



## FALL 2017 CLASSES & ACTIVITIES LIST

For more information, call 805-781-7300

Register online at <https://apm.activecommunities.com/sloparksandrec>

### AQUATICS

#### SLO SWIM CENTER

(805) 781-7288

(805) 781-7284 (recorded program information)

All aquatic programs and classes are at the SLO Swim Center in Sinsheimer Park, 902 Southwood Drive.

**The SLO Swim Center will be closed for the annual cleaning and maintenance closure starting on Monday, August 14, 2017 until Sunday, August 27, 2017. The SLO Swim Center will reopen for its fall schedule on Monday, August 28, 2017.**

**Registration for Fall Private Lessons begins on Monday, August 7, 2017.** Please take advantage of online registration by visiting [www.slocity.org/parksandrecreation](http://www.slocity.org/parksandrecreation). Refunds are not available for swim lessons, a credit may be provided upon request.

#### Daily Rates

##### Adult Daily Rate

\$3.00 per daily entry – Lap Swimming and Therapy Pool

##### Youth and Senior Daily Rate

\$2.50 per daily entry – Lap Swimming and Therapy Pool

#### 30-Day Rates and Swim Scripts

##### 30-Day Passes

Fees for Aqua Aerobics and Lap Swimming may be paid monthly

\$45.00 per month – Adults

\$35.00 per month – Youth/Seniors.

##### Swim Script

A 10 use pass booklet is available for Aqua Aerobics, Lap Swimming, Therapy/Tot Pool Swimming and Recreational Swimming

\$27.00 per 10-pass booklet – Adults

\$22.50 per 10-pass booklet – Youth/Seniors

### Aqua Aerobics

For a guided workout, try the shallow water aqua aerobics classes. The class structure and routine may be adapted to individual needs with the assistance of the instructors. This class is designed to combine aerobic conditioning with strength training, muscular endurance and flexibility. The 11:40 am class is conducted in the shallow end of the main pool (80°) and the 5:40 pm class is conducted in the therapy pool (90°).

PROGRAM	AGES	DAYS	DATES	TIMES	COST
Aqua Aerobics	All	Mon-Sat	Ongoing	11:40 am-12:30 pm	\$3/adult, \$2.50/youth & seniors
Aqua Aerobics	All	Mon,Tue,Wed,Fri	Ongoing	5:40 pm-6:30 pm	\$3/adult, \$2.50/youth & seniors

## Aqua Pilates

Introduction to core-centered (abdominal muscles and lower back) poses and positions that help with posture, balance and flexibility. All the movements are based on the principles of concentration, control, fluid movements, precise breathing and strengthening of the torso. Participants are led through a progressive program that continues to challenge them as they increase their strength and flexibility. The 12:40 pm class is conducted in the shallow end of the main pool (80°).

<b>PROGRAM</b>	<b>AGES</b>	<b>DAYS</b>	<b>DATES</b>	<b>TIMES</b>	<b>COST</b>
Aqua Pilates seniors	All	Tue,Thu	Ongoing	12:40 pm-1:30 pm	\$3/adult, \$2.50/youth &

## Lap Swimming

The Lap Swim Program may be utilized for several types of aquatic activities including: swimming, walking, kicking, physical therapy, aqua jogging, triathlon training or working one-on-one with children. When there are more than 2 guests in a lane, please use a circle swimming pattern to exercise. On August 28, 2017, the Olympic Pool will resume closing at 7 pm.

<b>PROGRAM</b>	<b>AGES</b>	<b>DAYS</b>	<b>DATES</b>	<b>TIMES</b>	<b>COST</b>
Lap Swimming	All	Mon-Fri	Ongoing	6:00 am-8:00 am	\$3/adult, \$2.50/youth & seniors
Lap Swimming	All	Mon-Fri	Ongoing	11:30 am-1:30 pm	\$3/adult, \$2.50/youth & seniors
Lap Swimming	All	Mon-Fri	Aug 28-June 03	5:30 pm-7:00 pm	\$3/adult, \$2.50/youth & seniors
Lap Swimming	All	Sat	Ongoing	6:30 am-8:00 am	\$3/adult, \$2.50/youth & seniors
Lap Swimming	All	Sat	Ongoing	11:30 am-1:30 pm	\$3/adult, \$2.50/youth & seniors
Lap Swimming	All	Sun	Sept 3-June 10	11:30 am-1:30 pm	\$3/adult, \$2.50/youth & seniors

## Therapy/Tot Pool

The Therapy/Tot Pool is designed to meet a wide variety of needs for the community. The pool is maintained at approximately 90 degrees and is easily accessible for patrons of all ages. The deep portion of the therapy pool is reserved for adult use only from 11:30 am - 12:30 pm and from 5:30 pm - 6:30 pm. On August 28, 2017, the therapy pool will resume closing at 6:50 pm.

<b>PROGRAM</b>	<b>AGES</b>	<b>DAYS</b>	<b>DATES</b>	<b>TIMES</b>	<b>COST</b>
Therapy Pool	All	Mon-Sun	Aug 28-June 10	11:30 am-1:20 pm	\$3/adult, \$2.50/youth & seniors
Therapy Pool	All	Mon-Fri	Aug 28-June 03	5:30 pm-6:50 pm	\$3/adult, \$2.50/youth & seniors

## Warm Water Exercise Class

In the warm therapy pool, participants are led through a series of exercises designed to increase range of motion and flexibility. Workout at your own pace and have fun at the same time; there are options of low to high intensity aerobic exercises. This is a great class for adults of any age, including people recovering from injuries and/or arthritic conditions who are capable of participating in a fitness program without assistance.

<b>PROGRAM</b>	<b>AGES</b>	<b>DAYS</b>	<b>DATES</b>	<b>TIMES</b>	<b>COST</b>
Warm Water Exercise	All	Mon,Wed,Fri	Ongoing	8:00 am-9:00 am	\$100/20 classes
Warm Water Exercise	All	Mon,Wed,Fri	Ongoing	9:00 am-10:00 am	\$100/20 classes

## SWIM LESSONS

### Private Lessons

A private swimming lesson is designed to maximize the individual instruction given to a particular student with a one to one student/teacher ratio. Semi-private lessons are available for family members or close friends that have students of a similar ability (first student pays full private fee, second student pays at half price. Enroll the first child to secure the spot and call the Parks and Recreation office (781-7300) to assist in enrollment of additional swimmers to the semi-private class). Refunds are not available for lessons; however a credit can be provided. **Lessons will be provided on September 4, 2017 (Labor Day)**

CLASS	AGES	DAYS	DATES	TIMES	COST
Session 1	3+	Mon,Wed,Fri	Sept 4-Sept 15	4:10 pm-4:40 pm	\$87
Session 1	3+	Mon,Wed,Fri	Sept 4-Sept 15	4:45 pm-5:15 pm	\$87
Session 1	3+	Tue,Thur	Sept 5-Sept 14	4:10 pm-4:40 pm	\$58
Session 1	3+	Tue,Thur	Sept 5-Sept 14	4:45 pm-5:15 pm	\$58
Session 2	3+	Mon,Wed,Fri	Sept 18-Sept 29	4:10 pm-4:40 pm	\$87
Session 2	3+	Mon,Wed,Fri	Sept 18-Sept 29	4:45 pm-5:15 pm	\$87
Session 2	3+	Tue,Thur	Sept 19-Sept 28	4:10 pm-4:40 pm	\$58
Session 2	3+	Tue,Thur	Sept 19-Sept 28	4:45 pm-5:15 pm	\$58
Session 3	3+	Mon,Wed,Fri	Oct 9 – Oct 20	4:10 pm-4:40 pm	\$87
Session 3	3+	Mon,Wed,Fri	Oct 9 – Oct 20	4:45 pm-5:15 pm	\$87
Session 3	3+	Tue,Thur	Oct 10 – Oct 19	4:10 pm-4:40 pm	\$58
Session 3	3+	Tue,Thur	Oct 10 – Oct 19	4:45 pm-5:15 pm	\$58
Session 4	3+	Mon,Wed,Fri	Oct 23-Nov 3	4:10 pm-4:40 pm	\$87
Session 4	3+	Mon,Wed,Fri	Oct 23-Nov 3	4:45 pm-5:15 pm	\$87
Session 4	3+	Tue,Thur	Oct 24-Nov 2	4:10 pm-4:40 pm	\$58
Session 4	3+	Tue,Thur	Oct 24-Nov 2	4:45 pm-5:15 pm	\$58

# CONTRACT CLASSES

## CaliKids Fitness

SLO Senior Center Main Room  
1445 Santa Rosa Street

CaliKids Fitness - Parent Independent. With greater independence come the ability to participate without a parent. Our CaliKids are lavished with positive reinforcement for self-reliance and following directions. Strength, flexibility and agility are increased as our teacher introduces tumbling, balancing and agility skills with the safest spotting techniques and communication. All geared to build self-esteem, confidence and coordination during this program.

