

Winter  
2016



# Frontier

City Newsletter and Recreation Guide



Parks  
Make  
Life  
Better!

**DOWNTOWN**  
**HOLIDAY EXTRAVAGANZA**  
Saturday, December 3

# City of San Dimas

## City Council

Curtis W. Morris, Mayor  
Emmett Badar, Mayor Pro Tem  
Denis Bertone, John Ebner, Jeff Templeman

## City Staff

Blaine M. Michaelis, City Manager  
Kenneth J. Duran, Assistant City Manager/Treasurer/  
City Clerk  
Lawrence Stevens, Assistant City Manager  
for Community Development  
Mark W. Steres, City Attorney  
Krishna Patel, Director of Public Works  
Theresa Bruns, Director of Parks & Recreation

## San Dimas City Hall

245 E. Bonita Avenue San Dimas, CA 91773  
(909) 394-6200  
[www.cityofsandimas.com](http://www.cityofsandimas.com)

### Business Hours

Monday - Thursday 7:30 am - 5:30 pm  
Friday 8:00 am - 5:00 pm

### City Meetings

**City Council** 7:00 pm, 2<sup>nd</sup> & 4<sup>th</sup> Tuesdays  
**Commissions**  
Equestrian 6:00 pm, 1<sup>st</sup> Tuesday\*  
Planning 7:00 pm, 1<sup>st</sup> & 3<sup>rd</sup> Wednesdays  
Senior Citizens 6:00 pm, 1<sup>st</sup> Thursday\*  
Public Safety 5:30 pm, 3<sup>rd</sup> Tuesday  
Parks and Recreation 6:00 pm, 3<sup>rd</sup> Tuesday\*  
\* Every odd month

## Water Conservation



California has been experiencing a severe drought since 2013 which has created a significant need for water conservation. Golden State Water Company (GSWC), the City's water purveyor, is still under a Staged Mandatory Water Conservation and Rationing Schedule (Schedule 14.1) which has restrictions for outdoor irrigation as follows:

### Outdoor irrigation is limited to three days per week, after 7 pm and before 8 am

- ◆ Addresses ending in an even number may responsibly water: Monday, Thursday, and Saturday
- ◆ Addresses ending in an odd number may responsibly water: Tuesday, Friday, and Sunday

Given the limited water resources, practicing water use efficiency is a team effort and can make a difference for California's future. When watering your property, please ensure that each section of irrigation only runs for 10 minutes each day. For more information and helpful water conservation tips visit Golden State Water Company's website at <http://www.gswater.com>.

# Table of Contents

**Community & City News** ..... pages 2-6  
**Parks & Recreation Programs** ..... page 7  
Special Events & Programs ..... pages 7-8  
Outdoor Adventures ..... page 8  
Teen Programs ..... page 9  
San Dimas Recreation Center Program ... pages 10-11  
Adult and Youth Sports ..... pages 11-13  
Excursions ..... pages 13-14  
Senior Citizen/Community Center ..... pages 15-17  
**Recreation Classes** ..... pages 18-22  
Art Classes & Computer Classes ..... page 18  
Dance Classes ..... pages 18-19  
Music & Drama Classes ..... page 19  
Specialty Classes ..... pages 19-20  
Sports & Fitness Classes ..... pages 20-22  
Tiny Tots ..... page 22  
**Registration Info & Form** ..... page 23

# Community Resource Guide

## LOCAL SERVICES

- EMERGENCIES** 911
- Bonita Adult Education**  
(909) 971-8200
- Bonita Unified School District**  
(909) 971-8200  
<http://do.bonita.k12.ca.us>
- Festival of Arts**  
(909) 599-5374  
[www.sandimasarts.com](http://www.sandimasarts.com)
- Frank G. Bonelli Recreation Area**  
(909) 599-8411
- Graffiti Hotline**  
(626) 442-6666
- Inland Valley Humane Society**  
(909) 623-9777  
[www.ivhsspc.org](http://www.ivhsspc.org)
- Los Angeles County Fire Department**  
(909) 599-6727 - Information only
- San Dimas Canyon Park**  
(909) 599-7512 - Nature Center  
(888) 239-6700 - Reservations
- San Dimas Chamber of Commerce**  
(909) 592-3818  
[www.sandimaschamber.com](http://www.sandimaschamber.com)
- San Dimas Farmers Market**  
(909) 581-4744  
[www.sandimasfarmersmarket.com](http://www.sandimasfarmersmarket.com)
- San Dimas Historical Society**  
(909) 592-1190  
[www.sandimashistorical.org](http://www.sandimashistorical.org)
- San Dimas Library**  
(909) 599-6738
- San Dimas Post Office**  
(800) 275-8777
- Sheriff's Department**  
(909) 450-2700
- The American Legion**  
(626) 533-6486 - Commander  
(626) 698-8153 - Adjutant  
[jnmaero@aol.com](mailto:jnmaero@aol.com)
- Waste Management**  
(800) 266-7551

## YOUTH ORGANIZATIONS

- Autism Youth Sports League**  
(909) 284-8989  
[autismyouthsportsleague.org](http://autismyouthsportsleague.org)
- Boy Scouts of America - Valle Del Sol District**  
(626) 351-8875  
[www.vdsscouts.org](http://www.vdsscouts.org)
- Camp Fire Boys and Girls - Mt. San Antonio Council**  
(909) 466-5878  
[www.campfiretoday.org](http://www.campfiretoday.org)
- Girl Scouts - Bonita Neighborhood**  
(909) 399-0808  
[www.bngs.clubspaces.com](http://www.bngs.clubspaces.com)
- MOMS Club of San Dimas**  
E-mail:  
[sandimasmomsclub@yahoo.com](mailto:sandimasmomsclub@yahoo.com)
- San Dimas/La Verne A.Y.S.O.**  
[www.ayso112.org](http://www.ayso112.org)
- San Dimas/La Verne Pop Warner Football**  
(909) 593-1969  
[www.leaguelineup.com/lvsdpw](http://www.leaguelineup.com/lvsdpw)
- San Dimas Little League**  
(909) 730-3283  
[www.sandimaslittleleague.com](http://www.sandimaslittleleague.com)
- San Dimas Youth Softball**  
(909) 575-8310  
[www.sdysa.org](http://www.sdysa.org)
- Y.M.C.A. Pomona Valley**  
(909) 623-6433  
[www.pomonaymca.org](http://www.pomonaymca.org)
- Y.W.C.A. of the West End - Ontario/Montclair**  
(909) 986-5847  
[www.weymca.org](http://www.weymca.org)

## Holiday Shop Local Campaign

The San Dimas Chamber of Commerce has launched a Shop Local Campaign for the Holiday Season! Shopping in San Dimas boosts the local economy and promotes local businesses and Chamber Members. Shoppers will also benefit by saving money and having the chance to win great prizes. For every \$50 spent in San Dimas and submitted to the San Dimas Chamber of Commerce, you will receive an entry form for the Free Holiday Shop Local Campaign Drawing. In addition, you will receive an extra entry form for receipts from a San Dimas Chamber of Commerce Business Member, located in San Dimas or a surrounding city. Bring your receipts to the San Dimas Chamber Office November 2 through December 21<sup>st</sup>, 2016. It is encouraged to submit your receipts early and often to increase your chances of winning. Prize drawings will be held November 24<sup>th</sup> as well as December 8<sup>th</sup> and 22<sup>nd</sup>.

This holiday season San Dimas consumers and businesses can add extra holiday joy by participating in the San Dimas Shop Local Campaign as a fun and great opportunity to support local businesses and the overall success of our community. All 18 and over residents and non-residents are eligible to participate.

For more information, contact the San Dimas Chamber of Commerce at [info@sandimaschamber.com](mailto:info@sandimaschamber.com) or call (909) 592-3818. For a directory of San Dimas Chamber members please visit [www.sandimaschamber.com/](http://www.sandimaschamber.com/).



## San Dimas Avenue and Via Verde Street Improvements

In June of 2017, San Dimas Avenue from Via Verde Avenue to Puddingstone Drive and Via Verde Avenue from San Dimas Avenue to the 57 Freeway will undergo much needed reconstruction. The project will repair over 400,000 square feet of pavement. These streets are critical corridors for the City's residents and unfortunately due to the extent of the work, there will be unavoidable traffic delays during the project.

In order to minimize impacts to traffic, the work is being scheduled during the summer months while school is out of session. Additionally, some of the work on Via Verde Avenue near the freeway ramps will be done at night in order to reduce the duration and allow use of the on-ramps during the daytime hours.

The project will make use of environmentally friendly construction processes to lessen its carbon footprint. Where possible, the construction will entail full-depth reclamation which recycles the existing asphalt concrete and underlying aggregate base/soil material. The existing pavement will be pulverized or crushed, mixed with cement, compacted and rolled into a stronger sub-base, left to cure for 5 days per lane and then this base will be overlaid with new asphalt pavement. Even the new asphalt pavement will make use of ground up recycled automobile tires to further the environmental benefit.

Besides the environmental benefit, recycling also results in about 15% cost savings over conventional street reconstruction methods which are quite significant for a \$1.8 million dollar estimated project. Also, the ground up rubber tires, extend the life of the pavement as well as reduce the road noise.

As the date of the project nears, residents can find out more information by visiting the City's website at: [www.cityofsandimas.com](http://www.cityofsandimas.com). Residents can also contact the Department of Public Works at (909) 394-6240 for any questions. The contractor will post changeable message signs immediately prior to construction and use the signs to post updates throughout the duration of the construction.

### CIENEGA AVENUE FROM ARROW HIGHWAY TO LONE HILL AVENUE

Cienega Ave from Arrow Highway to Lone Hill Ave will also undergo major reconstruction during the spring/summer of 2017. This project will entail removal of 220,000 square feet of pavement. The City will make use of the environmentally responsible construction process of Full-Depth Reclamation (FDR) in order to recycle the existing asphalt concrete and underlying aggregate base/soil material. The existing pavement will be pulverized or crushed, mixed with cement, compacted and rolled into a stronger sub-base, left to cure for 5 days per lane and then this base will be overlaid with new asphalt pavement. Even the new asphalt pavement will use ground up recycled automobile tires and some recycled material to further the environmental benefit. By using the FDR process, the City eliminates disposal of approximately 16,000 tons of material and also eliminates the need for 16,000 tons of virgin material. This reduces the carbon footprint by eliminating the mining and hauling operations needed to manufacture and transport the virgin material to San Dimas.

The estimated cost of construction for Cienega Avenue is \$1.5 million dollars.

## Municipal Election Article

Every  
**VOTE**  
Counts!

General Municipal Election –  
March 7<sup>th</sup>, 2017

For Mayor:  
Curtis W. Morris – Mayor/Alcalde

For Council:  
Denis Bertone - Councilmember/Miembro del Concejo  
Jeff Templeman - Councilmember/Miembro del Concejo

The San Dimas General Municipal Election is scheduled for Tuesday, March 7<sup>th</sup>, 2017. The filing period for Nomination Papers and Candidate Statements begins Monday, November 14<sup>th</sup>, 2016 and ends Friday, December 9<sup>th</sup>, 2016 at 5 pm; for Mayor and two City Council seats. If no incumbent files the date will be extended to Wednesday, December 14<sup>th</sup>, 2016. Additionally, candidates must be registered voters in the City of San Dimas at the time of appointment to pick up nomination papers. City Hall hours of operation are Monday thru Thursday 7:30 am to 5:30 pm, and Friday 8 am to 5 pm. Please contact Debra Black, Assistant City Clerk at (909) 394-6216 for an appointment to pick up and file.

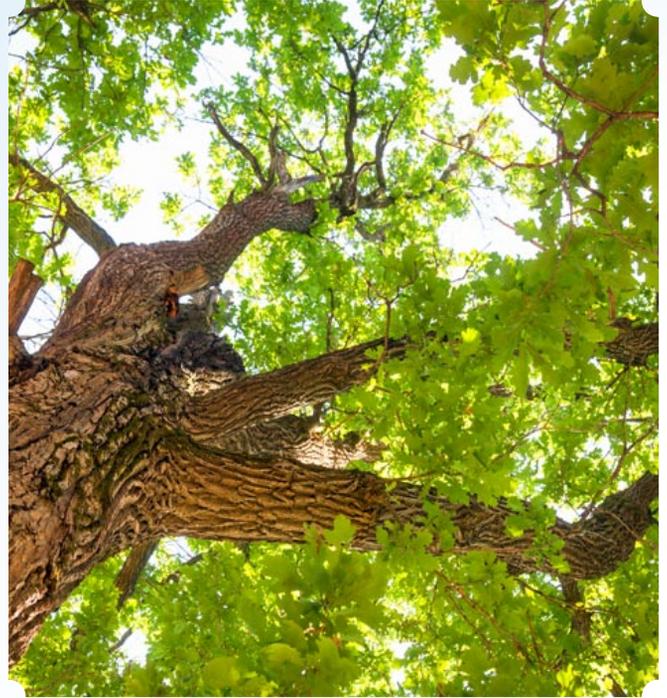
Voters may request a vote by mail ballot from February 6<sup>th</sup> to February 28<sup>th</sup>, the deadline to register to vote in the election is February 20<sup>th</sup>, 2017.

