



ACTIVITY GUIDE

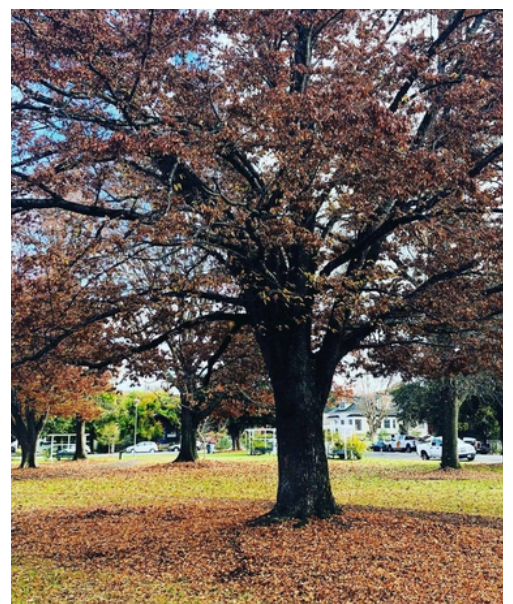
Petaluma Parks and Recreation
Fall/Winter 2023



Tiny Tots
Preschool

Senior Center
Programs

Pickleball
Classes



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, 426 8th Street

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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TINY TOTS PRESCHOOL

Tiny Tots

Children between the ages 3-5 years old participate in mixed age groups. This program provides a safe, nurturing environment to grow and learn. Your child is offered the opportunity to learn social skills, gain self confidence, form friendships, and gain the necessary skills to prepare them for Kindergarten. In an age appropriate environment, they will develop fine and gross motor skills and expressive language. Educational presentations are also provided. Children must be potty-trained.



Philosophy

Tiny Tots Preschool provides a safe and nurturing environment, which promotes the physical, social, emotional, cognitive, and creative development of young children. A developmentally appropriate program is one in which the curriculum is geared to the age appropriateness of children as well as individual maturational difference. Learning in young children is a result of interaction between the child's thoughts and experiences with their environment. Our program's aim is to provide for the whole child.



Please direct all Tiny Tots questions to
Recreation Coordinator Hayley Liversedge
hliversedge@cityofpetaluma.org

FALL 2023 Semester

August 21 - December 22

Find out more information about dates, times, and pricing online at cityofpetaluma.org

**Space Available
 Register Today!**

KinderReady

This class is designed for children who will be entering Kindergarten the following Fall. These children will work in small pullout groups with the "Get Set for School Program". The program offers integrated learning focused on children's cognitive, physical, social and emotional development. The curriculum provides learning opportunities for language development, reasoning, science, math, fine and gross motor skills. Teachers will continue to develop the curriculum throughout the year to meet the needs of the children. Children must be potty trained

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

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: \$54 for 4 classes

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.

YOUTH PROGRAMS

Cartoon Fun: Mastering Basic Shapes and Emotions

In this cartooning workshop, campers will have the opportunity to develop their drawing skills by learning the fundamentals of cartooning. The focus will be on mastering basic shapes and understanding how to convey different facial emotions, allowing them to capture the likeness of a person in their artwork. Campers will also be guided through the process of creating a three-panel comic strip. By the end of the workshop, campers will have gained confidence in their cartooning abilities, developed their observation skills, and created their own comic strip to take home.



When: December 27 - December 29
Time: 9:00am - 12:00pm
Location: Petaluma Community Center
Ages: 8 - 14
Price: \$130

Animate Your Imagination: Flipbook Animation

Discover the magical world of animation as you learn the principles and techniques behind creating captivating flipbook animations. Throughout the workshop, you will delve into essential animation concepts such as squash and stretch, anticipation, and follow through. These principles bring life and personality to your animations, making them visually engaging and dynamic. So come prepared to unleash your creativity and embark on a journey into the captivating world of flipbook animation under the guidance of an industry expert.

When: November 20 - November 22
Time: 9:00am - 1:00pm
Location: Petaluma Community Center
Ages: 6 - 9
Price: \$170



Wholesome Yoga and Fun in the Kitchen

Campers begin each day with a gentle practice of connecting the body with the breath through gentle, yet powerful yoga sequences. 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. *Please declare allergies, if any when registering.



