

## FALL WEDNESDAY NIGHT MEN'S BASKETBALL LEAGUE

Two Divisions:

Recreation or Competitive Level Play!

At the Silliman Activity Center

Team Fee: \$700/team (You may add any eligible player until the halfway point of the regular season)

Fee: \$75 per player! (Per Player Fee is all players must register individually)

Registration Period ENDS: 8/11/2016 \*

(Sign up as a team or pay as individuals)

Leagues run Wednesdays, 8/17-11/2/2016

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 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](mailto: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.

## 40+ BASKETBALL MIXER

This is not your typical open gym!

Begins Saturday, August 13th

Player Fee: \$40 per player! (each participant must register)

Dates: Saturdays 8/13 – 10/8, 5:00-6:30pm

At the Silliman Activity Center

(No games on Labor Day weekend 9/3)

It's Your TIME! This 40+ basketball mixer will keep you in shape and satisfy that urge to keep playing! This is not a league but organized open gym. Register for eight (8) weeks of court time just for you. There are no referees or score keepers. Be sure to tell a friend that this mixer will only take individuals sign-ups, all individuals will play each week. Don't miss this opportunity to continue to play basketball. Open gym rates apply if you are not yet registered in the mixer. Must be 40 years old by August 13, 2016. Have your photo ID for proof of age. For information call (510) 578-4407 or e-mail [bryan.cobb@newark.org](mailto:bryan.cobb@newark.org). To register online go to <http://www.newark.org/departments/recreation-and-community-services/register-for-classes/>.

## 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 only two (2) women on the court you may only have 2 men on the court. 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](mailto:bryan.cobb@newark.org) for registration information.

Fall Volleyball League

registration dates 8/1 – 9/23

Registration Deadline: Tuesday, 9/23/2016

League runs Thurs 9/29 – 12/15, 6:00-9:00pm

Fee: Resident... \$350/team



## COED ONE-PITCH "TURKEY" SOFTBALL TOURNAMENT!

Saturday, November 19

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](mailto:bryan.cobb@newark.org).

Fee: \$225 / team Registration Deadline: 11/4/2016

Tournament will be held Saturday, November 19, 2016

Game Times may start as early as 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: City of Newark  
Mail to: Silliman Activity Center 6800 Mowry Ave. Newark, CA 94560

# Adult Sports Special Events

## HALLOWEEN KICKBALL TOURNAMENT!

Saturday, October 29

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. 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: City of Newark.

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

## 3 on 3 BASKETBALL TOURNAMENTS

Sunday, November 20

Thanksgiving Classic is open to basketball player wanting to work for theirs in this 3on3 basketball tournament.

Team categories are:

- 18+ Top Flight
- 40+ Veterans
- 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 11/15/2016  
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: City of Newark.

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## 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: 11/22 & 11/24

Age	Day	Date	Time	#	Fee	R/NR
16+	Tue	9/13-10/18	7:30-8:30pm	6	\$43/\$47	
16+	Thu	9/15-10/20	7:30-8:30pm	6	\$43/\$47	
16+	Tue	10/25-12/3	7:30-8:30pm	6	\$43/\$47	
16+	Thu	10/27-12/5	7:30-8:30pm	6	\$43/\$47	

## 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 Betty Gentry Dance Studio

No Class 9/3, 11/26, 12/24, 12/28 & 12/31

Age	Day	Date	Time	#	Fee	R/NR
15+	Wed	8/10-9/28	7:30-8:30pm	8	\$52/\$57	
15+	Sat	8/6-9/24	9:30-10:30am	7	\$46/\$51	
15+	Wed	10/5-11/23	7:30-8:30pm	8	\$52/\$57	
15+	Sat	10/1-11/19	9:30-10:30am	8	\$52/\$57	
15+	Wed	11/30-12/21	7:30-8:30pm	8	\$26/\$27	
15+	Sat	12/3-12/13	9:30-10:30am	8	\$20/\$22	

## BOMBAY JAM

We bring you a one hour total body fitness workout! Set to top hits from Bollywood movies. The workout includes a warm up, solid –cardio, muscle –shredding toning and a cool down/stretch. Packed with vibrant authentic Bollywood flavor.....

This workout is totally addictive! Safety, effectiveness and loads of fun has been the cutting edge of the program, that appeals to all races, ages and both sexes.

Location: Silliman Activity Center

Instructor: Certified Bombay Jam Instructor Vimalatha Jegan

Age	Day	Date	Time	#	Fee	R/NR
13+	Tue	8/9-9/27	11:00am-12:00pm	8	\$40/\$44	
13+	Tue	10/4-11/22	11:00am-12:00pm	8	\$40/\$44	
13+	Tue	11/29-12/20	11:00am-12:00pm	4	\$20/\$22	

## 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: 9/5

Age	Day	Date	Time	#	Fee R/NR
14+	Mon	9/12-10/17	7:15-8:15pm	6	\$48/\$53
14+	Mon	10/24-11/28	7:15-8:15pm	6	\$48/\$53
14+	Mon	12/5-12/19	7:15-8:15pm	3	\$24/\$26



## FREE! WALK THE TALK

Walk the Talk is a community walking program. It is open to people of all ages who want to get fit and make new friends.

Location: Newark Community Park (off Newark Blvd. by the tennis courts)

Instructor: June Day

Age	Day	Date	Time
18+	Tue/Th	now-12/6	8:00-9:00am

## BETTY GENTRY'S 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: 10/31, 11/ 11, 11/ 21-26

Day	Age	Class Type	Dates	Time	#	Fee R/NR	Instructor
Mon	18+	Jazz	9/12-12/5	7:00-7:55pm	11	\$105/\$110	Traci
Mon	18+	Int/Adv Tap	9/12-12/5	8:00-8:55pm	11	\$105/\$110	Traci
Wed	18+	Beg/Int Tap	9/14-12/7	6:30-7:25pm	12	\$114/\$120	Sara
Fri	18+	Ballet/Lyrical	9/16-12/9	8:00-8:55pm	11	\$105/\$110	Traci



## Adult Fitness Challenge:

# JOURNEY ACROSS ALASKA

9/1 - 12/31

Take this opportunity to see the sights as you bike across America in the Silliman Fitness Center. This challenge will take you on a 17 week, 1242 mile journey across the Alaskan tundra where you will come face to face with native plants, animals, and people. Participants will receive a commemorative certificate and a prize will be awarded to those who complete the challenge. Registration is required. See Silliman Center front desk for more details.

## 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	9/10-10/1	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	10/8-10/29	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 5/28

Age	Day	Date	Time	#	Fee	R/NR
12+	Sat	9/10-10/29	2:00-3:00pm	8	\$195/\$204	

### AKC CANINE GOOD CITIZEN PROGRAM

This program stresses responsible pet ownership for owners and basic good manners for dogs. Part I of this program will include proper meeting & greeting of other dogs, loose lead walking, sit/stay, down/stay and coming when called. You may also address any issues you are having at home. Part II reviews Part I and adds more difficult distractions, adding time and distance to sits and downs, long line training, weaving in and out of people and pets, and supervised separation. There will be a test at the end of Part II and you dog will receive the AKC C.G.C. Certificate upon successful completion.

**Part I:**

Age	Day	Date	Time	#	Fee	R/NR
12+	Sat	9/10-10/1	1:00-2:00pm	4	\$83/\$90	

**Part II:**

Age	Day	Date	Time	#	Fee	R/NR
12+	Sat	10/8-10/29	1:00-2:00pm	4	\$83/\$90	