

# LIVE & PLAY

CITY OF VISALIA PARKS & RECREATION DEPARTMENT

FALL/WINTER  
2017

ICE  
SKATE  
VISALIA  
PAGE 7



VISALIA SENIOR CENTER



VISALIA TEEN IDOL



CORPORATE GAMES

Parks  
Make  
Life  
Better!

LIVE AND PLAY [VISALIA.COM](http://VISALIA.COM)



# Special Events

## Central California Pickleball Tournament

Get ready for some fast action Pickleball. Make a week-end out of it as we offer singles, doubles and mixed doubles over this three day tournament. Tournament format is double elimination with each match consisting of the best out of three games to 11 points, skill levels 3.0 – 5.0. Participants will receive an event shirt. Medals will be presented to the top three (3) places in each division.

**Friday, October 13<sup>th</sup> – Sunday, October 15<sup>th</sup> at 9 a.m.**

Divisions: 49 & under, 50-54, 55-59, 60-64, 65-69, 70+  
Events: Men's & Women's Singles, Men's & Women's  
Doubles and Mixed Doubles  
Location: Plaza Park Pickleball Complex  
Cost: \$25 per person registration fee; \$10 per person  
per event

**Register at [www.pickleballtournaments.com](http://www.pickleballtournaments.com)**



## 9<sup>th</sup> Annual Visalia Corporate Games

The 9<sup>th</sup> Annual Visalia Corporate Games aims to promote healthier lifestyles through teamwork, participation and fun. A two-week long Olympic style competition between Visalia area businesses and employee based organizations; teams build employee morale and provide a fun, out of the office experience. Corporate Games has something for every employee, with diverse team activities that encourage participation from employees of all interests and abilities. Plan ahead and gather the troops, it's time to get prepared for this year's event! Please see page 31 for more information on this year's events.

**Friday, September 22<sup>nd</sup> – Friday, October 6<sup>th</sup>**

Cost: \$600 per team  
Deadline to register is Friday, September 8<sup>th</sup> by 5 p.m.  
at the Anthony Community Center.

## 14<sup>th</sup> Annual Visalia Teen Idol

See tomorrow's stars today at the 14<sup>th</sup> Annual Visalia Teen Idol competition! Watch 10 talented teen finalists compete for the coveted title of 2017 Visalia Teen Idol! Contestants will face a panel of local celebrity judges, representing professionals from the fields of music and entertainment. This celebrity panel will decide who will be crowned the 2017 Visalia Teen Idol.

**Saturday, September 9<sup>th</sup> from 6 – 10 p.m.**

Ages: All Ages Welcome!  
Location: LJ Williams Theater – 1001 W. Main Street  
Cost: \$7 advance, \$10 at the door  
Doors open at 5:30 p.m.

## Beauty & The Beast: Be Our Guest

Join us for an unforgettable evening filled with singing, adventure and family fun! During this enchanted evening, meet the movie characters Belle and the Prince from the timeless tale of "Beauty and the Beast," visit vendor and food booths, play carnival games and enjoy the singing styles of Belle as she performs some of the hit songs from the movie. Finish the night with your family by your side as you settle in to watch the live-action movie of Beauty and the Beast on our giant inflatable screen!

**Saturday, September 16<sup>th</sup> from 6 – 10 p.m.**

Ages: All Ages Welcome!  
Location: Riverway Sports Park –  
Special Event Promenade  
Cost: FREE

# Special Events

## Visalia Senior Center Fall Open House

The City of Visalia Parks and Recreation Department would like to invite seniors and vendors alike to our annual Fall Open House! This event is designed to bring businesses and providers of programs and services for the senior population all to one convenient location connecting families, caregivers and seniors to local resources. Flu shots available to those with Medicare Part B insurance.

**Wednesday, September 13<sup>th</sup> from 10 a.m. – 1 p.m.**

Location: Visalia Senior Center  
Cost: FREE

For more information call the Visalia Senior Center at (559) 713-4381.

## Winter Trout Derby

The fish are jumping and ready for our annual Winter Trout Derby. Children ages 15 and under are invited to Plaza Park Pond to compete for a catch of their own. Prizes go to the top three total stringer weights in each division. Participants need to bring their own fishing poles, bait, tackle and fish stringer.

**Saturday, January 27<sup>th</sup> from 9 – 11 a.m.**

#14685 7 yrs & under  
#14686 8 – 15 yrs  
Location: Plaza Park Pond  
Cost: \$7 advance,  
\$10 day of event (as space allows)

**Limited space available, register early!**



## 13<sup>th</sup> Annual Father Daughter Dance

Dads and other father figures are invited to escort the little ladies in their life to our “Enchanted Fairy Garden” where they will enjoy a night of music, dancing, and refreshments. Plan to twirl and whirl your way across the dance floor. Priority tickets for Visalia residents available for purchase on December 1<sup>st</sup>. Tickets open for all on January 3<sup>rd</sup> at the Anthony Community Center.

**Friday, February 16<sup>th</sup> or Saturday, February 17<sup>th</sup>**

Ages: Young ladies ages 4 – 16,  
escorted by dad or other father figure  
Location: Visalia Convention Center – Exhibit Hall  
Time: 6 – 9 p.m. (photo booth opens at 5 p.m.)  
Cost: \$50 per couple, \$25 per additional guest

## 3<sup>rd</sup> Annual Visalia Senior Games

Get ready Visalia, the 3<sup>rd</sup> Annual Visalia Senior Games are coming this spring. Mark your calendars and get ready for some fun. Senior Games are open to those age 50 and better. With 11 age divisions for men and women in each event, it's certain there will be a lot of winners. Turn to page 26 for more details on events and how to get involved as an athlete or a volunteer.

**Saturday, March 10<sup>th</sup> – Sunday, March 11<sup>th</sup> &  
Saturday, March 17<sup>th</sup> – Sunday, March 18<sup>th</sup>**

Ages: 50 yrs +  
Cost: \$20 per athlete registration fee,  
individual event fees vary

**Visit [www.visaliaseniorgames.com](http://www.visaliaseniorgames.com)**



# Visalia Parks & Recreation Department

**Business Office**  
345 N. Jacob St. Visalia, CA 93291  
**Business Hours: 8 a.m. – 5 p.m. Monday – Friday**  
**Phone: (559) 713-4365 Fax: (559) 713-4819**  
**Email: [recreation@visalia.city](mailto:recreation@visalia.city)**

## Parks & Recreation Facilities:

### **Anthony Community Center & Gym**

345 N. Jacob St., Visalia, CA 93291  
(559) 713-4365

### **Manuel F. Hernandez Community Center & Gym**

247 W. Ferguson Ave., Visalia, CA 93291  
(559) 713-4374

### **Rawhide Room**

300 N. Giddings St., Visalia, CA 93291

### **Whitendale Community Center**

630 W. Beech, Visalia, CA 93277  
(559) 713-4373

### **Visalia Senior Center**

310 N. Locust St., Visalia CA 93291  
(559) 713-4381

## **City Manager**

Michael Olmos

## **City Council**

E. Warren Gubler, Mayor  
Bob Link, Vice-Mayor  
Greg Collins, Council Member  
Phil Cox, Council Member  
Steve Nelsen, Council Member



## **Parks & Recreation Commission**

Ben Filiponi, Chairperson  
Steven Woods, Vice-Chair  
Shann Blue, Commissioner  
Richard Eastes, Commissioner  
Peter Thomas, Commissioner  
Patrick Lozano, Alternate Commissioner  
Lisa Walsh, Alternate Commissioner

## **Parks & Recreation Department**

Jeannie Greenwood, Director  
(559) 713-4365 [recreation@visalia.city](mailto:recreation@visalia.city)

[www.liveandplayvisalia.com](http://www.liveandplayvisalia.com)

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# Holiday Fun

## NEW! The Great Pumpkin

"It's the Great Pumpkin Charlie Brown!"

Come dressed in costume as we help Charlie Brown and Snoopy find the Great Pumpkin. This one day class is filled with pumpkin excitement. We will create fun Charlie Brown pumpkin crafts, enjoy pumpkin storytime, eat pumpkin treats and play games, each child will get their own Great Pumpkin to take home. The Great Pumpkin only comes around once a year.



Ages: 1 – 5 yrs  
Location: Anthony Community Center – Main Room  
Instructor: Amanda Taylor

#14571 T 10/31 10 – 10:45 a.m. \$15



## Story Time with Santa

Ho! Ho! Ho! It's Christmas time and there's only one thing your child wants to see...SANTA! Come visit Santa and have a holly-jolly time as we read stories, sing songs, decorate cookies and enjoy hot cocoa. Each child will receive a complimentary photo with Santa, create holiday crafts and join in on some of our favorite reindeer games. Space is limited, sign-up today! Photos with Santa available from 6 – 7 p.m.

Ages: 1 – 12 yrs  
Location: Whitendale Community Center  
Instructor: Amanda Taylor

#14575 Th 12/14 6 – 8 p.m. \$25  
#14576 S 12/16 6 – 8 p.m. \$25

## Gobble Gobble Workshop

This popular class is back! Gobble up a good time with turkey themed arts, crafts, games and more! Each day will start with a harvest celebration where we will dance, sing and play games. Your child will have a gobbling good time with our fun creative harvest crafts.

Ages: 1 – 5 yrs  
Location: Anthony Community Center – Room A  
Instructor: Amanda Taylor

#14572 Th 11/2 – 11/16 10 – 10:45 a.m. \$25

## Winter Play Land: Crafts, Songs & More

Get out of the cold and into the fun. Join us as we enter a winter wonderland full of magic and adventure. Let your imagination guide you through the frost as we sing songs, play games and create crafts that celebrate the winter season.

Ages: 1 – 5 yrs  
Location: Anthony Community Center – Room A  
Instructor: Amanda Taylor

#14577 T 12/5 – 12/19 9 – 9:45 a.m. \$25



## Elf Workshop

Bring your little elf to our workshop as we train them to be the jolliest elf ever! The journey will begin with reading stories and playing elf games. Your little elf will also create and make gifts for family and friends, learn to wrap gifts and make amazing winter decorations that will bring your house to life with the spirit of winter.

Ages: 2 – 5 yrs  
Location: Anthony Community Center – Room A  
Instructor: Amanda Taylor

#14574 Th 12/7 – 12/21 10 – 10:45 a.m. \$25

# Holiday Fun



## Kids Club Day Camp

Join in the fun at the Kids Club Day Camp. At camp, kids will engage in activities and crafts that are exciting, enthusiastic and sure to thrill! Campers must bring a sack lunch, snacks will be provided. Enrollment is limited. Registration is accepted on a first-come, first-serve basis

**Daily drop-in campers will be subject to space availability.  
(On-site registration will ONLY be accepted between 7:30 - 9 a.m.)  
Payments must be made prior to child attending camp.**

Ages: 5 – 12 yrs  
Location: Whitendale Community Center  
Full Week: 7:30 a.m. – 5:30 p.m.  
Half Week: 7:30 a.m. – 12:30 p.m. or 12:30 – 5:30 p.m.

| Drop-in Options  | Fee  |
|------------------|------|
| Full Day Drop-In | \$25 |
| Half-Day Drop-In | \$15 |

|                     |       |               |       |
|---------------------|-------|---------------|-------|
| Fall Camp           | M – W | 11/20 – 11/22 | \$75  |
| Winter Camp Week #1 | M – F | 12/18 – 12/22 | \$125 |
| Winter Camp Week #2 | T – F | 12/26 – 12/29 | \$100 |
| Winter Camp Week #3 | T – F | 1/2 – 1/5     | \$100 |

## We're Mobile!

## Download Our App



### APP FEATURES:

- Registration Deadlines
- Sport Schedules
- Sport Standing
- Upcoming Special Events
- Park and Facility Map
- Reservation Application
- Live & Play Guide
- Contact Information

**Find us on**



Find Visalia Parks & Recreation in your app store.

## Kids Club Day Camp: Counselor-In-Training (CIT)

Come experience first-hand what it takes to be a leader, build friendships, participate in fun activities, games and crafts. CITs will work with camp staff in assisting and even leading daily camp activities. CITs will also participate in workshops to strengthen their skills and leadership abilities. Applications are due November 3<sup>rd</sup> for Fall Camp and December 8<sup>th</sup> for Winter Camp. Applications will be reviewed; approval is needed before applicants are able to register.

Ages: 13 – 15 yrs  
Location: Whitendale Community Center  
Times: 7:30 a.m. – 5:30 p.m.

|                     |       |               |      |
|---------------------|-------|---------------|------|
| Fall Camp           | M – W | 11/20 – 11/22 | \$30 |
| Winter Camp Week #1 | M – F | 12/18 – 12/22 | \$50 |
| Winter Camp Week #2 | T – F | 12/26 – 12/29 | \$40 |
| Winter Camp Week #3 | T – F | 1/2 – 1/5     | \$40 |



Stay up-to-date by receiving notifications and reminders about upcoming events

visit us on [www.liveandplayvisalia.com](http://www.liveandplayvisalia.com) for more information



# Visalia Parks & Recreation Department

For more information, call or visit us at:  
(559) 713-4365 • [www.iceskatevisalia.com](http://www.iceskatevisalia.com)

Parks  
Make  
Life  
Better!



## ICE SKATE

VISALIA



[WWW.ICESKATEVISALIA.COM](http://WWW.ICESKATEVISALIA.COM)

**Whatever the occasion, reserve your party with  
Ice Skate Visalia and enjoy an outing with family and friends!**

### Corporate Parties

Looking for something unique and exciting for your corporate holiday party? Let us help you make your 2017 holiday party a memorable one!



### Birthday Parties

The holidays are hectic enough, let us help you make your child's birthday party something to remember! Party packages available, give us a call.



### Holiday Party/Family Gathering

Take a break from the ordinary holiday routine and reserve your party for family and friends this holiday season!



### Public Skate/Special Event Movie Nights

Grab your family and enjoy a day or evening of fun during our public skate time. Skate under the stars watching your favorite holiday movies. Please see back cover for times and movie information.



Ice Skate Visalia offers a unique and fun skating experience on our synthetic ice surface which makes skating easier and safer for all ages.



# Tiny Tots

## Elmo's World

Join us as we explore Elmo's world together. Sing, learn and play in this exciting class. Children will learn the alphabet and numbers through interactive games and activities. Children will help Elmo learn all sorts of things, such as what types of jobs people have. Elmo has always wanted to be a Firefighter! Let's explore Elmo's world and learn together!

Ages: 2 – 3 yrs  
Location: Anthony Community Center – Room A  
Instructor: Amanda Taylor

#14556 M 9/11 – 10/30 10 – 10:45 a.m. \$45

**Let's Play Together!**  
**Both parent and child will**  
**enjoy our fun-filled**  
**activity packed Tiny Tot**  
**classes together.**



## My First Art Class

Each week we explore exciting new stories and themes that we will use to create art. Materials such as paint, clay, glitter, stickers and more will be used in fun and messy projects! Your child will flourish creatively. Dress for a mess!

