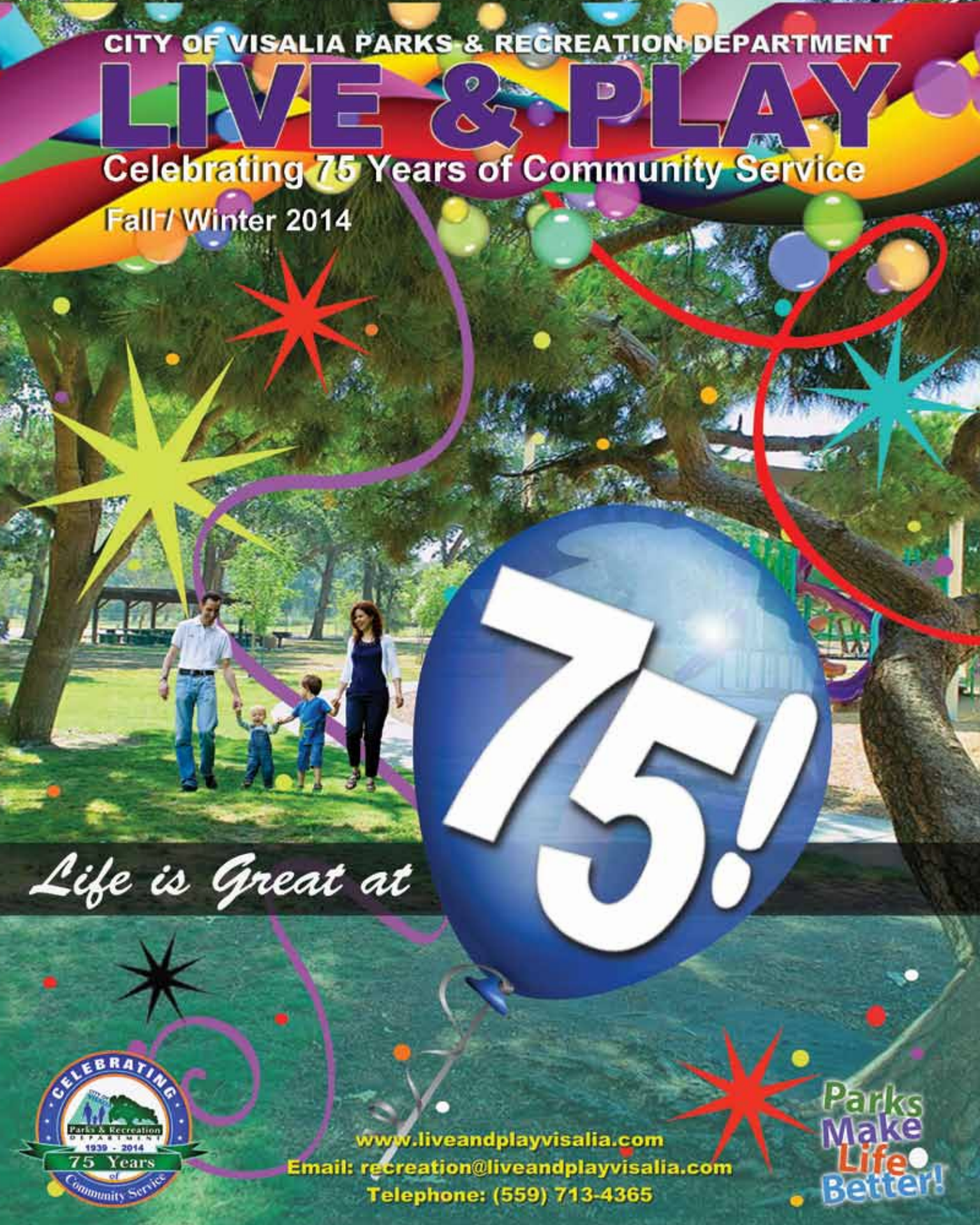


CITY OF VISALIA PARKS & RECREATION DEPARTMENT

LIVE & PLAY

Celebrating 75 Years of Community Service

Fall/ Winter 2014



Life is Great at

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www.liveandplayvisalia.com

Email: recreation@liveandplayvisalia.com

Telephone: (559) 713-4365

**Parks
Make
Life
Better!**

Visalia Teen Idol



Visalia's top teen talent has been through a rigorous audition process and the top 8 contestants have been chosen.

Feel the thrill in the air as they take the stage for the 12 Annual Visalia Teen Idol competition held at the LJ Williams Theatre. Hosted by Council member Amy Shuklian, contestants perform live for a panel of local celebrity judges. Only one winner will be crowned the 2014 Visalia Teen Idol!

Saturday, September 13th at 6 p.m.

Ages: All Ages Welcome!
Location: LJ Williams Theatre, 1001 W. Main St.
Cost: \$7 advance, \$10 at the door

For more information, call (559) 713-IDOL

50+ Rocks! Senior Center fall **open**house



A fun and delightful evening at the Visalia Senior Center! Come learn about exciting new programs, activities and fun available for active adults ages 55 and better! Join us for hors d'oeuvres, entertainment, class exhibitions, door prizes and information booths with programs and services for our older adult population.

Wednesday, September 10th from 4 - 7 p.m.

Ages: All Ages Welcome!
Location: Visalia Senior Center
Cost: Open House is FREE!

Vendor booth space is still available, call the Visalia Senior Center at (559) 713-4381 to reserve your spot!



4th Annual Derrick Shaw Memorial Skate Competition

Come out and join us for the 4th Annual Derrick Shaw Memorial Skate Competition. Safety gear will be required during competition. All ages are welcome to come out and watch this fun and exciting event, there is no fee for spectators.

Saturday, 10/18 from 10 a.m. - 2 p.m.

#9799 12 yrs & under
#9800 13 - 17 yrs
#9801 18 & over
Location: Provident Skate Park
Cost: \$5 if registered by 10/16, \$10 after



6th Annual 5K Run/Walk & Kids Fun Run

Offering fun and excitement, the Spooky Sprint lets participants show their Halloween spirit with a costume contest, refreshments and awards. Participants that sign up by October 15th will receive a dri-fit race shirt. 5K Run/Walk divisions are divided between male and female. Kids Fun Run open to those under age 12.

**Saturday, 10/25
Fun Run at 7:45 a.m.**

**Sign-in at 7 a.m.
Race at 8 a.m.**

Divisions: 12 and under to 70 and better
Location: Cutler Park, along St. John's Trail
Cost: 5K Run \$25/\$35 after 10/15
5K Walk \$20/\$30 after 10/15
Fun Run \$15/\$25 after 10/15



Soccer Saturday Night

Hot off of the World Cup, the soccer action continues at Valley Oaks Golf Course in Visalia! Come out for a round of the newest hit sport, FootGolf, and stay for the viewing party as we screen the Liga MX - Queretaro versus Club America live soccer match on our giant, inflatable screen. You don't want to miss this FREE outdoor viewing event! Enjoy cold drinks and food specials from the Clubhouse, as you settle into your lawn chair or blanket and root on your team.

Saturday, October 25th
FootGolf Open at 10 a.m. Game at 6:30 p.m.



vs.



Location: Valley Oaks Golf Course
 Cost: FootGolf fees vary, viewing is FREE

Winter Trout Derby



The fish are jumping and ready for our 2nd Annual Winter Trout Derby! Youth are invited to Plaza Pond to compete for a catch of their own. Reel 'em in as prizes go to the top three total stringer weights in each category. Participants must bring their own fishing poles, bait and tackle. Let's catch them hook, line and sinker!

Saturday, 1/10 from 8 - 10 a.m.

#9940 7 yrs & under
 #9941 8 - 15 yrs
 Location: Plaza Park Pond
 Cost: \$5 advance
 \$7 day of event, as space allows



5th Annual Tule Fog 5K/10K Run

Join us in the famous Tule fog as we run the St. John's River and kick off your New Year the right way. With over 500 runners each year and growing, this event provides a great race, chip timing and healthy snacks. Divisions are divided between male and female, participants that sign up by January 14, 2015 are guaranteed a dri-fit, long sleeved race shirt.

Saturday, 1/24 Sign-in at 7 a.m.
Race at 8 a.m.

Divisions: 12 and under to 70 and better
 Location: Cutler Park along St. John's Trail
 Cost: 5K Run \$25/\$35 after 1/14
 10K Run \$25/\$35 after 1/14

10th Annual Father Daughter Dance



Dads are invited to escort the young ladies in their life to a night they'll never forget. This year's theme is "The Rockin' 50s" and it's a Sock Hop! Live music, finger foods and a complimentary photograph will make this a night to remember. Price includes one picture per family; additional photos available for purchase.

Friday, March 6th or Saturday, March 7th

Ages: Young ladies ages 4 - 16, escorted by dad
 Location: Visalia Convention Center - Exhibit Hall
 Cost: \$50 per couple, \$25 per additional guest
 Time: 6 - 9 p.m. (Photo booth opens at 5 p.m.)

Tickets go on sale December 1st!

75 years

Business Office
345 N. Jacob St., Visalia, CA 93291
Business Hours: 8 a.m. - 5 p.m. Monday - Friday
Phone: (559) 713-4365 Fax: (559) 713-4819
Email: recreation@liveandplayvisalia.com

Parks & Recreation Facilities:

Anthony Community Center & Gym
345 N. Jacob St., Visalia, CA 93291

Manuel F. Hernandez Community Center & Gym
247 W. Ferguson Ave., Visalia, CA 93291

Whitendale Community Center
630 W. Beech, Visalia, CA 93292

Visalia Senior Center
310 N. Locust, Visalia CA 93291
(559) 713-4381

City Manager

Michael Olmos

City Council

Steven Nelsen, Mayor
E. Warren Gubler, Vice-Mayor
Greg Collins, Council Member
Bob Link, Council Member
Amy Shuklian, Council Member



Parks & Recreation Commission

Carla Calhoun, Chairperson
Ben Filiponi, Vice-Chair
Lesa Mann, Commissioner
Shann Blue, Commissioner
Jason Kent, Commissioner
Peter Thomas, Alternate Commissioner

Parks & Recreation Department

Vince Elizondo, Director
(559) 713-4365
Recreation@liveandplayvisalia.com
www.liveandplayvisalia.com

Connect With Us!



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75 years

Family Programs

Family FOOTGOLF Fridays

Spend a fun filled Friday evening at the Valley Oaks Golf Course playing a round on the brand new 18 hole FootGolf course. Pick up the kids and drive right down to the course to enjoy the hors d'oeuvres before hitting, or should we say kicking, the course. Each family member will need a size five soccer ball to play. Experience the exciting game of Foot-Golf as you drive, putt and sink the ball!

Ages: All Ages, Children must be accompanied by an Adult
Day: Friday
Dates: September 5, 12, 19, 26 **Time:** 5 - 7 p.m.
Location: Valley Oaks Golf Course
Cost: \$40 per night for a family of four (additional member \$5) or \$140 for all four nights. Must register in advanced.

Kindermusik Family Time

Get ready to move and groove to the music at this fun filled class for everyone in your family. Families will laugh together and share and take turns while engaging in musical learning. You'll receive tips and ideas for using music at home throughout the week.

Ages: 2-7 yrs, with up to two adults
Instructor: Tara Rodriguez, M.A./Educator
Location: Anthony Community Center - Dance Room

#9813	Tu	9/2 - 9/23	5:30 - 6:15 p.m.	\$40
#9814	Tu	9/30 - 10/21	5:30 - 6:15 p.m.	\$40
#9816	Tu	10/28 - 11/18	5:30 - 6:15 p.m.	\$40
#9817	Tu	1/6 - 1/27	5:30 - 6:15 p.m.	\$40
#9818	Tu	2/3 - 2/24	5:30 - 6:15 p.m.	\$40

• First child is \$40 with parents, \$20 per additional child from same family.

Family ZUMBA

Family Zumba is just like a regular Zumba class but toned down so everyone can follow along. Fusing hypnotic Latin rhythms and easy-to-follow moves, this fitness program will blow you away! Children must be accompanied by an adult.

Ages: 6+ yrs
Cost: \$20 for the first person; \$5 per additional family member from same household

Instructor: Jovita Metts
Location: Anthony Community Center - Main Room

#9934	Th	September	7:30 - 8:30 p.m.
#9935	Th	October	7:30 - 8:30 p.m.
#9936	Th	November	7:30 - 8:30 p.m.
#9937	Th	December	7:30 - 8:30 p.m.
#9938	Th	January	7:30 - 8:30 p.m.
#9939	Th	February	7:30 - 8:30 p.m.

