

Parks & Recreation
DEPARTMENT



**Parks
Make
Life
Better!**

liveandplayvisalia.com

Newsletter

- [Home](#)
- [About the Department](#)
- [Celebrating Our Heritage](#)
- [Contact Information](#)
- [Facilities](#)
- [Golf Course](#)
- [Parks](#)
- [P & R Commission](#)
- [Photo Gallery](#)
- [Affiliated Programs](#)
- [Special Event Application](#)
- [Schedule & Standings](#)
- [Urban Forestry](#)

LIVE AND PLAY WITH US!

Newsletter: February 2012

Each month the Visalia Parks & Recreation Department Newsletter shares details about great leisure and lifestyle classes, activities and events offered at City parks and facilities. Please pass this e-newsletter along to your friends and family and encourage them to join the fun!

In this issue:

- Announcements
- Special Events
- Fitness
- Youth & Teens
- Sports
- Adult & Seniors



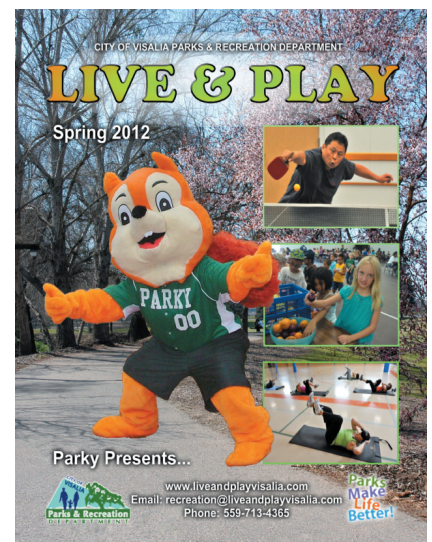
ANNOUNCEMENTS

Spring Registration

The spring recreation program guide will arrive the first week of February! If you did not receive your copy in the mail, please stop by and pick one up at the Anthony Community Center or visit us online at www.liveandplayvisalia.com. We are currently accepting registration for spring programs. For more information call 559-713-4365 or email recreation@ci.visalia.ca.us. Spring registration begins February 1st for most programs!

Spread the Word!

Help us spread the word. Send this newsletter to your friends, family and neighbors so they can stay up to date on the latest news and events from the City of Visalia Parks & Recreation Department. Encourage them to sign up at www.liveandplayvisalia.com. Scan the codes on the following page with your smart phone to access our website and Facebook accounts. Follow us on Twitter and check out our videos on You Tube.



SPECIAL EVENTS

7th Annual Father Daughter Dance "Night at the Oscars"

Get your tickets early for this wonderful night of music, dancing and refreshments. Each couple will receive a complimentary photograph. Tickets on sale now! Photo booth will open at 5pm.

Location: Visalia Convention Center

F 2/24/12 6 – 9pm Ages 4 – 16 \$45 per couple \$20 per additional daughter
Escorted by Dad

Valentine's Day Senior Dance

Join us for a Valentine's Day Dance this year. Music will be provided by Tradewinds Swing Band. There will also be refreshments and fabulous Valentine's Day raffle items. Proceeds benefit the Visalia Senior Center. To place an order for your tickets please call Helen Hurley at 735-0828.

Location: Prestige Senior Living (3120 W. Caldwell)

F 2/14/12 2 – 4pm Tickets are \$15 in advance / \$20 at the door

4th Annual Vi-Tri

The City of Visalia proudly offers its 4th Annual Triathlon. The swim will take place at El Diamante pool, followed by a bike ride to Plaza Park and back and a run around El Diamante high School. After the Triathlon refreshments will be served and awards will be given after the race. To register online visit: www.onyourmarkevents.com. For more information call 713-4365.

Location: El Diamante High School

Half Course: ¼ mile swim (400 yards), 9 mile bike ride and 2 mile run

Sa 3/31 7:30am 14 & over \$65 advance, \$75 after 3/29

Full Course: ½ mile swim (800 yards), 18 mile bike ride and 4 mile run

Sa 3/31 8am 14 & over \$75 advance, \$85 after 3/29

Spring Hitters Ping Pong Tournament

Join us for a fun and competitive singles ping pong tournament. Top 4 finishers in each division will win prizes.