PROGRAM	AGES	DAY	DATES	TIMES	COST
Parent Me	1-2.5	Sat	Sept 9 – Dec 2	9:00 am – 9:45 am	\$99
Parent Independent	3-5	Sat	Sept 9 – Dec 2	9:45 am – 10:30 am	\$99

## Lego:

### Play-Well TEKnologies LEGO® Workshops

Ludwick Community Center  
864 Santa Rosa Street

Join Play-Well TEKnologies for a workshop using the LEGO® building system. Explore concepts in physics, mechanical engineering, structural engineering and architecture while playing with your favorite creations. Utilizing thousands of LEGO® parts, we strive to build students' problem solving skills and foster a greater appreciation of how things work. Generally, a workshop will consist of two or three projects.

PROGRAM	AGES	DAY	DATES	TIMES	COST
Engineering using LEGO	6-11	Sat	Sept 9	10am – 12pm	\$30
LEGO Amusement Park	6-11	Sat	Oct 7	10am – 12pm	\$30
LEGO Helicopter	6-11	Sat	Nov 4	10am – 12pm	\$30
LEGO Winter Wonderland	6-11	Sat	Dec 2	10am – 12pm	\$30

## SLO SKATE PARK

1050 Oak St  
Santa Rosa Park  
1050 Oak Street

Protective gear required. Rules and Regulations listed on the fence and enforced by Park Rangers and SLOPD. For more information, visit [www.sloskatepark.org](http://www.sloskatepark.org).

PROGRAM	AGES	DAYS	DATES	TIMES	COST
Skate Park	All	Mon-Sun	Ongoing	7:00 am - 10:00 pm	FREE

## Skate Camp

This three-day SLO Skate Park skate camp class is designed to help beginner skaters learn new skills and utilize skate park terrain in a safe and supervised environment. These classes will focus on park etiquette, balance, stance and introductory skills. Required: skateboard, helmet, knee and elbow pads, tennis shoes, sunscreen and water. Skate Park T-shirt and snack included

PROGRAM	AGES	DAYS	DATES	TIMES	COST
Turkey Break Skate Camp	7-12	Mon-Wed	Nov 20 - 22	8:00 am – 10:30 am	\$75

## Kidz Love Soccer

Santa Rosa Park  
1050 Oak Street

With 30 years of kid-centered experience, Kidz Love Soccer thrives on providing tools to youth for personal growth and soccer bliss. Practices include age appropriate skill-building, games and soccer scrimmages. All participants will receive a Kidz Love Soccer Jersey! In case of inclement weather, call the Kidz love soccer **Rain-Out Hotline at 1-888-372-5803. No class Dec 18, 25, Jan 1.**

PROGRAM	AGES	DAY	DATES	TIMES	COST
Parent and Me	2-3.5	Mon	Sept 18 – Oct 16	5:10 pm – 5:40 pm	\$66
Pre-Soccer	4-5	Sat	Sept 23 – Nov 11	10:10 am – 10:45 am	\$96
Soccer 1	5 -6	Mon	Sept 18 – Nov 6	4:15 pm - 5 pm	\$96
Soccer 1	5-6	Sat	Sept 23 – Nov 11	10:45 am – 11:30 am	\$96
Soccer 2: Skillz	7-10	Sat	Sept 23 – Nov 11	11:30 am – 12:15 pm	\$96
Tot Soccer	3.5-4	Sat	Sept 23 – Nov 11	9:40 am – 10:10am	\$96
Tot/Pre-Soccer	3.5-5	Mon	Sept 18 – Nov 6	3:40 pm – 4:15 pm	\$96
Mommy/Daddy & Me	2-3.5	Sat	Sept 23 – Nov 11	9 am – 9:30 am	\$96

## Kidz Love Soccer

Ludwick Gymnasium  
864 Santa Rosa Street

PROGRAM	AGES	DAY	DATES	TIMES	COST
Soccer 1	5-6	Mon	Dec 4 – Jan 15	4:15 pm – 5:00 pm	\$55
Tot/Pre Soccer	3.5-5	Mon	Dec 4 – Jan 15	5:00 pm – 5:35 pm	\$55
Soccer 1	2-3.5	Mon	Dec 4 – Jan 15	5:45 pm – 6:15pm	\$55

## Tennis Fun and Fitness with Coach Patience

French Park Tennis Courts  
1040 Fuller Road

Learn tennis and have fun while doing it! Bring a great attitude to learn and play tennis. Racket supplied if needed. Wheelchair/adaptive tennis lessons are also available. Coach Patience is USPTA Tennis Professional certified, First Aid/CPR Certified and has 25 years of teaching experience. Spanish is spoken by teachers. Classes are in 45-minute intervals.

PROGRAM	AGES	DAY	DATES	TIMES	COST
Private Tennis Lessons	5+	Fri	Sept 9 –Nov 25	5:30pm-7:45pm	\$45/45 min

## Surfing Lessons with Sandbar Surf Company

791 Price St #210 Pismo Beach

Fall is in the air and there is no better place to be than the beach! Sandbar Surf School's Camps are designed for both children and adults. Whether learning for the first time or experienced and looking to pick up tips from a professional, expect quality instruction, dynamic curriculum and a safety first attitude from well-versed instructors. Wetsuits and surfboards are provided to fit every profile and ability level. See you at the beach! Choose which day of the week you'd like to start your lesson and enjoy the ride!

**No class Nov. 23/24**

PROGRAM	AGES	DAY	DATES	TIMES	COST
5 Day Camp	7+	Mon-Sun	Sept 1 – Nov 30	8:45 am – 11 am	\$285
3 Day Camp	7+	Mon-Sun	Sept 1 – Nov 30	8:45 am – 11 am	\$186
1 Day Camp	7+	Mon-Sun	Sept 1 – Nov 30	8:45 am – 11 am	\$67

## Tennis Training

Islay Park Tennis Court  
1151 Tank Farm Road

Lessons are provided by DM International Tennis Academy. Conditioning and fitness are some of the benefits for those who participate in the high-energy sport of tennis. This activity is available to all ages and ability levels. Guided training and assistance is provided to support any goal, from the development of basic skills to top competition. Consultation with instructors is available. *Multilingual instruction in English, Spanish, and Italian are available.*

PROGRAM	AGES	DAYS	DATES	TIMES	COST
Private Tennis Lessons and Training	6-99	Mon	Sept 4, 11, 18	2:45 pm – 5:00 pm	\$30/hour
Private Tennis Lessons and Training	6-99	Wed	Sept 6, 13, 20	2:45 pm – 5:00 pm	\$30/hour
Private Tennis Lessons and Training	6-99	Mon	Dec 4, 11, 18	2:45 pm – 5:00 pm	\$30/hour
Private Tennis Lessons and Training	6-99	Wed	Dec 6, 13, 20	2:45 pm – 5:00 pm	\$30/hour

## Music Lessons:

Grand Central Music and Conservatory  
3220 Broad Street.

These private one-on-one lessons are tailored specifically to the student's style and level of musicianship. Lessons are once a week at four times a month. Times will vary. Instructors will contact students to schedule lesson times. Custom-built teaching rooms are fully equipped. **An additional \$25 materials fee is payable to the instructor on the first day of class.**

PROGRAM	AGES	DAY	DATES	TIMES	COST
Four ½ Hour Music Lessons	ALL	Mon-Sat	Sept	TBD	\$120
Four ½ Hour Music Lessons	ALL	Mon-Sat	Nov	TBD	\$120
Four ½ Hour Music Lessons	ALL	Mon-Sat	Dec	TBD	\$120
Four 1 Hour Music Lessons	ALL	Mon-Sat	Sept	TBD	\$240
Four 1 Hour Music Lessons	ALL	Mon-Sat	Nov	TBD	\$240
Four 1 Hour Music Lessons	ALL	Mon-Sat	Dec	TBD	\$240

## Preschool Music Fun Time ages 3-5

Grand Central Music and Conservatory  
3220 Broad Street.

