

AMERICAN RED CROSS BABYSITTER'S TRAINING CERTIFICATION

Through hands on training and classroom discussion, this course provides the knowledge and skills necessary to safely and responsibly care for infants and children up to the age of 10, as well as to manage a babysitting business! Upon successful completion of the course, participants will earn the American Red Cross Babysitter's Training Certification, along with the American Red Cross Pediatric CPR & First Aid Certification. Participants must be at least 11 years of age by the first day of class.

Certification Requirements: To receive an American Red Cross certification, participants must: 1. Attend all class sessions in their entirety, 2. Demonstrate competency in all required skills and activities, 3. Demonstrate competency in the final skills scenarios, 4. Correctly answer 80% of the questions on the final written exam, 5. Please note that some tests can only be taken once. Failure to meet the course prerequisites requirements will result in forfeiture of class fees and certification will not be granted. If you have any questions, please contact Samantha Fallon, Aquatic Coordinator, at samantha.fallon@newark.org.

Students must attend both Saturday & Sunday classes!

Age	Day	Date	Time	Fee R/NR
11-15	Sat-Sun	12/2-12/3	10:00am-4:00pm	\$100/\$110
11-15	Sat-Sun	1/20-1/21	10:00am-4:00pm	\$100/\$110
11-15	Sat-Sun	2/17-2/18	10:00am-4:00pm	\$100/\$110
11-15	Sat-Sun	3/10-3/11	10:00am-4:00pm	\$100/\$110

CPR/AED CERTIFICATION: BLENDED LEARNING COURSES

This course is designed to teach individuals how to respond and care for breathing and cardiac emergencies. Learners must complete the online course before participating in the skill session. The online portion of blended learning features simulation learning. Simulation learning provides an engaging online experience where learners respond to real-world emergencies by going on "missions". These missions take place in a variety of settings – from the office cubicle to the factory floor to the school cafeteria. Once your training has been successfully completed, you'll receive a two-year certification in CPR/AED, and have the ability to access refresher materials at any time during your certification period.

Location: Silliman Activity Center

**PARTICIPANTS MUST COMPLETE
THE ONLINE PORTION PRIOR
TO ATTENDING THE IN-PERSON
SKILLS TRAINING!**

Age	Day	Date	Time	Fee R/NR
15+	Sat	1/27	10:00am-12:00pm	\$75/\$85

SAT PREPARATION

This class prepares students for the SAT – and also for the PSAT. College admissions requirements and target score strategies will also be introduced. No material fee - FULL SET of handouts (worksheets, mini-practice exam, homework, & some class notes) included in class fee.

SAT Prep - Reading and Writing

Tips + practice + personalized feedback = a higher score on one of the most important exams of a student's life. Students will learn the basic concepts of and strategies for the Evidence-Based Reading, Writing & Language, and Essay sections. Each session includes 6 practice exam sections – graded with personalized feedback from the instructor. Any questions about specifics of the class: dsw008@gmail.com. Please bring pen/pencil and paper to each class.

Location: Silliman Activity Center

Instructor: David Wang

Age	Day	Session	Time	#	Fee R/NR
13-18	Wed	1/10-2/7	4:15-6:15	5	\$125/\$131

SAT Prep - Math

An in-depth review of all 4 math content categories covered by the SAT. This class can also help students review/re-learn all the important math concepts that should be mastered for future math classes. Sample problems - multiple choice, student-produced response, & extended thinking - will be demonstrated in class. 5 actual practice exam sections will be given & graded in this class, and personalized feedback will be given to the students. Any questions about specifics of the class: dsw008@gmail.com. Please bring pen/pencil, paper, and calculator to each class.

Location: Silliman Activity Center

Instructor: David Wang

No class: 3/14

Age	Day	Session	Time	#	Fee R/NR
13-18	Wed	2/14-3/21	4:15-6:15	5	\$125/\$131

WEDNESDAY NIGHT MEN'S BASKETBALL LEAGUE

Two Division...

Recreation & Competitive Level Play!

At the Silliman Activity Center

Team Fee: \$700/team (You may add any eligible player until the third game of the regular season)
Fee: \$75 per player! (Per Player Fee is all players must register individually)*

Registration Period ENDS: 1/2/2018

(Sign up as a team or pay as individuals)

Leagues run Wednesdays, 1/10-3/28/18

Game Times: 6:00, 7:00 or 8:00pm

Our adult basketball league is open to adults 18 years and older and out of high school. This league will take individual & team sign ups. All individuals who are not on a team will be placed on the "house" team, no registered player will be left out! This up-tempo league will challenge your team's stamina on offense and defense. Registration forms and team rosters may be picked up at the Silliman Activity Center or on line at <http://www.newark.org/departments/recreation-and-community-services/register-for-classes/>, call 578-4668 or e-mail bryan.cobb@newark.org for registration information. *If your team is signing up individual via the per player fee of \$75, a minimum of six (6) players from your team must be registered by the end of the registration period.

