

Recreation Guide

UNIFYING AND STRENGTHENING OUR COMMUNITY | SUMMER 2016

ANTIOCH

Be Cool
by the Pool!

SUMMER '16

JUNE • JULY • AUGUST

Online registration begins

April 18th

DEAR RESIDENTS OF THE CITY OF ANTIOCH,

Summer is a great time to be in Antioch! You can catch a summer concert along the river, enjoy a picnic in a park, or splash the day away at the Antioch Water Park. Our weather is favorable towards later evening meals, and the local restaurants summon you to dine “al fresco.” The Marina offers magnificent sunsets while the hills bring you closer to the starry night sky.

To make your “summer nights” even more enjoyable, the City is sprucing up Downtown “Rivertown”—trimming trees, repairing sidewalks, and replacing tree lights in the historic district. The Rivertown Summer Concert Series and shows at El Campanil Theater beckon you. Daytime downtown is just as inviting. The antique shops on 2nd and G Streets are full of treasures and City staff is working with Freshest Cargo mobile farmer’s market to expand days and hours.

Antioch residents have a strong sense of pride and many citizens are working hard to strengthen our community image. There are a number of outdoor events for you to support right here in town—from the 4th of July to the Delta Blues Festival.

City staff is also working hard to improve our vital public places by updating the image, look and feel in many parts of town. While the Historic District remains a priority, staff is also exploring ways to re-design and beautify L Street as you drive from the highway to the Marina.

There will also be some ribbon-cutting events at Prewett Community Park this summer. The Water Park will introduce a new spray park for young children, which will also provide a water experience for children who cannot swim. The park and picnic area will feature a new all access playground for children of all abilities.

Summer really is a great time to be in Antioch and we look forward to seeing you...*Saturday in the Park.*

Sincerely,

Steve Duran
City Manager

City Vision Statement:

The City of Antioch is a community that provides an opportunity to live, learn, work, worship, and play in a safe, stimulating and diverse community.



DO YOU NEED A PRESCRIPTION FOR PLAY?

Can you imagine going to your health care provider and leaving the office with a prescription to play, take a walk, ride a bike, or swim? That is exactly what is happening all across the country! Doctors and health care professionals are writing “park prescriptions” to encourage outdoor activity and improve health, and Antioch has just what you need to fill that prescription.

BE COOL BY THE POOL and enjoy The Antioch Water Park! Pack a picnic and visit Community Park & Contra Loma Regional Park. Attend the Concerts in the Park at Waldie Plaza—tap your toes and clap your hands! You can hike the hills or gently stroll along the local trails. Whatever your prescription might be, start by getting outdoors.

Our lives are filled with hours of television and computer screens. All that sitting can lead to increased weight and poor circulation, which may lead to other health concerns. Unplug now and enjoy the healing power of the natural world around you. Summer is just around the corner so we have plenty of time to catch up on our play, which is more important than ever.

The power of play has been the subject of many research projects and publications, and it isn’t a kid thing! Unstructured play helps all of us navigate the neighborhood and community challenges we face daily such as meeting new friends. Recreation summer camps give kids the chance to play while sports, arts, and dance provide adults with an outlet for reducing stress. Summertime...*and the livin’ is easy.*

See you in parks and programs,

Nancy Kaiser
Parks and Recreation Director

Parks
Make
Life
Better!





SUMMER '16 Recreation Guide

EFFECTIVE
JUNE • JULY • AUGUST

ONLINE
Registration Begins
April 18

WALK-IN
Registration Begins
April 25

Registration
Information Form
pgs. 44-45



CITY COUNCIL

Wade Harper
Mayor

Lori Ogorchock
Mayor Pro Tem

Mary H. Rocha • Tony Tiscareno
Monica E. Wilson

Steve Duran
City Manager

PARKS & RECREATION COMMISSION

Rodney McClelland
Chair

Manuel Soliz • Janet Farr
Keith Farr • Nora Foster • Sandra Kelly
Beverly Knight
Commissioners

The Commission holds a public meeting on the third Thursday of every month in the Council Chambers, 3rd & "H" Streets at 7:00pm. All citizens are encouraged to attend. For more information, call (925) 779-7078.

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RECREATION DEPARTMENT

Nancy Kaiser, *Parks & Recreation Director*

Karen Alsaker, *Acting Administrative Assistant*

Al Anthony, *Recreation Specialist*

Susan Vasquez, *Recreation Specialist*

Tracy Newman, *Recreation Specialist*

Lisa Arcidiacono, *Program Coordinator*

ANTIOCH SENIOR CENTER

Mike Heller, *Interim Recreation Specialist*

Anibal Hidalgo, *Program Coordinator*

ANTIOCH MARINA

PARK/FACILITY MAINTENANCE STREET LANDSCAPES

Mike Bechtholdt, *Deputy Director of Public Works—
Operations*

Justin Pitcher, *Aquatics Maintenance Worker*

“The Gateway To Community”

Antioch Recreation Department mission is to unify and strengthen our community by creating quality experiences that inspire lifelong learning.



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.

CLASS LOCATIONS:

Antioch Community Center, 4703 Lone Tree Wy.

Antioch Community Park, James Donlon Blvd. & Blythe Dr.

Antioch High School Tennis Courts, 14th St.

Antioch Senior Citizens Center, 415 W. 2nd St.

City Park, Corner of 10th and A Streets

Nick Rodriguez Community Center, 213 “F” St.

Antioch Water Park & Center, 4701 Lone Tree Wy.

Turf Fields, James Donlon Blvd.

CLASS FEES:

R = Resident N = Non-Resident



LET’S GET SOCIAL WITH THE CITY OF ANTIOCH!

Facebook—Find information, photos, video and announcements posted on our pages to inform residents of the many happenings in and around Antioch.

Like Antioch Recreation’s main Facebook page:

www.facebook.com/AntiochRecreation

or visit other City pages:

Antioch Police www.facebook.com/AntiochPolice

City of Antioch www.facebook.com/pages/CityofAntioch

Animal Services www.facebook.com/AntiochAnimalServices

Antioch Ecology www.facebook.com/EcoAntioch



Be Cool by the Pool!



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

LEVEL 1 6 Months–2 Years

Provides experiences and activities for children to:

- Learn to ask for permission before entering the water
- Learn how to enter and exit the water in a safe manner
- Feel comfortable in the water
- Explore submerging to the mouth, nose, and eyes completely
- Explore buoyancy on the front and back position
- Change body position in the water
- Learn how to play safely
- Experience wearing a U.S. Coast Guard-approved life jacket

LEVEL 2 18 Months–3 Years

Provides experiences and activities for children to:

- Establish expectation for adult supervision
- Learn more ways to enter and exit the water in a safe manner
- Explore submerging in a rhythmic pattern
- Glide on the front and back with assistance
- Perform combined stroke on front and back with assistance
- Change body position in the water
- Experience wearing a U.S. Coast Guard-approved life jacket in the water

Weekdays	Mon-Thu 6/6-6/16 \$72 R/\$82 N	Mon-Thu, 6/20-6/30 \$72 R/\$82 N	Mon-Thu 7/5-7/14* \$63 R/\$73 N	Mon-Thu 7/18-7/28 \$72 R/\$82 N	Mon-Thu 8/1-8/11 \$72 R/\$82 N
LEVEL 1 2 Weeks		10:15-10:45am #3535	10:15-10:45am #3565	10:15-10:45am #3536	10:15-10:45am 3537
	5:30-6:00pm #3527	5:30-6:00pm #3534	5:30-6:00pm #3730	5:30-6:00pm #3731	5:30-6:00pm #3732
LEVEL 2 2 Weeks		10:50-11:20am #3688	10:50-11:20am #3690	10:50-11:20am #3693	10:50-11:20am #3695
	4:20-4:50pm #3665				

*No class on Monday, 7/4

Weekends	Saturday 6/11-7/16 5 Weeks	Saturday 7/23-8/13 4 Weeks	Sunday 6/12-7/17* 5 Weeks	Sunday 7/24-8/14 4 Weeks
LEVEL 1	10:50-11:20am #3654 \$45 R/\$55 N	10:50-11:20am #3656 \$36 R/\$46 N	4:20-4:50pm #3655 \$45 R/\$55 N	4:20-4:50pm #3657 \$36 R/\$46 N
LEVEL 2	10:15-10:45am #3658 \$45 R/\$55 N	10:15-10:45am #3659 \$36 R/\$46 N		

*No class on Sunday, 7/3

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 **NO LATER THAN 5 BUSINESS DAYS PRIOR TO THE FIRST DAY OF CLASS. NO REFUNDS AFTER FIRST 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.

Preschool Aquatics 3-5 Years—Without Parent

LEVEL 1

Orients children to the aquatic environment and helps them gain basic aquatic skills.

- Enter and exit water using ladder, steps or side
- Blow bubbles through mouth and nose
- Submerge mouth, nose and eyes
- Open eyes under water and retrieve submerged objects
- Front and back glides and recover to a vertical position
- Back float and recover to a vertical position
- Roll from front to back and back to front
- Experience wearing a U.S. Coast Guard-approved life jacket

LEVEL 2

Provides experiences and activities for children to:

- Establish expectation for adult supervision
- Learn more ways to enter and exit the water in a safe manner
- Explore submerging in a rhythmic pattern
- Glide on the front and back with assistance
- Perform combined stroke on front and back with assistance
- Change body position in the water
- Experience wearing a U.S. Coast Guard-approved life jacket in the water

LEVEL 3

Helps children start to gain basic swimming propulsive skills to be comfortable in and around water.

- Enter water by stepping in
- Fully submerge and hold breath
- Bobbing-Front, jellyfish and tuck floats
- Recover from a front or back float or glide to a vertical position
- Back float and glide
- Change direction to travel while swimming on front or back
- Tread water using arm and leg actions
- Combined arm and leg actions on front and back
- Finning arm action on back

Weekdays	6/6-6/16		6/20-6/30		7/5-7/14*		7/18-7/28		8/1-8/11	
LEVEL 1	4:20-4:50pm	#3519	9-9:30am	#3538	9-9:30am	#3563	9-9:30am	#3539	9-9:30am	#3540
Monday-Thursday	4:55-5:25pm	#3530	10:50-11:20am	#3547	10:50-11:20am	#3696	10:50-11:20am	#3548	10:50-11:20am	#3549
2 Weeks			Noon-12:30pm	#3613	Noon-12:30pm	#3614	Noon-12:30pm	#3615	Noon-12:30pm	#3616
\$72 R/\$82 N			4:20-4:50pm	#3622	4:20-4:50pm	#3623	4:20-4:50pm	#3705	4:20-4:50pm	#3707
LEVEL 2	4:20-4:50pm	#3525	9:30-10am	#3541	9:30-10am	#3564	9:30-10am	#3542	9:30-10am	#3543
Monday-Thursday			Noon-12:30pm	#3618	Noon-12:30pm	#3619	Noon-12:30pm	#3620	Noon-12:30pm	#3621
2 Weeks			4:20-4:50pm	#3708	4:20-4:50pm	#3709	4:20-4:50pm	#3710	4:20-4:50pm	#3713
\$72 R/\$82 N										
LEVEL 3	5:30-6pm	#3526	10:15-10:45am	#3544	10:15-10:45am	#3567	10:15-10:45am	#3545	10:15-10:45am	#3546
Monday-Thursday			5:30-6pm	#3597	5:30-6pm	#3594	5:30-6pm	#3596	5:30-6pm	#3595
2 Weeks										
\$72 R/\$82 N										

*7/5-7/14 Session: No class on Monday, 7/4. First week runs Tues-Thu; second week runs Mon-Thu. Fees: \$63 R/\$73 N

Weekends	Saturday 6/11-7/16		Saturday 7/23-8/13		Sunday 6/12-7/17*		Sunday 7/24-8/14	
	5 Weeks • \$45 R/\$55 N		4 Weeks • \$36 R/\$46 N		5 Weeks • \$45 R/\$55 N		4 Weeks • \$36 R/\$46 N	
LEVEL 1	9-9:30am	#3624	9-9:30am	#3632	3:45-4:15pm	#3628	3:45-4:15pm	#3564
	Noon-12:30pm	#3626	Noon-12:30pm	#3633				
LEVEL 2	9:30-10am	#3625	9:30-10am	#3635	3:45-4:15pm	#3629	3:45-4:15pm	#3636
					4:20-4:50pm	#3630	4:20-4:50pm	#3637
LEVEL 3	10:15-10:45am	#3627	10:15-10:45am	#3638	4:20-4:50pm	#3631	4:20-4:50pm	#3639

*No class on Sunday, 7/3

Youth Swim Lessons: 6–14 Years

LEVEL 1—INTRO TO WATER SKILLS

The objective of Level One is to help students feel comfortable in the water and to enjoy the water safely. Students will learn elementary water skills which they can build on as they progress through various levels.

LEVEL 2—FUNDAMENTAL SKILLS

Level Two is to give students success with fundamental skills and learn to float without support. Learn basic self-help rescue skills.

LEVEL 3—STROKE DEVELOPMENT

Students learn to coordinate front and back crawl. Introduce elementary backstroke and the fundamentals of treading water.

LEVEL 4—STROKE IMPROVEMENT

Level Four develops confidence in strokes learned thus far and improves other aquatic skills. Introduce breaststroke, sidestroke and wall turns.

LEVEL 5—STROKE REFINEMENT

Coordination and refinement of key strokes. Introduce the butterfly, open turns, feet-first surface dives. Increase swim distances.

LEVEL 6—SWIM & SKILL PROFICIENCY

The objective of Level Six is to polish strokes so students swim with more ease, efficiency, power, and smoothness over greater distances.

