11-3/1 3:45pm-4:30pm $90 R/$102 N

Saturdays
#5820 1/12-3/2 9:00am-9:45am $90 R/$102 N

3-5 Years

PINK PRINCESS
This fun and magical Valentine’s class will teach basic ballet movement with the help of fairy dust. These little princesses can wear their beautiful ball gowns or leotards, ballet shoes or bare feet. Don’t forget your tiara!

Antioch Community Center • Instructor Berysel Noguera
Fridays
#5821 1/11-3/1 4:45pm-5:30pm $90 R/$102 N

3.5-6 Years

RED HOTS HIP-HOP
This fun and creative basic hip-hop class will involve muscle development, coordination, and musicality through Valentine’s hip-hop funk! Please wear comfortable workout clothes/leotard and tennis shoes. No jeans. Come out and show all your red hot talent!

Antioch Community Center • Instructor Davia Hardy
Saturdays
#5822 1/12-3/2 11:00am-11:45am $90 R/$102 N

4-6 Years

TIARAS AND HEARTS
This Valentine’s art of ballet class will introduce you to the Barre, center floor work with games, musicality, rhythm, coordination, and flexibility. Please wear leotard, tights, ballet shoes or bare feet, hair should be worn up and away from face.

Antioch Community Center • Instructor Berysel Noguera
Saturdays
#5823 1/12-3/2 10:00am-10:45am $90 R/$102 N

INFORMATION: (925) 776-3050
**Gymnastics**

**4-6 Years**

**INTRO TO GYMNASTICS**

This fun introductory class will have your gymnasts springing off the vault, bouncing on the trampoline, and tumbling across the floor. Please wear comfortable workout clothes, No jeans.

*Antioch Community Center • Instructor Nyasha Washington*

**Fridays**

#5828 3/8-4/5* 4:45pm-5:30pm $77 R/$89 N

*No class 3/29

**6-12 Years**

**SCHOOL AGE GYMNASTICS**

Students will have the opportunity to learn how to spring off the vault, bounce on the trampoline, and tumble across the floor. Students will also swing on the bars and play fitness games. Our curriculum not only emphasizes correct technique in a progressive manner, but also encourages each student to achieve success in a positive learning atmosphere. Classes held at Black Diamond Gymnastics 2015 Elkins Way in Brentwood.

*Black Diamond Gymnastics • Instructor Black Diamond Staff*

**Wednesdays**

#5829 1/9-1/30 5:00pm-5:45pm $77 R/$89 N

#5830 2/13-3/6 5:00pm-5:45pm $77 R/$89 N

#5831 3/20-4/17* 5:00pm-5:45pm $77 R/$89 N

*No class 3/27

**Martial Arts**

**7-12 Years**

**MAX MARTIAL ARTS: JUNIORS**

The Junior Program is designed for ages 7-12 where students work on effective and practical self-defense techniques based in a variety of martial arts styles. We seek to amplify a student’s fitness, athleticism and confidence through martial arts skills and drills as well as through bodyweight workouts within the class.

*Antioch Community Center • Instructor MAX Martial Arts*

**Wednesdays**

#5927 1/9-2/13 5:45pm-6:30pm $66 R/$78 N

#5928 2/20-3/27 5:45pm-6:30pm $66 R/$78 N

#5929 4/3-5/8 5:45pm-6:30pm $66 R/$78 N
Art

8-14 Years

COMIC BOOK ILLUSTRATIONS
Learn how to tell your very own awesome stories and how to create unique characters in a world of your own design. Get inspired by artists from all over the world and practice the basics of visual storytelling. Bring your favorite sketchbook and coloring supplies. $5 lab fee is payable at first class.

Antioch Community Center • Instructor Abraham Rodriguez
Mondays
#5904 1/14-2/11* 4:00pm–5:30pm $50 R/$62 N
#5905 2/25-3/18 4:00pm–5:30pm $50 R/$62 N
*No class 1/21

8-14 Years

WATERCOLOR CHARACTERS
Take your own drawing style and favorite characters and bring them to life using fun and relaxing watercolor techniques inspired by artist all around the world! No experience necessary, just come ready to create and experiment. All materials will be provided by instructor. $10 materials fee will be collected on the first day.

Antioch Community Center • Instructor Abraham Rodriguez
Mondays
#5906 1/14-2/11* 5:45pm–7:15pm $50 R/$62 N
#5907 2/25-3/18 5:45pm–7:15pm $50 R/$62 N
*No class 1/21

8-14 Years

ANIME AND MANGA DRAWING
Learn the basics of this popular art style and expand your drawing skills by focusing on character’s proportions and stylistic features, inspired by your favorite characters. Bring a sketchpad and your favorite drawing tools.

Antioch Community Center • Instructor Abraham Rodriguez
Beginner • Thursdays
#5908 1/17-2/14 4:00pm–5:30pm $63 R/$75 N
#5909 2/28-4/4* 4:00pm–5:30pm $63 R/$75 N

Advanced • Thursdays
#5910 1/17-2/14 5:45pm–7:15pm $63 R/$75 N
#5911 2/28-4/4* 5:45pm–7:15pm $63 R/$75 N
*No class 3/28

12-17 Years

CHILD AND BABYSITTING SAFETY COURSE (CABS)
Are you a babysitter? Do you want to start babysitting? This class teaches basic CPR and choking safety, water hazards, fun activities, feeding, diapering, emergency care, basic first aid care and much more! Class includes a CABS certification and workbook upon completion of course. Please bring a lunch to class.

Antioch Community Center • Instructor CPR F.A.S.T.
Saturday
#5912 2/23 9:00am-1:30pm $77 R/$89 N
#5913 4/20 9:00am-1:30pm $77 R/$89 N

Have an idea for a GREAT CLASS?
Have an AWESOME INSTRUCTOR to refer?
We’re always looking for new programs and classes. Visit us online at www.antiochca.gov/recreation/ for class and instructor requirements.

REGISTER ONLINE: activenet.active.com/antiochrecreation
**Spring Break Camps**

**6-12 Years**

**SPRING BREAK SKATEBOARD CAMP**

Come join in a week-long fun at the Rob Skate Academy skateboard camp. This program is designed for skaters at the beginner and intermediate level with some of the best skateboard instructors here in the Bay Area!

**Antioch Skate Park • Instructor Rob Ferguson**

**Monday-Friday**

<table>
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<th>Time</th>
<th>Fee</th>
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<td>3/25-3/29</td>
<td>9:00am-Noon</td>
<td>$179 R/$191 N</td>
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**COYOTE HILLS SPRING BREAK DAY CAMP**

School’s out for spring break; it’s time to play! We do it all: awesome games, art extravaganza, performing arts, wacky world of sports and just plain ol’ fun. Campers build self-confidence, new friendships, and lifetime memories plus receive a free camp tee-shirt to wear. A $15 discount is offered for each additional sibling enrolling for Full Day Camp. Parent/guardian: plan to sign camper in and out daily. Additional fees for late pick-ups apply. Full-day campers, please bring two snacks, a bag lunch and bottled water each day. Half-day campers please bring one snack and bottled water.

**Antioch Community Center • Instructor Recreation Staff**

**Full Day • Monday-Friday**

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<td>3/25-3/11*</td>
<td>4:30pm-5:15pm</td>
<td>$103 R/$115 N</td>
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</table>

**Sports & Fitness**

**5-6 Years**

**INDOOR SOCCER 1—TECHNIQUES & TEAMWORK**

Players will learn dribbling, passing, receiving, shooting, age-specific defense, etc. Fun skill games are played at every session and every participant will have a ball at his or her feet. Small-sided soccer matches will be introduced gradually. Shin guards are required after first meeting.

**Antioch Community Center • Instructor Kidz Love Soccer**

**Mondays**

<table>
<thead>
<tr>
<th>#</th>
<th>Dates</th>
<th>Time</th>
<th>Fee</th>
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</table>

**7-10 Years**

**INDOOR SOCCER 2—SKILLZ & SCRIMMAGES**

Kids will enjoy advanced skill building, dribbling, passing and shooting in a team play format. Each class we will play games to build individual skills and small-sided scrimmages. This is the perfect bridge from our Soccer 1 classes for those who are aspiring to the next level. All levels of skills are welcome. Shin guards are REQUIRED.

