



# 2017 WINTER/SPRING ACTIVITY GUIDE

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**PARKS & RECREATION 2-4, 24** **GAUCHE AQUATIC PARK 5-7** **YOUTH 8-13** **ADULTS 14**  
**ADULTS & FAMILIES 15** **SENIOR SERVICES 16-20** **TRIPS 21-23**

**YUBACITY**







## Explore Yuba City's Parks & Facilities!

### Park Rentals

Reservations for picnic areas at Sam Brannan Park and Gauche Aquatic Park may be made in-person at City Hall or Gauche Aquatic Park. To view pricing and rules, please visit [www.yubacity.net](http://www.yubacity.net) and click on "Parks and Facilities" on the Parks & Recreation page. A \$50 cleaning deposit is required on all park reservations.

### Adopt-A-Park Program

Adopt-A-Park is a City-wide, community service program that recruits and trains residents to assist in the general care and maintenance of neighborhood parks and other parkland on City property. It also educates the public about creating and preserving clean and safe parks for everyone.

Anyone can Adopt-A-Park! Adopt-A-Park aims to unite and support all people interested in improving Yuba City's neighborhood open spaces. Our participants include:

- ★ Individuals
- ★ Senior Citizens
- ★ Neighborhood Associations
- ★ Youth Groups
- ★ Schools
- ★ Scouts
- ★ Church Groups
- ★ Businesses
- ★ Non-Profit Organizations
- ★ Community Groups

Call 822-4650 for more information or download the information located at [www.yubacity.net](http://www.yubacity.net) on the Parks & Recreation page.



### Skate Park

The Yuba City Skate Park is located at 806 Gray Avenue. Safety equipment is required. Open 9am - 9pm except when closed due to vandalism or maintenance.



### Bocce Ball Rental

Stop by Kingwood Park on Gray Avenue where you will find two Bocce Ball courts as well as a walking path around the perimeter of the park. Bocce Ball is like lawn bowling/shuffleboard where you throw out a "jack" or "pallino" ball and then two teams roll out colored balls to see who can get the closest to the "jack" for points. Of course there is always the option of striking your opponent's ball out of the way. This game is great fun for all ages! Equipment is not located at the park.

You can bring your own equipment or call (530) 822-4608 to inquire about renting bocce ball equipment.

### Park Water Features

Due to current water restrictions, the water features at Regency Park and Shanghai Garden Park are currently not in operation. We apologize for any inconvenience this may cause.

### Park Vandalism

We would like to thank the residents that assist the Yuba City Police Department and the Parks & Recreation Department with tips on park vandalism. Help like this leads to the apprehension of those individuals who do not appreciate the beautiful park system we all enjoy. Thanks for being our extended ears and eyes. Anytime you see something suspicious, please call the Yuba City Police at 822-4660.

## City Staff & Commissions

### City Council

<b>Stan Cleveland, Jr.</b>	<b>Mayor</b>
<b>Preet Didbal</b>	<b>Vice Mayor</b>
<b>John Buckland</b>	<b>Councilmember</b>
<b>Manny Cardoza</b>	<b>Councilmember</b>
<b>Shon Harris</b>	<b>Councilmember</b>

### City Manager

<b>Steven Kroeger</b>	<b>City Manager</b>
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### Senior Commission

Meets first Wednesday of each month at 9am at the Yuba City Senior Center, 777 Ainsley Avenue, Yuba City, CA

<b>Richard Dettmer, Chairperson</b>	<b>Tanna Thomas, Vice-Chairperson</b>
<b>Pam Epley</b>	<b>Carl Hultquist</b>
<b>Anthony Kurlan</b>	

### Parks & Recreation Commission

Meets quarterly at 5:30pm in the Sutter Room - City Hall, 1201 Civic Center Boulevard, Yuba City, CA

<b>Gary Hurlbut, Chair</b>	<b>Sharon Foote, Vice Chairperson</b>
<b>Bonnie Pullen</b>	<b>Cyndi Shatswell</b>
<b>Ericka Summers</b>	

### Youth Commission

Meets the third Wednesday of each month at 6pm in the Sutter Room - City Hall, 1201 Civic Center Boulevard, Yuba City.

<b>Navdeep Bal</b>	<b>Preya Gill</b>
<b>Sameer Gupta</b>	<b>Genevive Haven</b>
<b>Joanna Jarvis</b>	<b>John Kroeger</b>
<b>Nick Lavy</b>	<b>Colin Minard</b>
<b>Raiden Toche</b>	<b>Kanvarbir Gill (alternate)</b>

### Recreation Staff

<b>Brad McIntire, Director of Community Service</b>	<b>822-4650</b>
<b>Ann Gillen, Recreation Supervisor, Gauche Aquatic Park</b>	<b>822-4655</b>
<b>Jessica Peters, Recreation Supervisor, Senior Center</b>	<b>822-4608</b>
<b>J. Long, Recreation Supervisor, Youth Sports/ASP</b>	<b>822-4649</b>
<b>JP LaCroix, Recreation Supervisor, Adult Sports/Camps</b>	<b>822-4651</b>
<b>Kelsey Myers, Recreation Coordinator</b>	<b>822-4794</b>
<b>Samantha Benzel, Administrative Assistant</b>	<b>822-7565</b>

### Park Staff

<b>Matthew Langley</b>	<b>Parks &amp; Grounds Superintendent, 822-4648</b>
<b>Robert Condrey</b>	<b>Park Maintenance Worker</b>
<b>Eddie Garcia</b>	<b>Park Maintenance Worker</b>
<b>Joe Villalobos</b>	<b>Park Maintenance Worker</b>
<b>Bob Myers</b>	<b>Park Maintenance Worker</b>
<b>Scott Torrey</b>	<b>Park Maintenance Worker</b>
<b>Ernie Hernandez</b>	<b>Park Maintenance Worker</b>
<b>Leo Ramirez</b>	<b>Park Maintenance Worker</b>
<b>Casey Looney</b>	<b>Groundskeeper</b>
<b>Bryce McDermott</b>	<b>Groundskeeper</b>

## City Phone Numbers

Do you live in the Yuba City City limits? Do you need a building permit, access to planning, code compliance or traffic control issues solved? Call:

<b>Building Department</b>	<b>822-4629</b>
<b>Gauche Aquatic Park</b>	<b>822-4655</b>
<b>Park Reservations</b>	<b>822-4650</b>
<b>Parks Department</b>	<b>822-4648</b>
<b>Public Works</b>	<b>822-4626</b>
<b>Planning</b>	<b>822-4700</b>
<b>Finance (Water/Sewer)</b>	<b>822-4618</b>

## Friends of the Yuba City Parks & Recreation Foundation



In response to the growing desire for additional park entities and to provide additional recreational programs and assistance to those in need, the Friends of Yuba City Parks and Recreation Foundation, a non-profit charitable 501-C3 account, was established to raise, distribute and assist in the management of public and private sector funds for the enhancement to City of Yuba City Parks and Recreation Programs.

The Foundation's giving efforts include: over \$15,000 of program scholarships to income-challenged families, a "park pet" play structure at Northridge Park, and handicapped play equipment and the Aqua Climb at Gauche Aquatic Park.

Foundation Board Members: Michele Blake, Brent Bosanek, Karen Cartoscelli, John Cassidy, Abbie Cesena, Sharen Cornils, Narinder Dhaliwal, Judy Johl, Brad McIntire, Barbara Moberly, Jack Taylor and Jim Whiteaker.

### Want to help? You can make a difference!

Friends invite you to become a FRIEND, as well as an active participant in this growing organization.

<b>Level</b>	<b>Contribution</b>
Friend	\$ 25
Contributor	\$ 100
Sponsor	\$ 500
Benefactor	\$ 1,000
Life Friend	\$ 5,000

If you are interested in serving on the "Friends Foundation" and/or making a monetary contribution, please make your tax deductible check payable to: **Friends of Yuba City Parks and Recreation Foundation** and mail to: 1201 Civic Center Boulevard, Yuba City, CA 95993. For more information, please call **Brad McIntire, Director of Community Services, at 822-4650.**



## Registration Information

### Online

Register online at [www.yubacity.net/registration](http://www.yubacity.net/registration). There is no extra charge to sign up online. **Family discounts are not available for online registration at this time.**

### Telephone

You must have a current calendar year class-specific registration waiver on file.

### Mail-In

A registration form will be mailed or faxed to you if requested. Registration forms are available online at [www.yubacity.net](http://www.yubacity.net). Please enclose a completed, signed registration form with check or money order made payable to: City of Yuba City. Mail to City Hall at least one week before start of class/program date.

### In Person

Come by and register in person at the locations listed below.

### Registration Locations

#### Yuba City Parks & Rec.

**City Hall**  
1201 Civic Center Boulevard  
Yuba City, CA 95993  
(530) 822-4650  
Mon - Fri, 8am - 5pm

After-hours registration may be deposited in the Utility Drop Box located at 1201 Civic Center Blvd.

#### Yuba City Senior Center

777 Ainsley Avenue  
Yuba City, CA 95991  
(530) 822-4608  
Mon - Fri, 7:30am - 4pm

#### Gauche Aquatic Park

421 C Street  
Yuba City, CA 95991  
(530) 822-4655  
September & October  
Mon - Fri, 10am - 6:30pm  
November - January  
Mon - Fri, 4 - 6:30pm



### Waiting Lists

Once a class/program is filled, a waiting list will be taken. All registrations received after an activity has been filled will automatically be put on a waiting list or you may call 822-4650 to be placed on a waiting list. Calls will be made in the order they appear on the list. Spaces will be filled by the first person contacted.

