



ACTIVITY GUIDE

Petaluma Parks and Recreation
Spring/Summer 2023



Summer Camps

Tennis &
Pickleball

NEW Classes



PARКСNREC@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 at parksnrec@cityofpetaluma.org

Follow us on Social Media!

Facebook & Instagram - @PetalumaParksandRec

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SUMMER CAMPS

Camp Sunshine - Ages 3 - 5 Years Old

This camp offers a blend of challenging and imaginative activities in a supportive and nurturing environment. Your child will experience adventure, excitement and fun in these action packed weeks of camp. Campers will engage in group activities, games, and art projects, as well as participate in special presentations. Campers must be toilet trained to attend camp. Children are expected to bring a lunch, snacks, and a water bottle to camp each day.

Location: Preschool Rooms, Petaluma Community Center

Kids Klub - Ages 6 - 8 Years Old

This camp offers a safe, fun and creative environment for campers to engage in various activities with other children and staff members. Your child will engage in group games, crafts, sports, and specialty projects. Each week campers will have the opportunity to participate in a special event. Campers are expected to bring a lunch, snacks, and a water bottle to camp each day.

Location: Petaluma Community Center

K2 - 9 - 11 Years Old

This camp offers group activities, games, art, sports and assist in the planning and implementing of special events for Kids Klub. Each week, campers will experience a special event and presentations. Campers are expected to bring a lunch, snacks, and a water bottle to camp each day.

Location: Petaluma Community Center



Week 1: June 12th - 16th

Week 2: June 19th - 23rd

Week 3: June 26th - 30th

Week 4: July 5th - 7th

NO CAMP July 3 & 4

Week 5: July 10th - 14th

Week 6: July 17th - 21st

Week 7: July 24th - 28th

Week 8: July 31st - August 4th

Week 9: August 7th - 11th

Camp Sunshine:

8:30am-12:30pm - \$113/week

8:30am-4:30pm - \$183/week

Kids Klub & K2:

8:30am-4:30pm - \$242/week

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.

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

Winter/Spring 2023 Dates:
3/1, 3/29, 4/26, 5/24, 6/21, 8/16

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 invierno/primavera de 2023:
3/1, 3/29, 4/26, 5/24, 6/21, 8/16

Para el costo y para registrarse, visite
cityofpetaluma.org



YOUTH PROGRAMS

Pre-Ballet



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: \$52

In this classical ballet class, your child will learn essential technique and musicality as we act and dance stories and as we listen to and count the rhythms of classical music. They will learn how to stretch, balance, pretend, 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. Attire: Girls-leotard, tights and pink ballet slippers. Boys-shorts, t-shirt, ankle socks and black ballet slippers. A costume fee will be announced and collected by the instructor.

Instructor: Zoura O'Neill has taught all levels of ballet in Sonoma County for over 30 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-director of North Coast Ballet California and has choreographed many works throughout her career.

The ART of Storytelling: Listening & Sharing

In this class you will learn about narrative art while practicing listening and sharing with others through art projects that encourage storytelling. While using a variety of media such as clay, paint, and more, weekly social emotional art projects will focus on story, self expression, sharing and listening to others.

Where: Petaluma Community Center

When: Tuesdays, 1/31 - 3/7

Tuesdays, 3/21 - 4/25

Time: 4pm-5pm

Ages: 6 - 10

Price: \$175



Drawing Camp: Concentration & Sustaining Focus

In this camp you will practice concentration and focus while learning a variety of basic drawing skills. Social emotional art lessons will include projects using blind contour drawing, drawing from life, shading, experimental drawing and more!

Where: Petaluma Community Center

When: 7/10 - 7/14

Time: 9am- 12pm

Ages: 7 - 10

Price: \$235

YOUTH PROGRAMS

Yoga & Fun in the Kitchen with Wholesome Cooking

Campers begin each day with a gentle practice 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.

Where: Petaluma Community Center

When: 3/27 - 3/31

Time: 9am - 1pm

Age: 8-11 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 the young bodies and minds. Campers will 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.