**Antioch Community Center • Instructor Kidz Love Soccer**

**Mondays**

<table>
<thead>
<tr>
<th>#</th>
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<th>Time</th>
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</table>

**Grades 1-6**

**SKILLS & DRILLS BASKETBALL CLINIC**

Join us for a 1-day basketball clinic designed to attack your weakness and improve your strengths. While your child practices ball-handling, dribbling and shooting, they will also learn proper running techniques, flexibility, core strength, explosiveness and agility.

**Antioch Community Center • Instructor Ahmed Burden**

**Saturday**

<table>
<thead>
<tr>
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Driver’s Ed

15 Years & Up

ONLINE DRIVER’S ED FOR TEENS

Are you tired of asking your parents for a ride? Are you at least 15 years old? If so, this class is for you. This is an interactive, 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. Receive DMV approved Certificate of Completion (OL 237). This class is a requirement for teens under 17-1/2 years old to obtain a learner’s permit and driver’s license. A licensed instructor is available to answer any questions. Sign up any time. Class can be completed at any time.

Online Class

#5890 Any Day Any Time $39 R/$51 N

INFORMATION: (925) 776-3050
Fitness
13 Years & Up

**MAX MARTIAL ARTS: KRAV MAGA**
Thirty-minute workouts in a supportive community that will help you move toward your fitness goals: that’s MAX Fit. We utilize real fighting techniques from Kickboxing along with body weight exercises to help move and work your whole body. No partners. Work at your own speed. All fitness levels are welcome.

**Antioch Community Center • Instructor MAX Martial Arts**

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</table>

16 Years & Up

**STRENGTH TRAINING & CARDIO**
This strength training class geared for women can increase bone density, help control weight, reduce risk of injury, boost stamina and even reduce the signs and symptoms of many chronic conditions. Please bring hand weights and exercise mat to class. (12-15 years of age ok with attending parent.)

**Antioch Community Center Gymnasium • Instructor Rocky Muir**

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*No class 2/18

16 Years & Up

**GENTLE YOGA: ALL LEVELS**
This gentle yoga class begins with stress relieving relaxation and eases into gentle yoga postures as well as myofascial release. Please bring a yoga mat to class as well as a thick towel or small pillow.

**Antioch Community Center • Instructor Luanne Kovalick**

<table>
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*No class 2/28

16 Years & Up

**ZUMBA FITNESS**
Working out can be so many things but usually not much fun... until now! Zumba fuses great music rhythms and tantalizing moves to create a dynamic workout system designed to be fun and easy to do! Drop-in available for $12 per class. (12-15 years of age ok with attending parent.)

**Antioch Community Center • Instructor Karina Dugand**

<table>
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*No class 1/21, 2/18

16 Years & Up

**TAI CHI AND CHI GONG**
Tai Chi and Chi Gong are ancient Chinese forms of exercise for everyone with many benefits such as reducing stress, relieving pain, and improving memory. These forms are slow flowing movements with deep breathing designed to generate positive energy for well-being. No experience necessary. (12-15 years of age ok with attending parent.)

**Antioch Community Center • Instructor Rocky Muir**

<table>
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*No class 2/18
Dance

16 Years & Up

AMERICAN LINE DANCING: MUSIC & MOTION
Get lively, move with confidence, stay fit and have fun learning various forms of line dancing (country, waltz, cha-cha, rumba, swing, etc.) using progressive method of varying music rhythm and genre. No partner needed! No previous experience necessary for beginner class. Dances learned one week are reviewed in subsequent weeks, and pace can vary based on participant ability.

Antioch Water Park • Instructor Bunny Bagneschi

Mondays
#5898 1/14-2/11* 6:00pm-6:55pm $52 R/$64 N
#5899 2/25-3/25 6:00pm-6:55pm $65 R/$77 N
#5900 4/1-4/29 6:00pm-6:55pm $65 R/$77 N
*No class 1/21

16 Years & Up

HEAD OVER HEELS SWING
Are you tired of the sidelines? Why not start with the most popular dance there is, SWING! This class promises to begin with easy, showy, steps and slow jazzy music to match! Weddings, parties, cruises, wherever you go, you will shine on the dance floor with the Swing. Partner needed. Great class for teens.

Antioch Water Park • Instructor Bunny Bagneschi

Mondays
#5901 1/14-2/11* 7:00pm-7:55pm $52 R/$60 N
#5902 2/25-3/25 7:00pm-7:55pm $65 R/$77 N
#5903 4/1-4/29 7:00pm-7:55pm $65 R/$77 N
*No class 1/21

16 Years & Up

SIZZLING SALSA—SMART AND SIMPLE
Salsa is a sexy, energetic and fun partner dance. Simple dance steps and turns make it so easy to learn. With its sociable nature, Salsa has become highly popular all around the world. Today, you can easily find Salsa clubs wherever you go. Very popular on cruises!! Partner required.

Antioch Water Park • Instructor Bunny Bagneschi

Mondays
#5895 1/14-2/11* 8:00pm-8:55pm $52 R/$60 N
#5896 2/25-3/25 8:00pm-8:55pm $65 R/$77 N
#5897 4/1-4/29 8:00pm-8:55pm $65 R/$77 N
*No class 1/21

6 Years & Up

BALLET FOLKLORICO DE MEXICO
For six decades, Ballet Folklorico de Mexico has presented beautiful dancers in stunning costumes that reflect the traditional culture of Mexico. Join us and learn this captivating dance style! All students must wear comfortable work out attire, dance shoes and a dance skirt for practice. A $5 materials fee is payable to the instructor on the first day.

Nick Rodriguez Community Center • Instructor Esther Torres

Beginner • Thursdays
#5942 1/24-2/14 5:00pm-7:00pm $46 R/$58 N
#5943 2/21-3/14 5:00pm-7:00pm $46 R/$58 N
#5944 3/21-4/25* 5:00pm-7:00pm $46 R/$58 N
*No class 3/28, 4/4

Beginner • Saturdays
#5945 1/26-2/16 9:30am-11:30am $46 R/$58 N
#5946 2/23-3/16 9:30am-11:30am $46 R/$58 N
#5947 3/23-4/27* 9:30am-11:30am $46 R/$58 N
*No class 3/30, 4/6

FREE TO JOIN

YOU HAVE A VOICE!
How are you going to use it?

For more info: 925-776-3076 | abowers@ci.antioch.ca.us
www.antiochca.gov/recreation/council-of-teens/

ANTIOCH COUNCIL OF TEENS
Join the ACT! Be a part of your community and make a difference. ACT members will:
• plan special events and field trips
• create and spearhead enrichment programs
• earn volunteer hours

*Meetings will be held the first Monday of the month from 6:00-7:30pm in the Multi-Use Room at the Antioch Water Park, 4701 Lone Tree Way.

REGISTER ONLINE: activenet.active.com/antiochrecreation
Art

18 Years & Up

**WINE GLASS PAINT NIGHT**

Beginners welcome! Learn a few basic brush strokes and leave with a hand-painted wine glass. Several designs will be provided, or come up with your own creation utilizing the brush strokes learned in class. All supplies provided. Wear painting clothes or apron.

**Antioch Community Center • Instructor Sandra Wagner**

**Friday**

<table>
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18 Years & Up

**BASIC STROKES—ONE STROKE PAINTING**

Learn one stroke painting in this fun 4-week class. Great class for beginner to intermediate painters. First few lessons focus on learning and perfecting brush strokes. Last class you will paint a project using strokes learned in class. All supplies provided. $10 supply fee payable first night of class. Wear painting clothes or apron.

**Antioch Community Center • Instructor Sandra Wagner**

**Wednesdays • 4 weeks**

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Cooking

15 Years & Up

**THE SEASONED KITCHEN—ASIAN INSPIRATIONS**

Come take a culinary tour of Asia and learn some new dishes to tempt your tummy with something yummy and a little bit spicy. Menu: Rice Noodles with Spicy Pork (Vietnamese), Curried Rice with Chicken (India), Miso Soup (Japanese), and Spicy Stir-Fried Beef with Mushrooms (Thai). Supply fee $20.

