

ACTIVITY GUIDE

Petaluma Parks and Recreation
Spring/Summer 2024



Summer Camps

Youth Sports
Programs

Adult Fitness
Classes



GENERAL INFORMATION

Registration

Online: cityofpetaluma.org/parks-recreation-programs-classes/

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

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

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 - Ages 9 - 11 Years Old

This camp offers group activities, games, art, sports and assists 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 17th - 21st

Week 2: June 24th - 28th

Week 3: July 1st - 3rd

NO CAMP July 4th & 5th

Week 4: July 8th - 12th

Week 5: July 15th - 19th

Week 6: July 22nd - 26th

Week 7: July 29th - August 2nd

Week 8: August 5th - 9th

Camp Sunshine:

8:30am-12:30pm - \$118/week

8:30am-4:30pm - \$191/week

Kids Klub & K2:

8:30am-4:30pm - \$253/week

Tiny Tots Preschool

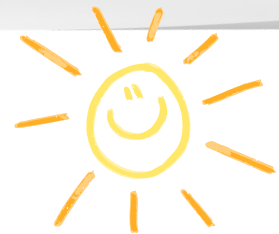
Tiny Tots-

This program provides a safe, nurturing, environment for children between the ages of 2 - 5 years old 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.



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

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



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 differences. 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.

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.

When: Mondays 5:30pm - 7:00pm
Tuesdays/Thursdays 5:30pm -8:30pm
Location: TBD
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 2024 Dates:
2/14, 3/13, 4/10, 5/8, 6/5

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 2024:
2/14, 3/13, 4/10, 5/8, 6/5

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

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

6-7 year olds: 4:30 - 5:15

Location: Petaluma Community Center

Price: \$54 per session

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. 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.

Lego Flix

Bring Lego worlds to life! We provide Legos. You provide your imagination. Work in groups to create a Lego set with Lego characters for a stop-motion movie you'll storyboard, shoot, and add voice-over too. *Flix emailed within a month after camp ends.

Location: Community Center

When: 6/17 - 6/20

Time: 1:30pm - 5pm

Ages: 7-13

Price: \$297



Special Effects Movie Flix

Explosions, tornados, meteors! In these high intensity live action movies the special effects will blow your mind. In groups, you'll get to direct, act, and even choose special effects to incorporate into your movies. Make a movie that will surprise all your friends and family! *Flix emailed within a month after camp ends.

Location: Community Center

When: 6/24 - 6/27

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.



Earth Day Engineering using LEGO®

Materials

Celebrate nature, think sustainably, and commemorate Earth Day with tens of thousands of LEGO® parts in this workshop from Play-Well TEKnologies. Participants will learn about using the 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: 4/20

Time: 9am - 12pm

Ages: 5 - 12 Years Old

Price: \$47



Minecraft Master Engineering with LEGO®

Materials

Bring your favorite Minecraft adventures to life with our enthusiastic Play-Well instructors. In a Minecraft world powered by LEGO® resources, 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! If you can imagine it, we can build it.

Where: Petaluma Community Center

When: 7/29 - 8/2

Time: 1pm - 4pm

Ages: 7 - 12 Years Old

Price: \$239

Minecraft Engineering with 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: 7/29 - 8/2

Time: 9am - 12pm

Ages: 5 - 7 Years Old

Price: \$239

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: 7/8 - 7/12

Time: 1pm - 4pm

Ages: 7 - 12 Years Old

Price: \$239

STEM Challenge + Pokémon 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, learn to build your favorite Pokémon, evolve them into more powerful versions, and come face to face with the current champion in an epic battle for the title. Challenge yourself in the world Engineering and Pokémon in this new full-day themed camp for LEGO® fanatics!

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.

Dates: 7/29 - 8/2

Age: 7 - 12

Time: 9:00am - 12:00pm

Price: \$200

Location: Petaluma Community Center

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: 7/8 - 7/12

Time: 9am - 12pm

Ages: 5 - 7 Years Old

Price: \$239



Where: Petaluma Community Center

When: 6/10 - 6/14

Time: 9am - 4pm

Ages: 7 - 12 Years Old

Price: \$500



YOUTH PROGRAMS

NATIONAL ACADEMY OF ATHLETICS



NAofA All Sport Camp - Spring Break

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



NAofA All Sports Camp

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: 4/8-4/12

Ages: 7 - 11 Years Old

Time: Half Day 9am - 12pm

Full Day 9am - 3pm

Price: \$182 Half Day

\$232 Full Day

Location: Lucchesi Park

NAofA Jr Academy All Sport Camp Spring Break

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: 4/8 - 4/12

Ages: 4 - 6

Time: 9am - 12pm

Price: \$194

Location: Lucchesi Park

Dates: 6/10-6/14, 7/15-7/19, 7/29-8/2

Ages: 7 - 11

Time: Half Day 9am - 12pm

Full Day 9am - 3pm

Price: \$182 (Half Day) \$232 (Full Day)

