City of Ceres
2701 Fourth St. Ceres, CA 95307

City Council
Chris Vierra, Mayor
Bret Durossette
Mike Kline
Linda Ryno, Vice Mayor
Channce Condit

City Staff
Toby Wells, City Manager
Diane Nayares-Perez, City Clerk
Tom Westbrook, Community Development Director

Recreation Staff
Matt Lohr, Recreation Manager
Cara Butler, Administrative Coordinator
Crystel Aguilar, Recreation Coordinator

City Meetings
City Council and Planning Commission meetings are held at the Ceres Community Center (CC).

City Council
2nd & 4th Monday of the month at 6:00pm

Planning Commission
1st & 3rd Monday of the month at 6:00pm

Recreation Department
Administrative Office: Ceres Community Center (CC)
2701 Fourth Street
Ceres, CA 95307
Phone: (209) 538-5628
www.ci.ceres.ca.us

Office Hours: M-Th: 8:30am-7:30pm
F-Sat: 8:30am-5:30pm
Sunday: Closed

Community Center will be closed on:
Memorial Day    Monday, May 27
4th of July     Thursday, July 4
Labor Day       Monday, September 2

Cover photo by: Jeff Benziger, The Ceres Courier

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Registration Dates

Summer Registration
- Class Dates:
  June – August 2019
- Registration Begins:
  Wednesday, May 1, 2019

Fall Registration
Fall Activity Guide will be available online on Friday, July 26, 2019

- Class Dates:
  September – December 2019
- Online Registration Begins:
  Friday, July 26, 2019
- Office/Mail Registration Begins:
  Friday, August 2, 2019

Most programming is located at the Community Center (CC) unless otherwise specified.

Summer 2019 Activity Guide • www.ci.ceres.ca.us
Summer Day Camps

Camp Ceres
Recreation Staff
American Legion Hall 2609 Lawrence St.

Ceres Summer Camps are specifically designed for the creative and active needs of children 5 (and have completed Kindergarten) through 13 yrs old. All campers participate in fun activities based upon the selected theme of the week. Campers will rotate through programs throughout the day such as: art projects, sports, cooperative games, music, dance, camp songs, walks and swim lessons.

Two daily snacks provided. Please pack a daily lunch for your child.

Bugs – Welcome to a camp that is all about bugs! Are you ready for a week of creepy crawly fun? This week we’ll be learning all about six-legged creatures and go searching for some bugs with jars and nets in hand.

#2551 1 week M-F 6/17-6/21 7:30am-5:30pm 5-13 yrs $120

Wild West – Saddle up, kids. We’ve got a ride for you. From little wranglers and outlaws to buckaroos, we make children’s wildest dreams come true with crafts, dance, snacks, and skits.

#2553 1 week M-F 6/24-6/28 7:30am-5:30pm 5-13 yrs $120

Around the World – This theme will take children and their passports around the world! Each country has something different to share: dancing, crafts, and sports too! No class on 7/4.

#2555 1 week M-F 7/1-7/5 7:30am-5:30pm 5-13 yrs $110

Hawaiian Hullabaloo – This theme ties in well for summer, as it incorporates all elements of outdoor fun such as eating tropical foods, making luau-style crafts, and dancing to lively music.

#2557 1 week M-F 7/8-7/12 7:30am-5:30pm 5-13 yrs $120

Olympics – This action packed class will include relay races, obstacle courses, games (capture the flag, dodge ball and kick ball, etc.) as well as other field games. Focus is on increasing kid’s fitness level while having fun.

#2559 1 week M-F 7/15-7/19 7:30am-5:30pm 5-13 yrs $120

Safari – Each day of camp includes opportunities to participate in a variety of animal-themes games and activities, create crafts and enrichment projects, and explore and play in the natural wilderness.

#2561 1 week M-F 7/22-7/26 7:30am-5:30pm 5-13 yrs $120

Superheroes – Recognize everyday heroes create superhero names and explore our own heroic talents through risk taking, role play, and teamwork. Each day, campers will work to earn a superhero badge presented on the last day.

#2563 1 week M-F 7/29-8/2 7:30am-5:30pm 5-13 yrs $120

Under the Sea – Mermaids, shells, fish, whales and did we mention SHARKS abound as we explore life under the sea through nature and craft projects, storytelling, skits, and friendly competitions.

#2713 1 week M-F 8/5-8/9 7:30am-5:30pm 5-13 yrs $120

Adventure Camp
Appy Loopy Staff
CC – Arts & Crafts Room

Enjoy the summer with these mini themed camps filled with art and crafts for ages 5-12. Campers will bring their own lunch. A $20 materials fee will be given to the instructor on the first day of class.