*La elección Municipal General de San Dimas está programada para martes, 7 de Marzo de 2017. El periodo para presentar los Papeles de Nombramiento o Candidatura y las Declaraciones de los Candidatos inicia el día Lunes, 14 de Noviembre de 2016 y termina el día 9 de Diciembre de 2016 a las 5 pm. Alcalde y dos asientos de ayuntamiento. Si ningún titular presenta los documentos necesarios, se aplazara la fecha hasta el miércoles, 12 de diciembre de 2016. Además, los candidatos deben ser votantes registrados en la ciudad de San Dimas en el momento de la cita par a recoger documentos de nominación. Las horarios de trabajo del ayuntamiento municipal es de lunes a jueves, de 7:30 am a 5:30 pm. Favor de comunicarse con Debra Black, Subsecretaria Municipal al (909) 394-6216 para hacer Cita.*

*Los votantes pueden solicitar un voto por correo desde el 6 de Febrero al 28 de Febrero, la fecha límite para registrarse es el 20 de Febrero de 2017.*

*Por favor visitar el sitio web, [www.cityofsandimas.com](http://www.cityofsandimas.com), en Enero para obtener información con respecto a los trabajadores electorales.*

## Why you should save your trees



As you cut back on water use during this historic drought, you may not realize the impact this will have on your landscape trees. Tree loss is a very costly problem: not only in expensive tree removal, but also in the loss of all the benefits trees provide. Your trees provide an immense range of health, energy, environmental, and economic benefits.

1. Trees improve air and water quality
2. Trees provide shade to the landscape and reduce water needs
3. Trees help keep your home cooler
4. Trees slow stormwater runoff and help recharge groundwater
5. Trees reduce soil erosion
6. Trees add value -often thousands of dollars' worth- to your home and neighborhood

Trees take a long time to grow. Without helping our trees through the drought, we risk losing these benefits. While the drought may not last long, it can harm or kill trees, and it will take 10, 20, or even 50+ years to grow trees and get back the benefits.

### How to save your trees

1. Deeply and slowly water mature trees 1-2 times per month with a simple soaker hose or drip system toward the edge of the canopy – NOT at the base of the tree.
2. Young trees need 5 gallons of water 2-4 times per week. Create a small watering basin with a berm of dirt.
3. Do not over-prune trees during drought. Pruning and drought both stress your trees.
4. Mulch, Mulch, MULCH! 4-6 inches of mulch helps retain moisture, reducing water needs and protecting your trees.

## Brown Lawns

The State of California has been experiencing an unprecedented drought, which has brought challenges in maintaining green and lush landscaping. However, residential and commercial landscaping should continue to be maintained.

We are all being asked to conserve water and there are different ways in which we can reduce water usage. The common standards of attractive and sustainable landscaping can be achieved even during the drought. Property owners may choose to eliminate high-water turf in favor of planting a mixture of trees, shrubs and perennials, and incorporating decorative rock and/or bark. New and rehabilitated landscape requires Planning Division review and approval. Landscape design must be in accordance with the City's regulations that can be found in the "Residents" information tab under the City's website.

Overgrown weeds (brown or green), dead weeds, and bare dirt would be considered a violation of the City's property maintenance regulations. Brown lawns should be mowed and watered at least enough to avoid weeds and dirt patches. If you receive a Notice of Violation, understand that it is because the City is committed to preserving the aesthetics of our community.

Acceptable



Green Grass

Not Acceptable



Bare Dirt



Drought Tolerant Landscape



Mostly Rocks



Mowed Brown Grass



Green Weeds

As illustrated in the pictures, there are alternatives to traditional landscaping that will comply with the City's regulations. Additional tips can be found at [https://www3.epa.gov/watersense/outdoor/landscaping\\_tips.html](https://www3.epa.gov/watersense/outdoor/landscaping_tips.html)

## Overnight Parking Renewals

San Dimas residents are reminded that overnight parking on all City streets is prohibited between the hours of 2 am and 5 am, seven days a week. Please note that citations are issued for vehicles parked without a parking permit. The City's overnight parking policy is an added safety measure designed to help keep streets clear and allow neighbors and Sheriff's deputies to spot suspicious people and vehicles.

San Dimas residents without sufficient off-street parking may apply for an annual parking permit by submitting a completed application, along with a \$40, non-refundable, application fee. Applications can be obtained on the City's website but must be submitted in person at City Hall.

As a reminder for those who currently have an annual permit, it is time for your annual renewal. Current annual permits expire December 31, 2016. 2017 permits are required effective January 1, 2017. In the past, there has typically been a rush of last minute and late renewals. In order to offer an incentive for early renewals, the City has modified its renewal process this year. Renewal letters were sent out at the end of October, earlier than in the past. Permits renewed in November will pay an annual renewal fee of \$24. Permits renewed in December will pay an annual renewal fee of \$32. Permits renewed after December 31<sup>st</sup> will pay a renewal fee of \$40. It pays to turn in your renewal application early.



Temporary parking permits can also be purchased for \$2 per night at 24 hour parking permit machines located outside the San Dimas Sheriff's Station on 270 S. Walnut Avenue and at a new location at Century Century 21 at 1100 Via Verde Avenue.

Residents are reminded that overnight parking enforcement will be suspended for the Holidays beginning Monday, November 21<sup>st</sup> through Sunday, November 27<sup>th</sup> and Monday, December 19<sup>th</sup> through Monday, January 2<sup>nd</sup>. Regular overnight parking enforcement will resume on the mornings of Monday, November 28<sup>th</sup> and Tuesday, January 3<sup>rd</sup> at 2 am. If you have any questions please call (909) 394-6210.

## Holiday Waste Guide

### Fall Leaf Program

San Dimas residents are encouraged to take advantage of the fall leaf recycling program that allows an unlimited amount of extra leaves and green waste to be left for collection. Simply place any green waste that doesn't fit in your cart in bags, and leave it on the curb on your usual collection day. This program will run December through February.

### Christmas Tree Recycling

After the holidays, residents with curbside collection will also be able to recycle real Christmas trees at the curb for three weeks after Christmas, December 27<sup>th</sup>, January 3<sup>rd</sup> and January 10<sup>th</sup>. When the time comes, please remove all decorations, ornaments, lights, garland, and tinsel, as well as the stand. If the stand is not removed from your tree, the tree will not be picked up for recycling. If your tree is more than 6 feet tall, please cut it into two pieces before placing it at the curb, it should be bare. Place the bare tree next to your normal recycling bin on your collection day.

Christmas trees are picked up by a separate truck and will be taken to a facility where they will be shredded and used as "alternative daily cover" at the landfill. Using this shredded material reduces blowing litter at the landfill and replaces solids that would need to be purchased to cover each day's trash. Participation in this program helps the City of San Dimas meet California requirements to divert thousands of tons of materials from area landfills.

### Fats, Oils & Grease

Many households do more cooking for family gatherings and other events during the holidays. Between the days spent preparing food and the hours spent enjoying the meal with family and friends, it is certainly one of our busiest times of the year. By the time clean up rolls around, most of us want to dispose of leftovers and pack up in time to catch a football game or a well-deserved nap.

Did you know though, that the fats, oils, and grease we use daily in our kitchen, and especially during the holidays, are a threat to our sewer system? If these are dumped down the drain, they cool and harden in the pipes, and can cause blockages or even sewer sanitary overflows (SSO). In order to prevent this, fats, oils, and grease in small quantities may be reused at home, or disposed of with regular trash by first pouring them into a container that may be thrown away, such as a can. Please keep this in mind this holiday season as you prepare holiday feasts!

Restaurants and operations producing large quantities of fats, oils, and grease must have a grease trap and follow industry disposal requirements.

### Recycling

In the period between Thanksgiving and New Year's, American households generate about 25% more waste. Instead of filling up our landfills, we can reuse, reduce, and recycle. For example, reuse holiday gift bags, reduce the amount of trash you do throw away by only using what you need, and recycle all cardboard boxes from holiday gifts. We can each do our part to lessen our waste impact this holiday season!

*If you have any questions about proper disposal of other items and their potential recycling options, please contact the City of San Dimas Department of Public Works at (909)394-6240.*

## Household Hazardous Waste Round-ups

Household Hazardous Waste Collection Events, operated by the County of Los Angeles Department of Public Works and the Los Angeles County Sanitation Districts, are one-day, drive-through collection events where residents are invited to drive to a specific location to drop off their hazardous waste. There is a transportation limit of 15 gallons or 125 pounds of hazardous waste per trip.

Household hazardous waste is any product labeled: toxic, poisonous, corrosive, flammable, combustible or irritant that is disposed of. A typical home can contain a vast array of household hazardous products used for cleaning, painting, beautifying, lubricating and disinfecting the house, yard, workshop and garage.

Electronic waste, also known as E-waste, can include computers, printers, televisions, VCRs, cell phones, fax machines, stereos, and electronic games. Electronics may contain lead, copper, and other heavy metals or potentially toxic substances. It is critical to reduce e-waste by only buying what you need, reusing electronics that still work, and remembering to recycle electronics at the end of their useful life cycle.

The next upcoming round-up in the area is:

**December 17 from 9 am – 3 pm**

Brackett Field

Fairplex Drive & West McKinley Avenue

La Verne, 91750

## Mandatory Organics Recycling

Assembly Bill 1826 also known as the "Mandatory Organics Recycling Requirement" became effective April 1<sup>st</sup> and requires certain businesses and multi-family complexes with five (5) or more units to recycle their organic waste. "Organic waste" means food waste, green waste, landscape and pruning waste, nonhazardous wood waste, and food-soiled paper waste that is mixed in with solid waste. The regulation currently requires businesses generating eight (8) cubic yards of organic waste per week to have an organics recycling program. However, businesses generating four (4) cubic yards of organic waste per week will soon be required to comply beginning January 1, 2017 and additional businesses may be required to comply in subsequent years. To meet the requirements of organic recycling businesses can engage in any of the following:

- Subscribe to separate recycling collection service
- Self-haul to a recycler or recycle on site
- Utilize mixed-waste processing that specifically targets organics
- Sell or donate organic waste for recycling

The goal of this regulation is to reduce commercial organic waste from landfills, reduce greenhouse gas emissions, and create jobs and expand recycling manufacturing in California. For more information on AB 1826, please visit the Department of Recycling and Recovery's (CalRecycle) website at [www.calrecycle.ca.gov/default.asp](http://www.calrecycle.ca.gov/default.asp) or contact the City at (909) 394-6214.

Parks  
Make  
Life  
Better!

# PARKS & RECREATION PROGRAMS

(909) 394-6230

*We Create Community Through People, Parks and Programs.*

## Congratulations

Elementary School Challenge Champions  
for Outstanding Participation by a  
Local School in the 1 Mile Fun Run



*Ekstrand Elementary School*

Special Events



7<sup>th</sup> Annual



# DOWNTOWN HOLIDAY EXTRAVAGANZA

Presented by the San Dimas Parks and Recreation Department, Bonita Avenue Merchants,  
San Dimas Festival of Arts and the San Dimas Historical Society.

**Saturday, December 3**

(Rain Date December 10)

**Walker House**

121 N. San Dimas Ave.

&

**Downtown Bonita Ave  
and First Street**

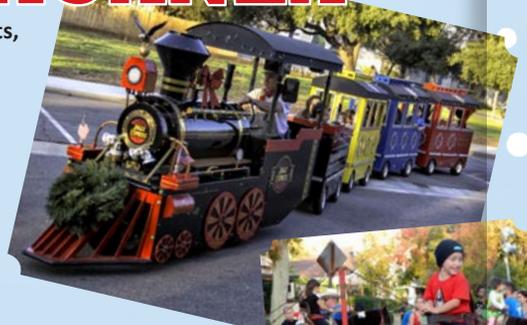
Between San Dimas Avenue & Cataract Avenue

**2:00-6:00 pm**

**Christmas  
Tree Lighting**

**Rhoads Park at 6 pm**

Corner of Monte Vista Avenue &  
Bonita Avenue



For more information call the Dimas Parks and Recreation Department  
at (909) 394-6230 or visit us at [cityofsandimas.com](http://cityofsandimas.com).



## Parent Night Out

**When:** Friday, December 16

**Time:** 5:30 - 8:30 pm

**Where:** Ladera Serra Park (975 Calle Serra)

**Who:** Ages 5-12

**Fee:** \$6 per person

Registration is limited to the first 50 participants. Parents enjoy the night out as we entertain the kids. Kids enjoy holiday crafts, table



games, face painting, pizza (2 slices per person), chips and drinks. Pre-registration required. Refunds only if the Recreation Department cancels the event. For more information, please call: (909) 394-6230.