Location: Visalia Senior Center Main Room

| | | | | | | |
|-------|---------------|---|-----|-----|-----------|------|
| #6464 | Male Beginner | F | 3/9 | 6pm | 16 & over | \$10 |
| #6465 | Male Advanced | F | 3/9 | 6pm | 16 & over | \$10 |
| #6466 | Female | F | 3/9 | 6pm | 16 & over | \$10 |

FITNESS

NEW! Pilates Lunchtime Fitness Class

Pilates will improve mental and physical well-being, increase flexibility and strengthen muscles through controlled movements done as mat exercises.

Location: Rawhide Room

#6670 M & W 3/5 – 3/28 12:15 – 12:45pm 16 & over \$20

NEW! Straight up Strength Lunchtime Fitness Class

This program is a great free weight workout that builds muscle while losing weight.

Location: Anthony Community Center Gym

#6448 T & Th 3/6 – 3/29 12:15 – 12:45pm 16 & over \$20

Noon Yoga for Weight Loss

This yoga class will make you feel better about your body as you become stronger and more flexible, toning your muscles, and improving your mental and physical well-being.

Location: Whitendale Community Center

#6462 M & W 3/5 – 3/28 12 – 1pm 16 & over \$40

NEW! Kick Boxing

These high-intensity classes are a great full body workout, incorporating a broad range of punches and athletic drills.

Location: Whitendale Community Center

#6443 W 3/7 – 4/11 7 – 8pm 16 & over \$30

RIPPED / Fit Boot Camp

RIPPED is a high energy workout that masterfully combines an easy, yet effective, cardiovascular routine interlaced with weights and resistance. Boot camp is a circuit workout, going from station to station, working all muscle groups.

Location: Anthony Community Center Gym

#6437 M, W & F 3/5 – 3/30 5 – 6am 16 & over \$65

NEW! Belly Dance for Fitness

Participants will learn to move their bodies rhythmically, strengthen their core increasing cardiovascular endurance and overall toning.

Location: Visalia Senior Center

#6530 M 3/19 – 4/16 6 – 7pm 18 & over \$40

Tai Chi

This class will focus on posture, relaxed deep breathing, flowing movement and a basic understanding of mind-body connection.

Location: Whitendale Community Center

#6460 M & W 3/5 – 3/28 1:15 – 2:15pm 16 & over \$40

Zumba

Zumba is a Latin based dancing class with interval and resistance training for a full-body rhythmic workout. Bring your own towel and water bottle.

Morning Class Location: Rawhide Room

#6452 M & W 3/5 – 3/28 9 – 10am 16 & over \$40

Afternoon Class Location: Whitendale Community Center

#6458 W 3/7 – 4/11 6 – 6:45pm 16 & over \$30

YOUTH & TEENS

| | | | | | |
|---|------------|-------------|--------------|------------|------|
| Tiny Tot Read with Me – Location: Whitendale Community Center | | | | | |
| #6546 | Tuesdays | 2/28 – 3/27 | 11 – 11:45am | Ages 1 – 4 | \$25 |
| Tiny Tot My Five Senses – Location: Whitendale Community Center | | | | | |
| #6545 | Wednesdays | 2/29 – 3/28 | 11 – 11:45am | Ages 3 – 5 | \$25 |
| Tiny Tot Adventures with Dr. Seuss – Location: Whitendale Community Center | | | | | |
| #6544 | Thursdays | 3/1 – 3/29 | 11 – 11:45am | Ages 3 – 5 | \$25 |

SPORTS

SWIM TEAMS: Swimmers who are returning from the 2011 summer season can register beginning Monday, March 5, 2012 at the Anthony Community Center. New swimmers interested in participating in the 2012 season must attend a skills test and pass before registering. Skills tests will be offered April 14th & 21st from 9 – 11am at the Redwood Pool. Call 713-4365 for more swim team information.

Youth Volleyball League

Serve, Set, Smash! Our Spring Youth Volleyball League is offered for boys and girls grades 3rd through 8th. Basic fundamentals, positive peer interaction and good sportsmanship are the foundation for this league. Practice times are arranged by coach. Team requests will not be accepted. No games on 4/7.