Location: Lucchesi Park

YOUTH PROGRAMS

NATIONAL ACADEMY OF ATHLETICS

NAofA Flag Football Camp

The NAofA Flag Football camp 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: 6/24-6/28, 8/5-8/9
Time: Half Day 9am - 12pm
Full Day 9am - 3pm
Age: 7 - 11
Price: \$182 Half Day
\$232 Full Day
Location: Lucchesi Field



NAofA Soccer Camp

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: 6/17-6/21, 7/22-7/26
Age: 7 - 11
Time: Half Day 9am - 12pm
Full Day 9am - 3pm
Price: \$182 Half Day
\$232 Full Day
Location: Lucchesi Field



NAofA Jr Academy Soccer Camp

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: 6/17-6/21, 7/22-7/26
Age: 4 - 6
Time: 9am - 12pm
Price: \$194
Location: Lucchesi Field



NAofA 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 challenges along with simple, small-sided competitions to develop and engage young athletes.

Dates: 6/10-6/14, 7/15-7/19,
7/29-8/2
Ages: 4 - 6
Time: 9am - 12pm
Price: \$194
Location: Lucchesi Park

YOUTH PROGRAMS

SOCCER STARS

NORTH BAY

Nickie Rolle-Chu, owner of Soccer Stars North Bay, is a lifelong soccer player, a local Marin County resident and a mom to her own ball-toting 2 year old. After spending 20 years in the corporate world, Nickie decided to leave her job, invest in herself and pursue an opportunity that would allow her to prioritize her family and provide personal fulfillment.

Backed by more than 20 years of experience, Soccer Stars offers a unique, age-specific curriculum for kids ages 1 & up. While the program has been successfully running nationwide for 2 decades, it is new to the majority of the North Bay, and we are so excited to bring it to the Petaluma community.

Parent & Me

With parents & caregivers, our coaches & puppet friends Mimi and Pepe take toddlers through a world of exciting physical activity. Play-based activities & engaging original music is used to develop pre-soccer skills in a fun & nurturing environment. We use the soccer ball as a vehicle to develop skills, teach teamwork & build confidence.

Toddler & Preschool

Super Soccer Stars teaches the fundamentals in a fun, non-competitive, educational environment. Our unique curriculum uses positive reinforcement and a low child-to-coach ratio to make sure each child feels confident in their own abilities, allowing kids to improve at their own rate. No matter their age, Super Soccer Stars has specific and progressive lesson plans built to your child's developmental needs. Many of our program ages overlap so that you and your child can be comfortable with the level of play during your session.



When: Wednesdays @ 9:30am
2/21- 3/27 & 4/17-5/22
Saturdays @ 9:30am
2/24- 3/30 & 4/13- 5/18

Age: 1 - 2.5

Price: \$132

Location: City Hall Lawn - 11 English St

When: Wednesdays @ 10:20am - Toddler
2/21- 3/27 & 4/17-5/22
Saturdays @ 10:20am - Toddler
2/24- 3/30 & 4/13- 5/18
Saturdays @ 11:15am - Preschool
2/24- 3/30 & 4/13- 5/18

Age: 2 - 3 (Toddler) 3-4 (Preschool)

Price: \$132

Location: City Hall Lawn - 11 English St

Shining Stars

Soccer Stars' Shine Program uses soccer as a vehicle to teach life skills to players of all abilities including individuals with developmental and intellectual disabilities such as (but not limited to), Autism Spectrum Disorders, Down Syndrome, ADHD and PDD-NOS.

Dates: Wednesdays @ 4:30pm
2/21- 3/27 & 4/17-5/22

Age: 5 - 18

Price: \$132

Location: City Hall Lawn - 11 English St



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 3:00pm - 3:45pm

Saturday 12:30pm - 1:15pm

Saturday 1:15pm - 2:00pm

Age: 5 - 8

Location: Leghorns Park Tennis Courts

Price: \$75 per 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 3:45pm - 4:45pm

Thursday 4:30pm - 5:30pm

Thursday 5:30pm - 6:30pm

Age: Visit Cityofpetaluma.org for ages

Location: Leghorns Park Tennis Courts

Price: \$85 per 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 - 12:30am

Location: Lucchesi Park Tennis Courts

Price: \$85 per 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!