When: November 20 - November 22
Time: 9:00am - 1:00pm
Location: Petaluma Community Center
Ages: 6 - 9
Price: \$170

YOUTH PROGRAMS



Celebrate Miniature Golf Day with LEGO Materials

Did you know that September 21st is officially known as Miniature Golf Day? Well, it is! Join Play-Well TEKnologies to celebrate this day by creating your own LEGO® golfer and designing epic miniature golf courses, while also learning about the engineering concepts that make it all work.

Where: Petaluma Community Center
When: Saturday, September 23
Time: 9:00am - 12:00pm
Ages: 5 - 10
Price: \$45

Minecraft Engineering using LEGO Materials

Venture into the world of Minecraft in our unique LEGO® experience. Get ready to build your base, craft your tools, use your Minecart to harvest raw resources, and battle to stop the Ender Dragon from ending the world. Come explore the endless possibilities of LEGO® with a trained Play-Well instructor.

Where: Petaluma Community Center
When: December 27 - 29
Time: 9:00am - 12:00pm
Ages: 5 - 9
Price: \$140



FAMILY BICYCLING LESSONS
 IN PERSON, ON-BIKE LESSONS

Learn to Ride a Bike — for Kids

Wednesdays in Petaluma

Summer/Fall 2023 Dates:
 8/16, 9/13, 10/11, 11/8

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 2023:
 8/16, 9/13, 10/11, 11/8

Para el costo y para registrarse, visite
cityofpetaluma.org

YOUTH PROGRAMS

Creative Drama

Classes for K-5th

Future Hearts, Minds & Dreamers is proud to partner with The City of Petaluma Parks & Rec!



**K-5th | Wednesdays
4-5pm**

**August 30th - October
4th, 2023**

**Number of Meetings:
6**

**Cost Total: \$146.40
per/student**

Enroll Now!!!

fhmdfhmd.com/enrollnow-1

Creative Drama or Improvisation is the inventive foundation of play for **K-5th!** Participants will get their creative juices flowing by learning to use their imagination to produce characters and stories through teamwork and problem solving. Participants will not only gain and sharpen their theatre skills but will exercise memorization and projection which will help them succeed in all areas of life! This program provides confidence boosting exercises, friend inspiring games, and innovative short scenes in a judgment free zone. Our instructors work uniquely with each age group, providing age appropriate material that is sure to spark skills such as inventiveness, dramatic structure, public speaking, and brainstorming.

For Questions Contact FHMD

futureheartsMD@gmail.com

YOUTH PROGRAMS

NATIONAL ACADEMY OF ATHLETICS



All Sports Game Day - Labor Day

The All Sports Camp is a perfect place for kids to be introduced to the world of sports and an active, healthy lifestyle. This multi-sport camp may include sports like basketball, soccer, and flag football. Other games may include dodgeball, wiffleball, kickball, capture the flag, and ultimate Frisbee. These games teach children sport specific skills while learning the importance of teamwork, losing and winning with dignity, and communication with friends and peers. Kids will PLAY HARD and HAVE FUN!

Date: September 4

Ages: 7 - 11

Time: Half Day 9am - 12pm
Full Day 9am - 3pm

Price: \$45 Half Day
\$72 Full Day

Location: Lucchesi Park

Jr Academy All Sports Game Day - Labor Day

This program gives children a fun, active & educational experience tailored to the abilities of their age group. Kids have a blast learning motor skills and coordination while playing games with other children. Our program uses FUN to teach problem solving skills and the beginning fundamentals for sports including throwing, catching, kicking, and running. Games may include wiffleball, soccer, capture the flag, relay & obstacle races, and much more. Featuring structured, simple activities, individual and team-building challenges, and small-sided competitions to develop teamwork and engage young athletes.

Date: September 4

Ages: 4 - 6

Time: 9am - 12pm

Price: \$45

Location: Lucchesi Park

All Sports Game Day - Veterans Day

The All Sports Camp is a perfect place for kids to be introduced to the world of sports and an active, healthy lifestyle. This multi-sport camp may include sports like basketball, soccer, and flag football. Other games may include dodgeball, wiffleball, kickball, capture the flag, and ultimate Frisbee. These games teach children sport specific skills while learning the importance of teamwork, losing and winning with dignity, and communication with friends and peers. Kids will PLAY HARD and HAVE FUN!