**Antioch Community Center Kitchen • Instructor Dexter Ridley**

**Tuesday**

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</table>

15 Years & Up

**THE SEASONED KITCHEN—30 MINUTE MEALS**

No time to cook when you have a million things to do? These 30-minute meals will solve all your dinner conundrums. Menu: Pan Seared Pork Chops with Whole Grain Mustard Butter and Sautééd Cabbage, Oven Roasted Chicken Breast with Cremini Mushroom Sauce over Couscous, Oven Roasted Salmon with Cherry Tomato-Corn Salsa, and Stir Fried Beef with Broccoli over Jasmine Rice. Supply fee $20.

**Antioch Community Center Kitchen • Instructor Dexter Ridley**

**Tuesday**

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<tr>
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</table>

15 Years & Up

**THE SEASONED KITCHEN—MEATS & SAUCES**

Have you ever wondered how restaurants get the meats to be so succulent? Come spend some time with Chef Dexter Ridley and learn all the tricks of the trade. Menu: Roast Pork Tenderloin with Dried Cherry-Port Pan Sauce, Pan Seared Rib Eye Steak with Madeira Raisin Glaze, Grilled Chicken with Creamy Pesto Sauce, and Oven Roasted Salmon with Pineapple-Habanero Sauce. Supply fee $25.

**Antioch Community Center Kitchen • Instructor Dexter Ridley**

**Tuesday**

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15 Years & Up

**THE SEASONED KITCHEN—VEGETARIAN COOKING**

Come learn how to take the mystery out of vegetarian cooking. No meat or meat byproducts will be used. Menu: Pasta Primavera; Ratatouille, Quinoa-Black Bean Lettuce Wraps, and Roasted Butternut Squash Soup with Vanilla Essence. Supply fee $15.

**Antioch Community Center Kitchen • Instructor Dexter Ridley**

**Tuesday**

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Personal Growth

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
#5837  2/5  7:00pm–8:30pm  $25 R/$37 N

City of Antioch ONLINE COURSES

Are you too busy to attend a class at the Community Center? Our instructor led online courses are informative, fun, convenient, and highly interactive. All courses run for six weeks (with a two week grace period at the end). Courses are project-oriented and include lessons, quizzes, hands-on assignments, discussion areas, supplementary links and more. You can complete any course entirely from your home or office, any time of the day or night. Learn from the comfort of your home!

Over 300 Courses Available!

Below are just a few of the many courses offered:

- Accounting Fundamentals
- Speed Spanish
- Intermediate Microsoft Excel 2016
- A to Z Grant Writing
- Project Management Fundamentals
- Discover Sign Language
- Stocks, Bonds, and Investing: Oh, My!
- Computer Skills for the Workplace
- Introduction to QuickBooks Online
- Human Anatomy and Physiology
- Administrative Assistant Fundamentals
- Spanish for Medical Professionals
- Become a Veterinary Assistant
- Introduction to Microsoft Word 2016
- Introduction to Microsoft PowerPoint 2016
- Solving Classroom Discipline Problems
- SAT/ACT Prep Course - Part 1
- Creating Web Pages
- Using Social Media in Business
- Teaching Students With ADHD
- Prepare for the GED® Test
- Introduction to Windows 10
- Introduction to PC Troubleshooting
- Resume Writing Workshop

Start Dates: 12/12, 1/16, 2/13, 3/13, 4/17
Enroll Now! Visit our Online Instruction Center today!

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: 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 the instructions to enroll and pay for your course. Here you will enter your e-mail and choose a password that will grant you access to the Classroom; 3) When your course starts, return to our Online Instruction Center and click the Classroom link. To begin your studies, simply log in with your e-mail and the password you selected during enrollment.
**Personal Growth**

**16 Years & Up**

**INTRODUCTION TO KAYAKING**
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, incorporating games to help master techniques, followed by a paddle to the Dow Wetlands if conditions allow.

_Antioch Marina • Instructor Delta Kayak Adventures_

**Various days**

<table>
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<th>Time</th>
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<td>$59 R/$71 N</td>
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**Health & Safety**

**18 Years & Up**

**PREGNANCY & PARENTING**
This class is designed for mothers and partners planning on getting pregnant or who are pregnant, as well as parents of young children. Topics covered will include: prenatal care; planning for birth; pregnancy complications; postnatal care; infant nutrition; safe sleep practices; the first year of life; conscious discipline/positive parenting strategies; and answering your questions/concerns.

_Antioch Community Center • Instructor Stephanie Marple_

**Wednesdays**

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**Tennis Begins Again in May!**

Tennis is fun! You can find a session for all ages and all levels from beginners to advanced tennis players. If you are a recreational tennis player or plan to play for high school, on a league or sign up for local tournaments, you found the right opportunity to advance your skills, strategy and gamesmanship! Here are some of the classes coming your way later this year:

**6-12 Years**

**FAMILY TENNIS—BEGINNER/INTERMEDIATE**
For the beginning & intermediate tennis players. Family tennis can include children with their parents or relatives to learn & develop strokes, skills, movement, eye-hand coordination, racket control & play games.

_Antioch High School Tennis Courts • Instructor Zonia Alston_

**13 Years-Adults**

**FAMILY TENNIS—BEGINNER/INTERMEDIATE**
Family tennis can include children with their parents or relatives to learn with younger players. Learn stroke production, skill development, serve and volley, movement, footwork, scoring, games and strategy. Develop strokes, skills, movement, eye-hand coordination, racket control & play games.

_Antioch High School Tennis Courts • Instructor Zonia Alston_

**13 Years & Up—Youth, Teens, Adults**

**TENNIS MIXER—INTERMEDIATE/ADVANCED**
Games, strategy and matches—singles and doubles.

_Antioch High School Tennis Courts • Instructor Zonia Alston_
Drop-in Open Gym

All levels of recreational skills are invited to participate in drop-in open gym sport opportunities.

17 Years & Up

**BASKETBALL**

Sundays | Antioch Community Center Gymnasium

Ongoing | 12:30pm-2:30pm | $5 Payable at the Gym

17 Years & Up

**VOLLEYBALL**

Tuesdays | Antioch Community Center Gymnasium

Ongoing | 7:00pm–9:30pm | $5 Payable at the Gym

Youth Leagues

The City of Antioch Recreation Department sponsors a variety of youth athletic programs for boys and girls. These programs are designed to provide introductory sports experiences for children. Our department stresses participation, skill development, teamwork, sportsmanship and fun. These programs include:

**YOUTH LEAGUE OFFERINGS**

Spring/Summer/Fall/Winter

Kidz Love Soccer | 2–10 years

Fall

Basketball Camp (Co-ed) | Grades 1–2, 3–4, 5–6*

Fall/Winter

Basketball League (Co-Ed) | Grades 1–8*

Spring/Summer

Basketball Camp (Co-Ed) | Grades 1–2, 3–4, 5–6*

Summer

Jr. Giants Baseball (Co-ed) | 5–13 years

*Grade is the current grade or grade when returning to school.

FIELD RENTALS

Softball and soccer fields not scheduled for league play are available on a rental basis for evening and weekend play at Antioch Community Park (Worth Shaw Sports Complex), Memorial Field, Multi-Use Turf Complex and City Park. Applications must be picked up and fees paid at the Antioch Community Center. You may reserve no more than two weeks in advance and not less than three working days prior to your use. Field availability is not given over the phone. Availability is only checked at the time of reservation. For more information, call (925) 776-3050.

Adult Programs & Leagues

The City of Antioch Recreation Department offers adult leagues in a variety of sports. These leagues stress participation, recreation and sportsmanship.

**FIELD RENTALS**

The City of Antioch Recreation Department has a Wet Field Policy that all users, whether they have a permit or not, are expected to abide by. Fields are not to be played on if the turf is wet. Play on wet fields is dangerous to the players and very damaging to the turf. We have a Field Conditions Hotline: (925) 776-3050, OPTION #4, updated after 3pm M-TH. If no such recording exists please use your best judgment to help you to make a sound decision about field usage.