### Special Needs

Any special needs or medical notations must be listed on the registration form under the "Special Instructions" area. In compliance with the Americans with Disabilities Act, the City of Yuba City encourages those with disabilities to participate in our classes/programs. If you have special needs, please call us at 822-4650 in advance.

### Policies and Procedures

1. Registration is processed on a first-received, first-served basis.
2. Class/program fee, dates and times are subject to change although every effort will be made to comply with the listed information.
3. Advance registration is required for all classes, special programs, etc. No registration will be taken at the class/program unless noted.

4. Any special needs or preferences must be listed on the registration form under the "Special Instructions" area or in the "comments" section if registering online.
5. Material or supply fees may be included in class/program fee or paid to instructor at first class. Check specific class listing.
6. The Department reserves the right to cancel any class/program for reasons it deems necessary.
7. Classes and programs without minimum enrollment may combine with another class or be canceled.

### Non-Resident Fees

A non-resident is anyone who lives outside the Yuba City city limits. If applicable to a program, this fee is listed throughout the Activity Guide as **NR**. A non-resident fee ranging from \$2 - \$10, depending on the program, will be charged per participant, with a maximum of \$30 paid per year per participant. The customer must provide past receipts for the non-resident fees to be waived after the maximum is met.

### Late Fees

In order to maintain our high-quality programs, it is important for patrons to register by the stated deadlines. Late fees of \$10 have been instituted for some programs to emphasize the importance of our deadlines. Fees are used to cover additional staff and supplies needed for the program on short notice.

### Refund Policy

1. Credits/refunds are gladly made if requested at least three working days prior to the first date of class/program. In the case of special trips, excursions, adult sports leagues and one-time events, credits/refunds will be issued only if notification is received by the noted deadline. All credit/refunds or transfers, except those resulting from a Department cancellation, are subject to a \$7 administrative fee per class/program **per participant**.
2. If you are not satisfied with your class/program, you must contact us within 24 hours after your first class/program meeting. Credits/transfers may not be given if doing so drops class enrollment below minimum required. Credits will not be given after the second class meeting or for services already rendered.
3. Classes/programs that fail to meet the minimum enrollment may be canceled. If a class/program is canceled due to low enrollment, your registration fee will be credited to your account unless specified otherwise. Yuba City Parks & Recreation will make every effort to give 48 hours advance notice of low enrollment cancellations.
4. Sports credit/refunds: 50% of fee refunded before first game or meet. No credit/refunds given after the first game or meet.
5. Trips that include ticketed events will not be refunded unless the spot can be filled and it will be at the discretion of the department. All other trip cancellations are subject to a \$7 administrative fee per trip per person.
6. Classes/programs will not meet on federally observed holidays unless otherwise noted by the instructor.
7. Please allow four weeks for a refund to be processed and delivered by mail. Refunds may be issued sooner pending when the request is processed relative to the City's designated check disbursement schedule.

## 2017 Public Swim Passes are ON SALE!

**Unlimited Use Gauche Aquatic Park Public Swim Passes On Sale Now!** Save money by purchasing your 2017 Gauche Aquatic Park Swim Pass early. Discounted passes are on sale now through May 31, 2017. Beginning June 1, passes will be priced at the original fee. **Passes must be purchased at Gauche Aquatic Park.**

**Passes are valid for Public Swim Sessions and are not valid for Tot-Time or Twilight Swim.**

Unlimited Use Public Swim Pass	Purchased Now - April 2017	Purchased May 2017	Purchased June - August 2017
Individual	\$100	\$150	\$200
Family & Friends (4 People)	\$200	\$250	\$300
Additional Family/Friend	\$50	\$60	\$75



### Public Swim

All amenities are open during scheduled Public Swims. Everyone entering the facility must pay an admission fee. Only cash or checks are accepted unless purchasing a pass. **Passes & admission fees must be paid in person.**

Dates	Days	Times
Memorial Day Weekend May 27 - 29	Saturday, Sunday & Memorial Day	Session 1: Noon - 2:30pm Session 2: 3:30 - 6pm
June 5 - August 4	Daily	Session 1: Noon - 2:30pm Session 2: 3:30 - 6pm
Weekends & Labor Day August 5 - September 4	Saturday, Sunday & Labor Day	1 Session Only: 3:30 - 6pm

### Public Swim Fee Chart

All passes are valid May 27 - September 4, 2017. Passes are not valid for Twilight Swim, Tot Time or other special events

Admission Type	General	Pass Fees Now - Apr.	Pass Fees May 1 - 31	Pass Fees June - Sep.
Under 2	Free			
2 - 59 Years Single Entry	\$5			
60+ Single Entry	\$4			
10 Visit Pass	\$40			
Unlimited Individual Season Pass		\$100	\$150	\$200
Unlimited Family & Friends Season Pass (4 people)		\$200	\$250	\$300
Additional Member		\$50	\$60	\$75

### Office/Registration Hours

Month	Day	Time
January	Monday - Friday	4 - 6:30pm
February - May	Monday - Friday	8am - 5pm

## Summer Job Opportunities



### January 9 - March 31

Lifeguard & Swim Instructor positions are available for Summer 2017! Interviews will take place in April. For an application or additional information, please stop by Gauche Aquatic Park, 421 C Street, Yuba City during regular office/registration hours.



## Swim Lessons Early Registration! Tuesday, April 4

Be one of the first to register for 2017 Swim Lessons! Doors will open at Gauche Aquatic Park and online ([yubacity.net](http://yubacity.net)) at 6am on April 4. Visit any of our facilities during open business hours to register! *Registrations for Private/Semi Private Lesson are only available in person.* **Online Registration Keyword: Search by Level (Example: Preschool, Level 1, Level 2, etc.)**

## Swimming & Water Safety Lessons

Morning, afternoon and evening lessons are available. Please look online at [www.yubacity.net](http://www.yubacity.net) or stop by GAP or the Recreation Department for information on specific times and levels. Classes are held regardless of temperature/weather, unless lightning is present. **Online Registration Search by Level (Example: Preschool, Level 1, Level 2, etc.)**

**Mondays - Thursdays**

**Ages 3 - 14**

**\$50/\$60NR per session**

Session	Dates	Session	Dates
Session 1	June 5 - 15	Session 3	July 10 - 20
Session 2	June 19 - 29	Session 4	July 24 - August 3

## Parent & Me Water Classes

An instructor will lead parents in simple water exploration activities with the objective of having fun and becoming comfortable in the water. One parent per child. Classes are held regardless of temperature/weather, unless lightning is present. **Deadline to register is the Wednesday prior to each session start date at 1pm. Online Registration Keyword: Parent**

**Monday - Thursday**

**Ages 6 months - 3 years**

**\$25/\$30NR per session**

Session	Dates	Session	Dates
Session 1	June 5 - 8	Session 5	July 10 - 13
Session 2	June 12 - 15	Session 6	July 17 - 20
Session 3	June 19 - 22	Session 7	July 24 - 27
Session 4	June 26 - 29	Session 8	July 31 - August 3



## Adult Private Swimming Lessons for the Beginner

Inexperienced or fearful adults will want to take this one-on-one class to learn the basics of swimming. Classes fill quickly, so sign up early! **Online Registration Keyword: Adult**

**Saturday & Sunday**

**9 - 9:50am**

**Ages 15 +**

**\$120/\$130NR per session**

Session	Dates	Session	Dates
Session 1	June 10 - 18	Session 4	July 22 - 30
Session 2	June 24 - July 2	Session 5	August 5 - 13
Session 3	July 8 - 16		

## Junior Lifeguard Training

Lifeguard Skills, First Aid, CPR, Team-Work & Leadership Skills are combined to provide a well-rounded experience. Parents/Family wishing to enter the facility during Public Swim Sessions will need to pay the daily admission fee. Females please wear a one-piece suit. **Deadline to register is a minimum of 1-week prior to class start date. Online Registration Keyword: Junior**

**Novice Course**

**Monday - Thursday**

**1 - 3:15pm**

**Session 1: June 19 - 22**

**Session 2: June 26 - 29**

**Session 3: July 10 - 13**

**Session 4: July 17 - 20**

**Ages 10 - 12**

**\$65/\$75NR**



# GAUCHE AQUATIC PARK

## United States Masters Swim Team

This monthly team program for adults has organized workouts to improve overall fitness and helps develop better swimming techniques. Coaches and/or workout boards available. *No morning sessions, May 22 – June 2.* Coaches: Merry Finch & Stan Lee. **Online Registration Keyword: Masters**

### Monthly, February - May

Monday - Thursday				11am - Noon
Monday - Friday				6:15 - 8pm
Saturday				9 - 10:30am
Ages 18 +				
Monthly	3 months	6 months	12 months	
\$75	\$210	\$360	\$600	

## Lap Swim

Swimming laps burns calories and tones muscle. 14 & 15 year-olds are welcome with a parent/guardian. Give Lap Swim a try and get an unbelievably effective workout! *No morning sessions May 22 - June 2.* **Must register in person.**

### February - May

Monday - Thursday				11am - Noon
Monday - Friday				6:15 - 8pm
Saturday				9 - 10:30am
Ages 16 +				
Monthly	3 months	6 months	12 months	Drop In
\$75	\$210	\$360	\$600	\$5

## Senior/Adult Water Aerobics

No matter your age or fitness level, Water Aerobics is for you! Gain flexibility and agility while building cardiovascular fitness and muscle. *No classes May 22 - June 2.* Instructor: Sharon Guillory. **Registration opens the 1st Tuesday of each month at 4pm, both online and in-person, for the upcoming session. Online Registration Keyword: Water**

### Monthly

Tuesday & Thursday		11am - Noon
Ages 18 +		
Months	49 & Under	50 & Over
February	\$40/\$50NR	\$32/\$35NR
March	\$45/\$55NR	\$36/\$39NR
April	\$40/\$50NR	\$32/\$35NR
May	\$30/\$40NR	\$24/\$27NR



## Feather River Aquatic Club

FRAC is a non-profit, year-round, youth swimming organization which is dedicated to the health, fitness and socialization of its participants. Practices are held at Gauche Aquatic Park. For information call 742-SWIM or visit [www.fracattack.org](http://www.fracattack.org).