Location: Anthony Community Center & Manuel F. Hernandez Community Center Gyms
Deadline: February 24, 2012

| | | | | | |
|-------|----------|-------------|---|---------|------|
| #6582 | Saturday | 3/17 – 5/12 | 3 rd – 4 th Grade | Bumpers | \$65 |
| #6583 | Saturday | 3/17 – 5/12 | 5 th – 6 th Grade | Diggers | \$65 |
| #6584 | Saturday | 3/17 – 5/12 | 7 th – 8 th Grade | Setters | \$65 |

Youth Baseball League

Introduce your child to baseball in a fun and exciting way. Teamwork, physical fitness, social interaction and positive self-esteem are emphasized along with developing baseball skills. Practice times are arranged by coach. Team requests will not be accepted. No games on 4/7.

Location: Riverway Sports Park
Deadline: March 2, 2012

| | | | | | |
|-------|-----------|------------|------------|------|-------------|
| #6588 | Saturdays | 3/31 – 6/2 | Ages 3 – 4 | \$65 | Tball |
| #6589 | Saturdays | 3/31 – 6/2 | Ages 5 – 6 | \$65 | Coach Pitch |
| #6590 | Saturdays | 3/31 – 6/2 | Ages 7 – 9 | \$65 | Coach Pitch |

Discount Registration Date: (Team fees are reduced by \$10)

Receive a \$10 discount when you register for Youth Volleyball and Baseball on February 18th at the Anthony Community Center from 10am – 12pm. Online registration is not applicable.

Volunteer Coaches Needed!

Call 713-4277 for more information on becoming a volunteer coach

Tennis Lessons:

Visit us online for complete class descriptions at www.liveandplayvisalia/tennis. No classes 4/2 – 4/7.

Location: Plaza Park Tennis Courts

| <u>Course #</u> | <u>Class</u> | <u>Age</u> | <u>Time</u> | <u>Day</u> | <u>Start Date</u> | <u>Cost</u> |
|------------------------|---------------------|-------------------|--------------------|-------------------|--------------------------|--------------------|
| 6605 | Pee Wee | 5 – 7 | 12 – 1pm | Saturdays | 3/10 – 4/21 | \$35 |
| 6606 | Pee Wee | 5 – 7 | 1 – 2pm | Saturdays | 3/10 – 4/21 | \$35 |
| 6599 | Starter | 8 – 10 | 6 – 8pm | Mondays | 3/12 – 4/23 | \$47 |
| 6600 | Starter | 8 – 10 | 6 – 8pm | Tuesdays | 3/13 – 4/24 | \$47 |
| 6601 | Starter | 11 – 17 | 6 – 8pm | Wednesdays | 3/14 – 4/25 | \$47 |
| 6603 | Starter | 11 – 17 | 2:30 – 4:30pm | Saturdays | 3/10 – 4/21 | \$47 |
| 6602 | Starter | 18 & over | 6 – 8pm | Thursdays | 3/15 – 4/26 | \$47 |
| 6604 | Starter | 18 & over | 4:30 – 6:30pm | Saturdays | 3/10 – 4/21 | \$47 |

Adult Spring Sports:

| <u>Sports League</u> | <u>Night(s)</u> | <u>Fee</u> | <u>Manager Mtg</u> | <u>League Start</u> | <u>Reg. Deadline</u> |
|-----------------------------|------------------------|-------------------|---------------------------|----------------------------|-----------------------------|
| Co-Ed Volleyball | Mondays | \$225 | March 7 | March 12 | <u>March 2</u> |
| Men's Basketball | Thursdays | \$225 | March 7 | March 15 | <u>March 2</u> |
| Men's Softball | Tue – Fri | \$410 | March 13 | March 20 | <u>March 2</u> |
| Women's Softball | Tue – Fri | \$410 | March 13 | March 20 | <u>March 2</u> |
| Co-Ed Softball | Tue – Fri | \$410 | March 13 | March 20 | <u>March 2</u> |
| Church Softball | Thur | \$410 | March 13 | March 20 | <u>March 2</u> |

For more information call 713-4528 or email jglick@ci.visalia.ca.us.

