







COMPOST Givening

Vallejo residents only - proof of residency required. **2-Bags of Organic Compost per customer**Available for pickup at the following locations while supplies last:

VALCORE Recycling
38 Sheridan St. | Vallejo CA
Monday-Friday
10am - 1pm or
2pm - 4:30pm
(707) 645-8258



GREATER VALLEJO RECREATION DISTRICT ACTIVITY GUIDE Spring 2022 • Register at GVRD.org

Greater Vallejo Recreation District

395 Amador Street, Vallejo, California 94590 (707) 648-4600 • FAX (707) 648-4616 • www.gvrd.org Office Hours: Monday-Friday, 8 am to 5 pm

Board of Directors

Robert Briseno-Chair Gary Salvadori-Vice Chair Ron C. Bowen-Secretary Adjoa McDonald Rizal Aliga

Board Meetings

The Greater Vallejo Recreation District holds regular Board meetings at 6:30 pm on the second and fourth Thursday of every month. The public is invited.

Please check our website as meeting information may change.

GREATER VALLEJO RECREATION DISTRICT ACTIVITY GUIDE SPRING ISSUE • JANUARY-MAY PUBLISHED 3 TIMES A YEAR

District Staff

Gabriel Lanusse General Manager
Antony Ryans Recreation Superintendent
Salvador Nuno
Penny HarmanFinance Manager
Casey Halcro
Sandy Tawaratsumida
Chris Andrade
Marcos Jaime
Andrea MendozaInterim Recreation Supervisor (Children's Wonderland, Sports & Aquatics)
Roslynn Brown Recreation Coordinator
(Youth, Teens & Break Camp)
Michael ManalastasRecreation Coordinator (Sports)
Ryan Allen

KEY: R Resident, NR Non Resident

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Providing sports, parks and recreation for a good foundation.

AMERICANS WITH DISABILITIES

It is the intent of the Greater Vallejo Recreation District to fully comply with the Americans with Disabilities Act of 1990. Every attempt will be made to hold meetings, hearings, conferences, classes and other events in accessible locations and auxiliary aids will be provided upon request whenever possible to participants with disabilities. Complaints regarding department compliance with ADA should be directed to the General Manager of the Greater Vallejo Recreation District, 395 Amador Street, Vallejo, CA 94590, (707) 648-4600.

(Aquatics)



General Manager's Message

Happy 2022!
I hope you are enjoying your family and getting out to use our parks.
We have been busy during this year making improvements to our buildings and Parks.
We are also slowly adding more classes

and offerings. My message is usually longer about what GVRD is doing, but I wanted to thank my family and friends for a difficult year. I also want to thank staff who have done a great job. Of course, I want to thank the community for supporting GVRD with the donations you have made with food, toys, and money that has gone to families who need it. Parks and Recreation are here to serve the community, and we appreciate all that you have done to help us.

Best Wishes, Gabe Lanusse

Mensaje del gerente general

¡Feliz 2022!

Espero que estén disfrutando de su familia y saliendo a usar nuestros parques. Hemos estado ocupados durante este año haciendo mejoras a nuestros edificios y parques. También estamos agregando lentamente más clases y programas. Mi mensaje suele ser más largo sobre lo que está haciendo GVRD, pero quería agradecer a mi familia y amigos por un año difícil. También quiero agradecer al personal que ha hecho un gran trabajo. Por supuesto, quiero agradecer a la comunidad por apoyar a GVRD con las donaciones que han hecho con comida, juquetes y dinero que se han destinado a las familias que lo necesitan. Parques y Recreación están aquí para servir a la comunidad y apreciamos todo lo que han hecho para ayudarnos.

> Los mejores deseos, Gabe Lanusse









CUNNINGHAM AQUATIC COMPLEX• 707-648-4635

801 Heartwood Ave. Vallejo CA 94591

Dive in and enjoy our Olympic sized pool (50 meters x 25 yards) located at 801 Heartwood Ave. We keep our pool heated year-round and offer a wide variety of programming for all aquatic experiences. On-site dressing rooms and outdoor showers are available. Check out our website at www.gvrd.org to plan your next visit to the pool.

OFFICE HOURS

Monday-Friday, 4:00-7:30pm Call to confirm hours, 707-648-4635

LAP SWIMMING AT CUNNINGHAM AQUATIC COMPLEX (14+ only)

*All lap swim hours are subject to change based on attendance and availability. Please check the website www.gvrd.org for up-to-date lap swim hours.

	Adults 14+	Seniors 55+
Daily Fee (Resident)	\$5	\$4
Daily Fee (Non-resident) \$6	\$5
Lap Pass (20 swims)	\$95	\$75

WATER EXERCISE FOR ADULTS

This drop-in class is conducted entirely in the water. Muscle and joint stress are reduced by using the natural resistance of movement through the water. It's an ideal exercise for improving muscle tone and cardiovascular fitness. Exercise equipment helps to vary the workouts. No swimming skills necessary.

Cunningham Aquatic Complex, 801 Heartwood Ave. April 11-June 3

Monday-Friday, 6:50-7:30pm

	Adults 18+	Seniors 55+
Daily Fee:	\$5	\$4
Pass (10 visits):	\$45	\$35

AMERICAN RED CROSS LIFEGUARD TRAINING • AGES 15+

Want to work as a lifeguard? This course provides you with everything you need. Course includes lifeguard training, CPR/AED for the professional rescuer, and first aid. Course fee includes all materials and certifications. Attendance to all classes is mandatory. Advanced registration is required, so sign up today! For more information, please contact Ryan Allen at 707-648-4663.

Cunningham Pool Clubhouse, 709 Heartwood Ave. \$175 session/R, \$185 session/NR

Mar 28-Apr 1 Mon-Fri, 9am-3pm Apr 4-Apr 8 Mon-Fri, 9am-3pm May 2-May 14 Mon, Wed, Fri, 6-9pm & Sat, 9am-3pm

AMERICAN RED CROSS ADULT & PEDIATRIC FIRST AID / CPR / AED COURSE • ALL AGES

Course teaches participants how to respond to emergencies for adults, children and infants, and includes certifications for First Aid, CPR, and AED. Great for parents, teachers, or daycare providers. Course fee includes all materials and certifications. For more information, please contact Ryan Allen at 707-648-4663.

Cunningham Pool Portable, 709 Heartwood Ave. \$75 class/R, \$85 class/NR Jan 15, Feb 19, Mar 19, Apr 16, May 21 9am-3pm

AMERICAN RED CROSS LIFEGUARDING INSTRUCTOR

This class will train Lifeguarding Instructor candidates to teach American Red Cross Lifeguarding, Lifeguarding Blended Leaning, Shallow Water Lifeguarding, Aquatic Attraction Lifeguarding, Waterpark Skills, CPR/AED for Professional Rescuers and Bloodborne Pathogens Training. Pre-requisites: minimum age is 17 years old and must possess a current Red Cross certificate for Lifeguarding/First Aid/CPR/AED. For more information, call 707-648-4663.

Cunningham Pool Portable, 709 Heartwood Ave. \$250 per individual Sat & Sun, 10am-4pm Mar 19, 20, 26, 27

PRIVATE SWIM LESSONS

Sign up for one-on-one 40-minute private swim lessons. Open to students of all ages and abilities. Each class provides instruction by dedicated swim instructors at the Cunningham Aquatic Complex. Participants can register for a series of lessons or individually. For more info, please contact 707-648-4635.

Cunningham Aquatic Complex, 801 Heartwood Ave. \$25 per lesson/R, \$30 per lesson/NR



PARENT-TOT • AGES 6 MONTHS TO 3 YEARS

Classes are limited to 8 students per instructor.
Students must be accompanied by an adult in the water at all class sessions. Focused on safety and comfort in the water, participants will learn the best practices and techniques for teaching their child basic swimming skills. The lifeguard instructor will guide the group through songs and activities to best introduce a toddler to swimming.