Ages: 2 – 5 yrs  
Location: Anthony Community Center – Room A  
Instructor: Skyler Nelson

#14559 T 9/5 – 10/24 10 – 10:45 a.m. \$45

## Tot Soccer Skill Development

Does your child like to kick balls? Have a lot of energy? Runs non-stop? Then tot soccer is for them. This fun kicking, high energy class helps your child develop balance, foot-eye coordination and running control by engaging in fun soccer activities. Your child will learn the concept of soccer and how to work as a team in this noncompetitive class. Keep your kids active and feeling great with Tot Soccer!

Ages: 2 – 5 yrs  
Location: Whitendale Community Center  
Instructor: Amanda Taylor

#14558 W 9/6 – 10/25 9 – 9:45 a.m. \$45

## Bubble Guppies

Come join the class that has bubbles, bubbles and more bubbles. This class allows your little guppy to explore through play. Bubble Guppies will improve their gross and fine motor skills as they use playdough, throw balls, build with blocks and more all while bubbles are floating around. So many new toys and games await in this exciting bubble adventure.

Ages: 2 – 5 yrs  
Location: Anthony Community Center – Room A  
Instructor: Skyler Nelson

#14560 T 9/5 – 10/24 11 – 11:45 a.m. \$45

## Tiny Dancers

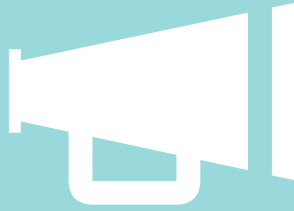
In this introductory dance class, your tiny dancer will learn the basics of ballet, jazz and tap. Dancers will learn kid friendly routines and songs. We'll work on rhythm, movement, coordination and gross motor skills. Class concludes with a performance for family and friends. Ballet and tap shoes are recommended.

Ages: 2 – 5 yrs  
Location: Whitendale Community Center  
Instructor: Amanda Taylor

#14561 W 9/6 – 10/25 10 – 10:45 a.m. \$45  
#14562 T 1/9 – 2/27 9 – 9:45 a.m. \$45



# STAY IN THE KNOW



**BREAKING NEWS  
VISALIA WORKS  
CITY EVENTS**

## DOWNLOAD THE CITY OF VISALIA MOBILE APP AND CONNECT WITH US 24/7.



**AVAILABLE ON THE IPHONE APP STORE AND IN GOOGLE PLAY - SEARCH CITY OF VISALIA**

# Tiny Tots

## Kindermusik with Miss Tara

This music-filled class celebrates the unique joys of your growing child. Each week your child will enjoy singing, dancing and playing instruments with you and their new friends. You'll love helping your child practice a wide variety of abilities such as gross and fine motor skills, social skills and active listening. In class, we'll also share tips and ideas for using music throughout the week. Parent participation required in all classes.

Location: Anthony Community Center – Main Room  
Instructor: Tara Rodriguez  
Cost: \$40\*

Ages: 8 months – 4 yrs  
#14550 W 8/30 – 9/20 9 – 9:45 a.m.  
#14551 W 9/27 – 10/18 9 – 9:45 a.m.  
#14552 W 10/25 – 11/15 9 – 9:45 a.m.

#14553 W 11/29 – 12/20 9 – 9:45 a.m.  
#14554 W 1/10 – 1/31 9 – 9:45 a.m.  
#14555 W 2/7 – 2/28 9 – 9:45 a.m.

Ages: 0 months – 4 yrs  
#14745 Th 8/31 – 9/21 5:30 – 6:15 p.m.  
#14746 Th 10/5 – 10/26 5:30 – 6:15 p.m.  
#14747 Th 11/2 – 11/30 5:30 – 6:15 p.m.  
• No class 11/23

\*Cost: \$40 (Parent w/Child) \$30 for additional child from same household. Must register in person for discount.

## NEW! Many Adventures of Winnie the Pooh

Journey with us to the Hundred Acre Wood to join Winnie the Pooh and his friends as we travel on many adventures together. Each week we will meet new friends and seek out adventure, working to solve the mystery of the missing “hunny” pot, joining Piglet on a blustery day, helping Eeyore with his tail and of course hippity-hoppiting around with Tigger.

Ages: 1 – 3 yrs  
Location: Anthony Community Center – Main Room  
Instructor: Amanda Taylor

#14570 Th 9/7 – 10/26 10:30 – 11:15 a.m. \$45

## Jumping Jollies

Does your little one love to jump, crawl, run and roll? Then join the fun and get moving with us! Physical and social development is encouraged through play, sensory stimulation, problem solving and storytelling. Activities include use of mats, tunnels, music and more.

Ages: 1 – 5 yrs  
Location: Anthony Community Center – Gym  
Instructor: Amanda Taylor

#14564 Th 9/7 – 10/26 9 – 9:45 a.m. \$45  
#14565 Th 11/2 – 11/16 9 – 9:45 a.m. \$15  
#14566 Th 12/7 – 12/21 9 – 9:45 a.m. \$15  
#14567 Th 1/11 – 3/1 9 – 9:45 a.m. \$45

## Mickey Mouse Clubhouse

Come join Mickey and his friends on new adventures every week. With Toodles' help, your child will work with Mickey and his friends to solve problems, learn numbers, identify shapes and more! Put on your mouse ears and join our clubhouse as we sing, explore, learn and play together.

Ages: 1 – 5 yrs  
Location: Anthony Community Center – Room A  
Instructor: Miranda Martin

#14563 W 9/6 – 10/25 6 – 6:45 p.m. \$45



# Tiny Tots

## Kick, Toss, Run, Play

Activate the inner athlete in your little one. Children will have the opportunity to participate in small and large group games, improve motor skills and learn the importance of teamwork through a variety of activities. Get ready to kick, toss, run and play with new friends!

Ages: 1 – 5 yrs  
Location: Whitendale Community Center  
Instructor: Miranda Martin

|        |   |             |               |      |
|--------|---|-------------|---------------|------|
| #14568 | S | 9/9 – 10/28 | 9 – 9:45 a.m. | \$45 |
| #14569 | S | 1/6 – 2/24  | 9 – 9:45 a.m. | \$45 |



## NEW! Let's Playdough

Playdough activities are a great way to help your child develop fine motor skills as well as coordination. Each class your child will create and make their own playdough from scratch. They will use hand-eye coordination as they cut, poke and prod the playdough. Let your child's imagination soar as we playdough together!

Ages: 1 – 5 yrs  
Location: Whitendale Community Center  
Instructor: Miranda Martin

|        |   |            |                 |      |
|--------|---|------------|-----------------|------|
| #14578 | S | 1/6 – 2/10 | 10 – 10:45 a.m. | \$35 |
|--------|---|------------|-----------------|------|

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**MONDAY - FRIDAY:**  
**9:00 am to 7:00 pm**

**SAT - SUN:**  
**9 am - 2 pm**

**1110 S. Ben Maddox Way,**  
**Suite B, Visalia**

Corner of Tulare Avenue and  
Ben Maddox Way

**MONDAY - FRIDAY:**  
**9:00 am to 7:00 pm**

**SAT - SUN:**  
**10 am - 5 pm**

**NEW! RADIOLOGY ON-SITE**  
**BEN MADDOX LOCATION**

[sequoiapromptcare.org](http://sequoiapromptcare.org)



# Martial Arts

## Beginning Kids Karate

Karate is a great mind and body exercise for children as it teaches self-control, respect, perseverance and dedication. Through this beginning class, participants will develop the moves and skills of the martial arts discipline in a safe, fun and exciting environment. Children must be accompanied by an adult.

Ages: 4 – 7 yrs  
 Location: Whitendale Community Center  
 Instructor: Matthew Prillwitz  
 Cost: \$20 per month/\$10 additional family member\*

|        |   |                |               |
|--------|---|----------------|---------------|
| #14592 | W | September      | 5:30 – 6 p.m. |
| #14593 | W | October        | 5:30 – 6 p.m. |
| #14594 | W | November       | 5:30 – 6 p.m. |
| •      |   | No class 11/22 |               |
| #14595 | W | December       | 5:30 – 6 p.m. |
| #14596 | W | January        | 5:30 – 6 p.m. |
| •      |   | No class 1/3   |               |
| #14597 | W | February       | 5:30 – 6 p.m. |



## Intermediate Karate

For participants ready to explore the next level of martial arts, Intermediate Karate expands on the principles and movements learned in Beginning Kids Karate. Instructor approval required to register for this class. Children must be accompanied by an adult.

Ages: 4 – 7 yrs  
 Location: Whitendale Community Center  
 Instructor: Matthew Prillwitz  
 Cost: \$25 per month/\$15 additional family member\*

|        |     |                        |               |
|--------|-----|------------------------|---------------|
| #14598 | M/F | September              | 5:30 – 6 p.m. |
| •      |     | No class 9/4           |               |
| #14599 | M/F | October                | 5:30 – 6 p.m. |
| #14600 | M/F | November               | 5:30 – 6 p.m. |
| •      |     | No class 11/10 & 11/24 |               |
| #14601 | M/F | December               | 5:30 – 6 p.m. |
| •      |     | No class 12/25         |               |
| #14602 | M/F | January                | 5:30 – 6 p.m. |
| •      |     | No class 1/1 & 1/15    |               |
| #14603 | M/F | February               | 5:30 – 6 p.m. |
| •      |     | No class 2/19          |               |

## Family Karate-Do

This is a beginning class focusing on traditional Japanese Karate-Do. The emphasis of this class is building character through the discipline of martial arts. Instructor Dan Taylor, a 7th degree black belt, has over 40 years experience teaching and is certified in both America and Japan. Instructor Kaumron Torabi, a 4th degree black belt, has over 40 years experience in this ancient tradition and is also certified in both America and Japan.

Ages: 8 yrs +  
 Location: Whitendale Community Center  
 Instructor: Sensei Dan Taylor & Sensei Kaumron Torabi  
 Cost: \$45 per month/\$35 additional family member\*

|        |     |                     |            |
|--------|-----|---------------------|------------|
| #14583 | M/W | September           | 6 – 7 p.m. |
| •      |     | No class 9/4        |            |
| #14584 | M/W | October             | 6 – 7 p.m. |
| #14585 | M/W | November            | 6 – 7 p.m. |
| •      |     | No class 11/22      |            |
| #14589 | M/W | December            | 6 – 7 p.m. |
| •      |     | No class 12/25      |            |
| #14590 | M/W | January             | 6 – 7 p.m. |
| •      |     | No class 1/1 & 1/15 |            |
| #14591 | M/W | February            | 6 – 7 p.m. |
| •      |     | No class 2/19       |            |

## NEW! Visalia Judo Club – Beginners

Judo means “gentle way” because the end result is the accomplishment of a goal with maximum efficiency and minimum effort. Through this beginning class students will develop basic moves, skills and knowledge of Judo.

Ages: 6 yrs +  
 Location: Anthony Community Center – Main Room  
 Sensei: Tom Jay, 4<sup>th</sup> Dan  
 Cost: \$35 per month/\$25 additional family member\*

|        |     |                          |            |
|--------|-----|--------------------------|------------|
| #14610 | M/W | September                | 6 – 7 p.m. |
| •      |     | No class 9/4             |            |
| #14611 | M/W | October                  | 6 – 7 p.m. |
| •      |     | No class 10/4            |            |
| #14612 | M/W | November                 | 6 – 7 p.m. |
| •      |     | No class 11/22           |            |
| #14613 | M/W | December                 | 6 – 7 p.m. |
| •      |     | No class 12/25 & 12/27   |            |
| #14614 | M/W | January                  | 6 – 7 p.m. |
| •      |     | No class 1/1, 1/3 & 1/15 |            |
| #16415 | M/W | February                 | 6 – 7 p.m. |
| •      |     | No class 2/19            |            |

**\*Must register in person for discount.**

# Martial Arts/Music Classes

## Visalia Judo Club

Judo is a dynamic combat sport that demands both physical prowess and great mental discipline. Students will gain a sense of mutual respect and learn a system of ethical and moral development as well as developing skills and physical capabilities. This is an intermediate to advanced class that requires instructor approval before registration.

Ages: 6 yrs +  
 Location: Anthony Community Center – Main Room  
 Sensei: Tom Jay, 4<sup>th</sup> Dan  
 Cost: \$45 per month/\$35 additional family member\*

|        |     |                          |                  |
|--------|-----|--------------------------|------------------|
| #14604 | M/W | September                | 6:30 – 8:30 p.m. |
| •      |     | No class 9/4             |                  |
| #14605 | M/W | October                  | 6:30 – 8:30 p.m. |
| •      |     | No class 10/4            |                  |
| #14606 | M/W | November                 | 6:30 – 8:30 p.m. |
| •      |     | No class 11/22           |                  |
| #14607 | M/W | December                 | 6:30 – 8:30 p.m. |
| •      |     | No class 12/25 & 12/27   |                  |
| #14608 | M/W | January                  | 6:30 – 8:30 p.m. |
| •      |     | No class 1/1, 1/3 & 1/15 |                  |
| #14609 | M/W | February                 | 6:30 – 8:30 p.m. |
| •      |     | No class 2/19            |                  |

**\*Must register in person for discount.**

## NEW! Martial Arts for Me

Studies have shown that martial arts aides in social development with peers, physical coordination and self-esteem, which makes it a great class for those with Autism. Instructor Sifu Greg Morentin has over 40 years of experience in Martial Arts as a 4<sup>th</sup> degree black belt in Kung Fu San Soo and a 3<sup>rd</sup> degree black belt in Kenpo Karate. He has developed this class for individuals with special needs, which includes exercises to improve coordination and motor skills. He is assisted by Joseph Grassel, who overcame his own battle with Tourette's syndrome and credits that to his training in martial arts. Grassel has a blue belt in Jujitsu and has won many medals in grappling tournaments. Both instructors believe that many others with special needs can benefit from this martial arts class.

Ages: 4 yrs +  
 Location: Whitendale Community Center  
 Instructor: Sifu Greg Morentin & Joseph Grassel

|        |   |               |                   |      |
|--------|---|---------------|-------------------|------|
| #14616 | S | 9/9 – 9/30    | 11 a.m. – 12 p.m. | \$30 |
| •      |   | No class 9/23 |                   |      |
| #14617 | S | 10/14 – 10/28 | 11 a.m. – 12 p.m. | \$30 |
| #14618 | S | 11/4 – 11/25  | 11 a.m. – 12 p.m. | \$40 |
| #14619 | S | 12/9 – 12/30  | 11 a.m. – 12 p.m. | \$40 |
| #14620 | S | 1/6 – 1/27    | 11 a.m. – 12 p.m. | \$40 |
| #14621 | S | 2/3 – 2/24    | 11 a.m. – 12 p.m. | \$40 |

## Guitar Class

Learn the joys of making music! Basic music skills will be taught such as proper hand positions, note reading and finger picking. Basic fret board theory will be introduced and students will learn step-by-step how to play popular songs that are age appropriate. Students must provide their own acoustic or classical guitar.