Dates: November 10

Ages: 7 - 11

Time: Half Day 9am - 12pm
Full Day 9am - 3pm

Price: \$45 Half Day
\$72 Full Day

Location: Lucchesi Park

Jr Academy All Sports Game Day - Veterans Day

This program gives children a fun, active & educational experience tailored to the abilities of their age group. Kids have a blast learning motor skills and coordination while playing games with other children. Our program uses FUN to teach problem solving skills and the beginning fundamentals for sports including throwing, catching, kicking, and running. Games may include wiffleball, soccer, capture the flag, relay & obstacle races, and much more. Featuring structured, simple activities, individual and team-building challenges, and small-sided competitions to develop teamwork and engage young athletes.

Dates: November 10

Ages: 4 - 6

Time: 9am - 12pm

Price: \$45

Location: Lucchesi Park

YOUTH PROGRAMS

NATIONAL ACADEMY OF ATHLETICS

Thanksgiving Basketball Camp

Players who are interested in developing individual and team skills will learn a lot at this camp. Drills include ball-handling, passes and offense, defense, footwork, movement skills, and layups. Skills based challenges will be combined with games and other small sided competitions. Basketball is an excellent sport for teaching children the importance of teamwork, hard work, determination, winning and losing with dignity, and mental and emotional stability. Kids will PLAY HARD and HAVE FUN!

Dates: 11/20 - 11/22	Price: \$109 Half Day
Time: Half Day 9am - 12pm	\$140 Full Day
Full Day 9am - 3pm	Location: Cavanaugh
Age: 7 - 11	Rec Center



Winter Holiday Break Basketball Camp

Players who are interested in developing individual and team skills will learn a lot at this camp. Drills include ball-handling, passes and offense, defense, footwork, movement skills, and layups. Skills based challenges will be combined with games and other small sided competitions. Basketball is an excellent sport for teaching children the importance of teamwork, hard work, determination, winning and losing with dignity, and mental and emotional stability. Kids will PLAY HARD and HAVE FUN!

Dates: January 3 - January 5
Time: Half Day 9am -12pm
Full Day 9am - 3pm
Age: 7 - 11
Price: \$109 Half Day
\$140 Full Day
Location: Cavanaugh Rec Center

All Sports Game Day - MLK Day

The All Sports Camp is a perfect place for kids to be introduced to the world of sports and an active, healthy lifestyle. This multi-sport camp may include sports like basketball, soccer, and flag football. Other games may include dodgeball, wiffleball, kickball, capture the flag, and ultimate Frisbee. These games teach children sport specific skills while learning the importance of teamwork, losing and winning with dignity, and communication with friends and peers. Kids will PLAY HARD and HAVE FUN!

Dates: January 15
Age: 7 - 11
Time: Half Day 9am - 12pm
Full Day 9am - 3pm
Price: \$45 Half Day
\$72 Full Day
Location: Lucchesi Field

Jr Academy All Sports Game Day - MLK Day

This program gives children a fun, active & educational experience tailored to the abilities of their age group. Kids have a blast learning motor skills and coordination while playing games with other children. Our program uses FUN to teach problem solving skills and the beginning fundamentals for sports including throwing, catching, kicking, and running. Games may include wiffleball, soccer, capture the flag, relay & obstacle races, and much more. Featuring structured, simple activities, individual and team-building challenges, and small-sided competitions to develop teamwork and engage young athletes.

Dates: January 15
Age: 4 - 6
Time: 9am - 12pm
Price: \$45
Location: Lucchesi Field

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 4 week session

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
 Thursday 5:30pm - 6:30pm

Age: 8 - 12

Location: Leghorns Park Tennis Courts

Price: \$80 per 4 week session

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: 13+

Location: Leghorns Park Tennis Courts

Price: \$80 per 4 week session

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
 Thursday 11:30am - 12:30pm

Location: Leghorns Park Tennis Courts

Price: \$80 per 4 week session



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: Saturday 8:00am - 9:30am

Age: 18+

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: 10+ with experience

Location: Leghorns Park Tennis Courts

Price: \$80 per 4 week session

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
 Thursday 10:00am - 11:30am

Location: Leghorns Park Tennis Courts

Price: \$115 per 4 week session

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.