35+ BASKETBALL LEAGUE

Registration Period ENDS: 1/2/2018

Team Fee: \$700/team (You may add any eligible player until the third game of the regular season)
Fee: \$75 per player! (Per Player Fee is all players must register individually)*

Leagues run Tuesdays, 1/9-3/27/2018

Game Times: 6:00, 7:00 or 8:00pm

It's Your TIME! Enjoy a basketball league that will keep you in shape and satisfy that urge to keep playing! This is the same as regulation basketball, except there is no one under 40 years old. Be sure to tell a friend that this league will take individual & team sign-ups, all individuals will be placed on a team. Must be 35 years old by January 9, 2018. Have your photo ID for proof of age. For information call (510) 578-4668 or e-mail bryan.cobb@newark.org. To register online go to <http://www.newark.org/departments/recreation-and-community-services/register-for-classes/> for registration information. *If your team is signing up individual via the per player fee of \$75, a minimum of six (6) players from your team must be registered by the end of the registration period.

Adult Coed VOLLEYBALL LEAGUES

Two Division...

Recreation & Competitive Level Play!

At the Silliman Activity Center

Form a team and take on the competition in our volleyball league. Whether you are playing to fuel your competitive fire or for the social aspect of a team sport, we have a level to suit your needs. Teams must have at least two (2) women per team. If the ball is contacted more than one time on one side of the court, a female must be involved in the play. All games are held at the Silliman Activity Center. Individual players are encouraged to inquire for possible placement on a team. Please call 578-4668 or visit <http://www.newark.org/departments/recreation-and-community-services/register-for-classes/> or e-mail bryan.cobb@newark.org for registration information.

Winter Volleyball League

General registration runs 12/1 – 1/3/2018

League runs Thurs, 1/11-3/22/2018, 6:00-9:00pm

Fee: \$350/team

ADULT SOFTBALL LEAGUES (Coed & Men's)

The City of Newark invites you to play Men's and Coed softball league play beginning April 2nd 2018. Don't sit on the side lines organize a team of friends or coworkers for our softball leagues. Leagues will be held Sunday through Friday evenings under the lights of Sports Field and Birch Grove Parks. Don't miss this opportunity to play in the league you want. Registration begins now for teams who wish to play in the upcoming Spring season. Registrations will end when a specific league is full or March 16th, whichever comes first. Completed team registrations received for all teams are on a first come first served basis. Call 578-4407, visit the Silliman Activity Center @ 6800 Mowry Ave. Newark, CA, visit www.eteamz.com/newarkrecreation or e-mail bryan.cobb@newark.org for a registration packet.

MEN'S 50 & Over Slow Pitch SOFTBALL 2018 Spring Registration

Dust off your gloves, get out and enjoy playing the game you love under the lights on Monday and Wednesdays. Individual Player Fees: \$70 Spring: Starts April 2nd.

Games are held at Birch Grove Park 38080 Birch St. Newark.

Spring Training begins for registered players March 12.

Summer league begins July 18.

For information contact: Bryan Cobb at 510.578.4407 or email bryan.cobb@newark.org

Make checks payable to the City of Newark and return to the Silliman Activity Center, 6800 Mowry Ave., Newark

REGISTRATION NOW OPEN

This season planner is subject to change. For more information, please call 578-4407.

New Monthly CORPORATE “TEAMBUILDING” Events

In need of teambuilding activities for your company? Have a team of co-workers in need of some fun? Check out our New Monthly Corporate “Teambuilding” Events. Each month you and your co-workers can enjoy an evening of camaraderie and games at the Silliman Activity Center.

Light refreshments will be provided. All events run tournament style by the City of Newark Recreation and Community Services Department. For information, contact Bryan Cobb at 510.578.4407 or bryan.cobb@newark.org. You may register your team at <http://www.newark.org/departments/recreation-and-community-services/register-for-classes/>

Location: Silliman Activity Center

Day	Date	Time	Event	Fee
Thu	1/18	5:30-7:30pm	Volleyball	\$125/team
Thu	2/15	5:30-7:30pm	Dodgeball	\$125/team
Thu	3/15	5:30-7:30pm	3-on-3 Basketball	\$125/team
Thu	4/12	5:30-7:30pm	Kickball	\$125/team

ZUMBA® FITNESS

Now at an even better price!!