NEW! Tae Kwon-Do

Discover the mental, philosophical, self-motivational, and aerobic training of unarmed combat for self-defense as well as health. Learn and practice the skilled application of bare hand and kicking techniques as well as blocks and dodges for the rapid destruction of a moving opponent or opponents.

Ages: 6+ yrs
Cost: \$40 per person, \$30 per additional family member from the same household

Master: Douglas Arnold
Location: Rawhide Room

#9916	Tu/Th	September	6 - 7 p.m.
#9917	Tu/Th	October	6 - 7 p.m.
#9918	Tu/Th	November	6 - 7 p.m.
#9919	Tu/Th	December	6 - 7 p.m.
#9920	Tu/Th	January	6 - 7 p.m.
#9921	Tu/Th	February	6 - 7 p.m.

Karate

Japanese Karate-Do and helps build character through the discipline of martial arts. Sensei Dan Taylor has over 40 years of experience teaching and is an expert in the field of martial arts, certified in both America and Japan. Children must be accompanied by an adult.

Ages: 8+ yrs
Cost: \$40 per person, \$30 per additional family member from same household

Sensei: Dan Taylor
Location: Whitendale Community Center

#9860	M/W/F	September	6:30 - 7:30 p.m.
#9861	M/W/F	October	6:30 - 7:30 p.m.
#9862	M/W/F	November	6:30 - 7:30 p.m.
#9863	M/W/F	December	6:30 - 7:30 p.m.
#9864	M/W/F	January	6:30 - 7:30 p.m.
#9865	M/W/F	February	6:30 - 7:30 p.m.

75 years

Holiday Fun



Thanksgiving Week Kamp Kaboom

Spend fall break with fun and friends! Join in the fun at "Kamp Kaboom!" Participants will engage in activities and crafts that are exciting, enthusiastic and sure to thrill! Bring a sack lunch, snacks will be provided. Enrollment is limited, and registration is accepted on a first-come, first-served basis.

Daily drop-in campers will be subject to space availability. Payments must be made in advance. Junior Leader registration is available, applications are due one week in advance.

Ages: Campers 5 - 12 yrs
Junior Leaders 13 - 15 yrs
Location: Anthony Community Center

11/24 - 11/26 7:30 a.m. – 5:30 p.m. \$60
• Drop-in rates available as space allows

NEW! Gobble Gobble Workshop

Gobble up a good time with arts, crafts, games and more! Each day will start with a harvest celebration where we will dance, sing and play games. Your child will have a gobbling good time with our fun creative harvest crafts.

Ages: 3 - 5 yrs
Instructor: Amanda Taylor
Location: Anthony Community Center - Room A
#9838 M 11/10 - 11/24 10 - 10:45 a.m. \$20



We are grateful for the friendship and services offered at the Visalia Senior Center. As we're reminded of all that we have, we reflect upon our wonderful patrons and many friends. In the spirit of the season, the Visalia Senior Center extends a warm welcome to join us for a special day of thanks. Enjoy a traditional Thanksgiving feast with live music. Seating is limited, tickets go on sale November 3rd.

Wednesday, November 26th

Ages: 55 yrs +
Location: Visalia Senior Center
Time: 11:30 a.m. - 1 p.m.
Cost: \$3.50 ages 55 yrs +
\$4.50 guests under 55

...Christmas is just around the corner!

Winter Playland: Crafts, Songs & More!

Get out of the cold and into the fun, join us as we enter a winter wonderland full of magic and adventure. Let your imagination guide you through the frost as we sing songs, play games and create crafts that celebrate the winter season.

Ages: 1 - 5 yrs
Instructor: Amanda Taylor
Location: Rawhide Room

#9840 Sa 12/6 - 12/20 10 - 10:45 a.m. \$20

Story Time with Santa

Enjoy classic holiday stories, cookies & hot cocoa and a visit with Santa. After visiting and story time, children can participate in arts and craft activities. Includes one complimentary photo with Santa, perfect for family memories or for your holiday card!

Ages: 3 - 12 yrs
Location: Rawhide Room

#9942 Sa 12/20 11 a.m. - 1 p.m. \$10

Holiday Showcase

Come join the City of Visalia Parks and Recreation Department at their annual Holiday Recital. The recital will showcase the wonderful dance and enrichment classes the department has to offer!

Tuesday, December 16th from 5:30 - 6:30 p.m.

Ages: All Ages Welcome!
 Location: Enchanted Playhouse Theater
 Cost: \$3 per child ages 6 - 17 yrs, \$5 per adult
 Free for children under 5 yrs

NEW! Elf Workshop

Bring your little Elf to our workshop as we train them to be the jolliest Elf ever! Our elf journey will begin with reading stories, playing elf games and making gifts. Your little Elf will create and make gifts for family and friends, learn to wrap gifts and make amazing winter decorations that will bring your house to life with the spirit of winter.



Ages: 3 - 5 yrs
 Instructor: Amanda Taylor
 Location: Rawhide Room
 #9839 M 12/1 - 12/15 10 - 10:45 a.m. \$20

“Old Fashioned Christmas” Luncheon

Join us for lunch, fellowship and “glad tidings” during the holiday season. At our annual “Old Fashioned Christmas” Luncheon, we enjoy singing Christmas carols, have fun activities and more! Enjoy a Christmas feast with live holiday music and special guests. We might just see that special jolly VIP from the North Pole! Seating is limited, tickets go on sale December 1st.

Ages: 55 yrs +
 Location: Visalia Senior Center

Friday, December 19, 2014 11 a.m. - 1 p.m.
 Cost: \$3.50 ages 55 yrs +
 \$4.50 guests under 55



Winter Kamp Kaboom is Ready for More Fun!

Spend winter break with fun and friends! Join in the fun at “Kamp Kaboom!” Participants will engage in activities and crafts that are exciting, enthusiastic and sure to thrill! Bring a sack lunch, snacks will be provided. Enrollment is limited and registration is accepted on a first-come, first-served basis.

Daily drop-in campers will be subject to space availability. Payments must be made in advance. All weeks include Junior Leader registration, applications due one week in advance.

Ages:	Campers 5 - 12 yrs	Junior Leaders 13 - 15 yrs		
Cost:	Price Varies per Camp Session			
	\$20 Full Day Drop-In/\$10 Half Day Drop-In	Winter Week #1	12/22 - 12/26	\$80 No Camp on 12/25
Location:	Anthony Community Center	Winter Week #2	12/29 - 1/2	\$80 No Camp on 1/1
Time:	7:30 a.m. - 5:30 p.m.	Winter Week #3	1/5 - 1/9	\$100





Sing, play and move with your little one in this high energy music class. The curriculum focuses on your child's beginning movement, helping build muscles your baby needs to walk and strengthen vocal development.

Ages: 0-18 months, with adult
 Instructor: Tara Rodriguez, M.A./Educator
 Location: Anthony Community Center - Dance Room

#9820	W	9/3 - 9/24	9 - 9:45 a.m.	\$40
#9821	W	10/1 - 10/22	9 - 9:45 a.m.	\$40
#9822	W	10/29 - 11/19	9 - 9:45 a.m.	\$40
#9823	W	1/7 - 1/28	9 - 9:45 a.m.	\$40
#9824	W	2/4 - 2/25	9 - 9:45 a.m.	\$40

NEW! Colors & Shapes

Roses are red and violets are blue... come explore a color or two! Your child will learn about shapes and colors through art, music, books and games. Learn how to recognize colors and shapes in the world around you.

Ages: 1-3 yrs
 Instructor: Amanda Taylor
 Location: Anthony Community Center - Room A

#9809	Tu	9/16 - 11/4	9 - 9:45 a.m.	\$40
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NEW! Doc McStuffins

Bring your favorite stuffed animal and join us on an adventure. We will help fix our stuffed animal friends and learn new skills in the process. Each class will help answer kid friendly questions. Why do we feel yucky sometimes? Hiccups go away! Why are storms scary? Bring your best stuffed friend and we will explore and problem solve together!



Ages: 1 - 3 yrs
 Instructor: Amanda Taylor
 Location: Anthony Community Center - Room A

#9834	Th	1/8 - 2/26	9 - 9:45 a.m.	\$40
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Class Time for Working Families!

Bitsy Sports

Activate the inner athlete in your little one. Children will have the opportunity to participate in small and large group games, improve motor skills and learn the importance of team work through a variety of sports. We'll learn the basics of basketball, soccer, t-ball and more.

Ages: 1-3 yrs

#9836	Sa	9/20 - 11/8	9 - 9:45 a.m.	\$40
• Class held at Anthony Community Center - Main Room				
#9837	Sa	1/10 - 2/28	9 - 9:45 a.m.	\$40
• Class held at Whitendale Community Center				



Little ones, with a parent, will enjoy singing, dancing and playing instruments while learning gross and fine motor skills, turn-taking and active listening. In class, tips and ideas will be shared for using music throughout the week.

Ages: 18 mo - 4 yrs, with adult
 Instructor: Tara Rodriguez, M.S./Educator
 Location: Anthony Community Center - Dance Room

#9826	W	9/3 - 9/24	10 - 10:45 a.m.	\$40
#9827	W	10/1 - 10/22	10 - 10:45 a.m.	\$40
#9828	W	10/29 - 11/19	10 - 10:45 a.m.	\$40

Jumping Jolly

Does your little one move nonstop all over the house? Then join in on the fun and get them moving and grooving with us! Tots will climb, jump, crawl and roll as we encourage development through play including sensory stimulation, problem solving, socializing and storytelling.

Ages: 1 - 3 yrs
 Instructor: Amanda Taylor
 Location: Anthony Community Center - Gym

#9807	M	9/15 - 11/3	10 - 10:45 a.m.	\$40
#9808	M	1/5 - 2/23	10 - 10:45 a.m.	\$30
• No class 1/19 and 2/16				

ABC Soup

Toss in some letters and a pinch of art, mix with stories and poems and get ready for one "lettericious" time. We will spark your child's love of reading with a focus on letter recognition, phonics and sight words.

Ages: 1-3 yrs
Instructor: Amanda Taylor
Location: Anthony Community Center - Room A

#9810 Tu 1/6 - 2/24 9 - 9:45 a.m. \$40

NEW! Art Explosion

Art is a magnificent way to let your child's creativity and imagination soar. This super messy class will allow tots to explore art at their level with paint, clay and glue. It's art with everyday items found in your home. Keep your house clean and let your little one explore art with an explosion!

Ages: 3 - 5 yrs
Instructor: Amanda Taylor
Location: Anthony Community Center - Room A

#9832 Th 9/18 - 11/6 9 - 9:45 a.m. \$40



NEW! Super WHY!

Join in on the fun as we explore Story Brook Village! We will explore words and letters as we travel. Your child will learn how words sound and how adding a letter can make a whole new word. Jump into Story Brook Village and enhance your child's love for reading.

Ages: 4 - 5 yrs
Instructor: Amanda Taylor
Location: Anthony Community Center - Room A

#9802 M 9/15 - 11/3 9 - 9:45 a.m. \$40

Tiny Dancers

Explore the world of dance in this class, from turns and pliés to shaking hips and tapping toes! Your tiny dancer will explore rhythm, movement, motor skills and coordination through ballet, jazz and tap steps that groove to kid friendly songs. Ballet and tap shoes are recommended.

Ages: 2 - 5 yrs
Instructor: Amanda Taylor
Location: Anthony Community Center- Dance Room

#9811 Tu 9/16 - 11/4 10 - 10:45 a.m. \$40
#9812 Tu 1/6 - 2/24 10 - 10:45 a.m. \$40

NEW! How To Train Your Dragon

Journey to a mythical Viking village where ships sail across the ocean and dragons soar across the sky. In our class young Vikings capture their own dragons and together they go on magical adventures. We will learn about dragons, use our imaginations and go on training adventures with our dragons and friends.

Ages: 3 - 5 yrs
Instructor: Amanda Taylor
Location: Anthony Community Center - Room A

#9833 Th 9/18 - 11/6 10 - 10:45 a.m. \$40

NEW! Magic School Bus

Hop aboard with Ms. Amanda and see where the bus will take you! We will explore land, space, the ocean, animals, insects, weather and kitchen science. Each class we will look for shapes and colors, we'll learn new sounds and solve simple math problems. Don't miss the bus and join today!