## Kids' Fun Club

**When:** December 27 - January 6 (2 weeks)  
(Closed on January 2)

**Time:** 7 am - 6 pm

**Where:** Ladera Serra Park, 975 Calle Serra

**Who:** Campers - grades 1-5

**Fee:** Only \$60 per week! \*(Additional fee for field trips.)

Register now for Kids' Fun Club - A Winter Break Day Camp. The camp is supervised by trained Recreation Leaders who will provide activities including \*field trips, crafts, games, sports, and holiday parties. A morning and afternoon snack will be provided. Children should bring a lunch, and must be signed in and out daily. Enrollment limited.

## Outdoor Adventure - Horsethief Family Hike

**When:** Saturday, February 4

**Time:** 9 - 11 am

**Where:** Horsethief Canyon Park (301 Horsethief Canyon Rd.) Check-in at gazebo on north-east side of park (large grass area).

**Fee:** \$3 per person

**Level:** Intermediate

Registration is limited to the first 30 participants.

Explore the beautiful scenery of San Dimas as we make our way along the Horsethief Canyon Park trail. The moderate incline to the top includes striking scenery of flowers, trees, and wildlife. Bring your camera for several photo opportunities throughout the hike. Fee includes trail snacks, safety basics and staff supervision. \*Children must be accompanied by a parent or guardian. Pre-registration required. For more information, please call (909) 394-6230.



# San Dimas Family Festival & Easter Egg Hunt

**When:** Saturday, April 8 (Rain date April 15)

**Time:** 10 am - 1 pm

**Where:** Civic Center Plaza, 245 East Bonita Avenue

### Spring Egg Hunt:

**Location:** Civic Center Park & Via Verde Park

Children 2-10 years old. 10 am SHARP!



**Youth and Family Village:** Sponsored by the Youth and Family Coalition and the Bonita Unified School District, with school information, the Reading Corner, sports information and plenty of fun.

**Arts and Craft Expo:** Vendors will display an array of hand crafted items, dolls, flowers, plants, baby items and plenty more!

**Safety Fair:** Important safety information and displays from L.A. County Sheriffs, U.S. Forest Service, L.A. County Fire, Mountain Rescue, California Highway Patrol, just to name a few.

**Community Connections:** A variety of local businesses and organizations are on hand to provide valuable information on child related services, community information and much more.

**Green Scene:** Recycling Display from the California Conservation Corp, Tree Knowledge from the Parks and Recreation Department and wild animals!

**Critter Corner:** Friends of the San Dimas Dog Park and important pet care information.

**Recreation Preview:** A showcase of the vast and varied selection of recreation programs available for you this spring. Register for classes!

**Entertainment:** Live entertainment throughout the day, DJ, plus pony rides, a petting zoo, and bouncers.

**Fun Zone:** A great place for the kids to play all day! Bouncers, giant slide, pony rides, petting zoo.

**Fitness Zone:** Get information on health, fitness and sports.

**Food Court:** A variety of food trucks featuring delicious food, dessert and snacks. Back by popular demand "Hot Diggity Dog," while supplies last.

**Teen Job Fair:** Need help finding your first job? Join us during the Family Festival for our teen job fair to connect with employers seeking entry level applicants. Dress Professional.

For more information please call the Parks and Recreation Department at (909) 394-6230. Now accepting applications for vendor and exhibitor booths, space is limited, \$40 per 10' x 10' space.

# “U” Connection

Your guide to **teen** programs offered by the City of San Dimas Parks & Recreation Department.

## Student Union

**When:** After school Monday - Friday, 2:30 - 6 pm  
(1 - 6 pm on Jr. High school minimum days)  
(Closed November 11, 24, 25, December 26, 28 - 30,  
January 2, 4 - 6, 16)

**Where:** Located within the San Dimas  
Recreation Center 990 W. Covina Blvd.

**Who:** Students grades 6 - 12 **Fee:** FREE

FREE drop-in teen program supervised by trained recreation staff. The Student Union includes a game area with pool and ping pong tables, foosball, board games and puzzles, Nintendo Wii, video games and a TV/DVD. Special events, activities and field trips are also scheduled. Homework area available.

Drop in to see what's going on or call (909) 394-6288.

## Teen Action Committee (TAC)

Youth in grades 6-12 are encouraged to become part of the Teen Action Committee. Assist in planning special events for teens, gain volunteer and leadership experience while meeting new people and having fun. Meetings held December 1, January 12, February 16 and March 9. Meetings are supervised by trained recreation staff. Call for more information or to sign up. (909) 394-6288.

## Teen Happenings

### Junior High Dance

**When:** Fridays - December 9,  
February 10, May 19

**Time:** 6:30 - 9:30 pm

**Where:** Senior Citizen/  
Community Center

**Who:** Boys and Girls, grades 6, 7, 8

**Fee:** \$5 payable at the door

Monthly Junior High Dances are sponsored by the San Dimas Shooting Stars. Permission slip and student ID required. School dress code enforced. Snack bar available.



### Teen Friday Night Out

**When:** Fridays - January 20, March 17, April 21

**Time:** 6 - 9 pm

**Where:** Student Union

**Who:** 6<sup>th</sup> - 8<sup>th</sup> Graders

**Fee:** Free!

Join us at the Student Union for fun Fridays. January 20 - get your game on during game night. March 17 - make sure to wear green as we celebrate St. Patrick's Day and April 21 - search for Easter eggs at our night hunt.



### New Year, New You

**When:** Tuesday, January 3

**Time:** 2 - 4pm

**Where:** Student Union

**Fee:** FREE

Start the New Year off right by getting a jump on your fitness resolution. Join us for a workout, create a fitness plan for the year and some healthy snacks.

### Student Union Teen Center 17<sup>th</sup> Anniversary Celebration

**When:** Wednesday, February 15, 2017

**Time:** 2:30 - 5:30 pm

**Where:** Student Union

**Who:** 6<sup>th</sup> - 12<sup>th</sup> Graders

**Fee:** \$4

Come join us! The afternoon's events will include games, refreshments, and raffle prizes. Sign up early!

## TEEN TRAVEL CLUB

### Rose Parade Float Decorating for Teens

**When:** Tuesday, December 27

**Time:** 9 am - 4:30 pm

**Where:** Festival Artists Floats in Azusa

**Who:** Student grades 6 - 12

**Fee:** FREE (Please bring a sack lunch. Permission slip required. Transportation provided from the Student Union.)

Join us in decorating and helping prepare for the 2017 Rose Parade. Each participant is asked to dress warmly and wear old clothing. For more information, call (909) 394-6288. Deadline to register Friday, December 16.



### Student Union Holiday Party

**When:** Wednesday, December 21

**Time:** 2:30 - 5:30 pm

**Where:** Student Union

**Who:** 6<sup>th</sup> - 12<sup>th</sup> Graders

**Fee:** \$4

Come and celebrate the Holidays with the Student Union. This will be an afternoon to remember! There will be games, prizes, refreshments and more!!!

**A NEW NAME FOR A GREAT PLACE!**

## The San Dimas Swim and Racquet Club is now the **SAN DIMAS RECREATION CENTER!**

The San Dimas Recreation Center is still your place to stay fit! The new name also reflects our teen programs, wellness and fitness programs and recreation classes and will capture the new activities and classes that are yet to come! The San Dimas Recreation Center mission is to provide recreation, education and fitness activities that develop and maintain safety, health and wellness for San Dimas residents. Stop by and have fun!

**STAY FIT San Dimas! at the San Dimas Recreation Center 990 W. Covina Blvd. (909) 394-6283**

*Operated by the Parks and Recreation Department, with a mission to provide recreation, education and fitness activities that develop and maintain safety, health and wellness for San Dimas residents. OPEN TO THE PUBLIC.*

### **ANNUAL PASS: The Best Deal in Town for Your Pocketbook and Your Health!**

Individuals must be at least 18 years of age to hold an Individual Pass.

Family Pass includes two directly related adults plus children, age 21 or younger who reside at the same address.

#### **ANNUAL PASS SALE NOVEMBER 15<sup>TH</sup> - JANUARY 15<sup>TH</sup>**

	RESIDENT		NON-RESIDENT	
	Individual	Family	Individual	Family
	\$210	\$360	\$240	\$380
<b>SALE PRICE:</b>	<b>\$180</b>	<b>\$310</b>	<b>\$210</b>	<b>\$330</b>

Enjoy new customer-friendly monthly and daily use fees! Now, regardless of what you want to do, you only pay one simple fee! Daily and monthly fee entitle customers to use weight and fitness room, racquetball courts, lap swim and group exercise classes.

**\*\*Lap swim is only available to those who are 16 (must be accompanied by an adult) years and up.**

	RESIDENT	NON-RESIDENT	SENIORS 55+ AND STUDENTS 16-21 YEARS
Monthly Individual Pass	\$30	\$40	\$25
Daily Walk In Pass	\$5	\$7	\$2

Ask about our annual pass business discounts for you and your employees.

Don't live in San Dimas but you work here? If so, now you can enjoy the resident daily walk-in rate. Come in before work, at lunch or after work to maintain your fitness.

Call the Recreation Center at (909) 394-6283 for more details!

### **Recreation Center**

- ▶ Indoor Racquetball Courts
- ▶ Weight Room
- ▶ Aerobic Room
- ▶ 25 yard by 25 meter Competition Pool
- ▶ 52 foot Training Pool
- ▶ Steam Rooms, Saunas, and Jacuzzi
- ▶ Outdoor Jogging or Walking Path

### **WE'RE OPEN**

Monday thru Thursday	6 am - 10 pm
Fridays	6 am - 8 pm
Saturdays and Sundays	7 am - 5 pm

\*Most holidays from 6 am - 8 pm. Call for holiday schedule.



### **Facility Rental**

The Recreation Center pools are available for rental. Please call for specific rates and times.

### **Personal Training**

A certified fitness instructor is available by appointment to assist you in meeting your fitness needs. The trainer can aid in assessing your fitness level, designing an exercise program, developing health and fitness goals, and assisting in many other areas. Please call for more information.

### **Policies**

Rates for all activities are subject to change. Proof of San Dimas residency required for resident rates. Registration for San Dimas Recreation Center programs taken **ONLY** at the Recreation Center. **No mail-in registration accepted.**

### **Sports Courts**

These 40 by 20 foot hardwood courts can be used for racquetball. Racquetball can be either drop in or advance reservations.

### **Weight and Fitness Room**

Lift and work out on your own in our Weight and Fitness Room which is equipped with free weights, Life Fitness Equipment, exercise bikes, and a treadmill.

The weight room is co-ed and open

during all hours of operation.

### **SilverSneakers**

SilverSneakers is a program for adults 65 and up who are a member of certain health plans. You may be eligible to enjoy the amenities at the San Dimas Recreation Center **free** during hours of operation. Check your health plan to see if you can take advantage of SilverSneakers. Then, just come down to the Center and sign up. It's that easy!

### **Adult Lap Swimming**

**16 (must be accompanied by an adult) years of age and over**

Lap Swimming is available in the 25 yard by 25 meter heated pool. Swimming can provide one of the safest and most physically benefiting means of exercise.

Hours are Monday - Friday 6:15 am - 7:30 am, 11:30 am - 1 pm & 5:30 pm - 7 pm. Lap swim OPEN December and January!

# FITNESS CLASSES

## At the San Dimas Recreation Center

Ongoing classes for ages 16 years (must be accompanied by an adult) and up are offered. Free to annual and monthly pass holders or pay the daily pass fee!

### Ball & Sculpt

This class uses resist-a-balls and free weights to give you a total body, high energy workout. Strength, flexibility, and core stabilizers will be emphasized. Balls and weights are provided.

Wear tennis shoes and bring a towel or yoga mat. All fitness levels welcomed.

Monday 9 - 10 am



### Hi/Low Impact Aerobics

Students will get a thorough warm-up followed by 25-30 minutes of high/non-low impact aerobics with toning and stretching.

Saturday 7:30 - 8:30 am

Sunday 7:30 - 8:30 am

### Low Impact

This class is designed for muscle strengthening, endurance and flexibility.

Wednesday 8:30 - 9:30 am

Friday 8:30 - 9:30 am

### Step & Sculpt

This class is designed to work on toning the entire body using weights, bands, and mat exercises.

Monday 5:30 - 6:30 pm

Wednesday 5:30 - 6:30 pm

Thursday 6:30 - 7:30 pm

### Stretch and Tone

This class will work-out your whole body. You will go through a total body sculpting and stretching using stability balls, weights, and resistance bands.

Thursday 8 - 9 am

### Senior Stretch and Tone

This class will work-out your whole body. You will go through a total body sculpting and stretching using stability balls, weights, and resistance bands.

Monday - Thursday 11:30 am - 12:30 pm

### Yoga

This gentle class is ideal for beginners and those that are looking to build strength, balance, flexibility, and learn to relax. Practice on an empty stomach or 2-3 hours after a meal. Bring a yoga mat.