Ages: 10 yrs +  
 Location: Visalia Senior Center – Craft Room  
 Instructor: Thomas Townsend

|        |   |                                  |               |      |
|--------|---|----------------------------------|---------------|------|
| #14579 | M | 9/11 – 11/13                     | 6 – 7:30 p.m. | \$65 |
| #14580 | M | 11/27 – 2/26                     | 6 – 7:30 p.m. | \$65 |
| •      |   | No class 12/25, 1/1, 1/15 & 2/19 |               |      |



## Piano Class

Study the art of piano and learn how to make beautiful music! In this class students will learn how to read music and discover hand positioning. Students will be taught to play different melodies and songs throughout the session. Keyboards provided for in class use only.

Ages: 8 yrs +  
 Location: Anthony Community Center – Room A  
 Instructor: Catalina Daggett

|        |   |                      |            |      |
|--------|---|----------------------|------------|------|
| #14581 | T | 9/12 – 11/21         | 6 – 7 p.m. | \$60 |
| •      |   | No class 10/31       |            |      |
| #14582 | T | 12/5 – 2/20          | 6 – 7 p.m. | \$60 |
| •      |   | No class 12/26 & 1/2 |            |      |

# Youth Dance Classes

## Ballet & Tap

Learn basic tap and ballet to age appropriate music that engages a young dancer's mind and body. Dancers will learn basic ballet and tap terminology, steps, body alignment and improvisation. Ballet and tap shoes are required.

Location: Anthony Community Center – Dance Studio  
Instructor: Ashley Nuñez

Ages: 3 – 6 yrs  
#14622 M 9/11 – 11/13 5 – 5:45 p.m. \$65  
#14624 M 11/27 – 2/26 5 – 5:45 p.m. \$65  
• No class 12/25, 1/1, 1/15 & 2/19

Ages: 7 – 12 yrs  
#14623 M 9/11 – 11/13 6 – 6:45 p.m. \$65  
#14625 M 11/27 – 2/26 6 – 6:45 p.m. \$65  
• No class 12/25, 1/1, 1/15 & 2/19



## Jazzy Hip Hop

This class is designed to teach the newest and latest dance moves while having fun with age appropriate movements and music. Participants should wear comfortable attire and tennis shoes.

Location: Anthony Community Center – Dance Studio  
Instructor: Ashley Nuñez

Ages: 3 – 6 yrs  
#14628 M 9/11 – 11/13 7 – 7:45 p.m. \$65  
#14626 M 11/27 – 2/26 7 – 7:45 p.m. \$65  
• No class 12/25, 1/1, 1/15 & 2/19

Ages: 7 – 12 yrs  
#14629 M 9/11 – 11/13 8 – 8:45 p.m. \$65  
#14627 M 11/27 – 2/26 8 – 8:45 p.m. \$65  
• No class 12/25, 1/1, 1/15 & 2/19

## Urban Hip-Hop

This Hip-Hop class is designed to teach the newest and latest dance moves while utilizing upbeat music from various genres of music. Students will learn age appropriate movements and dance to age appropriate music. This is an energetic class that not only teaches dance, but also helps with rhythm and muscle memory! Participants should wear comfortable attire and tennis shoes.

Ages: 5 – 12 yrs  
Location: Anthony Community Center – Dance Studio  
Instructor: Ashley Nuñez

#14630 T 9/12 – 11/21 6:15 – 7 p.m. \$65  
• No class 10/31  
#14631 T 11/28 – 2/13 6:15 – 7 p.m. \$65  
• No class 12/26 & 1/2

## Intro to Folklorico Dance

Learn folk dances from different regions of Mexico while developing coordination, teamwork and physical fitness. Throughout the course, participants will perform at various venues coordinated by instructor. Participants must provide dance shoes and costumes for performances. Basic steps learned here will be the foundation for Folklorico Dance class.

Ages: 6 yrs +  
Location: Anthony Community Center – Dance Studio  
Instructor: Jovita Metts

#14632 Th September 5 – 6 p.m. \$30  
#14633 Th October 5 – 6 p.m. \$30  
#14634 Th November 5 – 6 p.m. \$30  
• No class 11/23  
#14636 Th January 5 – 6 p.m. \$30  
#14637 Th February 5 – 6 p.m. \$30

## Folklorico Dance

Instructor approval required to register for advanced class.

#14638 Th September 6:15 – 7:15 p.m. \$30  
#14639 Th October 6:15 – 7:15 p.m. \$30  
#14640 Th November 6:15 – 7:15 p.m. \$30  
• No class 11/23  
#14642 Th January 6:15 – 7:15 p.m. \$30  
#14643 Th February 6:15 – 7:15 p.m. \$30



# ARTS VISALIA VISUAL ART CENTER



This is one of our summer projects,  
stop by and check it out.

**Children's Fall Classes Start in September!**  
We also have new classes and workshops for  
adults available. More info at [www.artsvisalia.org](http://www.artsvisalia.org).

214 East Oak Avenue, Visalia, CA 93291  
(559) 739-0905  
GALLERY HOURS: Wed - Sat / Noon - 5:30pm  
[www.artsvisalia.org](http://www.artsvisalia.org)

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Call now  
about  
openings  
for 2017-18!

**Don't miss the window!**  
**Applications for 2018-19 accepted**  
**beginning December 11, 2017!**

Submit your one-page application by Feb. 21, 2018 @ noon to enter the Admissions Lottery.  
**Application available on our websites or call (559) 622-3236**

# Family Fun

## Basic Archery

Basic Archery offers instruction on both the recurve and compound bows. Archers will learn range safety and proper shooting technique in an environment that fosters focus, increased self-confidence and provides great opportunities for awarding achievement. This course helps archers enjoy the sport recreationally and prepares them for the excitement of competition! Children must be accompanied by an adult.

Ages: 8 yrs +  
 Location: Riverway Sports Park – Overflow Parking Lot near soccer field # 6  
 Instructor: Bob Wegener (Level 4 NTS)  
 Cost: \$50

|        |   |               |                      |
|--------|---|---------------|----------------------|
| #14723 | S | September     | 9 – 10:30 a.m.       |
| •      |   | No class 9/30 |                      |
| #14724 | S | September     | 11 a.m. – 12:30 p.m. |
| •      |   | No class 9/30 |                      |
| #14725 | S | October       | 9 – 10:30 a.m.       |
| #14726 | S | October       | 11 a.m. – 12:30 p.m. |
| #14737 | S | November      | 9 – 10:30 a.m.       |
| #14738 | S | November      | 11 a.m. – 12:30 p.m. |
| #14739 | S | December      | 9 – 10:30 a.m.       |
| #14740 | S | December      | 11 a.m. – 12:30 p.m. |



## NEW! Parents Night Out, Kids Night In!

Parents let your children spend an evening with our fun camp staff while you get to take a couple of hours to enjoy a quiet night at home, a romantic dinner out, catch up on a movie or even take care of that holiday shopping! Kids will enjoy an evening full of fun activities, crafts, pizza and a kid-friendly movie!

Ages: 5 – 12 yrs  
 Location: Visalia Senior Center  
 Instructor: Camp Kaboom Counselors  
 Cost: \$25 1<sup>st</sup> child/\$15 additional family member\*

|        |   |       |                |
|--------|---|-------|----------------|
| #14644 | S | 10/28 | 6:30 – 10 p.m. |
| #14645 | S | 11/18 | 6:30 – 10 p.m. |
| #14646 | S | 12/16 | 6:30 – 10 p.m. |

\*Must register in person for discount.

## Beginning Fly Tying Class Presented by Kaweah Fly Fishers

It's not easy starting to tie flies without some good fundamental tuition in choice of materials, hooks, tools and techniques. Our instructors are experienced fisherman and fly tiers who have spent many years perfecting and improving their personal skills on the water or behind the tying vise. They are patient and more than willing to help you learn and perfect your skills.

Ages: 14 yrs +  
 Location: Visalia Senior Center – Craft Room

|        |   |              |            |      |
|--------|---|--------------|------------|------|
| #14831 | W | 9/6 – 9/27   | 6 – 8 p.m. | \$40 |
| #14832 | W | 10/18 – 11/8 | 6 – 8 p.m. | \$40 |

## Chip-In Visalia



Looking to take an active role in making the City of Visalia a better place to live and play?  
 Join us and *Chip-In!*

Whether it's a one-time project or a recurring one, the City of Visalia Parks & Urban Forestry Division will work with each individual, group or organization to develop the best chip fit for you. Past projects have ranged from trail clean up on the many trails that traverse through the City, to re-painting tables and arbors at City parks. From groups big to small, everyone makes a difference when they chip-in!

For more information on the Chip-In program and how you can volunteer on park projects and events, email [chipin@visalia.city](mailto:chipin@visalia.city) or call the Visalia Parks & Urban Forestry Division at (559) 713-4428.

## Couch to 5K

Here's your chance to learn what it takes to become a runner and compete in a 5K in a matter of weeks. Experienced runner Diana Valvodinos will put you on a guided training schedule. Class consists of running, walking and strength training. Children under the age of 16 must be accompanied by an adult.

Ages: 9 yrs +  
 Location: Riverway Sports Park – Food 4 Less Arbor  
 Instructor: Diana Valvodinos

|        |     |              |            |      |
|--------|-----|--------------|------------|------|
| #14540 | M/W | 9/25 – 11/15 | 7 – 8 p.m. | \$35 |
|--------|-----|--------------|------------|------|



# 14th Annual

**Saturday, September 9<sup>th</sup> at 6 p.m.**

**LJ Williams Theater  
1001 W. Main Street**

**See tomorrow's stars today at the 14th Annual Visalia Teen Idol competition! Watch 10 talented teen finalists compete for the coveted title of 2017 Visalia Teen Idol!**

**• Doors open at 5:30 p.m. • Cost: \$7 advance, \$10 at the door •  
Tickets on sale now at the Visalia Parks & Recreation Department**

**Not affiliated with "American Idol"**

**Haley Ball**

**Jason Bionda**

**Tayler Clifft**

**Gracie Cummings**

**Michael de Campos**

**Carlos Gomez**

**Victoria Martinez**

**Niam O'Donoghue**

**Lexus Perez**

**Baylie Teela**



For more information, call or visit us at:  
(559) 713-IDOL • [www.liveandplayvisalia.com](http://www.liveandplayvisalia.com)





# Teen Programs



## Capoeira

Capoeira is an Afro-Brazilian martial art that incorporates elements of self-defense, dance, music and acrobatics. Proper technique is consistently monitored and strongly emphasized to minimize the risk of injury and to increase the effectiveness of movements. Instructor Erica Hemenway, known as Graduada Toninho in the world of ABADÁ-Capoeira, has been participating in capoeira educational workshops and professional performances in the San Francisco Bay Area since 2010.

Ages: 13 yrs +  
Location: Anthony Community Center – Dance Studio  
Instructor: Erica Hemenway, Graduada Toninho

|        |    |           |                  |      |
|--------|----|-----------|------------------|------|
| #14658 | Th | September | 7:15 – 8:30 p.m. | \$25 |
| #14659 | Th | October   | 7:15 – 8:30 p.m. | \$25 |
| #14666 | Th | November  | 7:15 – 8:30 p.m. | \$25 |
| •      |    | No Class  | 11/23            |      |



The City of Visalia is committed to a clean and safe environment for residents, visitors and businesses. Experience has shown that when graffiti is not removed immediately, more follows. Quick reporting and eradication is the best anti-graffiti strategy. Preventing and cleaning graffiti is a community effort and by working together we can keep Visalia clean and safe.

When graffiti is spotted within Visalia city limits, citizens can safely and confidentially report it.

### How to Report:

- To report by phone, please call (559) 713-4451
- Online, visit [www.visalia.city](http://www.visalia.city)



## Visalia Teen Committee (VTC)

Are you a teen wanting to make a difference? Do you want your voice heard in your community? Join VTC! Formed in the summer of 2015, the VTC is comprised of the brightest motivated and driven teens who want to be leaders in their community. Committee members will assist in special events, community activities and much more all while becoming future leaders of Visalia. Gain work experience, volunteer credits and community involvement which looks great on college applications! Meetings held monthly.

Applications Available: Monday, September 11<sup>th</sup>  
Deadline to apply: Friday, October 27<sup>th</sup>

Grades: 7<sup>th</sup> – 12<sup>th</sup>  
Location: Anthony Community Center  
Cost: Free

Applicants will be contacted for an interview and the 1<sup>st</sup> meeting date and location.

## Preserve Our Valley Oaks

We are fortunate to live amongst the largest remaining stand of native Valley Oaks in the Central Valley. These magnificent trees need to be protected during development so that they will survive for generations to come. To ensure this, Valley Oaks are protected within Visalia City limits. Visalia's Valley Oak Preservation Ordinance applies to all Valley Oaks (*Quercus lobata*) with a trunk diameter of 2" or greater at a point of 4 1/2' above the root crown - also referred to as 2" DBH. In order to have your Valley Oak Tree trimmed, you must hire a tree service and file an Intent to Prune Form with the City of Visalia Urban Forestry Division and receive a permit before any action is performed.

If you would like to remove a Valley Oak, you must submit an application for a permit to remove along with a \$25 fee and our Certified Arborist will inspect your Valley Oak and make a decision regarding removal. All forms are available on-line at [www.liveandplayvisalia.com](http://www.liveandplayvisalia.com) or at the Corporation Yard located at 336 N. Ben Maddox Ave. For more information on preserving our Valley Oaks, please call (559) 713-4428.

# Manuel F. Hernandez Community Center

## Drop-In Program

Join the fun at MHCC! MHCC is a great place to spend your days making new friends and participating in different activities and clubs. Come hang out with the MHCC mentors in a safe and fun environment. Stop by daily to see what new and different clubs we are offering to peak your interest and ignite your creativity. Whether you like to bust a move, experiment with science, create works of art, discover and learn about music or become part of a team, MHCC is the place for you! Homework assistance is also provided.

Ages: 6 – 17 yrs  
Location: Manuel F. Hernandez Community Center  
247 W. Ferguson Ave.  
In School: M – F 2:30 – 6:30 p.m.  
Holiday Breaks M – F 12:30 – 6:30 p.m.  
Cost: Free  
Closed 11/23, 12/25 & 1/1

### Special Events

New Year's Bash – Friday, January 5<sup>th</sup>  
Cupid's Arrow – Wednesday, February 14<sup>th</sup>

**All participants must be registered in MHCC Drop-In/Tech Clubhouse in order to participate in clubs.**  
**Registration forms are available at the Manuel F. Hernandez Community Center.**  
**Club registration will be taken on a first-come, first-serve bases on-site.**  
**For more information call (559) 713-4374 during program hours.**

## The MHCC Tech Clubhouse

The MHCC is proud to be the newest member of The Intel Computer Clubhouse Network, an international community of 100 clubhouses located in 19 countries, providing youth with life-changing technological education for over 22 years. The MHCC is the first Clubhouse in the Central Valley and we aim to provide a safe after school program that allows youth to work, learn and become designers and creators of technology. Youth work side-by-side with MHCC staff and mentors to develop a passion for technology with STEAM (Science, Technology, Engineering, Art and Math) based activities, hands-on clubs and the opportunity for leadership, growth and self-expression.