Where: Petaluma Community Center

When: 6/12 - 6/16

Age: 6-9 Years Old

When: 7/10 - 7/14

Age: 9-12 Years Old

Time: 9am - 1pm

Price: \$220



Action Movie Flix

There's no limits in your action packed movie when using a green screen and camera tricks. Adventures await as you transport anywhere, from captaining a spaceship, to climbing the highest mountain. You'll collaborate to write, act, & direct in this stunt packed movie where you'll be taught action choreography to thrill the audience. *\$35 Production fee is included in the price for the camp. Flix emailed within a month after camp ends

Location: Community Center

When: 6/19 - 6/22

Time: 1:30pm - 5pm

Ages: 7-13

Price: \$297



Animation Flix

In this fast paced class, you'll create up to five new stop motion movies! Animate cars, use pixelation, and more as you get to learn a new style each day with all new stop motions for 2023. *\$35 Production fee is included in the price for the camp. Flix emailed within a month after camp ends.

Location: Community Center

When: 6/26 - 6/29

Time: 1:30pm - 5pm

Ages: 7-13

Price: \$297

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.



Animal Adventures with LEGO® Materials

Let your imagination run wild with tens of thousands of LEGO® parts as we design and build leaping dolphins, buzzing beehives, and towering giraffes. Play, create, and learn in a world inspired by the animal kingdom. Design and build as never before and explore your craziest ideas.

Where: Petaluma Community Center

When: 3/27 - 3/31

Time: 9am - 12pm

Ages: 5 - 9 Years Old

Price: \$230



Earth Day Engineering using LEGO® Materials

Celebrate nature, think sustainably, and commemorate Earth Day with tens of thousands of LEGO® parts in this one-day workshop from Play-Well TEKnologies. Participants will learn about Earth's resources responsibly and how to power their LEGO® creations using alternative energy sources, all with the guidance of an experienced and passionate Play-Well instructor.

Where: Petaluma Community Center

When: 4/22

Time: 9am - 12pm

Ages: 5 - 9 Years Old

Price: \$50

Adventures in STEM with LEGO® Materials

Let your imagination run wild with tens of thousands of LEGO® parts! Build engineer-designed projects and use special pieces to create your own unique designs! Projects are rotated seasonally to ensure that both new and returning students can explore the endless creative possibilities of the LEGO® building system.

Where: Petaluma Community Center

When: 6/12 - 6/16

Time: 9am - 12pm

Ages: 5 - 7 Years Old

Price: \$230

YOUTH PROGRAMS

STEM Explorations with LEGO® Materials

Master your engineering skills with Play-Well TEKnologies and tens of thousands of LEGO® parts! Apply real-world concepts in physics, engineering, and architecture through engineer designed projects. Projects are rotated seasonally to ensure that even returning students get a new experience, so join us to design and build as never before and explore your craziest ideas.

Where: Petaluma Community Center

When: 6/12 - 6/16

Time: 1pm - 4pm

Ages: 7 - 12 Years Old

Price: \$230



Mandalorian Training using LEGO® Materials

Here's our chance to join our friends and learn what it takes to become a true Mandalorian. Using LEGO, an experienced instructor will guide us through the skills and equipment needed to earn the title. We will build our gauntlet fighter ship to weave through the galaxy, our Z-6 jetpacks to maneuver through the air, and of course defend ourselves with our Mandalorian armor. Coming to a galaxy near you!

Mandalorian Missions using LEGO® Materials

Master The Way of the Mandalorian in this Star Wars inspired LEGO® Engineering experience. Venture through the galaxy in your custom gauntlet fighter to rescue Baby Yoda, build grappling hooks to pull ourselves to safety or rescue an ally from the treacherous Sarlacc Pit. Allow our Play-Well instructor to help get you ready to complete multiple missions all over the galaxy.

Where: Petaluma Community Center

When: 7/17 - 7/21

Time: 1pm - 4pm

Ages: 7 - 12 Years Old

Price: \$230

STEM Challenge + Minecraft w/LEGO®

Materials: FULL DAY

Gear up for a full-day LEGO® camp packed with hands on and minds-on STEM fun! In this challenge-based program, start by building engineer-designed projects and putting your creativity and problem solving into action. Then, step into a Minecraft world powered by LEGO® resources as we will build shelters to keep out Creepers, craft mystical items that only true masters can wield, and perfect our crossbow skills to stop the Wither from taking over!

Where: Petaluma Community Center

When: 6/26 - 6/30

Time: 9am - 4pm

Ages: 7 - 12 Years Old

Price: \$460

Where: Petaluma Community Center

When: 7/17 - 7/21

Time: 9am - 12pm

Ages: 5 - 7 Years Old

Price: \$230

YOUTH PROGRAMS

NATIONAL ACADEMY OF ATHLETICS



All Sports Camp Half Day & Full Day

The NAofA All Sport camp by National Academy of Athletics is packed with fun. Whether your child is a beginner or more advanced 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, 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.