**REGISTER ONLINE:** activenet.active.com/antiochrecreation
MIDDLE SCHOOL 3-ON-3 BASKETBALL TOURNAMENT

SAT, MARCH 23, 2019
8:00am | Grades 6, 7, 8
Antioch Community Center Gymnasium

This 3-on-3 Co-Ed Basketball Tournament will use the same principals and concepts as regulation 5-on-5 Basketball except that it is played on a half court with only 6 players on the floor. The first team to reach twenty-one (21) points within twenty-five (25) minutes of play will be declared the winner. Recreation staff will be responsible for formation of teams for all 3 grade levels.

Pre-registration is required prior to March 20th. You may only register as an individual, not as a team. Medals will be awarded to the team winning the championship round in each grade division with consolation gifts given to the 2nd and 3rd place finishers. 2 game guarantee. Tournament rules will be made available at time of registration. Registration will not be taken the day of the event.

Fee $5.00 Activity Number #5961

OPEN SOFTBALL LEAGUE
This open league plays a 12-game schedule with playoffs for the top four finishers in each division. Divisions will consist of 4-7 teams each. Divisions are formed to promote the most competitive play possible. Tentative start is April. Pick up packet for more information.

CO-ED SOFTBALL LEAGUE (RECREATIONAL)
This league will start in April. Standings will be kept and the league is played with rule modifications. Tentatively planned to be played on Sunday afternoons. Pick up packet at 4703 Lone Tree Way for more information.*

*Packets available for pick up starting January 7, 2019

18 Years & Up

SPRING SOFTBALL—ADULT MEN’S LEAGUE
#5870 | Registration Dates: 2/25-2/28 | $985 R

SPRING SOFTBALL—ADULT WOMEN’S LEAGUE
#5871 | Registration Dates: 2/25-2/28 | $985 R

SPRING SOFTBALL CO-ED RECREATIONAL LEAGUE
#5872 | Registration Dates: 2/25-2/28 | $600 R
LOOKING FOR A SUMMER JOB?

WE’RE NOW HIRING!

APPLICANTS FOR ALL POSITIONS MUST BE 15 YEARS OR OLDER
LIFEGUARD APPLICANTS MUST PASS THE AMERICAN RED CROSS LIFEGUARDING COURSE
DROP OFF COMPLETED APPLICATIONS TO THE ANTIIOCH COMMUNITY CENTER

LIFEGUARDS
CASHIERS
SWIM INSTRUCTORS
CONCESSIONS
DECK CREW

CONTACT TROY FAULK AT TFAULK@CI.ANTIOCH.CA.US (925) 776-3072 FOR MORE INFORMATION
Come Splash with Us!

AMERICAN RED CROSS SWIMMING AND WATER SAFETY
The American Red Cross offers a comprehensive and developmentally appropriate swim program that teaches you, your child, and other family members how to swim skillfully and safely. The prerequisite for each level is the successful demonstration of skills from the preceding level except for Level 1, which does not have a prerequisite. All classes held at the Antioch Water Park Lap Pool and taught by Aquatics Staff.

Parent & Child Aquatics

6 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. Levels 1 and 2 offered.

<table>
<thead>
<tr>
<th>Parent and Child Aquatics</th>
<th>6 mos–2 yrs</th>
<th>18 mos–3 yrs</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dates</td>
<td>Fees</td>
<td>Level 1</td>
</tr>
<tr>
<td>Tu/Th</td>
<td>4/2-4/25</td>
<td>$96 R/$108 N</td>
</tr>
<tr>
<td>Sa</td>
<td>4/6-4/27</td>
<td>$48 R/$60 N</td>
</tr>
<tr>
<td>Tu/Th</td>
<td>4/30-5/23</td>
<td>$96 R/$108 N</td>
</tr>
<tr>
<td>Sa</td>
<td>5/4-5/18</td>
<td>$36 R/$48 N</td>
</tr>
</tbody>
</table>

Pre-School Aquatics

3-5 years
Program will begin with introducing children to the aquatic environment and instill basic skills such as submerging, floating and opening eyes underwater. By the conclusion of the program participants will gain basic swimming propulsive skills such as back float to gliding, jellyfish and tuck floats, and combined arm/leg actions. Levels 1, 2 and 3 offered.

<table>
<thead>
<tr>
<th>Preschool Aquatics</th>
<th>3-5 yrs Without Parent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dates</td>
<td>Fees</td>
</tr>
<tr>
<td>Tu/Th</td>
<td>4/2-4/25</td>
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<td>Sa</td>
<td>4/6-4/27</td>
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<td>Tu/Th</td>
<td>4/30-5/23</td>
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<td>Sa</td>
<td>5/4-5/18</td>
</tr>
<tr>
<td>#5776 11:00am</td>
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</tr>
</tbody>
</table>

Use course description to help select correct level. Please note: It is not unusual for some students to have to repeat a level to complete the necessary skills. Classes may be canceled due to weather, mechanical or water conditions. Customer requested refunds/transfers 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 cancelled.

ANTIOCH. Opportunity lives here.
Youth Swim Lessons

6-14 years
This comprehensive and progressive program will take students from beginning to swim to learning different stroke techniques and having confidence in their open water swimming abilities. Classes will begin with honing fundamental water skills before moving on to stroke development, improvement and refinement before finishing with fitness swimming and endurance training.

<table>
<thead>
<tr>
<th>Dates</th>
<th>Fees</th>
<th>Level 1</th>
<th>Level 2</th>
<th>Level 3</th>
<th>Level 4</th>
<th>Level 5/6</th>
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<tbody>
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<td>#5712 3:45pm</td>
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</tr>
<tr>
<td>Sa</td>
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<td>#5735 10:20am</td>
<td>#5736 10:20am</td>
<td>#5740 11:00am</td>
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<td>#5743 11:40am</td>
<td>#5744 11:40am</td>
<td>#5747 12:20pm</td>
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<td>#5779 11:40am</td>
<td>#5780 11:40am</td>
<td>#5782 12:20pm</td>
</tr>
</tbody>
</table>

Private Swim Lessons

All Ages
Private Lessons are 30 minutes of one on one instruction. Lessons are customized to meet the specific needs of each student.

<table>
<thead>
<tr>
<th>Dates</th>
<th>Fees</th>
<th>All Ages</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tu/Th</td>
<td>4/2-4/25</td>
<td>$188 R/$200 N</td>
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<tr>
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<td>#5724 5:05pm</td>
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<tr>
<td></td>
<td></td>
<td>#5728 5:45pm</td>
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<tr>
<td>Sa</td>
<td>4/6-4/27</td>
<td>$94 R/$106 N</td>
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<td></td>
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<td>#5761 5:05pm</td>
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<tr>
<td></td>
<td></td>
<td>#5765 5:45pm</td>
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<tr>
<td>Sa</td>
<td>5/4-5/18</td>
<td>$71 R/$83 N</td>
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<tr>
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<tr>
<td></td>
<td></td>
<td>#5787 12:20pm</td>
</tr>
</tbody>
</table>

REGISTER ONLINE: activenet.active.com/antiochrecreation
Swim Lessons

5-14 Years

COMPETITIVE SWIM CLINIC
Clinic will focus on stroke and turn technique. Swimmers will learn drill progressions to refine their strokes for the upcoming season. Taught by experienced coaches with extensive experience in competitive swim. Must have swim team or equivalent experience.

Antioch Water Park Lap Pool • Instructor Heidi McMillan
Ages 5-8 • Monday-Thursday
#5816 3/4-3/28 4:00pm-4:50pm $200 R/$212 N

Ages 9-14 • Monday-Thursday
#5817 3/4-3/28 4:50pm-5:40pm $200 R/$212 N

ADULT SWIM LESSONS—ALL LEVELS
This course is designed to help participants gain basic aquatic skills and swimming strokes, work on fitness, and/or improve swimming techniques. Working with an instructor, teens and adults will learn skills and concepts needed to stay safe in and around water and improve their swimming abilities.