Tuesday 9 - 10 am

# ADULT SPORTS

## Adult Slo-Pitch Softball Leagues

Men's "Recreation": Friday and Sunday  
Co-ed I, Co-ed II: Tuesday, Wednesday or Thursday

### League Fees:

Early Registration: \$380

Late Registration: \$440

\* In addition to the league fee, there will be a \$10 umpire fee per team per game played.

## WINTER LEAGUES BEGIN THE WEEK OF FEBRUARY 12, 2017.

### Winter Registration:

Early: Monday, November 14, 7:30 am

Late: Monday, January 9, 7:30 am

Registration ends: Tuesday, February 7



## SUMMER LEAGUES BEGIN THE WEEK OF JUNE 4, 2017.

### Summer Registration:

Early: Monday, April 3, 7:30 am

Late: Monday, May 1, 7:30 am

Registration ends: Tuesday, May 30

Registration forms and rosters are available at the Parks and Recreation Department and must be completed in advance of registration. For additional information please contact the Parks and Recreation Department.

# YOUTH SPORTS

**Youth Assistance Scholarship Program available for eligible San Dimas families.**  
Please call (909) 394-6230 for more information.

## All-Valley Youth Flag Football

CO-SPONSORED BY THE CITY OF SAN DIMAS PARKS AND RECREATION DEPARTMENT



**When:** Weekly - All Sunday afternoon games  
League Starts: Sunday, January 8  
League Ends: Sunday, February 12  
6 weeks including playoffs. (Subject to change based on weather.)  
**Time:** Various game times 1 - 4 pm on Sunday afternoons (Games run about an hour long, two 20-minute halves.)  
\*One optional practice per week not to exceed two hours.

**Where:** Lone Hill Middle School  
**Who:** Boys & Girls Mini: Ages 5-7 Junior: Ages 8-10 Senior: Ages 11-13  
**Fee:** \$70 program registration fee + \$15 uniform shirt

Registration ends December 29, 2016! Certified coaches will lead your child through a fun-filled, recreational, football-based experience that is geared to help in the physical and emotional growth of your child. Everyone plays.

## Youth Basketball Volunteer Coaches



Volunteers are needed to work in the San Dimas Youth Basketball Leagues as coaches. You must be at least 18 years of age and be able to spend at least two evenings per week and part of Saturday working with the program.

C Division practices take place at either Allen, Ekstrand, Gladstone or Shull Elementary schools. Division A and B practice times and locations are set up by each individual coach. Coaching forms available at City Hall, the San Dimas Recreation Center and City Website ([www.cityofsandimas.com](http://www.cityofsandimas.com)).

\*NOTE: All coaches will be fingerprinted prior to acceptance.

## Boys and Girls Basketball

**Who:** Division C - 3<sup>rd</sup> and 4<sup>th</sup> grade  
Division B - 5<sup>th</sup> and 6<sup>th</sup> grade  
Division A - 7<sup>th</sup> and 8<sup>th</sup> grade  
**Fee:** \$80, includes jersey, coach, practices & games.

Separate boys and girls leagues offered. Register now! Division "C" practices during the week at Allen, Ekstrand, Gladstone and Shull schools. Division "A" and "B" teams chosen by draft. Players must be present at the "Player Assessment/Draft" to be placed on a team.

### Important Dates:

**Player Assessment/Draft Division "A" and "B":**  
Sunday, December 4 at the San Dimas High School Gym.  
Division "B" 10 am and Division "A" 11 am.

**Practices begin:** The week of December 5  
**Scrimmages:** Saturday, January 7 at the San Dimas High School Outdoor Courts

**Games:** Saturdays, January 14 to March 4 at the San Dimas High School Gym

**Awards Banquet:** Wednesday, March 8 at the Community Building

If minimum amount of registrants is met.

## PGA Junior Golf Development

**When:** By appointment only. Monday-Saturday  
**Time:** Each class is 1 hour.  
**Where:** Mountain Meadows Golf Course  
**Who:** Boys and Girls, ages 7-16  
**Fee:** \$95/4 Lessons

All kids want to have fun, play games and hangout with friends. Golf offer the perfect solution and is the game that kids can enjoy for a lifetime. Our unique lesson programs are taught by professionals who provide a fun learning experience in a safe environment. PGA Junior Golf Development, Instructor.

## Mighty Mites Volunteer Coaches



Volunteers are needed to work in the San Dimas Mighty Mites Programs as coaches. You must be at least 18 years of age and be able to spend part of Saturday working with the program.

Coaching forms are available at City Hall or the San Dimas Recreation Center.

\*NOTE: All coaches will be fingerprinted prior to acceptance.



## Mighty Mites Basketball

**When:** Saturdays, January 14 - February 18  
**Time:** 9 - 10 am  
**Where:** San Dimas High School Outdoor Basketball Courts  
**Who:** Boys and Girls, ages 5-7  
**Fee:** \$35 (Includes T-shirt uniform and pictures)

A six week instructional class where children will be taught the fundamentals of basketball without an emphasis on competition. Register now!

## Mighty Mites Soccer

**When:** Saturdays, April 15 - May 20  
**Time:** 9 - 10 am  
**Where:** Horsethief Canyon Park  
**Who:** Boys and Girls, ages 5-7  
**Fee:** \$35 (Includes T-shirt uniform and pictures)



A six week instructional class where children will be taught the fundamentals of soccer without an emphasis on competition. Register now!

## 47<sup>th</sup> Annual City Olympics Track & Field Meet

**When:** Saturday, March 18, 2017

**Where:** San Dimas HS Stadium

**Who:** Boys and Girls, year born 2002-2009

Track teams representing Allen Avenue, Ekstrand, Gladstone, Shull, Lone Hill, Holy Name of Mary and Home Schools will be invited to participate. Individual entries will not be accepted. First and second place winners will represent San Dimas in the San Gabriel Valley Championships. For information on how to participate on a school team contact the Parks and Recreation Department or your school P.E. teachers.

## San Dimas Little League Baseball



San Dimas Little League (SDLL) is gearing up for the upcoming 2017 season. SDLL is a program of service to youth. It provides an outlet of healthful activity and training under great leadership while establishing the values of teamwork, sportsmanship and fair play. Games and practices are held at Marchant Park, Ekstrand Elementary School and the SportsPlex.

Opening Day: March 4.

Registration: from November 1 thru January 17.

Walk up registration: 11/9 from 5 - 7 pm at Rock N Jump, 12/10 from 12 - 2 pm at Michaelangelos Pizza and 1/11 from 5 - 8 pm at Ekstrand Elementary School.

For more information about SDLL visit their website at sandimaslittleleague.com or call 909-730-3283.

## San Dimas Youth Softball Association (SDYSA)

SAN DIMAS YOUTH SOFTBALL  
REGISTRATION UNDER WAY!



The 2017 San Dimas Youth Softball Association (SDYSA) league is getting under way. SDYSA is a girl's fast pitch recreation league that offers spring and winter programs. SDYSA is a member of ASA (Amateur Softball Association), and is open to girls from the San Gabriel Valley and the Inland Empire area of Southern California. The league fields teams in 14-U, 12-U, 10-U, 8-U & 6U divisions.

Games and practices are held at the three fields located at Lone Hill Park, 500 N. Shellman (behind Gladstone Elementary School). Early registration takes place at Lone Hill Park on the following dates and times:

November 5 - 6, 2016	\$95*	9 am - 5 pm
November 12 - 13, 2016	\$95*	9 am - 2 pm
December 9 - 11, 2016	\$100*	9 am - 12 pm
6U Early Registration	\$65*	

Registration and evaluations will be on January 7 and 14 from 8 - 11 am. Registration is \$110\* for 8U through 14U. 6U registration is \$75\*

\*Registration fee does not include refundable \$60 snack bar deposit.

No evaluations are needed for 6U players.

For further information about late registration and player evaluations please visit [www.sdyasa.org](http://www.sdyasa.org).

## ADULT EXCURSIONS (18 years+)

### Journey at Sea

**When:** Saturday, February 25, 2017

**Time:** 8 am - 4 pm

**Fee:** \$55.00 Residents/Senior Club; \$56.50 Non-Residents

**CURRENTLY ACCEPTING REGISTRATION, CALL FOR AVAILABILITY.**

Excursion features transportation to the Dana Point Wharf for the incredible 2 hour whale watching cruise, narrated by an expert captain, who will educate you on the abundant ocean life. Afterwards, you will have time to stroll the wharf for lunch on your own.



### Central Coast Getaway (3-day Excursion)

**Depart:** Wednesday, May 10, 2017 **Time:** 9 am

**Return:** Friday, May 12, 2017 **Time:** 6 pm

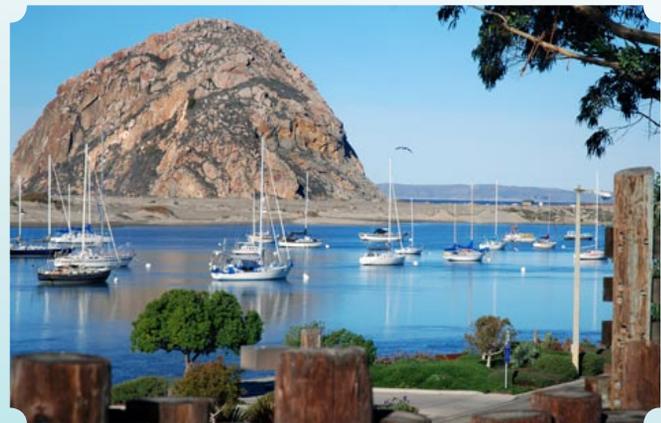
**Fee:** \$385.00 per person Double Occupancy /  
\$560.00 per person Single Occupancy

**Resident Registration:** Thursday, January 12

**Non-Resident Registration:** Friday, January 13

**On-Line Registration:** Tuesday, January 17

Excursion features transportation to the Sea Crest Hotel in Pismo Beach, CA. Package price includes: room accommodations for 2 nights, room tax each night, round trip luggage service, 2 continental breakfasts at the hotel and 1 lunch at the San Luis Obispo Apple Farm Restaurant. Tours include: wine tasting at the Talley Vineyards in Arroyo Grande, a guided tour at Hearst Castle and Imax movie. Other stops during the 3 day trip will include Santa Barbara, Solvang and Morro Bay.



### An American in Paris

**When:** Thursday, March 23, 2017

**Time:** 12 pm - 5:30 pm

**Fee:** \$84.00 Residents/Senior Club; \$85.50 Non-Residents

**Resident Registration:** Thursday, January 12

**Non-Resident Registration:** Friday, January 13

**On-Line Registration:** Tuesday, January 17

Excursion features transportation to the famous Pantages Theatre in Hollywood. You will spend the evening enjoying "An American in Paris", the new Tony Award-winning musical about an American soldier, a mysterious French girl and an indomitable European city.

## Swallows of Capistrano

**When:** Wednesday, April 5, 2017  
**Time:** 9 am - 4 pm  
**Fee:** \$48.50 Residents/Senior Club;  
 \$50.00 Non-Residents  
**Resident Registration:**  
 Thursday, January 19  
**Non-Resident Registration:**  
 Friday, January 20  
**On-Line Registration:**  
 Tuesday, January 23



Excursion features transportation to the Mission San Juan Capistrano. Not only will you enjoy a self-guided audio tour including: the working buildings, the padres' living quarters, the soldiers'

barracks and Indian cemetery but you will be there during the swallows annual return. The miracle birds have been visiting the mission for centuries, traveling 6,000 miles south from their winter vacation spot in Argentina. After visiting the mission, you will walk across the street to Sarducci's Restaurant for lunch (included). There will be free time to browse the local shops before returning home.

## Valley View Casino

**When:** Wednesday, April 26, 2017  
**Time:** 8 am - 5:30 pm  
**Fee:** \$20.50 Residents/Senior Club;  
 \$22.00 Non-Residents  
**Resident Registration:**  
 Thursday, January 26  
**Non-Resident Registration:**  
 Friday, January 27  
**On-Line Registration:**  
 Monday, January 30

Excursion features transportation to Valley View Casino in Valley Center, CA. Card members will receive \$25 in MOREPLAY. You will have your choice of 5 different restaurants, from casual to upscale or buffet for lunch on your own.



## Seaside Garden Party

**When:** Wednesday, May 24, 2017  
**Time:** 9:30 am - 4:30 pm  
**Fee:** \$45.00 Residents/Senior Club;  
 \$46.50 Non-Residents  
**Resident Registration:**  
 Thursday, February 2  
**Non-Resident Registration:**  
 Friday, February 3  
**On-Line Registration:** Monday, Feb. 6  
 Excursion features transportation to the beautiful Sherman Library & Gardens in Newport Beach for a guided tour of the 2.2 acre cultural center that specializes in the history of the Pacific Southwest and botanical gardens, also featuring tropical and subtropical flora. Next, you will travel to the Harborside Restaurant, located inside the historic Balboa Pavilion, for lunch (included). The final stop of the day will be Roger's Garden in Corona del Mar for some shopping/ browsing on your own before returning home.



