

PASO ROBLES
Recreation
GUIDE



Youth & Adult

Camps • Classes • Lessons • Leagues

Winter/Spring 2020

January- May

Welcome!

The Paso Robles Activity Guide has gone green in order to respect the environment & reduce costs.

This *Interactive Recreation Guide* will allow you to connect directly to the information for each class we offer with one simple click!

The Recreation Guide will also be mailed three times per year inside your City water bill.

Don't receive a water bill? Join our mailing list by emailing recservices@prcity.com or by calling **805.237.3988**.

Registration is Easy

Sign-up for classes by visiting:

prcity.com/recreation

Register in person:

Centennial Park Registration Desk
600 Nickerson Drive (M-F, 12-5pm)

For more Registration Information ***Click Here***

For our Printable Registration Form ***Click Here***

Questions? Please call (805) 237.3988.

✿ Pre-registration strongly encouraged to avoid class cancellation

Cover Image: Vanessa Orr of Yaya Yoga enjoys time with her family (mom Emily, husband Brad and children Manny and Primrose) at City Park in Paso Robles. This season, Vanessa's classes at Centennial Park include Glow-ga, dance, yoga for kids, and a teen mindfulness camp.
Photo: Debbie Markham Photography





Table of Contents

Welcome & Registration Information.....	2
Adult Activities.....	4-5
Youth Activities.....	5-6
Spring Break Camps.....	7
Crafting Classes.....	8
Aquatics.....	9
Scholarships & Senior Services.....	10
Additional Information.....	11

ADULT activities

All classes listed here are held at Centennial Park unless noted.

Health & Fitness

Body in Balance for Active Aging

Gentle strengthening exercises improve balance, breathing capacity, posture & enhance overall health/vitality. Ages 18+ Monthly. Wed, 10-11am. \$46/month (\$38/month for additional family member), \$80/2 months (\$64/2 months additional family member). Senior Center/Faye Baker

Tai Chi for Health • Beginner

Learn the basics of tai chi, qigong (chi gung) & self-acupressure techniques to improve breathing, balance, circulation & flexibility. Ages 18+ Monthly. Tues, 10:30-11:30am. \$46/month (\$38/month for additional family member), \$80/2 months (\$64/2 months additional family member). Banquet B/Faye Baker

Tai Chi for Health • Advanced

Body in balance qigong & intermediate to advanced Yang style tai chi chuan forms. Ages 18+ Monthly. Tues, 9:30-10:30am. \$46/month (\$38/month for additional family member), \$80/2 months (\$64/2 months additional family member). Banquet B/Faye Baker

Total Body Workout

Raise your heart rate while strengthening, toning, stretching, & focusing on balance with great music & lots of fun! First class is FREE. Ages 18+, Wed & Fri, 9-10:15am. \$35/10 punch pass. Banquet B/Shelley Kelley

50 Plus Yoga

Improve circulation, posture & balance, health & well-being. Promotes muscle strength & flexibility. Chairs optional. First class is FREE. Ages 50+, Tues, 1-2 pm. \$45/month or \$85/8 punch pass. Banquet B/ Debbie Stevens

Gentle Yoga

Reduce pain while increasing strength, stability & balance. Ages 16+ Mon & Wed, 6-7:10pm, Mon-Banquet B & Wed-Banquet A. \$55/month or \$80/10 punch pass/Sue Larson

NEW Glow-ga: Glow in the Dark Yoga



Celebrate spring during this special adult vinyasa style yoga class with black lights, glowing decorations & glowsticks. We will have lots of fun exploring mindfulness & yoga practices to upbeat music. Adults & their family members ages 3.5+ Fri, March 20. 5:30-6:30pm. \$20/individual or \$25 for up to 4 family members, additional family \$3 each. Banquet A/Vanessa Orr

Zumba Gold

Join us for this exciting medium-impact aerobic Latin-based dance workout for the mature dancer. Ages 12+ Mon & Fri, 10:30-11:30am. \$45/10 punch or \$5/class. Banquet A/Cristina Averseng