When: Mondays 5:30pm - 7:30pm
Age: 16+
Location: Lucchesi Park Pickleball Courts
Price: \$175 for 5 classes
 \$245 for 7 classes

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



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: \$252 for 8 classes

Advanced Beginner Pickleball 1

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: \$252 for 8 classes

Advanced Beginner Pickleball 2

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 3:00pm - 4:30pm
Age: 18+
Location: Lucchesi Park Pickleball Courts
Price: \$252 for 8 classes

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 Fall and Winter. 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: August 28 - September 29

Session 2: October 2 - October 31

Session 3: November 1 - November 30

DROP IN ONLY: December 1 - December 3

Session 4: December 4 - December 22

DROP IN ONLY: December 27 - December 29

Session 5: January 3 - January 31

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

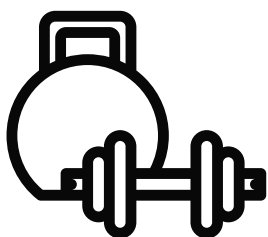
3 Classes per week \$90

Unlimited \$95

5 Week Session: 2 Classes per week \$80

3 Classes per week \$105

Unlimited \$110



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 Yoga/Pilates Fusion	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 Fall Season begins in September and runs 7 weeks. 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. We hope that you will join us on the field this Fall!

Length of Season: 7 games per team
Price: \$350 per team
Registration Period: July 31 - August 25



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 per month

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

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



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.

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

Line Dancing - Mondays 8:30am - 10:00am

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

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

American Style Mahjong - Tuesdays 1:30pm - 4:00pm

Chinese Style Mahjong - Wednesdays 10:00am - 11:30am

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

Mexican Train Dominos - Wednesdays 1:30pm - 4:00pm

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

Create:



Quilting - Mondays 9:00am - 4:00pm

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

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

Body:

Line Dancing - Mondays 8:30am - 10:00am

PD Connect - Mondays 2:00pm - 3:00pm

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

Fall Proof - Tuesdays

10:00am-11:00am

(for unsteady/device assisted)

11:00am - 12:00pm

(for more steady patrons)

Ping Pong - Tuesdays, 1:00pm - 2:00pm,

Thursdays, 2:00pm - 3:00pm

Gentle Chair Yoga - Wednesdays

9:00am - 9:45am

Meditation - Thursdays

12:00pm Intro / 12:30pm - 1:30pm

Mind:

Current Events Discussion Group -

Tuesdays 12:00pm - 2:00pm

Tops (Taking Off Pounds Sensibly) - Wednesdays

9:30am - 11:30am

Widows Connect! - Wednesdays 2:00pm - 3:00pm

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

Listening Bench - Thursdays, Drop-In

10:00am - 12:00pm



SENIOR ACTIVITIES

Program Highlights

Conversations on Aging

Identifying Goals, Wishes and Well Being

Tuesday, August 22nd 10:00 am -11:30am

Being prepared has its benefits. Western culture has made an unconscious decision to talk about end of life wishes only when necessary, usually only when a crisis occurs. Let's remove the taboo of conversations about End of Life and have those conversations just be another part of life.

Everyone deals with this in their own way & in their own time frame.

Take the time and ask yourself what truly matters to you?
 Do you see life as a spiritual experience as well as a physical experience? What rituals are important to you?
 What legacy will you leave?
 How do you want to prioritize your time when you are in your final chapter

SHARON ZIFF, RN

- As a Hospice Nurse for 12 years at Memorial Hospice,
- Sharon Ziff, RN, learned about death: the importance of preparations; and dying with dignity from her many patients. Upon retirement, Sharon was certified in the specialized program, "Authentic Presence: Contemplative Care for End-of-Life Practitioner."
- Sharon is wholly committed to helping her community gain knowledge to best prepare themselves and their loved ones for a good "final chapter" and how to face death with dignity.
<https://tetspeakaboutdeath.com/>

CURRENT EVENTS

DISCUSSION GROUP



Tuesdays 12pm – 2pm



For more info call or text

Tony Sacramento (707)235 - 6105

Come discuss an issue you can't stop thinking about - local, global, & celestial!

All views are treated with civility and respect.



Come Play

American

style

Mahjong



Tuesdays at



1:30pm – 4pm

SENIOR ACTIVITIES

Program Highlights

SENIORS LOOK CLUB

Monthly -- Check Newsletter

What's Going On In This Picture? What do you see that makes you say that? What more can we find?



Are you interested in stretching your powers of observation and imagination?

Do you enjoy open-ended, lively discussion where there are no wrong answers?

Join us at the Petaluma Senior Center for "Seniors Look Club", a new way of looking at and talking about art.



4 TIME

Pool Tournament Winner

8

BOB!!!