Preschool Music Fun Time is for children 3-5 years old. We will introduce simple rhythm and songs in an interactive environment using percussion, clapping and singing. Musical experiences in childhood can actually accelerate brain development and ignites all areas of development. **Classes meet 1x week per month or 2x week per month with parent present included.**

**No classes Nov.22 and Dec.25**

PROGRAM	AGES	DAY	DATES	TIMES	COST
Preschool Music Fun 1x week	3-5	Mon/Wed	Sept-Dec	10:30am-11:15am	\$80
Preschool Music Fun 2x week	3-5	Mon/Wed	Sept-Dec	10:30am-11:15am	\$120

## Gymnastics: Gym Bugs 5-Class Pass

Performance Athletics Gymnastics  
4484 Broad Street

The education and promotion of wellness, self-esteem, and physical health is the goal at Performance Athletics. Children ages 3-5 are placed in an independent class running 55 minutes in length, while Parent Participation is required for children under 3. Parent Participation classes run 45 minutes in length. **Please call 48 hours in advance to see available dates and reserve your spot at 805-547-1496. Coed.**

PROGRAM	AGES	DAY	DATES	TIMES	COST
Gym Bugs 5-Class Pass	Walking-5	Mon-Sat	Sept 1 – Nov 30	TBD	\$60

## Gymnastics: Gym-N-Learn

Performance Athletics Gymnastics  
4484 Broad Street

Gym-N-Learn is a class specially designed to meet the needs of preschool aged children. Gymnastics offers a fantastic opportunity for large motor development, strength, and flexibility. This Gym-N-Learn class offers one hour of gymnastics and one hour in our preschool learning classroom. The learning hour will include a daily story, song, art activity, and small motor manipulatives, such as blocks, lacing beads, puzzles and more. The classroom time will allow students to work on small motor skills, language, math, and art, providing for a well-rounded learning experience. Students in this class can enroll in 1-2 days per week and must be emotionally ready to be dropped off at the gym for the two hour class and be able to attend to their own personal restroom needs. **Each session is 4 weeks long. Please call 48 hours in advance to see available dates and reserve your spot at 805-547-1496. Coed.**

PROGRAM	AGES	DAY	DATES	TIMES	COST
Gym-N-Learn	3.5-5	Tue, Thu	Sept 1 – Nov 30	10:00am – 12:00pm	\$90/session 1 day/week \$170/session 2 days/week

## Gymnastics: Inchworms 5-Class Pass

Performance Athletics Gymnastics 4484 Broad Street

This class is designed for infants crawling-walking. This 45 minute class will provide opportunities to practice rolling, crawling, balancing, climbing, and strength building activities in a playful, socially enriched environment. Caregiver and baby will enjoy bonding through songs, finger plays, using gymnastics equipment, and props. Babies will enjoy challenging themselves while exploring movement in our creative and safe class. Coed. **Please call 48 hours in advance to reserve your spot at 805-547-1496. Coed. No Class Nov 21 – Nov 26, Dec 26 – Dec 31**

PROGRAM	AGES	DAY	DATES	TIMES	COST
Inchworms 5-Class Pass	Crawling-Walking	Tue, Fri, Sat	Sept 2 - Dec 23	Fri 9:30-10:15 am Sat 12:15-1:00 pm	\$30/5 class pass

## Gymnastics: Introduction to Gymnastics 5-Class Pass

Performance Athletics Gymnastics 4484 Broad Street

Introduction to Gymnastics brings fun and fitness together; increasing your child's self-confidence as they improve their strength, flexibility, coordination and gymnastic skill fundamentals. Students will be introduced to basic skills on men and women's gymnastics apparatus, as well as trampoline, tumbling, silks, and agility. All abilities welcome. Classes are 1 hour long. Coed. Times vary- call to schedule. **Please call 48 hours in advance to reserve your spot at 805-547-1496. No Class Nov 19-25, Dec 24-30.**

PROGRAM	AGES	DAY	DATES	TIMES	COST
Intro to Gym 5-Class Pass	5-12	Mon-Sat	Sept 1 – Dec 23	TBD	\$60/5 class pass

## Gymnastics: Super Hero! 5-Class Pass

Performance Athletics Gymnastics 4484 Broad Street

Super Hero class integrates agility, tumble and trampoline, gymnastics, physical fitness, flexibility, coordination, and FUN with a flair into our super hero obstacle course! Athletes will learn to traverse our super hero course with ninja like stealth and confidence. They will increase their fitness level and self-esteem. If you like ninja sports you will love our super hero class! Beginner level. No prior experience is needed to be a Super Hero! A free Super Hero shirt comes with the purchase of a 5-class punch card. Times vary- call to schedule **Coed. Please call 48 hours in advance to reserve your spot at 805-547-1496. No Class Nov 19-25, Dec 24-30.**

PROGRAM	AGES	DAY	DATES	TIMES	COST
Super Hero! 5-Class Pass	5-11	Fri Sat	Sept 1 – Dec 23	4:30 pm – 5:30 pm 10:00 am – 11:00 am	\$74/5 class pass

## Gymnastics Camps

Performance Athletics Gymnastics  
4484 Broad Street

Come join the fun! Gymnastics Training for all levels. Gymnastics experience is not necessary for any of our awesome summer camps. Even if your child has never tries gymnastics before, this camp is for them. We guarantee your child will fine tune the skills they have while having fun and advancing their techniques and skill sets. All levels welcome to come join the fun!

PROGRAM	AGES	DAY	DATES	TIMES	COST
Harvest Gymnastics Camp	4-14	Mon, Tues, Wed	Nov 20 – 22	9:30am-2:30 pm	\$105
Winter Gymnastics Camp	4-14	Wed, Thurs, Fri	Dec 27 – 29	9:30am-2:30 pm	\$105

### Gymnastics

#### Aerial Silks 5- Class Pass

Performance Athletics Gymnastics  
4484 Broad Street

Come join the fun! Learn to climb, do drops, the splits and other graceful moves all while being suspended in the air! No experience necessary. Everyone can do something fabulous on the fabric.

For online registration, visit [www.slocity.org/parksandrecreation](http://www.slocity.org/parksandrecreation)

PROGRAM	AGES	DAY	DATES	TIMES	COST
Aerial Silks	5-17	Tues	Sept 1 – Dec 31	5:30am-6:30pm	\$70
	5-17	Wed	Sept 1 – Dec 31	4:30am-5:30pm	\$70
	5-17	Thurs	Sept 1 – Dec 31	4:30am-5:30pm	\$70

## Shaolin Kempo\*

**\*THIS IS UNOFFICAL – SUBJECT TO CHANGE**

SLO Senior Center  
1445 Santa Rosa St.

The Shaolin Chaun Fa (Kempo) system is a linear, power-based and circular technique-based martial art. Beginner: white (newcomers) and yellow belts; advanced participants have a solid foundation and are very experienced with Kempo. **No Class Sept 1, Nov 24.**

PROGRAM	AGES	DAY	DATES	TIMES	COST
Beginner Kempo	4+	Tue, Thu	Sept 6 - 29	5:20 pm - 6:00 pm	\$60
Beginner Kempo	4+	Tue, Thu	Oct 4 - 27	5:20 pm - 6:00 pm	\$60
Beginner Kempo	4+	Tue, Thu	Nov 1 - 29	5:20 pm - 6:00 pm	\$60
Advanced Kempo	4+	Tue, Thu	Sept 6 - 29	6:00 pm - 7:00 pm	\$80
Advanced Kempo	4+	Tue, Thu	Oct 4 - 27	6:00 pm - 7:00 pm	\$80
Advanced Kempo	4+	Tue, Thu	Nov 1 - 29	6:00 pm - 7:00 pm	\$80



# EVENTS

## Historic Jack House & Gardens

Historic Jack House  
536 Marsh Street

Guided tours of the Jack House interior and gardens are conducted by volunteer docents specially trained in the history of the Jack family and this turn-of-the-century estate. The old-fashioned gardens, complete with a charming gazebo, full catering facility and stage area, may be reserved Saturdays and Sundays for weddings, concerts and other private gatherings. For more information visit: <http://www.slocity.org/government/department-directory/parks-and-recreation/jack-house-and-gardens> or call (805) 781-7222

PROGRAM	AGES	DAYS	DATES	TIMES	COST
Jack House Tours	All	Sun	May-Dec	1-4pm	\$5; Free/under 12

## Art After Dark

Historic Jack House  
536 Marsh Street

Hundreds of visitors converge on downtown SLO to see new art exhibits and add to their growing collections. With dozens of galleries and non-traditional exhibit spaces, it's SLO's favorite night of the month to celebrate art for free! A typical Art After Dark will spotlight the best of established and emerging local artists. There may also be featured works of nationally and internationally acclaimed artists.