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: \$85 per session

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 4:45pm - 5:45pm

Thursday 3:30pm - 4:30pm

Age: 9+

Location: Leghorns Park Tennis Courts

Price: \$85 per session

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

Thursday 10:00am - 11:30am

Location: Lucchesi Park Tennis Courts

Price: \$120 per 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.

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.



Intermediate Pickleball

Elevate your Pickleball game with our Intermediate Pickleball Class led by certified coach Dimitri Wert. Whether you're honing your skills in dinking, perfecting your serves, or refining strategic gameplay, Dimitri's tailored instruction ensures a dynamic and enriching experience on the court.

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

Session: 2/11 - 3/17

Age: 18+

Location: Lucchesi Park Pickleball Courts

Price: \$192

When: 3/4-3/25 & 6/3-6/24 (4 Weeks)

4/1-5/13 & 7/8-8/12 (5 Weeks)

Age: 16+

Location: Lucchesi Park Pickleball Courts

Price: \$140 - 4 Week session

\$175 - 5 Week session

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: Sunday 12pm - 1:30pm

Session: 2/11 - 3/17

Age: 18+

Location: Lucchesi Park Pickleball Courts

Price: \$192



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.



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. 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 3 - January 31

Session 2: February 2 - March 1

Session 3: March 4 - March 29

Session 4: April 1 - April 26

Session 5: April 29 - May 24

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

TBF -
Cardio/
Tone &
Firm/
Stability Ball
9 -10am

Zumba -
5:30-6:30pm

Tuesday

Zumba -
9-10am
TBF -
Cardio/ Tone/
Firm Stability
Ball 5:30-
6:30pm
Yoga/ Pilates-
6:45-7:45pm

Wednesday

TBF -
Cardio/
CoreBody/
Sculpt
9-10am
Zumba -
5:30-6:30pm

Thursday

Yoga/Pilates-
9-10am
TBF -
Cardio/
CoreBody/
Sculpt
9-10am
Yoga/Pilates-
6:45-7:45pm

Friday

TBF -
Cardio
9 -10am

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: \$65/ 4 Classes or \$125/ 8 Classes

Yuan Qi Gong

Yuan Qi Gong is a comprehensive Qigong system. It is a practice beautiful moving and still meditations, using the body, mind breath and Qi. Practicing Yuan Gong helps to increase mental clarity, improve internal strength and stability, cultivate a state of calm and increased well-being.

When: Thursdays 5:30pm - 6:45pm

Location: Petaluma Community Center

Price: \$12 Per Class
\$40 Per Month

When: Tuesdays 9:30am - 10:45am
Introductory Class

Location: Petaluma Community Center

Price: \$90 per session



Mary Richey, fully certified instructor of Yuan Qi Gong through Ren Xue international. She has been practicing this form of Qi Gong for 13 years. Gong for 13 years and has been a practicing family therapist for 25 years.

Jonathan Hiller, is a certified Yuan Qi Gong instructor and is qualified to teach Theory of Qi, Tian Yuan & Di Yuan, Group Qi Healing. Jonathan has studied under Mary Richey and co-teaches an Advanced Yuan Qi Gong class with her on Thursday nights.



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: \$500 per Men's team

\$500 per Co-Rec team

Registration Period: 3/6 - 3/31

Games Begin in April of 2023

For more information, visit
teamsideline.com/sites/petaluma/home



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 session





SENIOR ACTIVITIES

Petaluma Senior Center

211 Novak Drive

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

(707) 778-4399

Parksnrec@cityofpetaluma.org

Play:



Pool - 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

Painter's Circle - Mondays 10:00am - 12:00pm

Writing Group - Mondays 10:30am - 12:00pm

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

Artists Open Studio - Thursdays 10:00am - 11:30am

Mind:

Current Events Discussion - Tuesdays 12:00pm - 2:00pm

Positive Thinking -Tuesdays 2:00pm-3:00pm

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

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

Spice of Life Social Club - Wednesdays 3:00pm-4:00pm

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

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



Body:



Line Dancing - Mondays & Thursdays 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/11:00am - 12:00pm