## A Day at the Getty Villa

**When:** Friday, June 9, 2017  
**Time:** 9:30 am - 5:30 pm  
**Fee:** \$20.00 Residents/Senior Club;  
 \$21.50 Non-Residents  
**Resident Registration:**  
 Thursday, February 2  
**Non-Resident Registration:**  
 Friday, February 3  
**On-Line Registration:** Monday, Febr. 6  
 Excursion features transportation to the beautiful Getty Villa in Malibu. Spend the day touring J. Paul Getty Museum's collection of approximately 44,000 Greek, Roman, and Etruscan antiquities. There are 23 galleries devoted to the permanent collection, with five additional galleries for changing exhibitions. Lunch can be purchased on your own from the Café at Getty Villa or the on-site kiosk.

## EXCURSION POLICIES & GUIDELINES

Individuals, who are not at boarding locations at specified time, both upon departure or return and during the excursion, shall forfeit the cost of the trip and will be responsible for their own transportation arrangements and all related costs. Contact (909) 394-6290 for a complete Excursion Policy.

**Family Excursions:** Family Excursions include transportation on a luxury liner coach. Family Excursions depart from and return to the City Hall parking lot. Children 7 years and under must be accompanied by an adult. Family Excursions are supervised by Recreation staff and are conducted using the "buddy system" so children may sign up with a friend or with the family. Participants must travel on City provided transportation to and from the event. For more information, please call: (909) 394-6230.

**Adult Excursions:** Adult Excursions include transportation on a luxury liner coach. Adult Excursions depart from and return to the west side of the CVS Pharmacy parking lot unless otherwise noted. Participants must travel on City provided transportation to and from the event. For more information, please call: (909) 394-6290.

### Registration Information for Adult Excursions:

**San Dimas residents** - Registration begins at 8 am at the Senior Citizen/Community Center, 201 E. Bonita Ave., on the date specified for each trip. Proof of residency is required. Each resident may register themselves and one guest per trip. Residency is not required for the guest of a San Dimas resident, but non-resident fees are applicable.

**Resident Mail-in and On-line Registration** - No more waiting in lines. Register from the comfort of your home. Resident mail in registrations are processed after the first date of resident walk-in registration on the date specified for each trip or register on-line at [www.cityofsandimas.com](http://www.cityofsandimas.com). Complete the form on the last page and you will receive a receipt via mail or email.

**Non-residents** - Registration begins at 8 am at the Senior Citizen/Community Center on the date specified for each trip. Non-resident mail in registrations are processed after the first date of non-resident walk-in registration on the date specified for each trip. Each non-resident may register themselves and one guest per trip.

## FAMILY EXCURSIONS

### Disney on Ice - Worlds of Enchantment

**When:** Wednesday, January 4, 2017  
**Time:** 5:30 - 10 pm  
**Where:** Citizens Bank Arena, Ontario  
**Fee:** \$23 per person (lower level seating)

# Senior Citizen/Community Center

201 East Bonita Avenue • Open: Monday-Friday, 8 am - 5 pm

For more information on programs listed below call (909) 394-6290.

The San Dimas Senior Citizen/Community Center is dedicated to offering services, events and activities that help to enrich the lives of our community's older adults. We do this through a collaboration of different agencies that work together to provide a menu of services such as nutrition, health information, recreation classes, life-long-learning opportunities and special events all in a welcoming and fun environment. The Senior Center will be closed on December 23, 26 & 30; and January 2 & 16, and February 20 in observance of various holidays.

## Special Features and Social Groups

**Billiards** - Monday - Wednesday, 8:30 am - 4:30 pm.

**Bingo** - Every Tuesday, sales 10:30 am - 12:10 pm. Game begins at 12:30 pm. Starting package \$5 per person and \$2 for each additional packet.

**Book Club** - First Wednesday of every month, 10:30 am. Call Senior Center for book list.

**Boutique** - Shop at the Gift Boutique for a variety of handcrafted items, or bring your items in to sell on consignment.

**Cribbage** - Mondays, 8 - 11:30 am.

**Duplicate Bridge** - Every Monday, 1 - 4 pm.

**International Cultural Club** - First and third Monday of the month, 1 - 4 pm.

**Movies** - Free, offered at 12:30 pm on the 1<sup>st</sup> & 3<sup>rd</sup> Wednesday of the month (newly released movies) and bring your favorite DVD from home on the 2<sup>nd</sup> & 4<sup>th</sup> Wednesday. Call Senior Center for movie listings.

**Rummy Tile** - Thursdays, 9:15 - 11:30 am.

**Senior Citizens Club** - Meets every Tuesday at 9:30 am at the Senior Citizen/Community Center, Multi-Purpose Room. Coffee and tea served. Annual Dues: \$6 & 25 cents weekly. Club activities include: luncheons, entertainment, guest speakers, weekly bingo and club member travel with discounts!

**AARP Driver Safety Program** - \$15 per person, AARP members (must provide member number) and \$20 per person, non-members. Pre-registration required. Call for dates and program details.

**Attorney Service** - Free legal consultation. Third Friday of each month, 10 am - 12 pm.

**Community Senior Services (CSS)** - Offers services promoting independence and enhancing dignity. For information please contact CSS at (909) 621-9900.

**HICAP** - Questions about Medicare, Long-Term Care Insurance and HMOs are answered with a representative at (800) 434-0222.

**Ombudsman** - Long-term care advocacy for residents in nursing homes and community care facilities. For information call (909) 394-0416.

**Senior Help Line** - Free extensive local services database offered by CSS, please call (909) 625-4600.

**Super Service Station "Gas Pumping Program"** - Adults age 50 and over can receive free assistance at local participating gas stations. Pick up assistance plaque for your car at the San Dimas Senior Citizen/Community Center.

**YWCA Case Management** - A one-on-one service for urgent care management, outreach, education, nutrition, transportation, telephone reassurance, linkages with other support and services. Call the Senior Center for an appointment.

## Nutrition

**Chuckwagon Lunch** - Check-in begins at 11 am. Hot lunches are served at 11:30 am, Monday-Friday to individuals 60 years and over. Reservations required one week or at least two days in advance by calling (909) 394-6298 between 9:30 am - 12:30 pm. \$3.00 per person (meal donation, 60+) \$5.00 per person (under 60 years of age).

**Chuckwagon Home Delivered Meals** - Nutritious frozen meals delivered to eligible seniors. For information call (626) 960-2995.

**Meals on Wheels** - Hot lunches delivered to qualified San Dimas and La Verne residents. For information call (909) 596-1828.

## Transportation

**Get-About** - For information, call (909) 621-9900. Get-About tickets on sale from the 25<sup>th</sup> of the month until the 10<sup>th</sup> of the next month at the Senior Center.

**Dial-A-Cab** - For reservations, call (909) 622-4435.

**Metro Access Services** - For enrollment, call (800) 827-0829.

**Community Connections** - Community Connections provides door-through-door assisted transportation to seniors and individuals with disabilities. The key to the program is providing mileage reimbursement for volunteers to transport individuals who are too frail, ill, or unable to public transportation for other reasons or wish to cross city and county lines. For more information please call (909) 621-9900.

**SPECIAL INTEREST CLASSES**

**Fall Session:** Ends December 16  
**Winter Session:** January 9 - February 19  
**Spring Session:** February 27 - June 18  
 No classes on December 23, 26 & 30; and January 2 & 16, and February 20 in observance of various holidays.

**Special interest classes are free!** Select classes may require additional materials or equipment for successful participation. Registration accepted by instructor during the scheduled class meeting, unless otherwise noted. Please contact the Senior Center for more information.

**LIFE-LONG LEARNING**

- Computer - Level 1\*\*** - Tue. & Thur. 12 - 1:30 pm
- Introduction to Excel\*\*** -  
 Tuesday & Thursday 8:30 - 10 am
- Desktop Publishing\*\*** -  
 Monday & Wednesday 8:30 - 10 am
- Computer - Internet\*\*** -  
 Monday & Wednesday 10 - 11:30 am
- Home Gardening\*** - Wednesday 1 - 3 pm



- Digital Photography\*\* - Beginners** -  
 Tuesday & Thursday 10 - 11:30 am
- Writers' Workshop** - Wednesday 1 - 3:30 pm
- Write Your Life Story** - Tuesday 9:30 - 11:30 am

**Are you interested?**

We want to know if you would like to sell crafts on consignment, take an exotic trip or learn a new skill. Let us know if there is a class or program you would like to see added. Call the (909) 394-6290 to be included in the interest list.

**FITNESS**

- Dancercise (Special Needs)\*** - Thur. 10:30 - 12 pm
- Chair Exercise\*** - M, W & Fri. 9:30 - 10:30 am
- Physical Fitness\*** - Tuesday & Thursday 8 - 9 am



- Tai Chi\*** - Friday 9 - 11 am
- Yoga\*** - Tuesday & Thursday 9 - 10:30 am
- Walking-Roadwalkers Group** - Wednesday 8 am

**ARTS AND CRAFTS**

- Boutique Crafts Production\*** -  
 Tuesday 9:30 am - 12:30 pm
- China Painting Workshop** - Wednesday 12 - 3 pm
- Creative Crafters** - Thursday 9:30 am - 12:30 pm
- Decorative Arts for Retail\*\*** - Thursday 1 - 4 pm
- Jewelry Production for Retail\*** - F 9 am - 12 pm
- Quilting Workshop** - Monday 6 - 9 pm
- Sewing & Design\*** - Monday 5:30 - 8:30 pm
- Watercolor\*** - Tuesday 1 - 4 pm



\* These courses are sponsored by Mt. San Antonio College.

\*\* Pre-registration Required for all computer classes including digital photography and internet. Each person must register for himself/herself. Students may not register for anyone else. Students may register for only one class. Registration for new computer students is first come first served. Note: the student is permitted to take the computer class only two (2) times consecutively. Sponsored by Mt. San Antonio College. Registration for Spring Semester on January 25, 10 am.



## UPCOMING SPECIAL EVENTS AND SOCIALS

### CHUCKWAGON LUNCH SOCIALS

Special treats, raffles and activities during nutrition program. See "Nutrition" for program details and registration. Limited space - Pre-registration required. Call (909) 394-6298 from 9:30 am to 12:30 pm to make a reservation.

**Merry Holidays Social** - December 8, 11 am

**Happy New Year Social** - January 12, 11 am  
*Sponsored by Humana.*

**Be My Sweet Heart Social** - February 9, 11 am  
*Sponsored by HealthCare Partners.*

**Pot of Gold Social** - March 9, 11 am  
*Sponsored by AGA.*

### HAPPY HOUR MOCKTAIL SOCIAL

Enjoy a refreshing mocktail and snacks with your friends on the second Thursday of every month.

**Winter Party Pub** - December 8, 3 - 4 pm

**New Year Celebration** - January 12, 3 - 4 pm

**Be My Valentine** - February 9, 3 - 4 pm  
*Sponsored by Healthcare Partners.*

**Pot of Gold Pub** - March 9, 3 - 4 pm  
*Sponsored by Humana.*

### San Dimas Senior Citizen/ Community Center Donor Wall

#### Honor loved ones and contribute to the Senior Citizen Commission Foundation.

Did you know you can help contribute to the Foundation that helps purchase equipment for the San Dimas Senior Citizen Community Center? The San Dimas Citizen Commission Foundation invites you to place a name on display for posterity on the San Dimas Senior Citizen/Community Center Donor Wall. The Foundation is a non-profit organization established to receive gifts from the public to be used for the enhancement of the "Center" and its programs. Your donation is tax deductible. The SC/CC is the hive of action for San Dimas' energetic and involved older adults. Many seniors have not only enjoyed the activities but have also dedicated countless hours by volunteering for many events. What better way to share than through a donor wall contribution. For more information call the Senior Citizen/Community Center at (909) 394-6290.

### BUNKO

Meet new friends and play the popular social dice game. \$4 per person including meal.

**Be My Valentine Bunko** - Thursday, February 23, 2 - 4 pm. Ticket sales begin January 3.

**April Showers** - Thursday, April 27, 2 - 4 pm. Ticket sales begin March 7.

### DINNER PARTIES

**A Charlie Brown Christmas** - Friday, December 16, 4:30 pm, \$10 per person. Dinner, glass of wine, entertainment and raffles. Complimentary photo with Santa. Tickets on sale now.

*Sponsored by Intervalley Healthcare.*



**The Big Apple Adventure** - Friday, January 20, 4:30 pm, \$7 per person. Dinner, entertainment and raffle. Ticket sales begin December 6.

*Sponsored by Atria.*

**Night in Ireland** - Friday, March 17, 4:30 pm, \$7 per person. Dinner, entertainment and raffle. Ticket sales begin February 7.