Ages: 3 - 5 yrs
Instructor: Amanda Taylor
Location: Anthony Community Center - Room A

#9803 M 1/5 - 2/23 9 - 9:45 a.m. \$30
• No class 1/19 and 2/16

NEW! Crafty Kids

With a little imagination your child will develop simple projects into crafty pieces of art. Projects include crafting musical instruments, puppets, boats, jewelry, windsocks, painting masterpieces and more! The last day of class features an art show open to family and friends.

Ages: 4 - 5 yrs
Instructor: Amanda Taylor
Location: Anthony Community Center - Room A

#9835 Th 1/8 - 2/26 10 - 10:45 a.m. \$40

Ballet & Tap

Practice tap and ballet with age appropriate music that engages young dancers minds and bodies. Dancers will learn basic ballet terminology and steps, body alignment, improvisation and beginning tap steps.

Location: Anthony Community Center - Dance Studio

Ages: 3 - 6 yrs

#9874	M	9/8 – 10/27	5 – 5:45 p.m.	\$45
#9876	M	11/3 – 12/16	5 – 5:45 p.m.	\$45
#9878	M	12/29 – 3/2	5 – 5:45 p.m.	\$45

• No class 1/19 or 2/16

Ages: 7 - 12 yrs

#9875	M	9/8 – 10/27	7 – 7:45 p.m.	\$45
#9877	M	11/3 – 12/16	7 – 7:45 p.m.	\$45
#9879	M	12/29 – 3/2	7 – 7:45 p.m.	\$45

• No class 1/19 or 2/16

Modern Dance

An eclectic blend, contemporary dance encourages natural, spontaneous movement and personal interpretation. Participants will learn ballet and jazz posture, body placement, feet adjustment, steps and moves.

Ages: 6-14 yrs

Cost: \$30 per month

Location: Anthony Community Center - Dance Studio

#9898	W	September	7 – 8 p.m.
#9899	W	October	7 – 8 p.m.
#9900	W	November	7 – 8 p.m.
#9904	W	December	7 – 8 p.m.
#9905	W	January	7 – 8 p.m.
#9906	W	February	7 – 8 p.m.

- Choose Your Day! -

#9901	Sa	September	10 - 11 a.m.
#9902	Sa	October	10 - 11 a.m.
#9903	Sa	November	10 - 11 a.m.
#9907	Sa	December	10 - 11 a.m.
#9908	Sa	January	10 - 11 a.m.
#9909	Sa	February	10 - 11 a.m.

Jazzy Hip Hop

This class is designed to teach the newest and latest dance moves while having fun with age appropriate movements and music. While enhancing their coordination, youth will learn how to be creative with their moves and have fun. Participants should wear comfortable attire and tennis shoes.

Location: Anthony Community Center - Dance Studio

Ages: 3 - 6 yrs

#9880	M	9/8 – 10/27	6 – 6:45 p.m.	\$45
#9882	M	11/3 – 12/16	6 – 6:45 p.m.	\$45
#9884	M	12/29 – 3/2	6 – 6:45 p.m.	\$45

• No class 1/19 or 2/16

Ages: 7 - 12 yrs

#9881	M	9/8 – 10/27	8 – 8:45 p.m.	\$45
#9883	M	11/3 – 12/16	8 – 8:45 p.m.	\$45
#9885	M	12/29 – 3/2	8 – 8:45 p.m.	\$45

• No class 1/19 or 2/16

Ballet Folklórico

Learn folk dances from different regions of Mexico while developing coordination, teamwork and physical fitness. Throughout the course, participants will perform at various venues coordinated by the instructor. Participants must provide their own shoes and costumes for performances.

Ages: 4 - 16 yrs

Cost: \$30 per participant, per month

Instructor: Jovita Metts

Location: Anthony Community Center - Dance Studio

Beginning Class

#9886	Th	September	5 – 6 p.m.
#9887	Th	October	5 – 6 p.m.
#9888	Th	November	5 – 6 p.m.
#9892	Th	December	5 – 6 p.m.
#9893	Th	January	5 – 6 p.m.
#9894	Th	February	5 – 6 p.m.

Intermediate Class

#9889	Th	September	6:15 – 7:15 p.m.
#9890	Th	October	6:15 – 7:15 p.m.
#9891	Th	November	6:15 – 7:15 p.m.
#9895	Th	December	6:15 – 7:15 p.m.
#9896	Th	January	6:15 – 7:15 p.m.
#9897	Th	February	6:15 – 7:15 p.m.

Guitar Class

Learn the fun of basic guitar as proper hand position, note reading and finger picking are taught. In this introductory class, participants will learn how to play popular, age appropriate songs, step by step. Participants must provide their own acoustic or classical guitar.

Ages: 10 yrs +
Instructor: Thomas Davis
Location: Rawhide Room

#9858 M 9/15 – 11/17 6 – 7:30 p.m. \$50
#9859 M 1/5 – 3/23 6 – 7:30 p.m. \$50
• No class on 1/19 or 2/16

Manuel F. Hernandez Community Center Drop-In Program

Look no further for fun! Come to the Manuel F. Hernandez Community Center (MHCC) Drop-In Program that is supervised by experienced and qualified staff. Featuring games, foosball, a computer lab and gym. There is even music, dance, arts and crafts!

Ages: 6 - 17 yrs
Location: Manuel F. Hernandez Community Center
Hours: Monday through Friday, 3 – 6:30 p.m.
• 12 - 6:30 p.m. during school break

Registration forms are available at the Manuel F. Hernandez Community Center. For more information, call (559) 713-4374 during program hours.



Intro to Karate

Karate is a great mind and body exercise for children as it teaches self-control, respect, perseverance and dedication. Through this beginning class, participants will develop the moves and skills of the martial arts discipline in a safe, fun and exciting environment. Parent participation is required.

Ages: 4 - 7 yrs
Cost: \$40 per person, \$30 per additional child
Sensei: Matthew Prillwitz
Location: Whitendale Community Center

#9866 W 9/10 – 10/29 5:30 – 6 p.m.
#9867 W 1/7 – 2/25 5:30 – 6 p.m.

Intermediate Karate

For participants ready to explore the next level of martial arts, Intermediate Karate expands on the principles and movement learned previously. Instructor approval required to register for this class.

Ages: 4 - 7 yrs
Cost: \$40 per person, \$30 per additional child
Sensei: Matthew Prillwitz
Location: Whitendale Community Center

#9868 M/F September 5:15 – 6 p.m.
• No class 9/1
#9869 M/F October 5:15 – 6 p.m.
#9870 M/F November 5:15 – 6 p.m.
#9871 M/F December 5:15 – 6 p.m.
#9872 M/F January 5:15 – 6 p.m.
• No class 1/1 or 1/19
#9873 M/F February 5:15 – 6 p.m.
• No class 2/16

Visalia Judo Club

Judo means “gentle way” because the end result is the accomplishment of a goal with maximum efficiency and minimum effort. Students will gain a sense of mutual respect and learn a system of ethical and moral development.

Ages: 6 yrs+ Cost: \$40
Sensei: Tom Jay
Location: Anthony Community Center - Main Room

#9910 M/W September 6:30 - 9 p.m.
#9911 M/W October 6:30 - 9 p.m.
#9912 M/W November 6:30 - 9 p.m.
#9913 M/W December 6:30 - 9 p.m.
#9914 M/W January 6:30 - 9 p.m.
#9915 M/W February 6:30 - 9 p.m.

75 years

Youth Enrichment



NEW! Spanish Camp

This winter join in the fun at the new day camp in español! At camp, kids will learn conversational Spanish through activities and crafts that are exciting, enthusiastic and sure to thrill! Snacks will be provided. Enrollment is limited. Registration is accepted on a first come basis.

Ages: 5 - 12 yrs
Location: Rawhide Room

#9930 M - F 1/5 - 1/9 8:30 a.m. - 12 p.m. \$60

NEW! Electric Avenue Camp

Join us as we explore the fundamentals of electricity and it's counterpart magnetism. You'll be able to convert electricity into heat, sound, motion, light and of course, magnetic force.

You'll make a foam cutter, metal detector, motor, flashlight, lightning maker, Play-Do circuit and a "circuit puzzle" to test your friends and family. Campers go home each day with real scientific materials that are reminders of the science concepts studied.

Ages: 6 - 11 yrs
Instructor: Timothy Baker
Location: Anthony Community Center - Room A

#9933 M - F 1/5 - 1/9 9 a.m. - 1 p.m. \$150

Rick's Vending

Best Prices in town. Wholesale to the public

Come to Rick's Vending for Party Supplies, Spirit Supplies, Teacher Incentives, and more.



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School Spirit Headquarters



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Find us on Facebook!

Phone: (559) 651-4800
Mon-Fri: 8:00am-5:00pm
Saturday: 9:00am-3:00pm

75 years

Youth Sports

LOVE TENNIS



NEW! Youth Tennis Match Play

This program introduces Match Play for those who have had some tennis experience and are ready to advance to the more competitive structure of team and individual play. This expanded format will include instruction and drills at the beginning of each class date followed by match play games.

Singles and doubles play will be included and participants will be divided based on age and skill level. Our emphasis is on having fun while developing tennis skills. All players will receive a t-shirt; racquets and proper tennis shoes are required. Get ready to play the format that will be offered at the high school level!

Ages: 8 - 17 yrs
Location: Plaza Park Tennis Courts

#9798 Sa 10/25 – 11/22 12 – 2:30 p.m. \$60
• Deadline to register is 10/22, fee goes up \$10 after this

Youth Tennis

Our lessons are an excellent way to introduce players to a fun and low cost tennis experience. Group instruction follows the Quick Start program, developed by the United States Tennis Association and all lessons are held at Plaza Park.

Pee - Wee (5 - 7 yrs)

Designed to make tennis fun and develop hand-eye coordination, our Pee-Wee tennis is non-competitive and builds a positive tennis experience. Parents are encouraged to participate with their child. A smaller court, lower nets, shorter racquets and oversized foam tennis balls are used. All equipment is provided.

Course	Class	Age	Time	Day	Dates	Cost
#9795	Pee Wee	5 - 7 yrs	1 - 2 p.m.	Sa	9/13 - 10/11	\$35
#9794	Pee Wee	5 - 7 yrs	6:15 - 7:15 p.m.	M	9/15 - 10/13	\$35

Starters (8-10 yrs)

Beginning and returning players are introduced to the basics, including strokes, serving, rules, history, and etiquette. With an emphasis on fun activities and tennis like games, Starters focus on developing skills. Racquets and proper tennis shoes are required.

#9791	Starter	8 - 10 yrs	2:30 - 4:30 p.m.	Sa	9/13 - 10/11	\$47
#9796	Starter	11 - 17 yrs	4:30 - 6:30 p.m.	Sa	9/13 - 10/11	\$47
#9790	Starter	8 - 10 yrs	6 - 8 p.m.	Tu	9/16 - 10/14	\$47
#9792	Starter	11 - 17 yrs	6 - 8 p.m.	W	9/17 - 10/15	\$47

Youth Basketball

Hit the court and take it to the net with the wonderful game of basketball. Over the years, our league has grown to serve kids from three years old to junior high age. With a primary goal of fun and safety, this is youth basketball at its best. Practice times, locations and dates are arranged by coaches. Additional volunteer coaches are needed.



Location: Anthony Community Center Gym,
MH Community Center Gym and
Local High School Gyms
Day: Saturdays, 1/10 - 3/7
Times: Game times vary from 8 a.m. - 3 p.m.
Deadline: 11/14 (Fee increases \$10 after this date)

#9841	Ages 3 - 4	Tiny Tots (1/10 - 2/21)	\$50
#9842	Ages 5 - 6	Pee Wee	\$67
#9849	Grades 1-2	Instructional	\$67
#9843	Grades 3-4	Minors - Boys	\$67
#9844	Grades 3-4	Minors - Girls	\$67
#9845	Grades 5-6	Majors - Boys	\$67
#9846	Grades 5-6	Majors - Girls	\$67
#9847	Grades 7-8	Seniors - Boys	\$67
#9848	Grades 7-8	Seniors - Girls	\$67

Youth Basketball Discount Day

Discount Registration Day - Save \$10!
Saturday, October 18th from 10 a.m. - 12 p.m.

Get registered early and save at our Discount Registration Day. Register online at www.liveandplayvisalia.com (registration log-in needed prior to this date) or in-person on the above listed date at the Anthony Community Center, located at 345 N. Jacob St.