Mon-Fri Fee: \$50/R, \$55/NR (40 min)

4-5 YEAR OLD GROUP LESSON

Classes are limited to 5 students per instructor to provide for individualized attention and safety. Students are grouped with other children of equal abilities and follow the Learn-To-Swim guidelines for level 1 with extra support. Focused on building comfort in the water, introduction to basic swimming skills, and water safety. This class will build confidence and prepare small children who turn six years old for our level 1-6 classes while having a fun experience in the pool.

Mon-Fri Fee: \$50/R, \$55/NR (40 min)

GROUP SWIM LESSONS LEVEL 1-4

Classes are limited to 8 students per instructor to provide for individualized attention. Students are grouped with other children of equal abilities and follow the Learn-To-Swim guidelines for levels 1-4. If you have never taken a class with us, the student will be assessed the first day for level placement. Mon-Fri Fee: \$50/R, \$55/NR (40 min)

GROUP SWIM LESSON LEVEL 5-6

Classes are limited to 8 students per instructor to provide for individualized attention. Students are grouped with other children of equal abilities and follow the Learn-To-Swim guidelines for levels 5-6. Mon-Fri Fee: \$50/R, \$55/NR (40 min)

GROUP SWIM LESSON ADULT/TEEN

Classes are limited to 5 students per instructors. Individualized instruction for basic skills development in all swimming strokes. Instructors will work with participants at their own pace. This class is ideal for teens and adults to feel comfortable and build confidence in and around water.

Mon-Fri Fee: \$50/R, \$55/NR (40 min)





AFTER SCHOOL @ THE POOL • GRADES 1-5

After School until 6pm - MUST REGISTER IN ADVANCE!

Join us for an exciting swimming adventure at Cunningham Aquatic Complex, where kids can have a fun and safe after school outlet to work on homework and learn to swim. Our lifeguard camp leaders will assist with homework and teach daily swim lessons to all participants. Swimming is a life skill that used to be in the school curriculum but has been taken out; and now you can put it back in! For more info, call 707-648-4663.

Participant options:

- Guided walk over from Pennycook
- Van pick-up from Glen Cove/Vallejo Charter/Cave
- Parent drop off at pool

Cunningham Pool Portable, 709 Heartwood Ave January-May: \$230/month, June: \$81

*Early Bird registration \$10 off - Pay by the due date (the first day of each program)

No program Jan 17 & 18, Feb 21 & 22, May 27 & 30





ESTANDED SAMPLE

With Wally the Narwhal



- Intro to Water Skills: Level

elementary water skills, which they will build on as they The objective of this class is to help introduce students feeling comfortable in the water. Students will learn progress through the LTS program.

Leve

LOVOL 2 - Fundamental Swimming Skills: The objective of this class is to teach independent movement in the water. Students will begin to learn to float on their position. Students will also be introduced to basic swimming front and back without support and to recover to a vertical stokes.

Stroke Development: eve

Students begin to learn combining alternating arm and leg actions on their front and back, jumping in from the side of the pool, dolphin/breaststroke kicks and additional swim strokes are introduced. Treading and deep water are introduced.

- Stroke Development: eve

The objective for this class is to build on the skills in Level 3 by providing additional guided practice. Students will begin coordinating the front and back crawl strokes. Participants will be introduced to diving from the side of the pool, survival floating, breaststroke and sidestroke.

- Stroke Development: Level

endurance in the strokes learned and improve other aquatic underwater, feet-first surface dives, open turns and the The objective of this class is to develop confidence and skills. Participants will be introduced to swimming importance of streamlining.

-Fitness Swimmer: 9 Level

The objective of this class is to refine the strokes so students swim with ease, efficiency, power and smoothness over greater distances. Students will also be introduced o skills pertaining to personal water safety, becoming a fitness swimmer. lifeguarding readiness, and

as we float up the levels and LEARN to SWIM! the Narwhal, Wally

Follow me,

Level 5-6 Level 1-4 4/5 yrs old Parent/ Tot **Mon-Frid**

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		×			NO CLASS						2/50			
×	×			MONDAY-FRIDAY	۳	4/15	4/22	4/29	9/	/13	5/20	5/27	6/3	
×	×			MONDAY	DATE	4/11 - 4/15	4/18 - 4/22	4/25 – 4/29	5/2 - 5/6	5/9 - 5/13	5/16 – 5/20	5/23 - 5/27	5/30 - 6/3	
				_										
4:30 – 5:10	5:20 – 6:00	5:10 – 6:50	0		SESSION	Spring 1	Spring 2	Spring 3	Spring 4	Spring 5	Spring 6	Spring 7	Spring 8	



AQUATICS



JUNIOR TENNIS DEVELOPMENT **PROGRAM • AGES 5-12**

This program emphasizes proper fundamentals, good sportsmanship, and proper tennis etiquette in a fun, lightly competitive, and safe environment. Instructor: C. McCullough, PTA/PTR/NTA certified. For more information, call 707-648-4609.

Amador Park Tennis Courts

\$97/session, sibling fee \$77/session

Fri. 4-5pm

Session 1: Jan 7-Feb 4 Session 2: Feb 25-Mar 25 Session 3: Apr 15-May 13

Students should bring their own tennis racquet, water bottle(s), and wear sunscreen, bathrooms

are not available.

ADULT TENNIS CLASS FOR BEGINNERS • AGES 18+

This program emphasizes proper fundamentals, good sportsmanship, and proper tennis etiquette in a fun, lightly competitive, and safe environment. Instructor: C. McCullough, PTA/PTR/NTA certified. For more information, call 707-648-4609.

Amador Park Tennis Courts \$97 session/R, \$102 session/NR

Session 1: Mar 9-Apr 6 Session 2: Apr 13-May 11

Wed, 6-7pm

Students should bring their own tennis racquet, water bottle(s), and wear sunscreen. Bathrooms

are not available.



HIGH PERFORMANCE JUNIOR TENNIS **TRAINING • AGES 6-12**

In our youth tennis classes, we cover more than just basic training. Over this course you will learn technique, footwork speed & agility, power, endurance, strategy, develop a team concept versus individual play. Instructor is Phil Graham USTA High Performance Coach, For more information, call 707-648-4609.

Glen Cove Tennis Courts

\$240 session/R, \$245 session/NR

Session 1: Jan 2-Feb 6 Session 2: Feb 13-Mar 20

Sun, 9-10:30am & 10:30am-12pm

Students should bring their own tennis racquet,

towel, water, and wear tennis shoes.

ADULT TENNIS CLASS FOR ADVANCE-BEGINNERS • AGES 18+

Much more rigorous than the beginner class, the advance-beginner class requires students to have enough strength and ability to play from the baseline. Refining strokes, placement, spin, courtposition, and conditioning will be emphasized. Instructor: C. McCullough, PTA/PTR/NTA certified. For more information, call 707-648-4609.

Amador Park Tennis Courts \$112 session/R, \$117 session/NR

Session 1: Mar 9-Aprl 6 Session 2: April 13-May 11

Wed, 7-8pm

Students should bring their own tennis racquet, water bottle(s), and wear sunscreen, bathrooms are not available.



COED KICKBALL • AGES 18+

Come out with your friends and join the GVRD Coed Kickball League! All you need is a team of 10 players: 5 men and 5 women. League champions will receive t-shirts. For more information, call 707-648-4609.

Dan Foley Turf Field, 1461 N Camino Alto \$425, plus refundable \$50 Sportsmanship Fee Tue, 6:30-10pm Mar 1-Apr 12

COED SOFTBALL • AGES 18+

Come out with your friends and join the GVRD Coed slow pitch Softball League! All you need is a team of 10 players: 5 men and 5 women. League champions will receive t-shirts. USSSA Rules. For more information, call 707-648-4609.

