



ACTIVITY GUIDE

Petaluma Parks and Recreation
Fall/Winter 2022



NEW Classes

Tennis &
Pickleball

and MORE!



PARKSNREC@CITYOFPETALUMA.ORG
707-778-4380

GENERAL INFORMATION

Registration

Online: cityofpetaluma.org

Phone: 707-778-4380

Email: parksnrec@cityofpetaluma.org

Facilities

Petaluma Community Center, 707-778-4380 320 N McDowell Blvd

Petaluma Senior Center, 707-778-4399 211 Novak Dr.

Petaluma Swim Center, 707-778-4410 900 E Washington St

Cavanagh Pool, 707-778-4536 426 8th St

Cavanagh Recreation Center, 707-778-4798

Managed by Mentor Me, please contact directly regarding scheduling wearementorme.org

Graffiti Hotline, 707-776-3606

Accommodations

Persons with disabilities are welcome to participate in any class or activity offered by the City of Petaluma, Recreation Services. All reasonable effort is made to accommodate the participants special needs so that they may enjoy the recreational opportunities offered by the department.

The City of Petaluma prohibits discrimination in all its programs, facilities and activities, on the basis of race, color, national origin, age, disability, and where applicable sex, marital status, familial status, parental status, religion, sexual orientation, genetic information, political beliefs, reprisal or because all or a part of an individuals' income is derived from any public assistance program.

Refund Policy

Full refunds will be granted one week in advance of the class or program. Please contact us ASAP for any refund requests via email or phone. 707-778-4380 & parksnrec@cityofpetaluma.org

Follow us on Social Media!

Facebook & Instagram - @PetalumaParksandRec

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YOUTH PROGRAMS

Judo

Judo is a Martial Art that was developed in Japan from Jujitsu in the late 19th century. Judo translates to the “gentle way” and teaches the principle of flexibility in the application of technique. This includes the efficient use of balance, leverage, and movement in the performance of Judo throws and other skills. Learn skill, technique, and timing, rather than the use of brute strength to overcome a stronger opponent. All students must register with USJA or USJF.

Instructor Henry Kaku has a black belt from Kodokan Judo and has over 55 years of Judo experience and over 15 years of teaching experience. He has competed in High School Nationals, AAU National, and Collegiate Judo tournaments, placing in the top 3 numerous times. Henry is a member of USJA and USJF. All students are required to join either USJA or USJF national organization.

Potential location change to Petaluma Community Center, 320 N. McDowell Blvd during the Fall/Winter season. Please check website for updates



When: Mondays 5:30pm - 7:00pm
 Tuesdays/Thursdays 5:30pm -8:30pm
Location: Kenilworth Teen Center*
Price: \$50/month (one child), \$85/month (2 children), \$100/month (3 children)
Ages: 6 & up

FAMILY BICYCLING LESSONS
 IN PERSON, ON-BIKE LESSONS

Learn to Ride a Bike — for Kids

Wednesdays in Petaluma

Summer/Fall 2022 Dates:
 8/17, 9/14, 10/12, 11/9

For rates & registration, visit cityofpetaluma.org

FAMILIA/NIÑOS EN BICI
 LECCIONES EN PERSONA

Desarrollo de habilidades en Bicicleta — Sólo para niños

Miércoles en Petaluma

Fechas de verano/otoño de 2022:
 8/17, 9/14, 10/12, 11/9

Para el costo y para registrarse, visite cityofpetaluma.org

YOUTH PROGRAMS

Pre-Ballet



In this ballet class, your child will learn essential technique and musicality as they listen to and count the rhythms of classical music. They will learn how to stretch, balance, imagine, and improvise while having lots of fun. Ms. Zoura's goal is to inspire the love of movement in your child through uplifting instruction as they discover their own unique artistry.

Girls: Leotard, tights and pink ballet slippers.
Boys: Shorts or leggings, t-shirt, ankle socks, and black ballet slippers.

*WINTER RECITAL DECEMBER 20, 2022 AT 6:30 PM A costume fee will be announced and collected by the instructor.

Zoura O'Neill has taught all levels of ballet in Sonoma County for over 35 years. Her early training was from Petaluma School of Ballet. She went on to train at San Francisco Ballet and was a company dancer at Marin Ballet. She received a Bachelor of Arts Degree from Sonoma State University. She is the Co-Artistic Director of North Coast Ballet California and has choreographed many works throughout her career.

When: Tuesdays

3 -4 year olds: 12:30pm - 1:15pm

4-5 year olds: 1:30pm - 2:15pm

5 -7 year olds: 3:30pm - 4:15pm

Location: Petaluma Community Center

Price: \$75 for 6 classes

Beginner Rhythmic Gymnastics

Basics of gymnastics and dance, flexibility, strength, coordination. including rhythmic gymnastics apparatus: rope, hoop, ball, and ribbon. Dress Code: gymnastics or dance leotard of any style is required. Shorts or leggings also allowed. No loose clothing or jeans. Hair must be pulled back. More info and registration online at: www.globalrhythmic.com Classes are held at the Liberty School, 170 Liberty School Rd

Where: Liberty Elementary School

When: Wednesdays

Time: 4:00pm - 5:00pm

Price: \$90 for 6 classes

Ages: 4-6 Years Old

Intermediate Rhythmic Gymnastics

Rhythmic gymnastics combined gymnastics and dance skills, flexibility, strength, coordination and includes apparatus: rope, hoop ball, clubs, ribbon. Intermediate level is for students age 7 and up, or younger students who have been promoted from our beginner class. More info and registration online at: www.globalrhythmic.com

Where: Liberty Elementary School

When: Tuesdays & Thursdays

Time: 4:00pm - 5:30pm

Ages: 7-13 Years Old

Price: \$270 for 12 classes



YOUTH PROGRAMS

Cooking, Yoga, Meditation, Fun!

Campers begin each day with a yoga and meditation, practicing gentle movements to balance the body and mind, learning breathing techniques to de-stress and recharge. Campers will then make simple, delicious, and nutritious meals, with vegetarian/gluten/nut-free and locally-sourced ingredients, learning kitchen sanitation, knife safety and fun ways to try new ingredients in a supportive team environment.