PROGRAM	AGES	DAYS	DATES	TIMES	COST
Art After Dark	All	1 <sup>st</sup> Fri/Month	Ongoing	6:00 pm – 9:00 pm	FREE

## Back To Pool Night – A Family Picnic and Movie Night

SLO Swim Center  
902 Southwood Drive

Pack a picnic dinner and come to the pool. Bring the whole family for a fun-filled evening of pool games, music by a DJ, space for a picnic, family recreational swim, and a Dive in Movie. The festivities are free. Don't want to pack a picnic, we have you covered. A delicious BBQ of hot dogs, chips, ice cream and drinks will be available for purchase.

Back to Pool Night will be from 5:30 pm to 7:30 pm for the Family Picnic and Recreational Swim. The Dive In movie will start at 7:30 pm and will run until 9:30 pm.

Registration is only required if you plan on staying for the Dive In Movie. There are only 60 spots available for the Dive In Movie. Snacks and drinks will be available for purchase during the movie. Please contact the Recreation Coordinator at 805-781-7291 to register for the Dive In Movie.

PROGRAM	AGES	DAYS	DATES	TIMES	COST
Back To Pool Night	All	Fri	Sept 8	5:30 – 7:30 pm	Free
BTPN - Dive In Movie	All	Fri	Sept 8	7:30 – 9:30 pm	Free *MUST REG FOR MOVIE

## September Scramble

Laguna Golf Course  
11175 Los Osos Valley Rd

The fun is back!!!! Due to the extremely popular 2016 event – it is back, bigger and muddier than ever. Coldwell Banker Premier Real Estate proudly partners with San Luis Obispo Parks and Recreation Department to sponsor the First Annual September Scramble Kids Adventure Course on Saturday September 30<sup>th</sup> from 2:00-4:00pm at the Laguna Lake Golf Course. We will have several 'waves' for each age group. The Scramble is designed for school age kids 5-6, 7-9, and 10-13. Thirteen+ obstacles built over a 0.75+-mile path throughout the golf course will challenge the kids' imaginations and abilities, including a climbing wall, hay bale hurdles, tunnels, net climbs, and balance beams. The Final category of the day will consist of a parent-child course emphasizing having fun with your child through recreation.

September is National Childhood Obesity Awareness Month and Coldwell Banker is dedicated to healthy families, happy homes, and strong communities. The September Scramble was developed by the City of San Luis Obispo Parks and Recreation Department as a way to help prevent childhood obesity, promote healthy eating and physical activity, and increase awareness of childhood obesity among individuals of all ages and walks of life. The cost is \$10.00 per kid with a max of \$20.00 per family (maximum 5 per family unless prior approval). Each participant will receive an awesome t-shirt to celebrate their adventurous day!

PROGRAM	AGES	DAY	DATE	TIMES	COST
September Scramble	5-6	Sat	Sept 30	2pm/2:10/ 2:20pm	\$10.00
September Scramble	7-9	Sat	Sept 30	2:30/2:40/ 2:50pm	\$10.00
September Scramble	10-13	Sat	Sept 30	3pm / 3:10 / 3:20pm	\$10.00
September Scramble	Family Run	Sat	Sept 30	3:30pm	\$20.00*

\*\$20.00 maximum per family

\*\* times and dates subject to change

## Boo Bash

At Meadow Park  
2333 Meadow St

Join the Parks and Recreation Department for a family friendly costume party and haunted house. Youngsters (and their families) will enjoy food, games and activities, as well as partake in a spooky haunted park. All Boo Bash attendees are asked to bring a canned food to be donated to the Food Bank Coalition of SLO County. Concluding the night, enjoy the kid-friendly outdoor Movie *Curious George: A Boo Fest* on the Meadow Park lawn under the stars.

PROGRAM	AGES	DAYS	DATES	TIMES	COST
Haunted Park	All	Fri	Oct 27	5:00 pm *Movie starts at dusk	FREE

# GOLF

## LAGUNA LAKE MUNICIPAL GOLF COURSE

**(805) 781-7309**

**11175 Los Osos Valley Road, San Luis Obispo**

The City of San Luis Obispo's 10 hole, executive length course offers a unique wellness and entertainment opportunity for the whole family. You can play a round in less than two hours. Views from the course include Cerro San Luis, Bishop's Peak and Irish Hills. Whether a beginner, junior or accomplished golfer, the low fees, family atmosphere, quality maintenance, fun merchandise, and super friendly staff make this 10 holes course a community gem. Keep a look out for new events, programs and changes happening at your LLGC.

Open all Summer Long! Last Tee time approximately one hour before sunset. Last rentals, two hours prior to close.

The 11th Hole Grill is open at Laguna Lake Golf Course. Fresh, made-to-order food, soft drinks, adult beverages, and daily specials. Breakfast served all day long and burgers that made to order! Come by and say hello to The Achievement House crew. Open at 8:00 am until 4:00 pm, seven days a week. Enjoy on the new patio in style.

## FALL / WINTER TWILIGHT HOURS!!

Twilight now begins at 1:00 pm!! Come and receive up to 33% off your green fee and still have time to finish before dark!

## MONTHLY SPECIALS!!

Check out the new specials we have each month, ranging from free golf with a shirt purchase to heavily discounted merchandise.

## NEW FAMILY RATE!!

Bring the family in for a round of pure fun. Watch your child smile as they hit a line drive, sink that putt, or find your golf ball in the rough. Group can be no larger than a foursome and include up to three people under the age of 18, accompanied by an adult. Only \$25.00, all day-every day.

## SPECTATOR FEE IS NO MORE

Here at LLGC there is no charge for spectators to walk along. Introduce your kids or grandkids to golf and give your wife or husband the morning off. Come develop some priceless memories. Electric cart fees apply.

The Laguna Lake Municipal Golf Course is located at 11175 Los Osos Valley Road. For more information on the City golf course, tee times and affiliated golf programs, call 781-7027 or go on- line [www.lagunalakegolfcourse.org](http://www.lagunalakegolfcourse.org) Tee times are accepted seven days in advance.

## ADA ADAPTIVE GOLF CART

Laguna Lake Golf Course offers a Yamaha SoloRider Adaptive Golf Cart for public use. The golf cart's unique design allows total access to the golf course, including the ability to golf from the cart using the stand-up seat and the ability to drive directly onto the greens. As a key recreational facility in the City, Laguna Lake Golf Course is accessible to all members of our community. For questions, reservations or to schedule a test drive of the ADA Adaptive Golf Cart, please call (805) 781-7309.



<b>Laguna Lake Golf Course Fees: (Visa/MasterCard/AmeX accepted)</b>		
<b>Fees effective July 1, 2017</b>		
<b>10 Hole Fees</b>	<b>Regular Rate</b>	<b>Senior 55+ / Youth (under 18) Student* / Military*</b>
<b>Monday-Thursday</b>	\$13.00	\$10.00
<b>Friday-Sunday</b>	\$14.00	\$11.00
<b>Replay-anytime</b>	\$7.00	\$7.00
<b>Off Peak (M-Th, 12pm-1pm)</b>	\$11.00	\$10.00
<b>Twilight Time (after 1pm)</b>	\$8.50	\$8.50
<b>Super Twilight (last hour)</b>	\$5.00	\$5.00
<b>Family Plan (1-2 Adults, 2-3 kids, 4 max)</b>	\$25.00	
<b>Super Seniors</b>	FREE	FREE
10 Play Cards are Available for Purchase - \$87.50 for Seniors / \$115.00 for Adults (a savings of up to \$23.00 / \$25.00)		
Look for our June 12 play card sales! Not to be missed. (a savings of up to \$45.00 seniors/students & \$53.00 for adults)		
Power Golf Carts: \$8.00 per person		
Pull Carts available for \$3.00 per person		
Club Rentals Available for \$3.00 for Youth and \$6 Adults		
ADA Adaptable Cart Available		

## Tournaments

A 10 or 20 hole tournament is great fun! Tournaments are ideal for special occasions, such as birthday parties, fund raisers and any other social gatherings. The course is closed just for your event – from shotgun to regular format. A no cost barbecue facility is available. To schedule a tournament or rent facilities, please call (805) 781-7027.