Dan Foley Turf Field, 1461 N Camino Alto \$425, plus refundable \$50 Sportsmanship Fee Fri, 6:30-10pm March 4-Apr 15



ALL SORTS OF SPORTS JUNIOR CLUB• AGES 4-6

This program gives children a fun, active & educational experience tailored to the abilities of their age group. Your child will have a blast learning motor skills and coordination while playing games with the other children that may include: baseball, soccer, flag football, capture the flag, relay & obstacle races and a whole lot more. Featuring structured simple activities, individual and team-building challenges along with small sided competitions to develop and engage small athletes. For more information, call 707-648-4609.

Dan Foley Turf Field, 1461 N Camino Alto \$62 per player Sat, 9-9:50am Feb 5-Mar 5 No class Feb 19



ALL SORTS OF SPORTS CLUB• AGES 7-11

The All Sorts of Sports coed program by National Academy of Athletics is packed with fun. Whether your child is a beginner or more experienced player, this multi-sport camp is a perfect place for kids to be introduced to the world of sports, teamwork and athletics! Games we play include, dodge ball, soccer, kickball, flag football, capture the flag, ultimate Frisbee & obstacle races and a whole lot more. Your children will learn new skills while having a blast and making new friends. For more information, call 707-648-4609.

Dan Foley Turf Field, 1461 N Camino Alto \$78 per player Sat, 10:15-11:45am Feb 5-Mar 5 No class Feb 19

IN THE NET SOCCER JR. CLUB • AGES 4-5

The In The Net Soccer Club by National Academy of Athletics is packed with fun. Whether your child is a beginner or more advanced player, the drills taught at this camp will help them fall in love with the game. Our soccer camps and clinics are the perfect place to learn about the game and fitness while having a blast and making new friends. For more information, call 707-648-4609.

Dan Foley Turf Field, 1461 N Camino Alto \$62 per player Sat, 12-12:50pm Feb 5-Mar 5 No class Feb 19

IN THE NET SOCCER CLUB • AGES 6-7

The In The Net Soccer Club by National Academy of Athletics is packed with fun. Whether your child is a beginner or more advanced player, the drills taught at this camp will help them fall in love with the game. Our soccer camps and clinics are the perfect place to learn about the game and fitness while having a blast and making new friends. For more information, call 707-648-4609.

Dan Foley Turf Field, 1461 N Camino Alto \$62 per player Sat, 1-1:50pm Feb 5-Mar 5 No class Feb 19

IN THE NET SOCCER CLUB • AGES 8-10

The In The Net Soccer Club by National Academy of Athletics is packed with fun. Whether your child is a beginner or more advanced player, the drills taught at this camp will help them fall in love with the game. Our soccer camps and clinics are the perfect place to learn about the game and fitness while having a blast and making new friends. For more information, call 707-648-4609.

Dan Foley Turf Field, 1461 N Camino Alto \$62 per player Sat, 2-2:50pm Feb 5-Mar 5 No class Feb 19



HIT & RUN T-BALL CLUB • AGES 4-6

Hit & Run Tee-ball gives children a fun, active and educational experience tailored to the abilities of their age group. Our staff helps them learn how to catch without being scared of the ball, hit using our Flex Hit, run the bases and field grounders. Featuring structured simple activities, individual and team-building challenges along with small sided competitions to develop and engage small athletes. For more information, call 707-648-4609. Callen Field-505 Amador Street, Vallejo, CA \$62 per player Sat, 4-5pm Apr 30-May 21

JUNIOR HOOPS BASKETBALL DEVELOPMENT PROGRAM -LITTLE SHOTS • AGES 3-4

Little Shot participants are guided through a series of rhythm, speed, balance and coordination skills and drills. Work through obstacles learning to dribble, pass and shooting. This program helps kids fall in love with playing basketball & moving their bodies. Parent participation is highly encouraged but not required. For more information, call 707-648-4609.

Setterquist Park Basketball Courts, 300 Stanford Dr. \$62 per player/session Sat, 9-9:50am Session 1: Mar 19-Apr 9

Session 2: Apr 30-May 21

JUNIOR HOOPS BASKETBALL DEVELOPMENT PROGRAM -HOT SHOTS • AGES 5-6

This program is designed for kids to learn the basic concepts of basketball. In this class the staff guides the children through a series of rhythm, speed, balance & coordination skills and drills. Kids have fun working through obstacles as they learn to dribble, pass & shooting the ball. This program focuses on the basic fundamentals of basketball with a creative twist to help the children better understand the concepts of the game. For more information, call 707-648-4609.

Setterquist Park Basketball Courts, 300 Stanford Dr. \$62 per player/session Sat, 10-10:50am Session 1: Mar 19- Apr 9

HOOP GROUP BASKETBALL DEVELOPMENT PROGRAM • AGES 7-13

This 4-week basketball club by the National Academy of Athletics is perfect for player who are interested in developing individual and team concepts. The program is designed to make you more confident with basketball in your hands. Ball handling drills, shooting fundamentals and many other skills based instructional programs will be combined with games and other small sided competitions. Come join our staff and walk away a better player! Includes handbook and t-shirt for all players. For more information, call 707-648-4609. Setterquist Park Basketball Courts,

300 Stanford Dr. \$78 per player/session Sat, 11am-12:30pm Session 1: Mar 19-Apr 9 Session 2: Apr 30-May 21



HIITS FOR KIDS PROGRAM • AGES 6-12

Optimal Body Fitness LLC (OBF), coaches ages 6 to 12 on fun, fitness, health, and wellness! OBF coaches adolescents, planning on becoming an athlete or currently in an athletic program; on how to perform proper exercises, improve endurance, how to be more agile, muscle strength, and how to run faster. For more information, call 707-648-4609.

Vallejo Community Center, 225 Amador St. \$20 session/R, \$25 session/NR Tue, 4-4:50pm Jan 4-Feb 1, Feb 15-Mar 15, Mar 22-Apr 19, Apr 26-May 24



TINY TOTS/BEGINNING BALLET FOLKLORICO • AGES 3-7

Students will learn Mexican folklore dance techniques while having fun. Dancers will learn to control their movements through rhythm. Comfortable clothing required and shoes with a strong heel (dance shoes preferred). Sign up today, space is limited. For more information, call 707-648-4630. Instructor: Abigail Hernandez. Foley Cultural Center, 1499 N Camino Alto \$45 month/R, \$50 month/NR Tue, 4-4:30pm

BEGINNING BALLET FOLKLORICO• AGES 8-13

Feb 1-22, Mar 8-29, Apr 5-26, May 3-24

Students will learn Mexican folklore dance techniques while having fun and working as a team. Dancers will learn to control their movements through rhythm. Multiple classes are available for young dancers of all skill levels. Comfortable clothing required and shoes with a strong heel (dance shoes preferred). Sign up today, space is limited. For more information, call 707-648-4630. Instructor: Abigail Hernandez Foley Cultural Center, 1499 N Camino Alto. \$45 month/R, \$50 month/NR Tue, 4:35-5:05pm Feb 1-22, Mar 8-29, Apr 5-26, May 3-24



INTERMEDIATE/ ADVANCED BALLET FOLKLORICO • AGES 6+

Students will learn Mexican folklore dance techniques while having fun and working as a

team. Dancers will learn to control their movements through rhythm. Multiple classes are available for young dancers of all skill levels. Comfortable clothing required and shoes with a strong heel (dance shoes preferred). Intermediate Level Class with Instructor approval only. Register in person with the instructor. For more information, call 707-648-4630. Instructor: Abigail Hernandez

Foley Cultural Center, 1499 N. Camino Alto

\$50 month/R, \$55 month/NR Intermediate: Mon, 4-4:55pm Advanced 1: Mon, 5-5:55pm Advanced 2: Mon, 6-6:55pm Advanced 3: Wed, 3-3:55pm