**All Gauche Aquatic Park programs and activities are subject to change without notice.**



## Birthday Party Facility Rentals

Party facilities are available for rent during weekend Public Swim Sessions! Rental includes reserved party area, tables, chairs and various amenities. Deposit and Rental Fee must be paid at time of reservation. **Reservations must be made in-person.**

Area	Rental Fee	Refundable Deposit
Outdoor Patio (50 guests max.)	\$100 (includes 5 admission tickets)	\$50
Half Indoor Room (25 guests max.)	\$150 (includes 10 admission tickets)	\$50
Whole Indoor Room (50 guests max.)	\$250 (includes 20 admission tickets)	\$100

## Meeting Room Rentals

Need somewhere to hold a small group meeting or training? Gauche Aquatic Park is a great place with many amenities! We have an indoor facility that holds up to 50 people. Please call (530) 822-4655 for more information and specific details!

## Private Aquatic Facility Rentals

Gauche Aquatic Park is the perfect location for your reunion, company party or large gathering! Rental includes three pools, waterslides, AquaClimb, diving boards and more! Call (530) 822-4655 for availability, fees and additional information.





## Kidz Love Soccer

Sessions include age appropriate activities: skill demonstrations, fun games, and instructional scrimmages. Young soccer enthusiasts experience soccer fun in a safe, non-competitive environment.

**Mommy/Daddy & Me Soccer** - As you and your child participate in our fun age appropriate activities, your child will be developing their large motor skills and socialization skills.

**Tot/Pre-Soccer** - Teaches the basic techniques of the game and builds self-esteem through participation and fun soccer activities. Children learn to follow instructions in a nurturing, age appropriate environment.

**Skills & Scrimmages** - Kids enjoy advanced skill building: dribbling, passing and shooting in a team play format. Each class will focus on scrimmages that emphasize specific technical points.

**RAIN-OUT HOTLINE: 1-888-372-5803**

Parents can call the Rain-out Hotline on days with questionable weather to find out if practices will be held or not.

**Tuesdays, January 31 - March 21**

**Greenwood Park - 1521 Greenwood Way**

**\$97/\$107NR (Includes Jersey)**

Class	Ages	Time
Mommy/Daddy & Me	2 - 3 ½ years	5:15 - 5:45pm
Tot/Pre Soccer	3 ½ - 5 years	3:00 - 3:35pm
Soccer 1	5 - 6 years	4:20 - 5:05pm
Soccer 2	7 - 10 years	3:35 - 4:20pm

**Wednesdays, February 1 - March 22**

**Home Court Yuba City (Indoors) - 851 Gray Avenue**

**\$97/\$107NR - Includes Jersey**

Class	Ages	Time
Mommy/Daddy & Me	2 - 3 ½ years	6:00 - 6:30pm
Tot/Pre Soccer	3 ½ - 5 years	5:15 - 5:50pm
Soccer 1	5 - 6 years	4:30 - 5:15pm
Soccer 2	7 - 10 years	3:45 - 4:30pm

## Mighty Mite Soccer

Games are played at Yuba City High School on Saturdays (20 minute practice + 35 minute game). Game times are scheduled between 8am and Noon according to the number of teams in the league. Children will be introduced to the basic rules, skills, and fundamentals of soccer, plus the value of teamwork. Children will play fun co-ed games using small soccer balls. **Registration deadline: Thursday, February 9.**

**Saturdays**

**March 4 - April 1**

**Ages 4 - 7**

**\$65/\$75NR (Includes T-shirt and Trophy)**

**Yuba City High School (Football Field)**

## Youth Track & Field

This program is designed to provide a fun filled learning experience in which development in coordination, skills, team-work and self-esteem are stressed to all participants. This program recognizes the varied developmental stages of children. Field events include Standing Long Jump, Running Long Jump and Softball Throw. Running events include 50M, 100M, 200M, 400M, 800M and 1600M. **Registration deadline is Thursday, March 9.**

**April 8 - April 29 (Practices start the week of April 3)**

**Track Meets: April 8, April 15, April 19 (Wednesday), April 22, April 29**

**Ages 6 - 14**

**\$70/\$80NR - Includes T-shirt and Trophy)**

**Geweke Field at Gray Avenue School**

## All Skills Volleyball Clinic

This is a 6-session clinic that will combine the 6 major skills (passing, setting, blocking, defense, serving, attacking) of volleyball into a fun and fast paced training environment. Open to co-ed athletes ages 7-14 years old and grouped according to age and skill level. The goal is to meet the needs of each individual camper. Campers will be exposed to team systems that will help prepare them for scholastic, recreational, and Club.

**Wednesdays**

**6 - 7:30pm**

**April 19 - May 24**

**Ages 7 - 14**

**\$75/\$85NR**

**Home Court Yuba City (851 Gray Avenue)**



## Thank You Coaches!

Yuba City Parks and Recreation would like to say thank you to the volunteer coaches of the Youth Flag Football League and the Youth Winter Basketball League. Their hard work and commitment is greatly appreciated!



# YOUTH SPORTS



## Youth Summer Basketball

Emphasis will be placed on the development of the fundamentals of basketball teamwork and self-esteem. Practices are a maximum of one hour per week. Volunteer coaches are needed. If interested, please contact J. Long at 822-4649. **Registration Deadline is Thursday, May 11.**

**June 17 - July 22**

**Ages 8 - 15**

**\$75/\$85NR (Includes T-shirt & Trophy)**

**Yuba City High School, Andros Karperos & Home Court Yuba City**

## Competitive Basketball League

The Yuba City Youth Basketball program is a recreational based league with competitive options in age groups where we have enough participants to support teams in both recreation and competitive divisions. The recreation and competitive division are very similar in the general structure with a few modifications. Any players that tryout and are not selected for a competitive team will be automatically placed on a team in the recreation division. **Registration Deadline is Thursday, May 11.**

**June 17 - July 29**

**Try-Outs May 20 \*ALL PLAYERS MUST ATTEND\***

**Age 10: 10 - 11am**

**Age 11 - 12: 11:15 - 12:15pm**

**Ages 10 - 12**

**\$95/\$105NR (Includes Jersey, Awards & Playoff Tournament)**

**Home Court Yuba City (851 Gray Avenue)**

## YCHS Football Skills Clinic

This class will teach football fundamentals as well as improve strength and speed. The program includes both individual work and team competitions. Participants will have fun getting a jump on the upcoming season.

**Monday - Friday**

Season	Grades	Dates	Time	Fee
Spring	9 - 11	May 16 - 27	3:30 - 5:30pm	\$10/\$15NR
Summer	Incoming 9 - 12	June 6 - July 15	5 - 7:30pm	\$30/\$40NR

**YCHS Weight Room**

## Elite Speed & Agility

Rookie Speed & Agility Training program (1st - 5th Grades), the most important program, places a high priority on functional movements, athletic coordination, balance and relative strength and the introduction of essential muscular movement patterns. These are vital in establishing a child's athletic foundation for improved performance, injury prevention, and long-term enjoyment of sports participation.

**Mondays & Wednesdays**

**5 - 6pm**

**Monthly**

**Ages 4 - 12 years**

**\$49/\$59NR**

**Elite Fitness (851 Gray Avenue)**

## Mighty Mite T-Ball

This program is a fun introduction to baseball for boys and girls! Players will attend one hour clinics for the first three weeks which help them learn the basics of throwing, catching, fielding, batting and base running. Then apply what they have learned in fun, non-competitive games. Games and practices will be played at Renzullo field at Gray Avenue Middle School on Saturdays (20-minute practice + 35-minute game). The season consists of a five game schedule played on Saturday mornings. **Registration deadline is Thursday, April 6.**

**Saturdays**

**May 6 - June 3**

**Ages 4 - 7**

**\$65/\$75NR - Includes T-shirt and Trophy**

**Renzullo Field at Gray Avenue School**



## Give a Little, Get a Lot!

### Volunteer Coaches Needed

We are looking for volunteer coaches who can provide a good environment for children to learn skills, sportsmanship and teamwork. Fingerprinting is required for coaching and paid for by the City of Yuba City. Please call J. Long at 822-4649 if interested.