Antioch Water Park Lap Pool • Instructor Aquatics Staff

Weekdays	6/6-6/16	6/20-6/30	7/5-7/14*	7/18-7/28	8/1-8/11
LEVEL 1 Monday-Thursday 2 Weeks \$72 R/\$82 N	3:45-4:15pm #3518 4:55-5:25pm #3528 5:30-6pm #3529	10:50-11:20am #3609 3:45-4:15pm #3551 4:55-5:25pm #3550	10:50-11:20am #3518 3:45-4:15pm #3701 4:55-5:25pm #3724	10:50-11:20am #3611 3:45-4:15pm #3552 4:55-5:25pm #3553	10:50-11:20am #3612 3:45-4:15pm #3555 4:55-5:25pm #3554
LEVEL 2 Monday-Thursday 2 Weeks \$72 R/\$82 N	3:45-4:15pm #3520	10:15-10:45am #3556 3:45-4:15pm #3559 4:55-5:25pm #3714 5:30-6pm #3733	10:15-10:45am #3566 3:45-4:15pm #3562 4:55-5:25pm #3715 5:30-6pm #3734	10:15-10:45am #3557 3:45-4:15pm #3560 4:55-5:25pm #3725 5:30-6pm #3735	10:15-10:45am #3558 3:45-4:15pm #3561 4:55-5:25pm #3726 5:30-6pm #3736
LEVEL 3 Monday-Thursday 2 Weeks \$72 R/\$82 N	4:20-4:50pm #3521	11:25-11:55am #3586 4:20-4:50pm #3593	11:25-11:55am #3589 4:20-4:50pm #3590	11:25-11:55am #3587 4:20-4:50pm #3592	11:25-11:55am #3588 4:20-4:50pm #3591
LEVEL 4 Monday-Thursday 2 Weeks \$72 R/\$82 N	3:45-4:15pm #3522	11:25-11:55am #3598 3:45-4:15pm #3602	11:25-11:55am #3601 3:45-4:15pm #3603	11:25-11:55am #3599 3:45-4:15pm #3604	11:25-11:55am #3600 3:45-4:15pm #3605
LEVEL 5 Monday-Thursday 2 Weeks \$72 R/\$82 N	4:55-5:25pm #3523	Noon-12:30pm #3697 4:55-5:25pm #3606	Noon-12:30pm #3698 4:55-5:25pm #3727	Noon-12:30pm #3699 4:55-5:25pm #3728	Noon-12:30pm #3700 4:55-5:25pm #3729
LEVEL 6 Monday-Thursday 2 Weeks \$72 R/\$82 N		Noon-12:30pm #3524	Noon-12:30pm #3531	Noon-12:30pm #3532	Noon-12:30pm #3533

*7/5-7/14 Session: No class on Monday, 7/4. First week runs Tues-Thu; second week runs Mon-Thu. Fees: \$63 R/\$73 N

ADAPTED AQUATICS

Lessons available for individuals who are physically, neurologically and/or emotionally challenged. We teach the importance of water safety, how to swim and especially have FUN! Please call for special accommodations (925) 776-3072.

Youth Swim Lessons: Continued

Antioch Water Park Lap Pool • Instructor Aquatics Staff

Weekends	Saturday 6/11-7/16* 5 Weeks • \$45 R/\$55 N	Saturday 7/23-8/13 4 Weeks • \$36 R/\$46 N	Sunday 6/12-7/17** 5 Weeks • \$45 R/\$55 N	Sunday 7/24-8/14 4 Weeks • \$36 R/\$46 N
LEVEL 1	10:50-11:20am #3660	10:50-11:20am #3663	4:20-4:50pm #3661 4:55-5:25pm #3662	4:20-4:50pm #3664 4:55-5:25pm #3666
LEVEL 2	11:25-11:55am #3668	11:25-11:55am #3672	4:55-5:25pm #3669 5:30-6pm #3671	4:55-5:25pm #3674 5:30-6pm #3675
LEVEL 3	11:25-11:55am #3676 Noon-12:30pm #3677	11:25-11:55am #3680 Noon-12:30pm #3681	4:55-5:25pm #3678 5:30-6pm #3679	4:55-5:25pm #3682 5:30-6pm #3683
LEVEL 4	Noon-12:30pm #3684	Noon-12:30pm #3686	5:30-6pm #3685	5:30-6pm #3687
LEVEL 5			3:45-4:15pm #3689	3:45-4:15pm #3691
LEVEL 6			3:45-4:15pm #3692	3:45-4:15pm #3694

*No class on Saturday, 7/2. **No class on Sunday, July 3

Private Swim Lessons: 4 Years & Up

Weekdays	6/6-6/16	6/20-6/30	7/5-7/14*	7/18-7/28	8/1-8/11
Monday-Thursday 2 Weeks \$160 R/\$170 N	3:45-4:15pm #3568	10:15-10:45am #3570	10:15-10:45am #3581	10:15-10:45am #3571	10:15-10:45am #3572
	4:55-5:25pm #3667	10:50-11:20am #3576	10:50-11:20am #3575	10:50-11:20am #3574	10:50-11:20am #3573
	5:30-6pm #3670	11:25-11:55am #3577	11:25-11:55am #3580	11:25-11:55am #3578	11:25-11:55am #3579
		11:25-11:55am #3582	11:25-11:55am #3583	11:25-11:55am #3584	11:25-11:55am #3585
		3:45-4:15pm #3569	3:45-4:15pm #3673	3:45-4:15pm #3702	3:45-4:15pm #3703
		4:20-4:50pm #3716	4:20-4:50pm #3717	4:20-4:50pm #3718	4:20-4:50pm #3719
		4:55-5:25pm #3720	4:55-5:25pm #3721	4:55-5:25pm #3722	4:55-5:25pm #3723
		5:30-6pm #3737	5:30-6pm #3738	5:30-6pm #3739	5:30-6pm #3740

*7/5-7/14 Session: No class on Monday, 7/4. First week runs Tues-Thu; second week runs Mon-Thu. Fees: \$63 R/\$73 N

Weekends	Saturday 6/11-7/16 5 Weeks • \$100 R/\$110 N	Saturday 7/23-8/13 4 Weeks • \$80 R/\$90 N	Sunday 6/12-7/17* 5 Weeks • \$100 R/\$110 N	Sunday 7/24-8/14 4 Weeks • \$80 R/\$90 N
	10:50-11:20am #3640	10:50-11:20am #3647	4:55-5:25pm #3645	4:55-5:25pm #3652
	11:25-11:55am #3642	11:25-11:55am #3649	5:30-6pm #3646	5:30-6pm #3653
	Noon-12:30pm #3644	Noon-12:30pm #3651		
	10:50-11:20am #3641	10:50-11:20am #3648		
	11:25-11:55am #3643	11:25-11:55am #3650		

*No class on Sunday, 7/3

Be Cool by the Pool!

Fitness Classes

16 Years & Up

WATER AEROBICS

The ultimate in low-impact aerobics that is easier on joints. Classes accommodate all fitness levels with emphasis on cardiovascular workout while burning calories, toning muscles and increasing flexibility. No swimming skills required in this FUN workout.



Drop-in rates or 10 visit punch passes are available.

Antioch Water Park Lap Pool • Instructor Aquatics Staff
Monday/Wednesday/Friday/Saturday

9:00-10:00am \$7 drop-in, \$60 for 10 punch passes

Tuesdays

6:30-7:30pm \$7 drop-in, \$60 for 10 punch passes

13 Years & Up

LAP SWIM

Come swim in our 6 lane, 25 yard lap pool! Lanes are available for fitness swimming only. Participants must be deep water safe.

Antioch Water Park Lap Pool • Instructor Aquatics Staff
Monday/Wednesday/Friday

6:30-8:30am \$5 drop-in, \$45 for 10 punch passes

15 Years and Up

ADULT SWIM LESSONS

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 • 5 Weeks

#3706 6/11-7/16* 10am-10:45am \$50 R/\$60 N

#3712 7/23-8/13 10am-10:45am \$40 R/\$50 N

*No class 7/2

American Red Cross Training

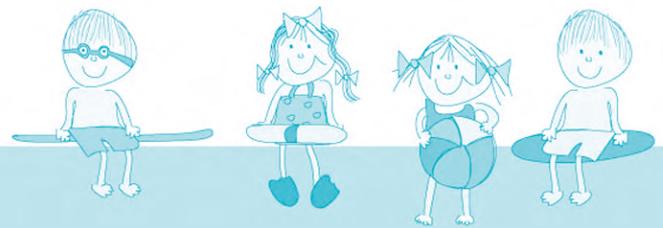
16 Years and Up

AMERICAN RED CROSS CPR & AED LAY RESCUER/FIRST AID

Be prepared when a loved one or co-worker needs you! CPR and AED for the Lay Rescuer program shows how to provide CPR for adult, children and infants, and how to use an automated external defibrillator (AED). Learn emergency response in a low stress, hands on environment. Learn to recognize and deal with emergencies like, bleeding, shock, burns, sprains, fractures, allergic reactions, seizures and more in hands-on environment. Wear comfortable clothing and closed-toe shoes. Two-year certification.

Antioch Water Park Training Room • Instructor Aquatics Staff
Saturday

#3741 7/23 9:00am-1:00pm \$75R / \$85N



6 Months-5 Years Toddler Tuesdays

This drop-in swim time is for parents and young children to enjoy pool time together in our 1.5 foot deep Tad Pool, before the Water Park opens. An adult can accompany up to two children at a time.



Antioch Water Park • Instructor Aquatics Staff
Tuesdays

6/14-8/16 9:00-10:30am \$3 drop in per child (adults free when accompanied by a child)

Aquatics Camps

4-6 Years

SWIM & PLAY CAMP

This camp combines the fun of aquatics activities with basic sports skills, games, and activities. Each day will introduce campers to new sports, activities, and crafts as well as 30-minutes of swim lessons in a fun camp environment. Please pack a swimsuit, water bottle, sunscreen, towel, change of clothes, bag lunch, and snacks for both the morning and the afternoon.

Antioch Water Park • Instructor Aquatics Staff

Monday-Friday

#3742	6/27-7/1	8:30am-3:30pm	\$178 R/\$188 N
#3743	7/25-7/29	8:30am-3:30pm	\$178 R/\$188 N

7-10 Years

AQUA ADVENTURES CAMP

This camp combines the fun of aquatic activities with basic water safety skills and stroke development based on the American Red Cross swim lesson program. This indoor/outdoor camp teaches youth about water safety in different environments and includes crafts as well as 30-minutes of swim lessons in a fun camp environment. Please pack a swimsuit, water bottle, sunscreen, towel, change of clothes, bag lunch, and snacks for both the morning and the afternoon.

Antioch Water Park • Instructor Aquatics Staff

Monday-Friday

#3744	6/20-6/24	8:30am-3:30pm	\$178 R/\$188 N
#3745	7/18-7/22	8:30am-3:30pm	\$178 R/\$188 N

11-14 Years

JUNIOR LIFEGUARD CAMP

Calling all future Lifeguards! This program is designed for participants who want to have fun and gain work experience, but are not old enough to have a summer job. Themed games and activities are designed to teach various skills associated with lifeguarding, as well as promoting fitness, self-esteem, and teamwork. Please pack a swimsuit, water bottle, sunscreen, towel, change of clothes, bag lunch and snacks for both the morning and the afternoon.



Antioch Water Park • Instructor Aquatics Staff

Monday-Friday

#3746	6/13-6/17	8:30am-3:30pm	\$178 R/\$188 N
#3747	7/11-7/15	8:30am-3:30pm	\$178 R/\$188 N
#3748	8/1-8/5	8:30am-3:30pm	\$178 R/\$188 N

Stay Cool by the Pool on your Birthday!

ANTIOCH WATER PARK

Birthday Party Discount Tickets

Weekdays—\$11 per ticket
Weekends and Holidays—\$13 per ticket
(10 ticket minimum)

Ticket price includes a Birthday Party cup, with free refills all summer!





Be Cool by the Pool!

Antioch Water Park

4701 Lone Tree Way next to the Antioch Community Center
and across the street from Deer Valley High School

**Opens
Saturday,
May 28!**

Open Memorial Day–Labor Day

BUY A SEASON PASS NOW AND SAVE 25%!*

*Purchase by May 27, 2016 and save 25%

Antioch Residents: \$67 each/ \$50 with discount

Non-residents: \$72 each/ \$54 with discount

ADMISSION RATES

Saturday/Sunday:	\$14
Holidays:	\$14
Monday–Friday:	\$12
Daily After 4pm:	\$6
Seniors (62 & over):	\$6
Active Military:	\$6
Children 2 and under with paying adult:	Free

GROUP RATES AVAILABLE \$9-\$12

10 or more guests (3 day advance purchase required)

Weekends and Holidays	\$12
Monday–Friday	\$10
Monday–Friday (Groups of 50 or more)	\$9

WATER PARK BUY OUTS!

Purchase exclusive use of the Park after regular park admission hours! This package includes Boulder Cover, Prewett Peak, Sport Pool and Tad Pool with all water slides and Lilly Pad feature. Depending on availability, the Lap/Lesson Pool can be added for an additional \$150 per hour, and the Multi-Use Room can be added for an additional \$120 per hour.

Buyouts are available May through September ONLY.

On Days When the Park is CLOSED

(3 hour minimum required)

- Weekdays before 4:00pm \$650 per hour
- Evenings after 4:00pm \$700 per hour
- Weekends \$700 per hour

On Days When the Park is OPEN for General Admission Hours

- Evenings & Weekends after Park Hours \$700 per hour (3 hour minimum)

You can also rent Pools individually for private use!