Have your child come in closed shoes/sandals. *As a safety precaution for cooking and working with small knives* Have your child arrive with a water bottle and an additional snack for your child each day. Feel free to pack a yoga mat/towel for the yoga activity. We will be providing cutting boards and small kid safe knives. *if your child prefers to bring in their favorite apron/cooking gadget, you are more than welcome to. Just be sure to label the items.

Where: Petaluma Community Center

When: 11/21 -11/23, 9am - 1pm

Age: 6-9 Years Old

Price: \$150



Wholesome Cooking and Yoga Fun!

Wholesome Creations offers a unique experience through vegetarian cooking, yoga play and simple guided meditation, a fun and memorable camp to stretch their bodies and minds with mindful yoga practice and reflection time. Learn to create simple, delicious, and nutritious meals, using vegetarian, organic, gluten/nut free and locally-sourced produce, campers make connections to themselves and to the land and source where their food comes from. Campers will be provided with kid-safe knives and practice knife safety, kitchen safety and sanitation. Whether it's packing a lunch, making a snack, or helping to prepare a family meal, these campers will be prepared to support busy family life challenges with a new-found knowledge and empowerment around cooking and good food! *Please declare allergies, if any when registering.

Have your child come in closed shoes/sandals. *As a safety precaution for cooking and working with small knives* Have your child arrive with a water bottle and an additional snack for your child each day. Feel free to pack a yoga mat/towel for the yoga activity. We will be providing cutting boards and small kid safe knives. *if your child prefers to bring in their favorite apron/cooking gadget, you are more than welcome to. Just be sure to label the items. *If you will be providing course materials to your students, or making materials available for purchase, please attach and/or describe on a separate sheet of paper

Where: Petaluma Community Center

When: 12/27 - 12/30, 9am - 1pm

Age: 6-9 Years Old

Price: \$190



Art & Boundaries: Creating the Line (Part 1)

Art and Boundaries! In this class you will learn about the importance of boundaries. Focusing on line as an element of art while using a variety of art media such as clay, paint, and more, weekly social emotional art projects will focus on emotion awareness, practicing boundaries, and enhancing confidence. Please wear clothes that you can get paint on.

Where: Petaluma Community Center

When: Tuesdays, 9/20 - 10/18

Time: 4:00pm - 5:00pm

Ages: 7 - 10

Price: \$175

Art & Boundaries: Creating the Line (Part 2)

Art and Boundaries! In this class you will learn about the importance of boundaries. Focusing on line as an element of art while using a variety of art media such as clay, paint, and more, weekly social emotional art projects will focus on emotion awareness, practicing boundaries, and enhancing confidence. Please wear clothes that you can get paint on.

Where: Petaluma Community Center

When: Tuesdays, 10/25 - 11/29

Time: 4:00pm - 5:00pm

Ages: 7 - 10

Price: \$175

YOUTH PROGRAMS

All LEGO® camps are run through Play-Well TEKnologies, see below for more information about these camps:
 At Play-Well, we've been teaching engineering to kids using LEGO for almost 25 years. We provide an environment where students can create without fear of mistakes, explore fundamental STEM concepts, and express their creativity in ways they never thought possible.



Spooktacular Halloween Workshop with LEGO® Materials

With Halloween just around the corner, it's time to get out your decorations and get ready for trick-or-treaters! Build spooky ghosts and other moving decorations, learning about gear drives and other engineering concepts along the way. With tens of thousands of LEGO® bricks, we know your Halloween display will be simply "gourd-geous"!

Where: Petaluma Community Center
When: Saturday, October 29
Time: 9:00am - 12:00pm
Ages: 6 - 12 Years Old
Price: \$45

Winter Wonderland Engineering with LEGO® Materials

Bundle up, we're creating a spectacular Winter Wonderland! Build bobsleds, design snow plows, and take a ride on the Polar Express. Explore your snowiest ideas and learn STEM concepts with tens of thousands of LEGO® pieces at your mitten-tips and the guidance of an experienced Play-Well instructor.

Where: Petaluma Community Center
When: January 1 - January 6
Time: 9am - 12pm
Ages: 5 - 9 Years Old
Price: \$215

Roblox Intro to Game Design

Over the course of 6 weeks, students will learn to design, build, and code their own Roblox Video Games that they can share with family and friends! Students will learn key Video Game Development concepts like: 3D Design, Logic, coding and more - all skills that will improve their digital skills while enhancing their problem-solving and collaboration skills.

Location: Virtual
When: 10/4 - 11/8
Time: Tuesday, 5 - 6pm
Ages: 7 - 10
Price: \$162

Introduction to Coding & Game Design with Scratch

In this course, children will be introduced to the exciting world of coding through learning how to code their own animated games using scratch! Throughout the course, students will learn how to create several games they can share and play with family and friends. This course is an excellent introduction to coding as students will learn key coding & stem concepts like variables, algorithms and more!

Location: Virtual
When: 10/5 - 11/9
Time: Wednesday, 5pm - 6pm
Ages: 7 - 10
Price: \$162



YOUTH PROGRAMS

NATIONAL ACADEMY OF ATHLETICS



Holiday Break All Sorts of Sports Game Day

The All Sorts of Sports coed program by National Academy of Athletics is packed with fun. Whether your child is a beginner or more experienced player, this multi-sport game day is a perfect place for kids to be introduced to the world of sports, teamwork and athletics! Games we play include, basketball, dodge ball, soccer, kickball, flag football, capture the flag, ultimate Frisbee & obstacle races and a whole lot more. Your children will learn new skills while having a blast and making new friends.