Karate: See Youth Section

Sports & Leagues

Futsal Indoor Soccer • Co-Ed & Women's Leagues

Build skills, get a great work out & have a blast! Participants must register as a team. Ages 16+ Monthly. Wed. Co-Ed league, 6:30-9:30pm (6-9:30pm beginning 3/4) or Fri. Women's league, 7:30-9:30pm. \$150/team. Centennial Gym/Juan Ayala

Pickleball

Come join the fastest growing sport in America on the five dedicated courts. Paddles available for use. Ages 18+ Mon through Sat, 8-11:30am. \$60/Jan-June or \$3/day drop-in. Centennial Pickleball Courts

Volleyball • Women's League

Competitive league with 4-8 teams. Top teams progress to playoffs. Each team guaranteed 2 matches/night. Must register as team. Ages 13+ 6:30-9:00pm, Mondays. Session 1: Jan 13-Mar 2 (no play 1/20 & 2/17), Session 2: Mar 30-May 11 (no play 4/13). \$306/team. Centennial Gym/Greg Cunningham

General Interest & Workshops

Auto Detail

There's a big difference between a car wash & an auto detail. A good detail preserves the value of your car. Learn how it's done during this class. Wed, February 19. 6-8pm. \$20. White Oak Rm/Lisa Marrone

Ballroom Dance for Fun

Ballroom dancing is fun, great exercise & a perfect date night activity! Try something new: learn swing, foxtrot & waltz this season. See online guide for dances to be taught each month. Ages 9+ Session 1: Jan 8-29, Session 2: Feb 5-26, Session 3: March 4-25, Session 4: April 1-29 (no class 4/15), Session 5: May 6-27. Wed 7:15-8:15pm. \$36/single \$67/couple. Banquet B/Dan & Sharon Davis

Line Dancing: Beginning & Intermediate

No partners needed for this dance class that's a great workout & lots of fun. Dance to country, top 40, hip-hop, ballroom, swing & more! Ages 18+ Tues 6-8pm (Banquet B), Wed 9-11am (Banquet A). \$50/10 punch pass or \$5 drop-in. Tina Scarsella

Dog Training: Beginning

Learn to understand & train your dog & deal with unwanted behaviors in a fun non-force way. Ages 12+ Session 1: Jan 23-Feb 27, Session 2: Mar 12-Apr 16, Session 3: Apr 30-Jun 4. Thurs 6-7pm. \$115/\$104 for 2nd dog. Cent Park Patio, first class in White Oak Room/Kathy Kropp

Dog Training: Intermediate

A fun way to take your dog to the next level of training. Brush up on basics along w/ new challenges for both of you. Ages 12+ Session 1: Jan 7-Feb 4, Session 2: Feb 18-Mar 17, Session 3: Mar 31-Apr 28. Tues 6-7pm. \$115/\$104 for 2nd dog. Cent Park Patio/Kathy Kropp

Dog Training: K9 Fun and Games

Enhance your relationship with your dog with easy & fun games to help shape your dog's personality. Ages 13+ Session 1: Feb 26-Apr 1, Session 2: Apr 22-May 27. Wed, 6-7pm. \$115/\$104 for 2nd dog. Cent Park Patio Area/Kathy Kropp

NEW Dog Training: Intro to K9 Rally Obedience

Enhance your relationship with your dog by using basic obedience skills; learn a few new skills & combine them together to perform a rally obedience routine. Learn how to read & perform rally obedience course signs, work your dog's brain (and yours!) & learn the basic principles of a fun & very popular dog sport. Ages 12+ Session 1: Jan 6-Feb 3, Session 2: Feb 17-Mar 16, Session 3: Mar 30-Apr 27, Session 4: May 11-Jun 15. Mon, 6-7pm. \$115/\$104 for 2nd dog. Cent Park Patio/Kathy Kropp

Hunter Education

Learn to hunt & handle firearms the safe way. Course completion meets educational requirements for CA Hunting License. All ages (under 10 encouraged to attend w/adult). May 5-7, 13 & 14. 6-9pm. \$10 + \$10 supply. Live Oak Rm/Dennis Doberneck

NEW Phenomenal

Science-Dipity Workshop for Educators

Enrich your classroom with fifty materials-intensive, genuine, easy-to-do, hands-on STEM activities to use & share for your entire career. Let Science-Dipity help you implement the Next Generation Science Standards for your K-8 students (and beyond). Saturday, February 1, 8:30am-3:30pm. \$350 (includes lunch). Live Oak Room/Tim Baker



ADULT activities

Photography: Location Shooting with Dean Crawford, Jr.