Feb 2-28, Mar 7-30, Apr 4-27, May 2-25



BREAK IT DOWN SOUL LINE DANCE BEGINNERS

• AGES 21+

Come one, come all, to a Soul Line dance

class designed especially for beginners...no dance experience needed! Get your body moving in new ways for health and fitness! Learn dance steps, drills, terminology, and rhythmic counting designed for the beginners! Where your instructor Dawnita truly breaks down every move just for you! For more information, call 707-648-4650. North Vallejo Community Center, 1121 Whitney Ave.
\$30 month/R, \$36 month/NR
Seniors 60+ \$20 month/R, \$24 month/NR
Drop-in: \$10/R, \$12/NR, \$5 senior (60+)
Fri, 10-11am
Jan 7-28, Feb 4-25, Mar 4-25, Apr 1-29, May 13-27

BREAK IT DOWN SOUL LINE DANCE• AGES 13+

Join Dawnita Perryman in this fun Soul Line Dance class and get your body moving in new ways for health and fitness. Learn dance steps, drills, terminology and rhythmic counting to enhance your experience. Learn some of the most popular soul line dances being done today! For more information, call 707-648-4650. Instructor: Dawnita Perryman North Vallejo Community Center, 1121 Whitney Ave.
\$30 month/R, \$36 month/NR
Seniors 60+ \$20 month/R, \$24 month/NR
Drop-in: \$10/R, \$12/NR, \$5 senior (60+)
Wed, 6-7:30pm

Jan 5-26, Feb 2-23, Mar 2-30, Apr 6-27, May 11-25

GVRD Recreation Department has a new online registration system!

Create a new account or update your password and you'll be ready to register for classes from your computer, tablet or smartphone!

Once you have your new recreation account, you'll be ready to sign up for afterschool programs, events, classes and more.

www.gvrd.org

BALLROOM, LATIN & SALSA DANCING • AGES 15+

This class will take you from the passionate Tango to the sizzling Salsa and everywhere in between. You'll learn basic moves as well as lead and follow techniques. Each session will feature one Latin, Ballroom, or Salsa dance - no partner required. Beginning class - no experience required. Intermediate class - students must have prior knowledge of basic beginner steps to be eligible. Join our fun and friendly dancing group. For more information, call 707-648-4640. Instructor: Ted Rocha

Vallejo Community Center, 225 Amador St. Beginner: \$32 month/R, \$38 month/NR Intermediate: \$33 month/R, \$40 month/NR Both Levels: \$50 month/R, \$60 month/NR

Drop In: \$10 class/R, \$12 class/NR

Drop In: \$15 class/R, \$18 class/NR (both levels)
Beginner 7:00-7:50pm, Intermediate 8:00-8:50pm
10-minute practice session following each class

Jan 4-25 (Beg: Bachata, Int: Tango) Feb 1-22 (Beg: Bolero, Int: Bachata)

Mar 1-29 (Beg: Night Club 2-Step, Int: Bolero)

Apr 5-19 (Beg: Argentine Tango, Int: Night Club 2-Step)*

May 3-31 (Beg: Hustle, Int: Argentine Tango)

*(includes 4/10 Sunday class)





EARLY RISE & EXERCISE • AGES 50+

Early Rise & Exercise is a non-aerobic stretch and exercise class. Participants should bring a water bottle. Class meets three times a week. Space is limited. For more information, call 707-648-4640. Instructor: Karen Houston

Vallejo Community Center, 225 Amador St. \$25 month/R, \$30 month/NR Drop-in \$3 per class (limited space/day) Mon, Wed, Fri, 8-9am Jan 3-31, Feb 2-28, Mar 2-30, Apr 1-29, May 2-27

ZUMBA FUN • AGES 13+

The Zumba program is a fitness-party with contiguous blend of Latin and World rhythms that provides fun and effective workout to a global community. We take the "work" out of workout by mixing low intensity and high intensity moves for an interval style, calorie burning, and dance fitness party. Once the Latin and World rhythms take over, you'll see why these classes are often disguised workouts. We have taken proper safety measures/protocols according to CDC to keep our students safe (ample room to socially distance). For new students: receive a mini Zumba tote bag with 1st month registration. Register for monthly unlimited classes (3x/wk) and receive a Zumba teeshirt. Free Zumba gear giveaways every quarter! For more information, call 707-648- 4640. Instructor: Lorna Mandap

Vallejo Community Center, 225 Amador Street \$15 month/R, \$18 month/NR (1 x per wk) \$20 month/R, \$24 month/NR (2 x per wk) \$25 month/R, \$30 month/NR (3 x per wk) Drop-in: \$5 per class/R, \$6 per class/NR Mon, Wed, Fri, 10-11am Jan 5-31, Feb 2-28, Mar 2-30, Apr 4-29, May 2-27 No class Jan 3 & 17, Feb 21, Mar 7 & 28

IMPORTANT UPDATE

REACH

Due to COVID-19, our Therapeutic Recreation Programs will not be offered this Spring.

Please continue to check our website www.gvrd.org for updates.

ZUMBA GOLD • AGES 13+

Move to the beat at your own speed with Zumba Gold Classes. These invigorating, community oriented dance fitness classes provide modified, low-impact moves and easy-to-follow pacing for older adults who love a healthy, active lifestyle. It burns calories, easy on joints, improves weight management, heart health, and injury prevention. It also reduces stress- it's a moving meditation, keeps your brain sharp and you'll never stop improving in and out of class. A chance to let go and laugh! You'll dance to the beat of Latin, international, 60s, 70s, 80s, 90s & the current beats while sneaking in both low and high intensity moves. No dance experience needed. For more information, call 707-648-4640. Instructor: Cristina Nicolas

Vallejo Community Center, 225 Amador Street \$15 month/R, \$18 month/NR (1 x per wk) \$20 month/R, \$24 month/NR (2 x per wk) Drop-in: \$10 per class/R, \$12 per class/NR Tues & Thurs, 9-10am Jan 6-27, Feb 1-24, Mar 1-31, Apr 5-28, May 3-31 No class Apr 7 & 12

ZUMBA FITNESS • AGES 13+

Join the Zumba Party! Zumba is a cardio based workout with easy to follow dance steps that turns exercise into a party. You don't need to be a dancer to join; your instructor will lead you through a warm up, routine, and cool down. After an hour class you'll feel energized! The class includes Latin based movements which involves interval training and repetitive moves such as salsa, Merengue, Cumbia, Cha-Cha and some dancehall style. For more information, call 707-648-4640. Instructor: Lyn Luciano

Vallejo Community Center, 225 Amador St. \$15 month/R, \$18 month/NR (1 x per wk) \$25 month/R, \$30 month/NR (2 x per wk) Drop-in: \$8 per class/R, \$10 per class/NR Mon, Wed, 6:30-7:30pm Jan 3-31, Feb 2-28, Mar 2-30, Apr 4-27, May 2-25

No class Apr 11 & 13



PRACTICAL SPANISH FOR BEGINNERS • AGES 18+

How long have you been saying to yourself, "I need to learn Spanish?" Almost 40% of California residents speak Spanish or come from Spanish speaking backgrounds...and that number keeps growing. Spanish is no longer a nice thing to know; it's quickly becoming a necessity. Spanish is spoken in the stores where we shop, on our streets, and at our jobs. It's everywhere. Spanish is the easiest foreign language for English speakers to learn, with a similar alphabet and many words in common. In this class, no previous Spanish knowledge is assumed. Whether you took 2 years of Spanish in high school or don't know one work, you can speak Spanish! You just have to get started. For more information, call 707-648-4640. Instructor: Derrick Leonard is a California credentialed Spanish teacher with over 20 years of experience teaching high school students & adults. He is also a board member of the Foreign Language Association of Northern California.