Youth Baseball

Introduce your child to this classic American pastime. Teamwork, physical fitness and positive self-esteem are emphasized alongside baseball skills. Coaches will cover the basics of fielding, catching, throwing and batting. Practice times, dates and locations are arranged by the coach.

Location: Riverway Sports Park Fields 8,9 & 10
Day: Saturdays 3/28 - 5/30
• No games 4/4
Times: Game times vary from 8 a.m. - 3 p.m.
Deadline: 2/13 (Fee increases \$10 after this date)

#9850	Ages 3 - 4	Tiny Tots (Tball)	\$67
#9851	Ages 5 - 6	Pee Wee (Tball)	\$67
#9852	Ages 7 - 9	Little Tykes (Coach Pitch)	\$67

Spring Youth Volleyball

Bump, set and spike! Youth learn to play the game of volleyball with our Spring Youth Volleyball league. A fun, structured environment, our league teaches basic skills and sportsmanship. Practice times, dates and locations are arranged by the team coach.

Location: Anthony Community Center Gym, MH Community Center Gym and local H.S. Gyms
Day: Saturdays 3/28 - 5/30
• No games on 4/4
Times: Game times vary from 8 a.m. - 3 p.m.
Deadline: 2/13 (Fee increases \$10 after this date)

#9853	Grades 3 - 4	Bumpers	\$67
#9854	Grades 5 - 6	Diggers	\$67
#9855	Grades 7 - 8	Setters	\$67

Youth Baseball and Spring Youth Volleyball Discount Day

Discount Registration Day - Save \$10!
Discount Day is Saturday, January 31st 10 a.m. - 12 p.m.

Get registered early and save at our Discount Registration Day. Register online at www.liveandplayvisalia.com (registration log-in needed prior to this date) or in-person on the above listed date at the Anthony Community Center, located at 345 N. Jacob St.





Baseball Sign-ups for 2015 season Visalia American Little League

Season starts the 1st week of March and runs until the 1st week of June.

2015 BASEBALL DIVISIONS

T-Ball – Ages 4-5	Minors – Ages 9-10	Juniors – Ages 13-14
Coach Pitch – Ages 5-6	Majors – Ages 11-12	Seniors – Ages 15-16
Rookies – Ages 7-8	Intermediate (50-70) –Ages 11-13	Big League – Ages 17-18

SCHEDULED REGISTRATION DATES

Weds.	November 5 th *	6 p.m. – 8 p.m	at Divisadero Snack Bar
Saturday	November 15 th *	10 a.m. – 2 p.m.	at Dicks Sporting Goods
Weds.	November 19 th *	6 p.m. – 8 p.m	at Divisadero Snack Bar
Tuesday	January 6 th	6 p.m.– 8 p.m.	at Divisadero Snack Bar
Weds.	January 7 th	6 p.m.– 8 p.m.	at Divisadero Snack Bar
Saturday	January 10 th	10 a.m. – 2 p.m.	at Dicks Sporting Goods
Monday	January 12 th	6 p.m.– 8 p.m.	at Divisadero Snack Bar
Tuesday	January 13 th	6 p.m.– 8 p.m.	at Divisadero Snack Bar
Weds.	January 14 th	6 p.m.– 8 p.m.	at Divisadero Snack Bar

Additional registration dates may be added please check the website for updates

Registration for ages 4-6 and 13-18 will continue into February

Registration fees:

Ages 4 - 6 (\$70.00) - Ages 7 – 12 (\$100.00) - Ages 13-18 (\$120.00)

***Discounted \$20.00 for registrations submitted prior to January 1st**

Tryouts will be held the weekend of January 17th and 18th for ages 7-12

Tryouts for ages 13-18 will be held in February

Copy of Child’s birth certificate REQUIRED at registration.

3 proofs of residency required prior to the season, please bring them to sign-ups and save time.

To **download** the registration forms and for additional information visit our website or contact us:

www.VisaliaAmericanLittleLeague.com

Email: President@VisaliaAmericanLittleLeague.com or call: 559-909-5853

“Little League is the world’s largest youth sports program”

75 years

Parks Make



MAKE A DIFFERENCE DAY

Saturday, October 25th at 8:30 am.

The City of Visalia Parks & Urban Forestry Divisions invites individuals, families and community groups to join the more than 200 volunteers who have committed to work at the annual Make A Difference Day.

Scheduled here in Visalia on Saturday, October 25th, Make A Difference Day is celebrated throughout the country and is known as a "National Day of Doing Good." Make A Difference Day, starts with grassroot efforts and volunteers are now being sought to work on projects right here in our community. Volunteers are needed to mulch, plant trees, weed, paint and a variety of other worthwhile activities!

Won't you join us? Pre-registration is helpful to facilitate planning, those interested in volunteering should contact the City of Visalia's Parks & Urban Forestry Division Office at (559) 713-4384 or email at chipin@ci.visalia.ca.us. Help us come together and make a difference!

Preserve Our Valley Oaks



We are fortunate to live among the largest remaining stand of native Valley Oaks in the Central Valley. These magnificent trees need to be protected during development so that they will survive for generations to come. To ensure this, Valley Oaks are protected within Visalia City limits. Visalia's Valley Oak Preservation Ordinance applies to all Valley Oaks (*Quercus lobata*) with a trunk diameter of 2" or greater at a point of 4 1/2' above the root crown - also referred to as 2" DBH. In order to have your Valley Oak Tree trimmed, you must hire a tree service and file an Intent to Prune Form with the City of Visalia Urban Forestry Division before any action is performed.

If you would like to **remove** a Valley Oak, you must file an Application for Permit to Remove along with a \$25 fee and our Certified Arborist will inspect your Valley Oak, and make a decision regarding removal. All forms are available online at www.ci.visalia.ca.us or at the City of Visalia Corporation Yard located at 336 N. Ben Maddox Ave. For more information on preserving our Valley Oaks call Melissa Tracy at (559) 713-4384.

Chip-In Visalia



Looking to take an active role in making the City of Visalia a better place to live and play? Join us and *Chip-In!*

Whether it's a one-time project or a recurring one, the City of Visalia Parks & Urban Forestry Division will work with each individual, group or organization to develop the best chip fit for you. Projects have ranged from park revitalization to trail clean up.



For more information, email chipin@ci.visalia.ca.us or call (559) 713-4384.

75 years

Life Better!

Explore the Visalia Trail System

The City of Visalia is hard at work increasing the natural beauty of Visalia by giving citizens and visitors additional natural spots where they can experience indigenous flora and fauna while enjoying our City's trail system.

Whether you like to walk, run, or bike, our terrific trails enhance the City of Visalia and offer safe, accessible, attractive routes that promote healthy lifestyles.



Spot It. Report It.

The City of Visalia is committed to a clean and safe environment for residents, visitors and businesses. Experience has shown that when graffiti is not removed immediately, more follows. Quick reporting and eradication is the best anti-graffiti strategy. Preventing and cleaning graffiti is a community effort, and by working together we can keep Visalia clean and safe.

When graffiti is spotted within Visalia city limits, citizens can safely and confidentially report it.

How to Report:

- To report by phone, call (559) 713-4451
- Online, visit www.liveandplayvisalia.com and choose "Graffiti Abatement" on the main menu.

#liveandplayvisalia

#parksmakelifebetter



P.O. Box 1032, Visalia, CA 93279

Celebration of Life Tree Program

Visalia Parks & Recreation Foundation invites you to celebrate your milestones by planting a tree in our parks or along our trails or waterways.

A meaningful way to celebrate a milestone or remember those who have made a difference, trees are an enduring reminder that symbolize peace, growth and hope for the future. Choose Seed Level to make a donation to the program, or choose Tree Level to have a tree planted with corresponding stone marker.

For more information, contact the Foundation at (559) 713-4599

Register for classes online at www.liveandplayvisalia.com

17.

Celebrate 75 Years of Parks Making Life Better
City of Visalia Parks & Recreation



75th Celebration

Join the Party at Plaza Park
SATURDAY NOVEMBER 1
FREE ADMISSION

Car Show • Food • Carnival • Vendors • Music
Live Entertainment • Bounce House • Outdoor Movie

Plaza Park • 700 S. Plaza St. • Visalia • Located Off Hwy 198

Vendor Applications Now Accepted!

Parks
Make
Life
Better!

Call Us: 559-713-4365

Visit Us: www.liveandplayvisalia.com

75 years

Adults Sports

Sports Schedule

League	Night(s)	Fee	Manager Meeting	League Start	Reg. Deadline
Winter Men's/Co-Ed Softball	W - F	\$415	Jan. 20th	Jan. 28th	Jan. 9th
Fall Co-Ed Volleyball	M/W	\$235	Sept. 11th	Sept. 15th	Sept. 5th
Winter Co-Ed Volleyball	M	\$200	Jan. 15th	Jan. 19th	Jan. 9th
Fall Men's Basketball	Th	\$265	Sept. 11th	Sept. 18th	Sept. 5th
Winter Men's Basketball	Th	\$225	Jan. 15th	Jan. 22nd	Jan. 9th
Fall Women's 7 on 7 Soccer	Su	\$350	Aug. 21st	Aug. 24th	Aug. 15th
Spring Women's 7 on 7 Soccer	Su	\$350	Feb. 12th	Feb. 15th	Feb. 6th
Spring Co-Ed Soccer	Su	\$395	Feb. 12th	Feb. 15th	Feb. 6th

Sports league registration will be accepted with a completed roster and full payment.

Softball Leagues

Batter up! We emphasize healthy competition in a recreational atmosphere. Our officials are certified through an ASA certification program. We strive to offer the best recreational softball experience possible.

Men's 4 on 4 Basketball

Men's leagues are offered for novice to skilled players and run from fall to spring to summer. Games are played on Thursdays at the Anthony Community Center and Manuel F. Hernandez Community Center Gymnasiums.

Women's 7 on 7 & Co-Ed Soccer

Whether you're a novice player or have played soccer at a high level, we have the right division for your team. Our Co-Ed Soccer league is played on full sized soccer fields, while Women's 7 on 7 is played on modified fields. All contests are played at Visalia's Riverway Sports Park.

Co-Ed Volleyball

Co-ed leagues are offered in both recreational and open divisions. Games are played six on six with a maximum of 12 players per team. Games are played indoors at the Anthony Community Center Gymnasium.

Please note, registrations submitted after the deadline will be accepted as space permits and will be charged a \$25 late fee.

**For questions, call the Parks & Recreation Department
at (559) 713-4365 or email Recreation@liveandplayvisalia.com.**

Pickleball League

Come join us for this six week class and enjoy this fast growing national sport. First time players are welcome! Pickleball is a paddle sport played on a badminton-sized court with a plastic ball and small paddle. It is very easy for beginners to learn but can provide a fast-paced and competitive game for experienced players. Rackets and balls will be provided.

Ages: 16 yrs +
Location: Plaza Park Tennis Complex

#10032 M 9/8 - 10/13 6:30 - 7:30 p.m. \$25



Adult Tennis

Group instruction follows the Quick Start program, developed by the United States Tennis Association.

Players are introduced to the basics including strokes, serving, rules, history and etiquette. With an emphasis on fun activities and tennis like games, this class focuses on developing skills. Rackets and proper tennis shoes are required.

Ages: 18 yrs +
Location: Plaza Park Tennis Courts

#9797 Sa 9/13 - 10/11 4:30 - 6:30 p.m. \$47
#9793 Th 9/18 - 10/16 6 - 8 p.m. \$47

Bocce Ball

A game developed from lawn bowling, bocce ball is a game of luck, skill and strategy. Throw out a pallino, play with some friends and become part of the long heritage of the game from great thinkers such as Galileo and da Vinci.

Ages: 18 yrs +
Location: Sons of Italy Lodge, 4211 W. Goshen Ave.

#10214 Tu 9/2 - 10/21 6 - 7 p.m. \$25
#10215 Tu 11/4 - 12/23 6 - 7 p.m. \$25
#10216 Tu 1/6 - 2/24 6 - 7 p.m. \$25

Table Tennis League

Meet up for weekly games with friends. Our league features challenges that will have you ready to advance, ending with a double elimination tournament.

Ages: 18 yrs +
Instructor: Dan Fox
Location: Visalia Senior Center - Main Room

#9953 W 9/3 - 10/15 7 - 8:45 p.m. \$30
• No class 9/10
#9954 W 10/22 - 12/3 7 - 8:45 p.m. \$30
• No class 11/26
#9955 W 1/14 - 2/18 7 - 8:45 p.m. \$30

Horseshoe League

Designed to teach the game of horseshoes, join us as we go over pitching, game etiquette, keeping score and more. Participants play weekly games and the league features challenges to move up in the competition, ending with a double elimination tournament.