Date: Monday, October 10
Time: Half Day 9am - 12pm
 Full Day 9am - 3pm
Ages: 7 - 11
Price: \$80 Full Day, \$45 Half Day
Location: Miracle League Field

Holiday Break All Sorts of Sports Jr. Academy

The All Sorts of Sports Jr Academy coed program by National Academy of Athletics is packed with fun. Whether your child is a beginner or more experienced player, this multi-sport camp is a perfect place for kids to be introduced to the world of sports, teamwork and athletics! Games we play include, basketball, dodge ball, soccer, kickball, flag football, capture the flag, ultimate Frisbee & obstacle races and a whole lot more. Your children will learn new skills while having a blast and making new friends.

Date: Monday, October 10
Time: 9am - 12pm
Ages: 4 -6
Price: \$45 Half Day
Location: Miracle League Field

MLK All Sorts of Sports Camp Day

The MLK All Sorts of One Day Camp by National Academy of Athletics is packed with fun. Whether your child is a beginner or more advanced player, this multi-sport club is a perfect place for kids to be introduced to the world of sports, teamwork and athletics! Games we play may include, baseball, basketball, dodge ball, soccer, flag football, capture the flag, ultimate frisbee, relay & obstacle races and a whole lot more. Your children will learn new skills while having a blast and making new friends.

Thanksgiving Basketball Academy

This 3 day coed basketball camp by National Academy of Athletics is designed to make kids more confident with the basketball. Ball handling drills, shooting fundamentals, passing, team concepts. Many skill based instructional programs will be combined with games & other small sided competitions. Come join our experienced staff & walk away a better player! This camp features days filled with fun challenges, games & daily competitions in a positive and energetic environment. Includes t shirt, instruction, challenges & competitions.

Dates: Monday - Wednesday, 11/21 -11/23
Ages: 7 - 11
Price: \$80 for 9am-12pm
Price: \$130 for 9am-3pm
Location: Leghorns Park

Date: Monday, January 16
Ages: 4 - 6 & 7 - 11
Price: \$80 Full Day, \$45 Half Day
Time: 9am - 12pm & 9am - 3pm
Location: Miracle League Field

YOUTH PROGRAMS



DECEMBER 31ST

PETALUMA CHRISTMAS BIRD COUNT 4 KIDS

Celebrate the holiday season with kids birding.

Come join us for the annual Petaluma Christmas Bird Count for Kids; a half day of birding designed for kids ages 6-12.

At 9:30 A.M., we will meet at the park, then go birding in teams of six kids each accompanied by experienced adult birders. We'll count every bird we see, then meet back up for a Tailgate Pizza Party to wrap up the morning.

Petaluma Wetlands Alliance



*Meet at Petaluma's
Shollenberger Park
at 9:30 A.M.*

*Dress warmly.
Bring binoculars and
field guides.*

*Parents must
accompany their kids.
Tailgate Pizza Party
at Noon.*

Register your kids by
December 28th by
contacting Sheryl Nadeau:
707-318-6760 or by email
at 33sheryln@gmail.com

Sponsored by
Petaluma Wetlands Alliance

INCLUSIVE PROGRAMMING



The Glen Ghilotti and Friends Inclusive Playground

Offering adaptable playground equipment and a cushioned synthetic turf, which provides easy mobility, the inclusive playground is designed specifically for children with varying abilities. Come check out this playground located at Lucchesi Park.



Miracle League

The Miracle League North Bay Field is a baseball complex that is designed specifically for children and adults with disabilities. For more information check out miracleleaguenorthbay.org



Common Ground Society

The City of Petaluma Parks and Recreation department is excited to announce a partnership with the Common Ground Society! We will be working to bring more inclusive programming to Petaluma during the Spring and Summer. Check out their website at commongroundsociety.org or more information on what they offer.



HELLO. BELONGING.

ADULT PROGRAMS

Fitness with Andrea Anderson

Instructor: Andrea Anderson is a member of IDEA (International Dance & Exercise Association), a national certified Zumba, Sentao Zumba, Pilates, Personal Trainer, ACE (American Council on Exercise) and AFAA group fitness instructor. View the information below to see what classes Andrea will be teaching this spring and summer!

Total Body Fitness:

This is an all encompassing program. Every class varies to provide cross training, high intervals, and step training. Pilates are incorporated to help you burn fat and kick up your metabolism. All levels of fitness welcome in a fun and supportive environment. Please wear cross training athletic shoes, and bring a water bottle and a mat.

Yoga/Pilates Fusion

This combination class helps develop strength, flexibility, balance and inner awareness. Improve core strength, posture, and condition the entire body. Use Stability Balls, resistance bands and mini ab balls make this class fun and challenging. Bring mat and water. This is a barefoot class.

Zumba:

Zumba is a cardio based dance workout with sculpting exercises designed to tone the entire body. International Latin based music is combined with fun, simple dance steps. All ages and fitness levels welcome! Athletic dance shoes with smooth soles are recommended. Please remember to bring water!



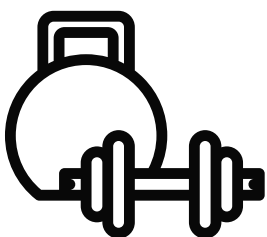
Class Schedule:

- Session 1: August 29 - September 30
- Session 2: October 3 - October 28
- Session 3: November 1 - November 23
- Session 4: November 28 - December 21
- Session 5: January 3 - January 27

Location: Petaluma Community Center

Prices:

- Drop In: \$9 Per Class
- Fit Pass: \$70 for 9 Classes
- 3 Week Session: 2 Classes per week \$50
3 Classes per week \$75
Unlimited \$80
- 4 Week Session: 2 Classes per week \$65
3 Classes per week \$90
Unlimited \$95



Monday	Tuesday	Wednesday	Thursday	Friday
9:00am -10:00am TBF: Cardio/Tone + Stability Ball	9:00am -10:00am Zumba	9:00am -10:00am TBF: Cardio + Core/Sculpting	9:00am -10:00am Zumba	9:00am -10:00am Cardio Mix
5:30pm -6:30pm Zumba	5:30pm - 6:30pm Cardio/Tone + Stability Ball	5:30pm -6:30pm Zumba	5:30pm - 6:30pm Cardio + Core Sculpting	
	6:45pm - 7:45pm Yoga/Pilates Fusion		6:45pm - 7:45pm Yoga/Pilates Fusion	

ADULT PROGRAMS

Spanish for Beginners

If you've ever said to yourself "I need to learn Spanish," this class is for you. Almost 40% of California residents speak Spanish or come from Spanish speaking backgrounds and that number keeps growing. Spanish is no longer just a nice thing to know; it's quickly becoming a necessity. Spanish is all around us. It's spoken where we work, where we shop, and in our neighborhoods. Spanish is the easiest foreign language for English speakers to learn, with a similar alphabet and many words in common. In this class, no previous Spanish knowledge is assumed. Whether you took two years of Spanish in high school or don't know one word, you CAN speak Spanish. You just have to get started! This class is via Zoom.