On location shooting with a professional photographer as your guide. First & last classes @ Centennial Park, Saturday locations TBA by instructor @ first class. Ages 18+ (younger w/ instructor permission). March 5, 7, 14 & 23. Mon/Thurs classes 6:30-8:30pm. Sat 1-5pm. \$45 + \$15 supply. \$40 returning student. White Oak Rm & Various Locations/Dean Crawford

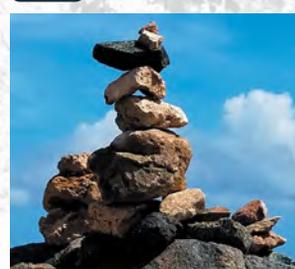
NEW Positive Parenting Workshop

This engaging workshop will offer tools to help in your parenting journey including important life skill lessons taught in a way that is deeply respectful & encouraging for both children & adults. Based on the book Positive Discipline, a gold-standard reference for grown-ups working with children for 25+ years. Instructor is a certified Positive Discipline parent educator, elementary educator & parent. Ages 18+ Wed, Jan 29. 6-7:30pm. \$20+\$5 supply fee/\$5 additional family member. Acorn Rm/Stormy Capalare

NEW Positive Parenting • Four Week Session

This class will take a deep dive into tools & techniques that will help you to build a mindful & intentional approach in your parenting. For anyone that spends time with children. Ages 18+ Wed, Feb 5-26. 6-7:30pm. \$80+\$15 supply fee/\$40 additional family member. Acorn Rm/Stormy Capalare

NEW Meditation Made Easy



Meditation has been linked to numerous benefits for the mind, body & spirit. Experience these benefits & see how easily you can add this practice into your daily life. Thurs, May 7. 6-8pm. \$25/\$20 returning student, active military, veteran or additional family member. White Oak Rm/Art Kuhns

NEW Reiki I

Reiki (ray-key) is a Japanese term for the concept of "universal life force energy." Experience & learn the gentle yet powerful Reiki energy healing system to restore harmony & balance to yourself & others. Tues, March 24 & Wed, March 25. 6-9pm. \$150/\$145 returning student, active military, veteran or additional family member.

White Oak Rm/Art Kuhns

NEW Self-Hypnosis: Mindful Inner Dialogue Class

Learn to access the hidden knowledge of your unconscious mind by talking with your brain, connecting to your higher-self, automatic writing, drawing & doodling. Wed, Jan 22. 6-8pm. \$25/\$20 returning student, active military, veteran or additional family member. White Oak Rm/Art Kuhns

Self-Hypnosis: Weight Loss Made Easy with Law of Attraction

Use the law of attraction to easily achieve your health & fitness goals. Wed, Feb 12. 6-8pm. \$25/\$20 returning student, active military, veteran or additional family member discount. White Oak Rm/Art Kuhns

NEW Self-Hypnosis: Empower Your Life with

Law of Attraction

Learn how to use the power of your mind with law of attraction to increase health, peace & abundance in your daily life. Ages 18+. Wed, Mar 11. 6-8pm. \$25/\$20 returning student, active military, veteran or additional family member discount. White Oak Rm/Art Kuhns

Self-Hypnosis: Quickly Release Stress & Anxiety

70% of Americans are living with stress & anxiety. You can learn to reduce stress & anxiety by using the power of your mind. Wed, April 22. 6-8pm. \$25/\$20 returning student, active military, veteran or additional family member. White Oak Rm/Art Kuhns

Self-Hypnosis: Chronic Pain Relief with Self Hypnosis

Imagine a happy, active, & productive life with your chronic pain in control. Self-hypnosis is an effective technique to reduce pain & promote healing. Wed, May 6. 6-8pm. \$25/\$20 returning student, active military, veteran or additional family member. White Oak Rm/Art Kuhns

YOUTH activities

All classes listed here are held at Centennial Park unless noted.