Dates: 6/12-6/16, 7/17-7/21, 7/31-8/4

Ages: 7 - 11 Years Old

Time: Half Day 9am - 12pm

Full Day 9am - 3pm

Price: \$171 Half Day

\$218 Full Day

Location: Lucchesi Park

Jr Academy All Sports Camp

Jr. Academy gives children ages 4 to 6 years, a fun, active and educational experience tailored to the abilities of their age group. Our program uses FUN to teach problem solving skills and the beginning fundamentals for sports including: throwing, catching, kicking, running and teamwork. Jr. Sports Academy provides structured simple activities, individual and team building

Dates: 6/12-6/16, 7/17-7/21, 7/31-8/4

Ages: 4 - 6

Time: 9am - 12pm

Price: \$171

Location: Lucchesi Park

Jr Academy Soccer Camp

Jr. Academy Soccer Camp gives children a fun, active and educational experience tailored to the abilities of their age group. This camp is packed with fun & the perfect place to learn about the game and fitness while having a blast and making new friends. Whether your child has never played soccer before or more advanced, the drills taught at this camp will help them gain confidence and fall in love with the game.

Dates: 6/19-6/23, 7/24-7/28

Ages: 4 - 6

Time: 9am - 12pm

Price: \$717

Location: Lucchesi Park

Soccer Camp Half Day & Full Day

The NAofA Soccer Camp by National Academy of Athletics is packed with fun. Whether your child is a beginner or more advanced player, the drills taught at this camp will help them fall in love with the game. Our soccer camps are the perfect place to learn about the game and fitness while having a blast and making new friends.

Dates: 6/19-6/23, 7/24-7/28

Ages: 7 - 11

Time: Half Day 9am - 12pm

Full Day 9am - 3pm

Price: \$171 Half Day

\$218 Full Day

Location: Lucchesi Park

YOUTH PROGRAMS

NATIONAL ACADEMY OF ATHLETICS

Volleyball Camp Half Day & Full Day

The NAofA Volleyball Summer Camp by National Academy of Athletics is packed with fun. Whether your child is a beginner or more advanced player, the drills taught at this camp will help them fall in love with the game of volleyball. Our Grass volleyball camps are the perfect place to learn about the game and fitness while having a blast and making new friends.

Dates: 7/18 - 7/22

Time: Half Day 9am - 12pm

Full Day 9am - 3pm

Age: 7 - 11

Price: \$171 Half Day

\$218 Full Day

Location: Cavanaugh



Jr Academy All Sport Spring Break Camp

Jr. Academy gives children ages 4 to 6 years, a fun, active and educational experience tailored to the abilities of their age group. Our program uses FUN to teach problem solving skills and the beginning fundamentals for sports including: throwing, catching, kicking, running and teamwork. Jr. Sports Academy provides structured simple activities, individual and team building challenges along with simple, small-sided competitions to develop and engage young athletes.

Dates: 3/27 - 3/31

Time: 9am -12pm

Age: 4 - 6

Price: \$171

Location: Lucchesi Field

All Sport Spring Break Camp Half Day & Full Day

The NAofA All Sport camp by National Academy of Athletics is packed with fun. Whether your child is a beginner or more advanced 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, 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.

Dates: 3/27 - 3/31

Age: 7 - 11

Time: Half Day 9am - 12pm

Full Day 9am - 3pm

Price: \$171 Half Day

\$218 Full Day

Location: Lucchessi Field

Baseball/Softball Camp Half Day & Full Day

The NAofA Baseball/Softball coed camp by National Academy of Athletics is packed with fun. Whether your child is a beginner or more advanced player, the drills taught at this camp will help them fall in love with the game. Our baseball and softball camps are the perfect place to learn about the game and fitness while having a blast and making new friends.

Dates: 6/19 - 6/23

Age: 7 - 11

Time: Half Day 9am - 12pm

Full Day 9am - 3pm

Price: \$171 Half Day

\$218 Full Day

Location: Miracle League Field

YOUTH PROGRAMS

NATIONAL ACADEMY OF ATHLETICS



Basketball Camp Half Day & Full Day

The NAofA Basketball Camp by National Academy of Athletics is packed with fun. Whether your child is a beginner or more advanced player, the drills taught at this camp will help them fall in love with the game. Our basketball camps are the perfect place to learn about the game and fitness while having a blast and making new friends.