### MHCC 50<sup>th</sup> Anniversary: Past, Present & Future

As we recognize the Manuel F. Hernandez Community Center's past, celebrate the present and look forward to the future we will reflect on the center's first 50 years of providing quality programs to our community. Join us as we wrap up our year-long celebration.

#### Stay tuned this fall for the unveiling of the Computer Clubhouse @ MHCC

"The Making of the MHCC Clubhouse – Our Future"

**Tuesday, October 31<sup>st</sup>** – Halloween Party

**Thursday, November 16<sup>th</sup>** – Day of Thanks  
A dinner to celebrate our members and project showcase.

**Friday, December 22<sup>nd</sup>** – Holiday Party

## CLUBS @ MHCC Tech CLUBHOUSE

### NEW! Lego World & Robotics

Block upon block, members will get to build their own imaginative designs using LEGOs and also be working together to create mini robots. There will be a variety of LEGO themed activities, games and also the opportunity to compete in teams in robot challenges. There will be plenty of time to imagine, design, and build! Come see what you can make with LEGOS!

Ages: 6 – 10 yrs  
Location: MHCC – Computer Clubhouse

|                     |       |            |
|---------------------|-------|------------|
| September – October | M/W/F | 5 – 6 p.m. |
| November – December | M/W/F | 5 – 6 p.m. |
| January – February  | M/W/F | 5 – 6 p.m. |

# Manuel F. Hernandez Community Center

## NEW! Time to Code – Computer Programming

Do you like playing video games? Do you like cartoons? Have you ever wondered how all those animations were created? It's with computer coding of course! This is an introductory class that will teach you how to create your own video games and animations. We will be using the free MIT (Massachusetts Institute of Technology) program SCRATCH to create.

Ages: 11 – 17 yrs  
Location: MHCC – Computer Clubhouse

|                     |       |            |
|---------------------|-------|------------|
| September – October | M/W/F | 4 – 5 p.m. |
| November – December | M/W/F | 4 – 5 p.m. |
| January – February  | M/W/F | 4 – 5 p.m. |

## NEW! Teen Zine

Do you love magazines? Have you ever wanted to create your own or learn what it takes to write for a magazine? This club will introduce our members to magazine design and teach them how to make eye catching advertisements.

Ages: 11 – 17 yrs  
Location: MHCC – Computer Clubhouse

|                     |      |            |
|---------------------|------|------------|
| September – October | T/Th | 5 – 6 p.m. |
| November – December | T/Th | 5 – 6 p.m. |
| January – February  | T/Th | 5 – 6 p.m. |

## NEW! Makers Brigade

Create projects using a variety of found objects, sewing material, electronic components and more! This club is about building, making and using your imagination. We work on do-it-yourself (DIY) projects that require innovative use of every day or recycled items.

Location: MHCC – Computer Clubhouse

|                     |      |            |
|---------------------|------|------------|
| Ages: 6 – 10 yrs    |      |            |
| September – October | T/Th | 4 – 5 p.m. |
| November – December | T/Th | 4 – 5 p.m. |
| January – February  | T/Th | 4 – 5 p.m. |

|                     |      |            |
|---------------------|------|------------|
| Ages: 11 – 17 yrs   |      |            |
| September – October | T/Th | 5 – 6 p.m. |
| November – December | T/Th | 5 – 6 p.m. |
| January – February  | T/Th | 5 – 6 p.m. |

Community donations welcome for Makers supplies.  
Contact (559) 713-4365

## Afterschool Program Jobs

The MHCC is currently seeking part-time Mentors (Program Leader - I) for developing, implementing and overseeing all drop-in programs during the after-school and seasonal hours. MHCC is an inter-active, drop-in place where teens and youth collaborate and experiment with technology and other engaging clubs. An ideal candidate would be high energy, enthusiastic, organized and dedicated to social enrichment of youth. Work hours may include Monday through Saturday 2 – 7 p.m.

Applications are available at the Visalia Parks & Recreation Business Office located at the Anthony Community Center (345 N. Jacob St.). For more information, call (559) 713-4365 or email [recreation@visalia.city](mailto:recreation@visalia.city).

## NEW! Photo Editing – Album, Fashion & Logo Design

Learn how to use Photoshop to create amazing album covers, fashion and logo designs! This is an introductory class where you will use Photoshop to edit, create and manipulate photos or posters using your imagination. Mentors will walk you click-by-click through this computer software program.

Ages: 11 – 17 yrs  
Location: MHCC – Computer Clubhouse

|                     |      |            |
|---------------------|------|------------|
| September – October | T/Th | 4 – 5 p.m. |
| November – December | T/Th | 4 – 5 p.m. |
| January – February  | T/Th | 4 – 5 p.m. |

## NEW! Mad Professor

Come and join our mentors as they turn each one of our members into mad scientists with hands-on and exciting experiments! Our scientists will learn how to explore, question and test theories with fun demonstrations and activities.

Ages: 6 – 17 yrs  
Location: MHCC – Computer Clubhouse

|                     |       |            |
|---------------------|-------|------------|
| September – October | M/W/F | 3 – 4 p.m. |
| November – December | M/W/F | 3 – 4 p.m. |
| January – February  | M/W/F | 3 – 4 p.m. |



# Youth Sports

## Youth Tennis Lessons

### Pee – Wee

This program will introduce the game of tennis in a fun and rewarding way. Students will learn basic stroke mechanics using smaller racquets, oversized foam tennis balls and smaller courts with lower nets. All equipment will be provided; students must wear proper tennis shoes. Parents are encouraged to participate with their child.

Ages: 5 – 7 yrs  
Location: Plaza Park – Tennis Complex  
Cost: \$35

#14664 S 9/23 – 10/21 9 – 10 a.m.

### Instructional

Beginning players are introduced to tennis fundamentals including strokes, serving, rules, history and etiquette. Fun and interactive tennis games will be used to advance players' skills. We offer a complete guide for entry level students to develop the necessary basic skills and love of tennis. Students must provide racquets and proper tennis shoes.

Location: Plaza Park – Tennis Complex  
Cost: \$47

8 – 10 yrs

#14660 T 9/19 – 10/17 6 – 7:30 p.m.

#14661 S 9/23 – 10/21 10:30 a.m. – 12 p.m.

11 – 17 yrs

#14660 Th 9/21 – 10/19 6 – 7:30 p.m.

## NEW! Rookie Flag Rugby Clinic

The Rookie Flag Rugby program is USA Rugby's non-contact version of the game. This clinic introduces players to the newest Olympic sport in a fun and safe environment for boys and girls of all ages. Participants will be taught by USA Rugby instructors. Make sure to register in advance, limited spots are available. On-site registration will be accepted as space allows.

Grades: 3<sup>rd</sup> – 6<sup>th</sup>  
Location: Whitendale Park  
Instructor: Nate Dalena from USA Rugby

#14836 S 10/21 12:30 – 2 p.m. FREE

#14837 S 10/21 2 – 3:30 p.m. FREE

## Discount Day

Save \$10!

Discount Day is Saturday, November 4<sup>th</sup>  
10 a.m. – 12 p.m.

Save on Youth Basketball registration at our discount day. Register online at [www.liveandplayvisalia.com](http://www.liveandplayvisalia.com) (registration log-in needed prior to this date) or in person at the Anthony Community Center.

## Basketball

Hit the court and take it to the hoop with the game of basketball. Over the years, our league has grown to serve over 800 boys and girls, from 3 year olds to junior high athletes. With an emphasis on skill development and sportsmanship this is youth basketball at its best. Practice times, locations and dates are arranged by coaches. Volunteer coaches are needed.

Location: As scheduled at local gyms  
Day: Saturdays, 1/6 – 3/3  
Times: Game times vary from 8 a.m. – 6 p.m.  
Deadline: 11/17

After 11/17 deadline, a waitlist will be created children will be added as space allows; a \$10 late fee will be charged.

|        |                        |             |      |
|--------|------------------------|-------------|------|
| #14667 | Tiny Tots (1/6 – 2/10) | Ages 3 – 4  | \$53 |
| #14668 | Pee Wee                | Ages 5 – 6  | \$70 |
| #14675 | Instructional          | Grade 1 – 2 | \$70 |
| #14669 | Minors – Boys          | Grade 3 – 4 | \$70 |
| #14670 | NEW! Minors – Girls    | Grade 3 – 5 | \$70 |
| #14671 | Majors – Boys          | Grade 5 – 6 | \$70 |
| #14672 | NEW! Majors – Girls    | Grade 6 – 8 | \$70 |
| #14273 | Senior – Boys          | Grade 7 – 8 | \$70 |

## Become a Youth Coach Become a Hero

Would you like to make a positive impact on a child's life? The Visalia Parks & Recreation Department is seeking volunteer coaches like you! Coaching experience is not required. We will provide you with the tools needed to help develop your team. Our youth sports leagues focus on skill development, sportsmanship and fun. The time commitment is only 2-3 hours per week and the impact you can make on a young athlete's life is priceless.

To volunteer, call (559) 713-4365 or  
[email recreation@visalia.city](mailto:recreation@visalia.city)

# Youth Sports

## Spring Volleyball

Bump, set and spike! Get ready to learn the game of volleyball with our Spring Youth Volleyball league. In a fun, structured environment, our league teaches basic skills, sportsmanship and teamwork. Practice time and location will be arranged by the volunteer coach.

Location: Anthony Community Center & Manuel F. Hernandez Community Center  
 Day: Saturdays, 3/24 – 5/26  
 • No Games 3/31  
 Times: Game times vary from 8 a.m. – 5 p.m.  
 Deadline: 2/16  
 After 2/16 deadline, a waitlist will be created children will be added as space allows; a \$10 late fee will be charged.

|        |         |               |      |
|--------|---------|---------------|------|
| #14681 | Bumpers | Grades 3 – 4  | \$70 |
| #14682 | Diggers | Grades 5 – 6  | \$70 |
| #14683 | Setters | Grades 7 – 8  | \$70 |
| #14684 | Spikers | Grades 9 – 12 | \$70 |

## Spring Youth Sports Discount Day

**Save \$10!**

**Discount Day is Saturday, February 3<sup>rd</sup>**  
**10 a.m. – 12 p.m.**

Register for Baseball & Spring Volleyball at our discount day. Register online at [www.liveandplay-visalia.com](http://www.liveandplay-visalia.com) (registration log-in needed prior to this date) or in person at the Anthony Community Center.

## Youth Baseball

Introduce your child to this classic American pastime. Teamwork, physical fitness and positive self-esteem are emphasized alongside baseball skills to develop your little one into a baseball player. Coaches will cover the basics of fielding, catching, throwing and batting. Practice time and location are arranged by the volunteer coach.

Location: Riverway Sports Park Fields #6, #7, & #8  
 Day: Saturdays, 3/24 – 5/26  
 • No Games 3/31  
 Times: Game times vary from 9 a.m. – 2 p.m.  
 Deadline: 2/16  
 After 2/16 deadline, a waitlist will be created children will be added as space allows; a \$10 late fee will be charged.

|        |              |            |      |
|--------|--------------|------------|------|
| #14678 | Tiny Tots    | Ages 3 – 4 | \$70 |
| #14679 | Pee Wee      | Ages 5 – 6 | \$70 |
| #14680 | Little Tyles | Ages 7 – 9 | \$70 |

## SPORTS JOB

Visalia Recreation is seeking qualified referees, scorekeepers and gym attendants for both youth sports and adult sport leagues.

### Referees

Referees are contracted and paid per game. Schedules vary by sport; games are held either on Saturdays or weeknights. Experience is preferred but not required.

### Scorekeepers & Gym Attendants

Scorekeepers and gym attendants are hourly based employees that are responsible for the daily operations of adult and youth sports leagues. They will keep track of scores, attendance and maintain the facility during activities.

### Youth Sports:

- Baseball
- Basketball
- Flag Football
- Volleyball

### Adult Sports:

- Basketball
- Soccer
- Softball
- Volleyball

Applications available at the Visalia Parks & Recreation Business Office at the Anthony Community Center, located at 345 N. Jacob St.

For more information call (559) 713-4365 or email [recreation@visalia.city](mailto:recreation@visalia.city)



# Adult Sports

| League                        | Game Night(s) | Fee   | League Start                   | Reg. Deadline                |
|-------------------------------|---------------|-------|--------------------------------|------------------------------|
| Fall Co-Ed Soccer             | Su            | \$400 | Su, August 20 <sup>th</sup>    | F, August 11 <sup>th</sup>   |
| Fall Women's Soccer           | Su            | \$400 | Su, August 20 <sup>th</sup>    | F, August 11 <sup>th</sup>   |
| Fall Men's & Co-Ed Softball   | T – F         | \$420 | T, September 5 <sup>th</sup>   | F, August 18 <sup>th</sup>   |
| Fall Women's Softball         | T             | \$420 | T, September 5 <sup>th</sup>   | F, August 18 <sup>th</sup>   |
| Fall Co-Ed Volleyball         | M or W        | \$250 | M, September 11 <sup>th</sup>  | F, September 1 <sup>st</sup> |
| Fall Men's Basketball         | Th            | \$325 | Th, September 14 <sup>th</sup> | F, September 1 <sup>st</sup> |
| Winter Co-Ed Volleyball       | M             | \$200 | M, January 15 <sup>th</sup>    | F, January 5 <sup>th</sup>   |
| Winter Men's Basketball       | Th            | \$275 | Th, January 18 <sup>th</sup>   | F, January 5 <sup>th</sup>   |
| Winter Men's & Co-Ed Softball | Th or F       | \$375 | Th, January 18 <sup>th</sup>   | F, January 5 <sup>th</sup>   |
| Winter Women's Softball       | Th or F       | \$375 | Th, January 18 <sup>th</sup>   | F, January 5 <sup>th</sup>   |
| Spring Co-Ed Soccer           | Su            | \$400 | Su, February 25 <sup>th</sup>  | F, February 9 <sup>th</sup>  |
| Spring Women's Soccer         | Su            | \$400 | Su, February 25 <sup>th</sup>  | F, February 9 <sup>th</sup>  |

***Sports league registration will only be accepted with a completed roster and full payment.***  
***Registration increases \$25 after deadline, as space allows.***

***Team packets are available now.***

## Co-Ed & Women's 11-on-11 Soccer

The Visalia Parks and Recreation Department is proud to offer one of the largest adult co-ed soccer leagues in Tulare County! Whether you're a novice player or have played soccer at a competitive level, we have the right division for your team. Our soccer league is played on full size soccer fields and games are 11-on-11.