Instructor: Derrick Leonard is a California credentialed Spanish teacher and has been teaching Spanish to high school students & adults for over 20 years.

When: Mondays from 7pm - 8pm

Location: Virtual via Zoom

Price: \$40 per month



Bridge

Social event for all ages! Duplicate Bridge sanctioned by the American Contract Bridge League. Keep your mind sharp while having fun with other bridge enthusiasts!

When: Thursdays from 12:00pm - 4:00pm

Location: Petaluma Community Center

Price: \$10 Drop In

Interested in teaching a class?

Find more information at
cityofpetaluma.org or contact us at
 707-778-4380
parksnrec@cityofpetaluma.org

ADULT PROGRAMS

Yuan Qi Gong

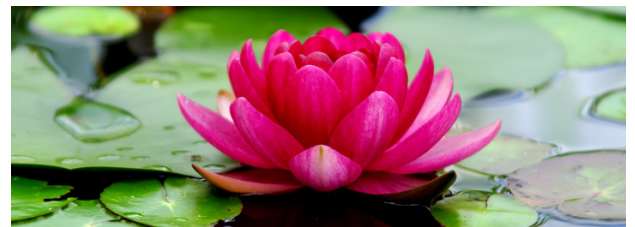
Come to relax and energize in a new way! Flowing movements that restore energy and flexibility in the body. Mind exercises that help to increase focus and clarity, relief for anxiety and stress. By doing simple movements with awareness, you can stimulate healing and clear blockages throughout the body. Relief for anxiety, stress, blood pressure and immune system problems. Certain postures and meditations help to cultivate a state of calm and deeper state of well-being. Qi Gong is safe, easy and effective and can be adjusted for all levels of ability.

Please wear comfortable, loose clothing and socks or supportive footwear. Layers of clothing to adjust for warmth or coolness as needed. Please leave cell phones or other distractions behind!

For more information and updated schedules, check cityofpetaluma.org.

Gentle Hatha Yoga

Mary Tappan, Occupational Therapist (OT), teaches traditional Hatha Yoga poses that are appropriate for beginners, those with physical challenges, or those who are looking for a gentle yoga class. We incorporate slow yoga breathing with poses while stretching and strengthening the body, as well as techniques to relax the mind. Poses are adapted to match each person's abilities and goals. Each class ends with a guided meditation/relaxation to reduce stress. Students leave the class feeling energized, yet relaxed. Please join us by dropping-in or signing up for a 3 or a 4-week series. Be sure to bring your own yoga mat.



When: Mondays 5:30pm - 6:45pm
 Saturdays 10:00am - 11:15am
Location: Petaluma Community Center
Price: \$20 Drop In, \$60/month



TENNIS PROGRAMS

Young Stars Clinic

This course is designed for beginners, and will have an emphasis on fun! Students will learn the basics of tennis, of ball control, and learn how to rally. The USTA 10 and under format, will be used for this course. Please bring your own racket, water, hat, and athletic attire.

Instructor: For the last 10 years, Lance has been teaching tennis at the Belvedere Tennis Club in Tiburon. He has also taught recreational, high performance tennis at the Ritz Carlton in Half Moon Bay.

When: Wednesdays from 5pm - 6pm
Age: 8 - 11
Location: Leghorns Park Tennis Courts
Price: \$70 per month

Pee Wee Clinic

This course is designed for beginners, and will have an emphasis on fun! Students will learn the basics of tennis, of ball control, and learn how to rally. The USTA 10 and under format, will be used for this course. Please bring your own racket, water, hat, and athletic attire.

Instructor: For the last 10 years, Lance has been teaching tennis at the Belvedere Tennis Club in Tiburon. He has also taught recreational, high performance tennis at the Ritz Carlton in Half Moon Bay.

When: Wednesdays from 5pm - 6pm
Age: 8 - 11
Location: Leghorns Park Tennis Courts
Price: \$70 per month



Youth Beginner Tennis

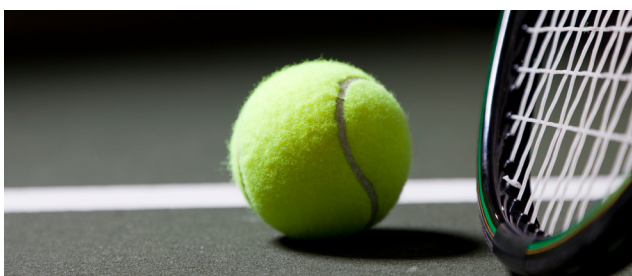
Instruction will emphasize technique, ball control, and footwork. Appropriate games will be used to keep a fun atmosphere while refining these skills. Instructor: Carl Morgenstern is a USPTA instructor who has taught in the Bay Area since 1978, as a head pro at Mount Tam Racquet Club in Larkspur. He has worked with kids and adults of all ages and skill levels for 37 years. He welcomes the chance to bring experience and passion for the game to his neighbors in Petaluma.