Dates: 7/10 - 7/14, 8/7 - 8/11

Age: 7 - 11

Time: Half Day 9am - 12pm

Full Day 9am - 3pm

Price: Half Day \$171

Full Day \$218

Location: Cavanaugh

Flag Football Camp Half Day & Full Day

The NAofA Flag Football camp by National Academy of Athletics is packed with fun. Whether your child is a beginner or more experienced player, the football and athletic drills taught at this camp will challenge and engage them to fall in love with the game. Our non-contact football camps are the perfect place to learn about the game of football and fitness while having a blast and making new friends.

Dates: 6/26 - 6/30, 8/7 - 8/11

Age: 7 - 11

Time: Half Day 9am - 12pm

Full Day 9am - 3pm

Price: \$171 Half Day

\$218 Full Day

Location: Lucchessi Fields

Fencing Adventure Camp

Learn to fence! This fun camp is created with the beginning fencer and those new to the sport in mind. Bringing the ancient art of dueling into the modern world, instructor Jim Liebich teaches the modern style of the exciting sport of fencing. One incredible week of fencing, cross-training, games and more will give students a solid foundation in this Olympic sport, and a summer camp experience they'll NEVER forget. Jim Liebich has been fencing for over 20 years and has earned a Moniteur Degree from the United States Fencing Coach's Association. All participants receive a t-shirt for joining the camp.

Dates: 7/31 - 8/4

Age: 7 - 12

Time: 9:00am - 12:00pm

Price: \$200

Location: Petaluma Community Center



TENNIS PROGRAMS

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.

When: Tuesday 2:45pm - 3:30pm
Thursday 2:45pm - 3:30pm
Saturday 12:30pm - 1:15pm
Saturday 1:15pm - 2:00pm

Age: 5 - 8

Location: Leghorns Park Tennis Courts

Price: \$72 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.

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

Age: 9 - 11

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.

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. All ages welcome!

When: Tuesday 10:00am - 11:00am

Location: Leghorns Park Tennis Courts

Price: \$80 per month



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.

When: Wednesdays 4:30pm - 6:00pm
Saturday 8am - 9:30am

Location: Lucchesi Park Tennis Courts

Price: \$35 per class

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.

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

Age: 12 - 14

Location: Leghorns 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. All ages welcome!

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

Location: Leghorns Park Tennis Courts

Price: \$80 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.

When: Mondays 5:30pm - 7:30pm

Age: 16+

Location: Lucchesi Park Pickleball Courts

Price: \$175 per month

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.

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

Age: 18+

Location: Lucchesi Park Pickleball Courts

Price: \$235



Pickleball Drilling

This class is best for players around a 3.5 rating. All players should demonstrate a broad knowledge of the pickleball rules, get a high majority of serves in deep & returns serve deep, hits to the weak side of opponent, and actively works with partners in communication, covering court and moving net.

When: Sundays 3:00pm - 4:30pm

Age: 18+

Location: Lucchesi Park Pickleball Courts

Price: \$235

Pickleball Beginner Clinics

Please join our Petaluma Pickleball volunteers if you would like an introduction to pickleball. Please bring water and your paddle if you have one, wear athletic shoes, hat, and sunglasses. Pickleballs are provided and loaner paddles available.

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

Location: Lucchesi Park Pickleball Courts

Intermediate Pickleball

This class is designed for intermediate pickleball players who want to keep developing their skills in a group setting. Players should be at a 3.0 - 3.5 level.

When: Sundays 1:30pm - 3:00pm

Age: 18+

Location: Lucchesi Park Pickleball Courts

Price: \$224

INCLUSIVE PROGRAMING



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.



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: January 30 - February 24

Session 2: February 27 - March 22

Session 3: April 3 - April 28

Session 4: May 1 - May 26

Session 5: May 30 - June 23

Session 6: June 26 - July 14

Session 7: July 31 - August 25

Location: Petaluma Community Center

Prices:

Drop In: \$9 Per Class

Fit Pass: \$70 for 9 Classes

3 Week Session: 2 Classes per week \$50

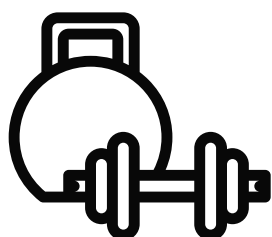
3 Classes per week \$75

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

Adult Softball

Slow-Pitch Softball for Men's and Co-Ed teams is offered twice a year. The Spring/Summer Season begins in April and runs 10 weeks. It includes a postseason tournament held in July that is open to all registered teams. Games are played at Prince Park from 6:00pm-10:00pm on various nights during the week. Amateur Softball Association (ASA) rules with "house" modifications apply. Whether you are looking to break into the sport or have been a softball player all your life, we hope you'll join us on the field this Spring!