- Fall Manager's Meeting – Th, August, 17<sup>th</sup> at 6 p.m.  
 Anthony Community Center – Main Room
- No Games 9/3
- Winter Manager's Meeting – Th, February, 15<sup>th</sup> at 6 p.m.  
 Anthony Community Center – Main Room
- No Games 4/1

## Co-Ed Volleyball

Get a team of friends, family or co-workers together and enjoy this great team sport! Co-ed volleyball is offered in three skill levels; you're sure to find the right fit for your team. Games are played indoors at the Anthony Community Center and are played 6-on-6.

- Fall Manager's Meeting – Th, September 7<sup>th</sup> at 6:30 p.m.  
 Anthony Community Center – Room A
- Winter Manager's Meeting – Th, January 11<sup>th</sup> at 6:30 p.m.  
 Anthony Community Center – Room A
- No Games 2/19

## Men's, Women's & Co-Ed Softball

Our softball program offers an excellent recreational opportunity for adults to socialize and get a little exercise. Our leagues are organized and administered by professional staff with expertise in league formation and maintaining competitive divisions. Officials are certified through the Amateur Softball Association of America (ASA).

- Fall Manager's Meeting – T, August 29<sup>th</sup> at 6 p.m.  
 Anthony Community Center – Main Room
- No Games 10/31
- Winter Manager's Meeting – T, January 16<sup>th</sup> at 6 p.m.  
 Anthony Community Center – Main Room

## Men's 4-on-4 Basketball

Get back into the game with the City of Visalia's 4-on-4 basketball league. Our league offers novice through advanced divisions for players of all skill levels. Grab some friends and jump on the court in this fast paced, fun league for adults.

- Fall Manager's Meeting – Th, September 7<sup>th</sup> at 6 p.m.  
 Anthony Community Center – Main Room
- Winter Manager's Meeting – Th, January 11<sup>th</sup> at 6 p.m.  
 Anthony Community Center – Main Room

# Reserve A Park



City of Visalia Parks & Recreation Department  
345 N. Jacob St. Visalia, CA 93291

Monday – Friday • 8 a.m. – 5 p.m. (559) 713-4365 • [recreation@visalia.city](mailto:recreation@visalia.city)



## Additional Park Rental Information

Reservation can only be made in person. Additional parks and facilities available for rent for birthdays, anniversaries and other special events.

Please contact us for more information on availability and pricing.



### Blain Park

3101 S. Court St.

Restrooms on site. Rentable areas have barbecues & covered arbors.

| Area | Capacity | Rental Fee |
|------|----------|------------|
| #1   | 80       | \$84       |
| #3   | 60       | \$62       |
| #4   | 80       | \$84       |



### Riverway Sports Park

3611 N. Dinuba Blvd.

Restrooms on site. Rentable areas have barbecues & covered arbors. Lions Club Shelter requires \$100 cleaning deposit and liability insurance.

| Area            | Capacity | Rental Fee |
|-----------------|----------|------------|
| Lions Club      | 220      | \$233      |
| Oak Liquidators | 90       | \$114      |
| Food 4 Less     | 90       | \$114      |
| #4              | 90       | \$114      |



### Plaza Park

1800 S. Plaza Dr.

Restrooms on site. Rentable areas have barbecues. Area #4, #5, #6 & #8 are covered. Area #1 requires a \$100 cleaning deposit and liability insurance.

| Area | Capacity | Rental Fee |
|------|----------|------------|
| #1   | 200      | \$166      |
| #2   | 60       | \$62       |
| #3   | 100      | \$92       |
| #4   | 60       | \$69       |
| #5   | 60       | \$69       |
| #6   | 80       | \$84       |
| #7   | 60       | \$61       |
| #8   | 60       | \$62       |



### Whitendale Park

500 W. Beech

Restrooms on site. Rentable areas have barbecues & covered arbors.

| Area | Capacity | Rental Fee |
|------|----------|------------|
| #1   | 80       | \$84       |
| #2   | 60       | \$69       |
| #3   | 60       | \$69       |



# Adult Sports

## Table Tennis League

Whether your grip is the Penhold or the Shakehand, grab a paddle and join the fun. Participants play weekly games and the league features challenges to move up in the competition ending with a double elimination tournament. The league will feature Men's and Women's doubles and singles divisions. Prizes will be awarded to winning teams.

Ages: 18 yrs +  
Location: Visalia Senior Center – Main Room  
Instructor: Dan Fox

|        |   |              |               |      |
|--------|---|--------------|---------------|------|
| #14687 | W | 9/6 – 10/25  | 6 – 7:45 p.m. | \$25 |
| #14689 | W | 11/1 – 12/20 | 6 – 7:45 p.m. | \$25 |
| #14691 | W | 1/3 – 2/21   | 6 – 7:45 p.m. | \$25 |

## Intro to Tennis

Players are introduced to the basics of tennis including strokes, serving, rules and etiquette. With an emphasis on fun activities and tennis games, this class focuses on developing skills and follows the United States Tennis Association's Quick Start program. Racquets and proper tennis shoes are required.

Ages: 18 yrs +  
Location: Plaza Park Tennis Complex

|        |    |              |               |      |
|--------|----|--------------|---------------|------|
| #14259 | Th | 9/21 – 10/19 | 6 – 7:30 p.m. | \$47 |
|--------|----|--------------|---------------|------|



## Explore the Visalia Trail System

The City of Visalia is hard at work increasing the natural beauty of Visalia by giving citizens and visitors additional natural spots where they can experience indigenous flora and fauna while enjoying our City's trail system.

Whether you like to walk, run, or bike, our terrific trails enhance the City of Visalia and offer safe, accessible, attractive routes that promote healthy lifestyles.

## NEW! Open Play Pickleball

Take a quick break from your day to get fit! The Visalia Parks and Recreation Department is offering Open Play Pickleball. This free program will help new players feel at ease as experienced players will be on hand to help new and interested players learn the rules and develop their skills. Courts will have designated skill level play and players will rotate after each match.

Ages: 18 yrs +  
Location: Plaza Park – Pickleball Courts

|            |                |                           |              |
|------------|----------------|---------------------------|--------------|
| Year-round | M/W/Th<br>T/Th | 8 – 10 a.m.<br>6 – 8 p.m. | Free<br>Free |
|------------|----------------|---------------------------|--------------|



## Double's Pickleball League

Pickleball is a fun sport for all ages and levels of athletic ability. If you are active and would like to play a sport that provides a great workout, you should put a team together in our Pickleball League! The league will have three divisions: women's doubles, men's doubles and mixed doubles. Awards will be given out at the end of the season.

Ages: 18 yrs +  
Location: Plaza Park – Pickleball Courts  
Instructor: \$60 per team/\$20 increase after 9/4

### Men's Doubles

|        |           |   |              |        |
|--------|-----------|---|--------------|--------|
| #14820 | 2.0 – 3.0 | M | 9/11 – 11/13 | 6 p.m. |
| #14821 | 3.5 – 5.0 | M | 9/11 – 11/13 | 6 p.m. |

### Women's Doubles

|        |           |   |              |        |
|--------|-----------|---|--------------|--------|
| #14823 | 2.0 – 3.0 | W | 9/13 – 11/15 | 6 p.m. |
| #14823 | 3.5 – 5.0 | W | 9/13 – 11/15 | 6 p.m. |

### Mixed Doubles

|        |           |   |              |        |
|--------|-----------|---|--------------|--------|
| #14824 | 2.0 – 3.0 | F | 9/15 – 11/17 | 6 p.m. |
| #14825 | 3.5 – 5.0 | F | 9/15 – 11/17 | 6 p.m. |



Parks  
Make  
Life  
Better!

The City of Visalia Parks & Recreation Department proudly invites you to participate in the 2018 Visalia Senior Games. Don't miss this Olympic-style competition for adults ages 50 and better!

**Registration opens November 1<sup>st</sup>**  
**[www.visaliaseniorgames.com](http://www.visaliaseniorgames.com)**

Dates: Saturday – Sunday, March 10<sup>th</sup> & 11<sup>th</sup>  
Saturday – Sunday, March 17<sup>th</sup> & 18<sup>th</sup>  
Ages: Men & Women 50 – 100+  
Price: \$20 per athlete (includes Athlete's Pack with event shirt and CSG Registration), individual event fees apply.

### March 10<sup>th</sup> & 11<sup>th</sup>\*

- ARCHERY
- HORSESHOES
- VOLLEYBALL
- DISC GOLF
- PICKLEBALL
- GOLF
- SOFTBALL

### March 17<sup>th</sup> & 18<sup>th</sup>\*

- BOWLING
- TABLE TENNIS
- SOCCER
- TRACK & FIELD
- SWIMMING
- TRAP SHOOT

\*Schedule of events is subject to change.

### Volunteers Needed!

Want to participate but not ready to compete? There are a lot of ways for you to be involved. Join a committee (Planning, Sponsorships), come cheer at the events or volunteer - we need lots of help!



(559) 713-4365 • [recreation@visalia.city](mailto:recreation@visalia.city)  
[www.visaliaseniorgames.com](http://www.visaliaseniorgames.com)

# Adult Fitness

## Healthy Meal Prep Class

Are you looking to develop healthy eating habits? This class will show you step-by-step how to plan, prepare and execute your healthy eating and ultimately, healthy living goals. Through lecture and educational demonstrations, you will learn how to prep meals for home, work and even travel!

Ages: 16 yrs +  
Location: Visalia Senior Center – Kitchen & Activity Room  
Instructor: LaDonna Rivenbark

|        |   |              |            |      |
|--------|---|--------------|------------|------|
| #14541 | W | 9/6 – 9/20   | 6 – 7 p.m. | \$38 |
| #14542 | W | 11/1 – 11/15 | 6 – 7 p.m. | \$38 |
| #14543 | W | 1/10 – 1/24  | 6 – 7 p.m. | \$38 |

## Intro to Boot Camp

Boot Camp is a high energy workout that masterfully combines an easy, yet effective cardiovascular routine interlaced with weights and resistance. It's fun, created for all fitness levels and will produce results you are looking for! Boot camp is a diverse workout, changing each time, and works all muscle groups. Participants should bring a water bottle and towel.

Ages: 16 yrs +  
Location: Anthony Community Center – Gym  
Instructor: LaDonna Rivenbark

|        |      |                        |                  |      |
|--------|------|------------------------|------------------|------|
| #14534 | T/Th | 9/12 – 10/19           | 5:30 – 6:30 a.m. | \$40 |
| #14535 | T/Th | 10/31 – 12/14          | 5:30 – 6:30 a.m. | \$40 |
| •      |      | No class 11/21 & 11/23 |                  |      |
| #14536 | T/Th | 1/9 – 2/15             | 5:30 – 6:30 a.m. | \$40 |

## Booties and Bellies

This class will focus on strengthening the lower body and abdominals. Strength training and core exercises will reshape the body and improve overall fitness. Get strong to the “core” with this energizing class.

Ages: 16 yrs +  
Location: Anthony Community Center – Dance Studio  
Instructor: LaDonna Rivenbark

|        |     |                        |                 |      |
|--------|-----|------------------------|-----------------|------|
| #14537 | M/W | 9/11 – 10/18           | 12 – 12:45 p.m. | \$40 |
| #14538 | M/W | 10/30 – 12/13          | 12 – 12:45 p.m. | \$40 |
| •      |     | No class 11/20 & 11/22 |                 |      |
| #14539 | M/W | 1/8 – 2/14             | 12 – 12:45 p.m. | \$40 |



MAKE A  
DIFFERENCE DAY

The City of Visalia Parks & Urban Forestry Division invites individuals, families and community groups to join the more than 200 volunteers who have committed to work at our annual Make A Difference Day.

Make A Difference Day is celebrated throughout the country and is known as a “National Day of Doing Good.” Make A Difference Day starts with grassroots efforts and volunteers are now being sought to work on projects right here in our community. Volunteers are needed to spread mulch, plant trees, weed, paint and help out with a variety of other worthwhile activities.

Won't you join us? Pre-registration is helpful to facilitate planning. Families, businesses, clubs and faith based organizations are all welcome!

**Saturday, October 21<sup>st</sup> at 9 a.m.**

**For more information or to pre-register,  
contact the City of Visalia  
Parks & Urban Forestry Division at  
(559) 713-4428 or chipin@visalia.city.**

## Low-Impact Fitness

This is a fitness class with slightly higher intensity exercises than Booties and Bellies. This is an appropriate, safe and effective workout for senior participants, as well as beginning exercisers. It flows at a comfortable, low-impact pace.

Ages: 16 yrs+  
Location: Anthony Community Center – Gym  
Instructor: LaDonna Rivenbark

|        |     |                        |             |      |
|--------|-----|------------------------|-------------|------|
| #14529 | M/W | 9/11 – 10/18           | 9 – 10 a.m. | \$50 |
| #14530 | M/W | 10/30 – 12/13          | 9 – 10 a.m. | \$50 |
| •      |     | No class 11/20 & 11/22 |             |      |
| #14531 | M/W | 1/8 – 2/14             | 9 – 10 a.m. | \$50 |



# Adult Fitness

## Gentle Yoga (Basic)

The benefits of Yoga have shown that it alleviates many health challenges. This Gentle Yoga class is specially designed to increase muscle tone, stamina and balance. Participants must bring their own yoga mat.

Ages: 50 yrs +  
Location: Rawhide Room  
Instructor: Dina Restivo

|        |                |              |                  |      |
|--------|----------------|--------------|------------------|------|
| #14512 | Th             | 9/7 – 10/12  | 2:15 – 3:15 p.m. | \$40 |
| #14513 | Th             | 11/2 – 12/14 | 2:15 – 3:15 p.m. | \$40 |
| •      | No class 11/23 |              |                  |      |
| #14514 | Th             | 1/4 – 2/8    | 2:15 – 3:15 p.m. | \$40 |

## Evening Yoga

A form of exercise which uses slow movements and stretching, yoga is good for increasing flexibility and balance. It also helps in losing weight, relieving stress and relaxing. You will become stronger and more flexible, toning your muscles and improving your mental and physical well-being. Bring your own towel/mat and water bottle.

Ages: 16 yrs +  
Location: Visalia Senior Center – Main Room  
Instructor: Dina Restivo

|        |                |              |                  |      |
|--------|----------------|--------------|------------------|------|
| #14517 | T              | 9/5 – 10/10  | 6:45 – 7:45 p.m. | \$35 |
| #14518 | T              | 11/7 – 12/19 | 6:45 – 7:45 p.m. | \$40 |
| •      | No class 11/14 |              |                  |      |
| #14519 | T              | 1/2 – 2/6    | 6:45 – 7:45 p.m. | \$40 |

## NEW! Walking Club

Are you looking for a fun group where you can socialize while you get fit? Trying to get more active or just want to enjoy the morning fresh air? Then join the newest club in town. Our walking club will explore downtown Visalia. So grab a coffee and a friend and join our Wednesday walking club. Club shirt will be provided.