#2747 Artful Antics M-F 6/10-6/14 9:00am-1:00pm 5-12 yrs $90

#2744 Little Einsteins M-F 6/24-6/28 9:00am-1:00pm 5-12 yrs $90

#2745 Super Kids M-F 7/15-7/19 9:00am-1:00pm 5-12 yrs $90

#2746 Fantasy M-F 8/5-8/9 9:00am-1:00pm 5-12 yrs $90

Fun summer camps for kids who enjoy arts and crafts!
City of Ceres, Recreation Department offers a variety of aquatic programs to our residents. All classes are held at Ceres High School – Pool located on the corner of E Whitmore Ave. and 3rd St.

REGISTRATION for all aquatic classes can be completed online at www.ci.ceres.ca.us or at the Ceres Community Center located at 2701 Fourth Street. Space is limited with classes filling up early, so register early!

Learn To Swim Program

Monday - Thursdays **Fee: $45 per session**

Swim lessons are open to children and adults of all abilities. Swim lessons consist of eight (8) classes at 30 minutes each per session. Swim lesson classes run for two weeks, Monday-Thursday.

**Session Dates:**
- Session 1: June 17-27
- Session 2: July 8-18
- Session 3: July 22-August 1

Learn to Swim Program Tips

- Participants must be the proper age and skill level on the first day of class. If a student does not meet the minimum requirements for age or ability, every effort will be made to transfer the student to a class at his/her level. If space is not available a transfer to a later session or refund will be offered.
- Please read the level descriptions carefully and select the appropriate level for your child based on his/her current skills.
- It is not uncommon for a child to stay in a particular level several sessions before successful completion.
- Please make sure to check you are signed up in the session and level you have requested.
- Children not potty trained and in diapers must wear a swim diaper during class.
- Appropriate swim attire is required.

**PARENT & ME (Ages: 6 months- 3 yrs.)**

Our Parent & Me classes create an optimal and ideal environment for swimmers under three years old. The emphasis of this class is having fun in the water while focusing on water comfort, games, and relaxing in a water environment.

Parents participate in the class and are encouraged to challenge their child's skills and level of support in the water. This class also focuses on developing a strong skill set in a more goal-oriented environment to help students smoothly transition from being independent in the water to moving safely in the water.

Note: One responsible person ages 18 or older per child – parent recommended.

**PRESCHOOL (Ages: 3-5 yrs.)**

Our Preschool classes emphasize preparing first time or tentative swimmers for group lessons. The goal of these classes is for swimmers to gain independence and confidence in and around the water. Instructors will work with swimmers on being comfortable in the water, blowing bubbles, getting their face wet, moving independently in the water, how to safely enter and exit the water, submerging head fully underwater and floating for safety and much more!

**LEVEL 1 (Ages: 5 yrs. & Up)**

Our Level 1 classes, swimmers are taught how to progressively move away from the pools edge and independently stay on the surface by applying basic swimming fundamentals. Freestyle skills are taught along with flutter kick while floating on the swimmers’ stomach and back. Swimmers will benefit from the small group dynamics led by a caring, competent instructor. Swimmers remain in Level 1 until they can properly demonstrate the general fundamentals of freestyle and backstroke.

It is anticipated that children will remain at this level for multiple sessions, as the skills to be mastered are quite broad and varied.

**LEVEL 2 (Ages: 5 yrs. & Up)**

Our Level 2 classes continue to refine the freestyle and backstroke skills learned in Level 1. Side kicking and side breathing are introduced and refined as stroke mastery continues. Elementary backstroke kick and drills will be introduced based on the ability and progressions of the swimmer as well as dives. Swimmers will work toward swimming half of a lap in freestyle and backstroke.

It is anticipated that children will remain at this level for multiple sessions, as the skills to be mastered are quite broad and varied.

**LEVEL 3 (Ages: 6 yrs. & Up)**

Our Level 3 class is designed to enhance and tighten previous skills learned as well as demonstrating proper technique. Swimmers will lay the foundation for more progressive swim strokes. These advanced lessons focus on refining three of the four strokes. Proper breaststroke technique, streamlining with dolphin kick, and new dives will also be introduced.

**LEVEL 4 (Ages: 7 yrs. & Up)**

Our Level 4 class is designed for swimmers to graduate to level 5 with the skills to freestyle, backstroke, elementary backstroke, and breaststroke 2 lengths of the pool, demonstrate 3 dives, and tread water for 2 minutes. Swimmers will also be introduced to butterfly strokes, circle swimming, and retrieving objects from 12 ft. of water.