Length of Season: 10 games per team
Price: \$600 per Men's team / \$500 per Co-Rec team
Registration Period: March 6th - March 31st



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

Spanish For Beginners

If you've ever said to yourself "I need to learn Spanish," this class is for you. Spanish is no longer just a nice thing to know; it's quickly becoming a necessity. It's spoken where we work, where we shop, and in our neighborhoods. 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! Additional Course Information: This class is via Zoom.

When: Mondays 7:00pm - 8:00pm
Location: Zoom
Price: \$40

Salsa Partner Dance

Learn the Basics of Salsa Dance. Social Dance is fun, good for your body and mind and soul and good for society. Let's get dancing Petaluma! Please wear comfortable shoes and clothes.

When: Mondays
 6 Week Class Sessions
Location: Petaluma Community Center
Price: \$75



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. Simple movements with awareness, you can stimulate healing and clear blockages throughout the body. Relief for anxiety, stress, blood pressure and immune system problems. Qi Gong is safe, easy and effective and can be adjusted for all levels.

Please check cityofpetaluma.org for details.

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. Each class ends with a guided meditation to reduce stress.

When: Mondays 5:30pm - 6:45pm
Saturdays 10:00am - 11:15am

Location: Petaluma Community Center

Price: \$20 Drop In, \$60/month



Fitness & Strength Training

Mondays and Fridays 12:30-1:30pm

\$5.00 drop in.

Petaluma Community Center
320 N McDowell Blvd

ZUMBA GOLD

Ages 55+

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

SENIOR ACTIVITIES



Petaluma Senior Center

211 Novak Drive

Monday - Thursday , 8:00am - 4:00pm

(707) 778-4399

Parksnrec@cityofpetaluma.org

Play:

Billiards: Everyday 8:30am

Poker: Mondays 11:00am - 12:30pm

Chess: Tuesdays 9:00am - 12:00pm

Bridge: Tuesdays 12:00pm - 4:00pm

Mahjong: Wednesdays 10:00am - 12:00pm

Hearts: Wednesdays 11:30am - 1:30pm

Dominos: Wednesdays 2:00pm - 4:00pm

Pinochle: Thursdays 10:00am - 12:00pm



Create:

Quilting: Mondays 9:00am - 2:00pm

Writing Group: Mondays 10:00am - 12:00pm

Painting: Mondays 10:30am - 1:30pm

Knitting: Tuesdays 9:00am - 11:30am

Drawing: Thursdays 10:00am - 11:30am

Drawing ends 3/2



Mind:

Widows Connect: Mondays 12:00pm - 1:30pm

*Social Club

Great Decisions: Tuesdays 12:00pm - 2:00pm

*Current Events Discussion

Tops: Wednesdays 9:30am - 11:30am

Discussion Group: Thursdays 11:30am - 12:30pm

Listening Bench: Thursdays 10:00am - 12:00pm

*Drop-In



Body:

Walking Group: Tue. & Thu. 7:45am SHARP

Fall Proof: Tuesdays 10:00am - 12:00pm

Ping Pong: Tuesdays 12:00pm - 1:30pm

Gentle Yoga: Tuesdays 2:00pm - 3:00pm

Wednesdays 9:00am - 9:45am

Sit 2B Fit: Thursdays 10:15am - 11:30am

Meditation: Thursdays 12:00pm - 1:30pm



SENIOR ACTIVITIES



LOOKING FOR MAHJONG PLAYERS!!



We are trying to put a group together, sign up at the desk if you are interested in playing Mahjong






Join Us! PLAY HEARTS

make friends • have fun • we'll even help you learn the game



Wednesdays

11:30 – 1:30

at the Petaluma Senior Center

More Info? email:
Swartzjason301@gmail.com



The Listening Bench

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



NEW!

Drop In

Thursdays
10am -12pm

What the program is:

- What and Where:** The Petaluma Senior Advisory Committee, has launched a new project called The Listening Bench, which began taking place at the Petaluma Senior Center 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.

Make an Appointment:
707.778.4399
parksnrec@cityofpetaluma.org

Listening Bench Location:
Petaluma Senior Center
211 Novak Drive



Monthly Newsletter!