## Clubs and Groups

Several groups and clubs meet at the Laguna Lake Golf course to play and socialize. Find more information on their webpages linked below.

Laguna Lake Ladies' Golf Club <http://lagunalakeladiesgolfclub.com/up-coming-events/>

Laguna Lake Men's' Golf Club <http://lagunalakegolf.org/>

For more information contact [cwoods@slocity.org](mailto:cwoods@slocity.org)

## Golf Instruction with PGA Professional Terri Benson

Whether a beginner, building a golf swing from scratch, or a scratch player in need of fine tuning, take control of the golf game through lessons. Developed over 20 years of private and group instruction, Terri's enthusiastic instruction empowers golfers with the understanding of each swing. Call (805) 781-7027 for information and to schedule a lesson.

PROGRAM	AGES	COST
<b>Private Lessons - Adults</b>		
Half-Hour Lesson	18+	\$45.00
Half-Hour Lesson Series (3 Lessons)	18+	\$100.00
9-Hole Playing Lesson (Video Analysis Included)	18+	\$90.00

PROGRAM	AGES	COST
<b>Private Lessons - Juniors</b>		
Half-Hour Lesson	3-18	\$30.00
Half-Hour Lesson Series (3 Lessons)	3-18	\$75.00
9-Hole Playing Lesson (Video Analysis Included)	3-18	\$90.00

## Golf Birthday Packages

Hold a special private birthday party, business function or special event at LLGC with all equipment provided. 2 hours of fun on the course, driving range and / or putting green. Availability based on staffing availability. Minimum / Maximum numbers apply. Call (805) 781-7027 for pricing and details.

## Night Golf

Yes, you read that correctly! Come try the new craze under the moon. We will provide all the equipment you will need – just bring your clubs and headlamp. Fun for all ages – kids through active older adults. Feel like you are playing golf on the moon. Also available for a birthday party package (for any age). Tee Times are very limited – get in quick. Cost is \$10 plus a \$5 refundable deposit on your UV Glow Ball. No pets or outside alcohol allowed. Weather permitting. Register a tee time in person at the Laguna Lake Golf Course or call (805) 781-7309. Times subject to change.

<b>PROGRAM</b>	<b>AGES</b>	<b>DAYS</b>	<b>DATES</b>	<b>TIMES</b>	<b>COST</b>
Night Golf	5-99	Thur	Sept 14	7:00 pm – 9:00 pm	\$10.00
Night Golf	5-99	Thur	Oct 5	6:30 pm – 9:00 pm	\$10.00
Night Golf	5-99	Fri	Nov 3	5:30 pm – 9:00 pm	\$10.00
Night Golf	5-99	Thur	Dec 7	5:30 pm – 9:00 pm	\$10.00

## Pink Tournament – Benefit for Making Strides Against Breast Cancer

Laguna Lake Golf Course is proud to present this charity tournament that will sure to leave you with a big smile, fun experience and the knowledge that you did it all for a great cause. We will have fun games within the tournament, mulligans, 'buy a throw' and string to help you have a fun day. Space is limited to 40 teams, so hurry and sign up early for the great cause! All net proceeds are donated to Making Strides Against Breast Cancer in SLO – for local good. Register in person at the Laguna Lake Golf Course or call (805) 781-7027.

<b>PROGRAM</b>	<b>AGES</b>	<b>DAYS</b>	<b>DATES</b>	<b>TIMES</b>	<b>COST</b>
Pink Benefit	16+	Sat	Oct 28	9:00 am-11:00 am	\$30/pp

## The First Tee Central Coast

The First Tee and Laguna Lake Golf Course present an extraordinary youth golf program. The 10 week program offers instruction to youth about golf, along with life-enhancing values which may be used on and off the golf course. All equipment is provided by the First tee if required. For more information call (805) 781-7309. Discounts provided for registering for both session and sibling rates.

Follow this link to register: [www.thefirstteecentralcoast.org](http://www.thefirstteecentralcoast.org)

<b>PROGRAM</b>	<b>AGES</b>	<b>DAY</b>	<b>DATES</b>	<b>TIMES</b>	<b>COST</b>
1 <sup>st</sup> Tee – Beginner	4-17	Tue	Sept 12 – Nov 7	3:30 pm– 5:00 pm	\$125.00
1 <sup>st</sup> Tee - Advanced	4-17	Thur	Sept 14 – Nov 9	3:30 pm– 5:00 pm	\$125.00

## Junior Tournament

Laguna Lake Golf Course is proud to present a junior tournament at your very own LLGC. Format will be 10 holes of fun and individual play. Divisions will include beginner (first tournament), Co-ed boys and girls and advanced. Space is limited to 40 junior golfers, so hurry and sign up early! Prizes will be awarded for the lowest Gross and Net.

<b>PROGRAM</b>	<b>AGES</b>	<b>DAYS</b>	<b>DATES</b>	<b>TIMES</b>	<b>COST</b>
LLGC Jr. Tournament	5-16	Sun	Nov 12	10:00 am- 12:00 pm	\$20.00

## SLO Teens at Laguna Lake Golf Course

Come join the SLO Teens club at Laguna Middle School (just across the street!) for after school fun! Wednesdays, the LMS SLO Teens take an adventure over the road to Laguna Lake Golf Course for some introductory fun to the game of golf. Teens can enjoy a snack of ice cream and/or French fries before having some fun with golf.

Instruction is provided if desired and all equipment is available. You will have fun in this class. Sign up through Youth Services SLO Teens club at Laguna Middle School.

PROGRAM	AGES	DAYS	DATES	TIMES	COST
SLO Teens	11-13	Wed	Aug 23 – Dec 20	3:30 pm– 4:30 pm	FREE*

\* Class is FREE with the \$10.00/year SLO Teens membership

## GOLF: SENIORS

### SLO Senior Center – Members Only Golf

Active SLO Senior Center Members are invited to Laguna Lake Golf Course every **third Monday** from **1:00 pm** to **3:00 pm** for FREE PLAY. Members of the SLO Senior Center will have access to putting and chipping area plus driving range FREE of charge. LLGC will provide all equipment needed for a fun time on the links.

Program	AGES*	DAYS	DATES	TIMES	COST
Senior Center Golf	55+	3 <sup>rd</sup> Mon	Ongoing	1:00 pm -3:00 pm	FREE*

\*Free for SLO Senior Center Members

### Senior Tournament – Over the Green

Laguna Lake Golf Course is proud to present tournament at your very own LLGC for the 50+. Format will be 20 holes of fun and individual play. Divisions will include men’s and women’s, first timers and many timers. Space is limited to the first 40 golfers, so hurry and sign up early!! Prizes for lowest Gross and Net.

PROGRAM	AGES	DAYS	DATES	TIMES	COST
Over the Green	50+	Mon	Nov 6	9:00 am- 1:00 pm	\$20.00

### Free 1st time Golf for Seniors at LLGC

Seniors try out Laguna Lake Golf course for the first time – on us! We will provide you with a 10-hole round of golf, a push cart, a set of clubs and a bucket of range balls - FREE of charge. We also have an ADA golf cart on site. Please call (805) 781-7309 to reserve your tee time now. We look forward to seeing you here!

### Super Seniors – 90+ GOLF FOR FREE

We love our seniors! Here at Laguna Lake Golf Course, active adults over 90 years of age play golf for FREE. Additional rentals are discounted at 50% of normal senior rate. Call us today for a round or to reserve your tee time (805) 781-7309.

# RANGER SERVICES (805) 781-7302

The Ranger Service program works to provide both educational and recreational opportunities to the community of San Luis Obispo. The City's 7,000 acres of designated open space promise to have something for everyone including rugged hiking trails, challenging mountain biking and leisurely scenic pathways just minutes from downtown.

## Ranger Led Hikes

Ranger led hikes are a great way to learn more about the open spaces you enjoy. Rangers cover topics from flora and fauna to local history of open spaces. These hikes are also a great way to get to know your local rangers and ask questions about the Ranger Service and responsible use of open space. Rain will cancel. For updates,

<http://www.slocity.org/government/department-directory/parks-and-recreation/ranger-service>.

### Aug 20 – 1:00 pm @ Islay Hill

Meet at Sweet Bay Ln. Trailhead (Cul-de-sac at the end of Sweet Bay Lane)

Route: Islay Hill Trail

Difficulty: Moderate, 2-3 hours

### August 31, 3:00 pm, Hikes with Hounds @ Johnson Ranch Kiosk

Ranger will give a short educational talk. After, you will be led on an hour hike.