Antioch Water Park Lap Pool • Instructor Aquatics Staff
Saturdays
#5733 4/6-4/27 10:00am-10:45am $48 R/$60 N
#5771 5/4-5/18 10:00am-10:45am $36 R/$48 N

18 Years & Up

WATER AEROBICS
The ultimate in low impact aerobics. Classes accommodate all fitness levels with emphasis on cardiovascular workout while burning calories, toning muscles and increasing flexibility. No swimming skills required in the FUN work-out. Drop-in options also available.

Antioch Water Park Lap Pool • Instructor Cindy Pang
Tuesdays/Thursdays
#5788 4/2-4/30 6:30pm-7:30pm $63 R/$75 N
#5790 5/2-5/30 6:30pm-7:30pm $63 R/$75 N

Saturdays
#5789 4/6-4/27 9:00am-10:00am $28 R/$40 N
#5791 5/4-5/25 9:00am-10:00am $28 R/$40 N

Lifeguarding

15 Years & Up

A.R.C. LIFEGUARD TRAINING
Become an American Red Cross certified lifeguard. After successful completion, the American Red Cross will issue certificates in Lifeguarding/First Aid/CPR/AED. Participants must pass prerequisite swimming skills test to participate in class. Swim 300 yards continuously, tread water for two minutes using legs only, swim 20 yards and retrieve 10 lbs brick and return back 20 yards.

Antioch Water Park Lap Pool • Instructor Aquatics Staff
Daily
#5808 12/28-1/6* 9:00am-6:30pm $235 R/$247 N
#5810 3/23-3/30 9:00am-6:30pm $235 R/$247 N
*No class 12/31, 1/1

Sunday/Monday/Wednesday/Friday/Saturday
#5809 3/3-3/17 9am-6:30pm weekends $235 R/$247 N
4pm-8:30pm MWF

15 Years & Up

A.R.C. LIFEGUARD INSTRUCTOR CERTIFICATION
Participants will learn to teach the American Red Cross Lifeguard Training course and its accompanying components. This is a blended learning course and assignments must be completed online both during the class and prior to the first class meeting.

Prerequisites:
- Hold current Red Cross certificates in Lifeguarding, First aid, and CPR/AED for the professional rescuer.
- Complete the online session, including the pre-course exam, before the first class.
- Pass the swimming prerequisites.

Upon completion participants will receive American Red Cross Lifeguard Instructor certification valid for 2 years.

Antioch Water Park Lap Pool • Instructor Aquatics Staff
Tuesdays/Thursdays/Saturdays
#5811 1/8-1/19 4pm-8pm weekdays $255 R/$267 N
9am-6pm weekends
16 Years & Up

A.R.C. WATER SAFETY INSTRUCTOR

This class will provide you with the certification necessary to instruct Red Cross Swimming Lessons. The following skills must be performed before participants are allowed in the WSI course: Demonstrate proficient front and back crawl, sidestroke, breaststroke, elementary backstroke and butterfly.

Antioch Water Park Lap Pool • Instructor Aquatics Staff

WEDNESDAYS/THURSDAYS/FRIDAYS/SATURDAYS

#5812 12/19/1-5  See below  $235 R/$247 N
12/19:  4pm-7pm
1/2-1/5:  9am-3pm

#5813 3/13-4/4  See below  $235 R/$247 N
3/13:  4pm-7pm
3/26-3/28:  9am-3pm
4/2 & 4/4:  3:30pm-6:30pm

17 Years & Up

A.R.C. LGT/LGIT IN WATER SKILLS UPDATE

In Water Skill Session for LGI/LGIT ARC Update. All Participants must have completed the ARC online update and bring proof of completion to class meeting.

Antioch Water Park Lap Pool • Instructor Aquatics Staff

SUNDAY

#5814 1/5  9:00am-6:00pm  $75 R/$87 N
#5815 4/7  9:00am-6:00pm  $75 R/$87 N
SUPPORT THE ANTIOCH SENIOR CENTER
Become a Member, Volunteer or Donate Today!
The Antioch Senior Citizens Club is a crucial resource for senior services in the Antioch community. It provides support services for the special needs of seniors and their families. Social needs are met in a safe, fun, and family-oriented environment. The center also offers a variety of opportunities for various activity levels and interests. Excursions, hobby classes, and exercise programs are offered for more active seniors as well. Personal interaction, nutrition, and socialization become a major interest for all.

2019 AARP SMART DRIVER COURSE
This course is designed for drivers age 50 and older to help update driving skills and knowledge of the rules and hazards of the road; learn about normal age-related physical changes and how to adjust your driving to compensate; reduce chances of receiving a traffic violation, getting into an accident, or becoming injured. Many auto insurance companies provide a multi-year discount to course graduates! (Check with your insurance provider). Sign-up is available in person one month prior to the class date. Spaces Limited. A current driver’s license and cash/check payment required to sign up.

Sessions include a 30-minute lunch break. For all Coco Café participants, please schedule your lunch the day before.

Class Fee $15 for AARP Members/$20 for Non-AARP Members

Course Date Days Time Loc.
Beginner’s Course 4/16 & 4/18 Tue & Thu 9:30am-2:30pm R/R
Refresher Course 6/13 Thu 9:30am-2:30pm R/R

MONTHLY ACTIVITIES AND EVENTS
Monday-Thursday ASC is alive with music! Come and enjoy live bands Mon. Wed. Thu. and Fri. 10:00-11:00am; Tuesday are Open-Mic. Day.

Every Tuesday Karaoke 10:00-11:15am

1st Wednesday Trinket Treasure Boutique Sale

1st & 3rd Wednesday Movie Mania: Join us on the 1st, 3rd and at times 5th Wednesday of the month as we enjoy popcorn and drinks. Movies vary from action, comedy, drama, and sci-fi and all movies are current and recommended by center staff.

UPCOMING EVENTS

Call (925) 778-1158 for additional information

Holiday Happenings
Join us for a morning of “jolly” good fun. Design a Christmas ornament, spread holiday cheer, or make a holiday craft. Musical performance plus Santa Claus!

DEC 12

Valentine’s Day Dinner
Come Celebrate Valentine’s Day at the Antioch Senior Center. Enjoy a special dinner under dimmed lights!

FEB 14

St. Patrick’s Day Festivities
Gather with friends to enjoy the annual Irish festivities featuring music and dancing, which welcomes the start of spring. Be ready to wear green!

MAR 15

SENIOR NUTRITION AT THE CO CO CAFÉ
Hot nutritious lunches provided by Contra Costa County (Co Co Café)

Meals served Monday-Friday at 11:15am (50 years & up). All meals served at the Antioch Senior Center Nutrition site are low-sodium and low-fat.

Suggested donations: $3 for 60+/$5 fee for under 60.

For meal reservations call (925) 757-7325. Reservations must be made by 11:15am the business day prior.

Please Note: The Antioch Senior Center will be closed on the following dates:
Dec 24-25 & Jan 1 — Christmas Eve, Christmas & New Year’s Day
Monday, January 21 — Martin Luther King Jr. Day
Monday, February 12 — Lincoln’s Birthday
Monday, February 18 — Presidents’ Day
JOIN THE ANTIIOCH SENIOR CENTER
Come join us at the Antioch Senior Center!
Please take advantage of this opportunity to join or renew your membership and gain full value from it. Remember that membership is valid the first day of sign up and expires on December 31st 2019. Membership is still only $20.00/yr. For a membership application, call (925) 778-1158 or come down to the Antioch Senior Center at 415 W. 2nd St. (corner of 2nd and E St.)

SENIOR TRIPPERS
The Antioch Senior Center offers a very active travel program. Monthly day tours throughout the bay area, from theater productions and museum exhibits to coastal and foothill points of interest. Each month our lucky trippers travel to one of a variety of northern California casinos in the pursuit of the big one. Our worldly trippers travel on extended trips to many locations, both in the U.S.A. and special locations throughout the world. Please call the trips office at (925) 779-2821 or visit www.antiochseniorcenter.com for details, dates and fees as they are confirmed.

Come to the semi-annual ASC Trips presentation on January 17, 2019 by Travel Center Tours and Mayflower Tours. Ask your questions for our 2019 Trips! Join us for raffles, food & fun!

