

FALL 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: 8/13/2017 *
(Sign up as a team or pay as individuals)

Leagues run Wednesdays, 8/23-11/8/2017

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 place on the "house" team, no registered player will be left out! This up-tempo league will challenge your teams 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: 8/13/2017

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 Wednesdays, 8/23-11/8/2017

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 place on a team. Must be 35 years old by August 23, 2017. 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.

40+ BASKETBALL LEAGUE

Registration Period ENDS: 8/13/2017

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)

League dates: Tuesdays 8/22/2017 - 11/7/2017

Game Times: 4:30 or 5:30pm At the Silliman Activity Center

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 place on a team. Must be 35 years old by August 22, 2017. 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.

Set! Spike! Volley! ADULT COED VOLLEYBALL LEAGUES

**Two divisions to choose from:
Competitive or Recreational
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.

FALL VOLLEYBALL LEAGUE
General registration runs 8/1- 9/28
League runs: Thurs, 10/5-12/21

6:00-9:00pm
Fee: \$350/team

COED ONE-PITCH "TURKEY" SOFTBALL TOURNAMENT!

Saturday, November 18, 2017

The most popular One Pitch Tournament in the Bay Area!

Hit it, even if you don't like it! You only get one pitch in this fun "field" one day event. All games are played at Sports Field or Birch Grove Parks in Newark. Do it for fun or to win the tournament. Either way you will have a good time if you like to play softball.

For more information call Bryan Cobb at the Silliman Activity Center at 578-4407 or email bryan.cobb@newark.org.

Fee: \$225 / team

Registration Deadline: 11/3/2017

Game Times may start as early at 8:30am and end with championship game.

You may use the registration form found in the back of our guide and Make checks payable to: The City of Newark

Mail to: Silliman Activity Center 6800 Mowry Ave. Newark, CA 94560

ADULT FITNESS CHALLENGE – JOG, WALK, RUN OAHU!!

September 1-December 31

The island of Oahu, also known as "The Gathering Place", is the 3rd largest island in the Hawaiian chain, and home to the majority of Hawaii's diverse population. Within the 112 mile perimeter of the island you will find the famous Waikiki Beach, Pearl Harbor Memorial, and the North Shore, a legendary surf mecca attracting some of the best surfers in the world.

In this challenge you will have 4 months (122 days) to run, jog, or walk the 112 miles around the island utilizing the equipment at the Silliman Activity Center Fitness Center (sorry, no bikes on this one). You may use the tread mill, stair master, Gauntlet stair stepper, or elliptical trainer to complete this mighty journey in paradise.

ALL Participants will receive a commemorative certificate. Participants who complete challenge will receive a special prize. See Front Desk for Details. Registration is required.

SPECIAL ADULT SPORTS EVENTS

Halloween Coed Kickball Tournament!

Sunday, October 29, 2017

Form a team with your co-workers or re-introduce your family and friends to the fun they have been missing! Using official World Adult Kickball Association rules along with coed rules for softball. Individual players are encouraged to inquire for possible placement on a team. For more information call the Silliman Activity Center at 578-4668 or email bryan.cobb@newark.org. **Fee: \$225 / team. The Tournament will be held on Saturday 10/29 on Newark's Softball fields. Due date: All fees and roster due by 10/12/2017.** Game times will be 9am – 3pm depending on the size of the tournament. For more information call Bryan Cobb at the Silliman Activity Center at 578-4407 or email bryan.cobb@newark.org. Register online or at the Silliman Activity Center. Use the registration form in the back of the guide and make checks payable to: The City of Newark, Mail to: Silliman Activity Center 6800 Mowry Ave. Newark, CA 94560

3 on 3 Basketball Tournaments!