WATER SLIDE/POOL RENTALS

Perfect for smaller groups wishing to rent a combination of pools and slides!

Boulder Cove: \$245/Hour

Pool with 3 slides: Otter Slide, Humphrey's slide, and Crystal Slide

Prewett Peak: \$180/Hour

The two largest water slides: Rattler's Run and Canyon Cooler

Sport Pool: \$180/Hour

The pool with walk across Lily Pads!

Tad Pool: \$85/Hour

Small wading pool for infants and toddlers

Lap Pool: \$150/Hour

Large recreational pool that can be divided into deep and shallow sections, or 6 25 yard swim lanes

SUNDAY FUNDAY!—MAY 15, NOON-4PM

Come out to the Antioch Water Park for FREE recreational swim in our Lap Pool and an open house of the facility! Join the aquatic staff in their summer kick off on International Pool Safety Day! Buy your season passes for a 25% discount, sign up for summer swim lessons, and register for summer camps, and more! Come *be cool by the pool* this season!



Coyote Hills Summer Day Camp

“Fun for a summer . . . lessons for a lifetime”

FULL AND HALF-DAY PROGRAMS AVAILABLE!



Looking for a totally GREAT camp for the kids this summer? Look no further! Coyote Hills provides a totally fun-filled camp experience. We do it all, **awesome swimming games, art extravaganza, performing arts, wacky world of sports** and just plain ol’ fun. Our goal is to build self-confidence, new friend-

ships and lifelong memories. All campers will receive a Coyote Hills Camp T-shirt to wear to camp. Campers attending full day program should bring a snack, bag lunch and bottled water daily. Half-day campers will need a snack and bottled water. On swim days, campers need to bring a swimsuit, sunscreen and towel. A parent/guardian (18 years+) will be required to sign campers in and out daily. Additional fees for late pick-ups apply. **Sibling Discount available on Full Day Camp:** \$10 off for 2 or more participants signing up for same week.

All camps held at the Antioch Community Center

1-6th Grade, 6-12 Years

MINION MADNESS

Take a vacation this year Minion Style! This week campers will live the life of a Minion as we transform camp into an epic party paradise!

#3433	6/13-6/17	8:30am-3:30pm	1 Week	\$182 R/\$192 N
#3434	6/13-6/17	8:30-11:30am	1 Week	\$106 R/\$116 N
#3435	6/13-6/17	12:30-3:30pm	1 Week	\$106 R/\$116 N

SURVIVOR: COYOTE ISLAND

Tribe members unite! Our fellow survivors will start the week by creating their own tribe banners then it’s off for some wacky team challenges including rope relays, scavenger hunts and finding the hidden immunity necklaces! An exciting week you won’t want to miss!

#3436	6/20-6/24	8:30am-3:30pm	1 Week	\$182 R/\$192 N
#3437	6/20-6/24	8:30-11:30am	1 Week	\$106 R/\$116 N
#3438	6/20-6/24	12:30-3:30pm	1 Week	\$106 R/\$116 N

STAR WARS JEDI ACADEMY

Unlock the inner Jedi and reveal the hero within you! Young Jedi will be fully immersed in all things Jedi including the Storm Trooper daily obstacle courses, Meteor Launches, Enduring the Emperors Electricity, Light Saber training and so much more!

Until we meet, may the force be with you.

#3439	6/27-7/1	8:30am-3:30pm	1 Week	\$182 R/\$192 N
#3440	6/27-7/1	8:30-11:30am	1 Week	\$106 R/\$116 N
#3441	6/27-7/1	12:30-3:30pm	1 Week	\$106 R/\$116 N

ICKY STICKY GOOEY CHEWY

Our most popular week of camp brings new food adventures this year as campers are taught loads of fun new recipes and play food inspired games like the Fruit Juice Face-Off, Toaster Game, Messy Twister, Spaghetti Slip and Slide and so much more!

Tuesday-Friday (no camp 7/4)

#3442	7/5-7/8	8:30am-3:30pm	4 Days	\$146 R/\$156 N
#3443	7/5-7/8	8:30-11:30am	4 Days	\$85 R/\$95 N
#3444	7/5-7/8	12:30-3:30pm	4 Days	\$85 R/\$95 N

GROSSOLOGY

Venture into all things messy and gross from slime to bugs to marshmallows and slugs! Everything will be hands-on, and all hands will be in goop and goo! This one is sure to be a favorite this summer!

#3445	7/11-7/15	8:30am-3:30pm	1 Week	\$182 R/\$192 N
#3446	7/11-7/15	8:30-11:30am	1 Week	\$106 R/\$116 N
#3447	7/11-7/15	12:30-3:30pm	1 Week	\$106 R/\$116 N

ICE AGE AVALANCHE

You are now entering the Ice Age! This week campers will have a total blast creating group igloos, chipping through frozen dinosaur eggs, playing frozen caveman relays and more iced adventures throughout the week!

#3448	7/18-7/22	8:30am-3:30pm	1 Week	\$182 R/\$192 N
#3449	7/18-7/22	8:30-11:30am	1 Week	\$106 R/\$116 N
#3450	7/18-7/22	12:30-3:30pm	1 Week	\$106 R/\$116 N

SUPER HERO ACADEMY

Save the world this summer! Everything from crazy spider web battles, kryptonite treasure hunts, agility training obstacle courses in the pool, Hero Water Challenges and more adventures guaranteed to bring out the Superhero in you!

#3451	7/25-7/29	8:30am-3:30pm	1 Week	\$182 R/\$192 N
#3452	7/25-7/29	8:30-11:30am	1 Week	\$106 R/\$116 N
#3453	7/25-7/29	12:30-3:30pm	1 Week	\$106 R/\$116 N

CAMP MISSION IMPOSSIBLE

Your mission, should you chose to accept it, will take you into the excitement and intrigue of the Secret Agent. Campers will spend the week solving a variety of mysteries including solving disappearance of Allie the Water Park Alligator!

#3454	8/1-8/5	8:30am-3:30pm	1 Week	\$182 R/\$192 N
#3455	8/1-8/5	8:30-11:30am	1 Week	\$106 R/\$116 N
#3456	8/1-8/5	12:30-3:30pm	1 Week	\$106 R/\$116 N



Art Camps

8-13 Years

FASHION ART WORKSHOP

Do you have amazing ideas for creative new clothing designs? In this 3-week class you'll turn your ideas into professional-looking illustrations using a variety of fine art media and techniques. Projects combine drawing the fashion face and figure, garment basics and designing with fabric, pattern and color. (Please note that we don't do sewing in this class, just art projects.) Students who've worked with Nancy before will receive new challenges to build on personal progress. *A \$10 materials fee is payable to the instructor on the first day.*

Antioch Community Center • Instructor Nancy Roberts

Tuesdays

#3457 6/14-6/28 3:00-4:30pm \$49 R/\$59 N

5-7 Years

PAINT PLAY

Painting is fun! In this 3-week class budding young artists create their own colorful, original artwork while exploring a different kind of paint each week. Projects introduce color mixing, brush-handling skills, value and design in a playful, encouraging setting. *A \$10 materials fee is payable to the instructor on the first day.*

Antioch Community Center • Instructor Nancy Roberts

Tuesdays

#3458 6/14-6/28 1:00-2:00pm \$33 R/\$43 N

6-12 Years

ACRYLIC PAINTING FOR KIDS

In this fun 3-week class students will create their own beautiful, original paintings using artist-grade acrylic paint and canvas. Projects introduce color mixing, value and brush techniques with an emphasis on creative expression and personal style. Students who've worked with Nancy before will receive new challenges to build on personal progress. *A \$15 materials fee is payable to the instructor on the first day.*

Antioch Community Center • Instructor Nancy Roberts

Tuesdays

#3459 7/12-7/26 1:00-2:30pm \$49 R/\$59 N

7-11 Years

CLAY SCULPTURES—VIDEO VILLIANS

Students will select their favorite villains from one of their video games to sculpt out of clay with step-by-step instruction. At end of class, they will share their story about their "Video Villain." They will then paint their sculptures in the final class. *A \$5 material fee is payable to the instructor on the first day.*

Antioch Community Center • Instructor Beverly Turner

Thursdays

#3460 6/16-7/14 4:15-5:30pm \$56 R/\$66 N

7-11 Years

CLAY SCULPTURES—SUPER HEROES

Students will select an their favorite super hero to sculpt out of clay, with step by step instruction, and then make up a story about their Super Hero. They will then paint their sculptures in the final class. This super hero of clay will be a lasting memory from their childhood.

Antioch Community Center • Instructor Beverly Turner

Thursdays

#3461 7/21-8/18 4:15-5:30pm \$56 R/\$66 N

8-13 Years

FANTASY ART WORKSHOP

Let your imagination run wild! In this fun 3-week class you'll invent your own characters and creatures and design the world they live in. Working with a variety of drawing and painting media you'll bring your creations to life with color mixing, light and shadow, perspective and special effects. Students who've worked with Nancy before will receive new challenges to build on personal progress. *A \$10 materials fee is payable to the instructor on the first day.*

Antioch Community Center • Instructor Nancy Roberts

Tuesdays

#3462 7/12-7/26 3:30-5:00pm \$49 R/\$59 N



Tech Camps



8-12 Years

INTRO TO VIDEO GAME DESIGN

Learn how to create and design an original and interactive video game! Working with PC's, beginning game developers work with a partner to conceive, design and build their own original computer game. Everything created is original to the team, including characters, backgrounds and theme. Students use creative and critical thinking to complete their game.

Antioch Community Center • Instructor Freshi Media

Monday-Friday

#3486 6/20-6/24 9:00am-Noon \$210 R/\$220 N

8-12 Years

VIDEO GAME DESIGN: PLATFORM GAMES

Using Multimedia Fusion 2 software, students will create a multi-level platform game. In this class, students will work with a partner and will create unique levels, characters and an original plot line. Give your characters gravity and create interesting and original bad guys to challenge you through your game. Working with design, animation and programming tools, students will create a fun and engaging platform adventure!

Antioch Community Center • Instructor Freshi Media

Monday-Friday

#3481 7/25-7/29 9:00am-Noon \$210 R/\$220 N

8-12 Years

COMIC BOOK CREATION CAMP

Students become the creators and make their own digital comic book complete with heroes, villains and epic adventures! Working with Comic Life software, kids create an original multi-page full color comic. When class is finished students will have an interesting comic series to share with family and friends!

Antioch Community Center • Instructor Freshi Media

Monday-Friday

#3488 6/20-6/24 1:00-4:00pm \$210 R/\$220 N

8-12 Years

FILMMAKING: FROM SCRIPT TO PREMIERE

Learn the secrets of filmmaking in a fun atmosphere! Using handheld video cameras and editing software, students produce an original film, integrating simple special effects, sound effects and a musical score. Students learn about the entire filmmaking process and learn skills in production, directing, story development, acting and more! Films can be uploaded on a flash drive and shared with friends and family!

Antioch Community Center • Instructor Freshi Media

Monday-Friday

#3487 7/25-7/29 1:00-4:00pm \$210 R/\$220 N

Theater Camp



7-13 Years

HIGH SCHOOL MUSICAL THEATER CAMP

Wildcats, everywhere, wave your hands up in the air! Show your school spirit in this musical production camp. Actors will learn songs and choreography from the hit *High School Musical* numbers and play theater games. A great way to boost confidence and fun over Summer Break! In addition to polishing their performance skills, older actors will have the opportunity to take on leadership roles and assist with stage management, sound and costumes. Actors should bring a lunch and a water bottle daily. \$7 materials fee due to instructor on the first day.

Antioch Community Center • Instructor Katia McHaney

Monday-Friday

#3477 7/25-7/29 1:00-4:00pm \$135 R/\$145 N

Preschools

4-5 1/2 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 and movement, developed to coordinate with weekly themes and topics. We also integrate early literacy designed around drama, creative arts, science, nature, etc. 2 take home projects go with the academic theme at each class. *A \$5 lab fee is payable to instructor at first class. See Late Pick-up Fee information below.*

Antioch Community Center • Instructor Traci Martin

Mondays/Wednesdays/Fridays

#3502	6/13-7/22*	8:30am-11:30am	\$295 R/\$305 N
#3504	7/25-8/26	8:30am-11:30am	\$260 R/\$270 N

*No Class July 4

3-4 Years

RISING STAR PRESCHOOL

Help your child rise up to become independent, disciplined and super motivated by their own accomplishments! 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 \$4 lab fee is payable to instructor at first class. See Late Pick-up Fee information below.*

Antioch Community Center • Instructor Traci Martin

Tuesdays/Thursdays

#3506	6/14-7/21	1:00-3:30pm	\$204 R/\$214 N
#3507	7/26-8/25	1:00-4:00pm	\$170 R/\$180 N

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.**

3 1/2-5 Years

CREATIVE EXPLORER CAMP

It's not just camp, it's an adventure! Our preschool campers will love this opportunity to experience all the fun of a summer day camp in an appropriate preschool setting. Enjoy the hands-on water fun (wear your swimsuit!) and unique weekly adventures incorporating our themes from dinosaurs, space, pirates, jungle safari, bugs and more! *A \$5 lab fee is payable at the first class.*

See Late Pick-up Fee information below.

Antioch Community Center • Instructor Traci Martin

Mondays/Wednesdays/Fridays

#3509	6/13-7/22*	1:00-4:00pm	\$295 R/\$305 N
#3510	7/25-8/26	1:00-4:00pm	\$260 R/\$270 N

*No Class July 4



Did You Know...

...scientists believe the neural pathways formed by early art and music exposure are the same pathways later used for math and reading—making these academic subjects easier for kids who've had a “right brain” pre-school education?