\$40 month/R, \$48 month/NR
Online via Zoom, Mon, 7-8pm
Jan 3-24, Feb 7-28, Mar 7-28, Apr 4-25, May 2-23
(Class pro-rate for late registrations)

ONLINE DRIVERS ED • AGES 15 +

Attention TEENS who WANT TO DRIVE: DMV allows teens to receive their Learner's Permit at age 15 ½ and a license at

age 16. This class is the FIRST, required step that must be completed. This is an online course with videos, animated driving scenarios and sample test questions. Learn the rules of the road, major causes of traffic collisions, DMV

procedures, etc. A licensed instructor is available to answer any questions. Receive DMV-approved certificate of completion Sign up any time. Registration is ongoing. For more information, call 707-648-4630.

\$39 month/R, \$47 month/NR Jan 1-31, Feb 1-28, Mar 1-31, Apr 1-30, May 1-31 Online 24/7

PIANO BEGINNING/INTERMEDIATE • AGES 16+

This is an introductory class designed for adults who have never played piano or haven't played for many years. Students will learn to read music, develop an understanding of music theory, rhythm, chords, and learn how to play songs, all in a fun group setting. Students must bring their own headphones (1/4-inch plug). Class size is limited. Adult All-In-One Course Level 1 Alfred's Basic Adult Piano Course (w/CD optional but recommended) by Willard A. Palmer, M. Manus & A. Vick Lethco must be purchased in advance of taking this class. Books may be purchased at Consumer Music, 1017 Tennessee St. Vallejo, or online at www.amazon.com. ISBN-10: 0-88284-931-X. Call the center for information (707) 648-4640. Instructor: Steven Logoteta.

Vallejo Community Center, 225 Amador St. \$25 month/R, \$30 month/NR Wed, 3:30-4:30pm Jan 5-26, Feb 2-23, Mar 2-30, Apr 6-27, May 4-25







Children's Wonderland Park Saturday, April 16



TICKETS MUST BE PURCHASED PRIOR TO EVENT AT:

360 Glenn Street GVRD Main Office www.gvrd.org

PRE-REGISTER FOR 1 OF 3 SESSIONS:

<u>Session #1</u>: 9:00am <u>Session #2</u>: 11:30am

Session #3: 2:00pm

Event includes:
Visit from the Thumper
Activities
Concessions available



5

Scan QR Code to register



Questions? Call 707-648-4600



A completed emergency form is required by the first day of camp. Since emergency forms are not transferred from site to site, you must fill out a new emergency form for each site your child attends.

LEGO UNIVERSITY • Grades 1-6

Give your imagination a boost with thousands of LEGOS® pieces! Build engineer-designed projects such as: cities, cars, gadgets, and much more! Design and build as never before and explore your craziest ideas in a supportive setting of trained staff. Campers will also participate in recreation, arts, and craft projects. Please pack a snack, lunch, and water. Please send your camper with a sack lunch and water. For information, contact the Youth Department at 648-4483.

Space limited due to COVID

Vallejo Community Center, 225 Amador St.

\$160 week/R, \$170 week/NR

Week 1: Mar 28-Apr 1 Week 2: Apr 4-Apr 8

7am-6pm

AQUATIC SPRING BREAK CAMP • AGES 5-11

Come to the pool for an exciting spring break! Experience swim lessons and recreation swim every day of camp, in addition to playing group games, sports and more. Our camp leaders are fully certified lifeguards and swim instructors. Campers are asked to bring a lunch, snack, extra drinks, swimsuit, and a change of clothes every day. No swimming experience necessary. Advanced registration is required, so sign up today! For more information, please contact 707-648-4663.

Cunningham Aquatic Complex,

707 Heartwood Ave.

\$160 week/R, \$170 week/NR

Week 1: Mar 28-Apr 1 Week 2: Apr 4-Apr 8

7am-6pm



Due to COVID, not all sites are offering Before and After School Programs. Please contact Youth Department at 707-648-4483 for more information.

PROGRAM FEE SCHEDULE

All registrations and payments can be taken at the GVRD's main office, 395 Amador Street; at the Youth Department, 225 Amador Street, online at www.gvrd.org or at each of the school sites. Please note: school sites only accept payments in the form of checks or money orders. Pay by the due date (the first day of each program) and receive the Early Bird rate! Prices are based on one month sessions. We currently accept Solano Family & Children Services, ask about it.



KID'S CLUB BEFORE & AFTER SCHOOL 5 CLUB PROGRAMS • **GRADES 1-6**

(CAVE LANGUAGE ACADEMY & **VALLEJO CHARTER, GRADES 1-8)**

The GVRD Kid's Club programs are committed to providing quality before and after school programming for youth by building nurturing relationships and offering meaningful learning opportunities that promote lifelong skills. Your child will enjoy a safe and structured environment supervised by trained GVRD staff while participating in many recreational and enrichment activities. For more information regarding the Kid's Club Before or After School Programs, please contact Youth Coordinator at 707-648-4483.



TK-K **BEFORE & AFTER SCHOOL KINDER PROGRAMS**

This program is designed to give a boost to Transitional Kinder and Kindergarten families as they transition from home to school. Our programs are offered at participating school sites each day after school when school is in session. Our trained kinder staff will pick up your Kinder from their classrooms and walk them to our extended learning day Kinder Program. Your child will receive homework help, a snack, supper, and engage in crafts/projects based learning and recreational games. Students will have the opportunity to take a nice nap after a long day, sing songs, read, and learn while having fun!

*Programs will adhere to CDC Guidance & recommendations. Program capacity is limited per classroom. Early registration encouraged.

SESSION	FEES & DEADLINES				
Before School Monthly M-F, 6:30am-8:30am	BEFORE SCHOOL FEE: \$162 (SUBJECT TO CHANGE DUE TO COVID)				
After School Monthly M-F, Dismissal-6:30pm	AFTER SCHOOL FEE: \$230 (SUBJECT TO CHANGE DUE TO COVID)				
Kinder Club Monthly M-F, Dismissal-6:30pm	KINDER CLUB FEE: \$288 (SUBJECT TO CHANGE DUE TO COVID)				
June, August and December are prorated months.	BEFORE SCHOOL FEE: \$81 AFTER SCHOOL FEE: \$115 KINDER CLUB FEE: \$144 (SUBJECT TO CHANGE DUE TO COVID)				
Combination of Programs	BEFORE SCHOOL AND AFTER SCHOOL FEE: \$392 BEFORE SCHOOL AND KINDER CLUB FEE: \$450 (SUBJECT TO CHANGE DUE TO COVID)				
Early Bird registration \$10 off - Pay by					

the due date (the first day of each program)

PARTICIPATING SCHOOLS

Cave Elementary School 770 Tregaskis Ave Room 18, 556-8921 x59239

Glen Cove Elementary 501 Glen Cove Parkwy Room: P-6, 556-8921 x55916

Pennycook Elementary 3620 Fernwood Avenue Room: 36, 556-8921 x59842

Steffan Manor Elementary 815 Cedar Street Room 11, 556-8640 X57145

Wardlaw Elementary 1698 Oakwood Ave Room N-2, 556-8921 x53461 Room N-4, 556-8921 x53463

Vallejo Charter School 2833 Tennessee St. Room 31 556-8921 x 52250

KIDS FIT • AGES 5-7

This kid fit program is taught in a fun-filled way and is geared towards the physical development and attention spans of our youngest students. Classes are designed so that focus, communication skills, and respect for others come from the lesson plans and interactions between the instructor and the students, rather than acting on impulse. And did we mention we laugh, smile, and have lots of fun! Running, jumping, tumbling, and playing games develops balance, coordination, and flexibility, practicing basic judo techniques develops physical conditioning, agility, speed, and body control, and learning how to safely fall, throw and pin each other builds confidence and teamwork. Uniforms must be purchased by the 2nd week of class through the Vallejo Judo Club. For more information contact the Coordinator at 707-648-4620. Instructor: Frankie Valentine-Flores and Acazah Goodman.

Norman C. King South Vallejo Community Center, 545 Magazine St.