Ages: 18 yrs +  
Meeting Location: Visalia Senior Center  
Instructor: Candy Madrigal

|        |   |             |             |      |
|--------|---|-------------|-------------|------|
| #14803 | W | 9/6 – 11/15 | 9 – 10 a.m. | \$30 |
| #14802 | W | 12/6 – 2/14 | 9 – 10 a.m. | \$30 |

## Low-Impact Yoga

This yoga class is designed to increase stamina and balance. Low-Impact Yoga requires more movement than Gentle Yoga and is taught with demonstration poses, clear verbal instruction and gentle hands on adjustments. Bring your own towel/mat and water bottle.

Ages: 16 yrs +  
Instructor: Dina Restivo

|           |                                   |              |                  |      |
|-----------|-----------------------------------|--------------|------------------|------|
| Location: | Visalia Senior Center – Main Room |              |                  |      |
| #14522    | T                                 | 9/5 – 10/10  | 5:30 – 6:30 p.m. | \$40 |
| #14523    | T                                 | 11/7 – 12/19 | 5:30 – 6:30 p.m. | \$40 |
| •         | No class 11/14                    |              |                  |      |
| #14524    | T                                 | 1/2 – 2/6    | 5:30 – 6:30 p.m. | \$40 |

|           |                |              |            |      |
|-----------|----------------|--------------|------------|------|
| Location: | Rawhide Room   |              |            |      |
| #14525    | Th             | 9/7 – 10/12  | 1 – 2 p.m. | \$40 |
| #14527    | Th             | 11/2 – 12/14 | 1 – 2 p.m. | \$40 |
| •         | No class 11/23 |              |            |      |
| #14528    | Th             | 1/4 – 2/8    | 1 – 2 p.m. | \$40 |

## Tai Chi for Health

Relax, refresh and revitalize with a martial art that is now practiced for fun as well as for health benefits! Tai Chi promotes balance, strength, coordination and a sense of calm alertness. Students learn a sequence of Tai Chi moves that can be a life-long health practice and also serve as a foundation for further learning in Tai Chi. Darci Alexander, a Physical Therapist Assistant, has been teaching Tai Chi for Kaweah Delta since 2010. She is a Trainer for the Tai Chi for Health Institute, certified in several forms of Tai Chi.

Ages: 18 yrs +  
Location: Visalia Senior Center  
Instructor: Darci Alexander

|        |   |             |            |      |
|--------|---|-------------|------------|------|
| #14804 | T | 9/5 – 10/10 | 7 – 8 p.m. | \$40 |
|--------|---|-------------|------------|------|

## Intermediate Tai Chi

Relax, refresh, and revitalize with a martial art that is practiced for fun as well as for health benefits! Tai Chi promotes balance, strength, coordination and a sense of calm alertness. Continue your learning in this new intermediate course. Must have completed Tai Chi for Health or 50+ Tai Chi for Better Balance before signing up for this class.

Ages: 16 yrs +  
Location: Visalia Senior Center – Activity Room  
Instructor: LaDonna Rivenbark

|        |      |           |                   |      |
|--------|------|-----------|-------------------|------|
| #14833 | T/Th | 1/9 – 2/1 | 9:30 – 10:30 a.m. | \$55 |
| #14834 | T/Th | 2/6 – 3/1 | 9:30 – 10:30 a.m. | \$55 |

# Adult Classes

## NEW! Adult Beginning Guitar Class

Basic music skills will be taught such as proper hand positions, note reading and finger picking. Basic fret board theory will be introduced and students will learn how to play popular songs step-by-step. Students must provide their own acoustic or classical guitar.

Ages: 18 yrs +  
Location: Visalia Senior Center – Media Lounge  
Instructor: Thomas Townsend

|        |   |                      |                  |      |
|--------|---|----------------------|------------------|------|
| #14735 | M | 9/11 – 10/30         | 7:45 – 8:45 p.m. | \$60 |
| #14736 | M | 11/6 – 1/8           | 7:45 – 8:45 p.m. | \$60 |
| •      |   | No class 12/25 & 1/1 |                  |      |

## Introduction to Line Dance

Never danced before? No problem! Moving at the pace of the class, beginners will learn dance routines to popular music and will be ready to hit the floor when the music starts at the next wedding or social engagement. The instruction is clear and the steps are completely attainable. Open to beginners or those wanting to build more confidence in their line dance skills.

Ages: 18 yrs +  
Location: Visalia Senior Center – Activities Room  
Instructor: Gina Garcia

|        |    |               |            |      |
|--------|----|---------------|------------|------|
| #14731 | Th | 9/7 – 10/12   | 6 – 7 p.m. | \$20 |
| #14732 | Th | 10/19 – 11/16 | 6 – 7 p.m. | \$17 |
| #14733 | Th | 1/4 – 2/8     | 6 – 7 p.m. | \$20 |

## How to Sell on eBay

This is an excellent class for the person who wants to learn how to sell on eBay the right way. We will take the student from starting an eBay account all the way through collecting funds. Topics include writing a proper title with keywords, drafting a great description, researching what to sell and how to take and post pictures.

Ages: 18 yrs +  
Location: Visalia Senior Center – Media Lounge  
Instructor: Michael Alvarez

|        |   |      |               |      |
|--------|---|------|---------------|------|
| #14719 | M | 9/11 | 4 – 5:30 p.m. | \$15 |
| #14720 | M | 11/6 | 4 – 5:30 p.m. | \$15 |
| #14721 | M | 1/8  | 4 – 5:30 p.m. | \$15 |

## Conversational Spanish

Learning Spanish can be easy and fun! Subjects include the Spanish alphabet, pronunciation, greetings, numbers, colors, time, seasons and the articles “el,” “la,” “un” and “unos.” Participants learn through repetition and group interaction. Writing materials and an English/Spanish dictionary are recommended.

Ages: 18 yrs +  
Location: Visalia Senior Center – Craft Room  
Instructor: Diana Valdovinos

|        |   |                |            |      |
|--------|---|----------------|------------|------|
| #14727 | T | 9/12 – 10/17   | 6 – 7 p.m. | \$35 |
| #14728 | T | 10/24 – 12/5   | 6 – 7 p.m. | \$35 |
| •      |   | No class 10/31 |            |      |
| #14729 | T | 12/12 – 2/23   | 6 – 7 p.m. | \$35 |
| •      |   | No class 12/26 |            |      |

## Digital Photography 101

Learn your digital single-lens reflex camera (DSLR) beyond the GREEN auto button. Take a step-by-step instruction of the camera's buttons and functions including your basic menu operations. Expand your creativity and your understanding of your DSLR camera. You will learn exposure and how to use the proper lens while on local photo walks. Image review will take place at the end of each class. Recommended equipment is a DSLR or any digital camera that can be operated manually.

Ages: 18 yrs +  
Location: Visalia Senior Center – Media Lounge  
Instructor: Michael Alvarez

|        |   |              |                   |      |
|--------|---|--------------|-------------------|------|
| #14692 | S | 9/9 – 9/30   | 9:30 – 11:30 a.m. | \$40 |
| #14693 | S | 10/14 – 11/4 | 9:30 – 11:30 a.m. | \$40 |
| #14694 | S | 12/2 – 12/23 | 9:30 – 11:30 a.m. | \$40 |
| #14695 | S | 1/6 – 1/27   | 9:30 – 11:30 a.m. | \$40 |
| #14696 | S | 2/3 – 2/24   | 9:30 – 11:30 a.m. | \$40 |

## Apple Smart Phones and You

Learn how to use an iPhone and explore a wide range of iPhone tips and tutorials. This course covers how to set up the device, make calls, how to use apps, browse the web, take notes, shoot photos, type effectively, listen to music and access the iCloud storage solution.

Ages: 18 yrs +  
Location: Visalia Senior Center – Media Lounge  
Instructor: Michael Alvarez

|        |   |       |                  |      |
|--------|---|-------|------------------|------|
| #14710 | W | 10/18 | 6:45 – 8:15 p.m. | \$20 |
| #14713 | W | 12/6  | 6:45 – 8:15 p.m. | \$20 |
| #14714 | W | 1/3   | 6:45 – 8:15 p.m. | \$20 |

# Adult Classes

## Facebook – Learning to Liking!

This class can help you use Facebook to communicate with selected friends and family, find long lost friends and even chat online. You will learn how to create an account and link it to your email as well as how to use the many features of Facebook.

Ages: 18 yrs +  
Location: Visalia Senior Center – Media Lounge  
Instructor: Michael Alvarez

|        |   |      |               |      |
|--------|---|------|---------------|------|
| #14716 | M | 9/11 | 5:30 – 7 p.m. | \$15 |
| #14717 | M | 10/2 | 5:30 – 7 p.m. | \$15 |
| #14718 | M | 11/6 | 5:30 – 7 p.m. | \$15 |

## iPhoneography

That iPhone you have in your pocket has a great camera, but have you ever wondered how much more you can do with it? Today's smart phones are much more than a "point and shoot camera." Why not take full advantage of it? This class will teach you how to maximize the potential of these devices and what you can do with some of the most popular photo apps. You will learn how to effectively work around some of its limitations and increase your iPhone's potential.

Ages: 18 yrs +  
Location: Visalia Senior Center – Media Lounge  
Instructor: Michael Alvarez

|        |   |      |                  |      |
|--------|---|------|------------------|------|
| #14702 | W | 9/6  | 6:45 – 8:45 p.m. | \$20 |
| #14703 | W | 11/8 | 6:45 – 8:45 p.m. | \$20 |
| #14706 | W | 1/10 | 6:45 – 8:45 p.m. | \$20 |

## Lighting made Simple for Your DSLR

Do you want to learn how to take better pictures with lighting? This class offers a hands-on approach to your camera's flash button. If you have taken the Digital Photography 101 class, this class will help you take your skills to the next level. You will need to have a speed light for your DSLR camera. This class will also use small modifiers that will help you create better and stronger images.

Ages: 18 yrs +  
Location: Visalia Senior Center – Media Lounge  
Instructor: Michael Alvarez

|        |   |              |            |      |
|--------|---|--------------|------------|------|
| #14697 | F | 9/8 – 9/29   | 5 – 7 p.m. | \$50 |
| #14698 | F | 10/13 – 11/3 | 5 – 7 p.m. | \$50 |
| #14699 | F | 12/1 – 12/22 | 5 – 7 p.m. | \$50 |
| #14700 | F | 1/5 – 1/26   | 5 – 7 p.m. | \$50 |
| #14701 | F | 2/2 – 2/23   | 5 – 7 p.m. | \$50 |



## WHAT?

## YOU HAVEN'T HEARD OF US?

*We are*

## VISALIA PARKS AND RECREATION FOUNDATION

*a private 501c3 pleased to be able to channel private funding and volunteer efforts to provide excellent park facilities and recreational programs.*

- We are very active in our community and have participated in and/or completed many projects including Garden Street Plaza, The Jim Byrd Playground, Perry Family Park, Saputo Youth Sports Field and our most recent accomplishment, **Oval Park Playground.**
- We are always looking for members for our Foundation. There are varying membership levels available.
- We sponsor the Celebration of Life Tree Program. This program allows citizens to sponsor a tree within our city in honor of a person of their choosing.

For more information:

**[www.supportvisaliaparks.com](http://www.supportvisaliaparks.com)**

Carol Hoppert Hays, Executive Director

559.713.4599, Carolhays@gmail.com

Our office is located in the Senior Center  
310 North Locust



# 9th



# Annual

The 9<sup>th</sup> annual Corporate Games event is Visalia's only business-to-business tournament where companies compete against one another in a variety of fun and exciting events. Corporate Games aims to promote staff morale through teamwork, participation and fun.

Plan ahead and gather the troops, it's time to get prepared for this year's event!

- Archery
- Dodge Ball
- Mega Scrabble
- Soccer
- Tug of War
- Bowling
- Foot Golf
- Mush Ball
- Table Tennis
- Ultimate Frisbee
- Corn Hole
- Human Foosball
- Mystery Event
- Texas Hold'Em
- Volleyball
- Darts
- Kickball
- Pickleball
- 3 Point Contest

Ages: 18 yrs + • Times & Location Vary • Cost: \$600 per team

Game Dates: 9/22 – 10/6

Deadline to register 9/8/17



For more information, call or visit us at:  
(559) 713-4365 • [www.liveandplayvisalia.com](http://www.liveandplayvisalia.com)



# Art Classes



## Learn to Crochet

Learn to crochet at your own pace in a comfortable and friendly environment. Participants will start with the basics and progress to easy projects, new stitches and project ideas. Participants work with instructor guidance and must provide their own crochet hook size G or H and 4-ply 100% cotton yarn.

Ages: 18 yrs +  
Location: Visalia Senior Center – Craft Room  
Instructor: Carmina Pinheiro

|        |   |                |                   |      |
|--------|---|----------------|-------------------|------|
| #14786 | W | 9/13 – 10/18   | 10 a.m. – 12 p.m. | \$20 |
| #14787 | W | 10/25 – 11/29  | 10 a.m. – 12 p.m. | \$16 |
| •      |   | No class 11/22 |                   |      |
| #14790 | W | 12/6 – 1/10    | 10 a.m. – 12 p.m. | \$20 |
| #14791 | W | 1/17 – 2/21    | 10 a.m. – 12 p.m. | \$20 |

## NEW! Charcoal Drawing

This charcoal drawing class is for beginning and experienced artists. Practice basic shapes and move towards more detailed images such as drawings of structures, bodies and portraits. Drawing is the foundation for creating works in other mediums. Throughout the session you will learn how to apply drawing techniques to other art forms. This class will give everyone an opportunity to practice and learn at their own pace.

Ages: 18 yrs +  
Location: Visalia Senior Center – Activity Room  
Instructor: David Herrera

|        |    |               |                        |      |
|--------|----|---------------|------------------------|------|
| #14812 | Th | 9/14 – 10/19  | 11:15 a.m. – 1:15 p.m. | \$35 |
| #14813 | Th | 10/26 – 11/30 | 11:15 a.m. – 1:15 p.m. | \$35 |
| #14814 | Th | 12/7 – 1/11   | 11:15 a.m. – 1:15 p.m. | \$35 |
| #14815 | Th | 1/18 – 2/22   | 11:15 a.m. – 1:15 p.m. | \$35 |

## Ceramics

Enjoy your time in this studio ceramics class as you learn to apply paint/glaze and have your pieces fired. From kitchen pieces, figurines, beads and seasonal home decor, the project opportunities are limitless. Supply list available upon registration. Supplies required for first day of class. As part of this class you may fire up to 5 pieces weekly!