Dance

2 Years

TIPPY TWOS

A great pre-dance class focusing on ballet, tumbling, creative movement, musicality and motor skill enhancement. A fun beginning class designed especially for 2 year olds! Please wear comfortable clothes/leotard and ballet shoes/bare feet. Parents may view all classes.

Antioch Community Center • Instructor Melody's Dance Staff
Fridays

#3467	6/17-8/5	9:30-10:15am	\$82 R/\$92 N
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Saturdays

#3468	6/18-8/6	9:00-9:45am	\$82 R/\$92 N
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3 Years

PRESCHOOL BALLET

This unique class combines ballet basics, coordination skills, rhythm exercises and fantasy dancing. This high energy class is especially designed for the attention span of a 3 year old. Wear leotard, tights and ballet shoes/bare feet.

Antioch Community Center • Instructor Melody's Dance Staff
Saturdays

#3469	6/18-8/6	10:00-10:45am	\$82 R/\$92 N
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3 1/2-5 Years

MINI POPS HIP-HOP

This class is a fusion of creative movement and basic hip hop to get all the wiggles out! Class focuses on muscle development, coordination, and musicality through fun and creative ways! Please wear comfortable workout clothes/leotard and tennis shoes. No Jeans. Students will perform a choreographed dance for the family at the last class.

Antioch Community Center • Instructor Melody's Dance Staff
Saturdays

#3471	6/18-8/6	11:00-11:45am	\$82 R/\$92 N
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3-5 Years

TINY DANCERS—BALLET

The fundamentals of ballet are taught here, but classes are still primarily focused on movement and dancing to lively age-appropriate music. Please wear comfortable clothes/ leotard and ballet shoes/bare feet.

Antioch Community Center • Instructor Melody's Dance Staff
Mondays

#3470	6/13-8/1*	4:30-5:15pm	\$78 R/\$88 N
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*No Class 7/4

4-6 Years

TIARAS & TUTUS

This class is the perfect introduction to the art of ballet. Barre and center floor work are combined with games and simple choreography to teach 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 Melody's Dance Staff
Thursdays

#3473	6/16-8/4	3:30-4:15pm	\$82 R/\$92 N
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Saturdays

#3474	6/18-8/6	9:00-9:45am	\$82 R/\$92 N
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4-6 Years

POP STAR HIP-HOP

Join our hip hoppin' pop stars for an energetic moving and grooving class! This super fun dance adventure will introduce your child to hip-hop, and music through games and small-step choreography that build balance, strength, and endurance. On the last day of class, there will be a small performance for parents/family to attend.

Antioch Community Center • Instructor Melody's Dance Staff
Wednesdays

#3472	6/15-8/3	3:45-4:30pm	\$82 R/\$92 N
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4-6 Years

TAPTASTIC

Shuffle down to tap town for this exploration of steps, sounds, and tap rhythm! Technique and cumulative choreography in this energetic class will develop the dancer's balance, coordination, and musicality. Dancers will even have the opportunity to show off newly acquired moves to family and friends on the last day of class! (Tap or hard soled shoes recommended.)

Antioch Community Center • Instructor Melody's Dance Staff
Thursdays

#3475	6/16-8/4	4:30-5:15pm	\$82 R/\$92 N
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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.

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.

Gymnastics

6 Months–2 Years

PARENT & ME GYMNASTICS

Here is an opportunity for parents and their little ones to spend uninterrupted time together in creative movement. The class offers age-appropriate developmental movement education which is important for children. Our philosophy is to teach children to have fun while learning to move and exercise. Children will learn to develop motor skills, coordination, balance, and all around physical fitness in a positive learning atmosphere.

Antioch Community Center • Instructor Gymnastics Staff

Fridays

#3489	6/17-7/15*	10:00-10:45am	\$74 R/\$84 N
#3490	7/22-8/12	10:00-10:45am	\$74 R/\$84 N

*No Class 7/8

3 ½–5 Years

PRESCHOOL GYMNASTICS

This class is designed to help children develop a love for fitness and movement at an early age. Children will develop a basic understanding of gymnastics as well as experience the building of coordination and balance, increasing of flexibility and kinesthetic awareness, and strengthen their muscles. In addition to experiencing physical fitness, students will also improve their cognitive and social skills. They will learn to interact with a group of peers and develop skills necessary for school.

Antioch Community Center • Instructor Gymnastics Staff

Fridays

#3491	6/17-7/15*	11:00-11:45am	\$74 R/\$84 N
#3492	7/22-8/12	11:00-11:45am	\$74 R/\$84 N

*No Class 7/8

The Arts

28 Months–3 ½ Years

PARACHUTES AND BUBBLES FOR MOMMY & ME

Children will delight in exploring and creating in this hands-on class. Participants will create original works of art with paints, clay, glue, markers and more. Interactive and lively music with story time, snack and so many more surprises will be a guaranteed great time for all! This is an active adult participation class and a parent or caregiver must be present with each participating child. A \$5 lab fee is payable at the first class.

Antioch Community Center • Instructor Traci Martin

Tuesdays

#3516	6/14-7/19	10:00-11:30am	\$72 R/\$82 N
#3517	7/26-8/23	10:00-11:30am	\$60 R/\$70 N

3–5 Years

DOODLEBUGS ART

Our little doodlebugs will discover the joy of creative expression through teacher-guided projects, where process over product is highly emphasized! In this class, we



incorporate fun and creative materials into our art curriculum, as well as slightly more complex projects, including a group art project, and increased opportunities for developing fine-motor skills. A \$5 lab fee is payable at the first class.

Antioch Community Center • Instructor Traci Martin

Thursdays

#3514	6/16-7/21	10:00-11:00am	\$62 R/\$72 N
#3515	7/28-8/25	10:00-11:00am	\$52 R/\$62 N



Sports

2-3 ½ Years

MOMMY/DADDY & ME SOCCER

Introduce your toddler to the “World’s Most Popular Game”! As you and your child participate in our fun age appropriate activities, your child will be developing their large motor skills and socialization skills. A variety of activities designed around the game of soccer will be played each week.

Antioch City Park • Instructor Kidz Love Soccer Staff

Saturdays

#3772 6/25-8/20* 9:00-9:30am \$109 R/\$119 N

*No Class 7/2



3 ½-4 Years

TOT 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 City Park • Instructor Kidz Love Soccer Staff

Saturdays

#3366 6/25-8/20* 9:40-10:10am \$109 R/\$119 N

*No Class 7/2

4-5 Years

PRE-SOCCER

Teaches the basic techniques of the game and builds self-esteem through participation and fun soccer activities. Children learn to follow instructions in a nurturing, age appropriate environment. Shin guards are required after the first meeting.

Antioch City Park • Instructor Kidz Love Soccer Staff

Saturdays

#3372 6/25-8/20* 10:10-10:40am \$109 R/\$119 N

*No Class 7/2

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

Martial Arts

3.5-5 Years

TINY TIGERS KARATE

This class designed for young children will improve basic motor and listening skills, develops teamwork, balance, self control and coordination. Program also builds on positive social interaction and the importance of following directions. Innovative drills keep children active and engaged to improve focus. Stranger safety skills will be introduced.

Antioch Community Center • Instructor May Castro-Manner

Tuesdays

#3478 6/21-8/9 3:30-4:00pm \$100 R/\$110 N



Personal Growth

6-12 Years

CHESS WIZARDS

Playing chess stimulates the mind and helps children strengthen all levels of academic performance. We provide all the materials necessary for your child to participate in the class and no additional purchase is required to attend. Chess Wizards is so successful because of our unique approach. Classes and lessons are based on our original, fun, and high-energy Chess Wizards curriculum.

Antioch Community Center • Instructor Chess Wizards Staff

Saturdays

#3508 6/18-7/16 10:00-11:00am \$101 R/\$111 N

#3511 7/23-8/20 10:00-11:00am \$101 R/\$111 N

Dance

7-9 Years

POP ROCKS HIP-HOP

Break out those moves! High-energy hip-hop will give kids the opportunity to explore rhythmic expression and fitness to grow a love for dance. Using new and old-school beats, your child will develop his or her own funky style through steps and routines, which will be showcased on the last day of class for family and friends.

Antioch Community Center • Instructor Melody's Dance Staff
Wednesdays

#3480 6/15-8/3 4:45-5:30pm \$82 R/\$92 N



7-10 Years

PRIMA BALLERINA

Calling all ballerinas! This class is a continuing ballet class for dancers with at least 1 year of dance experience. Emphasis will be placed on perfecting ballet positions, technique and posture. Wear leotard, tights and ballet shoes. Hair must be worn up and away from face.

Antioch Community Center • Instructor Melody's Dance Staff
Saturdays

#3479 6/18-8/6 10:00-10:45am \$82 R/\$92 N

7-10 Years

TAPTASTIC

Shuffle down to tap town for this exploration of steps, sounds, and tap rhythm! Technique and cumulative choreography in this energetic class will develop the dancer's balance, coordination, and musicality. Dancers will even have the opportunity to show off newly acquired moves to family and friends on the last day of class! (Tap or hard soled shoes recommended.)

Antioch Community Center • Instructor Melody's Dance Staff
Mondays

#3476 6/13-8/1* 5:30-6:15pm \$78 R/\$88 N

*No Class 7/4

Gymnastics

6-11 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.

Antioch Community Center • Instructor Gymnastics Staff
6-7 Years

Fridays

#3493 6/17-7/15* 3:30-4:15pm \$74 R/\$84 N

#3496 7/22-8/12 3:30-4:15pm \$74 R/\$84 N

*No Class 7/8

8-11 Years

Fridays

#3494 6/17-7/15* 4:30-5:15pm \$74 R/\$84 N

#3495 7/22-8/12 4:30-5:15pm \$74 R/\$84 N

*No Class 7/8

6-11 Years

TUMBLING FOR KIDS

This tumbling class is designed to provide beginning tumblers with a foundation of basic skills. Tumblers will learn forward and backward rolls, handstands, backbend kick-overs and bridge kick-overs down the cheese, handstand to bridge, and cartwheels. Our curriculum not only emphasizes correct technique in a progressive manner, but also encourages each student to achieve success in a positive learning atmosphere.



Antioch Community Center • Instructor Gymnastics Staff

6-7 Years

Wednesdays

#3497 6/15-7/13* 3:30-4:15pm \$74 R/\$84 N

#3498 7/20-8/10 3:30-4:15pm \$74 R/\$84 N

*No Class 7/6

8-11 Years

Wednesdays

#3499 6/15-7/13* 4:30-5:15pm \$74 R/\$84 N

#3500 7/20-8/10 4:30-5:15pm \$74 R/\$84 N

*No Class 7/6

Martial Arts

7-13 Years

KAJUKENBO KARATE

Participants learn the art of self-defense in this highly effective martial art. Kajukenbo, is known as the original mixed martial art and is a combination of karate, kenpo, judo, and Chinese boxing. Students learn how to block, strike with both arms and legs and apply it to forms, self-defense sets, and sparring. Students gain strength, confidence, self-discipline and respect through the training classes.

Antioch Community Center • Instructor Timothy Calvin

Mondays

#3483	6/20-7/20*	6:30-7:15pm	\$72 R/\$82 N
#3484	7/25-8/24	6:30-7:15pm	\$80 R/\$90 N

*No Class 7/4

5.5-7 Years

TIGERS KARATE

This class designed for young children will improve basic motor and listening skills, develops teamwork, balance, self control and coordination. Program also builds on positive social interaction and the importance of following directions. Innovative drills keep children active and engaged to improve focus. Stranger safety skills will be introduced.

Antioch Community Center • Instructor May Castro-Manner

Tuesdays

#3482	6/21-8/9	4:15-5:00pm	\$125 R/\$135 N
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Music

8-12 Years

BEGINNING GUITAR—YOUTH

This class is designed for the young beginning guitar student. Students will learn and apply music fundamentals to the guitar. Included in those fundamentals are proper technique, reading notation, fingerboard geography, rhythmic skills, style and interpretation.

Antioch Community Center • Instructor Geddes Music

Thursdays

#3512	6/16-7/21	6:00-7:00pm	\$80 R/\$90 N
#3513	7/28-8/25	6:00-7:00pm	\$72 R/\$82 N

8-12 Years

KEYBOARDING FOR KIDS

The 6 week beginner piano course will take you on a tour of the basics. Participants will learn scales, chords, and how to read sheet music. The key to your success will be daily practice and participation in class each week. Students are required to bring their own self amplified keyboard and stand and have the time allowed for set up. Course method book materials will be available for purchase.

Antioch Community Center • Instructor Geddes Music

Mondays

#3749	6/13-7/18*	6:15-7:15pm	\$72 R/\$82 N
#3750	7/25-8/22	6:15-7:15pm	\$72 R/\$82 N

*No Class 7/4

Sports

5-6 Years

SOCCER 1

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 City Park • Instructor Kidz Love Soccer Staff

Saturdays

#3374	6/25-8/20*	10:45-11:30am	\$109 R/\$119 N
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*No Class 7/2

7-10 Years

SKILLZ AND 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 that emphasize application of finer technical points. This is the perfect bridge from our Soccer 1 classes for those who are aspiring to the next level. All skill levels are welcome to learn and enjoy the world's most popular sport! Shin guards are REQUIRED.

Antioch City Park • Instructor Kidz Love Soccer Staff

Saturdays

#3376	6/25-8/20*	11:30am-12:15pm	\$109 R/\$119 N
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*No Class 7/2

All participants will receive a Kidz Love Soccer jersey!

Kidz Love Soccer Hotline: (888) 372-5803

LEGO® Camps

5-10 Years

SUPERHERO ENGINEERING WITH LEGO®



Save the world with LEGO® Super Heroes! Build the hideouts and vehicles of your favorite caped crusaders and learn what makes them not only Super Heroes, but Super Hero Engineers! An experienced Play-Well

instructor guides young heroes as they design, build, and save a city where ingenuity and imagination can solve any conflict.