## Skyhawks Sports Academy

### Skyhawks Golf Clinic

Using the SNAG (Starting New at Golf) system, participants learn the fundamentals of putting, chipping, pitching and driving, in addition to the rules, etiquette and strategy of the game. The progressive curriculum and modified equipment has simplified instruction so that young players can make an effective transition onto the golf course.

**Wednesdays** **3:30 - 4:30pm**

**April 5 - May 10**

**Ages 5 - 9**

**\$70/\$80NR**

**Greenwood Park**

### Skyhawks Lacrosse Camp

Lacrosse combines basic skills used in soccer, basketball and hockey into one fast-paced game. Athletes will learn the fundamentals of stick handling, cradling, passing, and shooting in a fun, non-checking environment. Stick, gloves and helmets are provided. All participants receive a t-shirt, and a player evaluation.

**Wednesdays** **4:45 - 5:45pm**

**April 5 - May 10**

**Ages 6 - 14**

**\$70/\$80NR**

**Greenwood Park**



## Tennis Programs

Deadline to register is the Thursday prior to the first class of the month. All classes are held rain or shine. Items to bring: water, sunscreen, athletic shoes (non-marking), and wear athletic attire. Racquets provided if needed. Any questions, please contact [johnmorton@ycrc.com](mailto:johnmorton@ycrc.com). Classes are held at the Yuba City Racquet Club, 825 Jones Road, Yuba City. Keyword: Tennis

### Junior "ACES" Beginner Tennis

Junior "Aces" Tennis is designed for children ages 6 - 14 to experience the basic fundamentals of tennis, then play fun, tennis related games and drills. Please arrive 5 minutes early and be prepared for some... FUN!

#### Monthly, January - May

Ages	Days	Times	Fee
6 - 11	Saturdays	11:45am - 12:45pm	\$69/\$79NR
7 - 14	Tue/Thur	3:30 - 4:30pm	\$109/\$119NR

### Future Junior Excellence Training & Junior Excellence Training

Future Junior Excellence Training (FJET) is a mid-level and Junior Excellence Training (JET) is a junior training program open to all high school age players.

#### Monthly, January - May

#### Monday/Wednesday/Thursday

#### High School Age

**\$149/\$159NR**

Class	Times
FJET (mid-level)	3:40 - 4:40pm 4:45 - 5:45pm
JET	4:45 - 5:45pm

## Youth Martial Arts / Self Defense

You must pre-register at the Recreation Department or online at [www.yubacity.net/registration](http://www.yubacity.net/registration). Keyword: Kuk

Class	Age	Dates	Day	Time	Description	Instructor	Fee	YC Location
Kuk Sool Won Turtle Tots	3 - 5	Monthly	M	5:15 - 5:45pm	Develop coordination and listening skills	Daniel Tejada	\$40/\$50NR	236 Bridge St.
Kuk Sool Won	6 - 9	Monthly	Tu/Th	4:15 - 5pm	Develop discipline, become physically fit and learn skills through positive reinforcement	Daniel Tejada	\$50/\$60NR	236 Bridge St.
	10+	Monthly	Tu/Th	5 - 6pm				



# YOUTH CLASSES & ACTIVITIES



## Spring Break Camp

We are offering a fun filled week of activities that are sure to spice up Spring Break! Our camp will be loaded with games, sports, arts and crafts, movie day, bowling day, a pizza party, and a field trip! Sign up early to save your spot because space is limited. **Deadline to Register: April 6, by 5pm. \$10 late fee applies after this date.**

**April 10 - April 14**

**Full Day: 7am - 6pm**

**Half Day: 7am - 1pm OR 12pm - 6pm**

**Ages: 5 - 13 years**

**Half Day Rate: \$20/\$25NR**

**Day Rate: \$30/\$35NR**

**Field Trip Rate: \$40/\$50NR**

**Week Rate: \$135/\$145NR**

**Gray Avenue Middle School**

## Summer Camp

Need an alternative to childcare for the summer? Our camp will provide kids with fun activities everyday including, bowling, movies, swimming at GAP, field trips and much more! Camp is located at the Gray Avenue School. Sign up early to save your spot because space is limited. **Deadline to Register: Thursday prior to each week of camp.**

**Monday - Friday**

**June 9 - August 8**

**Full Day: 7am - 6pm**

**Half Day: 7am - 1pm OR Noon - 6pm**

**Ages: 5 - 13**

**Full Camp Discount Rate: \$1,055/\$1,065NR**

**Keyword: Discount**

**(1 week FREE) Must sign up by first week of camp for this discount**

**Week Rate: \$140/\$150NR**

**Keyword: Week**

**Half Day Rate: \$20/\$25NR**

**Keyword: Half**

**Day Rate: \$30/\$35NR**

**Keyword: Day**

**Field Trip Rate: \$40/\$50NR**

**Keyword: Day**



## Mad Science - Radical Robots

Robots are taking over! Learn all about robots and how they are used in our world. Perform experiments with cool robots including sound-sensing robots, line-tracking robots, light-sensing robots and even robots that can play soccer! Throughout this camp, you will make your own robot (it's a new sound-sensing robot this year) and take it home at the end of the week! **Deadline to register is Thursday, April 6 by 5pm. Keyword: Mad**

**Monday - Friday**

**1 - 4pm**

**April 10 - 14**

**Ages 6 - 12**

**\$170/\$180NR (includes all materials)**

**Yuba City Recreation Facility (1611 Gray Ave at April Lane School)**



# YOUTH CLASSES & ACTIVITIES



## KAY Yoga



### Kidding Around Yoga

This class is designed to motivate children to be active, build confidence and manage the spectrum of emotions they experience in their day to day activities. KAY incorporates cardiovascular conditioning, fun music to get your kids moving, plus all the benefits of Yoga!

Saturdays

10am - 1pm

February 18, March 18, April 22

Ages 5 - 12

\$30 (Includes lunch & craft)

Kidding Around Yoga Studio at Fusion Early Learning (613 Bogue Road)

## Parent & Me Yoga

Parents and their children will join in activities that focus on physical play, social and emotional understanding, and self-comforting skills with a Kidding Around Yoga instructor. Bring out the yoga in your child and learn to be active together and continue at home for more learning.

Mondays

9:30 - 10:30am

Monthly

Ages 1 - 5

\$89 (Includes one craft/week and one time giveaway each month)

Kidding Around Yoga Studio at Fusion Early Learning (613 Bogue Road)

## iCan Bike



### iCan Bike Camp Hosted by Family SOUP

iCan Bike helps individuals with special needs gain confidence by discovering how to independently ride a conventional two-wheel bicycle. Participants attend a 75-minute session each day for 5 days, during which they learn to ride using specialized equipment, all while accompanied by volunteer spotters. Instruction is by two trained iCan Bike instructors from the national non-profit iCan Shine organization.

Participants must have a diagnosed disability and meet other requirements. Visit [icanshine.org/yuba-city-ca](http://icanshine.org/yuba-city-ca) to learn more about eligibility requirements and to register for the iCan Bike program. Fee includes 5 days of instruction with specialized equipment, a helmet, t-shirt and water bottle. Five daily sessions to choose from. Choose one 75-minute session to attend at the same time slot all 5 days. **Deadline to Register: Friday May 12.**

Monday - Friday

8am - 4:15pm

June 12-16

Parent/guardian orientation June 11, 2pm

Ages 8+

\$100

River Valley High School Main Gym



# YOUTH CLASSES & ACTIVITIES

## Families Learning in Play

**FREE!**



FLIP (Families Learning in Play) provides a suite of services to increase child and parent/caregiver community-based, early-learning programs for children 0 to 5 and their families.

**This FREE program is for Sutter County residents only and is funded by Sutter County Children and Families Commission.**

Meeting once per week for two hours, parent/caregiver and child will learn hands-on skills to build toward school readiness while playing, exploring and creating together with a variety of learning activities, which can continue at home. Families receive free learning materials for participating.



**Science and Health:** Experimenting, exploring, predicting, observation and investigation, problem solving, and health and nutrition. Experience the joy of science and health, sign up today. Instructor: Dante Waters.

Day	Dates	Time	Location	Ages
Tuesdays	Jan 10 - Feb 14	9:30 - 11:30am	Playzeum Yuba Sutter	2 - 5
Thursdays	Jan 12 - Feb 16	5:30 to 7:30pm	Playzeum Yuba Sutter	2 - 5
Thursdays	Mar 2 - Apr 6	9:30 - 11:30am	Maple Park, Live Oak	0 - 5

**Language and Literacy:** Expanding listening/speaking with language, interest in reading, creating conversations, and promoting literacy through print and writing. Enjoy the love of literacy and language and join us. Instructor: Dante Waters.

Day	Dates	Time	Location	Ages
Tuesdays	Feb 28 - Apr 4	9:30 - 11:30am	Playzeum Yuba Sutter	2 - 5
Wednesdays	Mar 1 - Apr 5	9:30 - 11:30am	Playzeum Yuba Sutter	2 - 5

**Math and Numeracy:** Sequencing, patterns, spatial relationships, shapes and measurement. Have fun and learn how math is all around us! Instructor: Dante Waters.

Day	Dates	Time	Location	Ages
Tuesdays	Apr 18 - May 23	9:30 - 11:30am	Playzeum Yuba Sutter	2 - 5
Thursdays	Apr 20 - May 25	9:30 - 11:30am	Maple Park, Live Oak	0 - 5

**Movement:** Active physical play, social and emotional understanding, and self-comforting skills. Instructor: Elizabeth Smith.