Ages: 18 yrs +
Location: Plaza Park Horseshoe Arena

#9978 W 9/17-10/22 6 - 7:30 p.m. \$40

“Fast Break” Open-Gym Basketball

Take a quick break from your day to get fit. Head to Manuel F. Hernandez Community Center for open-gym basketball pick-up games. This is the perfect opportunity to get some daily exercise in a stress free atmosphere.

Ages: 18 yrs +
Location: MH Community Center - Gym

M/W 12- 2 p.m. \$2 per day
• Gym closed 9/1, 1/1 and 1/19

75 years

Fitness Classes

Straight Up Strength: Lunch Series

Treat yourself to a lunchtime workout. Work your entire body and return invigorated to work. This program is a great free-weight workout that builds muscle while losing weight. This is great for all levels of fitness. Bring your own towel and water bottle.

Ages: 16 yrs +
Instructor: Carrie Fawkes
Location: Anthony Community Center - Dance Studio

#10028 M/W 9/8 - 10/15 12 - 12:45 p.m. \$35
#10029 M/W 10/27 - 12/10 12 - 12:45 p.m. \$35
• No class 11/24 and 11/26
#10030 M/W 1/5 - 2/23 12 - 12:45 p.m. \$35
• No class 1/19 & 2/16

CORE Challenge

This class focuses on the waistline, tightening the lower abdominals and strengthening the lower back. A strong CORE will improve overall fitness while making you look and feel stronger.

Ages: 16 yrs +
Instructor: Traci Dykstra
Location: Anthony Community Center - Dance Studio

#10018 Tu/Th 9/9 - 10/16 12 - 12:45 p.m. \$35
#10019 Tu/Th 10/28 - 12/18 12 - 12:45 p.m. \$35
• No class 11/11, 11/25, or 11/27
#10020 Tu/Th 1/6 - 2/12 12 - 12:45 p.m. \$35

NEW! R.I.P.P.E.D.

R.I.P.P.E.D. is a high intensity workout that masterfully combines Resistance, Interval, Power, Plyometrics, Endurance and Diet in an effective routine. This class is created for all fitness levels and will produce the results you are looking for! Bring your own towel and water bottle.

Ages: 16 yrs +
Instructor: Carrie Fawkes
Location: Anthony Community Center

#10014 M/W 9/8 - 10/15 9:30 - 10:30 a.m. \$35
#10015 M/W 10/27 - 12/10 9:30 - 10:30 a.m. \$35
• No class 11/24 and 11/26
#10016 M/W 1/5 - 2/23 9:30 - 10:30 a.m. \$35
• No class 1/19 and 2/16

Relieve. Retain. Restore...

And return to the activities you love.
With help from the physical therapy
team at Visalia Medical Clinic.



Our comprehensive physical therapy program offers state-of-the-art treatment; aquatic therapy; cold laser therapy; and more. Our team offers over 45 years of combined expertise in helping patients **Be Well.**

Offering customized programs in:

- Rehabilitation & Sports Medicine
- Hand & Arm Therapy
- Industrial Rehabilitation Therapy
- Aquatic Therapy

PERSEVERANCE



TRIUMPH



Be Well



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75 years

Fitness Classes

NEW! Yogalates

Take the strength and flexibility of Yoga and combines it with the core tightening and strengthening of Pilates. Both exercises share many of the same principles and techniques and this invigorating class will work your entire body. With a focus on strengthening the core and increasing flexibility and strength, you'll improve core strength, posture, and body awareness.

Ages: 16 yrs +
 Instructor: Dina Restivo
 Location: Whitendale Community Center

#10004 M 9/8 - 10/13 8:30 - 9:30 a.m. \$35
 #10005 M 10/20 - 11/24 8:30 - 9:30 a.m. \$35
 #10006 M 1/5 - 2/23 8:30 - 9:30 a.m. \$35
 • No class 1/16 or 2/19

Morning Yoga

A form of exercise that uses slow movements and stretching, yoga is good for increasing flexibility and balance. It also helps in losing weight, relieving stress and relaxing. You'll become stronger and more flexible, toning your muscles and improving your overall well-being. Bring your own yoga mat, towel and water bottle.

Ages: 16 yrs +
 Instructor: Dina Restivo
 Location: Whitendale Community Center

#9996 M 9/8 - 10/13 7 - 8 a.m. \$35
 #9997 M 10/20 - 11/24 7 - 8 a.m. \$35
 #10000 M 1/5 - 2/23 7 - 8 a.m. \$35
 • No class 1/19 or 2/16

#9998 Th 9/11 - 10/16 7 - 8 a.m. \$35
 #9999 Th 10/23 - 11/20 7 - 8 a.m. \$35
 #10002 Th 1/8 - 2/12 7 - 8 a.m. \$35

Sign Up for Both Days & Receive a \$10 Discount!

*inhale
 exhale
 breathe*

Low Impact Yoga

This class is designed to increase stamina and balance with demonstration poses, clear verbal instruction and gentle hands on adjustments, participants must bring their own towel/mat and water bottle.

Ages: 16 yrs +
 Instructor: Dina Restivo

Location: Senior Center - Activity Room
 #10449 T 9/9 - 10/14 5:30 - 6:30 p.m. \$35
 #10450 T 10/21 - 12/2 5:30 - 6:30 p.m. \$35
 • No class 11/11
 #10453 T 1/6 - 2/10 5:30 - 6:30 p.m. \$35

Location: Whitendale Community Center
 #10451 Th 9/11 - 10/16 1:30 - 2:30 p.m. \$35
 #10452 Th 10/23 - 12/4 1:30 - 2:30 p.m. \$35
 #10455 Th 1/8 - 2/12 1:30 - 2:30 p.m. \$35

Sign Up for Both Days & Receive a \$10 Discount!



Evening Yoga

Is evening a better time for you to exhale and re-charge? Join us for evening yoga. Good for increasing flexibility and balance, yoga has been practiced for over 5,000 years. Bring your own towel/mat and water bottle.

Ages: 16 yrs +
 Instructor: Dina Restivo
 Location: Senior Center - Activity Room

#10008 Tu 9/9 - 10/14 7 - 8 p.m. \$35
 #10009 Tu 10/21 - 11/25 7 - 8 p.m. \$35
 • No class 11/11
 #10443 Tu 1/6 - 2/10 7 - 8 p.m. \$35

Intro to Boot Camp

A high energy workout that combines an easy, yet effective cardiovascular routine interlaced with weights and resistance. Intro to Boot Camp is fun and created for all fitness levels. Bring your own towel and water bottle.

Ages: 16 yrs +
 Instructor: Traci Dykstra/Carrie Fawkes
 Location: Anthony Community Center - Gym

#10022	Tu/Th	9/9 - 10/16	5:30 - 6:30 a.m.	\$35
#10023	Tu/Th	10/28 - 12/23	5:30 - 6:30 a.m.	\$35
• No class 11/25 or 11/27				
#10024	Tu/Th	1/6 - 2/12	5:30 - 6:30 a.m.	\$35

Low Impact Fitness

This fitness class has slightly higher intensity exercises than a chair exercise class. Low Impact Fitness is an appropriate, safe and effective workout for beginning exercisers as well as participants 55 and better. It starts with cardio and moves to strength and endurance training while flowing at a comfortable pace.

Ages: 16 yrs +
 Instructor: Carrie Fawkes
 Location: Anthony Community Center

#10010	M/W	9/8 - 10/15	10:30 - 11:30 a.m.	\$35
#10011	M/W	10/27 - 12/10	10:30 - 11:30 a.m.	\$35
• No class 11/24 and 11/26				
#10012	M/W	1/5 - 2/23	10:30 - 11:30 a.m.	\$35
• No class 1/19 and 2/16				

Belly Dance for Fitness

Designed to introduce people of all fitness levels to basic Egyptian dance, learn to move rhythmically, strengthen the core, increase cardiovascular endurance and overall toning. Each week learn movements while dancing to rhythmic Arabic and Pop music.

Ages: 16 yrs +
 Instructor: Rosellen Brooks
 Location: Visalia Senior Center - Activity Room

#9992	M	9/8 - 10/13	6 - 7 p.m.	\$50
#9993	M	10/20 - 11/24	6 - 7 p.m.	\$50

NEW! Tai-Chi Moving for Better Health

Tai-Chi looks like a slow dance routine but originally started as a self-defense practice. Come learn this gentle exercise that improves balance, strength and coordination. Tai-Chi relieves stress and promotes a sense of calm alertness. Besides the health benefits, Tai-Chi is fun to learn! Darci Alexander has been teaching Tai-Chi as a health practice in local medical facilities since 2010. She is a physical therapist assistant, trained and certified in several forms of Tai-Chi.

Ages: 18 yrs +
 Instructor: Darci Alexander
 Location: Anthony Community Center - Dance Room

#10218	Tu	9/9 - 10/14	7 - 8 p.m.	\$40
#10219	Tu	10/28 - 12/9	7 - 8 p.m.	\$40
• No class 11/11				
#10220	Tu	1/6 - 2/10	7 - 8 p.m.	\$40

10

Join the Visalia Emergency Aid Council and ...

RACE AGAINST HUNGER

Chip Timing System
for fast & accurate results


New 5K Run Route


2-Mile Kids Race

Fun for the Entire Family


8 am Thanksgiving Morning 2014

Main Street at Garden Plaza in Downtown Visalia






Our Name Says It All



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Visalia Emergency Aid Council
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559.732.0101

Salsa Dance

Break out your dancing shoes and get into the swing of things! Salsa is a fiery, lively and truly enjoyable social dance that originated on the island of Cuba. Salsa's basic steps are really fun and easy to learn and our patient and enthusiastic instructors will guide you through those most important first steps.

Ages: 18 yrs +
 Instructor: Jovita Metts & Juan Cuevas
 Location: Anthony Community Center - Main Room
 Cost: Couple \$70/Per Person \$40

#9946 Tu 9/9 - 10/14 6:15 - 7:15 p.m.
 #9947 Tu 11/4 - 12/16 6:15 - 7:15 p.m.
 • No class 11/25
 #9948 Tu 1/13 - 2/17 6:15 - 7:15 p.m.

Merengue Dance

Now is the time to learn how to dance the Merengue! Merengue was made the official music and dance of the Dominican Republic and is known as the simplest dance to learn. The uncomplicated timing makes it easy to feel the music. A few Merengue lessons with our instructors and you'll look like a pro on the dance floor!

Ages: 18 yrs +
 Instructor: Jovita Metts & Juan Cuevas
 Location: Anthony Community Center - Main Room
 Cost: Couple \$70/Per Person \$40

#9949 Tu 9/9 - 10/14 7:15 - 8:15 p.m.
 #9950 Tu 11/4 - 12/16 7:15 - 8:15 p.m.
 • No class 11/25

Ballroom Dance

Our award winning instructors will teach you to be confident on the floor and get a great workout at the same time. This fun and energetic class will teach styles such as Latin, Ballroom, Swing and other social and competitive dance styles.

Ages: 18 yrs +
 Instructor: Brigitte & Jeremy Peterson
 Location: Whitendale Community Center
 Cost: Couple \$100 / Per Person \$60

#9951 Tu 10/7 - 11/18 6:15 - 7:15 p.m.
 • No class 11/11
 #9952 Tu 1/13 - 2/17 6:15 - 7:15 p.m.

Intro to Line Dance

Never danced before? No problem! Moving at the pace of the class, beginners will learn dance routines to popular music and will be ready to hit the floor. The instruction is clear and understandable and the steps are completely attainable. Open to beginners or those wanting to build more confidence before advancing to the Intermediate Class.

Ages: 18 yrs +
 Instructor: Gina Garcia
 Location: Visalia Senior Center - Main Room

#9962 Tu 9/2 - 9/23 6 - 7 p.m. \$14
 #9963 Tu 9/30 - 11/4 6 - 7 p.m. \$20
 #9964 Tu 1/6 - 1/27 6 - 7 p.m. \$14
 #9965 Tu 2/3 - 2/24 6 - 7 p.m. \$14

Intro to Line Dance - Part II

Move to a variety of toe-tapping rhythms while having fun! Participants will learn basic steps used in line dance and will get a great workout at the same time. Open to new students who have had some line dancing experience and to those advancing from the Intro class.