Friendly dogs are welcome to join on leash.

Meet at Johnson Ranch Kiosk

Route: Johnson Ranch Trail

Difficulty: Easy, 1-2 hours

### Sept 17, 1:00 pm @ South Hills

Meet at Exposition Dr. Trailhead

Route: Ridge trail to South Hills Trail

Difficulty: Moderate, 1-2 hours

### Oct 15, 9:00 am – Bowden Ranch – Local Geology

**Guest Speaker:** Scott Johnston, Cal Poly Geology Professor

Meet at Lizzie St. Trailhead

Route: Firefighter Trail to Reservoir Canyon Loop

Difficulty: Strenuous, 2-3 hours

### Nov 12, 9:00 am – Irish Hills@ Madonna Road

**Pix on Peaks 2.0 route!**

Meet at Madonna Rd. Trailhead

Route: Orange Loop: Froom Ranch to Old Prospector Trail

Difficulty: Moderate to Strenuous, 2-3 hours

### Dec 10, 1:00 pm – Cerro San Luis @ Marsh St./Fernandez Rd.

**New Trail Just Completed July 2017!**

Meet at Marsh St./Fernandez Rd. Trailhead

Route: M-Trail loop

Difficulty: Moderate, 1-2 hours

## Volunteer Trail Work Days

Volunteers assist City Rangers twice per month on specific sections of the open space in need of maintenance. Bring sturdy, close-toed shoes, a snack and plenty of water. Tools will be provided. Long pants and long sleeves are recommended. All workdays run from 9am to 12pm. For updates, check <http://www.slocity.org/government/department-directory/parks-and-recreation/ranger-service> for updates. Rain will cancel.



## Wednesday Workdays

Meeting every Wednesday at 8:45 AM. An opportunity for volunteers to gather and work on building new trails in City-owned open space. Check web site for location. For more information call 781-7302 or email [dcarscaden@slocity.org](mailto:dcarscaden@slocity.org).

## Saturday Workdays

Volunteers assist City Rangers twice per month on specific sections of the open space in need of maintenance. All Saturday Workdays run from 9:00 am to 12:00 pm. Bring Water, Sunscreen, and Sturdy Shoes. We provide the tools!

Saturday, Aug 12	Irish Hills - Meet at Sterling Ln. trailhead (Park on Royal Way at Sterling Lane). Trimming Brush on Morro View, Poppy, Quickshot, and Mariposa trails
Saturday, Sept 9	Irish Hills – Meet at Sterling Rd. off Royal Way, clear drains on Mariposa and Mine Trails
Saturday, Sept 23	Stenner Springs – Meet in parking lot at the top of Cuesta Grade, clear drains on Morning Glory and Shooters
Saturday, Oct 7	Cerro San Luis – Meet at Hill St. trailhead, clear drains on Carriage Road and Lemon Grove Loop
Saturday, Oct 21	Irish Hills – Meet at Madonna Rd. trailhead, clear drains on King and Froom Ranch connector
Saturday, Nov 4	Johnson Ranch – Clear drains, deepen and lengthen reversals if soil is moist
Saturday, Nov 18	Irish Hills – Meet at south corner of Home Depot Parking lot, Drive-in to clear drains on Froom Creek Trail, Wednesday, and Ocean View
Saturday Dec 2	TBD – Check Ranger Service webpage for updates.
Saturday, Dec 16	TBD – Check Ranger Service webpage for updates

# SENIORS

## 55+ Meetings and Clubs (805) 781-7306

For more information on the Active Adults program for Seniors and Boomers, unless otherwise noted, please call 781-7306 or visit the Senior Center at **1445 Santa Rosa Street**, Monday through Friday, 9:00 a.m. to 4 p.m.

### Executive Board Meetings

The San Luis Obispo Senior Center Executive Board addresses the recreational needs and concerns of Senior Center members, as well as organizes events in conjunction with the Parks and Recreation Department. Board meetings are held monthly; representatives from user groups at the center as well as the general public are encouraged to attend. To be placed on the agenda call the Senior Center at 781-7306 at least seven days prior to the meeting.

PROGRAM	AGES	DAYS	DATES	TIMES	COST
Board Meetings	55+	2 <sup>nd</sup> M	Ongoing	9:30 am	FREE

### Food Bank

The Brown Bag program provides a monthly bag of groceries for eligible individuals. Bags are distributed at the Senior Center and available for low income seniors in the City of San Luis Obispo. Recipients must show proof of San Luis Obispo residency.

PROGRAM	AGES	DAYS	DATES	TIMES	COST
Brown Bag	All	3 <sup>rd</sup> Tue	Ongoing	9:00 am	FREE

### Gem and Mineral Club

The Gem and Mineral Club is a unique find. Enjoy sharing and learning about gems and stones through group discussions and mineral exploration.

PROGRAM	AGES	DAYS	DATES	TIMES	COST
Gem and Mineral	55+	1 <sup>st</sup> Tue	Ongoing	7:00 pm - 9:45 pm	FREE

### General Membership Luncheons

Enjoy monthly presentations while eating a nutritious meal with friends. To make a lunch reservation, call the Senior Center at 781-7306.

PROGRAM	AGES	DAYS	DATES	TIMES	COST
Senior Luncheons	55+	3 <sup>rd</sup> Wed	Ongoing	12:00 pm – 1:00 pm	\$10 for members; \$12 non-members

### Pinochle and other Games

Pick-up a card game and take pleasure in the company of others. Socialize and teach others favorite card games or join in on-going games.

PROGRAM	AGES	DAYS	DATES	TIMES	COST
Card Games	55+	M, W, F	Ongoing	12:00 pm – 4:00 pm	FREE

### Roundtable Readers

Explore literary adventures and tales with other insightful readers. Various authors, topics and novels are discussed each month, giving the opportunity to critique and analyze wondrous and obscure pieces of literature.

PROGRAM	AGES	DAYS	DATES	TIMES	COST
Roundtable	55+	2 <sup>nd</sup> Wed	Ongoing	7:00 pm - 8:30 pm	FREE

## Book Club

The Group reads books from the San Luis Obispo County Library “Book Club in a Box” program. Charter members have first chance for the 10 books, however anyone who has read the book or wants to get their own copy is welcome to attend the discussion.

PROGRAM	AGES	DAYS	DATES	TIMES	COST
Book Club	55+	4 <sup>th</sup> Mon	Ongoing	11:00 am	FREE

## Silver Streaks

Looking for a volunteer opportunity? Volunteer with Silver Streaks, a group that provides mailing services to non-profit organizations within San Luis Obispo.

PROGRAM	AGES	DAYS	DATES	TIMES	COST
Silver Streaks	55+	1 <sup>st</sup> , 4 <sup>th</sup> , 5 <sup>th</sup> - Thu	Ongoing	9:00 am	FREE

## Adult Wellness and Prevention Screening

Take good care of yourself! Services include: monitoring of blood pressure, pulse and weight; finger prick blood test screening for anemia, blood sugar and cholesterol; nutritional and lifestyle counseling. No appointment needed; first come, first-served. Call 544-2484, ext. 1 for more information.

PROGRAM	AGES	DAYS	DATES	TIMES	COST
Health Services	55+	2 <sup>nd</sup> Thu	Ongoing	9:30 am - 11:30 am	FREE

## Bingo

Come join the fun! Bingo is a great way to include play in your day and get to know other members of the community. Drop-ins are always welcome.

PROGRAM	AGES	DAYS	DATES	TIMES	COST
Bingo	55+	Wed	Ongoing	9:00 am	\$2.50/buy-in

## Brain Aerobics

Taught by Sonja Glassmeyer

Remember, it’s only hard until it’s easy. Join the group for challenging mental exercises, puzzles, facts and techniques to strengthen and challenge the functioning power of the brain, all presented in a fun way that stimulate brain development.

PROGRAM	AGES	DAYS	DATES	TIMES	COST
Brain Aerobics	55+	1 <sup>st</sup> Mon	Ongoing	10:25 am	FREE

## Bridge: “Party” Bridge

Bridge is an ageless interactive game involving skill and wit. Play this classic game to keep the mind sharp and stimulated. Groups meet and play bridge on a weekly basis.

PROGRAM	AGES	DAYS	DATES	TIMES	COST
Bridge	55+	Tue	Ongoing	12:30 pm	\$1

## Bridge: Duplicate Bridge

This game keeps your mind young by exercising gray cells. Several opportunities throughout the week to meet and play bridge. Lessons offered.