Day	Dates	Time	Location	Ages
Thursdays	Mar 2 - Apr 6	5:30 - 7:30pm	Playzeum Yuba Sutter	0 - 5
Fridays	Apr 21 - May 26	9:30 - 11:30am	Sutter, TBA	0 - 5

**Music:** Introduction of music and sound, understanding concepts as faster/slower, higher/lower, louder/softer, as well as making sounds with voice, body and/or instruments. Instructor: Denice Mahler.

Day	Dates	Time	Location	Ages
Thursdays	Jan 12 - Feb 16	9:30 - 11:30am	Playzeum Yuba Sutter	0 - 5
Fridays	Mar 3 - Apr 7	9:30 - 11:30am	Rio Oso Hall	0 - 5

**Visual Arts:** Use various tools and materials for painting, drawing, and sculpting, while experimenting with color, shape, organization and details. Instructor: Christina May.

Day	Dates	Time	Location	Ages
Thursdays	Jan 12 - Feb 16	9:30 - 11:30am	Maple Park, Live Oak	0 - 5
Fridays	Jan 13 - Feb 17	9:30 - 11:30am	Rio Oso Hall	0 - 5

**Dance and Drama:** Moving body to music and rhythm, using facial expressions, and gestures to act out roles and characters, and using language to show emotions as we act out stories. Set the stage, we are ready to learn and play. Join us. Instructor: Denice Mahler.

Day	Dates	Time	Location	Ages
Thursdays	Apr 20 - May 25	9:30 - 11:30am	Playzeum Yuba Sutter	0 - 5
Thursdays	Apr 20 - May 25	5:30 - 7:30pm	Playzeum Yuba Sutter	0 - 5

## Bios

**Dante Waters** is Director of Education for Fusion Early Learning. Born in Anchorage, Alaska. Father of three wonderful children. Loves dancing, comic books, family vacations, music and the San Francisco 49ers.

**Elizabeth Smith** is a Registered Children's Yoga Teacher/Trainer of Kidding Around Yoga. She has a studio in Yuba City and teaches in the Yuba and Sutter counties. KAY offers creative instruction in meditation, breathing practices, relaxation, poses, games & activities, stress management for kids and families.

**Denice Mahler** is a professional actor, director, and educator in the theatre arts. Returning to her hometown as a new mom, she's thrilled to combine her passions for the arts and children's education at the Playzeum for the FLIP program. She's ready to PLAY!

**Christina May** is a lifetime Yuba Sutter resident, full time artist and owner of The Beauty of Paint Art Studio. She loves to share her artistic abilities by teaching others around her the joys of art. For the last twenty years, Christina has specialized in watercolor, acrylic painting and face painting.

For more information, contact Staci Howell, Co-Executive Director at PLAYzeum Yuba Sutter: call or text (530) 301-0623 or email [info@yubasutterplay.org](mailto:info@yubasutterplay.org).



## Spring Adult Softball

Time to dust off your mitt and get ready for some recreational play. Games are held at Blackburn-Talley Sports Complex. Rosters must contain a minimum of 14 players with a maximum of 20 players. Online registration not available. *Please note that due to the popularity of this sport, game days and divisions are not guaranteed.* **Deadline to Register: February 24 by 5pm.**

League play begins week of March 6

Men's League: Mondays & Wednesdays

Senior's & Women's League - Tuesday

Co-Ed Thursday & Friday

Games 6:30pm - 10pm

Ages 16+

\$475/Team

\$5 additional for each non-resident player listed on roster (Maximum of \$10)

Blackburn-Talley Sports Complex

## Senior Adult Softball

Contact Terry Brown for information (530-613-0623).

League play begins week of: March 14, 2017 (14-week session)

Tuesdays 6:30pm - 9pm

Ages 45+ Women/50+ Men

Blackburn-Talley Sports Complex

## Amateur Softball Association (ASA) Umpire Clinic

Are you interested in becoming an umpire/sports official? Are you already an official getting ready for a new season? Then this is the clinic that will jump start your season! (The City of Yuba City and other agencies require attendance at an ASA Officials Clinic in order to work in local leagues.)

Sunday 9am - 2pm

February 26

Ages 18+

\$60 (\$25 City of Yuba City Rec. League Umpires)

Fee includes ASA registration, insurance and materials.

City Hall

## Spring Adult Kickball League

We're bringing things back to the elementary school playground and breaking out our second season of the Adult Kickball League! Games are held at Blackburn-Talley Sports Complex. Rosters must contain a minimum of 11 players with a maximum of 20 players. Players must furnish all information requested on roster with original signatures. *Online registration is not available.* **Deadline to Register: Friday, February 24.**

Wednesdays 6:30 - 10pm

Co-Ed League

League play begins March 8th (6 week season)

Ages 16+

\$250/Team

\$5 additional for each non-resident player listed on roster (Maximum of \$10)

Blackburn-Talley Sports Complex



## Adult Co-Ed 6 on 6 Volleyball League

**NEW!**

You've asked and we've listened! Come join us in a fun and recreational adult volleyball league this spring! Leagues will be 6 on 6 (3 men/3 women) and will feature a 7-week season (teams are guaranteed 6 matches). Rosters must contain a minimum of 8 players with a maximum of 12 players. Players must furnish all information requested on roster with original signatures. *Online registration not available.*

**Deadline to Register: February 17 by 5pm.**

Mondays 6 - 10pm

February 27 - April 3

Manager's Meeting: February 23, 6pm

Ages 16+

\$350 per team

Home Court, Yuba City

## March Mania 5 on 5 Dodgeball Tournament

**NEW!**

Dodge, duck, dip, and dive your way to the championship in our first ever dodgeball tournament! Come join us for an evening full of dodgeball, pizza, and tons of fun! This one-day tournament will be played at Home Court, Yuba City and guarantees all teams at least 3 matches! **Deadline to Register: February 24, 5:00pm**

March 3 5 - 9pm

Age Divisions: 12-15, 16-39, 40+, Open Division

\$75.00 per team

## E.C. Powell Fly Fishers Introduction to Fly Fishing

During this course, future anglers will learn the basic fundamentals of Fly Fishing. Skills will include basic casting and knot tying, as well as the functions of the fly rod, line and reel and how they differ from spinning equipment. Anglers will discuss good fishing ethics and conversation of fisheries. Classroom instruction and materials included.

Thursdays, April 20 - May 11 6 - 8pm

Saturday, May 13 8am - 12pm

Ages 12+ (Under 16 must enroll with paying parent/guardian)

\$30/\$35NR

Yuba City Recreation Facility (1611 Gray Ave at April Lane School)



# Pure Joy Yoga



## Yoga in the Park

PureJoy Yoga and the City of Yuba City have joined together to bring yoga to our community with Yoga in the Park. This class is designed to help transition beginning students onto their mat in a natural setting.

Yoga is shown to have many health benefits, including: lowering cortisol levels and blood pressure, increasing strength and flexibility, and helping the body to heal naturally.

At Yoga in the Park, you will learn integration of breath and movement, along with the foundations to build your practice from the ground up. This systematic class will take beginners (and up) through classic sequencing with options for safe alignment in addition to variations appropriate for each body. Use of a rhythmic breath is also explored.

**What you can expect:** Warm-ups, Sun Salutations, standing and balance postures, backbends and forward folds, gentle inversions. Each class will end with 5-10 minutes of relaxation. Class is 1 hour and 15 minutes. Please show up 10 minutes early to check-in.

**What to bring:** A yoga mat or beach towel, clothes you can move comfortably in, and a bottle of water.

**10:30am**

**\$10 per class**

Date	Location
March 4 & May 13	Greenwood Park
March 25 & May 27	Happy Park
April 8	Bogue Park
April 29	Lloyd Park

## Beginner Yoga Series at PureJoy Yoga

In this series, you will join a group of beginner students for three, two-hour workshops. Your experienced yoga teacher will offer modifications and help you to access postures within the scope of your body. You will also have access to teacher recommendations on which classes to take for your practice, as well as the option to take two classes per week at the studio.

Come learn about yourself, alignment, and become flexible inside and out! The benefits of yoga practice are numerous; from boosted immunity and self-esteem, to helping migraine sufferers and lowering cholesterol levels. See what committing to a yoga practice can do for your life!

**1:30 - 3:30pm**

**\$75 (Includes membership to PureJoy Yoga during session dates.)**

**PureJoy Yoga**

Session	Dates
Winter	January 14, 21 & February 4
Spring	April 22, 29 & May 6

## Rick Balfour & Friends Foundation Scholarship Program

Yuba City Parks and Recreation is pleased to offer the Rick Balfour & Friends of Yuba City Parks & Recreation Foundation Scholarship Program. Rick was an avid youth and adult sports enthusiast and youth sports coach whose memory we honor by presenting these scholarships. Please read the criteria below to determine if you qualify. **Applicants must reside in Sutter County.** Proof of income, public assistance or financial need is required (copy of current pay stubs, AND copy of current year 1040 taxes, Passport to Services, Social Security statement, etc.) Applications are available at one of our offices or online at [www.yubacity.net](http://www.yubacity.net). Scholarships are limited to a one-time registration of classes up to \$40 per person per calendar year. If the program fee exceeds

\$40, you must pay the difference. Scholarships will be granted as long as funds are available.