When: Tuesday 3:30pm - 4:30pm
 Thursday 4:30pm - 5:30pm
 Thursday 5:30pm - 6:30pm
Age: 9 - 11
Location: Leghorns Park Tennis Courts
Price: \$80 per month, per class

Small Fry Tennis

Instruction will emphasize technique, ball control, and footwork. Appropriate games will be used to keep a fun atmosphere while refining these skills. Instructor: Carl Morgenstern

When: Tuesday 2:45pm - 3:30pm
 Thursday 2:45pm - 3:30pm
 Saturday 12:30pm - 1:45pm
Age: 5 - 8
Location: Leghorns Park Tennis Courts
Price: \$72 per month, per class



TENNIS PROGRAMS

Youth Intermediate Tennis

This class is for those with some experience playing the game. The class will work to improve the strokes, acquire a reliable serve, and develop movement, control, and positioning.

Instructor: Carl Morgenstern

When: Tuesday 4:30pm - 5:30pm
Thursday 3:30pm - 4:30pm

Age: 12 - 14

Location: Leghorns Park Tennis Courts

Price: \$80 per month



Teen Tennis

Instruction will emphasize technique, ball control, and footwork. Appropriate games will be used to keep a fun atmosphere while refining these skills.

Instructor: Carl Morgenstern

When: Saturday 11:00am - 12:00pm

Age: 15 - 17

Location: Leghorns Park Tennis Courts

Price: \$80 per month

Adult Beginner Tennis

The emphasis for this class will be on sound technique to produce consistent strokes, serves, and net play. Sessions will include drills and point-playing. As the group progresses, singles and doubles play may be added.

Instructor: Carl Morgenstern

When: Tuesday 10:00am - 11:00am
Thursday 11:30am - 12:30pm

Location: Lucchesi Park Tennis Courts

Price: \$80 per month

Adult Intermediate Tennis

The hour and a half weekly session will be a mixture of stroke, volley/overhead, and serve instruction as well as critiqued doubles play examining positioning and strategy.

Instructor: Carl Morgenstern

Adult Cardio Tennis

Cardio tennis is a fun group tennis class combining calorie burning aerobic activities with tennis drills. While performing tennis drill we may be jumping rope, doing lunges, lifting weights, doing planks, running around cones, and doing ladders. This is a great way to burn calories and work on your footwork.

Required : bring tennis racquet, wear tennis shoes, and bring water, sunscreen, hat, sunglasses, and snacks.

Instructor: Carrie Donovan

I have played tennis my whole life throughout high school and college and have been teaching tennis since I was 16 years old. I have taught from NH, to Colorado, and now the Bay area. While working in Vail I taught at the Vail Racquet Club, Cascade Club and for Nike Tennis Camps. I have worked for the USTA and have taught girls and boys tennis at various high schools in the bay area.

When: Thursday 4pm - 5:30pm
Saturday 8am - 9:30am

Location: Lucchesi Park Tennis Courts

Price: \$35 per class

When: Tuesday 11:00am - 12:30pm
Thursday 10:00am - 11:30am

Location: Lucchesi Park Tennis Courts

Price: \$115 per month

PICKLEBALL PROGRAMS

Pickleball: Intermediate Skills & Drills

Skills & Drills series for Intermediate-level players that want to improve. Each 120-minute session in these Series will focus on a particular skill relevant for tournament play or moving to the next level. You'll learn the essentials of how to execute the skill and participate in competitive drills, practicing these skills against others (switching partners and opponents frequently). These sessions are intended for players at an 'Intermediate' level (e.g. a 3.0/3.5 tournament rating.) You can handle yourself on the court, know the rules, have good mobility, and are active enough for sustained drills and practice. You are ready to make a commitment to developing your skills and are looking for an opportunity for structured drills, practice, and play with similarly-skilled players. You should also be seeing some consistency develop in your serves, groundstrokes, and dinks. You may have played in a (local) tournament or two. Players will be grouped according to their skill level. We also encourage you to sign up in pairs or groups of 4 with similarly-skilled players. Proper court shoes are recommended, as is protective eyewear.

Instructor: Adam MacKinnon

National champion (three-time) and multiple medal-winning 5.0 player, Adam MacKinnon, has been teaching pickleball for five years and is fully certified and insured by the International Pickleball Teaching Professional Association (Level 2), Professional Pickleball Registry (Pro-certified), and Pickleball Coaching International



Beginner Clinics

If you have played pickleball zero to five times....please join our Petaluma Pickleball volunteers to get an introduction to Pickleball. Wear athletic shoes. Please bring your own paddle, pickleballs will be provided. A paddle will also be provided if you do not have one.

Location: Lucchesi Park

Three times per month -- please check website for more details (cityofpetaluma.org)

Pickleball Fundamentals

Whether you've played Pickleball before or are new to the sport, Pickleball is more fun when you start with the fundamentals. In this class you'll learn the basics of the game play and scoring, and everything you'll need to know about different strokes and shots, strategy, court positioning and etiquette. You'll learn a variety of practice drills and mini games you can play with a partner to improve. Most importantly, you'll get experience playing practice games, learning as you go, while joining a community of players in a fun learning environment.

When: Sundays 12:00pm - 1:30pm

Dates: August 14 - Sept 25

Location: Lucchesi Park

Price: \$168

When: Mondays from 5:30pm - 7:30pm
Location: Lucchesi Park
Price: \$180 for 6 classes

When: Sundays 12:00pm - 1:30pm
Dates: August 14 - Sept 25
Location: Lucchesi Park
Price: \$168



SENIOR ACTIVITIES

The Petaluma Senior Center is located at 211 Novak Drive, and is open Mondays - Thursdays from 8:00am -2:00pm
(707) 778-4399
parksnrec@cityofpetaluma.org

Mondays:

Quilting- 8:00am
Billiards - 8:30am
Line Dancing - 8:30am
Writing - 10:30am
Poker - 11:00am

Tuesdays:

Walking Group- 8:00am
Chess - 9:00am
Knitting- 9:00am
Fall Proof - 10:00am
Billiards - 8:30am
Whats on Your Mind - 10:30am
(First & Third weeks)
Ping Pong - 12:00pm
Speaking of Death - 12:00pm
(Fourth Tuesday of the month)

Wednesdays:

Bridge- 10:00am
Billiards - 8:30am
TOPS - 9:30am
Gentle Yoga - 9:00am
Drawing - 9:30am - *Starting August 10*
Hearts - 11:30am

Thursdays:

Walking Group - 8:00am
Line Dancing - 8:30am
Billiards - 8:30am
Pinochle - 10:00am
Discussion Group- 12:00pm
Meditation- 12:30pm
Computer Class -12:00pm
(once per month)
Book Club - 12:30pm
(second Thursday)

SENIOR ACTIVITIES

The Listening Bench

After so much isolation due to the pandemic, we'd like to welcome you to the Listening Bench.