**LEVEL 5 (Ages: 7 yrs. & Up)**

Our Level 5 class, the most competitive level, is aimed at swimmers who can freestyle, backstroke, breaststroke for 2 lengths of the pool, and swim butterfly for 1 length of the pool. Swimmers will learn more competitive skills such as underwater pull downs, relay starts, and block dive entry.

**ADULT & TEEN (Ages: 13 yrs. & Up)**

Our Adult/Teen classes are designed for adult & teen swimmers with little to no experience in the water. We will work to help adults conquer their fear of swimming and introduce basic concepts of stroke technique and water safety. The majority of this class takes place in the shallow end of the pool.
### Aquatics

#### PARENT & ME  Ages: 6 months- 3 yrs.

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#### PRESCHOOL  Ages: 3-5 yrs

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#### LEVEL 1  Ages: 5 yrs. & Up

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#### ADULT & TEEN  Ages: 13 yrs. & Up

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Junior Lifeguard Camp
Ages: 11-15 yrs.
Learn about the profession of lifeguarding! In this course our Junior Guard curriculum provides a foundation of lifeguarding and life skills. This class will cover the basics of in-water rescues, CPR, first aid & how to be a professional lifeguard.
#2748 Mon-Wed 1 week 7/1-7/3 10am-2pm $55

Water Polo Camp
Our water polo camp will be an introduction to the sport of water polo and participants will learn a variety of skills including: passing and shooting drills, dribbling, treading water, field and body positioning, & an introduction to game play. Ages 11-15.
#2749 Mon-Fri 1 week 6/10-6/14 10am-2pm $75

Water Aerobics
Our water aerobics program is a fun exercise program in the water to gain strength and flexibility. Ages: 18+.
#2751 Mon 6 weeks 6/17-7/29 7:15-8:15pm $30
#2750 Mon, Wed 6 weeks 6/17-7/31 11:45am-12:45pm $60
*No class the week of July 1

Recreation Swim
Recreation Swim is available for anyone to enjoy the water in a safe environment. Various activities and amenities are available at pool. Recreation Swim is a great way to swim for fun and is open to all ages.
Fri 6/21-8/2 12-4pm $2 per time
Sat 6/22-8/3 12-4pm $2 per time

Registration begins Wednesday, May 1
See page 14 for registration information

Appy Loopy Staff • 209-312-3812
Location: Ceres Community Center
Cost: $215

Packages will include:
- Set-up and clean up
- 1.5 hours of planned crafts, games and activities
- 1/2 hour of cake and gift time (cake not included)
- Plates, napkins, and decorations

Ages 5-10. Maximum of 12 children. An additional 1/2 hour can be provided if the parent would like to provide dinner for guests.

Example themes:

★ Super Hero Training
Train and build your own super hero persona. Capes, masks, and so much fun! For kids ages 5-10.

★ Chef Party
Choose between a pizza and bread sticks party or desserts ONLY party. For kids ages 5-10.

★ PREHISTORIC PARTY
Friends will get to be paleontologists for the day! T-rex craft and dino-fun! For kids ages 5-10.

★ Paint Party
Friends will get to paint a subject of your choice. Choose anything from a unicorn to a character favorite!
Kidz Love Soccer

KLS Staff
Ceres River Bluff –Field 4
Kidz Love Soccer classes focus on helping kids develop their large motor skills, socialization, and good sportsmanship through skill demonstrations and fun, age-appropriate games. These build self-esteem while developing core soccer skills like dribbling, passing, and shooting. Kidz Love Soccer...Where the score is Always Fun to Fun! For class cancellation status please call 1-888-372-5803

Shin guards are required

#2533 7 weeks F 6/21-8/2 9:00-9:30am 2-3½ yrs $62
#2535 7 weeks F 6/21-8/2 9:40-10:15am 3½-5 yrs $62
#2534 7 weeks F 6/21-8/2 10:15-11:00am 5-6 yrs $62
#2536 7 weeks F 6/21-8/2 11:00-11:45am 7-10 yrs $62

Tennis for Beginners

Academy of Tennis Staff
Ceres High School–Tennis Court
All students will learn the basic fundamentals of tennis including, forehand, backhand, serve, return of serve, volley, and overhead smash. Additionally players will learn strategy and tactics for singles and doubles play as well as match play & drills.