\$45 month/R, 2nd family member \$35 month \$54 month/NR, 2nd family member \$44 month Mon & Wed, 5-5:45pm

Jan 3-31, Feb 2-28, Mar 2-30, Apr 4-27, May 2-25 No class Jan 17 & Feb 21

JUDO BEGINNER • AGES 7+

Judo is a sport, a recreational activity, a means of self-defense, and a way of life. Judo training can improve an individual's aerobic capacity, speed, power, strength, agility, and flexibility. This class is taught in a fun filled way and is a blend of beginning to advanced judo, including the fundamental techniques of falling, throwing, grappling, and advanced submission techniques. Belt rank testing is available. Uniforms must be purchased by the 2nd week of class through the Vallejo Judo Club. USJF membership recommended, ask instructor for details. For more information contact the Coordinator at 707-648-4620. Instructor: Frankie Valentine-Flores and Acazah Goodman. Norman C. King South Vallejo Community Center, 545 Magazine St.

\$45 month/R, 2nd family member \$35 month \$54 month/NR, 2nd family member \$44 month Mon, Tue, Wed, 6-6:45pm

Jan 3-31, Feb 1-28, Mar 1-30, Apr 4-27, May 2-31 No class Jan 17 & Feb 21

JUDO EXPERIENCED & COMPETITORS • AGES 7+

Our competitive judo program builds upon our Judo Beginner and Experienced class and is for students who would like to become more serious in their study and practice of judo, compete at tournaments, earn higher belt ranks, and participate in camps or other educational training activities. This class is more intense and comes with higher expectations of attendance, conditioning, focus, energy, and dedication. This class requires that students be enrolled in our Judo Beginner and Experienced class, are competing in tournaments, and registered with USA Judo and USJF/Hokka. For more information contact the Coordinator at 707-648-4620. Instructor: Frankie Valentine-Flores and Acazah Goodman.

Norman C. King South Vallejo Community Center, 545 Magazine St. \$25 month/R, \$30 month/NR Mon, Tue, Wed, 7-8pm Jan 3-31, Feb 1-28, Mar 1-30, Apr 4-27, May 2-31 No class Jan 17 & Feb 21

CLAUDIO'S MARTIAL ARTS NOVICE/BEGINNERS • AGES 7+

The Novice/Beginners class will begin building a foundation for becoming a martial artist. Our instructors will stress proper technique & form through repetition and various drills. Students will also learn the value of respect, loyalty, and discipline. Students will begin their journey into leadership and developing confidence, through communication and encouragement. Each student is evaluated on their individual improvement, attendance, participation, focus, while meeting minimum requirements. All new participants 15 and under will begin in this class, unless evaluated by the instructor. For more information, call 707-648-4630. Head instructor: Sigung Angelito Claudio. Instructor/Administrator: Si-Pau Loana Rapacon-Claudio, Assistant Instructor: Miss Angelica "Geli" Claudio

Foley Cultural Center, 1499 N. Camino Alto \$50 month/R,

additional family member \$40/month \$60 month/NR,

additional family member \$48/month Tue & Thurs, 5:30-6:30pm Feb 1-24, Mar 1-31, Apr 5-28, May 3-31 No class Apr 12 & 14

CLAUDIO'S MARTIAL ARTS BEG & INT JUNIORS/TEENS/ADULTS • AGES 10+

Students in this class have shown focus, discipline and the interest in becoming a martial artist. Students in this class are of various skill levels. ages, & physical abilities, but all understand the focus and effort needed to participate in such a program. This program focuses on self-discipline, intense physical training, effective self-defense techniques, competition sparring and forms. Students will begin to learn a balance between mind, body, and spirit through a solid martial arts foundation. Students will need to meet mental and physical standards for promotion. For more information, call 707-648-4630. Head instructor: Sigung Angelito Claudio. Instructor/Administrator: Si-Pau Loana Rapacon-Claudio, Assistant Instructor: Miss Angelica "Geli" Claudio

Foley Cultural Center, 1499 N. Camino Alto \$50 month/R,

additional family member \$40/month \$60 month/NR,

additional family member \$48/month Tues & Thurs, 6:30-7:35 pm Feb 1-24, Mar 1-31, Apr 5-28, May 3-31 No class Apr 12 & 14





ildren's Wonderlan General questions/information, call the Park: (707) 980-8004 Reservations, call (707) 648-5357 or email amendoza@gvrd.org

Not allowed in Park: animals, smoking, alcohol, glass, music, pinatas, confetti, water balloons, barbeques, concession machines, stakes in grass/mulch areas, recreational items such as jumpers, skateboards, bikes, etc.

CHILDREN'S WONDERLAND PARK HOURS December-February • Saturday and Sunday, 10am-3pm (Park closed Monday-Friday) March-April • Friday-Sunday, 9am-4pm (Park closed Monday-Thursday) May-August • Wednesday-Sunday, 9am-4pm (Park closed on Mondays & Tuesdays)

September-November • Monday-Sunday, 9am-4pm (Park closed on Tuesdays)

Daily operation is contingent on weather.

Park is located at 360 Glenn St., Vallejo No reservations needed to drop-in and play FREE for Vallejo residents and children under 2 **Entrance Fee: \$4/Non-residents**



GROUP & FAMILY RENTALS

Want to book a picnic area to have lunch with a small group of friends and family?! We have you covered!! Something Small (2 tables) -\$35/R, \$45/NR includes entrance for 5 quests Something Big (5 tables) -\$70/R, \$80/NR includes entrance for 10 quests Rent BOTH Something Big & Small -\$90/R, \$105/NR includes entry for 15 guests

Dinoland (3 tables) cannot be reserved and is available on a first come. first serve basis only.

To make a reservation, call (707) 648-5357 or visit our Main Office at 395 Amador Street.



GROUP FIELD TRIPS

Bring your imagination for a wonderful field trip and have a picnic lunch at the park! Groups must be a minimum of 10 children with a ratio of 1 adult per 10 children.

> \$2.00/R, \$3.00/NR Weekdays, 10am-2pm

Pre-register to choose a picnic area by calling (707) 648-5357 or visit our Main Office at 395 Amador St. Payment is due at time of

reservation!



CHILDREN'S WONDERLAND



Come and celebrate your next party at Children's Wonderland Park!

We offer various party packages to fit your needs!

NEW!! Sports Party Package

\$225/R; \$235/NR (2 hour party)
Free entry into the Park for birthday
child and 30 guests, 2 hour rental of
picnic area and entire grass play area, 2
large one topping pizzas, rental of
balls/equipment for sport (soccer, flag
football, kickball, wiffle ball, capture
the flag, or dodgeball) and Birthday
Party Host.







Private Party Package

\$110/R; \$125/NR (2 hour party)
Free entry into the Park for
birthday child and 30 guests, 2
hours rental of picnic area, and 15
ice cream cups.



NEW!! Nerf Party Package

\$225/R; \$235/NR (2 hour party)
Free entry into the Park for birthday
child and 30 guests, 2 hour rental of
picnic area and entire grass play area, 2
large one topping pizzas, rental of 25
NERF launchers, 300 darts, 25 safety
goggles, 6 inflatable walls/barriers and
Birthday Party Host.









Picnic areas available:

Humpty Dumpty's Place, Galaxy Picnic Area, Alice's Enchanted Garden, Train Station Stop

Time Slots available:

11:30am - 1:30pm and/or 2:00pm to 4:00pm



Birthday Parties must be booked at least 7 days in advance

Party Package Add-ons:

Need balloons? We've got you covered! For \$25, you can add some flare to your party with our balloon package!

2 balloon bouquets each containing:

3 latex balloons 1 mylar balloon

1 weight

Basic Rules:

Additional food and drinks allowed but MUST
keep in picnic areas. You must provide your
own necessities such as plates, utensils,
napkins, cups, cake, etc. May bring decorations
but can only hang with painters tape.
Absolutely no beer, alcohol, wine, BBQ's or
propane stoves allowed

There is a \$50 Cleaning Fee charged at time of checkout. If applicable, fee will be returned within 7 business days.