*Sponsored by Healthcare Partners.*

### INFORMATIONAL SEMINARS & HEALTH SCREENINGS

#### Bereavement Buddies

Peer-to-peer support for understanding the feelings of grief and celebrating the lives lost. Offered second and fourth Tuesday of every month, 7 - 8:30 pm. FREE.

#### Blood Pressure Checks

Offered second Wednesday of every month, 10 - 11:30 am. First come, first served. FREE.  
*Sponsored by the American Red Cross.*

## Youth Scholarship Program

The Youth Assistance Scholarship Program (YASP) helps San Dimas Residents participate in the City's recreational activities! Children under 18 years of age are eligible. San Dimas households who meet the income level limit and household size can apply through the Parks and Recreation Department. Families may be eligible for up to \$200 per child. For more information contact (909) 394-6230.

## ART CLASSES

### Graphite Pencil Level I & II

This class will be a combination of Level 1 & 2. Join us as we explore the basic philosophy of drawing without an eraser. Develop how to understand sketching, lines and different drawing techniques. Student will learn to develop a good eye, brain to hand coordination and how to create good compositions. Instructor, Lucien Van Oosten, who is renowned for his artwork and demonstrations at Millard Sheets Gallery. **Seven (7) weeks.** SC/CC.  
1/12-2/23 13+ Thur 4:30 - 6:30 pm \$55

### Painting with Primary Colors

This class will focus on using only the three primary colors and white to create paintings. I will teach that from the three primaries and white you can create every other color imaginable. Explore how colors relate, work together and affect one another in creating a painting that works. Learn to discuss different techniques to create textures. Instructor is Lucien Van Oosten, who is renowned for his artwork demonstrations at the Millard Sheets Gallery. **Seven (7) weeks.** SC/CC.  
1/13-2/24 13+ Fri 4:30 - 6:30 pm \$55

### Young Rembrandts Preschool Drawing

This class is specifically designed with the needs of young learners in mind. We provide a positive, nurturing environment while students learn to draw and develop skills that will also prepare them for Kindergarten. As students draw and color fun, familiar objects, they practice following directions and staying on task. *All materials are included.* Instructor: Young Rembrandts. **Four (4) weeks.** SC/CC.  
2/2-2/23 3½-5 Thur 3:30 - 4:15 pm \$40



### Young Rembrandts Elementary and Cartoon Drawing Class

This class combines our essential basics of drawing and our humorous cartoon curriculum. Students will improve drawing skills, understanding of concepts, and increase art vocabulary as well as create silly characters and story sequences that tell jokes! *All materials are included.* Instructor: Young Rembrandts. **Four (4) weeks.** SC/CC.  
2/2-2/23 6-12 Thur 4:30 - 5:15 pm \$40

The City of San Dimas is committed to providing reasonable accommodations to those with special needs. Should a customer require accommodations, please let the Parks and Recreation Department know.

## COMPUTER CLASSES

### Introduction to Typing, Word and PowerPoint

Develop your child's proper typing skills and prepare them for many years of future usage. Learn to use Microsoft Word for writing reports, homework, or basic communication skills. The class will cover such areas as formatting with fonts, paragraph alignment, clip art, tables, margins, spelling and grammar check, bullets and numbering, columns and indents. Students will also learn PowerPoint for slide shows and apply the presentation to their academic work and project. *\*\$10 lab and supply fee payable to the instructor at first class meeting.* Instructor: AGI Academy. **Eight (8) weeks, no class 2/20.** AGI.



1/23-3/20 6-14 Mon 4:50 - 6:00 pm \$170

### Microsoft Office Applications in Word, Excel & PowerPoint

Whether you want to use your computer to edit Microsoft Office documents, make amazing slideshow presentations, create spreadsheets or produce tables, this class will let you do so by using Microsoft's three popular programs. Class includes hands-on practice. Experienced users can sharpen their skills and refresh themselves for those useful functions. *\*\$10 lab and supply fee payable at first class meeting.* Instructor: AGI Academy. **Nine (9) week session.** AGI.

1/24-3/21 16+ Tue 8:00 - 9:00 pm \$170

## DANCE CLASSES

### Country Western Line Dancing Beginning

Start anytime! Learn to dance the easy way! Steps are broken down and taught at a slower pace. Join us and don't miss out on the fun! **Requirement:** Student needs to take this class at least once prior to taking Intermediate class. Bonnie Reed, Instructor. **Seven (7) weeks. Drop in fee \$12.** SRC.  
1/11-2/22 10+ Wed 6:45 - 7:40 pm \$70



### Country Western Line Dancing Intermediate

Start anytime! Learn Intermediate line dancing steps to a number of dances that can be used at clubs, weddings and parties! Steps are broken down for all levels. **Requirement:** Students must take the 6:45 pm Beginning Class once prior to enrolling. Bonnie Reed, Instructor. **Seven (7) weeks. Drop in fee \$12.** SRC.  
1/11-2/22 10+ Wed 7:45 - 8:40 pm \$70

## How to Read the Schedule

- Seven (7) weeks - Length of Class
- 1/11-2/22 - Dates Class Offered
- SRC - Location Class Held  
(see addresses on pages 23 and 24)
- Beg. - Level of Class
- 10+ - Ages Class Offered To
- Wed - Day(s) Class Offered
- 6:45 - 7:40 pm - Times Class Offered
- \$70 - Class Fee

## Tippi Toes Baby Ballerina & Me

Music, movement, balance and basic dance steps are introduced in a fun, friendly and positive manner. Our teachers will keep the music and curriculum moving along while parents take an active role in encouraging, supporting and keeping their little dancer on track. Tippi Toes Co., Instructor. **Seven (7) week session. CB.**

1/12-2/23	1½-3½	Thur	4:15 - 4:45 pm	\$70
1/12-2/23	1½-3½	Thur	5:55 - 6:25 pm	\$70

## Tippi Toes Jazz/Hip Hop Dance Class

Our instructors will introduce your child to Jazz and Hip Hop dance styles. We will explore choreography, rhythm/movement skills while using all of the latest age-appropriate music. This class will provide your child with a fun way to exercise. For boys and girls. Tippi Toes Co., Instructor. **Seven (7) weeks, no class 2/14. CB, class at SC 2/21.**

1/10-2/28	5+	Tue	6:05 - 6:50 pm	\$70
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## Tippi Toes Ballet/Jazz/Tap Combo Class

We will introduce your child to ballet and tap technique while using individual instruction, across the floor technique and choreographed routines. Students are encouraged to wear nonrestrictive pants or leggings and all students will need ballet and tap shoes. Tippi Toes Co., Instructor.

**Seven (7) weeks, no class 2/14. CB, class at SC 2/21.**

1/10-2/28	5+	Tue	5:10 - 5:55 pm	\$70
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*Hear what the participants have to say about*

**Tippi Toes Class:** Ms. Raven is awesome with the kids!  
Past Parent

## Tippi Toes Preschool Dance Class

Our instructors will introduce your child to beginning ballet, tap, rhythm and movement skills. We provide age-appropriate music, fun props and an action packed class! Children will benefit by building their memory, concentration, coordination, creativity and self-confidence. Students are encouraged to wear non-restrictive pants or leggings and all students will need tap and ballet shoe. Tippi Toes Co., Instructor. **Seven (7) weeks, no class 2/14. CB, class at SC 2/21.**

1/10-2/28	3-5	Tues	4:15 - 5:00 pm	\$70
1/12-2/23	3-5	Thur	5:00 - 5:45 pm	\$70

## “SHOOTING STARS” Dance Team

The City sponsored Drill Team is made up of girls in kindergarten through eighth grades. The Team represents San Dimas in various parades and dance competitions throughout Southern California. Experience is not necessary.

The next tryout will be in May, 2017. For more information call the City of San Dimas Parks and Recreation Department at (909) 394-6230.

## MUSIC & DRAMA CLASSES



### Guitar - Beginning/Intermediate

Introduction to finger exercises, chords, chord progressions and strums. Popular songs provide the vehicle for learning guitar accompaniment. Students provide guitar and tuner (optional). Mark Tavarez, Instructor. **Six (6) weeks. SC/CC.**

1/11-2/15	9+			
Wed			4:00 - 5:00 pm	\$55

## Piano

Private piano lesson each week with piano technique and music reading taught. No prior experience required. Books purchased at first class. Price of materials varies according to age. Classes scheduled every half hour. Carl Bergquist-Devoe, Instructor. **Four (4) week sessions, 30-minute class. SC/CC.**

1/4-1/25	6+	Wed	5:00 - 7:00 pm	\$70
2/1-2/22	6+	Wed	5:00 - 7:00 pm	\$70
3/1-3/22	6+	Wed	5:00 - 7:00 pm	\$70
1/5-1/26	6+	Thur	5:00 - 7:00 pm	\$70
2/2-2/23	6+	Thur	5:00 - 7:00 pm	\$70
3/2-3/23	6+	Thur	5:00 - 7:00 pm	\$70

## Sunshine Generation

These classes offer a well-rounded performance curriculum. Your child will have the opportunity to sing on our microphones and learn dance while building showmanship and confidence. We renew our songs every few months and provide students with a CD and lyrics to take home to practice. Vocal skills are developed while developing a sense of rhythm. Optional performances are scheduled and a costume may be purchased if desired.

Katya Reimer, Director. **MP.**

**Session I: 1/4-1/25**

**Session II: 2/1-2/22**

3-5	Wed	4:45 - 5:45 pm	\$45
6-9	Wed	5:15 - 6:15 pm	\$45
10+	Wed	6:15 - 7:00 pm	\$45



## SPECIALTY CLASSES

### The Authors Shop Talk

The Coffee House Writers Group will be offering a monthly presentation by established writers, publishers, and editors to help you become a better writer as well as to help you become a published one. Some of our topics have included: How to Self-Publish, Editors and Self-Editing, Do's and Don'ts When Approaching Agents and Editors, Writing Characters that Readers Care About, Techniques of Dialogue and many others. So if you have a passion for writing and want to improve your writing techniques, join us every second Friday of the month for the Authors Shop Talk presentations. **SC/CC.**

1/13	18+	Fri	6:30-8:00 pm	FREE
2/10	18+	Fri	6:30-8:00 pm	FREE
3/10	18+	Fri	6:30-8:00 pm	FREE
4/14	18+	Fri	6:30-8:00 pm	FREE
5/12	18+	Fri	6:30-8:00 pm	FREE

### Critical Reading Skills

This course helps students strengthen their critical reading and vocabulary building skills, which are essential analytical skills for academic success. Students will learn how to enhance their reading comprehension skills by identifying important information, assumptions, values, and language use. They will also improve their vocabulary skills to prepare for the standardized tests.

\*\$10 supply fee payable to instructor at first class meeting.

Instructor: AGI Academy. **Nine (9) weeks. AGI.**

1/21-3/18	8-13	Sat	2:00 - 3:00 pm	\$170
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## Dog Ownership and Obedience Training

Help your dog become a more enjoyable member of your family! Includes basic obedience (loose-leash walking, automatic sit on stop, on command (verbal and hand signal): sit, stay and come) and help with correcting behavior problems such as destructive chewing, digging, and jumping up. All breeds over 5 months welcome. Handlers ages 10 to adult. Certificates awarded at final meeting. First meeting is held WITHOUT DOGS inside the Senior Citizen/Community Center, with remaining meetings at Pioneer Park. *Supply fee: \$25 for leash and treat bag and \$15 for additional treats.* Instructor: Ralf Weber, Happy Dog Training. **Eight (8) weeks, no class 1/16 & 2/20. PP.**



1/9-3/13 10+ Mon 6:00 - 7:00 pm \$85

## Debate and Public Speaking

Students will gain confidence speaking publicly and strengthen their interpersonal, problem-solving and communication skills. Furthermore, the debate preparation process requires students to thoroughly research a given topic, to create a persuasive argument, to anticipate their opponents' rebuttal and to prepare intelligent responses. *\$10 supply fee payable to instructor at first class meeting.* AGI Academy, Instructor. **Nine (9) weeks. AGI.**

1/21-3/18 9-13 Sat 1:00 - 2:00 pm \$170



## Kids in the Kitchen

Bring your apron and let's do breakfast! Waffles, pancakes, omelets and more! You will leave ready to put on your own brunch or treat your family to a homemade breakfast anytime. *\$15 supply fee due at the first class.* Heather Hoynes, Instructor. **Four (4) weeks. SC/CC.**

1/26-2/16 7+ Thur 3:15 - 5:00 pm \$39

## Let's Learn Spanish

This class offers a child an atmosphere that immerses them into the Spanish Language. Spanish will be assessable via stories, songs, poems, crafts, and games. Children will be exposed to basic vocabulary, Spanish phonics and more. This class is taught by a California credentialed teacher. Liz Rivas Klein, Instructor. *\$5 supply fee due at first class.* **Five (5) weeks. LIB.**