Antioch Community Center • Instructor PlayWell TEKologies

Monday-Friday

5-6 Years

#3464 6/27-7/1 9:00am-Noon \$176 R/\$186 N

7-10 Years

#3463 6/27-7/1 1:00-4pm \$176 R/\$186 N

5-10 Years

JEDI CRAFT ADVENTURE WITH LEGO®

Mine, craft, and build the Star Wars universe using LEGO! Roll the dice to gather Jedi resources. Then build a Starship, craft Light Sabers, and use the Force to survive Empire attacks. This advanced Play-Well LEGO game is inspired by the Minecraft tablet game and the Star Wars fantasy setting.

Antioch Community Center • Instructor PlayWell TEKologies

Monday-Friday

5-6 Years

#3465 7/18-7/22 9:00am-Noon \$176 R/\$186 N

7-10 Years

#3466 7/18-7/22 1:00-4pm \$176 R/\$186 N

Quenta H.,
summer
camp mom

“My son and his friends had so much fun at your summer camp that I don’t think he ever realized he was learning engineering!”

Sport Camps

1st to 6th Grade

CO-ED BASKETBALL SUMMER CAMP

Spend this summer working on your game. This four-day camp will focus on the fundamentals of basketball with age appropriate drills and skill builders for the budding basketball player. This camp is designed to improve your player and enhance their enjoyment of this great game.



The week will include a camp T-shirt, contests, games. (Space is limited to only 30 campers.)

Antioch Community Center • Instructor Ahmed Burden

Monday-Thursday

6/20-6/23

Grade 1-2 #3383 9:00-10:00am \$55 R/\$65 N

Grade 3-4 #3384 10:30-11:30am \$55 R/\$65 N

Grade 5-6 #3385 Noon-1:30pm \$55 R/\$65 N

6/27-6/30

Grade 1-2 #3386 9:00-10:00am \$55 R/\$65 N

Grade 3-4 #3391 10:30-11:30am \$55 R/\$65 N

Grade 5-6 #3409 Noon-1:30pm \$55 R/\$65 N

7/11-7/14

Grade 1-2 #3387 9:00-10:00am \$55 R/\$65 N

Grade 3-4 #3392 10:30-11:30am \$55 R/\$65 N

Grade 5-6 #3410 Noon-1:30pm \$55 R/\$65 N

7/18-7/21

Grade 1-2 #3388 9:00-10:00am \$55 R/\$65 N

Grade 3-4 #3394 10:30-11:30am \$55 R/\$65 N

Grade 5-6 #3411 Noon-1:30pm \$55 R/\$65 N

7/25-7/28

Grade 1-2 #3389 9:00-10:00am \$55 R/\$65 N

Grade 3-4 #3395 10:30-11:30am \$55 R/\$65 N

Grade 5-6 #3412 Noon-1:30pm \$55 R/\$65 N

8/1-8/4

Grade 1-2 #3390 9:00-10:00am \$55 R/\$65 N

Grade 3-4 #3396 10:30-11:30am \$55 R/\$65 N

Grade 5-6 #3413 Noon-1:30pm \$55 R/\$65 N

Personal Growth

12-17 Years

BABYSITTING SAFETY & CERTIFICATION

Are you a babysitter? Do you want to start babysitting? Take our Child and Babysitting Safety (CABS) course. Class teaches CPR & choking, water hazards, fun activities to entertain children of various age groups, infant and child feeding, diapering procedures, providing emergency care, basic first aid care and much more! Class includes a certification card to show parents that you are a certified CABS babysitter and a book to review everything you learn in the class. Book and card included in fee. Please bring a lunch to class.

Antioch Community Center • Instructor CPR Fast

Saturday

#3749 6/18 9:00am-1:30pm \$62 R/\$72 N

Sports

12-14 Years

INTRO TO VOLLEYBALL

Curious to learn how to play volleyball the proper way? Intro to volleyball is designed to help establish basic fundamental skills taught by club level volleyball coaches. Passing, setting, serving and spiking will be learned in a fun, supportive environment. This class will establish a great foundation that should excite players about continuing to play volleyball in the future. *Participants should wear sneakers and knee pads.

Antioch Community Center • Instructor Recreation Staff

Saturdays

#3751 7/9-7/30 4:00-5:00pm \$60 R/\$70 N

ANTIOCH SKATE PARK

This 15,000 square foot facility is available for in-line skating and skateboarding only and is located at 4701 Lone Tree Way (next to the Prewett Family Park & Center). *Hours of operation are from dawn to dusk, 7 days per week. There is no fee to use the skate park, however, **participants must wear helmets, knee pads and elbow pads** or be subject to citation(s) and fine(s). Please note, there is no attendant on site.



Online Courses All Courses Listed \$95

ENROLL NOW! www.ed2go.com/antiochrec

1. Visit our Online Instruction Center.
2. Click the "Courses" link, choose department and course title 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.

SAT/ACT PREPARATION PART 1

So you've decided you're going to college. Now you just need to take the entrance exams! This course will prepare you to take the verbal question types on both the ACT and the SAT. Part 1 is designed to prepare you for the reading, English and science sections of the ACT and the critical reading and writing sections of the SAT. (Part 2 is also available online)

Start Dates are: June 17, July 15, August 12, 2015

Music

13 Years & Up

BEGINNING GUITAR TEEN/ADULTS

This class is designed for the beginning guitar student. Students will learn and apply music fundamentals to the guitar. Included in those fundamentals are proper technique, reading notation, fingerboard geography, rhythmic skills, style and interpretation. Must provide own guitar.

Antioch Community Center • Instructor Geddes Music

Thursdays

#3751	6/16-7/21	7:00-8:00pm	\$80 R/\$90 N
#3752	7/28-8/25	7:00-8:00pm	\$72 R/\$82 N

15 Years & Up

ONLINE DRIVER'S ED FOR TEENS

If you're tired of asking your parents for a ride and you're at least 15 years old, 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 17½ years old to obtain a learner's permit and driver's license. A licensed instructor is available to answer any questions.



Online Class

#3753	Any Day	Any Time	\$59 R/N
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BOX BOAT DERBY



Come join us at the Antioch Water Park between 11am-7pm! Make a cardboard and duct tape boat to race across the shallow area of the lap pool. Make your boat at home or create your boat during your day at the park (limited supplies available).

- ✿ Check your boat in by 4:30pm.
- ✿ Race begins at 5pm!
- ✿ Prizes for fastest racers and best in show!

Antioch Water Park
4701 Lone Tree Way in Antioch



OLYMPICS

Friday, August 5th

DAY

Come compete in friendly aquatic games for all ages throughout the day at the park! Earn your gold, silver, and bronze medals to show off as we kick off the 2016 Summer Olympics!

The Water Park will be open from 11am-7pm

Antioch Water Park,
4701 Lone Tree Way
in Antioch.

Skate Park Demo Day

Saturday, July 9th
9:00am-12:00pm

—FREE—

Antioch Skate Park

Ever wanted to be a skateboarder? Now is your chance! Come down to the Antioch Skate Park for skate demos, a skateboarding competition, and more. Learn about different equipment and meet local skaters.



Bug Day

Youth Event—All Ages

Saturday, September 10th
10:00am-1:00pm

Antioch Community Center

Suggested Donation of \$2 per person

Join us at the Antioch Community Center for a day of nature based activities. Learn about local critters, take a guided hike in the burrowing owl habitat, enjoy nature crafts, and play games. Come bug out with us!



Family SPORTS Day

Youth Event—
All Ages

Saturday, August 13th
Time: 12:00pm-4:00pm

Suggested Donation of \$5 per person

Antioch Historical Society
1500 W. 4th Street in Antioch

Fun for the whole family! Tour the Antioch Sports Legends Hall at the Antioch Historical Society and learn about Antioch's very own sports legends. There will also be a special appearance by an Antioch Hall of Famer—*you don't want to miss this!*

- Fitness demos
- Obstacle course races and games
- **BBQ served at 2:00!**

antioch COUNCIL OF TEENS

FREE TO JOIN

Middle and High School Students • 2016-2017 School Year

Looking for a way to be heard? Join the conversation and learn about the all new Antioch Council of Teens starting in 2016. Be a part of your community, make a difference, and start new projects.

Interest meeting will be held on **Monday, May 23rd**
from **3:30-5:00pm** at the Antioch Water Park
4701 Lone Tree Way in Antioch

Call 925-776-3076
for more information



Cooking

Introducing THE SEASONED KITCHEN with Chef Dexter Ridley

Join the engaging Chef Dexter, a passionate advocate for food and cooking. Classes teach everything you need to know to start cooking with confidence!

18 Years & Up

BEST SUMMER BBQ | *New!*

Best Summer BBQ is here, time to break out the grill and learn to make the most delicious summer foods ever! \$30 lab fee is payable at class. Menu: St. Louis Style Ribs with a Back Yard BBQ Sauce, BBQ Jerk Chicken, Grilled Tri-Tip, Grilled Salmon with Mango-Papaya Salsa, Grilled Pineapple with Coconut Butter Rum Sauce and Vanilla Bean Ice Cream.

Antioch Community Center • Instructor Dexter Ridley

Tuesdays

#3607 6/21 6:30-9:00pm \$40 R/\$50 N

18 Years & Up

OLE' MEXICAN COOKING | *New!*

Come learn and recreate some of your favorite dishes from south of the border. \$25 lab fee payable at 1st class. Week 1 Menu: Enchiladas in Red Sauce, Chile Verde, Fresh Salsa, Guacamole, Tortilla Soup, and Churros. Week 2 Menu: Chile Colorado, Empanadas, Albondigas (meatball soup), and Mexican Wedding Cookies.

Antioch Community Center • Instructor Dexter Ridley

Tuesdays

#3608 7/12-7/19 6:30-9:00pm \$65 R/\$75 N



18 Years & Up

PIES, TARTS & CAKES | *New!*

Pies, tarts & cakes—oh, my! A great opportunity to learn how to use all that wonderful summer fruit in a variety of pies, tarts and cakes. A \$15 lab fee is payable to the instructor at class.

Menu: Peach Cobbler, Bourbon Pecan Pie, Apple Turnovers, Lemon Meringue Pie, and Fresh Strawberry Whip Cream Cake.

Antioch Community Center • Instructor Dexter Ridley

Tuesdays

#3617 8/9 6:30-9:00pm \$30 R/\$40 N

Dance

18 Years & Up

EASY LEVEL LINE DANCING

Learn to move to great music in a simple way. This class moves to a rich blend of other types of music and dance styles. Latin, popular, country and swing dancing will be included in the fun and simple routines you will learn dancing in a line. This class is a great way to get exercise and you don't need a partner.

Antioch Community Center • Instructor Bunny Bagneschi

Tuesdays

#3755 6/21-7/19 6:15pm-7:15pm \$62 R/\$72 N

16 Years & Up

DANCE LIKE THE STARS—BALLROOM DANCE

Ballroom dancing is VERY popular. You've seen it on TV programs and commercials. Now it's your turn to be the star. If you think you can dance (even a little), this class is for you! The instructor's teaching style is easy to learn, low in stress and will have you dancing after your first lesson.

Antioch Community Center • Instructor Bunny Bagneschi

Tuesdays

#3754 6/21-7/19 7:15pm-8:15pm \$62 R/\$72 N

16 Years & Up

SALSA DANCE

Salsa is a fast, fun and exciting Latin dance sometimes called the Cuban Swing. This beginner class introduces you to the basics of leading and following skills for Latin dancing, classic Salsa moves, Latin styling, technique and rhythm identification and hot spins for both partners! Enjoy a fun workout and learn to look good on the dance floor. Partner required.

Antioch Community Center • Instructor Bunny Bagneschi

Tuesdays

#3756 6/21-7/19 8:15pm-9:15pm \$62 R/\$72 N



Fitness

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! Zumba is great for any fitness level with components of resistance/sculpting training to totally tone the entire body. (12-15 years of age ok with attending parent.) Drop-in available for \$10 per class.

Antioch Community Center • Instructor Karina Dugand

Mondays

#3757	6/13-7/18*	7:15pm-8:15pm	\$42 R/\$52 N
#3758	7/25-8/22	7:15pm-8:15pm	\$42 R/\$52 N

*No Class 7/4

Wednesdays

#3759	6/15-7/20	10:00am-11:00am	\$51 R/\$61 N
#3760	8/3-8/31	10:00am-11:00am	\$42 R/\$52 N



15 Years & Up

STRENGTH TRAINING & CARDIO

Get stronger, leaner and healthier! This 1-hour strength training class is customized to tone and strengthen all your major muscle groups. Strength training increases bone density, helps control weight, reduces your risk of injury, boosts your stamina and even reduces the signs and symptoms of many chronic conditions. Please bring hand weights and exercise mat to class.

Antioch Community Center Gymnasium • Instructor Rocky Muir

Thursdays

#3761	7/7-8/4	10:15am-11:15am	\$42 R/\$52 N
#3763	8/11-9/1	10:15am-11:15am	\$34 R/\$44 N



16 Years & Up

GENTLE YOGA

Yoga helps balance our bodies and lives. It not only aids in gaining the flexibility and strength needed to maintain physical health, but also enhances mental well-being. Using chairs, blocks and straps makes yoga accessible to just about everyone, regardless of age or flexibility. In each session we spend 10-15 minutes in deep, stress-relieving relaxation and then ease into gentle postures, finishing with a few minutes of meditation. Bring a yoga mat to class.