Ages: 18 yrs +
 Instructor: Gina Garcia
 Location: Visalia Senior Center - Main Room

#10439 Tu 9/2 - 9/23 7:15 - 8:15 p.m. \$14
 #10440 Tu 9/30 - 11/4 7:15 - 8:15 p.m. \$20
 #10441 Tu 1/6 - 1/27 7:15 - 8:15 p.m. \$14
 #10442 Tu 2/3 - 2/24 7:15 - 8:15 p.m. \$14

NEW! Advanced Line Dance

Have fun meeting new people, moving to very, very fast paced, toe-tapping music, and get exercise all at the same time. Please note, this class is intended for advanced dancers. Participants need instructor approval prior to registering. Due to instructor approval, no on-line registration available for this class.

Ages: 18 yrs +
 Instructor: Gina Garcia
 Location: Visalia Senior Center - Main Room

#9986 W 9/3 - 10/1 5:30 - 6:30 p.m. \$14
 • No class 9/10
 #9987 W 10/8 - 11/5 5:30 - 6:30 p.m. \$17
 #9990 W 1/7 - 1/28 5:30 - 6:30 p.m. \$14
 #9991 W 2/4 - 2/25 5:30 - 6:30 p.m. \$14

75 years

Adult Enrichment



NEW! Beginning Vocals

Enjoy singing but unsure of all you can do with your voice? Our instructor will make you feel comfortable singing in front of others while experimenting with your voice. We'll walk you through the basics of singing: pitch, breathing, register change, range discovery, etc. Develop self-confidence about performing while having fun!

Ages: 16 yrs +
Instructor: Megan Wright
Location: Visalia Senior Center - Media Lounge

#9981 Th 1/15 - 2/19 6:30 - 8 p.m. \$40

NEW! Social Media Class

Expand your reach into interacting in real-time with friends, customers and prospects. Social Media Class can build your visibility, viral distribution and social community. It's not just about knowing how to use the tools but knowing exactly which tools to use in a given situation. The class will cover Facebook, Twitter, Pinterest, Instagram and blogging.

Ages: 16 yrs +
Instructor: Kay Rizzo
Location: Visalia Senior Center - Media Lounge

#10193 Tu 10/7 - 11/18 4:30 - 6 p.m. \$40
#10194 Tu 1/13 - 2/17 4:30 - 6 p.m. \$40

How To Sell on eBay

eBay.com is a worldwide force that allows consumers to connect over the internet. Learn how to register, create a screen name and account and follow the steps to sell and collect funds. You'll develop titles, descriptions, keywords and how to take photos that will sell your items. You'll be on your way to a gold star in no time!

Ages: 18 yrs +
Instructor: Danny Bruza
Location: Visalia Senior Center - Media Lounge

#9969 M 10/13 4:30 - 6 p.m. \$15
#9971 M 1/26 4:30 - 6 p.m. \$15

NEW! Microsoft Word

Get your typing on! Microsoft Word is one of the most popular and useful programs from the Microsoft Office suite. This program will allow you to create professional documents such as resumes, letters, fax cover sheets, manuals, brochures and more. It's an efficient tool for students, business owners and working individuals. It is recommended to take this class after having completed the "Intermediate Computer" class.

Ages: 18 yrs +
Instructor: Michael Islas
Location: Visalia Senior Center - Media Lounge

#10208 M 9/8 - 9/29 6 - 7 p.m. \$15
#10209 M 10/6 - 10/27 6 - 7 p.m. \$15
#12010 M 11/3 - 11/24 6 - 7 p.m. \$15
#10211 M 1/26 - 2/23 6 - 7 p.m. \$15

• No class 2/16

Microsoft Excel

Another popular and useful program from the Microsoft Office suite, you will learn how to organize, format and calculate data with formulas using a spreadsheet system. This is an amazing tool to create your budget, track expenses, track data of all kinds and more. It is recommended to take this class after you have completed the "Intermediate Computer" class.

Ages: 18 yrs +
Instructor: Michael Islas
Location: Visalia Senior Center - Media Lounge

#10434 M 9/8 - 9/29 7 - 8 p.m. \$15
#10435 M 10/6 - 10/27 7 - 8 p.m. \$15
#10436 M 11/3 - 11/24 7 - 8 p.m. \$15
#10437 M 1/26 - 2/23 7 - 8 p.m. \$15

• No class 2/16

Conversational Spanish

¡Hola! Learning the Spanish language can be easy and fun. Subjects include the alphabet, pronunciation, greetings, time, numbers and the articles “el”, “la”, “un” and “unos”.

Participants will learn through repetition and group interaction. Writing materials and an English/Spanish language dictionary is recommended.

Ages: 18 yrs +
Instructor: Traci Dykstra
Location: Visalia Senior Center - Media Lounge

#9956	W	9/24 - 10/29	5:45 - 6:45 p.m.	\$35
#9958	W	1/14 - 2/18	5:45 - 6:45 p.m.	\$35

Intermediate Conversational Spanish

Know a little Spanish and looking to apply what you've learned? ¡Bienvenidos! Participants create scenarios and converse in the Spanish language through conversation, interaction and role-playing. This class is taught in a casual and friendly environment. Participants are asked to bring writing materials and an English/Spanish language dictionary is recommended.

Ages: 18 yrs +
Instructor: Traci Dykstra
Location: Visalia Senior Center - Media Lounge

#9959	W	9/24 - 10/29	7 - 8 p.m.	\$35
#9961	W	1/14 - 2/18	7 - 8 p.m.	\$35

Color Theory

Let's bring more color to your life! There are three basic categories of color theory that are logical and useful: the color wheel, color harmony and the context of how colors are used. Join us as we explore color theory and how it applies to many forms of art. Supply list available upon registration.

Ages: 18 yrs +
Instructor: Debbie Navarro
Location: Visalia Senior Center - Craft Room

#10114	M	9/8 - 10/27	1 - 3 p.m.	\$40
#10115	M	11/3 - 12/15	1 - 3 p.m.	\$30
• No class 12/8				
#10116	M	1/5 - 2/23	1 - 3 p.m.	\$30
• No class 1/19 or 2/16				

NEW! Writing To Be Read

Whether you're a fledgling writer or a seasoned author, recharge your creative batteries with Kay D. Rizzo. Author of 50 books and over 1,000 articles, you'll get techniques to fine-tune your writing skills, add zip to your prose and give you inspiration to complete your project for publication.

Ages: 18 yrs +
Instructor: Kay D. Rizzo
Location: Visalia Senior Center - Media Lounge

#10173	W	10/8 - 11/12	6 - 8 p.m.	\$15
#10174	W	1/14 - 2/18	6 - 8 p.m.	\$15



Apple iPhones and You

You'll learn tips and tricks like changing settings, adding ring tones, picking wallpaper and taking photos. With special attention paid to learning apps and how to use them, you'll learn the best features of your smart phone.

Ages: 18 yrs +
Instructor: Danny Bruza
Location: Visalia Senior Center - Media Lounge

#9944	Fr	10/17	6:45 - 8:15 p.m.	\$15
#9945	Fr	1/23	6:45 - 8:15 p.m.	\$15

Drawing

Let your imagination take over! Participants will be able to develop their artistic skills and work one-on-one with the instructor. Figures, portraiture, negative space and aspects of fine art will be addressed. Supply list available upon registration.

Ages: 18 yrs +
Instructor: Debbie Navarro
Location: Visalia Senior Center - Craft Room

#10110	M	9/8 - 10/27	10 a.m. - 12 p.m.	\$40
#10111	M	11/3 - 12/15	10 a.m. - 12 p.m.	\$30
• No class 12/8				
#10112	M	1/5 - 2/23	10 a.m. - 12 p.m.	\$30
• No class 1/19 or 2/16				

NEW! Sports Photography

Learn how photographers get those great pictures at action packed sporting events. Local professional photographer Michael Alvarez will teach participants how to stop the action, how to properly expose sports images, shooting in low-light conditions and more.

This behind-the-scenes look at the craft will teach you techniques that the pro sports photographers are currently using. Recommended equipment is a single-lens reflex (SLR) camera.

Ages: 18 yrs +
Instructor: Michael Alvarez
Location: Various locations, list will be provided upon registration

#9980 Sa 10/4 - 11/8 8:30 - 10:30 a.m. \$40

iPhoneography

Yes, that iPhone that you have in your pocket has a great camera, but have you ever wondered how much more you can do with it? Today's smart phones are much more than a "point and shoot camera." Why not take full advantage of it?

Local professional photographer Johanna Coyne will teach you how to increase your iPhone's potential! You will be amazed (and so will your friends!). Don't wait any longer; phones are getting better and smarter!

Ages: 18 yrs +
Instructor: Johanna Coyne
Location: Visalia Senior Center - Media Lounge

#9977 Sa 1/10 - 2/14 9 - 11 a.m. \$40

Art of Photography

Learn about photo composition, lighting, posing, landscape and receive an introduction to digital photo editing. There will be some traveling, personal transportation is required. Participants must provide their own digital camera.

Ages: 18 yrs +
Instructor: Danny Bruza
Location: Visalia Senior Center - Media Lounge

#9976 Sa 9/20 - 10/25 9 a.m. - 12 p.m. \$40



NEW! Art of Photography II

Learn how to turn a so-so photo into a WOW photo. You don't need to have the skills of freehand to turn your photos into real works of printable, frameable art. Your photos will become masterpieces worthy of your own gallery show! Participants must provide their own digital camera.

Ages: 18 yrs +
Instructor: Danny Bruza
Location: Visalia Senior Center - Media Lounge

#10438 Sa 11/1 - 12/20 9 a.m. - 12 p.m. \$40
• No class 11/22

Share Your Photos With Us @VisaliaParks

Share your love of photography with us and all of our followers. Get creative with your hashtags, but don't forget to tag your photos with **#liveandplayvisalia** and **#parksmakelifebetter**.

Your photo could be chosen to be displayed (with artist credit) on our website, social media and next **Live & Play!**

FOLLOW US ON
Instagram

75
years



Concerts in the Park

Two Can't Miss Shows!

Brad Wilson

Saturday, 9/13 from 5 –7 pm

At Sunset Park

Playing Smokin' & Rockin' Blues

Borrowed Time

Saturday, 10/11 from 4 –6 pm

At Burke Park

Classic Rock Hits from the 70s, 80s & 90s

**Bring a Chair or Blanket &
Enjoy FREE Family Fun!**



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www.liveandplayvisalia.com

**Parks
Make
Life
Better!**

75 years

50+ Fitness



Stay Active With Us!

NEW! Self-Defense for Women 50+

Women today need to be aware of the dangers surrounding them and we want you to have the tools to make a safe getaway should the need arise. This class focuses on women ages 50 and better and will teach participants how to recognize dangers and avoid confrontations. If confrontation cannot be avoided, this class will prepare you to defend yourself with basic escape and striking techniques as well as how to use everyday tools as defensive weapons.

Ages: 50 yrs +
Instructor: Roger Gong
Location: Visalia Senior Center - Activity Room

#10445	W	9/17 - 10/22	5:30 - 6:45 p.m.	\$35
#10446	W	1/14 - 2/18	5:30 - 6:45 p.m.	\$35

50+ Rocks Tap Dance

Whether you have been dancing for ages or have always wanted to start, this class will help improve your coordination and balance and is a great way to meet new friends. Tap shoes are required.

Ages: 50 yrs +
Instructor: Amanda Taylor
Location: Anthony Community Center - Room B

Intro

#10185	F	9/5 - 10/10	9 - 10 a.m.	\$40
#10186	F	10/17 - 11/21	9 - 10 a.m.	\$40
#10187	F	12/5 - 1/23	9 - 10 a.m.	\$40
• No class		12/26, 1/2		
#10188	F	1/30 - 3/6	9 - 10 a.m.	\$40

Tap On! (Intermediate)

#10189	F	9/5 - 10/10	10 - 11 a.m.	\$40
#10190	F	10/17 - 11/21	10 - 11 a.m.	\$40
#10191	F	12/5 - 1/23	10 - 11 a.m.	\$40
• No class		12/26, 1/2		
#10192	F	1/30 - 3/6	10 - 11 a.m.	\$40

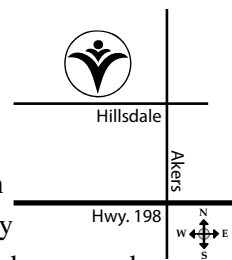
All the expertise your family needs



All in one place

Visalia Medical Clinic offers the expertise of
more than 50 providers, plus:

- ▶ On-site lab
- ▶ Sleep Disorders Center
- ▶ Allergy and Sinus Center
- ▶ Diabetes care and education
- ▶ Physical therapy and rehabilitation
- ▶ Diagnostic and imaging technology
- ▶ QuickCare Walk-in Clinic, open 7 days a week



Be Well

Visalia Medical Clinic

VMHealth.com • 739-2000

Hwy 198, north on Akers • 5400 W. Hillsdale

Move with the Music

Enjoy a cardio dance party just for 50+! This class combines high energy with motivating Latin and International music and unique dance moves that are fun and easy to do. You'll be having so much fun you'll forget you are exercising!