Music & Technology

Kindermusik® Wiggle & Grow Family Class

A music-filled class that celebrates the unique joys of the growing child as we sing, dance, explore & play instruments together. Ages newborn-4Y. Mon, 10:30-11:15am. Session 1: 1/27-2/24, Session 2: 3/2-3/23, Session 3: 3/30-4/27 (no class 4/13). Celebration class 5/4. \$40 + \$14 materials fee/session. Sibling \$25 + \$14 materials fee/session. 12 weeks \$114 + \$36 materials, Sibling 12 weeks/ \$69 + \$36 materials. Acorn Rm/Nancy Knox

Raytoons Classes

Register for more than one Raytoons class & receive \$5 off each additional class. Sibling discount of \$5 for all Raytoons classes. See Raytoons Spring Break Camps on reverse.

Raytoons 3D Video Game Designers

Create platform style 3D arcade games to play on your computer. No programming knowledge necessary. Ages 6+, Mon, Feb 10. 10am-2pm. \$60 + \$15 supply fee. Live Oak Rm/Ray Mullikin

Raytoons Internet Video Game Designers

Learn to create internet games to play on your computer or mobile devices. No programming knowledge necessary. Ages 9+, Fri, March 20, 10am-3:30pm. \$80 + \$15 supply fee. Live Oak Rm/Ray Mullikin

Workshops

NEW Positive Parenting Workshop & Class: See Adult Section

NEW Phenomenal Science-Dipity Workshop for Educators:

See Adult Section

Let's Move!

CaliKids Beginning

Gymnastics Skills

Your child will have a blast while building strength & improving balance, agility, flexibility & coordination in a positive, non-competitive atmosphere. New skills each week with the safest spotting techniques. Ages 3-6Y. Thurs, 5:30-6:15pm. Session 1: Jan 9-Feb 13, Session 2: Feb 27-April 2, Session 3: April 16-May 28. Session 1 & 2: \$59, Session 3: \$69. Register for this class and receive 50% off your registration for *Mini Ninja Warrior Skills*. Banquet B/Brittney Jones



NEW CaliKids Mini Ninja Warrior Skills

Your little ninja will love this fun-filled & challenging class of warm-ups, re-lays, games & obstacle training. This is a fast paced & exciting class to help kiddos stay active. Ages 3-6Y. Thurs, 4:45-5:30pm. Session 1: Jan 9-Feb 13, Session 2: Feb 27-April 2, Session 3: April 16-May 28. Session 1 & 2: \$59, Session 3: \$69. Register for this class & receive 50% off your registration for *Beginning Gymnastics Skills*. Banquet B/Brittney Jones



NEW Dance: Jedi & Butterfly

Creative Dance

Jedi masters & sweet butterflies join together to enjoy the love of movement through dance & fun music. This dance class is designed for the imaginative minds of young dancers. Learn basic dance directionality, taking turns, spins, balance & basic dance counts through music rhythm in a fun, creative way. Ages 3-6. Wed, 4-4:45pm, Feb 5-March 11. \$60/Sibling \$51. Banquet B/Vanessa Orr & Ashley Drahos.

YOUTH activities

All classes listed here are held at Centennial Park unless noted.

Toddler & Preschooler Yoga

Adults & little yogis gather together to share in the fun & relaxation of yoga! We'll explore practices we can do together to help build strong family connections. Ages 12 months-5Y. Thurs, 10:30-11:10am. Session 1: Feb 6-27, Session 2: March 19-April 9, Session 3: May 28-June 18. \$42/session (10% sibling discount) or \$80/8 punch pass, \$100/10 punch pass. Punch passes may be used for classes in all 3 sessions. Acorn Rm/Vanessa Orr.