Cancellation Policy:

Cancellation of 5 business days or less Forfeit 50% of total fees

Cancellation of 6 business days or more Full Refund

Refund checks will be mailed back within 7-14 business days

FOR RESERVATIONS/INFORMATION:

GVRD Recreation Coordinator (707) 648 - 5357 or amendoza@gvrd.org



Teacher ★ Kay



TEACHER KAY'S MINI ALPHAPALS® • AGES 2 ½ TO 4

Teacher Kay's Mini Alphapals® class for kid's ages 2 ½ to 4 is a perfect introduction to the Alphapals preschool program. Each

week your child will have fun with the animal and letter of the week, art activities, story time and circle time. This is an excellent way to introduce your child to a positive and nurturing classroom setting and prepare them to transition into Teacher Kay's Preschool program. This is an ongoing class and children may join at any time. For more information, call 707-648-4630.Instructors: Teacher Kay's Alphapals ®Team Foley Cultural Center, 1499 N. Camino Alto 4-week session \$48/R, \$52/NR Wed, 1-2pm Jan 5-26, Feb 2-23, Mar 2-23, Mar 30-Apr 27, May 4-25

No class Apr 6



TEACHER KAY'S ALPHAPALS® PRESCHOOL PROGRAM • AGES 3-5

Teacher Kay's Alphapals® is a fun preschool program that empowers young children to believe and feel good about themselves by nurturing positive thinking through the use of positive affirmations. Children will learn fascinating factual animal stories, sign language, positive affirmations, lots of interactive activities for the letter of the week and outdoor education. It's an effective way for children to learn their alphabet, phonics, expand vocabulary, letter recognition and writing. Plus your child will love all the animals from A to Z and will learn positive "I" messages in the process. For more information, call 707-648-4630. Instructor: Kay Johnson and Alphapals® Team. Preschool program starts in September and is ongoing until the end of May. Children must be potty trained. Teacher Kay was nominated for best Preschool teacher of the year for her contribution in the field of early childhood education by the Habitot Museum in Berkeley and runner up for Best Preschool in Solano County.

Foley Cultural Center, 1499 N. Camino Alto



MORNING PRESCHOOL, 9-11:30am
4-week session, 5 day option
(M-F) \$445/R, \$534/NR
4-week session, 3 day option
(M/W/F) \$275/R, \$330/NR
4-week session, 2 day option
(T/TH) \$185/R, \$225/NR
One-time material fee, \$25 paid to instructor.
Jan 3-28, Jan 31-Feb 25, Feb 28-Mar 25,
Mar 28-Apr 29, May 2-27
No class Jan 17, Feb 21, Apr 4-8

AFTERNOON PRESCHOOL, 12:30-3pm
4-week session, 2 day option
(T/TH) \$185/R, \$225/NR
One-time material fee, \$25 paid to instructor.
Jan 4-27, Feb 1-24, Mar 1-24, Mar 29-Apr 28,
May 3-26
No class Apr 4-8







Join us for one (or both!) of our FREE, fun workshops! Door prizes, water-saving devices, and informational materials included.

DRIP IRRIGATION BASICS



WEDNESDAY, APRIL 13, 2022 6:00 P.M. - 8:00 P.M.

Learn the characteristics of various irrigation systems, review drip irrigation designs, components, and installation, incorporate proven strategies for using water wisely, and have your irrigation questions answered by landscape pros.



WATER-WISE PLANT SELECTION

WEDNESDAY, APRIL 20, 2022 6:00 P.M. TO 8:00 P.M.

See a wide selection of local drought-tolerant plants, learn placement, planting techniques, and maintenance needs, and check out the venues new demonstration landscape.

FOR QUESTIONS, OR TO RESERVE A SEAT, PLEASE CALL:

CITY OF VALLEJO WATER DEPARTMENT

(707) 648-5299 vallejowater.org facebook.com/vallejowater





GREATER VALLEJO PARK, RECREATION & OPEN SPACE FOUNDATION

Thanks to donations to the foundation, GVRD has been able to fund free community events such as Thumper's Drive-Thru Eggs-perience, Parks N' Rex Day, Movie Nights, Turkey Kit Drive-N-Go, and more! You can also support our scholarships for future athletes in our GVRD Sports Hall of Fame fundraiser.

We are counting on your support!

Visit www.gvrd.org/greater-vallejo-park-recreation-open-space-foundation to donate by PayPal, or mail a check to GVRD, 395 Amador Street, Vallejo CA 94590 (Make check payable to the foundation & indicate the program you would like to fund.)





We are recognized as a 501(c)(3).

Donations made to a 501(c)(3) charity may be tax deductible, please seek advice from your tax professional.

Discover adventure close to home.



Jump start your new year!

Xplore Solano is adventure at your fingertips with an app filled with local events, activities, trails, parks and open space destinations.

One App for Everything

Xciting events, activities, trails, parks and destinations in one convenient place.

Download the app today and start your adventure!





Xplore Solano content is published by City of Fairfield, the Greater Vallejo Recreation District (GVRD), Solano County Office of Education, Solano County Parks, Solano Land Trust, Solano Transportation Authority and City of Vacaville.



NOTICE



Playgrounds are OPEN

To the extent we safely can, we are pleased to keep this amenity open as a place for outdoor recreation for our local residents during these challenging times subject to the following:

Plan Ahead:

- Face masks over the mouth and nose are required for everyone 2 years of age or older with caregiver supervision at all times to ensure face mask use.
- Do not use the playground when different households are unable to maintain a physical distance of 6 feet or when the capacity limit has been reached.
- Caregivers must monitor to keep adults and children from different households at least 6 feet apart.
- Consider coming on different times or days to avoid wait times and potential crowded times
- · No eating or drinking in the playground, to ensure face masks are worn at all times.
- Wash or sanitize hands before and after using the playground. Please bring hand sanitizer with you.
- Elderly and persons with underlying medical conditions should avoid playground when others are present.
- Limit visit to 30 min per day when others are present.
- · A maximum of six (6) participants are allowed at any one time.
- · Upon returning home, wash your hands thoroughly.

Please adhere to Social Distancing Measures:

- · Maintain a minimum of six feet of physical distancing with people not in your household.
- Activities that involve the use of shared equipment, such as balls for retrieval, may only be engaged in by members of the same household.

THE GREATER VALLEJO DISTRICT CLEANS PARK AMENITIES AS FREQUENTLY AS POSSIBLE. THE PARK DEPARTMENT <u>DOES NOT</u> SANITIZE PARK AMENTIIES ON A DAILY BASIS. PLAYGROUND USERS ARE ENCOURAGED TO BRING THEIR OWN HAND SANITIZER AND WASH THEIR HANDS BEFORE ARRIVING AND UPON RETURNING TO THEIR HOMES.



NOTICE



Restrooms are OPEN

To the extent we safely can, we are pleased to keep the restrooms open as a place for our local residents during these challenging times subject to the following:

Plan Ahead and adhere to Social Distancing Measures:

- Face masks over the mouth and nose are required for everyone 2 years of age or older with caregiver supervision at all times to ensure face mask use.
- Do not use the restrooms when different households are using the restrooms.
- Only one household at a time.
- Ensure face masks are worn at all times.
- Wash or sanitize hands after using the restroom.
- Elderly or persons with underlying medical conditions should avoid restrooms when others are present.

THE GREATER VALLEJO DISTRICT CLEANS PARK RESTROOMS AS FREQUENTLY AS POSSIBLE. PLEASE ADHERE TO THE ABOVE PROTOCOLS TO ENSURE SAFETY FOR ALL PARK USERS.

- We will continue receiving picnic reservations on the weekends only for Highlands, BRS, and Dan Foley Park.
- We will continue to charge parking fees on the weekends at BRS and Dan Foley.
- Our restrooms and playgrounds are open with social distancing protocols.