Ages: 50 yrs +
 Instructor: Rosellen Brooks
 Location: Visalia Senior Center - Activity Room

#10169	M	9/8 - 10/13	11 a.m. - 12 p.m.	\$30
#10170	M	10/27 - 12/1	11 a.m. - 12 p.m.	\$30

50+ Rocks Gentle Yoga

Benefits of yoga have shown that it can alleviate many health challenges. This program is specially designed to increase muscle tone, stamina and balance. Participants must bring their own yoga mat, towel and water bottle.

Ages: 50 yrs +
 Instructor: Dina Restivo
 Location: Whitendale Community Center

#10457	Th	9/11 - 10/16	3 - 4 p.m.	\$35
#10458	Th	10/23 - 12/4	3 - 4 p.m.	\$35
• No class 11/27				
#10459	Th	1/8 - 2/12	3 - 4 p.m.	\$35



Registration deadline for all classes and activities is one week prior to start date.

Call our Business Office at (559) 713-4365 for your login ID and password to register online at www.liveandplayvisalia.com.

Boot Scootin' Seniors

Join your friends for a fun fitness activity which pairs popular music with choreographed line dance moves. The first hour is for beginners, the second hour is for more advanced students. No partners are needed; bring a few friends along to share the fun. Please wear shoes that have smooth soles for dancing, most prefer leather-soled shoes.

Ages: 50 yrs +
 Instructor: Adrienne Vieira
 Location: Visalia Senior Center - Main Room

#10171	M	September	1:15 - 3:15 p.m.	\$5
#10172	M	October	1:15 - 3:15 p.m.	\$5
#10177	M	November	1:15 - 3:15 p.m.	\$5
#10178	M	December	1:15 - 3:15 p.m.	\$5
#10179	M	January	1:15 - 3:15 p.m.	\$5
#10180	M	February	1:15 - 3:15 p.m.	\$5



50+ Tai Chi Moving for Better Balance

Tai Chi Moving for Better Balance presents a research validated tai chi form for improving balance and providing other health benefits. Students will learn a sequence of tai chi movements that can be a lifelong health practice and also serve as a foundation for further learning in tai chi.

Ages: 18 yrs +
 Instructor: Michael Islas
 Location: Visalia Senior Center - Activity Room

#10181	T/Th	9/9 - 10/16	10 - 11 a.m.	\$60
#10182	T/Th	10/28 - 12/11	10 - 11 a.m.	\$60
• No class 11/11 and 11/27				
#10183	T/Th	1/6 - 2/12	10 - 11 a.m.	\$60

Intro to Computers

Interested in learning to use a computer but need to some help getting started? This class starts with the basics and will progress at the pace of the participants. Learn how to create and use an email account, surf the internet and utilize basic computer programs.

Ages: 50 yrs +
 Instructor: Michael Islas
 Location: Visalia Senior Center - Craft Room

#10150	Tu	9/2 - 9/23	6 - 7 p.m.	\$15
#10151	Tu	10/7 - 10/28	6 - 7 p.m.	\$15
#10152	Tu	11/4 - 12/2	6 - 7 p.m.	\$15
• No class 11/11				
#10153	Tu	1/6 - 1/27	6 - 7 p.m.	\$15
#10154	Tu	2/3 - 2/24	6 - 7 p.m.	\$15

Intermediate Computer Class

If you understand the basics and are ready to learn more about how to operate a computer, this is the class for you. We'll start where "Intro to Computers" leaves off and continue on our journey of computer knowledge.

Ages: 50 yrs +
 Instructor: Michael Islas
 Location: Visalia Senior Center - Craft Room

#10156	Tu	9/2 - 9/23	7 - 8 p.m.	\$15
#10157	Tu	10/7 - 10/28	7 - 8 p.m.	\$15
#10158	Tu	11/4 - 12/2	7 - 8 p.m.	\$15
• No class 11/11				
#10159	Tu	1/6 - 1/27	7 - 8 p.m.	\$15
#10160	Tu	2/3 - 2/24	7 - 8 p.m.	\$15

Advanced Computer Class

If you've mastered the basics and have a good understanding of computers, this class will take you to the next level. We'll start where "Intermediate Computers" leaves off and continue on our journey of computer knowledge.

Ages: 18 yrs +
 Instructor: Michael Islas
 Location: Visalia Senior Center - Craft Room

#9466	Tu	9/2 - 9/23	8 - 9 p.m.	\$15
#9467	Tu	10/7 - 10/28	8 - 9 p.m.	\$15
#9468	Tu	11/4 - 12/2	8 - 9 p.m.	\$15
• No class 11/11				
#9468	Tu	1/6 - 1/27	8 - 9 p.m.	\$15
#9468	Tu	2/3 - 2/24	8 - 9 p.m.	\$15

Learning to Use Your Laptop

Learn how to use your own laptop computer to create and use an email account, surf the internet and utilize basic computer programs to draft letters and connect through social media. You'll also learn some tricks for when your laptop isn't working the way you want it to.

Ages: 50 yrs +
 Instructor: Michael Islas
 Location: Visalia Senior Center - Craft Room

#10138	Th	9/4 - 9/25	6 - 7 p.m.	\$15
#10139	Th	10/9 - 10/30	6 - 7 p.m.	\$15
#10140	Th	11/6 - 12/4	6 - 7 p.m.	\$15
• No class 11/27				
#10141	Th	1/8 - 1/29	6 - 7 p.m.	\$15
#10142	Th	2/5 - 2/26	6 - 7 p.m.	\$15

Learning to Use Your Laptop - Part II

After you have completed the "Learning to Use Your Laptop" class, continue the learning! Sign up for this class to build user knowledge to allow you to use your laptop to its full potential!

Ages: 50 yrs +
 Instructor: Michael Islas
 Location: Visalia Senior Center - Craft Room

#10144	Th	9/4 - 9/25	7 - 8 p.m.	\$15
#10145	Th	10/9 - 10/30	7 - 8 p.m.	\$15
#10146	Th	11/6 - 12/4	7 - 8 p.m.	\$15
• No class 11/27				
#10147	Th	1/8 - 1/29	7 - 8 p.m.	\$15
#10148	Th	2/5 - 2/26	7 - 8 p.m.	\$15

Learning to Use Your Laptop - Part III

After you have completed the "Learning to Use Your Laptop Part II" class, continue the learning! Sign up for this class to continue to build user knowledge and learn advanced operations for your laptop.

Ages: 50 yrs +
 Instructor: Michael Islas
 Location: Visalia Senior Center - Craft Room

#10196	Th	9/4 - 9/25	8 - 9 p.m.	\$15
#10197	Th	10/9 - 10/30	8 - 9 p.m.	\$15
#10198	Th	11/6 - 12/4	8 - 9 p.m.	\$15
• No class 11/27				
#10199	Th	1/8 - 1/29	8 - 9 p.m.	\$15
#10200	Th	2/5 - 2/26	8 - 9 p.m.	\$15

Watercolor

This class is designed for the water color enthusiast from the beginner to the expert. Watch the colors dance across the canvas as each brush stroke brings your vision to life. Learn color & form and translate it into a reflection of you. Supply list available upon registration.

Ages: 50 yrs +
 Instructor: Debbie Navarro
 Location: Visalia Senior Center - Activity Room

#10118	W	9/3 - 10/29	1- 4 p.m.	\$40
No class 9/10				
#10119	W	11/5 - 12/17	1- 4 p.m.	\$30
• No class 12/10				
#10120	W	1/7 - 2/25	1- 4 p.m.	\$40



Oil Painting

This class teaches the basic techniques of oil painting. Oil painting completely replaced tempera paints in the majority of Europe by the height of the Renaissance. Let's find out why and you will be surprised how far your imagination can go. Supply list available upon registration.

Ages: 50 yrs +
 Instructor: Debbie Navarro
 Location: Visalia Senior Center - Activity Room

#10122	W	9/3 - 10/29	10 a.m. - 1 p.m.	\$40
• No class 9/10				
#10123	W	11/5 - 12/17	10 a.m. - 1 p.m.	\$30
• No class 12/10				
#10124	W	1/7 - 2/25	10 a.m. - 1 p.m.	\$40

Learn to Crochet

Learn to crochet at your own pace in a comfortable and friendly environment. Start with basics and progress to easy projects, new stitches and project ideas. Participants work with instructor guidance and must provide their own crochet hook size H and one ball (skein) of 100% yarn.

Ages: 18 yrs +
 Instructor: Carmen Pinhiero
 Location: Visalia Senior Center - Craft Room

#10162	W	9/3 - 9/24	10 a.m. - 12 p.m.	\$20
#10163	W	10/8 - 10/29	10 a.m. - 12 p.m.	\$20
#10164	W	11/5 - 12/3	10 a.m. - 12 p.m.	\$20
• No class 11/26				
#10165	W	1/7 - 1/28	10 a.m. - 12 p.m.	\$20
#10166	W	2/4 - 2/25	10 a.m. - 12 p.m.	\$20

Tole Painting

This class allows participants to focus on creativity and expression. Learn how to apply paint and utilize various techniques to create an art object out of just about anything. Supply list available upon registration.

Ages: 50 yrs +
 Instructor: Kay Knox
 Location: Visalia Senior Center - Craft Room

#10132	Th	9/4 - 9/25	10 a.m. - 1 p.m.	\$20
#10133	Th	10/2 - 10/30	10 a.m. - 1 p.m.	\$25
#10134	Th	11/6 - 12/18	10 a.m. - 1 p.m.	\$30
• No class 11/27				
#10135	Th	1/8 - 1/29	10 a.m. - 1 p.m.	\$20
#10136	Th	2/5 - 2/26	10 a.m. - 1 p.m.	\$20

Ceramics

It's time to create a masterpiece! Participants will learn to create basic ceramic forms. Decorating, glazing and firing techniques will be covered. Learn how to pour slip and clean the green ware. This class will give you the power to decorate your house with your own creations. Supply list available upon registration.

Ages: 50 yrs +
 Instructor: Kay Knox
 Location: Visalia Senior Center - Craft Room

#10126	Tu	9/2 - 9/30	10 a.m. - 1 p.m.	\$25
#10127	Tu	10/7 - 10/28	10 a.m. - 1 p.m.	\$20
#10128	Tu	11/4 - 12/2	10 a.m. - 1 p.m.	\$20
• No class 11/11				
#10129	Tu	12/9 - 12/30	10 a.m. - 1 p.m.	\$20
#10130	Tu	1/6 - 1/27	10 a.m. - 1 p.m.	\$20
#10131	Tu	2/3 - 2/24	10 a.m. - 1 p.m.	\$20

75 years

Visalia Senior Center

Visalia Senior Center

For Adults 55 & Better

Dancing, arts, entertainment, exhibits, bingo and more. The Visalia Senior Center is the perfect destination for adults 55 and better who want to enjoy their free time on their terms.

Activities, classes and programs run throughout the week, as the Senior Center is open Monday through Friday, 10 a.m. to 4 p.m. daily. Start your day off with a visit to the Media Lounge and then join friends for a delicious lunch. Afternoons are filled with dancing, games, and movies, or enjoy a good book on the patio. For more information, call the Visalia Senior Center at (559) 713-4381.



Meet Up With Friends For Lunch!

Get ready to meet new friends over the best lunch in town for only \$3.50! Lunch activities include entertainment, informational lectures on topics relevant to 50+, poetry readings, birthday celebrations & more.

Please call (559) 713-4481 before 12 p.m. one business day in advance to make a reservation. Visit www.liveandplayvisalia.com and click on "Visalia Senior Center" to view the monthly menu.

Ages: 55 yrs +
Location: Visalia Senior Center

M - F 12 - 1:00 p.m. \$3.50 per meal
Lunch served until 12:30 p.m.