Karate

Shorin-Ryu Karate has officially relocated to Centennial Park with all levels of their karate classes being offered in this location. All classes taught by internationally ranked 7th degree Okinawan black belt David Rogers & 6th degree Okinawan black belt Michelle Rogers. A \$50 annual family registration fee is payable to the instructor at the first class. Karate gi (uniform) included.

Lil' Dragons

This pre-karate program emphasizes coordination, bio-mechanics, life skills, stranger awareness & FUN! Ages 4-8Y. Tues & Thurs, 4-4:45pm, \$80/month + annual family registration. \$10/sibling discount. No class 1/2 or 4/14 & 4/16. Acorn Room/Michelle Rogers

Beginning & Intermediate Karate

Traditional Okinawan karate taught for self-defense, confidence, self-control & discipline. Ages 7+. Mon, Tues & Thurs, 5-5:55pm, \$80/month + annual family registration. \$10/sibling discount. No class 1/2, 1/20, 2/10, 2/17, 4/13, 4/14, 4/16 & 5/25. Banquet B (Mon), Banquet A (Tues & Thurs)/David & Michelle Rogers



Advanced Karate

Begin the training of the kata (form) during this class including self-defense techniques, advanced kicking & punching. The study of kata will be covered in depth including execution of hidden techniques & awareness training. Ages 7+. Mon, Tues & Thurs, 6-6:55pm, \$80/month + annual family registration. \$10/sibling discount. No class 1/2, 1/20, 2/10, 2/17, 4/13, 4/14, 4/16 & 5/25. Acorn Rm (Mon), Banquet A (Tues & Thurs)/David & Michelle Rogers

Kobudo (Weapons) Class

Students who are ranked as a yellow belt or higher may register for kobudo (the Okinawan art of weaponry) to be taught during their karate class. This instruction will include introduction & training in the use of the kama, sai, tonfa, nunchaka, kai & bo. Ages 10+ \$25/month additional fee for enrolled students/David & Michelle Rogers

Kidz Love Soccer

Tuesdays, at Barney Schwartz Park, Softball Field #2
Session 1: Jan 28-March 10 • \$110 /session (includes jersey)
Session 2: April 7-June 2 • \$141 /session (includes jersey)

Mommy/Daddy & Me Soccer

Introduce your toddler to soccer! Play fun games together as they develop large motor & socialization skills. Ages 2-3 1/2. 5:25-5:55pm

Tot/Pre Soccer

Run & kick just like the big kids! Learn the basic techniques of soccer while building self-esteem & learning to follow directions in a positive environment. Large motor skill development through fun soccer games. Intro for smaller children to the group setting. Ages 3 1/2 -4Y. 6:05-6:40pm

(Continued next column)



Kidz Love Soccer (continued)

Soccer 1: Techniques & Teamwork

Learn dribbling, passing, defense & shooting goals. Perfect for first time players while being fun & engaging for kids with some experience. Small-sided soccer matches introduced. Ages 5-6Y. 4:30-5:15pm

Soccer 2: Skillz & Scrimmages

Develop core soccer skills in a team play format. Each class will include individual skill building & small-sided scrimmages. All levels welcome! Ages 7-10Y. 6:40-7:25pm

Tennis: Beginning/Advanced Beginning

For students who have no previous instruction or want to review stroke fundamentals. Families & youth ages 7-adult. Tues, 5-6pm. Session 1: Jan 7-28, Session 2: Feb 4-25, Session 3: March 3-24, Session 4: Mar 31-April 28 (no class 4/14), Session 5: May 5-26. \$45/session, Centennial Tennis Courts/John Siemens

Tennis: Intermediate

For students who have had previous instruction. Fundamentals stressed with some advanced concepts introduced. Families & youth ages 7-adult. Tues, 6-8pm. Session 1: Jan 7-28, Session 2: Feb 4-25, Session 3: March 3-24, Session 4: Mar 31-April 28 (no class 4/14), Session 5: May 5-26. \$65/session, Centennial Tennis Courts/John Siemens