#2805 4 weeks S 6/15-7/6 12-1 pm 6-11 yrs $35
#2806 4 weeks S 7/20-8/10 12-1 pm 6-11 yrs $35
#2807 4 weeks S 6/15-7/6 1-2 pm 11-17 yrs $35
#2808 4 weeks S 7/20-8/10 1-2 pm 11-17 yrs $35

Dance Fitness

Steps Staff
CC – Fitness Room
Learn ballet, jazz, or hip-hop at the Ceres Community Center this summer! Recital will be held on Aug. 16. Time to be determined.

#2798 Ballet: Mommy & Me 11 weeks S 5/25-8/10 10-10:30am 2 yrs $70
#2810 Ballet: Mommy & Me 11 weeks T 5/28-8/13 3:45-4:15pm 2 yrs $70
#2799 Ballet 11 weeks S 5/25-8/10 10:30-11am 3 yrs $70
#2811 Ballet 11 weeks W 5/29-8/14 3:15-3:45pm 3 yrs $70
#2800 Ballet 11 weeks S 5/25-8/10 11-11:45am 4 yrs $70
#2812 Ballet 11 weeks W 5/29-8/14 3:45-4:30pm 4 yrs $70
#2801 Ballet 11 weeks S 5/25-8/10 11:45am-12:30pm 5 yrs $70
#2812 Ballet 11 weeks W 5/29-8/14 4:30-5:15pm 5 yrs $70
#2802 Ballet 11 weeks S 5/25-8/10 12:30pm-1:30pm 6-10 yrs $70
#2814 Ballet 11 weeks T 5/29-8/13 4:15-5:15pm 6-10 yrs $70
#2797 Ballet 2 11 weeks S 5/25-8/10 8:45-10am 8-12 yrs $70
#2803 Hip-Hop/Jazz 11 weeks S 5/25-8/10 1:30-2:15pm 6-7 yrs $70
#2804 Hip-Hop 11 weeks S 5/25-8/10 2:15-3pm 8-10 yrs $70
#2809 Hip-Hop 11 weeks S 5/25-8/10 3-3:45pm 11-17 yrs $70

Notes: No class on 6/11, 6/12, & 6/15.
Requirements for Ballet 2: Three sessions of Ballet 1 or instructors approval.

Gymnastics

USA Elite Gymnastics Staff
Mondays: CC – Fitness Room
Saturdays: CC – Wellness Room
Preschool Gymnastics No class on 9/2

#2815 4 weeks M 6/10-7/1 10am-11am 3-4 yrs $45
#2816 4 weeks S 6/15-7/6 9am-10am 3-4 yrs $45
#2817 4 weeks M 7/15-8/5 10am-11am 3-4 yrs $45
#2818 4 weeks S 7/20-8/10 9am-10am 3-4 yrs $45

Gymnastics Stars

#2819 4 weeks M 6/10-7/1 11am-12pm 5-7 yrs $45
#2820 4 weeks S 6/15-7/6 10am-11am 5-7 yrs $45
#2821 4 weeks M 7/15-8/5 11am-12pm 5-7 yrs $45
#2822 4 weeks S 7/20-8/10 10am-11am 5-7 yrs $45

Super Gymnastics

#2823 4 weeks M 6/10-7/1 12pm-1pm 7-9 yrs $45
#2824 4 weeks S 6/15-7/6 11am-12pm 7-9 yrs $45
#2825 4 weeks M 7/15-8/5 12pm-1pm 7-9 yrs $45
#2826 4 weeks S 7/20-8/10 11am-12pm 7-9 yrs $45

Gymnastics Elite

#2827 4 weeks M 6/10-7/1 1pm-2pm 10-15 yrs $45
#2828 4 weeks S 6/15-7/6 12pm-1pm 10-15 yrs $45
#2829 4 weeks M 7/15-8/5 1pm-2pm 10-15 yrs $45
#2830 4 weeks S 7/20-8/10 12pm-1pm 10-15 yrs $45

Summer 2019 Activity Guide • 209-538-5628
The Hoopsters program is a co-ed, youth basketball league for children 1st – 8th grades. 

FUN, ATTITUDE, INTEGRITY, TEAMWORK, and HARDWORK.

Hoopsters Basketball League
(1st - 8th Grades)

Ceres Recreation Staff  Mae Hensley Jr High

Hoopsters Kick-off: On Saturday, September 28, 2019. On this day the participants will meet their coaches and will receive their shirts and schedule.

Official games start on October 5, 2019. All players must get a new uniform shirt this year. Registration fee includes the shirt. Please indicate the size your player will need during registration and the first and last name of the player you would like to be teamed up with.