PROGRAM	AGES	DAYS	DATES	TIMES	COST
Duplicate Bridge	All	Mon, Fri	Ongoing	12:30 pm	\$4/game
Duplicate Bridge	All	Wed	Ongoing	6:15 pm	\$4/game
Duplicate Bridge	All	2 <sup>nd</sup> Sat	Ongoing	12:30 pm	\$4/game
Lessons	All	Mon	Ongoing	11:15 am	FREE

## Mahjong

Learn how to use pongs, kongs and chows to win the Filipino version of this classic tile game. Beginners welcome.

PROGRAM	AGES	DAYS	DATES	TIMES	COST
Mahjong	All	Thu	Ongoing	1:00 pm – 3:00 pm	FREE

## Exercise Class

Take a few moments to energize the body in a safe and encouraging environment. Chair exercises and gentle stretching in this program will keep muscles active and strong.

PROGRAM	AGES	DAYS	DATES	TIMES	COST
Exercise Class	55+	Tue, Thu	Ongoing	10:00 – 11:00 am	FREE

## Legal Services

Have a legal question and need an expert? This is your opportunity to get a professional's assistance. Call (805)543-5140 to schedule a 30 minute appointment.

PROGRAM	AGES	DAYS	DATES	TIMES	COST
Legal Services	55+	2 <sup>nd</sup> Fri	Ongoing	9:30 am, by apt.	FREE

## Around The Town (*Locations* TBD)

Trips organized by the Executive Senior Board to local area of interest are great fun. Please call 781-7306 for more information.

PROGRAM	AGES	DAYS	DATES	TIMES	COST
Local Places donation	55+	2 <sup>nd</sup> Fri	Ongoing	10:00 am	Possible

## Writing Class

Take this class and learn how to write your personal story.

PROGRAM	AGES	DAYS	DATES	TIMES	COST
Writing Class	55+	Tue	Ongoing	1:00 pm	FREE

## Senior Golf

Laguna Golf Course  
11175 Los Osos Valley Rd,

Active SLO Senior Center Members are invited to Laguna Lake Golf Course every **third Monday** from **1:00 pm** to **3:00 pm** for free play. Senior Center members have access to putting and chipping area plus driving range free of charge. LLGC will provide all equipment needed for a fun time on the links.

Program	AGES	DAYS	DATES	TIMES	COST
Senior Center Golf	55+	3 <sup>rd</sup> Mon	Ongoing	1:00 -3:00 pm	FREE

# SPORTS

**(805) 781-7305**

Parks and Recreation sports programs provide fundamental athletic instruction in a non-competitive environment that focuses on participation.

## YOUTH SPORTS

### Flag Football

Damon-Garcia Sports Field  
680 Industrial Way  
San Luis Obispo, CA 93401

The Parks and Recreation Department and the SLO County YMCA team up once again to offer organized flag football for local youth. Children have the opportunity to learn basic football skills while participating in positive environment, with non-contact activity and continuous action. To register, visit the SLO YMCA website at <https://www.sloymca.org/>

PROGRAM	GRADES	REG	DAYS	DATES	TIMES	COST
Flag Football	K-8th	June 5- Aug 30	TBD	Sept 5-Nov 16	TBD	TBA

### Youth Basketball

Local Elementary Schools, Taylor Gym  
& Ludwick Community Center

The Parks and Recreation Department in partnership with the SLO County YMCA will host the Youth Basketball program. The program teaches the fundamentals of basketball while focusing on participation, cooperation and team spirit. Teams are formed according to age divisions and school sites. To register, visit the SLO YMCA website at <https://www.sloymca.org/> Practices are held on weekdays and start in December. Games held on Saturdays.

GRADES	REG	DAYS	DATES	TIMES	COST
K-6th	Aug 1-Nov 30	Mon-Fri (practice) Sat (games)	TBA	TBA	TBA

## ADULT SPORTS

### SLO Parks and Recreation Adult Softball League

EL Chorro Softball Fields  
2990 Dairy Creek Rd Highway 1  
San Luis Obispo, Ca

Santa Rosa Park  
1150 Oak St.  
San Luis Obispo, Ca.

The Fall adult softball season includes men's, coed with lower, middle and upper divisions of play in each league. Teams should consist of 15-18 players. Each team should have a designated Manager who is responsible for registering the entire team. Games take place weekday nights. Rain will cancel. Adult Softball **Rain-Out Hotline: (805) 781-7301.**

PROGRAM	AGES	REG	DAYS	DATES	TIMES	COST
Adult Softball	16+	July 31-Aug 18	Mon-Fri	Aug 28-Nov 17	6:30 pm– 10:00 pm	\$500/team

## Pickleball (Drop-In)

Come learn how to play Pickle Ball. Pickle Ball is Americas Fastest Growing Sport. It is like tennis, but played on a smaller court. Easy to learn....serve underhand....great exercise ....low impact. So just come and drop in and play at various City locations.

PROGRAM	AGES	DAYS	DATES	TIMES	COST
Ludwick (Beg Level) 864 Santa Rosa Street	All	Wed	Sept-Dec	11:30 am- 2:00 pm	FREE
Meadow Park 2333 Meadow Street	All	Mon,Wed,Fri	Sept-Dec	9:00 am- 11:30 am	FREE
French Park Basketball 1035 Fuller Rd	All	Tues,Thur	Sept-Dec	9:00 am- 11:30 am	FREE
French Park Tennis 1035 Fuller Rd	All	Mon,Thur,Fri	Sept-Dec	8:00 am- 12:00 pm	FREE

## Adult Coed 18+ Soccer

Damon-Garcia Sports Field  
680 Industrial Way  
San Luis Obispo, CA 93401

The Parks and Recreation Department has teamed up with Central Coast Soccer to offer an adult co-ed league for all levels. 50 minutes 7 vs. 7 games. Players may sign-up as an individual or register as a group of three. Our league is designed to be fun for players of all levels - beginning to very experienced. For more information and to register visit [www.ccsoccer.com](http://www.ccsoccer.com) Rain will cancel. Adult Soccer **Rain-Out Hotline: (805) 781-7301.**

PROGRAM	AGES	REG	DAYS	DATES	TIMES	COST
Coed Soccer	18+	Tues	Sept 5-Oct 31		7:00 pm- 9:00 pm	\$53
Coed Soccer	18+	Tues	Nov 7-Dec 26		7:00 pm- 9:00 pm	\$53
Coed Soccer	18+	Tues	Jan 2-Feb 27		7:00 pm- 9:00 pm	\$59
Coed Soccer	18+	Tues	Mar 6-May 8		7:00 pm- 9:00 pm	

## Men's 35+ Soccer

Damon-Garcia Sports Field  
680 Industrial Way  
San Luis Obispo, CA 93401

The Parks and Recreation Department is partnering with Central Coast Soccer to offer a soccer league for men ages 35+, designed to be fun for players of all levels. 80 minutes of 11 vs. 11 games. Our league is designed to be fun for players of all levels - beginning to very experienced. Players may sign-up as an individual or register as a group of five. For more information and to register visit [www.ccsoccer.com](http://www.ccsoccer.com)

PROGRAM	AGES	REG	DAYS	DATES	TIMES	COST
Men Soccer	35+	June 13-July 15	Thurs	Aug 4- Sept 22	6:00 pm- 9:00 pm	\$88
Men Soccer	35+	Aug 8-Sept 9	Thurs	Oct 6-Nov 17	6:00 pm- 9:00 pm	\$88
Men Soccer	35+	Oct 10-Nov 11	Thurs	Dec 1-Jan 19	6:00 pm- 9:00 pm	\$66

## Ultimate Pick-Up (Drop-In)

Damon-Garcia Sports Field  
680 Industrial Way  
San Luis Obispo, CA 93401

Ultimate Pick-Up, co-sponsored by the Parks and Recreation Department and CC Ultimate, combines the non-stop movement and athletic endurance of soccer with the aerial passing skills of football. Ultimate is governed by Spirit of the Game™, a tradition of sportsmanship that places responsibility for fair play on the players rather than referees. Pre-registration required. Rain will cancel.