Antioch Community Center • Instructor Lu Kovalick

Fridays

#3764	6/17-7/15	7:00pm-8:15pm	\$59 R/\$69 N
#3765	8/5-9/2	7:00pm-8:15pm	\$59 R/\$69 N

16 Years & Up

TAI CHI AND CHI GONG

Studies have shown that Tai Chi practices can help to improve balance, reduce stress, relieve pain, lower blood pressure, stabilize bone density, slow aging, improve memory and aid in physical therapy. Tai Chi and Chi Gong are ancient Chinese forms of exercise for everyone. These forms are slow flowing movements with deep breathing designed to generate positive energy for well being. No experience is necessary. (12-15 years of age okay with attending parent.)

Antioch Community Center • Instructor Rocky Muir

Thursdays

#3770	7/7-8/4	9:00am-10:00am	\$42 R/\$52 N
#3771	8/11-9/1	9:00am-10:00am	\$34 R/\$44 N

50+ Classes

Because life before fifty is nothing but a warm up...

Activities at the Antioch Community Center offer opportunities to grow, keep active in mind, body, and spirit, meet other people, make new friends and enjoy the beginning of a new life.

50 Years & Up YOGA GOLD

While yoga is suitable at any age, this very enjoyable class lends itself to the needs and abilities of our bodies as we reach our middle Years This class will help you to maintain healthy joints, increase flexibility, balance and strength. Bring a yoga mat to class.

Antioch Community Center • Instructor Lu Kovalick

Tuesdays

#3766	6/14-7/12	5:45-7:00pm	\$59 R/\$69 N
#3767	8/2-8/30	5:45-7:00pm	\$59 R/\$69 N

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
Monday

#3768	7/11	7:00pm-8:30pm	\$24 R/N
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FAMILY STARGAZING NIGHT!

Come see the Eta Aquarid meteor shower with the Antioch Recreation Department! This annual meteor shower is caused by the earth passing through the orbit of Comet Halley, where we run into small particles of rock that fall into our atmosphere, forming shooting stars or meteors. Also on this moonless night, look for bright Jupiter in the southern sky. Deer Valley High School ACE Academy's astronomy program will bring telescopes for you to see Jupiter and other objects. For the meteor shower bring a blanket for maximum comfort (sorry, no lawn chairs on the turf field)—no telescope is needed.

A real meteorite will be shown!

**Friday, May 6th
7:00-9:00pm
Turf Fields, Antioch
Community Park**

FREE for all!

FREE! Summer Baseball League for Boys & Girls Ages 5-13!



5-13 Years

JUNIOR GIANTS SUMMER BASEBALL LEAGUE

Junior Giants is a summer baseball league, run free of charge for children ages 5-13 living in inner cities and rural suburbs throughout Central and Northern California, Oregon and Nevada. The Junior Giants baseball program is unique in that it is a non-competitive program that places a higher value on character than on wins and losses. Junior Giants works to instill values in the “classroom” of a baseball setting, educating kids on both the game of baseball and the game of life.

Entering the 22nd season, more than 21,000 youth participate in the Junior Giants program each year in over 90 leagues. The Giants Community Fund provides jerseys, hats and baseball equipment necessary to run a league.



Volunteer Coaches Needed



The Junior Giants league is truly unique in baseball programs:

- It is a non-competitive league
- It is a non-fee program
- Pitching machines are used
- Higher value placed on character than on wins and losses



Sign-ups begin April 25th on a first come first served basis. All 2016 Junior Giants registrations will now be done online by going to the website:

jrgiantsregistration.org (click on Antioch.) League games start June 25th and end on August 6th. Registration limited to the first 450 participants.

Age Divisions as follows:

5-7 Years	Co-Ed	Practice twice per week, prior to start of league games. Games played on Saturdays only. Times to be announced.
8-10 Years	Co-Ed	
11-13 Years	Co-Ed	

Location: Antioch Community Park

Mark your calendars!

End of the Season Junior Giants Pool Party on Thursday, August 11th from 6:30-9:30pm

Program Co-Sponsored by (PAL) Police Activities League & Antioch Recreation Department

13-16 Years

OPEN GYM TEENS

Looking for a positive outlet for your teen? Calling all Antioch teens (13 to 16 years) from public, private, home and parochial schools to our NEW open gym program that offers a safe place for teens to socialize as well as participate in sporting games that are age appropriate. This program will be supervised by Department staff who will oversee a variety of gym activities that can include basketball, volleyball, badminton, table tennis, foosball and air hockey. *Participants are required to wear sneakers in the gym.

Antioch Community Center Gymnasium • Instructor Recreation Department Staff

Tuesdays

6/7-7/19 3:00-5:00pm 7 Weeks \$3 per day



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

17 Years & Up

VOLLEYBALL

Tuesdays | Antioch Community Center Gymnasium

Ongoing 7-9:30pm \$5 Payable at the Gym

Tennis

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! See you on the courts!



6-12 Years

FAMILY TENNIS—BEGINNER/INTERMEDIATE

For Beginning and Intermediate tennis players. Family Tennis can include children with their parents or relatives to learn with younger players. Learn and develop strokes, skills, movement, eye-hand coordination, racket control and play games.

Antioch High School Tennis Courts • Instructor Zonia Alston

Tuesdays

#3775	6/14-7/12	6:00pm-7:00pm	\$58R / \$68N
#3776	7/19-8/16	6:00pm-7:00pm	\$58R / \$68N

13 Years-Adults

FAMILY TENNIS—BEGINNER/INTERMEDIATE

For Beginning and Intermediate tennis players. 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 and racket control.

Antioch High School Tennis Courts • Instructor Zonia Alston

Tuesdays

#3777	6/14-7/12	7:00pm-8:00pm	\$58R / \$68N
#3778	7/19-8/16	7:00pm-8:00pm	\$58R / \$68N

7 Years & Up—Youth, Teens, Adults

TENNIS MIXER—INTERMEDIATE/ADVANCED

Games, strategy and matches—singles and doubles.

Antioch High School Tennis Courts • Instructor Zonia Alston

Tuesdays

#3779	6/14-7/12	8:00pm-9:00pm	\$58R / \$68N
#3780	7/19-8/16	8:00pm-9:00pm	\$58R / \$68N

Adult Leagues

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

LEAGUE OFFERINGS

Fall

Softball (Men's & Women's) August–November

Flag Football Youth Leagues

Basketball & Volleyball (Drop-In)

Summer

Softball (Men's, Women's, Co-ed) April–July

Basketball & Volleyball (Drop-In)



Leagues currently registering with packet pick-up dates, registration dates and league fees are as listed below. Packets with league information can be picked up at the Antioch Community Center, 4703 Lone Tree Way, Monday-Friday 8:30 a.m.–5:00 p.m.

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.

CO-ED SOFTBALL LEAGUE

Men & Women Packets available starting June 1st Registration: 7/11-7/15

REGISTRATION

Fees and rosters will only be accepted on the registration dates listed above for each division at the Antioch Community Center, 4703 Lone Tree Way.

PAYMENT–Team Fee: \$925

Must be paid by cash, money order, Visa/MasterCard/Discover/American Express or **No more than one personal check. Please Note:** Only cash will be accepted after the registration deadline date.



City of Antioch ONLINE COURSES

Are you too busy to attend a class at the Community Center? Our instructor facilitated 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! **ALL COURSES LISTED \$95** (With exception of Paralegal Course*)

START DATES:

June 15, July 13, August 17, 2016

ENROLL NOW! Visit our Online Instruction Center today!

www.ed2go.com/antiochrec

A to Z Grant Writing

Learn how to research and develop relationships with potential funding sources, organize grant writing campaigns and prepare proposals.

Medical Terminology: A Word Association Approach

Prepare for a career in the health services industry by learning medical terminology in a memorable and enjoyable fashion.

Speed Spanish

With the powerful methods taught in this course, you'll be able to engage in conversational Spanish in no time.

Photoshop Elements 6.0 for the Digital Photographer

Master the secrets of correcting digital photos and bring out the best in all your photographs!

Designing Effective Websites

This course will teach you powerful graphic design techniques that will help you build websites that are attractive and highly effective.

Intro to Dreamweaver MX 2004

Veteran designer helps you to master the industry-standard tool for building professional websites.

Microsoft Word 2007 in the Classroom

Harness the power of the most popular word processing program on the market and become a more productive and creative teacher.

*Paralegal Preparation 1 (\$160)

Prepare for a career as a paralegal by learning legal terminology, processes, ethics, tort and contract law

Microsoft PowerPoint 2003

Learn how to use Microsoft PowerPoint 2003 to create impressive slide presentations filled with formatted text, images, video, audio, animation, charts and links to the Web.

Requirements: All courses require Internet access, e-mail, the Netscape Navigator or the Microsoft Internet Explorer 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.

Microsoft Word 2007

Learn to create and modify documents with the world's most popular word processor.

Medical Coding

Learn how to use the CPT manual and the ICD-9-CM to find medical codes for any disease, condition, treatment, or surgical procedure.

Introduction to Microsoft Excel 2003 or 2007

Work with numbers? You need to know Excel. Learn the secrets of this powerful application.

SAT/ACT Preparation Part 1

This course will prepare you to take the verbal question types on both the ACT and the SAT. SAT/ACT Preparation.

SAT/ACT Preparation Part 2

This course will prepare you to fly through the math questions on both the ACT and the SAT.

Human Anatomy & Physiology

Class focuses on the structure and function of the human body. In this course, you'll gain understanding of basic chemistry, the human cell and the anatomy of the body's organ systems and the jobs they do.

Accounting Fundamentals

Gain a marketable new skill by learning the basics of double entry bookkeeping, financial reporting and more...

Creating Web Pages

Learn how to design, create, and post your very own site on the Internet's World Wide Web. Discover low-cost marketing techniques and search engine strategies.

Intro to Crystal Reports 10

Make the points you want to make by converting raw database or accounting information into impressive and meaningful reports.

Introduction to Microsoft FrontPage 2003

Learn how to manipulate words and images to create a site worthy of publishing to the Internet.

Debt Elimination Techniques that Work

Learn specific, powerful and proven strategies to get completely out of debt and live a stress-free lifestyle.



UPCOMING ECO EVENTS

May 1st-31st—Community Resilience Challenge
 Make a pledge to save energy, water, grow food or more!
<http://communityresiliencechallenge.org>

Sunday, May 1st—Bring Back the Natives Garden Tour
www.bringingbackthenatives.net

Thursday, May 12th—Bike to Work Day
www.youcanbikethere.com

Saturday, May 18th, 7–9pm or Saturday, August 13th, 9-11am—Free Composting Class
 To register call 925-779-6137
 Environmental Resource Line: (925) 779-6137
 Website: www.ci.antioch.ca.us/environment
 Like us on Facebook <http://www.facebook.com/EcoAntioch>

Saturday, June 4th, 9-11am—National Trails Day, Mokelumne Trail
 American Hiking Society's National Trails Day® (NTD) is a celebration of America's magnificent Trail System, occurring annually on the first Saturday in June. National Trails Day features a series of outdoor activities, designed to promote and celebrate the importance of trails in the United States. Come join us as we celebrate the beauty of our trails in Antioch. Litter and debris removal, light trimming and trail clearing.



GO GREEN!



DO YOUR PART AND HELP ANTIOCH CONSERVE WATER AGAIN THIS SUMMER & ALL YEAR LONG

City of Antioch Drought Management Plan



For the most recent drought related restrictions, policies and programs visit www.antiochwater.com or call the drought hotline at 925-779-6140.

Prohibited Activities in Promotion of Water Conservation:

The City prohibits the following wasteful water practices. These restrictions are necessary to conserve water, prevent waste

- Washing paved or other hard-surfaced areas, including sidewalks, walkways, driveways, patios, and parking areas with City furnished water.
- Outside watering with City furnished water that results in flooding or runoff into a gutter, drain, patio, driveway, walkway or street.
- Washing a vehicle, trailer or boat with City furnished water using a hose without an automatic shut off nozzle.

Good Drought Program Water Practices

To help our customers meet their conservation goals, additional information is available on CCWD's home page at www.ccwater.com. CCWD offers a variety of incentives and rebates to customers. The City of Antioch is a retail customer of CCWD, and Antioch residents are eligible to participate in these incentive programs. For more information, go to www.ccwater.com/conserves/.

Please call our drought hotline, 925-779-6140, to report water waste

and unreasonable use of water; and will remain in place while the Program is in effect.

- Using City furnished water for non-recirculating decorative fountains or filling decorative lakes or ponds.



FREE!

Summer CONCERTS

Bring your picnic blanket or lawn chairs for a delightful evening.

**Saturday Evenings
July 9th–August 27th
6:00–8:00pm
Waldie Plaza
(across from City Hall)**

**For more information, visit
www.Art4Antioch.org**

CONCERT LINE-UP:

7/9	Mixed Nuts
7/16	Floorshakers
7/23	Nicky D & the Extreme All Stars
7/30	Otilla & the Back Alley Boys
8/6	Toree McGee & Rodeo House
8/13	Project 4
8/20	The Touch of Class Band
8/27	Vocal Ease & the Boogie Men

Get Golf Ready @ Lone Tree Golf Course!

Open to beginners to intermediate golfers looking to improve their golf fundamentals and have more fun out on the course.

- 5 lessons per session
- Instructor: Zack King, PGA Instructor
- Cost: \$99 per session

Session Dates:

- | | |
|--|--|
| 1 May 19–Jun 2
Tues/Thurs, 5–6pm
Short Game
(men/ladies) | 4 July 28–Aug 11
Tues/Thurs, 6–7pm
Short Game
(men/ladies) |
| 2 May 19–Jun 2
Tues/Thurs, 6–7pm
Long Game
(men/ladies) | 5 Aug 28–Sept 15
Thurs, 6–7pm
Long Game
(men/ladies) |
| 3 June 23–July 5
Tues/Thurs, 6–7pm
Short/Long Game
(ladies only) | |

Be active, enjoy golf, have fun with friends, and experience the beauty of Lone Tree Golf Course!