Registration ends August 16, 2019. No Exceptions. A registration discount of 25% will be given to parents who will be coaching a team.

There will be a mandatory Coach Training on Saturday, Sept 14.

Games on Saturdays and one practice a week.

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<th>#</th>
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<td>4pm-6pm</td>
<td>7th-8th</td>
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Skyhawks Sports Camps

Flag Football Camp
Skyhawks Staff
River Bluff Soccer Fields – Field 4
Flag Football is the perfect introduction to "America’s Game." Participants learn skills on both sides of the football – including the core components of passing, catching, de-flagging and defense – all presented in a fun and positive environment. Please bring a water bottle and a few snacks. Wear appropriate clothing and running shoes. All participants receive an award certificate, Skyhawks t-shirt and ball.

#2761 1 week M-F 6/24-6/28 9:00am-11:00am 7-12 yrs. $105

Basketball Camp
Skyhawks Staff
Central Valley High School – Gym
This fun, skill-intensive program is designed for beginning to intermediate athletes. An active week of passing, shooting, dribbling and rebounding makes this one of our most popular programs. Boys and girls will also learn vital life lessons such as respect, teamwork and responsibility. Participants should wear appropriate clothing and gym shoes; bring two snacks and a water bottle. All campers will receive a Skyhawks basketball and t-shirt.

#2760 1 week M-F 6/24-6/28 9:00am-12:00pm 7-12 yrs. $119
#2763 1 week M-F 7/29-8/2 9:00am-12:00pm 7-12 yrs. $119

Volleyball Camp
Skyhawks Staff
Central Valley High School – Gym
Skyhawks Volleyball takes the energy and excitement of this great team sport and puts it all together into one fun-filled camp. All aspects of the game are taught through drills and exercises that focus on bumping, setting, spiking, hitting and serving. This camp is designed for the beginning to intermediate player. Participants should wear appropriate clothing and gym shoes; bring two snacks and a water bottle. All campers will receive a Skyhawks volleyball and t-shirt.

#2762 1 week M-F 7/15-7/19 9:00am-12:00pm 9-14 yrs. $119

Mini-Hawk Camp
Skyhawks Staff
River Bluff Soccer Fields – Field 4
This multi-sport program was developed to give 4 to 7 year-olds a positive first step into athletics. Sports are taught in a safe environment filled with encouragement and fun. Through games and activities, campers explore balance, hand/eye coordination and skill development at their own pace. Participants should wear appropriate clothing and running shoes; bring two snacks, a water bottle, and sunscreen. All children receive an award certificate, Skyhawks t-shirt and ball.

#2764 1 week M-F 7/22-7/26 9:00am-12:00pm 4-7 yrs. $119

Youth Special Interest

Paint with Angela
Appy Loopy Staff
CC – Arts & Crafts Room
Create a unique piece of art with the help of Angela. A $5 materials fee to be paid at the beginning of class.

#2772 Mermaid Tail 1 class Th 6/6 5:30-7pm 5-12 yrs $10
#2773 Flower 1 class Th 6/20 5:30-7pm 5-12 yrs $10
#2774 Lama 1 class T 7/23 5:30-7pm 5-12 yrs $10
#2775 Crazy Pour 1 class T 8/20 5:30-7pm 5-12 yrs $10

Parent and Me Tea Party
Appy Loopy Staff
CC – Meeting Room
Create memories with your young ones in these Parent and Me classes. Crafts, snacks, and tea! Multi-child discount: 30% per additional sibling

#2783 Princess 1 class S 6/15 10am-12pm 3-12 yrs $15
#2784 Unicorn 1 class S 8/3 10am-12pm 3-12 yrs $15

TAG Party
Appy Loopy Staff
CC – Fitness Room
Let’s have a great time with laser tag and new friends. Party includes facilitated games and snacks. Multi-child discount: 30% per additional sibling

#2785 1 class S 6/15 10am-12pm 5-12 yrs $15

Intro to Painting
Appy Loopy Staff
CC – Arts & Crafts Room
Join us in this 4 week paint course. Take home a completed project each class. Students will be experimenting with different techniques and tools and will take a completed project each class. A $10 materials fee is to be given to the instructor on the first day of class.

#2776 4 weeks W 7/10-7/31 5:30-6:30pm 5-12 yrs $30

Preschool Picasso & Music Magic
Appy Loopy Staff
CC – Arts & Crafts Room
Preschool age kids will get to dance their wiggles out and create an age appropriate master piece.