Ping Pong Ladder League

Join us for 6 weeks of ping pong fun. This ladder league provides participants with weekly competition and challenges to move up the ladder.

Location: Visalia Senior Center Main Room

#6532 W 3/14 – 5/2 7:15 – 8:45pm 16 & over \$20

ADULTS & SENIORS

A variety of adult and senior classes will be offered in early March. For class descriptions and to register online visit us at: www.liveandplayvisalia.com.

NEW! 50+ Rocks "Nature Trekkers"

#6469 3/17 Meet at Kaweah Oaks Preserve 8am \$5

Bocce Ball – Sons of Italy Lodge

#6506 Tu 3/6 – 3/27 6 – 7pm 18 & over \$10

Evening Yoga – Whitendale Community Center

#6534 T 2/27 – 4/17 7 – 8pm 16 & over \$25

Morning Yoga – Whitendale Community Center

#6593 T & Th 3/20 – 5/24 7 – 8am 16 & over \$50

| | | | | | | |
|---|----|-------------|---------------|-----------|------|--|
| The Art of Photography – Visalia Senior Center | | | | | | |
| #6522 | Sa | 3/10 – 4/14 | 9 – 11am | 18 & over | \$40 | |
| Troubleshooting Your Computer – Visalia Senior Center | | | | | | |
| #6526 | Th | 3/8 – 3/29 | 7:15 – 8:15pm | 18 & over | \$20 | |
| Facebook Class – Visalia Senior Center | | | | | | |
| #6517 | T | 3/6 | 6 – 7pm | 18 & over | \$10 | |
| NEW! Microsoft Office Power Point – Visalia Senior Center | | | | | | |
| #6504 | T | 3/6 – 4/10 | 6 – 9pm | 18 & over | \$25 | |
| How to Sell on eBay – Visalia Senior Center | | | | | | |
| #6514 | M | 3/5 | 6 – 9pm | 18 & over | \$20 | |
| Learn to Crochet – Visalia Senior Center | | | | | | |
| #6501 | Th | 3/7 – 4/4 | 10am – 12pm | 18 & over | \$30 | |
| NEW! Basic Drawing Class – Rawhide Room | | | | | | |
| #6512 | Th | 3/8 – 4/12 | 6:30 – 8:30pm | 18 & over | \$30 | |
| Photo Editing – Visalia Senior Center | | | | | | |
| #6520 | F | 3/9 – 4/13 | 7:15 – 8:45pm | 18 & over | \$20 | |
| NEW! Acrylic Painting – Visalia Senior Center | | | | | | |
| #6510 | T | 3/6 – 4/10 | 5 – 7pm | 18 & over | \$30 | |
| Conversational Spanish – Visalia Senior Center | | | | | | |
| #6524 | Th | 3/8 – 4/12 | 6 – 7pm | 18 & over | \$30 | |
| Basic Computer – Visalia Senior Center | | | | | | |
| #6487 | W | 3/7 – 4/18 | 3 – 4pm | 55 & over | \$20 | |
| #6488 | W | 3/7 – 4/18 | 4:15 – 5:15pm | 55 & over | \$20 | |
| Watercolor – Visalia Senior Center | | | | | | |
| #6485 | W | 3/7 – 5/2 | 1 – 4pm | 55 & over | \$35 | |
| Ceramics – Visalia Senior Center | | | | | | |
| #6491 | T | 3/6 – 3/27 | 10am – 1pm | 55 & over | \$20 | |
| Tole Painting – Visalia Senior Center | | | | | | |
| #6494 | Th | 3/8 – 3/29 | 10am – 1pm | 55 & over | \$20 | |
| Oil Painting – Visalia Senior Center | | | | | | |
| #6483 | W | 3/7 – 5/2 | 10am – 1pm | 55 & over | \$35 | |

Senior Nutrition Program

The City of Visalia invites all members of the community ages 55 & over, along with their spouse, caregiver or guest to join us for lunch. Socialize with other while enjoying a nutritional mid-day meal. Please call 713-4481 for reservations 24 hours in advance.

Location: Visalia Senior Center

M – F 12 – 1pm

55 & over, \$3.50 per meal

Guests under 55, \$4.50 per meal