Sign up: www.GetGolfReady.com
search “Lone Tree Golf Course”

MAY

5/20 - Annual Antioch Senior Picnic— "Down on the Farm"

A special picnic held for seniors in the Antioch community. 10:30am-1:30pm

UPCOMING EVENTS

Call (925) 778-1158 for additional information

BECOME A MEMBER, VOLUNTEER OR DONATE TODAY!

Membership dues are \$20 for the 2016 calendar year. 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). Join to get involved, make new friends, have fun, take a class, teach a class or simply enjoy a safe and comfortable place to go and socialize.

AUGUST

8/13 - Car Show and Hot August Nights
Featuring: Dinner, Live Music and Dancing. 6:00-10:00pm
Tickets \$10/per person



MONTHLY ACTIVITIES AND EVENTS

Monday–Thursday: ASC is alive with music! Come and enjoy live bands Mon.–Thur. 10:00-11:00am
1st Friday: Trinket Treasure Boutique Sale & Evening Potluck
1st & 3rd Wednesday: Movie Mania: Featuring Movie, Popcorn & Drinks

SEPTEMBER

9/30 - Senior Resource Fair

Antioch Senior Center, 9:00-11:00am. Local Agencies will be on site to provide information and resources.

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) 754-2231 or check the website at www.antiochseniorcenter.com for details, dates and fees as they are confirmed.

UPCOMING TRIPS

- June 14** Days of Wine and Horses
- July 12** Rosie the Riveter/WWII Home Front Historical Park
- August** Trip TBD
- September 13** Apple Hill

Monthly Casino Trips rotating between Cache Creek, Thunder Valley, and Jackson Rancheria. These trips take place on the 4th Tuesday of the month.

- August 21-28** Trains of Colorado
- September 5-9** California Adventure to San Diego
- October 1-9** Best of eastern Canada & Niagara Falls

CLASSES & ACTIVITIES

Offered for Antioch Senior Citizen's Club Members

- Arts & Craft Classes
- Cards & Billiard Classes
- Bingo
- Creative Writing
- Dance Classes
- Exercise Classes
- Trips
- Reader's Theatre
- Red Hat Society
- Cane-do Self Defense

2016 AARP SMART DRIVER COURSE

The 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 for sign up.

All Sessions include a 30-minute lunch break.
Class Fee \$15 for AARP Members/\$20 for Non-AARP Members

Course	Date	Days	Time	Loc.
Beginner's Course	4/21-4/22	Thu & Fri	9:30am-2:30pm	R/R
Refresher Course	6/16	Thu	9:30am-2:30pm	R/R
Beginner's Course	9/15-9/16	Thur. & Fri	9:30am-2:30pm	R/R
Refresher Course	11/17	Thursday	9:30am-2:30pm	R/R



Like Antioch Recreation's main Facebook page:
www.facebook.com/AntiochRecreation

Senior Center

ATTENTION ALL SENIORS!

Come join us at the Antioch Senior Center!

Join to get involved, make new friends, have fun, take a class, teach a class, or simply enjoy a safe and comfortable place to go and socialize.

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 NUTRITION AT THE C.C. CAFE' Hot nutritious lunches provided by Contra Costa County (Co Co Café)

Meals served Monday-Friday at 11:30am. (60 years & up). All meals served at the ASC Nutrition site are low-sodium and low-fat.

Suggested donations \$2.00 for 60+.

\$5.00 fee for participants under 60.

For meal reservations call (925) 757-7325. Reservations must be made by 11:30am the business day prior.

GET UP & GO WITH THE DIRECTOR!

Join our Parks and Recreation Director and take a walk outdoors. We'll stroll through downtown, meet new friends and connect with nature. Find out what's happening at City Hall too! Get Up and Go with the Director happens on the first Thursday of the month during the regular walking time.

8:30-9:30am—Water, comfortable clothing, and walking shoes recommended.

For more exciting Senior Activities, please contact the Antioch Senior Center at (925) 778-1158!

MOVIE MANIA IS BACK!

Join us at the Senior Center on the 1st and 3rd Wednesday of the month as we enjoy popcorn and drink compliments of the Antioch Senior Club. There is always a great selection of compelling and gripping movies.



SENIOR OUTREACH & ASSISTANCE

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—Tuesdays 9:00-11:30am. (By Appt Only.) Provides referrals for almost any "Senior" subject's 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. **Notary Services also available by request for a \$10.00 fee**

Free Legal Services—30-minute appts. 2nd Monday & 4th Monday of each month, 9:00am-12:00pm, \$15 cash only refundable deposit required to hold appt. Eligible participants must be 60 years of age or older. Sorry no exceptions.

Free Wills—Attorney Matthew Hart 3rd Monday of each month 9:00am-12:30pm. Eligible participants can not 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—1st Thursday & 3rd Tuesday. 1:00-4:00pm. Call (925) 602-4168 to schedule an appointment.

Peer Counseling—Counselor, Diana Gatlin. Wednesday's 8:30am-1:30pm.

The Antioch Senior Center will be closed on the following dates:

May 30, 2016 – Memorial Day

July 4, 2016 – Independence Day

September 5 – Labor Day



NATIONAL TRAILS Day



SATURDAY, JUNE 4, 2016

9am-11am

Mokelumne Trail

Meet and Check-In at Antioch Water Park

American Hiking Society's National Trails Day® (NTD) is a celebration of America's magnificent Trail System, occurring annually on the first Saturday in June. National Trails Day features a series of outdoor activities, designed to promote and celebrate the importance of trails in the United States.

Come join us as we celebrate the beauty of our trails in Antioch. Litter and debris removal, light trimming and trail clearing.

FREE CAMPFIRE

FRIDAY NIGHT CAMPFIRE

S'mores, snacks, songs and stories!
Create summer family memories in your own backyard.

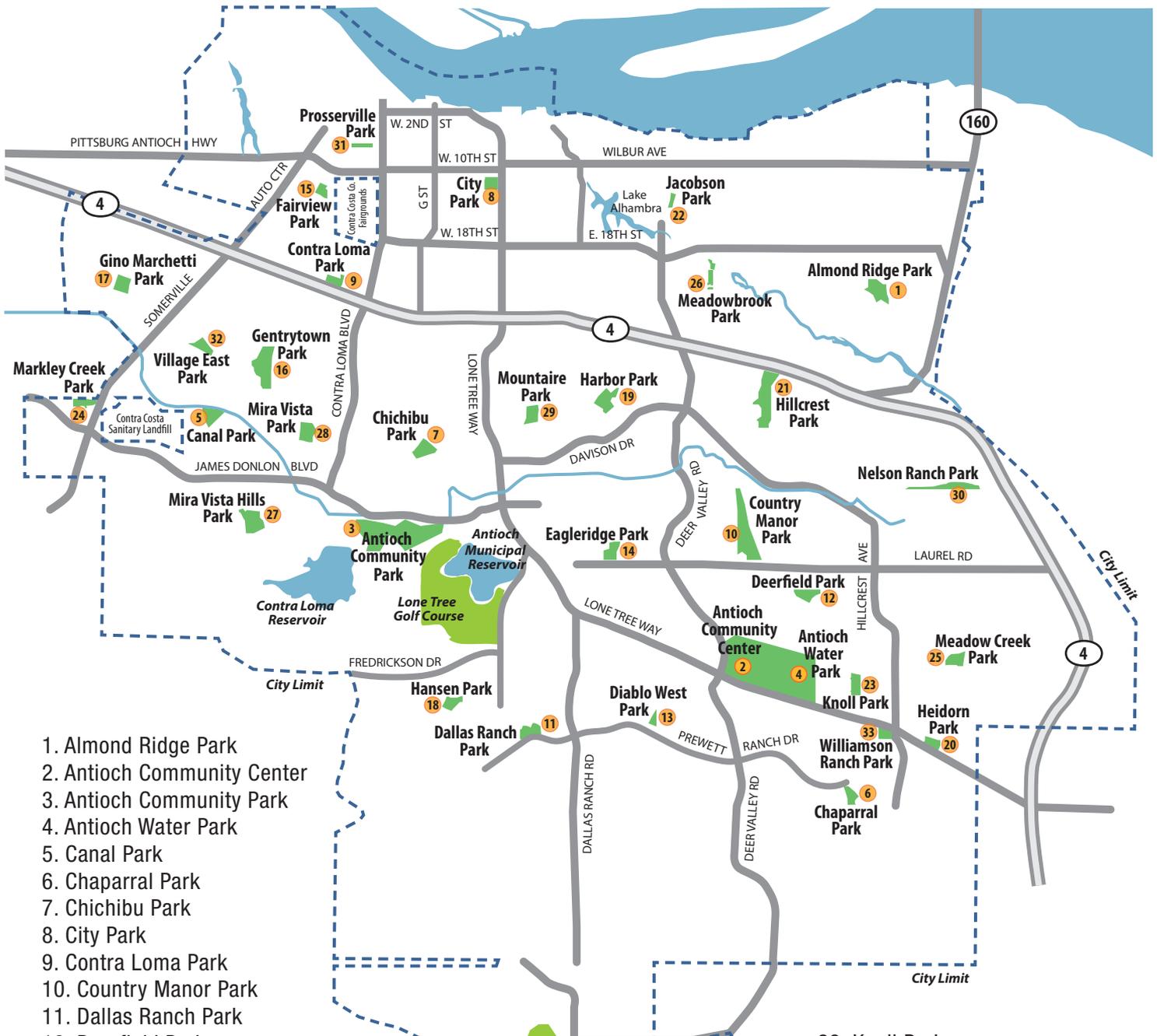
Everyone is welcome!

Friday, June 24, 6:00-8:00pm
Summer Camp Fire

Friday, September 23, 6:00-8:00pm
Fall Camp Fire

Antioch Community Center Amphitheater
4703 Lone Tree Way in Antioch





- 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. Mountaire Park
- 30. Nelson Ranch Park
- 31. Prosserville Park
- 32. Village East Park
- 33. Williamson Ranch Park



CITY OF ANTIOCH

PARK HOURS: Dawn to Dusk

RESTROOM HOURS:

8am-2:30pm—Daily Nov. 17-Feb. 5
 8am-7:30pm—Daily Feb. 16-Nov. 16
 (including weekends and holidays)



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.
- Alcohol Consumption Permits will only be issued if alcoholic beverages are served in conjunction with food at a picnic, barbecue or concession stand environment (ie. 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.
 Permit Fee: \$15 per single use.
- Picnic areas are on a first-come, first-served basis (except in Antioch Community Park).
- Designated softball fields may be rented.
- No refunds for alcohol permits.

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.** To inquire please call (925) 776-3050. If they do not have insurance on file with the City, you must use another company. 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.** 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.

BENEFITS OF PICNICKING

Picnicking is fun and it offers more than just an opportunity to dust off that blanket and wicker basket. Here are some of the health-supporting benefits of having a picnic:

Nourishments—Eating outdoors is a nourishing experience on many different levels—it offers the opportunity to slow down, be mindful and truly enjoy what you're eating.

Natural Connections—Leave the electronics at home—doing so allows you to connect with nature and your surroundings.

Revival—Breathing in the fresh air helps revive your body and bring clarity to your mind.

Relationships—Nothing beats quality time spent reconnecting with friends, family or your significant other.



PICNIC RESERVATIONS AT THE JENSEN FAMILY PICNIC GROVE

Fees and Capacities:

Applicants may reserve any combination of picnic areas that fit their needs.

Area	Capacity	Full Day Rate (Dawn to Dusk)
#2	70	\$155
#3	50	\$140
#4	40	\$130



The picnic areas located in the Jensen Family Picnic Grove in the Antioch Community Park on James Donlon are the only picnic areas that may be reserved throughout the City of Antioch.

Picnic reservation requirements and rules:

1. All fees must be paid when reserving.
2. Reservations must be made at least 2 working days prior to the reservation (no later than Wednesday for the following weekend).
3. Groups need to pick up and place all garbage in garbage cans provided in the area.
4. Groups are responsible for damage to the picnic area during their use. **There is no electricity in picnic areas.**
5. Permission is needed to bring any special equipment. Some equipment may require reserving party to provide insurance coverage to the City.
6. Alcohol Permit must be obtained from the Recreation Department for use of alcohol in any City park for a fee of \$15 (alcohol can only be served in conjunction with food).