What and Where: The Petaluma Senior Advisory Committee, has launched a new project called The Listening Bench, which will take place at the Petaluma Senior Center, beginning in March of 2022. If you have something on your mind whether it's a story to share, or just need to be heard without judgement or advice, someone on the Listening Bench will be here for you.

Who's invited to talk? Anyone 55 and older.

Who's listening? Volunteer seniors who have been trained in the art of active listening, will be offering their peer support and compassionate skill set to any individual who visits the Listening Bench.

Purpose: To provide a safe, confidential setting for any adult, (55 & up) to talk to someone about their life, and share whatever's on their mind.

For questions or to reserve a space as a visitor, Please contact The Petaluma Senior Center: (707) 778-4399 or parksnrec@cityofpetaluma.org

Tai Chi at Community Center

We are excited to invite back Tai Chi classes through the SRJC Older Adults Program!

These classes will take place on **Mondays at 10:00am** at the **Community Center**, 320 N. McDowell Blvd.

Find all NEW and exciting programs in our monthly newsletter!

You can find the newsletter online at cityofpetaluma.org or pick one up at the Senior Center's front desk.

Fitness & Strength Training

Mondays and Fridays 12:30-1:30pm
\$5.00 drop in.

Petaluma Community Center
320 N McDowell Blvd

Diana's class focuses on cardiovascular and muscular strength and endurance, balance, coordination, and posture in a supportive environment while seated or standing.

ZUMBA GOLD

Ages 55+
Mondays and Fridays
11:00am - 12:00pm
Petaluma Community Center
320 N. McDowell Blvd
\$5/class
First class FREE!



SPECIAL EVENTS

Parks Make Life Better!

PETALUMA PARKS AND RECREATION PRESENTS...



MOVIES IN THE PARK 2022

AT LUCCHESI PARK

FRIDAY JUNE 17TH FRIDAY JULY 15TH FRIDAY AUGUST 19TH



FRIDAY SEPTEMBER 16TH FRIDAY OCTOBER 21ST



FOR MORE INFORMATION, VISIT CITYOFPETALUMA.ORG

Parks Make Life Better!

PARQUES Y RECREACIÓN DE PETALUMA PRESENTA...



PELÍCULAS EN EL PARQUE 2022

EN EL PARQUE LUCCHESI

VIERNES 17 DE JUNIO VIERNES 15 DE JULIO VIERNES 19 DE AGOSTO



VIERNES 16 DE SEPTIEMBRE VIERNES 21 DE OCTUBRE



PARA OBTENER MÁS INFORMACIÓN, VISITE CITYOFPETALUMA.ORG

RENTAL INFORMATION



The Petaluma Community Center offers multiple meeting rooms, activity rooms, and a large banquet hall fit to host any event, large or small. Tables and chairs are included with all reservations. Additional space is available at the Kenilworth Teen Center, located next to the library. We also rent out our various picnic areas. For applications and more information, visit our website at www.cityofpetaluma.org.



We have a variety of athletic fields that are available to rent for multi-sport use. Field use applications can be found on our website: www.cityofpetaluma.org. For more information, please contact Kevin Hays, Recreation Coordinator at 707-778-4519, and khays@cityofpetaluma.org