### IMPORTANT NOTE:

Scholarship applications must be turned in at least one week prior to program registration deadline or one week prior to start date of program for which you are applying.

Number in Family	Annual Household Income
1	\$35,000
2	\$40,000
3	\$45,000
4	\$50,000
5	\$55,000
6	\$60,000
7	\$65,000
8	\$70,000

## Yuba City Senior Center

777 Ainsley Avenue

Yuba City, CA 95991

(530) 822-4608

Monday - Friday

7:30am - 4pm

## Activity Card

All Senior Center cardholders can participate in any ongoing activity card class.

**1 year: January - December**

**6 Months: Jan - Jun, Jul - Dec**

**Quarterly: Jan - Mar, Apr - Jun, Jul - Sep, Oct - Dec**

Duration	Resident	Non-Resident
1 Year	\$36	\$40
6 Months	\$18	\$20
3 Months:	\$9	\$10

## Library

We are stocked with NEW hardback and paperback books just waiting for you to take home and escape into the fabulous world of your favorite author for free.

**Monday - Friday, 8am - 4pm**

## Senior Scholarship

The Yuba City Parks and Recreation Department is pleased to offer scholarships to less financially fortunate members of our community. The scholarships are supported by funds from Rick Balfour and Friends of the Yuba City Parks and Recreation Foundation. The criteria to qualify for a Senior Scholarship include proof of income, public assistance or financial need. Applications are available at our office. Applicants must live in Sutter County and be age 60 or older. Scholarships are limited to \$40 per calendar year, per person for all classes, activity cards and trips. If the program fee is more than \$40, participants are responsible for paying the difference.

## Free workshops

### Legal Services for Seniors 60 & Over

**FREE**

Pam Epley, a paralegal, is available by appointment only to discuss landlord-tenant issues, Medi-Cal forms, powers of attorney, advance health care directives, debit-credit issues and other legal help. Please call 742-8289 to schedule an appointment.

### HICAP Counseling Service

**FREE**

HICAP (Health Insurance Counseling & Advocacy Program) is a free service that provides a state-registered counselor who can help with questions or problems relating to Medicare A & B, Prescription D, and Medicare billing and claims, supplemental health insurance and long term care insurance. Appointments are necessary and can be made by calling 742-2334.

**Participants must be age 65+ or disabled to qualify**

### Legal Issues for Seniors

**FREE**

Attorneys from the Law Office of Paula Hyatt-McIntire will be speaking about and answering questions on elder law issues such as Medi-Cal planning and elder financial abuse. Call 822-4608 for reservations.

**Monday**

**10:30 - 11:30am**

**February 6 & April 3**

### Heart Health

**FREE**

Interim Healthcare will explore causes, symptoms, detection and treatment of heart disease. Find out what you can do to protect your heart. Please call 822-4608 for reservations.

**Thursday**

**11:15am - 12:15pm**

**February 16**



## Senior Handyman Program

This program is funded through the Community Development Block Grant Program (CDBG). The primary purpose of this program is to provide assistance to seniors to complete small but important home repairs. The cost of the repairs is paid for through the program.

### Who Is Eligible for Help?

Applicants must live in and own the home to be repaired. **The home must be located in the City of Yuba City, city limits. Applicants must be at least 60 years of age and meet the requirements.**

### Who Will Perform the Work?

All work is performed by a qualified senior tradesman. **Call 822-4608 for more information.**

### What Are Eligible Repairs?

The program is designed to address a variety of repairs, including but not limited to:

- ★ Replacing cracked or broken windows
- ★ Installing weather-stripping
- ★ Replacing light bulbs
- ★ Caulking tubs and sinks
- ★ Minor electrical repairs
- ★ Other miscellaneous repairs

The repairs are limited to \$300 and will include materials and labor.



## PG&E

**FREE**

A representative from PG&E will be here to discuss the CARE Program which offers savings based on income as well as savings alternatives for your account. PG&E will be able to answer any questions you may have from general questions, to specific account related questions. Please call 822-4608 for reservations.

**Thursday**  
**February 23**

**11am - 12pm**

## General Estate Planning

**FREE**

Paula Hyatt-McIntire, Certified Specialist in Estate Planning, and Trust and Probate Law, will come once a month to discuss various legal topics concerning estate planning and elder law. Call 822-4608 for reservations.

**Monday**  
**March 13 & May 8**

**10:30 - 11:30am**

## Cancer Awareness

**FREE**

Join Interim Health for a workshop to review facts about cancer and aging. Find out what screenings are available to you. Please call 822-4608 for reservations.

**Thursday**  
**March 16**

**11:15am - 12:15pm**



## Memory Loss, Dementia and Alzheimer's Disease

**FREE**

The Alzheimer's Association will be holding a workshop for anyone who would like to gain more knowledge of Alzheimer's disease and related dementias. Join us to learn about causes and risk factors, benefits of early detection, stages of the disease, how to improve brain health and the many ways that the Alzheimer's Association can help.

**Thursday**  
**March 23**

**11am - Noon**

## Arthritis Workshop

**FREE**

Join Interim Health for a workshop to review signs, symptoms and treatments for your aching arthritis. Please call 822-4608 for reservations.

**Thursday**  
**April 20**

**11:15am - 12:15pm**

## Yuba Sutter Legal Center for Seniors

**FREE**

A representative from the Yuba-Sutter Legal Center for Seniors, will be here to speak on legal assistance and issues for Seniors in the Yuba-Sutter Area.

**Thursday**  
**April 27**

**11am - 12pm**

## Special Events and Classes

### Genealogy Show and Tell

We encourage you to bring a hard copy or laptop and share your genealogy discoveries and resources. Tips and techniques for beginning your genealogy as well as how, when and where to record memoirs will be presented. Experienced genealogists will be available to mentor beginners.

**Monday** 9:30 - 11am  
February 13, March 20, April 17, May 15

### Monthly Evening Dance

Join us on the dates listed below to get back into the swing of things! Please bring a snack to share with everyone.

**Friday** 6 - 9pm  
February 17, March 17, April 21, May 19  
\$6 and a snack to share

### St. Patrick's Day Potluck Dinner

We will cook the Corned Beef and Cabbage; you bring a side dish or dessert to share. Please sign-up by Friday, March 6.

**Wednesday** 5:30 - 7pm  
March 15  
Must be a current Senior Center participant (Activity Card or class)



### AARP Smart Drivers Program

In two half-day sessions, participants will review changes that occur with age that affect how you deal with traffic, freeway driving, road hazards and accident prevention. It is suggested that you check with your personal insurance company to see if they offer a discount. Pre-registration is required and class size is limited. Tuesday & Thursday 9am - 1pm

**April 4 & 6**  
\$15 AARP Members, \$20 Non-Members  
(Payable by check or money order to AARP)

### AARP Smart Drivers Program - Refresher

This is a one-day refresher course for those people who have taken the 8-hour class within the last four years. The certificate is still good for 3 years. Pre-registration is required, so make sure to sign up early because class size is limited.

**Thursday** 9am - 1pm  
**May 4**  
\$15 AARP Members/\$20 Non-Member  
(Payable by check or money order to AARP)

### AARP Tax Program

**FREE**

The 2016 Tax Program Guidelines are as follows: Returns are prepared using IRS Form 1040 and State of California Form 540. All documents should be removed from envelopes and be in order before arriving for appointment. Taxpayers must bring original W-2 and 1099 forms as well as any 2015 tax documents received and last year's taxes. Social Security cards and birth dates must be provided for all taxpayers and dependents. Social Security numbers must be provided for childcare providers. Appointments must be made ahead by calling 822-4608.

**Thursdays & Fridays** 9am - 1pm  
February 2 - April 14





# SENIOR SERVICES

## Games at the Senior Center

Games at the Senior Center require an Activity Card unless otherwise noted. Yuba City Senior Center, 777 Ainsley Avenue, Yuba City, CA 95991, (530) 822-4608. All times listed are approximate.

Activity	Day	Time	Notes
<b>Billiards</b> (Pool)	Monday - Friday	8am - 4pm	
<b>Bingo</b>	Friday	6pm Doors open at 4:30pm	\$10 buy-in for 10 cards (1 packet) Refreshments served
<b>Bridge</b>	Tuesday & Friday	11:45am - 3pm	Knowledge necessary
<b>Dominoes</b>	Thursday	11:30am - 3:30pm	
<b>Hand-N-Foot</b>	Wednesday	10:30am - 3pm	All skill levels welcome.
<b>Ping Pong</b>	Monday - Friday	8am - 4pm	
<b>Pinochle</b>			
Single Deck	Tuesday & Friday	11:30am - 3:30pm	Basic Knowledge
Double Deck	Tuesday & Friday	11:30am - 3:30pm	Knowledge necessary
Evening	Monday	4:45 - 9pm	Knowledge necessary
Lessons	Tuesday & Friday	Call for time	Additional \$3
<b>Mahjong</b>	Monday	11:30am - 3pm	

## Arts & Crafts

Class	Dates	Day	Time	R	NR	Instructor
<b>Ceramics</b>	February 1 - 22 March 1 - 29 April 5 - 26 May 3 - 31	Wednesday	9 - 11:30am	\$20 \$25 \$20 \$25	\$22 \$28 \$22 \$28	Jeanette Hale & Donna McFarland
<b>Your Choice Art Class</b> Medium is your choice. Must purchase own supplies.	February 7 - 28 March 7 - 28 April 4 - 25 May 2 - 30	Tuesday	1 - 4pm OR 5:30 - 8pm	\$44 \$44 \$44 \$55	\$49 \$49 \$49 \$62	John Voter
<b>Beginning Watercolor &amp; Drawing</b> Must purchase own supplies.	February 3 - 24 March 3 - 31 April 7 - 28 May 5 - 26	Friday	9 - 11am	\$40 \$50 \$40 \$40	\$45 \$56 \$45 \$45	Gloria Walchesky
<b>Pottery</b> Studio Class, Ages: 18+ Must purchase own supplies. *No class 2/20	February 6 - 27* March 6 - 27 April 3 - 24 May 1 - 22	Monday	1:30 - 5:30pm	\$30 \$40 \$40 \$40	\$34 \$45 \$45 \$45	Tamra Spoto
<b>Quilting &amp; Needlecraft</b> Must purchase own supplies.	Ongoing	Friday	9 - 11:30am		Activity Card	
<b>Knitting</b> Must purchase own supplies.	Ongoing	Tuesday	10am - 3:30pm		Activity Card	

## Introduction to Media Devices/Computers

Our instructor, Buzz Jones, will show you how smart phones, tablets and kindles are fun and easy-to-use devices.