Are you ready to party yourself into shape? Forget the workout, just lose yourself in the music and find yourself in shape at the original dance-fitness party. Zumba® classes feature a variety of exotic rhythms set to high-energy Latin and international beats, including Hip Hop, R&B, Reggaeton, Merengue, Salsa, Cumbia, K-Pop, and Bollywood. Before you know it, you'll be getting fit and your energy levels will be SOARING! It's easy, effective and totally EXHILARATING. Each class can burn up to 1000 calories, depending on the intensity of your workout. Don't wait: get dressed, get in the car and meet me on the dance floor! MUST wear shoes, bring a bottle of water, and a towel because you'll need it! Are you ready? Let's do this!!!

Lead by Licensed Zumba® Instructor, Sally Kim

Location: Silliman Activity Center's

Betty Gentry Dance Studio

Age	Day	Date	Time	#	Fee R/NR
15+	Wed	12/6-12/20	7:30-8:30pm	3	\$20/\$22
15+	Wed	1/3-2/21	7:30-8:30pm	8	\$52/\$57
15+	Wed	2/28-4/18	7:30-8:30pm	8	\$52/\$57

BETTY GENTRY ADULT DANCE

Express yourself while getting fit with these fun dance classes.

Registration Information: Payments are accepted in full or in 2 payments for an additional \$10 at time of registration. Second payment is due prior to March 5 at 12:00pm with a \$10 late fee if not paid in full. Registrations will not be accepted after the 3rd class meeting. Please contact Stacey Kenison (510-578-4409; stacey.kenison@newark.org) for an individualized payment plan.

Revue Information: Dancers registered in this session have the opportunity to perform in our 55th Annual Dance Revue at the Newark Memorial High School Theater, June 3-5. Rehearsals: May 30 & 31. Dancers will be in 2 of the 4 revues (revue dates & times will be announced in May). There is no costume fee included in the registration fees. Dance Revue apparel (t-shirts, sweatshirts, and tote bags) will be on sale in March for dancers and their family.

Jazz: Join instructor Traci Colon for this high-energy jazz and a taste of hip hop class designed especially for adults. Students must wear comfortable clothes and have jazz shoes.

Int/Adv Tap: This class is designed for students who have prior tap experience. Participants will learn advance choreography. Students must wear comfortable clothes and have tap shoes.

Beg/Int Tap: This tap class is perfect for adults who have longed to try tap dancing and those who have some experience. Students must wear comfortable clothes and have tap shoes.

Ballet/Lyrical: This class will focus on proper dance and flexibility techniques while incorporating ballet and lyrical style choreography. Participants need ballet slippers. This class will consist of barre and center floor work.

Flexibility & Strength (Flex & Str.): This class will keep your body in dancing shape with a high level of movement and training. Participants will learn proper stretching technique and a dance routine that emphasizes flexibility and strength. Participants must wear comfortable clothes.

Location: Silliman Activity Center, Betty Gentry Dance Studio

**Thursday Flexibility & Strength class will be held in the preschool room

No class: 1/15, 2/9, 2/10, 2/19, 3/31-4/6

***A \$10 fee will apply to all payment plans at time of registration**

Day	Age	Class Type	Dates	Time	#	Full Fee R/NR	*Half Fee	Instructor
Mon	18+	Jazz	1/8-5/21	7:00-7:55pm	17	\$162/\$170	\$81/\$85	Traci
Mon	18+	Int/Adv Tap	1/8-5/21	8:00-8:55pm	17	\$162/\$170	\$81/\$85	Traci
Wed	18+	Beg/Int Tap	1/10-5/23	6:30-7:25pm	19	\$181/\$190	\$90.50/\$95	Sara
Th**	16+	Flex & Str.	1/11-3/15	7:30-8:30pm	10	\$95/\$100	No Half Fee	Kristina
Th**	16+	Flex & Str.	3/22-5/24	7:30-8:30pm	9	\$86/\$90	No Half Fee	Kristina
Fri	18+	Ballet/Lyrical	1/12-5/25	8:00-8:55pm	18	\$172/\$180	\$86/\$90	Traci

ENERGY THROUGH IRON

Are you ready to kick start your heart and learn functional fitness through: circuit training, pad work and calisthenics in this fun and energizing aerobic workout. Get in excellent shape and feel great for the summer. The class is for all fitness levels. Instructor: Mark Gothard Location: Silliman Activity Center, Activity Room

Age	Day	Dates	Time	#	Fee	R/NR
18+	Thu	1/11-3/29	7:35-8:35pm	12	\$108/\$113	
18+	Thu	4/5-6/21	7:35-8:35pm	12	\$108/\$113	