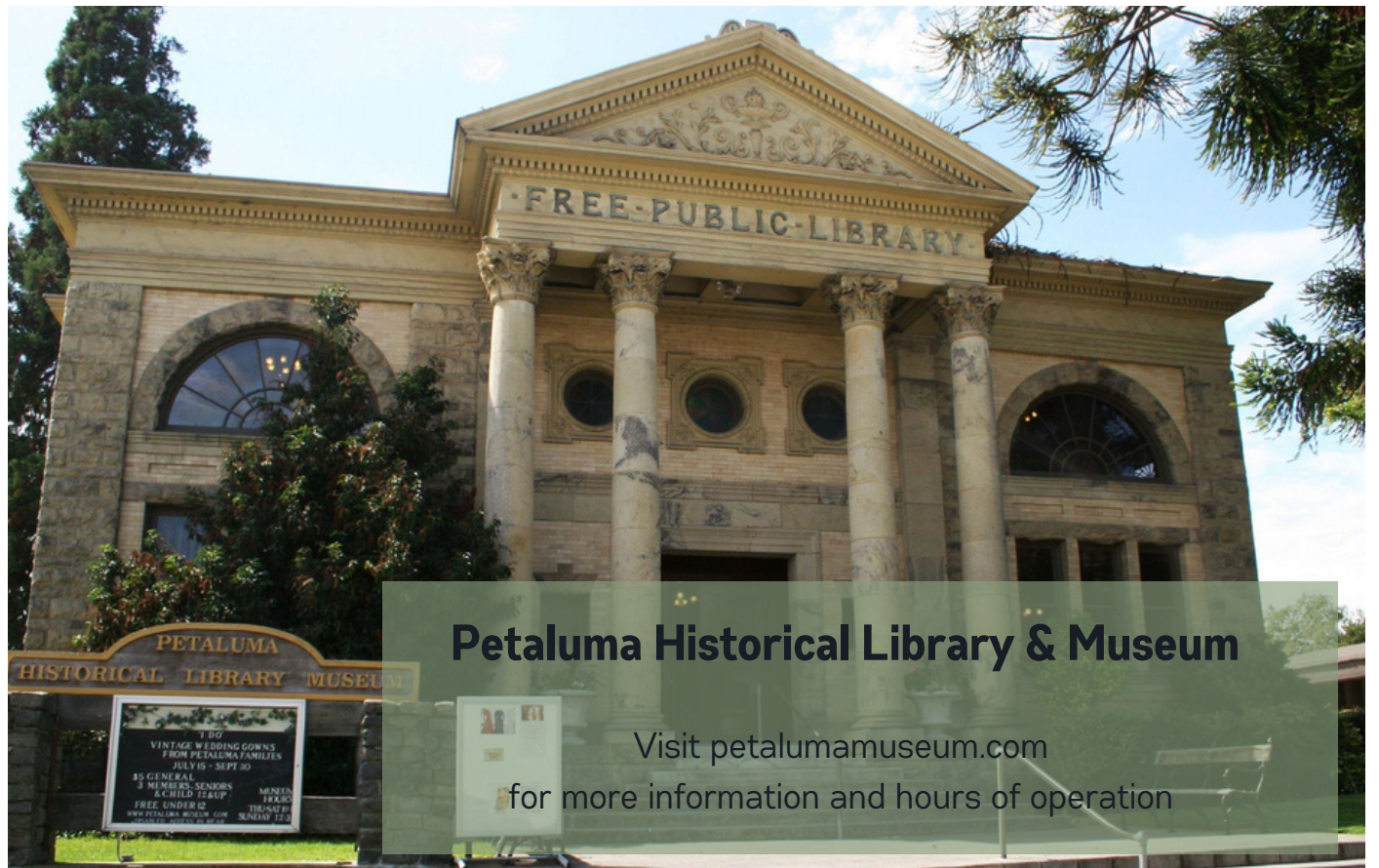
AQUATICS

Petaluma Swim Center & Cavanagh Pool

Check out petalumaswimcenter.com for more information and schedules.