Class	Dates	Day	Time	R	NR	Instructor
<b>Computer Lab</b> Stop by and learn how to use a new computer or bring in your own laptop. We are here to help with whatever you need.	February 8 March 8 April 5 May 10	Wednesday	9 - 11am	\$25	\$28	Buzz Jones
<b>iPhone &amp; iPad</b>	February 10 April 14	Friday	9 - 11am	\$20	\$22	Buzz Jones
<b>Android &amp; Tablet</b>	January 13 March 10	Friday	9 - 11am	\$20	\$22	Buzz Jones

**Private appointments available for all classes. Please call for appointment (\$35 per hour).**

# SENIOR SERVICES



## Fitness

Class	Dates	Day(s)	Time	R	NR	Instructor
<b>Yoga</b> Enhance flexibility, balance and endurance while releasing inner stress. *No class 2/20, 5/29	February 1 - 27* March 1 - 29 April 3 - 26 May 1 - 31*	Monday/Wednesday	8 - 9am	\$28 \$36 \$32 \$36	\$31 \$40 \$36 \$40	Lynne Bennett
<b>Somatic Movement Therapy</b> Relieve your tight muscles, increase your flexibility, balance, range of motion and your quality of life! *No class 2/20, 5/29	February 1 - 27* March 1 - 29 April 3 - 26 May 1 - 31*	Monday/Wednesday	8 - 9am	\$28 \$36 \$32 \$36	\$31 \$40 \$36 \$40	Gretchen Eggen
<b>Balance, Breath &amp; Body</b> Stabilization skills (seated and standing), Breathing skills, Better balance, and Core awareness. *No class 2/20, 5/29	February 1 - 27* March 1 - 29 April 3 - 26 May 1 - 31*	Monday/Wednesday	9 - 10am	\$28 \$36 \$32 \$36	\$31 \$40 \$36 \$40	Lynne Bennett
<b>Body Toning</b> Strengthen muscle groups and firm abs, arms and thighs. *No class 2/20, 5/29	February 1 - 27* March 1 - 29 April 3 - 26 May 1 - 31*	Monday/Wednesday	9 - 10am	\$14 \$18 \$16 \$18	\$16 \$20 \$18 \$20	Beth Boucher
<b>Double Duty Walking Group</b> Flip the Fat Burner Switch: Double-Duty Walking Class - moderate intensity, using weights & bands. Rain or Shine! Pay per class option is \$3 per day. *No class 2/20, 5/29	February 1 - 27* March 1 - 30 April 3 - 27 May 1 - 31*	Monday/Wednesday/ Thursday	10:30 - 11:30am	\$22 \$28 \$24 \$26	\$25 \$31 \$27 \$29	Beth Boucher
<b>T'ai Chi</b> Series of gentle movements to create a meditative form of exercise to enhance physical and spiritual health benefits.	February 2 - 23 March 2 - 30 April 6 - 27 May 4 - 25	Thursday	10 - 11:30am	\$28 \$35 \$28 \$28	\$31 \$39 \$31 \$31	Gretchen Eggen
<b>Fit Ball</b> Improve your posture, balance, coordination and flexibility.	February 2 - 28 March 2 - 30 April 4 - 27 May 2 - 30	Tuesday/Thursday	8 - 9am	\$24 \$27 \$24 \$27	\$27 \$30 \$27 \$30	Beth Boucher
<b>Fitness After 50</b> Cardio to increase heart rate and get your blood flowing. Work at your own skill level.	February 2 - 28 March 2 - 30 April 4 - 27 May 2 - 30	Tuesday/Thursday	9 - 10am	\$16 \$18 \$16 \$18	\$18 \$20 \$18 \$20	Beth Boucher
<b>Country Line Dance</b> Learn the latest steps to great music!	Ongoing	Monday/Wednesday	10 - 11am	Activity Card		
<b>Intro Line Dancing Class</b> For people with mild physical impairments	Ongoing	Wednesday	1 - 2:30pm	Activity Card		



## City-Sponsored Day Trips

Register in person at the Senior Center or online at [www.yubacity.net/registration](http://www.yubacity.net/registration). **Trip Refund Policy** - Trips that include ticketed events will only be refunded if notification is received seven days in advance and the spot can be filled. All refunds are made at the discretion of the Department and a \$7 administrative fee per person, per trip will be applied. **Trip Sign-Up Day – Tuesday, January 10th at 7:00am.**

## Gekkeiken-Sake Tour & Lunch Folsom

On this tour you will visit the state-of-the-art brewery, beautiful koi pond, and Japanese garden. Their tasting room offers complimentary tasting of “Kobai”, their latest plum wine, as well as a variety of our locally produced sakes. We will then enjoy lunch at Visconti’s Italian Restaurant (included in price).

**Thursday** **9:30am - 3:30pm**  
**February 9**  
**\$55**

## 20th Annual Lodi Wine & Chocolate Festival

Travel from winery to winery while taking in each of the winery’s hosted activities such as wine and chocolate pairings, live music, barrel tasting, and more. Package includes an event wine glass, chocolate treat, event map and guide, wine tasting, and admission to 50+ participating wineries.

**Sunday** **9:30am - 5pm**  
**February 12**  
**\$90**

## How to Succeed in Business Without Really Trying Davis Theater

J. Pierrepont Finch, a young window washer, is pouring over a how-to book for transforming himself into a tycoon. He soon bluffs his way into a job in the mail room at World Wide Wicket Company, where he catches the eye of secretary Rosemary Pilkington. With a mixture of innocence and smarts, our hero continues to climb the ladder of success, impressing boss J.B. Biggley while overcoming opposition from Biggley’s lazy nephew, Bud Frump.

**Sunday** **12:30 - 6pm**  
**February 26**  
**\$40**

## Red Hawk Casino & Lunch

Come enjoy lunch at the Waterfall Buffet inside the Red Hawk Casino along with a few hours to spend gambling or shopping on your own.

**Wednesday** **9am - 4pm**  
**March 8**  
**\$40**



## Quilt, Craft & Sewing Festival Sacramento

Come join us for fun at the Quilt, Craft, & Sewing Festival in Sacramento! At this festival you will find a wide variety of Sewing, Quilting, Needle-Art and Craft supply exhibits from many quality companies.

**Thursday** **9am - 2pm**  
**March 16**  
**\$30**

## The Odd Couple Chico Theater

A divorced slob invites a group of the boys over for cards. One of the guests, who happens to be very meticulous and tense, has just been separated from his wife. The slob and the neat-freak decide to share one apartment; but patterns of their own disastrous marriages begin to reappear with hilarious results.

**Sunday** **12:30pm - 6pm**  
**March 19**  
**\$40**

## San Francisco Museum of Modern Art

Come with an open mind, leave with so much more. Come join us on a private tour to view the museum and the painting and sculpture collection. Lunch will be enjoyed down the street at the Grove (included in price).

**Tuesday** **7am - 4:30pm**  
**April 4**  
**\$82**

## Leland Stanford Mansion Tour & Lunch

The Leland Stanford Mansion is a stunning example of the splendor and elegance of the Victorian era in California. The 19,000-sq. foot Mansion you will see: 17-foot ceilings, gilded mirrors and exquisitely detailed carved moldings, beautifully restored woodwork, elegant 19th century crystal and bronze light fixtures, historic paintings, original period furnishings that belonged to the Stanfords & 19th-Century style gardens. Then enjoy lunch at Frank Fats (included in price).

**Thursday** **8:45am - 2:45pm**  
**April 13**  
**\$45**

## The Donner Party

### Sacramento Theater Company

This dramatic new musical chronicles the true story of the harrowing travels of pioneers who faced unspeakable trials when trapped in the high Sierra Nevada in the winter of 1846 to 1847. This world premiere musical continues STC's commitment to produce new, locally-relevant works each season.

**Saturday**

**April 22**

**\$43**

**12:30 - 6pm**



## BerryFest

Celebrating the Harvest of the Strawberry over Mother's Day weekend in Roseville! Loads of strawberry eats, treats, arts and crafts, shopping, cooking demonstrations and live bands!