#2782 2 weeks W 6/5/6/19 9am-10am 2-5 yrs $18
#2788 2 weeks F 7/12,7/26 9am-10am 2-5 yrs $18
Craft-Time
Appy Loopy Staff
CC – Arts & Crafts Room
Fun crafts for all levels of experience. A $5 materials fee must be paid to the instructor on the first day of class.

- #2780 Fun with Fossils 1 class S 6/29 10-11:30am 6-12 yrs $10
- #2781 Planters 1 class Th 7/5 3:30-7pm 6-15 yrs $10
- #2782 Clay Jewelry 1 class T 7/30 3:30-7pm 6-15 yrs $10

Kids in the Kitchen – Jr. Chefs
Appy Loopy Staff
CC – Arts & Crafts Room
This is a cooking class for beginners. The Jr. Chefs will cook an entire meal in the course of the session. Make an appetizer, side dish, entrée, and dessert. A $10 materials fee must be paid to the instructor on the first day of class.

- #2791 4 weeks T 6/4-6/25 4:45-5:45pm 5-8 yrs $45
- #2792 4 weeks M 7/8-7/29 4:45-5:45pm 5-8 yrs $45
- #2793 4 weeks Th 8/8-8/29 4:45-5:45pm 5-8 yrs $45

Kids in the Kitchen – Sous Chefs
Appy Loopy Staff
CC – Arts & Crafts Room
This is a cooking class for beginners. The Sous Chefs will cook an entire meal in the course of the session. Make an appetizer, side dish, entrée, and dessert. A $10 materials fee must be paid to the instructor on the first day of class.

- #2794 4 weeks T 6/4-6/25 4:45-5:45pm 9-17 yrs $45
- #2795 4 weeks M 7/8-7/29 4:45-5:45pm 9-17 yrs $45
- #2796 4 weeks Th 8/1-8/22 4:45-5:45pm 9-17 yrs $45

Beginner Guitar
Wood, Wire, & Wind Staff
CC – Classroom
Basic guitar skills: chords, strumming, basic finger picking, and understanding song structure. Must bring your own acoustic guitar. Please bring extra set of strings and a music stand.

- #2786 10 weeks M 6/10-8/12 10am-11am 9-17 yrs $80

Visit us online!
/CeresRecreation @ceresrecreation @Ceresrecreation

Zumba Fitness Core
Recreation Staff
CC – Fitness Room
A high energy, cardio based 45 minute Zumba Fitness class that incorporates powerful core moves designed to strengthen, sculpt and tone your abs, and burn a ton of calories while enjoying fun, easy-to-follow, Zumba dance routines in a lively atmosphere with great music. No class on 6/20.

- #2579 4 weeks T/Th 5/14-6/6 5:30-6:15pm 18+ yrs $45
- #2831 4 weeks T/Th 6/11-7/2 5:30-6:15pm 18+ yrs $40
- #2581 4 weeks T/Th 7/9-8/1 5:30-6:15pm 18+ yrs $45
- #2583 4 weeks T/Th 8/13-9/5 5:30-6:15pm 18+ yrs $45

Adult Yoga
Recreation Staff
CC – Fitness Room
Emphasis of the class will be placed on core strength, flexibility and balance. Participants will also concentrate on controlled breathing. Class is based on physical postures, deep breathing, mindfulness and listening to your body. No class on 6/20.

- #2573 4 weeks T/Th 6/4-7/2 6:30-7:15pm 18+ yrs $45
- #2574 4 weeks T/Th 7/9-8/1 6:30-7:15pm 18+ yrs $45
- #2575 4 weeks T/Th 8/13-9/5 6:30-7:15pm 18+ yrs $45

Summer Registration
Summer class Dates: June – August 2019
Registration Begins: Wednesday, May 1
On Thursday, October 31, 2019 the Recreation Department will hold their second Annual Trunk or Treat event on Fourth Street. We are looking for businesses or families to have a trunk or booth at the event.

Please contact crystel.aguilar@ci.ceres.ca.us or call 209-538-5628.

We are looking for artists of all ages to display art for sale at the Ceres Community Center during Artist Spotlight events. Please contact crystel.aguilar@ci.ceres.ca.us for an application or visit us in person.

Photo by: Jeff Benzinger
The Ceres Courier
Get-Fit Bootcamp

Recreation Staff
CC – Fitness Room
Get Fit in this boot camp style total body fitness class. Participants will combine dumbbell and body weight strength and toning exercises with cardio, agility, balance and core fitness! Minimum of 5 participants required.