PROGRAM	AGES	REG	DAYS	DATES	TIMES	COST
Ultimate	16+	July 31-	Sept 11 Tues	Sept 12-Dec 5	6:30 pm- 9:00 pm	\$10

## Boomer Softball (Drop-In)

Santa Rosa Park  
1150 Oak St.  
San Luis Obispo, CA 93401

A great way for our older Active Adults to enjoy America's favorite pastime. Bring a bat and glove and meet at Santa Rosa Park for a game of softball. Players may join on a drop-in basis.

PROGRAM	AGES	DAYS	DATES	TIMES	COST
Boomer Softball	50+	Tues	Sept-Dec	10:00 am- 1:00 pm	FREE

## Volleyball (Drop-In)

Ludwick Community Center Gym  
864 Santa Rosa St.  
San Luis Obispo, CA 93401

Volleyball is a great way to exercise and have fun with your friends. Drop in and pick up a game of volleyball with other volleyball enthusiasts!

PROGRAM	AGES	DAYS	DATES	TIMES	COST
Indoor Volleyball	All	Mon, Wed	Sept-Dec	7:00 pm- 9:00 pm	FREE
Indoor Volleyball	All	Sun	Sept-Dec	7:30 pm- 9:30 pm	FREE

## Table Tennis (Drop-In)

Ludwick Community Center Gym  
864 Santa Rosa Street  
San Luis Obispo, CA 93401

You can't beat the price on this one! Table tennis is open to all ages and ability levels. Table Tennis is played on an ongoing basis, three times a week.

PROGRAM	AGES	DAYS	DATES	TIMES	COST
Table Tennis	All	Tues,Thurs	Sept-Dec	7:00 pm- 10:00 pm	FREE
Table Tennis	All	Sun	Sept-Dec	4:00 pm- 7:00 pm	FREE

# YOUTH SERVICES (805) 781-7289

San Luis Obispo Parks and Recreation Youth Services Division believes that each child is unique and special. Every child is celebrated and provided tools for success in a safe, supportive environment. All youth will have the opportunity to build long-lasting relationships with peers of all ages and participate in a non-biased curriculum. Trained staff will guide children in developing assets: tools and skills for succeeding in any situation. Whether children attend on a regular basis or just drop in on an as needed basis, they will be welcomed into the program.

## REGISTRATION FOR 2017-18 SCHOOL-AGE PROGRAMS

New! This year registration for the 2017-18 school year began in Spring, accommodating returning families, incoming Kinders, and all other new families. For families not yet enrolled, registration will open again August 1 at the Parks and Recreation Office, given available space. If a program is full, please ask to be added to the wait list. Registration into the program or the wait list, must be completed in person. All paperwork must be completed by parent or legal guardian.

**COST** \$60/one-time, per child registration fee

Drop-In: \$4.50/hour

*A minimum of 10 hours deposit required for each program/child (Morning Care, Sun 'N Fun/Club STAR afterschool care)*

**Program Fees do NOT include Minimum Day Care – Families will need to enroll separately for care during Minimum Days 4 weeks prior.**

## SCHOOL-AGE PROGRAMS

at Local San Luis Coastal Unified School District Sites

Bishop's Peak Elementary School  
451 Jaycee Drive

C.L. Smith Elementary School  
1375 Balboa Street

Hawthorne Elementary School  
2125 Story Street

Pacheco Elementary School  
261 Cuesta Drive

Sinsheimer Elementary School  
2755 Augusta Street

## Sun 'N Fun

Various Local Elementary School Sites

Sun 'N Fun, licensed by the State of California Community Care Licensing, offers children a safe place to play, while providing opportunities for children to learn new skills and foster relationships with caring adults. Professional and highly trained staff members provide engaging curriculum, quality care and an active daily schedule. Each program must meet minimum enrollment. Sun 'N Fun accommodates children at the following local elementary schools: *Bishop's Peak, C.L. Smith, Hawthorne, Pacheco, and Sinsheimer Elementary. Program fees DO NOT include care during minimum days/conference week. \*If minimum enrollment is not met for each program time, program will be cancelled and refund given. Sun 'N Fun is closed on all legal and school holidays. Open registration begins August 1 and is on-going thereafter. In order to attend Sun 'N Fun on the first day of school, child must be registered by August 16, 2017.*

PROGRAM	GRADES	DAYS	DATES	TIMES*
Morning	K-6	Mon-Fri	Aug 21-June 7	7:00 am- 8:30 am (until 8:15 am at Hawthorne)



Transitional Kinder TK		Mon-Fri	Aug 21-June 7	TK Release**– 2:45 pm (*may be combined with Kinder program)
Kinder	K	Mon-Fri	Aug 21-June 7	Kinder Release- 2:45 pm (until 2:35 pm at Hawthorne)
After-School	K-6	Mon-Fri	Aug 21-June 7	2:50 pm- 6:00 pm (2:40 pm– 6:00 pm at Hawthorne)

**\*all dates and times are based on most recent information provided by San Luis Coastal Unified School District and are subject to change**

**COST** \$60/one-time, per child registration fee  
**Drop-In:** \$4.50/hour  
*A minimum of 10 hours deposit required for each program/child.*

## Club STAR (Students Taking Active Responsibility) Various Local Elementary School Sites

Positive, engaging youth development is at the core of Club STAR. Four pillars guide Club STAR: **Support, Taking responsibility, Academics and Recreation.** Club STAR accommodates children at the following local elementary schools: *Bishop’s Peak, C.L. Smith, Hawthorne, Pacheco, and Sinsheimer Elementary.* *Program fees DO NOT include care during minimum days/conference week. \*If minimum enrollment is not met for each program time, program will be cancelled and refund given. Sun ‘N Fun is closed on all legal and school holidays. Open registration begins August 1 and is on-going thereafter. In order to attend Club STAR on the first day of school, your child must be registered by August 16, 2017.*

PROGRAM	GRADES	DAYS	DATES	TIMES
Club STAR	4-6	Mon-Fri	Aug 21-June 7	2:50 pm- 6:00 pm (2:40 pm– 6:00 pm at Hawthorne) (will combine with Sun ‘N Fun at 5:00 pm)

**COST** \$60/one-time, per child registration fee  
**Drop-In:** \$4.50/per hour  
*A minimum of 10 hours deposit required for each child.*

## MINIMUM DAY CARE PROGRAM

Various Local Elementary School Sites

Due to high attendance and capacity limitations mandated by Community Care Licensing, families needing care during Minimum Days (Teacher Conference) days, must register and pay separately. Families may choose which days they need care. All withdrawals and transfers of days must be received 5 business days prior to first day of Minimum Day Care Program. To request refund or transfer, contact Youth Services Coordinator. Package price includes care from 1:00 pm – 3:30 pm. After 3:30 pm, families will have hours deducted from balance on site. Minimum Day Care Program is only open to children enrolled in Sun ‘N Fun or Club STAR, with a positive balance on account. Registration opens, online and in the office, October 9, 2017.

PROGRAM	GRADES	DAYS	DATES	TIMES	COST*
Minimum Day Care TK-6		Mon-Fri	Nov 13-Nov 17	1:00 pm– 3:30 pm	\$10/day

*\*\$10/per day that care is needed and registered*

## TEEN PROGRAMS (805) 781-7447

### SLO Teens

Laguna Middle School (Room E-11)  
11050 Los Osos Valley Road

The SLO Teens After School Program provides supervised activities for middle school students (7-8 graders) in a safe, fun and positive environment, where focus on healthy habits are emphasized through engaging activities and positive peer and staff interactions. SLO Teens includes homework assistance, healthy snacks, diverse activities and service learning opportunities. Teens will also be able to sign up for optional field trips, including Wednesday lessons at the Laguna Lake Golf Course. **SLO Teens is closed on all legal and school holidays.**

PROGRAM	GRADES	DAYS	DATES	TIMES	COST
SLO Teens	7-8	Mon-Fri	Aug 21-June 7	3:00 pm- 5:30 pm	\$10/school year

## YOUTH ACTIVITIES

### Teacher Work Day Camp “Under the Big Top” at Hawthorne Elementary School

Come on over for a day of circus fun! Teacher Work Day Camp brings the thrill of the circus alive with a day of indoor and outdoor activities, discovery and fun. School age children will enjoy the day full of hands-on activities, including: carnival games, popcorn snacks, obstacle course, circus crafts and special juggling guest speakers. Package day price includes all activities and two snacks . Pre-registration required; limited space available.

PROGRAM	GRADES	DAYS	DATES	TIMES	COST
Fall TWD Camp	TK-6	Fri	Nov 3	7:00 am- 6:00 pm	\$50 before Oct. 27 \$60 during Oct 28 - Oct 31