**Saturday**

**May 13**

**\$25**

**9:45am - 3:45pm**

## Phantom of the Opera

### Sacramento

The musical tells the story of the hideously deformed Phantom who lurks beneath the stage at the Paris Opera House. The magnificent stage sets, costumes and romantic story are spellbinding, but younger children may be frightened by the Phantom's disfigured face, the death of an opera stagehand, and some old-fashioned scare moments.

**Thursday**

**May 18**

**\$105**

**12:30 - 7pm**

## Guys & Dolls

### Woodland Opera House

Bustling with gamblers and show girls, Guys and Dolls celebrates Broadway's golden era with one of the greatest scores ever written for a musical. His toe-tapping songs, including favorites such as, "Luck Be a Lady", "Sit Down You're Rocking the Boat", and "I've Never Been in Love Before" are the perfect complement to colorful characters of the comic book world of the 1940's Time Square New York.

**Sunday**

**May 21**

**\$46**

**12:30 - 6pm**

## Sacramento Music Festival

Old Sacramento has been home to one of the area's biggest parties of the year. Come out and watch the parade and listen to all styles of music including classic jazz and swing while enjoying a no-host lunch downtown.

**Saturday**

**May 27**

**\$85**

**8:30pm - 4:30pm**

## River Cats Baseball Game

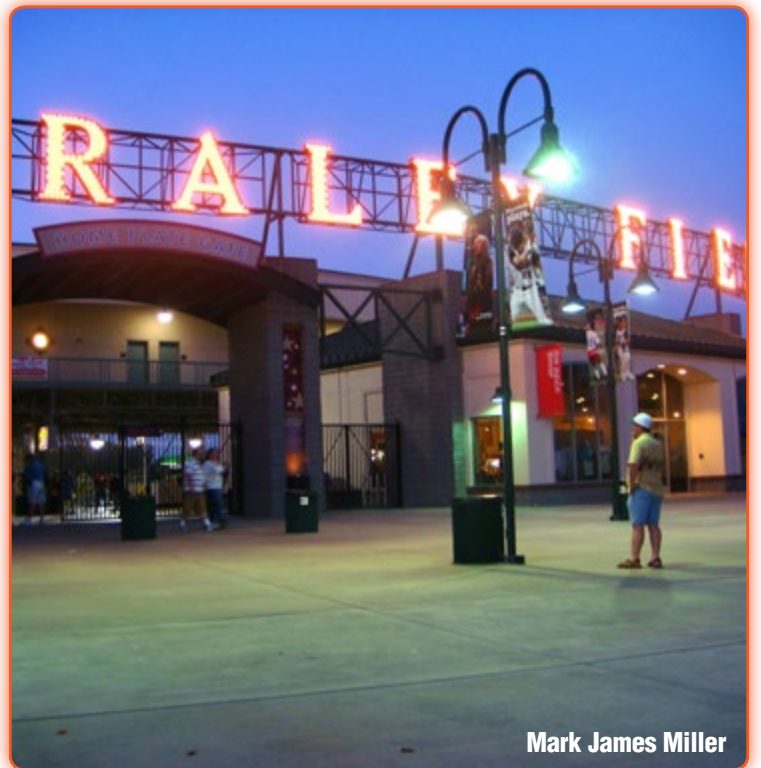
First start out with a tour of the Sacramento River Cats Raley Field and then enjoy a ballgame against the Reno Aces! Price includes hot dog meal and a souvenir River Cats hat!

**Sunday**

**June 11**

**\$70**

**11:30am - 5:30pm**



Mark James Miller



# Collette Vacation Tours

## Get a sneak peek at some upcoming fabulous tours!

Slide show presentation:

**Thursday, January 26**

**10:30am**

**Thursday, April 20**

**10:30am**



## Irish Splendor

Highlights: Dublin, Brazen Head Pub, Guinness Storehouse, farm visit, Blarney Castle, Killarney, Dingle Peninsula, Cliffs of Moher, Dromoland Castle and a whiskey distillery.

**March 1 - 8, 2017 (8 days)**

**Single: \$2999, Double: \$2699/person, Triple: \$2669/person**

## Heart of the South

Highlights: French Quarter, Cajun Cooking School, Baton Rouge, Natchez, Martin Accordions, Cajun Entertainment, Vermilionville and Bayou Cruise.

**April 16-23, 2017 (8 Days)**

**Single: \$3349, Double: \$2599/person, Triple: \$2569/person**

## Heritage of America

Highlights: New York City, Philadelphia, Amish Country, Gettysburg, Shenandoah Valley, Monticello, Colonial Williamsburg, Mount Vernon, Washington D.C. and the Smithsonian.

**April 22 - May 1, 2017 (10 days)**

**Single: \$4149, Double: \$3149/person, Triple: \$3099/person**



## Spotlight on South Dakota

Highlights: Mount Rushmore, Crazy Horse Memorial, Black Hills Gold, Needles Highway, Custer State Park, Pine Ridge, Badlands National Park, Wall Drug, Deadwood and Spearfish.

**June 23 - 29, 2017 (7 days)**

**Single: \$2929, Double: \$2379/person, Triple: \$2349/person**

## Maritimes Coastal Wonders

Highlights: Halifax, Peggy's Cove, Cape Breton Island, Cabot Trail, Prince Edward Island, Anne of Green Gables House, Hopewell Rocks, Fundy Trail and Lunenburg.

**July 17 - 27 (10 Days)**

**Single: \$4699, Double: \$3899/Person, Triple: \$3869/Person**

## Islands of New England

Highlights: Providence, Newport, Boston, cranberry bog, Plymouth Rock, Plymouth Plantation, Cape Cod, Hyannis, Nantucket, Martha's Vineyard, Provincetown and whale watch or sand dunes.

**September 15 - 22, 2017 (8 days)**

**Single: \$3579, Double: \$2979/person, Triple: \$2349/person**

## Niagara Falls to New York City

Highlights: Niagara Falls, cruise on the Erie Canal, Niagara Falls Canada, Cooperstown, West Point and New York City.

**October 13 - 20, 2017 (8 days)**

**Single: \$4779, Double: \$3599/person, Triple: \$3549/person**

## Upcoming Trips in 2018

**Tropical Costa Rica**

**February**

**Sunny Portugal**

**February - March**

**Shades of Ireland**

**March**

**Southern Charm**

**April**

# YUBA CITY PARKS & RECREATION



Facility	Location	Acres	Type	Aquatic Facility/Water Feature	BBQ Grills	Backstops	Basketball Courts	Benches	Bike Path	Bocce Ball Courts	Horseshoe Pits	Open Play Area	Picnic Tables	Playground Equipment	Restrooms	Sand Volleyball Court	Shelter	Skate Park	Softball Fields	Tennis Courts	Track/Soccer Lighted Field	Walking Trail
April Lane School YCAP. Building	1611 Gray Avenue	9.55	PB			★	★	★				★	★									
Blackburn-Talley Sports Complex <b>Available for Rental</b>	302 Burns Drive	12.76	SP			★	★	★				★	★	★	★		★		★			
Bogue Park	290 Bogue Road	.90	N					★				★	★									
City Hall	1201 Civic Center Boulevard	5.06	PB												★							
Civic Center Field	Poole & Civic Center Boulevards	3.0	N			★						★										
Clark-Ainsley Mini Park	Clark & Ainsley Avenues	.06	P					★														
Feather River Parkway	101 Sumner Street	176	C						★				★				★					★
Gauche Aquatic Park <b>Available for Rental</b>	421 C Street	5.54	C	★	★			★			★	★	★	★	★		★					
Geweke Field	808 Gray Avenue	14.75	SP									★									★	
Greenwood Park	1521 Greenwood Way	5.42	N			★	★	★				★	★	★								
Happy Park	1850 Pebble Beach Drive	6.81	N		★		★					★	★	★			★					
Hillcrest Park	893 Railroad Avenue	6.67	N		★	★	★	★				★	★	★			★					
Holly Tree Park	512 Park View Drive	3.61	N					★				★		★								
Kingwood Park	1251 Gray Avenue	4.21	N					★		★		★		★								★
Lloyd Park	943 Bridge Street	1.64	N					★				★	★	★								
Maple Park	1000 Maple Avenue	1.06	N					★				★	★	★								
Moore Park	801 Bridge Street	.70	N									★										
Northridge Park	1880 Clark Avenue	4.49	N			★		★				★	★	★			★					★
Patriot Park	690 Queens Avenue	.26	N					★				★		★								
Plumas Tower Plaza Mini Park	610 Plumas Street	.19	P					★														
Regency Park	2600 Stabler Lane	7.5	N	★				★				★	★	★			★					★
Sam Brannan Park <b>Available for Rental</b>	810 Gray Avenue	8.51	C		★			★			★	★	★	★	★	★	★	★		★		
Senior Center <b>Available for Rental</b>	777 Ainsley Avenue	1.30	PB					★							★							
Shanghai Garden Park	490 Shanghai Bend Road	6.03	N	★			★	★				★	★	★								★
Southside Park	190 Wilbur Avenue	.64	N					★				★		★								
Town Square & Fountain	Plumas & B Streets	1.0	N					★				★										
Veterans Memorial Park	Bridge & Second Streets	.17	P					★									★					

N=Neighborhood

C=Community

SP=Sports Complex

P=Passive

PB=Public Building