- Please note, guests under age 55 are \$4.50 per meal

NEW! 50+ Rocks – Music Meet-Up

Looking for a place to meet people your age that share your interests? Like to dance, play games and have fun? Our monthly "Meet Up" will feature a variety of music, games, hors d'ovres and social opportunities that are fun, safe and alcohol free.

Ages: 50 yrs +
Location: Visalia Senior Center
Cost: \$10.00 per person at the door

Friday, September 19th 6:30 - 10 p.m.
Friday, October 17th 6:30 - 10 p.m.
Friday, November 21st 6:30 - 10 p.m.
Friday, December 19th 6:30 - 10 p.m.

Free On-Going Activities

Table Tennis	M/F	1 – 3 p.m.
Pinochle	M	12 - 3 p.m.
Volunteer Bureau	1st M	11 a.m.
Game Days	1st W	1 - 3 p.m.
Birthday Celebrations	1st W	12:30 p.m.
Knitting & Sewing	W	12 - 3 p.m.
Poker	W	12 - 3 p.m.
Contract Bridge	W	12:30 - 3:30 p.m.
Board Games	Th	12 - 3 p.m.
Writer's Group	Th	1 - 4 p.m.
Wii	Th	10:30 - 11:30 a.m.
Flashback Fridays	F	10:30 - 11:30 a.m.
Movie Matinee	F	1 - 3 p.m.

75 years Visalia Senior Center

A Magical Grandparents Day



Recognized nationally on the 1st Sunday following Labor Day, Grandparents day is a way to celebrate the love, wisdom and knowledge of our elders. In honor of Grandparent's Day, we invite families to join their grandparent(s) for a special lunch. A magic show and root beer floats will make it a special day for everyone. Seating is limited, tickets available at the Senior Center beginning August 11th.

Friday, September 5, 2014 from 11:30 a.m. to 1 p.m.
Location: Visalia Senior Center

Ages: All Ages Welcome!
Cost: \$3.50 per ticket

SPOOKTACULAR SENIORS



Whether it's a creative hat or a full costume, come dressed for a day of entertainment, tricks and lots of treating! Seating is limited, tickets available at the Senior Center beginning October 6th.

Friday, October 31st from 11:30 a.m. - 1 p.m.

Ages: 55 yrs +
Location: Visalia Senior Center
Cost: \$3.50 ages 55 yrs + \$4.50 guests under 55

55+ Rocks! Monthly Speaker Series

Held most Wednesdays, the 55+ Rocks Speaker Series addresses topics such as health, finance, nutrition and more. Make it a day and stay for lunch. Lunch reservations must be made 24-hours in advance by calling (559) 713-4481.

Location: Visalia Senior Center, 310 N. Locust St.
Time: 11:30 a.m. - 12 p.m.

9/3 Senior Scams & Elder Abuse
Tulare County District Attorney's Office

9/10 Healthcare Resources
Tulare County HHSA - HICAP

9/17 Crime Prevention & Personal Safety
Tulare County District Attorney's Office

9/24 Helping Seniors Stay Independent
Tulare County HHSA - Mental Health

10/28 How to Avoid the Latest Scams
Tulare County Public Guardian

More topics are on their way, call or visit the Visalia Senior Center for more seminars!

75 years

Visalia Senior Center

NEW! Preventative Screenings & Health Topics

Fresno State Nursing Program students will be providing weekly presentations on a variety of health topics throughout the fall season. Additionally, the Nursing Program students will be providing free weekly health screenings.

Ages: 50 yrs +
Location: Visalia Senior Center - Main Room
Cost: FREE
Time: 11 a.m. Tu 9/9 - 11/4



University of California
Tulare & Kings Master Gardeners



The Master Gardeners offer FREE info on gardening!
Call the MG help line during office hours or leave an email or voice message after hours.

Tulare County
(559) 684-3325
(559) 684-3326
Tues./Thurs.
9:30 - 11:30 a.m.



Kings County
(559) 852-2736
Thurs. Only
9:30 - 11:30 a.m.

Email: cetulare@ucdavis.edu

http://ucanr.org/sites/UC_Master_Gardeners/

Master Gardeners are members of communities trained by Cooperative Extension experts in different aspects of plant science.



Flu Shots & Vaccines

It's that time of year again. The City of Visalia has partnered with Walgreens to offer this valuable service to ages 55 and better! There are two days to choose from, for more information call the Visalia Senior Center at 559-713-4381.

Ages: 55 yrs +
Location: Visalia Senior Center

Wednesday 9/24 10:15 a.m. - 2 p.m.
Thursday 10/2 10:15 a.m. - 2 p.m.

Cost: FREE with Medicare Card

Additional Programs

HICAP Medicare Extra Help – Tuesdays
10 a.m. - 2 p.m.

Contact: K/T AAA at (559) 623-0199 to make an appointment

Penny Bingo – Tuesdays & Thursdays
1 – 4 p.m.

Contact: Donna Mohnike at (559) 732-0829

Senior Squares – Fridays
1:30 - 3:30 p.m.

Contact: Rick Hampton at (559) 909-1232

Gadabouts Travel Group

1st Saturday of each month
9:30 a.m. – 12 p.m.

Contact: Verna Bowers at (559) 734-7216

Senior Pride Bingo & Pull Tabs - Saturdays
12 – 4:15 p.m.

Contact: Donna Mohnike at (559) 732-0829

Saturday Night Dances

7 – 10 p.m.

Contact: Shelley Meyer (559) 906-6088

Register for classes online at www.liveandplayvisalia.com

35.

75 years

Online:

Create and access your account online! This is available for programs with course numbers listed. Register online at:

www.liveandplayvisalia.com

Mail:

Complete registration form on page 37. Mail payment by check or credit card to:

Visalia Parks & Recreation Department
345 N. Jacob Street
Visalia, Ca 93291

In Person:

Register in person at our Business Office located at the Anthony Community Center, 345 N. Jacob Street, Visalia.

Hours of Operation:

Monday - Friday
8 a.m. - 5 p.m.

Excluding City Recognized Holidays

Fax:

Fax registration form to (559) 713-4819.

With Proper I.D. We Accept:**Please Note:**

- Pre-registration is required unless stated.
- All registrations are accepted on a first-come, first-served basis.
- Registration deadline is one week prior to program start date, unless otherwise stated in the course description.
- A City of Visalia Waiver form must be completed prior to participating.
- Activities, dates, fees, times and locations are subject to change.
- Cancellations: A minimum number of participants are required to hold an activity or class. The Parks & Recreation Department reserves the right to cancel activities. You will be contacted if this applies to a program you have registered for.
- Refunds: For all refunds, a \$15 processing fee will be withheld. However, a full refund will be given if an activity is cancelled by the Parks & Recreation Department. If you must drop out of an activity due to serious illness or injury, call our office immediately at (559) 713-4365. Allow 2 - 4 weeks for refund processing. All refund checks are mailed from the City of Visalia Finance Department.
- Returned Checks: A \$25 fee will be assessed for the first returned check. A \$30 fee will be assessed for each additional returned check. Checks are for the exact amount only. No two-party or post dated checks accepted. ID required.

75 years

City of Visalia – Parks & Recreation Department
PARTICIPANT REGISTRATION FORM – Please Print

Name of Parent or Adult Registrant Primary Phone Email

Mailing Address City, State & Zip Code

Emergency Contact Home Phone Work Phone Cell Phone

Participants' First & Last Name(s)	Date of Birth	School/Grade	M/F	Shirt Size	Activity/Program/Class/ Youth Sports League	Course Number	Fee

I am interested in coaching assistant coaching a Youth Sports team.
Name of interested person: _____ Phone: _____

Known Medical Conditions/Allergies: (Who/What?) _____

I would like to donate \$ _____ to the Youth Scholarship Fund and/or \$ _____ to the Parks & Recreation Foundation.

Total Fees Due: _____ **Checks are payable to: "City of Visalia." Mail to: Visalia Parks & Recreation Department, 345 N. Jacob St., Visalia CA 93291.**

FAXED REGISTRATION: Fax this completed form to (559) 713-4819. A Parks & Recreation staff representative will call for payment. Credit cards accepted are Visa, MasterCard, American Express and Discover. Registration will not be complete until payment in full is received.

City of Visalia Parks & Recreation Department Release of Liability and Indemnity Agreement

In consideration of the benefits provided by the City of Visalia, I hereby agree that neither I, my successors, assigns, nor anyone acting on my behalf will make claim against or sue the City of Visalia, its officers, agents, employees, or volunteers for injury or damage resulting from the condition of any facility, or the negligence, carelessness, or other acts, howsoever caused by the City of Visalia, or any of its officers, agents, employees, or volunteers as a result of my participation in the event or activity set forth above. In addition, I hereby release the City of Visalia, its officers, agents, employees and volunteers from all claims or lawsuits that I, my successors, assigns, or anyone acting on my behalf may have, or may hereafter at any time have for injury or damage: (1) resulting from the condition of any improved facility which has been reasonably maintained; (2) resulting from the condition of any unimproved City facility; (3) suffered by me while participating in or traveling to and from the event or activity set forth above; or (4) suffered by me in any other activity associated with the event or activity aforementioned. This release does not apply to intentional and/or willful acts of misconduct by City of Visalia or any of its officers, agents, employees or volunteers.

I understand that this Agreement and Release of Liability is enforceable against me only, as parent or guardian of such minor, and that said Agreement and Release of Liability may not be enforced as against such minor. Therefore, in further consideration for permitting such minor to participate in the aforementioned activity, I agree to defend the City of Visalia, its officers, agents, employees and volunteers. I also agree to reimburse the City of Visalia, its officers, agents, employees, or volunteers from any loss, damage, liability, cost, or expense they suffer as a result of any such claim or lawsuit.

I have carefully read this agreement and fully understand its contents. I am aware that this is a Release of Liability and Indemnity, and that it is a legally binding contract between the City of Visalia and me, and I sign it of my own free will. I acknowledge that participants involved in Parks and Recreation activities are subject to being photographed, and such photographs may be used to publicize City programs.

Adult Participant Signature: _____ Date: _____



REMINDER...It's time to check your sprinkler timers...
Set your system for the Fall schedule

Check out ways you can save water by visiting www.GoGreenVisalia.com



Stage 4 water regulations.

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Odd	None	None	Sat	Sat	Tue Sat	Tue Thu Sat	Tue Thu Sat	Tue Thu Sat	Tue Thu Sat	Tue Sat	Sat	Sat
Even	None	None	Sun	Sun	Wed Sun	Wed Fri Sun	Wed Fri Sun	Wed Fri Sun	Wed Fri Sun	Wed Sun	Sun	Sun

Odd = Addresses ending in an odd number (1, 3, 5, 7, 9)

Even = Addresses ending in an even number (0, 2, 4, 6, 8)

- Water before 10:00 am or after 8:00 pm on your watering day.
- Maximum of 30 minutes per station on watering day (except for drip sprinklers).
- Hosing down is not allowed unless needed for public health and safety; use a broom or rake.

- Excessive runoff is prohibited.
 - Overseeding of lawns with annual ryegrass is prohibited.
 - Swimming pools and spas cannot be drained more than once every three years. A permit is required.
- Please report water violations to 713-4531.



For more information visit www.GoGreenVisalia.com or call 713-4531 or email nronline@ci.visalia.ca.us



Now it's easier for you to get to
all of your favorite green spaces!



We want to help you stay healthy and active by playing at our local parks. Most routes traveled with Visalia Transit can take you to your favorite park or recreation facility in Visalia, Farmersville and Exeter. For more information on routes leading to parks, call the Green Line or visit us online.



1-877-40 GO GREEN (1-877-404-6473) · VisaliaTransit.com ·    

City of Visalia Parks & Recreation Department
345 N. Jacob St.
(559) 713-4365 Phone
(559) 713-4819 Fax
recreation@liveandplayvisalia.com
www.liveandplayvisalia.com

6th Annual Corporate Games Visalia's Business to Business Competition



Corporate Games promotes healthier lifestyles through teamwork, participation and fun. Visalia area businesses and employee based organizations compete in team activities to build camaraderie and trust. It's time to train and get prepared for this year's events!

Who: Visalia Area Businesses & Organizations

When: Friday, September 26th – Friday, October 10th, 2014

Cost: \$500 Per Team

Registration Deadline is Thursday, September 11th

Family Feud

Dodgeball

Texas Hold 'Em

Soccer

Darts

Volleyball

Tug of War

FootGolf

Golf

5K & More!

For more information, visit
www.liveandplayvisalia.com



**Parks
Make
Life
Better!**