Upcoming Day Trips:
December 5  Beach Blanket Babylon Holiday Show

Monthly Casino Trips
Rotating between Cache Creek, Black Oak Casino, and Jackson Rancheria. These trips take place on the 4th Tuesday of the month.

Extended Trips:
For a variety of choices for destinations, see the ASC Newsletter for further information.

April 7-12  Sedona’s Red Rocks & Grand Canyon
Ride two of Arizona’s scenic rail excursions at the Grand Canyon in Sedona to relax and explore, and visit the old mining town of Jerome for 6 days and 8 meals. Tour pricing includes Antioch pick-up and round-trip airfare from Oakland, a Professional Tour Director, and various local tours & events.

AARP TAX PREPARATION
February–April, 2019
AARP will be back to assist members of the community with their income tax preparation. Appointment priority will go towards those 60 years of age and older. Please call the Antioch Senior Center at 925-778-1158 to book your appointments. Appointment bookings will begin in Mid-January.

CLASSES & ACTIVITIES
Offered for Antioch Senior Citizen’s Club Members
- Painting
- Quilting
- Ukulele
- Arts & Craft Classes
- Cards & Billiard Classes
- Bingo
- Hawaiian Dance and Language Classes
- Dance Classes
- Exercise Classes
- Trips
- Reader’s Theatre
- Red Hat Society
- Cane-do Self Defense
- Outdoors Group

SENIOR SERVICES & RESOURCES
Attention: Many of our services are provided by experienced volunteers. The services have limited availability and are often booked several months in advance. Please keep this in mind when scheduling an appointment and sign up early. Thank you for your cooperation. All services and resources are offered at the Antioch Senior Center 415 West 2nd Street, Antioch CA 94509

Alzheimer’s Support Group
2nd & 4th Wednesdays of each month, 1:30-3:00pm. The center hosts a wonderful support group for family members and caretakers.

Care Manager/Notary Service (By Appt Only)
Tuesdays 9:00-11:30am. Provides referrals for almost any “Senior” subject including gerontology, social work, or counseling as well as referrals to access an array of services. A Care Manager also offers free consultation regarding mortgage default, credit, tenant/landlord disputes, emergency food, etc.

Free Legal Services—30 minute appointment (By Appt Only)
2nd & 4th Monday of each month 9:00am–12:00pm. Refundable $15 (checks only) deposit to hold appointment. Eligible participants must be 60 years of age or older.

Free Wills—Attorney Matthew Hart (By Appt Only)
3rd Monday of each month 9:00am-12:30pm. Eligible participants cannot currently own a home or have an existing will or trust fund. Participants must be 60 years of age or older. Sorry no exceptions

Health Insurance Counseling & Advisory Program (By Appt Only)
1st Tuesday and 3rd Tuesday from 1:00-4:00pm. Call (925) 602-4168 to schedule an appointment.

Spanish Peer Counseling (By Appt Only).
Thursdays 12:00-3:00pm

Free Notary Services (By Appt Only).
Getting your documents professionally notarized has never been easier! ASC makes it as simple and free as possible. Schedule your appointment today! 12:00-3:00pm

REGISTER ONLINE: activenet.active.com/antiochrecreation
ALCOHOL CONSUMPTION & PARK GUIDELINES

The City’s parks are for the enjoyment of everyone to keep them that way, please observe these few basic park rules posted at each site.

- Alcoholic beverages are allowed ONLY with a permit from the Recreation Department for a fee of $20 per single use. No refunds.
- Alcohol Consumption Permits will only be issued if alcoholic beverages are served in conjunction with food at a picnic, barbecue or concession stand environment (i.e. City parks or sports complexes). Only beer and wine are permissible.

- Permits shall not be issued to groups for the sole purpose of consuming alcoholic beverages.
- Picnic areas are on a first-come, first-served basis (except in Antioch Community Park).
- Designated softball fields may be rented.

AIR JUMPERS

Air jumpers are allowed in the parks only if the company you are using has a liability insurance policy on file with the City of Antioch at the Antioch Community Center. 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. If they do not have insurance on file with the City, you must use another company. 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
## Park Facilities

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

<table>
<thead>
<tr>
<th>PARK NAME</th>
<th>LOCATION</th>
<th>TYPE</th>
<th>SIZE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Almondridge Park</td>
<td>Almondridge Dr. &amp; Beechnut St.</td>
<td>N</td>
<td>5.4</td>
</tr>
<tr>
<td>Antioch Community Park</td>
<td>James Donlon Blvd. &amp; Blythe Dr.</td>
<td>C</td>
<td>20.0</td>
</tr>
<tr>
<td>Canal Park</td>
<td>Gentrytown Dr. &amp; Curtis St.</td>
<td>N</td>
<td>4.8</td>
</tr>
<tr>
<td>Chaparral Park</td>
<td>Prewett Ranch Dr. &amp; Candlewood Wy</td>
<td>N</td>
<td>•</td>
</tr>
<tr>
<td>Chichibu Park</td>
<td>Longview Rd. &amp; Acorn Dr.</td>
<td>N</td>
<td>6.3</td>
</tr>
<tr>
<td>City Park</td>
<td>10th St. &amp; A St.</td>
<td>N</td>
<td>5.0</td>
</tr>
<tr>
<td>Contra Loma Estates Park</td>
<td>Mahogany Dr. &amp; Manzanita Wy.</td>
<td>N</td>
<td>5.0</td>
</tr>
<tr>
<td>Country Manor Park</td>
<td>Asilomar Dr. &amp; Carpentaria Dr.</td>
<td>N</td>
<td>20.0</td>
</tr>
<tr>
<td>Dallas Ranch Park</td>
<td>1137 Prewett Ranch Dr.</td>
<td>N</td>
<td>5.0</td>
</tr>
<tr>
<td>Deerfield Park</td>
<td>Deerfield Dr. &amp; Buckskin Dr.</td>
<td>N</td>
<td>0.5</td>
</tr>
<tr>
<td>Diablo West Park</td>
<td>2000 Prewett Ranch Dr.</td>
<td>N</td>
<td>4.0</td>
</tr>
<tr>
<td>Eaglesridge Park</td>
<td>Eaglesridge Dr. &amp; Greystone Dr.</td>
<td>N</td>
<td>5.4</td>
</tr>
<tr>
<td>Fairview Park</td>
<td>Crestview Dr. &amp; Aster Dr.</td>
<td>N</td>
<td>3.0</td>
</tr>
<tr>
<td>Antioch Youth Sports Complex</td>
<td>Wilbur Ave. &amp; Apollo Ct.</td>
<td>C</td>
<td>34.0</td>
</tr>
<tr>
<td>Gentrytown Park</td>
<td>Carmona Wy. &amp; Monterey Dr.</td>
<td>N</td>
<td>14.1</td>
</tr>
<tr>
<td>Hansen Park</td>
<td>Nortonville Wy. &amp; Hansen Dr.</td>
<td>N</td>
<td>•</td>
</tr>
<tr>
<td>Harbour Park</td>
<td>Ashburton Dr. &amp; Lindley Dr.</td>
<td>N</td>
<td>7.9</td>
</tr>
<tr>
<td>Heidorn Park</td>
<td>Vista Grande Dr.</td>
<td>N</td>
<td>3.0</td>
</tr>
<tr>
<td>Hillcrest Park</td>
<td>Larkspur Dr. &amp; Sunflower Dr.</td>
<td>N</td>
<td>18.0</td>
</tr>
<tr>
<td>Jacobson Park</td>
<td>Jacobsen Dr.</td>
<td>N</td>
<td>1.3</td>
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<tr>
<td>Knoll Park</td>
<td>Country Hills Dr. &amp; Valley Wy.</td>
<td>N</td>
<td>5.0</td>
</tr>
<tr>
<td>Gino Marchetti Park</td>
<td>Kendree St. &amp; South of Delta Fair Bl</td>
<td>N</td>
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</tr>
<tr>
<td>Markley Creek Park</td>
<td>E. Somersville Rd.</td>
<td>N</td>
<td>2.0</td>
</tr>
<tr>
<td>Meadowbrook Park</td>
<td>Yellowstone Dr. &amp; Calaveras Cir.</td>
<td>N</td>
<td>8.5</td>
</tr>
<tr>
<td>Meadow Creek Park</td>
<td>Vista Grande Dr.</td>
<td>N</td>
<td>5.0</td>
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<tr>
<td>Mira Vista Park</td>
<td>S. Francisco Wy. &amp; Hacienda Wy.</td>
<td>N</td>
<td>6.8</td>
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<tr>
<td>Mira Vista Hills Park</td>
<td>Silverado Dr. &amp; Cordoba Wy.</td>
<td>N</td>
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<tr>
<td>Mountaire Park</td>
<td>Sunset Ln. &amp; Elmo Rd.</td>
<td>N</td>
<td>5.1</td>
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<tr>
<td>Nelson Ranch Park</td>
<td>4700 Wildhorse Rd.</td>
<td>N</td>
<td>9.3</td>
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<tr>
<td>Prewett Community Park</td>
<td>Deer Valley Rd. &amp; Lone Tree Wy.</td>
<td>C</td>
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<tr>
<td>Prosserville Park</td>
<td>6th St. &amp; O St.</td>
<td>N</td>
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<tr>
<td>Sunnyridge Park</td>
<td>James Donlon Blvd. &amp; G St.</td>
<td>O</td>
<td>5.3</td>
</tr>
<tr>
<td>Village East</td>
<td>Gentrytown Dr. &amp; Melon Ct.</td>
<td>N</td>
<td>7.4</td>
</tr>
<tr>
<td>Williamson Ranch Park</td>
<td>Lone Tree Wy. &amp; Hillcrest Ave.</td>
<td>N</td>
<td>5.0</td>
</tr>
<tr>
<td>Waldie Plaza</td>
<td>Historic Downtown Antioch</td>
<td>C</td>
<td>•</td>
</tr>
</tbody>
</table>