1/18-2/15 5-7 Wed 4:15 - 5:00 pm \$55  
1/18-2/15 8-11 Wed 5:15 - 6:00 pm \$55

## Spanish Circle Time

This class exposes your child to the Spanish language. Spanish will be introduced during a circle time session via songs, vocabulary building, stories and crafts. This class is taught by a California credentialed teacher. Liz Rivas Klein, Instructor. *\$5 supply fee due at first class.* **Five (5) weeks. LIB.**

1/18-2/15 3-4 Wed 3:30 - 4:00 pm \$55

## Math Workshop

This is a great refresher course for students who want to brush up on their Math skills. Experience a new approach to math problem solving and hands-on practice for 3<sup>rd</sup> - 8<sup>th</sup> graders. Whether students need help with homework assistance, or want to prepare for a test, AGI is here to help. The program not only helps with individuals for improvement, but will also help your student manage overall success in school. *\*\$10 lab and supply fee payable to the instructor at first class meeting.* Instructor: AGI Academy. **Nine (9) weeks. AGI.**

1/21-3/18 8-13 Sat 3:00 - 4:00 pm \$170

## PSAT Prep Class

Do you want to obtain spectacular scores on new PSAT? Two hours each week for an intensive learning will be devoted for a review with practical test and detail explanation. Join us for skill building, strategies, practice, and tips on critical reading and math. Students will be given an introduction for what are PSAT and its test format. Materials will be provided on a weekly basis for building the vocabulary, improving critical reading comprehension and written expression as well as the math sections of arithmetic, algebra, geometry and miscellaneous topics. *\*\$20 supply fee payable to instructor at first class meeting.* Instructor: AGI Academy. **Nine (9) weeks. AGI.**

1/21-3/18 13-16 Sat 2:00 - 4:00 pm \$340

## SafeSitter Class

This babysitting class teaches 11-14 year old girls and boys safe babysitting techniques. Students get hands-on practice in basic lifesaving techniques and receive information on child development and age appropriate activities. Includes a babysitting kit and workbook. Please bring sack lunch on the first day. Pomona Valley Hospital Medical Center, Instructor.

**Two (2) day seminar. PVHMC.**

1/28-1/29 11-14 Sat/Sun 9 am-2 pm/9 am-12 pm \$50  
2/25-2/26 11-14 Sat/Sun 9 am-2 pm/9 am-12 pm \$50

## SPORTS & FITNESS

### Bowling - Beginning

Learn basic bowling techniques, score keeping, sportsmanship, and safety. This includes bowling etiquette, "lingo", posture, hand position, ball release, the four-step approach, and warm up drills. Chaparral Lanes, Instructor. **Six (6) weeks. CL.**

1/10-2/14 8+ Tue 4:00 - 5:00 pm \$55

### Fencing

Students ages 16 and up will be divided according to skill level. Beginning students will start a class of classic fencing techniques at 7 pm. Intermediate and Advanced students will start an hour later at 8 pm. They will work on fencing drills and competitive techniques. They will also work with the instructor one-on-one. Due to the nature of the class discipline is emphasized. Intermediate students are expected to have their own basic fencing equipment. Advance students are expected to have and maintain all of their own equipment. **Students without required equipment will be required to pay a \$20 for basic equipment, \$10 for electric equipment.** Due to safety measures parents and siblings are prohibited to be in classroom. Parents and siblings may wait in hallway or lobby. Bard Smith, Instructor. **Eight (8) weeks. CB.**

1/4-2/22 16+ Wed \$30

Beginners 7:00 - 8:00 pm  
Intermediate/Advanced 8:00 - 9:00 pm

### Fun & Fit for Homeschoolers

This class includes activities in the form of fun games, stretching and strengthening. The children will jump, hop, tumble, use manipulative skills, and other movements to help develop balance, rhythm and coordination in a non-competitive environment. Charter Oak Gymnastics, Instructor. **Eight (8) week sessions. CO GYM.**

1/11-3/1 K-8<sup>th</sup> grade Wed 9:00 - 10:00 am \$77



### Golf

San Dimas Canyon Golf Course offers a comprehensive lesson schedule for junior golfers as well as adults. Contact the course at (909) 599-2313 for schedule and fees.



## PGA Junior Golf Development

All kids want to have fun, play games and hangout with friends. Golf offer the perfect solution and is the game that kids can enjoy for a lifetime. Our unique lesson programs are taught by professionals who provide a fun learning experience in a safe environment. PGA Junior Golf Development, Instructor. **Four (4) week session. MMGC.**

Appointment only

Mon-Sat \$95/4 classes  
Each class is 1 hour.

## Gymnastics

Movement classes develop balance, flexibility, and coordination. Beginning classes teach basic tumbling skills and introduction to apparatus. Charter Oak Gymnastics, Instructor. **Six (6) weeks, no class 1/16 & 2/20. CB.**

Session I: 1/9-2/27 \$58  
 Kiddie I 3-4 Mon 3:00 - 3:40 pm  
 Kiddie II 4-5 Mon 3:45 - 4:25 pm  
 Beginning 6+ Mon 4:30 - 5:10 pm

## Gymnastics at Gladstone

Seven (7) weeks. \$68  
 Session I: 1/13-2/24  
 Kiddie I 3-4 Fri 3:30 - 4:10 pm  
 Kiddie II 4-5 Fri 4:15 - 4:55 pm  
 Beginning 6+ Fri 5:00 - 5:40 pm

## Ice Skating Classes

Learn how to skate across the ice forwards, backwards, glide on one foot, stop and more! Dress warm, gloves a must. \*Price includes skate rentals and free public skating the day of class. Please arrive 20 minutes early for check-in. Center Ice, Instructor. **Five (5) weeks. CI.**

Session I: 1/7-2/4  
 Session II: 2/11-3/11  
 Tot & Me 2-5 Sat 11:00 - 11:30 am \$75  
 Tots 3-5 Sat 11:00 - 11:30 am \$55  
 Kids 6-12 Sat 11:00 - 11:30 am \$55

## Karate

Classes are ongoing. Build self-confidence. Learn to coordinate self-defense and mental awareness elements of martial arts. For boys, girls, adults ages 4+. Gi optional, \$22.50 - \$28.50, and available from instructor. Jerome & Beverly Walczak, Instructors. **Four (4) weeks. CB.**



Session I: 1/6-1/27  
 Session II: 2/3-2/24  
 Beg. 5+ Fri 4:00 - 5:15 pm \$45  
 Adv. 5+ Fri 5:30 - 7:00 pm \$45

## Kidz Love Soccer - Parent & Me

Introduce your toddler to the world's most popular sport! As you and your child participate in our fun age appropriate activities, your child will be developing their large motor skills and socialization skills. The fun happens on the field, and parents are a part of the action! *Fee includes jersey.*

Kidz Love Soccer, Instructor. **Eight (8) weeks. SPLEX.**  
 1/28-3/18 2-3½ Sat 9:00 - 9:30 am \$99

The City of San Dimas is committed to providing reasonable accommodations to those with special needs. Should a customer require accommodations, please let the Parks and Recreation Department know.

## Kidz Love Soccer - Tot Soccer

Little tykes will enjoy running and kicking just like the big kids! This class encourages large motor skill development through fun soccer games and introduces small children to the group setting. Shin guards required after the first meeting. *Fee includes jersey.* Kidz Love Soccer, Instructor. **Eight (8) weeks. SPLEX.**

1/28-3/18 3½-4 Sat 9:40 - 10:10 am \$99

## Kidz Love Soccer - Pre Soccer

Teaches the basic techniques of the game and builds self-esteem through participation and fun soccer activities. Children learn to follow instructions in a nurturing, age appropriate environment. Shin guards required after the first meeting. *Fee includes jersey.* Kidz Love Soccer, Instructor. **Eight (8) weeks. SPLEX.**

1/28-3/18 4-5 Sat 10:15 - 10:50 am \$99

## Kidz Love Soccer - Soccer 1

Players will learn dribbling, passing, receiving, shooting, defense and more. Fun skills games are played at every session, and every participant will have a ball at his or her feet. Small-sided soccer matches will be introduced gradually. Shin guards required after the first meeting. *Fee includes jersey.*

Kidz Love Soccer, Instructor. **Eight (8) weeks. SPLEX.**  
 1/28-3/18 5-6 Sat 10:55 - 11:40 am \$99

## Kidz Love Soccer - Soccer 2

Players will enjoy advanced skill building: dribbling, passing and shooting in a team play format. All levels are welcome to come enjoy the world's most popular game. Shin guards required after the first meeting. *Fee includes jersey.*

Kidz Love Soccer, Instructor. **Eight (8) weeks. SPLEX.**  
 1/28-3/18 7-10 Sat 11:45 am - 12:30 pm \$99

## Pilates

This class involves a fun, body conditioning and breathing routine that will help you to build flexibility, strength, endurance and coordination. Come and develop a lean, toned body! Resistance band, hand weights, and yoga mat required. The class is taught by a Pilates Certified instructor. Becky Coelho, Instructor.

**Four (4) weeks. LSP.**  
 1/3-1/26 13+ T/Th 6:00 - 7:00 pm \$44  
 2/2-2/28 13+ T/Th 6:00 - 7:00 pm \$44

## Power Yoga for Men and Women

Build strength, flexibility, endurance, balance, and coordination with this mild/medium cardio workout. You'll also learn to relax your mind and destress. This is a multi-level class. Yoga mat required. Becky Coelho, Instructor.

**Four (4) weeks, no class 1/16, 2/20. LSP.**  
 1/4-1/30 13+ M/W 8:00 - 9:00 pm \$39  
 2/1-2/27 13+ M/W 8:00 - 9:00 pm \$39

## Tai Chi

Tai Chi is the Chinese art of slow-moving meditation using dance-like, low-impact movements. Improve breathing, calmness, balance, coordination. Increase strength and flexibility gradually. Yang style of Tai Chi uses slow rhythmic movements to achieve greater health that can be practiced alone or as a group. Wear loose clothing. Robert Zailo, Instructor. **Four (4) week session. CB.**

1/4-1/25 12+ Wed 6:30 - 7:30 pm \$24  
 2/1-2/22 12+ Wed 6:30 - 7:30 pm \$24

## Total Core for Men and Women

Tone and tighten your body in this 30 minute class. This effective workout targets abs, rear and back. This class builds strength and endurance. All fitness levels are welcome. Mat required. Becky Coelho, Instructor. **Four (4) weeks. LSP.**

1/5-1/26 13+ Thurs 7:05 - 7:35 pm \$20  
 2/2-2/23 13+ Thurs 7:05 - 7:35 pm \$20

## Tennis

Johnny Allen Tennis Academy coaches present an all new program! All students must bring racquet, water, proper tennis attire and a smile. You can now register online for these classes! **Four (4) weeks, no class 11/24. SPLEX.**

### PEE WEE TENNIS - AGES 3-5

This class is your future tennis star's introduction to the exciting world of tennis, sports and overall athleticism. This class features fun games that are perfectly



designed to advance your child's hand-eye coordination, balance and love for tennis. Our friendly staff will provide a fun, creative and positive environment for every child involved. Parent participation is strongly encouraged.

1/10-2/2	T/Th	5:00 - 5:30 pm	\$53
2/7-3/2	T/Th	5:00 - 5:30 pm	\$53

#### Hear what the participants have to say about PeeWee

**Tennis:** Tennis is the first class he has really enjoyed. Love Coach Rudy! Great with the kids! *Past Parent*

### BEGINNING TENNIS - AGES 6-11

We believe learning tennis should be fun and exciting. All classes feature the magical fusion of music and tennis. All four major strokes will be taught, the forehand, backhand, serve and volley. Students will be given a solid tennis foundation, through tons of innovative and effective drills, and games. Once ready, players will be invited to attend intermediate class.

1/10-2/2	T/Th	5:30 - 6:30 pm	\$99
2/7-3/2	T/Th	5:30 - 6:30 pm	\$99

#### Hear what the participants have to say about Beginning

**Tennis:** Coach Rudy is awesome! His staff is great with the kids. I can't say enough great things! *Laura Marquez*

### INTERMEDIATE TENNIS - AGES 7-17

All junior tennis players looking for improvement are welcome to play, and find their groove as music is played every class. All four major strokes will be taught, forehand, backhand, serve and volley. Players will improve technique, spin, placement, balance, and movement, through Johnny Allen's own specially designed drills and games. This class prepares students for high school tennis, tournaments and a higher level of the game.