#2585 4 weeks W 6/12-7/3 5:30-6:15pm 18+ yrs $25
#2586 4 weeks W 7/10-7/31 5:30-6:15pm 18+ yrs $25
#2587 4 weeks W 8/7-8/27 5:30-6:15pm 18+ yrs $25

Dance Fitness

Recreation Staff
CC – Fitness Room
This class is perfect for dance lovers of any age. This class is designed to enhance your physical fitness level through various styles of dance with simple, easy to follow choreography. Participants will be moving, burning calories, sweating and having a blast! Minimum of 5 participants required.

#2588 4 weeks W 6/12-7/3 6:30-7:15pm 18+ yrs $25
#2589 4 weeks W 7/10-7/31 6:30-7:15pm 18+ yrs $25
#2590 4 weeks W 8/7-8/27 6:30-7:15pm 18+ yrs $25

Taking Care of Me

CC – Classroom
This is a class that gives you the permission and the tools to take care of yourself first. The hour of class will focus on honoring yourself in a way that inspires you to treat your body like the amazing temple it is. The goal is to provide tangible and simple tools and tips.

#2767 4 weeks T 8/6-8/27 5:30-6:30pm 18+ yrs $25

We are looking for Contracted Instructors. If interested please contact crystel.aguilar@ci.ceres.ca.us

Young at Heart

Healthy Aging Association
CC – Fitness Room
The classes consist of five components, a warm-up, strength exercises, stretching, balance training, and a cool-down. All exercises can be done sitting or standing. It is a progressive program, 1-2 sets of the 10 exercises at 8-12 repetitions per exercises.

#2658 4 weeks M/W 6/3-6/26 9:00-10:00am 55+ FREE
#2659 4 weeks M/W 7/1-7/31 9:00-10:00am 55+ FREE
#2660 4 weeks M/W 8/5-8/28 9:00-10:00am 55+ FREE

Zumba Gold

Care More Volunteer
CC – Fitness Room
A high energy, cardio based 45 minute Zumba Fitness class that incorporates powerful core moves designed to strengthen, your core, sculpt and tone your abs, and burn a ton of calories while enjoying fun, easy-to-follow, Zumba dance routines in a lively atmosphere with great music.

#2655 4 weeks T/Th 6/4-6/27 9:00-10:00am 55+ FREE
#2656 4 weeks T/Th 7/9-7/30 9:00-10:00am 55+ FREE
#2657 4 weeks T/Th 8/6-8/29 9:00-10:00am 55+ FREE

Insta Pot Dinner

Appy Loopy Staff
CC – Senior Lounge
Did you get an Insta Pot for a gift and still have not opened the box? Learn to cook a delicious meal and get to enjoy your dinner with the class. A $5 materials fee is to be given to the instructor on the day of class.

#2768 1 class Th 6/13 4:00-5:00pm 55+ $10
#2769 1 class Th 6/27 4:00-5:00pm 55+ $10
#2670 1 class Th 7/11 4:00-5:00pm 55+ $10
#2671 1 class Th 7/18 4:00-5:00pm 55+ $10

DIY for Seniors

Appy Loopy Staff
CC – Senior Lounge
Fun crafts for all levels of experience. $2 materials fee.

#2777 Jar Tissue Holder 1 class T 6/4 10:15-11:45am 55+ $10
#2778 Reusable Bag 1 class T 6/18 10:15-11:45am 55+ $10
#2779 Button Tree on Canvas 1 class T 7/9 10:15-11:45am 55+ $10

Senior Lounge

Come on down and take a look at our stat of the art Senior Lounge. This dedicated space is the perfect place to socialize with friends, watch TV, play games, read a book.

- M-Th: 8:30 am -7:00 pm
- F-S: 8:30 am 5:00 pm
Scholarships Available

The Financial Assistance Scholarship Program has been establishing for Ceres resident who meet income requirements wishing to participate in a City of Ceres Recreation program. Approved applicants will be eligible for a maximum award of $75 per fiscal year (July-June). If approved, funds must be used within a six month period from application approval date. Applicants will be required to pay any remaining participation fees not covered by scholarship funds at the time of registration.

Financial Assistance Information

- Must live within the city limits of the City of Ceres (provide a copy of a utility bill along with a picture ID).
- Scholarships may only be used for youth under 18 years old or seniors 55 years of age and above.
- Proof of one month's income may be verified by copies of pay stubs and prior year income tax returns, social security income statements, unemployment statements, Aid to Families with Dependent Children (AFDC) and verification of bill with current address.
- Your most recent tax return to verify dependents.