DOG OBEDIENCE

American Canine Institute Master Trainers and Behaviorists, Robert Vance and Gene Cunningham, and Certified Trainer and Behaviorist John Butcher want to help you get on the road to a having a happy, healthy, and obedient dog in your home and in the community. Instructors are experts in their field and have over 100 years of combined experience to share about dog behavior, training, and obedience. All handlers ages 12-17 must be accompanied by an adult. All classes held at Birch Grove Park

AKC S.T.A.R. Puppy Program

Part I: This program covers Socialization, Training, Activity, & Responsibility. In this class you will learn tips for responsible ownership, grooming, health & nutrition, first aid and housebreaking, walking on a loose lead, sit/stay, down/stay, coming when called, and walk by with distraction dog, and more. Puppy must be at least 10 weeks old and completed all puppy immunizations before attending class.

Age	Day	Date	Time	#	Fee	R/NR
12+	Sat	1/6-1/27	1:00-2:00pm	4	\$83/\$90	
12+	Sat	3/3-3/24	1:00-2:00pm	4	\$83/\$90	

Part II: Work on skills from Part I, plus learn to walk on a loose lead close to other dogs, weave in and out of people, sit & down/stay with added time, manage more difficult distractions, and work on any problem areas you may be having. At the end of this class your instructor will administer the AKC S.T. A. R. Puppy Test and award medals if a passing score is achieved. You and your puppy will also become eligible to be listed into the AKC S.T. A. R. Puppy records registry.

Age	Day	Date	Time	#	Fee	R/NR
12+	Sat	2/3-2/24	1:00-2:00pm	4	\$83/\$90	
12+	Sat	4/7-4/28	1:00-2:00pm	4	\$83/\$90	

Basic Dog Obedience

Basic commands of sit, stay, and recall are taught, the handler and dog are taught how to properly execute left & right turns-about, turns against the dog, formal recall, stand, and more. Dog must be 6 months of age or older.

No class: 3/31

Age	Day	Date	Time	#	Fee	R/NR
12+	Sat	1/6-2/24	2:00-3:00pm	8	\$195/\$204	
12+	Sat	3/3-4/28	2:00-3:00pm	8	\$195/\$204	

KUNDALINI YOGA

Yoga for ALL skill levels!

Kundalini Yoga is a safe and comprehensive system of exercise which teaches: yogic breathing techniques, sound resonance, body stretching and posture strengthening, mental focusing and energy circulation. Slow and safe is our approach so you'll have fun experiencing new sensations. These classes will help increase strength and flexibility and enhance your immune system, as well as your awareness. Please wear comfortable workout clothes.

Instructor: Dr. Shakati S. Khalsa
Location: Silliman Activity Center – Meeting Room
No class: 1/15 and 2/19

Age	Day	Date	Time	#	Fee	R/NR
18+	Mon	1/8-2/12	7:15-8:15pm	5	\$40/\$44	
18+	Mon	2/26-4/2	7:15-8:15pm	6	\$48/\$53	

KENDO, "The Way of the Sword"

KENDO is rooted in the sword fighting techniques of the ancient Japanese warrior "SAMURAI." The martial art conditions the body and mind through traditional physical and spiritual training, ignites continuous self-improvement, and forges a warrior spirit to conquer adversity.

Beginner class: The class is for beginners only. Practitioners will learn the fundamental body movements and characteristics of KENDO. Participation requires the use of a shinai (bamboo sword). An additional \$35 material fee is required on the first day of class to purchase a shinai. Protective gear (bogu) is not required. Students should wear comfortable clothes. For more information, contact: hiro.ichimura@gmail.com

Advanced class: This class is for experienced kendo practitioners who have either completed the beginner class or are able to demonstrate proficiency in the fundamentals of KENDO. Students will engage in actual combat and should bring own shinai (bamboo sword) and protective gear (bogu). Instructor approval required prior to enrollment. For more information and approval, contact: hiro.ichimura@gmail.com

Instructor: Hiroshi Ichimura, Kendo Renshi 6 Dan
Location: Silliman Center, Betty Gentry Dance Studio
No class: 4/7

Age	Level	Day	Date	Time	#	**Fee	R/NR
18+	Beg	Sat	1/6-2/24	3:30-4:50pm	8	\$120/\$126	
18+	Adv	Sat	1/6-2/24	5:00-6:50pm	8	\$80/\$88	
18+	Beg	Sat	3/3-4/28	3:30-4:50pm	8	\$120/\$126	
18+	Adv	Sat	3/3-4/28	5:00-6:50pm	8	\$80/\$88	

** 50% Discount for family members once first person registers at full fee.

Youth KENDO classes listed on page 11.