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

CITY OF ANTIOCH PARK FACILITIES

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

PARK NAME	LOCATION	TYPE	SIZE	Park Barbecue Pits	Baseball Field(s)	Basketball Court(s)	Exercise Course	Group Picnic	Horseshoes	Picnic Tables	Restroom(s)	Soccer Field(s)	Softball Field(s)	Tennis Courts	Tot Play Area	Turf/Landscaping	Volleyball/Sport	Youth Play Area	Trails/Open Space	Dog Park
Almondridge Park	Almondridge Dr. & Beechnut St.	N	5.4	•						•	•	•	•	•	•	•		•		
Antioch Community Park	James Donlon Blvd. & Blythe Dr.	C	20.0	•				•	•	•	•	•	•		•	•		•	•	
Canal Park	Gentrytown Dr. & Curtis St.	N	4.8	•						•	•				•	•		•	•	
Chaparral Park	Prewett Ranch Dr. & Candlewood Wy	N		•		•				•					•	•		•	•	
Chichibu Park	Longview Rd. & Acorn Dr.	N	6.3	•				•	•	•	•	•		•	•	•		•		
City Park	10th St. & A St.	N	5.0					•		•	•	•			•	•		•		
Contra Loma Estates Park	Mahogany Dr. & Manzanita Wy.	N	5.0									•		•	•	•		•		
Country Manor Park	Asilomar Dr. & Carpenteria Dr.	N	20.0	•						•	•	•	•		•	•		•		
Dallas Ranch Park	1137 Prewett Ranch Dr.	N	5.0	•		•				•	•				•	•	•	•	•	
Deerfield Park	Deerfield Dr. & Buckskin Dr.	N	0.5	•						•						•		•	•	
Diablo West Park	2000 Prewett Ranch Dr.	N	4.0	•		•				•	•		•		•	•		•	•	
Eaglesridge Park	Eaglesridge Dr. & Greystone Dr.	N	5.4	•						•	•		•		•	•		•		
Fairview Park	Crestview Dr. & Aster Dr.	N	3.0			•		•		•						•		•		
Antioch Youth Sports Complex	Wilbur Ave. & Apollo Ct.	C	34.0		•					•	•	•	•			•				
Gentrytown Park	Carmona Wy. & Monterey Dr.	N	14.1	•	•					•	•				•	•		•	•	
Hansen Park	Nortonville Wy. & Hansen Dr.	N		•		•		•		•	•	•			•	•		•	•	
Harbour Park	Ashburton Dr. & Lindley Dr.	N	7.9	•				•		•	•		•	•	•	•		•		
Heidorn Park	Vista Grande Dr.	N	3.0	•						•	•	•			•	•		•	•	
Hillcrest Park	Larkspur Dr. & Sunflower Dr.	N	18.0	•		•				•	•			•	•	•		•	•	
Jacobson Park	Jacobsen Dr.	N	1.3			•				•		•			•	•		•		
Knoll Park	Country Hills Dr. & Valley Wy.	N	5.0	•				•	•	•	•				•	•		•		
Gino Marchetti Park	Kendree St. & South of Delta Fair BI	N	5.0	•	•					•	•		•	•	•	•		•	•	
Markley Creek Park	E. Somersville Rd.	N	2.0	•						•	•	•			•	•		•	•	•
Meadowbrook Park	Yellowstone Dr. & Calaveras Cir.	N	8.5	•		•				•					•	•	•	•		
Meadow Creek Park	Vista Grande Dr.	N	5.0	•		•				•	•	•			•	•		•		
Mira Vista Park	S. Francisco Wy. & Hacienda Wy.	N	6.8	•				•		•	•		•		•	•		•		
Mira Vista Hills Park	Silverado Dr. & Cordoba Wy.	N	9.2	•		•			•	•	•	•	•	•	•	•		•		
Mountaire Park	Sunset Ln. & Elmo Rd.	N	5.1					•		•	•	•			•	•		•		
Prewett Community Park	Deer Valley Rd. & Lone Tree Wy.	C	99.0	•				•		•	•				•	•		•	•	
Prosserville Park	6th St. & O St.	N	1.6	•		•				•								•		
Sunnyridge Park	James Donlon Blvd. & G St.	O	5.3	OPEN SPACE																
Village East	Gentrytown Dr. & Melon Ct.	N	7.4	•						•					•			•	•	
Williamson Ranch Park	Lone Tree Wy. & Hillcrest Ave.	N	5.0	•				•		•	•	•			•	•		•		
*Memorial Field	Off Putnam St.	*Collaborated site with Antioch Unified School District, only accessible weekdays after 3pm																		

GREAT PLACE TO WORK!

Become a member of our team this summer



The City of Antioch Recreation Department Job and Volunteer Opportunities

The City of Antioch is currently recruiting to hire
Recreation and Camp Leaders, and Lifeguards



Benefits of working here include:

- Leadership Experience
- Serve the Community
- Teach Vital Life Skills to Children
- Establish a Job Reference

Please visit our website at
www.ci.antioch.ca.us/recreation
to download an application or call 925-776-3050
for more information. Applications may be dropped off at the
Antioch Community Center, 4703 Lone Tree Way.

Community Happenings

ARTS & CULTURAL FOUNDATION OF ANTIOCH (ACFA) CALENDAR

Due to publication deadlines, dates are subject to change.

Please visit www.art4antioch.org for up-to-date information and dates. ACFA is also on Facebook.



May 7th–21st
Through My Lens, Photography only
exhibit at the Lynn House Gallery



June 25th–July 20th
Celebration of Art at the
Antioch Historical Society



JUNETEENTH Celebrating Heritage, Culture and Music, Saturday, June 18th
Join the City of Antioch in commemorating *Juneteenth*—an event with music, local speakers and live entertainment. 2-7pm, Waldie Plaza

CONTRA COSTA COUNTY LIBRARY ccclib.org

PREWETT LIBRARY HOURS

4703 Lone Tree Way
925-776-3060
Tues 10:00am-7:00pm
Wed & Thu 12:00-8:00pm
Fri & Sat 12:00-5:00pm

ANTIOCH LIBRARY HOURS

501 W. 18th Street
925-757-9224
Tues 1:00-8:00pm
Wed & Thur 10:00am-6:00pm
Sat 12:00-5:00pm



Summer Reading for All Ages!

June 1-July 30

Antioch and Prewett Libraries are “**STEAM-ing**” into **Summer Reading** with a brand new reading challenge! From June 1 to July 30th, all ages can visit ccclib.org/summer for adventurous activities, points and badges in celebration of Science, Technology, Engineering, Art, and Math (STEAM). Visit Antioch or Prewett libraries for free and fun events and weekly challenges all summer long. Complete Summer Reading by July 30th to receive a free book and raffle entries to amazing prizes.



Full STEAM ahead into Summer Reading at all Contra Costa County Libraries!

Community Information

COMMUNITY ORGANIZATIONS

Antioch Delta Skimmers	473-2790
Antioch Historical Society	757-1326
Antioch Little League	431-8478
Antioch Trail Masters	778-0490
Antioch Youth Sports Complex	754-4247
Arts & Cultural Foundation	779-7018
Babe Ruth League	757-1787
Black Diamond Mines	510-544-2750
Boy Scouts of America	674-6100
Brannan Island State Park	916-777-6671
Chamber of Commerce	757-1800
Contra Costa Child Care Council	778-5437
Contra Loma Regional Park	888-327-2757
Deer Valley Youth Football	473-5215
Delta Art Association	625-9004
Delta Baseball League	706-1994
Delta Youth Rugby	779-9343
Delta Youth Soccer League	439-4396
East County Mother's Club Hotline	473-2783
East County Regional Group	771-7338
East County Stingrays Swim Team	473-5180
El Campanil Theatre	757-9500
Fairgrounds	757-4400
First 5 Contra Costa	771-7300
Girl Scouts of America	800-447-4475
Int'l. Order of the Rainbow for Girls	642-4368
Joint Government Office—Senator	757-7187
Library—Antioch Downtown	757-9224
Library—Antioch Community Center	776-3060
Lone Tree Golf Course	706-4220
Mom's Club of Antioch	354-6584
REACH	754-3673
State Park Information	800-444-7275
Tri Delta Transit	
Dial-A-Ride	754-3060
Fixed Routes	754-4040
Administration	754-6622
Assembly Member Jim Frazier	778-5790
Congressman Jerry McNerney	754-0716
Senator Steve Glazer	754-1461

CITY OF ANTIOCH 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	779-7059

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)	779-6950
Engineering	779-7035
Parks/Maintenance	779-6950
Marina	779-6957

All City of Antioch offices will be closed
**Memorial Day on 5/28/16 and Independence
 Day on 7/4/16.**

27th Annual ANTIOCH MAYOR'S GOLF TOURNAMENT 2016

**Sunday, June 5th 2016
 1:00 p.m. Shotgun Start**
at Lone Tree Golf Course
 4800 Golf Course Road
 Antioch, CA 94531

Support Antioch in this event by...

- Participating as a player & recruiting others
- Sponsoring financially or donating goods & services
- Volunteering

Sign up online at:
www.lonetreegolfcourse.com

**For more information,
 please call 925.706.4220**



IT'S EASY TO REGISTER!

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 over the phone or by fax.



REGISTER ONLINE:

Online Registration Begins: **Monday April 18th**
activenet.active.com/antiochrecreation

- 1 Register online for most of our classes and activities
- 2 Make secure, safe online payments with Visa, MasterCard, Discover or American Express.
- 3 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 quick, easy and ready when you are!



WALK-IN REGISTRATION:

Walk-In Registration Begins: **Monday April 27th**
Antioch Community Center
Mon-Fri 8:30am-5:00pm
4703 Lone Tree Way, Antioch, CA 94531

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

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 Thursday 8:30am-5pm. For more information, call 776-3050.

New Scholarships Available July 1.



Online Registration:

Visit our registration website at
activenet.active.com/antiochrecreation

Information: (925) 776-3050

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 by phone or in person **NO LATER THAN 5 business days** prior to the first day of class. No refunds issued after a class has started. All refunds are subject to a \$7 service charge per activity unless class/activity is canceled by the City of Antioch Recreation Department. Refunds can take up to 3-6 weeks to receive in the mail. You will receive an e-mail confirmation if your refund/transfer is approved.

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.

Look for the 2016 Fall Recreation Guide out the week of August 1st

ACTIVITY REGISTRATION FORM SUMMER 2016

CITY OF ANTIOCH

Recreation Division
4703 Lone Tree Way
Antioch, CA 94531
(925) 776-3050

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 by phone or in person NO LATER THAN 5 business days prior to the first day of class. No refunds issued after a class had started. 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.

Register with your Credit Card at activenet.active.com/antiochrecreation



No Cash in Drop Box Please
We no longer accept Faxed Registration Forms

Check if participant has Special Needs requiring special accommodations

Antioch Resident Non-Resident

REGISTRATION FORM (Limited to Family Members Only)

Name of Head of Household (Please Print)

First Name _____ Last Name _____ Date of Birth ____ / ____ / ____

Address _____ City _____ Zip _____

Home Phone _____ Day Phone _____ E-Mail _____

Emergency Contact _____ Relationship _____ Phone _____

Participant Name	Date of Birth	Gender	Activity Name	Activity Start Date	Fee

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

TOTAL FEES: \$

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

ONLINE REGISTRATION

activenet.active.com/antiochrecreation

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.

*Welcome to the Antioch Marina!
It is our desire and our goal that
you enjoy the relaxation and
tranquility that time at the Delta
can bring to you, your family
and friends.*



ANTIOCH MARINA

Open 7 Days a Week 8am-5pm

Best location on the Delta where the Sacramento and San Joaquin rivers meet, offering a superior location for your boat at a tremendous value!

- Covered and uncovered berths available at competitive prices.
- Amenities include computer controlled access gates
- 310 berths 24'-50'feet all on strong and sturdy concrete docks
- Access to exclusive berther restrooms, showers, and laundry facility
- Complementary Wi-Fi, Full Service Chevron Fuel Dock, Complementary Waste Pumpout Station
- Overnight and temporary guest docks available up to 55 feet
- Boat launch available for \$5 per launch, annual launch passes may be purchased for \$100

Contact the Marina for further information

Located at the Foot of "L" Street #5 Marina Plaza
Antioch, CA 94509-7905

(925) 779-6957 • antiochmarina@ci.antioch.ca.us



Antioch Police Activities League (PAL)



Antioch Police Activities League (PAL) provides a safe and nurturing environment for youth in our community through recreational, educational, and social programs. Antioch PAL offers a Youth Directors Council providing youth with leadership development opportunities, after school classes in College Preparedness, Etiquette Dining & Manners, Bowling, Junior Giants Little League baseball, and much more!

**For more information or to get involved, contact the Antioch PAL Program Coordinator at
(925) 779-6875 or antiochpal@ci.antioch.ca.us**

We have 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...

ANTIOCH COMMUNITY CENTER
4703 Lone Tree Way, Antioch 94531

ANTIOCH WATER PARK
4701 Lone Tree Way, Antioch 94531

NICK RODRIGUEZ COMMUNITY CENTER
213 F Street, Antioch 94509

**Viewing facility is by appointment only*

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



WEDDINGS • BIRTHDAYS • ANNIVERSARIES • RECITALS • REUNIONS

MEETINGS • SEMINARS • CLASSES • CHARITY FUNDRAISERS • FAIRS • EXHIBITIONS



Call the Recreation Department for information **(925) 776-3050**
or visit the City of Antioch website **www.ci.antioch.ca.us**



City of Antioch
 PO Box 5007
 Antioch, CA 94531

PRSR STD
 U.S. Postage
PAID
 Permit # 14
 Antioch, CA
 ECRWSS

Junior Lifeguard Camp

11-14 years

Calling all future Lifeguards! This program is designed for participants who want to have fun and gain work experience, but are not old enough to have a summer job. Themed games and activities are designed to teach various skills associated with lifeguarding, as well as promoting fitness, self-esteem and teamwork. Please pack a swimsuit, water bottle, sunscreen, towel, change of clothes, bag lunch, and snacks for both the morning and the afternoon.

Location: Antioch Water Park



Week 1: Monday, June 13-Friday, June 17

Monday-Friday • Antioch Water Park

#3746 8:30am-3:30pm \$178 R/ \$188 N

Week 2: Monday, July 11-Friday, July 15

Monday-Friday • Antioch Water Park

#3747 8:30am-3:30pm \$178 R/ \$188 N

Week 3: Monday, August 1-Friday, August 5

Monday-Friday • Antioch Water Park

#3748 8:30am-3:30pm \$178 R/ \$188 N

**HAVE FUN AND GAIN
 WORK EXPERIENCE!**