Applying For Scholarships

Incomplete or inadequate income documentation will disqualify a scholarship request. All who qualify will be approved on a first come first served basis. Once funds allocated for the fiscal year are exhausted, the City of Ceres will not accept scholarship applications. Additional Financial Assistance Scholarships cannot be used for non-profit recreation organizations with in the City of Ceres or other programs not sponsored by the City. You may pick up an application at the Ceres Community Center.

Income Requirements

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<th>Number In Household</th>
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3 Easy Ways to Register

1. **Online:** Go to [www.ci.ceres.ca.us](http://www.ci.ceres.ca.us)
   - Select “Recreation Department” from menu
   - Click on “Register Now” button under the Quick Links
   - Set-up Account that includes members of your family on the same account.
   - Select the Activities & Programs you would like to register for by the Activity Number and/or browse our online catalog.
   - Once you complete your registration, click on “Shopping Cart” logo to complete your waiver and credit card payment with Visa® or MasterCard®.

2. **Mail-in:** *Registration Form & Check* (made out to “City of Ceres”) to:
   - City of Ceres – Recreation Department
   - Attn: Registration
   - 2701 Fourth Street
   - Ceres, CA 95307
   - *Credit Cards are not accepted for mail-in registration. Checks only!*

3. **Walk-in:** During office hours. See page 2 for office hours.
   - Ceres Community Center
   - 2701 Fourth Street
   - Ceres, CA 95307

### PARTICIPANT/PAYEE INFORMATION
(Please print all information.)

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<th>Participant’s Last Name</th>
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Address ___________________________________________________________________________________________

City ___________________________ Zip _______________ E-Mail __________________

Emergency Contact __________________________ Relation __________________

Telephone ___________________________________________________________________________________________

### PARTICIPANT AND CLASS/CAMP INFORMATION
(Attach additional sheets if needed.)

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<td>#2594 Preschool Swim</td>
<td>6/17-6/27</td>
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Total: $________

**Photo Policy** Please be advised that all participants involved in any department programs or special events are subject to being photographed. Such photographs may be used by the City of Ceres without an obligation to provide compensation to those photographed.

**Liability Policy** Participation in this program is voluntary and the City of Ceres carries no medical insurance for any of its program activities. I, the parent or guardian of the above named child, understand that participation in this program is voluntary. I also understand that the City of Ceres carries no medical insurance for any of its program activities. I hereby indemnify and hold harmless and release the City of Ceres, the Ceres Unified School District, their agents, and employees, from any and all liability for any injury suffered by myself or my child arising from or connected with this program and will assume all risk for any injuries. I give my permission for emergency medical treatment to be given to my child in the event I cannot be reached.

**Refund Policy** Refunds and/or Transfers–All refund requests will only be considered five days before the first date of the class. All refunds and/or transfers initiated by the customer will have a $5 deduction to their refund. If the class has started cancellations may only be done with a doctors note in which a prorated refund will be given to your city account to use towards another class. All programs are subject to cancellation or combination due to low enrollment. If a cancellation is issued by the City, a full refund will be issued if the customer is not able to transfer to another program.

Name_________________________ Date________________

Signature __________________________ Staff Initials __________________
Rental Facilities

Outdoors
Picnics areas available to rent at different parks throughout the city. Please book at least five business days before event.

Smyrna Park
Fowler and Moffett Rd.
- Two Covered Areas

Whitmore Park
3rd and North St.
- Gazebo and a Picnic Area

Roeding Heights Park
Standford and Rose Ave.
- One Covered Area

River Bluff Park
Hatch Rd. and Eastgate Blvd.
- One Covered Area

Indoors
The City of Ceres offers several venues that are available to rent for your next meetings and corporate functions.

Ceres Community Center
2701 Fourth St.
- Large Assembly – 300 max
- Small Assembly – 150 max
- Three Meeting Rooms
- One Conference Room – 12 max
- Events and Meetings can be held Monday – Saturday 8:30 am to 12:00 am/ midnight.

American Legion Hall
2609 Lawrence St.
- Break Out Rooms – 320 max
- Warming Kitchen
- Portable Bar
- Outdoor Patio
- Events can be held Monday – Sunday 8:30 am to 11:00 pm
Concerts in the Park
Summer 2019

Tuesdays, 7-8:30 pm
Whitmore Park (North & Third)

June 4
Creole Jazz Kings

June 11
Gottschalk Music Center Concert Band

June 18
Creole Jazz Kings

June 25
Ernie Bucio's Little Big Band

July 2
Gottschalk Music Center Concert Band

July 9
Ernie Bucio's Little Big Band

Bring your blankets & lawn chairs to enjoy FREE music!

For more information, please call 209-538-5628.