Ping Pong -Tuesdays & Thursdays 2:00pm - 3:00pm

Gentle Chair Yoga - Wednesdays 9:00am - 9:45am

Beginning Line Dancing - Wednesdays 11:00am - 12:00pm

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

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

SENIOR ACTIVITIES

Aging Gracefully

a Wednesday lecture series - 1:00pm

Feb. 7 - Allan Bernstein

Music and the Aging Mind

The Benefits of Music for your health & well being

Feb. 14 - Wynnelena C. Canio

It's Only Aging - the Normal Signs

Facts and insight about healthy aging

Feb. 21 - Heather Campopiano

Having One's Affairs in Order

When to See an Elder Lawyer

Feb. 28 - Donna Williams

Strategies for Living in Place

How to Age in Your Home

Petaluma Senior Center - 211 Novak Drive, Petaluma

Lectures are No charge.

R.S.V.P. - (707)778-4399 or at the PSC Front Desk

Join Our **NEW**

Beginning Line Dance Class

at the Petaluma Senior Center!



Every Wednesday at 11:00 AM



No Experience in Dance Required!

Are you looking for a fun and social way to stay active while enjoying great music? Look no further – it's the perfect way to get moving and make new friends.

No dance experience is necessary, and all seniors are welcome!

What to Expect:

- Fun and Easy-to-Follow Line Dance Routines to an assortment of genres of music
- A Friendly and Supportive Environment
- Great Exercise for Body and Mind
- Boost Your Confidence



Spice of Life Social Club!

Wednesdays at
3pm

Looking for members who want to enjoy **new adventures** in Eating Out, Excursions, & Exercise (not all together at once 😊)

Activities will be planned & led by participants; the Senior Center will serve as a meeting point.

Monthly Newsletter!

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



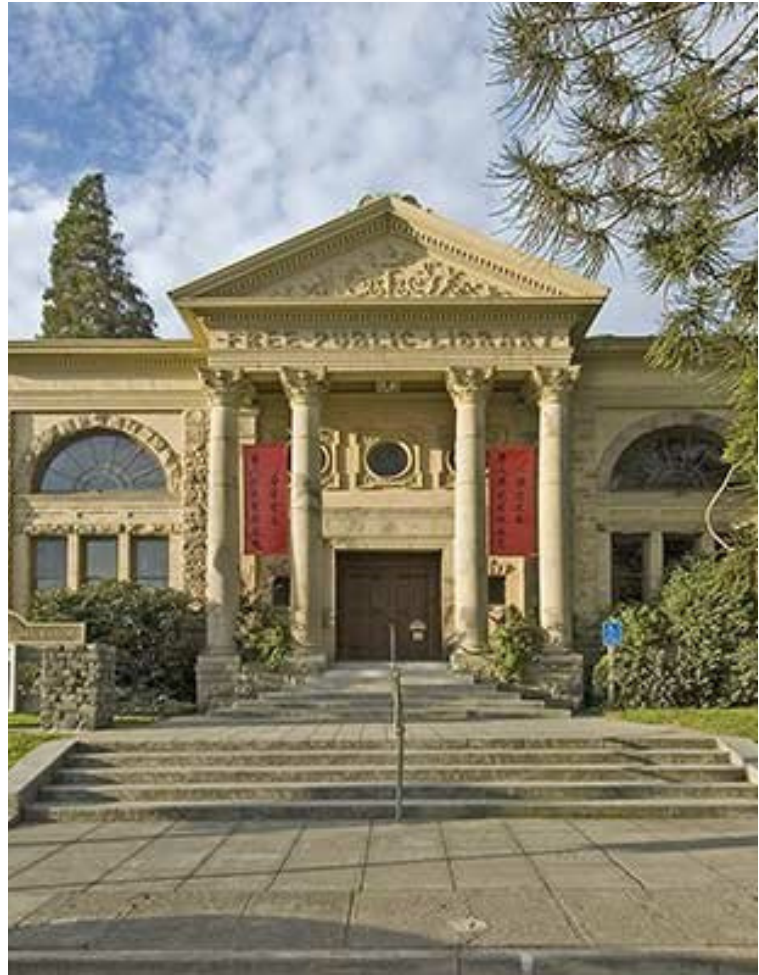
RENTAL INFORMATION



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, and Fairgrounds property. 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 Parks and Recreation staff, at 707-778-4380, and parksnrec@cityofpetaluma.org



PETALUMA PARKS AND RECREATION
PRESENTS...

MOVIES IN THE PARK

June 21, 2024
July 19, 2024
August 16, 2024
September 27, 2024
October 25, 2024

MOVIES TO BE ANNOUNCED!