*Memorial Field: Off Putnam St.*

*Memorial Field: Off Putnam St.*

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

### TYPE OF PARK FACILITY
- **N** = Neighborhood
- **C** = Community
- **UC** = Under Construction
- **O** = Open Space

### Park Barbecue Pits

- Baseball Field(s)
- Basketball Court(s)
- Group Picnic
- Horseshoes
- Picnic Tables
- Restroom(s)
- Soccer Field(s)
- Tennis Courts
- Tot Play Area
- Turf/Landscaping
- Volleyball/Sport
- Youth Play Area
- Trails/Open Space
- Dog Park

**INFORMATION:** (925) 776-3050
1. Almond Ridge Park
2. Antioch Community Center
3. Antioch Community Park
4. Antioch Water Park
5. Canal Park
6. Chaparral Park
7. Chichibu Park
8. City Park
9. Contra Loma Park
10. Country Manor Park
11. Dallas Ranch Park
12. Deerfield Park
13. Diablo West Park
14. Eagleridge Park
15. Fairview Park
16. Gentrytown Park
17. Gino Marchetti Park
18. Hansen Park
19. Harbor Park
20. Heidorn Park
21. Hillcrest Park
22. Jacobson Park
23. Knoll Park
24. Markley Creek Park
25. Meadow Creek Park
26. Meadowbrook Park
27. Mira Vista Hills Park
28. Mira Vista Park
29. Montaire Park
30. Nelson Ranch Park
31. Prosserville Park
32. Village East Park
33. Williamson Ranch Park
34. Waldie Plaza
Antioch Marina
Where the San Joaquin & Sacramento Rivers Meet

BEST DEAL ON THE DELTA
Kayak Storage Available
OPEN 7 DAYS A WEEK
FREE WiFi/Fast On Every Dock

• On Fast Water, Convenient to Bay & Delta
• Fully Automated Fuel Dispensers
• Newly Remodeled Restrooms/Showers
• $5.00 Launch Ramp • Guest Berths
• Large Fishing & Observation Pier

(925) 779-6957
#5 Marina Plaza, Antioch

www.ci.antioch.ca.us/antioch-marina

REGISTER ONLINE: activenet.active.com/antiochrecreation
### COMMUNITY ORGANIZATIONS

<table>
<thead>
<tr>
<th>Organization</th>
<th>Phone</th>
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</thead>
<tbody>
<tr>
<td>Antioch Bocce Federation</td>
<td>754-0916</td>
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<tr>
<td>Antioch Delta Skimmers</td>
<td>252-3244</td>
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<tr>
<td>Antioch Historical Society</td>
<td>757-1326</td>
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<tr>
<td>Antioch Little League</td>
<td>437-3551</td>
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<tr>
<td>Antioch Youth Sports Complex</td>
<td>754-4247</td>
</tr>
<tr>
<td>Arts &amp; Cultural Foundation</td>
<td>779-7018</td>
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<tr>
<td>Big Break Regional Shoreline</td>
<td>510-544-3050</td>
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<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>
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<tr>
<td>Contra Loma Regional Park</td>
<td>888-327-2757</td>
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<tr>
<td>Deer Valley Youth Football</td>
<td>238-8543</td>
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<tr>
<td>Delta Art Association</td>
<td>625-9004</td>
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<tr>
<td>Delta Baseball League</td>
<td>698-9738</td>
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<tr>
<td>Delta Youth Soccer League</td>
<td>978-5020</td>
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<tr>
<td>District III CCC Supervisor</td>
<td></td>
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<tr>
<td>Diane Burgis</td>
<td>(925) 252-4500</td>
</tr>
<tr>
<td>District V CCC Supervisor</td>
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<tr>
<td>Federal Glover</td>
<td>(925) 427-8138</td>
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<tr>
<td>East County Regional Group</td>
<td>771-7338</td>
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<tr>
<td>El Campanil Theatre</td>
<td>757-9500</td>
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<tr>
<td>CCC Fairgrounds</td>
<td>757-4400</td>
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<tr>
<td>First 5 Contra Costa</td>
<td>771-7300</td>
</tr>
<tr>
<td>Girl Scouts of America</td>
<td>800-447-4475</td>
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<tr>
<td>Library—Antioch Downtown</td>
<td>757-9224</td>
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<tr>
<td>Library—Antioch Community Center</td>
<td>776-3060</td>
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<tr>
<td>Mom’s Club of Antioch</td>
<td>354-6584</td>
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<tr>
<td>REACH</td>
<td>754-3673</td>
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<td>Tri Delta Transit</td>
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<tr>
<td>Dial-A-Ride</td>
<td>754-3060</td>
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<tr>
<td>Fixed Routes</td>
<td>754-4040</td>
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<tr>
<td>Administration</td>
<td>754-6622</td>
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<tr>
<td>Assembly Member Jim Frazier</td>
<td>513-0411</td>
</tr>
<tr>
<td>Congressman Jerry McNerney</td>
<td>754-0716</td>
</tr>
<tr>
<td>Senator Steve Glazer</td>
<td>754-1461</td>
</tr>
<tr>
<td>Stage Right Conservatory</td>
<td>216-4613</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 | 776-3050
- Antioch Water Park | 776-3070
- Emergency Information | 779-7071
- Park Vandalism Hotline | 779-6950
- RV Storage | 779-6950
- Senior Bus Program (9am-12pm) | 754-1080
- Senior Citizens Center | 778-1158
- Senior Nutrition Program (9am-12pm) | 757-7325

#### 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 | 779-7055
- Water Service | 779-7060

#### Human Resources
- 779-7020

#### Information Systems
- 779-7057

#### Police Department
- Emergency | 9-1-1
- Non-Emergency | 778-2441
- Business | 779-6900
- Animal Services | 779-6989

#### Public Works (Administration)
- Engineering | 779-7035
- Parks/Maintenance | 779-6950
- Marina | 779-6957

### Hosting a Special Event Next Year?

Gathering in Plazas, Parks & Public Spaces requires a Special Event Permit from the City of Antioch.

- Waldie Plaza in Historic Rivertown offers unique views!
- Community Parks provide vast open spaces!

Call the Recreation Department at 925-776-3050 and let your friendly staff help you secure your permits and plan your event.

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

- Monday-Friday, Dec. 24-28 Christmas Week
- Tuesday, Jan. 1 New Year’s Day
- Monday, January 21—Martin Luther King, Jr.’s Birthday
- Monday, February 18—Presidents’ Day
Join a Regional Park Naturalist!