NEW Youth Evolution Basketball

Join us for this basketball program designed to help young players ages 2-11 learn the fundamentals of this fun sport. Tuesdays, in the Centennial Gym. \$95/\$85 sibling. Isaac Rosas

Session 1: March 3-April 7

Session 2: May 5-June 9

Baby Ballers (Parent & Me)

Introduce your child to the joys of basketball during this parent participation class. We'll play fun games & activities to help build skills using appropriately sized hoops & balls. Ages 2-3 1/2Y. 5-5:30pm

Level 1

Introduce your child to the fundamental concepts of basketball through fun activities & games.

Ages 3 1/2-5 1/2Y. 5:35-6:10pm

Level 2

We'll focus on dribbling, passing, shot technique & teamwork. Specialized hoops & balls offer just the right amount of challenge.

Ages 5-7Y. 6:15-7pm

Level 3

Advanced drills are designed to teach players how to perform under pressure from the clock & their opponents. Focus is on complex activities including fast breaks, coordinated offensive plays & multiple defensive structures. Ages 7-11Y. 7:05-8pm



Follow Recreation Services on Facebook and Instagram for updates on classes, leagues, camps and events!



SPRING BREAK

classes & camps



3,2,1 Lift-Off!

Join Science-Dipity for three days of materials-intensive aeronautics with every fast-paced hour full of exciting experiences with air & forces. We'll culminate the camp by experimenting with your own water-rocket launcher. Ages 6-11, Mon-Wed, April 13-15. 9am-3pm. \$240 + \$50 supply fee, Sibling \$216 + \$50 supply fee. Live Oak Rm/Tim Baker



NEW Abracadabra Science Camp

Science-Dipity presents two days of materials-intensive "science-magic." Learn science concepts while you engineer a dozen of your own seemingly magical science-artifacts. Choose from morning only or all-day camp. Ages 6-11, Thurs & Fri, April 16-17.

9am-noon: \$100 + \$20 supply fee, Sibling: \$90 + \$20 supply fee.

9am-3pm: \$160 + \$30 supply fee, Sibling: \$144 + \$30 supply fee. Live Oak Rm/Tim Baker



NEW Mindful Teen Art & Movement Camp

Join Dee DiGioia of Mindful YOUNiversity and Vanessa Orr of Yaya Yoga for this special new camp just for teens. Discover how to positively impact relationships & challenges in daily life both at home & school with skill & confidence. Explore your inner world of thoughts, emotions & attitudes through creative arts, games, relaxation practices, mindful awareness training, movement, yoga & journaling.

Reduce stress. Live happy! Come curious. Leave empowered!

Ages 11-18. Mon-Thurs, April 13-16. 1-5pm. \$160 + \$10 supply fee/Sibling \$136 + \$10 supply fee. Acorn Rm/Dee DiGioia & Vanessa Orr.



Raytoons Camps

Register for more than one Raytoons class or camp & receive \$5 off each additional class. Sibling discount of \$5 for all Raytoons classes.

Raytoons App Creation for Computers, Tablets & Smartphone

Learn to create games & applications with easy to use graphical programming software! No programming knowledge necessary. Ages 11+. Mon & Tues, April 13 & 14. 9:30am-noon. \$80 + \$10 supply fee. White Oak Rm/Ray Mullikin



Raytoons Draw Like a Cartoonist!

Create cartoon characters in a Sunday funnies style. Draw humorous simplified faces, figures, cartoon animals & more. Ages 6+, Mon & Tues, April 13 & 14. 1-3:30pm. \$80 + \$15 supply fee. White Oak Rm/Ray Mullikin



NEW Creative Story Writing Games & Activities

Find your creative zone! Learn fun ideas & activities to help jumpstart writing, overcome writers block & stay inspired. Ages 11+.