Ages: 50 yrs +  
Location: Visalia Senior Center – Craft Room,  
Instructor: Melinda Scott

|        |   |                |                  |      |
|--------|---|----------------|------------------|------|
| #14758 | T | 9/12 – 10/17   | 10 a.m. – 1 p.m. | \$45 |
| #14759 | T | 10/24 – 11/28  | 10 a.m. – 1 p.m. | \$45 |
| #14762 | T | 12/5 – 1/16    | 10 a.m. – 1 p.m. | \$45 |
| •      |   | No class 12/26 |                  |      |
| #14763 | T | 1/23 – 2/27    | 10 a.m. – 1 p.m. | \$45 |



# WATERMARK

THE ARTS CONSORTIUM'S ANNUAL MAGAZINE 2017-18



TASTE  
THE  
ARTS  
FESTIVAL

OCT.  
14<sup>TH</sup>  
2017



ARTS CONSORTIUM



# Art Classes

## Watercolor Painting Class

This class is designed for the watercolor enthusiast from beginner to expert. Have you admired beautiful watercolor artwork and wished you could paint like that or thought you would do it differently? This is the class for you! Learn how to put a piece of yourself into a satisfying art project; learn color, form and translate it into a reflection of you. Supply list available upon registration. Supplies required for first day of class.

|             |                                       |               |               |      |
|-------------|---------------------------------------|---------------|---------------|------|
| Ages:       | 50 yrs +                              |               |               |      |
| Instructor: | Melinda Scott                         |               |               |      |
| Location:   | Visalia Senior Center – Activity Room |               |               |      |
| #14776      | T                                     | 9/12 – 10/17  | 1 – 3:45 p.m. | \$35 |
| #14777      | T                                     | 10/24 – 11/28 | 1 – 3:45 p.m. | \$30 |
| •           | No class 11/21                        |               |               |      |
| #14782      | T                                     | 12/5 – 1/16   | 1 – 3:45 p.m. | \$35 |
| •           | No class 12/26                        |               |               |      |
| #14783      | T                                     | 1/23 – 2/27   | 1 – 3:45 p.m. | \$35 |
| #14778      | W                                     | 9/20 – 10/18  | 1 – 3:45 p.m. | \$30 |
| #14779      | W                                     | 10/25 – 11/29 | 1 – 3:45 p.m. | \$30 |
| •           | No class 11/22                        |               |               |      |
| #14784      | W                                     | 12/6 – 1/17   | 1 – 3:45 p.m. | \$35 |
| •           | No class 12/27                        |               |               |      |
| #14785      | W                                     | 1/24 – 2/28   | 1 – 3:45 p.m. | \$35 |

## Oil & Acrylic Studio Painting

Fine tune your painting abilities and learn new skills. This class is for beginning enthusiasts through accomplished artists. Learn how to translate and interpret your vision into a masterpiece reflecting your own artistic style. Supply list available upon registration. Supplies required for first day of class.

|             |                                       |               |                      |      |
|-------------|---------------------------------------|---------------|----------------------|------|
| Ages:       | 50 yrs +                              |               |                      |      |
| Location:   | Visalia Senior Center – Activity Room |               |                      |      |
| Instructor: | Melinda Scott                         |               |                      |      |
| #14766      | M                                     | 9/11 – 10/16  | 10 a.m. – 12:45 p.m. | \$35 |
| #14767      | M                                     | 10/23 – 11/27 | 10 a.m. – 12:45 p.m. | \$35 |
| #14770      | M                                     | 12/4 – 12/18  | 10 a.m. – 12:45 p.m. | \$18 |
| •           | No class 12/25                        |               |                      |      |
| #14771      | M                                     | 1/8 – 2/26    | 10 a.m. – 12:45 p.m. | \$35 |
| •           | No class 1/1, 1/15 & 2/19             |               |                      |      |
| #14768      | W                                     | 9/20 – 10/18  | 10 a.m. – 12:45 p.m. | \$30 |
| #14769      | W                                     | 10/25 – 11/29 | 10 a.m. – 12:45 p.m. | \$30 |
| •           | No class 11/22                        |               |                      |      |
| #14772      | W                                     | 12/6 – 1/17   | 10 a.m. – 12:45 p.m. | \$35 |
| •           | No class 12/27                        |               |                      |      |
| #14773      | W                                     | 1/24 – 2/28   | 10 a.m. – 12:45 p.m. | \$35 |

## NEW! Crafty Workshops

Join us for a morning of crafting, creating and chatting. Our instructor will assist in all steps of creating just in time for the holidays.

Ages: 18 yrs +  
Instructor: Sharon Rowland

### Workshop: Bow Making

It's the perfect time of year to learn or improve your bow making skills! Create beautiful, delicate and fun bows to put on all your gifts for the holidays! All supplies, a morning snack and coffee are included.

Location: Visalia Senior Center – Craft Room  
#14835 T 11/14 10 a.m. – 12 p.m. \$10

### Workshop: Card Creating & Crafting

Would you like to learn to create cards for the holiday season? Whether you want to send a special card to your family for Christmas, shower somebody with thanks for Thanksgiving or send a card 'just because,' then this workshop is perfect for you! Create personalized cards for all occasions. All supplies, a morning snack and coffee are included.

Location: Visalia Senior Center – Activity Room  
#14817 T 10/17 10 a.m. – 12 p.m. \$10



# 50+ Classes

## 50+ Pilates

Pilates is a low-impact safe form of exercise for seniors. This class will improve muscle strength, endurance, balance, range of motion, coordination, body awareness, posture and flexibility. This class will help alleviate age-related ailments as well! Join us for a new form of exercise and make new friends!

Ages: 50 yrs +  
Location: Visalia Senior Center – Activity Room  
Instructor: LaDonna Rivenbark

|        |   |               |                         |      |
|--------|---|---------------|-------------------------|------|
| #14808 | F | 9/1 – 10/6    | 11:15 a.m. – 12:15 p.m. | \$30 |
| #14809 | F | 10/13 – 11/17 | 11:15 a.m. – 12:15 p.m. | \$30 |
| #14810 | F | 1/5 – 2/9     | 11:15 a.m. – 12:15 p.m. | \$30 |

## Join Our Team

Do you have a special interest or talent that you would like to share with others? We are looking for Special Interest Instructors! These instructors are responsible for creating and leading classes. What is your specialty: dance, music, computers, etc.? Share your passion with others. Applications are available at the Visalia Parks & Recreation Business Office located at the Anthony Community Center (345 N. Jacob St.).

For more information, call (559) 713-4365 or email [recreation@visalia.city](mailto:recreation@visalia.city).

## 50+ Tai Chi for Better Balance

Darci Alexander, a Physical Therapist Assistant, has been teaching Tai Chi for Kaweah Delta since 2010. She is a Trainer for the Tai Chi for Health Institute, certified in several forms and styles of Tai Chi. Her classes emphasizes friendliness, kindness and safety. She presents research validated Tai Chi forms for improving balance and providing other health benefits. Students learn a sequence of Tai Chi movements that can be an enjoyable life-long health practice.

Ages: 50 yrs +  
Location: Visalia Senior Center – Activity Room  
Instructor: Darci Alexander

|        |      |                        |              |      |
|--------|------|------------------------|--------------|------|
| #14807 | T/Th | 9/5 – 10/12            | 10 – 11 a.m. | \$60 |
| #14806 | T/Th | 10/24 – 12/7           | 10 – 11 a.m. | \$60 |
| •      |      | No class 11/21 & 11/23 |              |      |

## 50+ Rocks Hiking Club

Enjoy hiking in Sequoia National Park with our 50+ Rocks Hiking Club. Cost includes a guided hike and a seat on the Sequoia Shuttle. Bring a lunch, water and your day-pack. Meet new friends and enjoy nature at its finest.

Ages: 50+  
Meeting Location: Visalia Transit Center  
425 E. Oak Street  
Hiking Guide: Jed Reimer

|                |                              |     |                    |      |
|----------------|------------------------------|-----|--------------------|------|
| Hike Location: | Tokopah Falls<br>(4.7 miles) |     |                    |      |
| #14757         | S                            | 9/9 | 7 a.m. – 5:30 p.m. | \$25 |

## 50+ Rocks Tap Dance - Intro to Tap!

Tap dancing is a great way to get exercise in a fun, energetic and safe environment. This class focuses on learning basic tap steps and routines. This class will help improve your coordination and balance and is a great way to meet new friends. Tap shoes are required.

Ages: 50 yrs +  
Location: Anthony Community Center – Dance Studio  
Instructor: Amanda Taylor

|        |   |               |             |      |
|--------|---|---------------|-------------|------|
| #14794 | F | 9/1 – 10/6    | 9 – 10 a.m. | \$40 |
| #14795 | F | 10/13 – 11/17 | 9 – 10 a.m. | \$40 |
| #14796 | F | 12/1 – 12/15  | 9 – 10 a.m. | \$25 |
| #14797 | F | 1/12 – 2/16   | 9 – 10 a.m. | \$40 |

## 50+ Rocks Tap Dance - Tap On!

This high energy class is designed for those who have a grasp on basic tap steps and are ready to learn routines to music favorites. Tap is a fun way to increase fitness while improving coordination and balance. You're sure to have a great time while meeting new friends! Tap shoes are required

Ages: 50 yrs +  
Location: Anthony Community Center – Dance Studio  
Instructor: Amanda Taylor

|        |   |               |              |      |
|--------|---|---------------|--------------|------|
| #14798 | F | 9/1 – 10/6    | 10 – 11 a.m. | \$40 |
| #14799 | F | 10/13 – 11/17 | 10 – 11 a.m. | \$40 |
| #14800 | F | 12/1 – 12/15  | 10 – 11 a.m. | \$25 |
| #14801 | F | 1/12 – 2/16   | 10 – 11 a.m. | \$40 |

# 50+ Classes

## Contract Bridge

One of the world's most popular card games; Bridge is still played worldwide in clubs, tournaments online and with friends. If you're looking for a group to join, we have the club for you!

Ages: 55 yrs +  
Location: Visalia Senior Center – Activity Room  
Contact: Pierre Gaston, (559) 734-4919

|    |                |                    |
|----|----------------|--------------------|
| Su | 12:45 – 4 p.m. | \$1.50/per session |
| W  | 12:45 – 4 p.m. | Free               |

## NEW! 50+ Fall Fun Outing

We will take the trolley down Mooney to Vossler Farms Corn Maze and Pumpkin Patch. You will have the opportunity to stroll through the pumpkin patch. Included is a painting session where you will have the opportunity to paint the pumpkin or pumpkin patch scene of your choice! Our art instructor will join us at Vossler Farms and assist with the painting process. A sack lunch will be provided by our Senior Center caterer. Grab your friends and come out for fall fun. Art supplies will be provided.

Ages: 50 yrs +  
Location: Meet at the Visalia Senior Center  
310 N. Locust

|        |    |       |         |      |
|--------|----|-------|---------|------|
| #14819 | Th | 10/26 | 10 a.m. | \$25 |
|--------|----|-------|---------|------|

## NEW! Galentines Brunch

Never heard of Galentines? It's the best way to celebrate friendship with your gal pals. Sweet treats, a delicious brunch, confetti and great girlfriends, where can you go wrong? Ditch the men and grab your ladies and come out to our Galentines Brunch! A three-course brunch, cute gifts, raffles and all things fancy will make this Galentines the best one yet!

Ages: Women 50 yrs +  
Location: Visalia Senior Center – Activity Room  
Date: Tuesday, February 13<sup>th</sup>  
Time: 9:30 – 11:30 a.m.  
Cost: \$15

## Flu Shots & Vaccines

It's that time of year again. The City of Visalia has partnered with Walgreens to offer this valuable service to seniors.

Ages: Open to all ages  
Location: Visalia Senior Center – Craft Room  
Days: W 9/13 10 a.m. – 1 p.m.  
Med B insurance only

W 10/4 10:30 a.m. – 2 p.m..  
Free with Medicare card, most insurance are accepted.

## 50+ Intro To Computers

Interested in learning how to use a computer but need some help getting started? We have the perfect class for you! This class starts with the basics and will progress at the pace of the participants. Learn how to create and use an email account, surf the internet and utilize basic computer programs. Participants are welcome to bring their laptop computers.

Ages: 50 yrs +  
Location: Visalia Senior Center – Media Lounge  
Instructor: Kevin Ross

|        |   |               |                 |      |
|--------|---|---------------|-----------------|------|
| #14753 | M | 9/11 – 10/16  | 11 – 11:45 a.m. | \$25 |
| #14754 | M | 10/23 – 11/27 | 11 – 11:45 a.m. | \$25 |
| #14755 | M | 1/22 – 2/26   | 11 – 11:45 a.m. | \$20 |
| •      |   | No class 2/19 |                 |      |

## NEW! 50+ Tech Savvy Seniors

Want to keep up with the latest technology? Did you just get a new smart phone or tablet, or you aren't sure how to use yours? Become a Tech Savvy Senior in this new course. Bring your device and our instructor will help you create and use social media to keep you connected!

Ages: 50 yrs +  
Location: Visalia Senior Center – Media Lounge  
Instructor: Omar Plasencia

|        |   |               |                 |      |
|--------|---|---------------|-----------------|------|
| #14749 | M | 9/11 – 10/16  | 10 – 10:45 a.m. | \$25 |
| #14750 | M | 10/23 – 11/27 | 10 – 10:45 a.m. | \$25 |
| #14751 | M | 1/22 – 2/26   | 10 – 10:45 a.m. | \$20 |
| •      |   | No class 2/19 |                 |      |



# Visalia Senior Center Open M – F 10 a.m. – 4 p.m.

**Course registration accepted  
at the Visalia Senior Center**

**310 N. Locust**

**Monday – Friday**

**10 a.m. to 1 p.m.**

**Call (559) 713-4381 for more information**



## Visalia Senior Center

One of the most exciting spots in town for ages 55 and better is the Visalia Senior Center! Come by and see all that we have to offer from a delicious daily lunch to the Media Lounge with a large screen television and computer lab. There is always fun and excitement going on at the senior center and we'd love to show you around. The senior center is open Monday through Friday from 10 a.m. to 4 p.m., stop in for a visit and see us!

## Visalia Senior Volunteer Bureau

Looking for something fun to do in your free time? Why not become a volunteer at the Visalia Senior Center where you can help with special events, lunch service or other programs and events presented by the City of Visalia Parks and Recreation Department. The Volunteer Bureau meets the first Monday of every month from 10:30 a.m. to 11:30 a.m. at the senior center. Stay after the meeting and join our seniors for lunch. Reserve your lunch by 12 p.m. the prior day. Volunteering is a great way to stay active, meet new friends and have fun while giving back to your community!



## 50+ Rocks Senior Garden Club

Thank you to the Leadership Visalia Class of 2017 for constructing the new garden at the Visalia Senior Center! With a garden blooming with vegetables, herbs, flowers and other plants, it's going to need a lot of tender love and care. That is where you come in! Join the 50+ Rocks Senior Garden Club and take part in caring for and continuing to create the Visalia Senior Center garden! We will have a monthly meeting with our Master Gardener Advisor and weekly gardening days. The Senior Garden Club is a great way stay active, meet new friends and have fun while giving back to your community! For additional information contact the Visalia Senior Center at 713-4381.

Ages: 50 yrs +  
Location: Visalia Senior Center, 310 N. Locust  
Cost: Free  
Monthly Club Meetings: 1st Monday of each month  
1:30 – 2:30 p.m.

Weekly Gardening:  
September – October F 9 – 10 a.m.  
November – February F 1:30 – 2:30 p.m.