Are you afraid of falling?

Do you feel unsteady on your feet?

FALL PROOF!

Balance & Mobility Class

Tuesdays

10am - 11am For those very unsteady or that use an assistive device (cane/walker)

11am - 12pm For higher level participants who don't need an assistive device

Fallproof! is a clinically proven, structure-based exercise class designed to improve balance, mobility, and posture.

Studies show that balance/mobility training can be instrumental in preventing falls in older adults. Many falls can be prevented!

1st Class is free, \$10 per class after that Scholarships/Partial payments are available upon request

Classes are modifiable to fit most fitness levels.

Please stop in and observe a class and see if its right for you!

Questions? Contact **Michelle Machado, Fallproof! Instructor**

(707) 529-1511

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

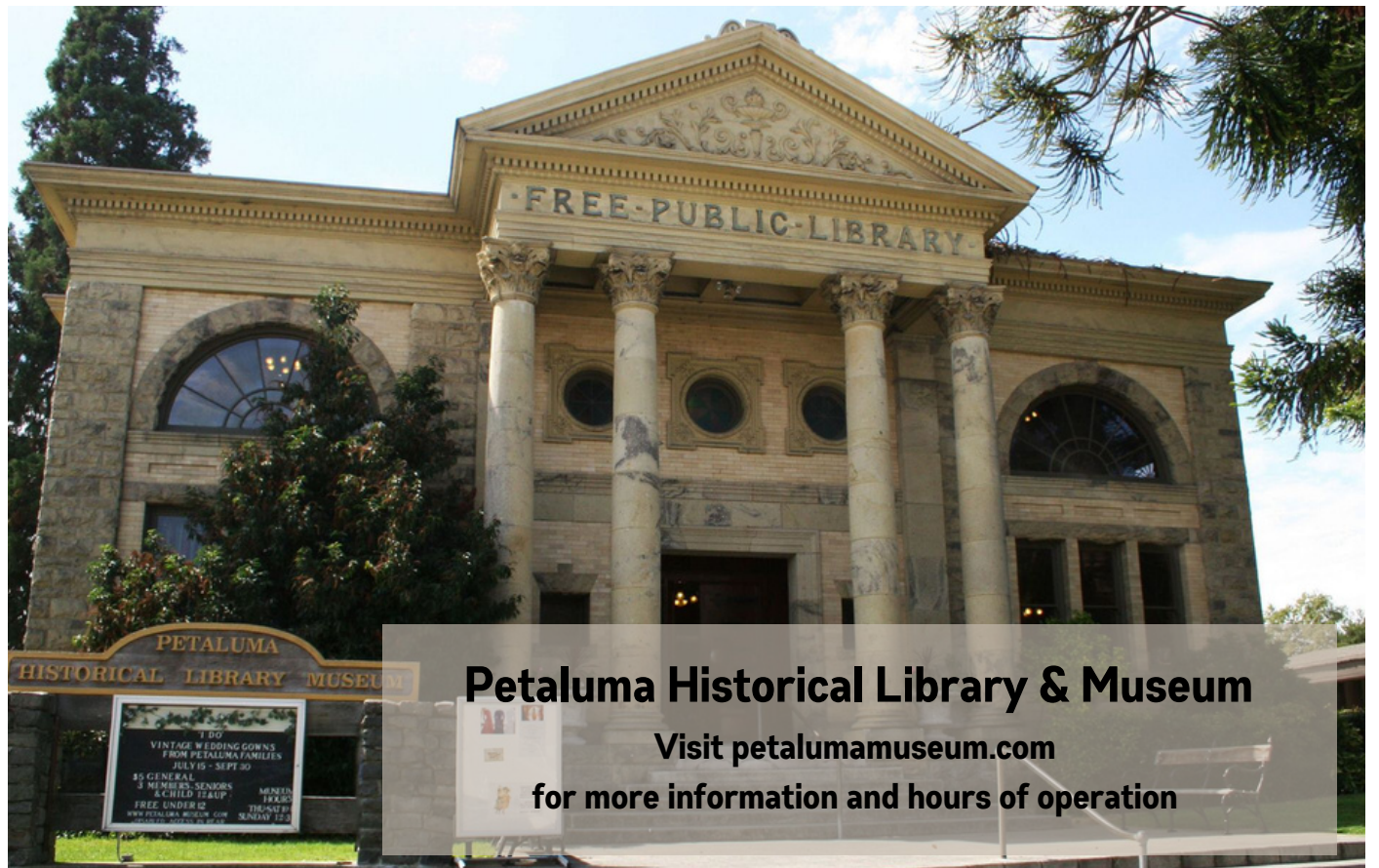
AQUATICS

Petaluma Swim Center & Cavanagh Pool

Check out petalumaswimcenter.com for more information and schedules.