Thursday, December 14, 2017

Holiday Classic is open to basketball player wanting to work for theirs in this 3on3 basketball tournament. Team categories are: 18+ Top Flight, 40+ Veterans and 18+ Women Division. Games will be played with half court rules and there will be one official per court under the basket. All games are timed, 16 minutes or 20 points, whichever comes first. Team rosters may have a minimum of 3 players and a maximum of 5. Prizes will go to the 1st place team in each division. **Fee: \$150/team. Due date: All fees and roster due by 11/30/2017.** Game times will be 5pm – 9pm depending on the size of the tournament. For more information call Bryan Cobb at the Silliman Activity Center at 578-4407 or email bryan.cobb@newark.org. Register online or at the Silliman Activity Center. Use the registration form in the back of the guide and make checks payable to: The City of Newark

Mail to: Silliman Activity Center 6800 Mowry Ave. Newark, CA 94560

Coed Dodgeball Tournament

Thursday, November 30, 2017

Dodgeball is a fun and exciting way to enjoy playing. Playing is good exercise and a great way to burn calories. This is a coed team sport so you can play with co-workers, family or friends. The goal is to have fun playing! **Fee: \$150/team. Due date: All fees and roster due by 11/6/2017.** Game times will be 5pm – 9pm depending on the size of the tournament. For more information call Bryan Cobb at the Silliman Activity Center at 578-4407 or email bryan.cobb@newark.org. Register online or at the Silliman Activity Center. Use the registration form in the back of the guide and make checks payable to: The City of Newark. Mail to: Silliman Activity Center 6800 Mowry Ave. Newark, CA 94560

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: 11/25

Age	Level	Day	Date	Time	#	**Fee R/NR
7+	Beg	Sat	9/2-10/21	3:30-4:50pm	8	\$120/\$126
7+	Adv	Sat	9/2-10/21	5:00-6:50pm	8	\$80/\$88
7+	Beg	Sat	10/28-12/23	3:30-4:50pm	8	\$120/\$126
7+	Adv	Sat	10/28-12/23	5:00-6:50pm	8	\$80/\$88

** Special family discount available for the family who has more than one attendee. Please contact Bryan at 578-4407 for details.



BETTY GENTRY ADULT DANCE

Express yourself while getting fit with these fun dance classes.

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.

Location: Silliman Activity Center, Betty Gentry Dance Studio

No class: 11/20-25

Day	Age	Class Type	Date	Time	#	Fee R/NR	Instructor
Mon	18+	Jazz	9/11-12/4	7:00-7:55pm	12	\$114/\$120	Traci
Mon	18+	Int/Adv Tap	9/11-12/4	8:00-8:55pm	12	\$114/\$120	Traci
Wed	18+	Beg/Int Tap	9/13-12/6	6:30-7:25pm	12	\$114/\$120	Sara
Fri	18+	Ballet/Lyrical	9/15-12/8	8:00-8:55pm	12	\$114/\$120	Traci

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.

No class: 11/25

Age	Day	Date	Time	#	Fee	R/NR
12+	Sat	11/7-10/28	1:00-2:00pm	4	\$83/\$90	
12+	Sat	1/6-1/27	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.

No class: 11/25

Age	Day	Date	Time	#	Fee	R/NR
12+	Sat	11/4-12/21	1:00-2:00pm	4	\$83/\$90	
12+	Sat	2/3-2/24	1:00-2:00pm	4	\$83/\$90	

Basic 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: 11/25

Age	Day	Date	Time	#	Fee	R/NR
12+	Sat	10/7-12/2	2:00-3:00pm	8	\$195/\$204	
12+	Sat	1/6-2/24	2:00-3:00pm	8	\$195/\$204	

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

No class: 11/23

Age	Day	Dates	Time	#	Fee	R/NR
16+	Thu	9/7-10/5	7:35-8:35pm	5	\$45/\$50	
16+	Thu	10/12-11/9	7:35-8:35pm	5	\$45/\$50	
16+	Thu	11/16-12/24	7:35-8:35pm	4	\$36/\$40	

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	8/16-10/4	7:30-8:30pm	8	\$52/\$57	
15+	Wed	10/11-11/29	7:30-8:30pm	8	\$52/\$57	

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: 9/4

Age	Day	Date	Time	#	Fee	R/NR
18+	Mon	8/21-9/25	7:15-8:15pm	5	\$40/\$44	
18+	Mon	10/2-11/6	7:15-8:15pm	6	\$48/\$53	
18+	Mon	11/13-12/18	7:15-8:15pm	6	\$48/\$53	