Senior Center classes and special events change from month to month, for updated information check out our monthly newsletter at

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

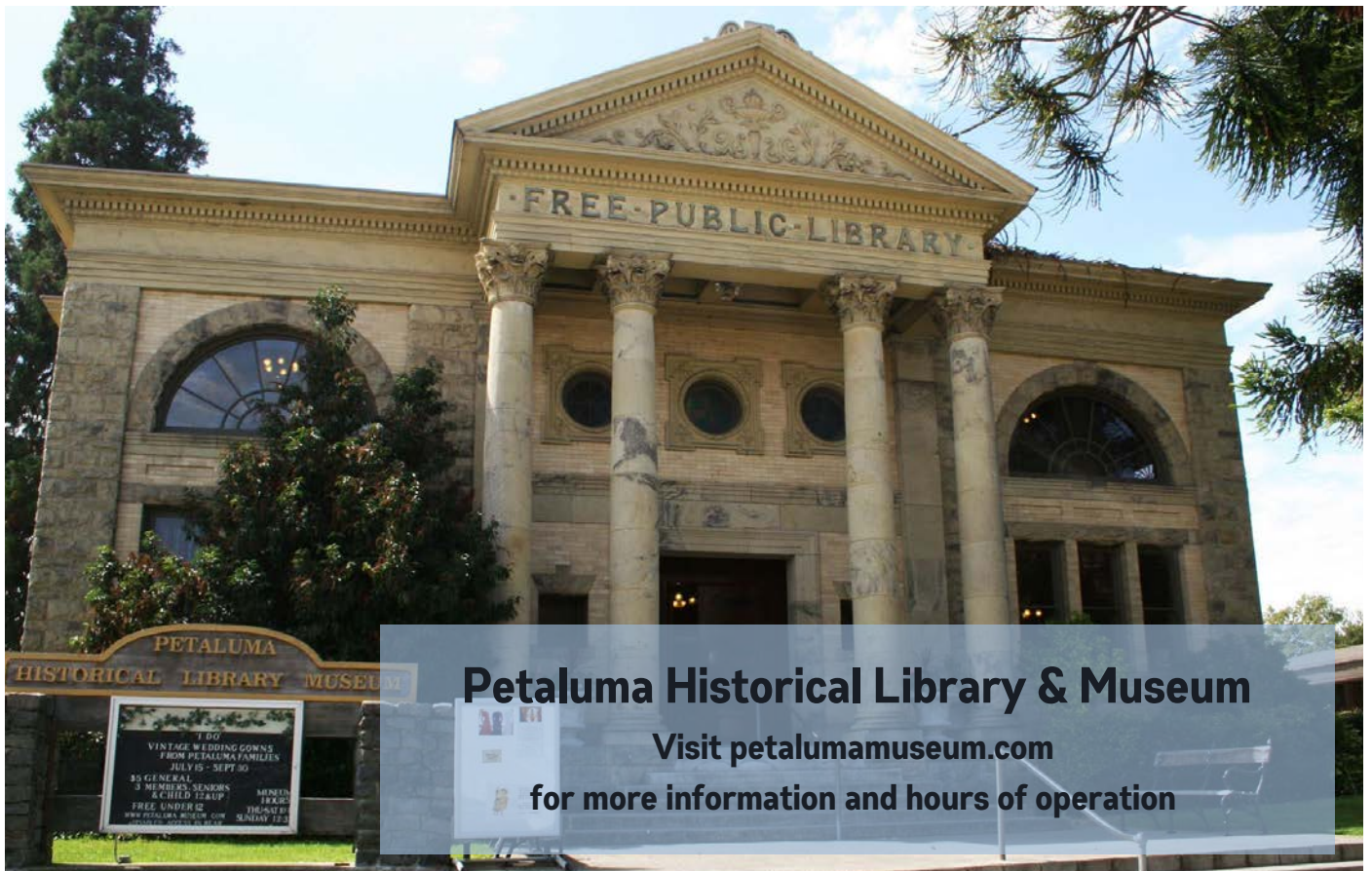
AQUATICS

Petaluma Swim Center & Cavanagh Pool
Check out petalumaswimcenter.com for more
information and schedules.

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MUSEUM

A banner for the Petaluma Historical Library & Museum. The background is a faded image of a park with a stone wall, a bench, and trees. The text is centered and reads: "Petaluma Historical Library & Museum", "Visit petalumamuseum.com", and "for more information and hours of operation".

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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 - 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 Yaberry 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 | Perry 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