MUSEUM

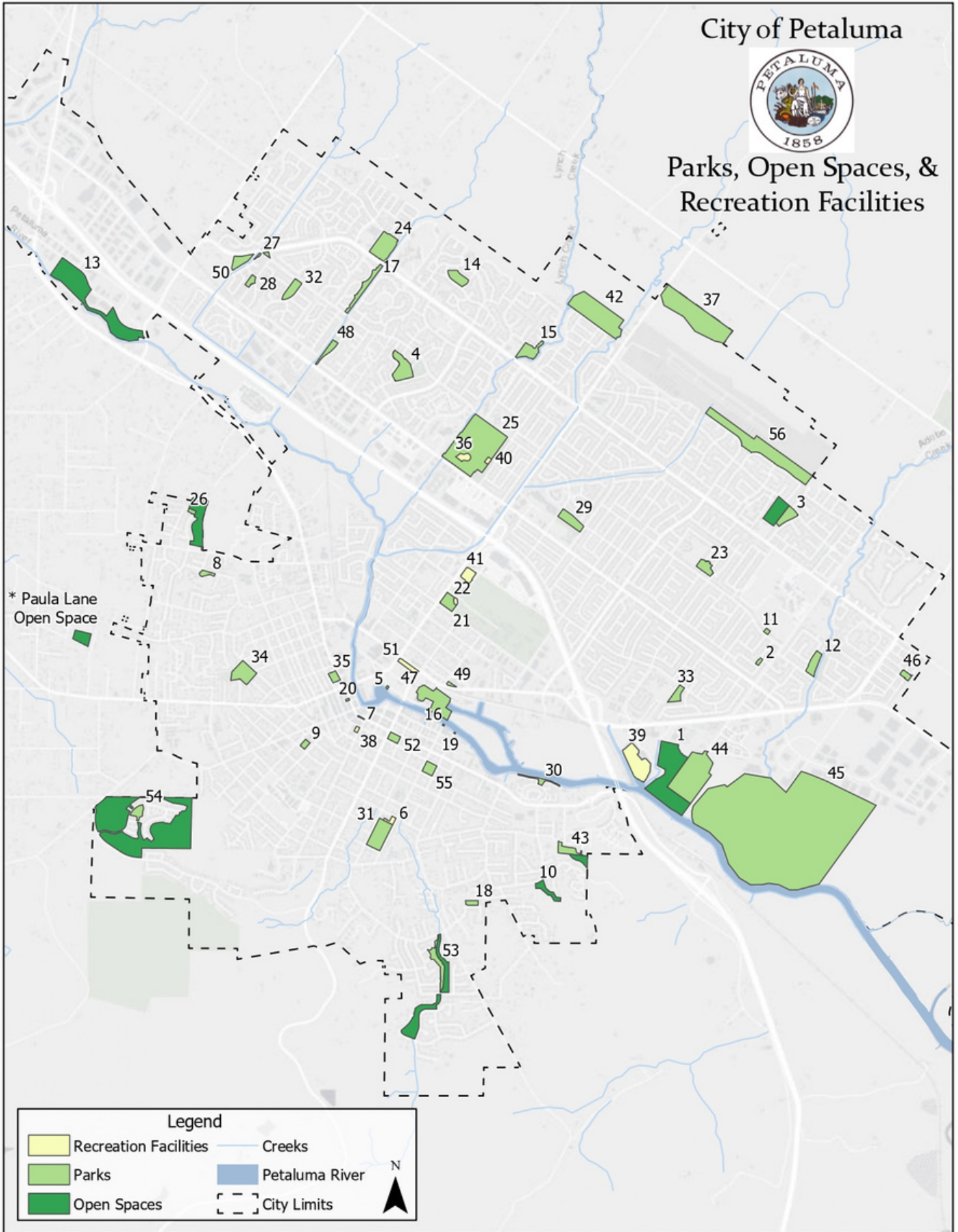


Petaluma Historical Library & Museum

Visit petalumamuseum.com

for more information and hours of operation

PARKS



PARKS

City of Petaluma Parks & Recreation Facilities

Map #	Name	Address	Restroom(s)	Water Fountains	Playground(s)	Picnic Area(s)	Sports Fields	Athletic Space	Dog Run Area	Bicycle Access	Acreage	
1	Alman Marsh Open Space	1400 Cader Ln.							X		24.7	Access from Marina or Shollenberger Park
2	Anna's Meadows Park	1153 Daniel Dr.		X							0.4	
3	Arroyo Park & Open Space	1827 Village East Dr.		X	X - B			X			9.2	
4	Bond Park	228 Banff Wy.	X	X	X - B		X	X	X		6.0	Basketball court; multi-use field
5	Cavanagh Landing	150 Weller St.									0.1	
6	Cavanagh Recreation Center & Pool	426 8th St.	X	X				X				Gymnasium; facilities available for rent/reservations
7	Center Park	3 Petaluma Blvd. N.									0.1	
8	Cherry Valley Park	870 Cherry St.			X - B						1.0	
9	City Hall Lawn	11 English St.	X	X							0.8	
10	Country Club Open Space	1058 McNear Ave.							X		28.6	
11	Crinella Mini Park	2018 Crinella Dr.									0.4	
12	Del Oro Park	725 Sartori Dr.	X	X	X		X	X	X		3.1	Tennis courts; multi-use field
13	Denman Reach Open Space	1075 Industrial Ave.							X		24.7	
14	Eagle Park	550 Almanor St.			X	X					3.0	
15	Fox Hollow Park	375 Windmill Dr.	X	X	X				X		3.9	
16	G St. Riverview Mini Park	end of G St. at 1st St.									0.0	
17	Glenbrook Park	1648 Lancaster Dr.						X	X		3.6	
18	Grant Park	1123 E. Sunnyslope Dr.	X	X							0.9	
19	H St. Riverview Mini Park	end of H St. at 1st St.									0.0	
20	Helen Putnam Plaza Park	129 Petaluma Blvd. N.	X								0.1	
21	Kenilworth Park	150 Fairgrounds Dr.			X	X - B/R	X	X			3.1	Volleyball area, multi-use field
22	Kenilworth Teen & Recreation Center	150 Fairgrounds Dr.	X	X				X				Basketball court; facilities available for rent/reservations
23	La Tercera Park	1645 Peggy Ln.	X	X	X - B		X				2.5	Basketball court, horseshoe
24	Leghorn Park	690 Sonoma Mtn. Pwky.	X	X	X	X - B/R/E	X-L	X - L		X	7.6	Basketball courts, bocce ball lanes, tennis courts; softball, baseball fields, & multi-use fields
25	Luchesi Park	320 N. McDowell Blvd.	X	X	X	X - B/R/E	X - L	X - L		X	34.3	Miracle League Field, synthetic turf multi-use field, tennis courts, baseball fields
26	Mannion Knoll Park & Open Space	941 Elm Dr.	X	X	X					X	15.1	
27	Maria Pocket Park	Maria Dr. and Sonoma Mtn. Pwky.		X							0.5	
28	McDowell Meadows Park	939 Wood Sorrel Dr.		X	X						1.1	
29	McDowell Park	1418 McGregor Ave.	X	X	X	X - B	X				3.8	Baseball & multi-use field
30	McNear Landing Park	200 McNear Cir.	X	X	X	X - B				X	1.2	
31	McNear Park	1008 G St.	X	X	X	X - B/R/E	X - L	X - L	X		7.0	Baseball & multi-use fields, tennis courts, horseshoes
32	Meadow View Park	1611 Yarberry Dr.	X	X				X			2.9	Horseshoes
33	Miwok Park	1012 St. Francis Dr.			X	X					2.1	
34	Oak Hill Park & Dog Park	336 Pleasant St.	X	X	X	X		X	X		5.5	Basketball court, petanque court
*	Paula Lane Open Space (in partnership Sonoma County Open Space)	499 Paula Ln.									11.2	
35	Penry Park	226 Kentucky St.		X	X						1.3	
36	Petaluma Community Center	320 N. McDowell Blvd.	X	X								Facilities available for rent/reservations
37	Petaluma Community Sports Fields	2430 E. Washington St.	X	X			X - L				23.9	Synthetic turf multi-use fields
38	Petaluma Historical Museum & Library	20 4th St.	X									Visit their website for more information! petalumamuseum.com
39	Petaluma Marina	781 Baywood Dr.	X	X								Facilities available for rent/reservations
40	Petaluma Senior Center	211 Novak Dr.	X	X								Facilities available for rent/reservations
41	Petaluma Swim Center	900 E. Washington St.	X				X					Facilities available for rent/reservations
42	Prince Park	2301 E. Washington St.	X	X		X	X - L		X	X	18.3	Baseball, softball, & multi-use fields
43	Riverview Park & Open Space	192 Mission Dr.		X	X						2.4	
44	Rocky Memorial Dog Park	2204 Casa Grande Rd.	X						X		21.1	
45	Shollenberger Park & Open Space	1400 Cader Ln.	X	X					X		228.7	
46	Southgate Park	1743 Southgate Dr.		X	X	X			X		1.1	
47	Steamer Landing Park & Open Space	end of Copeland St.				X			X		9.7	Petaluma River Heritage Center
48	Sunrise Park	1460 Sunrise Parkway							X		1.8	
49	Sunset Pocket Park	401 Lakeville St.		X					X		0.4	
50	Turnbridge Park	1407 Liverpool Wy.		X				X	X		2.6	
51	Train Depot & Arts Center	210 Lakeville St.	X									
52	Walnut Park	201 4th St.	X	X	X	X - R/E					1.3	
53	Westridge Park & Open Space	200 Eckmann Pl.			X		X		X		3.4	Soccer; multi-use field
54	West Haven Park & Open Space	2 West Haven Wy.		X	X	X - B			X		1.9	Access to Victoria Open Space
55	Wickersham Park	410 G St.		X							2.0	
56	Wiseman Airport Park	2175 St. Augustine Cir.	X	X	X		X		X	X	20.7	Baseball, softball, & multi-use fields

* Not Maintained by the City of Petaluma

For rental or reservation inquiries, visit:
<https://cityofpetaluma.org/reserve-register/>

B - BBQ available
R - Picnic area available for reservation
E - Electricity available with reservation of picnic area
L - Lights available