Wed & Thurs, April 15 & 16. 9:30am-noon. \$70 + \$15 supply fee. White Oak Rm/Ray Mullikin



Raytoons Toy Figure Design

Learn the process of designing & making your own toys from sketches to finished art. Final figure prototypes will be in special toy packaging. Ages 6+, Wed & Thurs, April 15 & 16. 1-3:30pm. \$80 + \$30 materials. White Oak Rm/Ray Mullikin



Join us for **FREE** Drop-In Basketball for all ages in the Centennial Park Gym:

Noontime:

Mon, Wed, Fri 12-1pm

After School:

Mon - Fri 3-4pm, *Wed 2-4pm

Gym hours extend to 5pm beginning 3/3/20.

CRAFTING

classes

The Art of Soy Candle Making

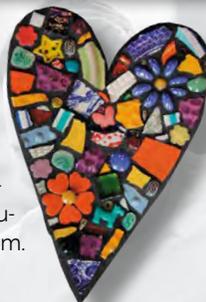
This class will take you from preparation to pouring. Scent & personalize your own candle with unique seasonal embellishments. Valentine's Day theme Thurs, Jan 23, Welcome Spring, Thurs, March 26 & Mother's Day theme Thurs, May 7. All 6-8pm. \$20 + \$15 supply. Add \$8 supply & make an extra candle. Centennial Kitchen/Becky Hallett



Creative Me Time

Make a Mosaic Heart

Celebrate love with an adorable mosaic heart. You will learn all of the ins & outs of mosaics in this beginner project & take home a finished heart. Choose between a regular or a wonky heart design. Ages 14+. Mon, Jan 27, 6-8:30pm. \$20 + \$35 supply fee. Live Oak Rm/Joan Martin Fee



NEW Resin Necklaces with Dried Flowers

Get ready for spring! You'll learn how to dry flowers in a microwave flower press then encase them in resin to create two beautiful necklaces. Ages 14+ Mon, Feb 24, 6-8pm. \$15 + \$25 supply fee. Live Oak Rm/Joan Martin Fee



NEW Succulent Grapevine Wreath

Decorate a finished grapevine wreath using beautiful selections from the instructor's supplies. You'll learn how to care for your wreath so it thrives. Mon, March 30, 6-8pm. \$15 + \$30 supply fee. Live Oak Rm/Joan Martin Fee



NEW Sea Glass Hammered Metal Jewelry

Learn to drill holes in sea glass & how to strengthen & texture metal to create a stunning necklace & pierced earring set. Ages 14+. Mon, April 27, 6-8pm. \$15 + 30 supply fee. Live Oak Rm/Joan Martin Fee



Workshop Mamas

NEW Dots & Drizzles • Saturday Class

Learn to create beautiful art using only dots and drizzled paint on a 12 x 16" canvas. Fun & easy enough for beginners. All materials provided. Sat, Feb 1, 10am-1pm. Ages 16+, \$50 + \$15 supply fee. White Oak Rm/Workshop Mamas



NEW Sacred Geometry Mandala

Create your own mandala journal with simple tools & easy instructions. This technique is very relaxing & so much fun to do. Thurs, March 19, 6-8pm. Ages 15+, \$35 + \$10 supply fee. White Oak Rm/Workshop Mamas



NEW Acrylic Painting: Cotton Sprigs • Saturday Class

Learn how to make a beautiful 16x20" acrylic masterpiece by following step-by-step instructions. All materials provided. Sat, April 4, 10am-1pm. Ages 16+, \$60 + \$15 supply fee. White Oak Rm/Workshop Mamas



NEW Acrylic Pours

Learn professional techniques to create an abstract 12 x 12" acrylic painting. You'll be amazed by the results! All materials provided. Wed, May 6, 6-8pm. Ages 16+, \$60 + \$15 supply fee. Acorn Rm/Workshop Mamas



NEW Yard Totems

Bring more beauty to your garden or patio with this one-of-a-kind garden totem creation. You'll hand paint a 42" fence slat to create a yard totem of your own design. All supplies & instruction will be provided. Wed, May 27, 6-8pm. Ages 16+, \$40 + \$15 supply fee. White Oak Rm/Workshop Mamas