MUSEUM

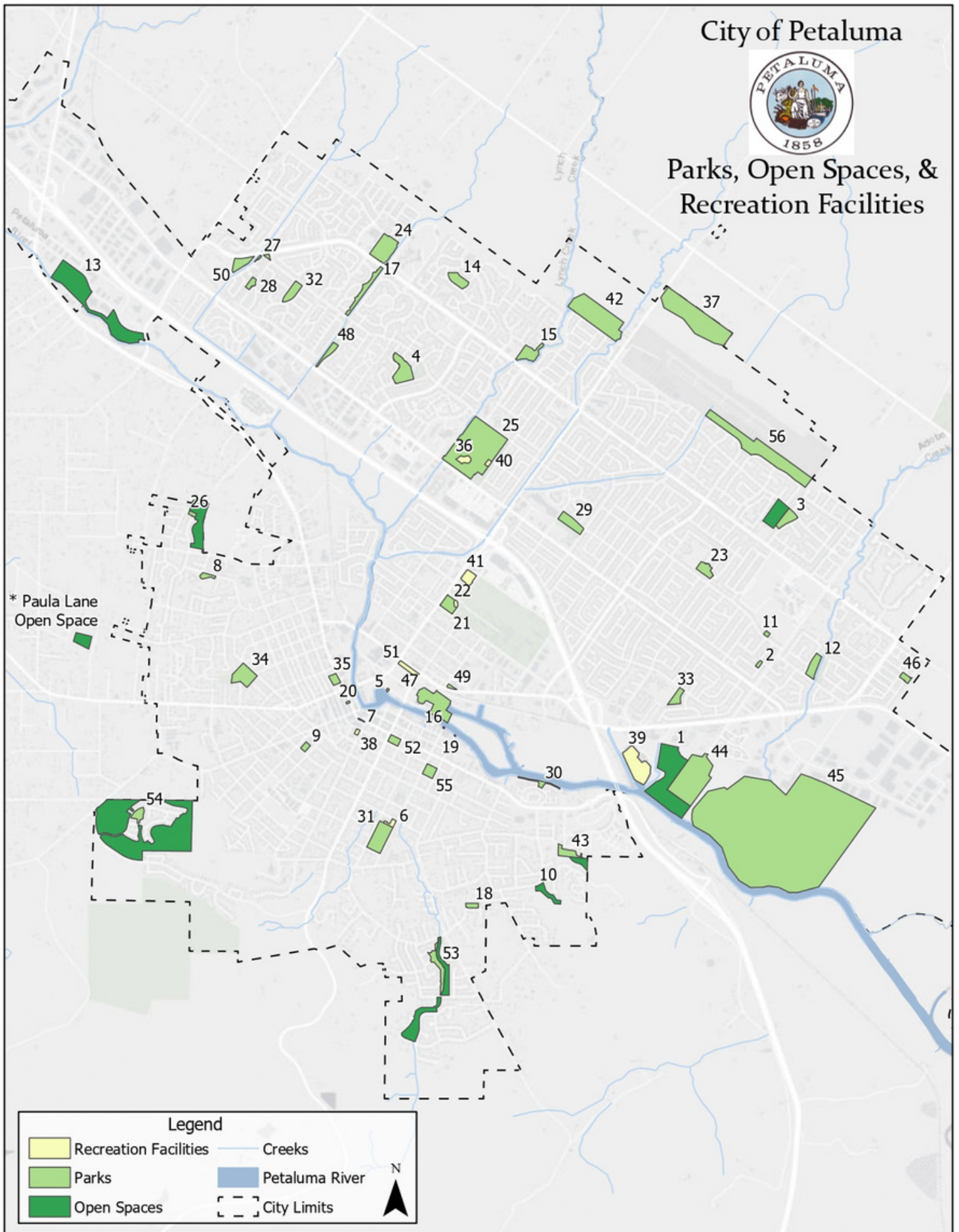


Petaluma Historical Library & Museum

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 - 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