## Caregiver Support: Education Seminar Series

You are invited to attend FREE monthly educational series featuring experts and professionals who provide support to families and who are advocates for seniors and their care. Brought to you by Visalia Senior Center and Prestige Assisted Living Home.

Ages: 16 yrs +  
Location: Visalia Senior Center – Activity Room  
Time: 3 – 4 p.m.

|    |       |                                       |
|----|-------|---------------------------------------|
| Th | 8/31  | Managing Chronic Pain                 |
| Th | 9/28  | Congestive Heart Failure              |
| Th | 10/26 | Living Without Depression is Possible |
| Th | 11/30 | Skip The Holiday Blues                |

# Visalia Senior Center Open M – F 10 a.m. – 4 p.m.

## Senior Lunch Program

Meet up with friends or make new ones! Come join us for a fun class or activity and then enjoy a delicious lunch afterwards at the Visalia Senior Center. You always have an option between the daily entrée, a Chicken Caesar Salad, or our weekly special salad. Meals are prepared by our talented chef and sous chefs

Please call and reserve your lunch by 12 p.m. one business day ahead at (559) 713-4481.

Menus available at the Senior Center and online at [www.liveandplayvisalia.com](http://www.liveandplayvisalia.com), click on Recreation Programs and then Visalia Senior Center.

Location: Visalia Senior Center – Main Room  
Days: Monday – Friday  
Time: 12 – 1 p.m.  
Cost: \$4 per meal 55 yrs +  
\$5 per meal – For guests under 55 yrs and take-out meals



Visit the Visalia Senior Center online at [www.liveandplayvisalia.com](http://www.liveandplayvisalia.com) to view monthly menu and activity schedule.



## Grandparents Day Luncheon

Grandparent's Day is a way to celebrate the love, wisdom and knowledge of our elders. In honor of Grandparents Day, we invite families to join their grandparents for a special lunch. Music and games will make it a special day for everyone. Seating is limited; please order your lunch 24 hours in advance with Senior Center staff.

Ages: Everyone Welcome!  
Location: Visalia Senior Center – Main Room  
Date: Friday, September 8<sup>th</sup>  
Time: 12 – 1 p.m.  
Cost: \$4 per meal for guest 55 yrs +  
\$5 per meal for guest under 55 yrs or takeout

## Thanksgiving Luncheon

Join us for friendship and fun as we enjoy a traditional Thanksgiving Meal. This special luncheon will feature turkey with all the fixings and will truly be a day we can be thankful for as we enjoy good friends and entertainment. Seating is limited; make sure to purchase your tickets in advance at the Senior Center beginning November 1<sup>st</sup>.

Ages: 55 yrs +  
Location: Visalia Senior Center – Main Room  
Date: Wednesday, November 22<sup>nd</sup>  
Time: 11:30 a.m. – 1 p.m.  
Cost: \$5 per person



## "Classic Christmas" Luncheon

Join us for lunch, fellowship and glad tidings during the holiday season. Christmas carols, fun activities and more! Enjoy a Christmas feast with live holiday music and special guests. Seating is limited; tickets available at the senior center beginning December 1<sup>st</sup>. The senior center will accept donations of new, unwrapped, non-perishable gift items for this event.

Ages: 55 yrs +  
Location: Visalia Senior Center – Main Room  
Date: Friday, December 22<sup>nd</sup>  
Time: 11:30 a.m. – 1 p.m.  
Cost: \$5 per person



# Visalia Senior Center Open M – F 10 a.m. – 4 p.m.

## Special Monthly Luncheons!

Special Monthly Luncheons are priced the same as our daily luncheon, but will be themed and include an extra pizzazz of fun; whether we celebrate in costume, play games or raffle off prizes! Come for the food and stay for the fun! Reserve your lunch by 12 p.m. one business day ahead at (559) 713-4481.



### Halloween Luncheon

Tuesday, October 31<sup>st</sup>  
12 – 1 p.m.

### Veterans Day

Thursday, November 9<sup>th</sup>  
12 – 1 p.m.



### New Year's Celebration

Friday, December 29<sup>th</sup>  
12 – 1 p.m.



### Sweetheart Luncheon

Wednesday, February 14<sup>th</sup>  
12 – 1 p.m.

## Free Weekly Activities

Join us for free weekly activities that take place at the Visalia Senior Center. With active games like table tennis and corn hole, you can move and groove while having fun!

|                       |                                     |                      |
|-----------------------|-------------------------------------|----------------------|
| Corn Hole             | M                                   | 11 a.m. – 12 p.m.    |
| Pinochle              | M                                   | 1 – 3 p.m.           |
| Table Tennis          | M/F                                 | 1 – 3 p.m.           |
| Volunteer Bureau      | 1 <sup>st</sup> M                   | 10:30 a.m. – 12 p.m. |
| Birthday Celebrations | 1 <sup>st</sup> W                   | 11:30 a.m.           |
| Poker                 | W                                   | 1 – 3:30 p.m.        |
| Contract Bridge       | W                                   | 12:45 – 4 p.m.       |
| Chess Club            | Th                                  | 10 a.m. – 12 p.m.    |
| Brain Teasers         | Th                                  | 11 a.m. – 12 p.m.    |
| Movie Matinee         | F                                   | 1 – 3 p.m.           |
| Fun Fitness Friday    | 1 <sup>st</sup> & 3 <sup>rd</sup> F | 11 – 11:45 a.m.      |
| Bunco                 | 1 <sup>st</sup> F                   | 1 – 3:30 p.m.        |

## Other things to do at the Visalia Senior Center

### Penny Bingo

Tuesdays & Thursdays

1:15 – 4:15 p.m.

Contact: Donna at (559) 280-0968

### Gadabouts Travel Group

1<sup>st</sup> Saturday of each month

9:30 a.m. – 12 p.m.

Contact: Charlene Andrade at (559) 686-2190

### HICAP Medicare Extra Help

1<sup>st</sup> & 3<sup>rd</sup> Tuesdays

10 a.m. – 2 p.m.

Contact: K/TAAA at (559) 623-0199 for appointment

### Senior Pride Bingo & Pull Tabs

Saturdays

12 – 4:15 p.m.

Contact: Donna at (559) 280-0968

# Registration

## Online

Create and access your account online! This is available for most programs with a course number listed.

Must request your login ID and pin prior to program registration deadline to ensure on-line registration access.

Visit [www.liveandplayvisalia.com](http://www.liveandplayvisalia.com) and click on "Online Registration." Log in and register.

Make your payment and print your confirmation receipt. It's that easy!

## Mail

Complete registration form and mail payment by check or money order payable to City of Visalia:

Visalia Parks & Recreation Department  
345 North Jacob Street  
Visalia, CA 93291

## In Person

Register in person at our business office inside the Anthony Community Center, 345 N. Jacob St., Visalia.

Hours of Operation:

Monday – Friday  
8 a.m. – 5 p.m.

(Excluding City Recognized Holidays)

## Fax

Fax your registration form to (559) 713-4819 and we'll call you for a credit card payment.

## Payment Accepted:

With proper identification, we accept American Express, Discover, Visa and Master Card. Cash and checks payable to City of Visalia are also accepted.

## General Information

Pre-registration with payment is required for program participation. The Release of Liability and Indemnity Agreement must be signed prior to participation.

All registrations are accepted on a first-come, first-serve basis. Registration deadline is one week prior to program start date, unless otherwise stated in the course description.

## Photo/Video Liability Disclosure

Photographs and video may be taken of participants during a class or program and this content may be used for City of Visalia marketing purposes.

## Course Cancellation

When registration falls below the minimum enrollment required, a class or program may be cancelled. At the time of cancellation, a full refund can be requested by the customer.

## Class Make-Ups

Whenever possible, make-ups will be given on those occasions when inclement weather or instructor unavailability requires that a class be cancelled. See instructor at next scheduled class meeting for make-up date.

## Waitlists

Waitlists will be created once a course has reached maximum enrollment. If space becomes available, waitlisted clients will be contacted in the order they are on the waitlist.

## Refunds

For all customer requested refunds, a \$15 processing fee will be withheld. A full refund will be given if an activity is cancelled by the City. If you must drop out of an activity due to serious illness or injury, call our Business Office immediately at (559) 713-4365. Allow two to three weeks for refund processing. All refund checks are mailed from the City of Visalia Finance Department.

## Returned Checks

A \$25 fee will be assessed for a customer's first returned check. A \$30 fee will be assessed for each additional returned check. Checks are for the exact amount only. No two-party or post dated checks accepted. Identification is required.



# Live & Play Registration

## City of Visalia - Parks & Recreation Department

### Participant Registration Form - Please Print

|                                    |               |       |
|------------------------------------|---------------|-------|
| Name of Parent or Adult Registrant | Primary Phone | Email |
|------------------------------------|---------------|-------|

|                 |                        |
|-----------------|------------------------|
| Mailing Address | City, State & Zip Code |
|-----------------|------------------------|

| Emergency Contact | Home Phone    |              |     | Work Phone |                  | Cell Phone    |     |
|-------------------|---------------|--------------|-----|------------|------------------|---------------|-----|
| Participants      | Date of Birth | School Grade | M/F | Shirt Size | Activity/Program | Course Number | Fee |
| First & Last Name |               |              |     |            |                  |               |     |
|                   |               |              |     |            |                  |               |     |
|                   |               |              |     |            |                  |               |     |
|                   |               |              |     |            |                  |               |     |

I am interested in: ☐ Coaching ☐ Assistant Coach for Youth Sports

Name: \_\_\_\_\_

Medical Conditions/Allergies: (Name & Condition)

I would like to donate \$\_\_\_\_\_ to the ☐ Youth Scholarship Fund and/or \$\_\_\_\_\_ to the ☐ Parks & Recreation Foundation

Checks Payable to City of Visalia. Mail to Visalia Parks & Recreation

Department 345 N. Jacob St., Visalia, CA 93291

Total Fees Due:

**Faxed Registration:** Fax completed form to (559) 713 - 4819 and you will be called by a Department staff member for payment. Credit cards are accepted, registration will not be complete until payment is received in full.

#### City of Visalia Parks & Recreation Department Release of Liability and Indemnity Agreement

In consideration of the benefits provided by the City of Visalia, I hereby agree that neither I, my successors, assigns nor anyone acting on my behalf will make claim against or sue the City of Visalia, its officers, agents, employees or volunteers for injury or damage resulting from the condition of any facility, or the negligence, carelessness or other acts, howsoever caused by the City of Visalia, or any of its officers, agents, employees or volunteers as a result of my participation in the event or activity set forth above. In addition, I hereby release the City of Visalia, its officers, agents, employees and volunteers from all claims or lawsuits that I, my successors, assigns or anyone acting on my behalf may now have, or may hereafter at any time for injury or damage: (1) resulting from the condition of any improved facility which has been reasonably maintained; (2) resulting from the condition of any unimproved City facility; (3) suffered by me while participating in or traveling to and from the event or activity set forth above; or (4) suffered by me in any other activity associated with the event or activity aforementioned. This release does not apply to intentional and/or willful acts of misconduct by City of Visalia or any of its officers, agents or employees or volunteers. I understand that this Agreement and Release of Liability is enforceable against me only, as parent or guardian of such minor, and that said Agreement and Release of Liability may not be enforced as against such minor. Therefore, in further consideration for permitting such minor to participate in the aforementioned activity, I agree to defend the City of Visalia, its officers, agents, employees and volunteers. I also agree to reimburse the City of Visalia, its officers, agents employees or volunteers from any loss, damage, liability, cost or expense they suffer as a result of any such claim or lawsuit.

I have carefully read this agreement and fully understood its contents. I am aware that this is a Release of Liability and Indemnity, and that it is a legally binding contract between the City of Visalia and me, and I sign it of my own free will. I acknowledge that participants involved in Parks and Recreation activities are subject to being photographed and such photographs may be used to publicize City programs.

Adult Participant Signature

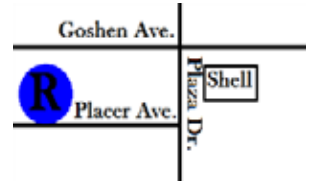
Date



# Rick's Vending

Wholesale to the public!

Come to Rick's Vending for your party supplies and novelty items.



Party Rentals  
9400 W. Placer Ave.  
Visalia, CA 93291



Licensed Sports and School Supplies  
Mon.-Fri.: 7:00am-5:00pm  
Sat.: 9:00am-4:00pm



Large Assortment of Piñatas  
Ph.: 559-651-4800  
RksVending@aol.com

## University of California Tulare/Kings Master Gardeners

Master Gardeners are members of your community who are trained by University of California Cooperative Extension experts. MG volunteers extend home gardening information and offer educational programs and garden-related demonstrations in their communities.



**The Master Gardeners offer FREE info on gardening!**

Call the MG help line during office hours or leave an email or voice message after hours.

Tulare County  
(559) 684-3325  
(559) 684-3326  
Tues./Thurs.  
9:30 – 11:30 am

Kings County  
(559) 852-2736  
Thurs. Only  
9:30 – 11:30 am

Email: [cetulare@ucanr.edu](mailto:cetulare@ucanr.edu)

Online: [http://ucanr.org/sites/ucanr.org/sites/UC Master Gardeners](http://ucanr.org/sites/ucanr.org/sites/UC%20Master%20Gardeners)

Find us on Facebook @mgtularekings14

# NEW TECHNOLOGY

that keeps you moving.



## Visalia Transit App

Download our mobile app for real-time bus tracking, schedules, maps, stop alerts, bus arrivals, and more.



## Text-to-Track

Simply text the stop ID listed on the bus stop sign and you'll get an instant response with real-time bus information.



## VisaliaTransit.info

Visit this website for a live map of all buses that are currently on route.



To learn more about Visalia Transit technology, visit [KeepMovingVisalia.com](http://KeepMovingVisalia.com) or [VisaliaTransit.com](http://VisaliaTransit.com).



Visalia Parks & Recreation  
345 N. Jacob St.  
Visalia, CA 93291

Residential Customer

PRSR STD  
US POSTAGE  
PAID  
Wesco Graphics, Inc  
ECRWSS

## Visalia Parks & Recreation Department

Parks  
Make  
Life  
Better!



# ICE SKATE

VISALIA

WWW.ICESKATEVISALIA.COM

### PUBLIC SKATE

Grab your family & friends and enjoy a day or evening of fun!

Visit [www.iceskatevisalia.com](http://www.iceskatevisalia.com) for daily skate schedule.

#### Weekends Only

12/2, 12/3, 12/9 & 12/10

#### Open Daily

12/16 – 1/7

Ice Skate Visalia offers a unique and fun skating experience on our synthetic ice surface which makes skating easier and safer for all ages.

### SPECIAL EVENT MOVIE NIGHTS!

Skate under the stars watching your favorite holiday movie: 6 – 9 p.m.

12/19



12/20



12/21



12/26



12/27



12/28



**For more information,  
call or visit us at:**

**(559) 713-4365  
[www.iceskatevisalia.com](http://www.iceskatevisalia.com)**