Greater Vallejo Recreation District Registration Form

Registration will not be processed without all information provided.

Adult or Parent/Guardian Name		Home Phone					
Address	City	City					
E-Mail	Work Phone	Cell Phone					
	and the same and t	Phone					
 Please check if you have changed your ad To assure our programs benefit all who a 		disabilities requi	ring special acco	ommodation	S-		
Participant Name	Name of Class/Activity Month and Time	Birth date Under 18	Male/Female	Shirt Size	Fee		
GVRD 395 Amador St. Vallejo, CA 94590 Mail registration form and attach payment. Please make checks payable to GVRD. To pay by Visa or Master Card, please pre-register during office hours. Check # Cash Office use only	5 or less working days prior to the start of the program Administrative Fee After the start of the program Pro-rated up to a maximum of 5000 cm the start of the program				imum		

AGREEMENT, WAIVER, AND RELEASE - This must be signed before beginning any activity.

In consideration for being permitted by the District to participate in the above-referenced activity, or if signing on behalf of my minor child/children, in consideration for permitting my child to participate, I hereby waive, release, and discharge any and all claims for damages for personal injury, death, or property damage which I or my child(ren) may have, or which may hereafter accrue to me or my child(ren), as a result of participation in said activity. I am aware that serious accidents and injuries occasionally occur during recreational pursuits such as the activity. This release is intended to discharge in advance the District and the City of Vallejo (including their officers, elected officials, employees, volunteers, and agents) from any and all liability arising out of or connected in any way with me or my child(ren)'s participation in said activity, even though that liability may arise out of active or passive negligence or carelessness on the part of the persons or entities mentioned above.

I am aware of the risk the novel coronavirus, COVID-19, presents. COVID-19 is extremely contagious and is believed to spread mainly from person-to-person contact. As a result, federal, state, and local governments and federal and state health agencies recommend social distancing and have, in many locations, prohibited the congregation of groups of people. While COVID-19 can cause mild symptoms in some individuals, it can lead to severe illness and even death in others.

The District has put in place preventative measures to reduce the spread of COVID-19; however, the District cannot guarantee that I or my child(ren) will not become infected with COVID-19. Further, participation in the activity could increase my risk and my child(ren)'s risk of contracting COVID-19. I understand these risks. Additionally, I fully understand that my participation in the above-referenced activity exposes me to the risk of personal injury, death, and/or property damage.

In consideration of participation in the activity, I knowingly and voluntarily assume all risks arising therefrom, including the risk of COVID-19 contraction, death, personal injury, or property damage and on behalf of myself, my heirs and assignees, release the District and the City of Vallejo, and their officers, elected officials, agents, employees and volunteers from any and all claims, liens, damages, lawsuits, or liability for property damage, injury or death, resulting from, and arising out of, or in any way connected with me or my minor child(ren)'s participation in the Activity. In the event that the individual

Continued on next page

I further agree that this waiver, release and assumption of risk is to be binding on my heirs, administrators, executors, and assigns and that I shall indemnify and hold the District and the City of Vallejo (including their officers, elected officials, employees, volunteers, and agents) free and harmless from any loss, liability, damage, cost, or expense which may arise out of or connected in any way with my participation in said activity.

I hereby acknowledge that I am voluntarily participating in this activity and agree to assume any such risks.

MEDICAL TREATMENT CONSENT: In the event I or said minor requires medical treatment while under the supervision of District staff or agents, I authorize the District or its authorized representatives to provide and/or authorize medical treatment. I expect District staff to contact me immediately in the event of emergency medical treatment for said minor, but this contact is not necessary to administer emergency aid. I will pay for all medical treatment which I or said minor may require.

VIRTUAL CLASS RELEASE: I hereby warrant and agree, that the conditions of my environment are safe, free from obstructions, and are suitable for participation in the above-referenced activity. I further understand and agree that any material downloaded, viewed or otherwise obtained through my participation in said activity is done at my own risk and the District is not responsible for any loss, alteration, corruption or other damage to my personal property, including computers, networks and other property used as part of my participation.

PHOTOGRAPHIC RELEASE: I understand that photographs or video may be taken during this activity and hereby grant the District permission to use any such photo(s) and video(s) of myself or the minor(s) on whose behalf I am

signing this waiver for advertising or in promotional materials. Signature Name (Printed) Date PARENTAL/GUARDIAN CONSENT: (to be completed and signed by parent/guardian if participant is under 18 years of age.) I hereby consent that my son/daughter, participate in the above-referenced activity, and I hereby execute the above Agreement, Waiver, and Release on his/her behalf. I state that said minor is physically able to participate in said activity. I hereby agree to indemnify and hold the District and the City of Vallejo (including their officers, elected officials, employees, volunteers, and agents) free and harmless from any loss, liability, damage, cost, or expense which may arise out of or connected in any way with said minor's participation in said activity. I HAVE CAREFULLY READ THIS AGREEMENT, WAIVER, AND RELEASE, MEDICAL TREATMENT CONSENT AND PHOTOGRAPHIC RELEASE AND FULLY UNDERSTAND ITS CONTENTS. I AM AWARE THAT THIS IS A RELEASE OF LIABILITY AND A CONTRACT BETWEEN MYSELF AND THE GREATER VALLEJO RECREATION DISTRICT AND I SIGN IT OF MY FREE WILL. Signature Name (Printed) Date

participating in the activity is a minor, I certify that I am his/her parent or legal guardian, and I give my permission for

him/her to participate in the activity.

LOOKING TO BOOK A SPORTS FIELD OR COURT?

FOLLOW THE STEPS BELOW

STEP 1: CONTACT RECREATION COORDINATOR, MICHAEL MANALASTAS TO CHECK AVAILABILITY OF SPORTS FIELD/COURT.

STEP 2: COMPLETE SPORTS FIELD/COURT RENTAL APPLICATION.

APPLICATION CAN BE FOUND AT WWW.GVRD.ORG OR

AT 395 AMADOR STREET, VALLEJO.

STEP 3: SUBMIT SPORTS FIELD/COURT APPLICATION
TO GVRD SPORTS DEPARTMENT LOCATED AT 225 AMADOR ST.,
OR BY EMAIL TO MMANALASTAS@GVRD.ORG















SPORTS RECREATION COORDINATOR
707-648-4609 OR MMANALASTAS@GVRD.ORG
WWW.GVRD.ORG

PRE-SORTED STANDARD
ECRWSS
US POSTAGE
PAID
VALLEJO, CA
PERMIT #123

ECRWSS RESIDENTIAL CUSTOMER

Solano Reads is a year-round, all-ages, community wide celebration of all kinds of reading.

Reading just twenty minutes per day:

- builds empathy for others
- creates a strong vocabulary
- positively affects and boosts your mental and physical health.



JAN 3 TO DEC 31 2022





Reading can be a part of anyone's routine whether it's 20 minutes a day, every other day, or once a week.

Set a goal to regularly read in 2022. Beginning January 3, 2022, sign up at any Solano County Library branch. You will receive a card where you can track your reading progress. Prefer to log your progress online? You can do so with our reading app, Beanstack (solanolibrary.beanstack.org). However, using the app is not a requirement.

Commemorative pins will be available each time you reach a reading milestone. All registrants will be eligible for quarterly prizes which will include gift cards and ferry passes.

EXAMPLE GOALS:

20 MINUTES/DAY: 7300 MINUTES OR MORE 20 MINUTES/THRICE WEEK: 3120 MINUTES

20 MINUTES/TWICE A WEEK: 2080 MINUTES

20 MINUTES/WEEK: 1040 MINUTES

COMMEMORATIVE MILESTONE PINS:

LEVEL 1: 7000+ MINUTES

LEVEL 2: 5000+ MINUTES

LEVEL 3: 3000+ MINUTES

LEVEL 4: 1000+ MINUTES