East Bay Regional Park District is offering programs right here in Antioch—at the Antioch Community Center and Black Diamond Mines

**SATURDAY, DECEMBER 8 | Miners Old-Time Holiday Celebrations**
2-3:30pm, Antioch Community Center.
Make crafts and celebrate traditions from the homelands of coal miners who migrated here in the mid-1800s.

**SATURDAYS, DECEMBER–FEBRUARY | Nature Discoveries**
10am-11am, end of Somersville Rd, Black Diamond Mines Regional Preserve.
What’s flying, crawling, or blooming? A different subject each week.

**Snake Feeding**
1:30-2pm, Sidney Flat Visitor Center, Black Diamond Mines Regional Preserve.
Discover how snakes support our community and watch one eat.

**SUNDAYS, DECEMBER–FEBRUARY | Historic Somersville**
1-2pm, end of Somersville Rd, Black Diamond Mines Regional Preserve.
Explore local mining history on a short guided walk.

---

**HOLIDAY DELITES PARADE & TREE LIGHTING**
Saturday, December 1 | 4pm
in Historic Downtown Antioch

Celebrate Antioch Foundation presents

Joy of the Holidays: Holiday Delites, a holiday parade with Santa, the City tree lighting at City Hall and a lighted boat parade.

Visit celebrateantioch.org for more information

---

**COMMUNITY THEATER AT THE NICK RODRIGUEZ COMMUNITY CENTER**

The Drama Factory
(925) 695-4123
www.dramafactory.org

Stage Right Conservatory Theatre
(925)216-4613
www.srctgrp.org

Get involved!
The Drama Factory has upcoming auditions for “Peter Pan” early 2019

Enjoy year-round, quality community theater!

The NRCC Theater is available for rent by individuals, group and community organizations. Contact the Recreation Department at (925) 776-3050.
Pre-registration is required and is on a first-come, first-serve basis for participation in programs. Refunds will be issued if program/class is full. 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.

**ONLINE: DECEMBER 3, 2018**

Online Registration Begins: **Monday, Dec. 3**

- Register online for most of our classes and activities.
- Make secure, safe online payments with Visa, MasterCard, Discover or American Express.
- Online registration includes a convenience fee based on the total. This fee is non-refundable even if the City of Antioch Recreation Department cancels the classes.

**IT’S EASY TO REGISTER!**

**ONLINE REGISTRATION:**
Visit our registration website at
activenet.active.com/antiochrecreation

**INFORMATION:** (925) 776-3050

**WALK-IN: DECEMBER 10, 2018**

Walk-In Registration Begins: **Monday, Dec. 10**

Antioch Community Center
Mon-Fri 8:30am-5:00pm
4703 Lone Tree Way, Antioch, CA 94531

- Walk-in registrations with over-the-counter confirmation.
- 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.

Please note: Personal checks being used for payment must be pre-printed with customer information.

**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 $5 per 5-minute interval PER CHILD will be charged. Late fees are payable to the City of Antioch.

**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 class minimum is not reached.

**YOUTH SCHOLARSHIP/FEE ASSISTANCE PROGRAM**

Financial assistance may be available through our Youth Activity Scholarships. Funding is provided by the City of Antioch CDBG and HUD program and based solely on need, not school grades. Information and applications for this program can be picked up at the Antioch Community Center, 4703 Lone Tree Way, Monday through Friday 8:30am–5pm. For more information, call 776-3050.

Scholarship Applications are available now.
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 e-mail confirmation if your refund/transfer is approved. Refund policies may be different for swim lessons.

You may also register with your credit card at 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)
First Name ______________________________ Last Name ______________________________ Date of Birth __ / __ __
Address ______________________________ City ________________ Zip __________
Phone 1 ______________________________ Phone 2 ______________________________ E-Mail ______________________________
Emergency Contact ______________________________ Relationship ______________________________ Phone ______________________________

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

Fee Assistance Program Donation: Funds youth in need to participate in classes and activities. MY DONATION AMOUNT IS: $ __

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
KEEP ANTIOCH BEAUTIFUL
Celebrate Earth Day & Keep Antioch Beautiful!

1st Saturday of every month
Join the monthly clean-up events hosted by the Antioch Police Department
Check the link for monthly locations https://www.antiochca.gov/fc/community/announcements/neighborhood-cleanup.pdf and sign up for email notices too.

April 22, 2019 is Earth Day
Join your friends and Keep Antioch Beautiful this year

Eco-Tips from Antioch!

Save money and the environment by reducing your food waste!
Food in the landfill releases methane—a powerful greenhouse gas emission. Small changes in how you shop and store your food can make huge difference in how much food you waste.

Get more tips at www.stopfoodwaste.org

Pledge to be Idle Free
Idling your car wastes money and produces harmful carbon dioxide emission—the leading greenhouse gas. Turn the key off! Save money and keep the air healthy.
Visit www.idlefreebayarea.org

Choose to bring your own reusable items!
Shopping bags, water bottles and more! Bring your own. In the US, families throw away 2.5 million plastic bottles every hour. Help reduce unnecessary waste.

Holiday Tree Collection

Two locations for Treecycling Drop-off:
Prewett Community Park
The Antioch Marina

December 29-30, ’18
January 5-6, ’19
8:00am–5:00pm

Unflocked trees only
Remove tree stands

We want your tree—Recycle!

RV Storage Space Available

At the City of Antioch Municipal Storage Facility
3060 Gentrytown Drive
Daily access – 7am to 10pm

• Security system
• Key card entry
• Video surveillance
• Month-to-month lease
• No deposit
• 30-day cancellation

20', 30', 40' spaces available $50-$70 monthly rental fee

For more information contact Antioch Public Works at (925) 779-6950 and reserve your space today!
The perfect place... for your event right in your own community!

DEDICATED TO MAKING YOUR EVENT A MEMORABLE ONE

Whether your event is indoor or outdoor, large or small, elegant or casual...

WEDDINGS • BIRTHDAYS • ANNIVERSARIES • RECITALS • REUNIONS
MEETINGS • SEMINARS • CLASSES • CHARITY FUNDRAISERS • FAIRS • EXHIBITIONS

ANTIOCH COMMUNITY CENTER
4703 Lone Tree Way, Antioch 94531
Open House Saturdays 12:30-1:00pm

ANTIOCH WATER PARK
4701 Lone Tree Way, Antioch 94531
Open House Thursdays 3:30-4:00pm
(to the left of the Water Park entrance)

NICK RODRIGUEZ COMMUNITY CENTER
213 F Street, Antioch 94509
Open House (thru Senior Center) Tuesdays 2:00-3:00pm

LONE TREE GOLF AND EVENT CENTER
4800 Golf Course Road, Antioch 94534

(925) 776-3050
www.antiochca.gov/

Call the Recreation Department for information or visit the City of Antioch website
SPRING BREAK CAMPS FOR KIDS 6-12 YEARS

SPRING BREAK
SKATEBOARD CAMP
Come join in a week-long of fun at the Rob Skate Academy skateboard camp. This program is designed for skaters at the beginner and intermediate level with some of the best skateboard instructors here in the Bay Area!

Antioch Skateboard Park • Instructor Rob Ferguson
Monday-Friday | 3/25-3/29 | 9:00am-Noon
#5818 | $179 R/$191 N

COYOTE HILLS SPRING BREAK DAY CAMP
School’s out for spring break; it’s time to play! We do it all: awesome games, art extravaganza, performing arts, wacky world of sports and just plain ol’ fun

Campers build self-confidence, new friendships, and a lifetime of memories plus receive a free camp t-shirt to wear.

Antioch Community Center • Instructor Recreation Staff
Monday-Friday | 3/25-3/29 | Full Day | 8:30am-3:30pm
#5948 | $199 R/$211 N

Monday-Friday | 3/25-3/29 | Half Day AM | 8:30am-11:30am
#5949 | $123 R/$135 N

Monday-Friday | 3/25-3/29 | Half Day PM | 12:30pm-3:30pm
#5950 | $123 R/$135 N

SEE PAGE 14 FOR MORE DETAILS.