A red movie poster for 'Movies in the Park'. It features a film strip border and illustrations of a movie camera, popcorn, and a film reel. The text lists the dates of the movie screenings: June 21, 2024, July 19, 2024, August 16, 2024, September 27, 2024, and October 25, 2024. It also mentions that the movies to be shown will be announced.

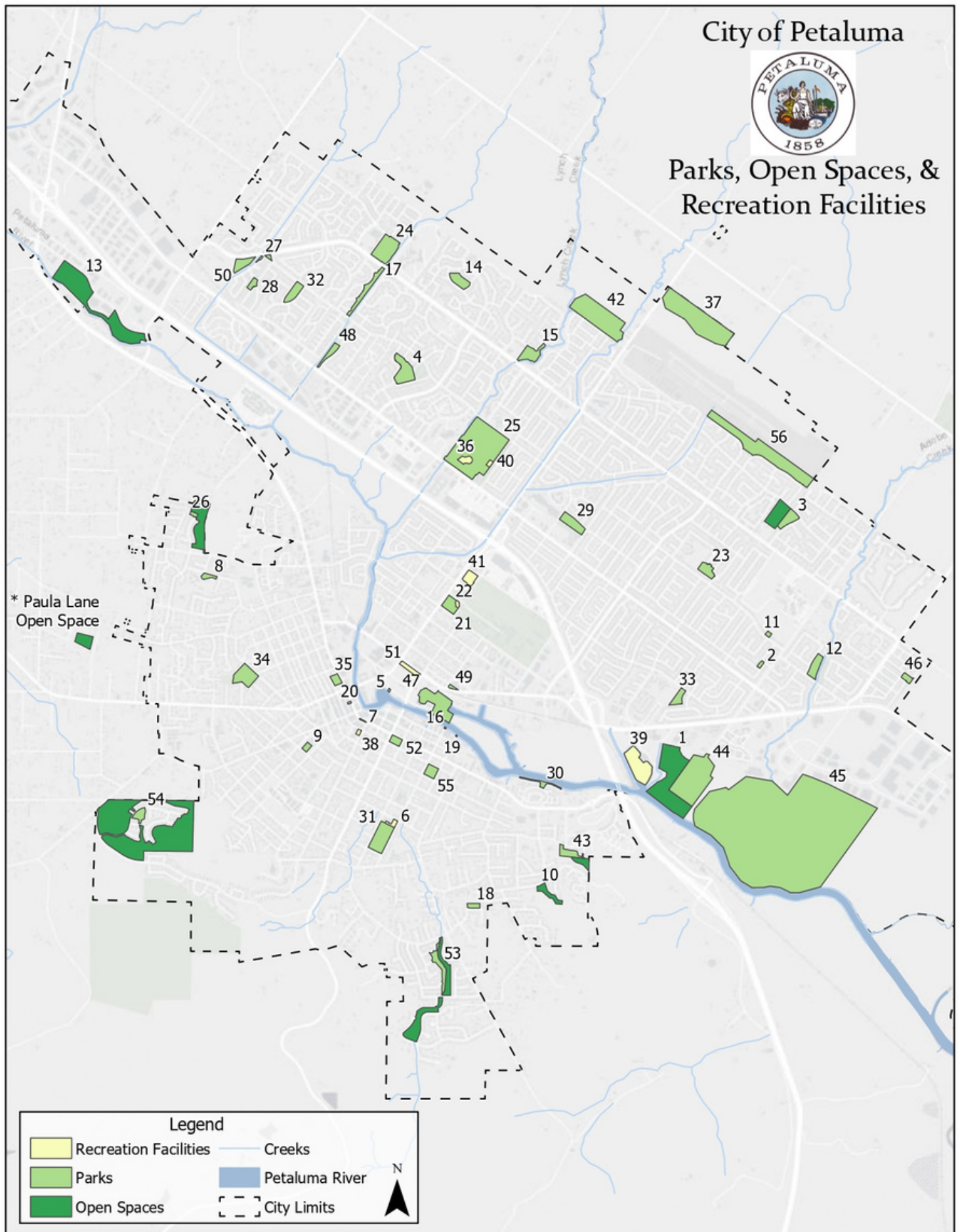
Petaluma Swim Center & Cavanagh Pool

Check out
petalumaswimcenter.com
for more information and
schedules.

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			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	Lucchini 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

B - BBQ available

R - Picnic area available for reservation

E - Electricity available with reservation of picnic area

L - Lights available

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