1/10-2/2	T/Th	6:30 - 8:30 pm	\$129
2/7-3/2	T/Th	6:30 - 8:30 pm	\$129

### ROCKIN' ADULT TENNIS - AGES 18+

Looking for an upbeat workout? Grab your racket and let's hit the courts! We have tons of fast paced drills and games, along with music to keep you moving, grooving and improving. If you are looking to bounce to the beat, and stay on your toes, then this program is perfect for you. This class features music and tennis, designed to burn some calories, make some friends, and of course, improve your tennis game. Johnny Allen Tennis, Instructor. **SPLEX.**

1/12-2/2	Thurs	8:30 - 9:30 pm	\$69
2/9-3/2	Thurs	8:30 - 9:30 pm	\$69

## Zumba

Zumba is a dance and fitness class that fuses Latin rhythms and easy to follow moves that will create a dynamic fitness program. Experience an absolute blast in one exhilarating hour of heart-racing, muscle-pumping fun with dance inspired movements. Victoria Galvez, Instructor. **Four (4) weeks, no class 2/21. CB.**

1/10-1/31	16+	Tues	6:30 - 7:30 pm	\$25
2/7-2/28	16+	Tues	6:30 - 7:30 pm	\$19



# TINY TOTS



## Tiny Tots Registration

Birth certificates are required for Tiny Tots at time of registration, unless registered in the previous session. Those children currently enrolled receive priority registration. **MAIL-IN REGISTRATION ACCEPTED ONLY WITH A COPY OF BIRTH CERTIFICATE.**

**Session: January 3 - February 24**  
(8 weeks, no class 1/16 and 2/20.)  
**Registration:** Priority - 11/29  
Residents Walk-In - 12/6  
Non-residents Walk-In - 12/13

**Session: February 27 - April 28**  
(8 weeks, no class 4/3 through 4/7.)  
**Registration:** Priority - 2/7  
Residents Walk-In - 2/14  
Non-residents Walk-In - 2/21

## Tiny Tots

An activity oriented class for boys and girls. The classes are designed to develop your child's social, physical, and mental skills. The children will be exposed to numbers, colors, shapes, the alphabet, story time, music, crafts, and outdoor play. Children must be toilet trained. Dora Schweitzer, Instructor and Assistant.

Boys and girls ages 3-5. **Eight (8) weeks. MP.**

3 - 5 yrs	M/W	9:00 - 11:30 am	\$120
3 - 5 yrs	T/Th	9:00 - 11:30 am	\$120

## Tiny Tots Fine Art Fridays

This class is designed in two parts; to develop your child's creativity and artistic skills. Children will create an art project each Friday, they will also be exposed to effective communication and team work through music, drama and puppet projects. Dora Schweitzer, Instructor and Assistant. Boys and girls ages 3-5. **Eight (8) weeks. MP.**



3 - 5 yrs	Fri	9:00 - 11:30 am	\$90
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## CHILD CARE INFORMATION

Pomona Child Care Information Service (909) 397-4740 or (800) 822-5777. Information and referrals for child care in San Dimas and cities east of San Dimas.

Options Child Care Information Services (626) 856-5900. Information and referrals for child care in cities west of San Dimas.

## FACILITY RENTALS

The City of San Dimas has the Stanley Plummer Community Building, the Senior Citizen/Community Center, and Ladera Serra Park Building available for rent for private or non-profit functions. Also available on a rental basis are lighted softball/baseball fields, soccer fields, and multi-purpose fields. For information on rental policies and fees call (909) 394-6230.

# Winter Classes Begin the Week of January 3, or as otherwise listed

The following information applies to registration of Recreation classes only. Registration information for Excursions, Sports, and Recreation Center activities can be found under those sections in this brochure.

CALL (909) 394-6230 FOR ADDITIONAL INFORMATION.

## WINTER REGISTRATION DATES:

1. Mail-in & online registration: begins Monday, November 21.
2. Walk-in registration: begins Monday, November 21.

## MAIL-IN:

1. Please use one form per individual. Additional forms available at the Parks and Recreation Department or copies may be used. Registrations received prior to the above dates will be held until that date for processing.
2. Make checks payable to "City of San Dimas".
3. You MUST include a self-addressed stamped envelope in order to receive a receipt as confirmation.
4. Mail forms with payment to: San Dimas Parks and Recreation Department, 245 East Bonita Avenue, San Dimas, CA 91773 Attention: Registration

## WALK-IN:

1. Walk-in registration taken at the City Hall, Parks and Recreation Department, 245 E. Bonita Avenue, 7:30 am - 5:30 pm Monday-Thursday, and 8 am - 5 pm Friday.
2. We accept cash, checks, Visa, MasterCard or American Express.

## NOW! ON-LINE REGISTRATION:

1. Register online at [www.cityofsandimas.com](http://www.cityofsandimas.com) beginning Monday, November 21 for most classes and activities.
2. Convenience fee is applied to all on-line registration.

*Class information is correct and up to date as of the time of publishing. The Department reserves the right to change any information.*

**ATTENTION INSTRUCTORS!** The Parks and Recreation Department is constantly looking for qualified instructors to teach youth and adult classes. If you have a talent or an idea for a class you would like to teach, please contact the Department at (909) 394-6230.

## GENERAL POLICIES:

1. Students must pre-register for all classes. Registrations will not be accepted by instructors.
2. **Register early!** Classes may be canceled if minimum registrations are not met by the first class meeting.
3. **Refunds will only be issued prior to the first class meeting, with a \$10 service charge for each class refund issued. On-line convenience fees are nonrefundable.**
4. Small children may not remain in adult classes during instruction periods. Parents of children in the Performing Arts classes will be allowed to observe only the first and last classes of the session.

## CLASS LOCATION CODES:

- AGI - AGI Academy, 20816 Carrey Road, Walnut, CA
- CB - 245 E. Bonita Avenue
- CI - Center Ice, 201 Plum, Ontario
- CO GYM - Charter Oak Gym, 841 N. Dodsworth, Covina
- CL - Chaparral Lanes, 400 W. Bonita Avenue
- LSP - Ladera Serra Park, 975 Calle Serra
- MMGC - Mountain Meadows Golf Course, 1875 Fairplex Drive, Pomona
- MP - Marchant Park, 425 E. Juanita Avenue
- PP - Pioneer Park, 225 S. Cataract Avenue
- PVHMC - Pomona Valley Hospital Medical Center, 1798 N. Garvey, Pomona and Claremont, and 1601 Monte Vista, Claremont, CA
- SC/CC - Senior Citizen/Community Center, 201 E. Bonita Ave.
- SRC - San Dimas Recreation Center, 990 W. Covina Blvd.
- SPLEX - San Dimas SportsPlex, 763 Cypress

## RECREATION CLASS REGISTRATION FORM FOR MAIL-IN REGISTRATION ONLY

Please completely fill out one form per individual. Additional forms are available at the Parks and Recreation Department; or a duplicate of the form may be used.

**Mail to:** San Dimas Parks and Recreation Department, 245 East Bonita Avenue, San Dimas, CA 91773, Att: Registration.

**Enclose a self addressed, stamped envelope. Checks payable to: City of San Dimas.**

Participant's Name \_\_\_\_\_ Age \_\_\_\_\_ Birthdate \_\_\_\_\_

Print Parent or Guardian Name (if minor) \_\_\_\_\_ E mail \_\_\_\_\_

Address (no PO Box) \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

Phone Home (\_\_\_\_\_) \_\_\_\_\_ Work (\_\_\_\_\_) \_\_\_\_\_ Cell/Emergency (\_\_\_\_\_) \_\_\_\_\_

Activity Title	Day(s)	Time	Site	Fee
			<b>Total Fee</b>	
			<b>Check #</b>	

*I fully understand that my participation, or that of the minor in my custody as registered, in the above-mentioned activity, presents exposure to the risk of personal injury, death or property damage. I hereby acknowledge that participation in this event/class is voluntary and agree to assume any such risks. I hereby release, discharge and agree not to sue the City of San Dimas, its officers, agents, employees or volunteers for any injury, death or damage to or loss of personal property arising out of, or in connection with, participation in the event/class from whatever cause, including the active or passive negligence of the City of San Dimas, its officers, agents, employees or volunteers or any other participants in the event/class. In consideration for being permitted to participate in the event/class, I hereby agree, for myself, my heirs, administrators, executors and assigns, that I shall indemnify and hold harmless the City of San Dimas from any and all claims, demands, actions or suits arising out of or in connection with my participation in the event/class. I also agree and acknowledge that participant may be photographed while participating, and release use of the photographs for reproduction in City sponsored publications. I have carefully read this release, hold harmless and agreement not to sue, and fully understand its contents. I am aware that it is a full release of all liability and sign it on my own free will.*

Signature of Participant/Parent \_\_\_\_\_ Date \_\_\_\_\_

**How did you hear about us? (check one please)**

- Frontier  Referral  Cable TV  Web Site  Street Banner  Email Blast  Program Flyer  SGV Tribune  Other



**Recreation Department**

245 E. Bonita Avenue  
San Dimas, CA 91773

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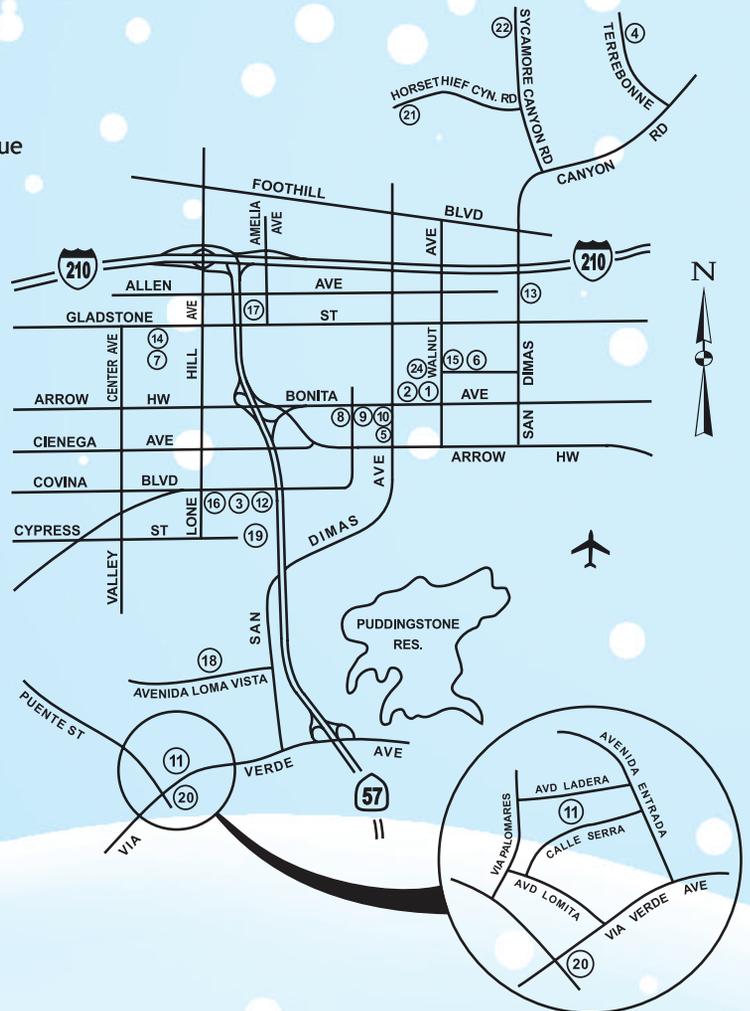
San Dimas, CA 91773

*We are in your neighborhood!!*

**Parks  
Make  
Life  
Better!**

**Program Locations**

1. San Dimas City Hall, 245 E. Bonita Avenue
2. Community Building, 245 E. Bonita Avenue  
Civic Center Park, 245 E. Bonita Avenue  
Senior Citizen/Community Center, 201 E. Bonita Avenue
3. San Dimas Recreation Center, 990 W. Covina Blvd.  
Student Union, 990 W. Covina Blvd.
4. San Dimas Canyon Golf Course, 2100 Terrebonne
5. Freedom Park, 213 S. San Dimas Avenue
6. Marchant Park, 425 E. Juanita Avenue
7. Lone Hill Park, 500 N. Shellman
8. Pioneer Park, 225 S. Cataract Avenue
9. Rhoads Park, 210 W. Bonita Avenue
10. The Depot, 210 W. Bonita Avenue
11. Ladera Serra Park, 975 Calle Serra
12. San Dimas High School, 800 W. Covina Blvd.
13. Allen Avenue School, 740 E. Allen Avenue
14. Gladstone School, 1314 W. Gladstone
15. Ekstrand School, 400 N. Walnut
16. Lone Hill School, 700 S. Lone Hill Avenue
17. Shull School, 825 N. Amelia Avenue
18. Loma Vista Park, 1165 Avenida Loma Vista
19. SportsPlex, 763 Cypress
20. Via Verde Park, 1010 Puente Avenue
21. Horsethief Canyon Park, 301 Horsethief Canyon Road
22. Sycamore Canyon Equestrian Center, 1525 Sycamore Canyon Road
23. Walker House, 121 N. San Dimas Avenue
24. San Dimas Library, 145 N. Walnut Avenue



For information regarding program locations please call (909) 394-6230

**Winter 2016 Recreation Guide**