NEW Wedding Centerpiece 101

Learn styles, tools, techniques, budget & timeline for creating beautiful DIY wedding centerpieces from vintage to boho & rustic design. Bring clippers & your favorite vessel. Take your masterpiece home. All supplies & instruction provided. Tues, March 5, 6-8pm (must register by 2/21). Ages 16+, \$25 + \$50 supply fee. Bring a bridesmaid or one family member to work with you for \$5. Live Oak Rm/Tami Dickerson of Fleur, Very Pretty Flowers



Youth Crafts

Paper Crafts & Book Making

Join local author/artist Beryl Reichenberg for paper crafts including: Valentine hearts (Tues, 2/11), Hanging Butterflies (Tues, 3/17), Creepy Bugs (Tues, 4/21) & Mother's Day Cards (Tues, 5/4). Ages 6+ (under 6 w/adult). Parent may craft for free with registered participant. 3:30-5pm. \$5/class, \$2.50 sibling or additional family. White Oak Rm/Beryl Reichenberg



Painting with the Princess

Join Sleeping Beauty for a magical paint party! Students will learn how to create a heart masterpiece on canvas using acrylic paint. Valentine goodies served by Sleeping Beauty add to the magic of this special class. Ages 3-10, Wed, Feb 12, 4-5pm. \$25 + \$5 supply fee. Acorn Rm/Carmen Pangelinan



Holiday Paint & Cocoa Party New Year Firework

Write your new year's intentions on canvas then paint over them using oil pastels. Wed, Jan 8, 5:30-7pm. \$10 + \$15 materials, \$5 + \$15 materials (additional family). Acorn Rm/Stormy Capalare

AQUATICS

youth & adult

These year-round classes are held at Municipal Indoor Warm-Water Pool unless noted.

Aqua Fit

Strength building, cardio work-out in a low-impact setting with benefits including increased mobility & flexibility. Physicians release may be required. Participants must be able to enter/exit pool independently. Ages 18+

Register with instructor of your choice.

Andee: Monthly, M/W/F 9:30-10:15am, 10:15-11am, 1:45-2:30pm, 2:30-3:15pm. \$65/month

Robin: Monthly, Tues/Thurs 8:45-9:30am, 9:30-10:15am, 10:15-11am, 11-11:45am, 11:45am-12:30pm, 12:30-1:15pm. \$55/month

Parent & Me Swimming Lessons

Introduce your child to the joy of learning to swim in our warm water indoor pool. Safety, fun & interaction with others. Ages 6M-4Y. Monthly Mon & Wed, 11-11:30am. \$70/month /Andee Parker

Lap Swim in the Municipal Outdoor Pool

Enjoy the many benefits of an aquatic workout while swimming on your own at your own pace. Ages 18+ M/W/F 12-1pm. \$35/10 punch pass \$65/20 punch pass. Municipal Outdoor Pool/Andee Parker



Scholarships

Recreation Services provides scholarships for our programs for qualifying youth and seniors. Generous community donations are collected through the REC Foundation during the City's Summer Concerts in the Park to support youth scholarships. Senior scholarships are provided through the Senior Endowment Fund. To learn more, please contact Recreation Services at 805-237-3988 or visit the Centennial Park registration desk at 600 Nickerson Drive, Monday through Friday from noon to 5pm.



Senior Services

The Paso Robles Senior Center offers a variety of services for senior citizens, including educational, enrichment and fitness programs. The Center also provides events, social activities and volunteer opportunities. The Senior Center is located at 270 Scott Street and they'd love to have you involved.

Please visit www.prcity.com/seniorservices to learn more.



Thank you for viewing our online Recreation Guide. If you didn't find something that you were looking for please don't hesitate to call Recreation Services with your questions or comments at 805.237.3988.

To learn more about other community activities and events happening through the Paso Robles City Library, the Senior Center and the YMCA, please follow the links below:

Learn about **Paso Robles City Library** programs at prcity.com/library.

For **Senior Center** programs visit prcity.com/seniors.

For **Paso Robles YMCA** programs visit sloymca.org.

Stay Connected!



#pasorecfun

